

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 6

July 2004

FIRECRACKER FOUR IS RIGHT AROUND THE CORNERS (HALES THAT IS)

by Doug Nelson

You still have time to enter the FIRECRACKER FOUR. This run in the community of Hales Corners, offers a flat and fast course to enjoy the usually WARM 4th.

New in 2004

- Overall Male and Female Masters winners will be awarded
- A 1.7 mile course has been added for 8th graders and younger

Not New in 2004

- Pool open to Everyone 8:30 - 11:00 am
- Lots of Refreshments; to include Fruit, Cookies, Milk, and Beer
- Drawings
- Dilly Bar certificates from Dairy Queen of Hales Corners
- Medals, as much as 10 deep in some age groups
- Etc.
- Etc.
- Etc.



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

To save time and money race day morning, and guarantee a shirt, you can pre-register at:

-The STRIDER Fun Run, Greenfield Park Picnic Area # 3, Wednesday, June 30th from 5:30 - 8:00 pm

OR
-The Continental Savings Bank Office (5000 South 110th Street, Greenfield, Wi. 53228) on Friday July 2nd from 5:00 - 7:00 pm

If you can not pre-register you can still register the day of the race Sunday, July 4th (6:30 - 7:30 am) Get there EARLY because Parking can be a challenge and the race will start ON TIME !!!!

7:55am Wheelchair
8:00am 1.7 mile and 4 mile

**SEE YOU AROUND THE
CORNERS, ON THE 4TH**

Cudahy Classic Races

A very old Wisconsin race gets a Facelift

By John Bell

In what I believe is the 43rd running of this race (historians can correct me on this later), we are making some updates and changes to hopefully make everything better for this race now and in the future. Before the screaming starts let me explain why I changed things and what is changing.

First off let me say that the greatest running club in the Midwest is still hosting this race. That is a constant we all love. Plus beer will be available at the finish – another Wisconsin favorite. Although this year with the new design we can tap the beer much earlier because the start, finish, and awards areas are all very close together. Some workers may even be having a brew while cheering on you runners when you go by with 1 lap to go or with 1.3 miles to go. Either way you had better hurry to the finish if you want your beer. Both the 10 mile and 5 miles races are again part of the Strider Championship series.

The changes and reasons

The course routes have changed somewhat. In the past there was a 10 mile and 10km race. This year there will be the 10 mile classic race, a 5 mile race, and a totally new 1.5 mile youth development race. The 10 mile race will be branded as the **10 mile summer classic**. The 5 mile race will be branded as the **5 mile half classic** and the 1.5 mile race will be branded as the **1.5 mile youth development classic**. The 1.5 mile race is for youth ages 16 years old and younger. This 1.5 mile youth development race in conjunction

with the 1.7 mile race at the Firecracker Four are where we are working to provide more summer racing opportunities for the younger runners.

Course Descriptions: The 10 mile race will be exactly 2 laps and the 5 mile race will be exactly 1 lap. Both races will start at the same place at the same time. Near the finish, the 5 mile racers will exit the road and run 150 yards up a walking path to the finish. 10 mile racers will continue around for another lap and then finish up the walk path to the finish chute. The 1.5 mile race will be a simple out and back course starting and finishing near the start line. This race will start at 9:30

after the other races are completed or mostly completed.

The biggest change in the route is the use of the Sheridan Park road instead of running a full 2.3 miles on Lake Drive. The course consists of a South loop and a North loop with a short two way stretch of road in the middle. The course will start in the middle of Sheridan Park near the large Patrick Cudahy statue. Runners will proceed south on Sheridan Park road all

the way around and out to Lake Drive. The course continues 1 mile south on Lake Drive and turns left, using a wide grass pathway to cut over to the bike path. This grassy area is earlier in the course than it was in the past. It is also much wider. I will mow the grass nice and short for you and have many rabbits pack it down for me. A water stop will be provided here. Next, the course proceeds to the north on a lovely rolling scenic section of bike path, just as in previous years. Now the course will turn right back onto the Sheridan Park road past the

(Continued on page 8)

INSIDE:

	PAGE
Prez Sez—RRCA Conv	2
Keeping Pace with RRCA	2
Build-Up Run Schedule	2



Greatest Running CD Ever Part 2	3
First Track Meet Report	3
Ice Age Babbles	4
Quest for Improvement	5
Corn Roast Rocks	6
WIAA Track Meet Report	7
From the Archives	8
Coming Events	10 & 11

Making Dust	
• Sarah's Stride	12
• Ice Age 50mi	13
• Ice Age 50k	14
• Ice Age 50k Relay	14
• Roger Bannister Mile	16
• Strain for the Brain	16
• Journeys Marathon	17

Roger Bannister Mile a Success	15
--------------------------------	----

Albert Einstein's Brother	18
---------------------------	----

Stranger in a Strange Land	19
----------------------------	----

Fun Run Schedule	19
------------------	----



**BLS Meeting
Speaker
June 16th**

**Amy Ameien - Dog
Training & Behaviour**



RRCA Convention Report

The RRCA Convention was held in Lake Tahoe, Nevada on May 12th-16th. Several Striders attended. Here are some of their views on the convention and the venue.

Dennis Novak

Lake Tahoe was as picturesque as one could imagine - postcard material. The highlight of the trip was to see that the RRCA and AARC have made great strides in resolving past differences and have agreed to merge. This should result in a much stronger and financially solvent RRCA. Happy to hear the RRCA turned a profit of \$142,000 in 2003 after having losses the prior four years. I am personally glad to see that the Badgerland Striders continued support during these trying times have paid off.

the
Prez
sez



John Cornell

Sam Martino

The value of going to the convention is to hear what other runners are doing in their clubs. As a state rep I pick up ideas to pass on to the clubs in Wisconsin and seek to promote our own races.

We have many visitors who come to Wisconsin and want to contact running clubs like the Badgerland Striders. The convention also was an opportunity to run with other runners in new territory. I particularly liked the morning runs and also being on our own to run the Pacific Trail or Tahoe Rim trail. The beauty of Lake Tahoe makes me want to return soon. I'm not sure I would ride a bike on the rocky mountain trails, but I surely would run on the trails. The trail around Lake Tahoe was breathtaking. The beauty of the mountains, the lake and the tall trees made one feel like an ant.



Jeff Weiss

How could it be bad? Three days in Lake Tahoe in May. The weather was great! The fun runs were great! The companionship was great!

Session Notes

Mark Twain hosted the convention kickoff session. Mr. Twain recounted his adventures in the area and how he discovered Lake Tahoe.

The Insurance Seminar was very informative with a lot of information on the validity of waivers on race entry forms. Strollers, radio headsets and dogs are a big no, no in races and should not be allowed in club races.

The Kids Running programs information was a big point of interest for us. Kids physical education programs have been eliminated from school budgets by almost all states. This makes it more imperative that groups like ours sponsor programs for kids. Some of our races, Tosafest and the Firecracker Four, already have kids races but we need to look at more races like this to get the kids out there. We are definitely headed in the right direction with the addition of a youth event to our Cudahy race. Our track meet program brings a few kids out and this could be expanded. There are several organizations out there including the USATF who could help us with getting our kids running programs going.

The Prez

The others have summed up the Tahoe scenery. All I can say if you ever get the chance to go, do it. You won't regret it.

The convention highlight for me was the discussion on the merging of the RRCA and AARC. For

(Continued on page 5)



Striders and Friends at the RRCA Banquet (from left) Wayne (friend from Alpine Runners), Jim Clarey, Bonnie Clarey, Jeff Weiss, Betsy Weiss, Dennis Novak, John Cornell, Beth Onines (New Central Region RRCA director), Joe Seeley (Past Central Region Director) and Sam Martino



Keeping Pace with the RRCA



Contact Becky Lambros
<http://www.rrca.org/org/rrcaorg.php>
(703) 836-0558

Dave Cotter, The Tahoe Mountain Milers and Sage Brush Stompers sure know how to put on a great convention. Not only did they have spectacular scenery but the seminars and entertainment were outstanding. Thank you Dave for allowing us to participate in your dream to bring the RRCA convention to Lake Tahoe.

I had an opportunity to meet with and talk to many of our club members while in Lake Tahoe. This experience makes true my opening remark at the State Rep Meeting "I have the coolest job in the world. I have the opportunity to work with runners everyday!


While the RRCA has gone through some very difficult times the last few years it is a testament to the strength of grass roots running that our national organization has survived and is now on the path to become stronger. Below are some of the outcomes of the convention which will set our path for the next year.

- New members of the Board have been elected. They are Brent Ayre, Beth Oni-


(Continued on page 7)

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 CDs Ever

This is the second installment of a tongue in cheek series that combines music and running. I'm trying to supplement my income by creating CDs that will be useful to runners. Last month's CD contained songs that related to running or racing. This month's selections deal with clothing and adverse conditions.

By Ron Winkler



Ron Winkler

Rain

- Baby the Rain Must Fall- Glenn Yarbrough
- Here Comes the Rain Again- Eurythmics
- It Keeps Rainin' - Fats Domino
- American Storm- Bob Seger
- Rainy Night In Georgia- Brook Benton
- Thunder and Lightning- Chi Coltrane
- Lightnin' Strikes- Lou Christie
- It Never Rains In Southern California- Albert Hammond

Wind

- Big Cold Wind- Pat Boone
- Against the Wind- Bob Seger
- Dust In the Wind- Kansas
- The Wayward Wind- Gogi Grant

Cold

- It's Cold Outside- Choir
- Cold As Ice- Foreigner
- Cold Cold Winter- Pixies Three
- Blizzard- Jim Reeves

Heat

- Heat Wave- Martha Reeves and the Vandellas
- Cruel Summer- Bananarama
- Hot In the City- Billy Idol

Nature on the Rampage

- Shaky Ground- Temptations
- California Earthquake- Mama Cass
- Quicksand- Martha Reeves and the Vandellas
- Volcano- Jimmy Buffett
- Hurricane- Bob Dylan

Bonus tracks for unusual conditions

- Bad Moon Rising- Creedence Clearwater Revival
- Fire and Rain- James Taylor
- Fire and Ice- Pat Benatar
- Burning Bridges- Mike Curb Generation
- Bungle In the Jungle- Jethro Tull
- Poison Ivy- Coasters
- Forty Miles of Bad Road- Duane Eddy

There it is- volumes two and three of the Best Running CDs ever. There's still more to come. However, next month we will take a break from this Tom Foolery.

Coming in August- The Schlitz Light Badgerland Classic National 10-Mile Championship, August 5, 1979. That was the biggest Cudahy 10-Miler ever, as Bill Rodgers, Rick Rojas and Frank Shorter duelled it out for first place. Who won? Find out in August.



The Clothing CD

As a runner you don't need much equipment other than shoes. However, this disc will help you to look chic. Appropriately, there is a song to get you started:

Dress You Up-Madonna

As we dress you up, we start at the bottom, with your feet:

- Hi-Heel Sneakers-Tommy Tucker
- Blue Suede Shoes- Elvis Presley
- Pink Shoe Laces- Dodie Stevens
- Then we just move on up your body:
- Smarty Pants- First Choice
- Hot Pants- James Brown
- Short Shorts- Royal Teens
- Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini- Brian Hyland
- Greensleeves- Beverly Sisters

- Blue Collar- Bachman Turner Overdrive
- White Sport Coat (And a Pink Carnation) - Marty Robbins
- Leopard Skin Pill Box Hat- Bob Dylan

Here are miscellaneous items that will make you the envy of everyone:

- Buttons and Bows- The Dinning Sisters
- String of Pearls- Glenn Miller
- Golden Earrings- Peggy Lee
- Spanish Lace- Gene McDaniels
- Scarlet Ribbons (For Her Hair) - Browns



Adverse Conditions CD

Runners are a hardy lot; we will train and race in all sorts of less than ideal conditions. Here is a disc of music about those adverse elements.

Sun Shines on the First Strider Track Meet of the Year

By Alice Winkler

What an evening! The rain stopped. The clouds rolled back and people came out to play. And play they did, at many distances. The weather was super and so were the participants and their times.

The first of three Strider Track Meets was held on Tuesday, May 25th at Hart Park in Wauwatosa. The second meet was on June 15th and in July join the fun on Tuesday, July 20th at 6:30 Pm. Hart Park is located on 73rd and State.

100 Meter	Derek Thiel 11.52	Marc Dettman 12.07	Tom Rewolinski 12.72	Jim O'Hearn 14.57	Martin Devaney 15.63	Jeff Schultz 16.05	Tom Maley 17.40	John Jones 17.60	Amy Klaus 19.54	Jessica Klein 19.65	Judi Jones 22.88	Brandon Klein 23.35	Jill Jones 38.82
1600 Meter	Derek Serna 4:42	Tony Agostini 5:45	Dennis Eden 5:55	Nick Schroeder 7:13	Ron Winkler 7:15	Laura Klein 7:22	Martin Devaney 7:23	Jeff Schultz 7:42					
400 Meter	John Jones 1:30.18	Tom Maley 1:30.40	Amy Klaus 1:42.01	Craig Klaus 1:42.02	Judi Jones 1:48.53								
200 Meter	Derek Thiel 23.69	Tom Rewolinski 26.53	Marc Dettman 27.70	Jenna Klaus 34.94	Tom Maley 38.03	John Jones 41.40	Amy Klaus 43.54	Judi Jones 50.49	Brandon Klein 57.27				
3200 Meter	Dave Harris 11:36	Paul Jones 12:10	Dennis Eden 12:24	Laura Klein 15:36	Jovita Moureau 16:47								

Last Track Meet of the Year July 20th




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Date Correction -

Hoka Hey 5k

Saturday, July 17, 2004
9:00 a.m., Waukesha

This is one week earlier than listed in the Race Book!

See enclosed entry form for details!

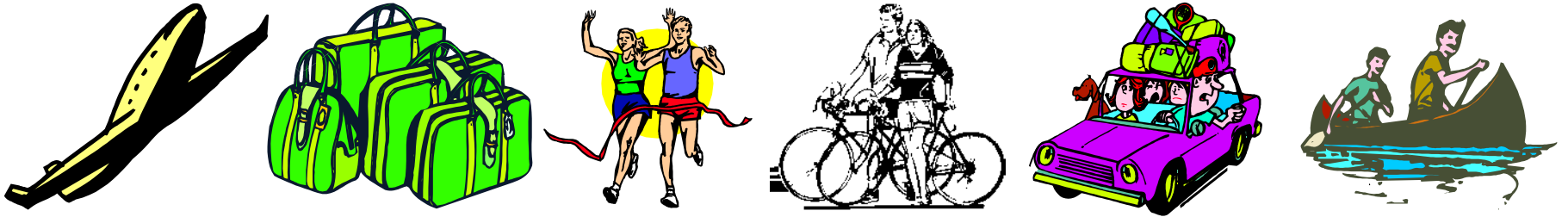
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Striders in the News

ICE AGE BABBLER

By Mary Gorski

I've said it a hundred times before but I am going to say it again: Be a meteorologist! Why? Because it is one of the few jobs that I can think of in which you can be wrong about 40% of the time and still bring home a nice paycheck!

Case in point. Signed up for the Ice Age 50--remembering an event two years ago where Mother Nature did a nasty mood swing and sent the temps plunging into the ice box range with accompanying rain and wind, I was a little curious as to what the forecast might be for this year. Starting Monday, I kept vigil in front of Weather.Com (candles lighted, praying the runner's mantra: "overcast, 50s, dry, overcast, 50s, dry...") Early predictions for the area were for a hot day. A couple of days later, it looked like it would be rainy, then stormy, then finally (3 a.m. the morning of the race) overcast, 50s and thunderstorms. Okay, two of my three wishes would be granted.

Well that held for about the first two hours of the race, maybe three. Then the sun came out. Then the temps soared, and then those pasty white Midwestern runners whose bodies have barely seen sunshine for months started melting.

Most were able to muddle on ahead, arguing with their over-heated stomachs and adjusting time goals. Unfortunately, many who were trained for a 50-mile day had to call it quits a little earlier as their bodies exceeded the boiling point. Thankfully, I fell into the pasty-white muddlers category and was able to come back to the finish line the way I intended. And I was happy to say that I was received by lots of cheering friends and volunteers. But not as much as one of the day's most anticipated finishers, Kris Hinrichs. There was a decibel meter tucked behind the finisher's clock and it noted that Kris, coming in at about 11:40, received more cheers than the male or female winners of either the 50K or 50M event, or really anyone else who happened to pass by the line.

If you are from southern Wisconsin, you know Kris as the "den mother" of the TPs (Trail People who run together on Saturdays in the Kettle Mo-

raine). She is also race director of Milwaukee's Lakefront Marathon. Kris has incredible endurance and dogged determination, but unfortunately the lower legs of someone who had polio as a kid (come to think of it, I think she did have polio). So while most of us look forward to a nice downhill, Kris needs to argue with an uncooperative foot that doesn't take well to such geographic changes. For years, she has had the endurance to run 50 miles, but not the speed to complete it under the 12 hour cut-off. She has actually completed the Ice Age course before, but this year was the first time she made the distance WITH TIME TO SPARE. By the cheers of the crowd keeping watch at the finish line, you'd swear that she had broken a world record. There's a Midwesterner who didn't cave into the heat one bit.

This was my favorite moment from Ice Age 2004. Being the wordy person that I am, I'll toss in a few more such as seeing a goat chase a yellow lab toward me and two other equally confused runners on the trail at around 28 miles into the race. It was so bizarre that we just stopped and looked at each other wondering if we were having a gang hallucination. The heat of the day was just settling in -- could we have been falling to heat stroke? We never did find out if the goat or the dog belonged to anyone, or how far the poor puppy had been chased. Come to think of it, he seemed to have the same flabbergasted look on his face that we did.

Then there was the marvel of how easily conversations adapt to those with whom you are running. A life-long babbler, I often chat with those around me and they usually talk back. In the beginning, the conversations were on the higher plains of work, politics and family, but eventually, they eroded into the language of tired truckers, trying to out-do each other with the most profane description of the day. During one of these early conversations I noted that in ultras that it seems that the things you think are going to cause you problems never do and hassles you could have never anticipated suddenly spring to life. I couldn't have predicted my own day any better. Having a last minute nibble at the car just minutes before the race start I felt something very hard in my banana. Hmmmm... I don't remember bananas having pits. I took out the offending object and realized that I had lost a crown, post and all. Suddenly I felt less royal. Oh well...And darned if I didn't constantly forget about that hole in my mouth until I'd get to an aid station and chomp down on some food -- right where that tooth was supposed to be. Ouch! You'd think I'd catch on after awhile. But, of course, I am a natural blond.

Midway through the race I developed a shin splint, or at least shin discomfort. I never have shin pain. I haven't had a shin splint since my first tentative weeks of running some 20 years ago. But of course... I get one at Ice Age because I never expected one (I never expect to win LOTTO so you think I'd win



The Author. 3rd in her age group in 9:11:35
Photo by Dave Gorski

that at Ice Age too, but alas, no). Thankfully, it only bothered me on the downhills, and you all know these ultras seem to have far more uphill in the last half than they did in the first half. Opposite of most, I ran the ups and walked the downs. I think people just assumed it was because I am blond. To bring this bunch of babble to an end, I just want to say congrats to all the finishers and MUCH THANKS to Holly and John, who directed Ice Age for the last time. Putting on a race is a TON of work and theirs is much appreciated.

Happy Trails.



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Improvement - One Man's Quest



By Jon Butt

Have you ever asked yourself this question, how do I improve? I know I have. I have been running for about 6 years; the last two more serious than the first four. Over the last 2 years, I have run in many races and participated in several training runs. And through all of them, I always finish toward the bottom.

I realize that some people are just naturally fast. I have a friend, Mike, who is an amazing runner. He just seems to float along the street as he runs. He never looks like he is struggling. This is not me.

I am a below average runner. Right now, I struggle to run at a 10 mpm pace. Last summer, I spent a lot of time training to run my first marathon. I was motivated, happy, healthy, and I had a plan. For the most part I followed the plan. I was ready. I finished my marathon in 4:52, just about right where I always finish, in the bottom third. Don't get me wrong, I was happy. My goal was to finish and I did. But, now I want more.

There are many programs out there to help runners improve. One of my problems with these programs is that they always use the best runners as examples. I can't help but wonder if those programs are for me. Will they help me improve?

I have decided to put one of these programs to the test. And through this article and others to follow, I plan to provide you with updates. Some of you may wish to join me in my quest. Others may wish to sit back and still others may choose to not follow my progress at all.

Hadd¹ developed the program that I will follow. I found it through some on-line friends at the forums

at *Runner's World*. Hadd's program places a significant amount of emphasis on moving your lactate threshold by spending a lot of time running at controlled heart rates. To monitor progress, Hadd developed a fitness test to be performed every 6 weeks. In addition, it is important to know your maximum heart rate.

I performed the fitness test on May 15th. The test consists of timing (5) 2400m runs done at different heart rates. For my maximum heart rate of 195 bpm, the five different runs are done at 140, 150, 160, 170, and 180 bpm. If your max heart rate were lower, then the runs would be done at lower numbers. The results of my test are as follows:

Heart Rate	Time	Pace
140 bpm	19.50	13 mpm
150 bpm	18.02	12 mpm
160 bpm	15.56	10.37 mpm
170 bpm	14.38	9.59 mpm
180 bpm	12.49	8.33 mpm

The program I am following consist of running 5 times per week, as follows:

Day	Max HR	Time
Monday	145	60 min.
Tuesday	160	75 min.
Wednesday	Off	
Thursday	150	60 min.
Friday	160	75 min.
Saturday	155	90 min.
Sunday	Off	

Following this schedule results in about 30+ miles per week. As aerobic capacity improves, the distance should also increase. None of the runs are to be done at a higher HR.

I am off to improve my running. I don't know where this journey is going but I am willing to give it a try. I will share my results with you. Come along and join me.

¹ Hadd is a college coach who frequents the Letsrun.com forum to see more on his postings go to the following link. <http://www.ffh.us/cn/hadd.htm>

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, July 20th
6:30pm**

Hart Park, 73rd & State

PREZ SEZ

RRCA CONVENTION AND STUFF



Deena Drossin-Kastor addressed the 2004 RRCA Convention Awards Banquet. She is a 2004 US Olympic Qualifier, American Record holder marathon (2:21.16 London 2002), American Record for 15k (47:13 Gate River Run 2002), 6 time 8K American Cross Country Champion, among many other titles.

(Continued from page 2)

those who weren't aware, the AARC was formed a few years back because they didn't care for the direction the new (now former) executive director was taking the RRCA. Among other things, they were looking at raising club dues without including feedback from the membership. You know, that whole taxation without representation thing. Didn't we go to war over that once?

During the open forum I heard many reasons why we should vote for the merger. Lower costs can be achieved by not having membership cover the overhead of 21 organizations, etc.... The one thing I wasn't hearing was a reason to vote against the merger. I asked this question to the panel and to those in attendance. Nobody came up with a reason to not go along with it, so we did.

The merger ensures the ongoing financial viability of the RRCA, which is the organization that helps provide us with low cost insurance so we can put on events without paying an arm and a leg for insurance. If that we didn't have them, it would only be 20 races before the executive board ran out of arms and legs, and then what? Who would run for office knowing that was their fate?



Lisa Rainsberger speaking at the 2004 RRCA & Convention Awards Banquet. She was a 1980 Olympic qualifier for the Swimming Trials, 1984, 1988 1992 Olympic Team Alternate Marathon, 1988 5th in the US Olympic 10,000 meters and 2000 4th American finisher at the US Triathlon National Championships

Other Goings On with the Striders



Graffiti Board postings are heating up! We are averaging about 150 postings every 2 weeks, with no telling how many people are reading and viewing.

We have some good controversy and some not so friendly.

Some have made some negative comments about the efforts of some of the club's key players. Although we love constructive criticism we'd also love to have these people offer their help in a more concrete form than abuse of others.

There were also some comments about a controversial cartoon in last month's Strider. I was amazed at the variety of postings in support of the cartoon; even the ones not posted by the cartoonist himself.

If you haven't checked out the Graffiti Board on the website, it's time to give it a try. It may help your running, give you your daily fix of Dr. Phil, keep you up to date on the high school running scene (thanks John Bell), and even provide a laugh or two.

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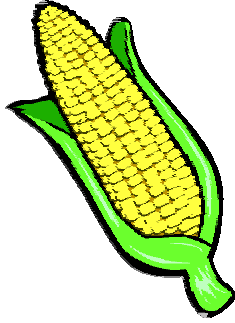
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GREENFIELD

Fun Run Rocks Eating Corn Sucks

by Dave O'Brien
Director of Picnic Affairs
and Video Shoot

One of my early memories "on the farm" was of my Uncle John eating corn on the cob. After buttering and salting it, he would start biting and chewing from one end toward the other.

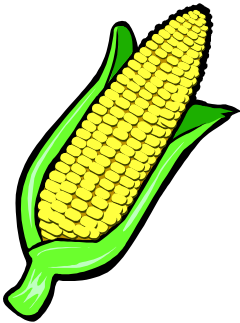
He would start slowly at the large end. Bite, chew. Bite, crunch. Bite chew, bite crunch. His cadence accelerated toward the smaller end. B'chew, B'crunch. B'chew, B'crunch. Oh, and I forgot the little inhaling, sucking sound he made after each bite, to make sure not one tasty morsel got away.



Then at the end of the last row on the cob, he would chew and swallow, then smack his lips, suck the remaining butter off his fingers and say, "Gol'darn it, that was some pretty good corn."

Sadly, my Uncle John passed away some years back. I often think of him when I have a particularly sweet and golden ear of corn in my hand. Looking ahead to August 4, grillmaster Terry Reynolds and his assistants Steve Schowalter and Beth have timed and perfected the grilling process so everyone (Gol'darn it) will get to eat some "pretty good corn."

Each year I try to incorporate a bit of a program into the running and eating ritual. You may remember that last year we very nearly couldn't hold the event because several groups threatened to picket the park entrance. Groups like 4-H, PETA, FFA, and NRA. Oh, and DNA. Goodness knows, DNA wields tremendous influence in these parts.



Thankfully, Colonel Korn came to our rescue at the last minute and we were able to hold our "typical" celebration. I expect he will be here this year as well.

There are just two major changes you should expect this year. Well, maybe three.

The first is, we'll meet at a different spot. It will be Picnic Area #4, which is way past #3, up the hill near the power lines. The reason for this is the second major change: we'll be shooting a "spoof" video of the event in all its silliness. This will take place on the top of "powerline hill," and you're all invited to become video stars.

In order to hold to our running schedule (I intend to start the fun run promptly at 6:30), those of you who would like to be part of the video production should arrive around 5:45, register and have your

shorts and makeup on by 6:00 for the first shoot.

As in past years, I have obtained approval for all participants to pay their \$2.25 parking fee at registration at Picnic Area #4, NOT AT THE KIOSK. We expect Ranger James Felton might show up after 7:00 to collect the parking fees, and that will give us time to prepare another little ceremony. Ya gotta be there for that.

At the Corn Roast Fun Run and Family Picnic we serve grilled bratwurst (wieners for the kids), grilled corn (the vegetable), and salad, for a full meal. Henry Ehler's record of consumption is 13 ears of corn in 1995. He's been cutting back significantly since then. Oh, and watermelon for dessert. Henry's in charge of that. Of course beer and other potables will be available in accordance with club tradition. Spouses, family, and significant others are welcome to this event in accordance with Glen Wargolet's ruling of 1992. Traditionally, we stay at the park until it closes at 10:00. There were years (when the

Registration	Connie Anderson and Mary Jumes
Fun Run Start	Sarah Anderson
Fire/Corn Grilling	Terry Reynolds, Steve Schowalter, and Beth
Grilling of Meats	Bob Marak
Salad	Kathy O'Brien
Dessert	Henry Ehler
Refreshments	Pete Wysocki
Garbage	Al Matthews
Colonel Korn Understudy Program	Steve Hartman
Course Measurement	Marjorie McCaig
Photography	Kent Schlienger
Videography	Jack O'Brien
Choreography	Jean White
The Play's The Thing	Mark Flagg
Park Administrators	Linda Grimm, Ronda Baxter
Riparian Entertainments	Bonnie and Helen
Censorship Issues	Dave Poglitsch
Video Editing	Brad Anderson
Other things that come to mind	????????????????

moon and other factors were favorable), when we stayed a bit longer.

Now pay attention. Above is the list of captains from last year, including some who have already stated they would be present in 2004. If you would like to help or serve as a captain in the future, please let me know and I'll tender your resume to the personnel department.

Well, no, I hate the paperwork. Just let me know if you want to be a part of our team. Phone me at 414-425-1309, or e-mail: davo-corn@tds.net.

HELP WANTED

**For Badgerland Striders'
Corn Roast Fun Run
and Family Picnic
Wed. evening, Aug. 4, 2004**

- (4) **VIDEOGRAPHERS** (early shift, 5:30 – 6:30, then you can run with the rest). Bring your own video camera, battery, and tape. Tripod recommended. Label your equipment.
- (3) **VIDEOGRAPHERS** (late shift, non-running, 6:20 – 6:50, and approx. 7:15 – 7:30. No experience required, but "worst home video" a plus. References (to Hollywood) provided upon request. Reasonable expenses paid.
- (1) **PERCUSSIONIST** to set the beat for the monetary presentation. Bring your own bongos, boxes, coffee cans, or bicycle spokes. Note: must be able to work with up to 6 ditzy cheerleaders, including 2 prior rehearsals.
- (6) **CHEERLEADERS** to assist in the monetary presentation. Poms provided, but bring your own skimpy costumes. Note: must be able to work with a dorky percussionist, including 2 prior rehearsals.
- (1) **WARMUP DIRECTOR** (Sorry, position filled.)
- (1) **PLAYWRIGHT** (Sorry, position filled.)
- (1) **CHOREOGRAPHER** (Sorry, position filled.)
- (1) **VIDEO EDITOR AND MIXER** (Applicant being considered.)
- (1) **STARTING BUGLER**, but since buglers have been expiring so rapidly, we might accept a starting trumpeter, or accordionist, or saxophonist, or electric kazookeeper.
- CLOWNS, NUDISTS, CONTORTIONISTS, & GYMNASTS** (various) to jump, cartwheel, rock, roll, run, and "let it all hang out" in the videographed start. Note the tapes will be edited to tastefully promote participation in Badgerland Striders, Inc. (a local running club), for the good it does for the community, and for quality of life.
- CONTACT:** Dave O'Brien (414) 425-1309 davo-corn@tds.net
- ALSO NEEDED:** (200) **SCREAMING AND CAVORTING RUNNERS** to participate in this only-once event and eat freshly grilled corn afterward, at no charge except for parking their cars. (Note: 50 or more have already been committed.) Don't contact Dave, just come. We'll grill and run, storm or shine.

By the way, the originator of the Corn Roast Fun Run concept has indicated he would be here for this year's event. His name is Robb Brevard (we used to call him Bob). He is a retired dentist who now lives in Montello, WI.

Robb has stated he would happily examine participants' teeth for corn abrasion after the event. Not for cavities or hickeys; just corn abrasion. Because you can never be too sure.

Now, who will volunteer to be Colonel Korn?? By now you should all be able to find Minooka Park. If not, check for directions in the August issue. It'll get you to some good running, and great corn. And, Gol'darn it, thank you, Uncle John.

HEALTHY SOLUTIONS

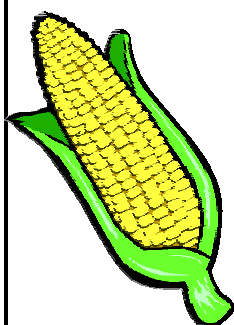


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High School Runners State Track Meet 2004



By John Bell

Wisconsin has many fine high school runners. This article will mention and feature a few based on their performances at this year's state track meet and other information. All are very fine individuals. We wish them well in their future running and hope to see them at some of the Badgerland Strider races and fun runs.

Boys distance running has to start with senior Bryan Culver from Waukesha South school. I have watched



Bryan a number of times this year and he has done all it takes to be a great runner. He works hard, lives the full athletic lifestyle and has stayed injury free. Bryan has many friends and fans and has earned the respect of many people. He just completed the difficult distance double win at the state track meet. Bryan won both the 1600 race in 4:11 and the 3200 race in 9:05. Although Bryan's key competitor, Ryan Gasper, was out with injury and missed the state meet, Bryan worked hard and ran good races and likely would have won anyway. As a Senior it is a fitting end to his high school running career and now he prepares for greater adventures on the great squad at UW Madison. Good Luck Bryan. Hope to see you helping UW to the national CC championship.

In what was a mirror finish in the distance events junior Chris Rombough from New London finished second in both the 1600 and 3200 races. Local senior Scott Mueller from Brookfield Central finished third in both races. Both are fine runners and just did not have enough to beat Bryan. Scott and Bryan have seen each other in many races. In this year's regional and sectional meets, Scott finished just a few steps behind Bryan in both races. For next year Chris Rombough will be back and Ryan Gasper from Fort Atkinson will be back. Watch for those boys to run well in next fall's cross country races. Last year Ryan made it to the Foot Locker national meet where he finished 18th and helped the Midwest team win the boys team title.

On the girls side several also tried the distance double. However, their results were more mixed with no dominant runner prevailing in both races. In division 1, it was very nice to



see senior Kellyn Johnson from Sussex Hamilton win the 1600 race. She has been to state many times and has many friends and fans always cheering her on. She has worked hard and kept getting better results every year. So my heart goes out to her for the great win this year at state. Kellyn went on to finish second in the 3200 race. So indeed she finished up her high school running on a high note.

Also trying for the girls distance double in division 1 were junior Michelle Corrigan from Pulaski (up North) and junior Alicia Pabich from Waukesha North. Michelle is a seasoned state competitor and always does well in the big meets. Michelle won the 3200 in 11:01 and was third in the 1600. She is often seen at the Paavo Nurmi Marathon on a 5 person relay team. In the past I believe on the team running with Chris Solinsky and other Stevens Point girls. Junior Alicia Pabich ran well to finish fourth and third in the 1600 and 3200 races. With more big race experience she should improve more next year.

Junior Megan Duwell from West Bend West won the 800 and finished second in the 1600 this year. She will be back to give everyone a real test next year.

The competition was just as competitive in the girls division 2 races. In those races the very well known Jennie Stoll a senior from Pewaukee ran to a second place finish in both the 1600 and 3200 races. Pewaukee, a powerhouse of girls distance runners, will see both seniors Jenny Stoll and Amy Wike moving on to other adventures next year.



One of the top upcoming female talents is sophomore Claire Maduza from Shorewood. She won the 3200 in 10:58 in the best time of the day and finished sixth the next day in the 1600. Claire is often seen at many of the local 5k races and she and her brother even show up at the longer winter races like the S-NO-W fun race in Lake Geneva to compete against Illinois runners. She has been beating me at the 5k races since she was an early teenager. She has been building her running base for years is a very seasoned 16 year old runner. She excels at the longer races and with more work on speed will have the complete package next year.

The last of the local girl runners featured here is junior Melissa Manke from East Troy. She has been running a long time and improved enough to win the 1600 in division 2 and place fourth in the 3200. Melissa is a nice graceful runner who floats over the ground on her way to a good finish. This as compared to Claire Maduza who likes to start fast and eats up

the ground as she powers to the finish.

Many of these girls will be back to battle it out in Cross Country next year. It should be very exciting. There are a lot of excellent high school runners.

Before ending this feature story, I would like to mention one other male runner. That is senior John Mickowski from Mukwonago. He is the person who last year kept



Chris Solinsky from taking the distance triple and successfully defended his 800 title in 1:53 this year. John is a hard worker who stays awake in bed trying to think of ways to run faster. He is also part of one of the most fun to watch relay teams. He anchored his 4x800 relay team to another title at state this year. Although the 4x800 relay is probably the least favorite relay of people and they tend to run it first in the meet to get it over with. Bear with me on why this is becoming one of my favorite races. Watching a good 800 runner running 2:00 or better is a thing of beauty. They have a long graceful and powerful stride that is even the whole way. Not like the 400 sprinters who start too fast and bind up at the end, 800 runners cannot do that. They must show a very disciplined even pacing the whole way as the run. And not like 1600 runners who almost always start too fast, die in the middle, and sprint big at the finish. While watching a quality 4x800 relay race you have this sense of continuous grace and power as runner after runner completes every lap in exactly the same time within a second or two. When the baton changes hands, the fluid motion continues and I am hypnotized by their graceful and disciplined running. Most run so relaxed that you see no facial distortions until just at the very end. There is this continuous and steady release of power. Watching the Mukwonago team run the 4x800 is so beautiful as they run continuous 60 second 400's until John anchors with his even paced 58's.

Good luck to all high school runners and see you next fall or at the races this summer.



KEEPING PACE WITH THE RRCA

(Continued from page 2)

nes(our new Central Region Director)

- The Letter of Agreement with the AARC has been approved by our membership which puts into motion benchmarks that the RRCA must meet this year. For more information on those benchmarks look at the Letter of Agreement posted

- A new State Rep Task force is being formed by Ken Bendy and Marlene Atwood. They will be examining the structure of the State Rep program as well as exploring funding options for the program. Road Race Management has made available to each State Rep a copy of the 2004 Road Race Management Directory. This valuable resource includes a listing of athletes, agents, events, businesses, organizations and officials in the running community. State Reps will be receiving the book within the next two weeks.

- The RRCA office will be moving to Columbia, Maryland as soon as office space can be located. This move will allow us better access for our local clubs

- We will be hiring new staff. A Program Director and an Administrative Assistant job description will be posted soon.

A welcome surprise at the business meeting was a

\$1,000 contribution from the Credit Union Cherry Blossom 10 Mile Race. This money will be used to restructure our membership database. The Credit Union Cherry Blossom after making the donation challenged our clubs to match the donation for some much needed startup funding. If your club is interested in helping the RRCA during this critical year of reorganization there are three particular areas we could use your help

- Board Training - As part of the letter of agreement the RRCA Board will participate in a Board Training. This opportunity will familiarize new Board members with their role in the organization and provide an opportunity to do critical strategic planning for the next year, 3 years and 5 years. Once this training is complete, outlines of the training will be available to club presidents for similar training at the local level

- Technology Upgrade- The National Office recently purchased two new computers but still needs to purchase two more as well as upgrading software for all of the computers

- State Rep Task Force Meeting - One of the new initiatives from the convention is the creation of a State Rep Task Force. Ken Bendy and Marlene Atwood are

now accepting resumes and applications to serve on this committee. Once this committee is formed an initial meeting to determine the scope of work and determine each member's responsibility would be helpful

The RRCA is moving in the right direction to continue to be the voice in long distance running. If any club is interested in making a contribution to these initiatives please contact me at the National Office and I can further explain the programs.

Our Insurance agency has generously agreed to extend the deadline for renewal until June 1, 2004. This will be a one time extension because of the change in staff at the National Office. Renewals after the June 1st deadline will not be able to obtain Directors and Officers Insurance.

Change and growth continue to be the theme at the National Office. Tim Duerkson who was the acting Interim Director has moved on. I will be filling his shoes until we move the office and hire a new Program Director. If you have any questions regarding membership, insurance or our Gatorade Program please contact me.

Cudahy Classic Races

A very old Wisconsin race gets a Facelift

(Continued from page 1)

Gun Club where it crosses the road and continues on that road almost back to the starting line. This is a short two-way section of road. We are skipping the section of bike path that is rough and sometimes under water, providing a section of smooth fast road instead.

Before reaching the starting line, the course turns right onto a nice path and heads back out to the bike path. A water stop will be provided at this point. The finish line will be visible to the left, but there will be another 1.3 miles to run. The north loop is next, which is down the bike path, across a short grassy cutover to Lake Drive, there is one block to run on Lake drive and then the course turns onto Sheridan Park road immediately. Five mile runners will follow the lovely park road to the finish chute path. Ten milers will run another lap while grabbing some water and watching the five mile runners already drinking beer.

Overall the course should be easy to run and very scenic. It is gently rolling and pretty fast as it always was in the past. The changes should create better vantage points for spectators and eventual press coverage because the finish area is visible the with 1.3 mile to go and the start-finish are close together. Runners should be able to see each other better during the race with the short two-way section. During the last mile, the bike path and park road are close together so runners can see how far ahead or behind they are in relation to their friends and competitors. I will place signs designating distances along the course at 880 yards, 440 yards and 220 yards before the finish to assist runners with plans for their big sprint finishes.

I think you will like the course changes. I am excited about encouraging younger runners to participate in the event. The timing of this race and the lengths make them a perfect end of the summer

longer tune-up race for people starting school in the fall. High school and college runners should like the 5 mile race with some more experienced runners moving to the 10 mile race.

Other changes and enhancements:

There will be no T-Shirts this year. What! No T-Shirts? *You must be crazy John!*

We all have dozens or hundreds of running shirts. So I came up with a better give away. **Instead of shirts you will get nice cinch sack packs.** I am sure you have seen the youth runners with those nice cute bags at their races. They put clothes and stuff in them. I thought it was time to give those to the adults. These bags are great! I put my running clothes in them at the start to pick up at the finish or just to carry a variety of things in them. You can cinch them up and sling them over your shoulder -- and they are so nice. This alone (in my opinion) is a good enough reason to enter early to be guaranteed one of these nice bags. **Sack bags will not be guaranteed to those that enter on race day.**

The fee schedule is slightly different this year. There are a variety of discount options, generally encouraging your participation as a Strider.

List price is \$20. Discounts available are:

- \$3 for early registration – postmarked by Tuesday July 27 or online by Wednesday July 28. (You can register online at active.com this year as well as the usual paper forms. Online registration is preferred. Check the Strider website (www.badgerlandstrider.org) for the link to the online registration.)
- \$2 Badgerland Strider member (check the website to use the online link to join quickly)
- \$2 Youth-Senior discount - 18 and under or 65 and over.
- \$1 part of Strider marathon buildup program.

This event is part of the scheduled Strider buildup program. To encourage participation in the build-up program and this race, I am offering this discount. This will be on the honor system. You must be a regular runner in the marathon buildup program (Not just show up to drink and eat).

You can accumulate a maximum of \$7 in discounts. There are no discounts for anyone after early registration closes. All runners will pay the full \$20 for day of race registrations.

So... enter early! If you are or become a Strider member and join the marathon build-up program, this race is pretty cheap. If you are a youth or senior strider member you only pay \$13 for any of the races. Other Strider members entering early pay only \$15.

Other amenities:

In the past you could use the showers in the high school. This year I have an agreement with the parks staff to use the swimming pool house (not the pool itself) for toilets and showers. Hopefully this will work out to make showers and more bathrooms available.

Considerable web space is rented to allow me to place hundreds of photos from the race event. After the race is completed I will place the pictures online for your enjoyment. No royalties will be applied to these pictures. So you can view and copy whatever you want. Also more information about the race will be placed on the website as time goes on.

Most likely there will be music at the finish and also along the course to give your spirit a lift. Maybe in the future the race director will bring his keyboard and sing and play some classic songs live for you.

Hope to see you all at the race. It will be a fun day.

FROM THE ARCHIVES



25, 20, 15 & 10 years ago



By Ron Winkler

25 Years Ago

July 15, 1979

Chain of Lakes Runs, Eagle River, WI

(Only Striders were listed)

10K Race

10 John Place	36:43
38 Richard Plourd	41:48
50 Gerald Stilb	43:58
54 Rich Czarapata	44:24
65 Cam Johnston	45:11
102 Carl Guse	51:38
113 Clare Guse	53:35
127 Joan Guse	56:53
133 Joyce Guse	58:21
144 Dan Guse	62:13
152 Ann Guse	66:51
159 David Guse	78:30
Marathon	
5 Richard Guse	3:00:54
17 Mary Czarapata	3:27:17
25 Don Czarapata	3:56:37

20 Years Ago

Saturday, July 28, 1984

Cedar Grove Hollandfest Run

2-Mile (253 finishers)

Men- 13 and under, Gregg Emond 11:59; 14-19, Ron Schacherl 9:41; 20-29, Jim Nehls 9:40; 30-39, Roy Pirrung 10:26; 40-49, Dale Laabs 10:42; 50-59, Ken TeWinkel 12:28; 60+, Paul Calder 14:15.

Women- 13 and under, Meredith Ammons 13:38; 14-19, Barb Sturm 14:16; 20-29, Carol Weinlein-Walsh 13:29; 30-39, Martha Mueller 12:57; 40-49, Carol Janzen 14:05; 50-59, Mary Loughran 23:31; 60+, Helen Calder 18:54.

1984 CEDAR GROVE HOLLAND FEST

(Continued)

10K (199 finishers)

Men- 13 and under, Eric Nelson 40:45; 14-19, Gerald Thome 32:27; 20-29, Tim Renzelmann 30:52; 30-39, Dave Dreikosen 31:21; 40-49, Robert Sarver 35:51; 50-59, Larry Engel 38:26; 60+, Lester Gasper 48:18.

Women- 13 and under, Kimberly Weavers 51:22; 14-19, Amy Klaves 43:16; 20-29, Nanci Ericson 39:52; 30-39, Nancy Theis 43:06; 40-49, Sue Spitz 45:15; 50-59, Grace Mueller 52:59.

15 Years Ago

July 4, 1989

Hales Corners Firecracker Four-Mile

(Only Striders were listed)

Men

30-34	5 th John Chandler	21:42
35-39	2 nd Chuck Germain	21:30
	5 th Ron Erhardt	22:08
	7 th Steve Grabow	23:04
	8 th Bernardo Soto	23:05
	9 th Barry Smanz	23:07
40-44	1 st Bill Nelson	20:36
	2 nd John Jenk	21:54
	5 th John Wagner	23:19
	Peter Nielson	24:04
	8 th Tom Falch	24:23
45-49	1 st Lowell Mutchelknaus	23:26
	6 th Alberto Avalos, Jr.	25:53
	7 th Ed Calvey	26:00
50-54	1 st Lindsay Skinner	23:59
55-59	1 st Paul Kutschera	24:17
	2 nd Duane Holz	25:52
60+	1 st Len Olson	25:57
	2 nd Joe O'Hara	28:59

Women

25-29	3 rd Chris Rutkowski	28:25
	4 th Kathy Behling	29:47
30-34	1 st Cynthia Sites	26:32
	4 th Judith Casey	28:34
35-39	2 nd Cheryl Ann Verbos	30:22
	3 rd Jo Wasierski	30:25
40-44	1 st Linda Andes-Georges	26:57
	2 nd Terri Waters	29:46
	3 rd Barb Wagner	29:57
45-49	2 nd Karen Groves	32:33
55-59	1 st Ruth Schroeder	38:29
60+	1 st Ann Hibbard	42:42

10 Years Ago

July 4, 1994

Hales Corners Firecracker Four-Mile (562 finishers)

Men 14 & under, Brad Groff 25:13; 15-19, Pat Markey 21:43; 20-24, Jeff Tiegs 20:24 (overall winner); 25-29, Bruce Holmes 21:36; 30-34, Terry Labinski 21:27; 35-39, Stan Clark 20:39; 40-44, Robb Koebert 22:24; 45-49, Ernst Wendland 22:27; 50-54, James Barr 25:49; 55-59, John Jones 25:14; 60-64, Paul Kutschera 25:15; 65-69, Len Olson 29:51; 70+, Karl Abendroth.

Women 14 & under, Katrina Shingledecker 27:53; 15-19, Jackie Ottaway 29:38; 20-24, Kelly Copps 24:52; 25-29, Kathy Waite 22:20 (first woman); 30-34, Marianne McKenzie 26:34; 35-39, Deborah Ludlow 27:04; 40-44, Nathalie McCoy 25:22; 45-49, Kathy Rust 30:20; 50-54, Sharon Smith 33:05; 55-59, Joan Engel 35:38; 60-64, Lois Gilmore 32:13; 65-69, Agnes Reinhard 35:38.

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


WHERE'S MY FOOTNOTES?

In case your wondering why you haven't received Footnotes magazine (the newsletter of the RRCA) for a while (like 3 years), that magazine has been suspended indefinitely as a cost saving measure during that organizations financial difficulties over the last few years.

The RRCA is looking to improve their website to help improve communication with their clubs in the future.

Phone: (262) 679-8449
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Badgerland Striders 2003 VIP List

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Equipment	Don Weyer	414-332-6942
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Mthly Mtg Chair	Kathryn Retzlaff	414-224-0396
Computer Chair	Bill Schauder	262-521-2191
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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

COMING EVENTS

Table listing various running events including WTC Summer Track Series #3, Boscobel 5 & 2 Mile Runs, Green Lake 10K Rd Race & 1.5mi Fun Run, La Crosse Chileda Classic 5K/10K, HHH Red Dress Run, Discovery Center Just Tri It, Marathon Build-up Milwaukee, Stride in Time 5K Run/Walk, Country Possum Chase, Mighty Wolf Triathlon, Heart and Sole Road Race, Dennis K. 5K Family Fun, DMB Community Bank Freedom Run, Fish Creek Hairpin Run & Walk, Firecracker Four, Leopolis Triathlon, Independence Day Run, Mineral Point Historic Run, Monona Scenic Run/Walk, Burnett Co. Chamber Freedom Five, River City 4th Fest 5K, Maniwoc Area TC Road Runs, BLS Fun Run, Adult Summer Adv Running Prog, Storm The Bastille, Cannonball 5K & 10K Runs, Half Voyageur Trail Marathon, Hartfest Run/Walk, Aurora Macc Run, Marathon Build-up Milwaukee, Mem Med Center Grand Ave R/W, Willow River Run, Doug Lyke Road Run, River Falls, Lactic Edge Triathlon, Bret Younger 10K & 2mi R/W, Wors Trail Run Series #5, Lomira Lions Run for Sight, Fox Cities Marathon Trning, Pardeeville Lions Triathlon, Danskin Women's Triathlon Series, Pace Setters Fun Run/Walk, Wauwatawa BLS Open Track Meet, Maniwoc Area TC Road Runs, Badgerland Striders Fun Run, Adult Summer Adv Run Prog, Unconf Walk/Run, Cheesehead Chase, Northwoods Family Reunion, S. Milwaukee Heritage Days, Run to the Mountain, Swedish Amer Heartbeat, Glenside Rock n Road 5k, The Bay Shore 5k, Peaukee Triathlon, Badgerland Striders Fun Run, Wauwatawa BLS Open Track Meet.

MAKING DUST

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

2004 ICE AGE TRAIL 50 KILOMETER SOLO RUN

Scoring Provided by
**Badgerland Striders
Running Club**

9200 W. North Avenue
Milwaukee, WI 53226

414-476-7223
www.badgerlandstriders.org,
bls@execpc.com

F18-29		
15	bethany hunter	4:18:46
21	Carol O'Hear	4:29:27
44	Nicole Schmidt	5:13:24
77	kathleen yarger	5:43:08

F30-39		
9	nikki kimball	3:53:16
10	Michelle Richardson	4:01:39
12	Karen Scott	4:09:40
16	Ragan Petrie	4:19:39
32	Christine Crawford	4:41:54
40	Kerry Sweet	5:01:51
66	Jennifer Leslie	5:36:16
71	Nichole Schwerman	5:41:29
72	Barb Meyers	5:41:30
92	Kathleen Braun	6:15:25
102	Kim Ballenger	6:30:14
113	Ann Marie Wiemert	7:11:24
121	Erika Warnke	7:36:31

F40-49		
29	Laura Clark-Taylor	4:39:58
42	Paulette Odenthal	5:08:47
45	Tammy Hunter	5:14:13
59	Deb Webster	5:32:18
68	Eileen McHugh	5:37:11
76	Brenda Bland	5:42:46
78	aracely mouradian	5:44:07
82	tamara klein	5:50:46
84	Carol Izadi	5:55:43
86	Angela Barbera	5:58:05
103	Iva Lightsey	6:35:31
113	Lisa Rogers	7:11:24
117	DONA KOELLING	7:28:44



1st Male Scott Creel (3:14:05) Bozeman MT

F50-Up		
73	Josephine Lepley	5:41:41
83	Georgia Nothdurft	5:55:03
90	Carol Zazubek	6:14:14
107	Brigitte Wendt	6:48:00
109	Gail Huck	6:50:42
110	Linda S. Gentling	7:01:58
115	Phyllis Tubesing	7:13:03
119	Raz Estridge	7:29:04
126	Ann Brick	8:35:53
127	Joyce Yarger	9:41:11
M18-29		
5	Hal Koerner	3:34:33
13	Ryne Melcher	4:13:41
20	Joel Dziedzic	4:28:49
23	Christopher Mertens	4:32:40
46	Ethan Krumnow	5:17:07
M30-39		
2	Paul DeWitt	3:21:02
3	Chad Ricklefs	3:23:34
4	Brian Wieck	3:33:17
6	bryan dayton	3:40:40
8	Mark Schaefer	3:48:57
11	Byron Backer	4:08:40
17	Ed Wirth	4:21:05
19	Pete Mueller	4:27:45
22	Tom Atkins	4:30:42
25	Mark Linser	4:37:53
28	Rick Scott	4:38:56
31	Joe Cieszynski	4:41:16
37	Rob Houlihan	5:00:28
48	Anthony Slamar	5:21:54
99	Ryan Harvey	6:27:13
100	Matt Bartz	6:28:04



1st Female Nikki Kimball (3:53:16) Elizabethtown NY

54	Howard Solomon	5:28:04
57	Tom Pahnke	5:29:29
65	Paul Braun	5:35:55
75	Bob Levinstein	5:41:58
81	Robert Jakubek	5:49:29
87	Jeff Haas	5:58:06
93	David Landwehr	6:17:07
96	Jonathan Nitz	6:20:55
101	Brett McNabb	6:30:07
117	Matt Thomas	7:28:44

M40-49		
1	Scott Creel	3:14:05
7	Michael Allen	3:46:31
14	Russell De Lap	4:15:21
18	Tom Woody	4:25:21
24	Tom Chartrand	4:37:33
26	Joe Tilley	4:38:32

30	James Hauser	4:41:04
33	Don Frichtl	4:42:06
34	Mitch Horwat	4:48:33
35	Jim Anfang	4:48:39
36	Ronald Taubert	4:59:25
38	Marlin Howe	5:00:49
41	Jordan Clay	5:07:34
42	Les Harder	5:10:15
52	Craig Holloway	5:24:08
53	Chris Perrault	5:25:37
55	Willie Lambert	5:28:30
61	Andy Nordeen	5:35:12
63	kirk cox	5:35:35
64	Dave Reid	5:35:44
67	Stephen Faris	5:36:52
69	Robert Wehner	5:37:18
70	Roy Triveline	5:40:04
85	Gary McGowan	5:55:44
88	John O'Halloran	6:00:19
89	David Tulbert	6:08:24
91	Lerry Overstreet	6:14:59
94	Anthonie Lombard	6:19:55
95	Howard Ogden	6:20:51
111	Irvin Snider	7:06:20
123	William Hansen	7:43:57

M50-Up		
27	Roy Pirrung	4:38:55
38	Dean Christensen	5:00:49
47	Patrick Heyn	5:21:08
49	Fred Syrjanen	5:22:04
50	Peter Wadsack	5:23:30
51	Brent Weigner	5:23:31
56	Wayne Bohlmann	5:29:28
58	Steve Kanters	5:29:53
60	John Edgar	5:32:33
62	DENNY BELLOW	5:35:33
74	Joe McHugh	5:41:54
79	Stuart Schramm	5:47:56
80	Brian Watzke	5:49:12
97	Norman Yarger	6:22:42
98	Matt Shemluck	6:23:08
104	Howard Thompson	6:35:32
105	Vytas Salna	6:36:56
106	Gene Taylor	6:46:58
108	Del Bowers	6:49:36
112	Edwin Korkia	7:08:56
116	Joseph Soriano	7:21:29
120	Keith Theisen	7:29:14
122	Paul Zavagno	7:43:56
123	Doug Bruss	7:43:57
125	Tom Schoenecker	8:05:30

ICE AGE 50 K TWO PERSON FRIENDSHIP RELAY

1	Brandon Sybrowsky	Male 1	3:29:17	6	Jesse Haavisto	Male 4	4:38:59	13	Donna Mosca	Female 5	5:37:45
2	Rob Shoaf	Male 2	4:08:41	7	John Haavisto	Mixed 2	4:39:23	14	Jackie Rittmer	Male 6	5:38:22
3	rick wood	Male 3	4:17:09	8	Theresa Pitman	Male 5	4:48:51	15	George Zalewski	Male 7	5:41:02
4	john spannuth	Mixed 1	4:29:32	9	roger villmow	Mixed 3	4:53:35	16	John Hinz	Male 8	5:44:57
5	kevin degenaro	Female 1	4:34:09	10	bruce pagel	Female 2	5:12:50	17	Jeffrey Shiroda	Male 9	5:45:49
	Nick DeGenaro			11	Ken Maciolek	Female 3	5:15:03	18	Rob Ireland	Female 6	5:51:08
	Brian Ciske			12	Stephen Szydlak	Female 4	5:25:02	19	William Jahnke		
	Jean Ciske				Grace Lim				Frank Conway		
	Amy Flom				yvonne rosenblatt				Donald Conway		
	Mary Bartkowski				mary clare johnson				Eileen Sherburne		
					Randi Strand				Cathy Diamond		
					Tricia Luedtke				Tamara Foltz		
					Judy Dollhopf				Karen Witkowski		
					Jeanne Kasza						

The Most Times



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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?



Bill Hollihan at the Station 3 Road Crossing



Brigitte Wendt celebrates her 50K finish

Bannister Mile a Success!

By Marty Malin

With less than two months before THE DAY, the Executive Board suggested that our club hold a one mile run in honor of the 50th Anniversary of Roger Bannister's breaking of the four minute mile, on May 6, 1954. Since May 6th happened to fall on a Thursday, the same day as one of the Intermediate Program sessions that I run for the club, I said that I would look into the feasibility of doing it.

After checking out a few details, I determined that yes, it would work, especially considering that I could guarantee at least 30 guinea pi....., I mean runners from the Intermediate Program to run in it, as well as a few from the Beginning Running Program.

I also determined that it would cost too much to cover Wauwatosa's Hart Park track with cinders to really make the event and authentic re-creation, not to mention the fact that the park maintenance people don't know how to prepare a cinder track properly, so I scrapped that idea.

Since the race was to celebrate the historic event of Bannister's breakthrough, I wanted to come up with an idea to make this celebration memorable. Most of us weren't here for the actual event and one that most of us will probably not be around for the 100th anniversary celebration, so I "seized the day."

I thought that I would make this event unique by having everyone run a sub-4. Now, I know that most of us aren't fast enough to run a mile in less than four minutes like Bannister did, so I decided that everyone would get under 4th place in their age division instead. In other words, each age division would be structured to only have three runners in it. Then I thought, as long as we're at it, we may as well give everyone a ribbon commemorating their accomplishment.

The ribbons were originally going to say "I beat Bannister and Ran a sub-4 Mile ...", but none of the Bannisters in the phone book were willing to come out and run a few steps of each heat to make that possible, so I scrapped that idea.

Since we were running on a 400 meter track instead of a 440 yard track like Bannister ran on 50 years ago, the extra 9.344 meters at the start in order to make a mile combined with the ChampionChip scoring system allowed us to give awards to those who completed the first 9.344 meters the fastest.

I thought of having two rabbits run in each heat, sort of like the original race, but the thought of accidentally having a male and female rabbit running in (the same) heat didn't sound like the best idea. And when the ASPCA found out I was going to pin num-

bers on the rabbits... Well... I scrapped that idea.

John Rudig, who was in the Beginning Running Program, lent me a book about the events leading up to Roger Bannister's famous day. In it I discovered that not only was the original day a Thursday, just like it was 50 years later, but the originally race also started at 6pm, just like ours was set-up.

Race day arrived. I went to the track and met-up with Mike Proctor, who had graciously volunteered to score the heats using the ChampionChip system. It took a little longer than we expected to get ready, but with all of the runners who volunteered and helped keep things moving along, it went pretty well for a first time event.

Our first heat featured two Special Olympians - Christine Cherne and Arnett Williams. Everyone cheered for them each lap, with Christine winning in just over 9 minutes. Arnett, who is normally a 50 and 100 meter sprinter, gamely challenged himself on the warm evening, and finished it strong with all he had.

All in all, we had 77 participants, ranging in age from the Casey and Andy Sabinash twins, who were only 7 years old, to nine runners who were in their 60's. We even had a second set of twins - Miranda and Marissa Dooley, who dueled it out against each other as the only two in the 0 to 33 age group. The Doo-leys could have easily been in the 9.00 to 9.02 age group, as they had just celebrated their last single digit birthday a few days before.

We had several very impressive performances including Derek Serna's winning time of 4:49. There were some great age group times, like John Becker's 62 to 64.5 age group time of 6:22. We enjoyed watching Jayne Weyer and Judith Ormond battle for not only first in their 51 to 59 age group division, but first woman overall. It was great to see Andrew Erickson's impressive

5:20 performance at age 14.

There was an exciting battle for 2nd place, with Chaz Heckman (three time a participant and two time volunteer in the Intermediate Program) passing training partner (and Intermediate student) Joel Barbieri on the final turn, and winning their heat by only 4/10ths of a second. All of the heats featured exciting finishes.

The toughest event was the trivia contest. A lot of runners took a quiz sheet, but after reading the questions, only four actually took the quiz. But there was a big surprise, I had predicted three correct as the best score, but Michael Bunton got five correct (17%), and two others were right on three answers (10%). (They were lucky I graded on a curve.)

Altogether, 107 award ribbons were earned by the 77 participants.

Most participants liked the event so much that they want us to do it again, so if the Road Race Committee approves it at their November meeting, it will be an annual happening, with slight modifications, such as heats based on predicted finish time, so we'll keep that idea.

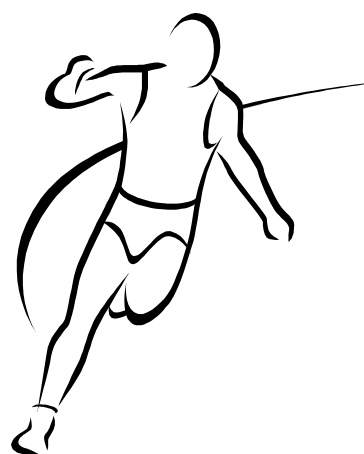


Program Director Marty Malin presents awards to 1st Place Special Olympians Christine Cherne (09:06.7) and Arnett Williams (13:07.1) at the 2004 Roger Bannister Sub-4 Mile

12 & 24 Hour Run - Back on Track

by Marty Malin

We're all set to go for the 22nd running of the Badgerland F/X 12 & 24 Hour Run starting on Saturday, September 4th. This year, our host site will be Greendale High School's 400 meter rubberized track.



Both the 24 hour run, which starts at 8am and the Daytime 12 hour run which starts an hour later at 9 a.m., are once again RRCA State Championship events. The 8pm start of the Night 12 hour run provides a perfect venue for those who don't

want to run in the heat of the day but still want to participate in an ultra. It is also a great opportunity for those who want to get some night training in anticipation of competing in a 100 mile trail run.

We were able to change the starting time from the listing in your race book because the J.V. football game that was originally scheduled for the late morning was subsequently moved. Fortunately, we are able to return to our preferred start times.

If you have never participated in or even seen an event like this, you would be surprised how different it is from shorter events, 5Ks to marathons. In some

cases, it is even different from other ultras because there is no time pressure to complete a certain distance. You have the opportunity to set a goal for yourself, for any distance, so you literally have all day (or 1/2 of a day) to run whatever distance you wish to accomplish.

These events differ from their shorter brethren in that at many times throughout the race, you will be running and walking with the fastest person and the slowest person (and everyone in between). You will get to know them and the people they have brought along for support, whether it be their spouse and children, or a running buddy. The entire event ends up being like one big family reunion, with runners from several different states, coming from all different kinds of backgrounds.

One thing that you definitely won't find is that cut-throat mentality that you sometimes find in shorter races. I'm sure you've experienced the feeling of runners with their game faces on as they toe the line, waiting for the start. When the gun finally goes off, everyone is trying to get any and every advantage they can think of to beat their fellow competitors. It's generally everyone for him or herself until the finish line is crossed.

In a race like this, everyone encourages everyone else. We revel in one another's accomplishments. Why...it's almost like a 24 hour party!

Come on down! If you don't want to run, stop and visit for a while.

Greendale High School is less than two miles South of Hwy. 894/43. Take the Loomis/Hwy 36 exit and head south until you get to *Southway* on

your right. Travel on *Southway* for about a block. Just before you reach the High School parking lot on your left, there is a turnoff for a small parking lot on the north side of the track. That's where we'll be.

For runners and volunteers, we will have a 6 foot sub sandwich, pizza, and Lise's homemade soups, along with cookies, pretzels, chips, nuts, bananas, a watermelon, and other assorted goodies. This year, we will try something new and experiment with hot dogs and hamburgers as well as baked potatoes. (I don't mean chemistry type experiments.)

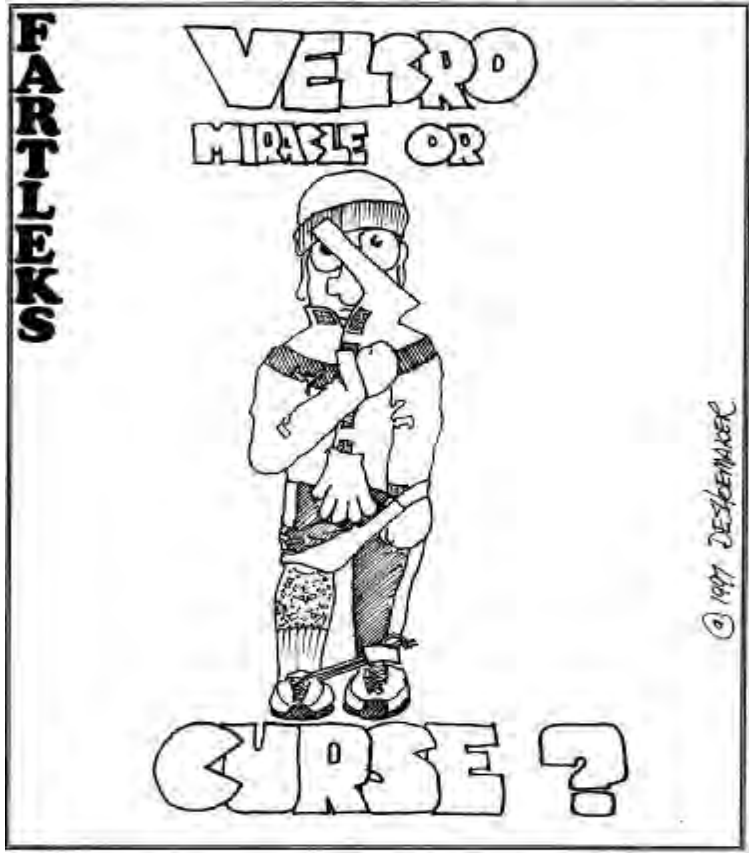
If the weather is nice, we may be able to put the f/x back in the F/X by having a band or two playing for us during part of the run.

Getting back to the logistics of the run, we change direction every three hours, so the scenery stays fresh. All you have to do is run, walk, eat, and drink as you please, we take care of all the rest, unless of course you want to set-up a tent. There will be enough tents there to assure you that every time you complete a lap it will be past-tents.

Mike Proctor will again be volunteering his services and scoring the race using the ChampionChip scoring system. As a back-up we will also be keeping track of laps by hand.

If you don't want to run and still want to be part of this event, you can volunteer two or four hours of your time (or more) by helping us with set-up, scoring, stocking the aid station or clean-up. We'd appreciate it.

To find out more, give Marty Malin a call at 414-453-7326, or email him at 1224hrn@merr.com.



BADGERLAND STRIDERS FUN RUNS

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

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

FROM THE BACK OF THE PACK

Running in a Strange Place

by Jeff Weiss

Running in an unfamiliar city is always interesting. It provides the opportunity to see new sights, explore the local color, off the beaten path.

Running in a foreign country is truly an experience I love. Even more opportunities for the unusual exist.

I have run all over the world. Europe and Mexico are great, but not too difficult to get around in. At least the road signs are in characters that are familiar. Usually you can work out the street names phonetically or work out the landmarks from a familiar word on a building name.

When running in Asia it is a little different.

As many of you may know, I travel to Asia a lot. In fact you may be saying "Not another article about Taiwan or China?"

Well yes, I have to write about what I know.

Recently, I found myself in Taipei on another business trip. It just so happened that I was at that point in my training that I needed to run long.

The dreaded 20 miler, and where did I have to run it? On the streets of Taipei.

Taipei is one of the busiest cities in the world. A city of 10 million people crammed into an area not much larger than Milwaukee County. Add to that picture the fact that it is surrounded by Mountains which shoot up at such a ridiculous angle that it is pretty much impossible to build on them.

The city is subdivided by three rivers which makes for a crazy street layout in some neighborhoods.

So there I was at 5am on a Saturday morning in Taipei. I had a plan, I had mapped it out. Follow Fushin Rd east to Hoping Rd south and so on . . .

The plan was to circle the city, or as much of the city as I could in 4 hours. I knew that after so many turns I should run into one of the three rivers and I

should be able to follow that to the far side of town and then head back up another of the rivers which runs at a 90 degree angle to that one and so on.

Well I followed the plan pretty well, referring periodically to a tourist map I carried in my pocket. It was when I didn't reach the 6th intersection that I began to sense that there might be a problem. The road I was looking for just never appeared. So I kept going.

Getting lost is usually not an issue. I have always thought that I had a kind of dead reckoning, I can usually tell you which way is North no matter how many twists and turns I take. This sense is always Out of Order when I'm in Taiwan.

I am very familiar with Taipei, I have been there more than 30 times. At least I thought I was familiar.

How could I get lost? I had Taipei 101 temporarily the worlds tallest building (due to the fall of the Twin Towers) to use as a landmark.

There are a couple of problems with that idea. First, due to the population density the average building height is about 9 stories. This makes it a little difficult to see the horizon. Second, it was raining like crazy. Since it was about 82 degrees F, the rain felt great but the clouds were hovering at about 250 meters or about the 75th floor of Taipei 101 which left less of it to see. Third, did I mention that there are mountains surrounding the city?

I realized after a while that I couldn't see Taipei

101 anymore. It should have been behind me and to my left, but there was a mountain there. "Wait a minute! The mountains are outside the city" you say? Exactly what I said.

Fortunately for me Taipei and most of the large cities in Taiwan are dotted with 7-11 convenience stores and Starbucks.

I had to look for a while (which should have been a hint) but eventually I found a

7-11. I entered bought a few bottles of sustenance, gulped one of them down without a breath and then asked the astounded clerk where I was. I should say that he was astounded because, 1) I was dripping wet, 2) people in Taiwan do not drink a 1 liter bottle of water in a gulp and 3) he didn't speak a word of English. But no problem, I pulled out my map and tried to get him to point out where we were. He understood this but he couldn't figure it out. I didn't realize until later that I wasn't on the map. I had run right out of Taipei into the next town through a low mountain pass.

I tried another 7-11 about 6 blocks down the road, same response.

I turned around and backtracked in what I figured should be the right direction for about an hour before I finally caught sight of Taipei 101.

Shortly after that I figured out where I was, 7-11 started appearing at their normal 2 block frequency and I found my way back.

Along the way I saw the usual. Fish markets with eels swimming around in buckets. Meat markets with whole hogs hanging on a skewer. Groups of hundreds of old people doing Tai Chi. Just your normal Saturday morning in Taipei.

In a feat of incredible timing even with my foray outside of Taipei I managed to get back to my hotel precisely at the 4 hour mark just in time to catch the last off the breakfast buffet.

Another opportunity to make the Taiwanese look at me agape.



Always keep your landmarks insight when your running in a strange place. The world's tallest building, Taipei 101 should be sufficient. Right?



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