

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 2

March 2004

Saturday April 10th South Shore Half Marathon **A Must Do, No Matter the Weather**

By Kathryn Dunn

It's time again to start thinking about your list of "must do" races for 2004. You'll want to make sure that the South Shore Half Marathon is on that list as the Badgerland Striders are gearing up for another exciting spring half marathon.

Despite tough weather conditions last year, many runners managed to pull off very fast times. More than 550 runners participated in the race last year and we anticipate even greater numbers for this year.

This race has had a strong club backing for more than 22 years and we hope to continue to increase the participation levels this year. If you're not up to running 13.1 miles this early in the season, consider volunteering for the event. The South Shore Half Marathon requires more than 50 volunteers to ensure a safe event for the 600 plus runners who participate every year.



(Continued on page 5)

March 27th, 2004 Trailbreaker **A Race Above the Crowd**

by Betsy Weiss

Would you like to challenge yourself and help to make a difference in the lives of more than 200,000 children and their families? Of course you would... and, you can!

Mark your calendar now for the 13th annual RE/MAX SUBURBAN Trailbreaker Marathon to benefit the Children's Miracle Network on Saturday, March 27, 2004.

Your registration fee will help support the medical care, research, education and child advocacy programs of Children's Hospital of Wisconsin. Children's Hospital is home to the most advanced trauma and pediatric and neonatal intensive care units as well as the only 24-hour Poison Control Center in the state. Nationally renowned cancer, bone marrow transplant, cranio-facial reconstruction and heart programs are also housed at Children's.

You can choose to run any of the three distances offered in this event, 5K, Half Marathon or Marathon. Everyone will

(Continued on page 8)



A Beginning Running Program Just For You!

By Marty Malin

Did you make a New Year's resolution about two months ago to either get in shape or get back into shape? How are you doing? If you're like most people, you've already stopped exercising. And you've probably come up with some very good reasons why you couldn't get to the gym. Most of them sounded pretty good when you came up with them - Its dark out - Its cold out - It's slippery out. I'm out and out tired - I can't get out of this nice warm bed.

It doesn't matter what your reasons were. Now think of the reasons you made that resolution, and the many reasons it would be good to exercise. Quite a few, huh? And they are far more important than the excuses, I mean reasons, why you didn't exercise.

**First Session
March 30th
Hart Park
Muellner Bldg
Wauwatosa**

(Continued on page 5)

May 8th, 2004 Ice Age Trail Runs **A 50/50 Proposition**

By John Zinzow

The Badgerland Striders will, once again, host THE ICE AGE TRAIL 50, one of the oldest (1982) and largest 50 mile ultra-marathons in the country. This year's run will be held on May 8th 1.5 miles north of La Grange, Wisconsin. The start and finish area is located at the Nordic Ski Trails in the Southern Kettle Moraine State Forest.

This year's race is the 23rd running of the 50 Mile Run and the 6th running of the 50 Kilometer event. In its third year is the 50K "Friendship Relay". Two friends will join together to run a 20 kilometer and 30 kilometer leg. The race will feature the special friendships that exist between people who support each other in their training for athletic events. The Ice Age Trail Runs attract competitive runners from across the country. Of the 525 participants last year, over 57% originated from states other than Wisconsin.

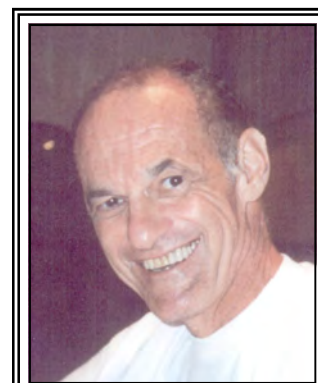
The event is a "true" trail ultra-marathon with the entire race run on the scenic and environmentally unique Ice Age trail. The trail traverses a variety of terrain including both hardwood and pine forest, upland dry prairie, dry and wet meadows, and special wetland areas. The trail is a "true" footpath enjoyed by both Native Americans and early settlers during Wisconsin's past.



(Continued on page 8)

INSIDE:

	PAGE
Samson Stomp 2004	2
Cullen Run 2004	2
Prez Sez	3
Turning Points	3
TRAVELING STRIDERS	
• Red Rock Canyon	3
• Marathoning thru Retirement	4



**Jack Mandelker
1928-2003
Pg. 5**

Holiday Party Pictures	6&7
In Pursuit of the Bubbly	8
Rainier to Pacific Relay	10
Red Bra Diaries - S-no-w Fun 2004	12
From the Archives	14
ATTENTION WOMEN RUNNERS	15

MAKING DUST:

- Samson Stomp 11,13



- Janboree Frosty 5K 14
- Cullen Run 15,16



STRIDERS IN THE NEWS

- Long Road - Roberdeau 9

- Coming Events 19

MEETING SPEAKERS 19

- March - Lake Park Friends
- April - Dr. Bill Gaertner
- May - The Penguin

Samson Stomp Post Race

Cold Day, Warm Hearts

By Andrew J.G. Delzer

Just how cold does it have to get to prevent runners from coming out for a Sunday morning run? Well, it would have had to have been much colder than 7 degrees to prevent the nearly 700 hearty runners that came to participate in this year's Samson Stomp. In addition to the single digit temperatures on Sunday, January 18th, there was a strong wind howling from the north. This was not bad enough weather to stop the 671 runners who braved the elements and finished the 5K race at the Milwaukee County Zoo.

There were quite a few people registered who

must have decided to skip the event and stay warm. What was truly amazing was the size of the crowd. In opening comments the Zoo director, Charles Wilkenhauser, said "you are all insane, we should load every last one of you up and take you to the funny farm right now."

If you decided to stay warm instead of running, you missed a good time.

The zoo staff did an unbelievable job of removing the snow from Saturday's storm. They also did a good job of salting and clearing any icy areas on the course.

Ryan Gasper was the over all male finisher with a time of 16:21. Stacia Beste set a new Samson Stomp Female 5K course record with a 17:44 finishing time. Stacia blasted the old record by over 1 minute.

This year was my last as Race Director for the Samson Stomp. I am stepping aside after 6 years of directing this multiple race event. 1999 was the first year the Samson Stomp was run as a 5K and it was my first year as race director.

Over these six years I am proud

say I helped to raise over \$9000 for the Badgerland Striders through this contract race and that every year the Stomp's registration numbers have increased.

This isn't only because I was race director, but because we, The Badgerland Striders, the race captains and volunteers do such a professional job at organizing, staffing and conducting such a wonderful event. This is why the Samson Stomp was recognized by **Runner's World** magazine as one of their favorite races.

I would like to thank all the volunteers and race captions who came back year after year after year. Without your support and commitment, not matter what the weather is, this winter running event could not exist.

Mark your calendars so that you are sure to run the Samson Stomp on January 16th next year.

Our new race director for this event will be Dick Menzel.

Dick has been associated with the Samson Stomp since 1990 and has been with the club since Adam and Eve.

I am happy to be able to "pass the baton" to such a capable person.

SAMSON
stomp 2004
ROMP AND MINI-ROMP MILWAUKEE COUNTY ZOO



CULLEN RUN MOVING TO FEBRUARY IN 2005

by Phil Carpenter, Race Director

More than 500 hearty walkers and runners slipped and slid their way through the 8th An-

nual Steve Cullen Healthy Heart Club Run on the morning of January 24th in Wauwatosa's Underwood Parkway, raising money for an excellent cause. heart research. Again this year, we placed our faith in the uncanny ability of WTMJ's Jim Ott to pull another "weather rabbit" out of his hat, serving up a beautiful, sunny day on the tail end of a week of snow and bitter cold.

Heather Haviland won the women's 8K in a time of 32:06, besting second place Ann Linberg's 34:51. Kyle Moss topped the men in 28:17, 24 seconds ahead of second place Derek Serna's 28:41.

At the post-race festivities the Cullen chili again topped the menu, with Lakefront Brewery's Oktoberfest and live music by the Crybabies to top off the atmosphere. During the awards ceremony, Gael Garbarino Cullen presented long-time race sponsor, Bob Landaas, with a plaque in appreciation of his commitment and generosity.

Make a note in your 2005 racing calendar: The Steve Cullen Healthy Heart Run/Walk will be on February 12 !!! We'd like to see you all back next year!

A huge thank you to all the Captains, volunteers and most of all the walkers and runners. Your involvement will place more than \$10,000 directly in the hands of heart scientists and researchers at the Medical College of Wisconsin Cardiovascular Center in memory of former Strider Steve Cullen.



Winners of the 2004 Cullen Run admire their newly won trophies
Heather Haviland 32:06 & Kyle Moss 28:17
Photo by Kent Schlienger

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:

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!**

Running Makes Me.....Regular

Ok, I meant to say “regular running makes me.....”, but that headline won’t get your attention. Hopefully, now I have that.

When I take some down time from running, be it by my own choice or Mr. Injury showing his ugly mug, I find I have all this extra free time. Think about it. When I’m running 40-50 miles a week at a comfortable 5 minute pace (OK, so I never have been able to run that fast, but indulge me) not counting warm-up and stretching (because who does that anyway. Mr. Injury?), I free up at least 3 hours and 20 minutes per week. You know how much work I can get done in 3 hours? That is really like getting an extra 4 weeks of vacation! (3.3 hours a week x 52 weeks divided by 40 hours a week equals 4+ weeks of extra free time!)

running, when I have less time, I am able to keep up, no problem. How is that?

I don’t know how it works for you, but when I’m running consistently 4 or more days a week, I spend more of my day actually being productive. Running makes me get out of bed earlier, without hammering the snooze button 9 times. Running makes me eat better, keeping my energy more constant throughout the day. It makes me set goals; running, personal, and professional. It makes me manage my time, so I can fit a run in, and everything I have to do. Running makes me deal with problems, some big, some small. Running makes me self confident, not worried about what people think. Running makes me.....me.

Why do you run? I’d love to hear your story. Email me at jdstrider@aol.com. All runners who send me their story will be entered into a drawing for some really cool prizes.

Cabin Fever have you dreaming of the Summer Strider Fun Runs?

I have a cure. Starting February 16, I am going to initiate a series of spontaneous fun runs throughout the area. Here is how it will work. On Mondays, I’ll post on the homepage of the website the location for that Wednesday, if there is one. No message means no fun run. These runs will follow the format of many of the disorganized training runs we have through-

out the area. As for refreshments, it’s going to be pot luck. If some runners bring something to drink or munch on, we’ll be all set. We will have warm shelter to socialize in after the runs.

Check out the website on Mondays for confirmation.

the
Prez
sez



John Cornell

With all that extra free time, why is it then that I can’t seem to find enough time to keep my house in order or stay on top of things at work? When I’m



Times Past: Now and Then

Turning Points



Ron Winkler

(Author’s note: I don’t want to make this column too philosophical, but once in awhile I like to delve into something that requires a bit of thinking.)

Each of us can divide our life into numerous facets. These allow us to develop identities for ourselves in many areas that include professional, family, personal, athletic, spiritual, social and recreational. However, no identity exists in isolation. In fact, these identities overlap in a very complex series of interactions to make each of us a unique individual.

In each of these areas there have been, currently are, or will be turning points. By turning point, I am referring to some event that causes a major change in one facet and consequently in our lives. The turning point can be a decision, event or circumstance. Addi-

January 11th, as I was trying to decide what to write about, the Packers were eliminated from the playoffs by their overtime loss to the Philadelphia Eagles. After the game, there was much talk about key plays and turning points.



In that game, a touchdown by the Packers on either of two key 4th down plays probably would have sealed a victory. Conversely, the interception by the Eagles’ Brian Dawkins which put the Eagles at the Packers’ 34 yard line pretty much spelled doom for the Packers.

I began thinking about events in my life that had been turning points or forks in the road, so to speak. My mind pondered a number of those and I began wondering where I would be today if I had taken another path.

In the beginning

For this column I have selected two personal sports related turning points. The first example is the September day in 1965 when I responded to an invitation that was given to all boys at Milwaukee Bay View High School to join the cross-country team. I envied jocks and wanted some notoriety. Although I rode my bicycle extensively, I had no running experience. My motivation for joining the team was to impress a girl who I liked at the time. If she was impressed, I’ll never know. However, that decision got me hooked on a lifestyle of physical fitness that has benefited my health and self-esteem. Furthermore, something that was done for the “wrong” reason (to impress a girl) had a positive lifelong effect on me.

Injury

The other major turning point in my athletic life was when I severely pulled my hamstring on August 1, 1992 in a track meet in Wauconda, Illinois while running the 1500-meter. That pull was the climax of three years of warnings from my body that I was over training. Instead of training, I was straining. The injury and subsequent therapy dropped me into a physical and mental abyss for over a year. Recovery finally came when I began race walking in Septem-

ber 1993.

With no background in race walking, I started at the bottom. However, as a neophyte, I was constantly improving. To my delight, I found that I could both race walk and run. In the process, I discovered cross training. As a result, my training today consists of running, race walking, biking and weights. Over the years I have learned that I cannot do the same activity day after day. It is necessary to alternate activities.

What if?

Where would I be if I had not discovered race walking? Chances are that I wouldn’t have investigated race walking on my own. However, I had been exposed to race walking because my wife Alice had been race walking with the Parkside Athletic Club in Kenosha. I knew the walkers and had some familiarity with the sport. Therefore, I decided to give walking a try.

Today I can run *and* race walk. Although I lack my former speed, I am still able to train and compete. In addition, I’ve learned a new sport. Furthermore, I’ve learned to be content where I am as I strike a balance between training and competition.

Look to your soul

What were the turning points in your athletic life? Why did you start running, race walking or exercising? What would your life be like without this activity? What would you be doing instead? In addition, what changes have you made to your fitness program over the years? Many runners switch from short distances to marathons or ultras. Others move in reverse, going from 8K’s down to middle distance or even the sprints. What would your life be like without this change? What would you be doing instead? What impact has this change had on other areas of your life?

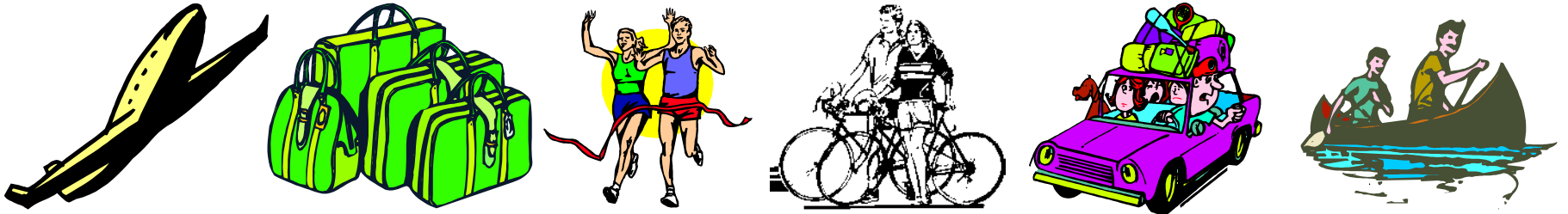
Now you have some things to contemplate on these cold winter nights or during one of your long distance workouts.



tionally, the turning point could be chance, calculated, conscious or unconscious.

Inspired by Packers

As this is a sports-oriented publication, I will use an illustration from the sports world. On Sunday,



TRAVELING STRIDERS

Red Rock Canyon, Nevada

by Bob Scherer

Just 30 minutes from the Las Vegas strip is Red Rock Canyon. I had the opportunity to run these trails on October 26th. The beautiful Canyon walls contain many of the colors found in the Grand Canyon and every bit as breath taking, just on a much smaller scale.

I heard about Red Rock Canyon National Conservation Area at one of the Strider build up runs this summer. I contacted the Las Vegas running club and they suggested starting at Willow Springs and I found a trail map at www.redrockcanyon.blm.gov

The 6-mile run includes 3 trails, Willow Springs to La Madre Springs to White Rock. All of the trails are rocky and Willow Springs is about 8 feet wide. The balances of the trails are 2-6 feet wide with some steep inclines. I was told to expect an intensity of 7 because there are some "pretty good climbs" by the LV Running Club.

I started out at 7:30 and it was a sunny 66 degrees. The clear blue sky was a perfect backdrop to the red and white canyon walls. Running on the Willow Spring trail went well and the turn off to La Madre was easy to see. The trails are rocky, like some sections of the Wisconsin's South Kettle Moraine. I carried water in a Camelback for the anticipated 6-mile run. There is no drinking water in the Canyon except at the main entrance.

La Madre has a rating of "Moderate" and has a steady incline of 30 to 45 degrees. I made it to the spring at the end of La Madre and the trail all but disappeared. I asked a passing hiker if this trail linked to White Rock and he told me it did, about a half mile back down the trail. (Darn, I missed the



turn.). Well, at least the half-mile run was all down hill.

I started down the White Rock trail, which has a rating of "Difficult". It narrows quickly to a few feet wide. I could tell that this trail does not get as much use as the other two trails. Since I was alone, I started getting uncomfortable being in a rocky wilderness area with no one knowing where I was or expecting me back at a certain time. I decided to turn around and head back to Willow Springs. The return trip was either flat or down hill so it made for easy run.

Another trail, the Pine Creek trail is a much easier run. The trail is lined with pine trees and a



variety of green plants and wild life. A fifth trail, Ice Box Canyon, supposedly has pools where the Indians would find water during certain times of the year. I will have to take the hikers word for it because I did not run the trail.

Red Rock has a variety of trails for running, hiking, biking and horse back riding. By 11:30am the temperature was above 80 and I had drank my 3-liter Camelback dry. October to March, according to the literature, is the ideal time to be there. The area has a variety of wild life; I was within a few feet of two wild Burrows (Little Donkeys).

With the good airline deals to Vegas and the amount of things to see and do in Red Rock Canyon, it would be a nice place to spend a long weekend to break up the Wisconsin winter.

I look forward to returning to run this beautiful area again. You can find information at www.redrockcanyon.blm.gov

Affordable Health Insurance

KEVIN J. TRUEBENBACH
Health - Life - Medicare Supplements - Long Term Care Ins.

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

Office: 262-784-7344
Mobile: 414-406-7674
Fax: 262-821-0508
sales@etruehealth.com

www.ETRUEHEALTH.com

Presenting Don Ayer

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

Don Ayer
Broker

RE/MAX
Suburban

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

Each Office Independently Owned and Operated.

When buying or selling a house, would you
(a) pick a broker who never has/never will support the running community, or

MARATHONING THRU RETIREMENT

By D Hoffman

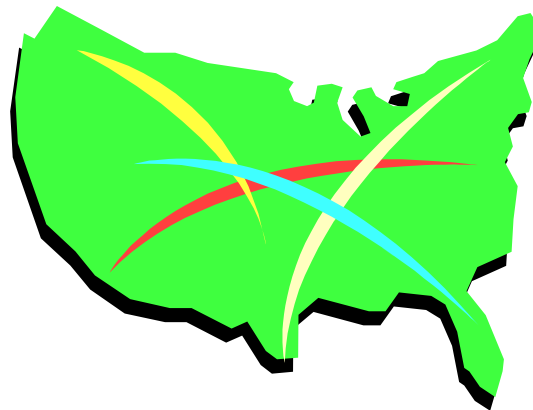
In my 25th year of running marathons, I achieved my retirement goal of running a marathon in every state by completing the Honolulu Marathon on Dec. 14th, 3 days after my 69th birthday. This is only an average of two marathons a year so it's a reasonable goal for many marathon runners. However, being a slow starter, I didn't get the idea until I retired 3 years ago.

At the point of retirement, I had run over a 100 marathons and ultra's but in only in 12 states. So the last 3 years, my wife and I have done a lot of traveling. We would take 3-6 week road trips and I would run 3 to 5 marathons. My marathon goal has gotten us to parts of the country that we would not have bothered to visit otherwise. We have had wonderful times since every place we visited turned out to be special in some way.

Besides doing the states, I'm planning to do the continents. We have done Australia and Antarc-

tica since retirement and plan to do the Great Wall Marathon this May and Africa a year from June and South America sometime in between.

My wife doesn't run but she has enjoyed the trips as much me. After all, a marathon only wastes a half day a week at most. Much less burdensome than being a non-golfer married to an avid golfer.



Having a goal of doing a marathon in every state and on every continents is a great organizing principal for planning travels especially if you don't just fly in for the weekend. We spent three weeks each in Australia, Alaska, Hawaii in addition to the multi-week road trips on the main land.

If interested in doing it yourself, check out the 50 States Marathon Club, Box 15638,

Houston, TX, 77220-5638 or www.50statesmarathonclub.com. You are eligible to join the club after completing a marathon in 10 different states.

Long Time Strider Member Jack Mandelker Dies

Badgerland Strider Jack Mandelker, dearest friend of Strider Betty Schraith, passed away on January 31st after a courageous, six year battle with multiple myeloma, a form of bone marrow cancer.

He was 75 years old. Jack was a graduate of the University of Wisconsin and a Navy Veteran.



Those who knew Jack (almost everyone in the club) found him to be wise and witty. He was knowledgeable about music, politics, history and of course, about insurance –his business. We all knew how he

loved to tease the women runners. They enjoyed the friendly banter just as much as he did.

Jack was an experienced skier who had been active in the Vagabond Ski Club during the 60s, 70s, and 80s. He arranged and led many ski trips to Europe. He was also an enthusiastic cyclist. With four other Striders he did the 1990 SAAGBRAW from LaCrosse to Milwaukee. After that he participated in several other SAAGBRAWS.

As we all know, Jack was an avid runner who completed many marathons as well as many shorter races. He acquitted himself well in all. (However, he did joke about his DNFs at the Ice Age and Pike's Peak Marathon!) He was a dedicated volunteer and devoted a great deal of time to working Strider races. Despite his illness he worked as starting timer for the last five Al McGuire runs and as station volunteer for the last

five Ice Age runs.

In 1994, Jack organized the Grumpy Old Men relay team for the Lakefront Marathon. He participated in each run, despite disability, through the 2003 Marathon.

The Striders were a great part of Jack's life. He loved running and the runners in the club. His friendliness, wit and generosity toward others were well appreciated.

We should all hope that we will have the courage to fight health challenges as Jack did.



2001 Lakefront Marathon "Grumpy Old Men" Relay Team, L to R, Karl Abendroth, Paul Gionfrido, Betty Schraith (substituting for team member Norm Hovilla who left early to watch the Packers), Jack Mandelker and Bob Blazak.
Photo by Kent Schlienger

A Must Do, No Matter the Weather

(Continued from page 1)

We have many "visiting runners" from Illinois, Ohio and Minnesota who participate in the Half Marathon every year. Following the race I always receive e-mails commenting on how well organized the run was and how friendly the people were.

If friendly volunteers and ample refreshments following the half marathon aren't enough to lure you, don't forget that your small entry fee of only \$5 (for Striders) gets you a pair of really ugly gloves. If you register early, we may even find you two gloves that match! Look in this issue of the Strider for an entry form for the Half Marathon or visit the Strider's website, www.badgerlandstriders.org and print an entry form off the site.

In past years I've always commented about the weather in my articles leading up to the run; each of the past few years have presented our runners with weather-related challenges (enough said) so I'm not going to predict great weather anymore! But I will predict that if you come out and participate in the Half Marathon on April 10th you will have a great time!



A Beginning Running Program Just For You!

(Continued from page 1)

But it is difficult to get started. That is why the Badgerland Striders has an organized program to help you reach your exercise goals. Don't have any? We will help you set some. We offer a non-competitive atmosphere where you can learn about the reason for exercising in general, and running in particular. You will learn how your body will adapt to regular exercise, and will find that you start feeling better and better as you continue with potentially one of the best changes in your life!

What? You'd rather watch TV? We'll have one there that you can watch. It won't have Survivor, or one of your other favorite reality programs. But it will have some great videos on running. It will help make you a survivor. That and our time outside. Did I forget to mention that? We will be going outside, and exercising too!

What we will do is meet for eight Tuesday nights, starting March 30th at Hart Park in Wauwatosa's Muellner building, which is just south of the village area and State Street. Sessions start at 6 p.m. and last until 8 p.m.

The average session will start with about 30 minutes of information on several smaller subjects such as stretching, nutrition, and injury prevention, followed by a warm-up, stretch, a 20-minute run/walk outside in groups of like abilities, and another stretch, then back inside for either a guest speaker or me for the final 45 minutes. Larger topics discussed will include nutrition, proper running shoes and running attire, weight training, other aerobic exercise, and exercise physiology.

So come join our program. You can find an entry form tucked inside The Strider. We guarantee that you will enjoy most of it, or at least a minute here and there.

The volunteers I have lined up as group leaders are really great! They all want to help others enjoy running like they do. And they realize that it can take a long time until you really feel like a runner. To

ease you into it. We start you out doing mostly walking, and a little bit of light, easy running. As the weeks progress, you will find the going a little easier as your body starts adapting, and our gradual shift to mostly running and less walking will have you amazed at what you can do.

The registration fee is only \$45 and includes several goodies. We will be expanding on the individualized class binder we started last year, with even more outlines of many of the topics we will discuss. Plus, you will have access to a large assortment of interesting articles. Even better, if you sign-up by March 3rd, you get a \$5 discount. And, if you have taken the class before and would like to take it again, you get an additional \$5 discount on top of that.

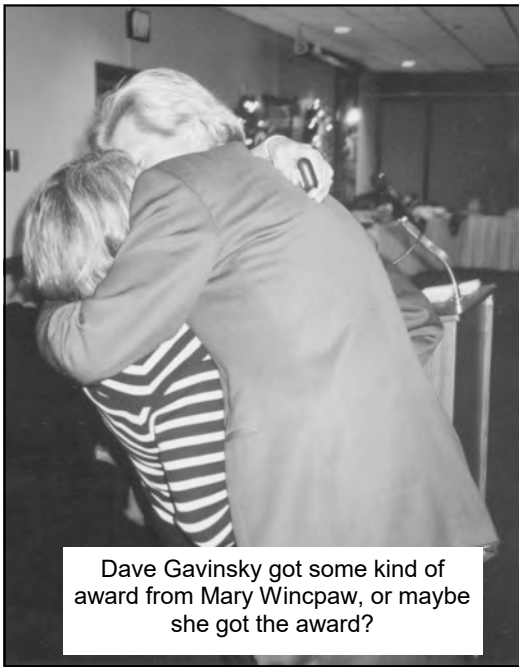
So sign-up soon. Class size is limited to the first 60 participants, and spaces will fill-up fast! You can get an entry form by either logging onto the Badgerland Strider's website, calling Marty at 414-453-7326, or looking for the insert later in this issue of The Strider. If you have any questions, feel free to give me a call. I will be more than happy to answer them.

Speaking of answering questions. I almost forgot to mention some other things. If you are interested in either starting a running program, want to get back into an exercise routine after a hiatus, or keep on getting injured and want to run injury free, sign up for this as there will be many others just like you.

Another plus is that everyone is automatically signed-up for Sarah's Stride on Saturday, May 15th, which also happens to be our graduation.. And following that, we will have a celebratory picnic in Greenfield Park a month later. It will be a time to bring your family, enjoy the company of fellow classmates, play some outdoor games, like Frisbee, volleyball, or bocce ball. You can relive any running stories, and enjoy some great company, food, and refreshments.



Dave O'Brien got Volunteer of the Year and a Lifetime member award.



Dave Gavinsky got some kind of award from Mary Wincpaw, or maybe she got the award?



Kathryn Retzlaff receives a Most Improved Runner Award



Badgerland Strider Holiday Party

January 24th, 2004

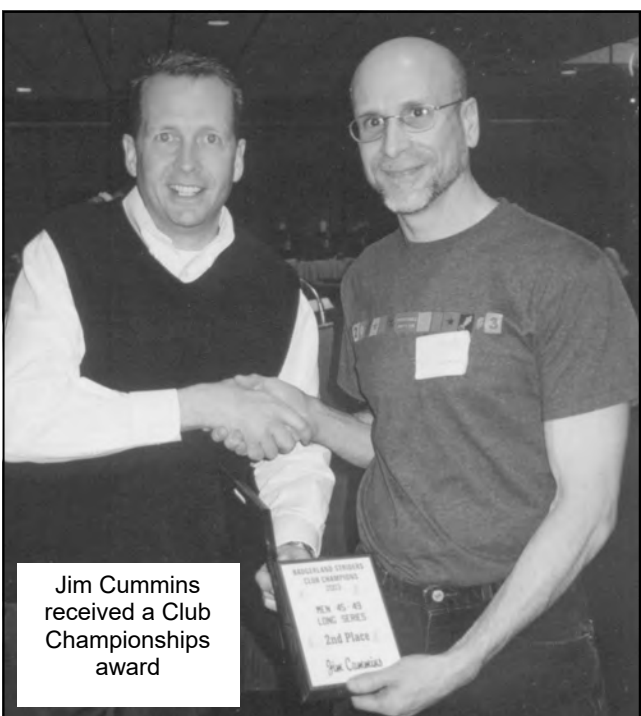
All photos by Kent Schlienger



Marcia Balthazar got a Most Improved Runner Award



Rob Simcock got a Most Improved Runner Award



Jim Cummins received a Club Championships award



Mary Wysocki received a Club Championships award



Phil Carpenter wins a hard time from Doug Nelson



Bonnie Launse got a Most Improved Runner Award



Nancy Niese enjoys some Hors D' Oeuvers



John White receives a Most Improved Runner award from Mary Wincapaw and New Prez John Cornell

Badgerland Strider Holiday Party

January 24th, 2004

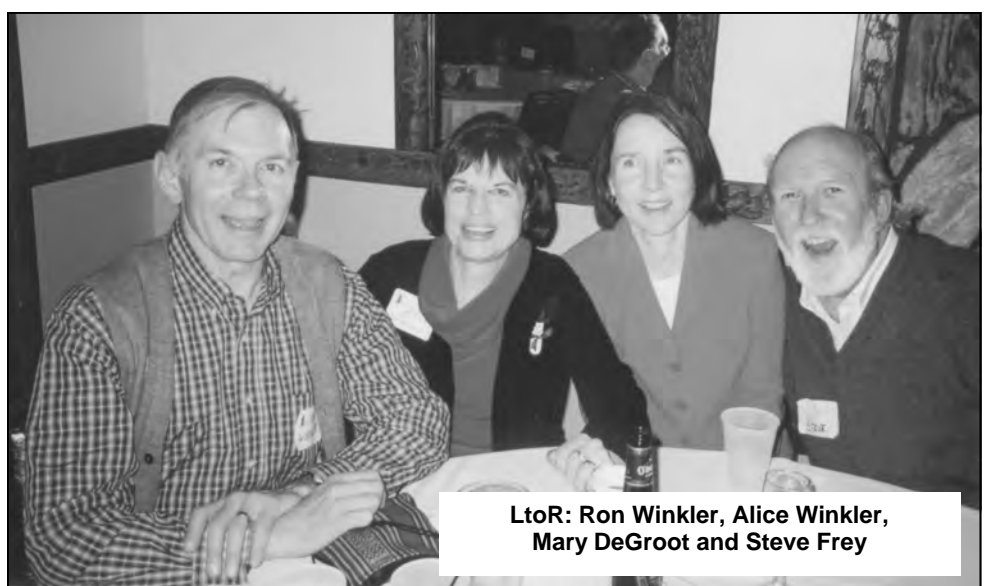
All photos by Kent Schlienger



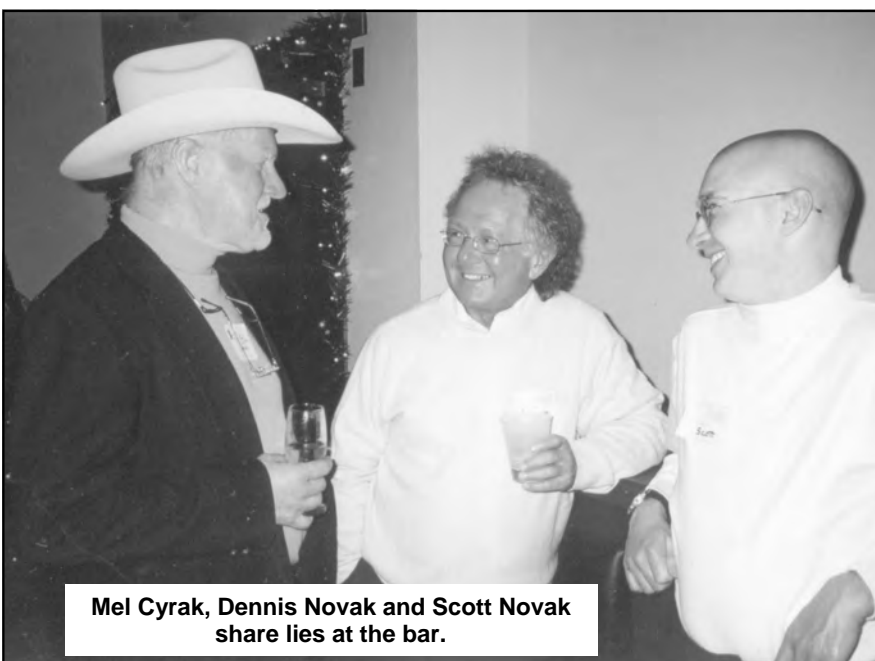
Who says Runners can't dance?
LtoR: Marcie and Glen Wargolet & Greg and Patti Witt



Ooh! Smoked Salmon!
LtoR: ???, Jim Sivley, Birute Balciunas and Karen Sivley



LtoR: Ron Winkler, Alice Winkler, Mary DeGroot and Steve Frey



Mel Cyrak, Dennis Novak and Scott Novak share lies at the bar.



Jim Schmidt (Champs Program Captain) and John Cornell (Prez) present Club Chgampionships awards to Layne Davis, Ron Erhardt and Dennis Shoemaker

In Pursuit of the Bubbly

By Dave O'Brien

Eighty-seven runners from throughout Wisconsin, Bavavia, OH and Aurora IL came to participate



Strider Group at the 2004 Champagne Chase
From left: Ron Behlindorf, Nancy Sandlin, Dennis Eden, Cindy Carter, Dennis Novak, Bill Hollihan, Dave O'Brien, Scott Novak, Rosemarie Anstadt and Bill Schauder. Photos by Bob Scherer

in the Hartland Legion's 10th Annual "Champagne Chase" in the morning on New Year's Day. Fourteen men and two women competed for the 2-mile run trophies. Fifty-men and 19 women participated in the five-mile competition. The weather was extremely kind. It was almost 35 degrees and there was absolutely no snow.

Five Mile Event

Benjamin Porter of East Troy won the men's five-mile race with a time of 26:15. Chris Roberdeau of Hartland came in second with a time of 26:39. Third place was won by Scott Dent of Waukesha with a time of 29:43.

Heather Haviland of Waukesha won the women's five-mile race with a time of 31:00. The second place finisher was Ann Limberg of Sheboygan Falls who came in at 34:32. Laura Clark-Taylor placed third with a time of 35:39.

Two Mile Event

First place in the men's two-mile competition

was awarded to Bill Gilmore of Janesville. His time was 12:54. Second place went to Mark Grabasik of Mt. Horeb at 15:23. Jacob Jones of Waukesha finished third with a time of 16:29.

Cindy Carter of Appleton captured first place in the women's two-mile competition with a time of 20:06. Second place went to Jennifer Helwig of Mukwonago, with a time of 25:08. There was no third place award.

Next Year

Legion Commander James Olson thanked the runners for their participation and announced that the 20th annual Champagne Chase will take place on the traditional New Year's Day date, January 1, 2005. All proceeds from this event are used for community and veterans' services in the Hartland area.



Jerry Anderson advises Dennis Novak on the competition as he stretches in preparation for his first place age group finish in the 2 mile race.

March 27th, 2004 Trailbreaker A Race Above the Crowd

(Continued from page 1)

have a chance to enjoy the scenic views of historic Waukesha and the Fox River. If you run the half or full marathon, you will also enjoy the kettle moraine scenery on the Glacial Drumlin and Ice Age trails. The halfway point of the marathon is at the top of the 40' high Lapham Peak Tower. Ring the bell and enjoy the spectacular view for a second before making your return trip. Aid stations will be located every 3 to 4 miles along the course.

All three events will start and finish at the Schuetz Building in Frame Park in the city of Waukesha. The marathon begins at 8:00am - registration fee is \$30.00 before March 14 (\$35.00 after). The half marathon begins at 9:30am - registration fee is \$20.00 before March 14 (\$25.00 after). The 5K race begins at 10:00am registration fee is \$15.00 before March 14 (\$20.00 after).



Corporate teams are welcome and encouraged to participate. There will be awards for the Largest Corporate Team and the Fastest Corporate Team.

You may register online at trailbreaker-marathon.com. For further information contact RE/MAX SUBURBAN, 262-549-2249 or 800-549-2214.

Help the kids and help yourself!

May 8th, 2004—Ice Age Trail Runs

A 50/50 Proposition

(Continued from page 1)
past.

The beautiful views tempt runners to take their eyes off the trail, but the rocks and roots require their constant attention.

The 50-mile event starts at 6:00 AM and the 50-kilometer event starts at 8:00 AM. Both events require rigorous physical and mental preparation. Runners encounter constant hills on this rocky and scenic course. Elite runners can complete the grueling 50-mile course in slightly less than 6 hours, running up and down the roller coaster of hills in a little over a 7 minute per mile pace. Most ultrarunners are running "just to finish" or to try and better their previous best performance. In order to earn the coveted finisher belt buckle, runners must complete the 50 mile course in less than 12 hours.

Runners will start their weekend with a pre-race dinner and event meeting at the Old World Clousing Barn Restaurant on Friday evening, May 7th. A post-race barbecue and awards ceremony is held under the circus tent at the start and finish area beginning at 3:00 P.M. Finishing 50 miles or 50 kilometers warrants a big meal with plenty of complimentary beer from The Milwaukee Ale House.

Race directors are Holly-Neault Zinzow and John Zinzow of Whitewater, Wisconsin. "We are very pleased to celebrate the 23rd running of this great foot race with our corporate sponsors and not-for-profit partners. Here is what is new for the race in 2004:

A new website at iceagetrail50.com. Either go to website directly or to badgerlandstrider.org. Runners will be able to register on line and order and/or upgrade their apparel choice on line this year.

Two new logos. One for embroidery on a commemorative T-shirt, Polo style shirt and sweatshirt. One for screen printing on a commemorative T-shirt.

The 50K is part of the Montrail Cup Series. Montrail, one of our sponsors, is promoting a series of races across the U.S. We are pleased that Montrail selected one of our events for their national ultra race series.

Volunteers will be able communicate with the web site to more efficiently help everyone plan and execute this year's event.

The Ice Age Trail 50 is a run that requires many dedicated volunteers. In addition, this year the run is looking for fellow Striders to step forward and assume two vacant Captain Positions: Aid Station Supply and Volunteer Coordinator. If you have an interest, please call John or Holly at 262-495-3131.

Over the past six years, Betty Schraith, has coordinated the placement of volunteers to the Ice Age Trail 50. We thank Betty for her untiring effort and dedication to make this Strider event a national event in the ultrarunning world.

If you have interest, or are thinking about volunteering for Ice Age, please visit the new web site. At the site, you will be able to enter information (beginning in March) on where you have volunteered in the past and/or where you might have an interest in volunteering. All volunteers receive a commemorative embroidered or screen printed T-shirt and a complimentary BBQ at the finish line.

As we expand the site, we are working toward having links from the map of the course to each aid station. There, runners and volunteers will be able to enjoy pictures from previous years and memorable stories of past races.

You can also send an e-mail to John and Holly for additional information on volunteering until the race has a Volunteer Coordinator.

Holly Neault-Zinzow and John Zinzow
W5689 Tamarack Trail
Whitewater, WI 53190

262-495-3131
john or holly [@iceagetrail50.com](mailto:john@iceagetrail50.com)



STRIDER BULLETIN BOARD

How to Submit Materials for Publication

We welcome your articles, poems, journal extracts, essays and cartoons. However, not all submitted material can be printed, and some will be used with a delay. In addition, the editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary. The Strider Newsletter does not accept letters or articles written in anonymity, with rare exception. Bylines are standard.

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

Please submit via email or stored on a 3-1/2" computer diskette (IBM) in just about any format. Any photos will be appreciated. Suggested captions are appreciated too, and please identify the subjects when possible. Please put your name, address, date of the photo and name of the event on the back of each photo if you want to receive a photo credit, and/or if you would like them returned. Electronically submitted photos should be in JPEG or TIF format and should not be embedded in word processor based documents.

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

Send submissions to:

Jeff Weiss, 5310 W. Wells Street, Milwaukee, WI 53208, Phone: 414-771-3165
Or email directly to 'The Strider' at tstrider@wi.rr.com

How to Advertise

The Strider reaches more than 1,800 running enthusiasts around the Milwaukee area and the state of Wisconsin. If you have something to tell or to sell to active people, this newsletter will spread your message. Issues are published 11 months a year, Feb. – Dec.

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

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

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

Payment: Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to **Badgerland Striders** and mail to Dave O'Brien, 5360 S. 121st Street, Hales Corners, WI 53130.

For questions, or to arrange for an ad or insert, phone Dave at 414-425-1309 or e-mail davocorn@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 Retzlaff 414-224-0396.

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.

* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

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

Moving?

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

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



This newsletter is printed on recycled paper.

Badgerland Striders 2003 VIP List

Executive Board

President	John Cornell	414-967-9657 jdcstrider@aol.com
VP Administration	Bonnie Clarey	414-453-6527 bls@execpc.com
Secretary	Marty Malin	414-453-7326 1224hrm@merr.com
Treasurer	John Rodee	414-962-1439 jrowdy@execpc.com
Co-VPs of Programming		
	Linda Pulkowski	262-968-3300 genacct@execpc.com
	Cyndi Bergs	262-677-3408 mebergs@worldnet.att.net
VP Road Racing	Jerry Anderson	414-258-4986 jerry.anderson@aurora.com
Newsletter Editor	Jeff Weiss	414-771-3165 tstrider@wi.rr.com
Past President	Larry Govin-Matzat	414-961-0050 lgovin@mac.com

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 Retzlaff	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

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

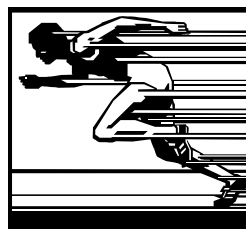


Phone: (262) 679-8449
FAX: (262) 679-8451

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

DENNIS W. NOVAK, CPA

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



RAINIER TO PACIFIC RELAY 2003 - SALTY DAWGS

By Jeff Gilfoy Poulsbo, WA

The "Loneliness of the long distance runner" is something we runners know a lot about. Whether it's logging endless miles on winding back country roads, early morning tempo runs on barren urban streets, or listening to our favorite music to drown out the whirl of the treadmill, we spend most of our running time in solitude. Even when we race, unless we are in the elite class or accomplished age groupers we race against our past PR's and to the tick of the second/minute/hour hands. But, once in a while we have the opportunity to participate in an event where the team concept is paramount. A chance to grab a group of friends who challenge themselves to stay up all night and run three separate races over a two-day span.

The team's goals are reached only by the level of its slowest runner.

During July 25-26, 2003 Washington State hosted the 15th Annual Washington State Relay Championship, the Mt Rainier to the Pacific Relay race. Similar to the much larger Hood to Coast Relay in Oregon, Mt Rainier to Pacific is 153 miles long made up of 33 "legs" varying from 2.9 miles to 6.9 miles. Being an active duty Senior Chief Petty Officer in the Navy, and having run this relay 8 times, I had the opportunity to put together an all Navy active duty mixed team for this race.

Having had the eleven-member team set in January, Iraqi Freedom threw a wrench into the best-laid plans of mice, men, or senior chiefs. Finally with a week to go before the race we were set.

We were anchored by two Trident submarine captains and three other submariners, who do most of their training on either two treadmills in lower level missile compartments, or circling the missile compartment where 18 laps around 24 missile tubes

they see me coming, flashlight bouncing around. Am I an escaped convict, or a patient from the local hospital, or a dedicated runner with insomnia? No. Actually, I was running leg 10, mile 55-62 of the Mt Rainier to the Pacific Relay. The temperatures had cooled to a mild low 60's and the skies were crystal clear with a crescent moon. The heavens so full of stars that I turned off my flashlight and was transfixed by what lay above my head. So much so that I almost stepped off the narrow shoulder and ended my relay 2 miles into my first leg. This incident

shook me back to what my goal for this leg was -- and my whole goal was to catch an Officer from the USS Ohio who had started about two minutes ahead of me. I also wanted to get positive "road kills". "Road Kills" is slang for passing another runner during the relay. That first leg was one of those runs where everything was clicking. After passing my intended prey about two miles into the leg, my 6.64 miles went by smoothly and I ended up plus two on "kills."

With a solid two hours of sleep on the parking lot pavement at the local high school, we set off on our second set of legs at 4:00 AM. The second legs of the race were a little harder for everyone. Being cramped up in a van, sleep deprived, eating only a few bagels, oranges, bananas or health bars, were all factors that were taking their toll.

However, running along winding, rich farmland roads, watching the sunrise and the fog/mist slowly lift off the fields is a sight that was well worth seeing. My second leg did not have the same effortless feeling that my first leg had. It was about half the distance, but the effort felt harder to keep the same pace.

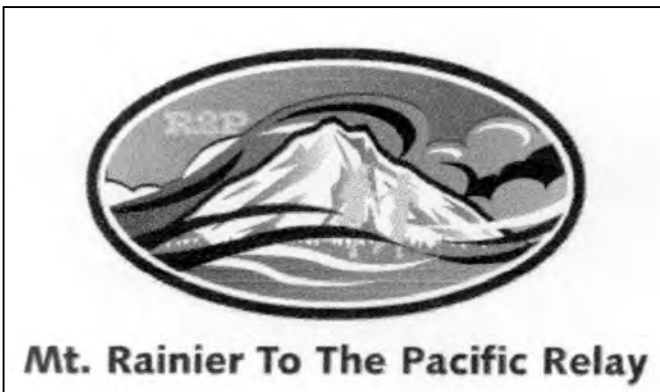
The third and final leg for the runners was the most difficult to prepare for. With two legs down the body was feeling the strain from the previous miles in addition to the continued lack of sleep from the night before. We started this last set at 9:00 AM. Even though each runner is only running a total of between 13-16 total miles, splitting them into three separate races with 6 hours in between doesn't really let the leg muscles recover. The only thing that helped each of us to get going was the knowledge that it would be all over soon. The final leg of the race was 4.6 miles on the packed sand of Ocean Shores beach. There were kites flying in the air, people riding horses near the surf and kids playing in the water.



The finish line was filled with spectators and tourists amazed that all these teams just run from Mt Rainier to the Pacific Ocean. We finished the race as a team, behind our final leg runner, in 19 hrs 48 minutes. We placed 23rd overall and 3rd place in the Military-Sea Division. This was quite an accomplishment when you think of how far the team ran.

For all those teams that do not make the lottery entry into the Hood To Coast Relay, this is a wonderful alternative and a well-organized event.

For information on the 2004 Mt Rainier to the Pacific Relay (July 23-24), or the Hood River Valley Relay (May 2nd), go to www.eventmgmt.com. Click on Race Brochures for details and to register online.



equals a mile. The rest of the team was finally filled when the USS Abraham Lincoln ultimately returned from 10 months away from homeport and the Navy Salty Dawgs were ready to run.

The Pacific Northwest is known for its lush green old growth forests and snow-capped mountains. But, in this part of the country you can never be totally sure what the weather will have in store for you, especially when you are starting the race at the foot of Mt Rainier and finishing on the beach on the Washington coast in Ocean Shores.

The race starts in staggered waves to control congestion on the course. Race day broke clear and sunny with temperatures in the high 80's to low 90's. Unseasonably hot for Washington. What was happening? Global warming? -- Or was the California influence creeping up north with more than high tech industry? With a 1630 start (4:30 PM for all non military) we split our eleven-member team into two vans and my van waited at the end of leg 5 for our turn to run. As I wrote before, what makes relays so wonderfully unique is that you are running three races over two days. Also, you are running them over three different terrains and, even stranger, you are running them at three different times of day. My first leg was at 11:30 PM along a two-lane country road in and out of the small town of Tenino (pop. 1450). It is a crazy and unique experience running on country roads and through small towns in the middle of the night with a flashlight in your hand, to not only light your path for pot holes and night critters, but to also warn the oncoming cars. I can only imagine what some of the drivers were thinking when

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

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

Financial Service Group, Inc. offers:

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

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



FINANCIAL SERVICE GROUP, Inc.
Registered Investment Advisory Firm

Michael Haubrich, CFP
(262) 554-4500



6011 Durand Avenue ▲ Suite 100 ▲ Racine, WI 53406

Visit our website at www.toyourwealth.com

MAKING DUST

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

SAMSON STOMP

Milwaukee County Zoo
Milwaukee, WI
January 18, 2004
5K RUN

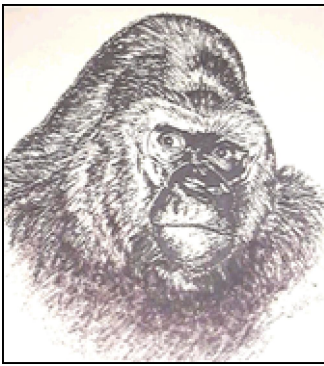
Results Provided by

Badgerland Striders
Running Club

PLACE TIME NAME

M 1 16:21 Ryan Gasper

F 4 17:44 Stacia Beste



M15&under

- 32 19:45 Johnny Fuentez
- 34 19:49 Ross Joy
- 36 19:52 Zak Lutz
- 42 20:06 Matt Chiapete
- 43 20:10 Joe McFarland
- 54 20:41 Tim McFarland
- 93 22:01 Jacob Erschen
- 96 22:20 Will Gilmore
- 104 22:35 Randy Fuentez
- 121 23:13 Kevin Moran
- 128 23:23 Kevin Wahlen
- 131 23:30 Colin Zauner
- 133 23:34 Cody Wollenziehn
- 176 24:53 Stewart Van Horne
- 197 25:21 Charlie Daehler
- 198 25:27 Evan Ellison
- 200 25:28 Drew Hessil
- 233 26:09 William Valadez
- 269 27:05 Thomas Eldredge
- 313 27:57 Casey Sabinash
- 342 28:31 Angelo Jr. Fuentez
- 361 28:45 Ryan Parsons
- 374 29:12 Nathanile Sullivan
- 411 29:59 Nick Malloy
- 413 30:01 Paul Dabbert
- 444 30:54 Ethan Baumgorn
- 449 31:00 David Vitt
- 511 32:31 Jimmy Jansky
- 521 33:01 Johnny Jansky

- 567 34:35 Kaleb Duelge
- 595 36:24 Brett Ishihara
- 621 38:05 Tim Mankiewicz
- 627 38:43 Colin Kluender
- 629 38:55 Chad Kluender
- 637 40:43 Andrew Hanna
- 639 41:09 Colin Lancashire
- 657 46:33 Travis Vliet
- 668 Samuel Herder

F15&under

- 53 20:38 Megan Schmitz
- 71 21:24 Lauren Kleppin
- 92 21:58 Molly Arenberg
- 114 22:48 Jessica Yurchich
- 148 24:10 Kari Baltutis
- 204 25:31 Monica Dabbert
- 230 26:05 Nicole Saad
- 249 26:30 Emma Schroeder
- 264 27:00 Christine Porter
- 416 30:08 Sondra Buechel
- 434 30:37 Maria Zauner
- 510 32:31 Mariah Groshek
- 563 34:31 Xandra Duelge
- 568 34:37 Michelle Vliet
- 573 34:44 Sara Teschner

M16-19

- 1 16:21 Ryan Gasper
- 6 17:53 Chris Arndt
- 7 17:53 James Kocaja
- 14 18:32 Kyle Donovan
- 19 18:40 Cody O'malley
- 27 19:17 Dan McLennon
- 28 19:17 M Ziegler
- 30 19:26 Mike McFarland
- 38 20:02 Paul Moran
- 65 21:16 Griffin Schroeder
- 75 21:30 Andrew Lyons
- 85 21:50 John Hubert
- 91 21:57 Nathan Vollmer
- 98 22:26 Eric Saeger
- 113 22:48 Scott Daehler
- 125 23:17 Antonio Fuentez
- 127 23:20 Bryce Martin
- 134 23:42 John Leppanen
- 137 23:43 Dave Jaskie
- 144 24:05 Mike Ziegler
- 219 25:47 Michael Skosey
- 352 28:36 K Bones
- 487 32:07 Tw Malloy
- 580 35:28 Mike Held

F16-19

- 51 20:31 Melissa Manke
- 135 23:42 Katie Porter
- 159 24:28 Olivia Scurek
- 175 24:52 Kari Splitt
- 178 24:54 Kara Schroeder
- 184 25:00 Megan Erkander
- 226 25:59 Annette Daehler
- 273 27:08 Meagan Buechel
- 302 27:43 Stephanie Bartel
- 307 27:48 Samantha Erschen
- 322 28:11 Nicole Bell
- 372 29:11 Audrey Zaferos

M20-24

- 2 17:01 Matt Tupta

- 9 18:03 Tim Koepsell
- 16 18:37 Aaron Pierce
- 21 18:43 Nick Gabrysiak
- 76 21:30 Joel Barthel
- 105 22:38 Robert Schrimpf
- 140 23:53 Nick Stellmacher
- 271 27:06 Shawn Weigl
- 290 27:26 Sean Meginnis
- 297 27:36 Robert Schrimpf
- 339 28:29 Derek Brink
- 569 34:38 Dan Higgins

F20-24

- 4 17:44 Stacia Beste
- 95 22:18 Katie Hanrahan
- 126 23:17 Lynn Wilsing
- 150 24:15 Connie Camp
- 312 27:56 Jesika Posthuma
- 340 28:30 Kate Funk
- 344 28:31 Kim Zachmann
- 381 29:19 Michelle Angelroth
- 399 29:51 Samantha Loeffler
- 438 30:40 Missy Robl
- 483 31:55 Pam Evason
- 503 32:23 Jill Gleason
- 543 33:49 Abigail Hanna
- 559 34:25 Jean Pifher
- 599 36:33 Danielle Miszewski
- 609 37:11 Angela Maniaci
- 620 38:04 Amanda Marks
- 651 44:44 Laura Taddy

M25-29

- 12 18:20 Jason Mayer
- 13 18:30 Matthew Reischaren
- 35 19:52 Keith Zeise
- 48 20:24 Matt Gill
- 55 20:44 Matthew Braun
- 62 21:09 Berry Rohling
- 68 21:18 John Koeller
- 78 21:39 Clayton Griessmeyer
- 118 22:58 Ryan Griessmeyer
- 157 24:26 Cassie Strachota
- 192 25:09 Tony Kurtz
- 193 25:10 Kevin Lenci
- 214 25:38 Jedd Axford
- 221 25:54 Paul Hammen
- 228 26:00 Andrew Foucault
- 236 26:11 John Lyons
- 267 27:05 Ryan Schuelke
- 272 27:07 Troy Mueller
- 317 28:01 John Gildersleeve
- 326 28:16 Jeremiah Walske
- 327 28:17 Scott Sampolinski
- 331 28:20 Jim Haakenson
- 442 30:48 Ryan Mordini
- 462 31:22 Tim Riemer
- 477 31:49 Gary Flynn
- 533 33:37 Sam Rajapharmi
- 546 33:51 Mike Beix
- 649 44:27 James Patzer

F25-29

- 11 18:16 Dot McMahan
- 45 20:19 Sue Miller
- 88 21:53 Robin Treder
- 136 23:42 Nikia Ball
- 142 24:02 Julie Treder
- 169 24:44 Maureen Lamarche
- 195 25:14 Tara Staley
- 218 25:43 Jaime Friedrich
- 252 26:38 Randi Strand
- 360 28:40 Enra Burns
- 366 28:56 Sarah Hasslinger
- 382 29:20 Dina Komisar
- 398 29:49 Lindsay Profit
- 408 29:58 Sarah Jenkins
- 414 30:03 Jennifer Zgola
- 447 30:59 Cherne Carri
- 456 31:11 Debi Koeller
- 464 31:28 Heather Patzer
- 488 32:07 Becky Lange
- 489 32:08 Sarah Johnson
- 493 32:11 Tricia Rasberry
- 497 32:18 Eileen Murphy



Finish of the 2004 Samson Stomp

- 545 33:50 Cheryl Miracle
- 553 34:05 Sara Rehl
- 589 36:06 Lisa Kilps
- 594 36:18 Whitney Nass
- 611 37:22 Janna Berjum

M30-34

- 3 17:39 Ted Shue
- 10 18:08 Matt Sveum
- 15 18:35 Archie Barribeau
- 18 18:40 Joel Jaeger
- 26 19:16 Jeff Zgola
- 52 20:35 Scott Krems
- 63 21:10 Tony Christensen
- 64 21:12 Rick Ellison
- 79 21:40 Mark Ciepluch
- 83 21:44 Jeff Haas
- 101 22:32 Tim McMahan
- 108 22:42 Paul Watzka
- 119 22:59 Brad Piazza
- 139 23:51 Nick Degenero
- 152 24:21 Travis Edwards
- 160 24:28 David Ross
- 173 24:47 Michael Francis
- 189 25:05 Sarvan Singh
- 199 25:28 Jeff Krygiel
- 201 25:29 Daniel Maringer
- 202 25:30 James Lobitz
- 212 25:37 John Garder
- 223 25:57 Bret Swenson
- 231 26:06 Mark Arvedson
- 239 26:16 Karen Degenaro
- 241 26:18 Patrick Danaher
- 243 26:19 Michael Arney
- 251 26:34 Robert Jakubek
- 255 26:42 Steven Fraenzl
- 259 26:48 Ken Vandenberg
- 261 26:53 D Boland
- 263 26:59 Kristian Larsen
- 275 27:10 R Northousie
- 281 27:16 M Ciepluch
- 304 27:46 Chris Meece
- 310 27:54 Mike Linderwood
- 315 27:59 Patrick Fetherston
- 349 28:34 Brett Ekes
- 350 28:34 Douglas Peck
- 359 28:39 Chris Meece
- 400 29:54 Dean Inhoff
- 406 29:56 David Day
- 407 29:57 Tim Ranfranz
- 426 30:25 Ross Strand
- 433 30:37 Scott Krueger
- 445 30:56 Anthony Marcus
- 448 31:00 Steffan Albrecht
- 465 31:28 George Manesis
- 486 32:04 Tim Stewart
- 498 32:18 Michael Mindt
- 514 32:42 D Boland
- 516 32:42 Brian Allender
- 605 36:58 Angelo Fuentez
- 617 37:45 Kevin Harriman
- 650 44:36 Justin Klug
- 660 Craig Kassechert

F30-34

- 58 21:00 Karyn Ciepluch
- 82 21:43 Heather Polan
- 123 23:16 Amy Seifert
- 156 24:25 Jill Eldredge
- 238 26:15 Ann Carrick
- 240 26:18 Karen Difonzo
- 244 26:21 Ann Harrington
- 277 27:12 Kim Lobitz
- 303 27:44 Sara Hauer
- 309 27:49 Abbey Algiers
- 347 28:33 K Ciepluch
- 351 28:35 Tzs Pertile
- 355 28:38 Kirsten Keegan
- 356 28:39 Jenny Novotny
- 362 28:45 Danielle Ruesch
- 379 29:18 Julia Danaher
- 383 29:20 Jeanne Arvedson
- 386 29:22 Tina Owen
- 388 29:33 Kathleen Miller
- 422 30:19 Cheri Higgins
- 467 31:32 Celena Backer
- 506 32:29 Jessica Johnson
- 544 33:50 Linda Roadcap
- 557 34:24 Renee Peck
- 606 37:02 Barb Fliss
- 613 37:33 Kelly Jeglum
- 628 38:49 Laune Self
- 641 41:19 Erica Russo
- 642 42:32 Traci House
- 648 44:11 Patrice Pilak

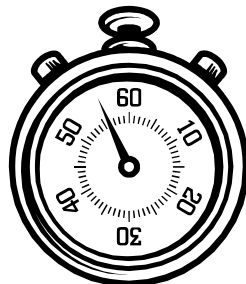
M35-39

- 17 18:38 Scott Guetzke
- 29 19:24 Jim Gross
- 31 19:41 Jim Schmidt
- 39 20:03 David Harrison
- 41 20:05 Brad Birkholz
- 47 20:23 Lawrence Golding
- 50 20:30 Pj Von Paumgarten
- 57 20:56 John Emanuelson
- 59 21:05 Marc Robinson
- 66 21:16 Richard Perl
- 90 21:56 Jay Posick
- 94 22:03 Mike Ackley
- 99 22:29 David Gresser
- 112 22:47 Jeff Munson
- 120 23:11 Rick Moon
- 158 24:27 Andy Matson
- 165 24:34 Tim Erkander
- 168 24:41 John Heinen
- 171 24:46 Joseph Henn
- 206 25:32 Perry Benes
- 216 25:41 Jeffery Porter
- 229 26:04 Scott Heins
- 235 26:11 Paul Fisher
- 260 26:50 Matt Jensen
- 270 27:06 Todd Brahm
- 278 27:12 Brian Curran
- 288 27:24 Todd Laurent
- 300 27:37 Robert Zimmermann
- 329 28:20 T. Malinowski
- 363 28:46 Scott Boeselager

(Continued on page 13)



Start of the 2004 Samson Stomp

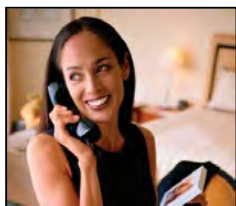


The Most Times are in The Strider

"Attention All Striders... We're OPEN in Wisconsin!"

NATIONWIDE & LOCAL PHONE SERVICE + FREE LONG DISTANCE

America's largest privately owned telecom!



www.FutureIsExcel.com



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



1714C PARAMOUNT DR.
WAUKESHA, WI 53186

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



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

RAY JR. & DAVE
Owner

4100 W. LOOMIS ROAD
GREENFIELD

Red Bra Diaries

... or the tales of the 2004 "S-No-W Fun"

by Joey Falch, Race Director

Ahh, beer flowing like water, lean athletic bodies dancing and scanty clothing in the middle of winter. The late John Jantz couldn't ask for anything more in the five-mile race that memorializes him.



Grand Overall, Overall World Champ Peggy Rader of Brookfield.



Those cocoanuts must be uncomfortable.

In its 24th running, the John Jantz Memorial "S-No-W Fun" Run lived up to its reputation as THE party race of the winter running scene. The race was held January 10 at the Grand Geneva Resort & Spa in Lake Geneva.

Jantz, one of the founders of the race, died in 2001 after battles with five different types of cancer. Under his directorship, the inaugural event kicked off in 1980 at the Playboy Resort in Lake Geneva. Fueled by the zenith of the '70s running boom, the fledgling race attracted well over a thousand runners. For those old enough to remember, it will go down in history as the race where genuine Playboy bunnies handed out the awards. A real treat for a ladies' man like Jantz.

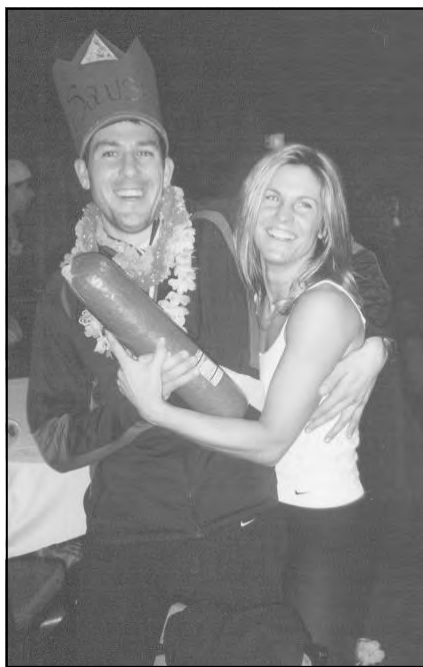
The event was created as a trophy run, where every participant came home with some hardware. Over the years, the race has continued with medals or trophies for all pre-registered runners. Jantz, known for his dry wit, added more awards each year (making it pure hell for us poor saps who had to score everything by hand). He added one-year age awards (the fastest male and female of EACH age, not five-year groups); family teams (mother-daughter, father-son, mother-son, father-daughter), three-person teams; the fastest guy named John; the fastest woman named Ann, and the coveted "Grand

Overall, Overall World Champion" trophy. We trimmed back on a few of the awards, but still hand out over 150 trophies or medals, in addition to the ones given to the pre-registered runners.

"S-No-W Fun" Run's storied history involved a move to Lake Lawn Lodge when the Playboy property was closed down, then to Interlaken Resort, which we quickly outgrew. Always a proponent of free beer and lots of it, Jantz always made sure we had more than enough kegs for the post-race party. A DJ was added, and the party began running as long as five hours post race.

We returned to the old Playboy property about ten years ago, now part of the Marcus Corporation. For a few years, we even featured an indoor finish. By routing the runners into the resort's loading dock, they were spared the winter cold. A beach-party theme was added about five years ago.

Another of Jantz's concoctions was the "Schnapps Stopp," an aide station at the turn-around point that offered shots of the peppermint liqueur to warm the soul. A series of Burma Shave-style signs led to the stop, e.g., "Feeling Tired? Ready to Drop? Refresh Yourself ... At Our Schnapps Stopp." After one year when a recovering alcoholic mistook the Schnapps for water, it was decided to move the Schnapps to the finish line. It was the same year a drunk runner rolled under a car and died at the "Storm the Bastille" run. So we decided to be a little more cautious.



Tony Escarcega, the Queen and the missing sausage.

The year of Jantz's death, he came up with the idea of a dance contest for women at the post-race party. I found the whole idea rather offensive and chauvinistic. But when your best friend is dying and the whole darned race was his idea in the first place, what are you going to do? Adding insult to innuendo, we named the event the "Sausage Dance," and picked up a smoked meats producer as sponsor. Jantz died before he could witness his latest brainchild. The first year it was fairly tame, but contestants now plan their attire quite carefully and really shake their alcohol-fueled tail feathers. This year, one entrant sported a cocoanut bra with nothing underneath, and another felt compelled to wander around showing off her red bra. This year's winner lost her prize, a giant sausage, which she gave to a handsome male runner who later took it home with him.

With number of finishers ranging from 550 to 750, the race is put on by the Lakes Area Running Club. With only about 20 mem-



The Mysterious woman in the red bra

bers that participate in its weekly fun runs, the club musters up over 100 volunteers on race day. This writer must mention in particular the wonderful volunteer who is in charge of the start-line (and a million other things): Tom Falch.

The majority of the runners are from the Chicagoland area, and the race is included on the circuit of the Alpine Runners of Lake Zurich. Another contingency comes from the Quad Cities area. In years past, we had as many as two busloads of runners from the Quad Cities/Cornbelt Running Club. Runners come from several states including Washington, California, Texas, Tennessee, Florida, etc. The event, though great fun, is also quite competitive. This year's winners are repeats of 2003: Matt Thull of Wauwatosa in 24:26 and Gloria Iverson of Evanston, Ill., in 29:04. Visit www.wisconsinrunner.com for complete results.



Emcee Joel Lammers of Oconomowoc and the Sausage Queens of 2003 and 2004.



Ted Shue and Aaron Nodolf, whose team won the men's open division, put their trophy cups to good use.

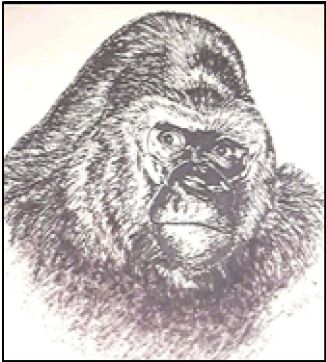
MAKING DUST

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

SAMSON STOMP

January 18, 2004
5K RUN

CONTINUED



(Continued from page 11)

- 389 29:36 Gregory Mindt
- 410 29:59 Jim Crouse
- 437 30:39 Corey Zeddies
- 461 31:21 Erik Jacobson
- 468 31:33 Todd Brahm
- 469 31:34 Jim Hernday
- 505 32:26 Peter Devine
- 517 32:49 James Vass
- 539 33:47 Patric Orgeman
- 554 34:07 Lance Muscutt
- 576 35:16 Jason Duelge
- 610 37:21 Kevin Self
- 634 39:38 Steve Wolnakowski

F35-39

- 67 21:16 Ann Limberg
- 74 21:29 Carol Hesson
- 80 21:41 Grace Labinski
- 132 23:32 Sue Dawes
- 167 24:40 Laura Klein
- 209 25:34 Kristin Harper
- 211 25:36 Kathryn Johnson
- 245 26:22 Debbie Schaefer
- 258 26:45 Ellen Vandenberg
- 280 27:15 Kristine Thomas
- 295 27:35 Ginger Eisenhauer
- 298 27:36 Ginny Mcadams
- 332 28:21 Shelley Stefaniak
- 333 28:23 Christine Stefaniak
- 335 28:27 Jamey Anderson
- 370 29:08 Chris Wollenziehn
- 405 29:56 Teresa Halsell



- 419 30:14 Gina Kleist
- 450 31:01 Christine Muscutt
- 451 31:01 Jennifer Erly
- 452 31:02 Andrea Hornslein
- 494 32:12 Anne Munson
- 499 32:19 Michelle Pilak
- 509 32:30 Lisa Hanus
- 550 33:57 Jill Ostrowski
- 558 34:24 Suzette Meyers
- 575 35:16 D Duelge
- 607 37:05 Gena Gilmore-Murray
- 622 38:06 Kelly Plazak
- 645 43:26 Genelle Price
- 647 44:11 Kay Jensen
- 669 Lynn Herder

M40-44

- 5 17:50 Terry Labinski
- 20 18:42 David Mueller
- 22 18:44 Jim Cichy
- 23 18:47 Bill Gilmore
- 24 19:05 Michael Bunton
- 40 20:04 Chuck Hudlett
- 46 20:21 J Swanson
- 49 20:25 Brian Ammerman
- 56 20:54 Peter Stefaniak
- 60 21:06 Dan Erschen
- 61 21:07 William Whitlock
- 70 21:23 Mark Ehrmanr

- 87 21:52 Marcez Cesar
- 106 22:41 Paul Enders
- 109 22:43 Joe Swanson
- 116 22:56 Nicholas Anstedt
- 155 24:24 T Shannon
- 161 24:29 Mike Morgan
- 164 24:32 Michael Bunton
- 172 24:46 Tom Felhofer
- 181 24:59 Deborah Wente
- 183 25:00 Don Eimer
- 186 25:02 James Schmidtke
- 188 25:03 Clint Peterson
- 190 25:06 John Wollenziehn
- 196 25:18 Patrick Danks
- 205 25:32 Eric Cook
- 213 25:38 Tim Mindt
- 222 25:55 Steve Dykstra
- 237 26:12 Michael Banco
- 246 26:24 Noel Cook
- 250 26:32 Philip Lewis
- 257 26:45 Rick Lathers
- 285 27:21 David Schaefer
- 287 27:24 Ric Rowley
- 308 27:49 Michael Babich
- 311 27:55 Alan King
- 320 28:06 Paul Missurelli
- 353 28:36 Arthur Huenecke
- 397 29:49 James Rink
- 402 29:54 Chris Sadler
- 404 29:55 Chris Hamilton
- 435 30:37 Joseph Jester
- 472 31:39 Ned Hovie
- 500 32:20 Craig Plazak
- 522 33:02 Joe Jansky
- 523 33:03 Mark Ishihara
- 525 33:09 Corey Rock
- 527 33:17 Andrew Contreras
- 578 35:22 Allan Hibbard
- 582 35:43 Carl Karch
- 583 35:44 William Jeske
- 630 38:57 Steven Kluender
- 655 46:26 Christopher Schultz
- 662 Noel Cook

F40-44

- 179 24:54 Kathy Bohlman
- 208 25:33 Susan Bonucci
- 217 25:43 Sung Ye Jacobs
- 268 27:05 Diane Munzenmaier
- 286 27:23 Kelli Rowley
- 291 27:28 Deidre Sindberg
- 316 28:00 Nora Repins
- 337 28:29 Lisann Porter
- 358 28:39 Lori Long
- 380 29:19 Doris Parsons
- 387 29:27 Charmaine Reynolds
- 390 29:40 Laura Wahlen
- 394 29:43 Patty Wiza
- 418 30:13 Amanda Hoyer

F45-49

- 117 22:57 Barbara Jewell
- 166 24:35 Margie Finger
- 247 26:26 Carol Kuhn
- 343 28:31 Clare Zachmann
- 357 28:39 Neener Januz
- 365 28:55 Jane Devoe
- 385 29:21 Charmaine Ahler
- 392 29:41 Jayne O'malley
- 393 29:41 Mary Wincapaw
- 412 30:01 Cindy Carter
- 440 30:47 Kathy Scherbarth
- 455 31:04 Kim Nagle
- 482 31:54 Katie Bruhy
- 536 33:42 Lane Kuhnen
- 542 33:49 Stephanie Pribyl
- 549 33:56 Karen Smith
- 555 34:15 Debi Zauner
- 562 34:30 Nancy Weigl
- 585 35:50 Pauline Weickardt
- 593 36:13 Mary Riemer
- 602 36:44 Geraldine Buchholz
- 618 37:48 Kathy Simpson
- 652 45:31 Nancy Taddy
- 659 48:46 Jean Rohr
- 666 Nancy Washkuhn

M50-54

- 8 17:56 Rick Kocaja
- 44 20:11 Gary Udovich
- 73 21:29 Dennis Eden
- 84 21:48 Bill Hansen
- 86 21:51 Ron Maurer
- 89 21:55 Robert Kocen
- 100 22:30 John Bell
- 102 22:33 Ralph Graf
- 111 22:47 Timothy Rottmann
- 145 24:07 Gregg Herman
- 170 24:46 John Maniaci
- 177 24:54 George Skosey
- 180 24:56 Tom Krebschach
- 207 25:33 George Schroeder
- 215 25:40 Donald Scott
- 220 25:52 Greg Michelson
- 262 26:55 James Schrimpf
- 266 27:03 Gene Mezger
- 279 27:13 John Delwiche
- 299 27:37 Toby Hornslein
- 301 27:39 Ken Schobers
- 321 28:06 Alan Hammelman
- 325 28:16 Doug Mackey
- 334 28:23 Ramon Maldonado
- 341 28:31 Mark Bruhy

M45-49

- 25 19:12 I George Oguto
- 72 21:25 Donald Eldredge
- 81 21:43 Kevin Wolfmeyer
- 97 22:25 John Kuhn
- 107 22:41 Harold Taddy
- 122 23:13 Jeff Shampo
- 124 23:17 Steve Sturtz

- 129 23:29 Peter Joy
- 138 23:49 Derek Lancashire
- 143 24:03 Thomas Wichert
- 153 24:22 James D. Wisnowski
- 174 24:47 Joseph Laskowski
- 187 25:02 David Buechel
- 194 25:12 Ted Itzov
- 203 25:30 Steve Schlager
- 210 25:35 Jeffery Thompson
- 225 25:58 Jim Buechel
- 232 26:09 Thomas Kroemer
- 234 26:11 Jeff Roznowski
- 253 26:40 David Mehring
- 256 26:43 Dennis Hanna
- 283 27:19 James Delwiche
- 284 27:20 Marvin Fechter
- 292 27:30 Michael Manke
- 296 27:35 Will Jackson
- 305 27:46 Robert Jeske
- 314 27:59 Jim Sabinash
- 318 28:04 Dick Emmerich
- 328 28:17 John Koleas
- 330 28:20 Tom Steinkraus
- 346 28:32 Jeff Herrmann
- 375 29:12 Edward Sullivan
- 378 29:16 Ed Doolan
- 384 29:21 John Augustine
- 417 30:13 Lindsay Buechel
- 424 30:20 John Widmer
- 427 30:26 George Coen
- 431 30:32 Michael Damian
- 436 30:38 Tom Wurm
- 446 30:57 George Gama
- 475 31:48 Daniel June
- 501 32:21 Thomas Malloy
- 504 32:25 Ed Gleason
- 515 32:42 Michael Przezinski
- 530 33:26 John Lasota
- 531 33:30 Michael Schwabenlander
- 541 33:49 Randall Roht
- 571 34:41 Dean Wendlandt
- 577 35:17 Jim Dunkerley
- 587 36:03 Art Kaczmarek
- 592 36:12 Kevin Mcgrorty
- 632 39:24 Cliff Gatewood
- 640 41:16 Tim Clark
- 665 Jeffrey Mueller

F45-49

- 117 22:57 Barbara Jewell
- 166 24:35 Margie Finger
- 247 26:26 Carol Kuhn
- 343 28:31 Clare Zachmann
- 357 28:39 Neener Januz
- 365 28:55 Jane Devoe
- 385 29:21 Charmaine Ahler
- 392 29:41 Jayne O'malley
- 393 29:41 Mary Wincapaw
- 412 30:01 Cindy Carter
- 440 30:47 Kathy Scherbarth
- 455 31:04 Kim Nagle
- 482 31:54 Katie Bruhy
- 536 33:42 Lane Kuhnen
- 542 33:49 Stephanie Pribyl
- 549 33:56 Karen Smith
- 555 34:15 Debi Zauner
- 562 34:30 Nancy Weigl
- 585 35:50 Pauline Weickardt
- 593 36:13 Mary Riemer
- 602 36:44 Geraldine Buchholz
- 618 37:48 Kathy Simpson
- 652 45:31 Nancy Taddy
- 659 48:46 Jean Rohr
- 666 Nancy Washkuhn

M50-54

- 8 17:56 Rick Kocaja
- 44 20:11 Gary Udovich
- 73 21:29 Dennis Eden
- 84 21:48 Bill Hansen
- 86 21:51 Ron Maurer
- 89 21:55 Robert Kocen
- 100 22:30 John Bell
- 102 22:33 Ralph Graf
- 111 22:47 Timothy Rottmann
- 145 24:07 Gregg Herman
- 170 24:46 John Maniaci
- 177 24:54 George Skosey
- 180 24:56 Tom Krebschach
- 207 25:33 George Schroeder
- 215 25:40 Donald Scott
- 220 25:52 Greg Michelson
- 262 26:55 James Schrimpf
- 266 27:03 Gene Mezger
- 279 27:13 John Delwiche
- 299 27:37 Toby Hornslein
- 301 27:39 Ken Schobers
- 321 28:06 Alan Hammelman
- 325 28:16 Doug Mackey
- 334 28:23 Ramon Maldonado
- 341 28:31 Mark Bruhy



Chuck Hudlett rounds the clubhouse turn in the 2004 Samson Stomp

- 345 28:32 David Porter
- 348 28:33 Rick Tennesen
- 368 29:02 John Malloy
- 391 29:40 Larry Schultz
- 395 29:44 Steve Coen
- 421 30:16 Fred Oby
- 428 30:26 Don Stellmacher
- 430 30:31 Kim Michalowski
- 463 31:24 Ken Schobers
- 471 31:38 L.L. Willegal
- 484 31:55 Ken Evason
- 524 33:04 Robert Gottowski
- 526 33:10 John White
- 534 33:38 Will Daehler
- 552 34:04 Patrick Rehl
- 612 37:23 Steve Simpson
- 623 38:09 Tom Mankiewicz

F50-54

- 151 24:17 Susan Koleas
- 163 24:30 Karen Larson
- 182 25:00 K Highsmith
- 282 27:19 Connie Mccabe
- 324 28:12 Rochelle Tennesen
- 373 29:12 Marsha Mackenzie
- 409 29:58 Teri Vandenhoven
- 425 30:24 Karen Highsmith
- 454 31:04 Sharon Gajewski
- 492 32:10 Carol Hecht
- 518 32:52 Karen Van De Kreeke
- 572 34:43 Cathy Rottmann
- 596 36:26 Donna Wendlandt
- 614 37:37 Donna Sandle
- 624 38:13 Kathy Mankiewicz
- 654 46:12 Thomasine Dankert
- 663 Judy Vliet
- 664 Sharon Lopez
- 670 Debra Caruso
- 671 A.m. Delano

M55-59

- 33 19:48 Jose Luis Rodriguez
- 37 19:54 David Donohue
- 77 21:39 Dick Van De Kreeke
- 110 22:47 Carl Wendel
- 115 22:49 Carl Taylor
- 130 23:30 Bill Prowse
- 141 24:01 Ron Eder
- 154 24:23 Wayne Bohlmann
- 191 25:06 Barry Blomfeldt
- 227 26:00 Robert Bal
- 293 27:31 Rocky Grorty
- 294 27:34 Rod Mackenzie
- 336 28:27 Rick Huber
- 367 28:58 William Meinecke
- 371 29:10 Milt Dabbert
- 376 29:13 Bruce Boeck
- 401 29:54 Lucio Fuentez
- 423 30:20 Earl Weigl
- 439 30:46 Jerry Robl
- 441 30:48 Gary Kropp
- 466 31:29 John Scheels
- 478 31:49 William Gonion
- 513 32:40 Jay Johnston
- 547 33:51 Jay Johnson
- 548 33:54 D Labelle
- 551 33:59 Dr. James Weiskopf
- 556 34:16 Don Hauser
- 561 34:29 Wayne Steffen
- 566 34:34 John Richards
- 598 36:29 Steve Bergum
- 626 38:26 Richard Eggleston

F55-59

- 69 21:19 Susan Eggleston
- 528 33:22 Kathryn Retzlaff

- 601 36:42 Karla Knutsen
- 619 37:56 Judy Blomfeldt
- 644 42:59 Joyce Malloy
- 646 43:29 Karen Kindel

M60-64

- 103 22:34 George Tillett
- 146 24:07 Don Van De Voort
- 162 24:29 Jim Schuetz
- 185 25:02 Alfred Kohli
- 224 25:58 Tom Turek
- 265 27:03 Saeed Kiarang
- 323 28:11 Richard J Stevens
- 420 30:15 Ron Hamilton
- 473 31:44 Carlton Mielke
- 479 31:50 Wally Marks
- 480 31:50 Paul Turzinski
- 485 31:55 Patrick Stewart
- 565 34:32 Charles Thierling
- 579 35:26 Richard Johnson
- 631 39:22 John Schieh
- 636 40:03 Richard Goluch

F60-64

- 443 30:50 Karen Sivley
- 495 32:13 Sandra Weinstein
- 588 36:05 Jan Farr
- 603 36:50 Donna Mcdaniel
- 615 37:05 Ingrid Stine
- 633 39:34 Cheryl Woodworth
- 653 46:02 Mary Steinkraus

M65-69

- 147 24:10 Jerry Labodda
- 248 26:29 Roger Martens
- 254 26:42 Ron Caruso
- 276 27:10 Gene Johansen
- 289 27:25 Ray Potter
- 338 28:29 Herb Redmond
- 354 28:38 Ed Parker
- 369 29:05 Hank Caldwell
- 453 31:03 Edward Mackus
- 457 31:14 O.t. Lupiakki
- 502 32:22 Manual Lopez
- 560 34:28 James Clarey
- 581 35:28 Larry Held
- 584 35:49 Timothy O. Cowdin
- 635 39:54 Leroy Wolniakowski
- 661 Glen Kirchoffer

F65-69

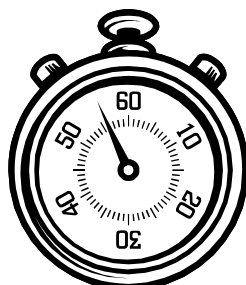
- 377 29:13 Nancy Spencer
- 490 32:08 Judy Kirchoffer

M70&over

- 242 26:18 Norm Hovila
- 306 27:46 Kent Schlienger
- 403 29:54 Edward Blumberg
- 415 30:05 Daniel Murphy
- 496 32:15 John Moran
- 508 32:30 Paul Gionfriddo
- 529 33:23 Wayne Gilmore
- 537 33:43 Earl L. Peychal
- 540 33:47 Fredrick Kittell
- 604 36:56 Ronald Lester
- 616 37:44 Ron Lund
- 625 38:14 John Hessel
- 658 48:44 Duane Sr. Tate

F70&over

- 429 30:30 Lois Gilmore
- 591 36:09 Agnes Reinhard
- 667 Leona Kittell



The Most Times

are in The Strider

MAKING DUST

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

JANBOREE FROSTY FIVE 5K RUN/WALK

Waukesha, WI
January 17, 2004
5 - K

Results Provided by

Computer Aided
Race Results System

Bill Schauder
carrs@att.net
262 521-2191

PLACE TIME NAME

M
1 16:52 Justin Miller

F
20 23:02 Dawn Frodl

M15&under
40 25:41 Jake Garcia
41 25:53 Thomas Dormer
52 29:25 Nathan Webber

F15&under
63 34:34 Emily Kaegi

M16-19
4 18:28 David Mccarthy

7 19:11 Matt Hulbert
8 19:14 Adam Ludwig
9 19:16 Eric Hill

F16-19
M20-24
28 23:52 Nathan Brunner

F20-24
25 23:23 Anne Rowe

M25-29
1 16:52 Justin Miller

F25-29
56 30:00 Kathryn Felten
60 31:49 Amanda Debruin

M30-34
11 20:28 Glen Brewer
18 22:43 Tom Laporte
22 23:08 Brian Lovelier
33 24:23 Eric Hendrickson

F30-34
46 26:57 Katherine Ebel
53 29:38 Teresa Miller

M35-39
24 23:19 Steve Webber
32 24:12 Jim Cheslak
34 24:28 Boyd Roessler
37 24:52 Sal Garcia
67 37:07 James Ziegler

F35-39
51 28:44 Julie Johnson
59 31:36 Genia Bruce
62 34:33 Katy Thompson

M40-44
2 17:27 Bill Gilmore
3 17:49 Tom Abler

5 18:41 Tom Kisner
6 18:47 Kevin Osborn
10 20:09 Hans Wegesser
13 21:42 Fred Swanson
19 22:49 David Bourne
27 23:41 Joe Frodl
29 24:03 Mike O'connell
30 24:06 Tom Bruce
57 30:21 Joseph Mccarthy

F40-44
20 23:02 Dawn Frodl

35 24:32 Sung Ye Jacobs
47 27:05 Linda Mccarthy
49 27:54 Debbie Cahill
50 27:55 Mary Peterson
M45-49
12 20:37 Tim Harden
14 21:43 Randy Peterson
15 21:45 James Wisnowski
17 22:10 Greg Steinberg
21 23:07 Ted Itzov
23 23:12 Jeff Petak
36 24:50 Jeff Worgull

54 29:42 Dan Kaegi
68 42:35 David Burch
F45-49
55 29:59 Pat Campau
58 31:35 Nancy Weigl

M50-54
39 25:03 Fred Lautz
42 25:56 Douglas Welker
44 26:15 Neil Brunner
64 34:57 Bob Kunding

F50-54
66 37:01 Mary Jo Brown
69 43:15 Linda Rupnow
70 43:16 Darcy Henriksen
71 44:36 GERALYN KRZYWDA

M55-59
26 23:34 Donald Hawes
31 24:08 Carl Wendel
38 24:54 Robert Bal

F55-59

M60-64
16 21:57 Mike Borzick
43 26:00 Carl Granetzke

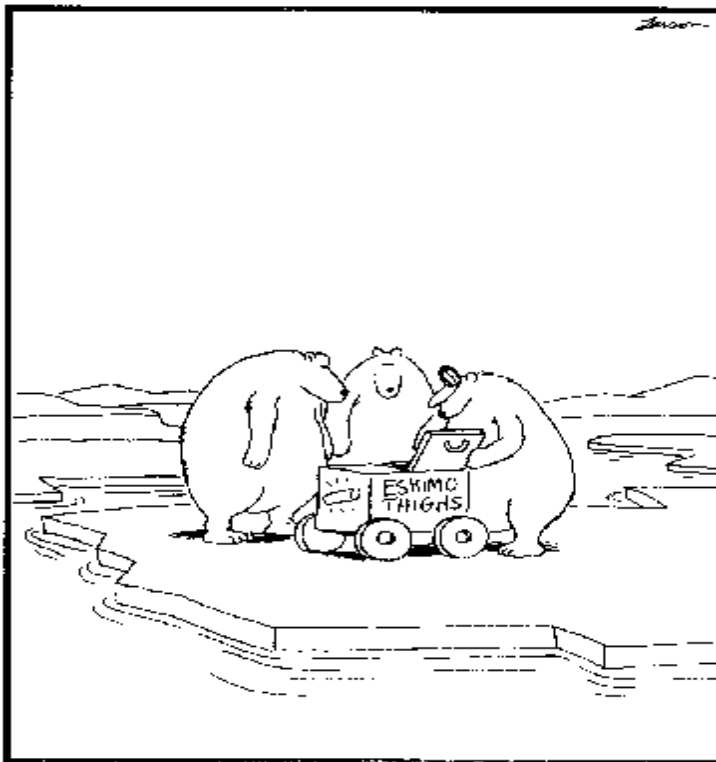
F60-64
61 33:34 Shirley Webber

M65-69
45 26:48 Ed Parker
48 27:35 Edward Mackus

F65-69

M70&over
65 35:37 John Hessel

F70&over



FROM THE ARCHIVES

25, 20, 15 and 10 years ago

25 Years Ago

Sunday, March 19, 1979, Estabrook Park, Milwaukee

Badgerland Striders 6-Mile Run

Paul Hansen led the 102 runners to the finish line of the Badgerland Striders 6-Mile Run with a time of 29:47. Barb Hoch was the top woman, finishing in 37:07. Age group winners were: Chris Schroeder, (13-) 39:12; Jim Zazzow (14-17) 37:57; John Jenk (30-34) 31:43; John Helling (35-39) 34:35; Mac Busby (40-44) 35:05; Al Giuliani (45-49) 38:40; Jack Mandelker (50-59) 41:15; Edson Sower (60+) 46:09; Lynn Orlik (30-34) 44:27; Rosie Peterson (35-39) 42:10 and Fran Green (45-49) 50:15.

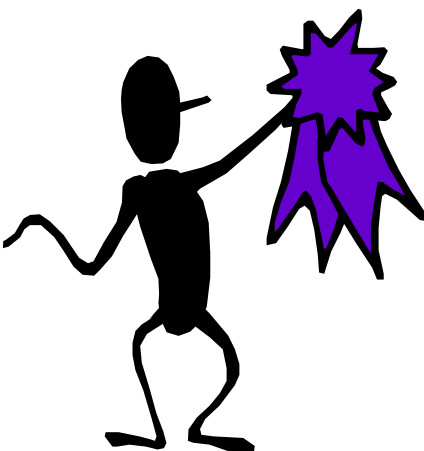
20 Years Ago

March 1984

March 17th fell on Saturday this year and runners had three St. Patrick's Day races to choose from. In Fond du Lac, the Main Street Mile started at 11:55 AM in conjunction with the St. Patrick's Day parade. For \$3.00, runners received a cap and pennant. In addition, there were prizes for the best costumes.

In Green Bay, the Joggers Joynt St. Patrick's Run was a 2-mile or 8-mile. There were no divisions or awards, but there were drawings. Entry fee was \$5.00 with a t-shirt or \$3.00 with no t-shirt.

The St. Pat's BSA Benefit Run was a 10K or 2-mile that started at the high school. Everyone received a cap for the \$6.00 entry fee and there were 10 year age divisions in both races.



15 Years Ago

March 1989

Runners had four seasonal races to pick from this month. The 7th Annual St. Patrick's Day Main Street Mile was held in Fond du Lac at 6:20 PM on Friday, March 17th. It was held as part of the St. Patrick's Day Parade. The entrants received a sport cap and shamrock shake for the \$5.00 entry fee.

In Middleton on Saturday, March 18th, the St. Pat's Day Charity Fun Run 5-Mile/3-Mile Walk was held. For \$8.00, participants received a shirt and a chance to win awards in 10-year age divisions. Those not winning awards still had the opportunity to take home something in the random drawings.

In Appleton one could compete for \$5000 in prize money in the St. Patrick's Day 1-Mile Express that was held on Sunday, March 19th. For \$5.00, runners received a shirt and a charm kit. In addition, there was a drawing for an emerald a diamond ring.

St. Urho's Day Foot Race was held in Wausau on Sunday, March 19th. Entry fee was \$7.00 with a shirt or \$2.00 without a shirt for the 5-mile race. Awards were limited to the top three males and females. (St. Urho is the patron saint of Finnish immigrants who drove the poisonous frogs out of Finland. This mostly made up legend was started at a St. Patrick's Day Party in 1956.)

10 Years Ago

Saturday, March 12, 1994

Blarney 5K Run/Walk, Wauwatosa

Ann Limberg and Ted Shue were the overall winners in the Blarney 5K Run/Walk. Their times were 19:02 and 16:26, respectively. Age division awards went to Kyle Fraser (14-) 18:40; Steve Grahovac (15-19) 21:10; Tod Malligni (20-29) 16:27; Rick Stefanovic (30-39) 16:53; Dennis Eden (40-49) 19:04; Charles Bressler (50-59) 20:03; Larry Engel (60+) 20:03; Rachel Gaulke (14-) 25:54; Jean Lyons (15-19) 21:14; Michelle Mittlestedt (30-39) 19:37; Theresa Vanderhoven (40-49) 24:20; Kay Loomis (50-59) 25:32 and Lois Gilmore (60+) 25:26.

Miclot Chiropractic



Helping athletes like
Chris Roberdeau stay
strong, healthy and
flexible with natural
chiropractic care.

- Most Insurance Accepted
- Evening & Saturday appointments

17495 W. Capitol Dr. Brookfield WI 53045
(Capitol & Calhoun)

(262)790-4900

Attention: Women Runners

There is a new study being conducted by Anne Z. Hoch, DO from the Women's Sports Medicine Program/Cardiovascular Center on women athletes.

DOES FOLIC ACID SUPPLEMENTATION IMPROVE HEART HEALTH AND ATHLETIC PERFORMANCE????

The study group will consist of:

- Women between age of 18-30
- Not on birth control pills or hormone replacement for past 12 months
- Run at least 20 miles a week for last 12 months
- Healthy otherwise – no medical conditions

In return for your participation, you will receive a \$50.00 stipend.



Anyone interested in finding out about participation in this study or to sign up for the study should contact Jane Schimke, AAS at (414) 805-7461.

MAKING DUST

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

STEVE CULLEN HEALTHY HEARTS CLUB RUN

Wauwatosa, WI
January 24, 2004
8 - K

Results Provided by

Computer Aided
Race Results System

Bill Schauder
carrs@att.net
262 521-2191

PLACE TIME NAME

M	1	28:17	Kyle Moss
F	16	32:06	Heather Haviland
M14&under	84	39:20	Timothy Hoehnke
	170	44:25	Joshua Nitz
	245	54:00	Kaleb Duelge
	261	56:29	Thomas Barton
	264	57:17	Nic Scharping
	269	1:01:17	Eddie Cullen
	274	1:06:38	Nat Scharping
F14&under	243	53:41	Xandra Duelge
M15-19	13	31:28	Ken-Tom Vaughn
	15	31:51	David Mccarthy
	23	33:48	Seamus Regan
	30	34:47	Kelly Mcmillan
	45	35:54	Jason Axt
	48	36:00	John Leppanen
	55	36:34	Jack Muldowney
	58	36:38	Will Gilmore
	62	37:09	Casey Ernsting
	68	37:23	Alex Close
	75	38:10	Tylor Lewis
	114	41:15	Peter Schunk

163	44:08	Anthony Cesaro
202	47:20	Michael Robinson
260	56:13	Robbie Barton
F15-19	63	37:10 Megan Schmitz
	80	38:50 Kelsey Hassin
	143	42:59 Christina Goens
	172	44:45 Megan Gustafson
	236	51:58 Samantha Erschen
M20-24	2	28:41 Derek Serna
	29	34:41 Ben Mueller
	52	36:23 Michael Toll
	85	39:20 Bart Mapes
	122	41:32 Mark Chambers
	169	44:24 Michael Milos
	248	54:45 Daniel Higgins
F20-24	65	37:14 Amy Horst
	131	42:20 Bethany Ludzack
	133	42:25 Katie Kircher
	164	44:08 Amy Getz
	165	44:09 Lindsey Graf
	211	48:11 Eileen Boyce
M25-29	3	29:28 Justin Miller
	8	30:41 Jason Mayer
	20	32:51 Keith Zeise
	36	35:13 David Michielli
	81	39:11 Matt Gill
	82	39:13 Chris Conklyn
	89	39:31 Jim Kenesie
	91	39:39 Brian Sprain
	102	40:19 Jason Kenesie
	109	40:47 Tyler Podoll
	124	41:42 David Brown
	168	44:18 Matthew Bersch
F25-29	56	36:35 Robin Treder
	59	36:54 Julie Treder
	83	39:15 Amy Newman
	101	40:16 Crystal Toll
	197	46:56 Mary Aschbacher
	216	48:37 Dina Komisar
	256	55:11 Rachel Gronau
	257	55:12 Holly Zywicke
M30-34	4	29:45 Ted Shue
	34	34:59 Joe Odegaard
	39	35:26 Rich Mertes

47	35:58	Scott Krems
103	40:23	Craig Turba
127	42:00	Kris Pomplun
128	42:04	Steve Becker
162	44:07	Mark Edmund
176	45:04	John Garder
F30-34	16	32:06 Heather Haviland
	35	35:12 Denise Manthy
	77	38:20 Jennifer Venn
	146	43:15 Kristian Larsen
	156	43:38 Kate Sieg
	178	45:07 Kelly Kiel
	200	47:17 Tamara Ricker
	221	49:30 Cyndi Bergs
	233	51:19 Cheri Higgins
	250	54:56 Tamila Peavy
M35-39	1	28:17 Kyle Moss
	7	30:28 Bruce Holmes
	11	31:05 Jeff Feldman
	12	31:10 Chaz Heckman
	14	31:50 Jim Gross
	17	32:10 Don Zastrow
	18	32:18 Jim Schmidt
	25	34:08 George Morris
	41	35:30 Richard Perl
	53	36:26 Kurt Drezek
	61	37:07 David Gresser
	66	37:16 Mike Ackley
	116	41:17 Tom Schwanebeck
	120	41:30 Jonathan Nitz
	123	41:40 John Cornell
	138	42:44 Eric Crubaugh
	145	43:10 Tim Serwe
	149	43:22 Eric Venn
	152	43:26 Mike Johnson
	155	43:36 Tom Rowley
	166	44:10 Jeff Standafer
	244	53:44 Jason Duelge
F35-39	31	34:51 Ann Limberg



Second Place Female Ann Limberg (34:51) and Second Place Male Derek Serna (28:41)
Photos by Kent Schlienger

38	35:22	Lynn Konkel
42	35:34	Michelle Lanonette
69	37:27	Donals Munz
105	40:25	Laura Klein
111	41:06	Kris Harper
119	41:28	Jody Herbst
150	43:23	Kristine Thomas
204	47:22	Bonnie Drezek
207	47:41	Ann Baker

M40-44

(Continued on page 17)



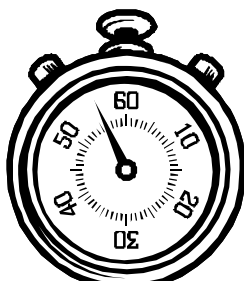


Peter Michael Stefaniak
tel. (414) 541. 2500, ext.16
fax (414) 541. 2600
cellular (414) 254. 4422
peterstef@voyager.net

Personalized Real Estate Services

3789 S. 108th Street
Milwaukee, Wisconsin
53228

www.stefaniakgroup.com

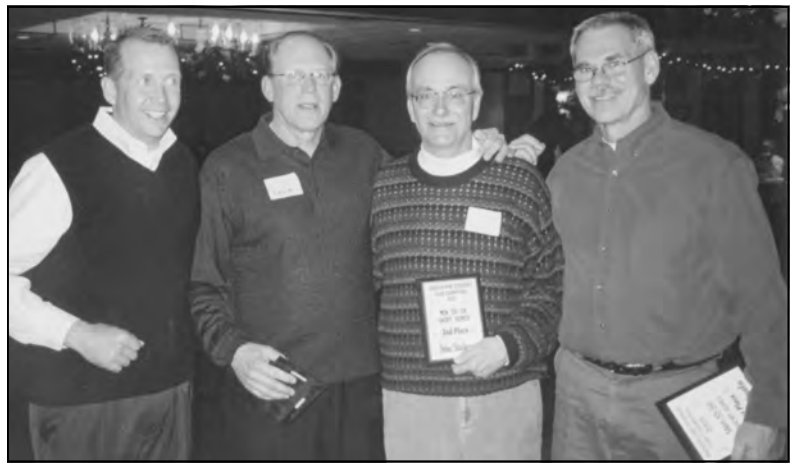


The Most Times

are in The Strider



Short Series Club Championship Awards went to Kent Schlienger, Earl Psychel and Daniel Murphy



John Cornell presents Short Series Club Championship Awards to Doug Nelson (3rd), John Stachera (2nd) and Sam Walla (1st)

Hello from beautiful Lake Tahoe!

The Tahoe Mountain Milers (Lake Tahoe, USA) and Sagebrush Stompers (Carson City, NV) Running Clubs are pleased and honored to extend our invitation to all RRCA, AARC, USATF and unaffiliated running clubs, members and individual runners and walkers from across the Nation to join us in the


highly energized and informative setting of the 2004 Road Runners Club of America National Convention.

We are anxiously awaiting the opportunity to host you this coming May 12-16, 2004 at Lake Tahoe, to run with you on some of the most incredibly scenic trails on earth, provide an opportunity for you

to learn more about Lake Tahoe's history, and experience many of our internationally acclaimed attractions.

For detailed information about these items and other Convention highlights please visit our website at <http://tahoemtnmilers.org/RRCAConvention>

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



Badgerland Striders Annual Membership Form

PLEASE PRINT ALL INFORMATION CLEARLY – Thank You!

Last Name _____		First Name _____		Sex (M/F) _____	Birthdate -- (Mo/Day/Yr) _____
Street Address _____		Home Phone _____		Other Phone (cell? work?) _____	
City _____	State _____	ZIP _____	Occupation _____		

DUES (check one) Make checks payable to: **Badgerland Striders, Inc.**

New Membership: 1yr (\$15) 2 yr (\$27) Tax deductible

Renewal 1yr (\$13) 2 yr (\$25) Donation _____

If you would like to be a Sustaining Member, any amount in excess of what you would normally pay is tax-deductible.

Names of others in your household who run:

NAME	Sex (M/F)	Birthdate -- (Mo/Day/Yr)	OCCUPATION
_____	_____	_____	_____
_____	_____	_____	_____

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

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

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

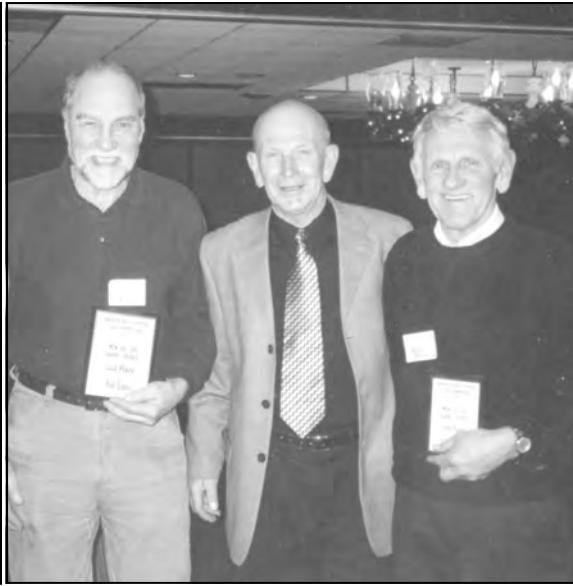
<input type="checkbox"/> Road Race Director	<input type="checkbox"/> Equipment Rental	<input type="checkbox"/> Newsletter (Advertising)
<input type="checkbox"/> Public Relations	<input type="checkbox"/> Hospitality	<input type="checkbox"/> Computer
<input type="checkbox"/> Computerized Scoring	<input type="checkbox"/> Race Course Measurement	<input type="checkbox"/> Annual Party
<input type="checkbox"/> Club Clothing	<input type="checkbox"/> Monthly Meeting Planning	<input type="checkbox"/> Other
<input type="checkbox"/> Race Schedule Booklet	<input type="checkbox"/> Bus Trips	

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

Signature



Short Series Club Championships awards went to Barb Jewell (2nd) and Kim Petak (1st)



Club Championship Awards were presented to Bob Linke, Jim Clarey and Tom Chvala



Marge Walla (2nd) and Sue Sharkey (1st) received their Short Series Club Championship awards

MAKING DUST

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

STEVE CULLEN HEALTHY HEARTS CLUB RUN

CONTINUED
8 - K Results

(Continued from page 15)

- 5 29:53 Rick Stefanovic
- 6 30:10 Bill Gilmore
- 10 31:00 Brian Miller
- 21 32:55 Kevin Osborn
- 27 34:22 Tom Mcmillan
- 28 34:33 Peter Stefaniak
- 43 35:47 Jeff Krumenauer
- 46 35:56 Mike Stefaniak
- 49 36:08 Vince Varone
- 51 36:19 David Cullen
- 60 36:58 Brian Nuedling
- 71 37:45 Greg Hirt
- 73 37:50 Nicholas Anstedt

- 76 38:11 Tony Chan
- 88 39:30 Jim Richie
- 96 40:00 Dave Lauer
- 117 41:23 Dan Baker
- 118 41:26 Mark Chelmowski
- 121 41:31 Dave Gavinski
- 125 41:53 Mike Morgan
- 139 42:45 Phil Lewis
- 140 42:46 Stephen Hoch
- 144 43:07 Dave McCormack
- 154 43:28 Don Eimer
- 159 43:55 Christopher Wodushek
- 183 45:20 David Meyer
- 185 45:44 Brian Minton
- 193 46:32 Mike Schmitz

F40-44

- 57 36:36 Judy Springer
- 99 40:09 Katie Christine
- 104 40:24 Louise Johnson
- 132 42:22 Vickie Kallien
- 135 42:27 Sung Ye Jacobs
- 136 42:30 Jeanne Bril
- 137 42:40 Sue Hickey
- 147 43:18 Karen Bleach
- 180 45:10 Jean Tarjan
- 205 47:24 Donna Price

- 206 47:37 Pam Kassner
- 213 48:23 Linda Mccarthy
- 229 50:41 Cathy Gorski
- 240 53:36 Rose Anstedt
- 275 1:06:38 Bethany Wilkinson

M45-49

- 9 30:54 I. George Ogutu
- 19 32:32 Rick Kallien
- 22 33:08 Dave Harris
- 26 34:12 John Chandler
- 32 34:55 Alastair Matthews
- 37 35:21 Tom Schuler
- 50 36:15 Kevin Wolfmeyer
- 78 38:33 Eric Sover
- 90 39:36 Greg Steinberg
- 93 39:51 Mj Levinson
- 94 39:52 Jim Sabinash
- 95 39:56 Greg Daggett
- 97 40:02 David Etlicher
- 98 40:07 Ted Itzov
- 100 40:11 David Mott
- 110 41:01 Douglas Leppanen
- 112 41:11 Larry Piasini
- 134 42:26 Tim Bleach
- 148 43:20 Pat Klemmer
- 151 43:24 Eddy Sadowsky
- 153 43:27 Jeff Roznowski
- 171 44:27 Jeff Weiss
- 174 44:59 Will Jackson
- 175 45:00 Scott Levenhagen
- 177 45:06 Kurt Kaiser
- 182 45:19 Tom Steinkraus
- 186 45:46 Perry Perkins
- 188 45:59 Brian Kilb
- 192 46:22 Arlen Folker
- 196 46:41 John Hinz
- 201 47:18 Tom Swiderski
- 215 48:36 Brad Olsen
- 218 48:59 Bill Kraus
- 226 50:23 David Halbrooks
- 227 50:25 Mike Gousha
- 232 51:18 Denis Regan
- 234 51:20 Mike Schwabenlander
- 259 55:53 Richard Herrmann
- 263 57:02 Ray Fister
- 272 1:01:43 Alfred Hudec Jr

F45-49

- 70 37:30 Barbara Jewell
- 86 39:26 Kathleen Vanthiel
- 173 44:52 Mary Wysocki
- 195 46:36 Robin Lawson
- 198 47:06 Julie Baron
- 208 47:43 Kathy Lauer
- 209 47:45 Mary Wincapaw
- 210 47:56 Brenda Scharping
- 217 48:41 Kathi Hassin
- 225 50:08 Margaret Regan
- 235 51:54 Susan Reidy
- 237 52:08 Christine Herrmann
- 254 55:05 Stephanie Pribal

M50-54

- 24 33:51 Layne Davis
- 40 35:29 Dennis Eden
- 44 35:51 Bill Hansen
- 54 36:33 Ralph Graf
- 72 37:47 John Bell
- 87 39:28 Don Axt
- 130 42:16 Ronald Talsky
- 141 42:53 Peter Mamerow
- 157 43:40 Steve Brinkman



Cullen VIPs: from left RD Phil Carpenter, Bob Landaas-Sponsor, Honorary Chairs: Paul Josephs, Gael Garbarino-Cullen, Mike Gousha and Tom Barrett. Photos by Kent Schlienger.

- 191 46:16 Nick Schroeder
- 194 46:33 John Schmitz
- 223 49:43 Jim Brindowski
- 228 50:30 Harrison Spalding
- 230 50:59 Jon Ziemendorf
- 239 52:46 Fred Oby
- 258 55:49 John White
- 262 56:40 Greg Zyszkiewicz

- F50-54
- 64 37:12 Kay Fronk
- 142 42:56 Sue Sharkey
- 179 45:08 Gael Cullen
- 249 54:56 Jean Dineen
- 251 54:59 Jill Gust
- 266 57:37 Jean Mattson

- M55-59
- 79 38:36 Carl Wendel
- 92 39:45 Gregory Wein
- 107 40:29 Samuel Waala
- 108 40:31 Ron Eder
- 113 41:12 Doug Nelson
- 115 41:16 John Stachera
- 126 41:55 Carl Taylor
- 167 44:17 Richard Bersch
- 181 45:16 Jim Ott
- 189 46:00 Larry Lockwood
- 203 47:20 Bruce Boeck

- M60-64
- 33 34:56 John Becker
- 67 37:20 George Tillett
- 74 37:53 Mike Borzick
- 158 43:52 Ralph Bayard
- 184 45:41 Ron Pemberton
- 222 49:40 Dave Martin
- 255 55:10 Wally Marks

- F60-64
- 212 48:18 Karen Sivley
- 224 49:58 Marcia Balthazor
- 265 57:33 Ingrid Stine
- 276 1:15:57 Mary Steinkraus

- M65-69
- 106 40:27 Robert Huberty
- 161 44:07 Ken Burman
- 187 45:56 David Stuckslager

- 190 46:06 Ed Parker
- 220 49:16 Tom Chvala
- 247 54:08 Manuel Lopez
- 252 54:59 James Clarey
- 273 1:05:12 Dave O'brien

F65-69

- M70&over
- 160 44:03 Norm Hovila
- 219 49:10 Daniel Murphy
- 238 52:15 John Moran
- 242 53:39 Wayne Gilmore
- 253 55:04 Fred Kittell
- 268 1:01:16 Earl Psychal
- 271 1:01:42 John Hessel

- F70&over
- 214 48:36 Lois Gilmore
- 267 57:51 Agnes Reinhard



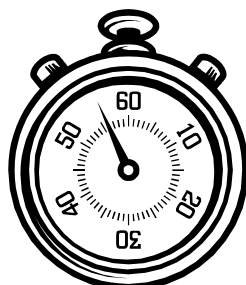
Registration Volunteers Paul Sokolowski and Mary Callen help another customer



The lovely registration personnel at the 2004 Cullen Run along with the Old Country Bee. Photo by Kent Schlienger



Dennis Eden frequent age group winner coming in strong after the uphill finish of the 2004 Cullen Run



The Most Times

are in The Strider

STRIDERS IN THE NEWS

A LONG ROAD STRETCHES IN FRONT OF STRIDER CHRIS ROBERDEAU, AND IT COULD BE YEARS BEFORE HE REACHES HIS DESTINATION

Reprinted from the Lake Country Reporter 2004

But that's OK - Chris excels at long distances. He's a marathon runner and has the stamina to continue on a journey that could lead him to the Olympic games. Chris lives for running. It's how he met his wife, Shelby. Even their daughter was born right after a race.

Now, Chris, 28, is training to take part in the Olympic trials.

"I didn't make it for 2004. I'm taking a little break right now, then I'm going to start working for 2008," he said.

"Marathon runners peak in their mid to late-30s," Chris explained. "In 2012, I have a shot."

To make it into the Olympic trials, a runner must finish in a certain time. According to the USA Track & Field, a B standard finish of a 26-mile marathon is under 2 hours and 22 minutes, and an A standard finish is 2 hours and 20 minutes and under. "USA Track & Field reimburses your travel expenses, that's the only difference between A and B.

Either way, you're lining up on the same starting line," Chris said. To start training for the Milwaukee Lakefront Marathon, which Chris competed in for the Olympic trials, he started out with "a lot of mileage" under his belt.

"I built up to (running) just over 100 miles a week. I did some strength work, some weights, a lot of stretching, but mostly it's just running. "Starting in July, I did some light speed work, just getting used to running faster, and a lot of interval work where I try to run close to marathon pace. I teach my body to run faster than (marathon speed) then to run exhausted and run when my legs start to get heavy," he said. Right before a marathon, Roberdeau said he

sleeps a lot, resting up for the race.

"I was disappointed," he said of not qualifying in Milwaukee. "I kick myself now. I started way too fast." Still, he came up with his personal best time in Milwaukee: 2:26.39.

Two months after the Milwaukee race, he traveled to Dallas to compete again in an effort to qualify. There, he ran 2:35.52. "I'm shooting for this goal. It's a very high goal and I'd love to get it, but it may never come to fruition. I'm aware of that, but I'll never know if I don't try," he said.

Behind Roberdeau is a running family.

Shelby and his 18-month-old daughter, Libby, come to the races, along with Chris' parents. "My mom ends up watching Libby or pushing her in the jogging stroller as she does the shorter races. We have a big family thing at races."

Chris started running when he was 7 or 8 because his father did. When his father ran, Chris would tag along. Then his father started competing in road races, and sometimes Chris would enter the kid's race.

While watching one of the races, Chris had a breakthrough.

"In the summer before my eighth-grade year, I saw the leaders come in, and something clicked in my mind. The next day there was another race. I ran the 2-mile, and I've run ever since."

Chris ran for Glen Oak High School in Canton, Ohio, and then for the Air Force Academy.

"During my senior year in high school, my mom got a job at the Milwaukee Symphony," he said. His father, Chris and his sister stayed behind in Ohio another year while Chris completed his Air Force

Academy application.

For Chris, marathon running was easier than shorter runs.

"I'm not that fast at the shorter stuff," said Chris. "When I was running in high school and college, I realized the longer the race, the better I was.

"My teammates and some of my friends who I've done workouts with hated me toward the end of the workout, because while they were pushing me at the beginning to keep up, at the end, they just can't stay with me," he said.

Running is a huge part of his life.

After finishing at the Air Force Academy, he met his wife at a race in Boulder, Colo. She was running for Montana State University. He was assisting the Air Force Academy junior varsity team. Ten months later, Chris and Shelby got married. "One of her goals is to run a marathon in every 50 states," said Chris of Shelby.

Shelby has competed in Oklahoma, Nevada, Texas and Washington. In May, she'll compete in Green Bay and Chicago in October. Having two runners as parents, Chris said the odds of Libby becoming a runner are in her favor.

"She was born right after a race," he said. After completing a 5K in Oklahoma, Chris recalls that Shelby's water broke.

"At 7:30 a.m., the race started, we got to the hospital at 8:30 and Libby was born at 9:38 a.m.," he said. During his breaks from training, Chris said he loves spending time with his wife and daughter. "There's nothing better than that," he said.

©Lake Country Reporter 2004



InStep Physical Therapy & Performance Footwear Now Open in Mequon

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

- Running, Walking & Dress Casual Footwear from *Saucony, Asics, New Balance, Brooks, Rockport, Montrail, Vasque & Timberland*
- Professional and Individualized Shoe Fitting and Consultation
- Physical Therapy, Athletic Training & Massage Therapy
- Individualized & Exceptional Care
- Custom Orthotics for Running, Cycling & XC-Skiing
- Arch Supports & Pads
- Custom Sandal Orthotics & Clogs from *Birkenstock & Bite*
- Biomechanical & Video Analysis for Running & Cycling
- Bike Fitting & Evaluation
- Medical Grade Orthopedic, Sport & Home Therapy Supplies

Visit our website at
www.RunInStep.com

262-241-8402

1516 W. Mequon Rd., Suite 201 • Mequon, WI 53092

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



COMING EVENTS

**3/6, SAT Green Bay
Cellcom Green Bay Marathon Training Run/Walk**

8:05am, Washington Commons food area, Series of weekly runs from 1/17 thru 5/15, Kristin Bouchard, 920-429-1762, kristinbo@prevea.com www.prevea.com

**3/6, SAT Stevens Point
Point Bock Run**

5mi, noon, Stevens Point Brewery, Coincides with reintroduction of Point bock beer, \$11/HS, \$13/older. \$15,\$17 raceday, LSTS, snacks, door prizes, bev, Scott Gralla, 715 345-5428, http://www.pointbockrun.com

**3/6, SAT Chippewa Falls
3rd Annual Chilly Chippewa 5K**

run/walk 10am, 200m kids run 11am, 12-, 13-19, 10yr, 60+, \$13, \$18 raceday, \$7 no TS, LSTS, chili, shwrs, Roger Skifstad, 715-726-2406x1120, skifstrb@chipfalls.k12.wi.us www.indianheadtc.org

**3/7, SUN Waukesha/Milw
HHH Full Moon Run**

distance varies. 7pm, \$7, beer, snacks, 414-750-2504, www.waukeshah3.com gaga_gds@hotmail.com

**3/13 SAT Wauwatosa
Blarney Run/Walk**

5k run, 2mi walk 11:30am. 1/4mi kids run (10-) 12:15. reg 10, Hart Park, Wauwatosa, 13th annual, 5k \$18, \$20 raceday. kids run \$5, \$7, LSTS/1st 700, music, post race party, goody bags, dwgs, food, bev, Sponsored by Wauwatosa Historical Society, Janel Ruzicka 414 774-8672, www.wauwatosahistoricalociety.org

**Mar 13 SAT Luck
LEG IT IN LUCK**

5mi 9am. reg 6:30. HS. Divs 19-, 5yr, 70+. Awds trophy 1/mf, medal 1/div, 2-3. Whchr div. Fees \$15, \$18 raceday. Perks LSTS, dwgs, root beer floats, shwrs (byo soap/towel). LastYr 135. Contact Larry Linder 1572 270th Ave Luck WI 54853. 715 472-8231 new-world@lakeland.ws homecenturytel.net/luckrunningclub

**3/14 Madison
Shamrock Shuffle**

5k run/walk 10:30am, reg 9, Monona Terrace, benefits Jim Beyer, \$20, \$25 raceday, LSTS, dwgs, Irish music, bagpipers, food, bev, St Patrick's day parade, Megan Sisson, 608-283-3196, www.stpatsmadison.com

**3/27 Waukesha
RE/MAX Suburban Trailbreaker**

Marathon, 8am HM 9:30. 5k r/w 10, Schuetze Bldg, 1120 Baxter St in Frame Park, 13th annual. More info/register www.trailbreaker-marathon.com Marathon \$30, HalfMarathon \$20, 5k \$15. After 3/16 +\$5, TS/finisher, bev, snacks, shwrs, Don Ayer, 262 549-2249 or 800 549-2214

**3/30 TUES Wauwatosa
BLS Beginning Running Program for Adults**

6-8pm, Hart Park, 8 Tues sessions will teach you all you need to know to begin a running program, get in shape, and keep it fun! Training TS, free entry & TS for Sarah's Stride on 5/22, H2O bottle, guest speakers, picnic, group runs at your own pace \$45 until 3/3, \$50 after, Marty Malin 414-453-7326, 4runners@merr.com

**4/10 SAT Milwaukee
BLS South Shore Half Marathon**

13.1mi, 8:30am, 7-8:10reg, South Shore Pavillion, 2900 S Shore Dr., Divs:19-, 5yr, 70+, \$5 BLS, \$6 others, \$7 all after 3/29, Kathryn Dunn 414 421-6882

Badgerland Strider Meeting Speakers

All Strider Meetings take place at Tanner-Paull Restaurant located at 6922 W. Orchard Street in West Allis

**Wednesday March 17th
Sally Merrill
Lake Park
Friends**

Recognizing the importance of Lake Park as a registered National Landmark designed by Frederick Law Olmsted, Lake Park Friends is dedicated to preserving the park by raising funds for restoration and enhancement projects, and sponsoring educational, cultural, and recreational events in the park. The popular concert series, Musical Mondays; the winning publication – *Milwaukee Magazine's* "Best Walk in a Park" – *Lake Park Tree Walk*; and monthly environmental education events are among the programs sponsored by the Lake Park Friends.

For more information or calendars, contact Lake Park Friends at the address or phone number listed below.

Lake Park Friends
PO Box 71197,
Milwaukee, WI
53211-7297
(414) 962-1680

**Wednesday April 21st
Dr. Bill Gaertner**

On Wednesday, April 21st Dr. Bill Gaertner will be the featured speaker at our monthly meeting.

The title of his talk is;
"Running Away From Chronic Disease: How a Healthy Lifestyle Can Keep You Away From Doctors, Drugs, and Disease."

His practice is at the Innovative Health and Fitness Center in Franklin. He is also a competitive runner and triathlete.

**Wednesday May 21st
John "the Penguin" Bingham
PROFILE**

from www.waddleon.com

At 43 years old, John Bingham began the transition from 240-pound coach potato to athlete. At age 53, this popular writer and speaker has become the Pied Piper of the second running boom. John is the prototypical Renaissance man. From motorcycle mechanic to graduate advisor, from freelance musician to marathon pace leader, John brings a relentless spirit for living into everything he does. His humorous insights bring hope and inspiration to legions of fans.

Writing

- *The Penguin Chronicles*, a monthly column in the US, UK and Australia/New Zealand editions of *Runner's World* magazine. May 1996 - Present
- *Marathon Running for Mortals: A Mere Mortal's Guide to the Joy of Running or Walking a Full or Half Marathon*; co-authored by Jenny Hadfield, Pan MacMillin UK, February 2004
- *Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Full or Half Marathon*; co-authored by Jenny Hadfield, Rodale, May 2003
- *No Need for Speed: A Beginner's Guide to the Joy of Running*, Rodale, April 2002
- *The Courage to Start: A Guide to Running for Your Life*, Simon & Schuster, April 1999
- *The Penguin Brigade Training Log 2nd Edition*, co-authored by Jenny Hadfield, Breakaway Books, May 2003

Major Event Appearances

- Boston Marathon
- Chicago Marathon
- Flora London Marathon, 1997-2004
- Rock and Roll Arizona
- Honolulu Marathon

- San Francisco Marathon
- Columbus Marathon, Columbus, OH
- Road Runner Akron Marathon
- White Rock Marathon, Dallas, TX
- Cowtown Marathon, Ft. Worth, TX
- Myrtle Beach Marathon
- Marine Corps Marathon
- New York City Marathon
- Walt Disney World Marathon

- Suzuki Rock 'N Roll Marathon
- Country Music Marathon
- Rock and Roll 1/2-Marathon
- Indi Mini 500 1/2-

Marathon

- Motorola Marathon
- Vermont City Marathon
- Florence, Italy, Marathon
- Wineglass Marathon
- The Last Marathon, Antarctica
- Bloomsday Festival, Spokane, WA
- Athens Marathon
- 2002 No Need for Speed Tour

Points of Interest

- Recipient of 2000 RRCA Jerry Little Memorial Journalism Excellence Award
- Rode a motorcycle 3,500 miles and then ran the Suzuki Rock 'N Roll marathon
- Completed a marathon by running 433 laps around a boat in Antarctica.
- One of the founders of the Rock and Roll 1/2-marathon
- Honorary race director of the Country Music Marathon

What no one knows

- John has an earned doctorate in Education from the University of Illinois
- John was the Associate Dean of the Conservatory of Music at Oberlin College
- John was a professional musician and worked with Frank Sinatra, Cher, and others





Lance Armstrong-5 time Tour de France Winner!

COME TO WHEEL & SPROCKET'S BIKE EXPO SALE!

STATE FAIR PARK/Wisconsin Exhibition Hall "A"
Friday—April 2 (4 to 10)
Saturday-April 3 (9 to 9)
Sunday-April 4 (10 to 5)



Voted the #1 Bicycle Retailer of the Year

2500 BIKES FULLY ASSEMBLED and READY TO RIDE!

BIKE, FITNESS & SKI EQUIPMENT SALE!

Talk to Factory Reps From:

- * TREK * GIANT * FELT *
- * GARY FISHER * LeMOND *
- * KLEIN * HARO Bicycles
- * PEARL IZUMI, SUGOI & MT BORAH Clothing
- * YAKIMA, THULE, SARIS Car Racks
- * BELL & GIRO Helmets
- * AND MORE!!

Bike Accessory & Clothing on SALE TOO!

SIGN UP FOR the BEST RIDES OF THE SUMMER...

- | | |
|------------------------|----------------------|
| Miller Lite Bike Ride | Trek 100 Bike Ride |
| SAGRBAW Tour | MS 150 Best Dam Ride |
| GRABAAWR Tour | Scenic Shore 150 |
| Northwoods Tour | Death Valley Tour |
| Tour de Cure Ride | POWWOW Tours |
| Ride on the Wild Side | Bike to Work Month |
| River Valley Ride | Milw. Recumbent Club |
| Lance Armstrong Found. | Bay View Bike Club |
| Eurocycle Tours | Cream City Cycling |
| Bicycle Federation | Spring City Spinners |
| Trek Travel Bike Tours | And More! |

Personal Appearances from Gary Fisher-
Saturday— April 3rd.

Everyone wants a Bike From...
100%
SATISFACTION
GUARANTEE



Wheel & Sprocket

110%
PRICE
PROTECTION

Volume 33, No. 1, February 2004



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



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

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

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

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

Cartoonist: Dennis Shoemaker

Photographers:
Dennis Eden
Kent Schlienger
Jeff Weiss