



Volume 33, No. 8 September 2004

Al's Memorial Run

Do it for Kids like Megan

SAVE THIS DATE: September 25, 2004

by Jaclyn Mullahy Al's Memorial Run & Walk Team Intern

Do it for kids like Megan

On Saturday, September 25, thousands of people will join



together for the 27th annual Al's Memorial Run & Walk Children's Hospital presented by Briggs & Stratton. The cause? To raise money Children's Hospital of Wisconsin, the only hospital in Wisconsin dedicated solely to the care of chil-

Join Grand Marshals Tom Crean, Marquette University head basketball coach, and his wife, Joani, for an 8K run, or a five- or three-mile walk. Wheelchairs will start the event at 10:15 a.m., with runners to follow at 10:30 a.m.

Pledge to make a difference

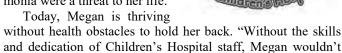
One-hundred percent of every pledge received, from individuals or teams, goes directly to Children's Hospital, funding vitally important patient care, research, education and advocacy programs to help children in our community and beyond.

"Through our participation in Al's Memorial Run & Walk last year, we had the opportunity to meet many of the kids – or Children's Champions – and their families who benefit from the top-quality, standard-setting pediatric health care Children's Hospital provides," said Tom and Joani Crean. "Pledges and gifts to Children's Hospital made through this event make the difference of a lifetime for these and thousands of other children every year."

To make it even easier to collect pledges, participants are encouraged to create their own pledge-raising page online. Visit www.justgiving.com/alsmemorialrun and follow step-bystep instructions to create your very own Web page to share with family and friends. Pledges can be received online from anywhere in the world.

Help one, help all

Six-year-old Megan Gentil is just one beneficiary of pledges raised through Al's Memorial Run & Walk. Children's Hospital was Megan's home away from home for the first three and a half months of her life. Megan was born prematurely and with Down syndrome, and serious complications including an intestinal defect, brain bleeds, holes in her heart and recurring pneumonia were a threat to her life.



be with us today," said Joy Gentil, Megan's mother. Register for Al's Memorial Run & Walk today at <u>www.alsmemorialrun.com</u> and start raising pledges. Do it for Megan and for the thousands of other children who will have a brighter future thanks to Children's Hospital.

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Chancery Tosa Fest 5K

Something fun for the Whole Family

Please join us for the Chancery Tosa Fest 5K run and walk to defeat ALS on Saturday September 11, 2004 at 5:30 pm. This is the 24th year for this event. The course is the same as last year. It is one of the fastest 5K racecourses in the area, traveling through Menomonee River Parkway and finishing in downtown Wauwatosa.

Special features of this race include championship competition for men and women in both masters and open divisions. There are age group awards for first - fifth places. Age groups are di-



by Tom Davis vided at fiveyear intervals.

This event offers something for every member of the family. There is a special run for children through age 12. It will start at 4:00 pm at the Wauwatosa East High School practice field on the north side of the high school. Marty Malin does a great job of making this run fun and exciting for the kids.



Paul Kutschera

Honorary Chairman

BADGERLAND F/X 🕏 12 & 24 HOUR RUNS *

FOR MDA

SAT SEPT 4TH 8AM GREENDALE HS TRACK

STRIDER 20K

SAT SEPT 4TH 7:30AM ESTABROOK PARK

(Continued on page 2)

Unofficially official

Winter running made convenient

I know, I know. You don't need to be reminded winter is just around the corner. You know that. It's always just around the corner.





John Cornell

Well, this year winter running should be easier, and not because I've cut a deal with the devil to provide warmer weather throughout our winter months. I haven't. Heck, I've never even met the devil, much less ever spoken to him. I have seen him though, usually on some solo long run through the midday heat. Its days like that that I wish I was a morning person. Nope, running should be easier, as in more convenient, because the Badgerland Striders have struck a deal with the Pettit Center, unofficially. I say "unofficially" because we have agreed on working together, but now it's time for the lawyers for both sides to look at the draft agreement. When the lawyers are done, each organization will have to go for final approval from their respective Executive Boards. Once that is done, we'll make the official announcement. I don't see any way that this doesn't

As I said, unofficially, The Badgerland Striders will be helping the Pettit install a new running surface to replace the old one. The new surface is targeted for sometime in 2005, depending on how our fundraising efforts go. When the agreement is official, I'll fill you in on the fundraising details.

Other things agreed on that will benefit the Striders:

- · Reduced rates for using the track for Strider members. Use fees will be going to \$3, but Strider Members will pay only \$2.50. This benefit will be for the lifetime of the surface.
- Strider members will have shower facilities available to them up until 3 PM. This will accommodate those who want to run indoors before work or on their lunch hour.
- · Badgerland Strider monthly meetings will be held at the Pettit starting in January 2005. Admission to the meeting will get you free use of the track that day, which will allow many runners to sneak a workout in, and then come to the meeting. Don't worry, they have a liquor license and will provide for those who need fermented beverages for medicinal purposes. What I like about this is everyone

knows where the Pettit is, there are plenty of well-lit parking spaces, and the meeting facilities are fantastic.

- Improved runners warm-up station. Right now, it's just an old carpet used for stretching. Details will need to be worked out on this part. Those who run there, I'd appreciate any ideas you may have for this.
- The Pettit wants to put on a kick-off run through State Fair Park once this is all completed and the track is installed.

Nike, City of Milwaukee, and **The Badgerland Striders Press Release**

OK, so it's not an "official" press release, but I've got some interesting news. I have finally figured out a way for you to get those old, rotten, and lets face it, smelly running shoes out of your house forever and at the same time provide a safe playground surface for some of our future runners. What I haven't figured out though, is how to get the word out to every single household who is afflicted with the "smelly shoe closet". Please help my efforts and pass the word on to your fellow runners.

I am pleased to announce the Badgerland Striders will be participating in the Nike Reuse-A-Shoe program through the city of Milwaukee. Milwaukee is hosting the main collection facility, so we don't have to pay to store the many pairs of shoes I know we can collect. How many of you have multiple pairs of shoes sitting in a closet? Bring them to the following Badgerland Strider Events:

- September 4. Strider 20K in Estabrook Park
- September 25. Al's Run near Packet Pick-up
- October 2nd and 3rd Lakefront Marathon Packet Pick up, start, and finish.

Not every shoe is lucky enough to get turned into Nike Grind material. That's because Nike's recycling equipment is set up specifically for the material and dimensions of athletic shoes. Here are the guidelines for acceptable and unacceptable shoe donations:



Acceptable athletic shoes:

ANY BRAND is ok! Worn shoes are ok, just no metal, water, or mud

Non-processable / unacceptable athletic shoes:

- no metal, cleats, or spikes
- no thongs, sandals, pumps, or dress shoes or
- no shoes in plastic bags or tied together



Chancery Tosa Fest 5K Something fun for the Whole Family

(Continued from page 1)

Tosa Fest will be offering entertainment, a variety of activities, and many different choices of food and drink all afternoon and evening.

Fellow Strider, Paul Kutschera is an honorary chairman of the run and walk this year. It is not long ago (1999) that Paul was able to maintain a 9:15 may know this disease better by the term "Lou Ge-

per mile pace to finish the Big Sur Marathon in four hours. In the year 2000, Paul took first place in the 65-69 age group the Striders club championship se-

Paul suffers from ALS; the disease that this run and walk is raising money to try to defeat. People hrig's disease." After the 1930's baseball star was diagnosed, a new awareness and understanding of the disease developed. Motor neurons degenerate and die. The electrical activity required to move muscles disappears as the neurons die. The loss of communication with muscle fibers causes the muscles to become weak, waste away (atrophy) and eventually become paralyzed.

Many Badgerland Strider have made a point of running in honor of Paul. Organizers are confident that even more will do so this year.

The local ALS Association is again organizing pledge walkers and walker teams. For more information about forming a pledge team and for pledge forms, contact Mike Buckley at 414.771.0707.

Complete race details are listed on the entry form that is posted on the Badgerland Strider website. You can register for the run at the Badgerland Strider web site or use the entry form enclosed with the Badgerland Strider newsletter.

Special thanks go to the Wauwatosa Chancery that is again sponsoring the run and, in addition, has included below a coupon for 20% off your entire bill when you go to the Chancery between 9/13 and 10/31 2004.

So come on Striders, make a point of attending this run and doing your part to defeat ALS!



First-time Lakefront Marathoners featured on Fox 6

by Dave O'Brien

"If you would just make an effort to start with the others," Doug Nelson told me, "you'd know what was going on!"

I was getting some good-natured kidding because I was misinformed about the distance of the buildup run that Saturday. I like to start an hour earlier than the others, so it looks like I'm farther ahead than my speed will allow. Using this tactic, I naturally miss the beginning announcements.

It was precisely that sort of thing that made me ignorant of Peter Lynton Smith's interviews of three first-time marathoners on July 3rd. It took me several phone calls and over a dozen e-mails to establish the



identity of the three. Well, two of the three, actually, since Doug himself had already introduced me to one of them in mid-July.

I can sense his glee in knowing my predicament. I wonder what his next comment will be.

As it turned out, I already knew Pam Grzybowski from Marty Malin's Adult Beginning Running Program last spring. At the time she had declared her intent to run a half marathon this fall. Suddenly, here she is, training for a full marathon.

"Do you think it's a good idea?" I asked. "Do you feel you have enough of a training base?"

"Yes, it may seem that I'm new to running," she replied, "but I've been walking and hiking for several years.

"My friends got me to 'Storm the Bastille' (5k) last year, and I've been keeping up, working out on the treadmill ever since."

Pam says she can walk a 15 minute mile, and run at a 10 minute pace. She and her family intend to 'power walk' Journeys Marathon in Eagle River next May.

"I'm thankful for the Lakefront Marathon buildup program. I can't imagine myself being disciplined enough, or motivated enough, to plan long training runs, and get out and keep going," she admitted.

Assuming she finishes Lakefront successfully,

Pam intends to do another marathon in January or February.

"There aren't any around here," I offered.

"I know," she said. "We're thinking about Florida"

"I guess I had a bit of time on my hands," said Sally Koch. "I had been running, off and on, but nothing really serious. Then I got my master's degree, and had some time off.

"I didn't know what I could do, running-wise. I needed to know that, and it became a personal challenge."

Sally is now a private consultant in the field of health care information services. She commutes to Fond du Lac each day. Her one-way drive takes 45 minutes.

"My goals? To have fun. I want to learn along the way – what to do, what not to do. I don't know how fast I can run a marathon.

"Previously I've run the South Shore and Mad City half marathons – both at a 9:01 pace. This year I also ran Syttende Mai, at a 9:20 pace.

"But at Lakefront I'll be running my first marathon. I'm uncertain how fast I can run it – I'm shooting for a 4:30 time – but what's important to me that I run the whole race."

Regarding the marathon build-up program, Sally added: "The camaraderie there is overwhelming. It doesn't matter what your background is, you're still part of a group, all striving to achieve the same goal."

(Isn't that how war heroes are made?)



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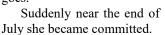
Barb Ecklond is another beginning marathoner. Until ten years ago, she had never run more than a block or two. Then, while participating as a walker in the Lombardi Run/walk, she saw the runners take off, and thought, "I want to be one of them."

She started slowly, getting up to a mile at first, then building gradually to three miles *per day* five, six, or even seven days per week. Result: Barb has a strong base of 15 to 20 miles per week for nine years. Does this seem boring?

Enter her good friend who, in February 2004, suggested Barb could run a marathon. Really? Well, perhaps.

It was in April or May, she recalled, that she first did five miles. "Hey, that worked OK!" was her response.

She did her first sevenmile buildup on July 3. Her attitude was, "I don't know, I'll just try this and see how it goes."



"In the past," said Barb, "I never had a structure or a goal.

"Now I've experienced change in my body. I've learned things about my breathing, pacing, and measurements. Things started to make sense.

"My running is no longer haphazard," she summarized. "Now it's systematic and structured."

Asked about the buildup program, Barb stated she finds the other runners "Very friendly . . . very encouraging . . . very welcoming."

Her goal in the marathon?

"I just hope I will finish," she said, "on two feet, and with a smile on my face."

Last week I spotted Doug Nelson doing the first seven miles of the 12-mile buildup course. He must have started half an hour earlier than I, and then *sneaked back to the start!* So that's how he meets all the right people.

Hmm. If I just carried a small flashlight, I could start before sunrise







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LAKEFRONT MARATHON BUILD UP RUN SCHEDULE 2004

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 Mara	thon Grafton H.S.	8:00am

BADGERLAND STRIDERS FUN RUNS

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

 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



Travelling Striders

Are We Losing Our Striders?

by Cathy Breitenbucher

Fellow Strider Jeff Weiss wrote recently about how easy it is to get lost while running in an unfamiliar foreign city.

Let me tell you, it's just as frustrating to try to run when you know exactly where you want to go and virtually everyone speaks English!

As I planned my family's recent vacation to Stockholm and Helsinki, I cooked up an idea: wouldn't it be great to work out at those cities' Olympic stadiums?

Finding the stadiums was no problem. In Stockholm, our hotel was just three blocks from the 1912 "Stadion." You could see the light standards of the stadium from the hotel, and every time we wanted to use the Tunnelbana (subway), we walked to the Stadion station.



While my timing was lousy for running on the Olympic tracks. I did get to pose (in my 1999 Lakefront sweatshirt) with a replica of the Olympic Torch in Helsinki. Photo by Kent Lowry.

In Helsinki, the 1952 "Olympiastadion" is included on all the tourist sightseeing bus routes and maps. Once you get in the immediate vicinity, all you have to do is look for the white 13-story observation tower that rises from the homestretch side of the stadium.

Stockholm seemed promising enough. The desk clerk at the hotel told me that the stadium frequently is open to the public. The Stadion, now 108 years old, is a lovely structure, constructed of brick with patterns of Sweden's three-crown emblem decorating the main entry on the south end. There are graceful arched entryways leading into the stadium, and I could see that fans are right on top of Lane 8. A black wrought-iron fence with crown designs surrounds the grounds, which include several Olympic-related sculptures.

I learned later that, in typical Olympic-planning fashion, promoters and architects had squabbled over possible locations and designs for the stadium. The site they settled on is squeezed between three major streets, making for a stadium that fits right into the neighborhood ala Wrigley Field. It also reminded me of Drake Stadium in Des Moines, where I've attended the Drake Relays over the years. When Stockholm was bidding for the 2004 Olympics, organizers of course proposed a new, much larger track stadium, in another part of the city.

The place looked deserted, but I was hopeful as I could see that most of the inner gates to the track were unlocked. Now, to find an entry into the stadium grounds. I jogged from gate to gate along the three sides of the stadium (the north end, which was rebuilt to accommodate new locker rooms and other facilities, is inaccessible). Gate after gate was locked, and while the outer fence was no more than 5 1/2 feet tall, I decided against hopping over it.

Here's the clincher -- the next day, our taxi ride on the way out of town took us past the Stadium and the outer gates were wide open! It was on to Helsinki, though, where our cruise ship docked at "Olympiaterminaali," the terminal built to accommodate visitors to the 1952 Games.

Like in Stockholm, other sightseeing delayed our visit to the Olympic complex until the day before we were to leave town. The 1952 "Olympiastadion"

includes not only the track stadium, but also the observation tower, a hostel, a cafe, and the Sports Museum of Finland all within its walls. The sightseeing buses that travel the city make the nearby Paavo Nurmi statue a regular stop on their routes.

After snapping some photos of the Paavo's statue and another one of Lasse Viren nearby, we walked into the main lobby of the Olympiastadion and to my delight you could see the track just beyond the ticket window. And there were a couple of kids running on it! "So, the track is open today I see," I remarked to the smiling woman selling tickets for the tower. "No, no, we have to get them out of there," she replied, to my disappointment. By the time the elevator got us to the top of the tower, the kids were nowhere to be seen

What we could see from the top deck were a smaller soccer stadium, soccer practice fields, indoor swimming and ice skating facilities and the '52 Olympic swimming pool. A bit later, we returned to the lobby and I found the "WC" so I could change into running clothes. My husband, meanwhile, was studying the Stadium Records board, which features names such as Carl Lewis, Mary Decker, Daley Thompson and Marion Jones.

By then, there was someone else selling tickets for the tower, so I asked again about using the track. Different worker, same answer! I got my ground-level look at the aforementioned sports stadiums and fields on a run on the bike paths that crisscross the area.

If I really want to run on the Olympic tracks, it turns out the best thing to do is enter the Stockholm and Helsinki marathons. The Stockholm Marathon, which celebrated its 25th anniversary last June, begins and ends on the Stadion's track. The race's 2,000-plus female entrants (among 14,000 runners total) give it the highest percentage of women of any marathon in Europe -- quite an irony, since women didn't even run at the 1912 Olympics. In Helsinki, the marathon is held in August each year and has a field of about 8,000 runners. The starting line is at the Paavo Nurmi statue, and the finish line is on the track.

Maybe someday.



Overuse Running Injuries

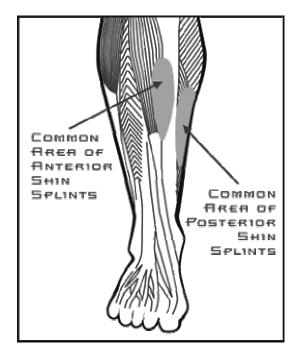
by Michael Gordon, MD

It's that time of year again – the fall marathon build-up has started. The rain is finally clearing and the weather is improving, so our mileage can start increasing.

Unfortunately, with increased mileage comes a growing risk of injury; in particular an "overuse injury," which is wear and tear caused by repetitive motion activities.

Overuse injuries can be caused by a variety of issues including improper footwear, hard training surfaces, rapid increase in training duration or intensity, poor flexibility or misalignments in the feet, knees or hips. Because of these factors almost 50% of visits to orthopaedic surgeons or sports medicine specialists are due to overuse injuries.

Shin splints or "medial tibial stress syndrome" comprises 13% of runners' injuries and was seen in four percent of Naval Academy first-year students in a recent study. The condition is likely due to micro-



trauma (microscopic tears) at the insertion point of several ankle muscles on the shinbone (tibia). Pain is generally present with exercise and there is usually a region of tenderness along the front of the shin.

Treatment for this injury is based on a period of rest from activities that cause the pain. A focused physical therapy program of stretching and strengthening can help speed a return to running. In some cases custom sports orthotics (shoe insoles) can also produce positive results.

The primary concern with shin splints is to ensure that the problem is not a stress fracture of the shin-bone. Stress fractures are seen in four to 15% of runners and almost 50% of these occur in the tibia.

Stress fractures are frequently referred to as "fatigue fractures" or "march fractures" because of the high incidence in military recruits. Women are almost 12-times more likely to develop stress fractures than men.

(Continued on page 5)

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Overuse Running **Injuries**

(Continued from page 4)

The underlying cause of these injuries is an imbalance between the body's ability to repair the microtrauma that occurs with each step we take. Normally these tiny tears repair themselves naturally during rest or periods of inactivity. The symptoms are very similar to shin splints, but generally pain is present during resting periods and at night.

An orthopaedic surgeon or a sports medicine specialist – like the ones at the Aurora Sports Medicine Institute – are able to diagnose a stress fracture, but often times a bone scan or MRI is needed for confirmation.

Treatment is similar to that for shin splints, but a more cautious approach must be taken to prevent a complete fracture. Your physician may enlist the help of a sports-trained physical therapist to guide

All of these injuries can be prevented or reduced by paying close attention to your training program, using appropriate footwear and listening to your

If you develop symptoms of an overuse injury, take a moment and come in for a Free Injury Evaluation at one of the Aurora Sports Medicine Institute sites that are located Downtown Milwaukee, Brookfield, Mequon, Oconomowoc, Whitefish Bay/JCC (call: 800-219-7776) or see your orthopae-

Good luck with your training and I look forward to seeing you out on the lakefront!

Thanks for reading,

Michael Gordon, MD Badgerland Striders Club Physician

Dr. Michael Gordon is a Specialized Sports Medicine Orthopaedic Surgeon with the Milwaukee Orthopaedic Group at the Aurora Sinai Medical Center. An avid marathon runner and soccer player, Dr. Gordon grew up in Bayside and attended Nicolet High School. He also has experience working with the Boston Celtics, Northeast University and Chicago Marathon providing sports medicine orthopaedic coverage. Dr. Gordon works closely with the Aurora Sports Medicine Institute and can be contacted directly by calling 414/276-6000.

Sussex **Lions Daze**

A little like a Throwback to the Eighties

Remember when signing up for a small scale running event did not cost more than ten dollars? Remember the City of Festivals Parade Sargento Sprint?

This year's 24th Annual Sussex Lions Daze Run, held on July 18, 2004 offered a little of each. The event was routed along the Sussex Lions Daze parade route. Race day registration was just ten dollars, t-shirt included. Even the distance was somewhat reminiscent of the eighties: what was intended to be 2.2 miles ended up being 1.9, not unlike the Germantown Library Fund Run course with a split at not 1-mile but 0.9 miles. Timing was not overly sophisticated. The race crew pasted the tear-off tags on a poster board, trying not to lose track of the finish order in the process. One finisher remarked that the posting had her finishing ahead of where she believed she actually finished.

Nonetheless, this year's Sussex Lions Daze Parade Run proved that it is not necessary to break another 20-dollar note just to sign up for a low key small town running event. Furthermore, the short distance (for some) is a throwback to a time when doing marathons was merely academic. Hence, when next summer rolls around, you may want to keep the Sussex Lions Daze Parade Run in mind.

Happy running!

The Glacial Trail 50k/50mi

A Northern Kettle Treat

by Mary Gorski

If you can run a marathon, you can run a 50 kilometer run. And if you can run a 50K and you still feel like doing more, you can run a 50-miler. And if you love the beauty of Wisconsin's Northern Kettle Moraine in the midst of its fall splendor, you can run either a 50K or a 50-mile race right through the middle of it at the annual Glacial Trail 50/50 on October

Directed by local ultrarunning legends Tom and Lorraine Bunk, the race starts at the Greenbush Fire Station/Community Hall off of Highway 23, about an hour north of Milwaukee. Except for a brief jog through town, the entire race course takes place on trails -- many of them single track. A few of the miles are quite challenging, while the rest are VERY challenging. But that shouldn't scare off ultrarunning novices. There are aid stations spaced every four to eight miles, and a generous 10-hour time limit for the 50K. Fifty-milers have 12 hours to do

"The course is unrelenting," said Julie Treder, second-place female in last year's 50-mile race. "The rocks. The roots. The leaf-covered obstacles just waiting for the unsuspecting runner to jog on by. But that made finishing the race so darn satisfying!"

"I run the 50 mile for the gorgeous roller coaster of a trail and all the memories it conjures up of my first ultra, the 1988 50K." said Jim Blanchard, who in 9:32:40 was the ninth 50 mile finisher last year and the first senior master. "Unlike the Southern Kettle's Ice Age Trail, which has changed in some way every year, the Glacial Trail, which is how it was known before it became part of the Ice Age Trail system, is just about constant."

Awards go to the top ten men and top five women in each race, as well as master and senior runners. All finishers get a high-quality sweatshirt. Race organizers figure that you can use something warmer than a tee shirt as the cool days of fall

Entry is limited -- no more than 200 runners



(combined) will be allowed to toe the start line. Entry fees are \$40 until September 10 (\$35 for Badgerland Strider members), \$50 until September 25, and \$60 until race day if space is available. For the 50milers, the fees are \$50 (\$45 for Striders), \$60 between September 10 - 25, and \$70 for late entries, again, as space allows.

You can get an entry form by going on the Badgerland Striders website (http:// badgerlandstriders.org/) or by contacting Tom Bunk at bunk@execpc.com, 262-392-2506.

Last year's winners were Parker Rios (7:48) and Donna Perkins (8:34) for the 50-mile; and Chris Toepfer (4:06) and Ann Heaslett (4:43) for the 50K. Course records for the 50-miler are 7:35 (set by Minnesota's Andy Holak) and Donna's 8:34 set last year. In the 50K, the records are 3:46 (Steve Szydlik) and 4:29 (Victoria Asmus).

If you are an ultra veteran, come and take a shot at one of the records. Or, if you just enjoy a beautiful fall romp in the woods followed by bottomless buffet, Glacial can meet your needs as well.

Be there!

July Track Meet brings out a record crowd

By Alice Winkler

The third track meet of the summer was held on Tuesday, July 20th at Hart Park. We had a talented, enthusiastic crowd. Ron and I have been in charge of the summer track meets since 1995 and this was by far the largest turnout we've ever had.

100 Meters	3
Tom Rewolinski	11.50
Martin Devaney	14.17
Madeline Steininger	14.27
Megan Baxter	14.33
Caroline Jorgenson	14.73
Jean Baumgardner	16.23
Billy Jones	16.43
William Bott	16.74
Aaron Rucinski	16.81
Tom Maley	17.38
Katie Baumgardner	17.55
John Jones	18.00
Leah Rewolinski	18.12
Ethan Bott	18.25
Elisabeth Bott	18.85
William Placek	19.29
Aaron Taylor	19.55
Jacob Taylor	19.71
Jessica Klein	19.74
Rachel Rucinski	19.80
Stephanie Hauski	20.17
Judi Jones	24.57
Ethan Taylor	26.47
Justin Hauski	28.97

1600 Mete	ers
Dan Hockstra	4:37
Mackenzie Laska	4:55
Leonard Ward	5:06
leff Feldman	5:08
Billy Jones	5:17
Γony Agostini	5:20
Paul Jones	5:37
Steve Taylor	5:46
Pat Anderson	5:51

Jill Jones	6:06
Erinn Hockstra	6:34
Jean Baumgardner	6:55
Martin Devaney	6:59
William Bott	7:01
Laura Klein	7:06
Ron Winkler	7:15
Cal Stanke	7:25
John Jones	7:31
Zach Taylor	7:34
Kelly Kallien	7:59
Jovita Moureau	8:22
William Placek	8:40
400 14-1	_

400 Meters	i
Tom Magner	57.1
Tom Rewolinski	59.7
Billy Jones	1:08.5
Paul James	1:09.2
Jill Jones	1:11.5
Dean Polster	1:14
Megan Bruce	1:18
Cal Stanke	1:23.4
Mary Jones	1:25.8
William Bott	1:26
John Jones	1:27.7
Ethan Bott	1:28.7
Aaron Rucinski	1:29
Allix Baxter	1:30
Tom Maley	1:34
Elisabeth Bott	1:48.5
William Placek	2:02
Judi Jones	2:02.35

We began at 6:30 PM and we usually finish between 8:00-8:30 PM. On July 20th, we finished up after 9:00PM. This was due to the large number of heats in the shorter distances. Once again we had many families participating. The children and adults all had a great time. We're looking forward to seeing you again next summer at the track meets.

800 Meters

2:06.4

2:07.9

2:25.9

2:38.6

Jeff Klaues

Derek Serna

Tony Agostini

Tom Magnor

3200 meters

9:52.6

10:02.8

10:56.5

11:16

Dan Hockstra

Derek Serna

Jeff Feldman

Mackenzie Laska

I om magnor	2.50.0	Titaviteiinie Dabita	11.10
Billy Jones	2:41.7	Billy Jones	11:44
Caroline Jorgenson	2:48.4	Leonard Ward	11:46
Martin Devaney	3:11.9	Patrick Malloy	12:04
Laura Klein	3:12.9	Paul Jones	13:02
Nick Schroeder	3:13.5	Mary Kaleta	13:13.7
William Bott	3:23.3	Jill Jones	13:13.8
John Jones	4:04.5	Erinn Hockstra	13:39.6
Ethan Bott	4:05.2	Laura Klein	15:16.8
William Placek	4:18	Dean Polster	16:01
		Dana Bott	16:15.6
200 meters	s	Martin Devaney	17:05.5
Martin Devaney	31.2	Katie Baumgardner	17:37
Caroline Jorgenson	31.5	Jovita Moureau	17:55.2
Cal Stenke	31.8		
Judi Jones	32.6	4 x 400 meter rela	•
Jean Baumgardner	33.2	Billy Jones	5:01
Megan Bruce	34.1	Mary Jones	
Billy Jones	34.65	Paul Jones	
Tom Maley	35.2	Jill Jones	
William Bott	37.0	Zach Taylor	5:05
Mary Jones	37.5	Tom Bruce	
Leah Rewolinski	38.9	Steve Taylor	
Ethan Bott	41.3	Megan Bruce	
Jacob Taylor	41.5	e	
Aaron Taylor	43.2	Caroline Jorgenson	5:20.6
John Jones	43.5	Jean Baumgardner	
Stephanie Hauski	43.9	Mary Kalata	
William Placek	49.3	Katie Baumgardner	
Katie Polster	54.9	William Placek William Bott	6:40
		Ethan Bott John Jones	

Times Past: Now and Then

The Greatest Running CDs Ever

by Ron Winkler

Here are your selections for September of the best CDs to help you with your running. The first installment appeared in the June Strider and contained songs pertaining to running in general. Next, the July issue featured songs to keep you dressed in the latest fashions, along with a disc to help you survive when nature is on the rampage. This is the third installment of my tongue in cheek appraisal of songs relating to running.





Ron Winkler

The Food CD

Athletes need proper nutrition. Here are suggestions of ways to stoke your furnace for maximum performance (with apologies to Liz Applegate).

Main Course

Memphis Soul Stew-King Curtis Rock and Roll Stew-Traffic Sukiyaki- Kyu Sakamoto or A Taste of Honey

The Greatest Running CD Ever Volume 4- Food (Yummy, Yummy)

Hot Pastrami- Dartells

Hot Pastrami With Mashed Potatoes- Joey Dee and

Cheeseburger In Paradise- Jimmy Buffett (Buffett, as in buffet, get it?)

American Pie- Don McLean (McLean, get it?)

Leftovers- Millie Jackson

Beverage

Java- Al Hirt

Scotch and Soda- Kingston Trio

Sweet Cherry Wine- Tommy James and the Shon-

I Want Candy- Strangeloves Bottle of Wine- Fireballs One Mint Julep- Ray Charles

Popsicles and Icicles- Murmaids Incense and Peppermints- Strawberry Alarm Clock Cherry Pie-Skip & Flip Cut the Cake- Average White Band Sugar and Spice- Cryan Shames or Searchers

Bonus tracks of the places to obtain these delectable delights

Alice's Restaurant - Arlo Guthrie Sugar Shack - Jimmy Gilmer and the Fireballs Down at Lulu's - Ohio Express Down at Papa Joe's - Dixie Bells Psychedelic Shack - Temptations Sunday Barbecue - Tennesse Ernie

Ford Smoky Joe's Café -Robins Beggar's Banquet -**Rolling Stones** Old Home Filler-Up An' Keep On-A-Truckin' Café - C. W. McCall

The Cross Training CD

Runners should not live by running alone. I believe it says that in the Bible. There-

fore, you have many options for ways to obtain your daily fix of fitness.

Walk Don't Run- Ventures Walk Like a Man-Four Seasons Walk On Water- Neil Diamond Walk On the Wild Side- Lou Reed Wade In the Water- Ramsey Lewis Trio Walk Like An Egyptian- Bangles The Stroll- Diamonds Take a Walk in the Sky-Flowerpot Men C'mon and Swim-Bobbi Freeman S-W-I-M- Bobby Freeman Dance Dance Beach Boys Dance With the Guitar Man- Duane Eddy Dancing in the Street- Martha & the Vandellas or Mamas & the Papas Dancing in the Sheets- Shalamar Reelin' and Rockin'- Dave Clark Five Hippy Hippy Shake- Swingin' Blue Jeans Ride the Wild Surf- Jan & Dean Groovin' - Rascals Kung Fu- Curtis Mayfield Bicycle Race- Queen Skip A Rope-Henson Cargill Games People Play- Joe South Let's Go Trippin'- Dick Dale & His Del-Tones

Now you should have plenty to keep you busy until next month when we will musically check out the most interesting places to run.



Do You Du?

by Mary Gorski

If you're going to have a festival, you can bet that there will be a few people there who are willing to lace up their shoes and go for a run. And among those, there are probably a few others who would even be interested in a bike ride as well.

And so, a "du" is born.

Mayville's Audubon Days festival is in its 19th year. For several of those years, the festival hosted a triathlon that substituted a paddling leg for the usual triathlon swim portion. Race director Brad Taggett decided to move that race to July so that it can be a part of the annual Rock River Regatta. Rivers generally tend to run a little better in July than they do in October, so it's a better time for a paddle event.

In its place this year, Audubon Days will host its first annual duathlon. The du starts with a 3.5 kilometer run parallel to the Rock River and out into the river valley. It is a mix of roads, crushed limestone and dirt.

The 15 kilometer bike course is best suited to a mountain bike. Leaving the festival area, the bike is primarily in the Wings Over Wisconsin Habitat Restoration Area. It features a beautiful, hilly prairie, along with several creek crossings (wet if it has been raining, dry if there is a drought), and a gorgeous pass through a 200-year-old willow grove and hardwood forest. Held at the start of the fall season, the colors should be wonderful.

Back in their running shoes, racers will top off the event with another 3.5 kilometer run on crushed limestone roads and grass.

After the race, participants and their families are encouraged to enjoy the Audubon Days Festival. Held on the banks of the Rock River in Mayville, it features food, crafts, a car show, more food, a petting zoo and games for the kids, antiques, information booths on a variety of topics, music and MORE food. Many of the proceeds go

The race takes place on Saturday, October 2, with a leisurely start at 11 a.m. (nice to have a race that doesn't require you to wake up before the sun does!). Awards will be given in out (generally) in 10-year age divisions for men and women, as well as Clydesdale /Athena. There will also be a twoperson relay division.

Registration is \$30 on-line until September 22; \$40 after. Off-line registration is \$5 more. Two-person relay fees are \$50 before September 22; \$60 after. Again, off-line registration is

All entrants will receive a long-sleeve shirt (generally featuring local artwork -- last year's race had silhouettes of runners, bikers and paddlers looking like birds flying in formation through the clouds), tickets to the festival duck races, coupons for the food court and a water bottle.

For more information go to: http://www.midwestevents.com/php/triPage.php3 and click on the Audubon Days Festival Duath-Or, contact Brad Taggett at brad.taggett@apw.com, 920-387-3000, ext. 7218.

Presenting Don Ayer

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



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

FROM THE ARCHIVES

25, 20, 15 & 10 years ago

by Ron Winkler



25 Years Ago

Photo and Caption from the September 1979 "Strider" newsletter

Jerry Mandelker (right) and Jerry Anderson

Two gentlemen sent me their picture after completing the Sugar River Marathon. After 26+ miles, it's hard to stand up — let alone toast your success with a grin. Wear your shirts proudly as a symbol of accomplishment and concerted unwillingness to sit back watching someone else do their thing.

20 Years Ago

Sunday, September 9, 1984 The Bay 10K, Whitefish Bay, WI

Men Overall 1. Tim Rodiez, 31:20; 2. Tony Rodiez, 31:32; 3. Armen Hadjinian 32:55; 4. Jim Nehls, 33:05; 5. Greg Johns, 33:15. 13-under John PaulViezke, 41:30; 14-19 Roger Grande, 46:10; 20-29 Tim Rodiez; 30-39 Abie Khatchadourian, 34:45; 40-49 Mike Kirkwood, 35:20; 50-59 Paul Kutschera, 38:05; 60+ Frank Stenson, 48:20.

Women Overall 1. Peggy Meyer, 39:55; 2. Judy Gorsuch, 41:05; 3. Gloria Roark, 41:10; 4. Leanne Groban, 41:50; 5. Marian Ketterer, 42:25. 14-19 Barbara Babcock, 55:00; 20-29 Peggy Meyer; 30-39 Judy Gorsuch: 40-49 Gloria Roark.

\$13 prior to 9/16

\$15 Day of Race

194 finishers

15 Years Ago

Saturday, September 2, 1989 Badgerland Striders 20K

Men

20-24, Steve Nelson 1:08:55; **25-29**, Michael Anderson 1:11:09; **30-34**, Louis Agnew 1:09:54; **35-39**, Chuck Germain 1:09:43; **40-44**, Roy Pirrung 1:10:29; **45-49**, Robert Fitts 1:12:29; **50-54**, Ron Goudreau 1:12:47; **55-59**, Paul Kutschera 1:21:33; **60**+ Len Olson 1:24:11.

Women

20-24, Laura Gibeault 1:25:27; **25-29**, Lisa Kutschera 1:27:36; **30-34**, Kim Plucker 1:26:38; **35-39**, Vicky French 1:25:17; **40-44**, Janet Sohns 1:29:10; **45-49**, Georgia Dolister 1:40:07; **50+**, Carole Skarie 1:57:03 222 finishers

10 Years Ago

Saturday, September 10, 1994 Tosafest 5K

No age groups were listed. Here are the first ten men and women.

Men

- 1 15:20 Doug Burchett
- 2 15:38 Jim Gross
- 3 15:44 Ken Mauk
- 4 15:51 Dave Urich
- 5 15:56 Greg Spende
- 6 15:57 John Barndt
- 7 16:02 Paul Hiegel
- 8 16:05 Pablo Soto
- 9 16:06 Rick Stefanovic
- 10 16:11 Bill Dickrell

Women

- 1 18:14 Pam Hicks-Pollock
- 2 18:27 Susan Koch
- 3 18:33 Lorie Lewis
- 4 18:44 Michelle Mittelsteadt
- 5 19:02 Kathy Lobins6 19:14 Kay Fronk
- 7 19:35 Wanda Williams

1006 Capitol St., Wisconsin Dells, WI 53956

ph: 608/254-6280

- 8 19:49 Toni Poggenburg
- 9 19:57 Lori Stauder
- 10 19:59 Amy OConnor
- 407 finishers

Inserts take a life of their own.

by Dave O'Brien

As a club, we try to encourage any runningoriented endeavor. One way is to allow other running clubs and RDs to advertise their events via "inserts" in our newsletter.

It works well for us. At our present charge of \$100, we make a profit. I'm sure it's a good profit, although I don't know exactly how much. I don't need to know; I only provide the service.

It works well for advertisers too. With (at present) around 1900 subscribers, it costs about a nickel per race brochure. This is for a group of known runners who - *subscribe to the paper and read it!*

We waive the cost for club-related events. (It's a wash!) This gives our event directors and race directors an opportunity to publicize their event . . . free!

But for every advantage, there is a downside as well.

Last month (for the August issue) there were apparently 9 inserts (approx. 14 cartons) at Rodiez's Running Store, the advertised collection point. I then trucked them to the printer's representative in Brookfield, in time for him to shrink-wrap them onto the pallet of other printed stuff to be delivered to Denmark, WI (where our newsletter is actually printed and mailed).

But something else happened. Two potential clients called and said in effect, "Can we get on board?"

"Sure," I said, thinking, one hundred dollars a pop.

I spent about twenty minutes apiece on the phone, giving them the contact information (as in, "Right and through the personnel door, left to the main shipping floor. Look for the Shipping kiosk on your left . . .Write the check to. . .), and I was apparently successful. I avoided making a second trip that month

My August newsletter arrived with nine inserts. Five had been paid, and four were club-sponsored (as in FREE). What happened to the other two?

The call that I dreaded arrived soon after The Strider arrived. "Why isn't our brochure included?"

Checking my own mailing, there were only nine included. I thought the printer might have left out those that had arrived late.

One of our club members had transported his own inserts to the printer, without my knowledge. Now I'm down to eight identifiable pieces.

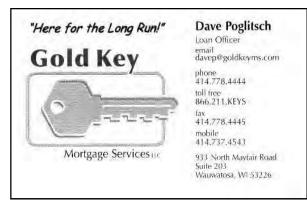
Checking with Jeff by e-mail, he said he received "all eleven." They were the same as I received, which, for a permit mailing, is an excellent correspondence. Now I have to check: was one of them our club's?

Sadly for me, someone has learned how to transport his *club materials* directly to the printer's representative without my knowledge, so now I don't know who or which, of the nine, or eleven, or twelve, hasn't paid. I have scraps of paper with caller's names, events and dates. I'm working to reconstruct it, but I'm not sure I can resolve the question.

LESSON: Please contact me regarding any inserts, club or otherwise. That's BEFORE publication, not way later.

Our club needs to be paid for services rendered. Please don't compromise that. Let me, or your other INSERTS representative, know what you intend to do.





BLS Meeting Speakers

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.

October 20th

Strider Dave O'Brien.

Dave will speak on Hills, Grades and Slopes.

See brief and questionnaire below.

NEW MEMBERS

MARCH THROUGH AUGUST

NAME

NAME AMBOS HEATHER ANDERSON JEAN ANNIKA JOY ARNDT BRIAN BENTLEY JEAN PERMEN MELANIE	CITY	ST
AMBOS HEATHER	GREEN BAY	WI
ANDERSON JEAN	MENOMONEE FALLS	WI
ANNIKA JOY	MILWAUKEE	WI
ARNDT BRIAN	MILW/WAUWATOSA	WI
BENTLEY JEAN	MILWAUKEE	WI
BERKEN MELANIE	HALES CORNERS	WI
BERKEN MELANIE BLUMENFELD JANET	MILWAUKEE	WI
BOTHWELL JACK	WAUWATOSA	WI
BRACEY JOSEPH	MILWAUKEE	WI
BRENZEL BARBARA	SO MILWAUKEE	WI
BRESTER TRACY	NEW BERLIN	WI
BRITE PAM	WAUWATOSA	WI
BRUGGEMAN JOHN	MILWAUKEE	WI
BURKE CHRISTOPHER	MIDDLETON	WI
CADY JESSICA	STOUGHTON	WI
CARNEY REGHAN	BROOKFIELD	WI
CARSE CEIL	WAUWATOSA	WI
CHMIELEWSKI MARY JO	MILWAUKEE	WI
CHRISTOPHER ROBIN	MILWAUKEE	WI
CLARY REBECCA	MILWAUKEE	WI
CLOSE MAGGIE	WAUWATOSA	WI
CLOSE MAGGIE COFFER WILLIAM CROSS TRACEY DAWES SUE	MILWAUKEE	WI WI
CROSS TRACEY	FRANKLIN	WI
DAWES SUE	WATERFORD	WI
DE ROSIER CHRIS	PEWAUKEE	WI
DEBOTH STEVE	PEWAUKEE	WI
DEGNER SETH	MEQUON	WI
DETTLAFF CINDY	FREDONIA	WI
DEVANEY MARTIN	GREENDALE	WI
DONNER CORINNE	MILWAUKEE	WI
DUCHATEAU NADINE	COLGATE	WI
DUNHAM BRUCE	MEOUON	WI
ENGELBART MIKE	MILWALINEE	WI
FELKER KATIE	WAUKESHA	WI
FERRIS MICHAEL	NEW BERLIN	WI
GAGNON CRAIG GARLAND KEITH	CEDARBURG	WI
GARLAND KEITH	GLENDALE	WI
GEURTS BRADLEY	FOX POINT	WI
GOGGINS SUSAN	WHITEFISH BAY	WI
GOGGINS SUSAN GORDON MICHAEL	MILWAUKEE	WI
GROSS ROBERT	WAUWATOSA	WI
GRZYBOWSKI PAMELA	GREENFIELD	WI
GUNNISON TRACY	MENOMONEE FALLS	WI

INAIVIE	CITT	<u> </u>
HABERMAN GLEN	DELAFIELD	
	VV I	
HARPER AMANDA	BROOKFIELD	WI
HARRIS LYNN HECKMAN JENNIFER	OCONOMOWOC BROOKFIELD	WI WI
HEINZ KRISTINE	FRANKLIN	WI
HERVERT JOHN	MILWAUKEE	WI
HOIDA ANNE	NEW BERLIN	WI
HOOTSINGER CASEY	SHOREWOOD	WI
HUHN PAUL	FRANKLIN	WI
HULBERT JEAN	WAUKESHA	WI
HURST LISA	BURLINGTON	WI
HUSTAD MARC JAHNKE JAMES	SHOREWOOD	WI
JAHNKE JAMES	SUSSEX	WI
JANKOWSKI TODD	MUKWONAGO	WI
JUBECK ALICE	MILWAUKEE	WI
KAUFMAN BERNADETTE	HARTLAND	WI
KENNEDY ROHAN	MILWAUKEE	WI
KLINE JEFF	MENOMONEE FALLS	
KNIPPER MARY	DELAVAN	WI
KOCH MARIANNE	GREENFIELD	WI
KOCH SALLY	RICHFIELD	WI
KRAJACIC JEFFRY	BROOKFIELD	WI
KRAWCZYK ERIC	WAUKESHA WAUWATOSA	WI
KRAWCZYK RICHARD KRUEGER AL	MILWAUKEE	WI WI
I ANG CHEDI	MENOMONEE FALLS	WI
LANG CHEM LEVV BRIAN	MEQUON	WI
KRUEGER AL LANG CHERI LEVY BRIAN LIND STEVE LISKA KELLY LOPEZ CASEY MAGOULIAS NIRA MAIERLE KAREN MALIN MARK	WALIKESHA	WI
LISKA KELLY	MILWAUKEE	WI
LOPEZ CASEY	WEST ALLIS	WI
MAGOULIAS NIRA	WAUWATOSA	WI
MAIERLE KAREN	SHOREWOOD	WI
MALIN MARK	MILWAUKEE	WI
MANK KATIE	MILWAUKEE	WI
MANK TERRY	MILWAUKEE	WI
MANKE RHIANNON	SHOREWOOD	WI
MCAVOY MEGAN	MILWAUKEE	WI
MCCARTHY JOHN	MILWAUKEE	WI
MCCUMBER DIONNE	WAUKESHA	WI
MCKELVEY WILLIAM	GERMANTOWN	WI
MCNULTY PEGGYSUE	SLINGER	WI
MILLER JILL	FOX POINT	WI
MILLER FOLEY SARA	MILWAUKEE	WI
MOODY AMBER	WEST BEND	WI WI
MOUREAU JOVITA NITSCHKE THOMAS	MILWAUKEE WAUWATOSA	WI
MOGGED TEDELAY	MILITARITE	WI
OUDEHOVEN STEPHANIE		WI
POLZIN JULIE	MILWAUKEE MILWAUKEE OSHKOSH	WI
POTRATZ JAY	OSHKOSH	WI
RACH RUSSEL	OSHKOSH WEST BEND MILWAUKEE DELAFIELD WAUWATOSA SHULLSBURG	WI
RASMAN KATE	MILWAUKEE	WI
RICHARDS JOHN	DELAFIELD	WI
RUDIG JOHN	WAUWATOSA	WI
RUSSELL DEBORAH	SHULLSBURG	WI
SAUNDERS TAMMY	HALES CORNERS	WI
SCHAEFER-CAMPION C	ST FRANCIS	WI
SCHARFF BENJAMIN	OAK CREEK	WI
SCHIEK BRYAN	WAUWATOSA	WI
SCHUELLER THOMAS	GERMANTOWN	WI
SCHWARTZ MATT	HALES CORNERS	WI
SCOTT STEPHANIE	MILWAUKEE	WI
SHEETZ BETH	NEENAH PROOKEIELD	WI
SHEELZ BETH SHUE NANCY SICS AARON SMITH KELLY SMITH RICHARD SOBCZAK THERESA SWOMA MANDY	MILWALIVEE	WI WI
SMITH KELLV	MILWAUKEE	WI
SMITH RICHARD	MANITOWOC	WI
SORCZAK THERESA	SO MII WALIKEE	WI
SWOMIA MANDY	SUN PRAIRIE	WI
TALAVERA ELLEN	LISBON	WI
THOMAS MATT	NEW BERLIN	WI
THOMPSON JEFF	MILW/SHOREWOOD	WI
THORESON KEVIN	CALEDONIA	WI
"TRUE STEVE THE HOMES	R"GREENFIELD	WI
TURNER CHRIS	WAUWATOSA	WI
VASTALO FELICIA	MILWAUKEE	WI
VINCENT TAMI	FOX POINT GREENDALE APPLETON	WI
VON SELZAM ERIKA	GREENDALE	WI
VOSSEKUIL JODI	APPLETON WAUKESHA	WI
WAGNER SHANNON	WAUKESHA	WI
	SO MILWAUKEE	WI
ZAROB KRISTEN ZIMMERMANN JEFF	MILWAUKEE ED ANKLIN	WI
	TRAINKLIN	WI
ZUKKU ALFUNSU	FRANKLIN	WI

CITY

ST

Hills and Valleys, Slopes and Angles

How are they measured? How do you run them?

Several geophysical facts, as well as a few common misconceptions, will be explained, demonstrated, and/or otherwise dealt with.

Many will even relate to running.

Geologists, naturalists, science teachers and civil engineers are especially welcome (as in, NO CHARGE WHATSOEVER). Badgerland Striders members will be encouraged to pay their regular \$3.00 admission fee.

A presentation by Dave O'Brien, a trail marathoner and ultrarunner, at the monthly meeting of;

Badgerland Striders, Inc. (The running club) October 20, 2004

Tanner Paull Restaurant, 6922 W. Orchard Street (off 70th St. between Greenfield and National)

Reception at 6:30 pm, speaker at 7:00. Business meeting at 8:00. Party until 9:00 or even later, maybe.

Subjects touched on will include glacial effects, angle of repose, slope, angle, tangent, coefficient of friction, and measurement. Relationships with the building trades, civil engineering, architecture and auto racing will be mentioned. Many of our favorite running hills will be measured, pictured and discussed. Sharing of personal experiences will be encouraged.

My most interesting running hill

Name/location of hill:

(If it's not nearby, can you provide a photograph? _Y _N)

Tell why it is your most interesting:

Tell what is your objective/technique in running it:

(Name _____ Date ____ Phone/email

Please deliver this form to Dave O'Brien by 9/15/04.

FAX: 282-8412 E-mail: okguys@aol.com	
	SERVICE, INC. SERVICE & TOWING
RAY JR. & DAVE Owner	4100 W. LOOMIS ROAD GREENFIELD

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

We welcome your articles, poems, journal extracts, essays and cartoons. However, not all submitted material can be printed, and some will be used with a delay. In addition, the editor reserves the right to correct spelling and grammar, and to edit for length and clarity when necessary. The Strider Newsletter does not accept letters or articles written in anonymity, with rare exception. Bylines are standard.

The submission deadline is the first of the month preceding publication.

Please submit via email or stored on a 3-1/2" computer diskette (IBM) in just about any format. Any photos will be appreciated. Suggested captions are appreciated too, and please identify the subjects when possible. Please put your name, address, date of the photo and name of the event on the back of each photo if you want to receive a photo credit, and/or if you would like them returned. Electronically submitted photos should be in JPEG or TIF format and should not be embedded in word processor based documents.

Letters to the Editor are welcome and will be published when space allows.

Send submissions to:

Jeff Weiss, 5310 W. Wells Street, Milwaukee, WI 53208, Phone: 414-771-3165 Or email directly to 'The Strider' at tstrider@wi.rr.com

How to Advertise

The Strider reaches more than 1,800 running enthusiasts around the Milwaukee area and the state of Wisconsin. If you have something to tell or to sell to active people, this newsletter will spread your message. Issues are published 11 months a year, Feb. – Dec.

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

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

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

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

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

Monthly Club Meetings

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

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

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

Disorganized Training Runs

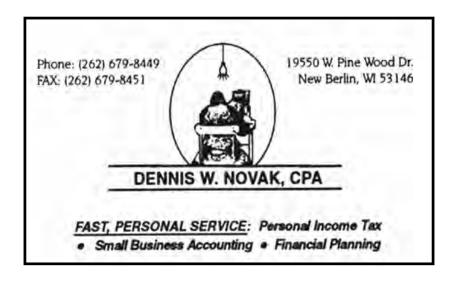
Groups of Striders get together various days of the week to run, socialize and/or eat. Breakfast-only athletes are welcome. T-shirts to all Sunday triple-loopers who finish in under two hours.

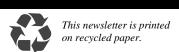
- * Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through where else? the Zoo.
- * Winter Fun Runs at the Pettit National Ice Center run every Wednesday night (except Strider meeting nights). Your start time depends upon the distance you want to run. The track is a rubberized surface 3 1/2 laps to the mile a good place for speed work! Admission charge of \$2.50 or by annual pass. Runs begin in mid-November and go to mid-March or so, both depending upon weather conditions.

Moving?

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

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





Badgerland Striders 2003 VIP List

Executive Board

President	John Cornell	414-967-9657
		jdcstrider@aol.com
VP Administration	Bonnie Clarey	414-453-6527
		bls@execpc.com
Secretary	Marty Malin	414-453-7326
		1224hrrn@merr.com
Treasurer	John Rodee	414-962-1439
		rowdy@execpc.com
Co-VPs of Program	ming	
	Linda Pulkowski	262-968-3300
	g	genacct@execpc.com
	Cyndi Bergs	262-677-3408
	mcbe	rgs@worldnet.att.net
VP Road Racing	Jerry Anderson	414-258-4986
	jerry aı	nderson@aurora.com
Newsletter Editor	Jeff Weiss	414-771-3165
		tstrider@wi.rr.com
Past President	Larry Govin-Matza	at 414-961-0050
		lgovin@mac.com

Administrative Directors

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

Cide Championomp vini 22minui	202 000 00 .1			
Race & Program Directors				
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 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	May 22, 2004			
Pete Abraham	414-774-4580			
Superun 5k	Jun 23, 2004			
Bob Scherer	262-569-6732			
Karen Van Rite	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	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 Karin White	Sep 19, 2004 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	Oct 10, 2004			
Tom Bunk	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

Sep 1 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6pm. Whitnall Pk #8. Fees no. Perks bev. Contact Dave	Sep 6 Mon	SAFE HARBOR RUN AND WALK 5K & 10K, 9am Vilas Park Shelter Madison	Sep 11 Sat	LIFE-A-THON Wauwatosa 5k 10am, reg 9:30. NPH Christian Books & Gifts. Divs Youth, Adult.
Sep 1 Wed	ADULT SUMMER ADV RUN PROG Tosa 6-7:50am. Hart Park. Last 20K session12, 13, or 16 sessions. Speed	Sep 8 Wed	BLS FUN RUN Milwaukee 3mi, 6mi 6pm. Greenfield Pk #3. Fees no. Perks bev. Contact Glenn Wargolet. Eve 262 352-2168	Sep 11	Fees \$10, \$25/family. +\$5 after 8/14. Perks food, bev, entertainment, facepainting. Contact Peter Georgson 414-727-8176 run@pregnancy-counseling.com 5th Ann SAM BERES MEMORIAL RUN Butler
	program similar 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	Sep 8 Wed	ADULT SUMMER ADV RUN PROG See listing Sept 1st. Note: Last 5K session. Tosa	Sat	10am, reg 9:15. St Agnes Parish Fees \$15, \$40/family. Benefits Leukemia Research Contact Sandy Bisswurm, 14340 Flora Ave, Brookfield, WI 53005
	avail addl fee. Perks H2O bottle. Contact Marty Malin 414 453-7326 4runners@merr.com www.badgerlandstriders.org	Sep 8 Wed	PACESETTERS FUN R/W 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,	Sep 12 Sun	HAYWARD 10K Hayward 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,
Sep 4 Sat	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		mineral water, Sub night. Contact Sandra Thein Day 920-729-5250 Eve 920-733-1263 or cell 450-7718 pacesettersrun.com	₁ Sep 12	Best of Both \$45-75 see 9/11. Perks TS, food, bev, massage, goodie bag. Contact Dayle Quigley 715-634-0012 haywardhalfmarathon.com DYLAN'S RW FOR AUTISM TO INDIAN SUMMER
	award 1/mf each event, RRCA WI State Championship in 24 & 1st 12 Open, Masters, Grand Masters. Fees \$35,\$40 by 6/15. \$40,845 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	Sep 11 Sat	MARATHON BUILD-UP Milwaukee 20 mi, 7am Lake Pk Pavilion. Fees no. Perks beer, soda. Contact: Phil Carpenter Eve 414-541-3086 Carpntr@aol.com www.badgerlandstriders.org	Sun C	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
	414 453-7326 1224hrrn@merr.com www.badgerlandstriders.org	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 13	BEGINNING TRAIL RUNNING S Kettle Moraine
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 Meno-		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	Mon	Now 7 Sessions. 1st session is a meeting in Wauwatosa 6-8pm. Others are hands on in S. Kettle Moraine. Note We will try to teach you all you need to know about trail running. Fees \$25. Perks TS, H2O bottle. Contact Marty Malin 414 453-7326 4runners@merr.com www.badqerlandstriders.org
Sep 4	monee Fall WI 53051. Eve 262-253-1219 werun2@execpc.com www.badgerlandstriders.org MARATHON BUILD-UP Milwaukee	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	Sep 15 Wed	ADULT SUMMER ADV RUN PROG Tosa See listing Sept 1st.
Sat	BADGERLAND STRIDERS 20K. See Listing this date.		halfway point between Equator & North Pole. Contact Dale Winget 715 962-3073 dkwingetdc@yahoo.com	Sep 15	BLS MEETING West Allis
Sep 4 Sat	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 Rose Weckenmann Day 715 284-2722 rweckenmann@ho-chunk.com	Sep 11 Sat	IT'S FUN TO RUN YOUTH RUN Fond du Lac 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 fdlrc.com	Wed	see March 18th listing. social 1/2 hr 6:30pm, program 7, business mtg 8. Tanner Paull Restaurant 6922 W Orchard St (Just South of Greenfield Ave). Note Guest Speaker: Amy Richter Topic: Strength Training for Runners. Fees \$3 mbrs, \$4 non-mbrs. Perks info, socializing, snacks, bev. Contact Kathryn Retzlaff. Day 414-224-0396
Sep 4 Sat	BRIGHT TOMORROWS 5K R/W Brookfield New Race: 9:30am, reg 8. Mitchell Pk. Divs 15-, 5yr, 40-49, 10yr, 70+. Awds 1/mf, 3/div. Whchr 3/mf. Fees \$17, \$22 after 8/21. Perks	Sep 11 Sat	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,	Sep 18 Sat	MARATHON BUILD-UP Milwaukee 14-16mi (taper), 8am. See Listing Sept 11.
Sep 4	TS, dwgs, bev, snacks. Contact Jenny Schweinert 262-827-8982 brightonline.org LEADER-TELEGRAM BUCKSHOT RUN Eau Claire	Sep 11	\$40 SS. Perks SS, medal. Contact Frank Dobbs 262-275-3577 lgsports@lakegenevasports.com SCHNEIDER NAT FAMILY FITNESS EVENT G.Bay	Sep 18 Sat	BEGINNING TRAIL RUNNING S Kettle Moraine See listing Sep 13. Scuppernong Trail 7:50am.
Sat	5mi 9am. 2mi 10:30. reg 7. Carson Pk. Note reg/pickup/expo day 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	Sat	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 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	Sep 18 Sat	WO-ZHA-WA RUN Wisconsin Dells 1/2 Marthon, 4mi, 8am. Reg 6:30am. HS. Note 37TH ANNUAL, Wl's Oldest Distance Race. HM is hilly country run, 4mi is mostly city. Divs 10. Awds Trophies 3/mf, Ribbons 2/div. Whchr no. Fees \$12, \$14 after 9/16. Perks shwrs, bev, TS/all, Dells passes/finishers. Contact
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 Mark Sullivan Day 608 489-8260x8261	Sep 11 Sat	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. Whch 5k. Fees HM \$30-50, k \$10-15, best of both \$45-75 see 9/12. Perks TS, food, bev, massage, goodle bag. Contact Dayle Quigley haywardhalfmarathon.com	Sep 18 Sat	Mike Sweeney 608 254-6280 bluechiptraining.net/wozhawa Lyndon Ellefson 1/2 MAR. CHAMPS Barron HM 7:30am, 5k 9. Community Ctr. Note \$25 to top 1/2mar finishers in each div. 6th annual. Divs 19-, 10yr, 70+. Awds \$2500 top HM finishers, medals top/all div. Fees HM \$15 by 8/1, \$25 by 9/17, \$30
Sep 4 Sat	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	Sep 11 Sat	715-634-0012 CHEESEHEAD 1/2 MARATHON & 5K R/W Hilbert 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. 5k \$10, \$20 after 9/17. Perks Free use of BACC facilities including pool, whirlpool, sauna, shwrs. Contact Aaron Weber Day 715 537-6666x4 thebacc.com
Sep 4 Sat	COW CHIP CLASSIC Prairie du Sac 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.	Sep 11	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	Sep 18 Sat	BADGER ORIENTEERING CLUB Blue Mounds Long and Short Courses noon. Blue Mounds SP. Fees \$6/mbr, \$9/non-mbr, \$3/jr. Other Natianal Orienteering Day. Contact Kevin Teschendorf 608-294-1958
Sep 4 Sat	Contact Bob Adank wiscowchip.com BANNERMAN TRAIL RUN 1mi fun run, 5k, 10k, HM. Bannerman Trail trailhead Hwy 21. Note off-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	Sep 11	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 danamariegumm@yahoo.com JANESVILLE YMCA HALF MARATHON Janesville	Sep 18 Sat Sep 18	userpages.chorus.net/kevin VIKING 5000 X COUNTRY RUN Blue Mounds 5k XC 11am. Mount Horeb HS. Fees free. Contact Michael Wollin Day 608-437-2400x2129 Eve 608-437-5230 mjw69_47@yahoo.com MALLARD RIDGE TRAIL RUN Delavan
Sep 4 Sat	920 787-4222 cwainc.org BRIGHT TOMORROWS RUN Brookfield 5k, 2mi, 9am Mitchell Park. Benefits children with Brain Injuries Fees \$20, more race day, Families 3+ \$50. Perks TS prereg, Face Pntng, Family Activities, Silent Auction (Bring your checkbookl), Door	Sat Sep 11	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 WOLFMAN TRIATHLON Langlade	Sat	8k 9am. reg 7:30. Mallard Ridge Recycling & Disp. Fac. Note mowed/graveled trails. Divs 12-, 13-19, 10yr, 60+. Awds medals 3/div. Whchr no. Fees \$15. \$20 raceday. Perks TS, food, bev. Contact Karen Yanko Day 262 724-3257 yankok@repsrvcentral.com
Sep 5 Sun	Prizes, DJ and entertainment! Refreshments provided! Contact Leslie at 262-641-5639 www.brightonline.org ST CROIX VALLEY TRIATHLON Internat'l dist, 7:30am reg 6:15. Lake Fron Pk. Divs 19-, 10yr, 60+.	Sat	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 Territory, PO Box 265, White Lake WI 54491. wolfman_runner@yahoo.com	Sep 18 Sat	CHEESE DAYS CHASE Monroe 10k, 5k, 2mi walk 9am. reg 7:45. on the square. Divs 7. Awds 10k, 5k 1/mf, 3/div. Whchr yes. Fees \$15, \$20 raceday. Perks TS. Contact Youth Hockey Assn eteamz.com\myha

Internat'l dist, 7:30am reg 6:15. Lake Fron Pk. Divs 19-, 10yr, 60+. Sun Awds 3/div. Fees \$65, \$75 after 8/20, Teams \$100, \$115, Perks Hog roast, Hawaii atmosphere. Contact Mark Bongers 651-439-9706 FOX CITIES MARATHON TRAINING SERIES Menasha

- Sep 5 20mi 6:45am see 8/22
- WORS TRAIL RUN #7. BIG RING CLASSIC Wausau Sep 5 5 & 2.5mi, 9am. reg 7:30. Note no pavement. Divs 18-, 19-34, 35-49, Sun 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 Sep 6 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. 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

- KÍNNI WILLOW 20 MILER Sep 11 River Falls New Listing: 21.1mi. Note River Falls to Hudson, country roads. Divs Sat 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 Main St River Falls WI 54022. Day 715-425-2533 kw20.org Sept 11 UPHAM MANSION 5K R/W MARSHFIELD 5k, 9am Fees \$12, \$15 after 9/1. Perks TS, refresh, door prises 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, gmsmith419@hotmail.com, reg form: www.rocktonchamber.com/p3.asp

Childhood Cancer Research. Divs 5k 19-, 10yr, 70+. 1k 6-, 2yr, 11-12. Awds 5k trophy 1/mf, medals 3/div. Whchr 5k 3/mf. Fees \$12, \$15 after 9/18. Perks TS, food, bev. Contact Byron Hawks 262-363-6488 lovejoy_dds@hotmail.com MEMORY WALK & 4K PREDICTOR RUN New Richmond 1 & 2mi walk, 4k run 9:30am. reg 9. The Deerfield. Note 4th annual. benefits Alzheimer's Assn. Awds Gift Certs. Whchr 4k. Fees \$15. Perks door prizes, food, bev. Contact Jackie Waalen Day 715 246-

BIG EAU PLEINE PARK TRAIL RUN Mosinee

4mi, 7mi, 9mi trail runs 10am. Big Eau Pleine Pk, West Unit. Divs 11 -

(4mi only), 12-19, 10yr, 70+. Awds 1/mf, 3/div. Fees \$12, \$15 after 9/11. Perks LSTS, food, bev, raffle. Contact Jay or Judy 715 675-

5k, 2mi walk 9am. 1k kids run 9:45. reg 8. downtown. Note benefits

MUKWONAGO OPTIMIST 5K FUN RUN

HERRINGTON MCBRIDE RUN/WALK 5k r/w, 10k run, 10am. kids. reg 8. Multipurpose Ctr 34700 Valley Rd. Divs 14-, 5yr, 55+. Awds 1/mf, 2/div. Fees \$18, \$20 raceday. Family \$40. Perks TS, fruit, bagels. Contact Robert Remme Day 414-223-6404 Eve 414-226-2476 remme1@us.ibm.com

(Continued on page 11)

USMC 10k-5k Devil Dog Run/Walk and 2 Mile Fun Run Cancelled

ATTENTION:

Please be advised that the Sept 18th USMC 10k-5k Devil Dog Run/Walk and 2 Mile Fun Run has been suspended for this calendar year because of the activation of Golf Company, 2nd Battalion/24th Marines of Madison, WI to Iraq.

We will have a family picnic for support of our Marines at Vilas Park in Madison, WI that day and that anyone wishing to contribute the normal entry fee of \$20.00 in support of care packages to them during the year can mail a check payable to:

Marine Corps League - 4 Lakes Chapter with the subject line reading Golf Company KVN (that's our family support network).

Please send to: 1st Sgt Ron Christensen Armed Forces Reserve Center 1430 Wright Street Madison, WI 53704-4192

Our Marines need our community support more than ever this year! I am available by phone to answer questions pertaining to this Request. Thanks for your previous and future support!

> Barbara Wentworth, Race Director, KVC Golf Company, 2Bn,24thMarDiv USMC 10K/5K Devil Dog Run/Walk gymnut@wi.rr.com 262-968-3654, Cell: 262-227-3071

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Sep 18

Sep 18

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COMING EVENTS

(Continued from page 10)

Sep 19 S.E. WIS. RACE FOR THE CURE Milw

M&W 5K r/w & 1mi walk. 9am(?). Northwestern Mutual.

Benefits Susan G. Komen Breast Cancer Fdn. Divs 5k 13 - 14-18, 1924, 5yr, 70+. Awds 5k. Fees \$20 timed, \$15 fun/walk, \$25 raceday.

Perks TS, freebies, dwgs, food, bev Contact Karin White Day 414
964-0116 Eve 414-961-0116 whitekarin@yahoo.com

www.badgerlandstriders.org

Sep 19 DEVILS CHALLENGE SPRINT TRIATHLON Baraboo
Sun .25mi/15mi/5k 8am. reg 5:45. Devil's Lake SP. Divs 19-, 5yr, 65+.
Awds 5/mf, 3/div, Masters, Clyde/Athena, Relay. Fees \$55, \$60 after 9/9. Relay \$95, \$100. Perks TS, meal. Contact Jenny Rilling Day 608-441-2464 witriseries@charter.net

Sep 19 BIG M RUN Platteville
Sun 5mi, 2mi r/w 8:45am. 1k kids 9:45. UWP Campus. Note Fast downhill course. Must take bus to start of 5mi, 2mi runs. Divs 24-, 5yr, M60+,

course. Must take bus to start of 5mi, 2mi runs. Divs 24-, 5yr, M60+, F50+. Awds 5mi 3/most divs, trophies, certs. 1k ribbons. Whchr roads, no curbs. Awd 1/mf. Fees 5mi \$13 by 9/13, \$18 raceday. 2mi \$10, \$12. 1k \$5, \$6. Perks TS, dwgs, fruit, bev, munchies, shwrs. Contact Tom Antczak Day 608 342-1504 Eve 608 348-3877 antczak@uwplatt.edu

Sep 19 SCHIERL CO. ANNUAL R/W FOR ACS Stevens Point
Sun 5k noon. Bukolt Pk. Awds Medals 10/mf. mdse w/ donations. Contact
Gail Reed Day 877-423-9128 Eve 715-848-2881

Sep 19 J-HAWK FALL 1/2 MARATHON Whitewater
Sun HM 9am, 10K 9:30, kids 1mi 8:30. Roads/nature trail. Divs 19-, 20-29, 5yr,
65+. Kids 6-, 2yr, 15-18. Awds 1/mf, 3/div. child 3/div. Fees HM \$20, 10K
\$15, child \$10. Add \$5 after 9/5. Perks TS, music, food, raffle. Contact Cheri
Zimdars Day 262-473-1800 Eve 262-473-7103 j-hawks.org

Sep 22 BLS FUN RUN Milwaukee
Wed 3mi, 6mi 6pm. Whitnall Pk #8. Fees no. Perks bev. Contact Ron
Behlendorf & Nancy Sandling. Day 414 412-1100 & 262 376-4496

Sep 22 ADULT SUMMER ADV RUN PROG Tosa See listing Sept 1st.

Sep 22 HARVEST MOON RUN Pleasant Prairie

Wed 5k r/w 6:30pm. 1/4mi kids 6. Prairie Springs Pk, Lake Andrea, hwys
165 & H. Divs 5k, 13-, 5yr, 70+, kids 12-. Awds Trophy 1/mf, medals
3/div. Fees 5k- \$12, \$15 after 9/11, \$11/person families 4+, kids free.
Perks TS guar. to pre-reg, dwgs, juice, fruit. Contact Ken Burman 262
658-1011 kburman653648@aol.com

Sep 25 AL'S MEMORIAL RUN & WALK
FOR CHILDREN'S HOSPITAL Milwaukee

Sat C 8k run, 5&3mi walk 10:15am. Marquette University, 12th & Wisconsin.
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.

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 www.badgerlandstriders.org

Sep 25 APPLE FEST DUATHLON Edgerton
Sat 2.5k, 25k, 2.5k 9am. Racetrack Pk. Divs 5yr, clyde/athena. Fees \$35, \$40 9/13? Contact Erik Witt. Day 608-884-7657 applefestsports.com
Sep 25 FOX CITIES MARATHON 5K R/W Menasha
Sat 5k r/w 8am, kids 10. UW-Fox Valley. Divs 9-, 5yr, 65+. Awds Trophy

5k r/w 8am, kids 10. UW-Fox Valley. Divs 9-, 5yr, 65+. Awds Trophy 3/mf, medal 3/div. Results posted, web. Fees \$15, \$18 dayof. Children -14 \$10, \$12. Perks TS, finisher ribbon, goody bag, food. Contact Fox Cities Marathon Day 920 882-9499, 877 230-RACE foxcities—marathon org.

Sep 25 HERITAĞE DAYS FALL FIVE New Richmond
Sat 5mi, 2mi r/w 9:30am. reg 7:30. Heritage Ctr. Divs 29-, 5yr, 60-69,
70+. Awds 1/mf, 3/div. Perks LSTS, dwgs, feast. Contact J. Evans
715 246-5067 nrpsinc@pressenter.com

Sep 25
PESHTIGO FIRE TOWER RUN/WALK Peshtigo
Sat
5k, 10k run 8am. reg 7. Bulldog Stadium, N Emery Ave. Divs 13 -, 1419, 10yr, 60+. Clydesdale/Athena. Walk open. Awds runs 3/div. walk
6/mf. Fees \$12 by 9/24, \$14 raceday. Perks TS, goody bag, shwrs.
Contact Donn Morois 715 582-2875 peshtigoffre.info/firetower home.htm

Sep 25 BEEF-A-RAMA FUN RUN/WALK Minocqua
Sat 5k&10k Contact: Susan Bjorklund 715-356-5266
mavwacc@minocqua.org

Sep 26 MARATHON BUILD-UP Milwaukee Sun 12-14mi (taper), 8am. See Listing July 3.

Sep 26 BEGINNING TRAIL RUNNING S Kettle Moraine
Sun See listing Sep 13. Scuppernong Trail 7:50am. Note Only Sunday
session.

Sep 26 FOX CITIES MARATHON Appleton

7:55am wc. r/w, relay(5), HM r/w/power w, 5k r/w, 8, kids, Sat. UW-Fox Valley Menasha. Pacing teams for Mar. Divs 19-, 5yr, 65+, masters, srs. Awds \$1500-\$100 top5/mf. Whchr all events. Fees Mar \$55, \$70 after 8/31. HM, Power Walk \$45, \$60. no raceday. Online/website. Perks TS, finisher medal/mar, HM, relay, goody bag, bag&lag, bus shuttles, food, shwrs. Conlact Chip Coenen Day 920 882-9499, 877 230-RACE foxcitiesmarathon.org

Sep 26 WORS TRAIL RUN SERIES #8, IOLA BUMP & JUMP Iola
Sun 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. Other mtn bike event draws 800, spectating. Contact Don Edberg 715 592-5095 trailrun.wors.org

Sep 26 WOLF LAKE TRAIL RUN/WALK Kansasville

3.8mi 10am. Bong State Recreation Area. Divs 12-, 13-18, 19-29,
10yr, 70+. Awds Run: pottery mugs 1/mf, 3/div. Fees \$15 by 9/10,
\$20 raceday, family rate \$45 thru 9/10. Perks TS, bev, food, live
music. Contact Donna Mosca Day 262 878-5609 Eve 262 537-4776

Sep 26 RUN FOR THE SENIORS Williams Bay

Sun 5k r/w 1:30pm. reg 12:30. Williams Bay Jr./HS. Note Pre-reg guarantees TS. Divs 6-10, 5yr, 66+. Awds Trophy 1/mf, medals 3/div. Whchrawds as above. School is wheelchair accessible. Fees \$10 14-, \$12

15+. \$15/all raceday. active.com. Perks TS, snacks, bev. Other 1/4mi
Fun Run 10-, 1/2mi Parent/Child Relay. Awards. Contact Chris
Bioonia Day 262 245-6224 Eve 608 365-0409 cbioo-

Sep 29 ADULT SUMMER ADV RUN PROG Tosa
Wed See listing Sept 1st. LAST MARATHON SESSION

Sep 29 GRAPE STOMP Milwaukee 5k . Julie Chin 414-224-3856 julie.chin@mam.org

nia@williamsbay.k12.wi.us

Oct 2 BEGINNING TRAIL RUNNING S Kettle Moraine Sat See listing Sep 13. Nordic Trail 8:05am.

Oct 2 DASH FOR A SPLASH De Pere
Sat 5k r/w 9am. Syble Hopp School. Awds 3/mf. Whchr 3. Fees \$12, \$14

raceday. Perks TS, food, drinks. Contact Matthew Kohls 920-434-6930 Matthew_Kohls@delorean.com t 2 BADGER ORIENTEERING CLUB Delafield

Oct 2 BADGER ORIENTEERING CLUB Delafield
Sat Long and Short Courses noon. Lapham Peak SP. Fees \$6/mbr,
\$9/non-mbr, \$3/jr. Contact Kevin Teschendorf 608-294-1958 userpages.chorus.net/kevin

Oct 2 HHH JAZZ RUN Madison
Sat Varies. Contact Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com

Oct 2 AUDUBON RUN & WALK Mayville

Sat 5mi, 2mi r/w 9am. .5mi kids 10. reg 8. City Pk - Lion's Pt. Divs 19-,
10yr, 60+. 1/2: 8-, 9-12. Awds 5 & 2: trophy 1/mf, medal 3/div. 1/2:
trophy 3/div. Whchr last 3/4mi gravel. Fees run \$15, \$18 after 9/25.
walk \$12, \$15 after 9/25. Perks LSTS, dwgs, bev. Contact Pauline

walk \$12, \$15 after 9/25. Perks LSTS, dwgs, bev. Contact Pauline Ellington Day 902 387-5776 or 800 256-7670 Eve 920 387-4812 audubondays.com

RUN WILD 2004 Sturgeon Bay

10k, 3mi r/w, 1/2mi Smokey Bear & 2/3mi Park Ranger kids. 10am.

Potawatomi SP. Note Child care w/ adv. reg. USA Ultra Runner Roy Pirrung hosts Kids Clinic. Divs 14-, 15-19, 10yr, 70+. Awds trophy 3/div, medallions for kids. Whchr call ahead. Fees \$12, \$15 after 9/24. \$5 kids runs. Perks LSTS, food, bev, shwrs, dwgs, camping, park fee waivedContact Bill Scholten Day 920

743-6866
Oct 2 RSVP 5K TRAIL R/W Verona
Sat 9am. reg 8. Home Town Village, 760
E Verona Ave. Divs run 14- 15-19
10yr 60+. Awds run 3/div. wk 5/mf.
Whchr no.Perks bev. Contact Margie

rsvpdane.org

Zutter Day 608 663-7536

Oct 2

Oct 2 EASTER SEALS FALL SPRAWL Wisconsin Dells

Sat 5 & 10k runs, 5k walk, 9:15am. reg 8. Camp Waubeek, Hwy 13 N.

Note XC course: blktop, sand, gravel, and grass on rolling hills. Divs
14-, 10yr, 65+. Awds runs 2/div. Whchr rough but accessable. Fees
\$30, \$35 raceday. Perks Spaghetti lunch. Contact Christine Hollar
Day 800 422-3234x112 Eve 608 838-3384 wi-easterseals.org

Oct 3 LAKEFRONT MARATHON & MAR RELAY Grafton to Milwaukee

Sun C

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. \$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 www.badgerlandstriders.org

Oct 3

CATHOLIC SCHOOLS 5K & X COUNTRY RACES Ken
Open 5k 11am. X-C 1k 11:45, 3k noon. reg 10. Pennoyer Park, 7th
Ave & 35th 5t. Divs 5k 19- 10yr. 1k 1st-4th grade. 3k 5th-8th grade.
Awds 5k 3/div. 10/3k, 19- 5th/6th & 7th/8th grade teams. Fees 5k
\$11, \$16 after 9/13. 1k & 3k free. Perks 5k LSTS/1st 75 entrants.
Contact Harry Beal Eve 262 653-1838

Oct 3 WHITEWATER ICE AGE TRAIL BIATHLON

5k run, 21k bike 9:30am. reg 8. UW-W Williams Ctr. Note benefits Ice Age Trail Fdn. Divs 24-, 5yr, 65+, team. Awds 2/mf, 2/div. Fees \$25 by 9/27. \$30 raceday. Team \$30, \$35. \$5- no TS. Perks TS, bev, door prizes if prereg. Contact Gary Klatt 262 473-4973 math.uwv.edu/biathlon

Oct 9 BEGINNING TRAIL RUNNING S Kettle Moraine Sat See listing Sep 13. Nordic Trail 8:05am.

Oct 9 BREAST CANCER AWARENESS 5 & 2 MI R/W Allouez
Sat 10am, reg 8:30. Green Isle Park. Divs 18-, 19-29, 10yr, 50+. Awds
5mi 3/div. Perks food, bev. Contact Heather Van Vonderen Day 920-

5mi 3/div. Perks food, bev. Contact Heather Van Vonderen Day 920 338-1541x3 heather.vanvonderen@cancer.org Oct 9 CRUISIN' THE CORRIDOR Ashland

Sat 10k/5k r/w 9am. Civic Ctr. Divs 15-,15-70+. Awds 1/mf, 2/div. Fees \$20, \$12 no TS. \$25, \$17 after 10/1. Perks TS, bev, food. Contact Lynn Garrington Day 715 682-7060 Ext 24 Eve 715 682-9200 visitashland.com

Oct 9 WHISTLESTOP MARATHON & 1/2 MAR Ashland
Sat C Mar. Iron River to Ashland 9am, HM Moquah to Ashland 10. no race
ay reg. Tri-county Corridor. Crushed limestone gravel surface on old
RR bed. Divs 12-19, 5yr, 70+, masters, walking, clydesdale, relay
(4). Awds 3/mf, 3/div.Fees \$50, \$60 after 8/28. Perks finisher medal
& TS/high perf. fabric, pasta feed, ticket to pre-race dance, finish
buffet. Contact Mary McPhetridg Day 800 284-9484 whistlestop-

Oct 9

PRINGLE NATURE CENTER TRAIL RUN/HIKE Bristol
Sat

Sk Trail Run 9am. 1/4mi youth, 100yd kids. reg 8. Bristol Woods
County Pk, Kenosha County Hwy C & MB. Divs 14-, 5yr, 70+. Awds
Plaque 1/mf, medal 3/div. Fees \$16, \$19 raceday. youth \$8, \$10.
kids \$6, \$8. Perks LSTS/1st 125 reg, soda, fruit, juice. Contact Bill

Plaque 1/mf, medal 3/div. Fees \$16, \$19 raceday. youth \$8, \$10. kids \$6, \$8. Perks LSTS/1st 125 reg, soda, fruit, juice. Contact Bill McGrath Day 262 654-9622 x213 kenoshaymca.org
Oct 9 THE HOME RUN Fitchburg

10k, 5k run, 2mi walk 10am. reg 8:30. McKee Pk Shelter. Note benefits S Central Wis Housing Fdn. Awds plaques, gift certif. Fees \$14, \$18 raceday. Perks LSTS, goodie bags, food, bev. Contact Ann McGinty Day 608 240-2800 rascwhomerun.com

(Continued on page 20)



days with the constant
ups and downs of market volatility, sound
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Michael Haubrich, CFP (262) 554-4500

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Luther Lewer, John Peychal, John Archer (aka Black Bart), Sam Martino and Grant Nelson gathered for John Archer's 90th Birthday.

The jockstrap was given to Archer by Schlitz workers after his first marathon at Boston in 1967. John was known as Black Bart and has a long reputation for running 20 straight Boston Marathons.

The girls at Wellesley College cheered for him every year.

"The Strider" page 12 September 2004

<u>ELECTION</u> NOTICE



We Want You!

Nominations for new officers of the Badgerland Striders will begin October 1st.

Nominations will be open for President, Vice President of Administration, Secretary and Treasurer for 2004.

Nominations will be taken at the October 20th Strider meeting at Tanner-Paull, 70th & Orchard in West Allis or by mail to Glenn War-

golet, 4333 Steeple View Ct, Hubertus WI 53033 or call Glenn at 262-628-3270.

If you would like to nominate someone for one of the above positions please make sure that they would be willing to fill the position.

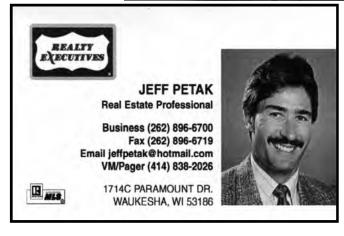




1. The Plumbers Union 2. Dave O'Brien

3 & 4. Hashers Beer Stop 5. Kathryn Retslaff and

others



WANTED:

MOST IMPROVED RUNNER **COMMITTEE CHAIRPERSON**

CONTACT: Linda Pulkowski 262-968-3300 genacct@execpc.com Cyndi Bergs

262-677-3408 mcbergs@worldnet.att.net

Most Improved **Runner Contest**

There will be separate categories for males and females. The winners are determined by percent improvement from 2002 to 2003. You may enter one or more distances, but each entrant will receive only one award, for the highest place.

If there are questions regarding your results, the committee reserves the right to make adjustments to ensure fair results.

Awards are presented at the annual party (usually in January).

Rules

- 1. Entrants must be members of the Badgerland Striders.
- 2. Enter as many race categories as you wish.
- 3. The race times (for both 2003 and 2004) must be from a race where results can be verified. The race does not have to be the same for both

Example:

- 5K Tosa Fest 9/14/03 25:08
- 5K Hartfest 5/19/04 24:01
- 4. It is the responsibility of each entrant to send in his or her best times.
- 5. Entry Deadline December 18, 2003.

Send entries to

Badgerland Striders, Attn: MIR Program, 9200 W North Ave, Milwaukee, WI 53226

Don't Forget! Entries must be postmarked by December 18th, 2004!

Name:			
Address:			
			x: M F
Distance –	Name of Race	Date	Time
8k		0	3 _:_:_
5m			3 _:_:_
5m		0	4 _:_:_
10k		0	3 _:_:_
7m		0	4 _:_:_
15k		0	3 _:_:_
15k		0	4 _:_:_
10		0	
10m		0	4 _:_:_
20k		0	3 _:_:_
1/2 mar		0	3 _:_:_
1/2 mar		0)4 _:_:_
25k		0	3 _:_:_
25k			
20m		0	3 _:_:_
20m		0	4 _:_:_
mar		0	3 _:_:_
mar		0	4 : :
50k		0	3 _:_:_
50k			
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Striders Travel to Minnesota's Voyageur 50-miler

By Mary Gorski

Minnesota's Voyageur 50-mile run has a tough reputation. The 25-mile out-and-back course goes up and down hills steep enough to put more than a few people on their hands and knees, crawling and scratching their way along the trail. But the Striders have done well there in the past -- even taking the win sometimes from the Duluth-area locals who have home-court advantage.

This year, participants got off easy. Though you couldn't tell that to the Voyageur Virgins. Weather on July 24 was perfect for the event -- it started cool and never got out of the 80s. Yet even in modest summer weather, those virgins thought the course was still quite formidable.

Mary

Gorski

Coming into aid stations you could hear them say something like, "Wow, it is really hot out there in the power lines, they are so exposed. And those hills are crazy -- I had to crawl a couple of times..."

But their pride in overcoming such obstacles was quickly slapped off its chair when some Voyageur Veteran would quip, "Oh sure, it's a tough course, but you should have been here last year when the heat index was over 130! I don't think there was even a 50% finishing rate; had to extend the finish time by a half hour just to get in some of those crazy fools who didn't have the sense to quit before their brains melted."

"Yeah Bob, and remember two years ago when we had those storms! Lightening just about took us all out on the power lines!"

"Oh sure, and then there was that year when it was raining and in the low 50s -- had a lot of hypothermia problems that year..."

It was like listening to Grandpa tell his story of "When I walked to school, we had snow drifts 40 feet high in May and my family couldn't afford shoes so I had to go barefoot... We were so poor that at Christmas the only thing we exchanged were glances... " At each telling of the story, the snow drifts got higher and the distance to school became longer and the family's level of destitution grew even

Okay, I was there last year when it felt like we were ants under some deviant child's magnifying glass getting fried in the sun. And in that wretched heat it was harder than it was this year. But don't let those pleasant temps fool you. Even in the best of weather conditions, the Voyageur is one tough cookie. But in a nice sort of way, of course. Kind of like the neighborhood bully who secretly maintains a beautiful flower garden. Or the psychopath killer who finds relaxation in the gentle task of needlepoint. Even the meanest among us often has a soft

spot, a gentle side, a sweetness hidden from the rest of us.

And so it is with Voyageur.

The course is a witch with a "b." But the views in some spots are incredible, the organization is phenomenal, the volunteers always delightful and your hosts -- Eugene and Barb Curnow -- are as full of hospitality as you can get.

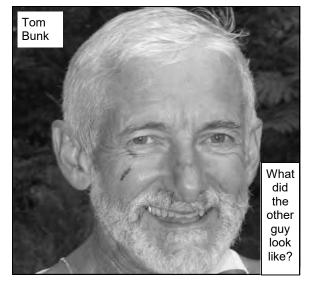
For those unfamiliar, the course begins with about a 3-mile football drill. You boys know the one -- the high leg lifts through the football tires? Instead of tires, the Curnows have utilized roots and rocks. But, the drill pretty much looks the same. There is even some of the usual grunting heard at the end of summer two-a-days on the football field.

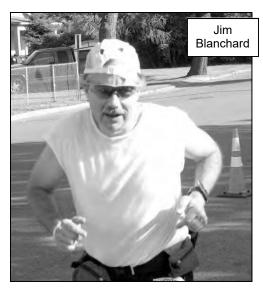
From there you move onto the "Swinging Bridge." This is a lovely thing to go on with your honey, calmly walking arm in arm, rocking to your own rhythm on the bridge, enjoying the beautiful river below.

The Swinging Bridge takes on a whole different tone when you run across it with 20 or so other people. No one synchronizes foot-plant or leg lift so generally when you are setting your foot down the bridge is quickly flying back at you. It's like running over a rug that's covering a herd of angry bears. The terrain is constantly changing and unpredictable.

But the bridge is just a short little piece of the race and chances are, you'll be crossing it with far fewer people later on.

So then there is the usual forest and hills. A few creeks, rivers and other pretty things. A few bugs, but nothing serious -- the virgins should have been there last year when the flies were threatening to carry us all away. They had it so easy. Sure, a few got stung by bees, but back in the old days, it was MUCH worse. Trust me!:)





Over hill, over dale and it's off to the power line trail, where the hills keep on getting steeper... [and to continue stealing from the tune] "So it's high high ho and how much further must we go till the power lines come to an end..."

Actually, it's around 2 or 3 miles of power line hills. Of course, there used to be MORE when the course was a little HARDER. They also used to be as slick as a greased pig. But the weather was good this year, so the only thing slowing you down on them was your personal level of oxygen debt. Not like the OLD DAYS when you risked life and limb!

Back to some more of those Midwestern trees, a beautiful overlook from the ski hills near Duluth and a turn-around at the Duluth Zoo. If you didn't take a wrong turn, you just retraced your steps and headed back to Carlton for a shower at the high school, some lasagna provided by the Cozy Cafe and an individualized finisher's mug. If you did make a few wrong turns along the way you try darn hard to retrace someone else's steps and find your way back to Carlton.

Winning the event this year was Eric Grossman, who came all the way from Kentucky to put in the fastest time (7:16) since Western States phenomenon Scott Jurek set the course record. Local favorite Kim Holak won the women's event in 8:28.

Among the Striders with impressive performances were Tom Bunk, who at 62 still runs faster than most boys half his age. He placed 15th overall in 9:20 and some change. Jim Blanchard (10:40) and Beth Simpson (11:15) put in strong performances only a month after completing the Western States 100-miler.

As for me, I was a happy finisher (11:05) after falling off the horse at Western States. Nothing like getting back on and riding again.

Many thanks to our Strider crew who traipsed after us for most of the day. Kris Hinrichs, John Rodee (he was signed up for the run, but was sidelined with a soon-to-be operated on knee injury), Lorraine Bunk (another registered entrant forced to move to crew status after a recent infection), Sue Blanchard and my own Lil' Mister, Dave Gorski.















Track Meet June 15 2004





















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

FIRECRACKER FOUR

Hales Corners, WI July 4, 2004

4-MILE RUN

Results Provided by **Badgerland Striders** Scoring Team

PLACE TIME NAME

M OVERALL

1 20:16 Jon Houseworth

F OVERALL 16 23:04 Dot Mcmahan

Male K-4 Grade

333 34:13 Casey Sabinash

412 36:50 Jess Higgins 488 39:59 Jacob Mudlaff 553 45:59 Freddie Oby

Female 7-8 Grade

148 28:55 Kelsey Gilbert

324 33:58 Julie Surfus 34:19 Lauren Banach

36:11 Danielle Sluka

36:50 Cheyenne Collom 423 37:23 Emmy Suprenant

542 43:47 Pilar Azmani

Male Freshman/Sophmore

5 22:06 Nicholas Limoni 48 25:20 Thomas Breitbach

57

25:45 Joe Spargur 93 27:25 Cody Wollenziem

111 27:58 Matthew Kruger

113 28:00 Ryan Rypel

28:04 Jack Demski

28:05 Kelvin Guillbault 29:42 Timothy Sabin

30:00 Justin Panhans 180

31:10 Matt Schwartz 223 33:21 Stephen Eichstadt

308 33:31 Jake Rivard

35:01 Ryan Parsons

457 38:42 Phillip Pratt



26:55 William Garland

27:03 Ryan Miller

27:07 Zachary Lutz

27:23 Ryan Bartelme 27:33 Benjamin Patterson

122 28:07 David Marin

28:34 Eric Schmidt 192 30:23 Clint Eickson

30:52 Dave Stauder 209

31:31 Mark Degeorge 32:12 Andy Sterlley

39:04 Derek Woerpel

47:07 Dan Machmueller

Female Junior/Senior

76 27:04 Megan Schmitz 119 28:06 Emily Guhl

30:25 Katelyn Baryiak

210 30:57 Kaitlin Daugherty

31:25 Julie Barnes

31:50 Rachel Bouricki 266 32:23 Ashley Timmer

32:38 Ann Chadara

319 33:52 Jennifer Hibbard 34:03 Monica Gagliano 326

34:03 Heghan Mullen 34:44 Carla Virlee

35:06 Jessi Crain

35:38 Katie Harmeyer 35:38 Meghan Eichstadt

410 36:47 Lisa Erickson 37:47 Emily Ruebl

521 41:32 Jessica Ullstrup

25:52 Jerome Weis

26:50 Mike Chmielewski 109 27:54 Noah Parsons

25:19 Brian Larkin

124 28:09 Joe Winkel

28:27 David Mathwig

28:32 Jonathan Witte 138

147

28:51 Gary Berquist

29:15 Randall Young 158

161 29:21 Chris Alba

212 30:59 Paul Sporlder 278 32:40 Tim Jozwowski

33:16 Greg Meier

33:48 Gwen Wilton Iii

36:32 Matthew Ruebl

36:33 Jolon Clark 407 36:39 Steve Bollis

437 37:57 Lee Passehl

F19-24

82 27:11 Allie Woerpel

83 27:13 Anna Halaska

95 27:29 Katie Hanrahan

96 27:32 Michell Boldon

133 28:23 Tami Wittlieff 146 28:48 Christie Steffel

29:51 Cindi Kelm 30:29 Tiffany Schmidt

31:00 Kristina Surfus 213 31:45 Lauren Boyd

268 32:29 Kathie Coucouvanis

33:06 Lyndsay Smanz

33:21 Mary Wiczynski

16 23:04 Dot Mcmahan 112 27:59 Julie Treder

142 28:36 Leslye Moran

513 41:14 Stephanie A. Scott

514 41:14 Jennifer Willeke

535 43:11 Leah Hickman

545 43:58 Amanda Marks

560 47:52 Bonnie Fandel

7 22:10 Jeff Kolb

9 22:20 Keith Zeise

21 23:28 Victor Vilar

49 25:23 Cj Michaud

25 24:00 Jason Wunsch

26:19 Todd Polczynski 28:12 Mark Berquist

29:07 Greg Matthews

29:35 Tyson Novinska

29:37 Robert Stupar

30:15 Daniel Olkives

32:46 Matt Rechtin

33:17 Pete Leonard

302 33:23 Robert Guilliam

37:28 Maria Bahr

38:23 Justin Dahl

38:50 Joseph Atuaka

426 37:28 Ryan Wilhelm

449 38:32 Bryce Metcalf

39:35 Chris Lese

504 40:54 Lance Grimord

501 40:49 Jeff Waltz

M25-29

168

187

282

296

425

F25-29

570 49:36 Bethany Mackkay

M19-24

305 33:25 Kari Baker 310 33:34 Sam Sporlder



249 31:55 Katherina Crivello 336 34:18 Mary Erickson 568 49:01 Elena Busalacchi

Female 5-6 Grade

Female K-4 Grade

Male 5-6 Grade

338 34:27 Tyler Leonard

538 43:19 Marty Ordinas

543 43:49 Zach Azmanis

523 41:38 Jack Casey

Male 7-8 Grade

80 27:10 Evan Cooper 341 34:31 Jake Lehmann

35:03 Kory Sorge 39:06 Brian Nelson

39:46 Scott Dickson 478 39:48 Ken Pelkofen

Female Freshman/Sophmore 115 28:04 Jenna Lewein

163 29:30 Kelsey Hassin

241 31:39 Katie Mank 242 31:41 Samantha Kasprzak

343 34:35 Milisa Jakubek

380 35:47 Maddy Smith 429 37:44 Montse Azmani 556 46:45 Brittany Bock

Male Junior/Senior

John Houseworth (20:16) finished first in the 2004 Fire

Cracker Four 4 mile race. Photo by Jeff Weiss.

4 21:33 Nick Fulton

6 22:08 Bobby Erickson 14 23:00 Erik Wagner

23:51 Tim Dahms 30 24:15 Jay Huber

25:09 Paul Reidy 39 40 25:10 Youssef Azmani

43 25:14 Matthew Panhans

25:17 Jason Axt 25:28 Hal Brown



Dot McMahon (23:04) was first place female in the 2004 Firecracker Four 4 Mile Race. Photo by Jeff Weiss



20:16 Jon Houseworth

- 318 33:51 Marlys Sydow
- 21:08 Alec Maduza 34:45 Anne Rowe 21:21 Eric Khatchadourian 34:56 Leah Winkel
- 12 22:46 Sean Meehan 382 35:48 Sarah Clark 36:01 Emily Kegel 23:04 Dan Ullstrup
- 36:01 Nataly Dueling 23:23 William Prom 31 24:17 Matthew Hibbard 36:09 Kaya Wicox-Johnson
 - 391 36:10 Stephanie Bartel
 - 418 37:15 Stephanie Meier 427 37:32 Megan Buhrandt
 - 433 37:50 Casey Vanellis 471 39:32 Katie Tate
 - 482 39:51 Kindle Mclaughlin
 - 490 40:03 Tracy Hamburger
- 178 29:56 Lynn Hoffman 189 30:17 Jeanne Mccullough
- 206 30:48 Ann Zimmer 237 31:35 Katey Collins
- 31:36 Melanie Berken 239 32:19 Wendy Hohn
- 32:22 Madalyn Boschke
- 291 33:06 Jennifer Tonz 398 36:23 Christine Metcalf
- 400 36:28 Diep Pham 430 37:45 Julie Berguist
- 439 37:59 Christy Polczynski (Continued on page 16)

are in 'The Strider'

The Most Times

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

FIRECRACKER FOUR

4-MILE RUN **CONTINUED**



Alec Maduza (21:08) second male.

(Continued from page 15)

500 40:48 Sara Waltz

511 41:08 Laura Januszek

515 41:15 Carly Thomas

516 41:15 Laura Martin

517 41:21 Christina Corro 569 49:23 Amy Lockwood

M30-34

10 22:32 Jewel Abbott

11 22:41 Corey Binnebose13 22:52 Ted Shue

35 24:40 Steven Kubicki

25:03 Wade Gospodarek

88 27:19 Steven Paull 27:36 Harry Balzonia



Eric Khatchadourian (21:21) third male

106 27:49 Terry Schuh

116 28:04 Adam Consiglio 136 28:28 Tom Antholina

141 28:35 Tim Mcmahan



The Most Times

224 31:11 Karl Paull 272 32:35 Joe Mudlaff

32:37 Mike Mushlewski 274

35:32 Chris Pollak

36:17 Mark Bechtel

37:13 George Manasis 451 38:33 Kyle Tiedge

452 38:34 Christopher Mueller 38:35 Daniel Hambrook

74 27:02 Tracie Mittelsteadt

27:18 Kelly Delaney

107 27:51 Robin Treder 30:01 Kelly Kiel 183

30:37 Leanne Greco-Gill 201

30:42 Michelle Kehoe 204 32:34 Jill Eldredge

279 32:40 Kristine Heinz

358 35:01 Fransiska Henslin

35:18 Lisa Paull

35:21 Kari Wennerstrom

36:47 Jenette Haug 39:30 Sue Bike

502 40:50 Ann Bahnson 552 45:38 Jenny Jones

M35-39

17 23:11 Bruce Holmes

18 23:17 Jeff Feldman

23:52 Chaz Heckman 24:07 Jim Schmidt

25:14 Rick Zarkos

52 25:32 John Lancaster 26:37 Brian Seegert

26:41 David Gresser

26:53 Matt Burkart 90 27:21 Jeff Carpenter

140 28:35 Todd Barden

29:00 Kevin Martens 29:03 David Becker

29:16 David Hogan 159

29:34 Richard Perl 166

30:24 Matthew Michaels 30:40 David Zelchert

215 31:00 David Adamski

31:44 Roger Lohr 31:56 Brad Kudick

32:00 Paul Schold

32:03 William Stupan

32:11 Mike Rechtin

287 32:56 David Guse

33:04 Robert Michalek 290

33:43 Eric Johnstons 312

314 33:47 Martin Devaney 34:07 Paul Everson 329

34:38 Dan Vogel

35:22 Michael Lenzie

35:23 Tad Luedtke

378 35:43 Kenneth Paul Schlager 389 36:04 Ken Pekkay

414 36:52 Sean Hill 37:09 Jim Eldredge 416

38:25 Geoff Wilde 447

39:15 Kevin Davenport 467

485 39:53 Brett Gardner

522 41:34 Joseph Hornak

527 41:53 Louis Thom 557 47:03 Paul Phillips

F35-39

65 26:28 Grace Labinski

100 27:36 Ann Limberg 29:45 Lisa Kleinke

30:13 Debra Kloc

32:06 Sheryl Leonard-Schneck 32:35 Tanva Korta

32:47 Tommy Saunders

32:54 Laura Klein 33:19 Allison Hogan

33:24 Terri Kroll

307 33:27 Wendy Winkel

33:56 Annie Coppock

420 37:16 Shelley Stefaniak 460 38:59 Ginney Mcadams

464 39:08 Rachel Golusinski 39:19 Kathy Loveless

39:54 Amy Mudlaff

498 40:39 Karen Keeker

40:43 Jeanne Bieser 43:42 Paula Schmidt

M40-44

8 22:16 Terry Labinski

23:27 Edward Siira 23:44 Rick Stefanovic

24:10 Jim Cichy 24:58 Russ Bellford

24:05 David Mueller

55 25:40 Mary Bolich

132 28:19 Lori Stauder

165 29:33 Patricia Singelton 195 30:24 Teresa Eccher

214 31:00 Louise Johnson 33:22 Jacqueline Smith-Mueller

33:51 Sue Haferman

34:28 Sally Koch 353 34:46 Christine Stefaniak

35:19 Doris Parsons

36:18 Rose Anstedt

401 36:28 Debbie Kania 408 36:40 Anne Wandler

434 37:50 Donna Rivard

436

37:54 Cynthia Emmett



Pre-Registration Volunteers help runners get ready for the race.

37 24:59 Joe Tilley

25:12 Peter M Stefaniak

50 25:26 Philip Barber

25:36 Tony Agostini 25:39 John Rydeski

25:43 David Timmer

25:51 Richard Dodd 63 26:26 Paul Dahms

26:46 Jim Lodermeier

27:11 Mike Stefaniak 27:14 Tom Colla

27:16 Brian Wichman

27:28 Michael Ballos

27:37 Tony Macias 28:05 Craig Guilbault

28:10 Steve Johnson

28:26 Paul Sabin 134 28:56 Anthony Gilbert 149

29:04 Jim Richie 162 29:29 Nicholas Anstedt

169 29:40 Chris Driscoll 29:55 Tim Oconnor

30:17 Scott Abel 30:17 Thomas Leonard 190

30:22 Dan Menden

31:08 Eric Johnson 31:09 Tim Rodiez 31:13 Rtcik Paddock

31:24 Mark Spottek 230 31:29 Thomas Wisneski

31:42 Chris Wodushek 31:47 Mike Pacioni

31:56 Gordon Steck 252 31:57 Mike Croal

32:04 Mike Schmitz 32:07 Mike Morgan

32:20 John Wollenziem 32:48 Fred Dreher

32:52 Dan Croal 33:12 Steve Wiza

33:22 Robert Gutierrez 33:55 Jeffrev Hass

34:30 Chuck Baker 345 34:40 Brian Garrow

347 34:43 Dave Gavinski 348 34:43 John Kroll

350 34:44 Robert Dettlaff 36:03 Brian Nelsen 393 36:14 Joe Mutranowski

36:27 Brian Demski 36:32 Daniel Heidemann

37:08 Robert Grim 422 37:21 Keith Garland

428 37:33 Mike Banach 438 37:59 Eric Wolff

462 39:05 Will Jackson 497 40:32 Jerry Rabe

509 41:04 Lenny Peterson

510 41:08 Phillip Pratt

519 41:27 Thomas Schneck

528 42:20 Ed Rivard 531 42:52 Randy Burns

555 46:44 David Bock



442 38:06 Anne Wandler

454 38:37 Terri Engsberg 506 41:02 Karen Higgins

532 43:00 Ginny Olson

550 45:00 Janice Hansen 554 46:00 Suzanne Schwartz 559 47:23 Susan Borkowski

571 49:39 Judy Shonborn

M45-49

28 24:08 Dave Harris 46 25:18 Jay Schweikl

26:02 Kurt Lesser

66 26:31 Ken Babcock 27:07 Jean Grenetier 103 27:44 Timothy Harden

108 27:52 Kevin Wolfmeyer 110 27:57 Steve Schlager

32 24:26 Paul Badura 25:10 John Mccarthy 41

61 26:15 Robert Kocen

26:27 Dennis M. Eden 27:06 Bruce Bush

354 34:51 James Podewils

35:00 Tom Parsons

35:04 Steven Sorge

35:26 Paul Budzisz

35:35 James Erdahl

36:02 William Meier

36:20 Kenneth Stasik

38:40 Kevin Mcgorty

39:11 Jeff Herrmann

39:47 Charles Higgins

39:52 Joseph R. Brown

36:34 Jeffrey Bitant

419 37:15 Craig Powers

39:13 Bob Alba

472 39:33 Duane Tate Jr.

39:52 Pete Ahlm

503 40:53 Joe Frederick

328 34:04 Julie K. Baron

563 48:06 Jon Eiche

40:14 Dave Edyburn

43:12 Phillip Hickman

49:43 Mike Shonborn

34:41 Mary Wysocki 361 35:03 Char Ahler 35:28 Peggy Zacher

37:17 Sharon Geer

37:52 Carol Kegel

38:53 Donna Price

475 39:41 Katryn Berezowicz

39:43 Cindy Carter

494 40:14 Linda Krueger

548 44:21 Kathy Radomski

496 40:31 Kim Boldon

432 37:49 Kathi Hassin

448 38:29 Laura Powers

35:54 Richard Fitzgerald

362

383

387

466

483

495

536

421

459

M50-54

27:35 Robert Bugenhagen 120 28:06 Bill Hansen

28:17 Abie Khatchadourian 28:18 Bob Krick

28:42 Mike Mulrooney 153 29:06 Randy Rucinski

29:15 Jerry Matthews 157 29:32 Dennis Shoemaker

30:04 Robert Mueller 184 30:09 Chris Mevers 185

225 31:12 Gil Hoelzer 234 31:32 Ron Talksy 240 31:37 Jim Kulas



Day of race registration table

127 28:14 Mike Foy

128 28:15 Stephen Hibbard 28:18 Jim Motz 137 28:32 Larry Horning

143 28:36 Chuck Wilcoxen

144 28:38 Steve Szymanski 160 29:19 Ted Itzov 173 29:48 M.j. Levinson 176 29:54 Mike O'donnell

182 30:01 Mark Dunning 197 30:28 Angel Villareal 200 30:32 John Kerch

211 30:57 Gar Kronhelm 216 31:01 Greg Daggett 218 31:03 David Mahring 227 31:13 James Sluka 235 31:33 Tim Boknevitz

236 31:34 Bruce Zacher 246 31:46 Jeff Turner 267 32:28 Greg Steinberg 273 32:36 Terry Glynn

277 32:39 Robert Herber 288 33:01 Bob Scherer 311 33:36 Kack Odoner 316 33:48 Greg Rypel

320 33:52 Dennis Hanna 331 34:09 John Wightman 332 34:12 Chris Clough 334 34:14 Jim Sabinash

335 34:17 Anthony Peters

263 32:20 James Schrimpf 276 32:38 Gary Troy

280 32:41 Donald G. Scott 303 33:24 Chris Frelko 306 33:26 John A. Kordich 325 33:59 Joseph Soriano

355 34:54 Phil Virlee 365 35:18 Mike Cascio

396 36:19 Ray Moon 450 38:33 Kurt Luching

487 39:54 Fred Oby 518 41:24 Randy Scudder 534 43:06 John Masec

573 50:01 Pete Wysocki

F50-54 199 30:30 Terry Mank 217 31:01 Anne Boomershine

540 43:32 David Berquist

294 33:15 Sue Sharkey 309 33:32 Jayne Wexer 474 39:36 Candi Humphreys

533 43:02 Jean Mattson

547 44:21 Cathy Rottmann

M55-59

33 24:32 Kerry Mayer 89 27:19 Jack Lofye

92 27:24 Gary Langhoff (Continued on page 17)

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

FIRECRACKER **FOUR**

4-MILE RUN **CONTINUED**

(Continued from page 16)

102 27:40 Bill Gaertner

104 27:46 Ralph Graf

29:07 Jim Nowakowski

171 29:44 Dave Polczynski 179 29:57 Robert J. Massey

202 30:38 Robert Bal



Terry Labinski first place M40-44 (22:16)

205 30:47 Gene Gospodarek

208 30:50 Greg Wyder

220 31:08 John Stachera

226 31:12 Carl Taylor 229 31:23 Lee Elget

238 31:35 James J. Surfus

264 32:22 Rocky Mcgorty

269 32:32 Ron Eder 323 33:57 Barry Blomfeldt

35:11 Larry Lockwood

444 38:12 James Bain 481 39:50 Paul Woerpel

40:02 Richard Leonard 489

491 40:11 Wayne Utecht

507 41:03 Johnny Hutchinson 512 41:09 Ron Arnold

546 43:59 John Burow 564 48:10 Conrad Goodkind

F55-59

258 32:07 Nancy Birk

330 34:08 Joy Imms

493 40:13 Anne Heinen 524 41:40 Lynne Mundiller

565 48:30 Karla Knusten

M60-64

26:55 Lowell

Mutchelknaus 85 27:14 Ronald Gottschalk

105 27:47 John Becker

28:07 James Bahr

156 29:14 James Waltz 31:07 Tom Kitzrow

313 33:46 William Anthling 34:45 Mike Colbert

379 35:45 Lee Robinson

37:27 Jerry Leclaire 424 38:02 David Martin 440

443 38:09 Francisco Martorell

38:38 Gerry Vidal 470 39:32 Gary Christianson

476 39:42 Pual Turzinski

520 41:31 Roger Tarczewski

525 41:45 Wally Marks 529 42:28 Dennis Novak

537 43:17 Henry Ehler

549 44:49 Jon Walters

F60-64

M65-69

181 30:00 Richard Waltz

281 32:45 Roger Schmitz

289 33:03 Ron Caruso

35:19 David Stuckslager 368

402 36:29 Ed Parker 526 41:51 Timothy Cowdin

530 42:38 Jim Levinson 544 43:53 James Clarey

Agnes Reinhardt First Place F 75+

F65-69

508 41:04 Bergliot Luedtke

M70-74

384 35:56 Jack Kroll

441 38:03 James Wenders

561 48:01 Earl Peychal

F70-74

M75&over

445 38:20 Daniel Murphy

492 40:12 John J. Moran

551 45:36 James E. Kaegi

562 48:06 Paul Gionfriddo

566 48:47 John Hughes

F75&over

539 43:20 Agnes Reinhard

567 48:59 Jean Siegel













FIRECRACKER FOUR

Hales Corners, WI July 4, 2004

1.7-MILE RUN

Results Provided by **Badgerland Striders** Scoring Team

PLACE TIME NAME

M OVERALL

1 10:57 Sam Kitrow

F OVERALL

11 12:50 Jennifer Eccher

Male K-4TH GRADE

9 12:45 Ty Sabin 12 13:00 Reed Timmer

14 13:03 Greg Stribling

18 13:40 Chris Leveggue

26 15:06 Eric Rivard

28 15:27 Chaz Wilcoxen

51 21:33 Hank Plaszak

53 21:37 Jackson Lodermeier 23:06 Dan Schneck

Female K-4TH GRADE

42 18:04 Miranda Dooley

19:15 Holly Plaszak 47 19:20 Alison Lodermeier

22:47 Claire Sorge

56 22:52 Shelby Schold

62 23:14 Kayla Kleinke 63 25:09 Marissa Dooley

71 50:52 Natalie Olson

Male 5-6th GRADE 6 12:38 Kevin Plaszak 13 13:01 Cullen Schuh

17 13:35 Luke Rivard

14:35 Nicholas Olson

24 14:55 Andy Feuling 15:19 Eric Luedtke

31 15:43 James Kocen

36 16:31 Alex Feuling Female 5-6TH GRADE

16 13:27 Kayla Olson

20 14:02 Michele Schaser 14:14 Hayley Parsons

29 15:28 Emma Smith

15:29 Erica Matz

19:12 Meghann Rosenwald

21:40 Rebecca Powers

23:06 Megan Schneck 26:43 Caroline Schwartz

43:10 Jessica Kroll 69 47:53 Lydia Eiche

Male 7-8th GRADE

1 10:57 Sam Kitrow

10:58 Cassidy Luedtke 11:26 Jeremy Schaser

11:43 Taylor Luedtke

11:47 Seph Scheid

12:40 Todd Sabin

12:42 Mike Olson 10 12:46 Wesley Stasik

33 15:47 Haley Just

Female 7-8th Grade 11 12:50 Jennifer Eccher

15 13:14 Joelle Wightman

15:44 Samantha Limoni 16:10 Jenna Motz

19:38 Elizabeth Kelnhofer

49 19:38 Sarah Bitant 23:09 Brooke Schneck

23:13 Brianna Kleinke

26:42 Kelly White 43:10 Becca Bock

68 43:35 Kelly Kroll 70 50:32 Jackie Olson



Sam Kitzrow (10:57) and Cassidy Luedke (10:58) finish 1, 2 in the 2004 Firecracker Four 1.7 mile Coach Dodd Youth Challenge race. Photo by Jeff Weiss



Jennifer Eccher accepts her award for first place female (12:50) in the 2004 Coach Dodd Youth Challenge Photo by Jeff Weiss

are in 'The Strider'

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

DENNIS K. FAMILY 5K FUN R/W

Cedar Creek Park Cedarburg Wisconsin

Tuesday, July 4, 2004

5K RUN

Results Provided by

Computer Aided Race Results System carrs@att.net 262 521-2191

PLACE TIME NAME

M 1 16:44 Alex Reinhart

F 21 20:43 Beth Drobel

M9&under

98 26:30 Aaron Mays

136 28:38 Max Kahn

138 28:44 Joey Tenpenny 178 33:28 Chris Lane

F9&under

200 44:00 Lorraine Tenpenny

M10-12

120 27:45 Freddy Schlabach

139 28:45 Matt Lane

145 29:21 David Shepard 188 35:08 Luke Baumgartner

35:15 Michael Shepard

F10-12

58 24:06 Nicole Grady

M13-15

7 18:21 Brian Shonat 15 20:20 Timmy Kowaleski

27 21:17 Brad Wigh 66 24:36 Andy Livingston

67 24:37 Tony Kowaleski

73 25:07 Bradley Betts 128 28:20 Andy Baumgartner

193 35:31 Joey Matel



56 23:56 Marin Koebert

74 25:20 Anna Zolecki 96 26:26 Abby Kilian

143 29:08 Stephanie Vogt

147 29:30 Amanda Grady 183 34:25 Kristin Simon

184 34:28 Juli Schnuck

191 35:15 Katherine Taylor

1 16:44 Alex Reinhart 4 17:14 George Shonat

6 18:07 Nathan Little

5 17:45 Jeff Dorr

12 19:41 Andy Ashenden 19 20:36 Kyle Steiner

119 27:44 Bret Steiner 132 28:29 Doug Weber

F16-19

44 22:40 Jessica Wild

48 23:13 Katlyn Goggins 24:04 Laura Braunreiter

24:11 Gaelyn Gingery 24:38 Lauren Wiza

25:55 Maggie Quackenboss

26:00 Nicole Curran

26:04 Amanda Hinrichs

26:06 Beth Wild

29:38 Angela Greis 29:42 Taylor Koebert 152

31:06 Kalla Bates

31:08 Aneessa Musa 31:38 Katy Klein

32:00 Janelle Krzykowski

32:03 Karen Chen 34:02 Katie Drifka

M20-29

2 17:05 Jason Meyer

17:06 Nathan Lanser 18 20:35 Scott Budzien

20:58 Steven Grunwald

28 21:20 Troy Severson

21:51 Josh Dehlinger 31

23:10 Timothy Steffens

23:39 Aaron Wollman

24:47 Mitch Regenfuss

25:50 Matt Jankowski

25:51 Brett Krzykowski 26:15 Chris Johnson

26:20 Bryan Baus

26:52 Ryan Beverung

104 26:54 Eric Elser 26:55 Matthew Sullivan

27:04 Mark Buttles 108

109 27:05 Chuck Schmitz

27:09 Joel Hamann 113 27:10 Robby Burmeister

32:30 Andrew Baumgartner

176 33:02 Andrew Martinelli 33:03 Chris Mandl

F20-29

30 21:23 Aimee Lablonde

21:53 Kristen Wrolstad

50 23:21 Tara Geise

52 23:52 Nikki Ball 69 24:46 Megan Hamann

25:27 Kate Stanek 110 27:06 Katie Wolf

126 28:16 Alicia Gac

28:26 Sarah Hasslinger

130 28:27 Diana Chemotti

28:29 Sarah Sobie

135 28:34 Elizabeth Miazga

32:27 Danielle Kison

174 32:29 Andrea Kuehn

196 35:43 Kimberly Trate

M30-39

13 19:47 Geoff Harris 17 20:28 Brian Levy

20 20:41 Jon Eifert

22:36 John Marciniak

22:53 Jim Cunningham

23:18 James Mellin

24:29 Brendan Mccarthy 25:02 Joe Wankowski

106 27:00 David Dieffenbach 107 27:01 Thomas Dobesh

115 27:21 Jon Buttles

121 28:05 Todd Hoytink

122 28:06 Jeff Krzykowski

134 28:32 David Guse

156 30:08 Mark Olbratz 182 34:11 Nicholas Pipitone

189 35:12 Peter Orth

F30-39

21 20:43 Beth Drobel 22:25 Janice Levy 22:28 Mandy Thill

23:54 Wanda Erickson

24:49 Chris Eifert 26:25 Denise Lawson

26:36 Jamie Krzykowski 28:08 Sarah Krzykowski

127 28:17 Linda Peollot 28:31 Monica Cadieux

150 29:37 Carla Cullen

30:53 Jackie White 31:52 Kathy Oconnell

32:01 Romy Mccarthy 35:30 Barbara Sara

35:46 Kimberly Russo 44:00 Clare Tenpenny

M40-49

8 18:26 Tim Strane

9 18:58 Ben Levy

19:05 John Chandler 19:11 Michael Bunton

19:51 Steven Betts

20:22 Paul Riegel 26 21:17 Hans Wegesser 21:21 Stephan Gidus

22:06 Robert Kebbekus 22:15 Jeff Wandschneider

22:24 Tom Wiza

22:29 Tom Van Groll 22:34 George Skupniewicz

23:53 Bruce Atwood 23:55 Mark Wild

24:15 Jeff Kaprelian 25:29 Jim Reinhart

25:40 Jerry Herbst 25:44 Randall Severson 25:55 Peter Hora

26:04 Jay Stutz 26:05 Andy Friesch

26:08 John Ochsenwald 26:12 Jeff Pfaff

26:45 Michael Kilian 28:39 Michael Kahn

140 28:45 William Miazga 29:35 Jim Freck 149

30:01 Tom Bolgart

30:46 Jeff Grady 172 32:26 Mark Baumgartner 33:29 Mike Lane

34:03 Al Drifka 34:43 Ray Mannion

F40-49 22 20:45 Cheryl Neumann 26:22 Carol Kuhn

117 27:33 Patty Pittman 125 28:14 Gail Klein

29:10 Kathy Mulbrandon 146 29:28 Jan. Wagner

29:32 Chris Schultz

30:05 Gail Ostermann 30:06 Lisa Vogt

30:10 Stacy Mays

30:13 Linda Taylor

30:52 Pam Talmadge 161

32:02 Lily Chen

195 35:43 Janie Grady 199 35:49 Gerta Zinda

M50&over

23 20:49 Robb Koebert

34 21:54 Jay Rodahl 22:12 Paul Sivanich

22:50 Gregg Herman 24:14 Mike Hamann 24:22 Larry Lanser

26:16 Tom Baas

100 26:42 Gary Fandek 26:51 Tom Chemotti

27:14 Robert Uhren 116 27:30 John Pittman

142 28:55 Ron Hanson 32:23 Larry Flamm 187 35:07 George Wigh

194 35:42 Joseph Messinger

197 35:44 Nicholas Russo

F50&over 118 27:37 Sherry Repnik

141 28:48 Karen Mier 160 30:51 Mary Chemotti

RiverFest Hunger Hustle

Waukesha, WI

July 29, 2004

5 - K RUN

Results Provided by Computer Aided Race Results System

carrs@att.net

262 521-2191

PLACE TIME NAME

1 15:27 Chad Carstens

28 20:00 Katie Olds M15&under

10 17:58 Matt Kuhns 13 18:04 Keith Saffron

38 21:00 Cody Wollenzien 22:37 Cassidy Luedtke

63 22:55 Taylor Luedtke 23:09 Brad Woodford

23:23 Emillio Groussard 23:45 Vincent Paikowski

91 25:47 Nathan Weber 26:06 Eric Luedtke

26:33 Timothy Thornburg

60 22:49 Amanda Leach 138 31:00 Liz Van Tuinen

M16-24 1 15:27 Chad Carstens

15:34 John Streblow 16:42 Steve Briggs

16:43 Ben Peulisky 16:49 Nick Gabrysiak

17:27 Jon Kelley 17:59 Andrew Cox

18:01 James Thomson 18:09 Michael Bieber

18:11 Matt Smanski 28:42 James Comfort

F16-24

28 20:00 Katie Olds 21:03 Elizabeth Dillett

40 21:03 Beth Baird 23:03 Lauren Rein

26:31 Courtney Stevens 98

100 26:37 Mollie Kuhns 28:35 Kristal Weier

28:35 Rebekah Yingling 29:25 Tali Sievenpiper 31:23 Lisa Barnes

144 31:30 Christine Barnes

M25-33

6 16:57 Justin Miller 21 18:56 Darren Hartberg 26 19:36 Jeff Haas

20:08 Matt Norre 20:09 Adam Consiglio 30

35 20:34 Matt Gill 20:38 Mark Berquist

37 20:59 Anthony Jordan 21:52 Michael Kula

52 22:27 Mar Merner

22:49 Dave Ross

24:09 Chad Helminger 24:14 Aaron Lehnert

82 24:42 Mike Harris 96 26:11 Rusty Coyle

26:18 David Galew

F25-33 44 21:52 Meagan Kula 47 22:04 Cindy Broesch

53 22:35 Kristine Heinz 56 22:41 Andrea Paradowski

83 24:44 Stephanie Helminger

93 25:47 Julia Rohde 110 27:36 Tina Gillis 112 27:41 Katherina Zoeller 115 28:10 Julie Berquist

116 28:20 Jennifer Mleziva 121 29:08 Susan Krull

122 29:08 Michelle Hawley 123 29:11 Deborah Haas 143 31:25 Michele Barnes

M34-39

9 17:48 Aaron Switzer 17 18:39 Geoff Harris

42 21:47 Troy Birk

45 21:56 Dan Manley 48 22:09 Steve Weber

51 22:13 Scott Mautz

57 22:43 Jeff Pokorski

78 24:20 Tad Luedtke

24:32 Daniel Vogel 81 24:38 George Galewski

24:49 Jarvis Racine

86 24:58 Steve Galewski 25:06 Jonathan Boettcher

134 30:22 Brendan Hanley

26:46 John Haas

F34-39 32 20:16 Lisa Ingwell

55 22:40 Jessica Gorse 22:48 Angela Switzer 24:23 Sandee Lammers 59

25:15 Gina Kleist

114 28:09 Heather Collopy

30:20 Stacy Hanley

136 30:52 Bernadette Kaufman

124 29:17 Wendy Haas 29:48 Kathy Gale

137 30:53 Karen Boehme

M40-47

8 17:39 Scott Birk 16 18:23 Joel Lammers

18 18:43 John Thornburg 20 18:46 John Megan

22 19:00 Ken Sumbry 23 19:01 Steve Schmidt 19:06 Vince Marchese

33 20:20 Brian Wichman 41 21:30 James Cox 46 21:59 Mark Schroeder

66 23:09 Joe Frodl

92 25:47 Todd Loehrl 102 26:47 Michael Ziegler 27:02 Greg Miller 108 27:19 David Panneck

149

F40-47 58 22:46 Dawn Frodl

35:02 Mark Hansen

23:18 Angela Barbera

85 24:58 Carmella Hansen 27:11 Lori Tritz 107 27:14 Penni Stevens

109 27:19 Pimjai Sudsqwad 111 27:36 Dana Scherff



M48-54

19 18:44 Chuck Hudlett 25 19:25 Neal Frauenfelder

27 19:41 Doug Mueller 20:09 Timothy Harden 49 22:09 Greg Steinberg 68 23:20 John Pehoski

24:19 Gary Vogt 119 28:38 Bill Arnold

125 29:20 Thomas Shaffer 70 23:26 Susan Sharkey

89 25:37 Cindy Schramm 105 27:09 Paulette Bakalars 127 29:30 Valerie Sievenpiper 129 29:40 Shari Bernicky

139 31:10 Ann Day

145 31:40 Chris Warren 146 32:50 Susan Pflugradt

M55-63 34 20:27 Ron Gottschalk 62 22:54 Dale Daroszewski

71 23:32 Bill Shay 74 24:01 Jim Christus 95 26:09 Robert Leonard

50 22:12 Jan Wittenberger

128 29:35 Carol Hegland

148 32:55 Jerry Haas

73 23:48 Nancy Birk

130 29:45 Peter Vantuinen

147 32:50 Shirley Weber M64&over

90 25:40 Ed Parker F64&over

103 26:49 Marianne Gilparick

135 30:34 Bergliot Luedtke

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26:27 Mike Simurdiak

112 27:09 Jessica Krueger 28:10 Megan Dobesh

173

25 21:00 Scott Magee 21:52 Thane Storck

25:28 Tim Mueller

KEVIN J. TRUEBENBACH

www.ETRUEHEALTH.com

Brookfield, WI 53005

The Most Times



are in 'The Strider'

FROM THE BACK OF THE PACK

I was Vasco da Gama in a former life

by Jeff Weiss Editor

I think that "explorations" as I described in my "lost in Taipei" article (July 2004 Strider) are in my blood.

I think sometimes that I should have been born a century or two ago. I think I would have enjoyed a life wandering the world with the wind, exploring new places. Today that is a life reserved for the rich or eccentric.

As it is my explorations are restricted to hikes or runs through strange or exotic places. I love to explore new areas, to see stuff I've never seen before. Of course running is the preferred mode of transport. Fast enough to cover more territory than a simple stroll but not too fast so as to miss the small stuff.



If you are a treadmill runner, I don't get it. What's the point? I even struggle with running the same routes over and over. I need scenery.

When injuries or life's hectic schedules otherwise cramp my running style an exploration can get me out there.

It doesn't necessarily take a trip to Taiwan, China, Germany or some other exotic location to get the juices flowing. Domestic trips or even an unfamiliar area in the old home town will do it.

Some recent jaunts have taken me through parts of Philly, Meridian Mississippi, Boston and Jones Island.

Whatever it is for you that triggers that Explorer instinct, there is a place to explore.

In downtown Philly history is mixed a modern architectural flair.

Meridian MS is a semi-urban city with a down home flavor.

Boston's Back Bay has the flavor of an old fashioned fisherman's village with a background of the big city.

Down by Jone's Island!?! The equipment. The settling ponds, The ductwork. How does it all work? It's an engineer thing.

So if you're an explorer like me, get out there and find something new.

A new place. A new goal.

Recipe for a Unique Cross-Training Experience

by Betsy Weiss (The Real Editor)

Ingredients:

- One old dog with unexplained high enzyme levels, preferably with plenty of energy left.
 - (Better cross training will most likely be experienced with an 11-1/2 year old frisky female who still enjoys walks.)
- One leash. Plastic bag optional, but helpful if dog finds the perfect pooping place.
- One leash holder. Preferably a spouse who enjoys a good laugh every now and again.
- Veterinarians orders to collect urine sample from old dog (as listed above)
- One container that can be easily slid under dog for urine collection



Begin your walk as any other. Every time dog slows or stops to sniff or mark, allow her to do so. Sneak up behind dog with container, squat and hold container in proper place to collect urine. Try to stay as close to the dog's rump as possible, criss-crossing with her and making every attempt to keep from getting tangled in the leash.

Be as stealthy as possible. An aura of nonchalance could be helpful, as dog will not take kindly to the additional tail (you and your container).

Every time the dog stops, slows down, or simply looks as if she might – be ready to squat and shove the container.

The dog may try to avoid the release of urine and decide to enjoy simple sniffing; She may also try to "sneak" her marking in when she knows that you are not quite ready to squat.

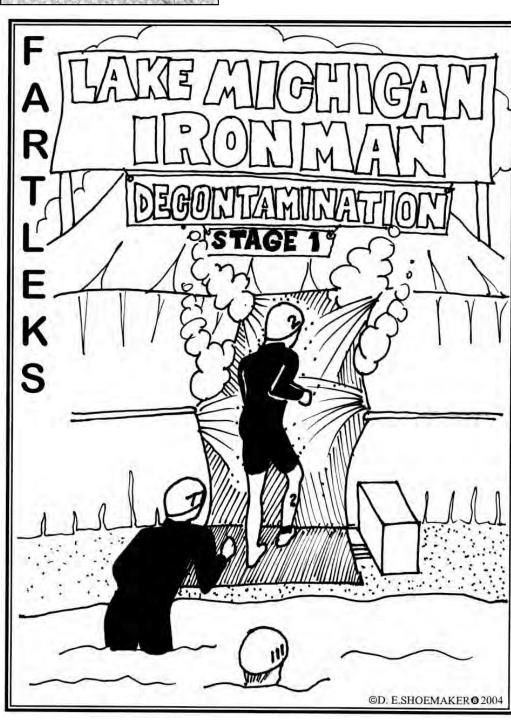
Ignore the uproarious laughter of your spouse and strange looks from people leaving for work or peaking out of their windows.

Concentrate on bending your knees so that you so not put undo pressure on your back. Be sure to keep your breathing rhythmic.

You will find that you cover more distance than on a "normal" walk (do to the criss-crossing). You will also have to move faster than a normal walk to stay with the dog's tail. Your quads will benefit from the down and up motion of the squatting.

This should be done as many times as necessary to obtain the requisite two teaspoons or so of urine required by the lab.

Do not be discouraged if you only get a couple of drops on the first walk. Wash that container and get ready for the next one!



COMING EVENTS

(Continued from page 11)

Oct 9 RUN FOR SCHOOLS Fond du Lac

New Listing: 100m kids 6-, 9am, 1k kids 7-12, 9:10, 2mi walk, 5k run 9:20, reg 8. New HS. Divs 6-, 7-9, 10-12, 13-19, 10yr, 60+. Awds 100m cert, 1k 3/div, 5k 1/mf, 3/div. Fees \$10, \$12 raceday, free to 12-. Perks Food, bev, 12- free TS. Contact Hedy Eischeid 920-929-2828x4211 hedymr@execpc.com

Oct 10 GLACIAL TRAIL 50K & 50 MILE Greenbush

50mi 6am. 50k 7. Fire Station. Note Single track in N Kettle Moraine SF. Rolling terrain, rocks. Whohr no.. Fees 50mi \$50, \$60 after 9/10, \$70 after 9/25. 50k \$40, \$50, \$60. Limit 200 total. Perks custom shirts/all who finish, bev, dinner, party. Contact Tom & Lorraine B u n k 262 392-2506 b u n k @ e x e c p c . c o m www.badgerlandstriders.org

Oct 20 BLS MEETING West Allis

see Sept 15th listing. Note Guest Speaker: Dave O'Brien Topic Hills, Grades & Slopes.

Oct 23 BEGINNING TRAIL RUNNING S Kettle Moraine Sat See listing Sep 13. Nordic Trail 8:05am.

Oct 30 LAKEFRONT DISCOVERY RUN 15K AND 5K FUN RUN Milwaukee

Sat C

15k, 5k 9am. Art Museum to Ale House. Note shuttle back to start.

Divs 14-19, 5yr, 70+. Awds 1/mf, 1/masters, awds based on #
reg/div. Whchr welcome. Fees \$14 BLS, \$16 others, \$18 raceday.

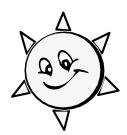
Perks LSTS, dwgs, bev. Contact John Cornell 414 967-9657

jdcstrider@aol.com www.badgerlandstriders.org

Nov 7 BLS TURKEY TROT Greendale

Sun 15k, 2mi 9:30am. reg NONE RACEDAY. Root River Pkwy, W
College Ave & S 92nd St Awds trophies 1/mf/avent turkeys

College Ave & S 92nd St. Awds trophies 1/mf/event, turkeys 50-/best predicted times. Fees BLS \$6, \$7 family. non-mbrs \$8, \$9. Perks hot chocolate & cider, soda, cookies. Contact Len Wachniak Day 414-524-3831 Eve 414 545-5899 www.badgerlandstriders.org





Grasse Homs 2004

Twilight 5k Run & 2 Mile Walk

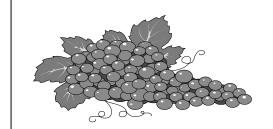
USATF certified

Wednesday, September 29^{th,} 6:00 p.m. at the Milwaukee Art Museum

RUN or WALK in support of the Museum's Art Acquisition & Exhibition Fund

Pre-Register ONLINE by Sept. 17th and SAVE!
Plus a FREE T-SHIRT

For more Grape Stomp information visit xlevel.com/grapelakes/grapestomp Or call the Grape Line at 414.224.3852 Sponsored by Friends of Art





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