

the Strider

Official Newsletter of the Badgerland Striders, Inc.



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ITALIAN SAUSAGE: A MAINSTAY OF SUPERUN

Only in Milwaukee can you run a twilight 5K race, enjoy a tasty Italian sausage afterward and chase it with a cool beverage. As Striders, we are fortunate that the Pompeii Men's Club will be selling their famous, delicious Italian sausages after the Strider Superun 5K.

First-time race directors Bob Scherer and Karen Van Rite are taking the Superun 5K to new heights. How? Come, run, and see for yourself!

Karen and Bob are succeeding veteran Strider John Rodee in the director's role.

The 2002 Superun will be held on **Wednesday evening, June 26, 2002 at 7 p.m.** The Strider event is co-sponsored with the Pompeii Men's Club, a Milwaukee-based, Italian fraternal organization dedicated to improving the community through works of charity. The club helps support the Italian Community Center as well as many local and national charities.



The focus for the Superun is to raise money for the SPECIAL OLYMPICS, an organization that provides youngsters with disabilities the opportunity to train and compete in various sporting events.

This is the 20th running of this event through the paved roads and bike paths of the Milwaukee's East Side scenic Lake Park, 3233 E. Kenwood Boulevard. As the park's name implies, this run is near Lake Michigan, so expect the weather to be on the cool side.

The course is TAC/RRCA certified. There will be one water stop. Split times will be given at miles one, two and three. The "claim to fame" for this course is

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TRAVELLING STRIDERS..pg.4
- CHICAGO LAKESHORE MARATHON
- CRAZYLEGS

Adult Beginning Runners Graduate

by Betsy Weiss

Sarah's Stride, the run held on May 18, 2002 to raise funds for the Wisconsin Donor Network also served as a type of "final exam" for participants in the Badgerland Striders Adult Beginning Running Program.

The fourth annual series was held for people interested in starting to run or those who have run in the past, but are prone to injuries. Long-time (old-timer?) Strider Marty Malin coordinates the program. He made sure that everyone had fun as they learned.

The series met for eight Thursday evenings at Hart Park. The group was divided into smaller running groups based on ability. This provided the opportunity for people to run at their own pace while developing endurance and speed. Each group worked with a dedicated Strider volunteer.

Proper stretching techniques were taught. The importance of warming up and cooling down was emphasized. Participants learned to increase their mileage gradually as they became stronger. Helpful hints were shared for the prevention of injuries.

After the running segment, participants heard guest speakers who covered topics such as fitting proper footwear and different types of running apparel, nutrition, weight training techniques to strengthen muscles used for running, prevention of injuries and success stories from people who were once beginners themselves.

The goal for the beginning runners was to prepare for an official run, Sarah's Stride. Sarah's Stride is a 5K (3.1 mile) run. Participants received t-shirts to wear that identified them as being part of the program. As they crossed the finish line, they were presented with a medal to signify completion of the program. A celebration picnic was held on Sunday, May 19, 2002.



BEGINNING RUNNERS and COACHES
Photos by Jeff Weiss

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MAKING DUST.....pg.11
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- South Shore 1/2 Marathon

COMING EVENTS.....pg.12

Sam
Sez



Editor Sam Martino

Still Looking For Ideas

A few months ago I sent out a call for a few good ideas for the Badgerland Striders to participate in to promote fitness running and provide community outreach while boosting the club's image. Only a few ideas were received. After a recent race directors board meeting, directors still expressed a desire to "do something" more for the community.

As runners, we are mostly aware of how we contribute individually to fitness and the overall running community. We stand at lonely intersections during a road race as safety road guards. We volunteer at water stops. We promote charity runs and staff them, including Al's Run/Walk sponsored by Briggs & Stratton that raises money for Children's Hospital, the American Heart Association Cullen Run and in the past the Lombardi Run that raises money to fight cancer.

When it comes to volunteering for a run, The Badgerland Striders step forward to participate. Now, there is a call for our club to go beyond the front lines and become involved in promoting fitness and running in other ways. Some suggestions have been to place mile markers on trails, donate books about running to libraries, offer scholarships, promote a children's running program at the grade school level, and to offer grants to support elite runners in financial need so they can compete at a high level. My intention in writing this column is to enlist additional ideas.

Kris Hinrichs, Lakefront Marathon director, would like to see the club develop a program of helping either state parks or the Milwaukee County Parks System with signage.

This columnist would like to see the club become involved in a scholarship program to recruit athletes at the University of Wisconsin-Milwaukee, the school where the Badgerland Striders got its start.

If you have ideas or any suggestions to add to the list, contact Sam Sez at maritnos@mail.uww.edu or The Strider at tstrider@wi.rr.com. Thank you for your input.

SAUSAGE eaters at SUPERUN

(Continued from page 1)

its one hill. There may only be one hill, but it is a doozy. Bikes, skates, strollers, wheelchairs and animals are prohibited, due to the fact that the parts of the course are quite narrow and there is a sharp right turn after a long downhill stretch.

It pays to register early. Members of the Badgerland Striders and/or the Pompeii Men's Club pay only \$8 if they register before June 19, 2002. Non-members of these organizations pay \$10 if they register before the June 19 deadline. After June 19th, everyone pays \$13. Additional contributions to the SPECIAL OLYMPICS are welcome and appreciated. They should be included with your entry form.

To be sure to meet the deadline, mail your entry (with your check made payable to Badgerland Striders) to:

Badgerland Striders
C/O CL & D Digital
3697 Kettle Court East
Delafield, WI 53018

Parking will be available east and west of Lake Park. All entrants who register before race day will receive a three-color singlet. Race day registrations will be accepted between 5 - 6:30 p.m. at Lake Park. Shirts are not guaranteed for race day entries.

Awards will be given for overall and masters winners. First, second and third place will be recognized in each of the five-year age groups.

After the race, free refreshments will include soft drinks, Miller Lite Beer and fruit.

The Pompeii Men's Club will be selling their famous, delicious Italian sausages. You will have burned off plenty of calories during the run (especially on the hill) to be able to consume one or more of these taste treats!

There will be random drawings for gifts from the various sponsors supporting the Superun. You must be present to win.

Whether you come to run or volunteer (Yes, we can always use more volunteers!) be sure to be at the Superun this year!

For more information, or to offer your volunteer services, contact Bob Scherer at 262-569-6732 or e-mail him at Bscherer@clddigital.com.

Also, see the Badgerland Strider website <http://www.badgerlandstriders.org> for a printable entry form.



Bill Grass

Back in Stride

By Dave O'Brien

I feel fortunate to have been able, on a recent trip with my wife, Kathy to McAllen, TX, to spend a day and evening with Bill Grass and his wife Barb.

Do you remember Bill? If you're a newcomer you might not. Still, every club member, new and old, has been affected by him. So has every runner in Wisconsin.

For example, look at your race book. Toward the back, check "Active Certified Courses in Wisconsin." Question: how many include the initials "WG?" Answer-- more than 70%. In previous years it was higher. For example, in 1999, Bill had certified (to USATF standards) all but one of the active certified courses in our state - more than 98%.

What does that entail? More often than not, William Grass made the trip to your running site, set up a nearby calibration course by measuring with a steel tape at a specified tension, measured the ambient temperature, calibrated his bicycle wheel, rode your course (at least 2 times) to USATF standards, re-measured the

temperature, re-calibrated his bike on the calibration course, and then added a meter or more correction to your measurement so there would never be a question as to its adequacy.

But we're not done yet. He then processed the required paperwork (by sketches, and in writing) to describe the locations of the start, finish, and mile marks according to features such as street addresses, driveways, telephone poles, drainage outlets, or other permanent physical objects. He then forwarded his report to RRCA so during the next several months they could perform their own assessment, quiz him about the results, and ultimately, certify your course. Bill was known for other club activities as well. In 1981, when the Mayfair Marathon was moved, massaged, and morphed into Lakefront Marathon, Bill took over the marathon buildup program from Dennis Brewer, moved it to the lakefront route, and

operated it for 11 years (after which it was taken over by Larry Govin-Matzat).

He also *originated* the Badgerland Striders 20k race in (roughly) 1985, and directed it (roughly 15 years) until Allan Hoeft took it over in 2000.

Please appreciate what an investment of his time was involved; not only for our club, but for runners all over Wisconsin.

It was perhaps two years ago that I reported that Bill had dropped out of the running community. His employer had offered him early retirement, then re-hired him to direct a production operation in Mexico. Bill and Barb (the former Barb Simon - she and I ran



Bill and Barb Grass at one of Bill's favorite haunts, *El Mariachi* in Nuevo Progreso, Mexico, March 30, 2002. Bill says he frequently persuades the owners to show the Packers games here, on the single TV above the door.

Paavo in 1989) built a home in McAllen, TX in 2001. Bill then explained that to build the same house in Wisconsin would have cost 50% more. And, of course, taxes in Texas are way less.

So, what's he doing now? First of all, he's been downsized. Yes, he has finally retired. Don't phone him until after 10 in the morning.

Second, he's running again. He's doing 5 miles *every day* between 10:30 and noon.

"It's strictly a weight loss activity," Bill told me.

And it works. Bill had "ballooned up" while he was working 60 to 70 hours per week. Since retiring at the end of November, and running, he has lost 25 pounds. I noticed the improvement when we first met. He intends to keep it going until he reaches his "fighting weight" of 165 pounds.

(Continued on page 7)

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Times Past: Now and Then

Causes of Race Extinction

By Ron Winkler

Whatever happened to the World's Greatest Junk Parade Run (Sullivan), The Trash Dash (Racine), the Dead Skunk Road Run (Woodruff), the Rotary Cider Jug Jog (Richland Center), the Cow Chip Classic Run (Prairie du Sac), Granddad's Revenge (La Crosse), the Beloit Police Flatfoot Run or the Madison Fool's Fun Run?

All of these were races that were alive and well before becoming extinct.

Last month I wrote about the Dinosaur Dash, which is the latest in a long line of race casualties. Every year a few more races go the way of the 8-track tape, rotary dial telephones, manual typewriters, the Edsel, the streetcar or Schuster's Department Store.



Ron Winkler

Why do races go "belly up?"

In my experience and research, I've concluded that races become extinct due to either loss of key people or loss of money. These losses can take different forms. This month I will discuss some of those forms.

Loss of the race director due to burnout is one way that a key person is lost. In March 1984, Ann Guse addressed this problem in her "Where It's At" column in the Strider Newsletter. She wrote, "a race director often reaches the burnout state after approximately five years if race directing is something he/she does as a leisure activity rather than as part of a job as, say, a recreation department employee or a corporate public relations director.

He/she puts on the first race with a great deal of enthusiasm, has fun planning improvements for the second and perhaps third annual events. Then the activity begins to seem like the work it is rather than the fun it was. Willing helpers are no longer willing; runners gripe about the course and the awards, the age divisions and just about everything else.

The race director may redouble efforts for another year or two out of the sense of responsibility to keep the event going. But when there is no longer any feeling of satisfaction, any warm glow, any reward at all for devoting a great deal of personal free time to putting on the race, he/she decides to call it quits."

In the July 1991 Strider Newsletter, Jim Schneider, long-time former director of the Wo-Zha-Wa Run in Wisconsin Dells, wrote an article titled "Whatever

Happened to (fill in name of race)?" He expanded on Ann's remarks and added a race director's perspective. Schneider touched upon how races lose key people. The key person or persons may:

- 1) develop other interests and pursue those things
- 2) physically move out of the area, or
- 3) burn out



At that point the race either dies or a new leader emerges.

However, races are generally personal creations. Therefore, directing an event that someone else created, may be more work than fun. The inevitable is merely postponed for a year or two. Schneider added that organizing and putting on a race is more complex than it once was. Runners have come to expect and sometimes demand more and more. These demands include but are not limited to a certified course, 27 age categories with medals, 5 places deep in each category and a goodie bag with freebie toys.

The high expectations that runners have for races are partly due to the race directors. People who gravitate toward directorships tend to be one or all of the following personality types: competitive, overachieving, or type A. These individuals continually make their races bigger and better. Bigger and better requires more work and more volunteers. It also means rising costs, which necessitates more sponsors and more money. This adds many more responsibilities than had been envisioned in the original plan. Key people also include volunteers and member support from the race director's sponsoring organization.



Here are comments from race directors that Ann Guse included in her 1984 column:

- ⇒ "I'm willing to put on the race, but the members of my organization (Jaycees, Lions, Jayettes, etc) no longer want to help and I can't do it alone."
- ⇒ "At first my wife/friends were enthusiastic and helped me a lot, but now they have become interested in other things and don't want to be involved anymore."
- ⇒ "Nobody appreciates what I'm trying to do."

These comments hold true in 2002 as well.



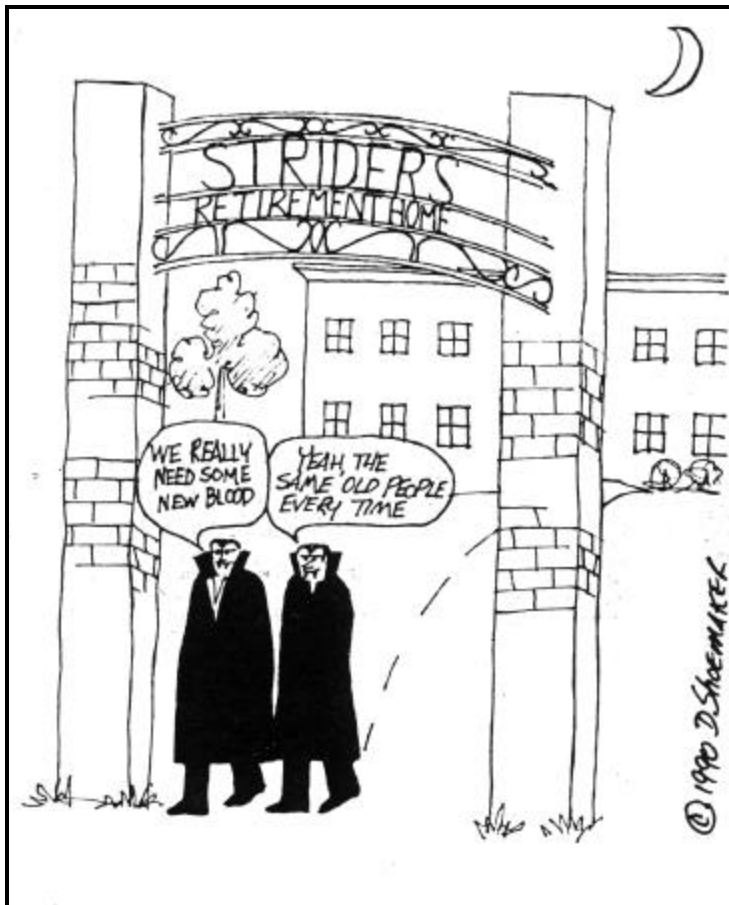
The other loss that puts races on the brink of extinction is loss of money. Most races raise money for a charity. Because it takes money to make money, sponsors are needed. If sponsors withdraw their support, new sponsors must be found. If sponsors cannot be found or if operating costs significantly reduce profits, the race will become unprofitable. The Dinosaur Dash was a victim of increasing permit costs and other expenses.

Many of the extinct races are small, low-key affairs. Is this breed of race doomed? Will the only races that are able to survive be the ones put on by large organizations that have paid workers or large volunteer pools (like the Striders)?

We as runners will be responsible for this decision. Are we willing to support smaller races that don't have all the amenities? Or, do we want it all (as Ann Guse wrote): "flat, fast-certified courses, freebie shirts-hats-bags-food-drink, five-year age groups from 0 to 85 with awards five deep in each group, drawings for shoes-running suits-trips, computerized timing and results, post-race entertainment. And when we 'have it all,' will we be satisfied? Or will races become so much the same that each will only be another event on the Monotony Circuit, the Gran Prix of Boredom?"

Next month we will take a look at the skeletons of some extinct races such as the Milwaukee Police-Fire All City Run, the Dead Possum Run and the State Fair Stampede.

This is the second article in a series on race extinction.



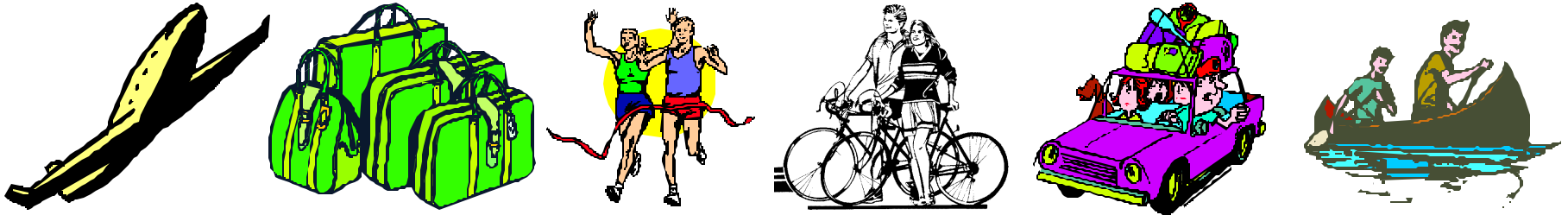
This cartoon by Dennis Shoemaker ran in the June 1990 'Strider' in an article entitled "Major Races Facing Extinction"

On the other hand, there are many of races that have been around for a long time. This year's Strider Race Booklet lists the following races that have been around 20 or more years:

- ⇒ 23rd annual Hales Corners Firecracker Four
- ⇒ 24th annual Elkhart Lake Road America Run
- ⇒ 25th annual AI's Run
- ⇒ 26th annual Green Bay Bellin 10K
- ⇒ 29th annual Kewaskum Kettle 20K
- ⇒ 32nd annual Fort Atkinson Fort Fest Five
- ⇒ 34th annual Kenosha Mayor's Turkey Day 10K and 2-mile Run
- ⇒ 34th annual Paavo Nurmi Marathon
- ⇒ 35th annual Wisconsin Dells Wo-Zha-Wa Half-Marathon and 4-mile

There is no danger of mass race extinction's that would result in a return to conditions that existed until the mid-1970's. If that were to happen, there would be few races to choose from and it would be necessary to drive long distances to races.





TRAVELING STRIDERS

CHICAGO'S NEW LAKE SHORE MARATHON

By Judith Ormond

On April 21, 2002 at 7:30 AM, the inaugural run of Chicago's Lakeshore Marathon took place. The race was primarily in Grant Park, starting near the Planetarium, running north along the lake and looping back down south again. It promised to be a beautiful and fast course through the park, mostly on bike paths. The very attractive logo pictures red stick figures running through greenery, along a blue rippling Lake Michigan dotted with yellow sailboats bobbing gently in the breeze. A yellow sun shines brightly in the left-hand corner. Promises of flowers blooming and birds singing are implied in this happy scenario.

The reality was closer to cold blue runners, thick gray menacing clouds, temperatures 20 degrees below normal, head winds (in both directions) of up to 30 mph, the lake temperature was a very cold 51 degrees with waves of 5 to 7 feet lapping, in some cases, over the runners. (I was one of

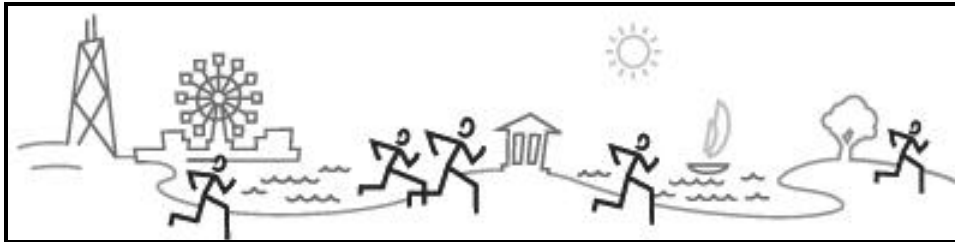
those runners -- brrrrrr!) Forget the yellow sailboat. Birds were hiding under their umbrellas during the torrential downpour earlier in the morning. If flowers were blooming, I was too busy fighting the wind, rain, sand, mud and lake in my shoes, to notice.

This marathon is the first marathon, nationally, to celebrate Earth Day. For the 1,085 people who actually ran, the volunteers and directors, Mother Nature was showing us who is boss. The Earth was not complacent about her celebration. No gentility that day!

Race Director, Mark Cihlar, was put into the unenviable position of having to put up directional signs and mileage signs in total darkness during the howl-

ing tempest at the wee hours of that morning. He said that half of the signs blew into the lake before they could post them. Others flew around so uncontrollably that the decision had to be made to post either the mileage signs or directional signs. There simply wasn't enough volunteer power to do both in that hurricane-like storm. The decision was to concentrate on directional signs. After all, risking lost runners in that kind of weather didn't seem judicious.

As runners, we saw mileage signs up to mile 6, and then nothing until the half way point. The next sign we saw was at mile 23. It was difficult to pace. The



volunteers at the water tables were very helpful. When we asked where we were, they would say, "mile 20 is just around the corner" only to find out that it was at least 25 minutes down the road. At least we remained falsely encouraged.

After a number of us were caught in the crashing waves, we found ourselves running along a break wall. Whether this was intended or not, I do not know. Perhaps some of the front runners were trying to avoid the icy lake and the rest of us followed like lemmings going out of the sea. At the end of the wall, we had to jump down about four or five feet. I had to be lifted down. (I'm short.) Next, we were running along the inside of the wall in sand and mud.

My running tights were caked with mud; my shoes were oozing with lake water from the tsunami, which crashed over my running partner and me. Head winds were so fierce that by mile three I was tired.

Nevertheless, ten miles later, a drenched and devoted friend was cheering me on at the half way point. I was laughing as I told him that this was more like an eco-challenge than a marathon. The volunteers had to be miserable, but they smiled all the way. There were plenty of water tables, energy gels, even pretzels and M&M's at one table.

The winning time was 2:34:50 by 26 year old Francisco Tomas of Alto Pass, Illinois. Christina Meyer, 39, of La Grange, Illinois was the winning female with a time of 3:08:43. The oldest runner was 75 year old Henry Hart of Wilmette, Illinois with a time of 6:19:58. As for myself, in the face of adversity, I ran a marathon PR by finally breaking my 5-hour barrier with 4:55:47.

According to Mark, of the 1,548 runners who registered, 14 countries were represented, 36 states and 450 cities. For an inaugural year, that's not too bad! To acknowledge the celebration of Earth Day, each runner was given a spruce sapling along with his or her shirts and finishing medal upon completion of this challenging marathon.

I'm planting my sapling in a windy, soaked area of my yard. It should feel at home there. With better weather, this will probably end up being a very popular marathon. It's a long run in the park. You can find information on the Lakeshore Marathon at www.lakeshoremарathon.com.

See you next year, hopefully, on a sunny day.

Going *Crazy* in Madison

By Dave Poglitsch

I was perusing through a running magazine and saw a list of "Runner's Top 20 Favorite Races." Checking to see what might be in the area, I was happy to see a race listed in Madison. As luck would have it, the race was only a few weeks away.



The 5 mile Crazylegs Classic (named after football legend "Crazylegs" Hirsch) begins at the Capital, runs along Lake Mendota, and then doubles back to finish inside Camp Randall Stadium. Free beer and other post-race goodies await each participant.

This was the 21st running of this race. Not knowing what to expect, I arrived way early at 7:30am (race start is 10:00am) to pick up my number and T-shirt at the Kohl center. Parking my car halfway between the stadium and Kohl center, I picked up a shuttle bus that took me to the Capital.

A farmer's market surrounded the square, so I had plenty of time to check out the local offerings of organic produce, herbs, cheese, free-ranging beef, etc. Then I wandered into the Capital, which is where most of the runners were hanging out. If you haven't been to the Capital for a while, it's been renovated since I saw it last as a grade school student. With all the precious and irreplaceable quarried stones, this building's value is estimated at \$800

million to \$1 billion. Does our Capital rock or what? I learned all this while hanging out with a tour group for 20 minutes.

This is a more interesting way to deal with spare time before a race than adding to a stomach butterfly collection. At race time we were packed like sardines by the east corner of the square. Not unlike Al's Run, it took me 20 seconds to get to the starting line after the gun. Even after running half the square, things were bumper-to-bumper, but the stretch down State Street finally provided sufficient legroom.

Turning west into the campus and the end of Mile 1, there was a nice view of a hill that I was going to have to climb. If they would have thrown some dirt and wood chips on the road, it would have been a decent trail run. Like a trail run, Miles 2 & 3 were rather scenic, so I looked around and enjoyed the view. Mile 2 paid me back for the uphill climb with an equally steep downhill portion. Miles 3 & 4 were relatively flat, with the turnaround to the southeast occurring at Mile 3. At the turnaround I got a good look at all the folks eating my dust. The view I got was of a thick line of humanity with no end in sight. Mile 5 has one more small hill and then a long downhill stretch that helped me gather up my wind for that final kick inside the stadium.

Once I hit the end zone, it was a 50-yard dash to the finish line. I must have blown by 20 people at the finish. The surface of the field was incredible. No wonder Ron Dayne could run all those yards. We

need to have marathons run on surfaces like this. It felt great! There were no cheering throngs of crowds in the stands, but there were plenty of oranges, bananas and beer to satisfy hungry vegetarians and thirsty harriers. After eating enough bananas to choke a baboon, I trotted 3 blocks east to my car and started driving home, just as the rains started to pour.

Another perfect race day!



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BOSTON MARATHON

Kenya Believe It? Kenyans Dominate Boston Again

by Ron Winkler

Kenyans took the top four places in the men's race and the first two spots in the women's race of the 106th running of the Boston Marathon on Monday, April 15th. Rodgers Rop's 2:09:02 was three seconds faster than Christopher Cheboiboch who finished second. Fred Kiprop was third and Mbarak Hussein was fourth. Both were timed in 2:09:45. Hussein is the brother of two-time Boston Marathon winner Ibrahim Hussein. Defending champion Lee Bong-Ju of Korea was fifth in 2:10:30.

In winning the women's race, Margaret Okayo not only upset two-time defending champion Catherine Ndereba, but she set a course record for women in 2:20:43. Ndereba's time was 2:21:12. Third place went to Elfenesh Alemu of Ethiopia who ran 2:26:01. Sun Yingjie of China was fourth in 2:27:58 and Firaya Sultanova of Russia was fifth in 2:27:58.

Sultanova, 40, was the master's winner and also set a course record. The record earned her \$31,500 in prize money.

In the men's master's race, Joshua Kipkemboi, 43, from Kenya ran the second fastest master's time since John Campbell's 2:11:04 in 1990. His 2:12:48 put him 12th overall and earned him \$10,000.

Fog and temperatures in the mid-fifties were more welcome than the heat that had been predicted. Despite the good weather, runners could do little with the hills. As a result, there was no threat to the world record of 2:05:38 that had been set in London the day before on a flat and fast course by Khalid Khannouchi.

The top American was Keith Dowling of Reston, VA who was 15th in 2:13:28. Jill Gaitenby of Northampton, Mass., was the first American woman to finish. Her 2:38:55 was good enough for 13th place.

Wisconsin finishers included: 40. Justin Stakston, 2:27:32, 65. Kyle Fraser, 2:31:19, 119. Rick Stefanovic, 2:37:12, 185. David Dehart, 2:41:14, 458. Paul Paikowski, 2:51:09, 513. Ted Shue, 2:52:44, 648. Armando Aranda, 2:55:33, 825. Rudy Estrada, 2:57:46, 861. Jay Schweikl, 2:58:08, 1035. Clement Grum, 2:59:40, 1036. Roy Pirrung, 2:59:40, 1038. Alan Ammentorp, 2:59:41, #028. Bob Ellis, 3:17:31, 4357. Christopher Brust, 3:27:00, 5390. Arnie Sohns, 3:33:49.

Wisconsin Women: 21. Carol Le Gate, 2:47:57, (place indicates overall finish including men) 1442. Ann Heaslett, 3:04:30, 1642. Kathy Waldron, 3:06:27, 2396. Lea Baer, 3:12:46, 2863. Linda Maxwell, 3:16:26, 4796. Robin Treder, 3:29:46, 5199. Christine Mangi, 3:32:31, 5991. Julie Treder, 3:37:32, 6611. Amy Hurliman, 3:41:36, 6971. Katharine Trapp, 3:44:02, 7436. Tracie Mittelsteadt, 3:46:57, 7934. Traci Neuman, 3:50:20, 12437. Lynn Breitlow, 4:34:25.

A total of 14,582 completed the race. There were 9242 men and 5340 women.



Striders in the Press Familiar Perch

from the Boston Globe

John Archer, a veteran Milwaukee area runner and his daughter, Patti Watkins of Stamford, Conn., had the best--and just about only--seat from which to observe the runners as they passed Wellesley College.

Archer, 87, was the special guest of the college's Munger House dormitory, which established an and in his honor in 1999. Archer sat high above Route 135 in a special tennis umpire's chair with his nickname, "Black Bart," on it.

"John took what was such a positive experience for him and wanted to give it to other runners through his gifts to us," said Bethany Clark, a senior from Glenview, Ill., and Munger House president.

She was a prime mover in inviting Archer back to the campus.

"We started working on the signs (of encouragement for the runners) Friday and finished them Saturday night," she said of the more than 60 that were posted in front of Munger.

Archer ran 21 Boston Marathons (65 marathons in all), and the retired executive with Schlitz Brewing Co. never forgot his warm receptions at Wellesley.

"The roar of the crowd increases with each step you take along the campus," said Archer. "Wellesley College is the greatest place for encouraging these runners. It makes them say, 'I think I can make it the next 13 mile.' Thank the Lord for these young ladies."

For years, Archer has sent checks to students at Munger Hall to cover expenses for the signs, plus water and oranges for the runners.

Archer, who has been staying at the College Club over the weekend, was the guest of honor at ceremonies Sunday night when the annual Black Bart award was presented to Wellesley student Eleanor Leiber for dedication and service to Munger.

Boston Marathon: History and Fun Facts

by Ron Winkler

The Boston Marathon emerged after the first modern Olympic games that were held in Athens in 1896. The Olympic Marathon race served as an inspiration to John Graham who was the US Olympic team manager and a member of the Boston Athletic Association. Graham organized the first Boston Marathon, which was originally called the American Marathon, on April 19, 1897 on a 24.5-mile course from Metcalf's Mill in Ashland to the Irvington Street Oval near the present finish in Copley Square. John J. McDermott of New York topped the 15-man field with 2:55:10. In 1924, the starting line was moved to Hopkinton.

Greek Legend

According to legend, Pheidippides ran from the



Jock Semple takes 7th Place in the 1930 Boston Marathon

plains of Marathon to Athens to announce the victory of the Greeks over the Persians. The 1896 Olympic Marathon distance of 24.8 miles was based

on Pheidippides run of 24.8 miles.

In 1908, the Olympic games were held in London. The marathon race began at Windsor Castle so that the Royal family could view the start. The race finished on the track in front of the royal box of King Edward VII and Queen Alexandria. The distance was 26 miles, 385 yards. From that time, the Olympic Marathon was lengthened to 26 miles, 385 yards. The Boston Marathon followed suit during the 1920's. Heartbreak Hill

In 1936, John A. Kelley passed Ellison "Tarzan" Brown on the Newton Hills, tapping Brown on the shoulder as a friendly gesture. When Brown regained the lead on the final hill, he broke Kelley's heart, according to Boston Globe reporter Jerry Nelson. Brown won the race and the nickname "Heartbreak Hill" entered the Boston Marathon vocabulary.

Women at Boston

In 1966, Roberta "Bobbi" Gibb was the first woman to run the Boston Marathon. As women were not permitted to run races longer than 880 yards, she was not officially entered. She hid in the bushes and joined the pack after the gun went off. Her time was 3:21:40 for 126th place.

In 1967 and 1968 she again was the unofficial winner.

In 1967, Katherine Switzer was the first woman to officially run the Boston Marathon by registering as "K.V. Switzer." As with Roberta Gibb, Katherine Switzer was welcomed by the runners.

It was a different story with the race officials. At 4 miles, race director Will Cloney got off the press bus and shook his finger at Switzer. Then, Jock Semple ran after her, screaming, "Get the hell out of my race and give me those numbers!" (Numbers were worn on both front and back in those days.) Her

trainer, Arnie Briggs told Jock to leave her alone. Jock replied, "Stay out of this, Arnie" and tried again to get the numbers.

Switzer's boyfriend, Tom, a former all-American football player and hammer thrower, hit

Jock with a body block. Jock was thrown through the air and landed on the side of the road. Arnie told Switzer, "Run like hell!" Later, when the press bus caught up with them, Jock shouted, "You are all in big trouble!" Switzer finished the race in about 4:20. The efforts of Gibb and Switzer paid off, for on April 17, 1972, women were finally permitted to enter the Boston Marathon. Nina Kuscsik was the first of 8 women with her 3:10:26.

Boston Billy

In 1975, Bill Rodgers won his first of four Boston Marathon titles. His time was 2:09:55. "Boston Billy" then finished first in 1978 (2:13:13), 1979 (2:09:27) and 1980 (2:12:11).

Cheater

At the 1980 awards ceremony, Bill Rodgers asked the women's winner, "Who are you?" Many other people were asking the same question of Rosie Ruiz,

(Continued on page 7)



Race Director Jock Semple tries to remove Katherine Switzer from the course in 1967

BOSTON MARATHON

Bill Grass Update

You Too Can Run Boston

By Ron Winkler

All runners, especially marathoners, are asked at one time or another, "Have you ever run the Boston Marathon?" Boston is special. There are marathons all over the world every month of the year. In the US there is New York, Chicago, Los Angeles, Grandma's, Disney and our own Lakefront to name some. However, Boston is the world's oldest continually running marathon. Boston receives the most publicity, with the results carried everywhere, even on radio, which at other times never covers running in its sports coverage.

To many runners and non-runners, "Boston" represents the quintessential running event. It's easy to understand why. Your entry includes the pre-race pasta party, long-sleeve T-shirt, transportation to the start, 24 water stops, 26 American Red Cross First Aid Stations and 500,000 spectators along the course, finisher's medal, post-race party and results booklet that lists each finisher's splits every 5K. In 2002 there was \$525,000 in prize money.

If you have the urge to run Boston, what is required? Besides the years of base training that should be done before attempting a marathon, there are qualifying standards. All entrants must be at least age 18. The first time qualifying standards were introduced, was for the 1970 race.

By signing the entry form, athletes were certifying that they had sufficient training to be able to complete the race in less than four hours.

The qualifying times are as follows:

AGE GROUP	MEN	WOMEN
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-45	3hrs 20min	3hrs 50min
45-49	3hrs 25min	3hrs 55min
50-54	3hrs 30min	4hrs 00min
55-59	3hrs 35min	4hrs 05min
60-64	3hrs 40min	4hrs 10min
65-69	3hrs 45 min	4hrs 15min
70 & over	3hrs 50min	4hrs 20min

Future Races

The Boston Marathon starts at noon on Patriots' Day, the third Monday of April.

April 21, 2003

April 19, 2004

April 18, 2005

For next year's race on Monday, April 21, 2003, your qualifying run must come between September 29, 2001 and February 3, 2003 at a certified marathon. Proof of qualification must be submitted with your application. Applications will be available in July from the Boston Athletic Association.

(Continued from page 2)

The third thing Bill has done is participated in some local runs.

"Local" in Texas could mean several hundred miles away.

One run was the *All American 10k* in Edinburg, TX (just 8 miles from his home), early this year. Bill stated that the race directors tried to achieve 5000 participants. Although he was very skeptical, they achieved 4860 – just 140 short (within 2.8 %) of their goal.

In one of the other smaller races, Bill looked around at the start and identified one runner who appeared to be in his age group. "He," Bill said to himself, "was the one to beat."

Although Bill was not quite able to stave off his perceived attacker, he found later that the runner in question was a whole 5 years younger. Bill got first in age group.

As you can see, there is a pattern emerging. Bill used to run, then he stopped. Now he's running for weight control. Later you'll see, he'll actively compete for prizes, and yes, he'll win a few.

Bill cautioned, "Don't be surprised to see me drop in on one of Badgerland Striders' meetings or a fun run soon."

(WATCH FOR BILL & BARB AT SARAH'S STRIDE!)

To paraphrase another writer, "You can take the man out of running, but you can't take running out of the man."

And still another . . . "Whatever goes around, comes around."

I'll be watching Bill's progress. Not just because he's a friend, but he's part of our club's (and our state's) history.

Please join me in wishing him well.

History and Fun Facts

(Continued from page 6)

who stole the victory from Jacqueline Gareau. In reality, she climbed the Kenmore Square subway steps and ran the final mile of the race, which accounted for her "fresh as a daisy" appearance at the finish. Justice was finally served and Gareau received the award she deserved.

Sprint to the Finish

In 1982, Alberto Salazar and Dick Beardsley pounded each other for the last nine miles. It all came down to the finish as Salazar out sprinted Beardsley to win by two seconds in 2:08:51.

Last American Winners

In 1983, Greg Meyer of Massachusetts, with a time of 2:09:00 became the last American man to win the Boston Marathon. Then, in 1985, Lisa Weidenbach became the last American woman to win in 2:34:06.

Prize Money

In 1986, John Hancock Financial Services provided prize money for the first time. Rob de Castella of Australia won \$60,000 and a Mercedes-Benz for his record-breaking 2:07:51. Women's winner Ingrid Kristiansen of Norway finished in 2:24:55 and took home \$35,000 in prize money and a new car.

Outstanding Masters Performance

In 1990, John Campbell of New Zealand finished fourth overall and won the masters division with a world-best 2:11:04. His mark still stands as the Boston Marathon men's masters' record.

The 100th Boston Marathon

The largest field in the history of marathoning was assembled in 1996 for the 100th running of the Boston Marathon. The race attracted 38,708 runners. Uta Pippig from Germany was the women's winner in 2:27:12 while Moses Tanui of Kenya was the men's winner in 2:09:15. End of the Kenyan Streak

Lee Bong-Ju of Korea finished 24 seconds ahead of Silvio Guerra of Ecuador to halt the streak of Kenyan victories at ten. Kenyan Joshua Chelangat finished third. Wisconsin's Rod DeHaven gave the US its best showing in many a year by finishing 6th.

Course Records

Kenyan's hold the men and women's open records. Cosmas Ndeti ran his 2:07:15 in 1994, while Margaret Okayo set her mark of 2:20:43 this year. John Campbell of New Zealand ran his record-setting time of 2:11:04 in 1990. The women's master's record of 2:27:58 was set this year by Firaya Sultanova of Russia.



Cosmas Ndeti 1994 Winner and course record holder 2:07.15

B o l d

running Goals?

How about an experienced coach?

Do you ever ask yourself, "How many miles per week do I really need to cover to run *my* best race? What about long runs, intervals, hills, and tempo runs? When should I taper for my peak?"

Has the "latest" racing/training plan generated more questions for you than answers? If you're looking to take your running to the next level, you might just benefit from a personal coach.

A coach and a plan designed just for you might be the last piece of your performance puzzle, *mile to marathon!*

As a distance running coach for the last 18 years, I have guided many runners at *all levels* toward achieving their personal running goals.

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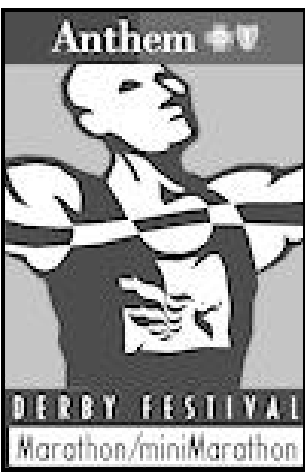
TRAVELING STRIDERS

THE "RAIN GODDESS" STRIKES AGAIN

By Karen Van Rite

OK -- So now I'm starting to get a complex. Three of my last four marathons have been run in the rain. In the marathon that it didn't rain, a storm blew in just after completion and the rain continued for four days. I really think I can make it rain almost anywhere!

My most recent adventure took me to Louisville, Kentucky, for the inaugural Kentucky Derby Festival Marathon. And, while the marathon was new, these folks had been putting on a half marathon for years. I felt this would be a well-organized event. I was not disappointed.



The Expo was small, but there were the usual exhibits of running apparel, shoes, sports gels, energy bars, sunglasses, and other accessories. Packet pick up was easy -- you didn't get your shirt until you returned your timing chip AFTER the marathon.

The pasta dinner was one of the best I have eaten. There were two varieties of pasta and sauces, big juicy chunks of assorted fresh fruits, tossed salad, breadsticks and unbelievable pie for dessert. I don't normally eat dessert, but this was too good to pass up!

Race morning began better than expected. Rain had been predicted all along, but it was mostly clear at the start. At that time, I had hopes of reaching the finish line in dry clothing. The first twelve miles or so went quite smoothly. I was in the company of over 7,000 half marathoners, among them, fellow Strider Doug Nelson. There were approximately 1,200 full marathoners. There were plenty of fluid/aid stations and lots of crowd support in this first half of the course.

We split from the half marathoners. They headed for the finish line. This is when things started to get ugly for the rest of us.

We turned the corner and were greeted by a

nasty headwind. The course seemed deserted and it got very lonely. At the same time, the sky began to turn very dark and I knew that I was in trouble.

Soon after, the rain began to fall. It fell gently at first, but it didn't take long for it to start pounding down on us. At this time I resolved myself to the fact that I was going to be soaked. I knew the best thing to do was to simply accept it, because I certainly wasn't going to be able to change it.

I have to give the volunteers a lot of credit. They all stood out in the rain, handing us water and sports drink with smiles on their faces. They were very encouraging.

So -- I completed another marathon -- **in the rain**. I couldn't wait to get into a nice hot shower and some warm, dry clothes. It always feels so good when it's all over.

Al (my husband) and I had planned to go to Churchill Downs that afternoon. We decided against it because it was still pouring rain. The rain let up enough for us to take a walk to Louisville Slugger Stadium in the evening. We saw the Louisville Bats play the Buffalo Bisons, a AAA baseball game.

This was a unique experience. The stadium was great. Prices were very reasonable. Seats were \$5.00 and \$6.00. Popcorn was \$2.00. We were sitting so close that we could see the player's faces. This was a lot of fun. Despite the good time we were having, we decided to leave in the seventh inning because... Can you guess? Yes! It started to rain.

I recommend this marathon highly. It was very well organized. There were dozens of busses to take you to the start, lots of porta-potties, plenty of fluids and friendly volunteers. The rewards at the finish included a great medal and a hi-tech running shirt. Louisville is a great place to visit. I bet it's even better if it doesn't rain!

Editors Note:

Karen is working to run at least one marathon in every state of the USA. If you know of a marathon being held in a state that has been having problems with draught, let her know. She will go and that marathon to help them get the rain they need. Perhaps they should pay her instead of charging her a registration fee. ☺

WISCONSIN SWEEPS ST. LOUIS

(Fenton, MO to be exact)

by Christine Crawford

What started out as a misty, chilly morning turned into a balmy 70+ degrees by 10am for the 4th annual Double Chubb 50k. There were sixty-three starters and fifty-six finishers, including seven from Wisconsin. I had not expected to see Holly Neault-Zinzow and JoDeen Hettenbach, two ultra running friends of mine. They greeted me as I entered the hotel parking lot. I was excited to see some familiar friendly faces.

The running route consisted of two out-and-backs on the Chubb trail for a total 31 miles. The trail started on a paved road and connected to a gravel service road. This was hilly, but only a bump in the road as the true nature of the ultra beast was revealed when we arrived at the muddy bike/hiking/horse trail.

This part of the course was a technical single-track trail full of rocks, roots and mud. There were many drop offs which required the "grab hold of the nearest tree" method in order to remain upright so as not to slide down the bluff. The mud firmed up after a few hours, but the hills remained. There were 1500+ feet hills that stretched from 1/2 mile (at the turn-around, of course) to a mile long series of climbs topping closer to a 2000-foot elevation gain.

This Wisconsinite considered these "hills" to be more like "mountains". Toward the end of the run, one had to walk those monsters. Running downhill was exhilarating, although my toes beg to differ. A small portion of the trail wound around the Meramec River. The view was lovely. Since the run took place in Lone Elk County Park, there were Elk and Bison roaming around. That was interesting to see.

Additional trail hazards included nesting Geese (I was stopped by one and had to tiptoe around her which led to a hissing match) and horses that were spooked by us runners. They left me cowering behind a tree as they charged toward Holly and myself.

The members of the SLUGs (St. Louis Ultrarunners Group) were friendly and the food was great. Sharing it with my friends was the icing on the cake.

Wisconsin took 1st (Lynn Mayer), 2nd (Holly Neault-Zinzow) and 3rd (Christine Crawford) in the Women's division. Our great state also took 1st (Joel Lammers) in the Men's division. It was almost a complete sweep!!!

JoDeen and Linda Sundering, forever friends, crossed the finish line together. Vern VanBeek and Bob Gabbey also crossed the finish line with smiles on their faces.

Isn't that the only way to finish an ultra?



Peace, Out.

Christine Crawford finished second in the Womens Open Division

See 'Making Dust' Pg. 15 for results of this event.

BADGERLAND STRIDER FUN RUNS

Fun runs are every Wednesday From April 24th through September 25th except meeting nights and June 26 Superun. There are no fees. They feature both a 3 mile and a 6 mile route. Refreshments are served at each run.

Wednesday May 22, 2002	6:30PM	McKinley Marina
Wednesday May 29, 2002	6:30PM	Whitnall Park #8
Wednesday June 5, 2002	6:30PM	South Shore Pavilion
Wednesday June 12, 2002	6:30PM	Estabrook Park #8
Wednesday June 19, 2002	7:00PM	No Run, Meeting Night
Wednesday June 26, 2002	7:00PM	Superun, Lake Park
Wednesday July 3, 2002	6:30PM	Greenfield Park #3
Wednesday July 10, 2002	6:30PM	Greenfield Park #3
Wednesday July 17, 2002	7:00PM	No Run, Meeting Night
Wednesday July 24, 2002	6:30PM	Whitnall Park #8
Wednesday July 31, 2002	6:30PM	McKinley Marina
Wednesday August 7, 2002	6:30PM	Minooka Park #3
Wednesday August 14, 2002	6:30PM	Estabrook Park #8
Wednesday August 21, 2002	7:00PM	No Run, Meeting Night
Wednesday August 28, 2002	6:00PM	South Shore Pavilion
Wednesday Sept 4, 2002	6:00PM	Whitnall Park #8
Wednesday Sept 11, 2002	6:00PM	Greenfield Park #3
Wednesday Sept 18, 2002	7:00PM	No Run, Meeting Night
Wednesday Sept 25, 2002	6:00PM	Whitnall Park #8

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

We welcome your articles, poems, journal extracts, essays and cartoons. However, not all submitted material can be printed, and some will be used with a delay. In addition, the editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary.

The Strider Newsletter does not accept letters or articles written in anonymity, with rare exception. Bylines are standard.

Please submit items typed, or - ideally - stored on a 3-1/2" computer diskette (IBM) in just about any format. Any photos will be appreciated. Suggested captions are appreciated too, and please identify the subjects when possible. Please put your name and address on the back of each photo if you want to receive a photo credit, and/or if you would like them returned.

Send submissions to:

Sam Martino, 709 N. Cumberland Drive, Waukesha, WI 53188, Phone: 262-548-3986
Or directly to 'The Strider' via email at tstrider@wi.rr.com

How to Advertise

The Strider reaches more than 1,800 running enthusiasts around the Milwaukee area and the state of Wisconsin. If you have something to tell or to sell to active people, this newsletter will spread your message. Issues are published 11 months a year.

Advertising Rates:

Full pg. \$175.00 (9.5" w x 15" h)	1/2 pg. \$100.00 (9.5" w x 7.5" h)	1/4 pg. \$60.00 (4.5" w x 7.5" h)	1/6 pg. \$40.00 (3" w x 7.5" h)
Business Card Size \$20.00 (3.5" w x 2" h)	Inserts \$100.00 max size (folded) 8.5" w x 10 3/4" h		1/3 pg. \$75.00 (6.1" w x 7.5" h)

For info packet or to place an ad or insert, call Dave O'Brien at 414-425-1309.

Deadline for all materials - inserts and ads - is the 25th of the preceding month. The newsletter comes out mid-month.

Please note that no inserts will be included without prior reservation - including Strider-sponsored events.

Monthly Club Meetings

Badgerland Strider monthly meetings are held on the third Wednesday of each month at Tanner Paull Restaurant, 6922 W. Orchard Street, West Allis (70th Street between National Ave. & Greenfield Ave.). Normal meeting agenda is: social hour at 6:30 p.m., followed at 7 p.m. by a guest speaker or presentation, and a business meeting at 8 p.m.

Beer and soda are provided on tap. Cover Charge is \$3 at the door for members; non-members are charged an additional \$1.

Program suggestions are welcome. Call Allan Hoeft at 262-367-8088.

Disorganized Training Runs

Groups of Striders get together various days of the week to run, socialize and/or eat. Breakfast-only athletes are welcome. T-shirts to all Sunday triple-loopers who finish in under two hours. Call Jack Mandelker at 414-744-0554 for more information.

* Saturday Upper-Downer: 7 a.m. Up one hill and down the next on the Sunnyslope route. Six to 12 miles; you can always double loop if this isn't enough. Meet at Hanson Park Clubhouse. Breakfast at Heinemann's.

* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from Hanson Park through - where else? - the Zoo. Breakfast at Heinemann's on Highway 100 and Center.

Moving?

Please send a change of address to the Strider office. The newsletter is not being forwarded and you will miss out on your subscription.

New Badgerland Striders Internet Address

www.badgerlandstriders.org

Badgerland Striders e-mail address: bls@execpc.com

"The Strider" e-mail address: tstrider@wi.rr.com



This newsletter is printed on recycled paper.

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Strider 1/2 Marathon	Apr 7, 2002
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Ice Age 50-Mile	May 11, 2002
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Sarah's Stride - Hartfest 5K	May 18, 2001
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Superun 5k	Jun 26, 2002
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Cudahy 10K & 10M	Aug 4, 2002
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Strider 20K	Aug 31, 2002
Allan Hoeft	262-367-8088
Badgerland FX 12-24 Hr Run	Aug 31, 2002
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Tosafest 5K	Sep 7, 2002
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Al's Memorial 8K Run	Sep 21, 2002
Jeff Weiss	414-771-3165
Lakefront Marathon	Oct 6, 2002
Kris Hinrichs	414-291-0368
Glacial Trail Run	Sept 29, 2002
Tom Bunk	262-392-2506
Komen Run for the Cure	Oct 20, 2002
Debbie Kloc	414-571-5269
Lakefront Discovery Run	Nov 2, 2002
John Cornell	414-276-9657
Turkey Trot	Nov 10, 2002
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FROM THE ARCHIVES

25, 20, 15 and 10 Years Ago

By Ron Winkler

25 Years Ago: Saturday, May 7, 1977

Milwaukee Chapter Phi Epsilon Kappa
10,000-Meter Run

Tony Rodiez and Mary Czarapata were the winners with times of 32:20 and 40:56, respectively. A total of 84 runners completed the race. Ken Gehrt was a distant second to Tony with 32:54. For the women, Barbara Bodart was second with 45:43, followed closely by Mary Belling in 45:48. Kathy Martin finished in 4th place with 46:59, with Judy Kirchoffer 5th in 47:30. In the age groups for the men, Rick Burdick won the 30-39 division with 36:30, while Duane Holz took the 40 and over title with 36:33. Second place in that division went to Luther Lewer (38:48) with John Kotsubka taking third (39:21). Rich Czarapata was fifth (41:09), Duane Allma was seventh (41:37) and Knud Stobbe was eighth (42:19).

20 Years Ago: Sunday, May 16, 1982

Community Memorial Hospital, Menomonee Falls, Fourth Annual Run For Your Health

The 2-mile race was won by Larry Buvid who hustled to the finish four seconds ahead of David Dugan. Buvid's time was 10:16 and Dugan's time was 10:20. Third place went to Dennis Raymark (10:44). For the women, there was a tie for first place between Laura Rouse and Lisa Rouse who were timed in 12:42. Nancy Rupke was third (13:08). Age division winners included Doug Sturgeon (30-39; 11:12) and Charles Bressler (40-49; 12:27). There were 518 finishers.

In the 5-mile race, Glen Schumacher hustled to the finish ahead of 349 other runners. His 26:45 was five seconds faster than second place Clyde Moser (26:50). Third place went to Eric Krawczyk (27:11). Jeannie Prindiville who finished with 35:13 won the women's crown. Carol Spaeth took second with 35:59, while Wendy Snyder was third in 36:40. Some of the age group winners were Lois Kalmbach (30-39; 38:20), Tom Hoffman (30-39; 27:27) and Robert Sarver (40-49; 28:41).

15 Years Ago: Saturday, May 16, 1987

St. Francis Hospital 7th Annual Run to Your Health

Tim Rodiez won the 5-mile race in 26:47. The race for second place was a kick to the finish among Mike Neuberger, John Drain and Jose Garcia. They finished in that order with times of 27:11, 27:12 and 27:13, respectively. Chuck Germain was a close fifth with 27:19. Jenny Heyer was the top woman with 31:48. Valerie Ness was a distant second with 33:12. Close behind was Marian Ketterer with 33:22. Fourth place went to Delma Castillo (35:44) who was a little ahead of fifth place Jill Odell (35:52). Age group awards went to Jim Peele (40-49; 29:35), Bob Ladwig (50+; 33:31) and Georgia Dollister (40-49; 38:43). There were a total of 302 finishers.

In the 2-mile event, Joe Ramos was the winner in 12:03. He was followed by Robert Orcholski (2nd, 12:26), Mike Laskowski (3rd, 12:33), Nelson Quiles (4th, 12:38) and Bill Verbos (5th, 12:53). Amy Simonsen took the women's title in 13:39. She was followed by Lynn Cardenas (2nd, 15:25), Sally Rubach (3rd, 16:02), Susan Templin (4th, 16:30) and Bonnie Neitzel (5th, 17:50). Age group awards went to Dale Laabs (40-49; 13:22) and Dave Griffiths (50+; 14:16). There were 298 finishers in the race which was actually 2.4 miles.

10 Years Ago: Sunday, May 3, 1987

Wisconsin Humane Society Furry 5K

Tony Rodiez paced the 297 runners through Estabrook Park to win in 15:25. Rich Moore was 3rd with 16:18, Scott Wageman was 5th (16:41), Steve Walsman was 6th (16:43), John Jenk was 7th, (16:44) and Paul Badura was 8th (17:08). The first woman was Tina Ruppenthal in 19:18. Cynthia Sites followed her with 21:08. Kathryn Cairney was 3rd (21:22), with Ann Limberg 9th (23:04), Robin Pedersen 10th (23:23) and Teri Mikolic 11th (23:24). Age group winners included Jim Peelen (45-49; 17:55), Mike Kirkwood (50+; 17:45) and Marcia Balthazor (50+; 24:57).

RRCA CONVENTION

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sez



Dennis Novak

Every year shortly after tax season I am fortunate enough to represent the Badgerland Striders at the RRCA convention. This year's event was held May 24 in Norfolk, VA. Several Striders were also in attendance. This annual event gives us an opportunity to renew old acquaintances, get new ideas on how to better serve our members and improve our club and take care of business on a national or regional basis.

This year's convention goes down as the most memorable in recent history. This was my eighth in a row and I have to admit the one I would like to forget. Let me explain.

At the 2001 convention long term Executive Director, Henley Gibeau, resigned her position at the meeting to the surprise of everyone. By October 1st a new Executive Director was in place.

Several weeks ago I began getting information that there would be proposed changes to the by-laws of the RRCA. Without getting into a lot of detail, the changes were designed to transfer certain duties and responsibilities from the board of directors to the national office and to give the national office more control over the organization.

Almost immediately after the proposed

amendments were distributed there was movement afoot by some former leaders of the RRCA to reject the proposals. Almost up to the moment of the actual vote there was much campaigning from both sides to seek support. I have no problem with this.

However, at a session designed to answer questions and provide insight as to why the proposed changes were being presented, I witnessed what I believe was total disregard for any rules of etiquette at a meeting.

Certain former leaders of the RRCA not only spoke out of turn but also refused to follow the request of the moderator to raise their hands to be called upon to speak. They just shouted out their opinions and did not appear to be interested in hearing what anybody else had to say. They not only embarrassed themselves; they made a mockery of the process and the RRCA itself.

I also witnessed personal attacks on people directly involved with the process. This is totally uncalled for in an organization comprised of mostly volunteers. While both sides of the issue were convinced they were right, what I saw was a division in the RRCA that may never be repaired.

This is unfortunate. In order for the RRCA to continue to exist, fences must be mended. All leaders, both current and former must pull together and work together to achieve the end result. The RRCA has lost approximately \$300,000 over the past three years. How we fix this sinking ship should be the top priority of all, not constant bickering over control.

In a close vote it was decided to defer indefinitely to change the by-laws. Hopefully we will not have to be exposed to this child-like behavior at future conventions.

14th Annual . . .

Strain for the Brain

5k Run and Walk

Saturday, June 15, 2002, 10:00 a.m.

- ☺ The run winds through scenic Greenfield Park
- ☺ Age division awards ☺ Lunch ☺ Music
- ☺ Raffle ☺ Auction ☺ Certified flat course
- ☺ First 900 get a cool T shirt
- ☺ Register early. Price just \$15.00. \$20 race day.
- ☺ Kids 10 & under, \$10.
- ☺ Register Online: www.ACTIVE.com or phone Mary Lehman at: (414) 541-3991

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MAKING DUST

"IF YOU DON'T MAKE DUST, YOU EAT DUST"

Double Chubb 50K Fenton Missouri April 20th, 2002

Place	Name	State	Time
1	Joel Lammers	WI	3:54:56
1st Open			
2	Jesse Peterson	UT	3:58:51
2nd Open			
3	John Conroy		4:01:15
3rd Open			
4	Bob Chott		4:08:10
Master			
5	Rob Hills		4:30:06
6	Lynn Mayer	WI	4:41:13
1st W. Open			
7	Steve Vellky		4:41:21
8	Holly Neault-Zinzow	WI	4:42:23
W. Master			
9	Christine Crawford	WI	4:42:57
2nd W. Open			
10	Vern VanBeek	WI	4:45:16
11	Gary Fuerst		4:49:11
Senior			
12	David White		4:53:36
13	Ron Ayers		4:54:15
14	Jerry Frost		4:59:40
15	Gwen Heist		5:12:27
3rd W. Open			
16	Stuart Johnson	KS	5:17:41
17	Alan Lewis		5:23:34
18	Ken DeBeer		5:25:30
19	Jan Ryerse		5:26:17
20	Larry Scholl		5:28:53
21	Jeff Sona		5:33:53
22	Tom Reich		5:35:23
Grand Master			
23	Casey Coen	CO	5:44:02
TOOK AN EARLY START			
24	Jim Stroup		5:45:22
25	Rachel Hartmann		5:50:22
26	JoDeen Hettenbach	WI	5:53:20
27	Linda Sundering		5:53:20
28	Brenda Gutman	KY	5:53:54
29	John McDonald	IL	5:55:00
30	Lee Hess		5:57:41
31	Jason Coleman		5:57:43

32	Tom Wiltch		5:57:48
33	Andy Velazco	GA	5:58:54
34	Robin Kokjohn	IA	6:01:31
35	Bonnie Busch	IA	6:01:31
36	Heidi Witzke		6:05:01
37	Debby Spetnagel		6:07:26
38	Dave Hardesty		6:09:27
39	Mike Yaworski		6:09:55
40	Bob Gabbey	WI	6:10:30
41	Dan Carnesciali		6:14:36
42	Joe Yorio		6:16:51
43	James Mercer		6:18:21
44	Ken Meyer	IN	6:18:57
45	Al Maiuro		6:20:50
46	Dick Hogan	IA	6:28:06
47	Dale Perry	CO	6:41:25



48	Jim Huss		6:54:00
49	Michael Kent	IA	6:59:13
50	Mike Hartmann		7:19:20
51	Cindy Turner		7:19:57
52	John Mahon	IL	7:21:42
53	Glen Zirbel	IA	7:36:00
54	Mitch Harper	IN	7:44:10
55	Rose Stong	IL	7:54:49
56	Robert Livitz	TX	8:53:13
57	Karen Casey		DNF
58	Mr. Gutdayzke		DNF
59	Steve Young		DNF
60	Carol Izadi		DNF
61	Judy Tillapaugh	IN	DNF
62	Doug Lehman	IL	DNF
63	Christian Marrow		DNF
64	Kathy Velazco	GA	DNS
66	Donald Clark	MN	DNS

There were 63 starters and 56 finishers.

Badgerland Striders SOUTH SHORE HALF MARATHON SUNDAY APRIL 7TH, 2002

We inadvertently cut off some of the South Shore Half Marathon Results. Sorry for any stress anyone may have experienced due to lack of verification of their being.

M45-49

23	1	1:27:51	LINNEMANSTONS ROBB
28	2	1:29:05	OGUTU I. GEORGE
31	3	1:30:22	BROWN BRUCE
33	4	1:30:54	WAKEFIELD DAVID
44	5	1:33:39	BURKOTH MICHAEL
59	6	1:36:40	PLUMB KENNETH
61	7	1:36:48	WESTENDORF KEITH
65	8	1:37:27	NORUK JEFFREY
70	9	1:38:17	ITZOV TED
75	10	1:39:22	MUELLER ROBERT
89	11	1:41:34	KLEWIN FRED
95	12	1:42:16	STEFANIAK PETER S
96	13	1:42:18	HARDEN TIMOTHY
125	14	1:45:43	SIPEK MARK
126	15	1:45:43	DAGGETT GREG
129	16	1:46:09	SCOTT DOUGLAS
136	17	1:47:32	THOMA JOE
143	18	1:48:14	COWIE JEFFREY
164	19	1:50:37	ROTTMANN TIMOTHY
165	20	1:50:41	ABRAHAM PETE
168	21	1:50:46	WESLEY PAUL
172	22	1:51:17	TATE DUANE
187	23	1:53:46	ZACHER BRUCE
188	24	1:54:07	KING ROBERT
220	25	1:57:02	AUSTIN CHARLES
232	26	1:58:09	KAISER KURT
260	27	2:01:48	GARVEY MIKE
264	28	2:02:21	JANICKI GARY
266	29	2:02:52	HANNA DENNIS
268	30	2:03:05	COONEY D
276	31	2:04:31	AUGUSTINE JOHN
288	32	2:07:07	PATHROSS BASIL
298	33	2:09:05	MANKIEWICZ TOM
321	34	2:14:25	MEDINA RAWL
337	35	2:21:08	BATCHELOR KEITH
363	36	2:47:23	WYSOCKI PETE

M50-54

24	1	1:28:07	ERHARDT RON
26	2	1:28:19	JENK JOHN
48	3	1:34:54	EDEN DENNIS
57	4	1:36:23	BELL JOHN
73	5	1:38:57	SHOEMAKER DENNIS
80	6	1:39:47	O'BANNION DION
85	7	1:40:30	KLEMOWITS KENNETH
88	8	1:41:20	PATERICK JOE
113	9	1:43:51	FALCH TOM
148	10	1:48:31	BAAS TOM
152	11	1:49:09	DAVIES BRUCE
159	12	1:49:59	HABLE BILL
163	13	1:50:31	WEIN GREGORY
166	14	1:50:41	RIVERA JUAN
175	15	1:51:30	MAYER TOM
180	16	1:52:11	WAALA SAM
193	17	1:54:33	HARTMAN STEVE
205	18	1:55:47	FOSDICK RON
209	19	1:56:04	MONTGOMERY LEE
214	20	1:56:27	BECK PAUL
221	21	1:57:02	FRELKS CHRISTOPHER
236	22	1:58:41	GRAF RALPH
245	23	1:59:42	GRISKEY ANTONIO
253	24	2:00:54	HINKLE STEVE
273	25	2:03:44	JACOBS DAVE
289	26	2:07:13	DOOLAN ED
305	27	2:09:54	EVASON KEN
331	28	2:18:09	MILNER JACK
334	29	2:19:37	MATZAT JAMES
341	30	2:24:32	HOEFT ALLAN
353	31	2:38:08	WITKOWIAK JAMES

M55-59

30	1	1:29:57	DENMAN DEAN
69	2	1:37:58	BAHR JAMES
79	3	1:39:35	YI WHAYONG
110	4	1:43:35	BORZICK MICHAEL
160	5	1:50:07	STACHERA JOHN
179	6	1:51:55	BERG DAVID
182	7	1:52:35	NOWAKOWSKI JIM
218	8	1:56:56	DREES PAUL
316	9	2:13:06	JENOVAI GARY
324	10	2:15:27	GILEROVICH TONY
357	11	2:41:25	HOPPER CRAIG

M60-64

41	1	1:32:51	BECKER JOHN
281	2	2:04:57	MADDEN FRANK
287	3	2:06:43	PARKER ED
303	4	2:09:52	WALDVOGLE DON
352	5	2:37:41	STERR GENE

M65-69

249	1	2:00:24	RUBINSTEIN ROY
262	2	2:01:59	SCHLIENGER KENT
348	3	2:33:05	CLAREY JAMES

The Epilepsy Foundation of Southeast WI proudly presents:

The second annual...

Brainstorm 5K Run & 3K Walk

Different date, different time, Sunday June 9th @ 9:30 a.m.

Same great location!

A flat, fast course in Greendale's beautiful Root River Parkway, which is adjacent to Whitnall Park.

Same great excitement!

Same great fun!

5 Year age groups
Prizes - three deep
Awards ceremony
PR city!



* fun for the whole family,
* games for children,
* prize drawings,
* plus a picnic!

For further info, look for your entry form in this Strider, or call EFSW: (414) 271-0110

UPCOMING STRIDER EVENTS

Wednesday May 22nd

Fun Run

3mi, 6mi 6:30pm, McKinly Marina (Landfill), FEES: none, refreshments, CONTACT: Randy Klinghoets 414-285-3180

Wednesday May 29nd

Fun Run

3mi, 6mi 6:30pm, Whitnall Park #8, FEES: none, refreshments, CONTACT: Dave Gavinsky
Day: 414-285-3180, Eve:262-629-1018

Wednesday June 5th

Fun Run

3mi, 6mi 6:30pm, South Shore Pavilion, FEES: none, refreshments, CONTACT: Betty Schraith
Day: 414-453-2350

Wednesday June 12th

Fun Run

3mi, 6mi 6:30pm, Estabrook Park #8, FEES: none, refreshments, CONTACT: Joe Paterick, Eve: 414-744-6584

Tuesday June 18th

BLS Track Meet

6:30pm Hart Park Track Park #8, Various track events 100m-3200m, racewalk, relays. No field events or hurdles, FEES: none, refreshments, CONTACT: Ron & Alice Winkler, DAY: 414-273-3850 x5329, EVE: 414-744-9404

Wednesday June 19th

BLS Meeting

6:30pm Social, 7p.m. Speaker, 8 p.m. Business Meeting, Tanner Paull, 70th&Orchard, FEES: \$3 Members, Non-Members \$4, refreshments, CONTACT: Allan Hoelt

262-367-8088

Wednesday June 26th

SUPERUN

5k 7pm, Lake Park Pavilion, Milwaukee, FEES: \$10 by 6/20, \$8 BLS, \$13 Raceday, TS, refreshments, CONTACT: Bob Scherer, DAY: 262 569-6732, EMAIL: bscherer@clddigital.com

Some Other Non-Strider Events

Saturday May 26th

Mad City Marathon

26.2mi, 13.1mi, 5K 7:30am, Capitol Square Madison, FEES: \$50, \$60 Race Day, TS, giveaways, Expo, CONTACT: Christi Kent-Bracken, DAY: 608 278-9666, FAX: 608 278-9667, www.madcitymarathon.com

Monday May 27th

Hare and Tortoise Run

5mi, 2mi, 2mi walk 9am, AMF New Berlin Lanes, 16000 W Cleveland Av, FEES: \$20, TS, giveaways, door prizes, CONTACT: Katie Schulz Day: 262-785-4980, Eve: 262-785-4980, EMAIL: kgschulz@wcfls.lib.wi.us

Saturday June 1st

ELKHART LAKE INTERNL TRIATHLON

swim/30k bike/8k run, 7:30am, Osthoff Resort, 101 Osthoff Ave, FEES: www.ElkhartLakeMultiSports.com, Sweatshirt, raffle, lunch, live music, party, CONTACT: Jeff Grady, DAY: 877 262-8148, FAX: 847 359-7574, EMAIL: triguy@elkhartlakemultisports.com

Saturday June 8th

BELLIN 10K RUN

10k run, walk 8am, 1/2mi kids run, Bellin Health Hospital Center, FEES: \$13 thru 6/3, \$15 after, TS, fruit, bev, food, shwrs,

CONTACT: Tom Schoffelman,

DAY: 920 433-7841, EMAIL: www.bellin.org

Sunday June 9th

BRAIN STORM RUN AND WALK

5k Run, 3k Walk 9:30am, Root River Parkway, FEES: \$15 by 5/31, \$18 raceday, food, bev, icream, CONTACT: Curt Bertram DAY: 262 790-1659, EVE: 262 790-1659, EMAIL: cabjlb@msn.com

Saturday June 15th


LIGHTHOUSE RUN

10mi, 4mi, 8am, YMCA to Festival Park, Racine, FEES: \$15 by 5/31, \$18 raceday, TS, beer, refreshments, CONTACT: Peter Henkes, DAY: 262 633-2291, www.wisconsinrunner.com, wisrun@execpc.com

Saturday June 15th

STRAIN FOR THE BRAIN 5K RUN/WALK

5k, 3.1mi walk 10am, Nathan Hale HS, West Allis, FEES: \$14, \$18 raceday, TS, beer, refreshments, music, CONTACT: Mary Doyle Lehman, DAY: 414 541-3991, EVE: 414 541-3991, FAX: 414 541-2087



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