

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 3

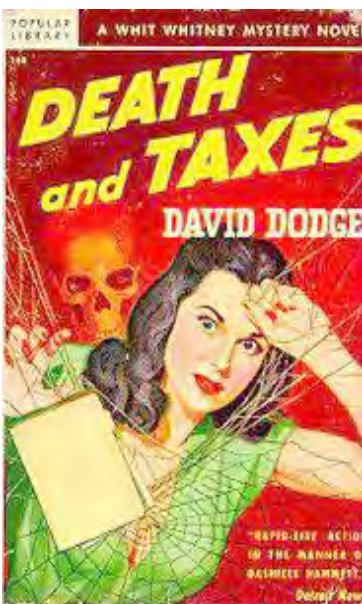
April 2004

NEED SOME GOOD NEWS ON APRIL 15th ?

Badgerland Striders Intermediate Running Program Begins

By Marty Malin

We have some great things in store for the Badgerland Striders 5th annual Adult Intermediate Running Program.



Otherwise known as the Beginning Racing Program, we generally get about 60 participants every year - all of them eager to improve their times in races. Some have even attended the program for three or four years in a row! They have found that it is a much easier to do speed work with a group.

This year, we start out on Tax Day (April 15th) and run for six consecutive Thursdays. We will meet on the south side of the track at Hart Park in Wauwatosa. Park in the Park, one block south of State Street (Chestnut) at 72nd

and get a great workout with us from 6:30 to 7:45 p.m.

We generally start by doing a slow, one to one and a half mile warm-up (except for the first session), followed by some plyometric drills, then either hill, interval, or fartlek training and then a warm-down the same length as the warm-up.

Ask anyone who was in the program any of the previous four years if they are now faster than they were before they took the class. Chances are, the answer will be a definite "yes."

Wouldn't it feel great to get faster again? Maybe even set another PR? Or at least feel the wind rushing through your hair (if you have any left) again while you run. I can tell you that it's a much better feeling than hanging your head out of the car window, competing with your slobbering dog.

All you need to do to feel the excitement again is to be running regularly at least 10 to 12 miles per week - which will allow to be able to complete the program. Even if you are running as much as 60 or 70 miles a week, we can accommodate

you. We will break our big group into four smaller groups based on current ability. We will break into even smaller sub-groups while performing the plyometric and speed workouts. In addition, an experienced volunteer will supervise each group. Each volunteer will be able to assist you as you master your form, understanding and execution of each workout.

The weather can be fickle this time of year, so bring extra clothing layers with you. Our first session will be quite easy to start (read -- a lot of standing around) so be prepared with appropriate attire. A tiring experience will await you near the end. Things will get quite taxing at our April 15th session. Try to be especially well rested, so you have the proper form.

The class fee is only \$25, unless of course you were in the program before, then the fee is only \$20. We will again have a weekly drawing for prizes. Natural Ovens of Manitowoc and Wigwam Mills were gracious enough to donate some of their fine products. A new perk included with this year's program is a special water bottle for each participant.

Another new facet to this year's program will be a one-mile run on May 6th commemorating the 50th anniversary of Roger Bannister's breaking of the 4-minute mile on May 6, 1954. This event is free and open to anyone, whether they are in the program or not. The first 150 participants to sign-up will each get a commemorative ribbon. We will run in heats, with the youngest and oldest participants starting at 6:15 p.m., and go until we are finished at approximately 8 p.m.

If you are interested in this program, sign-up soon. Class size is limited to the first 60 participants.

You can e-mail Marty at 4runners@merr.com, by calling 414-453-7326, or looking in this month's issue of *The Strider* (which is right in front of you, as you are reading), finding it on our Club's website at www.badgerlandstriders.org, or by just showing up for the first session.



May 22nd 2004

NEED HELP WITH THAT TAX BILL?

CASH AWARDS OFFERED FOR 2004 SARAH'S STRIDE

By Timothy Olsen

The Wisconsin Donor Network, eastern Wisconsin's organ procurement organization, will host the sixth annual Sarah's Stride run walk, 5 p.m. Saturday, May 22, 2004, at Hart Park in Wauwatosa, to raise funds for organ donation awareness.

Cash awards, ranging in amount from \$50 to \$300 will again be given to the top five male and female finishers. There will also be a special \$100 cash award for the overall master's finishers (over age 40). The race will also have a seeded runners division. To qualify for seeded placement, a male runner must have a 5k time of under 19 minutes and females under 22 minutes to qualify.



All seeded runners must pre-register. No seeded reservations will be accepted on race day.

Sarah's Stride includes a two-mile walk and 5K certified run that winds through Honey Creek Parkway. Cash awards will be given to the top five male and female finishers. All participants receive a T-shirt, refreshments, entrance to HartFest, and are eligible to win door prizes. Registration fees, until Friday, May 7, are \$15 per individual; \$52 for a family of four, plus \$12 for each additional person; and \$75 per team (plus individual registration fees). After May 7 the registration fees will be \$18 per person and \$64 per family, plus \$15 for each additional person.

For a registration form or for more information about Sarah's Stride, call the Sarah's Stride information line, (414) 805-4698, or visit www.wisdonornetwork.org.

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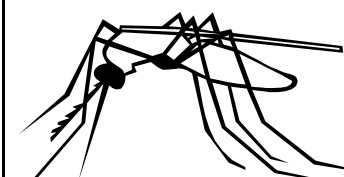
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Weather -1, John Dick - 0 Second Annual Gary's Gallop

Slated for April 17

By Craig Hopper, Race Director

Several factors have to come together, in the right order for the John Dick Memorial Crusty 50K to be a success.

- ✓ Great volunteers – check
- ✓ Enthusiastic runners – check
- ✓ Determined finishers – check

Here's what didn't happen - - -

When I first came out to the trails 15 years ago, Andy Arena told me that the snowmobile trails are like hard packed dirt, ideal to run on. This was true that year and several times since. About six years ago, we started experiencing a drought in the snowfall department around here. The little bit of snow we did have deteriorated to ice. We ran the Scuppernong ski trails last year, because there was a total lack of the white stuff. We've been praying for snow for a long time.

Our prayers were finally answered – in spades. We like to see a good heavy dump around 10 days before the race. This gives the snowmobiles a chance to get out there and pack the snow down. Then, we like to see a gradual warm up, so the top layer settles down to a nice crunchy crust.

This year, we got our dump – but... it never quit snowing. The temperature stayed in the teens and the sun didn't come out for the two weeks before race day. It also snowed every single day for those two weeks.

Instead of packing the snow down, the snowmobiles just churned it up.

Tom Bunk waited until just before the start of the race to mark the course with orange paint, so it wouldn't get covered, but it just kept on snowing and snowing.

We were alarmed to see almost a quarter of the field drop out at the end of the first 10K lap, declaring the course unrunnable.

Twenty-four year old Joe Kurian jumped out like

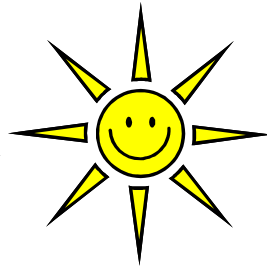
a rabbit at the starting whistle and quickly left the older, wiser, more experienced runners behind. He was the only participant who did not seem to let the ankle deep snow bother him. By the time got to his third lap of the out and back course, he was nearly a half a lap ahead of the pack that was chasing him. Members of the pack included: the course record holder, Dave Dehart who was making his second appearance, Rick Stefanovic, third timer, Clem Grum a rookie for this race and past Ice Age champ and Alex Swenson, a long time veteran of the race.

Was the new kid going to honk, as in- "get out of my way" or bonk? Those of us at the aid station (the only aid station) kept cheering him on, hoping that he wouldn't crash. We knew that the unrealistic pace he was setting could be his undoing. Sure enough, he withdrew after lap three (18 miles), totally whipped. The ghost of John Dick had claimed another victim.

When the afore mentioned pack came into the aid station fifteen minutes later and learned of Kurian's demise, their whole demeanor changed. You could see it in their eyes. A thirteen-mile race was about to begin.

By lap four (24 miles), it was Dehart and Stefanovic first in, with Grum 20 seconds back and Swenson 30 seconds behind Clem. Dehart and Stefanovic came into the aid station after lap five (30 miles) looking strong and determined. Were we going to see a dog fight? Grum arrived 5 minutes later looking pained and spent. His years of experience in ultra-running was all he had left for the final push. Swenson got there 2 minutes later looking good. He has so many finishes here that he was not about to let the poor trail condition beat him up.

The horse race we were looking for never materi-



Crusty Winners: Dave Dehart and Rick Stefanovic shared the mens honors in 4:57:14 and Ann Heaslet captured the womens title in 5:22:30 (Strider file photos)



(Continued on page 6)

By Matt Braun

Wisconsin Lutheran College and the Warrior Club will host the second annual Gary's Gallop 5K run/walk through Wauwatosa's Honey Creek Parkway on Saturday, April 17 at 9:30 a.m. The race will begin and end at Hart Park in Wauwatosa, with the main section of the course covering Honey Creek Parkway between north 70th street and Wisconsin Avenue.

Registration fees range from \$10 to \$15 before April 4th and \$20-\$25 after April 4th. A team rate of \$50 for teams of four prior to April 2nd, and \$55 after April 2nd is also available. Day of race registration is also available.

The race, named after the recently retired president of Wisconsin Lutheran College, Gary Greenfield, is in its second year and is designed to support the liberal arts college's athletic program. "Last year, despite a brisk breeze and frigid temperature we had a great turnout for a first year event. We're hoping to see an increase of participation by 30 % this year," said Brian Volkman, event director and Warrior Club president.

The race, an idea from Volkman as a way to honor President Greenfield for his commitment to the college and community, received positive reviews last year from runners thanks to its flat course and ideal timing during the year. "There really aren't a lot of spring races this time of year" said Volkman. "It's a great opportunity for the community to come out and walk or run for a good cause. Plus, how many races actually are led by a motorcycle!" referring to last year's pace setter, Greenfield himself.

Prizes will be awarded to the top finishers in

(Continued on page 3)

InStep Physical Therapy & Performance Footwear



INJURY CLINIC & OPEN HOUSE

Plantar Fasciitis: Treatment & Prevention

This clinic is free and open to members of: -Team In Training
-Badgerland Striders
-Tri Wisconsin

Where: InStep Physical Therapy & Performance Footwear
1516 W. Mequon Rd Suite 201
Mequon, WI 53092
262-241-8402
www.runinstep.com

When: Sunday, April 18, 2004
From 1:00 – 3:00 pm

RSVP: RSVP to InStep by Friday, April 15, by calling 262-241-8402. Or, visit our website at www.runinstep.com and click on the "contact us" button to send us an email with your name and confirmation that you will attend.

-Please bring your running shoes and wear loose or athletic clothing.
-Snacks and refreshments will be provided.

NEW 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 and hear how your running is going. Nothing formal, just one on one conversation 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 your admission is free. Just tell Dennis or Kerry that you're new. Future meeting dates are:

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 have quite a few active members that run for pure enjoyment and do not care about speed or road racing at all. 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!

Excitement is in the Air

As I scribble this column, it's April Fools Day. I wonder if I should be struck by the obvious irony, or perhaps by a starter's pistol in order to knock some sense into me. If I have my choice, I'll take the former.

At the March Club Meeting, I announced preliminary plans to help install a new running surface at the Pettit National Ice Center. This is no small task, as estimates for the cost are hovering just below the \$100,000 mark (wasn't there a candy bar worth that much?). The goal of this project is to make a big splash for the club while helping out a training facility that many of us use. I am very, very, very excited about this project. Did I mention I was excited?

When I accepted the nomination for this office, I published my goal for improving the public image of the Striders. While looking into this, it became clear to me the situation is not that we have a bad image, we simply have no image at all. On a recent run, I asked several strangers (all running, some from me, and they were running quickly!) what they thought of the Badgerland Striders. One responded with "Badgerland who?" One was a member and thanked us for putting on solid events. The other two runners had heard of us, but weren't sure what we did, or where we were.

Now, I'm not a statistician, nor do I play one on TV. I also did not stay at a Holiday Inn Express last night, so take the above information for what it's worth. I think putting the running surface in will create some positive publicity for the Striders. Peo-

ple, runners and non-runners alike, will begin to get an idea of who we are and what we do.

What we do is run...and promote running. To do a better job of promoting running, we first need to promote ourselves. I believe that taking on Pettit Project is taking us a step in the right direction.

the
Prez
sez



John Cornell

Park Watch

Another project that we are working on as a club includes measuring running routes in our Milwaukee County Parks System. This will include putting maps and signs up that signal miles and mark the routes, very similar to hiking and cross country ski routes in the state and national forests. Don Weyer is leading this charge. We are at just the beginning stages, but hopefully before the summer's over, you'll see the result of Don's hard work.

Thanks Don!

About the emails...

Thanks to the many runners who emailed me their running stories last month. The winner of the drawing for "cool prizes" is John White. He'll receive a \$10 certificate to enjoy a cool one at the Milwaukee Ale House. Everyone else received a 2004 Runner's World Calendar. And, the 4 people who responded with wise cracks... they'll get a 2003 Runners World Calendar.

I'd like to hear more stories about why you run. Email me at jdcstrider@aol.com with your story, or tell me about your favorite race, Strider or, (sigh) Non-Strider event. Those who submit will be eligible for some more cool prizes.

Gary's Gallop April 17

(Continued from page 2)

each of the six age groups, in both men's and women's divisions. This year race features several new registration options in regards to T-shirts. Refreshments will be available following the run. For more information on the race or the new registration options, contact race director Brian Volkman at 414-731-9616 or register on line at www.signmeupsports.com.

Times Past: Now and Then

In Memoriam: Al Heppner



Ron Winkler

Many of us are serious about our training and we are very competitive. Yet, all of this is recreation. Therefore, a poor performance will not put us into serious depression. It's not a matter of life and death. At least, that's the way it should be.

That's not the way it turned out for elite race walker Al Heppner whose failed bid for a berth on the U.S. Olympic team led to suicide. On Sunday, February 15th, Heppner failed to meet the four-hour qualifying standard (along with all but Stevens Point, Wisconsin native Curt Clausen) in the 50-kilometer team trials in suburban Chula Vista, California. Three days later, he jumped 200 feet to his death from the Pine Valley Bridge on Interstate 8 in San Diego County, California. His death was ruled a suicide by the San Diego County medical examiner's office.

Had everything

Al Heppner attended the University of Wisconsin-Parkside (UWP) from 1992 until his graduation in 1997. He participated in the school's nationally known race walking program and earned NAIA All-American honors and also won the NAIA national 5-kilometer championship in 1997.

After graduation, Heppner joined the army and was a member of the U.S. Army World Class Athletic Program. In addition, he was part of an elite group of race walkers who trained at the Olympic Training Center in Chula Vista, California. His post college successes included second place in the 1999 U.S. 50-kilometer championships and third place in the 2001 U.S. indoor championships.

Besides race walking Heppner was a graduate student at San Diego State University. He was a journalism student and had served as sports editor for the UWP newspaper. He was currently a writer for the North American Race Walking Foundation and the Ohio Racewalker.

Heppner was fun loving and outgoing; he had many friends. He had a rapport with people of all ages. Lynn Tracy, a Masters race walker with the

Parkside Athletic Club said of Heppner, "We were pals. He sat at my dining room table to try out a sales "schpiel" on me when he landed a new job. We laughed and teased each other like siblings."

Mike DeWitt, race walking coach at Parkside said, "Al was a great person. He was involved in everything. (He would) don the Ranger bear suit for basketball games." Tracy Sundlun of San Diego's Elite Racing, Inc. summed it up by saying, "He really had everything."

Too serious

So what went wrong? For one thing, Heppner took race walking too seriously. Vince Peters, national chairman of the USA Track & Field Race Walk Committee and friend of Heppner said, "Sport isn't supposed to be that serious."

Coach DeWitt added, "Everyone, including Al, has heard me say, many times: it's just race walking! That's all it is. Have fun, enjoy it, do the best you can, but be yourself and roll with the flow."

Curt Clausen concurred: "It's not rational. What's striking to me is that he placed that much importance on the outcome of one race, or on him making the team, that he'd lose sight of the bigger picture! Life's precious and too short. It's not a life-or-death sport."



Very competitive

Heppner had other ideas. He was quoted in the Columbia, Maryland Flier after failing to make the 2000 Olympic team, "I am extremely competitive, and I always have been competitive to the point where it is probably not healthy. Good for an elite athlete, but makes it even more devastating when it does not work out."

However, the February 15th race was not the end.

Heppner had another opportunity to qualify for the Athens Olympics at an international meet in May in Germany. He had an excellent chance to meet the standard because he had walked sub-four hours previously. In the February 15th race, Heppner had surprised everyone by pulling away from the pack early, after only 10-kilometers. He eventually faded to finish 5th in 4:23:52.

Coach DeWitt counseled Heppner in 2000: "I knew of the serious problems that Al had following the 2000 50K trials and talked with his mother as well as Al during that rough period of time. This past weekend, turned his thoughts back to that time I am sure."

Narrow definition of life

According to an Associated Press article, "Heppner's life seemed to be defined by trying to reach the Olympics." That's not how it should be. Heppner's fellow race walker and army buddy, John Nunn added, "You shouldn't take it to the point of jumping off a bridge. But at the same time, you cannot tell an athlete to relax and chill, because he's put his whole life on hold, working for at least four years to make it happen."

It's not a good idea to "put all your eggs in one basket." Whatever we do in life, we need to diversify, whether it is monetary investments, hobbies or friends. That way, if something goes awry in one area, we have other areas to fall back on.

As individuals, we need to define ourselves in broad terms and be well rounded. It is okay to be defined as a runner, race walker or Olympic athlete, but that should only be part of a broader definition that includes work, hobbies and family. We all have seen what can happen in retirement to someone whose self-worth was defined by a career without developing any hobbies or other interests. The same thing can happen to athletes who get injured or whose performance starts to slip with age.

We need to wear many "hats" as we go through life. These "hats" are what define us as a whole person. Things that define us are work, athletics, family, hobbies, volunteer activities and recreational activities.

Unhealthy

The ability to focus is part of competitiveness and is compulsory for racing long distances. However, the negative flip side is compulsion or obsession. By focusing too much on athletics, too much value is placed on this aspect of life. By his own admission, Heppner was competitive to an unhealthy

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The BLS "Roger Bannister" Sub-4 Mile

In celebration of the 50th Anniversary of the "Miracle Mile"

By Marty Malin

On May 6th, the Badgerland Striders will hold a one-mile run commemorating the 50th anniversary of Roger Bannister's breaking of the 4-minute mile on May 6th, 1954. His achievement is still regarded by many as the most important running barrier ever broken.

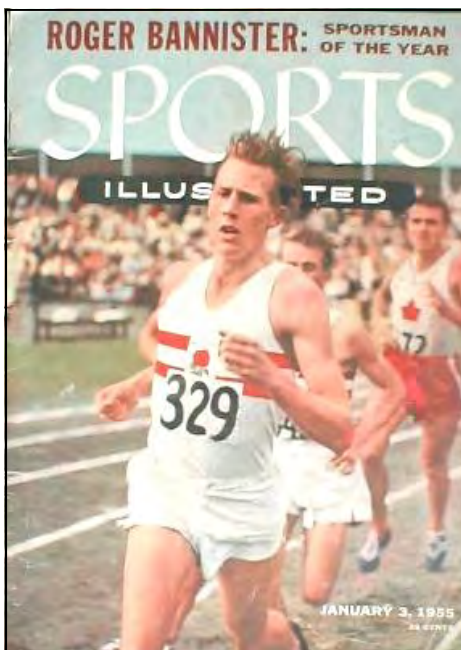
This once in a lifetime event is free and open to anyone. So if you didn't compete against Bannister on that fateful day at Oxford's Iffley Road track, you are welcome to join us at Wauwatosa's Hart Park track. The first 150 participants to sign-up will each get a commemorative ribbon upon the completion of their run.

The ribbons will be for 1st, 2nd, or 3rd place, as age groups will be formed to accommodate a maximum of three runners in each male or female division. This will guarantee that everyone runs a sub-4, one mile run. (The sub-4 being their place in their age division.) [Editor's note: *Groan*]

We will run in heats, with the youngest and oldest participants starting at 6:15 p.m., and go until we are finished at approximately 8 p.m.

You will be informed of your start time approximately 15 minutes ahead of time, which should allow for enough warm-up time, as you will generally be able to tell your start time approximately by your age.

Tentative plans would be for those under 20 years old and over 70 to start at 6:15, those in their



"Miracle mile" runner Roger Bannister, then

20's and 60's at 6:30, 30's at 6:45, 50's at 7:00 and 7:15, and 40's at 7:30 and 7:45. But that could change depending on age distribution and if we decide to run more than seven heats.

We may even have start times five minutes apart after the 7:00 heat, and run overlapping heats.

Registration for those 60 & over and those under 30, will end at 6:00. Registration will end at 6:30 for those age 30 - 59.

We will meet on the South side of the track at Wauwatosa's Hart Park, and run on the track. Hart Park is one block South of State Street (Chestnut) at 72nd. Parking is available just South of the track.

This commemorative run will be held in conjunction with the BLS Adult Intermediate Running Program.

If anyone would like to volunteer to help with this event, it would be greatly appreciated. If you want to volunteer and run, I'm sure that would work too. We need help with registration, computer entry, and scoring.

Even though this special commemorative event is free, donations of \$1 would be appreciated.

If you are interested in participating in this once-in-a-lifetime event, you can e-mail Marty at 4r_u_n_n_e_r_s@m_e_r_r.c_o_m, by calling 414-453-7326, or looking in this month's issue of *The Strider* (which is right in front of you, as you are reading), finding it on our Club's website at www.badgerlandstriders.org, or by just showing up.



Sir Roger Bannister, now

Upcoming BLS Meeting Speakers

The third Wednesday of the month at Tanner-Paull, 6922 W Orchard, 7PM. See Pg. 9 for more details.

Wednesday April 21st

Dr. Bill Gaertner

Dr. Bill Gaertner practices at the Innovative Health and Fitness Center in Franklin. He is also a competitive runner and triathlete.

The title of his talk is;

"Running Away From Chronic Disease: How a Healthy Lifestyle Can Keep You Away From Doctors, Drugs, and Disease."

Wednesday May 19th

John "the Penguin" Bingham

Mr. Bingham is a popular monthly columnist for *Runner's World* magazine and an accomplished writer of beginning running books.

The Penguin has inspired hundreds of thousands of men and women to run for fun, fitness, and self-affirmation.

From his humble beginnings of trying to make it down his driveway and on to the street, to his current folk hero status, the Penguin serves as an inspiration to thousands of regular people who are trying their best to change their lives with their own two feet. Their joys and frustrations, like the Penguin's, are the classic hero's struggle against the odds.

Once an overweight couch potato with a glut of bad habits, including smoking and drinking, at the age of 43 Bingham looked mid-life in the face--and started running. Since then, he has completed 38 marathons and hundreds of 5K and 10K races--and developed a whole new outlook.

- by Dave O'Brien

I had joined the club as a novice runner in 1986. One of my early runs was something on the south side. Perhaps it was the Cudahy 10 mile.

I remember waiting around for results. I didn't realize what it took to produce them; nor their significance.

By accident I happened to be near three or more of the faster runners who were concerned about the results. Paul Kutschera was there, as well as (I believe) Lindsay Skinner, Bill Hollihan, John Becker and one or two others. Finally, after someone told them a time, or a number, one of them responded.



Paul Kutschera long time club member and frequent age group winner and dancer, ... ETC.

Paul Kutschera - a Runner and a Gentleman

"Okay, you got first, I got second, and he got third."

I was appalled, because it seemed someone had suddenly decided on their own, and had taken over the race results.

Later I mentioned this to Paul, because he seemed to be the most accessible person of the group.

"Well, Dave," he said, "You have to realize that these guys have been running together for years, and when the scoring system breaks down, they have to get along on their own."

"Really? The scoring system broke down?" I had been clueless.

That incident led to many others in which I got to rely on Paul for advice and admonition regarding my running.

A member of Badgerland Striders for 20 years or more, Paul Kutschera has been known and respected as an engineer, a mentor, and a steady, level-headed and competitive runner until two years ago, when he was diagnosed with ALS, or Lou Gehrig's disease.

I was honored to be invited to his "surprise" 70th birthday party at Milwaukee Ale House Saturday afternoon, January 24, where Kathy and I met several of his friends; old-timers as well as some more recent.

Polling some of his friends at the party and afterward, I got the following impressions.

A Great Runner

"When Paul and I first met, he and I were competing in the 50 to 54 age category," said Larry Engel of Grafton. "There was no way I could be as good as Paul. He watched his training, he watched his diet, and he loved to run."

"He was an amazing runner," stated Andy Arena, one of the founding members of our club. "He had the most efficient running form I've ever seen. There was just no wasted motion. I could never beat Paul. Although he was three age groups ahead of me, I can't think of any race in which I was able to beat him."

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Paul Kutschera - A Runner and A Gentleman

(Continued from page 4)

Ken Burman of Kenosha added, "Oh, he was tough. He'd be hanging back and we'd be saying, 'Where's Paul? Where's Paul?' And then, usually about 5 miles from the end of the marathon, we'd see him come, and there was just no beating him."

"Without a doubt, he was one of our top senior runners," said Roy Pirrung of Sheboygan. "We had a lot of fun together. Paul and I traveled to the Paavo Nurmi Marathon a couple of times. He had quite a streak going up there. Going back to '85, I doubt that he ever missed two consecutive races, and he almost always took his age group."

Jerry Labodda of Greendale said best what some others were thinking. "I always wanted to beat him, but I never could. It became an obsession with me. His legs always kept going. He was one of the best."

"He wouldn't pass you," said Dr. Ed Parker of Franklin, "Until two miles from the end. And then you'd find he'd finished 20 minutes ahead."

"Yes, and after he passed you and won," added Jerry, "He was always ready to help. He certainly was my mentor. He was always such a . . . gentleman."

A Gentleman

O.T. Lupinski, who roomed with Paul on a couple of trips to Grandma's Marathon, related, "In spite of his amazing times, he was always friendly, congenial, and very helpful."

"At award ceremonies," said Agnes Reinhardt, "He would go out of his way to congratulate the winners."

"Then you would realize," she continued, "That he was a winner himself."

"He was always as pleasant as could be," Ken Burman expressed.

"I admire and respect Paul for his dedication, determination, and good sportsmanship," Larry Engel summarized.

The Cross Trainer

"Did you know Paul never ran outdoors in the winter?" asked Ken Burman, as if he'd just revealed the answer to one of life's persistent questions.

"Paul persuaded me," reflected John Becker, "Of the need for an older runner to cross train. However, Paul didn't just participate in other activities. He excelled."

"My biker friends admired Paul's ability to complete long road trips. My cross country skier friend hated to get beat at The Berkie, by a man who was six years his elder."

The Great Dancer

It was John Becker who first alerted me to Paul's dancing ability. Oh, it's not that they . . . well, here, I'll quote from John's e-mail.

"My wife, Mary Stott, mentioned Paul's grace on the dance floor at the annual Strider parties."

Mary isn't the only one who noticed. Vernelle Schlienger's pointed it out to Kent.

"I figured," said Kent, "It was the result of his wearing his large straw hat to races."

"Paul," Kent asks, "Where can I buy one like that?"

Agnes Reinhardt noticed too. Many of the women did. "Ask Nancy Mack about his dancing," Agnes suggested.

"What, you didn't know about that?" asked Nancy.

"Look," she continued, "When you were with Paul, you did one of two things. You danced, or you ran. Monday night you took lessons. Tuesday you went to a club. Wednesday you ran. And so on through the weekend. To continue (a relationship) with Paul, you had to be always on the move."

"I once brought him to a Vagabonds (ski & social club) meeting. They talked a lot, but they didn't do anything. He swore he would never go back, and he never did."

Bonnie Clarey is another woman who was impressed by Paul's dancing ability.

"He was one of the best dancers I ever knew. There were always other female admirers lined up to dance with him," she admitted.

"One time, at the party, he asked me to dance. He could anticipate how the music would change, and how I would move and respond. He was an excellent leader."

"Then the song changed, and we were still partners, and, well . . . I was in Seventh Heaven that evening."

His Clothing

"We share the same windbreaker," said Agnes. "It's from LaCrosse University, purple with white."

"And I remember his straw hats."

"Straw hats?" I asked. "As in running Ice Age?"

"Yes, he always wore straw hats."

I remembered what Agnes was referring to, as Paul wore a straw hat while passing me at Ice Age in '88 and '89. I figured it was his own way of keeping a cool head, as well as avoiding sun damage.

Oh, and shirts.

There was a period (in the late '80s) in which Paul chose to wear white dress shirts, cut off at the bottom, and with slits at the front and back to encourage air circulation; for protection from the heat in long runs.

Although not many runners picked up on his habit, today's youth seem to have embraced it thoroughly. Few of them tuck their shirts in, and many slit their shirts and jeans for better circulation in the summer air. The body piercing fad is a whole different subject, which we can't attribute to Paul.

Devoted Father

Both Ed Parker and John Becker mentioned how proud Paul was of his daughter's achievements.

"Do you remember the Pretzel Run in Jefferson?"

asked Ed. "Paul and I used to drive out to run that race. His daughter was the race director. He was so proud, his face beamed when he mentioned that."

Parties

A lot of us have traveled with Paul and stayed with him in motels, condos, cottages and cabins. Frequently it was with mixed company, with everything on the up-and-up.

But Chuck Bressler told of a trip to the Boston Marathon, which he and Paul ran, then met some women and *partied all night* before driving home the next day, without the benefit of sleep.

"That's the way Paul was," said Chuck, "And that's what he could do."

Personal Statements

"It was Lakefront Marathon 2000, and we were both in the 65-69 age category," related Kent Schlienger.

"I passed Paul at the Palisades Drive aid station, around mile 19 - 20. 'Go for it,' he said. I assumed he was just having leg pain, which, based on past experience, I knew he could overcome. I didn't look back, but ran hard with incentive to stay ahead."

"Looking back today, I realize it wasn't that Paul allowed me to pass him; it was the beginning stages of ALS that prevented him from achieving his full potential."

And from Larry Engel:

"I know not being able to run is so hard for him, because of his deep love for running."

"As it was for Lou Gehrig, this disease must be devastating for Paul."

"Life is unpredictable. You have to live each day to the fullest."

"Paul inspired me to do the best I can."

Follow-up

Kathryn Retzlaff reminded me that I had mentioned Paul's name in an earlier article in 1989, entitled "Three Little Words." She graciously provided me with a copy, which is reprinted below.

Three Little Words*

Have You ever had trouble deciding just how hard to try?

I mean, in anything. In cleaning your nails. In studying for finals. In pursuing a career. And, yes, in running a race.

It was my memory of a race that brought this

(Continued on page 6)

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Paul Kutschera - A Runner and A Gentleman

(Continued from page 5)

subject to mind. Last September I participated in the Badgerland Striders 20K, and just could not decide how fast to run the course.

Not that it made a great deal of difference. As a slower runner, I was not in contention for a prize. My time for the previous year had been published as 2:09:03, and I knew, based on my recent times at other races, that I had a chance to break 2 hours. But was the effort worth it?

The temperature was ideal -- 65 degrees at the 8 a.m. start, rising gradually to 70. It was sunny and calm, but quite humid. It was mainly the humidity that caused me some discomfort. At 6K, the second water stop, I decided to load up with water "just in case," but still could not settle on a pace.

At 7K I was still bothered. Should I boost my speed and try to break two hours? Or should I pick an easier pace and be content with my usual time?

Resolution came at Hampton Avenue when I met Paul Kutschera.

Actually, this was the second time I met Paul. Most of you know that the middle portion of the 20K course wraps itself forth and back, back and forth, between the roadway and footpaths in Estabrook Park, so that depending on the differences in their speeds, runners may meet each other two or even three times during the run.

At our first meeting, Paul and I just waved acknowledgement. No sense wasting energy by shouting one-liners. But at our second meeting along Hampton Avenue, While I was trying to decide whether to try for a P.R., Paul looked across and without interrupting his floating stride said these three words: "Go for it!"

I never mentioned to Paul, but his statement had a great effect on me. Suddenly the humidity both-

ered me less and I was able to focus on my goal of two hours. My friends Doug and Chuck, who met me later in the race, said I appeared to be running much better ("with my head up," I believe they said). Anyway, I turned a 1:58:36.

"So what," you may say. "It was a fluke. Nothing worth writing about."

No, it's not a fluke, because the exact same thing happened again recently.

It was at the 5th ANNUAL CHAMPAGNE CHASE in Hartland January 1, 1989. I asked Rick Mann, who had beat me in the Glacial Trail Run last fall, how he intended to do in the 5-mile run.

"Oh, about 41 minutes," he said. How, about you?"

"I'll be happy with 48 minutes," I replied, thinking I should certainly do better than 10 minutes per mile, but because of the winter running experience, anything under that would be gravy.

Early in the race I pulled up alongside Kate Retzlaff and we exchanged a few words. Kate and I are about evenly paired. In the races we have both run, she finished ahead of me about as often as the reverse. One thing about Kate, though, she can always take me up a hill.

Well, I pulled a few feet ahead of her on the straight, but she trounced me up the first hill. At one mile she was a block ahead. My work was cut out for me.

The remaining hills were relatively small, and my longer distance training was beginning to pay off. Still, I wasn't able to catch her until around 3 1/2 miles. She recognized me from behind, by my heavy breathing.

There are any number of ways two evenly matched and competitive runners could greet each

other in a passing situation. Kate's response was gracious, encouraging, and unexpected.

"Go for it, Dave."

Well, O.K. Once again those three words got me going down the steep hill and across the long straight. My finishing time was listed as 43:41 -- another P.R., and my first 5 mile race at under a 9 minute pace! Really, it was all: due to those words of encouragement. (The fact that Kate was breathing down my back and finished just 3 seconds behind me meant nothing at all.)

All over the world, whole populations have been affected by a few well-placed words of encouragement. Do you think for a minute that Napoleon would have crossed the Alps, or Washington would have crossed the Delaware, had the words they heard been less than encouraging?

Few students of history realize the crucial part played by a short cripple named Quigley who was kept on by General Washington in winter of 1777-78 because of his skill in turning a phrase. If Quigley were alive today, he would probably find lucrative employment in the field of advertising or public relations.

"You know, Quigley," said Washington that fateful Christmas Eve, "I left my woman in a warm bed, and I'm getting so cold my wooden teeth are knocking. Now, as I look across the river, I'm not sure we can make it through the ice. What do you think?"

"Go for it, Mr. Washington," came the quick reply.

So now you know. Thanks to Quigley, Kate Retzlaff, and Paul Kutschera, the United States gained its independence, and I got two P.R.'s.

* from *The BADGERLAND STRIDERS NEWS-LETTER*, January, 1989.

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Weather - 1 John Dick - 0

(Continued from page 2)

alized. Dave and Rick decided to finish together instead of trying to finish each other off.

Amidst all the blood letting on the macho side, Ann Heaslett kept chugging along cheerfully. Her friend and first timer, Cary Segall stayed with her for two laps and then had to let her go it alone for the rest of the race. Ann finished looking better than any of the men. As a measure of how difficult the course was, her winning time of 5:22 was 35 minutes off her course record of 4:47:45.

The men's side was even more dramatic. Dave Dehart set the course record (as did Ann) in 2001, at 3:52. His and Rick's winning time this year was a whopping one hour and five minutes slower.

Out of 74 starters, we had 26 finishers. Surprisingly, this is about the norm for this race, despite abnormal weather conditions.

Everyone who made it made it back to the cabin at the finish line were greeted by my wife Mary's chili, both real and vegetarian and copious amounts of home baked cookies, corn bread and apple cake.

The cheerful volunteers who manned the aid station and the finish line area all day in the snow and cold are all marathon runners (at least) and my personal friends. You know who you are.

Thank you.



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To make your reservation now mail this form with a refundable* deposit of \$100.00 (balance due \$May 1st 2004) to:
Kevin Mastaw, 3810 N. 86th St, Milwaukee, WI 53222.

IMPORTANT NOTE: Grandma's Marathon and the Gary Bjorklund Half Marathon registration are closed for 2004. The William Irvin 5K is still open for registration at www.grandmasmarathon.com. If you have any questions contact Kevin Mastaw at 414-536-6533 or mastwakj@netzero.net

*Refund of deposit for cancellations made before May 1st, 2004.

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FROM THE ARCHIVES

25, 20, 15 and 10 years ago

By Ron Winkler

25 Years Ago, April 29, 1979

Bonnie Belle 10K Chicago, Illinois

Twenty-five years ago the newsletter printed only the names of club members. For the Bonnie Belle 10K in Chicago, that was held on April 29th, only the names and times were listed for the participants. They were: Rosie Peterson 44:20; Gloria Roark 44:26; Judie Kirchoffer 44:39; Lynda Drews 46:05; Yvonne Psychal 47:10; Kim Kirchoffer 47:50 and Lyn Skudlarczyk 58:50. There were 3500 women entrants.



20 Years Ago, April 7, 1984

Ninth Annual World Service 10K Run, Waukesha, Wisconsin

Kevin Setnes and Maureen Sheehan were the overall winners of the Waukesha YMCA's 9th Annual World Service 10K Run held on April 7th. Their times were 32:29 and 44:26, respectively. Age group winners were: Peter Dodd (20-29) 32:51; Herman Gates (40-49) 36:46; Joe O'Hara (50-59) 42:30; Frank Stenson (60+) 51:18; Phyllis Reichardt (30-39) 46:50; Judy Kirchoffer (40-49) 46:36 and Agnes Reinhard (50+) 53:28. There were 121 finishers.



15 Years Ago, April 1, 1989

Badgerland Striders

South Shore Half-Marathon

Corinne Hlavka and Randy Shelerud took top honors in the 1989 edition of the Badgerland Striders Half Marathon held on April 1st. Their times were 1:25:33 and 1:15:56, respectively. Award winners in age groups were: Michael Prange (20-24) 1:24:15; Clement Grum (30-34) 1:17:56; Greg Hageman (35-39) 1:15:59; Don Weyer (40-44) 1:17:59; Bob Fitts (45-49) 1:19:17; Lindsay Skinner (50-54) 1:26:38; Richard Babcock (55-59) 1:31:05; Jim Morrison (60-64) 1:40:45; Paul Gionfriddo (65-69) 1:53:13; Tina Waters (16-19) 1:40:20; Jennifer Heyer (20-24) 1:30:08; Amy Radtke (25-29) 1:37:03; Kay Fronk (35-39) 1:43:24; Janet Sohns (40-44) 1:32:09; Lorraine Bunk (45-49) 1:41:15 and Betti Mihalek (60+) 1:53:34. This April Fool's Day run was completed by 264 runners.

10 Years Ago, 1994

13th Annual Dinosaur Dash 5K,

Milwaukee, Wisconsin

Lynn Fitzsimmons (18:10) and Doug Burchett (15:50) were the individual winners in the 13th Annual Dinosaur Dash 5K. Age group awards went to: Devon Bonady (16-19); 20:55; Laura Grabowski (20-24) 19:53; Patti Fredrick (30-34) 19:09; Donna Perkins (35-39) 20:04; Susan Koch (40-49) 19:23; Joan Engel (50-59) 28:23; Lois Gilmore (60-69) 26:31; Peggy Sullivan (70+) 35:13; Eric Van Lanningham (16-19) 17:14; Kevin Grabowski (25-29) 16:10; Scott Leith (30-34) 16:51; Dave Cross (35-39) 18:01; Rick Koceja (40-49) 17:08; Mike Kirkwood (50-59) 19:01; Larry Engel (60-69) 20:12 and Andrew Selep (70+) 27:46.

Keeping Pace with the RRCA

Contact Ed Demoney
email: execdir@rrca.org
(703) 836-0558

I'm pleased to announce receipt of RRCA's audited financial statements as of December 31, 2002, prepared by Murray, Jonson, White & Associates, Certified Public Accountants, Falls Church, VA. The financial statements reflect two unfortunate facts. First, expenses exceeded income by \$93,246 for 2002. Second, as of December 31, 2002, liabilities exceeded assets by \$182,935. These facts come as no surprise and are a reminder of how far fortunes had slipped 14 months ago.

An electronic version of the audited financial statements is available to anyone who wants to review RRCA's financial condition as of December 31, 2002. Just let us know here at the National Office and we'll email a copy to you.

The good news is that preliminary operating results for 2003 reflect a substantial change in RRCA's fortunes. Revenues exceeded expenses by \$169,233 in 2003. Assets are not yet in excess of liabilities, but with your continued patience and support this defect could be corrected in 2004. 2003 was a rather remarkable year in many ways. Your Executive Board remains committed to keeping financial matters on a sound basis.



March 2, 2004

Road Runners' Club of America Names Becky Lambros as Executive Director

Bee Andrews
email: atrgdir1@rrca.org
757-423-0256

The Road Runners Club of America (RRCA) has announced that Becky Lambros of Eldersburg, MD has accepted the position of RRCA Executive Director. Lambros will assume her new role effective April 19th, 2004. The RRCA search committee recommended Lambros unanimously, and the RRCA Board approved the selection.

"In the position of Executive Director, Becky will manage all operations and organizational activities of the national office. At this very critical time for the RRCA, Becky's role is especially important. The months ahead include important discussions with the American Association of Running Clubs (AARC) and, simultaneously, the RRCA will be reinvigorating the organization, rebuilding the confidence of its clubs and members, and planning new

program initiatives" said Bee Andrews, RRCA Board member and Board liaison with the search committee.

"I am very excited and honored to be part of the RRCA during this critical time. We have the unique opportunity to create a stronger, healthier RRCA that I hope will embrace the AARC leadership and clubs. Because of the dedication and talent of the people in both organizations, we have reached a crossroads that I am hopeful will result in a new, strong and unified RRCA. I am thrilled to be a part of the process and look forward to the challenge," said Lambros.

"Becky's enthusiasm, professionalism, experience and understanding of the past and current state of the RRCA make her well qualified to serve as the RRCA Executive Director. She brings to the RRCA a professional background that includes years of non-profit management experience and over a dec-

ade of service as the Volunteer Coordinator for the Credit Union Cherry Blossom 10-Mile. She has also developed a solid reputation with many key individuals in the long distance running community," added Andrews.

Lambros replaces interim Executive Director, Ed Demoney, who chose not to seek the job. "We thank Ed for stepping in and supporting the RRCA at a most difficult time," said Andrews.

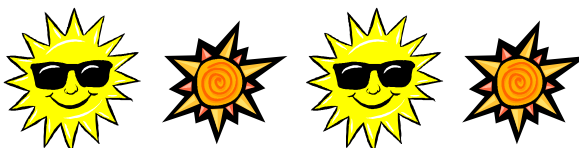
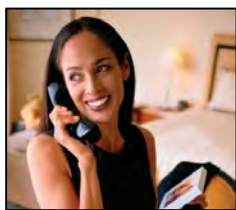
Said AARC President Jeff Darman, "I am extremely encouraged by the selection of Becky as RRCA Executive Director. The RRCA involved AARC in the selection process and this appointment is a real plus as the AARC Board evaluates and explores options on how the two organizations can work closer together and hopefully become one. Becky is the right person at the right time."

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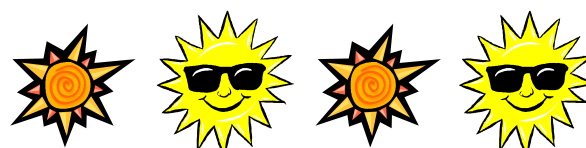
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We welcome your articles, poems, journal extracts, essays and cartoons. However, not all submitted material can be printed, and some will be used with a delay. In addition, the editor reserves the right to correct spelling and grammar, and to edit 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.

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Lakefront Discovery Run	John Cornell	Oct 30, 2004 414-967-9657
Turkey Trot	Len Wachniak	Nov 7, 2004 414-545-5899

In Memoriam: Al Heppner

(Continued from page 3)
degree.

Whether at work or play, people push too hard. Most of us expect too much from ourselves. When we add input from the media and advertising, we create a time bomb waiting to explode. One of the worst examples is on the back of a t-shirt. I see a woman wearing this t-shirt all the time at the health club where I work out. The lettering reads, "Second

place is the first loser." What a terrible philosophy, especially when first place is never a permanent assignment.

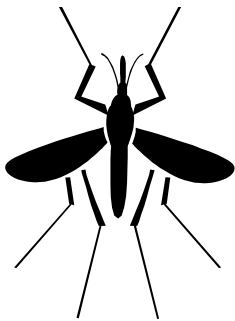
To summarize, we need to maintain a healthy outlook in all areas of our life. The best way to do that is to have many interests and not take any of them too seriously.

The Witch Doctor

Bug Home Remedies

By John Bell

Spring is just around the corner—and the bugs are sure to follow. Here's a little advice from the witch doctor about home remedies for bug repellants:



We have all heard of and use DEET. But is it still any good and how much harm does it do to the body? DEET definitely is an artificial chemical which is absorbed into the body and stays there a long time. Is it harmful to us? - The jury still out on that one, but it probably is. More importantly, it is not as effective against mosquitoes and especially biting flies anymore. They have genetically mutated so it does not effect them as much anymore. This same thing that has happened with the over-use of antibiotics and their effect on bacterial pathogens.

Being the scientist and experimenter that I am, here are some things that myself and a few other bold naturalists have tried.

Ever notice how some people have "bug sweet skin" and seem to just attract mosquitoes and flies. I know at an outdoor picnic or party, I try to find these people and stand close, but not too close to them so that the bugs find them and not me. That person may think that I like them. Actually, I am just using them as a bug zapper attraction.

An Overview of Bug Attraction Features

- ☞ Flies are attracted by certain smells, water, and body heat (especially on cooler day). They love to sit on a hot body during a cool fall day. They bite best when you are really sweating and wet on a warm day or swimming and wet.
- ☞ Mosquitoes look for inviting thermals (heat waves), odors, and skin texture.
- ☞ Bees love bright colors in bright lights and high frequency vibrations or high energy states.

If you have skin and body odor, etc. that attract bugs, what can you do?

- ☞ No sweet perfumes. Only use natural products on your skin - aloe, witch hazel, etc.
- ☞ Eat the right foods to change your skin and body odor. A lack of B1 and some other nutrients can create the "bug sweet skin".

Several years ago and friend and I experimented with changing our skin odor, etc. by taking 1-2 teaspoons of real vanilla extract a day. It worked. After a few days the mosquitoes were not as attracted to us. What was in the real vanilla extract (imitation will not work at all)? Probably the B1 and some other items. We noticed a significant change. In another test, we noticed that taking pure B1 helps some but not as much as the real vanilla.

- ☞ Eating garlic and onions probably can help as well. Raw garlic is especially good at changing your skin smell and texture (besides curing the viral or bacterial infections you may get). I tested that and it worked to reduce mosquito attraction. It also works well at repelling many conventional western people. You will find out who your real friends are after you eat the vanilla and garlic regularly.
- ☞ The clothes you wear also affect your bug attractiveness. Your laundry soap and other sweet smells are in them. Do not use perfumed soaps and drying agents.
- ☞ Colors also affect your attractiveness. If you want to attract the maximum number of bees, wear bright white or other very bright colors. If the sun is shining on you, the bees will just come a loving you. Lady bugs and Japanese beetles are particularly fond of bright yellow and lime-green-yellow. Earthen subdued tones do not attract those bugs that use bright colors for attraction.
- ☞ Your temperament also affects your bug attractiveness. Stay calm and you will send out fewer attraction signals. Electrical and thermal waves are emitted more from people who are excited and at a high frequency state. Bees again really love this excited, "quivering in fright" individ-

ual. They think it is a mating call. I remember working with several youngsters who were terrified of bees. The mere thought of bees and they would start quivering and send the mating call to the bees. Blam! They would be on the ground or running scared and attracting more. I always had to isolate them. I have seen this with a number of children. Please teach them to remain calm.

- ☞ The food you take with you. Of course bees like refined sugar and anything that contains it. An open sugared soda pop can is an big invite to a bee. Use diet if you have to have soda. Among the sugars, fructose (and maybe honey) attract bees the least.

So now I am eating my vanilla extract, garlic, wearing dull clothes, staying calm, and not taking refined sugar sweet foods with me, but I still get some bugs.

There's still more that can be done!

Remember, I am not going to use DEET because it is a toxin to our body and does not work as well anymore. So what do I use and what have I tried? Some may seem pretty weird but do work as well or better than DEET. I doubt that any of you will be bold enough to try but here goes:

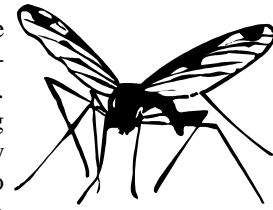
- ☞ Since DEET is not the best choice, try using lotions that contain the Citronella natural oil. I get it in 100% pure bottles and put a little on pure or mix it with some oil and put it on. Citronella is definitely the best thing for biting flies. My kids and I tested several kinds of DEET and Citronella during a long wilderness mountain bike trek in Upper Michigan. DEET out of a spray can ATTRACTED FLIES. As soon as I sprayed DEET from an aerosol can, flies came and swarmed me. They just loved it. It helped a little for the mosquitoes. Then we used DEET in a protein, etc, based lotion. This worked much better. 100% DEET worked, but it is really toxic to the body. It should never put on small children and it is not really recommended for much use on the skin of adults.
- ☞ We switched to Citronella. It worked much better on the flies and still worked for mosquitoes.

You can find Citronella oil in an increasing number of products mixed with other ingredients out there as manufacturers go back to nature to find remedies that work since their artificial DEET does not work so well anymore.

Now for the really good items you never thought about. I tested all of this recently in my trail training runs.

- ☞ Vicks Menthol Vapor Rub is great as a bug repellent. Its active ingredients are menthol, camphor, and eucalyptus. I put the Vicks Vapor Rub on my neck, shoulders, and a little on my legs and face and was bug free for quite some time. It worked well until I finally sweated much of it off. After reapplication I was fine again.
- ☞ An additional surprise was that the Vicks worked wonders for my sore muscles. I noticed a nice cooling and pain free sensation to my shoulders and arms where I had put it on heavy, so I rubbed it heavy on my legs when they were

getting sore and the pain was greatly diminished as I kept running. In addition, putting some of the rub on my face helped me to breathe better because of the nice vapors.



- ☞ For mosquitoes-- just rubbing some types of oils like olive oil or some other oils makes the mosquitoes less likely to land or stay once they land. I am not sure yet which oils are the best. More testing needed
- ☞ Wintergreen oil is another multi-purpose item. It provides a very good cooling effect to reduce muscle soreness and swelling. It also helps repel bugs and open up the breathing. Rubbing winter green oil on the body used to be the old remedy for sore, aching, swollen muscles. Very cooling and soothing and works some for bugs.

My Ultimate Bug Mix

- ☞ 1 teaspoon of real vanilla extract a day during outdoor bug season.
- ☞ Dull or earthen colored clothes without perfumed laundry soaps and drying agents.
- ☞ Stay calm and don't bring sweets along.
- ☞ Use Citronella if biting flies are a problem.
- ☞ Use Vicks Vapor rub as general bug repellent and muscle soothing rub. Mix wintergreen oil in with it for the ultimate bug and muscle rub.

So, there you have my latest home remedies to reduce the bugs affecting you. Let me know if any of you have tried anything else or are bold enough to try some of my suggestions.

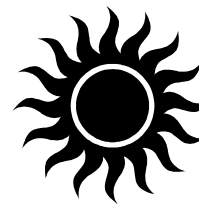
A Story of Another Type of Sun Screen and Bug Repellent

A few years ago a group of 4 of us were on a long all day canoe trip. One of those fun up north with rapids deals. Early in the day which turned sunny and hot, we spilled and lost our bag of sun screen and bug repellent. Both canoes were out of sun and bug lotions. More important in this case was the sun screen.

On my advice, my friend and I paddled over to a clay/muddy bank. We proceeded to entirely coat our bodies - arms, legs, face, etc. with a thick coat of the clay/mud. We reapplied as needed during the day. The other canoe refused to follow suit and went the day without clay/mud skin coating.

At the end of the day, they other canoe people ended up in the hospital from sun exposure. On the other hand, we felt great and had a nice spa-like mud/clay skin treatment.

This is just another example of how the medicine can be right in front of you without you knowing it.



2004 John "Crusty" Dick Memorial 50K Trail Run Results

February 7th, 2004

FINISHER'S RESULTS

1	Dave Dehart	4:57:14	14	Todd Egnarski	6:32:35
	Rick Stefanovic	4:57:14	15	Jim Blanchard	6:51:28
3	Clem Grum	5:04:54	16	Kathy Rytman	6:52:50
4	Alex Swanson	5:07:32	17	Mike Ward	7:01:33
5	Ann Heaslet	5:22:30	18	Kathryn Dunn	7:13:55
6	Alex MacPherson	5:48:11		John Rodee	7:13:55
7	Cary Segall	5:56:12	20	Jack Thomas	7:40:45
8	Sott Meyers	6:01:30	21	Lorraine Bunk	7:52:52
9	Tom Bunk	6:09:10	22	Bob Gabbey	8:14:02
10	Laura Clark-Taylor	6:13:08	23	Kris Hinrichs	8:19:20
11	Doug Weilgat	6:19:44		Brigitte Wendt	8:19:20
12	Julie Treder	6:21:30	25	Irvin Snider	8:29:00
13	Bill Thom	6:30:18	26	Dave O'Brien	11:05:07



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