

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 32, No. 8

September 2003

A BUSY MONTH!

LOOKING FOR THE STRIDER 20K START?
IT'S NOT WHERE IT USED TO BE
August 30th, 2003
Pg. 2



Chancery Tosafest 5K to Defeat A.L.S.
September 6th, 2003
Pg. 2



Race for the Cure is early this year!
September 13th, 2003
Pg. 3



Make a Difference, Run Al's Run
September 20th, 2003
Pg. 3



INSIDE:

BLS 20K	Pg.2
TOSAFEST BENEFITS ALS	Pg.2
ELECTION NOTICE	Pg.2
RACE FOR THE CURE IS EARLY THIS YEAR	Pg.3
MAKE A DIFFERENCE, RUN AL'S RUN	Pg.3
TRAVELLING STRIDERS:	
• VOYAGUER RUNNERS BAKED LIKE BUGS UNDER GLASS	Pg.4
• THREE MARATHONS, QUICK!	Pg.4
TIMES PAST: ASK AUNTIE EM Pt.III	Pg.5
STRIDERS IN THE NEWS	Pg.6
WORLD RECORD DISALLOWED AT FIRECRACKER FOUR	Pg.6
MORE RUNNERS GET WIRED FOR LAKEFRONT MARATHON	Pg.7
CALLING LAKEFRONT VOLUNTEERS	Pg.7
SHARE THE LOVE	Pg.7
FORM A TEAM FOR THE RACE FOR THE CURE	Pg.8
MY FEELINGS AS A STRIDER	Pg.8
JULY TRACK MEET REPORT	Pg.8
FIGHTING WEIGHT GAIN	Pg.10
A MARATHON METAPHOR	Pg.10
FROM THE ARCHIVES	Pg.11
COMING EVENTS - RACE CALENDAR	Pg.14&15
BLS FUN RUN SCHEDULE	Pg.14
BLS MARATHON BUILDUP SCHEDULE	Pg.14
MAKING DUST	
▪ FIRECRACKER FOUR	Pg.17
▪ PEWAUKEE RUN TO THE BEACH	Pg.17
▪ WHEELS & HEELS RUN TO FESTA	Pg.18
▪ UNCF RUN	Pg.18
CATCH THE VOLUNTEER BUG	Pg.19
MOST IMPROVED RUNNER CONTEST	Pg.19

Looking for the *Strider* 20K Start? It's Not where it used to be

By Jeff Weiss

The Strider 20K will be held on Saturday August 30th on the same course as always BUT it won't start at the usual spot.

Due to the festivities surrounding Harley's 100th Anniversary the race will start in Estabrook Park at Picnic Area #5 on the north end of the park.

Don't go to the south end in the usual spot because you won't be able to park there and there is no race there.

The north end makes a much nicer spot to start the race anyway. We have a large parking lot, permanent bathrooms and more room to party!

The course is basically the same though it has been turned around a bit (and don't worry it has been measured for certification purposes).

To get there follow these directions;

From the North - take highway 43 south to the Silver Spring exit, turn left at the bottom of the

ramp. Go under the freeway, then go straight about 4 blocks to Lydell Avenue. Take a right on Lydell and go about 1.3 miles south across Hampton Ave



into Estabrook Park (the road turns into Estabrook Parkway). The parking lot for area #5 will be on your left.

From the south - take highway 43 north to the Hampton Avenue East exit, take a left at the bottom of the ramp. Go about 1 block across the bridge and take a right on Hampton Avenue. Go about three blocks to Estabrook Parkway on your right. Take Estabrook Parkway about 1/3 of a mile, the parking lot for area #5 will be on your left.

The race starts at 8:00am sharp. Registration closes at 7:45am.

This year the entry fee is \$5.00 for BLS members, \$6.00 for non-members and \$7.00 for everyone on the day of the event. The entry form can be found on the BLS Website, www.badgerlandstriders.org.

There will be root beer at the finish and root, root, root-for real-beer too.

If you have any questions, call Race Director Henry Ehler at 414-438-7312.

Chancery Tosafest 5K to Defeat A.L.S.

By Betsy Weiss

What is ALS?

Amyotrophic Lateral Sclerosis (ALS) is a progressive motor neuron disease identified by French neurologist Jean-Martin Charcot in 1869.

Here in the United States the disease ALS is better known as Lou Gehrig's disease because of the famous baseball star of the 1930's whose diagnosis brought a new awareness of the disease.

ALS has a degenerative effect on the nerve cells in spinal cord and the brain that control voluntary muscles throughout the body.

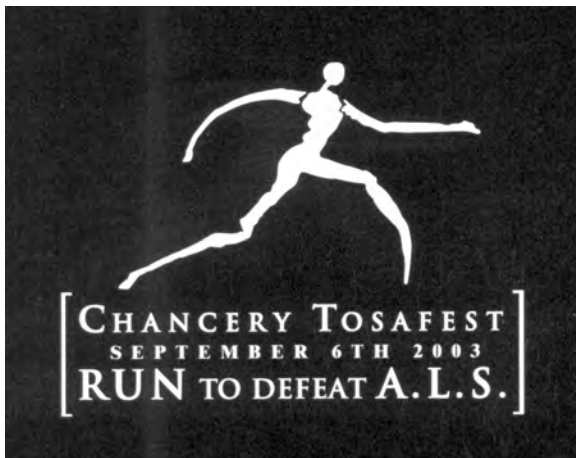
As the motor neurons degenerate and eventually die, they are unable to transmit the electrical signal required for muscle movement. Because the muscle receives no input, it becomes weak, begins to waste away (*atrophy*) and eventually becomes paralyzed.

ALS affects only the motor neurons of *voluntary muscles*. Voluntary muscles are all those that we control with our thought process such as limb movement, swallowing and breathing. (Breathing is not automatic as you can hold your breath and hence control your diaphragm muscles.)

Run for a fellow Strider

Longtime Badgerland Strider, Paul Kutschera suffers from ALS. In the year 2000 he took first in the 65-69 Mens Age Group of the Striders Club Championships. In 1999 he maintained a 9:15 pace

to finish the Big Sur marathon in 4 hours. Today, he is unable to run at all and does not know how much longer he will live.



We'll See You There!

Please join us on Saturday September 6th for the 23rd annual Tosa Fest 5K run and walk.

This year the race will utilize the same course that has been used over the last several years. The race begins at Hillcrest and 68th Street in Wauwatosa and finishes on the bike path just West of the Tosa Village area. This year the starting time has been moved up one hour to 5:30 pm. Hopefully

there will be a little less sun in the runners eyes as they charge down the hill at the start. We hope that we will be able to have the race awards program while we still have daylight. - The run will still be a twilight run, but with a little more day and a little less night.

The race features open and masters championships for men and women. There are awards for 1st - 5th place, with the age groups spaced at 5 year intervals.

You can register online at www.badgerlandstriders.org or www.active.com or mail your entry postmarked before September 3rd to Badgerland Striders c/o The Little Read Book Store 7603 West State Street, Wauwatosa WI 53213. Entry fee checks to be made payable to A.L.S. Association.

This year the A.L.S. Association is organizing pledge walkers and teams. For more information about forming a pledge team to walk, being an individual pledge walker, or donating your time to defeat A.L.S. call Mike Buckley at 414.771.0707.

There is also a fun run for children starting at 4:00pm on the Wauwatosa East High School practice field north of the High School. Get the whole family involved in helping to beat this terrible disease.



We Want You!

Nominations for new officers of the Badgerland Striders will begin October 1st. Nominations will be open for President, Vice President of Administration, Secretary and Treasurer for 2004. Nominations will be taken at the October 15th Strider meeting at Tanner-Paull, 70th & Orchard in West Allis or by mail to Paul Beck, 1660 N Prospect Ave. #1205, Milwaukee, WI 53202 or you can call Paul at 414-226-2165.

If you would like to nominate someone for one of the above positions first make sure that they would be willing to fill the position.

ELECTION NOTICE

Race for the Cure is early this year!

By Karin White, Race Director

It is that time of year again!! Join us on **Sunday, September 14th** for the fifth annual Susan G. Komen Milwaukee Race for the Cure.® As you can see, we have moved the date into September to take advantage of warmer weather in the hopes that even more of you will join us! As in years past, this year's 5K run/walk and one-mile fun walk will begin at the Northwestern Mutual campus in downtown Milwaukee and continue along the lakefront. This is a certified 5K run.

Last year had excellent turnout. There were 5350 participants, 830 timed runners, and 375 breast cancer survivors.

With the prevalence of breast cancer, it is very likely that you know somebody who has been afflicted with this horrible disease, is presently battling it, or will be afflicted in the future. Please do your part to help find a cure. Wouldn't you feel great if an afflicted loved-one was able to survive thanks to new advancements possible through your fundraising efforts?

I have a personal connection to this growing problem. My grandmother, Adeline was taken from me when I was very young. She waited far too long to have her breast cancer diagnosed and the technology was not as good in the 70's. By the time she got to a doctor the cancer had spread throughout her body. She only lived for 6 months after that. Its too late for my Grandma, but you may be able to help someone you know, maybe even yourself.

Please check this newsletter for a copy of the entry form. Make sure that you are there on race day, Sunday, September 14th to help wipe out this deadly disease. If you need more copies of the race brochure or need more information, please visit the website at

<http://www.milwaukeeRacefortheCure.com/> or call the race hotline at 414-297-9795.



Make a Difference, Run Al's Run

By: Jessica Schmidt,
Children's Hospital Foundation

When 16,000 participants unite on September 20 at Al's Memorial Run & Walk for Children's Hospital, presented by Briggs & Stratton, they will help make a difference in the lives of thousands of children. Three-year-old Lauren Lessila is one of those children.

In February 2000, at Lauren's 3-month-old check-up her physician assistant told Lauren's parents that her heart "just didn't sound right." Just to be on the safe side, Lauren was referred to Children's Hospital of Wisconsin. Stuart Berger, MD, listened to her heart and requested an echocardiogram. An hour later, Berger told Lauren's parents the news that no parent wants to hear—their beautiful, seemingly perfect baby girl needed open heart surgery to repair a congenital defect in her young heart.

Lauren's parents felt as if their world had turned upside down.

"My baby girl needed to have her chest opened and her heart stopped to have a hole repaired," said Lauren's mother, Cynthia Lessila.

Berger and his staff at Children's Hospital answered a myriad of questions and provided support and reassurance to Lauren's parents before sending them home to await the surgery. A few days later, the family received a phone call from a nurse asking how they were handling the diagnosis and whether they had any additional questions.

"We realized we were working with people who had Lauren's best interests at stake, people who are very professional and at the same time very human; people who really care," Cynthia said.

Over the next two years Lauren saw Berger five times, and at every visit Berger and the staff offered support, information, encouragement and kindness. The day before Lauren's surgery her family was given a tour of Children's Hospital, met the people who would perform the surgery and were told exactly what to expect.

Cynthia said, "We were given constant respect, support and reassurance by everyone we met. We were treated like we were the only patients in the hospital that day."

Lauren's parents spent time with Lauren, right up to when the anesthesiologist carried her to the operating room.

"They didn't put her on a cart or wheelchair, which impressed me. She was given a hug, made to giggle and gently carried in. She never was afraid," Cynthia said.

As Lauren disappeared through the door her mother broke down and sobbed. "I had never been so afraid of anything in my entire life. What was going to happen to my baby?" Cynthia recalled.

Less than a half-hour later one of the operating room nurses came out with an update for Lauren's parents. Lauren was doing well. The nurse came out several times during the next three hours, each time with an update, an encouraging word, a smile, a touch on the shoulder or a pat on the back. When the surgery was complete Lauren's parents saw her immediately.

"We walked into the hallway, and through the doors came our little, tiny blonde girl, on a bed surrounded by her surgical team. They stopped, let me kiss her forehead, and told us everything would be just fine," Cynthia said.

Cynthia said that while Lauren was in the Pediatric Intensive Care Unit the most skilled professionals gave her the most wonderful care. They would stop to tell jokes, make Lauren smile and reassured Cynthia and her husband Jeff.

More than one year has passed, and Lauren is a happy, healthy, 3-year-old who likes to tell others how she had her heart fixed. Lauren tells people that her heart was a "little bit broke" and refers to Children's Hospital as "my hospital."

"While we are truly glad Lauren's ordeal is over, and we would never want to go through anything like that again as parents, we are so thankful that we had Children's Hospital," Cynthia said.

Pledges raised by participants in Al's Memorial Run & Walk make a tremendous difference for children like Lauren. Your pledges help purchase needed equipment and support a variety of programs that help kids get well and stay well.

Don't wait. The September 20 event is just a few weeks away. Register today at www.alsmemorialrun.com and download your pledge form or call (414) 266-6320 with questions.



Marquette Coach Tom Crean and Wife Joani carry on Al's tradition as the 2003 Grand Marshalls of Al's Memorial Run for Children's Hospital

Al's Memorial Run & Walk for Children's Hospital, presented by Briggs & Stratton

DATE: Saturday, Sept. 20, 2003

TIME: 10:30 a.m. Runners and walkers begin
PLACE: Routes start on 12th Street and Wisconsin Avenue, at Marquette University and finish on the Summerfest grounds with a Finish Line Celebration that includes free music, the Health and Fitness Fair, children's entertainment and more!

REGISTER: Visit www.alsmemorialrun.com or call (414) 266-6320.

Presenting Don Ayer

- * Lifetime member, Badgerland Striders
- * R.D. Al's Run 7 yrs * R.D. Ice Age 8 yrs
- * Co-organizer & RD Trailbreaker Marathon 12yrs



Don Ayer
Broker

RE/MAX
Suburban

Office: (262) 549-2249
Fax: (262) 549-2248
Residence: (262) 547-6535
Email: dwmayer@msn.com

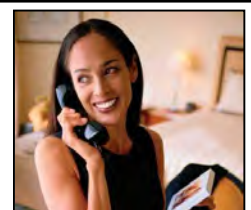
Each Office Independently Owned and Operated.

When buying or selling a house, would you

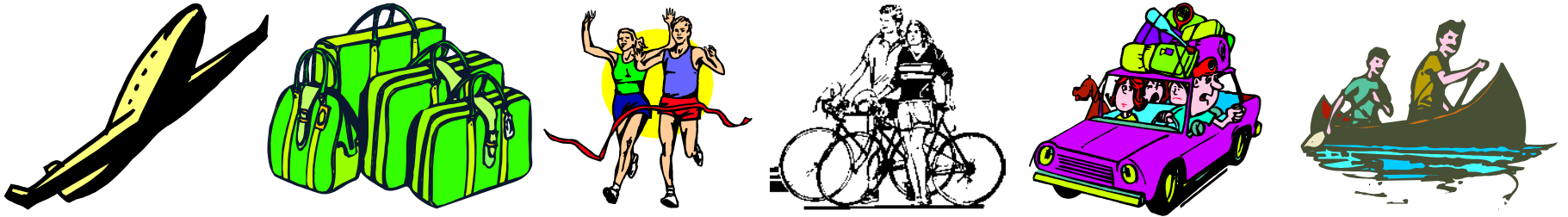
- (a) pick a broker who never has/never will support the running community, or
- (b) pick a broker who has & will continue to support the running community?



**"Attention
All Striders...
We're OPEN ...
in Wisconsin!"**
NATIONWIDE & LOCAL



**PHONE SERVICE
+ FREE LONG DISTANCE**
America's largest privately owned telecom!
www.FutureIsExcel.com ~ 414.768.7642
(Positions Available)



TRAVELING STRIDERS

VOYAGEUR RUNNERS BAKED LIKE BUGS UNDER GLASS

VOYAGEUR 50-MILE TRAIL RUN, JULY 26, 2003

By Mary Gorski
mgorski@execpc.com

So, how was that Voyageur 50-mile run? Isn't that the one held near Duluth, Minn., an area blessed by the cool breezes of Lake Superior?

Thank you for asking. Yes, Voyageur is held on the beautiful, if not brutal trails between Carlton and Duluth. But as for those cooling winds, Mother Nature was a stingy broad and kept them to herself. Instead, the 80-some runners who toed the starting line were treated like bugs under a magnifying glass. Do you remember some nasty kid in your neighborhood doing that? Burning bugs on the sidewalk by concentrating the sun's beam with a magnifying glass?

Well someone in that line-up of runners must have been one of these rotten kids and we were stuck with him, working off some bad karma.

How hot was it? Think of butter melting in a microwave.

Weather reports were fed to us out on the trail, but it didn't matter if the thermometer said 89 or 98. We were HOT and at a certain point, numbers on a scale don't mean diddly.

The worst I heard was that the heat index in Superior (you know, that wonderful town cooled by the breezes of the greatest of the Great Lakes) was 108. I guess a heat index is the opposite of a wind-chill index. Must be what happens when you suck all the breeze out of a day.

At first it wasn't so bad. It had been six years since I had traipsed the Voyageur trails, and I knew of the shoe-sucking mud, the power lines, the hills. I was surprised to find that the first three miles really weren't as tough as I remembered (not easy mind you, but not a naughty word was even uttered once by my inner child as I tiptoed through the roots and rocks). I crossed the swinging bridge, enjoyed the beautiful view of the river, filled my bottle and headed out for what I thought was going to be a challenging but good day.

I was determined to keep a nice easy pace going out so that I had something left for the dreaded power lines on my way back. One shouldn't attempt power line hills without any power. It was getting warm, but I foolishly thought, "just toss water on yourself and you'll be fine." So at each aid station I drank a cup of water and wore one. Once I made the nearly fatal mistake of tossing a cup of cola over my head (I should have known my brain was turning to melted butter at this point). The black flies had a smorgasbord of sugar on my shoulders and back from which to feast. No matter how many times I tried to rinse it off, the cola persevered. Eventually I stopped looking at my shoulders, which generally had a dozen or so flies taking a ride on them (each) at once.

Maybe at this point I should have taken the hint. The flies thought I was road kill. Was I dead meat? Had I been baking too long? Would I eventually end up like one of those dried up squirrels on the

side of the road, slowly baking into rodent jerky?

But onward we moved, up the ski hill. In the woods there was a paint-ball war going on -- not that the sounds of gunfire would startle me at this point. But it was reassuring to learn that Canada was not invading the country in the middle of our race; many thanks to the kind volunteer who let me know what the noise was all about). I got to the turn-around at the Duluth Zoo (where is the polar bear tank when you need it?), and was perked up to see my lovely husband, who told me that he heard on the radio that it was "pretty warm out there today."

And then I saw the ANGEL OF POPSICLES!

At first, I thought it was a mirage. I had been in the heat of the desert too long and was now seeing visions. But no, it was Kris Hinrichs with the best ice treat that I have ever had.

Time for a nice break. I walked up the hill, enjoying my Popsicle (licking it as quickly as possible since its form of existence was also suffering under the heat of the day). By the time it was gone, I was ready for my first creek bath. When we first passed these stream crossings, we tiptoed across the rocks, trying to keep our shoes dry. Then we walked through, reaching into the water to splash ourselves. On the way back it was bath time.

The streams were sucking us in like bugs to a spider web. Splayed out with a couple of other runners at one stream, I watched people come out of the woods, seeing the water as an angelic vision calling them home. "Come to me, lay down with me, I will bring you comfort."

And so I did, many times. It felt SO good. But like leaving your cozy bed on a cool winter morning, getting the gumption to rise and continue got harder each time.

People were dropping like flies at this point (though I have never actually seen a fly drop - try as I might, they wouldn't even drop off my cola-topped shoulders). I would come into an aid station with someone and s/he would wave good luck to me, telling me that s/he had had enough and was calling it a day.



Mary Gorski and John Rodee endured the heat and bugs at the Voyageur 50 mile Trail Run

(Continued on page 5)

Three Marathons, Quick!

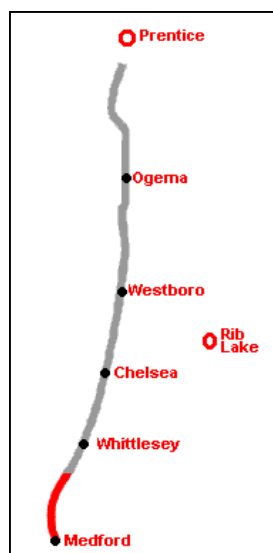
- by Dave O'Brien

The first, **Pine Line Marathon in Medford, WI April 26**, was suggested by my 72 year old running buddy, Bill Hollihan of Beaver Dam.

"Dave," he asked, "Why don't we do the Pine Line together again this year?"

The word "together" was laughable in a sense. Although Bill is my elder by four years, he can still beat me by more than an hour in the marathon distance.

The important thing to him (to both of us, really) is that we're compatible with each other, riding in my slow and noisy truck to Medford. Bill had made the motel arrangements at the Medford Inn. Although there was a pre-race spaghetti dinner, we decided to eat the "fish fry" at the motel owner's brother's restaurant, just 50 yards to the north. The



The Pine Line Trail

food was good, and very reasonable in price.

The motel owner offered us the "continental breakfast," which was (ha, ha) coffee or juice, and sugared donuts. We saw a lot of other runners leaving the motel lot in their new SUV's around the same time, just before Saturday's 8 a.m. start.

The marathon start was low key and easy, and the weather was great. Full sun from start to finish. I hitched up the

legs of my stretch shorts on the way back, and still have tan lines on my thighs from this run.

The Pine Line Marathon used to be called the Volksmarch, or Dairyland Marathon, and runners were bussed nearly to Ogema, along the old Soo Line. They then ran the 26 miles along the gravel-improved railroad right of way, all in the southerly direction, back to town.

The first time I ran it (in 2001, also with Bill Hollihan) there was unexpected flooding along the northern portion of the trail. Race management then decided to change it to an out-and-back route, starting at Medford City Park, turning around at Chelsea, and returning to Medford.

Runners liked it, because they had to deal with the wind and sun only half as long. The organizers liked it because - ta dah - they no longer had to pay

(Continued on page 12)

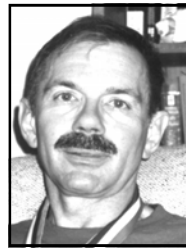
Times Past: Now and Then

Ask Auntie Em

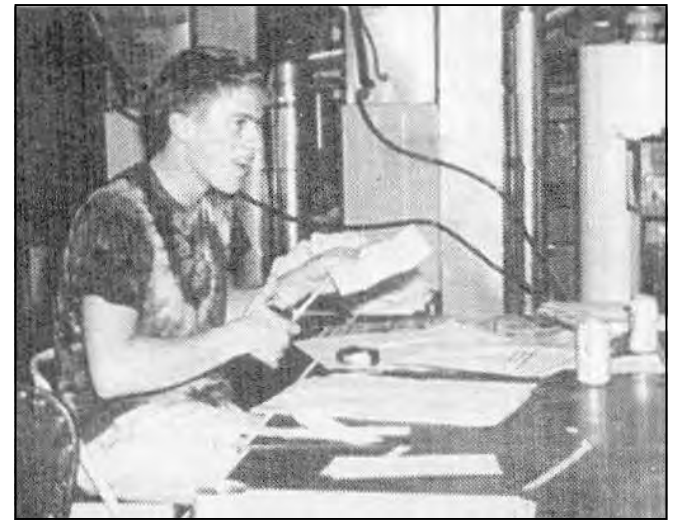
Part Three

By Ron Winkler

This is the final installment dealing with the co editorship of the Strider newsletter from June 1986 through November 1988, by Tom Frohna and Al Gilgenbach. In September 1988, the pair wrote: "It's been a lot of fun doing the newsletter over the past two years, but commitments change, & we're getting over our heads. So, rather than compromise the newsletter, we've decided to turn it over to new and eager hands." Their goodbye was then scribbled on the page thusly:



Ron Winkler



Al Gilgenbach, exiting co editor, clips and chops through the October edition of the Badgerland Striders Newsletter (with occasional pauses for slurping)

Goodbye from Tom & Al
Love You All
Tom & Al
P.S. Sue + Jan are the real Auntie Em!

For the November newsletter, the new editors were on their own. They printed the photos at right that were taken as the October issue was being assembled.

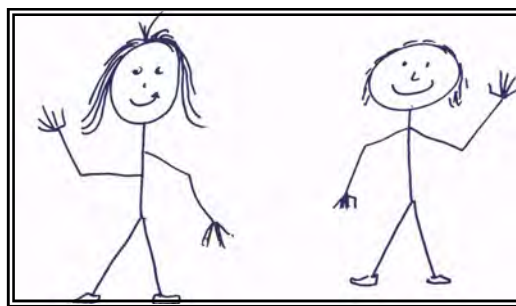
We now leave Nancy and Linda as they take over from Tom and Al. To Nancy and Linda we offer our best wishes. To Tom and Al we say, "Thanks for the memories."

The Sue and Jan mentioned are Sue Wargolet and Jan Jablonski.

President John Skornicka then wrote: "It's **OFFICIAL**, the Striders are looking for a new newsletter staff to fill the shoes of Tom & Al. The executive bored (Sic) would like to have new editors in place by October."

Right on target, the "executive bored" got their wish. The new editors were Linda Andes-Georges and Nancy Rohde. They were introduced by Tom & Al as shown in the caption at right

It was interesting that two female co editors replaced two male co editors. President Skornicka wrote in his message, "If you are reading this letter, then you can conclude that the old and new editors were successful in producing an October edition. Kidding aside, if you have requests or suggestions concerning the newsletter, please contact Linda or Nancy."



"Well, the new co editors of the BSNL have been chosen, and as our last hurrah, we're going to introduce them to you."

"The one on the right is Linda, and on the left, as if you didn't know, is Nancy."

"They're real enthusiastic about this whole newspaper thing, which explains the smiles."



Nancy Rohde, new co editor, and Tom Frohna, lame duck co editor, puzzle over some article submissions

IT'S LATE AT THE NEWSLETTER OFFICE, AND NANCY IS WEARY OF SEARCHING FOR PUBLISHABLE IDEAS... SHE SLIPS INTO A DREAM...



MAYBE AN ANONYMOUS POEM ABOUT ATHLETES' FEET...



...OR A CARTOON OF THE CLUB PRESIDENT...



I SAID FUNNIER!! PLEASE! NOT THE WHIP!



VOYAGEUR RUNNERS BAKED LIKE BUGS UNDER GLASS

(Continued from page 4)

It was tempting to join them. Very tempting. People are not supposed to do things other than relax in a pool on days like this. Or watch a movie in an air-conditioned theater.

Speaking of movies, the night before Dave and I watched "G.I. Jane" in our hotel room. For those of you unfamiliar with this Demi Moore movie, it presents the fictional story of a woman trying to make it through Navy SEAL training school. Just about every scene takes place in miserable weather, and she usually finishes the training day looking like a bloody, beaten piece of meat in a jog bra, doing one-armed push-ups.

Images of a bloody Demi Moore had me yelling at the hills, "Thank you Master Sergeant, may I have another."

"Ring the bell and just say you have had enough!"

"No, I won't quit!"

If Demi can make it through SEAL school on the big screen, I can endure a few more hours of hell.

And so I did. And so did a few others. And

though she didn't win (she came in second) may I say that Lisa Conover seemed to endure it the best. In the last miles of the race she floated by me just as perky as could be. Didn't she know it was the kind of hot that only a cauldron of boiling oil could love? I secretly think she had a little air conditioning unit tucked under that bright yellow cap of hers.

Not that I am one to spread rumors.

Anyhow, my personal epic in the sun finally came to an end an hour before the cut-off (race organizers added an extra 20 minutes to the usual 13-hour cut because of the heat -- several people took advantage of this gift, including the incredible 60-something Lorraine Bunk, whose hair STILL looked good at the end of a nasty day).

Whimpering when I finally saw the bike path that led out of the woods and onto the finish at Carlton, my face burst into an uncontrollable smile from end to end as I got closer to the finish. I was hysterical with joy, knowing that I was done. The oven was finally turned off and I could be placed on the cookie rack to cool.

Scattered on the lawn at the finish line were many of the people I had started the day with -- un-

fortunately, many of whom had to be pulled from the oven earlier on the course. It was a day with about a 50% drop rate.

But can I say this about my day at Voyageur? Although it was the most miserable I can recall feeling in a long time, I was miserable in a very well run event. Just about every aid station seemed to have a sweet granny telling me to take more fruit, drink more water; telling me that my road-kill body looked great.

It was an incredibly hot day, yet every aid station managed to have ice at the ready, even at the end.

The course was so well marked that even my melted-butter-for-brains could find my way home.

And in the end, each finisher got a personalized, hand-made mug with his/her place etched on the handle.

On the way home me and the Lil' Mister stopped to do a little kayaking. I splashed around in the water, happy to tip if I lost my balance. Ah, to be cool. It was then that I realized I don't want to be a SEAL like Demi. I want to be a happy little sea lion, splashing in the cool water on a warm summer day.

STRIDERS IN THE NEWS

Pirrung Sets Three U.S. Ultra-Distance Records at Sri Chimnoy Race

Special to the *Badgerland Strider* - Ryan Lamppa, Running USA Media Services USATF Road Running Information Services

KÖLN, Germany (14 July 2003)

Many people treat themselves to an extra slice of cake on their birthdays. Ultra-distance running star **Roy Pirrung (Sheboygan, Wis., USA)** celebrated his 55th by setting three new American age-group records this past weekend at the Sri Chimnoy 48-/24-Hour Self-Transcendence Race, in Köln. His amazing 12-hour (77.75 mi/125,134 km), 24-hour (137.69 mi/221,605 km) and 100-mile (16:10:20) records blew the old ones away, but they were not run without pain.

"I developed shin splints, which you can't do much for, and my ankle swelled up, too," said Pirrung. "I cut the tongue down in my shoe to alleviate pressure and was able to run a while longer, but eventually the pain was too much." Pirrung and other athletes found the laid-brick, 1.5-km loop course along the Rhein River a less-than-forgiving surface, and even more challenging due to the raised bricks pushed up by tree root growth beneath them.



Roy holds the 100mile flag after breaking the world record for that distance during the 48 hour race.

Many of the 100 or so runners tripped on leading edges, especially at night. Pirrung was unable to run and had to pause for an extended rest and ice treatment late Saturday night.

"After I broke the records, I knew I could easily set the 48-hour record, too, and probably win the race overall, but I just couldn't run on it," he said. The rest and medical care for his ankle allowed Pirrung to resume running Sunday morning

and secure his results. The old USAT&F Men 55-59 records were: 12-hr, 74.78 mi/20,338 km; 24-hr, 127.5 mi/205,191 km; and 100-mi, 18:42:33.

Pirrung, who turned 55 on July 7th, traveled to Germany for the July 11-13 race not only to compete but enjoy as well. "The ultra-distance crowd really bonds on the course. It's a long day, and still a race, sometimes it can get highly competitive and you might get almost no sleep, but we're all out there all night long," he said of the race which featured runners from Germany, Poland, Spain, Switzerland, Scandinavian countries and elsewhere. "Plus, the Sri Chimnoy races really give

you a nice feeling. The music is peaceful and everyone is so happy to be there."

The race site featured an all-night buffet with a wide range of food and drinks for athletes, groves of tents for athletes, campers, and meditative music along the course. While locals strolled an adjacent path all day long, at midnight and beyond locals from the nearby Rhein on Fire fireworks festival staggered and rode their bikes home and raucously cheered the runners on - not the type of spectators Pirrung and others planned for, but they helped keep everyone alert.

Pirrung also writes on running and speaks at seminars, and is sponsored by Natural Ovens Bakery, Wigwam, Kohler, and others. He started running 20 years ago, overweight and inspired by a neighbor who ran every day ... to McDonalds.

Club Championship Points Awarded But

World Record Disallowed Due to the "Big Blow"

By Doug Nelson

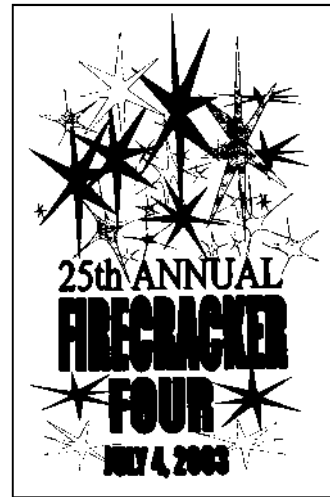
Even a "Big Blow" did not deter the running of the 25th Firecracker Four.

The severe weather that came through the area on the morning of July 4th just added a little more excitement to the race. The race was delayed, the enthusiasm of the participants was not diminished.

Chris Roberdeau blew away the field and captured this Silver Anniversary event in a time of 20:47, a full minute over 2nd place Nick Fulton. On the female side of the ledger, 1600m and 3200m Div. 2 State Champion 15 yr. old Claire Maduza from Shorewood High School was the winner with a time of 24:33. 2nd place went to Heather Haviland.

A record number of almost 300 race day entries swelled the ranks of participants to a level not seen for 7 years. The Firecracker Four continues in it's tradition of being a family oriented event with runners this year coming from 17 states to run the race and (oh yeah) visit family and friends.

New this year was the Coach Dodd's Youth Challenge, for those runners 18 and younger. The overall Champions were Nick Fulton from Arrowhead High School (21:47) and Kelly Crivello from Whitnall High School (25:59).



Epitomizing what the Firecracker Four is all about "Family", are male winner Chris Roberdeau and son and "Youth" female winner 15yr old Claire Maduza

In excess of 100 runners participated, representing 29 schools/groups from the area. These schools/groups will be dividing up over \$700 in cash and merchandise. This money and merchandise will be used to expand and develop their youth running programs.

Another new wrinkle to this year's event was the Watermelon Seed Spitting Contest. The only disappointment of the day was the news that the "world record" seed spit was disallowed because the aiding wind was stronger than allowed.

Thanks again to Allan Hoef (Watermelon Captain) and his able bodied assistant, Henry Ehler, for putting this contest together.

I would also like to thank all the Volunteers and Sponsors of the 25th Firecracker Four. Through their efforts, we were able to donate over \$700 to area youth running groups AND over \$700 to the Village of Hales Corners 4th of July Committee for holiday activities and fireworks. See you next year at the 26th running.



new balance milwaukee

the store

10% OFF

TO BADGERLAND STRIDERS WITH MEMBERSHIP CARD.



Professional shoe fitting
Women's sizes to 13
Men's sizes to 20
AA to EEEEE

come to the new balance store • milwaukee

V. Richards Plaza • 17155A W. Bluemound Rd. (Bluemound at Calhoun)
Brookfield WI, 53005 • 262.432.1400 • 1.800.630.1401

you'll fit right in.™

independently owned and operated.

athletic shoes • lifestyle apparel • performance fit

More Runners get "Wired" for Milwaukee's Lakefront Marathon

By Alex Taylor

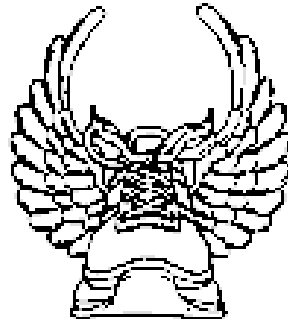
With only two months to go, the number of registered runners for Milwaukee's Lakefront Marathon continues to grow towards its goal of 2000 marathon runners and 500 relay participants. This year, marathon officials are noticing a large increase in runners who are registering online rather than by mail.

"The internet and online registration has become the venue of choice when it comes to race registration," said Pauline Shoemaker, captain of race registration. "Seventy-four percent of Lakefront runners have registered online, and ninety-five percent of all registrants (including mailed entries) have provided email addresses!"

In addition to the increased access and convenience for runners, online communications improves the speed and quality of race communication. The website provides runners, spectators, volunteers and

media just about anything they need to know about this year's event, scheduled for Sunday, October 5, 2003.

Online communications also helps contain costs, which is why Milwaukee's Lakefront Marathon is one of the more affordable, large-venue marathons in the Midwest.



"This trend is significant," says Kris Hinrichs, race director for the Lakefront Marathon. "It means we have a more affordable and flexible way to communicate with runners. We can post up-to-the-minute news on our website as well as send email links to important pre-race information. And as many race directors will tell you, an informed runner is a happy runner."

To view Milwaukee's Lakefront Marathon website, go to www.badgerlandstrider.com/lakefront. Online registration will continue until 3:00 p.m., October 3, so it's not too late to sign up. If online communications is not your bag, then send correspondence to: Milwaukee's Lakefront Marathon, P.O. Box 185, Milwaukee, WI 53201-0185, call the marathon hotline: 414-291-2647, or email lmf@execpc.com.



Milwaukee Lakefront Marathon

Calling Lakefront Volunteers:

Milwaukee's Lakefront Marathon is looking for a few good runners who don't want to train for, run or relay in this year's marathon on October 5. Now is the time to sign up as a race volunteer.

Not only will you feel good after the race (a very short recovery time, we promise), but your enthusiastic help can make a world of difference for all the participants in this year's event.

Try out our slick new online volunteer form at www.badgerlandstriders.org/lakefront. Just check the boxes of interest, provide the all important contact info and hit "Submit" - like magic, you're done! Someone from the planning team will contact you shortly to get you lined up to help with this year's 23rd running of Milwaukee's Lakefront Marathon.

Runner's helping runners. It doesn't get much better than that!

"Share the Love" in Only One Fifth the Distance

Have you ever wanted to run a marathon without having to run the full 26.2 miles? If your answer is yes, then **THINK RELAY!**

Milwaukee's Lakefront Marathon offers a unique five-person relay for running enthusiasts to taste some of the excitement and challenge of a full marathon event. The longest leg is 6.2 miles (only a 10K!), and the shortest leg is 4.3 miles. So grab a few running buddies and team up for this year's Lakefront Marathon Relay.

Here are the particulars:

- Each team member must complete a registration form. These forms are required to be submitted together with one check for the entire team. Entry forms are available for download from the website: www.badgerlandstriders.com/lakefront, or at area sponsors.
- Relay Teams may consist of fewer than five runners, but still must pay the full relay team fee.
- Free bus transportation is required for relay runners to get to and from each relay exchange zone.

Awards will be given in seven categories: Male, Female, Mixed (must include at least two females), Corporate (must be current employees), Male Masters, Female Masters and Mixed Masters (must include two females - all members of the Masters team must be 40 years or older).

Milwaukee's Lakefront Marathon Relay will be held on Sunday, October 5. The point-to-point course begins Grafton and winds its way through the scenic communities along Lake Michigan to finish at Veteran's Park in downtown Milwaukee. Information about the relay is available at www.badgerlandstriders.org/lakefront, call the marathon hotline: 414-799-1177, or email lmf@execpc.com.

ATTAINMENT **MOTIVATION** **RESOLUTION** **RESISTANCE** **POSE** **PURPOSE**

LIFE COACHING

THE HOT NEW WAY TO ACCOMPLISH YOUR GOALS AND ACHIEVE YOUR POTENTIAL
 What is it that you really want in your life, but don't seem to be manifesting for yourself? Consider Life Coaching Services and see what you can accomplish for yourself with the aid of a skilled assistant on your journey - someone to keep you on track, someone to hold onto your resolution and intentions with you and to cheer for you when you reach your goal.

CATHERINE QUINN ROUSSEAU, MSW
 1661 N. WATER STREET, #406
 MILWAUKEE, WI 53202
 414.270.1981
cathnrouss@sbcglobal.net
 BY APPOINTMENT ONLY

ACCOMPLISHMENT

How To Form a Team for the Komen / Milwaukee Race for the Cure®

1. Identify and designate a team captain to organize and represent your team.
2. The team captain distributes race entry forms, displays posters, generates enthusiasm, and recruits participants for the Race (assistance with these responsibilities is always appreciated).
3. Again this year, on-line registration is available! Teams can register on-line at www.MilwaukeeRaceForTheCure.com. On-line registration is easy for both you and your team members. Additional instructions for creating a team on-line are provided.
4. If submitting paper entry forms, completed forms from race participants are collected by the team captain and submitted together. (Captains please make sure ALL forms are SIGNED.)
5. Entry forms must be completed and returned to the Susan G. Komen Milwaukee Race for the Cure® by **September 2nd**.
 Komen Milwaukee Race for the Cure®
 Attn: Team Registration
 P.O. Box 510004
 New Berlin, WI 53151-0004
6. A team consists of **10 or more** participants. It can be comprised of co-workers, friends, and family members, anyone who wants to join in the fun.
7. As an added convenience and incentive, for teams of **25 participants or more**, the race bibs and t-shirts will be delivered to the team captain by September 10th.
8. For teams of 25 or more, a team sign designating the team name will be offered – just ask and we’ll deliver it along with the t-shirts and race bibs.

September 14th put on your running or walking shoes and have a great time!!

If at any time you have any team questions, concerns, suggestions, etc. please call the Susan G. Komen Milwaukee Race for the Cure® team solicitation leader, Leah Krider at (414) 297-5881.

My Feelings as a Strider

Ten years ago I met a co-worker. We worked together for a few months when she told me she was a runner. Her name is Marjorie McCaig. She kept talking about running and a club called the Striders. I had never heard about this club, but I was getting more interested as I really enjoyed watching my daughter Valerie compete in Meets in high school and college. I also enjoyed a little running in my childhood.



Marjorie kept trying to get me to join her in a run. So one day in July eight years ago, I went with her to observe the Bastille Day Run. When it came time for the race, I decided I would walk. As the gun sounded, I took off with Marjorie. I kept running and when we reached the fork in the street for walkers to turn off, I stayed with the runners and finished my first race.

A year later I went with Marjorie to a Strider meeting at Mykonos. I decided to join the club some months later. It was a decision I was very happy to have made. Many meetings and runs later I have to say, I have met some of the finest people in my life through the Striders. They have become some of the most wonderful, thoughtful friends a person could ever desire.

I am so grateful to Marjorie for introducing me to running and making the decision to keep it up. It has made my life so much more enjoyable and made it possible to join my daughter in many of the fun runs and other races over the years; one of them being the Bay to Breakers in San Francisco.

Thank you again Marjorie, a best friend, for the opportunity to join this wonderful club, the Striders.

Thank you all, you dear members for the prayers, cards, gifts, phone calls, and thoughtfulness in helping me in my fight against ovarian cancer. This is one race I’m really hoping to win. God bless all of you.

Love,
Nancy Niese

July 2003 Badgerland Strider Track Meet

By Alice Winkler

Our final track meet of the 2003 season was held on July 22nd. As you can tell from the results, it was well attended and once again we had a lot of stars of tomorrow.

Both children and adults seem to enjoy the meets. We had athletes from Juneau, Wisconsin, Madison, Wisconsin, and from the state of Illinois.

Most others were from the Milwaukee area. One athlete who works second shift, informed us that after the fun he had last

month, he immediately asked off to be sure he could once again compete

Our track meets are different from others because even though they are very competitive, they are also low key and... of course... they are free. .

We hope to see some new faces in 2004 when the track meets resume. The dates for next year are May 18th, June 15th, and July 20th, all Tuesdays.

It’s a good idea to double check the exact dates in your Badgerland Strider Race Booklet.

100 meters	DeanThompson 12.07	400 meters	Demo Davis 58.43	Vincent Rust 33.59
	Demo Davis 12.10		Jerry Turner 58.56	Tom Maley 36.03
	Jason Duelge 13.68		Dean Thompson 59.94	Mark Flagg 36.41
	Jefferi Smith 14.18		Randy Rucinski 1:03.13	Kaleb Duelge 38.20
	Mark Flagg 15.10		Erik Hendrickson 1:10.08	Desiree Loggins 41.50
	BillyJones 15.22		Billy Jones 1:13.57	Mary Jones 41.85
	Randy Rucinski 15.54		Jason Duelge 1:14.89	Shantae Davis 44.12
	Xandra Duelge 16.37		Jeffri Smith 1:17.28	Stephanie 47.87
	Kaleb Duelge 16.92		Mark Flagg 1:19.07	John Jones 48.25
	Robert Davis 17.30		Vincent Rust 1:21.79	Tristan Duelge 67.02
	John Jones 17.34		Tom Maley 1:25.22	Lexy Turner 73.00
	Tom Maley 17.70		Monica Davis 1:30.14	3200 meters
	Desiree Loggins 18.01		Kaleb Duelge 1:36.46	Brandon Lesky 9:55
	Mary Jones 18.52		Mary Jones 1:38.71	Joe Tilley 12:27
	Shantae Davis 18.89		John Jones 1:45.18	Billy Jones 12:30
	Rachel Rucinski 21.22		Robert Davis 1:47.45	Jason Duelge 13:13
	Judi Jones 24.36		Desiree Loggins 1:48.58	Laura Klein 13:43
	Tristan Duelge 30.10		Tristan Duelge 2:47.18	Vincent Rust 14:39
	Lexy Turner 30.88	800 meters		Erik Hendrickson 15:12
	Jilly Jones 43.13	Joe Tilley 2:32		Cori Gillingham 15:38
		Nate D. 2:34		Darci Duelge 19:21
		Billy Jones 2:47		Relay-2 x 200meter
		Jason Duelge 2:58		Machenzie Laska
		Erik Hendrickson 3:03		Leonard Ward 53.04
		Vincent Rust 3:07		
		Darci Duelge 4:08		4 x 100 meters
		Jessica Klein 4:24		Desiree Loggins
		Laura Klein 4:24		Demo Davis
1600 meters		200 meters		Erik Hendrickson 1:03.43
Lee Ohlgart 5:01		Jerry Turner 25.53		Jerry Turner
Brian Fishbach 5:25		Dean Thompson 25.86		
Joe Tilley 5:27		Nate D. 29.58		Jefferi Smith
Billy Jones 5:39		Erik Hendrickson 30.24		Monica Davis
Anselm Inman 5:51		Billy Jones 31.58		Robert Davis-Sanders 1:07.03
Barry Smanz 5:56		Jason Duelge 32.59		Dean Thompson
Jason Duelge 6:02		Jefferi Smith 32.67		
K.C. Kraiss 6:06				
Vincent Rust 6:16				
Erik Hendrickson 6:20				
Laura Klein 6:31				
Mark Flagg 6:43				
Eric Swegles 7:38				
Mary Jones 8:33				
Xandra Duelge 9:01				

We're In This For The Long Run...



Surrounded these days with the constant ups and downs of market volatility, sound financial planning becomes a necessity.

Financial Service Group, Inc. offers:

- ▲ **Fee Based Financial Planning**
we're an advisory service; there's no sale of products or any conflicts of interest with commissions.
- ▲ **Independent Objective Advice**
Your assets are managed to provide results for YOUR planned objectives.

Call us today for an initial consultation at no cost to you!



FINANCIAL SERVICE GROUP, INC.
Registered Investment Advisory Firm

Michael Haubrich, CFP
(262) 554-4500



6011 Durand Avenue ▲ Suite 100 ▲ Racine, WI 53406

Visit our website at www.toyourwealth.com

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.

The submission deadline is the first of the month preceding publication.

Please submit via email or 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. Electronically submitted photos should be in JPEG or TIF format and should not be embedded in word processor based documents.

Letters to the Editor are welcome and will be published when space allows.

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, Feb. – Dec.

Ad Sizes:	Rates:	Measurements:
Full pg.	\$175.00	9.5"w x 14.5"h
1/2 pg.	\$100.00	9.5"w x 7.2"h
1/3 pg.	\$75.00	6.2"w x 7.2"h or 9.5"w x 4.7"h
1/4 pg.	\$60.00	4.6"w x 7.2"h or 9.5"w x 3.5"h
1/6 pg.	\$45.00	3.1"w x 7.2"h or 4.6"w x 4.7"h
Postcard Size	\$35.00	3.1"w x 4.5"h or 4.6"w x 3.0"h
Business Card Size	\$20.00	3.1"w x 2.0"h

Inserts: We will take your prepared Race Entry Forms or Event Brochures and insert them into *The Strider* in advance of your event, so club members may have them instantly in hand. We presently need 1900 copies, although this may change according to our membership. We charge \$100.00 for the service, payable in advance. Inserts may be any size up to 8.5" x 11", and may be folded

Deadlines: We need to know your advertising plans by the first (1st) of the month preceding publication. Prepared ad copy by the 5th; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7th. To place an ad or insert, phone Dave O'Brien at 414-425-1309 [this includes club race directors – *I need to know your plans*]. Ad copy may be transmitted by e-mail directly to our editor at tstrider@wi.rr.com. Prepare cartons containing inserts by marking with a broad felt pen, "For *The Strider*, (month) issue."

Payment: Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to **Badgerland Striders** and mail to Dave O'Brien, 5360 S. 121st Street, Hales Corners, WI 53130. For questions, or to arrange for an ad or insert, phone Dave at 414-425-1309 or e-mail davocorn@att.net

Monthly Club Meetings

Badgerland Strider monthly meetings are held on the third Wednesday of each month at Tanner Paul 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 414-453-2350 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.

* Winter Fun Runs at the Pettit National Ice Center - run every Wednesday night (except Strider meeting nights). Your start time depends upon the distance you want to run. The track is a rubberized surface - 3 1/2 laps to the mile - a good place for speed work! Admission charge of \$2.50 or by annual pass. Runs begin in mid-November and go to mid-March or so, both depending upon weather conditions.

Moving?

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

Badgerland Striders Inc.
 9200 W. North Avenue
 Milwaukee, WI 53226
 Club Phone: 414-476-7223 (leave message)
www.badgerlandstriders.org, Email: bls@execpc.com
 The Strider Email: tstrider@wi.rr.com



This newsletter is printed on recycled paper.

Badgerland Striders 2003 VIP List

Executive Board

President	Larry Govin-Matzat	414-961-0050
		lgovin@mac.com
VP Administration	Bonnie Clarey	414-453-6527
		bls@execpc.com
Secretary	Marty Malin	414-453-7326
		1224hrm@merr.com
Treasurer	John Rodee	414-962-1439
		jrowdy@execpc.com
Co-VPs of Programming	Linda Pulkowski	262-968-3300
		genacct@execpc.com
	Cyndi Bergs	262-677-3408
		mcbergs@worldnet.att.net
VP Road Racing	Jerry Anderson	414-258-4986
		jerry.anderson@aurora.com
Newsletter Editor	Jeff Weiss	414-771-3165
		tstrider@wi.rr.com
Past President	Dennis Novak	262-352-2168
		d.w.novak@worldnet.att.net

Administrative Directors

Equipment	Don Weyer	414-332-6942
Fun Runs	Ron Behlendorf	414-412-1100
Race Book Editor	Bill Schauder	262-521-2191
Finance Chair	Dennis Novak	262-679-1656
Mthly Mtg Chair	Allan Hoeft	262-367-8088
Computer Chair	Bill Schauder	262-521-2191
Club Clothing	Pete Wysocki	262-679-0849
Track & Field	Ron & Alice Winkler	414-744-9404
Marathon Buildup	Phil Carpenter	414-541-3086
Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

Race & Program Directors

Samson Stomp	Andrew Delzer	Jan 18, 2004 262-306-1998
Steve Cullen Run	Phil Carpenter	Jan 24, 2004 414-541-3086
John Dick Memorial 50K	Craig Hopper	Feb 2, 2004 262-642-7237
BLS Beginning Running Prog	Marty Malin	Mar 30, 2004 414-453-7326
Strider 1/2 Marathon	Kathryn Cairney Dunn	Apr 3, 2004 414-421-6822
BLS Intermediate Running Prog	Marty Malin	Apr 15, 2004 414-453-7326
Ice Age 50-Mile/50K	John Zinzow & Holly Neault-Zinzow	May 8, 2004 262-495-3131
Sarah's Stride – Hartfest 5K	Pete Abraham	May 15, 2004 414-774-4580
Superun 5k	Bob Scherer Karen Van Rite	Jun 23, 2004 262-569-6732 262-786-8661
Hales Corners Firecracker 4	Doug Nelson	July 4, 2004 414-258-2325
Cudahy 10K & 10M	John Bell	Aug 7, 2004
Minooka Corn Roast	Dave O'Brien	Aug 10, 2004 414-425-1309
Strider 20K	Henry Ehler	Aug 30, 2003 414-438-7312
Badgerland FX 12-24 Hr Run	Marty Malin	Aug 30, 2003 414-453-7326
Tosafest 5K	Tom Davis	Sep 6, 2003 414-220-4220
BLS Beginning Trail Running	Marty Malin	Sep 8, 2003 414-453-7326
Komen Race for the Cure	Karin White	Sep 13, 2003 414-364-8328
Al's Memorial 8K Run	Jeff Weiss	Sep 20, 2003 414-771-3165
Glacial Trail Run	Tom Bunk	Oct 12, 2003 262-392-2506
Lakefront Marathon	Kris Hinrichs	Oct 5, 2003 414-291-0368
Lakefront Discovery Run	John Cornell	Nov 1, 2003 414-967-9657
Turkey Trot	Len Wachniak	Nov 9, 2003 414-545-5899



FIGHTING THE WEIGHT GAIN SITUATION

By John Bell, aka the Witch Doctor

I assume that you as well as many others are trying to fight the weight gain situation.

Hey, we almost all fight that one.

WORKOUTS AND METABOLIC RATES:

Your metabolic rate goes up in proportion to your work effort level. It is commonly measured by percent maximum heart rate. The higher your heart rate and longer you go, the more elevated the metabolic enzymes get and the longer they last longer after a run.

So... it is good to elevate your metabolism to lose weight. You continue with a higher metabolic rate until you are recovered from your workout. For really long races and workouts this can be days.

But... you don't want to gain weight during this recovery time. You just want to come back almost even, but not quite.

HOW DO YOU HANDLE THE CRAVINGS?

Many people cannot tell the difference between thirst and hunger and salt cravings. We Americans satisfy everything with food, highly processed food and sugar, along with a little battery acid (soda).

If you have a hunger craving, drink a glass of water first. I know drink a lot during and after a run, but do you drink enough? I think probably not.

Approximately 80% of Americans are chronically slightly dehydrated (1-2%) and are really experiencing thirst rather than hunger cravings. Drink a full glass of water before you eat something. After 10 minutes or so, see if you are still hungry. In many cases you will not be.

If you have determined that you really are hungry, it's time to eat. But what? How much? Probably the ultimate eating style is to eat 5-6 small meals a day and not too much late at night. Mr. Fat Storage takes care of any excess late night calories.

Five meals a day is probably best. Breakfast, morning snack, lunch, afternoon snack, supper.

HOW DO YOU EAT TO LOSE WEIGHT?

There are some important guidelines here. I have been helping many people with acid reflux recently. And... cured them without the doctor prescribed meds which actually make your food assimilation worse.

- You are what you digest, not what you eat. Remember that forever!
- Eat slowly. Come on John! We are Americans in a hurry and have only 5-10 minutes to stuff ourselves.

(Continued on page 13)

MY TWO CENTS WORTH:

A Marathon Metaphor

Dear Editor,

By chance, I picked up a copy of your July **Strider** newsletter and began paging through. My eyes stopped when I reached the section that made reference to 5, 10, 15, 20 and 25 years ago and was surprised when I saw my name. I was just thankful that it appeared under 20 years ago and not 25... it gave me a glimmer of hope that I may be old... but I'm not ancient (not yet, anyway).

I have been out of competitive running for quite a few years now but just want you to know that I still lace up my running shoes... perhaps with more joy and enthusiasm than ever before.

Here is an article that I wrote for our July *TLC (Together we Live with Cancer) Supportive Newsletter at Matthews Oncology Associates (where I am the Patient Advocate)* that offers some reflections on my running life.

By Tim E. Renzelmann,
MOA Patient Advocate

It was only a couple months after running my personal best marathon of 2:20:39 at the '92 Las Vegas Marathon that I would hear those life-changing words, "You have cancer!"

It was after my first Boston marathon in 1996 that I would learn of my first recurrence. And it was only weeks after the 1998 Journey's Marathon in Eagle River that I would learn of my second recurrence which would lead to the allogeneic bone marrow transplant (a.k.a., the MARROW-thon) later that year.

Running has always been an important part of my life since I ran my first track meet at the age of 13. I started running because it was something I enjoyed and something that I experienced some success at but it has evolved into something that is no less than an integral part of who I am.

On the morning of June 21st I would find myself on the starting line of Grandma's Marathon in Duluth, MN along with about 7,000 other runners. This would be my first attempt at a full marathon since the MARROW-thon transplant in 1998.

I started deep in the pack with my brother (and marrow donor) and some of my best friends and fellow members of the Brat City Training Club... guys that go by the names Brewer Brat, Doc Brat, Red Hot Brat, and Bad Brat. In case you're wondering, in this circle of friends I am known as Bionic Brat.

Unlike many of the past marathons I have run, when speed and a fast finishing time were of the essence, my only goal during this event was to run the entire 26.2 mile distance without needing to walk.

Moments before the starting gun sounded we wished each other well knowing that it would be virtually impossible for all of us to stay together in a mob of this size. Even with a slow start (it took us almost five minutes just to get to the starting line) I had lost contact with all but one of my fellow bratsters before I reached the mile mark and shortly after I would lose contact with him as well.

The thought of running the next 25+ miles without my friends was not a thought I embraced but I was comforted with a riddle I had recently heard: "Do you know how to make God laugh? Tell him YOUR plans!"

So I gave in and just let it happen. This would be the first indication that this marathon would prove to be a powerful metaphor of my life... my running life, my cancer life, and every aspect of my life.

And the first lesson I would be reminded of in this marathon metaphor would be to JUST LET IT HAPPEN! I ran the next several miles alone in a crowd. As I ran I chatted briefly with just a handful of the thousands.

I met a man who was running in memory of his grandpa. I cheered the words on the back of one woman's shirt that read, "Go Molly, Go!" and she cheered me on in return.

I met a man celebrating his 26th birthday (and we all sang "Happy Birthday to you..."), another who was celebrating his 40th birthday, and yet an-

other who was celebrating his 62nd!

I met a barefooted runner who I think I saw on a running shoe program on TechTV several months earlier. I even met a man who would run the entire distance in a powder blue tuxedo!

I would reunite with a couple of the bratsters at various points along the route until we would be separated for the final time around the sixteen mile mark. It would be during the 17th mile that I would look at my watch and see the seconds tick away until 2:20:39 (my personal best marathon time) had come and gone.... and I still had nine miles to go!

My pace was about three minutes per mile slower than what I once was able to run but my slower pace allowed me many opportunities... to meet my fellow runners, to enjoy the scenic course along Lake Superior, and to just enjoy and appreciate my surroundings.

In my younger and faster days I didn't take the time to appreciate these things. Hence, the second reminder that this marathon metaphor would bring would be to SLOW DOWN!

Cancer has taught many of us that lesson. As Kim, a courageous cancer survivor who attends our TLC Support Sessions, so aptly put it, "I have not just learned to take the time to smell the roses... but to smell the dandelions as well!"

At mile 22 I reached what is affectionately known as Lemon Drop Hill, a deceptively difficult incline that comes at a point in the marathon when a runner is typically hitting the wall!

After over twenty miles and almost three hours of continuous running my body had been depleted of carbohydrates or muscle glycogen stores. In other words, my fuel tank was empty. Just as only chemo patients know the tiredness that comes from treatment only marathoners know the kind of exhaustion that comes at the wall. One minute you feel strong and running seems effortless... the next minute just putting one foot in front of the other becomes a seemingly impossible task.


Many who have run marathons will tell you that it is not until you reach the twenty-mile mark and hit the wall that you're at the halfway point as those last six miles can be more difficult than the first twenty.

Since I am not new to marathons I understood what was happening and knew that these last miles would require much more than just a physical effort. At this point I began a simple running meditation that is known as Counting Breaths to help me direct my attention away from the physical exhaustion and discomfort I was experiencing. This technique effectively got me through 23 miles by simply putting one step in front of the other!

Thus, the third reminder of this marathon metaphor would be to TAKE IT ONE STEP AT A TIME! By now, however, I had become both physi-


(Continued on page 11)






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



Phone: (262) 679-8449
FAX: (262) 679-8451

19550 W. Pine Wood Dr.
New Berlin, WI 53146



DENNIS W. NOVAK, CPA

FAST, PERSONAL SERVICE: Personal Income Tax
• Small Business Accounting • Financial Planning

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



RAY'S O.K. SERVICE, INC.
AUTOMOTIVE SERVICE & TOWING

RAY JR. & DAVE
Owner

4100 W. LOOMIS ROAD
GREENFIELD

MY TWO CENTS WORTH:

A Marathon Metaphor

(Continued from page 10)

cally and mentally exhausted. Just putting one foot in front of the other was becoming more and more difficult. It is during the later stages of a marathon that, quite frankly, you see, hear, smell, and feel a lot of suffering (I'll spare you the details).

I could no longer keep from asking that feared question that lurks in the back of almost every marathoner's mind, "Why the #%& am I doing this?" Almost as soon as the question came up, however, so did the answer... "Because I can!"

The names and faces of so many others who I have met throughout the marathon of my life and the marathon of cancer who have suffered, especially those that are no longer with us, came to mind. It was during this 24th mile, a mile that was filled with tears, that I realized how very blessed and fortunate I have been.

In remembering and honoring the pain of others I found not only a greater appreciation for my own blessings but a new strength to continue onward. Somewhere during the 25th mile, something happened. It was a subtle shift in perspective that is difficult to explain.

The moment that my mind let go of my own personal suffering and discomfort and embraced that of all those around me I gained a new insight. It became clear to me that neither this race nor this life was about my successes or my failures. I could walk off the course, any of us could walk off this course, at any given time... but the race would go on.

I began to realize how very meaningless and insignificant my role in this race really was, as well as my role in this life. In a strange way I lost my sense of identity. I was no longer me, no longer a cancer survivor, no longer someone with a past or a future, no longer runner #4119. But at the same time I lost my sense of identity, I gained my sense of belonging... to a much greater whole.

I realized that I was a part of something far greater than anything as insignificant as "me." And it is this greater whole that had all the meaning and purpose that I needed. In an instant I both lost myself and found myself and was reminded of the fourth lesson of this marathon metaphor... WE ARE ALL IN THIS TOGETHER!

With this new-found understanding of community it occurred to me that if I was to be a viable part

of this greater whole than I had certain responsibilities to fulfill. I stopped worrying about my own goals and my own concerns and focused on that of those around me. I began encouraging my fellow runners. To those runners that passed me by I would yell, "Way to go!" To those that I would pass by, including those that had slowed to a walk or stopped altogether and found rest at the side of the road, I would yell, "Good job!"

I acknowledged the volunteers who were handing out water, cold sponges, or electrolyte replacement drinks with a smile and a "Thank you!" I even began applauding the spectators that clapped, cheered, and shouted words of encouragement to anyone who needed it. I came upon one group of spectators holding a sign that read, "Runner's, we love you!" and shouted in return, "I love you too!" I clapped for the bands along the way and gave high fives to anyone who would take one.

My legs still ached and I was exhausted but, you know what, somehow I started feeling better and picked up the pace. Just past the 25-mile mark someone yelled out, "Keep smiling!" and I realized that they were talking to me. And I did!

And so came the fifth reminder of this marathon metaphor, IF YOU WANT TO HELP YOURSELF, BEGIN BY HELPING OTHERS!

Before I knew it, the finish line was in sight. I

have been blessed on several occasions with the experience of being the first to cross the finish line in a marathon and receive the congratulatory cheers of the crowd but on this day I was a long way back from first place. As I ran the last couple hundred yards I did something I didn't really plan and have never done before. I began waving my arms up and down in an effort to generate more cheers.

I wasn't looking for personal recognition... that doesn't come when you cross the line in 1,341st place with a time of 3:36:19. But on this day the applause was far more meaningful because it was a celebration of this one particular moment in my life. It wasn't the fulfillment of an expectation or the next step to something better. It was a gift of the NOW, a gift we call the PRESENT!

And so the final reminder of this marathon metaphor would come just as I crossed the finish line in the slowest marathon time of my life to the cheers of hundreds in what would, without a doubt, be my most memorable marathon finish ever - EVERY MOMENT CAN BE THE GREATEST MOMENT OF YOUR LIFE! And this was surely my greatest moment.. until the next moment anyway!

As Always, Tim (see www.matthews-betag.com)

FROM THE ARCHIVES

THE WHO WHAT AND WHERE FROM 25, 20, 15 AND 10 YEARS AGO

By Ron Winkler

25 Years Ago

Saturday, September 2, 1978

City of St. Francis 5-Mile Road Run

Chris Ramsey led the way for the 51 finishers who participated in the City of St. Francis 5-Mile run. His 26:28 put him well ahead of runner up John Miller who toured the course in 27:06. David Kocaja was third across the finish line with 27:26. Ron Winkler was next in fourth place with 28:02, followed by Mark Delaney in fifth with 28:17. Sixth place went to Jim Peelen who was clocked in 28:34. Close behind in seventh place was Richard Kornfehl whose time was 28:48. Jim Flees crossed the finish line in eighth place with 29:24, followed by Tim Halkowski in ninth with 29:59. Rounding out the top ten was Paul Murphy with a time of 30:41.

Mary Czarapata, 43, was the first of seven women participants. Her 31:47 placed her well ahead of runner up Amy Delaney who finished with 34:11. Leah Rewolinski finished third in 35:16, but then there was a hiatus of over four minutes before Becky Peelen appeared in fourth place with 39:51. Next, Jill Lieber made it into the top five with her 43:45.

20 Years Ago

Sunday, September 4, 1983

Jewish Community Center Olympic Memorial 10K Run

Juneau Park, Milwaukee

The top finishers in the Olympic Memorial Run 10K were Steve Hessil and Teri Luebbering. Hessil's time was 32:55 and Luebbering's time was 41:12. Runner up for the men was Walter Phillips who was timed in 33:43. Third place went to Mark Chepp who finished in 34:01. Ron Winkler's 34:57 got him fourth place, with Chris McAtee taking fifth in 35:27. Will Strycker crossed the finish line in sixth place in 35:48 and was followed by David Gray in 36:04. Mike Kirkwood's 36:16 got him eighth place, with Bob Ellis close behind in ninth place. Tenth place finisher was Mike O'Brien with 36:40.

For the women, Ruth Fina was the runner up with 41:20, while Marlene Schommer took third place in 42:09. Fourth place went to Susan Schroe-

der who was timed in 43:36, but then, almost a minute passed before fifth place Karen Schmidt appeared in 44:28. It took another minute before Linda Smith finished in sixth place with 45:29. Sandy O'Brien finished seventh with 46:04 and was followed by Elaine Konapski in eighth place with 46:30. Carol Babb toured the course in 47:09 to take ninth, while Angela Zuckerman rounded out the top ten with her 48:24. A total of 228 runners participated.

15 Years Ago

Saturday, September 3, 1988

Badgerland Striders 20K

Milwaukee Lakefront

Chuck Germain and Claudia Schnagl were the winners of the Badgerland Striders 20K. Their times were 1:09:32 and 1:29:02, respectively. Age group winners were: Nancy Miller (30-34) 1:43:41; Susan Armstrong (35-39) 1:29:54; Linda Stone (40-44) 1:37:43; Georgia Dollister (45-49) 1:39:06; Randy Bucheger (20-24) 1:11:40; Dennis Raymark (25-29) 1:10:33; Kevin Keenan (30-34) 1:10:27; Roy Pirrung (40-44) 1:11:18; Lowell Mutchelknaus (45-49); Paul Kutschera (50-54) 1:17:53 and John Moran (60+) 1:32:13.

10 Years Ago

Saturday, September 4, 1993

Badgerland Striders 20K

Milwaukee Lakefront

Kevin Grabowski and Kathy Green were the winners of the Badgerland Striders 20K. Their times were 1:04:59 and 1:17:17, respectively. Age group winners were: Denise Hagen (18-19) 1:25:37; Kelly Kiel (20-24) 1:44:26; Stacy Rierson (25-29); Jane Wallschlaeger (35-39) 1:27:22; Sandra Jensen (40-44) 1:23:30; Ruth Fina (45-49) 1:19:48; Lorraine Bunk (50-54) 1:34:58; Nancy Muller (55-59) 1:44:58; Agnes Reinhard (60+) 1:58:04; Peter Sell (25-29) 1:07:31; John Klika (30-34) 1:10:53; Tony Rodiez (35-39) 1:06:34; Ron Erhardt (40-44) 1:11:09; Roy Pirrung (45-49) 1:11:33; John Becker (50-54) 1:18:58; John Jones (55-59) 1:19:35; Bill Hollihan (60-64) 1:30:41 and Bill Smeaton (65+) 1:36:33.



Affordable Health Insurance

KEVIN J. TRUEBENBACH

Health - Life - Medicare Supplements - Long Term Care Ins.

17100 W. Bluemound Rd Suite #204
Brookfield, WI 53005

Office: 262-784-7344

Mobile: 414-406-7674

Fax: 262-821-0508

sales@etruehealth.com

www.ETRUEHEALTH.com

The
Stefaniak
Group LLC

Personalized Real Estate Services

3789 S. 108th Street
Milwaukee, Wisconsin
53228

www.stefaniakgroup.com



Peter Michael Stefaniak

tel. (414) 541. 2500, ext.16

fax (414) 541. 2600

cellular (414) 254. 4422

peterstefi@voyager.net

Three Marathons, Quick!

(Continued from page 4)

for the busses. They decided to retain the out-and-back arrangement as the permanent course.

The Pine Line covers a very pretty route parallel to both the Black River and Highway 13. It reveals vistas of the river, dairy farmland, and tamarack swamp.

Tamarack (a deciduous evergreen) is a source of tannic acid (used to tan leather), and turns streams and ponds brown in color. Therefore Black River is an appropriate name. Using a disposable camera, I photographed a pond in which a 4" long leech was swimming near the surface like an eel.

There were 72 marathon finishers, and 53 in the concurrent half marathon. Bill Hollihan finished in 4:47. I finished in 5:49. Race directors saved out cups of precious ice cream for all finishers, which was greatly enjoyed. I remembered what nurse Dottie Duncan said to me at the Marathon to Marathon race at the finish in Marathon, IA in June of 2000. "Protein! We need protein!" Ice cream is always appreciated after a long run, and saving it out for the last finishers was a special touch.

The race, which is sponsored by the local Chamber of Commerce, is a major event for the small city of Medford (pop. 4300).



In contrast, the **Green Bay Marathon on May 10** is more of an in-your-face, "look at us" type of event. Race Director Gloria West uses all the hype that is at her disposal, and more thereafter.

This year she brought in running legend Helen Klein as guest speaker at the pre-race spaghetti feed. It was held under a tent at Titledown Brewing Company, just across the Fox River from the KI Convention Center, which housed the registration activities and the race expo.

Helen, 80 years old, is known, not for her marathon time, but for her ultrarunning records. I was able to meet both her and her husband Norm. Together, they have directed numerous races, including Western States (100 miles) and Sunmart (50 miles and 50k; the largest ultra event in the country). Helen's delivery of "How to Stay Young at 80" was down-home, personal and inspiring.

Although Kathy and I had driven "around" Green Bay hundreds of times on our way up north, we had never really explored the city. I hadn't been aware of the large business area extending from Main Street, several blocks toward the south.

At the start of the race, Main Street is six lanes wide, so all 6000 starters can assemble within two city blocks. The problem is, they have to squeeze down to two lanes over the Ray Nitschke Bridge heading west. From there, it's good going all the way.

The marathon extends south along the west side of the Fox River, then west past Lambeau Field, then south along the river, crossing over a bridge at mile 11. Then it winds through a residential neighborhood in DePere before joining the asphalt-paved Fox River Trail, then goes back north to finish at Washington and Cherry Streets, just two blocks from the start. Showers are offered at the nearby YMCA.

One's impression of any major race is colored by the weather. May 10 in Green Bay offered beautiful weather, just a bit warm for running. There were a lot of spectators and well-wishers present, although not so many as at Grandma's in Duluth. Still, I feel the Green Bay Marathon course is both pretty and pleasant.

There were over 2700 runners involved, including 900 in the marathon, 1340 in the half, and 500 in the 5k. Predictably, since the event is so close to

home, I saw several friends and club members I knew. The published marathon results included Rick Stefanovic 2:40, Stuart Kolb 2:45, Steve Szydlik 2:47, George Ogutu 2:56, Roy Pirrung 3:15, John Megan 3:21, Bill Lepley 3:58, Andrew Delzer 4:26, and 80 year old Helen Klein in 4:53. I finished in 5:59.

Half marathon results included Dave Lawnicki 1:40, Jo Lepley 1:47, Mary Flaws 1:59, and Mary Callen and Paul Sokolowski 2:29.

Overall, I was pleased with my Green Bay Marathon experience. Green Bay, with a population over 100,000, has adequate facilities for this event. I feel the event was well managed, and the facilities and course were used appropriately. It was a fun weekend.

Two weeks later, what I heard was unmistakably Bill Grass's voice on my voicemail.

"Hey, Dave, I know it's short notice, but would you like to run a marathon this weekend?"

I phoned back to get the details. Bill, who had moved to McAllen, Texas five years ago, would be in Milwaukee for his son's graduation celebration. While he was here, why not run a marathon in another state (a state he hadn't run before), and why not ask someone else along for company?

His quest, and the third marathon in my series, was to be **Sunburst Marathon, South Bend, Indiana, Saturday, June 7**. Just 180 miles from Milwaukee, the race would add the state of Indiana to Bill's marathon achievements.

"Sure," I agreed after checking my calendar, and with my wife. "Pick me up at my home, I'll be ready."

I had never considered running Sunburst before. Perhaps it was too close to home, or its conflict with Grandma's Marathon had discouraged me in the past.

Information from their website (www.sunburstraces.org) revealed that the 20-year old celebration was actually five events: the marathon, half marathon, 10k, and 5k races, and a 5k walk. The marathon is point-to-point, starting at the College Football Hall of Fame in downtown South Bend and ending at the 50 yard line of the University of Notre Dame Stadium about 3 miles from the start. Shuttle buses are provided to return runners from the stadium back to the start area.

With a history of having around 600 runners in the marathon and another 600 in the half, Sunburst would be considered "small to medium" in size. "We won't cut off," appeared in their promotional material, indicating that they didn't limit the size of the run (or had no need to.)

We arrived in time to register and view the small, but interesting, runners' expo. One of the new products we viewed and sampled was a drink that provided amino acids and various other supplements, but zero calories.

"No calories?" I asked. "What good is it?"

Unfazed, the representative continued to list the benefits of the drink. She was from Venus; we were from Mars. Her pitch would have been better received by runners of shorter races.

One unusual feature of the marathon is its 5:45 a.m. start. At the spaghetti feed, the D.J. reiterated several times that we were on Eastern standard time, which was the same as Central daylight saving time (the same as Chicago and Milwaukee.)

The morning of the race, Bill and I arrived early enough to find free parking and visit the facilities at the College Football Hall of Fame.

I saw just three persons I knew at the start. They were Doris Cail of Chicago, Henry Reuden of DePere, and Janusz of Chicago's Polish Marathon Club.

Although I was not aware of the origin of the "Sunburst" name, I saw one possibility within the first mile. Beyond the downtown buildings and after a break occurred in the overcast sky, the sun appeared just a few degrees above the horizon. Clouds then advanced, and the sun was quickly obscured, but the magic of "sunburst" had occurred prior to 6:00 a.m., Milwaukee time, on the seventh of June.

One of the great features of this race is that so much of the course parallels the St. Joseph River. It is a pretty river, broad and slow-moving. At several places I thought George Washington (or even I) would have had a hard time tossing a silver dollar all the way across. Locals call the river the "Saint Joe."

Not only is the course picturesque, but the finish

on the Notre Dame campus is spectacular. One of the last straightaways before the Notre Dame stadium is along a wide concrete walk under a canopy of trees. I could both see and hear a cheering support person perhaps 1/8 mile away. It was so far, the sound of her clapping was noticeably out of sync with my vision of her hands. Still, the tunnel formed by the reflective concrete surface and the trees overhead carried her sounds to me clearly.

"Welcome to Notre Dame!" This was the message repeated by several greeters (sentries) who pointed in the direction of the north entrance to the stadium.

Entering the brightly sunlit stadium, I found the finish to be anticlimactic. Few observers were present, and most of them were university employees. I spotted Bill Grass, who loves the sun, waiting for me in one of the stadium seats. He had finished in 5:09; I in 5:53.

If there's one complaint I might lodge against the race, it's that things "peter out" toward the end. I saw someone take down the 16 mile banner before I reached it. I was bothered by the lack of sentries around mile 20, and found myself running on the



wrong side of the street to make sure I saw the course markings on the pavement. Tish Roberts, an accomplished and experienced racewalker, complained about the lack of personnel along the course around mile 18. And as Henry Reuden pointed out, there was no food left for the runners at the finish.

In spite of these shortcomings, I came back with some friendly and brilliant impressions of the Sunburst Marathon.

Meanwhile I'm staying near the phone. Who might call? And where would you like me to run?

ATTENTION!

Al's Memorial Run Volunteers

Many of you have helped over the years and it is greatly appreciated by the Striders and by the kids.

If you have a new email address or have relocated since last year, please email Bob Scherer at bscherer@clddigital.com with your updated information. You can also contact him at 262-569-6732 or CL&D Digital, 3697 Kettle Court East, Delafield, WI 53018.

Please contact us even if you can't help this year and let us know.

Thank you for all of your help in the past and in advance for your help again this year.

FIGHTING THE WEIGHT GAIN SITUATION

(Continued from page 10)

- Chew, Chew, Chew. Mothers of old used to say that. Now we all have forgotten that. Any food that is hard to digest, chew at least 20 times before swallowing. That means all proteins, all fats, all vegetables, and many more. Chew, Chew, Chew. Chewing will help with digestion.
- Eating slower and chewing more will allow your body to send the "full" signal before you have consumed too many calories.
- Do not drink too much water with your meal to wash down your food. Only sip a little fluid after you have chewed and swallowed.
- Lastly here, some people may need to take some Betaine HCL (hydrochloride) with any high protein meal. The older you get, the less you produce and you have more trouble digesting proteins.



We need the enzymes and nutrients that are in truly unprocessed foods.

- Types of foods generally needed and recommended –
 - lean unprocessed meat (no bologna)
 - fish (not breaded)
 - plenty of vegetables
 - some fruits when in season
 - nuts, seeds, and some whole grains and beans.

In following good food combining rules it is best to not eat you fruit with a large protein containing meal. That will usually give you gas. I know some are trying to cut out the cakes for dessert and use fruit as the dessert, but this will often lead to more gas. Melons, grapes, etc. are the worse gas makers. Eat fruit as your in between meal snack.

You need a good balance of proteins, good fats, and carbohydrates. The balance depends on you workout load and your body type (Northern or Southern genetic ancestry).

I will give you an example of what I ate for lunch at work the last two days and my results - listening to my body. For both days I ran to work (carefully avoiding cars).

Thursday

They had these really huge Mexican Enchiladas, full of fat and processed food, (but I knew they tasted really good from when I had them a year ago), rice, and of course, a huge heaping of sour cream. I had them add a serving of peas and onions to just try to salvage the meal. I chewed very well as I let my two female companions do all the talking. (They had nice spinach, vegetable, and seeds salads)

How did I feel 2 hours later? Still full, still burping and belching. My muscles never pumped up when it was time to run home. If it had been really warm I would have lost some of my food on the way home because I could still taste it.

Friday

I had baked cod with lemon on it, potato pancakes with a little syrup and a lot of applesauce on top, a huge side of steamed vegetables and a glass of water with lemon in it. Two hours later my muscles were already starting to feel pumped up. NO belching, etc.

So what did I learn? I had my splurge and paid for it. I do this every once in awhile, but not too often. I chewed really well at both meals and still could not digest the "non-food" meal. I got no energy from the bad food and ate too many worth-

less calories. That meal probably went to my waist and not my muscles.

Good and bad food s may vary from person to person. The key is listen to how you feel and breathe after you eat.

Well, I thought this was going to be short, but ran on

PostScript

IS PIZZA FOOD? OR RATHER GOOD FOOD?

It is one of the main items in the American diet. I say NO!!! And here is why.

It is made with processed wheat and burned cheese and fatty ingredients and lots of salt (to sell more beer and soda). Oh, but it has tomato sauce on it. That is a vegetable. Ever hear of lycopene? Yep good for you. So pizza must be good for you for the burned tomatoes on it. Nope. The tomatoes are burned so much they lost most of their value.

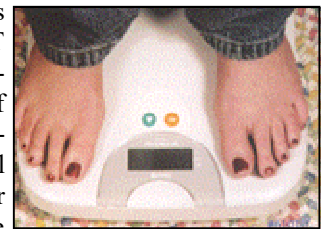
Pizza encourages fast non-chewing eating and stuffing out bellies. Pizza is soft and you can just stuff half a piece in your mouth, chew once or twice and wash it down with soda or beer. You can consume 1/2 of a large pizza (1500 or more calories) in 5 minutes. Since you did not chew, there are no digestive enzymes from the mouth and huge chunks float in the stomach until they are dumped into the intestines. The intestines then "belch back" with more acid trying to handle these large indigestible objects. And you have reflux.

So pizza tastes good? A person needs to learn how to "eat what is good for them" NOT "what tastes good". Re-train your taste buds. If you eat onions and garlic long enough you will learn to like them. After all it probably took the first 100 beers or more before you liked beer.

So don't eat pizza if you want to lose weight.

Comments, rebuttals welcome. (Over a pizza and beer/soda eating/belching contest. Hah.) Get those long runs in....

Editor's Note: See more of John's insightful posts at www.badgerlandstriders.org on the graffiti page.



BUT JOHN, I CANNOT DO THIS! IT WILL TAKE FOREVER TO EAT!

No it won't. Take smaller portions and keep chewing while your gulping friends around you chew twice, swallow and then talk. You should eat 1/2 to 2/3 the calories of these gulping friends. And... your muscles will get better results from less food.

SO WHAT DO I EAT?

There many ideas here, excellent ones already presented. But here is a brief look.

- Only eat those foods that you know you can digest well and to which you do not have an allergic reaction. Does this food give me gas? ...Usually an hour or so later?
- Ask yourself 1-2+ hours after you eat. Did this food make me feel stronger? Do my muscles feel pumped up? Or... does it just make me feel full? Most Americans eat food that just makes them feel full. Listen to you body and soon you will be able to tell.
- Again 1-2+ and later. Did this food open up my breathing or did it congest my breathing and sinuses? Ever hear of asthma? Well those people better who have asthma should ask themselves this question regularly and figure it out. I will give you some starters - processed wheat of any major amount, dairy, and sugar are generally congesting foods.
- Eat as much raw unprocessed foods as possible. An ideal diet would consist of 60-70% raw foods, but that is pretty hard. Just give it a try.

36th Annual
Wo-Zha-Wa Run
 Wisconsin's Oldest Long Distance Race

Half Marathon & 4 Mile
 Saturday, September 13, 2003 - 8:00am Wi. Dells High School

Are you ready for a challenge?

A great race.....
 ...and a great time!

All **FINISHERS** receive passes to major Dells attractions. T-Shirts to all.

For downloadable pdf entry form and other race information go to www.bluechiptraining.net/wozhawa

For mailed entry form contact:
Mike Sweeney
 1006 Capitol St., Wisconsin Dells, WI 53956
 ph: 608/254-6280

\$12 prior to 9/11
 \$14 Day of Race

\$50 bucks for any new course record!

FARTLES

NEW OFFICIAL FEDERAL SHOE SAFETY LABEL

FOR EXTERNAL USE ONLY. SLIPPERY WHEN WET. DO NOT STAND ABOVE THIS POINT. DISCONTINUE USE IF DIZZINESS, NAUSEA, DIARRHEA, OR THE DESIRE TO RUN A MARATHON SHOULD OCCUR. DO NOT USE IF SEAL ON BOX IS CUT, TORN, OR MISSING. DO NOT USE IF YOU CANNOT SEE YOUR SHOES WHILE STANDING(WOMEN MAY APPLY FOR A WAIVER-SEND PHOTO TO FEDERAL SHOE DEPT, WASH.D.C.) DO NOT REMOVE THIS TAG UNDER PENALTY OF LAW.

© 1999 D.E. SWEENEY



Coming Events



Coming Events



Coming Events



THE GREAT LAKE MICHIGAN TRIATHLON

Olympic and Sprint Distances, 7am. Reg 5am. Simmons Island Beach, Kenosha. Note Critrium-style Bike Course. USAT sanctioned. Perks Post race party. Contact Frank Dobbs Day 262 275-3577 lgsports@genevaonline.com (40 mi)

PESHIGO FIRE TOWER RUN/WALK

5k run/walk, 10k run 8am. reg 7am. Bulldog Stadium, N Emery Ave, Peshtigo, across from elem school. Fees \$10 by 9/19, \$13 raceday. Perks TS, goody bag, shwrs at elem school. Contact Donn Morois 715 582-2875 www.peshtigofire.info/firetower_home.htm (160 mi)

KRIS GREENING 5K RUN/WALK

5K Run/Walk 12noon. Reg 9:30-11:30. Ripon College. Fees no fee. TS \$15. Donations and pledges appreciated. Reg by mail by 9/7. Perks fruit, cookies. Contact Julie & Todd Samolinski 715 627-7271 www.kristopherfoundation.nhfind.com (86 mi)

Sunday Sept 21st

BLS MARATHON BUILD-UP

20mi 8am. Pg.14, Contact Phil Carpenter 414- 541-3086

BEGINNING TRAIL RUNNING

3rd Session. Scuppermong Trails, S. Kettle Moraine. Contact Marty Malin 414 453-7326 1224hrm@merr.com

BIG M RUN

5mi, 2mi Fun run-walk 8:45am. 1k Kids Fun Run 9:45. UWP Campus, Plattville. Must take bus to start of 5mi, 2mi runs. Fees run \$12 by 9/15, \$15 raceday. 2mi \$10, \$12. 1k \$5, \$6. Perks TS, dwgs, fruit, bev, munchies, shwrs. Contact Tom Antczak Day 608 342-1504 Eve 608 348-3877 antczak@uwplatt.edu (151 mi)

Wednesday Sept 17th

BLS FUN RUN

3mi, 6mi 6pm. Whitnall Park #8. Fees no. Perks bev. Contact Ron Behlendorf & Nancy Sanling. Day 414 412-1100 & 262 376-4496

Saturday Sep 27th

BLS MARATHON BUILD-UP

12-14mi 8am. Pg.14, Contact Phil Carpenter 414- 541-3086

CHILI CHASE FOR HOSPICE

5k run/walk, 10k run, 10am. reg 9-10. Beloit Regional Hospice. Fees \$15, kids 10- \$7 by 9/22, \$18, \$10 raceday. \$40/family. Perks TS/1st 100, chili, beer, soda, fruit. Chili cook-off, post race party, entertainment, face painting. Contact Jennifer Shotliff 608 756-0475 rdy2run@ticon.net (76 mi)

FOND DU LAC YMCA AUTUMN CLASSIC

1/3mi run 10am. 1mi run 9:50. 5k run/walk, 2mi walk, 9am. reg 8am. Marian College Gym. Fees Adults \$7, \$4/no shirt, \$10, \$7 raceday. Kids 12- \$5 w/shirt, free w/o, \$8 raceday. Contact Matt Rumph Day 920 921-3330x18 matrumph@yahoo.com (67 mi)

FOX CITIES MARATHON 5K RUN/WALK

5k run/walk 8am. UW-Fox Valley, Menasha. Fees \$15, \$18 dayof. Children -14 \$10, \$12. Perks TS, finisher ribbon, goody bag, finish food. Contact Fox Cities Marathon Day 920-882-9499, 877-230-RACE www.foxcitiesmarathon.org (101 mi)

FALL CLASSIC TRAIL RUN

4mi on trails and park roads 9am. Severson Dells Forest Preserve. Montague Road west of Rockford. Fees \$13, \$10 for 16 & under by 9/19, \$15 post entries. Perks Caps, gloves, or tote bag. Contact Norman Yarger 815 544-0879 www.rockfordrosrunners.com (100 mi)

BEGINNING TRAIL RUNNING

3rd Session. Scuppermong Trails, S. Kettle Moraine. Contact Marty Malin 414 453-7326 1224hrm@merr.com

HARVEST FAIR 5K

5k run/walk 8:45am. State Fair Park, West Allis. Fees \$12, \$15 dayof. Perks TS, bev, snacks. Contact Geri Love Day 262 241-2518

Sunday Sept 21st

FOX CITIES MARATHON

26.2mi run/walk, relay(5), 13.1mi run/walk, 13.1mi power walk, 5k run/walk kids run, 8am. UW-Fox Valley, Menasha. Fees Mara \$42 by 9/1, \$52 after. HM, Power Walk \$35, \$45. no raceday. Perks TS, medal to all mara, HM, relay, bag&tag, bus shuttles, shwrs at UW-FV. Contact Chip Coenen Day 920 882-9499, 877 230-RACE, www.foxcitiesmarathon.org (101 mi)

RUN FOR THE SENIORS

5k run/walk 1:30pm. reg 12:30. Williams Bay Jr./High School, Williams Bay. Fees \$10 14-, \$12 15+. \$15/all raceday. www.active.com. Perks TS, fruit, bagels, cookies, Powerade. Contact Chris Bigonia Day 262 245-6224 Eve 608 365-0409 cbigonia@williamsbay.k12.wi.us (52mi)

Saturday Oct 4th

BADGER ORIENTEERING

3k, 5k, noon. Lapham Peak State Park. Colorama orienteering event. Fees \$6/mbr, \$9/non-mbr, \$3/jr. Annual mbrshp \$10, \$15/family. Contact Kevin Teschendorf Day 608 294-1958 Eve 608 294-1958 or 262 335-3304 http://userpages.chorus.net/kevin

LAPHAM PEAK COLORAMA RUN/WALK

10k, 5k, 4k walk, fun run for kids 10-, 10am. Homestead Hollow in Lapham Peak State Forest, Delafield. Perks LSTS, dwgs, treats. Contact Kris Maki Day 262 965-2636 or Park Office 646-3025 Eve 262 965-2636 jmaki@execpc.com

Sunday Oct 4th

LAKEFRONT MARATHON & MARATHON RELAY

26mi 385yd 8am. Grafton to Veterans Park Milwaukee Lakefront, Chip timing, on-line registration www.active.com. Awds \$500/\$300/\$100 1-3 m/f. trophy 1/mf, 1/div, 3 or 5/div. Fees Marathon \$40-\$75. Teams \$100-\$175. see entry form. Online reg www.active.com. Perks sweatshirt/marathon, LSTS/relay, medal/finish, beer, soda, fruit. Contact Kristine Hinrichs Eve 414 291-2647 www.badgerlandstriders.org/lakefront

Saturday Nov 1st

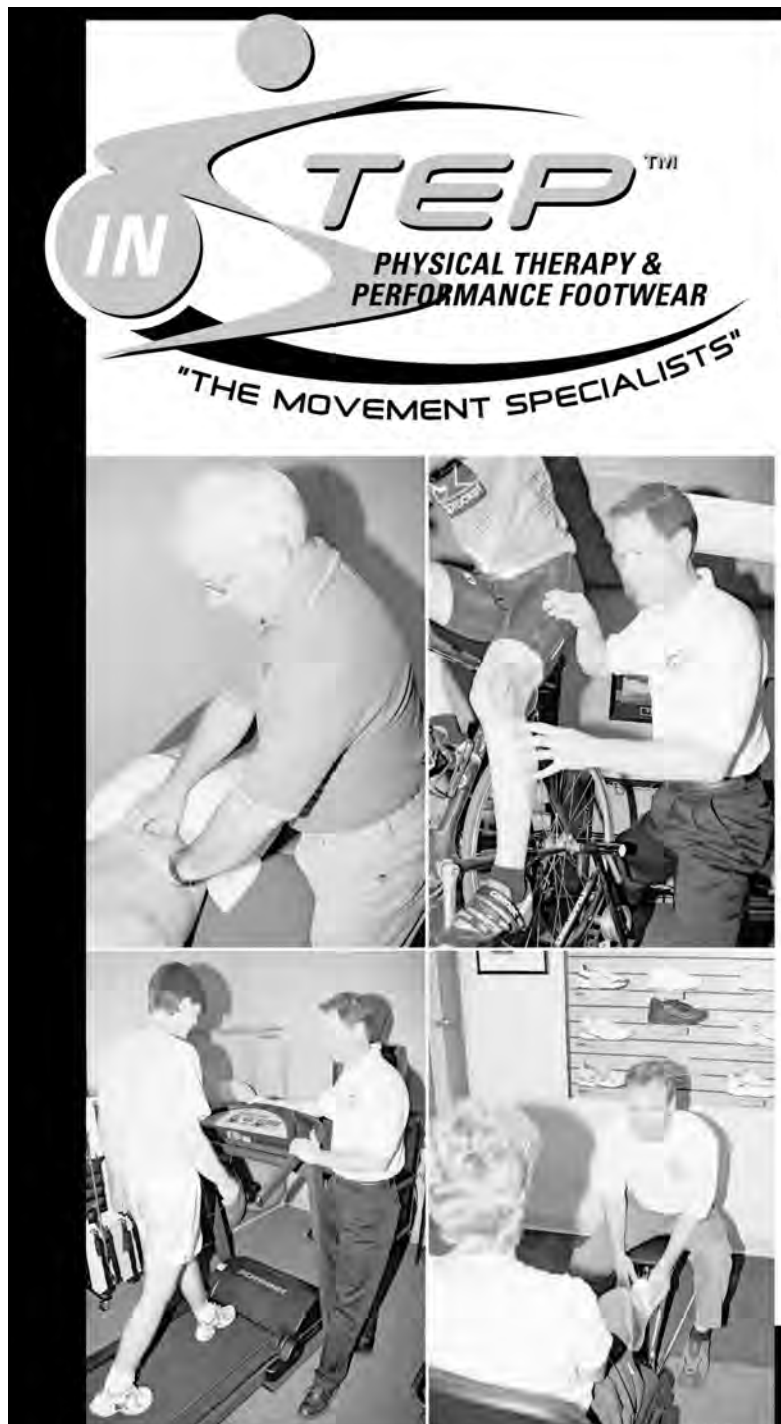
LAKEFRONT DISCOVERY RUN 15K AND 5K FUN RUN

15k, 5k 9am. Milwaukee Art Museum, Milwaukee Ale House. Fees \$14 BLS, \$16 others, \$18 raceday. Perks LSTS, dwgs, bev. Contact John Cornell 414 967-9657 jdstrider@aol.com

Sunday Nov 9th

BADGERLAND STRIDERS TURKEY TROT

15k, 2mi 9:30am. reg NONE RACEDAY. Root River Pkwy, W College Ave & S 92nd St. Fees BLS \$6, \$7 family. non-mbrs \$8, \$9. Perks hot cider, hot chocolate, soda, cookies. Contact Len Wachniak Day 414-524-3831 Eve 414-545-5899 www.badgerlandstriders.org



InStep Physical Therapy & Performance Footwear Now Open in Mequon

**Tom Labisch, PT, LAT, CSCS
Bob Corby, PT
John Ochsenwald, LAT, MS**

We are a unique facility that combines physical and athletic rehabilitation services, performance footwear, orthopedic and sports medicine supplies.

Running, Walking & Dress Casual Footwear from Saucony, Asics, New Balance, Brooks, Rockport, Montrail & Vasque
Physical Therapy, Athletic Training & Massage Therapy
Individualized & Exceptional Care • Customized Orthotics, Inserts, Supports and Pads • Custom Sandal Orthotics & Clogs from Birkenstock & Bite • Biomechanical & Video Gait Analysis
Medical Grade Orthopedic, Sport & Home Therapy Supplies

BRING IN THIS AD FOR 20% OFF YOUR NEXT PURCHASE

262-241-8402

1516 W. Mequon Rd., Suite 201
Mequon, WI 53092
www.RunInStep.com

Come and see us for great shoes, great prices and unparalleled service. Visit our store, or call us for an individual appointment or consultation.

FROM THE BACK OF THE PACK

Catch the Volunteer Bug

By Betsy Weiss

I thought that I would take the opportunity to write Jeff's column for him, because he's been busy learning how to do another volunteer job, certifying a run course. In his usual style, he decided to learn on a 20K course. Of course, this was just a little more time consuming than he originally thought.

This brings me directly to the point. Catch the volunteering bug! You won't be sorry. It's quite similar to the running bug that so many of you have caught. You know...lots of hard work and sweat, but a terrific feeling when you are done.

I remember when Jeff's goal was to run a marathon, just to see if he could. Zap! He was infected! He had to continue running marathons and will probably continue to do so forever, if he can get his sciatic nerve to cooperate.

Jeff has run off and on since his high school years. There were times that he didn't run as much as others.

When he would think about running seriously, he thought about joining the Badgerland Striders. He knew of the Striders because his friend (and the best man at our wedding) Marty Malin was an active Strider. He hesitated to join because of the volunteer "requirement." He wasn't sure he would have the time to help at the required number of races. (haha)

Eventually, he "took the plunge" and joined the Striders. He worked the required number of races, but felt largely invisible at club meetings and events. He continued to work at races and go to meetings.

One day, he came home and told me that a new race director was needed for Al's Run and that he was thinking of volunteering. He wasn't sure he would be accepted, because he wasn't sure that anyone in the club knew who he was.

--TA DA! He was given the job... and people started talking to him at runs and events.

He continued to volunteer at races and attend club meetings. He had found a niche.

One day, he came home and said that the club was looking for a new graphics person for the newsletter. He said he was not going to take this job.

I knew different! I wasn't the least bit surprised when he announced that he would give it a try.

Now lots and lots of people in the club know who he is!

And... he is out learning how to certify courses... one of those other jobs that he always wanted to try.

You see, this is a bug that's good to catch!

It's good for him...and ...pretty good for the club, too!

USATF State of the Sport Part III

Linda.Honikman@usatf.org

Largest Running Events of 2002

The country's largest races continued their growth trend in 2002, according to data released by USA Track & Field's Road Running Information Center. The 100 largest running events had a total of 1,364,568 finishers, compared to 1,335,849 in 2001. (The number of finishers is approximately 80 to 85% of the entrant total.) The depth of this growth is reflected in the fact that 100th-largest event had 5,923 finishers in 2002, compared to 5,708 the previous year, while the number of results received by the USATF RRIC from races that had more than 5,000 finishers increased from 119 to 137.

...

Note that there has been a trend for some charity runs, such as the Race for the Cure 5 km, not to provide timing services in some cities. Untimed races take on the status of more of a fun run, rather than a race. For this reason USATF will not include untimed events in future Largest Running Events by Distance lists.

"Cause" Events Dominate 5 km, 1 Mile

Increases seen in the 90s in women-only events have leveled off (in fact there was a reduction of 6% from 2001 to 2002 for the same women-only events). "Women's cause" events, however, have continued to grow, led by the dominant Race for the Cure Series, which raises money for breast cancer research. Twenty-one of the largest 25 (and 70 out of the top 100) 5km runs were Race for the Cure events, most of which were co-ed. Two of the remaining largest 25 5kms were Revlon Runs for Women which also raise funds for breast cancer and are held on both coasts. Out of the top 50 women-only events, 35 were from Race for the Cure and only 17 of the top 50 were timed. Even fewer participants in charity events are being timed in 2003 (see note above). Of the top 25 largest 1 mile events, 21 were from Race for the Cure and the remaining four were youth events.

For the largest 100 timed races, largest running events by distance, largest women-only events and largest youth runs, go to http://www.runningusa.org/cgi/index_largest_races.pl

Editors Note: In order to be ranked in the Top 100 races have to score all participants. As a result Al's Run and Milwaukee Race for the Cure don't qualify. There are no races in the top 100 in Milwaukee. Crazy Legs and Bellin are the only Wisconsin races represented in the top 100.

Most Improved Runner Contest

There will be separate categories for males and females. The winners are determined by percent improvement from 2002 to 2003. You may enter one or more distances, but each entrant will receive only one award, for the highest place.

If there are questions regarding your results, the committee reserves the right to make adjustments to ensure fair results.

Awards are presented at the annual party (usually in January).

Rules

1. Entrants must be members of the Badgerland Striders.
2. Enter as many race categories as you wish.
3. The race times (for both 2002 and 2003) must be from a race where results can be verified. The race does not have to be the same for both years.
4. It is the responsibility of each entrant to send in his or her best times.
5. **Entry Deadline December 20, 2003.**

Send entries to

Mary Wincapaw, 6435 W Dodge Place Milwaukee WI 53220
414-321-8125

Don't Forget! Entries must be postmarked by December 20, 2003!

Name: _____

Address: _____

City/State/ZIP: _____

Home Phone: _____ Sex: M F

Distance	Name of Race	Date	Time
Other	_____	- - -02	: : :
Other	_____	- - -03	: : :
Biathlon	_____	- - -02	: : :
Biathlon	_____	- - -03	: : :
Triathlon	_____	- - -02	: : :
Triathlon	_____	- - -03	: : :
5k	_____	- - -02	: : :
5k	_____	- - -03	: : :
8k	_____	- - -02	: : :
8k	_____	- - -03	: : :
5m	_____	- - -02	: : :
5m	_____	- - -03	: : :
10k	_____	- - -02	: : :
10k	_____	- - -03	: : :
7m	_____	- - -02	: : :
7m	_____	- - -03	: : :
15k	_____	- - -02	: : :
15k	_____	- - -03	: : :
10m	_____	- - -02	: : :
10m	_____	- - -03	: : :
20k	_____	- - -02	: : :
20k	_____	- - -03	: : :
1/2 mar	_____	- - -02	: : :
1/2 mar	_____	- - -03	: : :
14m	_____	- - -02	: : :
14m	_____	- - -03	: : :
25k	_____	- - -02	: : :
25k	_____	- - -03	: : :
20m	_____	- - -02	: : :
20m	_____	- - -03	: : :
mar	_____	- - -02	: : :
mar	_____	- - -03	: : :
50k	_____	- - -02	: : :
50k	_____	- - -03	: : :
50m	_____	- - -02	: : :
50m	_____	- - -03	: : :
102k	_____	- - -02	: : :
102k	_____	- - -03	: : :
102m	_____	- - -02	: : :
102m	_____	- - -03	: : :
12hr	_____	- - -02	mi yd
12hr	_____	- - -03	mi yd
24hr	_____	- - -02	mi yd
24hr	_____	- - -03	mi yd



RUNNERS: WHEREVER YOU ARE IN LIFE, WE'RE THERE.

Unhappy with your current bank?

Jog into the nearest Continental Savings Bank location and open a new account!

Ask us about Smart Option.
We'll help you do the paperwork.

EAST

1930 East North Avenue
Milwaukee, WI 53202
(414) 224-0700

WEST VILLARD

3328 West Villard Avenue
Milwaukee, WI 53209
(414) 462-4400

BROWN DEER

4301 West Brown Deer Road
Brown Deer, WI 53223
(414) 354-6000

GOOD HOPE

7515 West Good Hope Road
Milwaukee, WI 53223
(414) 353-4760

HALES CORNERS

5480 South 108th Street
Hales Corners, WI 53130
(414) 425-6600

BAY VIEW

2110 East Oklahoma Avenue
Milwaukee, WI 53207
(414) 744-3060

BROOKFIELD

17160 West North Avenue
Brookfield, WI 53005
(262) 784-6640

BRANCH HOURS

MONDAY-THURSDAY . . . 9-5
FRIDAY 9-6
SATURDAY 9-12

CORPORATE OFFICE

5000 South 110th Street
Greenfield, WI 53228
414-525-7070

CORPORATE HOURS

MONDAY-FRIDAY . . 8:30-5

www.csbmoney.com



Volume 32, No. 8, September 2003



Badgerland Striders Inc.
9200 W. North Avenue
Wauwatosa, WI 53226



The Strider is published
11 times a year (Feb-Dec)

Editor: Jeff Weiss
414-771-3165
Email: tstrider@wi.rr.com

Advertising: Dave O'Brien
414-425-1309
Email: daveocorn@att.net

Assistant Editor: Betsy Weiss
414-771-3165

Cartoonist: Dennis Shoemaker

Photographers:
Dennis Eden
Kent Schlienger
Jeff Weiss