

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 5

June 2004

HAVE FUN AND HELP SUPPORT THE SPECIAL OLYMPICS

By Karen Van Rite

Calling all runners...and walkers, too!

The prime time of the running season is here, Nothing's on TV but reruns Superun time is near. So join us for a little fun.

We are just weeks away from the 22nd annual Superun 5k Run/Walk. Chances are, many of you have already been out and about, participating in various races, ranging in distance from one mile to fifty, and beyond.

SUPERUN

June 23rd, 7 pm
Lake Park

Here's an opportunity come out on a Wednesday evening to challenge yourself, add to your mileage and have fun at the same time.

If you are a beginning runner planning to add another 5K, move up to the 5K race distance or simply a walker wanting to participate in an invigorating walk, the Superun 5k is the perfect option. For those long distance runners looking to do some quality speed-work, the Superun is also the answer.

And, for those who might think a 5K is a wimpy run I challenge you to come out and give this one a try. If you've never run this race before, talk to those who have. Or, just show up and see what happens when you get to "the hill." This event is named not only for the "super" run, but also for the "super" hill.

No matter what your reason is for coming, you're sure to have an evening of fun, challenge, surprises, food and of course, free beer!

The run begins at 7:00pm. There will be registration on race day, from 5-6:30pm. Those who register on race day are not guaranteed the special singlet to commemorate this great run. I recommend that you register early if you want to be sure to get your shirt. I KNOW that everyone will want one. Just like the run, they are super singlets.



Now, for the important part... The Superun is sponsored jointly by the Badgerland Striders and the Pompeii Men's Club. The proceeds from the race benefit the Special Olympics.

In addition, every year the Pompeii guys cook up a batch of those yummy Italian sausages they have become famous for at this event. There is a small charge for these delectable sandwiches, but they are well worth the cost. And remember...it's for a good cause. Did I mention there is FREE BEER?!!

Don't delay ... sign up today. There's not much time before the early registration deadline. Prior to June 16, the fee is just \$12 for Strider members. After that date, the fee is \$15 for everyone. So, save a few bucks and guarantee that you will get a cool singlet, as well. Register NOW!

There is an entry form in this issue of the newsletter, or you can find one at the Strider website, www.badgerlandstrider.org.



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FIRECRACKER FOUR STARTS 2ND QUARTER CENTURY

By Doug Nelson

The 26th running of the Hales Corners FIRECRACKER FOUR will be run on Sunday July 4th this year. This race continues to be part of the Strider Short Series Club Championship Competition. But don't forget...you can't win if you don't sign up!

If you are not familiar with the Club Championships, Striders compete against other Striders of the same gender in the same age group. Awards presented to the Top 3 finishers in each Series per age group. You can find complete information on the Striders website at www.badgerlandstriders.org.

It is easy to sign up. Club members will need to register with Jim Schmidt. Name and birth date must be included. Spouse and children need to register separately.

Send information to silkey@execpc.com OR Jim Schmidt 2111C E. Broadway Waukesha, WI 53186



July 4th, 9 am
Hales Corners Park
116th & Janesville Rd

Include an e-mail address if you wish to be included on the mailing list. Also, help spread the word around!

Back to the matter at hand, The FIRECRACKER FOUR!

This fast, flat course offers runners the chance to add to their point totals for the Club Championships.

If you like to win awards, the Firecracker Four is the race to run. We provide awards for up to the first ten places in some age groups. The rest of us will have to settle for the rewards of jumping into the pool (YES, we are renting the Hales Corners Park pool again this year) and refreshments including beer, milk, water, cookies and fruit served to you by the friendly folks from CONTINENTAL SAVINGS BANK.

Last year, we initiated the "Coach Dodd's Youth Challenge." We awarded over \$700 in cash and merchandise to the schools of runners who participated in the run.

(Continued on page 3)

Run with the Legends

How would you like the chance to run with Uta Pippig, Khalid Khannouchi, Alan Culpepper, Kathy Butler, and Ahmad Hasan Abdullah?

Oh, I'm sorry. I was assuming you knew who all these runners were. Let me quickly fill you in.

Uta Pippig absolutely dominated the woman's marathon in the early to mid 90's. She won Berlin twice, New York once, and Boston 3 consecutive years. Pretty solid. She also has an incredible personality and will talk to anyone...even me. She didn't even make me feel like I was a stalker.

Khalid Khannouchi recently held the world record (2:05:38) in the marathon for just under 4 years when Paul Tergat broke it at Berlin last year (2:04:55). He holds 3 of the top 6 fastest times ever run in the marathon! Does anyone remember him running down Moses Tanui in 1999 to win the Chicago Marathon and set the world record? If you were there, you'll never forget it.

Alan Culpepper just won this year's U.S. Olympic Trials Marathon. He is the former U.S. 5000 meter (2002) and 10,000 meter (1999 and 2003) champ. He has long been one of the top cross-country runners this country has seen. I wonder where he'll be running to tune up for the Olympic Marathon.

Kathy Butler was the 1995 NCAA Cross-Country Champion when she ran for our own Wisconsin Badgers. Later that year she won the Canadian National Cross-Country Championship. Earlier this year she took 11th in the World Cross Country Championships.

Ahmad Hassan Abdullah (formerly Albert Chepkurui) was 4th in this year's IAAF Championships and a Gold Medal winner at the Asian Athletic Championships. Abdullah will also be defending his win at last year's Bellin Run.

the
Prez
sez



John Cornell

BELLIN RUN June 12th, 8am

Excuse me? What is the Bellin Run? You say you've never heard of the Bellin Run? Where have you people been living? Under a rock? On top of a bar stool? Under a barstool?

The Bellin Run is a 10 K in Green Bay taking place for the 28th time this June 12. This run brings in more top-notch talent every year than all other Wisconsin races combined. Past champions include Frank Shorter, Bill Rodgers, Gary Bjorkland, Bruce

Bickford, Ed Eyestone, our very own Dan Held, Joseph Kimani, and James Koskei on the men's side. If you haven't heard about ANY of these runners...we need to talk. On the women's side, there are Tegla Loroupe, Elana Meyer, Joan Samuelson, Uta Pippig (see above), and Jenny Crain (formerly of Milwaukee).

When can you run in a race of this tradition with only 5000 runners and not have to run a marathon? In a marathon of similar caliber, you could get beat by the winner by more than 2 hours. At the Bellin Run, I'll bet you could hang with the elite runners, and hold on to only have them outpace you by 45 minutes, tops. That should make you feel better.

I have run this race every year since I can remember. The pasta party and expo the night before are great; the post race snacks/massage/awards are fantastic.

The park setting is beautiful. There is also an autograph session the evening before. I still have my Uta Pippig autographed picture from 1996 (the year I was stalking her) along with a personal tradition I started that year. I have my race number signed by the elite runners. Maybe this is the year you make your own Bellin traditions.

I challenge you find a better, more well organized event anywhere. To register online or find more info check out their website at Bellinrun.com, or email me at jdcstrider@aol.com. I know this isn't a Strider event, but when an event is good, it's just good. I hope to see you there.

Happy Striding!

THE MARATHON BUILD-UP PROGRAM ENTERS ITS 22nd YEAR

By Phil Carpenter

The Badgerland Strider Build-Up Run Program began in 1982, with legendary Strider Bill Grass at the helm. When Bill began the first season of the Build-Ups, I'm not sure he realized what an important thing he was doing. I doubt that he gave a thought about how his efforts, and the efforts of those that following him, would be responsible for so many of us succeeding in completing something as fantastic as a marathon.

It would be interesting to figure out how many of us would never have attempted the feat, much less completed it, if it weren't for Bill. I'm reasonably sure I wouldn't have! Bill guided us, ran with us and drank beer with us afterward. Many a Saturday morning were spent standing around the coolers in Lake Park, waiting for the last runners to come back. After all had returned he stayed around until the beverages were getting low...or were completely gone!

Bill guided the Build-Up Program until 1992. At that point, he handed the leadership over to Larry Govin Matzat. Larry became a fixture in Lake Park on Saturday mornings. He became known for his leadership year after year at the Lake Park runs, and for his "off the wall" beers that he would find on clearance somewhere. These were frequently brands that none of us ever heard of, but we drank just the same, just to show Larry we could! Larry kept on handling the build Ups for 10 years despite a painful chronic back problem that would eventually force him to have surgery and relinquish the reigns of the Program.

It was at that point in the summer of 2002 that I

got into the act. This is when I started running around at monthly meetings with my sign up sheet for my "All Volunteer Army." For me, the 2002 Build-Up season started just like the 2001 season had ended...in Larry's front yard, wrestling with water pails. We did most of the year that way, but eventually began to de-centralize, having each week's run Captain take the supplies from the previous week's run home with them to make their Saturday morning a little less hectic. This also gave Larry's neighbors some extra sleep on Saturday mornings.

In 2004, another big change is taking place. We're retiring our 5-gallon jugs in favor of cases of commercially bottled water. So the refilling drill each week is gone, and I'm GLAD of that! This will make each Captain's job much easier and cut preparation time by 50% or more. The only thing left to do is shop for goodies.

We begin the 2004 Program with a 7 mile run at Lake Park on July 3rd, and finish with a 14 to 16 mile taper run on September 28th, a week before the Lake-


front Marathon. (See schedule below) I have started to fill in my volunteer help sheet for this year's runs. I need lots of help, as usual.

Why not give helping out a try? You won't be sorry. I promise!


See me at meetings, call me at (414) 541-3086 or email at carpntr@AOL.com.

BUILD UP RUN SCHEDULE 2004

JULY 3rd	7 mi.	Lake Park	8:00am
JULY 10th	8 mi.	Lake Park	8:00am
JULY 17th	10 mi.	Lake Park	8:00am
JULY 24th	12 mi.	Lake Park	8:00am
AUG 1st	Cudahy 10 mi.	Sheridan Park (New Location) at Lake Dr.	7:30am
AUG 7th	12 mi.	Lake Park	8:00am
AUG 14th	14 mi.	Lake Park	8:00am
AUG 21st	16 mi.	Lake Park	8:00am
AUG 28th	18 mi.	Lake Park	7:00am
SEPT 4th	Strider 20K	Estabrook Park Area #5	8:00am
SEPT 11th	20 mi.	Lake Park	7:00am
SEPT 18th	14-16 mi.(taper)	Lake Park	8:00am
SEPT 26th	12-14 mi.(taper)	Lake Park	8:00am
OCT 3rd	Lakefront Marathon	Grafton H.S.	8:00am



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Times Past: Now and Then

The Greatest Running CD Ever



Ron Winkler

By Ron Winkler

The Thursday, April 15th *Journal Sentinel* contained an article titled "Drivers beware: These songs deemed hazards." The article explained that Britain's Royal Auto Club had determined that Richard Wagner's "Ride of the Valkyries" is the number one tune to be avoided while driving. The rationale is that loud music can cause accidents. The remaining top five pieces to avoid are the "Dies Irae" from Giuseppe Verdi's "Requiem," "Firestarter" by Prodigy, "Red Alert" by Basement Jaxx and "Insomnia" by Faithless.

I'm not going to tell you to avoid these tunes. Rather, these may be just what you want to listen to before or during a workout. It is common knowledge that music can "psyche up" athletes and spectators at sporting events. Think of the lift that you get from hearing "Gonna Fly Now (Theme From Rocky)" or "Chariots of Fire" from boom boxes along the

route of Al's Run or any other race. Furthermore, in previous centuries, when wars were fought differently, military bands lead the troops into battle.

With that in mind, I have come up with "The Greatest Running CD Ever." I thought that it would be fun to combine my love of running with my love of music. However, I am not taking the running theme very seriously, as many of these songs have nothing to do with running as we know it. This is

merely my creative attempt to buy time as I think up something to write about.

**The Greatest Running CD Ever
Songs chosen by Ron Winkler**

- Born to Run - Bruce Springsteen
- Catch Us If You Can - Dave Clark Five
- Beat the Clock - McCoys
- Keep On Running - Spencer Davis Group
- Road Runner - Bo Diddley
- Running Up That Hill - Kate Bush
- Runaway - Del Shannon
- Run Like Hell - Pink Floyd
- Run, Run, Run - Gestures
- Running Scared - Roy Orbison/Fools
- Running on Empty - Jackson Browne
- (I'm A) Road Runner - Jr. Walker
- Running - Chubby Checker
- Chariots of Fire - Vangelis
- Gonna Fly Now(Theme From Rocky) - Bill Conti
- We Are the Champions - Queen



Bonus Tracks

(Races you can run):

- Race With the Wind-Robbis
- Race Among the Ruins-Gordon Lightfoot
- Race With the Devil-Gene Vincent
- Space Race-Billy Preston
- Rat Race-Drifters

I have to admit, that wasn't very creative. Anyone with a memory and Joel Whitburn's "Top Pop" could have done what I just did. Next month I'll make better use of my imagination as I present "Songs For Adverse Conditions or Bad Weather."

FIRECRACKER FOUR

(Continued from page 1)

This year we are expanding the format to encourage even younger runners to participate. There will be a 1.7-mile course that has the same finish line as the 4-mile course for them. We are adding categories for those in 4th grade and under, those in grades 5 and 6, and those in 7th and 8th grades. The two categories for those in high school (Freshman/Sophomore and Junior/Senior) will continue to run the 4-mile course.

Please help us spread the word about these new categories to the schools in the area. We would like to see as many schools as possible participate, so that they may receive rewards for the efforts of their students.

Students (and parents) don't forget to indicate your school and the grade you will be entering for the 2004-2005 school year on the race application.

The run begins at 8:00am at Hales Corners Park, located at 116th Street and Janesville Road. The fee for the 4-mile run is \$ 13.00, The Youth Challenge

4-mile fee is \$12.00 and the Youth Challenge 1.7-mile fee is \$10.00 in advance. All races are \$15.00 race day. Pre-registration is being accepted by mail until June 26, 2004. Entries may be sent to FIRECRACKER FOUR, 1615 S. 77th Street, West Allis, WI 53214.

You can register in person at:

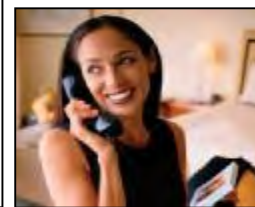
- the Strider Fun Run, Greenfield Park, Picnic Area # 3, Wednesday, June 30th from 5:30-8:00pm
- or
- the Continental Savings Bank Office (5000 South 110th Street, Greenfield, WI 53228) on Friday, July 2nd from 5-7pm

For details on these events, see the entry form insert, call Doug Nelson at (414) 258-2325 or check out the FIRECRACKER FOUR page on the Striders website at www.badgerstriders.org.

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Striders in the News

Pushing his way to Boston's finish line

By Laurel Walker
Of the Journal Sentinel Staff
From JS Online 4/11/2004

I can't really appreciate the mystique of the Boston Marathon. I'm not a runner. I don't do races.

I do know, though, that 26.2 miles is a long, long way to walk, let alone run. I can't begin to imagine traveling that distance in a wheelchair, powered by the push of my own arms.

Waukesha resident Jason Kerkman, 31, is one of eight men with quadriplegia entered in this year's Boston Marathon on April 19. Another 36 men and nine women with paraplegia or in wheelchairs for other reasons are entered in a separate class.

It will be Kerkman's first Boston Marathon, although he has done eight other marathons and dozens of shorter races in the past 10 years.

Boston is the granddaddy, full of prestige and advertised as the world's oldest annually contested marathon. You must qualify to enter - even if you're in a wheelchair. This year's field numbers about 20,000 racers who'll compete for \$525,000 in purse money, \$10,000 of which is reserved for the winning wheelchair racers.

I suspect many - runners and "pushers" - are just happy to finish, racing for the pure pride of making it from Hopkinton to downtown Boston via Heartbreak Hill as a half-million people watch.

When Kerkman heads to Boston later this week with his wife, Anya, he'll have some bigger goals in mind.

As he attaches the fancy carbon wheels to his chair, gets himself comfortable in the low-riding three-wheeler, straps in his legs, puts on his helmet, uses his teeth to pull on his gloves and then wraps up his unresponsive hands in guards for pushing, he wants to perform well.

"When I get to a race and there are other quads there, I want to beat 'em," he says. If he passes a paraplegic racer, all the better. He is a competitor, after all. But in the end, "If I meet somebody new, learn something new or have fun, then it's a success."

Kerkman's desire to take on the challenge shows a spirit, an attitude, that surely helped him handle his paralysis when it happened in November 1993.

He says he was a typical 21-year-old, "burning the candles on both ends," when the accident happened in Illinois, where he lived. He was driving to his carpentry job at 5:15 one morning when he fell asleep at the wheel. The car, which thankfully didn't hit anyone, went down an embankment and rolled. Kerkman was wearing a seat belt.

"I thought I was fine," he said.

He had dislocated a neck vertebra, and the damage to his spinal cord left him paralyzed from his armpits down, and with paralysis in his hands.

After three months at Froedtert Memorial Lutheran Hospital in Wauwatosa and rehabilitation therapy until August 1994, little changed physically.

Psychologically, it was a different story. Despite initial denial, he quickly figured something out.

"This is how I am, now tell me what I need to do," he said. "I just basically learned how to live with what I had."

He learned to drive an adapted car, the last link in his independence. He enrolled at Carroll College and earned a degree there in social work in 1999. He got a job - first at a residential treatment center for boys where he worked three years and, for the past year, at Donated Dental Services where he is a referral coordinator.

He also became physically active again, first inspired by a peer counselor at Froedtert who was a wheelchair racer. Kerkman tried out his counselor's three-wheeled racing chair, and then ordered one for himself.

He trained by pushing what he calls "my everyday chair" around the parking garage of his apartment building, RiversEdge in downtown Waukesha. His first race was a 5-kilometer in



Jason Kerkman pictured here at the 2001 Als Run awards Ceremony
Photo by Jeff Weiss

his hometown, where he hoped to finish the 3.1 miles in a half-hour. It took him 27 minutes.

"I think it was much more emotional for my mom to watch" than to participate in it, he said. He was the only wheelchair racer.

His first marathon was in Chicago, in 1999. Despite nerves, "the gun went off and I just started pushing. My goal was just to finish, but I ended up doing it in 2 hours and 45 minutes. I was very happy with it." And looking forward to the next one.

The Boston Marathon's qualifying time for people with quadriplegia is 2 hours and 45 minutes, or 45 minutes more than the other wheelchair racers. Kerkman's best qualifying time was 2 hours and 18 minutes.

To train, he "pushes" 40 to 60 miles a week and lifts weights twice a week.

"I've hit the wall, but when I'm hitting in my groove, I definitely feel good and feel like I could push forever," he said.

For recreation, he trades his racing chair for a hand-pedaled bicycle or a chair specially designed so he can play indoor rugby.

Kerkman believes in community service and sits on the board of directors for the Adaptive Community Approach Program, which assists people with disabilities. He also is now a peer counselor for people with spinal cord injuries at Froedtert.

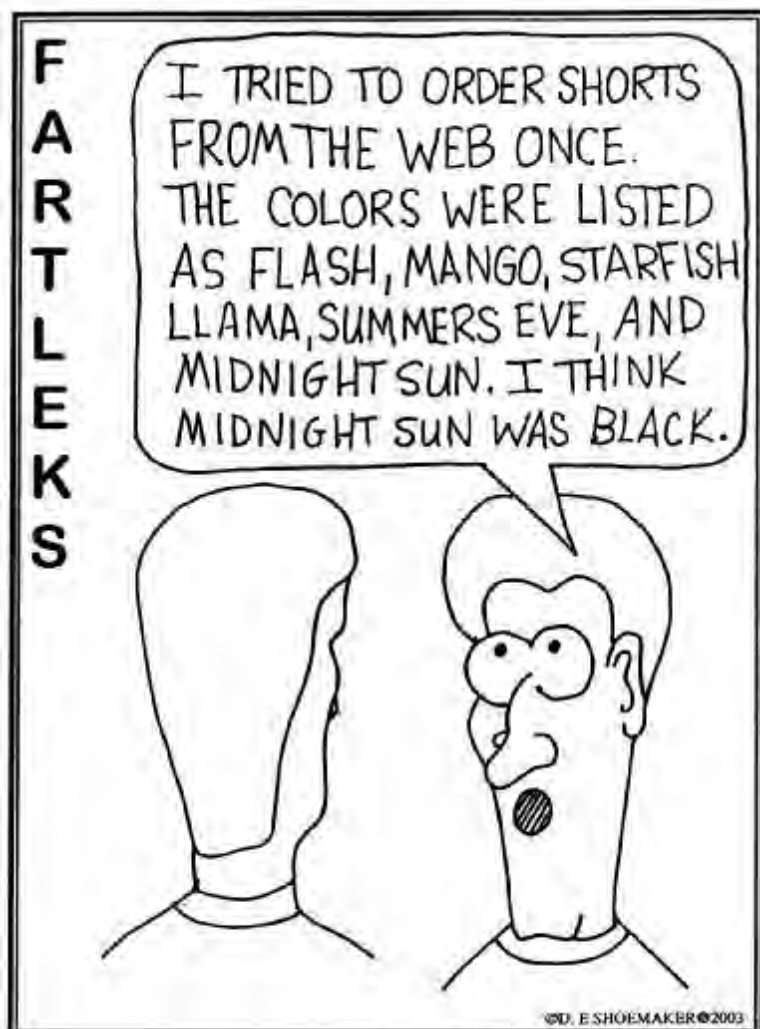
He speaks about his circumstance to students, too, and last week spoke at Kettle Moraine High School.

"There are three things that get me through," he said, explaining his message.

"I've taken complete responsibility for what's happened to me," he said. Then, "I get up every day and I choose my attitude. That's the only thing you can control."

Finally, he values what he has. "I'm just lucky to have the function I have because it can always be worse. I don't dwell on what I can't do, but what I can do."

He can do the Boston Marathon.



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Who Changed my Marathon?

by Dave O'Brien

"It's not too early to spread the word," said Race Director Kris Hinrichs at a recent captain's meeting. "The runners need some time to make arrangements."

Knowing of the success of last October's Lakefront Marathon, in which the number of participants swelled to 2300, one might ask, "Why argue with success? Why alter a winning formula?"

Well, it's precisely because of that success that major changes are necessary.

Here's one of the biggest changes: there's no longer a five-person relay.

There is a relay, but it's now four persons, with each participant running unequal legs or distances.



This change was necessary because the transfer point on Pioneer Road was disruptive to traffic. Several families had experienced difficulty in traveling to church and other destinations.

The marathon's solution – eliminate the Pioneer Road transfer point and adjust the other transfer points to better locations (parks or large parking lots), to avoid similar problems in other communities as well. Note this also makes for more pleasant conditions for all runners.

Another change will be the extension of prize money (\$100 was mentioned) toward some of the older age groups. Kris explained that it may create additional interest for the older (and faster) runners.

"The biggest change affecting the runners," Kris emphasized, "is in the shirts."

"We'll give sweat shirts to the volunteers. To the runners, we're giving a Champion brand triathlon-

style 'friction-free' long sleeve performance type T-shirts made of a Cool-max type fabric."

Other changes include a gel stop at around mile 20, mylar blankets at the finish, and special drop bags – just like Boston!

And – Ta Dah – Lakefront Marathon will continue to sponsor the *Best Aid Station* contest.

Several other changes are anticipated for the 24th running of Lakefront Marathon on Sunday, October 3, 2004. Watch for more info or register online at our website www.badgerlandstriders.org/lakefront. Entry forms will be included in "The Strider" next month.

If you have additional questions, contact Kristine Hinrichs, Lakefront Marathon, P.O. Box 185, Milwaukee, WI 53201-185, or email lfm@execpc.com.



FROM THE ARCHIVES

25, 20, 15 & 10 years ago

By Ron Winkler

25 Years Ago

Saturday, June 23, 1979

Lions Point 2-Mile and 8-Mile Run, Mayville, Wisconsin

The overall winners in the Mayville Lions Point 2-mile run were Anne Verwey (11: 57) and Chris Ramsey (9:53). Age group winners were: women **15-18**, Janet Osborne (12:30); **19-29**, Marlaine Mand (15:18); **30+** Paula Larson (14:12); men **1-14**, John Karvells, (11:16); **15-18**, Rick Schumacher, (10:31); **30-39**, Ron Novak (11:59); **40-49**, Robert Sharkey (12:52); **50+**, William Ramsey (13:35). The 8-mile winners were Kim Merritt (48:03) and Ray Frederickson (41:34). Winners in the age divisions were: women **1-18**, Wendy Burman (49:17); **30+**, Mary Logan (57:48); men **1-14**, Rick Rilling (48:49); **15-18**, Greg Schrab (43:46); **30-39**, John Jenk (44:07); **40-49**, Dick Waltz (45:49); **50+** Ken Schlager (52:38).

20 Years Ago

Saturday, June 9, 1984

Gimbels MACC Fund 8K Run

Lisa Moore led the way for the women in the Gimbels MACC Fund 8K with a time of 30:10. Runner up Diane Held was almost 30 seconds behind with 30:39. Leah Rewolinski toured the course in 31:07, good for third place. Peg Schmidt took fourth place with 31:40 with Betsy Smith right behind in 31:46 for fifth place. Jenny Glapinski was next across the finish line in sixth place with 32:08. Janet Pruitt was seventh with 32:32, followed by Teri Luebbering in eighth place with 33:00. Sue Ourada's 33:39 earned her ninth place while Nancy Templar rounded out the top ten with her 35:05.

In the men's race, Dave Urich out kicked Tony Rodiez for the top honor. Their times were 24:14 and 24:19, respectively. Dave Kaluzny took third with 24:32, while Mike Dobrient crossed the finish line fourth with 24:46. Keith Moore took fifth with 25:14 and was followed by Jeff Anderson who finished sixth in 25:28. Seventh went to Kerry Mayer with 25:34, as Tom Cheney grabbed eighth place in 25:41. Rick Koceja's 25:55 earned him ninth place, while John Fenton made the top ten with 26:14.

Ed. Note: Jeff Weiss ran this entire race with 2 1/2 year-old daughter Brandi on his shoulders.

15 Years Ago

Saturday, June 3, 1989

Marshall Field's MACC Fund 8K Run, Milwaukee

Noel Harvey and Ann Mulrooney were the individual champions in Marshall Field's Macc Fund 8K. Their times were 24:03 and 27:44, respectively. There were 1419 finishers. Age division awards went to: men **14-18**, Aleks Kostich, 28:30; **19-24**, Brian Pahnke, 24:57; **30-34**, Tony Rodiez, 25:28; **35-39**, Joe Hanson, 25:42; **40-44**, William Nelson, 25:46; **45-49**, Bob Fitts, 27:26; **50-54**, Ron Goudreau, 28:37; **55-59**, Paul Kutschera, 30:20; **60+**, Len Olson, 32:31; women **14-18**, Erin McDermott, 34:22; **19-24**, Holly Hering, 28:06; **25-29**, Bridget Sharpe, 29:01; **35-39**, Elaine Moore, 31:18; **40-44**, Janet Sohns, 32:32; **45-49**, Lorraine Bunk, 34:53; **50-54**, Geraldine Berry; **55-59**, Marilyn Hackbarth, 41:41; **60+**, Agnes Reinhard, 40:11

10 Years Ago

June 1, 1994

New Berlin Chamber of Commerce Memorial Day

Hare & Tortoise 8K

Division winners in the 8K Hare & Tortoise 8K were: men **13 and under**, John Neureuther, 39:17; **14-18**, Brian Borkowski, 29:50; **19-24**, Ted Shue, 28:11; **25-29**, Peter Sell, 26:21; **30-34**, Jerry Husz, 25:22; **35-39**, Rich Moore, 27:35; **40-44**, Chuck Germain, 28:00; **45-49**, Dale Roe, 29:16; **50-54**, John Becker, 30:49; **55-59**, Ken Burman, 35:17; **60-64**, Paul Kutschers, 32:11; **65-69**, Tom Reynolds, 35:02; **70+**, Katl Abendroth, 42:49; women **13 and under**, Barb Brezina, 38:57; **14-18**, DeVon Bonady, 34:21; **19-24**, Elizabeth Cooper, 37:16; **25-29**, Ann Limberg, 31:22; **30-34**, Patti Fredrick, 29:42; **35-39**, Sandi Gillman, 38:11; **40-44**, Barbara Jean Badura, 37:04; **45-49**, Diane LaVelle, 37:29; **50-54**, Darlene Brewer, 42:59; **55-59**, Nancy Spencer, 40:03; **65-69**, Agnes Reinhard, 51:15

BADGERLAND STRIDERS FUN RUNS

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

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

STRIDER OPEN TRACK MEETS

Track meets open to all age group categories. Various track events 100m-3200m, racewalk, relays. No field events or hurdles. Free and open to the public.

Tuesday, June 15th 6:30pm

Tuesday, July 20th 6:30pm

Hart Park, 73rd & State

Do you have a memorable running experience to share with your fellow Striders?

Send it to Jeff Weiss at tsrtider@wi.rr.com



MAKING DUST

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

BADGERLAND STRIDERS SOUTH SHORE HALF MARATHON

Milwaukee, WI
April 10, 2004

Results Provided by
Computer Aided Race
Results System

Bill Schauder
carrs@att.net
262 521-2191

PLACE TIME NAME

1st Male

1 1:11:37 Joseph Kurian

1st Female

26 1:24:09 Lauren Jensen

M19&under

73 1:33:43 Eric Saeger
109 1:38:13 Dan Cumiskey
307 1:57:05 Sam Frymark

F19&under

67 1:32:06 Anna Halaska
90 1:35:42 Beth Pollard
376 2:02:20 Christina Goens

M20-24

3 1:13:18 Derek Serna
5 1:17:01 Matt Tupta
19 1:23:02 Joshua Brandl
53 1:29:12 Marcus Kuhn
156 1:42:50 Krapp Jones
257 1:51:42 Daniel Dolney
303 1:56:46 Michael Kranz

374 2:02:05 Daniel Waters
432 2:09:26 Ben Palmer
497 2:27:50 Joe Dombrow

F20-24

207 1:47:05 Cindi Kelm
226 1:48:42 Lisa Pritzkow
266 1:53:11 Alita Burmeister
285 1:55:16 Diana Klassen
289 1:55:44 Molly Treiber
318 1:58:08 Kim Smith
337 1:59:15 Lori Gervais
340 1:59:24 Carrie Benedon
357 2:00:22 Jaime Marie Jenjak
381 2:02:55 Naomi Fenske
404 2:05:51 Sylvia Groth
405 2:05:51 Elise Lockwood
413 2:06:50 Carol Tomasi
420 2:07:28 Lisa Pitman
421 2:07:29 Theresa Pitman
422 2:07:31 Kimberly Dawes
505 2:32:29 Angela Maniaci
510 2:34:38 Julia Fischer

M25-29

1 1:11:37 Joseph Kurian
4 1:14:46 Tom Clark
6 1:17:50 Jason Mayer
11 1:20:48 Philip Bzdysek
23 1:23:41 Jason Feudner
24 1:23:45 William Morris
37 1:26:00 Peter Bzdysek
38 1:26:11 Gehrig Williamson
81 1:34:43 Peter Larson
84 1:35:04 Joe Ketarkus
103 1:37:38 Richard Punzenberger
128 1:40:51 Chris Carnazzo
130 1:41:03 Ryan Herman
131 1:41:05 Peter Reis
140 1:41:39 Kris Hartz
142 1:41:42 Daniel Bennett
144 1:41:43 Matthew Howard
244 1:50:00 Brian Fahrney
287 1:55:24 Dan Anderson
305 1:56:53 Dan Ermann
327 1:58:46 Ryan Sberna

345 1:59:33 Dean Gruber
378 2:02:45 Matthew Wawrzyn
379 2:02:46 Skip Skyles
426 2:08:34 Timothy Trzcinko
434 2:10:02 Jake Browarski
477 2:19:53 Eric Fescenmeyer
488 2:23:42 Peter Zerull
516 2:38:21 Dustin Young

F25-29

29 1:24:55 Dot McMahan
89 1:35:38 Lauren Newcomb
120 1:39:34 Julie Treder
126 1:40:28 Valerie Norm
153 1:42:42 Amy Newman
208 1:47:09 Ariel Huber
223 1:48:22 Julie Holden
254 1:51:36 Denise Anderson
271 1:54:00 Nicole Brody
308 1:57:15 Jocelyn Sulsberger
310 1:57:20 Dionne Wenger
320 1:58:19 Jordy Waller
325 1:58:40 Kendra Demler
328 1:58:48 Jennifer Paull
332 1:59:07 Andrea Sucharda
359 2:00:51 Cheri Meyer
362 2:00:59 Jessica Ilich
364 2:01:16 Shalan Larson
368 2:01:29 Manda Keller
369 2:01:40 Jaime Reich
372 2:01:51 Jeanne Bauer
408 2:06:31 Jaime Friedrich
411 2:06:48 Mariana Kersh
415 2:06:54 Jennifer Summers
416 2:07:10 Katie Dorcak
429 2:09:13 Jessica Hoelz
433 2:10:01 Sandra Zbilicki
453 2:13:50 Mary Stimart
455 2:14:00 Amy Carlson
458 2:14:41 Ashley Myers
484 2:21:34 Tammy Scheibel
487 2:22:57 Kim Evason
501 2:30:41 Jessica Haxton
504 2:32:21 Dawn Johnson
515 2:38:20 Amanda Young
517 2:38:34 Paula Gilson
522 2:46:29 Aimee Lawent

132 1:41:08 Julie Wankowski
154 1:42:43 Michelle Meier
155 1:42:47 Maria Stone
179 1:44:44 Heather Polan
196 1:46:08 Erin Smith
202 1:46:33 Michelle Kehoe
206 1:47:00 Elizabeth Tomasi
228 1:48:45 Shelly Jens
235 1:49:22 Jennifer Rudolph
247 1:50:06 Kate Unsworth
255 1:51:37 Karen Difonzo
346 1:59:33 Mary Ann Miller
363 2:01:00 Deana Courier
367 2:01:23 Abbey Algiers
427 2:08:39 Tammy Ricker
448 2:13:09 Cyndi Bergs
463 2:15:25 Susan Wawizyn
480 2:20:52 Gwen Liesiecki
485 2:21:45 Jennifer Rozman

486 2:21:48 John Clifford
491 2:25:48 Tim Phillips
500 2:30:07 Tom Buchta
520 2:41:15 Nick Kelly

F35-39

26 1:24:09 Lauren Jensen
46 1:28:20 Michelle Ralph
62 1:30:57 Lisa Gobeyn
77 1:34:21 Chris Eifert
79 1:34:38 Michelle Lanouette
101 1:37:32 Dianne Paustian
125 1:40:25 Bonnie Delap
182 1:44:53 Kathleen Rytman
214 1:47:42 Barbara Henderson
217 1:48:03 Michelle Tanem
227 1:48:42 Lisa Rambo
233 1:49:15 Julie Thorburn
236 1:49:22 Kristin Westrick



Lauren Jensen (eventual Women's Champ) approaches the 6 mile mark with Allan Ammentorp in the 2004 SS 1/2 Marathon. Photos by Jeff Weiss



Joe Kurian (eventual Men's champ) approaches the 6 mile mark all alone in the 2004 South Shore Half Marathon

M30-34

2 1:11:40 Scott Jansky
8 1:18:07 Matt Sveum
9 1:18:45 Guillermo Acosta
10 1:20:13 Eri Volmar
12 1:21:02 Wayne Dalton
25 1:23:57 Keith Thompson
33 1:25:32 Ted Shue
36 1:25:56 Rodney Prater
41 1:27:06 Brent Boock
70 1:33:11 Rich Mertes
87 1:35:29 Scott Novak
92 1:35:47 Kevin Degenaro
96 1:36:26 Scott Krems
102 1:37:38 Jeff Peelen
107 1:38:08 Robert Wawrzyn
112 1:38:39 David Zeisler
115 1:38:48 Curtis Riedy
117 1:39:23 Michael Bartley Jr
123 1:39:50 Troy Ferone
124 1:39:58 Nick Degenaro
129 1:40:54 Dick Fitzwell
135 1:41:14 Jeff Haas
137 1:41:18 Brad Piazza
139 1:41:38 William Hutchinson
147 1:41:58 Adam Gould
151 1:42:34 Paul Montalto
162 1:43:09 Richard Krawczyk
176 1:44:18 Mark Membrino
190 1:45:40 Byron Hawks
193 1:45:56 Adam Consiglio
201 1:46:31 Michael Brown
229 1:48:54 Bradley Hardy
248 1:50:13 Mark Newman
282 1:55:06 Steven Gilson
283 1:55:07 Christopher Kromm
298 1:56:32 John Garder
304 1:56:49 Nick Tomaro
311 1:57:22 Matthew Larsen
319 1:58:15 Jerry Kelly
330 1:58:50 Kristian Larsen
342 1:59:27 Corwin Russell
344 1:59:31 Jon Jirschele
360 2:00:54 Michael Stefanich Jr
418 2:07:17 Brad Riley
439 2:10:40 Travis Stolz
444 2:12:05 William Jaworski

F30-34

28 1:24:36 Heather Haviland
64 1:31:11 Denise Manthy
75 1:34:08 Carrie Seiberlich
86 1:35:18 Karen Nell
99 1:37:23 Caryn Spellman

514 2:36:23 Michelle Kelly
521 2:44:23 Teresa Miller

M35-39

7 1:17:58 Craig Lanza
14 1:21:25 Tom Estka
20 1:23:09 Gary Hovila
22 1:23:39 Jim Schmidt
30 1:24:58 Larry Lanza
31 1:25:14 Steven Kubicki
39 1:26:13 Chaz Heckman
48 1:28:39 Geoffrey Harris
49 1:28:42 Jeff Feldman
51 1:29:01 Joe Tilley
65 1:31:14 Steve Wollmer
68 1:32:31 Mark Linser
76 1:34:20 Jim Kirschbaum
80 1:34:39 Matt Evans
91 1:35:44 Todd Bartels
106 1:38:07 John Lancaster
113 1:38:41 Troy Steege
138 1:41:27 Bradley Wells
146 1:41:54 Richard Perl
149 1:42:17 P.j. Von Paumgarten
152 1:42:36 Jason Duelge
158 1:42:53 Brent Jesko
159 1:42:54 Christopher Ponteri
161 1:43:04 Michael Rohrer
167 1:43:33 Chris Dose
168 1:43:38 David Sims
170 1:43:49 Patrick Anderson
173 1:43:56 Vincent Rust
186 1:45:06 Chip Smoot
191 1:45:52 Michael Ackley
194 1:45:59 Thomas Schwanebeck
231 1:49:07 Jason Blaeser
232 1:49:11 Ted Rauch
246 1:50:05 Bill Hall
250 1:50:54 Brian Mundorf
252 1:51:02 John Henningfield
274 1:54:29 Paul Schaff
277 1:54:45 James Bittner
292 1:55:57 Joseph Partington
299 1:56:33 Mike Johnson
322 1:58:33 Jeff Biskowitz
349 1:59:48 Matthew Jensen
350 1:59:50 Edward Salas
366 2:01:22 Bryan Kadlec
370 2:01:42 Jeff Sprau
395 2:04:24 Thomas Zak
400 2:05:20 Bj Cohn
407 2:06:26 Rob Hermann
436 2:10:13 John Cornell
443 2:11:56 Andrew Delzer
450 2:13:19 Paul Dreutzer
460 2:15:00 Pat Jermain
474 2:19:09 John Psuik
481 2:20:53 Gary Liesiecki
482 2:21:02 Jeff Voris

242 1:49:45 Sue Dawes
249 1:50:44 Cheryl Kraft
251 1:51:01 Laura Klein
268 1:53:26 Mary Flaws
270 1:53:53 Petra Hoy
276 1:54:36 Phyllis Santacrose
293 1:55:59 Sheryl Leonard-Schneck
314 1:57:52 Vicki Bowe-Fisher
329 1:58:49 Wendy Rauch
338 1:59:16 Judy Dollhopf
348 1:59:44 Julie Niedfieldt
361 2:00:58 Kristin Fritz
365 2:01:18 Susan Winter-Andrews
377 2:02:36 Amy Beckers
385 2:03:18 Melanie Wasserman
389 2:03:32 Donna Stetter
392 2:04:08 Penny Paquin
394 2:04:17 Tamara Fennig
410 2:06:45 Laura Papas
430 2:09:23 Ann Christenson
437 2:10:36 Laura Kolinski
441 2:11:38 Natalie Nienhuis
447 2:12:34 Jennifer Scholz
449 2:13:14 Mary Ellen Dreutzer
459 2:14:57 Lisa Jermain
471 2:18:18 Cheryl Myszka
483 2:21:03 Julie Voris

M40-44

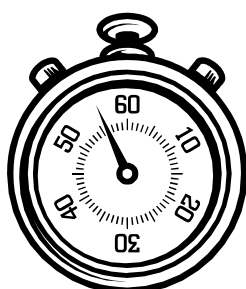
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15 1:22:03 Jim Cichy
21 1:23:27 Edward Siira
32 1:25:16 Michael Brisbois
34 1:25:36 Richard Dodd
40 1:26:37 Daniel Fogel
47 1:28:36 Philip Barber
54 1:29:26 Peter Stefaniak
61 1:30:37 James Anfang
66 1:31:21 Chuck Hudlett
69 1:32:35 Tom Rehberger
71 1:33:23 Dave Lahey
74 1:34:04 David Fieldhack
85 1:35:13 Michael Brennan
95 1:36:21 Jay Myers
100 1:37:27 John Schlagenhaut
104 1:37:40 Clifford Massie
105 1:37:55 Mohammed Baloch
110 1:38:33 Tom Kraklow
116 1:39:10 Martin Morales
118 1:39:26 Jeff Mallach
119 1:39:32 Todd Clark
127 1:40:47 Tony Agostini
134 1:41:13 Ronald Taubert
141 1:41:41 George Papas
164 1:43:14 Mark Dickson
172 1:43:56 Nicholas Anstedt
195 1:46:06 John Ward
197 1:46:11 Rick Moon

(Continued on page 7)

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

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?



The Most Times

are in 'The Strider'

MAKING DUST

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

BADGERLAND STRIDERS SOUTH SHORE HALF MARATHON

CONTINUED

(Continued from page 6)

203 1:46:39 Ron Kronforst
 205 1:46:55 Tim Newholm
 210 1:47:17 Steve Szymanski
 253 1:51:30 John Cieslinski
 258 1:51:43 Steven Matter
 261 1:52:02 Mark Schoenick
 279 1:54:50 Patrick Dunks
 280 1:54:53 Robert Marovich
 291 1:55:52 David Meyer
 300 1:56:36 Dave Gavinski
 306 1:57:00 Chuck Baker
 313 1:57:47 Eroll Gokbydak
 315 1:57:57 Philip Soboleski
 321 1:58:23 Gregg Stoudt
 336 1:59:13 David Adams
 386 2:03:25 Dave Fiegel
 396 2:04:28 Dave Wankowski
 399 2:05:12 David Poglitsch
 403 2:05:31 Jon Kuperus
 414 2:06:51 David Landretti
 423 2:07:57 John Keefer
 438 2:10:36 Fred Frigo
 440 2:10:48 Vydas Dargis

317 1:58:06 Sally Koch
 326 1:58:44 Noreen Funk
 335 1:59:13 Jill Polzin
 354 2:00:15 Patricia Schultz
 373 2:01:56 Pam Mereness
 383 2:03:04 Linda Roegner-Laib
 391 2:04:00 Anne Wandler
 397 2:04:29 Mary Pat Sutter
 401 2:05:29 Sarah Kazanecki
 409 2:06:41 Carol Cariello
 428 2:08:46 Joanne Bradley
 435 2:10:12 Rose Anstedt
 451 2:13:25 Amanda Hoyer
 464 2:15:28 Lisa Vogt
 466 2:16:00 Susan Touchett
 476 2:19:35 Pamela Masilotti

M45-49

16 1:22:42 I. George Ogutu
 17 1:22:43 Whil Hentzen
 18 1:22:55 Tim Strane
 27 1:24:10 Alan Ammentorp
 35 1:25:48 Jeff Dematthew
 42 1:27:06 Jim Cummins
 45 1:28:12 Rich Moore
 52 1:29:08 Duane Pickering
 55 1:29:43 Michael Burkoth
 56 1:29:49 Russell D Delap
 57 1:29:53 Dan Rader
 60 1:30:26 Fred Funk
 63 1:31:05 Dave Tollkuhn
 78 1:34:35 John Hainze
 82 1:34:53 Alastair Matthews

198 1:46:16 Eric Sover
 200 1:46:28 Paul Wesley
 204 1:46:52 Mark Mamerow
 209 1:47:11 Jeff Roznowski
 211 1:47:26 Jeffrey Turner
 230 1:48:58 Mark Sulski
 234 1:49:19 Tony Chan
 245 1:50:01 Lawrence Horning
 260 1:51:58 Robert King
 262 1:52:30 Peter Thompson
 273 1:54:27 Tim Thorison
 286 1:55:22 David Mott
 309 1:57:17 Steve Kolter
 316 1:58:00 Dennis Hanna
 323 1:58:36 Jeffrey Shiroda
 331 1:59:02 Stephen Thompson
 339 1:59:16 Gary Janicki
 347 1:59:43 Dave Hynek
 355 2:00:20 John Kowalski
 387 2:03:28 Michael Woldt
 390 2:03:51 William Jackson
 393 2:04:12 Rick Barrett
 398 2:04:51 Steve Stein
 417 2:07:13 Jacek O'doner
 419 2:07:24 Ed Gleason
 452 2:13:45 Jim Knudson
 454 2:13:55 Tom Pinzl
 472 2:19:02 Jim Nickel
 475 2:19:21 Alan Kopplin
 489 2:24:35 Gilbert Steffanides
 498 2:27:52 Michael Matenaer
 518 2:40:37 Larry Renzaglia

F45-49

275 1:54:31 Karen Bruckner
 333 1:59:12 June Janicki
 358 2:00:38 Carol Kuhn
 382 2:03:04 Carrie Nickel
 406 2:06:07 Mary Wysocki
 446 2:12:24 Ann Schoper
 456 2:14:09 Julie Baron
 465 2:15:53 Pam Talmadge
 473 2:19:09 Debra Orlando
 492 2:25:50 Christine Herrmann
 512 2:35:47 Kathy Simpson
 523 2:47:32 Gail Boxrud

M50-54

44 1:27:53 Layne Davis
 50 1:28:58 Cary Segall
 59 1:30:21 Patrick Le Gloanec
 83 1:34:58 Dennis Eden
 94 1:36:04 Ralph Graf
 121 1:39:40 William Jahnke
 122 1:39:43 Michael Frumkin
 133 1:41:10 Ron Maurer
 136 1:41:15 Nelson Quiles
 150 1:42:26 Dennis Shoemaker
 177 1:44:21 Fred Klewin
 183 1:45:02 Jerry Matthews
 185 1:45:04 Chris Meyers
 188 1:45:23 Joe Paterick
 189 1:45:31 Tom Mcshane
 199 1:46:17 Jeff Smith
 215 1:47:52 Bob Kincaid
 216 1:48:01 Wayne Eslyn
 221 1:48:16 John Brittain
 222 1:48:18 Robert Mueller
 224 1:48:27 Clete Anderson
 238 1:49:26 Greg Zyszkiewicz
 241 1:49:42 Russel Rach
 243 1:49:48 William Hable
 259 1:51:46 Paul B Beck
 264 1:52:38 Thomas Mayer
 267 1:53:22 Paul Pujanauski
 272 1:54:12 Christopher Frelka
 281 1:55:04 Harry Oldenburg
 284 1:55:12 Dennis Motl
 290 1:55:50 Ron Talsky
 297 1:56:20 Bruce Davies
 301 1:56:38 Donald Scott
 324 1:58:38 Dave Gates
 341 1:59:25 Joseph Soriano
 353 2:00:13 Peter Mamerow

384 2:03:13 Michael Karolewicz
 412 2:06:50 Mark Gajewski
 424 2:08:00 Steve Lawent
 445 2:12:20 Keith Prochnow
 457 2:14:23 Ken Evason
 461 2:15:11 Robert Juday
 469 2:16:54 Ken Schoberg
 506 2:32:29 John Maniaci
 513 2:35:47 Steven Simpson

F50-54

219 1:48:07 Nancy Sandlin
 269 1:53:47 Cindy Schramm
 294 1:56:03 Sue Sharkey
 375 2:02:09 Jayne Weyer
 496 2:27:49 Gayle Dombrow
 502 2:30:44 Barb Kopf
 507 2:32:40 Mary Bennett
 511 2:35:21 Linda Pulkowski

M55-59

43 1:27:29 John Jenk
 97 1:36:33 Antonio Delgado
 108 1:38:08 Kenneth Klemowits
 157 1:42:52 Gregory Wein
 171 1:43:53 Jerry Huhn
 174 1:44:07 Tim Novak
 192 1:45:53 Donald Hawes
 212 1:47:38 James Sheahan
 218 1:48:04 Jim Nowakowski
 220 1:48:11 John Stachera
 225 1:48:41 John Wucherer
 240 1:49:40 Doug Nelson
 256 1:51:39 Michael Flanagan
 295 1:56:11 Richard MCGough
 343 1:59:30 Michael Mccluskey
 351 2:00:08 Thomas Kopf
 352 2:00:11 Larry Lockwood
 371 2:01:45 Richard Bowden
 388 2:03:31 Lee Montgomery

402 2:05:29 Michael Sucharda
 425 2:08:07 Larry Ryan
 442 2:11:46 David Borucki

F55-59

265 1:52:47 Joy Imms
 278 1:54:49 Nancy Birk
 508 2:33:53 Jeannette Tries

M60-64

72 1:33:28 John Becker
 88 1:35:32 James Bahr
 180 1:44:46 Jim Peterson
 213 1:47:39 Tom Kitzrow
 470 2:17:09 Gerry Vidal
 479 2:20:20 James Jaeger
 494 2:26:00 Patrick Stewart

F60-64

490 2:25:08 Marcia Balthazor

M65-69

302 1:56:40 Ron Caruso
 312 1:57:33 Ken Burman
 334 1:59:12 Paul Schmidt
 380 2:02:51 Ed Parker
 431 2:09:25 Tom O'brien
 468 2:16:24 Robert Frey
 493 2:25:59 Jim Stewart
 503 2:31:49 James Clarey

M70&over

356 2:00:22 Kent Schlienger
 499 2:29:16 Paul Gionfriddo
 509 2:34:08 Carl Hays

F70&over

524 2:53:39 Agnes Reinhard



462 2:15:23 Jonathan Butt
 467 2:16:18 Bill Byrne
 478 2:20:11 Robert Wandler
 495 2:26:37 Richard Fritz
 519 2:41:10 Robert D Charleston

F40-44

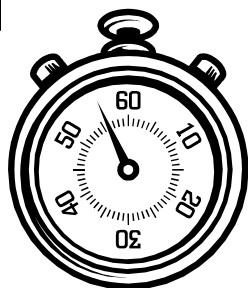
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 111 1:38:34 Sally Schumacher
 169 1:43:44 Tammy Ferry
 237 1:49:25 Libby Berry
 239 1:49:27 Louise Johnson
 263 1:52:35 Angela Barbera
 288 1:55:40 Jeanne Brill
 296 1:56:12 Mary Kirschbaum

93 1:36:00 William Czisny
 98 1:37:04 Joe Thoma
 114 1:38:41 Scott Krahn
 143 1:41:42 Jay Urbain
 145 1:41:48 Kevin Wolfmeyer
 148 1:42:09 Abie Khatchadourian
 160 1:42:57 James Erdahl
 163 1:43:11 Tom Devroy
 165 1:43:24 Art Saffran
 166 1:43:31 Ted Itzov
 175 1:44:08 Matt Prahlow
 178 1:44:28 Brant Anderson
 181 1:44:48 Stephen Hibbard
 184 1:45:03 Jerry Becker
 187 1:45:17 Craig Conrad



The #2 Water Stop Crew - from left, Vic Baltramonas, Merrie Baltramonas, Brian Jansdorf, Tiger Krawczyk and John Krawczyk

The Most Times



are in 'The Strider'

"Here for the Long Run!"

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- Improve concentration and memory



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 consultation.

MAKING DUST

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

GARY'S GALLOP

Wauwatosa, WI
April 17, 2004

5K RUN

Results Provided by
Computer Aided Race
Results System

Bill Schauder
carrs@att.net
262 521-2191

PLACE TIME NAME

1st Male
1 15:35 Chris Roberdeau

1st Female
8 19:35 Denise Manthy

F18&under

74 28:48 Marissa Christjohn
75 28:50 Claire Flannery
95 43:16 Samantha Egelseer
96 43:19 Carissa Egelseer
M19-24
2 16:39 Derek Serna
6 18:43 Mickey Wilson
18 20:53 Michael Kranz
68 26:47 Brian Hogan

F19-24

15 20:22 Anna Halaska
52 25:45 Shelby Roberdeau
80 29:25 Amanda Hawes
92 42:23 Melissa Plamann

M25-29

1 15:35 Chris Roberdeau
3 16:50 Justin Miller
19 20:58 Mark Berquist
33 23:10 Jason Konopka
43 24:30 Jeremy James
51 25:27 Ron Verhaasen
64 26:32 Mike Stam

F25-29

30 22:56 Angela Colque
48 25:08 Gretchen Verhaasen
55 25:50 Lindsay Proft
56 26:03 Diep Pham
59 26:19 Lisa Osborn
67 26:41 Jenny Koeff

70 27:29 Angela Bilstad
73 28:34 Tammy Scheibel
77 29:04 Julie Berquist
79 29:13 Charissa Sturino
93 42:24 Sadie Jo Fitzsimmons

M30-34

11 19:43 Rich Mertes
20 21:04 Brian Yunker
41 24:12 Steven Beecham
65 26:33 Ross Strand
66 26:39 Kurt Koeff
89 32:07 Jeffrey Schultz

F30-34

8 19:35 Denise Manthy
32 23:06 Shannon Marks
49 25:15 Michelle Gessler
63 26:32 Stephanie Ponschock
76 28:51 Mari Randa
85 30:25 Jen Seaver
97 43:19 Sarah Egelseer



M35-39

5 17:47 Chaz Heckman
7 19:29 Scott Schuster
14 20:18 Brian Levy
47 24:38 Gary Naber
58 26:13 Lothair Lambrecht
69 27:12 Scott Belanger
94 43:15 David Egelseer

F35-39

16 20:42 Ann Limberg
36 23:32 Sheryl Leonard-Schneck
37 23:35 Angela Sprau
46 24:38 Sarah Erdmann
86 30:31 Dawn Lambrecht
90 36:31 Carrie Higgins

M40-44

4 17:34 Tom Abler
9 19:40 Chuck Hudlett
22 21:50 Tim O'connor
26 22:31 David Bourne
42 24:26 Tom Christjohn

F40-44

50 25:19 Pam Kassner
60 26:26 Dianne Cox

M45-49
10 19:42 Ken Sumbry
25 22:24 Ted Itzov
27 22:36 Jeff Roznowski
34 23:19 Mark Dunning
35 23:20 Greg Steinberg
44 24:31 David Mehring
54 25:50 Jim Delwiche

F45-49

24 22:09 Kim Petak
53 25:47 Cathy Kliebenstein
91 42:20 Karen Plamann

M50-54

12 19:44 Mike Dewitt
13 19:46 Dennis Eden
21 21:08 Bill Hansen
23 22:00 Gregg Herman
38 23:41 Fred Lautz
39 23:45 Scott Davidson
40 23:53 Al Lehr
61 26:29 James Brindowski
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F50-54

71 28:10 Teri Vandenhoven
87 31:13 Robin Orman
88 31:30 Mary Brown

M55-59
31 22:58 Donald Hawes
45 24:37 Kit Kuokkanen
81 30:11 Paul Woerpel
99 50:35 Brian Kohlman

M60-64

17 20:45 Ron Gottschalk
28 22:37 Mike Borzick
57 26:04 Alberto Avalos Jr.
83 30:18 Pedro Mendolla
84 30:23 Dan Roberdeau

M65-69

29 22:42 David Griffiths
62 26:32 Ed Parker
98 44:13 Glen Kirchoffer

F65-69

82 30:15 Judy Kirchoffer

M70&over

78 29:10 Daniel Murphy

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The Most Times are in 'The Strider'

Attention: Women Runners

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

DOES FOLIC ACID OR VITAMIN C SUPPLEMENTATION IMPROVE ENDOTHELIAL FUNCTION?

The study group will consist of:

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

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



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

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.

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www.badgerlandstriders.org, Email: bls@execpc.com
The Strider Email: tstrider@wi.rr.com

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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
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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



COMING EVENTS



(Continued from page 10)

- Jun 27 Sun FIRECRACKER RUN/WALK Kenosha**
10k, 5k 8:30am. reg 7. benefits Kenosha YMCA. Divs 14-, 5yr, 70+, team, masters. Awds Trophy 1/mf, medal 3/div. Whchr div. Fees \$17, \$20 raceday. Perks TS/1st 400 entrants, dwgs, soda, snacks, juice, shwrs. Contact Bill McGrath Day 262 654-9622 x213 kenoshaymca.org
- Jun 27 Sun BIG FOOT TRIATHLON Lake Geneva**
sprint & olympic dist. Awds 3/mf, 2/div clyde/athena/relay. Fees \$45, \$90 team, \$55, \$1110 after 5/1. \$60, \$110, \$70, \$130. Day 815-479-0236 customcompetitions.com
- Jun 27 Sun FOX CITIES MARATHON Training Series Menasha**
10mi 6:45am. see 6/13.
- Jun 27 Sun BACKSTAGE DASH R/W Waukesha**
5k run, 2mi walk, 8:30am. Meadowbrook School, Hwy 94 & G. Divs 14-, 10yr. Awds trophy 1/mf, medal 3/div. Fees \$18, \$20 raceday. Perks TS, fruit, bev, goodie bag. Contact Roseann Coleman 262 549-1659 rosie26@tds.net
- Jun 30 Wed BLS FUN RUN Milwaukee**
3mi, 6mi 6:30pm. Greenfield Pk #3. Fees no. Perks bev. Contact Jeff Schilling. Eve 414 282-8907
- Jun 30 Wed BLS SUMMER ADULT ADV RUN PROG Tosa**
See listing June 16.
- Jul 1 Thu WTC SUMMER TRACK SERIES #3 Madison**
running events 6pm. Field events 5:30. McClimon Track, UW Campus. Note call to confirm or web. Fees \$4/person day of meet. Contact Jim Reardon Day 608 262-2927 witrackclub.org
- Jul 3 Sat HHH RED DRESS RUN Madison**
Varies. Contact Tom Alen Madison HHH. Day 608-835-9823 tom_alen@hotmail.com
- Jul 3 Sat MARATHON BUILD-UP Milwaukee**
7mi 8am. Lake Pk Pavilion. Fees no. Perks beer, soda. Contact Phil Carpenter Eve 414 541-3086 Carpntr@aol.com www.badgerlandstriders.org
- Jul 3 Sat COUNTRY POSSUM CHASE White Lake**
10k 9:11am, 1mi walk 8:30 Divs 1mi 7-, 8-10, 11-13, 14-17, 18-29, 10yr 50+, 10k 17-, 18-29, 10yr, 70+, Awds Plaques 5/div. Fees 1mi \$3, 10k \$4 by 6/30, +\$1 after, add \$8 for TS, Contact Dale Roe 608-223-9998

- Jul 3 Sat STRIDE IN TIME 5K RUN/WALK Okauchee**
5k 9am, 1.5mi walk 9:05, reg 7. Downtown to lake. Note business assn. festival. Divs 14-, 15-19, 10yr 70+. Awds 1/mf, 3/div. Whchr 5k 3/mf. Fees \$20, \$25 raceday. Perks Optional finish-line photo (\$3), goodie bag, raffle. Other festival entertainment. Contact Tom Boscheutz or Jessica Merten 262-695-2320 Uone2run@aol.com
- Jul 4 Sun DENNIS K. 5K FAMILY FUN R/W Cedarburg**
8am. reg 7. Cedar Creek Pk. Note benefits Community Scholarship Fund. Divs 9-, 10-12, 13-15, 16-19, 10yr, 50+, teams of 4-6. Awds 1/mf, medals 3/div, 1/team. Fees \$15, \$10/kid, \$40/team or family(4). \$17, \$12, \$40 after 6/23 ? Perks TS (+\$3 for long sleeve), fruit, bread, juice, soda, door prizes. Contact Amy Krzykowski 262 375-3535 AKrzyk@aol.com
- Jul 4 Sun FIRECRACKER FOUR Hales Corners**
4, 1.7mi run, 8am. Hales Corners Pk, 116th & Janesville Rd. Note 26th annual. Youth Challenge Run HS 4mi, MS 1.7mi. Divs 4mi 9-, 5yr, 75+, Youth 2grades. Awds based on # entrants/div. Whchr sep finish. Fees 4mi \$13, \$15 raceday. youth \$12/\$15. Perks singlets, dwgs, soda, beer, snacks, shwrs, swimming. Contact Firecracker Four dougnelson33@aol.com BLS
- Jul 4 Sun RIVER CITY 4TH FEST 5K Waterford**
8am. reg 6:45. Whitford Pk, River Rd & Hwy 20. Divs 14-, 5yr, 70+. Awds plaques 5/div, masters 1/mf. Fees \$14, \$16 after 7/2. Perks TS, bev, snacks. Contact Jim McFadden & Scott Lewis 262 514-2925 & 262 534-5826
- Jul 7 Wed BLS FUN RUN Milwaukee**
3mi, 6mi 6:30pm. Greenfield Pk #3. Fees no. Perks bev. Contact Chuck & Helen Bressler. Eve 262 691-2299
- Jul 7 Wed BLS SUMMER ADULT ADV RUN PROG Tosa**
See listing June 16.
- Jul 8 Thu STORM THE BASTILLE Milwaukee**
5k run, 2mi walk 9pm. Contact East Town Assn. easttown.com
- Jul 10 Sat HARTFEST RUN/WALK Hartland**
5k, 2mi walk 8:30. 1/2mi kids fun run 8:45. reg 7. Nixon Pk. Divs 10-, 11-14, 5yr, 70+. Awds 2/mf, 3/div. Perks TS, dwgs, fruit, bev. Contact Penny Weber Day 262 367-7059 hartland-wi.org

- Jul 10 Sat AURORA MACC RUN Marinette**
5k r/w, 10k run, kids race, 9am. MHS. Note by Ch of Commerce. Divs yes. Awds 1/mf 3/div. Fees \$12, \$14 6/1-6/20, \$16 after. signmeup-sports.com/23426. Perks TS, food, bev, shwrs. Contact Mark Nygren Day 715 735-6681 Eve 715 735-3230 marinettechamber.com
- Jul 10 Sat MARATHON BUILD-UP Milwaukee**
8mi 8am. See Listing July 3.
- Jul 11 Sun KEWASKUM KETTLE 20 Kewaskum**
20k & 5k, roadrace thru Kettle Moraine, 7:30am. reg 6. Riverhill Pk. Note 31st annual. Divs 5mi: 14-, Both: 15-19, 10yr, 60+. Awds 20k Cash Awards! 5mi medals 3/div. Fees 20k \$15, 5mi \$12. \$20, \$15 raceday. Perks TS, bev. Contact Julann Zemlicka-Retzlaff 920 387-4600 zemretz@nconnect.net
- Jul 14 Wed BLS FUN RUN Milwaukee**
3mi, 6mi 6pm. Greenfield Pk #8? Fees no. Perks bev. Contact Duane Miszewski. Day 414-423-5445
- Jul 14 Wed PEWAUKEE RUN TO THE BEACH Pewaukee**
5k, 2mi walk, 7pm. Reg 5:30. Pewaukee Village Pk. Note evening event, hills. Divs 5k 19-, 10yr, 70+. Awds 5k 3/div. Whchr 5k. Fees \$15 by 7/13, \$20 raceday. pewaukee.org/downtown. Perks Tank TS, dwgs, food, bev, massage, shwrs, admis. to Waterfront Wed, dwg for 1yr @ West Wood Health & Fitness Ctr. Contact Abby Lorenz Day 262 695-9735 Eve 262 691-4922 positivelypewaukee.com
- Jul 14 BLS SUMMER ADULT ADV RUN PROG Tosa**
See listing June 16.
- Jul 15 Thu WHEELS & HEELS - RUSH ON FESTA Milw**
5k run, 1mi walk 7pm. reg 5. Veterans Pk. Note Evening event. Divs 5k 14-, 5yr, 70+. Awds medal 3/div. Whchr divs for mf para & quad. Fees \$17, \$20 postmarked 7/8-7/10 & raceday. Contact Bill Wright Day 414 425-3793 Eve 414 384-4022
- Jul 17 Sat MARATHON BUILD-UP Milwaukee**
10mi 8am. See Listing July 3.

FROM THE BACK OF THE PACK

China, Then and Now

By Jeff Weiss

Last month I visited China for the second time in 14 years.

The first visit was six months after the incident in Tiananmen Square (June 1989).

It wasn't really a running trip, but I was traveling (for business) and I am a Strider.



"The picture" from June 1989 of a peaceful demonstrator confronting tanks in the street in front of Tiananmen square in Beijing. China still does not recognize that the events of 1989 ever took place.

Beijing in 1990 seemed to me a very primitive place. The streets around Tiananmen were clogged with bicycles.

During morning and evening rush the main street in front of the Forbidden City (the street pictured in the "Tank Picture" above) was crammed with bicy-



Jeff Weiss on The Wall in 1990

cles heading in what seemed like random directions, but they somehow traveled efficiently constantly moving like a huge centipede (or Chinese Dragon).

Now the street is jammed with traffic of a different sort. Similar to traffic in most major metropolitan areas it is bumper to bumper. Here the vehicles are mostly taxi cabs and large German sedans. Gone are the bicycles, or nearly so. The rare cyclist is still seen, but those few take their lives in their hands due to traffic and pollution. The traffic flow has been replaced by total gridlock.

Beijing is not content with their traffic problems. They have set an ambitious goal of correcting these problems by creating new roads and highways as well as new rail and subway lines before the Olympics in 2008.

The population of Beijing (China's capital and third biggest city) when I first visited was roughly 6 million persons. I say roughly because in a country this size an accurate census is impossible. Due to China's one child per family rule now, 14 years later Beijing's population is roughly 7 million. The rise is mostly due to millions of rural people moving to the city for jobs. Without this influx, the population would have dropped significantly.

The total population of China is roughly 1.3 billion people.

The influx of money in Beijing is obvious to anyone looking around the city. It appears to have the largest concentration of construction cranes anywhere in the world. There are few of the hundreds of

square miles that Beijing covers that don't have at least 10 large construction cranes set up and active.

The construction for the 2008 Olympic Games is well under way. New venues are being built already as well as new cultural attractions and enhancements to the many historical venues.

The historical attractions—the tombs of the emperors, the Forbidden City, the Great Wall—just to name a few are incredible. The history of China dwarfs American and even European history. These attractions that we visit today were built before Europeans even moved into northern Europe.

Construction of the Great Wall began around 221BC in the Qin (Chin) Dynasty and continued through 1500AD the Ming Dynasty. It continued through many Chinese dynasties and many generations of royal families.



Jeff Weiss pictured in April 2004 with co-worker Li Mao in front of Tiananmen Gate (the entrance to the Forbidden City).

The hike up and along the great wall on both of my visits was fantastic. This is not simply a wall built on a flat plain. It was built following some very steep peaks traversing over 1100 miles through Eastern China. Thinking about how long ago this feat was accomplished is mind boggling. The experience



Jeff Weiss on The Wall in 2004

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