

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 4

May 2004

May 8th, 2004

Striders Well Represented at this Year's Ice Age Trail 50

By John Zinzow

As the May 8th date for this year's Ice Age Trail 50 approaches, the Badgerland Striders once again are out in force. As of this writing on April 13th, 84 of the 381 runners entered are members of the Badgerland Striders Running Club. We are expecting approximately 500 runners to participate in the Ice Age Event this year.

The Striders are also showing impressive numbers in the categories of fast times and the number of Ice Age races completed. As race directors Holly and I would like to acknowledge the Striders listed below, their dedication to trail running, their training schedule and their dedication to our Club.

We would also like to extend our thanks and gratitude to the army of Strider volunteers who give up the opportunity to participate in the event in order to provide a quality running experience for others.

Without the dedication of these individuals, this event would not have been a reality for the decades it has existed!



Note: The following are this year's Ice Age Strider registries, Run column below indicates total Ice Age Races completed

NAME	CITY	ST	RUN	NAME	CITY	ST	RUN	NAME	CITY	ST	RUN
Andy Arena	Milwaukee	WI	20	Robb Linnemanstons	Mequon	WI	6	Herb Redmond	Cambridge	WI	1
Roy Pirrung	Sheboygan	WI	18	Jim Szyjakowski	New Berlin	WI	5	Brian Walczak	Naperville	IL	1
Tom Bunk	North Prairie	WI	17	Julie Treder	St Francis	WI	5	Robert Wehner	Hubertus	WI	1
James Blanchard	Oconomowoc	WI	15	Mary Gorski	Milwaukee	WI	4	Joyce Yarger	Belvidere	IL	1
Merrie Baltramonas	Hartland	WI	14	Tammy Hunter	Amherst	WI	4	Jim Anfang	Dousman	WI	0
Gordon Bartlett	West Bend	WI	12	Tom Chartrand	Wauwatosa	WI	3	Matt Bartz	Milwaukee	WI	0
Lorraine Bunk	North Prairie	WI	12	Dave Dehart	Waukesha	WI	3	Mary Bolich	Glenbeulah	WI	0
Brad Drake	Sun Prairie	WI	12	James Hauser	Elkhorn	WI	3	Gerald Cameron	Waukesha	WI	0
Dennis Maack	Milwaukee	WI	12	Kristine Hinrichs	Milwaukee	WI	3	Laura Clark-Taylor	Madison	WI	0
William Hollihan	Beaver Dam	WI	11	Peter Kacala	Eagle	WI	3	Russell De Lap	Brookfield	WI	0
Dominic Ruffalo	Kenosha	WI	11	Brigitte Wendt	Muskego	WI	3	Kevin Degenaro	Milwaukee	WI	0
Marvin Sato	Chi	WI	11	Christine Crawford	Whitewater	WI	2	Amy Flom	Brookfield	WI	0
Kevin Setnes	Eagle, WI	WI	11	James Ehasz	Mauston	WI	2	Donna Flood	Milwaukee	WI	0
Fredrick Klewin	New Berlin	WI	10	Dean Gruber	Milwaukee	WI	2	Thomas Holland	Milwaukee	WI	0
Frank Slamar	Waukesha	WI	10	Tamara Klein	Pewaukee	WI	2	Jennifer Johns	Milton	WI	0
John Rodee	Shorewood	WI	9	Robert Mueller	New Berlin	WI	2	Mark Johns	Milton	WI	0
Deb Vomhof	Watertown	WI	9	Beth Simpson	Fox Point	WI	2	Scott Krueger	Milwaukee	WI	0
John Jenk	Hales Corners	WI	8	Joseph Soriano	Milwaukee	WI	2	Gardar Middleton	New Berlin	WI	0
Manuel Lopez	Racine	WI	8	Dennis Wantland	Meno Falls	WI	2	Eric Miller	Sturgeon Bay	WI	0
Douglas Scott	Janesville	WI	8	Todd Bartels	New Berlin	WI	1	Georgia Nothdurft	Eyota	MN	0
Vince Varone	Milwaukee	WI	8	Nancy Hauser	Elkhorn	WI	1	Scott Novak	New Berlin	WI	0
Norman Yarger	Belvidere	IL	8	John Hinz	Muskego	WI	1	Theresa Pitman	New Berlin	WI	0
Bonnie Busch	Bettendorf	IA	7	Josephine Lepley	Green Bay	WI	1	Kent Schlienger	Wauwatosa	WI	0
Todd Egnarski	Watertown	WI	7	Donna Mosca	Burlington	WI	1	Nancy Sellars	Franklin	WI	0
Beth Onines	Lake Zurich	IL	7	Bruce Pagel	Elm Grove	WI	1	Randi Strand	Milwaukee	WI	0
Doug Wielgat	Racine	WI	7	Paul Paikowski	Waukesha	WI	1	Fred Syrjanen	Waukesha	WI	0
Cathy Drexler	Milwaukee	WI	6	Kenneth Plumb	Rubicon	WI	1	Tim Yanacheck	Oregon	WI	0
Ralph Graf	Oconomowoc	WI	6	David Poglitsch	Franklin	WI	1	Mark Ratfelders	Gurnee	IL	0

In Memory of Sarah... Help her crusade continue!

By Tim Olsen

The Wisconsin Donor Network, eastern Wisconsin's organ procurement organization, will host the sixth annual Sarah's Stride Run and Walk at 5 p.m. on Saturday, May 22, 2004, at Hart Park, Wauwatosa.



Sarah's Stride
May 22, 2004
Hart Park, Tosa

Sarah's Stride includes a two-mile walk and 5K certified run that winds through Honey Creek Parkway. Cash awards will be awarded to the top runners. All participants receive a T-shirt, refreshments and entrance to HartFest. They are also 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. After May 7 the registration fees will be \$18 per person and \$64 per family, plus \$15 for each additional person.

Registration is also available on-line, at www.active.com. On-site registration is at Hartfest Friday, May 21, 5:30-7 p.m. and Saturday, May 22, 3:30-5 p.m. inside the Meullner building. Stride packets, T-shirts and timing chips will be available to all registrants on race day after 3:30 p.m.

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

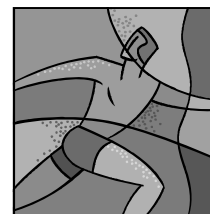
Sarah's Stride is expected attract over 1,000 participants. For a registration form or for more information about Sarah's Stride, call the Sarah's Stride information line, (414) 805-4698, or see www.wisdonornetwork.org under "Special Events."

The route will follow essentially the same course as past years, with just minor modifications. The scoring will again be provided by Sports Management Associates using the ChampionChip. The ChampionChip is the newest technology for scoring races. Each runner is given a small chip transponder,

(Continued on page 10)

INSIDE:

Track! Excitement. **PAGE 2**



Superun is Here **2**

New Member? **2**

Prez Sez **3**

Times Past: The Race Book **3**

Traveling Striders:

• Ellerbe Springs Marathon **4**

BLS Meeting Speaker

• May 19th - John "The Penguin" Bingham **4**



Grandma's Bus IS NOT FULL **6**

From the Archives **7**

Hello Trailbreakers **8**



BLS FUN RUN SCHEDULE **8**

Storm the Bastille **8**

Strider VIPs & Club Info **9**

Want Ad **9**

John Dick Remembered A Poem **10**

Roger Bannister Sub 4 Mile May 6th **10**

Membership Form **11**

MAKING DUST:

• Trail Breaker Marathon **12**

• Trail Breaker 1/2 Mara **13**

• Trail Breaker 5K **14**

Coming Events **15**

Track

Speed, Drama, Excitement !!!!!!!!!!!

By Alice Winkler

As a child you got to play in the sand and run and jump and throw things to your heart's delight. Well, think of a track meet as an adult's playground. The Badgerland Striders offer three track meets every summer. We are not able to offer the field events or the hurdles, but we do have all of the running events and the race walk.

In order to prepare yourself for all of your races, it is a good idea to do workouts for speed, tempo runs and distance work. You'll need to do the distance on your own. Come and join us for the speed and the tempo runs. For speed, we offer the 200, 400, 800, and either the 1500 or the mile. In the tempo category, there is the two mile.

A race walk is also held. Every year, we get some takers and some of those people have become real race walkers. They discover, as my husband Ron and I have,

that race walking is an excellent supplement to your running program. It saves your knees, but gives you just as good of a workout as running. Race walking also works opposing muscles for



STRIDER OPEN TRACK MEETS

May 25th 6:30pm

June 15th 6:30pm

July 20th 6:30pm

Hart Park, 73rd & State



ful to see entire families coming for an evening of activity. There are always plenty of people to cheer in the children ...and they love it. Remember, the children are our future and it is important for us to encourage them and celebrate their efforts.



The toddlers especially love the short races. Because of that, we usually offer several heats of

the 100 and the 200. There are always extra hands around to watch your child so that you can do your event. We've also had high school track

teams, and the Woman's Triathlon Team join us at times.

Many of you enjoy the Fun Runs. We offer the same competition and socializing. Soda and snacks are also available. Like the Fun runs, there is no charge and there are no awards. We do have timers to give you your splits and finishing time. (Please bring your watch because you will be asked to help time when you are not competing.)

Have fun----compete.

We're looking forward to seeing you at the track at Hart Park located on 73rd and State Street in Wauwatosa. I am confident that the snow and cold will be gone and that the warm wind will push you on your way to speed and solid training for the summer races.

a d d e d strength. Over the years, we've noticed an increase in attendance. It has been wonder-



SUMMER is Near and so is the SUPERUN

By Karen Van Rite

Well, we made it through another Wisconsin winter. The snow has melted; the grass is turning green. Tulips and daffodils are popping up all over. The 2004 South Shore Half Marathon is history and the Strider fun runs have just begun. These are all sure signs of spring.

These sure signs of spring can only mean one thing. Before you know it, summer will be here, with the many events that we look forward to every year. Soon we will be enjoying Summerfest, July 4th, State Fair, and the many other festivals around town. There will be a 5k or 10k race within driving distance practically every weekend.



June 23rd, 2004

I know that you must be aware of the Strider Wednesday evening fun runs that are held at various parks throughout the Milwaukee area. During "prime running season" (spring, summer and autumn) they are held every Wednesday evening with the exception of except Strider meeting nights and June 23rd.

Why no fun run on June 23rd?

Because June 23rd is the date of the Superun 5k run and walk. The Superun 5k is the result of a joint effort between the Badgerland Striders and the Pompeii Men's Club. Proceeds from this event benefit the Special Olympics.

Last year 750 participants came out to run, despite threatening weather. This year we are expecting even more runners. We are hoping for excellent weather conditions this year to help us continue to build on the success of this worthwhile event.

Registration forms will be available in the next issue of this newsletter. An entry form is available to print on our website at www.badgerlandstriders.org. Another place to get a registration form is Rodiez's Running Store in West Allis.

Plan to register early. Striders and Pompeii members receive a discount for entries that are received prior to June 16. After that date the fee is \$15 for everyone. Keep in mind that shirts are only guaranteed to the first 700 registrants and may not be available on race day.

Finally, we hope all our terrific volunteers will return to help us out again this year. This race is truly a group effort. We couldn't do it without your help.

If you have volunteered in the past, you will be contacted shortly. If you would like to join the volunteer crew, please e-mail me at kvr55@yahoo.com.

Remember to mark your calendars now for the Superun on Wednesday, June 23, 7:00 p.m. at Lake Park.

NEW MEMBER?

NEVER BEEN TO A MEETING?

or JUST ONE MEETING?

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:

Last Chance 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!

"Here for the Long Run!"

Gold Key



Mortgage Services LLC

Dave Poglitsch

Loan Officer
email davep@goldkeyms.com

phone 414.778.4444

toll free 866.211.KEYS

fax 414.778.4445

mobile 414.737.4543

933 North Mayfair Road
Suite 203
Wauwatosa, WI 53226

Excitement is in the Air

I was recently drawn to a couple of headlines in the "warm-ups" section of the March edition of **Runners World** magazine.

One was called "Artificial Intelligence" and discussed a study by Ore-

**the
PREZ
SEZ**



John Cornell

gon Health and Science University. The study tested the "exercise makes you smarter theory" on lab mice with running wheels. The part of the article that grabbed my attention was that they found that the mice in the slow running pack were better problem solvers than the mice who ran in the front of the pack at excessively high levels.

Now, I'm not a very fast runner, but I'm certainly not more smarter than say, someone like Chris Roberdeau, Rick Stefanovic, or Heather Gollnick. At least, me don't thinks so anyways.

The next headline, "Joe to Go" discussed the muscle pain prevention benefits of taking caffeine an hour before exertion. It refers to a study by the University of Georgia's school of exercise science that concluded that the caffeine blocks the chemical

adenosine in our body for activating nerves that signal muscle pain.

Now, the question is, am I, as a runner (and a middle of the pack runner at that), smart enough to remember, that it's 8 oz (which is one cup for you non-runners) of coffee 60 minutes before the race, as opposed to 60 oz of coffee 8 minutes before the race?

Personal Marathon flashback

It was the 1990's and I was running the Atlanta Marathon on Thanksgiving Day. The race started at 7am with a temperature in the upper 30's. By 10am the temperature reached the mid 70's and the very hilly course was taking its toll. I was at mile 21, right smack in the middle of cardiac hill, the same cardiac hill from the Peachtree Road Race. I remember the first year that I ran up this hill in the marathon. I was hoping I'd have a cardiac problem,

as I was sure it would hurt less than climbing the rest of the way.

There are stretches on that hill where it seemed

(Continued on page 7)

HEALTHY SOLUTIONS



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

Times Past: Now and Then

The Race Book



Ron Winkler

As I paged through my "Badgerland Striders Racebook ver2.04," as it is titled this year, I started thinking about how the book has changed since the first edition in 1976. I next got out my entire collection of race books and did some comparing. (My collection starts with 1979 and continues to the present, with 1994 missing. In addition, 1976-1978 are missing. If anyone has those and would like to donate them, I would appreciate it.)

Immediately apparent was the amount of work involved in putting the book out. Ann Guse was the original race book editor and as such, needed to "invent the wheel." Over the years, the book evolved under her direction, followed by Whil Hentzen, Bill Schauder and now Jeff Weiss.

The final product represents a lot of work and I would like to take this opportunity to thank all who have worked on the book over the years. The race book is the bible of what's happening race wise in Wisconsin. It's a great resource and one of the many benefits of being a Strider.

Planned entire season

Years ago, when I was more competitive and raced almost every weekend, I eagerly awaited my copy. As soon as it arrived, I went through the book, highlighting the races that I would run that year. In that way, my entire season was planned.

Excitedly, I looked for my favorite races. Sometimes I would be disappointed to discover that a favorite race had become extinct. However, the let-down soon subsided as I searched for a new race.

For 15 years, I was in charge of the Aldrich Running Club at work. I would look through the book for races that had team competition. In all of the above pursuits, I was like a kid in a candy store.

The book is great for everyone, but it is enabling to overachievers. In 1987, Lindsey Skinner found three races to run in less than 24 hours. On Saturday night at 7:00 pm he ran the Tosa Fest 5K. On Sunday morning at 9:00 am he ran the 5K DePaul Country Run, followed by the 2-Mile Riverwest Beer Run at noon. The Beer Run had four mandatory beer stops.

Changes over the years

The 1979 race book had 44 pages and has since grown to 88 pages. However, today's font is smaller, meaning that the book has actually more than doubled in size. (For some reason, the pages of the book were only numbered from the years 1987 to 1993.)

The race book grew in many ways. Obviously, the book became larger over the years as races became more plentiful. Today, there are listings for biathlons, triathlons and snowshoe in addition to the original listings for track and field, road runs and cross country.

Here are other ways that the book grew. Advertising did not appear in the book until 1982 when



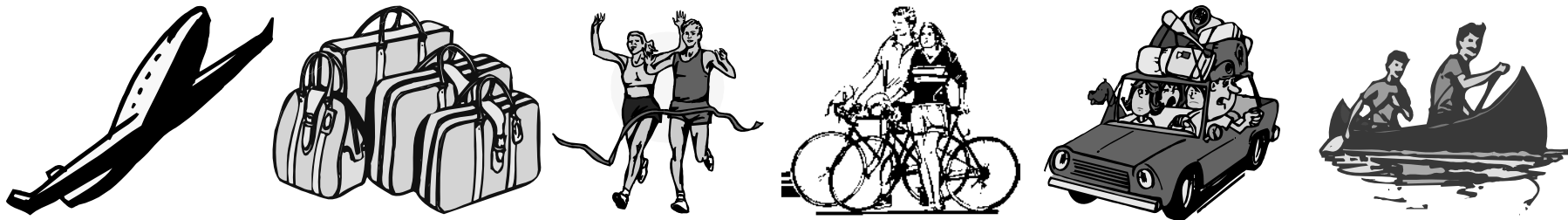
there was a single ad. In 1989 there were three ads. In 1995, there were 18 full page ads. Now in 2004 there are 8 half page ads and 13 full page ads.

In 1981, mile equivalents of common metric race distances debuted, i.e. 1500 meters = 1.5K = 0.9 miles. This evolved into Distance & Pace Conversions in 1995. An example is:

- 5K 188 yards longer than 3 miles
- 32 seconds longer than 3 miles at 5 min pace
- 38 seconds longer at 6 min pace
- 45 seconds longer at 7 min pace
- 51 seconds longer at 8 min pace
- 58 seconds longer at 9 min pace

(Continued on page 5)





TRAVELING STRIDERS

Ellerbe Springs Marathon Ellerbe, NC

- By Dave O'Brien

There are runners who schedule their lives around running. For them, running is their life.

Although running is important to me for many reasons, I can't seem to justify traveling to a distant run unless there's something else involved. Like family, or friends, or business.

Or, in the case of Ellerbe Springs Marathon, a segment of my heritage.



Dave O'Brien

It was my 80-year-old cousin Frank O'Brien, a former sports writer, who alerted me to the area marathon, which was held on Saturday, March 27 this year.

My father was born and raised in Ellerbe. He was a private and guarded person. Although he

never described his childhood to me, my mother later told me how he lived on a tobacco, cotton and peanut plantation. In his family of 11 or 12 siblings, boys and girls alike wore sack dresses until they were 10 years old. My father got his first pair of pants at that age.

I am presently working on a reforestation plan for the ol' homestead. I had planned to visit the property with Russ Hardee, a state forest services specialist.

Another draw was to get to know some of my relatives in the area.

The clincher was, Kathy and I could visit Shirley, her friend of 50-plus years, in Knoxville on the way up and back, and Shirley would provide food, lodging and entertainment at no cost to us. With all these perks, Kathy pointed toward the marathon at Ellerbe Springs. Naturally I had to follow.

The race headquarters is Ellerbe Springs Inn, on Hwy. 220, just one mile north of town.

(Note - There are just 14 rooms in the Inn. If you want a room that weekend, phone ahead. As in, months ahead.)

Our family "re-union" Friday evening involved seven members in a separate dining room, at the same time as the pre-race pasta dinner in the large dining room. I didn't expect to know any of the runners there, so dining apart from them was of no consequence.

Some of us in the family chose the runners' pasta menu, if only to compare it with those offered at other races.

Typically you can get a pre-race marathon dinner for from \$5.00 to \$11.00, which includes one style of pasta, meat or meatless sauce, salad, and a dessert which is white or chocolate sheet cake, or ice cream at best.

At Ellerbe Springs Inn, there was a pasta bar offering cheese & spinach tortellini and spaghetti w/ red sauce (both with and without meat), Alfredo sauces, and homemade yeast rolls.



The salad bar included tossed salad and a variety of dressings, three bean salad, pasta salad, and fruit salad (for dessert). The price was just \$6.50; beverage not included. Since I already had a local brew (Carolina Pale Ale) in my hand, I felt this was the best pre-marathon food selection ever offered.

I had opted for the early (walkers') start at 6:00 a.m. to avoid later embarrassment. Really, having experienced mid-winter colds and weather, I was in no way ready to RUN a marathon. The fact that the temperature climbed to 80 degrees on Saturday didn't help either.

Bill Grass had recommended I take the early start and really, it was a good choice. There were eleven 6:00 a.m. starters, out of a total field of 150.

Kathy and I had driven the course the previous day, and she was impressed by the hills, and the distance. It always seems longer and harder when you drive it.

In his pre-race literature, RD Doug Dawkins stated, "Most runners consider this a hilly course." I felt I had to compare it with some others I had done, such as the Kettle 20(k) in Kewaskum, and Gary Cantrell's Strolling Jim 40+ mile road run in Western Tennessee.

The Kewaskum course has a few notable hills, and all but one or two are rather short and small. Strolling Jim has several long hills, including two that are at least a mile long. I vowed to "time" the downhills at Ellerbe Springs Marathon, and sure enough, at least one was longer than a mile. I noted that they always place the bridge at the bottom of the hill. That's how I could tell to stop running, and start walking at last.

In spite of my modest pace, I still developed problems with my feet. On one of the early downhills, I noticed pounding and abrasion against my toes, which affected my subsequent performance. Later, after finishing, I detected incipient blisters on both soles. Thankfully, the blisters hadn't bothered me, and didn't develop any further. However, I'm blessed with four more black toenails because my moisture-wicking socks were way too tight. It's hard to find socks that fit my size (14 shoe), and that becomes very critical in any long, hilly race.

The hills took a toll on our quads and joints as well. Those of us who stayed overnight into Sunday at the Inn took a good deal of kidding.

"I see you're walking much better today, Ron."

"Thanks, and I notice you're able to take a few steps yourself."

As expected in a small marathon a thousand miles from home, I didn't know any of the runners there. Ray Scharenbrock didn't show up. Because of my "foreign" accent, I was asked numerous times where I was from. The typical response was, "Really? You came all the way from Milwaukee to run this marathon?"

I asked a similar question of a woman who passed me during the run. She turned out to be from Chicago, a 50-stater, who knew our friend Dottie Duncan quite well. I also met a runner from England who had purposely sought out a marathon in North Carolina because he loves the rolling and wooded countryside. He later gave me some valuable tips on finding inexpensive air and rail fares.

Would I do it again? Really, it depends on what the circumstances will be, and whether I still have the energy. This race seemed to take a lot out of me.

However, it was very pleasant along the entire route. The aid (every three miles) was exactly what Doug had promised. Much of the route was along low-traffic asphalt roads through pine forests and farms. There were several vistas offering distant views of farmland and forested hills.



Ladies Champion and companion enjoying the 2004 Ellerbe Springs Marathon.

My only complaint might have been the large amount of bottles, cans, and other garbage along the North Carolina roads.

Having completed the race, I have a definite sense of achievement, and enjoyed a great deal of camaraderie with the other participants.



Do you want
to socialize
have fun . . . participate in sport activities
. . . attend cultural events, travel both
within the U.S. and internationally, or just
be more active?

Then come meet the Vagabonds.
We're Milwaukee's largest social organization for both single and married people.
We're also the friendliest and have the most fun. Just try us . . . you'll like us.

Meeting and dance (with a live band)
 1st Wednesday of every month
 Zoofari Conference Center
 9715 W. Bluemound Rd., Milwaukee
 6:45 - Cocktail Hour with 1/2 drinks
 7:30 - Activity Announcements
 8:30 - Dance until 11:30 p.m.

Vagabond Ski & Social Club
 www.vagabondskiclub.com
 Hotline: 414-669-1800

Attend your first meeting and dance FREE by bringing this advertisement with you.

 Name _____
 Address _____
 City, Zip _____
 Phone _____
 Organization: Badgerland Striders

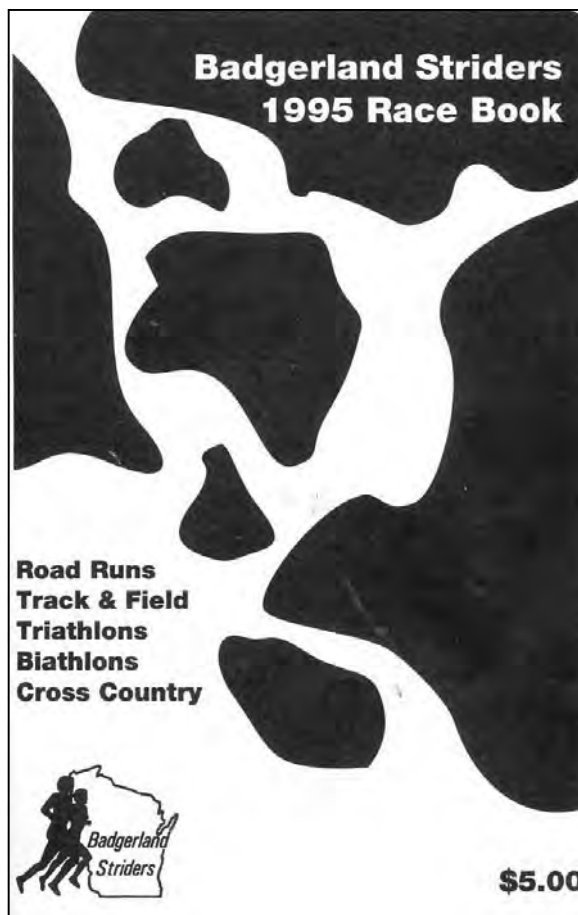
The Race Book

(Continued from page 3)

Other additions were, Road Runners Club of America information starting in 1981, certified courses in 1985, information on equipment rental in 1987, and a club membership form in 1996.

The growth of the club and the growth of the book have been parallel. In 1979, the book contained a quarter page of information on the Striders. This information increased to a half page in 1991 and to a full page in 1997. Likewise, the number of Striders VIP's (officers, race directors, program directors) has grown with the number of club races and areas of responsibility within the club. Consequently, more space in the book is devoted to VIP's today. In addition, this year there are two pages devoted to Striders events which include races, track meets, marathon buildup and the various levels of running programs.

Other Wisconsin running clubs have always been listed in the book. In 1979 there were 12 clubs. In subsequent years there were: 17 in 1980; 22 in 1981; 27 in 1982; 41 in 1984 and 1985, the peak years. Gradually the number has dwindled to the current 31.



First, it contained a "Personal Record Log" for metric distances from 5K to 100K and for English distances from 1-mile to 100-miles. Runners could log their performances for the year in their book. Second, there were seven pages of "Distance Cross Reference" where races were listed chronologically by distance. One could see, conveniently segregated, all the races for that year for any distance. This feature must have been a lot of work, for it never appeared again.

Rising costs

As expected, costs have risen with time. In 1979, the race book cost \$1.00 if purchased by a nonmember. Club dues were \$4.00 for students or \$7.00 regular. In three years the price of the book rose to \$1.50, while membership increased to \$6.00 for students and \$9.00 regular. In another three years there was another increase. The book was \$2.00 and membership was \$12.00 for all or \$10.00 for renewal. In 1990, the price of the book went to \$2.50, but membership remained the same. The latest increase occurred in 1995. The book doubled in price to \$5.00 and membership rose to \$15.00 or \$13.00 for renewal.

Conclusion

In retrospect, it is amazing what was accomplished in years past with only a typewriter. Putting the race book together requires a Herculean effort. However, with computer technology, information can be saved from year to year for each race, with minor changes for dates, fees, etc. In addition, the ability to cut and paste or to use computer graphics makes the job easier.

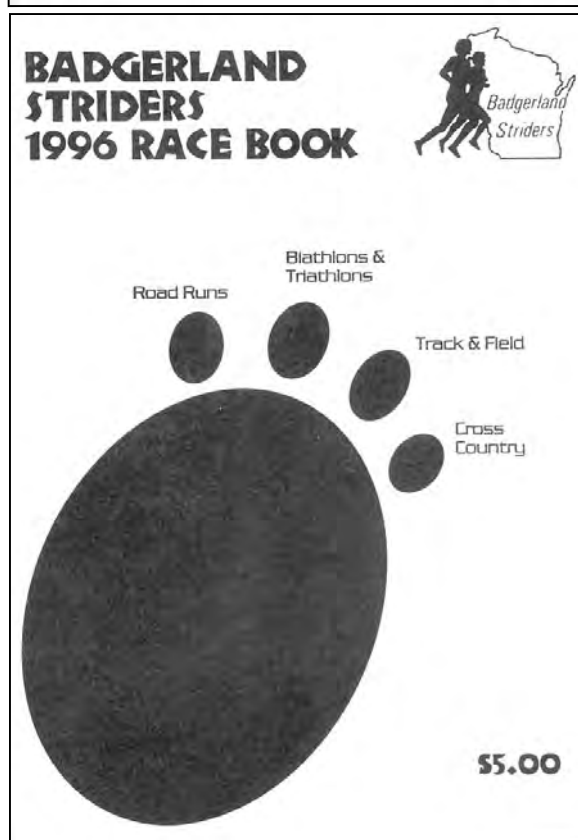
Don't get me wrong. I am not downplaying the mammoth effort required to contact the previous year's race directors and to update the Striders VIP's, etc. I'm just amazed at what the race book czars of yesteryear did. In addition, the current czar, Jeff Weiss and his committee has my thanks and appreciation.

ED NOTE: Thanks Ron. I didn't do much more than get everybody together for a few meetings. The real workhorses were Marty Malin, Len Wachniak, Robert Wehner and Bill Schauder.

NAME	BIRTH DATE
ADDRESS	AGE ON RACE DAY
	SEX
RACE & DISTANCE	AMT. ENCL.
I enter this race at my own risk and will not hold race sponsors or officials responsible for injuries I may receive.	
Signed	
NAME	BIRTH DATE
ADDRESS	AGE ON RACE DAY
	SEX
RACE & DISTANCE	AMT. ENCL.
I enter this race at my own risk and will not hold race sponsors or officials responsible for injuries I may receive.	
Signed	
NAME	BIRTH DATE
ADDRESS	AGE ON RACE DAY
	SEX
RACE & DISTANCE	AMT. ENCL.
I enter this race at my own risk and will not hold race sponsors or officials responsible for injuries I may receive.	
Signed	

Universal Entry Form

In 1979 there were two pages of a "universal entry form" that could be used for entering races (see example). In addition, fun runs were held all over southeastern Wisconsin: Oconomowoc, Milwaukee, Muskego and Kettle Moraine. The book featured two pages of maps showing how to get to each fun run.

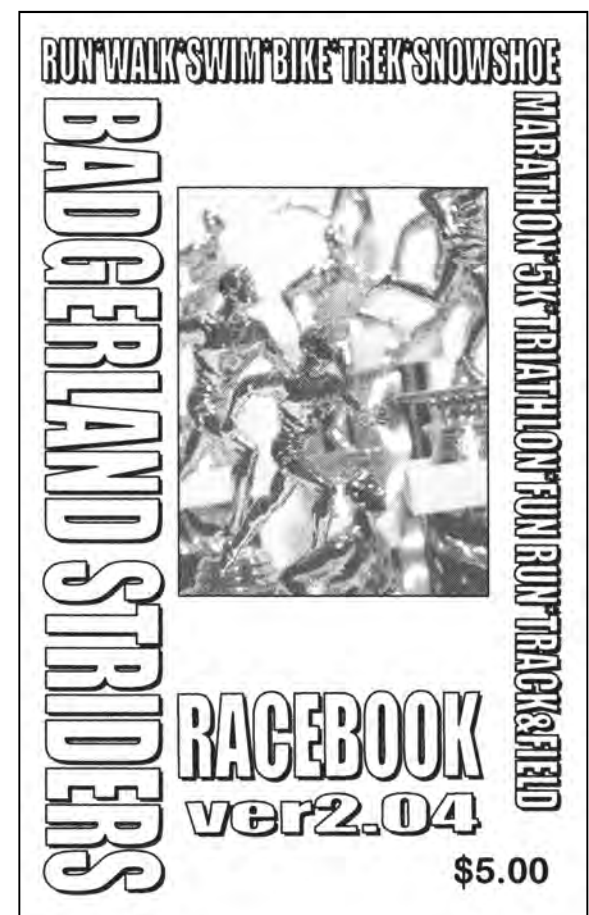


Starting in 1990, events sponsored by the Badgerland Striders were highlighted with a row of stars above and below the listing. The following year, those events were identified with a box around them as they are to this day. That same year, the race listings had become so full of abbreviations, that a "How to Use This Book" section was required.

In 1997, the internet became part of the book as the club website was listed. By 1999, the club was ready for the 21st century as email addresses appeared for some race contacts. Then in 2000, the email addresses for Strider officers and committee chairpersons appeared.

A unique year

New in 1993 were course records and the previous year's winners, when available. That year's edition was unique for two reasons.



Presenting Don Ayer

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

Don Ayer
Broker

RE/MAX Suburban

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

Each Office Independently Owned and Operated.

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

Tell us what YOU think!
tstrider@wi.rr.com

(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

May 19th, 2004 BLS Membership Meeting Speaker

"The Penguin"

From www.waddleon.com

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

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

Penguin Thought of the Day
"Every successful mile releases me from the demons of failure. Every starting line is another chance to prove that my past will not determine my future."

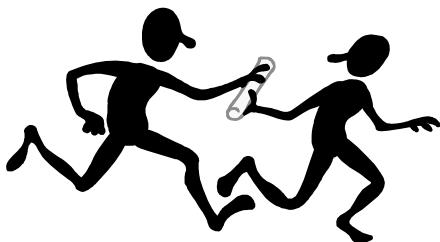
Bingham says, "Through running, I create myself as I have always wanted to be. Nothing in my experience was as powerful as crossing the finish line of my first race. With that single step, I overcame a lifetime of unkept promises to myself." In a self-effacing and humorous manner, Bingham delivers his message of hope and inspiration to people who've been running for a week or a lifetime. His message has universal appeal—to elite runners at the Boston Marathon and members of local running and walking clubs alike.

With evangelical passion, Bingham travels nearly 300 days a year leading marathon pace groups, speaking to packed rooms of runners of all levels, and guiding an ever-growing number of fans. The travel is necessary, he believes, to keep in touch with the hearts and 'soles' of the second running boomers whose advocate he's become.

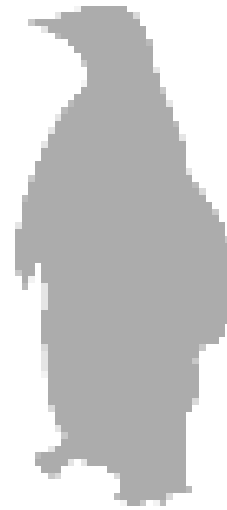
In the summer of 1997, John toured 23 states in 56 days on his motorcycle. In 1998, he logged 31 states in 20 weeks. In 1999 he and his son launched the 1999 Penguin Tour with an 11-day cross-country motorcycle ride, after which they ran the Suzuki Rock N Roll marathon together. 2000 found him on the road for nearly 6 months on his Millennium tour and in 2001 he covered 11,000 miles during the Penguin Odyssey tour.

These days, John is more likely to be flying than driving as the Penguin world continues to expand. His growing legion of fans in the UK has him spending time on both sides of the Atlantic. He has also become a Race Owner having recently purchased the Chicago Distance Classic, the oldest race in the city.

Beyond all that, Bingham is the honorary race director of Elite Racing's Country Music Marathon in Nashville, TN, and a founder of the Virginia Beach Rock N Roll Half Marathon. He is in constant



demand as a clinician and has been a featured speaker the Austin, Boston, Chicago, Columbus, Country Music, Dallas/White Rock, Disney, Flying Pig, Honolulu, Houston, Mayor's Midnight Sun, Myrtle Beach, Portland, Rock N Roll, San Diego, San Francisco, and Vermont City marathons. He's led over 15 Runner's World marathon pace groups in the U.S and has been the only U.S. member of the *Runner's World* UK pacing team at the 1998-2003 London marathons.



Schuster, April 1999.) In April 2002, Bingham's book *No Need for Speed: A Beginner's Guide to the Joy of Running* was published by Rodale Press.

In May 2003, Bingham's book *Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Full or Half Marathon*, co-authored by Coach Jenny Hadfield was published by Rodale Press.

In June 2003, Breakaway Books published the second edition of *The Penguin Brigade Training Log*—co-authored by Coach Jenny Hadfield. The ALL NEW second edition includes a food log, an "i-rate" scale to measure your effort, and 52 weeks of inspirational messages.

Amby Burfoot, Editor of *Runner's World*, says of Bingham: "People can so identify with John and his struggles and with his attempts to be faster than he is. John shows them that it's okay for runners to admit their inadequacies."

His first book, *The Courage to Start: A Guide to Running for Your Life*, has been among the top 10 running books since its publication (Simon &

John can be reached via email at thepenguin@johnbingham.com

THE BUS IS NOT FULL!

Sign Up Now for

The Annual

Badgerland Striders

Bus Trip To:

GRANDMA'S MARATHON

World Class Event - Small Town Charm

June 18-20, 2004

Cost \$225.00 per person and includes:

- Transportation to and from Duluth on a deluxe coach provided by Lamer's Bus Lines.
- 2 nights lodging (double occupancy) at the semi-luxurious Travelodge Spirt Mountain
- Carbo-loading goodies on the bus ride up to Duluth and beverages to celebrate your accomplishment (or drown your sorrows) on the ride back to Milwaukee.
- Pizza lunch on the day of the Marathon.
- Lunch on the way back from Duluth

The Bus will leave Milwaukee on Friday morning June 18th and return on Sunday June 20th.

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.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ BADGERLAND STRIDER MEMBER Y / N

EMAIL: _____

SOMETHING YOU'D LIKE US TO KNOW ABOUT YOURSELF
(for a little game we'll play on the ride up): _____

Make Checks Payable to: **Badgerland Striders, Inc.**

The Stefaniak Group

Personalized Real Estate Services

3789 S. 108th Street
Milwaukee, Wisconsin
53228

www.stefaniakgroup.com

Peter Michael Stefaniak

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

FROM THE ARCHIVES

25, 20, 15 and 10 years ago

By Ron Winkler

25 Years Ago

May 19, 1979

Seventh Annual Syttende Mai Run

Twenty Miles, Madison to Stoughton

892 starters, 862 finishers

(Only Striders were listed)

15	Lee Wilcox	1:53:41
29	Herman Gates	1:56:47
44	James Ellis	1:59:47
48	James Peelen	2:00:13
52	John Helling	2:01:07
54	Tom Ulik	2:01:21
62	Andy Arena	2:04:03
86	Bill Hauda	2:07:12
89	Lawrence Gellings	2:07:41
91	Richard Cornfell	2:08:03
97	Bob Hillis	2:09:11
150	Gary Simon	2:15:05
324	Gary Hauser	2:27:13
411	Keith Wickersham	2:32:18
464	Jack Mandelker	2:35:25
503	Rosie Peterson	2:38:08
607	John Jantz	2:44:54
677	Lorna Goshman	2:49:56
682	Jim Guyer	2:50:20
714	Todd Fonstad	2:53:16
778	George Haasl	3:02:10
842	Robert Williamson	3:26:01
850	Evan Bestland	

20 Years Ago

Saturday, May 27, 1984

National Guard Run For Your Life

5-Mile and 2-Mile Run, Milwaukee

(As reported in the November 1984 *Runner's World*)

The inaugural National Guard Run For Your Life race got off to a good start with 65-degree weather and sunny skies at the Richards Street Armory in Milwaukee. Approximately 200 runners competed in the two- and five-mile races. Ron Winkler took first place in the five-mile in 27:57 as he out dueled Michael Kirkwood, who finished in 28:10. Finishing third was Scott Hansen in 28:57.

In the women's division, Vanessa Martens took first in 36:06. Second place went to Barbara Gronek in 38:04 and Betty Avery was third in 38:59.

In the two-mile run, Mike Laskowski was first with a 9:55. He was followed by Ogutu Ogutson with an 11:05 and third-place finisher Ron Clark in 11:07.

In the women's division, Belinda Bay captured first in 13:13. Her closest competition was Trish Brzycki in 14:10. Linda Daily placed third in 14:41 and Colleen Mishich was fourth in 14:58.

15 Years Ago

Saturday, May 20th, 1989

Ice Age Trail 50-Mile, La Grange

Brian Purcell from Sebastopol, California and Randi Bromka from Aspen, Colorado were the individual champions in the Ice Age Trail 50-Mile Race in the Southern Kettle Moraine. Their times were 6:15:09 and 7:31:34, respectively. Age group winners were, **20-29** Ed Willenbrink, 6:34:38. **35-39** Kevin Setnes, 6:23:54. **40-44** Roy Pirrung, 6:30:08. **45-49** Dennis Hagele, 7:27:37. **50-54** Dick Sammons, 8:26:18. **55-59** Brendan Spratt, 8:10:46. **60-64** Bill Smeaton, 9:28:04. **65+** Roy Carlsted 9:30:23. **Women 20-29** Mary Hammes 8:54:41. **30-34** Gail Daly 10:40:38. **40-44** Helga Lahoud 8:38:23. **45-49** Carol Swaney 9:12:46.

There were 269 finishers.

10 Years Ago

Saturday, May 5, 1994

Trash Dash 5K, Racine

The overall champions in the Racine Trash Dash 5K were Cory Hlavka and Doug Burchett, whose times were 19:03 and 15:30, respectively. The age division winners were: **Women 14 & under** Lisa Braun 25:18. **15-19** Carrie Lane 21:15. **20-24** Karen Graham 20:51. **25-29** Nancy Clarke 21:47. **30-34** Linda LeSelle 21:10. **35-39** Michel Clark 20:57. **40-44** Katherine Vollmer 22:37. **45-49** Jody Hutton 23:24. **50-54** Bonnie Hollibush 25:09. **55-59** Nancy Spencer 23:46. **60-64** Jeanette Schmitz. **65+** Lillian Vermey 50:20. **Men 14 & under** Kyle Fraser 18:09. **15-19** Eric Van Laningham 16:37. **20-24** David Dominque 16:41. **25-29** Bill Verbos 16:51. **30-34** Ted Miller 16:40. **35-39** Jeff DeMatthew 16:53. **40-44** Paul Badura 17:29. **45-49** Jim Nielsen 18:57. **50-54** Dale Laabs 18:57. **60-64** Norm Hovila 21:49. **65+** Jim Morrison.

PREZ SEZ

Excitement is in the Air

(Continued from page 3)

like a ladder would have been helpful. This 2 mile long steady incline keeps bending, so every time you think you're to the top, no dice, the hill continues. For those of us who enjoy hills, it's one of my favorites.

Anyway, I was about halfway up the hill and I was completely out of gas. I had missed the last aid station because the guy in front of me tripped and fell, taking out the last 3-4 people handing out the PowerAde. I sidestepped the pile. Instead of stopping and backtracking to get some carbos, I continued on.

The street, named Peachtree, just like every other street in Atlanta, was lined with people all the way up the hill. I spied, from what seemed about 1/4 mile away, 2-3 bunches of grapes, gripped loosely by a rather rotund spectator. I was mad at myself for missing the last bit of carbo before I charged up the hill and realized that mentally, more than physically; I needed something to power me up the hill. I decided that the grapes would be that something.



I veered to the right, and as I got nearer, I never thought about whether it was right or wrong. I just had to have the grapes. And I got them! I grabbed them from this innocent bystander. As I was gobbling the grapes, I thought they were by far the best food I have ever tasted. I even passed some along to a stranger running next to me, so I wouldn't have committed this crime alone. He enjoyed the grapes, but it was at this point that he realized that running hard, laughing uncontrollably and eating grapes all at the same time was a bad combination. He slowed, choking more than slightly. As I looked back at him, I saw the rotund lady in an all out sprint after us. I had never seen such a sight. I laughed even harder as she caught my accomplice and stole back the bunch of grapes he had in his hand. As I ran off, I could hear her yelling things that simply cannot be repeated in this publication. I laughed my way all the way to the finish line.

Now, what was that study that said runners are smart? Resilient yes, but smart? I'm sure not living proof.

What are your best running stories? Why do you run? How did you start? What inspires you? I'd like to hear 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 cool prizes.

Ed Note: Selections from the best stories will be published in the Strider.



Learn how nutrition and supplementation can help you to:

- Increase your energy level
- Maximize your workouts
- Improve muscle repair and recovery
 - Reduce your cravings
- Improve concentration and memory
- Improve concentration and memory

Call today for your FREE personal consultation.

HEALTHY SOLUTIONS ... to improve your quality of LIFE

Janet Golownia
168 Welshpool Ct.
Wales, WI 53183

Cell Phone: 414-254-7889
Phone/Fax: 262-968-3442
E-mail: janetg@wi.rr.com

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

Hello Trailbreakers!!

By Don Ayer

This year's event one is one to remember. For the last few years, our total numbers have been around the 800 mark, so we did not anticipate this one would be any different. Wrong!

Being that we prepared for 800, and being that we had an unexpected increase of 100, our staff and supplies were taxed to the max. No wonder the back of the pack crowd was upset cause we ran out of food. Seven age division records were set. We did not run out of beer-only everything else.

Once again, we had a problem with delivering race day T-shirts to the pre-registered marathon crowd, but I am happy to say that this dilemma is now fixed. Any shirts missing on race day will be mailed. The marathon shirt project is now in the hands of my wife, who is in charge of the counter itself.

I'm not sure about the reason for the tremendous increase in numbers this year, but perhaps it came about from the advance media coverage regarding our daughter Julie's death. For those who may have missed the story, Julie lived in Sarasota, Florida. On September 25th last year, she entered an outpatient cosmetic surgery clinic for a breast implant procedure.



This years Trailbreaker was run in memory of Julie Rubenzer, Don's daughter, shown above with her sons. She passed away earlier this year due to complications of cosmetic surgery.

During the procedure she went into a coma and never came close to waking. My wife Maureen and I flew on September. 26. We were in Sarasota for 10 weeks. On December 7 we flew her via air ambulance Lear Jet to Waukesha. Three weeks later she died from pneumonia due to brain damage.

The race sponsor, RE/MAX had her photo printed on the t-shirt and dedicated the race in her memory.

Julie's tragic story is being covered in the national media. There was a segment on the news show 20/20 on April 16. People Magazine covered her case in March, and there have been and undoubtedly will be more. The key players covering this case are ABC, Channel 12 Milwaukee, ABC Tampa, plus

ABC 20/20 NYC. If you want to follow the case, go to tampabaylive.com, investigations, Robin Guess, themilwaukeechannel.com, and 20/20 NYC. These websites should give you the background and current situation in Florida.

As of the moment when I typed this, there's a real possibility that the Trailbreaker will appear on 20/20. If it the race was included in the segment, I'm guessing that we will probably hit 1000 next year.

Latebreaking news from www.tampabaylive.com.

SARASOTA - The state Health Department is now officially warning the public about a cosmetic surgeon featured in a series of ABC Action News investigative reports.

The state of Florida has issued an emergency order, restricting the practice of Dr. Kurt Dangl. The order comes after Robin Guess uncovered botched surgeries in Dr. Dangl's Sarasota office, including some that led to the death of 38-year old Julie Rubenzer.

The 14-page emergency order, issued Wednesday, restricts Dr. Dangl's ability to perform major surgery. In it, the state accuses Dangl of committing gross malpractice.



☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

BADGERLAND STRIDERS FUN RUNS

FREE casual get-togethers, beer/soda,
Wednesday evenings, everyone welcome

5/5/04	3mi, 6mi 6:30pm	Greenfield Park #3
5/12/04	3mi, 6mi 6:30pm	Greenfield Park #3
5/26/04	3mi, 6mi 6:30pm	McKinley Marina
6/2/04	3mi, 6mi 6:30pm	South Shore Pavilion, So Shore Dr & Meredith
6/9/04	3mi, 6mi 6:30pm	Estabrook Park #8
6/30/04	3mi, 6mi 6:30pm	Greenfield Park #3
7/7/04	3mi, 6mi 6:30pm	Greenfield Park #3
7/14/04	3mi, 6mi 6:30pm	Greenfield Park #8?
7/21/04	3mi, 6mi 6:30pm	Whitnall Park #8
7/28/04	3mi, 6mi 6:30pm	McKinley Marina
8/4/04	3mi, 6mi 6:30pm	Minooka Park #3
8/11/04	3mi, 6mi 6:30pm	Estabrook Park #8
8/18/04	3mi, 6mi 6pm?	Sheridan Park Pavillion
8/25/04	3mi, 6mi 6pm	South Shore Pavilion, So Shore Dr & Meredith
9/1/04	3mi, 6mi 6pm	Whitnall Park #8
9/8/04	3mi, 6mi 6pm	Greenfield Park #3
9/22/04	3mi, 6mi 6pm	Whitnall Park #8

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

BASTILLE DAYS 2004, JULY 8 - 11

Runners Take to the Streets for M&I Bank's Storm the Bastille

MILWAUKEE, Wis. – Runners and walkers will take to the streets for the 20th Annual M&I Bank Storm the Bastille event 9 pm, Thursday, July 8. In honor of the historic storming of the Bastille prison by Parisians in the 18th century, the 5K run and 2-mile walk will begin on North Jefferson Street adjacent to Cathedral Square Park and lead participants through the streets of downtown Milwaukee and the Historic Third Ward.

Participants should contact the East Town Association by calling 414-271-1416 or visit www.easttown.com for advanced registration information. A commemorative M&I Bank Storm the Bastille Day long-sleeved T-shirt and race number will be provided to registered participants. Participants should be reminded that the event is a "fun run" and times will not be officially recorded. Prizes will be awarded to the first three men and women finishers.

After "Storming the Bastille," participants are invited to partake in the festival's non-stop entertainment. Offered on four stages throughout the festival grounds, this year's line-up will include an eclectic sound of Dixieland bands, Cajun, zydeco, blues, folk, rock and world music. Big Bad Voodoo Daddy is just one of the many acts contributing to the festival's diversity. Three other nationally recognized acts are expected to headline during the festival.

Bastille Days is presented by East Town Association, Inc., a non-profit downtown Milwaukee business organization that has celebrated Bastille Days in Milwaukee since 1981. Proceeds from the festival are returned to the community through neighborhood improvement programs and civic events such as the popular Jazz in the Park, East town Farm Market and Gallery Night & Day. Bastille Days is free and open to the public.

Festival hours are as follows. Thursday, July 8 – Saturday, July 10 the festival will be open from 11 am to midnight. Sunday, July 11 hours will be 11 am to 10 pm.

For more information on Bastille Days, call 414-271-1416, or write to the East Town Association, 770 North Jefferson Street, Milwaukee, WI 53202; E-mail easttown@easttown.com or visit www.easttown.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 1224hrrn@merr.com
Treasurer	John Rodee	414-962-1439 jrowdy@execpc.com
Co-VPs of Programming		
	Linda Pulkowski	262-968-3300 genacct@execpc.com
	Cyndi Bergs	262-677-3408 mcbergs@worldnet.att.net
VP Road Racing	Jerry Anderson	414-258-4986 jerry.anderson@aurora.com
Newsletter Editor	Jeff Weiss	414-771-3165 tstrider@wi.rr.com
Past President	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	Jeff Weiss	414-771-3165
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



WANTED: Kerosene Heater

Do you have a kerosene heater that you aren't using much that you can either lend or donate to the club for some of our races? It would be particularly helpful for Ice Age on May 8th, and a few other events. And the donation would be tax deductible! If so, call Marty at 414-453-7326, or 1224hrrn@merr.com.

Letter to the Editor

Re: John Dick

Dear Jeff:

I appreciate my old friend Ron Winkler's article about John in the February issue. Ron has done a good job of dredging up interesting stories and tidbits from the collective unconscious of the Club.

I am submitting a poem I wrote about John. I have always felt that his was a life that deserved to be remembered, and that is why I thought the John Dick Run would provide a well-deserved tribute to John. As with all poems, some might feel I have taken some license with the facts, but this is my take on John and what he had to contend with during his life.

Keep up the good work of promoting health and fitness. This is an important mission in a country where weight has been going up and fitness has been going down.

All the best,

E. Clark Bowerman
Lifetime Member

Ed Note: See Ron Winkler's Times Past: Now and Then - "John Dick Remembered," "The Strider" February 2004

In Memory of Sarah...

Help her crusade continue!

(Continued from page 1)

which is attached to the runner's shoe. At the start of the race all runners will be required to run across mats on the ground that contain antennas to register their start time. At the finish, runners will again cross similar mats to record their finish time. There are no finish line chutes or volunteers tearing off bib numbers. Scoring is provided almost instantly.

Sarah's Stride is held in honor of Sarah Hegarty, a local teen who died in 1998 while awaiting a life-saving transplant. She was a healthy 15-year-old sophomore at Divine Savior High School and an excellent athlete. One day after practice she came down with a terrible stomachache that led to a catastrophic intestinal episode. She eventually received a small intestine transplant that eventually failed. After recuperating for several months, she went back on the list for a triple transplant, small intestine, liver and pancreas.

She received her second transplant but her new organs were not enough to win the struggle and she lost her fight for life March 16, 1998, at the age of 17. In her memory and inspired by her courageous spirit, her crusade for organ donation awareness con-

tinues. More than 5,000 participants have raised over \$250,000 over the first five years of the event. The Hegarty family, the Wisconsin Donor Network, the Badgerland Striders and Hartfest have teamed up again to present this sixth annual race.

Sarah's Stride proceeds benefit organ donation awareness efforts in Wisconsin. More than 83,000 men, women and children in the United States, 1,400

in Wisconsin, are waiting for a healthy organ to replace their failing heart, kidney, liver, lung, pancreas or intestine. Seventeen of them will die each day because there are too few organs available.

In addition to the run/walk, there will be entertainment, men's softball, women's tennis, three-on-three basketball, volleyball, and beer olympics tournaments. Times to be announced. The Wisconsin Donor Network is the federally designated organ procurement organization supporting organ donation and transplantation in east-

ern Wisconsin. It is located in Milwaukee and serves a population of 2.2 million people in a 10-county region, including Door, Kenosha, Manitowoc, Milwaukee, Ozaukee, Racine, Sheboygan, Walworth, Washington, and Waukesha counties.



John Dick Remembered - A Poem

By E. Clark Bowerman

John	John mastered many sports as he moved from deaf school through the athletic programs of two universities
his journey was through a soundless loveless world of rejection	
early on he found a temporary way out of his isolation	years later his grateful coaches provided tickets to ride the Greyhound all summer and John would live on the bus and wash up in the terminals as he traveled to masters track meets
John discovered the spark of athleticism in his body that others could not diminish or ignore	

around the country
John was
an iron man
who entered
every event
and amassed
hundreds of
awards
to prove
he was not
just a deaf man

though
he never
had a girlfriend
he almost
won the heart
of a Russian
shotputter he met
one summer

in
adulthood
John
barely
subsisted
on welfare
in a shack
on a lake

as the years
piled up
and his health
began to fail
there were
no more awards
to accumulate
and the days
were long
for John
they found him
face down
in shallow water
alongside his
empty boat

and could
not understand
how such a
strong swimmer
could have
drowned

when
the shack
was cleaned out
John's only
possessions
were dusty boxes
of trophies, medals
and yellowed
clippings

E. Clark Bowerman,
Version #2,
March 10, 2004



John Dick 1976

Roger Bannister One-Mile Race Gets Technical

As we get closer to the 50th Anniversary of Roger Bannister's breaking the 4 minute mile barrier, we have made some additions for this commemorative event on May 6th.

Did I mention that the race is still free?

We will be going more high tech that they did 50 years ago. Not only will we be running on a rubberized surface instead of a cinder track, but everyone will be using a ChampionChip, which will calculate each of their laps. Because of that, we can determine who covers the first 9,344 meters the fastest, and might give a special prize.

Also, we are going to have Special Olympic Athletes run in the first two heats at 6 p.m. and 6:10.

And, something I wasn't aware of when setting this up. Not only will our run be held 50 years to the day of Roger Bannister's historic feat, but the original race was also on a Thursday, and it also started at 6:00 p.m.

The run will be held on the 400 meter track at Hart Park in Wauwatosa, which is at 73rd Street, just South of State Street.

Registration ends at 6 p.m. for those under 30 and over 59 years old, and ends at 6:30 p.m. for those 30 to 59. We will assign heats starting with youngest and oldest

at approximately 6:20 and going until approximately 8 p.m. If someone is younger than 18, they need to have a parent present to sign on the day of, as that is the only time registration is taking place.

EVERY participant will receive either a 1st, 2nd, or 3rd place commemorative ribbon, since we will only have up to 3 participants in an age group. So age group age ranges will vary, going all of the way down to one or two year age divisions in some cases.

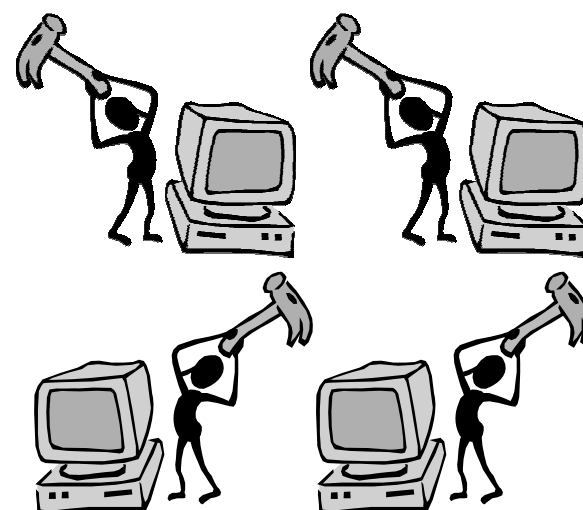
We will hand out place ribbons to the finishers who are among the 1st 150 to sign-up by the deadlines.

So if you don't normally win an award, here is your big chance. As long as you complete the mile and are one of the first 150 to sign-up, you are guaranteed an award!

For those of you who also want to race in the Ice Age 50 miler two days later, we will subtract 4 minutes from your Ice Age time if you break four minutes on May 6th.

Although the event is free, we wouldn't object if anyone gave a donation of 50 cents or \$1, to help cover some of our expenses.

If you have any question, or don't know how to get to Hart Park, you can call or email me at 414-453-7326 or 4runners@merr.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





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:

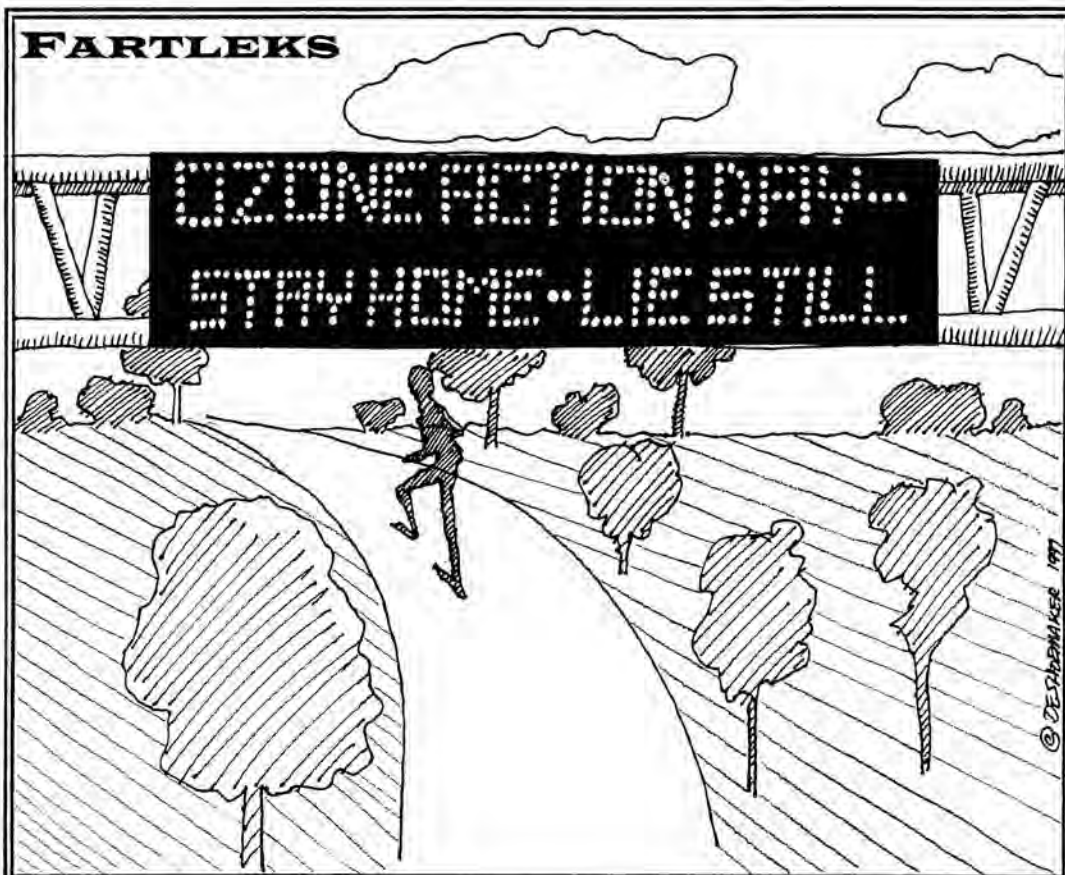
- | | |
|---|---|
| <input type="checkbox"/> (Jan) Steve Cullen Run | <input type="checkbox"/> (Sept) Badgerland F/X 12-24 HR Run |
| <input type="checkbox"/> (Jan) Samson Stomp | <input type="checkbox"/> (Sept) Tosa Fest 5K |
| <input type="checkbox"/> (Feb) John Dick Memorial 50K | <input type="checkbox"/> (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 _____



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

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
www.ETRUEHEALTH.com sales@truehealth.com

MAKING DUST

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

The 13th Annual RE/MAX Suburban TRAILBREAKER

Saturday March 27 2004
Waukesha, WI

Results provided courtesy of:
SPORTS MANAGEMENT
ASSOCIATES, INC.
8420 West Lisbon Avenue
Milwaukee, Wisconsin
53222

(414) 536-1377
(414) 536-9577 fax
info@smareults.com e-mail

OFFICIAL RESULTS MARATHON

Overall Winners

Male: Michael Lutz
3:12:03

Female: Mary Bolich
3:20:35

Div = F2029

- 1 JULIE TREDER 3:39:43
- 2 LINDSEY KING 3:56:36
- 3 THERESA PITMAN 4:07:15
- 4 REBECCA BARTOWITZ 4:36:11
- 5 MELISSA POPP 4:38:33

Div = F3034

- 1 NICHOLE SCHWERTMAN 3:55:59
- 2 ANGIE PUENT 4:24:08

Div = F3539

- 1 KAREN LARSON 3:37:39
- 2 KATHLEEN RYTMAN 4:00:52
- 3 AMY LUEBKE 4:15:35
- 4 LORETTA BONNESS 4:17:56
- 5 DONNA SUTHERLAND 4:20:16
- 6 SUSAN CANEVELLO 4:21:33
- 7 MARY FLAWS 4:25:16
- 8 MANDY MATHSON 4:29:09
- 9 KATHRYN DUNN 4:36:00
- 10 KATHLEEN BRAUN 4:42:59
- 11 BARB MEYERS 4:45:31

Div = F4044

- 1 MARY BOLICH 3:20:35
- 2 LEAH NIKULA 3:35:46
- 3 MARY GORSKI 3:51:55
- 4 AMY BORDEN 3:58:10

- 5 SABINE BOTTUM 4:13:23
- 6 CATHY DREXLER 4:27:33
- 7 SARA MASON 4:29:08
- 8 TAMARA KLEIN 4:31:11
- 9 NORAH JOHNSON 4:31:29
- 10 KAY DREW 4:32:51
- 11 DEB VOMHOF 4:36:56
- 12 JOANNE FURTON 4:38:33
- 13 ANGELA BARBERA 4:41:07
- 14 KATHLEEN MAU 4:41:50
- 15 KATHY MAGLIO 4:42:15
- 16 MICHEL POOLE 4:46:49
- 17 NANCY SELLARS 4:57:29
- 18 KATE HAVELIN 5:03:24
- 19 JEANNE GRISETTI 5:03:56

Div = F4549

- 1 CAROL KUHN 4:21:38
- 2 BARB LIPS 4:42:12
- 3 BETH SIMPSON 4:42:13
- 4 SANDI SMITH 5:10:17
- 5 EILEEN SHERBURNE 5:24:06

Div = M2029

- 1 MICHAEL LUTZ 3:12:03
- 2 NICHOLAS KITOWSKI 3:15:08
- 3 MATT WHALEN 3:18:14
- 4 DAN MUETHING 3:22:10
- 5 ADAM KING 3:30:58
- 6 MICHAEL BIEBER 3:56:02
- 7 ANTHONY LEITON 3:58:52
- 8 RYAN DEXTER 4:00:34

Div = M3034

- 1 CORY ANDERSON 3:17:54
- 2 MICHAEL EVANS 3:27:26
- 3 RICK SCOTT 3:36:16
- 4 ANTHONY MISCHO 3:36:59
- 5 SCOTT ROLLINSON 3:40:51
- 6 SCOTT NOVAK 3:41:56
- 7 TIM HIEBER 3:42:37
- 8 GERALD CAMERON 3:58:54
- 9 SHANNON ELDRIDGE 4:33:41
- 10 ROBERT JAKUBEK 4:35:43
- 11 JEFF HAAS 4:41:07

- 13 JASON DUELGE 4:12:31
- 14 JEFFREY VERKERKE 5:05:50
- 15 DOUGLAS FISH 5:05:51

Div = M4044

- 1 JOEL LAMMERS 3:22:04
- 2 KURT ZIEMANN 3:25:31
- 3 RON BOCIAN 3:25:56
- 4 PAUL PAIKOWSKI 3:34:22
- 5 DAN GERAGHTY 3:34:31
- 6 JOHN HAMMETTER 3:36:11
- 7 VINCE VARONE 3:36:24
- 8 TODD EGNARSKI 3:39:44
- 9 ANDREW KLAPPERICH 3:40:28
- 10 JOHN BLADORN 3:49:34
- 11 JEFFREY MALLACH 4:04:32
- 12 EDWARD ROSENBERG 4:07:18
- 13 PAUL RIEHEMANN 4:08:04
- 14 CHAD COUNARD 4:11:57
- 15 TONY FURTON 4:11:57
- 16 PATRICK DUNKS 4:36:31
- 17 DENNIS BROHMER 4:37:52

- 7 DOUG OSTERBERG 3:49:59
- 8 TIMOTHY HARDEN 3:50:21
- 9 MICHAEL BURKOTH 3:51:25
- 10 STEVEN LIND 3:55:32
- 11 STEPHEN FARIS 3:58:28
- 12 JONATHAN MUELLER 3:59:42
- 13 JOE CHAMBERLAIN 4:00:07
- 14 BRAD DRAKE 4:02:07
- 15 VERN VAN BEEK 4:06:47
- 16 DON JAHNS 4:16:24
- 17 KEVIN CARBONI 4:20:56
- 18 BRIAN GRAVES 4:20:58
- 19 WAYNE JENSEN 4:24:07
- 20 ELY LEICHTLING 4:32:08
- 21 STEVE KOLTER 4:33:14
- 22 STEVE MONK 4:34:12
- 23 JACK WADDICK 4:42:07
- 24 PATRICK GORMAN 4:42:12
- 25 RICK BARRETT 5:06:42
- 26 IRVIN SNIDER 5:37:26

Div = M5054

- 1 LARRY SCHMIDT 3:31:09
- 2 CARY SEGALL 3:33:28
- 3 RALPH GRAF 3:37:19
- 4 KENNETH PLUMB 3:45:21
- 5 JAMES EHASZ 3:48:56
- 6 DOUGLAS SCOTT 3:53:11
- 7 ROSS MEYER 3:58:47
- 8 JAMES SZYJAKOWSKI 4:01:09
- 9 JOHN HUSZ 4:05:53
- 10 MARK MAURER 4:16:23
- 11 DOUGLAS DULLI 4:20:00
- 12 GREG ZYSZKIEWICZ 4:23:45
- 13 ROBERT MUELLER 4:32:09
- 14 DOMINIC RUFFALO 4:32:35
- 15 JOHN MANIACI 4:36:33
- 16 JACK THOMAS 4:42:14
- 17 JOHN PEHOSKI 4:45:43
- 18 CHRISTOPHER INGLES 4:47:35
- 19 DEL BOWERS 5:11:13
- 20 ROBERT LARSON 5:23:08

Div = M5559

- 1 GARY ENGSTROM 3:36:12
- 2 MICHAEL END 4:20:59
- 3 STUART SCHRAMM 4:21:49
- 4 DENNIS WANTLAND 4:58:35

Div = M6064

- 1 JOHN BECKER 3:38:17
- 2 TOM BUNK 3:43:49
- 3 DAVID BERG 4:26:19
- 4 JOHN RODEE 4:35:59

Div = M6569

- 1 MANUEL LOPEZ 5:36:51

Div = M7599

- 1 PAUL GIONFRIDDO 5:49:55

Div = Unknown

- KYLE ALLEN 5:22:25



The 2004 Trailbreaker Marathon Start. Photo by Jeff Weiss

Div = F5054

- 1 GEORGIA NOTHDURFT 4:32:01
- 2 SHARON MORDORSKI 5:25:31
- 3 CATHARIN CHENOWETH 5:32:41
- 4 KRISTINE HINRICHS 5:49:55

Div = F5559

- 1 JOY IMMS 4:25:08

Div = F6064

- 1 LORRAINE BUNK 4:38:06

Div = M3539

- 1 JOHN HALLETT 3:28:15
- 2 ROBERT SMITH 3:31:08
- 3 JIM KIRSCHBAUM 3:38:42
- 4 SCOTT MEYERS 3:38:52
- 5 ERIK GEREW 3:39:26
- 6 HOWARD LEDERMAN 3:46:47
- 7 ERIK LINDBERG 3:49:37
- 8 JOE TILLEY 3:51:15
- 9 JEFFREY STORCH 3:55:47
- 10 FRANK CONWAY 3:57:51
- 11 DAVID KONKEY 3:58:24
- 12 THOMAS ZAK 4:09:10

Div = M4549

- 18 HOWARD OGDEN 4:41:23
- 19 DAN ERSCHEN 4:41:52
- 20 PETER KLEIN 4:45:40
- 21 JOSEPH JESTER 5:03:44
- 22 AZIZ URAS 5:13:08
- 23 DOUGLAS ALLEN 5:29:20
- 24 MICHAEL ZIELINSKI 5:36:44
- 1 EDWARD BACHLER 3:19:18
- 2 CLEMENT GRUM 3:20:36
- 3 ROBB LINNEMANSTONS 3:24:54
- 4 TONY GIALANELLA 3:25:43
- 5 IGEORGE OGUTU 3:27:20
- 6 TOM CHARTRAND 3:49:09

The Most Times are in "The Strider"

The Epilepsy Foundation of Southeast WI proudly presents:

The 4th annual...

Brainstorm 5K Run & 3K Walk

Sunday, June 27th @ 9:00 a.m.

A flat, fast course in Greendale's beautiful Root River Pkwy next to Whitnall Park

For further Info, look for your entry form in next month's Strider, or call EFSW: (414) 271-0110

Same great excitement!

- 14-, 5 year, 70+
- Prizes up to 6 deep
- Awards ceremony
- PR city!

Same grrreeeat fun!

- * fun for the whole family,
- * games for children
- * prize drawings
- * face painting!



MAKING DUST

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

The 13th Annual
RE/MAX Suburban
TRAILBREAKER
Saturday, March 27, 2004
Waukesha, WI

Results provided courtesy of:
SPORTS MANAGEMENT
ASSOCIATES, INC.
8420 West Lisbon Avenue
Milwaukee, Wisconsin
53222
(414) 536-1377
(414) 536-9577 fax
info@smareults.com e-mail

OFFICIAL RESULTS HALF MARATHON

Overall Winners

Male: Chris Roberdeau
1:11:38

Female: Cassandra Scallon
1:32:23

Div = F1819

1 AMANDA BUDYAK 1:35:16
2 KALI LAFFERTY 1:46:56
3 JENNA WILLIAMS 1:59:00
4 ANGELA EGLOFF 2:03:10
5 KATHRYN PORTER 2:10:27

Div = F2029

1 CASSANDRA SCALLON 1:32:23
2 ROBIN TREDER 1:34:23
3 CINDI KELM 1:40:45
4 KRISTIN PATTERSON 1:43:09
5 CHRISTINE LAIRD 1:44:58
6 AMBER HAHN 1:47:04
7 ERIN POWELL 1:53:11
8 MICHELLE VOGEL 1:53:31
9 NAIOMI LUNDMAN 1:53:58
10 RACHEL GRONAU 1:54:25
11 SUSAN ENGLERT 1:54:53
12 LAURA ENGLERT 1:54:53
13 KEELEY MCKINNEY 1:55:40
14 CHRISTINE GLASZCZ 1:56:07
15 KRISTEN HASENJAGER 1:57:27
16 CARRIE KUMMROW 1:58:26
17 ANNE ROWE 1:59:35
18 ANNIE MIOTA 1:59:43
19 RENEE CLAIR 2:00:40
20 ALISHA MANSOUR 2:01:32
21 MARY ASCHBACK 2:01:36
22 KATHRYN CRANOR 2:01:53
23 RUSLANA MOORE 2:02:26
24 MELISSA BREWER 2:03:42
25 TANYA ONUSHKO 2:06:12
26 RENEE RAHMLow 2:06:52
27 REBEKAH STUCKART 2:09:55
28 JENNIFER FINK 2:10:25
29 SHELBY ROBERDEAU 2:12:42
30 ALLISON ZILIAK 2:13:35
31 JEANNE BAUER 2:13:42
32 SANDRA ZBILICKI 2:13:43
33 JENNIFER TONZ 2:13:44
34 KATIE DORCAK 2:14:31
35 SARA ALGER 2:21:30
36 MARY STEWART 2:49:19
37 BARBARA GRILICA 3:45:55

Div = F3034

1 LISA CHRISTENSEN 1:32:27
2 HEIDI LUND 1:39:35
3 ELIZABETH PLANK 1:40:36
4 SUSIE SPRECHER 1:46:24
5 STACIE SCRIVENS 1:50:58
6 JENNIFER HEIRING 1:52:46
7 MICHELLE GARDNER 1:53:50
8 ANN MARIE PETERSON 1:53:51
9 CARRIE GOODMAN 1:55:31
10 ANN HARRINGTON 1:55:38
11 JENNIFER JOHNS 1:56:56
12 APRIL KOEHLER 2:00:56
13 JACKIE WHITE 2:02:42
14 LUANNE MATUSKA 2:03:57
15 JILL WERNER 2:06:50
16 SANDY DITZIG 2:08:37
17 STEPHANIE WITTE 2:19:02
18 CYNDI BERGS 2:19:57
19 KARLA LEGGETT 2:22:57
20 JENNY WNUK 2:26:03

Div = F3539

1 MICHELLE LANOUEUETTE 1:33:51
2 CHRISTINA EIFERT 1:35:42
3 LYNN KONKOL 1:36:17
4 DIANET PLUCINSKI 1:41:21
5 JANE BERO 1:49:02
6 KRIS HARPER 1:51:36

7 MEG KENNEDY 1:51:53
8 CHERYL KRAFT 1:53:33
9 JULIE SLUTINO 1:53:35
10 JANA CERVANTES 1:54:25
11 MARIANNE KOCH 1:55:27
12 DEBBIE SCHAEFER 1:55:37
13 SHERYL LEONARD-SCH 1:58:54
14 MARY BRANTON 2:00:59
15 KRIS MAAS 2:01:01
16 MARIE O'BRIEN 2:01:46
17 LYNN POSICK 2:02:32
18 TERI LUX 2:03:46
19 KIM LOTHE 2:05:55
20 CHRISTY SNEIDE 2:05:57
21 ANDREA SNASTIN 2:06:36
22 JOLIE KREUSER 2:06:51
23 LISA DEBOER 2:07:17
24 SHEILLY STEFANIAK 2:07:20
25 CHRISTINE STEFANIA 2:07:40
26 CAREY STILLMAN 2:07:57
27 JULIE HUGHES 2:09:03
28 HEIDI LAK 2:12:20
29 CHRISTINE DENTON 2:15:42
30 KAREN HAUSER 2:18:38
31 NOELLE NORTHEY 2:19:13
32 SHEILLY SCHUMACHER 2:21:58
33 MEG BAUER 2:28:00
34 SHEILLY O'BRIEN 2:30:04
35 JUDI ZAFEROS-PYLAN 3:13:37

4 NANCY JOYCE 1:48:26
5 AMY GRETNER 1:49:46
6 ANN BROTHEN 1:49:46
7 JUDITH SCHMIDT 1:52:33
8 MARY WYSOCKI 2:03:59
9 GAIL FRENZEL 2:06:30
10 ROBIN PEDERSEN 2:08:20
11 SUE NORCROSS 2:10:08
12 JILL HONEYAGER 2:11:22
13 BARB SCHANTZEN 2:18:44
14 MARY WNCAPAW 2:23:00
15 KAREN WARD 2:29:38
16 KAREN SMITH 2:32:06
17 JUNKO URAS 3:29:38
18 DONNA HOELZ 3:43:00

Div = F5054

1 NANCY SANDLIN 1:49:34
2 C WILBURTH 1:52:35
3 SUE SHARKEY 2:01:00
4 JAYNE WEYER 2:05:27
5 ROCHELLE TENNESSEN 2:18:30
6 KAREN PODOLL 2:30:37
7 LINDA PULKOWSKI 2:35:08
8 SUSAN KATZ 2:39:15
9 PATRICIA POLASKI 2:39:25
10 ANNE RIENDL 3:43:00

5 RYAN HILL 1:19:01
6 JAMES BURKE 1:19:09
7 RYAN TOWLES 1:22:29
8 AUSTIN RAMIREZ 1:24:02
9 BRADLEY RITLAND 1:28:18
10 ROBERT ANTHOLINE 1:29:21
11 MARCUS KUHN 1:29:59
12 TONY COLVIN 1:31:15
13 BRANDAN PRATT 1:31:44
14 JACOB TEPLESKY 1:33:12
15 CHRIS CARNAZZO 1:33:38
16 JASON BOISSONNAULT 1:35:09
17 DAN SCHREINER 1:35:28
18 DARICK BLOOM 1:36:15
19 JASON KENESIE 1:37:28
20 JAMES KENESIE 1:37:28
21 STEPHEN DEUTSCH 1:39:14
22 PETER METZ 1:40:30
23 CLAYTON GRIESSMEYE 1:41:46
24 THOMAS DOLCE 1:45:34
25 JON LARSON 1:47:32
26 CHRIS CONKLYN 1:48:02
27 PETER DESWOOD 1:49:06
28 MATTHEW BARTZ 1:51:13
29 RYAN GRIESSMEYER 1:51:46
30 AARON HENDRICKS 1:52:40
31 ERIC FUNK 1:55:05
32 TYLER PODOLL 1:56:37
33 NATHAN LIEDTKE 1:57:49
34 DENISON KUMMROW 1:58:26

24 BILL PETSCH 1:47:34
25 CHRIS DEROSIER 1:50:38
26 RETO FREI 1:52:15
27 WILL SMITH 2:00:55
28 JON JIRSCHLE 2:03:06
29 TOMMY THOMPSON 2:03:34
30 CHRIS MEECE 2:03:44
31 PATRICE FETHERSTON 2:03:44
32 KRIS POMPLUN 2:07:16
33 PETER PRUEFER 2:12:21
34 SHAUN MORRIS 2:12:37

Div = M3539

1 SCOTT KENT 1:17:22
2 RICHARD RISCHMAN 1:19:43
3 BRUCE HOLMES 1:20:16
4 MARK SCHAEFER 1:22:57
5 CHRIS JONES 1:24:19
6 JAMIE ROOT 1:24:23
7 CHAZ HECKMAN 1:28:21
8 DAVID MITCHELL 1:30:51
9 DAVE REPPEN 1:32:22
10 TODD BARDEN 1:33:00
11 BRIAN BENNETT 1:33:13
12 STEVE TAYLOR 1:34:17
13 DANIEL BERGHOFER 1:34:58
14 MARK JOHNS 1:35:41
15 JOHN GRAY 1:35:54
16 BRIAN SEEGERT 1:39:14
17 DAVID MARTIN 1:39:59
18 DAVID GRESSER 1:40:44
19 BRIAN LEVY 1:41:08
20 PETE SYFTSTAD 1:42:39
21 DAVID FLORES 1:42:48
22 RODNEY GARCIA 1:43:10
23 DAVID SIMS 1:43:19
24 MICHAEL ACKLEY 1:43:36
25 BRAD WELLS 1:44:08
26 TOM WINKEL 1:45:57
27 DAVID ZEICHERT 1:47:10
28 STEVE HOFFINS 1:47:43
29 BEN VOGEL 1:47:59
30 TIM SERWE 1:49:35
31 JAY ZAHN 1:51:31
32 PETE PETERSEN 1:51:53
33 STEVE MULLER 1:55:43
34 MICHAEL ELLIS 1:56:56
35 KELLY ANTON 1:57:59
36 DAVID BUECKERS 1:58:02
37 WADE AYER 1:59:36
38 FREDRICH THOMAS 2:00:26
39 RICK ROTHSTEIN 2:00:50
40 JAMES PIROVANO 2:02:27
41 HENK JOUBERT 2:02:49
42 JOSH LEGGETT 2:07:48
43 CHRIS HERDER 2:08:19
44 LOGAN ELANGOVAN 2:13:34
45 SCOTT MOORE 2:20:28
46 WILLIAM GREEN 4:06:51

Div = M4044

1 TERRY LABINSKI 1:17:37
2 RICK STEFANOVIC 1:18:12
3 TOM ABLER 1:23:53
4 JOHN O'CONNELL 1:24:00
5 GARTH MOHR 1:24:51
6 CLARK SLIPHER 1:27:18
7 KEVIN OSBORN 1:28:29
8 PHILIP BARBER 1:29:56
9 PETER STEFANIAK 1:30:12
10 BRIAN AMMERMAN 1:30:59
11 JOHN DEMBINSKI 1:31:18
12 DAN BIESER 1:31:57
13 RUSSELL BELLFORD 1:32:21
14 DAVE LAHEY 1:34:40
15 DANA FLUET 1:35:28
16 MIKE STEFANIAK 1:35:39
17 RON WHITE 1:37:54
18 RANDALL ABENDROTH 1:39:34
19 BILL JENKIN 1:39:57
20 RICHARD JOHNSTON 1:40:28
21 ROBERT MCDUGALL 1:41:19
22 DAVID GILSON 1:42:44
23 MICHAEL MORASAN 1:43:14
24 WILLIAM LASTE 1:43:38
25 JIM RUDOLPH 1:44:53
26 WILLIAM NEHR 1:44:58
27 TOM KUCHARSKI 1:45:17
28 NICHOLAS ANSTEDT 1:47:37
29 SCOTT KOSIDOWSKI 1:47:45
30 JOHN BLEY 1:48:04
31 TIM MARKUS 1:50:03
32 MARTIN VOGEL 1:52:09
33 DAVE LAUER 1:54:42
34 STEVE SZYMANSKI 1:55:23
35 BRIAN KENNEDY 1:56:14
36 TIM DUFOUR 1:56:38
37 DAVE GAVINSKI 1:56:39
38 KEN KWIATKOWSKI 1:58:12
39 THOMAS JEANPIERRE 1:58:13
40 MICHAEL FRANK 1:58:39
41 PHILIP LEWIS 1:58:43
42 DAVE GLYZEWSKI 1:59:05
43 PATRICK PRINGLE 2:00:15
44 CHRIS DECKER 2:00:56
45 DANIEL DEBEHNKE 2:00:57

(Continued on page 14)



Linda Schieble, Childrens Hospital Special Events Coordinator and Don Ayer, Race Director, work the bugs out prior to the Marathon Start. Photo by Jeff Weiss

Div = F4044

1 DANA VICKER 1:39:10
2 BARBRA FAGAN 1:40:04
3 DANA SCHUMACHER 1:42:38
4 SALLY SCHUMACHER 1:43:03
5 COLLEEN BERG 1:44:38
6 TAMMY FERRY 1:47:25
7 BARBARA MURPHY 1:51:21
8 NANCY MCMARRY 1:51:55
9 CINDY STUCKEY 1:53:25
10 CHRISTINE MURPHY 1:58:37
11 COLLEEN SCHOWALTER 2:00:14
12 SHERRY SEUBERT 2:00:52
13 ANNE WANDLER 2:03:58
14 LORRIE WENZEL 2:05:03
15 DEE SINDBERG 2:05:09
16 JULIE MILLER 2:05:19
17 MARY JO ESSER 2:06:19
18 COLLEEN TOBY 2:09:13
19 BARBARA HEINEN 2:09:20
20 HOLLY HEGGESTAD 2:10:01
21 LISA DREW 2:11:21
22 JAYNE LASTE 2:13:54
23 CHRISTINE BORKOWSK 2:16:58
24 MARY JANE TEHAN 2:19:20
25 ROSE ANSSTEDT 2:19:32
26 JEAN RODD 2:52:39
27 ANNMARIE HENNINGER 3:30:41

Div = F4549

1 LAURA CLARK-TAYLOR 1:33:57
2 SURAN JOHNSTON 1:44:59
3 ANN KRAUSE 1:47:56

Div = F5559

1 SHIRLEY SCHIELDS 2:01:47
2 JUDITH ORMOND 2:12:56

Div = F6064

1 BOBBIE WAGNER 2:08:55

Div = F6569

1 SOPHIA WOITOWICZ 2:20:26

Div = F7074

1 OLIMPIA DI NARDO 2:55:50

Div = M1819

1 ERIC DEGELOW 1:35:38
2 JUSTIN FAYAS 1:38:48
3 ANTHONY CLESako 1:50:38
4 IAN KILPATRICK 2:02:25
5 MICHAEL WELLMAN 2:04:06

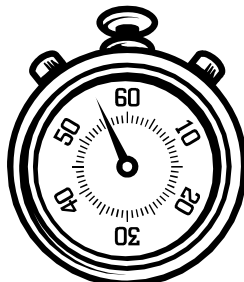
Div = M2029

1 CHRIS ROBERDEAU 1:11:38
2 MATT TUPTA 1:14:48
3 JIM MARSCHALEK 1:17:39
4 JASON MAYER 1:18:51

35 DEVIN BARTA 2:00:02
36 JAMES EWING 2:03:15
37 RYAN GALANTE 2:03:40
38 JACOB FORYSTER 2:06:02
39 AARON GALL 2:06:51
40 BRENO RECCHIONI 2:08:20
41 ERIC FROME 2:08:20
42 CHRIS WITCZAK 2:32:12

Div = M3034

1 WAYNE DALTON 1:16:43
2 KEVIN STANKIEWICZ 1:18:46
3 TED SHUE 1:21:20
4 JIMMY BLOWN 1:28:06
5 BEN RUYLE 1:32:29
6 ADAM HOLTON 1:32:49
7 JASON JURSS 1:34:32
8 BERNARD BULL 1:35:43
9 RICK FLAYTER 1:36:43
10 RON NELSON 1:38:26
11 MICHAEL WALSH 1:40:28
12 DANIEL KAHN 1:40:30
13 JOHN KOCH 1:40:36
14 NEIL HOLLAND 1:40:41
15 GLEN BREWER 1:42:00
16 MIKEL WOODS 1:43:11
17 RICHARD KRAWCZYK 1:43:24
18 PATRICK O'HARA 1:43:40
19 JASON LALLY 1:44:55
20 TIMOTHY LUFT 1:46:29
21 RIDMAN REESE 1:46:39
22 MATTHEW MARSHALL 1:47:16
23 NATHAN MEIDL 1:47:27



The Most Times

are in 'The Strider'

MAKING DUST

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

TRAILBREAKER

OFFICIAL RESULTS 1/2 MARATHON CONTINUED

(Continued from page 13)

46 TOM WETZEL 2:02:52
47 ROBERT DITZIG 2:03:18
48 RICK KREML 2:08:29
49 MIKE O'CONNELL 2:09:53
50 BOB STOCKER 2:13:11
51 MANUEL MEDINA 2:16:17

Div = M4549

1 DAVID LAWNICKI 1:31:16
2 JOHN CULLEN 1:34:13
3 DONALD ELDREDGE JR 1:35:31
4 TOM KRAUSE 1:38:00
5 LUDWIG ENGHOFFER 1:38:21
6 JOSEPH HUPP 1:40:04
7 RAY CORTENBACH 1:41:04
8 BILL WAGENER 1:41:14
9 RICK SCHNELL 1:41:46
10 DOUG FUNK 1:42:29
11 DOUG MUELLER 1:43:57
12 JAMES ERDAHL 1:44:34
13 MICHAEL COX 1:47:10
14 JAMES FAGAN 1:49:47
15 ROBERT ZASTROW 1:50:28
16 JEFF WEISS 1:50:47
17 TIMOTHY PUTRA 1:52:29
18 TED ITZOV 1:53:40
19 GLEN HABERMAN 1:54:09
20 RICHARD LEMLEY 1:55:29
21 MIKE ANDERSEN 1:57:00
22 THOMAS JOHNSON 1:57:05
23 STEVE EVERSON 1:58:46
24 DENNIS HANNA 2:03:12
25 DAVE RAHMLow 2:04:01
26 ALBERT FOUNTAINE 2:04:55
27 STEVE STEIN 2:05:13
28 WILL JACKSON 2:08:12
29 ED GLEASON 2:10:02
30 RICHARD POLIT 2:11:32
31 JOHN AUGUSTINE 2:11:41
32 AL KOPPLIN 2:14:26
33 MICHAEL THON 2:23:44
34 MARK KOZICZ 2:57:41



Bonnie Clarey brightened up a foggy morning by singing the National Anthem. Photo by Jeff Weiss

Div = M5054

1 PAUL BADURA 1:28:08
2 MIKE MONDLOCH 1:34:20
3 BRADLEY MATTHESON 1:35:59
4 JEFFREY BUSSE 1:36:24
5 RON MAURER 1:37:51
6 PAUL BINGEN 1:38:11
7 RICHARD ROWLAND 1:40:49
8 STEVE GAMM 1:40:50
9 MARK POLLOCK 1:41:30
10 WILLIAM JAHNKE 1:42:03
11 CLETE ANDERSON 1:46:39
12 GLENN SCHAEFFER 1:46:47
13 RUSSEL RACH 1:48:29
14 DENNIS SHOEMAKER 1:49:38
15 GEORGE SKOSEY 1:50:57
16 JEFF SMITH 1:51:23

17 JEFF STEPHENSON 1:53:05
18 GARY GASPER 1:53:38
19 PAUL PUJANAUSKI 1:53:53
20 RICHARD WILBERG 1:54:28
21 RAY STARAL 1:57:54
22 DALE SAMUELSON 1:58:04
23 DAVE GATES 1:58:40
24 GARY PAGE 2:01:55
25 ROBIN TURNER 2:02:34
26 STEVEN COEN 2:02:48
27 JERRY KANGAS 2:05:25
28 PAUL ZIEBARTH 2:05:56
29 TOM BAAS 2:06:31
30 ROBERT JUDAY 2:18:20
31 KEITH PROCHNOW 2:18:21
32 RICK TENNESSEN 2:21:37
33 KEN SCHOBBERG 2:23:01
34 DAVE CATTOI 2:33:37
35 BOB KINCAID 2:40:56

Div = M5559

1 TIM NOVAK 1:32:30
2 GARY UDOVICH 1:33:11
3 GERALD DONEGAN 1:37:26
4 KEN MACIOLEK 1:39:39
5 JERRY HUHN 1:42:03
6 DONALD HAWES 1:49:15
7 E MICHAEL FLANAGAN 1:54:23
8 ROBERT HAWLEY 2:00:52
9 MICHAEL PETERSON 2:03:49
10 ROBERT LEONARD 2:04:35
11 MICHAEL MCCLUSKEY 2:04:59
12 TOBY HORNSLEIN 2:14:09
13 DAVID BORUCKI 2:17:17
14 PHILIP BRINK 2:22:33

Div = M6064

1 MIKE BORZICK 1:46:19
2 FRAN WASIELEWSKI 1:48:18
3 JIM PRELLWITZ 2:03:40
4 BRUCE BOECK 2:12:21
5 THOMAS HOLLAND 2:23:36

Div = M6569

1 JOHN JONES 1:36:24
2 KEN BURMAN 1:59:16
3 ED PARKER 2:04:54
4 O.T. LUPINSKI 2:19:09
5 JAMES CLAREY 2:31:41
6 BOB MCCAFFREY 2:42:35

Div = F2029

1 JESSICA DOBER 19:28
2 JEAN LYONS 21:44
3 REBECCA MCKEAN 24:20
4 ANGELA COLQUE 24:35
5 JENN HACKBARTH 24:48
6 KIM PIONTKOWSKI 25:25
7 CARMEN O'NEILL 25:45
8 KENDRA BOWER 26:11
9 KATIE EVERSON 26:27
10 LINDSAY PROFIT 26:27
11 PATTI FRANKOWIAK 26:55
12 ELIZABETH KITOWSKI 27:31
13 JULIE O'CONNOR 27:36
14 JENNIFER WASNIC 28:03
15 M VELAZQUEZ 28:09
16 ERIN DAVIS 28:10
17 EULALIE MOE 28:12
18 RACHEL QUADERER 28:12
19 DIEP PHAM 28:13
20 SUZANNE CLAUSS 28:19
21 PAMELA KOENIG 28:27
22 ERIN MUELLER 28:27
23 PEGGY SCHELLINGER 28:37
24 SARAH BARTELL 28:51
25 M KENENAKHO 28:53
26 STEPHANIE MEYER 29:12
27 LAURIE SCHULTZ 29:26
28 KATIE HOLTZ 29:59
29 JENNIFER MLEZIVA 30:01
30 EMILY ORSINGER 30:08
31 ANDREA SMITH 30:26
32 JULIE BERGUIST 30:44
33 KERI LECHTENBERG 32:03
34 JENNIFER DAVIS 32:13
35 JULIE GUELDER 32:34
36 B KUOKKANEN 32:40
37 JENNIFER BREITMOSE 32:52
38 KRISTINA REICH 33:05
39 JENNIFER POLINSKI 34:05
40 JENNA HOLMAN 34:06
41 JUSTINE SINKUS 34:09
42 REBECCA ZIKA 35:37
43 NICOLE SHEATS 36:38
44 BETH KLEIN 48:45

Div = Unknown

JAKE DEMBINSKI 1:45:26
JEREMY DUNN 1:56:38
KERRY MARY 2:13:11

The 13th Annual RE/MAX Suburban TRAILBREAKER

Saturday, March 27 2004
Waukesha, WI

Results provided courtesy of:
SPORTS MANAGEMENT
ASSOCIATES, INC.
8420 West Lisbon Avenue
Milwaukee, WI 53222
(414) 536-1377
(414) 536-9577 fax
info@smaresults.com

OFFICIAL RESULTS 5 K

Overall Winners

Male: Bill Gilmore
17:55

Female: Jessica Dober
19:28

Div = F0111

1 SARAH HEIN 32:05
2 ASHLEY NELSON 35:32
3 HANNAH LUNDGREN 35:39

Div = F1517

1 KIM BINZAK 36:02
2 JESSI MYSZKA 36:16

Div = F1819

1 MARTHA AGLER 26:00
2 MARYANNE PICKETT 26:00
3 AMY BALKE 27:10
4 LISA JOURDAN 27:49
5 KATHERINE SPITTLER 28:06
6 SARAH SCHULTZ 29:26
7 ANN MADISON 29:52
8 LEAH DURKIN 35:33

Div = F2029

1 JESSICA DOBER 19:28
2 JEAN LYONS 21:44
3 REBECCA MCKEAN 24:20
4 ANGELA COLQUE 24:35
5 JENN HACKBARTH 24:48
6 KIM PIONTKOWSKI 25:25
7 CARMEN O'NEILL 25:45
8 KENDRA BOWER 26:11
9 KATIE EVERSON 26:27
10 LINDSAY PROFIT 26:27
11 PATTI FRANKOWIAK 26:55
12 ELIZABETH KITOWSKI 27:31
13 JULIE O'CONNOR 27:36
14 JENNIFER WASNIC 28:03
15 M VELAZQUEZ 28:09
16 ERIN DAVIS 28:10
17 EULALIE MOE 28:12
18 RACHEL QUADERER 28:12
19 DIEP PHAM 28:13
20 SUZANNE CLAUSS 28:19
21 PAMELA KOENIG 28:27
22 ERIN MUELLER 28:27
23 PEGGY SCHELLINGER 28:37
24 SARAH BARTELL 28:51
25 M KENENAKHO 28:53
26 STEPHANIE MEYER 29:12
27 LAURIE SCHULTZ 29:26
28 KATIE HOLTZ 29:59
29 JENNIFER MLEZIVA 30:01
30 EMILY ORSINGER 30:08
31 ANDREA SMITH 30:26
32 JULIE BERGUIST 30:44
33 KERI LECHTENBERG 32:03
34 JENNIFER DAVIS 32:13
35 JULIE GUELDER 32:34
36 B KUOKKANEN 32:40
37 JENNIFER BREITMOSE 32:52
38 KRISTINA REICH 33:05
39 JENNIFER POLINSKI 34:05
40 JENNA HOLMAN 34:06
41 JUSTINE SINKUS 34:09
42 REBECCA ZIKA 35:37
43 NICOLE SHEATS 36:38
44 BETH KLEIN 48:45

Div = F3034

1 SUSAN WENZLER 26:20
2 ANDI GUMINA 26:29
3 ROMY LOPPNOW 30:13
4 KRISTIN LUDWIKOSKI 30:14
5 TRACY REESE 30:30

6 WENDY HAAS 30:56
7 ELIZABETH HORNER 32:59
8 CANDACE BAYER 34:11
9 LISA LINKE 34:45
10 LEAH CARTWRIGHT 35:42
11 STACY MARTINEZ 48:47

Div = F3539

1 JULIE VORIS 27:59
2 HEIKE FLEUCHAUS 28:04
3 KASEY FLUET 28:31
4 ANDREA HORNSLEIN 30:07
5 E WARTZENL 32:02
6 WENDY NOVAK 35:18
7 JACKIE LUNDGREN 36:49
8 TRACEY CROSS 39:49
9 MARY BRUNI 45:23
10 SHERRY LOKKEN 55:22

Div = F4044

1 TAMI GUILDER 24:15
2 SUNG YE JACOBS 25:03
3 SALLY KOCH 25:59
4 KAROL KENNEDY 27:33
5 K BEREZOWITZ 29:19
6 LISA ZWEIFEL 29:43
7 C KOPSHINSKY 29:44
8 SHARON SIME 30:15
9 LINDA WETZEL 31:40
10 WENDY SNELSON 31:59
11 JEAN RODRIGUEZ 32:16
12 TERESA FRAZER 43:24

Div = F4549

1 JONI HODOR 26:37
2 CATHY KLIEBENSTEIN 27:02
3 LORI KITOWSKI 27:52
4 CINDY CARTER 28:29
5 PAT CAMPAU 31:46
6 G BUCHHOLZ 37:32
7 LAURA THON 52:55

Div = F5054

1 JEAN HULBERT 25:25
2 DIANE BUDYAK 27:57
3 LUCY WICHTOSKI 28:01
4 JOYCE FISHER 29:51
5 MARY JO BROWN 32:26
6 LYNN HOLLAND 42:28
7 MARY LEMKE 48:43
8 LINDA KONSELLA 48:49

Div = F5559

1 JILL GUST 30:32
2 MARGARET CATTOI 40:34

Div = F6064

1 MARCIA BALTHAZOR 31:04
2 JOYCE A TUCHEL 32:35
3 KAREN HUNDLEY 32:36
4 EMELIE LINKE 37:09

Div = M0111

1 CASEY SABINASH 26:51
2 MATTHEW ABLER 32:28
3 MAX LUNDGREN 36:47

Div = M0214

1 WES STOSIK 26:20
2 JEREMY OWEN 26:50

Div = M1517

1 ALEX ROBINSON 20:21
2 TOMMY REIGLE 21:40
3 ADAM STURM 23:16
4 DANNY KLOKOSKI 23:45
5 BEN ORLOPP 23:46
6 DANIEL RUEKERT 23:49
7 DANIEL GRAMS 24:21
8 JOSHUA GOHR 24:46
9 NATHAN PROFIT 24:50
10 JASON FOHR 24:56
11 ANDY GEYSER 25:17
12 NATE KONKOL 25:25
13 ARTHUR ORVILLE 26:40
14 BRIAN MEISSNER 27:01
15 ROBERT PRICKETT 27:18
16 TIM POLLARI 27:19

Div = M1819

1 JUSTIN DOWSETT 19:23
2 PETER SCHUNK 27:10

Div = M2029

1 AARON PIERCE 18:18
2 BRIAN SCHAFF 20:03
3 HURRICANE SCHRADER 20:54
4 MARK BERGUIT 21:59
5 DAN ERMANN 22:44
6 VICENTE CORREA 22:45
7 JOE KENNEDY 23:36
8 CORY STREBE 23:46
9 AARON YUSKIS 24:43
10 CHRIS YENTER 25:36
11 CRAIG PASSLER 25:55
12 KENICHI MIYATA 26:14
13 JEREMY JAMES 26:21
14 ARNE EVERSON 26:35
15 AKHIL SARAWAT 26:38
16 REID HICKMAN 27:09
17 MIKE GEIGER 27:35

18 ZACHARY KLUCK 27:47
19 CHAD CAMPEAN 28:54
20 DAVID BOLHA 29:04
21 RANDY MEYER 29:12
22 M LECHTENBER 32:03
23 JAY SCHWABE 39:33

Div = M3034

1 JASON BENNETT 19:51
2 BILL SCHNEIDER 20:19
3 CHAD PASSLER 22:02
4 SEAN MCKEAN 22:33
5 JEFF KRYGIEL 22:45
6 JEFF WENZLER 23:08
7 CHRIS WAGNER 23:13
8 COUG MORAN 23:32
9 ANDY DELBASY 23:54
10 STEVE DESCHLER 23:57
11 JOSEPH LABATORE 23:58
12 ERIK HENDRICKSON 24:39
13 BRIAN LOVELIEN 25:54
14 JON KNEELAND 26:39
15 THOMAS HAMM 28:31
16 ERIC TIDEMANSON 32:00
17 ROB MARTIN 32:26

Div = M3539

1 DAVID HABBEN 18:01
2 GEOFFREY HARRIS 19:01
3 ROBB SIMCOCK 22:10
4 ERIC KLUG 25:34
5 PETE SCHUMACHER 25:57
6 ROB GERBASI 28:02
7 JEFF NOVAK 33:00

Div = M4044

1 BILL GILMORE 17:55
2 KELLY MORAN 21:14
3 JEFF BAKKEN 21:47
4 MIKE SCHMITZ 25:10
5 PAUL GANTZ 25:15
6 TOM BRUCE 25:35
7 PAUL HETZEL 27:45
8 KEN DEBOER 28:45
9 WILLIAM JESKE 32:36
10 DAVID O'NEILL 33:42
11 TOM LUNDGREN 35:43

Div = M4549

1 JERRY REUTELER 19:04
2 KEN SUMBRY 20:33
3 KEVIN MORAN 21:09
4 JOHN KUHN 21:27
5 GREG STEINBERG 23:37
6 JEFF PETAK 24:21
7 MARVIN FECHTER 26:41
8 JIM SABINASH 26:51
9 ROBERT JESKE 26:53
10 KENNETH STASIK 27:04
11 JOSE GONZALEZ 27:22
12 JERRY KITOWSKI 27:52
13 GEORGE COEN 28:38
14 ALFRED HUDEC J 41:19

Div = M5054

1 DENNIS EDEN 20:37
2 DON FLEMING 24:39
3 FRED LAUTZ 24:52
4 PETE HOLTZ 29:31
5 THOMAS J HEINE 29:53
6 BRUCE HOLMAN 29:56
7 RICHARD DUCE 30:10
8 JOSEPH RODRIGUEZ 33:13

Div = M5559

1 CARL WENDEL 22:01
2 ROBERT BAL 24:17
3 KIT KUOKKANEN 25:00
4 ROCKY MCGRORTY 25:01
5 JIM CHRISTUS 25:03
6 ED JOSEPHSON 27:49
7 GERRY REICHERT 27:56

Div = M6064

1 PAUL GIHRING 33:10
2 TOM LUTZ 37:27

Div = M6569

1 DAVID GRIFFITHS 23:29
2 JERRY SPRINGOB 24:43
3 DAVID STUCKSLAGER 27:09
4 LEROY WOLNIAKOWSKI 35:22

Div = M7074

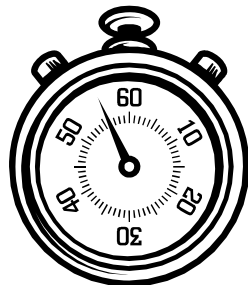
1 JOHN HESSIL 36:16
2 DUANE TATE 43:19

Div = M7599

1 DANIEL MURPHY 29:49

Div = Unknown

ANNE SCHULTZ 23:50
JIM PEKOWSKY 26:48
JIM HEIRING 28:33



The Most Times

are in 'The Strider'



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.

Volume 33, No. 4, May 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