

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 Picinic Area # 3, Wednesday, June 30th from 5:30 - 8:00 pm

-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 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

When: 7:30 am Sunday August 1, 2004

Where: 4800 S. Lake Dr. in Sheridan Park

Cudahy High School). Start and

Finish are located in the middle of

(new location 2 blocks North of

the park near the large Patrick Cudahy

1.5 mi (new youth development race)

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

statue.

Races: 10 mi, 5 mi,

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)

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Keeping Pace with RRCA

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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.





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 Wiscon-

sin 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

RACA

Keeping Pace with the RRCA

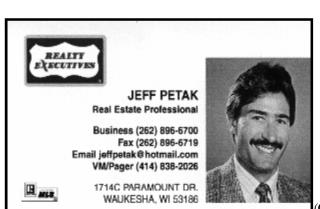


Contact Becky Lambros http://www.rrca.org/org/rrcaorg.php (703) 836-0558

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 c o n v e n t i o n 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.	1) 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 Mara	athon Grafton H.S.	8:00am

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



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





Ron Winkler

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.

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 dueled it out for first place. Who won? Find out in August.

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		1600 Meter		Craig Klaus	2:46	200 Meter	
	11.50		4.42	0		Derek Thiel	22.60
Derek Thiel	11.52	Derek Serna	4:42	Dennis Eden	2:50		23.69
Marc Dettman	12.07	Tony Agostini	5:45	Jeremy Klaus	3:08	Tom Rewolinski	26.53
Tom Rewolinski	12.72	Dennis Eden	5:55	Nick Schroeder	3:27	Marc Dettman	27.70
Jim O'Hearn	14.57	Nick Schroeder	7:13	Jeff Schultz	3:28	Jenna Klaus	34.94
Martin Devaney	15.63	Ron Winkler	7:15	Jessica Klein	3:29	Tom Maley	38.03
Jeff Schultz	16.05	Laura Klein	7:22	John Jones	3:30	John jones	41.40
Tom Maley	17.40	Martin Devaney	7:23	Jessica Klein	4:30	Amy Klaus	43.54
John Jones	17.60	Jeff Schultz	7:42	Laura Klein	4:31	Judi Jones	50.49
Amy Klaus	19.54					Brandon Klein	57.27
Jessica Klein	19.65	800 Meter		400 Meter			
Judi Jones	22.88	Mark Jeter	2:08	John Jones	1:30.18	3200 Meter	
Brandon Klein	23.35	Derek Serna	2:10	Tom Maley	1:30.40	Dave Harris	11:36
Jill Jones	38.82	Ed Gonzalez	2:11	Amy Klaus	1:42.01	Paul Jones	12:10
		Andrew Manto	2:13	Craig Klaus	1:42.02	Dennis Eden	12:24
		Mark Dettman	2:32	Judi jones	1:48.53	Laura Klein	15:36
		Tony Agostini	2:38	-		Jovita Moureau	16:47

Last Track Meet of the Year July 20th



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!





Striders in the News

ICE AGE BABBLES

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. Hmmmmm.... 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 uphills 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

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:

<u>Day</u>	Max HR	<u>Time</u>
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

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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

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

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.

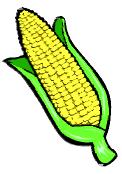


Fun Run Rocks Eating Corn Sucks

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 Under- study 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 Bax- ter
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 - m a i 1: d a v o - 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" at 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 davocorn@tds.net

ALSO NEEDED: (200) SCREAMING AND CA-VORTING 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.



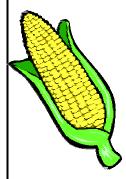
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High School Runners State Track Meet 2004



Wisconsin has many fine high school runners. This article will mention and feature a few based on their performances at this years 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 with start senior Bryan Culver from Waukesha South school. 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 years 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 falls 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

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 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)

Letter of Agreement posted

Bendy and Marlene Atwood. They will be examining use your help the structure of the State Rep program as well as ex- - Board Training - As part of the letter of agreement and I can further explain the programs. ing the book within the next two weeks.

The RRCA office will be moving to Columbia, move will allow us better access for our local clubs

- We will be hiring new staff. A Program Director and of the computers an Administrative Assistant job description will be - State Rep Task Force Meeting - One of the new ini- membership, insurance or our Gatorade Program posted soon.

\$1,000 contribution from the Credit Union Cherry now accepting resumes and applications to serve on Blossom 10 Mile Race. This money will be used to this committee. Once this committee is formed an - The Letter of Agreement with the AARC has been restructure our membership database. The Credit Un- initial meeting to determine the scope of work and approved by our membership which puts into motion ion Cherry Blossom after making the donation chal- determine each members responsibility would be benchmarks that the RRCA must meet this year. For lenged our clubs to match the donation for some much helpful more information on those benchmarks look at the needed startup funding. If your club is interested in helping the RRCA during this critical year of reor-tinue to be the voice in long distance running. If any - A new State Rep Task force is being formed by Ken ganization there are three particular areas we could club is interested in making a contribution to these

ploring funding options for the program. Road Dace the RRCA Board will participate in a Board Training. Management has made available to each State Rep a This opportunity will familiarize new Board members copy of the 2004 Road Race Management Directory. with their role in the organization and provide an op-This valuable resource includes a listing of athletes, portunity to do critical strategic planning for the next change in staff at the National Office. Renewals after agents, events, businesses, organizations and officials year, 3 years and 5 years. Once this training is com- the June 1st deadline will not be able to obtain Direcin the running community. State Reps will be receiv- plete, outlines of the training will be available to club presidents for similar training at the local level

- Technology Upgrade- The National Office recently National Office. Tim Duerkson who was the acting Maryland as soon as office space can be located. This purchased two new computers but still needs to pur- Interim Director has moved on. I will be filling his chase two more as well as upgrading software for all shoes until we move the office and hire a new Pro-

tiatives from the convention is the creation of a State please contact me. A welcome surprise at the business meeting was a Rep Task Force. Ken Bendy and Marlene Atwood are

The RRCA is moving in the right direction to coninitiatives please contact me at the National Office

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 tors and Officers Insurance.

Change and growth continue to be the theme at the gram Director. If you have any questions regarding

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



25 Years Ago

July 15, 1979

Chain of Lakes Runs, Eagle River, WI

(Only Striders were listed) 10K Race

ice .	
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)

60+, Helen Calder 18:54.

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;

1984 CEDAR GROVE HOLLAND FEST (Continued)

<u>10K</u> (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

Men

Hales Corners Firecracker Four-Mile (Only Striders were listed)

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	1st 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 <u>preceding</u> 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*, <u>(month)</u> 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?

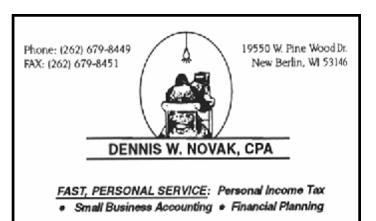
Please send a change of address to the Strider office. The newsletter is not being forwarded and you will miss out on your subscription.

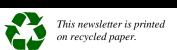
Badgerland Striders Inc.
9200 W. North Avenue
Milwaukee, WI 53226
Club Phone: 414-476-7223 (leave message)
www.badgerlandstriders.org, Email: bls@execpc.com
The Strider Email: tstrider@wi.rr.com

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.





Badgerland Striders 2003 VIP List

Executive Board

President	John Cornell	414-967-9657
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	1	224hrrn@merr.com
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Race & Program Dire	ctors
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

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 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		Awds n/a. Fees Free, open to public, park sticker required. Perks bev, Potluck - A-F Main dish, G-L Cold Pasta, M-S Veggies & dip or bread, T-Z Dessert. Contact Anne Siegrist Day 920-720-7361 Eve Wolfgang 920-788-4706 pacesettersrun.com
Jul 3 Sat	BOSCOBEL 5 & 2 MILE RUNS Boscobel 5mi, 2mi r/w 9am. HS track. Note 26th annual. Divs 12-, 13-14, 15- 18, 19-30, 31-39, 40-49, 50+. Awds trophy 1/div, medal 2-3/div.	Jul 7 Wed	ADULT SUMMER ADV RUNNING PROG Tosa 6-7:50am. Hart Park. 12, 13, or 16 sessions. Speed program similar to intermediate, but uses heart rate monitors (some provided). Note	Jul 14 Wed Jul 15	ADŬLT SUMMER ADV RUN PROG Tosa See listing June 16. WHEELS & HEELS - RUSH ON FESTA Milwaukee
Jul 3	Fees \$10, \$30/family. Perks soda, shwrs, pool. Contact Nick Nice 608 375-5599 GREEN LAKE 10K RD RACE & 1.5mi FUN RUN		Get in top racing shape for either the BLS 20K, Tosafest 5K, or Lakefront Marathon. Fees \$18, \$20, or \$24. Shwrs avail addl fee. Perks H2O bottle. Contact Marty Malin 414 453-7326	Thu	5k run, 1mi walk 7pm. reg 5. Veterans Pk. Note Evening event. Divs 5k 14-, 5yr, 70+. Awds medal 3/div. Whoth 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
Sat	10k, 1.5mi ópm. reg 5pm. Conference Ctr, Hwy 23, 2 mi W. Divs 10k 19-, 10yr, 50+. 1.5mi 12-, 13-19, 20-39, 40+. Awds yes. Fees 10k \$15, 1.5mi \$5. Perks shwrs, lake swimming. Contact Jean Cornelius Day 920 294-7337 glcc.org	Jul 8 Thu	4runners@merr.com www.badgerlandstriders.org WTC SUMMER TRACK SERIES #4 Madison running events 6pm. Field events 5:30. McClimon Track, UW	Jul 16 Fri	PÁPERFEST SUNSET RUN Kimberly 5k r/w/relay 6:30pm reg 5. Sunset Pk. Note Evening run. Divs 12-, 13-15, 16-18, 19-29, 10yr, 60+. Awds 3/mf, 3/div, 1/relay. Fees \$14,
Jul 3 Sat	LA CROSSE CHILEDA CLASSIC 5K/10K 10k 7:30am, 5k 7:50. Awds 3/mf. Fees \$17, \$20 after 6/26, limited raceday entry. Other flat & fast. Riverfest, kids race, pancake bkfst.	Jul 8	Campus. Note call to confirm or web. Fees \$4/person dayof. Contact Jim Reardon Day 608 262-2927 witrackclub.org STORM THE BASTILLE Milwaukee	Jul 17 Sat	\$17 raceday, \$24 relay, \$28 raceday \$-2/family mbr. Perks concert, food, bev. Contact Ed Willenbrink 920-788-6524 paperfest.com ST. DOMINIC STEEPLECHASE Brookfield 5k run, 2mi walk 8:30am. St. Dominic's Athletic Field, 18255 W
Jul 3 Sat	Contact Shelly Lamb-Vosen Day 608 782-6480x239 chileda.org HHH RED DRESS RUN Madison Varies. Contact Tom Aten Madison HHH. Day 608-835-9823	Thu Jul 10 Sat	5k run, 2mi walk 9pm. Contact East Town Assn. easttown.com CANNONBALL 5K & 10K RUNS Cambridge 10k, 5k, 1mi 8:30am. reg 7:30. Lake Ripley Pk. Divs 17-, 18-29, 10yr,		Capitol Dr. Divs 12-, 13-19, 10yr, 60+. Awds 1/mf, 3/div. Whchr 5k. Fees \$15 by 6/30, \$18 raceday, \$35 for family. Perks TS, door prizes, fruit. Contact Gary Zimmerman Day 414 545-8500 Eve 262 790-0424 gary.zimmerman@creativebusinessinteriors.com
Jul 3 Sat	tom_aten@hotmail.com DISCOVERY CENTER JUST TRI IT Manitowish Wtrs 300yd swim, 10k mtn bike, 5k trail run. Discovery Ctr. Divs m/f/team, age groups. Awds ribbons. Fees \$20, \$25 late. Perks		men 60+, women 50+. Awds trophy 1/mf, 3/div. Whchr welcome. Fees \$16, \$19 raceday w/shirt. \$14, \$17 w/o shirt. Perks fruit, bev, shwrs. Other Festival, lake swimming. Contact Jim Baldauf Day 608-423-3511 jimcaems@charter.net	Jul 17 Sat	EDGERTON ROTARY FUN RUN Edgerton 5mi 8:30am, 1mi 8:35am, 3.2 mi walk. Edgerton Racetrack Pk. Awds plaques to 1/mf, medals 1/div. Whchr yes. Perks fruit, bev. Contact Jeff Roethe Day 608 884-3391 roethelaw@charter.net
Jul 3	raffle. Contact Tracy Janeczko Day 715 543-2085 MARATHON BUILD-UP Milwaukee	Jul 10 Sat	HALF VOYAGEUR TRAIL MARATHON Duluth, MN 26.2mi 6am. Note 13th annual. Support for MVTU 50mi 7/24. Awds top mf (# based on amt). Results SASE. Fees \$25, \$35 after 6/1, \$45	Jul 17 Sat	HAHN-A-LUĹA TRIATHLON Fremont short:1/8mi/8.8mi/1.8mi. Long:1/8mi/14.2mi/3mi, 9am. reg 8. Hahn-a- Lula Resort. Divs 19-, 10yr, 50+, team. Awds 3/div. Fees \$30,
Sat	7mi 8am. Lake Pk Pavilion. Fees no. Perks beer, soda Contact Phil Carpenter BLS 2419 S 79th St Milwaukee WI 53219. Eve 414 541-3086 Carpntr@aol.com BLS	Jul 10	after 7/1. \$10 for MVTU vols. Perks TS, aid every 3mi. Contact Eugene Curnow 6841 Triple Lakes Rd Saginaw MN 55779. 218 729- 5949 HARTFEST RUNWALK Hartland	11 4.7	\$70/team. No raceday reg. Perks TS, goody bag, lunch. Contact Debbie Kositzke Day 920-886-2135 Eve 920 729-9622 ymcaoftheofxcities.org
Jul 3 Sat	STRIDE IN TIME 5K RUN/WALK Okauchee 5k 9am, 1.5mi walk 9:05, reg 7. Downtown to lake. Note business	Sat	5k, 2mi walk 8:30. 1/2mi kids fun run 8:45. reg 7. Nixon Pk. Note 14th annual. Divs 10-, 11-14, 5yr, 70+. Awds 2/mf, 3/div. Perks TS, dwgs, f ruit, bev. Contact Penny Weber Day 262 367-7059 hartland-wi.org	Jul 17 Sat	JANESVILLE YMCA TRIATHLON Janesville .25ml/16mi/4mi 8am. reg 7. Lions Beach, 1401 Palmer Dr. Note 13th annual. Divs 15-, 5yr, 70+, team. Awds 1/mf, 3/div. Whchr div. Fees \$35, \$45 after 7/3. Team \$50, \$60. Perks TS, food, bev.
	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. Contact Tom Boscheutz or Jessica Merten 262-695-2320 Uone2run@aol.com	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.	Jul 17	Contact Gary Brokke 608 754-6654 janesvilleymca@charterinternet.net LAKE MICHIGAN TRIATHLON SERIES Kenosha
Jul 3 Sat	COUNTRY POSSUM CHASE White Lake 1mi 8:30am. 10k 9:11. Beach & picnic area. Divs 1mi 7-, 8-10, 11- 13, 14-17, 18-29, 10yr, 50+. 10k 17-, 18-29, 10yr, 70+. Awds plaque 5/div. 10k pies 30/M, 10/F. 1mi 10/mf. Which blacktop.		signmeupsports.com/23426. Perks TS, food, bev, shwrs. Other 7/9- 10 Festival Contact Mark Nygren Day 715 735-6681 Eve 715 735- 3230 marinettechamber.com	Sat Jul 17	Olympic, Sprint, Super Sprint, 7am. reg 5. Simmons Island Beach. Note Criterium-style Bike Course. USAT sanc'd. Fees \$80 O, \$60 S, \$40 SS. Perks Post race party. Contact Frank Dobbs 262-275-3577 Igsports@lakegenevasports.com IN AND OUT OF LUCK 10K & 5K RACES Luck
	Fees 1mi \$3, \$11 w/TS. 10k \$4, \$12. Add \$1 6/30. Perks dwgs, swimming. Other July 4th celebration. Contact Dale Roe 608 223-9998	Jul 10 Sat	MARATHON BUILD-UP Milwaukee 8mi 8am. See Listing July 3.	Sat	10k, 5k, 1mi kids 8am. reg 6:30. Municipal Bldg. Divs 12-, 13-19, 5yr. Awds trophy 1/mf, awds 2/div. Whchr div. Fees \$18, \$20 raceday. Perks TS, dwgs, root beer floats. Contact Larry Linder 715 472-8231
Jul 3 Sat	MIGHTY WOLF TRIATHLON Winneconne 400yd/15mi/3mi. 200yd/10mi/1.5mi. 8:15am. Marble Pk. Divs 7div. Awds Trophies and medals. Fees \$30. Perks TS, breakfast foods, bev, door prizes. Contact John C. Schmidt 920 836-2918	Jul 10 Sat	MEM MED CENTER GRAND AVE R/W Neillsville 1mi, 5k, 9am. Grand Ave downtown. Divs 12- 13-19 5yr 50-59 60-69 70+. Awds 1/mf, medals 3/div. Whchr 1mi/5k. Fees \$10, \$15 raceday. Perks TS, food, bev. Contact Chris Miller 715 743-3101	Jul 17 Sat C	newworld@lakeland.ws home.centurytel.net/luckrunningclub GAY & STRAIGHT R/W for SAFE SCHOOLS Madison 10k, 5k r/w 9am. UW Arboretum - Vilas Pk shelter. Divs 19-, 5yr, 60+. Awds 1/div. Fees \$19, \$23 raceday. Perks TS, food, bev.
Jul 3 Sat	johnschmidt007@msn.com HEART and SOLE ROAD RACE Pittsville Changed Date 7pm	Jul 10 Sat	silbernagel@tds.net WILLOW RIVER RUN New Richmond 10k, 5k r/w 8am. reg 7. Mary Pk. 25th annual. Divs 19-, 10yr, 70+. 5k also 14 Awds 1/mf, 3/div. Fees \$12, \$18 raceday. Perks TS, dwgs,	Jul 17 Sat	Contact Jason Rasmussen 608-661-4141 glsenscw.org MARATHON BUILD-UP Milwaukee 10mi 8am. See Listing July 3.
Jul 4 Sun	DENNIS K. 5K FAMILY FUN R/W Cedarburg 8am. reg 7. Cedar Creek Pk. Divs 9-, 10-12, 13-15, 16-19, 10yr, 50+, teams of 4-6. Awds 1/mf. medals 3/div, 1/team. Fees \$15.	Jul 10	yogurt, bananas, shwrs, rides, games. Contact Ch of Commerce Day 715-247-5995 DOUG LYKE ROAD RUN Ripon	Jul 17 Sat	UNCF WALK/RUN Milwaukee 5k 8:30am. reg 7. Zeidler Pk, 3rd & Michigan. Divs 10-, 11-17, 18-29,
	\$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. Other Cedarburg Parade, Picnic, Concert, Fireworks. Contact Amy Krzykowski 543 Webster Ave Cedarburg WI 53012. 262 375-3535	Sat	2 & 5mi, -1mi fun run, 8am. 5k walk. reg 7. Murray Pk Shelter House. Divs 2&5mi 12-, 13-18, 19-29, 10yr, 60+. Awds trophy 2/mf, medal 3/div. Whchr mostly flat. Fees \$12, \$14 raceday. walk \$6, \$8. Perks TS, snacks, bev Contact Bob Meyer Day 920 748-3136 Eve 920	Jul 17 Sat	10yr, 60+, team(5+). Awds trophy 1/mf, 3/div, team. Fees \$16, \$13 for 12-, \$20, \$15 after 7/12. Perks TS, food, bev, band. Prizes for donations. Contact Jeff Quezaire Day 414 372-6700 CHEESEHEAD CHASE Plymouth 2mi r/w, 10k 8:30am. reg 7:30. City Pk., benefits Safe Harbor Abuse
Jul 4 Sun	AKrzyk@aol.com DMB COMMUNITY BANK FREEDOM RUN DeForst 10k/5k/1mi fun run 8am. Reg 7am. Firemen's Pk. Divs 19-, 20-35, 36-49, 50+. Awds 3/div. Fees \$3 age 14-, \$5 15+, extra for TS. Perks pop, fruit. Contact Trisha Rodekamp 608 846-3711	Jul 10 Sat	748-6295 bobm@riponprinters.com RIVER FALLS 10K River Falls 10k, 2mi, 8am. 1mi kids 9:15. reg 7. Glen Pk. Awds Medals. Fees \$15, \$20. Contact Ch of Commerce Day 715 425-2533	lul 17	Shelter & PBW Scholarship. Divs 8- 9-11 12-14 15-19 10yr 70+. Awds runs 3/div. Fees \$15, \$10/no shirt, \$12/family or corp (3+). \$18 raceday. Perks door prizes, bev, fruit, massage. Contact Teresa Van Horn Day 920 893-6361 Eve 920 526-3432 THVB8@aol.com
Jul 4 Sun	dmb@deforestbank.com FISH CREEK HAIRPIN RUN & WALK 5k 8:30am. reg 7. Old Town Hall. Divs 5-10, 11-14, 15-18, 19-, 10yr, 70+. Awds trophy 1/mf, medal 3/div. Fees \$15 (\$10kids 9-),\$20 (\$15	Jul 10 Sat	info@rfchamber.com LACTIC EDGE TRIATHLON Stevens Point Short 400yd/17.5mi/5K. Long 800yd/24.5mi/10K. 9am. Reg 6:30. Bukolt Pk. limit/500. Divs indiv, relay, clydesdale. Awds 3/mf, 1/relay. Whchr accessible. No div. Fees \$40 to 7/11, \$60 raceday. Perks TS,	Jul 17 Sat	FISH DAY 8K RUN & 2 MILE FUN W/R Port Wash 8:15am. reg 6:45. Pebble House (Ch of Commerce bldg) 126 E Grand Ave. Divs 8k 13-, 14-19, 5yr, 70+, w/c, stroller, teams. Awds 8k unique pewter fish trophy 1/mf, 3/div, 1/leam. 2mi Trophy 1/mf, ribbons/finishers. Whchr big hills. Fees \$14, \$12/person family(3+).
L.I.A	kids) raceday. Perks Artist designed TS, fruit, bev. Contact Joan Blackwood 920 868-3641	July 10	food, bev, H2O bottle, goodie bag. Contact John Bailiff Day 715 252- 4072 Eve 715 342-0560 spymca.org BRET YOUNGER 10K & 2MI R/W Appleton		\$17, \$15 raceday. \$100/team(5-10, \$12 11+). MC/VISA. Perks TS/1st 800 entrants, dwgs, food, bev. Other Fish Day Festival, parade, Fish & Chips, Arts/Crafts Fair, Big Name bands, fireworks. Portfish day.com. Contact Marlene Morgan or Pat Fox-Schindler Day 262
Jul 4 Sun C	FIRECRACKER FOUR Hales Corners 4, 1.7mi run, 8am. Hales Corners Pk, 116th & Janesville Rd. Youth Challenge Run HS 4mi, MS 1.7mi. Divs 4mi 9-, 5yr, 75+, Youth	Sat	New Date: 6:30pm. Appleton Memorial Pk. Note benefits BY's children's education fund. Divs 8-, 9-11, 12-14, 5yr, 70+. Awds 10k: trophies 3/div. Whchr 3/mf. Results web. Fees \$15, kids 12- \$8.	Jul 17 Sat	377-4410 morganm@portalindustries.org NORTHWOODS FAMILY REUNION 5K Rhinelander Hodag Pk. Day 715-365-8030
	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 www.badgerlandstriders.org	Jul 11	Perks TS, ice cream, snacks, bev. Contact Sandra Thein PO Box 681 Menasha WI 54952-8001. 920-733-1263 pacesettersrun.com KEWASKUM KETTLE 20 Kewaskum	Jul 17 Sat	S.MILWAUKEE HERITAGE DAYS 5K RUN & 3K WALK 8am. reg 7. HS, 1001 S 15th Ave. Note Sponsored by St. Luke. Divs 9-, 10-14, 15-19, 10yr, 60+. Awds 3/mf, 3/div. Fees \$8 S.Mil.
Jul 4 Sun	LEOPOLIS TRIATHLON Leopolis 50yd(pond)/5mi/2mi. 50yd(pond)/12mi/5mi. 11am. downtown.	Sun	20k & 5k, roadrace thru Kettle Moraine, 7:30am. reg 6. Riverhill Pk. 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 387-4600 zem-	Jul 17 Sat	residents, \$10 others, \$12/all after 7/10. Perks TS, bev, prize drawings. Contact Sue or Michelle Day 414 764-2290 or 762-4352 RUN TO THE MOUNTAIN Taylors Falls 8ml, 5k, 8:30am. 1k 9:30. Wild Mtn. Water Pk. Note bus to start. Divs
Jul 4	Divs all ages, beer belly, jock, under 18. Awds each div. Perks TS, fruit, gatorade. Contact Orlin Pederson Eve 715 787-4428 INDEPENDENCE DAY RUN Milton	Jul 11	retz@nconnect.net WORS TRAIL RUN SERIES #5, SUNBURST SHOWDOWN Kewaskum	Jul	19-, 10yr, 60+. Awds 3/div. Fees 8mi: \$35, \$40 after 7/11. 5k: \$30, \$35. 1k: \$23, \$27. Perks TS, goody bag, BBQ, park pass. Contact Mark Bongers 651 439-9706 finalstretch.com
Sun	1mi, 10k 8:30am. HS, parking avail. Note 21st annual. Course closes at 10:15am. rolling country road. Divs 10-, 5yr, 50-60, 61+. Awds trophy 1/mf, 1/div, medals 2-3/div, ribbons all kids 10 Fees \$13, \$15	Sun	5 & 2.5mi, 9:30am. reg 7:30. Note no pavement. Divs 18-, 19-34, 35-49, 50+. Awds 3/mf 3/div. Fees \$12, \$15 raceday. Optional series reg. \$20 w/TS. Spectating. Contact Don Edberg 715 592-5095	Jul 17 Sat Jul 17	SWEDISH AMER HEARTBEAT CHERRY VALLEY IL NEW EVENT 8k & 2mi, Contact; Mark Hepworth 815-226-5386 GLENSIDE ROCK N ROAD 5K MUSKEGON, MI
Jul 4	after 6/29. Perks TS while supplies last, bananas. Parade 1pm, softball tourney, carnival & fun rides all day. Contact Kristin Koeffler Eve 608 868-4229 MINERAL POINT HISTORIC RUN Mineral Point	Jul 11 Sun	trailrun.wors.org LOMIRA LIONS RUN FOR SIGHT Lomira New Event: 5k & 2mi r/w 9am, reg 8. Sterr Pk off of Hwy 67. Note	Sat	NEW EVENT Contact: Don Cornell 231-755-7237 glenside5k@aol.com Note: Make it a roadtrip on the Lake Express ferry, 1 mile from
Sun	2 & 5mi r/w 8am. reg closes 7:30. Soldier's Memorial Pk, Shake Rag St. Note 23rd annual. Hilly. Divs 13-, 14-17, 18-29, 10yr, 60+. Awds mugs by local artist 1/div, medals 2nd/div, ribbons/kids.		benefits Wis State Lions Camp. Divs 12-, 13-19, 10yr, 60+. Awds 3/div. Fees \$12 by 7/9, \$15 raceday. Perks TS. Chicken barbeque, white elephant sale. Contact Dan Robinson Day 920-583-3270	Jul 17 Sat	Muskegon Harbor THE BAY SHORE 5K Oshkosh Changed Date r/w 8:30am, 1/4mi kids run. Pratt trail in
	Fees \$15, family \$40/4, \$8 add'l. Perks TS, swimming pool. Contact Joy Gieseke Day 608 987-3201 888 764-6894 mineralpoint.com	Jul 11 Sun	drobinson@lomira.k.12.wi.us FOX CITIES MARATHON TRNING Menasha 12mi 6:45am. UW-Fox Valley, 1478 Midway Rd. Note Training		Menomonee Pk. Divs 14-, 15-18, 19-24, 5yr, 50+. Awds 3/div. Fees see website, kids 10- free. Perks Food, bev, music. Other beach. Contact Jason Fast 920-233-3789 geocities.com/bayshore5k
Jul 4 Sun	MONONA SCENIC RUN/WALK Monona 5K run, 1mi walk, 8:15am. Reg ends 8. Winnequah Pk. Divs 14-, 15- 19, 20-39, 40+. Awds 1/mf, 4/div Fees 5k \$15, \$20 raceday. 1mi \$10.	lul 11	Series, every other Sunday Jun 13 thru Sep 5, varying distances, water provided along course. Contact Ron Goudreau 920 725-8600 rgoudreau@new.rr.com PARDEEVILLE LIONS TRIATHLON	Jul 18 Sun	LIONS DAZE RUN Menomonee Falls 2.2mi, noon. Main St. & Waukesha Ave. Divs 10-, 11-15, 16-19, 10yr, 60+, 200+lbs. Awds medal 3/mf, 1/div. Whchr div. Fees \$8, \$15
Jul 4	Perks TS if reg by 6/18, food, bev. Contact Vickie Groth 608 221- 8605 mononafestival.com BURNETT CO. CHAMBER FREEDOM FIVE Siren	Jul 11 Sun	.25mi/15mi/3mi 7am. no raceday reg. Chandler Pk. limit 600. Divs 15-19, 5yr, 60+, team(m,f,mixed), clyd/athena. Awds yes. Fees \$50, \$55	lul 40	family. \$10, \$20 raceday. Other Race will follow parade route, and starts immediately prior to the parade. Contact Terry Marcou 262-255-3883
Sun Jul 4	5k walk 7:30am. 5k run 8. Main St. Awds trophy 1/mf, medal 3/div. Fees \$15. \$20 after 6/24. Perks TS, continental bkfst (\$3 non- entrants). Contact George Benson Day 715-349-5215 sirenwis.com RIVER CITY 4TH FEST 5K Waterford	Jul 11 Sun	after 7/1. relay \$90, \$100. Perks TS, bev, food. Contact Jenny Rilling Day 608-441-2464 witriseries@charter.net DANSKIN WOMEN'S TRIATHLON SERIES Pleasant Prairie .5mi/20k/5k, 7am. Lakeview Rec Plex. Note for Komen Breast Can- cer Fdn. Fees NO dayof reg. Mandatory pkt pickup & expo 7/10. Day	Jul 18 Sun	PEWAUKEE TRIATHLON Pewaukee 1/4mi/15mi/5k. Pewaukee Lake. Note chip timed. Pkt pick-up 7/17 9-5. Divs 19-, 5yr, 70+. Awds 3/div, 1/indiv legs. Fees \$45 before 7/14. Perks TS, goody bag. Contact Gloria West Day 800-429-8044 Eve 920-347-3401 info@midwestsportsevents.com
Sun C	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 14 Wed	800-452-9526 danskin.com BADGERLAND STRIDERS FUN RUN Milwaukee 3mi, 6mi 6pm. Greenfield Pk #8 Fees no. Perks bev. Contact Duane Miszewski. Day 414-423-5445	Jul 20 Tue C	BLS OPEN TRACK MEET Wauwatosa Various track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm. Hart Pk Track, 73rd & State. Note 400m track. Restrooms. Fees no. Perks soda, munchies. Contact Ron & Alice
Jul 5 Mon	ST NICHOLAS HOSP FREEDOM RUN Sheboygan 5 & 2mi run, 2mi walk 7:30am. reg 6:30. YMCA. Divs 13-, 14-19, 20-29, 10yr, 60+. Awds trophies, ribbons. Fees \$13, \$15 after 6/15. Perks TS, soda, fruit, shwrs. Contact Patti Glaser-Martin	Jul 14 Wed C	PEWAUKEE RUN TO THE BEACH Pewaukee 5k, 2mi walk, 7pm. Reg 5:30. Pewaukee Village Pk. Note evening		Winkler Day 414 273-3850 x5329 Eve 414 744-9404 www.badgerlandstriders.org
Jul 7 Wed	MANITOWOC AREA TC ROAD RUNS Manitowoc 1mi 6pm. 3k, 5k, 7.5k, 6:30. reg 5:30. Municipal Field, S 23rd &		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, bey, massage, shwrs, admis, to Waterfront Wed, dwg for	Jul 21 Wed	MANITOWOC AREA TC ROAD RUNS Manitowoc See listing for Jun 9.
.,,,,,	Grand. Note Also 7/21, 8/4. Divs 11-, 12-14, 15-17, 18-22, 23-29, 10yr, 50+. Awds by div. Whchr flat course. Fees \$.50 raceday only. Perks dwgs, bev. Contact Dave Nickels Day 920 684-0912	Jul 14	1yr @ West Wood Health & Fitness Ctr. Live music, swimming, radio broadcast. Contact Abby Lorenz Day 262 695-9735 Eve 262 691- 4922 positivelypewaukee.com PACESETTERS FUN RUN/WALK Sherwood	Jul 21 Wed	BADGERLAND STRIDERS FUN RUN Milwaukee 3mi, 6mi 6:30pm. Whitnall Pk #8. Fees no. Perks bev. Contact Dick Dodd. Eve 414 427-0224
	dave_nickels@hotmail.com	Wed	2 or 5mi 6pm. High Cliff SP - Main Pavilion. Note trail run. Divs n/a.	Jul 21	ADULT SUMMER ADV RUN PROG Tosa

COMING EVENTS

Jul 21	BADGERLAND STRIDERS FUN RUN Milw	Aug 1 Sun	CUDAHY 10 & 4 MILE RUN Cudahy 7:30am. req 6. Sheridan Pk on Lake Drive, north of HS. Note New	Wed
Wed	3mi, 6mi 6:30pm. Whitnall Pk #8. Fees no. Perks bev. Contact Dick Dodd. Eve 414 427-0224	Curi	short race dist. New start/finish location, slight change to course. Divs 10mi 5yr. 4mi 10yr. Awds 1/mf, masters, 3/div. Whchr no. Fees \$17, \$20 raceday. \$15/Striders pre-req. Perks TS, food, bev, shwrs.	
Jul 21 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing July 7th.		Contact John Bell Day 414-221-2502 Eve 414-327-5872 johnbell29@netzero.com	Aug 11 Wed
Jul 22 Thu	TORTOISE & HARE 5K Eau Claire 5k 7pm, reg 5:30. kids run. YMCA 700 Graham Ave. Divs 10yr. Awds 3/mf, 3/div, kids ribbons/all. Fees \$12, \$15 raceday. Perks TS, dwgs, bread, pizza. Contact Fred Hable Day 715 835-5897	Aug 1 Sun	AMPHIBIAMAN TRIATHLON Delavan sprint & olympic dist. Awds 3/mf, 2/div clyde/athena/relay. Fees S \$45, \$90 team, \$55, \$1110 after 6/1. O \$60, \$110, \$70, \$130. Day 815-479-0236 customcompetitions.com	Aug 14 Sat
Jul 23 Fri	Eve 715 835-2909 BIG UNIT'S R/W TO GERMAN FEST Milw 5k 7pm. reg 6. Awds 3/div. Whchr award. Perks TS, entry to German Fest, food, bev. Contact German Fest Day 414-464-9444	Aug 1 Sun	FIREHOUSE RUN Grand View 15k 9am, 2mi 11:30. Note 50/33 bike Sat, 50/15 best of both. Awds 1/mf, 1/div. Other Chip timing. Contact Christine Iverson Day 715 763-3333 Eve 715-763-3197 firehouse50.org	Aug 14 Sat
Jul 24	germanfest.com RAINBOW CLASSIC-Fam. of Children	Aug 1 Sun	LAONA SOUPER RUN Laona 10k, 2mi, 1/2mi age 12-, 1/4mi age 7-, 4mi Volksmarch, 9am. reg 8.	
Sat	W/ CANCER Alouez 2mi r/w 8:30am reg 7. Green Isle Pk. Divs 8-, 9-14, 15-19, 10yr, 70+. Awds 5/div. Whchr yes. Fees \$12, \$25/family. \$15, \$30 after 7/16. Perks TS, pledge prizes, bev, fruit, picnic. Contact Sue Mahoney 920 465-6826 Hawai@aol.com		Sandy Beach Pk on Silver Lake (10mi E of Crandon). Note 25th annual. Awds All runs cap or hat, commem. Procelain soup bowls trophies/all finishers. 10:30. Whchr 10k hilly. 2mi flat/fast. Fees free. reg raceday only. Perks door prizes, dwgs, soup, snacks, bev, swim beach/bathhouse. Contact Jack La Plante 941 743-6697	Aug 14 Sat
Jul 24 Sat	MINNESOTA VOYAGEUR TRAIL ULTRA 50mi 7am. Carlton, MN, HS. Note 23rd annual. Must be 18+. Awds top mf (# based on entries). Fees \$35 by 5/1, \$50 by 7/10, \$65 after., Perks TS, awds/finishers, banquet, aid every 3mi.	Aug 1 Sun	MARATHON BUILD-UP Milwaukee CUDAHY 10 MILE. See Listing this date.	Aug 14 Sat
Jul 24 Sat	Contact Barbara Curnow 218 729-5949 FOX RIVER JOGGERNAUT DePere 4mi run/4mi paddle 8am, reg 7. Fox Point Boat Launch. Note some kyaks aval for rent - reserve. Divs indiv, relay (same 7 mixed), senior.	Aug 4 Wed	SEE DICK RUN Bloomer 1mi kids 12- 6-45pm, 5k & 7mi at 7. Note benefits HS Band. Divs 10yr. Awds mugs 1/mf, misc /div. Fees \$10, \$13 raceday, family \$25,	
Jul 24	Awds 3/div Fees \$20. Perks TS, dwgs, food, bev. Other mfgr reps. Contact Dave & Chris Zeller Day 920-435-9562 cjudd@stvgb.org CASTLE ROCK TRIATHLON Friendship	Aug 4	\$30. Perks brats sweet corn, hot dogs, watermellon. Contact Fred Hable Day 715-835-2909 Eve 715-835-5897 MANITOWOC AREA TC ROAD RUNS	Aug 14 Sat
Sat	1/4mi/16mi/3mi, 9am. reg 7. Castle Rock County Pk, cty Z, N of Hwy 82 & S of State. Note 9th Annual. Divs 5yr, team, Clyde/Athena. Awds 1/mf, 3/div. Fees \$30 thru 7/15, \$40 thru 7/24, \$45 after 7/25. Perks TS, door prizes, bev, shwrs. Contact Alice Parr Day 608 339-	Wed Aug 4 Wed	See listing for Jun 9. BLS FUN RUN & CORN ROAST Waukesha Program 6:20pm. 4mi run (forest trails) 6:30. 7:00 eat! Minooka Pk	
Jul 24 Sat	6997 or 888 339-6997 Eve 608 339-6997 adamscountywi.com CAPITOL MILE Madison 1mi, elite, then all-comers, 4pm. Reg 3. Capitol Square. Divs 9-, 10-14, 15-19, 10yr, 70+. Awds Elite \$ prizes, overall, div. All-comers	Wed	#3. Map on Website. Don't call about weather - we run & eat, storm or shine. Fees no (except parking). Perks full meal - bring family and/or significant other. Contact Dave O'Brien Eve 262 425-1309 davocorn@tds.net	Aug 14 Sat
	medals 3/div. Whchr OK (6 right turns). Not separate. Fees \$15 by 7/16, \$12 WTC mbrs, 18-, 55+ & w/o shirt. No shirt raceday. Perks dwgs, food, bev. benefits Special Olympics. Contact Paul Turpin Day 608-358-1770 witrackclub.org	Aug 4 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing July 7th.	Aug 14 Sat C
Jul 24 Sat	FESTIVAL FIVE - 5K RUN/WALK Madison 9am. reg 8. Saint Dennis Church, 505 Dempsey Rd. Divs 10-, 11-14, 15-19, 20-27, 7yr, 63+. Awds 3/div. Whchr yes. Fees \$12, \$8 no TS b4 7/16, \$14, \$10 after. Perks post-race fruit, bev, bagels, shwrs (byo towel/lock). Free child care call 222-1809 by 7/25. Contact Chris	Aug 7 Sat	HASLANGER - WELLS FARGO CLASSIC Baraboo 10k, 5k, 8am. reg 7. South School. Note 22nd Annual. Divs 18-24, 25-29, 10yr, 70+. Awds Merch 1/mf, medal 3/div. Fees \$10 w/TS, \$15 raceday. Perks fruit, juice. Contact Peter Arndt 864 Iroquois Cir	
Jul 24 Sat	Weber Day 414 479-9824 Eve 414 380-8525 st-dennis.org DANA WADDLE MEMORIAL RUN Marshall 5K r/w 11am. Firemen's Pk. Fees \$5, \$20 family, TS\$10 order in advance - none raceday. Perks lunch & entertainment. Contact Sally Waddle Day 608 655-3661 sally_jo_waddle@yahoo.com	Aug 7 Sat	Baraboo WI 53913. Day 608 356-3553 plz@baraboo.com AMER DIABETES ASSOC BRAT TROT Kohler 4mi r/w, 1mi amily walk, 8am. Reg 7. Sportcore. shuttle from finish to start. Divs 14-17, 18-23, 24-30, 10yr, 61+. Awds at Brat Trot Days. Trophy 1/mf, 1/div. mdls 2-3/div. Whchr n/a. Fees \$14, \$20 after 7/30. Optional pledges & prizes. Perks TS goodle bags, Brat Days	Aug 14 Sat C
Jul 24 Sat	MARATHON BUILD-UP Milwaukee 12mi 8am. See Listing July 3.		coupons, juice, fruit, snacks, door prize dwgs. Contact Teresa Dodson Day 414 778-5500x6526 diabetes.org	Aug 14 Sat
Jul 24 Sat	PEWAUKEE TRIATHLON Pewaukee Olympic, Sprint, Super Sprint, 7am. Village beach. Note USATF sanctioned. Divs 5yr age. Awds medals, premiums. Fees \$80 O,	Aug 7 Sat	MARATHON BUILD-UP Milwaukee 12mi 8am. See Listing July 3.	Aug 14 Sat
Jul 24 Sat	\$60 S, \$40 SS. Perks Post race party. Contact Frank Dobbs 262-275-3577 Igsports@lakegenevasports.com ROMA 5K RUN/WALK Racine 10:30am, reg 9. Festival Hall downtown. Divs 19-, 10yr, 70+. Awds 1/mf, 1/masters, medals 3/div. Perks TS, admission to Roma	Aug 7 Sat	OREGON COMMUNITY FUN RUNS Oregon 1k children's (10-) 8am. 5k, 10k 8:30. Kayser Pk. Divs 12-, 13-18, 10yr, 60+. Awds 1k medals/all, 10k 1/div. Fees \$10, \$12 raceday, \$7 no shirt \$20 family. Perks TS, fruit. Contact Kristine Guderyon-Goetz Day 608 835-4394 Eve 608 835-9651 krg@oregon.k12.wi.us	Aug 14
Jul 24 Sat C	Lodge Italian Festival, fruit, bev, snacks. Contact Jeff DeMatthew Day 262-633-7530 Eve 262-554-6804 wisconsinrunner.com WAUNAFEST RUN Waunakee 10mi, 3.7mi r/w, 8am. Reg 6:30. Village Pk, Main & Division. Divs 10mi 15-19, 5yr, 70+. Awds 10mi 1/div, 1/Waunakee. 3.7mi 10/mf. Whchr mostly accessible. Fees \$11 by 7/16, \$15 raceday. Form on	Aug 7 Sat	RIPON MEDICAL CENTER TRIATHLON 1k/43k/10k 8:30am, .5k/27k/5k 8:35. Green Lake Co. Pk Hwy K. Divs 19-, 5yr, 60+, Teams m/l/coed. Awds gold/silver/bronze medal/age-div. Gold medal/team-div. Fees \$45 til 7/17, \$55 til 8/4. Team \$90, \$100. Perks TS, bev, cookies, door prizes, shwrs. Contact Chris Schattschneider Day 920-748-9138 Eve 920-748-0528	Sat
Jul 25 Sun	website of SASE. Perks TS, dwgs, traditional German beverage, soda, bottled water. Contact Ch of Commerce Day 608 849-5977 waunakee.com FOX CITIES MARATHON TRAINING Menasha 14mi 6:45am. see 6/13.	Aug 7 Sat	triathlon@rmcnet.org THE BUN RUN Seymour 5k (new distance). Hamburger Museum. Note returns to world's largest hamburger fest. Divs 12-, 5yr, 70+. Awds 1/mf, 3/div. Whchr part XC. Fees \$15, \$20 raceday. Perks foor, bev, buns of steel.	
Jul 28 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6:30pm. McKinley Marina. Fees no. Perks bev. Contact	Aug 7	Contact Scott Schwantes or Nancy Gritt Day 920-833-7199x355 Eve 920-833-7668 sschwantes@seymour.k.12.wi.us SHAWANO MOUNTAIN BAY 5K RUN/WALK	D
Jul 28	Nancy Niese & Marjorie McCaig. Eve 262 251-9584 & 414 461-2028 ADULT SUMMER ADV RUN PROG Tosa	Sat	5K 8:30am. 1/2mi kids (5-12) 9:30. reg 6:45. Fairview Plaza side of Fairgrounds. Divs 12-15, 16-19, 10yr, 60+. Awds 3/div. Whchr call ahead. Fees \$12, \$15 after 8/3. \$5/kids run. Perks TS, snacks, bev. Contact Jean Darling 715 526-3799 jdnjd@charter.net	J
Wed Jul 29	See listing July 7th. RIVERFEST HUNGER HUSTLE Waukesha	Aug 7 Sat	VIKING STRIDERS FUN RUN Valders 2mi w/r 8am, 5mi, kids 1/2mi (9-11), 50yd (8-) 8:30. HS Track. Divs	J
Thu	5k run, 2k walk 6:30pm. Frame Pk. Divs 14-, 7yr, 71+. Awds 3/div. Whchr 2k. Results posted, BLS. Fees \$15, \$18 raceday. Perks TS, 3 food tickets for Riverfest. Contact Ben Blint 262 544-4111	Aug 7	13-, 14-16, 17-19, 10yr, 60+. Awds 3/div. Fees \$15, \$3 noTS. Perks TS, bev. Contact Connie Schwantes. Eve 920-773-2713 coachconnie@lakefield.net HEART AND SOLE 5K WALK/RUN Wild Rose	J
Jul 31 Sat	bblint@wisconsinathleticclub.com HOLLAND FEST RUN Cedar Grove 10k, 2mi r/w 8:30am. reg 6:30. Independence Pk, 3rd St & Ramaker Ave. Note 25th annual. Divs 10k 13-, 14-19, 10yr, 70+. 2mi 9-, 10-14, 15-19, 10yr, 70+. Awds trophy 1/mf, 1/div, medal 2-3/div, ribbon 4-	Sat	9am reg 8. LuWiSoMo's campground. Divs 12-, 13-19, 20+. Awds 1/mf 3/div. Fees \$10, \$12 raceday, family \$25, \$30 raceday. Perks TS, food, bev, Chicken BBQ, Brat Fry. Contact Christian Boehlke Day 920-622-3350 luwisomo.org	Ju
اما 24	10/div. Whchr div. Fees \$10 by 7/14, \$12 raceday. \$40/family. +\$2 for XXL. Perks TS, snacks, bev, shwrs. Contact Sarah Konzak slmot@hotmail.com	Aug 7 Sat C	ST. MARK'S GREEN HEART 5K R/W Belgium New Date, 5k r/w 8am. Community Pk on Main St. Divs 12-, 13-17, 18-29, 10yr, 70+. Awds Trophy 1/mf, 1/div. Fees \$12, \$15 raceday.	Ju
Jul 31 Sat	MINOCQUA LIONS MIKE ROSS MEM RUN 3.3mi, 10k, 8am. 1mi fun run later. Downtown by Post Office. Divs 13-, 14-16, 17-19, 10yr, 70+. Awds 3/div. Whchr no. Fees \$15, \$20 raceday. Fun run \$12. Perks donuts, fruit, bev, dwgs. Contact Greg Bassett or Bill Ross Day 715 356-5855 or 3861 Eve 715 356-9809 or	Aug 8 Sun	Family \$40, \$45. 6- free. Perks dwgs, food, bev, TS/early regs, dayof while supply lasts. Contact Jeff Theys Day 262 512-2332 Eve 262 285-4112 stmarkbelgium.org CAMP WHITCOMB/MASON TRIATHLON Hartland .3mi/22mi/5k, 8am. Camp Whitcomb/Mason. Divs 15-19, 5yr, 60+,	Ju
Jul 31 Sat	MAX ADVENTURE RACE NE Wis 18 hours. Fees \$625/team, \$725 after 6/1. Contact Brian Weber		Clyde/Athena, team. Awds pottery 1/mf, 1/Clyde/Athena, 5/div. Fees \$50, \$90 team. Perks TS, race bag, food, pool, shwrs. Contact Erica Dobbs Day 262 538-1190 campwhitcombmason.org	Ju Ju
Jul 31 Sat	bweber@adventureracing.net EVERGREEN ROAD RUN Park Falls 5k r/w 9am reg 8. Divs 12-, 13-15, 16-19, 5yr, 70+. Awds 3/div. Fees	Aug 8 Sun Aug 9	FOX CITIES MARATHON TRAINING Menasha 16mi 6:45am. see 7/11. ARROWHEAD CROSS COUNTRY CAMP	Ju Ju
Jul 31 Sat	\$10, \$12 after 7/14, \$13 raceday. Perks TS, bev. Contact Kristin Palacek 715-762-2703 parkfalls.com/events/flambeau_rama THE REC RUN Washington Island 10, 5, 2k r/w 10am. reg 8. Rec Ctr (2mi from Ferry - take Ferry to Island). Divs 10k.5k 7 divs. Awds Sport Bags, plaques, ribbons. Fees	Mon	Hartland Aug 9-12 5:30-8pm daily. Coed camp designed as excellent pre season training for HS XC runners. Fees \$45, \$50 late. Perks TS, bev. Contact Mike Mulrooney Day 262 367-3474 mulrooney@ahs.k12.wi.us	Ju
Jul 31	ISIAND. DIVS 10K,5K / dIVS. AWGS SPORT BAGS, PIAQUES, RIDDONS. FEES \$15, \$20 raceday. Perks TS, juice, shwrs, swimming pool. Contact Julie Anderson Day 920-847-2226 therec@dcwis.com FULL MOON 4 MILER RUN/WALK Waterford	Aug 11 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6:30pm. Estabrook Pk #8. Fees no. Perks bev. Contact John Miller. Eve 414 762-4795	ОТ

9pm, reg 8. Note Evening event w/ full moon. Divs 14-, 5yr, 60-69, 70+. Awds 1/mf, 3/div, 1/mf masters. Whchr call. Fees \$18, \$20 raceday. Perks TS, goodie bag, food, bev. Contact Reagan Dexter

Day 262-534-5911 Eve (Diane S) 262-534-4559

mber@waterford-wi.org

PACESETTERS FUN RUN/WALK Neenah 5 & 10k prediction run 6pm. Gear N' Up Bicycle Shop, 1276 Cty Rd JJ 920-722-2949. Note no watches. Awds closest to pred. time. Fees r/w free, nominal fee for subs, open to public. Perks Sub nite, bev. Contact Wolfgang Walschlaeger Day 920-720-7361 Eve 920 788-4706 pacesettersrun.com ADULT SUMMER ADV RUN PROG See listing July 7th. ALGOMA SHANTY DAYS 5K Algoma walk 8:30am. run 9. 1/2mi kids 10-. long Term Care Ctr, Fremont St. Divs run 9-, 10-14, 15-19, 10yr, 60+, racewalk. Awds walk 1/mf. run trophy 1/mf, medals 2/div. Fees \$10, \$12 raceday. Perks TS, fruit, bev. Contact Ch of Commerce Day 800 498-4888 ANTIGO TATER TROT Antigo 1mi 8:30am. 10k, 4mi walk 9. City Pk. Divs 19-, 10yr, 70+. Awds Trophy 1/mf, 3/div. Fees \$15, \$18 raceday. Perks 5 lb potatoes, TS/10k, dwgs, pop, juice, fruit. Contact Dan Stoehr 715 623-3344 LIONEL'S W/R for MENTAL HEALTH Milw New Date: 5k fun run, 2mi walk 10am, reg 8:30. Veterans Pk. Divs no. Awds 3/mf. Fees \$20. kids 10-17 \$12. 9- \$7. teams add'l \$50. Perks dwgs. Contact Michelle Golding Day 414-403-0101 Eve 414-961-1422 lionelshouse.com LOG CABIN RUN Delafield $5k\,run,\,2mi$ walk, $8{:}30am.\,reg$ 7. Lapham Peak SP. on park trails. benefits Town of Delafield Rec Dept, Divs 10-, 5yr, 90+. Awds plaques 1/mf, 2/div. Fees \$13, \$7 age 10-, \$35/family(4). \$15, \$8, \$40 raceday. plus \$3/car State Park fee. Perks TS, beer, soda, snacks, dwgs. Contact Judy Brouwer Day 262-691-8842 rbjbkatz@aol.com LAKE STREET RUN/WALK Elkhart Lake 2 & 5mi runs & fitness walks 9am. 1/4 & 1/2mi kid's runs 10. Siebkens Resort, 248 S Lake St. benefits Big Brothers/Big Sisters of Sheboygan Cnty & Athletic Assn. Divs 14- 15-19 10yr 60+. Awds Plaques 1/mf, Medals 3/div. Ribbons/all kid's runs participants. Whchr welcome. Fees \$10, \$13 after 8/1, \$15 raceday. Perks TS, DJ, food, bev, lake swimming. Contact Laurie Stecker Day 920-876-4221 Eve 920-286-2000 lstecker1@wi.rr.com
KISSEL CAR CLASSIC Hartford 5k, 2mi 8:30am. reg 8am. Rec Cntr, 125 N Rural St. Divs 2mi 6-9, 10-14. 5k 15-19, 10yr, 60+, team of 5, 4 count. Awds trophy 1/mf, 2/div. Whchr trophy 2. Perks TS(if pre-reg by 8/6), bev. Contact Mikko Hilvo Day 262 673-8226 PAAVO NURMI MARATHON AND RLY Hurley Mar, 2 & 5 person relay, 7:30am. Upson to Hurley. Wis's Oldest Mar. Divs M15-,16-21,22-29,5yr,70+. F17-,18-22,23-29,10yr,60+. Awds

10/M, 5/F, 3/div, relays 2/div. Whchr wc & Handcycle divs w/awds.
Fees Mar \$40, Relay \$25 by 7/10. \$45, \$30 after. Perks TS/finishers,
medals/mar finishers, dwgs, bev, fruit, soup, bread, shwrs. Contact
Ricky Kelly Day 715-561-4334 Eve 715-561-3290 hurleywi.com

Aug 14 HANK AARON STATE TRAIL R/W Milwaukee

5k 8:30am. Miller Pk SE parking area. Note 5th annual. Chip timing.
Divs 14-17, 18-24, 5yr, 65+. Awds 1/mf, 3/div. Whchr call. Fees \$15,
\$18 after 8/8. active.com. Perks TS, goodie bag, bev. Contact Mike
Proctor Day 414-536-1377 hast@smaresults.com

Aug 14 MARATHON BUILD-UP Milwaukee Sat 14mi 8am. See Listing July 3.

Aug 14 SPRINT FOR SPINA BIFIDA Milwaukee
Sat 5k run, 5k wc, 2mi walk 9am. Mt Mary College, Menom. River Pkwy.
Divs 14., 5yr, 70+. Awds trophy 1/mf, medal 3/div. Whchr 8:55am.
Trophy 1/mf, medals 3/div, flat course. Fees \$15, \$20 after 8/1. Perks
TS, dwgs, food, bev, entertainment. Contact Rita Flores Day 414
607-9061 sbawi.org
Aug 14 PLEASANT PRAIRIE KIDS TRIATHLON

Sat 100m/4k/1k. 200m/8k/2k 8:30am. Reg 7. Prairie Springs Pk.Pleasant Prairie, Divs 7-10, 11-14. Other Expo. Contact John Corrigan Day 262-947- 0437 jmcpartners@sbcglobal.net

CANCER SOCIETY RELAY FOR LIFE

18-24hr r/w, teams of 8-15. Call 800-947-0487, cancer.org

DATE	DA)/ (OIT) (T13.4E
DATE	DAY of WEEK	CITY	TIME
July 9	FRI	Brookfield	6pm
July 9	FRI	Lake Mills	6pm
July 9	FRI	Madison	6pm
July 9	FRI	Osseo	6pm
July 9	FRI	Plymouth	3pm
July 10	SAT	Portage	6pm
July 23	FRI	Chippewa Falls	6pm
July 23	FRI	Columbus	6pm
July 23	FRI	Elkhorn	6pm
July 23	FRI	Fort Atkinson	6pm
July 23	FRI	Mount Horeb	6pm
July 23	FRI	Princeton	6pm
July 23	FRI	Sun Prairie	6pm
July 30	FRI	Kenosha	6pm
July 30	FRI	Two Rivers	3pm
July 30	FRI	West Bend	6pm

OTHER EVENTS

CRUCIBLE				
7/9 Fri FITNESS IRONMAN - -7/11 - Sun TRAINING CAMP Madison \$250	AMP	FITNESS IRON TRAINING CAN	Fri - Sun	. , 0

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

SARAH'S STRIDE

May 22, 2004 Wauwatosa, WI

ChampionChip Timing by: SPORTS MANAGEMENT ASSOCIATES, INC.

8420 W. Lisbon Avenue Milwaukee, WI 53222 (414) 536-1377 (414) 536-9577 fax info@smaresults.com

5 K RESULTS

MATT THULL	15:08	
1st Female BRIANA STOTT-MESSIC	17:27	,
DKM WY STOTT-WESSIC	17.27	
DIV = F0119		
169 JULIA MAYNARD	23:39	23:45
174 MORGAN BLAKE	23:42	23:47
100 DESTRUCTION	2115	2 4 20

1st Male

23:47 24:20 199 BRITNEY THEW 24:15 201 AMANDA HENTZ 23:59 24:22 204 SARAH LARSON 24:21 24:25 210 KAILEY LEWIS 24:22 24:28 237 KATHY LAUBER 24:26 25:03 244 ROSIE VOELKER 24:52 25:09 291 MAR CHRISTJOHN 26:06 26:13 294 EMILY FERGER 26:16 25:59 26:35 308 LEAH MESCHER 330 XANDRA DUELGE 26:51 27:17 364 LAUREN KRZYWDA 28:02 28:20 381 ANNA TEMPLEMAN 28:59 29.14 403 MELISSA BLAKE 29:31 30:07 411 GRACE CLARKE 440 MADELEINE FISCHER30:50 31:28 473 SARAH LUTHER 32:03 32:25 506 KENDAL KORNACKI 33:55 34:09 517 MAGGIE REIDY 34:10 34:39 518 MOLLY DINEEN 34:10 34:39 526 LINDSAY WAYNE 35:10 35:37

541 JULIA PRANGE 38:11 38:47
546 ALISON KORNACKI 39:37 39:52
553 PAM KOHAL 41:42 41:42

DIV = F2024
31 SUSAN BARTH 18:11 18:11
89 AMY HORST 21:01 21:04
107 KATIE WAALA 21:35 21:37
113 JENNY STEINHOFF 21:40 21:45
164 SAND WILLIAMSON 23:27 23:39
175 REBECCA MCKEAN 23:30 23:48
177 NADINE SCHGEFER 23:48 23:53
253 CHRISTINA GOENS 25:14 25:22
257 SARAH KRESS 25:08 25:30
262 REBECCA KENNEDY 25:18 25:38

253 CHRISTINA GOENS 25:14 25:22 257 SARAH KRESS 25:08 25:30 262 REBECCA KENNEDY 25:18 25:38 348 SARAH BARTELL 27:28 27:48 349 PATRICIA EGAN 27:44 27:50 363 ELIZABETH EHRLE 27:57 28:17 405 KAREN PAWLOSKI 29:31 30:11 455 LAURA DRIES 31:29 31:54 456 MOL MCELLIGOTT 31:29 31:54 469 TANYA BATTI 31:47 32:22 470 CATIE WEAGLER 31:23 32:22 486 SARA GEHL 32:52 33:24 507 EMILY BILOOT 33:37 34:17 535 JOY WILKE 37:21 38:03 536 BETH SULLIVAN 37:21 38:05

DIV = F2529

18 BRIANA STOTT-MESSIC 17:27 17:27

26 DOT MCMAHAN 17:49 17:49

36 JENNIFER POLLARD 18:20 18:21

54 SUE MILLER 19:28 19:29

82 ROBIN TREDER 20:40 20:42

86 JEAN LYONS 20:55 20:55

101 CYRSTAL TOLL 21:24 21:26

151 JENNIFER GINGRASS 22:17 23:12 154 ANNIE WEASLER 22:20 23:16 203 ALICE JUBECK 24:12 24:25 206 SHALAN LARSON 24:23 24:26 213 JAIME FRIEDRICH 24:28 24:32 229 HILARY TOFT 24:32 24:56 249 MARA CVEJIC 24:52 25:18 267 JENN CANANAUGH 25:16 25:43 277 ANGELA ZIMBRIC 25:46 25:57 293 LINDSAY PROFT 25:58 26:15 295 L SCHEUNEMANN 26:08 26:17 310 SARAH BREEN 26:11 26:38 322 JESSICA TAYLOR 27:02 26:22 335 L KANTOROWICZ 27:09 27:25 336 STEPHANIE MEYER 27:12 27:26 354 ANGELA BILSTAD 27:47 28:03 357 GINA COTRONE 27:42 28:04 368 JULIE BEROUIST 28:23 28:34 370 KORI MARKEWICZ 28:23 28:37 376 DRIA SEHER 28:46 28:48 382 MEGHAN MITCHELL 28:59 29:15 384 MEG FETHERSTON 28:16 29:17 393 LISA VOLM 398 MICHELLE WEHNES 29:46 29:59 408 EMILY CIAGLO 29:51 30:15 30:32 31:31 443 ERIN CARY 444 KRIST THOMPSON 31:05 31:36 447 LISA FEDYSZYN 31:25 31:41 450 KATIE KASDORF 31:28 31:47 453 HOLLY SCHMIDTKE 31:36 31:52 454 GRETA SUTTE 31:36 31:52 463 KIRSTEN PETERS 31:51 32:13 465 AISHA MARRISON 31:55 32:16 467 EMILY FRYDA 32:00 32:18 474 AMY SEKULA 32:04 32:25 478 ERIN BILOT 32:04 32:44 480 SUNIT KAUR 32:33 33:11 32:52 33:24 487 SARA HAAG 492 KAITE VAN LAANEN 32:47 33:29 504 DIANA BALSIGER 33.28 34.01 538 ROCHELLE RASKE 38:00 38:17 551 SUKHMEET KAUR 40:43 41:20 41:20 41:27 552 CHRISTINA RIOS

52 DENISE MANTHY 19:20 19:20 84 CARRIE SEIBERLICH 20:48 20:48 121 ELIZABETH FORGE 21:56 22:01 159 KELLY KIEL 23.23 23.28 183 MICHELLE BUTZEN 23:27 24:00 23:53 24:01 185 JILL ELDREDGE 24.19 24.40 221 AUDI GUMINA 278 KARRI SEARS 25:44 25:58 284 KIMBERLY LEUPOLD 25:53 26:02 292 MARY BECKER 25:35 26:14 316 S HATTENHAUER 26:45 26:54 320 EVA CRIBBEN 26:46 26:56 342 JOANN DURNIN 27:36 27:42 344 JENN HOUSTON 27:32 27:44 359 ADRIENNE SHILL 27:54 28:08 367 JULIE FLAA 28:23 28:34 374 TAMMY WENTLAND 28:21 28:41 375 REBECCA ZACH 28:27 28:47 28:27 28:47 377 RACH THUEMLING 28:11 28:50 380 LAURIE VOKES 28:44 29:13 389 SHANNON KRYGIEL 29:20 29:31 409 STEPHANIE WITTE 29:59 30:16 420 INNY KORKKO 30:12 30:33 421 MICH ANDERSON 30:06 30:34 422 DIONNE MACKIE 30:12 30:40 426 BETH GORZEK 30:36 30:50 428 LINDA ROADCAP 30:38 30:53 430 HEATHER SOBIESKI 30:22 31:01 30:41 31:13 31:27 31:49 433 2170 NETKO 451 TERESA MILLER 462 TERRI GRENKE 31:32 32:11 464 ERIN MICK 31:40 32:13 471 TINA EMER 31:51 32:23 485 MARCY JEWELL 32:53 33:20 498 D MANDERFIELD 33:05 33:43 499 BETH MANTOAN 33:05 33:49 502 AMY SARNOWSKI 509 KATHY FILICETTI 34:02 34:21 514 KATHRYN FLIERL 34:12 34:31 522 JESSICA PRICE 34:31 35:15 524 JILL KANTER 34:58 35:34 528 JANE XIONG 35:30 36:08



Dr Anne Zeni Hoch (left) and Dr Ulrich Broeckel (right) of the Medical College of Wisconsin Research Department accept a check for \$13,000 representing the proceeds of the 2004 Cullen Run from Phil Carpenter - Race Director and Gail Garbarino Cullen - Race Founder. Photo by Weiss

 534 LAURA GOLON
 37:18
 37:37

 548 JANET HAMM
 39:29
 40:03

 549 DEB VORPAGEL
 40:11
 40:16

 550 JENNI MIERITZ
 40:42
 40:42

 556 BETHANY MILLER
 41:54
 42:25

 558 JENNIFER CZAJKA
 42:48
 43:32

DIV = F3539 39 P HICKS-POLLOCK 18:42 18:44 58 BETH DROLET 19:39 19:42 77 LISA TURNER 20:22 20:24 100 JENN SCHWEINERT 21:23 21:25 152 SHEILA CONROY 22:56 23:13 179 LAURA KLEIN 23:51 23:55 24.07 24.11 194 KAREN WHALEY 223 MARY FLAWS 24:30 24:46 255 KRISTIN HARPER 25:09 25:27 276 JAMES ANDERSON 25:40 25:56 279 CARRIE LABINSKI 25:53 25:58 331 PAMELA SMITH 343 ROSE FRANCO 27-22 27-43 369 SUSAN MAHSEM 28:05 28:35 379 ALICE RUCLEBUSCH 28:46 29:12 386 LAURA CROTHERS 28:55 29:18 391 TINA JOSTSONS 29:13 29:32 427 TAMMY KOPS 431 MARY ZLOTKOWSKI 30:42 31:10 432 KRISTIN STEIN 30:53 31:12 436 JILL OSTOWSKI 31:11 31:21 446 DENISE SIMONIS 31:23 31:38 472 THERESA ERDMANN 31:53 32:23 479 KIM GIBAS 32:31 33:00 490 ANN WHITE 32:57 33:26 491 KATY WALZ 32:56 33:28 500 NANCY SHUE 33:38 33:51 511 PAULA SCHMIDT 33:52 34:28 520 BARBARA BOMM 34:36 35:13 36:01 36:47 532 DARCI DUELGE 545 SOPHIA PRANGE 39:15 39:51 557 MICHELLE JOHNSON 42:59 43:26

DIV = F404446 STACY CREAMER 19:09 19:09 71 KATHLEEN GREEN 19:58 20:01 123 S SCHUMACHER 22:02 22:06 150 AMY O'CONNOR 23:07 23:10 197 ANNE ENGEL 24:07 24:15 208 TERRY LITTLE 24:20 24:28 214 VICKIE KALLIEN 24:24 24:32 24:33 24:53 226 MARY ENRIGHT 236 WENDY HOGE 256 ISAB SARDAS-TREV 25:04 25:28 261 MARY IANE TEHAN 25:22 25:37 273 CARMELLA HANSEN 25:40 25:53 299 JEAN TARJAN 26:12 26:22 347 LORRIE GOEDEN 27:34 27:47 361 SUE SHAW 27:58 28:11 362 CORI TIMM 28:00 28:16 397 LORRAINE HEINS 29:40 29:50 410 DEE SINDBERG 29:58 30:16 425 NAN DELWICHE 30:13 30:49 468 NANCI WOLLINGER 31:48 32:21 484 KARIN GUNVILLE 32:47 33:18 497 MARY PAT SUTTER 33:11 33:33 501 TERESA ENTERS 33:18 33:52 512 SUZANNE GARR 33:55 34:30 513 JOELLEN HEGWOOD 33:55 34:30 516 CARMEN ORTIZ 34:19 34:36 529 BECKY GUZMAN 35:46 36:14 539 JANE TAUGHER 37:50 38:23 540 ANNETTE TROUT 36:55 38:29 559 TERESA FRAZER 46:31 46:59

DIV = F4549 60 CHERYL NEUMANN 19:41 19:45 65 L CLARK-TAYLOR 19:48 19:51 94 KIM PETAK 21:12 21:15 300 GAIL REISENAUER 26:15 26:23 26:19 26:27 303 JULIE BARON 352 ROBIN PEDERSEN 27:53 27:58 387 SUSAN REIDY 29:10 29:20 395 DAWN ESKAU 413 MARY BORCHARDT 29:58 30:18 424 CINDY CARTER 30:31 30:43 434 ELIZABETH MEYER 30:41 31:14 458 KAREN DEIRINGER 31:47 32:03 483 MARY PICKERING 32:43 33:17 510 SUE ISNARD 34:02 34:21 521 JULIE DIAL 34:48 35:13 531 GERTA ZINDA 35.55 36.37 542 THERESA LAWNICKI 38:54 39:28 555 BETTY LEMPKE 41:19 42:06 560 CEIL CARSE 46:36 47:05

DIV = F5054 272 MARGE WAALA 25:47 25:52 383 SUSAN WUCHERER 29:03 29:16 388 KAREN MIER 29:13 29:27 407 JEAN DINEEN 30:04 30:14 417 CANDI HUMPHREYS 30:06 30:26 423 JILL VAN VECHTEN 30:04 30:43 118 ΔΝΝ SHΕΔΗΔΝ 31:12 31:43 457 PATRICE BILOT 31:16 31:56 461 ABIGAIL BABCOCK 31:39 32:10 35:27 35:43 527 CINDY HACK 547 ANN HEADLEE 39:26 40:01

DIV = F5559

243 NANCY BIRK 24:57 25:08

333 SHERRY REPNIK 27:09 27:22

396 JANE TANNER 29:22 29:48

400 MARY CALLEN 29:42 30:03

416 DONNA BAYARD 30:22 30:26

488 NANCY SCHEIBER 32:51 33:24

508 JO BIDDLE 33:45 34:20

DIV = F6064 418 M BALTHAZOR 30:15 30:28 438 PAT CVEJIC 31:02 31:27 449 KATHRYN RETZLAFF 31:30 31:45 481 DIANE SCHMIDT 32:41 33:16

DIV = F6599 353 LOIS GILMORE 27:46 27:58 505 AGNES REINHARD 33:58 34:04

DIV = M011916 ANDREW PERKINS 17:16 17:18 50 TYLER LEWIS 19:13 19:15 55 PATRICK MALLOY 19:22 19:30 75 EVAN COOPER 20:11 20:15 90 PHILLIP MONROE 20:57 21:08 95 BEN KNUDTSON 20:57 21:19 20:58 21:20 96 JUSTIN EGAN 120 THOMAS ELDREDGE 21:53 22:01 137 TRAVIS THEISEN 138 SPENCER MORRIS 22:44 22:53 145 MARK OLDENBURG 22:45 23:06 162 TREOR HESS 171 ROBERT HANON 23:16 23:45 23:23 23:47 173 TRAVIS SHELTON 178 CRAIG BRAUN 23:29 23:55 184 ANDREW BRAUN 23:35 24:00 195 SAM BRETZMANN 23:49 24:12 280 ROSS BRAUN 25:26 25:59 301 LUKE SAUSEN 26:15 26:24 312 SAM GUERIH 25:59 26:39 332 KALEB DUELGE 26:54 27:21 371 VINC PAIKOWSKI 28:00 28:38 412 DOMINIC CLARKE 29:37 30:18 415 FREDDIE OBY 29:46 30:21 494 ANDREW SUTTER 33:10 33:32 496 SCOTT SUTTER 33:11 33:33 525 JOHN O'CONNOR 35:09 35:36

DIV = M20243 RYAN PAAVOLA 15:29 15:29 8 MICHAEL BOEHMER 16:23 16:23 9 DEREK SERNA 16:24 16:25 29 BRANDON WEISS 17:58 18:01 33 AARON PIERCE 18:12 18:13 78 BRIAN DILLIG 20:18 20:35 211 J SZOMBATHELYI 24:18 24:29 220 FAYAZ AWAN 24:28 24:40 225 ROBERT BANNER 24:37 24:49 245 MAGGIE VOELKER 24:51 25:09 263 DANIEL HAMRIN 25:19 25:38 340 JOHN DESS 365 MICHAEL SOSNAY 28:00 28:21

DIV = M25291 MATT THULL 15:08 15:08 2 AARON NODOLF 15:11 15:11 10 BRAD THEYERL 16:30 16:30 16:35 16:35 11 MUEHR 13 JUSTIN MILLER 16:48 16:48 38 JACOB BRANDAU 18:27 18:28 87 BRIAN SPRAIN 20:53 20:59 88 JASON LEUPOLD 20:50 20:59 98 ERIC KLINK 21:14 21:23 109 STEVE SALO 21:33 21:41 110 RYAN TAYLOR 21:04 21:41 168 MATT DILLIG 23:27 23:44 181 MARK NEWMAN 23:25 23:58 219 KEVIN CARNELL 24:20 24:39 238 JASON GLEESING 24:40 25:03 258 CHRIS RASMUSSEN 25:08 25:30 271 T OTZELBERGER 25:45 25:50 286 CHRIS DAHLMAN 25:42 26:08 328 JASON RENAUD 26:53 27:16 337 RANDY MEYER 27:13 27:27 358 PATRICK TOFT 27:42 28:07 373 ANDREW CIGANEK 28:28 28:39 385 CHRIS FETHERS 28:16 29:17 29:48 30:06 402 CHRIS WITCZAK 406 RICH BATTON 29:31 30:12 429 CHAD VAN LAANEN 30:18 31:00 452 BOB CRAWFORD 30:49 31:51 477 MICHAEL JOHNSON 31:46 32:44

DIV = M3034 4 SHANE CARR 15:38 15:38 12 ERIC PILLING 16:35 16:36 14 JEWEL ABBOTT 17:06 17:06 15 TED SHUE 17:13 17:13 17:40 17:40 22 JOEL BARBIERI 28 BOB JABCZYNSKI 17:56 17:56 47 TIM DOYLE 19:04 19:10 53 MICHAEL CULBERT 19:22 19:27 56 SCOTT KREMS 19:33 19:34 59 RICH MERTES 19:39 19:44 19:42 19:52 67 TODD IRVINE 70 BILL SCHNEIDER 19:58 20:00 91 BRIAN YUNKER 21:05 21:08 92 ROGER SALYERS 21:08 21:12 93 CRAIG MARIFKE 21:10 21:14 99 MARTIN TIRADO 21:19 21:24 104 MATT GILL 21:19 21:33 108 DALE WIEGERT 21:23 21:38 111 RICH KRAWCZYK 21:36 21:42 118 CHRIS WAGNER 21:53 21:57 119 SUPRAS JARUPATHI 21:46 21:58 131 TREVOR SISK 22:29 22:39 132 JEFF CAREW 22:11 22:44 133 CHRIS KROMM 22:22 22:46 176 JOE PFAFF 23:41 23:53 182 ANTHONY PHILLIPS 23:50 24:00 189 TOD MANDERFIELD 23:58 24:05 191 KEN EZROW 24:01 24:06 231 ERIC BRAATE 24:26 24:58 248 BRADLEY FOLEY 24:58 25:12 251 ROB HARRINGTON 24:32 25:19 254 JOHN MOYNIHAN 24:38 25:25 259 JON KNEELAND 25:13 25:35 298 DAN SMYCZEK 26:04 26:22 304 ETHAN KOEHLER 309 IOEL BRENNAN 26:20 26:38 313 MATT WILLIAMSON 26:36 26:48 314 JOE MAGNUSSON 319 RICHARD ALBRECHT 26:27 26:55 345 JEFFREY SCHULTZ 27:27 27:44

350 ROB SULLIVAN 27:13 27:51 378 TERRY THUEMLING 28:15 28:55 390 CHRIS BOUDREAU 28:51 29:32 29:23 30:08 404 CHRIS MANTOAN 439 GREG WALKOWIAK 31:03 31:28 442 FRANCIS PASTORS 31:04 31:28 460 ROBERT MOAKLEY 31:40 32:08 466 BRIAN KIEFFER 31:55 32:16 32:54 33:31 493 JIM KANTER 530 TODD CAHALAN 36:11 36:32 544 COLLIN BOYCE 39:13 39:50

DIV = M35396 KYLE MOSS 15:45 15:46 19 CHAZ HECKMAN 17:28 17:30 21 BRUCE HOLMES 17:38 17:38 23 JEFF FELDMAN 17:42 17:43 25 ROBB JOHNSON 17:46 17:47 30 IVAN MARTINEZ 18:03 18:04 32 PAUL HIEGEL 18:11 18:11 37 JIM SCHMIDT 18:20 18:22 19:01 19:02 42 GEOFF HARRIS 45 JOHN LANCASTER 51 SAM JACKOYO 19:18 19:18 63 DAVID GRESSER 19:46 19:48 69 TROY SPARKS 19:54 19:56 74 LARRY SORENSEN 20:10 20:11 85 THOMAS PERSIN 20:41 20:52 105 DWIGHT LARKIN 21:32 21:35 114 TIM SMITH 21:43 21:49 115 TOMMY RADTKE 21:43 21:53 21:49 22:08 124 KEVIN SCOTT 149 BILL BARTKOWSKI 22:38 23:10 160 BILL SHENKENBERG23:23 23:29 161 ERIC JOSTSONS 172 MICHAEL GARCIA 23:41 23:46 207 KEN WALKOWIAK 24:20 24:27 209 LEE HUEMPFNER 24:20 24:28 212 NICK BECKER 24:15 24:32 215 PAUL SCHOLD 24.24 24.33 224 JOHN VORPAGEL 24:43 24:48 227 SCOTT STEIN 24:34 24:53 228 KEVIN CONROY 24.36 24.54 235 TOM O'BRIEN 24:46 25:00 239 ALONZO FULLER 24:30 25:05 250 STEVE STANASZAK 25:05 25:19 25:10 25:21 252 BILL LUCAS 25:15 25:43 266 SCOTT HEINS 269 CHARLES WEBB 25:28 25:47 275 PAUL FISHER 25:51 25:55 282 JERRY BAJCZYK 25:53 25:59 285 TOM ROWLEY 25:43 26:05 289 RICHARD KOEPKE 25:58 26:11 290 DAVID DIETZLER 25:56 26:11 296 JAMES PAETSCH 26:08 26:18 297 MARIEN 26:01 26:19 306 ROB GERBASI 26:30 26:33 307 SHELL STEFANIAK 26:17 26:34 321 R VANDEN HOVEN 26:25 27:00 26:51 27:17 329 JASON DUELGE 334 JIM FILICETT 27:05 27:23 339 JIM ELDREDGE 27:20 27:28 351 TODD JOHNSON 27:35 27:55 356 JERRY KINSEY 27:41 28:04 414 RICH NATWORA 30:06 30:19 437 JOHN FRUNCEK 30:55 31:25 489 MARCUS WHITE 32:57 33:26 515 DALE BOEHM 34:21 34:31 543 BRIAN AMBROSE 39:22 39:36

5 MIKE EGLE 15:42 15:42 7 SCOTT BRANTA 17 RICK STEFANOVIC 17:18 17:19 20 BILL GILMORE 17:33 17:33 24 JIM CICHY 17:46 17:47 40 STEVE PAVLIK 18:52 18:53 44 KEVIN OSBORN 19:01 19:03 57 DAVE LAHEY 19:39 19:41 64 DAVID GILSON 19.41 19.48 66 HANS WEGESSER 19:47 19:51 68 MIKE STEFANIAK 72 MARCEL CESAR 20:07 20:09 20:21 20:23 76 GEORGE PAPAS 79 JEAN GRENETIER 20:36 20:37 21:17 21:20 97 MATT LAUGHLIN 103 LARRY BAKER 21:26 21:28 21:32 21:35 106 RICK MOON 21:58 22:05 122 TOM CHRISTJOHN 127 TIM O'CONNOR 22:26 22:28 22:14 22:29 128 JOHN TREVINO 22:21 22:29 129 TIM LITTLE 130 JOSE' FRANCO 22:27 22:31 22:58 23:06 144 MARK SPOTTEK 147 RICK PADDOCK 148 MOHAMMED BALOCH 23:07 23:10 153 MICH KRATTLEY 23:05 23:14 158 JACK HEVERT 23:18 23:25 186 MIKE MORGAN 23:55 24:02 205 MARK CROTHERS 24:10 24:25 24:51 24:57 230 PAUL COOGAN 233 TODD LARSON 24.55 25.00 234 SCOTT BLAKE 24.24 25.00 240 THOMAS O'LEARY 24:05 25:05 24:56 25:11 246 JOHN LEITEL 265 BERN ENRIGHT 25:22 25:42 270 P WOLLERSHEIM 25:45 25:49 281 COLE BRAUN 25:26 25:59 315 KRIS JOHNSON 26:44 26:53 355 BRETT MEINTZ 27.42 28.04 399 ANDR CONTRERAS 29:49 30:02

DIV = M4044

DIV = M4549
27 RICH MOORE 17:53 17:54
34 DAVE HARRIS 18:12 18:13
35 RICK KALLIEN 18:17 18:18
43 PHILIP PINKOWSKY 19:03 19:03
48 DAVE CROSS 19:07 19:11
62 MICHAEL NIEMIEC 19:43 19:47
83 DON ELDREDGE 20:40 20:47
102 KEN OLSZEWSKI 21:25 21:27

441 JIM FISCHER

495 JEFF SUTTER

(Continued on page 16)

30:52 31:28

33:11 33:33



The Most Times

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

F60-64 **2004 ICE AGE TRAIL** 134 Lorraine Bunk 10:24:30 **50 MILE SOLO RUN** M18-29 Scoring Provided by Ryan Dexter 9:24:01 9:50:24 **Badgerland Striders** Dean Gruber 9:55:56 Daniel Kingsley **Running Club** 10:12:34 Matthew Vogel 116 Corv Schmidt 10:18:23 124 9200 W. North Avenue Chad Piala 10:48:20 156 Milwaukee, WI 53226 Ben Blint 158 10:52:31 175 Kevin Salverson 11:05:01 414-476-7223 Joel Burrows 199 11:22:38 www.badgerlandstriders.org, 210 jeff Day 11:27:33 bls@execpc.com Matthew Rusek 11:36:41 M30-34 Kirk anderson 7:35:56 F18-29 Dave Dixon 7:41:35 11 Kristin Sybrowski 8:34:18 Tom Thornton 31 Julie Treder 9:21:20 9:10:12 55 Kevin Dorsev 57 Steve Plumb 9:11:05 F30-34 79 Wes Nettles 9:36:12 Kimberly Holak 8:35:52 80 gerald cameron 9:37:51 Steph Flaherty-Pfeiffer 9:51:20 92 Aaron Benike 9:49:45 10:09:30 Angie Puent 136 Jason Hodde 10:29:06 188 Tracy Lecinski 11:14:04 kevin denney 10:57:03 190 Jennifer Johns 11:16:10 Tom Pamperin 11:34:51 231 Perry Johnson 11:40:21 F35-39 107 Jo-Anne Hass 10:02:48 M35-39 Christine Poeckes 10:33:02 3 Andy Holak 7:09:29 Peggy Rakowski 7:52:53 14 Parker Rios Kathryn Dunn 10:56:38 167 7:54:35 15 Mike Kasun Julie Berg 10:57:03 168 16 jason dorgan 7:56:32 nancy burrows 11:22:32 198 17 Jim Kirschbaum 8:02:20 11:34:44 Susan Canevello JOHN DEPRIEST 214 8:28:26 Sara Lovett 11:39:22 Bill Weber 229 8:32:14 11:43:06 Karen Shearer 43 tom wilson 8:51:12 246 Michelle Gallagher 11:49:25 **David Pontious** 8:59:00 Scott Meyers 9:05:42

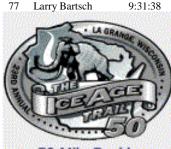


50mi Leaders at 9mi (from right) Stewart Kolb, Charles Hubbard, Dave DeHart, Andy Holak, Kevin Setnes

8	Ann Heaslett	7:30:46	68	matt beck	9:24:27
23	Mary Bolich	8:19:06	85	Mark Johns	9:43:00
59	Mary Gorski	9:11:35	117	Todd Bartels	10:13:23
60	Caroline Spencer	9:13:28	119	Douglas Ness	10:14:41
143	Joli Vollers	10:33:03	122	Rob Smith	10:15:58
163	Deb Vomhof	10:53:13	145	Thomas Zak	10:36:48
166	Nancy Sellars	10:55:37	148	Pat Loebach	10:40:08
183	Gail Edgar	11:09:58	154	Bob Skidmore	10:48:07
185	Lisa Karandanis	11:11:59	157	Travis Sybrowsky	10:52:05
219	Cathy Drexler	11:36:19	173	Greg Allen	11:01:29
238	Ann Paulsen	11:43:06	174	david dowd	11:03:58
			179	Brian Bradley	11:07:14
	F45-49		181	ROB SMITH	11:07:22
12	Tania Pacev	7:44:53	193	BOB MARTINELLI	11:19:35
61	Jane Moser Cox	9:15:00	208	Lance Pamperin	11:27:03
129	Lisa Conover	10:22:41	220	Jeff verkerke	11:36:26
133	Juli Aistars	10:23:50	221	Doug Fish	11:36:29
137	Beth Simpson	10:29:51	228	Joe Lovett	11:37:20
149	Edith Reyns	10:43:43	247	Joseph Cichon	11:52:19
152	Susan Miller	10:47:28			
213	Bonnie Busch	11:33:03		M40-44	
223	Barb Lips	11:36:40	1	Stuart Kolb	6:44:28
225	Mary Ann Zemla	11:36:43	2	Charles Hubbard	6:54:49
			4	Joel Lammers	7:09:44
	F50-54		5	Dave Dehart	7:10:52
70	Tanya Cady	9:26:42	6	Paul Schoenlaub	7:15:56
184	Beth Onines	11:11:19	18	Edwin Heller	8:03:52
244	Kristine Hinrichs	11:47:08	22	Alex McPherson	8:18:33
			24	Bill Thom	8:21:29
	F55-59		26	Paul Paikowski	8:28:14
109	Ingrid Honzak	10:05:00	32	Chuck Hudlett	8:34:21
117	joy Imms	10:13:23	36	Andrew Klapperich	8:39:26
243	Merrie Baltramonas	11:46:36	37	Dennis White	8:40:14
			38	Stuart Johnson	8:42:06







Kevin Setnes

gene bartzen

Larry Hall

jim benike

James Ehasz

Ralph Graf

James Blanchard

Michael Dennis

25

44

52

7:20:02

8:06:45 8:28:10

8:53:00

9:08:15

9:08:28

9:11:14

9:22:26

50 Mile Buckle





"Pay no attention to the man behind the curtain"
Marty Malin Scorer Extraordinare (above),
Tom Bunk Rounds a curve below.



82	bill moyer	9:40:36
83	Fredrick Klewin	9:40:54
86	Paul Mingo	9:45:18
87	Jim Stocco	9:45:45
88	Douglas Thomas	9:48:48
90	Keith Rudolph	9:48:59
92	Andy Arena	9:49:45
97	Larry Swanson	9:53:03
102	Douglas Scott	9:56:31
103	Gary Hemmelgarn	9:59:10
104	Dennis Mack	10:00:20
112	Allan Holtz	10:08:50
120	Tim Potter	10:14:46
121	Jim Szyjakowski	10:15:08
125	ROSS MEYER	10:19:45
127	Steve Weinstock	10:21:10
170	John Husz	10:59:09
176	Lee Hess	11:05:50
187	dominic ruffalo	11:12:53
191	Layne Davis	11:17:32
192	Monte Fjosne	11:18:58
218	Bob Telfer	11:36:11
226	Steve Sawyer	11:36:45
230	kenneth hinke	11:39:23
233	Jack Thomas	11:40:39
237	Roger Thompson	11:42:00
	M55-59	
101		9:56:25
111	thomas burr	10:08:49
120	David Hugh	10.21.27

	M55-59	
01	JOHN JENK	9:56:25
11	thomas burr	10:08:49
28	David Huck	10:21:27
44	Mick Justin	10:35:07
46	Don Simon	10:38:28
47	Tim Yanacheck	10:39:30
50	Gene Dahlen	10:44:09
53	Tom Henson	10:47:45
71	Frank Slamar	10:59:52
80	Donald Stoeckly	11:07:21
17	Richard Buse	11:35:23
32	William O Johnson	11:40:26
34	Dennis Johnson	11:41:16

M60-64
21 Tom Bunk 8:18:04
71 paul greshaw 9:27:05

	81	john rodee	9:39:47
	89	Jim Peterson	9:48:52
	194	jim oconnor	11:20:46
	205	Ken Norwood	11:25:42
	206	Tom Balzola	11:26:20
	209	Gasper Pulizzi	11:27:12
		M65-69	
	245	kenneth burns	11:48:59
)		M70-Up	
)	197	Norman Carlson	11:22:28
ó	222	william hollihan	11:36:35
3			
,			
)			



Rick Scott displays the latest in Ice Age fashion.

The Most Times

"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
, ,	katineen yarger	3.43.00
	F30-39	
9	nikki kimball	3:53:16
10	Michelle Richardso	n 4:01:3
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	15:41:29
72	Barb Meyers	5:41:30
92	Kathleen Braun	6:15:25
102	Kim Ballenger	6:30:14
113	Ann Marie Wiemer	t7:11:24
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	3 7:28:4 ⁴



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

6:14:14

6:48:00

6:50:42

7:01:58

7:13:03

7:29:04

8:35:53

9:41:11

3:34:33

4:13:41

4:28:49

F50-Up

107

109

13

20

23

Carol Zazubek

Brigitte Wendt

110 Linda S. Gentling

115 Phyllis Tubesing

Ann Brick

119 Raz Estridge

127 Joyce Yarger

M18-29

Hal Koerner

Ryne Melcher

Joel Dziedzic

Ethan Krumnow

Christopher Mertens 4:32:40

Gail Huck

Josephine Lepley 5:41:41

Georgia Nothdurft 5:55:03

RED AFF	
W	
1st Famala Nikki	Kimhall (3:53:16)

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

•			Elizabethtown NY		
48	Anthony Slamar				
	5:21:54		54	Howard Solomon	5:28:04
99	Ryan Harvey	6:27:13	57	Tom Pahnke	5:29:29
100	Matt Bartz	6:28:04	65	Paul Braun	5:35:55
			75	Bob Levinstein	5:41:58
	M30-39		81	Robert Jakubek	5:49:29
2	Paul DeWitt	3:21:02	87	Jeff Haas	5:58:06
3	Chad Ricklefs	3:23:34	93	David Landwehr	6:17:07
4	Brian Wieck	3:33:17	96	Jonathan Nitz	6:20:55
6	bryan dayton	3:40:40	101	Brett McNabb	6:30:07
8	Mark Schaefer	3:48:57	117	Matt Thomas	7:28:44
11	Byron Backer	4:08:40			
17	Ed Wirth	4:21:05		M40-49	
19	Pete Mueller	4:27:45	1	Scott Creel	3:14:05
22	Tom Atkins	4:30:42	7	Michael Allen	3:46:31
25	Mark Linser	4:37:53	14	Russell De Lap	4:15:21
28	Rick Scott	4:38:56	18	Tom Woody	4:25:21
31	Joe Cieszynski	4:41:16	24	Tom Chartrand	4:37:33
37	Rob Houlihan	5:00:28	26	Joe Tilley	4:38:32

33 Don Frichtl 4:42:06 34 Mitch Horwat 4:48:33 Jim Anfang 4:48:39 Ronald Taubert 4:59:25 5:00:49 Marlin Howe 41 Jordan Clay 5:07:34 Les Harder 5:10:15 52 5:24:08 Craig Holloway 53 Chris Perrault 5:25:37 55 Willie Lambert 5:28:30 61 5:35:12 Andy Nordeen 63 kirk cox 5:35:35 64 Dave Reid 5:35:44 Stephen Faris 5:36:52 Robert Wehner 5:37:18 Roy Triveline 5:40:04 Gary McGowan 5:55:44 John O'Halloran 6:00:19 David Tulbert 6:08:24 Lerry Overstreet 6:14:59 Anthonie Lombard 6:19:55 95 Howard Ogden 6:20:51 Irvin Snider 7:06:20 111 William Hansen 7:43:57 M50-Up 27 Roy Pirrung 4:38:55 38 Dean Christensen 5:00:49 Patrick Heyn 5:21:08 Fred Syrjanen 5:22:04 50 Peter Wadsack 5:23:30 51 Brent Weigner 5:23:31 5:29:28 56 Wayne Bohlmann 5:29:53 58 Steve Kanters John Edgar 60 5:32:33 DENNY BELLOW 5:35:33 62 74 Joe McHugh 5:41:54 79 Stuart Schramm 5:47:56 80 Brian Watzke 5:49:12 Norman Yarger 6:22:42 Matt Shemluck 6:23:08 Howard Thompson 6:35:32 Vytas Salna 6:36:56 106 Gene Taylor 6:46:58 6:49:36 108 Del Bowers

James Hauser

4:41:04

7:08:56

7:21:29

7:29:14

7:43:56

7:43:57

ICE AGE 50 K TWO PERSON FRIENDSHIP RELAY

1	Brandon Sybrowsky	Male1	3:29:17
	Rob Shoaf		
2	rick wood	Male2	4:08:41
	john spannuth		
3	kevin degenaro	Male3	4:17:09
	Nick DeGenaro		
4	Brian Ciske	Mixed 1	4:29:32
	Jean Ciske		
5	Amy Flom	Female 1	4:34:09
	Mary Bartkowski		
	J		

6	Jesse Haavisto	Mal
	John Haavisto	
7	Theresa Pitman	Mix
	roger villmow	
8	bruce pagel	Mal
	Ken Maciolek	
9	Stephen Szydlik	Mix
	Grace Lim	
10	yvonne rosenblatt	Fen
	mary clare johnson	
11	Randi Strand	Fen
	Tricia Luedtke	
12	Judy Dollhopf	Fen

Jeanne Kasza

	Male	4	4:38:59
	Mixed	2	4:39:23
	Male	5	4:48:51
	Mixed	3	4:53:35
:	Female	2	5:12:50
n	Female	3	5:15:03
	Female	4	5:25:02

	7 01111		
13	Donna Mosca	Female 5	5:37:45
14	Jackie Rittmer George Zalewski	Male 6	5:38:22
15	John Hinz Gary Janicki	Male 7	5:41:02
16	Jeffrey Shiroda Rob Ireland	Male 8	5:44:57
17	William Jahnke Frank Conway	Male 9	5:45:49
18	Donald Conway Eileen Sherburne	Female 6	5:51:08
19	Cathy Diamond Tamara Foltz	Female 7	5:55:13
	Karen Witkowski		

112 Edwin Korkia 116 Joseph Soriano

120 Keith Theisen

122 Paul Zavagno

125 Tom Schoenecker 8:05:30

123 Doug Bruss

The Most Times

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?







Bill Hollihan at the Station 3 Road Crossing



Brigitte Wendt celebrates her 50K finish

Bannister Mile a Success!

Bv Martv 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 Dooleys 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 Wever 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

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 RRCA again 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 ½ 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 Hwys. 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 1224hrrn@merr.com.

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

SARAH'S STRIDE

May 22, 2004 Wauwatosa, WI

5 K RESULTS

(Continued from page 12)

112 LARRY HORNING 21:41 21:44
126 TOD ITZOR 22:15 22:20
134 JEFF THOMPSON 22:36 22:46
135 TONY CHAN 22:40 22:46
141 SKIP ROADCAP 22:49 23:01
143 GEORGE MORRIS 22:53 23:03
155 JEFF ROZNOWSKI 23:11 23:18
187 TERRY KNIGHT 24:00 24:02
190 JOSEPH KORCH 24:02 24:06
198 JEFF PETAK 24:13 24:16
216 JACK ODONER 24:26 24:34
241 STEVE STEIN 25:03 25:05
274 JOHN KOWALSKI 25:45 25:53
288 ANTHONY PETERS 26:03 26:10
325 CHRIS BARBE 26:53 27:07
327 M SCHMELING 26:56 27:16
341 NELSON GUZMAN 27:12 27:38
346 DAVE HARVEY 27:10 27:46
360 MARK ROEGNER 27:38 28:09
392 MICHAEL BURKARD 29:02 29:35
445 GREG ZAIDEL 31:02 31:38
459 DAVID DEIRINGER 31:49 32:05
475 GLEN LUTHER 32:03 32:26
537 JAMES PANNIER 37:38 38:15
554 TIMOTHY CLARKE 41:20 42:06



DIV = M5054
49 PATRICK SULLIVAN 19:11 19:14
61 DENNIS EDEN 19:45 19:46
73 LAYNE DAVIS 20:09 20:10
73 LAYNE DAVIS 20:09 20:10 117 JOHN BELL 21:54 21:57
136 CHRIS MEYERS 22:42 22:52
140 RICHARD DUCE 22:57 23:00
165 WILLIAM HABLE 23:31 23:41
170 SCOTT DAVIDSON 23:37 23:45
180 JIM GRIFFITHS 23:34 23:58
192 RAY CORTENBACH 24:01 24:08
193 CHARLIE TEAR 24:03 24:09
202 DON FLEMING 24:06 24:22
217 NICK SCHROEDER 24:25 24:36
218 SCOTT LEWIS 24:32 24:39
232 BRUCE DAVIES 24:46 24:59
242 BORIS RICHTER 24:44 25:08
264 RAY MALDONADO 25:28 25:42
268 MICHAEL MANSKE 25:37 25:44
283 CHUCK ZINDA 25:43 26:01
324 JACK KELLY 26:41 27:04
338 FRED OBY 27:15 27:27
519 LARRY KEAN 34:09 34:48

DIV = M5559
41 DALE ROE 18:57 18:57
116 JOHN WUCHERER 21:53 21:56
125 JIM NOWAKOWSKI 22:08 22:1
139 ROBERT MASSEY 22:43 22:54
157 JOHN DESS 23:14 23:22
163 DOUG NELSON 23:33 23:3
166 ROBERT BAL 23:32 23:41
167 RON EDER 23:36 23:42
196 SAM WAALA 24:09 24:13
200 GENE TAYLOR 24:10 24:2
247 LARRY RYAN 25:06 25:12
260 JOSEPH FARLEY 25:24 25:36
287 CHUCK DUCOTY 25:43 26:09
318 DENNIS WEBB 26:41 26:55
366 MICH PAVLOVICH 28:03 28:25
394 ALBERT MILLER 29:21 29:45
401 PAUL SOKOLOWSKI 29:42 30:0
419 RICK ROCAMORA 29:56 30:3
482 GREG MALLUM 32:27 33:16

DIV = M6064		
80 RON GOTTSCHALK	20:38	20:40
81 JOHN BECKER	20:39	20:41
222 RALPH BAYARD	24:44	24:45
302 DENNIS EUTING	26:16	26:25
305 BRUCE BOECK	26:16	26:33
311 RICHARD STEVENS	26:31	26:39
326 RON PEMBERTON	27:02	27:15
523 JOHN SCHIEK	35:10	35:31
DIV = M6599		
146 DAVID GRIFFITHS	23:06	23:08

DIV = M6599		
146 DAVID GRIFFITHS	23:06	23:08
156 RICHARD WALTZ	23:20	23:22
188 RON CARUSO	23:53	24:04
317 D STUCKSLAGER 20	6:43 26	5:54
323 ED PARKER 2	27:02 2	7:03
372 TOM CHVALA	28:26	28:38
435 WAYNE GILMORE	31:08	31:20
476 TIMOTHY COWDIN	32:06	32:38
503 EARL PEYCHEL	33:41	33:5

ROGER BANNISTER 50th Anniv. **SUB-4 1 MILE RUN**

Hart Park - Wauwatosa W May 6, 2004

Time

DIVISION WINNERS

Pl Name

FEMALE SPECIAL OLYMPIAN	
63 CHRISTINE CHERNE	09:06.7
MALE SPECIAL OLYMPIAN	
74 ARNETT WILLIAMS	13:07.1
MALE 00-09	
40 CASEY SABINASH	07:43.6
52 ANDY SABINASH	08:25.6
MALE 10-22	
5 ANDREW ERICKSON	05:20.3

32 MATT SCHMIDT	06:59.9
MALE 23-32.0	
1 DEREK SERNA	04:49.5
11 STEVE SALO	06:06.4
12 PETE HOLTZMAN	06:10.1

MALE 32.1-32.6 3 JOEL BARBIERI 48 JEFFREY SCHULTZ	05:03.5 08:03.0
MALE 32.7-35 7 GEOFFREY HARRIS	05:28.4

44 RICHARD ALBRECHT	07:49.6
MALE 36-37	
4 JEFFREY FELDMAN	05:11.5
31 DAVID GUSE	06:58.6
37 KARL SCHOMBURG	07:30.5

MALE 38-38.3	
2 3203 CHAZ HECKMAN	05:03
9 3247 JIM SCHMIDT	05:58
13 3251 PAT ANDERSON	06:11
MALE 38.4-40.7	

16 JAMES BITTNER	
35 MICHAEL BUNTON	
41 MARTIN DEVANEY	
MALE 40.71-40.92	
8 PHILLIP FALCK	

50 JOHN RUDIG	
MALE 46.5-46.7 6 RICH MOORE 26 JIM SABINASH	

26 JIM SABINASH 29 JIM DELWICHE	
MALE 46.8-48.39 20 TED ITZOV	

MALE 48.4-50.19
19 BOB KRICK
22 JEFF WEISS

MALE 50.2-53.2	
MALE 50.2-55.2 14 WAYNE ESLYN	
15 RANDY RUCINSKI	
34 RON TALSKY	

MALE 53.3-54	
25 DENNIS MOTL	
13 DAN GRAF	
45 JIM BRINDOWSKI	

59 PAUL SOKOLOWSK 75 JOE RADOSZEWSKI
MALE 56.5-61

MALE 56.5-61
24 JIM SCHUETZ
33 DOUG NELSON
65 JOSEPH BRACEY

VI		

N	09:06.7	
	13:07.1	
	07:43.6 08:25.6	

07:43.6 08:25.6	
05:20.3	

32.0	
SERNA	04:49.5
SALO	06:06.4
OLTZMAN	06:10.1

ARBIERI	05:03.5
EY SCHULTZ	08:03.0
2.7-35	

10 DWIGHT LARKIN	06:06.2
44 RICHARD ALBRECHT	07:49.6
MALE 36-37 4 JEFFREY FELDMAN	05:11.5

05:03.1
05:58.7
06:11.8

1-40.7	
BITTNER	06:20.
EL BUNTON	07:09.
N DEVANEY	07:45.

MALE 40.93-44	
27 CHRISTOPHER SMITH	06:46.6
23 TOM STAWICKI	06:36.7
8 PHILLIP FALCK	05:37.9

06:21.8

06:26.7

07:07.509:24.8

28 DON EIMEK	06:50.0	
30 JAIME JASTRAB	06:57.7	
MALE 45-46.4		
21 TONY CHAN	06:31.1	
50 JOHN RUDIG	08:14.3	

E 46.5-46.7	
CH MOORE	05:26.9
M SABINASH	06:46.1
M DELWICHE	06:55.0

20 IED IIZO I	00.20.7
77 MARTY MALIN	16:48.3
MALE 48.4-50.19	
19 BOB KRICK	06:23.5
22 JEFF WEISS	06:35.4

50.2-53.2	
YNE ESLYN	06:14.9
IDY RUCINSKI	06:18.6
TALSKY	07:08.0

MALE 53.3-54	
25 DENNIS MOTL	06:44.4
43 DAN GRAF	07:48.5
45 JIM BRINDOWSKI	07:50.7
MALE 55-56.4	

42 ED JOSEPHSON	07:46.5
59 PAUL SOKOLOWSKI	08:57.5
75 JOE RADOSZEWSKI	13:26.3
MALE 56.5-61 24 JIM SCHUETZ	06:41.0





MALE 64.6+	
35 RON CARUSO	07:18.8
54 TOM MALEY	08:29.6
66 JAMES CLAREY	09:49.5
EED 6 4 X E 00 22	

FEMALE 00-33	
57 MIRANDA DOOLEY	08:36.3
58 MARISSA DOOLEY	08:44.4
FEMALE 34-39.39	
47 MICHELLE CTEEANIAE	07.50 2

FEMALE 34-39.39	
47 MICHELLE STEFANIAK	07:58.2
51 TERESA MILLER	08:22.6
53 LYNNE WOEHRLE	08:28.9
FEMALE 39.4-42	

FEMALE 39.4-42	
46 CHRISTINE STEFANIAK	07:58.2
64 NANLEE DELWICHE	09:18.4
73 TERESA FRAZER	12:59.6

08:30.6
08:33.7
09:51.7

FEMALE 45.2-47	
61 ANNE HEATHCOTE	08:58.2
69 BARB RODRIGUEZ GRAF	10:26.4
72 THERESA LAWNICKI	11:36.2

FEMALE 48-50	
60 MARY CALLEN	08:57.8
71 KAREN VAN RITE	10:46.2
FEMALE 51-58	
38 JAYNE WEYER	07:34.9
39 JUDITH ORMOND	07:41.9

FEMALE 59+	
70 DIANE SCHMIDT	10:28.1
76 BONNIE CLAREY	13:41.0

10:10.3

MALE

TRIVIA MALE
MICHAEL BUNTON 5
CHRISTOPHER SMITH 3
MATTHEW SCHMIDT 0

68 JO BIDDLE

TRIVIA FEMALE
LYNNE WOEHRLE 3

FASTEST 1 ST 9.344 METERS
RICH MOORE 2.50
DEREK SERNA 2.60
JOEL BARBIERI 2.60
GEOFFREY HARRIS 2.60
MATT SCHMIDT 2.60

FASTEST 1 ST 9.344 METERS FEMALE
MICHELLE STEFANIAK 3.05
MIRANDA DOOLEY 3.15
CHRISTINE STEFANIAK 3.30

FASTEST INDIVIDUAL LAPS MALE
DEREK SERNA 1:05.3 (1)
CHAZ HECKMAN 1:10.4 (4)
JOEL BARBIERI 1:11.3 (4)

FASTEST INDIVIDUAL LAPS FEMALE JUDITH ORMOND 1:46.0 (1) JAYNE WEYER 1:46.5 (1) JAYNE WEYER 1:48.3 (4)

MOST CONSISTENT LAPS MALE TONY CHAN (4.6) RICH MOORE (7.5) JOHN RUDIG (8.2)

MOST CONSISTENT LAPS	FEMAI
THERESA LAWNICKI (6.2)	
BONNIE CLAREY (8.0)	
ANNE HEATHCOTE (9.9)	

BEST NEGATIVE SPLITS MALE
HENRY EHLER
JAMES CLAREY
IIM SCHMIDT

BEST NEGATIVE SPLITS FEMALE
MARISSA DOOLEY
NANLEE DELWICHE
ANNE HEATHCOTE



STRAIN FOR THE **BRAIN**

May 29, 2004 West Allis, WI

Results Provided by Computer Aided Race Results System Bill Schauder carrs@att.net 262 521-2191

5 K RESULTS

PLACE	TIME	NAME
LLICE	111111	1 17 11111

1st Male

1 15:40 Chris Roberdeau

1st Female

18 19:47 Nicole Bentz

Male 9 & under

166 31:56 Bill Prochniewski 179 33:33 Moses Misplon 197 38:37 Jake Graf

Female 9 & under 151 30:21 Allison Knop 173 33:13 Tylerann Priefer

205 42:17 Hannah Kluball

M10-14

78 24:59 Wes Stasik 160 31:26 Drew Falkner 208 43:13 Joey Goebel

F10-14

18	19:47 Nicole Bentz
70	24:24 Sarah Larson
79	25:00 Hannah Fredenberg
127	29:11 Allison Goebel

161 31:26 Erin Eddy

187 35:38 Meghan Hockett 188 35:39 Rachel Klyball

M15-19

3 16:41 Erik Wagner 4 17:06 Zach Hug 10 17:59 Dan Machmueller 11 18:03 Nathan Vollmer

13 19:02 Mark Degeorge Jr 14 19:05 Zak Lutz

16 19:38 Mark Khatchadourian 26 20:49 Zach Fredenberg

39 22:13 Joshua Smith 43 22:30 Dave Stauder 57 23:16 Nate Greene

213 44:30 Mike Garner

F15-19

46 22:55 Alyssa Aschaker 47 22:56 Cammie Beck

65 23:50 Ann Chodara 74 24:44 Stephanie Bentz

133 29:32 Angela Straszewski

138 29:47 Ashley Kingston

158 31:21 Kyla Fredenberg 200 39:32 Joanna Barrett

211 44:26 Tina Moureau

M20-24

48 23:01 Matt Johnson 49 23:02 Mark Lozny 110 27:47 Marek Posard

F20-24

21 20:26 Heidi Hancock 24 20:41 Tami Wittlieff

33 21:49 Megan Farley 36 22:06 Jeanne Corbett

37 22:09 Erin Ontko

41 22:22 Kate Meinecke 68 24:11 Lisa Bock

80 25:01 Abby Thomas 89 25:50 Crystal Hosemann

103 26:57 Jeannine Ruby

137 29:46 Tara Mahan

186 34:46 Kimberly Wokoman

190 36:35 Lynn Bartos 212 44:27 Heather Young

M25-29

1 15:40 Chris Roberdeau

7 17:36 Jason Feudner 12 18:41 Matt Reischauer

22 20:34 Bryan Roddy

25 20:45 Steve Salo

73 24:42 Eric Roddy

108 27:30 Michael Ivy (Continued on page 17)

The Most Times



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

STRAIN FOR THE BRAIN

May 29, 2004 West Allis, WI

5 K RESULTS Continued

(Continued from page 16)

113 27:56 Luke Janecek

172 32:42 Andrew Vaughn 185 34:35 Christopher Witkowski

F25-29

72 24:38 Ann Bartos

85 25:37 Shelby Roberdeau

107 27:28 Lisa Feudner

112 27:55 Denise Lees 155 30:36 Graciana Marini

164 31:52 Kelly Priefer

170 32:27 Jane Wucherer

M30-34

5 17:08 Wayne Dalton 17 19:46 Charles Graf

45 22:53 Ron Lyons

23:10 Daniel Kahn

62 23:37 Anthony Schmidt 24:53 Travis Haas

86 25:38 Chad Dillavou 96 26:18 Matt Thomas

104 26:57 Jeffrey Schultz

178 33:31 Danny Priefer

F30-34

54 23:14 Traci Neuman

93 26:00 Kelly Liska

101 26:50 Amanda Felbab 120 28:39 Stephanie Schoengrund

29:19 Beckie Meyer

30:05 Coleen Leahy

30:29 Karen Boehme 32:16 Tina Emer

195 38:25 Angela Graf

M35-39

2 15:49 Kyle Moss

6 17:30 Richard Rischman 28 20:59 Jeff Hayes

30 21:23 Michael Torphy 34 22:03 Tommy Radtke

40 22:17 David Adamski 24:22 Christopher Lauria

84 25:35 Christopher Edwards

25:48 David Dietzler

25:58 Jeff Pokorski

152 30:22 Jeff Knop

153 30:23 Chris Coombs

156 31:04 Adam Segal

175 33:25 Dale Boehm

F35-39

20 20:17 Ann Limberg

23:19 Wanda Erickson 87 25:46 Ginney Mcadams

25:54 Tammy Saunders 106 27:15 Gina Kleist

111 27:54 Susan Mahsem

117 28:14 Sandra Snyder

118 28:15 Kelly Roble

31:25 Lora Falkner 159 34:30 Tiffany Kather

192 38:17 Holly Straszewski

194 38:23 Lori Kluball 206 42:38 Anne Marie Sanicola

60 23:33 Roberto Gutierriz 114 27:58 David Sauceda

180 33:34 Mark Misplon

203 40:14 Jeffrey Siegel 209 43:14 Ken Goebel

F40-44

38 22:11 Lori Stauder 55 23:14 Carol Hartmann

64 23:42 Tami Guiler

75 24:44 Louise Johnson 76 24:46 Wendy Hoge

124 29:00 Cheryl Bendek

126 29:08 Kathryn Berezowitz

162 31:36 Kristi Schiller 171 32:27 Sandra Schmidt

174 33:20 Nanci Wollinger

181 33:44 Suellyn Wittlieff

182 34:00 Janice Hansen

196 38:36 Julia Rowehl

M45-49

8 17:45 Rich Moore

9 17:50 Whil Hentzen 31 21:25 Ken Olszewski

35 22:05 John Skinner

42 22:26 Aubrey Roadcap 23:04 Dan Bartelt

23:05 Greg Steinberg 52 23:07 Mark Dunning

66 24:05 Mike Laskowski 25:19 Jeff Weiss

25:21 Kenneth Stasik

82 25:30 Roger Gipp

129 29:18 Doron Preker

132 29:27 Patrick Moureau 29:48 Richard Schreiner

30:07 Bob Kingston

30:14 Dale Lambert 147 30:21 Michael Burkard

31:17 Paul Licato 163 31:38 Dale Wittlieff

191 37:22 Kelly Paolo 202 40:04 Cliff Gatewood

F45-49

67 24:07 Maggie Matson

128 29:12 Judy Myers 131 29:25 Dawn Eskau

30:11 Pat Falnes 146 30:12 Lisa Licato

30:21 Carol Lenman 165 31:55 Pamela Grzybowski

168 32:14 Jill Koloske

M50-54

15 19:25 John Mccarthy

19 20:08 Dennis Eden

27 20:53 Bill Hansen

29 21:07 Raymond Cortenbach

32 21:28 Abie Khatchadourian

44 22:36 Tom Thomson

59 23:20 Ron Talsky 24:34 Gary Greene

25:34 Jack Kelly

97 26:20 Bill Ray 123 28:55 Dennis Kuhn 201 39:49 David Barrett

F50-54

95 26:14 Jovita Moureau

145 30:12 Cathy Witkowski 204 41:20 Ann Bowe

M55-59 61 23:35 Mark Flagg

63 23:42 Ron Eder

91 25:55 Joseph Farley 26:06 Hugo Hernandez

26:21 Dave Chappell 98

102 26:56 Jake Ruby

27:32 John Halverson 109 28:07 Robert Algrin 115

116 28:10 Phil Posard

134 29:35 Steven Woods 142 30:06 Michael Mccluskey

176 33:25 Kathy Engebretsen 198 39:10 Regina Grantz

199 39:23 Carole Roberdeau

M60-64 23 20:38 Ronald Gottschalk

100 26:35 Gary Ladousa 119 28:37 Gerry Vidal

122 28:52 Thomas Janczak

29:05 Gary Christianson 135 29:42 Wally Marks

29:45 James Pawlowski 136

140 29:54 Dan Roberdeau

36:11 John Schiek 193 38:20 Tom Steckler

F60-64

148 30:17 Mary Klug 210 43:51 Lil Steckler

M65-69 99 26:33 Robert Frey

105 26:59 Ed Parker 167 32:07 Dennis Lindner

207 43:06 Dona-Grace Gatewood

M70&over 121 28:43 Daniel Murphy

F70&over

183 34:23 John Hessil

Eighth Annual **JOURNEYS MARATHON** Eagle River, WI May 8, 2004

MARATHON RESULTS

Results provided by Sports Management Associates

> Mike Proctor results@sma.com

> > LEAH R. NIKULA

1st Male WAYNE DALTON 02:44:52

03:24:43

Plac Name

1st Female

DIV = F1929 18 SARAH BURCHELL 03:32:41 36 KIMBERLY ROGOWSKI 03:50:39 76 MELISSA BEHRENDT 04:20:31 77 MELISSA POPP 04:20:45

92 RACHEL B. SKIME 04:26:09 95 CATHERINE HAYMAN 04:28:23 97 NICOLE HOFT 04:30:52 103 JENNIFER J. SUMMERS 04:39:17 105 ANDREA HILDEBRAND 04:40:47

110 ELICIA A. HILDEBRAN 04:46:40 113 ERIN A. JOHNSON 04:49:44 116 TAMARA BRUSS 04:52:08 119 ERIN RICHTER 137 KATE JOPPA 06:30:04 138 MEGAN L. PETERSON 06:30:04

DIV = F3034

50 PAULA MENTING 59 JANET KNUTSON 03:57:06 04:06:36 04:12:09 67 EUNKIA STEVULA 80 DENISE PARRISH 04:23:06 101 CARRIE STEFANIAK 04:36:01

DIV = F3539

44 LISA MAGES-GREENE 03:54:38 72 ANGELA VETSCH 86 JULIE KOEHLER 04.24.21 100 AMY JUNEAU 04:36:01 109 JERI AHRENS 04:45:48 120 WENDY KOHRT 04.57.15 124 MARY JO STAFFORD 05:03:35

06:23:44

136 BETH SHEETZ DIV = F4044

13 LEAH R. NIKULA 03:24:43 26 TERRY DREVES 03:40:10 03:44:47 29 JANIE JAECKS

39 SYDNEY F. VANDERLOO 03:51:59 46 BARBARA MENTING 03:56:31 53 SHARON SCHWABENLEND 03:59:04 57 KARI BROWN-HERBST 04:05:44 88 MARYJO BOLIN 04:25:22 90 JOANNE FURTON 04:25:58 04.25.58 93 SHANNON ALBERTSON 04:26:15

DIV = F4549 42 DONNA THACKWRAY 03:54:17 56 MARIE BARTOLETTI 04:04:14 70 KATHLEEN OLKOWSKI 04:18:02 83 DIANE V. YAMRY 96 LAURIE SCHMITT 04:23:46 99 KATE SHORT 04:31:26 99 KATE SHORT 04:51:20 114 SALLY KORBISCH 04:50:30 123 MARY BOWDEN 05:03:01 125 JANET ABER

DIV = F5054

62 MARY JO JOHNSON 04:09:18 111 CHRISTINE HILDEBRAN 04:47:11 126 MARY MAXON 05:21:46 131 PATRICIA BRIDGES 05:51:06

DIV = F5559 65 SARA B. CHERNE 04:12:01

DIV = M19294 JERAMIA CIBULKA 02:58:59 82 TIMOTHY J. SCHOMMER 04:23:18 84 RYAN MELTON 04:23:49 107 JOSEPH PIRILLO 04:45:35 117 DENNIS MILUTINOVIC 04:52:09

DIV = M3034

1 WAYNE DALTON 02:44:52 03:07:16 6 TIM LAIRD 9 ADAM GOULD 03:19:21 10 MIKE HASEMAN 03:21:18 03:25:49 14 CHAD HAUG 22 WILLIAM HUTCHINSON 03:33:31 25 DOUGLAS SHEPSON 28 MARTY KERSCHNER 55 MARK GUNDERSON 03:42:25 04:03:14 106 JOEL HINKENS 04:42:10 130 JAMIE GUTTENBERG 05:41:40 132 JEREMY JORGENSEN 06:19:43

DIV - M3539

7 MICHAEL HENZE 03:09:48 16 STEPHEN PRITZEN 21 MICHAEL KULAS 03:33:22 34 JASON DUELGE 03:50:21 38 JIM COPPENS 03:51:50 45 KELLEY AKEY 03:54:53 54 ROB PAGNUCCI 04:00:01 60 BILL KARRMANN 04:06:50 69 JOHN P. DEUHS 04:17:33 73 PAUL NELSESTUEN 04:19:38 75 SCOTT ROGERS 04:19:56 79 ROBERT J. LITWIN 04:22:31

DIV = M4044

121 LYLE D. BLUM JR.

2 RICK STEFANOVIC 02:45:02 11 GENE WELHOEFER 03:22:48

04:58:25

19 STEVE LEBARRON 03:32:41 27 TIM MARKUS 31 JON SMITS 03:46:20 47 BRYANT ESKTROM 03:56:37 48 CHAD COUNARD 49 TONY FURTON 03:56:38 52 PATRICK MCKONE 03:57:50 58 TOM HUNSBERGER 04:06:02 64 ERIC KOCH 04:11:41 68 CHRISTIAN A. DANIEL 04:14:06 04:11:41 74 HAROLD HOWLETT 04:19:56 81 BRYAN KAML 04:23:08 87 MARTIN BERGSCHNEIDE 04:24:41

91 DENNIS D. BROHMER 04:26:07

98 DANIEL GARCEAU 04:31:00

108 BRIAN BRUCKMOSER 04:45:48

04:36:03

DIV = M4549

102 KEN WEST

3 GARY BECK 02:54:30 5 ALLEN ANDREWS 03:04:26 8 ANDREW HAYWARD 03:12:14 12 JOHN H. BEIRL 03:24:40 17 BILL PATTERSON 03:30:28 20 DAVE MILKE 03:33:03 24 DENNIS J. DALKA 03:34:08 30 PATRICK HENNESSY 03:45:45 32 DAVID J. LETOURNEAU 03:48:34 33 BRUCE COLLINS 03:49:51 41 KEN NIKULA 43 TOM ROBERTS 03:54:37 04:25:48 89 MIKE SEIM 118 WILLIAM JUCKETT 04:54:22

DIV = M5054

35 ALBERT T. MULLENIX 03:50:36 40 MICHAEL GOODOEIN 03:52:10 51 RICHARD P. RUSCH 03:57:36 66 VAL MERTENS 04:12:02 71 MICHAEL J. HILDEBRA 04:18:08 85 SKIP K. DREW 04:24:15 115 MATTHEW KORBISCH 04:50:30 133 STEVE L. KRUSE 06:21:23

DIV = M5559

15 GARY ENGSTROM 03:26:05 23 WAYNE CHRISTOPHERSO 03:33:35 61 MICHAEL END 04:07:41 78 JOE SCHLETTY 04:22:20 94 DENNIS E. PANTTI 04:28:10 104 NED HUGHES 04:39:20 112 MICHAEL P. RADTKE 04:49:42 127 BERNIE REIDINGER 05:21:47 128 FRANK BARTOCCI 05:24:20 134 MARVIN ANDERSON 06:22:27 135 ROBERT BRANDT 06:23:43

DIV = M6064122 RICHARD GRASSE 04:58:52

DIV = M7099

DIV = M6569 37 JULIAN GORDON 03:51:14 63 GEORGE E. STUMP 04:11:24

129 PAUL S. GIONFRIDDO 05:33:22



Ice Age 2004 was a day of contrasts for the Volunteers; (left) Station 8 Volunteers huddle against the chill wind, (right) They broke out the shorts and Grass Skirts when the sun came out.



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BADGERLAND STRIDERS FUN RUNS

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

***	canesaay evenings, eve	a your wereome
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

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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