

DISCO???

By John Cornell

When was your last Disco? No, not the platform shoes, leisure suit, Saturday Night Fever, Deney Terrio's Dance Fever Disco, but the Lakefront Disco—

The Lakefront Discovery Run 15K and 5K fun run (not scored) 2004 edition takes place October 30. (9AM at War Memorial Center). Hopefully you have run all 25 (or is it 26?) editions of the Lakefront Discovery Run and are aware of all the changes.

The LDR starts at the War Memorial, runs past and through Veterans Park, Lake Park and along the Lakefront via bike paths, then wind your way past the Summerfest Grounds, through the 3rd ward to a finish on Buffalo St. near The Milwaukee Ale House. (5k runners start at War Memorial, get to north of the lagoon, and say "to heck with this," turn around and head straight to the Ale House. After all, they've done the Lake Park thing during the Superrun anyway).

The Milwaukee Ale House continues their sponsorship of this event, known officially unofficially as "The Ale House Run." Also unofficial, they make the unofficial "official energy drink of the Badgerland Striders." It says so on a plaque above the entry to the brew room, so it must be true.

Last year's overall winner, Dan Held, is primed to set a course record (not putting any more pressure on him than he puts on himself) barring injury, and one other minor detail, participating. He ran a 48:27, just 38 seconds of course record set in 1994 by Mark Beeman.

Last year's woman's winner, Dot McMahon, set a course record last year at 58:29. Can she improve on that this year? Can anyone?



**LAKEFRONT
DISCOVERY RUN**
SATURDAY OCTOBER 30TH, 2004
WAR MEMORIAL CENTER
MILWAUKEE LAKEFRONT

You may register online at Badgerlandstriders.org or using by the form inserted in this month's edition of **The Strider Newsletter** (you know, the thing your reading right now).

Pre-registering is a must, as race day registration DOES NOT GUARANTEE you the coveted long sleeve T-shirt. Besides, it makes race day logistics so much easier for our great volunteers if they know your coming in advance. Race day registration open at 7:17:33 AM and closes promptly at 8:45AM. If you plan on registering race day, get there early!!

Because of the finish a few blocks away at the Ale House, there is a bag drop to bring your belongings to the Ale House, and a Lamers Bus to shuttle you back to the start where you parked. There is plenty of parking, some free, some for a small charge in the parking decks of O'Donnell Park.

Ok, so lets go back to the mis-directed Disco theme from earlier in this article. Be thankful we don't have to see these valuable

race captains, who really make the race happen, in the following disco outfits.

Jerry Anderson (Water Captain) in shiny stretch disco pants; Henry Ehler (Cones) in Jane Fonda workout attire; Alan Hoeft (former equipment captain) in platform shoes. That's all. Just platform shoes. Len Wachniak (Scoring Captain) in a skimpy leopard skin tube top. Larry Govin-Matzat (Awards Captain, former LDR race director and Strider prez) in a John Travolta Saturday Night Fever Levis Panatela leisure suit with a gold medallion..... OK, OK, I'll stop. --But only if you'll run the LDR. See you on October 30!

TAKE HOME A TOM AT THE TURKEY TROT

By Len Wachniak

The end of the fall racing season is quickly approaching, and the official end of the Strider racing season comes on Sunday November 7. That is the date for this year's Turkey Trot. Runners will be competing in 15K and 2-mile races for the chance to win a turkey. Those finishing closest to their predicted time will be awarded a full size turkey. With 20 turkeys being awarded in each race, your chances of winning are good. Please remember that you must be present to accept your award. The turkeys are too big to fit into a mailbox.

The Green Bay Packers have agreed to have their bye week on race day, so you will not need to worry about missing a game.

Come out and enjoy the green & gold colors of autumn in the Root River Parkway. The start and finish are located on 92nd & College in Greendale. We will once again have a great group of volunteers to cheer you on, and who ensure that the race is a success.

Registration forms are included in this issue of **The Strider**. You can also download a form off the Strider's web site, www.badgerlandstriders.org. Individual and family registration is under \$10, making this a great bargain. Due to lack of facilities and the cool temperatures, there is no race day registration, so get your form in early.

This is also my last year as Race Director as I am going to be taking over control of the South Shore Half Marathon. Dave Fygiel will be taking my place next year, and has been learning all of the challenges of directing a race.

Please let me know if you have any questions or concerns. My phone number is (414) 545-5899 and my e-mail address is wachlen@sbcglobal.net.



15k & 2mi PREDICTION RUN
SUNDAY NOVEMBER 7TH, 2004
9:30AM ROOT RIVER PKWY
GREENDALE

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New Stuff

Would you run a 10 K if we had one on our race schedule? Would you like a race that gave you the opportunity to run in front of massive crowds, right here in Milwaukee? And it's only a 5K?

Well, at last month's Road Race Committee, the Striders approved 2 new races for our calendar in 2005.

The first one is The Shamrock Sprint, a 5K sponsored by Sprint Communications in downtown Milwaukee in conjunction with the Milwaukee Shamrock Club's Downtown St. Patrick's Day Parade. The race will precede the parade, and be followed by a special post race celebration sponsored by (TBD) at the finish line in Pere Marquette Park. Bill Jahnke has accepted the role as Race Director. He'll fill us in as the date nears.



The second race is a 10K run in Brown Deer Park. Andrew Delzer, formerly of Sampson Stomp, has agreed to handle that one. I don't want to steal his thunder, so we'll wait to hear the details from him. But I can tell you, it's at the end of April

These new events provide numerous volunteer and competitive opportunities. I hope you'll join in!

the
Prez
sez



John Cornell

We are also shooting to have the club become more a year round club. Bob Scherer is working on an email sign-up campaign, which will keep you updated periodically throughout the winter about various group runs or unscheduled disorganized events. Check out our website soon to sign up for the list.

Keep your stories and ideas coming. Thanks for your support!



Wanna get in on the ground floor?

Volunteer now for any position for the above races.

The Brown Deer 10k or the Shamrock Sprint.

Or . . . Try one of the positions we currently have available.

Most Improved Runner Program Director

Available Now!!

Fun Run Program Director

Available Now!!

BLS Meeting Speakers

October 20th

Strider Dave O'Brien.

Hills and Valleys, Slopes and Grades

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.

November 17th

Rick Schnell

**Captain of Team Vyster
2003 Subaru Primal Quest
Adventure Race.**

A 10-day, 450+mile adventure race in the Sierra Nevada Mountains in and around Lake Tahoe, Nevada, and California. Rick will discuss elements involved in adventure racing and will give suggestions to runners interested in making the transition from running to adventure racing.

See Rick's website for more info
<http://home.wi.rr.com/rrs/mantis.html>

Badgerland Striders Meetings

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

Reception at 6:30 pm, speaker at 7:00.

Business meeting at 8:00. Party until 9:00
or even later, maybe.

Admission \$3 for members, \$4 for guests,
Admission fee covers all Refreshments and snacks.

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**A Monkey could do this job!
How about you?**

ELECTION NOTICE

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 Warolet, 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.

Times Past: Yesterday and Today

The Greatest Running CDs Ever

Part IV



Ron Winkler

Your October selection of running CDs has arrived. You can add it to the previous installments of general running songs (June), fashion songs and nature on the rampage songs (July) and food and cross training songs (September).



Interesting

Places to Run CD

Running can be boring if done in the same place day after day. Variety is best. Here are songs with ideas for new and interesting places to run.

Creeque Alley- Mamas and Papas

Indian Lake- Cowsills

At the Zoo- Simon and Garfunkle

Down in the Boondocks- Billy Joe Royal

Primrose Lane- Jerry Wallace

On Broadway- Drifters or George Benson

On the Beach (In the Summertime)- 5th Dimension

On the Street Where You Live- Andy Williams

On the Good Ship Lollipop- Shirley Temple

On Top of Spaghetti- Tom Glazer

Itchykoo Park- Small Faces

MacArthur Park- Richard Harris or Donna Summer

In-A-Godda-Da-Vida- Iron Butterfly

Margaritaville -Jimmy Buffet

Bonus tracks for trail running

Running on a flat service can be enough of a challenge for some of us. Trail running is the ultimate challenge as it combines distance with the obstacles of the wilderness. In addition, there is more of a sense of freedom with trail running.

Out in the Country- Three Dog Night

Goin' Up the Country- Canned Heat

Climb Every Mountain- Tony Bennett

Ain't No Mountain High Enough-

Marvin Gaye & Tammi Terrell

Long and Winding Road-

Beatles

North to Alaska-

Johnny Horton

Distant Shores- Chad and Jeremy

In the Alps- Lawrence Welk and the McGuire Sisters

In a Little Spanish Town- Bing Crosby

London Town- Wings

Lapland- Baltimore and Ohio Marching Band

Calcutta- Lawrence Welk

Katmandu- Bob Seger

Asia Minor- Kokomo

Back in the USSR - The Beatles

Lisbon Antigua- Nelson Riddle

Mexico- Bob Moore

Atlantis- Donovan

Around the World in 80 Days- Mantovani

In the Middle of an Island- Tony Bennett

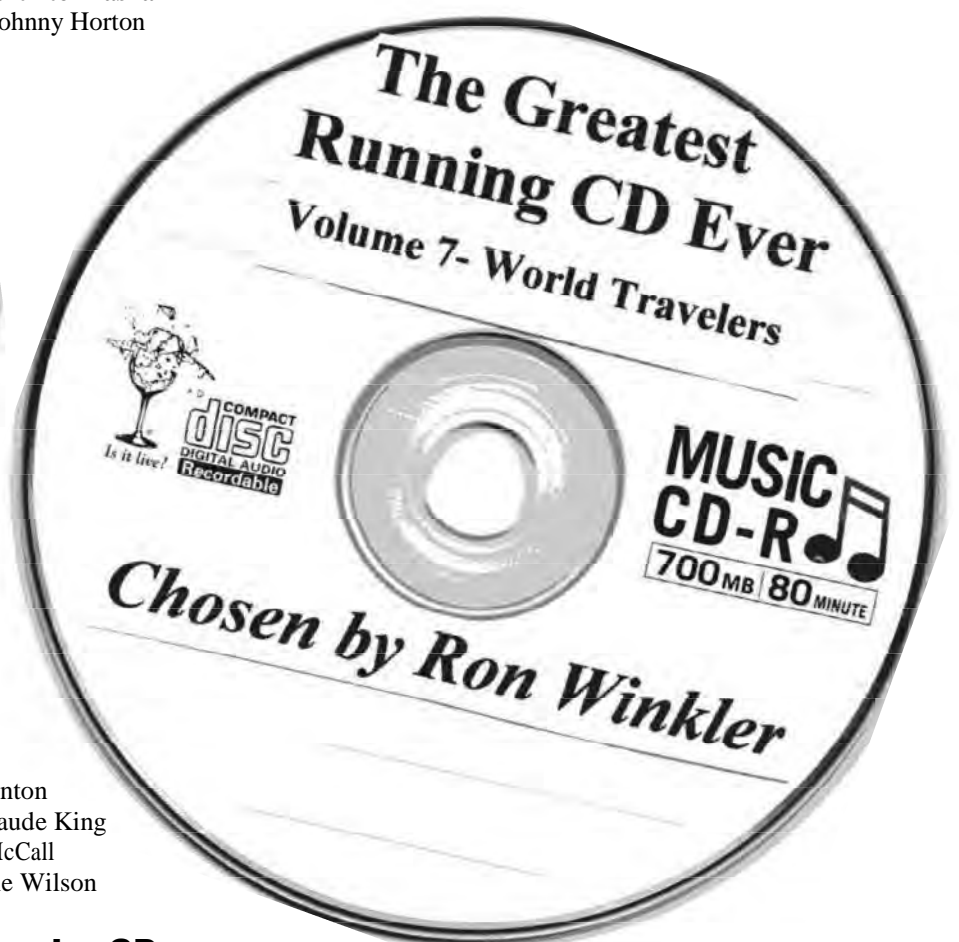
Shangri-La- Robert Maxwell or Vic Dana

Land of Milk and Honey- Vogues

Last Safe Place on Earth- Le Roux

500 Miles Away From Home- Bobby Bare

Journey to the Center of the Mind- Amboy Dukes



Over the Hills and Far

Away- Led Zeppelin

Over the Mountain,

Across the Sea- Bobby Vinton

Wolverton Mountain- Claude King

Wolf Creek Pass- C. W. McCall

Higher and Higher- Jackie Wilson

World Traveler CD

We all know that every race starts with a single step. That's also the way any addiction starts- one puff, one pill, one sip, one snort. For those whom the good ol' USA no longer offers enough challenges, here are some suggestions for where you can go.

Once again, it's time to take a break from this Tom Foolery. Therefore, you can expect a normal article from me next month.

Second Annual Warrior 5K Cross Country Run

Slated for November 6 in Greenfield Park

Matt Braun

The Wisconsin Lutheran College Cross Country teams will host the second annual Warrior 5K... through the park on Saturday, November 6 at 10:00 am at Greenfield Park in West Allis. This 5K cross country event is designed to incorporate the cross-country and team elements of a competitive race in late fall, encouraging running enthusiasts of all ages to compete through a scenic yet challenging course.

The race focuses on the team aspects of running, with awards presented to the top male and female runners, as well as the top two teams in four different divisions. Registration is encouraged for teams of four, with fees of \$48 per team prior to November 1st and \$56 after November 1st. Individuals may also register for \$12 each before November 1st or \$16 after November 1.

Discount registration is also available by registering online at www.signmeupsports.com prior to November 1.

All participants will receive a Warrior 5K... through the park T-shirt, as well refreshments after the run.

The race, developed by Wisconsin Lutheran College head cross country coach Steve Travis, was a huge success last year, with more than 175 participants coming out on a crisp, fall day. "We were very pleased with the turnout. Anytime you can get runners of all ages involved, it definitely helps bridge some of the generational gaps in competitive running" said Travis. "We hope to increase overall participation from runners of all ages by 25% this year."

For more information or brochure requests, contact race director Steve Travis at 414-443-8872 or steve_travis@wlc.edu, or register on line at www.signmeupsports.com.

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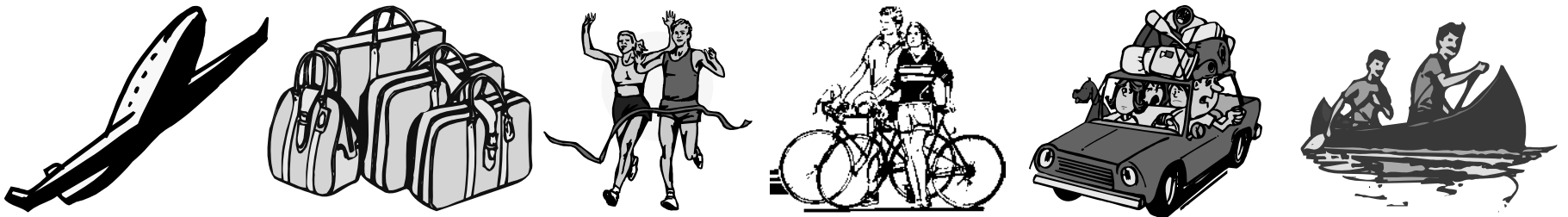


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Traveling Striders

EASTER ISLAND

BY Layne Davis

Part 1 El RapaNui

Some of our 7 continents group couldn't make the trip to Peru to take care of South America last year, so we returned this summer traveling to Rapa Nui.

Discovered by Dutch Admiral Roggeveen, who came upon the island on Easter Day in 1722, he named it Easter Island. Today, the land, people and language are all referred to locally as Rapa Nui. Annexed by Chile in the late 1880s, they refer to it as the Isla de Pascua.

We started our travels flying from Milwaukee to



Charlotte to Miami to Santiago,

Chile. We arrived there some 21 hours after leaving home. Chilli, in the language of the indigenous peoples, means "where the world ends." Though it is narrow in width (165 miles at its widest point) the length of the country equals a distance from New York to San Francisco.

We spent a number of days in Santiago (pop 6.5 million). Though this is their winter season the temperatures were in the mid 40's. We all thought the Chileans were a bit overdressed in overcoats and gloves (they may get frost but no snow). And they all thought we were loco americanos running outside in shorts and sleeveless.

In Santiago we visited the presidential palace. Like Rio de Janeiro, Santiago hosts a statue. San Cristobal is named for St. Christopher, but it is a large white statue of the Virgin Mary that stands at the top of the hill looking out over the city.

It's a long and winding road up the hill and of course I had to run it. It took me a full 30 minutes to cover the 5K distance the next morning in pitch dark conditions (the sun didn't rise till almost 8 am).

There were a couple of exits and I took the wrong one going down. When I reached



the bottom I was somewhat lost and almost didn't make it back to the hotel before the bus left for that day's tour.

There is one way to confirm that this was NOT Beijing; DOGS!!! (they eat dogs in China) It's reported that there are nearly 2 million abandoned dogs in Santiago. You may find that hard to believe but we saw them everywhere (few were aggressive, most of them totally nonchalant as we walked past). As I was running up to the top of San Cristobal I heard what I thought was another runner's foot steps. It turned out to be 3 dogs. At first I was disconcerted, but they merely traveled with me for nearly an hour. It was interesting though, if other dogs tried to get near me they got pretty snarly. I thought they were going to follow me all the way back to the hotel and only lost them when I started dodging the morning rush hour traffic.

The next morning Don (from Hawaii) wanted to run the hill so I did it again. I think I calculated that from the Sunday we arrived in Chile to the marathon on Saturday I'd gotten in 71 miles, damn near a normal training week.

Part 2 Vina Del Mar

The second full day we traveled 74 miles west to the coastal city of Vina Del Mar (Vineyards by the Sea). This is Chile's most fashionable beach resort. It lies just 5 miles from Valparaiso the country's largest port. It was a very beautiful area.

By this time my schedule was pretty set. A morning run, eat, shop, eat, shop, browse, shop, and eat dinner. Before we left Milwaukee I put my foot down about CJ shopping. I told her she shouldn't buy so many things as to weigh her luggage down.

My point was borne out when we checked in at the airport. CJ's one checked bag was overweight before she'd even started shopping. We'd have had to pay extra except this was an international flight.

So NO sweaters, shoes, purses, belts; well you get idea. So I propose this riddle; what has little size, no bulk, low weight, but still requires Layne's plastic? Why jewelry of course!! We'd seen little trinkets in Santiago, but I got hit pretty hard in Vina Del Mar. There is a beautiful stone, Lapis Lazuli <http://www.lapislazuliworld.com/> found only in Afghanistan and Chile. I didn't know this before hand, but of course CJ did. Throughout history famous people, such as the Egyptian pharaohs, used it to make jewelry.

According to tradition, he who wears lapis lazuli will be emotionally and economically gifted. Nothing is written about the poor (running) schmuck who has to pay for it ;-)

Across from the museum we ran into a nice Lapis Lazuli jewelry store.

Five miles from Vina Del Mar lies Valparaiso. A city built on 7 hills space is at a premium, even for cemeteries. We even took a nearly 90 year old tram to the top of the hill.

On the third day we headed for the vineyards of Concha y

Toro. One of many famous vineyards in Chile, we were given the compete tour. As we strolled through the vineyards we heard lectures and tried various wine samples. Our guide spoke near perfect English and even spent a semester as an Exchange student at Marquette. Concha y Toro wines are widely available in the US.

After returning to Santiago the entire tour group was taken to a special wine store where we all bought bottles and bottles to bring home. Of course, very few of those bottle actually made it home.

Part 3 Calamity

The flight from Santiago to Easter Island took 5 hours and covered 2 time zones. We were tired and hungry by the time we arrived. When we found our (motel type) room the door was marked with masking tape #34 (baaad omen).

Upon entering we were a bit taken back. This was supposed to be a 3 star hotel @ \$100 per night during their off season. I later figured that the 3 stars were the gold stick-ums that kindergarten kids use.

(Continued on page 11)



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2004 Olympic Marathon

American Meb Keflezighi Wins Olympic Silver Medal Baldini, de Lima Take Gold and Bronze Medals

Source: Running USA wire #70-08-04
<http://www.runningusa.org>

Part of the appeal of the Olympics is when an athlete rises to the occasion and performs beyond the expected, and on Sunday, August 29, Meb Keflezighi of Mammoth Lakes, Calif. showed the world and his country his mettle with a stirring silver medal performance at the men's Olympic Marathon. With a final race surge, Italian Stefano Baldini won the gold medal in 2:10:55 to Keflezighi's 2:11:29, while Brazil's Vanderlei de Lima, a near upset winner, earned the bronze in 2:12:11.

Keflezighi, 29, like his Team Running USA teammate and fellow Olympic Marathon medalist Deena Kastor the week before, put together a patient and controlled race, but unlike Kastor, Keflezighi ran with the contenders from the gun.

The men faced the same daunting from Marathon to Athens course as the women, but fortunately, the race day temperatures were cooler (70-80 degrees) than last Sunday's Olympic Marathon.

For the race's first hour, a huge pack stuck together at 2:14 marathon pace as the men respected the weather and the course. Just past the 20K mark and where the long uphill march to 32K begins, de Lima made his break from the pack. One hour and twenty minutes into the race, de Lima, 35, a two-time Pan Am Games marathon champion, had a 33 second lead over Baldini, Keflezighi, marathon world record holder Paul Tergat, 2003 world champion Jaouad Gharib and Jon Brown.

By 19 miles, de Lima, the 2004 Hamburg Marathon winner, led by 46 seconds as the chase pack of nine tried to maintain contact. At 20 miles as the course headed downhill into Athens, Baldini, Tergat and Keflezighi went after de Lima. Unbelievably, at approximately 1:52:30 into the race, on de Lima's left, a crazed man came onto the course and grabbed de Lima and pushed him to the curb. With help from spectators, de Lima escaped, but lost 8-10 seconds. Impressively, the Brazilian ran his 23rd mile in 4:55 and his lead was still 30 seconds, but Baldini and Keflezighi were closing in.

At exactly two hours, Baldini passed the slowing de Lima and Keflezighi soon moved into second. At 39K, Keflezighi looked ready to challenge Baldini, but the Italian, a two-time marathon bronze medalist at the World Championships, put the hammer down with a 4:28 mile to separate himself from the UCLA grad.

Baldini, 33, entered the marble Panathinaiko Stadium, site of the first modern Olympics, alone to win the second Olympic Marathon gold medal by an Italian (Gelindo Bordin won the first at Seoul 1988). Keflezighi followed 34 seconds later, while de Lima secured his well-deserved bronze medal. Both Baldini and Keflezighi ran big negative splits (1:07:38/1:03:17 and 1:07:40/1:03:49).

After the race, Keflezighi, who also trains in San Diego, Calif., enthused: "Wonderful, wonderful, wonderful! Going in I wasn't a favorite, but that's why we run the race. I'm happy to win the silver medal. USA distance running is back! There should be no more question about that."

"It was hot and humid out there. I was prepared for the worst. I tried to do what Deena [Kastor, women's marathon bronze medalist] did - stay relaxed and keep working on it," he continued.

Keflezighi gave Team USA its 25th medal of these Olympics - the most successful Olympics for Team USA track & field since 1992. He also was the first U.S. male to win an Olympic Marathon medal since Frank Shorter's 1976 silver medal in Montreal (Shorter also won the 1972 gold medal in Munich). In addition, with Kastor



and Keflezighi's medals, it was the first time that the U.S. won marathon medals at the same Olympics.

Trials champion Alan Culpepper of Lafayette, Colo. finished a solid 12th in 2:15:26 and Dan Browne of Portland, Ore. was 65th (2:27:17). Twenty of the 101 starters from 59 countries did not finish the race.

Fittingly, for de Lima, in the spirit of fair play and in recognition of his courage during incident, the IOC later awarded the Pierre de Coubertin medal to him.

Olympic Marathon - Men's Hilly, point-to-point course Marathon to Athens, Greece Sunday, August 29, 2004

- 1) Stefano Baldini (ITA), 2:10:55, Gold
- 2) Meb Keflezighi (USA), 2:11:29, Silver
- 3) Vanderlei de Lima (BRA), 2:12:11, Bronze
- 4) Jon Brown (GBR), 2:12:26
- 5) Shigeru Aburaya (JPN), 2:13:11
- 6) Toshinari Suwa (JPN), 2:13:24
- 7) Eric Wainaina (KEN), 2:13:30
- 8) Alberto Chaica (POR), 2:14:17
- 9) Alberico Di Cecco (ITA), 2:14:34
- 10) Paul Tergat (KEN), 2:14:45
- 12) Alan Culpepper (USA), 2:15:26
- 65) Dan Browne (USA), 2:27:17

For complete results, go to:

<http://www.iaaf.org/oly04/results/raceDate=/bydate.html>

Kastor Wins Olympic Bronze Medal in Marathon Noguchi, Ndereba Take Gold and Silver Medals

Source: Running USA
<http://www.runningusa.org>

American Deena Kastor, 31, from Mammoth Lakes, Calif. executed a near perfect race to earn the bronze medal in the Olympic Marathon on Sunday evening. Japan's Mizuki Noguchi held off Kenya's Catherine Ndereba to win the gold medal in 2:26:20.

The race started in Marathon - the event's namesake - at 6:00pm with temperatures in the mid-80s, plenty of sun and 50% humidity. Along with the brutal weather conditions, the point-to-point course was also a challenge as the first 32K of the course is essentially one long uphill. As a result, careful pacing and smart racing were needed to run well.

A pack of 10 including Noguchi, Ndereba and race favorite and world record holder Paula Radcliffe of Great Britain led the first half of the race with a half split of 1:14:02. At the mid-point, Kastor, a Team Running USA athlete, was 12th in 1:15:40.

At the 25K mark (1:28:05), Noguchi, the 2003 silver medalist at the World Championships, made the first major push to break the contenders as she clocked 5:20-5:30 uphill miles. Only Ndereba, Radcliffe and Ethiopia's Elfenesh Alemu could stay within striking distance. At 36K, Radcliffe dropped out under duress.

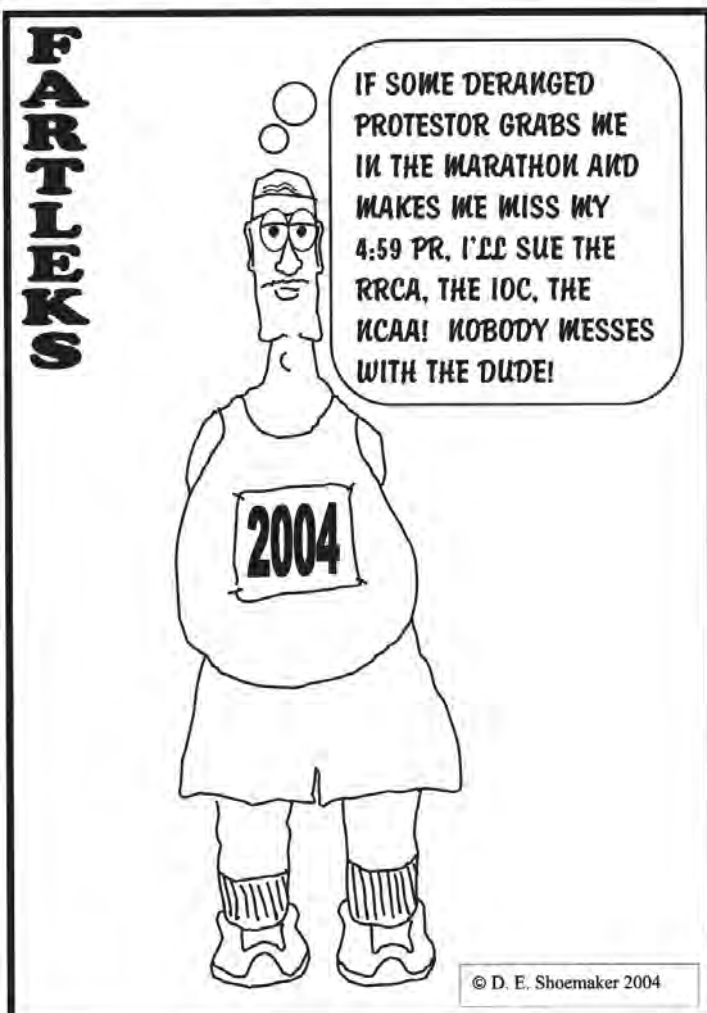
As Noguchi neared Panathinaiko Stadium, site of the first modern Olympics, Ndereba whittled her lead down to 12 seconds, but could get no closer as Noguchi went to the tape unchallenged to win the second consecutive gold medal for her country in the event. Ndereba, the 2003 world champion and 2004 Boston Marathon champion, crossed the line in 2:26:32. Both were spent.

Meanwhile, Kastor, the U.S. marathon record holder and the 4th fastest woman in the field, patiently worked her way thru the field; at 25K she was 11th, at 30K 8th and at 35K 6th. Two hours, 23 minutes and 25 seconds into the race, she decisively passed Alemu to move into third.

As Kastor neared the finish line, she had a look of disbelief and then, the Arkansas grad broke out into tears of joy. Her finishing time was 2:27:20 (second half in 1:11:40).

Kastor's bronze medal was the first U.S. medal in the Olympic Marathon since Joan Benoit's 1984 gold medal victory at the inaugural women's Olympic Marathon in Los Angeles. In addition, Kastor's hardware was the first Olympic distance medal for the U.S. since Lynn Jennings' 1992 bronze medal in the 10,000 meters in Barcelona.

"I'm thrilled. It was almost a perfect race for me. Yes, it was hot, but I felt strong. I'm so sweaty and so happy," said Kastor, a two-time silver medalist at the World Cross Country Championships. "When I entered the stadium, I didn't know if I was in fourth place or third. When I heard the announcer say third, I burst into tears. I couldn't control myself. With the course and the history, it's all just wonderful."



(Continued on page 7)

Kenosha R.C. Sweep Navy Triathlon

By David R Donohue,
Kenosha Running Club

July 10th marked the 18th Ziegemeier Hill Triathlon at Great Lakes Naval Training Center, one of the best-kept secrets in Midwest sports. The Navy's Morale, Welfare and Recreation department has hosted this event on Lake Michigan's Nunn's Beach; it's open to active/retired military personnel, dependents and a growing civilian contingent. No matter what your triathlon level, the race offers you a challenging experience and you can't beat the \$22.00 price, lunch included. An important note, civilians without N.T.C. windshield decal are required to stop at Building 130 at the Naval Station front gate to obtain a one-day auto pass, a valid driver license with proof of insurance card is required.

This year Manny "Da Coach" Lopez led a strong Kenosha tri team that included, club president Bill Hasley, Birute Balciunas, Terry Nolan, Manny Lopez, Dom Ruffalo, Fernando Rodriguez, Sandra Eames, Casey Lopez, Mark Maurer, Neal Murray and David Donohue onto the field of competition. Coach Lopez assembled his team for a pre-race briefing by MWR director, Bob Marfechuk. Bob informed the group that due to high lake water contamination levels, Navy regulations closed the beach to all swimmers. A stunned silence fell over the group, people began offered alternatives, but with no clear consensus this race became a go-for-broke 20K/5K Duathlon.

All forty triathletes lined up for an Indy style bike start, taking riders up and around four circuits of the naval base, including one-and-a-quarter miles of twelve-degree hills with some tight turns. Coach Lopez's team jumped to an early lead cranking up Ziegemeier Hill, never looking back. The course weaved between the main and hospital side of the base for a spectacular grand tour of Great Lakes Naval Training Center. The run leg started at Nunn's beach, up the infamous hill for a fifth time. Lopez used a good running cadence strategy for his team, because too fast a start could take a toll on the runners. Lopez's team held on to a strong position throughout the run leg, finishing with eight out of eleven participants scoring a first or second place in their age group. Bill Hasley and Birute Balciunas took a first place in the team relay division.

Later that afternoon, as a result of beach closing in Illinois, Chicago's Mayor Richard M. Daley was on local and national news programs thumping his chest and pointing an accusatory finger at the City of Milwaukee for massive lake dumping. As Daley continued his tirades over the next several days, I became curious as to how the City of Milwaukee could be the major villain in this widening lake pollution saga. After some environmental research, I was alarmed at the magnitude of a growing and festering Great Lakes pollution problem across the Great Lake states and Canada.

This summer's unusually heavy rains washed billion of gallons of untreated sewage into the Great Lakes that no current city sewer system could handle. The problem basically is most big cities in the Great Lakes basin rely on combined sewers, which carry both raw sewage and storm water run off. Urban growth and a continuing loss of wetlands are other major contributing factors to an explosive lake pollution problem.

According to Federal EPA, 593 communities clustered in the Great Lakes region have a combined sewer overflow problem. Wisconsin only has two cities, Milwaukee and Superior with combined systems. In 2003 EPA records show 31 Great Lakes areas so polluted that public access is restricted, and there were 1,500 Great Lakes fish consumption advisories. In 2003 Lake Michigan beach closing rose from 919 to 1,473. These statistics only masked a far greater environmental catastrophe with an estimated 850 billion gallon annual dumping of combined sewerage and pollution into American waterways.

Mayor Daley in July continued blasting Milwaukee and Detroit for discharging 10 billion gallons of sewage into the Great Lakes. Digging a little deeper into the actual facts revealed a more sinister picture of Daley playing with the truth in an effort to cover up Chicago's dumping. According to the Michigan Department of Environmental Quality, Detroit spilled 21 billion gallons of pollutants in 2002, 17.8 billion gallons in

2003. Milwaukee, on average is discharging annually 1.8 billion gallons. The City of Chicago, according to the Metropolitan Water Reclamation District of Greater Chicago, spilled over 23.34 billion gallons of sewage and pollution from March 1, 2002 to September 30th, 2003, an amount equal to filling Chicago's Sears Tower 48 times.

Going back to June 1969 the Ohio Cuyahoga River was a major dumping ground for industrial waste and a major feeder of a dying Lake Erie. A train passing over a bridge one night in July 1969 sparked an explosive fire that raged for days on the Cuyahoga, making headlines across America for weeks. This event helped in passing the Clean Water Act by Congress three years later. Water quality in Lake Erie and elsewhere improved dramatically, but in 2004 overall water quality trends in the Great Lakes are on continual downward spiral.

(Continued on page 7)



Kenosha's Manny "Da Coach" Lopez, on left Fernando Rodriguez

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Kenosha's Sandra Eames on left, Birute Balciunas, both 1st place AG

Kenosha R.C. Sweep Navy Triathlon

(Continued from page 6)

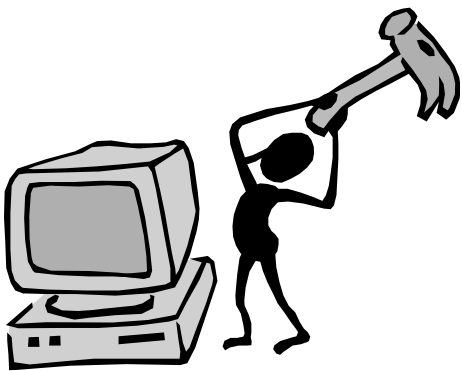
ronmental disasters on the Great Lakes. An outbreak of cholera and typhoid happened in the mid 1880's, after rains washed Chicago sewage down the Chicago River into Lake Michigan that reached the bottom of the lake supplying Chicago with its drinking water. The University of Illinois at Chicago reported that 80,000 people died in the ensuing epidemic.

As Triathletes and swimmers, we don't seem to question the quality of our environment; in fact I took it for granted the lakes were a safe environment. The Center for Disease Control in Atlanta points out that with an E-Coli water alert warning, conditions are also favorable for cholera, typhoid, shigella, polio, meningitis, and hepatitis A and E. The CDC early in August 2004 closed the north section of Illinois State Beach State Park and the southern part of North Point Marina in Winthrop Harbor, IL because of a quarter acre field of friable asbestos along Lake Michigan beaches. Friable means the material is easily broken apart, allowing the asbestos to become airborne. This can be deadly to humans because one fiber in the lungs can lead to a potential cancerous growth.

The Great Lakes are a natural treasure, accounting for 23% of the earth's fresh water and our region's greatest natural resource. The lakes provide 28 million American and millions of Canadians with daily fresh drinking water, are home to a \$6 billion sport fishery, and adds immeasurable value to all communities along their shores. This vital treasure deserves our full support in bringing all the Great Lakes and waterways back from the edge of another looming environmental disaster.

It took the canceling of several Triathlons for me to become aware of this major environmental problem. So you thought it was safe to go into the water? Guess again. In the 1975 hit movie, JAWS one of opening scenes was a young women on a bright moonlit night going for a swim alone, thinking nothing of it and ending up on the menu. No, we don't have 20-foot great whites in the Great Lakes, but we do have a growing environmental danger just below the surface just as deadly to the unaware.

EdNote: Many of the Kenosha Running Club Members are also members of the Badgerland Striders including David Donohue, Manny Lopez, Birute Balciunas and Dom Ruffalo.



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FROM THE ARCHIVES

25, 20, 15 & 10 years ago

By Ron Winkler

25 Years Ago

Sunday, October 14, 1979

Grant Park 5-Mile Run

Men Overall 1. John Herod, 27:18; 2. Brian Moran, 28:35; 3. Ron Winkler, 28:38; 4. Ralph Buechler, 28:54; 5. Rik DeGrave, 29:05. **14-17** Jim Zamzow, 31:01 **18-29** Herod **30-34** Buechler **35-39** John Helling, 29:29 **40-44** A. J. Cyr 37:55 **45-49** Bill Laabs 37:16 **50-59** Charles Clark 35:40 **60+** Glen Cruikshank 44:49.

Women Overall 1. Sue Burkhardt 32:58 2. Gloria Roark 34:28 3. Lynn Orlik 35:41 4. Cheryl Weston 36:32 5. Faith Lawler 37:24 6. Tami Janzen 37:57 7. Marge Brewer 38:14 8. Nan Mullins 38:21 9. Rachel Kresse 43:45 10. Kelly Kiel 44:29 (**1st 13 & under**)

Grant Park Half-Marathon

Men Overall 1. Bill Nelson, 74:37 2. Glen Schumacher, 75:36 3. Nelson Quiles, 76:02 4. Mark Slivinski, 78:34 5. Greg Lannoy, 78:56 **18-29** Schumacher **30-34** Nelson **35-39** Walter Phillips 80:12 **40-44** Brian Steinke 83:46 **45-49** Norman Hovila 87:22 **50-59** Len Zubrensky 2:01:37 **60+** Edson Sower 1:36:50.

Women Overall 1. Linda Shelley 1:34:11 2. Carol Janzen 1:36:42 3. Rosie Peterson 1:40:56 4. Mary Hollrith 2:05:13.

20 Years Ago

Sunday, October 14, 1984

Lakefront Marathon

Men Overall Jesse Garcia 2:23:41 **18-24** Peter Melms 2:25:46 **25-29** Jeffrey Sharp 2:27:59 **30-34** David Elger 2:29:09 **35-39** Bob Ellis 2:37:17 **40-44** Dale Mattson 2:43:12 **45-49** Richard Waltz 2:42:48 **50-54** Paul Kutschera 2:57:54 **55-59** Bill Smeaton 3:06:17 **60-69** Frank Ruebl 3:37:09.

Women Overall Betty Nelson 2:51:57 **18-24** Lisa Burnside 3:04:31 **25-29** Linda Walker 2:56:56 **30-34** Marian Ketterer 3:22:05 **35-39** Donna Pfeffer 3:14:25 **40-44** Susan Peters 3:11:43 **45-49** Carol Schneider 3:27:19 **50-54** Mary Bonstrom 3:58:11 **55-59** Agnes Reinhard 4:29:26

15 Years Ago

Sunday, October 8, 1989

UW-Parkside 2-Mile

1. Juan Rodrigues 10:10 2. Luis Pedrosa 10:27 3. Jim Ricker 10:35 4. Todd Valiquette 10:38 5. Ron Winkler 11:13 6. Chris Ramsey 11:16 7. Don Mathew 11:37 8. Larry Pyfferoen 11:51 9. Jason Michalak 12:08 10. Franz Feldmeier 12:10.

UW-Parkside 5-Mile 1. John Place 35:44 2. Rich Medema 36:25 3. Mate Strutz 38:06 4. Brett Herolt 39:14 5. Robert Hollingshead 39:52 6. Ernie Scarpelli 40:56 7. Mike Surkoth 41:00 8. J. B. Livengood 43:18 9. Don McKenzie 43:25 10. Sean Lichner 43:43

10 Years Ago

October 15, 1994

Glacial Trail Run

50K 1. Marty Hoffman 4:09:33 2. David Jensen 4:27:26 3. Shaun Cooper 4:39:36 4. Jeff Johnston 4:40:40 5. Fred Klewin 4:49:06 6. John Barlow 4:49:06 7. Wendell Doman 4:51:24 8. Don Weyer 4:51:24 9. Bob O'Brian 4:58:16 10. Wendy Sharp 5:01:25 12. Holly Neault-Zinzow 5:07:30 19. Vicky Schinker 5:20:59 20. Eileen Delcher 5:22:42 22. Joan Heimler 5:24:15 24. Colleen Demitros 5:38:23 26. Felicia Eckert 5:44:29 33. Roberta Hillman 6:06:08 34. Sarah Spelt 6:06:08.

100K 1. Donna Perkins 9:01:06 2. Mark Switala 9:58:31 3. Tom Bunk 10:03:40 4. Ray Sharp 10:54:22 5. Gordy Bartlett 10:56:54 6. Parker Rios 11:03:05 7. Tim Block 11:03:09 8. Mark Stoddghill 11:13:31 9. Rick Pfeiffer 11:13:43 10. Keith Ferdon 11:29:05.

DEENA WINS BRONZE

(Continued from page 5)

Also for the USA, Jen Rhines (Ardmore, Pa.) was 34th in 2:43:52 and Trials champion Colleen De Reuck (Boulder, Colo.) was 39th in 2:46:30. Sixteen of the 82 starters did not finish.

Olympic Marathon - Women's Hilly, point-to-point course Marathon to Athens, Greece Sunday, August 22, 2004

- 1) Mizuki Noguchi (JPN), 2:26:20, Gold
- 2) Catherine Ndereba (KEN), 2:26:32, Silver
- 3) Deena Kastor (USA), 2:27:20, Bronze
- 4) Elfenesh Alemu (ETH), 2:28:15
- 5) Reiko Tosa (JPN), 2:28:44
- 6) Olivera Jevtic (SCG), 2:31:15
- 7) Naoko Sakamoto (JPN), 2:31:43
- 8) Lyudmila Petrova (RUS), 2:31:56
- 9) Svetlana Zakharova (RUS), 2:32:04
- 10) Bruna Genovese (ITA), 2:32:50
- 34) Jen Rhines (USA), 2:43:52
- 39) Colleen De Reuck (USA), 2:46:30

For complete results, go to:
<http://www.nbcolympics.com/results/5001146/detail.html>

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Firecracker Four Gives Back



Strider member Greg Daggett w/ some of his girls CC team @ Catholic Memorial

From Top

- Start of CC race hosted by Start of Bethlehem in New Berlin
- Nathan Hale Boys CC team before their Alumni race
- Students from Holy Apostles in New Berlin who ran in the Firecracker Four
- Two young runners modeling their BLS Young Runners Program singlets

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

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

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

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

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

Send submissions to:

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

How to Advertise

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

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

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

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

Payment: Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to **Badgerland Striders** and mail to Dave O'Brien, 5360 S. 121st Street, Hales Corners, WI 53130. For questions, or to arrange for an ad or insert, phone Dave at 414-425-1309 or e-mail davocorn@tds.net

Monthly Club Meetings

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

Beer and soda are provided on tap. Cover Charge is \$3 at the door for members; non-members are charged an additional \$1. Program suggestions are welcome. Call Kathryn Retzlaff 414-224-0396.

Disorganized Training Runs

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

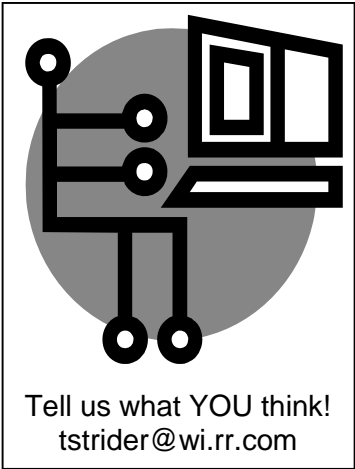
* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

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

Moving?

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

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Club Phone: 414-476-7223 (leave message)
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Tell us what YOU think!
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Badgerland Striders
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Glacial Trail Run Tom Bunk	Oct 10, 2004 262-392-2506
Lakefront Discovery Run John Cornell	Oct 30, 2004 414-967-9657
Turkey Trot Len Wachniak	Nov 7, 2004 414-545-5899

COMING EVENTS

Oct 2 Sat BEGINNING TRAIL RUNNING S Kettle Moraine Nordic Trail 8:05am, near LaGrange All you need to know about trail running. Third Session. Meet at Pettit Center 7am, Fees \$25. Perks TS, H2O bottle. Contact Marty Malin 414 453-7326 4runners@merr.com www.badgerlandstriders.org

Oct 2 Sat DASH FOR A SPLASH De Pere 5k r/w 9am. Syble Hopp School. Awd\$ 3/mf. Whchr 3. Fees \$12, \$14 raceday. Perks TS, food, drinks. Contact Matthew Kohls (Boy Scout Eagle Project) 920-434-6930 Matthew_Kohls@delorean.com

Oct 2 Sat LAPHAM PEAK COLORAMA R/W Delafield 5k & 10k. Lapham Peak SP, for info on time call 262-646-3025

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

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

Oct 2 Sat AUDUBON RUN & WALK Mayville 5mi, 2mi r/w 9am. .5mi kids 10. reg 8. City Pk - Lion's Pt. Divs 19-, 10yr, 60+. 1/2: 8-, 9-12. Awd\$ 5 & 2: trophy 1/mf, medal 3/div. 1/2: trophy 3/div. Whchr last 3/4mi gravel. Fees run \$15, \$18 after 9/25. walk \$12, \$15 after 9/25, Perks LSTS, dwgs, bev. Contact Pauline Ellington Day 902 387-5776 or 800 256-7670 Eve 920 387-4812 audubondays.com

Oct 2 Sat TURNINGPOINT 5K RUN River Falls 9am. Glen Pk. Awd\$ Prizes 1/mf, div. Fees \$12 by 10/2, \$15 raceday. Day 715-425-6751 kk00@uwrf.edu

Oct 2 Sat RUN WILD 2004 Sturgeon Bay 10k, 3mi r/w, 1/2mi Smokey Bear & 2/3mi Park Ranger kids. 10am. Potawatomi SP. Note Child care w/ adv. reg. USA Ultra Runner Roy Pirrung hosts Kids Clinic. Divs 14-, 15-19, 10yr, 70+, Awd\$ trophy 3/div, medallions for kids. Whchr call ahead. Fees \$12, \$15 after 9/24. \$5 kids runs. Perks LSTS, food, bev, shwrs, dwgs, camping, park fee waivedContact Bill Scholten Day 920 743-6866

Oct 2 Sat RSVP 5K TRAIL R/W Verona 9am. reg 8. Home Town Village, 760 E Verona Ave. Divs run 14- 15- 19 10yr 60+. Awd\$ run 3/div. wk 5/mf. Whchr no.Perks bev. Contact Margie Zutter Day 608 663-7536 rsvp dane.org

Oct 2 Sat EASTER SEALS FALL SPROWL Wisconsin Dells 5 & 10k runs, 5k walk, 9:15am. reg 8. Camp Waubeek, Hwy 13 N. Note XC course: blktop, sand, gravel, and grass on rolling hills. Divs 14-, 10yr, 65+. Awd\$ runs 2/div. Whchr rough but accessible. Fees \$30, \$35 raceday. Perks Spaghettii lunch. Contact Christine Hollar Day 800 422-2324x112 Eve 608 838-3384 wi-easterseals.org

Oct 3 Sun C LAKEFRONT MARATHON & MAR RELAY Grafton to Milwaukee 26.2mi 8am. Grafton to Veterans Pk Milw. Lakefront. Note Chip timed. NEW: Entry limits. Divs 17-, 18-24, 5yr, 75+, Relay team of 4 (NEW#): open M, F, Mixed, corporate, masters. Awd\$ \$500/\$300/\$100 1-3 m/f. \$100/master, grndmstr. other div. trophy 3 or 5/div. Whchr Open. Fees Mar \$45-\$80. Teams \$92-\$120. see entry form. reg active.com. Perks SS or cool-max/mar, LSTS/relay, medal/mar finish, food, bev. Contact Kristine Hinrichs Eve 414 291-2647 lfm@execpc.com www.badgerlandstriders.org

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

Oct 3 Sun WHITEWATER ICE AGE TRAIL BIATHLON 5k run, 21k bike 9:30am. reg 8. UW-W Williams Ctr. Note benefits Ice Age Trail Fdn. Divs 24-, 5yr, 65+, team. Awd\$ 2/mf, 2/div. Fees \$25 by 9/27. \$30 raceday. Team \$30, \$35. \$5- no TS. Perks TS, bev, door prizes if prereg. Contact Gary Klatt 262 473-4973 math.uww.edu/biathlon

Oct 9 Sat BEGINNING TRAIL RUNNING S Kettle Moraine See listing Oct 2nd. Fourth Session. Meet at Pettit Center 7am, or Nordic Trail 8:05am.

Oct 9 Sat BREAST CANCER AWARENESS 5 & 2 MI R/W Allouez 10am, reg 8:30. Green Isle Park. Divs 18-, 19-29, 10yr, 50+. Awd\$ 5mi 3/div. Perks food, bev. Contact Heather Van Vonderen Day 920-338-1541x3 heather.vanvonderen@cancer.org

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

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

Oct 9 Sat PRINGLE NATURE CENTER TRAIL RUN/HIKE Bristol 5k Trail Run 9am. 1/4mi youth, 100yd kids. reg 8. Bristol Woods County Pk. Kenosha County Hwy C & MB. Divs 14-, 5yr, 70+. Awd\$ Plaque 1/mf, medal 3/div. Fees \$16, \$19 raceday. youth \$8, \$10. kids \$6, \$8. Perks LSTS/1st 125 reg, soda, fruit, juice. Contact Bill McGrath Day 262 654-9622 x213 kenoshaymca.org

Oct 9 Sat THE HOME RUN Fitchburg 10k, 5k run, 2mi walk 10am. reg 8:30. McKee Pk Shelter. Note benefits S Central Wis Housing Fdn. Awd\$ plaques, gift certif. Fees \$14, \$18 raceday. Perks LSTS, goodie bags, food, bev. Contact Ann McGinty Day 608 240-2800 rascwhomerun.com

Oct 9 Sat RUN FOR SCHOOLS Fond du Lac New Listing: 100m kids 6-, 9am, 1k kids 7-12, 9:10, 2mi walk, 5k run 9:20, reg 8. New HS. Divs 6-, 7-9, 10-12, 13-19, 10yr, 60+. Awd\$ 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 hedyymr@execpc.com

Oct 9 Sat WILD GOOSE TRAIL RUN/WALK Fond du Lac 8mi, 3mi walk 9am. reg 8. Trail Head just S of Holiday Inn on Rolling Meadows Dr. Awd\$ each 1/mf. Fees \$2-10. Perks LSTS, orange drink, cookies, dwgs. Contact Brad FdL Running Club bradfdlrc.com

Oct 9 Sat RUN FOR THE HILLS&WALK IN THE PARK Glendale 5k. Pkwy Elem School - 5910 N. Milw River Pkwy. Fees Adults - \$15, ages 4-14 - \$10, seniors - \$12, add \$5 for race day reg. Contact Jean Perdles-Scrouse Day 414 351-7170 Eve 414 351-4740 glendale.k12.wi.us/grhfoundation

Oct 9 Sat KARLA'S 5K AGAINST BREAST CANCER LkGen 5k 10am. reg 8. Interlaken Resort Hwy 50. Note by Lakeland Med. Ctr. Community Assoc. Divs F only: 7-, 8-11, 12-15, 16-19, 10yr, 70+, mother-daughter (total age) 49-, 50-99, 100+, 3 generation teams. Awd\$ trophy 1/F, 1/m-d, medal 3/div, teams. Whchr welcome - call. Fees \$15, \$10 age 15- & 60+. \$18 raceday. Perks TS, dwgs, fruit, bev, cheese crackers. Contact Karla Tildahl 262 275-3852

Oct 9 Sat HHH BIRTHDAY RUN Madison Varies. Contact Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com

Oct 9 Sat OSHKOSH ON THE WATER 5 Oshkosh Kid's fun run 8:30. 5&3mi runs, 3mi walk, 9am. Opera Square. Divs 14- 15-19 10yr 60+. Awd\$ Ribbons/kid run. 5&3mi runs Trophies 1/mf. Fees \$15, \$20 raceday. Perks TS, food, bev, goodie bags, DJ all morning, face painting, pumpkin paint & bowling. Contact Katie Gaier Day 920-235-6446 or 426-6755 Eve 920-235-6446 thegaiers@aol.com

Oct 9 Sat ST MARY'S FUN RUN Tomah 1/2mi age 12-, 8:45am. 5mi, 2mi 9. St Mary's Church. Divs 17-, 18-29, 5yr, 60+. Awd\$ 5mi trophy 3/div. 2mi medal 3/div. Fees \$10, \$11 raceday. Perks TS, pop, fruit, shwrs. Contact Larry Scheckel Day 608 372-4516 Eve 608 372-3362 scheckel@tomah.com

Oct 10 Sun GLACIAL TRAIL 50K & 50 MILE Greenbush 50mi 6am. 50K 7. Fire Station. Note Single track in N Kettle Moraine SF. Rolling terrain, rocks. Whchr no.. Fees 50mi \$50, \$60 after 9/10, \$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 10 Sun GREEN BAY DUATHLON Green Bay New Race: 1mi/50k/5k. Lambeau Field. Divs 19-, 5yr, 70+. Awd\$ 1/mf, 3/div. Fees \$35, relay \$75. Perks TS, goody bag, food. Contact Gloria West Day 800-429-8044 Eve 920-347-3401 midwestsportsev-ents.com

Oct 10 Sun KEYS SCHOLARSHIP 5K RUN/WALK Kewaskum 5k 11am. reg 9. Riverhill Pk. Flat, fast. benefits Keys Scholarship Fund/KHS. Divs 6-, 1yr, 10-18, 19-29, 10yr, 60+. Awd\$ cash 3/mf, \$200 course record bonus, medals 3/div. Fees \$15, \$20 raceday, \$50 family(4) pre-reg. Perks TS, great refreshments! Contact Joe Swanson Day 262-334-6910 Eve 262-629-9983 jswanson@regalware.com

Oct 10 Sun CANTERBURY R/W for LITERACY Madison 10k, 5k r/w 10:30am. State St at Gorham St. benefits Literacy Council. Divs 19-, 10yr, 60+. Awd\$ gift cert 1/mf, 1/div., pledge prizes. Whchr yes. Fees \$20, \$22 after 9/30. Teams \$20 up to raceday. Perks TS, bev. Contact Mark Benno 608 258-9911 madisoncanterbury.com

Oct 13 Wed PACESETTERS FUN RUN/WALK Appleton 5pm. Bubolz Nature Preserve, 4815 N Lynndale Dr. trail r/w, arrive early - trail not lighted. Divs none. Awd\$ none. Fees r/w free, nominal fee for spaghettii, open to public. Perks spaghettii, bev. Contact Scott Smith 920-734-3536 pacesettersrun.com

Oct 16 Sat BEGINNING TRAIL RUNNING S Kettle Moraine See listing Oct 2nd. Fifth Session. Meet at Pettit Center 7am, or Nordic Trail 8:05am.

Oct 16 Sat C RUN FOR KNOWLEDGE Beaver Dam 10k run, 5k r/w 9:15am, reg 8. Wayland Field House. USATF Sanc'd, benefits Wayland & Beaver Dam Scholarships. Divs 14-, 15-18, 19-29, 10yr, 60+. Awd\$ 1/mf, 3/div. Fees \$15, youth \$5, family \$40. \$20, \$7, \$50 after 10/10. Perks food, bev, shwrs. Contact Lea Prieue 920-885-3373x222 wayland.org

Oct 16 Sat C GAY & STRAIGHT R/W for SAFE SCHOOLS Madison 10k, 5k r/w 9am. Warner Pk shelter. Divs 19-, 5yr, 60+. Awd\$ 1/div.Fees \$19, \$23 raceday. Perks TS, food, bev. Contact Jason Rasmussen 608-661-4141 glsencsw.org

Oct 16 Sat THE GREAT PUMPKIN CHASE La Crosse 5k r/w, 9am. Reg 8:15. Hixon Forest. Divs 18-, 19-30, 10yr, 51+. Awd\$ 1/mf, 3/div. Fees \$15, \$18 after 10/9, \$20 raceday. Perks LSTS, food, bev. Contact Brenda Haug Day 608 784-0303 big-foot.com/-hfnc

Oct 16 Sat DEVELOPMENTAL CC MEET Manitowoc 1, 2, 2.5, 3k, 9am. reg 8:30. Silver Creek Pk. grass, hills. Divs 10-, 2yr, 17-18, open, masters. Awd\$ ribbons. Fees \$.50. Contact Dave Nickels Day 920 684-0912 dave_nickels@hotmail.com

Oct 16 Sat CENTENNIAL 5K R/W for THE REFUGE Waupun 10am. reg 9. Horicon TernPike Auto Tour Route Hwy 49. benefits Friends of Horicon National Wildlife Refuge. Divs run 19-, 10yr, 70+. Walk 34-, 35+. Awd\$ 1/mf 3/div. Whchr paved. Fees \$12, free 12- (TS extra). \$15 raceday all. Perks TS, cider, caramel apples. Contact Liz Roy Day 920 921-2281 Eve 920 579-0422 fdlrc.com

Oct 20 Wed BLS MEETING West Allis social 1/2 hr 6:30pm, program 7, business mtg 8. Tanner Paull Restaurant 6922 W Orchard St (Just South of Greenfield Ave). . Note Guest Speaker: Dave O'Brien Topic: Hills, Grades & Slopes. www.badgerlandstriders.org

Oct 23 Sat BEGINNING TRAIL RUNNING S Kettle Moraine See listing Oct 2nd. Sixth Session. Meet at Pettit Center 7am, or Nordic Trail 8:05am.

Oct 23 Sat ST. NORBERT'S REUNION RUN De Pere 2mi 9am. St Norbert College. Fees \$10. Records Fun Run. Contact Nicole Priestaf Day 920 403-3022 or 800 236-3022 nicole.priestaf@snc.edu

Oct 24 Sun UW MAD RUNNING CLUB FALL 15K Madison 15k, 3x5k relay 9am. reg 7:30. Warner Pk Concrete Shelter. Note 11th annual. Madison's only 15k. Info at uwrc.net. Divs 29-, 10yr, 60+. Awd\$ 2/mf, 1/div, 1/relay. Whchr welcome. Fees \$10 by 10/15. \$15 raceday. Perks stocking caps, food, bev, dwgs. Contact Ron Carda Day 608 262-3369 Eve 608 273-9866 sit.wisc.edu/-uwrc

Oct 30 Sat C LAKEFRONT DISCOVERY RUN 15K AND 5K Milwaukee 15k, 5k 9am. Art Museum to Ale House. Note shuttle back to start. Divs 14-19, 5yr, 70+. Awd\$ 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

Oct 30 Sat YMCA FALL CLASSIC Beloit 5 & 10k 10am. .5mi Kid's Pumpkin Dash. Divs 19-, 10yr, 60+. Corp Team(4). Awd\$ Trophy 1/mf, gift cert 3/div. traveling trophy 1/team. Fees \$15, \$16 10/24-29, \$20 raceday. \$36/Corp Team. \$6 Dash. Perks TS, bev, shwrs. pumpkins/kids. Contact Dave Hach Day 608 365-2261

Oct 30 Sat CARSON 10mi & 2mi R/W Eau Claire 10am, reg 8:30. Carson Pk, 10mi runners transported to Start at 9:30. Divs 10mi 13-19,10yr, 60+, 2mi 9-,10-13,14-17,18-29,10yr, 60+. Awd\$ 1/mf, 3/div. 10mi Earl Matthes award to 1/mf masters (40+). Fees \$13, \$18 raceday. Perks LSTS, refreshments. Other Costumes encouraged. Children's fun run, ribbons/all. Contact John Qualheim Day 715-832-9970 Eve 715 835-2657

Oct 30 Sat HHH HALLOWEEN RUN Madison Varies. Contact Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com

Oct 31 Sun MATC TURKEY TROT - 5K & 5M R/W Madison 5k X-C 10am. 5mi X-C 11. reg 8. Warner Pk, benefits Thursday's Child/MATC Fdn. Divs 18-, 19-29, 10yr, 60+. Awd\$ trophy 1/mf. medal 1/div, ribbons 2-3/div. Whchr XC course - difficult. Fees \$12 Pre-Reg, \$18 Pre-Reg w/TS, \$14 Race-day (no TS). Perks cider, donuts, fruit, shwrs at MATC 3550 Anderson St. Contact Jason Verhelst 608-243-4098 matcturkeytrot.com

Nov 6 Sat BADGER ORIENTEERING Baraboo Long and Short Courses noon. Devil's Lake SP. Fees \$6/mbr, \$9/non-mbr, \$3/jr. Contact Kevin Teschendorf 210 Van Deusen St #2 Madison WI 53715. 608-294-1958 userpages.chorus.net/kevin

Nov 6 Sat FALL CLASSIC ADVENTURE RACE Delafield 6-8 hour. Fees \$400/team. Contact Brian Weber bwe-ber@adventureracing.net

Nov 6 Sat HHH ANNIVERSARY RUN Madison Varies 3:30pm. Contact Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com

Nov 6 Sat ST. JOE'S 5K RUN/WALK Menasha walk 9am. run 9:15. Germania Hall, 320 Chute St. Note 11th annual, benefits St. Joe's Food Pantry. Divs none. Awd\$ run: top 30 get entry in Portsmouth 5k. Fees \$5 and canned food item by 10/31. Perks lunch buffet. Contact Ned Hughes Eve 920 722-4212 pacesetters-run.com

Nov 6 Sat BUCK RUT CROSS COUNTRY RUN Minocqua 5k noon, reg 10. Winter Pk Ski Trail - Scotchman Lake Rd. Note 14th Annual. Divs 15-, 16-19, 5yr, 70+. Awd\$ 1/mf, 3/div. Fees \$15 by 10/30, \$18 after. SASE for entry form. Perks TS/1st 180 that register., bagels, bananas, Hydra-Fuel, dwgs. Contact Gary Kmiecik Day 715 358-8462 Eve 715 588-7953 kmiecik@luhs.k12.wi.us

Nov 6 Sat WARRIOR 5K .. THROUGH THE PARK West Allis 10am, reg 8:45. Greenfield Pk, grass, dirt, chip trail. Awd\$ 1/mf, team.Fees \$14, \$16 raceday. Team of four \$48, \$56 raceday. Perks TS, food, bev. Contact Steve Travis 414-443-8872 signmeup-sports.com

Nov 6 STAIR CLIMB, CLIMB FOR A CURE Milw US Bank Building, Milwaukee Try your hand at running up 45 floors, 90 flights, 900 steps! Afterward, enjoy a post race celebration! Sponsorships: \$350 and up, Registration Fee: \$30 individual/\$75 team prior to registration deadline, \$35 individual/ \$90 team after registration deadline Contact: Wisconsin CFF (414) 778-4820, wisconsin@cff.org.

Nov 7 Sun BLS TURKEY TROT Greendale 15k, 2mi 9:30am. reg NONE RACEDAY. Root River Pkwy, W College Ave & S 92nd St. Awd\$ 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

Nov 7 Sun JANESVILLE TURKEY TROT Janesville 5 & 2mi 1:30pm. reg 11:30am. Congregational Church, 54 S Jackson. Note Scenic, flat, fast. Divs 10-, 11-15, 16-19, 10yr, 60+. Awd\$ ribbons, turkeys to overall winners. Fees \$10, \$15 w/TS. \$20 race-day. Family discount (4+). Perks TS/170, dwgs for pies, cider, hot cocoa, popcorn, bars, cookies. Contact David Groth 608-758-3524 dgroth@charter.net

Nov 7 Sun WI USATF X-COUNTRY MEET Sheboygan Bantam & Youth 3k, Midget 4k. Intermediate, Young, Open, masters 5k. 9am. UW-Sheboygan Ctr Campus. Note top 20 indiv & 3 teams advance to National JO meet. Divs 86-87, 88-89, 90-91, 92-93, 94+, open, masters, 19-, 10yr, 70+. Awd\$ medals top 10. Fees \$6, \$12 raceday. must show USATF card. Perks bev. Contact Tom Willis Day 920 458-3519 wiusatf.org

Nov 10 Wed PACESETTERS FUN RUN/WALK Appleton 5.7mi, 5:30pm. YMCA, 218 E Lawrence St. Divs none. Awd\$ none. Fees r/w free, nominal fee for pizza, open to public. Perks Pizza, bev. Contact Anne Siegrist Day Sandra Thein 920-729-5250 Eve Anne 920-734-4004 pacesettersrun.com

Nov 13 Sat TURKEY TROT PREDICTION R/W Fond du Lac 3mi run 10:45am. 1.5mi 11:20, .5mi (8-) 11:45. reg 10:05. Lakeside Pk Pavilion. Awd\$ closest prediction: 1.5mi/4 mi 1-20 turkeys, 21-40 pizzas. 1/2mi 1-10 pizza. Fees \$6, \$8 raceday. .5mi free. Perks soda, cheese, snacks. Contact Carol Peebles 920 921-0793 fdlrc.com

Nov 13 Sat PRESIDENT'S RUN AND WALK Mequon 5k, 1.5mi walk, 9am. Concordia University, 12800 N Lake Shore Dr, XC course, flat & fast. Divs 10yr. Awd\$ unique sculptures and medal-lions by local artist. Whchr no. Fees \$12, \$15 raceday. Web. Perks TS, door prizes. Contact Russell DeLap. 262 243-4323 cuw.edu/athletictraining

Nov 13 Sat HIGHGROUND X-COUNTRY CHALLENGE Neillsville 5k 11am, reg 9:30. Highground Veterans Memorial Pk, 3mi W on US Hwy 10. Divs students, teams, individuals. Awd\$ Indiv & team. Open scholastic & veteran special recog. Fees web. Contact Beth Martin 715 743-4224 thehighground.org

Nov 13 Sat WOMBAT CLASSIC X-COUNTRY RUN Sheboygan 5k competitive r/w, 1mi r/w, 10:30am. Kids run 11. UW-Sheboygan. Note 5th annual, benefits UW-Sheboygan Fdn. Divs 13- 14-15 16-17 18-19 10yr 60+. Awd\$ based on previous year. Fees \$12/19- & UWS Alum, \$14/20+-. \$8 after 10/31 (no TS). Perks TS (prereg), shwrs. Contact Tim E Renzelmann 920 459-8378 trenzel-mann@charterinternet.net

Nov 14 Sun JINGLE BELL R/W for ARTHRITIS Milwaukee 5k run 8:15am, 2mi walk 9, reg 7:30. County Zoo. 20th annual. Divs 10-, 11-14, 15-18, 19-29, 10yr, 70+. Awd\$ 1/mf, 3/div, traveling trophy for fastest team. Fees \$25 thru 10/29, \$30 after. Team deadline 10/15. Perks LSTS, bells, gloves, goody bag, food, bev, entertain-ment, pledge prizes, costume prizes, massage, Santa Claus. Contact Nicole Fischer Day 414-321-3933 or 800-242-9945 arthritis.org

Nov 17 Wed BADGERLAND STRIDERS MEETING West Allis see Oct 20th listing. Note Topic: Subaru Primo Quest Adven-ture Race.

EASTER ISLAND

(Continued from page 4)

(laugh now, but you'll see the picture). Our room had individual beds separated by a nightstand. Above CJ's bed was a picture on the wall of some native fishing group. Anyway, CJ took one look at it and decided I had to take it down. It appeared that certain male parts may be have been exposed. CJ



called these guys "The Johnson Brothers".

Around 8 pm we all met at the dining room. While waiting we drank and talked. I haven't drank since Peru last year, but this evening (especially this evening) I wound up drinking several Pisco sours. I'd developed a taste for them last year in Peru (and they took a hankering to me).

"Any self-respecting Chilean will politely and firmly deny it, but the brandy called pisco - the pith of the Pisco Sour - is originally from Peru, where it has been a staple of the economy and joie de vivre since the 16th century. It wasn't until the '30s, when Chile's president Riesco trademarked the term, that Chile deviously appropriated the spirit.

The origin of the Pisco Sour - a powerful, tart libation popular in both countries - is an even greater point of contention. Chilean Pisco producers claim it developed in the '20s and '30s, when American and European steamship passengers on their way to San Francisco would layover in the port of Coquimbo. In trying to extract some tangible benefit from the local spirits, they may have been inspired by the trendy Whiskey Sour or San Fran's Pisco Punch. Peruvians, of course, claim the port of Pisco, Peru, is the correct setting for this tale. In this matter, cool-headed objectivity from anyone with Peruvian or Chilean loyalties - as in the question of who the northern part of Chile rightfully belongs to - is rare."

As the conversation got around to everyone's accommodations we were stunned to hear that several of our friends had gotten individual Bungalows. My Irish dander was getting up. Jules (71 from New York with Maureen) was talking about their bungalow. Now you have to imagine a straight faced comic like Jack Benny or Alan King. Jules is like that, always joking with a straight face so you can never quite figure when he's being honest or not. When he started describing their room; tub & shower (*we had shower only*), closet (*one room only*), wall safe in closet (*no closet for wall safe*), beds together for king size, ceiling fan (*desk fan*), patio door w/ patio & chairs to view the ocean (*window with screen overlooking the back 40*), and the big one; refrigerator (*nada*) we thought for sure he was being sarcastic. Turned out he was being completely truthful. By this time I was pretty steamed and CJ was holding me down, trying to keep things calm. Keep in mind we'd all paid the same price for the trip and it wasn't cheap. While CJ was calming me down Maureen mentioned the hair dryer in their room. Now the tables turned. CJ had steam coming out of her ears and the gasket blew off the top of her head. No bathtub is a sacrifice, but a hairdryer is a MUST. Now it was my turn to keep her from killing someone. After we both calmed down we agreed we didn't want to be "the" spoiled and whining couple. We agreed if they fixed the toilet seat and gave CJ a hairdryer we'd keep the room (with the Johnson brothers on the floor facing the wall).

So CJ went to the front desk to ask for a hairdryer and was told "No hairdryer for room 34". She asked a second time and got the exact same answer without any explanation. (I figured it out 3 days later). She came back fuming, had a little more wine and went looking for our Tour director. She didn't

ask for another room, she demanded another room and made sure he knew we had pictures to prove our point.

The next day they moved us to another room. It wasn't a bungalow and we never did get a bathtub, refrigerator, ceiling fan, or patio. But we did get a working toilet, beds together, carpeting, an ocean view, and a hairdryer. What a night!!!

By the end of the evening I'd had several Pico sours and about six beers. Ever fearful of my dark and brooding past I was pleased when CJ declared me a happy drunk. Of course guilt got me up at 6 the next morning for a 7 mile run.

Part 4 Moai

Of course what makes Easter Island so famous are the huge statues. Known as moai (mow-I) most were sculpted between 1000 and 1500 AD. The timber likely utilized to move them from their quarries on specially built roads could have resulted in the exhaustion of the forests. This may explain why almost half of the Moai are still in the quarries. Speculation also suggests that those in the quarries were somehow imperfect, therefore simply abandoned.

The largest moai, found incomplete in a quarry, was 72 feet long and estimated to weigh 165 tons

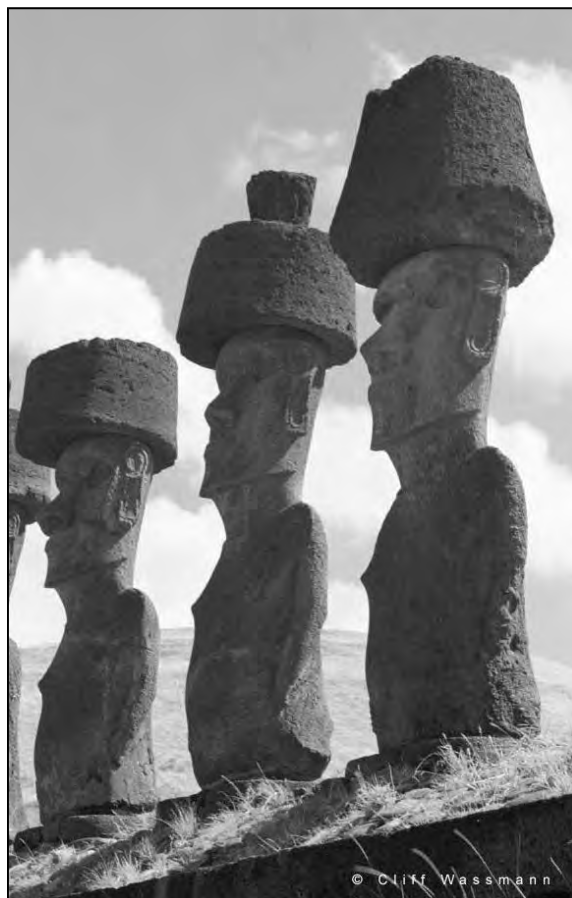
The significance of the moai to the islanders remains conjectural. Statue cults were in existence throughout Polynesia in similar, though not such extreme, forms. The statues were representative of authority and position, and their pedestals, called "ahu", were ceremonial sites wherein resided a living spirit, mana. That all of the statues, except for height, had the same physiognomy suggests they had vested spiritual importance.

According to speculations of archaeologists, rival clans or tribes quarried volcanic rock from the Rano Raraku crater on the east side of the island, building moais to adorn their altars.

The cult of the moai occupied increasingly large labor forces to carve stone, move statues and build grandiose monuments around the island. Rivalry among tribes intensified. According to widely accepted theories, a major motivation was the concept of mana -- a mystical combination of power, prestige and prosperity. (CJ commented about the statement read/heard previously in America -- "mana from heaven") In a belief system that included ancestor worship, moais representing a clan's most revered forebears were believed to bestow mana (supernatural powers) on living leaders.

Because mana was transmitted from ancestors through moais, the tribes competed to build bigger and bigger statues and altars. Archaeologist Claudio Cristino, who heads the Tongariki restoration project, conjectures "Making more moais became a compulsion. At a given moment, the whole society was dedicated to this."

But the competition drained energy from the tasks of producing food, clashes between tribes re-



sulted in the destruction of crops and deliberate burning of what little woodland remained on the island.

Conflict and upheaval climaxed in the 1600s. All but a few of the moais, which stood on hundreds of ahus (platforms), were toppled and broken in the turmoil. Often, the statues were deliberately decapitated and otherwise damaged. The great statues could have been toppled as warring tribes sought to destroy each others' mana.

Part 5 More Moai

With the exception of the Ahu Akivi (7 moai near the center of the island) all completed moai face inward to being good spirits to the islanders. The 7 moai that face outward are said to represent explorers sent from the island.

Many of the statues were adorned with red scoria headdress's (known as Pukao) that fit on the moai heads. These were carved from a different quarry



that contained a large quantity of the red lava rock. Many of the moai on the island originally had pukao and they are found alongside the fallen statues in many sites. It is believed that they were installed by building a ramp of stones up the side of an erected moai and then rolled up where they could be placed on the top. Afterwards the ramp was disassembled.

The moai that had eyes represented specific leaders. The pukao are thought to represent the head-dresses that ancient Rapanui chiefs wore. Hence you can see why CJ (with her red hair) would naturally stand alongside them....

Part 6 Easter Island Marathon

The night before the marathon the race director gave us the latest information. There would be water stops every 5K (3 miles), and after someone asked, he said there were no mile/kilometer markings on the course. Warning bells went off in my head. I've been to these international marathons before and when they don't bother to mark the course very well it usually means they're not quite as thorough in their organization as we've come to expect from runs in America. It usually means you have to be more self-sufficient than what's required at home. Ed (Gayle-TN), Jules (Maureen-NY), Don (Hiroko-HI), and I pooled some \$\$ and rented a car for the ladies to crew for us during the race. I have to give a big thumbs up to them for the job they did. With CJ driving the course, the other three not only provided us with extra water and supplies, they helped numerous other runners who weren't prepared for the long stretches between water stops. Many a happy marathon finisher came up to thank them afterwards.

The race didn't start till 10 am and it was fairly hot by then. We started at the back of the hotel along the ocean. This was in (the only town on the island) Hanga Roa. When the gun went off all of us headed across the grass to the road. I heard CJ yell for a picture and as I looked up I stumbled. In an effort not to fall over I started to put my hand out on the runner ahead of me. I knew if I pushed (to keep my balance) he'd fall over, so I kept sliding my hand down his

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EASTER ISLAND

(Continued from page 11)

We've met Malcolm a couple of times in our worldly travels. Fortunately he has a sense of humor and laughed when I told him I needed to hold him back so I could get a head start.

The first mile I was running with some Chileans. Even with the wind off the ocean it felt like we were in an oven. I was concerned about making it to the first water stop. Around the start of the second mile a car pulled up besides the Chileans and handed each an ice cold bottle of water. My mouth was watering&. I have to say the Chileans were quite gracious. After the lead runner took his swigs he tossed the bottle to me. It was mana from heaven and just what I needed. By the first water stop I was in my pace feeling pretty good.

Two weeks earlier I'd run 3:20 in Traverse City, Michigan. When Malcolm heard this he professed I was the guy to beat (since last years winning time was 3:49). I wasn't buying any of that croc and knew the day a 51 year old wins a marathon is the day there's no real competition.

There were 4 races that day; 5K, 10K, half-marathon, full-marathon. Since there was only one paved highway on the island all the races started at the same time and were run on this highway. At the half-way point of each distance a tall orange pole would be in the middle of the road indicating the runners should turn around and go back. First the 5Kers turned, then the 10K runners, and finally the half-marathoners. The full-marathon ran to Anakena beach on the other side of the island before we headed back.



After everyone had made their turns I found myself on the course with no one in sight. An unimaginable thought crept in my head, but I quickly swept it back under the rug. I forbid entertaining those thoughts.

The miles wore on as I headed towards the highest point of the course at 10 miles. I couldn't complain, though it was warm and windy the views of the landscape and ocean were spectacular. From the highest point it was a swerving 3 mile downhill to Anakena beach and the turn around point.

CJ and I had rented a couple of ATVs the day before and come out here to see our friend John (Carla - NV) participate in a triathlon. So I'd seen this hill before. I did the old arms by the side, lean forward at the waist, and let gravity pull me down as fast as possible routine to make up some time. Often after running a difficult hill it turns out not be as bad as it looked. This was just the opposite. I knew going down it was going to be a bitch coming back, and it was. By the time I crested the hill on the return trip I was damn near power walking, not running.

On the way down I came across the last water stop. All they had was this crappy orange drink loaded with sugar. We'd all tried it the day before and it was really bad. I passed, assuming there'd be some water at the turn around. Wrong!!

As I got closer to Anakena beach those thoughts kept creeping into my head. The road had so many turns you couldn't see half a mile ahead. Finally, as I was coming around one of those turns I was startled by a very slow moving motorcycle traveling in the opposite direction. Without even seeing the runner I knew I wasn't in first place (in a marathon, often times the lead runner is escorted by a police motorcycle or car).

At Anakena beach all I saw was an orange post and some guy sitting in the grass making a whirly bird sign. Well duh, I knew I was supposed to turn around, but there was no water. I was a bit worried now. I was at 13 miles (11:40 am) and would not see a "real" water stop till mile 18. As I started back up the hill the girls came by and gave me the much needed water.

The remainder of the run went by uneventfully. Without mile markers it was hard to tell exactly how far I'd come, but after the freeking hill at the half-way mark I'd been able to keep a decent pace. I finished in a respectable, but disappointing 3:32; good enough for 4th place. I took pride in being the first American across the finish line, (finally) winning my age group, and consolation in knowing the 3 runners that beat me were all in their 30's.

The evening we got home CJ sat down to pay her bills. She commented how much she'd saved on this trip. We both laughed knowing full well how she'd accomplished this. In her sincerest Martha Stewart spirit CJ thought this was "a good thing" and that we should do this more often. I wonder sometimes if runners with running partners aren't better off. CJ disagreed, insisting that shopping takes foresight, planning, conditioning, stamina, and above all else; Bubba's plastic. I have to be fair and say I got caught up in the exquisite blue and green stones of Chile also and picked out two of the necklaces. The day before returning home I'd learned my summer teaching assignment had been cancelled for budgetary reasons; hence no paychecks till late August. I'm giving serious thought to putting a side-walk lemonade stand outside the front of the house to pay down the jewelry tab. What's a runner-boy to do?

Ed, Jules, Don, and I are trying to make our way to Africa next summer for our 7th, and final, continent.

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 2003 to 2004. 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, 2004.**

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
------	-------	---------	--------

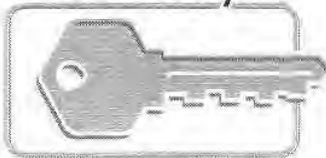
12hr	_____	- - -04	_mi_yd
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24hr	_____	- - -03	_mi_yd
------	-------	---------	--------

24hr	_____	- - -04	_mi_yd
------	-------	---------	--------

"Here for the Long Run!"

Gold Key



Mortgage Services LLC

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

Firecracker Four Gives Back



Nathan Hale Varsity CC team



Mt. Calvary Ev. Lutheran CC team



Complete this form and mail with payment to: Badgerland Striders Inc., 9200 W. North Avenue, Milwaukee, WI 53226

Badgerland Striders Annual Membership Form

PLEASE PRINT ALL INFORMATION CLEARLY – Thank You!

Last Name First Name Sex (M/F) Birthdate -- (Mo/Day/Yr)
Street Address Home Phone Other Phone (cell? work?)
City State ZIP Occupation

DUES (check one) Make checks payable to: Badgerland Striders, Inc.
New Membership: 1yr (\$15) 2 yr (\$27) Tax deductible
Renewal 1yr (\$13) 2 yr (\$25) Donation

If you would like to be a Sustaining Member, any amount in excess of what you would normally pay is tax-deductible.

Names of others in your household who run:
NAME Sex (M/F) Birthdate -- (Mo/Day/Yr) OCCUPATION

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

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

If you would like to help in any of the following areas, please check those that apply:
Road Race Director Equipment Rental Newsletter (Graphics)
Public Relations Hospitality Newsletter (Advertising)
Computerized Scoring Race Course Measurement Computer
Club Clothing Monthly Meeting Planning Annual Party
Race Schedule Booklet Bus Trips Other

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

Signature

MAKING DUST
“IF YOU DON’T MAKE DUST, YOU EAT DUST”

CUDAHY
CLASSIC
RACES

Badgerland Striders

Cudahy, WI

August 1, 2004

10 MILE RESULTS

Results Provided by
Badgerland Striders
Scoring Team

PLACE TIME NAME

M OVERALL

1 55:07 Aaron Nodolf

F OVERALL

8 58:50 Jenny Crain



M00-18

12 1:01:14 Kyle Pollard
62 1:11:04 Adam Gonzalez

F00-18

213 1:29:06 Whitney Millichap

M19-24

3 55:35 Matt Tupta
11 1:01:10 Scott Mueller
20 1:03:44 Mike Treder
32 1:06:02 Jim Lenz
36 1:06:12 Dale Tutaj
73 1:12:08 Dan Rippl
75 1:12:33 John Fischer
268 1:42:02 Matt Rogaczewski

F19-24

26 1:04:56 Amber Antonia
66 1:11:33 Amanda Budyak
72 1:11:50 Beth Pollard
92 1:14:48 Stephanie Oudenhoven
99 1:15:24 Anna Halaska
106 1:16:27 Katalin Gal
144 1:20:48 Sheila Schwartz
153 1:22:20 Megan Mcavoy
178 1:25:40 Stephannie Goldner
194 1:27:15 Becky Reynolds
207 1:28:26 Amy Getz
208 1:28:26 Lindsey Graf
234 1:32:36 Megan O'halloran
236 1:32:56 Tara Argall
251 1:36:06 Amanda Harper

M25-29

1 55:07 Aaron Nodolf
4 55:38 Thomas Clark
23 1:04:41 Patrick Maloney
28 1:05:25 Shawn Morris
34 1:06:09 Joseph Siegel
57 1:09:50 Chris Carnazzo
127 1:19:34 Jesse Jaeger
197 1:27:20 Steve Manor
266 1:41:38 Jeremy Blaisdell

F25-29

82 1:13:23 Julie Treder
116 1:18:02 Kelli Ferrier-Arn
120 1:18:28 Juliet Holden
129 1:19:46 Nikki Ball
167 1:24:10 Jill Derwae
168 1:24:19 Allie Jubeck
173 1:25:03 Lindsay Proft
179 1:25:43 Amy Forsyth
185 1:25:56 Julie Polzin
192 1:26:50 Jennifer Tonz
224 1:31:16 Sarah Hawks
235 1:32:48 Sarah Hasslinger
241 1:33:56 Sandra French
243 1:34:11 Amy Schilcher
257 1:38:01 Angela Reifenberg
272 1:43:57 Angela Horvath
273 1:43:57 Allison Ziliak

275 1:44:57 Jennifer Skaer

M30-34

2 55:13 Eric Pilling
6 58:21 Wayne Dalton
9 59:20 Ted Shue
16 1:02:50 Joel Barbieri
48 1:08:20 Michael Culbert
51 1:08:49 Rick Scott
52 1:09:03 Bjorn Flugstad
63 1:11:05 Scott Kolkema
74 1:12:27 Sean Hatley
80 1:13:18 Todd Walton
101 1:15:34 Rob Wawrzyn
110 1:16:43 Michael Gordon
113 1:17:25 Adam Consiglio
119 1:18:16 Steve Heyroth
133 1:19:54 Tom Antholine
136 1:20:04 Rick Flayter
142 1:20:21 Bill Schneider
163 1:23:47 Dave Sobczak
223 1:31:14 Byron Hawks
262 1:40:40 Bill Bushell

F30-34

29 1:05:33 Heather Haviland
67 1:11:34 Caryn Spellman
79 1:13:16 Heather Polan
87 1:14:04 Michelle Meier
102 1:15:52 Katie Missiasen
104 1:16:07 Traci Neuman
124 1:19:16 Robyn Friedrichs
134 1:19:57 Dodds-Truenbach
156 1:22:47 Lori Maldonaldo
170 1:24:42 Michelle Kehoe
177 1:25:18 Nancy Nelson
188 1:26:12 Mary Becker
202 1:27:57 Colleen Pennell
221 1:31:02 Andi Gumina
228 1:31:46 Jessica Andrzejewski
261 1:40:39 Carrie Peksa
286 1:58:51 Lisa Kuligbagley

M35-39

5 56:35 Craig Lanza
13 1:02:02 Todd Jensen
15 1:02:41 Paul Hiegel
21 1:04:08 Tony Marino
22 1:04:36 Keith Hanson
31 1:05:51 Mark Linser
39 1:06:30 Geoffrey Harris
46 1:07:54 Jd Optekar
47 1:08:03 James Jaeger
49 1:08:28 Matthew Moes
78 1:13:04 Troy Sparks
81 1:13:20 David Klumpp
84 1:13:34 Marc Robinson
89 1:14:15 Craig Ewald
97 1:15:23 Stephen Fuller
112 1:17:21 David Sims
122 1:18:55 Bill Parenteau
132 1:19:54 Kevin Scott
145 1:20:57 Troy Birk
149 1:22:00 Robb Simcock
196 1:27:19 Joe Ciurlik

F35-39

8 58:50 Jenny Crain
55 1:09:38 Lynn Konkol
65 1:11:28 Suzanne Yde
86 1:13:52 Grace Labinski
94 1:15:10 Kathleen Rytman
111 1:16:48 Kimberly Macho
138 1:20:08 Kristin Westrick
148 1:21:57 Lisa Kleinke
154 1:22:34 Angela Sprau
186 1:26:02 Mary Flaws
190 1:26:30 Tammy Saunders
198 1:27:22 Sharon Iggulden
210 1:28:57 Julie Hagen
215 1:29:36 Susan Millar
226 1:31:33 Suzanne Kelnhofer
248 1:35:19 Jody Herbst
255 1:37:38 Lisa Cichocki
284 1:59:33 Cheryl Myszka

M40-44

7 58:40 Terry Labinski
10 1:00:45 Rick Stefanovic
14 1:02:40 David Mueller
19 1:03:40 Dan Bieser
24 1:04:46 Joe Tilley
27 1:05:08 Scott Koziel
30 1:05:34 Kevin Osborn
40 1:06:50 Peter Stefaniak
44 1:07:34 Michael Kuchar
50 1:08:31 David Fieldhack
53 1:09:14 Jon Furreness
56 1:09:41 Doug Norton
58 1:10:03 Don Hundt
64 1:11:21 Stephen Bazan
68 1:11:39 Dan Mcfall
69 1:11:40 George Papas
71 1:11:46 Mike Stefaniak
76 1:12:50 Todd Clark
83 1:13:24 Brian Wichman
88 1:14:08 Nicholas Anstedt
108 1:16:36 Rick Lathers
109 1:16:39 Tom Kucharski

117 1:18:05 Rohan Kennedy
121 1:18:38 Jeff Zimmermann
139 1:20:11 Larry Wood
157 1:22:49 Michael Banco
159 1:22:57 Mike O'connell
164 1:23:57 David Labadie
166 1:23:59 Will Jackson
180 1:25:44 Dave Gavinski
181 1:25:46 Tom Hickey
184 1:25:50 David Fiegel
199 1:27:28 Charles Baker
201 1:27:37 Mike Morgan
219 1:30:40 Frank Ruiz
222 1:31:10 Dave Poglitsch
230 1:31:59 Michael Merrill
245 1:34:21 Jim Greezs
256 1:37:56 Mike Brennan

F40-44

33 1:06:05 Mary Bolich
41 1:07:00 Jackie Morgan
70 1:11:44 Judy Springer
93 1:14:55 Nahi Halmann
125 1:19:23 Coreene Hanson
135 1:20:03 Barbra Fagan
140 1:20:13 Mary Eichner
150 1:22:04 Phyllis Santacroce
155 1:22:41 Maryis Gorski
211 1:29:02 Jill Polzin
217 1:30:29 Nancy Sellars
231 1:32:10 Sally Koch
253 1:37:03 Lisa Miller
264 1:41:21 Judy Shonborn
269 1:43:03 Kathryn Behling
279 1:50:09 Teri Stark

M45-49

17 1:02:59 Tim Strane
18 1:03:23 Jay Schweikl
25 1:04:46 Duane Pickering
35 1:06:10 Jim Cummins
37 1:06:27 John Chandler
42 1:07:17 Michael Burkoth
43 1:07:25 Robb Linnemanstons
91 1:14:23 Kevin Wolfmeyer
95 1:15:12 Steve Szymanski
98 1:15:23 Pete Stefaniak
100 1:15:30 Larry Horning
126 1:19:31 Craig Swartwout
128 1:19:40 Ted Itzov
141 1:20:20 Ely Leichtling
151 1:22:11 Peter Sherwin
152 1:22:16 Alan Skripsky
165 1:23:57 Craig Powers
169 1:24:27 Jeff Turner
172 1:24:58 Tony Engle
191 1:26:46 Dennis Hanna
212 1:29:04 Jack Odoner
216 1:30:09 Jeff Weiss
233 1:32:25 Bill Walker

242 1:34:03 Duane Tate
244 1:34:19 Mark Goldner
249 1:35:49 Albert Fountaine
263 1:41:10 Joseph Laskowski
265 1:41:21 Mike Shonborn
281 1:50:35 Steve True

F45-49

206 1:28:23 Karen Van Rite
209 1:28:45 Carol Kuhn
225 1:31:27 Cathy Kliebenstein
229 1:31:58 Mary Wysocki
239 1:33:27 Elizabeth Hoffman
250 1:35:59 Robin Pedersen
258 1:38:09 Mary Koehler
260 1:39:56 Pam Grzybowski
267 1:41:52 Laura Powers
283 1:59:27 Debra Orlando

M50-54

38 1:06:27 Patrick Sullivan
45 1:07:47 Ron Erhardt
59 1:10:11 Cary Segall
85 1:13:37 Abie Khatchadourian
90 1:14:18 Layne Davis
105 1:16:25 Chris Meyers
114 1:17:35 Richard Rowland
118 1:18:15 Mike Dewitt
123 1:19:15 Fred Klewin
131 1:19:54 Jeffrey Krajacic
143 1:20:36 Tom Heydel
146 1:21:09 Tim Becker
147 1:21:42 Robert Muerller
158 1:22:53 Christopher Frelka
160 1:23:18 Martin Millichap
175 1:25:14 Dennis Motl
182 1:25:47 Frank Horning
193 1:27:07 Donald Scott
195 1:27:15 Charles Zinda
205 1:28:13 Joseph Soriano
214 1:29:20 Tom Baas
238 1:33:26 Brian Hoffman

F50-54

77 1:13:00 Susan Koch
96 1:15:13 Barbara Jewell
107 1:16:33 Patrice Lastufka
162 1:23:45 Susan Koleas
200 1:27:34 Cindy Schramm
227 1:31:43 Jayne Weyer
274 1:44:12 Linda Pulkowski
278 1:48:10 Karen Kotecki
280 1:50:34 Kristine Hinrichs

M55-59

54 1:09:23 Jose Luis Rodriguez
103 1:15:58 Jim Nowakowski
115 1:17:56 Robert O'brien
130 1:19:50 John Stachera
137 1:20:05 Robert Massey

40 37:43 Anthony Orlando
48 39:27 Chris Janisch

F15-16

33 35:39 Lauren Kleppin

M17-18

F17-18
88 47:47 Amanda Saunders

M19-24

1 26:21 Jason Crichton
2 27:31 Andrew Lelinski
8 29:06 Jon Wrobel
15 30:10 Kyle Gleason
22 31:57 Tim Buntrock
53 40:04 Kevin Teal

F19-24

9 29:07 Jodi Jakubek
66 42:59 Maureen Fitzpatrick
86 47:09 Kimberly Pifer

M25-29

3 28:38 Justin Miller
6 28:53 Jason Feudner

F25-29

14 29:43 Dot McMahan
30 34:12 Christy Peterson
76 45:07 Lisa Feudner

M30-34

7 28:58 Matt Sveum
18 30:53 Steven Kubicki
20 31:28 Jerome Missiaen
47 39:18 Erik Hendrickson
79 45:22 Lee Franken

F30-34

27 33:40 Robin Treder
45 38:47 Kristine Heinz
98 52:10 Theresa Sobczak
106 1:00:45 Amy Zellner

M35-39

4 28:40 Jeffrey Feldman



174 1:25:12 Dale Daroszewski
183 1:25:49 Gene Taylor
204 1:28:10 Bruce Davies
218 1:30:33 Dennis Wantland
240 1:33:35 Larry Ryan
247 1:34:59 Philip Sweet

F55-59

176 1:25:15 Nance Birk
189 1:26:13 Joy Imms
276 1:47:14 Mary Riebert
277 1:47:14 Marianne Soldavini
282 1:50:36 Betty Schraith
285 1:57:26 Jannette Tries

M60-64

60 1:10:20 John Becker
61 1:11:01 James Bahr
161 1:23:32 Tom Kitzrow
171 1:24:52 Stanley Johnson
187 1:26:05 William Antholine
254 1:37:15 Dennis Euting
259 1:39:53 Gerry Vidal

F60-64

M65-69

203 1:28:07 Ron Caruso
220 1:30:57 Ed Parker
232 1:32:25 Paul Schmidt
271 1:43:51 John Brophy

F65-69

252 1:36:25 Nancy Spencer
270 1:43:45 Nancy Lopez

M70-74

237 1:32:58 Kent Schlienger
246 1:34:40 Jack Kroll
287 2:04:45 Dave O'brien

F70-74

M75-99
F75-99

5 28:49 Bruce Holmes
16 30:15 Chaz Heckman
46 39:00 Tom Schwanebeck
69 43:40 David Dietzler
80 46:27 Keith Falkowski
82 46:41 Tom Baron
107 1:01:10 Marin Devaney

F35-39

52 40:04 Julie Sherwin
61 42:33 Jethra Rivera
67 43:01 Eva Detlaff
75 44:36 Susan Mahsem
94 50:15 Kristen Knutson
95 50:33 Cindy Dettlaff
96 50:33 Mary Smith
99 52:11 Rosa Zukowski
103 55:38 Barbara Bomm

M40-44

10 29:14 Bill Gilmore
11 29:26 Edward Siira
12 29:28 John Barndt
21 31:48 Simon Hatley
50 39:46 Jack Hervert
57 40:35 Gregory Janisch

F40-44

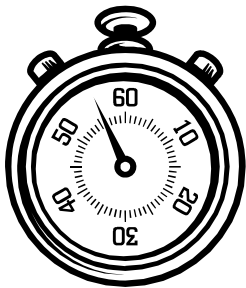
35 36:10 Sally Schumacher
44 38:20 Amy O'connor
56 40:35 Vickie Kallien
59 41:43 Tracy Hanson
83 46:42 Christine Bohte
97 51:33 Betty Lynch
100 53:12 Brenda Koehler

M45-49

17 30:17 Dave Harris
19 31:07 Rick Kallien
38 37:28 Mark Dunning
49 39:39 Jim Sabinash
55 40:21 Fred Rapant
63 42:49 Steve Stein
74 44:27 Anthony Peters
81 46:38 Rob Lengell

(Continued on page 15)

The Most Times



are in ‘The Strider’

MAKING DUST
“IF YOU DON’T MAKE DUST, YOU EAT DUST”

CUDAHY
CLASSIC
RACES

5 MI RESULTS
CONTINUED

(Continued from page 14)
F45-49

26	33:30	Laura Clark-Taylor
34	35:47	Kim Petak
64	42:56	Joni Hodor
70	43:41	Char Ahler
73	44:22	Julie Baron
89	48:36	Cindy Carter
91	49:54	Rose Anstedt
105	57:11	Gerta Zinda

M50-54

23	32:01	Dennis Eden
24	32:22	Marv Cummings
28	33:51	Robert Koceh
32	35:11	Bill Hansen
41	37:57	Raymond Cortenbach
42	37:58	Charlie Teal
60	42:05	Ron Talsky
84	46:44	Raymond Moon
108	1:01:14	Pete Wysocki

F50-54

58	40:35	Sue Sharkey
71	44:02	Kathy Poetz
93	50:10	Jane Jahnke
109	1:01:22	Jean Mattson

M55-59

39	37:30	Doug Nelson
51	40:02	Robert Bal
54	40:16	Paul Siegel
68	43:10	Ronald Behlendorf
85	46:46	Paul Woerpel
101	53:12	Kerry Reinoos

F55-59

110	1:05:33	Karla Knutsen
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M60-64

43	38:19	Mike Borzick
65	42:58	Mike Colbert
90	48:39	Thomas Carroll

F60-64

92	50:07	Marcia Balthazor
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M65-69

37	37:21	Richard Waltz
72	44:14	David Stuckslager
77	45:15	Tom Chvala

F65-69

M70-74

78	45:17	Norm Hovila
104	56:58	Earl Psychal

F70-74

M75&over

87	47:23	Daniel Murphy
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F75&over

102	55:13	Agnes Reinhard
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CUDAHY
CLASSIC
RACES

Badgerland Striders

Cudahy, WI

August 1, 2004

1 MILE KIDS RACE

Results Provided by
Badgerland Striders
Scoring Team

PLACE TIME NAME

Male 0-8

3	11:14	Casey Sabinash
6	13:01	Andy Sabinash
9	14:24	Daniel Baron

Female 0-8

8	13:27	Payton Wesley
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Male 9-10

5	12:56	Eric Luedtke
---	-------	--------------

Female 9-10

Male 11-12

2	10:44	Taylor Luedtke
4	12:29	Michael Baron
7	13:02	Cassidy Luedtke

Female 11-12

M13-14

1	8:46	Patrick Matusek
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F13-14

M15-16

F15-16

ARTHRITIS
FOUNDATION'S
RUN/WALK TO
IRISH FEST

Lakefront

Milwaukee WI

Saturday, August 21, 2004

5 - K

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

PLACE TIME NAME

M

1	16:15	John Schwerkoske
---	-------	------------------

F

3	17:09	Jenny Crain
---	-------	-------------

M14&under

18	19:33	Tom Vaughan
40	21:15	Evan Cooper
68	22:25	Josh Zastrow
109	23:26	Kellen Ryan
119	23:35	Nick Schmid
182	25:10	Nick Shiley
218	26:00	Nathaniel Sullivan
247	26:43	Jeremy Schmid
268	27:00	Michael Stanley Jr
269	27:00	Colin Cramer
283	27:24	John Burnett
308	27:50	Sam Bowers
332	28:06	Tony Patterson
378	28:52	Chris Hoffman
400	29:13	James Stanley
464	31:05	Brendan Mc Coy
509	32:12	Alex Malverson
525	32:30	Ben Vibanek
526	32:31	Dylan Kittell
565	34:04	Charlie Burnett
569	34:07	John Mc Coy
579	34:41	Peter Klein
622	37:43	Patrick Novara
623	37:49	Zeke Hurley
632	38:31	Conor Polkinghorne
660	41:30	Brendan Murphy

F14&under

139	24:13	Dana Siebenaller
323	28:00	Annie Murphy
356	28:28	Nellie Murphy
360	28:34	Sarah Erpenbeck
393	29:09	Elisabeth Foti
437	30:16	Maria Schmid
511	32:14	Ellen Erpenbeck
532	32:56	Annie Regan
535	32:59	Samantha Brennan
556	33:34	Katie Salmon
568	34:06	Madelyn Mc Glynn
585	34:56	Meg Murphy
586	34:57	Erin Fimiani
589	35:03	Naomi Morgenstern
628	38:19	Rachel Salvesson
633	38:38	Kathleen Mc Glynn
634	38:38	Mary Claire Mc Glynn
643	39:20	Shannon Fitzgerald
645	39:34	Elizabeth Otto
686	43:49	Kylie Majusiak

M15-19

17	19:10	Edward Glynn
20	19:52	Scott Rood
22	20:02	Brandon Rood
25	20:36	Conor Quinlevan
54	21:49	Ryan Guenueur
63	22:05	Michael Layeberg
67	22:14	Adam Braatz
72	22:36	Dave Stauder
130	23:58	Sam Frymark
164	24:39	John Leppauen
184	25:11	Travis Rusch
198	25:34	Joey French
199	25:35	Ryan Morrison
233	26:22	Darren Dieckman
234	26:23	Tom Rodgers
238	26:27	Mike Eastman
310	27:51	Greg Skripsky
313	27:53	Scott Perry
319	27:56	Matt Cimpl

322	27:59	Nick Gilbertson
331	28:05	Jevon Deede
333	28:06	Aaron Prekip
358	28:33	Matt Fox
397	29:11	Jacob Otto
557	33:36	Jack Bartelt
575	34:24	Mike Heil
592	35:10	Matt Smith
672	42:29	Kevin Leigeb



F15-19

143	24:17	Gaelyn Gingery
150	24:23	Tara Siebenaller
152	24:24	Margaret Mc Glynn
159	24:34	Julie Washic
169	24:56	Lauren Knaak
219	26:00	Julia Damiani
243	26:37	Megan Quinlevan
272	27:11	Lizzy Brady
297	27:38	Shannon Mckenna
336	28:08	Sarah Konrad
349	28:23	Stephanie Perry
404	29:18	Eileen Duffy
405	29:19	Leah Mescher
456	30:45	Jocelyn Braun
590	35:03	Alison Drea
646	39:35	Amanda Herder
673	42:30	Amanda Ciesielczyk
683	43:36	Sarah Quinn
688	44:22	Shannon Quinlevan
689	44:22	Dani Schultz

M20-29

1	16:15	John Schwerkoske
2	16:52	Colin Sullivan
4	17:26	Riley Flanders
5	17:28	Kevin Burk
7	17:45	Scott Mulinix
10	17:50	Brendan Conway
16	19:06	Bret Tollefson
21	20:01	Adam Chortenning
23	20:19	Everett Kubala
26	20:39	Seamus Holloway
48	21:29	Greg Schauer
52	21:36	Daniel Glynn

369	28:42	Greg Arnet
371	28:46	Chuck Lane
377	28:50	Chad Campeau
409	29:27	Travis Moore
428	30:01	Brian Johansen
438	30:16	Luke Gunia
446	30:34	Noah Montague
466	31:09	Justin Bashaw
468	31:12	Dan Janasik
469	31:13	Steve Jantz
478	31:23	Erich Weiss
479	31:24	Steve Beine
518	32:24	Ryan Anthony
520	32:25	Andrew Agackz
522	32:27	Brian Wohlfeil
538	33:02	E. Michael Duffy
574	34:23	John Ring
602	35:44	Andrew Weiland
626	38:17	Scott Sullivan
627	38:18	Robert Williams
651	40:26	Christopher Nelson
667	41:53	Ian Corrao
679	43:07	Kelly Meyer
687	44:22	Joe Orkin

F20-29

31	20:56	Peggy Sue McNulty
38	21:14	Megan Mcrlen
65	22:08	Erin Ontko
69	22:28	Jennifer Skierka
75	22:40	Anne Hoida
77	22:45	Sarah Perry
78	22:45	Erin Blaedow
80	22:46	Kaili Richey
176	25:00	Sarah Eckenrod
178	25:01	Erin Mckenna
189	25:16	Terra Nicklas
192	25:24	Annie Miota
201	25:36	Carrie Lerand
212	25:51	Valerie Latzke
221	26:04	Stephanie Schams
228	26:11	Jessica Huver
235	26:24	Marcella Woiczik
240	26:29	Caroline Kotras
246	26:42	Miriam Croft
250	26:44	Maria Robb
256	26:50	Shannon Sobieski
257	26:51	Amy Boettcher
264	26:57	Erin Wolf
265	26:57	Laura Pichotta
274	27:13	Kara Mccarthy
276	27:13	Danielle Schulta
278	27:15	Erica Burns



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



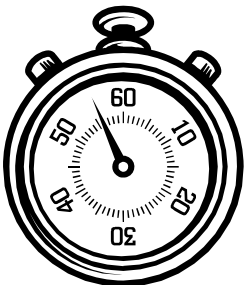
Don Ayer
Broker

RE/MAX
Suburban

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

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?



The Most Times

are in ‘The Strider’



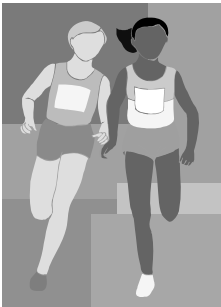
(Continued on page 16)

ARTHRITIS
FOUNDATION'S
RUN/WALK TO
IRISH FEST

5K RESULTS
CONTINUED

(Continued from page 15)

- 443 30:29 Stacy Gillih
449 30:36 Paula Gilson
450 30:37 Valerie Breslin
471 31:14 Lauren Anderson
472 31:14 Rori Sullivan
476 31:22 Robin Miller
480 31:25 Kristie Redmond
482 31:26 Cassandra Simpson
484 31:34 Andrea Fucile
489 31:43 Katie Beine
491 31:45 Katherine Brennan
501 31:53 Johanna Perrini
506 32:08 Margaux Lember
516 32:21 Colleen Kuesel
524 32:30 Michele Kellogg
529 32:39 Cheryl Phillips
533 32:57 Lisa Newcomer
537 33:02 Jolie Childers
544 33:11 Kelly Hoglund
545 33:12 Amy Snyder
550 33:19 Catherine Milton
572 34:14 Jenni Spies
583 34:51 Chrissy Marello
587 34:58 Kelly Shanley
591 35:09 Catherine Creighton
593 35:24 Jennifer Anderson
597 35:34 Kelly Chmielewski
603 35:47 Jennifer Shay
604 35:47 Rebecca Geppert
607 36:12 Amy Haubrich
608 36:12 Theresa Nichols
613 37:02 Laura Kingston
614 37:03 Jessica Gillin
615 37:04 Becca Delforge
617 37:09 Sara Kopidlansky
618 37:10 Laura Fengelbrecht
648 39:44 Katie Goode
650 40:21 Emily Palzewicz
654 40:45 Sarah Johannes
655 40:51 Amy Shefchik
656 41:01 Jacqueline Cornell
657 41:02 Lindsay Iverson
661 41:46 Kate Hundley
662 41:46 Maggie Scheel
663 41:47 Heidi Burns
664 41:48 Kelly Johnson
681 43:11 Sarah Lerch
M30-39
6 17:43 Mark Phillips



- 13 18:40 Tony Kuzbe
14 18:42 Geoff Harris
27 20:45 Lawrence Brown
30 20:55 Bryce Steidinger
36 21:12 Craig Ford
37 21:13 Jim Holmes
44 21:24 Tommy Radtke
51 21:35 Tim Smith
53 21:41 Daniel Wolf
56 21:54 Michael Feiertag
57 21:55 Adam Consiglio
58 21:55 Mike Schilling
59 21:58 Patrick Maher
71 22:31 Patrick Mcguinnis
74 22:40 Bill Bartkowski
76 22:44 Mark Seifert
93 23:07 Douglas Daul
95 23:10 Marc Panaro
96 23:11 Mike Dukat
100 23:15 Erik Hendrickson
101 23:16 Jack Lopresti
105 23:22 Steve Fordham
107 23:24 Erik Jungwirth
111 23:27 Dave Raczkowski
116 23:33 Joe Lapresh
125 23:46 Pete Voskuil
132 24:02 Rich Connell
133 24:05 Jeff Pfeiffer
141 24:15 Paul Neumann
148 24:21 Mike Testolin
149 24:22 Jim Huebner
156 24:32 Chris Carter

- 157 24:33 Steve Podgorski
161 24:36 Greg Poulton
171 24:57 Scott Stein
177 25:00 Chris Harris
191 25:23 John Casserly
195 25:28 Patrick Fleury
196 25:29 David Dietzler
202 25:39 Scott Miswald
204 25:40 Carlos Ssera
210 25:47 Zach Newcomer
214 25:52 Dave Kenny
220 26:02 Aaron Berken
222 26:06 Keith Michalski
230 26:18 David Debaker
242 26:37 Christian Osell
244 26:38 Kevin Collins
245 26:41 Brian Konya
255 26:50 Dan Zigich
260 26:54 Scott Spatz
262 26:55 Jeff Pokovski
267 26:59 James Jaeger
271 27:10 Jason Jackson
279 27:16 Carl Sanford
286 27:25 Chad Koch
293 27:32 Eric Fitzgerald
296 27:36 Joseph Gidley
298 27:39 Tom Koehler
301 27:43 Tim Guilfoile
304 27:45 Jim Dumil
342 28:14 Jim Lechner
348 28:22 T S Wierdsma
366 28:38 Andrew Wiegman
367 28:39 Bridget Soleski
370 28:42 Bryan Curry
380 28:54 Jason Keck
387 29:03 Scott Grittinger
402 29:15 Jason Biggins
413 29:34 Mike O'connor
415 29:37 Deane Jaeger
417 29:38 Andrew Scrivener
418 29:40 Matt Rehmann
420 29:46 Mike Mcdevitt
422 29:48 Chris Schmid
439 30:25 Daniel Murphy
445 30:33 Brian Hein
447 30:35 Jimmy Jeffers
452 30:38 Matt Richburg
463 31:04 Matt Jeide
475 31:17 Greg Enerson
490 31:44 John Clifford
496 31:50 Jeffery Serrano
498 31:51 Brian Krause
503 32:01 Pete Edwards
513 32:15 Tom Hilson
514 32:17 Matt Schuster
531 32:54 Mark Snyder
534 32:59 Dave Richmond
609 36:13 Tom Hartman
619 37:11 Peter Salveson
631 38:29 Dan Oseman
636 38:43 Matthew Burns
666 41:51 Dan Brindley
678 43:05 Dominic Kempson

- F30-39
3 17:09 Jenny Crain
42 21:21 Heather Polan
43 21:22 Michelle Butzer
46 21:28 Brigid O'leary Knudsen
60 22:00 Elizabeth Forge
82 22:50 Lisa Kleinke
85 22:57 Colleen Cady-Brown
88 23:01 Kimberly Macho
92 23:07 Kristine Heinz
94 23:09 Carol Grgic
103 23:19 Kellie Omdorff
137 24:12 Leslie Randall
153 24:24 Alison Rixmann
174 24:59 Kristine Thomas
180 25:06 Brook Holmes
207 25:44 Virginia Young
252 26:49 Jennifer Johnson
259 26:53 Melissa Jerke
277 27:15 Angie Zigich
282 27:21 Kathleen Miller
284 27:24 Maureen Scobey
290 27:29 Stephanie Ponschock
300 27:39 Theresa Witt
324 28:02 Mary Murphy
327 28:03 Eileen Gallagher
334 28:07 Alicia Hitzler Burke
351 28:25 Liz Curtis
353 28:26 Kim Koch
354 28:26 Donna Schuster
355 28:27 Kelly Brandner
363 28:36 Michelle Maciosek
372 28:47 Beth Von Rueden
373 28:47 Kristin Lindblom
376 28:49 Kathy Kehm
386 29:02 Francine Grittinger
394 29:09 Sheri Bryan
395 29:10 Carla Cullen
398 29:11 Sandy Pulver
401 29:15 Shannon Mccarthy
406 29:20 Susan Podgorski
410 29:28 Monica White
423 29:51 Betsy McGrath
431 30:07 Kathy Gale
435 30:13 Tricia Harris

- 441 30:28 Beth O'keefe
448 30:35 Kristen Rowe
451 30:37 Lisa Schroeder
454 30:40 Jill Schmid
455 30:41 Kristin Stein
457 30:50 Phyllis Mcdevitt
458 30:52 Amy Berghoefer
460 31:00 Theresa Sobczak
462 31:04 Susan Jeide
485 31:35 Monvua Rausul
486 31:41 Julie Rausul
488 31:43 Sarah Kemp
497 31:51 Rita O'riordan
504 32:05 Jovon Serrano
512 32:15 Rebecca Hilson
521 32:26 Christina Keck
541 33:06 Ellen Lynch
551 33:19 Jennifer Sheehy
553 33:27 Karen Boeckmann
559 33:47 Blyth Meier
573 34:19 Sheila Gallagher
606 36:08 Stacy Mulder
620 37:15 Christine Fredrickson
635 38:40 Josie Fitzgerald
637 38:59 Jarrott Robinson
642 39:18 Andria Morse
644 39:34 Tamra Woodworth
665 41:50 Sarah Hatch
670 42:16 Jacqueline Nutting
674 42:30 Colleen Fimiani
685 43:41 Dawn Salveson
M40-49
9 17:49 Rich Moore



- 11 17:57 William Haury
12 18:07 Joe Tilley
15 18:50 Mark Maduza
19 19:40 John Buellesbach
29 20:48 Keane Saathoff
32 21:03 Greg Hammerlund
33 21:07 Brian Wichman
34 21:09 Colin Walsh
35 21:11 Patrick Quinlevan
39 21:14 Terry Oconnor
41 21:19 Patrick Mckone
49 21:33 Tim O'connor
50 21:34 Billy Maybee
61 22:02 Nicholas Anstedt
62 22:03 Greg Geniesse
64 22:07 Scott Smetana
90 23:04 Gregory Morrison
98 23:12 Roberto Gutierrez
99 23:15 John Vaughan
102 23:17 Mark Schroeder
104 23:21 Don Stewart
108 23:25 Dennis Ryan
110 23:26 Andy Friesch
112 23:27 Paul Barber
114 23:31 Joe Regan
115 23:32 Michael Stanley
117 23:34 Peter Joda
121 23:37 Tim Hannon
128 23:49 Terrence Schuster
129 23:57 Mark Constancio
134 24:08 Paul Budd
135 24:09 Michael Finlon
136 24:12 Ken Pringle
151 24:23 Jeff Hall
154 24:25 John Hanley
160 24:35 Bruce Maybee
162 24:36 Joseph Krajci
167 24:45 Douglas Leppauen
172 24:58 Thomas Donnelly
173 24:59 Jeff Bitant
179 25:01 Charles Urbanek
183 25:10 Robert Jeske
185 25:11 Tom O'leary
186 25:13 Kurt Thomas
190 25:18 John Jeffers
193 25:25 Mike Costigan
197 25:32 Alan Skripsky
209 25:45 Michael Babich
213 25:51 George Gama
215 25:56 Richard Fitzgerald
217 25:59 Ken Alvord
241 26:30 Ronald Moshier
251 26:45 Paul Davis
253 26:49 Steve Johnson
261 26:55 Edward Sullivan
266 26:58 Paul Soderblom

- 288 27:26 Dan Fitzgerald
291 27:31 Peter Soderblom
292 27:31 Anthony Burant
299 27:39 Kevin Berry
303 27:44 Tom Mulinix
311 27:52 Paul Bowers
318 27:55 Scott Gonwa
343 28:19 Ralph Lassel
344 28:20 John Shaughnessy
350 28:24 John Race
362 28:35 Mike Mccann
379 28:53 Paul Stearns
382 28:56 Scott Godden
384 28:59 Tom Hoffman
385 29:00 Kevin Chambers
390 29:07 Barry Cameron
391 29:08 Rob Graziano
396 29:10 Jeff Nawrocki
440 30:25 Nicholas Wember
444 30:30 Tom Bradfish
453 30:39 Jeffery Arent
467 31:12 Robert Kingston
470 31:13 Dale Lambert
510 32:13 Todd Malverson
515 32:19 Dennis Weikle
523 32:27 Thomas Hoerth
540 33:03 Arthur Derse
547 33:17 Frederick Kittell
558 33:39 Dan Toomey
560 33:52 Jerome Nichols
567 34:05 Scott Kinkade
570 34:09 Lawrence Burnett
582 34:43 Michael Klein
610 36:24 Jim Ring
625 38:16 Patrick Cavanaugh
690 44:46 John Hackett

- F40-49
47 21:28 Lori Stauder
87 23:00 Holly Dolan
97 23:12 Tami Guler
106 23:24 Anne Engel
118 23:34 Mary Bartkowski
127 23:47 Carol Josephson
140 24:15 Mary Pannab-Steiner
146 24:20 Lisa Ryan
170 24:56 Andrea Smetana
216 25:56 Wendy Klamka
232 26:21 Cori Timm
237 26:26 Carol Mulinix
248 26:43 Mary Wysocki
263 26:56 Kristina Pett
273 27:12 Cindy Budd
280 27:20 Monica Caughey Moshier
285 27:24 Patti Jeffers
305 27:46 Peggy Donnelly
306 27:47 Therese Flanagan
314 27:53 Margaret McDonnell
321 27:59 Kathleen Sullivan
328 28:04 Margy Cahill
340 28:13 Lynn Gershan
347 28:22 Karol Koshak
357 28:31 Susan Bolger
374 28:48 Beth Rummel
389 29:04 Jeanne Poulton
399 29:12 Ann Bennett Schoper
403 29:17 Colleen Janich
412 29:32 Dawn Mckone
426 29:56 Mary Devine
459 31:00 Betty Lynch
461 31:01 Kathy Regan
465 31:05 Jackie Murphy
473 31:15 Chris Doyle
474 31:16 Kim Jennaro
477 31:23 Peggy Dagelen
492 31:45 Katie Bruhy
494 31:49 Dorothy Stevens
536 33:00 Fran Kittell
542 33:06 Mary Beth Aasen
543 33:10 Mary Connelly
546 33:12 Carole Abrams
549 33:18 Stephanie Pribyl
552 33:20 Christine Sowinski
555 33:28 Julie Mulvaney
562 33:57 Katie Perry
566 34:04 Janice Kinkade
571 34:10 Mary Jo Chmielewski
576 34:26 Joellen Hegwood
577 34:26 Frankie Garr
580 34:42 Kristine Cleary
581 34:43 Julie Sneller
600 35:41 Joan Leitermann
605 35:51 Mary Lou Mercado
612 36:58 Christine Muckerma
616 37:04 Kathy Simpson
624 37:49 Cindy Cavanaugh
638 39:05 Deborah Ring
652 40:31 Theresa Otto
653 40:31 Maria Kinsella
659 41:11 Elizabeth Morrison
676 42:49 Colleen Kingston
677 42:49 Rita Lambert
691 44:52 Kathy Hackett
693 45:20 Lorinda Liongson



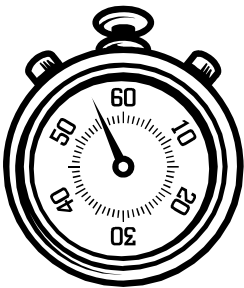
- M50-59
8 17:47 John Mccarthy
24 20:22 Paul Rediske
45 21:24 John Rodahl
73 22:38 Timothy Rottmann
83 22:52 Brian Polkinghorne
91 23:06 Mark Salmon
123 23:41 John Mccleary Ii
126 23:47 Richard Brown
142 24:16 Dennis Murphy
145 24:19 Loren Regan
147 24:21 Alan Becker
158 24:33 John O'brien
166 24:44 Mike Cascio
168 24:56 Mike Hamby
181 25:09 Bob Wagner
200 25:36 John Biser
206 25:43 Lawrence Ryan
223 26:07 Tom Shea
229 26:16 Brian Owen
231 26:20 Mark Siebenaller
249 26:44 Warren Schade
254 26:50 Pete Litzau
258 26:52 Bill Hasley
275 27:13 Jim Krey
287 27:25 Mark Bruhy
307 27:49 Robert Bal
329 28:04 Dennis Cahill
338 28:11 Daniel Gagliano
345 28:20 Tom Rivas
375 28:48 Fred Oby
381 28:55 Thomas Ciula
421 29:46 Jim Neary
424 29:54 David Haase
427 29:57 Tom Tierney
436 30:14 Dan Brady
481 31:25 Steve Simpson
493 31:48 John Concannon
495 31:49 James Brady
499 31:51 Henry Gentile
502 31:56 Mike Glynn
505 32:07 Lawrence Flamm
507 32:11 John Shefchik
528 32:35 Steve Dombrock
563 33:57 John Dunn
584 34:53 Carlos Escalera
595 35:30 Tom Teister
596 35:32 David Otto
599 35:40 Milt Dobbert
649 40:20 John Gorman
671 42:18 John Matter
680 43:09 Ronald Hopp

- F50-59
208 25:44 Cherie Michalowski
281 27:20 Kathy Frymark
330 28:05 Jan Mcgrath
419 29:45 Martyty Streff
425 29:55 Mary Bennett
483 31:33 Cathy Rottmann
500 31:52 Sharon Gajewski
508 32:11 Deidre Dunn
519 32:25 Hank Hammerlund
527 32:31 Laura Dombrock
539 33:03 Deidre Martin
554 33:28 Sharon Mulvaney
561 33:54 Mary Bires
564 33:58 Lynne Mundigler
578 34:35 Diane Dorece
594 35:26 Barbara Schade
611 36:55 Susan Fromm
629 38:24 Pamela Shefchik
630 38:25 Claire Owen
639 39:09 Deborah Hammen
640 39:13 Kathleen Hurley
641 39:13 Nancy Carey
647 39:41 Pamela Detrow
658 41:02 Kay Redmond
684 43:36 Joan Quinn

- M60&over
28 20:47 Ronald Gottschalk
55 21:50 Mike Kirkwood
120 23:37 Bill Shay
188 25:13 Bob Lasko
203 25:40 Bruce Boeck
205 25:41 Alan Williams
211 25:49 Paul Scobey
225 26:09 Richard Stevens
365 28:38 David Segel
487 31:42 Edward Mackus
530 32:52 Tommie Bedford
548 33:18 Fred Kittell
588 34:59 John Schiek
682 43:11 Richard Paulton

- F60&over
517 32:24 Bernadine Smurawa
598 35:40 Karen Dobbert
601 35:43 Cheryl Woodworth
621 37:43 Mary Malone
675 42:32 Ann Bernard

The Most Times



are in ‘The Strider’

MAKING DUST
“IF YOU DON’T MAKE DUST, YOU EAT DUST”

MAKE-A-WISH
RUN TO FIESTA

Lakefront

Milwaukee WI

Saturday, August 28, 2004

5K RUN/WALK

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

PLACE TIME NAME

M

1 16:08 Shane Carr

F

4 17:34 Jenny Crain

M14&under

66 22:55 Brandon Zall
70 23:14 Kevin Wahlen
75 23:25 Ryan Berg
91 23:58 Casey Sabinash
111 24:58 Andrew Salo
119 25:19 Wes Stasik
125 25:31 Lex Rofes
127 25:32 John Schultz
130 25:41 Keith Grabarczyk
216 28:23 Freddie Oby
260 29:39 Jeffrey Mitchell
273 30:08 Javante Haste
298 31:11 Michael Czubkowski
328 33:26 Alex Folz
336 33:56 Sammy Oliden
343 34:20 Christopher Scheele
346 34:24 Nicholas James
354 35:14 Jack Clapham
370 36:33 Demetrius Julien
371 36:37 Donnie Gaglione
386 38:01 John Anderson
390 38:29 Michael Kryszak
391 38:31 Justin Oliden
400 40:42 Sean Tobin
401 40:52 Ryan Tobin
404 41:06 Arthur Fernandez

F14&under

106 24:45 Rebecca Wiener
236 28:42 Allison Glaubke
253 29:29 Sara Heller
321 33:08 Samantha Balkowski
334 33:52 Raqual Berg
373 36:52 Vanessa Galloway
381 37:47 Alyssa Pietruska
408 41:42 Amanda Fernandez
418 44:52 Haley Anderson

M15-19

33 20:59 W Matthew Schumaker
73 23:16 Alex Carbajal
107 24:46 Craig Feinauer
251 29:27 Bremt Grihalva
252 29:28 Austin Loveless
302 31:37 Andy Stein
305 31:45 Drew Fremder
311 32:22 Matt Lulay
325 33:15 Antonio Carbajal
326 33:15 Ryan Gustin
374 36:53 Erick Jr Berg
412 43:23 Jesse Holmes
417 44:09 Corbin Holmes

F15-19

121 25:21 Lauren Knaak
140 26:00 Laura Frazier
154 26:36 Lauren Waraxa
167 27:10 Kahla Kroening
225 28:30 Lindsay Pfeifer
241 28:51 Robyn Kempf
285 30:32 Samantha Feinauer
340 34:17 Lisa Brendemuehl
352 35:06 Heidi Reeves
356 35:18 Catherine Slavson
379 37:01 Lisa Krueger
385 38:00 Steph Kass

M20-24

17 19:59 Nicholas Pitts
44 21:56 Chris Lein
50 22:15 Justin Kramer
82 23:42 Somjai Thongsavanh
87 23:49 Rob Boero
102 24:31 Jeff Kimpel
146 26:17 Andrew Krohn
151 26:27 Juan Guzman
175 27:14 Jim Jacobson
184 27:28 Joshua Katcha
196 27:45 Miguel Oviedo
214 28:22 Timothy Keller
257 29:35 Adam Gavran



338 34:13 Matthew Junemann
361 35:40 Ugo Casares

F20-24

37 21:19 Peggy Sue McNulty
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M25-29

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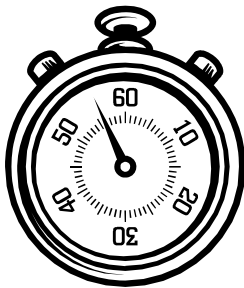
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Coaching Certifications Offered in October

*Patti Finke,
RRCA Coaching Committee Chairperson*
<http://www.rrca.org/coaching>

Road Runners Club of America offers Coaching Certifications in Portland and Hartford.

October 1 & 2, 2004 in Portland Oregon in conjunction with Portland Marathon. The class will be held at the Hilton Hotel both days.

October 7 & 8, 2004 in Hartford Connecticut in conjunction with the Greater Hartford Marathon. The class will be held at the Crowne Plaza Hotel both days



The certification is designed for coaching adult endurance runners for road running. Day one will be The Basis of Training. The curriculum will include the Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury prevention and Nutrition. Day two will be devoted to the Techniques of Training. It will cover developing training plans, cycles, and progressions, speed work

and other related topics. Group exercises will teach how to apply the topics covered.

The Oregon certification will be conducted by Patti & Warren Finke, RRCA certified coaches. Patti, an exercise physiologist, is the Chairperson of the RRCA Coaching Committee. Warren, is a long time coach and distance runner. Both are founders and directors of the Portland Marathon Training Clinic, now in its 19th year. They are the author's of "Marathoning Start To Finish and of numerous articles on training for local, regional, national and international magazines.

The Hartford certification will be taught by Janet Hamilton and Mike Broderick, RRCA certified coaches. Janet, an exercise physiologist with a specialty in biomechanics, teaches exercise physiology at the college level as well as coaching runners. Janet is the author of Running Strong, a book on injury prevention for runners. Mike is in charge of the advanced marathon training for the Montgomery County Road Runners and a lawyer. Cost for the 2 day certification class is \$200.

You must register for the certification class at least a week prior to attending or before it is filled, (limited to 30). For additional information and to register visit <http://www.rrca.org/coaching>

RRCA Office Moving

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

After many years in Alexandria Virginia the National Office will be moving September 1st to new offices in Columbia Maryland. Columbia is located midway between Baltimore and Washington, D.C. in Howard County. Three international and regional airports are located within an hour's drive from Columbia, with Baltimore - Washington International Airport only 20 minutes away. There are more than 5,300 acres of open space in Columbia (currently 3,100 acres are maintained by Columbia Association), including parks, playgrounds and natural areas. More than 80 miles of pathways allow you to jog, bike, walk, or run all over the community.

We look forward to welcoming you to our new office.

The address for the new office:
Road Runners Club of America
8965 Guilford Road Suite 150
Columbia, Md., 21046

The new phone:
410-290-3890
410-290-3893 (Fax)

Improvement – One Man’s Quest, An Update

by Jon Butt

Can you believe it has been many weeks since I last reported? Hard to believe as time seems to be flying by. In the July issue of this newsletter, you were introduced to my quest to improve my running. At that time, I promised to updates. So that is what I plan to do. Three words summarize what I have learned over the last couple of months: mileage, patience, and heat/humidity. I'll start with mileage.

Mileage:

I have been following my program for a total of about 16 weeks. During the majority of that time, I consistently logged about 30 miles each week. Instead of looking at weekly performance, the program uses a series of 2400m runs as a fitness test to judge improvement. Graph 1 depicts a comparison between the 3 fitness tests that have been done to date.

It is worth noting that I have a friend, Mark, that is following the same program. He is 26 and a much more accomplished runner than I am. His goal is to break a 3:10 marathon and he has agreed to share his fitness test results with me. Graph 2 shows his results.

The two charts do show differences in our results. Mark has made very good improvement. This is also reflected in his daily performance as he states he is consistently running faster than he ever has at lower heart rates.

I, on the other hand, showed some improvement after my second test in the low HR's but actually showed a drop off in performance at the high HR's. I was encourage by the lower HR's and surprised by the high HR's. Mark believes that the drop off in performance should have been expected as my body begins to adjust to the new training program.

Here comes the mileage part. Other than our ages, a key difference between our training programs is the miles involved. Even though we are running about the same amount of time, Mark covers more miles than I do because he is simply faster. Mark is over 50 miles a week where I am around 30. And I suspect this has contributed to the results of the fitness tests. I am in the process of increasing my mileage with the goal of 50 miles per week. The results of the third fitness test show more improvement and that is in part to another 6 weeks following the training program but also in part to increased mileage. There is no substitute for mileage. How often have we heard this?

Patience

There are a couple of other graphs that help to depict what is happening to my performance. Graph

3 illustrates a relationship between my pace as a function of my heart rate. Although there are many data points and it maybe hard to see, it is possible to look at the results for each month and determine the value of this relationship. Table 1 contains this information for April, May, June and July. I also have similar data from 2003 and have included this information in the table as well.

Table 1: Relationship between pace and Heart Rate (mpm/10 bpm)

Month	2004	2003
April	1.228	0.729
May	1.141	0.967
June	1.391	0.979
July	0.895	0.663

I started on my program in May. As my body adjusted to the new program, this relationship dropped off. But after my body adjusted, performance improved. And in comparison to the year before, I have made much improvement. In 2003, a 10 bpm change in my heart rate would result in just under a minute per mile improvement in my pace. A year later, the same 10 bpm change in heart rate could result in just under a 1.4 minute per mile improvement in June. This is almost a 40% jump.

Finally, Graph 4 depicts the pace in my pace over time at my lowest heart rate, about 60% of my maximum. There is some variation in the pace as a result of daily conditions but for the most part the trend indicates that my pace is getting faster.

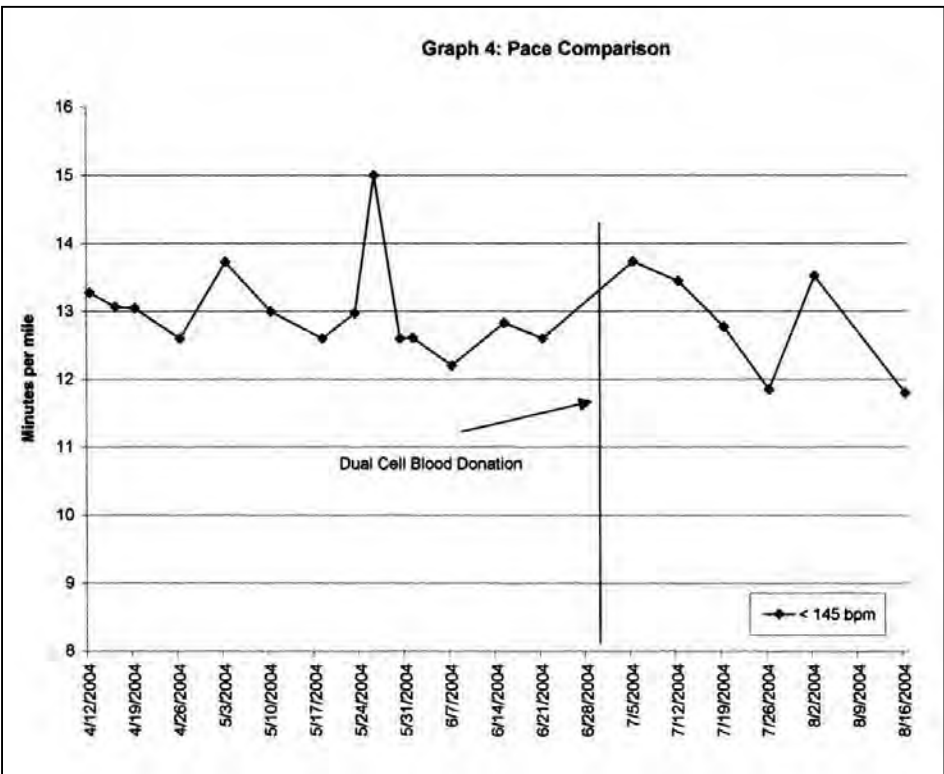
Even though I am slow, I have made steady improvement. Patience will be rewarded.

Heat/Humidity

Most runners understand that as the heat and humidity rise, it requires a higher heart rate to maintain the same pace. If you look at Table 1, one can definitely see this affect, as the values for July are not as good as the values for June.

To further illustrate this point, my friend Mark shared some information with me from one of his runs. He has begun running doubles. One day, his morning pace for the 5.2-mile run was 8:35 at 135 bpm. His afternoon run done in 87-degree heat resulted in a pace of 9:05 at 140 bpm. I had similar results by running the same route within 3 days of each other shaving off 9 minutes for the run maintaining the same average heart rate, simply due to heat and humidity. To further demonstrate this point, the spikes in pace found on Graph 4 occurred on days with very high humidity and temperature.

Well that's it for now. Overall, I am pleased with my progress and am excited to continue the program. On a side note, I have begun to see my weight drop and my blood pressure is as low as it has been in many years. If you have joined me on this quest for improvement, I hope you are experiencing similar results. I'll be back in another 3 months with an update.



Exciting Developments at Lakefront Marathon



by Dave O'Brien
Things are developing quickly.

Just one month before the October 3 running of Lakefront Marathon, Registration Captain Pauline Shoemaker reported that entries were up more than 20

percent over last year.

"With numbers like these," RD Kris Hinrichs remarked, "We could have over two thousand in the marathon alone."

"No-o-o," Mike Proctor replied, shaking his head. "Think more like *twenty-five hundred!*"

Anyway, anything over 1766 would represent a record number.

This sudden swell in participation may be viewed by some as a burden; by others as a challenge. Either way, it's exciting.

One group who has risen to the challenge is the marathon public relations crew. They came up with the idea of getting a radio and a TV personality to cover the event. Then they made some contacts and *did exactly that*.

The TV personality is reporter Peter Linton-Smith of FOX 6 WITI. Peter is participating in Badgerland Striders' marathon buildup program, and appears to be on target to finish Marine Corps Marathon this year.

"I've tried a variety of training programs," wrote Peter in an e-mail, "from Jeff Galloway, to 'The Non-Runner's Marathon Training Guide; Four Months to a Four-Hour Marathon.' (That one was a miserable failure.)"

"I'm still in search of the ideal training method and schedule. The Strider buildup program is the first formalized training I've done.

"Eventually I'll figure out how to run a marathon, because I just don't want to take up bowling," he quipped.

A "mid-pack" runner, Peter has completed five marathons in the last two years, but is using the buildup program to try to improve his time.

He has been interviewing three designated "first-timers" before the start of their training runs on certain weeks. Those weeks, he would arrange his own schedule to do his own long run on a different day.

I asked Peter what it took to convince FOX 6 management to allow him to cover this event.

"The event wasn't a problem," he stated. "The problem was that the buildup program was starting July 3, and the marathon wasn't until three months later.

"TV tends to rely on instant coverage and playback. I had to sell them on the idea of investing in coverage that would have no value until later in the year," he explained.

The radio personality is Steve "The HOMER" True of WISN. Many of us have heard him interview Kris Hinrichs and others about the marathon experience.

Steve's inspiration is that Oprah Winfrey ran a marathon. Steve considered himself to be overweight and out of shape, but Oprah?

"If she did it, I can do it," Steve declared with finality. He has been training for three months, experienced some knee problems, then discovered he could run without pain on the cushioned track at Hart Park. Using that as his "ace in the hole," he has been able to keep up with the other runners in the marathon buildup program.



Although Steve has another assignment at noon on October 3, he intends to start running Lakefront Marathon at 8:00 a.m., and get in 7 to 10 miles along the marathon course before he has to 'scoot' to his assignment. He intends to complete the Chicago Marathon the following weekend. You can hear Steve from 6 pm to 8 pm weeknights on Newstalk – 1130 WISN.

For a quick update on the three "first-timers," I asked each of them the same four questions. The first question was, "How are your legs?"

Pam Grzybowski, who had some leg problems recently, said her calves, knees, and one ankle were giving her grief, especially after long runs. She was using ice and Aleve, and was looking forward to running in new shoes. Sally Koch said that although she has had a tight hamstring for 4 – 6 months, it was no worse for long distances. Barb Ecklund said her legs felt "a little wobbly" after long runs, but afterward they felt fine.

Question #2: "How's your speed?"

Pam, who is able to maintain a ten-minute pace for the first ten miles, finds those last miles (beyond ten miles) tend to "drag a bit." Sally reported, "My speed is giving me concern. On my shorter runs (less than 10 miles), I am improving. On my longer runs, I seem to be slowing down a bit. However, part of that is my ability to understand how fast I can go out and

maintain that speed." Barb reflected the same thought: "I really need to focus on not running too fast at the beginning of the long runs. If I start out slow enough, I can keep a good pace through the whole run."

My third question was, "What difficulties have you had?"

Here Pam indicated a time and scheduling problem. She prefers to run before work, but since her work starts at 6:00 a.m., she needs to be out and running by 4:00 a.m., and that feels "a little bit creepy." She has taken to varying her schedule, running some mornings and some evenings, but the additional training time is difficult to fit in. Sally has a hard time maintaining mental sharpness and discipline. "When I am tired," she says, "I seem to lose my mental edge and not run as fast. I don't feel physically tired, but I don't think I push myself hard enough mentally." Barb's difficulties: time, and keeping focused. "It is such a long training program, it's hard to keep other things in life from distracting me."

"How do you feel about your prospects of finishing," was my fourth question. All three women gave a positive response.

Pam: "I'm determined to finish. I feel that only an injury would prevent me from continuing." Sally says she wants to "Run the whole race and finish running. I have a lot of pride and do not want to let myself and others down who have been supporting me through my training." Barb's self-assessment: "Excellent."

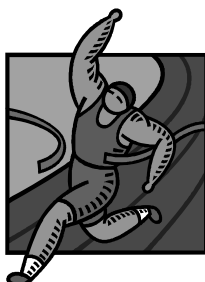
Having followed the progress of these first-time marathoners for just a few weeks, I feel at one with them in their cause. Isn't it exciting?

I asked RD Kris Hinrichs how she felt our club would respond to the needs of the larger field of runners on this, the 24th running of the Lakefront Marathon.

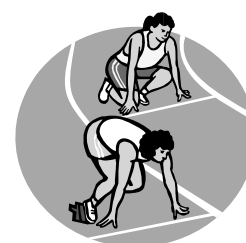
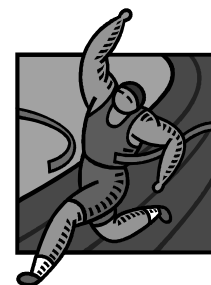
"I am confident we will meet the challenge," she replied, "Just as we have over the last five years of steady growth."

If you're not running it this year, you may consider helping along the course or at the finish, so you can witness first-hand the product of all the preparation, dedication, and training.

Lakefront Marathon will start in Grafton at 8:00 a.m. on Sunday, October 3. The bridge demolition near the finish dictates a new finish route through McKinley Marina, and a new finish area in the open field just south of the kite shop. If you wish to help with the marathon, please phone volunteer coordinator Brigitte Wendt at (262) 971-0115, or e-mail her at <bwendt@execpc.com>. For more information, including race results, visit www.badgerlandstriders.org/lakefront.



Another Firecracker Kids Team: Strider member Jonathan Nitz w/his Star of Bethlehem CC team



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the Strider

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