

the Strider

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Lakefront Discovery Run Celebrates Fall Season



By John Cornell – Race Director

The Lakefront Discovery Run on Nov. 2nd will highlight the fall running season. The Discovery Run is a 15K jaunt, the final long distance race of the year. Even though Halloween will be over, there's still an opportunity to dress up in costume to show off your fall colors at the run.

This year's Discovery Run (aka-the Ale House Run) will be similar to past events.

The course remains relatively unchanged, now running along the lakefront bike path next to the Art Museum. The finish will be on Buffalo St. near the Milwaukee Ale House. You can still count on the Kenwood Hill at the north end of Lake Drive. The potholes will still be in Lake Park and there will undoubtedly be brisk winds out in Veterans Park.

The race will start at 9:00am on Saturday, November 2, 2002. Day of race registration and packet pick-up is 6:30 -8:30am. at the War Memorial Center, 750 N. Lincoln Memorial Drive.

Register in advance online before October 30, 2002 at www.badgerlandstriders.org. Advance registration fees are \$14.00 for Badgerland Striders and \$16.00 for others. On race day, registration is \$18.00 for everyone. For more information, call (414) 967-9657.

This run provides a venue to celebrate running in Milwaukee and the autumn season. Let's celebrate the friends we've made, and maybe make another. Let's take the time to celebrate the small things, because we never know when they may be taken from us.

A few weeks ago, at the Twin Cities Marathon, one of our very own Striders, a pretty darn good runner, 3 hour mara-

thoner, Dan Bieser, struggled to a 4:40 marathon. He was obviously in trouble, and the First Aid Crew on hand had him on their radar screen most of the day.

He was taken to the emergency room immediately following the event. Dan is alive and well, but the prognosis is he may never run again.

He has a heart ailment, which, not being a Doctor of any sort, I will not try to describe. Dan is the brother of Mike Bieser, one of the owners of the Milwaukee Ale House, the sponsor of this event.

Please join me in wishing Dan the very best for a speedy recovery. Let's hope the medical people are wrong, and he will be back out there with us sometime soon

Every year, we assume there will be another. Another fun run on Wednesdays, another AI's Run, another volunteer saving the day. Another race director working long

hours to pull their event off. Another newsletter being sent, Another volunteer coordinator making hundreds of phone calls to staff our events.....

Have you ever thought what you would do if this happened to you?

This year, Discovery will be all about celebrating not only our season, but all the small things. It will be celebrating all the local runners who ran their first race this year, their first marathon, or whatever.

The post race celebration will feature snacks and munchies, along with the now famous unveiling of "Discovery Ale."

I hope you join us for the 5th year at the Ale House to celebrate and not take anything for granted. Maybe Dan can join us, if not for a run, then maybe for another.....



Turkey Trot Will Close Out Striders Racing Season

By Len Wachniak – Race Director

Leaves are falling and temperatures are getting cool. This must mean it is getting near the end of the Strider's racing season. The final race of the year is the Turkey Trot Prediction

Run November 10 in Whitnall Park. The distances for the run are 15K and two miles.

The race has returned to it's traditional date, which is the second weekend of November. This is only eight days after the Discovery Run.

Turkeys will be awarded to the runners finishing closest to the time they predict before the run. With nearly 50 turkeys for prizes, there is a good chance of taking home a full-size turkey in time for Thanksgiving.

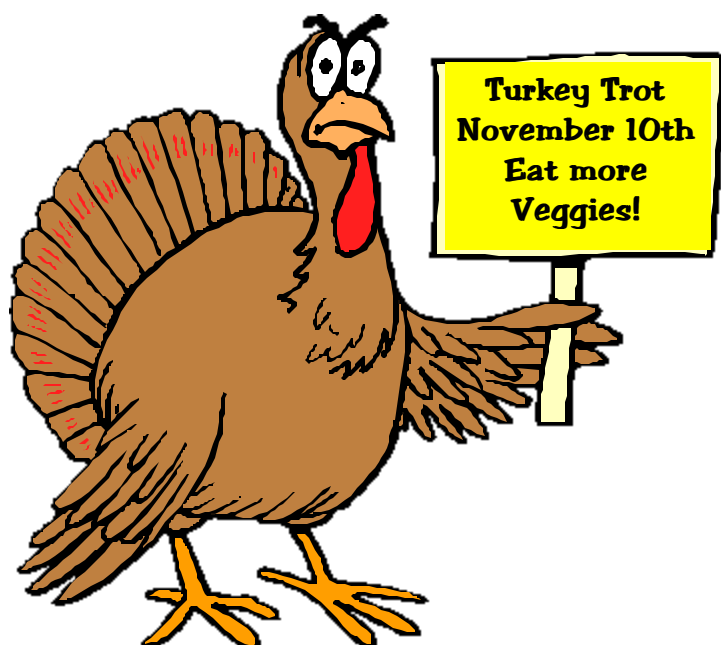
You can impress your friends and family by telling them how hard you had to run to catch their meal.

The only real change this year is in the position of Race Director. I am taking over for Richard Dodd. I worked closely with Richard last year, and look forward to the challenge this year. We will have the same excellent staff of volunteers again this year. They will be encouraging runners, and guarantee a great race. There will be coffee, cider, cookies and other treats after the race.

The weather is unpredictable, but the last few years have been warm. Whatever the weather, come enjoy the scenery and natural beauty of Whitnall Park and the Root River Parkway.

For additional information and registration forms, see the Strider's Web Site, or give me a call at (414) 545-5899.

See you on November 10th for a predictably good time.



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- Ironman Wisconsin
- Dylan's
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Sam Sez



Sam Martino

Memories Are Made of.....

Looking back at the last decade of writing for **The Strider** has been like plucking fuzzy childhood memories. More than 100 columns have been written. Hundreds of running stories have appeared under my byline and others in **The Strider**. Since this is my last Sam Sez column as editor of **The Strider**, I took the time to look back at the many changes in **The Strider** and to recall the many people who made the newsletter an award winning publication.

Strider Dave O'Brien, who received the Road Runners Club of America national writing award a few years back has been a steadfast contributor to the newsletter. The graphics in the newspaper have been largely the work of Brigitte Dodd and then Jeff Weiss volunteered to take over about a year and a half ago.

Of course, no one could do without the scoring provided by Rosie Peterson, Bill Schauder and Mike Proctor over the years. They have made "Making Dust" and "The Most Times Are in The Strider" regular reading for time conscious runners. Photo contributions have come regularly from Dennis Eden, Kent Schlienger and Steve Schowalter. Two nutrition columnists have been instrumental in providing advice during the past decade. They have been Barb Graf in her "Barb Sez" column and Chris Schlagebhauf in her column, "Nutrition for Top Performers."

Once Karen Van Rite discovered marathon running, she has made Traveling Striders a regular beat.

The addition of Ron Winkler's column, "Times Past: Now and Then," has been a big plus in the memory bank for runners to recapture some of the by gone days.



There are many others along the way who have provided lines to help **The Strider** standout. Pete Wysocki, Mary Gorski, and Roy Pirrung are among a few of the regular contributors to the news columns. Dennis Shoemaker made us laugh with his cartoons. Helen Atherton and Bonnie Clarey also have been regulars in providing information to **The Strider**. Without the cooperation of race directors past and present, the many inches of copy needed for **The Strider** would have been hard to produce. One could always anticipate Norene Caliva promoting a trip to Grandma's Marathon. Marty Malin's beginning running program, the start up of the Cullen Run, the return down Wisconsin Avenue for Al's

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Times Past: Now and Then

The Race Boneyard The Survivors



Ron Winkler

Since April, my column has dealt with race extinctions, starting with the Dinosaur Dash. Reasons for race extinctions have been discussed. Brief summaries of selected races were given.

Last month I described two races that died and then were brought back to life. This month will continue that positive trend as we take a look at races that have been around for at least 20 years.

For my informal study, I chose races from the Badgerland Striders Race Book. I sent questionnaires to the race directors and received responses from six race directors.

Those races, followed by the number of years in existence are:

- Rosholt Labor Day 10K/5K (27),
- Waunafest 10-Mile/3.6-Mile Run (24) in Waunakee,
- Road America 4-Mile Run (24) at Elkhart Lake,
- Sister Bay Fall Classic 5 and 10-Mile (26),
- Paavo Nurmi Marathon (34) in Hurley
- Rutabaga Fun Run/Walk/Long Run (23) in Cumberland.

Other long-term races whose directors did not respond are:

- 26th Norsk Run 10K/2-Mile Run/Walk in Mt. Horeb,
- 26th Bellin 10K Run in Green Bay,
- 32nd Fort Fest 5-Mile/2-Mile in Fort Atkinson,
- 22nd Freedom Five-Mile in Siren,
- 29th Kewaskum Kettle 20K, 21st Cedar Grove
- Hollandfest 10K/2-Mile, 32nd Prairie du Chien 5K,
- 24th Mayor's Turkey Day 2-Mile and 10K, which I discussed last month.

All of the race directors who responded are volunteers, with the exception of the Road America race director, whose position is part of her job at the American Cancer Society (ACS), the organization that puts on the race. All other workers for all races are volunteers.

Not surprisingly, the longer the race, the more volunteers required. The number of volunteers needed ranges from 20 to 47. The Paavo Nurmi Marathon requires almost as many volunteers as there are runners. In 2001 there were 500 runners and 400 volunteers.

With the exception of the ACS, the sponsoring organizations are all service groups. The purpose of all the races is to raise funds for either their group or a charity. The longest that anyone has been race director is 27 years. This is Mike Trzebiatowski, who initiated the Rosholt Labor Day Run back in 1974 when he was 19 and is still director.

There were two neophytes among those in my survey who were in their first year. The other race directors have served for 5 and 6 years. When asked how long they planned to direct their races, most were unsure, although one of the first year directors said that he would direct for three years. One said that this was his last year after five years as director. The predecessors had directed the races for 2, 3, 3, 10, and 14 years. There appeared to be a lot of stability in the directorships.

This was manifested in a number of ways. First, each race has had low turnover of directors; the most directors that any of these races has had is five, except for the Paavo Nurmi Marathon which I

will deal with later. In addition, the reasons why each director's predecessor left were because they had moved out of the area. There was one exception, where the person had decided that it was time to move on. Interestingly, the only race director who is a runner is Mike Trzebiatowski, who has been the only director in the 27-year history of his race. However, most of the volunteers for all the races are runners, including high school track and cross country teams.

The only race that has ever been in danger of being cancelled was the Paavo Nurmi Marathon. Paavo is Wisconsin's oldest marathon. Tom Rosandich who was active in the athletic departments at the University of Wisconsin-Parkside and the University of Wisconsin-Milwaukee started it in 1969. Today there is a five-person relay similar to that offered by the Lakefront Marathon, as well as a two-person relay. Paavo was in trouble after the 1991 edition.



However, Badgerland Strider Cindy Sites came to the rescue with her article in what was called at that time "The Badgerland Strider Newsletter" also known as "The BS News." In September 1991, Cindy wrote that Paavo, which was one of her favorite marathons, was in danger due to lack of volunteers and/or funds.

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ELECTION NOTICE

Nominations for new officers of the Badgerland Striders will begin October 1st, 2002.

Nominations are open for the positions of President, Vice-President of Administration, Secretary and Treasurer for 2003.

If you would like to nominate an individual for any of the positions, please check with the person, to be sure that they will be willing to accept the nomination.

Nominations will be taken during the Strider meeting on October 16th.

To submit your nomination, contact Paul Beck between October 1 - 31, 2002, by telephone or in writing.

Paul Beck
1660 N. Prospect Ave. #1205
Milwaukee, WI 53202

Telephone: (414) 226-2165



Al's Memorial Run brings out 15,687 participants

By: Teri L. Sowle - CHF

Children's Hospital of Wisconsin would like to extend a huge thank you to all who took part in the 25th anniversary of Al's Memorial Run & Walk for Children's Hospital, presented by Briggs & Stratton on September 21, 2002. A total of 15,687 runners, wheelchair racers and walkers participated in this event which raised nearly \$500,000 for Children's Hospital of Wisconsin.

Congratulations to the overall winner, Matt Thull, who crossed the finish line in 24:33, and Dot McMahan, who captured the women's title in 29:02. The winner of the wheelchair division, Kris Kreutzmann, crossed the finish line in a course record time of 20:51.



Overall Male Division

- 1st Place: Matt Thull, Wauwatosa, WI (24:33)
- 2nd Place: Arnie Schraeder, Port Edwards, WI (24:35)
- 3rd Place: David Williams, Milwaukee, WI (24:43)

Overall Female Division

- 1st Place: Dot McMahan, Shorewood, WI (29:02)
- 2nd Place: Emily Hauer, Milwaukee, WI (29:09)
- 3rd Place: Lynn Fitzsimmons, Mequon, WI (29:25)

Overall Wheelchair Division

- 1st Place: Kris Kreutzmann, Menomonee Falls, WI (20:51)
- 2nd Place: Gary DeBuhr, Waukesha, WI (20:51.18)

The team participation for the 2002 Al's Memorial Run & Walk was also a great success. There are three divisions in the team category: corporate, community and academic/college. The total number of team participants was 10,118. Team participants alone raised \$178,000.00 in pledges. Congratulations to all the winning teams.

Corporate Team Division

- 1st Place: GTI Bloodrunners (2:24:42)
- 2nd Place: Rite-Hite (2:25:54)
- 3rd Place: Pesch Dentistry (2:33:18)

Community Team Division

- 1st Place: Wisconsin Runner (2:05:29)
- 2nd Place: Real Chili (2:30:20)
- 3rd Place: Children's Health System (2:47:23)

Academic/College Division

- 1st Place: Wisconsin Lutheran College (2:29:05)
- 2nd Place: Marquette University (2:35:46)
- 3rd Place: Concordia University of Wisconsin (3:26:04)

There were many winners on September 21st, but the most important winners are the patients that visit the hospital everyday.

For more information regarding Al's Memorial Run & Walk or Children's Hospital of Wisconsin, please visit our web site www.chw.org or www.alsmemorialrun.com.

Hope to see you all next year on September 20, 2003.

Volunteers, They help make it possible.....

By Bob Scherer

The volunteers, the unsung heroes of many running events, make it possible for the BLS to produce many successful and fun events. I have had the opportunity to help organize the Al's Memorial Run for Children's Hospital presented by Briggs and

Stratton for the past 3 years. This event requires about 230 volunteers, not including the many water stop workers that are needed. These volunteers assemble and tear down the starting line, call out split times at each mile, stop cars from exiting parking lots and driveways during the run, assemble and tear down the finish line, run results to the computer volunteers, post results, comfort runners as they throw up after crossing the finish line, and provide any other tasks which may arise out of the blue on race day.

BLS is fortunate to have some real cornerstone people associated with this and other runs. For years, Phil Carpenter captains the Starting Line, Craig Hopper handles the split timers, Bob Blazek handles timing, Carol Morello, coordinates Walk Sentries, Mary Hopper coordinates Run Sentries, Kathryn Retzlaff and Michelle Neidick coordinate the Wheel Chair event, Don Weyer and Joe Yonko and a host of others have managed the finish line.

Other volunteers show up year in and year out and ask, what can I do to help? Sometimes, they don't even need to ask they see a void and fill it. Some of these key people include John Rodee, Doug Nelson, Kris Hinrichs, Pete Wysocki and Al Hoef. (Next year will be Al's last year working the finish line since he has moved up north. Al, thanks for all of your help over the years in this event and other things you have done for the club). The events would not be a success without all of these people.

On a quieter note, people like Janey Mohr and Jim Lemke have worked various finish line positions for the last 12 years. Dale Krimmer and his family, in one way or another have been participating or volunteer in each of the Al's / Briggs's runs since the first one. We also had help from Mary Wincapaw and Nancy Morris and her husband Paul. Mary and Nancy both completed the Madison Ironman the week before. Every year a group of about 50 Brookfield students show up and work part of the finish line.

For the benefit of receiving a tee shirt, volunteers show up as early as 6:00am on a Saturday morning and work 3-4 hours or more. Other perks for this low paying position are that you get to meet a

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Dennis Novak



Marquee Races

San Francisco has Bay to Breakers, Spokane has Bloomsday, Atlanta has Peachtree, and Boston, Chicago, and New York have their marathons. Across this great nation of ours from Buffalo to Boulder, from Mobile to Portland, and many cities in between races are held which are considered marquee races.

Over the past eight years I have attended the annual RRCA convention. From time to time I am asked why the Badgerland Striders or Milwaukee doesn't have a marquee race. Yes we have the Lakefront Marathon and Al's Run which are well known in Wisconsin and the Midwest, but these do not fit the marquee definition. To answer these questions one has to define what is meant and what it takes to put on a marquee event.

What most of the above races have in common is prize money and world class runners. In order to have such an event one has to have one or many major sponsors who are willing and able to put up a lot of money. Money to be awarded to the top finishers. Money to sponsor the elite athletes by paying for their airfare, hotels, and meals. Money for promoting the race. And this is just the beginning.

The time needed to put on one of these events is enormous. In order to coordinate an event of this magnitude generally requires the hiring of a full time, paid race director as well as a paid staff. More money. The race director would have to be someone who is well connected in the community and is a high profile individual.

What is also needed is the full support of the community and the local media, especially the newspaper. In some of the aforementioned races the local newspaper is one of the major sponsors thus providing much needed pre-race publicity and race results. Without trying to sound too negative, I believe each of you know the lack of support for running in the Milwaukee area by the local newspaper. At one time when Al's Run had the Milwaukee Journal as a major sponsor the number of participants was considerably higher. Since the paper dropped its sponsorship the numbers have declined. A marquee race needs this type of hype. Some cities also have their races televised live.

The entire community would also have to become involved. The local politicians would have to be very supportive. Instead of trying to see what fees and permits the event should pay to the governmental units, the politicians should realize how much money and commerce a marquee race would bring into the area.

In a nutshell this is why the Badgerland Striders do not have a marquee race. We are all hard working volunteers. We put on 17 well-organized races as well as many other programs (more on this next month). We are here to serve our members and not the elite athletes who need appearance money. Maybe some day this will change, but for now we are satisfied to be who we are.

We have become one of the largest running clubs in the United States without having a marquee race. Maybe that's not so bad.



JEFF PETAK
Real Estate Professional

Business (262) 896-6700
Fax (262) 896-6719
Email jeffpetak@hotmail.com
VM/Pager (414) 838-2026

1714C PARAMOUNT DR.
WAUKESHA, WI 53186



(414) 282-3160
FAX: 282-8412
E-mail: okguys@aol.com

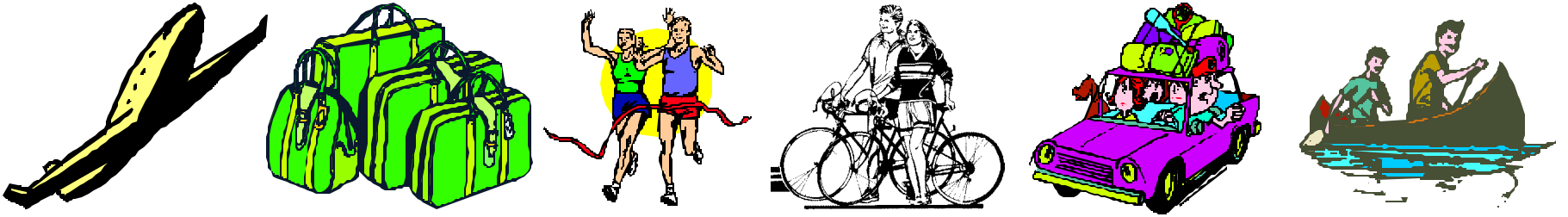


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TRAVELING STRIDERS



AN IRONMAN STORY



AN IRONMAN STORY

By Kevin Mastaw

At 6:45 a.m. on September 15, 2002, I was treading water in Lake Monona with about 1800 other men and women. Ropes lines held little white flags, with Ironman Wisconsin written in red stretched from the starter's platform to shore. Boats and kayaks floated along the course. Helicopters hovered overhead in the clear sky. Hundreds of people packed the top of Monona Terrace and the shoreline on either side of it.

My day began at 4in the morning. I'd been waiting for this day since I paid my \$388 registration fee a year ago. I felt fortunate to be able to participate in what was to be the inaugural Ironman Wisconsin triathlon in Madison.

I felt some apprehension in the thought that a lot could go wrong to prevent me from making it to the finish line in the course of this day involving 2.4 miles of swimming, a 112 mile bike ride and a full marathon run. Weather would not be a factor as



Clockwise from Top left: Kevin Mastaw, Lowell Mutchelknaus, Don Simon and Chris Cotey

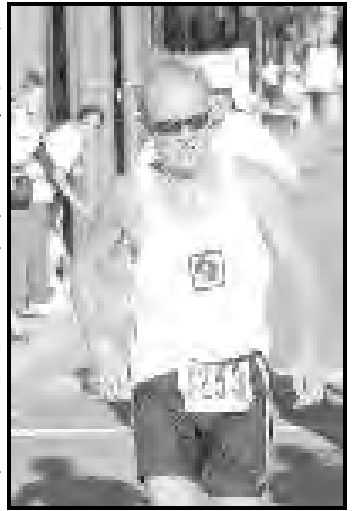


Steve Hartman gets a well deserved hand at the Strider Waterstop

they predicted the day would be cool and sunny.

At 5 a.m., our group met in the hotel lobby. Terry Labinski, Rick Flayter, and Chris McGill, Steve Hartman, Chris Cotey, Don Simon, Lowell Mutchelknaus, Dave Mueller and I exchanged "hellos" and "good lucks" as we made our way out the door into the pre-dawn blackness and began our walk to the starting area.

It was only appropriate that we were making this walk together since we had talked each other into signing up to do this thing in the first place. The decision was made on a Saturday morning, after our weekly training run from Hansen Park when our conversation would always get around to what kind of trouble we could find. The announcement had been made that Madison would be host of the first Ironman sanctioned long-course event in the Midwest earlier in the week. Someone, no one remembers who but my guess is that it was Lowell - suggested that we sign up. The Madison event is one of only 17 such events in the world and one of only 5 held on the continental U.S --It's exciting to realize that we're part of it.



Dave Mueller

We had stuck together in training with and motivating each other for more than a year. We continued to do so up until we reached entrance to the parking lot of Monona Terrace. From that point on we were on our own.

At 7 a.m., the cannon fired and the water began to churn. I put my face in the water and started my first easy stroke. I saw this part of the event as a

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MY IRONMAN MOO

By Mary Gorski

"You're going to sign up, aren't you?" The question was popping out of people's mouths more frequently than the usual "How ya doin'?" Half of my e-mails opened with "Have you signed up yet?" And of course once people would hear my voice on the phone I quickly got a "You're doing it, right?"

The "it", of course, was Ironman Wisconsin, the first Ironman Triathlon to be hosted in the Midwest by the same folks who brought us the famed Hawaii race. Though I hadn't been too serious about it for several years (seeming to prefer the relentless forward motion of ultrarunning), I technically was a triathlete since I continued to do at least one a year. And I did live in Wisconsin. And gosh darn it, EVERYONE else was doing it (yeah, I know, and if everyone else jumped off the Brooklyn Bridge, yadda, yadda, yadda...). So, with my feet still swollen and legs still scared from running the Western States 100, I got on the internet, pulled out my weary Master Card and signed up for the inaugural Ironman Moo.

Then, like the new bride who has finally gotten

herself hitched, it was my turn to run around and say to others, "When are you going to finally take the plunge and sign up?" "Are you going to do it?"

I registered with lofty intentions. "Yeah, the race is in my backyard, many of my friends will be there. I'm going to get serious. I'm going to have a hell of a race. Set a PR for myself in the Ironman. Lose weight... lift weights..."

But first there was ski season. And though there was barely snow to be had this past winter, whenever it came within driving distance of Milwaukee, I wanted to be there. And when there wasn't snow, there were always the roller skis. "Lot's of time to think about Ironman. Enjoy winter first," I thought to myself.

And then there were a

few spring ultras. "Good endurance building for Ironman -- I'll get focused after Ice Age 50." Ice Age was a bit of a disaster for me (that story is in another epic report, so thankfully we can skip it), but I figured that at least it was over, so I could finally prepare for Ironman.

"Okay, now I'll get focused, dust off the bike, see if the wetsuit still fits (is it common for wetsuits to get tighter the longer you have them? Surely it couldn't be that I am BIGGER? And if that is the case, surely it just means that I am more muscular, right?)." *

Oh, but then there was an invite to do a mountain climb later in the summer (again, epic report on Mt. Baker already done, so we can try to at least be a little focused here on the Ironman). And then there was the week I went out to pace a friend at Western States. And some camping trips. And, and, and...

Hmmm... when was this FOCUS thing supposed to kick in for me? Could it be that I suffer from Attention Deficit Disorder when it comes to sports?

To compound matters, I had a nagging knee

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Mary Gorski with the Capitol Building in the

GLACIAL TRAIL 50K AND 50 MILE RUN

By Tom Bunk

PRE RACE

Lorraine and I had completed the majority of race details before heading for Olander Park for the National 24-hour championship. This was to be a four-day weekend. This turned into a stay that lasted for 12 days. Lorraine was hospitalized for open-heart surgery. (Note: the surgery went well and she is recovering fast. See Article below.)

When disaster strikes, you understand for sure who your friends are. I can only say thanks to all our friends in the ultra running community for their prayers and support. I also want to thank my daughter Kim and all our Badgerland Strider friends for pulling together and keeping Glacial Trail moving along. We got home from Toledo four days before the race was to start and they had everything done.

THE RACES

The 50-mile started at 6:00 AM with flashlights needed for about 20 minutes. Andy Holak, winner of the Voyageur 50 mile trail run and Brian May the winner of the Superior 50 mile trail run took it out hard. Andy eventually put the hammer down on a good running section in the middle of the race and went on to set a course record of 7:35:45. Joel Lammers took the masters title and third overall. He almost caught Brian May. Ralph Graf won the senior masters with a very well paced run. Lori Duesing was first in the female division with Deb Vomhof in hot pursuit to capture the masters title. We had 41 starters and 29 that finished in under 12 hours.

The 50K started at 7:00 AM with Bruce Bauer and Oyvind Solvang running like it was a 10K. They pushed each other relentlessly. Bruce would get a lead and Oyvind would close the gap. Oyvind finally caught Bruce with less than two miles to go and finished strong to win his third Glacial Trail 50K in a row. Bruce twisted a knee and was unable to finish the last mile. Oyvind is a very tough competitor and trains hard on the course to get ready for the race. Greg Greene won

the masters division with a good effort. Larry Bartsch ran very well to take the senior masters and fifth overall.

Sherry Schwabenlender started fast and ran a very smart race to take first in the female division. Holly Neault-Zinzow and husband John, race directors for the Ice Age 50-mile run, battled it out for family honors and some wager. Holly distracted John for a second or two and pulled away to take the masters and home superiority for another year. We had 55 starters and 49 that finished. We allow 50K walkers and slow runners to start early if they want.

Hand crafted pottery steins are given to the top 10 males and top five females in both races along with 1st masters and 1st senior masters. All runners that complete at least a 50K receive a sweatshirt. You can register race morning if you are willing to pay \$60 or \$70. I think the price is high but runners want this option. Coffee and bagels are supplied at the start. We had chili, baked potato soup and submarine sandwiches for runners and crews at the finish. Tom and Jeanne Torp made the chili and soup. They are well known for their culinary accomplishments in the Kettle Moraine area. Aid stations were well stocked and included Succeed from Ultra Fit. The comments from runners were very positive. The volunteers had fun and promised to return.

See you next year.



Tom and Lorraine Bunk are the Race Directors of The Glacial Trail Run and widely recognized Ultra Runners

Lorraine Bunk falls Ill at National 24hr Championship

By Tom Bunk

Lorraine was running in the national championship 24 hour run in Olander Park in Sylvania Ohio. She had set a national age group record for 12 hours of 58 miles and was hoping to run about 100 miles in 24 hours. It was an extremely hot and humid day. It was like running in a sauna.

She surpassed the 24-hour record of 83 miles and had completed 86.2 miles in 20 hours and 41 minutes. She decided to stop for a massage and when she got up from the table she almost passed out.

It was quite hot in the building that the massages were at.

They decided to give her an IV because they thought she was dehydrated. Her blood pressure did not stabilize and went quite low, 90 over 50. They decided to transfer her to the emergency hospital for observation. They took blood every six hours and saw an enzyme that could only come from heart stress. They monitored her over night and still found the same condition in the morning.

She felt real good and wanted to go home but the cardiologist would not release her until they had did a cardiac catheterization to make sure she was ok. This found 70% blockage to the two main arteries going to the heart. He insisted that surgery should be done quickly due to the risk of the catheter dislodging something and that could cause her to have a stroke.

They moved her to Toledo hospital and the surgery was done that afternoon. They did three by passes to repair two blocked arteries. This was Monday, September 16th. She was released from the hospital on Thursday, September 19th, but they would not let her travel until the following Tuesday.

We stayed in a hotel room that was attached to the hospital. It was actually a very nice room and worked well. We could eat in the hospital cafeteria and a nurse checked on her a couple times.

We got home late Tuesday night, the 24th. of September. Lorraine is improving daily. She is walking about an hour per day. We thank God that the blockage was found before she had any heart damage.

Thanks for your thoughts and prayers. We are fortunate to have so many friends that care.

Editors Note: The Badgerland Strider Women did the club proud at Olander with our three womens teams taking 1st, 2nd and 3rd in the National Championships. Congratulations Ann Heaslett, Beth Simpson, Lorraine Bunk, Bonnie Busch, Christine Crawford, Kathryn Dunn, Julie Schroeder, Betty Schraith, Kris Hinrichs.

Here's Your Chance for the Spotlight

- Be a B.P.O.C.

(Big Person on Campus)

By Jerry Anderson, VP Road Racing

The TosaFest Run needs a new race Director for 2003. This run was started 20 or more years ago as part of Wauwatosa's annual weekend festival which is held the first weekend after Labor Day. The run has always started in the early evening, at 6:00pm or 6:30pm on the Saturday of the festival weekend.

Bob Fitts has been the Race director for the last 3 years. He will work with a new director for the 2003 Run.

If you have an interest and would like more information, please contact me.

Other Opportunities:

Would you like to be a Captain at one of the Striders events? Captain's are the leader of any given group of Strider volunteers in a particular area of the race. A few examples include Finish line, Water Stops, Registration, Equipment, Awards, Publicity, and Volunteer.

To find out what is involved, please contact me at a meeting or by telephone. My numbers are:

Work: (414) 649-7143

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Thank you for your interest. I look forward to hearing from you soon.

Jerry Anderson, VP- Road Racing



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12 & 24 Hour Run Celebrates 21st Year, in the 21st Century

By Marty Malin

Some 20th Century technology proved invaluable in the 21st Century.

Not only did we use the Champion Chip scoring system for the fifth year in a row, but this year, everyone who was at the event had use of a GPS for the entire time they were there, even the volunteers.



Scott Meyers 24 hr winner, with 113 miles, takes the final lap with his family early Sunday morning. (Photo by Jeff Weiss)

The most important thing about this year's Badgerland F/X 12 & 24 Hour Run is that every participant either met or exceeded their goal. That is probably only the second time in the twenty-one year history of the race that this has happened!

Weather conditions weren't ideal to reach goals, but they weren't too bad either. The temperature reached the mid eighties during the day with no cloud cover, but there was a slight breeze to make it at least feel a little cooler.

Although there weren't many participants on Labor Day Weekend this year, I think the event was a huge success. This year the ultra event was held on Greenfield High School's soft rubberized 400-meter track, an ideal surface for this type of run.

Four starters toed the line for the 24 hour event, which began precisely at 8:00 a.m. on Saturday morning. Shortly before the leaders finished their third laps, Dan Roberdeau, who won the men's division three years earlier with over 100 miles, gingerly hobbled around the second curve towards the completion of his first and only lap. After injuring his knee two weeks before Labor Day while running in Oklahoma, his goal was to sign up and participate, just so he could help this event out. He was the first to reach his goal.

The other participants stayed on the track and continued to circle it, in the quest of their own individual goals. Scott Meyers and Bonnie Busch were in the lead, followed by Terry Hawkins.

Terry's goal was also less than normal, (but nothing about Terry is normal). His goal, in his 15th continuous year of coming to this event, was to complete at least 35 miles, getting him closer to becoming the first male to reach 1,000 miles. Normally, his goal is higher, but because of family medical problems that started shortly after the race last year, Terry had not run in February or in any other month this year. In that light, 35 miles is a lofty goal.

Two newlyweds helped him, his son Otis and daughter-in-law J. They also came from Milton. Otis provided moral support, and J offered much needed massages to participants for the second year in a row.

After Terry reached his goal shortly after 11 p.m., he took a planned nap, came back to start-up again

in the pre-dawn hours and finish the race with just over 43 miles.

Scott Meyers brought his entire family from Oshkosh to help him compete in his first 24 hour run. For the first two hours, perennial favorite Bonnie Busch from Bettendorf, Iowa and Scott ran together. Then Bonnie, veteran of almost 40 24 hour runs, let Scott continue at his pace during the heat of the day. For the next eight hours, Scott added four to five laps each hour to his lead, until he was ahead by nine miles at 6 p.m.

It was at this point that Bonnie, (who may have the most 100+ mile performances by any U.S. woman), started to push the pace. She would gain three laps on Scott, and then he would reel her in. After several hours of pushing the pace, Bonnie realized that Scott's 100-mile trail experience was enough to keep her at bay. At this point, she set her sights on yet another 100+ mile finish (and a better chance to recuperate for the national championship 24 hour event in the middle of September, where she ended up 5th U.S. woman).

Meanwhile, Scott continued his impressive performance through the night and into the second morning, finishing his debut with just over 113 miles. This has probably been bettered only by the first time performances of Roy Pirrung and Kevin Setnes during the history of this run!

Another first-timer, Geoffrey Harris, used the Day 12 Hour as a tune-up for the Lakefront Marathon. Starting one hour after the 24 hour runners, he put in the fastest run of the day, completing 50 Kilometers in 5:03:35. Afterwards, he said that he felt so good, (partly due to the soft, rubberized track) that he had to force himself to stop. Not only was it his first 12 hour, it was also his first ultramarathon -- Not bad.

Vince Varone, a veteran of the event, took a slower approach to the race. He passed Geoffrey a little over two hours later and finished with just over 50 miles in 12 hours of running. Like Bonnie, Vince was also using this as a tune-up for the national championships.

The Night 12 Hour featured Mike Tyllas and Klaus Thiedman from Chicago, and Christine Crawford from Palmyra.

Christine, who can normally be found on the trails, decided that this event would be a good testing ground for her first non-trail ultra, and also get her ready for the national championships. Mike and Klaus, who had last been up here two years ago, were also ready.

Not hindered by the day's heat, Mike, Christine, and Klaus started out with 24, 22, and 19 laps the first hour, and did precisely the same each of the next four hours. Mike, who had been 30 pounds heavier when last we met, took it easy in the eighth hour and Christine got within three laps of him. He built up his lead somewhat in the next hour, but she continued her strong performance and was knocking on the door, now only one lap behind with a full two hours to go.

Mike could see that Christine kept looking stronger as the run continued, so he drew energy from the first hints of pre-dawn light and gained back two more laps. He held on until the end, amassing exactly 10 miles more than his previous PR with 62.8 miles.

Christine finished with exactly 100 K. (Two weeks later, she would be our third Strider woman, behind just Bonnie and Ann Heaslett, finishing the national championships as the 8th U.S. woman.)

And finally, Klaus completed almost 51.5 miles, which is impressive enough in its own right, but it is all the more impressive when you take into account

the fact that he didn't run even one step during the entire 12 hours! He race walked! Years ago he decided to switch over to race walking for ultras --And it works! He averaged almost 4.3 miles per hour or just under 14 minutes per mile for 12 hours straight. Now I do a fair amount of walking, but can't even fathom sub 14 minute miles for even one hour. If I were remotely close to that I would be sore for weeks. And if I tried race walking, I think my bones would break from inflexibility.

My thanks to all those who volunteered, particularly my wife, Lise Meissner, Jeff Weiss, and Mike Proctor. Lise is the organizational side of my brain that I never had. She makes it happen, both during long day and before.

When Jeff showed up to volunteer, I knew it must be somewhere around 2 a.m., but I had already given up trying to think or even tell time. All I knew was that with him in charge of the graveyard shift, I could take a three hour nap.

Bringing the Champion Chip for the umpteenth year in a row as a volunteer, Mike Proctor makes the whole event a lot easier for me. Not only do I need to find 40 less volunteers, but also as we get more tired throughout the night, there is less human error involved in lap counting.

I would like to extend special thanks to the Cousins Sub Shop on 76th & Layton for generously donating a four foot party sub. If you are in the Southridge area, please patronize this establishment.

And as I mentioned earlier, for the first year, everyone had use of a GPS the entire time they were there. Greenfield High School, a Greenfield Public School (GPS), proved to be a nice venue.

We may continue on our technology trend and next year issue PDA's to all of the runners. These PDA's, or Personal Disease Aleviators, would be clipped onto each runner's clothing at dawn and dusk and would keep the mosquitoes, and thus West Nile Virus, away.



Mike Tyllas (left), of Chicago, Night 12 hour winner with 62.88 miles, takes a walk break near the end of the Badgerland F/X 12/24 hr Run. Strider Christine Crawford took second in the Night 12hr and serenaded the other runners all night, singing with the Walkman. (Photos by Jeff Weiss)

RESULTS

24 Hour

Scott Meyers 113.33 miles
Bonnie Busch 100.91 miles
Terry Hawkins 43.24 miles
Dan Roberdeau .24 miles

Day 12 Hour

Vince Varone 50.70 miles
Geoffrey Harris 31.06 miles

Night 12 Hour

Mike Tyllas 62.88 miles
Christine Crawford 62.13 miles
Klaus Thiedman 51.44 miles

AN IRONMAN STORY

(Continued from page 4)

relaxing morning swim. This was quite a contrast to the way I felt just before my first open water swim and first triathlon back on June 1st at Elkhart Lake. I was really afraid of that swim. Two months before that, I couldn't even swim 50 yards without having to stop and catch my breath. Fortunately, my fears turned out to be unfounded at Elkhart Lake and my swim went very well.

After the initial scrambling for space in that mass of human fishes, I had settled into a nice pace. So far, I'd only been punched in the face once and only dunked one guy (I apologized). As I negotiated my way around the course, I wondered how my cohorts were doing. Chris was by far the best swimmer of our little group so she was, no doubt, out ahead of me in the fray. Steve and Dave, like myself, were new to swimming. Steve had completed several triathlon swims over the summer. Dave had just completed



Women's leader and eventual winner Heather Golnick passes the Strider aid station at Mile 95.

his first triathlon a month before Don and Lowell had some swim experience and had participated in a few triathlons back in the late '80's when the sport was just developing. I knew they were ok and more than likely, enjoying themselves. Don's only concern, being directionally challenged in the water, was to try not to end up in Lake Michigan at some point!

During the second loop, I had much more room to myself but on the return leg of it, the water seemed to get much choppier. While I felt some relief as I made my way onto the shore with rubbery legs, I knew only too well that the day was not even close to being over.

I left the change area and made my way out to the Monona Terrace parking structure that held our bikes. Many of the bikes were already gone so there wasn't much congestion holding me up. As a volunteer brought my bike to me from its place on the rack, I heard my name and looked up to see my parents on the other side of the wall. I posed for a picture for my Mom and made a final check of the tires before heading to the designated "mounting" spot.

Ahead of me on the way out of the parking structure was a fellow TriWisconsin teammate - I could tell by the team jersey. We were about a mile out on the course when I realized it was Mary Wincapaw.

It is quite a lift to the spirit to find a friend anywhere along the course and so, I immediately felt re-energized upon recognizing her. Unfortunately, you can't ride side-by-side in a triathlon without being penalized, so I could only say a quick hello before resuming the task at hand.

I followed the advice of Roy Nilson, an experienced triathlete, in that I rode slow enough on the bike to feel like I hadn't worked very hard after the first loop. Don, Lowell, Chris, and Steve had ridden the Ironman loop several times in training. Don, an experienced biker in that he rides to and from work everyday during the spring and summer, was the fittest one of us in that part of the event. Despite his experience, he, like the rest of us, had to experiment during training to come up with the best refueling plan for himself. It was during a stop at the Kwik Trip on the Ironman loop, on an especially windy and hot day, that he stumbled across the perfect fuel. Having long become sick of Power Bars, he

spotted a well-aged hot dog in the rotisserie that satisfied his appetite. From that point on, Don always carried a cooked hot dog with him during long training rides. So much for gels and powerbars!

Halfway through the second loop of the bike course on a series of rolling hills, Don flew by. He didn't notice that it was I and I didn't know it was he until he was far out in front of me. I couldn't tell if the hot dog was still in the pocket in the back of his jersey.

Once I dismounted the bike, I felt that the hard part was over. Even though I had a full marathon to run, it seemed that the rest of the race was just a formality. I am primarily a runner after all! My brother, Mike, echoed this thought when he shouted to me, "this is your best event now, right Kev?!" as I walked to the change area. "I sure hope so!" I replied.

The transition from bike to run didn't take me as long as the earlier transition from swim to bike. Before I knew it, I was running. The legs, still a little fatigued from the biking, felt great. More than anything it was nice to be standing up straight and not slumped over handle bars.

Running the marathon in an Ironman isn't much different from running the last 26 miles of an ultra distance race. You're already tired and you know that to get to the finish you have to be careful in your pacing. I'd completed my first ultra distance event at the Ice Age Trail run. Before Ice Age, I had consulted with Don, Lowell, and Steve, who had a lot of experience with that race. They explained that the strategy to finish such a race is to "start slow and then slow down." As that was the strategy that brought me to the finish line at Ice Age, so it would be the strategy that would bring me to the finish line at Ironman.

The first 5 miles of the run were comfortable and easy. The course is a double loop. On the way out on the first loop, I finally saw Chris as she was headed back toward the Capitol. Chris, one of the strongest runners I've ever known, looked even stronger than usual as she strode down the other side of the street toward me. It was later that she told me that she'd actually ran 6:50 in her first mile of the run. No one can ever accuse Chris of holding back!

At about that time, I started having a problem I'd never experienced in a run. Every time I'd start up a hill, my right calf would spasm and start to cramp. The only thing I could do to keep it from cramping was to stop running and walk until I'd made it to the top. Running the flats and the downhill wasn't a problem but every time the grade changed to an upward slope, BAM, the spasm



A happy but exhausted Mary Wincapaw finishes the event

would start. Since the goal was just to finish, and I had plenty of time left, I took my time and enjoyed the walking bits. I wasn't alone - a lot of people were walking by that point.

Jerry Huhn was having a few problems of his own. As he explained it, his ACL started bothering him on the bike so he was forced to walk the marathon. I found out that Jerry is a faster walker than I. Every time I'd get ahead of him while running down the hill, he'd catch up to me while I was walking up the next one! It wasn't until Observatory Hill that I was finally able to put some distance between us.

It wasn't very long after getting to the bottom of Observatory Hill that we had to turn around and go right back up it. As I was walking up it, I saw Lowell for the first time. He was moving at a good clip, so I said, "At that pace, Lowell, you'll catch me in no time." He replied with a laugh, "I'm running downhill!"

The fact that Lowell was doing this race was inspirational. Back in January, he had scuffle with a band of about 20 Al-Qaeda terrorists on the ski slopes of Colorado (or something like that). The result was that he had to have surgery on his rotator cuff, putting him out of training up through the end of March. Despite all that, here he was, surging on the field of runners after 2.4 miles of swimming and 112 miles of biking. Not bad for an old guy!

(Continued on page 11)



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For "productive" cross training

Try Yard Work!

By Dave O'Brien

I had run 50 miles at Umstead in April, and felt I was in shape to run one "long run" each weekend in May.

Which I did. First the Monona 20k, then the Ice Age trail 50k, then Syttende Mai (20 miles), followed by the Mad City Marathon.

It was Bill Hollihan of Beaver Dam (age 72) who observed, "At our age you can still do all the long runs you did before; it just takes longer to recover."

Right on. As the month of May progressed I got more and more tired, and ran Mad City with a lot of residual fatigue. It was a welcome choice, in late May and early June, to commit to tackle a major landscaping project, including:

- 1) Removing front and back concrete walks which had never "fit in" with our yard
- 2) Removing our 13' x 15' concrete patio which, over the past 34 years, had settled and tilted *toward* our house, so rain was directed into our basement
- 3) Correcting the earth slope around our house to direct water *away from*, rather than *toward* our basement
- 4) Designing and installing landscaping which utilizes existing trees and shrubs wherever possible to save cost, and looks good
- 5) Installing new brick walks to fit between major trees, and to fit our newly developed walking routes

Mary Fredricks and I had run together at Ice Age in May. We exchanged e-mail messages, and I had told her of my work plans.

"Wow," she exclaimed, "That's cross training at a different level!"

Eat your hearts out, runners. Yard work is cross training at its best. Do it artistically, and you can boast a unique and individual yard appearance. Do it properly, and the product will reflect workman-like competence. Do it energetically, and you can boost your aerobic activity for hours on end.

I'm not the only one touting yard work as a training activity. Years ago, Kevin Setnes, owner of *Ultrafit*, suggested that you mow your lawn the same day as, and just after, your weekly long run, to gain the "training benefit" of physiological depletion.

The only thing was, in June I cut back on long runs entirely. If I did club-sponsored fun runs once a week, I felt lucky. My weekly mileage varied between 3 and 12.

Yard work was my substitute. Here's what I did:

- a) Removed front and back concrete walks by hand
- b) Removed the 13' x 15' concrete patio by myself, by hand (Note it was reinforced with wire mesh, which made the job 3 times harder)
- c) Hauled all broken-up concrete to New Valley Sand & Gravel in Muskego, where it will be recycled

(Note that this took 10 trips in my small, half ton pickup which has a published net load capacity around 910 lb. I averaged 1900 lb. per trip – maximum load 2530 lb. That last one, I drove mid-morning, when the traffic was light. I took it ve-e-ry slow over the bumps on W. Grange Ave. to avoid breaking a spring. On arriving at New Valley, I felt the tires and found the rear tires to be 10 to 15 degrees

(Continued on page 12)



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MY IRONMAN MOO

(Continued from page 4)

problem on the bike all summer. What the hell, I actually did get focused for a week only to get injured!

Actually, I still blame Renae Pingel for that injury, since she had it first, and we did share a swimming lane. I do think that I caught it from her, but I won't rub it in too much since I know she had a tough day in Madison.

So it was the week before Ironman and I never really did develop that focus that I had planned on. And I never really did get in those bike miles that I should have. But I was signed up, and my friends were still going to be there, and I finally decided that the sum of my life would *probably* not be judged by my performance at this one event. So I decided that whatever happens is what would happen and that I would just try to have a lot of fun.

And I did. Anyone who was there as a participant, spectator or volunteer knows how incredible the atmosphere at IM-Wisconsin was. I've done Hawaii and Lake Placid and while both were very special, this was the most FUN I've ever had during an Ironman.

I have never experienced so many well-wishers, so much support, so much FUN in an Ironman race. Running up the parking garage helix (and who among us really knew that the parking spiral was actually called a "helix" until it was described to us in pre-race info?) with spectators lining each side made me forget that we were running up four stories to get to our bikes.

Vernona, Verona, Verona!!! Wow! If you ever wanted to pretend that you were Lance Armstrong, this was the place to do it. I couldn't wipe the grin off my face, even with the banana that accidentally (?) got smashed on it in the aid station. Where did all these people come from who were cheering for us? How did they all seem to know my name? Wow. Simply

wow. A couple of miles of wall-to-wall cheerleaders.

And then on to Camp Randall where we could have our own little fantasy of running in the game-winning touchdown -- TWICE! Of course there was State Street and the Capital area, all filled with people making you feel (or at least making me feel) that you were pretty darn important.

But then that cruel trick of the finish line. Oh my. You round the corner of the Capital on that first loop, come running down toward the finish line in beautiful daylight, get your hopes up (forgetting, of course, that there is no way in hell that you just ran a two-hour marathon) only to see that damn sign that read: "Second loop, go left." Oh hell, I guess I really had only run one loop. Back I went to see it all again.

I had a lot of fun because of the people who were helping with, spectating and participating in the race. They kept my spirits high even when my pace wasn't. There were a few tough spots (it was almost a 13-hour day for me, so there were bound to be some).

I took a couple of good punches and kicks in the swim and actually lost a ring (which I should have remembered to take off before the race) in one of the turn-buoy pile-ups. My knee bugged me for most of the bike, which was a disappointment for me now and then because I've always enjoyed the bike portion of tris (I have to admit that my inner child threw a tantrum now and then when I was passed by others). And like many, the sight of Gatorade was enough to make me want to Gatorbarf by the time I hit the run.

But it was simply wonderful to finally round that corner one last time and head to the finish. John Henningfield and I had run the last couple of miles together, which was a nice lift. Coming around that last turn he

grabbed his son's hand and through the finish banner we headed.

Happy faces all around. Lots of PRs by people who really were FOCUSED through the summer: Nancy, Kir, Barb, Susie, Tracy, John... more than I can remember. And great first-time finishes by many, many others. What the hell Pat, don't you know you are supposed to be slower than me (if you haven't heard it yet, Pat Dunks had an incredible race!)? :)

Now everyone enjoy your well-earned rest and recovery time. That's certainly something I've finally been able to focus on. :)

* Editors note: Yes Mary, wetsuits actually DO shrink the longer you have them, ask just about any scuba diver.



Strider Waterstop Crew at Mile 95 of the bike (left to right) Debbie Kloc, John Stachera, Jerry Anderson, Tommy Brauneis, Colleen Demitros, Cindy Schram, Ric Demitros, Sue Sharkey

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, address, date of the photo and name of the event 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:

Jeff Weiss, 5310 W. Wells Street, Milwaukee, WI 53208, Phone: 414-771-3165
Or email directly to 'The Strider' 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?

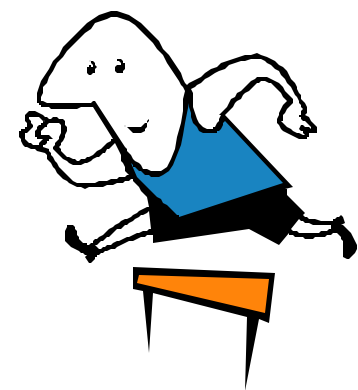
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Phil Carpenter	414-541-3086
John Dick Memorial 50K	Feb 2, 2002
Craig Hopper	262-642-7237
Strider 1/2 Marathon	Apr 7, 2002
Kathryn Cairney Dunn	414-421-6822
Ice Age 50-Mile	May 11, 2002
John Zinzow & Holly Neault-Zinzow	262-495-3131
Sarah's Stride - Hartfest 5K	May 18, 2001
Mike McArthur	414-463-1990
Superun 5k	Jun 26, 2002
Bob Scherer	262-569-6732
Karen Van Rite	262-786-8661
Cudahy 10K & 10M	Aug 4, 2002
Mary Callen & Paul Sokolowski	414-259-0051
Strider 20K	Aug 31, 2002
Henry Ehler	262-790-9387
Badgerland FX 12-24 Hr Run	Aug 31, 2002
Marty Malin	414-453-7326
Tosafest 5K	Sep 7, 2002
Bob Fitts	414-774-7556
Al's Memorial 8K Run	Sep 21, 2002
Jeff Weiss	414-771-3165
Lakefront Marathon	Oct 6, 2002
Kris Hinrichs	414-291-0368
Glacial Trail Run	Sept 29, 2002
Tom Bunk	262-392-2506
Komen Run for the Cure	Oct 20, 2002
Debbie Kloc	414-571-5269
Lakefront Discovery Run	Nov 2, 2002
John Cornell	414-967-9657
Turkey Trot	Nov 10, 2002
Len Wachniak	414-545-5899

Badgerland Striders Inc.
9200 W. North Avenue
Milwaukee, WI 53226
Club Phone: 414-476-7223
(leave message)

Times Past: Now and Then

The Race Boneyard – The Survivors

(Continued from page 2)

The Chamber of Commerce was looking for possible alternatives for a future race. Cindy urged anyone who cared about the race to contact the Chamber of Commerce in Hurley. The race was on shaky ground over the next years as it was passed to the Iron County Development Zone Council and then back to the Chamber of Commerce. The Hurley Chamber of Commerce organized the race until 2000. The Chamber Director typically served as the race director as this was part of the job. As a result, there were more than ten race directors over the years (six since 1985). Following the 2000 event, the Chamber decided to drop the event. Ricky Kelly, current race director, had been race director previously, when she was the Chamber Director. She, along with her assistant, Connie Loden (another former race director) organized the race as a fundraiser for the Hurley Lioness Group.

Obstacles faced by other race directors are: lack of volunteers on the planning committee, lack of support from the media, keeping the event attractive, promoting the fundraising aspect of the race, finding free promotions, and rerouting the course when necessary, due to construction

The Road America director, Pam Kelm added that she considers her event a walk, as 75% of the field is walkers. However they still cater to the runners by using the ChampionChip and offering awards. Previously, Road America had an 8Mile race, but that was dropped a number of years ago.

The race directors felt that their races were appealing for the following reasons: 1) fast or scenic course, 2) fast and accurate results, 3) race is in conjunction with a fair or village celebration, 4) medals

and trophies, 5) the race is for a great cause.

One director commented that there is free beer at the end of the race for anyone over 21. Race directors commented that their races have lasted so long due to: 1) scenic course, 2) the race is in Door County, 3) the race is for a good cause, 4) the event is fun and runners get a T-shirt, medals and trophies, 5) many volunteers and great community spirit.

Rosholt Labor Day director Mike Trzebiatowski added that his race has changed distances to accommodate more runners. In the 70's, the race was a 10-mile. Then, the distance was changed to 10K in the 80's with a 5K being added in the mid-90's.

In closing, I will quote Paavo race director Ricky Kelly's comments regarding her race. "I am a volunteer race director and the event takes a great deal of time. It is difficult to keep motivated to do this on a volunteer basis. I love the Paavo and would never want to see it die, but when I decide to become employed full time somewhere (I am a stay-at-home mom with 5 kids and a part time job as a church musician) there is no way I will be able to continue to serve as director of this event. It involves year round maintenance, certainly not 24/7, but there is constant monitoring involved (if it's done right)."

Actually, the appeal of the Paavo seems to be a mix of things. It is now a great tradition for many of our runners. It is a challenging course (not fast at all) and a great source of pride for those who finish it. It attracts primarily 'middle of the pack' runners, many of whom come back year after year to partake of the hometown atmosphere. Our volunteers

are very friendly, and because our event is a smaller one, we cater a bit more to the special requests of our runners and make them feel 'special.' The course is primarily a scenic one (even some of those final highway miles are quite beautiful, running along rivers and lakes, and yes, through the woods. We also feature a traditional torch lighting ceremony and our Post Paavo Party with live music, refreshments and the awards ceremony at a beautiful park is a very well received aspect of our event.

"There is a pretty darn dedicated core of volunteers, along with some very die-hard Paavo runners, that have participated since the event's inception who make it really hard to say 'die' Tradition is a very serious thing. There doesn't seem to be enough of it around any more, and there are some who will fight tooth and nail to protect those traditions that remain."

Next month I will take a look at the organization which has the largest number of successful races.

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Road Race Committee Meeting Minutes

August 13, 2002

(Pending approval at November RRC meeting)



The meeting was called to order at 7:16 p.m.

Dennis Novak opened the meeting by thanking everyone who did come to the meeting tonight, saying that this is the best attendance at an August Road Race Committee meeting since he has been on it.

Executive Board Reports:

VP Administration - Bonnie Clarey: We now have 1,768 members.

Treasurer - John Rodee: We have: Cash - \$7,700. Money Market - \$4,300. CD - \$19,315. For a total of \$31,300. He just received a check for \$5,500 from the Ice Age Trail run a few weeks ago. We made about \$5,000 this year on that run. We are fairly current with other races.

Secretary - Marty Malin: No report.

Newsletter - Sam Martino: The paper is set to go. We are getting a lot of race results in. A question was asked about how much the incremental cost of an extra four pages is. The answer was not immediately known. Don Weyer mentioned that he only received four of the nine inserts. And as a reminder, the recommended amount of inserts to drop off is 2,000 (for the 2,000 papers printed).

VP Road Racing - Jerry Anderson: The Race for the Cure starting tower didn't work out too well last year. Because of that, we will not do one this year for liability reasons.

A few years ago, Anderson had given out guidelines for races. Those guidelines aren't being followed. There are too many requests to Bill Schauder and Don Weyer coming in just before races. Schauder mentioned that it would help him if each race director had only one person talk to him about computer equipment needs when planning for their race. That will avoid conflicting requests.

The Time machines are going bad. We had problems with them in the last three races. If we need one, (based on more input from Schauder) it would cost approximately \$800. Schauder mentioned that he has noticed two problems. 1) The Time machines are sensitive to moisture, and they become more sensitive after an initial moisture problem. 2) Newer Time machines

cause phantom times to be put into the system if the computer they are attached to is not plugged into a 110 source of power, but instead into a generator or converter.

Schauder also mentioned that one of these winters we will switch over to the Windows version of the program, since that program is getting better. This winter switchover will allow for enough training for key personnel.

VP Programming - Pam Masilotti: Not present.

Other Agenda Items:

RRCA Convention Reimbursement Policy: Two years ago, we changed our long-standing policy of reimbursing a certain amount for the convention to reimbursing for the attendee's registration, including fun run and auction. Martino is the Wisconsin state representative, and he also represents us at the convention. Because he is the Wisconsin state representative, his registration fee is waived. Therefore, under the original motion, Martino would not be entitled any money from the club. Martino is again asking to be reimbursed the same amount as others who attended the 2002 convention.

Motion: That we reimburse Martino \$265 for the 2002 convention. Motion by Bonnie Clarey. Seconded by John Cornell. Seven in favor. Six opposed. The motion passes.

Road Race Committee - New Appointments: We have three positions that we have put off voting on for almost a year because of potential changes to our structure and other reasons. Those positions are: Web Master, Volunteer Coordinator, and Club Clothing Director. After limited amount of discussion, Doug Nelson declined to fill the Volunteer Coordinator position. Jerry Cameron would fill the Web Master position, and the Club Clothing Director's position would be filled by Pete Wysocki.

Motion: That we add the positions of Web Master, Volunteer Coordinator, and Club Clothing Director to the Road Race Committee. Motion by Al Hoef. Seconded by Larry Govin-Matzat. One opposed. The motion passes.

Changes in Club Championship Format: Jim

Schmidt was not present, so we did not discuss.

Age Group Divisions for Races: Anderson distributed a chart of most of our Club races with what age groups and awards they currently have. Some recommendations are that 75+ should become standard for 5K's and that younger age groups should also be looked into for that same distance.

Other New Business:

Aspirin: Several bottles of Aspirin were found in the storage locker. They were removed, since we have a policy of not dispensing medications.

Birthday: Novak wished the Club Secretary a happy birthday.

2003 Lakefront Marathon: Hinrichs would like to set the date for the Lakefront Marathon in 2003 before the November meeting. The best date will probably be October 5th.

Motion: To give Kris Hinrichs the authority to pick an appropriate date for 2003's Lakefront Marathon. Motion by John Cornell. Seconded by Larry Govin-Matzat. Passed unanimously.

November Meeting Reminder: Novak mentioned that race directors should come prepared to the November meeting with any date, course, fee, distance, or location changes along with any Finance Committee input before the meeting.

Volunteer of the Year: It was suggested to make any suggestions for the award right at the meeting. That way the process is more formalized and everyone can be informed of exemplary volunteer work.

Officer Elections: Nominations are due in October, with elections in November. Novak announced that he is not seeking re-election for President.

UWM Scholarship Proposal: Martino has agreed to not bring up the UWM Scholarship proposal until the November meeting, since Wachniak has just agreed to be the chair of the Community Service Committee and will need time to organize a committee before looking at this and other opportunities. If anyone is interested in helping on the committee or has suggestions, let Wachniak know.

The meeting was adjourned at 8:49 p.m.

Submitted by: Marty Malin

AN IRON-MAN STORY

(Continued from page 7)

I continued to have problems with my right calf up until about mile 20. Then, I was able to run up the hills again! Boy, did that feel good. By that time, Lowell had passed me up and I'd seen Chris, Warren, Knoll, and a host of other people I know heading to the finish line.

I don't remember what I felt as I ran up State Street toward Capitol Square where I could hear the cheering crowd attempt to drown out the announcer at the finish line. I could feel a smile appear on my face as I turned that last corner. I saw the full bleachers and the children, holding out their hands, lining the way leading up the Ironman Finish Arch. I tried to slap as many of the little palms as I could. The clock ticked on. I still had hours before the course would close so I took my time to savor the moment. Two volunteers stretched a piece of tape under the Arch and I swept through it at 13:51.

That smile stayed on my face for at least an hour after the finish. Chris, Dave, Don, and Lowell were already at the end of the finish chute. Steve finished a little later. We were all tired but healthy and in one piece.

The question I've been over and over since the race is, "was all the time for training worth it?" My answer is a definite, "Yes." After all I've already signed up to do it again next year.



Strider Terry Labinski, shown here in the 2002 Muncie Endurathon took ninth in Ironman Wisconsin.

BRIDGE OF SIGHS

By Tom Maley

On August 8, 2002, a day that will live in infamy, the DOT, in their wisdom (?) gave thumbs down to bike lanes on the Hoan Bridge, choosing an alternate surface route.

I emitted a sigh of consternation after reading this in a recent Shepherd Express article along with many other Milwaukee area bikers. Although information gathered by the DOT & the citizen's advisory committee leaned overwhelmingly toward bike lanes, the DOT chose to ignore it.

Over 2,000 signatures from local residents & businesses supporting bike lanes were also "passed over." Among the excuses offered by the DOT spokesman, Mr. Michael O'Brien (no relation, I hasten to add, to Mr. O'Corn Roast!) was that the bridge will be used as a main north/south alternate when the Marquette interchange reconstruction commences later this year. Also, that it's slated (no pun intended) for a partial deck replacement in a few years so that if already built, the lanes would have to be dismantled & replaced.

If these are valid concerns, then why not wait & add the lanes in conjunction with the deck repairs?

Having waited 5 years already I guess we can hang on a little longer-- better late than never.

In the meantime the DOT can take the time to seek out a local sponsor, probably either the City or the County, who must agree to pay 20% of the costs, including maintenance.

From what I can figure, the only difference between the existing & proposed surface routes is one mile of railroad path between Maple St. & Washington St. It might be a tad more scenic, but certainly not any faster for bike commuters.

En route to the South Shore Pavilion fun run a few weeks ago I biked on 1st St., then KK. Of course it was rush hour but I think that's as good a route as you'll get. The estimate for the Hoan bridge lanes is \$3.5 million while the selected alternate route will cost

\$1.2 million. In purely cost terms, the \$2.3 million difference seems surprisingly small-at today's prices, I'd say that \$3.5 million is a bargain basement price to retrofit 2 bike lanes

What amazes me even more is that a bike lane was never included in the design of such a "young" bridge. Paul Gionfriddo, a fellow biker/Strider, told me that it was built to commemorate Milwaukee's 150th anniversary, in 1968.

He also offered the opinion, in confidence of



course, (just between us girls), that Milwaukee was never a fitness-oriented city. (Shame on you, Paul, for uttering such sacrilege!) One of the travelling Striders, Chris Hinrichs, reeled off the names of several bridges with bike lanes.

This also applies to the Tay & Forth road bridges, both 30-somethings in my native Scotland

A fellow Strider (Jay Shaw) was involved in the design &/or construction of the Hoan. Bridge.

Jay, if you read this, your input would be appreciated.

Now that it connects to Lake Parkway & will be an alternate during the Marquette interchange reconstruction, I guess it's lost its nickname of the Bridge to Nowhere.

How's about re-christening it with the title of this article?

Somehow, I think most two-wheelers would concur.

Bylaws. By fools!

By Marty Malin

Recently, Jerry Anderson agreed to head up the Badgerland Strider's Bylaw Committee. Why is this important? Well, the Club had a Bylaw Committee eleven years ago with about 810 members. They started the process of constructing bylaws for our Club. Because of the daunting task, only finished about 1/2 of it.

Now we're trying something different. Jerry and I **are** the committee (only because no one else volunteered). When we get to a certain point, we will have Glenn Wargolet, (who chaired the previous committee that we were both on) and Dennis Novak, (lame duck president) provide their input. Speaking of lame ducks, Jerry is famous for his lame rubber chicken and other shenanigans. So it is my job on the committee to keep him on track by keeping humor out of this very serious task.

To make this task easier, we have divvied up different areas of the bylaws. Below is my first completed section. Please note how detailed, technical, and time consuming this task really is: **10.12 Finish Line Consultant**

The Finish Line Consultant shall be available to be consulted about finish lines. They should also know a little bit about the chutes and volunteers who staff the chutes, which are both generally directly behind (i.e. past) the finish line, as well as any tower structure (including

any clocks and banners attached to the tower) set-up either directly above, or slightly not directly above (taking into account dyslexia, poor depth perception, or otherwise faulty eyesight and/or judgement of tower and/or finish line set-up personnel, the availability or lack thereof of permanent or relatively semi-permanent masses of atoms or molecules suitable for the purpose of attaching a banner [i.e. telephone poles, trees, or other like structures], or even the vagaries of wind speed or direction which would cause all or part of the finish line banner to be slightly [or more than slightly] not directly above at various miniscule or large amounts of time in relation to) the aforementioned finish line.

As long as we're on the subject, why do we even need a finish line consultant anyway? Have you ever tried to consult a finish line? They never answer your questions. Even the best of them will just lie prostrate on the road, not saying a word, not even when hundreds of running shoes stomp on them.

Maybe that is the lesson we can all learn from the lowly finish line. To quote some famous person that for the life of me I cannot remember who they were, "It is far better to keep your mouth closed and have them think you are stupid, than to open your mouth and remove all doubt."

Don't doubt that we will be done by early next year if every section goes as smoothly as the one above. So wish us luck. We may need it

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Memories Are Made of.....

(Continued from page 2)

Run, sponsored now by Briggs & Stratton, and the Discovery Run's Fall success are in large part to the leadership of race directors.

The many Strider events, ranging from the South Shore Half-Marathon to the Lakefront Marathon, also owe their success to dedicated race directors. They include veteran Striders Kris Hinrichs, John Rohdee, Don Weyer, Paul Sokolowski and Mary Callen, Paul Beck, Larry Govin-Matzak, Phil Carpenter, Fred Walker, Bob Fitts, Dick Dodd, Kathryn Cairney Dunn, John Zinzow and Holly Neault-Zinzow, Don Ayer, Craig Hopper, Tom and Loraine Bunk, Rosie Peterson and Jerry Anderson. Others have been in the forefront of providing news for our pages, including retiring President Dennis Novak.

The speakers bureau run by Allan Hoeft and contributions from past presidents Clark Bowerman, Nancy Rohdee and Glenn Wargolet boosted the club's presence on the state and national stage. I re-

call covering the Road Runners Club of America convention in 1992 in Milwaukee sponsored by The Badgerland Striders.

Legendary marathon runner Bill Rodgers participated in our local run. I ran with Rodgers during a warm-up to the Lakefront. Olympic medallist Frank Shorter also paid visits to Milwaukee and ran with the Striders. I still have a 1970s vintage T-shirt that says "I ran with Frank Shorter." While I look back at names and events, T-shirts, sweatshirts and other items with The Badgerland Striders logo, I now add the Sam Sez Column to the memory list.

Helping stop a credit card theft ring that preyed on runners at the Ice Age Trail Run and other events contributed to community pride. Also, promoting safety, volunteerism, women's running and fitness have added to the spirit of the running movement. As the club moves forward to a new volunteer and recruitment effort, I am sure the next pages of **The Strider** will be filled with running news.

Yard Work as Cross Training

(Continued from page 8)

grees hotter than the front, due to their flexing under heavy load, even for that short distance at low speed. Again, I did all loading and unloading by hand.)

d) Took in 10 yards of topsoil and distributed it to correct the drainage to be away from the house

e) Transplanted more than 40 existing plants and shrubs

f) Purchased, hauled and planted more than 30 new shrubs

g) Excavated for new front and rear walks, including chopping out tree roots up to 4" diameter; separated and distributed the surplus soil

h) Purchased 5 yards of T.B. (traffic bond) recycled concrete gravel, and 5 tons of mason's sand. Spread, leveled and compacted the T.B., then the sand

i) Purchased 1600 paving bricks. Hauled them in 4 trips (400 per trip) and installed them over prepared T.B. and sand surfaces

j) Designed and prepared paved outdoor areas for reception (front) and utility (back)

If there is one aberration in the scheme, it's wearing a heart rate monitor while moving dirt. One ninety degree day I wore my monitor, without a shirt to cover it, in view of Larry, my neighbor, who asked,

"How is that little belt going to protect you from injury?"

"Yeah, and I'll visit you in the hospital," I replied. Larry and I kid around a lot.

Now, the data.

What's the easiest job I could do? It turned out to be, shoveling fluffy, freshly-dumped topsoil from the original pile to my wheelbarrow. The soil had been recently blended, and it fairly jumped to the shovel. All I had to do was touch the pile to receive a shovelfull, then rotate at the hips, tilt the shovel handle to release the load into the wheelbarrow, and repeat. HEART RATE: 106 to 111.

Next hardest? Excavating for the walkways. Standing on the shovel, cutting sod, and dealing with the occasional stone, or shrub or tree root. HEART RATE: 110 to 118.

One of my hardest jobs was using a mattock to chop tree roots (up to 4" dia.). HEART RATE: 136 to 141, achieved within about 15 seconds. Thankfully, a short burst of effort usually finished the immediate task, as it took greater effort than I could sustain long-term.

The task that achieved the highest sustained heart rate was soil compaction. This involved an up-and-down tamping motion using a 20 lb. Mexican-made cast steel tamper with a 2 1/2" diameter hardwood handle. While using it I could picture a barrel-chested, short Mexican construction worker slapping it up and down effortlessly. My HEART RATE: 134 to 146.

For those of you into Runner's Math 101, let me share with you that my resting heart rate (RHR) is 61, and my predicted maximum heart rate (MHR) is 171. Also, maintaining a 12 minute jogging pace (which I can do for 10 miles or so), gets me up to between 140 and 145.

I figure I worked at a good level of exertion for around 12 to 20 hours per week, which was equivalent to running a couple of marathons. I actually ran very few miles during June, July and August, yet dropped 10 pounds with no change in diet.

If you want to crunch the numbers, be my guest. I'm the one who has accrued health benefits, weight loss, and a good looking yard. I figure if I can't make a living as a champion runner, I can still have a prosperous career as a construction laborer.



Striders in the Press

An Article reprinted from the September 1st edition of the Eau Claire Leader-Telegram

Time of essence for Official Couple keeps pace with finishers of Buckshot Run



Bill Schauder scanned runners' numbers into his computer using a bar code scanner at the Buckshot Run for Wisconsin Indianhead Area Special Olympics on Saturday. Schauder's system makes results available to runners promptly.

Eau Claire Leader-Telegram Staff

After 20 years in the time-keeping business, Bill Schauder still enjoys the races. Saturday's Buckshot Run for Special Olympics marked Bill's third year timing the race and he has no plans to stop now. "I really like the event, mostly because of the people involved," said Bill, of Milwaukee, who feels this way about most of the races he times.

Bill and his wife Jeanne tour Wisconsin and Illinois to time various running events as well as canoe races, triathlons, ski races and other timed events. Bill, formerly a computer consultant, has made timing races into a full-time job.

"This isn't a job I'll need to retire from, said Bill, whose 60th birthday is fast approaching, "I can keep doing it until I can't see or walk. That's what I plan on doing." Bill's interest in timekeeping began in college. His roommate asked him if he would like to try timing an event. "He asked if me and my computers would like a challenge," Bill said. They were sick of waiting an hour or two for race results, Bill said.

So Bill wrote a program that allowed him to have results posted within minutes of the first person crossing the finish line. "It was pretty successful," Bill said. "Race directors were knocking down my door."

Since Bill began timing, a friend has rewritten the program that he uses to time the events. The demo-

graphic information is entered into the computer ahead of time, the times are put into the computer in order, then when the racers finish, their numbers are entered and correspond with their times. The computer does the rest and puts the people in their places and the appropriate categories.

Bill and Jeanne run the timing system out of a Volkswagen van, and for most races, they do the timing on their own. For Al's Run for Children's Hospital in Milwaukee, they time about 18,000 people with the help of eight to 10 volunteers.

For the Buckshot, which boasted just under 2,000 participants this year, Bill and Jeanne had a couple helpers at the finish line. At the Buckshot, 450 results for the 5-mile run were posted in just over a half-hour after the first finisher crossed the line. All the results were entered and posted an hour and a half after the start of the race. "We had two major problems, but we had to recover and move on," Bill said, adding that they didn't lose any times.

The process can get stressful if something goes wrong, Jeanne said. "There can be a lot of problems," Bill said. "But when all goes well it's great." Bill and his associates can score up to three different events at a time. This weekend, however, the Buckshot was the only race on their list. "I really enjoy it," he said. "When it stops being fun, I'll stop doing it."

MAKING DUST

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

TOSAFEST 5K RUN FOR ALS

Badgerland Striders
Wauwatosa, WI
September 7, 2002

5K Run

Results Provided by
Computer Aided
Race Results System

Bill Schauder
262 521-2191



PLACE TIME NAME

FIRST M/F

- 1 15:11 Joe Herrington
- 21 17:29 Dot McMahan

M00-14 (Male 14 & under)

- 45 18:43 Billy Jones
- 73 19:43 Andrew Ferry
- 83 20:13 Jordan Kook
- 112 21:19 Mathias Werve
- 149 22:29 Kevin Wahlen
- 152 22:30 Josh Koehler
- 214 23:49 Paul Schommer
- 230 24:15 Mike Camilleri
- 262 24:52 Zachary Wishart
- 316 26:15 Charles Daleiden
- 321 26:32 Zachary Eckdahl
- 326 26:48 Eric Mielke
- 328 26:50 Stephen Ferry
- 333 26:56 Matthew Daleiden
- 388 28:32 Kaleb Duelle
- 396 28:46 Rob Dettlaff
- 403 28:51 Spencer Gull
- 408 28:55 Thomas Eldredge
- 413 29:04 Rob Korslin
- 435 29:37 Mark Wolters
- 437 29:40 Freddie Oby
- 449 30:27 Bridget Foley
- 459 30:44 John Strohbush
- 464 30:56 Jack Korslin
- 490 32:02 Collin Bezrouk
- 491 32:04 Alex Mielke
- 495 32:11 John Yanisch
- 520 34:22 Tad Korslin
- 534 35:46 Robert Jarm

F00-14 (Female 14 & under)

- 135 21:57 Amanda Bell
- 155 22:32 Hannah Ferry
- 263 24:53 Mary Jones
- 383 28:26 Ashley James
- 445 30:17 Colleen O'conor
- 465 30:56 Lisle Blackburn
- 476 31:24 Ali Knetter
- 477 31:29 Erin Lueder
- 508 33:00 Caitlin Wolters
- 531 35:29 Amanda Fischer
- 532 35:39 Erica Gasse
- 545 36:49 Kelly Prossen
- 546 36:50 Caitlin Herbert
- 555 38:19 Xandra Duelle
- 565 43:59 Carrie Bargren
- 574 45:47 Jenny Dettlaff

M15-19

- 15 17:13 Jason Adyniec
- 36 18:20 Jason Crayton
- 114 21:23 Cory Powers
- 134 21:53 Nathan Buchholz
- 179 23:09 Matthew Powers
- 204 23:36 Eric Blaschke
- 292 25:29 Matt Jozwiak
- 391 28:41 Jeremy Slind
- 447 30:24 J.J. Foley
- 577 48:18 Justin Lange

F15-19

- 481 31:35 Sarah Luther
- 578 48:19 April Eckdahl

M20-24

- 1 15:11 Joe Herrington
- 2 15:26 Lucas Kunze
- 5 16:31 Derek Serna
- 79 20:02 Christopher Brust
- 98 20:53 Jason Pinrkowski
- 133 21:53 Brad Lindner

- 140 22:07 David Kanning
- 225 24:10 Andrew Schulz
- 267 24:56 Greg Raymakers
- 514 34:00 Kirk Pelikan

F20-24

- 47 18:50 Laura Bosley
- 122 21:44 Alison Kriegel
- 276 25:12 Sarah Becker
- 302 25:47 Laura Wright
- 341 27:07 Pamela Mueller
- 426 29:22 Amy Donaldson
- 549 37:05 Mary Deguire
- 562 41:54 Keyna Matthews

M25-29

- 3 15:50 Andrew Bosley
- 6 16:33 Kevin Kriegel
- 9 16:53 Justin Miller
- 32 18:07 Eric Fitts
- 46 18:48 William Dittl
- 56 19:10 Richard Warp
- 172 22:56 Jeff Longsine
- 185 23:18 Brian Vandervest
- 198 23:29 James Bruss
- 219 23:54 Craig Boschke
- 224 24:09 Brian Kanthak
- 252 24:39 Pete Vallejo
- 275 25:11 Brian Myers
- 340 27:04 Michael Heun
- 359 27:43 Gary Breuer
- 379 28:14 Brian Brzezinski
- 422 29:18 Daniel Gueldner
- 438 29:51 Clifford Yun
- 451 30:29 Dan Leong
- 524 34:49 Patrick Maloney

F25-29

- 21 17:29 Dot McMahan
- 30 17:57 Sue Miller
- 84 20:19 Jean Lyons
- 90 20:34 Robin Treder
- 157 22:35 Maddy Boschke
- 199 23:30 Jen Hurrle
- 203 23:34 Krish Haanstad
- 213 23:47 Cindy Ryals
- 248 24:34 Amy Forsyth
- 269 24:58 Kim Leupold
- 283 25:23 Jill Hurrle
- 305 25:58 Shannon Krygiel
- 367 27:56 Chrissie Olson
- 382 28:23 Kim Ramstack
- 417 29:09 Dana Solberg
- 455 30:32 Tracy Reese
- 469 31:12 Sunit Kaur
- 482 31:36 Andrea Soell
- 486 31:48 Jennifer Rollings
- 488 31:55 Megan Mauk
- 489 32:01 Kari Lubin
- 498 32:17 K Kathryn Brzezinski
- 547 36:57 Jennifer Palecek
- 551 37:22 Heather Sorum
- 561 41:50 Amanda Leong
- 573 45:44 Bridget Schmitt

M30-34

- 10 17:02 Matt Sveum
- 11 17:04 Ted Shue
- 14 17:11 Kenneth Mauk
- 20 17:26 Rob Helf
- 28 17:49 Patrick Kuhlmann
- 54 19:05 John Koch
- 60 19:19 Tom Antholine
- 61 19:19 Joel Barbieri
- 68 19:35 Scott Krems
- 74 19:49 John Putnam
- 78 20:00 Steve Plumb
- 86 20:21 Robert Barry
- 99 20:54 Joel Johnson
- 104 21:09 Dan Cieslewicz
- 105 21:12 Chris Derosier
- 119 21:37 Brian Maass
- 128 21:48 Kevin Peura
- 130 21:50 Chris Long
- 132 21:52 Richard Reese
- 144 22:19 Bill Schneider
- 158 22:37 Patrick O'hara
- 164 22:47 William Bruss
- 167 22:50 David Harrington
- 169 22:53 Bill Bartkowski
- 206 23:37 Rolando Hernandez
- 211 23:46 Marc Panard
- 223 24:01 Greg Lucas
- 229 24:14 Peter Iverson
- 236 24:19 Jeffrey Schultz
- 245 24:28 Jeff Krygiel
- 250 24:38 Rob Herman
- 291 25:29 Steve Stanaszak
- 309 26:05 Gregory Barlow
- 338 27:03 David Dietsler
- 350 27:28 Scott Campbell
- 358 27:40 Jack Lewis
- 366 27:55 Thomas Williams
- 371 28:02 Jay Mckenna
- 377 28:12 Geoffrey Harris
- 398 28:48 Jason Duelle
- 404 28:51 Brent O'neil
- 433 29:35 Chris Fox
- 569 44:50 Jacob Schmidt
- 572 45:34 Andy Schmitt

F30-34

- 41 18:37 Pam Hicks-Pollock
- 131 21:52 Michelle Draggoo
- 146 22:21 Lisa Kleinke
- 160 22:44 Kelly Kiel
- 180 23:10 Jill Eldredge
- 251 24:39 Michael Lee
- 254 24:45 Lisa Mckenna
- 271 24:59 Teri Lux
- 293 25:29 Beth Steffes
- 310 26:05 Martha Webster
- 318 26:25 Ruth Staude
- 319 26:27 Susan Happ
- 324 26:45 Mary Schneider
- 332 26:55 Wendy Loerch
- 344 27:17 Andrea Richards
- 376 28:11 Kathy Krahenbuhl
- 389 28:38 Sarah Davies
- 409 28:57 Laura Pahnke
- 432 29:35 Julie Antoline
- 439 29:54 Deanna Ding
- 460 30:50 Jenny Bultman
- 484 31:42 Carmela Zaffinio
- 487 31:49 Kathie Campbell
- 497 32:16 Kim Thompson
- 499 32:35 Sarah Sveum
- 521 34:33 Barbara Bomm
- 525 34:51 Dawn Maurer
- 526 34:51 Jennifer Levie
- 536 36:13 Theresa Sobczak
- 544 36:41 Darci Duelle
- 563 41:55 Mary Cook
- 568 44:23 Michelle Schmidt

M35-39

- 4 16:28 Edward Siira
- 13 17:07 Jeffrey Feldman
- 17 17:20 Rick Rischman
- 18 17:22 Gary Hovila
- 19 17:24 Lewis Ase
- 27 17:42 Bill Verbos
- 31 17:58 John Burke
- 33 18:10 Paul Paikowski
- 35 18:20 Joe Tilley
- 40 18:32 Jim Guenther
- 44 18:40 Robert Thielke
- 50 18:55 Wade Cepulis
- 51 18:57 Ricky Barr
- 66 19:30 Davis Gresser
- 67 19:34 Paul Davis
- 71 19:41 Thomas Klein
- 81 20:09 Mark Linser
- 109 21:14 Charles Cline
- 115 21:26 Mike Stefaniak
- 116 21:32 Timothy Newholm
- 121 21:44 Joel Norton
- 162 22:45 Andy Quitzon
- 165 22:48 Michael Johnson
- 168 22:53 Jeff Radke
- 171 22:56 Alonzo Fuller
- 173 23:03 Jason Gertzen

M40-44

- 8 16:42 Rick Stefanovic
- 23 17:36 Anthony Hilger
- 24 17:37 John Barndt
- 25 17:38 Michael Kuchar
- 42 18:38 Todd Ludorf
- 49 18:52 Paul Jones
- 59 19:16 Peter Stefaniak
- 70 19:40 Ken Olszewski
- 72 19:42 Kevin Wolfmeyer
- 77 19:57 Gregg Ehlers
- 87 20:27 Patrick Ferry
- 97 20:53 Dan Knetter
- 117 21:35 Pat English
- 123 21:45 John Lundmark
- 125 21:46 Tim Kelley
- 145 22:19 David Hiller
- 148 22:28 Mike Feldebruegge
- 166 22:49 Todd Loehrl
- 182 23:12 David Meyer
- 183 23:13 Joe Krajci
- 188 23:21 Jeff Roznowski
- 194 23:27 Donald Falkenberg
- 196 23:27 Timothy Bleach
- 197 23:28 David Mehring
- 209 23:42 Thomas Franchek
- 215 23:50 Mark Schommer
- 217 23:52 Kenneth Gipp
- 226 24:11 John Foley
- 242 24:24 George Hutchinson
- 243 24:26 Pete Mauhar
- 249 24:37 Robert Zastrow
- 255 24:45 James Murphy
- 280 25:16 John Eggers
- 295 25:30 Jon Moll
- 298 25:38 Stephen Grebe
- 303 25:53 Kris Johnson
- 304 25:54 Jeffrey Jensen
- 313 26:13 Jim Durgan
- 315 26:14 Philip Dallman
- 325 26:46 Jerry Higgins
- 334 26:56 Steve Rolfe
- 342 27:10 Dave Salkin
- 343 27:11 Chris Turner
- 347 27:18 Mark Heinrich
- 351 27:31 Richard O'conor
- 356 27:37 Gregg Fuhrman
- 372 28:06 David Dziegielewski
- 373 28:07 Carlos Garces
- 378 28:13 Paul Smith
- 380 28:22 Danny Bruns

F35-39

- 22 17:35 Lynn Fitzsimmons
- 38 18:26 Kathy Green
- 57 19:10 Beth Droler
- 80 20:05 Jennifer Schweinert
- 102 21:06 Wanda Erickson
- 138 21:59 Monica Lewis
- 141 22:09 Mechelle Lanouette
- 143 22:11 C'za Helf
- 190 23:23 Cheryl Mchshane
- 193 23:26 Sara Struebing
- 240 24:21 Pamela Kassner
- 259 24:49 Jamey Anderson
- 270 24:59 Beth Ormsby
- 277 25:14 Anna Brzozowski
- 289 25:27 Jill Walfoort
- 294 25:30 Laura Mckenna
- 299 25:40 Christine Ler
- 329 26:51 Debbie Koontz
- 336 26:58 Heidi Huber
- 345 27:17 Dawn Capper
- 385 28:28 Ann Heinen
- 393 28:43 Patty Guinen
- 397 28:46 Ann Baker
- 399 28:48 Gail Wentz
- 400 28:48 Eva Dettlaff
- 401 28:49 Karen Larson
- 418 29:09 Laurie Hilger
- 425 29:21 Knetter Barb
- 429 29:32 Melody Meyer
- 446 30:19 Bridget Cassidy
- 458 30:41 Lynne Woehrl
- 472 31:19 Kristin Otzelberger
- 493 32:05 Suzanne Molina
- 501 32:40 Susan Odegaard
- 504 32:48 Kathleen Burbach
- 506 32:51 Mary Zukowski
- 511 33:26 Michelle Rathmann Stefan
- 512 33:37 Christine Stefaniak
- 515 34:00 Mari Griffioen
- 541 36:35 Petra Sorenson
- 570 45:15 Kristin Thomas

M40-44

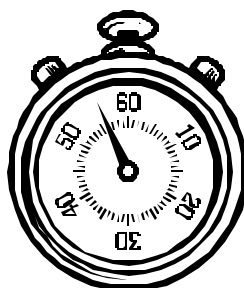
- 8 16:42 Rick Stefanovic
- 23 17:36 Anthony Hilger
- 24 17:37 John Barndt
- 25 17:38 Michael Kuchar
- 42 18:38 Todd Ludorf
- 49 18:52 Paul Jones
- 59 19:16 Peter Stefaniak
- 70 19:40 Ken Olszewski
- 72 19:42 Kevin Wolfmeyer
- 77 19:57 Gregg Ehlers
- 87 20:27 Patrick Ferry
- 97 20:53 Dan Knetter
- 117 21:35 Pat English
- 123 21:45 John Lundmark
- 125 21:46 Tim Kelley
- 145 22:19 David Hiller
- 148 22:28 Mike Feldebruegge
- 166 22:49 Todd Loehrl
- 182 23:12 David Meyer
- 183 23:13 Joe Krajci
- 188 23:21 Jeff Roznowski
- 194 23:27 Donald Falkenberg
- 196 23:27 Timothy Bleach
- 197 23:28 David Mehring
- 209 23:42 Thomas Franchek
- 215 23:50 Mark Schommer
- 217 23:52 Kenneth Gipp
- 226 24:11 John Foley
- 242 24:24 George Hutchinson
- 243 24:26 Pete Mauhar
- 249 24:37 Robert Zastrow
- 255 24:45 James Murphy
- 280 25:16 John Eggers
- 295 25:30 Jon Moll
- 298 25:38 Stephen Grebe
- 303 25:53 Kris Johnson
- 304 25:54 Jeffrey Jensen
- 313 26:13 Jim Durgan
- 315 26:14 Philip Dallman
- 325 26:46 Jerry Higgins
- 334 26:56 Steve Rolfe
- 342 27:10 Dave Salkin
- 343 27:11 Chris Turner
- 347 27:18 Mark Heinrich
- 351 27:31 Richard O'conor
- 356 27:37 Gregg Fuhrman
- 372 28:06 David Dziegielewski
- 373 28:07 Carlos Garces
- 378 28:13 Paul Smith
- 380 28:22 Danny Bruns

F40-44

- 63 19:23 Ann Maher
- 82 20:13 Jill Jones
- 88 20:30 Lori Stauder
- 101 21:04 Cindy Krueger
- 127 21:48 Ami Ehlers
- 129 21:49 Tamara Ferry
- 178 23:08 Louise Johnson
- 231 24:16 Jill Freese
- 232 24:16 Peggy Slind
- 235 24:18 Beth Fredrickson
- 273 25:05 Laura Powers
- 301 25:42 Kim Meyer
- 311 26:06 Amy Richmond



2002 Tosafest 5K Winners – Joey Herrington, 1st Male (15:11) and Dot McMahan, 1st Female (17:29)



The Most Times

are in 'The Strider'

(Continued on page 14)

MAKING DUST

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



Bob Fitts, Tosafest Race Director starts them running. (Photo by Jeff Weiss)

TOSAFEST 5K RUN FOR ALS

September 7, 2002

5K Run

(Continued from page 13)

- 323 26:44 Kathy Blocher
- 363 27:54 Jill Fahr
- 364 27:54 Laura Wahlen
- 374 28:08 Claire Bruckbauer
- 390 28:41 Karen Gebhard
- 402 28:50 Cindy Hintz
- 410 28:57 Susan Bemann
- 420 29:10 Carol Beck
- 423 29:20 Laurie Stencil
- 450 30:28 Dee Foley
- 462 30:55 Beth Thays
- 463 30:55 Amy Wenzler
- 505 32:49 Jennifer Johnson-Camille
- 513 33:44 Linda Henderson
- 529 35:08 Karen Lonski
- 530 35:08 Tina Baggio
- 537 36:16 Betty Lynch
- 552 37:22 Donna Hama
- 558 39:51 Jane Herbert

- M45-49
- 7 16:35 Mike Doyle
- 16 17:17 Russell Delap
- 34 18:17 Dave Cross
- 37 18:22 Pat Sullivan
- 43 18:40 Michael Niemiell
- 48 18:52 John Megan
- 53 19:05 Robb Linnemanstons
- 55 19:06 Randy Rucinski
- 69 19:37 Mark Maduza

- 75 19:50 Kurt Schuster
- 93 20:48 Gil Sanchez
- 94 20:51 Bob Krick
- 95 20:52 Ken Babcock
- 108 21:14 Tom Schuler
- 120 21:38 Pete Abraham
- 124 21:46 Jeff Haman
- 139 22:01 Richard Gebhard
- 142 22:11 John Skinner
- 147 22:26 John Hyland
- 150 22:29 Tom Currer
- 153 22:31 Lynn Franke
- 156 22:34 Terrance Glynn
- 163 22:46 Greg Daggett
- 174 23:04 Jack Hoeffleur
- 175 23:05 Sean Callahan
- 184 23:15 David Gipp
- 186 23:19 Mark Strachota
- 187 23:20 Lisle Blackburn
- 189 23:22 Pat Klemmer
- 192 23:26 John Stein
- 195 23:27 Scott Levenhagen
- 202 23:34 Glen Haberman
- 210 23:44 Craig Powers
- 216 23:52 Terry Heycyna
- 222 23:59 Michael Brennan
- 227 24:12 Greg Steinberg
- 234 24:18 Tom Swiderski
- 237 24:19 Peter Mamerow
- 239 24:20 Alan Larson
- 278 25:14 Steve Stein
- 286 25:25 Wayne Larsen
- 308 26:04 Greg Koehler
- 314 26:13 Mark Van Hart
- 354 27:35 John Kissinger
- 361 27:46 Daniel Benavides
- 362 27:48 Brian Lanser
- 368 27:56 Mike Blaschke
- 370 28:01 Jack Taglirvia
- 375 28:10 Marty Gagna
- 416 29:07 Donald Eldredge

F45-49

- 39 18:31 Cheryl Neumann
- 89 20:31 Kristy Keller
- 110 21:16 Kim Petak
- 113 21:19 Barbara Jewell
- 170 22:54 Kathleen Van Thiel
- 256 24:48 Shari Werve
- 258 24:49 Sharon Geer
- 261 24:51 Debbie Strachota
- 281 25:17 Cindy Schramm
- 287 25:26 Debra Larsen
- 306 25:59 Michele Askren
- 353 27:32 Cheryl Currer
- 355 27:36 Jane Jahnke
- 415 29:06 Mary Callen
- 424 29:20 Edie Niemiell
- 436 29:38 Elaine Wolters
- 461 30:54 Kelly James
- 502 32:42 Cory Eckdahl
- 523 34:48 Rene Winter
- 539 36:32 Pam Reed
- 543 36:40 Sally Moody
- 550 37:07 Kim Lueder
- 553 37:23 Mary Elliott
- 575 47:28 Terry Eckdahl

M50-54

- 12 17:06 John Jenk
- 52 19:01 John Mccarthy
- 58 19:12 Dennis Eden
- 62 19:22 Ron Erhardt
- 64 19:23 Randy Penn
- 76 19:56 Dennis Shoemaker
- 96 20:52 James Kehde
- 100 20:59 Terry Mank

- 103 21:07 John Rodahl
- 118 21:36 Robert Jozwiak
- 151 22:29 Roger Bell
- 154 22:32 Jeff Moody
- 176 23:05 Robert Massey
- 205 23:36 Timothy Rottmann
- 212 23:46 Joseph Farley
- 220 23:55 Nick Schroeder
- 244 24:27 Robert Schultz
- 257 24:49 Roger Bemann
- 264 24:53 Dale Dopp
- 297 25:35 Bill Brust
- 300 25:41 Steven Mamerow
- 331 26:52 Fred Oby
- 349 27:22 Dennis Ziebart
- 360 27:44 Michael Mccluskey
- 365 27:55 Mark Wahlen
- 369 27:57 Raymond Jacques
- 394 28:45 Rich Duce
- 406 28:52 Mark Westerfield
- 414 29:06 Paul Sokolowski
- 421 29:12 Patrick Kirklewski
- 427 29:30 Dave Donaldson
- 448 30:26 Chris Baseheart
- 453 30:31 Paul Bargren
- 467 30:58 Paul Barkhaus
- 517 34:14 David Witer
- 560 41:33 Richard Buchholz
- 579 Grant Lubin

F50-54

- 92 20:47 Kay Fronk
- 279 25:15 Jayne Weyer
- 346 27:18 Barbara Tremel
- 381 28:22 Paris Walker
- 412 28:59 Susan Wucherer
- 441 29:58 Barb Kohn
- 456 30:33 Sue Reimund
- 466 30:57 Cathy Rottmann
- 535 35:47 Deborah Simpson
- 564 43:36 Elizabeth Bargren

M55-59

- 26 17:39 Kerry Mayer
- 29 17:51 Dale Roe
- 65 19:27 James Bahr
- 91 20:43 Rick O'connor
- 106 21:13 Ronald Gottschalk
- 107 21:13 George Kupkovits
- 111 21:17 Ron Matousek
- 126 21:47 Mark Flagg
- 159 22:38 John Wucherer
- 161 22:45 Ronald Eder
- 238 24:19 Dennis Euting
- 268 24:58 Barry Blomfeldt
- 442 30:00 James Berger
- 457 30:34 Chris Atkin
- 483 31:38 Pete Tofte
- 554 37:57 Jim Nowakowski
- 556 39:05 Don Birschel
- 566 43:59 Bob Haight

F55-59

- 272 25:03 Nancy Birk
- 322 26:39 Karen Sivley
- 348 27:21 Judi Ziebart
- 434 29:36 Kate Kohlbeck
- 500 32:35 Sue Tofte
- 510 33:22 Kari Davidson
- 527 34:54 Kathy Mitchell
- 576 47:29 Rosemary Poetzal

M60-64

- 85 20:21 Mike Kirkwood
- 136 21:58 Alberto Avalos Jr
- 282 25:22 William Gull
- 288 25:26 Ron Pemberton
- 290 25:28 Jerry Springob
- 296 25:30 Tom Davis
- 312 26:12 Lee Robinson
- 357 27:37 Ray Parnell
- 479 31:31 Leonard Reimer
- 516 34:10 Robert Thays
- 528 34:59 Terry Mitchell

F60-64

- 444 30:17 Ingrid Stine

M65-69

- 137 21:59 Robert Huberty
- 177 23:07 Ron Caruso
- 274 25:05 David Stuckslager
- 285 25:24 Tom Chvala
- 307 26:00 Kent Schlienger
- 411 28:58 Bob Linke
- 443 30:01 Donald Smith
- 454 30:32 Timothy Cowdin
- 518 34:15 Mel Cyrak

F65-69

- 503 32:42 Judy Kirchoffer
- 557 39:32 Dona-Grace Gatewood
- 559 40:49 Nancy Mack

M70-99 (Male 70 & over)

- 201 23:31 Len Olson
- 384 28:27 Daniel J Murphy
- 392 28:41 Paul Gionfriddo
- 428 29:31 Jorden Burton
- 452 30:31 John Ohrmund
- 468 31:11 Robert Seinfeld

- 470 31:15 James E Kaegi
- 494 32:06 Jack Hughes
- 509 33:00 William Zabriskie
- 538 36:32 Ron Lund

F70-99 (Female 70 & over)

- 471 31:17 Agnes Reinhard



The Inaugural Ironman Wisconsin Results

Madison, WI

Striders only – Alphabetical
September 15, 2002

- Lewis Ase M40-44 12:07:20
- Michael Brown M40-44 12:52:49
- R.Sean Churchill M35-39 11:52:36
- Christine Cotey W35-39 12:37:17
- Jeffrey Cowie M45-49 13:58:12
- Patrick Dunks M40-44 11:47:32
- Sarah Erdmann W35-39 13:25:23
- Barbara Fagan W40-44 10:54:33
- James Fahrbach M60-64 14:04:56
- Rick Flayter M30-34 11:16:06
- Mary Gorski W35-39 12:47:26
- Steve Hartman M50-54 14:50:44
- Bruce Holmes M35-39 11:27:33
- Jerry Huhn M55-59 14:25:33
- Warren Knoll M35-39 13:28:26
- Susan Koleas W45-49 14:41:20
- Terry Labinski M35-39 9:24:59
- Donald Locke M30-34 11:27:36
- John Maniaci M50-54 12:38:35
- Kevin Mastaw M35-39 13:51:46
- Ron Maurer M50-54 12:34:22
- Michael McConohy M40-44 12:16:16
- Chris McGill M35-39 13:18:58
- Dave Meyer M50-54 12:06:17
- Michael Miller M30-34 11:43:49
- Mary Morris W30-34 13:20:09
- David Mueller M40-44 12:29:52
- Lowell Mutchelknaus M55-59 13:45:48
- James Nowakowski M55-59 14:59:22
- Marnie Pearsall W35-39 14:05:23
- Dan (Rino) Rindflesch M45-49 10:43:33
- Rick Rischman M35-39 10:30:00
- Stephen Schmidt M40-44 12:43:05
- Eileen Sherburne W45-49 13:01:13
- Ted Shue M30-34 11:40:17
- Donald Simon M55-59 13:39:28
- Tom Steinkraus M45-59 14:44:11
- Jeffrey Virlee M35-39 12:28:18
- Mary Wincapaw W45-49 15:56:17

FAMILY YMCA HALF MARATHON

Sponsored by Family YMCA of Northern Rock County

Janesville, WI
September 7, 2002

2 Mile Run

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

PLACE TIME NAME

FIRST M/F

- 1 10:54 Dave Atterbury
- 4 12:13 Jera Polzine

M00-09 (Male 9 & under)

F00-09 (Female 9 & under)

- 23 17:28 Rachel Gilmore
- 25 18:25 Saige Heath-Lovell

M10-14

- 5 13:00 Will Gilmore
- 17 16:47 Mark Coogan
- 21 17:22 Bradley Ploof

F10-14

- 4 12:13 Jera Polzine
- 7 13:44 Molly Gilmore
- 12 15:36 Renee Cooper
- 16 16:46 Maddie Stearns
- 19 17:05 Katie Brown
- 24 18:20 Kelsey Coulter
- 27 19:59 Kyrsten Klosowski

F15-19

- 13 16:18 Amy Copeland
- 14 16:19 Jill Anderson

M30-39

- 6 13:22 Erik Henderickson

F30-39

- 22 17:24 Beth Klosowski
- 28 20:50 Kathleen Holford

M40-49

- 1 10:54 Dave Atterbury
- 2 12:03 Greg Polzin
- 3 12:07 Neal Frauenfelder
- 9 13:46 Kirk Klosowski
- 11 14:52 Jim Bushelle
- 18 16:52 Kevin Olson
- 26 18:48 Michael Coogan

F40-49

- 10 14:48 Chris Murwin
- 15 16:39 Carol Pregont
- 29 21:09 Teri Pintv
- 31 26:16 Dianne Edson

M50-59

- 8 13:44 Dan Kowal

F50-59

- 20 17:17 Kathy Cullen
- 30 22:16 Marsha Drabek
- 32 26:17 Edie Crittenden

End of Results



Paul Kutschera, ALS sufferer, works Pre-Reg at the 2002 Tosafest 5K while Bob Fitts looks over his Shoulder (Photo by Jeff Weiss)



The Most Times are in 'The Strider'

MAKING DUST

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

Dylan's 5k Run & Walk for Autism

September 8, 2002

(Continued from page 15)

16 21:16 Joe Dailey
18 21:31 David Thorpe
22 21:51 Nate Matthews
28 22:15 Ryan Taylor
33 22:39 Pablo Barrutia
44 23:40 Matt Gill
51 24:16 Tom Begotka
74 25:45 Chad Helminger
100 27:53 Kevin Salmon
106 28:08 Ryan Glor
128 30:12 Jason Holtzman
172 35:46 Todd Willits
187 38:22 Tim Lindstedt
199 40:58 Joel Bucaro

F25-29
38 23:12 Juliet Holden
65 25:26 Katarzyna Blinska
71 25:42 Stephanie

Helminger
83 26:41 Farrah Sonnenberg
88 26:57 Jessica Taylor
99 27:51 Ann Glor
109 28:36 Erin Wascher
120 29:25 Suzanne Roth
127 30:11 Jennifer Pinkowski
155 33:09 Kristi Travis
161 34:14 Tammy Swenarski
164 34:27 Lisa Thomas
200 40:58 Diane Schuh

M30-34
1 16:59 Corey Binnebose
23 21:52 John Chung
34 22:51 Erik Hendrickson
41 23:20 Steve Hughes
58 24:48 Vince Lai
79 26:20 Jason Duelle
80 26:26 Michael Snyder
94 27:24 Bob Bell
108 28:35 David Dietzler
119 29:21 Dan Holtzman
142 31:27 Ben Weisse
162 34:16 Karla Holtzman
168 34:49 Luke Ardis
174 36:08 Edward Fuenmayor

F30-34
11 20:43 Laura Nettekoven
24 21:55 Amy Byal
37 23:07 Lori Ferry
53 24:29 Ann Limberg
70 25:39 Andi Gumina
86 26:47 Anna Szymkowiak
103 27:56 Wendy Loerch
123 29:44 Susan Weinert
148 32:00 Tammy Fassbender
153 33:04 Kim Thompson
156 33:17 Darci Duelle
158 33:35 Vanessa Terrazas
171 35:17 Laura Anderson
175 36:08 Kathy Fuenmayor
186 37:46 Paige Galfano
192 39:05 Connie Weisse
198 40:27 Michelle Zembruski
204 41:33 Michelle Bell

M35-39
3 18:05 Chaz Heckman
6 19:54 Paul Paikowski
25 22:02 James Fassbender
27 22:11 Dave Piotter
35 23:00 Steve Dixon
36 23:01 Robb Simcock
42 23:34 Witold Dziadowicz
57 24:47 Jeff Pokowski
59 24:50 John Wartman
60 24:53 Jack Havdala
64 25:24 Steve Salzbrenner
69 25:36 Tom Galfano
76 26:01 T Malinowski
82 26:38 Jim Coady
93 27:23 James Jerome
124 29:45 Dan Omalley
129 30:13 Michael Wargolet
151 32:21 Thomas Bellard

163 34:19 Chris Meyer

F35-39
30 22:19 Katie Zebell
77 26:08 Sung Ye Jacobs
78 26:15 Susanne Paikowski
81 26:30 Kim Oreilly
85 26:43 Kristine Thomas
114 28:54 Joan Wenders
134 30:46 Jill Ostrowski
140 31:09 Karen Kalkhoff
143 31:46 Michelle Piotter
150 32:13 Trisha Stark
165 34:28 Jane Pasamani
208 43:49 Patty Jones
214 45:55 Lisa Seefeldt

M40-44
5 19:37 Tony Macias
8 20:05 Mark Ullstrup
10 20:32 Tony Weisse
15 21:13 Ron Reuter
55 24:38 Michael Bilicki
75 25:58 Steven Kluender
84 26:42 Bud Matthews
95 27:27 Derald Rowland
105 28:07 Bill Hughes
137 30:53 Jay Erfurth
157 33:32 Joe Passamani
184 37:42 Robert Tab

F40-44
104 28:05 Maggie Hughes
116 28:58 Cindy Hintz
125 29:52 Tracy Hornbeck
166 34:30 Karen Salzbrenner
201 41:05 Karen Bellard
203 41:14 Deborah Buchanan

M45-49
48 23:56 Greg Daggett
49 24:04 Jeff Petak
54 24:36 Robert Zahn
61 24:56 Dennis Hanna
62 24:58 Jeffrey Turner
63 25:01 Will Jackson
90 27:17 Jeff Mueller
96 27:30 John Biser
111 28:37 Pete Litzau
113 28:53 Chris Weisse
209 43:54 Lewis Martin

F45-49
67 25:35 Cindy Carter
117 29:07 Sara Daggett
118 29:19 Laura Delleon
132 30:25 Lauralee Rogers
133 30:29 Mary Bennett
152 32:43 Linda Scholler
169 35:02 Sherry Hofmann
180 36:48 Nancy Washkuhn

M50-54
2 17:31 Neil Holland
9 20:22 Randy Penn
17 21:23 Carl Wendel
43 23:35 Greg Griswold
56 24:43 Thomas Ciula
73 25:45 Ronald Winkler
92 27:21 Mike Basile
98 27:51 Paul Woerpel
149 32:12 Robert Larson

F50-54
147 31:58 Patti Hall
159 33:36 Cathy Rottmann
160 33:39 Susan Basile
176 36:42 Leigh Ann Tidey

M55-59
4 19:11 Jose' Rodriguez
29 22:17 Michael Borzick
45 23:41 Ronald Eder

F55-59
167 34:32 Cheryl Holden

M60-99 (Male 60 & over)
14 21:07 Mike Kirkwood
107 28:33 Earl Psychal
122 29:35 Bob Linke
170 35:15 John Schiek
173 36:07 Ron Lund

F60-99 (Female 60 & over)
202 41:08 Emelie Linke

15TH ANNUAL GRAPE STOMP FOR THE MILWAUKEE ART MUSEUM

Milwaukee, WI
September 18, 2002
5K RUN

Results Provided by
Computer Aided Race
Results System

Bill Schauder
262 521-2191



FIRST M/F
1 17:08 Matt McClutchy
10 18:50 Lauren Jensen

M00-14 (Male 14 & under)
45 21:46 Luke Buechs
116 24:56 Chip Nitschke
161 26:41 Alex Walker
285 33:04 Freddie Oby

F00-14 (Female 14 & under)
247 30:52 Marissa Christjohn

M15-19
25 20:37 Ben Lowery
42 21:40 Michael Blodgett
49 21:57 Devic Goodman
255 31:09 Adam Setala

F15-19
M20-24
33 20:48 Nick Hardrath
46 21:49 Peter Nelson
130 25:27 Patrick Hood
198 27:58 Keith Schardt

F20-24
28 20:42 Erin Wichtoski
71 23:18 Angela Hemauer
131 25:31 Laura Luedtke
134 25:42 Mary Mocarski
179 27:15 Heather Wiedeman
180 27:15 Rebecca Staska

M25-29
5 18:07 Jason Kurian
21 20:12 Mike Antholine
22 20:24 David Thorpe
23 20:30 Shawn Monaghan
29 20:42 James Peters
53 22:25 Matt Gill
64 23:09 Jeff Castro
94 24:12 Curtis Leveque
100 24:21 Matthew Taylor
105 24:29 Adam Chiappetti
126 25:19 Ben Campbell
128 25:24 David Zwart
142 26:02 Mike Wagner
188 27:38 Santosh Kutty

F25-29
32 20:45 Kelly Delaney
37 21:12 Robin Treder
40 21:26 Julie Treder
47 21:50 Juliet Holden
84 23:45 Kate O'leary
85 23:50 Jody Dirks
106 24:34 Nicole Boettcher
121 25:08 Amanda Humiston
143 26:04 Kathleen Szwalek

144 26:06 Briana Benning
167 26:52 Julie Biswell
173 27:02 Pam Pfeiffer
176 27:14 Shannon Krygiel
177 27:14 Julie Flaa
217 29:06 Stacy Staffen
219 29:08 Mabelle Lee
220 29:08 Rosa Gomez
239 30:37 Jennifer Gesicki
259 31:12 Lacey Perry
263 31:21 Stacey Weiss
311 38:16 Erica Russo

M30-34
1 17:08 Matt McClutchy
9 18:41 Michael Culbert
11 19:02 Geoffrey Harris
14 19:11 Robert Barry
26 20:37 John Mobley
43 21:41 Daniel Tessler
60 23:00 Pete Chiapetta
63 23:03 Charles Elliott
88 23:56 Mike Dean
91 24:03 Roger Salyers
95 24:13 Chris Meece
101 24:25 Scott Heins
102 24:27 Patrick Fetherston
103 24:27 Llyn Wasley
108 24:43 Jeff Krygiel
109 24:45 Len Stewart
120 25:08 Jim Leikness
168 26:55 Chris Ng
183 27:21 Sean Regan
193 27:45 Bill Leslie
238 30:37 John Fugate
295 34:10 Clark Winter
299 34:25 Mark Mowers

F30-34
10 18:50 Lauren Jensen
51 22:21 Karen Culver
132 25:32 Wendy Loerch
133 25:41 Andi Gumina
146 26:11 Anne Curtis
170 26:59 Mary Schneider
178 27:14 Susan Miner
192 27:44 Michelle Leslie
194 27:46 Beth O'keefe
195 27:46 Kim Zaiss
201 28:01 Kristine Langer
205 28:12 Andrea Boucher
223 29:14 Catherine Conway
226 29:33 Kelli Bacon
237 30:31 Sara Hauer
257 31:11 Paty Donahue
260 31:13 Candice Miller
264 31:21 Meg Bauer
268 31:34 Kelly Conrardy
269 31:34 Kristy Lindsey
274 32:01 Julie Chisholm
286 33:04 Stefanie Castro
310 38:02 Karla Fuller
313 39:29 Laurie Makola

M35-39
6 18:11 Chaz Heckman
7 18:18 Bill Verros
8 18:22 Howard Lederman
15 19:17 Robert Williams
44 21:44 David Klumpp
52 22:22 Brian Wichman
55 22:28 Jeff Krumenauer
59 22:57 Thomas Simon
62 23:01 Alonzo Fuller
65 23:11 Dennis Stukel
67 23:13 Troy Nitschke
74 23:23 Mike Oteman
76 23:31 David Guse
87 23:51 Brian Ferriso
97 24:18 Troy Malinowski
98 24:19 Paul Neuman
104 24:28 Victor Reckmeyer
112 24:48 Paul Fisher
117 24:59 Tom Christjohn
118 25:05
119 25:07 Steven Acosta
129 25:24 Matthew Ziebert
150 26:14 Chris Larsen
151 26:17 Mark Nisenbaum
159 26:33 David Dietzler
160 26:39 Alan Buechel
166 26:50 Michael Molina
171 26:59 William Schneider
182 27:17 Jeffrey Sprau
204 28:06 Jeff Biskowitz
207 28:35 Chris Cox

210 28:43 Gary Lindsey
211 28:51 Teresa Frazier
229 29:38 Gail Hornak
236 30:30 Cameron Cook
242 30:46 Brett Gardner
246 30:52 Patrick Cooper
270 31:36 M Karbo
273 31:47 Andrew Contreras
280 32:35 Joe Hornak

F35-39
66 23:13 Lisa Glomski
70 23:17 Kathy Sengbusch
77 23:33 Gina Johnson
79 23:34 Sara Jochem
81 23:39 Angela Sprau
111 24:47 Pam Kassner
124 25:16 Karol Koshak
158 26:33 Tina Skenandore
172 27:02 Paula Ambos
186 27:24 Ann Crawley
197 27:53 Lorraine Heins
212 28:59 Susan Mowers
231 29:51 Terri Stachurski
241 30:44 Susan Steele
243 30:46 Jill Ostrowski
244 30:51 Suzanne Molina
251 31:05 Amy Murphy
258 31:11 Julie Brooks
262 31:18 Virginia Pohl
265 31:22 Kelly Langer
275 32:01 Mally Schwartz
276 32:03 Nancy Shue
282 32:42 Darcy Alatalo
301 34:53 Pam Lewis

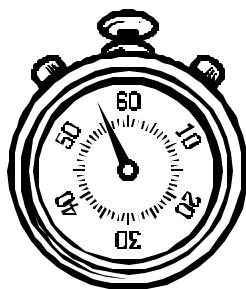
M40-44
2 17:28 Bill Gilmore
4 18:02 Bill Olson
18 19:45 Matthew Peterson
24 20:35 Marcel Cesar
27 20:39 Steve Schlager
31 20:44 Nicholas Anstedt
41 21:31 Hans Wesesser
48 21:53 David Markwardt
56 22:55 David Poglitsch
68 23:14 Patrick Buechs
72 23:20 David Meyer
73 23:23 Tim Dunne
80 23:37 James Durgan
110 24:46 Robert Zastrow
138 25:49 Todd Ludorf
139 25:56 Mark Kaehny
145 26:09 Danny Burns
149 26:14 David Reynolds
174 27:04 James C. Delwiche
189 27:38 Paul Shebeneck
190 27:40 Dan Hernday
248 30:53 Jeff Breidenbach
249 30:53 Matt Byrnes
253 31:08 Thomas Klein

F40-44
39 21:23 Rosemary Schultz
57 22:38 Jeanne Brill
58 22:41 Elizabeth Anshus
82 23:39 James Bittner
152 26:21 Martha Petermann-Schie
154 26:23 Kahty Bohlman
156 26:30 Diana Steffen
157 26:30 Betty Lynch
185 27:23 Lisa Kreft
200 28:00 Sylvia Nicora
203 28:05 Kathleen Jurkovich
213 28:59 Debbie Matitz
215 29:02 Ruth Eimer
224 29:19 Susan Ryle
245 30:51 Raneer Tozer
252 31:05 Deanne Meier
279 32:34 Jean Groshek
289 33:27 Kim Jennaro

M45-49
3 17:48 Rich Moore
12 19:07 Jay Johnson
17 19:28 Chris Scotto Divetta
36 21:03 Chuck Pautsch
61 23:00 Charles Austin
78 23:33 Loren Regan
89 23:57 Russ Schwartz
90 24:01 Randy Nawotka
92 24:09 Jeff Steffen
93 24:09 Greg Nisenbaum
107 24:38 William Jackson
122 25:10 Dennis Niesl

(Continued on page 17)

The Most Times



are in 'The Strider'

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15TH ANNUAL GRAPE STOMP FOR THE MILWAUKEE ART MUSEUM

5K RUN CONTINUED



MILWAUKEE ART MUSEUM

(Continued from page 16)

- 125 25:16 Michael Baran
- 140 25:57 Robin Lawson
- 141 26:01 Robert Freimuth
- 163 26:44 Thomas Schluss
- 181 27:16 Kurt Luling
- 187 27:28 William Robinson
- 208 28:41 George Gama
- 214 29:01 Larry Stone
- 225 29:32 Joe Lindahl
- 267 31:32 Arthur Derse
- 281 32:37 John Springob
- 302 35:16 Gerald Knutson

- F45-49
- 99 24:19 Terry Janda
 - 113 24:51 Cheryl Schmelzer
 - 135 25:44 Ann Erpenbeck
 - 169 26:57 Teri Vandenhoven
 - 191 27:43 Suzanne Ring-Wagner
 - 199 27:59 Karin Schwartz
 - 228 29:38 Clarissa Cox
 - 254 31:09 Janel Schliesmann
 - 284 32:56 Marjorie Mccaig
 - 291 33:43 Christine Wilkinson
 - 297 34:19 Sandy Stone
 - 305 36:35 Jean Mattson
 - 314 39:48 Kathy Storck
- M50-54
- 16 19:24 John Mccarthy
 - 19 19:48 Randy Penn
 - 35 21:01 Jay Rodahl
 - 50 22:01 Dale Daroszewski
 - 96 24:18 Gordon Hetzel
 - 123 25:12 Toby Hornslein
 - 137 25:48 Ramon R. Maldonado
 - 153 26:22 F. Louis Kerry
 - 162 26:43 Fred Oby
 - 164 26:44 Tom Schoenecker
 - 196 27:48 Ed Hashek
 - 206 28:29 Jim Matykowski
 - 218 29:07 Glen Brower
 - 235 30:13 Jim Kexel
 - 240 30:39 Tom Nackers
 - 271 31:44 Daniel J. O'leary
 - 272 31:44 Bob Polkowski
 - 283 32:47 James Storck
 - 294 33:52 Dennis Ziebart

- F50-54
- 114 24:51 Phyllis Tubesing
 - 115 24:55 Sue Sharkey
 - 148 26:13 Gregory Michelson
 - 184 27:23 Lucy Wichtoski
 - 230 29:46 Diana Hetzel
 - 250 31:00 Rosemary Beles
 - 266 31:32 Deidre Martin
 - 277 32:22 Mary Michelson
 - 292 33:48 Jan Skotzke

- M55-59
- 13 19:08 Jose Luis Rodriguez
 - 20 19:51 Jack Lofye
 - 34 20:57 Ronald Gottschalk
 - 38 21:18 George Kupkovits
 - 69 23:14 Ron Eder
 - 75 23:27 Gwyn Owen
 - 83 23:41 John Bowsman
 - 86 23:51 Jim Gilbert
 - 165 26:44 Richard Schoenecker
 - 222 29:12 Steve Kuklin
 - 227 29:35 James Weiskopf
 - 232 29:51 Curt Laetz
 - 256 31:10 Wayne Steffen
 - 261 31:17 William Skotzke
 - 278 32:29 Leo Wagner
 - 290 33:39 Steve Burns
 - 303 35:30 Phillip Shank
 - 315 40:52 Jack Mangi

- F55-59
- 293 33:51 Cheryl Holden
 - 296 34:13 Jean Garfield
 - 304 36:15 Judi Ziebart
 - 307 36:35 Karla Knutsen
 - 309 37:59 Jackie Heise
 - 312 39:27 Jeanne Stott

- M60-64
- 30 20:43 Bert Butler
 - 147 26:13 Tom Davis
 - 306 36:35 James Foy

- F60-64
- 202 28:02 Sandra Weinstein
 - 287 33:15 Marian Benz
 - 308 37:37 Joan Barry

- M65-69
- 136 25:45 David Stuckslager
 - 209 28:42 Bob Linke
 - 216 29:03 Wayne Gilmore
 - 233 29:52 Edward Blumberg
 - 234 30:12 Gerald Phillips

- F65-69
- 300 34:26 Jan Grosenick

- M70-99 (Male 70 & over)
- 221 29:11 Daniel J. Murphy
 - 288 33:24 Jack Hughes
 - 298 34:22 Ron Lund

- F70-99 (Female 70 & over)
- 175 27:11 Lois Gilmore

2002 AL'S MEMORIAL RUN For Children's Hospital

Milwaukee, WI
September 21, 2002

Results Provided by
Computer Aided
Race Results System

Bill Schauder
262 521-2191



Matt Thull, male winner (24:33), pulls away with less than a block to go. (Photo by Jeff Weiss)

- PLACE TIME NAME
- FIRST M/F
- 1 24:33 Matt Thull
 - 46 29:02 Dot Mc Mahon

- M00-18 (Male 18 & under)
- 69 30:16 Tom Jensen
 - 209 33:56 Peter Wendt
 - 218 34:09 Ryan Lundy
 - 294 35:34 Collin Dassow
 - 342 36:19 Scott Allerheiligen
 - 354 36:32 Nick Warrichaiet
 - 424 37:15 Taylor Otten
 - 428 37:16 Matt Ruebl
 - 508 38:14 Matt Gantenbein

- 2584 53:07 Matt Marquette
- 2588 53:08 Thomas Regan
- 2612 53:20 Derek Muck
- 2657 53:41 Max Purin
- 2725 54:30 Michael Feldman
- 2766 54:51 Bill Ducette
- 2839 55:39 Nick Mc Carthy
- 2970 57:21 Freddie Oby
- 2984 57:36 Joseph Popalisky
- 3017 58:18 Destin Wernicke
- 3061 59:12 T Woody
- 3084 59:52 Graham Charlton

- 1754 47:13 Laura Wittig
- 1851 47:52 Torian Mittnacht
- 1892 48:00 Shelby Grosheim
- 1914 48:05 Beth Tomkowiak
- 1926 48:08 Stephanie Behne
- 1936 48:11 Lauren T
- 1977 48:20 Jayme Joyce
- 1985 48:22 Rac Roche
- 2027 48:37 Lupe Valesquez
- 2040 48:45 Bridgette Meyer
- 2103 49:09 Amber Wesela
- 2107 49:12 Courtney Stevens



- 536 38:35 Michael Ortiz
- 650 39:28 Dale Nelson Jr.
- 662 39:35 Jordan Gilbertson
- 687 39:47 Adam Breihan
- 763 40:27 Kevin Sobieski
- 775 40:34 Joseph Mc Conkey
- 801 40:49 Wesley Falk
- 845 41:08 Colin Tucker
- 938 41:43 Darren Almagro
- 949 41:49 Jeremy Pape
- 960 41:53 Chad Pahnke
- 985 42:01 Mike Guerrero
- 988 42:02 Adam Baade
- 995 42:05 Joseph Christman, Jr.
- 998 42:06 Chris Arndt
- 1006 42:09 Joshua Radomski
- 1050 42:24 Matt Faile
- 1074 42:32 Paul Timm
- 1163 43:16 Andrew Crawford
- 1188 43:26 Joe Schultz
- 1217 43:36 Dan Barbian
- 1335 44:28 Ryan Holzhafer
- 1418 44:58 Eric Scott
- 1431 45:03 David Wilder
- 1461 45:17 Michael Gorrilla
- 1523 45:41 Luke Abbrederis
- 1535 45:45 Sam Kletzien
- 1582 46:03 Matthew Waech
- 1600 46:13 Brendt Baumann
- 1679 46:44 Andrew Moritz
- 1778 47:21 Tony Revolinski
- 1853 47:53 Alexander Hintz
- 1862 47:55 Christian Bialk
- 1865 47:55 Jacob Carey
- 1871 47:56 Matt Van Hoven
- 1872 47:56 Andrew Sonnenberg
- 1880 47:58 Justin Huggins
- 1884 47:59 Michael Schultes
- 1887 48:00 Anthony Cesaro
- 1891 48:00 Andrew Busso
- 1897 48:02 Robert Nakamura
- 1908 48:04 Mike Loring
- 1935 48:10 Bob Muchow
- 1966 48:18 Patrick Mahoney
- 1968 48:18 Elissa Flynn
- 2058 48:55 Adam Bordeman
- 2098 49:08 Ryan Dwyer
- 2099 49:08 Aaron Stumpf
- 2323 50:42 Scott Wirth
- 2389 51:13 Benjamin Sturdevant
- 2390 51:13 Brandon Fuller
- 2416 51:25 Samuel Sturdevant
- 2498 52:20 Aaron Van Krey

- F00-18 (Female 18 & under)
- 550 38:39 Lisa Treu
 - 551 38:39 Emily Constantine
 - 563 38:45 Nora Page
 - 673 39:38 Kristin Flores
 - 715 40:01 Stephanie Mondloch
 - 720 40:03 Kelsey Strohm
 - 853 41:10 Extra Participant34
 - 875 41:16 Jennifer Zaidel
 - 886 41:23 Kelly Wieland
 - 887 41:23 Extra Participant39
 - 934 41:42 Brenda Lenser
 - 1001 42:07 Lacey Cahen
 - 1004 42:08 Nikki Cahen
 - 1017 42:12 Kelly Adamczyk
 - 1021 42:14 Adrianna Stoiber
 - 1036 42:18 Katie Keefe
 - 1037 42:18 Amy Garbo
 - 1072 42:31 Ingrid Timm
 - 1103 42:46 Martha Aglen
 - 1111 42:48 Kellie Perry
 - 1177 43:22 Martha Edwards
 - 1206 43:33 Emily Lephardt
 - 1321 44:22 Liz Stamborski
 - 1447 45:12 Mary Kaleta
 - 1448 45:12 Caitlin Czajka
 - 1473 45:23 Dorothy Schilling
 - 1533 45:44 Caitlin O' Brien
 - 1622 46:24 Dana Derrick

- 2113 49:13 Leanne Karpinski
- 2133 49:23 Megan Cecka
- 2135 49:24 Sarah Dejewski
- 2137 49:25 Katherine Folz
- 2156 49:31 Arianna Florence
- 2211 49:54 Lauren Jorgenson
- 2212 49:54 Eileen Foley
- 2252 50:08 Jennifer Allen
- 2257 50:09 Kelly Nault
- 2259 50:10 Samantha Styza
- 2260 50:10 Caitlin Heinen
- 2261 50:10 Susan Earle
- 2263 50:11 Stephanie Perry
- 2264 50:11 Sarah Salzer
- 2381 51:09 Meghan Wingert
- 2463 52:01 Megan Ivers
- 2495 52:19 Liz Kozlik
- 2496 52:19 Vanessa Zaragoza
- 2585 53:07 Leah Hickman
- 2586 53:08 Jennifer Wenzel
- 2594 53:09 Erin Scott
- 2629 53:29 Katrina Meyer
- 2633 53:30 Diana Meyer
- 2646 53:35 Katie Sullivan
- 2666 53:45 Marcie Reynolds
- 2694 54:09 Elyse Hasler
- 2713 54:23 Lauren Young

(Continued on page 18)



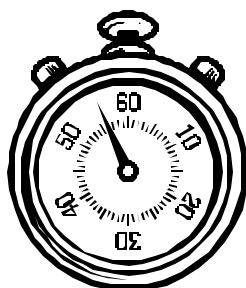
Arnie Schraeder, with a close second (24:35), finishes strong. (Photo by Jeff Weiss)

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Cynthia Hince R.M.T
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Pewaukee, WI 53072



The Most Times

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Volunteer's, THEY HELP MAKE IT ALL POSSIBLE...

(Continued from page 3)
great cause.

As a runner, my first Al's was 16 years ago and the starting line was at Children's Hospital, on 'The Ave'. I remember looking up and seeing the kids waving to us from their Hospital rooms. I remember thinking how lucky my family and I were to never have been in any of those rooms or know anybody that has been there. I could not help but think that waving to the crowd was one of the highlights of those kids and their family's day.

I guess we all volunteer for our own reasons. Some, because of sense of responsibility to BLS or the Milwaukee community, others because they have had friends or family in Children's Hospital. Whatever your reason is for volunteering, in this event or any other, thank you. Without people like you, this and other events would not be possible. Thank you for all of your help.

Of the over 230 people that help make this run a success, space does not permit me to name them all.

If we did not mention you, please do not be offended or feel unappreciated. As you can see, over 90% of the people that help are not mentioned but all are appreciated.

Thanks again for your help and support and we look forward to seeing you again at the Al's Memorial Run for Children's Hospital on September 20th, 2003.

2002 AL'S MEMORIAL RUN

For Children's Hospital
September 21, 2002
Continued

(Continued from page 21)

- 2248 50:06 Jay Horner
- 2278 50:16 Brian Ellinger
- 2290 50:22 Barry Von Hoff
- 2318 50:40 George Martinez
- 2319 50:40 Paul Ahlf
- 2339 50:49 Steve True
- 2377 51:07 Mark Stetter
- 2383 51:11 Mark Ruebl
- 2426 51:28 Jon Konings
- 2433 51:40 William Wolters
- 2481 52:12 Doug Kollman
- 2486 52:15 Phillip Wagie
- 2512 52:30 Dave Willis
- 2523 52:34 Terry Boschert
- 2536 52:39 Russell Pickhard
- 2566 52:53 Dean Wendlandt
- 2571 52:55 James Graef
- 2599 53:13 Brian Awe
- 2610 53:19 Dan Ahler
- 2636 53:31 Bob Schreiter
- 2637 53:31 Denis Regan
- 2641 53:33 Arthur Derse
- 2673 53:49 Patrick Earle
- 2679 53:52 Dave Nelson
- 2684 53:56 Mark Thieleke
- 2708 54:18 Ron Braier
- 2772 54:55 Jeffrey Kaser
- 2776 54:58 Paul Schneider
- 2783 55:04 Nick Recupero
- 2797 55:18 Thomas Mackenzie
- 2805 55:20 Jeff Meyer
- 2807 55:21 Kenneth Baar
- 2815 55:25 Russell Robertson
- 2816 55:25 Russell Brinza
- 2836 55:38 Jim O'Connell
- 2860 55:48 Tommy Thorne
- 2862 55:50 Jeff Jung
- 2890 56:11 Jeffrey Schultz
- 2903 56:19 Pat Harty
- 2930 56:38 Joe Bohte
- 2963 57:17 Walter Baade
- 2997 57:50 Gene Halaska
- 3045 58:55 Tom Brojanac
- 3057 59:10 Robert Juday
- 3058 59:10 Keith Prochnow

- 3059 59:10 Bob Penlesky
- 3068 59:22 W. S. Weldon
- 3072 59:32 Paul Bast
- 3085 59:56 Mark Charlton
- F45-49
- 98 31:20 Cheryl Neumann
- 275 35:13 Kim Petak
- 324 36:07 Barbara Jewell
- 511 38:16 Linda Teske
- 515 38:18 Nancy Joyce
- 777 40:37 Mary Wysocki
- 808 40:51 Mary Jo Hubbs
- 828 40:57 Sharon Geer
- 943 41:46 Christy Breihan
- 1053 42:25 Gail Reisenauer
- 1105 42:47 Jan Beaton
- 1113 42:49 Nora Jeson
- 1181 43:23 Pam Hazen
- 1184 43:24 Patty Pittman
- 1252 43:54 Mary Beach
- 1262 43:58 Eileen Sherburne
- 1383 44:48 Susan Howenstine
- 1432 45:03 Barbara Krueger
- 1481 45:25 Teri Vandenhoven
- 1503 45:34 Cherie Michalowski
- 1531 45:44 Gail Ostermann
- 1552 45:50 Linda Pintor
- 1674 46:41 Lee Ann Lyons
- 1723 47:00 Susan Templin
- 1739 47:07 Sandell Haley
- 1833 47:46 Barb Troy
- 1839 47:48 Linda Miszewski
- 1847 47:51 Karen Braun
- 1909 48:04 Sandra Herrmann
- 1978 48:20 Colette Fey
- 2043 48:47 Lane Kuhnen
- 2047 48:49 Debbie Blasius
- 2057 48:55 Gloria Wittig
- 2085 49:05 Debra Wrobel
- 2087 49:06 Mary Bertram
- 2181 49:41 Sue Fredel
- 2221 49:57 Debra Schneider
- 2235 50:02 Penni Stevens
- 2237 50:03 Camilla Klyve
- 2302 50:27 Lorna Granger
- 2330 50:46 Ann Alvarez
- 2365 51:02 Sharon Mullikin
- 2446 51:51 Jane Jahnke
- 2465 52:03 Linda King
- 2474 52:09 Mary Bennett
- 2475 52:09 Candi Humphreys
- 2502 52:25 Connie Beiebdorf
- 2546 52:45 Marjorie Mc Caig
- 2558 52:50 Linda McCormick
- 2587 53:08 Marge Regan
- 2590 53:08 Sheila Ryan
- 2596 53:10 Joy Carr
- 2607 53:17 Terry Robinson



Al's Memorial Run 8K Volunteer Honor Roll

- Balian John
- Bauer Michael
- Bautch Pam
- Benson Jeremiah
- Berlin Paul
- Berry Frank
- Berry Janette
- Boyd John
- Boyd Martha
- Bryant Jim
- Bun Lom
- Bun Judy
- Callen Mary
- Conrad Annette
- Costello George
- Ditter Cynthia
- Dorman Deeann
- Drinan Gary
- Duerlinger Sue
- Fritz Jacob
- Fritz Josh
- Geib Paul
- Gilerovich Tony
- Guse David
- Hackbarth Gordon
- Hennum Carol
- HilleryJohn
- Hinrichs Kris
- Hintz Russell
- Hintz Patricia
- Hoffman Sandy
- Jacobs Ricky
- Jahns Donald
- Jenovai Gary
- Jensen Larry
- Kasinski Steven
- Kitzrow Thomas
- Kitzrow Sam
- Kizaric Mark
- Klein Laura
- Klingelhoets Randy
- Krimmer Dale
- Krimmer Jeff

- Krimmer Kelly
- LaFave John
- Lash Christine
- Lemke James
- Maley Tom
- Mandelker Jack
- Mao Li
- Marak Robert
- Mattek Mike
- McChain Betsy
- McGovern Jean
- Meier Michelle
- Meier Deanne
- Meier David
- Mertes Rich
- Mohr Janey
- Moran John
- Moran Lezlye
- Morello Brian
- Morris Nancy
- Moseley King
- Moseley Jennifer
- Moseley John
- Moseley Matt
- Murphy Joanne
- Neidick Michele
- Nelson Doug
- Nelson Grant
- Nisiewicz Hank
- O'Loughlin Laurie
- Patton Donald
- Peterson, Rosie
- Pederson John
- Penn Andy
- Penn Randy
- Pollack Beth
- Powers Fred
- Quiles Nelson
- Quiles Justin
- Reid Angela
- Reid John
- Robinson Marc
- Scherer Maya

- Scherer Kay
- Schmidt Paul
- Scholz Mike
- Severson Bill
- Simmons Kate
- Skrepenski Donald
- Slater Jack
- Steinke John
- Stringer Julie
- Stringer Matt
- Sullivan Pete
- Swanson Fred
- Tilidetzke Norb
- Touchett Susan
- Towler Paul
- Tryggestad Debra
- Weiss Betsy
- Weiss Brandi
- Westen Lance
- Wysocki Pete
- Zibton Paula

Brookfield Key Club

Captains

- Blazek Bob
- Carpenter Phil
- Cornell John
- Hoefl Allan
- Hopper Mary
- Hopper Craig
- Morello Carol
- Novak Dennis
- Retzlaff Kathryn
- Rodee John
- Scherer Bob
- Sokolowski Paul
- Weyer Donald
- Yonko Joe

Race Director

- Weiss Jeff

Thanks to everyone who helped make this race a big success.

Sorry if we've overlooked anybody in the above list.

Thanks on behalf of the Kids you all helped by helping, walking or running.

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

2002 AL'S MEMORIAL RUN

For Children's Hospital
September 21, 2002
Continued

- 2658 53:41 Kathleen Gardner
- 2748 54:44 Debbie Honore
- 2882 56:04 Pamela Hanson
- 2887 56:08 Deb Dassow
- 2932 56:39 Teresa Steffen
- 2933 56:39 MaryEllen Humpal
- 2955 57:06 Deb Chiovoloni
- 3053 59:00 Mary Schlapinski
- M50-54
- 44 28:50 Hal Carlson
- 73 30:18 Ron Erhardt
- 100 31:27 Brian Pray
- 101 31:27 Bert Fields
- 112 31:45 Dennis Eden
- 116 31:51 John Mc Carthy
- 135 32:28 Barry Smanz
- 145 32:47 John Place
- 150 32:54 John Seaman
- 185 33:39 Steve Waugus
- 198 33:46 John Husz
- 228 34:18 Terry Roberts
- 229 34:19 Paul Heller

- 276 35:13 Toby Babb
- 285 35:25 James La Belle
- 295 35:36 Carl Wendel
- 297 35:39 Rick Chandler
- 311 35:54 Richard Rusch
- 317 35:57 Bob Neumann
- 326 36:08 Kenneth Maciolek
- 335 36:14 David Meyer
- 337 36:16 John Schultz
- 339 36:17 Erv Meier
- 369 36:39 Rick Braunschweig
- 387 36:49 Bob Koehl
- 407 37:03 Dale Daroszewski
- 426 37:15 William Hurula
- 435 37:20 John Miller
- 438 37:22 John Boldt
- 453 37:34 Jack Bothwell
- 454 37:34 Denny Hutchins
- 476 37:56 Richard Menzel
- 487 38:01 Robert Massey
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Editor: Sam Martino
 262-473-4374
 Email: martinosa@mail.uww.edu
Advertising: Dave O'Brien
 414-425-1309
Graphic Design: Jeff Weiss
 414-771-3165
 Email: tstrider@wi.rr.com

Cartoonist:
 Dennis Shoemaker

Strider Championships:
 Jim Schmidt

Most Improved Runner Program:
 Mary Wincapaw

Photographers:
 Dennis Eden
 Kent Schlienger
 Jeff Weiss