

# the Strider

Official Newsletter of the Badgerland Striders, Inc.



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## NEWCOMER ELECTED TO PRESIDENCY

by Jeff Weiss

In the first election of the new Millennium and the first contested presidential election in the memory of most Striders, John Cornell, a relatively new member, sneaked past incumbent Larry Govin-Matzat to become president for 2004.

If you do not know John, you may find that he will present a zany new outlook for the club. His outgoing personality and slightly "different" point of view will bring him to the forefront at most events.

John may be able to assist with a recent concern that has been voiced by club leadership. He will be the youngest member of the executive board. His youthfulness, coupled with his enthusiasm may help to draw more young people into the club.

"I believe we are on an irreversible trend toward more freedom and democracy, but that could change."

GW Bush

Voters were so stunned by the rare opportunity to vote that very few did. Paul Beck chairman of the Election Committee said that less 10% of the club voted.

"A low voter turnout is an indication of fewer people going to the polls."

GW Bush

If given the opportunity to comment on his qualifications for the job himself John might quote another president.

"I have made good judgments in the past."

I have made good judgments in the future." GW Bush

On a serious note, we know that all the members of the club would like to join us in saying thank you to Larry for his dedication to the club. We appreciate the job you took on as president for the last year in addition to all the years of service you have given to the club. We know that you have served in the many different capacities over the years. We look forward to seeing your bright and shining smile at many events in the future and know we can count on you to help in other ways.



John Cornell

## Happy New Year

by Jeff Weiss



Here we are in 2004! Did you make those same resolutions again? Maybe some new ones?

Are those resolutions starting to slip yet? We don't need no stinkin' resolutions! We just need to get out there and run more.

This time of the year getting out there may be the problem. We all are another year older, it is cold out there, it *might* be slippery, etc.

### STOP MAKING EXCUSES!

You're never too old to start doing what you want to do, but you lose precious time while you wait to begin.

We have options. You can cross train at the gym or pool. You can ski either downhill or cross-country, or both (hopefully by now we have some snow). You can do some weight work at home, at the gym or really, wherever life takes you.

Enough of that.

We are a running club after all. You can run indoors (or even outdoors).

Running at the Pettit Center is an option. The ice rink has a two lane track around the outside (450 meter). It's available each day from 8am until 9pm. The fee is \$2.50 per visit or a pass for ten visits is available for \$22.50. The track is narrow and at times we have to share the track with others who may not be as fast, or may be faster. Please be courteous. Slow runners or walkers should stay to the outside of the track when others are running. When you come upon walkers or slower runners just say "track" and hopefully they will recognize your right to use the track as well as their own. Why can't we all just get along?

There are other running venues as well. The Klotsche Center at UWM has a short indoor track (200 meters); the Downtown YMCA's track is 266 meters. Various Bally and other fitness centers also have short tracks.

Another option (shiver) to run outside! Strider groups (and others) continue to run through the winter months.

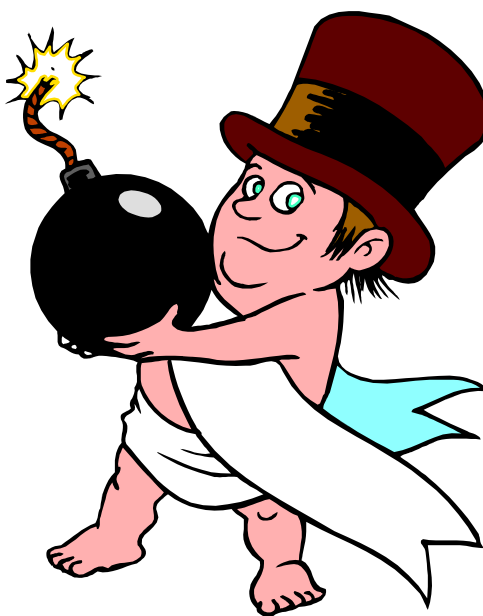
One group with whom I am familiar runs on the various

trails in the Kettle Moraine on Saturday mornings. This group is affectionately known as the TP group. The reason they are called that is not (really) for their tendency to have a flag hanging from their left shoe or for what they keep in their pocket at all times.

The TP group runs various distances from 5 to 25 miles on the Scuppernong, Lapham Peak, Nordic and Ice Age Trails year round. When there is snow they have to stay off the groomed ski trails at Scuppernong, Nordic and Lapham Peak, so they move to the snowmobile trails. Various sub-groups may decide to run short or long on any given day. The workout may not be fast but it can be, if you want it to be.

Winter running conditions are not as bad as you might think. With the right shoes and some layered clothing, the cold, snow and ice are not really an issue. Sometimes some alternate form of traction aid doesn't hurt ("YakTrax", "Grip-Ons," sheet metal screws).

It is a bit of a drive for most of us to get out to these trails, but the drive is worth it. The trails are serene this time of the year and the scenery is beautiful. There is something extremely peaceful about hearing the crunch of the snow underfoot while observing the new morning sunlight glistening



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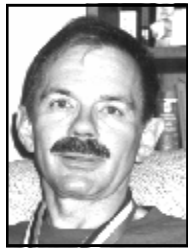
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## Times Past: Now and Then

## John Dick Remembered



Ron Winkler

It was 1976. John Dick was a month away from his 65<sup>th</sup> birthday. He sat surrounded by a few of the 42 awards that he had won in track competition from May 11<sup>th</sup> to July 5<sup>th</sup>. At that time he had over 900 trophies and medals. That spring he had purchased a Greyhound bus pass and traveled from Milwaukee to compete in track meets and road races throughout the country. When the road trip was over, he had covered 14,000 miles according to the August 1976 issue of the UWM Track Club newsletter.

Several highlights from his trip showed his all-around capabilities. He won awards in California and Oregon for track and field in the high jump, javelin, 100-meter dash, 110 meter hurdles, 1500 meter run, 5000 meter race walk and hammer throw. He set a world record for his age group in a one hour run in San Francisco. In Texas, he won his age group in a marathon.

**Numerous obstacles**

His achievements alone were remarkable. However, the obstacles that he overcame would be material for a great movie. The twin obstacles of poverty and deafness were his constant companions.

John Dick was born on September 18, 1911. A case of diphtheria at the age of 2 left him 98% deaf

in one ear and 99% deaf in the other ear. His parents, unaware of his deafness, thought that he was retarded. However, even when the deafness was diagnosed, he was shunned by his father. In an October 1977 Milwaukee Journal profile, Dick told reporter Jill Lieber, "Because I was deaf, it was just too much of a problem for my dad to bother with me. So I took up sports to get out of the house." At the time of that 1977 Milwaukee Journal article, Dick's 90-year-old father still had not found time for his son.

was lit by a kerosene lamp and heated from the open door of his gas stove. Many winter mornings the temperature would be subzero *inside* his house. He would lace up his running shoes and run circles in his basement to keep warm. Those shoes, full of holes and held together with duct tape were the same ones that he wore in competition.

**Unique training equipment**

Dick attributed his success in athletics to jogging. He felt that it was the only way to keep fit.

Yet, he swam and won many awards for swimming by training in the 50-acre lake where he lived. He had his own training methods and homemade equipment. He made barbells from old wheel rims. He constructed a high jump pit by using a steel rod over which he jumped into a pit of three water-logged mattresses and a set of bed-springs.

An old anchor was used for practicing the hammer throw. By saving money over many years he was finally able to purchase a discus and javelin.

Dick's happiness in life came from his participation in sports. An article in the Chicago Tribune referred to him as the "World's best all-around athlete." His best marathon was 2:42. In 1978 at age 67, he ran the Mayville, WI Red Rooster 7-Mile Run in 66:54.

In 1980 at a track meet in Evanston, Illinois, he won all 16 events that he entered, setting meet records in 9 of those events. Later that year he won seven medals in the first Wisconsin Senior Olympics. During his life, he earned more than 2000 medals and hundreds of trophies. They were displayed on shelves in his bedroom where the shelves bowed under the weight of the awards.



The 1938 University of Wisconsin-Madison Cross Country Team.  
John Dick is second from the left.

**Talent recognized early**

Dick ran his first race at age 7. He continued to improve throughout his high school and college years. In the late 1930's and early 1940's, he won letters in cross-country and track from the University of Wisconsin in Madison and Milwaukee as well as Marquette University. He learned to lip read so well that it was some time before his Marquette coach realized that Dick was deaf.

Dick was a talented artist, but was unable to complete a degree in art due to his handicap. However, he painted many pictures of sports figures and landscapes. In this way he supplemented his meager social security income.

In the working world, Dick was the victim of discrimination both in his jobs at breweries and quarries, and in his everyday dealings with the people around him. It was hard for him to get jobs and the jobs he could get didn't pay well.

**Helpful friends**

However, Dick was on the receiving end of kindness from people involved in athletics. At a race close to Thanksgiving one year, a Strider gave him a box of food that his church had collected. Then in 1977, he was able to participate in the world track championships in Gothenburg, Sweden thanks to a \$750 donation from the University of Wisconsin "W" Club. In addition, Dick had friends such as Clark Bowerman, Gary Hauser and Andy Arena who helped him out.

The conditions in which Dick lived and trained seem unbelievable. He lived in a rundown shack near Scuppernong Creek in the Town of Ottawa near Hunters Lake. His tarpaper shack



John Dick pictured with just a few of his awards won in track competition from May 11 to July 5th, 1976. Picture taken from the August 1976 issue of the UWM Track Club newsletter.

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



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# THE LONGEST RELAY IN THE WORLD

By Dennis Shoemaker

I had the pleasure of running the Hood to Coast Relay for the second time in August of this year. I ran for the first time in 1999. Hood to Coast is a relay run from the Timberline Lodge near the top of Mt. Hood, about 40 miles east of Portland, to the Pacific ocean at Seaside, Oregon, a distance of approximately 195 miles. It is the longest relay in the



world and this year was the 22nd running. The race is limited to 1000 teams. (Team names are, shall we say, free form. The italicized dividers between paragraphs are actual team names from the 2003 race.)

## Many Were Called, Few Answered

The run is comprised of 36 segments ranging in length from just under 4 miles to slightly more than 8 miles. Some of the toughest segments are at the beginning where the course descends from Mt. Hood. The first segment drops 2000 feet from the highest point on the course at 6000 feet at Timberline Lodge to 4000 feet over 5.5 miles. The second segment drops 1500 feet over 5.7 miles (This was my first leg). As the course winds from the base of Mt. Hood through downtown Portland and along the Willamette River it is fairly flat. The route through the coastal range has several segments with challenging, relentless climbs of over 500 feet in two to five miles. Luckily for us flatlanders the altitude rarely exceeds 1300 feet once off Mt. Hood.

## Exploding Nasties

The race is limited to 1000 twelve-person teams. In 1999 2000 teams (24,000 people!) were turned away. Every year the competition for spots is just as tough. There is also a Portland to Coast walk of

400 teams that starts in Portland and covers 125 miles. The logistics involved make 1000 teams the most that the course can hold. The race is heavily populated by Oregon and Washington runners due to the logistics involved but teams from New York, Florida, Texas, Canada, and two from Wisconsin made the trip.

## Not Leaving Til we're Heaving

The work done by the team captains to pull off this race is daunting. They must assemble the following:

12 Runners

2 vans

2 Race volunteers

Food and water for 12 people for 195 miles

Reflective vests and flashlights required for night running

Sleeping quarters in case of rain. (Open fields are available if it's dry)

First aid supplies

Last but certainly not least, a PLAN.

The Plan is a critical part of a successful race. 12 runners must be assigned to segments based on their ability and training. Segments are run consecutively. For example, my segments were 2, 14, and 26. If a runner drops out, the other team members move up one segment. The difference between having fun and a very tough event can be having everyone able to complete their assigned segments. The assignments will contain some easy and some difficult segments, making the choosing of which runners to run which segments difficult. Other than specifically noted, such as our male masters team, most teams are comprised of both men and women of differing abilities, further compounding the problem.

## Houston, We Have a Problem

The race directors do provide considerable support. They seed all teams based on the estimated cumulative times provided by team captains. These are used to start teams on Friday on Mt. Hood at the best time to get them to the finish line by 9pm on Saturday night. Runners start in groups of 20-30 at

(Continued on page 7)

the  
Prez  
sez



John Cornell

# I WON?

What were you guys thinking?!

Well, thank you for your vote.

A few people have asked what my plan is, and I thought it would ease the minds of many to find out that I don't have a plan that involves an evil plot to take over the world.

I think the Striders do a great job in putting on races, putting out a newsletter, and managing our website. These areas are the club's strong suits. This is a reflection of the solid race directors, editors, webmasters, and other key volunteers we have for each event.

## These are some key points on which I think we, as club need to focus:

### Public Image

The Striders don't have a public image. There are many recreational runners in the area that don't know we exist. Club members know who we are and what we do, but many outside our club don't.

I will work to help improve that image.

We don't interact with other area running clubs at this time. Having events such as inter-club cross country meets, or inter-club travel to things like the Bellin Run in Green Bay, one of the largest 10K's in the Midwest, are just a few ideas (I know the Grandma's Trip sells out every year, and fast). I do know ideas are great, but we need people to help implement the ideas. This leads me to my next point.

### Social aspect of running

Right now, we depend on a couple dozen or so dedicated members to put on our events. I'd name some of them here, but I know I'll leave someone off, and don't want to offend. We all know who those people are, as we see them at 3 out of 4 events helping out.

I think that many Striders are social runners who aren't being served by the club. I've got many ideas that will try to tackle this underserved portion of our membership.

My main goal here is to increase overall "active" participation, which in turn I hope will increase volunteer numbers. When people feel as though they are getting something from the club, they will have



more desire to give back to the club. This will provide a broader base of support and help to prevent burn-out in our long time volunteers. I would also like to note, in that increasing the social aspect of the club does not necessarily mean alcohol related activities.

Those who know me know that I enjoy a beer now and then. I am aware that not everyone does.

I think we can find a good blend of new running related activities to satisfy most all preferences (Speed Golf, Cross Country Meets, Singles Runs, Masters Runs, etc...). Running is (and should be) the emphasis of this club, not drinking.

I am committed to promoting running and look forward to working with you to help improve an already great organization. Anyway, that's a start of what I am hoping to accomplish.

I welcome any suggestions, comments or feedback. You may reach me at [jdcstrider@aol.com](mailto:jdcstrider@aol.com)

## John Dick Remembered

(Continued from page 2)

### Memorial race

Dick drowned in 1988 at age 77 in Hunter's Lake. He evidently fell out of his boat with his waders on. Although he was a talented athlete, no monuments have been erected to him. However, his friend Clark Bowerman started a race as a memorial in 1989. The John Dick Memorial Crusty 50K is held in February on a 10K loop in the South Unit of the Kettle Moraine State Forest near Dick's home. Craig Hopper has served as race director for the last 11 years after taking the reins from Clark Bowerman who directed the first five years.

The 2004 edition is scheduled for Saturday, February 7<sup>th</sup> at 7:30 AM.

Awards are a traveling plaque to the first male and female. The male plaque has a photo of Dick examining his trophies. The female plaque has a photo of Dick throwing the discus at the World Association of Veteran Athletes track meet.

### A hard life

This race is a fitting memorial to John Dick whose two wishes eluded him throughout his life. In the 1977 Milwaukee Journal interview with Jill Lieber Dick said, "I'd want to be an Olympic athlete or hear. And I would really much rather be able to hear."

"Life has been hard, probably because I have never married. I have been in love before, but the women don't have any time for me because I can't hear."

"There was a Russian girl once. I was quite good looking then and a successful race walker. Oh, she was beautiful-long braids and a husky, healthy build."

"And best of all, she was deaf. We communicated well."



John Dick, 67, oldest runner in the 1978 Mayville Red Rooster 7-Mile Run is seen finishing as he is cheered on by race director Dick Guse.



# 51 Days, 7 Marathons, 5 States, 1 District

By Layne Davis

As my running season comes to an end and I prepare for shoulder surgery, I figure it's time to catch-up. Fall and spring are traditionally when many marathons are run, so places we want to visit and travel arrangements dictated an aggressive running schedule this autumn.

## Bismarck, ND

Early September took us to Bismarck, ND. What's in Bismarck you ask? Not much, but then again North Dakota doesn't offer too many marathons to pick from.

For a small town we noticed there were a bazillion yard sales going on. We later learned the annual Sioux Pow Wow was being held and the town population had nearly doubled.

The run started early Saturday morning and I was anticipating running a good time. I had run a great time in Nevada and was anxious to prove it wasn't a fluke.

Unfortunately, around the halfway point I started to have problems. As 18 miles approached I was having real problems with pains in both my shoulders and hips. I've hit the wall before, but this was very unusual. To help, I drank a bit more water than normal at mile 22 and developed a severe stitch, forcing me to walk. This was heartbreaking because I later learned I was leading in my age group and watched as the eventual winner passed me between miles 24 & 25.

BLS was well represented. Beside myself I recognized Karen Van Rite, Duane Tate, and Bill Jahne. Karen and Bill took home age group awards.

After the race I went over and over all of the previous days activities trying to figure out what went wrong. I came to the only logical conclusion: it was ALL CJ's fault!

The previous afternoon we were out doing some (what else!) shopping when she spotted a Starbucks. She wanted a Latte. I'm not one for those fancy fancy coffees, but she insisted I also try one. To make a long story short, I wound up hitting the bathroom numerous times that night. I can only surmise I was dehydrated before I ever took my first step.

Even though I drank water at every stop I'm sure I was losing more (during the run) than I was taking in. It was a hard lesson, but one I won't soon forget - NO COFFEE the afternoon before a race.

Not knowing much about Bismarck, we went exploring after the run. We had the pleasant surprise of finding Fort Abraham Lincoln about 12 miles outside of town. This was the home station of George A. Custer and the famed 7th Cavalry. In fact, it was from here that they departed when they headed towards Montana and the Little Big Horn Valley on May 17, 1876.

I've been to, and marched on, many parade fields. I was surprised at the size of this field. I suppose the use of cavalry horses dictated more space

## Billings, Montana

Eight days after Bismarck's Saturday run we in Billings, Montana. When I first heard about this run last year I checked the Internet for the race date, only to find I'd missed it by 7 days.

I've anxiously waited 51 weeks for this. Not because of the run, but because of the local history. As soon as we got off the plane and got a car we drove east 28 miles to Pompey's Pillar along the Yellowstone River. As described on the brochure: "William Clark's signature at Pompey's Pillar is the only physical evidence "on site" of the Lewis and Clark expedition... From his diary "at 4PM I arrived at a remarkable rock... I marked my name and the day of the month and year" July 25, 1806. Clark named this rock Pompey's Tower. Pompey was Clark's nickname



Clark's Rock Photo

for young Baptiste Charbonneau whose mother, Sacagawea, was the party's interpreter. Pompey means "little chief" in the Shoshoni language.

On Saturday morning I made CJ get up early and we headed south 62 miles to the Little Bighorn Battlefield National Monument. We spent the day touring and listening to the guide describe the events leading up to the battle on Last Stand Hill. I didn't know it, but Custer had 3 brothers and a nephew with him that also perished that day.

By the time the actual run came on Sunday morning I was less than psyched. This particular trip was about the history. We had to catch a 5am bus for parts unknown. This was a point-to-point course. They took us out 26.2 miles and we ran back to town.

Once we were outside of town it was pitch dark and the stars were brilliant. It was early, still dark, and cold for September and I just wasn't up for this. I heard another runner who looked like he could be near my age talk about running 8 minute miles (a 3:30 marathon) and I figured I'd try to keep pace with him. --NOT!!

The sun was just over the horizon as we took off. We spent 4 miles on gravel before hitting the highway. They said the mile markers would be orange somethings. I went by something orange and my watch said 8 minutes 30 seconds. I thought to myself I was in for a (very) looong day. I could always see the guy I was trying to stay with, but I could never catch up to him. I began second guessing my doofiness - - what was I thinking trying to run 7 runs in 7 weeks? I tried to enjoy the scenery and tune out. I saw a couple of antelope and was glad when the sun finally got completely above the horizon.



The marker indicating where General George Custer's Fell at Little Big Horn

At mile 20 there was a long downhill which aided me greatly. I got into my usual rut around mile 22. It's always my no-man's land. I was getting tired and starting to slow down. I must have been really out of it, because I was startled out of my skin by a car horn. I looked over, and there was CJ driving along side of me on the road, I have no idea how long she'd been there.

She asked me if she could take anything and I threw her my gel flask of GU. It weighed all of 2-3 oz, but it felt like a 5-lb weight was gone from my waist. I got to 23 and sped up a little. At 24 I really just wanted to finish so I could stop running.

I crossed the line in 3:20, my 3rd fastest time ever. It was a good time but I wasn't really elated. But, sometimes things work out really funny. The guy I had been chasing was in fact an Ironman triathlete, 10 years younger. He was training for an upcoming event. Keeping him in my sights earned me my first age group win.

The age group win was an exhilaration, but I was still concerned that I'd bitten off more than I could chew in the coming 5 weeks. As we flew home I had no idea of the adventures that lay ahead, but Montana had been well worth the wait.

## Clarence DeMar

The week after Montana brought us to the middle of my threesome; the DeMar marathon in Keene, NH. Runner's World called this one of the fastest courses in America. It seemed like a great idea when I signed up (long before I managed to get myself in this 7 race mess!!)

If Clarence DeMar were alive today he would be very famous in the running world. He won the Boston marathon a record 7 times between 1911 and 1930. (Even the Kenyans haven't equaled that) He ran Boston 33 times completing his last at age 65 in

1954. For a while DeMar taught Industrial Education at Keene Normal School, now Keene State College. It was KSC that sponsored the 26th yearly run.

We stayed in a B&B (our first) near the start/finish line. There wasn't a lot (for some of us) to do in Keene except maybe SHOP!!! Of course CJ managed to find all the re-sale stores.



Clarence DeMar  
1930 Boston Marathon

We did manage to drive the course in the afternoon. We both agreed that this did not appear to be a fast course. It was rolling hills much of the way with a killer at mile 18. The B&B was OK, but a bit of a culture shock for me. The first thing I asked about was the non-existent TV. That went over real well... The people were nice and it turned out the other 3 bedrooms were rented to runners that had also come for the marathon.

The morning of the race they bussed us to Gilsum, 26 miles away. You could equate Gilsum to one of Wisconsin's (very) small towns. Half the town turned out and I got the idea this was one of their yearly highlights.

By the time the gun went off it had started to rain. Fortunately it was a warm rain and didn't bother me. I started out evenly paced not looking for anything special. CJ and I both agreed that this course didn't appear to be PR material.

I have no idea why the race played out as it did. For me the miles melted away and I felt good. Even at the 18 mile hill I passed some runners. By 20 concern was turning to wonderment. It wasn't that I was running that fast, but that I didn't feel fatigued.

CJ found me at 22 and I gave her my glasses and gel flask. At 23 I could feel the finish line and picked up the pace. I can honestly say this was the first marathon I'd run 26.2 miles and felt good the whole way. Even when I started to tire I felt strong. I finished with a new PR of 3:14.



Creson's Bridge Photo

In one of the many ironies these 51 days would bring, I read a running article (two weeks later) that stated many PRs are set on rolling hill courses. Didn't make sense to me, but who was I to argue...

I was worried about getting to the airport on time, so I literally changed into a sweatshirt and threw on a pair of jeans over my wet running shorts. (It took nearly 2.5 hrs to Manchester).

(Continued on page 8)

## From National Championship to World Championship

(Continued from page 4)

I unpacked on Monday, packed on Tuesday and left on Wednesday morning. Well, sort of -- My flight from Milwaukee was delayed by fog, but this left me enough time to make a connection in Chicago that took me to Tokyo.

The 12:45pm flight was cancelled as I arrived, barely in time for boarding, due to mechanical problems. They announced that when a flight arrived from Tokyo at 4:00 p.m. they would clean it, fuel it, and turn it around for us by around 5:00 p.m. They gave us a meal voucher for lunch purposes.

The flight from Tokyo arrived on time, they cleaned it, they fueled, and then they cancelled it due to mechanical problems. Was someone trying to tell me something?

We got more vouchers, one for the overnight hotel stay, one for dinner, and one for breakfast. Before I left I checked to see if there was any other way to get to Tokyo. There was a flight leaving for Copenhagen with a connection to Tokyo. It was already overbooked so I chose the hotel option.

The next day was off to a good start with on time boarding and take-off. We reached Tokyo 12 hours and 46 minutes later. However, everyone on our flight was a day late and we had to book connecting flights on other airlines. We had been assured this was taken care of and we would get boarding passes when we arrived. --NOT!

I was sent to JAL, the Japanese Airline that services Asia. I was to be put on a China Air flight at 2:30 p.m. I handed the customer service representative my ticket and asked her to issue me a boarding pass since I had only carry-on luggage and it was nearly 2:00 p.m. She told me to have a seat.

As 2:30 passed it was obvious I had missed that flight. I politely stepped to the counter and inquired about a boarding pass, again stating I had my luggage and was ready to board. She said I was being booked on the 4:30pm. flight that would begin boarding at 4:00pm. and that I should have a seat. By this time I did not know if I had a "seat," since mine was rather numb.

As the 4:00pm. hour struck I once again stepped to the counter, this time with a new strategy. I asked the clerk if she understood English. She said she did. I said, I do not have any luggage to wait for, I need a boarding pass within two minutes, or I want to see your supervisor. I had a boarding pass in under a minute!

After a four-hour flight to Taipei I had a five-hour bus ride. Even the bus transportation could not go without incident. At midnight an earthquake struck. I was half-asleep and thought we just hit a big pothole, but found out about the earthquake when we reached the hotel at 2:30am. The clerk said the entire hotel swayed.

Following four hours of sleep, I woke with the sun and went for a run on the course that would go past our hotel 8 times, 4 in each direction. This was my first run since finishing in San Diego. I felt tired after only 4 miles.

The rest of the day was filled with team meetings and other events planned for the 30 plus international teams that were taking part. This year's event not only served as the IAU (International Association of Ultrarunners) 100km World Cup but, for the first time, it was also a World Masters Association (WMA) 100km World Cup competition.

The meals were extravagant as far as I was concerned. I have always loved Chinese food, but this was nothing like what I have found at our local buffets. I came back weighing 3 pounds more than when I left, even after running 62+ miles! I don't think it was the airline food.

The international teams assembled behind guides carrying signs bearing our country name and a small flag. We then marched to the opening ceremony along a spectator filled road, in the area where we would start and finish the Sunday morning race. We handed out American flags to the children along the way.

After some entertainment we heard numerous speeches by Chinese officials, the sponsor (China Motor Co.), and political figures representing the area. All were translated to English, so this took awhile.

The next day the mayor of Tainan and I lined up at the start together. He approached me and we chatted. He noticed the Ironman necklace icon that I wear, given to me when I finished the World Ironman Championships in Hawaii, by my wife, Gail.

He asked me what it was and when I told him he said he is going to spearhead getting an Ironman Triathlon in Tainan, Taiwan. He was running the 10km that started at the same time as our event, the 25km, and a 50km.

Saturday night we were treated to traditional Chinese music and dancing. Many of the performers were children doing dances that have passed from generation to generation over thousands of years. It was exciting to be a part of this ceremony. Oh, and the food was great!

Race morning was hot, and humid, and then hilly. A combination like this can take its toll over 100km. Sixty percent of the 100km starting field did not finish (DNF) due to heat related problems from camping, nausea, and dehydration.



Dave DeHart and Ann Heaslett, part of the Wisconsin contingent to the World Championships

The downhill start was fast and faster than usual for an ultra as the 10km runners were starting at the same time. With 10,000 starters on the line we were given the very front of the pack so we would not be encumbered. I thought it was a nice gesture and one befitting a World Cup event. A 5km event, starting after this drew an additional 12,000 participants.

The 25km course was to be done out and back four times. So that great downhill start became the tough uphill finish, each loop. After climbing 6km we crossed the dam that created the Tseng Wen Reservoir, then climbed a bit more on a bluff overlooking the reservoir.

By 67.5km I had moved into 3<sup>rd</sup> place and I seemed to be moving better than most. At the 75km turn-around I was 11 minutes out of first and 10 minutes out of first in the 55-59 age group competition.

At the aid station (85km) preceding the final turn around point I went by the second place age group entrant as he stopped to drink and ponder on his food choices. I went behind him as quietly as possible not wanting him to notice me.

After turning for the final stretch I moved to the side of the road that had not been strung with lights. The darkness covered my approach to the Czech now in third place, although he was unaware of it.

The downhill now became my ally, as I pushed to close the gap on the Slovakian ahead of me who still held onto the lead. The push in the dark, rain filled night, moved me to within striking distance and I passed him with just 5km remaining.

I finished in 9 hours 43 minutes and 7 seconds to win the World Championship title by just a minute. The Slovak was a minute behind and the Czech a minute behind him. We were the tightest group of finishers in the masters competition, and beat all the 50-54 year olds as well.

Fellow Striders competing on the open team included Ann Heaslett of Madison and Dave Dehart of Milwaukee. Both were the number 4 finishers for the USA. Dave struggled but did what the other masters runners on the open team could not, he finished. Dave's wife and Ann's boyfriend accompanied them and acted as crew members for them as well as the USA team.

Following a shower and stretching I meandered back the mile to the start to attend the award ceremony. It was now 8:30pm. Following numerous awards, including a fourth place finish by the American women's team, I received my plaque and trophy and returned to the hotel by 10:30pm.

After my last meal at the hotel, I packed my gear and slept for an hour. At 1am on Monday I took a taxi to the Taipei International Airport.

Chicago was not done with me yet. Arriving two hours early from Tokyo, I thought this would be a breeze. I cleared customs and arrived at noon for my 1:30 p.m. flight to Milwaukee. This flight was delayed and I left at 3:48pm.

Which was more difficult, running the race, or traveling in the rat race? I would have to say the long haul to and from the USA took its toll. Although the race went well, I believe that if I had arrived on Thursday as planned I could have had a better race.

See you in a few miles....

## GET THOSE RACE BOOK UPDATES IN NOW

The Race Book will go to print in mid February but before we do that we need all race directors to update their info. If you are one of those race directors who haven't sent in an update on your race. Please do so soon.

There are two ways you can do this;

1. Fill out your race data on the Badgerland Strider website [www.badgerlandstriders.org](http://www.badgerlandstriders.org).
2. Review the data we have for your 2003 race and send us an update by mail or email.

Send updates to:

Jeff Weiss  
5310 W. Wells St  
Milwaukee, WI 53208  
or at  
[tstrider@wi.rr.com](mailto:tstrider@wi.rr.com)

To make this easier we can email you a form to fill out just request that form from the same email address.

# THE LONGEST RELAY IN THE WORLD

(Continued from page 3)

fifteen-minute intervals beginning before noon on Friday. The last teams, mostly elite runners, start at 7:45pm Friday. The race directors also provide detailed maps and descriptions of each segment accessible on a very well run website.

## Buttsweat & Beers

The race directors also provide 34 exchange points that provide parking and porta-johns. Some also have sleeping areas but these are mostly open fields. We didn't have problem parking in most areas but with 2000 vans looking for parking in 34 lots it's bound to get tight occasionally. The race directors also provide the finish line celebration including beer (for sale) and live music. The finish



is unique in that they get the team members in a holding area when their final runner is in the final few hundred yards and everyone runs in together. Team photos are available for a fee.

## I Signed Up to Run What?

The NCIC All Stars won in a time of 18:43:33, averaging 5:41/mile over the 195 miles. Unbelievable as it may seem, this wasn't even close to the men's elite record of 15:44:55 set by Nike Mambu Baddu in 1995. The Baba Yaga- Saucony team won the women's open division with a time of 21:24:51, averaging 6:31 per mile. Amazingly, this same team won the 1999 race in 21:28! The record for that division was 18:49:54 set in 1996 by the Nike Elite Women

## Bazooka Babes

(Sponsored by the gum company, they threw handfuls into the crowd at the awards ceremony)

In 1999 I was invited to join a team formed by a couple that moved to Portland from Milwaukee several years ago. They had been on someone else's team in 1998 and enjoyed the run enough to form their own mixed open team for 1999. (Mixed open teams are composed of both men and women in any ratio and any age.) They knew I was a runner and invited me to be a member of their team. We had a great time and the experience left our captain, Jeff Stokes, with the feeling that, with the right people, we could have a real shot at a podium finish in the male masters division. It sounded like fun so I agreed and sent in my \$50 entry fee (While challenging and fun it is not a cheap race by any standards. Although, on a per mile basis, it is reasonable.)

## Slo Mo Sapiens

We flew to Seattle, planning to return there after the race for a short vacation, and arrived in Portland rested. We had a picnic dinner the evening before the race at which I met the members of my team. Most were friends and neighbors of my friends from Milwaukee. My brother-in-law, Dave, flew into Seattle from Minnesota and rented a Ford Excursion for our team van. Dave and myself were the only out-of-towners. For some reason the neighborhood had several British families and this carried over into the team. They were a fun group, being basically experienced runners 40 and older. At 53, I was the "Old man" of the team.

## Speed Kills- We're Safe

Our start time was at 7:15 pm on Friday, August 22. Before then we had to shoehorn six people and all their gear along with 195 miles worth of food, water, and Gatorade into the van. That accomplished, we set off for Mt. Hood at about 4:00. We got to the start uneventfully only to find that far from a podium finish our estimated finishing time had us seeded FIRST in the male masters division. Talk about pressure! The weather on top of MT. Hood was cold, gray, and windy at around 40. We made our start right on time. Our first runner ran the first leg, a killer if you race it due to the 2000-foot drop. He ran at a reasonable pace and enjoyed the run. (The Elite teams' first runners usually do the downhill at a near 4:00 per mile pace and that pace is so damaging that they're virtually done for the

rest of the race.) The first leg established the pattern that would continue throughout the run. The van would meet the runner at the halfway point in the segment with water or Gatorade and make sure there were no problems. The van would then proceed to the next exchange point and find a parking place.

The relay used a unique wrist band that was spring loaded allowing the runner to straighten out the band when approaching the exchange and slap it around the wrist of the next runner who could then run with hands free. The relay also uses the Champion chip in a unique way. Since there are mats only at the start and finish, only the first and last runners actually wear the chip. This greatly speeds up the exchanges.

## Elvis Has Left The Mountain

My first leg began around 8:00pm at dusk. It was a long, relentless 5.7-mile downhill screamer that was made more difficult by the increasing darkness and lack of mile markers. (The race directors provide a lot of things but mile markers aren't one of them.) I was afraid of it since first agreeing to run the relay. I had heard stories of elite runners who were trashed after running down the mountain. Let's just say that in the list of landmarks provided in the description of my first leg there was a run-away truck emergency ramp. That's how steep it was. There is no way to train in Milwaukee for a six-mile downhill short of putting the rear of a tread-

mill up on blocks. I did a lot of trail running as the next best thing. I had a plan, run no faster than 6:15 minute miles and save the quads for the last two legs. That was the plan. In Steven Ambrose's book on D-day a grizzled old general holds up a copy of the invasion plan and says to his troops, "There isn't anything in this plan that's going to go right." I know how he felt. With the adrenaline pumping I took off on my first leg through a small town halfway down the mountain. I was running fast but without familiar landmarks and mile markers I was setting my pace based on perceived effort. Most of the mile markers on the course are those little green ones you see along the highway. I set my watch at the first one at about 2 miles and by the time I got to the next one I had run a 5:45. Whoa! So tried I slowing down for the next mile. I did, sort of, to 5:44. I swear I thought I was slowing down. I finally managed to slow in the next mile by a combination of fatigue and the course flattening somewhat, to 6:09. I finished and was very relieved to have my first leg done and the unavoidable pre-race jitters gone, not to mention a hat full of trail mix.

## Weapons of Self Destruction

We finished our six legs and handed the wristband off to the second van and headed to a restful two hours of sleep at Jeff's office in downtown Portland. Hey, I got a corner office! (For the first, and

(Continued on page 11)

## FROM THE ARCHIVES

### VIP's from

## 25, 20, 15 and 10 years ago

By Ron Winkler

Badgerland Strider Club Historian

### 25 Years Ago – 1979

President	E. Clark Bowerman
Vice Pres. –Administration	Bill Malesevich
Vice Pres. –Out of State	Richard Guse
Secretary	Mary Whitham
Treasurer	Sue Olson
Membership Coordinator	Mary Belling
Newsletter Editor	Don Beyer
Race Booklet Coordinator	Ann Guse

Membership was \$7.00 per year and \$5.00 after July 1<sup>st</sup>. As it does today, the fee included the entire family. Student membership was \$4.00 per year and \$3.00 after July 1<sup>st</sup>. Monthly meetings were held at the Bavarian Wurst Haus, 8310 W. Appleton Avenue, Milwaukee and Tony & Bert's Colonial Lounge, 229 Wisconsin Avenue, Waukesha on a rotating basis.

### 20 Years Ago – 1984

President	Glenn Wargolet
Vice Pres. –Administration	Rosie Peterson
Vice Pres. –Out of State	Bill Hauda
Secretary	Eileen McCabe
Treasurer	Bill Schauder
Membership Coordinator	Karen Bott
Newsletter Editor	Natalie Werstein
Race Booklet Coordinator	Ann Guse

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.

### 15 Years Ago – 1989

President	Glenn Wargolet
Vice Pres. –Administration	Tom Bunk
Vice Pres. –Road Racing	Mike Proctor
Secretary	Jan Jablonski
Treasurer	Sid Baskin
Newsletter Editors	Nancy Rohde
	Linda Andes-Georges
Race Booklet Coordinator	Ann Guse

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.

### 10 Years Ago – 1994

President	Glenn Wargolet
Vice Pres. –Administration	Bonnie Clarey
Vice Pres. –Road Racing	Mike Proctor
Vice Pres. –Programming	Paul Beck
Secretary	Kathy Behling
Treasurer	Dennis Novak
Newsletter Editor	Karen Shay-Kubiak
Race Booklet Coordinator	Wil Hentzen

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.

## Happy New Year

(Continued from page 1)

through ice covered branches.

Another option is to hit the road. There is a group of Striders that runs every Sunday morning. They start at the golf clubhouse in Hansen Park and run an 8mile loop that takes them through the Milwaukee County Zoo (no charge) and back to Hansen Park. Parts of the loop can be cut off or other loops added if 8 miles is too far or too short.

For more information on these groups and/or the next run you can email me at [tstrider@wi.rr.com](mailto:tstrider@wi.rr.com).

If you have other groups with other times or routes let me know and I will mention them in upcoming issues of the Strider.

There are always runs of various distances throughout the country (southern areas may be preferable at this time of year). Scheduling a trip to escape winter along with a run is a good way to give yourself a shorter term training goal than a spring run.

Make plans now to enter the Club Championship series or to win a Most Improved Runner award (See Pg.10). Whether your goal is a 5K, a Marathon or a 100 miler, just get out there and ... run!

# 51 Days, 7 Marathons, 5 States, 1 District

(Continued from page 5)

After we got home that night I discovered I had taken 2nd place in my age group. I was happy to have done well, but I held my elation in check.

It was next week's run that I had trained for most of the summer, and THAT is where I wanted to do well.

## Lakefront

There will always be a fond place in my heart for the Lakefront Marathon, because it was here in '94 that I ran my first marathon in 4 hrs 31 minutes. I'll always remember it because a couple of weeks later Oprah Winfrey ran her first (Marine Corps) in 4:29. My only consolation is she had a whole entourage running with her and she never ran again.

To show my support I try and participate by running the event. I think this was my 6th year. I got my start with the Striders Build Up Program. This year, I used the Saturday runs to work on my speed. By July I'd run a number of marathons already and felt I could cover the distance.

I found out was in 3rd place in the club's long distance championship series in the middle of August. After checking who was in first and second I set my sights on working harder.

I've always envied the natural runners who go out and breeze through the countryside sightseeing. I'm not so fortunate. I'm biomechanically impaired with uneven hips, arthritis in my toes, and an ex-smoker of 19 years. All this means is that running does not come easy and I need to set goals to keep motivated. Remember, it took me 7 years just to break 4 hrs.



My daily motivation to get out of bed early (and now) face the Wisconsin weather is the goal to run all 50 states and 7 continents. Those are intended as long term goals to keep running interesting.

This past summer the goal was to see how I could fare against the 2 guys ahead of me in the standings. After looking at both their times (Erhardt & Shoemaker) I realized I probably wouldn't catch either one, but it was something to stride for.

Near the end of August we all ran in a 20K and I was surprised to find myself passing Shoemaker around the 3/4 point. I knew we'd meet one more time in the marathon and I set my sights on running a good time.

Fast forward to Sunday, Oct 5. I'm running the marathon and doing pretty well. For much of the race I concentrated on my form and trying to keep my speed. Somewhere around 10 miles I hear this clump-clump-clump come up behind me. It was 2 out of state runners moving in complete unison.

Every time Lisa took a step Patrick was right in step (I had to look up their names after the race). Even when she fell behind they stayed in step. It totally unnerved me and I tried to speed up to get away. But no, like Schwarzenegger's Terminator they just kept coming. This went on for 8 miles!!

Somewhere around 18 miles a couple of 40-somethings wizzed by me (Stefaniak & Linne-manstons). They were cruising and I knew there was no way I was going to keep up. I convinced myself speedup and try to keep them in my sights. This lasted about 3 miles, which worked out well because it got me past the 20 mile mark and [finally!!] away from the robot couple.

As we rounded the corner to the UWM Alumni house I knew mile 23 was right there along with the big downhill near the water treatment facility.

Out of the corner of my eye I see someone come flying past me. Sure enough - it was Dennis Shoemaker. I knew I was doing my best, but his best was faster. Knowing I was running as hard as I could, I couldn't begrudge him his effort. I encouraged him on and watched as he ran out of sight. I later learned he picked up 1 minute 48 seconds on me in those final 3 miles - an amazing kick -

I had such I hopes for this one. It's the only marathon I've entered where awards are given 5 deep in age groups. Well Dennis and I were both denied. This year the club attracted 2700+ runners and some

of them came from south of the border. As expected, Erhardt took 1st, but Dennis wound up 8th and I was 9th.

I couldn't be unhappy though, I ran 3 hours 12 minutes for a new PR. Sometimes I dream of certain (unnamed) runners retiring, but then there's always the 49 yr olds moving into my age group. It's a vicious circle I tell ya :-). Already the wheels & gears are turning -- where's Marty Malin??? I need MORE SPEED !!!!!

We had the next weekend off before the most challenging two days of my running year came. But that's another story....

CJ has always been on me about seeing Fall colors. While planning marathons last April I asked her which she'd rather see, Vermont or Maine. In typical CJ fashion she said "both." I told her it was do-able, but not to whine when she had to sit in the car for 7 hours.

So began another 2 states in one weekend odyssey. About the time the Striders started their Saturday morning buildup runs I decided that Sundays would be a good day to do my long runs. As the Saturday runs got longer I would be doing long runs two days in a row preparing for the fall VT/ME trip.

## Green Mountain Marathon

The Green Mountain marathon is held on the west shore of South Hero and Grand Isle (island). We ran along the shores of Lake Champlain. This was our 2nd stay at a B&B and this one turned out fantastic. The owners were Pam & Ray. CJ and I had the entire lower level to ourselves (except for the cats). Ray was an EMT and taught at U of VT. Ray was the original race director for GMM and had a sub-3 hr time to his credit.

While we were talking he brought out a very old book, simply called Marathon. Turns out it was written by Clarence DeMar. He had not only lived in South Hero, he and Ray's father went to school and worked together.

Ray lent me the book for the evening. I got to read letters DeMar had written to his father while serving with the Allied Expeditionary Force in France during WWI. It felt surreal reading the thoughts of one of the best marathoners of his time. Inside the book cover was a picture of DeMar, his wife, and daughter when they lived in Keene, NH.

I felt so much irony that I'd run there just 3 weeks before.

I'd chosen Allenholm because it was within walking distance of the starting line and here I was reading marathon history. I've looked for the book, but it is out of print. I'll keep looking....

The next morning I packed everything knowing we were leaving right from the finish line. The original idea was to go at a slow pace to save some for the next days run in Maine.

But between the DeMar letters and having spent an entire summer trying to get faster it proved very difficult. Fortunately, the mountain in Green Mountain Marathon referred to far off hills and not the course we ran. It was rolling hills and soft roads.



Ray & Pam Allen  
Of Allenholm B&B

I compromised somewhat, not going all out but still trying to compete in my age group. I finished in a respectable 3:20 and 4th in AG.

During the run I again ran into Duane Tate. I also came across some old guy wearing a Striders singlet but I didn't know him. I called out to him but he never responded. I checked the website later, and his name was Paul Gionfriddo (80yr) from Muskego. Out of just 136 runners Wisconsin was well represented.

I have to say this was my kind of run. Small, not a lot of runners, great scenery, and very nice organizers and spectators. Much more personal than the large corporate sponsored events.

At the finish I quickly changed clothes and we hit the road. Pam had baked an apple pie to eat along the way (she & Ray owned Allenholm Orchards). If you're running the 50 states I highly recommend this run and their B&B.

To help with recovery for a next days marathon I contacted John Bell. I'd read some of his advice to runners trying to recover from the Lakefront marathon. He advised a lot of icing and mounds of vitamins. He became my weekend nutrition coach.

Driving out of Vermont I had ice bags tucked under my hamstrings, strapped on top of my quads, and stuck inside tall socks behind my calves. What a sight!

John advised me to take 12 - 18 joint pills, some liver pills for protein, and to eat ALOT. Well, never one to argue with the nutrition coach, I took it upon myself to ensure I ate many sports bars. Along the way I even indulged in a burger and fries.

The drive to Bar Harbor (on the Atlantic coast of Maine) took 8 hrs. By the time we pulled in it was dark and we were pretty beat. The colors in Vermont were just before prime and in Maine they were just past prime. During the ride the sun had come out and CJ saw the full color range from one state to the next.

I'd contacted the Mount Desert Island race director ahead of time and he was kind enough to leave my race packet at the hotel. Still following my nutrition coach's advice to carbo-load, before I went to bed I ate the apple pie. Well, I did leave CJ a (very) little piece.

## Bar Harbor, Maine

Bar Harbor, Maine was the site for The Mount Desert Island marathon. I'd met Gary, the race director, at one of the big expos. He'd convinced me I would love the scenery and should run my Maine state there. He wasn't wrong. This course has been called one of the 10 most scenic.

The hotel was right in front of the starting line so I waited until the last minute to head out. When the gun went off I realized just how stiff I was. The vitamins and ice had help relieve the soreness, but it took a while to run the kinks out of my muscles. We hit the first hill by the 2nd mile. MDI was always advertised as a tough course, but I've heard that so many times I've come to gloss over it. I'm glad I paid attention to all the hoopla and ran my Sunday long runs on hills. Still, the Bar Harbor course turned out to be tougher than I'd imagined. (I guess the race poster should have should have been a tip -- a Rhinoceros with the caption "one tough mother")

The weather was cool with a breeze coming off the ocean. The sun decided to stay hidden all day. I finally got into a rhythm somewhere around the 5 mile mark. I was moving OK, but none to quickly. The hills were frequent and fairly steep. When all was said and done I equated the entire MDI course to the last 10 miles of the Lake Geneva marathon.

The entire run was uneventful. I help a steady pace and enjoyed the wonderful scenery of Acadia National Park. The island was discovered by French explorer Samuel Champlain. He named it Mount Desert Island because of its bald top. Acadia is the French word for paradise

All of my Sunday training was paying off as I negotiated the hills. I finished in 3:35 and grabbed the first bus back.

Since this had been a whirlwind trip mostly spent occupying a car seat we took what remained of the afternoon and explored the streets of Bar Harbor -- shopping and eating of course!! Before we knew it, it was time to head to the airport and home.

On the plane ride home I was content to know I only had one more to run to go

## Marine Corp

The final run of the year was the Marine Corp marathon in Washington DC. This was our 3rd try at running in the nation's capital. We were supposed to go over the Easter break last April, but then the Iraqi war started and the race organizers cancelled for fear of security. They promised to grandfather all the runners in the 2004 event, but two weeks later they



(Continued on page 10)



# 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](mailto: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<sup>st</sup>) of the month preceding publication. Prepared ad copy by the 5<sup>th</sup>; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7<sup>th</sup>. 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](mailto: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. 121<sup>st</sup> 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@tds.net](mailto:davocorn@tds.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 Kathryn Retslaff 414-224-0396 or email [genacct@execpc.com](mailto:genacct@execpc.com).

## 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.

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

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

## Moving?

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

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

## LAKE PARK: What's the Future?

A representative of the Lake Park Friends will speak at the March 17th Strider Meeting. They will discuss county funding and staffing issues and the role of Lake Park Friends.  
Sally Merrell- 964-2008

The Lake Park Friends is working with the County to maintain Lake Park. Doing fundraisers for projects like refurbishing stairways; or performing volunteer work on various parts of the Park, like weeding flower beds and hillsides, etc.; things the County will no longer do. They are also keeping an eye on private interests who have interests in grabbing up park resources.

Help us keep the City and County of Milwaukee a beautiful place to live.



This newsletter is printed on recycled paper.

## Badgerland Striders 2003 VIP List

### Executive Board

<b>President</b>	John Cornell	414-967-9657 <a href="mailto:jdcstrider@aol.com">jdcstrider@aol.com</a>
<b>VP Administration</b>	Bonnie Clarey	414-453-6527 <a href="mailto:bls@execpc.com">bls@execpc.com</a>
<b>Secretary</b>	Marty Malin	414-453-7326 <a href="mailto:1224hrm@merr.com">1224hrm@merr.com</a>
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<b>Co-VPs of Programming</b>		
	Linda Pulkowski	262-968-3300 <a href="mailto:genacct@execpc.com">genacct@execpc.com</a>
	Cyndi Bergs	262-677-3408 <a href="mailto:mcbergs@worldnet.att.net">mcbergs@worldnet.att.net</a>
<b>VP Road Racing</b>	Jerry Anderson	414-258-4986 <a href="mailto:jerry.anderson@aurora.com">jerry.anderson@aurora.com</a>
<b>Newsletter Editor</b>	Jeff Weiss	414-771-3165 <a href="mailto:tstrider@wi.rr.com">tstrider@wi.rr.com</a>
<b>Past President</b>	Larry Govin-Matzat	414-961-0050 <a href="mailto:lgovin@mac.com">lgovin@mac.com</a>

### Administrative Directors

Equipment	Don Weyer	414-332-6942
Fun Runs	Ron Behlendorf	414-412-1100
Race Book Editor	Bill Schauder	262-521-2191
Finance Chair	Dennis Novak	262-679-1656
Mthly Mtg Chair	Kathryn Retslaff	414-224-0396
Computer Chair	Bill Schauder	262-521-2191
Track & Field	Ron & Alice Winkler	414-744-9404
Marathon Buildup	Phil Carpenter	414-541-3086
Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

### Race & Program Directors

<b>Samson Stomp</b> Andrew Delzer	<b>Jan 18, 2004</b> 262-306-1998
<b>Steve Cullen Run</b> Phil Carpenter	<b>Jan 24, 2004</b> 414-541-3086
<b>John Dick Memorial 50K</b> Craig Hopper	<b>Feb 7, 2004</b> 262-642-7237
<b>BLS Beginning Running Program</b> Marty Malin	<b>Mar 30, 2004</b> 414-453-7326
<b>Strider 1/2 Marathon</b> Kathryn Cairney Dunn	<b>Apr 10, 2004</b> 414-421-6822
<b>BLS Intermediate Running Program</b> Marty Malin	<b>Apr 15, 2004</b> 414-453-7326
<b>Ice Age 50-Mile/50K</b> John Zinzow & Holly Neault-Zinzow	<b>May 8, 2004</b> 262-495-3131
<b>Sarah's Stride – Hartfest 5K</b> Pete Abraham	<b>May 22, 2004</b> 414-774-4580
<b>Superun 5k</b> Bob Scherer Karen Van Rite	<b>Jun 23, 2004</b> 262-569-6732 262-786-8661
<b>Hales Corners Firecracker Four</b> Doug Nelson	<b>July 4, 2004</b> 414-258-2325
<b>Cudahy 4mi &amp; 10M</b> John Bell	<b>Aug 1, 2004</b> 414-327-5872
<b>Minooka Corn Roast</b> Dave O'Brien	<b>Aug 4, 2004</b> 414-425-1309
<b>Strider 20K</b> Julie & Dennis Wantland	<b>Sep 4, 2004</b> 414-264-9968
<b>Badgerland FX 12-24 Hr Run</b> Marty Malin	<b>Sep 4, 2004</b> 414-453-7326
<b>Tosafest 5K</b> Tom Davis	<b>Sep 11, 2004</b> 414-220-4220
<b>BLS Beginning Trail Running</b> Marty Malin	<b>Sep 13, 2004</b> 414-453-7326
<b>Komen Race for the Cure</b> Karin White	<b>Sep 19, 2004</b> 414-961-0116
<b>Al's Memorial 8K Run</b> Jeff Weiss	<b>Sep 25, 2004</b> 414-771-3165
<b>Lakefront Marathon</b> Kris Hinrichs	<b>Oct 3, 2004</b> 414-291-0368
<b>Glacial Trail Run</b> Tom Bunk	<b>Oct 10, 2004</b> 262-392-2506
<b>Lakefront Discovery Run</b> John Cornell	<b>Oct 30, 2004</b> 414-967-9657
<b>Turkey Trot</b> Len Wachniak	<b>Nov 7, 2004</b> 414-545-5899

# 51 Days, 7 Marathons, 5 States, 1 District

(Continued from page 8)

went belly-up and kept all (runners) entrance fees. The Marine Corp marathon, to which entrance is by lottery, was gracious enough to allow 1000 of us displaced DC runners in.

I'd be less than honest if I said I was pumped for this. We would be in DC for 48 hrs and I felt overwhelmed. I'd never been there and there was so much I wanted to see.

In the end we settled for an evening bus tour on Friday night. Saturday morning we went to Arlington national cemetery to see Kennedy's grave site and Robert E. Lee's home.

From there we took a day bus tour of the city by daylight trying to fill in the gaps and see as much as

possible. We got to see Ford theatre and CJ went in the house where Lincoln died. That same Saturday was the large anti-war protest.

Along the way CJ discovered a bead museum and directions to a bead store near DuPont Circle. We handled the Metro (subway) pretty well.

Sunday morning brought the run. The start and finish were near the WWII Iwo Jima monument.

Since my enthusiasm was waning I had a long talk with myself. I should run this for enjoyment and the sights, and not worry about my time. I had nothing left to prove this year. This was the 20th marathon of the year, I'd run my first ultra (albeit a short one), and bested my PR 3 times. I owed myself a leisurely run, saving some goals for next year.

And that's pretty much what I did. It's a good thing too... With 7,000 runners in front of me it was hard to get any speed going. We ran through the streets of DC, past the Lincoln & Jefferson memorials, near the Washington monument and around the

national Mall. It was warm, windy and I struggled at times, but the pressure of a good time was off. On the way to the finish line we passed the Pentagon, much bigger than it looks in pictures.

Out of 18,000 runners I ran into Ray Sharenbrock. Ray is 70 years old and hails from South Milwaukee. He's working on his 8th completion of the 50 states & DC loop!!!

Many have asked if I plan on finishing the 50 states in 2004. Since fall and spring are prime marathon seasons many of the destinations I want to see have conflicting dates. I want to join the feud between the Hatfields & McCoys, run through Notre Dame stadium, roam the Yakima River and Grand Canyons. So many marathons so little.....

To bring you up to date; the shoulder surgery went well. The doc said I might even be able to run a 10 miler Dec 6.

## Badgerland Striders CLUB CHAMPIONSHIPS

Starting in 2004, club members will need to register with Jim Schmidt to participate in the Club Championship Series.

You will need to include your name and birthdate. Spouses and children will need to register separately.

### 2004 EVENTS:

#### Short Series

- Cullen Run 5 mi
- Sarah Stride 5 km
- Superun 5 km
- Firecracker 4 mi
- Cudahy 4 mi
- TosaFest 5 km

#### Long Series

- South Shore Half-Marathon
- Ice Age 50 mi
- Cudahy 10 mi
- Strider 20 km
- Lakefront Marathon
- Lakefront Discovery 15K

Striders compete against other Striders in the same age group. Awards are presented to the Top 3 finishers in each Series per age group.

Send information to [silkey@execpc.com](mailto:silkey@execpc.com)

or to

Jim Schmidt  
2111C E. Broadway  
Waukesha, WI 53186

Include an e-mail address if you wish to be included on the mailing list.

Help spread the word around!

## Most Improved Runner CHAMPS

Congratulations to the 33 winners in the Most Improved Runner Contest for 2003. The following people received their awards at the Strider Holiday Party on January 24, 2004.

Distance	Name	Distance	Name
<b>Triathlon</b>	John White Marcia Balthazor	<b>7Mile</b>	Mel Cyrak Dennis Novak
<b>Duathlon</b>	Agnes Reinhard	<b>15K</b>	Brian Seegert
<b>5k</b>	Kathryn Retzlaff Emelie A. Linke Bonnie L. Launse Gregg Herman Bob Linke Dan Graf	<b>20 Mile</b>	Will Jackson
<b>4 Mile</b>	Dave Gavinski Nancy Birk	<b>20K</b>	Cyndi Bergs Justin Miller
<b>8k</b>	Don Scott Steve Stein	<b>Half Marathon</b>	Bob Scherer Linda Pulkowski
<b>5 Mile</b>	Rose Anstedt	<b>Marathon</b>	James Fredericks Lee Montgomery Jeff Weiss Ron Taubert Michelle Meier
<b>10K</b>	Robb Simcock Doug Nelson Judith Ormond	<b>50K</b>	Robert Wehner Birute Balciunas
		<b>50 Mile</b>	Jim Szyjakowski

## RACE DIRECTOR POSITIONS FILLED

The director for the 2005 Samson Stomp will be Dick Menzel taking over for Andrew Delzer who has moved out of the city and is doing his best Green Acres impersonation. Dick is along time member who has been hugely active in some of the large club races such as The Marathon and the Ice Age 50/50. This will be his first race director position.

Kathryn Dunn will be succeeded in 2005 by Len Wachniak as director of the South Shore Half Marathon. Len is one of the clubs scoring professionals and was the director of the Turkey Trot this year. Len is also involved this year with the Race Book.

This of course means that we will need a new director for Turkey Trot in November. Please contact;

Jerry Anderson  
414-258-4986  
jerry.anderson@aurora.com

The successful candidate will have a year to train under Len's tutelage in 2004 before taking over in 2005. Some race volunteer experience would be helpful but not essential.

## RECENT STRIDER MEMBERS

This announcement is for all persons that have attended zero, one or two monthly meetings since joining our club.

We want you, we need you, we want to see your face, talk to you, hear how your running is going. Nothing formal mind you, just one on one with other runners. Meet other new runners like yourself.

We are here to help you. Isn't this why you joined the Striders?

## ★ LET'S MAKE A DEAL! ★

Come to a meeting soon and the admission is free. Just tell Dennis or Kerry your new. Future meeting dates are:

### 2/18 – 3/17 – 4/21 – 5/19

Come in and mingle with other runners. Yes, there are fast runners in our club, but the majority of our members are average runners. We even have quite a few active members that run for pure enjoyment and do not care about speed and road racing. We even have some walkers.

Our meeting speakers are very good and running related.

Again – come to a meeting, it will be a pleasurable evening.

## TRY IT, YOU'LL LIKE IT!

## SEE YOU THERE!

# THE LONGEST RELAY IN THE WORLD

(Continued from page 7)

probably last, time.) After about 3 hours we were back on the road and started the process again. My second leg began at 3:30am. I ran a fairly flat six-mile course that began in northeastern Portland's warehouse district. It was the first time I used a headlight and it worked fine. Man, if you think a 10k gets long towards the end, try doing it in the dead of night without mile markers. I thought I had slipped into a Twilight Zone episode.

## Live Long and Perspire

After we finished our six legs we went to our next rest stop that was somewhat less luxurious than the first. It was, in fact, a hay field. Unfortunately it was also an exchange point, which guarantees twice as many vans since all the teams eventually meet their other van there. Thank heavens for sunny skies that dried the morning dew and made a very comfortable impromptu campground for dozens of vanloads like ours. Some of our team simply spread a sleeping bag out on the ground and were soon asleep. Unfortunately, I couldn't sleep what with the racket going on. More than a few teams provide music for everyone with speakers mounted atop their vans which is great if you're running in the afternoon or dead of night but not if you're trying to sleep. This stop had a pretty good snack bar that was selling bowls of coffee after they ran out of cups. A short two hours later we were to begin our last leg. My last leg started at about 10:30am. I was dreadfully tight. Luckily, I loosened up in the first mile and had a great time knowing that after this leg, I was on my way to the ocean the easy way- by van. As we drove to pick up the runner doing the leg that I did in 1999 I realized that I had it easy in 1999. The leg was terribly hilly rising about 500 feet in two miles, but this year they had logged the hills and there was little or no shade on the way up.

## Last and the Delirious

We had our only mishap at the last exchange where the second van's first runner was distracted and the crush of the crowd made it hard for our last runner to know even where the exchange was. We lost a few seconds when he had to double back and find our teammate but we recovered to finish strong. As you would expect, the third leg was the toughest for everyone and I have the greatest respect for Jeff who had a very sore knee but finished all of his legs.

## I Closed Wolski's

(They were from Portland according to the official results but Somebody on this team was from Milwaukee!)

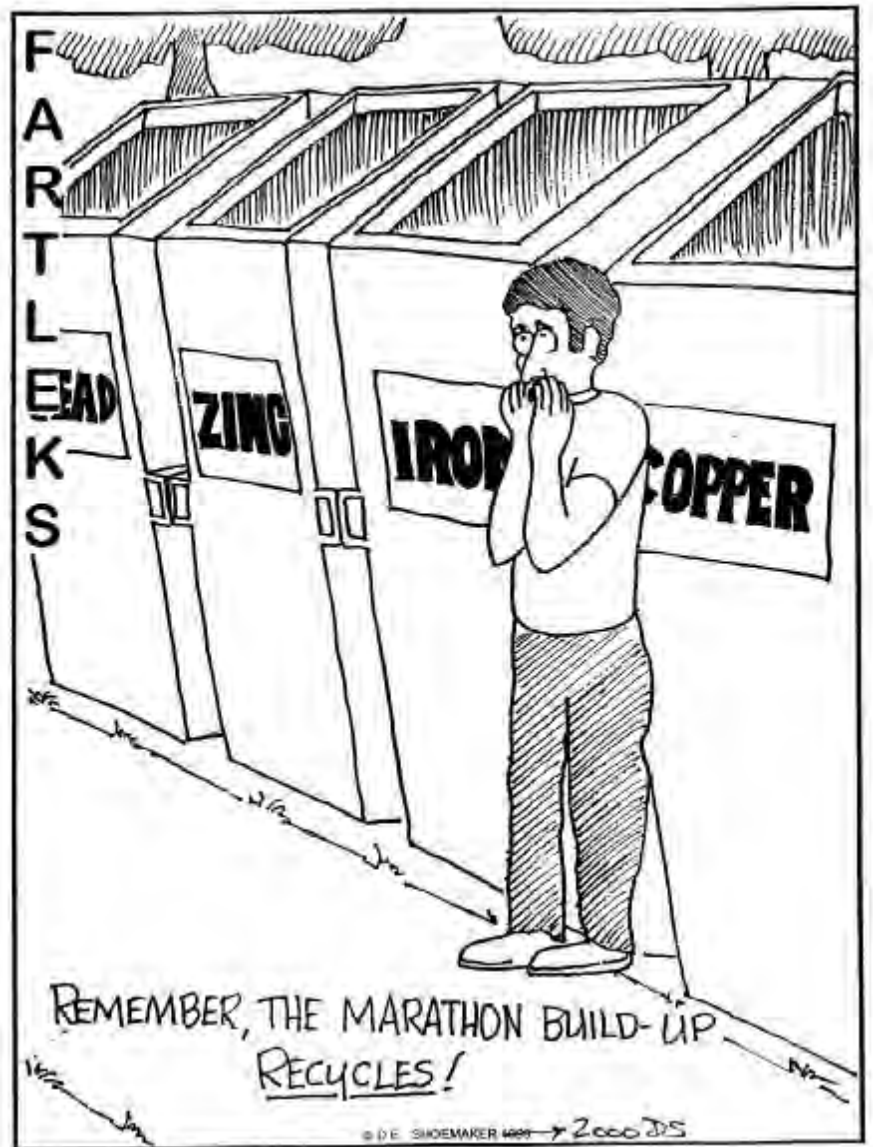
Our teammates in the second van found us in the nick of time to run across the finish line with our last runner in the classic Hood to Coast finish. Team-

mates wait near the finish line for their last runner and together they run across the unofficial finish line. The official finish line uses the champion chip. (Actually, for me, running that 100 yards in beach sand was one of the toughest parts of the run.) My wife, Pauline, and Jeff's wife, Terri, were our official volunteers (each team is required to supply two). They were able to get spots at the finish line to see us finish. The finish, alas, could not live up to our epic journey. If you couldn't crash a hospitality booth, beer and food was for sale but the Lakefront Marathon still RULES with free beer! While we were in the beer tent in 1999 a new word was born. A runner was having a good time after finishing the run when his wife came up to get him to go home. He told her he was feeling great and she said, "Yeah, that's because you're running on Spaztricity." And she was absolutely right.

After being up for what amounted to 36 hours (and a couple naps) I was feeling great. We hung around until the awards were announced to see how we had done. Throughout the night we ran near our closest competitors but we believed that we were 15 minutes behind since we thought they had started 15 minutes after we did. It turns out that we had started together. Our second van really turned in some great times for their last and toughest legs to guarantee a good finish. We held on to win the men's masters, in 22:09:19, averaging 6:43 per mile. We finished 42<sup>nd</sup> of 987 teams that finished. I find it amazing that 987 of 1000 teams finished. Especially since so many are mixed teams composed largely of joggers trying to cover 195 miles. The Tahoe Trail Babes won the women's masters 24:09:25, averaging 7:20 per mile. For full results and more details, the race has an excellent web site at "hoodto coast.com"

The adrenaline and excitement of the run was enough to keep me up until I actually got in the car to drive to the hotel. Then the wheels came off and it was all my wife could do to keep me from curling up on any horizontal surface. The following morning they held the awards ceremony on the beach and we all received plaques since we had taken first place. I put mine in my fanny pack and carried it everywhere the next day while enjoying Cannon Beach. Every time someone would see me gingerly negotiating the stairs and say they had run, too, I would pull out the plaque and say, "Yeah, but it was worth it!"

It was, all told, a true epic journey and I highly recommend the Hood to Coast to anyone.



Dennis Shoemaker, author of this piece, is our Strider cartoonist

## It Wasn't About the Shoes\*

### Or my year as a 5K Race Junkie

by Julie Lawton

On Feb 8, 2003, I turned 50 -- So what!

Let me explain. Often times, I have this love/hate relationship with running. Being a runner (wannabe), I needed a running goal to keep me motivated and to maintain a level of fitness. The goal had to be realistic financially and time-wise. I decided to run 50 organized 5Ks in my 50<sup>th</sup> year. The distance wasn't difficult; it was finding events within a reasonable driving distance from Oxnard, CA that was problematical. This was the instrumental factor that caused me to become obsessive about checking **active.com** every day and **Race Place** magazine every other month.

The following is a list of the best, worst and everything in between in the pursuit of my quest:

- **Most Expensive:** \$30 for the Dolphin Run 5K at Zuma Beach, CA
- **Least Expensive:** \$7.16 ea. session for the 18-week Nite Moves Running Season in Santa Barbara, CA
- **Favorite Event:** Run for the Animals 5K @ Griffith Park, Los Angeles, CA

- **Most Scenic:** Humpy's 5K in Anchorage, AK
- **Farthest Race Traveled To:** Humpy's 5K in Anchorage, AK
- **Shortest Race Traveled To:** Colonia 5K in Oxnard, CA
- **Number of T-shirts:** 40 (quilt time)
- **Favorite T-shirt:** after the first few events, didn't even look at them any more
- **Best Pre and Post-race Venue:** Run for the Animals 5K @ Griffith Park, Los Angeles, CA (and this was an inaugural event)
- **Worst Weather Conditions:** tie between the fierce winds off Lake Michigan in Chicago and the blazing heat in Irvine, CA. Both sucked.
- **Toughest Course:** El Segundo, CA -- heat and hills
- **Fastest Course:** Zuma Beach, CA
- **My Personal Favorite Course:** the Love Run course in Westlake Village, CA
- **Number of shoes worn out:** none. I wore the same pair of ASICS 2070s at all the races.
- **Number of states in which I ran:** 4 -- California, Nevada, Illinois, and Alaska (I didn't make it to WI this year to run with my fellow cheese heads -- GO PACKERS!!!)
- **Age group awards:** coffee mugs, hats, flowers, gift cards, medallions, trophies, plaques, and the admiration of my peers.

- **The cost of the 5Ks** (excluding gas, airline tickets, and sometimes overnight lodging): \$729

The whole experience culminated prior to the awards presentation at the Salmon Run on Nov 16, 2003 in Ventura, CA. The local running club in Ventura, Team Inside Track (of which I am looking forward to being a retired officer soon) presented me with a plaque in acknowledgement and achievement of my goal.

Although I may have been one of the top performers in garnering Team Inside Track points in 2003,

it wasn't about the shoes. It was about having focus, meeting great people, and actually having fun the whole way.

\*(The Ventura Running Club -- Team Inside Track -- has a competition in which the top two team members who have garnered the most team points wins a pair of Brooks shoes)

P.S. I actually ran 51 5Ks and 10 other races of varying distances. I didn't want to get into a rut ☺) So, my total running mileage for 2003 was 194.6 miles. I also rode my bike for a total of 26.2 miles (LA Marathon Bike Tour).--And I walked countless miles with the dog.

Julie is a Badgerland Striders member who just happens to live in California.



# XX FIRENZE MARATHON

(Continued from page 4)

Sunday morning was overcast, the temperature was 55degrees F with clearing skies and no wind—perfect for a 9:00am marathon. Shuttle buses were a short walk from the hotel on the west bank of the Arno River. They took us to the start at the famous *Piazzale Michelengio*, overlooking Firenze on the left bank. This is one of the best known scenic overviews, offering a panoramic view of Firenze and its hillsides. 4,400 runners from around the World awaited the starter's gun. At 9:00 am, sharp we're off on a fantastic running tour of 2,200 years of Italian history.

### Historical Highlights included:

*Km 3, 5, Piazzale di Porta Romana.* One of the ancient gate's of the old walled city, Porta Romana was named because it faces south towards Roma and its ancient road that leads to the Papal State



Runners pass the Duomo

*Km 8, 5 Piazza Vittorio Veneto.* The square is the entrance to the beautiful long park of the Cascine, and it is named after the Italian victory of WWI.

*Km 16 Ponte Amerigo Vespucci (Bridge).* One of the most modern bridges over the Arno River, named after the famous Florentine navigator and explorer provided at magnificent view.

*Km 20 Palazzo Pitti (Pitti Palace).* Immense 16<sup>th</sup> Century palace, dwelling of the Medici family and later of all governors of Florence. This is a famous entrance to the Giardino di Boboli Gardens.

*Km 20.3 e 39.2 Ponte Vecchio (Bridge).* This bridge was designed in 1345 by Taddeo Gaddi, a Giotto disciple. It is the oldest and best known of Firenze's bridges. It was the only bridge in Firenze not destroyed by the retreating German Army during WWII.

*Km 21.097 Lungarno Serristori (half distance).* This street running along the Arno River was named after the family that constructed the Palazzo Serristori (palace). Crossing over the Arno River again on the Ponte Niccolo (bridge) at Km 23 we entered the more modern residential neighborhoods of Firenze from the 18<sup>th</sup> century to present day neighborhoods.

*Km 24 to Km 35, a tour through modern Firenze neighborhoods.* This was a challenging grand tour through many modern Firenze neighborhoods with many turns and street changes.

*Km 36 Piazza SS Annunziata.* The honeymoon church, rebuilt in 1481 was frescoed by some of the most important artists of the 15<sup>th</sup> and 16<sup>th</sup> century.

*Km36,1 Piazza San Marco.* An ancient friary founded in the 13<sup>th</sup> century has hosted Dominican friars since 1437. The square is famous for its museum with many masterpieces and frescoes by Beato Angelico.

*Km 36,6 e Km 39,8 Duomo (The Dome).* The Cathedral of Santa Maria del Fiore dates back to 1296, when Arnolfo di Cambio started working on it, but it was not finished until 1436. Brunelleschi Cupola, the architect's main masterpiece is flanked by Giotto's Bell Tower, which the artist designed in 1334, and the Romanesque Baptistery, with huge bronze doors believed built between the 5<sup>th</sup> and 12<sup>th</sup> Century on the site of a Roman Temple, is one of the oldest building in Firenze. Dante was baptized here.

*Km 37 Piazza della Repubblica.* Until 1890, before the present square was built, it was the Old Market and a Roman Forum prior to that. The site houses some of the most famous Florentine cafes.

*Km 39,5 Piazza della Signoria.* Dominated by the Palazzo Vecchio, also known as Palazzo della Signoria, designed by Arnolfo di Cambio, 1322; it was the Town Hall and seat of Florentine government. The famous Galleria degli Uffizi (Uffizi Gallery) is nearby along with the Fountain of Neptune built in 1575, and the Loggia della Signoria (Lanzi) finished in 1332, and a copy of the statue of Michelangelo's "David," and Cellini's, Perseus. A Piazza is a major Firenze landmark.

*Km 42.2 Piazza Santa Croce—the Finish Line.* The square is named after the magnificent Gothic Basilica of Santa Croce (1294) funeral monuments and tombs of Michelangelo, Galileo and Machiavelli. Priceless art treasures and frescoes by Giotto, Taddeo Gaddi and many other masters including Brunelleschi, Donatello, Cimabue and Luca della Robbia adorn this Basilica, making this the largest Franciscan order chapel in the world.

Crossing the red carpeted finish line at 42.2km in the Santa Croce Piazza was an overwhelming experience. It was a great Marathon experience for Gianna and me, and I highly recommend this Marathon for anyone interested in running in Italy.

*Note:* Nothing prepared me for dealing with modern Italian drivers. Some people would describe them as Kamikaze pilots driving autos, trucks and scooters, but that's not true. Yes, they are very aggressive drivers, but for the most part respect your space on the roadway. Whatever you do, don't stop and hesitate while in the roadway, because it's great sport to intimidate you. Italian drivers motor on the sidewalks, run red lights and stop signs, so we runners can run in traffic lanes, just pay attention.

The Marathon had 3,983 finishers (3,423 Men and 560 Women). It was well organized and supported with a friendly army of fantastic volunteers. It had good support with refreshments every 5km and sponge stations between refreshment sites throughout the race. The Expo was small, but very interesting with a wide assortment of vendors with products and information for the runner.

The 2003 winning First Place Male time was Angelo Carosi, team C.S. Forestale at 2:15:55. The Female First Place time was Anna Incerti, team Pol Europa Capaci at 2:34:40.

The next day we were off to visit and experience the different flavors of Italy in Siena, San Gimignano, Volterra; moving south into Roma, Naples, Pompei and Sorrento. Italy is a great adventure destination site anytime, and it's racing opportunities (running, biking, and triathlons) are becoming

internationally renowned, so check your 2004 running schedule.

There are many cities around the world, but only a few are magical. Only a few have transcended from a cluster of buildings into a spirit, a presence. Florence, as much Renaissance shrine as city, is such a place.




Piazza Santa Croce—the Finish Line


An important note, visiting runners are in luck because Florence is the home base for the Italian running magazine *Podismo*. Editor Indro Neri is a full-blooded Florentine who's as friendly and helpful a host as any you'd hope to find anywhere in the world. Drop by the office (Piazzale Donatello 25) on weekdays during the "civilized" hours of 9 to 12 or 3 to 6 to pick up a free copy of the magazine, which lists all the races each month. If Neri hasn't done his run yet, he'll be happy to join you on yours.

And don't forget the Podismo T-Shirt Trading Company. Bring along a T-shirt from home and exchange it for one from an Italian running event. To "reserve" an Italian T-shirt in advance, use the Podismo Web site ([www.runthepanel.com](http://www.runthepanel.com)), and the shirt will be waiting for you at the office.

Here are some more simple tips for your visit to Firenze: "Thank you" in Italian is grazie (pronounced graht-zee). Use it often. If you're visiting in summer, pack a breathable, mesh singlet. It can get very hot, and in Italy, you don't run shirtless, it's not acceptable.

If you plan to run, try hard to go -- before you go. Public restrooms are scarce in Florence. And, although this sounds like a direct contradiction, hydrate well before you run or carry your own supply of fluids, as public water fountains also are hard to come by.





**JEFF PETAK**  
Real Estate Professional

Business (262) 896-6700  
Fax (262) 896-6719  
Email [jeffpetak@hotmail.com](mailto:jeffpetak@hotmail.com)  
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# MAKING DUST

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

## LAKEFRONT DISCOVERY RUN

Milwaukee, WI  
November 1, 2003  
15K RUN

Results Provided by

Badgerland Striders  
Running Club

PLACE TIME NAME

M OVERALL

1 48:27 Dan Held

F OVERALL

35 58:29 Dot McMahan

M14&under

F14&under

560 1:47:55 "slim" Taylor

M15-19

51 1:01:26 Chris Wichert  
72 1:04:28 Andrew Manto  
118 1:08:08 Adam Gonzalez  
354 1:21:56 Thomas Eldredge

2 50:38 Chris Roberdeau  
5 52:36 Chris Hass  
6 53:10 Brian Udovich  
10 53:38 Ryan Hill  
13 55:01 Justin Miller  
32 58:26 Jason Mayer  
58 1:02:11 Tim Graham  
83 1:05:18 Christopher Brust  
130 1:09:03 Osman Coello  
131 1:09:03 Chris Carnazzo  
153 1:10:14 Clayton Griessmeyer  
170 1:11:09 Stephen Connell Jr  
202 1:12:45 Daniel Weyers  
204 1:12:49 Matt Bartz  
222 1:14:16 Todd Cassese  
236 1:15:06 Cory Strebe  
241 1:15:14 Sean Beinecke  
244 1:15:17 Patrick Hammerlund  
256 1:16:03 Brian Walczak  
266 1:16:27 Scott Hembrook  
292 1:17:49 Paul Montalto  
307 1:18:47 Chris Conklyn  
424 1:25:36 Clint Lester  
442 1:26:48 Bill Goggins  
478 1:29:32 Oscar Garay

F25-29

35 58:29 Dot McMahan  
102 1:06:59 Robin Treder  
175 1:11:19 Crystal Toll  
240 1:15:12 Jill Derwae  
264 1:16:27 Karen Difenzo  
284 1:17:26 Jessie Weyer  
290 1:17:46 Alice Jubeck  
301 1:18:31 Michele Cleary  
325 1:20:10 Christine Glaszcz

103 1:07:00 Jason Duelle  
106 1:07:13 Michael Bartley, Jr.  
109 1:07:21 Keith Makowski  
120 1:08:15 Martin Tirado  
123 1:08:22 Nick Parisi  
133 1:09:07 Andrew Berlinski  
136 1:09:18 Chad Bordwell  
147 1:09:55 Daniel Tessler  
149 1:10:04 Dean Thompson  
166 1:10:57 Glen Brewer  
171 1:11:11 Daniel Szidon  
173 1:11:14 Tom Delleman  
200 1:12:30 Steve Hoffman  
227 1:14:29 Jason Miller  
234 1:14:46 Stephen Heyroth  
265 1:16:27 Kevin Degeraw  
275 1:16:50 Joseph Labatore  
277 1:16:54 Steve Keschler  
279 1:17:13 Chris Wilcox  
289 1:17:41 Jerry Kelly  
295 1:17:59 Patrick Mcguinnis  
317 1:19:37 Kristian Larsen  
319 1:19:44 Scott Lauth  
332 1:20:34 Mark Edmund  
336 1:20:55 Carl Castelic  
375 1:22:40 Jon Jirschle  
381 1:23:00 John Garder  
385 1:23:33 Brett Kudick  
388 1:23:39 Scott Salamone  
397 1:24:16 Michael Holland  
428 1:25:47 Guy Schutt  
432 1:26:27 Charles Buchenberger  
445 1:27:00 Travis Stolz  
536 1:36:42 Matt Thomas

F30-34

49 1:01:24 Heather Haviland  
96 1:06:26 Tracie Mittelsteadt  
172 1:11:14 Julie Delleman  
180 1:11:33 Pamela Fletcher  
184 1:11:49 Jennifer Venn  
189 1:12:05 Erin Smith  
249 1:15:41 Kelli Heckel  
255 1:16:02 Nicole Osterhaus  
270 1:16:36 Kelly Kiel  
273 1:16:42 Heather Polan  
285 1:17:30 Shelly Jens  
297 1:18:10 Heather Hudson  
305 1:18:43 Heather Ducloux  
350 1:21:39 Jody Hubet  
414 1:25:06 Robin Macdonald  
430 1:26:04 Andi Gumina  
436 1:26:35 Cara Bowman  
467 1:28:43 Senn Stacey  
468 1:29:00 Denise Yokom  
475 1:29:18 Colleen O'neil  
510 1:32:24 Kristy Lindsey  
513 1:32:28 Lisa Slatery  
515 1:32:31 Debbie Kentowski  
538 1:37:06 Janna Gohl  
542 1:37:39 Catherine Rowland  
543 1:37:45 Juli Kaufmann  
544 1:37:46 Maurya Lomen  
549 1:38:28 Deanna Berlinski  
551 1:42:49 Kelly Grady-Tomlinson

M35-39

1 48:27 Dan Held  
7 53:14 Craig Lanza  
9 53:37 Peter Sell  
12 54:28 Bruce Holmes  
14 55:14 Richard Rischman  
16 55:29 David Habben  
20 56:17 Jeffrey Feldman  
21 56:22 Jeffrey Kollmeyer  
23 56:54 Ricky Barr  
28 57:48 Larry Lanza  
29 57:55 Chaz Heckman  
47 1:00:33 Geoffrey Harris  
53 1:01:38 Jim Kirschbaum  
63 1:02:55 Brian Seegert  
93 1:06:06 Todd Barden  
94 1:06:07 Robert Williams  
113 1:07:50 Steve Taylor  
122 1:08:17 Steve Pellechia  
129 1:09:03 Michael Rohrer  
134 1:09:14 Mike Grafton  
140 1:09:23 Joel Johnson  
141 1:09:42 Jeff Krumenauer  
145 1:09:52 Anthony Cantrall  
148 1:09:56 John Psuik  
157 1:10:30 Joe Kohler  
164 1:10:50 Mitch Carter  
182 1:11:41 John Cornell  
196 1:12:14 Andy Matson  
223 1:14:19 Ben Vogel  
228 1:14:32 Paul Rankin  
235 1:14:52 Michael Ellis  
238 1:15:07 Scott Sievert  
243 1:15:16 Michael Drees  
248 1:15:39 Mike Witt

253 1:15:52 Marc Robinson  
262 1:16:23 Jeff Zimmermann  
263 1:16:25 Brian Volkman  
267 1:16:35 Kevin Scott  
288 1:17:39 Martin Vogel  
298 1:18:18 Joseph Smessaert  
303 1:18:34 Jonathan Nitz  
320 1:19:46 Jeff Sprau  
323 1:20:03 Jeff Standafer  
327 1:20:20 James Bors  
339 1:20:56 Dean Zehren  
342 1:20:59 Jim Collicott  
345 1:21:10 Loreg Nelson  
351 1:21:39 Todd Neidinger  
363 1:22:13 Perry Benek  
391 1:23:43 Michael Halfenger  
396 1:24:01 Peter Casper  
398 1:24:17 David Dietzler  
401 1:24:23 Chris Herder  
411 1:24:54 Brad Kudick  
419 1:25:15 David Renick  
463 1:28:39 Terry Downey  
555 1:44:54 Nick Kelly  
556 1:45:31 Robert Cowen

F35-39

132 1:09:07 Lynn Konkol  
167 1:10:57 Sandra Christensen  
211 1:13:23 Cheryl Kraft  
218 1:13:48 Sandy David

25 57:14 Tom Woody  
33 58:26 Dan Bieser  
38 59:13 Duane Pickering  
50 1:01:24 Peter Stefaniak  
55 1:01:43 Lew Bischoffer  
60 1:02:24 Kevin Osborn  
69 1:03:53 Bill Koehler  
71 1:04:09 Richard Johnston  
75 1:04:40 Nahi Halmann  
77 1:04:44 David Fieldhack  
78 1:04:51 Dana Fluet  
79 1:04:55 Jay Myers  
82 1:05:11 Dave Lahey  
85 1:05:24 Michael Brennan  
86 1:05:35 Matt Laughlin  
91 1:06:04 Paul Riegel  
92 1:06:05 Brian Wichman  
99 1:06:41 Ken Sumbony  
105 1:07:10 Chuck Sir Hudlett  
115 1:07:56 Ken Olszewski  
127 1:08:32 Nicholas Anstedt  
128 1:08:56 Gregg Ehlers  
142 1:09:46 Mark Ehrmann  
144 1:09:49 Gardar Middleton  
150 1:10:05 David Gilson  
162 1:10:45 Steve Wiza  
177 1:11:23 Phillip Falck  
178 1:11:27 Dennis Griffey  
185 1:11:50 Greg Peterson  
197 1:12:15 D Diamond



2003 Lakefront Discovery Run 15K Women's  
Champ Dot McMahan 58:29.  
Sorry guys - that appears to be the boyfriend.  
Photo by Bob Scherer



2003 Lakefront Discovery Run 15K Male Champ  
Dan Held 48:27  
Photo by Bob Scherer

F15-19

65 1:03:15 Megan Klemundt  
194 1:12:13 Katie Mank  
220 1:14:07 Marin Koebert  
230 1:14:36 Katie Trapp

M20-24

3 50:57 Derek Serna  
4 52:15 Mike Tarantino  
17 56:08 Michael Stanton  
30 57:58 Jim Derwae  
34 58:27 Gehrig Williamson  
36 58:33 Joe Braun  
112 1:07:42 Tim Luft  
519 1:33:02 Christopher Qualle  
562 1:48:48 Daniel Higgins

F20-24

45 1:00:23 Kerry Hanson  
52 1:01:32 Brenda Haviland  
156 1:10:29 Abby Brayton  
158 1:10:31 Michelle Holroyd  
186 1:11:53 Kristin Roberts  
209 1:13:14 Julie Ravet  
268 1:16:35 Marika Koenitzer  
286 1:17:34 Angie Lutzke  
308 1:18:51 Dawn Wilson  
360 1:22:05 Jessie Mayer  
364 1:22:17 Jolene Stauffacher  
382 1:23:20 Katie Gilliam  
447 1:27:02 Sarah Diedrich  
492 1:30:38 Renee Rahmlow  
502 1:31:38 Rachel Smith  
518 1:33:02 Julie Schroeder  
527 1:34:21 Anne Vlach  
535 1:36:41 Abby Thomas  
545 1:37:49 Shannon Schmitz

M25-29

333 1:20:36 Jennifer Dolan  
334 1:20:37 Jodie Bochinski  
357 1:22:00 Kathryn Kamm  
362 1:22:07 Randi Strand  
386 1:23:35 Amanda Gregas  
394 1:23:56 Jessica Slind  
427 1:25:47 Jennifer Zirzow  
434 1:26:29 Tara Paulson  
446 1:27:02 Michelle Vogel  
451 1:27:12 Beth Urquhart  
455 1:28:11 Sarena Goldstein  
456 1:28:11 Jennifer Blaha  
462 1:28:27 Jennifer Tonz  
479 1:29:34 Angela Reifenberg  
481 1:29:41 Mara Cvejic  
491 1:30:37 Susan Goggins  
493 1:30:50 Courtney Diderrich  
495 1:31:11 Jackie White  
501 1:31:36 Judy Stauffacher  
508 1:32:09 Keri Herman  
520 1:33:02 Dina Komisar  
526 1:34:17 Kathryn Kamm  
546 1:37:49 Cari Nelson  
554 1:44:54 Dawn Johnson  
559 1:47:40 Amanda Debruin

M30-34

8 53:33 Wayne Dalton  
19 56:17 Ted Shue  
31 58:16 Joel Gonzalez  
41 1:00:16 Rodney Prater  
57 1:02:04 Erik Monson  
62 1:02:47 Scott Krems  
66 1:03:29 Michael Culbert  
67 1:03:34 Scott Novak  
74 1:04:39 Rick Scott  
80 1:05:03 Matthew Brimmer  
84 1:05:20 Shaun Barnes  
90 1:05:59 Adam Gryglas

219 1:13:50 Kathleen Rhytman  
233 1:14:45 Rebecca Westrick  
237 1:15:06 Carrie Jacobson  
239 1:15:11 Barbara Henderson  
250 1:15:41 Carrie Burton  
260 1:16:15 Sheri Pellechia  
261 1:16:18 Jill Sommers  
274 1:16:44 Jane Bero  
304 1:18:40 Linda Kurtz  
316 1:19:35 Andrea Smessaert  
318 1:19:41 Kerry Kappes  
349 1:21:28 Julie Welch  
361 1:22:06 Kristen Neidinger  
367 1:22:25 Leslie Dohr  
387 1:23:38 Lisa Heming  
402 1:24:24 Lynn Herder  
409 1:24:44 Tamara Fennig  
412 1:24:54 Ginney Mcadams  
413 1:24:59 Rose Nelson  
433 1:26:28 Teri Lux  
437 1:26:37 Melanie Wasserman  
449 1:27:09 Mary Hall  
464 1:28:39 Chris Jack  
465 1:28:40 Janell Held  
470 1:29:13 Christine Stefaniak  
471 1:29:14 Shelley Stefaniak  
473 1:29:16 Julie Przesmicki  
474 1:29:17 Bridget O'neil  
486 1:30:08 Ann Christenson  
488 1:30:23 Paula O'brien  
489 1:30:31 Theresa Castor  
490 1:30:31 Catherine Mconnell  
503 1:31:43 Andrea Hornslein  
514 1:32:30 Kathleen Lohmann  
547 1:37:49 Maureen Stoudt

M40-44

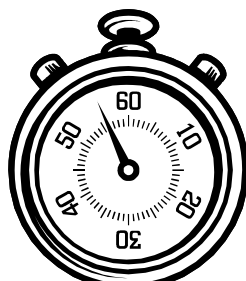
11 53:51 Rick Stefanovic  
15 55:21 Edward Siira

203 1:12:46 Thomas Schueller  
215 1:13:43 Lawrence Horning  
229 1:14:32 Michael Neuser  
247 1:15:30 Marcus Hughes  
281 1:17:16 Gregg Stoudt  
283 1:17:25 Charles Baker  
287 1:17:38 Steve Szymanski  
294 1:17:51 Patrick Dunks  
296 1:18:02 Patrick Pringle  
299 1:18:21 Robert French  
313 1:19:07 Gerry Smeinghoff  
314 1:19:07 Raymond Dolejs  
315 1:19:13 Phil Lewis  
321 1:19:53 Steve Mickelson  
322 1:19:53 Jeff Wandschneider  
329 1:20:26 Peter Klein  
337 1:20:55 Warren Knoll  
348 1:21:23 David Gavinski  
352 1:21:40 Steve Wagner  
356 1:22:00 Mike Pacioni  
371 1:22:32 Michael Castle  
373 1:22:36 John Eggers  
377 1:22:44 Michael Merrill  
407 1:24:43 Greg Vertelka  
415 1:25:07 Paul Hopton  
418 1:25:15 David Morton  
504 1:31:49 Dave Hynck  
561 1:47:55 Alex Taylor

F40-44

110 1:07:35 Sally Schumacher  
114 1:07:52 Barbra Fagan  
119 1:08:10 Laura Carswell  
138 1:09:21 Carol Flemma  
152 1:10:11 Mary Kirschbaum  
154 1:10:17 Nora Wolff  
174 1:11:15 Ehlers  
181 1:11:33 Amy Flom

(Continued on page 14)



The Most Times

are in The Strider

# MAKING DUST

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

## LAKEFRONT DISCOVERY RUN

CONTINUED

(Continued from page 13)

- 183 1:11:44 Amy O'connor
- 191 1:12:07 Jane Deisinger
- 198 1:12:21 Jill Stock
- 251 1:15:47 Vickie Kallien
- 258 1:16:05 Libby Berry
- 259 1:16:09 Anne Donnellan
- 291 1:17:46 Jeanne Brill
- 300 1:18:27 Libby Wick
- 338 1:20:55 Peggy Slind
- 366 1:22:21 Pam Kassner
- 370 1:22:31 Kathi Castle
- 383 1:23:22 Karyn Retzbach
- 390 1:23:43 Victoria Liccione
- 395 1:23:56 Barbara Heth
- 408 1:24:43 Lori Laatsch
- 431 1:26:25 Susan Fink
- 443 1:26:53 Sheryl Maclean
- 453 1:27:44 Kathryn Behling
- 459 1:28:15 Donna Grady
- 482 1:29:48 Susan Touchett
- 483 1:29:49 Lisa Vogt
- 507 1:31:59 Emma Lawrence
- 524 1:34:02 Anne Wandler
- 528 1:34:30 Susan Ryce



Living the dream of every race director. LDR director (Mr. Prez) John Cornell finishes his own race. Photo by Bob Scherer

- 534 1:36:10 Rose Anstedt
- 548 1:38:17 Holly Schreiber
- 550 1:38:34 Sylvia Nicora
- 564 1:51:10 Gail Boxrud

### M45-49

- 24 57:10 I. George Ogutu
- 26 57:30 Rick Kallien
- 37 59:05 Pat Peery
- 39 59:55 Douglas Finke
- 43 1:00:20 James Cummins
- 46 1:00:33 Kurt Lesser
- 48 1:00:55 Michael Burkoth
- 54 1:01:43 Robb Linnemanstons
- 76 1:04:42 John Hainze
- 87 1:05:42 David Lawnicki
- 100 1:06:46 John Osiecki
- 101 1:06:54 Donald Eldredge
- 104 1:07:01 Patrick Zielinski
- 107 1:07:15 Bill Wagener
- 116 1:08:00 Tim Zens
- 135 1:09:17 Ted Itzov
- 139 1:09:21 John Becwar
- 151 1:10:06 Daniel Kelly
- 188 1:11:55 Pete Abraham
- 190 1:12:05 Jon Wall
- 192 1:12:09 James Donnellan
- 207 1:13:08 John Koleas
- 210 1:13:16 Mark Dunning
- 213 1:13:26 James Harrison
- 217 1:13:46 Greg Daggett
- 221 1:14:08 Robert Koebert
- 231 1:14:38 Jeff Roznowski
- 232 1:14:44 Tom Currer
- 245 1:15:17 Anthony Peters
- 252 1:15:50 Jeff Anderson
- 257 1:16:05 Bob Wieland
- 282 1:17:17 Duane Tate
- 306 1:18:43 Dennis Hanna
- 335 1:20:39 Shan Nelson-Rowe
- 341 1:20:58 Nevin Goldstein
- 344 1:21:05 Paul Malek
- 346 1:21:12 Jacek Odoner

- 358 1:22:01 David Mehring
- 369 1:22:27 Delmer Wallen
- 376 1:22:42 Charles Austin
- 380 1:22:59 Kurt Kaiser
- 384 1:23:30 Bob Thonese
- 399 1:24:17 Homero Noboa
- 405 1:24:39 Will Jackson
- 416 1:25:08 Richard Barrett
- 429 1:25:59 Steve Stein
- 435 1:26:32 Jesus Mireles
- 439 1:26:39 Tom Steinkraus
- 448 1:27:08 Mark Meddaugh
- 454 1:28:10 William Robinson
- 469 1:29:12 Rick Tennesen
- 477 1:29:30 Richard Polit Polit
- 480 1:29:35 John Schell
- 494 1:31:08 Larry Stone
- 499 1:31:32 Keith Prochnow
- 505 1:31:51 M Schwabenlander
- 521 1:33:05 Gus Koremenos
- 533 1:36:03 Jeff Herrmann
- 540 1:37:32 John Condron

### F45-49

- 59 1:02:16 Laura Clark-Taylor
- 70 1:03:54 Randy Backhaus
- 117 1:08:07 Rosemary Schultz
- 125 1:08:26 Barbara Jewell
- 159 1:10:33 Katie Oakes
- 160 1:10:38 Susan Kopff
- 311 1:19:02 Carol Kuhn
- 330 1:20:27 Jan Beaton
- 331 1:20:32 Joni Hodor
- 365 1:22:18 Barb Schantzen
- 374 1:22:39 Mary Wysocki
- 379 1:22:46 Carrie Nickel
- 441 1:26:47 Debbie Matiz
- 460 1:28:17 Katie Lauritzen
- 461 1:28:24 Amy Szalkowski
- 484 1:30:01 Julie Baron
- 487 1:30:14 Kim Meyer
- 511 1:32:03 Pam Talmadge
- 525 1:34:10 Sara Daggett
- 529 1:34:50 Karen Ward
- 557 1:46:12 Christine Wilkinson

### M50-54

- 18 56:16 Ron Erhardt
- 22 56:46 Paul Kmiecik
- 40 1:00:09 John Mccarthy
- 42 1:00:18 Todd Miller
- 56 1:02:00 Layne Davis
- 64 1:03:07 Jay Woodard
- 68 1:03:51 Dennis Eden
- 73 1:04:36 Bill McLaughlin
- 88 1:05:49 Jeff Warks
- 89 1:05:53 Ken Klemowits
- 95 1:06:12 Dennis Shoemaker
- 97 1:06:33 Arnie Sohns
- 98 1:06:38 Nelson Quiles
- 108 1:07:20 William Jahnke
- 111 1:07:37 John Bell
- 121 1:08:16 Gil Sanchez
- 124 1:08:22 Douglas Scott
- 126 1:08:29 James Generotzky
- 137 1:09:19 Harold Miller
- 146 1:09:53 Joe Paterick
- 161 1:10:45 Richard Rowland
- 163 1:10:50 Greg Bergner
- 165 1:10:56 Ron Maurer
- 168 1:11:00 Dennis Mack
- 179 1:11:29 Chris Meyers
- 187 1:11:55 Keith Lengling
- 195 1:12:13 Terry Mank
- 205 1:12:51 Gary Gasper
- 206 1:12:59 Timothy Rottmann
- 212 1:13:24 Steve Gamm
- 214 1:13:27 Michael Flanagan
- 224 1:14:21 Terry Roberts
- 225 1:14:26 John Maniaci
- 226 1:14:29 Tom Beaton
- 242 1:15:15 David Stobaugh
- 246 1:15:19 Jim Szyjakowski
- 269 1:16:36 Chris Frelka
- 271 1:16:37 Jeff Koenitzer
- 278 1:17:10 Paul Pujanauski
- 280 1:17:15 Douglas Magee
- 302 1:18:33 Ron Talsky
- 309 1:18:59 Donald Scott
- 310 1:19:00 John Jensen
- 326 1:20:15 Bryan Jandorf
- 340 1:20:58 Gene Mezger
- 347 1:21:18 Phil Raiche
- 355 1:21:56 Gary Page
- 359 1:22:02 Doug Evans
- 368 1:22:27 Toby Hornslein
- 372 1:22:32 Joseph Soriano
- 410 1:24:44 Douglas Welker
- 420 1:25:17 Glenn Wargolet
- 422 1:25:27 Bruce Davies
- 425 1:25:41 Bill Ray
- 426 1:25:42 David Chappell
- 450 1:27:09 Tom Baas
- 496 1:31:13 Dave Gates
- 498 1:31:28 Curt Rubringer
- 500 1:31:33 Kurt Chandler
- 509 1:32:14 David Foster
- 512 1:32:26 Bob Juday

- 517 1:32:52 Raymond Moon
- 530 1:35:02 Robert Slocum
- 565 1:53:04 John White

### F50-54

- 169 1:11:08 Nathalie Mccoy
- 201 1:12:32 Nancy Sandlin
- 216 1:13:44 Susan Koleas
- 293 1:17:49 Peggy Radder
- 417 1:25:10 Jayne Weyer
- 423 1:25:27 Rochelle Tennesen
- 438 1:26:38 Cher Michalowski
- 476 1:29:30 Marcie Wargolet
- 485 1:30:02 Susan Wucherer
- 506 1:31:54 Sally Lochmann
- 516 1:32:38 Barbara Tremel
- 522 1:33:11 Robin Wilkening
- 531 1:35:19 Sally Evans
- 566 1:53:26 Cathy Rottmann

### M55-59

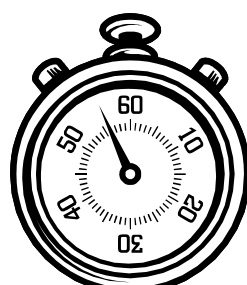
- 27 57:37 John Jenk
- 44 1:00:22 Roy Pirrung
- 81 1:05:03 Thomas Falch
- 155 1:10:21 Jim Nowakowski
- 193 1:12:11 Gregory Wein
- 199 1:12:23 John Stachera
- 254 1:16:02 Michael End
- 272 1:16:38 William Taylor
- 276 1:16:53 John Wucherer
- 312 1:19:05 John Shannon
- 328 1:20:23 Thomas Fosbinder
- 392 1:23:51 Larry Freschl
- 406 1:24:40 Daniel Heerey
- 421 1:25:18 Larry Ryan
- 440 1:26:44 Joe Radoszewski
- 452 1:27:29 Larry Lockwood
- 458 1:28:15 Paul Woerpel
- 466 1:28:42 Bruce Boeck
- 472 1:29:15 Dick Radder
- 537 1:36:46 Philip Brink



BLS Turkey Trot 15K Male Winner Wayne Dalton 55:11



BLS Turkey Trot 15K Female Winner Jessica Davida 66:25



- F55-59
- 353 1:21:47 Nancy Birk
- 558 1:47:40 Jeanette Tries

### M60-64

- 61 1:02:27 John Becker
- 143 1:09:48 Jim Waltz
- 208 1:13:09 Tom Kitzrow
- 404 1:24:30 Emil Neidinger
- 444 1:26:56 Frank Madden
- 457 1:28:13 Ron Pemberton
- 497 1:31:22 Gary Christianson
- 539 1:37:18 David Martin

### F60-64

- 523 1:33:58 Marcia Balthazor
- 552 1:43:43 Kathy Teska

### M65-69

- 176 1:11:19 Robert Huberty
- 343 1:21:02 Ken Burman
- 389 1:23:40 Ed Parker
- 393 1:23:53 Reynolds Honold
- 400 1:24:22 Paul Schmidt
- 532 1:35:40 Manuel Lopez
- 541 1:37:37 James Clarey
- 563 1:50:16 Dave O'brien

### F65-69

- 567 2:59:30 Yvonne Clarey

### M70&over

- 378 1:22:45 Kent Schlienger
- 403 1:24:28 Norm Hovila

### F70&over

- 553 1:44:50 Agnes Reinhard

Badgerland Striders

## Turkey Trot 15K Prediction Run

November 9, 2003  
Greendale, WI  
Root River Parkway

Overall Male Winner  
Wayne Dalton 55:11

Overall Female Winner  
Jessica Davida 66:25

TIME	PREDIC	DIFF	NAME
83:06	83:09	0:03	LABODDA JERRY
83:48	83:53	0:05	DIAMOND DAVE
72:20	72:14	0:06	BRAYTON ABBY
83:47	83:53	0:06	DIAMOND CATHY
72:29	72:36	0:07	MEYERS CHRIS
90:07	90:00	0:07	COLBERT MIKE
75:26	75:34	0:08	KITZROW TOM
83:42	83:51	0:09	SELLARS NANCY
83:02	82:52	0:10	KLIEBENSTEIN CATHY
74:48	74:30	0:18	SANDLIN NANCY
78:03	77:45	0:18	BRIL JEANNE
58:39	59:00	0:21	STRANE TIM
79:09	79:30	0:21	SCOTT DON
79:37	79:15	0:22	ROSS DAVE
90:33	90:10	0:23	OWEN TINA
82:34	82:07	0:27	SCHLIENGER KENT
112:27	112:00	0:27	SHONBORN MIKE
83:28	83:00	0:28	SHERBURNE EILEEN
112:28	112:00	0:28	SHONBORN JUDY
99:42	99:12	0:30	BEHLENDORF RON
80:35	81:08	0:33	MAMEROW PETE
76:34	77:10	0:36	TALSKY RON
88:30	87:53	0:37	ORMOND JUDITH
93:38	93:00	0:38	KOREMENES GUS
63:03	62:22	0:41	WOODARD JAY
63:41	63:00	0:41	NOVAK TIM
87:41	87:00	0:41	ROBERDAU SHELBY
83:29	84:15	0:46	WEBB DENNIS
103:13	102:25	0:48	ROSS KARLI
89:30	88:41	0:49	SENN STACEY
70:01	70:56	0:55	DAVID SANDY
72:05	73:00	0:55	HAMMOND GARY
80:06	79:10	0:56	MICKELSON STEVE
73:02	72:00	1:02	BERQUIST MARK
58:52	60:00	1:08	MOORE RICHARD
88:09	87:00	1:09	HARTMAN STEVE
95:53	97:02	1:09	ZYWICKE HOLLY
81:55	80:45	1:10	AUSTIN CHARLES
81:04	82:15	1:11	GREGAS AMANDA
58:47	59:59	1:12	DASUK NICK
69:28	68:16	1:12	SANCHEZ GIL
73:11	74:24	1:13	THOMA JOE
55:11	53:57	1:14	DALTON WAYNE
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71:15	72:30	1:15	SCHMELLING BETH
63:32	62:16	1:16	MONSON ERIK
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85:35	84:06	1:29	LECLAIRE JERRY
87:30	86:00	1:30	MADDEN FRANK
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107:52	106:16	1:36	O'BRIEN DAVE
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80:38	82:42	2:04	MCLUSKEY MICHAEL
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81:07	83:25	2:18	MAYER TOM
66:25	68:45	2:20	DAVIDA JESSICA
77:09	79:30	2:21	CHAN TONY
65:16	62:45	2:31	NOVAK SCOTT
81:20	78:48	2:32	DEVANEY MARTIN
73:56	71:19	2:37	BARTZ MATT
76:00	78:40	2:40	LANSER LARRY
78:47	81:30	2:43	ROEMING JANET
80:40	83:35	2:55	ZACHER PEGGY
58:11	55:15	2:56	HOLMES BRUCE
80:33	83:30	2:57	WELLS BRAD
90:32	87:34	2:58	MICKELSON KRISTEN

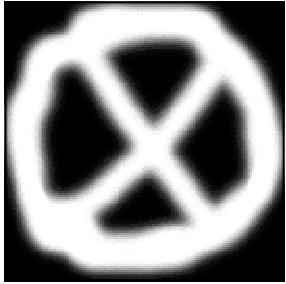
(Continued on page 16)

The Most Times

are in The Strider

# FROM THE BACK OF THE PACK

## November was a Taiwan Sort of Month



Checkmark

pionships.

I had been talking to Roy for the better part of a year about trying to get there to help the team out in whatever way I could. My idea was to combine a business trip with the race, which would have given me the chance to be in Taiwan for the race at no additional cost. As things worked out, the very day that our team was leaving Taiwan to return here, I was leaving here to go there. Somewhere mid Pacific we passed each other, but I don't think they noticed me waving out the window.

I was in Taiwan (again!) on business. I travel there quite frequently, something like 30 times in the last 10 years. I had never managed to find any running events in all of my trips, so the World Championships being there was quite a surprise to me.

This trip was to be slightly different.

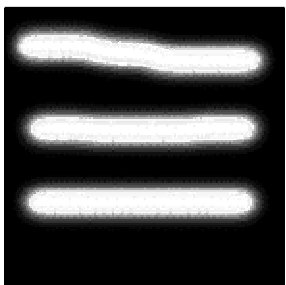
I had to stay there over the weekend after the championships, so I had to find something to do. This wasn't a problem until about two years ago. Until then the Taiwanese worked all weekend long. Now it is mandated that they let the employees have at least one day of every other weekend off.

Anyway, I decided to look for a run. Most of my Internet searches turned up in Chinese but eventually I found a Hasher Site for a group in Taipei, the capital and largest city in Taiwan... and where I was staying.

The group met on Sundays at a local Metro Station close to my hotel. I was very excited about this opportunity and waited eagerly all week to meet them.

Finally, Sunday arrived and I headed out. The group had a bus waiting at the train station that took a good-sized group to the beginning point of the run. This spot was really remote, basically the top of a mountain about 2 hours outside Taipei. Once you get off the main roads in Taiwan it can get kind of rustic.

Taiwan is a small island about the size of the state of Connecticut. It has a population of over 20 million people, half of which live in



Backtrack

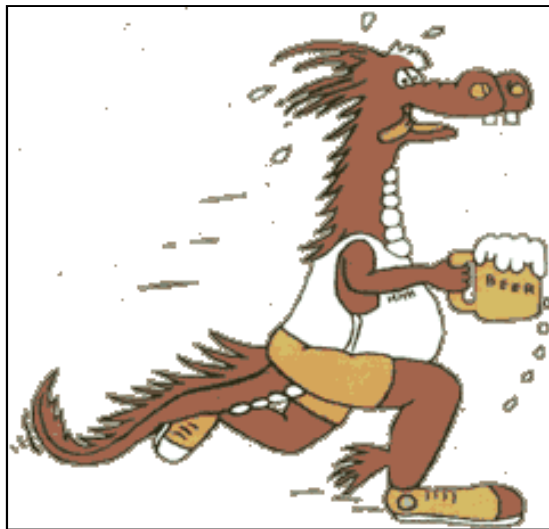
by Jeff Weiss

As you have already read in the earlier pages of this newsletter our World Class compatriots Roy Pirrung, Dave Dehart, Ann Heaslett and others represented us well in Tainan, Taiwan on November 15<sup>th</sup> at the World 100K Cham-

Taipei, the other half are clustered near the shores of the island because the center is nearly impossible to live on. The mountains shoot up from the shore to some very steep peaks. There are very few roads that cross Taiwan from the West to East because the mountains are in the way.

The start of the run was at the house of a native Taiwanese farmer. The house was in the jungle at the top of the mountain where this old man grows Shi-take mushrooms for the restaurant trade in Japan.

Many of the hashers drove themselves to the site, following the bus the last few miles. This made for a very large contingent of 1 bus and about 15 cars arriving at this very remote spot all at the same time.



### CHINA HASH HOUSE HARRIERS

The old farmer looked as if he had never seen so many people.

The run was a typical Hash, I think, since I had never been to one before.

The Hare or Hares headed out 15 or 20 minutes before the rest of the group and set the trail. This involved marking the trail with flour (enhanced with red dye since it rains continuously in the high mountains of Taiwan). The object of this trail marking was to lead (or mislead) the group along the way.

In a few spots along the trail that our Hares picked that day they made a mark that is called a *check mark*. This mark, typically placed at a trail crossing, indicates that the trail could go in any direction from that point.

A trail going in any direction can be an exciting prospect when you are in a jungle 2 hours away from civilization (by car) in a country where you don't speak the language.

If you choose the wrong way from the *check mark* and are observant, you might find another mark left by the Hare, a *backtrack mark*, which means that you went the wrong way.

The group I was running with went about 200 meters beyond that *backtrack mark* when somebody realized that they hadn't seen any marks at all for awhile. That is the one saving grace. The Hare is supposed to place a mark every hundred feet or so.

When one gets lost during one of these events the humiliating practice is to call out "Are You?" to which someone hopefully on the right path calls back "On-On."

The whole run was a wild ride. The entire trail was through a very hilly, thick jungle, where it was a single-track muddy animal trail that crossed rushing streams in at least ten places. There were a couple of places where the trail ran right down the center of the river.

The addition of the checks is something I am in favor of in our races here.

At home, am lucky to finish in the top 50% of the participants in any given race. In this event I finished 6<sup>th</sup> out of about 45 people (because I chose the right way at the last check).

The main feature of this group's events was the after-run activities. At the site of the run they have a gathering and presentation of some minor awards, along with an overall trashing of each other with an exchange of verbal barbs that would match any I've seen. They welcome runners from around the world.

As the introductions are made each participant is "encouraged" to do a "Down-Down" (you figure it out).

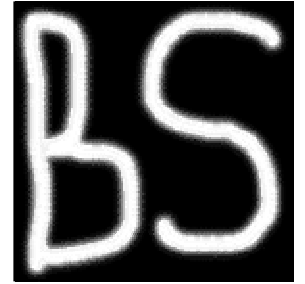
After a couple of hours of this, as darkness fell, the party moved to another location, a small restaurant where this significant group baffled the locals with displays of gross consumption of food and drink.

It was a really goods thing that most participants rode the bus and especially for tourists like me who happily just stumbled the two blocks to my hotel from the train station.

The approximate group make-up as far as I could cipher was 12 Americans (most living there), 10 English, 8 French, 6 Aussies, 1 Russian and the balance Taiwanese.

If you should ever have the opportunity to travel to Taiwan I highly recommend contacting and running with the China Hash House Harriers.

www.chinahash.com



Beer Stop



Can't Print this one

## John "The Penguin" Bingham to be May 19<sup>th</sup> Strider Meeting Speaker

Courtesy Runner's World Online

He's been called the Pied Piper of the second running boom—and for good reason. Since his column, "The Chronicles," started in *Runner's World* magazine in May of 1996, John "The Penguin" Bingham has become one of the running community's most popular and recognized personalities.

Through his books and his *RW* column, now published in every English edition of *RW*, Bingham has inspired a generation of new runners to find joy in walking, running, and racing. His transformation from a life of "sedentary confinement" to marathoner has become a model for people of all ages and abilities. Once an overweight couch potato, he looked mid-life in the face—and got moving. Since then, he has participated in over 25 marathons and hundreds of 5K and 10K races.

Bingham says, "Through running, I create myself as I have always wanted to be. Nothing in my experience was as powerful as crossing the finish

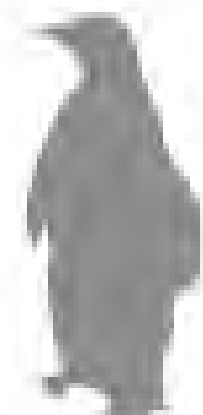
line of my first race. With that single step, I overcame a lifetime of unkept promises to myself." In a self-effacing and humorous manner, Bingham delivers his message of hope and inspiration to people who've been running for a week or

a lifetime. His message has universal appeal—to elite runners at the Boston Marathon and members of local running and walking clubs alike.

John Bingham's Books include

- *The Courage to Start: A Guide to Running for Your Life*
- *No Need for Speed: A Beginner's Guide to the Joy of Running*
- *Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Full or Half Marathon*
- *The Penguin Brigade Training Log – 2<sup>nd</sup> Edition*

More information is available at [www.waddleon.com](http://www.waddleon.com) or John can be reached via email at [thepenguin@johnbingham.com](mailto:thepenguin@johnbingham.com).



Badgerland Striders  
**Turkey Trot 15K  
 Prediction Run**  
 CONTINUED

(Continued from page 14)

81:29	78:15	3:14	ZELLO CHRISTOPHER
78:17	75:00	3:17	TAYLOR CARL
85:26	81:58	3:28	JIRSCHLE JON
78:07	74:38	3:29	CHARTRAND TOM
108:34	105:00	3:34	SMITH MARY
78:38	75:00	3:38	ENGEL NATHAN
78:38	75:00	3:38	LINDER BRAD
85:28	81:45	3:43	SCHANTZEN BARB
84:46	88:30	3:44	MEDDAUGH MARK
71:10	67:20	3:50	GONZALEZ ADAM
71:25	67:25	4:00	LARSEN MARK
71:56	76:00	4:04	BOTHWELL JACK
76:18	72:10	4:08	HUHN PAUL
75:49	80:00	4:11	WAGNER STEVEN
97:15	93:00	4:15	LARSEN JENNIFER
82:46	78:30	4:16	JANICKI JUNE
79:47	75:17	4:30	MOORE MARK
86:29	91:00	4:31	LEITHESER AMY
70:02	75:00	4:58	ROBINSON MARC
84:54	90:00	5:06	WAGNER MATT
64:05	70:00	5:55	BERQUIST BRIAN
81:05	74:38	6:27	PATERICK JOE
94:30	88:00	6:30	THOMAS MATT
86:39	80:00	6:39	EHRlich WANDA
78:50	72:00	6:50	JOSEPHS TIM
96:50	90:00	6:50	ORLANDO DEBRA
73:49	80:48	6:59	GRAFTON MIKE
97:57	105:30	7:33	PIURKOWSKI AMY
108:26	116:20	7:54	KEAN LARRY
107:23	99:27	7:56	ANSTEDT ROSE
99:05	90:00	9:05	LAWRENCE EMMA
94:47	85:03	9:44	KOSHAK KAROL
66:17	77:00	10:43	EDEN DENNIS
71:14	84:00	12:46	LOEHLR TODD
82:25	96:00	13:35	GODLUND GORDON
72:33	87:24	14:51	KONKOL LYNN
97:56	114:15	16:19	DONALDSON DAVE
72:26	55:30	16:53	ROSS JOY
108:50	90:00	18:50	SORENSEN GUS
72:29	47:30	24:59	CAMAZZO CHRIS
96:23	65:45	30:38	CLAREY JAMES
112:50			DOERNER KAREN

Badgerland Striders  
**Turkey Trot  
 2mi  
 Prediction  
 Run**

November 9, 2003  
 Greendale, WI  
 Root River Parkway

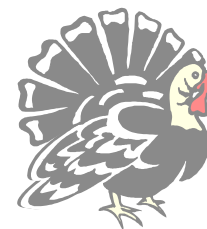
OVERALL MALE WINNER  
 Ben Van Male 10:53

OVERALL FEMALE WINNER  
 Jean Lyons 13:03

TIME	PREDIC	DIFF	NAME
18:00	18:01	0:01	RUNNELLS THOMAS
20:21	20:20	0:01	MEYER LAURA
13:24	13:22	0:02	GOTTSHALK RON
19:12	19:10	0:02	LINKE BOB
20:22	20:20	0:02	MEYER MELODY
13:33	13:30	0:03	STAUDER DAVID
13:44	13:40	0:04	LIMBERG ANN
17:35	17:31	0:04	STEWART PAT
23:34	23:30	0:04	HOFFMAN CHRIS
14:55	15:00	0:05	CHRISTJOHN TOM
15:15	15:10	0:05	RADOSZEWSKI JOE
16:15	16:10	0:05	CARUSO RON
21:01	21:06	0:05	RAUSCHL JOANNE
11:02	10:55	0:07	LEWIS KODY
14:47	14:40	0:07	MCCARTHY ANDY
15:22	15:15	0:07	LEWIS SCOTT
17:04	17:11	0:07	MEYER DIANA
17:05	16:57	0:08	WOLLENZIEHN CHRIS
12:19	12:10	0:09	MERTES RICH
14:12	14:02	0:10	NIELSEN PETER
16:17	16:05	0:12	DELWICHE JAMES
13:03	12:50	0:13	LYONS JEAN
13:47	14:00	0:13	ANSTEDT NICHOLAS
17:42	17:55	0:13	SCHOBERG KEN
11:14	11:00	0:14	HECKMAN CHAZ
17:52	17:38	0:14	CIULA THOMAS
17:56	18:10	0:14	BOLEK JAINE
14:13	13:58	0:15	CLARKE KATHY
23:35	23:20	0:15	HOFFMAN THOMAS
13:34	13:18	0:16	TOLL CRYSTAL
14:06	13:50	0:16	STAUDER LORI
15:44	16:00	0:16	BLASK ANNE

19:14	19:30	0:16	OBY FREDDIE
12:05	11:48	0:17	HARRIS GEOFFREY
12:27	12:44	0:17	TOLL MICHAEL
15:45	15:28	0:17	VOGEL MICHELLE
12:39	12:20	0:19	LEWIS TYLOR
16:34	16:15	0:19	KRUEGER SCOTT
29:24	29:05	0:19	SIVLEY JAMES
14:34	14:14	0:20	PEASE HEATHER
14:38	14:58	0:20	DIEDRICH SARAH
15:20	15:00	0:20	LEWIS KAILEY
20:50	20:30	0:20	BUCHOLZ GERALDINE
18:51	18:30	0:21	PAPA CARRIE
12:48	13:10	0:22	MARIFKE CRAIG
16:49	17:11	0:22	MEYER ANDY
16:48	17:11	0:23	MEYER KATRINA
18:23	18:00	0:23	ORLANDO ANTHONY
20:54	20:30	0:24	PIFHER JEAN
21:09	20:45	0:24	LABISCH TOM
10:53	10:28	0:25	VAN MALE BEN
17:31	17:56	0:25	AHLER CHAR
16:06	15:40	0:26	DELWICHE JOHN
19:27	19:00	0:27	MARKS WALLY
24:23	24:50	0:27	GRAF BARB
17:16	16:48	0:28	SCHULTZ JEFFREY
15:29	15:00	0:29	PIEPER CINDY
16:09	15:38	0:31	STRAND RANDI
25:01	24:30	0:31	LEMPKE BETTY
29:01	28:30	0:31	CLAREY YVONNE
13:22	12:50	0:32	RAUSCHL TIM
18:13	18:45	0:32	MURPHY DANIEL
18:13	18:45	0:32	STUCKSLAGER DAVID
17:03	16:30	0:33	WYSOCKI MARY
17:34	17:00	0:34	FRENZEL STEPHANIE
13:51	13:15	0:36	KOVACHICH MIKE
18:09	18:45	0:36	HAGAN ANNE
11:30	10:53	0:37	BROE DAVID
15:23	16:00	0:37	BLASK DAVID
19:08	18:30	0:38	VIDOTTO JENNY
20:25	21:05	0:40	CHIAPPETTI VICKIE
14:36	13:55	0:41	STEWART TIM
14:04	14:45	0:41	ROSPENDA MICHAEL
15:10	14:27	0:43	WOLLENZIEHN JOHN
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26:33	27:19	0:46	HAGAN MIKE
22:53	23:40	0:47	LINKE EMELIE
28:17	27:30	0:47	SULLIVAN TYLER
17:23	16:35	0:48	DUCE RICHARD
18:52	18:04	0:48	FREUNDLICH CASSIE
19:08	19:56	0:48	PEYCHAL EARL
20:20	21:08	0:48	EMERSON JESSICA
21:42	22:30	0:48	DUELGE DARCI
27:24	28:13	0:49	HAPP SUSAN
17:37	18:30	0:53	SULLIVAN NATHANIEL
16:50	15:56	0:54	HAGAN SHANNON
21:07	20:10	0:57	LABISCH JOHN
15:32	16:30	0:58	MCGROTY ROCKY
18:58	18:00	0:58	GRAF DAN
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19:05	18:00	1:05	DUELGE KALEB
17:39	18:45	1:06	HAWKINS MICHAEL
16:22	17:30	1:08	BROPHY SARAH
18:54	17:45	1:09	DUELGE XANDRA
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20:10	19:00	1:10	STINE INGRID
18:29	19:40	1:11	SMITH DON
14:29	13:15	1:14	WOLLENZIEHN CODY
18:44	17:30	1:14	BRILL JOSEPH
18:55	17:40	1:15	OBY FRED
20:38	19:20	1:18	RUNNELLS ANN
12:06	10:45	1:21	AGOSTINI TONY
12:13	10:50	1:23	SUMBRY KEN
19:21	20:46	1:25	BERQUIST JULIE
16:04	17:30	1:26	CLARK GRACE
14:15	12:45	1:30	SINGH THOMY
24:45	23:15	1:30	CLARK TIM
24:12	22:40	1:32	CLARK OLIVIA
23:56	25:30	1:34	SCHULTZ JACKIE
28:16	29:52	1:36	SANDBERG ARNE
19:20	17:40	1:40	CHRISTJOHN MARISSA
15:35	13:52	1:43	MCGUIRE DAN
15:17	13:30	1:47	KITZROW SAM
24:50	23:00	1:50	SCHMELLING BRADY
20:15	22:07	1:52	GRECO TONY
22:12	24:17	2:05	HANSHALFER MARK
19:18	17:10	2:08	MANSKE MICHAEL
17:07	19:15	2:08	CLARK DOMINIC
23:41	21:25	2:16	CLARK ATTICUS
17:49	15:30	2:19	JELINEK MEGAN
17:49	15:30	2:19	MCCAIG KATHRYN
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25:33	22:58	2:35	EDINGTON ANDY
27:23	29:59	2:36	STAUDE RUTH
16:09	18:46	2:37	BERENSCHOT JANNA
27:22	30:00	2:38	KRUTSCHERA PAUL
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24:10	27:15	3:05	WYSOCKI PETE
16:22	19:30	3:08	STRAND ROSS
20:18	17:00	3:18	TALSKY JEANINE
28:18	25:00	3:18	SULLIVAN EDWARD
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22:33	18:04	4:29	FREUNDLICH DANIELLE
19:17	24:12	4:55	HAUSHALTER BARB
27:27	22:30	4:57	MCCAIG MARJORIE
19:10	24:12	5:02	HAUSHALTER STACEY
21:39	16:00	5:39	TALSKY DAN



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

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

Asst. to the Editor: Betsy Weiss  
 414-771-3165

Cartoonist: Dennis Shoemaker

Photographers:  
 Dennis Eden  
 Kent Schlienger  
 Jeff Weiss