

the Strider

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2002 Ice Age 50 How Tough Was It?



Ultra champion Steve Szydlik captured his sixth Ice Age 50 Mile Run title with a time of 6 hours and 14 minutes. Carolyn Smith of won the women's crown in 7 hours and 50 minutes in the mud and rain in the 2002 Ice Age 50 Mile Run. Photos by Kent Schlienger

by Andy Arena

First of all, it should be stated that any 50-mile run on trails is tough, even with good weather and good footing. At the 21st annual Ice Age Trail 50 held on May 11, 2002 we had neither good weather nor good footing. So how tough was it?

This question popped into mind many times as I slid in the cold wet mud for the last 25 miles of the event. As I was running, I was mentally recalling my 19 Ice Age races. In my mind, this one ranked as the 5th hardest.

I'm not trying to minimize the challenge that we all encountered, but the first 5 hours were near perfect running conditions, dry and cool. Then the cold rain started pounding and made it a day from hell. I was lucky enough or smart enough to be dressed warm, so for me the worst thing was the footing. It was greasy mud that made many areas even hard to walk, let alone run. When I say it was hard to walk, I'm talking about moving at 30 minutes per mile.

You do the math. That pace makes for a long day and slow finishing times. If you add to this being cold and wet, problems are compounded. Again, I was smart/lucky enough to put on a Hefty Bag when the rain started which kept me warm and dry.

During the final 7 hours of the race, there were a million reasons to quit and drop out. Those who finished showed great mental strength. The unfortunate ones are those who kept running but because of the footing couldn't make the cut off times.

So why was this run only the 5th hardest? Well, this is just my opinion, but I feel that the rankings and reasons are as follows:

- ✓ #1: THE Toughest: 1996: Severe heat and humidity from start to finish, life threatening.
- ✓ #2: 1990 -- Rain: early, lasting all day and very cold for the entire 50 miles. Some areas had mud knee deep.
- ✓ #3: 1991-- Almost a carbon copy of 1990 but because of the previous year, you knew how to dress.

✓ #4: 1987-- Extreme heat with full sunshine.

✓ #5: 2002-- Ice Age runners may not want to admit it but another reason is that we and the sport in general are getting older.

Many of us began running this race 5, 10 or 15 years ago and we remember the races I ranked as tougher with some fondness (?) as the bad old days. How many of us could have done better this year if we were 10 or 15 years younger? How many of us are stronger or faster than we were 10 years ago?

Not me for sure!

Lots more Ice Age Articles on pages 10 & 11.



The Start of the Ice Age 50 Mile

INSIDE:

Page 2

- Volunteer Recognition
- Marathon Buildups Coming Soon
- New Strider Brochure

Page 3



- Firecracker Four
- Fun Runs – Fun for All

Page 4

- Traveling Strider – Buffalo Marathon

Page 5

- Strider Profile – Dick Dodd



- Western States Training

Page 6

- A Human Being or a Human Doing?
- BLS Track Meets



Page 7

- The Race Boneyard

Page 9

- Strider Bulletin Board

Page 10 & 11

- SPECIAL – Ice Age Trail 2002

Page 10

- Fun Run Schedule

Page 12

- New Member List

Page 13

- From the Archives

Page 14

- Even Adults need New Toys
- 2002 RRCA Convention Report

Page 16-19

- Making Dust
- Ice Age Trail 50 mile, 50K and 50K relay
- 11th Annual EFW 5K Run/Walk
- WAC Fest 5K Run

Page 20

- Coming Events

Sam
sez



Editor Sam Martino

Volunteers Need Recognition, Too

They stand for hours in the rain.
They stand for hours in the cold.
They stand for hours in the sun.
Autumn, Spring, Winter, Summer.
They are on the front lines and behind the scenes of runs.

They are the volunteers.

In many cases, runners would not be able to survive a run without the help of volunteers. They pass out water, food, and offer a helping hand whenever needed.

The Strider is beginning a new section called the "Volunteer Honor Roll. this issue." Each issue, this section will recognize those soldiers of running who



Allan Hoeft (foreground) and Henry Ehler frequent Strider Allstar Volunteers help a runner in the Ice Age 50 mile run.

work in the trenches.

Newspapers, including The Strider, regularly print the names of runners who compete in a race and highlight those who have accomplished the feat of winning and placing in various age groups.

The new "Volunteer Honor Roll" is aimed at recognizing the volunteers who contribute to a race or an event. Race directors rely on various captains and volunteers to organize an event. It takes many people to stand behind the lines at runs for the events to achieve success.

At the recent Ice Age 50-Mile Run, more than 100 volunteers withstood cold, rain and mud.

Jerry Anderson, the Badgerland Striders director of race directors, changed shoes and clothes three times during the long day.

When Anderson and other volunteers finished their daylong grind in the woods and along the muck on the trails, they had stood another test—the test of accomplishing something for others.

The runners couldn't do without the volunteers and their organizational skill. Now it's time to recognize the foot soldiers by name. The new Volunteer Honor Roll will be found elsewhere in the Strider.

Runners, remember to say "thank you" to the volunteers.

Marathon Buildups Coming Soon

By Phil Carpenter

It won't be long now and many of us will be beginning the Striders annual pilgrimage toward a fall marathon.

You don't have to be a veteran marathoner to take part in these weekly group runs.

If you've ever considered participating in the program but have hesitated due to trepidation about whether or not you might be the slowest, oldest, fattest, (fill in your own adverb). Never fear, you're probably not! Also there is no requirement that you actually run a marathon at the end. If you just want to run with the group and build your fitness level we would be glad to have you.

A wide range of runners participate from the true competitors who run in the 6 minute per mile range all the way across the spectrum to the leisurely 12 minute plus milers. And don't worry about being the last to cross the line, we'll wait for you.

The start of the run is every Saturday at 8 am sharp. We gather directly in front of Lake Park Bistro (formerly the Lake Park Pavilion). Larry Govin-Matzat or his designated substitute gives the group a course briefing before we head out. There are volunteers spread out along the course with water and sportsdrink. The runs start at 7 miles and work very gradually up to 20 miles two weeks before the marathon. The course is almost completely off road with a maximum of 3 road crossings.

There are a couple of races interspersed with the buildup program. We take two weeks off for the Cudahy 10 miler on August 4th and the Strider 20K on August 31st.

After the run we gather for a variety of beverages and munchies while we share our complaints about aches, pains, the weather or whatever.

The Bistro frequently has weddings on Saturday afternoons, so to promote good relations with our neighbor we ask that you refrain from parking in the first couple of rows of the parking lot. Consider carpooling or park on the parkway, the street or down on Lincoln Memorial Drive.

MARATHON BUILD-UPS NEED MORE HELP !!

We are very appreciative for those of you that have answered our calls for help over the last couple of months. Thank you, thank you and by the way, do you have friends you'd like to bring? We're still short of help for several of the Build-Up runs.

Many of our Strider regulars have volunteered to pitch in and help. If you are new to volunteering for the club, these marathon build-up runs are a great place to start.

Please look over the list of dates below and pick out at least one or two days when you could be the one calling out the 1-mile times or pouring out the water at the Art Museum. All the dates are Saturdays with the exception of September 22nd which is a Sunday.

Date	Dist/Time	No. Vols Req'd.	Date	Dist/Time	No. Vols Req'd.
July 6	7 mi, 8am	3	August 24	16 mi, 8am	5
July 13	8 mi, 8am	3	Sept. 7	16 mi, 8am	5
July 20	10 mi, 8am	3	Sept. 14	18 mi, 8am	6
July 27	12 mi, 8am	4	Sept. 22	20 mi, 8am	6
August 10	12 mi, 8am	4	Sept. 28	12 or 14 mi, 8am	4
August 17	14 mi, 8am	4	October 5	12 or 14 mi, 8am	4

Strider Brochure Seeks to Enlist New Runners

By Sam Martino

A guy in Menomonee Falls has become famous as a pitchman selling cars. For years you heard him on the radio and in television commercials asking, "who da ya know who wants to buy a car?" And for years Uncle Sam has pointed a finger at us saying, "I want YOU."

Taking a hint from these two gentlemen—finally, after months of work by a cadre of volunteers, The Badgerland Striders have a new promotional brochure and membership application form. Runners and prospective runners will soon be seeing a well-thought out brochure reporting the club's strengths and attributes at races and running events.

The brochure, a copy of which is included with this issue of The Strider, tells prospective runners what we are all about. Running, competing, fitness, and making new friends.

The Badgerland Striders is a club of more than 1,800 members. The club has grown to this size from 1,300 members seven years ago. As a club we wish to continue to grow and support new members.

To get involved, all Strider members are being asked to use the brochure to recruit a friend or a potential friend, someone new to new running or a long-time runner who would like to become part of a club.



"We're hoping the new brochure will showcase the Striders and promote our club," said Sherry Dobson, chairperson of the recruiting campaign. Dobson and a committee of volunteers worked for months organizing and printing the new brochure. "This is the first professional recruiting brochure the club has had," said Dennis Novak, president of the Striders. "we're hopeful that it will show-

case our club and bring in new members," Novak added. Dobson would like to thank key people who were involved in the layout and printing of the brochure. They were Jerry Schmidt of Trustmark Insurance in Illinois and Jim Matthias of Web Tech, the printer. Many other volunteers assisted. They were Karin White, Marty Malin, Pauline Shoemaker, Noreen Caliva, Kent Schlienger, Nancy Niese and Mel Cyrak.

Firecracker Four in Transition

by Dave O'Brien

Each year some things seem the same; others change.

July 4th will mark the 23rd running of Hales Corners' Firecracker Four, a 4 mile footrace and 2 mile walk. Some runners come back to the race each year as a homecoming. One man, Ron Arnold of Hales Corners, has run it every year, and still wears the shirt that was given out the first year and the striped shorts that were distributed at the second run.

"It's really a nice race," said race director Rosie Peterson. "It features a patriotic theme, and family orientation. The village fire and police departments give us a lot of support.

"If it's a hot day," she continued, "Many residents along the route put out sprays of water for the runners' comfort. We also rent the adjacent pool so runners can shower and cool off, even in their running clothes. We keep the price of the race affordable, and we offer snacks, refreshments, trophies, and door prizes. We use a high quality sound system at the post race party."

Although the race has become a tradition for some, it is presently going through a transition.

This will be Rosie Peterson's last year to direct the race. This race has always been run as a partnership between the village of Hales Corners and an interested runner or group. Rosie is setting things up so our club can take over operation of the race. Doug Nelson has come forward to volunteer his services as R.D in 2003, and he will be shadowing Rosie this year to learn all he can about managing the race.

"I'm really excited about the family orientation of this run," said Doug. "It seems there are a couple of opportunities to expand it in the future. For example, with all the schools in the area, we might put on a 'school challenge' to get more participants and encourage running during the summer." Doug also mentioned adding a kids' run as a potential way to increase participation.

Rosie has already obtained agreement from village personnel that the race be managed by our club. Doug and Rosie have also met with Continental Bank, one of the race sponsors and have worked out an agreement for next year. Club president Dennis Novak and road racing V.P. Jerry Anderson were also present at that meeting.

The Fourth of July falls on a Thursday this year. The race starts at 8:00am. Entry forms are available at the village hall, the Hales Corners library, Continental Bank, and Rodiez' running store. The entry fee is just \$13.00; \$15.00 on race day.

Come prepared to run in hot weather.

And . . . if it's hot, expect to get drenched.

Dawn Runner

In that still dawning brightness
where dozing grass exhales dew,
and trees stretch tall for air,
yawning neighbors struggle out for News.

But you lace up your shoes,
tuck in your hopes, bless the day,
press with resolute finger
the beginning of time,
and stride out of sleepiness
into - now.

Mark Flagg



Doug Nelson to take over Hales Corners Firecracker Four RD duties in 2003

FUN RUNS

The fun run season is upon us. As I sit down to write the column for this month, I realize that so far this year four of the five fun runs held so far this season have had inclement weather. Either the temperatures were on the cool side or rain was ever present. However, the number of people who attended exceeded expectations for every run.

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Dennis Novak

deer along the course. Afterwards, while we are enjoying our post run refreshments, we are joined by a band of local raccoons that come out at dusk and share some of our snacks. Have you ever seen a blond raccoon?

If not, come to Whitnall Park.

The weather for the run on May 29th was superb and even more people showed up. There must be a good reason for this high degree of interest. While we can contribute it to our love of running, friendships, or even the beer and snacks, there is another good reason for the popularity of this program.

There are the two lakefront fun runs, McKinley and South Shore. McKinley starts at the Marina (the McKinley Marina) near downtown. From there we circle a lagoon and run along the breakwater. In sight at all times are the downtown skyline and the picturesque Art Museum, as well as the many boats out on the big pond. At the South Shore fun run, we



A Post Fun Run Stretch. Striders Gene Sterr (left), Dave O'Brien (center) and Dick Dodd (right) Stretch against Dennis's car. It may be unrelated, but Dennis's car was found later wedged between two trees in the woods nearby.

For those of you who have never attended a fun run let me explain. The runs are held at some of the most beautiful courses in the area. The course at Whitnall Park is dotted with rolling hills. As we run, we pass the Botanical Gardens and an exquisite pond. This course has a true Wisconsin farmland flavor. We get to run past an old red barn.

It is not unusual to see wildlife, such as geese or

go along the bluffs of Lake Michigan and can witness sailboat races while running. Greenfield and Estabrook Parks provide scenic waterways and wildlife as well.

If you enjoy trail running, you must attend the August 7th run at Minooka Park in Waukesha County. It is, by far, the longest 3 mile run on our schedule. If you stay on course you get to run four

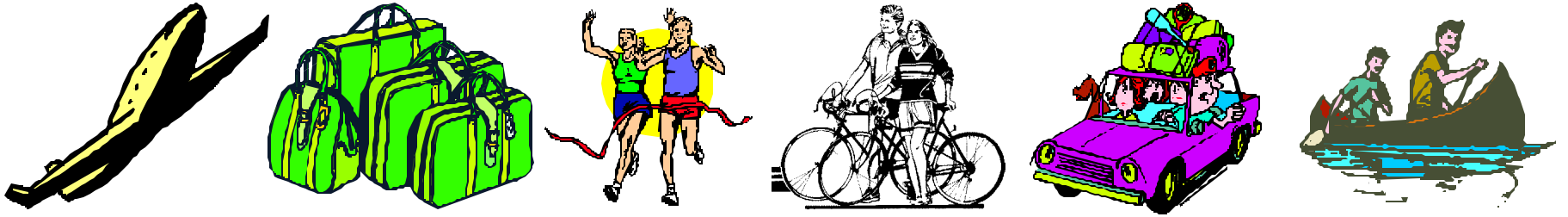


Fun Runs are a social occasion for all that frequently last well into the night. Here from the May 29th Whitnall Park gathering are from left: Bill Schauder, Scott Novak (rear), Rosie Peterson, Sherry Dobson, Dennis Novak and Jerry Andersen

miles. (The distance was officially measured last year.) If you are like most of us you might take a wrong turn in one of the wooded areas and end up running a little further. Don't worry. Runners are like sheep. Somebody will follow you and nobody gets lost. At the finish you will be rewarded with corn on the cob, brats, salad, etc. This is by far our most popular fun run, and for good reason.

Oh, by the way, I know that I was able to say that our fun runs really are fun, but did I mention that our they are free? They are.

See you at the next one.



TRAVELING STRIDERS

Nissan Buffalo Marathon: Experiencing Growing Pains



Forest Lawn Cemetery a highlight of the Nissan Buffalo Marathon
Photos by Jeff Weiss

by Jeff Weiss

A trip on Niagara Fall's Maid of the Mist \$8.00
Lunch in Canada \$20.00
Marathon Entry Fee \$25.00
(including Pasta Dinners before and after the race)
Running a Marathon while you happen to be in town on a business trip, Priceless (or at least cheap).
On May 26th, Memorial Day weekend I happened to be in the Buffalo area on a business trip, so what the heck why not run a marathon. So on absolutely no training, I did.

Karen Van Rite was there, too. She added New

"A couple times I almost got run over. I slapped a couple cars because they just come around and cut in."
**Steve Wilson,
Race Winner**

York to her list of states (Number 17). It was amazing – Karen was at a marathon, and it didn't rain! Perhaps she's right. Maybe it is her husband Al who carries the rain curse.

The weather wasn't too bad. It was cool and overcast for the first 20 miles or so. Then the sun came out, bright and warm. There was a brisk 15-20 mile wind during the entire race that we could have done without.

Originally known as the Skylon International Marathon in the 1970s, the race was renamed the Nissan Buffalo Marathon in about 1987. It became the Ford Buffalo Marathon in the mid-1990s. In 1999, the race director resigned and the race committee disbanded. Ford pulled out a few months later, and the race officially went under.

The course starts in downtown Buffalo near City Hall and snakes toward Lake Erie. It then heads back north through downtown again and up to Forest Lawn Cemetery.

The cemetery, apropos for a Memorial Day weekend race is actually a high point of the race. No traffic, beautiful ponds and streams lined with flowering trees, huge monuments and rolling hills. The course continued through the residential communities, Tonawanda and Buffalo parks. Then it loops back and finishes at city hall.

Someone in the organizing committee has something against the running community or at least those runners with bladders. There are no port-a-johns on the course except at the start/finish areas. The only rest stops along the way were the existing port-a-johns in the parks.

Those who were not quick enough to finish the half marathon before the medals ran out were disappointed.



The Burial Plot of Deerfoot (last on the right) is an inspirational landmark for runners

The Race came back in 2001 as the Nissan Buffalo Marathon with all new organizers and Nissan back as the title sponsor. The inexperience of the organizing team showed this year, the second year for this new team. There were several problems that arose before and during the race.

The Pasta Dinner ran out of food after thirty minutes on Saturday night. They sent for more from a local restaurant. An innovative Checkers Track Club member pacified some of those waiting during the long wait for food by serving those in the waiting line with a pitcher of beer.

There were problems with traffic control on the course. Cars driving through and along the same roads as the runners. The city budget covers Police staffing for the race. Great for the race, but staff levels of the Buffalo Police force have been cut drastically over the last year. This has caused a drop in available Police manpower for the race. Last year they had 55 officers. This year there were 13 officers plus two sheriff's deputies. This left the 400 volunteers to cover many of the intersections. Motorists routinely pulled onto the course from side streets or their driveways, forcing runners to play "Frogger."

One of many historical highlights in the cemetery is the burial plot of Deerfoot. Deerfoot, was a world class runner. He ran or walked 40 miles per day. In the late 1800's he held records for the 5 & 10-mile distances, along with two-hour runs. Deerfoot has been buried in Buffalo's Forest Lawn Cemetery since 1900. His gravesite is a inspiration for runners who frequent the cemetery for their daily runs and for many of the participants of the marathon who pause to touch Deerfoot's kneestone as they enter the cemetery.

There are many other historical characters interred in Forest Lawn including Millard Filmore, our 13th President.

The men's winner was Steve Wilson of Lafayette, IN in 2:30:09. The women's winner was Buffalonian Deana Sikora in her second marathon - and first in 10 years with a time of 3:10:50.

The race featured 1,351 runners. There were 636 competitors entered in the marathon, with 534 finishing before the course closed at 12:30 p.m. Of the 395 half-marathoners, 354 crossed the line. All but two of the 80 relay teams completed the race.

Overall rating? I wouldn't recommend it, unless you happen to be in town on business.

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VOLUNTEER HALL of FAME

Strider Profile: Dick Dodd, Champion Runner and Coach

By Dave O'Brien

In January 2002 Richard (Dick) Dodd received Badgerland Striders' Lifetime Membership Award based on his continuing years of service to the organization. Over the years Dick has been involved in many, many aspects of club operation. There are few areas in which he has not served. In presenting Dick's award at the club Christmas party, president Dennis Novak stated, "No one helped me more when I took office. Dick assisted me in solving several problems, and supported me through a difficult transition."

Memorial Day weekend marked Dick's 25th anniversary as a club member. In his running career he has entered more than 150 club races, and participated in 300+ fun runs. He has been continually active in responsible club positions since 1980.

Dick has been employed by C S Logistics Inc. since 1985. As Account Representative, he solves transportation problems for a variety of clients. For several years, working as a courier for the same company, he made a "run" to Chicago and back *every day of the week!* Dick notes that he has been employed by the same company for 17 years without taking a single sick day.

"And how do you know those roads?" asked his employer, who had been impressed by Dick's ability to navigate to remote addresses.

"Because I'm a runner," Dick replied. "I've run them many, many times."

In 1994 Dick started helping Whitnall head coach Jim Blackburn as an unpaid assistant, in developing Whitnall's cross country team. Seeing the value of Dick's continued assistance, Jim got the school to create a paid part time position as assistant coach. When Jim retired from cross country coaching in 1998, Dick was offered the position of Head Coach in boys' and girls' cross country, which he continues to hold, in addition to his full time job. He has also served as assistant track coach, specializing in boys' and girls' distance running, since the spring of 1995.

One fact that is little known outside the Whitnall area is that in 2001 Dick started a summer youth running program called Whitnall Area Runners (slogan: we went to WAR in summer 2001). The goal of the group was to prepare would-be runners to finish Firecracker Four, and to condition them for school sports in the fall.

As a runner in high school, Dick set the Whitnall record for the mile run in 1977 with a 4:32 performance. This year (2002), after 25 years, Kevin Oelstrom, one of Dick's students, finally beat it with a time of 4:30.

"It surprised me that my record stuck for 25 years," said Dick. "It took a talented runner with the will to work hard, to come along and beat it. I'm happy that he did." Dick still holds Whitnall's 2 mile record of 9:51.

Oelstrom, under Dick's tutelage, came in eighth last November in the WIAA Division 1 state meet at

The Ridges golf course in Wisconsin Rapids. He finished the 5k course in 16:07 to finish eighth and break his own school record. Two other of Dick's students, Sara Mueller and Kelly Crivello, finished 17th and 18th respectively in the 4000meters with identical times of 14:57. These were personal bests for both runners, and it was only the 2^d and 3^d times Whitnall girls finished among the top 20 at the state meet.



Dave O'Brien Strider Reporter (left) with Interviewee Dick Dodd 2002 Badgerland Strider Lifetime Membership award winner. Photo by Jeff Weiss

I asked Dick just a few questions for *The Strider* (TS). Here is the result of the interview.

TS: You got deeply involved in running early in your life. How did that happen?

RD: My older brother Art ran track and cross country for Whitnall [high school] in the mid 1960s. I wanted to become a football and basketball star, but was too short and too slow. Distance running just came naturally to me.

TS: How competitive were you with your twin brother Pete? Do you compete with him now?

RD: In high school he wasn't as dedicated as I was. In college we were teammates and equals, and we really didn't care which of us won. We ran the Vilas 50k in November 1982 and intentionally finished together, for a state record of 2:59:56. Today, nearly 20 years later, we continue to co-hold that record.

TS: What do you feel has been your greatest performance as a runner?

RD: My marathon performance in 1983. Here's how it went. In April I ran Boston in 2:21. In June I ran Grandma's in 2:20. Then in October I ran Lakefront in 2:19:30. Once I broke out below 2:20, the shoe companies became interested, and I took a contract with Saucony for 3 years.

TS: Tell us some ways in which running has affected your life.

RD: It was the first sport I was really "good" at. Today most of my friends are runners. I find running is a great stress release.

TS: Today, Firecracker Four seems like an event that just needed to happen. How did it actually come about?

RD: During the 1978-79 winter, the snowiest in history, Pete and I, and Jim Jager, brainstormed the idea in our basement. We tried to put on a race that stayed within the confines of the village [of Hales Corners], yet didn't cross either Highway 100 or Janesville Road. We adapted the name from the Firecracker Four Hundred, the NASCAR auto race.

TS: In my memory, you've always been an active member of Badgerland Striders. What are some of the things you've done for the club?

RD: I met Rosie Peterson, Grant Nelson, and others, and joined the club in 1977. Between 1980 and '85, I served as Race Results Coordinator for the newsletter. I did this as a college student, in my spare time. We had about 1000 members at that time. There was no computer method available. I just took the membership list in one hand, the race results in the other, and made a comparison. I served as Vice President of Administration in 1987-88, Monthly Meeting Coordinator in 1990-95, and Race Director for Turkey Trot, 1996-2001.

TS: Whitnall High School has recently produced some excellent runners. What has been your part in that?

RD: To lead by example by running with the team during practice; by using my 29 years of running experience to train them; and by being positive and encouraging to every last runner. I don't just try to develop excellent runners. Let's say we have 20 runners on our team. I'm just as interested in having the 20th runner produce a PR, as the first. I can still remember being a tiny freshman. What if someone had given up on me?

TS: What is your philosophy as a running coach?

RD: To treat distance running not only as a competitive challenge, but also as a lifelong activity. I try to teach my students to always try to better themselves.

TS: What advice do you have for our club? What changes would you make?

RD: Be mindful of the fact that we "skew old." I would put more emphasis on youth running and scholarships, and promoting high school and middle school cross country meets.

Travelling Strider:

Western States Training on Memorial Day Weekend

by Parker Rios

I won't bore anyone with the logistics of trying to get to the town of Forest Hills (a little over an hour outside of Sacramento) where the "training camp" for Western States was headquartered. Not that it was difficult, but on a "financial minimalist" approach, it made for a long travel day – over 14 hours to be exact.

The first day started at 8:15am Saturday with check-in, waiver signing, and number assignment (just a permanent marker on your hand). The check-in sight was an old campground area just outside Forest Hills. Approximately 300 tired, anxious and overly hydrated runners waited to board five school buses for an hour drive to Robinson Flat. Robinson Flat, located at 6,730 feet above sea level. It was still snow covered and dangerous, so Race Director Greg Soderlund made the decision that we would not go quite that high. At a designated spot on the highway (?), canyon road (?), whatever, the busses stopped. After a short run of about a mile we were able to get on the Western States course. Saturday's run would total about 28



Parker Rios (right) gets a hand with his drop bag from perennial volunteer Alan Hopper at the 2002 Ice Age

miles (instead of the planned 32 from Robinson Flat).

I have to say that the bus ride to our designated stopping point provided incredible views of the canyons that we would be running through. The drop-offs, views across the canyon and the river below were awesome. I was eager to get off the bus and actually be part of this incredible scenery.

Since being selected in the lottery back in December, the main theme I had been hearing from our ultra group is "watch out for the down-hills," "train for the down-hills," and "it's the down-hills that will get you." I didn't hear much about the up-hills.

Perhaps to a more intuitive person than myself, it would have been obvious that if there are all these down-hills, there must also be up-hills. Actually, I was well aware that the race consists of 23,000 feet of downhill running and 18,000 feet of up-hill climbs. However, for some reason, the magnitude of what that meant didn't ever sink in.

(Continued on page 8)

Carpe Diem Coaching

"Your success is my business"

A Human Doing or a Human Being?

By George Zach

In one's physical time here on this earth, life may be approached in different ways. Many choose to be solid, law-abiding citizens, holding a job, raising a family, partaking in the benefits our society offers. However, they can spend so much time *doing* things for themselves that they are not *being* considerate of others in return. The general term for such people is selfish. Almost everyone has met a selfish person during their lives.

Another way people approach their lives is to give, not take. They have learned the difference between acting selfish and having self-aware. They practice self-awareness daily by being sensitive to everyone around them, never holding grudges, having their temperament fully under control, working to mentor others in balancing their lives, and easily supporting others. They have learned compassion, forgiveness and love. They are at peace within themselves, no matter what life may throw in their path.

The distinction between a "human doing" and a "human being" should now be clear. One is so busy living a life for only oneself that there is no time for anyone or anything else. The other is continually there for others, living a life that even in a small way impacts others in a positive, caring and supportive way. Personal finances are not the issue here, either! The poorest person on earth can be a caring, kind, loving and compassionate "human being."

How can one put oneself onto a path towards truly becoming a human being? First, it is recognizing



George Zach

ing that one's current lifestyle is not producing personal satisfaction and that there must be more to life. Secondly, it is coming to the understanding that making this change will not be accomplished alone, without outside guidance. There are many people willing to help: family, friends, coworkers, et cetera. There are even professionals who are trained in supporting and guiding others in goal setting and achieving a more balanced personal foundation, helping one to become more sensitive, caring, compassionate, forgiving and loving.

If one has a religious or spiritual connection, contacting someone within that organization is a

ways a good step in starting the process. Some organizations have support groups of concerned, involved and caring individuals that gather specifically to study and talk about spiritual topics and self-improvement. They are always welcoming new members who are looking for answers to their compelling life questions.

Another source in today's society is the personal life coach. Ten years or more ago, these professionals were known as "life planners." Today their expertise and professionalism has led to a new title, that of "coach." They work with all aspects of one's life, from personal issues to business challenges, for a very nominal fee. They are trained to support their clients, guide them, challenge them and then hold them accountable for reaching the goals they have set for themselves. They are not psychologists or therapists. They usually work with successful people who want to raise their level of success. They work with people who desire to substantially improve their personal foundations, their natural integrity and their balance.

Who do you know that has this desire to become a "human being?" Using your compassion and love, gently guide these people onto the path of self-awareness!

George Zach is the Executive Coach and owner of Carpe Diem Coaching, a sole proprietorship.

For more information, call (262) 513-0319,

e-mail at CoachGeoZ@aol.com,

or visit my web site at <http://www.carpediemcoach.com>

Badgerland Strider's Track Meets

By Alice Winkler

The Badgerland Striders held their first track meet of the season on May 21, 2002 at Hart Park in Wauwatosa. People's spirits were warm and ready for competition despite the unseasonably cool temperatures. We had a good crowd representing all ages with a good range of times.

The results are as follows:

100 meters

Tom Kostner	10.35
Chad Rueber	10.37
Mike Jennings	10.53
Tom Rewolinski	12.27
Dean Thompson	12.39
Jeff Siek	12.60
Mark DeLong	13.25
Dave Peglitsch	13.27
Dan Graf	13.34
Todd Barden	13.40
Sherman Boehls	13.65
Tom Maley	15.90
Maya Scherer (age 10)	18.31
Jessica Klein (age 7)	21.65
Kay Scherer	22.70
Brandon Klein (age 6)	26.90



**800m, 1600m & 3200m Winner
Luke Kunze.**

1600 meters

Luke Kunze	4:29
Derek Serna	4:48
Jacob Brandau	4:56
Matt Tupta	4:59
Jim Guentner	5:38
Mac Laska	5:46
John Becker	6:06
Whayong Yi	6:11
Laura Klein	6:30
Louise Johnson	6:40

Doug Nelson	6:49
Ron Winkler	6:59
Eric Swegles	7:50

800 meters

Luke Kunze	2:01
Josh Wittlieff	2:03.8
Derek Serna	2:12.
Jacob Brandau	2:15
Matt Sveum	2:17
Jim Guentner	2:30
Mac Laska	2:38
Whayong Yi	2:55
John Becker	2:57
Don Smith	2:57
Laura Klein	3:03
Louise Johnson	3:06



Louise Johnson Finishes strong

400 meters

Mark DeLong	1:01.77
Tom Barden	1:03.39
Dave Peglitsch	1:03.87
Jeff Siek	1:04.19
Mac Laska	1:04.37
Dan Graf	1:08.20
Sherman Buehls	1:10.41
Tom Maley	1:33.01
Eric Swegles	1:35.00

200 Meters

Mike Jennings	22.72
Chad Rueber	24.43
Tom Kastner	24.59
Dean Thompson	26.60
Doug Nelson	32.69



Tom Maley in deep concentration at the start of the 400m race

Tom Maley	38.09
Maya Scherer (age 10)	39.42
Kay Scherer	47.33
Jessica Klein (age 7)	51.63
Brandon Klein (age 6)	69.00

3200 Meters

Luke Kunze	9:44
Matt Tupta	10:48
Matt Sveum	11:25
Laura Klein	14:03
Louise Johnson	14:09

4 x 100 Relay

Limp Trizkit	50.33
Mike Jennings	
Mark DeLong	
Tom Kastner	
Dean Thompson	

You don't need to be fast to participate, you just need enthusiasm and a desire to have fun and push yourself. If you missed the first track meet, please join Alice and Ron Winkler at Hart Park on Tuesday June 18th, and Tuesday, July 23rd at 6:30PM.



**Meet Director Ron Winkler gives instructions at the start of an event.
Photos by Bob Scherer**



Kay Scherer takes a break between heats of the 100 and 200m races

Times Past: Now and Then

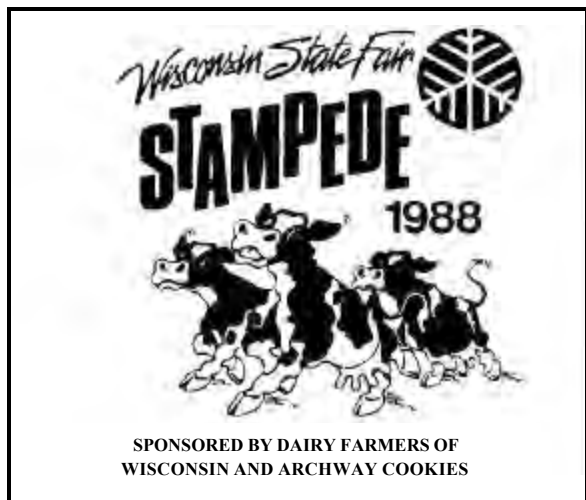
The Race Boneyard



Ron Winkler

This month's article is the third in a series that discusses race extinction's. It was inspired by the announcement that this year's Dinosaur Dash would be the 21st and final running due to the rising cost of permits and other fees that cut into profits. The first installment was a history of the Dinosaur Dash. The second article was about the causes of race extinction.

This month's topic harkens back to "Who Ran These?" That article by Ted Itzov in the 2000 January-February Strider, listed races that have joined the ranks of dinosaurs and 50-cent race entry fees. It was the catalyst that launched my column "Times Past: Now and Then." Therefore, it is appropriate that I finally talk about some extinct races.



The 1988 Statefair Stampede Logo

State Fair Stampede

This race was held from 1983 through 1996 on the first Saturday of the Wisconsin State Fair and was one of the best deals around. In addition to the obligatory T-shirt, the entry fee for the 2-mile and 5-mile races included parking and admission to the fair. The post race brunch pacified the crowd while results were being tabulated. In addition, the availability of showers in the dorms put a smile on the face of runners like me who perspire profusely in the 80-degree August heat.

The races were run on the one-mile oval with the 2-mile race at 7:30 am and the 5-mile at 8:00 am. The 2-mile attracted many walkers. The scenery wasn't much to speak of and there were farmers walking their cattle across the track. The State Fair Stampede was probably a victim of its own success as the organizers realized that they were offering too much to the 1000 runners and walkers who took advantage of such generosity.

St. Francis Hospital Run to Your Health

This 2-mile and 5-mile race was known as both Run to Your Health and the South Side Glide. It began life in 1980 and lived for thirteen years. The race, which was held on a Saturday in mid May, started and finished at St. Francis Hospital on 17th and Euclid on Milwaukee's south side. It attracted about 600 runners and walkers. Both races started simultaneously with the courses going through Wilson Park. My wife Alice and I especially liked this race because it was only seven blocks from our house.

Awards were given out by WTMJ radio personality Robb Edwards. A very generous brunch was part of the post race activities, which included a health fair. At the health fair, athletes could have their blood pressure checked and percent body fat measured.

The only negative aspect of the race was the



The 1990 St. Francis Hospital Run To Your Health Tee Shirt Logo

long 2-mile race. It was advertised as being two miles, but we knew that we weren't that slow, even if we were having a bad day. Paul Badura measured the course with his bicycle and determined that the distance was actually 2.4 miles.

St. Anthony's Run

The St. Anthony's Run began in 1985 and continued into the early 1990's. This 2-mile and 5-mile race was the exact opposite of the St. Francis Hospital Run. Fast times were guaranteed on both courses which were noticeably short of the advertised distances.

The word on the street was that if you were having difficulty qualifying for a seeded number at Al's Run, you could run St. Anthony's Run to get a good

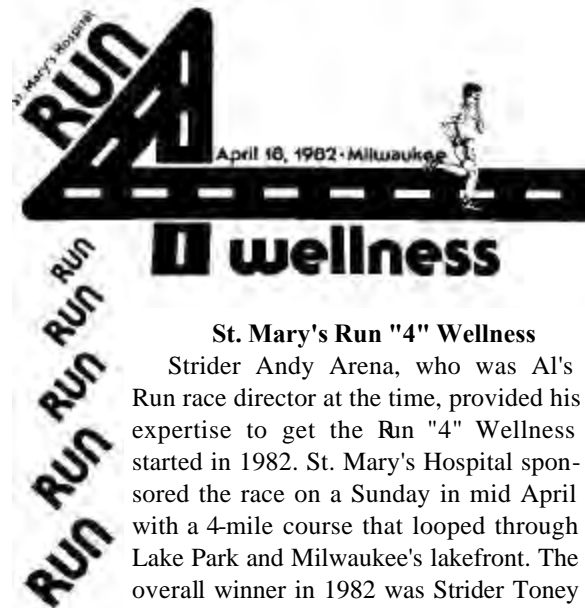
time. It made sense, because St. Anthony is the patron saint of lost items. If you had lost your speed, St. Anthony would find it for you.

I promise I will not reveal the Striders who obtained their seeded Al's numbers on the St. Anthony course. Both races were run simultaneously on a Saturday in late May from St. Anthony's church on 9th and Mitchell on Milwaukee's south side. The 5-mile went west on Windlake Avenue and the 2-mile looped around Kosciuszko Park.

Giveaways for the approximately 300 participants included painter hats and wristbands for storing keys and coins while running. This was one of the first races to offer post race massages.

Races sponsored by churches usually are part of their parish festivals. Some are still alive and well. However, a number of races have departed this life. In fact, a number of these races had Striders who were race directors. These included **Holy Cross Crusader Clop**, a 2-mile and 5-mile race through Honey Creek Parkway in Wauwatosa with Ed Calvey as race director. Then there was the **St. Mathias Mach Scnell** 2-mile and 5-mile run starting at 93rd and Beloit Road with Jerry and Denise

Zoltowski. Finally, there was the **St. Rita 5K Festival Run** that started on 60th and Lincoln and went through Kinnickinnic River Parkway that Glenn and Sue Wargolet directed. Glenn confided that he would prefer to see the race die, due to the amount of work involved.



St. Mary's Run "4" Wellness

Strider Andy Arena, who was Al's Run race director at the time, provided his expertise to get the Run "4" Wellness started in 1982. St. Mary's Hospital sponsored the race on a Sunday in mid April with a 4-mile course that looped through Lake Park and Milwaukee's lakefront. The overall winner in 1982 was Strider Toney

Tumey, a St. Mary's Hospital employee, who ran the course in 19:53. The first woman was Peg Schmidt with a time of 24:45.

The first race attracted 650 runners while in its final years the race could boast about a field of 1700. A wellness clinic was held on Saturday afternoon with speakers discussing hypo- and hyperthermia, diet, lifestyle and training for races.

The race continued into the early-1990s and was staffed entirely by volunteers, most of who were St. Mary's Hospital employees.

(Continued on page 12)

BOLD

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!*

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Travelling Strider:

Western States Training on Memorial Day Weekend

(Continued from page 5)

Our Saturday run started with about a mile of horizontal road running and small inclines to actually get to the official course. Once on the course, the downhill "fun" began. And it continued and continued. It was unlike anything I have ever had the chance to run before in my life. It just went on and on. Upon reaching the bottom of the downhill, guess what came next? Yep, a long ascent.

Okay, I thought, I can deal with this. This was, after all, a training run. I wanted to push myself -- to see what I could do out here -- but I also knew I had a long day ahead. For today's run there would be three aid stations. Because it was hot (by Wisconsin standards) -- in the 80's -- I had two water bottles in my fanny pack and I carried an additional two (one in each hand). Not having any idea of what was ahead and what I would need in terms of fluids, I thought this was the best approach. And it was.

Because of recent forest fires in the area, this year's course would differ a little from past years. Approximately two miles of the course would be moved to a different part of the trail. One result is that runners were given the opportunity to pass through "pucker point." Pucker point is a relatively sharp left-hand turn with a steep drop-off to the canyon below if one would be so unfortunate as to miss it or take a spill. Not having a serious fear of heights, I made sure to stop there and get my picture taken by a fellow runner.

After about an hour or so, we came upon the first big challenge of the day -- Devil's Thumb. The climb of Devil's Thumb starts at the Deadwood Canyon Bridge (height of 2,800 feet above sea level). In the next 1.7 miles and 36 switchbacks later, we would top out at 4,365 feet, a climb of 1,565 vertical feet.

It was during the climb of Devil's Thumb that a genuine brush with reality hit me. Prior to coming out to California, I had what I thought would be a legitimate chance of breaking 24 hours at "States." I've had two sub 21 hour and two sub 20 hour Kettle Moraine 100's. Okay, so add three to four hours to those times and I should be able to do a sub 24 hour States, right?? Well, on the slow climb up Devil's Thumb that thought quickly slid away. In fact, a repeating and self-defeating phrase kept sounding in my head -- "No more 24."

Let's face it, other than the distance, States is a race of three components that we don't have readily available here for training: heat, up-hills and down-hills. I had to remind myself that during my climb of Denali last year, we did eight hours a day of this stuff AND we had a minimum of 50 pounds on our backs. Too bad that memory alone is not enough to get you to the top. You have to have trained for this, and I was (and still am) unable to do that here in Wisconsin. (Maybe we'll get some hot weather soon.)

On the down-hills, I didn't notice how hard I was working or how much I was sweating. I was moving with relative ease, the wind generated by my movement was cooling me off, and my thighs were still fresh. That all changed on the way up. Now I was barely moving; there was no cooling breeze. The sweat was dripping off my nose (and every other body part) -- I was working hard and I was drenched. The climb up Devil's Thumb took me somewhere around 40 minutes. Once atop, I was treated with an aid station to fill up with fluids and snacks.

From the top I immediately descended 2,665 vertical feet to the El Dorado Creek. That descent turned into about three solid miles of downhill running. Where can you find that in Wisconsin? It's tough on the thighs, but I was still feeling good. I've only been out for about 2.5 hours.

On race day however, the Devil's Thumb climb will come at mile 46 and the Michigan Bluff climb at mile 53. Imagine completing an Ice Age, then encountering an hour long, steeper version of "Star Hill." The climb up to Michigan Bluff ascended 1,830 feet in three miles with seven switchbacks. Less steep than devil's Thumb, but with a greater vertical distance, this climb was also difficult. Having these two climbs back-to-back certainly presented a

daunting task for any flat-lander.

At the start of each climb, I filled an empty water bottle from a creek. I don't know if the water is potable, however, drinking it was not my goal. This water was to pour over my head in attempt to have some type of heat maintenance during my climb up. On race day, temperatures would be at their highest during the running (walking??) this part of the course.

Michigan bluff was our second aid station for the day. At this point I filled all four bottles, ate some food, said my thanks to the volunteers and off I went-- right back into the canyons, that is. Out of Michigan Bluff there were a couple more series of down-hills. Though not as bad as before, these down-hills were rocky, somewhat similar to the Glacial trail course. The problem was that they were steeper than the Glacial trail. A fall here could certainly result in injury.

This day ended by exiting the trail at Bath Road and making a long climb up a paved road that is similarly as steep as everything we have climbed today. By this time my climbing legs were gone. I didn't know is that the top of this climb would be the end of today's run, so I walked the entire way. At the top, I sat down in the shade and drank some fluids. 5 hours and 15 minutes after departing the bus, my first run on the Western States Trail was complete and I was in awe. I was in awe at the



Parker is a Multi-Faceted Adventurer (Some would say "Nut") here he is on an ascent of Mount McKinley

beauty of this area, the difficulty of the course and at those that I know who have attempted this race.

On Sunday, we started in downtown Forest Hills on California Street. Once again we signed waivers, got our numbers and listened to pre-run instructions. Today's run is twenty miles. From what I have heard and been told by many, if you can get to Forest Hills in the race and have some quads left, you have a good chance of finishing the race. The other thing I have been told is that this next 20 miles will be very run-able. Well, we'll see.

Today there were two aid stations and a bar-b-que at the finish. The aid stations were at approximately 8 miles and 17 miles. At 17 miles we would depart from the official race course. Instead of heading into the American River at the "Rucky Chucky" crossing, we would be treated to a three mile hike out of the canyons.

The first thing we did was to head back into the canyons. Yes, this turned out to be a lot flatter than what we ran the previous day, but it was still not easy. I finished the first eight miles in 1:25 and replenished at the aid station. The difficulty of the terrain reminded me of the Kettle Moraine. There were lots of drop-offs to the left and at points I could see the river below. Throughout the day I was able to see across to the other side of the canyon and "guess-ta-mate" how or low I was.

The second nine miles took another 1:30. The heat has definitely been rising, so many runners chose to go "past" the aid station and down to the river for a quick soak. I was one of those people. I spent about 15 minutes soaking my feet and talking to other runners. I returned to the aid station, filled

up on fluids and began the long three-mile climb up to the finish for the day. Because I knew the end would be at the top today, I ran when I could and walked when I had to. Despite being tired and sore, I forced my legs to get as much of a last minute workout as possible.

On the way up, I looked back over my shoulder and looked at the incredible view. I stopped and pulled the disposable camera from my fanny pack. There was another runner about a minute behind me. I waited for him to reach me and asked if he would take my picture. Of course he obliged. As I put the camera away, another runner asked me if I know who took my picture. I said no. I was informed that the gentleman was the five (?) time winner Tim Twit-meyer. Maybe that picture will be worth something someday. Not because of who is IN it, but because of who TOOK it.

As we reached the top, we were greeted with cold drinks, chips, hotdogs and other refreshments. Because the busses to take us back to Forest Hills were late, some people were discussing a 7-mile road run back to the start. I gave this idea some thought. I even stood up to put my fanny pack on. Then realized that I didn't think my legs were up to it. In the faint recesses of mind, I once again hear -- "No more 24."

Day three of the training weekend was a twenty mile run from the top of the climb after crossing Rucky Chucky to the finish in Auburn. By now it is obvious which runners have participated all three days. Our first mile consisted of laboring steps on sore quads. Our gait was awkward and we were moving slower than usual. Today there were only three buses of runners.

After an hour ride, we were dropped off in a residential area where we would have to run approximately 1.5 miles to get out of the "pee-free zone." There was a yellow painted stripe on the road to let us know when we could relieve our bladders (or anything else). We ran for about two miles until we turned back onto the official course.

The trail today was finally what I would call "run-able." As it turned out, there were three big up-hills, but since this is the last day of training, I looked forward to the challenge. I wanted to give my all today and have nothing to with which to go back home. We were told at the start that there would be three aid stations -- one at about 8 miles, one at about 16 and one at the finish. We were also told that there would be a spigot at about three miles. Maybe I heard something wrong, but this was not totally accurate.

After passing the turn out of Rucky Chucky we ran about a mile of flat trail and encountered a running hose. By this time (3-ish miles) I have finished two of my four water bottles and we should have only about 4 more miles to the real aid station. I filled up one of my hand held bottles. I now had three bottles for four miles, or so I thought.

As the morning and our running progressed, the day got hotter. The trail remained relatively flat and enjoyable. There were short up-hills and down-hills, but nothing gigantic. After an hour and a half I began to expect the aid station. I was running low on water but not too concerned. I thought that the aid station wouldn't be too far away. Thirty minutes later there was still no aid station. I was out of water. The hanging yellow tape marking the course was beginning to get more and more scarce. I began to wonder if I missed a turn somewhere. I came upon a steep, narrow (and what seemed to be at least a one mile) climb and I was thinking that I totally missed the first aid station. I top out of the climb, made a couple turns and started to head back down a fire (?) road. It was not until after running two and a half hours that I finally spotted the aid station. This station must have been at mile 12 or 13, not at mile eight as I (and most likely many others) thought.

After many drinks and filling up bottles I was off. I was told that the next aid station would be about 3.5 miles away and that the finish would be about 3.5 miles from there. The running out of this aid station is manageable. I catch up to two other guys and we form a three-person train. Strength in numbers, com-

(Continued on page 14)

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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John Dick Memorial 50K	Feb 2, 2002
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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
Mike McArthur	414-463-1990
Superun 5k	Jun 26, 2002
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Karen Van Rite	262-786-8661
Cudahy 10K & 10M	Aug 4, 2002
Mary Callen & Paul Sokolowski	414-259-0051
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
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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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ICE AGE TRAIL RUN 2002

Ice Age Trail, One of My Favorites

By roy plrRUNg

Some might think I have changed my priorities. Why would a veteran Ice Age Trail 50 Mile runner decide to do just a 50km run? Just in jest, I hope, I was called "wimp" more than once during my jaunt through the jungle called the Kettle Moraine.

To answer some of the questions, no, I have not changed my priorities. My top priority has, and always will be, to have fun running. And that may mean downsizing my ego to do the premier event in order to have the desired fun.

Coming off my third-consecutive 48-hour World Track Championship Title in the 50-54 age group six-days earlier, the 50km event seemed even more appealing this year than last, when I ran my first 50km event at the Ice Age Trail near La Grange.

Last year I entered the 50-mile. The night before the race, I had to call the race directors and ask to move to the shorter race. This year I just planned on doing the shorter race. I was glad I did. I saved John and Holly the extra work of having to move me.

The 48-hour is never an easy event. This year was complicated by lower back muscle spasms between the sixth and sixteenth hours. I saw my name drop like a rock on the leader board from 3rd to 19th. I had seven massages, each taking 20-30 minutes, just so I could run for 20-30 minutes. I took two-hours of bed rest and was wrapped in blankets to generate heat to my back. The pain would not allow me to sleep.

Finally, an osteopath worked on me, massaged me, stretched me, manipulated my legs and got me on my feet—pain free. I told him he would not be seeing me again. He asked if I was not going to run. I explained that I was going to run and keep running, so there would be no need for me to return.

I moved up steadily through the field and eventually was the 6th male. The first day I had run just over 105 miles—the second, just over 106 miles.

I stayed awake from 6:30 a.m. on Friday (the race starts at 4 p.m.) until 12:30 a.m. on Monday. I did doze off while driving home with my host family during the 20-minute drive. Monday morning I was up at 6:30 a.m. I was hungry! I ate, and wisely went back to bed and slept for two more hours.

I left on Tuesday morning for Paris and arrived home just after midnight, thanks to road-work on I-43. I was up at 3:45 a.m. to go to work. I worked Wednesday through Friday and headed for packet pick up at Old World Wisconsin and a pasta dinner.

I had no trouble falling asleep but was awake by 5 a.m. so I got ready to go to the start/finish line and watch some of my friends complete the Nordic loop and head out in what was to become a tough day for

most. Many would shed clothing before continuing, as the temperature was around 52 degrees.

Seeing people shed their warm clothes reminded me of the Ice Bowl of 1993. I did not want to see it repeated, so I dressed in a drylete-top and tights. ALL the weather forecasters said it would turn colder, get windy and rain. Those conditions are "three-strikes" thrown to a runner who is not prepared.

It has been a part of the tradition of the Ice Age Trail 50 for me to go along with Clem Grum and Steve Szydlik to Frosty's Custard Drive-In following the 12-hour cut-off.

After getting a shower and returning to the finish area, Steve has always gone out to the final hill before the finish line to encourage others. This year I went with him. He told me how he admired those that were still coming. He thought if he would have had to be out on the course an hour longer he would not have been able to finish.

When we knew those approaching would not be able to finish, we left. We did not want to see their disappointment. We headed for White-water with car-heaters blasting and the thoughts of a cold creamy treat on our minds.

On the way, Steve and I talked of the significance of the race to us. He has been running it every year since 1989. I made my first appearance and took 5th overall in 1985. It was my first ultra. I recall taking Steve over to my hotel so he could take a shower, as he had not planned on staying over Saturday night.

His goal is to break six-hours. He believes the conditions must be near perfect and he must be ready. At 34-years old he still has a lot of life in his legs and even more in his mathematics-professor (UW-Oshkosh) mind. His wife, Jen, and 3-year old son, Joe are very supportive of his goal.

We talked of our races. I told him how I saw eve-

(Continued on page 13)



Krissy Moehloef finished first in the 50 K friendship relay her anchor leg was Craig Holloway

Ice Age Took My Breath Away

By Mary Gorski

You know, if I could have run that 50-mile Ice Age course in around 4:30:00, it would have been a great day (and no, not just because I would have set a land-speed record for a 50-mile running race)! Skies were overcast, temps were in the 50s -- "perfect running weather" I kept hearing from my fellow travelers. And so it was, until about 4:30:00 into the race, which for me was a far cry from the finish line.

It was also a far cry (which led to some full-blown whimpering on my part) from my warm clothes and friendly crew whom I had waved off at about mile 27. "See you at Horseman's -- I'm putzing, but I'll be fine." Sidenote: The putzing came from some asthma problems that have really gotten on my nerves the last couple of years.

Anyhow, as soon as I was out of sight of my hubby and friend, I started to feel a few raindrops on my head. Still in a fairly good mood, I started humming the appropriate tune: "Raindrops keep falling on my head..." I swung the brim of my hat around to keep the drops off my face and plodded along. "Over hill, over dale, and it almost seemed like hail..."



It was not a good day for new shoes at the 2002 Ice Age Run

The rain wouldn't have been so bad, but then the temps dropped and the winds rose. That happy little banter that was frequent in the first 20 or so miles of the run was soon absent. "Great day for a run" evolved into "Man, this is (unprintable expletive -- [hehe])." Garbage bags became THE fashion statement of the afternoon.

Of course, as we moved into the hilly sections of the course, the trails turned into chocolate pudding, but not quite as tasty -- I know, since I slid face first down a hill. Thankfully, I was too cold to notice the bumps and bruises until later. I do think that sliding was the most expedient method of transport at that point.

I think you all know where this is heading for me... and unfortunately many others. Yes folks, it was the big DNF. It was the first time I can recall my husband ever greeting me at an aid station and saying, "Why don't you stop now?" Since I was shivering, coughing and wheezing, I really wasn't able to get out any words of protest (not that I would have tried too hard anyway) so I turned my number in and called it a day.

As were all of the DNFs, I was disappointed, but hey, it's not quite the end of the world. I've just been telling people that I did a 50K with a six mile cool down (literally). The winners at Ice Age had a phenomenal race -- to complete the race in such nasty weather was quite a feat (on your feet), but to do well was really incredible.

And of course, many thanks to the volunteers who had to have been just as miserable (or more so) than the competitors. So Holly and John, you think next year you could slip Mother Nature a few bills under the table to see if she could be wooed into some nicer weather? I'd toss a couple of extra bucks into my entry fee. I'm sure others would join me. ☺

Seriously -- thanks John and Holly for all your work!

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 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

ICE AGE TRAIL RUN 2002

Mudders Day Comes Early at Ice Age

By Holly Neault-Zinzow

Did you ever get the feeling that your luck had run out? For the past three years, we have been blessed with great weather for the Ice Age 50. Runners even commented that we must have brought "good luck" to the race when we took over as race directors, since Ice Age has a long standing reputation for bad weather. It is usually the coldest, wettest day of spring or a hot and humid early blast of summer. We had a feeling that this year, our number was up.

We had a tremendous turnout this year, including a record number of 50k runners and a new 50k Friendship Relay. 173 runners registered for the 50k, including 38 relay runners. 355 registered for the 50-mile, so our total number of registered runners for all races was 528.

As race day approached, the forecast did not look good. Reports of rain moving in forced us to scramble to find canopies to cover the aid stations. After final check-in, we had 331 start the 50-mile, 127 start the 50k and 34 start the relay. Pre-race betting had Steve Szydluk winning the 50-mile, while the women's race seemed wide open. It was predicted that the 50k win would go to Charles Hubbard and Ann Heaslet, with the only question being how fast they could run the course.

Pre-race betting is a necessary function of directing this race, since we order vests and jackets for the race champions, which are generously donated by one of our sponsors, Patagonia. Once they are embroidered with our logo and the words "Ice Age Champion", we better have the correct size.

Steve Szydluk and Kevin Setnes took a commanding lead during the early miles of the 50-mile race. The women's race was lead by course record holder, Donna Perkins, who was making a return to running the race competitively and a newcomer, commonly referred to on the course as "that new girl running with Donna". Only at the finish did we learn that her name is Carolyn Smith and she was a first time 50 miler with impressive shorter distance times.

The rain was nice enough to hold off until 4-4 & 1/2 hours into the race. So, if you had the good fortune of being the first relay runner, or the men's 50 mile or 50k winner, you did not have to deal with the extreme conditions for very long. Unfortunately, the race started under ideal temps in the low 50's, which meant that most runners had to somehow predict where to have that raingear stashed on the course.

When the rain hit, most runners were 8-12 miles from their drop bags. The temperature dropped from 54 down to 39 in a matter of minutes. A strong cold wind made it difficult to keep the aid station canopies standing. As I drove back to my house to pick up finish line supplies, I couldn't believe that there was actually sleet accumulating on my windshield. My mind was overwhelmed with the thought of hundreds of hypothermic runners, miles away from their warm clothes, slipping and sliding down the hills.

Back at the finish line, we had urgent calls for

vehicles to pick up dropping runners at Horseriders Park, the 37 and 43-mile aid station. Our "meat wagon" crew could not handle the overwhelming number of racers dropping out. Many runners commented how they were so cold that they could not even open their drop bags, once they reached the aid station. Volunteers stood out in the rain, opening drop bags and dressing the runners. For those who hadn't planned ahead, many a runner's race was saved with a garbage bag, pulled on for protection.

500 Mile Club Winners for 2002

Thomas Burr
Pat Gorman
Dick Hogan
William Hollihan
Fred Klewin
Paul Mingo
Dominic Ruffalo
Mark Stodghill
Jerry Bollig
Mark Switalla

Our prediction for 50k winners held up to the competition. Charles Hubbard won in a course record time of 3:21. The finish line had underestimated his speed and was not even set up when he crossed the line. Charles graciously confirmed his time with the scoring people and headed for warm clothes and the BBQ. Brandon Sybrowsky finished second, while Paul Paikowski finished third.



Ann Heaslet Women's Champ
in the 2002 Ice Age
50 K Run in 4:08.58,
Photo by Kent Schlienger

Ann Heaslet did not disappoint the crowd as she also set a course record of 4:08. It was difficult for Ann to step back to running the 50k. Being a member of the U.S. 100k team, she was encouraged to limit her long races so close to the 100k World Championship in Belgium. Last year's champion, Jean Herbert, finished second, winning the Masters title. Christine Crawford finished third. Even the 50k was subject to many drops, with only 98 runners collecting their finisher award.

Our speedy Montrail and Patagonia representatives, Krissy Moehl and Craig Holloway won the First Annual 50k Friendship Relay. It was impressive to see their mixed team actually come in ahead of the 50k men's teams, which was won by Halman & Schuster. The 50k relay women's team of Schoman & Schumacher won the female relay award. 30 of the 50k relay runners finished, with many excited about the prospects of running a full ultra. The "reel them in" strategy worked!

Steve Szydluk built up a formidable lead in the 50-mile. He racked up his 6th win in a time of 6:14. Ice Age regular, Stuart Kolb, came in second, also winning the Masters title. First time 50 miler, Greg Hill, was able to convert his 2:20 Marathon speed into a fast trail 50-mile time and third place overall.

The women's 50-mile event proved to be a very intense competition between the newcomer, Carolyn Smith and the returning veteran, Donna Perkins. With Donna's strength and experience, most bets were on her. Carolyn and Donna ran a good portion of the race together. Donna then built up a lead during the last 10 miles and seemed to have the race in the bag. Unexpectedly, hypothermia hit Donna hard with only a couple miles of running to go. She was shivering and became disoriented, when Carolyn caught and passed her. Carolyn won the race in 7:50, while Donna recovered and finished in 7:53, winning the Masters title.

Tough conditions can make for good friendship opportunities. Many runners found new lifelong friends who shared the rain, mud, cold and perhaps a warm jacket or gloves. Most seemed to finish in pairs, holding hands as they slid across the finish line. Our son Clark insisted on running out of the protection of the canopy so that he could great each runner with his or her award. This comical connection was made in the middle of a mud puddle, formally known as the finish line. Clark loves ultrarunners, and can't wait until he is old enough to run Ice Age. He actually slept with the box of 80 leftover belt buckles, now adding to race storage, due to a low finish rate of 240 runners.

As race directors, our impression of the day was "What a nightmare!" Endless emergencies with hypothermic runners--Trying to convince determined runners to drop, because they had no hope of making the cut-off times and attempting to keep everyone as dry and warm as was physically possible. Bad weather is the true test of any race organization.

We were pleasantly surprised to receive e-mail after e-mail from ultrarunners, saying how they enjoyed the race and how many wonderful volunteers saved their race. From their perspective, we did everything possible to help them finish on an ugly day and gave them warm food and beer at the finish. What more could you ask for? Many embraced the challenge of the day and actually enjoyed themselves.

Next year, we will try to arrange for a tornado, just to keep it interesting!

Pal Power

by Mary Fredricks

On Saturday, May 11th, I ran—and finished—the Ice Age 50K for the 2nd time. This was just my third 50K race, and I'm discovering that each one is a unique adventure. Last year I was running in the back of the pack as usual, but at least there were people in front of and behind me. I see-sawed back and forth with several other runners, chatting and enjoying the race together.

This year the "pack" vanished into the distance! (Did I get that much slower, or was everyone else just a whole lot faster than last year's group?) Kris Hinrich and Paul Gionfrido, who were attempting the 50 mile, came up behind me on the Nordic loop lead-

ing to the Ice Age section, and we enjoyed a short time of camaraderie before the two courses split apart.

Surprisingly, I then found myself running with a young guy named Mark Graham from Illinois. (My maiden name was Graham!) He'd never run trails that were anything like these before, (well, they don't call 'em "flatlanders" for nothing), and he'd never run a 50K before either! We enjoyed each other's company into Horseman's Park and back, chatting about family and trading running stories and information. (I couldn't believe he was actually running at my pace. I kept expecting him to go on ahead!)

That first 13-mile section was great. We had per-

fect running weather, in the mid-forties and overcast. I felt like I was just flowing along—and believe me, I don't "flow" very often! When we arrived at the drop-bag area, (right by the start-finish), it had started to rain. At that point I made what turned out to be a poor choice.

I exchanged my long-sleeved top for a jacket I had in my bag. If I'd kept the top on under the jacket I might not have turned quite so blue during that Nordic loop! The jacket quickly soaked through and I was freezing! That's when I really discovered Pal Power. I already knew about Banana Power, Aid-Station-Volunteer-Encouragement Power (which is

(Continued on page 13)

The Race Boneyard



The 1993 Milwaukee Fire and Police All City Run Tee Shirt Logo, front above, back below



(Continued from page 7)

Milwaukee Fire & Police All City Run

There was something for all ages at this 5K and 10K run that started and finished at the old County Stadium. The inaugural race was in 1987 and the swan song was in 1993. The date of the race varied from late May to mid June depending on the Brewers schedule.

In its last years, the race attracted around 1300 runners and walkers. The t-shirts were colorful and featured a police dog and a fire dog on the front. The back of the shirt had the entire logo in reverse. After the race there was food and door prizes.

There was a Tiny Trot for kids ages 12 and under. Fire and police equipment was on display with personnel putting on demonstrations. Inside the stadium there was a Police-Fire relay race followed by the Fire-Police baseball game.

According to Milwaukee Fire Department employee and Strider Paul Beck, the fun ended when the Brewers wanted \$10,000 for the use of the stadium grounds. The rental fee to Milwaukee County for the race had been minimal. However, after Milwaukee County turned over the stadium to the Brewers, the situation changed and the race became economically unfeasible.

Lombardi Run For Daylight 5K

Strider Jerry Anderson was the race director for this June race that called itself "The Best 5K in the Country." The race was first held in 1988 and was named for Vince Lombardi, who was head coach of the Green Bay Packers during the "Glory Years" in the late 1960's. The race took its name from the Lombardi biography called "Run For Daylight" which was the term Lombardi used in telling his players to run for an opening in the defensive line.

The race attracted over 3000 runners and walkers to Menomonee Falls High School for the race that was held in conjunction with the Vince Lombardi Golf Classic at North Hills Country Club. The golf classic attracted current and former Packers including Bart Starr, quarterback during the Lombardi years (and later head coach of the Packers) and his wife Cherry.

Perks included celebrity warm up, two tickets to the golf classic, and post race party with food, band and door prizes. Race winners include Eric Lueck (male record holder from 1992 with 14:57), Adam Broten, Peter Sell, Chad Zehms, Jerry Husz, Scott Branta, Kris Ihle-Helledy (female record holder with 16:03 from 1998), Lynn Fitzsimmons, Patricia Curtis, Chris Goepel Utovic, Kelly Delaney, Jenny Crain and Christine Cotey.

Race proceeds went to the Vince Lombardi Cancer Clinic and St. Luke's Medical Center. In addition, runners were encouraged to obtain pledges. However, the administration wanted to cut costs and raise more money. The idea was to eliminate the cost of awards and t-shirts. Therefore, it became necessary for runners and walkers to raise money in pledges to receive a T-shirt in 2001, the last year of the run.

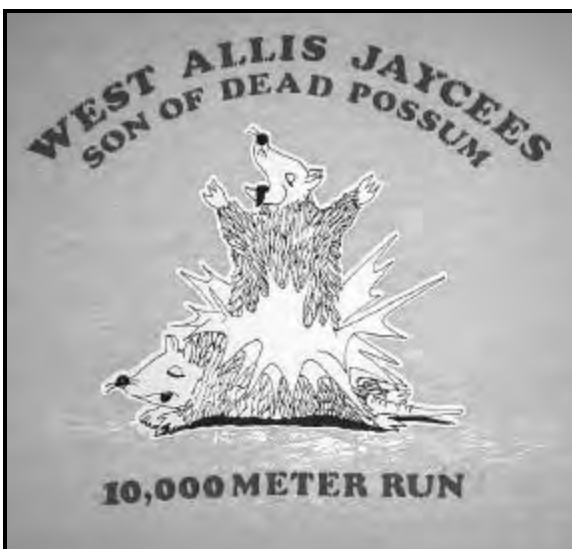
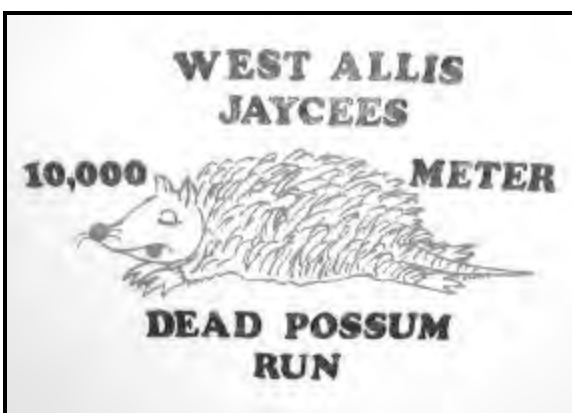
In 2002, the Lombardi Walk For Cancer will be held. Everything will be the same, except that there will be no run. The walk is being modeled after a walk in Boston that attracts a large crowd.

Dead Possum Run

The West Allis Jaycees were responsible for this 10,000-meter run that was held on Sunday morning in early October in Whitnall Park from 1978 through 1980. The t-shirts were among the most memorable of any that I've seen, as they reflected the change in the name of the race for each of the three years. In 1978, the race was billed as the West Allis Jaycees 10,000 meter Dead Possum Run. For 1979, we had the Son of Dead Possum 10,000-Meter Run, which incorporated the previous year's logo. The final race was a spoof on "Gone With the Wind" called "Gone With the Possum!"

It's impossible to discuss all the races that are no longer among the living. However, I believe that another month of reminiscing about these races would be in order.

Therefore, prepare yourself for next month when we will remember more races that have gone the way of black and white televisions, trackless trolleys, nickel cokes, Studebakers and Nash Ramblers.



The 1978, 1979 and 1980 Dead Possum Run Series logos.

Badgerland Strider New Members

For March, April and May 2002

Welcome to our Club!

NAME	CITY
BALDWIN DOUGLAS	HARTFORD
BARTH DYLAN	MILWAUKEE
CARLSON DANA	GREENFIELD
CONNOLLY ANDY	NEW BERLIN
CONTO ANGIE	GREENFIELD
COWLING KELLEAH	WAUWATOSA
CUNEGIN ZAKIYA	RACINE
DAVID DENIELLE	SLINGER
DAVIES KATHLEEN	ST. FRANCIS
DOLAN JEN	MILWAUKEE
DRILLSAM CAROL	OCONOMOWOC
DWYER DAVE	MADISON
EARLE SANDY	SHOREWOOD
EDWARDS KIM	WAUWATOSA
FIELDHACK DAVID	HARTFORD
GARVEY MIKE L	MILWAUKEE
GOODMAN CARRIE	PEWAUKEE
HAUBRICH MICHAEL	RACINE
HAWKER STEVEN	WAUSAU
HENDERSON LINDA	MUSKEGO
HESSEN CAROL	FORT ATKINSON
HODOR JONI	MILWAUKEE
HUGHES JACK	BROOKFIELD
HULBERT VICKI	FRANKSVILLE
JACKS KEITH	SHEBOYGAN
JANISCH GREG	CUDAHY
JENSEN KAREN	MILWAUKEE
JOHNSON JJ	WAUWATOSA
KANE MAUREEN M	MILWAUKEE
KASZA JEANNE	MILWAUKEE
KEITH SUSAN	MILWAUKEE
KELLNER TRACY	MEQUON
KLUESSENDORF JOHN	NEW BERLIN
KONRAD JOE	DAVIS, IL
KREBSBACH TIFFANY	MILWAUKEE
KREMS SCOTT	MILWAUKEE
LANHAM ZACHARY	MIDDLETON
LETKIEWICZ DAVID	GERMANTOWN
LIEBL JUDY	GREENFIELD
LOVE GERI	COLGATE
LUFT TIMOTHY	WEST BEND
MACDONALD GERARD	WAUSAU
MCCLURE WENDY	MILWAUKEE
NEFF-FORD JANE	MEQUON
NELSON CARI	PEWAUKEE
NILSSON MICHAEL	HALES CORNERS
NOVAK SCOTT	NEW BERLIN
PHELPS RANDI	MILWAUKEE
PISTULKA TERESA	MILWAUKEE
POZNANSKI WILLIAM	MILWAUKEE
PRCHAL CAROL	ELKHORN
PRIBBERNOW DAWN	WAUWATOSA
PRINCIPE ANDREW	MILWAUKEE
RADOBICKY KIMBERLY	MUKWONAGO
RENZELMANN VALERIE	WEST ALLIS
RIES ISABEL	WAUWATOSA
RODRIGUEZ FERNANDO	KENOSHA
ROLLINGS JENNIFER	MILWAUKEE
SAJDAK JIM	MILWAUKEE
SARRIS-HALLOP ROBIN	ANN ARBOR, MI
SCHLAGER STEVE	SO MILWAUKEE
SCHULTZ JEFFREY	MILWAUKEE
SCHWARZ CAROL-KAY	WEST ALLIS
STALEY TARA	MILWAUKEE
SWEGLES ERIC	WAUKESHA
SZWALEK KATHLEEN	MILWAUKEE
TOUCHETT SUSAN	COLGATE
TURNER BARRY	MUKWONAGO
WASLEY ALLYN	WAUKESHA
WELCH JULIE	WAUWATOSA
WIEBUSCH LYN	SUSSEX
WILKINSON CHRISTINE	MILWAUKEE
WITT PATTY	NEW BERLIN

FROM THE ARCHIVES

25, 20, 15 and 10 Years Ago

By Ron Winkler

This month I received a letter from Dick Collins who lives in Boscobel. He recognized the results from one of "his" races that appeared in my April "From the Archives." Many Striders may remember participating in races that were sponsored by the Aurora, IL YMCA. Dick was the person who was in charge of those races.

I remember traveling to Dick's races with either John Miller or Tom Guse. Dick mentioned that he has directed or helped with over 200 races.

At a race in Boscobel that Dick helped out with in December 2001, he logged race number 803 that he has run in his lifetime. That is quite an inspiring record of participation as both volunteer and athlete. Great job, Dick! Keep up the good work!

Dick sent results from the Aurora YMCA 50-Mile Run that was held on May 14, 1977. There were 18 finishers, but only four of the runners completed 50 miles. One of the finishers was Strider Dick Guse from Mayville, who completed the 50 miles in 7:16:25. Dick was 42 at the time. The other 50 mile finishers were Barney Hance (26) 5:58, Ayar Brent (22) 6:19:10 and Ariel Mayerga (28) 9:13:30. The 5th place finisher completed 33 miles, while the next seven runners completed 26 miles. The remaining runners completed 12, 13 or 14 miles. According to Dick Collins, there was a pictorial article in the June 7, 1977 issue of Time/Life Magazine.

25 Years Ago:

Monday, June 13, 1977

Carroll College Pioneer Run

Frank Shorter of Boulder, CO set a course record for the 5-mile Carroll College Pioneer Run by finishing in first place ahead of 621 entrants. Shorter's 23:51 broke the old record of 26:30 set by Jim Drews of Green Bay in 1976.

The first eight finishers also ran faster than the old record. Tony Rodiez from the University of Wisconsin-Milwaukee (UWM) Track Club finished second with 24:25. Joe Kreutz from Beloit College was third in 25:18. Fourth place went to Tom Hoffman from the Whitewater Track Club (25:39). Close behind in fifth was John Stinzi of UWM with 25:44. Dan Rindfleisch was sixth in 25:58 while Bill McBride finished seventh with 26:02. The age group winners were: 30-34 - Herman Gates, 27:42; 35-39 - Richard Waltz, 27:47; 40-44 - Cedric Michalek, 27:19; 45-49 - Rich Czarapata, 31:06; 50+ - John Archer (no time given). The overall women's winner was Mary Rice who was timed in 30:15. She was followed by Marty Mcelwee in second and Sue Smirl in third. Mary Czarapata won the 30+ crown.

20 Years Ago:

June 1982

Striders President Bob Fitts proudly announced that our club had successfully held our first ultra race (distance greater than a marathon). The race was the Ice Age Trail 50-mile that had been held on Saturday, May 22nd in the rain. Seventy-five of the 99 starters completed the race that was won by Scott Miller in 6:59:25. Two women finished the race; they were Karina Nequin (10:47:29) and Jean Gunkel (11:59:52). Coverage of the event by Eric McAttee told how Tom Ulik had single-handedly pulled the race off by himself.

In women's running, the marathon had been added for the 1984 Olympics. However, the 5K and 10K were not accepted events. In order to become accepted, "these distances must show evidence of widespread participation before they can be consid-

ered as additional championship events."

Progress was being made, as the IAAF had begun recognizing world records for women at these two distances. The International Runners Committee issued the following statement: "If you're a runner, enter races at these distances whenever they are available. If you're a meet director, add these races to your program. If you're an official, vote for their inclusion at all levels."

The Striders had recently entered the computer age as we now had our own computer. A computer committee was being sought by Bill Schauder to enter data at club races. To date, the club had scored two races by computer. The first had been a "harrowing (but successful) Bonne Bell 10K." The second race was the Eastbay 10K on Sunday, May 30th. Bill Schauder was quite excited about this new era in race scoring.

15 Years Ago:

Wednesday, June 24, 1987

Coors Light Superun 5K

Scott Jenkins topped the field of over 700 runners with 14:42. He was followed by Tony Rodiez in second place (15:23) and Tim Rodiez in third place (15:42). Vince Marchese finished fourth (15:55) while Joe Ramos was fifth (15:59). Close behind were Peter Bandettini in sixth place (16:01), Dick Dodd in seventh (16:04), Toney Tumey in eighth (16:09), Gary Ledford in ninth (16:10), and Greg Johns in tenth (16:14). In the women's race, the overall winner was Donna Perkins-Glovacki who finished in 18:00. Amy Zacher who was timed in 18:06, pushed her to the finish. Corrine Hlavka was third with 18:35. Laura Wodyn's 18:53 earned her fourth place while Jenny Heyer took fifth place with 19:02. Age-group winners included: Masters-Mike Kirkwood, 17:12; 40-44, Carl Schulhof, 17:43:45-49, John Becker, 18:03; 50-54, Paul Kutschera, 18:48; 55-59, Knud Stobbe, 20:53; 60+, Bill Smeaton, 21:09; Female Masters, Janet Sohns, 20:18; 35-39, Diane Woodard, 20:52; 40-44, Joy Figg, 22:11; 45-49, Georgia Dolister, 22:48; 50+, Nancy Mueller, 23:19.

10 Years Ago:

Saturday, June 13, 1992

Milwaukee Fire & Police All-City Run at Milwaukee County Stadium

Craig Frohna and Lynn Fitzsimmons were the overall winners in the 10K race. Their times were 30:23 and 39:08, respectively. Age-division winners were: 12-under - Tim Giles, 35:14; 19-24 - Daniel McGuire, 38:13; 25-29 - Eddy Koch, 34:21; 30-34 - David Stehling, 36:57; 40-44 - Ralph Graf, 40:56; 45-49 - Juan Avalos, 42:02; 50-59 - Mike Kirkwood, 39:04; women 19-24 - Michelle Cowling, 53:18; 30-34 - Nancy Jonas, 44:05; 35-39 - Eileen Sherburne, 45:32; 40-44 - Susan Koch, 40:10; 45-49 - Joy Imms, 47:09; 50-59 - Mary Malone, 66:08.

In the 5K race, Eric Loueck and Kathy Geen were the top finishers with times of 15:50 and 19:03, respectively. The age-group winners were: 12-under - Devin Ziarek, 19:19; 13-18 - Brian Udovich, 17:33; 25-29 - Steve Nelson, 16:53; 30-34 - Scott Wageman 16:47; 35-39 - Paul Badura, 17:17; 40-44 - Jim Kriederman, 17:50; 45-49 - Dennis Yule, 17:11; 50-59 - Jim Peelen, 18:19; 60+ - Richard Babcock, 20:42; female 12-under - Kristen Ziarek, 24:32; 13-18 - Angie Ziarek, 20:44; 19-24 - Tammy Dargatz, 20:00; 30-34 - Donna Perkins, 19:22; 35-39 - Rosa Ennis, 25:59; 40-44 - Cheryl Verbos, 25:00; 45-49 - Sally Rubach, 23:46; 50-59 - Georgia Dollister, 26:59; 60+ - Ruth Huc, 33:05.

Ice Age Trail, One of My Favorites

(Continued from page 10)

ryone shedding clothes and decided to overdress. When I headed out for the second of the Nordic loops the clock was at 3:10, it felt good knowing that the lead runners did not lap me. Shortly after I left, the wind picked up, the temperature dropped, and a rain, driven by the wind, tried to permeate my shell. It did not get in. I was prepared for the "three-strikes" being thrown. I got a homerun instead.

The trail quickly became slick. The trail acts as the drainage system, like gutters on your roof. Before the rain I ran on the dirt track, avoiding the grassy parts. Now I searched for spots that would increase my traction.

Someone asked me, while I was out on the course and the rain was beating down, if I was enjoying myself. I responded, "There is no place I

(Continued on page 15)

Pal Power

(Continued from page 11)

very potent!), and, of course, Training Power (of which I was suffering a severe lack this year!).

But in the cold rain with the wind slicing through my jacket, while I was slipping and sliding and slogging on through slippery slime and mucky mud and waist-deep puddles, (ok, slight exaggeration - but not very slight), it was *Pal Power* that helped keep me going.

What a difference it made to have someone to run with when I was so cold and wet and tired! And where else but an ultra can you meet a perfect stranger and spend over 7 hours supporting and encouraging each other, completely comfortable in each other's presence?

At work yesterday, someone asked me point-blank, "Why do you do it?" Part of my answer lies in the challenge. There's something about digging deep and meeting a difficult challenge that I find very fulfilling. But perhaps even more it's the people who draw me back to ultras. It's the familiar faces, the surprising camaraderie and friendliness among the runners, the unending support and encouragement of those amazing aid station volunteers, and the people who care enough to stand at the finish line, even in a freezing rain, applauding every single runner who makes it in.

It's the chance to make new friends, to forge a unique bond, to encourage and receive encouragement. Where else, but an ultra?

POSITIVELY PEWAUKEE'S 2002 "Run to the Beach"

By Abby Lorenz, Race Director

Positively Pewaukee proudly presents our 4th annual "Run to the Beach" on Wednesday, July 17, 2002 at 6:30 p.m. The 5K run and 2 mile walk will benefit Positively Pewaukee, a Wisconsin Main Street Community. The Main Street Program helps selected areas in the state revitalize their downtown districts. Fees are \$15.00 if you register by July 15th or \$20.00 on the day of the event.

All participants receive a chance to win NIKE Products, including a new pair of SHOX running shoes (for both men and women), a NIKE sports watch, NIKE gear bag, and a 6 month membership at West Wood Health and Fitness Center. Live music and NIKE Award presentation after the run.

For further information about the "Run to the Beach", please e-mail race director Abby Lorenz at lorenz@execpc.com or see our web site at www.pewaukee.org/downtown/run.htm You can register on line, or print a registration form from the web site and mail it to Positively Pewaukee.

Don't miss this scenic running course along beautiful Pewaukee Lake. Stay for the sunset with live music at Waterfront Wednesday and a live radio broadcast from the water on 99 WMYX!



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Western States Training

(Continued from page 8)

petitive motivation, fellow "suffer-ers", whatever it is, we stayed together and complained about the distance to that first station. This section provided another good hill to climb. Do these inclines ever end?

The second aid station is at "No Hands Bridge." Again, we filled up and headed out. We crossed the bridge and ended up on a fire road (?). The first 200 yards were flat, and then we started going up. I know from being told earlier that this is to be the last climb of the course. I still didn't know what that really was to entail. I looked up to get an idea of how high a climb was before me. There were too many trees to get a good idea. I also knew that we would eventually come out on to paved, city road. Then there would be a downward mile to the Placer High School track. Knowing I was close, I started up the climb. I was with another runner, but he slowly left me behind. It was about 1.5 miles on the dirt road. Then we hit a paved road, but the incline remained the same. I finally reached the top and knew I was about a mile away. I started to run again. These are easy down-hills through a residential section of Auburn and I handled them well.

Today we would NOT be making the final "victory lap" at Placer High School. That will be saved for the real race. Approximately four hours after starting I reached the high school parking lot and was finished. Seventy miles in three days -- not a bad weekend. As I thought about my times for each day. If I add them together and add a little extra time, it is still under 24, but is that realistic? It will be hotter on June 29th than it was this weekend -- guaranteed. Plus we had the luxury of breaking this down into three days worth of running.

My main goal will have to be finishing in the allotted thirty hours. Depending on how all the factors fall into place, we'll see. Perhaps I will make the decision at Forest Hills (mile 62). Or perhaps I will make no decision at all and simply enjoy (or try to enjoy) whatever the race offers. If everything falls into place, I think I can do well, but as those of you who have been out there know, this course can kick your butt. Either way, I'll let you know.....

Badger State Games Running Events

Badger State Games 5k/10k and 1-mile partner run/walk events to benefit local charities.

Eau Claire-Sunday, 8:30 a.m., June 16 at Carson Park. Benefits the Rotary Youth Scholarship Fund.

Oshkosh-Sunday, 8:30a.m., June 16 at Menomonee Park. Benefits the Christine Ann Domestic Abuse Services.

Whitewater-Saturday, 9:15 a.m., June 15 at the Williams Center at UW-Whitewater. Benefits the Whitewater Food Pantry.

Platteville-Sunday, 9:00 am, June 16 at Smith Park. Benefits the Friends of Rountree Branch.

Madison--Sunday, June 30, Vilas Park Shelter. Loops around Lake Wingra.

Events and start times at:

www.sportsinwisconsin.com/bsgsum/sports/5k.asp

For more information visit the

Badger State Games website at

www.sportsinwisconsin.com/bsgsum/sectionals.asp

or call Diane Walder, Marketing Director 608-226-4780

WSDC provides and promotes healthy sport environments and activities in which participants of all ages can benefit socially, mentally and physically. Its properties are the Badger State Games, Wisconsin Ironman Triathlon, Wisconsin Athletic Hall of Fame and health education programs.

Even Adults Need New Toys

By Alice Winkler

As runners and race walkers, we have all learned, I hope, that running isn't enough to get and keep you healthy. The aerobic activity is important, but it isn't all you need. You should be doing some weight training and some stretching to aid your flexibility. In addition, you need to eat healthy food and drink tons of water.



All of this can be rather time consuming. Some of you may not even really enjoy the weights or the stretching. I have found a new toy that can make the stretching enjoyable. It isn't really new; it's been around for a while. For me however, it is still a novelty. I just love it. The February issue of *Runner's*

World had quite a spread demonstrating various exercises that can be done with this toy.

It's "the ball"! It's called by various names: a balance ball, a stability ball, or an exercise ball. It is super!

It was first recommended by my chiropractor after I injured my back. The stability ball is great for back and stomach muscles. It also aids in strengthening the spine and in helping promote balance. Lately, you hear a lot about strengthening the core muscles. The ball helps to do that too.

I've been trying for years to get rid of my stomach without success. I've known that I've had weak stomach muscles, but whatever I did, I always felt that I was lifting with my back. The ball exercises for the abdomen really help to isolate and strengthen those muscles. The exercises help you become strong in a fun, safe way, too.

I recommend that you get a video so that you learn how to use the ball properly and how to get your back into neutral spine.

All these years, I've been doing stretching with a pelvic tilt. That is old. The new theory is to be in neutral spine. This is good for the back too. The video I have demonstrates exercises for the upper body, the abs and the lower body.

So, get a new toy and keep healthy!!! (The balls come in different sizes depending on your height).

Enjoy your new toy.

Hopefully you will find it as invigorating, soothing and peaceful as I do.

Do your body good and have fun too!!!

2002 Convention: Something for Everyone

ROAD RUNNERS CLUB OF AMERICA
(RRCA e-press release)
Wednesday, May 8, 2002

Alexandria, VA---The Tidewater Striders of Norfolk, Virginia hosted the 45th Annual Road Runners Club of America (RRCA) National Convention, May 2-5 at the Sheraton Norfolk Waterside Hotel. Over 300 people attended the three-day event, which was called "one of the most productive conventions yet," and included a coaching certification class, workshops, guided trail runs, and the annual awards banquet.

This year's workshops included a meet and greet with new Executive Director David Dobrzynski, and seminars on insurance, bylaws, communications, and databases. After the workshops the Tidewater Striders got people out the door to stretch their legs. Striders mapped out a total of four trail runs and guided convention attendees through various parts of Norfolk and Virginia Beach.

For those attendees who couldn't get their competitive fix through the guided trail runs, there was Saturday's Elizabeth River Run 10K. The race, named 2002 RRCA National 10K Championship, boasted over 2,000 participants. RRCA national office newcomer Lory Gray took first place overall female with a finish of 38:27, while Executive Director David Dobrzynski took first in his age group with a finish of 35:57.

The national convention is also the site of the RRCA annual business meeting. Voters headed to the "polls" with bylaws on their minds Saturday afternoon. The proposed bylaw changes were tabled indefinitely by a vote of 427 to 405.

The business meeting was moved to another venue where elections for officers and directors were held. President Freddi Carlip of Lewisburg, PA, went unchallenged from the floor and will look forward to serving another two-year term. Vice President Beverly Coville of Rome, GA, was challenged from the floor by another candidate, but was also voted in for an additional two years. Donna Moulton of South Portland, ME, was elected from the floor to fill the spot of Eastern Regional Director-a spot vacated by her husband Everett. Also new to the board is Kathleen Gina of Ann Arbor, MI, who will fill the position of Central Region Director and former Olympian Rich



Kenah of Reston, VA, who will fill the position of At-Large Director.

The entire convention wrapped up neatly into a night of fun and festivities. President Carlip emceed the evening and recognized the RRCA's 2001 award winners after which followed music and dancing.

2001 RRCA Award Winners

RRCA Hall of Fame

Patti Dillon

Herb Lindsay

Scott Hamilton Outstanding Club President Award

David Oja, Syracuse Chargers Track Club (NY)

New Balance Rod Steele Memorial Outstanding Club Volunteer Award

Beth Edwards, Huntsville Track Club (AL)

RRCA Outstanding State Representative:

George Rehmert, Central California State Rep

Browning Ross Spirit of the RRCA

Nina Kuscisk

Kurt Steiner Children's Developmental Running

Len Goldman, Lake Merritt Joggers and Striders Club (CA)

Fred Lebow Women's Running Award

Jane Serues, Lehigh Valley Roadrunners (PA)

Web Site of the Year

Jim Carson, Melrose Running Club (MA)

Best Large Club Web Sites

Cross Country Club of Dallas, TX

Knoxville Track Club, TN

Rocky Mountain Road Runners, CO

Best Small Club Web Sites

Melrose Running Club, MA

Mesa Monument Striders, CO

Trail Runners Club, CA

RRCA President's Award

Libby Lord, RRCA National Office

Gerard Nolan, Northeast Road Runners Club of Philadelphia (PA)

Jerry Little Memorial Journalism Award for Outstanding Newsletter

Sponsored by Electric City Printing Journalism Excellence

George Hirsch, Runner's World

Outstanding Club Writer

Mike Doyle, Maine Track Club (ME)

(Continued on page 15)



Complete this form and mail with payment to: Badgerland Striders Inc., 9200 W. North Avenue, Milwaukee, WI 53226

Badgerland Striders Annual Membership Form



Last Name (please print) _____ First Name _____ Sex (M/F) _____ Birthdate (Mo/Day/Yr) _____



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DUES New Membership: ___ 1yr (\$15) ___ 2 yr (\$27) Tax deduct. _____
(check one) Renewal: ___ 1yr (\$13) ___ 2 yr (\$25) Donation _____

Make checks payable to: **Badgerland Striders, Inc.**

Membership applies to you and others in your household listed below. If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

Names of others in your household who run:

NAME	SEX	BIRTHDATE	OCCUPATION
_____	_____	_____	_____
_____	_____	_____	_____



All members are expected to volunteer for at least one race or project each year. The work is easy and enjoyable. Please check the events you or a member of your household would be willing to work:

- | | |
|---|--|
| <input type="checkbox"/> (Jan) Steve Cullen Run | <input type="checkbox"/> (Aug/Sep) Badgerland Strider 20K |
| <input type="checkbox"/> (Jan) Samson Stomp | <input type="checkbox"/> (Sep) Badgerland F/X 12-24 HR Run |
| <input type="checkbox"/> (Feb) John Dick Memorial 50K | <input type="checkbox"/> (Sep) Tosa Fest 5K |
| <input type="checkbox"/> (Apr) Strider Half-Marathon | <input type="checkbox"/> (Sep) Briggs & Stratton Run |
| <input type="checkbox"/> (May) Wisconsin Women's Run | <input type="checkbox"/> (Oct) Glacial Trail Run |
| <input type="checkbox"/> (May) Ice Age Trail 50-Mile | <input type="checkbox"/> (Oct) Lakefront Marathon |
| <input type="checkbox"/> (May) Hartfest 5K | <input type="checkbox"/> (Oct) SE Run for Cure |
| <input type="checkbox"/> (Jun) Lombardi Run | <input type="checkbox"/> (Oct) Lakefront Discovery Run |
| <input type="checkbox"/> (Jun) Superun 5K | <input type="checkbox"/> (Nov) Turkey Trot |
| <input type="checkbox"/> (Aug) Cudahy 10K & 10 Mile | <input type="checkbox"/> Track Meets (summer) |
| <input type="checkbox"/> Youth Development (summer) | <input type="checkbox"/> Fun Runs (Jan through Dec) |



If you would like to help in any of the following areas, please check those that apply:

- | | | |
|---|--|---|
| <input type="checkbox"/> Road Race Director | <input type="checkbox"/> Public Relations | <input type="checkbox"/> Computerized Scoring |
| <input type="checkbox"/> Club Clothing | <input type="checkbox"/> Race Schedule Booklet | <input type="checkbox"/> Equipment Rental |
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Race Course Measurement | <input type="checkbox"/> Monthly Meeting Planning |
| <input type="checkbox"/> Newsletter (photos, advert., typing) | <input type="checkbox"/> Bus Trip | <input type="checkbox"/> Newsletter (Reporting) |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Annual Party | <input type="checkbox"/> Other |



WAIVER: I know that participating in an athletic event is potentially a hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decisions of event officials relative to my ability to safely complete an event. I assume all risks associated with participating in such events, including but not limited to falls, contact with other participants, spectators, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road or path. All such things being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my application for membership, I, for myself and anyone acting on my behalf, waive and release the Badgerland Striders, Inc., its officers, directors and any event personnel, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in such events, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.



Signature _____ 1/98



2002 RRCA Convention

(Continued from page 14)

- Outstanding Small Club Newsletter
 - In Passing, Second Wind Running Club (IL)
- Outstanding Medium Club Newsletter
 - ARR News, Albuquerque Road Runners (NM)
- Outstanding Large Club Newsletter
 - FOOTNOTES, Knoxville Track Club (TN)

The RRCA would like to thank this year's convention sponsors:

- Atlanta Track Club, Electric City Printing, Final Kick, New Balance, Pace Sportswear, Runner's World, Running Etc., and Running Network.

A special thanks to the Tidewater Striders President Bee Andrews and her club for their hard work and dedication. They helped make this a successful event.

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Ice Age Trail, One of My Favorites

(Continued from page 13)

would rather be". My first ultra was on this trail, and now my 88th as well. It is one of my favorite events. And adding the 50km makes it so much easier to do an ultra on successive weekends.

It was difficult breaking the 50-mile tradition, but now I have a new tradition in the 50km. As for Frosty's, I'll keep that tradition. I gave up dairy products many years ago. However, following IAT 50/50, once a year, I have what everybody else has—Some traditions should not be broken, like time with your friends. That's what places a race on my favorite list!

See you in a few miles...

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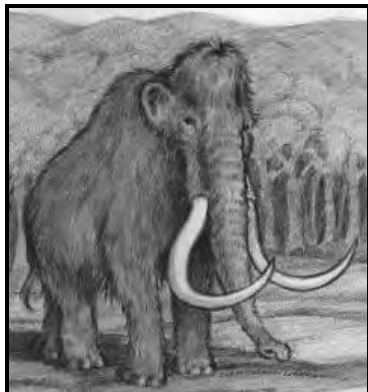
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MAKING DUST

“IF YOU DON'T MAKE DUST, YOU EAT DUST”



ICE AGE TRAIL 50MILE RUN

Southern Kettle Moraine State Forest, La Grange WI
Saturday, May 11, 2002
Ice Age Trail 50 Mile Run

Results Provided by
Computer Aided
Race Results System
Bill Schauder
262 521-2191

PLACE TIME NAME

FIRST MF

1 06:14:55 Stephen Szydluk
9 07:50:36 Carolyn Smith

M18-29

14 07:58:18 Nate Emerson
23 08:28:53 Christopher Krolick
102 09:50:38 Ross Matthews
103 09:50:41 Dean Gruber
177 11:07:16 Thomas Goodrich
215 11:39:03 Anthony Slamar
226 11:47:22 Matthew Rusek
F18-29
71 09:24:15 Julie Treder
223 11:47:04 Jennifer Rhodes

M30-34

6 07:19:26 Scott Marsh
25 08:31:16 George Desort
34 08:47:10 Scott Meyers
43 08:55:12 Keith Callaway
47 09:01:13 Kurt Kelly
49 09:01:47 Kurt Rompot
58 09:11:04 John Finn
63 09:16:33 Mike Morgan
66 09:22:43 Jerry Vondruska
68 09:23:00 Dallas Sigurdur
74 09:26:50 Kirk Anderson
75 09:26:51 Paul Salgado
86 09:38:04 Andrew Ploenzke
92 09:43:50 Douglas Ness
95 09:44:52 Femi Oguntokun
123 10:13:25 David Konkey



A Tired but Happy Larry Pederson poses with his Buckle. The smile tells it all.

196 11:25:48 Randal Maurer
197 11:25:49 Louis Steffes
205 11:31:26 A Lopuchowycz
232 11:51:51 Patrick Peterson

F30-34

52 09:04:26 Wendy Hanson
133 10:23:11 Donna Sutherland
134 10:24:16 Carrie Bentley
170 10:58:03 Nancy Majors
213 11:37:57 Tracy Skelton

M35-39

1 06:14:55 Stephen Szydluk
3 06:55:42 Greg Hill
7 07:35:20 Alex Swenson
11 07:52:07 Parker Rios
16 08:17:07 Joel Lammers
24 08:30:13 Shawn Noble
50 09:02:47 Stephen Murphy
53 09:04:54 Todd Egnarski
56 09:07:41 Jason Dorgan
72 09:24:42 Thomas Zak
78 09:30:11 Joe Lovett
93 09:43:57 Kevin Mastaw
96 09:45:02 Kevin Mahan
98 09:46:54 Brian Bradley
99 09:46:55 Daniel Koplinski
108 09:56:16 Rob Smith
114 10:05:54 Scott Wagner
117 10:07:16 Eric Berg
130 10:19:30 Dave Hartinger
145 10:36:34 Bob Gabbey
146 10:36:54 David Farley
151 10:43:07 Robert Smith
157 10:47:38 Robert Michael
169 10:58:01 Bob Martinelli
181 11:12:49 Rich Mueller
189 11:20:10 David Bliss
190 11:21:07 Steve Riportella
199 11:25:57 Mike Roddick



A fashionably dressed Kathryn Cairney-Dunn splashes through the muck at the finish of the 2002 Ice Age 50 mi

212 11:37:57 Shaun Llewellyn

F35-39

9 07:50:36 Carolyn Smith
32 08:45:16 Ragan Petrie
45 09:00:57 Tammy Hunter
115 10:06:23 Jeri Debard
136 10:24:50 Diana Schowe
183 11:13:22 Kathryn Dunn
209 11:32:54 Suzanne Weighman
235 11:52:57 Lisa Karandanis
239 11:59:21 Julie Berg

M40-44

2 06:36:58 Stuart Kolb
5 07:04:31 Rick Stefanovic
10 07:51:13 Paul Holovnia
13 07:54:01 Michael Davenport
19 08:23:05 Paul Hasse
30 08:42:57 Edwin Heller
35 08:47:42 Mark Switala
38 08:49:13 Andy Klapperich



Mike Montgomery & Bonnie Riley taking a brief break from the rain at the 40 mile turnaround

40 08:51:15 Patrick Gorman
42 08:54:39 Vern Vanbeek
46 09:00:58 Stuart Johnson
51 09:03:21 Bill Thom
54 09:06:06 Dan Distelhorst
55 09:06:53 Steve Young
61 09:12:29 Dennis White
64 09:16:46 David Christens
67 09:22:59 Alex Taylor
69 09:24:03 Bill Corriveau
76 09:27:54 David Cox
83 09:34:28 Charlie Coiner
90 09:40:02 Vince Varone
97 09:46:36 Richard Plezia
100 09:48:55 Dave Just
118 10:07:58 Rob Apple
120 10:09:56 John Mccarthy
121 10:11:15 Agustin Guevara
126 10:17:27 Mark Kohls
131 10:19:38 John Hammetter
138 10:27:28 Scott Jacaway
158 10:48:41 Jim Welch
159 10:51:08 Jack Waddick
168 10:58:01 Tim Miller
172 11:02:11 Wade Bigall
173 11:02:25 Dan Riggensbach
176 11:06:40 Marc Needlman
186 11:16:05 Mark Maly
193 11:24:27 Gary Bird
195 11:25:37 Michael Lager
204 11:30:13 Kevin Carboni
210 11:32:54 Donny Keller
211 11:35:13 Chuck Zeugner
219 11:44:03 Jeff Anderson
233 11:52:25 Greg Steinacker
237 11:55:54 Scott Beck

F40-44

12 07:53:49 Donna Perkins
48 09:01:31 Caroline Spencer
81 09:31:50 Jan Schlueter
156 10:47:36 Beth Simpson
163 10:54:12 Brenda Gutmann
165 10:55:11 Deb Vomhof
192 11:23:16 Bonnie Busch
206 11:31:50 Gail Marinaro-Edgar
225 11:47:15 Geneva Stephens
236 11:53:24 Pamela Bartee

M45-49

4 06:59:29 Kevin Setnes
8 07:49:31 Mark Hartinger
15 07:58:53 Larry Hall
17 08:18:05 Joe Winch
20 08:23:32 Timothy Bloch
21 08:26:55 Larry W. Schmidt
22 08:28:28 Marty Hoffman
26 08:32:39 Ric Hatch
28 08:38:08 Robert Visser
31 08:45:14 Jeff Gaft
33 08:45:57 Doug Wielgat
37 08:48:42 Michael Schleis
39 08:50:10 Gene Bartzten

41 08:54:39 R Linnemanstons
57 09:09:10 Mark Wood
60 09:11:37 Michael Burkoth
77 09:27:54 Brad Drake
79 09:30:12 Daniel Barr
82 09:33:00 Jim Stocco
85 09:36:28 Steve Lind
91 09:42:43 Fred Klewin
94 09:44:39 Duane Frichtl
106 09:55:29 Douglas Scott
129 10:19:01 Gordie S. Bartlett
132 10:23:10 Bruce Purdy
137 10:26:52 Tim Potter
139 10:28:33 Jack Thomas
140 10:29:49 Larry Pederson
141 10:30:39 Thomas Clark
148 10:37:28 Jim Briselden
153 10:44:20 Peter Daly
164 10:54:33 Thomas Schnitzius
166 10:55:22 Kevin Greatens
182 11:13:14 John Haavisto
184 11:14:45 Lynn Karner
188 11:19:17 John Surdyk
202 11:26:56 James Hertz
207 11:31:51 John Edgar

F45-49

191 11:22:46 Christine Markham
220 11:44:24 Julie Schroeder
221 11:45:16 Nancy Kellerhuis
222 11:46:17 T. Daus-Weber
224 11:47:04 Terry Rhodes
228 11:49:38 Bonnie Riley

M50-54

29 08:42:42 Dennis Wheeler
36 08:48:41 John Jenk
44 08:57:00 Jim Benike
59 09:11:14 Jerry Bollig
65 09:19:35 Clement Choy
70 09:24:13 Ralph Graf
73 09:25:49 James Blanchard
89 09:39:20 Mark Stodghill
101 09:49:23 Dick Canterbury
104 09:51:12 Mick Justin
105 09:53:19 Tim Yanacheck
107 09:55:56 Gary Fuerst
110 09:58:17 Allan Holtz
111 10:01:41 Peter Kacala
112 10:03:33 Steve Krampe
113 10:04:23 Tom Detore
122 10:12:40 Michael Jones
124 10:15:08 Jim Szyjakowski
125 10:16:01 Paul N. Olson
135 10:24:21 Andy Arena
142 10:31:05 Paul Mingo
144 10:35:40 Tony Bierman
147 10:37:19 David Huck
149 10:39:05 Kenneth Scharmann
150 10:42:11 Ross Meyer
152 10:43:45 Jeff Sherwood
155 10:46:21 Lee Hess
160 10:51:34 Bob Telfer
162 10:52:26 Len Rolfson
167 10:57:41 John Husz
171 11:01:52 Bruce Rome
175 11:04:35 Dominic Ruffalo
178 11:07:36 Rick Kucinski
198 11:25:56 Mike Montgomery



214 11:39:03 Frank Slamar
229 11:49:39 Donald Clark
231 11:51:50 Michael Peterson
234 11:52:56 Patrick Harmon

F50-54

88 09:38:50 Ingrid Honzak
161 10:51:37 Kathy Weix
179 11:07:37 Joann Fallis



203 11:29:43 Linda Gentling
218 11:43:31 Linda Garnett

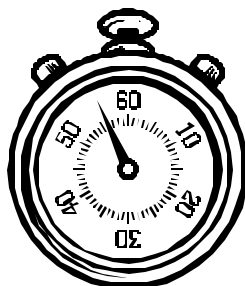
M55-59

27 08:33:37 Jack Donahue
62 09:15:23 James Bahr
80 09:31:49 John Rodee
84 09:35:48 Al Zeller
87 09:38:21 Thomas Burr
116 10:06:50 Michael Segorski
154 10:45:29 Donald Simon
180 11:08:29 Tom Balzola
185 11:15:00 Bob Rusch
187 11:18:38 John Fry
208 11:32:21 Chester Young
216 11:42:46 Jim O'connor
230 11:51:03 Ronald Antos
238 11:56:55 Dan Little
240 11:59:22 Dick Hogan

(Continued on page 17)



What are they doing?
Well they said they were cleaning the mud off one another.
Hummm..., Yeah, Runners are different!



The Most Times

are in ‘The Strider’

ICE AGE TRAIL RUN VOLUNTEER HONOR ROLL

Volunteers

Aversa Nick
 Bain Andy
 Bain Jim
 Bain Jon
 Bain Karen
 Barrett Rick
 Bartelt Jamie
 Bartelt Laura
 Bartelt Heidi
 Baseheart Chris
 Batsch Larry
 Baudhuin Tom
 Bauduin Tom
 Becker John
 Bennett Ernest
 Bero Jane
 Blazek Bob
 Bott Karen
 Bott Karen
 Boxrud Gail
 Brown David
 Bublitz Cathy
 Bublitz Will
 Caruso Ron

Chvala Tom
 Costello George
 Crawford Scott
 Cruz Laura
 DiFonzo Karen
 Dirks Jody
 Dobsen Sherry
 Dodd Brigitte
 Dulmes Michael
 Ehler Henry
 Ehrmann Mark
 Ellington Pauline
 Fahrback James
 Feldbruegge Mike
 Flaws Mary
 Flood Donna
 Franke Lynn
 Freese Jill
 Frey Sarah
 Frey Steve
 Gasper Connie
 Gasper Gary
 Gavin Paul
 Gilgenbach Joyce
 Gilgenbach Ken

Goocher Jodi Lynn
 Goodman John
 Gould Kristine
 Hatzenbeller Jim
 Hatzenbeller Zdenka
 Heckman Chaz
 Heppel Ronda
 Hildebrandt Shelly
 Hildebrandt William
 Hillery John
 Holmes Stephanie
 Hopper Alan
 Hopper Mary
 Huhn Jerry
 Huige Nick
 Itzow Ted
 Jones John
 Kletzke Barb
 Kohli Alfred
 Krueger Steve
 Kuemmel Lynn
 Lepley Bill
 Lepley Chris
 Lepley Sam
 Lockwood Darcy
 Lockwood Larry
 Mandelker Jack
 Maras Jeanne
 Matthews Jerry
 Matthews Pat
 McGarryPeter
 Mendoza Chris
 Metzger Gene
 Meyer John
 Michalowski Cherie
 Michalowski Jim
 Moon Rick
 Morgan Courtney
 Morgan Gwendolyn
 Mosca Vince
 Mutchelknaus Lowell
 Myszka Cheryl
 Nakeeb Rose
 Nehrke Cindi
 Nelson Doug
 Nowakowski Jim
 O'Brien Dave
 Olson David
 Prellwitz Jim

Prodehl Dick
 Prodehl Barb
 Pulkowski Linda
 Quirk Bill
 Rodriguez Antonio
 Rose Dorothy
 Sandlin Nancy
 Schlienger Kent
 Schmidt Paul

Woelffer Sarah
 Wolf Jerry
 Wolfmeyer Kevin
 Wollenziehn John



Ice Age Volunteers Jeff Weiss (left) and Jerry Huhn (right) give some personalized service to a tired, wet, but happy runner at 47 miles



A busy day at the Tamarack Aid Station, from left; Lisa Karandanis, Bill Smeaton, Pamela Bartes, an unknown runner, Dave O'Brien and others in the background.
 Photos by Kent Schlienger

Schraith Betty
 Singer James
 Singer Kim
 Sivley Karen
 Smith Mitchell
 Spellman Mark
 Stanelle Herb
 Stanelle Mindy
 Sterr Gene
 Stott Mary
 Sutter Mary Pat
 Thomas Dean
 Tomaszewski Dennis
 Udovich Brian
 Van Rite Al
 Van Rite Karen
 Velasquez Ivan
 Waldvogel Don
 Waltz James
 Warp Richard
 Wiese Chet
 Woelffer Dean

Captains

Anderson Jerry
 Bunk Tom
 Delzer Andrew
 Flayter Dick
 Goetz Gene
 Hoeft Al
 Hopper Craig
 Howorth Steve
 Keyes Fran
 Malin Marty
 Nelson Grant
 Schinker Vicki
 Schraith Betty
 Skrepenski Don
 Sohns Arnie
 Weiss Jeff
 Zien Jane

Race Directors

Holly Neault Zinzow
 John Zinzow

MAKING DUST

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

ICE AGE TRAIL 50MILE RUN

(CONTINUED)

(Continued from page 16)
 F55-59

M60-64
 18 08:21:58 Tom Bunk
 109 09:56:40 Tim Lang
 119 10:09:40 Jim Peterson
 128 10:18:34 Tom Reich
 174 11:04:05 Stephen Settle
 194 11:25:26 Alfred Lawrence
 200 11:26:18 John Hynnek
 217 11:43:16 Norman Yarger

F60-64
 143 10:32:10 Lorraine Bunk

M65-69
 127 10:17:55 Bob Schlosser
 227 11:47:56 Sherman Hodges

M70-99 (Male 70 & over)
 201 11:26:39 William Hollihan



ICE AGE TRAIL 50 KILOMETER FREINDSHIP RELAY

Southern Kettle Moraine State Forest, La Grange WI
 Saturday, May 11, 2002

Results Provided by
 Computer Aided Race Results System
 Bill Schauder 262 521-2191

PLACE	TIME	TEAM MEMBERS
MENS TEAM		
2	4:00:38	HALMAN NAHI & SCHUSTER NICK
6	4:46:12	WALL JON & MACIOLEK KENNETH
10	5:32:50	SURDICK JIM & MOERI ERICH
15	7:03:03	WANTLAND, SR. DENNI & DEMITROS RICK
WOMENS TEAM		
5	4:42:32	SCHOMANN SUSIE & SCHUMACHER SALLY
9	5:28:44	HAUSER NANCY & PROCHNOW JENNIFER
COED TEAM		
1	3:59:51	MOEHL KRISSY & HOLLOWAY CRAIG
3	4:24:45	LEMMONS BRUCE & BELU ANNA
4	4:34:52	CISKE BRIAN & BARTKOWSKI MARY
7	5:01:27	CISKE JEAN & BARTKOWSKI MICHAEL
8	5:26:04	OCHSNER JOHN & OCHSNER CYNDI
11	5:41:24	TUMEY TONY & TUMEY WENDY
12	6:05:58	SCHUSTER NEAL & O'BRIEN SANDRA
13	6:34:35	MORRISON JOANNA & JANA MICHAEL



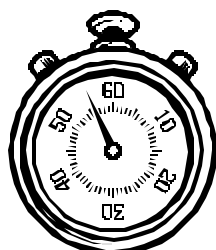
ICE AGE TRAIL 50 KILOMETER RUN

Southern Kettle Moraine State Forest, La Grange WI
 Saturday, May 11, 2002
 Ice Age Trail 50 Mile Run

Results Provided by
 Computer Aided Race Results System
 Bill Schauder
 262 521-2191

PLACE	TIME	NAME
FIRST M/F		
1	3:21:10	Charles Hubbard
4	4:08:58	Ann Heaslett
M18-29		
6	4:26:10	Eric Pilling
27	5:11:35	Erik Johnson
34	5:24:25	Brian Walczak
45	5:43:00	Cory Schmidt
F18-29		
46	5:46:13	Katayoun Bahramian
60	6:09:07	Laura Mueller
M30-34		
2	3:43:40	Brandon Sybrowsky
7	4:26:20	Joe Cieszynski

(Continued on page 18)



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are in 'The Strider'

MAKING DUST

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

ICE AGE TRAIL 50 KILOMETER RUN

(CONTINUED)

(Continued from page 17)

9 4:28:03 Jeffrey Kollmeyer
16 4:53:02 Soren Petsch
23 5:05:48 Mike Bero
26 5:10:31 Tom Pahnke
29 5:13:08 Sid Voss
35 5:28:47 Matthew Jorgenson
36 5:28:47 Michael Worden
65 6:17:52 Andrae Marak
David Mellott

F30-34

8 4:27:15 Christine Crawford
11 4:30:27 Kim Holoak
19 5:01:51 Angela Buckley
21 5:03:38 Tammy Wagner
44 5:42:38 Kate Unsworth
50 5:55:09 Shelly Wilson
58 6:08:07 Andrea Van Veghel
76 6:33:02 Trish Miller

M35-39

3 3:57:24 Paul Paikowski
28 5:11:35 Ed Wirth
31 5:14:41 Robert Wehner
40 5:35:19 Rick Bero
41 5:37:55 Sean Sheerin
42 5:40:01 Paul Lang
62 6:14:41 Jonathan Nitz
64 6:16:45 David Reid
89 7:34:31 Mark Graham

F35-39

4 4:08:58 Ann Heaslett
15 4:48:29 Linda Keuneke
81 6:55:21 Birute Balciunas

M40-44

1 3:21:10 Charles Hubbard
10 4:29:02 Tom Woody
12 4:33:12 Glen Lerie
13 4:37:52 Gregory Spurry
17 4:53:51 James Hauser
24 5:05:50 Ronald Bero
30 5:14:24 David Poglitsch
32 5:17:51 Daryl Ketterhagen
39 5:31:10 Paul Kachelmeiler
43 5:40:31 Randy Hartlaub
53 6:05:47 Gary Paetzke
56 6:06:41 Patrick Dunks
59 6:09:00 Timothy Boknevit
63 6:16:44 Jack Martin
73 6:27:48 John O'halloran
75 6:31:40 Jim Wilson

F40-44

33 5:18:50 Linda Sodererg
37 5:30:13 Lynette Thompson
47 5:52:49 Elizabeth Drew
67 6:21:03 Mary Pat Sutter
71 6:24:47 Karen Christensen
74 6:30:27 Linda Lopeman
80 6:49:40 Donna Daus
84 7:02:32 Marie Breslain
86 7:15:56 Catherine Zaharis
87 7:21:36 Jackquelyn Omdoll
88 7:25:42 Trish Woelffer

M45-49

20 5:03:23 Patrick Heyn
22 5:04:49 Tom Chartrand
49 5:54:42 Tom Landis
57 6:06:46 Michael Callanan
66 6:18:23 Tom Taggart
70 6:24:46 Mark Freer
72 6:26:34 Billy Sites
James Ewing

F45-49

5 4:20:34 Jean Herbert
25 5:09:10 Paulette Odenthal
38 5:30:14 Judy Schmidt
68 6:22:04 Vicky Begalle
79 6:39:26 Mary Lou Feick
85 7:15:16 Chris Chandler
92 8:00:11 Louise Mason
Dottie Duncan

M50-54

14 4:40:38 Roy Pirrung
18 5:01:35 Jeff Archibald
51 5:58:00 Rick Hayes
54 6:06:04 Ron Maurer
55 6:06:19 John Maniaci
61 6:12:10 Jim Sullivan
69 6:22:05 Steve Hartman
77 6:33:32 Joe Kazakaitis
Jeffrey Nelson

F50-54

78 6:37:15 Pamela Mund
91 7:50:00 Mary Fredricks
Diane Nelson

M55-59

48 5:54:27 John Stachera
52 6:00:56 Rodger Truesdale
93 8:38:05 Jim Reeve

F55-59

82 6:58:50 Verna Troutman

M60-64

83 6:59:46 Ed Korkia

F60-64

M65-69
90 7:38:32 Dave O'Brien

11TH ANNUAL EFW WALK/RUN

The Education
Foundation of
Wauwatosa, Inc.

Saturday, May 11, 2002
5-K RUN

Results Provided by
Computer Aided Race
Results System
Bill Schauder

PLACE TIME NAME

FIRST M/F

1 17:01 Michael Doyle
18 20:00 Denise Manthy

M14- Male 14 & under

29 21:10 Casey Bailey
30 21:11 Kevin Mc Mahon
109 26:00 Jordan Berghauer
118 26:41 Eamann Keyes
148 28:58 Nick Miller
190 32:07 Robert Jarm
213 41:13 Mathew Heinen

F14- Female 14 & under

40 22:18 Amanda Bell
87 24:46 Amber Matthews
203 35:55 Megan Schneck

M15-19

57 23:02 Malcolm Potterton
66 23:41 Jeff Berghauer
70 23:59 David Knippel
72 24:06 Stephen Cox
164 30:13 Doug Annesley

F15-19

67 23:53 Beth Jeanes
119 26:41 Meghan Keyes
177 31:03 Carley Felton
185 31:29 Kristyna Jilkova
194 33:21 Sarah Luther
199 34:47 Katharine Miller

M20-24

F20-24
48 22:33 Maureen La Marche
103 25:40 Suzanne Roth
127 27:14 Carla Castellano
139 28:21 Emily Olson
144 28:39 Heidi Weinberger
165 30:15 Nicole Napoli

M25-29

3 17:36 Todd Agger
6 18:32 Dennis Mc Laughlin
46 22:27 Dan Ermann
47 22:31 Matt Gill
58 23:24 Steven Le
76 24:26 Brian Dwyer
91 25:03 Chris Blackmore
104 25:41 Mark Clauss
154 29:06 Hardy Sawall
155 29:06 Vince Vitrano

F25-29

18 20:00 Denise Manthy
33 21:40 Chris Haldeman
34 21:47 Robin Treder
51 22:39 Julie Condon
71 24:05 Tanya Sundberg
74 24:23 Jennifer Fanter
93 25:07 Kara Kirsch
98 25:27 Amy Stathus
115 26:28 Alison Hegg
131 27:58 Teresa Hady
137 28:15 Yvonne Zander
143 28:38 Jen Davis
147 28:57 Maria Mc Grath
151 29:04 Shannon Krygiel
153 29:05 Teresa Sawall
170 30:40 Lori Erdman
215 41:13 Erica Russo

M30-34

5 18:24 Todd Mallegni
36 21:56 Daniel Wolf
68 23:53 James Huenink
85 24:42 Reed Martin
90 25:00 Chris D'acquisto
96 25:18 Mark Falci
101 25:34 Brian Niezgoda
106 25:46 Jeff Krygiel
116 26:33 Vinai Roopchansingh
124 26:48 Jim Kotsonis
136 28:13 Isaac Brewer
149 29:03 Patrick Fetherston
150 29:04 Corey Jacobson

F30-34

32 21:38 Ann Limberg
59 23:25 Jean Biebel
86 24:43 Bridget Dwyer
108 25:51 Beth O'keefe
112 26:19 Jamey Anderson
121 26:45 Stacy Laszewski
122 26:45 Janet Rilling
138 28:16 Elaine Gingold
157 29:12 Edit Olasz
192 32:24 Alice Roeabeck
198 34:46 Michelle Rehm
200 35:14 Lois Mathis-Gleason

M35-39

2 17:19 Jim Gross
11 19:43 Peter Schweinert
12 19:44 Marc Gorelick
13 19:47 Jose Franco
17 19:55 Mike Brown
19 20:02 Paul Geib
20 20:08 Tom Lehmkuhl
22 20:22 Tom Klein
23 20:25 John Danielson
24 20:28 Mike Stefaniak

27 20:41 Mike Grant
31 21:23 John Lundmark
35 21:49 Michael A Garcia
45 22:25 Tim Newholm
52 22:41 Patrick Rorabeck
60 23:27 Conrad Metz
65 23:40 Chris Jensen
73 24:19 Jeff Berghauer
77 24:30 Rand Martin
82 24:40 Mike Morgan
94 25:13 David Anderson
102 25:40 Jeffrey Pokorski
111 26:13 John Ganzer
125 27:04 John Heinen
126 27:04 Mike Molina
132 27:59 Brice Osinski
156 29:07 Rich Niemoeller
201 35:15 Mike Gleason
209 36:45 Ross Lorenzen

F35-39

21 20:14 Jennifer Schweinert
37 22:05 Maria Sanders
55 22:53 Katie Zebell
64 23:38 Julie Welch
79 24:32 Sheryl Leonard-Schneck
83 24:41 Kathy Coleman
107 25:49 Sung-Ye Jacobs
110 26:04 Jessica Zehren
120 26:44 Kathy Groux
123 26:46 Michelle Jones
141 28:24 Berta Glodowski
146 28:50 Pam Kratzer
161 29:36 Monique Mistele
174 30:47 Patty Berghauer
175 30:48 Lori Niemoeller
186 31:30 Sandra Sramek-Weyker
187 31:50 Kelly Di Tulio
189 31:57 Jenny Otto
193 32:40 Suzanne Molina
202 35:34 Mari Griffioen
210 37:35 Janet Lorenzen

M40-44

4 17:42 Tom Abler
7 18:34 Duane Pickering
9 19:16 Peter Stefaniak
15 19:49 Bob Burnside
16 19:54 Scott Krahn
25 20:32 Robert Schmidt
38 22:07 Mike Brinen
39 22:10 Rob Popp
49 22:34 Steven Lipscomb
50 22:37 Brian Latus
53 22:51 Mark Stein
56 22:55 Mike Meylor
63 23:35 David Meyer
78 24:31 James Murphy

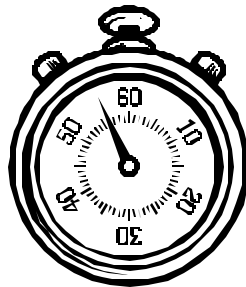
(Continued on page 19)



From left; Antonio Rodriquez, Laura Cruz and Vicki Schlinker help two unknown runners at Aid Station 10, 41 mile Turnaround for the 50 mile race.



Julie Schroeder & Jeff Anderson refueling at the 41 mile Aid Station in the 2002 Ice Age 50 mile run.



The Most Times

are in 'The Strider'

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FAX: 282-8412
E-mail: okguys@aol.com



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dcs inc.

Mary Flaws
Consultant
mflaws@dcsinc-usa.com

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11TH ANNUAL Education Foundation of Waukesha WALK/RUN (CONTINUED)

80 24:37 Gregg Fuhrman
81 24:38 Pete Mauhar
89 24:49 Warren Pierson
92 25:04 Robert Grant
117 26:39 Kurt Schulz
133 28:02 Robert De Jong
142 28:25 Mike Glodowski
188 31:50 Mark Italiano
191 32:09 Steven Jarm
195 33:21 Glen Luther
206 36:14 Tom Mullett
208 36:44 Chris Pollard

F40-44
54 22:52 Jeanne Bril
113 26:21 Anne Gorzek
114 26:24 Dianne Cox
130 27:55 Jill Fahr
134 28:05 Gail Nell
167 30:31 Karen Lonski
172 30:42 Beth Zander Thays
183 31:26 Heidi Schudrowitz
184 31:28 Mary Petr

205 36:03 Kris Mullett
212 41:13 Barb Heinen

M45-49
1 17:01 Michael Doyle
10 19:21 John Kashian
28 21:10 Steve Koeneke
41 22:19 Pete Abraham
43 22:20 Greg Steinberg
62 23:34 David Mott
69 23:58 Michael Palm
100 25:32 Bill Kraus
145 28:42 Vladimir Hampel
163 29:46 Steve Martiniz
166 30:25 Greg Zeimet

F45-49
105 25:44 Gloria Frigerio
159 29:25 Mary Jo Bollero
160 29:31 Linda Matthews
176 30:59 Lynn Fohr
178 31:06 Janet Mc Mahon
214 41:13 Vicky Gabriel

M50-54
14 19:49 Dennis Eden
26 20:37 Carl Wendel
44 22:25 Roger Bell
88 24:48 Joseph Farley
95 25:15 Fred Jackson
140 28:22 Dave Olson
162 29:40 Tom Steiner
168 30:34 Jim Mc Mahon
180 31:12 Terry Teske

F50-54
152 29:05 Diane Farley
158 29:24 Susan Tuttle
173 30:46 Carole Holzem
196 33:48 Barb Olson

M55-59
8 19:05 Dennis Spars
61 23:28 Ronald Eder
84 24:42 Jim Gilbert

F55-59
135 28:12 Donna Bayard
171 30:41 Sandra Mc Donald

M60-64
42 22:19 Mike Kirkwood
75 24:25 Ralph Bayard
99 25:30 David Vick

F60-64
169 30:37 Nancy Niese

M65-69
128 27:37 Earl Peychal

F65-69
129 27:42 Joan Engel

M70+ (Male 70 & over)
97 25:23 Larry Engel
181 31:15 James Kaegi
197 33:58 Ron Lund

WAC FEST Wisconsin Athletic Club Waukesha, Wisconsin Saturday, June 1st, 2002 5K RUN/WALK

Results Provided by
Computer Aided Race
Results System
Bill Schauder
262 521-2191

PLACE TIME NAME

FIRST M/F
1 17:07 Ryan Hill
10 19:01 Marni Lynn

M00-15 (Male 15 & under)
83 33:43 Jordan Berghaver

F00-15 (Female 15 & under)
38 23:45 Hannah Fewey
70 30:21 Michelle Park
74 31:01 Kimberly Howard
87 38:28 Kelli Murphy
88 38:31 Becca Wenzel

M16-19
4 18:11 Josh Pinter
66 29:31 Jeff Berghaver

F16-19
34 23:06 Dana Kaehn
41 24:12 Heather Fitzsimmons
67 29:53 Christine Hanes
84 33:43 Christine Schulz
85 33:44 Caitlin Delap

M20-24
45 24:38 Zach Naber
50 25:05 Nick Alesci

F20-24
10 19:01 Marni Lynn
31 22:50 Kate Meinecke
71 30:35 Susan Krueger
92 41:30 Angela Weber
95 48:22 Erika Kuczynski
96 48:22 Jill Miksch
107 57:08 Jody Bartling
109 57:11 Melissa Holcomb

M25-29
1 17:07 Ryan Hill
2 17:24 Justin Miller
13 20:04 Al Naber
19 20:32 Adam Consiglio

22 21:10 Darren Hartberg
40 24:04 Matt Gill
56 26:45 Al Wasiey
79 32:13 Dave Pohrock

F25-29
20 20:45 Rachel Kozinski
26 21:57 Robin Treder
27 22:01 Julie Treder
30 22:45 Krista Rasmussen
42 24:26 Traci Danielson
82 33:25 Sara Kelm

M30-34
68 29:54 Jeffrey Schultz

F30-34
62 28:36 Patti Miller
75 31:19 Regina Howard

M35-39
6 18:28 Jim Guentner
7 18:36 Chaz Heckman
15 20:22 Paul Davis
16 20:23 Paul Geib
21 21:07 Ricky Barr
23 21:18 Brian G Nuedling
51 25:36 Gary Naber
64 29:13 Tom Freiesleben

F35-39
57 26:55 Sung Ye Jacobs
61 28:32 Pam Kassner
76 31:21 Patty Berghaver
77 31:26 Tracy Inrocci
86 34:15 Debby Freiesleben
89 38:55 Penny Feller
98 48:58 Denise Lynn

Schiewer

M40-44
5 18:25 Bill Olson
8 18:47 Phil Hamm
14 20:09 Paul Jones
18 20:31 Bob Burnside
24 21:23 Ken Olszewski
25 21:28 Kevin Wolfmeyer
39 23:58 David Feller
54 26:18 James T Murphy
55 26:23 Paul Bodine
104 51:10 John Pritchett

F40-44
44 24:29 Bonnie Lanse
59 27:18 Tammy Ferry
72 30:56 Brenda Ward

M45-49
3 18:06 Russ Delap

9 18:49 Paul Badura
11 19:39 Mike Haubrich
12 19:45 John P Megan
37 23:33 Greg Steinberg
94 47:49 Greg Doeden
101 50:31 Don Beres

F45-49
36 23:17 Barbara Jewell
81 33:22 Judy Myers
93 47:25 Renee Doeden
99 49:40 Sue Dwyer
102 50:33 Deb Beres
106 52:25 Linda Rupnow

M50-54
17 20:29 Dennis M Eden
28 22:06 Carl Wendel
43 24:28 Jim Christus
52 25:46 Tim Harris
53 25:50 Gary Pinter
60 27:39 Gary Ward

F50-54
90 40:45 Cher Lonsdorf
100 50:20 Sandy Gfesser
103 51:09 Kathleen Pritchett
105 52:23 Darcy Henriksen
108 57:11 Gail Holcomb

M55-59
32 22:57 Mike Borzick
35 23:08 Mark Flagg
91 41:17 Philip D Shank

F55-59
97 48:34 Norma Dreyer

M60-64
29 22:39 Mike Kirkwood
78 31:51 Dick Kindel

F60-64
80 32:33 Marcia Balthazor

M65-69
58 27:08 David Stuckslager
63 28:56 Earl Peychal

F65-69

M70-99 (Male 70 & over)
65 29:23 Daniel J Murphy

RACE BOOK ERRATA

Jun 15 STRAWBERRY FEST RUN/WALK Sun Prairie
Sat CANCELLED. 5k, 10k, 1mi run-walk 8am. reg 7am. Colonial Club Senior Center, 301 Blankenheim. **Divs** yes. **Awds** medals. **Results** available on request. **Fees** \$13 by 6/8, \$15 raceday (TS is optional). **Perks** TS, door prizes, juice, muffins, fruit. **LastYr** 125. **Other** part of Strawberry Fest with entertainment, special events & strawberries!. **Contact** Cindy Seibel Colonial Club Inc. 301 Blankenheim Ln Sun Prarie WI 53590. Day 608 837-4611 or 800 373-0783

Jun 15 BADGER STATE GAMES SECTIONAL Whitewater
Sat CORRECTION (Date, events). 5k run/walk, 10k run, 1mi partner run/walk, 9:15am. Williams Center UW Whitewater. **Note** Southeast Summer Sectional. **Divs** 14-, 5yr, 60+. **Awds** medal 3/div. **Whchr** finals only 10k 6/24. **Results** web. **Fees** \$8 by 5/25, \$10 raceday. walkers \$6, \$8. **Perks** TS. **LastYr** 50. **Other** Benefits Whitewater Food Pantry. **Contact** Badger State Games PO Box 7788 Madison WI 53707-7788. Day 608 226-4780x223 www.sportsinwisconsin.com/bsgsum/sectionals.asp

Jun 16 BADGER STATE GAMES SECTIONAL Eau Claire
Sun CORRECTION (Date, events). 5k run/walk, 10k run, 1mi partner run/walk, 8:30am. Carson Park. **Note** Northwest Summer Sectional. **Divs** 14-, 5yr, 60+. **Awds** medal 3/div. **Whchr** finals only 10k 6/24. **Results** web. **Fees** \$8 by 5/25, \$10 raceday. walkers \$6, \$8. **Perks** TS. **LastYr** 30. **Other** Benefits Rotary Youth Scholarship Fund. **Contact** Badger State Games PO Box 7788 Madison WI 53707-7788. Day 608 226-4780x223 www.sportsinwisconsin.com/bsgsum/sectionals.asp

Jun 16 BADGER STATE GAMES SECTIONAL Oshkosh
Sun CORRECTION (Date, events). 5k run/walk, 10k run, 1mi partner run/walk, 8:30am. Menomonee Park. **Note** Northeast Summer Sectional. **Divs** 14-, 5yr, 60+. **Awds** medal 3/div. **Whchr** finals only 10k 6/24. **Results** web. **Fees** \$8 by 5/25, \$10 raceday. walkers \$6, \$8. **Perks** TS. **Other** Benefits Christine Ann Domestic Abuse Services. **Contact** Badger State Games PO Box 7788 Madison WI 53707-7788. Day 608 226-4780x223 www.sportsinwisconsin.com/bsgsum/sectionals.asp

Jun 16 BADGER STATE GAMES SECTIONAL Platteville
Sun CORRECTION (Date, events). 5k run/walk, 10k run, 1mi partner run/walk, 9am. Smith Park. **Note** Southwest Summer Sectional. **Divs** 14-, 5yr, 60+. **Awds** medal 3/div. **Whchr** finals only 10k 6/24. **Results** web. **Fees** \$8 by 5/25, \$10 raceday. walkers \$6, \$8. **Perks** TS. **Other** Benefits Friends of Roundtree Branch Trail. **Contact** Badger State Games PO Box 7788 Madison WI 53707-7788. Day 608 226-4780x223 www.sportsinwisconsin.com/bsgsum/sectionals.asp

Jun 22 THE LAACKE & JOYS URBAN FROG Milwaukee
Sat Bike, rappell, beach obstacle, backwoods trail run, open-water paddle. **Note** 3-person Teams (at least 1 female). Members must start & finish together. **Awds** Kayaks, bikes, - over \$5,000 in cash and prizes. **Other** 100 team limit. 1st 60 registered will be provided canoes. **Contact** Paul Daniel Laacke & Joys. Day 414 271-7885 x145 www.AdventureRacing.net

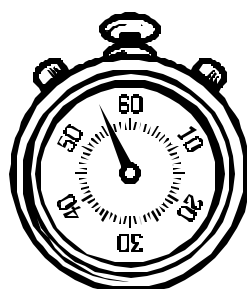
Jul 13 OLD TOLL BRIDGE RUN Hudson
Sat 10K 8am. **Note** Great event, plenty of goodies after. **Results** www.finalstretch.com. **Fees** \$16 by 7/9, \$20 raceday. **Perks** Great Harvest rolls, Clif Bar, fruit, TS, XLR8 sports drink. **LastYr** 250. **Contact** Mark Bongers Final Stretch Inc. PO Box 196 Willernie MN 55090. 651 439-9706 www.finalstretch.com

Jul 13 THE LACTIC EDGE TRIATHLON Stevens Point
Sat formerly COPPS. Short S 400yd, B 15mi, R 3mi. Long S 800yd, B 25mi, R 6mi. 9am. Reg 6:30. Bukolt Park. **Divs** indiv and relay. **Awds** 3/mf, 1/relay. **Results** www.heartlandclub.org. **Fees** \$40 to 7/6, \$50 raceday. Form www.heartlandclub.org. Online www.active.com. **Perks** LSTS, food, bev. **LastYr** 419. **Other** Race number dwg for major prizes. **Contact** John Bailiff The Lactic Edge Triathlon Club 932 Bukolt Av Stevens Point WI 54481. Day 715 345-2362 www.heartlandclub.org

Jul 17 2002 RUN TO THE BEACH Pewaukee
Wed CORRECTED:
Start Times, Online Reg (Fees). 5k run 6:30pm, 2mi walk 6:35pm. Pewaukee Village Park. **Divs** 5k 19-, 10yr, 70+. **Awds** 5k 1/div. **Whchr** 5k. **Fees** \$15 by 6/15, \$20 raceday. www.pewaukee.org/downtown. **Perks** TS, fruit, shwrs, admission to Waterfront Wednesday, dwg for a 6mo membership @ West Wood Health & Fitness Center. **Other** Water Ski Show, Beach Party with live music, food, bev, volleyball, swimming. **Contact** Abby Lorenz Positively Pewaukee 120 Wisconsin Ave Pewaukee WI 53072. Day 262 695-9735 Eve 262 691-4922 positively.pewaukee@pewaukee.org, lorenz@execpc.com

Aug 10 ST. MARK'S GREEN HEART 5K RUN/WAL Belgium
Sat 5k Run/Walk 9am. Community Park on Main St. **Divs** 12- 13-17 18-29 10yr 70+. **Awds** Trophy 1/mf, 3/div. **Fees** \$12 adult, \$40 family. Raceday \$15, \$45. 6- free. **Perks** dwgs, food, bev, TS/early regs, day of while supply lasts. **Other** 2002 Luxembourg Festival, Parade 2pm. **Contact** Jeff Theys St. Mark's Lutheran Church 200 Park St Belgium WI 53004. 262 285-4112 stmarkbel@nconnect.net

The Most Times



are in 'The Strider'

COMING EVENTS

STRIDER EVENTS

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 Hoefl 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

Wednesday July 3rd

FUN RUN

3mi, 6mi 6:30pm, Greenfield Park #3, FEES: none, refreshments, CONTACT: Ron Behlendorf

Eve: 414 412-1100

Saturday July 6th

MARATHON BUILDUP PROGRAM

7mi, 8:00am, Lake Park Pavilion, FEES: none, beer, soda, munchies, CONTACT: Larry Govin-Matzat
Eve: 414 961-0050

Wednesday July 10th

FUN RUN

3mi, 6mi 6:30pm, Greenfield Park #3, FEES: none, refreshments, CONTACT: Chuck Bressler
Eve: 414 691-2299

Saturday July 13th

MARATHON BUILDUP PROGRAM

8mi, 8:00am, Lake Park Pavilion, FEES: none, beer, soda, munchies, CONTACT: Larry Govin-Matzat
Eve: 414 961-0050

Wednesday July 17th

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 Hoefl 262-367-8088

Non-Strider Events

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

Saturday June 21st

ST MARY'S BELLTOWER RUN

5k, 3K walk 7pm 225 S Hartwell, Waukesha, FEES: \$14, \$15 raceday, TS, bev, CONTACT: Gary Udovich, PH: 262 547-4385, EMAIL: gudovich@uwc.edu

June 20th to 22nd

WIS. USATF JUNIOR OLYMPIC CHAMPIONSHIPS

Track & Field Events, Combined Events 6/20-21 9am, Junior Olympics 6/22 9am, Open & Masters 6/22 9am, Race Walk 6/22 9am, Mansfield Stadium, Memorial High School, Madison, FEES: \$6-20 no raceday, CONTACT: Wis. USATF, PH: 608-274-4270, WEB: www.wiusatf.org

Saturday June 29th

BEAUTIFUL SAVIOR LUTHERAN

FREEDOM RUN/WALK

5k run/walk 8am, Thiensville Park, off Elm St, FEES: \$12, \$15 raceday, TS, food, bev, CONTACT: Rev. Philip Hillenbrand, DAY: 262 242-6650, EVE: 262 512-1067
EMAIL: www.geocities.com/bslcmequon

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