

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 7

August 2004

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.

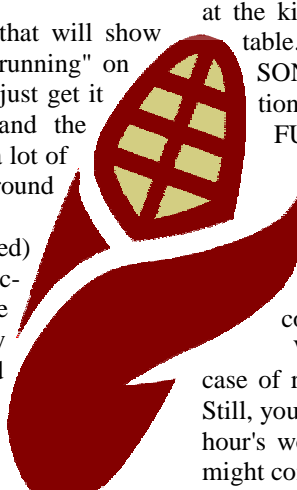
There is a parking fee of \$2.25. That's per car, not per person. Please don't pay at the kiosk, but pay at our registration table. We expect to be welcoming a FEE PICKUP PERSON between 7:15 and 8:00, and that will elicit an additional music and video performance opportunity. WHAT FUN WE'LL HAVE!

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.

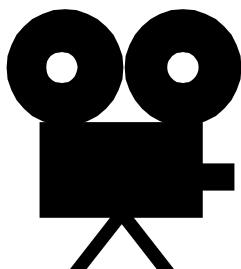
To get to Minooka Park, take I-94 seven miles west of the zoo interchange, to Highway 18 west. Go west 2 miles to 164. Turn left. Go south 2 miles to County Y. Turn left. Go southeast 0.7 miles to Sunset Drive. Turn right, then left into the park. Pass the kiosk (don't pay there) and go 1/2 mile to picnic 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 Strider's 20K

HEADIN' UP TO 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 path 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 – 7:45 am.

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!

BLS Meeting 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 the Lakefront 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.



John Cornell

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 Ecklund, Sally Koch, and

Pam Gryzbowski are being followed by Fox 6's Peter Linton-Smith, who himself is a 5 time marathoner, as they 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

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

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.

100 Meter

Sam Mutschler	12.54
Matt Wasilczyk	13.56
Caroline Jorgenson	14.65
Martin Devaney	16.06
Danny Flaws	16.11
Mary Kaleta	16.57
Mary Flaws	16.70
Tom Maley	16.96
Katie Baumgardner	17.49
Alexandra Zubke	17.54
Rachel Farrell	17.89
Amy Klaus	18.58

Jean Baumgardner	6:30
Jeff Weiss	6:34
Matt Thomas	6:39
Nick Schroeder	7:10
Mary Flaws	7:15
Martin Devaney	7:23
Katie Brumgardner	7:52

400 Meter

Sam Mutschler	55.4
Catie Kuhl	1:08.2
Dean Polster	1:17.4
Rachel Farrell	1:25.6
Tom Maley	1:30.7

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
Caitlin Czajka	6:01
Brock Borga	6:14
Craig Klaus	6:20

800 Meter

Andy Monto	2:10
Derek Serna	2:10+
Ed Gonzalez	2:11
Dan Feehan	2:14
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	27.82
Caroline Jorgenson	30.40



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

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 Baumgardner	17:00.5
Mary Kaleta	17:00.6

LAKEFRONT MARATHON BUILD UP RUN SCHEDULE 2004



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

BADGERLAND STRIDERS FUN RUNS

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

8/4/04	3mi, 6mi 6:30pm	Minooka Park #3
8/11/04	3mi, 6mi 6:30pm	Estabrook Park #8
8/18/04	3mi, 6mi 6pm	Sheridan Park Pavillion
8/25/04	3mi, 6mi 6pm	South Shore Pavilion, So Shore Dr & Meredith
9/1/04	3mi, 6mi 6pm	Whitnall Park #8
9/8/04	3mi, 6mi 6pm	Greenfield Park #3
9/22/04	3mi, 6mi 6pm	Whitnall Park #8



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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.



Ron Winkler

National 10 Mile

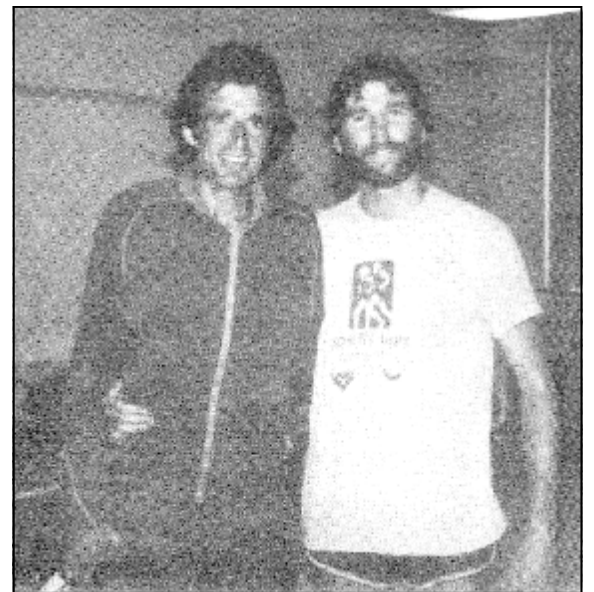
until the final 600 yards, when Shorter out kicked Rojas to win by three seconds with 47:34 (4:45/mile average). Rodgers finished third in 47:58. The victory was uplifting for the 31-year-old Shorter, who had been plagued with a foot injury in 1977 that required surgery in April of 1978.

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 bandit.

The official 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 49:57.

For the women, Kim Merritt was the overall winner in 57:40, over two minutes ahead of runner up Amy Johns who was clocked in 59:44.

Third place went to 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



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



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

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.

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.

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

Dave O'Brien reported he has been notified by Mr. Don Allison, editor of Ultrarunning 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 hobbyist-type magazine that covers races beyond the marathon distance. It is printed in black and white.

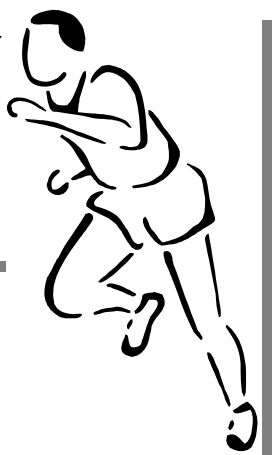
Dave said he took around 130 photographs of the race, and placed around 100 on the internet.

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."



HEALTHY SOLUTIONS

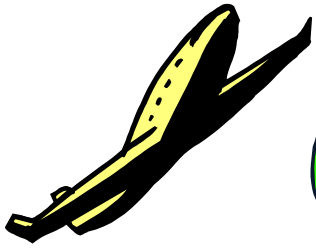


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Travelling Striders

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 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 uphill 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 Harrisonburg, 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 Allegheny Mountains. The view from our lodging was breathtaking, just like being in an airplane. We spent the days hiking the Appalachian Trail, which ran right at the edge of the lodge. During the evenings there was entertainment and a fine restaurant that also served breakfast and lunch.

This all sounds expensive, but it was not. The lodge and restaurant are federal, so the prices are held down. The grounds, lodging, etc. were top notch and reasonable. I would highly recommend a stop there. There is only one problem. You must make reservations far in advance. The place is a steal.

Conclusion: A nice race, beautiful scenery and pleasant 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 off my back.

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.

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



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.

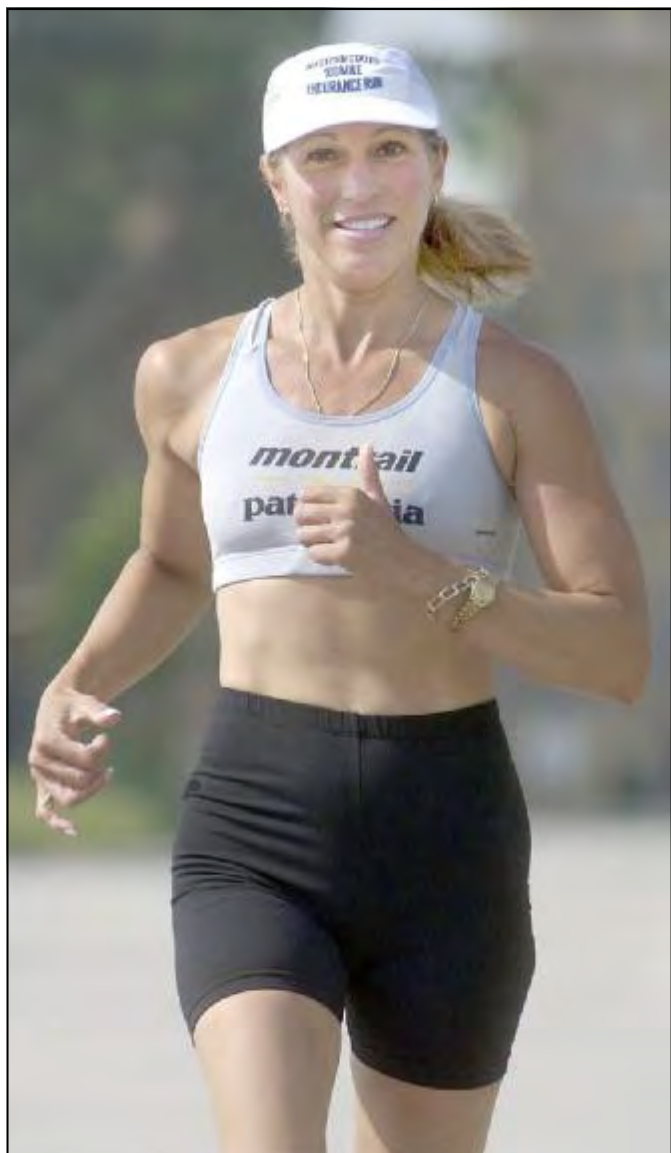
One of the unexpected positives of all my training this past year was my weight. Between the two Bostons I lost 8 lbs and 5% body fat. I even got the ultimate compliment a couple of months ago when my barber said I was starting to "look" like a runner.

(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

Copyright 2004 Journal Sentinel Inc., reproduced with permission. Photo by Benny Sieu, as published in Milwaukee Journal Sentinel June 25, 2004.

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 17-ish.

The idea of doing anything - I don't care what - for 30 straight hours is too much for me, let alone 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 Western 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 Spencer	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 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

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 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

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-year-old guy."

"Eighty-one," I corrected.

"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 sweat-shirt. 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 sign-up 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

(bad revisionism of a Jimmy Buffett lyric)

by Marty Malin RD

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

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 www.badgerlandstriders.org. 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.

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 1224hrn@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.

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, six-and-under races would start. His face would beam when hundreds of cherub-faced children were running the race of their young lives.

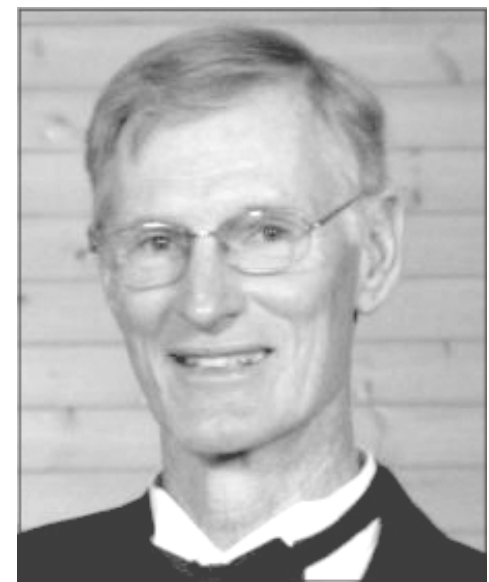
Butzen spent 31 years teaching elementary physical education and 16 years coaching high school cross-country. During his career in the Fond du Lac School District, he carved lifelong beliefs into the bodies, minds and souls of every young person who met him.

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."

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 pursuit of adult athleticism. When he was stationed in Hawaii as a member of the armed forces, he began running. Soon after, he heard that some folks were putting together a marathon race set to start at dawn in Honolulu with the blast from a naval howitzer. Today we all know that event as the Honolulu 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.



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 inaugural Honolulu 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.

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."

Presenting Don Ayer

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

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

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 whenever 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.

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 non-refundable.

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 pre-race 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
- 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*

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 are 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.

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 ([ASSEW](http://www.assew.org)) 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, <http://www.dylansrun.com>.

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

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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 toll-free 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 Online: www.milwaukeeRacefortheCure.com/

The Susan G. Komen
Breast Cancer Foundation



NATIONAL SERIES SPONSORS:



NATIONAL SERIES HONORARY CHAIR: FRANCIE LARREU SMITH

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 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 www.alsmemorialrun.com or follow the link from the Strider Web site at www.badgerlandstriders.org. Visa and MasterCard 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 www.alsmemorialrun.com for specific dates and times.)



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

- 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.

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 www.justgiving.com/alsmemorialrun 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.

Ad Sizes:	Rates:	Measurements:
Full pg.	\$175.00	9.5" w x 14.5" h
1/2 pg.	\$100.00	9.5" w x 7.2" h
1/3 pg.	\$75.00	6.2" w x 7.2" h or 9.5" w x 4.7" h
1/4 pg.	\$60.00	4.6" w x 7.2" h or 9.5" w x 3.5" h
1/6 pg.	\$45.00	3.1" w x 7.2" h or 4.6" w x 4.7" h
Postcard Size	\$35.00	3.1" w x 4.5" h or 4.6" w x 3.0" h
Business Card Size	\$20.00	3.1" w x 2.0" h

Inserts: We will take your prepared Race Entry Forms or Event Brochures and insert them into *The Strider* in advance of your event, so club members may have them instantly in hand. We presently need 1900 copies, although this may change according to our membership. We charge \$100.00 for the service, payable in advance. Inserts may be any size up to 8.5" x 11", and may be folded

Deadlines: We need to know your advertising plans by the first (1st) of the month preceding publication. Prepared ad copy by the 5th; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7th. To place an ad or insert, phone Dave O'Brien at 414-425-1309 [this *includes* club race directors – *I need to know your plans*]. Ad copy may be transmitted by e-mail directly to our editor at tstrider@wi.rr.com. Prepare cartons containing inserts by marking with a broad felt pen, "For *The Strider*, (month) issue."

Payment: Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to **Badgerland Striders** and mail to Dave O'Brien, 5360 S. 121st Street, Hales Corners, WI 53130.

For questions, or to arrange for an ad or insert, phone Dave at 414-425-1309 or e-mail davocorn@tds.net

Monthly Club Meetings

Badgerland Strider monthly meetings are held on the third Wednesday of each month at Tanner Paull Restaurant, 6922 W. Orchard Street, West Allis (70th Street between National Ave. & Greenfield Ave.). Normal meeting agenda is: social hour at 6:30 p.m., followed at 7 p.m. by a guest speaker or presentation, and a business meeting at 8 p.m.

Beer and soda are provided on tap. Cover Charge is \$3 at the door for members; non-members are charged an additional \$1.

Program suggestions are welcome. Call Kathryn Retzlaff 414-224-0396.

Disorganized Training Runs

Groups of Striders get together various days of the week to run, socialize and/or eat. Breakfast-only athletes are welcome. T-shirts to all Sunday triple-loopers who finish in under two hours.

* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.


* Winter Fun Runs at the Pettit National Ice Center - run every Wednesday night (except Strider meeting nights). Your start time depends upon the distance you want to run. The track is a rubberized surface - 3 1/2 laps to the mile - a good place for speed work! Admission charge of \$2.50 or by annual pass. Runs begin in mid-November and go to mid-March or so, both depending upon weather conditions.

Moving?

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

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Club Phone: 414-476-7223 (leave message)
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BLS Beginning Running Program Marty Malin	Mar 30, 2004 414-453-7326
Strider 1/2 Marathon Kathryn Cairney Dunn	Apr 10, 2004 414-421-6822
BLS Intermediate Running Program Marty Malin	Apr 15, 2004 414-453-7326
Ice Age 50-Mile/50K John Zinzow & Holly Neault-Zinzow	May 8, 2004 262-495-3131
Sarah's Stride – Hartfest 5K Pete Abraham	May 22, 2004 414-774-4580
Superun 5k Bob Scherer Karen Van Rite	Jun 23, 2004 262-569-6732 262-786-8661
Hales Corners Firecracker Four Doug Nelson	July 4, 2004 414-258-2325
Cudahy 4mi & 10M John Bell	Aug 1, 2004 414-327-5872
Minooka Corn Roast Dave O'Brien	Aug 4, 2004 414-425-1309
Strider 20K Julie & Dennis Wantland	Sep 4, 2004 414-264-9968
Badgerland FX 12-24 Hr Run Marty Malin	Sep 4, 2004 414-453-7326
Tosafest 5K Tom Davis	Sep 11, 2004 414-220-4220
BLS Beginning Trail Running Marty Malin	Sep 13, 2004 414-453-7326
Komen Race for the Cure Karin White	Sep 19, 2004 414-961-0116
Al's Memorial 8K Run Jeff Weiss	Sep 25, 2004 414-771-3165
Lakefront Marathon Kris Hinrichs	Oct 3, 2004 414-291-0368
Glacial Trail Run Tom Bunk	Oct 10, 2004 262-392-2506
Lakefront Discovery Run John Cornell	Oct 30, 2004 414-967-9657
Turkey Trot Len Wachniak	Nov 7, 2004 414-545-5899

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 5K Walk/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

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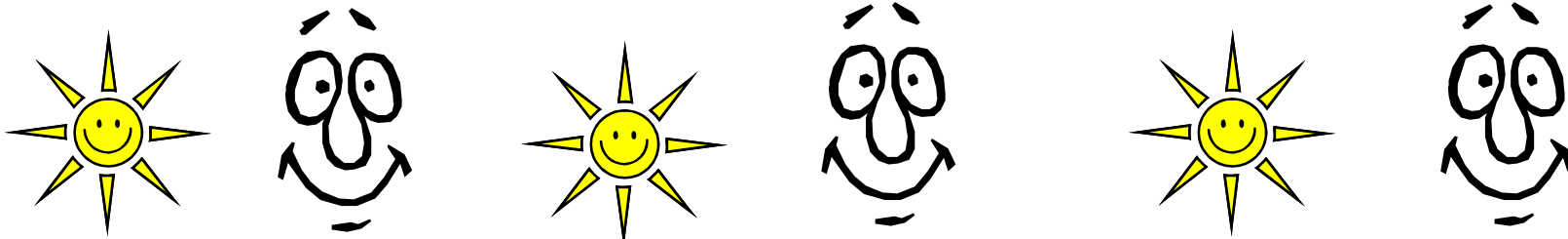
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SEPTEMBER 4TH	BADGERLAND F/X 12/24HR RUN
SEPTEMBER 11TH	TOSAFEST 5K
SEPTEMBER 19TH	RACE FOR THE CURE 5K
SEPTEMBER 25TH	AL'S MEMORIAL RUN 8K
OCTOBER 3RD	LAKEFRONT MARATHON
OCTOBER 10TH	GLACIAL TRAIL 50MI/50K
OCTOBER 30TH	LAKEFRONT DISCOVERY RUN

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Badgerland Striders Annual Membership Form



PLEASE PRINT ALL INFORMATION CLEARLY – Thank You!

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 Street Address _____ Home Phone _____ Other Phone (cell? work?) _____
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DUES (check one) Make checks payable to: **Badgerland Striders, Inc.**
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If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

Names of others in your household who run:

NAME	Sex (M/F)	Birthdate – (Mo/Day/Yr)	OCCUPATION
_____	_____	_____	_____
_____	_____	_____	_____

All members are expected to volunteer for at least one race or project each year. The work is easy and enjoyable. Please check the events you or a member of your household would be willing to work:

- (Jan) Samson Stomp
- (Feb) John Dick Memorial 50K
- (Feb) Steve Cullen Run
- (Apr) Strider Half-Marathon
- (May) Ice Age Trail 50-Mile
- (May) Hartfest 5K
- (Jun) Superun 5K
- (July) Firecracker Four
- (July, Aug, Sept) Marathon Build Up Program
- (Aug/Sept) Badgerland Strider 20K
- (Aug) Cudahy 10K & 10 Mile
- (Sept) Badgerland F/X 12-24 HR Run
- (Sept) Tosa Fest 5K
- (Oct) SE Wisc Race for the Cure
- (Sep) Al's Memorial Run
- (Oct) Glacial Trail Run
- (Oct) Lakefront Marathon
- (Oct) Lakefront Discovery Run
- (Nov) Turkey Trot
- Fun Runs (Jan through Dec)
- Track Meets (summer)
- Youth Development

If you would like to help in any of the following areas, please check those that apply:

- Road Race Director
- Public Relations
- Computerized Scoring
- Club Clothing
- Race Schedule Booklet
- Equipment Rental
- Hospitality
- Race Course Measurement
- Monthly Meeting Planning
- Bus Trips
- Newsletter (Graphics)
- Newsletter (Advertising)
- Computer
- Annual Party
- Other

WAIVER: I know that participating in an athletic event is potentially a hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decisions of event officials relative to my ability to safely complete an event. I assume all risks associated with participating in such events, including but not limited to falls, contact with other participants, spectators, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road or path. All such things being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my application for membership, I, for myself and anyone acting on my behalf, waive and release the Badgerland Striders, Inc., its officers, directors and any event personnel, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in such events, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.

Signature _____

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 lightning. (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 half-way 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 where Rte 135 made a right hand turn onto Commonwealth 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

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. It 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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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 easy - but it wasn't that hard.

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

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 coincidence. The Team has had some influence from many Striders in the past including our team coach, Strider Tom Zak.

The Society personnel 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).



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 Fufeld, 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.

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-



tion. In addition, the atmosphere is thinner up there leading to a more intense UV exposure.

The Team has its 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.

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.

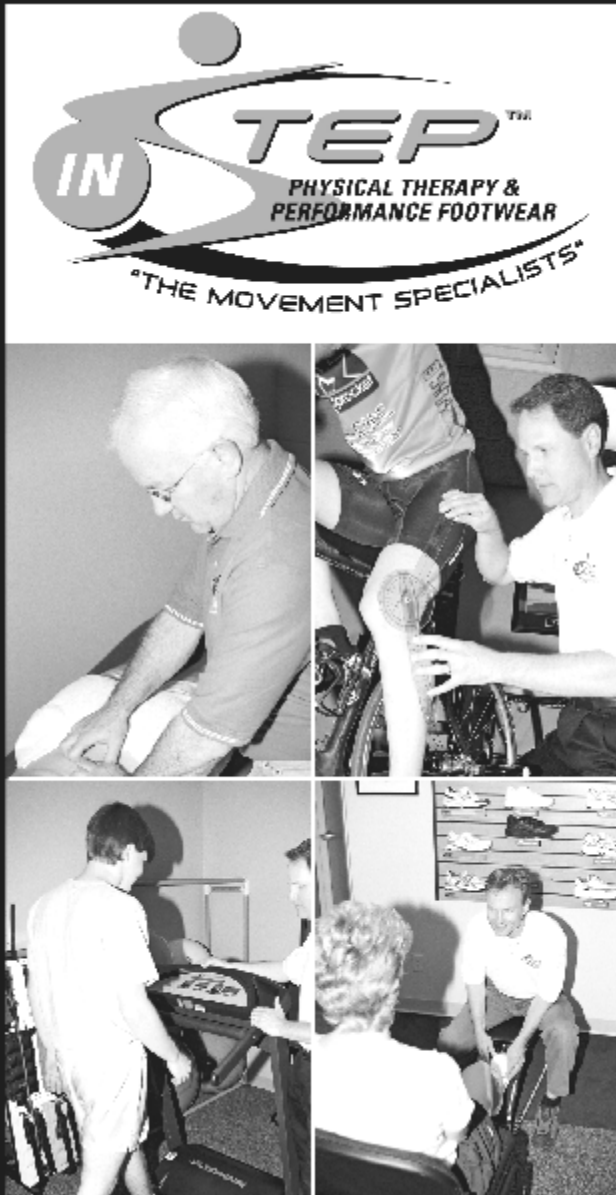
The result

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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