

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 33, No. 10

November/December 2004

Stomp and Romp the Winter Blahs Away

By Dick Menzel

This is the Samson Stomp's twenty-fifth year. It will be held on Sunday, January 16, 2005. The Samson Stomp honors the late Samson the gorilla who was one of the zoo's most popular attractions. Samson always put on a great show for the spectators and was loved by many. The money that is raised by the Samson Stomp helps support all of the animals at the zoo, not just the gorillas.

I am excited to be the new race director of the Samson Stomp and Romp. I have been a member of the Badgerland Striders for twenty years and I felt that it was time that I direct one of the club's races. I was lucky to be selected as director of the Samson Stomp as it is a quality race that has very qualified Captains.



The Samson Stomp offers four different events, all of which take place completely within the zoo. There is a 5K competitive run that starts at 9:30am.

This event has age group divisions every five years and

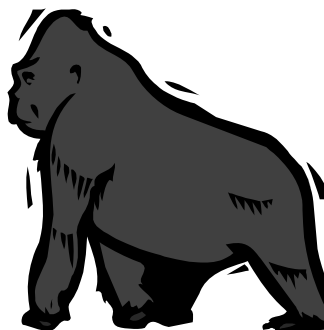
awards the first three places in each division. If you are competitive take note that last year's male winner, Ryan Gasper ran it in 16:21. The first female, Stacia Beste won with a time of 17:44.

There is a two mile run/walk that starts at 10:15am.

Everyone receives a ribbon in the children's events. There's a one mile romp for kids ages 7-12 that starts at 10:45am and a quarter-mile mini-romp for 2-6 year olds that starts at 11:00am.

This is a fun event for the whole family. Advance registration fees are \$15 for the 5k run or 2 mile walk, \$14 for the romps. Families of four or more can register for \$12 per person. On race day, the fee is \$17 for everyone. Corporate teams are encouraged to participate. The team fee is \$120 for a team of ten.

Runners will receive a long sleeve t-shirt and will be given refreshments after the run at the Peck Center. Entry into the zoo and parking are free-- so lets get romping!



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BADGERLAND STRIDERS 20K

September 4th

New Race Directors find Heat Humidity and Course Confusion, No Problem

By Dennis Wantland and Julie Schroeder

This year's 20K was challenging with humidity and a double loop course on the bike path. The winning male was Josh Nygren at 1:07:01. The first overall female was Heather Gollnick from Hartford with a finish time of 1:21:29.

This was a big event for us, our first race! Well, as Race Directors anyway. When last year we learned that the 20K was looking for a new director, Julie and I thought - "How difficult could it be?" The course is virtually enclosed on the bike trail and Estabrook Park. No city streets, no sentries

(Continued on page 6)



Josh Nygren first male (1:07:13) and Heather Gollnick first female (1:21:29) cross the finish line of the 2004 Strider 20K on a hot foggy morning. Pictures by Jeff Weiss

Tosafest 5K

SEPTEMBER 11TH
PG 7

More Race Reports

Al's Memorial Run

SEPTEMBER 25TH
PG 14

Lakefront Marathon
OCTOBER 3RD
PG 6 & 28

Race for the Cure 5K

SEPTEMBER 19TH
PG 2

Glacial Trail 50K/50MI
OCTOBER 10TH
PG 33&34

Try Something New?

So, you've taken part in all the 2004 Strider Races, and like me, are planning your running calendar for 2005. I thought I'd help you out by suggesting some alternatives to races in the good old USA. Running in International events exposes us to different cultures, rituals, customs, and different dos and don'ts. Some of the events I list are actual events; others are figments of my imagination. See if you can guess which are real, which are embellishments.

Medellin Marathon, (Colombia). If you choose to run this one, run fast, and keep your head down. And get plenty of sleep, as yawning in Colombia is considered rude.

Mumbai Marathon, (India). You won't want to upset the locals, so be sure to take your food and beverage with your right hand. Using your left to serve, pass, or eat is considered unhygienic.

Chubu Trim 20K, (Okinawa, Japan). Have a great time running this one. Just be sure to not call your new Japanese friends by their first name. That is reserved for family and close friends.

Paraguan International Duathlon. This race combines the rigors of mountain running and tandem mountain biking.

4th Ansan Environment Marathon, (Ansan, South Korea). The beauty of this race is it's a 5k. Apparently, all running races in Korea are called marathons. Now we know who started it. Let's say you make plans, fly out there to run a marathon, and then find it's only a 5k. After the initial embarrassment goes away, when you start to laugh at yourself, it's polite in Korea to cover your mouth when you laugh.

Taroko International Marathon. (Taroko, Taiwan)

the
Prez
sez



John Cornell

This is billed as the only marathon run in a canyon. I'm guessing there should be little to no crosswind. If it is windy, be careful where you are looking when you blink your eyes. I've heard that it's rude to blink at somebody in Taiwan. (Jeff W, is this true?).

Ed Note: I haven't heard about the blinking thing but I've run in Taroko Gorge and you'd better keep your eyes open for other reasons. The roads are built into the side of the very steep mountains, so they drop straight off on one side and are prone to landslides from the other.

Rio de Janeiro Marathon. (Brazil). I got this one from the Copacabana running club. I couldn't tell if Barry Manilow was a club member or not. If you choose this one, and your running along and someone asks you how you are doing, don't give them the OK sign (thumb and forefinger together). It's the equivalent of our vulgar middle finger in Brazil. It's also interesting, that the same signal is impolite in Greece and Russia, while it means money in Japan, and zero in France.

Good luck on your 2005 race planning. If you have any international running experiences, write me at jdcstrider@aol.com. I'd love to hear about where everyone has run.

WANNA RUN BOSTON?

Entrants must have run a qualifying time after September 27, 2003 at a certified marathon in order to participate in the 2005 race. All participants must adhere to the guidelines set forth by the B.A.A., USA Track and Field or foreign equivalent, Wheelchair Athletics USA, and the International Stoke-Mandeville Wheelchair Sports Federation. Qualifying times must be met in competitions observing these same rules. Proof of qualification must accompany the application. Participants must be 18 years or older on race day.

Qualifying times are based upon your age on the date of the Boston Marathon in which you will be participating.

QUALIFYING TIMES*

AGE GROUP	MEN	WOMEN
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-44	3hrs 20min	3hrs 50min
45-49	3hrs 30min	4hrs 00min
50-54	3hrs 35min	4hrs 05min
55-59	3hrs 45min	4hrs 15min
60-64	4hrs 00min	4hrs 30min
65-69	4hrs 15min	4hrs 45min
70-74	4hrs 30min	5hrs 00min
75-79	4hrs 45min	5hrs 15min
80 and over	5hrs 00min	5hrs 30min

*An additional 59 seconds will be accepted for each age group time standard. For example, a net time of 3:50:59 will be accepted for a 42-year old woman.

Race for the Cure sees Record Attendance

By Karin Conway,
Race Director

On behalf of the race, and the cause, I would like to extend my thanks to everyone who participated in this year's Komen Milwaukee Race for the Cure. With 5,273 participants, a record attendance high was set this year. The number of timed participants was 615. The nature of the event lends itself to attracting more walkers than timed runners.

This year the weather finally cooperated, which may have helped with the record turnout. In years past, this event has been plagued by foul weather. You know the kind; frigid cold, stiff wind, and pouring rain. We have had it all in the past. September 19th was beautiful and sunny with temperatures in the 70's.

I was proud to be a Strider during this event. A lot of people came together and helped out with the race. It was a good demonstration of how we stick together as a club and help one another. Special thanks go out to the race captains who included: Kris Hinrichs, John Rodee, Dick Menzel, Tom Anderson, Andy Arena, Marty Malin, Jerry Anderson, and especially Don Weyer (for measuring the new course and obtaining certification).

The course was all new this year and it was a big hit. Instead of pounding the pavement mostly through city streets, as in the past, we directed the crowd down to the scenic lakefront. The race started at Northwestern Mutual (Cass St. and Wisconsin Ave.) proceeded down Prospect to the Mason St

The Susan G. Komen
Breast Cancer Foundation



bridge (right by the museum), down the hill and along the seawall at Veterans Park. The course made a sharp turn at "the point," doubled back and right past the "little house on the prairie." The course stayed mostly on the bike paths, following them around the lagoon and then back up the Mason St. bridge. The course finished just past the intersection of Mason St. and Prospect Ave.

The whole purpose of the Komen Race for the Cure is to raise money for breast cancer research. The money raised goes to fund local programs and research. I'm happy to say that the money collected (race fees and donations combined) for

this important cause was over \$200,000 in 2004. Wow! I'm proud to have been a part of it. If you have any questions about Komen please visit the website at www.milwaukeeRacefortheCure.com/

We had a new course record this year. Joe Herington of Brookfield finished in 16:08 with a 5:12 pace. Congratulations Joe! Tim Donahugh was not far behind, finishing in 16:08 with a 5:15 pace. The third place male was Mark Rutledge from Milwaukee who finished in 16:40 with a 5:22 pace.

The first place woman was Denise Manthy. She finished in 19:34. Second place went to Ann Limberg from Sheboygan Falls who finished in 20:10. Mary Bowe from West Allis took third place in 20:31.

Complete results are included in the "results" section of this newsletter.






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Times Past: Yesterday and Today

The 3,422 mile Transcontinental Foot Race



Ron Winkler

We've all heard of Route 66 and the song of the same name that beckons us to get our kicks on Route 66. What you may not know is that when the highway was still incomplete, there was a race to promote and raise funds to complete construction of the highway.

Route 66 was one of many transcontinental highways created in the 1920's as automobiles became a major form of transportation. Route 66 connected Chicago with Los Angeles as it passed through the states of Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California. No other highway captured America's imagination as did Route 66. It was the highway traveled by the mythical Joad Family in John Steinbeck's The Grapes of Wrath. Henry Fonda starred in the John Ford production of the movie version as the Joads left the parched soil of Oklahoma to travel to the land of opportunity in southern California to pick grapes.

Known as the road to opportunity, Route 66 was also nicknamed "America's Main Street," and was the ultimate road trip as it passed through the birth place of the corndog and other tourist traps such as the original London Bridge. The song "Route 66" was written by Bobby Troup and made popular by Nat King Cole. In addition, Sterling Silliphant produced a weekly television show called Route 66 in the early 1960's which chronicled the adventures of two men traveling down the highway in their red corvette.

The original idea for a race came from Lon Scott, an early Route 66 publicist. Scott took his idea to C. C. Pyle who was known as the P. T. Barnum of professional sports. Pyle was able to attract 275 men (women were not permitted) who paid an entry fee of \$100.00 to run 3422.3 miles from Los Angeles to New York. The race followed Route 66 from Los Angeles to Chicago and continued through Indiana, Ohio, Pennsylvania, New Jersey and New York. The top prize was \$25,000 followed by lesser prize money to anyone finishing in the top ten. The official name of the race was C. C. Pyle's First Annual International Trans-Continental Foot Race. There was no second annual race, as this was a one hit wonder. The race was also known as The Great American Foot Race and was dubbed by reporters as the Bunion Derby.

The race began in grand style from the Ascott Speedway in Los Angeles where 500,000 spectators gathered to view the start on March 4, 1928 at 3:30 p.m. By the end of the first day, 77 had dropped out. After the second day, twelve quit, followed by eighteen more on the third day. Blisters, heat exhaustion and fallen arches were the major causes for quitting. Some doctors predicted that the race would take five to ten years from the lives of the runners.

The race passed through towns along Route 66 that Pyle could get to pay a fee. The fee was in exchange for publicity that the town received as part of the race. Runners covered an average of forty miles each day. The shortest distance in one day was seventeen miles on day one. The longest distance

was 74.6 miles on the 79th day in New York State.

Ultimately, all finishers ran the same distance by starting together each morning. They had to reach a designated checkpoint by midnight to avoid disqualification. A runner's place in the race was determined by his cumulative time.

In the Texas panhandle, a twenty-year old Cherokee Indian named Andrew Hartley Payne, moved up with the leaders. At this point, there were less than one hundred runners still in the race. Near the Oklahoma state line, Payne took the lead for the first time and remained there as the race passed through Claremore, Oklahoma, the halfway point (which, incidentally, was close to Payne's home town). Payne's closest competition was Peter Gavuzzi, an Italian from Southampton, England, who was one of the favorites. Their duel continued until Gavuzzi dropped out in Ohio with an infected tooth.

When the runners reached Chicago, the end of the Route 66 leg, there were seventy runners left. By the time they reached Madison Square Garden in New York City, 87 days after the start, only 55 of the 275 starters were still in the race. Andy Payne was the winner, completing the 3422.3 mile s in 573 hours, 4 minutes. Payne used the \$25,000 prize to pay off the mortgage on his parents' farm. In 1934 he became clerk of the Oklahoma Supreme Court, and was reelected seven times.

The Bunion Derby accomplished its goal as a promotional event that improved the image of the highway and helped make Route 66 a household word. The highway had its heyday until 1956 when the interstate highway system was established. The faster interstate was the death of the highway, although today there is renewed interest in Route 66. Many of the establishments are still around and Route 66 historical societies and memorabilia are flourishing.



Andy Payne

Top Ten Finishers and their prize money: 1. Andrew Payne 573h 4min, \$25,000; 2. John Salo 588h 40 min, \$10,000; 3. Phillip Granville 614h 42min, \$5000; 4. Mike Joyce 636h 43min, \$2500; 5. Guisto Umek 641h 27min, (5th through 10th received \$1000 each); 6. H. William Kerr 641h 37min; 7. Louis Perrella 658h 45min; 8. Ed Gardner 659h 56min; 9. Frank R. Von Flue 661h 31min; 10. John Cronick 666h 42min.



Other Products Available



1998 - Route 66 Engagement Calendar



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Dine In Route 66 Cookbook

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Traveling Striders

THE DIFONZO SURRENDER

By Robert J. Ludlum
(a.k.a. Kevin Mastaw)

The Kenyan looked over his shoulder with the Russian in hot pursuit. After months of preparation for this moment, he could not have imagined it would come down to this. The Kenyan's life flashed by in his mind, the fatigue of the day blinding his thoughts as the end drew near.

The Russian, now on the Kenyan's heels, took aim, fired – and, with less than a half-mile to freedom, passed him. And so the drama of the finish of this year's Grandma's Marathon played out like a cold war novel.

Likewise, intrigue surrounded the annual Badgerland Striders Bus Trip to Duluth. Months before, rumors had been circulated that the bus trip was being cancelled. Other rumors that the bus was being filled by interlopers known as triathletes, also came to the organizer's attention. Even completing this article seemed to be the target of sabotage when, in the course of writing it, my computer crashed.

Because of the ongoing terrorist threats in the country and the "chatter" on the graffiti board of the Badgerland Strider website, security was tight. Supplies for the trip were procured the night before departure and the beer supply was carefully guarded up to the time it was loaded onto the bus on the morning of June 18th.

Despite Dave Gavinski's recommendations to do so, however, we stopped short of patting down the travelers before boarding.

Our guest list, this year, included many regulars as well as a few celebrities.

Those who've made riding the trip to Duluth an annual pilgrimage and so were with us again this year included Dave Gavinski, Barbara Jewell, Helen Schmidt, Grant Nelson, Ted Itzov, Linda Pulkowski, Cindi Bergs and Bonnie Cleary. Dick Berg, Strider member and our driver for his 17th year, was again, captain of the bus.

Our celebrity guests included Peter Linton-Smith of Channel 6 news fame, Chris Carnazzo – a producer of sports promos for Channel 4, and Ross Strand – the "bouncer" on the Pic n' Save billboards located along various sections of I-94. (The billboards show 5 pears and the caption reads, "only the best get in." Ross's wife, Randi, the creator and producer of the ad was also on the trip.) Coach Dick Dodd, a sub-2:20 marathoner "back-in-the-day" was on board as was his buddy, Steve Szymanski, who was to here for another attempt at Boston Marathon qualification.

Having such notables on the bus made security even more important. Peter had begun (and has since completed) a feature series on 3 marathoners who were training for their first marathon – the recently completed Lakefront Marathon. No doubt Channel 6's competitors fear the success of this series and would probably stop at nothing to see it fail.

All were vigilant on the ride up. A showing of "Caddyshack" lightened the mood somewhat, as did a stop for lunch at the Old Country Buffet in Eau Claire. Later in the afternoon, we reached our destination without incident - so our vigilance obviously paid off.

Sally Koch was our lone participant in the Friday night 5K race. Her 25:28 performance was good enough for an 8th place finish in her division and was a prelude of greatness to come. She went on to finish her first marathon at Lakefront and was one of the women featured in the previously mentioned story by Peter-Linton Smith.

After everyone had picked up their race packets, ate at the pasta dinner and finished their last minute shopping, we were driven back to the motel where final preparations were made for the next day's run. Night descended and, hours later, dawn broke for the

next day. Half-marathoners met the bus at 4:45 a.m. which took them to the shuttles waiting at the DECC. The bus returned to the hotel to get the marathoners for a 6:15 a.m. departure to the starting line.

(Continued on page 5)



annual bus trip to:

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Grandma's Marathon

June 17-19, 2005

Cost is \$225.00 per person and includes:

- Transportation to and from Duluth on a deluxe coach provided by Lamer's Bus Lines.
- 2 nights lodging (double occupancy) at the semi-luxurious Travelodge Spirit Mountain
- Carbo-loading Goodies on the bus ride up to Duluth and plenty of beverages to celebrate your accomplishment (or drown your sorrows) on the ride back to Milwaukee.
- Pizza lunch on the day of the marathon.

The Bus will leave Milwaukee on Friday morning, June 17, and return on Sunday, June 19.

To make your reservation, now, mail this form with a refundable* deposit of \$100.00 (the balance due May 1, 2005) to : Kevin Mastaw, 3810 N. 86th Street, Milwaukee, WI 53222 .

IMPORTANT NOTE: Grandma's Marathon is limited to 9,000 entrants **so registration closes extremely quick.** Entry forms will be available for download from www.grandmasmarathon.com at the end of January. If you participated in Grandma's Marathon in 2003 or 2004 a registration form will be mailed to you. However, if you have changed your address you will need to request a form in writing or download it from the website. For information regarding the Gary Bjorklund 1/2 marathon or the 5K, go to www.grandmasmarathon.com .

If you have any other questions contact Kevin at 414-378-0950 or kmastaw@wi.rr.com .

*Refund of deposit for cancellations made before May 1st, 2005.

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Something you'd like us to know about yourself (for a little game we're going to play on the ride up!)

Make checks payable to **Badgerland Striders, Inc.**



2004 Grandma's Marathon

THE DIFONZO SURRENDER

(Continued from page 4)

This is where the first mystery of the day occurred. While it was made known that the bus would leave at 6:15a.m. for the marathon start line, Bonnie and Helen had not been present on the bus the evening before when the announcement was made. An obvious plot to keep them from enjoying the beginning of the race, they were told that the bus would leave at 6:30. Thus, when they emerged from the motel that morning, the bus was gone! The wicked mind that concocted such a foul plan was never discovered and remains at large to this day.

The marathon and 1/2 marathon events unfolded without injury or consequence to our crew. The many intrigues that did take place, did so off the race course.

Standing on the sidewalk at the finish line area with the rest of the spectators, Karen DiFonzo, Kevin Degenaro - who had already run and finished the 1/2 marathon event - and the author watched and waited for the lead runners. A family standing at the French barricades moved away leaving a gap at the partitions between the race course and crowd. After about 5 minutes, it was obvious no one was going to take advantage of this premium viewing position. So, we moved in. Ten minutes later, one of the women who had occupied the spot prior to us tapped Kevin on the shoulder notifying him of the fact that the spot was hers and that we should move away. Tensions rose and both parties stood their ground. Ever the peacemaker, Karen interceded and calmed the situation - cold silence replacing the verbal joust. A few more minutes passed and the woman left once she understood that the current occupiers would not give up the land that was rightfully theirs.

It is at this point that I must admit to coming into possession of intelligence that Kevin Degenaro was to hatch an offensive on another front later in the morning.

It was for this reason that I kept a close eye on him and his companion, Karen.

It was just after the finish line incident that the series of events he had been orchestrating for weeks would emerge from the drawing board and into reality.

Just after watching Steve Szymanski finish his race,

Kevin whisked Karen away on a shuttle bus back to the motel. There, he took her back to their room. While she was in the shower, he placed a call to the front desk to see if a package had arrived. The desk clerk assured him that a man had delivered the package at the scheduled time. A few minutes later, there was a quiet knock on the door and the package was quietly handed over to Mr. Degenaro while Ms. DiFonzo, unsuspecting, finished her shower.

Meanwhile, the first of two runner pickups was taking place in downtown Duluth. It was at this point, that I felt the need to reveal to the others what I suspected was going on back at the motel - and so I did. Many were surprised and shocked but others

were still feeling the fatigue of their efforts so they were unable to express any emotion retiring into themselves. The bus took us quickly to the motel to find out if the intelligence was correct - it was.

It is not clear how the events in the room developed but the final result is now well documented. As it is told, Ms. DiFonzo left the bathroom in a towel, after drying her hair, to witness Mr. Degenaro and the package that he had just received. Mr. Degenaro, overcome with fear and excitement, dropped to the floor on one knee - and asked Ms. DiFonzo to marry him. A ring and the package - an arrangement of roses - were passed from the future groom to the future bride after an answer of acceptance was confirmed.

(Continued on page 26)



2004 Grandma's Marathon Bus Trip Participants and their Race Time

MARATHON

Dodd	Richard	3:02:14
Carnazzo	Chris	3:10:47
Konkel	Lynn	3:11:58
Szymanski	Steve	3:31:22
Jewell	Barbara	3:56:34
Johnson	Louise	3:57:07
Anderson	Brant	3:59:58
Strand	Randi	3:59:58
Erdahl	Jim	4:06:31
Kraft	Cheryl	4:10:17
Itzov	Ted	4:16:06
Gavinski	Dave	4:25:32
Jackson	Will	4:30:30
Schantzen	Barb	4:39:29
Hollihan	Bill	4:40:50
Jirschele	Jon	4:50:32
Bergs	Cyndi	5:10:32
Almond	Brian	5:14:37
Pulkowski	Linda	5:21:20
Maycroft	Teresa	5:25:50
Linton-Smith	Peter	5:43:08
Pederson	Robin	5:39:06
Fleck	David	6:08:46

HALF MARATHON

Degenaro	Kevin	1:53:02
DiFonzo	Karen	1:53:02
Strand	Ross	2:12:29

5K

Koch	Sally	25:28:00
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ALONG FOR THE RIDE

Schmidt	Helen
Mastaw	Kevin
Hollihan	Mary
Clarey	Bonnie
Touchett	Susan
Erdahl	Mary
Nelson	Grant
Ficker	Mary
Seiberlich	Carrie



Let's Party, Jeff Turner, Brant Anderson, Lynn Konkel, Ross Strand, Randi Strand, Theresa Maycroft, Chris Carnazio & Ted Itzov



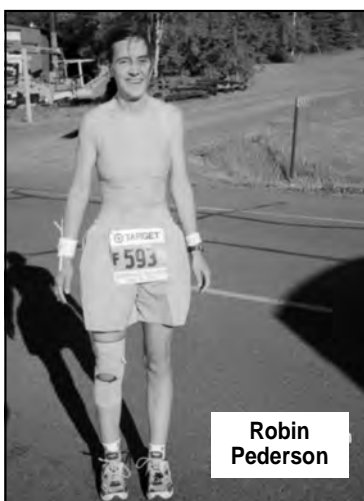
Will Jackson



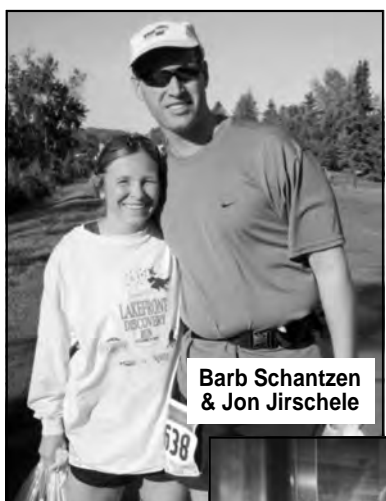
Cheryl Kraft



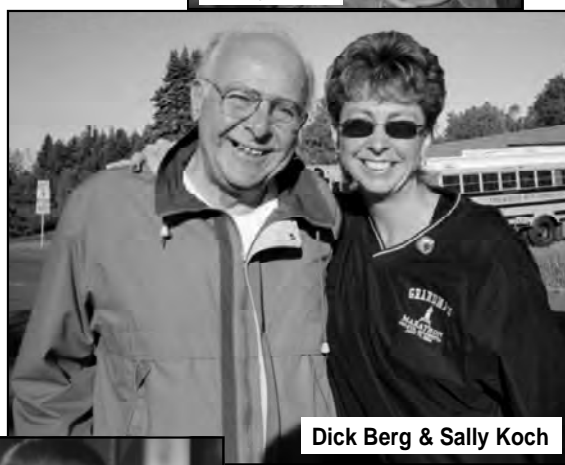
Dave Gavinsky



Robin Pederson



Barb Schantzen & Jon Jirschele



Dick Berg & Sally Koch



Linda Pulkowski & Cyndi Berg



Dick Dodd & Steve Szymanski



Mary & Jim Erdahl



Peter Linton Smith



Lynn Konkel & Chris Carnazzo

Two out of three first-timers finish Lakefront Marathon

by Dave O'Brien

By now you've probably seen the finish results for the 24th annual Lakefront Marathon. Shane Carr of Racine, age 31, won overall in 2:34:34. The leading woman was Aaron Clark, of Lake Forest, IL, in 2:58:30. If these times seem unusually slow, consider that there was a stiff headwind for the last three miles of the race. Complete race results are given in this issue.

Please note that the date for the Twenty-fifth running of LM has been set for Sunday, October 2. You might like to mark your calendar now.

If you've been following the progress of our featured first-time marathon trainees and runners, you'll be happy to hear that two of the three, Sally Koch and Pam Grzybowski, finished with flying colors and expect to run other marathons.

The third one, Barb Ecklund, was forced to quit after just a few miles into the marathon, due to leg and groin pain. However, Barb is hopeful she will be able to train again soon.

I was able to persuade each of them to put their feelings into writing.

First, some words from Sally:

The LFM was a life changing experience for me. It was fun through the entire process of setting goals, training (for the most part), meeting others, learning helpful hints, and running the marathon itself.

I had 3 goals for my first marathon experience: (1) to run the entire distance, (2) to complete within 4 hours and 30 minutes, and (3) to have fun.

I am happy to report that I achieved all 3 of my goals. At the ½ marathon mark I was right on pace. At mile 19, I saw my family and they were amazed at how strong and good I looked. At mile 23, I wanted to walk so bad, especially with the strong head wind. But I quickly said to myself that I just

ran the first 23 miles, and I would be damned if I was not going to finish this race running! With that, I dug down deep mentally and pushed myself physically to the end.

As I was running, the words of my personal 'coach,' BLS member Doug Nelson, were ringing in my ears. He told me often, "Go out slow in the beginning. Some of the runners that pass you at the start, you will pass at the end." I'll be darned if he wasn't right! Although I felt bad for those that were in pain or walking, I also respected their desire to push themselves to their personal limits.

As I crossed the finish line, I was overwhelmed with so many emotions – pride, accomplishment, relief, excitement, gratitude – and energized. I thought of all the training and small sacrifices I made along the way . . . and it was so worth it! I was not physically exhausted, and have determined that I had a lot left. I could have run stronger and pushed harder, but that is part of the first marathon learning curve.

There are so many that supported me through this experience. The BLS, LFM, and Peter Linton Smith certainly helped make this a memorable experience for me. My husband Steve, and son Connor supported me without really understanding why I had to run so many miles. Then, as they watched me and others cross the finish line, they understood.

Doug Nelson, who guided me closely through this process, is part of the informal "Armelian Marathoners" group that I have had the pleasure of training with over the past months. This group of runners has logged well over 100 marathons collectively, and they have much experience to share. I appreciate their support and look forward to logging many more miles, and lots of fun and laughter with them.

(Continued on page 7)

First-timers? What about twenty-fourth timers?

by Dave O'Brien

Sure, our attention has been riveted to the progress of three first-time marathon runners, but how many of you remember our reporting on those who have run ALL Lakefront Marathons since the beginning of the event?

Someone had suggested I do a story on them in the summer of 2000, well after the 19th LM running. I used the words, "Ran All Nineteen" in the headline, and followed it with the acronym "RANs"* in the body of the article. I believe there were about half a dozen runners who earned that handle.

In the fall of 2000, after the twentieth LM, I did a follow-up on those who "Ran All Twenty." I tried to get away with calling them "RATs,"* but then editor Sam Martino felt it would be less than appropriate for as prestigious a running publication as *The Strider*.

So here we are in 2004, having just completed the 24th running. Some of the charter runners are still with us, and here is a brief report.

*Notice: hereafter, all obnoxious acronyms have been specifically eliminated from this article.

One reason this report is brief is, now there are fewer runners who have completed all the Lakefront Marathons. Another reason is, it's not an even number. Well, sure, 24 is an even number. It's an even two dozen, and both two and one (a dozen) are even. What I mean is, it's not a *magic* number, since we count to the base ten, and watch for "magic" things to happen at multiples of either five or ten, or

(Continued on page 8)

BADGERLAND STRIDERS 20K

(Continued from page 1)

really needed, nothing to it.

Well, then the road construction started. First we learned that the Parks Department was going to repave the bike path in Estabrook. The original construction plan had that finished long before our event. However, the abnormal summer changed the construction schedule, so that the path was not going to be finished.

"No problem," we figured, we will run the road in the park and extend the course on the south end. Wrong again. The Brady street bridge construction project changed those plans. I contacted Ken Gilgenbach for help. Ken was able to come up with the necessary 12.4-mile course just two weeks before the run. We ended up with a double loop course.

This run is part of the Lakefront Marathon build up program and gives a good opportunity for first timers to test their training under race conditions. It could give them a pretty good idea of what kind of marathon finish time they could expect. For the average marathoner the finish time for this distance will

represent between 40% and 45% of their over all marathon time. By the time you read this you will have completed your first marathon. See how close this was.

I was out at one of the water stations and it was a real treat to watch some of these runners run. Josh Nygren ran with a pack of his buddies from school and they were amazing to see. Josh took first overall with a finish time of 1:07:01 (5:27 per mile pace) Josh is in the 20 – 25 age group. I suspect we will hear from him again. Nice! Members of the group he was running with took six of the first seven finishes. Randy Damkot of West Bend broke up Josh's party and finished fourth with a time of 1:08:16 Randy is in the 35 – 39 age group. Nice job Randy.

The first overall female was Heather Gollnick from Hartford with a finish time of 1:21:29 (6:34 pace). Great job Heather. She is also an Ironman Triathlon finisher. We have many outstanding runners in the area and a lot of them use this race as a tune up.

Wayne Dalton took first in his age group – (30 – 34) at a 5:44 pace. At this writing he was getting ready for the Quad cities Marathon followed by the Philadelphia Marathon 5 weeks after that. I overheard him after the run saying he started out a little to fast, the first couple of miles at 5:15. I know I often have that problem (ha ha).

Dave Dehart was not too far behind Wayne.

You can see Dave in the picture of the start of

Al's Run later in the month. Dave took first in his division there.

It was nice to see Cheryl Neumann. She took first in her division.

Jayne Weyer celebrated her birthday on race day. This placed her in a new age division in which she took first.

I wish to thank all of the runners for coming out. I hope next year we will be able to establish a course that may be a little more friendly for the fast runners (four 180 degree turns tend to slow you down) and one we can keep for awhile. We will continue to start in Estabrook. I think all agree the facilities are nicer then down at the lagoon where this run used to start. We will have mile markers again at each mile.

A big thanks to The Ale House for supplying the beer. The Ale House is real supporter of many of our running events; so don't forget them when you are looking for some good food and fun atmosphere, they are located on north Water St. This year we had two-quarter barrels of the very popular Sprecher Root Beer. This has become a tradition for this run. Next year I will see if I can get a sign to identify it (are there any Sprecher people out there?). Many people thought it was more real beer. We still ran out!

This year there were some rough spots but all in all things went well. Thanks to all the race captains for training Julie and I. We couldn't have done it without Dennis and Pauline Shoemaker, Bonnie and Jim Clarey, Doug Nelson, Len Wachniak and Jeff Weiss. They trained us as Race Directors.

Our thanks also to the working volunteers. Bob and Maya Scherer, John Rodee, Paul Sokolowski and Mary Callen coordinated our water stops. Derek Serna, Steve Schowalter, Gene Sterr and Grant Nelson held the cars off the course. Bob Grzybowski and Kay Loomis were volunteers of all trades, working registration, water stops, whatever needed to be done. There are many more volunteers that deserve recognition but I don't have space for them all. Thank-you all. We couldn't do the run without you.

We are looking forward to next year, see you then.



Julie Schroeder New Co-Race Director and Dennis Wantland (on the right) the other half of the Race Director team, presents an age group award to Paul Gionfrido at the 2004 Strider 20K. Photos by Bob Scherer.

BLS Meeting Speaker

Badgerland Striders Meetings

@ Pettit National Ice Center, 500 South 84th Street, West Allis, WI

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.

JANUARY 19TH, 2005

Barbara R. Graf, MS, RD, ACSM-HFI

Sport Nutritionist/Health & Fitness Specialist

TOPIC:

"NEW YEAR...NEW DIET...NEW YOU:"

*Enhancing Your Health & Running Performance w/
Anti-oxidant-rich & Phytochemical-packed Whole Foods!!!*

OUTLINE:

- A. Why change your diet?
1. Fast Food Nation
 2. Documentary Clip: Super-size Me!
 3. Clip from Dr. Cooper's Address to the U.S. Governors
 4. Lifestyle Diseases & the Obesity Epidemic
- B. What to change in your diet?
1. Less Sugar (Simple Carbohydrates)
 2. Less Un Healthy Fat (Saturated & Trans-fats)
 3. More Complex Carbs & Fiber (Whole Grains, Fruits & Veggies)
 4. More Healthy Fats (Omega-3, PUSF, MUSF)
- C. Definitions:
1. What is a free-radical?
 - a. Where do free-radicals come from?
 - b. What can I do to get rid of free-radicals?
 2. What is an Anti-oxidant?
 3. What is a Phyto-chemical?
- D. Sources:
1. Supplements vs. Anti-oxidant & Phytochemical-rich Foods
 2. Anti-oxidants-rich Whole Foods
 3. Phyto-chemical-packed Whole Foods

COOKING DEMO:

1. Great Guac 'Ole
2. Jazzy-Sazzy Salsa
3. Red Wine Very Berry Cooler

NEW MEETING LOCATION :

Pettit National Ice Center, 500 South 84th Street, West Allis, WI

MARATHON BUILD UP RECAP FOR 2004

By Phil Carpenter

Another year of Build Up Runs is in the rear view mirror, and it was a "dilly"! We had a new Sponsor in Aurora Sports Medicine Institute join us this year, and they made a wonderful addition. Ask the people who took advantage of the post-20 mile run massages or those who got running aches and injuries diagnosed "on the fly" by Aurora's Dr. Mike Gordon. It's enough to make ME try to run another marathon...almost!

I don't want to go any further with the "thank you's" without acknowledging all of those who pitched in and helped out as volunteers, manning water stops, and keeping that signature cheap beer cold! Among those Dennis Shoemaker and Rose Anstedt both went "above and beyond" in the multiple jobs they did! Dennis Captained two of the sessions, and Rose was our "North-End Gatorade Queen" for all the runs above 12 miles. I am particularly grateful to you two for helping me keep this going from week-to-week, with what may appear to be an effortless efficiency...THANK YOU!

My thanks also go out to all the runners who took advantage of the program. Without "customers" the best service we could provide would be worthless.

My reward came as Kris Hinrichs and I greeted all the finishers at the finish line of the Lakefront



Some regulars and some rookies enjoyed this years Marathon Build Up Program

LFM FIRST TIMERS

(Continued from page 6)

I am planning to run my second marathon in Jan. or Feb. 2005. Yes, I am hooked on this sport and all of the related activities that go with it, especially the beer after the race! I never really liked beer, but it sure goes down well after logging many long miles. By the way, I recently learned that BLS is really a drinking group with a running problem – and now I understand that statement so well. Cheers!

Pam reflected similar experiences:

Training for and running my first marathon was such a great experience. And then to finish under 4:30, for me was an accomplishment that I would have never thought possible a year ago.

The last 3 miles were the most difficult and with about a half mile to go, out of nowhere my legs stopped and I started to walk. Thankfully, 'Fr. Mike' passed by and yelled some words of encouragement. I guess that's all I needed because I started to run again until I crossed the finish line.

I wasn't really able to walk again without pain until that Wednesday, and it's taken a good 3 weeks until I felt that I could start running again (darn that left knee!). I know I'm hooked and plan to run more marathons.

Now here's Barb's story:

I am sorry to say I did not finish the marathon. On Thursday morning before the marathon, I went out for a little 3 mile run. At about 2.8 miles, I got a strange feeling in my hip/groin area, so I stopped running. Later that day, the same area was giving me a nagging pain whenever I stood up and started walking. I rested Friday and Saturday, had no more pain, and felt ready to go Sunday morning.

About 1 mile into to marathon, I started feeling this same groin/hip pain. I told myself I could just

"run through it". At the 7.5 mile rest stop I called it quits, barely able to walk, let alone run. As it was, I had pushed it way too far, not able to put ANY pressure on my leg by Sunday afternoon. The diagnosis is severely tight muscles in my leg-beginning in my calf, going all the way up the outside of the leg, which in turn caused major strain on the hip. Now, nearly a month later, I am just barely able to run, and am still on heavy-duty anti-inflammatory medications.

Needless to say, I was very sad not to have completed the marathon. I had absolutely NO pains or strains all through the training program. The cause of my injury is due to inadequate stretching. Now I understand how important stretching is. I completely admit that I was very lazy about stretching. During training, I would rather run an extra half hour than stretch. Well, I learned my lesson the hard way. Thanks to everyone for the support in training through the summer.

How about it, readers, do the above accounts bring back any memories from your own experiences?

We can certainly congratulate Sally and Pam on their achievements, and support Barb in her healing process. Thanks, first-timers, for opening up and allowing us to follow your progress. Best wishes to all of you!



Pam Grzybowski was interviewed during the Build Up Program by Peter Linton-Smith

ATTENTION: All Badgerland Striders Members

Have you won an Award Lately?

By Mary Wincapaw

With the running season winding down, it's time to assess your goals for the season.

The Badgerland Striders provided fine, well-managed runs—Cullen's Healthy Heart Run, Ice Age Trail Run, the Super Run, Tosa Fest, and the Lakefront Marathon, to name a few.

So, how did you do? Did you improve your time in the 5K by seconds, 10K by one minute or a triathlon or marathon by several minutes?

Review your race times to gain recognition as a *Badgerland Striders Most Improved Runner*. Remember that it's the **category** that is the same—not necessarily the same race. If you ran the SuperRun 5K in 2003 at 26: 24, and Tosa Fest 5K in 2004 at 25:24... that's a one minute improved time. You may enter as many categories that apply.

Fill out the form found in this newsletter and mail it to the Badgerland Strider Office, (9200 W. North Avenue, Wauwatosa, WI 53226) by December 18, 2004.

It's always a satisfying experience to improve--and with the Most Improved Runner program--it's equally rewarding to be recognized.

This year we are pleased to announce that Kate Rasman and Geoff Harris will be a part of the Most Improved Runner committee. They are looking forward to receiving your entries and applauding your efforts this past season.



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!

LFM TWENTY FOURTH TIMERS

(Continued from page 6)

whatever. Does this make any sense?

Never mind. This year there are just three (not an even number) remaining marathon runners who have each completed ALL TWENTY-FOUR Lakefront Marathons since the inception of the run. Here they are, and how they did.

Duane Tate, Jr. is the youngest of the featured finishers at age 48. Duane expressed that he was happy with his time, which was "right around" four hours, whether it was counted by chip or clock. He said this year's run seemed quite pleasant except for the headwind he encountered in the last three miles.

"I'm happy to see [the marathon] grow," he expressed, "and with continued good management, it should become a major area event in future years."

Jim Bahr, now retired, still stays busy coaching. Right now he's doing basketball. Jim finished this year's Lakefront Marathon in "around three-and-a-half," he reported. He became injured late in the race, but decided to try to finish anyway.

"It was a slight injury," he explained. "My right knee and Achilles tendon were affected."

Although Jim wasn't entirely happy with his run, he had to admit that "everything is relative," and that he was looking forward to running it again next year.

Bill Boehm of Sheboygan was the hardest to track down, since he's no longer on our member roster. At age 62, he says he's still working.

"So, how did it go?" I asked, in my best Sheboygan accent.

"Yeah, it was pretty regular. It was a nice day. There was some wind at the end."

"So, was the wind a big factor?"

"No, I didn't notice the wind too much until down the big hill. Then when we got down near some buildings it was OK."

"Do you plan to run it next year?"

"Oh, yeah. It's sort of a milestone, isn't it? Like 625. Or twenty-five times twenty-six-point-two, whatever that is."

"Are there any changes you would you like to see next year?"

"Oh, yeah. Founders' parking."

"Founders' parking?" I asked.

"Yeah, now they have parking in that-there company's lot, and you know, it's a long walk to the start line. I think they should provide founders' parking right up front. Either that or a big limo."**

**Limo – short for limousine. Note that acronyms (and even some abbreviations) have been specifically excluded from this article.

So, there you have it. Bill, Jim and Duane all intend to run the 25th annual Lakefront Marathon in 2005, to keep their count going. Please check back with us next year.



Build Up Run volunteers at the Ravine Dr water stop.

Name: _____

Address: _____

City/State/ZIP: _____

Home Phone: _____ Sex: M F

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

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 (**Except December, July and August**) at Tanner Paull Restaurant, 6922 W. Orchard Street, West Allis (70th Street between National Ave. & Greenfield Ave.). Normal meeting agenda is: social hour at 6:30 p.m., followed at 7 p.m. by a guest speaker or presentation, and a business meeting at 8 p.m.

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

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

Disorganized Training Runs

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

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

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

Moving?

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

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



The Sunday Morning Zoo Loop Group - meets every Sunday at 8:30am at Hansen Park Golf Shack



This newsletter is printed on recycled paper.

Badgerland Striders 2005 VIP List

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President	John Cornell	414-967-9657 jdcstrider@aol.com
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Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

Race & Program Directors

Samson Stomp	Dick Menzel	Jan 16, 2005 414-383-1442
John Dick Memorial 50K	Craig Hopper	Feb 05, 2005 262-642-7237
Steve Cullen Run	Phil Carpenter	Feb 12, 2005 414-541-3086
Shamrock Sprint	Bill Jahnke	Mar, 2005 414-282-5702
BLS Beginning Running Program	Marty Malin	Mar 29, 2005 414-453-7326
Strider 1/2 Marathon	Len Wachniak	Apr 09, 2005 414-545-5899
BLS Intermediate Running Program	Marty Malin	Apr 14, 2005 414-453-7326
Brown Deer 10K	Andrew Delzer	Apr, 2005 262-306-1998
Ice Age 50-Mile/50K	Glenn Wargolet	May 14, 2005 262-628-3270
Sarah's Stride – Hartfest 5K	Pete Abraham	May 28, 2005 414-774-4580
Superun 5k	Bob Scherer Karen Van Rite	Jun 22, 2005 262-569-6732 262-786-8661
Hales Corners Firecracker Four	Doug Nelson	July 4, 2005 414-258-2325
Minooka Corn Roast	Dave O'Brien	Aug 03, 2005 414-425-1309
Cudahy 4mi & 10M	John Bell	Aug 07, 2005 414-327-5872
Strider 20K	Julie & Dennis Wantland	Sep 03, 2005 414-264-9968
Badgerland FX 12-24 Hr Run	Marty Malin	Sep 03, 2005 414-453-7326
Tosafest 5K	Tom Davis	Sep 10, 2005 414-220-4220
BLS Beginning Trail Running	Marty Malin	Sep 12, 2005 414-453-7326
Komen Race for the Cure	Karin Conway	Sep 18, 2005 414-961-0116
Al's Memorial 8K Run	Jeff Weiss	Sep 24, 2005 414-771-3165
Lakefront Marathon	Kris Hinrichs	Oct 02, 2005 414-291-0368
Glacial Trail Run	Tom Bunk	Oct 09, 2005 262-392-2506
Lakefront Discovery Run	John Cornell	Oct 29, 2005 414-967-9657
Turkey Trot	Len Wachniak	Nov 06, 2005 414-545-5899

MAKING DUST

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

Badgerland Strider 20K

Milwaukee, WI
September 4, 2004

Results Provided by
Badgerland Striders
Scoring Team

PLACE TIME NAME
M OVERALL
1 1:07:01 Josh Nygren
F OVERALL
29 1:21:29 Heather Gollnick

102 1:34:19 Valerie Nolin
117 1:37:15 Juliet Holden
121 1:37:40 Amy Newman
133 1:39:10 Jill Derwae
146 1:40:03 Kelli Ferrer-Arn
176 1:43:00 Alice Jubeck
214 1:49:17 Rachel Brugmann
221 1:50:58 Randi Strand
246 1:55:31 Sarah Fashun
280 2:02:08 Angela Reifenberg
300 2:14:09 Gail Bergemann

M30-34
10 1:11:14 Wayne Dalton
13 1:15:43 Guillermo Acosta
16 1:16:22 Matt Sveum
19 1:18:15 Benny Smith
43 1:23:34 Erik Monson
45 1:24:33 Steven Kubicki
46 1:24:56 Joel Barbieri
48 1:25:14 Rich Mertes
50 1:25:32 Gerald Cameron
59 1:27:18 Adam Gould
64 1:28:29 Rick Scott

227 1:52:13 Christopher Bruns
236 1:53:32 Jeff Standafer
240 1:53:48 Lowell Nuesse
245 1:55:10 Michael Struck
281 2:02:25 Perry Benes
291 2:06:56 Tim Phillips
303 2:15:52 Richard Reese

F35-39
55 1:26:40 Chris Eifert
69 1:29:50 Caryn Spellman
99 1:33:58 Jenny Heckman
119 1:37:26 Kathleen Rytman
172 1:42:53 Angela Sprau
187 1:45:08 Mary Flaws
192 1:46:17 Allison Hogan
196 1:47:05 Lisa Kleinke
200 1:48:01 Tammy Saunders
212 1:49:09 Barb Kreul
218 1:50:49 S Grunwaldt
238 1:53:47 Wendy Mueller
243 1:54:48 Allison Rausch
251 1:56:45 Shelley Stafaniak
252 1:57:03 Jody Lowe
254 1:57:09 Sarah Beomiz
260 1:59:35 Peggy Rakowski
277 2:02:03 Lisa Cichocki
296 2:12:00 Barbara Ecklund

M40-44
14 1:15:58 Dave Dehart
15 1:15:59 Rick Stefanovick
23 1:20:12 Dave Riesland
24 1:20:21 Scott Koziak
26 1:20:38 Dan Bieser
30 1:21:36 Paul Paikowski
33 1:22:09 S Jackoyo
39 1:23:07 Tim Renzelmann
51 1:25:36 Peter Stefaniak
54 1:26:36 David Timmer
56 1:26:46 Michael Kuehar
60 1:27:25 David Fieldhack
61 1:27:37 Mike Stafaniak
78 1:30:14 Marty Morales
87 1:31:30 Nicholas Anstedt
95 1:32:48 Dave Lahey
110 1:36:00 Steve Johnson
112 1:36:21 Rick Lathers
135 1:39:13 James Davis
140 1:39:45 Dave Gavinski
145 1:39:59 David Lau
147 1:40:05 Steven Matter
148 1:40:06 William Jackson
156 1:40:47 Dwayne Staehler
160 1:41:06 Bruce Lammers
161 1:41:29 David Labadie
166 1:41:55 Larry Wood
175 1:42:57 Scott Sevenich
186 1:45:01 Anthony Brooks
198 1:47:41 Mark Poker
210 1:48:48 Dave Fiegel
216 1:50:27 Michael Krattley
234 1:53:04 Charles Baker
253 1:57:06 Mike Brennan
262 2:00:09 Ron Gieseman

66 1:28:59 Jeff Camosy
84 1:31:04 Kevin Degenaro
90 1:31:57 Troy Ferone
96 1:32:49 Michael Gordon
114 1:36:52 Rob Brugmann
143 1:39:53 Adam Consiglio
215 1:49:55 Brooks Hawley
225 1:52:05 Travis Stolz
270 2:00:59 Ryan Schuelke
278 2:02:04 Jeffrey Schultz
311 2:39:46 Matt Thomas

F30-34
29 1:21:29 Heather Gollnick
83 1:30:41 Michelle Meier
125 1:38:19 Michelle Butzer
128 1:38:42 Christina Burkard
130 1:39:02 Sherry Huhn-Gatzler
136 1:39:20 Jennifer Rudolph
155 1:40:42 Heather Polan
163 1:41:41 C Yerkes
170 1:42:46 Michelle Kehoe
178 1:43:30 Lori Maldonado
222 1:51:42 Joanne Schwenn
230 1:52:23 Karen Difonzo
233 1:52:49 Andi Gumina
239 1:53:47 Jackie White
244 1:54:52 Lara Lopez
259 1:58:46 Serayn Potter
279 2:02:05 Carrie Peksa
293 2:07:22 Cyndi Bergs
302 2:15:51 Tracy Reese

M35-39
4 1:08:16 Randy Damkot
17 1:16:29 Jamie Walz
20 1:18:28 Bruce Holmes
21 1:18:56 Jim Schmidy
25 1:20:27 Jim Kirschbaum
28 1:20:57 Tony Marino
31 1:21:55 J.d. Optekar
36 1:22:56 Chaz Heckman

38 1:23:06 Geoffrey Harris
40 1:23:08 Rob Helf
47 1:25:02 Robert Williams
53 1:25:59 Bill Lee
57 1:26:54 Steve Taylor
70 1:29:51 Todd Edwards
71 1:29:53 Thomas Dellemann
72 1:29:58 Michael White
73 1:30:03 Darryl Wooley
79 1:30:17 B Wells
81 1:30:21 David Hogan
82 1:30:25 Mark Linsler
88 1:31:41 Troy Steege
89 1:31:56 Josh Koch
91 1:32:24 Brent Jesko
92 1:32:26 Patrick O'hara
97 1:33:27 Kevin Scott
101 1:34:13 P Anderson
116 1:37:09 Daniel Tessler
124 1:38:04 Vincent Rust
126 1:38:22 Craig Loomis
131 1:39:04 Stephen Heyroth
151 1:40:22 David Klumpf
168 1:42:16 John Lyons
169 1:42:22 Troy Birk
174 1:42:55 Alonzo Fuller
177 1:43:20 Bradley Geurts
179 1:43:44 Mark Riggan
188 1:45:29 Paul Neumann
211 1:48:57 Joe Ciurlik
224 1:51:55 Jeff Sprau



Mary Bolich
2nd Female
1:21:59

197 1:47:20 Mike End
231 1:52:24 E Flanagan
264 2:00:13 Robert Schultz
272 2:01:09 Bruce Davies
313 2:44:02 Bill Gray

F55-59
242 1:54:45 Jayne Weyer
301 2:15:41 Phyllis Bankier
309 2:32:16 Jeanette Tries

M60-64
63 1:28:09 John Becker
191 1:45:52 Harold Schmidt
256 1:57:59 Frank Madden
258 1:58:44 Gerry Vidal
274 2:01:27 Dennis Euting
283 2:03:05 Richard Bloemers
298 2:13:31 David Martin
305 2:19:07 Mike Colbert

F60-64
217 1:50:34 Nancy Birk
308 2:31:07 Marcia Balthazor

M65-69
68 1:29:49 John Jones
123 1:37:53 Richard Waltz
149 1:40:15 Jim Peterson
220 1:50:55 Ron Caruso
299 2:14:08 James Clarey
304 2:16:32 Manny Lopez

M70&over
229 1:52:21 Paul Schmidt
249 1:56:23 Kent Schlienger
267 2:00:40 Jack Kroll
295 2:09:45 John Moran
297 2:13:00 Paul Gionfriddo



The Lead Pack battled it out from start to finish, from left; Ben Uphoff 3rd 1:08:07, Josh Nygren 1st 1:07:01, Brian Hasemer 5th 1:08:52, Nate Weiland 2nd 1:07:51 and Randy Damkot 4th 1:08:16. Photo by Bob Scherer

M16-19
3 1:08:07 Ben Uphoff
157 1:40:48 Wesley Falk

M20-24
1 1:07:01 Josh Nygren
2 1:07:51 Nate Weiland
5 1:08:52 Bryan Hassemer
6 1:09:51 Micah Hanthorn
7 1:09:52 Matt Tupta
44 1:23:50 Jacob Treptow
49 1:25:21 Aaron Pierce
108 1:35:37 Brock Adams
122 1:37:47 Brian Arndt
141 1:39:50 David Mathwig

M25-29
8 1:10:39 Tom Clark
9 1:10:53 Jason Mayer
11 1:15:01 Ryan Enke
12 1:15:39 Justin Miller
18 1:18:03 Jeff Lindell
34 1:22:28 Dennis Marquardt
62 1:28:07 Jeremiah Alt
80 1:30:20 Jason Chilar
158 1:40:52 Peter Deswood
173 1:42:55 Oscar Garay
183 1:44:26 Dan Paynter
193 1:46:22 Casey Lopez
235 1:53:27 Craig Lambrecht

F25-29
94 1:32:47 Michele Matheny



Jeff Schultz and Lisa Cichocki take some water on a hot day



M45-49
22 1:19:04 Dave Harris
35 1:22:31 John Megan
41 1:23:11 Pat Peery
42 1:23:16 Robb Linnemanstons
52 1:25:58 Jim Cummins
75 1:30:06 Marv Chartrand
77 1:30:11 Alastair Matthews
93 1:32:38 Bill Wagener
100 1:34:11 Jeff Bamberger
105 1:34:55 Pat Zielinski
106 1:34:56 Peter "s" Stefaniak
107 1:35:28 Jay Urbain
109 1:35:40 Rod Vick
120 1:37:26 Ted Itzov
134 1:39:12 Scott Stoner
142 1:39:52 Ely Leichterling
144 1:39:56 Gary Oliverson
162 1:41:33 J Jastrab
164 1:41:48 Joe Thoma
181 1:44:13 Jeff Turner
184 1:44:49 Tim Thoisson
185 1:44:55 Jeff Roznowski
189 1:45:48 Tony Chan
203 1:48:21 Larry Horning
208 1:48:31 Craig Powers
209 1:48:37 Dennis Hanna
237 1:53:35 Jeff Thompson
247 1:55:50 Al Kopplin
255 1:57:33 Max Dermond
263 2:00:10 David Adams
275 2:01:30 John Kowalski
276 2:01:45 John Taylor
286 2:03:39 Michael Shonborn
289 2:05:51 P Foy
290 2:05:51 Patrick Foy
292 2:06:59 Lamarz Francis
306 2:21:19 J Frederick

F45-49
58 1:27:12 Cheryl Neumann
113 1:36:44 Pam Oliverson
159 1:40:57 Kathleen Vanthiel
248 1:55:58 Mary Wysocki
257 1:58:13 Cathy Kliebenstein
265 2:00:17 Pam Grzybowski
266 2:00:39 Julie Baron
268 2:00:50 Rose Anstedt
307 2:23:07 Barbara Brenzel
314 2:51:35 Deborah Buchanan

M50-54
27 1:20:45 Ron Erhardt
37 1:23:06 Patrick Sullivan
65 1:28:52 Layne Davis
74 1:30:04 Marv Cummings
98 1:33:45 Jerry Matthews
118 1:37:21 Pete Abraham
127 1:38:26 Chris Meyers
132 1:39:04 Philip Hawkins
138 1:39:23 Jeffrey Krajacic
139 1:39:44 Tom Heydel
182 1:44:15 Tim Becker
190 1:45:49 Christopher Frelka
201 1:48:15 Donald Scott
204 1:48:21 Frank Horning
205 1:48:24 T Beaton
207 1:48:30 Paul Pujanauski
223 1:51:50 Chuck Zinda
226 1:52:09 Michael Beukema
232 1:52:24 Joe Soriano
250 1:56:32 Ray Lueck
261 2:00:02 Rick Ruenzel
273 2:01:22 David Foster
287 2:04:29 George Greffenreid

F50-54
67 1:29:00 Kris Guderyon-Goetz
103 1:34:31 Barbara Jewell
213 1:49:15 Sue Sharkey
219 1:50:52 Cindy Schramm
271 2:01:00 Jody Fenski
282 2:02:35 Linda Pulkowski
288 2:05:23 Kristine Hinrichs
294 2:08:19 Marietta Holt

M55-59
104 1:34:46 Jim Nowakowski
115 1:37:07 Richard Rowland
129 1:38:53 Donald Hawes
150 1:40:21 Doug Nelson
180 1:44:04 Constanz Hartney
194 1:46:49 Robert Massey



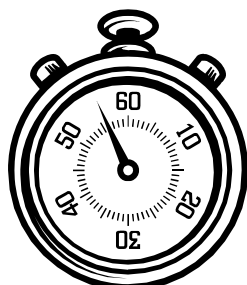
Jeff Krajacic takes the heat in stride



Rick Scott



Joe Soriano



The Most Times

are in The Strider

FROM THE ARCHIVES

25, 20, 15 & 10 years ago

By Ron Winkler

25 Years Ago

November 18, 1979

Avon/Chicago Half-Marathon

Women 50+ Bette Mihalak 1:39:40

December 30, 1979

30 K Championships Lake Bluff, Illinois

Striders only were listed

9. Pete Dodd	1:51:07
21. Don Simon	1:56:14
31. Peter Corfeld	2:00:08
42. Dennis Repke	2:03:29
45. Al Treichel	2:04:06
46. Ed McCarthy	2:04:28
78. John Herod	2:14:14
80. John Helm	2:14:22

20 Years Ago

Thursday, November 22, 1984

6th Annual Kenosha Mayor's Turkey Day 10K Run

Men: **Overall** Dan Stublaski 31:17; **1-14** Andy Kiefe 40:38; **15-19** Peter Schalbach 32:40; **20-24** Stublaski 31:17; **25-29** Mike Ulrich 32:16; **30-34** Mike DeWitt 33:17; **35-39** Mark DeFrang 35:03; **40-44** George Costello 36:54; **45-49** Neale Murray 37:04; **50-54** Bob Scott 37:30; **55-59** Len Olson 37:57; **60+** Paul Sobel 45:50. Women: **Overall** Dona Driscoll 37:05; **1-14** Michelle Bates 49:09; **15-19** Becky Hansen 39:16; **20-24** Pam Ulrich 37:31; **25-29** Driscoll 37:05; **30-34** Joanne Sharp 43:49; **35-39** Eileen Graf 42:38; **40-44** Georgia Dolister 46:08; **55-59** Marilyn Michna 53:49.

6th Annual Mayor's Turkey Day 2mi Run

Men: **Overall** Dennis Raymark 9:42; **1-14** Brian Rice 11:02; **15-19** Dan Peterson 10:01; **20-24** Raymark 9:42; **25-29** Gene Manna 11:21; **30-34** Cyrus Johnson 10:31; **35-39** Mike Howe 10:38; **40-44** Phil Lorenc 10:36; **45-49** Tom Remington 12:21; **50-54** Fred Fritzsche 13:53; **55-59** Peter Kaestner 13:48; **60+** Howard Knox 12:49. Women: **Overall** Sue Gentes 12:20; **1-14** Jennifer Sliwa 13:39; **15-19** Gentes 12:20; **20-24** Lynda Kohler 14:20; **25-29** Judy Ristow 13:32; **30-34** Laurene German 14:39; **35-39** Lynne Siiwa 13:19; **40-44** Darlene Jacoby 13:15; **45-49** Carol Janzen 15:00; **50-54** Audrey Hains 15:58; **55-59** Vivian Paleczynny 19:54; **60+** Rene Tanger 26:41.

Sunday, December 9, 1984

Finnish Five-Mile, Madison Wisconsin

Striders only were listed (233 finishers)

1. Jukka Kallio	25:23
9. Ron Winkler	28:21
18. Robert Johnson	29:20
31. Larry Engel	30:45
36. Charles Bressler	31:26
44. Susan Peters	32:01
47. Ricard Egan	32:06
57. John Pearson	33:00
87. Tom Seamanson	35:50
88. Raymond Potter	35:59
123. John Hessil	38:05
128. Brad Angell	38:27
130. Nora-Ann Krawczyk	38:41
133. Kerry Reinos	38:55
135. Tom Charkowski	39:00
144. Joan Roberts	39:55
149. Frank Stenson	40:22
150. Ann Seamanson	40:23
152. Bob Lehman	40:44
163. Alice Wisniewski (Winkler)	41:49
172. Robert Horn	42:44
182. John Lowrey	43:29
184. Larry Govin-Matzat	43:33
190. Mary Callan	44:00
191. Paul Sokolowski	44:00
193. Richard Kaiser	44:38
207. Joan Horn	46:45

15 Years Ago

Sunday, November 19, 1989

Jingle Bell Run for Arthritis 5K, Milwaukee War Memorial

Male **19-** Joel Wagner 16:08; **20-29** Jerry Busz 15:29; **30-39** Alan Ammentorp 16:37; **40-49** John Jenk 17:06; **50-59** Roger Berg 20:04; **60+** Joe O'Hara 23:08. Female **19-** Michelle Veigh 20:57; **20-29** Jennifer Heyer 18:53; **30-39** Cynthia Sites 20:02; **40-49** Kathryn Rust 23:30; **50-59** Carol Vitale 26:48; **60+** Mary Ptacek 28:35.

Saturday, December 2, 1989 Stevens Point 5-Mile and 10-Mile

5-Mile

1. Ed Meltz	29:35
2. Tom Rulseh	29:51
3. Chris Danielson	29:56
4. Kevin Mahalke	30:30
5. Noel Martin	30:32
6. Godry Strickland	30:39
7. John Wiesman	31:32
8. Paul McLellan	31:37
9. Dave Shantz	32:00
10. Mark Unertl	32:08
11. Rodney Christianson	32:28
12. Rollie Cuhoon	32:32
13. Chester Young	32:44
14. Lance Doenier	32:45
15. Gary Kmiecik	33:03
16. Brian Blaha	33:08
17. Pete Taggatz	33:12
18. Dan Zinser	33:19
19. Shane Wohlrahe	33:35
20. Ben Powell	33:55

10-Mile

1. Arnie Schraeder	54:16
2. Pat Kubley	55:04
3. Dan Schoepke	59:37
4. Dennis Ashauer	60:14
5. Don Fritsch	64:42
6. Chris Salm	65:26
7. Bob Burr	66:03
8. Kevin Peura	66:25
9. Mark Barnett	66:27
10. Lenny Kersten	67:12

10 Years Ago

Saturday, November 5, 1994
Lakefront Discovery Run 15K

Male **1-19** Rob Burke 55:19; **20-24** Doug Burchett 50:01; **25-29** Peter Sell 50:43; **30-34** Mark Beeman 47:49; **40-44** Ron Erhardt 52:33; **45-49** Roy Pirrung 54:52; **50-54** John Becker 58:23; **55-59** James Fahrback 58:25; **60-64** Paul Kutchera 62:43; **65-69** Bill Smeaton 1:12:19; **70+** Paul Gionfriddo 1:21:08. Female **1-19** Devon Bonady 63:56; **20-24** Heather Kinde 61:37; **25-29** Ann Limberg 61:19; **30-34** Barbara Fagan 65:46; **35-39** Donna Perkins 59:14; **40-44** Susan Koch 60:36; **45-49** Tina Cronkite 69:58; **50-54** Kay Loomis 1:18:23; **55-59** Nancy Mueeler 1:20:16; **60-64** Rosemary McCarr 1:34:55; **65-69** Agnes Reinhard 1:23:37.

1994 Club Championships

In 1994, in addition to the age group champions, the "Overall Champions" were determined. The first place finishers in each age group were eligible. Each individual's times in each event were compared to a national standard for their age group in each of the nine events (age grading). Age grading eliminates age and sex bias, effectively allowing comparison across sex and age boundaries. The age grades were used to rescore each event via the club championship scoring system (100-75-50-40-30-20-10 points). The club champions and their points were:

1. Roy Pirrung	755
2. Ron Erhardt	305
3. Paul Kutchera	300
4. Sue Koch	295
5. Chuck Germain	125
6. Peter Sell	120
7. Agnes Reinhard	100
8. Ruth Fina	100
9. James Fahrback	80
10. Clement Grum	75

COMING EVENTS

Nov 25 MAYOR'S TURKEY DAY RUN Kenosha
Thu 2mi 9am. 10k 9:30. Kenosha Youth Foundation, 720-59th Pl. Divs 9-, 5yr, 70+. **Awds** 10k Mayor's trophy 1/mf, trophy 40+, 50+, 60+, 3/div. 2mi trophy 1/mf, 3/div. **Fees** \$12, \$15 after 11/13 (special \$12 reg @ YMCA 4-8pm 11/24). **Perks** TS, dwgs, juice, fruit, shwrs. **Contact** Ken Burman 262 658-1011 kburman653648@aol.com

Nov 25 THANKSGIVING DAY RUN Sheboygan
Thu 10k, 2mi r/w. YMCA, 812 Broughton. Divs 8-, 2yr, 15-19, 5yr, 70+. **Awds** medal 3/mf, 2/div. **Fees** \$15. **Perks** TS/prereg, bev, shwrs. **Contact** Donna Wendlandt Day 920 451-8000 ypresident@sheboygancountyymca.org

Nov 27 HHH BIRTHDAY RUN Madison
Sat Varies 3:30pm. **Contact** Tom Aten Madison HHH. Day 608-835-9823 tom_aten@hotmail.com

Dec 4 FRIGID 8/THERMAL 3 Chippewa Falls
Sat 8mi, 3mi 10am. reg 8:30. Times Tentative. Our Saviour Lutheran Church, 1300 Mansfield. Divs 10yr. **Awds** 1/mf. kids run ribbons/all. **Fees** \$15, \$20 raceday. **Perks** LSTS, snacks, xmas cookies, bev, Santa Claus. **Contact** Kathie Schaus Eve 715 720-2337 schaus.kathryn@marshfieldclinic.org

Dec 4 JINGLE BELL R/W FOR ARTH Fond du Lac
Sat 5k 9am. reg 8. Marian College. **Awds** 3/mf r/w. **Fees** \$18, \$20 raceday. **Perks** TS, bells, gloves, soup, fruit, bagels, bread, cookies. **Contact** Laura Libert Day 920 330-0592 or 800 242-9945 arthritis.org

Dec 4 JINGLE BELL R/W FOR ARTH Green Bay
Sat 5k 9am. reg 7:30. UWGB. **Awds** 3/mf r/w. **Fees** \$18, \$20 raceday. **Perks** TS, bells, gloves, soup, fruit, bagels, bread, cookies, Santa Claus. **Contact** Laura Libert Day 920 330-0592 or 800 242-9945 arthritis.org

Dec 4 JINGLE BELL R/PET W FOR ARTH Janesville
Sat 5k 9:30am. reg 7:30. Janesville Athletic Club. **Awds** 1-3 , mf overall. **Perks** TS, gloves, jingle bells, bagels, soup, juice, shwrs. **Contact** Marjorie Hell Day 608 221-9800 arthritis.org

Dec 4 SLEIGH BELL RUN Kiel
Sat 2mi r/w, 5mi run 10am. reg 8. Kiel MS. Divs 10yr. **Awds** 1/mf, 1/div. **Fees** \$15, \$18 raceday. **Perks** LSTS, bev, snacks, jingle bells, treat bag. **Contact** Katie Willinger Day 414 229-5072 Eve 920 893-5924 katielw@riveredge.us

Dec 4 Hash House Harriers PEARL HARBOR RUN Milw
Sat 3-5mi r/w, 2pm (tentative - date/time). Call or check website. Note Off and on-road course. Divs non-competitive. **Fees** TBA, appx \$30. **Perks** beer, full dinner, DJ or band, games, prizes. **Contact** Liz Day 414-750-2504 waukeshah3.com

Dec 4 UWM OPEN TRACK MEET #1 Milwaukee
Sat track events 9am. field events appx 10:30. Klotsche Ctr (200m indoor), 3409 N Downer Ave. Divs post-college, masters, HS, collegiate. **Awds** 1/div. **Whchr** OK. **Fees** \$10. **Perks** shwrs. Other Call the week of meet to verify date/times/weather. **Contact** Peter Corfeld Day 414 229-5149 or 229-2567 pcxc@uwm.edu

Dec 4 JINGLE BELL R/W FOR ARTH Racine
Sat 5k 9:30am. reg 8. Gateway Tech College. Note 8th Annual. Divs 10-, 11-14, 15-18, 19-29, 10yr, 60+, teams. **Awds** 3/mf, 3/div, traveling trophy for fastest team. **Fees** \$17 thru 11/24. \$25 after. **Perks** LSTS, bells, gloves, food, bev, entertainment, pledge & costume prizes, massage, Santa Claus. **Contact** Stephanie Haller Day 414 321-3933 or 800 242-9945 arthritis.org

Dec 4 FROSTBITE ROAD RACE Stevens Point
Sat 10mi, 5mi r/w, noon. YMCA. Divs 12-, 13-17, 18-24, 5yr, 60+. **Awds** medal 3/div. **Fees** \$15, \$20 after 12/2. **Perks** LSTS, dwgs, fruit, bev, shwrs. **Contact** Jackie Meyers Day 715 342-2980 jmeyers@spymca.org

Dec 5 BADGER ORIENTEERING EVENT New Fane
Sun Long and Short Courses noon. Mauthe Lake SP. Note State Championship. **Fees** \$6/mbr, \$9/non-mbr, \$3/jr. **Contact** Kevin Teschendorf 608-294-1958 userpages.chorus.net/kevin

Dec 11 ARROWHEAD CHRISTMAS CHARITY RUN Hartland
Sat 10am, 5k. Arrowhead HS. Note 4th yr. flat course. Tentative - check first. Divs 14-, 15-19, 10yr, 60+. **Awds** yes. **Fees** \$16, \$20 after 12/7. **Perks** LSTS. **Contact** Mike Mulrooney Day 262 367-3611x3621 mulrooney@ahs.k12.wi.us

Dec 11 KENOSHA YMCA HOLIDAY RUN/WALK
Sat 5k 9am. reg 8. Kenosha YMCA. Divs 4- 5yr 70+. **Awds** plaque 1/mf, medal 3/div. **Fees** \$16, \$19 raceday. **Perks** reg gift 1st 100 reg, hot bev. Other Pancake and Porky Breakfast. **Contact** Bill McGrath Day 262-654-9622x213 kenoshaymca.org

Jan 6 WINTER ADVNCD RUNNING PROG West Allis
Thu 6:30-7:20pm. **Petit National Ice Center**. 14 sessions. Speed program similar to intermediate, but uses heart rate monitors (Provided). Note Get in top racing shape for either Boston or another spring marathon. **Fees** \$45. **Perks** Entry to Petit, H2O bottle. **Contact** Marty Malin BLS 6522 W Wright St Wauwatosa WI 53213. 414 453-7326 4runners@merr.com www.badgerlandstriders.org

Jan 8 JOHN JANTZ MEMORIAL "S-NO-W FUN" RUN Lake Geneva
Sat 5mi 2:30pm. Grand Geneva Resort Just E of Hwys 12 & 50 intersection, rustic roads. Divs 1yr, teams(3), teams must be prereg. **Awds** trophy 1/mf, 1/div. medal/finishers. **Fees** \$20, \$22 raceday. **Perks** dwgs, food **Contact** Joey Falch Eve 262 763-4405 lakesarearunning-club.netfirms.com

Jan 16 SAMSON STOMP Milwaukee
Sun C 5k, 2mi r/w, 1mi Romp (7-12), 1/4mi Mini-Romp (2-6) 9:30am. reg 8. County Zoo. Divs 5k 15-, 5yr, 70+, corp team. **Awds** 5k 3/div. 2mi 3/mf. **Romps** ribbons/all. **Fees** \$15, \$17 raceday, \$12/ea/family(4+). **Romps** \$14, \$17. \$120/team(10). **Perks** TS, box lunch, zoo admission. **Contact** Public Affairs & Svcs Zoo Day 414 771-3040 www.badgerlandstriders.org

New Date!

Feb 12 John Dick Memorial 50K Dousman
Sat 50k Trail run, Mackie Picnic Area, Kettle Moraine State Park, 8am. **Perks** beer, soda, cookies, chili, fireplace. **Contact** Craig Hopper 262-642-7237 www.badgerlandstriders.org

Feb 12 STEVE CULLEN HEALTHY HEARTS CLUB RUN Wauwatosa
Sat 8k run, 2mi r/w 10am. reg 8:45. Wil-o-way Recreation Ctr., Underwood Pkwy. Note benefits Med. College of WI. Divs 8k 14-, 5yr, 70+, 2mi unscored. **Awds** 8k 3/div. **Perks** LSTS, beer, soda, fruit, chili, fireplace. **Contact** Phil Carpenter 414-541-3086 carpntr@aol.com www.badgerlandstriders.org

MAKING DUST

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

TOSAFEST 5K

Wauwatosa, WI

Badgerland Striders

September 11, 2004

Results Provided by
Badgerland Striders
Scoring Team

PLACE TIME NAME

M OVERALL

1 14:57 Aaron Nodolf

F OVERALL

30 17:55 Dot McMahan

M14&under

- 74 20:35 Evan Cooper
- 82 20:52 Sam Dupuis
- 98 21:24 Eric Windt
- 100 21:40 Jack Jorgenson
- 110 22:17 Alex Hintz
- 141 23:26 Erik Barkhaus
- 146 23:31 Casey Sabinash
- 158 23:46 Sam Guerin
- 211 25:13 Kevin Wahlen
- 303 26:54 John Strohbush
- 325 27:38 Freddie Oby
- 378 28:59 Stewart Van Horne
- 381 29:07 Kirk Cooper-Johnson
- 398 29:38 Jon Kaiser
- 399 29:39 Chris Kaiser
- 412 29:54 Ian Reid
- 417 29:59 Charlie Burnett
- 448 31:02 Reggie Young
- 467 31:58 Will Guerin
- 473 32:11 Corey Volden
- 489 32:49 Murphy Sinsky
- 491 32:58 Mac Sinsky
- 493 33:14 Bruce Cunningham
- 513 34:41 Tom Delano
- 519 35:01 Regan Smith
- 562 45:46 Dominic Butzen
- 566 46:20 Owen Sinsky

- 290 26:38 Katie Boyle
- 297 26:50 Molly Smith
- 525 35:33 Abby Kilian
- 526 35:36 Claire Prieto

M20-24

- 3 15:34 Luke Kunze
- 4 15:48 Rob Jach
- 5 15:52 Andrew Keenan
- 9 16:17 Matt Tupta
- 21 17:27 Dan Drier
- 24 17:39 Aaron Pierce
- 48 19:08 Stephen Harris
- 70 20:19 Kristopher Biehler
- 134 23:05 John Dess
- 155 23:41 Brian Lofy
- 210 25:11 Brad Linder
- 252 25:46 Eric Blaschke

F20-24

- 77 20:39 Rachel Grandorf
- 116 22:38 Melissa Lamote
- 160 23:48 Amy Hauck
- 169 24:05 Lisa Tauke
- 266 26:04 Kati Dowling
- 270 26:10 Laura Wright
- 280 26:17 Pamela Mueller
- 318 27:25 Megan Gustafson
- 319 27:27 Sarah Dreier
- 323 27:35 Kate Wakefield
- 335 27:49 Tamara Jones
- 461 31:47 Nikki Ehlenbach
- 512 34:39 Alexis Blackburn
- 517 34:52 Amanda Marks
- 540 37:35 Miriam Levie

M25-29

- 1 14:57 Aaron Nodolf
- 2 15:25 Jim Marschalek
- 6 16:04 Brad Theyerl
- 11 16:44 Justin Miller
- 23 17:38 Jacob Brandau
- 28 17:48 Nate Schreiber
- 130 22:59 David Kanning
- 159 23:47 Aaron Birnbaum
- 168 24:03 Carsten Funk
- 173 24:17 Patrick Reynolds
- 205 25:02 Luke Vetter
- 212 25:15 Doug Nash
- 233 25:27 Joseph Bovi
- 234 25:27 Russell Lemmon
- 243 25:35 Matthew Hass
- 249 25:42 Jason Gleesing
- 260 25:57 Ryan Brant
- 304 26:55 Jeremy Blaisdell
- 308 27:08 Danny Jegerski
- 346 28:08 Daniel Guldner
- 358 28:27 Randy Meyer
- 391 29:29 Errin Fall

- 420 30:06 Lisa Volm
- 423 30:15 Joann Schreiber
- 442 30:55 Erin Bogart
- 443 30:55 Chris Nenonen
- 444 30:59 Becky Lange
- 450 31:09 Kate Jaeger
- 462 31:47 Meagan Struby
- 483 32:34 Lindsay Chitwood
- 497 33:24 Emely Fryda

M30-34

- 10 16:42 Matt Sveum
- 12 16:45 Wayne Dalton
- 18 17:16 Joel Barbieri
- 58 19:48 Christopher Daood
- 59 19:48 Rich Batton
- 62 20:02 Derik Summerfield
- 64 20:13 Tony Jordan
- 80 20:48 Scott Krems
- 93 21:14 Tom Antholine
- 115 22:31 Richard Kawczyk
- 131 23:00 Tom Hansche
- 148 23:34 Jeff Pfeiffer
- 167 24:02 John Gardner
- 171 24:08 Troy Kane
- 188 24:46 Steven Kubicki
- 197 24:55 Stephen Princer
- 207 25:07 Andre Gowens
- 214 25:16 Todd Remmel
- 217 25:18 Jeffrey Schultz
- 226 25:23 Bradley Foley
- 231 25:26 Matt Jeide
- 250 25:43 Francis Pastors
- 281 26:18 Ron Staude
- 299 26:51 Aaron Berken
- 317 27:21 Ross Strand
- 320 27:28 Pete Loeffel
- 334 27:49 Jacob Waidelich
- 377 28:58 Richard Albrecht
- 397 29:38 Brian Hein
- 400 29:39 Kristopher Pfeiffer
- 408 29:53 Tim Ranfranz
- 426 30:24 Lawrence Hanlon
- 435 30:34 Pat Martin
- 485 32:40 Jon Brethauer
- 515 34:46 Charles Terlinden

F30-34

- 50 19:11 Denise Manthy
- 63 20:08 Tracie Mittelsteadt
- 65 20:16 Michelle Meier
- 84 20:56 Karen Nell
- 88 21:04 Elizabeth Forge
- 103 21:59 Jennifer Venn
- 105 22:04 Michelle Draggoo
- 129 22:59 Kelly Delaney
- 137 23:20 Michelle Kehoe
- 145 23:30 Kristi Haanstad
- 176 24:21 Jackie Poulakos
- 186 24:43 Susan Happ
- 187 24:44 Ruth Staude
- 193 24:52 Kim Kuester
- 200 24:57 Kerri Kuester
- 340 28:02 Renee Bartlett
- 342 28:05 Bridget Soleski
- 354 28:18 Monica White
- 368 28:46 Susan Jeide
- 370 28:48 Theresa Sobczak
- 392 29:31 Rebecca Zach
- 403 29:43 Lisa Jur
- 406 29:51 Michelle Anderson
- 410 29:53 Tracy Reese
- 421 30:09 Debra Martin
- 428 30:26 Jennifer Knapp
- 433 30:31 Jen Seaver
- 452 31:20 Sheri Bryan
- 465 31:51 Jennifer Daood
- 482 32:33 Karen Boehme
- 484 32:35 Amy Brethauer
- 492 32:59 Jacqueline Schultz
- 521 35:12 Sadie Sveum
- 532 35:57 Amy Schmitt
- 534 36:31 Christie Polk
- 552 41:21 Monica Ciardo

M35-39

- 7 16:06 Bob Mathews
- 20 17:26 Jamie Walz
- 22 17:34 Paul Hiegel
- 25 17:41 Chaz Heckman
- 26 17:42 Jeff Feldman
- 27 17:44 Jim Stanek
- 34 18:26 Robert Thielke
- 36 18:34 Bill Verbos
- 44 18:56 Ricky Barr
- 45 18:58 John Gray
- 47 19:07 Geoffrey Harris
- 52 19:30 David Gresser
- 68 20:18 Tim Smith
- 73 20:29 Marcus White
- 96 21:20 Todd Yunker
- 113 22:21 Frank Olszewski
- 126 22:54 Paul Schold
- 127 22:57 Mike Schwab
- 133 23:05 Chris Kelley
- 142 23:27 David Brzezczkowski
- 143 23:29 Dean Zehren
- 162 23:53 Charles Elliott
- 165 24:00 Eric Jostons
- 166 24:02 Mike Taylor
- 172 24:13 Pete Chelius
- 183 24:32 Jason Gertzen
- 219 25:20 Karl Schomburg
- 220 25:20 Phil Bielefeld
- 223 25:22 James Caspers
- 224 25:22 William Bartkoski
- 229 25:25 Jeffrey Groux

Chancery Tosa Fest 5K Run to defeat A.L.S.

By Tom Davis, Race Director

The 24th annual The Chancery Tosa Fest 5K Run to defeat A.L.S. was held on September 11th. It was a sunny and warm day, a little warm for running but perfect for spectators, walkers, and for attending Tosafest after the run.

Approximately 900 runners and walkers took part in the race. Aaron Nodolf repeated as overall male winner with a time of 14:57 in the men's division. Aaron's time is close to the course record of 14:41 set by Jerry Husz in 1995. Dot McMahan also repeated as the overall female winner with a time of 17:55. Talk about consistent, Dot's time is one second off her winning time last year. Scott Branta won the men's masters division with a time of 16:13 and Cheryl Neumann won the women's masters with a time of 19:33. Leff's Lucky town was the First Place team. Members of Leff's Lucky Town are Rob Jach, Matt Tupta, Matt Sveum, Wayne Dalton, and Dave Dehart. The Meta-Milers team took 2nd place.

I want to thank the volunteers, most of them Badgerland Striders, who were essential in making the race possible. I'd like to extend special thanks to the race Captains who had numerous duties and responsibilities before, during, and after the race. Many of these people volunteer for multiple runs throughout the year and are essential to the success of many Badgerland Strider races.

If you haven't volunteered yet to help in a run I strongly recommend you try it. I guarantee it will be a worthwhile experience for you.

I also want to thank the race sponsors, The Chancery pub and restaurant, the Milwaukee Journal Sentinel, the Little Read Book Store, and Draggoo Chiropractic Clinic. Their contributions helped greatly towards the event raising approximately \$12,000 to help defeat A.L.S. I hope to see all of you at next year's race.

- 232 25:27 David Dietzler
- 244 25:36 Tom Heinen
- 251 25:46 Jeff Kamer Mayer
- 253 25:49 Troy Malinowski
- 262 25:59 Steven Stanaszak
- 269 26:08 Matthew Ziebert
- 284 26:26 Dan Hegrenes
- 286 26:31 David Debaker
- 291 26:39 Patrick Coffey
- 294 26:47 Eric Venn
- 315 27:18 Dave Fulcher
- 337 27:57 Brian Cunningham
- 347 28:08 Dean Hunt
- 348 28:11 Mike Granowski
- 369 28:48 Erich Gross
- 388 29:21 Jeffrey Sprau
- 396 29:36 Bob Reese
- 402 29:40 Mike Johnson
- 429 30:26 Stephen Mcmanus
- 439 30:50 Rick Natwora
- 276 26:15 Kristine Thomas
- 293 26:41 Beth Ormsby
- 355 28:18 Shawn Granowski
- 372 28:51 Margaret Komp
- 425 30:17 Kathryn Bruffat
- 430 30:27 Maria Schmitt
- 447 31:02 Lisa Ertl
- 451 31:10 Paula Schmidt
- 463 31:48 Beth Strohbush
- 466 31:57 Joanna Barrett
- 469 31:59 Barbara Bomm
- 472 32:11 Sandra Snyder
- 510 34:37 Renee Larkin
- 518 34:55 Mari Griffioen
- 531 35:57 Diana Skaalen
- 533 36:11 Laura Ewig
- 535 36:45 Alexandra Hoslet
- 536 36:49 Kathleen Hodan



Dot McMahan first female (17:55) and Aaron Nodolf first male (14:57) in the 2004 Tosafest 5K. Photo by Kent Schlienger.

F14&under

- 201 24:58 Marina Ciskoski
- 228 25:24 Katelin Cunningham
- 312 27:12 Kari Augustine
- 313 27:13 Molly Gobel
- 387 29:21 Annelise Sprau
- 445 31:01 Jamie Ertl
- 478 32:16 Kelsey Tarpinian
- 507 34:33 Juliana Galofre
- 537 36:49 Margaret Hodan
- 550 40:12 Daniela Galofre
- 558 44:17 Natalie Pitsch
- 560 44:50 Brynn Herbert

- 498 33:49 Brian Struby
- 551 41:21 Anthony Lay
- 564 46:02 Adam Palecek

F25-29

- 30 17:55 Dot McMahan
- 140 23:25 Sarah Wright
- 154 23:37 Amy Kramer
- 206 25:03 Jackie Yetter
- 215 25:17 Stacy Hoyt
- 247 25:38 Amy Lensing
- 259 25:56 Lisa Wertz
- 345 28:07 Lisa Mith
- 351 28:15 Pam Pfeiffer
- 357 28:26 Stephanie Meyer
- 360 28:29 Gail Bergemann
- 361 28:33 Tami Fukuchi
- 385 29:16 Catherine Mueller
- 407 29:52 Sarah Jenkins
- 414 29:57 Julie Jo Jahne

M15-19

- 99 21:30 Sam Frymark
- 136 23:19 John Keenan
- 242 25:35 Steven Fox
- 548 39:39 Tom Bond

F15-19

- 198 24:57 Sarah Niemiec



Honorary Race Chairman Paul Kutschera and Friends

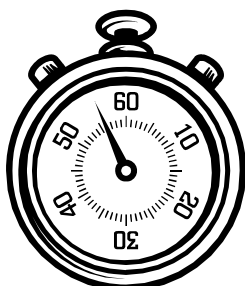
- 446 31:01 Tim Ertl
- 479 32:30 Gary Tarpinian
- 509 34:37 Chris Reuther
- 511 34:37 Joe Wiesner
- 524 35:22 Jeffrey Hart
- 8 16:13 Scott Branta
- 13 16:49 Dave Dehart
- 14 16:58 Rick Stefanovic
- 15 16:59 Jim Gross
- 17 17:14 Gary Hovila
- 19 17:19 Bill Gilmore
- 29 17:52 Don Beuthin
- 35 18:33 Jim Ricker
- 37 18:36 Tony Agostini
- 38 18:44 Russ Bellford
- 40 18:45 Joe Tilley
- 41 18:47 Peter Stevaniak

F35-39

- 72 20:25 Lisa Turner
- 189 24:47 Debbie Schaeer
- 194 24:53 Julie Hagen
- 208 25:09 Kelly Nikolance
- 235 25:28 Lora Klein
- 267 26:04 Jamey Anderson
- 271 26:11 Jodi Kamer Mayer
- 275 26:14 Gina Kleist

(Continued on page 13)

The Most Times



are in The Strider

MAKING DUST

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

TOSAFEST

Saturday, September 11, 2004

5K RUN

(Continued)

(Continued from page 12)

- 54 19:43 Matt Laughlin
- 56 19:46 Mike Stefaniak
- 57 19:47 Vince Marchese
- 61 19:53 Dave Lahey
- 69 20:19 Steve Johnson
- 76 20:37 Rollie Graf Jr
- 81 20:50 Rick Moon
- 94 21:16 David Hilker
- 95 21:18 Alberto Galofre
- 97 21:22 Mike Strathman
- 106 22:06 Greg Geniesse
- 107 22:08 Joel Norton
- 112 22:19 Jay Peldo
- 117 22:39 Tim Brennan
- 122 22:48 Robert Popp
- 124 22:51 John Danieslon
- 135 23:15 Dan Ocallaghan
- 144 23:29 Peter Caine
- 153 23:37 Kevin Koontz
- 164 23:58 Michael Zebrowski
- 170 24:05 Paul Gantz
- 174 24:18 Gregg Fuhrman
- 192 24:52 David Meyer
- 195 24:54 George Hutchinson
- 202 25:00 Tom Ciskoski
- 222 25:21 Larry Dupuis
- 225 25:23 John Herbert
- 237 25:29 Mark Heinen
- 238 25:30 Brian Garrow
- 246 25:38 David Fox
- 248 25:41 Daniel Otzelberger
- 258 25:55 Michael Ziegler
- 268 26:05 Michael Schwabe
- 274 26:12 Mike Klein
- 283 26:22 Jim Knutson
- 285 26:29 Mike Juranger
- 287 26:33 Rick Oconor
- 295 26:47 Steve Grebe
- 296 26:47 Kevin Mullen
- 305 26:58 Matt Smith
- 307 27:04 Daniel Heidemann
- 326 27:39 Albert Orr
- 328 27:41 William Bessa
- 339 28:00 John Foley
- 341 28:04 Dave Salkin
- 343 28:05 Robert Poston
- 405 29:51 Kevin Deveau
- 413 29:56 Philip Reid



- 431 30:30 David Dziebielewski
- 438 30:47 Paul Smith
- 455 31:27 George Fahr
- 474 32:12 Jeff Volden
- 538 37:00 Ken Catron
- 542 38:35 Marty Delano
- 557 44:15 Steve Pitsch

F40-44

- 78 20:41 Sally Schumacher
- 91 21:10 Lori Stauder
- 101 21:54 Amy Oconor
- 121 22:47 Diana Kuhrt
- 161 23:53 Anne Engel
- 177 24:23 Jill Fahr
- 230 25:26 Christine Stefaniak
- 273 26:12 Kathy Coleman
- 302 26:53 Lisa Augustine
- 327 27:40 Katy Gagnon
- 332 27:45 Beth Klein
- 333 27:48 Jeanne Grisetti
- 338 27:58 Dee Foley
- 350 28:15 Laura Wahlen
- 359 28:28 Ann Einen
- 366 28:41 Debbie Koontz
- 371 28:50 Betty Lynch
- 376 28:57 Mary Muschinski
- 384 29:15 Joy Stempora
- 393 29:31 Cheryl Blaschuk
- 394 29:33 Nan Lee Delwiche
- 411 29:54 Kristin Otzelberger

- 432 30:30 Sharon Sime
- 470 32:00 Caroline Garrow
- 475 32:12 Cheryl Bender
- 477 32:13 Sue Delellis
- 488 32:47 Elizabeth Cunningham
- 499 33:53 Amy Reumann
- 508 34:36 Susan Riese
- 523 35:18 Mary Caye Smith
- 527 35:39 Bethany Wilkinson
- 528 35:39 Nancy Auer
- 545 39:25 Cathy Delano
- 549 39:42 Cheryl Bond
- 553 41:35 Terri Miller
- 556 42:21 Marta Clara Bayona
- 559 44:37 Marijo Pitsch
- 567 46:30 Kerry Sinsky

M45-49

- 31 17:56 Dave Harris
- 33 18:15 Clement Grum
- 42 18:49 Ken Babcock
- 43 18:55 Michael Niemiec
- 49 19:11 Jim Heiring
- 51 19:30 Mark Maduza
- 60 19:50 Jean-Roch Grentier
- 71 20:22 Steve Schlager
- 92 21:12 Thomas Johnson
- 114 22:30 Jeff Roznowski
- 119 22:45 James Janke
- 132 23:01 Mike Danisewicz
- 149 23:34 Jim Sabinash
- 150 23:35 Kurt Schuster
- 151 23:35 David Gipp
- 152 23:36 Michael Nell
- 157 23:45 David Mehring
- 178 24:24 Terence Knight
- 180 24:26 Roger Gipp
- 184 24:39 Bill Hintz
- 185 24:42 Michael Costigan
- 191 24:51 Michael Hessler
- 196 24:55 Slow Moe
- 203 25:01 Patrick Klemmer
- 204 25:01 Mark Heinrich
- 218 25:19 Anthony Peters
- 236 25:28 Eric Maas
- 241 25:34 Kenneth Gipp
- 254 25:50 Bruce Ranta
- 255 25:51 Joseph Laskowski
- 257 25:54 Rich Neumann
- 263 26:00 Scott Levenhagen
- 278 26:15 John Kowalski
- 288 26:35 David Miller
- 311 27:12 Thomas Francis Hoffman
- 314 27:15 Brian Ellinger
- 316 27:19 Christopher Fox
- 344 28:05 Brian Lanser
- 362 28:35 Tom Swiderski
- 363 28:36 Jim Wenzler
- 374 28:52 Doug Mitcheson
- 375 28:54 David Mott
- 380 29:06 Glen Luther
- 386 29:18 Jack Broughton
- 395 29:35 Daniel Benavides
- 401 29:40 Kurt Kaiser
- 404 29:49 Steve Skibba
- 416 29:59 James Pannier
- 418 30:00 Larry Burnett
- 424 30:16 Jeff Jung
- 437 30:46 Mark Van Hart
- 458 31:32 Aiex Ng
- 476 32:12 Michael Blaschke
- 541 38:31 Cliff Gatewood
- 568 46:30 Bill Sinsky

F45-49

- 53 19:33 Cheryl Neumann
- 83 20:54 Kim Petak
- 209 25:10 Julie Baron
- 221 25:21 Joni Hodor
- 289 26:37 Debra Strachota
- 292 26:39 Robin Pedersen
- 306 27:03 Karen Johnson
- 310 27:10 Susan Bemann
- 336 27:56 Julie Schroeder
- 349 28:14 Chris Lutze
- 365 28:40 Claire Bruckbauer

- 367 28:42 Gail Nell
- 373 28:51 Cheryl Scheuerman
- 427 30:25 Amy Wenzler
- 457 31:31 Lorri Lobeck
- 460 31:47 Lisa Walter
- 471 32:10 Lisa Licato
- 487 32:45 Molly Duffy
- 500 34:09 Mary Pickering
- 503 34:15 Theresa Lawnicki
- 520 35:07 Mary Boelk

M55-59

- 55 19:44 Dennis Spars
- 85 20:58 James Nowakowski
- 86 21:00 Ron Matousek
- 109 22:11 Robert Massey
- 120 22:45 Donald Hawes
- 179 24:25 Peter Duffy
- 181 24:29 Ron Eder
- 199 24:57 John Wucherer
- 216 25:17 Robert Schultz
- 245 25:37 Larry Ryan
- 277 26:15 Dennis Wantland
- 331 27:44 Paul Woerpel
- 356 28:21 Joseph Radoszewski
- 364 28:38 Donald Mead
- 382 29:12 Mark Westerfield
- 440 30:52 James Taglienti
- 454 31:26 Paul Sokolowski

F55-59

- 213 25:16 Joy Imms
- 227 25:24 Jayne Weyer
- 481 32:31 Bj Larus
- 496 33:23 Nancy Kramer
- 514 34:44 Marcia Redman
- 546 39:27 Ruth Danner

M50-54

- 16 17:08 Chuck Hull
- 32 18:00 Ron Erhardt
- 39 18:44 John Mccarthy
- 46 18:59 Pat Sullivan
- 66 20:16 Robert Kocen
- 89 21:06 Jack Bothwell
- 90 21:08 Bob Krick
- 102 21:57 Dennis Shoemaker
- 108 22:10 Charles Parrish
- 111 22:19 Chris Meyers
- 118 22:41 Charlie Teal
- 123 22:49 Erv Meier
- 125 22:52 Raymond Cortenback
- 128 22:57 Randy Nawota
- 138 23:21 Don Walker
- 147 23:32 Roger Bemann
- 156 23:42 Timothy Rottmann
- 163 23:57 Mark Strachota
- 175 24:20 Marvin Ripp
- 239 25:30 Jim Ricksecker
- 240 25:33 David Danner
- 261 25:59 Gene Daoust
- 265 26:03 Bill Brust
- 298 26:50 James Kroemer
- 322 27:33 Paul Dalecky
- 324 27:37 Fred Oby
- 353 28:18 Jack Taglaviva
- 419 30:00 Alfred Hudec
- 441 30:53 Riley Cooper
- 449 31:04 Robert Hauck
- 459 31:42 Paul Bargren
- 490 32:57 George Sladky
- 501 34:11 Mark Young
- 505 34:24 Ken Brauckeuer
- 516 34:50 Dennis Nefzer
- 544 39:25 Dick Cooper
- 555 41:43 Richard Siebenaller
- 563 45:47 Robert Gasse

M60-64

- 67 20:17 Ronald Gottschalk
- 75 20:35 Mike Kirkwood
- 190 24:51 Joseph Ales
- 256 25:51 Mike Colbert
- 264 26:02 Ron Pemberton
- 279 26:16 Gerry Vidal
- 282 26:20 Ernie Rosenthal
- 321 27:32 William Gull
- 436 30:44 Wally Marks
- 539 37:28 Robert Thays

F60-64

- 480 32:31 Kathryn Retzlaff
- 504 34:22 Fern Dains
- 506 34:25 Sue Tofte
- 530 35:56 Emelie Linke

M65-69

- 104 22:02 Richard Waltz
- 139 23:22 Ron Caruso
- 272 26:11 David Stuckslager
- 301 26:53 Carl Granetzke
- 329 27:43 O.t. Lupinski
- 352 28:16 Tom Chvala
- 383 29:15 Bob Linke
- 464 31:49 Timothy Cowdin
- 522 35:14 Milton Kuyers
- 543 39:10 Ronald Polan

F65-69

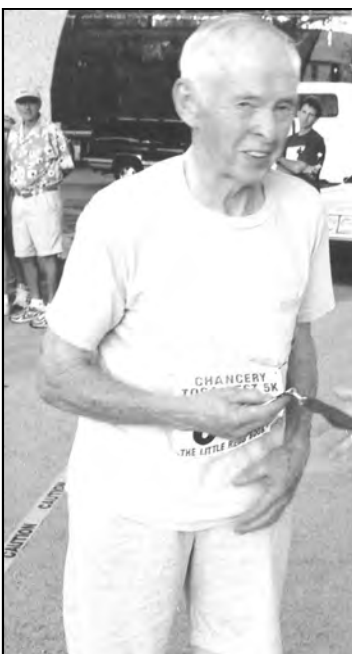
- 422 30:13 Judy Kirchoffer
- 434 30:33 Sandra Weinstein
- 554 41:42 Dona-Grace Gatewood

M70&over

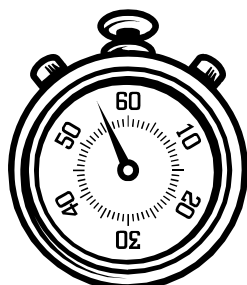
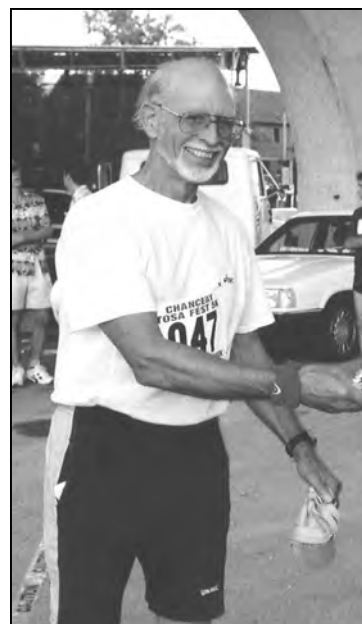
- 379 29:03 Daniel Murphy
- 389 29:22 Hugh Evans
- 390 29:28 Edward Blumberg
- 415 29:59 Luther Lewer
- 495 33:23 James Kaegi
- 502 34:14 Earl Psychal
- 529 35:43 Jack Hughes
- 561 45:06 Bill Baxter
- 565 46:10 William Brennan

F70&over

- 494 33:18 Agnes Reinhard



Some age group award winners were; (from top left) Ed Blumberg, Jim Nowakowski, Dick Waltz and David Stuckslager. Photos by Kent Schlienger.



The Most Times

are in The Strider

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

19550 W. Pine Wood Dr.
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DENNIS W. NOVAK, CPA

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TOSAFEST KIDS RACES



MAKING DUST

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

Susan G. Komen Race For The Cure

Milwaukee, WI

September 19, 2004

5 K RUN

Results Provided by
Computer Aided Race
Results System

carrs@att.net
262 521-2191

1st M Joe Herrington 16:08
1st F Denise Manthy 19:34

ALL TIME NAME

F01-14

115 24:05 SIEBENALLER DANA
153 24:51 JOHNSON ERICA
216 26:13 MCGINLEY ELIZABET
247 27:02 JUFFER HELEN
308 28:31 JORGENSEN EMILY
324 28:50 VANDEN BRANDEN
326 28:53 KOEPP NICOLE
435 34:01 SCHWARTZ MACKENZI
470 39:14 SEVERANCE MADELEI
482 41:59 LEMANCZYK NICOLE

F15-19

69 22:45 JORGENSEN CAROLIN
112 24:03 SIEBENALLER TARA
261 27:25 MILLER ANNA
270 27:33 LEMANCZYK LESLIE
306 28:30 WRIGHT CHRISSEY
328 28:55 MCCAIG KATIE
329 28:59 JELINEK MEGAN
476 40:02 WICHMAN JAIME

F20-24

50 21:51 KRZYKOWSKI KARI
70 22:47 HOIDA ANNE
80 23:09 POLINER JESSICA
144 24:38 LAWLER JOE
167 25:06 BUSCHKE TRICIA
184 25:37 AXELROD LAUREN
185 25:39 PAWASARAT JULIE
200 25:58 FAIT MARY JO
218 26:17 KREAM JESSICA
228 26:33 ARGALL TARA
264 27:27 LESSER HEATHER
275 27:39 MAHAN THEA
277 27:41 DINUNZIO CHRISTIN
296 28:12 SWERS LISA
297 28:14 HANNA ABIGAIL
301 28:21 VOGT KELLY
335 29:16 SCHAEFER GANNON
352 29:46 SNIDER JILL
355 29:51 HARTMAN AMY
380 30:20 PETERS TRINA
390 30:43 CARLE SAMANTHA
403 31:34 EHLENBACH NIKKI
425 32:59 HOHLWECK VALARIE
437 34:05 ALME SARAH
440 34:21 FRIDAY SHAWNA

F25-29

21 20:31 BOWE MARY
27 20:50 PALLETT KRIS
30 21:06 LYONS JEAN
48 21:44 NOLIN VALERIE
59 22:22 POSLUSZNY JENNIFE
88 23:36 FALASCHI JADI
111 24:03 PIELMEIER SHERI
123 24:10 SHONG STEPHANIE
126 24:12 KRAWCZYK JESSICA
141 24:32 FENZL JENNIFER
151 24:49 TONZ JENNIFER
165 25:03 KELLER MANDA
169 25:08 STEPHANY JILL
170 25:08 HAGEN AMY
199 25:58 VAN HUL SARAH
207 26:05 MCGINLEY EMILY
211 26:10 LEIB MELISSA
223 26:28 PFEIFFER PAM
226 26:30 SANDVIG EMILY
240 26:52 CHUDZIK LAURA
241 26:54 ROBB MARIA
250 27:10 JENJAK JAIME MARI
251 27:11 MEYER CHERI
254 27:14 WALECKA CHERYL
257 27:21 GRAHAM DIEP
271 27:34 HOLZAPFEL HEIKE
272 27:35 POMEROY LAARA

281 27:48 BRAWLEY MEREDITH
294 28:09 STASKA REBECCA
300 28:20 MAJEWSKI WENDY
304 28:24 GOGGINS SUSAN
307 28:30 REARDON MEGAN
318 28:41 BILSTAD ANGELA
319 28:41 DIESCH CINDY
332 29:03 HIEGGELKE JULIE
334 29:07 PAUERS LAURA
358 29:58 TEPE LISA
361 29:59 WEISS BARBARA
365 30:08 PENN TORYE
369 30:12 REHL SARA
374 30:15 KRUEGER JENNIFER
387 30:35 RIVERA NILSA
394 30:49 KASDORF KATIE
399 31:13 SCHMELING JENNIFE
405 31:51 KOSFELD JENNIFER
419 32:27 DOOME TRACY
451 35:11 SMUIN SADIE
472 39:21 JUERN TAMARA

F30-34

16 19:34 MANTHY DENISE
22 20:33 ULICNY STEPHANIE
37 21:19 TREDER ROBIN
49 21:48 DELANEY KELLY
56 22:03 DRAGGOO MICHELLE
77 22:56 HEINZ KRISTINE
79 23:03 BUTZER MICHELLE
125 24:12 MUSZYNSKI ALICIA
156 24:52 SOTO JENNIFER
192 25:50 TODD CINDI
198 25:57 SOLESKI BRIDGET
210 26:08 KARPOWITZ SUE
212 26:11 BRENNAN AUDRA
214 26:12 KAJFOSZ LESLIE
224 26:28 KENNEDY SUSAN
227 26:32 FELBAB AMADA
229 26:35 MURPHY LAURA
236 26:44 KIEFERT PEGGY
238 26:47 MILLER KATHLEEN
245 26:59 BRAUN KRISTI
252 27:12 HOFMANN KAREN
259 27:24 DYE JENNIFER
282 27:48 ISCHE JANE
312 28:34 SCHLEICHER JILL
314 28:37 O'NEIL COLLEEN
331 29:03 JORNDT DAWN
337 29:25 FLYNN MAUREEN
343 29:31 HIGGINS CHERI
371 30:13 DAVIES JESSICA
375 30:15 BARTELT RENEE
378 30:19 SOB CZAK THERESA
388 30:36 ELDER ELLEN
395 30:53 FLAA JULIE
404 31:44 SEAVER JENNIFER
406 31:51 MILLER NICOLE
412 32:04 WARYCH KIMBERLY
418 32:22 ASMANN PENNI
444 34:53 CARTER KATE
462 36:36 RUTHSATZ JENNIFER
464 37:10 THORNTON MARKEDA
485 42:10 BROWN ANGELA

F35-39

20 20:10 LIMBERG ANN
61 22:23 MCNAIR PATTI
65 22:30 CAMERON LESLIE
91 23:41 HOFF PATTI
98 23:51 GRGIC CARD
100 23:54 SCHULTE KIM
171 25:09 KRANTZ KRISTY
188 25:45 ZIEGEL LORI
204 26:02 JOHNSON JENNIFER
256 27:20 WOLLENZIEHN CHRIS
269 27:31 NIEDFELDT JENNIFE
280 27:46 STELTER DONNA
286 27:53 GRANOWSKI SHAWN
288 27:55 SHIELDS DEBORAH
299 28:17 KENDLER MARTHA
303 28:22 DETTLAFF CINDY
313 28:36 O'NEIL BRIDGET
336 29:17 LOHMANN KATHLEEN
339 29:26 HAHM COLLEEN
347 29:35 GOULD KRISTINE
350 29:43 SCHUBERT LAURA
351 29:44 KULAS SARAH
373 30:14 STEIN KRISTIN
392 30:45 SCHLIDT JILL
416 32:15 DIESTELMEIER CHRI
423 32:54 KALVE INTA
446 34:58 KADLEC MELISSA
447 35:00 HAGLE ANN
449 35:03 ULMER BETTY
457 35:45 DWINELL MINDY
466 37:49 KAYE SUSAN
487 42:46 ERDMANN SARAH

F40-44

54 22:02 O'CONNOR AMY
108 24:00 STOCK JILL
110 24:01 GODFREY JEANNE
119 24:07 MCMURRY NANCY
132 24:17 BRIL JEANNE
150 24:45 MORLEY RAE

176 25:22 JACOBS SUNG YE
189 25:45 SIEWERT AMY
197 25:56 HANSEN CARMELLA
205 26:04 MUELLENBACH ELIZA
217 26:16 JOHNSON MARY LOU
219 26:26 NEALE JUDY
233 26:42 GAGLIANO KAREN
234 26:42 VACHON KAREN
242 26:55 ECKERMAN PATRICIA
262 27:25 SABIN JONI
268 27:30 RIVARD DONNA
290 28:06 HART LAUREE
298 28:16 LICCIONE VICTORIA
320 28:43 ENGSBERG TERRI
322 28:49 OTZELBERGER KRIST
338 29:26 EIMER RUTH
341 29:28 RIVEDAL KATY
342 29:30 SODSAWAD PIMJAI
349 29:43 COYLE-REES MARGAR
356 29:53 GASSE CHRIS
362 30:00 PRESTON LEANN
364 30:06 COLEMAN ROSEANN
379 30:19 LYNCH BETTY
385 30:28 DARIN CONNIE
430 33:42 NIENHAUS ANN
450 35:05 KNAACK ELIZABETH
460 36:08 BRITT JAN
471 39:20 SCHWEI MARY
473 39:25 SEVERANCE LESLIE
475 39:54 BLACKWELL SANDI
480 41:51 AULT CHRISTINE
481 41:54 HANSON JEANNE

F45-49

41 21:26 PETAK KIM
53 22:01 LERCH MARY JO
92 23:41 OLIVERSEN PAM
174 25:18 HUBBS MARY
175 25:21 MILLER SUE
193 25:50 HODOR JONI
195 25:54 PONTUS PATRICIA
215 26:12 OGOR PAMELA
246 27:00 SCHANTZEN BARB
311 28:33 BEREZOWITZ KATHRY
315 28:37 PEDERSEN ROBIN
321 28:48 FLANAGAN THERESE
348 29:43 RUTKOWSKI GIGI
360 29:59 HAIMOUR RITA
398 31:05 SCHMELING PATRICI
411 32:04 LEMANCZYK DONNA
421 32:43 SCHLAPINSKI MARY
424 32:59 WOLF JULIE
445 34:57 HAMMER SHERRY
454 35:31 NICKEL JUDITH
468 38:58 VOGT KATHY
474 39:36 MOHR DEBRA

F50-54

34 21:09 FRONK KAY
36 21:18 WRIGHT DEBRA
81 23:10 LYNCH PATTY
260 27:24 MARCUS BONNIE
289 27:56 TREMEL BARBARA
366 30:09 CARPENTER TERI
367 30:09 WALLACE DENISE
401 31:24 GRISWOLD BONNIE
409 32:00 GRANGER LORNA
422 32:45 MATYKOWSKI KATIE
427 33:09 LOVE GERI
432 33:46 GAVIN PATRICIA

F55-59

244 26:57 PEETZ KATHY
266 27:29 BALTRAMONAS MERRI
407 31:52 MCDONALD JEAN
415 32:15 MUNDIGLER LYNN
455 35:35 RAPP SUE
458 36:05 POLLOCK DONNA
463 37:07 FLOOD DONNA

F60-64

177 25:24 IMMS JOY
438 34:06 GRANDE BARBARA
452 35:26 DAINS FERN
456 35:39 LINKE EMELIE
469 39:13 STEIN KRAUS MARY
478 40:58 PRELOG JOANN

F65-69

391 30:45 WEINSTEN SANDRA

F70-74

232 26:42 GILMORE LOIS

F75+

402 31:33 BARRY ALEJENDRA

M01-14

25 20:41 ZALL BRANDON
75 22:50 SCHEID JOSEPH
99 23:52 BOTTICELLI JOSEPH
135 24:26 SALO ANDREW
140 24:32 BRADTKE EVAN
142 24:33 SABINASH CASEY
149 24:44 STASIK WESLEY
221 26:27 VANDEN BRANDEN RI
278 27:43 VAN HORNE STEWART
293 28:08 MAGGUIURE JOE
325 28:51 SCHNETTLER FRED
433 33:49 SCHWARTZ CONNOR
484 42:08 GAGLIONE DANNIE

M20-24

29 20:58 PETROVITS NICHOLA
35 21:12 DOLNEY DANIEL
39 21:24 KREBS JOEY
43 21:29 BAILEY MICHAEL
67 22:36 LOVAS GREG
84 23:23 MELLOTT KEVIN



89 23:36 SCHAEFER NADINE
181 25:34 COBARDE RAYMOND
191 25:46 LAWLER JOE
239 26:48 LAWLER JOHN
273 27:36 BANNER ROBERT
295 28:11 KOEBELE DAVID

M25-29

1 16:08 HERINGTON JOE
19 19:59 CLAY JOHN
23 20:35 SALO STEVE
47 21:41 KAUFMANN GUS
73 22:49 JAMES JEREMY
78 22:58 SCHULZ ANDREW
82 23:12 STOELTING ADAM
86 23:29 BOVI JOSEPH
105 23:56 HIGGINS E.J.
113 24:04 SCHAEFER MIKE
206 26:04 PETERSON JASON
243 26:56 PETRIE KATE
285 27:52 TOFT PATRICK
345 29:34 BAUER NATE
377 30:17 KRUEGER AL
381 30:20 SCHARDT KEITH

M30-34

2 16:19 DONAHUGH TIM
3 16:40 RUTLEDGE MARK
4 16:54 DALTON WAYNE
14 19:21 KAJFOSZ CHRIS
28 20:52 CATALDO NICHOLAS
57 22:10 FREEBURG BRADLEY
58 22:18 JOHNSEN BRIAN
60 22:23 STONEFIELD ANDREW
66 22:33 MANESIS GEORGE
72 22:48 GARDINER GLEN
93 23:43 KNIGHT MATTHEW
95 23:50 SENA CARLOS
96 23:51 JAVIER JOSE
102 23:55 ZWART DAVID
104 23:56 KRAMER CHRISTOPHE
106 23:59 TREVEER DAN
114 24:04 KEHL DARRIN
116 24:05 KLIPPEL CHRIS
128 24:13 WILBUR MATTHEW
134 24:20 KILLBERG JEFF
160 24:59 BRYANT MATT
183 25:36 LANGKAMP JEFF
186 25:41 KERSCHKE ROB
187 25:42 OTTMAN TIM
213 26:11 WICK KYLE
220 26:26 LAUFFLER MIKE
237 26:46 TREFFLERT TODD
258 27:21 DYE ALEX
265 27:28 HATTON STEVE
284 27:51 GRAHAM JASON
305 28:26 SNELL SAM
310 28:32 PFEIFFER KRISTOPH
344 29:33 METZEN BRETT
354 29:51 STRODE STEVEN
372 30:13 DAVIES DANIEL
408 31:55 LOPEZ MIKE
428 33:32 TYUS DEREK
431 33:43 KULOW BILL

M35-39

5 17:09 VASEY BRIAN
7 18:10 SHUE TED
8 18:21 STANEK JIM
18 19:54 SPARKS TROY
24 20:37 HALFENGER MIKE
40 21:25 ORLOFF WESTON
51 21:58 JONES MICHAEL
52 21:58 KATZ MIKE
63 22:28 OTERO PAUL
97 23:51 FERGUS MATT
109 24:00 MCAULIFFE KEITH
118 24:06 WENZLER KEN
122 24:09 CHELIUS PETE
152 24:51 BISKOMTZ JEFF
157 24:54 DIETZLER DAVID
161 24:59 POSSING EDWARD
162 25:01 NUNEZ EFREN
179 25:31 MARGELOFSKY SCOTT
248 27:06 BERKES SCOTT
267 27:30 COFFEY TONY
276 27:39 COWAN KEITH
283 27:49 GOTZ ALLEN
292 28:08 MAGGIORE TONY
333 29:05 GRANOWSKI MICHAEL
370 30:13 PUHL ROBERT
376 30:17 STEIN SCOTT
383 30:23 GORDON RONALD
393 30:48 MINER RICHARD
396 30:54 MINER SUSAN
414 32:14 SCHLIDT DAVE
417 32:19 BOEHM DALE

M40-44

6 17:49 SIRRA EDWARD
11 18:56 FALCK PHILLIP
13 19:18 TILLEY JOE
17 19:54 BETTS STEVEN
32 21:07 OVERKAMP LARRY
42 21:26 CASTROGIOVANNI CA

44 21:35 GRENETIER JEAN-RO
45 21:37 HORWATH JEFF
46 21:38 DOWDAL MULLEN
55 22:03 KAPRELIAN JEFF
74 22:50 GUTIERREZ ROBERTO
76 22:52 FLAND SCOTT
90 23:40 PIESKE BOB
94 23:49 HELMAN DAN
103 23:56 DAVIS JAY
127 24:13 GLIDER MICHAEL
129 24:14 STEELE ROBERT
131 24:15 HAIMOUR MICHAEL
147 24:42 SEVERANCE DAVID
148 24:43 WICHMAN BRIAN
158 24:56 TUTAJ JOHN
159 24:57 TUTAJ TOM
164 25:02 BREDESON CHRISTOP
178 25:28 CARRIGAN KEVIN
231 26:39 PECKOCK STEVEN
255 27:20 OTZELBERGER DANIE
287 27:53 DURNIL JAMES
317 28:39 KOEPP TIM
434 33:50 SCHWARTZ WILLIAM
442 34:44 ZIEGEL JEFF
477 40:04 WICKMAN BRIAN
479 40:58 CHIAPPETTA PETER
486 42:19 GAGLIONE DONALD

M45-49

10 18:38 MOORE RICH
12 18:59 LASSER KURT
33 21:08 SCHLAGER STEVE
62 22:24 DUNNING MARK
68 22:40 KROMHELM GAR
121 24:09 CARLSON JIM
143 24:35 SABINASH JIM
145 24:38 O'DONER JACEK
154 24:52 VACHON MARK
163 25:02 AHLF PAUL
173 25:18 BOTTICELLI JOSEPH
182 25:34 NICKEL WILLIAM
190 25:46 HANNA DENNIS
194 25:52 STASIK KENNETH
201 26:00 GOLDSTEIN MARK
203 26:00 PEREZ BOB
222 26:28 VANDEN BRANDEN JA
230 26:38 BORLAND RANDY
235 26:43 BRADTKE JOHN
253 27:13 OLIERSEN GARY
353 29:49 PANNECK DAVID
363 30:00 PORTER JEFFERY
436 34:04 LLANAS DEAN
465 37:29 HANSEN MARK

M50-54

9 18:25 MCCARTHY JOHN
15 19:24 EDEN DENNIS
26 20:47 LEHMANN PAUL
71 22:48 LEMOINE WILLIAM
85 23:25 JANICKI DON
101 23:54 REGAN LOREN
133 24:18 PETAK JEFF
137 24:28 THOMSON TOM
146 24:40 BERNARDI DAVID
180 25:32 STEIN JOHN
263 27:25 SIEBENALLER MARK
368 30:11 REHL PATRICK
439 34:20 SEGEV MICHAEL
443 34:47 ARCHIE MICHAEL

M55-59

87 23:30 MARTINEZ JORGE
120 24:08 EDER RON
136 24:27 SCHREIBER TIM
155 24:52 HUBER RIK
196 25:55 DEAN LARRRY
208 26:06 JOSEPHSON ED
274 27:37 GAGLIANO DANIEL
302 28:22 WOERPEL PAUL
309 28:31 JORGENSEN TIMOTHY
316 28:39 NEWMAN JOHN
323 28:50 MILLER JAY
327 28:53 WRIGHT JIM
340 29:27 RADOSZEWSKI JOE
420 32:38 CLINTON DEWITT

M60-64

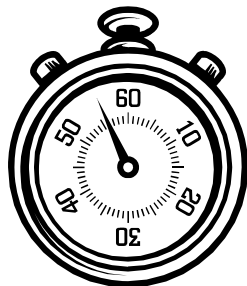
61 21:07 KIRKWOOD MIKE
34 22:29 O'CONNOR RICK
225 26:29 STEIN KRAUS TOM
291 28:07 ECKMAN FRED

M65-69

382 30:23 LINKE BOB
429 33:42 ANDERSON ERIC
488 42:51 ERDMANN WILLIAM

M70-74

346 29:35 BLUMBERG EDWARD
389 30:37 GILMORE WAYNE
410 32:00 MACKUS EDWARD
459 36:07 PEYCHAL EARL
467 38:09 LUND RON



The Most Times

are in The Strider

MAKING DUST

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

AL'S MEMORIAL RUN 2004

AL's Run breaks the \$1 Million Mark

By: *Jaclyn Mullahy,
Children's Hospital and
Health System Foundation*

The 27th annual Al's Memorial Run & Walk for Children's Hospital presented by Briggs & Stratton has proven continued success in being one of the largest and most successful run and walks in the Midwest. On Saturday, Sept. 25th, the generosity of 17,279 participants made it possible for Children's Hospital of Wisconsin to raise more than \$1 million for the kids. 100 percent of each pledge raised, by an individual or team, directly goes to patient care, research, education and advocacy programs, directly helping the kids at Children's Hospital of Wisconsin.

The kids at Children's Hospital of Wisconsin thank you for your time and effort in making this the most successful Al's Memorial Run & Walk in all of its 27 years. Each year this event has provided countless number of patients with the care and support they need. We hope you will join us next year in supporting the kids at the 28th annual Al's Memorial Run & Walk presented by Briggs and Stratton on Saturday, Sept. 24, 2005.

Thank you to our enormous staff of volunteers for all their work and continued devotion to the race. We hope to see all of you again next year.

Congratulations to all finishers.



Tom, Joani and Megan Crean bracket Race Winners Jenni Crain (27:15) and Matt Thull (22:49).
Photo by Brandi Weiss

Overall Wheelchair Division

- 1st: Kris Kreutzmann, Milwaukee, WI (22:49)
- 2nd: Gary DeBuhr, Waukesha, WI (23:42)
- 3rd: Don Birzer, Milwaukee, WI (25:35)

Overall Male Division

- 1st: Matt Thull, Milwaukee, WI (24:07)
- 2nd: Patrick Frascione, Madison, WI (24:30)
- 3rd: Aaron Nodolf, West Allis, WI (24:46)

Overall Female Division

- 1st: Jenny Crain, Milwaukee, WI (27:15)
- 2nd: Dot McMahon, Jackson, WI (29:16)
- 3rd: Abi Watras, Madison, WI (29:31)

Corporate Team Division

- 1st: Team Hillrunner.com (2:22:10)
- 2nd: Team GE (2:25:46)
- 3rd: Extractors (2:29:54)

Community Team Division

- 1st: Wisconsin Runner (2:04:56)
- 2nd: Team Z (2:46:29)
- 3rd: Team Ram-Rod (2:51:45)

Academic Division

- 1st: Wisconsin Lutheran College (2:30:54)
- 2nd: Marquette General Team (2:32:39)
- 3rd: Carpenter Tower (2:47:21)

Please check our website,
www.alsmemorialrun.com, in the
next couple of weeks to find
out who are our top pledge raisers.

2003 AL'S MEMORIAL RUN

For Children's
Hospital

Presented by
Briggs and
Stratton

Milwaukee, WI
Saturday, September 25, 2004

8K RUN

Results Provided by
Super Race Systems
Garrison NY

Bill Sherry
845 424-4063
bsherry@bestweb.net

FEMALE AGE GROUP: 1 - 18

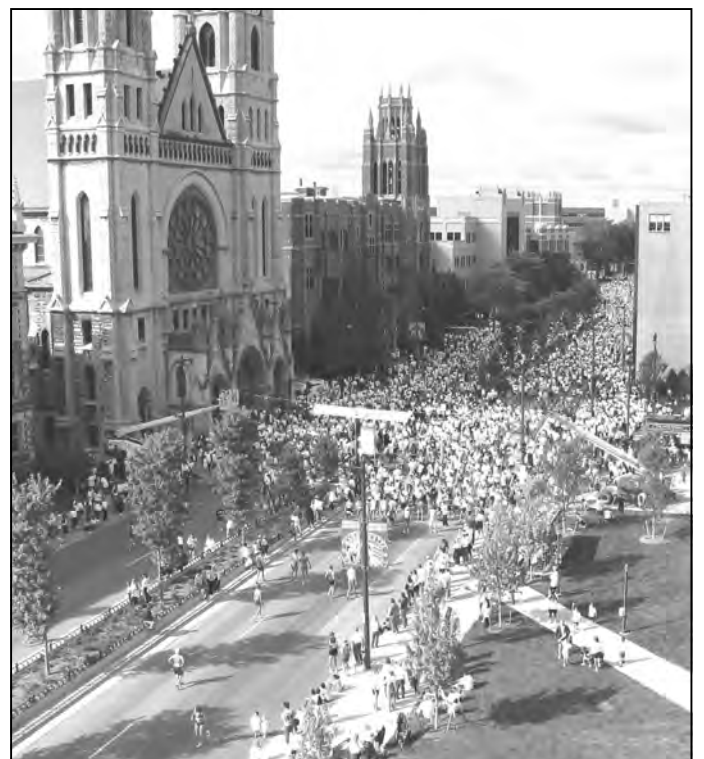
99 Kim Nodolf	31:22
135 Crystal Victoria	32:22
388 Meredith Curtin	36:15
404 Katie Trapp	36:23
431 Besty Rorstad	36:37
492 Beth Windschiff	37:16
550 Meghan Farmer	37:41
649 Tom Brice	38:19
670 Shannon Aichele	38:28
671 Peggy Keane	38:29
735 Laura Janowitsch	38:57
781 Katherine Drovo	39:16
798 Rebecca Finke	39:21
885 Grace Reckmeyer	39:53
891 Edythe Reckmeyer	39:55
936 Marja Mandli	40:21
1006 Cass Coleman	40:53
1013 Laura Frazier	40:55
1024 Jane Hainze	40:58
1063 Kelly Sobieski	41:12
1291 Devon Toohy	42:36
1390 Ashleigh Ames	43:18
1458 Nicole Blahnik	43:42
1459 Lauren Boodry	43:42
1484 Laura Kurtin	43:50
1486 Chrissy Scherman	43:51
1695 Alli Biesterfelt	45:19
1748 Katherine Friedl	45:45
1881 Ebba Hjertstedt	46:35
1884 Kelly Mullen	46:35
1925 Clancy Mullen	46:53
1927 Emma Riley	46:54
1938 Shevonne Studevant	46:58
1948 Anne Peitzmeier	47:01
2009 Emily Lammers	47:23
2040 Alex Saber	47:34
2049 Anne Vonderheide	47:36
2073 Laura Petre	47:42
2098 Lindsay Johnson	47:48
2102 Nicole Gassner	47:49
2112 Claire Waldhart	47:53
2139 Nicole Bullard	48:04
2141 Becky Jaeger	48:06
2170 Paige Ganske	48:20
2227 Susan Mozinski	48:48
2230 Betsy Nieman	48:49
2231 Lianna Bishop	48:49
2256 Michaela Derenne	48:56
2314 Samantha Mainiero	49:24
2348 Marissa Christjohn	49:36
2380 Lauren Hogan	49:51
2423 Kristen Tepe	50:07
2462 Alexandra Heth	50:28
2521 Gina Matranga	50:54
2536 Megan Cacioppo	51:01
2564 Abby Seibel	51:20
2571 Kristin Voigt	51:23
2576 Dortehea West	51:25
2635 Melissa Kwaterski	51:45
2697 Michaela Hoy	52:20
2702 Molly Hoy	52:22
2705 Jenna Green	52:23
2706 Meredith Moodie	52:24
2739 Lauren Sullivan	52:44
2787 Jamie McDonough	53:05
2791 Teagan Wernicke	53:06
2803 Melissa Saber	53:10
2805 Mary Kate Bruckbaue	53:10
2819 Shannon Winslus	53:18
2876 Birttany Davis	53:54
2879 Amy Mikes	53:55
2963 Shannon O'brien	54:33
2964 Alyssa Wilson	54:33
2965 Kimberly Lewis	54:33
2967 Ashlee Mizera	54:34
2970 Mariah Reacling	54:34

3015 Melissa Fiegel	54:45
3024 Jacqueline Fuqua	54:54
3048 Katie Tess	55:06
3096 Kim Binzak	55:45
3110 Kristal Weier	55:59
3123 Brittney Larson	56:13
3130 Cate May	56:20
3144 Laura Meyer	56:32
3152 Colleen Cullen	56:37
3176 Emily Janusz	57:25
3177 Kristina Daniels	57:26
3197 Katrina Meyer	57:41
3199 Diana Meyer	57:47
3234 Nicole Simonson	58:25
3240 Shelby Berlin	58:39
3257 Maureen Hopkins	58:57
3306 Lisa Ruidl	1:00:43
3308 Reyna Garcia	1:00:46
3318 Kala Siddalingaiah	1:01:13
3327 Joanne Weishar	1:01:35
3336 Stacy Klotka	1:01:47
3373 Elizabeth Purin	1:02:50
3376 Sara Wolter	1:02:52
3423 Katie Brehm	1:04:26
3424 Alex Malec	1:04:29
3439 Emma Wagner	1:05:26
3446 Nicole Girolami	1:05:40
3449 Laura Tallarito	1:05:45
3474 Courtney Moran	1:09:37
3475 Amanda Bucci	1:09:37
3480 Shannon Cooley	1:10:51

FEMALE AGE GROUP: 19 - 24

50 Jessica Swan	29:49
79 Jackie Herington	30:39
82 Elizabeth Whiting	30:43
147 Emily Sope	32:37
201 Heidi Crawley	33:48
207 Katie Keane	33:52
258 Jessica Hartman	34:34
291 Audrey Lewis	34:56
293 Kali Lafferty	34:58
303 Elizabeth Fisher	35:06
304 Jennifer Fancher	35:06
335 Nora Page	35:42

860 Robin Pfeifer	39:45
873 Rebecca Mckean	39:50
888 Andrea Thoma	39:53
892 Kacie Tachiki	39:57
898 Chelsea Corson	40:00
902 Kerry Olson	40:02
914 Nicole Birr	40:08
920 Erin Murphy	40:12
922 Meg Kreul	40:17
943 Trina Luebstorf	40:28
949 Dorothy Schilling	40:30
952 Christie Usher	40:32
975 Melinda Scott	40:38
977 Shannon Barrett	40:39
990 Samantha Stilp	40:47
996 Noiny Nichloas	40:50
1010 Sarah Balus	40:54
1021 Kristi Hauser	40:57
1042 Laura Ibbotson	41:05
1046 Stephanie Strigenz	41:07
1062 Margaret Collins	41:11
1078 Emily Kenry	41:16
1089 Amy Barrette	41:20
1094 Bert Thongsaudhl	41:21
1107 Steve Green	41:24
1112 Margaret Feyen	41:25
1113 Alycia Booker	41:26
1126 Anne Dalecky	41:30
1133 Maureen Tracy	41:33
1138 Lauren Axelrod	41:36
1141 Ann Hoffmann	41:38
1150 Emily Haug	41:43
1180 Julie Pawasarat	41:54
1207 Julie Berres	42:07
1223 Kristin Flores	42:13
1242 Suzanne Sass	42:20
1244 Dana Vanderploeg	42:21
1247 Rachel Witmer	42:22
1255 Julianna Wucherer	42:26
1257 Katie Sullivan	42:26
1267 Katherine Russell	42:29
1302 Carrie Lerand	42:39
1310 Stacy Biddle	42:43
1319 Jamie Neitzel	42:50
1344 Stephanie Brandner	43:01

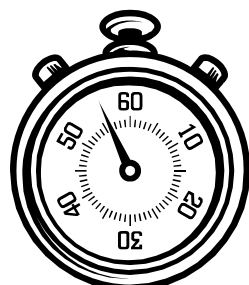


The avenue moments before the start of the 2004 Al's Memorial Run. Photo courtesy Children's Hospital.

359 Alyson Shatuck	35:57
369 Kerm Brennan	36:03
370 Jessie Whittaker	36:03
372 Mary Kaleta	36:04
411 Darlene Jeson	36:24
426 Melissa Jay	36:35
432 Dana Fortier	36:38
474 Jamie Di Francis	37:05
478 Sara Edenhofer	37:08
482 Kate Wilde	37:10
503 Kristine Kondracki	37:20
528 Nina Jenkins	37:30
548 Ashley Balestrieri	37:41
555 Sarah Konicel	37:43
564 Alyssa Andersen	37:46
570 Timm Mcmillen	37:48
574 Anne Hoida	37:49
579 Carlie Mannehen	37:51
580 Diana Boras	37:51
588 Jessica Lischka	37:54
590 Cindy Schultze	37:55
593 Erin Frontz	37:56
624 Bridget Finnegan	38:09
627 Brenda Lenser	38:11
635 Carrie Dugan	38:14
658 Theresa Miller	38:22
669 Katie Irion	38:28
688 Lori Cowan	38:37
750 Stacey Schuster	39:04
753 Jennifer Tomas	39:05
760 Laura McNally	39:07
762 Corinne Churness	39:08
763 Anne Marie Tenseh	39:08
773 Terra Nicklas	39:13
774 Abby Hurst	39:13
778 Mellisa Maynard	39:14
795 Mary Mccarthy	39:20
801 Nicole Conard	39:23
828 Katie Jensen	39:33
856 Dianna Treu	39:43

1346 Christine Harris	43:02
1351 Laura Currey	43:05
1362 Amanda Hegg	43:10
1366 Angela Chiappetta	43:10
1368 Lindsey Tiraf	43:11
1369 Kate Kirchner	43:11
1383 Heather Miller	43:16
1391 Blythe Johnston	43:18
1395 Jacqueline Lorenz	43:20
1398 Kathryn Newnham	43:21
1414 Laura Peitzmeier	43:25
1415 Maggie McCormick	43:25
1464 Jennifer Swenney	43:43
1473 Trisha Polzel	43:45
1487 Jessica Filipowski	43:52
1514 Laurie Best	43:58
1534 Stacey Werner	44:07
1542 Laura Mraz	44:11
1548 Margaret Mearle	44:14
1550 Mary Claire Hogan	44:14
1553 Lauren Hilger	44:16
1571 Jen Birkholz	44:23
1572 Julie Jahnke	44:24
1577 Michelle Bubko	44:26
1579 Stephanie Else	44:27
1595 Rebecca Jabs	44:34
1596 Charis Witte	44:34
1601 Sarah Bugenhagen	44:39
1607 Meg Kitzke	44:42
1609 Tara Klamrowski	44:43
1613 Lynn Chaudoir	44:44
1618 Marisa Bublavy	44:45
1643 Keersten Oleson	44:58
1646 Jamie Aubrey	45:00
1656 Angela Bruckner	45:04
1660 Lisa Jourdan	45:05
1663 Ana Keultjes	45:06
1672 Katie Clasen	45:11

(Continued on page 17)



The Most Times

are in The Strider

MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 16)

1684 Faith Stockhausen	45:15
1731 Lisa Abraham	45:38
1739 Emily Frankfurth	45:40
1742 Kelly Bartzan	45:41
1757 Sarah Zawodny	45:48
1761 Kristin Lipke	45:49
1795 Cassi Seubert	46:03
1828 Alison Austin	46:14
1849 Kristin Charlper	46:25
1854 Aliy Lane	46:26
1865 Alison Mahoney	46:31
1866 Katie Halstead	46:31
1867 Katie King	46:31
1890 Erin Mckinley	46:38
1899 Christina Marino	46:41
1917 Lisa Sowers	46:51

2196 Katie Higgins	48:30
2197 Kristina Wooten	48:33
2203 Esther Hartshorne	48:37
2206 Heather Greiwe	48:38
2209 Lisa Rodeiquez	48:39
2210 Erica Bishop	48:39
2212 Darin Kohanski	48:40
2229 Mary Gloss	48:49
2235 Pat Caruso	48:50
2255 Abby Turnell	48:56
2258 Anna Schultz	48:58
2263 Andrea Mrule	48:59
2269 Sara Larsen	49:04
2275 Kristin Hosea	49:06
2276 Jen Tortorello	49:07
2282 Kristin Rudy	49:09
2288 Stephanie Prosen	49:11
2296 Erin Mueller	49:14
2306 Colleen Evans	49:20
2310 Michelle Blum	49:21
2321 Beth Guilbeult	49:29
2323 April Christiansen	49:29
2333 Julie Schraufnagel	49:31
2335 Julie Demitros	49:32
2352 Nina Easley	49:38
2356 Stephanie Maegdlin	49:40
2359 Rori Sullivan	49:43
2360 Lauren Anderson	49:43
2369 Kathleen Beehner	49:48
2378 Michelle Meissner	49:51
2379 Sarah Bellin	49:51
2389 Katie Bowles	49:55
2396 Lisa Nelson	49:57
2401 Meghan Furstenberg	49:58
2407 Ashley Van Oajen	50:00
2445 Jackie Paul	50:19

2661 Chelsea An	52:06
2682 Kristin Kopperud	52:14
2683 Sarah Winiarski	52:14
2740 Annie Bryse	52:45
2746 Leah Kappelman	52:47
2755 Erin Blenberg	52:50
2774 Stefanie Powers	52:58
2775 Karen Ruprecht	52:59
2776 Kate Stolarski	52:59
2778 Mandi Mccarville	53:00
2786 Jazmin Brantley	53:03
2808 Krista Tagliaferri	53:11
2809 Kristen Lecey	53:11
2824 Elizabeth Macdonald	53:24
2829 Liz Jorgensen	53:27
2843 Anna Bate	53:34
2845 Rachel Sattler	53:34
2847 Rachel Sternberg	53:35
2853 Martha Trotter	53:38
2855 Erin Sternberg	53:41
2857 Krysta Manthe	53:43
2862 Samantha Carle	53:46
2872 Jenny Duszynski	53:51
2885 Andrea Will	53:57
2886 Devan Quinlivan	53:58
2888 Jessica Brzezinski	53:59
2891 Michelle Voss	54:00
2900 Kristen Schueller	54:09
2936 Jenna Olson	54:28
2938 Midn Davis	54:28
2946 Ann Madison	54:30
2953 Elizabeth Lavergenc	54:31
2957 Christina Cusano	54:32
2966 Jeana Feely	54:34
2977 Marisa Barbanente	54:36
2978 Loren Brichler	54:36
2986 Marie Derzinski	54:38
2997 Brooke Stedman	54:40
3005 Amy Balke	54:43
3008 Michelle Greedan	54:44
3017 Stacy Lischka	54:46
3047 Julia Fischer	55:06
3049 Gina Giovingo	55:07
3057 Angela Arcibal	55:10
3067 Dana Fischer	55:18
3072 Kate Parzarella	55:25
3074 Jennifer Dienes	55:28
3075 Stephanie Spaeth	55:28
3077 Dawn Konop	55:29
3088 Kristen Gove	55:36
3111 Bridget O Connell	55:59
3121 Anne Salzwedel	56:13
3122 Nicole Beckford	56:13
3124 Amanda Freier	56:15
3125 Sarah Christian	56:15
3131 Emily Timm	56:20
3132 Ann Fitzsimmons	56:21
3133 Laurie Hilbelink	56:22
3143 Danielle Nettesheim	56:30
3154 Christine Schneider	56:41
3156 Maggie Rice	56:43
3157 Kendal Davis	56:44
3158 Jessie Stolarski	56:51
3173 Nicole Ammentorp	57:23
3182 Heather Master	57:31
3186 Mary Anderson	57:33
3203 Colleen Dugan	57:49
3217 Laura Georgy	58:02
3218 Mary George	58:03
3221 Ashley Lentz	58:03
3222 Kristina Stewart	58:09
3226 Catherine Milton	58:12
3237 Beth Dahlie	58:33
3253 Amanda Tess	58:52
3264 Meggan Foga Fogarty	59:09
3269 Borislava Golomehov	59:11
3272 Lindsay O'reilly	59:21
3273 Annie Swarm	59:23
3287 Lindsey Peterson	59:53
3288 Emily Hanson	59:57
3307 Katie Robbins	1:00:44
3317 Elizabeth Pesch	1:01:10
3321 Gena Staniszwski	1:01:19
3330 Angie Streckenbach	1:01:42
3331 Sheri Bryan	1:01:43
3339 Shawna Friday	1:01:49
3346 Elizabeth Steininge	1:02:01
3351 Molly Junemann	1:02:10
3359 Kara Sinclair	1:02:33
3378 Nicole Ailee	1:02:53
3379 Julie Mornbach	1:02:53
3387 Brigitte Brennan	1:03:08
3398 Briana Dooley	1:03:32
3399 Katie Kisiolek	1:03:37
3410 Becky Magner	1:04:03
3428 Briana Laven	1:04:42
3432 Jessica Szklarski	1:04:45
3457 Sara Lynn Schaller	1:06:20
3459 Kimberly Brown	1:06:21
3468 Blakely Neslon	1:07:57
3496 Abby Mattson	1:15:16
3497 Lynn Debiten	1:15:17

742 Rebecca Goral	39:00
844 Michelle Cowan	39:39
855 Kate Benes	39:42
926 Kari Bauknecht	40:19
930 Jacque Miller	40:20
944 Kimberly Rauwald	40:28
955 Heidi Sparr	40:33
1003 Danielle Wills	40:53
1005 Melanie Berken	40:53
1012 Anita Hoelscher	40:55
1014 Vanessa Hirtzig	40:56
1031 Amy Newman	41:00
1064 Jem Husz	41:12

1846 Laura Andis	46:23
1848 Kimberly Whitlock	46:24
1857 Christine Krahn	46:27
1870 Krista Krueger	46:32
1907 Amanda Tortorice	46:46
1908 Keryn Ghali	46:46
1923 Megan Reardon	46:52
1934 Roxanne Pinede	46:56
1952 Jeselyn Ford	47:03
1967 Kristi Strausberger	47:08
1969 Wendy Majewski	47:08
1971 Angela Gevaert	47:08
1993 Liza Locklear	47:18



Race Director Jeff Weiss and Start Captain Phil Carpenter try to figure out these new fangled cell phones.

1086 Amy Forsyth	41:19
1123 Angela Stemo	41:30
1134 Ann Johnson	41:35
1160 Alysa Krause	41:45
1162 Kelly Hensler	41:46
1194 Catherine Baker	41:57
1195 Jenny Wucherer	41:57
1250 Dana Handel	42:24
1263 Jennifer Paull	42:28
1290 Cynthia Teske	42:36
1311 Molly Treiber	42:44
1325 Andrea Sucharda	42:52
1347 Elizabeth Shakespea	43:02
1349 Marilyn Mccarville	43:04
1385 Erin Ellington	43:17
1392 Maria Carlstedt	43:19
1412 Adrienne Cass	43:25
1421 Carrie Kummrow	43:27
1426 Emily Sandvig	43:27
1428 Hayley Gordon	43:28

2001 Sandra Zbilicki	47:21
2016 Caroline Motelet	47:26
2019 Jennifer Fenzl	47:26
2026 Laura Chudzik	47:28
2027 Annika Joy	47:28
2044 Lora Strigens	47:35
2045 Rosa Gomez	47:35
2065 Hannah Ehlmann	47:39
2085 Faith Bose	47:44
2117 Lisa Volm	47:54
2134 Amanda Rhyner	48:02
2154 Angela Bilstad	48:11
2159 Meredith Brawley	48:16
2162 Jessica Rasmussen	48:17
2163 Maggie Shumway	48:17
2174 Cheryl Walecka	48:21
2177 Stacy Stolzman	48:22
2181 Julie Wills	48:24
2189 Stacey Los	48:26
2220 Ann Elliott	48:44



Wheelchairs line up for the start

1918 Keriann Conlon	46:51
1919 Kelly Dummert	46:51
1926 Ann Marie Perez	46:54
1928 Liz Gehrke	46:54
1943 Karri Kinsella	46:59
1945 Jacqueline Curley	46:59
1946 Julia Fangmann	46:59
1965 Kristine Tremel	47:07
1970 Hayley Smith	47:08
1974 Megan Gustafson	47:09
1998 Carla Schnepf	47:20
2006 Martha Trevey	47:23
2023 Andrea Situberger	47:28
2034 Jennifer Rabe	47:32
2050 Kathleen Falk	47:36
2052 Katie Perry	47:36
2054 Heather Seubert	47:36
2057 Jessica Bassindale	47:37
2062 Molly Maistrovich	47:38
2064 Stacy Hejnal	47:39
2074 Amy Arndt	47:42
2078 Naomi Kautman	47:43
2080 Marlys Sydon	47:44
2086 Colleen Mcintyke	47:45
2089 Jenny Gruber	47:45
2090 Nicole Sitzman	47:45
2093 Katie Reichardt	47:46
2100 Kerry Hughes	47:49
2105 Jessie Lindseth	47:51
2108 Angie Helfert	47:52
2130 Michelle Ferguson	48:01
2131 Francisco Ojda	48:01
2135 Aimee Anthony	48:02
2137 Molly Ajnew	48:03
2146 Tara Mahan	48:07
2156 Sarah Asma	48:13
2168 Lindsey Smale	48:18
2169 Mindy Ganske	48:20
2192 Kim Zabler	48:28

2449 Jennifer Bremer	50:22
2452 Rachel Leimbach	50:23
2456 Marci Nuckolls	50:25
2457 Kathryn Sonr	50:26
2470 Natalie Tofte	50:31
2471 Katie Mader	50:31
2477 Michelle Klinker	50:36
2481 Melanie Castle	50:40
2487 Heather Kocovsky	50:44
2488 Rosalie Sedmak	50:44
2489 Alisha Reid	50:45
2493 Elizabeth Locher	50:46
2496 Beth Stefanowski	50:46
2498 Katherine Hagemann	50:47
2503 Megan Ivers	50:48
2504 Maggie Holland	50:48
2505 Abby Molenda	50:49
2520 Karen George	50:54
2526 Katie Kasnia	50:57
2543 Martha Edwards	51:03
2544 Lei Song	51:04
2545 April Mcmurry	51:05
2552 Abby Kedrowicz	51:11
2573 Karolynn Pohl	51:24
2575 Julie Gueldner	51:24
2578 Madeleine Michel	51:25
2581 Sarah Bartell	51:27
2582 Amy Frye	51:27
2588 Erin Wagner	51:29
2601 Michelle Sanders	51:35
2607 Kerri Chirdon	51:37
2615 Anne Stuijbergen	51:38
2617 Tara Raboin	51:38
2621 Erin Noll	51:40
2629 Sarah Igl	51:41
2645 Nina Overholser	51:56
2651 Kathryn Dalecky	51:59
2652 Meghan Cocking	52:00
2659 Amy Schinker	52:05



Kids Champions

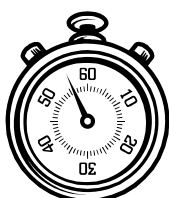
FEMALE AGE GROUP: 25-29	
41 Dot McMahan	29:16
124 Carmen Vanhart	32:10
141 Jessica Dober	32:28
161 Kerry Hanson	32:51
164 Brenna Ellington	32:57
165 Emily Hauer	32:59
214 Kimberly Majewski	33:56
332 Nicole Greiwe	35:37
356 Crystal Toll	35:55
408 Jaime Friedrich	36:24
436 Susie Schomann	36:39
501 David Brzycki	37:19
537 Luella Dooley	37:33
543 Scarlett O'malley	37:37
673 Kelly Unser	38:30
683 Amy Giese	38:35
738 Jessica Schultz	38:59

1439 Jackie Schwarz	43:34
1444 Suzanne Gensch	43:38
1470 Melissa Johndreau	43:44
1480 Jennifer Dolan	43:49
1512 Kaite Van Laanen	43:58
1558 Amanda Hawes	44:17
1559 Maria Robb	44:17
1564 Angela Colque	44:19
1598 Ben Schroeder	44:36
1629 Andrea Droese	44:52
1649 Tracy Strachota	45:01
1666 Michelle White	45:09
1678 Kimberly Stickle	45:13
1721 Janel Hoekenga	45:35
1726 Rabbin Deglopper	45:36
1729 Leah Carbonneaw	45:37
1732 Margaret Pesch	45:38
1733 Kelley Beehner	45:38
1766 Christina Hoppe	45:51
1773 Tracey James	45:54
1776 Jasna Dolgov	45:55
1793 Alicia Hustile	46:02
1826 Lisa Wertz	46:13

2243 Christina Cannon	48:52
2252 Sarah Wolf	48:55
2267 Reggie Schlicht	49:01
2271 Kelly Priefer	49:05
2273 Cathy Johnston	49:06
2278 Megan Grisolonno	49:08
2279 Michelle Wehnes	49:08
2283 Pam Schneider	49:10
2295 Tania Tam	49:14
2302 Dena Krems	49:18
2312 Michelle Rusch	49:23
2363 Kara Mccarthy	49:45
2373 Jamie Kaczmarek	49:49
2376 Jodi Lurie	49:50
2377 Tricia Wudi	49:50
2403 Kathleen Boettcher	49:59
2420 Teresa Bartone	50:05
2421 Elizabeth Nowak	50:05
2442 Shannon Duwe	50:16
2459 Becky Smale	50:27
2463 Gina Cotrone	50:29

(Continued on page 18)

The Most Times



are in The Strider

MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 17)

2468 Patricia Tofte	50:31
2474 Mari Branson	50:35
2475 Joy Jusayan	50:35
2492 Melissa Schieble	50:45
2514 Kerri Orazi	50:52
2522 Andy Wiers	50:55
2523 Diep Graham	50:55
2560 Rebecca Rhoder	51:18
2580 Sally Furlong	51:27
2586 Rebecca Rohde	51:28
2610 Lynn Rutkowski	51:37
2630 Kelly Mohr	51:42
2632 Sarena Goldstein	51:43
2640 Michele Wolguer	51:47
2660 Kelli Kopschke	52:05
2662 Katy Dittman	52:06
2680 Heidi Belongia	52:13
2694 Tamara Kasprzak	52:18
2709 Katherine Cornell	52:26
2710 Teressa Batiste	52:26
2728 Kelly Moran	52:33
2753 Marira Pulins	52:49

3401 Laura Danielson	1:03:40
3426 Allison Anshutz	1:04:34
3461 Kristyn Secaur	1:06:38
3473 Anjak Kaur	1:09:31

FEMALE AGE GROUP: 30 - 34	
47 Abi Watras	29:31
75 Sue Miller	30:35
169 Carrie Seiberlich	33:04
191 Julie Wankowski	33:34
195 Stehanie Heyroth	33:39
225 Heather Polan	34:10
261 Robin Treder	34:35
268 Jennifer Venn	34:39
273 Laura Grabowski	34:42
327 Jill Vandermolen	35:32
455 Joelle Kane	36:51
483 Kelly Ellington	37:11
532 Lisa Block	37:32
567 Robin Anderson	37:47
568 Cari Yerkes	37:48
584 Colleen Wilkens	37:53
591 Diana Widmer	37:55
605 Kellie Orndorff	38:00
665 Chris Zavaglia	38:24
708 Wendy Gerlach	38:44
754 Kristen Holland	39:05
783 Kelly Beckman	39:17
811 Martha Hartmann	39:26
820 Jennifer Mkass	39:31
837 Beth Meece	39:37
858 Beth Ryan	39:44
913 Kimberly Stein	40:08
974 Katherine Feucht	40:38
1016 Angela Guenther	40:56
1020 Sarah Norris	40:57
1038 Lynda Kosha	41:02
1055 Jen Hammer	41:08
1088 Kristin Breuer	41:19
1125 Melissa Lee	41:30
1137 Kim Hardy	41:36
1156 Andi Gumina	41:44

2176 Julie Moran	48:22
2234 Michelle Kuokkanen	48:50
2247 Tara Stinson	48:54
2259 Shelly Kippa	48:58
2284 Coleen Leahy	49:10
2293 Jennifer Loop	49:12
2320 Kathleen Schrauth	49:28
2322 Jennifer Deates	49:29
2324 Mary Stern	49:29
2336 Ellen Freitag	49:33
2338 Dee Miller	49:33
2342 Kelly Etzel	49:35
2355 Victoria Paupore	49:40
2364 Shannon Mccarthy	49:46
2368 Amy Gardner	49:48
2411 Laurie Makola	50:01
2439 Donna Brown	50:14
2441 Tracy Gilbertsen	50:15
2483 Tanya Gorder	50:42
2485 Elizabeth Cardinale	50:43
2490 Ishel Quintana	50:45
2512 Heather Fetherston	50:51
2513 Jill Sukow	50:52
2538 Gina Utrie	51:02
2548 Jen Seaver	51:10
2556 Danielle Vorkapich	51:13
2579 Mindy Voelker	51:26
2585 Barbara Herfurth	51:28
2589 Michelle Hatcher	51:29
2636 Theresa Sobczak	51:45
2650 Jacki Kubiak	51:58
2663 Jen Buchta	52:06
2664 Wendy Kendeigh	52:06
2684 Melissa Mann	52:14
2689 Lisa Krupinski	52:17
2691 Michelle Goeders	52:17
2719 Kerri Koepke	52:29
2761 Michelle Mccardle	52:53
2804 Julie Shadow	53:10
2821 Lisa Stebbins	53:20
2832 Laura Collins	53:27
2850 Mary Lou Richter	53:36

FEMALE AGE GROUP: 35 - 39	
19 Jenny Crain	27:15
86 Tina Koneazny	30:51
117 Corina Canitz	32:01
129 Michelle Lanouette	32:16
138 Ann Limberg	32:26
275 Patti Menair	34:47
396 Mary Dreutzer	36:21
416 Lori Wallace	36:29
491 Vicki Kaminski	37:16
514 Kelly Kiel	37:23
577 Sheila Conroy	37:50
620 Marianne Koch	38:07
698 Christine Nickels	38:39
703 Ann Rovito	38:41
814 Joan Mueller	39:29
825 Michele Hepner	39:32
831 Lee Blumentritt	39:36
882 Lisa Naidl	39:52
973 Cathy Costello	40:37
1048 Sandy Fischer	41:07
1059 Denise Lawson	41:10
1068 Bonnie Neidinger	41:14
1073 Mary Fahey	41:15
1121 Christine Knipple	41:29
1171 Bridget Boyle	41:51
1190 Debbie Costakos	41:56
1200 Sharon Iggulden	41:58
1227 Kristin Layeux	42:16
1309 Lisa Osvatic	42:43
1333 Kristi Gerhardt	42:57
1350 Shelley Noltner	43:04
1359 Cathy Rapp	43:09
1371 Christine Fenske	43:11
1380 Cindy Brzank	43:16
1399 Dawn Davis	43:21
1422 Kristie Thomas	43:27
1455 Donna Scott	43:42
1475 Holly Reed	43:46
1505 Lisa Heiming	43:57
1509 Laurie Wienczek	43:58
1563 Kathleen Busse	44:19

2450 Linda Auchter	50:22
2458 Peggy Buege	50:27
2478 Cindy Jolz	50:36
2501 Amy Dedow	50:47
2502 Kristine Gould	50:48
2527 Cheryl Hoelz	50:57
2549 Barb Vehlow	51:10
2557 Lynn Bender	51:16
2569 Julie McCooy	51:23
2609 Betty Cibulka	51:37
2625 Paula Schmidt	51:40
2627 Christine Apple	51:41
2639 Judy Mcdonagh	51:47
2696 Renee Vandlik	52:20
2703 Denise Mace	52:22
2737 Denise Simonis	52:42
2749 Beth Donnelly	52:47
2779 Elizabeth Zdrojewsk	53:00
2783 Cindy Kippely	53:01
2784 Carey Provan	53:01
2801 Kathy Gale	53:10
2834 Kathleen Christians	53:28
2836 Heather Janke	53:29
2856 Catherine Scheder	53:43
2874 Floraiba Vivn	53:52
2880 Laurel Sukup	53:55
2887 Diane Hirsch	53:58
2904 Jolene Strother	54:10
2915 Amy Strother	54:18
2918 Deborah Shields	54:22
2919 Christine Anderson	54:23
3012 Tammy Babisch	54:45
3026 Kelly Kuhs	54:55
3028 Wendy Jo Miller	54:56
3035 Kristina Kastner	54:59
3040 Jennifer Freckmann	55:00
3042 Susan Wallace	55:01
3045 Kathleen Hodan	55:04
3099 Lisa Crandall	55:51
3101 Ellen Draught	55:52
3115 Julie Wengelewski	56:07
3119 Michele Fluegge	56:10



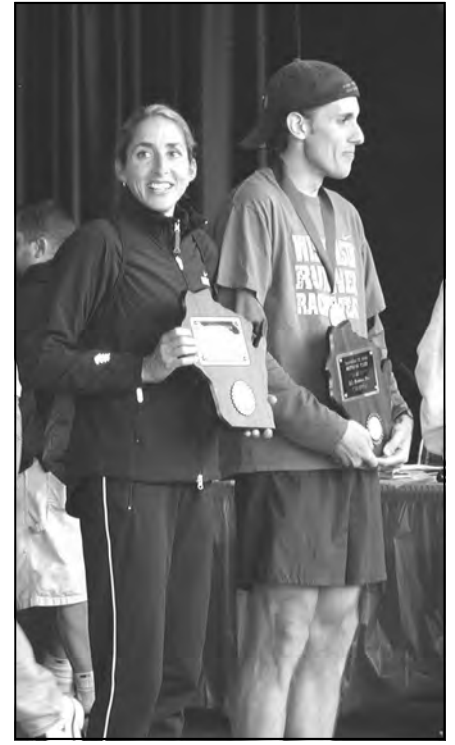
Matt Thull powers toward the finish of the 2004 Al's Memorial Run



Jenny Crain smiles for the camera just before hitting the tape



Joani and Tom Crean pose for the ceremonial gun shot



Jenny Crain and Matt Thull accept their USATF Wisconsin 8K Championship Plaques. Photos by Jeff & Brandi Weiss.

2768 Tracie Robinson	52:56
2769 Ann Helm	52:57
2777 Monica Bayley	53:00
2811 Emily Gunderson	53:12
2813 Tanya (barb Zastrow	53:15
2826 Stephanie Bateman	53:24
2827 Tara Duggan	53:25
2833 Emily Fryda	53:28
2844 Lynn Kusche	53:34
2858 Delena Bomkamp	53:43
2865 Katie Beaummier	53:47
2866 371 Wolf	53:48
2896 Cynthia Vhlenkamp	54:08
2914 Kristy Knoblock	54:16
2916 Joanne Colletti	54:22
2971 Allyson Gerschke Ki	54:35
3022 Katie Mcdonald	54:53
3029 Christine Olson	54:56
3050 Natasha Haataja	55:07
3054 Aisha Mansour	55:08
3062 Kimberly Baker	55:13
3071 Tina Hanneman	55:25
3078 Mary Ellen Krueger	55:30
3082 Janelle Schroeder	55:31
3085 Aletha Head	55:33
3120 Shana Retzlaff	56:11
3129 Lisa Tepe	56:19
3136 Shiloh Roehl	56:23
3148 Jamie Lacke	56:35
3161 Sandy Maxwell	56:52
3164 Julie Pomplin	57:05
3168 Lisa Shea	57:11
3171 Jodie Thill	57:18
3187 Kate Ciano	57:33
3190 Jessica Petite	57:36
3194 Nicole Behrendt	57:39
3195 Lori Glaser	57:40
3205 Notesong Thompson	57:52
3233 Tehseen Majid	58:24
3266 Lynn Hebbing	59:09
3271 Danijela Todorovic	59:20
3297 Angela Kienast	1:00:29
3357 Lizzy Sinclair	1:02:33
3386 Jennifer Lamere	1:03:03
3400 Sarah Schabowski	1:03:38

1161 Carrie Truebenach	41:46
1173 Kristi Coleman	41:52
1185 Kristina Declenee	41:54
1222 Amy Perri	42:13
1233 Lori Maldonado	42:18
1262 Ginny Korko	42:27
1265 Amy Keup	42:28
1288 Dana Hanson	42:35
1340 Jennifer Antonneau	42:59
1360 Shannon Muderlak	43:09
1363 Michelle Mielke	43:10
1433 Shannon Johnson	43:30
1437 Vern Gomilla	43:33
1440 Sherri Biocic	43:34
1441 Lisa Manske	43:36
1443 Laurie Kunz	43:36
1474 Jennifer Brickl	43:46
1489 Kristin Sohn	43:53
1497 Kristin Vielbig	43:56
1531 Katie Pitrie	44:06
1539 Audra Brennan	44:08
1554 Bridget Soleski	44:16
1569 Amy Montana	44:22
1612 Kari Opichka	44:44
1638 Angela Wagner	44:55
1707 Amy Holley	45:29
1713 Stacey Bast	45:32
1840 Paula Evjen	46:19
1841 Kelly Gates	46:20
1862 Christina Hutchins	46:30
1895 Cathy Zyniecki	46:41
1897 Kristine Diehl	46:41
1915 Jenette Haug	46:49
1922 Kathleen Weis	46:52
1924 Jennifer Hannis	46:52
1935 Stephanie Gregor	46:57
1988 Christine Stack	47:17
2038 Mary Lou Richter	47:33
2043 Mary Beth Preston	47:34
2091 Angela Birlir	47:45
2097 Rosanna Zepecki	47:48
2103 Sara Krzykowski	47:50
2109 Carolyn Dehnke	47:52
2128 Jenn Martin	48:00
2136 Abbey Albers	48:03

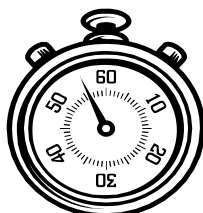
2875 Tina Emer	53:53
2883 Christina Diener	53:56
2890 Nicole Khauser	54:00
2958 Brandy Gallun	54:33
2959 Michelle Butzer	54:33
2972 Dannette Justus	54:35
2982 Terry Coughlin	54:37
3018 Jennifer Holton	54:47
3019 Sonya Fameu	54:48
3030 Mary Kruslin	54:56
3038 Susan Podgorski	55:00
3043 Rachel Guthrie	55:04
3079 Amy Van Deurzen	55:50
3081 Lisa Blaeser	55:51
3086 Jennifer Eliason	55:54
3092 Teresa Ruppenthal	55:43
3100 Gina Chickora	55:52
3102 Kristine Fjellman	55:53
3113 Penni Asmann	55:59
3114 Carie Mueller	56:02
3138 Kim Anderson	56:24
3185 Sarah Bonewits	57:33
3204 Divina Wells	57:52
3206 Karen Burns	57:54
3231 Allison Benham	58:24
3252 Julie Grutzner	58:51
3256 Jacqueline Schultz	58:55
3263 Amy Harrington	59:09
3274 Erica Conway	59:27
3283 Jennifer Cohen	59:46
3313 Wendy Wagner	1:00:53
3322 Claudia Pineda	1:01:21
3375 Stacy Fielden	1:02:52
3397 Karen Stanford	1:03:30
3404 Michelle Bougie	1:03:45
3407 Jill Dupont	1:03:51
3434 Dawn Gott	1:04:47
3452 Sunir Kaur	1:05:55

1610 Bridget O'neil	44:43
1635 Kris Radliff	44:54
1637 Sara Novogoratz	44:55
1647 Dawn Becker	45:00
1679 Sue Reith	45:14
1688 Julie Sherwin	45:16
1691 Amy Berghoefer	45:17
1701 Jody Herbst	45:25
1750 Betsy Dukatz	45:46
1778 Nancy Peske	45:57
1785 Marie O' Brien	46:00
1792 Susan Gomilla	46:02
1810 Jessie Zehren	46:07
1829 Deana Grall	46:15
1832 Lisa Burkhardt	46:16
1871 Beth Ormsby	46:33
1872 Shelley Vecitis	46:33
1894 Lea Frigo	46:39
1937 Tammy Kops	46:57
1944 Leslie Malavsky	46:59
1975 Shannon Allen	47:09
1984 Candace Florence	47:14
1986 Karen Drexler	47:16
2011 Valerie Polubinsky	47:24
2024 Pamela Smith	47:28
2031 Leslie Dohr	47:30
2055 Cindy Smith	47:36
2077 Louise Vogel	47:43
2099 Jo Gassner	47:49
2126 Marie Sands	48:00
2138 Donna Stelter	48:03
2198 Kelly Koble	48:34
2215 Alison Lux	48:41
2262 Suzy Morgan	48:59
2270 Michelle Wollershei	49:04
2281 Ann Bachar	49:09
2330 Mary Fitzsimmons	49:30
2334 Angie Teske	49:31
2344 Laura Cesar	49:35
2375 Maureen Stoudt	49:50
2392 Kim Vogt	49:56
2406 Diane Duffey	50:00
2415 Dawn Gresham	50:02
2416 Joanna Burrett	50:03
2440 Kim Melotik	50:15

3191 Barbara Bomm	57:36
3193 Tina Gilson	57:39
3198 Kelly Mlinar	57:47
3202 Therese Noonan	57:48
3219 Heather Fields	58:03
3220 Elizabeth Tesch	58:03
3238 Vicki Welch	58:34
3241 Dawn Berlin	58:39
3251 Joan Kaulfuerst	58:49
3275 Dawn Smith	59:31
3293 Rosa Zukowski	1:00:18
3304 Ana Webster	1:00:36
3332 Stacey Waston	1:01:44
3342 Susan Wolniakowski	1:01:56
3344 Inta Kalve	1:01:57
3367 Alexis Sullivan	1:02:41
3383 Allyson Doerflinger	1:02:56
3391 Renee Larkin	1:03:19
3393 Karen Kilps	1:03:20
3413 Suzanne Letellier	1:04:09
3421 Shannon Chadwell	1:04:25
3448 Ina Rae Aceuedo	1:05:44
3481 Sara Romag	1:11:03
3498 Eva Lugo	1:15:19
3500 Colleen Schoenike	1:16:41
3501 Michele Crawford-Ro	1:17:18
3502 Laura Honish	1:19:23
FEMALE AGE GROUP: 40 - 44	
92 Kelly Williams-Scoc	31:14
182 Jo Ann Dettlaff	33:20
288 Nora Wolff	34:53
330 Laura Brehm	35:34
374 Amy O'connor	36:07
397 Gwendolyn Bevis	36:22
425 Kathy Cleary	36:34
459 Colleen Berg	36:55
554 Jane Bleier	37:43
621 Amy Knox	38:07
664 Susan Lapinski	38:24
710 Jeanne Bril	38:44

(Continued on page 19)

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MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 18)

712 Judy Klein	38:45
809 Kathi Castle	39:25
848 Holli Hawker	39:41
866 Jill Stock	39:49
988 Nancy Sellars	40:46
1002 Sung Ye Jacobs	40:52
1017 Janice Johnson	40:56
1050 Sheryl Leonard-Schn	41:07
1067 Lisa Bigalk	41:13
1115 Anne Kalman	41:26
1153 Sally Cashin	41:43
1167 Deb Baade	41:49
1181 Monica Ziebert	41:54
1188 Peggy Slind	41:55
1216 Donna Weir	42:11
1229 Carmella Hansen	42:17
1231 Tracy Esser	42:17
1269 Judy Neale	42:29
1286 Amy Siewert	42:35
1301 Maria Crowe	42:39
1331 Erin Fritzingier	42:55
1357 Shelley Clingaman	43:09
1365 Lynn Muenzenberger	43:10

2628 Pamela Haley	51:41
2637 Cindie Zehnder	51:47
2654 Rochelle Gawin	52:01
2668 Karen Chapman	52:08
2711 Pam Purcell	52:26
2752 Christine Bohte	52:49
2763 Holly Sabljak	52:54
2780 Susan Popalisly	53:00
2789 Mary McDonough	53:05
2793 Rolean Wernicke	53:08
2807 Shari Janusewski	53:11
2812 Joan Berg	53:13
2817 Sonya Simon	53:17
2881 Sandy Ehlert	53:56
2884 Jean Thurler	53:57
2903 Karen Maierle	54:10
2910 Lisa Ulicki	54:13
2976 Tina Zachari	54:36
3001 Jane Laux	54:41
3036 Tammy Zellen-Sugden	54:59
3083 Lori Sieracki	55:33
3094 Brigitte Parenteam	55:45
3095 Carde Abrams	55:45
3098 Vicki Saber	55:48
3126 Rose Gomez	56:15
3142 Melody Meyer	56:30
3145 Michelle Martinson	56:32
3165 Ann Kinkade	57:06
3184 Kathleen Peardon	57:32
3196 Jaime Santi	57:41
3242 Karol Koshak	58:39
3245 Suzanne Smith	58:42
3246 Carmen Ortiz	58:46
3279 Mary Kasnia-Senger	59:34
3280 Diana Ponder-Lotzer	59:34
3289 Linda Smith	59:58
3295 Debbie Magerowski	1:00:25
3301 Mary Gute Witte	1:00:32
3320 Diana Pitterle	1:01:15
3343 Maryann Abrahamson	1:01:57
3371 Kim Wengler Purin	1:02:49
3381 Pamela Mueller	1:02:54
3438 Mary Wagner	1:05:25

2529 Robin Graham	50:58
2602 Kathleen Gardner	51:36
2603 Karen Zastrow	51:36
2604 Monica Woods	51:36
2620 Rita Noll	51:39
2644 Dawn Eskau	51:54
2647 Mary Jane Tehan	51:57
2672 Connie Walters-Schm	52:10
2693 Lisa Akgulian	52:18
2701 Pam Small	52:22
2714 Mary Parker	52:27
2715 Philip Mrule	52:28
2718 Susan Solverson	52:28
2722 Karen Waston	52:30
2747 Doris Mulder	52:47
2799 Debra Krouth	53:09
2861 Mary Swartwout	53:46
2873 Linda Krieg	53:52
2892 Mary Schlapinski	54:03
2911 Sue Wagner	54:14
2987 Terry Steffen	54:38
3037 Terry Lischka	55:00
3039 Cheryl Fuchs	55:00
3063 Karen Whitson	55:13
3104 Sue Gaulke	55:54
3118 Diana Edwards	56:09
3163 Deb Prickett	56:58
3166 Vivian Vivas	57:09
3169 Pat Clemens	57:13
3209 Cindy Schultz	57:59
3214 Mary Ozechowski	58:02
3215 Linda Belongia	58:02
3247 Jozy Gaffney	58:46
3249 Sandra Valley	58:47
3261 Gerta Zinda	59:03
3292 Terri Lawnicki	1:00:14
3298 Susan Brojanac	1:00:30
3310 Carol Fogarty	1:00:48
3315 Catherine Steininge	1:00:54
3325 Betzada Gomez	1:01:31
3340 Darcy Lorenzon	1:01:49
3348 Jackie Kittel	1:02:03
3366 Deborah Buchanan	1:02:41
3369 Renee Varland	1:02:48
3385 Laura Lade	1:03:02
3388 Mary Beth Walton	1:03:09
3411 Carol Lehman	1:04:06
3435 Elaine Fillmore	1:04:55
3437 Madonna Heller	1:04:58
3447 Julie Brennehan	1:05:43
3456 Dianne Binger	1:06:19
3458 Lynn Holland	1:06:21
3465 Kathy Schraufriegl	1:06:46
3472 Jeanne Hossenlopp	1:09:16
3485 Florence Sasaki	1:11:35
3490 Nancy Taddy	1:13:29

FEMALE AGE GROUP: 50 - 54

186 Kay Fronk	33:29
468 Susan Koleas	37:02
815 Judith Olson	39:30
880 Ann Pesch	39:52
967 Karen Braun	40:36
1015 Mary Jo Johnson	40:56
1043 Christy Breihan	41:05
1196 Joan Stein	41:57
1377 Elizabeth Blackwood	43:14
1551 Nancy Omdahl	44:15
1630 Connie Manke	44:52
1765 Pam Grzybowski	45:51
1787 Carol Gross	46:00
1794 Theresa Hagman	46:02
1809 Barbara Tremel	46:07
1819 Susan Templin	46:11
1991 Jackie Jeray	47:17
2013 Rosalie Neumann	47:25
2028 Ria Burdick	47:29
2118 Becky Hamilton	47:55
2129 Mary Light	48:00
2164 Ellen Shattuck	48:17
2173 Peggy Vinson	48:21
2178 Teresa Carpenter	48:22
2188 Mary Bertram	48:26
2204 Teri Vandenhoven	48:37
2213 Mary Bennett	48:40
2289 Marcie Wargolet	49:11
2308 Colette Fey	49:21
2465 Connie Beiersdorf	50:30
2516 Leah Rewolinski	50:52
2646 Connie Lytle	51:57
2687 Sally Hacker	52:16
2723 Rosemary Dolan	52:31
2798 Jadwiga Hjerstedt	53:09
2802 Anna Pepejnjak	53:10
2816 Monica Diamond	53:17
3093 Barbara Fischer	55:43
3117 Marilyn Clarke	56:09
3139 Theresa Bellone	56:27
3151 Gael Cullen	56:36
3216 Joanne Stolorowski	58:02
3278 Bonnie Caravella	59:34
3296 Sherry Van Frachen	1:00:27
3408 Jean Mattson	1:03:58
3412 Pamela Shefchik	1:04:07
3416 Patti Maynard	1:04:14
3418 Sue Nieman	1:04:20
3482 Nancy Punzenberger	1:11:11
3483 Lisa Young-Borkowsk	1:11:27
3491 Wendy Hauser	1:14:02
3492 Celeste Ruebl	1:14:08
3493 Jean Horner	1:14:44
3503 Karen Bott	1:19:23

FEMALE AGE GROUP: 55 - 59

137 Susan Wurtz	32:25
625 Paula Larsen	38:09



It was a Team Wisconsin Runner sweep with Matt Thull first, Patrick Frascone 2nd 24:30 (above left) and Aaron Nodolf 3rd 24:46 (above right). Photos by Jeff Weiss



Don Birzer (25:35), Kris Kreutzmann (22:49) and Gary Debuhr (23:42) and sons. Photo by Brandi Weiss

1393 Joan Rozisek	43:19
1394 Jeanne Wood	43:19
1435 Andrea Smetana	43:32
1446 Diane Dammon	43:40
1451 Karen Gagliano	43:41
1453 Mary Casula	43:41
1483 Scott Horner	43:50
1530 Michelle Spehr	44:04
1535 Jean Schweda	44:07
1544 Beth Bunkenburg	44:12
1653 Jean Diekmann	45:03
1658 Sara Pitterle	45:04
1674 Mary Jo Esser	45:12
1715 Andrea Snastin	45:34
1724 Holly Szablewski	45:36
1749 Ann Mennell	45:46
1781 Deborah Torbica	45:58
1782 Mary Lou Johnson	45:58
1800 Ruth Eimer	46:04
1842 Anne Wandler	46:21
1982 Mary Bartkowski	47:14
1994 Sarah Kazanecki	47:18
1997 Ellen Luby	47:20
2000 Sharon Goddard	47:21
2007 Laura Ambrose	47:23
2022 Elga Taylor	47:28
2036 Sandy Ewald	47:33
2063 Lisa Morris	47:39
2068 Cindy Bacskai	47:40
2101 Mary Dresang	47:49
2123 Cindy Gaudion	47:59
2147 Sue Volkman	48:08
2160 Anne Gorzek	48:16
2194 Pamela Steib	48:29
2223 Wendy Potratz	48:46
2232 Sharon Braun	48:50
2238 Lynn Kirkstein	48:51
2309 Gina Christensen	49:21
2346 Kay Holschbach	49:35
2357 Julie Brown	49:41
2358 Amy Wolter	49:41
2371 Cathy Deely	49:48
2390 Cori Timm	49:55
2424 Pam Masiloth	50:07
2479 Betty Lynch	50:37
2491 Gretchen Wadewitz	50:45
2497 Deborah Yahn	50:47
2551 Kathy Zalewski	51:11
2553 Leah Dvorak	51:11
2558 Lisa Stec	51:18
2587 Jill Woelfel	51:28
2605 Evelyn Amundson	51:36
2623 Kim Guerrieri	51:40

FEMALE AGE GROUP: 45 - 49

115 Cheryl Neumann	31:52
153 Corinne Mc Fadden	32:45
222 Kim Petak	34:06
305 Bill Small	35:07
339 Rosemary Schultz	35:46
679 Deborah Schwark	38:34
740 Barb Kieffer	39:00
741 Mary Beth Clark	39:00
925 Sharon Hassinger	40:18
963 Shirley Schmick	40:35
970 Jill Kvasnicka	40:37
989 John Koleas	40:47
995 Linda Teske	40:50
1069 Sue Miller	41:14
1117 Mary Wysocki	41:27
1146 Mary Hubbs	41:42
1152 Debra Doll	41:43
1277 Rose Anstedt	42:32
1307 Nora Jeson	42:42
1327 Pamela Ogor	42:53
1425 Marilyn Kezbekus	43:27
1432 Judy Goodenow	43:30
1467 Eileen Sherburne	43:43
1477 Pauline Swenson	43:46
1517 Dennis Walder	43:59
1521 Gail Reisenauer	44:01
1662 Anne Frazier	45:05
1681 Kathryn Berezowitz	45:15
1694 Krys Korniluwicz	45:19
1803 Debbie Matitz	46:05
1804 Eileen Reilly	46:05
1885 Cindy Housner	46:35
1992 Sandy Herrmann	47:18
2039 Gail Stumpf	47:34
2148 Jill Klysen	48:09
2150 Patricia Schmeling	48:10
2175 Cheryl Stoeckler	48:21
2191 Ann Forrer	48:28
2254 Linda Newton	48:56
2301 Cheryl Scheuerman	49:16
2307 Donna Dzewik	49:20
2408 Diane Bjella	50:00
2409 Mary Koziboski	50:01
2410 Laura Powers	50:01
2429 Kathy Dempsey	50:11
2434 Sueri Spencer	50:12
2451 Nancy Roozen	50:22
2453 Terry Robinson	50:23
2454 Lisa Kreft	50:23
2510 Diane Haas	50:51
2511 Katie Bruhy	50:51

1199 Beverly Brunner	41:57
1276 Annette Boyce	42:31
1485 Kit Kuokkanen	43:50
1770 Pauline Ellington	45:52
1786 Kathy Peetz	46:00
2042 Vicki Nelson	47:34
2200 Kathleen Brenner	48:35
2272 Catherine Sandvig	49:05
2285 Donna Potter	49:10
2417 Susan Ruggles	50:04
2466 Ruth Benedum	50:30
2600 Kathleen Kennedy-Ku	51:35
2618 Carolyn Behrens	51:39
2765 Mary Taft	52:55
2790 Darlene Shadow	53:06
2825 B.j. Larus	53:24
2899 Deidre Martin	54:09
3073 Donna Bayard	55:26
3174 Cheryl Petersen	57:24
3207 Judy Blomfeldt	57:57
3323 Kathy Walter	1:01:22
3394 Patricia Pollack	1:03:20
3417 Karla Knutsen	1:04:16
3419 Milly Strawn	1:04:20
3454 Nancy Lazzara	1:06:15



Abi Watras 3rd Female 29:31

FEMALE AGE GROUP: 60 - 64

954 Joy Imms	40:32
1744 Nancy Birk	45:42
2351 Sherry Dobson	49:37
2690 Marie Ruvolo	52:17
2810 Karen Janke	53:11
3153 Gerrie Gustafson	56:38
3179 Marian Benz	57:26
3350 Mary Steinkraus	1:02:10
3361 Anne Duffy	1:02:35
3425 Barbara Anschutz	1:04:33
3445 Jeanne Stott	1:05:39
3470 Mariann Maris	1:08:28
3486 Mary Adams	1:11:35

FEMALE AGE GROUP: 65 - 69

2486 Judy Kirchoffer	50:44
2897 Bernadine Smurawa	54:08
3188 Joan Rangberger	57:34
3415 Sandy Ammon	1:04:11
3433 Luann Dreifuert	1:04:45
3467 Jeanne Schmidt	1:07:56
3494 Joyce Fox	1:14:58



17,279 Runners and Walkers head east down the Ave

FEMALE AGE GROUP: 65 - 69

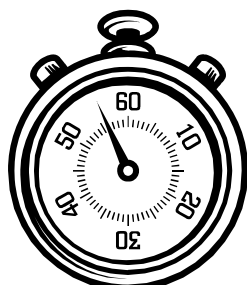
2486 Judy Kirchoffer	50:44
2897 Bernadine Smurawa	54:08
3188 Joan Rangberger	57:34
3415 Sandy Ammon	1:04:11
3433 Luann Dreifuert	1:04:45
3467 Jeanne Schmidt	1:07:56
3494 Joyce Fox	1:14:58

FEMALE AGE GROUP: 70 - 99

23 Troy Clark	27:48
34 Kurtis Kenter	28:53
44 Evan Wind	29:25
70 Brandon Davis	30:32
71 Kody Lewis	30:32

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

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81 Steven Brandes	30:40
94 Alex Kearney	31:17
119 Jed Burey	32:05
172 Alexander Zierl	33:05
177 Paul Johnson	33:14
199 Kevin Duggan	33:43
209 Paul Brom	33:53
244 Matt Gannon	34:27
249 Evan Cooper	34:29
276 Andy Malson	34:47
281 Tony Guzzardo	34:50

1108 Andy Toumanoff	41:24
1157 John Hoy	41:44
1163 Trevor Hoy	41:47
1164 Adam Baade	41:47
1219 Edward Speck-Kern	42:12
1239 Nathaniel Sullivan	42:20
1246 Andrew Vogel	42:22
1354 Chris Bohl	43:07
1361 Travis Rusch	43:09
1370 Andy Martin	43:11
1406 Nathan Retzlaff	43:23
1430 Eric Bugenhagen	43:29
1463 Tedd Falk	43:42
1540 Danielle Gross	44:08
1567 Kevin Galbreath	44:20
1583 Louis Tang	44:27
1584 Stephen Ellis	44:27
1590 Jake Greene	44:29
1606 Jonathan Sandon	44:42
1640 Charlie Smoot	44:57
1641 Tim Smoot	44:57
1659 Russell Oakes	45:05
1743 Sean Jaehnig	45:42
1753 Brad Tehar	45:48
1759 Mark Burdette	45:49
1859 Matthew Filter	46:28
1878 Ben Zibton	46:35
1910 Vincent Brackett	46:48
1912 Patrick Fields	46:48
1933 Jimmy Venn	46:56
1939 Joey Venn	46:58

2863 Kierdin Maltz	53:47
2870 Nathan Senger	53:50
2908 Mike Borkowski	54:12
2909 Brendan Hartzog	54:13
2917 West Magerowski	54:22
2943 Chris Fost	54:29
2944 Caleb Malinooski	54:30
2955 Andrew Horuath	54:32
2961 Jeremy Swain	54:33
2968 Jacob Schneider	54:34
2969 Adam Hensgens	54:34
2975 Tom Kuhrt	54:35
2979 Sean McCullogh	54:36
2980 Bill Castle	54:36
2983 Ryan Sisler	54:37
2984 Matthew Fueston	54:37
2988 Matthew Krempel	54:38
2990 Austin Helm	54:39
2995 Kellan Sams	54:40
3002 Patrick Beckman	54:41
3003 Steve Boona	54:41
3061 Alex Smith	55:13
3070 Matt Nemacheck	55:23
3109 Chris Bennett	55:59
3228 Christopher Hoffman	58:22
3259 Daniel Witte	58:57
3299 Kirk Moats	1:00:30
3335 Mark Kane	1:01:47
3353 Vaughn Damrenip	1:02:13
3370 Camron Varland	1:02:49
3372 Max Purin	1:02:50
3436 Reggie Young	1:04:56
3443 Jacob Haugen	1:05:34
3463 Benjamin Clark	1:06:44
3477 Matt Mcdonough	1:09:48
3478 Dan Mcdonough	1:09:48
3487 Jesse Schoenike	1:11:40
3495 Tomas Schlenker	1:15:01

315 Michael Kelley	35:20
326 Jeff Eisenbraun	35:32
342 Kevin Sobieski	35:49
345 Matthew Wimmer	35:50
351 Josh Baseheart	35:53
360 Anthony Russo	35:59
361 Chris Gries	35:59
364 Edwin Monroy	36:01
365 Patrick Hanley	36:01
371 Jon Allenheiliger	36:04
381 Josh Drueck	36:13
387 Brian Brown	36:15
391 Ben Maschke	36:16
392 Michael Gloudeman	36:18
401 Brian Sajdak	36:22
402 Michael Stearns	36:23
437 Drew Sanders	36:40
441 Alex Peterson	36:44
454 Andrew Broderick	36:51
467 Nick Schanz	37:01
470 Brian Walczak	37:03
487 Grant Beardslay	37:13
493 Josh Hertzog	37:17
498 Alexander Buob	37:19
510 Jim Olson	37:22
519 Jeff Jasinawski	37:26
524 Griffin Saving	37:29
525 Joseph Cummins	37:29
527 Kevin Smith	37:30
533 Darren Almagro	37:32
545 Jonathan Aubry	37:38
546 Brian Guzman	37:39
578 Joe Villmore	37:50
587 Mark Siebenaller	37:54
595 Michael Peniflor	37:57
596 Jefton Knight	37:57
597 Shue Xeng Her	37:58
602 Mahesh Narayanaswam	37:59
603 Ed Frank	38:00
604 Luke Selding	38:00
609 Will Mueller	38:03
611 Greg Jackson	38:03
619 Jeff Craig	38:07
629 Timothy Witmer	38:11
641 Ken Kraft	38:16
644 James Maldoney	38:17
651 Jordan Nobler	38:19
676 Charlie Ismert	38:32
677 David Oconnor	38:32
696 Dan Heron	38:39
706 Brian Schultz	38:43
714 Reid Hickman	38:46
724 Brian Sterricker	38:54
728 Seth Leasure	38:55
733 Matt Trotter	38:57
736 Michael Schmidt	38:58
739 Dan Kopperud	38:59
743 Kyle Parker	39:01
751 Chris Krakowski	39:04
759 Ben Krahn	39:07
765 Ryan Heidrick	39:10
777 Adam Goede	39:14
788 Adam Anderson	39:18
797 Jose Gonzalez	39:21
804 Flavio Rovertoni	39:23
819 Mark Siegel	39:31
834 Thomas Koleski	39:37
838 Patrick Jensen	39:37
839 Eric Conner	39:38
840 Nathan Mcdonald	39:38
841 Sean Esser	39:38
849 John Gossette	39:42
852 Nathan Engel	39:42
853 Brad Lindner	39:42
862 Steven Balzer	39:46
881 Kyle Huebner	39:52
883 Luke Papenfuss	39:52

1102 Robert Banner	41:23
1124 John King	41:30
1130 Matthew Ucci	41:32
1144 Matthew Raciti	41:41
1201 Brian Lofy	41:58
1212 Dan Barnes	42:09
1225 Ryan Weatherly	42:15
1226 Nick Perry	42:15
1228 Matt Schubert	42:16
1272 Jim Flowers	42:30
1274 Alec Lothert	42:31
1278 Andrew Baisch	42:33
1293 Phillip Minar	42:37
1299 Sean Curriz	42:38
1308 Scott Levesentz	42:43
1324 Andy Braun	42:52
1326 Dave Tess	42:52
1329 Thomly Singh	42:53
1372 David Lutz	43:12
1375 Jordan Korabic	43:12
1376 Grant Thies	43:13
1402 Stork Erik	43:22
1407 Kellen Anderson	43:24
1409 Jason Lentzke	43:24
1479 Sam Rotenbach	43:49
1492 Nick Niedermann	43:55
1495 John Barry	43:56
1525 Robert Mikita	44:03
1568 Rob Fafinski	44:20
1578 Art Beneditz	44:26
1599 Katie Koleski	44:36
1608 Jason Ludtke	44:43
1611 Andy Louis	44:44
1619 Joshua Plath	44:45
1633 Benjamin Allen	44:53
1634 Nic Wucherer	44:54
1648 Ben Damontiere	45:00
1651 Charles Howenstine	45:01
1655 Jason Anderson	45:03
1657 Aaron Aichele	45:04
1671 Brian Porter	45:11
1673 Lee Tang	45:11
1687 Nate Waters	45:16
1710 Dan Whitman	45:31
1725 Andrew Hunn	45:36
1728 Christopher Krueger	45:37
1751 Jeff Melbze	45:47
1762 Hiep Phang	45:50
1790 John Hinchey	46:01
1796 David Koebele	46:03
1807 Scott Jacobs	46:06
1808 Sean Mcdonald	46:06
1814 Robert Richards	46:09
1883 Chris Enger	46:35
1904 Greg Leshner	46:45
1913 Nick Mccarthy	46:49
1936 Nicholas Shingleton	46:57
1955 Jonathan Flatley	47:03
1980 Michael Ribbich	47:14
2010 Andrew Metz	47:24
2018 Matt Davis	47:26
2020 Nick Creath	47:27
2030 Dan Fister	47:30
2061 Dan Murray	47:38
2121 Michael Maher	47:55
2124 Larry Kilmier	47:59
2140 Brian Maurice	48:05
2207 Joe Stachewicz	48:38
2214 Michael Strieman	48:40
2241 Brandon Schulta	48:52
2245 Nick Giffin	48:54
2246 Dave Johnson	48:54
2266 Jason Tarde	49:00
2286 Matt Wichmer	49:10
2304 Scott Kennedy	49:19
2315 Aaron Spiering	49:24
2337 Ryan Schrafinagel	49:33



MALE AGE GROUP: 19 - 24

4 Ryan Kleimenhagen	25:23
5 Ryan Paavola	25:42
8 Luke Kunze	25:56
16 Cameron Awsen	27:11
17 Tim Koeasell	27:11
18 Jermaine Buckner	27:15
21 Andy Ruffalo	27:34
40 Aaron Pierce	29:13
45 Chris Larson	29:28
56 Brennan Feldhawsen	29:56
66 Nathan Mcardle	30:15
77 Matthew Goning	30:37
84 George Steinfelds	30:47
95 Matt McCormick	31:19
105 Jim Shanahan	31:39
112 Mare Dettmann	31:47
116 Shaun Mulrooney	31:56
118 Dave Kenyon	32:01
123 Joel Barthel	32:09
127 Josh Reiher	32:12
142 Joe Pitts	32:29
143 Brian Neuberger	32:31
145 Lance Alberti	32:34
150 Alexander Sharon	32:40
167 Nicholas Pitts	33:00
173 Ryan Schmidt	33:05
179 Jay Heide	33:15
180 Bradley Kook	33:16
194 Kollin Koralewski	33:38
198 Brian Dillig	33:41
213 Eric Mohr	33:56
220 Jeremy Braun	34:02
221 Scott Schraufriagel	34:05
223 Jeff Strasser	34:06
224 Luke Feeney	34:07
231 Christopher Hanson	34:16
232 Jack Swarm	34:16

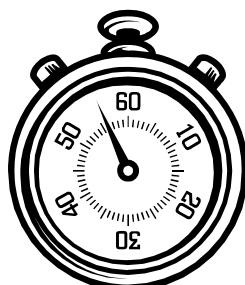
1947 Victor De Jesus	47:00
1958 Justin Chaltry	47:04
1968 Keith Kennitz	47:08
2048 John Monco	47:35
2066 Daniel Mostan	47:40
2076 Chachi Mcgaver	47:43
2092 Ramon Balane	47:46
2122 Christopher Caparel	47:57
2125 Patrick Wucherer	48:00
2151 1097 Coryolls	48:11
2152 Don Kennedy	48:11
2202 Elliot Thieleke	48:36
2244 Mark Borchers	48:53
2297 Patrick Wallace	49:15
2303 Jonathan Fuqua	49:19
2339 Codie Dull	49:34
2374 Steven Klotka	49:50
2393 Taylor Ladd	49:56
2413 Andy Michaels	50:02
2418 Ian Cook	50:04
2419 Ryan Cook	50:04
2464 Spencer Heth	50:30
2467 Joseph Mangano	50:30
2519 Kyle Piarski	50:54
2524 Daniel Benitez	50:55
2530 Christian Vergara	50:58
2535 Freddie Oby	51:00
2554 John Duecker	51:11
2584 Pete Woelfel	51:27
2593 Brent Mavity	51:30
2597 Matt Roman	51:32
2599 Vova Pugachev	51:33
2648 Connor Anderson	51:57
2677 Philip Babler	52:11
2734 Evan Wagner	52:40
2754 Zak Bohte	52:49
2762 Cory Johnson	52:54
2792 Desten Wernicke	53:06
2839 Joe Urban	53:31
2840 Jaime Carrasco	53:32



241 Salvador Nora	34:23
247 Scott Allenheiliger	34:28
250 Scott Levtenegger	34:29
259 Mark England	34:34
262 Will Ashenmacher	34:36
266 Michael Hacker	34:38
284 Adam Hudson	34:51
285 Mike Tortorello	34:52
299 Philip Ritger	35:03
306 Tony Baker	35:07
310 Sean Hutchinson	35:17
312 Andrew Fleming	35:19
314 Josh Brown	35:20

894 Matt Hammer	39:59
896 Dan Maslanka	39:59
909 Andrew Furness	40:06
917 Eric Westphal	40:10
939 Kurt Ingersoll	40:24
947 Steph Schneider	40:29
965 James Ritter	40:36
994 Justin Munzel	40:50
1000 Chad Gigonte	40:52
1001 Mitchell Danao	40:52
1009 Kyle Ferguson	40:54
1011 Ryan Gilles	40:54
1019 Jake Sladky	40:57
1023 Wesley Falk	40:58
1025 James Jaramillo	40:58
1056 Lee Spindler	41:09
1061 Neil Hiner	41:11
1074 Daniel Krueger	41:15
1076 Conor Sweeney	41:15
1079 Stuart Thomas	41:16
1093 Tom Kaueny	41:21
1095 Aj Waldekon	41:22
1099 Tom Johannik	41:22

2340 Ahern Dull	49:34
2381 Carl Schneenan	49:52
2391 Carlo Santucci	49:56
2405 Kyle Knauff	50:00
2431 Gregory Pendzick	50:12
2432 Josh Overholser	50:12
2444 Bryan Tomczak	50:18
2455 Brian Miller	50:24
2469 Dan Love	50:31
2494 Matt Daniels	50:46
2515 Tim Fagan	50:52
2518 Mike Sever	50:53
2532 Justin Green	50:59
2533 John Meuler	50:59
2542 Tim Hoekenga	51:03
2547 Brian Hogan	51:09
2555 Tyler Chirdon	51:11
2566 John Paul Glynn	51:22
2568 Cullen Glynn	51:23
2574 Agim Fekollari	51:24
2591 Brandon Norberg	51:29



The Most Times

are in The Strider

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MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 20)

2616 Ryan Williams	51:38
2619 Greg Germino	51:39
2665 Lucas Simpson	52:07
2698 Paul Cercone	52:21
2725 Gregory Mayeshiba	52:32
2764 Chad Ketterer	52:54
2781 Charlie Winslow	53:01
2851 Phil Cord	53:37
2882 John Empfield	53:56
2893 Matt Junemann	54:05
2920 Joe Kruckar	54:23
2921 Brian Seidl	54:24
2922 Nathan Driessen	54:24
2923 Brian Bagley	54:24
2924 John Wallander	54:24
2925 Jeremy Ledwig	54:25
2928 Rob Naquin	54:26
2930 Bob Muchow	54:26
2931 Isaac Middleton	54:26
2933 Kyle Strozewski	54:27
2934 Justin Marin	54:27
2935 Tim Boston	54:27
2937 Matthew Smith	54:28
2939 Justin Evert	54:28
2940 Steven Weber	54:29
2941 Michael Wellmon	54:29
2942 Robert Nakamura	54:29
2945 Andrew Valerius	54:30
2948 Steven Dregits	54:30
2949 Brad Blanchette	54:31
2951 Peter Brown	54:31
2952 Peter Schunk	54:31
2954 Tom Hurtado	54:32
2956 Trevor Tarsa	54:32
2960 Adam Wagler	54:33

89 Brendan Conway	31:03
110 Matthew Braun	31:45
120 Chuck Alkire	32:06
125 Jim Sarow	32:11
131 Jason Brunner	32:18
140 Michael Moore	32:27
157 Edward Ringsby	32:47
159 Matt Vobejda	32:48
168 Todd Still	33:02
171 Joe Braun	33:05
174 Steve Shattuck	33:06
189 Adam Dice	33:32
200 Scott Bowe	33:46
202 Eric Klink	33:49
211 Jason Cihlar	33:55
216 Tyler Faken	33:57
227 Jeffrey Farris	34:11
239 Jeff Wilkens	34:20
240 Todd Belfuil	34:21
242 Mark Vanhart	34:24
251 Nicholas Petrovits	34:30
254 James Peters	34:31
257 Jeremy Reeves	34:32
264 Tyson Novinska	34:37
265 Michael Jenich	34:37
270 Joel Meehl	34:41
300 Jason Norman	35:04
308 Russell Roloff	35:09
319 Brian Staupe	35:24
321 Paul Mullen	35:24
324 Lance Dyzak	35:29
334 Michael Toll	35:42
343 Eric Schoedel	35:49
347 Craig Fuhrmann	35:51
355 Christopher Brust	35:55
367 Jason Brenner	36:02
373 Cory Strebe	36:05
386 Tom Begotka	36:14
390 Jonathan Rader	36:15
394 Jason Eisendrath	36:19
403 Douglas Donovan	36:23
409 Andrew Dodge	36:24
420 Jim Stendler	36:32
434 Andrew Schultz	36:38
440 Andrew Neary	36:44
443 Chris McGovern	36:46
450 Matthew Peske	36:49
452 John Ford	36:50
466 Peter Bellin	37:01
497 Seth Degner	37:19
513 Eric Feile	37:23
581 John Hooymann	37:52
601 Alexander J Nyhus	37:59
612 Frank Haueser	38:04
616 Dave Los	38:05

1131 Andrew Jacobi	41:32
1140 Philip Kustenholz	41:38
1149 Andrew Black	41:42
1154 Jared Peccarelli	41:43
1158 Mark Brewer	41:45
1170 Mark Ludwigson	41:50
1191 Joe Alm	41:56
1197 Michael Tortorice	41:57
1209 Nicholas Sixta	42:08
1211 Andrew Belongia	42:09
1217 Timothy Fraedrich	42:11
1243 John Erling	42:20
1266 Joshua King	42:29
1270 Matthew Dummert	42:29
1271 Adam Dummert	42:29
1294 Daniel Garcia	42:37
1317 John Kramer	42:48
1322 Nicholas Guillaume	42:52
1339 Chris Jillings	42:58
1352 Chad Kammerer	43:06
1386 Adam Smith	43:17
1405 Alan Richard	43:23
1408 Edwin Erkmanis	43:24
1418 Denison Kummrow	43:25
1442 Dave Biel	43:36
1468 Stephen Johndreau	43:43
1490 Andrew Pape	43:54
1493 Dennis Mikhailenko	43:55
1496 Justin Hammen	43:56
1498 Ryan Smale	43:56
1511 Chad Van Laanen	43:58
1532 Michael Karolewicz	44:06
1536 Travis Dodge	44:07
1552 Dan Margoni	44:16
1570 Brian Wilson	44:22
1573 Brian Thill	44:24
1585 Robert Berken	44:28
1586 Brian King	44:28
1603 Nathan Holschbach	44:41
1605 Brian Joy	44:42
1623 Pat Higgins	44:46
1631 Shane Farr	44:53
1639 Daniel Mayeshiba	44:56
1682 Dave Frieder	45:15
1705 Mario Valentinelli	45:27
1760 Andrew Sczygielski	45:49
1777 Wesley Locklear	45:57
1789 Ryan Brandt	46:01
1801 Josh Hagman	46:04
1817 Jeffrey Thurs	46:11
1824 Jacob Bauer	46:12
1843 Craig Mcgrane	46:21
1844 Tim Wellner	46:21
1847 Lucas Thomas	46:23
1853 Dan Brink	46:26
1855 Jared Lloyd	46:27
1863 Luke Vetter	46:30
1879 John Corsi	46:35
1889 Thomas Vetscher	46:38
1891 Anthony Raab	46:38
1942 T.j. Perlick-Molina	46:58
1950 Brendon Hannigan	47:02
1956 Jonathan Krueger	47:04
1959 Greg Barbera	47:04
1961 Jeff Kippa	47:05
2002 Rebecca Joeckel	47:21
2014 Nick Alessi	47:25
2017 Andrew Gruebling	47:26
2053 Kevin Wojtak	47:36
2058 Nicholas Devine	47:37
2060 Eric Struve	47:38
2114 Sebastian Imbert	47:54
2145 Alfred McGuire	48:07
2157 Eric Schnoor	48:13
2161 Carrie Moore	48:17
2185 Rob Johnston	48:25
2205 David Ficke	48:37
2221 Erick Elliot	48:45
2222 Neil Brunner	48:45
2237 Jon Merchant	48:51
2250 Dennis Rector	48:55
2253 Patrick Toft	48:55
2277 Peter Marik	49:07
2280 Matt Stater	49:09
2290 Craig Neuens	49:11
2319 Luis Hernandez	49:28
2341 Greg Blough	49:35
2361 Kevin Zubarik	49:43
2372 Chris Kaczmarek	49:49
2436 Robert Brazys	50:13
2437 Andy Dunn	50:14
2443 Bobby Desai	50:18
2539 Jonathan Hoekenga	51:02
2540 Don Ibach	51:02
2612 Scott Francis	51:37
2614 Kevin Kasprzak	51:38
2634 Jeff Kinnel	51:45
2643 Seth Calhoun	51:49
2653 Joe Sucharda	52:01
2657 Scott Feldner	52:04
2679 Joseph Ghali	52:12
2708 Timothy Cornell	52:25
2732 Martin Kuhn	52:37
2743 Patrick Collins	52:45
2771 Neil Magner	52:57
2785 David Johnson	53:02
2800 Mike Gietl	53:09
2830 Eric Doering	53:27
2926 Sean Pieja	54:25
2932 Neil Constine	54:27
2947 Mike Olson	54:30
3011 Kevin Weshner	54:44
3031 Ricky Holley	54:56
3032 Mark Sifuentes	54:56
3080 John Weitz	55:31
3087 Matthew Kossen	55:35



3146 Richard C Zunke	56:33
3147 Craig Wilson	56:35
3149 Joshua Hewitt	56:36
3175 Joseph Mier	57:24
3189 Jason Werswinski	57:34
3235 Scott Hembrook	58:31
3265 Corey Park	59:09
3305 Jeremy Gran Nan	1:00:39
3314 Amar Ehsan	1:00:54
3362 Raveesh Dewan	1:02:38
3363 Madhusudhan Vuyuru	1:02:38
3365 Ritesh Keskar	1:02:39
3380 Sean Castle	1:02:54
3403 Joel Bougie	1:03:45
3405 Kurt Handeland	1:03:46
3462 Josh Secaur	1:06:41

1032 Matt Koster	41:00
1033 Mark Newman	41:00
1047 Joshua Erickson	41:07
1077 Eric Cherveney	41:15
1091 Jeffrey Mohrfeld	41:21
1135 Quinn Fitch	41:35
1147 Tad Posard	41:42
1148 David Ashenhurst	41:42
1179 Scott Kutcka	41:54
1204 John Socha	42:05
1206 Benjamin Pitterle	42:06
1213 Brad Brown	42:09
1214 Paul Ptolzman	42:10
1215 Brian Schwartz	42:10
1237 Scott Yakovich	42:19
1248 James Kordas	42:23
1256 Jeff Killberg	42:26
1264 Shane Wesener	42:28
1279 Joel Seitz	42:33
1287 Matthew Hanson	42:35
1304 Brian Pyevich	42:40
1338 Brad Riley	42:58
1448 Paul Bockhorst	43:40
1476 Michael Brickl	43:46
1491 Matt Holahan	43:54
1506 Mark Zitske	43:57
1508 Peter Syslack	43:58
1515 Jeffrey Schultz	43:59
1524 Glen Hunter	44:02
1528 Robert Wysockf	44:04
1537 Michael Myers	44:07
1561 Peter Smith	44:18
1574 Gregory Uehling	44:25
1594 Mark Wyrobeck	44:33
1620 Jon Kneeland	44:46
1622 Scott Kellenberger	44:46
1625 Idil Yorulmazoglin	44:48
1670 Wade Holding	45:11
1745 Tom Scaife	45:42
1747 Patrick Reetz	45:44
1754 Christopher Deglopp	45:48
1763 Sam Snell	45:50
1780 Scott Niederjohn	45:58
1783 Matthias Bollmus	45:59
1784 Jeff Willer	45:59
1813 Jovan Torbica	46:07
1820 Sean Spencer	46:11
1830 Shaun Navis	46:15
1834 Matt Gates	46:17
1836 Andrew Grey	46:18
1837 Gary Brewer	46:18
1850 Greg Theisen	46:25
1877 Bryant Kerr	46:34
1880 Craig Zibton	46:35
1930 Joel Treffert	46:55
1949 Tim Callahan	47:01
1954 Raywat C	47:03
1972 Ryan Olsta	47:09
1979 Dana Radawitz	47:13
1983 Dan Strobel	47:14
2003 Travis Vande Berg	47:22
2041 Jeff Trask	47:34
2046 Andrew Wiegman	47:35
2079 Andrew Birlor	47:44
2084 Scott Corsi	47:44
2106 Jeff Krzykowski	47:51
2179 Christopher Witeczak	48:22
2199 Mike Davis	48:34
2211 Jim Guthrie	48:39
2228 Kirk Vltry	48:48
2248 Joseph Centend	48:54
2257 Ryan Fredrickson	48:56
2294 Gary Loop	49:13
2299 David Tarantino	49:15
2305 Eric Medalle	49:20
2325 Richard Albrecht	49:29
2326 Dan Miller	49:29
2367 Paul Stancil	49:48
2412 Matthew Schwartz	50:01
2447 Terry Lawrence	50:20
2484 Eric Gorder	50:42
2550 Jason Graham	51:10
2559 Sean Scullen	51:18
2563 Joe Bockhorst	51:20
2577 Jonathan West	51:25
2592 Edward Zaleski	51:30
2631 Tracy Schroeder	51:42
2649 John Kubiak	51:57
2676 Robert Brandt	52:11
2688 Kevin Penno	52:16
2692 John Goeders	52:18
2729 Aaron Olson	52:33
2730 Rich Hutchins	52:33
2815 Kevin Laskaski	53:17
2838 Mark Piefer	53:31

MALE AGE GROUP: 30 - 34

7 Shane Carr	25:51
9 Tim Donahugh	26:11
12 Eric Pilling	26:39
14 Mark Rutledge	26:49
26 Matt Sveum	28:15
29 Mark Elworthy	28:35
30 Brady Nichols	28:36
57 Steve Handrich	30:03
61 Todd Luebtorf	30:06
65 Chris Lett	30:14
72 Dan Sheridan	30:33
96 John Meiser	31:20
102 Rich Mertes	31:30
139 John Homberg	32:26
144 Chad Passler	32:33
156 Chris Daood	32:47
184 Scott Novak	33:25
205 Brian Johnson	33:51
206 Tony Jordan	33:52
217 Fernando Saz	33:58
219 Sean Mckean	33:59
226 Brian Reimicker	34:10
229 Chris Pollak	34:13
246 Nick Degenaro	34:27
256 Scott Block	34:32
277 Chris Elfert	34:47
287 Matt Gill	34:53
292 Alan Scheider	34:57
309 Scott Plehn	35:15
323 Michael Dowdell	35:28
329 Brian Yunker	35:34
389 Michael Bailey	36:15
428 Reto Irei	36:36
439 Jason Handal	36:43
458 Chris Tait	36:55
471 Eric Giese	37:03
480 Dave Ross	37:09
494 Jeffrey Carew	37:17
517 Tony Finch	37:24
521 Peter Goral	37:27
540 Chris Block	37:34
562 Al Deleon	37:46
572 Nick Bournelis	37:48
576 Stuart Schultz	37:50
598 Steven Podgorski	37:58
606 Mike Burzynski	38:01
643 Patrick Johnson	38:17
647 Paul Manorath	38:18
650 Tom Mortonson	38:19
667 Kristopher Stokes	38:27
675 Mike Guth	38:31
685 Scott Spatz	38:36
690 Jack McCloskey	38:38
692 Daniel Kahn	38:39
699 Jonathan Sohn	38:40
701 Greg Barta	38:40
721 Thomas Zeise	38:53
725 Marc Panaro	38:54
727 Paul Seggellink	38:55
737 Payam Sadr	38:58
752 Jeff Pfeiffel	39:05
756 Jerrod Lindholm	39:06
789 Andy Brunner	39:18
806 Jesse Nuthals	39:24
808 Chad Dombroski	39:25
810 Andrew Kunz	39:25
833 Dan Miller	39:36
854 Karl Paull	39:42
863 Victor Nino	39:46
901 Eric Zunke	40:01
912 Tom Glaser	40:07
928 Jason Koenigs	40:19
935 Carlos Garcia Calde	40:21
938 Philip Janowski	40:24
953 Mark Paupore	40:32
961 Matt Krueger	40:35
986 Scott Quincy	40:45
992 Michael Homme	40:49
1030 Daniel Dugan	41:00



Wheelchair winner Kris Kreutzmann gets a pre-race briefing from Race Director Jeff Weiss before Kris's Record Seventh Victory

2962 Alex Lietzan	54:33
2973 Grant Leman	54:35
2974 Sean Poindexter	54:35
2981 Michael Thesing	54:36
2991 Andrew Jaeger	54:39
2998 Mike Loring	54:40
3007 Zachary Peterson	54:44
3009 Gregory Weber	54:44
3010 Peter Balawender	54:44
3025 Vincent Sifuentes	54:54
3066 Aaron Ward	55:17
3068 Martin McDonnell	55:21
3069 Adam Hanson	55:22
3134 Andy Pilon	56:22
3150 Kevin Senn	56:36
3183 Mikel Kollmansberge	57:32
3208 Joe Haas	57:57
3223 John Bruggeman	58:09
3270 Jason Larrick	59:18
3281 Nils Goldberg	59:42
3309 Jeff Ruidl	1:00:48
3316 Josh Snow	1:01:04
3352 Brent Kaul	1:02:11
3364 Anthony Kloc	1:02:38
3382 Mark Dantuma	1:02:56
3422 David Windhorst	1:04:25
3431 Mark Chaput	1:04:44
3479 Bill Punzenberger	1:10:51

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MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 21)

- 2842 Dan Stebbins 53:33
- 2871 Rick Ahlborn 53:51
- 2913 Michael Lopez 54:16
- 2927 Mark Donar 54:25
- 3021 Kevin Salmon 54:52
- 3053 Brian Kieffer 55:08
- 3058 Mike Phillips 55:10
- 3162 Clark Maxwell 56:57
- 3211 Cobbie Behreud 58:00
- 3227 Jeffrey Lehrer 58:15
- 3294 Gregory Wagner 1:00:18
- 3345 Mike Mindt 1:01:59
- 3347 Ben Moen 1:02:01
- 3355 Christian Damlano 1:02:22
- 3358 Clifford Yun 1:02:33
- 3368 Mark Flanagan 1:02:47
- 3389 Christian Moran 1:03:16
- 3396 Bill Karnowski 1:03:29
- 3406 Brian Gmach 1:03:46

MALE AGE GROUP: 35 - 39

- 27 Ted Shue 28:27
- 28 Jamie Walz 28:30
- 31 Gregory Kearney 28:42
- 36 Jim Schmidt 28:56
- 37 Tom Janicki 28:58
- 59 John Lancaster 30:05
- 60 Robert Thielke 30:05
- 63 Jeff Feldman 30:12
- 93 Robert Williams 31:15
- 101 Mark Linder 31:27
- 104 Mike Furner 31:35
- 107 Joseph Wiesner 31:41
- 109 Paul Oldson 31:44
- 113 Bill Davis 31:48
- 128 Bruce Klemann 32:13
- 130 Joel Johnson 32:17
- 132 Jeff Leypoldt 32:18
- 136 Steve Travis 32:23
- 146 Daniel Richlen 32:36
- 148 Brian Seegert 32:39
- 155 Dean Thompson 32:45
- 160 Troy Sparks 32:48
- 170 Mike Borst 33:04
- 175 P.J. Von Paumgartte 33:08
- 187 Nereus Dooley 33:31
- 190 John Thierfelder 33:33
- 215 Mike Halfenger 33:56
- 230 Anthony Maggiore 34:13
- 238 Dan Tessler 34:20
- 252 Karl Bertram 34:30
- 279 Mike Wurm 34:49
- 302 Mark Meyer 35:06
- 325 Ian McLaughlin 35:29

- 563 Kurt Huemmer 37:46
- 565 Bob Claas 37:47
- 599 Nigel Fowler 37:58
- 607 Thomas Leszczynski 38:02
- 608 Michael Osvatic 38:02
- 610 Greg Mindt 38:03
- 613 Mark Nisenbaum 38:04
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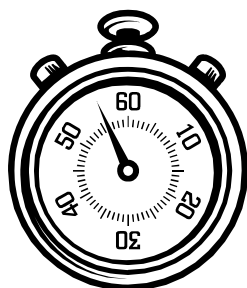
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MAKING DUST

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

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Saturday, September 25, 2004

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444 James Kehoe	36:46
451 Gary Knuth	36:49
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1275 Alfredo Rodriguez	42:31
1282 Dennis Hughes	42:34
1283 Robert Slocum	42:34
1314 Jay Shaw	42:46
1321 Jim Griffiths	42:52
1323 Dan Otten	42:52
1334 Terrence Cooley	42:57
1337 Gary Page	42:58
1341 John Goodenow	42:59
1342 Robert Mccaigue	43:00
1356 Patrick Toohy	43:09
1387 Dennis Stienstra	43:18
1388 David Thies	43:18
1423 Todd Weir	43:27
1424 John Byrne	43:27
1431 James Kroemer	43:29
1457 Thomas Steinkraus	43:42
1482 Jim Kebisek	43:49
1500 Jim Becker	43:57
1503 Dan Lucht	43:57
1507 Tom Klemp	43:57
1522 Gil Southwell	44:01

(Continued on page 24)



Wheelchair Scoring Volunteers Juanita Quintero, Tom Davis and Captain Kathryn Retzlaff

2671 Mark Batten	52:09
2673 Dan Frazier	52:10
2681 Steve Newlin	52:13
2686 Lenny Peterson	52:16
2700 David Hoy	52:22
2727 Eliot May	52:32
2731 Mike Wagner	52:36
2750 Joe Schwalbach	52:47
2766 Tom Zeller	52:55
2770 William Paulin	52:57
2794 Mark Wernicke	53:08
2806 Alfonso Dennis	53:11
2854 Carl Karcit	53:40
2867 Gary Sokola	53:48
2868 Wes Jarrel	53:50
2889 John Drexler	53:59
2895 Patrick Walter	54:05
2994 Henry Guent	54:40
3046 Mike Heffernan	55:05
3064 Gordon Baar	55:14
3106 Vince Adams	55:55
3107 Timothy Woelfel	55:56
3112 Bob Zanotelli	55:59
3200 Andy Meyer	57:47
3201 Timothy Mlinar	57:48
3212 Ed Chaltry	58:00
3224 Dave Van Hecke	58:10
3250 Greg Retzer	58:48
3276 Kevin Dubraua	59:31
3302 Edward Witte	1:00:33
3319 Vasanth Siddalingai	1:01:13
3334 Mark Boese	1:01:46
3337 Ken Albrecht	1:01:48
3374 Merle Purin	1:02:51
3420 Doug Buske	1:04:25
3429 John Glynn	1:04:43
3442 Bernie Haugen	1:05:33
3484 Bob Gross	1:11:33

446 Tim Thorison	36:47
448 Michael Giffhorn	36:48
472 813 Bartoszewski	37:04
473 Ron Drifke	37:05
476 Thomas Bowens	37:07
481 Harold Taddy	37:10
490 James Janke	37:15
499 Ross Schultz	37:19
504 Jeffrey Sobczak	37:20
505 Larry Ditscheit	37:20
520 William Vesely	37:27
531 Alan Steripsky	37:31
536 Stephen Zeisler	37:32
539 Jon Strawbridge	37:33
549 David Rice	37:41
556 Brian Kaminski	37:44
558 John Skinner	37:45
561 Steve Phillips	37:46
566 Joe Krajci	37:47
569 Thomas Thorison	37:48
582 Peter Sherwin	37:52
617 David Lammi	38:05
630 Mark Scholl	38:12
64	

MAKING DUST

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

AL'S MEMORIAL RUN

Saturday, September 25, 2004

8K RUN

(Continued)

(Continued from page 23)

1529 Steven Lutzko	44:04
1541 Lawrence Pyfferoen	44:10
1543 Stephen Wangus	44:12
1549 Paul Naylor	44:14
1555 Tim Harris	44:16
1576 Paul Dalecky	44:26
1582 Luke Sims	44:27
1587 John Cain	44:28
1589 Richard Smith	44:29
1592 David Wehnes	44:30
1616 Edward Baisch	44:45
1617 William Hinsdale	44:45
1621 Steven Coen	44:46

2402 Larry Fehrm	49:58
2426 Stephen Biondi	50:08
2435 Richard Brandes	50:13
2473 Daryl Melzer	50:34
2495 Jim Yahne	50:46
2500 George Sladky	50:47
2508 Jeff Keierleber	50:50
2517 Mark Diedrich	50:53
2537 Russell Rickhard	51:01
2541 Thomas Belongia	51:03
2561 William Ebinger	51:19
2624 Patrick Earle	51:40
2642 Richard Kolbe	51:48
2669 Pete Dittman	52:09
2674 Keith Prochnow	52:10
2675 Gary Thomas	52:10
2678 Robert Juday	52:12
2707 Leon Kraus	52:25
2712 Robert Dreblow	52:27
2724 James Dolan	52:31
2738 Dennis Sullivan	52:44
2760 John Masel	52:52
2796 Richard Pacut	53:09
2818 Thomas Diamond	53:17
2822 Randy Baseman	53:20
2823 Ernest Winters	53:21
2831 Bob Fuller	53:27
2841 Dan Meissner	53:33
2846 Paul Sattler	53:35
2864 John Shefchik	53:47
2898 Arthur Derse	54:09
2907 Paul Bargren	54:12
2989 John Eckl	54:39

686 Bob Bluhm	38:36
694 Jorge Martinez	38:39
702 Carl Wendel	38:41
718 Donald Hawes	38:50
726 Peter Garrity	38:55
822 John Evans	39:32
830 Roger Maurice	39:33
869 Rick Huber	39:49
877 Wayne Kuiper	39:51
889 Mark Haebig	39:54
890 Dan Filzen	39:54
940 Duke Riemer	40:25
948 John Kluessendorf	40:29
979 Greg Michelson	40:40
983 Thom Janssen	40:43
1018 Rocky McGrorty	40:56
1035 Mark Hunleim	41:01
1075 Ron Eder	41:15
1084 Jim Christus	41:17
1118 Karl Byleen	41:27
1168 Dean Maytag	41:50
1192 Michael Flanagan	41:57
1205 Joseph Farley	42:05
1235 Robert Schultz	42:18
1292 T J Sorensen	42:36
1300 John Kasprzak	42:38
1303 Bill Joy	42:40
1316 Richard Bowden	42:47
1318 Robert Folz	42:49
1353 Toby Hornslein	43:06
1416 Jim Kirchner	43:25
1449 Doug Sturgeon	43:41
1478 John Jeson	43:47
1565 Gregory Miroth	44:19
1575 Bob Groh	44:25
1597 Curt Swarm	44:34
1600 Dennis Juno	44:38
1604 Larry Ryan	44:41
1664 Tim Hunn	45:07
1685 Gary Geisemann	45:15
1696 Morris Richardson	45:20
1698 Timothy Conley	45:21
1703 Paul Bockhorst	45:26
1711 Paul Woerpel	45:32
1718 David Chapell	45:34
1722 Daniel Pagel	45:35
1746 Bud Bakken	45:43
1767 Axel Cabrera	45:51
1768 Judley Wyant	45:51
1779 Michael Sucharda	45:57
1839 Phillip Defilippis	46:19
1851 Doug Braun	46:25
1852 Mark Bruhy	46:26
1860 Ronald Fenske	46:28
1869 Greg Osborne	46:32
1893 Tom Wiancki	46:39
1951 Barry Herker	47:02
1966 Daniel Gagliano	47:08
1977 Howard Honor	47:11
2081 Art Van Frachen	47:44
2087 Dick Lallensack	47:45
2094 Mike Hacker	47:46
2095 Donald Cornell	47:47
2132 Thomas Heine	48:01
2144 Robert Schwarz	48:07
2201 Robert Brenner	48:36
2208 Bruce Fuller	48:39
2216 Michael Dickmann	48:41
2225 Tony De Vuono	48:47
2260 Terry Kippa	48:58
2287 Phillip Posard	49:11
2291 Michael Mccluskey	49:12
2329 William Stroud	49:30
2332 Roger Gremminger	49:31
2345 William Burrows	49:35
2382 Art Bayley	49:53
2384 Ray Wreford	49:53
2398 William Shingleton	49:58
2422 Chad Irmiger	50:06
2428 John Stern	50:10
2482 Doug Krueger	50:42
2507 Randy Dlugi	50:50
2583 Bob Johnston	51:27
2606 Timothy Buszkiewicz	51:36
2608 Andy Pusztai	51:37
2666 William Andrekopoul	52:07
2716 Joseph Peters	52:28
2721 Al Vick	52:30
2736 Glen Brower	52:41
2742 Dan Webster	52:45
2744 Jay Johnson	52:45
2745 Doug Labelle	52:47
2759 Ron Arnold	52:52
2795 Mike Hilgers	53:09
2869 Gene Goetz	53:50
2902 James Jens	54:10
3020 Leo Wagner	54:50
3034 Gary Zwick	54:58
3041 Edd Romans	55:00
3089 Art Bartling	55:36
3105 Jim Brandach	55:55
3140 Gerald Richardson	56:28
3141 Steve Ahl	56:28
3159 Jon Gardner	56:52
3239 George Layoie	58:37
3277 Glen Hampton	59:33
3286 Jaime Shutes	59:50
3390 Thomas Moran	1:03:16
3409 Walter Kostecki	1:04:01
3430 Carl Seyferth	1:04:41
3444 Tom Meyers	1:05:38
3451 Ken Bjorkquist	1:05:48
3453 Ken Moy	1:06:01
3460 Phillip Duffy	1:06:38
3488 Mike Potter	1:12:11

MALE AGE GROUP: 60 - 64	
176 John Becker	33:11
245 Mike Kirkwood	34:27
272 Jed Maker	34:42
410 Barry Blomfeldt	36:24
442 Jim Waltz	36:45
445 Tim Nougk	36:47
464 Michael Holton	36:59
479 Rick O'connor	37:09
747 Tom Kitzrow	39:04
1029 George Kupkovits	41:00
1070 Harold Schmidt	41:14
1136 Saeed Kiarang	41:36
1193 Ralph Bayard	41:57
1210 Jim Schuetz	42:09
1305 Dennis Euting	42:41
1434 Marshall Henry	43:31
1533 Bill Walczak	44:06
1668 Brian Brush	45:10
1686 Ayke Mammen	45:16
1714 Dick Schoenecker	45:34
1825 John Locke	46:12
1833 Carlton Mielke	46:16
1874 Gerry Vidal	46:33
1882 Paul Scobey	46:35
1901 Derril Wright	46:43
1940 Pedro Mendolla	46:58
1990 Larry Briesemeister	47:17
2067 Roger Tarczewski	47:40
2096 Ron Hamilton	47:48
2180 Jack Chmiel	48:23
2182 Thomas Janczak	48:24
2195 Joe Diedrich	48:29
2268 John Geriak	49:03
2274 Ron Hanson	49:06
2349 Dennis Mullens	49:37
2370 Lee Bladow	49:48
2397 John Maynard	49:58
2460 Francisco Martorell	50:27
2476 Dan Heery	50:35
2499 Don Strobel	50:47
2534 Jerry Steingraber	50:59
2565 Dick Anderle	51:21
2590 Robert Feldbruegge	51:29
2595 Paul Hundt	51:31
2596 Constantine Katraou	51:31
2598 Chris Casula	51:32
2655 Ray Wondergem	52:02
2699 Dennis Novaic	52:21
2704 James Sauer	52:23
2748 Bob Marak	52:47
2751 Charles Thierling	52:49
2756 Gary Kropp	52:51
2758 Jim Paulmier	52:51
2837 Richard Piefer	53:30
2852 Ney Mitan	53:38
3084 Laurence Smith	55:33
3135 Kenneth Freitag	56:23
3137 James Reiher	56:23
3170 Fred Krom	57:17
3192 Richard Johnson	57:38
3384 Phil Adams	1:03:02
3455 Thomas Holland	1:06:18
3469 Lou Maris	1:08:14
3489 Norman Binger	1:13:13
3499 John Leopold	1:16:01



Roy Pirrung and Jeff Weiss share a laugh with Matt Thull while presenting him the USATF Wisconsin State 8K Championship Award

2735 Evan Morgan	52:41
2797 James Clarey	53:09
2814 Jerry Waffin	53:16
2859 Emil Soika	53:44
2929 Gerald Wallace	54:26
3016 Al Skodowski	54:46
3180 Steve Mazur	57:27
3243 Edward Esser	58:39
3248 Jack Simpson	58:47
3341 Leroy Wolniakowski	1:01:54
3360 Paul Franks	1:02:34

MALE AGE GROUP: 70 - 99	
301 Robert Williamson	35:05
959 Len Olson	40:35
1580 Norm Hovila	44:27
2029 Daniel Murphy	47:30
2069 Wayne Lammers	47:41
2331 James Wenders	49:30
2365 Paul Gionfriddo	49:47
2901 Ron Lester	54:10
3052 Tommie Bedford	55:08
3090 James Kaegi	55:40
3178 Chuck Coleman	57:26
3324 Earl Pychal	1:01:27
3414 John Letellier	1:04:09
3466 Robert Richmond	1:07:45



Don Weyer Finish Line Captain gets some tips from Kay Scherer

1627 Louis Kerry	44:49
1667 Andy Marlewski	45:09
1689 Michael Cornale	45:16
1693 Chuck Ross	45:18
1719 Gregg Jozwik	45:35
1720 Bill Ray	45:35
1727 Richard Petersen	45:37
1730 Gary Rice	45:37
1736 Robert Beehner	45:39
1756 David Bohl	45:48
1758 Dick Sawasky	45:48
1769 Donald Brenner	45:51
1799 Michael Cleary	46:04
1802 Ed Doolan	46:05
1811 Roger Bengtson	46:07
1815 Gary Bessa	46:09
1816 Fred Oby	46:10
1823 Kenn Anderson	46:12
1845 Michael Juley	46:22
1861 Don Allen	46:28
1864 Bill Kodzik	46:31
1868 Jeffery Osborne	46:31
1886 Tom Barrett	46:36
1887 Thomas Gay	46:37
1896 James Generotzky	46:41
1898 Peter Cooley	46:41
1902 William Larson	46:43
1906 Doug Mackey	46:45
1995 Tom Motisl	47:19
1999 Jim Stec	47:21
2032 Jack Tagliavia	47:31
2051 Michael Vonderheide	47:36
2075 Glenn Arndt	47:43
2083 Randall Simatic	47:44
2107 Paul Stokes	47:51
2116 Mike Newton	47:54
2155 Marshall Beard	48:12
2158 John Wickert	48:14
2183 Jim Gauke	48:24
2186 Michael Heitze	48:25
2217 Dave Tomsyck	48:42
2226 Randy Swenson	48:47
2251 Ray Betz	48:55
2264 Ken Mathiowetz	48:59
2298 Mel Fuqua	49:15
2300 Robert Hagl	49:16
2316 William Waalkes	49:26
2317 Jack Puricelli	49:26
2350 Patrick Gillick	49:37
2395 Alan Hutton	49:57

3023 Larry Flamm	54:53
3060 Bob Punzenberger	55:11
3091 George Turner	55:43
3103 Tom Mankiewicz	55:53
3155 Jack Rice	56:42
3167 Jay Horner	57:10
3172 David Mueller	57:21
3210 Nicholas Philippi	57:59
3213 John Stolarski	58:02
3225 Richard Styza	58:10
3229 Doug Kollman	58:22
3255 Bob Wollersheim	58:55
3262 Chris Bovee	59:08
3282 Mark Young	59:42
3284 Michael Archie	59:48
3285 Bob Wachendorf	59:48
3291 John Clayton	1:00:13
3303 Thomas Brojanac	1:00:33
3311 Van Mueller	1:00:50
3312 Wayne Esser	1:00:53
3326 Barry Von Hoff	1:01:32
3328 William Weishar	1:01:35
3354 Michael Damiano	1:02:13
3377 Steve Wolter	1:02:52
3402 Phil Lentzke	1:03:43
3427 John Zajackowski	1:04:35
3440 Paul Heller	1:05:30
3450 Andrew Tyshynsky	1:05:46
3464 Mark Ruebl	1:06:44

MALE AGE GROUP: 55 - 59	
52 Ken Jagmin	29:51
58 Joe Remitz	30:04
108 Roy Pirrung	31:42
126 Gary Udovich	32:12
185 John Seaman	33:28
197 Jacques Lofye	33:40
233 Don Crowder	34:17
298 James Labelle	35:03
320 Kenneth Maciolek	35:24
353 Richard Menzel	35:54
429 Robert Massey	36:37
456 Don Meyer	36:53
477 Stuart Schramm	37:07
495 Denny Hutchins	37:18
502 Jack Gannon	37:20
573 Bob Koehl	37:48
575 Jim Hatzenbeller	37:49
618 Carl Taylor	38:06
668 Ed Meyers	38:28

MALE AGE GROUP: 65 - 69	
749 Kenneth Nigel	39:04
916 Carl Gobel	40:09
1447 1015 Crandall	43:40
1472 David Stuckslager	43:45
1675 Lindsay Skinner	45:12
1821 Harry Drake	46:11
1835 John Egan	46:17
1996 Bob Rosenthal	47:20
2070 Reynolds Kei Honold	47:41
2104 Jess Janke	47:50
2172 Richard Schmidt	48:21
2193 Bob Linke	48:28
2318 Pete Kumlien	49:28
2685 Timothy Cowdin	52:15
2713 Cornelius Tolsma	52:27



Presenting Don Ayer

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



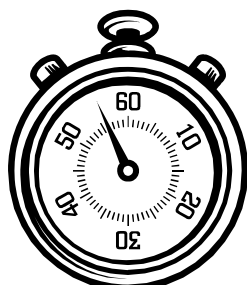
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When buying or selling a house, would you
(a) pick a broker who never has/never will support the running community, or
(b) pick a broker who has & will continue to support the running community?



The Most Times

are in The Strider

MAKING DUST

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

WOLF LAKE TRAIL RUN/HIKE

Bong State Recreation Area
 Kansasville, WI
 September 26, 2004
 3.8MI RUN
Results Provided by Computer Aided Race Results System
 carrs@att.net
 262 521-2191

PLACE TIME NAME

M OVERALL
 1 19:59 Tony Escarcega

F OVERALL
 7 23:22 Jennifer Pollard



M12&under
 45 31:01 Luke Steinbrecher
 53 32:55 Cooper Hollmaier
 65 33:38 Kevin O'connell

108 40:33 Daniel Martin
 153 56:57 Cole Andrekus
 154 56:59 Luke Andrekus
 175 1:02:20 Lucas Leydens
 188 1:04:18 D'angelo Lux
 197 1:06:36 Brian Carlos Schwab
 201 1:07:42 Jacob Simonson

F12&under
 55 33:15 Hannah Andrekus
 98 38:39 Maggie Liesch
 144 54:47 Tori Steinbrecher
 149 56:25 Kira Steinbrecher
 174 1:01:56 Sierra Steinbrecher
 179 1:02:54 Nicole Jamieson
 180 1:03:10 Emily Schneider
 193 1:04:52 Todora Lux
 194 1:04:53 Breanna Gedemer
 229 1:11:57 Maggie Holly

M13-18
 42 30:39 Sam Andrekus
 70 33:59 Brad Stanck
 125 48:21 Luis Schwab
 127 48:38 Chris Martin
 128 48:45 Travis Ament
 159 58:20 Patrick Jamieson

F13-18
 100 38:44 Amanda Kreiniker
 103 39:06 Kendall Bobula
 116 42:21 Alice Weinert
 120 45:47 Abby Martin
 121 47:15 Stacey Kreiniker
 122 47:16 Kayla Kreiniker
 170 1:01:16 Katie Brosel
 228 1:11:56 Sarah Holly

M19-29
 6 23:09 Shawn Ness
 14 25:50 Wesley Heiar
 19 26:42 David C Meyer II
 76 34:55 Shane Thomas
 143 54:24 Daniel Iselin
 164 1:00:40 Tim Laffredi

F19-29
 7 23:22 Jennifer Pollard
 24 27:21 Jillian Theobald
 67 33:55 Rebecca David
 75 34:52 Sue Lageschulte
 137 53:05 Katy Gross
 157 58:10 Mary Benning
 161 1:00:25 Lisa Dusak
 166 1:00:43 Amanda Prange
 169 1:01:16 Claire Brosel
 195 1:04:53 Lee Gedemer
 207 1:09:38 Kristen Camp
 212 1:09:43 Rachel Graf
 222 1:10:42 Jennifer Wudi

M30-39
 1 19:59 Tony Escarcega
 2 20:26 Shane Carr
 3 21:44 Brian Udovich
 4 22:20 Lee Zubrod
 5 22:51 Andrew Sargent
 8 23:36 Mark Buesing
 12 24:33 Ricky Barr
 13 25:49 Doug Gable
 15 26:00 Chaz Bartucz
 20 26:51 Dean Gosse
 23 27:15 William Hutchinson
 33 29:35 Jordan Gardina
 34 29:47 Jeff Klein
 35 29:58 Rob Glinski
 38 30:12 Craig Timko
 92 37:35 Gary Naber
 123 47:34 Daniel R Ludford
 150 56:26 Chad Steinbrecher
 162 1:00:25 Phil Delaurentis
 165 1:00:41 Amin Freije
 217 1:10:07 Peter Kowalksi
 218 1:10:08 Joe Gozdowiak
 221 1:10:42 Joe Jerich
 234 1:14:19 Roger Standrige

F30-39
 22 27:04 Tara Buesing
 30 28:47 Kimberly Edwards
 40 30:20 Tc Timko
 43 30:51 Kathryn Johnson
 44 30:52 Donna Kretschl
 46 31:22 Kirsten Davies
 47 31:35 Janet Mcwane
 51 32:34 Christy Cmkovic
 60 33:30 Kathryn Banach
 62 33:36 Shahadah Fredericks
 80 35:25 Deb Andrekus
 82 35:36 Tina M Kisner
 84 35:43 Mary Anne Riesselmann
 88 36:27 Patricia Zamba
 93 37:56 Danielle Andrews
 106 39:38 Niki Ivers
 115 41:13 Anne Holroyd
 118 43:27 Amy Boudreau
 132 51:16 Laurie Anderson
 135 52:55 Susan Bayler-Siebman
 139 53:07 Heidi Geiger
 145 55:23 Anne Korman
 148 56:05 Debbie Anderson
 156 57:58 Tiffany Feutz
 163 1:00:32 Cherie Zamel
 173 1:01:55 Diane Steinbrecher
 183 1:03:54 Becky Hoey
 190 1:04:43 Lisa Hurst
 198 1:07:26 Kelly Lamberg
 206 1:09:38 Kristen Gendron
 208 1:09:40 Kristin Henriksen
 209 1:09:41 Marie Drszula
 214 1:09:51 Peggy O'connell

223 1:10:45 Rebecca Murphy
 224 1:10:46 Linda Kowalksi
 227 1:11:21 Carol Holly

M40-49
 9 23:53 Bill Olson
 11 24:17 Keith Olsen
 17 26:30 Brian Scheckel
 27 28:17 E Jonathan Jackson
 28 28:25 Michael Weinert
 36 30:01 Dennis Sathoff
 39 30:15 Bryan Leydens
 48 31:41 Neil Miner
 50 32:23 Robert Thomsen
 52 32:45 Michael Kroes
 54 33:13 Steve Stanck
 68 33:56 Kevin Vanheirsele
 71 34:04 Dan Brindowski
 72 34:18 Don Klawitter
 74 34:31 Lothar Blatter
 81 35:29 Peter Liesch
 89 37:09 Mike Bobula Jr
 94 37:56 Martin Payne
 119 44:45 Dave Nelson
 126 48:31 Bruce Martin
 130 49:22 Christopher Ament
 134 52:55 Jake Brindowski
 155 57:58 Mark Andrekus
 202 1:08:02 Mark Simonson

F40-49
 21 26:54 Sprite
 37 30:08 Beth Falk
 49 31:50 Catherine Bergin
 56 33:20 Debi Nutting
 57 33:24 Diane O'gorman
 63 33:36 Suzy Martin
 85 35:50 Pam Nelson
 87 36:19 Eileen Reilly-Hoey
 90 37:13 Robyn Schenning
 107 39:46 Margaret Payne
 109 40:43 Inge Blatter
 110 40:43 Nancy Hollmaier
 111 40:46 Amanda Hoyer
 113 40:53 Karen Smith
 114 40:57 Nancy Winship
 124 48:01 Donna Rizzo
 138 53:06 Karin Mohar
 147 55:31 Diane Talamantez
 151 56:53 Annika Arzikovic
 158 58:16 Margaret Scott
 167 1:01:13 Lori Vanheirsele
 171 1:01:31 Michelle K Thomsen
 178 1:02:30 Audrey Peterson
 181 1:03:13 Andy Haas Schneider
 185 1:03:56 Helen Fucile
 189 1:04:35 Jane Shero
 191 1:04:50 Theresa Bruner Leydens
 192 1:04:51 Mary Sue Lux
 200 1:07:41 Kay Simonson

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 www.ETRUEHEALTH.com

203 1:08:31 Patricia Lepp
 204 1:08:33 Kim Kurklis
 205 1:08:39 Beth Casey
 210 1:09:41 Sally Vlasak
 211 1:09:42 Roberta Graf
 213 1:09:45 Nancy Jacobson
 216 1:09:52 Mary Lou Toomey
 230 1:13:02 Debra Pulera

M50-59
 10 24:16 Darryl Johnson
 16 26:18 Charlie Schahbazia
 18 26:40 Bill O'Neill
 29 28:43 Steve Sleider
 31 28:50 Ned Schmidkowitz
 32 29:09 Scott Hollmaier
 58 33:24 Lawrence Addison Sr
 59 33:29 Ken Stanke
 61 33:35 Marv Ellis
 64 33:36 Gerry Simon
 77 35:01 Peter Nutting
 78 35:14 Kenneth J Bender
 79 35:22 John Ehrmann
 83 35:37 Jim Brindowski
 91 37:21 Charles M Schwab
 95 38:08 Michael Mals
 99 38:40 Tom Kreiniker
 101 38:44 Doug Labelle
 102 39:05 Jay Johnston
 152 56:54 Gary Miller
 160 58:22 Chris Jamieson
 177 1:02:29 Bruce W Peterson
 184 1:03:55 Jeff Reilly-Hoey
 186 1:03:56 David Fucile
 196 1:06:22 Ron Gedemer
 226 1:11:03 David Desecki
 233 1:14:18 Don King

F50-59
 25 27:42 Nanc O'Neill

66 33:46 Kathy Simon
 86 36:16 Ellie Johnson
 96 38:18 Sharel Mcveigh
 97 38:28 Betty Avery
 104 39:19 Marj Malinin
 133 51:49 Dorsey Mals
 146 55:25 Sandy Jamieson
 168 1:01:14 Paulette Miller
 182 1:03:40 Donna Bybee
 187 1:03:58 Patricia Fremarek
 215 1:09:52 Jean Dowell
 225 1:11:01 Nancy Desecki
 231 1:13:02 Susan Stella

M60-69
 26 28:10 Mike Borzick
 41 30:23 John Davis
 131 50:46 Larry Anderson
 142 54:16 John P Dahlberg
 219 1:10:40 William Debock
 232 1:13:41 Richard S Kondell

F60-69
 69 33:58 Karen Van Heirsele
 105 39:29 Shara Smith
 112 40:47 Darlene Brewer
 136 53:04 Susan Radke
 176 1:02:28 Marilyn Anderson
 220 1:10:41 Nancy Klein

M70&over (All Finishers)
 73 34:21 Dick Bergman
 129 49:12 Steve Chantelois
 140 53:17 Ron Larson

F70&over (All Finishers)
 117 43:15 Agnes Reinhard
 141 54:15 Donna Kirchberg
 172 1:01:32 Nan Chouaneck

The Most Times are in "The Strider"

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MAKING DUST

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

GRAPE STOMP

Milwaukee Art Museum

September 29, 2004

5 K

Results Provided by Computer Aided Race Results System

carrs@att.net
262 521-2191

PLACE TIME NAME

M OVERALL

1 17:27 Edward Siira

F OVERALL

24 20:11 Becky Gallert

M19&under

42 21:25 Tyler Galaska

45 21:36 Sam Frymark

175 27:29 Freddie Oby

F19&under

44 21:34 Laura Jelich

280 37:10 Emily Schneider

M20-24

157 26:42 John Skarie

F20-24

35 20:53 Abby Brayton

124 25:05 Crystal Jelich

193 28:16 Tara Haushalter

200 28:34 Barb Meinecke

204 28:45 Laurie Schultz

M25-29

3 17:56 Jim Sarow

32 20:47 Christopher Brust

67 22:39 Mark Ludwigson

87 23:43 Jared Williams

130 25:31 Vue Lee

152 26:23 Brian Peck

240 31:16 Andrew Agacki

F25-29

24 20:11 Becky Gallert

26 20:16 Christine Mangi

53 22:02 Elizabeth Braun

76 23:18 Molly Aspenleiter

89 23:47 Lindsay Proft

94 23:50 Jaime Friedrich

112 24:35 Amy Wargin

120 24:53 Lora Strigens

131 25:33 Kelleah Cowling

137 25:52 Dominique Lutz

140 26:04 Leah Knight

156 26:41 Sarah Nickoloff

165 27:10 Kelly Witz

173 27:28 Jessica Rolf

177 27:32 Amber Roman

182 27:45 Kristina Thompson

183 27:50 Meghan Mitchell
231 30:31 Vicki Weber
249 31:35 Janelle Schroeder
254 31:54 Ann Dunphy
258 32:18 Christine Balba
262 32:48 Kathryn Stoffield

M30-34

15 19:35 Deleon

19 19:59 Trevor Knisbeck

30 20:41 Jon Baier

31 20:42 Matt Gill

36 20:53 Daniel Wolf

59 22:27 David Dahms

72 23:02 Matt Koster

77 23:24 Brett Wilson

84 23:38 Jeff Pfeiffer

97 23:54 Shah Snehla

106 24:21 Michael Dean

113 24:35 George Manesis

114 24:36 Russ Wargin

119 24:52 Jon Kneeland

123 25:02 Thomas Warden

135 25:48 Tim Jones

158 26:42 Andrew Wiegman

159 26:47 Jeff Reedy

174 27:28 Tom Nettesheim

229 30:29 Al Wasley

243 31:26 Dave Boschek

250 31:35 David Boehm

273 34:42 Adam Bestor

F30-34

39 21:01 Heather Polan

88 23:44 Leanne Greco-Gill

95 23:52 Wendy Haase

108 24:23 Kristin Borzynski

109 24:25 Lori A. Maldonado

111 24:33 Denise Rinehart

126 25:11 Dara Keng

127 25:18 Jessica Geiser

136 25:50 Renee Bartelt

154 26:30 Mary Rockteacher

163 27:00 Genevieve Schmitt

170 27:18 Debbie Cartwright

192 28:14 Lisa Reedy

209 28:54 Irina Ovcinikova

211 29:06 Amie Zemlicka

216 29:43 Fran Grittinger

221 29:58 Lisa Leinfelder

222 29:59 Kristine Fjellman

228 30:29 Kim Vogt

248 31:34 Lisa Blaeser

252 31:52 Christy Luthi

255 32:03 Nicole Deven

282 37:14 Rachel Christenson

286 40:00 Melanie Saffell

M35-39

8 18:39 Rob Williams

16 19:41 David Flores

20 20:00 Marc Robinson

25 20:14 Mike Karbouski

29 20:35 Dan Tessler

37 20:55 John Feeney

48 21:45 Tommy Radtke

50 21:51 Pat O'connol

51 21:56 Victor Reckmeyer

58 22:18 Alonzo Fuller

69 22:41 David Guse

75 23:06 Mark Nisenbaum

83 23:37 Martin Fencel

103 24:09 Bill Lucas

107 24:22 David Dietzler

118 24:51 Steven Acosta

122 24:56 Paul Davis

125 25:08 Chris Larsen
133 25:43 Mark Copeland
134 25:44 Matthew Ziebert
155 26:34 Jesse North
180 27:36 Mike Yakes
201 28:36 Chris Martin
206 28:48 Joseph Hornak
213 29:17 Brett Gardner

F35-39

47 21:40 Sue Dawes

63 22:35 Karen Culver

68 22:40 Kathy Sengbusch

78 23:24 Karla Cooney

105 24:20 Kristine Thomas

151 26:19 Allison Rauch

169 27:16 Kathy Quarles

184 27:53 Laura Cesar

186 27:58 Bernadette Kaufman

188 28:04 Kasey Fluet

194 28:21 Cindy Meier

198 28:32 Sarah Nord

202 28:42 Christine Babos

212 29:07 Andrea Hornslein

224 30:09 Joanna Barrett

225 30:11 Wendy Heil

230 30:30 Lisa Wilkie

236 31:07 Jill Ostrowski

261 32:47 Kim Mackowski

272 34:41 Cheryl O'connor

287 42:36 Heidi Anders

M40-44

1 17:27 Edward Siira

2 17:36 Bill Gilmore

6 18:14 Bill Verbos

7 18:21 Ted Miller

9 18:51 Matthew Peterson

17 19:51 Dana Fluet

18 19:54 Dave Lahey

22 20:06 Marcel Cesar

34 20:49 Michael Mcconnohie

41 21:22 Nicholas Anstedt

43 21:26 David Crysdale

56 22:13 Christopher Smith

65 22:37 Steven Reed

70 22:49 Andy Quitzon

71 22:53 Michael Merrill

74 23:04 Chris Peck

100 23:59 Thomas O'leary

102 24:04 Phil Lewis

116 24:44 Scott Gobeli

121 24:55 Paul Neumann

139 26:02 Steven Salzbrenner

167 27:15 Jeff Nawrocki

196 28:25 Chris Arns

207 28:49 Eric Anders
218 29:54 Mike Heil
238 31:09 Matt Byrnes
239 31:10 Andrew Contreras

F40-44

73 23:02 Lisa Glomski

81 23:33 Jeanne Brill

99 23:55 Kathleen Bohlman

128 25:19 Tina Skenandore

132 25:43 K Goldammer-Copel

143 26:09 Pat Manriquez

145 26:14 Lori Fox

149 26:18 Jane Ingles

166 27:15 Karol Koshak

171 27:20 Ruth Eimer

179 27:34 Nicolette Wolf

195 28:23 Nanlee Delwiche

197 28:32 Brenda Ward

205 28:47 Joann Stern

245 31:27 Susan Ryle

246 31:29 Sylvia Nicora

284 37:20 Nora Kufalk

285 39:08 Pamela Lewis

M45-49

5 18:11 Rich Moore

10 19:05 Ken Babcock

13 19:31 Mark Maduza

14 19:34 Ken Sumbry

23 20:08 Robert Grosch

28 20:34 Steve Schlager

33 20:47 Ken Olszewski

40 21:14 Steve Szymanski

52 22:00 Ted Itzov

54 22:04 Mark Constancio

55 22:10 Gar Kronhelm

60 22:31 David Frymark

61 22:32 George Jelich

79 23:25 Jeff Turner

98 23:55 Jacek Odoner

104 24:16 James Delwiche

115 24:38 Mike Babich

138 25:58 Robin Lawson

142 26:05 Chris Kindt

160 26:50 Mic Stojasavljevic

162 26:59 Rob Szudrowitz

164 27:07 George Gama

172 27:26 Jeff Bentoff

176 27:30 Ricardo Lopez

190 28:12 Tim Rafalski

208 28:50 Larry Trunec

226 30:12 Jeff Breidenbach

242 31:18 Tim Dunne

271 34:40 Phil Hamm

F45-49

38 20:57 Kim Petak

49 21:50 Rosemary Schultz

129 25:22 Bonnie Boodstrun

227 30:25 Jean Groshek

232 30:34 Kim Jennaro

241 31:17 Ann Rice

265 33:50 Mary Schlapinski

269 34:32 Karen Rafalski

270 34:40 Sandy Hamm



279 37:00 Sally Moody

M50-54

4 18:04 John Mccarthy

64 22:35 Loren Regan

66 22:38 Randy Nawotka

82 23:36 Mark Burger

85 23:39 Brian Christoffel

90 23:48 David Bernardi

92 23:50 Jeff Moody

117 24:50 Dale Dopp

141 26:05 Burt Hall

144 26:13 John Sipek

147 26:16 James Kroemer

178 27:34 Fred Oby

181 27:38 Jack Tagliavia

187 28:01 Jim Brindowski

199 28:33 Barry Herker

214 29:23 Kurt Luling

220 29:57 James Storck

233 30:37 Gordon Hetzel

251 31:47 Michael Sherman

264 33:01 Arthur Derse



Aurora Sports Medicine Institute®

Iliotibial Band Friction Syndrome

When I recall the years that I have been working with athletes, particularly runners and cyclists, there is a very painful injury that comes up time and time again. Iliotibial (IT) Band Friction Syndrome. The mere mention of this may be causing many of you to pause or even wince recalling the pain of this injury.

IT band syndrome is the most common cause of pain on the outside of the knee in runners and cyclists and it falls into the "Overuse Injury" category. During the summer, through the build up and marathon season I saw an increased number of patients in my office with this diagnosis.

What is the IT band?

The iliotibial band is a thick band of tissue that is about one to two inches wide and has the toughness and feel of Gore-Tex. This fibrous band runs along the outside of your leg beginning at the top of the iliac crest (that bone at your waist that holds up your pants) to just below your knee on the outside-front of your shin bone.

Interestingly enough, the exact purpose of the IT band is not known, but it is believed that it helps stabilize the knees and move the hips.

Why does it hurt so much?

The primary issue is that the IT band is positioned in front of the lateral epicondyle of the femur bone (the bump on the outside of your knee) when your knee is straight and then rubs across and snaps over this bump when your knee is flexed beyond 30 degrees. The IT band then snaps back when the knee is straightened again. You probably realize that this a common action is repeated many thousands of times during a run or bike ride.

Basically, all of this repetitive snapping back and forth can lead to an area of friction that causes irritation and inflammation of the IT band. This will lead to pain of the outside of the knee with activity that can spread up the band or down toward the knee. Normally there is not pain during rest, but it can flare

up when going up and down stairs and about 10-15 minutes into a run.

There are several major factors that can predispose a runner to developing symptoms for IT band syndrome. Internal factors include unbalanced hip muscles, knee malalignment (bowlegged vs. knock-kneed) and foot malalignment (high arch). External factors include running on crowned roads, running primarily downhill and running on hard unforgiving surfaces.

How can we fix it?

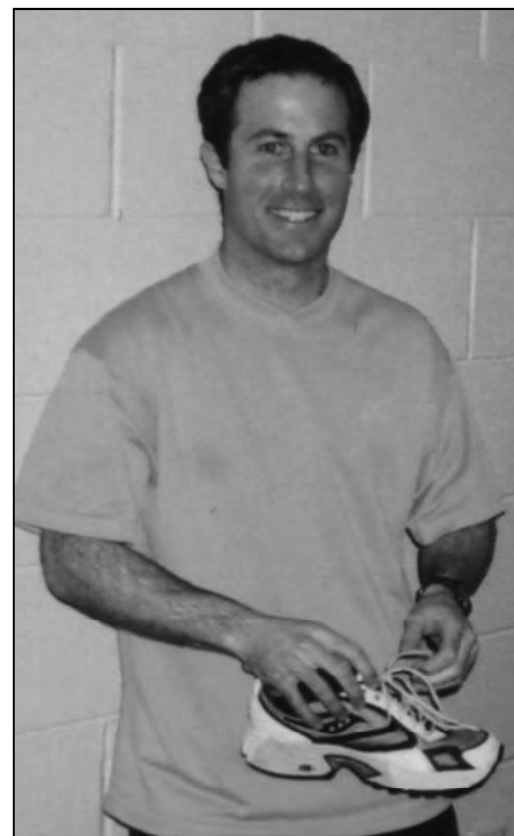
A well-rounded treatment plan will focus on addressing the internal and external factors to properly correct the entire problem. For the internal issues – a sports-focused physical therapy program will include: a) stretching regimen for legs, b) strengthening program for hip, trunk and legs, c) corrections for muscle imbalances or malalignments, and d) treatment to decrease inflammation of the IT band (ice, heat, soft tissue work).

The external factors require changes in your personal training and running program. Simple things such as alternating the side of the road you run on, limiting hill running when you are feeling tight or symptomatic and trail or track running when possible all can help.

I would also encourage everyone who runs regularly to be doing exercises to stretch your IT band *BEFORE* and *AFTER* running. If you begin to feel the symptoms of IT band syndrome it is important to ice down the outside of your knee after you are done with your post-run stretch. If your symptoms do not seem to respond positively to these simple interventions, then you may be developing a more serious case of IT band syndrome or another injury that should be evaluated by a sports medicine specialist. Some of the best are at the Aurora Sports Medicine Institute, take them up on their Free Injury Evaluation program (800/219-7776), they have seen this problem before and they can help – they helped me.

I'll see you on the lakefront.

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



Doctor Mike Gordon gave a demonstration at the Badgerland Strider Beginning Running Program in April 04

MAKING DUST

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

24TH ANNUAL LAKEFRONT MARATHON

USA T&F Certified.
Registration No. WI-04118-JW

Milwaukee, Wisconsin
October 3, 2004
8:00 A.M.

Presented by the Badgerland Striders Running Club

ChampionChip Timing by:
SPORTS MANAGEMENT ASSOCIATES, INC.
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(414) 536-9577 fax
lfm@smareults.com

1st Male Shane Carr 2:35:34
2nd Male Matt Tupta 2:41:42
3rd Male Paul Riley 2:43:07

1st Fem Aaron Clark 2:58:13
2nd Fem Mary Schupbach 3:00:40
3rd Fem Meghan Macardy 3:01:40

1st Wheelchair

Times listed are "gun" times.

Overall Time	Name
DIV = F1824	
39 3:01:40	MEGHAN MACARDY
187 3:24:32	SARA JEFFERS
217 3:27:21	ANNE ALTORFER
280 3:31:07	MELINDA BEECH
347 3:36:04	STEPHANIE OUDENHOVEN
400 3:38:49	MARY PELAK
406 3:39:25	JESSICA THOMAS
492 3:43:47	MEAGAN HAAS
570 3:47:14	ANDREA CARLSON
571 3:47:14	AMY ROBEL
586 3:47:59	ARIELL BACHMAN
587 3:48:02	KRISTEN KELROY
749 3:56:16	JENNIFER LEMONT
754 3:56:46	AMY GETZ
816 3:59:09	LYNN WILSING
836 4:00:12	KARA VERGIN
857 4:01:09	LEAH KOLSTE
882 4:03:00	ANN HOFFMANN
943 4:07:17	MONICA CHMIELEWSKI
944 4:07:17	TASHA MALVITZ
984 4:09:37	JULIE SCHRIEFER
999 4:10:34	LINDSAY TILL
1000 4:10:35	MARYELLEN UPTON
1001 4:10:35	MOLLY OLSON
1028 4:12:09	CYNTHIA ZIMMERMAN
1037 4:12:55	CRYSTAL KLEIBER
1042 4:13:08	COLLEEN FLETCHER
1097 4:16:15	LINDSEY GRAF
1115 4:17:27	COURTNEY COWIE
1123 4:18:18	ERIN FRANTZ
1167 4:21:11	JULIE RAVET
1169 4:21:40	ARIEL INMAN
1209 4:23:41	MARCY RINGQUIST
1232 4:24:29	JANA PORTER
1238 4:24:40	SAMANTHA STILP
1264 4:27:11	HOLLY OLIVER
1269 4:27:29	ERIN CHEVREMONT
1324 4:31:37	BRENDA LENSER
1327 4:32:01	KIERSTEN LUDVIGSON
1331 4:32:07	KATIE SCHNEIDER
1332 4:32:07	MACKENZIE CLARK
1353 4:34:09	KATIE TRAPP
1355 4:34:15	STEPHANIE GOLDNER
1391 4:37:08	KRISTIN DERRON
1395 4:37:28	PERFECTA LACENSKI
1398 4:37:41	JENNIFER PAOLELLA
1431 4:40:40	KAREN BEST
1505 4:47:22	ERIN POWELL

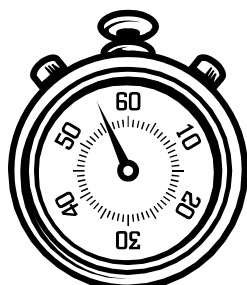


1512 4:48:37	ALLISON RAMON
1513 4:48:37	CASSI SEUBERT
1529 4:51:15	MELISSA IVERSON
1530 4:51:15	TAMARA WILM
1536 4:51:57	JANIE GOLDSWORTHY
1542 4:52:39	SHANA MILES
1547 4:53:21	STACY BEAMAN
1647 5:08:45	STEPHANIE BOURGEOIS
1674 5:13:54	JACLYN BEVERSDORF
1676 5:14:20	KATIE HARDER
1720 5:27:28	KIMBERLY ASHBECK
1740 5:34:47	MICHELLE AIRD
1787 5:54:13	GRACELYN BLAKEMORE
1794 5:59:41	KRISTIN CHARIPAR
1808 6:27:45	SARAH NAPOE

DIV = F2529	
23 2:58:30	AARON CLARK
36 3:00:47	MARY SCHUPBACH
53 3:04:41	TIFFANY EBENSPERGER
140 3:19:33	ANNIE DEPREY
157 3:21:15	JULIE TREDER
214 3:27:13	BRIDGET RAISBECK
266 3:30:07	JENNIFER SKIERKA
284 3:31:18	KELLI FERRIER-ARN
305 3:33:07	BRENNA ELLINGTON
308 3:33:26	KRIS PALLETT
311 3:33:34	ANDREA DALEBROUX
338 3:35:30	KERRIE ORRICK
393 3:38:22	JAIME BARRY
417 3:39:53	CINDY PRATT
449 3:41:52	MAYA ARNOTT
459 3:42:09	TINA JOHNSON
478 3:43:11	CONNIE TAKAHASHI
505 3:44:34	JESSICA BALDWIN
516 3:45:00	AMY NEWMAN
547 3:46:02	ERIKA HANSEN
564 3:46:42	VALERIE NOLIN
582 3:47:41	TRACY BRESTER
625 3:50:34	JANE KACHADURIAN
633 3:50:59	NANCY BODEN
634 3:50:59	MICHELE MATHENY
666 3:52:45	JOCELYN SULSBERGER

679 3:53:31	ANNEMARIE PETERSON
713 3:54:47	REBECCA GOULD
738 3:55:53	MICHELE BARSNESS
804 3:58:27	POLLY SACKETT
809 3:58:42	JANILYN KNORR
818 3:59:15	ANGELA PASAYE
825 3:59:42	CATHERINE KUBISTA
835 4:00:09	JULIE POLZIN
843 4:00:29	JENNIFER KIBBLE
852 4:01:02	ANNIE ROSLAWSKI
881 4:02:59	JESSICA WEISS
917 4:05:58	LESLIE RIEMER
930 4:06:25	MELISSA WEBSTER
938 4:07:03	KATIE HOWARD
971 4:08:54	LINDSAY PROFT
982 4:09:34	SANDRA HULTING
986 4:09:38	MOLLIE KNOWLES
1004 4:10:43	STEFANIE MELCHERT
1011 4:10:58	CHRISTINA KLAWITTER
1017 4:11:10	LIZ SIERRA
1039 4:12:59	KARINA STUKE
1041 4:13:05	KELLY NEDVED
1048 4:13:28	JULIA MESCHKAT
1049 4:13:28	KATE WESTER
1059 4:14:01	TINA VAVRA

(Continued on page 28)



The Most Times

are in The Strider

MAKING DUST

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

24TH ANNUAL LAKEFRONT MARATHON

MARATHON RESULTS CONTINUED

(Continued from page 27)

1077 4:14:48 MELISSA BATTERMAN
 1101 4:16:29 KELCY BOETTCHER
 1118 4:17:44 CHRISTINE BRUNSWICK
 1119 4:17:52 KRISTEN BURDA
 1120 4:17:59 KATIE VERHAALEN
 1130 4:18:39 TANYA WAGNER
 1159 4:20:37 INA ZINGER
 1174 4:21:57 MONICA ONYSZKO
 1176 4:22:08 SAVI ABEY
 1184 4:22:40 MOLLY ASPENLEITER
 1200 4:23:15 PENNY MEYER
 1201 4:23:18 SARAH FASHUN
 1216 4:23:51 KATY DAVIS
 1221 4:24:03 TAMMY WEIDE
 1247 4:25:57 JENNIFER HRON
 1249 4:26:02 TIFFANY GLAUBITZ
 1254 4:26:34 LAURA MYERS
 1261 4:27:02 BILLIE EDIGER
 1273 4:27:58 MARIE REINCE
 1280 4:28:30 ALISON GOULD
 1283 4:28:43 JEMERIE HUSZ
 1287 4:28:53 SANDRA FRENCH
 1292 4:29:02 JACQUELINE OTTAWAY
 1309 4:30:46 VANESSA HIRTZIG
 1310 4:30:46 ANITA HOELSCHER
 1320 4:31:26 ANNE NELSON
 1321 4:31:29 KATHLYN STADLER
 1342 4:33:12 ANDREA DEERING
 1350 4:33:58 RANDI STRAND
 1358 4:34:32 KATHY SCHROEDER
 1364 4:35:29 LAURA SPLINTER
 1384 4:36:49 TORRIE ROCHON
 1400 4:37:44 KARI GROSSER
 1403 4:37:54 LISA ALTORFER
 1405 4:38:14 HEATHER KEHL
 1406 4:38:14 HEATHER KOEK
 1413 4:38:50 HEATHER INGERSOLL
 1480 4:45:35 JAMIE O'CONNELL
 1543 4:52:39 GINA RUNDE
 1552 4:53:44 JESSICA SLIND
 1561 4:54:34 ERIN OGDEN
 1565 4:54:45 MELISA KUEHL
 1570 4:55:13 PAULA DUFANO
 1575 4:55:27 STEPHANE DEIMER
 1578 4:55:59 ALLISON ZILIAK
 1620 5:02:37 BECKY TRI
 1627 5:03:52 KELLY VOSS
 1634 5:06:37 JESSICA SIBLEY
 1670 5:12:46 CLARICE LA FRANCE
 1681 5:15:58 ANGELA HORVATH
 1682 5:16:05 ROCHELLE YAKICH
 1688 5:17:37 JESSIE DONNELLY
 1699 5:21:21 CARRI CHERNE
 1709 5:23:57 KIMBERLY RADOBICKY
 1715 5:25:43 ANN ZIELINSKI
 1723 5:28:19 ELIZABETH LUEDTKE
 1736 5:33:36 AUDREY CLAUSING
 1743 5:35:28 COURTNEY DIDERRICH
 1767 5:41:47 JENNIFER GRUBE
 1777 5:47:14 ANDREA LOWDEN
 1788 5:55:41 CHERITH LINDEMANN
 1807 6:27:45 SARAH MARTIN

455 3:42:05 HEATHER POLAN
 457 3:42:07 CARIANNE YERKES
 485 3:43:25 T WESTHOFF GENTR
 498 3:44:06 DANA JACOBY
 502 3:44:21 JENNIFER STOCK
 510 3:44:43 JENNIFER ALLEN
 521 3:45:08 LORI MALDONADO
 562 3:46:36 KATE UNSWORTH
 577 3:47:23 JENNIFER BRUMM
 598 3:48:44 CHARLOTTE O'NEILL
 629 3:50:54 JENNIFER BENNIN
 643 3:51:25 DENISE CLARK
 730 3:55:24 KIM SCHMIDT
 748 3:56:15 CHRISTINE ZAVAGLIA
 757 3:56:52 SHERRY HUHN GOTZLER
 792 3:58:01 JEN CALLAWAY
 847 4:00:34 KRIS JANSSEN
 897 4:04:14 NANCY NELSON
 900 4:04:19 SARAH CLAYMON
 922 4:06:06 METTE HARRISON
 959 4:08:28 CHRISTINE TAYLOR
 974 4:09:09 JEANN HANSEN
 975 4:09:15 ANDI GUMINA
 1036 4:12:48 CARRIE TRUEBENBACH
 1051 4:13:31 STEPHANIE ZELNICK
 1072 4:14:36 AMY GLUCK
 1081 4:15:16 TINA LEWIS
 1091 4:15:44 MARJIE MALIA
 1117 4:17:43 ANN PUETZ
 1129 4:18:38 AMY SANDMAN
 1131 4:18:41 AMY SPREDEMANN
 1135 4:18:55 ANGELA VILBRANDT
 1150 4:20:21 MELANIE BALOG
 1153 4:20:27 SANDRA COSTELLO
 1165 4:20:51 KIMBERLY SALAZAR
 1172 4:21:52 TRACY GOODRICH
 1189 4:22:47 DANIELLE SABIN
 1214 4:23:48 DIANE RIES
 1256 4:26:39 SARAH REID
 1281 4:28:36 DAWN BLUME
 1318 4:31:15 DONNA BERENSON
 1338 4:32:38 ELIZABETH LOGAN-HAY
 1401 4:37:49 KELLY LISKA
 1503 4:47:03 ERIN BARDSLEY
 1527 4:50:50 DIANE ACKERLUND
 1528 4:51:14 LISA CONRAD
 1549 4:53:26 HEATHER MURPHY
 1553 4:53:49 BONNIE DEGROOT
 1586 4:57:24 STEPHANIE HODEK
 1606 5:00:41 JENNIFER ZYROMSKI
 1608 5:00:44 CYNDI BERGS

124 3:17:18 MICHELLE LANOUILLE
 137 3:19:23 BETH GOSNELL
 149 3:20:32 KELLY BRIELMAIER
 156 3:21:08 MARTI SCHUHAM
 163 3:22:06 BETH DROLET
 258 3:29:54 MARY OLSON
 267 3:30:09 ANDREA KOVACH
 296 3:32:12 KATHY ANDES
 330 3:34:48 SHELLEY MUELLER
 345 3:36:00 STEPHANIE HEINDEL
 366 3:36:53 CANDACE MOORE
 424 3:40:00 DONNA SMITH
 452 3:41:57 ALIDA DEGNER
 456 3:42:06 ROSALYDIA VONDRAK
 488 3:43:34 JODI RIDGE
 494 3:43:52 JENNIFER PURYEAR
 499 3:44:15 WENDY VIETH
 503 3:44:22 NANCY LOEBACH
 529 3:45:19 KELLY KIEL
 539 3:45:37 DONNA SCHOBER
 540 3:45:42 MICHELLE BARNET
 553 3:46:22 KAREN CLAUER
 561 3:46:34 KATE WIENKES
 575 3:47:22 MIDGE GOOD
 584 3:47:57 PATRICIA POWERS
 599 3:48:47 DAWN CARLSON
 630 3:50:55 KATHRYN JOHNSON
 638 3:52:55 DEBORAH CLASEN
 680 3:53:31 MARY FLAWS
 689 3:53:53 CATHERINE HANDLEY
 690 3:54:01 SUSAN WEIKERT
 708 3:54:35 MEG KENNEDY
 719 3:54:56 ELIZABETH BENSEN
 731 3:55:24 ALICIA URBAN
 764 3:57:12 DEBBE BUSSE
 768 3:57:20 AMY SHELLEY
 782 3:57:43 TERRY ALLEN
 785 3:57:46 BERNADETTE ZITA
 787 3:57:48 CLAIRE CONCANNON
 789 3:57:56 KIMBERLY MACHO
 824 3:59:39 PATTY JANSEN
 834 4:00:07 MARGY GUY
 845 4:00:31 AMY LUEBKE
 856 4:01:08 PEG DONNELLY
 858 4:01:13 KATE PEPKE
 861 4:01:24 MARIANNE KOCH
 872 4:02:38 KATHRYN KLOPFER
 873 4:02:46 EMILY VAN DUNK
 875 4:02:49 JILL GOVEK
 879 4:02:58 MONICA MCKEE
 886 4:03:32 SALLY SCHNEIDER
 902 4:04:46 CARRIE VORBRICH
 908 4:05:13 CHRIS JACK
 909 4:05:14 JANELL HELD
 914 4:05:40 SHERI D'HANSEL
 928 4:06:13 MICHELLE TANEM
 932 4:06:37 KELLY WYNNS
 951 4:07:56 LISA PROCKNOW
 955 4:08:12 MICHELLE GALLAGHER
 979 4:09:26 JODINA LAM
 1006 4:10:52 KRISTIN SARTORELLI
 1008 4:10:55 ANGELA SPRAU
 1014 4:11:04 ROBIN DOTLICH
 1021 4:11:30 BARBARA HENDERSON
 1023 4:11:32 KIMBERLY CAREY
 1089 4:15:40 KRISTINE CRABTREE
 1110 4:17:15 KIMBERLY SEBRANEK
 1126 4:18:29 BARB KREUL
 1132 4:18:42 SHARLA FILTZ
 1137 4:19:06 PEGGY CHUPP
 1164 4:20:46 SANDRA GRUNWALDT
 1166 4:21:05 NYDIA ESBONA
 1179 4:22:22 MOLLY BOYD
 1180 4:22:26 JENIFER MYSE
 1210 4:23:42 STEPHANIE LOCOCO
 1235 4:24:36 MELISSA DEBUS
 1237 4:24:38 SARAH BLOMME
 1240 4:25:00 KELLY COLOSIMO
 1243 4:25:16 CARRIE DRAVES
 1289 4:28:57 CORINA WOJNOWSKI
 1328 4:32:01 MELISSA SCHIFERL



Jack Eherenmann first Hand Crank Wheel Chair finished in 2:20:34

Radio & TV personalities: How did we draw them?

by Dave O'Brien

How would you start?

If you were asked, "How could we get celebrities such as Peter Linton-Smith of Fox 6 News and Steve 'The Homer' True of WISN AM 1130," what would you do?

Well, it takes vision. And time. Expertise. And a good bit of energy.

More than three years ago, Kris Hinrichs, Director of Lakefront Marathon, was asking the same questions. You know Kris. She's got a machine running (now more than 50 captains and close to 1000 volunteers), and it keeps on going.

Enter Alex Taylor of Erasmus, LLC, a public relations specialist and runner. Alex assisted Kris in developing a PR program. Enter Jennifer Janowski, who is employed at GE Medical, and lends her expertise in advertising and public relations. Jennifer is a runner too.

Here Jennifer outlines their two-part program.

FIRST – Spend some money selectively on advertising. Be open to opportunities for additional publicity.

SECOND – Perform additional activities (at no cost – remember we're a volunteer group) to raise community awareness. Some examples:

- List LFM on www boards etc. (over 50 sites listed)
- Media releases to newspapers (6 planned, 6 executed)
- Forms distribution to running clubs, stores, races etc.
- email distribution to clubs, stores, races etc.
- email distribution to past runners
- PR: bring in local celebrities that are in the public eye; get them to run the marathon or at least write about it.

Alex was able to develop a relationship with Peter Linton-Smith of Fox 6 News. Here are Alex's words.

"Peter has always expressed interest in making our marathon the best it could be. He would offer his feedback (positive and negative) on the Badgerland Striders online message board. Kris and I thought that if someone was this passionate about a marathon, they should be involved at a 'higher level.'

"When Peter and I met late last fall, our hunch was validated. He has since championed our marathon with his station and with others. He has stayed in constant contact with Matt [Braun] and Kris to consider all media opportunities, and he has been a terrific asset to our stable of media contacts.

"As we look ahead, Peter's contributions will certainly help us share information about the 25th running of the marathon."

It seems PR and media personnel are in constant contact with each other. The story about getting Steve "The Homer" True to run with us is told by Matt Braun of Leum Roberts. Matt is an accomplished marathoner.

"The Homer thing really started because I was listening to his show in mid-summer, and he was talking to John Dorsey from The Packers about a recent marathon Dorsey had completed.

"Homer was ranting about how he could never do a marathon, and I simply shot him a note and said he could do it and the Badgerland Striders would love to help him out. I told him Milwaukee has its own marathon, one the general public isn't really aware of, and next year will mark its 25th year. I offered training etc., and said we'd love to have Kris on the air to talk about it.

"From there, I simply kept in touch with him, offering up Kris as we got closer, and I think he was pretty impressed by the people from Milwaukee who encouraged him."

What we're seeing here is that by engaging a number of skilled persons in pursuit of defined program objectives, we were able to sway a segment of the populace toward the cause of physical activity and well-being.

Now that this has been accomplished by just one of our club events – Lakefront Marathon – couldn't we expect to accomplish more if we got all of our club events involved in a focused PR program?



Peter Linton-Smith and Fox 6 photographer were fixtures at this years Build Up Program

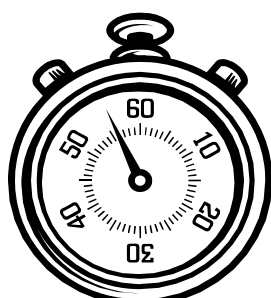


Shane Carr Male Winner crosses the finish line at the 2004 Lakefront Marathon. Photo by Terry Hagen.

DIV = F3034
 121 3:17:07 ALLISON WOLF
 151 3:20:39 JULIE REMKE
 170 3:23:03 MICHELLE MEIER
 233 3:28:09 MARY LEISING
 248 3:28:51 BECKY SKORONSKI
 254 3:29:32 SARAH NORRIS
 321 3:34:25 ALANA DRESDEN
 360 3:36:42 JENNIFER HOHMANN
 435 3:40:51 SUSAN ALLEN
 439 3:41:02 TAMELA GABRIELSE
 447 3:41:44 MICHELLE BUTZER

1615 5:01:59 NICOLE HUGGETT
 1617 5:02:20 CINDY ZIELINSKI
 1619 5:02:28 TAMI MADURA
 1657 5:10:38 EILEEN FITZGERALD
 1663 5:11:34 COLLEEN PENNELL
 1691 5:19:30 CHRISTINA NELSON
 1705 5:23:44 KEITH BOYE
 1783 5:52:28 TRACY LESIAK
 1791 5:58:40 GAIL KRUEGER
 1806 6:24:10 JENNIFER COLLINS

DIV = F3539
 88 3:11:16 LISA GOBEYN



(Continued on page 29)

The Most Times are in The Strider

MAKING DUST

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



Aaron Clark Female Winner crosses the finish line at the 2004 Lakefront Marathon. Photo by Terry Hagen.

24TH ANNUAL LAKEFRONT MARATHON

MARATHON RESULTS CONTINUED

(Continued from page 28)

- 1329 4:32:02 MICHELLE GERBER
- 1343 4:33:14 ANGELA HENSCHERL
- 1354 4:34:12 ERICA HEYL
- 1402 4:37:52 LYNN SCHMIDT
- 1429 4:40:38 MONIQUE MISTELE
- 1449 4:41:53 KRISTINA KASTNER
- 1458 4:42:47 DEB KROSNICK
- 1460 4:42:54 FAITH SODERBECK
- 1562 4:54:36 CHRISTINE DENTON
- 1600 4:59:11 JESSICA ZEHREN
- 1625 5:03:45 LANI KLASSEN
- 1648 5:09:23 DIANE GALOW
- 1658 5:10:47 HOLLY SMITH
- 1687 5:17:16 MICHELLE POLSON
- 1690 5:18:42 SHELLY SCHUMACHER
- 1698 5:21:17 MARIA SCHMITT
- 1712 5:25:29 CHRISTINE MCGURN
- 1713 5:25:29 PATTY CREGAER
- 1789 5:56:41 JANET VRASIC
- 1793 5:58:44 SUE WEBER

DIV = F4044

- 56 3:04:59 MARY BOLICH
- 135 3:19:12 J.ELIZABETH TERVEER
- 197 3:25:23 SUE GRAY
- 206 3:26:31 EVA HEILMAN
- 212 3:27:12 JOANN ROGERS
- 257 3:29:42 NICOLE BORMAN
- 294 3:32:07 SUSAN HARROLD
- 301 3:32:45 NORA WOLFF
- 334 3:35:13 NATALIE REINKEMEYER
- 337 3:35:24 M. BETH HAMILTON
- 363 3:36:51 JANE JARCHO
- 385 3:37:44 THERESA PANTER
- 423 3:39:58 MARGARET ORESKOVICH
- 428 3:40:17 KAREN WALRAFEN
- 436 3:40:52 RENEE MABIE



2nd Female Mary Schupbach (3:00:47) at mile 25.5

- 443 3:41:11 ARACELY MOURADIAN
- 444 3:41:14 MARY BETH O'DONNELL
- 448 3:41:49 COLLEEN BERG
- 463 3:42:13 JOYCE NOVAK
- 469 3:42:30 MARCY KAMEN
- 526 3:45:15 THERESA BAHL

- 528 3:45:19 KIT SEELIGER
- 537 3:45:29 MARY WILSON
- 545 3:45:56 CRYSTAL LOUDEN
- 568 3:46:56 CARON BUINIS
- 569 3:46:59 ZOE GOSS
- 579 3:47:24 KIRSTEN LEGAC
- 592 3:48:25 BETSY ARMSTRONG
- 594 3:48:27 AMY BORDEN
- 595 3:48:33 ANTONIETTA SIMONIAN
- 603 3:48:55 TAMARA FERRY
- 611 3:49:23 GAIL ANTONCZYK
- 615 3:49:35 CAROLINE YASUDA
- 642 3:51:21 PATRICIA HILL
- 654 3:51:43 ANN LORGE
- 675 3:53:16 WILLIE LABONNE
- 692 3:54:05 MOLLY NECHVATAL
- 698 3:54:20 STACIE STARK
- 703 3:54:23 MARY EICHNER
- 710 3:54:38 JEANNE BRIL
- 728 3:55:22 JEAN STEPHAN
- 751 3:56:25 ANNE ANTONY
- 753 3:56:34 ROMIE BULLOCK
- 774 3:57:30 BARB DAAB
- 783 3:57:43 SUE WHEELER
- 788 3:57:56 FRANCES MCCAUGHAN
- 795 3:58:09 CARRIE BURTON
- 796 3:58:11 KATHY MAGLIO
- 805 3:58:36 TONI PRITCHARD
- 811 3:58:53 MARGARET SCHOMMER
- 814 3:59:00 KATHY BOHLMAN
- 815 3:59:08 ANGELA BARBERA
- 829 3:59:56 COLLEEN SCHOWALTER
- 841 4:00:23 AMY BUBLITZ
- 846 4:00:34 MARIBETH BAKER
- 865 4:01:49 LISA SCHROPP
- 866 4:01:55 NANCY HLAIVENKA
- 874 4:02:48 JULIE BRANDEN
- 878 4:02:57 DAWN FRODL
- 884 4:03:13 MICKI HARALSON
- 895 4:04:11 AMY MURPHY
- 913 4:05:27 SARA DIERCKS
- 923 4:06:07 SUSAN KEY
- 931 4:06:29 ANDREA SNASTIN
- 934 4:06:57 BEVERLY GEHRKE
- 935 4:06:57 DEBBIE REASONS
- 958 4:08:28 MEG MILLER
- 965 4:08:40 JANE DEISINGER
- 976 4:09:19 BONNIE PLATEK
- 992 4:10:11 JULIE SPRAU
- 995 4:10:19 DENISE GARVIN
- 996 4:10:26 ANNIE FISHER
- 1032 4:12:25 ANN GEGARE
- 1053 4:13:34 TERRY WALTON
- 1066 4:14:27 TERESA RELLER
- 1074 4:14:41 SHARON REIK-PUCKETT
- 1083 4:15:22 LISA CATO
- 1092 4:15:56 COLLEEN RIEFKJE
- 1105 4:16:54 JULIE MAYER
- 1122 4:18:16 JANE HOJAN-CLARK
- 1139 4:19:13 SHEILA WENTLAND
- 1149 4:20:20 SHELLEY NUELLE
- 1157 4:20:35 LINDA CARROLL
- 1161 4:20:42 KATIE WILLET
- 1162 4:20:43 SUZANNE FRUENDT
- 1163 4:20:44 THERESA WITTE
- 1170 4:21:41 LISA VOGT
- 1182 4:22:27 CATHY DREXLER
- 1183 4:22:31 PATTY PEDERSON
- 1193 4:22:48 AMY GIESEN
- 1206 4:23:26 LAURA GOUGH
- 1220 4:24:02 SARA LATTA
- 1233 4:24:29 SALLY KOCH
- 1244 4:25:19 LYNNE TRACI
- 1252 4:26:15 KATHRYN MUSKAT
- 1266 4:27:17 CHRISTINE BOHTE
- 1271 4:27:53 JACQUE RONNFELDT
- 1275 4:28:09 LISA BUISKER
- 1276 4:28:11 JODY LOWE
- 1294 4:29:13 PATRICIA BEREZIAK
- 1323 4:31:33 KATHI CASTLE
- 1333 4:32:07 CINDY ANDERSEN
- 1341 4:33:08 EILEEN JOHNSON
- 1363 4:35:18 PATTY COBB
- 1380 4:36:25 TINA SKENANDORE
- 1408 4:38:23 LAUREN RITCHE
- 1409 4:38:24 BARB MICHAELS
- 1415 4:39:00 ANN MENNELL
- 1424 4:40:05 MAURA ZELLER
- 1490 4:46:25 EMILY SWARTLEY
- 1492 4:46:27 KATHERINE SMITH
- 1494 4:46:34 DEB BLOMMER
- 1510 4:48:35 JOAN KOZISEK
- 1533 4:51:44 NANCY SCULLION

- 1545 4:52:49 CARYN GIBBS
- 1563 4:54:43 JACQUIE PAUL
- 1569 4:55:07 JULIE FEUERBACH
- 1574 4:55:26 CHERYL WESOLOWSKI
- 1582 4:56:53 TAMARA FOLTZ
- 1583 4:56:53 DEB VOMHOF
- 1597 4:58:31 MARY LOU SIMMELINK
- 1602 4:59:29 LAURIE GOFF
- 1611 5:01:25 SUSAN ANDERSON
- 1614 5:01:55 SARAH BEHREND
- 1630 5:05:09 JULIE KENNEDY
- 1653 5:10:09 BARBRA MARTIN
- 1654 5:10:22 MARY ANN MCLENNON
- 1659 5:11:02 KELLY SCHOLZ
- 1671 5:12:56 ANNE ZAK
- 1675 5:14:02 CHERYL BOND
- 1700 5:21:53 TAMMY BAILEY
- 1701 5:21:54 SUSAN JANKOWSKI
- 1704 5:23:01 CHRIS ESPINOZA
- 1708 5:23:54 SHANNON DAAB
- 1739 5:34:39 MARION HAUSER
- 1759 5:39:22 ROXANNE WHITE
- 1764 5:40:56 CHRISTINE JOHNSTON
- 1765 5:41:42 BRENDA CAMPBELL

DIV = F4549

- 60 3:05:38 KATHY WALDRON
- 253 3:29:25 THERESA GUY
- 302 3:32:59 DALE AVIZA
- 324 3:34:35 PAM OLIVERSEN
- 389 3:38:14 VICKI VANDERKWAAK
- 416 3:39:51 PATTI MINTON
- 418 3:39:54 LAURA MORRISSEY
- 497 3:43:59 JUDE KING
- 565 3:46:44 SHELLEY SIMMERING
- 614 3:49:34 MARGARET HELIN
- 626 3:50:48 HEIDI SCHMIDT
- 695 3:54:16 MARY PICA-ANDERSON
- 701 3:54:23 JULIE BROWN
- 736 3:55:43 JULI AISTARS
- 765 3:57:13 AUDREY DRAKE
- 801 3:58:26 JANICE TRUDGEON
- 806 3:58:39 LEEANN SILVIS
- 817 3:59:11 SHERRY MUMMERT
- 859 4:01:16 MARY GETTY
- 893 4:04:08 BARBARA KRUEGER
- 945 4:07:17 TERI SELIN
- 966 4:08:42 MEREDITH PEREIRA
- 988 4:09:42 JANET ROEMING
- 990 4:10:05 MARY KAY GRABER
- 1007 4:10:54 DONNA BRAYFIELD
- 1013 4:11:03 MICKEY POWER
- 1093 4:15:57 JAN LADUE
- 1094 4:15:58 NANCY LANGE
- 1136 4:19:03 KRISTI MARQUARDT
- 1195 4:22:52 BARB LIPS
- 1222 4:24:03 SANDY MUELLER
- 1224 4:24:04 FRANCES ALEXANDER
- 1234 4:24:32 PAMELA GRZYBOWSKI
- 1248 4:26:00 MELANIE STEFFEY
- 1267 4:27:25 CHRISTINE COOPER
- 1270 4:27:49 ANN LAREW
- 1296 4:29:17 TAMI KASPER
- 1304 4:30:00 CAROL MACK
- 1307 4:30:33 JULIE MORRIS
- 1316 4:31:08 KIM MEYER
- 1336 4:32:17 JOY GREMBO
- 1404 4:37:57 MARY WYSOCKI
- 1414 4:38:57 PATTI BERTAGNOLI
- 1416 4:39:16 LORI LAATSCH
- 1425 4:40:25 SUSIE GRAY
- 1440 4:41:19 MARY KAY ROSENECK
- 1441 4:41:28 CAROL SMEARMAN
- 1457 4:42:46 KATHY WEAVER
- 1476 4:45:07 SUSAN BROWNING
- 1496 4:46:46 PATRICIA ROHAN
- 1514 4:48:38 JOAN BULLIS
- 1516 4:48:56 MARY KEANE
- 1519 4:49:33 SANDRA DOLL
- 1539 4:52:09 MARY KOEHLER
- 1566 4:54:46 LINDA TSCHELLARD
- 1595 4:58:23 PEGGY SLIND
- 1612 5:01:26 EILEEN LICHTBLAU
- 1632 5:06:11 TERRY BURANT
- 1639 5:08:02 JANE AVE LALLEMANT
- 1692 5:20:13 TINA OLANDER
- 1697 5:21:16 JENNIFER FIRER
- 1703 5:22:50 DENISE RISTOW
- 1706 5:23:50 SEETHA DENZIEN
- 1733 5:31:45 DIANE POST
- 1746 5:36:33 MARY O'BRIEN
- 1753 5:38:35 BARBARA BRENZEL
- 1763 5:40:26 SARAH YANNETT
- 1795 5:59:41 SHERRI REGENWETHER
- 1796 6:00:18 LAURA DICKINSON-LEE
- 1803 6:08:21 JAN WEBER

DIV = F5054

- 411 3:39:41 RHONDA BRANDES
- 451 3:41:56 KATIE OAKES
- 831 4:00:01 BETH ONINES
- 853 4:01:03 JEAN BRIGGS
- 910 4:05:14 FRITZEE MUENCH
- 1044 4:13:16 SUE VOSS
- 1298 4:29:33 JEAN YOON
- 1306 4:30:15 RENEE KLINGBERG
- 1315 4:31:08 SUE WUCHERER
- 1454 4:42:28 SHARON KUHN
- 1455 4:42:32 BARBARA SCHAEFER
- 1468 4:44:06 JUDI CALLAHAN
- 1531 4:51:33 LINDA PULKOWSKI
- 1579 4:56:28 JODY FENSKE
- 1593 4:57:59 BETTY OSTERHOUT
- 1628 5:04:18 LOUISA BLANCHARD
- 1655 5:10:32 SANDRA CLEVINGER
- 1729 5:30:43 MARY CALLEN
- 1747 5:36:33 DOTTY WINSTEN

- DIV = F5559
- 772 3:57:28 SHIRLEY ROBBEN
- 1305 4:30:06 BEVERLY BRUNNER
- 1326 4:31:43 SHARON GLEASON
- 1506 4:47:37 LYN TEPPER
- 1522 4:50:06 CATHERINE WESTPHAL
- 1626 5:03:48 MELANIE TROUT
- 1748 5:37:32 PAT CARPENTER
- 1757 5:39:08 JANET HAGEN
- 1778 5:49:08 BARBARA BROWNING
- 1780 5:49:54 DEEDEE HILLINGER
- 1790 5:58:14 JEANNETTE TRIES

DIV = F6064

- 1082 4:15:21 JOY IMMS
- 1302 4:29:48 NANCY BIRK
- 1714 5:25:42 JUDY SMITH
- 1735 5:33:25 JOYCE STROUT

DIV = F6569

- 1534 4:51:52 NANCY SPENCER
- 1636 5:06:52 BERGLIOT LUEDTKE

DIV = FCLYD

- 298 3:32:29 TRACY PRICE
- 374 3:37:15 NICOLE WEIR
- 490 3:43:37 ASTRID STUCKE
- 535 3:45:26 SHERRY PEREZ
- 583 3:47:53 KATE RUTKOWSKI
- 724 3:55:02 JENNIFER DOLAN
- 912 4:05:27 PAM MERENESS
- 920 4:06:05 HOLLI MILLER
- 929 4:06:15 LESLIE GUTTENBERG
- 989 4:09:55 TRACY MILLER
- 998 4:10:31 MARY HUNT
- 1061 4:14:05 LORI KLOMSTAD
- 1067 4:14:28 JUDY SIMPLOT
- 1078 4:14:48 JOAN BESSMAN
- 1168 4:21:35 KATHY STASTNEY
- 1192 4:22:48 JULIA BOBBE
- 1199 4:22:57 KRISTIE SMITH
- 1203 4:23:23 JAN ZIZZO
- 1211 4:23:43 MONICA VAN LIESHOUT
- 1366 4:35:35 KATHLEEN SOEHNLEIN
- 1371 4:36:03 GILLIAN HULSE
- 1521 4:50:00 KIMBERLY WHITE
- 1556 4:54:03 KATHLEEN RILEY
- 1571 4:55:17 MARJORIE MAYS
- 1581 4:56:46 KATHERINE ROGNSVOOG
- 1594 4:58:11 KRISTA NIEZWAAG
- 1610 5:01:03 CANDY SANDERS
- 1660 5:11:05 TAMARA HOUSER
- 1677 5:14:22 LISA LUDWIG
- 1684 5:16:27 SHARON BENOIT
- 1724 5:29:33 JENNIFER KING
- 1731 5:31:27 JENNIFER MONTGOMERY
- 1773 5:44:33 GAIL OSTRANDER
- 1804 6:13:39 JANET JOHNSTON

DIV = M1824

- 2 2:41:42 MATT TUPTA
- 3 2:43:07 PAUL RILEY
- 12 2:52:27 ANDREW ZIENTEK
- 13 2:53:19 JOHN BADYLA
- 16 2:55:19 CHRIS HENDRICKS
- 19 2:57:11 TIM TIKALSKY
- 21 2:57:40 KEVIN O'ROURKE
- 28 2:59:43 ALAN TALHELM

- 771 3:57:28 TERENCE VINCENT
- 839 4:00:14 JOHN AMES
- 869 4:02:12 BRIAN ARNDT
- 1009 4:10:58 NICHOLAS SCHANZ
- 1010 4:10:58 CHRISTOPHER SCHANZ
- 1056 4:13:44 WESLEY FALK
- 1108 4:17:12 MICHAEL KNUDSON
- 1181 4:22:27 TRAVIS STEFFEN
- 1245 4:25:20 AARON FARBER
- 1250 4:26:08 CHRISTOPHER KORTE
- 1277 4:28:18 JACOB VERGIN
- 1385 4:36:52 DAVE MICHNA
- 1392 4:37:08 MICHAEL PORPORA
- 1397 4:37:36 PATRICK CLYDER
- 1469 4:44:11 THOMAS MARMET
- 1474 4:44:45 PHIL OERTEL
- 1551 4:53:40 MARC EUSTAQUIO
- 1584 4:56:54 ERIK HANLEY
- 1635 5:06:37 JAKE SIBLEY
- 1667 5:12:25 CHRISTOPHER SELBO
- 1719 5:27:28 KORY SCHOOLEY
- 1722 5:28:17 PATRICK LEE
- 1754 5:38:46 PHIL SAND
- 1771 5:43:28 SAM DOMINE

DIV = M2529

- 6 2:48:03 DEREK SERNA
- 10 2:51:39 JOE SIEGEL
- 11 2:52:10 TONY TEUNISSEN
- 14 2:54:08 DAVID SHERIFF
- 20 2:57:15 SHAWN MORRIS
- 24 2:58:55 VICTOR VILAR
- 31 3:00:13 STEPHEN PASKE
- 32 3:00:26 JEREMIAH ALT
- 37 3:00:57 JOSE ACOSTA
- 38 3:01:14 PAWEL WOJCK
- 42 3:02:04 JOE PARKER
- 64 3:06:40 DOUG LINDBERG
- 65 3:07:35 BRIAN ARBETMAN
- 68 3:07:57 CHRISTOPHER WENNINGE
- 70 3:08:37 THOMAS SIPIN
- 74 3:09:19 MOSES KOCH
- 109 3:15:47 MATTHEW BRERETON
- 112 3:16:02 NICHOLAS OLSON
- 132 3:18:29 BRIAN HENDRICKSON
- 139 3:19:29 MICHAEL FLEMING
- 162 3:21:57 KEVIN O'CONNOR
- 183 3:24:18 ANTHONY HEINTZ
- 185 3:24:20 RALPH HABERLI
- 188 3:24:33 DAVID DREHER
- 192 3:25:04 DAVID MCMANAMA
- 220 3:27:29 DANIEL BENNETT
- 232 3:28:07 MIKE BRUMM
- 234 3:28:17 ALEJANDRO MENDOZA
- 255 3:29:34 TIM RITSCHARD
- 264 3:30:03 MATT VOBEJDA
- 289 3:31:51 JOSHUA WILSON
- 395 3:38:25 JACOB STRATMAN
- 432 3:40:31 TODD HILL
- 441 3:41:06 DAVID LARSON
- 536 3:45:27 MATTHEW KINDSCH
- 544 3:45:55 DAVID MICHELLI
- 556 3:46:27 JEREMY DULLE
- 585 3:47:59 SPENCER MATHERN
- 590 3:48:19 EDWARD WOLF
- 596 3:48:37 RYAN DEXTER
- 604 3:48:55 BRYAN FONSLOW
- 609 3:49:20 ADAM PRATT
- 613 3:49:29 MATT NEHRING

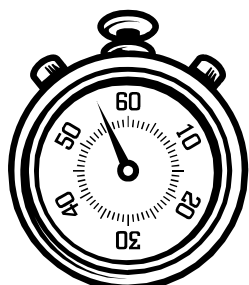


- 51 3:04:35 JAKE TREPTOW
- 81 3:10:13 JOSHUA KLUTZ
- 85 3:10:53 TOM REYNOLDS
- 117 3:16:51 MICHAEL BIEBER
- 129 3:18:10 NATHAN KIZER
- 174 3:23:18 RICHARD FINN
- 176 3:23:19 CHRISTOPHER LARSON
- 180 3:23:56 TYLER DORN
- 184 3:24:20 KYLE FRASER
- 221 3:27:30 JOSH DEHLINGER
- 237 3:28:20 DANIEL TURNEY
- 240 3:28:36 NICK SWANSON
- 300 3:32:43 BRIAN THOMAS
- 354 3:36:18 ANDREW TURNER
- 379 3:37:28 NICHOLAS BRERETON
- 430 3:40:24 PATRICK HEATH
- 466 3:42:23 JEFFREY WHITE
- 482 3:43:17 BRIAN SCHALDACH
- 483 3:43:19 MATTHEW GORAJSKI
- 484 3:43:19 BENJAMIN ADAMCZYK
- 506 3:44:34 CASEY SCHUTTE
- 578 3:47:23 DAVID HAUSHALTER
- 647 3:51:31 MICHAEL FERGUSON
- 671 3:53:03 BROCK ADAMS
- 677 3:53:25 NICHOLAS PITTS
- 683 3:53:45 JOSEPH PITTS
- 691 3:54:01 KEVIN SCHIEBENES
- 712 3:54:46 JASON LOWERY
- 745 3:56:11 QUINN GUERIN
- 750 3:56:21 BRAD ROBERTSON

- 618 3:50:08 DAN PAYNTER
- 644 3:51:25 JIM MALECKI
- 686 3:53:47 BRENDAN SCHOLZ
- 688 3:53:51 MARK SUNDLOV
- 714 3:54:48 JOSH BROGADIR
- 763 3:57:04 JON ANDERSON
- 784 3:57:43 RYAN BAUTHUES
- 821 3:59:28 WILLIAM ZANDER
- 849 4:00:43 JARRED CASSADY
- 860 4:01:24 BENJAMIN LEMANSKI
- 871 4:02:17 JAMES MONTAGUE
- 898 4:04:16 MICHAEL PELLICORE
- 927 4:06:12 RICHARD PUNZENBERGER
- 948 4:07:45 CHRISTOPHER WOJNAR
- 949 4:07:52 CASEY LOPEZ
- 1003 4:10:38 CHAD PALA
- 1029 4:12:11 TIMOTHY DAHLE
- 1065 4:14:19 SAMUEL CUSHING
- 1148 4:20:08 MATT BARTZ
- 1208 4:23:40 JOE ADES
- 1228 4:24:10 JASON HEMMER
- 1229 4:24:10 S OBERBROECKLING
- 1241 4:25:14 BRIAN BREWER
- 1288 4:28:57 MICHAEL KOTUR
- 1291 4:29:00 KEVIN ERICKSON
- 1313 4:31:01 ERIC FEEDAR
- 1345 4:33:15 MATTHEW MIJOLEVIC
- 1346 4:33:15 CHARLES WARNER

(Continued on page 30)

The Most Times



are in The Strider

MAKING DUST

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

24TH ANNUAL LAKEFRONT MARATHON

MARATHON RESULTS CONTINUED

(Continued from page 29)

- 1386 4:36:55 JOEL KAUL
- 1390 4:37:08 JEREMY JAMES
- 1410 4:38:36 JUDSON WONG



Ann Heaslett 1st Masters Female and 4th Female (3:01:53)

- 1525 4:50:39 SHANE MOISIO
- 1585 4:57:08 DANIEL HERWIG
- 1588 4:57:38 NICK SCHAUER
- 1650 5:09:38 MATTHEW WARREN
- 1651 5:09:46 MICHAEL MULVANEY
- 1744 5:35:54 DAVE RUSS

DIV = M3034

- 1 2:35:34 SHANE CARR
- 25 2:59:01 JOEL BARBIERI
- 33 3:00:31 BENNY SMITH
- 41 3:01:57 KEVIN FREHNER
- 52 3:04:40 PAUL SCHWEIGER
- 63 3:06:38 VASILI GERASOPOULOS
- 72 3:09:12 MATTHEW VALLEY
- 90 3:12:17 MIKE BURGER
- 107 3:15:24 RODNEY PRATER
- 122 3:17:16 KENNETH NG
- 133 3:18:41 MICHAEL CULBERT
- 142 3:19:51 TIMOTHY SPELTZ
- 145 3:20:23 TIM KRANZ
- 146 3:20:24 MICHAEL EVANS
- 150 3:20:34 SCOTT ROLLINSON
- 172 3:23:12 RICK SCOTT
- 193 3:25:08 JEFF DAVIES
- 195 3:25:20 MIKE WEBER

- 649 3:51:35 MICHAEL MANION
- 657 3:51:52 DEAN GRUBER
- 676 3:53:23 ANDREW NEITZEL
- 684 3:53:46 JEFF HAAS
- 693 3:54:10 BRIAN MULLEN
- 699 3:54:21 JAMES LEGNER
- 704 3:54:24 TRAVIS SCHWANTES
- 706 3:54:28 DEREK LOWKEWICZ
- 717 3:54:52 JAMES KUEHL
- 727 3:55:13 MARK ELLERBROCK
- 747 3:56:14 MICHAEL LUELL
- 760 3:56:59 PAUL KIECKBUSCH
- 778 3:57:38 JULIAN CHU
- 780 3:57:41 NORMAN YUNG
- 813 3:58:57 MATTHEW FILIPIAK
- 822 3:59:31 BRAD HEYEL
- 848 4:00:35 BYRON HAWKS
- 867 4:01:58 WILLIAM POVLETICH
- 905 4:04:49 CHRIS DEROSIER

- 59 3:05:29 THOMAS JANICKI
- 71 3:08:46 DEAN KALINOWSKI
- 80 3:10:08 JIM BUDDER
- 91 3:12:22 MATTHEW MOES
- 92 3:13:09 THOMAS STOLL
- 93 3:13:18 MICHAEL PAJEWSKI
- 95 3:13:29 GREG OSSANNA
- 97 3:14:01 JON TUGGLE
- 100 3:14:20 GEOFFREY HARRIS
- 102 3:14:50 BRIAN MILLAR
- 108 3:15:27 KEVIN BROCK
- 111 3:15:58 PAUL OLDSON
- 113 3:16:04 MATTHEW MURPHY SR.
- 114 3:16:37 JAMES JAEGER
- 119 3:16:57 TIMOTHY KENNY
- 120 3:17:04 BRAD BIRKHOLZ
- 126 3:17:40 MICHAEL CROSSER
- 127 3:17:51 STEVE SCHOEPEL
- 134 3:18:45 STEPHEN PRITZEN
- 138 3:19:25 TOM DELLEMAN
- 158 3:21:30 KENNETH IMIG
- 165 3:22:09 BRADLEY WELLS
- 169 3:22:45 J.D. OPTEKAR
- 171 3:23:10 CHAZ HECKMAN
- 177 3:23:40 ROBERT SCHALLER
- 190 3:24:46 BOB DEGROOT
- 210 3:27:02 DON COSTELLO
- 213 3:27:13 TIMM GONINEN
- 224 3:27:35 THOMAS HAFT
- 230 3:28:01 JOHN EMANUELSON
- 271 3:30:20 GREG SANCHEZ
- 274 3:30:43 MICHAEL VERDEYEN
- 275 3:30:50 MATT MYREN
- 276 3:31:05 ANDY CREMER
- 279 3:31:06 JOHNSON JOEL
- 283 3:31:12 MICHAEL WHITE
- 285 3:31:27 MIKE POKEL
- 288 3:31:41 JOHN SCHLOEGEL
- 292 3:32:04 ERIC CROSBY
- 297 3:32:27 KEVIN SCOTT
- 329 3:34:47 STEVE HOFFINS
- 335 3:35:19 DAVID SCHMITZ
- 336 3:35:22 DAVID ZEICHERT
- 339 3:35:31 RICHARD MALECKI JR
- 346 3:36:04 STEVE HARRIS
- 349 3:36:07 PHIL LAGESCHULTE
- 350 3:36:12 DAVID BATES
- 364 3:36:51 PATRICK O'HARA
- 368 3:36:54 BRENT JESKO
- 371 3:37:07 LAWRENCE MAHER
- 377 3:37:27 STEVE OTOLSKI
- 382 3:37:40 LEE KRAUTKRAMER
- 383 3:37:40 MICHAEL SCOTT
- 396 3:38:28 GREG FORMICA
- 397 3:38:30 KIRT KONKOL
- 407 3:39:26 JEFF KELLY
- 410 3:39:40 DANIEL SZIDON
- 420 3:39:55 MARK MEYER
- 421 3:39:55 PAUL BOGDANSKI
- 429 3:40:22 DAVID RENICK
- 440 3:41:05 MICHAEL ROHRER
- 450 3:41:55 ANDREW BUSCH
- 453 3:41:58 DOUGLAS ALEXANDER
- 458 3:42:07 GERALD OAKS
- 465 3:42:18 JEFF MIHELICH
- 474 3:42:48 JAY MAGES
- 501 3:44:20 SCOTT PETERSON
- 504 3:44:32 BRETT BANFIELD
- 508 3:44:38 GARY SCHWARTZ
- 515 3:44:59 TODD RODZIK
- 519 3:45:06 MICHAEL KINI
- 525 3:45:15 MARK KITRAL
- 532 3:45:21 MARC ROBINSON
- 542 3:45:49 ROBERT MECKLENBURG
- 552 3:46:18 DUWAYNE HADLER
- 607 3:49:12 JOE MORRISSEY
- 612 3:49:25 BOB WOYAK
- 616 3:49:49 TONY UGGEN
- 619 3:50:12 GEORGE FITE
- 622 3:50:16 BOB HEIDEMAN
- 624 3:50:28 MICHAEL KULAS
- 640 3:51:15 JEFF HILL
- 641 3:51:21 JOHN LYONS
- 648 3:51:32 CASEY PIPER
- 653 3:51:43 P. J. VON PAUMGARTTE
- 663 3:52:34 STEVE MOORE
- 674 3:53:06 PETER GARDNER
- 685 3:53:47 JAY ZAHN
- 697 3:54:20 MARK FILMANOWICZ
- 702 3:54:23 CRAIG CONGDON
- 707 3:54:34 R. SEAN CHURCHILL
- 711 3:54:43 DAVID KLUMPP
- 716 3:54:51 RANDY DAWES
- 735 3:55:41 JOHN GOOD
- 752 3:56:26 DAVID BUECKERS
- 767 3:57:19 CRAIG LOOMIS
- 769 3:57:24 CHIP SMOOT
- 776 3:57:33 DENNIS HANEY
- 777 3:57:38 DENNIS NAGEL
- 793 3:58:01 RICK MORSE
- 799 3:58:21 ROBERT CRAMER
- 803 3:58:27 CHARLES MCCALLEY
- 832 4:00:01 MICHAEL DREES
- 844 4:00:29 STEVE MICKELSON
- 876 4:02:50 BRAD FELTZ
- 883 4:03:11 MARTY SHAFFER
- 885 4:03:26 JOSEPH BAUMANN
- 899 4:04:17 TROY BIRK
- 907 4:05:03 CHRIS JUDSON
- 961 4:08:31 MARCO BOUCHER
- 968 4:08:44 RICHARD POST
- 1024 4:11:44 ANDY FEIL
- 1033 4:12:25 JOHN HILL
- 1038 4:12:58 RANDY LORENZ
- 1062 4:14:05 GERALD DUHON, JR.

- 1069 4:14:30 JIM LUTZ
- 1073 4:14:38 TIM WEGNER
- 1096 4:16:14 PATRICK CONWAY
- 1114 4:17:26 ROBERT HUNDHAUSEN
- 1141 4:19:26 ERIC BRATBERG
- 1142 4:19:33 RICK ROTHSTEIN
- 1173 4:21:52 MAX GOODRICH
- 1175 4:22:06 PATRICK ANDERSON
- 1218 4:23:59 CHARLIE CALLAWAY
- 1230 4:24:18 JOHN WINTER
- 1268 4:27:25 JEFF FEUDNER
- 1330 4:32:02 KEN BACKHUS
- 1412 4:38:49 CHRIS ACKERLUN
- 1423 4:40:04 JEROME SLISZ
- 1437 4:41:07 CURT PRYCE
- 1464 4:43:30 MATTHEW BURKART
- 1465 4:43:48 EDWARD LESHIN
- 1467 4:43:54 DONALD SANDEL
- 1473 4:44:41 HAROLD BUCK
- 1498 4:46:53 THOMAS MURTHA
- 1554 4:53:49 TIM DEGROOT
- 1560 4:54:24 JOE NAUGHTON
- 1601 4:59:11 STEPHEN METZ
- 1613 5:01:48 GARY LISIECKI
- 1662 5:11:22 LOWELL NUESSE
- 1664 5:11:43 FERNANDO CABRERA
- 1710 5:24:05 JOHN ALFREDSON
- 1716 5:26:07 CHRISTOPHER DENARDIS
- 1717 5:26:10 TODD LORBECKI
- 1749 5:37:32 DEAN THOMPSON
- 1758 5:39:11 THOMAS LECOUR
- 1781 5:51:11 ELSA JENELS
- 1792 5:58:44 JEFF WEBER

- 361 3:36:44 ALLEN JORN
- 367 3:36:53 MICHAEL BRENNAN
- 369 3:36:55 TERRY RENZELMANN
- 375 3:37:20 BILL CZAJA
- 381 3:37:36 ALAN LOWNDS
- 386 3:37:47 DAVID DEVINGER
- 391 3:38:19 ROCKY LAPLANTE
- 394 3:38:23 SAMUEL NEWBERRY
- 399 3:38:41 MARK SCHREIBER
- 412 3:39:41 PATRICK WALTON
- 431 3:40:25 DWAYNE STAEHLER
- 434 3:40:44 JIM KUIPER
- 438 3:40:56 KEVIN BLINDAUER
- 445 3:41:17 JOHN HEMENWAY
- 471 3:42:35 BERT KELL
- 477 3:43:04 STEVEN LACKEY
- 481 3:43:16 DAVID TUINSTR
- 486 3:43:28 ROBERT KNAPCZYK
- 500 3:44:19 MICHAEL HELING
- 511 3:44:46 CHARLES GOODALL
- 512 3:44:52 IAIN LOPATA
- 523 3:45:11 JOHN GORDON
- 524 3:45:14 THOMAS KERWIN
- 543 3:45:53 STEVE BRINKMAN
- 549 3:46:14 KYLE KOLTZ
- 559 3:46:34 ROSS HAUSER
- 563 3:46:39 DENNIS GRIFFEY
- 566 3:46:49 JIM ADKINS
- 572 3:47:17 THOMAS TUTAJ
- 574 3:47:21 SCOTT JANISCH
- 580 3:47:25 JAMES BRINKMAN
- 581 3:47:33 RICH LOFGREN
- 589 3:48:09 THOMAS HOLTHE
- 600 3:48:48 DAVID MAHAR
- 608 3:49:18 ERIK BEAVER
- 623 3:50:20 SCOTT THOMPSON
- 637 3:51:12 PAUL NEUMANN
- 670 3:52:58 CHRISTOPHER LANGE
- 673 3:53:04 PHIL HUNT
- 681 3:53:43 DENNIS KRUEGER
- 694 3:54:16 BRUCE KEYES
- 696 3:54:19 KURT BECHTHOLD
- 700 3:54:22 BOB FARRELL
- 709 3:54:37 WILLIAM BAKER
- 721 3:55:01 ALAN VICKERS
- 723 3:55:02 LAWRENCE WOOD

DIV = M4044

- 5 2:46:52 DAVE DEHART
- 7 2:48:49 MICHAEL DEMERITT
- 17 2:55:40 TOM ABLER
- 29 2:59:58 KEVIN OSBORN
- 30 3:00:01 JAMES MARKS
- 54 3:04:42 ABDEL BOUAICHI
- 58 3:05:20 MICHAEL KUCHAR
- 69 3:08:20 CHRIS NELSON
- 78 3:09:42 PERRY VIETTI
- 86 3:10:56 PETER STEFANIAK
- 89 3:12:08 ANDREW NOVIS



Kevin Osborn and Kathy Waldron lead a pack through the Milwaukee Marina near Mile 25

- 96 3:13:46 CARL MACUIBA
- 98 3:14:04 DONALD HODGKINSON
- 101 3:14:49 BERNARD BOBBER
- 103 3:14:53 ANTHONY MAILLARD
- 110 3:15:52 STEVEN BETTS
- 118 3:16:56 MARK HEIMER
- 123 3:17:18 PATRICK HARRIS
- 131 3:18:18 STEVEN ABRAHAMSON
- 136 3:19:17 SAM JACKOYO
- 144 3:20:06 STEPHEN HELLER
- 148 3:20:28 TIM COOPER
- 152 3:20:42 TOM WILLIAMS
- 155 3:21:04 CHUCK HUDDLET
- 161 3:21:39 HOWARD LEDERMAN
- 166 3:22:11 JAMES DIEHL
- 167 3:22:18 F. GREGORY RHODES
- 173 3:23:16 DAVID TIMMER
- 189 3:24:45 PHILLIP FALCK
- 199 3:25:56 WALTER WOLOSZ
- 207 3:26:36 GREGORY CARDELLI
- 209 3:26:59 BRIAN BENISHEK
- 211 3:27:09 JOHN PERTZBORN
- 215 3:27:14 CHRIS PLUDE
- 225 3:27:40 JIM TANGNEY
- 226 3:27:47 FEMI OGUNTOKUN
- 227 3:27:49 CHRISTOPHER WALTHER
- 229 3:27:51 TODD EGNARSKI
- 231 3:28:02 PETER YLVISAKER
- 242 3:28:39 STEVE EISENSTEIN
- 244 3:28:43 PAUL RODGERS
- 246 3:28:49 GARY CHIAPPETTA
- 247 3:28:51 STEVEN ZIMMERMAN
- 249 3:28:58 DERRICK KROLL
- 256 3:29:37 MIKE WILL
- 261 3:29:59 ROBERT SANBORN
- 262 3:30:00 JAMES HOLTHE
- 263 3:30:03 DAVID BRET
- 269 3:30:13 BRIAN DONNELLY
- 272 3:30:22 JOHN HANSEN
- 278 3:31:06 THOMAS COLLA
- 286 3:31:35 DAVID BEEBE
- 316 3:34:07 GEORGE SMITH
- 320 3:34:19 GORDON BENNETT
- 327 3:34:41 JAMES FREDERICKS
- 331 3:34:55 KYLE LARSON
- 332 3:34:57 ERIC ZIEL
- 343 3:35:55 BLAIR PIOTROWSKI
- 352 3:36:15 RICK LATHERS

- 734 3:55:38 JERRY PASIERB
- 739 3:55:55 DAVE FIEGEL
- 740 3:55:56 KYRAN QUINLAN
- 741 3:55:59 NICHOLAS ANSTEDT
- 756 3:56:48 GREG VEITCH
- 761 3:57:01 DAVE GAVINSKI
- 781 3:57:42 DAVID PLAMANN
- 791 3:57:59 TAO HUANG
- 807 3:58:40 RODNEY SILVIS
- 810 3:58:46 CHUCK BAKER
- 826 3:59:43 MICHAEL COX
- 833 4:00:06 MICHAEL COLLOTON
- 842 4:00:26 STUART BOBA
- 851 4:00:57 DAVE GRYZEWSKI
- 854 4:01:04 GREGORY STOCK
- 889 4:03:50 ROGER COLE
- 890 4:03:55 BRIAN LARSH
- 891 4:04:00 JAMES HANSON
- 906 4:05:01 TOM NAPPER
- 916 4:05:50 JAY KNETTER
- 918 4:06:00 DAN ERSCHEN
- 921 4:06:06 NEAL HALDER
- 924 4:06:08 THOMAS HICKEY
- 963 4:08:40 JIM RICHIE
- 997 4:10:28 ROBERT JR. ARGALL
- 1002 4:10:36 FRANKLIN RUIZ
- 1018 4:11:10 MATTHEW STEBBINS
- 1030 4:12:13 JEFFREY WEIDNER
- 1034 4:12:35 JIM CLIFTON
- 1045 4:13:21 DEANJ ZIEGLER
- 1057 4:13:49 DAVID DUNNE
- 1058 4:14:00 MOHAMMAD KAHVAND
- 1090 4:15:41 BRIAN ALMOND
- 1116 4:17:31 DOUG SWANSON
- 1138 4:19:08 JEFF ROSE
- 1146 4:19:56 GREGG GERSCHKE
- 1154 4:20:27 JIM DEERING
- 1156 4:20:31 VASILIOS MANTIS
- 1186 4:22:45 GREG VERTELKA
- 1212 4:23:44 FR. MIKE TESS
- 1227 4:24:07 RICK COX
- 1236 4:24:37 MARK POKER
- 1286 4:28:46 JOHN POTNEK
- 1290 4:28:57 RUSTY MANES
- 1293 4:29:11 DAVID LAU
- 1300 4:29:47 MICH SCHWERTFEGER

(Continued on page 31)



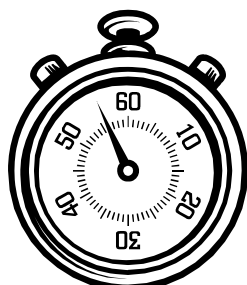
Paul Riley 3rd Male (2:43:07)

- 238 3:28:21 TROY FERONE
- 241 3:28:37 VINCENT BOBERSKI
- 291 3:32:00 JEFFERY IVERSON
- 310 3:33:34 MICHAEL GORDON
- 312 3:33:43 GREGORY NELSON
- 319 3:34:15 MICHAEL GARROW
- 328 3:34:46 MATT DOLLINS
- 341 3:35:53 STEVE LASALLE
- 353 3:36:15 BLAKE BUTLER
- 355 3:36:29 SCOTT NOVAK
- 358 3:36:36 MATT WENTHE
- 372 3:37:10 BRETT STEPHENSON
- 387 3:37:53 SHAUN BARNES
- 461 3:42:12 DOUG HOPPE
- 472 3:42:39 CHRISTOPHER DAOOD
- 546 3:45:58 SUPRASITH JARUPATHIR
- 548 3:46:07 ASHOK NAGELLA
- 557 3:46:29 JAMES KEIPER
- 558 3:46:31 MARK SCHROEDER
- 567 3:46:51 TRACY CHYNOWETH
- 573 3:47:18 KARL POETZL
- 602 3:48:53 ERIC ZUNKE
- 610 3:49:22 CHRIS STURDEVANT
- 628 3:50:50 ERIK ESSER
- 631 3:50:56 ADAM CONSIGLIO
- 639 3:51:13 CYRIL SCHWARZ
- 645 3:51:26 DAN TERVEER

- 1381 4:36:37 ERIK BRADLEY
- 1388 4:37:01 HOYT STASTNEY
- 1399 4:37:43 JAMIE BLOOMQUIST
- 1420 4:39:35 TAI LE
- 1453 4:42:26 GREG GUNZDIK
- 1463 4:43:26 PATRICK HAMMERLUND
- 1501 4:46:59 JOHN MANTSCH
- 1518 4:49:29 DAN HULBERT
- 1520 4:49:35 PAUL HUHN
- 1537 4:52:01 DALE FULWILER
- 1538 4:52:05 ERIK THOMSEN
- 1546 4:52:53 SCOTTY VAN DOMELEN
- 1576 4:55:46 DAVE NEWTON
- 1693 5:20:33 TOM STAUSS
- 1726 5:29:56 ED MCKINNEY
- 1761 5:39:32 PHILIP SCOTT

DIV = M3539

- 8 2:49:54 CHRISTOPHER ALEXANDE
- 9 2:50:45 ANGELO FUENTEZ
- 18 2:56:58 XAVIER LEPLAE
- 22 2:58:02 DERMOT FITZPATRICK
- 27 2:59:06 MARK SCHAEFER
- 35 3:00:36 TONY MARINO
- 50 3:04:24 SEAN FITZGERALD
- 55 3:04:53 JOE INGRAFFIA
- 57 3:05:03 STEPHEN NATHANS



The Most Times

are in The Strider

MAKING DUST

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

24TH ANNUAL LAKEFRONT MARATHON

MARATHON RESULTS CONTINUED

(Continued from page 30)

1317 4:31:14 DENNIS COX
1335 4:32:11 TOM WETZEL
1339 4:32:54 DAN FRAZIER
1418 4:39:26 PATRICIA NIX-HODES



Perennial Favorite Bonnie Clarey sings the National Anthem at the start of the 2004 Lakefront Marathon

1427 4:40:31 MIKE MORGAN
1442 4:41:32 MICHAEL JANKOWSKI
1444 4:41:44 DAVID ZALEWSKI
1445 4:41:45 JOHN DINEGAN
1447 4:41:46 DAVID MEYER
1466 4:43:52 THOMAS NOWICKI
1478 4:45:09 THOMAS KULINSKI
1482 4:45:38 PATRICK QUINLEVAN

1484 4:45:45 BARRY BOOK
1487 4:46:10 RICK STARK
1488 4:46:11 JERALD HOGAN
1491 4:46:25 KENTON SWARTLEY
1509 4:48:09 JEFFREY TROY
1532 4:51:35 BARRY SATTERFIELD
1550 4:53:27 MICHAEL MURPHY
1564 4:54:43 WILLIAM BOLE
1587 4:57:33 GREGORY LEMAIRE
1596 4:58:30 JAMES MCGILLIVRAY
1605 5:00:23 STEVEN WOLFE
1607 5:00:44 PATRICK BALISTRERI
1616 5:02:17 CHRISTOPHER FITZSIMO
1624 5:03:09 STEVEN WAGNER
1631 5:05:32 BILL KITSON
1646 5:08:43 AZIZ URAS
1680 5:14:55 ROSS DARROW
1683 5:16:10 KEVIN DOFFEK
1775 5:46:39 TIM HAGEN

DIV = M4549

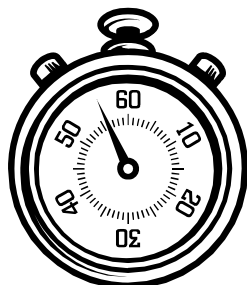
43 3:02:08 JAY SCHWEIKL
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61 3:06:10 DAVE WIANS
73 3:09:16 LEONARD CASSARO
79 3:09:51 BENJAMIN MEDINA
82 3:10:23 DAVE HARRIS
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164 3:22:06 JOHN CHANDLER
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198 3:25:44 RANDY BACKHAUS
202 3:26:05 JOHN OSIECKI
203 3:26:09 CHASLES LAWLER
204 3:26:12 GARY KRENZ
208 3:26:57 CHIP DICKENSON
219 3:27:28 TOM KARBAN
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228 3:27:49 JAMES FAGAN
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293 3:32:05 PAT KELEHAN
295 3:32:12 ROBERT KUHN
299 3:32:32 NEAL KEATING
307 3:33:18 TOM DEGNAN
313 3:33:50 TOM ANTHONY
317 3:34:09 DAVID ELDERBROCK
318 3:34:10 ECKEHARD STUTH
322 3:34:26 JONATHAN MUELLER
348 3:36:06 JEFFERY ARNIER, SR.
373 3:37:15 JEAN-PAUL RUIZ-FUNES

378 3:37:28 TIMOTHY HARDEN
392 3:38:19 JERRY BECKER
403 3:39:13 CRAIG SWARTWOUT
409 3:39:40 ROBERT SAPPEY
413 3:39:43 CHARLIE BRETLE
414 3:39:45 PHILLIP CLELAND
426 3:40:11 BOB HAMMOND
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433 3:40:31 PAUL GRINVALDS
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446 3:41:35 TOM KRAUSE
454 3:42:01 DOUG FUNK
468 3:42:26 DARYL WEBER
470 3:42:31 CHUCK WATHEN
475 3:42:54 JEFF CARROLL
476 3:42:57 THOMAS BOWERS
491 3:43:46 GARY ROWLEY
495 3:43:55 BRUCE BERGELSON
496 3:43:57 NESSAN FITZMAURICE
507 3:44:34 RICKEY FOX
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518 3:45:01 MANISH UMARWADIA
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533 3:45:25 SCOTT STONER
534 3:45:25 GREGORY STRAND
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601 3:48:50 KEITH YAHN
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627 3:50:49 MICHAEL COX
635 3:51:02 DAVID ADAMS
636 3:51:06 LANCE GRADY
646 3:51:26 LERRY OVERSTREET
652 3:51:42 JAIME JASTRAB
658 3:52:01 JIM BAHL
659 3:52:08 JOHN CIESLINSKI
661 3:52:27 MIKE SMITH
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725 3:55:03 STEVE EVERSON
742 3:56:03 TOM MACDONALD
744 3:56:10 DANIEL LICHTBLAU
758 3:56:55 NORMAN TORNOW JR
759 3:56:56 FRANCIS FRAUNDORF
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775 3:57:32 TOM CURREN
779 3:57:38 GERARD MACDONALD
786 3:57:47 GREG DAGGETT
790 3:57:58 WILLIAM JACKSON
802 3:58:26 DAVID REED-MAXFIELD
812 3:58:57 BILL MIAZGA
820 3:59:27 HAO-MING SIU
828 3:59:49 JEFFREY TURNER
838 4:00:14 DUANE TATE JR

(Continued on page 32)



The Most Times



are in The Strider

Attention: Women Runners

There is a new study being conducted by Anne Z. Hoch, DO from the Women's Sports Medicine Program/Cardiovascular Center on women athletes.

DOES FOLIC ACID OR VITAMIN C SUPPLEMENTATION IMPROVE ENDOTHELIAL FUNCTION?

The study group will consist of:

- Women between age of 18-30
- Not on birth control pills or hormone replacement for past 12 months
- Run at least 20 miles a week for last 12 months
- Healthy otherwise – no medical conditions

In return for your participation, you will receive a \$50.00 stipend.



Women's Sports Medicine Program

Anyone interested in finding out about participation in this study or to sign up for the study should contact Jane Schimke, AAS at (414) 805-7461.

MAKING DUST

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

24TH ANNUAL LAKEFRONT MARATHON

MARATHON RESULTS CONTINUED

(Continued from page 31)

- 868 4:02:05 MARK GREENWOOD
- 880 4:02:58 NEAL SCHROETER
- 892 4:04:01 JEFF SHAMPO
- 894 4:04:09 DAVID LABADIE
- 903 4:04:48 RICHARD LEMLEY
- 936 4:07:00 STEPHEN THOMPSON
- 939 4:07:04 DOUGLAS DEWANZ
- 940 4:07:05 RICHARD DOOLEY
- 947 4:07:38 ROGER TARRAS
- 952 4:07:58 GLEN STENSTRUP
- 962 4:08:40 CHRIS WODUSHEK
- 967 4:08:42 STEVEN KOLTER
- 991 4:10:07 DENNIS THOMPSON
- 1012 4:11:03 BOB PELLICAN
- 1043 4:13:14 MARK VIEU
- 1055 4:13:40 DAN LUTERAN
- 1071 4:14:35 CHRISTOPHER SHERIDAN
- 1075 4:14:41 JEFF MORGAN
- 1080 4:15:06 KEVIN BUXTON
- 1088 4:15:34 DENNIS HANNA
- 1095 4:16:07 MARK HAHN HAHN
- 1103 4:16:44 JAMES HELLER
- 1109 4:17:12 FRANK BOGNER
- 1111 4:17:17 PATRICK GORMAN
- 1112 4:17:17 JACK WADDICK
- 1121 4:18:07 BILL SARVER
- 1125 4:18:29 PETER JOY
- 1127 4:18:35 ROBERT CAVINDER
- 1140 4:19:25 JOHN SCHELL
- 1143 4:19:37 THOMAS SAWYER
- 1147 4:20:06 JOHN GRAHAM
- 1151 4:20:22 HAROLD PLACHER
- 1152 4:20:25 MICHAEL DISSMORE
- 1158 4:20:37 GABY ZODO
- 1178 4:22:18 S AVE LALLEMANT
- 1197 4:22:55 ALAN SLABOSZ
- 1204 4:23:25 HOMERO NOBOA
- 1207 4:23:30 GEORGE BENNETT
- 1215 4:23:48 DENNIS BROHMER
- 1217 4:23:52 DAVID MOTT
- 1219 4:24:02 DAVID LEVINE
- 1223 4:24:04 MIKE ALEXANDER
- 1239 4:24:46 DANIEL GREENBERG
- 1253 4:26:29 CHARLES STEWART
- 1255 4:26:36 RICH BREAUX
- 1263 4:27:05 AL KOPPLIN
- 1279 4:28:25 DAVID KRUEGER
- 1303 4:29:50 LLOYD VANDERKWAAK
- 1311 4:30:53 PETER HEISLER
- 1337 4:32:21 TRENT TRUBY
- 1360 4:34:40 KEVIN KEARNS
- 1368 4:35:50 JOE TOLAN
- 1369 4:35:51 CLAY TSCHILLARD
- 1370 4:36:00 LEE GANGL
- 1373 4:36:04 JOEL PAEZ
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- 1393 4:37:11 CHRISTOPHER JANISCH
- 1394 4:37:15 GREG COBER
- 1396 4:37:31 JIM BIESTERFELT
- 1419 4:39:34 DRUCE CRUMP
- 1422 4:39:45 FRANCIS LYNCH
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- 1446 4:41:45 WILLIAM DINEGAN
- 1448 4:41:53 JERRY TESCH
- 1450 4:42:20 MARK BOOZELL
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- 1508 4:47:48 CHUCK HERTEL
- 1541 4:52:35 SCOTT JACAWAY
- 1548 4:53:23 MICHAEL DOLL
- 1557 4:54:05 JOE WEIRICK
- 1572 4:55:22 PETER FOY
- 1589 4:57:41 LARRY STONE
- 1592 4:57:45 FREDERICK STOLTZ
- 1598 4:58:44 PAUL HTIN

- 1609 5:01:03 JOHN TAYLOR
- 1623 5:02:58 BRIAN ALLAN
- 1633 5:06:37 JOHN SIBLEY
- 1638 5:07:51 MICHAEL ZIELINSKI
- 1652 5:09:47 MARK SWENSON
- 1656 5:10:36 D LAMARR FRANCIS
- 1678 5:14:27 ROBBY SABBAN
- 1741 5:35:07 WAYNE KEMPKE
- 1742 5:35:21 RICHARD OSBORNE
- 1751 5:38:04 JOHN PIANCONE
- 1752 5:38:17 STEVE STANTON
- 1769 5:42:06 WAYNE RIEGLER

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- 26 2:59:04 RON ERHARDT
- 48 3:03:41 PAUL BADURA
- 83 3:10:35 STEPHEN ARNDT
- 104 3:14:59 STEVEN SJOLUND
- 159 3:21:33 CURTIS WATSON
- 168 3:22:35 LAYNE DAVIS
- 200 3:26:01 JOHN HOLLENHORST
- 205 3:26:26 MEL DIAB
- 216 3:27:19 NOEL GANNON
- 218 3:27:21 ARDEN SWANSON
- 222 3:27:31 LES ELLSWORTH
- 250 3:28:59 PATRICK LE GLOANEC
- 252 3:29:19 MARSHALL STOUT
- 314 3:33:52 DENNY ERSWELL
- 315 3:33:59 CHARLIE SANDERS
- 325 3:34:36 ABIE KHATCHADOURIAN
- 340 3:35:48 DANIEL STARK
- 356 3:36:32 NELSON QUILES
- 365 3:36:52 DAVID STANDRIDGE
- 370 3:37:00 TOM GLADFELTER
- 376 3:37:23 TOM MCNICHOLS
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- 384 3:37:41 RICHARD RUPPEL
- 473 3:42:43 JERRY WOLLAM
- 493 3:43:49 JERRY GIANCOLA
- 517 3:45:01 CHRIS MEYERS
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- 554 3:46:23 RICK PETERSEN
- 597 3:48:43 RICHARD SCHULTZ
- 632 3:50:57 WILLIAM SCHNEIDER
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- 662 3:52:32 GEORGE SCHROEDER
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- 732 3:55:27 PAUL LEBANIK
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- 762 3:57:02 LEO WELTER
- 827 3:59:43 WILLIAM STURKE
- 855 4:01:05 RJ SIMMS
- 864 4:01:42 DONALD SCOTT
- 904 4:04:49 DANNY HARALSON
- 915 4:05:40 TERRY GEERS
- 925 4:06:09 FRANK HORNING
- 937 4:07:03 ROBERT BATTAGLIA
- 942 4:07:10 JOHN HARTWIG
- 950 4:07:52 SEAN CALLAHAN
- 956 4:08:18 THOMAS BEATON
- 973 4:09:05 KEITH GORES
- 983 4:09:35 JOHN MCINERNEY
- 993 4:10:12 GARY WARD
- 994 4:10:14 THOMAS GEDEMER
- 1005 4:10:50 DONALD OTTO
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- 1035 4:12:41 JIM BUSTER
- 1064 4:14:16 JOACHIM WISSMANN
- 1104 4:16:49 ROBIN SCHRANK
- 1113 4:17:25 SCOTT ANDERSON
- 1124 4:18:26 JOHN ENRIGHT
- 1134 4:18:50 LARRY SIMMONS
- 1145 4:19:53 JOEL TAUSCHEK
- 1188 4:22:47 STEVE SOMMER
- 1198 4:22:56 DOUG PITCHFORD
- 1205 4:23:25 JAMES SZYJAKOWSKI
- 1260 4:26:54 FRANK NIGGAS
- 1265 4:27:14 RAY LUECK
- 1272 4:27:56 RICK DANIELS
- 1312 4:31:00 PAUL BAST
- 1325 4:31:37 MIKE LENSER
- 1351 4:34:00 MICHAEL BEUKEMA
- 1367 4:35:36 JOHN MOONEY
- 1372 4:36:03 JAMES TAYLOR
- 1375 4:36:13 MIKE OLIVER
- 1428 4:40:34 DONALD BRENNER
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- 1621 5:02:38 FRANK AURIEMMA
- 1640 5:08:04 BILLY SITES
- 1665 5:11:53 AL MITCHEL
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- 1707 5:23:52 BOB PETERSON
- 1732 5:31:35 GEORGE GREFFENREID
- 1766 5:41:47 PAUL KEXEL
- 1770 5:42:24 JEFFREY SCHMECKP
- 1785 5:53:14 KENNETH FLETCHER
- 1798 6:00:20 RICHARD WEBBER
- 1802 6:07:10 ROBERT CRABB

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- 62 3:06:23 PETER MATTHIAS
- 94 3:13:27 LARRY LICHOVSKY
- 194 3:25:12 CHARLES ROSS
- 259 3:29:56 DEAN DENMAN
- 309 3:33:33 RALPH GRAF
- 323 3:34:34 MIKE BREHM
- 333 3:35:06 RICHARD ROWLAND
- 359 3:36:38 KLAUS ASHER
- 388 3:38:10 TERRY BURGESSON
- 419 3:39:55 JAMES NOWAKOWSKI
- 437 3:40:56 DENNIS LEAF
- 464 3:42:17 HARRY MARANOWICZ
- 467 3:42:25 HAROLD MILLER
- 479 3:43:11 GLENN TAKAHASHI
- 487 3:43:28 JANUSZ MAJEWSKI
- 530 3:45:20 RANDALL NYE
- 551 3:46:16 EMILE NADEAU
- 665 3:52:45 PATRICK CULLIGAN
- 726 3:55:06 JAMES WINN
- 808 3:58:42 DAVE WEAVER
- 862 4:01:29 GREG GROSSER
- 863 4:01:32 DAVID BRAITHWAITE
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- 933 4:06:56 CRAIG TOENNIGES
- 946 4:07:18 STUART SCHRAMM
- 978 4:09:26 JOHN ANDERSON
- 987 4:09:41 WAYNE BOHLMANN
- 1016 4:11:07 WILLIAM LANGE
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- 1079 4:15:01 THOMAS SKOUG
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- 1085 4:15:28 KEVIN DEVINE
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- 1106 4:17:01 RONALD BRAZENER
- 1171 4:21:43 MICHAEL END
- 1190 4:22:47 PAUL MCNAUGHTON
- 1225 4:24:05 RONALD SCHANZ
- 1242 4:25:16 ROY PIRRUNG
- 1246 4:25:45 JOHN GRIZZLE
- 1258 4:26:41 JERRY HUHN
- 1262 4:27:03 JEFFREY KLOCKE
- 1278 4:28:21 TOM DEITS
- 1314 4:31:06 WOODY KNEPPRETH
- 1361 4:34:56 DENNIS WEBB
- 1438 4:41:10 DAVID PENDLEY
- 1456 4:42:43 ROBERT LEONARD
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- 1472 4:44:40 TOBY HORNSLEIN
- 1511 4:48:35 MICHAEL CROSSER
- 1526 4:50:49 OLIVER BLAISE, JR
- 1555 4:53:56 CARMEN SCALERO
- 1567 4:54:47 ALLEN MILLER
- 1643 5:08:16 ROB ORWIG
- 1702 5:22:14 WILLIAM GLOGOWSKI
- 1718 5:26:12 FRANK BARTOCCI
- 1721 5:28:05 DANIEL DAME
- 1728 5:30:43 PAUL SOKOLOWSKI
- 1750 5:37:58 JOHN KOTASH

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- 115 3:16:39 DICK MORGAN
- 304 3:33:04 JAMES BAHR
- 462 3:42:13 JIM BROWN
- 840 4:00:23 WILLIAM WEEGE
- 960 4:08:30 DICK LEVINS
- 1107 4:17:11 RICHARD BLOEMERS
- 1322 4:31:32 RICHARD FLAYTER
- 1359 4:34:32 GARLAND SMITH
- 1407 4:38:18 BILL REX
- 1411 4:38:42 GILL SCHUMAKER
- 1434 4:40:57 PAUL GROTHENHUIS
- 1483 4:45:40 BRUCE BOECK
- 1599 4:58:59 LEE ROBINSON
- 1686 5:17:02 WAYNE ESSERMAN
- 1737 5:34:26 WILLIAM BOEHM
- 1755 5:38:47 ED BRINER
- 1756 5:38:53 JAMES REEVE
- 1799 6:00:21 WILLIAM GULL

DIV = M6569

- 705 3:54:27 BENITO VAZQUEZ
- 964 4:08:40 HERB REDMOND
- 1486 4:46:01 JIM SCHNITZLER
- 1694 5:21:01 MANUEL LOPEZ
- 1734 5:32:04 ROBERT BELL
- 1801 6:05:40 ED PARKER

DIV = M7074

- 1284 4:28:44 PAUL SCHMIDT
- 1356 4:34:20 KENT SCHLIENGER
- 1558 4:54:17 CHARLIE GREGORY

DIV = M7599

- 1641 5:08:05 WILLIAM HOLLIHAN
- 1760 5:39:28 PETER SCHULTZ
- 1786 5:54:04 NICK AVERSA

DIV = M7599

- 1727 5:30:13 PAUL GIONFRIDDO

DIV = MCLYD

- 105 3:15:06 PAUL BEST
- 125 3:17:22 PAUL SLAJUS
- 178 3:23:45 JAKE LOESCH
- 201 3:26:04 KURT DREZEK
- 243 3:28:42 MICHAEL PEROUTKA
- 273 3:30:31 KENT BORMAN
- 342 3:35:54 TONY ALLISON
- 401 3:39:01 GARY BEHLOW
- 402 3:39:08 CRAIG EWALD
- 405 3:39:18 ROBERT PASIN
- 527 3:45:16 ROBERT DANFORTH
- 555 3:46:26 BRADLEY SIMENZ
- 576 3:47:23 STEPHEN DOLAN
- 617 3:50:05 HAROLD TADDEY
- 655 3:51:43 RYAN DUNN
- 664 3:52:36 JOHN MURNANE
- 667 3:52:47 DUANE DYE
- 669 3:52:55 ANTHONY STEVENS
- 722 3:55:02 TIM THORISON
- 797 3:58:15 LUIS SOTO
- 798 3:58:19 CHARLES ADAMS
- 800 3:58:24 ROBERT MCCANN
- 823 3:59:33 DUANE WEBER
- 850 4:00:51 DAN ROONEY



The medals are ready for the finishers of the 2004 Lakefront Marathon. Terry Hagen pictured.

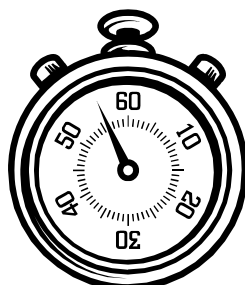
- 1308 4:30:34 THOMAS BOTTERN
- 1340 4:32:55 JASON EHLINSPIEL
- 1344 4:33:15 MIKE BRENNAN
- 1347 4:33:19 TODD PITTERLE
- 1357 4:34:22 JAKE BROWARSKI
- 1378 4:36:18 TIM PATTERSON
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- 1495 4:46:45 JOHN GARDNER
- 1500 4:46:56 JEDD AXFORD
- 1504 4:47:21 WILLIAM FOLK II
- 1515 4:48:43 MARK RUDNICKI
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- 1523 4:50:06 JIM CARPENTER
- 1559 4:54:21 GUNNAR DUNLAP
- 1573 4:55:25 BOB KISH
- 1577 4:55:51 BRENT CRAIGHEAD
- 1580 4:56:35 GARY PAGE
- 1590 4:57:42 JOHN TANEM
- 1618 5:02:28 FRANK STEMPER
- 1629 5:05:09 ARTHUR GUESS
- 1637 5:07:15 TIMOTHY PHILLIPS
- 1645 5:08:25 RICHARD PERL
- 1649 5:09:37 JOSHUA WARREN



Ed Siira was the first Relay finisher



The Most Times



are in The Strider

MAKING DUST

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

October 10, 2004 - Greenbush, Wisconsin

Glacial 50/50

By Mary Gorski

- ◆ "It was as technically and ruggedly beautiful as possible in the Midwest."
- ◆ "This course may not have mountains, but it sure seems like it does — especially on the way back."
- ◆ "Having run the Ice Age 50 in the Southern Kettle Moraine four times, I can tell you this course [Glacial] is MUCH tougher, especially the rocky down hills."

The comments come from Glacial 50-mile runners Jerry Bollig, Bill Dietrich and Mark Dziedzic. Theirs echo the thoughts of many who come to Wisconsin's Northern Kettle Moraine for the Glacial 50 kilometer or 50 mile race. Held in Greenbush, WI. (about an hour north of Milwaukee), this year's edition took place on October 10.

What's so good about this run?

Well as they say in the real estate business -- location, location, location! The Northern Kettle Moraine is the tougher older brother of the state's southern component,



Stuart Kolb 1st Overall in the 2004 Glacial 50 Mile 7:23:50

where the well-known Ice Age race is held in spring. Older brother has quite a few more character marks, quite a few more bumps, and lots of varicose veins snarling everywhere (large enough to trip over, and

over). Northern brother isn't quite as refined as southern. Some say he can even seem a bit harsh at times. Southern brother has nice "Ice Age Friends" who go out and smooth his rough edges, but the northern boy doesn't seem to have acquired quite so many friends, and those who do visit generally decide he's best left as is.

The Glacial follows what has now been named as part of the statewide Ice Age Trail system. Just about the entirety of it is single track, carpeted with rocks. Sunglasses are rarely needed, since you are almost always under a canopy of trees. This year, runners lucked out -- the fall colors were just about at peak. Unfortunately, to enjoy their beauty, you really had to stop and look around you. To look around while moving generally meant that rocks or roots would take advantage of an opportunity to grab the runner by the toe and send him/her to the ground.

"Oh, but those glowing yellows of the turning aspen grove just about made that face plant worth it," said one runner.

The race directors are Tom and Lorraine Bunk. Both are known for their fast feet (in his 60s, Tom continues to outrun people half his age), warm hospitality and attention to runners' needs.

The original intent of the Glacial was to create something that required a bit of an effort. That's not to say that running 50 kilometers or 50 miles isn't tough, but the Glacial was never meant to be a race that coddled its runners.

The grumpy northern brother will allow you to visit, but don't expect him to go out of his way too much to welcome you. If you expect aid stations every 2-3 miles and pretty pink ribbons lining your route, you expect too much.

There is aid and there are directions. In fact, there's more of

Glacial Trail 50M

OVL	TIME	NAME	SEX	AGE	AWDS
1	7:23:50	KOLB STUART	M	42	1ST M
2	8:18:24	KAITALA ERIK	M	32	2ND M
3	8:23:16	RIOS PARKER	M	37	3RD M
4	8:23:40	TRAINOR LISA	F	45	1ST F
5	8:55:03	KOPPY MICHAEL	M	54	MSTR M
6	9:05:39	LONG MATT	M	48	4TH M
7	9:08:58	WILSON TOM	M	37	5TH M
8	9:18:39	WEHNER ROBERT	M	42	6TH M
9	9:20:29	LINNEMANSTONS ROB	M	48	7TH M
10	9:22:30	LEAHY BECKY	F	30	2ND F
11	9:22:45	REEVES ROLLIE	M	38	8TH M
12	9:24:55	SHEPSON DOUG	M	33	9TH M
13	9:27:30	PETSCH SOREN	M	32	10TH M
14	9:31:16	GALA SCOTT	M	38	
15	9:32:31	SANDSTROM CRAIG	M	37	
16	9:42:00	DZIEDZIC JOEL	M	26	
17	9:42:00	DZIEDZIC MARK	M	29	
18	9:46:59	DELAP RUSSEL	M	47	
19	9:52:17	HEWITT SCOTT	M	41	
20	9:57:55	YARGER KATHLEEN	F	28	3RD F
21	10:05:18	HARDER LES	M	46	
22	10:06:39	BLANCHARD JIM	M	54	SNR MSTR M
23	10:12:48	SIMPSON BETH	F	45	MSTR F
24	10:12:50	BOLLIG JERRY	M	55	
25	10:15:02	HASS JO-ANNE	F	37	4TH F
26	10:24:45	MOSER-COX JANE	F	46	5TH F
27	10:35:53	UNSWORTH KATE	F	34	
28	10:36:35	RYTMAN KATHLEEN	F	36	
29	10:37:48	HETTENBACH JODEEN	F	40	
30	10:39:46	MEYERS SCOTT	M	36	
31	10:43:41	BRAUN PAUL	M	33	
32	10:45:29	SEILER SERINA	F	30	
33	10:46:32	JUST DAVE	M	44	
34	10:49:47	FALLIS JOANN	F	52	
35	10:49:47	JUSTIN MICK	M	56	
36	10:53:27	CLARK-TAYLOR LAURAF	F	47	
37	10:53:56	TAUBERT RON	M	43	
38	10:55:04	NOTHDURFT GEORGIA	F	54	
39	10:57:43	YANACHECK TIM	M	56	
40	10:59:34	PAMPERIN LANCE	M	38	
41	11:06:32	BRODERICK DAVID	M	45	
42	11:07:16	DIETRICH BILL	M	51	
43	11:16:42	STORCH JEFFERY	M	36	
44	11:29:20	KARANDANIS LISA	F	41	
45	11:32:19	WEINSTOCK STEVE	M	51	
46	11:37:14	BRAUN KATHLEEN	F	39	
47	11:41:05	MILKE KATHY	F	47	
48	11:47:44	DRAKE BRAD	M	50	
49	11:47:44	GORMAN PAT	M	46	
50	11:47:44	PURDY BRUCE	M	48	
51	11:47:44	THOMAS JACK	M	52	
52	11:47:44	GEORGE RICK	M	47	
53	11:47:44	COX DAVE	M	45	
54	11:54:41	POPP MELISSA	F	28	
55	11:54:41	COUNARD CHAD	M	44	
56	12:21:03	LARSON PHYLLIS	F	57	

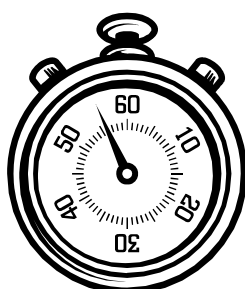


both than there were in the "old days" of the race's original incarnation as a 50K and 100K. Back then, you were welcome to aid about every 10 miles or so. Nothing too fancy, but enough to keep you from dying of malnutrition on the trail. Now, aid is available at intervals closer to seven or eight miles. The 50K runners get to see the Butler Lake station on their way back only about four miles after they saw it the first time.

(Continued on page 34)

Glacial Trail 50K

OVL	TIME	NAME	SEX	AGE	AWD
1	3:56:13	FEUCHT GREG	M	26	1ST M
2	4:15:24	LAMMERS JOEL	M	45	MSTR M
3	4:19:47	ZAK MATT	M	31	2ND M
4	4:21:31	SPURRY GREGORY	M	43	3RD M
5	4:36:13	FORSS MATTHEW	M	22	NEFA
6	4:43:30	WOODARD JAY	M	54	SNR MSTR M
7	4:44:32	STUMPF ROY	M	37	4TH M
8	4:48:42	SEEGERT BRIAN	M	38	5TH M
9	4:49:55	MALLEGNI TODD	M	37	6TH M
10	4:54:06	ALLEN JEFF	M	38	7TH M
11	4:58:49	CRAWFORD CHRISTINE	F	34	1ST F
12	5:10:08	RADEL KEVIN	M	45	8TH M
13	5:12:01	LAHIFF THOMAS	M	43	9TH M
14	5:13:50	KURIAN AIMEE	F	25	2ND F
15	5:13:50	WEINGAERTNER ROGER	M	57	10TH M
16	5:14:22	WAGNER MICHAEL	M	41	
17	5:28:10	GORSKI MARY	F	41	1ST MSTR F
18	5:28:12	SYRJANEN FRED	M	55	
19	5:29:43	SZYJAKOWSKI JIM	M	54	
20	5:30:43	BELL JOHN	M	53	
21	5:31:59	PATTERSON THOM	M	42	
22	5:38:09	KLEWIN FRED	M	51	
23	5:38:21	CHRISTIANSEN ANTHONY	M	34	
24	5:40:27	FRICHTL DON	M	48	
25	5:48:27	LUFT TIM	M	32	
26	5:54:04	GRUBER DEAN	M	30	
27	5:55:02	WARD MIKE	M	46	
28	5:55:04	CONOVER LISA	F	46	3RD F
29	5:56:38	SCOTT MARION	F	27	4TH F
30	5:57:42	SCHARMANN KENNETH	M	55	
31	6:03:26	KOKJOHN ROBIN	F	48	5TH F
32	6:06:56	HUSZ JOHN	M	54	
33	6:11:35	DREXLER CATHY	F	43	
34	6:22:32	ABLEIDINGER KATHY	F	30	
35	6:23:38	CORNELIUS TAMARINE	F	30	
36	6:27:42	KUBICKI STEVEN	M	34	
37	6:27:42	LOEBNER STEVE	M	28	
38	6:30:22	NORWOOD KEN	M	64	GRD MSTR M
39	6:31:44	MEYERS BARB	F	35	
40	6:31:44	SELLARS NANCY	F	44	
41	6:34:14	BLAND BRENDA	F	45	
42	6:52:04	MILLER TIM	M	45	
43	6:54:06	WEIX KATHY	F	55	SNR MSTR F
44	6:54:06	CURNOW EUGENE	M	60	
45	6:59:25	SCHMIDT CORY	M	27	
46	6:59:59	SIEGRIST ANNE	F	49	
47	7:00:36	HUDLETT CHUCK	M	43	
48	7:04:20	SALNA VYTAS	M	54	
49	7:06:00	TAYLOR GENE	M	58	
50	7:10:02	JENS SHELLY	F	34	
51	7:20:00	SNIDER IRV	M	49	
52	7:26:48	HOGAN DICK	M	58	
53	7:29:53	PELKE PAUL	M	51	
54	7:30:32	MARSHALL PAM	F	45	
55	7:37:20	GOETTL WALLY	M	58	
56	8:11:59	KAITALA DENISE	F	31	
57	8:11:59	SLOAN DEB	F	54	
58	8:11:59	SLOAN HARRY	M	55	
59	8:29:18	ANDRESEN JIM	M	46	
60	8:43:00	HOELZ DONNA	F	49	
61	8:43:00	RIENDL ANN	F	54	
62	8:43:00	STUBER LYNDA	F	49	
63	8:49:00	OGDEN HOWARD	M	41	
64	8:49:00	SCHOENECKER TOM	M	54	
65	10:44:46	YARGER JOYCE	F	61	GRD MSTR F
66					
67	4:36:13	FORSS MATTHEW	M	22	NEFA



The Most Times

are in The Strider

My Glacial 50 mile story

By Laura Clark-Taylor

First of all, I want to thank Tom and Lorraine Bunk for directing this outstanding ultra event. The volunteers were exceptional. Some of them were responsible for my completion of this event. (You know who you are --Julie Treder and others) I signed up for the 50 mile. This was my first attempt at that distance. Overconfident from completing a successful Iron man Triathlon a month ago, I thought I could do anything. I was under trained for this distance and I had no business entering. So, I did it anyway.

The run started at 6:00am. The temperature was a crisp 39 degrees. I joined the other runners at the starting line in the dark, headlamp in place and sporting a new pair of trail shoes. I was ready to go. During the first four miles or so I ended up in a "train" of runners. Car after car, with our headlamps attached to our foreheads, we all looked like engines in this train. I found myself fixating on the calves ahead of me. There was some light conversation. Someone would occasionally call out rocks or roots. I felt pretty good at the first aid station.

Shortly after, at about mile 8, my right foot started to tingle with pain. Plantar Fasciitis has recurred in that foot from time to time for the past 13 years. The pain took its toll. In the next few miles I was reduced to walking, which did not relieve the pain. Many of my friends felt bad for me as they caught me and went by. One of them offered me some Aleve. I thought-- at this point, what harm could it do? I was mentally destroyed. I decided to bag it at the 13.3 mile aid station. It seemed to take an eternity to get there. On my way, the first 50k runners were flying by, so I stepped off the trail to cheer them on. I thought I was done.

I made a slow descent down the steps to the aid station. All eyes were on me. I heard my name among the cheering. When I reached the road I dragged my right foot like Quasimodo. I was trying to be funny. I told the volunteers and Tom Bunk that I thought I was going to bag it. I could not see myself continuing in so much pain for 37 more miles. It would be better to drop earlier than later.

After looking at all the faces, many of whom are friends, it suddenly seemed that maybe I could find a way to continue. I could not quit in front of these witnesses. They share incredible credentials like 100 milers, other 50 milers who kept trying that distance until they were successful and an 81-year-old still running Marathons. I wanted a way to keep going. I remembered that I had my trusty racing flats in my drop bag. My plan was to change the shoes and test

run them for a couple miles and see how the foot felt. The moment I put on those shoes and started to hop around, the pain subsided.

Deciding not to drop, off I went up the steps, with all the volunteers pulling for me. I saw many participants who were on their way back from the 25 mile turnaround. Validating my resurrection, some of them said that they knew I wasn't done. Others were surprised to see me moving again. They all seemed happy to see that I was able to pull thru my misery and come back to running life.

I rose up like the Phoenix. I told people that I tried to give up the ghost but the ghost would not give me up. I was able to run the rest of the course. I finished in 10:53. I was filled with emotion as I turned the last corner and saw the finish line. My husband Gene, friends Mary Bolich, Brenda Bland and others were there, so I fought back the tears and finished with a smile.



Laura Clark-Taylor finishes (10:53:27) the 2004 Glacial Trail 50mi with a smile in downtown Greenbush

Beth Simpson gets Firsts and Seconds

by Dave O'Brien

Apparently running as the only representative from Badgerland Striders, Beth Simpson earned the title of First Master in the North Country 50-mile Trail Run in northern Michigan on Saturday, September 11, with a time of 9:34:20.

Beth was the second female to finish the race. First was Joan Messick, whose time was 9:04:07. Beth was ninth overall, in a field of 27 male finishers and seven females.

"It was a new course this year," said Beth. "It was quite a lot harder than the old course.

"That, plus the unexpected high temperatures, made this year's race more difficult."

Beth said the temperature at the 6:00 a.m. start was in the low 50s, but it climbed quickly to the mid-80s.

North Country Trail Run is actually two races -- the 50-mile -- and a marathon. The marathon is the larger of the two, with 86 finishers this year. Both are run on the same trail. To go 50 miles, participants in the longer race run the marathon course twice.

The course is located in the Manistee National Forest in Michigan's lower peninsula, a few miles east of Manistee, which is just across Lake Michigan from Manitowoc, WI. Participants can either drive around the lake via Chicago, or cross the lake by ferry.

Beth wasn't the only one who said the new course was harder.

"They could have given us a heads-up about the hills between miles 18 and 25," exclaimed one marathon runner from Indiana. The previous course had few hills, and sported a flat, sandy, single-track wilderness trail over most of the distance.

Then, just one month later on October 10, Beth ran the Glacial Trail 50 mile trail run, and again took home the First Master title in the womens' race.

As if that wasn't enough, Beth traveled to Arizona to participate in the Javelina Jundred hundred-mile trail race, and again was the second female finisher and earned the First Master title. Her time was 21:51:20.

Beth, an experienced and well-known ultramarathoner, works as a personal trainer in Mequon, and has completed the Western States 100 mile run over mountain trails, three times.

2005 RRCA National Convention in New Orleans

The New Orleans Track Club and The Road Runners Club of America, (RRCA) are pleased to announce that the 2005 Road Runners Club of America National Convention will be held in New Orleans May 13 - 15, 2005.

This year's convention will highlight the reestablishment of the RRCA as the single national organization representing grass roots running. It is anticipated that the merger of the AARC and the RRCA will be complete and we will be celebrating a newly revitalized RRCA.

Since 1958, the Road Runners Club of America has held a national convention for its members to conduct business and elect officers. The convention provides the opportunity for all RRCA club members to gather to discuss and vote on issues that face the sport of running and the organization. Educational components with

a variety of workshops, seminars, social functions and numerous networking opportunities are a vital part of the weekend.

An important part of the convention are the daily club runs and the highlighted race of the weekend. This year's Gospel and Blues 5K Run and Walk and the daily club sponsored runs will capture the unique history, architecture and flavor of New Orleans.

Convention brochures will be available to each club soon. Watch for more information, contests and opportunities as we approach the 48th annual Road Runners Club of America's 2005 Convention in New Orleans.



Glacial 50/50

(Continued from page 33)

So the aid stations don't saturate the course, but they do satiate runners well. Food, food and more food. Remembering requests from races past, aid station captains stocked their tables like a mini 7-11. Everything from olives (a favorite of 50K runner Cathy Drexler) to Payday bars (the author's choice for endurance fuel) were at the tables.

Racers were treated this year not only to the peak of fall colors, but perfect temperatures as well. Starting temps were in the 40s and never got out of the 60s. Previous rains had drained well from the course and left only a very few spots of mud. Some leaves were down, but not enough to camouflage the rocks -- runners generally could see what they were going to fall over. Last year, heavy rains right before the race brought the leaves down and coated the rocks like a slippery carpet. One generally didn't know what was tripped over until the runner's nose hit the ground and brushed the leaves away.

Glacial's rocks and other rough edges were of particular note to geologist and 50 kilometer runner Thom Patterson.

"Having earned two degrees in geology, my brain knows more about glacial terrain than most," he said. "I can tell you off the top of my head that a moraine is

(Continued on page 35)

A nostalgic view of Al's Memorial Run

By Betsy Weiss

Now, I'm sure that just about every runner in Milwaukee has many memorable stories about Al's run – If you would like to share yours, send them to: tstrider@wi.rr.com.

I will get the memory ball rolling by sharing some of my memories of this event. Al's has been a part of our lives in one way or another since its inception.

My husband Jeff, has been a runner since before I met him. I've made an effort to become a runner a couple of times in our history together, but have been unsuccessful to date. I did run with him for a while back in 1976, until I realized that it caused me to become pregnant (well, it probably wasn't the running- but it seemed so at the time), Jeff continued to run and was still running in 1977 for the very first Al's Run.

He always ran Al's ... even during the times that he wasn't running on a regular basis. There may have been a couple years that Al's was the only running he did for the entire year, but he always made a point of running Al's.

I remember being emphatic about NOT wanting him to run on September 26th, 1981. Our daughter was ready to be born at any minute – but... Jeff could not break tradition and ran Al's anyway. Brandi was patient and waited until he could be present. Actually she waited until the 29th to make her entrance into the world.

When Pat McGuire started leading the walk, I would participate with the kids and sometimes the dog.

A few years stand out in my mind more than others. I can still see the mozzarella marinara flying across the Summerfest grounds the year I decided braces would make a terrific eleventh birthday present for Brandi. The poor kid's mouth hurt so much that she couldn't chew and started choking. It was good to learn first hand that the Heimlich maneuver really does work.

Another unforgettable Al's Run was the year that we decided to take the bus to the start line – but the bus didn't come, so we walked from 53rd and Wisconsin. Actually, Jeff ran ahead and caught the end of the starting runners. I managed to make it in time to tag behind the walkers as they started.

Jeff has not run this run since the year 2000, because he has been too busy "running" it. My participation has also changed since the beginning of this century. Now I get to start before the leaders – even before Jeff. I have the fun job of being a split timer and shouting out the times to runners at the one-mile mark. As race director, Jeff rides behind me in the "pace car."

Over the years the fact that this run is a fundraiser for Children's Hospital has always been important to us. We have been fortunate enough that we haven't needed to utilize their services, but it was always a comfort to know that that if our kids ever needed to be hospitalized, the very best place for them was right here in our city.

The years have flown by and our children have been adults for quite some time. Now I have an additional reason to understand the importance of our Children's Hospital and this event that has always been such an integral part of our family.

Our daughter Brandi has worked in the Pediatric Intensive Care Unit (the PICU) for the last year. She is a nurse intern and will continue her work there when she completes her bachelor's degree in nursing this December.

She often shares with us the many miracles that are performed at Children's. She continues the family commitment. She's a team captain for the Children's Hospital team and is in the process of taking on the role of volunteer coordinator for the run.

It seems that as long as there is a run for Children's Hospital, the Weiss family will be playing some sort of role.



Assistant Race Director, Co-Editor and Chief Chili Chef Betsy Weiss
Photo by Bob Scherer

Glacial 50/50

October 10, 2004 - Greenbush, Wisconsin

(Continued from page 34)

a glacial deposit of unsorted boulders, pebbles, and dirt. After doing Glacial, my body now knows that the definition of a moraine also includes deposits of @&#\$ ankle twisters, #!*% toe grabbers and *@#%& arch busters!"

At the Glacial 50/50 you get a great workout AND a lesson in geology. Such a deal!

Fifty mile runners took off at 6 a.m. and were treated to about an hour of darkness on the trails. Unfortunately, a few of these early runners didn't think about the fact that the sun wasn't going to rise as early as they were that day. Even eventual race winner Stuart Kolb had to stick close to his "enlightened" competitors for a while since he was without a light. But as Robert Werner, eventual sixth place male, noted, "Once the sun came up he was gone."

Kolb's name may be familiar — the Green Bay native also took top honors at the Ice Age 50-miler in May. His Glacial time of 7:23:50 was almost an



Christine Crawford

hour ahead of second place Erik Kaitala of Duluth. The race for second was a little closer, with Parker Rios coming in about five minutes behind Kaitala. However, the race for third overall was much tighter. Rios was only 24 seconds ahead of first-place female Lisa Trainor.

Trainor, from Maple Grove, Minn., has also made a name for herself in the Midwest. Having battled Minnesota Voyageur's worst heat conditions ever, she won last year's race, and this year came in second to Duluth's Kim Holak.

The 50 kilometer runners took off just as the sun was coming over the horizon at 7 a.m. Heading toward to the same course as the 50 milers, they kept on going and initially passed the turn off the road and on to the trail. A mid-packer quickly realized the front-runners' error and yelled to them to get back on-course. The fleet of feet but slow of direction soon made their way back to the trail and back to their rightful position ahead of the rest of the mortals.

However, one of the speedsters was keeping her identity hidden for a bit -- Christine Crawford. Posing as a casual runner out for a relaxed day in the woods, she hung back for several miles, comfortably chatting with those around her. But after warming up, she was able to get that transmission of hers working and shifted up a few gears and a few places. By the turn-around she was close to female race leader Aimee Kurian and on the way back caught her and went on to win in 4:58. Many of runners are familiar with Crawford, but Kurian is still an ultra-running newbie, having done only just two other 50 kilometer runs. Young (25) and very fleet of feet, she'll be runner to watch in the future.

In the men's race, it was another young (26), ultra newbie who took top honors. Greg Feucht was the only runner to break four hours (3:56). Amazingly, Glacial was only his second 50 kilometer run. His first was a month earlier near his home of Ann Arbor, Mich., at Dances with Dirt. There, he came in second with a time only seven minutes slower.

Coincidentally, just as Feucht was finishing, his sister Andrea (also an ultrarunner) left a message on his cell phone with a prediction for his finish time. Sister must know brother well because her predicted time was EXACTLY what Feucht's actual finish time was. "My jaw dropped when I listened to the voicemail message," said Feucht. "And you can bet that she has the task of calling me at the end of every forthcoming race — with predictions of world-record times, of course!"

The second 50 kilometer runner in was local ultra veteran Joel Lammers (first master), followed four minutes later in 4:19, by Matt Zak of North Chicago. Zak, 31, is another newbie. Besides being his first ultra, Glacial was only his fourth running race ever, having practiced first with two marathons and a 10 kilometer run. "But I enjoyed this race so much more than the marathons," he said, "mainly because of the beautiful scenery and the rollercoaster Ice Age landscape."

Although it is often thought of as more of a regional race, Glacial was host this year to several Canadian runners from Winnipeg taking advantage of a long weekend for Canadian Thanksgiving to make the trip.

Evidently, they decided it would be fun to visit "older brother" for the holidays.



Kate Unsworth



Matt Zak

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