

Volume 32. No. 8

A BUSY MONTH!



September 2003

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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 Parway). 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

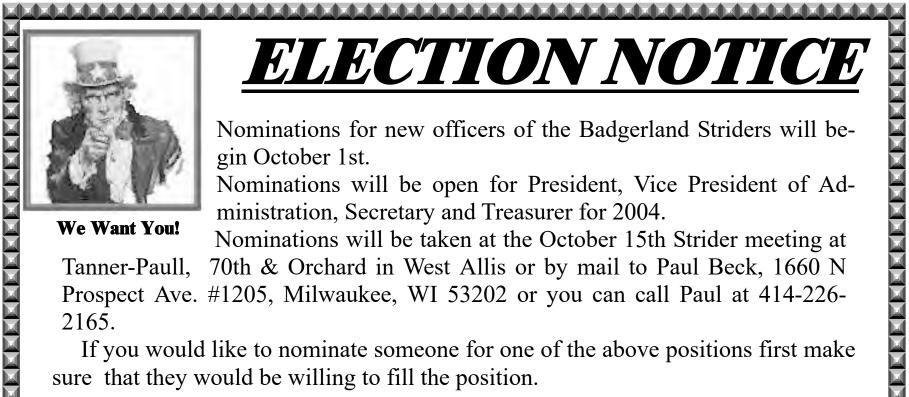
there will be a little less sun in the runners eyes as they charge down the hill at the start. We hope that we will be able to have the race awards program while we still have daylight. - The run will still be a twilight run, but with a little more day and a little less night.

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.



70th & Orchard in West Allis or by mail to Paul Beck, 1660 N Tanner-Paull, 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.

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. 5350 There were 830 participants, 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.



* Lifetime member, Badgerland Striders

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 Chil-

dren's Hospital of Wis-Stuart Berger, consin. 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 ques-

tions 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.

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."

a Rox Field

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

> "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.

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

🕸 R.D. Al's Run 7 yrs 🏶 R.D. Ice Age 8 yrs ✤ Co-organizer & RD Trailbreaker Marathon 12yrs



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?

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.



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.





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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 shoesucking 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



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

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 turnaround 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.

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. Al-though 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 gravelimproved 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

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:

Good bye from Tom & Al Love You All Tom 9 Al p.S. Sue + Jan are the real Aunti

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

President John Skornicka then wrote: "It's <u>OF-</u> <u>FICIAL</u>, 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

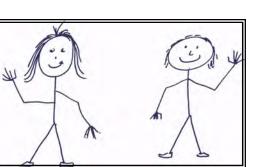
It was interesting that two female co editors replaced two male co editors. President Skornika wrote in his message, "If you are reading this letter, then you can conclude that the old and new editors were successful in producing an October edition. Kidding aside, if you have requests or suggestions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





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."



"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."

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



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



VOYAGEUR RUNNERS BAKED LIKE BUGS UNDER GLASS

(Continued from page 4)

fortunately, many of whom had to be pulled from

page 5

Part Three

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

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 13hour cut because of the heat -- several people took advantage of this gift, including the incredible 60something 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 -- unthe 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), 24h o u r (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-thanforgiving surface, and even more challenging due to the raised bricks pushed up by tree root growth beneath them.

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 morn-

> ing 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

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



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





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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 e v e r y d a y ... t o McDonalds.

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 Hoeft (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.

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.

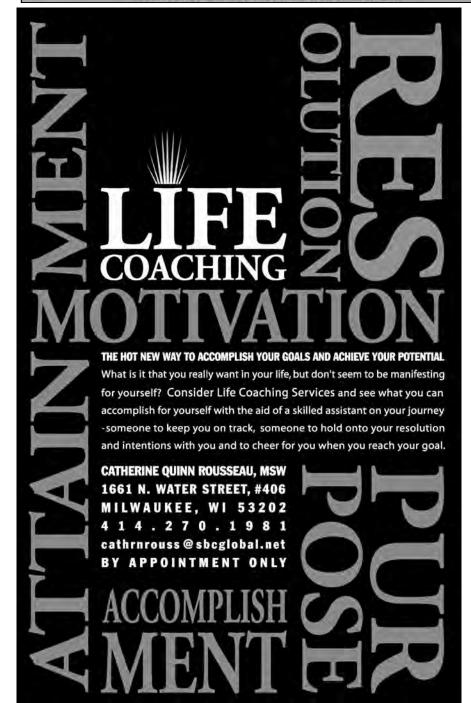


"This trend is significant," says Kris Hinrichs, race director for the Lakefront Marathon. "It means we have a more affordable and flexible way to communicate with runners. We can post up-to-theminute news on our website as well as send email links to important pre-race information. And as many race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

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 7 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 re-٠ quired to be submitted together with one check for the entire team. Entry forms available for download from the website: are www.badgerlandstriders.com/lakefront, or at area sponsors.

Relay Teams may consist of fewer than five runners, but still must pay the ٠ 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.badgerlandstiders.org/lakefront, call the marathon hotline: 414-799-1177, or email lmf@execpc.com.

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.



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.

My Feelings as a Strider

Ten years ago I met a coworker. 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 22^{nd} . 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 18^{th} , June 15th, and July 20^{th} , all Tuesdays.

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

100 meters		400 meters		Vincent Rust	33.59
DeanThompson	12.07	Demo Davis	58.43	Tom Maley	36.03
Demo Davis	12.10	Jerry Turner	58.56	Mark Flagg	36.41
Jason Duelge	13.68	Dean Thompson	59.94	Kaleb Duelge	38.20
Jefferi Smith	14.18	Randy Rucinski	1:03.13	Desiree Loggins	41.50
Mark Flagg	15.10	Erik Hendrickson	1:10.08	Mary Jones	41.85
BillyJones	15.22	Billy Jones	1:13.57	Shantae Davis	44.12
Randy Rucinski	15.54	Jason Duelge	1:14.89	Stephanie	47.87
Xandra Duelge	16.37	Jeffri Smith	1:17.28	John Jones	48.25

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Michael Haubrich, CFP (262) 554-4500



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Visit our website at www.toyourwealth.com

Aanura Ducige	10.57
Kaleb Duelge	16.92
Robert Davis	17.30
John Jones	17.34
Tom Maley	17.70
Desiree Loggins	18.01
Mary Jones	18.52
Shantae Davis	18.89
Rachel Rucinski	21.22
Judi Jones	24.36
Tristan Duelge	30.10
Lexy Turner	30.88
Jilly Jones	43.13
1600 meters	
Lee Ohlgart	5:01
Brian Fishbach	5:25
Joe Tilley	5:27
Billy Jones	5:39
Anselm Inman	5:51
Barry Smanz	5:56
Jason Duelge	6:02
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

	111/120
Mark Flagg	1:19.07
Vincent Rust	1:21.79
Tom Maley	1:25.22
Monica Davis	1:30.14
Kaleb Duelge	1:36.46
Mary Jones	1:38.71
John Jones	1:45.18
Robert Davis	1:47.45
Desiree Loggins	1:48.58
Tristan Duelge	2:47.18
800 meters	
Joe Tilley	2:32
Nate D.	2:34
Billy Jones	2:47
Jason Duelge	2:58
Erik Hendrickson	3:03
Vincent Rust	3:07
Darci Duelge	4:08
Jessica Klein	4:24
Laura Klein	4:24
200 meters	
Jerry Turner	25.53
Dean Thompson	25.86
Nate D.	29.58
Erik Hendrickson	30.24
Billy Jones	31.58
Jason Duelge	32.59
Jefferi Smith	32.67

Tristan Duelge	67.02
Lexy Turner	73.00
3200 meters	
Brandon Lesky	9:55
Joe Tilley	12:27
Billy Jones	12:30
Jason Duelge	13:13
Laura Klein	13:43
Vincent Rust	14:39
Erik Hendrickson	15:12
Cori Gillingham	15:38
Darci Duelge	19:21
Relay-2 x 200meter	
Machenzie Laska	
Leonnard Ward	53.04
4 x 100 meters	
Desiree Loggins	
Demo Davis	
Erik Hendrickson	1:03.43
Jerry Turner	
Jefferi Smith	
Monica Davis	
Robert Davis-Sanders	1 07 02

Dean Thompson

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 (1^{st}) of the month <u>preceding</u> 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 Paull Restaurant, 6922 W. Orchard Street, West Allis (70th Street between National Ave. & Greenfield Ave.). Normal meeting agenda is: social hour at 6:30 p.m., followed at 7 p.m. by a guest speaker or presentation, and a business meeting at 8 p.m.

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

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

Disorganized Training Runs

Groups of Striders get together various days of the week to run, socialize and/or eat. Breakfast-only athletes are welcome. T-shirts to all Sunday triple-loopers who finish in under two hours. Call Jack Mandelker at 414-453-2350 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 - $3 \frac{1}{2}$ 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.



This newsletter is printed on recycled paper.

Badgerland Striders 2003 VIP List

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		lgovin@mac.com	
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Co-VPs of Programming			
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VP Road Racing	Jerry Anderson	414-258-4986	
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John Dick Memorial 50K	Feb 2, 2004
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Strider 1/2 Marathon	Apr 3, 2004
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BLS Intermediate Running Prog Marty Malin	Apr 15, 2004 414-453-7326
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Minooka Corn Roast Dave O'Brien	Aug 10, 2004 414-425-1309
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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





Badgerland FX 12-24 Hr Run Marty Malin

Komen Race for the Cure

Fosafest 5K

Tom Davis

Karin White Al's Memorial 8K Run

Jeff Weiss

Glacial Trail Run

Tom Bunk akefront Marathon

Kris Hinrichs

John Cornell

Furkev Trot Len Wachniak

Lakefront Discovery Run

Aug 30, 2003 414-453-7326

Sep 6, 2003 414-220-4220 Sep 8, 2003

BLS Beginning Trail Running Marty Malin

> Sep 13, 2003 414-364-8328

414-453-7326

Sep 20, 2003 414-771-3165

Oct 12, 2003 262-392-2506

Oct 5, 2003 414-291-0368

Nov 1, 2003 414-967-9657

Nov 9, 2003 414-545-5899

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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 you work-

out. 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 different 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 pre-

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 lifechanging 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. 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

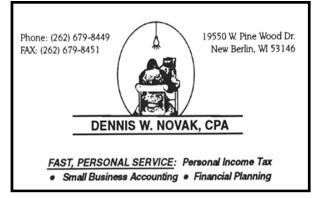
runner is typically hitting the wall! After over twenty miles and almost three hours of continuous running my body had been depleted of carbohydrates or muscle glycogen stores. In other words, my fuel tank was empty. Just as only chemo patients know the tiredness that comes from treatment only marathoners know the kind of exhaustion that comes at the wall. One minute you feel strong and run-

ning seems effortless... the next minute just putting one foot in front of the other becomes a seemingly im-

possible 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)

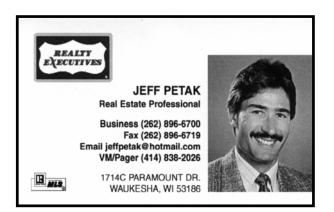




scribed meds which actually make your food assimilation worse.

- 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)



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-



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



Affordable Health Insurance

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.matthewsbetag.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 Koceja 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.

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; Rov Pirrung (40-44) 1:11:18; Lowell Mutchelknaus (45-49); Paul Kutschera (50-54) 1:17:53 and John Moran (60+) 1:32:13.

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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-

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.

Three Marathons, Quick!

(Continued from page 4)

for the busses. They decided to retain the out-andback 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 Titletown 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.

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 <u>standard time</u>, which was the same as Central <u>daylight saving time</u> (the same as Chicago and Milwaukee.) 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?



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 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 De-Pere, 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

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 <u>bscherer@clddigital.com</u> 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.

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?

36th Annual

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.

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)

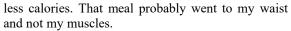
How did I feel 2 hours later? Still full, still burping and belching. My muscles never pumped up when it was time to run home. If it had been really warm I would have lost some of my food on the way home because I could still taste it.

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 of-

ten. 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-



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 chucks 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". Retrain 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....

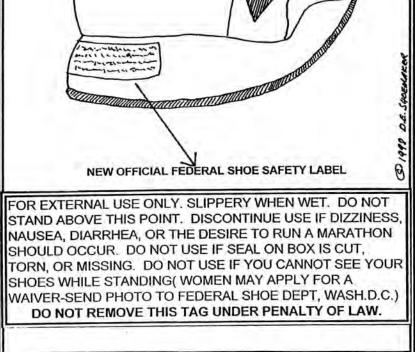
Editor's Note: See more of John's insightful posts at www.badgerlandstriders.org on the graffiti page.



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Coming Events 💥 Coming Events 💥 Coming Events



Saturday Aug 30th

22nd Annual BADGERLAND F/X



12 & 24 HR RUN

24hr 8am. 12hr 9am & 8pm. RRCA Wis State Cham pionship in 24 & Day 12 Open, Masters, Grand Mas ters. Fees \$35,\$40 by 6/15. \$40,\$45 8/5. \$45,\$50 by 8/23. NO day of reg. Perks TS, awards for all, dwgs for runners & volun, fruit, juice, soda, cookies, subs, pizza, camping, shwrs. Contact Marty Malin 414 453-7326 1224hrm@merr.com

BADGERLAND STRIDERS 20K

20k 8am. Estabrook Park Area #5. Fees \$5, Badgerland Striders \$4. \$6/all raceday. Perks beer, soda. Contact Henry Ehler Eve 414 438-7312

BLS MARATHON BUILD-UP

See BADGERLAND STRIDERS 20K above.

BANNERMAN TRAIL RUN

1mi fun run, 5k, 10k, HM. Redgranite, Bannerman Trail trailhead Hwy 21. Note off-road race on a former railroad bed. Fees 1mi \$10. 5k/10k \$15. HM \$20. Perks TS/pre-register. Contact Joanne Nelson 920 787-4222 www.cwainc.org (113mi)

Monday Sept 1st

ROSHOLT LABOR DAY 5K + 10K CLASSIC

10k, 5k, 1.2mi 9am. reg 7am. Fair grounds, Rosholt. Fees \$10, \$12 raceday. Perks TS, dwgs, soda, power aide. Contact Mike Trzebiatowski Day 715 677-4541 Eve 715 677-3191 (158miles)

Wednesday Sept 3rd

GREENBAY FUN RUNS

1/4mi-7mi 6:30pm. Occasional special runs: predict, relay, white elephant. Ashwaubenon HS track. Fees no. Other weekly runs thru Sept - Every Wed!. Contact Bruce MacNeil 1314 April Lane Green Bay WI 54304. Day 262 494-0727



BLS FUN RUN

3mi, 6mi 6pm. Whitnall Park #8. Fees no. Perks bev. See listing below. Contact Dave Gavinski. Day 414 915-6999, Eve 262 629-1018

Saturday Sept 6th

IT'S FUN TO RUN YOUTH RUN

1/2mi, 1/3mi, 1/4mi, 1/8mi, 1:45-3pm. Reg 1pm. Buttermilk Creek Pk, South Park Av & 21st St, Fond du Lac. Fees free. Perks TS, soda. Contact Paul Butzen 920-921-5054 www.fdlrc.com (67 miles)

SCHNEIDER NATIONAL FAMILY FITNESS EVENT

10k, 20k bike tour 9am. 10k, 2mi run/walk 8am. 200m kids run 10:45am. 3101 S Packerland Dr., Greenbay Fees family rate \$30, after 8/22 \$35. Adults \$14, \$16. Youth \$9, kids under 10 \$6. Perks TS, fruit, bev, pizza, sandwiches, ice cream. Contact Kim Hruska 920-592-3889 www.schneider.com (118miles)

HOWARDS GROVE 5K RUN/WALK

5k/10k run/walk 8am. Fun-Run for kids 10-. reg 7am. HS. Fees \$15, \$17 raceday. Perks shirts, bev, prizes. Contact Dana Gumm Boys & Girls Club Day 920 565-3922 Eve 920 693-8776 danamariegumm@yahoo.com (60mi)

JANESVILLE YMCA HALF MARATHON

13.1mi 8am. 10k, 2mi Fun Run, 8:10. Lion's Beach on Palmer Dr, Janesville Fees \$15, \$20 after 8/23. Perks TS, food, bev. Contact Gary Brokke 608-754-6654 ymca@ticon.net (85mi)

WORS TRAIL RUN SERIES #5, SUNBURST SHOWDOWN

5mi, 2.5mi, 9:30am. Reg 7:30. Sunburst Ski Area, Kewaskum. Note no pavement, approx 200ft vertical. Fees \$10, \$13 raceday. Optional series reg. \$15 w/TS. Perks food, bev. Contact Don Edberg 715 592-5095 www.wors.org (45 mi)



OAKFIELD FOUNDERS' DAY RUN/WALK

1/2mi kids (10-12), 1/3mi kids (6-), 1/2mi kids 5k 9am. reg 7:30. Awd 10:10. Village Park. Fees \$0-13. Perks unique awards, orange drink. Contact Liz Roy Day 920 583-3146 Eve 920 921-2281 www.fdlrc.com (66 mi)

ROCK...THE RACE ADVENTURE RACE

8-10hrs, multi-discipline, 7am. Rockford, see www.rocktherace.org. Fees \$150/3-person coed team, limit 75 teams, by 8/24. Contact Jillian Trojniar Day 815 489-1120 www.rockfordymca.org (96 mi)

CHANCERY TOSAFEST 5K RUN/WALK FOR ALS

5k 5:30pm (new start time). Tosa East HS. Fees \$15, \$18 raceday. \$10/ea/family(4+). Perks TS, shwrs, food, bev. Contact Little Read Book Store Day 414-774-2665, www.badgerlandstriders.org

Sunday Sept 7th

IRONMAN WISCONSIN TRIATHLON

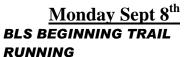
Madison Note Closed to general entry. Contact. http://www.ironmanwisconsin.com

FOX CITIES MARATHON TRAINING SERIES

20mi 6:45am. UW-Fox Valley, 1478 Midway Rd., Menasha, Note Training Series, every other Sunday Jun 15 thru Sep 7, varying distances, water provided along course. Contact Ron Goudreau 920 725-8600 rgoudreau@new.rr (101 mi)

DYLAN'S RUN TO INDIAN SUMMER

5k run/walk for Autism ,10am. Reg 8:30-9:45. Summerfest grounds. Fees \$15, \$18 raceday; Family and Team packets available. Perks TS, admission to Indian Summer Festival, food, bev, entertainment. Contact Dawn Schwartz 414 427-9345 assew@execpc.com



6 Sessions. First session is a meeting 6-8pm. Southern Kettle Moraine. Fees \$25. Contact Marty Malin Badgerland Striders 6522 W Wright St Wauwatosa WI 53213. 414 453-7326 1224hrrn@merr.com

Wednesday Sept 10th

★UPDATE - HARVEST MOON RUN

5k run-walk 6:30pm. Prairie Springs Park, Lake Andrea, Pleasant Prairie, hwys 165 & H. Perks TS guaranteed to pre-reg, dwgs, juice, fruit. Contact Ken Burman 262 658-1011 (37mi)

PACESETTERS FUN RUN/WALK

CE trail run 6pm. Heart of the Valley YMCA, 225 W Kennedy St., Kimberly Fees free, open to public. Perks soda, mineral water, Potluck nite - A-F Dessert, G-L Cold Pasta, M-S Main dish, T-Z Veggies & dip or bread. Contact: Sandra Thein Day 920 729-5250 www.pacesettersrun.com (110 mi)



3mi, 6mi 6pm. Greenfield Park #3. Fees no. Perks bev. Contact Glenn Wargolet. Eve 262 352-2168

Saturday Sept 13th



18mi 8am. Pg.14, Contact Phil Carpenter 414-541-3086

BLS BEGINNING TRAIL RUNNING

2nd Session. Scuppernong Trails, S. Kettle Moraine. Contact Marty Malin 414 453-7326 1224hrrn@merr.com

LAKE GENEVA EXTREME TRIATHLONS

Ironman, Sunrise, Olympic distance, Sprint distance, 7am

KI WALK/RUN FOR SIGHT

3mi run, 3mi walk, 5mi run, 8am, reg 6:30. New: Kids Fun Run. Green Isle Park, Green Bay Fees \$15, \$45/family. raceday \$18, \$54. Perks food, door prizes, massages, goody bags, music. Contact Nancy Nabak Day 920 432-5466 Eve 920 339-8098 (118 mi)

CHEESEHEAD 1/2 MARATHON AND 5K

13.1mi, 5k Run/Walk, 8am. Reg 7am. Hilbert Fitness Center, Hilbert. Fees 13.1mi \$25. 5k \$15. \$35, \$20 after 9/5. Perks TS, medal for 1/2mar finishers, goody bag, food, bev. Contact Bill Sommer 920 687-3243 wjs26pt2@aol.com (85 mi)

WISCONSIN SENIOR OLYMPICS TRACK

100, 200, 400, 800, 1500m runs, race walk. Pulaski Track, 2500 W Oklahoma Av. Fees \$25 + \$5 Track fee. Perks TS, dinner, opening ceremonies, other W.S.O. events. Contact Helen Ramon Day 262 821-4444 wisrolympics@sewaaa.com

LIFE-A-THON

5k. NPH Christian Books & Gifts, Wauwatosa. Fees \$8, \$20/family. +\$5 after 8/15. Perks food, bev, entertainment, facepainting. Contact Peter Georgson Day 414 933-7322 Eve 414 541-4803 petros_g@juno.com

36TH ANNUAL WO-ZHA-WA RUN

1/2 Marathon, 4mi, 8am. Reg 6:30am. Wisconsin Dells HS. WI's Oldest Distance Race. HM is hilly country run, 4mi is mostly city. Fees \$12 before 9/11, \$14 raceday. Perks shwrs, bev, TS/all, Dells passes/finishers. Contact Mike Sweeney 608 254-6280 www.bluechiptraining.net/wozhawa (112 mi)

Sunday Sept 14th



S.E. WIS. RACE FOR THE CURE

- for the Komen Breast Cancer Found. Men and women 5K run & 1mi walk. 9am(?). North western Mutual Fees \$18 timed, \$15 fun fun/walk, \$25 raceday. Perks TS, freebies, dwgs, food, bev. Contact Karin White Day 414 364-8328

Wednesday Sept 17th

GRAPE STOMP

5k run-walk 6:30pm. reg 4:30pm & Sat prior10-2. Milw Art Museum. Fees \$15, \$20 raceday. Perks TS, dwgs, food/bev. LastYr 550. Contact Kim Muench Day 414 224-3852 or 414 224-3856 muench@mam.org





AL'S MEMORIAL RUN & WALK PRESENTED BY BRIGGS & STRATTON

8k, 5mi walk, 3mi walk 10:15am. Marquette Univer sity, 12th & Wisconsin. USATF 8k State Champion ship. Fees \$18/adult, \$8/youth. \$22, \$10 raceday. Perks TS, fresh fruit, bagels, breads, coffee. Contact Linda Schieble. Day 414 266-6320 www.alsmemorialrun.com

VIKING 5000 CROSS COUNTRY RUN

5k XC 11am. Blue Mounds State Park trails, Blue Mounds. Fees no. Contact Mich Wollin Eve:608-437-8992 mjw69_47@yahoo.com (108 mi)

MALLARD RIDGE TRAIL RUN

8k-5mi 9am. reg 7:30. Mallard Ridge Recycling & Disposal Facility, Delavan. Fees \$15. \$20 raceday. Perks TS, food, beer, soda, beer. Contact Karen Keizer Day 262 724-3257 kkeizer@republicwaste.com www.republicwaste.com (53 mi)

AUTUMN CHALLENGE

5k run-walk 8:30. .5mi children fun run 9:30am. Bay Beach, Greenbay. Fees \$15, \$17 raceday. Perks Hwt sweatshirt, food, bev. Contact Bernie Scheer 920 983-3454 bscheer 305@aol.com (118 mi)

WORS TRAIL RUN SERIES #6 IOLA BUMP & JUMP

5mi, 2.5mi, 9:30am. Reg 7:30. Iola Winter Sports Area. Fees \$10 \$13 raceday Ontion w/TS Perks bev. Contact Don Edberg 715 592-5095 www.wors.org (143 mi)





16mi 8am. Pg.14, Contact Phil Carpenter 414-541-3086

Fontana Beach, Fontana. Contact Frank Dobbs Day 262 275-3577 lgsports@genevaonline.com (55 mi)

(Continued on page 15)

2003 Badgerland Striders Fun Run Schedule

Run or Walk 3 or 6 miles, no fees, no awards, refreshments and beverages after

Aug. 27 th	Wed.	South Shore Pavilion	6:30 pm
l		South Shore Dr.	
Sept. 3 rd	Wed.	Whitnall Park #8	6:00 pm
Sept. 10 th	Wed.	Greenfield Park #3	6:00 pm
Sept. 24 th	Wed.	Whitnall Park #8	6:00 pm

2003 Badgerland Striders Marathon **Buildup Schedule**

Lake Park Pavilion, 8am, no fees, no awards, refreshments and beverages after

Aug 30 th	Sat.	BLS 20K Estabrook
Sept 6 th	Sat.	16 miles
Sept 13 th	Sat.	18 miles
Sept 21 st	Sunday	20 miles
Sept 27 th	Sat.	12, 14 miles



THE GREAT LAKE MICHIGAN TRIATHLON

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

PESHTIGO 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. Scuppernong 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 mattrumph@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.rockfordrosdrunners.com (100 mi)



BEGINNING TRAIL RUNNING

3rd Session. Scuppernong 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





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

<u>Saturday Nov 1st</u> 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 jdcstrider@aol.com



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

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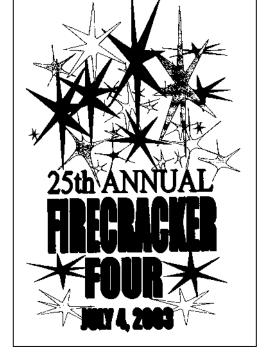
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566 44:58 Marcy Pelkofer 580 47:57 Mary Levesque

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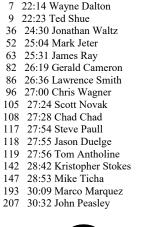


The Most Times

100 27:12 David Borrelli

132 28:22 Noah Parsons

130 28:18 Chris Albe



495 39:13 Ellen Howard

537 42:10 Sara Waltz

3 21:59 Jewel Abbott

22:11 Corey Binnebose

M30-34

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518 40:41 Kelly Roxburgh

462 38:09 Christy Polczynski



185 29:58 Lisa Kleinke 187 30:00 Laura Klein 249 31:30 Janet Wickhorst 32:40 Anne Coppock 285 303 33:08 Jacq Smith-Mueller 331 33:54 Joann Weishan 339 34:07 Ginney Mcadams 341 34:11 Cheryl Ross 455 37:56 Christine Stefaniak 477 38:35 Shelly Stefaniak 490 39:04 Sarah Nord 499 39:21 Ginny Olson 502 39:25 Sally Winberg 532 41:50 Kristen Coster 533 41:52 Kristin Hofman 539 42:15 Jeanne Bieser 562 44:40 Sheri Nichols 590 50:11 Sandra Nichols 597 54:53 Donna Roncke

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530 41:40 Ken Pelkofu

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329 33:51 Jeffrey Miller	233 31:10 Ron Eder	M13&under	212 30:50 Holly Schmidtke	192 29:07 Dan Battiola
333 33:59 Bob Scherer336 34:02 Angel Villareal	241 31:22 Robert Bal 253 31:41 James Surfus	209 30:41 Brian Klein 210 30:41 Ben Klein	220 31:32 Nicole Hoida 221 31:34 Sara Waltz	202 30:02 Bill Arnold203 30:03 Michael Raasch
338 34:05 Dennis Hanna	261 31:57 John Stachera	250 35:36 Michael James	227 31:59 Lori Hammen	206 30:30 Chris Gilling
343 34:14 Greg Rydel 352 34:27 Paul Budzisz	332 33:56 Larry Lockwood426 37:03 James Bain	256 36:22 Chase Radigan	240 34:15 Nicole Robinson241 34:23 Julie A Altenburg	239 34:07 Jim Rosenberger
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385 35:47 Jeff Herrmann	475 38:34 George Lavoie	150 27:01 Ashley James	5 17:20 Wayne Dalton	106 25:08 Kathy Jensen
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459 38:08 William York 460 38:09 Jeff Howard	522 41:15 Ron Arnold 553 43:54 Jay Stemper	246 35:10 Riley Kirchoff257 36:22 Paige Hinkle	33 20:55 Steve Taylor44 21:36 Michael Gosz	137 26:31 Ellen Fehrenbach141 26:46 Karen Robinson
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327 33:47 Julie Baron 334 34:01 Peggy Zacher	577 46:10 Karla Knutsen	31 20:42 Colin Kennedy	100 24:47 Jerry Cbulka	184 28:46 Therese Flanagan
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30 24:03 Paul Badura	501 39:22 Walter Marks	119 25:44 Sam Erschen	27 20:06 Heather Gollnick	75 23:26 Gregory Wein
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191 30:05 Bill Hansen 198 30:18 John Maniaci 208 30:32 Dave Polczynski 209 30:32 Robert Massey 230 31:04 John Kordich 231 31:05 Gary Troy 243 31:27 Bill Jahnke 244 31:28 Fred Olson 252 31:37 Ron Talsky 271 32:14 Donald Scott 301 33:03 Stephen Jesmok 311 33:33 Gary Ward 319 33:40 Peter Flannery 320 33:41 Karl Byleen 321 33:42 Christopher Frelka 337 34:03 Frank Stemper 345 34:17 Brian Christoffel 361 34:38 Raymond Moon

390 36:02 Glenn Wargolet

425 37:01 Larry Weidinger

437 37:18 Steve Hartman

451 37:47 Paul Stokes

37:06 Paul Woerpel

416 36:45 John Gaube

419 36:50 Jim Becker

427

314 33:35 David Stuckslager 446 37:38 Tom Chvala 454 37:52 James Wenders 541 42:22 James Clarey 579 47:24 John Goodman F65-69 476 38:34 Bergliot Luedtke M70-74 401 36:22 Daniel Murphy 570 45:06 Earl Peychal 593 52:16 William Coffer F70-74 M75&over 525 41:21 Paul Gionfriddo 555 44:09 James Kaegi 585 48:33 Al Siegel

587 49:15 Frank Ruebl

F75&over

540 42:18 Agnes Reinhard 549 43:38 Jean Siegel

The Most Times





- 158 27:25 Amy Pfister 182 28:39 Jodi Therese Kleinhans 186 28:47 Carol Wacker 194 29:23 Monica Lodise 197 29:48 Gidget Berg 201 29:55 Kathy Jahnke 205 30:27 Terri Mahoney-Ogden 211 30:42 Tammy Klein 214 31:08 Sarah Nord 215 31:13 Kimberly Eisendrath 224 31:48 Kelly Langer 232 32:55 Genia Bruce 233 33:08 Joyce Dambekaln 234 33:47 Pamela Purcell 238 34:06 Colleen Rosenberger 242 34:27 Lynda Gennerman 245 35:10 Heidi Kirchoff
- 252 35:47 Penny Asmann
- 259 36:43 Suzanne Molina
- 261 36:59 Candace Bayer

M40-49

- 6 17:30 Rick Stefanovic
- 8 18:09 Rick Kallien
- 11 18:20 Bill Gilmore

F50-59

113 25:28 Nancy Birk 175 28:20 Rochelle Tennessen 254 36:14 Susan Katz

M60-69

29 20:12 Lowell Mutchelknaus 39 21:24 Ronald L Gottschalk 64 22:53 James Waltz 85 24:06 Jim Schuetz 86 24:11 John Davis 165 27:50 Eric Swegles 204 30:11 Bob Linke 251 35:44 Phil Bayer

F60-69

226 31:51 Gail Peterson

M70&over

216 31:20 Wayne Gilmore 229 32:11 Earl Peychal 249 35:36 Bernard Kubale

F70&over 189 28:56 Lois Gilmore



"The Strider"

176 27:38 Sandi Anderson

202 29:37 Helen Hallquist

4 16:59 Edward Siira

17 19:27 Peter Stefaniak

21:09 Dale Maass

21:53 Joe Laskowski

69 22:24 Patrick Schommer

22:37 Jack Hervert

23:30 Tim O'connor

97 23:42 Robert Grieshaber

114 24:42 John Wollenziehn

21:57 Nicholas Anstedt

23:04 Brian Bruckmoser

216

44

58

59

75

83

95

M40-44

177 27:41 Shelley Stefaniak

178 27:42 Christine Stefaniak

30:31 Kristen Carter

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

Wheels & Heels **Rush on Festa**

NationalSpinalCord Injury Association

Milwaukee Lakefront July 17, 2003

5K RUN

Results Provided by Computer Aided Race **Results System**

> carrs@att.net 262 521-2191

PLACE TIME NAME

M OVERALL 1 16:40 Matt Hansen

F OVERALL

11 18:02 Claire A Maduza M14&under 9 17:47 Nicholas Limoni

14 18:57 Billy Jones 45 21:11 Chris Waasch 74 22:30 Cody Wollenziehn 78 22:43 Matt Schwartz

179 28:01 Kaleb Duelge

F14&under 260 35:48 Xandra Duelge

- M15-19 3 16:57 Matthew K. Mckenney
- 5 17:14 William Prom 7 17:29 Chris Gunderson 8 17:41 Douglas Stewart 12 18:22 Brakken Kraker 15 19:02 Samuel Frymark 19 19:35 Conrad Scoville

23 19:54 Brian Ambuel

- 30 20:08 Mike Perez
- 31 20:21 Sean Bark 101 23:55 Sam Erschen

F15-19 11 18:02 Claire A Maduza 25 19:57 Anna Hlaska 34 20:42 Amanda Raulerson 46 21:13 Leah Mescher 60 22:02 Rosalie Detino 152 26:23 Catherine Leonard 160 26:53 Amanda Sipola

172 27:30 Elizabeth Weiss 199 29:20 Bridget Knapp

- 212 30:13 Corrine Gillingham
- 222 30:47 Sarah Salzer
- 30:47 Lindsay Mikolajzcyk 223 224 30:49 Jeanna Salzer
- 225 30:53 Katie Mescher
- 235 31:31 Amalia Oulahan
- 241 32:02 Kindle Mclaughlin
- M20-24 1 16:40 Matt Hansen 22:08 Andrew Tomczyk 63 81 23:01 Matthew Lephardt 85 23:07 Dan Knapp 99 23:54 Josh Carup 102 23:56 Timothy Knapp 155 26:37 Brett Kroening 163 27:09 Nate Gilman 28:02 Timothy Pall 181 184 28:11 Luke Caswell 218 30:45 Justin Szalanski F20-24 33 20:37 Tami Wittlieff

56 21:48 Megan Farley 116 24:46 Michelle T Martin 24:59 Naomi Fenske 121 129 25:17 Terra Nicklas 138 25:34 Lisa Killen 142 26:04 Kristin Meyer 154 26:36 Jessie Mathews 159 26:51 Lacey Giordana 162 27:01 Lyndsay Smanz 166 27:14 Sarah Verbsky 167 27:16 Crista Larson 182 28:03 Megan May 187 28:31 Brenda J. Radtke 189 28:33 Kristen Tausend 196 29:05 Tara Flood 197 29:12 Rachel Janka 29:54 Lori Cleverley 204 30:13 Angela Scholler 211 219 30:46 Kristin Gill

98 23:52 Joseph Lococo 130 25:17 Michael Ferris 25:23 Trent Rogahn 134 137 25:32 Craig Endres 26:16 Darryl Schaber Jr 147 148 26:18 Kevin Grossklaus 27:17 Daniel Davies 168 261 35:53 Al Schultz 270 38:53 Michael Antholine 273 40:39 Chris Worden F25-29 29 20:06 Jean M. Lyons 42 21:08 Denielle David 22:03 Carey M. Krueger 61 22:26 Candace Costa 72 91 23:24 Ereta Sutte 23:27 Jennifer Dolan 93 119 24:58 Christina Rios 122 25:00 Rachel Burgman 133 25:22 Angela Phileo 153 26:25 Sandi Zangerle Schult 26:44 Mary Aschbacher 157 27:09 Cari Nelson 164 169 27:18 Jessica Davies 28:05 Pamela Kilgren 183 28:35 Nicole Berens 191 30:38 Jenny Allard 217 31:08 Lisa Pollnov 229 231 31:09 Amanda Sager 31:14 Sarah Gilbert 233 245 32:54 Jennifer Goodwin 246 32:55 Catherine Thomnas 251 33:46 Erika Lagerquist 253 33:50 Erica Russo 34:12 Cori Martin 256 37:04 Tammy Godfrey 265 269 38:52 Tamara Myers M30-34 6 17:19 Peter Lawrence 10 18:01 Joe Costa 18:24 Joel Barbieri 13 19:08 Scott Krems 16 19:34 Kelsey Anderson 18 20 19:37 Chad Hendricks 19:58 Tom Antholine 26 37 20:48 David Thorpe 21:09 Dean Thompson 43 65 22:17 Brian Rummelhart 82 23:03 Roy Fuerstenberg 104 24:02 Louis A. Molina 120 24:58 Carlos Sohn 25:02 Chris Berg 124 132 25:21 Jeff Schultz 26:13 Edward Hallett 146 150 26:19 Kari Grossklaus 180 28:01 Jason Duelge 250 33:23 Brett Aiello F30-34 67 22:20 Cindy Broesch 23:18 Tobey Newberger 89 23:58 Andi R Gumina 103 24:19 Suzanne May 109 24:24 Lee Anne Horner 112 25:03 Lori Baeckman 125 139 25:34 Suzy Hemauer 27:34 Judi Rummelhart 174 29:31 Christine Eckblad 200 29:36 Barbara Herfurth 201 203 29:40 Annmarie Molina 30:02 Kim Tondryk 206

214 30:19 Mark Ciske 33:12 Dennis Weikle 249 264 36:42 Jon Moll F40-44 39 20:56 Jill Jones 21:36 Lori Stauder 54 86 23:09 Amy Knox 23.20 Jill Stock 90 123 25:01 Andi Smetana 145 26:12 Jill Freese 158 26:47 Suellyn Wittlieff 31:05 Sandi Rode 227 247 255 257 M45-49 32 38 51 70 76 77 80 87 88 110 127 135 156 165 226 236 F45-49 40 55 117 131 141 205 207 210 M50-54 35 41 50 79 94 173

32:55 Sandra Valley 34:01 Pamela Lewis 34:22 Carole J. Abrams 21 19:43 Mark Maduza 20:35 William Raninen 20:53 Michael Rissell 21:26 Steve Schlager 22:25 Robert Reed 22:39 Chip Morris 22:40 Gar D. Kronhelm 22:56 Anthony Pecks 23:13 Jacek Odoner 23:17 Tim Lynch 106 24:10 Jeff Turner 24:23 William Jackson 118 24:57 David Frymark 25:07 Robin M. Lawson 128 25:15 Dennis Niesl 25:26 Francis Gunderson 26:41 Rick Lopez 27:12 James G. Kroemer 30:55 George Barsamiam 31:31 Josept R Oulahan 252 33:48 Jeffrey Grom 22 19:49 Laura Clark-Taylor 21:06 Rosemary Schultz 47 21:21 Kim A. Petak 21:47 Barbara Jewell 115 24:44 Lynn Franke 24:56 Mary Wysocki 25:19 Peggy Zacher 25:53 Jane Siebert 29:57 Kathy Grom 30:05 Sherry Hofmann 30:13 Linda Scholler 230 31:09 Kathy Weiss 27 20:04 Randy Rucinski 20:44 James Scholl 21:07 Barry Smanz 21:26 Bruce Ambuel 22:51 Chris Meyers 23:28 Dale Daroszewski 161 26:54 William Halsey 27:33 Robert Leonard 27:37 Richard Duce 175 28:23 Scott Miller 186 188 28:32 Joseph C. Frinzi 195 29:01 Patrick Laske 272 39:53 David Bernardi 198 29:19 Nancy Knapp 237 31:37 Rosemary Beles



F20-29

- 31 22:49 Darlene Jeson 121 39:37 Marisa Dwindt
- M30-39

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F30-39

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M40-49

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87

- 1 15:06 Kyle Moss
- 16:09 Jewel Abbott 2 5 17:24 Bill Verbos
- 17:30 Brendan Dillmann 6
- 18:09 Geoff Harris 8

18:58 Sam Jackovo

9 18:32 Rafael Perez 11 19:20 Joel Jurss

15 20:24 Jarlon Liner

20:57 Eric Eben

18 20:58 Barry Weatherall

21:30 Joe Collins

25 21:50 Martin Dixon

22:14 Tom Frost

29 22:18 Corwin Russell

47 25:02 Tracey Dent

65 27:08 Darin Gordon

27:08 Eric Coleman

27:59 Gerald Ellis

28:05 John Walton

28:16 Andra P Williams

28:51 Charles Keaves

32:39 Ralph Lalone

34:39 Eddie Harris

24:27 Sung-Ye Jacobs

26:54 Shannon Krygiel

25:38 Anne Vondrak

28:45 Kandie Smith

28:45 Kirsten Keegan

30:22 Shannon Eernisse

32:53 Luerenia Jackson

30:18 Stacey Flack

30:46 Trina Frost

112 35:32 Margaret Rauh

3 16:55 George Ogutu

17:01 Tommy Abler

12 19:48 Brant Anderson

22 21:32 Bob Macdonald

21:36 Neil Gollhardt

21:55 Tom Van-Groll

22:07 Gar Kronhelm

23:00 Daniel Mason

23:03 Roosevelt Ross

28:16 Thomas Barrett

28:38 Keith Garland

28:44 Dean Francis

100 33:09 Robert Rauh

103 33:35 Anyanwu Lewis

30:42 James Bradley

22:55 Jeff Petak

23:09 Bob Perez

25:50 Frank Windt

25:52 Mike Baran

21:40 William Lemoine

14 19:58 Nelson Quiles

18:05 Sean Schmelzer

111 35:22 Tana Jeter

102 33:34 Ryan Groh

123 40:44 Paul Sipe

32 22:52 Kristin Fritz

114 37:41 Kelly Jackson

33:30 Jerome Mathis

29:28 Brentell Handley

62 26:55 Rex Green

23:01 Jeff Biskowitz



PLACE TIME NAME

FIRST M/F

1 15:06 Kyle Moss 31 22:49 Darlene Jeson

M00-10 (Male 10 & under) 41 23:27 Eric Windt

M11-14

85

64 27:02 Jason Flowers 69 27:48 Roger Bradley Jr

- 30:18 Terrence Bradley
- - 40 23:15 Carl Wendel

 - 48 25:07 Daryl Knox

43 24:20 Catherine Williams 46 24:51 Nora Jeson 32:00 Catherine Breitenbucher 96

F40-49

105 33:50 Beverly Ayers 110 34:50 Felita Daniels

M50-59

- 30 22:21 Gregg Herman
- 39 23:09 Sid Hatch

48 21:23 Jeffrey Hammill 21:35 Matt S. Gill 53 57 21:49 Matt Burtz 66 22:17 Matt Martin

M25-29

244 32:47 Amber Hill

2 16:54 Justin Miller

268 38:24 Danielle Nettesheim

- 220 30:46 Christina Cannon
- 221 30:46 Amy Ceretto
- 228 31:07 Anne Debroux
- 232 31:12 Colleen M. Smith
- 234 31:19 Erin Gartzke
- 242 32:28 Dawn Janiszewski

263 36:41 Leah Cartwright 267 37:16 Jackie Curry M35-39 24 19:57 Troy Sparks 52 21:32 Scott Smetana 64 22:15 Daniel Manley 100 23:54 Doug Ihrke 107 24:14 Brian Koslowski 108 24:14 Lorrie Haberman 113 24.36 Daniel Malak 140 25:47 Dennis Stukel 149 26:19 Mark Grossklaus 170 27:18 James Durnil 171 27:29 Jeff Mitchell 194 28:50 John Vandecorpuy 239 31:48 Jeff Tezak F35-39 28 20:04 Corina Canitz

49 21:25 Michelle Lanouette

96 23:38 Kathleen Rytmann

24:04 Renee Olson

143 26:07 Jacqi Smith-Mueller

73 22:27 Jenni Bugni

144 26:08 Debbie Grant

The Most Times

105

30:18 Tammy Ciske

31:48 Beth Tezak

262 36:00 Darci Duelge

31:41 Kathleen Wallent

213

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240

- F50-54 243 32:40 Cathy Rottmann 248 33:10 Dee A. Nerbun M55-59 62 22:05 Gregory Wein 22:20 Mark Flagg 68 71 22:25 Robert Massey 185 28:23 Thomas Sberna 208 30:05 Bill Rack 215 30:22 Sal J. Lococo F55-59
 - 193 28:41 Donna Bayard

M60-64



91 31:27 Jared Jenkins 107 34:14 Keith Ewing 108 34:31 Charles Williams F11-14 55 25:49 Carly Windt M15-19 16 20:40 William Garland 20 21:20 Brett Campbell 113 37:32 Dante Cross F15-19 93 31:44 Erika Ranson

M20-29

- 13 19:55 Jason Norman
 - 19 21:14 Robert Havs
- 34 22:57 Russ Shaffer
- 59 26:16 Evans Gant
- 60 26:30 Michael Livingston
- 72 28:10 Steven Devouges
- 32:39 Dexter Durant 97
- 116 38:01 Fernando Cofman
- 122 40:26 Mr. Reese
- 124 45:00 Courtney Mays

51 25:21 Cleveland James 54 25:45 Howard Honor 63 27:00 John Jeson 68 27:26 Lee Rosenthal 80 29:27 Don Pannell 106 34:02 Edward Murray

F50-59

92 31:31 Judy Navis 95 31:53 Brenda Grav 104 33:40 Christine Rodriguez 115 37:49 Janette Herrera

M60-69

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- 50 25:18 Marshall Henry
- 58 25:56 Ed Parker
- 89 30:56 Thomas Depriest
- 118 38:49 Robert Jones

M70-99 (Male 70 & over) 90 31:10 Tommie L Bedford 119 39:20 Perk Glenn

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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 <u>had</u> 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

4

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.

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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 USATE will not include

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.
- Example:
- 5K Tosa Fest 9/14/00 25:08
- 5K Hartfest 5/19/01 24:01
- It is the responsibility of each entrant to send in his or her best times.
 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: _		Se	x: M F
Distance	Name of Race	Date	Time
Other		0	2 _:_:_
Other		0	3 _:_:_
Biathlon		02	2::_
Biathlon		0.	3 _:_:_
Triathlon		0	2 _:_:
Triathlon		0	3 _:_:_
5k			2 _:_:
5k		0	3 _:_:
8k			
8k		0	3 _:_:
5m			
5m		0	3 _:_:_
10k		0	2::
10k			
7m			
7m			
10			
10m			
20m		0	

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.

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50k		03	_:_:_
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Volume 32, No. 8, September 2003

FDIC



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