

# the Strider

Official Newsletter of the Badgerland Striders, Inc.



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

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](http://www.justgiving.com/alsmemorialrun) and follow step-by-step 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.

Today, Megan is thriving without health obstacles to hold her back. "Without the skills and dedication of Children's Hospital staff, Megan wouldn't be with us today," said Joy Gentil, Megan's mother.

Register for Al's Memorial Run & Walk today at [www.alsmemorialrun.com](http://www.alsmemorialrun.com) 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.



## INSIDE:

	PAGE
Prez Sez -	
Winter Running Convenient	2
First Time Marathoners on TV	3
Build-Up Run Schedule	3
Fun Run Schedule	3
Travelling Strider:	
• Are we losing our Striders?	4
Overuse Injuries	4
Glacial Trail Treat	5
July Track Meet	5
Sussex Lion's Daze	5
Times Past:	
Running CDs, Part III	6
Do You Du?	6
From the Archives	7
Newsletter Inserts	7
Meeting Speakers	8
New Members	8
Hills & Valleys, Slopes & Angles	8
Coming Events	10 & 11
Devil Dog Cancelled	12
Wanted Volunteers	12
Blank	13 & 14
Making Dust	
• Firecracker Four 4mi	15
• Firecracker Four 1.7mi	17
• Dennis K 5k	18
• Riverfest Hunger Hustle	18
Back of the Pack	19

## Chancery Tosa Fest 5K

# Something fun for the Whole Family

*by Tom Davis*

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 24<sup>th</sup> 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-

vided at five-year 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



(Continued on page 2)

\*\*\*\*\*  
★ **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** ★  
\*\*\*\*\*

## 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.

the  
PREZ  
SEZ



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 happen.

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 2<sup>nd</sup> and 3<sup>rd</sup> 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 boots
- 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

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 series.

Paul suffers from ALS; the disease that this run and walk is raising money to try to defeat. People may know this disease better by the term "Lou Ge-

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!

Present this coupon at Tosa Chancery to receive

**20** % off  
your  
entire  
bill



Valid dates: 9/13/04 thru 10/31/04

Primary Sponsor of Tosa Fest 5k Run/Walk.

Acct.# 7413

The 20% off is exclusive of tax which is due on the total.  
Not valid with any other offers.

# 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 3<sup>rd</sup>. 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?)

Barb Ecklund 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 seven-mile buildup on July 3. Her attitude was, "I don't know, I'll just try this and see how it goes."

Suddenly near the end of July she became committed.

"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."

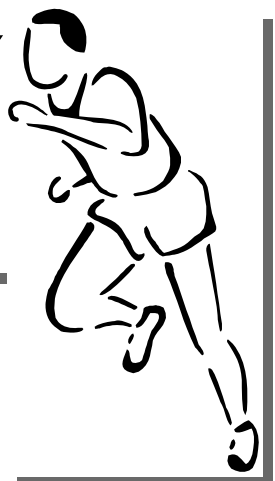
Her goal in the marathon? "I just hope I will finish," she said, "on two feet, and with a smile on my face."

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 . . .



## HEALTHY SOLUTIONS



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

- Most Insurance Accepted
- Evening & Saturday appointments

17495 W. Capitol Dr. Brookfield WI 53045  
(Capitol & Calhoun)

(262)790-4900

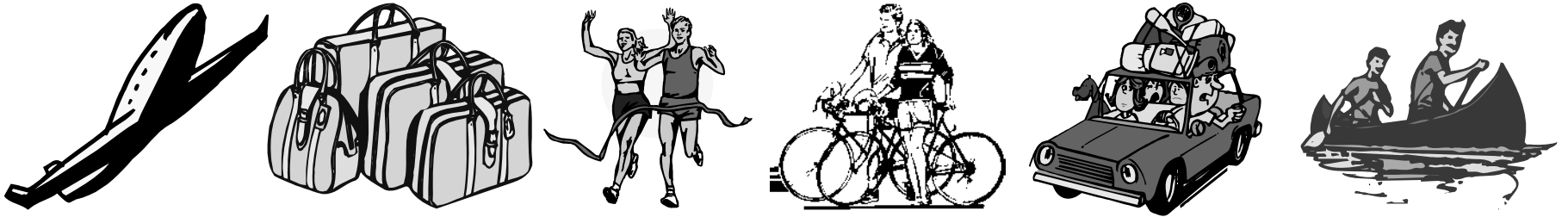
## LAKEFRONT MARATHON BUILD UP RUN SCHEDULE 2004

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 Marathon	Grafton H.S.	8:00am

## BADGERLAND STRIDERS FUN RUNS

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 Stadion and the outer gates were wide open! It was on to Helsinki, though, where our cruise ship docked at "Olympiaterminali," 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.

 Aurora Sports Medicine Institute®

## Overuse Running Injuries

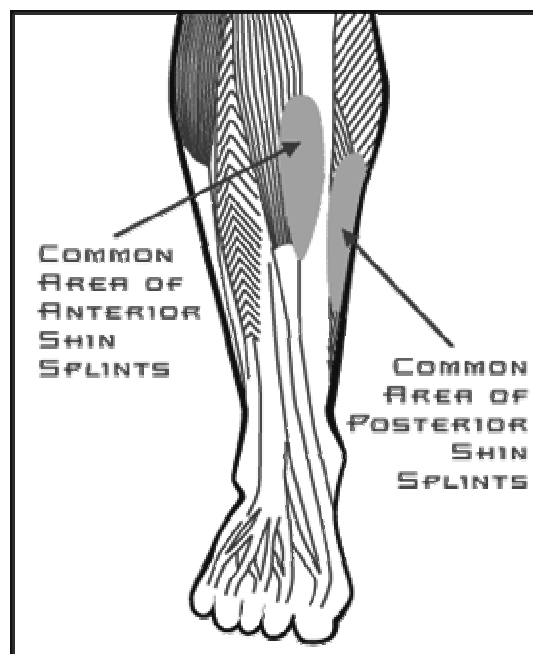
by Michael Gordon, MD

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 shinbone. 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)

# 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 your recovery.

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

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 orthopaedic specialist.

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

By Ted Itzov

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 24<sup>th</sup> 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 10th.

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.

"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 sweat-shirt. Race organizers figure that you can use some-

thing warmer than a tee shirt as the cool days of fall set in.

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 50-milers, 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](mailto: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 20<sup>th</sup> 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.

We began at 6:30 PM and we usually finish between 8:00-8:30 PM. On July 20<sup>th</sup>, 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.

### 100 Meters

Tom Rewolinski	11.50
Martin Devaney	14.17
Madeline Steinger	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 Meters

Dan Hockstra	4:37
Mackenzie Laska	4:55
Leonard Ward	5:06
Jeff Feldman	5:08
Billy Jones	5:17
Tony Agostini	5:20
Paul Jones	5:37
Steve Taylor	5:46
Pat Anderson	5:51

### 200 Meters

Jeff Klaues	2:06.4
Derek Serna	2:07.9
Tony Agostini	2:25.9
Tom Magnor	2:38.6
Billy Jones	2:41.7
Caroline Jorgenson	2:48.4
Martin Devaney	3:11.9
Laura Klein	3:12.9
Nick Schroeder	3:13.5
William Bott	3:23.3
John Jones	4:04.5
Ethan Bott	4:05.2
William Placek	4:18

### 400 Meters

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

### 800 Meters

Jeff Klaues	2:06.4
Derek Serna	2:07.9
Tony Agostini	2:25.9
Tom Magnor	2:38.6
Billy Jones	2:41.7
Caroline Jorgenson	2:48.4
Martin Devaney	3:11.9
Laura Klein	3:12.9
Nick Schroeder	3:13.5
William Bott	3:23.3
John Jones	4:04.5
Ethan Bott	4:05.2
William Placek	4:18

### 200 meters

Martin Devaney	31.2
Caroline Jorgenson	31.5
Cal Stanke	31.8
Judi Jones	32.6
Jean Baumgardner	33.2
Megan Bruce	34.1
Billy Jones	34.65
Tom Maley	35.2
William Bott	37.0
Mary Jones	37.5
Leah Rewolinski	38.9
Ethan Bott	41.3
Jacob Taylor	41.5
Aaron Taylor	43.2
John Jones	43.5
Stephanie Hauski	43.9
William Placek	49.3
Katie Polster	54.9

### 3200 meters

Dan Hockstra	9:52.6
Derek Serna	10:02.8
Jeff Feldman	10:56.5
Mackenzie Laska	11:16
Leonard Ward	11:44
Patrick Malloy	12:04
Paul Jones	13:02
Mary Kaleta	13:13.7
Jill Jones	13:13.8
Erinn Hockstra	13:39.6
Laura Klein	15:16.8
Dean Polster	16:01
Dana Bott	16:15.6
Martin Devaney	17:05.5
Katie Baumgardner	17:37
Jovita Moureau	17:55.2

### 4 x 400 meter relay

Billy Jones	5:01
Mary Jones	
Paul Jones	
Jill Jones	
Zach Taylor	5:05
Tom Bruce	
Steve Taylor	
Megan Bruce	
Caroline Jorgenson	5:20.6
Jean Baumgardner	
Mary Kalata	
Katie Baumgardner	
William Placek	6:40
William Bott	
Ethan Bott	
John Jones	

## Times Past: Now and Then

## The Greatest Running CDs Ever

## Part III

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

Hot Pastrami- Dartells  
Hot Pastrami With Mashed Potatoes- Joey Dee and the Starlites  
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 Shondells  
I Want Candy- Strangeloves  
Bottle of Wine- Fireballs  
One Mint Julep- Ray Charles

## Dessert

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 - Tennessee 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 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 to local charities.

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 two-person 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 an extra \$45.

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 Duathlon. Or, contact Brad Taggett at [brad.taggett@apw.com](mailto: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

**Don Ayer**  
Broker

**RE/MAX**  
Suburban

Office: (262) 549-2249  
Fax: (262) 549-2248  
Residence: (262) 547-6535  
Email: [dwmayer@msn.com](mailto:dwmayer@msn.com)

Each Office Independently Owned and Operated.

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.  
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 Lobins  
6 19:14 Kay Fronk  
7 19:35 Wanda Williams  
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 running-oriented 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.

37th Annual

## Wo-Zha-Wa Run

Wisconsin's Oldest Long Distance Race

## Half Marathon & 4 Mile

Saturday, September 18, 2004 - 8:00am Wi. Dells High School

Are you ready  
for a challenge?

A great race.....  
...and a great time!

All **FINISHERS**  
receive passes to  
major Dells attractions.  
T-Shirts to all.

For downloadable pdf entry form  
and other race information go to  
[www.bluechiptraining.net/wozhawa](http://www.bluechiptraining.net/wozhawa)

\$50 bucks  
for any new  
course record!

For mailed entry form contact:  
Mike Sweeney

\$13 prior to 9/16  
\$15 Day of Race

1006 Capitol St., Wisconsin Dells, WI 53956  
ph: 608/254-6280

"Here for the Long Run!"

**Gold Key**



Mortgage Services, Inc.

**Dave Poglitsch**  
 Loan Officer  
 email: davep@goldkeyms.com  
 phone: 414.778.4444  
 toll free: 866.211.KEYS  
 fax: 414.778.4445  
 mobile: 414.737.4543  
 933 North Mayfair Road  
 Suite 203  
 Wauwatosa, WI 53226

# NEW MEMBERS

## MARCH THROUGH AUGUST

NAME	CITY	ST	NAME	CITY	ST
AMBOS HEATHER	GREEN BAY	WI	HABERMAN GLEN	DELAFIELD	WI
ANDERSON JEAN	MENOMONEE FALLS	WI		WI	
ANNIKA JOY	MILWAUKEE	WI	HARPER AMANDA	BROOKFIELD	WI
ARNDT BRIAN	MILW/WAUWATOSA	WI	HARRIS LYNN	OCONOMOWOC	WI
BENTLEY JEAN	MILWAUKEE	WI	HECKMAN JENNIFER	BROOKFIELD	WI
BERKEN MELANIE	HALES CORNERS	WI	HEINZ KRISTINE	FRANKLIN	WI
BLUMENFELD JANET	MILWAUKEE	WI	HERVERT JOHN	MILWAUKEE	WI
BOTHWELL JACK	WAUWATOSA	WI	HOIDA ANNE	NEW BERLIN	WI
BRACEY JOSEPH	MILWAUKEE	WI	HOOTSINGER CASEY	SHOREWOOD	WI
BRENZEL BARBARA	SO MILWAUKEE	WI	HUHN PAUL	FRANKLIN	WI
BRESTER TRACY	NEW BERLIN	WI	HULBERT JEAN	WAUKESHA	WI
BRITE PAM	WAUWATOSA	WI	HURST LISA	BURLINGTON	WI
BRUGGEMAN JOHN	MILWAUKEE	WI	HUSTAD MARC	SHOREWOOD	WI
BURKE CHRISTOPHER	MIDDLETON	WI	JAHNKE JAMES	SUSSEX	WI
CADY JESSICA	STOUGHTON	WI	JANKOWSKI TODD	MUKWONAGO	WI
CARNEY REGHAN	BROOKFIELD	WI	JUBECK ALICE	MILWAUKEE	WI
CARSE CEIL	WAUWATOSA	WI	KAUFMAN BERNADETTE	HARTLAND	WI
CHMIELEWSKI MARY JO	MILWAUKEE	WI	KENNEDY ROHAN	MILWAUKEE	WI
CHRISTOPHER ROBIN	MILWAUKEE	WI	KLINE JEFF	MENOMONEE FALLS	WI
CLARY REBECCA	MILWAUKEE	WI	KNIPPER MARY	DELAVAN	WI
CLOSE MAGGIE	WAUWATOSA	WI	KOCH MARIANNE	GREENFIELD	WI
COFFER WILLIAM	MILWAUKEE	WI	<b>KOCH SALLY</b>	RICHFIELD	WI
CROSS TRACEY	FRANKLIN	WI	KRAJACIC JEFFRY	BROOKFIELD	WI
DAWES SUE	WATERFORD	WI	KRAWCZYK ERIC	WAUKESHA	WI
DE ROSIER CHRIS	PEWAUKEE	WI	KRAWCZYK RICHARD	WAUWATOSA	WI
DEBOTH STEVE	PEWAUKEE	WI	KRUEGER AL	MILWAUKEE	WI
DEGNER SETH	MEQUON	WI	LANG CHERI	MENOMONEE FALLS	WI
DETLAFF CINDY	FREDONIA	WI	LEVY BRIAN	MEQUON	WI
DEVANEY MARTIN	GREENDALE	WI	LIND STEVE	WAUKESHA	WI
DONNER CORINNE	MILWAUKEE	WI	LISKA KELLY	MILWAUKEE	WI
DUCHATEAU NADINE	COLGATE	WI	LOPEZ CASEY	WEST ALLIS	WI
DUNHAM BRUCE	MEQUON	WI	MAGOULIAS NIRA	WAUWATOSA	WI
ENGLBART MIKE	MILWAUKEE	WI	MAIERLE KAREN	SHOREWOOD	WI
FELKER KATIE	WAUKESHA	WI	MALIN MARK	MILWAUKEE	WI
FERRIS MICHAEL	NEW BERLIN	WI	MANK KATIE	MILWAUKEE	WI
GAGNON CRAIG	CEDARBURG	WI	MANK TERRY	MILWAUKEE	WI
GARLAND KEITH	GLENDALE	WI	MANKE RHIANNON	SHOREWOOD	WI
GEURTS BRADLEY	FOX POINT	WI	MCAVOY MEGAN	MILWAUKEE	WI
GOGGINS SUSAN	WHITEFISH BAY	WI	MCCARTHY JOHN	MILWAUKEE	WI
<b>GORDON MICHAEL</b>	MILWAUKEE	WI	MCCUMBER DIONNE	WAUKESHA	WI
GROSS ROBERT	WAUWATOSA	WI	MCKELVEY WILLIAM	GERMANTOWN	WI
GRZYBOWSKI PAMELA	GREENFIELD	WI	MCNULTY PEGGYSUE	SLINGER	WI
GUNNISON TRACY	MENOMONEE FALLS	WI	MILLER JILL	FOX POINT	WI
			MILLER FOLEY SARA	MILWAUKEE	WI
			MOODY AMBER	WEST BEND	WI
			MOUREAU JOVITA	MILWAUKEE	WI
			NITSCHKE THOMAS	WAUWATOSA	WI
			NOSSER JEREMY	MILWAUKEE	WI
			OUDEHOVEN STEPHANIE	MILWAUKEE	WI
			POLZIN JULIE	MILWAUKEE	WI
			POTRATZ JAY	OSHKOSH	WI
			RACH RUSSEL	WEST BEND	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	WI
			SHUE NANCY	BROOKFIELD	WI
			SICS AARON	MILWAUKEE	WI
			SMITH KELLY	MILWAUKEE	WI
			SMITH RICHARD	MANITOWOC	WI
			SOBCZAK THERESA	SO MILWAUKEE	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 HOMER"	GREENFIELD	WI
			TURNER CHRIS	WAUWATOSA	WI
			VASTALO FELICIA	MILWAUKEE	WI
			VINCENT TAMI	FOX POINT	WI
			VON SELZAM ERIKA	GREENDALE	WI
			VOSSEKUIL JODI	APPLETON	WI
			WAGNER SHANNON	WAUKESHA	WI
			WOLLINGER NANCI	SO MILWAUKEE	WI
			ZAROB KRISTEN	MILWAUKEE	WI
			ZIMMERMANN JEFF	FRANKLIN	WI
			ZORRO ALFONSO	FRANKLIN	WI

### BLS Meeting Speakers

September 15<sup>th</sup>

Strider Amy Richter.

Amy is a marathon runner and body-builder. 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 20<sup>th</sup>

Strider Dave O'Brien.

Dave will speak on Hills, Grades and Slopes. See brief and questionnaire below.

## 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 70<sup>th</sup> 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.

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



**RAY'S O.K. SERVICE, INC.**  
 AUTOMOTIVE 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](mailto: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 (1<sup>st</sup>) of the month preceding publication. Prepared ad copy by the 5<sup>th</sup>; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7<sup>th</sup>. 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](mailto: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. 121<sup>st</sup> 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](mailto: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](http://www.badgerlandstriders.org), Email: [bls@execpc.com](mailto:bls@execpc.com)  
The Strider Email: [tstrider@wi.rr.com](mailto:tstrider@wi.rr.com)

Phone: (262) 679-8449  
FAX: (262) 679-8451



**DENNIS W. NOVAK, CPA**

19550 W. Pine Wood Dr.  
New Berlin, WI 53146

**FAST, PERSONAL SERVICE: Personal Income Tax**  
• Small Business Accounting • Financial Planning



This newsletter is printed  
on recycled paper.

## Badgerland Striders 2003 VIP List

### Executive Board

<b>President</b>	John Cornell	414-967-9657 <a href="mailto:jdcstrider@aol.com">jdcstrider@aol.com</a>
<b>VP Administration</b>	Bonnie Clarey	414-453-6527 <a href="mailto:bls@execpc.com">bls@execpc.com</a>
<b>Secretary</b>	Marty Malin	414-453-7326 <a href="mailto:1224hrm@merr.com">1224hrm@merr.com</a>
<b>Treasurer</b>	John Rodee	414-962-1439 <a href="mailto:jrowdy@execpc.com">jrowdy@execpc.com</a>
<b>Co-VPs of Programming</b>		
	Linda Pulkowski	262-968-3300 <a href="mailto:genacct@execpc.com">genacct@execpc.com</a>
	Cyndi Bergs	262-677-3408 <a href="mailto:mcbergs@worldnet.att.net">mcbergs@worldnet.att.net</a>
<b>VP Road Racing</b>	Jerry Anderson	414-258-4986 <a href="mailto:jerry.anderson@aurora.com">jerry.anderson@aurora.com</a>
<b>Newsletter Editor</b>	Jeff Weiss	414-771-3165 <a href="mailto:tstrider@wi.rr.com">tstrider@wi.rr.com</a>
<b>Past President</b>	Larry Govin-Matzat	414-961-0050 <a href="mailto:lgovin@mac.com">lgovin@mac.com</a>

### 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

### Race & Program Directors

<b>Samson Stomp</b>	Andrew Delzer	<b>Jan 18, 2004</b> 262-306-1998
<b>Steve Cullen Run</b>	Phil Carpenter	<b>Jan 24, 2004</b> 414-541-3086
<b>John Dick Memorial 50K</b>	Craig Hopper	<b>Feb 7, 2004</b> 262-642-7237
<b>BLS Beginning Running Program</b>	Marty Malin	<b>Mar 30, 2004</b> 414-453-7326
<b>Strider 1/2 Marathon</b>	Kathryn Cairney Dunn	<b>Apr 10, 2004</b> 414-421-6822
<b>BLS Intermediate Running Program</b>	Marty Malin	<b>Apr 15, 2004</b> 414-453-7326
<b>Ice Age 50-Mile/50K</b>	John Zinzow & Holly Neault-Zinzow	<b>May 8, 2004</b> 262-495-3131
<b>Sarah's Stride – Hartfest 5K</b>	Pete Abraham	<b>May 22, 2004</b> 414-774-4580
<b>Superun 5k</b>	Bob Scherer Karen Van Rite	<b>Jun 23, 2004</b> 262-569-6732 262-786-8661
<b>Hales Corners Firecracker Four</b>	Doug Nelson	<b>July 4, 2004</b> 414-258-2325
<b>Cudahy 4mi &amp; 10M</b>	John Bell	<b>Aug 1, 2004</b> 414-327-5872
<b>Minooka Corn Roast</b>	Dave O'Brien	<b>Aug 4, 2004</b> 414-425-1309
<b>Strider 20K</b>	Julie & Dennis Wantland	<b>Sep 4, 2004</b> 414-264-9968
<b>Badgerland FX 12-24 Hr Run</b>	Marty Malin	<b>Sep 4, 2004</b> 414-453-7326
<b>Tosafest 5K</b>	Tom Davis	<b>Sep 11, 2004</b> 414-220-4220
<b>BLS Beginning Trail Running</b>	Marty Malin	<b>Sep 13, 2004</b> 414-453-7326
<b>Komen Race for the Cure</b>	Karin White	<b>Sep 19, 2004</b> 414-961-0116
<b>Al's Memorial 8K Run</b>	Jeff Weiss	<b>Sep 25, 2004</b> 414-771-3165
<b>Lakefront Marathon</b>	Kris Hinrichs	<b>Oct 3, 2004</b> 414-291-0368
<b>Glacial Trail Run</b>	Tom Bunk	<b>Oct 10, 2004</b> 262-392-2506
<b>Lakefront Discovery Run</b>	John Cornell	<b>Oct 30, 2004</b> 414-967-9657
<b>Turkey Trot</b>	Len Wachniak	<b>Nov 7, 2004</b> 414-545-5899





# ELECTION 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.

## WANTED: MOST IMPROVED RUNNER COMMITTEE CHAIRPERSON

CONTACT: Linda Pulkowski 262-968-3300 genacct@execpc.com  
OR 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 years.

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: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Sex: M F

Distance	Name of Race	Date	Time
Other	_____	- -03	: : :
Other	_____	- -04	: : :
1m	_____	- -03	: : :
1m	_____	- -04	: : :
Biathlon	_____	- -03	: : :
Biathlon	_____	- -04	: : :
Triathlon	_____	- -03	: : :
Triathlon	_____	- -04	: : :
5k	_____	- -03	: : :
5k	_____	- -04	: : :
8k	_____	- -03	: : :
8k	_____	- -04	: : :
5m	_____	- -03	: : :
5m	_____	- -04	: : :
10k	_____	- -03	: : :
10k	_____	- -04	: : :
7m	_____	- -03	: : :
7m	_____	- -04	: : :
15k	_____	- -03	: : :
15k	_____	- -04	: : :
10m	_____	- -03	: : :
10m	_____	- -04	: : :
20k	_____	- -03	: : :
20k	_____	- -04	: : :
1/2 mar	_____	- -03	: : :
1/2 mar	_____	- -04	: : :
25k	_____	- -03	: : :
25k	_____	- -04	: : :
20m	_____	- -03	: : :
20m	_____	- -04	: : :
mar	_____	- -03	: : :
mar	_____	- -04	: : :
50k	_____	- -03	: : :
50k	_____	- -04	: : :
50m	_____	- -03	: : :
50m	_____	- -04	: : :
100k	_____	- -03	: : :
100k	_____	- -04	: : :
100m	_____	- -03	: : :
100m	_____	- -04	: : :
12hr	_____	- -03	_mi_yd
12hr	_____	- -04	_mi_yd
24hr	_____	- -03	_mi_yd
24hr	_____	- -04	_mi_yd



Locust Street Beer Run

1. The Plumbers Union
2. Dave O'Brien
- 3 & 4. Hashers Beer Stop
5. Kathryn Retslaff and others



**JEFF PETAK**  
Real Estate Professional

Business (262) 896-6700  
Fax (262) 896-6719  
Email jeffpetak@hotmail.com  
VM/Pager (414) 838-2026

1714C PARAMOUNT DR.  
WAUKESHA, WI 53186



# 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.

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 worse.

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 needle-point. 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.

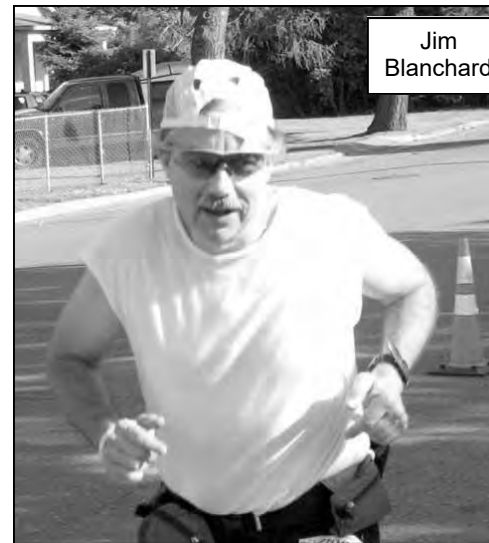
For those unfamiliar, the course begins with about a 3-mile football drill. You boys know the one -- the high leg lifts through the football tires? Instead of tires, the Curnows have utilized roots and rocks. But, the drill pretty much looks the same. There is even some of the usual grunting heard at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

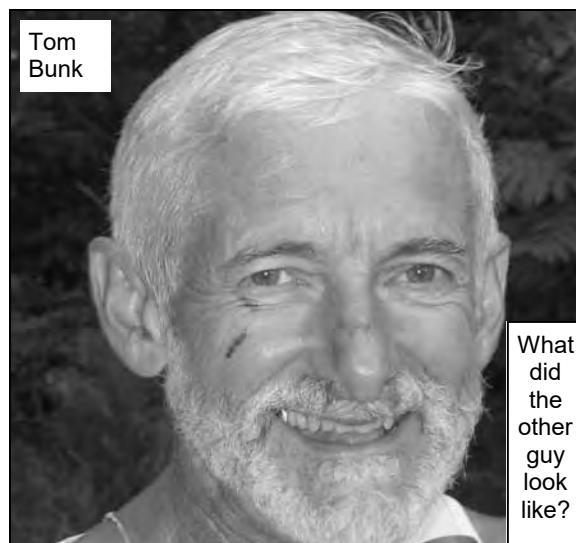
So then there is the usual forest and hills. A few creeks, rivers and other pretty things. A few bugs, but nothing serious -- the virgins should have been there last year when the flies were threatening to carry us all away. They had it so easy. Sure, a few got stung by bees, but back in the old days,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



Jim Blanchard



Mary Gorski



Tom Bunk

What did the other guy look like?

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.

## FIRECRACKER FOUR PICTURES





# Track Meet June 15 2004



# MAKING DUST

"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  
337 34:19 Lauren Banach  
392 36:11 Danielle Sluka  
413 36:50 Cheyenne Collom  
423 37:23 Emmy Suprenant  
542 43:47 Pilar Azmani

Male Freshman/Sophomore

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  
114 28:04 Jack Demski  
117 28:05 Kelvin Guillbault  
170 29:42 Timothy Sabin  
180 30:00 Justin Panhans  
223 31:10 Matt Schwartz  
299 33:21 Stephen Eichstadt  
308 33:31 Jake Rivard  
359 35:01 Ryan Parsons  
457 38:42 Phillip Pratt



Firecracker Four 4 Mile Start

72 26:55 William Garland  
75 27:03 Ryan Miller  
78 27:07 Zachary Lutz  
91 27:23 Ryan Bartelme  
97 27:33 Benjamin Patterson  
122 28:07 David Marin  
139 28:34 Eric Schmidt  
192 30:23 Clint Eickson  
209 30:52 Dave Stauder  
233 31:31 Mark DeGeorge  
260 32:12 Andy Sterlley  
461 39:04 Derek Woerpel  
558 47:07 Dan Machmueller

34 24:38 Edward Foresman  
47 25:19 Brian Larkin  
59 25:52 Jerome Weis  
70 26:50 Mike Chmielewski  
109 27:54 Noah Parsons  
124 28:09 Joe Winkel  
135 28:27 David Mathwig  
138 28:32 Jonathan Witte  
147 28:51 Gary Berquist  
158 29:15 Randall Young  
161 29:21 Chris Alba  
212 30:59 Paul Spolder  
278 32:40 Tim Jozwowski  
295 33:16 Greg Meier  
315 33:48 Gwen Wilton Iii  
403 36:32 Matthew Ruebl  
405 36:33 Jolon Clark  
407 36:39 Steve Bollis  
437 37:57 Lee Passehl

505 40:56 Pam Kohal  
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  
570 49:36 Bethany Mackkay

M25-29

7 22:10 Jeff Kolb  
9 22:20 Keith Zeise  
21 23:28 Victor Vilar  
25 24:00 Jason Wunsch  
49 25:23 Cj Michaud  
62 26:19 Todd Polczynski  
126 28:12 Mark Berquist  
155 29:07 Greg Matthews  
167 29:35 Tyson Novinska  
168 29:37 Robert Stupar  
187 30:15 Daniel Olkives  
282 32:46 Matt Rechtin  
296 33:17 Pete Leonard  
302 33:23 Robert Guilliam  
425 37:28 Maria Bahr  
426 37:28 Ryan Wilhelm  
446 38:23 Tami Wittliff  
449 38:32 Bryce Metcalf  
458 38:50 Joseph Atuaka  
473 39:35 Chris Lese  
501 40:49 Jeff Waltz  
504 40:54 Lance Grimord

F25-29

16 23:04 Dot McMahan  
112 27:59 Julie Treder  
142 28:36 Leslye Moran

Female Junior/Senior

76 27:04 Megan Schmitz  
119 28:06 Emily Guhl  
196 30:25 Katelyn Baryiak  
210 30:57 Kaitlin Daugherty  
231 31:25 Julie Barnes  
248 31:50 Rachel Bouricki  
266 32:23 Ashley Timmer  
275 32:38 Ann Chadara  
319 33:52 Jennifer Hibbard  
326 34:03 Monica Gagliano  
327 34:03 Heghan Mullen  
349 34:44 Carla Virlee  
363 35:06 Jessi Crain  
376 35:38 Katie Harmeyer  
377 35:38 Meghan Eichstadt  
410 36:47 Lisa Erickson  
431 37:47 Emily Ruebl  
521 41:32 Jessica Ullstrup

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 Wittliff  
146 28:48 Christie Steffel  
174 29:51 Cindi Kelm  
198 30:29 Tiffany Schmidt  
213 31:00 Kristina Surfus  
245 31:45 Lauren Boyd  
268 32:29 Kathie Coucouvanis  
292 33:06 Lyndsay Smanz  
298 33:21 Mary Wiczynski  
305 33:25 Kari Baker  
310 33:34 Sam Spolder

M19-24



Firecracker Four 4 Mile Start



John Houseworth (20:16) finished first in the 2004 Fire Cracker Four 4 mile race. Photo by Jeff Weiss.

Female K-4 Grade

Male 5-6 Grade

338 34:27 Tyler Leonard  
523 41:38 Jack Casey  
538 43:19 Marty Ordinas  
543 43:49 Zach Azmanis

Female 5-6 Grade

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

Male 7-8 Grade

80 27:10 Evan Cooper  
341 34:31 Jake Lehmann  
360 35:03 Kory Sorge  
463 39:06 Brian Nelson  
478 39:46 Scott Dickson  
480 39:48 Ken Pelkofen

Female Freshman/Sophomore

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

4 21:33 Nick Fulton  
6 22:08 Bobby Erickson  
14 23:00 Erik Wagner  
23 23:51 Tim Dahms  
30 24:15 Jay Huber  
39 25:09 Paul Reidy  
40 25:10 Youssef Azmani  
43 25:14 Matthew Panhans  
45 25:17 Jason Axt  
51 25:28 Hal Brown



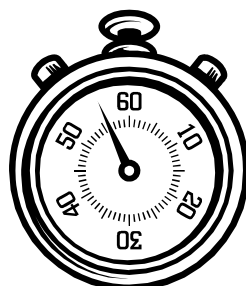
Dot McMahan (23:04) was first place female in the 2004 Fire-cracker Four 4 Mile Race. Photo by Jeff Weiss

1 20:16 Jon Houseworth  
2 21:08 Alec Maduza  
3 21:21 Eric Khatchadourian  
12 22:46 Sean Meehan  
15 23:04 Dan Ullstrup  
19 23:23 William Prom  
31 24:17 Matthew Hibbard

318 33:51 Marlys Sydow  
351 34:45 Anne Rowe  
356 34:56 Leah Winkel  
382 35:48 Sarah Clark  
385 36:01 Emily Kegel  
386 36:01 Nataly Dueling  
390 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 Kindie 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  
239 31:36 Melanie Berken  
261 32:19 Wendy Hohn  
265 32:22 Madalyn Boschke  
291 33:06 Jennifer Tonz  
398 36:23 Christine Metcalf  
400 36:28 Diep Pham  
430 37:45 Julie Berquist  
439 37:59 Christy Polczynski

(Continued on page 16)



The Most Times

are in 'The Strider'

# MAKING DUST

"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 Binnebose
- 13 22:52 Ted Shue
- 35 24:40 Steven Kubicki
- 38 25:03 Wade Gospodarek
- 88 27:19 Steven Paull
- 99 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
- 175 29:53 Craig Boschke
- 193 30:23 James Ray
- 207 30:50 Nick Bournelis

- 224 31:11 Karl Paull
- 272 32:35 Joe Mudlaff
- 274 32:37 Mike Mushlewski
- 374 35:32 Chris Pollak
- 394 36:17 Mark Bechtel
- 417 37:13 George Manasis
- 451 38:33 Kyle Tiedge
- 452 38:34 Christopher Mueller
- 453 38:35 Daniel Hambrook

### F30-34

- 74 27:02 Tracie Mittelsteadt
- 87 27:18 Kelly Delaney
- 107 27:51 Robin Treder
- 183 30:01 Kelly Kiel
- 201 30:37 Leanne Greco-Gill
- 204 30:42 Michelle Kehoe
- 270 32:34 Jill Eldredge
- 279 32:40 Kristine Heinz
- 358 35:01 Fransiska Henslin
- 366 35:18 Lisa Paull
- 369 35:21 Kari Wennerstrom
- 409 36:47 Jenette Haug
- 469 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
- 24 23:52 Chaz Heckman
- 27 24:07 Jim Schmidt
- 44 25:14 Rick Zarkos
- 52 25:32 John Lancaster
- 67 26:37 Brian Seegert
- 68 26:41 David Gresser
- 71 26:53 Matt Burkart
- 90 27:21 Jeff Carpenter
- 140 28:35 Todd Barden
- 150 29:00 Kevin Martens
- 151 29:03 David Becker
- 159 29:16 David Hogan
- 166 29:34 Richard Perl
- 194 30:24 Matthew Michaels
- 203 30:40 David Zelchert
- 215 31:00 David Adamski
- 244 31:44 Roger Lohr
- 250 31:56 Brad Kudick
- 253 32:00 Paul Schold
- 254 32:03 William Stupan
- 259 32:11 Mike Rehtin
- 287 32:56 David Guse
- 290 33:04 Robert Michalek
- 312 33:43 Eric Johnstons
- 314 33:47 Martin Devaney
- 329 34:07 Paul Everson
- 344 34:38 Dan Vogel
- 370 35:22 Michael Lenzie
- 371 35:23 Tad Luedtke
- 378 35:43 Kenneth Paul Schlager
- 389 36:04 Ken Pekkay
- 414 36:52 Sean Hill
- 416 37:09 Jim Eldredge
- 447 38:25 Geoff Wilde
- 467 39:15 Kevin Davenport
- 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
- 172 29:45 Lisa Kleinke
- 186 30:13 Debra Kloc
- 256 32:06 Sheryl Leonard-Schneck
- 271 32:35 Tanya Korta
- 283 32:47 Tommy Saunders
- 286 32:54 Laura Klein
- 297 33:19 Allison Hogan
- 304 33:24 Terri Kroll
- 307 33:27 Wendy Winkel
- 322 33:56 Annie Coppock
- 342 34:32 Jennifer Johnson
- 381 35:48 Chris Wollenziem
- 411 36:49 Suzanne Kelnhofer

- 420 37:16 Shelley Stefaniak
- 460 38:59 Ginney Meadams
- 464 39:08 Rachel Golusinski
- 468 39:19 Kathy Loveless
- 486 39:54 Amy Mudlaff
- 498 40:39 Karen Keeker
- 499 40:43 Jeanne Bieser
- 541 43:42 Paula Schmidt

### M40-44

- 8 22:16 Terry Labinski
- 20 23:27 Edward Siira
- 22 23:44 Rick Stefanovic
- 26 24:05 David Mueller
- 29 24:10 Jim Cichy
- 36 24:58 Russ Bellford



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

- 37 24:59 Joe Tilley
- 42 25:12 Peter M Stefaniak
- 50 25:26 Philip Barber
- 53 25:36 Tony Agostini
- 54 25:39 John Rydeski
- 56 25:43 David Timmer
- 58 25:51 Richard Dodd
- 63 26:26 Paul Dahms
- 69 26:46 Jim Lodermeier
- 81 27:11 Mike Stefaniak
- 84 27:14 Tom Colla
- 86 27:16 Brian Wichman
- 94 27:28 Michael Ballos
- 101 27:37 Tony Macias
- 118 28:05 Craig Guilbault
- 125 28:10 Steve Johnson
- 134 28:26 Paul Sabin
- 149 28:56 Anthony Gilbert
- 152 29:04 Jim Richie
- 162 29:29 Nicholas Anstedt
- 169 29:40 Chris Driscoll
- 177 29:55 Tim Oconnor
- 188 30:17 Scott Abel
- 190 30:17 Thomas Leonard
- 191 30:22 Dan Menden
- 221 31:08 Eric Johnson
- 222 31:09 Tim Rodiez
- 228 31:13 Rtcik Paddock
- 230 31:24 Mark Spottek
- 232 31:29 Thomas Wisneski
- 243 31:42 Chris Wodushek
- 247 31:47 Mike Pacioni
- 251 31:56 Gordon Steck
- 252 31:57 Mike Croal
- 255 32:04 Mike Schmitz
- 257 32:07 Mike Morgan
- 262 32:20 John Wollenziem
- 284 32:48 Fred Dreher
- 285 32:52 Dan Croal
- 293 33:12 Steve Wiza
- 300 33:22 Robert Gutierrez
- 321 33:55 Jeffrey Hass
- 340 34:30 Chuck Baker
- 345 34:40 Brian Garrow
- 347 34:43 Dave Gavinski
- 348 34:43 John Kroll
- 350 34:44 Robert Dettlaff
- 388 36:03 Brian Nelsen
- 393 36:14 Joe Mutranowski
- 399 36:27 Brian Demski
- 404 36:32 Daniel Heidemann
- 415 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

- F40-44
- 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
- 301 33:22 Jacqueline Smith-Mueller
- 317 33:51 Sue Haferman
- 339 34:28 Sally Koch
- 353 34:46 Christine Stefaniak
- 367 35:19 Doris Parsons
- 395 36:18 Rose Anstedt
- 401 36:28 Debbie Kania
- 408 36:40 Anne Wandler
- 434 37:50 Donna Rivard
- 436 37:54 Cynthia Emmett

- 354 34:51 James Podewils
- 357 35:00 Tom Parsons
- 362 35:04 Steven Sorge
- 372 35:26 Paul Budzisz
- 375 35:35 James Erdahl
- 383 35:54 Richard Fitzgerald
- 387 36:02 William Meier
- 397 36:20 Kenneth Stasik
- 406 36:34 Jeffrey Bitant
- 419 37:15 Craig Powers
- 456 38:40 Kevin McGorty
- 465 39:11 Jeff Herrmann
- 466 39:13 Bob Alba
- 472 39:33 Duane Tate Jr.
- 479 39:47 Charles Higgins
- 483 39:52 Joseph R. Brown
- 484 39:52 Pete Ahlm
- 495 40:14 Dave Edyburn
- 503 40:53 Joe Frederick
- 536 43:12 Phillip Hickman
- 563 48:06 Jon Eiche
- 572 49:43 Mike Shonborn

### F45-49

- 328 34:04 Julie K. Baron
- 346 34:41 Mary Wysocki
- 361 35:03 Char Ahler
- 373 35:28 Peggy Zacher
- 421 37:17 Sharon Geer
- 432 37:49 Kathi Hassin
- 435 37:52 Carol Kegel
- 448 38:29 Laura Powers
- 459 38:53 Donna Price
- 475 39:41 Katryn Berezowicz
- 477 39:43 Cindy Carter
- 494 40:14 Linda Krueger
- 496 40:31 Kim Boldon
- 548 44:21 Kathy Radomski

### M50-54

- 32 24:26 Paul Badura
- 41 25:10 John Mccarthy
- 61 26:15 Robert Kocen
- 64 26:27 Dennis M. Eden
- 77 27:06 Bruce Bush
- 98 27:35 Robert Bugenhagen
- 120 28:06 Bill Hansen
- 129 28:17 Abie Khatchadourian
- 131 28:18 Bob Krick
- 145 28:42 Mike Mulrooney
- 153 29:06 Randy Rucinski
- 157 29:15 Jerry Matthews
- 164 29:32 Dennis Shoemaker
- 184 30:04 Robert Mueller
- 185 30:09 Chris Meyers
- 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
- 130 28:18 Jim Motz
- 137 28:32 Larry Horning
- 143 28:36 Chuck Wilcoxon
- 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 Boknevit
- 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

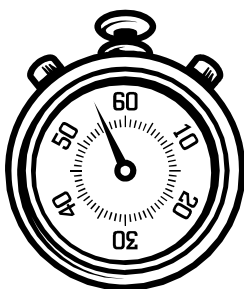
- 263 32:20 James Schrimpf
- 276 32:38 Gary Troy
- 280 32:41 Donald G. Scott
- 303 33:24 Chris Frelko
- 306 33:26 John A. Kordich
- 325 33:59 Joseph Soriano
- 355 34:54 Phil Virlee
- 365 35:18 Mike Cascio
- 396 36:19 Ray Moon
- 450 38:33 Kurt Luching
- 487 39:54 Fred Oby
- 518 41:24 Randy Scudder
- 534 43:06 John Masec
- 540 43:32 David Berquist
- 573 50:01 Pete Wysocki

### F50-54

- 199 30:30 Terry Mank
- 217 31:01 Anne Boomershine
- 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)



The Most Times

are in 'The Strider'



# MAKING DUST

"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
- 154 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
- 364 35:11 Larry Lockwood

- 444 38:12 James Bain
- 481 39:50 Paul Woerpel
- 489 40:02 Richard Leonard
- 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

- 73 26:55 Lowell Mutchelknaus
- 85 27:14 Ronald Gottschalk
- 105 27:47 John Becker
- 121 28:07 James Bahr
- 156 29:14 James Waltz
- 219 31:07 Tom Kitzrow
- 313 33:46 William Anthling
- 352 34:45 Mike Colbert
- 379 35:45 Lee Robinson
- 424 37:27 Jerry Leclair
- 440 38:02 David Martin
- 443 38:09 Francisco Martorell
- 455 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
- 368 35:19 David Stuckslager
- 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 Pyschal

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 Echer

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 Wilcoxon
- 51 21:33 Hank Plaszak
- 53 21:37 Jackson Lodermeier
- 58 23:06 Dan Schneck

Female K-4TH GRADE

- 42 18:04 Miranda Dooley
- 46 19:15 Holly Plaszak
- 47 19:20 Alison Lodermeier
- 55 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
- 23 14:35 Nicholas Olson
- 24 14:55 Andy Feuling
- 27 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
- 22 14:14 Hayley Parsons
- 29 15:28 Emma Smith
- 30 15:29 Erica Matz
- 45 19:12 Meghann Rosenwald
- 54 21:40 Rebecca Powers
- 59 23:06 Megan Schneck
- 65 26:43 Caroline Schwartz
- 67 43:10 Jessica Kroll
- 69 47:53 Lydia Eiche

Male 7-8th GRADE

- 1 10:57 Sam Kitrow
- 2 10:58 Cassidy Luedtke
- 3 11:26 Jeremy Schaser
- 4 11:43 Taylor Luedtke
- 5 11:47 Seph Scheid
- 7 12:40 Todd Sabin
- 8 12:42 Mike Olson
- 10 12:46 Wesley Stasik
- 33 15:47 Haley Just

Female 7-8th Grade

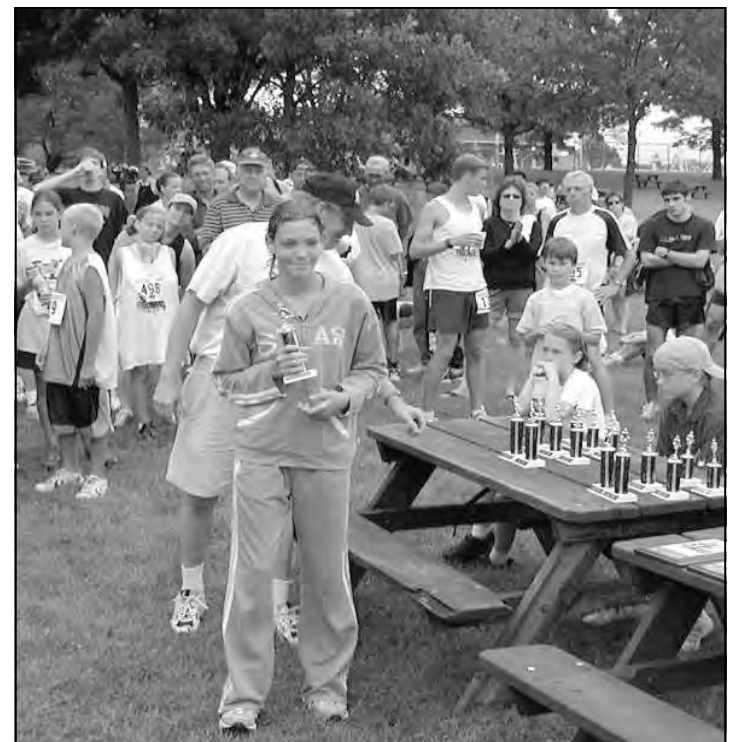
- 11 12:50 Jennifer Echer
- 15 13:14 Joelle Wightman
- 32 15:44 Samantha Limoni
- 35 16:10 Jenna Motz
- 48 19:38 Elizabeth Kelnhofer
- 49 19:38 Sarah Bitant
- 60 23:09 Brooke Schneck
- 61 23:13 Brianna Kleinke
- 64 26:42 Kelly White
- 66 43:10 Becca Bock
- 68 43:35 Kelly Kroll
- 70 50:32 Jackie Olson



More Kids Winners



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



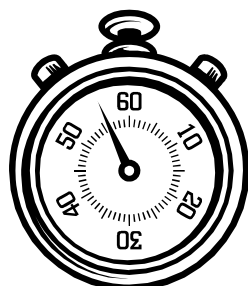
Jennifer Echer accepts her award for first place female (12:50) in the 2004 Coach Dodd Youth Challenge. Photo by Jeff Weiss

**The Stefaniak Group**  
Personalized Real Estate Services

3789 S. 108th Street  
Milwaukee, Wisconsin  
53228

www.stefaniakgroup.com

**Peter Michael Stefaniak**  
tel. (414) 541. 2500, ext. 16  
fax (414) 541. 2600  
cellular (414) 254. 4422  
peterstef@voyager.net



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 11-½ 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.

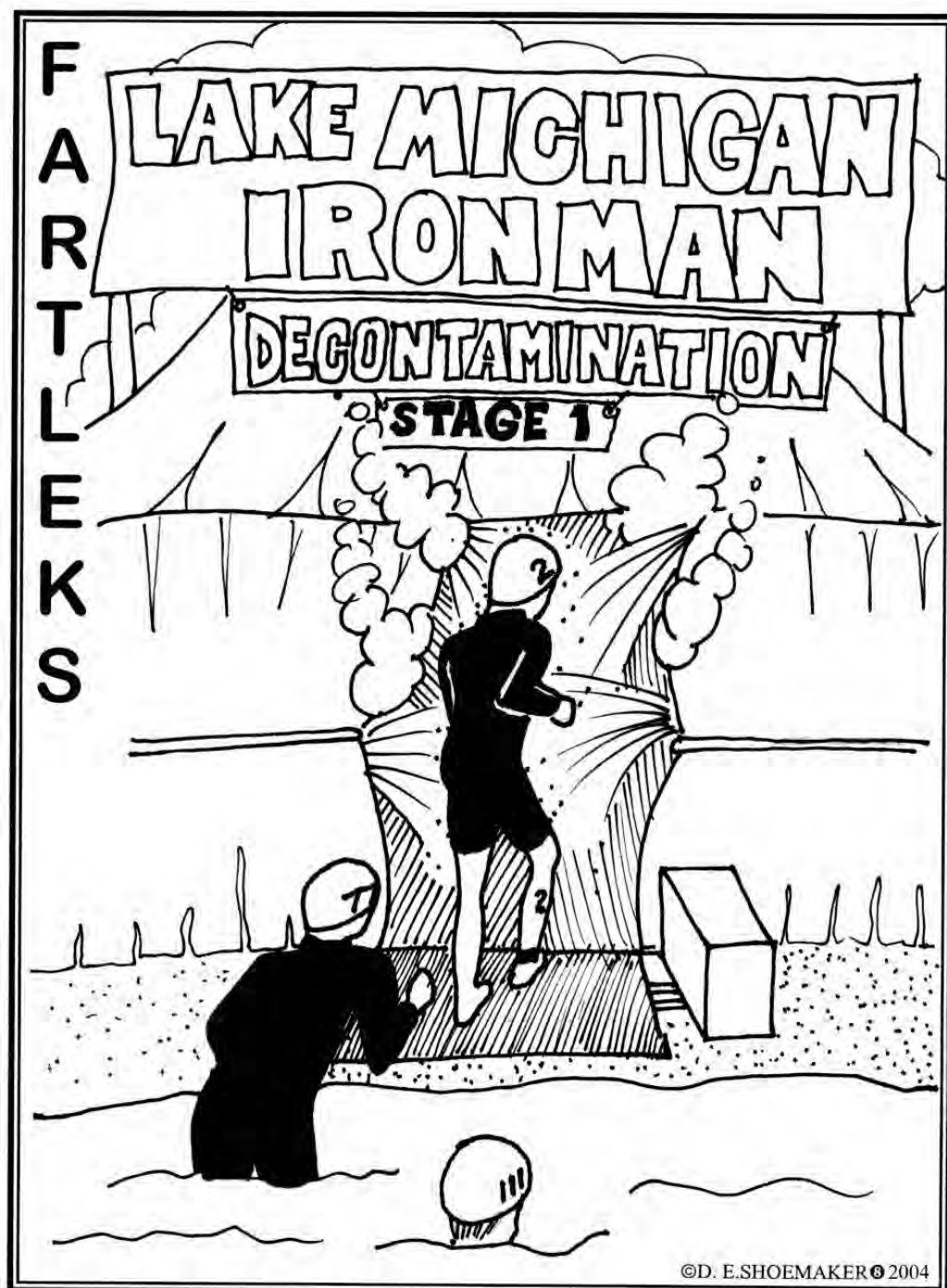
Ignore the uproarious laughter of your spouse and strange looks from people leaving for work or peaking out of their windows.

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  
Sat 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+. Awd's  
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 hedy@execpc.com

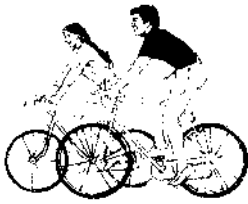
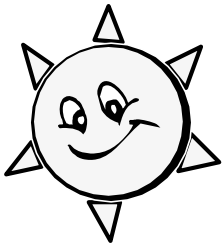
Oct 10 **GLACIAL TRAIL 50K & 50 MILE** Greenbush  
Sun 50mi 6am. 50k 7. Fire Station. Note Single track in N Kettle Moraine  
SF. Rolling terrain, rocks. Whchr no.. Fees 50mi \$50, \$60 after 9/10,  
\$70 after 9/25. 50k \$40, \$50, \$60. Limit 200 total. Perks custom  
shirts/all who finish, bev, dinner, party. Contact Tom & Lorraine  
Bunk 262 392-2506 bunk@execpc.com  
www.badgerlandstriders.org

Oct 20 **BLS MEETING** West Allis  
Wed 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+. Awd's 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. Awd's 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



# Grape Stomp 2004

## Twilight 5k Run & 2 Mile Walk

USATF certified

Wednesday, September 29<sup>th</sup>, 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](http://xlevel.com/grapelakes/grapestomp)  
Or call the Grape Line at 414.224.3852  
Sponsored by Friends of Art

Volume 33, No. 8, September 2004

**the Strider**

**Badgerland Striders Inc.**  
9200 W. North Avenue  
Wauwatosa, WI 53226



The Strider is published  
11 times a year (Feb-Dec)

**Editor:** Jeff Weiss  
414-771-3165  
Email: [tstrider@wi.rr.com](mailto:tstrider@wi.rr.com)

**Advertising:** Dave O'Brien  
414-425-1309  
Email: [davocorn@tds.net](mailto:davocorn@tds.net)

**Asst. to the Editor:** Betsy Weiss  
414-771-3165

**Cartoonist:** Dennis Shoemaker

**Photographers:**  
Dennis Eden  
Kent Schlienger  
Jeff Weiss