

Volume 33, No. 7

Corn Roast Rocks

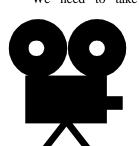
- By Dave O'Brien Director of Picnic Affairs, Video Shoot, and stuff others wisely choose not to handle

By now many of you volunteers for the Corn Roast Fun Run and Family Picnic (and Video Shoot – new this year) have received your assignments regarding the nurturing, feeding, pacifying and otherwise taking care of our runners. (As in providing butter and salt for their roasted corn.)

What we're still organizing is the crowd control and other preparations before the start, and the video shoot of our "silly warm-ups" and the start itself.

This will be a one-of-a-kind video shoot that will show some of our tongue-in-cheek silliness in "fun running" on trails, as well as some serious stuff (if we can just get it together) to impress prospective members, and the R.R.C.A. and DNA. God knows, DNA wields a lot of influence in the State of Wisconsin as well as around us, and perhaps even in our own families.

Those involved (or who want to be involved) in the video shoot may already have your instructions. Those who want to join, just come. Come quickly, and come early. Try to be at the park by 5:30; register by 5:45; and get your shorts and makeup on, and be on-location by 5:59.



We need to take six or seven shoots promptly (and simultaneously) at 6:00, followed by others at 6:01, 6:10, 6:20, and at the REAL START at 6:30. Jean will be the whistle-blower, and we'll all be beholden to her and her watch.

> We'll also have a crew of commentators including Jeff, Karen, Dick,

Mark, and maybe one or two others with absolutely NO PREPARED SCRIPT. That should be interesting in itself.

Also new this year, we will be meeting (and munching, eating and drinking) at picnic area #4. It's all the way up the hill, under the power lines. If there's a storm and lightning, we'll be protected.

There is a parking fee of \$2.25. That's per car, not per person. Please don't pay at the kiosk, but pay at our registration

table. We expect to be welcoming a FEE PICKUP PER-SON between 7:15 and 8:00, and that will elicit an additional music and video performance opportunity. WHAT FUN WE'LL HAVE!

And did I say that we serve bratwurst (wieners for the kids), grilled corn, a salad (making it a complete meal), and watermelon for dessert? And that you should bring along your family including kids and/or "significant other?" Please do. Really, this concept has been approved by our club since 1992.

We'll run in sun or storm. Don't call me, just come. In case of rain, we may postpone the video shoot a year or so. Still, you videographers, bring your video cameras with half an hour's worth of batteries and tape. You never know, the sun might come out.

To get to Minooka Park, take I-94 seven miles west of the zoo interchange, to Highway 18 west. Go west 2 miles to 164. Turn left. Go south 2 miles to County Y. Turn left. Go southeast 0.7 miles to Sunset Drive. Turn right, then left into the park. Pass the kiosk (don't pay there) and go 1/2 mile to picnic area #4. Pay the \$2.25 parking fee at registration.

Colonel Korn and I will see you there. It'll be a FUN run.





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Badgerland F/X 12 & 24 hour Run September 4th, Page 6 ****** **\$**



Race for the Cure

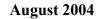
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<u>ŧ</u>Ŕĸĸĸĸĸĸĸĸĸĸĸĸĸĸĸ Al's Memorial Run September 25th, Page 8 $\hat{f k}$ f k h k <u>ୁ</u> କୁଷ୍ଟିଷ୍ଟି କୁଷ୍ଟି **Lakefront Marathon** September 25th, Page 5

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BLS Meeting



INSIDE:

HEADIN' UP **ESTABROOK PARK FOR THE** LABOR DAY WEEKEND SHOW

By Julie Schroeder, Co-Race Director

Here's a good way to start the Labor Day weekend - run the Strider's 20K (12.4miles). We will be starting at Estabrook Park picnic area # 5 again this year. We have good parking and luxurious flush toilets! Race time is 8:00am on Saturday, September 4th.

The course will be well marked with mile markers, but otherwise, with little changed from past years. This run is primarily run on a bike bath with the start and finish on the Estabrook Park roadway. The race is a T-shirtless, no-frills opportunity to compete against others training for the Lake Front Marathon.

Pre-registration forms are available via the www.badgerlandstriders.org website. Entry fees are \$5.00 for members, \$6.00 for non- members. Race day entry is \$7.00 for all. Race day registration is available from 6:45 am - 7:45am.

Course aid consists of 5 water stops. Refreshments and snacks will be available at the finish. Ribbons awarded 5 deep, with 5-year age groups. If you have other questions, please contact co-Race Directors Julie Schroeder or Dennis Wantland at 262-253-1219.

Hope to see you on September 4th!

Speaker

August 18th

No Meeting Fun Run 6pm @ Sheridan Park Kirkwood & Grange Cudahy

September 15th

Strider Amy Richter.

Amy is a marathon runner and bodybuilder. She will give us tips on enhancing our running by incorporating strength training into our exercise routine. She will also tell us about her training for bodybuilding competition.

It's nice to be wanted - Sponsors and Media

Holy fartlek Batman! Is that an Aurora Sports Medicine Institute (ASMI) FREE injury evaluation location! (For legal disclaimer purposes, fartlek is defined as a form of speed work designed to improve running speed. The running community would know this, but just in case this story gets picked up by a major wire service, AP, UPI, etc....)

Why, yes, Robin, it is. In fact, Aurora has stepped up to become the primary sponsor of theLakefront Marathon Build-Up Program. They are providing us with free injury evaluation at any one of their 5 Sports Medicine Clinics locations throughout Metro Milwaukee. Just call 800-219-7776 to set up an evaluation appointment.

Thanks to Jerry Anderson and Phil Carpenter for working with Aurora to get this set up. Al Krueger, Brand and Marketing Coordinator for ASMI is excited to be a part of the build up program and the Striders. He has also set up an "Ask Doctor Strider" section on our website. If you have a Sports Medicine related question, just click on the Aurora link and it will take you directly to the Sports Medicine section where you can click on the "Ask a Sports Medicine Expert" link.

Al and Dr. Mike Gordon are also actively participating in the build up runs, and you could just ask Dr. Gordon your question after one of the build up runs. I'd say you could ask during a run, but he's too fast for most of us.



All runners, including first time and veteran marathoners, should benefit from these new features, since the sooner we know the cause of our injury, the sooner we can rehab and get back on the road.

In addition, ASMI is providing the build up program with bottled water for aid stations. This replaces the "5 gallon tap water cleaned with bleach water at 6 AM containers" of years past.

Striders Getting Some Media Coverage!

Fox 6 has done 2 features on Badgerland Striders Programs over the past few weeks. One was Lakefront Marathon Race Director Kris Hinrich being interviewed on the weather deck discussing the LFM.

Another feature profiled 3 first time marathoners as they begin their quest with our marathon build up training program. Barb Ecklond, Sally Koch, and

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8/4/04

8/11/04

8/18/04

8/25/04

9/1/04

9/8/04

9/22/04

Pam Gryzbowski are being followed by Fox 6's Peter Linton-Smith, who himself is a 5 time marathoner, as the make their journey to the start of the best kept secret in running, the Lakefront Marathon. The feature is scheduled to show each of the first Sunday of July, August, and September on their 9 PM news. I'll keep any changes posted on the graffiti board.

Thanks Peter and Fox 6! The Strider's favorite local station.

Running has also gotten some good publicity, in of all places, the Milwaukee Journal. The coverage leading up to the Olympic trials has profiled a few Wisconsin runners. If you get a chance, write the Journal and thank them. Maybe they'll continue improving their running coverage.

Race Director Needed

Ok, I've toyed with it all year since becoming Prez, but the time has come. In order to devote the time I need to the job of Strider Prez, I am stepping down as race director of The Lakefront Discovery Run. Anyone interested in directing next year's race, please call or email me. I'll stay involved as needed to make sure it's a smooth transition, in spite of me. The race has a great core of captains, many of who have promised to return already for next year. It's a great opportunity to get involved!

June Track Meet brings out the youth

Jean Baumgardner 6:30

Katie Brumgardner 7:52

6:34

6:39

7:10

7:15

7:23

55.4

1:08.2

1:17.4

1:25.6

1:30.7

2:10

2:10+

2:11

2:14

Jeff Weiss

Matt Thomas

Mary Flaws

400 Meter

Catie Kuhl

Dean Polster

Tom Maley

800 Meter

Andy Monto

Derek Serna

Ed Gonzalez

Dan Feehan

Rachel Farrell

Sam Mutschler

Nick Schroeder

Martin Devaney

By Alice Winkler The Badgerland Striders hosted another successful track meet at Hart Park. The weather was 65 degrees and pleasant. We had a good

100Meter

Sam Mutschler 12.54 Matt Wasilczyk 13.56 Caroline Jorgenson 14.65 Martin Devaney 16.06 Danny Flaws 16.11 Mary Kaleta 16.57 16.70 Mary Flaws Tom Maley 16.96 Katie Baumgardner17.49 Alexandra Zubke 17.54 Rachel Farrell 17.89 Amy Klaus 18.58

1600 Meter

Brandon Lesky 4:35 Derek Serna 4:37 Chaz Heckman 5:03 Dan Feehan 5:12 Geoff Harris 5:22 Tony Agostini 5:26 6:01

crowd including families and a couple of high school track teams.

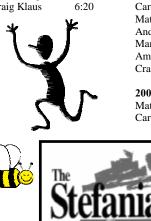
A special thanks to John Miller, Mackenzie Laska, Dave Laska and Leonard Ward for their help.



Jean Baumgardner 32.69 Danny Flaws 35.24 Martin Devaney 36.96 Mary Flaws 37.72 Rachel Farrell 38.01 38.30 Alexandra Zubke Tom Maley 38.58 Stehanie Houski 43.93 56.84 Katie Polster 66.82 Justin Houski

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LA	KEF	RON	Γ
			т •
MARATHON			
R	UILD U		· •
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S	CHEDU	LE 200 4	
AUG 1st		. Sheridan Park (New]	Location)
AUG 7th	12 mi.	at Lake Dr. Lake Park	<u>7:30am</u> 8:00am
AUG 14th	12 mi. 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	<u>7:00am</u>
SEPT 18th	14-16 mi.(taper)	Lake Park	8:00am
SEPT 26th	12-14 mi.(taper)	Lake Park	8:00am
OCT 3rd	Lakefront Marathon	Grafton H.S.	8:00am

Cattiin Czajka	0:01
Brock Borga	6:14
Craig Klaus	6:20



Will Garland	2:24
Tony Agostini	2:30
Caroline Jorgenson	2:38
Matt Thomas	2:56
Andrea Klaus	3:03
Martin Devaney	3:21
Amy Klaus	3:30
Craig Klaus	3:30
200 Meter Matt Wasilczyk Caroline Jorgenson	27.82 30.40

3200 Meter	
Dan Hockstra	9:57.9
Chris Gunderson	10:34
Jeff Klaves	10:48
Leonard Ward	11:03
Dan Feehan	11:50
Heidi Hancock	12:07
Jeff Weiss	14:21
Matt Thomas	15:50
Katie Baumgardne	r 17:00.5
Mary Kaleta	17:00.6
Peter Michael Stefaniak	
tel. (414) 541. 2500, ext.16	

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FREE casual get-togethers, beer/soda, Wednesday evenings, everyone welcome		
3mi, 6mi 6:30pm	Minooka Park #3	
3mi, 6mi 6:30pm	Estabrook Park #8	
3mi, 6mi 6pm	Sheridan Park Pavillion	
3mi, 6mi 6pm	South Shore Pavilion, So Shore Dr & Meredith	
3mi, 6mi 6pm	Whitnall Park #8	
3mi, 6mi 6pm	Greenfield Park #3	
3mi, 6mi 6pm	Whitnall Park #8	

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Times Past: Now and Then National 10-Mile Championships 1979

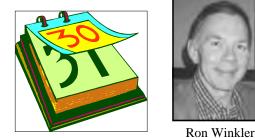
By Ron Winkler

On Sunday, August 5, 1979, the Badgerland Striders hosted the National 10-Mile Championships in conjunction with the Cudahy 10-Mile. The race attracted talent from far and near. The most famous runners to appear were Bill Rodgers, Frank Shorter and Rick Rojas. For the women, the biggest name was Racine's Kim Merritt who had established an international reputation.

The race was the largest Strider event up to that time, attracting 2100 runners and requiring 150 volunteers. The club had expected 4000 runners. The race was sponsored by Schlitz as part of its 1979 Schlitz Light National Running Series. Entry fee was \$4.00 (\$8.00 on Race day). Strider Bill Malesevich was race director. There were awards for the top four male and female finishers, plus additional awards for the top 20 overall.

Age group awards were three deep, with some age groups going five deep.

The weather was far from ideal for the 8:30 am start, with high humidity, rain and a temperature of 83 degrees. As expected, Shorter, Rojas and Rodgers led from the start.





until the final 600 yards, when Shorter out kicked Rojas to win by three seconds with 47:34 (4:45/mile average). Rodgers finished third in 47:58. The victory was uplifting for the 31-year-old Shorter, who had been plagued with a foot injury in 1977 that required surgery in April of 1978.

The fourth person to cross the finish line was Jim Stinzi, the University

> of Wisconsin star from Menomonee Falls. However, his 48:51 did not count because he ran as a

> fourth place finisher was Jim Drews from Green Bay, whose time was 49:38. Walter Saeger Jr., the 1970 City Conference mile champion from Marshall High School was fifth in

> > For the women,

Kim Merritt was the

overall winner in

57:40, over two min-

utes ahead of runner

up Amy Johns who

was clocked in 59:44.

Third place went to

official

bandit. The

49:57.

THE FAVORITES Rick Rojas (47:37), Frank Shorter and Bill Rogers (47.58) stood together and awaited their well earned recognition during the awards ceremony.

They passed through the sixth mile in 4:30, after which Rodgers fell back. Shorter and Rojas continued to push each other, with the outcome uncertain Patti Kaufmann who toured the course in 1:01:04, followed by Cheryl Konkel in fourth place with 1:01:38. The fifth woman to cross the finish line was

O'Brien's photo appears on "Ultrarunning" Cover

Dave O'Brien reported he has been notified by Mr. Don Allison, editor of Ul-



Frank Shorter poses with Bill Malesevich, Badgerland Strider VP and race director, in celebration of a fine days outing. Frank won the ten mile event with a time of 47:34.



Bill Rogers trades sotries with Clark Bowerman BLS President

Sue Burkhardt in 1:02:01. Top Masters runner was Mary Czarapata who finished in 1:08:29.

The race was a financial success, which enabled the club to purchase some much needed equipment such as a digital finish line clock and measuring wheel for certifying courses. Cudahy was the first Strider course to be certified and set the wheels in motion for certifying the other club courses.



trarunning magazine, that one of his photos of our Ice Age 50 mile/50k trail race

(held on Saturday, May 8) would be featured on UR's cover for the July/August 2004 issue.

The issue was placed in the mail to subscribers early in July.

Ultrarunning is a hobbyisttype magazine that covers races beyond the marathon distance. It is printed in black and white.

Dave said he took around 130 photographs of the race, and placed around 100 on the internet.

In Don's e-mail message to Dave, he stated they were using one of his "group shots."

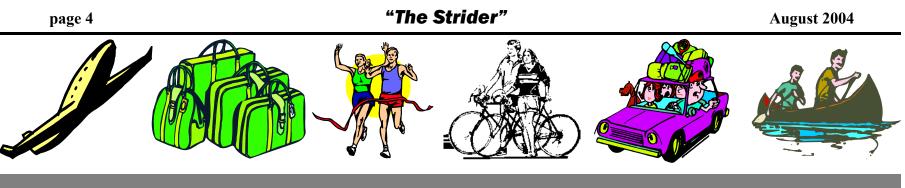
"I think I know the one," said Dave. "I think one of our club members will be visible, right up front."



Helping athletes like *Chris Roberdeau* stay strong, healthy and flexible with Natural chiropractic care.

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ravelling Striders

Charlottesville Half and Full Marathon

by Kent C. Schlienger

This half or full marathon would make a great training run for Boston. Hills, hills and more hills.

Unfortunately it is held the same weekend as Boston. I used it for training for the Ice Age 50 Mile.

Charlottesville was billed as the prettiest marathon in the United States. It took several miles to leave town and it was getting very scenic where the full marathon runners continued on past horse farms, quaint country roads and Virginia estates. Those of us running the half marathon turned and circled back.

The race started and stayed level for two whole blocks. Then we went down a steep, steep hill where we almost felt out of control. Next there was one level block followed by a steep hill that lasted three blocks. We went up and down and past the University of Virginia. The real hills started after we left town.

As we were exchanging histories, I mentioned to a fellow runner that I noticed that we had been running downhill for about a mile. We talked some more and I mentioned that we had we had been going downhill for about a mile and three-quarters. Later I said that I estimated our downhill at 2.5 miles.

The course was a loop, not an out and back. We both figured that we would have to pay for this easy pre-middle downhill. Boy... did we pay!

There were three steep, steep uphills like the one at the start, only going the other way. Each hill was three to five blocks long with level areas in between. Maybe the elite runners in the front of the pack ran these hills but around me most runners ran until their legs said "no more" and walked the balance. The rest of the course was all up and down!

Before I signed up I called the race director and asked if the course was hilly, which I wanted. He answered "We are in the foothills of the Alleghenies and yes, we have some meandering hills." I guess he didn't want to scare me. What an understatement!

We finished the race by running through the historic 'pedestrian only' one half mile area of Charlottesville. Very Impressive!

We were on vacation visiting my niece, who is a Professor at James Madison University in Harrisburg, VA, so we were close to the action.

The weather and area were beautiful. If you are looking for an April break next spring, it's a good option.

After the race we stayed at a Federal Lodge called Skyland Resort on top of Strong Man Mountain, at 4400 feet, in the Blue Ridge Range of the

This all sounds expen-

Conclusion: A nice race,

ant traveling. One of our

better vacations!



The University of Virginia Campus is along the course of the Charlottesville Marathon Photo by Kent Schlienger

BAA Redemption ???

by Layne Davis

I've shared with many of you the highlights of my BAA (Boston Athletic Association) run last year (April 2003). How, at age 51, I ran the Boston marathon for the very first time. It was a true fairy tale adventure that, unfortunately, lacked the story book ending. I had set a challenging but realistic goal of finishing the course in 3hrs 30 minutes. This was the age group qualifying time I had been required to meet in another marathon just to gain entrance to Boston. (The BAA and the Olympic trials are the only two marathons that require a qualifying time to enter) Whether it was the heat (70° at the start), going out too fast, or just not being in good enough shape, I finished in a very disappointing time. Andy, the man who helped me qualify in 2001, always said marathons were very long runs, but Boston was a race. I somehow felt I hadn't honored the course. Those that know me well know that I can be very sensitive and things don't easily roll of my back.

My race number was 8647 and I finished 8208th. I should have been satisfied, but it wouldn't go away. I felt that I hadn't really given an honest effort. My first day back home I went for a run, but my heart wasn't in it. I knew that if I didn't do something drastic I would never find enthusiasm for running again.

We had planned to go to South Africa over the Easter break in 2004 to complete the 7th, and final, continent(s) run. I decided I had to put that trip on hold and go back to Boston to give it my best shot.

I realized that if I wanted better results I'd have to change my training habits and adopt new ideas. The first thing I did was to give up listening to music during the training runs. I don't know a real runner that listens to music while training. They focus on the mental aspect and don't use music to mask out the aches and pains of training. Running was one of the last activities I do that allows listening to music and I've always felt that it kept me young. However, I decided that as long as I was still playing air guitar on the steering wheel I wasn't ready to be old. For the next year I trained hard. I set many PRs (personal records) during the Fall of 2003. As winter approached I got concerned about where I was in my training and asked Rick Stefanovic to coach me to develop more speed. Rick is a 41 year old masters runner that either outright wins marathons or comes in first in his age group. He provided me with a training plan designed to help me run faster. In a twisted bit of irony the best advice Rick ever gave me was the day after last year's Boston. As it happened, he was flying home on the same plane as C.J. and I. Though I'm not the most outgoing and gregarious individual I was so desperate for something to



My terrible performance really disheartened me. I even let C.J. buy me a couple of Margaritas at dinner that evening. That is only the second time she'd



ever seen me drink alcohol (the first being after the 97 degree China run). I heard somewhere that if you place ahead of your bib number you've justified taking a slot at Boston.

Layne Davis

hold onto I asked him how he had dealt with the 70° heat during the run. He said he drank at every water stop and even from the kids holding cups of water lining the race course. I, on the other hand, was so afraid of losing time only stopped every 2-3 miles. On the flight home that afternoon I was determined to learn how to run through the water stops and drink on the go.

One of the unexpected positives of all my training this past year was my weight. Between the two Bostons I lost 8 lbs and 5% body fat. I even got the ultimate compliment a couple of months ago when my barber said I was starting to "look" like a runner.

(Continued on page 11)

Striders in the News **Testing her limits, she breaks** her body but fills her soul



Beth Simpson at the start of the 2004 Western States 100 in Aurora, CA

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by Crocker Stephenson

From the June 25, 2004, editions of the Milwaukee Journal Sentinel

You think you're pretty tough, don't you?

Yeah, yeah. We've seen you. Strutting around the Y. Running up and down St. Mary's Hill. Rowing on the river. Working the speed bags at Ace Boxing Club.

Well, meet Beth Simpson. Forty-five years old. Mother of three. Five feet four. One hundred twenty three pounds.

I bet she can kick your butt.

Doubt it?

Simpson, who is a personal trainer in Mequon, is an ultramarathon runner. Fifty-mile races: Those are training exercises. You want to get Simpson motivated, ask her to run 100 miles. Simpson runs several 100-mile races a year, including one of the toughest in the world: the Western States Endurance Run - which begins at 5 a.m. Saturday (June 26th).

The Western States Endurance Run stretches 100.2 miles through northern California's Sierra Nevada, from Squaw Valley to Auburn.

In the race's first 4 1/2 miles alone, you climb more than 2,550 feet. Before you reach the finish line, which you must accomplish in 30 hours or less, you will climb a total of 23,000 feet, descend 18,000 feet, cross a snow-fed river, scramble over snow, dust and rocks, adjust to temperatures that during the day can exceed 110 degrees and at night (you run through the night) can dip below freezing.

Among the flora is poison oak, among the fauna are rattlesnakes, mountain lions and bears. These hazards are real. A few years ago, a woman who was running on the course before the race was killed by a cougar.

This will be Simpson's third Western States Endurance Run. Last year, she completed the race in 29 hours, 51 minutes and 34 seconds. Ten miles from the finish line, she stumbled over a rock, split open her chin, and ended the race a bloody mess. The year before that, it was 29 hours, 43 minutes and, well, she doesn't remember exactly how many seconds. She thinks 17ish.

The idea of doing anything - I don't care what - for 30 straight hours is too much for me, let along something that is so punishing that, when you have finished, your toenails fall off. I asked Simpson if maybe she wasn't a little bit . . .

"Crazy?" she suggested.

"Exactly," I said.

"I'm not crazy," she said. "Not at all. This race fills my soul. It makes me who I am. This race takes me to my limits. It breaks me. This race forces me to dig deeper into myself than anything else I have ever experienced. It tests me to my very limits.

"How do you know where your limits are unless you try to break them? What a thing to know: your limits."

	2004 Wisconsin V	Vestern States	Finishers
156	Vince Varone	M4049	27:27:16
170	Beth Simpson	F4049	27:38:37
174	James Ehasz	M5059	27:42:50
210	Jim Blanchard	M5059	28:26:40
251	Caroline Spence	er F4049	29:17:03
258	Harry Sloan	M5059	29:23:12
271	Ryan Dexter	M1829	29:39:15





There are lots of reasons to run **Lakefront Marathon**

by Dave O'Brien

It's that time of year. Lakefront Marathon will be run from Grafton to Veterans' Park in Milwaukee, at 8:00 a.m. Sunday, October 3. Here are some reasons to run it.

First, we bus you to the start so you don't have to

buildup programs. It has no advertising, and you can sport it all year round.

And - there will be 50 race captains and 800 experienced volunteers out there to ensure a great marathon experience for you. Check out the race brochure mailed with this issue. If you need another, phone 414-291-2647 or e-mail lfm@execpc.com. Also check out our website

method – running and walking, running and walking.

"Then Kris (Hinrichs) invited me to a (Striders) Saturday build-up run. I ran 7 miles at a relaxed pace with her and Paul (Gionfriddo), that hundred-yearold guy."

"Eighty-one," I corrected.

worry about transportation. Just drive to McKinley Marina, where there'll be plenty of free parking.

It's a great course, flat and fast. There's a net elevation drop of 200 feet. Nine years out of ten, there's a following wind. If there's one marathon that'll give you a good qualifying time, this is the one.

We provide 12 aid stations and great support along the course, to keep you performing at your peak.

There's \$2200 in prize money. Even if you're not able to touch it, you'll be joined by some great runners in its quest.

We frequently have exceptional running weather. Average high: 54 Fahrenheit. Average low: 43.

It's also very affordable. Just \$50 for the marathon thru September 17. Or \$95 for a (new this year) FOUR PERSON relay, also thru September 17. Moderate price increases thereafter. (Note - there is a newly-imposed cap of 150 relay teams. There will be no relay team registration on day of race.)

NEW THIS YEAR - Purchase a dri-release "In-Training" shirt for \$15 at fun runs or marathon www.badgerlandstriders.org/lakefront.

One Man's Reason

Steve "The Homer" True was about to go "on the air" hosting his daily (6 to 8 p.m.) sports talk show (WISN Radio, AM 1130) when I finally caught up to him.

"Some years back, when I was in my 40s," he explained, "I had (football player) John Dorsey on my show. He stated that he had run two marathons. I don't know why, but that fact impressed me and stuck in my mind.

"But when Oprah Winfrey ran her marathon, I thought, 'If she can do it, why can't I?'

"It became an obsession with me. I had run track in high school, but wasn't very good. I played some tennis in college. Later I started running seriously, then stopped. I may have started and stopped running fifty times. I never really enjoyed running.

"My wife Nancy and I picked up on Galloway's

"Yes, eighty-one. Right now I'm feeling a little pain in my left knee, but it seems I might be able to keep going.

'You know," Steve continued, "I never knew this group (Badgerland Striders) existed. Then Kris approached me, and suddenly I'm running again. At the buildup run, I found I was getting a lot of positive feedback, and feeling good about it. Having a good time is important. These are really neat people."

Reasons to Help

For one thing, you get the prestigious LM sweatshirt. I have several from previous years, but not this year's color and design.

It's an exciting event, and you can interface with active and enthusiastic people in a variety of ways.

Really, we have wonderful

members, and it's a great party.

Please notice the white signup sheet included with this issue, or call Brigitte Wendt at 262-971-0115, or e-mail bwendt@execpc.com.



Badgerland F/X 12/24 HR RUN I SPENT 24 LONELY HOURS IN A BROWN GREENDALE HAZE

by Marty Malin RD

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

As of eight weeks before the event, we already have seven entrants, which is earlier than in recent years. So we are expecting a great turn-out for all three events. And judging from their recent accomplishments and goals, we should have some impressive performances too.

The 24 hour, which starts at 8 a.m., and the Day 12, which starts an hour later at 9 a.m., are again RRCA State Championship events, while the 8 p.m. start of the Night 12 makes it perfect for those who don't want to run in the heat of the day but still want to participate in an ultra, or for those getting some night training in anticipation of competing in a 100 mile trail run.

And its all for a good cause too, as net proceeds from the event go to help support the Muscular Dys-

trophy Association, which happens to have their nationwide signature event on the same weekend. So, if you can't participate, you are still welcome to donate. We will have a donation box at the event. Or, if you are going to be out of town, you could just mail a check (payable to the MDA), to: Marty Malin, 6522 W Wright St. Wauwatosa, WI 53213.

By the time you read this, we should be up and running with a website just for this event. You can reach it through <u>www.badgerlandstriders.org</u>. Just look for the area that has Club Race Websites, and you are there. Not only will it have general info about the three different events and an entry form, but it will also have a section of FAQ's. So if you were too afraid to call me to ask a question about the 12 & 24 Hour, you could just look it up there. And if you don't find the answer, then just give me a call, and I will try to answer it for you.

And in the future, plans are underway to have a brief history section - a place where you can find out how it got started, and the many changes it has gone through to get where it is now.

And because Paul Butzen was so instrumental in this race's development, we are holding this race in memory of him. If you don't know him, he was the founder of the Fond du Lac Running Club, and usually its President. **See article below**. Our thoughts go out to his family and the Fond du Lac Running Club.

(bad revisionism of a Jimmy Buffett lyric)

Paul was the best promoter of running this state has ever had.

He will be missed.

If you would like to just check this race out, or volunteer, 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. Take Southway for about a block. On your left, there is a turnoff for a small parking lot on the North side of the track, just before you get to the High School parking lot.

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

Wisconsin will miss Running Advocate Paul Butzen

Family, friends and a multitude of runners will always remember Paul Butzen, who drowned trying to help a stranger recover a capsized kayak on the Sheboygan River while on a Father's Day outing with his son, Brian. Those who knew him well say that Butzen always tried to help anyone in need. He was 62 years old.

The Midwest will remember him as a motivator who preached one topic continually, and that topic was running. He was well known in the Fond du Lac running community. He served as founder and president of the Fond du Lac Running Club, a running coach and as a volunteer in the community Paul advocated for running as a family affair. Evidence of the belief manifests itself in his 25-year tenure of being the director of the Walleye Weekend races. Over the years, the event grew to become one of the premier running events in the entire Midwest for runners of all ages.

Presenting Don Ayer

✤ Lifetime member, Badgerland Striders
❀ R.D. Al's Run 7 yrs ※ R.D. Ice Age 8 yrs

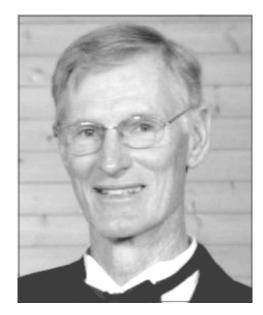
What made the Walleye runs so extra special was that they involved entire families. "It's always been for the kids," Paul would often proclaim. The biggest smile would cross his face when the 1/3-mile, sixand-under races would start. His face would beam when hundreds of cherub-faced children were running the race of their young lives.

Butzen spent 31 years teaching elementary physical education and 16 years coaching high school cross-country. During his career in the Fond du Lac School District, he carved lifelong beliefs into the bodies, minds and souls of every young person who met him.

He often worked under the radar screens that seemed to be focused on the so-called "admission sports" like basketball and football. In that atmosphere, Paul merrily went along developing young students into student athletes that in most scenarios would have been left in relative sports obscurity.

Some skinny, some awkward, but all were molded into athletes capable of doing one sport and doing it well - running.

Without a doubt, Paul is probably busy organizing his next big race. He has most likely already named it the "First Annual Pearly Gates Father's Day Walk/Run." Everyone will be encouraged to participate while Paul continues to insist, "everybody runs." Chances are, in the interest of fair play, Paul will impose only one simple rule: "No Wings Allowed During the Race."



Fond du lac Running Club co-founder and President Paul Butzen. (September 8, 1941 - June 20, 2004)

After a few miles the runners began losing contact with each other. Paul said that at one of the early mile markers, he was told by race officials that he was in eighth place. A while later, he was told he was in seventh. Still later, he had moved up to sixth. However, what confounded the young soldier from Fond du Lac was the fact that he hadn't passed anyone at all. Some of the runners who were ahead of him must have dropped out. And so it went, mile after tortuous mile, he kept moving up a place at a time without passing anyone! Finally, wanting very badly to drop out himself, he found himself in FIRST place. Determination that would be his trademark for life then set in, and he went on to cross the finish line of the innagural Honalulu Marathon. With his Converse high top basketball shoes soaking in blood, he stood victorious at the first marathon he had ever run. There was to be only one other finisher that day, a bare foot Hawaiian fellow.

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?

From the BLS Graffiti Board posted by Cracker Jack

One of the oddest tales of Paul's life as a runner, basketball and softball player, happened very early in his pusuit of adult athleticism. When he was stationed in Hawaii as a member of the armed forces, he bagan running. Soon after, he heard that some folks were putting together a marathon race set to start at dawn in Honalulu with the blast from a naval howitzer. Today we all know that event as the Honalulu Marathon. Anyway, this was the very first one, and only twelve brave but unsure young men showed up at the starting line. The howitzer was fired and the small field was off and running.

This prompted one of Paul's most oft quoted remarks. When asked by the newspaper how he did it, Paul simply stated, "I beat the other guy."

SUPER RUNNERS AND VOLUNTEERS, TOO!

by Karen Van Rite

Here's to another successful Superun. Although some may have been scared off by the threat of severe weather, close to 600 runners and walkers took part in this year's event. And those who did participate were treated to an evening of perfect running weather, fast times, great refreshments, awards and surprises.

The severe weather never materialized, at least at Lake Park, despite ominous warnings from every weather forecaster in Milwaukee. While it may have been raining in the suburbs at 5:00 or 5:30 in the evening, it was perfectly dry at Lake Park (until about 9:30 p.m. when the last beers were being consumed). In fact, the weather was a bit cool with a light breeze -- perfect for running.

These splendid conditions contributed to some pretty quick times. Our overall winners were repeats of last year, only faster. Aaron Nodolf won the race in 15:23, an improvement of 17 seconds over his 2003 performance. Dot McMahan ran an impressive 17:49, a full 40 seconds faster than last year.

There were two new masters winners, Terry Labinski and Cheryl Neumann, who finished in 17:01 and 20:06, respectively. Our younger runners were well represented as well. In the 14-and-under age group, Philip Monroe took first place in 22:18 and Carly Windt won the female division in 22:52. Congratulations to all our winners. You can find a complete list of race results in the back of this newsletter.

We would especially like to thank all our volunteers -- nearly 100 of you. Many of you have helped out year after year, and we are so grateful for your loyalty. We were very happy to see a lot of new faces this year, people who stepped in to help wherever needed. We appreciate each and every one of you, along with our dedicated captains who made sure that all areas were covered. Co-Director Bob Scherer and I would also like to thank our family members – Bob's wife Kay and daughter Maya, My husband Al and daughter Lauren -- whose support behind the scenes and on race day was invaluable.

We had a very positive response from our volunteers for their recognition gift this year. Many of you who were there may have noticed the volunteers wearing their official "Superun" running hat. This was something new this year, and we hope to continue the tradition in 2005. Remember, the only way you can get one of these hats is to volunteer! We would be remiss if we did not extend our thanks to the members of the Pompeii Men's Club. They cook up those tasty Italian sausages and provide all the refreshments, including the free beer. There is much work in planning and organizing the event in addition to the race day duties, and we are grateful for all their help.

Recognition should also be given to our sponsors who so generously donated attendance prizes for our post-race party. Thanks to Rodiez's Running Store for the gift certificates and discount coupons. We are also grateful for the National Bakery and Deli's donation of bakery gift cards. Additionally, Gail Albrecht of GCA Enterprises provided the XS Energy Drink samples and terrific gift basket. Finally, the real winner ... the Wisconsin Special Olympics. Proceeds from the race go to benefit this charitable organization that provides help for mentally and physically challenged athletes. Because of the efforts of the Strider volunteers, the Pompeii Men's Club, and all the Superun participants, a sizable donation will be possible. Thanks to all! Next year's Superun will be held on Wednesday, June 22nd. Don't listen to the weatherman, don't fear the hill, and plan to be there ... as a runner or walker, or volunteer or spectator. You are guaranteed to have a good time while supporting a very worthwhile cause.

Fourth Annual Dylan's Run for Autism to Indian Summer

By Norah Louise Johnson

I was up late the other night, watching Jay Leno, when I heard a stand-up comedian say, "I wish they would find the cure for all the diseases in the world, because I'm getting tired of walking 5k." The very next day my copy of "The Strider" arrived, and as I opened it, out fell several flyers for funding-raising 5ks. There <u>are</u> a lot of these races!

How can I convince you that this one is the best of them all! (But it's not a Strider event you say? And Tosa fest is the night before!! I can't possibly do this one too...?).

I have been involved with Dylan's Run since its inception, four years ago. Marty Mallin measured the course (so you can be sure it's accurate). We have great entertainment, lots of volunteers, accurate scoring, 5 year age categories and a new 10 and under age group. The 5k Dylan's Run and Walk for Autism will be held for the fourth year at the Indian Summer Festival, on Sunday, September 12, 2004, at 10:00 a.m.



Chancery Tosafest 5K

Run for ALS

A 5K Evening Road Race and Family Walk on September 11th, 2004, through the Menomonee River Parkway, finishing in downtown Wauwatosa, at the heart of the very popular TosaFest.

Registration: Sign up now using online registration at http://www.badgerlandstriders.org/tosafest/. (Online registration will be closed after September 7, 2004)...OR...Print & Mail the entry form enclosed in this newsletter with the Entry Fee by September 8th to...

Badgerland Striders c/o The Little Read Book 7603 West State Street, Wauwatosa, WI 53213

Note: Little Read Book Store Staff will assist with mailed and in-person registration. Please patronize this loyal sponsor.



Late Registration 6:00 to 8:30 pm on Friday, September 10th at the TosaFest Admin. Tent near 76th & State Street, and on race day at Tosa East (North Door) from 3:30 pm to 5:00 pm. Make checks payable to: A.L.S. Association. Payment must be included with entry form. Entry fee is nonrefundable.

Packet Pick-up: All race packets should be picked up on race day, 3:30 to 5:00 pm at Tosa East H.S. (North Door)

The Course: Race starts at 5:30 p.m., with prerace staging at Wauwatosa East High School. This 5 Km course will be traffic-free and run entirely within the Tosa Village area. Starts near Tosa East High School, at Hillcrest Ave. & 70th Street. Split times are given at 1 mile, 2 miles and finish. Water is available at half-way point and finish. Note: the TosaFest 5K is a qualification race for the Senior Olympics. Awards to follow race.

Divisions: Overall M & F, Masters 40+ M & F, 14 & under, 5 year age groups from 15-19 up to 65-69 and 70 & over

Awards Ceremony: 3 deep in each age group, team, overall M & F, open & masters. Awards ceremony to be held near Finish Line at approximately 7:00pm.

Children's Races:

Wauwatosa East High School Practice Field

This run is named after a seven year-old boy --Dylan, His family is American Indian, from the White Earth Band of Chippewa. The 5k works to raise much-needed



Dylan 2004

money for research, and for the ongoing services that the Autism Society of Southeast Wisconsin Chapter (<u>ASSEW</u>) provides.

Once again meteorologist Lance Hill from WISN channel 12 will be the celebrity chair, and, this year, we will be joined by Mrs. Wisconsin 2004, Mary Alice Sicard, whose own daughter suffers from autism.

More information for the race can be found at the web site, <u>http://www.dylansrun.com</u>.

See you at the finish line (That's where I volunteer).

- Ages 0-6, 1/4 mile; Ages 7-12, 1/2 mile
- Starting at 4:00 pm
- North Entrance to High School

Optional TosaFest Race T-Shirts available in kids' sizes, \$6 each (available day of race, if pre-ordered). *Note: Parent must be present with child to sign waiver, if registering on day of race*



2004 Race for the Cure[®]

SOMEDAY THIS WILL ONLY BE A RACE

MILWAUKEE - The Milwaukee Affiliate of the Susan G. Komen Breast Cancer Foundation will hold its sixth annual Race for the Cure® on Sunday, September 19, beginning and ending on the downtown campus of Northwestern Mutual, its local presenting sponsor.

The Milwaukee Race for the Cure® has raised nearly \$600,000 for the Komen Milwaukee Affiliate since its inception in 1999. Money is awarded to community organizations and local hospitals for education, screening and treatment programs for the medically underserved in Southeastern Wisconsin. Approximately 1,400 women in the eight-county affiliate region are diagnosed with breast cancer each year.

"The Komen Foundation's mission is to eradicate breast cancer as a life-threatening disease through research, education, screening and treatment," says Theresa Reagan, 2004 Race Chair and a five-year breast cancer survivor. "Our goal for this year's race is to draw over 6,000 participants from Southeast

Wisconsin in a collective effort to celebrate breast cancer awareness and create a powerful testament to our commitment for finding a cure."

As the affiliate's signature fundraiser, the 2004 Milwaukee Race for the Cure® team and individual participants are projected to increase more than 50% when compared to the 2003 Race. Growing participation is due to increased local support, sponsorship and advertising campaigns, expanded team-building efforts and a new interactive, user-friendly online registration system.

Funds raised from Race for the Cure® will benefit the Komen Foundation Award and Research Grant Program, which supports groundbreaking breast cancer research, meritorious awards and educational and scientific programs around the world.

Additionally, up to 75% of the funds raised will remain locally for early detection awareness and education, providing more treatment options and a greater chance of surviving the disease that accounts for nearly one-third of all new cancer cases in women.

The Susan G. Komen Breast Cancer Foundation was established in 1982 by Nancy Binker to honor the memory of her sister, Susan G. Komen, who died of breast cancer at the age of 36. For more information about breast health or breast cancer, call the Susan G. Komen Breast Cancer Foundation's tollfree Breast Care Helpline at 1-800-I'M-AWARE® (1-800-462-9273) or visit the foundation's web site at www.komen.org.

When:	9:00 am Sunday September 19, 2004
Where:	Northwestern Mutual Life
	Downtown Milwaukee
Races:	5K Wheelchair race 8:55am
	5K Timed Run 9:00am
	5K Fun Run 9:05am
	1mi Fun Run 9:15am
Register O	nline: www.milwaukeeraceforthecure.com/



For more information about the Milwaukee Race for the Cure® or the Komen Milwaukee Affiliate, visit

www.komenmilwaukee.org or call 414-805-2900.

Al's Memorial Run for Children's Hospital September 25th

MAKE A DIFFERENCE FOR KIDS

by Jacklyn Mullahy CHW Run & Walk Team Intern

Join the 2004 Grand Marshals, Marquette University head basketball coach Tom Crean and his wife, Joani, Saturday, September 25, for the 27th annual running of Al's Memorial Run & Walk for Children's Hospital presented by Briggs & Stratton. The event is one of the largest and most successful run and walks in the Midwest.

Runners, walkers and wheelchair participants can choose from an 8K run or three- or five-mile walks. Wheelchair participants will start the event at 10:15 a.m., followed by runners at 10:30 a.m. and then walkers.

Over its history, Al's Memorial Run & Walk has



• Register in the lobby of the Oakwood building located at 10361 Innovation Drive in Milwaukee. Registration is available Mon., Sept. 20 through Thurs., Sept. 23 from 8 a.m. to 5 p.m. and Fri., Sept. 24 from 8 a.m. to noon.

Noon on Fri. will be the final time to register before the event.

• Register on the day of the event at the Registration Tent located near the Start Line on 12th and Wisconsin Ave.

Registration fees are \$18 for adults and \$8 for children ages 12 and younger on race day. Fees are slightly higher if you register on the day of the event. Runners, walkers and wheelchair participants of all ages are invited to help surpass last year's total donations of \$722,000. One-hundred percent of pledges raised by individuals or teams directly helps kids at Children's Hospital by supporting the vital patient care, research, education and advocacy programs they count on.

raised more than \$6 million to help Children's Hospital of Wisconsin provide children throughout the state and beyond with the standard-setting pediatric health care. Money raised through registration fees and pledges especially helps the hospital provide nationally recognized programs, conduct research, purchase state-of-the-art technology, and educate the community about issues related to children's health.

Registration options for Al's Memorial Run & Walk include:

- Register online at <u>www.alsmemorialrun.com</u> or follow the link from the Strider Web site at <u>www.badgerlandstriders.org</u>. Visa and Master-Card are accepted.
- Call the Al's Memorial Run & Walk Team Hotline at (414) 266-1520 to request a free team kit.
- Register by mail before Aug. 13 using the form included in this issue of the "Strider."
- Sign up at your local Milwaukee-area Boston Store between September 17-19 (Registration times vary. Visit <u>www.alsmemorialrun.com</u> for specific dates and times.)

Sept. 25, 2004

When:10:00 am Saturday
September 25, 2004Where:Marquette University
12th and Wisconsin AveRace:10:15am 8K Wheelchair Race
10:30 am 8K Run
Register Online:
www.alsmemorialrun.comNote:USATF State 8K
Championship Race

Pledges make the difference

It is never too early to start raising pledges. \$100 is all it takes to begin qualifying for pledge prizes. New this year, it's easier than ever for participants to promote their involvement to family and friends, and raise pledges online. All it takes is a visit to <u>www.justgiving.com/alsmemorialrun</u> to create a personal pledge-raising Web page in three easy steps. Pledges can be received from anywhere in the world.

Since 1894, Children's Hospital has been one of the top children's hospitals in the nation and the only hospital in Wisconsin solely dedicated to the treatment and needs of children. Children's Hospital provides care not only to children in Wisconsin, but also Michigan's Upper Peninsula and Northern Illinois.

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.

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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 (1^{st}) 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.



This newsletter is printed on recycled paper.

Badgerland Striders 2003 VIP List

Executive Board

President	John Cornell	414-967-9657
		jdcstrider@aol.com
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Secretary	Marty Malin	414-453-7326
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	U	enacct@execpc.com
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Past President	Larry Govin-Matza	t 414-961-0050
		lacrin @mass som

lgovin@mac.com

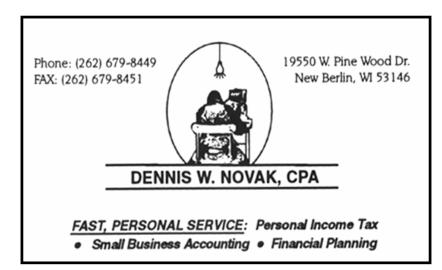
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Equipment	Don Weyer	414-332-6942
Fun Runs	Ron Behlendorf	414-412-1100
Race Book Editor	Jeff Weiss	414-771-3165
Finance Chair	Dennis Novak	262-679-1656
Mthly Mtg Chair	Kathryn Retzlaff	414-224-0396
Computer Chair	Bill Schauder	262-521-2191
Track & Field	Ron & Alice Winkler	414-744-9404
Marathon Buildup	Phil Carpenter	414-541-3086
Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

Race & Program Directors

8	
Samson Stomp	Jan 18, 2004
Andrew Delzer	262-306-1998
Steve Cullen Run	Jan 24, 2004
Phil Carpenter	414-541-3086
John Dick Memorial 50K	Feb 7, 2004
Craig Hopper	262-642-7237
BLS Beginning Running Program	Mar 30, 2004
Marty Malin	414-453-7326
Strider 1/2 Marathon	Apr 10, 2004
Kathryn Cairney Dunn	414-421-6822
BLS Intermediate Running Program Marty Malin	Apr 15, 2004 414-453-7326
Ice Age 50-Mile/50K	May 8, 2004
John Zinzow & Holly Neault-Zinzow	262-495-3131
Sarah's Stride – Hartfest 5K Pete Abraham	May 22, 2004 414-774-4580
Superun 5k	Jun 23, 2004
Bob Scherer	262-569-6732
Karen Van Rite	262-786-8661
Hales Corners Firecracker Four	July 4, 2004
Doug Nelson	414-258-2325
Cudahy 4mi & 10M	Aug 1, 2004
John Bell	414-327-5872
Minooka Corn Roast	Aug 4, 2004
Dave O'Brien	414-425-1309
Strider 20K	Sep 4, 2004
Julie & Dennis Wantland	414-264-9968
Badgerland FX 12-24 Hr Run	Sen 4, 2004

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



Badgerland FX 12-24 Hr Run	Sep 4, 2004
Marty Malin	414-453-7326
Tosafest 5K	Sep 11, 2004
Tom Davis	414-220-4220
BLS Beginning Trail Running	Sep 13, 2004
Marty Malin	414-453-7326
Komen Race for the Cure	Sep 19, 2004
Karin White	414-961-0116
Al's Memorial 8K Run	Sep 25, 2004
Jeff Weiss	414-771-3165
Lakefront Marathon	Oct 3, 2004
Kris Hinrichs	414-291-0368
Glacial Trail Run Tom Bunk	Oct 10, 2004 262-392-2506
Lakefront Discovery Run	Oct 30, 2004
John Cornell	414-967-9657
Turkey Trot	Nov 7, 2004
Len Wachniak	414-545-5899

COMING EVEN LS

CUDAHY 10 & 4 MILE RUN Cudahy Aug 1 7:30am reg 6 Sheridan Pk on Lake Drive north of HS Note New Sun 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-reg. Perks TS, food, bev, shwrs. Contact John Bell Day 414-221-2502 Eve 414-327-5872 johnbell29@netzero.com AMPHIBIAMAN TRIATHLON Delavan Aug 1 sprint & olympic dist. Awds 3/mf, 2/div clyde/athena/relav. Fees S Sun \$45, \$90 team, \$55, \$1110 after 6/1. O \$60, \$110, \$70, \$130. Day 815-479-0236 customcompetitions.com FIREHOUSE RUN Grand View Aug 1 15k 9am, 2mi 11:30. Note 50/33 bike Sat, 50/15 best of both. Awds Sun 1/mf, 1/div. Other Chip timing. Contact Christine Iverson Day 715 763-3333 Eve 715-763-3197 firehouse50.org LAONA SOUPER RUN Laona Aug 1 10k, 2mi, 1/2mi age 12-, 1/4mi age 7-, 4mi Volksmarch, 9am. reg 8. Sandy Beach Pk on Silver Lake (10mi E of Crandon). Note 25th Sur 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 souperrun101@aol.com Aug 1 MARATHON BUILD-UP Milwaukee CUDAHY 10 MILE. See Listing this date. Sun SEE DICK RUN Bloomer Aug 4 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, Wed \$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 4 1mi 6pm. 3k, 5k, 7.5k, 6:30. reg 5:30. Municipal Field, S 23rd & Grand. Divs 11-, 12-14, 15-17, 18-22, 23-29, 10yr, 50+. Awds by div. Wed Whchr flat course. Fees \$.50 raceday only. Perks dwgs, bev. Contact Dave Nickels Day 920 684-0912 dave nickels@hotmail.com BLS FUN RUN & CORN ROAST Aug 4 Waukesha Wed Program 6:20pm. 4mi run (forest trails) 6:30. 7:00 eat! Minooka Pk #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 tds.net Aug 4 ADULT SUMMER ADV RUN PROG Tosa 6-7:50am. Hart Park. 12, 13, or 16 sessions. Speed program similar Wed to intermediate, but uses heart rate monitors (some provided). Note 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 4runners@merr.com www.badgerlandstriders.org HASLANGER - WELLS FARGO CLASSIC Baraboo Aug 7 10k, 5k, 8am. reg 7. South School. Note 22nd Annual. Divs 18-24, Sat 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 Baraboo WI 53913. Day 608 356-3553 plz@baraboo.com Aug 7 AMER DIABETES ASSOC BRAT TROT Kohler 4mi r/w, 1mi family walk, 8am. Reg 7. Sportcore. shuttle from finish to Sat 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 goodie bags, Brat Days coupons, juice, fruit, snacks, door prize dwgs. Contact Teresa Dodson Day 414 778-5500x6526 diabetes.org MARATHON BUILD-UP Milwaukee Aug 7 12mi 8am, Lake Pk Pavilion, Fees no, Perks beer, soda, Contact Phil Sat Carpenter Eve 414-541-3086 Carpntr@aol.com www.badgerlandstriders.org OREGON COMMUNITY FUN RUNS Oregon Aug 7 Sat 1k children's (10-) 8am. 5k, 10k 8:30. Kayser Pk. Divs 12-, 13-18, 10vr. 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 **RIPON MEDICAL CENTER ŤRIAŤHLON** Aug 7 1k/43k/10k 8:30am, .5k/27k/5k 8:35. Green Lake Co. Pk Hwy K. Divs Sat 19-, 5yr, 60+, Teams m/f/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 triathlon@rmcnet.org THE BUN RUN Seymour Aug 7 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. 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 Aug 7 5K 8:30am. 1/2mi kids (5-12) 9:30. reg 6:45. Fairview Plaza side of Sat Sat

Aug 11 Wed	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.	Aug 18 ^{Wed}	2
	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	Fri Aug 20 Fri	1
Aug 11 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing August 4th.	Aug 21 Sat	י ו 1
Aug 14 Sat	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	Aug 21 Sat	/ 5 1 1
Aug 14 Sat Aug 14	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	Aug 21 Aug 21 _{Sat}	
Sat	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		A E E
Aug 14 Sat	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	Aug 21 Sat	2 2 0 1
Aug 14 Sat	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	Aug 21 Sat	
Aug 14	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 Istecker1@wi.rr.com KISSEL CAR CLASSIC Hartford	Aug 21 Sat	E P S V
Aug 14 Sat	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	Aug 22 Sun	\ 5 5 5 5
Aug 14 Sat C	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/T_c/div_relayed 2div. Whother up 8. Hordeside diverged the without a	Aug 22 ^{Sun} Aug 25	1 1 1
A	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	Wed	3 N H
Aug 14 Sat C	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	Aug 25 Wed Aug 25	
Aug 14 Sat	Proctor Day 414-536-1377 hast@smaresults.com MARATHON BUILD-UP Milwaukee 14mi 8am. See Listing August 7th.	Aug 28 Sat Aug 28	(1
Aug 14 Sat	SPRINT FOR SPINA BIFIDA Milwaukee 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	Sat Aug 28 Sat	t 1 5 0 0
Aug 14 Sat	607-9061 sbawi.org PLEASANT PRAIRIE KIDS TRIATHLON 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	Aug 28 Sat	V 1
Aug 14 Sat C	ST. MARK'S GREEN HEART 5K R/W Belgium 5k r/w 8am. Community Pk on Main St. Note benefits T-BAUM Fdn. Divs 12-, 13-17, 18-29, 10yr, 70+. Awds Trophy 1/mf, 1/div. Fees \$12, \$15 raceday. Family \$40, \$45. 6- free. Perks dwgs, food, bev, TS/early regs, dayof while supply lasts. Contact Jeff Theys Day 262	Aug 28 Sat	۱ ۲ ۲
Aug 14 Sat	DEPOT TO DEPOT RUN-WALK Black Earth 512-232 Eve 262 285-4112 stmarkbelgium.org DEPOT TO DEPOT RUN-WALK Black Earth 5mi 8am. reg 6:30. Black Earth to Mazomanie. Note Free bus back to start. Divs 12-, 13-15, 16-19, 10 yr, 60+. Awds walk 1/mf. run 1/mf, 3/div. Whchr no. Fees \$10, \$5 no TS by 8/1. \$15, \$8 after. Perks	Aug 29 Sun	(
Aug 14 Sat	awards, gift certif, bev. Contact Wes Geringer 608 767-3951 wnger- inger@hotmail.com LEINE'S PURE WATER DAYS RACES ChipFIIs 1mi 8am. 4mi, HM 8:30. 200yd dash 9:30. 2mi walk reg 6. CVFamily YMCA. Divs diff. divs each - but most are 10yr, 60+. Awds plaque	Aug 29 Sun	
A	3/div. 4mi, HM: prizes 3/div 21+. Whchr 3/mf. Fees 1mi \$12, 4mi \$14, HM \$18, 200yd \$8, 2mi \$8, family \$46. More raceday all. Perks TS, watermelon, bagels, bev, shwrs. Contact Jennifer Sherbinow Day 715 723-2201 js2201@charter.net	Sep 1 Wed	3
Aug 14 Sat	LODI LIBRARY FUN RUN/WALK Lodi 5k, 1mi walk, 1mi kids 14-, 8am. reg 7. Old HS. Note Road & has 1	Sep 1	/

5k, 1mi walk, 1mi kids 14-, 8am. reg 7. Old HS. Note Road & has 1 hill. Divs 9-, 5yr, 70+. Awds 5k run plaques 2/div. 1mi ribbon/all. Whchr Yes. Fees \$3, \$10/TS. \$5, \$12 after 8/9. Perks \$100 Moving

Aug 18 ^{Wed}	ADULT SUMMER ADV RUN PROG Tosa See listing Aug 4.
Aug 20 Fri Aug 20 Fri	CANCER SOC RELAY FOR LIFE New Holstein 18-24hr r/w, 6pm, teams of 8-15. Day 800-947-0487 cancer.org CANCER SOC RELAY FOR LIFE Whitewater 18-24hr r/w, 6pm, teams of 8-15. Day 800-947-0487 cancer.org
Aug 21 Sat	MARATHON BUILD-UP Milwaukee 16mi 8am. See Listing July 3. Milwaukee
Aug 21 Sat	ARTH FOUND R/W TO IRISH FEST Milw 5k r/w 10:30am. reg 8:30. North Gate Irish Fest. Divs 14-, 15-19, 10yr, 60+. Awds 1/mf, 1/div, 1st team. Fees \$17 thru 8/6, \$25 after. Team deadline 7/23. Perks TS, free adm. to Irish Fest, food, bev, entertainment. Contact Stephanie Haller Day 414 321-3933 or 800 242-9945 arthritis.org
Aug 21 Aug 21 _{Sat}	MANITOWOC/TWO RIVERS YMCA TRIATHLON SAUSAGE RACE 5K RUN/WALK Milw 9am. Sausage Haus at Miller Pk. Divs 12-, 13-19, 10yr, 60+, wchr. Awds 1/mf, 3/div. Fees \$20, \$25 raceday. Perks TS, hot dog or brat, bev, ticket to game that day. Photo ops with sausage chars & Bernie Brewer. Contact Brewers Charities Day 414 902-4400 milwaukee- brewers.com
Aug 21 Sat	YMCA PABST FARMS DUATHLON Oconomowoc 2mi/20mi/2mi, 8am. reg 6:30. TBA. Note 9th annual. Divs 13-17, 18- 24, 5yr, 70+. M/F/Coed. Awds Trophy 1/mf, 1/team type. medals 3/ div. Fees \$35, \$45/team. \$5+ after 8/1, \$5+ raceday. Perks TS, lunch. Contact Pabst Farms YMCA Day 262 567-7251 ymcaat- pabstfarms.org
Aug 21 Sat	JAYCEE KLEIN-SCHERR R/W FOR YOUTH Slinger 5k run, 2mi walk, 9am. reg 8. Slinger Water Pk (Fireman's Pk). Note 3rd Annual. Divs 10. 11.14 15-18 19-29 10yr 60+. Awds 3/mf 3/div. Whchr call. Fees \$12, \$10 addl. family. \$15 raceday. Free w/\$50 donations. Perks TS, Water park, food, drink, dwgs, massages, shwrs, music. Contact LeRoy Reed 262-629-1789 slingerjaycees.org
Aug 21 Sat	BOOK N' IT 5K & 10K SUN PRARIE New Event: 5k & 10k FOR THE Sun Prarie Public Library Fees \$15, \$20 after 8/9. Perks TS Contact: Bob Kincaid 608-825-3040
Aug 22 Sun	www.scls.lib.wi.us/sunprairie/run.html WORS TRAIL RUN #6, CALUMET SUN RUN Hilbert 5 & 2.5mi, 9am. 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. Contact Don Edberg 715 592-5095 trailrun.wors.org
Aug 22 Sun	FOX CITIES MARATHON TRAINING SERIES Menasha 18mi 6:45am. See 8/8
Aug 25 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6pm. South Shore Pavilion, South Shore Dr & Meredith. Note Time change from previous week. Fees no. Perks bev. Contact Kathryn & Gary Dunn. Eve 414 421-6822
Aug 25 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing Aug 4.
Aug 25 Aug 28 Sat Aug 28 Sat Aug 28 Sat	Niles West HS - 2 PERSON RELAY Skokie, IL CHEQUAMEGON FAT TIRE TRIATHLON Cable 15-26mi. Telemark Resort. Fees \$60, \$155. Day 651-762-1510 HHH 71ST BIRTHDAY RUN Madison Varies. Contact Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com MAKE-A-WISH FOUNDATION R/W TO FIESTA Milw 5k run, 3mi walk 10am. reg 8:30. North Gate of Summerfest. Divs run 14-, 5yr, 70 Awds 1/mf. Whichr 9:45am, 1/mf. Fees \$15, \$20 race-
	day. kids 14- \$8, \$10. Perks TS, dwgs, goody bag, snacks, bev. Contact Renee Kimberger Day 262 781-4445 or 800 236-9474 wisconsin.wish.org
Aug 28 Sat	MARATHON BUILD-UP Milwaukee 18mi, 7am. See Listing Aug 7.
Aug 28 Sat	VILLAGE OF WESTON FUN RUN & WALK Weston New Listing: 10k run, 5k walk 9am. DCE Middle School. Note mostly trail. Divs 14-, 15-19, 10yr, 60+. Awds 1/mf, 3/div. Fees \$10, \$15 raceday. Perks TS, dwgs, food, bev. Contact Valerie Parker Day 715- 241-2607 vparker@westonwisconsin.org
Aug 29 Sun	CORN ROAST RUN/WALK Grafton New Race:5k run, 2mi walk 9:30am, reg 8. Veterans Memorial Pk. Note on bike trail. Divs 13-, 14-19, 10yr, 60+. Awds 1/mf, medals 2/ div, ribbons all. Fees \$12, \$16 raceday. Perks TS, snacks, bev. Contact Kevin Kriegel Day 262-376-5605 kriegs31@hotmail.com
Aug 29 Sun	AMERICAN ODYSSEY MARATHON Marathon City 26.2mi & 5 person relay 7:30am. Marathon HS to Athens. Note Same day as Olympic Mar. Event back after hiatus. Watch BLS or Silent Sports or ask Mark for updates. Contact Mark Berglund 715-550- 0211 markbrun@yahoo.com
Sep 1 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6pm. Whitnall Pk #8. Fees no. Perks bev. Contact Dave Gavinski. Day 414 915-6999 Eve 262 629-1018
Sep 1 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing Aug 4. Note: Last 20K session.

- 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
- VIKING STRIDERS FUN RUN Valders Aug 7
- 2mi w/r 8am, 5mi, kids 1/2mi (9-11), 50yd (8-) 8:30. HS Track. Divs Sat 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
- Aug 7 HEART AND SOLE 5K WALK/RUN Wild Rose 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
- CAMP WHITCOMB/MASON TRIATHLON Hartland Aug 8
- .3mi/22mi/5k, 8am. Camp Whitcomb/Mason. Divs 15-19, 5yr, 60+, Sun 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
- FOX CITIES MARATHON TRAINING Menasha Aug 8
- Sun 16mi 6:45am. UW-Fox Valley, 1478 Midway Rd. Note Training Series, every other Sunday thru Sep 5, varying distances, water provided along course. Contact Ron Goudreau 920 725-8600 rgoudreau@new.rr.com
- **ÄRROWHEAD X-COUNTRY CAMP** Aug 9 Hartland
- Aug 9-12 5:30-8pm daily. Coed camp designed as excellent pre Mon season training for HS XC runners. Fees \$45, \$50 late. Perks TS bev. Contact Mike Mulrooney Day 262 367-3474
- BLS FUN RUN Milwaukee Aug 11 3mi. 6mi 6:30pm. Estabrook Pk #8. Fees no. Perks bev. Contact Wed John Miller. Eve 414 762-4795

- Shoes gift cert, dwgs, apples, gum, sports drink. Contact Tom Long Eve 608 592-4242 tomlong@alkar.com
- OTTO GRUNSKI-ŘUNSKI Aug 14 Menasha 10k walk 8:45am, 10k run 8:55, 2mi r/w 9. Jefferson Pk. Divs 10k 13 -Sat C 17, 18-29, 10yr, 70+. 2mi add 12-. Awds special novelty gift 1/mf, plaque 1div, medal 2-3/div. Whchr 10k, 2mi 8:50am. Flat. Plaque 1/mf. Fees \$12, \$15 after 8/6. Perks TS, snacks, bev, shwrs, awards pgm. Contact Brian Tungate Day 920 967-5106 cityofmenasha.com
- Aug 15 PLEASANT PRAIRIE TRIATHLON Plsnt Prairie New Listing: Internat'l & Sprint distances. reg 8/14. Prairie Springs Pk. Other Expo & kids tri 8/14. Contact John Corrigan. Day 262-947-Sun 0437 imcpartners@sbcolobal.ne
- Aug 17 RENDEZVOUS AT NIGHT 5K Eau Claire
- 5k r/w 7pm. reg 5. Owen Pk 1st Ave & Lake St. Note bike trail along Chippewa River, Flat & Scenic, Awds trophy's & ribbons, Fees \$15. Perks TS, dwgs, bev. Contact Mary Bruce Day 715 830-2273 Eve 715 834-7879 case.k12.wi.us
- MANITOWOC AREA TC ROAD RUNS Aug 18 Wed See listing for Aug 4.
- **BLS FUN RUN** Aug 18 Milwaukee 3mi, 6mi 6pm. Sheridn Pk Pavillion. Fees no. Perks bev. Contact Ron Wed Behlendorf. Day 414-421-1100
- COLUMBIA'S CRUSADE Aug 18 Port Washington New Race: 8k, 2k fun r/w, 7pm. reg 5:30 evening run . Pebble House 126 E Grand Ave. Divs 8k 13-, 14-19, 10yr, 70+, w/c, stroller, teams. Wed Awds 8k trophy 1/mf, ribbons. Whchr big hills. Fees \$14, \$12/person family(3+), \$17, \$15 raceday, \$100/team(5-10, \$12 11+), MC/VISA. Perks TS/1st 300, food, bev. Contact Rick Karshna Day 262-285-4107 Eve 414-418-0974 courthouserestoration@co.ozaukee.wi.us

- Sep 4 Ho-Chunk Nation Court 5K R/W Black River Falls 9am. reg 8. Ho-Chunk Nation Court. Divs 10yr. Awds Pendleton Blanket/mf. 3/div. Fees \$10, \$12 raceday. Perks fruit, bev. Contact Sat Rose Weckenmann Day 715 284-2722 rweckenmann@hochunk.com
- BRIGHT TOMORROWS 5K R/W Sep 4 Brookfield New Race: 9:30am, reg 8. Mitchell Pk. Divs 15-, 5yr, 40-49, 10yr, Sat 70+. Awds 1/mf, 3/div. Whchr 3/mf. Fees \$17, \$22 after 8/21. Perks TS, dwgs, bev, snacks. Contact Jenny Schweinert 262-827-8982 hrightonline.org
- LEADER-TELEGRAM BUCKSHOT RUN Eau Claire Sep 4 5mi 9am, 2mi 10:30, reg 7, Carson Pk, Note reg/pickup/expo day Sat before 3-9pm at Plaza Hotel Suites, 1202 W Clairemont. benefits Special Olympics. Divs 0-4, 5yr, 80+. Awds special 1/mf, plaque 3/ div. Whchr 1/mf. Paved. Fees \$12, \$15 after 8/20, \$20 raceday. Perks TS, pop, fruit, food, pledge incentives. Contact Bob Lesniewski Day 715 833-0833 Eve 715 878-4900 buckshotrun.com
- Sep 4 BADGERLAND F/X 12 & 24 HOUR RUN Grndale 24hr 8am. 12hr 9am & 3pm. Greendale HS 400m rubberized track Note 22nd annual. Champion Chip Scoring. Divs mf. Awds special award 1/mf each event, RRCA WI State Championship in 24 & 1st 12 Open, Masters, Grand Masters. Fees \$35,\$40 by 6/15. \$40,\$45 8/5. \$45,\$50 by 8/23. NO dayof reg. Perks TS, awards for all, dwgs for runners & volun. bev, fruit, cookies, subs, pizza, camping, shwrs. Other awards lunch, wacky awards presentation. Contact Marty Malin 414 453-7326 1224hrrn@merr.com www.badgerlandstriders.org

Sat

(Continued on page 11)

COMING EVENTS

(Continu	ed from page 10)	Sep 11 Sat	MARATHON BUILD-UP Milwaukee 20mi 7am. See Listing Aug 7.	Sep 11 Sat C	CHANCERY TOSAFEST 5K R/W FOR ALS Tosa 5k 5:30pm. Tosa East HS. Divs 14-, 15-19, 5yr, 70+, Open, Masters,
Sep 4 Sat	BADGERLAND STRIDERS 20K Milwaukee 20k 8am. Estabrook Pk, Picnic Area #5. Divs 15-, 16-17, 18-19, 5yr, 65+. Awds ribbon 5/div. Whchr welcome, but RR tracks. Fees \$5, Badgerland Striders \$4. \$6/all raceday. Perks bev. Contact Julie Schroeder or Dennis Wantland W151 N8664 Marshall Dr Menomonee	Sep 11 Sat	TWISTER RUN Colfax 1mi kids 8:30am. 10k, 5k 8:45. Village Hall, 613 Main St. Note 19th annual. Divs 19-, 10yr, 50+. Awds medal 3/div. ribbon/all. Whchr OK. Fees \$10, \$12 raceday. Perks TS, dwgs, bev, fruit. Start at exact		Teams(5+). Awds 5/div, 2/team. Whchr 3/mf. Fees \$15, \$18 raceday. \$10ea/family(4+). Perks TS, food, bev. Contact Little Read Book Store 7603 W State St Wauwatosa WI 53213. Day 414 774-2665 www.bagerlandstriders.org
	Fall WI 53051. Eve 262-253-1219 werun2@execpc.com www.badgerlandstriders.org	Sep 11	halfway point between Equator & North Pole. Contact Dale Winget 715 962-3073 dkwingetdc@yahoo.com IT'S FUN TO RUN YOUTH RUN Fond du Lac	Sep 11 Sat	LIFE-A-THON Wauwatosa 5k 10am, reg 9:30. NPH Christian Books & Gifts. Divs Youth, Adult. Fees \$10, \$25/family. +\$5 after 8/14. Perks food, bev, entertainment,
Sep 4 Sat	MARATHON BUILD-UPMilwaukeeBADGERLAND STRIDERS 20K. See Listing this date.	Sat	1/2mi, 1/3mi, 1/4mi, 1/8mi, 1:45-3pm. reg 1. Buttermilk Creek Pk, South Park Ave & 21st St. Divs pre-K - grade 5. Awds certifs. Fees free. Perks TS, soda. Contact FdL Running Club 920 921-5054	Sep 12	facepainting. Contact Peter Georgson 414-727-8176 run@pregnancy- counseling.com HAYWARD 10K Hayward
Sep 4 Sat	ST. JOE'S LABOR DAY FUN R/W Hillsboro 5mi, 2.5mi, 2.5mi walk, 9am. Hillsboro Fireman's Pk. Divs 12-, 13-19, 10yr, 60+. Awds \$\$ 1/mf both, 5mi plaques 2/div. 2.5mi medals. Whchr allowed. Fees \$10, \$15 raceday. Perks TS, bev, dwgs. Contact	Sep 11 Sat	fdlrc.com LAKE GENEVA EXTREME TRIS Fontana 1/2 Ironman, Olympic, Sprint, Super Sprint, 7am. Fontana Beach. Divs 14-17, 18-24, 5yr, 50+, teams. Fees \$115 1/2, \$80 0, \$60 S, \$40 SS. Perks SS, medal. Contact Frank Dobbs 262-275-3577	Sun	8:30am. Main Street downtown. Loop course on Birkie trail. Note trails. Awds 3/mf, 3/div, top 3 walkers, 1/best of both. Fees \$20-25, Best of Both \$45-75 see 9/11. Perks TS, food, bev, massage, goodie bag. Contact Dayle Quigley 715-634-0012 haywardhalfmarathon.com
Sep 4 Sat Sep 4	Mark Sullivan Day 608 489-8260x8261 ST CROIX VALLEY TRIATHLON Hudson Sprint dist, 7:30am reg 6:15. Lake Front Pk. Results web. Fees \$50, \$60 after 8/20. Teams \$90, \$100. Contact Mark Bongers. Day 651 439-9706 finalstretch.com COW CHIP CLASSIC Prairie du Sac	Sep 11 Sat	Igsports@lakegenevasports.com SCHNEIDER NAT FAMILY FITNESS EVENT G.Bay 10k, 20k bike tour 9am. 10k, 2mi r/w 8. 200m kids 10:45. 3101 S Packerland Dr. Note Family Rate. Divs 11-, 12-15, 16-19, 10yr, 70+. wc 10k. Awds 10k/2mi 1/mf, 3/div, 1/wc. Kids goodie bag/all. Whchr	Sep 12 Sun C	DYLAN'S R/W FOR AUTISM TO INDIAN SUMMER 5k, 10am. Reg 8:30. Summerfest grounds. Note 4th annual. Divs 14-, 5yr, 60+. Awds 1/mf, 3/div. Fees \$17, \$20 raceday; Family and Team pkts avail. Perks TS, admission to Indian Summer Festival, food, bev, entertainment. Contact Dawn Schwartz 414 427-9345 www.dylansrun.com, assew@execpc.com
Sat Sep 4 Sat	New Listing: 5 & 10k r/w 8am. Reg 6. Marion Pk. Divs 14-, 5yr, 60+. Awds 1/mf, 3/div. Fees \$12, \$15 after 8/16, \$15 TS, \$18 after 8/16, +\$ later. Perks TS, refreshments, shwrs. Other Cow Chip Festival. Contact Bob Adank wiscowchip.com BANNERMAN TRAIL RUN Redgranite Imi fun run, 5k, 10k, HM. Bannerman Trail trailhead Hwy 21. Note off -	Sep 11 Sat	10k 8am. Fees family rate \$30, after 8/27 \$35. Adults \$14, \$16. Youth \$9, kids under 10 \$6. Perks TS, fruit, bev, pizza, sandwiches, ice cream. Contact Kim Hruska 920 592-3889 schneider.com HAYWARD HALF MARATHON MEGA WEEKEND HM 5k r/w on roads, 8:30am. downtown. Divs HM 15-19 5yr to oldest prereg. Awds 3/mf, 3/div, 3/wk, 1/best of both. Whchr 5k. Fees HM \$30 -50,	Sep 19 Sun C	S.E. WIS. RACE FOR THE CURE Milwaukee M&W 5K r/w & 1mi walk. 9am(?). Northwestern Mutual. Note benefits Susan G. Komen Breast Cancer Fdn. Divs 5k 13- 14-18, 19-24, 5yr, 70+. Awd5 5k. Fees \$20 timed, \$15 fun/walk, \$25 raceday. Perks TS, freebies, dwgs, food, bev. Contact Karin White Day 414 964-0116 Eve
Sal	road race on former railroad bed. Awds 3/mf, 3/div. Fees 1mi \$5. 5k/10k \$15. HM \$20. Perks TS/pre-register. Contact Joanne Nelson 920 787-4222 cwainc.org	Sep 11	5k \$10-15, best of both \$45-75 see 9/12. Perks TS, food, bev, massage, goodie bag. Contact Dayle Quigley haywardhalfmarathon.com 715-634-0012 CHEESEHEAD 1/2 MARATHON & 5K R/W Hilbert	Sep 25	414-961-0116 whitekarin@yahoo.com BLS AL'S MEMORIAL R/W for Children's Hospital Milw
Sep 5 Sun	ST CROIX VALLEY TRIATHLON Hudson Internat'l dist, 7:30am reg 6:15. Lake Fron Pk. Divs 19-, 10yr, 60+. Awds 3/div. Fees \$65, \$75 after 8/20. Teams \$100, \$115. Perks Hog roast, Hawaii atmosphere. Contact Mark Bongers 651-439-9706 finalstretch.com	Sep 11	HM, 5k, 8am reg 7. Hilbert Fitness Ctr. Note 7th annual. Divs 9-, 5yr, 60+. Awds trophy 1/mf, 3/div. Fees 13.1mi \$25. 5k \$15. \$35, \$20 after 9/2. Perks TS, medal for 1/2 finishers, goody bag, food, bev. Contact Bill Sommer 920 687-3243 bsommer@ & pacesettersrun.com HOWARDS GROVE 5&10K R/W Howards Grove	Sat C	8k run, 5&3mi walk 10:15am. Marquette University, 12th & Wisconsin. 27th annual. USATF 8k State Championship. Divs 18-, 19-29, 5yr, 70+, teams: corporate, academic, community. Awds medal 3/mf, medal 3/div, trophy 3/teams. Whchr div, medal 3/mf. Fees \$18/adult, \$8/youth. \$22, \$10 raceday. Perks TS, refreshments start/finish. Contact Linda Schieble Day 414-266-6320 alsmemorialrun.com BLS
Sep 5 Sun Sep 5 Sun	FOX CITIES MARATHON TRAINING SERIES Menasha 20mi 6:45am. see 8/22. WORS TRAIL RUN #7, BIG RING CLASSIC Wausau 5 & 2.5mi, 9am. 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.	Sat	8am. kids run 10 reg 7. Memorial Pk. Divs 11-15, 16-19, 10yr, 60+. Awds 1/mf, 3/div. Fees \$15, \$17 raceday. Perks TS, bev, prizes. Contact Dana Gumm Day 920 565-3922 Eve 920 565-2634 dana- mariegumm@yahoo.com JANESVILLE YMCA HALF MARATHON Janesville	Oct 3 Sun C	LAKEFRONT MARATHON & MRTHN RLY Milw 26.2mi 8am. Grafton to Veterans Pk Milw. Lakefront. Note Chip timed. NEW: Entry limits. Divs 17-, 18-24, 5yr, 75+, Relay team of 4 (NEW#): open M, F, Mixed, corporate, masters. Awds \$500/\$300/\$100 1-3 m/f.
Sep 6 Sep 6 Mon	\$20 w/TS. Contact Don Edberg 715 592-5095 trailrun.wors.org DUBUQUE BENEFIT CLASSIC Dubuque, IA HAWKINS LIONS -RUN/WALK/ROLL Hawkins 10k, 2mi, pred walk, 8:30am. Reg 7. Village Pk. Note benefits Visually Impaired. Divs 19-, 10yr, 60+. Awds SS 1/mf, medal 3/div. Whchr yes.	Sat	13.1mi 8am. 10k 8:10, 2mi Fun Run 8:15. Lion's Beach on Palmer Dr. 30th Annual. Divs HM, 10k , 19-, 5yr, 70+. Awds 1/mf, 3/div. Fees \$15, \$20 after 8/28. Perks TS, food, bev. Contact Gary Brokke 608 754-6654 janesvilleymca@charterinternet.net		\$100/master, grndmstr. other div. trophy 3 or 5/div. Whchr Open. Fees Mar \$45-\$80. Teams \$92-\$120. see entry form. reg active.com. Perks SS or coolmax/mar, LSTS/relay, medal/mar finish, food, bev. Contact Kristine Hinrichs Eve 414 291-2647 lfm@execpc.com BLS
	Fees \$10, \$13 after 8/20. Perks TS, dwgs, bev. Contact James & Beverly Karpinski Lions Club PO Box 13 Hawkins WI 54530. Day 715 585-6589 1313@centurytel.net	Sep 11 Sat	WOLFMAN TRIATHLON Langlade 3.5mi whitewater paddle/14mi mtn bike/3mi trail run. Note 8th annual. benefits local community. Divs 15-18, 19-39, 40-49, 50+, Tandem, Tandem-Mixed. Fees \$40 prereg. Perks TS. Contact Wolf River Terri-	Oct 10 Sun	GLACIAL TRAIL 50K & 50 MILE Greenbush 50mi 6am. 50k 7. Fire Station. Note Single track in N Kettle Moraine SF. Rolling terrain, rocks. Whchr no. Fees 50mi \$50, \$60 after 9/10,
Sep 6 Mon	SAFE HARBOR RUN AND WALK Madison 5K & 10K, 9am Vilas Park Shelter	Sep 11 Sat	tory, PO Box 265, White Lake WI 54491. wolfman_runner@yahoo.com		\$70 after 9/25. 50k \$40, \$50, \$60. Limit 200 total. Perks custom shirts/ all who finish, bev, dinner, party. Contact Tom & Lorraine Bunk 262 392-2506 bunk@execpc.com BLS
Sep 8 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6pm. Greenfield Pk #3. Fees no. Perks bev. Contact Glenn Wargolet. Eve 262 352-2168	out	New Listing, 21. http://doi.org/10.0011/j.100103. DVS 18-25, 25-30, 10yr, 71+. Awds 1/mf, 3/div. Whchr No. Results web. Fees \$40, \$55 after 8/21. Perks Heated bathroom at start, Excell, food, portajohns along route. LastYr 101. Contact Brad Meier 214 N	Oct 30 Sat C	LAKEFRONT DISCOVERY RUN 15K & 5K Milw 15k, 5k 9am. Art Museum to Ale House. Note shuttle back to start.
Sep 8 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing Aug 4. Note: Last 5K session.	Sept 11 Sat	5k, 9am Fees \$12, \$15 after 9/1. Perks TS, refresh, door prises		Divs 14-19, 5yr, 70+. Awds 1/mf, 1/masters, awds based on # reg/div. Whchr welcome. Fees \$14 BLS, \$16 others, \$18 raceday. Perks LSTS, dwgs, bev. Contact John Cornell 414 967-9657
Sep 8 Wed	PACESETTERS FUN RUN/WALK Combined Locks 4 or 8mi 6pm. Civic Ctr 405 Wallace. Divs none. Awds none. Fees walk/run free, nominal fee for subs, open to public. Perks soda, mineral water, Sub night. Contact Sandra Thein Day 920-729-5250	Sept 11 Sat	Contact: Tammy Koepel 715-676-2988 or koepel@tznet.com ROCKTON TWILITE RUN ROCKTON, IL 5k & 1mi, 5:30pm Fees \$10, \$15 after 9/6. Perks PRISE MONEY, TS, refresh, door prises Contact: Gary Smith 815-742-7557,		jdcstrider@aol.com BLS

BAA Redemption ???

gmsmith419@hotmail.com, reg form: www.rocktonchamber.com/p3.asp

(Continued from page 4)

One of the unexpected negatives of all my training this past year was my weight. This year's winter seemed longer and colder, and I had a hard time staying warm. I got easily chilled and it took a very long time to warm up once out running. Sometimes it took quite a while just talking myself to get out the door. It seemed every day there was (cold) wind blowing out of the north off the lake. I was always asking myself "how bad do you want this?" Many have asked why we cut back on the trips this year. With the exception of a trip to Arkansas for the Little Rock marathon, I've spent most of this year training for Boston.

Eve 920-733-1263 or cell 450-7718 pacesettersrun.con

On rare occasions I feel everything is in synch, much like I felt at last year's DeMars marathon in Keene, NH. Everything seems to fall in place. C.J. did get me Clarence DeMars (out of print) book (Marathon) for Christmas and I re-read it (for inspiration) on the flight to Boston. (Clarence DeMars won the BAA 7 times [1911, 22, 23, 24, 27, 28, and finally at 41 yrs old in 1930]). At the 1924 Olympics in Paris (think of the movie: Chariots of Fire) he won Bronze in the marathon. I think what's most amazing about him though, was that twice a week he hitchhiked 95 miles each way from Keene to Boston to take Associate degree night classes at Harvard!!! There's a man who wanted it. Since deciding to return I've felt totally out of synch with the planning of this trip. I knew a year ago we were coming back and started to get things together. I got hotel reservations last August. I got the plane tickets. I'm usually fairly organized with all of our trips. New Years day we met another Boston bound runner from Fort Atkinson. In March he called and asked what flight we were taking. I looked in my Boston folder and--no plane tickets. Not only had I NOT gotten tickets, I had let two ticket vouchers for free airfares lapse past their re-

demption date. I'm definitely not taking enough of my memory pills. (Or I need a new product!!!). I managed to get plane tickets to Boston and even got the vouchers redeemed for a small additional fee. [guess we're going to Virginia in November] By the time we actually got to Boston I'd forgotten my vitamins, joint pills, and (don't make fun now) even my memory pills. I may not ready to be old, but it appears some parts of me aren't waiting.

A week before the big run I kept checking the weather. Seven days before, predictions were rain and 50°. Then 50% chance of rain with high 50s. Then cloudy and low 60s. By the time we flew into Boston the weather was getting crazy. The day before the race the sun was out and it was in the cool 60s with a breeze. The day after the race the temperature high was 68 and dropping. Two days later it was in the 40s. But the day of the race they were predicting a near record high of 86°. I was pretty shook up. Between the China run and last years 70° event I've learned I'm not a hot weather runner. News reports talked of the previous years with high temperatures and how so many runners needed medical aid or dropped out. Several of the "experts" at the runner's expo advised runners to wear hats and soak them down at the water stops to help keep the head cool. I never wear a hat, but I went back to the expo the day before the run specifically to get one. I would find out after the race that 1100 runners required medical attention that day and another 1207 didn't finish.

ground got. C.J.'s dad gave me some old throw rugs and a blanket to take with me. It was a lot to carry out there, but I had no intention of bringing any of it back home. From 8am - 10am I'm glad I had all that stuff. A lot of runners were sitting in the sun shivering. I was actually hoping the weather woman had made a mistake and maybe it wouldn't get so warm. The wind was up, but I'd take windy and cold over windy and hot any day. I'd had (cold) wind nearly everyday for the last four months. Before I left the school grounds, where all the runners had assembled for the starting line I folded everything neatly in a pile knowing the race organizers donated all extra clothing to the local charities.

Unfortunately, the weather people were right and in the span of 1/2 an hour the temp started rising dramatically. By the noon time gun it was 83°. I've spent a whole year thinking about this day. I've been into training, marathoning, the Boston course, nutrition, supplements, philosophy and even spirituality. I've worked hard to become tougher both mentally and physically. I didn't come back to achieve a specific time, I came back to achieve an intangible - to do my best at Boston. What exactly that was I didn't know, but I suspected when I was finished I would know in my heart whether the goal was realized. I wish I could tell you this story has a happy ending, but like the intangible goal I set, it has an intangible ending. Some plans just don't work out. One of my preparations for this year's run was to buy a treadmill so I could jack up the rear end and prepare my quads for the pounding of the first 4 mile downhill. I knew from last year's experience to start out easy and save something for the hills that started at mile 16.

The morning of the race they bussed us to Hopkinton at 7 am. It was cool with a chilly breeze. Everyone was wearing long sleeves, sweat pants, and gloves if they had them. Thinking it was going to be cold (never trust a weather forecaster 7 days out) I had brought a complete set of throwaways (sweatshirt, sweat pants, gloves). In addition, last years experience reminded me about how cold the

I specifically went out easy, or at least easy by my current standards. Things were going great (sort of) until mile 11. I always carry a small flask that (Continued on page 18)

Brainstorm, Bango, Limoni & Hancock

By Ginny McCullough

It was a gorgeous sunny Sunday morning on June 27th for the walkers and runners at the 4th Annual Brainstorm 5KWalk/Run at the Root River Parkway in Greendale. It was a huge success with approximately 750 runners and walkers.

The American Legion Post 416 of Greendale preceded the start with a show of colors. Mike Strehlow, news anchor for CBS 58, was the emcee for the third year in a row. Bango, the mascot for the Milwaukee Bucks kicked off the race.

Nick Limoni of Franklin took the lead from the beginning and never looked back, taking top overall male honors with a time of 16:56. Heidi Hancock of Greendale came back to defend her title and once again took the top female spot with a time of 20:32, but couldn't quite beat her course record from last year. The rest of the results are listed in the back of this issue, and are posted at epilepsyfoundationsewi.org and badgerlandstriders.org

One unique aspect of this race is that male and female runners receive awards six deep in 14 age groups. So if you don't normally win an award, with 170 potential awards, here is your chance!

Congratulations to all the winners and all those runners and walkers who participated in this awesome event! There was face painting and a Moonwalk for the children along with two kid's length fun runs. Of course, there was plenty of food and drink for everyone.



The Start of the 2004 Brainstorm 5K

HELP WANTED!!! VOLUNTEERS

LOOKING FOR AN OPPORTUNITY TO HELP OUT? RETURN SOMETHING TO YOUR CLUB? TO YOUR RUNNING COMMUNITY?

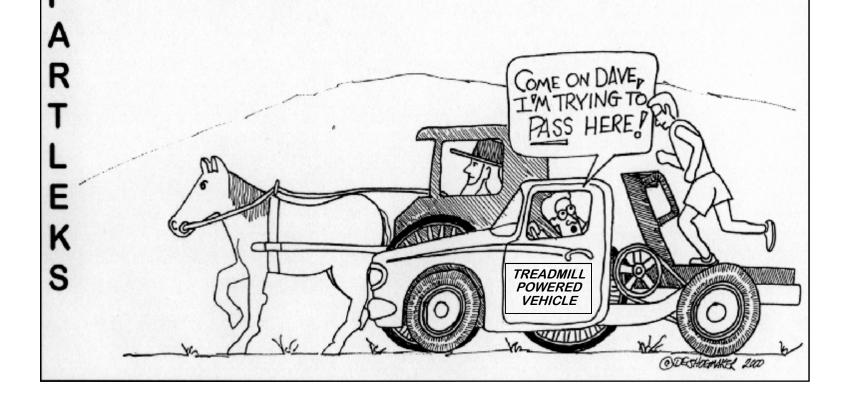
WE HAVE THE PERFECT OPPORTUNITY!

THE BADGERLAND STRIDERS PUT ON 5 RACES IN SEPTEMBER AND ANOTHER 3 IN OCTOBER. IT GETS HARD FOR OUR HARD WORKING RACE STAFFS TO FIND NEW VOL-UNTEERS DURING THIS BUSY TIME OF THE YEAR.

IN ADDITION OUR EXISTING VOLUNTEERS WANT A YEAR OFF EVERY NOW AND THEN SO THEY CAN TRAVEL TO THAT TRENDY 1/2 MARATHON OR THAT NEW NEBRASKA MARATHON. GIVE IT A TRY. HERE ARE THE RACES THAT COULD USE YOUR HELP:

SEPTEMBER 4TH	STRIDER 20K
SEPTEMBER 4TH	BADGERLAND F/X 12/24HR RUN
SEPTEMBER 11TH	TOSAFEST 5K
SEPTEMBER 19TH	RACE FOR THE CURE 5K
SEPTEMBER 25TH	AL'S MEMORIAL RUN 8K
OCTOBER 3RD	LAKEFRONT MARATHON
OCTOBER 10TH	GLACIAL TRAIL 50MI/50K
OCTOBER 30TH	LAKEFRONT DISCOVERY RUN

CONTACT "*THE STRIDER*" AT tstrider@wi.rr.com WE WILL FORWARD YOUR NAME TO THE APPROPRIATE RACE DIRECTOR





(July) Firecracker Four (Nov) Turkey Trot (July, Aug. Sept.) Marathon Build Up Program Fun Runs (Jan through Dec) (Aug/Sept) Badgerland Strider 20K Track Meets (summer) (Aug) Cudahy 10K & 10 Mile Youth Development If you would like to help in any of the following areas, please check those that apply: Road Race Director Equipment Rental Newsletter (Graphics) **Public Relations** Hospitality Newsletter (Advertising) Computerized Scoring Race Course Measurement Computer Club Clothing Monthly Meeting Planning Annual Party Race Schedule Booklet **Bus Trips** Other WAIVER: I know that participating in an athletic event is patentially a hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to ablde by any decisions of event officials relative to my ability to safely complete an event I assume all risks associated with participating in such events, including but not limited to fails, contact with other participants, speciators, the effects of the weather, including heat and/or humidity, traffic and the

conditions of the road or path. All such things being known and appreciated by me, having road this waiver and knowing these facts and in consideration of your accepting my application for membership, I. for myself and anyone acting on my behalf, waive and release the Bodgerland Striders, inc., its officers, directors and any event personnel, sponsors, their representatives and successors from all claums or habilities of any kind arising out of my participation in such events, even though that hability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.

Signature

"The Strider"

MAKING DUST "IF YOU DON'T MAKE DUST, YOU EAT DUST" stal Tall 374 28:18 Chris Rossmann 385 29:00 Elizabeth Kidd 132 2004 SUPERUN F15-19 386 29:01 Maggie Corry 144 70 19:47 Claire Maduza 390 29:04 Lorin Pfaffenroth 217 **5K RUN/WALK** 115 21:21 Beth Pollard 449 31:45 Laura Hawks 225 230

Milwaukee, WI June 23, 2004

5K RUN

Results Provided by

Computer Aided Race **Results System**

> carrs@att.net 262 521-2191

PLACE TIME NAME

M 1 15:23 Aaron Nodolf

F 22 17:49 Dot Mc Mahan

M14&under

- 152 22:18 Philip Monroe
- 168 22:48 Taylor Luedtke
- 176 23:01 Cassidy Luedtke
- 276 25:22 Sam Guadagnino
- 362 27:54 Freddie Oby 444 31:30 Dominic Clark
- 474 33:18 A Clark

F14&under

- 169 22:52 Carly Windt
- 262 25:05 Kailey Lewis
- 399 29:28 Kati Fitch
- 408 29:43 Grace Clark 436 31:17 Helen Juffer
- 524 53:15 Arielle Hammond
 - THE BACKSTAGE DASH

Waukesha, WI

June 19, 2004

5K RUN

Results Provided by

Computer Aided Race Results System

> carrs@att.net 262 521-2191

PLACE TIME NAME

- 1 17:35 Joe Robinson Μ
- F 10 19:26 Jodi Sinesime

M14&under

- F14&under
- 44 25:59 Megan Bruce 51 27:23 Kelly Kallien
- M15-19 1 17:35 Joe Robinson 4 18:14 Eli Anoszko
- 22 22:17 J C Grooms
- F15-19 35 23:36 Kasey Kallien
- M20-29

- 179 23:04 Laura Braunreiter 450 31:51 Lisa Guis 211 23:49 Brittin Haury 213 23:50 Lily Hlavacek M15-19
- 228 24:11 Gaelyn Gingery 24:26 Kathleen Boyle 239 245 24:36 Katie Knutson 24:47 Natalie Mamerow 249 25:43 Anne Schmeckpeper 285 25:43 Meiko Krishok 286 26:43 Mara Mamerow 325 26:51 Hannah Gartner 329 331 26:54 Katie Harmeyer
- 355 27:45 Jessica Swierczynski 369 28:12 Catherine Brzycki
- 28:13 Angela Stroiszewski 370 380 28:43 Rebecca Sweeney
- 28:45 Monica Knaver 382

23:09 Anthony Phillips 30 34 23:34 Jeff Jordon 52 27:30 Jim Durnil

F30-39

- 25 22:27 Robyn Friedrichs 31 23:12 Diana Widmer 46 26:13 Kim Thomas 56 27:48 Denise Lawson
- 59 28:24 Kellie Phillips
- 65 31:24 Kathy Galf 31:28 Bethany Orser 66
- 68 33:13 Emma Pierce
- 71 35:17 Jan Leuenberger

M40-49

- 2 17:46 Tom Abler 18:27 Rick Kallier 5 6 18:51 Kevin Osbo 19 21:12 Dan Ersche 23 22:20 Tom Kroen 24 22:24 Craig Swa 26 22:28 Rick Paddo 27 22:30 Skip Road 29 22:52 Jeff Rozno 32 23:22 Greg Stein 45 25:59 Tom Bruce
- 48 26:44 Jeff Nawro 72 35:17 Jay Leuenb

F40-49

20 21:29 Nora Wolf 23:43 Nancy Mci 37 24:35 Vickie Kall 39 41 25:30 Chris Teifk 43 25:53 Donna Hoe 49 27:11 Jayne Laste 27:15 Lori Stock 50 58 28:23 Kelly Guhr 29:43 Dawn Eskau 61 62 29:48 Kathy Dempsey

31:17 Pam Purcell

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VILLICHT EK 2004	288 294 303 304 309 315 327 352 358 371
ARUNZWALK	377 379 387 396 435 476 477

- 2 16:31 Will T Kaul 17:13 Steve Briggs 10 15 17:32 Seamus Regan 17:35 Chris Arndt 16 17:36 Kyle Pollard 18 17:53 Tommy Murphy 23 17:58 Paul Johnson 25 18:03 Nick Szczech 28 30 18:08 Kindy Tice 31 18:10 Casey Ernsting 41 18:32 Jake Haury 18:41 Tyler Lewis 45 67 19:35 Pat Oneill 20:09 Brian Schaldach 80
 - 20:12 Patrick Wade 83 20:16 Jerry Lynn 86
 - 20:19 Parck Lowery 87
 - 20:28 Rehan Mahmood 90 20:46 Eric Weingarten 97
 - 125 21:33 Ian Kilpatrick
 - 226 24:06 Peter Ladwig
 - 263 25:05 Danny Herber

M20-24

- 5 16:40 Sal Impellitteri 16:54 Jack Chmielewski 11 17:20 David Steinhafel 17 17:35 Jon Wrobel 107 21:04 Jason Lowery 21:22 Andrej Walz-117 oinackl 23:33 Joe Schaefer 25:58 Sam Leichtling 28:05 Shawn Sandford 0 31:26 Joe Mack -24 3 23:37 Andrea Liermann 24:59 Sara Knutson 26:15 Sara Larsen 27:10 Lisa Pitman 28:36 Lisa Nelson 29:06 Angela Liermann 29:48 Marissa Harvey 32:06 Katie Mancuso
- 32:54 Amanda Marks 7 53:15 Andrea Smokovich

M25	5-29
1	15:23 Aaron Nodolf
8	17:08 Justin Miller
13	17:26 Philip Bzdusel
19	17:40 Jason Feudner
58	19:13 Peter Bzdusek
85	20:15 Dan Rauwald
92	20:33 Michael Toll

132 21:4	45 Crystal Toll
144 22:0	07 Juliet Holden
217 23:5	55 Amy Forsyth
225 24:0)5 Jennifer Dolan
230 24:1	12 Annie Weasler
243 24:3	31 Kate Benes
257 24:5	54 Jennifer Fenzl
264 25:0	06 Carey Krueger
281 25:3	39 Sarah Spence
288 25:4	46 Rachel Brugman
294 25:5	54 Jamie Kaczmarek
303 26:0	05 Lindsay Proft
304 26:0	05 Leah Knight
309 26:0	09 Lisa Feudner
315 26:1	19 Jeanine Koschmann
327 26:4	48 Ina Zinger
352 27:4	40 Diep Pham
358 27:5	50 Miriam Hoffman
371 28:1	13 Jennifer Malicki
377 28:3	35 Kristen Letter
379 28:4	40 Julie Berquist
387 29:0	02 Kari Hughes
396 29:1	12 Amie Osting
435 31:1	16 Tracie Robinson
476 33:3	37 Diana Balsiger
477 33:3	39 Sarah Schuetze

421 30:21 Richard Reese 481 34:06 Patrick Mayo F30-34 88 20:19 Tracie Mittelsteadt 126 21:34 Jamie Riesterer 136 21:53 Heather Polan 156 22:31 Kelly Kiel 182 23:13 Cari Yerkes 183 23:15 Michelle Kehoe 184 23:17 Alicia Muszynski 229 24:11 Tami Vincent 235 24:19 Leanne Greco-Gill 296 25:57 Cherie Wreloch 316 26:23 Cathy Diamond 323 26:39 Anne Curtis 336 27:05 Laura Stewart 348 27:32 Jessica Andrzyauski 363 27:56 Sara Hauer 365 28:02 Jennifer Fox 28:28 Coleen Leahy 375 28:45 Debbie Cartwright 383 384 28:47 Jo Durnin 395 29:11 Mary Manke

400 29:31 Sue Podgorski



Joe Soriano (center) is in charge of course personel and John Moran (at right) is a finish line worker Superun Pictures by Bob Scherer

422 30:22 Tracy Reese 465 33:01 Erin Mick 472 33:14 Linda Roadcap 501 38:30 Leann Crandall

M35-39

- 4 16:39 Craig Lanza
- 14 17:30 Jeff Feldman
- 24 17:54 Gary Hovila
- 18:00 Bruce Holmes 26
- 18:19 Juan Martinez 34 36
- 18:22 Chaz Heckman 38 18:24 Jim Schmidt
- 46 18:42 Rob Helf
- 47 18:43 Ivan Ireland
- 52 19:01 John Lancaster
- 19:20 Bill Lee 61
- 19:25 Robert Thiellee 63 19:30 Mark Linser 65
- 19:34 Geoffrey Harris 66
- 19:41 Sam Jackoyo 68
- 19:59 Dean Thompson 74
- 20:39 Mark Robinson 94
- 20:48 Bradley Wells 98
- 103 20:59 Todd Barden
- 113 21:17 Tom Blanchard
- 124 21:32 Jerry Williams
- 127 21:36 Eric Eben
- 130 21:38 Curtis Mc Conville 135 21:52 Victor Reckmeyer

154 22:21 Dwight Larkin

3 17:59 Shane Hoelz 9 19:20 Darren Hartberg

11 19:51 Todd Polczynski

- 12 20:00 Kane Baker
- 18 21:09 Jason Norman
- 28 22:38 Kevin Hogan
- 53 27:37 Patrick Toft

F20-29

- 10 19:26 Jodi Sinesime
- 13 20:11 Jean Lyons
- 15 20:31 Kristin Schulz
- 33 23:25 Cara Dolensek
- 36 23:41 Jaime Friedrich
- 38 24:27 Hilary Toft
- 42 25:38 Laurel Osmond
- 54 27:40 Shannon Richter
- 57 28:16 Marissa Harvey
- 60 29:39 Sarah Reed
- 63 29:49 Hilary Pulley

M30-39

7 18:57 Steve Taylor 21 21:43 Dave Bock

67 31:52 Tammy Zelten-Sugden 69 33:25 Terri Koschnick 70 33:33 Cyndee Lewis

M50-59

64

8 19:13 John Mccarthy 14 20:16 Dennis Eden 16 20:47 Raymond Gortenbach 40 24:54 Phil Bangle

F50-59

M60-69

17 20:55 Ron Gottschalk 47 26:24 Rich Labinski 74 35:53 Richard Goluch

F60-69

55 27:40 Kathleen Rydberg

M70&over 73 35:25 John Hessil

F70&over

The Most Times



F25-29

22 17:49 Dot Mc Mahan 96 20:44 Jean Lyons 106 21:01 Robin Treder 112 21:15 Julie Treder 114 21:18 Katie Felker



9 17:11 Ted Shue 12 17:23 Wayne Dalton 21 17:44 Joel Barbieri 49 18:43 Steven Kubicki 57 19:10 Rick Flavter 109 21:08 Al De Leon 110 21:09 Craig Marifke 134 21:51 Patrick Wrubbel 140 21:58 Roger Salyers 160 22:37 Patrick Ohara 162 22:38 Matt Fox 188 23:23 Paul Watzka 189 23:24 Reto Frei

3 16:32 Eric Pilling

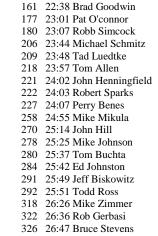
M30-34

Dick Menzel and Tom Anderson

(not shown) are responsible for

Finish Line setup

- 190 23:25 Paul Huhn
- 214 23:52 Ronald Lyons
- 234 24:17 John Garder
- 252 24:50 Steve Podgorski
- 271 25:14 Jon Jirschele
- 277 25:24 Gabriel Bellido
- 279 25:27 Matt Thomas
- 283 25:41 Josh Gordon
- 340 27:16 Aaron Berken
- 349 27:36 Bryant Kerr
- 368 28:12 Jeffrey Schultz



- 356 27:46 T Malinowski
- 429 30:45 Richard Watson
- 507 39:12 Tony Bowman

(Continued on page 15)

are in 'The Strider'

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

SUPERUN

5K RUN

CONTINUED

(Continued from page 14) F35-39 72 19:56 Grace Labinski

- 91 20:31 Michelle Lanouette 122 21:28 Amy Dunlop 164 22:39 Sandy Christensen 201 23:34 Julie Hart 207 23:47 Angela Sprall 216 23:54 Sue Klaiber 224 24:04 Kristin Layeux 253 24:51 Jana Cervantes 299 26:01 Kristine Thomas 312 26:16 Allison Rauch 313 26:17 Marygrace Anderson 335 27:02 Sandee Lammers 337 27:09 Leslie Dohr 342 27:23 Laura Cesar 343 27:24 Mary Flaws 394 29:10 Lisa Tulpa 403 29:35 Julian Anderson
- 405 29:39 Jill Sommers

410 29:49 Andrea Hornstein 30:40 Kristi Mc Conville 425 31:22 Carolyn Lien 439 32:08 June Paul 457 33:11 Camille Kerr 469 33:21 Barbara Bomm 475 34:40 Elizabeth Mcnally 486 34:50 Jill Hillard 488 491 35:18 Rose Gomez 38:06 Kim Gibas 498 514 46:53 Jennifer Haberli 523 48:58 Sheryl Bowman

M40-44 7 17:01 Terry Labinski 20 17:43 Rick Stefanovic 29 18:07 Alan Mast 18:15 Ken Dunbar 33 37 18:22 Bill Gilmore 42 18:34 Dan Bieser 43 18:35 Steve Pavlik 53 19:02 Jim Ricker 19:03 John Rydeski 54 60 19:17 Kevin Mastaw 19:23 Peter Stefaniak 62 73 19:58 Chuck Hudlett 75 20:00 Jean-Roch Grenetier 76 20:05 Tony Agostini

JN	7ΓΛ	AAKE DUST, YO
8	2 20.	11 Paul Enders
8	2 20. 9 20:	27 Marcel Cesar
9	3 20:	37 Hans Wegesser
10	0 20	53 Michael Mcconnohie
10)4 21	:00 Eric Maercklein
		:42 Rob Glazier
		11 Brian Wichman
15	57 22	:31 Dwayne Staehler
15	58 22	:34 Nicholas Anstedt
21	10 23	:49 Dave Gavinski
24	48 24	:42 Don Eimer
25	50 24	:48 David Meyer
26	51 25	:48 David Meyer :00 Philip Lewis
- 26	59 25	:13 Scott Onisch
30	01 26	:03 Michael Merrill
35	51 27	:39 Scott Godden
36	50 27	:52 Bob Wandler
37	72 28	15 Pete Cannon
		:18 Keith Garland
42	27 30	:41 Kevin Thoreson
F4	0-44	
12	21 21	:27 Barb Fagan
12	29 21	:38 Sally Schumacher
15	55 22	:26 Amy O'connor
- 19	92 23	:25 Amy Knox
		27 Carrie Burton
19	97 23	:31 Lisa Glomski
	198	23:32 Vicki Bowe Fischer
1	199	23:33 Karen Rodgers 23:38 Karen Whaley 24:04 Jeanne Bril
25	204	23:38 Karen Whaley
8	223	24:04 Jeanne Bril
	238	24:24 Melanie Hersch
		24:57 Vickie Kallien
		26:04 Debra Cahill
	-	26:36 Christine Stefaniak
5	361	27:53 Lisa Miller

ers

3 3 4 4 4 4 4 4 5 5 M





	25.56 Kalen whatey
23 2	24:04 Jeanne Bril
38 2	24:24 Melanie Hersch
59 2	24:57 Vickie Kallien
02 2	26:04 Debra Cahill
	26:36 Christine Stefaniak
	27:53 Lisa Miller
67 ž	28:09 Anne Wandler
	29:02 Jeanne Godfrey
	29:03 Cindy Jackson
	29:37 Ruth Eimer
	31:10 Paula Ambos
	31:18 Rose Anstedt
	31:28 Ellen Frens
	33:48 Colleen Belknapp
90 3	35:12 Carole Abrams
15	47:27 Jaclyn Cannon
	53:15 Teri Hammond
25 .	
[45-4	Q
07 1	8:01 L george Ogutu
32 1	8.13 Whil Hentzen
25 1	8:01 I.george Ogutu 8:13 Whil Hentzen 8:19 Dave Harris 8:30 Rick Kallien
20 1	8:20 Dick Kallion
10 1	8:31 Bill Olson
10 1	18:43 Mick Kapetanovic
40 50	18:46 Duane Pickering
51	18:50 William Houry
51	18:50 William Haury 19:03 Dan Rindfleisch
55	19:05 Dali Kindheisch
50	19:05 Pat Peery 19:26 Mike Miller
64 69	
101	20:54 Kevin Wolfmeyer 21:21 Alex Stewart
110	21:21 Alex Stewart
	21:24 Dennis Conrad
120	21:26 Larry Horning
133	21:46 David Diamond
137	21:55 Steve Szymanski
148	22:13 Joe Thoma
	22:15 Ted Itzov
167	22:47 Randy Peterson
170	22:53 Frank Windt
173	22:59 Mj Levinson 22:59 Skip Roadcap
174	22:59 Skip Roadcap
191	23:25 David Mehring
202	23:37 Robert Herber 24:01 Ely Leichtling
219	24:01 Ely Leichtling

233 24:16 Gar Kronhelm

24:41 Mark Chelmowski

25:20 Terry Knight

25:47 Mark Meddaugh

25:56 Anthony Peters

26:39 Brian Krueger

26:49 Dennis Niesl

F45-49 77 20:06 Cheryl Neumann 143 22:04 Rosemary Schultz 186 23:19 Gigi Boswell 212 23:50 Kathleen Van Theel 237 24:21 Sue Miller 314 26:17 Mary Wysocki 320 26:32 Julie Baron 344 27:26 Barb Schantzen 397 29:17 Julie Schroeder 407 29:41 Laura Powers 412 29:54 Cindy Hintz 414 29:57 Joni Hodor 415 30:00 Mary Wincapaw 30:16 Cheryl Svenlek 420 33:13 Joy Meddaugh 471 33:56 Barb Graf 479 483 34:20 Janel Schliesmann 34:21 Linda Kaentje 484 36:04 Suzanne Rodahl 493 497 37:34 Sally Moody 502 38:35 Deborah Buchanan 505 38:56 Mary Ellen Gron 508 39:19 Julie Dial 509 39:59 Betty Lempke 516 47:54 Michele Neidick 517 47:58 Mary Ellen Gustafson M50-54 71 19:50 Dennis Eden 78 20:07 Pat Sullivan 79 20:07 Layne Davis 81 20:10 Jeff Busse 99 20:52 Ron Maurer 102 20:56 Robb Koebert 108 21:07 John Bell 128 21:36 Bill Hansen 138 21:56 Randy Rucinski 139 21:57 Jack Bothwell 142 22:00 Dennis Shoemaker 149 22:14 John Rodahl 151 22:18 Joe Paterick

153 22:21 Dennis Mack

231 24:13 Ron Talsky 242 24:30 Christopher Frelka

246 24:37 Jim Clark

251 24:49 Jeff Moody

254 24:52 Don Scott

298

418

F50-54

437

452

461

462

466

268 25:13 Scott Lewis 273 25:19 Greg Griswold

319 26:30 Bruce Davies

333 27:00 Gene Mezger

341 27:23 Richard Duce

354 27:44 Glenn Wargolet

381 28:44 Matt Schaldach

402 29:34 Terence Bourke

30:02 Ken Schoberg

419 30:13 Robert Gottowski

413 29:57 Jack Tagliavia

431 31:03 Jay Onisch 468 33:10 John White

480 34:05 Dan Graf

163 22:38 Susan Koch 166 22:44 Barbara Jewell

240 24:27 Sue Sharkey

275 25:21 Jayne Weyer 305 26:05 Marge Waala

426 30:40 Deb Davis

445 31:31 Sonja Juffer

482 34:16 Jean Mattson

500 38:19 Linda Esser

518 47:58 Susan Tegge

520 48:15 Lucretia Lococo

528 53:15 Debra Caruso

31:18 Barbara Tremel

31:52 Karen Kotecki

32:38 Rosemary Beles

32:49 Susan Rowland

33:02 Cassandra Mammen

353 27:44 Fred Oby

25:58 William Donnan

172 22:56 Richard Rowland

185 23:19 William Jahnke

181 23:13 Robert O'brien 194 23:29 Greg Wyder 195 23:29 Gregory Wein 205 23:39 Doug Nelson 244 24:32 Sam Waala 272 25:18 Dale Daroszewski 25:47 Robert Schultz 290 307 26:08 Dennis Wantland 310 26:11 Toby Hornstein 28:29 Michael Mc Cluskey 376 30:00 Curtis Laetz 416 30:39 Joe Peters 424 464 32:59 John Peterson 467 33:06 Sal Lococo 494 36:11 Joe Radoszewski 522 48:57 Harley Westover F55-59 265 25:08 Nancy Birk 317 26:23 Joy Imms 417 30:01 Lynn Kasza 432 31:04 Donna Bayard 470 33:12 Barbara Browning 506 38:58 Karla Knutsen 521 48:15 Antonette Lococo M60-64

171 22:54 Robert Massey

84 20:13 Lowell Mutchelknaus 105 21:01 John Becker 159 22:37 Jim Waltz 196 23:30 John Davis 215 23:52 Mike Kirkwood 236 24:21 Richard Bloemers 282 25:40 Ralph Bayard 306 26:06 Dennis Euting 346 27:28 Bruce Boeck 27:30 Richard Stevens 347 27:57 Henry Ehler 364 29:33 Patrick Stewart 401 406 29:39 Paul Turzinski 446 31:34 Roger Tarczewski 34:51 Richard Johnson 489 F60-64 448 31:44 Jacqueline Ticknor 451 31:51 Sherry Dobson 459 32:24 Kathryn Retzlaff 499 38:11 Emelie Linke 512 41:51 Karen Sivley M65-69 123 21:31 John Jones 187 23:21 Richard Waltz 220 24:02 Ron Caruso 266 25:09 Carl Granetzke 308 26:09 Ken Burman 26:58 David Stuckslager 332 391 29:04 Ed Parker 443 31:29 Bob Linke 455 32:05 Manuel Lopez 32:30 James Clarey 460 473 33:15 Timothy Cowdin F65-69 423 30:24 Sandra Weinstein 428 30:44 Judy Kirchoffer 511 41:14 Dona-Grace Gatewood M70-74 330 26:53 Kent Schlienger 339 27:15 William Hollihan 357 27:50 Jack Kroll 393 29:09 Edward Blumberg 31:38 Wayne Gilmore 447 492 35:49 Earl Peychal 513 45:56 William Coffer F70-74 345 27:28 Lois Gilmore

Top - Gary Dunn and Marty Malin (not pictured) have been the lead bikers for years Center - Don Weyer (left) and Glenn Wargolet (pointing) tell the finish line crew where to go Bottom - Len Wachniak scoring guru (left) Photos by Bob Scherer

The Most Times



M55-59

- 44 18:40 Kerry Mayer
- 59 19:14 Jose Luis Rodriguez
- 111 21:11 Bill Gaertner
- 118 21:22 Jerry Huhn
- 146 22:11 Jim Nowakowski

(414) 282-3160 FAX: 282-8412 E-mail: okguys@aol.com

495 37:02 Jack Hughes 503 38:52 Gordon Hackbarth 519 48:09 James Sivley

411 29:50 Daniel Murphy

453 31:56 Jorden Burton

454 31:57 Paul Gionfriddo

M75&over

F75&over 487 34:47 Agnes Reinhard



RAY'S O.K. SERVICE, INC.

AUTOMOTIVE SERVICE & TOWING

RAY JR. & DAVE Owner

4100 W. LOOMIS ROAD GREENFIELD



43 48:01 Rasa Isaacson 50 51:25 Julie Thompson

58:00 Catherine Mcconnell

F35-39

68

M40-44

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

27

FIRE-CRACKER 10K

Kenosha YMCA Kenosha, WI

Sunday, June 27, 2004

5 - K

Results Provided by Computer Aided Race **Results System**

carrs@att.net 262 521-2191

PLACE TIME NAME

M OVERALL 16:32 Gary Garcia

F OVERALL

5 19:43 Kellie Schneider

M14&under

21 20:36 Samuel Schlenker 46 22:55 Jordan Nelson54 23:12 Kevin Randle

- 24:33 Steven Uttech
- 92 26:18 Chris Bornhwetter 120 28:40 Robin Wabalickis
- 39:40 Tyler Uttech

F14&under

- 72 24:44 Kali Norton
- 109 27:39 Stephanie Hoyer176 49:22 SamanthaKraimer
- 50:35 Erika Djuric 177
- 179 51:05 Mariah Daniel 185 56:00 Jennifer Broe

M15-19

- 3 17:06 Josh Vanwinkle 17:32 Adam Kavalauskas 18:02 Aj Allemand 18.40 Travis Dufour 6 19:00 David Broe 19:19 Michael Jensen 9 10 19:24 Samuel Sinoich
 12 19:31 Tyler Lewis 17 19:54 Chris Evans 18 19:58 Erick Vigansky 20 20:24 Tim Rauschl 23 20:51 Daniel Nelson 26 20:57 Andrew Hartinger29 21:13 AnthonyVillalobos 33 21:25 Dan Meinhardt 34 21:36 Gary Manalang 21:40 JohnathanPredaina 35 37 21:56 Keith Randle 40 22:11 Kyle Franzen 76 25:06 Thomas Arneson
- 77 25:11 Jacob Klein
- 138 30:54 Gregory Skripsky
- 144 31:47 Peter Bose

49 23:02 Cindy Garcia 84 25:43 Kim Degener 26:02 Madal Venturini 86 27:35 Audrey Horst 107 108 27:37 AmyMoldenhauer 113 27:48 Andrea Gleason 118 28:38 Brianna Koski 122 28:44 Lindsey Parham 143 31:40 Sarah Treviso 148 32:38 Lisa Dretske 175 49:08 Ericka Garcia M20-24 1 16:32 Gary Garcia 13 19:38 Bob Flees 26:08 Ramel Deguzman 89 26:09 Jonathon Hunter 112 27:47 Luke Riley 32:07 Matthew Gary 166 43:43 Phil Moldenhauer F20-24 41 22:20 Erin Gallagher 71 24:44 Jamie Neitzel 26:53 Anna Kozlowska 33:12 Kerri Phillips 151 153 33:23 Carrie Ruffalo 33:25 Katie Maccready 154 159 37:55 Brid Brockhaus M25-29 14 19:42 Jason Milligan 16 19:46 Rich Batton 20:54 Jason Kenesie 25 30 21:13 Shane Olson 31 21:20 Vicente Correa 21:59 Paul Spang 38 22:52 Jesus Gloria 45 52 23:07 Matthew Martin 24:47 Scott Schiller 73 75 24:57 Funk Carsten 95 26:28 Terry Boye 100 26:55 Jose Arellano F25-29 64 24:18 Shelby Roderdeau 114 27:49 Christy Rauwerda 124 28:46 Gail Bergemann 127 29:11 Julie Jo Jahnke 29:56 Rosalie Pingitore 133 135 30:43 L. Davern 142 31:38 Kathryn Gross 149 32:46 Coriann Martin M30-34 39 22:03 Craig Kosinski 47 22:58 Tom Hansche 23:06 Jed Davidson 23:28 Tim Reichert 51 58

171 47:54 Chris Smith

15 19:43 Kellie Schneider

20:02 Alaina Zanin

F15-19

19

24:11 Brent Sagedal 62 98 26:45 James Ryan 116 28:01 John Wiklund

- 126 28:47 Steve Schiller F30-34
- 81 25:33 Jori Bucko
- 96 26:31 Jenn Antonneau 105 27:32 Sarah Rickert
- 28:11 Karen Giese

33:59 Sharon Campbell 158 36:30 Clara Tappa 50:52 Rebecca Kraimer 178 M35-39 2 16:51 Steven Cassar 20:54 Dwight Larkin 24 24:40 Craig Timko 25:12 John Poole 68 79 25:38 Randy Lecount 83 91 26:16 Igor Izvekov 26:55 Stephen Maier 101 103 27:11 Dav Yakowenko 106 27:32 Michael Roach F35-39 69 24:41 Tc Timko 26:07 Kate Venturini 87 26:34 Andrea Boudreau 97 104 27:27 Mary P 27:39 Katy Scarmardo 110 29:51 Kristin Kochman 165 41:33 Joy Uttech 173 48:51 Allison Martin M40-44 7 18:47 Tom Blise 28 21:05 Bob Ronayne 43 22:48 David Gleason 23:00 Paul Jacob 48 59 23:32 Ken Bevry 24:12 Jeff Nelson 63 65 24.33 Alfred Habel 25:20 Stephen Boudreau 80 26:15 Joe Sykora 90 93 26:19 Chuck Krey 115 27:53 William Althaus F40-44 78 25:12 Sung Ye Jacobs 111 27:40 Carm Valeri

28:46 Jennifer Deates

140 31:18 Kim Batchelder

125

156

29:14 Elizabeth Riley 129 31:03 Shirley Mahoney 139 32:50 Sylvia Gomez 150 162 40:06 Sandy Klein 170 46:34 Laurie Compher 172 48:50 Michelle Martin 174 49:00 Cherie Peterson 186 56:30 Terri Cerra 187 57:00 Teresa Frazer

M45-49

11 19:27 Jim Heiring 42 22:45 Alan Skripsky 22:49 Steve Willis 44 56 23:20 Ranoy Berner 26:22 Jim Widmar 94 121 28:41 Mark Koski 30:50 Allen Brokmeier 137 31:30 Joe Valadez 141

F45-49

131 29:33 Dawn Phillips 155 33:27 Ann Flores Torres157 36:19 Donna Rizzo 38:59 Deb Vash 160 167 43:44 Debbie Bailey 46:22 Tamara Lykins 168 182 52:21 Jody Djuric

M50-54 22 20:38 John Spring

23:16 Leonel Castro 55 57 23:23 John Andrews 23:56 Thomas Schlenker 60 24:05 John Mattioli 61 24:36 Tim Becker 67 70 24:42 Ed Randle 24:50 Joree Zamudio 74 102 26:57 Steve Lund 128 29:12 Bernie Vash 53:30 Jim Wrobel 183 184 54:00 Ken Kalcic F50-54 123 28:45 La Verne Spang 130 29:17 Charlotte Riley 32:07 Malizio 169 46:30 Barb Deberge M55-59 32 21:23 Antonio Delgado 36 21:43 Glenn Simon 152 33:21 David Donohue 164 41:07 David Knutson F55-59 119 28:39 Linda Daniel 145 32:02 Donna Craven 180 52:10 Cathy Thomas M60-64 50 23:04 Mike Borzick 136 30:43 James Davern 181 52:11 Groven Thomas F60-64 M65-69 82 25:35 Ken Burman 85 25:46 Carl Granetzke F65-69 134 30:14 Jean Otto 163 40:44 Susan Radke M70&over F70&over

20:58 Mark Maurer

53 23:09 Bill Tews

FIRE-CRACKER **10K**

Results Provided by Results System carrs@att.net

262 521-2191

PLACE TIME NAME M OVERALL 1 32:23 Chris Roberdeau **FOVERALL** 12 40:33 Megan Kielar M14&under F14&under M15-19 8 36:31 Zachary Mcfall 9 37.33 Matt Dreifke 13 41:05 David Moldenhauer 14 41:09 Jerry Lynn

16 41:37 Phil Bastron 19 42:15 Gregory Kamm F15-19 35 46:50 Gina Macareno 42 48:40 Nichole Logan 55 51:56 Rebecca Degener M20-24 2 33:39 Andy Ruffalo 11 40:02 Nick Spittlemeister F20-24

12 40:33 Megan Kielar M25-29 1 32:23 Chris Roberdeau

3 34:15 Freddy Garcia 34:51 Justin Miller 15 41:35 Christopher Beddigs 24 43:49 Matthew Leinenweber 36 46:57 Albert Enrique 53 51:37 Garet Mianecki 59 54:30 Arron Cline F25-29 28 44:40 Crystal Toll 40 48:01 Larissa Arellano 66 57:41 Kimberly Bucholz M30-34

5 35:21 Guillermo Acosta 10 39:50 Scott Olson 41:54 Bryant Walrod 21 42:52 Matthew Brimmer 46:47 Eric Giese 33 47:14 Felix Peralta 47 50:59 Jason Bennett51:35 Jeremy Bronner

51:36 Bryan Debaets 61 55:30 Eric Maresh62 57:10 Cory Delger

- F30-34
- 23 43:26 Carrie Seiberlich 26 44:04 Kerri Baars
- 27 44:05 Amy Williams32 46:26 Martha Sostre
- 49 51:11 Mary Keenan 71 58:54 Sandy Ditzig
- 59:56 Kerri Lara 72 79 1:05:03 Claudette Stears
- M35-39 20 42:39 Chaz Bartucz
- 30 44:51 Mark Kramer 60 55:00 Robbie Schlneider
- 77 1:04:36 Joseph Anderson

6 35:29 Dave Bornhuetter 17 41:48 Jon Furreness 22 43:05 Dan Mcfall 25 43:59 Len Wojciechowicz 29 44:42 Kurt Drezek 54 51:50 Dick Ingram F40-44 38 47:53 Kim Brundy39 47:55 Georgine Kydrna 74 1:01:28 Melissa Lonergan 78 1:04:53 Jeanne Geiger 86 1:24:32 Cynthia Ingram M45-49 7 35:47 Steven Wikner 34 46:48 Jon Jackson 46 50:48 Stephen Thompson 48 51:07 Frank Lucas 52:39 Jeffrey Stewart 56 58 53:04 Rick Musselman 63 57:20 Arne Anderson 57:30 Richard Polit 65 57:40 Marilyn Wikner 69 58:19 Jonathan Shailor 75 1:02:40 David Lykins F45-49 44 49:21 Amy Greiner 45 49:23 Ann Brothen67 57:42 Linda Ventura 84 1:08:39 Karen Polit M50-54 41 48:35 Dominic Ruffalo F50-54 M55-59 81 1:06:40 Doug Labelle 82 1:06:41 Jay Johnston F55-59 76 1:02:46 Lynne Knutson M60-64 83 1:08:17 Bob White 85 1:10:45 Bob Lasko F60-64 80 1:05:15 Darlene Brewer M65-69 70 58:46 Ot Lupinpki 73 1:00:44 Manuel Lopez F65-69 M70&over 57 53:00 Joseph Paleczny F70&over



The Most Times are in 'The Strider'

FROM THE ARCHIVES

By Ron Winkler

This month the only race to be featured will be the National 10-Mile Championships from 25 years ago on Sunday, August 5, 1979 in Cudahy. By concentrating on one race, the top three finishers, and in some cases more, can be listed.



Mac Busby 1:00:26; 18. Paul Kutschera 1:06:55; 45-49 1. Al Brodzik 59:18; 2. Duane Holz 1:00:11; 3. George Anagnostopoulos 1:00:46; 4. Karl Pahl 1:02:20; 5. Luther Lewer 1:04:07; 50-54 1. Al Treichel 1:02:14; 2. Edgar McCarthy 1:04:12; 3. Tom Schumaker 1:07:55; 4. J. Glidewell 1:10:39; 5. Jack Mandelker 1:12:02; 55-59 1. Elmer Beth 1:03:45; 2. Tom Eyes 1:07:26; 3. Art Grisa 1:13:13; 60+ 1. John Archer 1:07:59; 2. Henry Meyer 1:09:28; 3. Carl Schumaker 1:13:47

Kenosha YMCA Kenosha, WI Sunday, June 27, 2004 10K

Computer Aided Race

Men. 13 and under 1.Brian Wright 1:03:42; 2. Bob Knepfel 1:09:39; 3. Tom Rose 1:10:59; 14-18 1. Peter Skorseth 51:25; 2. Matt Nolan 52:09; 3. Scott Jenkins 52:38; 10. Tim Renzelmann; 19-29 Rick Rojas 47:37; 2. Jim Drews 49:38; 3. Walter Saeger Jr. 49:57; 4. K. Higdon 50:10; 5. Glenn Behnke 50:12; 10. Tom Antczak 50:46; 14. Tony Rodiez 51:42; 28. Dennis McBride 53:38; 30. Tim Rodiez 54:06; 30-34 1. Frank Shorter 47:34; 2. Bill Rodgers 47:58; 3. Tom Hoffman 52:33; 4. Allen Gilman 53:04; 5. Bill Nelson

5.2 miles—Rojas, Rogers and Shorter have pulled away from the pack and established a championship pace that looked like a sprint.



53:44; 35-39 1. Bob Fitts 52:30; 2. Chuck Bradley 56:13; 3. Peter Senzig 56:17; 4. Rick Alderfer 57:35; 5. Wally Phillips 58:18; 6. Herman Gates 58:24; 40-44 1. Dan Conway 53:40; 2. Lee Wilcox 56:15; 3. Cedric Michalak 57:16; 4. Robert Schrader 57:33; 5. Dick Waltz 58:19; 7.

Women 13 and under 1. Becky Hansen 1:26:17; 2. Andrea Houseman 1:30:31; 3. Joyce Guse 1:32:31; 14-18 1. Amy Johns 59:44; 2. Cheryl Konkel 1:01:38; 3. Sue Burkhardt 1:02:01: 19-29 1. Kim Merritt 57:40; 2. Patti Kaufmann 1:01:04; 3. L. Friedman 1:02:05; 4. Barb Hoch 1:02:22; 12. Leah Rewolinski 1:13:31; 30-39 1. Kathy Snider 1:10:42; 2. Donna Senzig

1:11:09; 3. Kathy Soderbloom 1:13:38; 9. Becky Peelen 1:18:21; 11. Lois Kalmbach 1:20:39; 14. Carol Janzen 1:21:51; 40+ 1. Mary Czarapata 1:08:29; 2. Bette Mihalek 1:15:09; 3. Judy Kirchoffer; 4. J. Huettenrauch 1:20:39; 5. Mary Belling 1:24:59.

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

BRAINSTORM

Greendale, WI June 27, 2004

5K RUN OFFICIAL RESULTS

	RALL N 16:56	1 Nick Limoni
	RALL F 20:32	Heidi Hancock
766 661	M 6-9 24:51 24:53	John Jones Casey Sabinash
701	F 6-9 43:37	Victoria Dalton
762 768 835 841	M 10-14 18:33 18:33 21:32 35:24 F 10-14	Matt Kuhns Billy Jones Spencer Morris Steven Gotter
845 786	28:58 33:46	Holly Schommer Melanie Jones
727 832 723	M 15-19 20:08 22:41 22:54	9 Daniel Mattson Bryce Warhin Dave Stauder
743 663 848	F 15-19 24:22 24:32 28:54	Catherine Leonard Sarah Glowacki Allison Schommer
842 788 815 839 838 654	M 20-24 24:18 24:38 24:44 26:52 30:20 31:14	4 Nick Kaun Matt Waltersdorf Avinash Rao Jim Holsen Jeremy Deuchars Ronald Guhr
690 804 758 853	F 20-24 21:48 24:59 25:03 25:56	Jenny Steinhoff Jeannine Ruby Christine Harris Anne Munkwitz
776 811 814 761 840 716 854 790 794	M 25-29 18:44 20:54 21:52 23:00 23:56 26:10 28:14 30:26 34:22	Jacob Hallen Eric Beaver Amitabh Das J Sankaranarayanan Chad Block Mike Kinney Tom Burdge Darrell Gibas Joel Plant

	F 25-29	1
784	23:26	Nikki Ball
851	25:14	Jill Andrzejczak
764	26:18	Stephanie Helminger
795	26:20	Margo Plant
747	26:58	Christina Hoppe
783	28:12	Danielle Bishop
713	29:12	Allie Kinney
670	30:22	Kristina Thompson
		Kristina mompson
693	30:40	Kathy Mattioli
791	31:28	Kim Gibas
746	31:44	Angela Kienast
714	31:48	Sunit Kaur
	M 30-34	4
781	20:52	Adam Consiglio
812	22:58	Kevin Boulier
754	25:52	William Couture
849	26:52	Joel Waltersdorf
756	27:10	Jeffrey Schultz
806	30:14	Joe Leskovak
699	35:46	Aaron Burkel
805	42:21	Mark Jolitz
000	12.21	Mark Joint
	F 30-34	
721	20:45	Colleen Vanderkolk
843	22:00	Jennifer Venn
755	25:26	Lara Couture
730	26:46	Amanda Felbab
745	29:28	Jennifer Grimm
677	31:34	Susan Weinert
700	36:18	Kiran Batchu
738	36:20	Jackie Schultz
715	45:28	Nicole Thomas
/15	45.20	Nicole Thomas
	M 35-3	9
753	18:16	Jeff Sweet
674		Jim Stanek
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751	19:15	Geoff Harris
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F 40-44 20:53 22:02 23:48 23:56 24:00 27:26 27:28 28:02 29:00 29:56 31:38 31:58 38:38	Jill Jones Lori Stauder Sara Swanson Kathy Bohlman Louise Johnson Kelly Guhr Annette Prihoda Kerry Doyle Clara Schommer Jennifer Bertram Sandy Conrady Francesca Ehler Colleen Tyree
M 45-49 20:01 20:34 21:28 22:56 23:08 24:47 24:55 27:34 33:06 33:06 36:16	Ken Sumbry Michael Rode Joe Glowacki Mark Mohe Chip Morris Jacek O'Domer James Sabinach Steven Tischer Craig Peterson Andrew Peterson James Pannier
F 45-49 21:44 24:40 30:42 31:36	Kim Petak Janet Roeming Pamela Grzybowski Karen Smith
M 50-54 19:41 20:04 21:00 24:02 26:40 35:46	Dennis Eden Randy Penn Robert Bugenhagen Donald Scott Tim Harris David Hart
F 50-54 25:01 26:26 29:34 32:06 34:32 43:38	Mary Zudanc Nancy Omdahl Candi Humphreys Jean Mattson Marilyn Clarke Diana Nothrop
M 55-59 23:28 26:40 42:00	Dale Daroszewski Robert Leonard Stanley Northrop
F 55-59 31:58	Lynne Mundigler
M 60-64 20:26	Ronald Gottschalk
M 65-69 27:16 27:20	Ed Parker Tom Chvala
M 70+ 29:20 36:17	Hugh Evans Ronald Lund
	$\begin{array}{c} 20:53\\ 22:02\\ 23:48\\ 23:56\\ 24:00\\ 27:26\\ 27:28\\ 28:02\\ 29:00\\ 29:56\\ 31:38\\ 31:58\\ 38:38\\ M \ 45-49\\ 20:01\\ 20:34\\ 21:28\\ 22:56\\ 23:08\\ 24:47\\ 24:55\\ 27:34\\ 33:06\\ 33:06\\ 36:16\\ F \ 45-49\\ 21:44\\ 24:40\\ 30:42\\ 31:36\\ M \ 50-54\\ 19:41\\ 20:04\\ 21:24\\ 231:36\\ M \ 50-54\\ 19:41\\ 20:04\\ 231:36\\ M \ 50-54\\ 19:41\\ 20:04\\ 24:02\\ 26:40\\ 35:46\\ F \ 50-54\\ 25:01\\ 26:26\\ 29:34\\ 32:06\\ 34:32\\ 43:38\\ M \ 55-59\\ 23:28\\ 26:40\\ 42:00\\ F \ 55-59\\ 31:58\\ M \ 60-64\\ 20:26\\ M \ 65-69\\ 27:16\\ 27:20\\ M \ 70+\\ 29:20\\ \end{array}$

FREEDOM RUN

Beautiful Savior Lutheran Church Thiensville Wisconsin

Saturday, June 26, 2004

5K RUN

Results Provided by Computer Aided Race **Results System**

carrs@att.net 262 521-2191

PLACE TIME NAME

M OVERALL 1 17:57 Billy Jones

FOVERALL 9 19:56 Monica Seefeld

M12&under

21 22:23 Ryan Fleming 22 22:30 David Rutkowski 50 30:36 Spencer Heth 54 32:34 John Jones 57 35:38 Thomas Freiberg 63 36:43 Matthew Berlin 69 37:37 Robert Freiberg 75 44:05 Zacharv Nelsen 78 44:14 Dan Schneck 83 Scott Frazier F12&under 35 25:47 Kristina Schaldach 38 26:17 Claire Prewitt 46 28:51 Emily Jeanpierre 49 30:10 Lexi Heth 62 36:37 Shelby Berlin 66 36:51 Olivia Wills 79 44:17 Megan Schneck M13-17 1 17:57 Billy Jones 23 23:16 Brad Lampe 58 35:38 Stuart Frazier 60 36:31 Ryan Frazier F13-17 18 21:42 Hannah Ferry 25 23:57 Anne Fennema 28 24:43 Natalie Buikema

- 39 26:18 Kimmy Frazier 40 26:30 Emily Schmitz
- 59 35:55 Michelle Frazier
- 72 41:43 Rebekah Hillenbrand
- 73 44:02 Becky Luft

M18-29

- 2 17:58 Aaron Pierce
- 4 18:53 Anthony Tushaus
- 15 21:16 Brian Schaldach 31 25:26 Steve Thiemke

F18-29

- 12 20:01 Allie Woerpel 30 24:50 Stephanie Frazier
- 32 25:33 Sara Fuehre
- 44 27:28 Julie Barnes
- 45 28:17 Stephanie Bartel
- 52 31:18 Jacque Bell
- 56 34:41 Jane Wucherer

M30-39

- 5 18:56 Rob Helf
- 6 18:57 Geoff Harris 7 19:07 Bill Lee
- 8 19:48 Brian Levy
- 11 20:00 John Emanuelson
- 17 21:38 Neal Clemens
- 65 36:46 Ken Wills

F30-39

- 9 19:56 Monica Seefeld
- 64 36:45 Dawn Berlin
- 67 37:13 Bridget Sykes
- 68 37:14 Susan Miller 77 44:12 Kelli Lopina
- 80 45:05 Sheryl Schneck

M40-49

- 3 18:29 John Chandler 14 21:05 Robert Kebbekus
- 24 23:27 Jefferv Petak
- 26 24:25 Andres Quitzon
- 29 24:49 Jeffery Braun
- 33 25:41 Bill Frazier
- 48 29:55 Greg Heth
- 55 32:38 Zane Prewitt
- 74 44:03 David Nelsen
- 81 45:13 Tom Schneck 84 Andrew Frazier

F40-49

- 13 20:37 Jill Jones
- 19 21:57 Tammy Ferry
- 34 25:41 Laurie Kukla
- 36 25:48 Kori Timm
- 37 26:09 Ann Frazier
- 70 37:45 Terry Mitman
- 76 44:06 Lynda Wills
- Debbie Schaldach 82
- M50-59
- 16 21:29 Dan Pierce
- 20 22:04 Greg Herman
- 42 27:11 Matt Schaldach 43 27:28 Donald Block
- 47 29:01 Paul Woerpel
- 53 32:28 Gordon Hetzel
- F50-59
- 10 19:57 Cheryl Newman
- 27 24:33 Diana Hetzel
- 51 31:01 Linda Borofka

M60&over

- 41 27:04 Norm Hovila
- 61 36:32 John Schiek

F60&over

The Most Times are in 'The Strider'

It's Trail Time Again!

By Marty Malin

It may not seem like it now, but soon the weather Il start to cool and fall will be in the air. If you want to try a new experience this fall, why not come to the trails with us. If any of the growing number of trail races in Wisconsin and beyond have ever intrigued you, now is your chance to learn how to successfully complete them and have fun too! We offer a great way for you to ease yourself into it. The Adult Beginning Trail Program, now in its 5th year, offers to give you all of the knowledge you would need to do any type of trail running, in the safety of a group setting, with volunteers who run with you every step of the way.



from the Pettit Center to the Southern Kettle Moraine. Our first two sessions on the Scuppernong Trails, get your feet wet (hopefully just figuratively), by having you practice some of the skills learned in class. Our last four sessions go to the Nordic Trails, where you will refine what you learned, and gradually increase your distance.

This program couldn't exist without the continued support of its many volunteers, who act as mentors out on the trail, offering support, pointers, encouragement, and sometimes, even water.

We start off with an introductory meeting on Monday, September 13th, where we outline everything about trail running that is different from running on the roads. We try to explain the different skills and techniques important for having an enjoyable and safe trail experience.

Then we take you out on the trials by car pooling

So, if you are interested, either contact Marty Malin at 414-453-7326 or at <u>4runners@merr.com</u>, or you can look up more info on our new website, which can be reached through the Club Event Websites Section of www.badgerlandstriders.org.



BAA Redemption ???

(Continued from page 11)

holds 4 oz of GU. I'm careful to tuck it in so it doesn't fall out. For the first time in 59 marathons, I lost it. Another runner(s) bumped into me going for water and it must have fallen out. When I noticed it was gone I turned to see if I could stop, but there were some 14,000 runners behind me and I didn't think it practical to get run over in the first 2 miles of the race. This was a (big) mental blow, but I told myself I had to get through it. I kept thinking about the 5 words I often thought when the weather was so cr@\$\$y over the winter; "It is what it is" and there's nothing you can do-- (though once in while I would look towards the sky and yell out a few choice words).

I was running at a good pace, I wasn't overdoing it. I kept checking my breathing, making sure I wasn't laboring. I'd been here a year ago and died (literally) by the half-way point. By the beginning of mile 11 my legs started to feel like cement. My pace dropped by more than a minute per mile and I couldn't believe what was happening. Here it was a year later and the course was kicking my ass again. I remembered Rick's advice and drank (on the run) at EVERY water stop and even poured at least one cup over my head. I tried slowing down for a bit, but I was in total (mental) shock as my legs (against my will) began to walk.

There's an exquisite line in an advanced marathoning book that says "there comes a point when your body wants to do anything but continue running", but I thought NOT AFTER JUST 11 MILES OF A 26 mile race!!! My spirits took a nose dive. So much for mental toughness. There was no way I could even consider this a best effort. I was so angry I asked out loud "where the hell are you God when I need you?" I don't think God took offense because I didn't get struck down by lightening. (Though about that time I'm not sure if I cared). I suspect that in the great cosmic scheme Layne's finishing time at Boston doesn't quite make the priority list. I've never come so close to DNFing, but I badly wanted to just pack it in. This was turning out to be worse than last year. But again Rick Stefanovic came into the picture. He had been on our flight out from Milwaukee and I thought how I could face him on the flight home if I didn't finish. That was just not acceptable. I slowly started shuffling my feet and kept putting one foot in front to the other.

Reading through the BAA media guide the day before I came across one coach's comment that said "at Boston you have to think of 21 miles as the halfway point." Having been here before I could buy into that argument. As I neared the 13 mile mark I accepted that I may be physically half-way, but my mind set believed that 21 was the where I had to get to.

As I ran I saw some kids holding out licorice sticks. I ate about six and a banana on the run. I felt the hat was really bothering me and got rid of it. Kids all along the way were holding out small cups of water. It was much colder than what was at the water stops and tasted really good. When I poured it over my head my eyes would widen from the shock and for a little while I'd shuffle faster. I saw some kids handing out small cups of jelly beans. The sugar went down well. I really missed my GU.

I slowly worked my way to the intersection

tried exhaling (very strongly) 4 or 5 times and that helped. I bent forward at the waist with my arms at my side and let gravity pull me down the steep hill. I'm sure I looked like some zoned out gumby character flailing down the backside of Heartbreak Hill.

I was now past 21 and desperately trying to find mile 22. I began obsessing with finishing in 5210th place (or better). My race number was 5211 and if I finished beyond that it meant that I'd cheated a better runner out of a spot at Boston. Everything else today had bombed out. By now I realized I wouldn't even make 3:30 and this was all that was left to shoot for. The distance from 22 to 23 is always my longest mile. If always feels like I'm running forever and if I squint I can just make out the 23 mile marker on the horizon, except it never seems to get any closer. Once I get to 23 I can start fibbing to myself.-Just a 5K to go (true), I'll never make myself do this again (true for the moment), it's only 3 lousy, stinking, *&^^%, miles to go (almost true), I can eat anything I want (outright lie), Party all night (now I know I'm hallucinating, I barely make it past 10, just ask C.J.).

Once I got to 23, all I could do was look for the big Citgo sign overlooking Kenmore square. I'd keep my head down till I couldn't stand it, then look up and see how much closer I was. At Kenmore Square, three main throughways - Commonwealth Avenue, Beacon Street and Brookline Avenue - all converge into a lively congestion of shops, restaurants, bars, hotels, clubs and educational institutions. Boston University is only a block away.

The day before the run I'd taken C.J. there to see the words painted on the road next to the sign. Finally I ran over those words; "1 mile to go." All I could think about now was not stopping. A lot of people slow down, or even walk, these last few miles and often I'm one of them. If I could just keep going I could pass many slower runners and move up a number of places. It seemed like "thousands" had passed me during my walks. I kept telling myself, "keep the arms moving, where the arms go the legs will follow" all the while keeping my head down for fear of getting psyched out at seeing how far I had to go.

Finally I made the turn from Beacon street onto Hereford and thought the 3 blocks didn't look as long as they did last year, nor did the hill seem as steep. As I approached the crest I saw C.J., waved, and turned onto Boylston. It was half a mile to the finish line and that DID look a long ways off. I thought

about Andy running his 27th Boston & Rick his 13th. At 26 I started my sprint, or at least what would pass for a 51 year old turtle trying to run fast after 26 miles. I was reminded of an experience last summer. I was running along South Shore and having a really good day. I came across another runner being paced by his wife on a bike. As I flew past him he asked if I was trying to show him up in front of his wife. I smiled and replied, "no, I'm just trying to get to the finish so I can stop" As I crossed the finish line I looked at my watch. I was disappointed, but at least I beat last year's time. Good, bad, or ugly the monkey was off my back. I can honestly say no one ever asked what my time was at Boston last year. Everyone always asks, "have you run Boston," but they never said "3:51, that's a terrible time." If I felt an obligation to return I'd created it myself. And now that it was fulfilled, I was NEVER, ever, NEVER coming back here. My first jog back home (I have to use the j-word, it's about all my legs could muster, I was very sore) I covered the same 3 Lakefront miles I'd run exactly one year before. I thought about all that had happened during the year. Maybe God had taken me up on my quest. "No problem Layne, you don't want to worry

about the clock, fine I'll find a different boulder to stick in your path and see how you do."

If this was a graded exercise I'd probably get a C+, or with a little generosity a B-. It definitely wasn't my best effort and that saddens me greatly. C.J. asked if that meant we had to come back next year. I remembered one of the runners from the Striders club, a guy that I've never beaten, once told me "I've never had a good Boston." (I could relate to that!!!) I told her I was never, EVER, never coming back to this god forsaken course.

Maybe I'm not ready to give it my all just yet (am I rationalizing here?). If I gave it everything now, what would I have to work towards? If running has taught me anything it's that I'm goal oriented. I need something in the distance to shoot for. As is my habit (learned from Andy), on the flight home I took out a piece of paper and wrote down my mile splits. When I compared them to last year I was surprised and kind of disappointed, until I saw the last 6.2 miles. At 10 miles I was ahead of last year by 1min 27sec. At the half-way mark down to 35 sec. And by 20 miles I was only 7 seconds ahead of 2003. Between the 2003 and 2004 Bostons I had trained over 2,642 miles. I had also added 147 hours on a Stepmill (revolving stair machine) and another 149 hours walking a treadmill at 15% incline. The extra miles and hours paid off as I improved 12 minutes 45 seconds from the bottom of Heartbreak Hill to the finish line (the last 6.2 miles). The final stats for 2003/2004: Overall Place: ('03) 8202, ('04) 2892 (16,743) Men:('03) 6243 ('04) 2578 (10,504) AG: 50-59:('03) 901 ('04) 167 (2519) While the numbers weren't what I'd hoped for I kept reminding myself the improvements came with an additional 16° on the thermometer. And I didn't need a wheelchair. (I think I was too embarrassed to mention that last year). And Heartbreak hill didn't. (break my heart). And there were no Margaritas this year. (I did, however, finally get to eat a big piece of Carrot cake. I'd given it up since New Years Eve.)

I purchased one of those Boston marathon jackets last year, but never had the heart to wear it. I also purchased the 2004 version. Disappointment or not, I figure I earned the right to wear this one on the flight home. If it's true that running imitates life than I'm half-way up the hill. But hey, the fall marathons are only 5 months away and I've got all summer to train (harder!!)



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where Rte 135 made a right hand turn onto Common Wealth Ave. I knew where I was and what to expect. This was the beginning of the three hills culminating with Heartbreak. I made it up the first two, but each had a water stop along the way and I walked through them taking water. At the bottom of Heartbreak though, I gritted my teeth. It was half-way up this hill last year that I broke down and walked most of the remaining 5 miles to the finish. I've thought about that humiliation for a long time. I put my head down and swung my arms slowly. I didn't make very good time, but I refused to stop. There was another water station along the way but I kept my head down and kept shuffling. Every once in a while I would

peek up to see how far

away the crest was.

Once there, I started

the long downhill. I

tried running to make

up some lost time but

caught a stitch in my

right side. No, this

can't be happening. I



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FROM THE BACK OF THE PACK

Running for More

by Editor Jeff Weiss

Last fall I lost my Dad to Leukemia.

This was a life changing event for me and my entire family.

The death was totally unexpected. My dad was a healthy vibrant man, or so it appeared.

The day after Thanksgiving he suddenly fell victim to a cerebral hemorrhage. The day before he had visited our house for Thanksgiving dinner and seemed perfectly well except for a little tiredness.

In the emergency room that Friday the doctors discovered that his red blood count was very low. He had acute anemia, almost no red blood cells or platelets.

He had Acute Myelogenous Leukemia (AML).

My Dad did not recover after the original hemorrhage. He lapsed into a coma less than 24 hours after the original episode and did not come out of it. "Life saving surgery" that we were told was successful, wasn't. A week later he was dead.

Leukemia is a malignant disease (cancer) of the bone marrow and blood.

AML results from acquired (not inherited) genetic damage to the DNA of developing cells in the bone marrow. The effects are the uncontrolled, exaggerated growth and accumulation of cells called "leukemic blasts" which fail to function as normal blood cells and the blockade of the production of

normal marrow cells, leading to a deficiency of red cells, platelets and normal white cells in the blood.

Some patients suffer symptoms of tiredness and may feel short of breath when physically active. They might also develop a mild fever. They may have a pale complexion from anemia. Several signs of bleeding caused by a very low platelet count may be noticed. These include black-and-blue marks or bruises occurring for no reason or prolonged bleeding from minor cuts.

The whole series of events with my dad was even more shocking than it might have been --due to the suddenness and the fact that he didn't show the normal symptoms.

A Cause

Shortly after the funeral I noticed one of those ads in Runner's World for the 'Team in Training.' It seemed like the right thing to do.

I joined the Team in January and signed up to run the Mayor's Midnight Sun Marathon in Anchorage, AK on June 19th. The team requires you to raise a minimum amount for the cause which gives you "free" passage to and lodging for the marathon. The amount required varies with the destination but ranges from \$2500-5000, Anchorage being one of the higher pledge total destinations.

The fund raising total was daunting but the Team assures you that it is easy. Well it's not exactly easybut it wasn't that hard.

I started out early, in February. I sent out letters

The Training

The main component of Team training is composed of group runs which take place on Saturday Mornings on the same course that we use for our build ups. This isn't a coincedence. The Team has had some influence from many Striders in the past including our team coach, Strider Tom Zak.

The Society personel keep participants psyched up throughout the process with a combination of emails and mailings from the society. Other Team participants communicate (mostly by email) in planning other training events and in recruiting help with fund raising events.

As those of us who have taken part in Strider Marathon Build Ups know, having a few fellow victims with whom to train makes all the difference in the world. The added psychological boost of having someone cheerleading along side the action makes it even easier.

Since the Coach was a Strider, there was also a social component to the training --Tom was just the guy to drive that portion.

The training program is a little less organized than our build ups, but that is due to the fact that there are groups from three or four different events training at any given time. Other events in the works for our group were the San Diego Marathon, Grandma's and the Lake Tahoe Century (bike ride). tion. In addition, the atmosphere is thinner up there leading to a more intense UV exposure.

The Team has it's own pasta dinner, which is a very big event. Actually it takes two seatings to feed all the Team participants. I'm sure that somewhere in Anchorage there is a pasta dinner for the regular participants in the marathon, but the Team grabs up all the large venues and celebrities. Our dinner featured the race director and "the Penguin".

The Mayor's Midnight Sun Marathon has been forever changed by the participation of the Team in Training. Back before the Team joined the party it was a small marathon of a few hundred people. The first year that the Team visited the marathon the Society expected to have maybe 150-200 people attend from the Team. The marathon organizers and the Society were shocked when 750 people signed up for the inaugural TNT event.

The Marathon

One common misconception is that the marathon starts at midnight. It doesn't really; it starts at a rather boring 8am. Since the sun rises at 4 am it is already rather high at 8am. I was surprised at how high the sun gets above the horizon and how warm it can get.

In the few days before the marathon the weather was rather cool low sixties and breezy, but no rain. The normal weather for June is 60s and typically

fairly cloudy and rainy. That made the weather during our stay all the more surprising. Almost every day from marathon day on the high was in the mid 70s.

When the marathon started the temperature was already near 70 degrees. It was sunny, without a cloud in the sky.

The runners at the start were a sea of purple and white, the colors of TNT. As the marathon continued I felt sorry for the non-Team participants, the team provides coaches, mentors and a lot of support along the way. The non-Team people must feel like second citizens.

This marathon course is a little tough. It's fairly wide open and fairly hilly. The early miles are particularly hilly and wind along a "Tank Road" in the local Army base. The tank road is naturally a little rough and rocky. The signs along one side of the road say,

"Do not leave road! Unexploded Ammunition." That works pretty well to discourage marathoners from doing their business in the woods.

The marathon staff provides information to supporters about the best places to see the runners. This is particularly important since most of the first 10 miles of the course is on the Army base.

I had a rookie supporter for this marathon. My wife Betsy has supported me through all of my previous marathons but this trip was the first time my Mom got the chance to watch me struggle through one of these events.

After the woods, the course spent about 16 miles winding along some of the many bike paths in the city. It seemed to me that Anchorage has more bike paths per capita than any other city in the US or maybe the world. There were almost no road crossings in the entire 26 miles.



Mayor's Midnight Sun Marathon Team Wisconsin 2004 Leukemia/Lymphoma Society Team in Training

The Trip

The Team requires you to travel to the marathon destination with the group and the hype is turned ON. The Wisconsin team consisted of roughly twenty people doing everything from the 1.6 mile Youth Cup (for kids 14 and under) to the Marathon.

Our Youth Cup participant was 10 year old Hannah Fusfeld, who raised just about \$2000.

Most left from Milwaukee but we joined up with the Madison Team and the Ohio Team in Minneapolis and continued to Anchorage from there.

Once there the Wisconsin Team stuck together for some social activity and the expo before the marathon. The expo is slightly larger than our Lakefront Marathon, but only because the city of Anchorage and the local sight seeing enterprises take part.

to many friends and family. My Strider friends were a huge part of my success, responding in much higher percentages than the rest of the receipients in general.

The Team requires you to raise half of the money by a preset deadline. If you don't raise the required minimum by that date you are free to back out with no further requirement other than the money you haave raised to that point. The "re-commitment" date for me was April 15th. By that date I had exceeded 75% of my required total. I was on my way to Anchorage.

The letter writing campaign was all I needed to reach my fundraising total. Many of the other Team in Training participants used some other mechanisms such as working a refreshment booth at a Bucks or Wave game, bake sales, carft sales, rummage sales, etc.

The pledges continued to come in at a slower pace and eventually shortly before the marathon I reached and then exceeded my goal.

In June Anchorage has some very long days, thus the name of the Marathon. The sun isn't really out at midnight though. It sets at 11:45pm and rises again at 4:00am.

The sun, when it is out, is very bright, it provides a very bright white light. The atmosphere is relatively untainted by industrial and automobile pollu-



The marathon finishes on the track at a local high school. It was a nice touch, but it was set up so that you think you've arrived at the finish three times in the last mile –only to find that you're not quite there yet.

The heat got to me early. By the finish it was 77 degrees. I'm still not entirely sure what went wrong and when, It wasn't a pretty attempt, but it was another finish.

The result

The 2004 event had about 3800 total participants, 2000 of them from TNT. The Team as a whole raised 4.7 million dollars for the Leukemia and Lymphoma Society, just for this one event.

I ended up raising a total of just over \$4600, for what I believe was a good cause.

The Team makes it fun. An added bonus is making some new friends along the way.



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