

# the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 34, No. 1

January/February 2005

## HAPPY NEW YEAR!

# CULLEN RUN MOVES TO FEBRUARY, HEART MONTH

By Gael Garbarino Cullen

National Healthy Heart Month is February each year, so it makes perfect sense that the annual Steve Cullen Healthy Heart Run/Walk is moving to February 12<sup>th</sup> in 2005. Moving away from a late January date also offers other benefits. Participants in the Samson Stomp will no longer have the excuse of "...but I just ran last week!" to keep them from enjoying the Cullen event, plus February is bound to be SO much warmer than chilly January. (Right, Jim Ott?)

What is not changing this year is the reason that we do this run/walk...to raise awareness and funds for heart disease research in memory of former Strider and Milwaukee Alderman Steve Cullen. Steve died of a heart attack when he was just 40 years old. His dad and two older brothers also died very young of heart disease. This year will mark the second year that all proceeds from the 8k run and 2-mile walk will go to the Medical College of Wisconsin Cardiovascular Center to directly support heart research.

In 2004, with a gift from the Cullen Walk/Run, Dr. Ulrich Broeckel was able to purchase a thermocycling machine that helps to visualize DNA. Dr. Broeckel is studying inflammation and the genetics of heart disease as part of a larger effort to understand why heart disease clusters in certain families. Dr. Anne Zeni Hoch's research on female athletes also drew support from the Cullen event in 2004. Her study is looking at the benefits of folic acid supplements for women runners.

The 2005 run/walk promises to continue the traditions of years past with infamous post-race chili, a live band, colorful long-sleeve t-shirts and a scenic route through Underwood Parkway in Wauwatosa. The February 12<sup>th</sup> race starts at 10am with registration beginning at 8:45am. In addition to serving up hot chili and cold beer, the Cul-

len event will continue another "new" tradition, offering blood pressure, body fat screenings and even consultation with an athletic trainer.

This year's honorary chairs include Milwaukee Mayor Tom Barrett, Wauwatosa Mayor Theresa Estness, WTMJ4's Mike Gousha and Jim Ott, and Kathy Mykleby from WISN-TV.

Come out and join the fun!



Dr. Ulrich Broeckel conducts genetic heart research at the Medical College of Wisconsin Cardiovascular Center with a thermocycling machine purchased with the proceeds from the 2004 Steve Cullen Healthy Heart Run/Walk.

## John Dick

On Saturday, February 12, about three or four dozen runners will participate in the John Dick Memorial 50k Trail Run. Not all will start together. Fewer than one-third of those who start, will finish.

This is an exact account of what will happen. The names are the same; only the tense will change.

- by Dave O'Brien

I find the parking lot in the pre-dawn chill. I hear the crunch of new frost under my tires. Aware that the placement of the first vehicle in the parking lot will determine how every other vehicle is parked, I align my headlights with the outhouse and ease my truck bumper toward the snowbank. I feel the chill as soon as I cut the key and the lights. There is no moon visible. It is totally dark and quiet, and cold.

There are advantages and disadvantages of starting early. One advantage of starting early, and alone, is that you can start when you're ready. There's no pre-race assembly or instructions at the starting line; no waiting for the countdown or starting command. However, I do wait for my watch to show the exact minute. Four-oh-six. I had meant to start at four o'clock. I start my runner's watch and pull on my mitten. I stride to the trailhead, wondering how the course will feel.

Under layers of clothing, I'm able to jog down the grade toward the split in the trail and the first shallow hill. I'm cold, so I continue jogging up the hill. There is less than an inch of fresh

## Pre-Review

snow, and the footing is good. I feel I can make good time.

Starting down the "ridge," I hear a distant car speeding along the road. I can't help but wonder who is driving, and where is he going. At a little after four in the morning, is he just returning home from a late party? Or is he starting an early shift at work? It

takes several minutes for the sound of the car to disappear. I can hear my own breathing, and the rustle of the sleeves on my jacket. For a few seconds I stop, stop moving my arms, and stop breathing. I hear nothing but silence in the cold and dark woods.

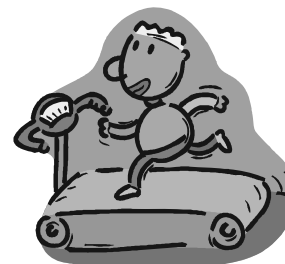


Race Director Craig Hopper gives a pre-race briefing at the 2004 Crusty Dick 50K

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# State of the Club

A year ago my first Prez Says column appeared on these pages. Just in case you don't remember the message (in which case my incredibly large ego would be crushed forever), I outlined 3 points that I would use to lead the club.

1. Striders strength in putting on events. I would try to play to that strength.
2. Public Image. My belief was we don't have one. (Yet)
3. Social aspect of running. I was going to try and improve on what I believe is an underserved section of our membership.

Well, I am happy to say; I think we have made "strides" in the right direction in all 3 areas.

1. Adding Shamrock Sprint and Brown Deer 10K in the spring further enhance our race event schedule. Thanks to new race directors Andrew Delzer and Bill Jahnke, these events are ready to rock and roll.
2. Our new meeting facility and Pettit Center agreement will help build the Badgerland Striders "branding". The Marathon and Marathon Build-up programs got incredible coverage by Fox 6 (Thank You Peter Linton-Smith!). Steve the Homer True from WISN radio participated in the marathon build up and interviewed race director Kris Hinrich about the marathon live on his show. I know a lot of behind the scenes people helped pull this stuff off, including Phil Carpenter of the marathon build up program. Lakefront Discovery Run has a photo spread in the MKE, a new weekly free publication. I hope we can continue this momentum in 2005.

the  
Prez  
sez



John Cornell

3. Socially, we probably didn't make as much headway as I would have liked. Most of our events are scheduled a year out, so the work on this won't be noticed until 2005. In fact, by the time you are reading this, you'll have already attended the Holiday Party (January 29, 2005). This event is the first that changed to make it a social event, not an awards ceremony. The changes "should" have made it an extremely fun event. Of course, I'm assuming this, as I moved the venue and format, and have no idea whether or not it was as fun as I envisioned. I'm sure you'll let me know.

I'm excited about 2005 and the changes it will bring. Happy Running!



## NEW 5K and 10K RACE

By Andrew Delzer

Hello fellow Striders, a few months back our esteemed Strider President stole my thunder and leaked word about the work I was doing to bring a new Strider affiliated race to the Milwaukee community. So after months of work I now feel it is time to officially announce this new race.

Let me first say that this new race is a contract race. What that means is we "The Striders" are being paid for our race experience and expertise in putting on a running event. Contract races account for a substantial portion of our yearly operating budget. And... without your volunteering to help at these races our membership fees would certainly go up. SO... WITH GREAT HONOR, I AM PLEASED TO ANNOUNCE...

**THE BROWN DEER**

**5 AND 10 K RACES**

**SATURDAY APRIL 23<sup>RD</sup>, 2005**

Obviously more race specific details will follow. But I can say the course in set and only needs to be certified. In determining a new course many individuals needed to be consulted including civic leaders, parks departments, community businesses and the Brown Deer Police Department. During course negotiations several routes were considered. The final course chosen offers each runner a residential tour of Brown Deer.

### Your Help is Needed !!!

Like every Strider event we need your help to put on this running event. If you have ever thought about volunteering at a running event now is the time to do so. For this event we will need over 150 volunteers including Day of Registration Help (i.e. data entry), Sentry Help (road crossing), Finish Line Help and Water Stop Help. Those volunteers only need to show up race day.

Other volunteers i.e. Race Captains, are needed race morning and earlier to help with the race planning, these Captain positions are, Volunteer Captain (i.e. calling potential volunteers), Equipment Captain (i.e. transport equipment between Strider storage locker and the race), Registration Captain (i.e. direct race day registration), Finish Line Captain (i.e. direct finish line volunteers), Scoring Captain (i.e. computer skills needed, and we will train you on how to score a race) and Sentry Captain (i.e. direct sentry volunteers).

Because such a large number of volunteers are needed please to not hesitate to volunteer. Even though this race is still several months away I would like to start organizing our volunteers now, so please call me, Andrew at 262-306-1998 if you would like to do your part for Badgerland Striders and volunteer.

## BLS Meeting Speakers

February 16<sup>th</sup>

*Roy pIrRUNing*

Holder of 19 Ultra Championship Titles

"To stay young, you need to work hard. For me the incentive is to win National Championship titles and break American records. See Roy's website for more info <http://www.roypirrung.com/>

March 16<sup>th</sup>

*Dr.. Anne Hoch*

*Medical College of Wisconsin*

Dr. Hoch will discuss the results of the Folic Acid Supplementation Study for which several Striders are the subject. See Page 5

April 20<sup>th</sup>

*Peter Mueller*

*Ultramarathoner & Badwater Finisher*

Dr. Mueller did a metabolic study to investigate the effect of VO2 on endurance performance.

**Badgerland Striders Meetings**

@ Pettit National Ice Center,  
500 South 84th Street  
(off I-94 at 84th)

Open Run on the Indoor Pettit Track at 5:30pm, 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.

## Keeping Pace

2005 has started off at a sprint! We at the RRCA National Office have received well over half of our clubs' membership renewals and are happy to welcome back our returning clubs. Also, we extend a warm welcome to the AARC clubs and introduce new clubs to the benefits of RRCA membership.

Diller-Smith and Associates, our insurance provider, is in the process of sending insurance certificates. If your club has not received its certificate, you should expect it soon.

We would like to encourage all returning clubs to update their club listings for 2005. Existing clubs can complete this update as follows:

- 1) Go to the webpage at [www.rrca.org/members](http://www.rrca.org/members)
- 2) Select your respective club by clicking on it
- 3) Click modify/delete button at the bottom of the page.

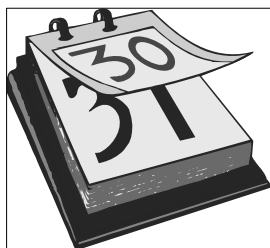
Please note that the National Office will be adding AARC and new clubs to the website throughout the next few weeks. During this period, please check our website to ensure that your club has been added. Some clubs submitted incomplete renewal applications. These clubs will receive a letter indicating the forms that are missing. Please complete and return as soon as possible to complete your application.

Good running,  
Becky Lambros



Times Past: Yesterday and Today

# John Miller



Ron Winkler

John Miller has been running since 1962. That is when he ran away from home to escape from the bullies at the school he attended. Since that time, his active life has been a potpourri of athletics, teaching, family life and community service.

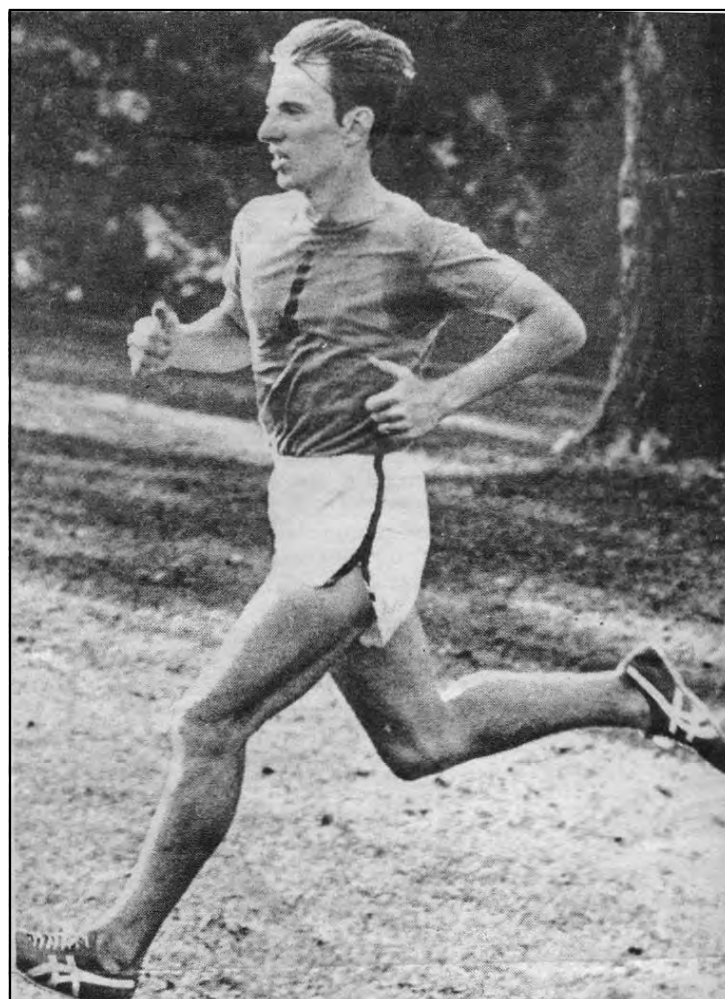
Miller was born in Milwaukee in 1948 and was a cross-country and track star at Milwaukee Bay View High School and the University of Wisconsin-Milwaukee (UWM). He volunteered for the army in 1967 and was stationed in Vietnam where he attained the rank of sergeant. Before leaving for the service, he married his high school sweetheart Chris. Over the years they were blessed with a daughter and a son. John and Chris are now grandparents three times over.

John retired last year after working 30 years as a gym teacher in South Milwaukee. He also retired as assistant girl's track coach and assistant boy's and girl's cross-country coach at South Milwaukee High School. However, he is back at his old coaching job.

During his glory years, he won races, set records and saw his name in headlines such as, "Runners led by Miller," "Miller retains title," "Miller first, again," "Miller sets new UWM mark for indoor mile," "Miller, UWM Top AAU Track Meet." Most runners would be happy to achieve even one of Miller's personal records: 4:20.5 mile, 9:31.8 two-mile, 14:52 5K, 31:43 10K and 2:31 as winner of the 1977 Aurora Marathon.

As an all around good guy, Miller has been honored over the years in the numerous areas of his life. The first was in 1974 when he received the South Milwaukee Jaycees Educator of the Year award as a rookie. In 1983 he was honored as Drill Sergeant of the Year for the US Army Reserves, 84<sup>th</sup> Division. Then he was named to the UWM Athletic Hall of Fame in 1988. Finally, he was the 1999 Wisconsin Vietnam Veteran of the Year.




Since retiring as a teacher, Miller has taken a part-time job as a security officer at Mitchell International Airport. He is also a Wisconsin Interscholastic Athletic Association track and cross-country official. In addition, he is the announcer for South Milwaukee High School football, basketball and swimming. In his spare time he is a member of the Bay View Historical Society, South Milwaukee Historical Society, Illinois Railway Museum, Shoreline Historical Society, The Milwaukee Electric Railroad and Transport Historical Society (for which he gives presentations at nursing homes about streetcars). Miller is also a member of the St. Matthew's (Oak Creek) Holy Name Society, having served as president many times.



John Miller winning a cross-country race in the early 1970's while competing for UWM.

As a member of the Badgerland Striders, John hosts a fun run each summer and is the split timer at miles 2 and 13.1 of the Lakefront Marathon. He continues to run, but has added biking, swimming and race walking to the mix. He lives in South Milwaukee with his wife Chris.

Now that you know a little about John Miller, you're ready for the details that will come next month.

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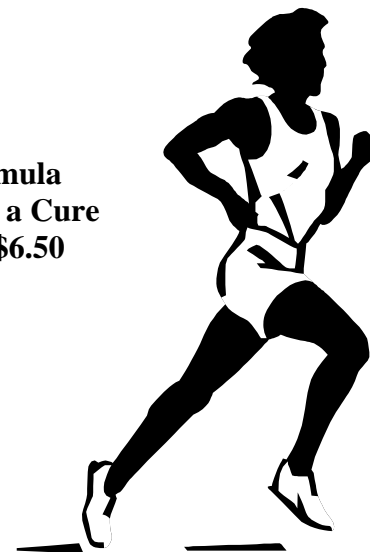


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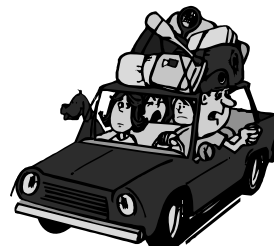
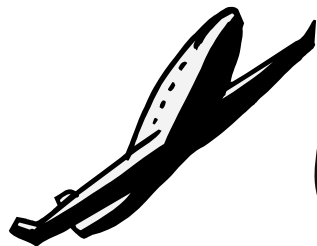


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## Traveling Striders

# Hellgate 100K

## A West Virginia Adventure

By Robert Wehner

A number of people have asked me for a report about this race, so you can read this if you're interested. (I'm probably not as funny as Mary Gorski though.)

Through Hell and Back. The 2nd annual Hellgate 100K was held December 11th, starting at 12:01 am. The point-to-point course roughly followed the Hellgate horse trail through the mountains of eastern Virginia, near where the Appalachian trail travels.

None of the 86 of us at the start line had thought to bring a horse though, so we had to get back to Camp Bethel on our own two feet.

Everyone knew going in that this was a tough 100K, both because of the terrain, and because nobody believed it was only 62 miles long (a common theme of David Horton's races). A number of runners had a GPS unit, and after the race the consensus was about 66.7 miles, with 12,700 feet of climb and 12,800 of elevation drop. We lucked out with the weather, with temps in the 40s and little to no precipitation.

A number of the aid stations are located at high points of the course, and it did get cold and windy up there. Thanks to all of the volunteers who braved those conditions (although the campfires at some of the aid stations looked very cozy).

The course was a combination of single track and old roads, with surfaces of grass, gravel and rocks (lots of rocks). One of the good things about the wider sections is that they allowed you to run (or walk) side-by-side with another runner and converse without having to look back (and then fall). There were very few flat sections, and you were usually going up or down, sometimes for 3 or 4 miles at a time. There are many stream/creek crossings, but they are all short. At most of them, you can rock hop across (carefully), but at some, you had to step in the water.

From the start to aid station #1 was some fairly easy typical trail running, just the thing to get you going. The distance between Aid Station #1 to Aid Station #2 could also be thought of as easy (since it was on a fairly smooth gravel road), except that it was all uphill for 4 miles, with 1,200' of elevation gain. While many ultra-runners tend to walk the up hills, at this point everyone seemed to be feeling good and nobody wanted to slow down.

After leaving Aid Station #2 there was a long downhill on a grassy road, and it was here that I got off course for the first (and last) time. Near the bottom of the hill I came to a gate and did not find any streamers, glow lights, or arrows. Looking back up the hill (way up the hill), I could make out some glow lights branching off to one side. I had missed a turn. With a bit of mumbling, I trudged back up the hill and picked up the correct path. While I may have lost a few minutes there, it did teach me to pay closer attention to where I was going, and I didn't go off course the rest of the day (the course was well marked).

This was the first of two usually negative things that probably ended up being positives. Just before the next section of rocky single track emptied onto an uphill road section, I caught a toe on a rock and went down. After stepping out onto the road, I took a min-

ute to brush myself off, and the runner that had been a little ways behind caught up, and we headed up the road together. It was Bethany Hunter (now Patterson), and I was a bit surprised to be running along side a more accomplished (and well known) runner. It wasn't planned, but we ended up doing most of the rest of the race together, occasionally being joined by Scott Gala and Sally Brook- ing.

In other races I've done, there have always been sections where you meet up with someone for a while, but you usually end up separating again. There are so many individual variables, that it could be hard to do an ultra with someone else unless it was planned in advance, and even that probably doesn't always work out. There is no way to know for sure, but I don't think I would have done as well if I had not had the chance to spend most of the race with Bethany.



The Crowd Milling at the Start of the 2004 Hellgate 100



William Blake's  
"Dante and Virgil at the Gates of Hell"  
Thanks Robert for giving us a chance to uplift  
the masses

The night portion of the race is a bit of a blur, as it was important to stay focused on the trail and the markings, but there are some sections that stand out in my memory. About halfway between Aid Station #4 and Aid Station #5 there was a downhill on a rocky, rooty, narrow single track that required intense concentration. After 2 miles of this, the trail emptied out onto a wider grassy road, but continued down for an-

other 2 miles. It was a big relief to finally reach the bottom and the aid station. They had hot soup, which went down well (Bethany opted to try a twinkie).

Between Aid Station #5 and Aid Station #6, the sky started to lighten up as dawn approached. Somewhere in this section was the halfway point, but it still felt as if there was a long ways to go. Our spirits were lifted during a long single track section that we flew down and after another long uphill climb, we found ourselves at Aid Station #6.

The next section was 8 miles long, and advertised as the second toughest section. A couple of miles of the trail cut across the side of a hill, filled in with leaves. This wouldn't have been so bad, except that this section was also very rocky. Even with the daylight, it was nearly impossible to run this section. It was important to carefully pick your way through the rocks. Near the end of this stretch, my feet were starting to feel raw, but fortunately they settled down after we got past it.

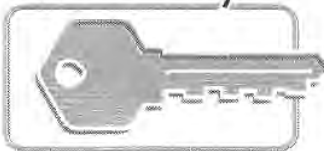
David Horton was at Aid Station #7 when we pulled in and I suggested that the next time they marked the course, they should take some leaf blowers with them. It seemed reasonable to me, but somehow I don't think it will happen. The section from Aid Station #7 to Aid Station #8 was very scenic, following the contour on the side of the mountain. There were incredible views of the valley below. There was another long climb to Aid Station #8. At this point, finishing started to seem feasible.

There was a long downhill after this aid station. The downhills were starting to hurt. I hate to admit it, but I started to look forward to the uphills (and the opportunity to walk). I reached Aid Station #9 at about 13:20, so I knew that a sub-15 hour time was possible. At no point did I ever check my place at an aid station and all I could think about now was getting it over with (that's pretty typical in an ultra, isn't it?).

The last section was basically 3 miles up and then 3 miles down, and those last 3 miles really hurt. Hats off to Roy Heger, who caught me just 1 mile from the finish (Roy said he was REALLY hungry). I finished in 14:38, good for 14th, with Bethany and Byron Backer close behind. Will I be back? Why certainly, and I did tell David Horton that I would try to bring another Wisconsinite next time. So... who wants to go to Hell?

"Here for the Long Run!"

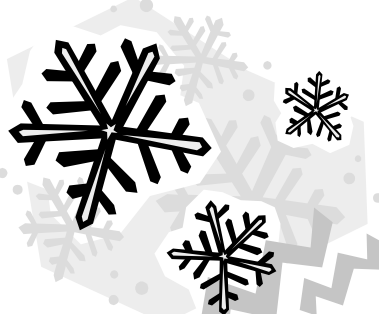
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## New Improved 2005 Strider Club Championships

By Jim Schmidt

The Club Championships Competition program has been expanded and improved for 2005. An Ultra Series has been added this year, joining the Short and Long Series. Additional races have been added to the Short and Long Series, increasing the opportunities to earn points.

If you already registered for 2004, re-registration is not required for 2005.

As you all know, every Strider member is required to volunteer in some capacity during the year. Fulfillment of this requirement will be required to be eligible to win an award. It will be up to you to notify Jim when you fulfill this requirement.

Here is the line-up for 2005:

### **Short Series (minimum 4 races)**

Sampson Stomp  
Cullen Run  
Shamrock Sprint  
Brown Deer 5K  
Roger Bannister 1 mile  
Sarah Stride  
Superun  
Firecracker Four  
Cudahy 5 mile  
Tosafest  
Al's Run

### **Long Series (minimum 3 races)**

South Shore Half-Marathon  
Brown Deer 10K  
Cudahy 10 mile  
Strider 20K  
Lakefront Marathon  
Lakefront Discovery Run

### **Ultra Series (minimum 2 races)**

John Dick 50K  
Ice Age 50 mile  
F/X 24 hour  
Glacial Trail 50 mile

## DOES FOLIC ACID SUPPLEMENTATION IMPROVE CIRCULATION IN WOMEN RUNNERS?

Jane Schimke, AAS  
Medical College of Wisconsin

Over the past 30 years, there has been an explosion in women's sports participation. In 2004, there are nearly three million girls playing high school sports, an 800% increase since 1972. From increased participation rates, we have discovered that women athletes have unique injury patterns and medical conditions. All female athletes are at risk for exercise associated amenorrhea, which has a prevalence that is reported to be as high as 44%.

Froedtert/Medical College of Wisconsin has recently shown that college women runners with athletic amenorrhea (no menstrual periods) have reduced endothelial-dependent flow mediated dilation (1%) of the brachial artery compared with eumenorrheic (normal menstrual periods)(6%) runners. Reduced peripheral dilation potentially impairs athletic performance by reducing blood flow to crucial exercising skeletal muscle.

Impaired peripheral endothelial vasodilator function has also been shown to be associated with coronary vasodilator dysfunction and increased cardiovascular events. We at Froedtert/Medical College of Wisconsin have also shown that eumenorrheic women runners had borderline flow mediated dilation (6%; normal levels typically 5-15%) without any apparent risk factors for cardiovascular disease. These are important findings since there are an estimated 23 million runners in the United States that run at least 6 times per week and even greater numbers run less frequently. Folic acid supplementation has been found to improve peripheral dilation in men with high cholesterol and hypertension. Therefore, folic acid supplementation may help women with borderline endothelial dependent flow mediated dilation.

The purpose of this study is to determine if folic

acid (10 mg/day) will improve peripheral circulation and therefore athletic performance. Preliminary data after testing several women reveals that circulation improves significantly after 6 weeks of supplementation.

### Potential subjects will be accepted if they meet the following criteria:

- ?? female, ages 18-30
- ?? not on birth control pills or hormone replacement for past 12 months
- ?? have normal menstrual periods every 28-30 days for past 12 months
- ?? run at least 20 miles a week for past 12 months
- ?? healthy otherwise – no medical conditions

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.

Dr. Anne Zeni-Hoch of the Medical College of Wisconsin will be the speaker at the February 18th Badgerland Strider Meeting at the Pettit

## 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 BITAMIN C SUPPLEMENTATION IMPROVE ENDOTHELIAL FUNCTION?

The study group will consist of:

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

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



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

# The Badgerland Striders Young Runners Program

By Doug Nelson

We are making some progress! A little over a year ago, I became aware of a rather extensive series of cross-country events in the area. There are 20 some middle schools (mostly Waukesha County) participating in six or seven races for 6th-7th and 8th grade runners. Each race draws between 500-900 kids. I was blown away with the numbers as well as the enjoyment that was evident by the runners in these events.

I started to think that perhaps the Striders could provide assistance to Milwaukee county middle schools to get kids more involved and maybe put together a BLS Milwaukee County Middle School Championship event. After attending a couple of these races over the last two seasons, I have put a dent in establishing points of contact with some of the schools involved. John Bell has added a lot of input because of his involvement in these races. He also encouraged me to add the 1.7 mile race to the Firecracker Four. We almost doubled the participation of middle school age runners in the Firecracker Four because of this race. Both the 4 mile event for

high school age and younger and the 1.7 mile event, geared for 8th grade and younger are known as the Coach Dodd's Youth Challenge.

With John's help, a Milwaukee county race was in the planning process this year, but we were just not able to tie up all the loose ends. The best we could do was to work with Wisconsin Lutheran College to expand their Lutheran Grade School Challenge. A separate race was planned, but again we fell a little short.

To make a long story shorter, the Striders were able to sponsor (through the Young Runners Program funding) a few runners who qualified for this race. Additionally, 50 singlets were distributed to middle schools that had relatively new XC programs or had participants in the Firecracker Four. Some of those recipient schools this year were Mt. Calvary Evangelical Lutheran School, Frank Lloyd Wright Middle School, Greendale Middle School, West Milwaukee Middle School, Whitman Middle School and Star of Bethlehem School.

Where do we go from here? Besides the schools listed above contacts have been made with St. Mary (Hales Corners), Oak Creek Middle School, Longfellow Middle School, Nativity Jesuit, Heritage Christian, Whitnall Middle School and a few North Shore area schools. It appears that more middle schools have spring track programs than fall XC programs. Therefore, we are looking to expand our contacts this coming spring. We can use your help in making us aware of any other contacts you might have by e-mailing me at; [dougnelson33@aol.com](mailto:dougnelson33@aol.com).

There are approximately 35 middle schools in the Milwaukee Public School system and an equal number if not more private schools in Milwaukee County that might have some interest in a cross-country or track program. So, let me know if you have contacts. Thanks for your help!



Pictured are some of the runners that have run sporting their BLS Young Runners Program singlets.  
Above right: Victor Hernandez and Adrian Cazades along with their coach, John Brill from Nativity Jesuit.  
At left: Strider Tom Kitzrow with Kasey Kleiner and Christel Frey from Zion - South Milwaukee.  
At Right: Jeremy Schaser from Mt. Calvary Evangelical Lutheran



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D.E. SHENKES 110

# Whitnall High School Boys Cross-Country Team Finishes Third in State

**Not one but TWO recognition awards for Coach Dodd!**

By Joni Hodor and Steve Szymanski

Congratulations to Coach Dodd and his team! Dick Dodd, a long time Badgerland Strider member, recently received two awards - the Journal Sentinel 2004 Cross-Country Coach of the Year and Wisconsin District 7 Cross Country Coach of the Year. He successfully coached the Whitnall High School team to a Division I, third place finish at the state meet in 2004. (See box)

Dick has coached the Cross Country Team at Whitnall High School for 15 years, the last seven as Head Coach. He is also the Assistant Coach for the track team in the spring.

Mike Brand, the Athletic Director at Whitnall High School comments, "When we were recruiting for a cross country coach we did not consider anyone else. He is a caring person and enjoys the kids. He even does the workouts with the runners. He is a true Whitnall High School alumnus, as he cares about the high school and his runners. He is a great mentor to the students."

Every August, Whitnall High School sponsors an Alumni Cross Country Run. Every year of his coaching career, Dick has placed in the top three runners - but this year he placed 10<sup>th</sup>. He knew at that time that he had a special team that would go far (re: Journal Sentinel article October 29, 2004).

Dick and his twin brother, Pete, started running with the Whitnall High School Cross-Country Team as high school seniors. Although he just missed qualifying for the state meet, Dick continued to hone his long distance running skills. He ran his first Boston Marathon in 1983 with his brother Pete. Dick's finishing time was 2:21 - good enough to be a top 100 finisher (although Pete finished seconds behind Dick he just missed the top 100 category). The 1983 Boston marathon is noted to be the most competitive field in the history of the event.

After that great run at Boston, Dick ran the Lakefront Marathon in the fall of 1983. Dick's time of 2:19 placed him 17<sup>th</sup> out of 100 of the fastest runners to compete in the Lakefront marathon. With his world class marathon PR of 2:19, accolades abound for this running superstar. He continues to "cover the distance" completing 45 marathons, one marathon for each birthday (a personal goal).

Dick's a great coach and mentor and it's gratifying to see him get the recognition he so rightfully deserves. When asked which award means the most to him, he stated, "The Wisconsin District 7 award because your peers vote for this award. But you know, it is not about the awards, it is about the kids. I ran with them last Tuesday (Dec 21<sup>st</sup>) after school and it was just great. They are so jazzed for the track season this year. I just love those kids. It is great to see them grow and mature and know I am a part of their growth."

Kudos Coach. Best of luck to your team and you during the 2005 track season and cross country season next fall!



## Whitnall High School Cross Country First Trip to State 2004



Front Row: Nick Limoni, Sam Walther, Andy Kossow, Peter Armani, Matt Schwartz, Matthew Kruger, Brandon Lundquist.  
Row 2: Bobby Erickson, Brett Gaertner, Ben Patterson, Ryon Migacz, Jeff Spargur, Daniel Harter, Mike Kessler, Tony Haning, Andy Sterling.  
Row 3: Ryan Miller, Ian Wolfe, Jake Kosmatka, Joey Markel  
Row 4: Dave Stauder, Chris Lambert, Joe Spargur, Coach Dodd, Coach Thompson, Jason Axt, Sam Semrad, Andrew Rothe

Sat, Sep 4  
Sat, Sep 11  
Fri, Sep 17  
Sat, Sep 25  
Thu, Sep 30  
Fri, Oct 8  
Fri, Oct 15  
Sat, Oct 23  
Sat, Oct 30

Cudahy Invite  
Whitnall Invite  
Franklin Invite  
Muskego Invite  
Mukwonago Invite  
Wisconsin Lutheran  
Conference Meet  
Sectional  
State Meet

Sheridan Park - CHAMPIONS  
Hales Corners Park - CHAMPIONS  
Franklin High School - CHAMPIONS  
Lake Denoon Park - CHAMPIONS  
Mukwonago City Park - CHAMPIONS  
McCarty Park - 2ND PLACE OF 18  
Sheridan Park - CHAMPIONS  
Kenosha Tremper @ UW Parkside - CHAMPIONS  
WI Rapids (Ridges G.C.)  
Boys - 3rd Place - 144 points  
6 Bob Erickson  
7 Nick Limoni  
26 Jason Axt  
50 Joe Spargur  
55 Ben Patterson  
90 Mike Kessler  
100 Ryan Miller  
Overall Team Record: 99-3



More Young Runners Photos



# FROM THE ARCHIVES

## VIPs from 25, 20, 15 & 10 years ago



By Ron Winkler

### 25 Years Ago – 1980

President	E. Clark Bowerman
VP - Road Racing	John Bell
VP - Administration	Bob Fitts
VP - Out of State	Bill Hauda
Secretary	Mike Mihalek
Treasurer	Sue Olson
Membership Coordinator	Mary Belling
Newsletter Editor	Jim Ellis
Race Book Coordinator	Ann Guse

Regular membership was \$7.00 per year and student membership was \$4.00 per year. As it does today, the fee included the entire family. Monthly meetings were held at various restaurants on a rotating basis until mid-year, when a permanent meeting place was found. That was Bill and Chuck's Gateway Tap, 89<sup>th</sup> and Schlinger in West Allis.

### 20 Years Ago – 1985

President	Kevin Setnes
VP - Road Racing	Don Weyer
VP - Administration	Rosie Peterson
VP - Out of State	Bill Hauda
Secretary	Kris Clark
Treasurer	Bill Schauder
Membership Coordinator	Bill Schauder
Newsletter Editor	Natalie Werstein
Race Book Coordinator	Ann Guse

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.

### 15 Years Ago – 1990

President	Glenn Wargolet
VP - Administration	Kevin Christopherson
VP - Road Racing	Mike Proctor
VP - Out of State	Bill Hauda
Secretary	Kay Fronk
Treasurer	Sue Koch
Newsletter Editors	Nancy Rohde
Race Book Coordinator	Linda Andes-Georges
	Ann Guse

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.

### 10 Years Ago – 1995

President	Glenn Wargolet
VP - Administration	Bonnie Clarey
VP - Road Racing	Mike Proctor
VP - Programming	Paul Beck
Secretary	Kathy Behling
Treasurer	Dennis Novak
Newsletter Editor	Sam Martino
Race Book Coordinator	Wil Hentzen

Membership was \$12.00 per year and renewals were \$10.00. Monthly meetings were held at the Red Carpet, West Allis, 10901 W. Lapham St.



Disney Marathon 1995. Marcia Balthazor and Kerry Reinos were married at the finish line after completing the marathon in 4 hours and 51 minutes.

# RUNNERS BRING HOME THE BACON

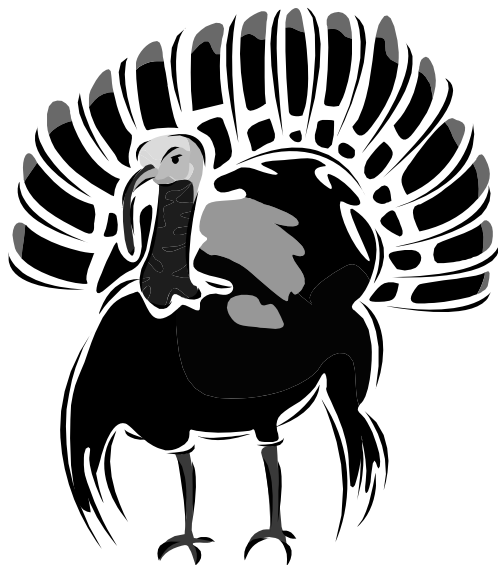
## (OR IN THIS CASE TURKEYS)

By Len Wachniak

This year's Badgerland Striders Turkey Trot was another hotly contested event on the seventh of November, back in 2004. With 40 turkeys up for grabs, all the runners were excited about their chances of taking home a prize for Thanksgiving. The weather once again cooperated, which made times faster than expected, especially for those who used their times from the week prior's Discovery Run to predict their Turkey Trot time..

The male winner in the 2 mile was Ben Van Male. Jean Lyons took the female trophy home. Runners within 16 seconds of their predicted times took home a full size turkey for their efforts.

The 15K race was even more eventful. Guillermo Acosta arrived just as the race was starting and runners passed him up as he was removing his sweats. There was excitement as the lead runners passed through the half way point because Gui-



lermo was right behind the leaders. He eventually caught up with and passed all the runners and won the race.

Lauren Jensen, fresh off a second place performance at Ironman Wisconsin, won the women's race.

Turkeys were awarded to those within 55 seconds of their estimated time.

I would like to thank all of the participants who came out for this year's race, and would like to especially thank all of the great volunteers who made this another successful race.

It has been a great pleasure working with everyone the last three years. I

wish good luck to Dave Fiegel, who will be taking over as race director next year. Perhaps I may be in the running next year for one of those coveted turkeys.

Len will be the new director of the South Shore Half Marathon beginning this year on April 9th.



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## How to Submit Materials for Publication

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

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

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

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

Send submissions to:

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

## How to Advertise

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

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

**Inserts:** We will take your prepared Race Entry Forms or Event Brochures and insert them into *The Strider* in advance of your event, so club members may have them instantly in hand. We presently need 2000 copies, although this may change according to our membership. We charge \$100.00 for the service, payable in advance. Inserts may be any size up to 8.5" x 11", and may be folded

**Deadlines:** We need to know your advertising plans by the first (1<sup>st</sup>) of the month preceding publication. Prepared ad copy by the 5<sup>th</sup>; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7<sup>th</sup>. Prepare cartons containing inserts by marking with a broad felt pen, "For *The Strider*, (month) issue."

To place an ad or insert contact Jeff or Betsy at [tstrider@wi.rr.com](mailto:tstrider@wi.rr.com) or phone 414-771-3165. Note: Emails are much preferred. Ad copy may be transmitted by e-mail to the above address or mailed to the above submission address.

**Payment:** Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to **Badgerland Striders** and mail to Jeff Weiss, 5310 W. Wells Street, Milwaukee, WI 53208.

For questions, or to arrange for an ad or insert, e-mail Jeff at [tstrider@wi.rr.com](mailto:tstrider@wi.rr.com) or phone 414-771-3165.

## Monthly Club Meetings

Badgerland Strider monthly meetings are held on the third Wednesday of each month (**Except December, July and August**) at the **Pettit National Ice Center**, 500 South 84th Street, Just off the 84th street off ramp of I-94. Pre-Meeting Run 5:30pm, Social hour at 6:30 pm, followed at 7 pm by a guest speaker or presentation, and a business meeting at 8 pm (Note: Use of the track on meeting night is free).

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.

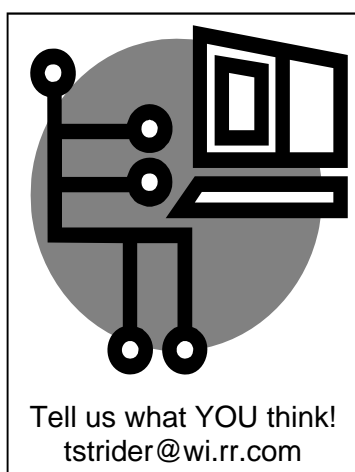
\* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

\* 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 (for Striders) or by annual pass. Runs begin in mid-November and go to mid-March or so, both depending upon weather conditions.

## Moving?

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

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Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

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<b>Samson Stomp</b>	Dick Menzel	<b>Jan 16, 2005</b> 414-383-1442
<b>John Dick Memorial 50K</b>	Craig Hopper	<b>Feb 12, 2005</b> 262-642-7237
<b>Steve Cullen Run</b>	Phil Carpenter	<b>Feb 12, 2005</b> 414-541-3086
<b>Shamrock Sprint</b>	Bill Jahnke	<b>Mar 12, 2005</b> 414-282-5702
<b>BLS Beginning Running Program</b>	Marty Malin	<b>Mar 29, 2005</b> 414-453-7326
<b>Strider 1/2 Marathon</b>	Len Wachniak	<b>Apr 09, 2005</b> 414-545-5899
<b>BLS Intermediate Running Program</b>	Marty Malin	<b>Apr 14, 2005</b> 414-453-7326
<b>Brown Deer 10K</b>	Andrew Delzer	<b>Apr 23, 2005</b> 262-306-1998
<b>Ice Age 50-Mile/50K</b>	Glenn Wargolet	<b>May 14, 2005</b> 262-628-3270
<b>Sarah's Stride - Hartfest 5K</b>	Pete Abraham	<b>May 28, 2005</b> 414-774-4580
<b>Superun 5k</b>	Bob Scherer Karen Van Rite	<b>Jun 22, 2005</b> 262-569-6732 262-786-8661
<b>Hales Corners Firecracker Four</b>	Doug Nelson	<b>July 4, 2005</b> 414-258-2325
<b>Cudahy 4mi &amp; 10M</b>	John Bell	<b>Aug 07, 2005</b> 414-327-5872
<b>Minooka Corn Roast</b>	Dave O'Brien	<b>Aug 03, 2005</b> 414-425-1309
<b>Strider 20K</b>	Julie & Dennis Wantland	<b>Sep 03, 2005</b> 414-264-9968
<b>Badgerland FX 12-24 Hr Run</b>	Marty Malin	<b>Sep 03, 2005</b> 414-453-7326
<b>Tosafest 5K</b>	Tom Davis	<b>Sep 10, 2005</b> 414-220-4220
<b>BLS Beginning Trail Running</b>	Marty Malin	<b>Sep 12, 2005</b> 414-453-7326
<b>Komen Race for the Cure</b>	Karin White	<b>Sep 18, 2005</b> 414-961-0116
<b>Al's Memorial 8K Run</b>	Jeff Weiss	<b>Sep 24, 2005</b> 414-771-3165
<b>Lakefront Marathon</b>	Kris Hinrichs	<b>Oct 02, 2005</b> 414-291-0368
<b>Glacial Trail Run</b>	Tom Bunk	<b>Oct 09, 2005</b> 262-392-2506
<b>Lakefront Discovery Run</b>	John Cornell	<b>Oct 29, 2005</b> 414-967-9657
<b>Turkey Trot</b>	Dave Fiegel	<b>Nov 06, 2005</b> 414-545-5899

# COMING EVENTS

? Indicates a Tentative Event or incomplete data

Jan 29, Sat

**CELLCOM GREEN BAY MARATHON TRAINING R/W** Green Bay  
8:05am. Washington Commons food area. **Note** Series of weekly runs from 1/15 thru 5/13. **Contact** Kristin Bouchard Previa Clinic. Day 920-429-1762 previa.com

Jan 30, Sun

**? RUN ON WATER** Bayfield  
5mi 11am reg 9. to Madeline Island on "ice road". **Note** Call - scheduled in mid-Jan. Probably in Feb. **Awds** 2/div. **Fees** \$20-\$25. **Perks** TS, hot chocolate, snacks. **Contact** Sarah Ahlquist Day 800 447-4094 or 715 779-3335

Feb 3, Thur

**WINTER ADVANCED RUNNING PROGRAM FOR ADULTS** West Allis  
6:30-7:20pm. Pettit 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 Pettit, H2O bottle. **Contact** Marty Malin 414 453-7326 4runners@merr.com www.badgerlandstriders.org

Feb 5, Sat

**CELLCOM GREEN BAY MARATHON TRAINING R/W** Green Bay  
See listing January 29.

? **OLDE TOWNE SNOWSHOE RACE II** Greenwood

**BADGER STATE GAMES SNOWSHOE RACING** Wausau

5k, 1mi, kids 200m, 4x100m co-ed relay, 4x200m relay, mountaineer, 5mi. John Muir MS, Rib Mtn. SP. **Note** also 2/6. **Contact** Badger State Games Day 608-226-4780 sportsinwisconsin.com

Feb 9, Wed

**PACESSETTERS FUN RUN/SNOWSHOE** Appleton  
TBD, 5:30pm. Reid club house, 1100 E Fremont St. **Note** if no snow, will r/w. **Divs** none. **Awds** none. **Fees** free, open to public. **Perks** snacks, bev. **Contact** Day - Sandra Thein 920-729-5250 Eve - Anne 920-734-4004 pacessettersrun.com

Feb 10, Thur

**WINTER ADVANCED RUNNING PROGRAM FOR ADULTS** West Allis  
See listing Feb 3rd.

Feb 12, Sat

**STEVE CULLEN HEALTHY HEARTS CLUB RUN** Wauwatosa  
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 un-scored. **Awds** 8k 3/div. **Results** posted, Strider. **Perks** LSTS, beer, soda, fruit, chili, fireplace. **Records** 26:01 Peter Sell '98, 28:40 Mary Knisely '98. **LastYr** 475. Kyle Moss, Heather Haviland. **Contact** Phil Carpenter 2419 S 79th St West Allis WI 53219. Eve 414-541-3086 carpntr@aol.com BLS

**VALENTINE DAY 5K RUN** DePere

5k 8am, reg 6:30. WalMart. **Note** flat, fast. **Divs** 8-, 9-10, 11-12, 13-19, 5yr, 80+. **Awds** 1/mf. **Whchr** 3/mf. **Results** yes. **Fees** \$14, \$10ea family of 3+. **Perks** SS, goody bag, cheese heart. **Contact** Gloria West Day 920-347-3401 Eve 920-562-1885 midwestsportsevents.com

**CELLCOM GREEN BAY MARATHON TRAINING R/W** Green Bay

See listing January 29.

**VALENTINE'S 5K** Madison

Madison's Hottest 5K! 11am, reg 9:30am, UW Natatorium, \$5 individual, \$8 one male plus one female teams. Post-race refreshments, door prizes, and place-division awards provided. Registration is day of race. No preregistration.

**NEW WORLD SNOWSHOE CHAMPIONSHIPS** Luck

20, 10, & 5k 10am. golf course. Note USSSA qualifier. **Contact** Larry Linder. Day 715-472-8231 newworld@lakeland.wi.us

? **MOSQUITO HILL SNOWSHOE RACES** New London

9:30am, Nature Center, 200-meter children's race for students age 10& under, ribbons to all finishers. 1 mile, 4 mile and 8 mile events for all ages will follow. BYO racing snowshoes or rent a pair for a small fee on the day of the event. Cost is \$2.50 for the children's race, \$5.00 for participants in the one mile event and \$7.00 for the four & eight mile races. 920-679-6433, swifkamd@co.outagamie.wi.us

Feb 13, Sun

**BELOIT YMCA INDOOR TRIATHLON** Beloit  
450yd/5mi/3mi 8am. **Fees** \$20, \$40/team. **Perks** LSTS, awards, hospitality. **Contact** Dave Hach YMCA 1865 Riverside Dr Beloit WI 53511. Day 608 365-2261

Feb 16, WED

**BADGERLAND STRIDERS MEETING** West Allis  
6:30pm, Pettit Ice Center, 500 S 84th St, Guest Speaker: Roy Pirrung

Feb 17, Thur

**WINTER ADVANCED RUNNING PROGRAM FOR ADULTS** West Allis  
See listing February 3rd.

Feb 19, Sat

**BOOK ACROSS THE BAY SNOWSHOE** Ashland  
10k 6pm. **Awds** yes. **Fees** \$15, \$10 kids, \$35 families. \$20, \$12, \$40 after 2/4. **Perks** prizes, food, music, TS \$2 extra. **Contact** Book Across the Bay PO Box 307 Ashland WI 54806. Day 800-284-9484 baib.org

**CELLCOM GREEN BAY MARATHON TRAINING R/W** Green Bay

See listing January 29.

Feb 20, Sun

**WI USATF INDOOR CHAMPIONSHIPS** Kenosha  
55, 55 Hurdles, 200,400,800,1600,5000,4x400,Pole Vault, Shot Put, High Jump, Triple Jump, Long Jump, Hammer. Carthage College fieldhouse. **Note** 10am field events 11-4 track. **Divs** year born-87-88, 89-90, 91-92, 93-94, 95+, open, masters. **Awds** 3/div. **Whchr** please call. **Fees** \$6 bantam, midget. \$10/others. USATF card reqd: \$10 youth (under 18), \$17 adult. No dayof. **Contact** Tom Willis Day 920 458-3519 wiusatf.org

Mar 12, Sat

**Shamrock Sprint** Milwaukee

Mar 29, Tues

**BLS Beginning Running Program** Milwaukee

## COMING EVENTS COMING EVENTS COMING EVENTS

### John Dick Memorial Pre-Race Review

(Continued from page 1)

Across the county road and into the hardwoods, I think of my dare to Cyndi that she run in front of me in the dense habitat of the owl, so when he dives, his wing feathers brush her ears, and both sides of her exposed neck. I shudder at the thought, and the anticipation.

Sadly, I realize we are not in the dense pines and spruces that the owl would prefer for both warmth and cover at this hour of the morning.

Sadly, too, Cyndi isn't here.

I burn my small flashlight constantly near the turnaround so I don't chance missing the mark. I've tried to save batteries by flashing it on for only a second or two, then relying on my visual memory for several seconds before repeating the cycle. Starshine is sufficient to make out major features, but I need the flashlight to avoid protruding branches, roots, and logs. My hand-held light is dimming in the cold, but I'm not worried. I have fresh batteries in a pouch next to my stomach, as well as a separate penlight to help me change batteries if necessary.

The turnaround is marked by a large circular arrow painted in the snow. I stride past the arrow to see whether there are other features. I've seen yellow pee stains where runners decided to stop there in past years. No, I've gone far enough. The snow is ankle deep.

Back on the trail, I'm surprised at the change of wind velocity. Not bad in the woods; it would be worse on the roads. Skedaddle up the long hill, and around the bends where I saw deer tracks last year – would you believe it – this big buck walked RIGHT IN my footprints before he left the trail without hurry, toward the west. No, I didn't see that he was a buck, except for the size of his hooves. Let's face it, I was in his territory, and he knew just where to go. I saw nothing of him but his tracks.

There is a magic time just before dawn, in any overnight event, when you sense that even though your batteries are low, or cold, that you may be able to see well enough to navigate on your own. You may think your eyes are becoming accustomed to the darkness. Perhaps, in the moon's absence, it's the star-shine, or sky-reflected light from one of the distant cities that is providing illumination. Then, looking around, you sense that the sky is a little lighter toward the east. Dawn will come soon.

I purposely don't shine my light again. I can't see

detailed objects; just the light and dark areas that delineate the trail. Still, I've been over it before. I know there are no obstacles. The light preceding dawn is sufficient.

Another human appears. He or she is disguised under a fuzzy cap. It turns out to be Lorraine, and she tells me how well I'm running and how great I look. She makes me feel good. I thank her but wonder later, "Can all that really be true?" What a sweet-heart.

Other early starters appear in the morning light. Kris, Paul, Brigitte and others. Oh-oh. I'd better keep running to look good. Hopefully, with my prior start, I'll be able to finish along with some of them.

It's always inspiring to meet the first-runners – that is, the *fastest* – runners in the club, and on earth.

There's always one young leader out to prove himself. Soon after him, I see Dave and Rick. I always wonder how runners can talk while running difficult trails in snow. Kevin and Steve may use this run to catch up on life's progress. Tom runs right behind the younger guys. Ann leads the women's race.

Here comes Jack from the big city, whom I see once a year. He always runs with a group.

"Hi, Dave."

"Hi, Jack."

"Hey, lookin' good."

"Thanks, you too. How ya doin'?"

"Doin' OK. Good to see you."

"You, too. See ya later."

Jack and I had exactly the same conversation last year. I wonder what he does in real life.

In the next wave of runners I see . . . TA DA, there she is, Miss Ultra America! Here is my distant and inaccessible love. Our voices squeal with shameless delight, and in the morning light I get my first hug of the day. Our feet make scuff marks in the snow.

It's a tough job (to stay ahead of the leaders), but somebody's got to do it. I slog and run, and measure my time when I am first passed.

It's a *telling* time – not for them, but for me.

Early arrivals at the aid station find it's not set up so much for the runners as for

the volunteers. As in the Three Bears story, liquids are served too hot or too cold – seldom just right.

Not a problem. I'm an early starter, and it looks like the sun might come out. I can wait for my drink to reach a safe temperature, while enduring the jokes and verbal abuse of Doug, Henry, and the rest of Craig's tightly-knit and choreographed team of twelve. Hmmm, isn't that a whole football team?

Some disadvantages of being an early starter are the darkness, the cold temperatures, and the closed gate (figuring mileage from a different starting point). Some might say running alone is a disadvantage as well.

There are also *advantages*, such as being the first foot on the trail. Churning up miles before the trail is churned. Getting your run in before the rise in temperature makes it slippery.

For me, it's also being able to finish with the others, have some chili and homemade bread, and a lot of other good food, and friendship.

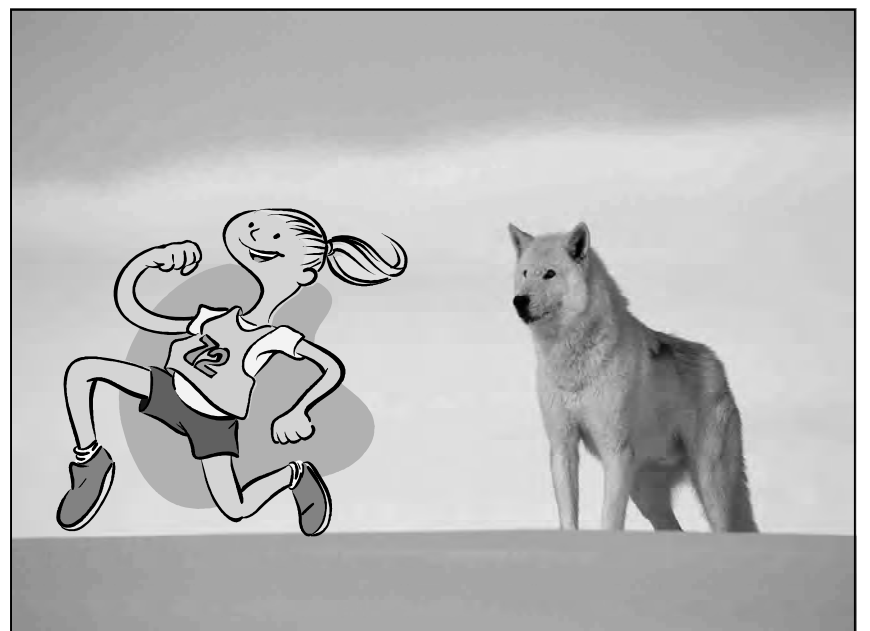
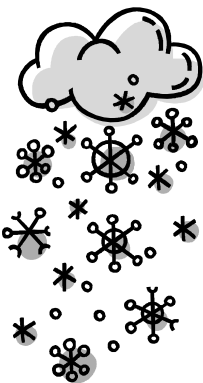
Sadly, I didn't see last year's owl or buck.

Sadly, Cyndi wasn't there either, to anticipate the wind from the owl's dark and silent wings.

But with the benefit of my early start, I was able to get a really good hug, and another, and then finish with the rest of the runners, eat chili and bread, and drink some beer.

I thank RDs Craig and Mary Hopper for their assistance and hospitality. I accept a bag of garbage in my truck, as park rules say we need to truck it out on our own.

The sun is up. The snow is melting. Our telltale footprints, yellow stains and scuff marks in the snow



# MAKING DUST

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

## BADGERLAND STRIDERS LAKEFRONT DISCOVERY RUN

Saturday October 30, 2004

### 15-K

Scoring by Badgerland Striders Scoring Team

First Male	1	50:57	KURIAN JOE	F30-34	102	1:08:39	TREDER ROBIN
First Female	16	58:08	MCMAHON DOT		115	1:10:15	LUND HEIDI
OVR TIME					146	1:11:37	MEIER MICHELLE
F15-19					198	1:13:59	WANKOWSKI JULIE
229	1:15:26		KONDRACKI KRISTINE		223	1:15:08	SKOWLUND MELISSA
389	1:23:57		QUINLEAVAN MEGAN		260	1:16:58	BESCH-REINKE SARAH
559	1:35:26		MAMEROW MARA		270	1:17:37	ROBERTS HEIDI
F20-24					271	1:17:37	NEWMAN AMY
41	1:02:07		WHITING ELIZABETH		274	1:17:41	HECKEL KELLINE
103	1:08:42		LEWIS AUDREY		275	1:17:43	MURPHY HEATHER
169	1:12:52		MCAVOY MEGAN		290	1:18:49	JENS MICHELLE
175	1:13:09		HORST AMY		309	1:19:48	ANDERSON ROBIN
192	1:13:41		ANTONIA AMBER		314	1:20:02	GARDNER MICHELLE
					329	1:20:55	HOFFMAN MICHELLE
					353	1:22:20	GUMINA ANDI

333	1:21:02	KLAWITTER CHRISTIN	506	1:09:00	SPELLMAN CARYN	741	1:28:14	WISNIEWSKI KIM
340	1:21:32	RADDANT MEG	507	1:09:13	YDE SUZANNE	743	1:28:20	STEFANIAK CHRISTIN
355	1:22:23	KOVARA AMY	512	1:11:03	RYTMAN KATHLEEN	749	1:28:39	POLZIN JILL
367	1:22:51	STEMO ANGELA	518	1:11:39	KRANINGER CAROL	748	1:29:06	SUTTER MARY PAT
381	1:23:36	JANTE MOLLY	518	1:13:25	PFUNDT DOROTHEE	748	1:29:11	BARNES SALLY
431	1:25:45	NORTHUP MELISSA	519	1:13:45	THORBURN JULIE	751	1:31:05	CLINGAMAN SHELLEY
436	1:25:56	STRACHOTA TRACY	521	1:15:06	PAULSON JULIE	754	1:31:08	KOCH SALLY
441	1:26:17	FROHNA PATRICIA	530	1:15:31	FLAWS MARY	753	1:32:34	BLOMMER DEB
456	1:27:13	PROFT LINDSAY	564	1:17:16	MERKEL CHRISTINE	756	1:32:44	KLEIN TAMARA
475	1:28:33	PRIEFER KELLY	568	1:17:22	MAKOVER TAMMY	758	1:32:49	KRUMPELMANN PAM
481	1:28:55	ANDIS LAURA	589	1:18:48	JUZENAS KRISTIN	786	1:38:32	KAROL KOSHAK
496	1:29:29	FOXEN KIM	594	1:18:56	WESTRICK KRISTIN	792	1:39:18	RYLE SUSAN
519	1:31:33	ZBILICKI SANDRA	595	1:18:59	KEHOE MICHELLE	794	1:39:48	NICORA SYLVIA
535	1:32:41	SCHLADWEILER JODIE	601	1:19:20	SPRAU ANGELA	797	1:40:20	WANDLER ANNE
537	1:32:49	SWENDROWSKI CARRIE	616	1:20:11	JACK CHRIS	801	1:40:41	WANGARD JEAN
542	1:33:28	RAUWERDA CHRISTY	631	1:20:57	ZIPPERER CHRIS	818	1:47:31	WAHLEN LAURA
552	1:34:21	BURNETT KATY	634	1:21:03	RAUCH ALLISON	828	1:52:07	MEIER DEANNE
561	1:35:42	DAVIS MEGAN	637	1:21:19	LUEBKE AMY	841	2:01:10	WAGNER JANINE
581	1:37:50	RUTKOWSKI LYNN	643	1:21:50	SAUNDERS TAMMY	843	2:01:10	HOLMAN JODI
608	1:43:19	DUNPHY ANN	660	1:22:36	JOHNSON JENNIFER			
631	1:55:57	NATOLI GINA	662	1:22:40	HELD JANELL	F45-49		
635	2:00:39	ANADELL JENNIFER	664	1:22:47	WONG BETH	135	1:11:10	PETAK KIM
637	2:01:07	PERRYMAN SARAH	665	1:22:48	JACOBSON CARRIE	243	1:15:54	VAN THIEL KATHLEEN
			668	1:22:57	JUZENAS KRISTIN	302	1:19:22	SLIND PEGGY
			669	1:23:00	IGGULDEN SHARON	325	1:20:45	GREINER AMY
			670	1:24:59	HENDERSON BARBARA	350	1:22:02	KUHN CAROL
			671	1:25:14	KURTZ LINDA	361	1:22:37	KRAUSE ANN
			672	1:25:36	DOHR LESLIE	446	1:26:35	SHERBURNE EILEEN
			673	1:25:47	CAREY KIMBERLY	453	1:27:00	FRIGERIO GLORIA
			674	1:27:30	KAPPES KERRY	458	1:27:19	WYSOCKI MARY
			675	1:28:17	STEFANIAK SHELLEY	474	1:28:32	BARON JULIE
			676	1:28:36	HEMING LISA	512	1:31:00	ANSTEDT ROSE
			677	1:29:03	FRIGO LEA	528	1:32:26	MEYER KIM
			678	1:32:55	BRUNNER LAURA	547	1:34:09	OSTERMANN GAIL
			679	1:32:55	O'NEIL BRIDGET	550	1:34:12	SCHANTZEN BARB
			680	1:33:45	SCACCO MICHELE	571	1:36:36	KOEHLER BRENDA
			681	1:33:54	RAKOWSKI PEGGY	588	1:38:40	CURRER CHERYL
			682	1:35:00	ZEHREN JESSICA	598	1:40:39	FINK SUSAN
			683	1:35:13	MCCONNELL CATHERIN	605	1:42:11	GRAHAM ROBIN
			684	1:36:35	ACKLEY LIESL	606	1:42:16	NARR MELODY



**Joe Kurian leads the pack near the 7 mile mark of the 2004 Lakefront Discovery Run**  
Photos by Jeff Weiss

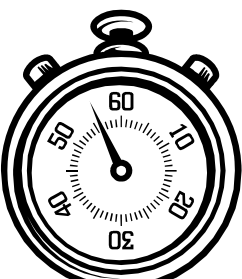


**Dot McMahon set the mark by breaking the Womens course record in a time of 58:08. She is shown here near the 3 mile mark.**

193	1:13:42	BRAYTON ABBY	397	1:24:48	SWENSON TINA SWENS
250	1:16:13	KOENITZER MARIKA	398	1:24:51	DIFONZO KAREN
293	1:18:55	LAY CHRISTINA	418	1:25:24	HEYROTH STEPANIE
313	1:20:00	BRINKMAN LARA	428	1:25:41	HUGHES SUSAN
339	1:21:21	COWAN LORI	454	1:27:00	BECKER MARY
345	1:21:54	JACKSON NICOLE	459	1:27:21	EDER KATE
359	1:22:33	ARGALL TARA	470	1:28:11	KAMM KATHRYN
371	1:23:01	WILSON DAWN	476	1:28:34	ALTORFER ELIZABETH
379	1:23:34	WUBBEN JESSICA	499	1:29:40	MOXOM CHRISTIE
392	1:24:07	DUGAN CARRIE	502	1:29:55	WHITE KIMBERLY
413	1:25:12	FRANTZ ERIN	503	1:29:58	MILLER KATHLEEN
435	1:25:56	RAVET JULIE	506	1:30:21	TOLLEFSON KIM
460	1:27:28	LAUER COURTNEY	518	1:31:28	MUDERLAK SHANNON
461	1:27:29	LAUER KIMBERLY	523	1:31:38	STAUDE RUTH
486	1:29:10	SKIBA JENNY	524	1:31:40	HAPP SUE
489	1:29:12	ZIMMERMAN CYNTHIA	525	1:31:52	CURTIS ANNE
500	1:29:51	LOCHER ELIZABETH	562	1:35:48	ETZEL KELLY
549	1:34:11	MNUK ANDREA	578	1:37:04	BRAUN KATHRYN
603	1:41:44	ROCK ANDREA	582	1:37:53	CADOTTE LISA
604	1:42:06	MASONBRINK ABBEY	589	1:38:42	MARINACCIO MELISSA
632	1:55:58	THOMAS ABBY	602	1:41:40	NAGEL TAMMI
636	2:01:07	PERRYMAN MEG	607	1:42:20	REESE TRACY
			629	1:52:25	HORNER ELIZABETH
			634	1:59:23	LAWLESS JESSICA
F25-29					
16	58:08	MCMAHON DOT	F35-39		
77	1:06:25	WEBER MICHELLE	59	1:04:23	SMITH CAROLYN
91	1:07:49	KURIAN AIMEE	98	1:08:27	EIFER CHRISTINA
105	1:08:56	SCHREINER LISA			
202	1:14:06	MAJEWski KIMBERLY			
209	1:14:38	SCHMIDT NICOLE			
300	1:19:19	DOLAN JENNIFER			
304	1:19:36	FOSTER MAURA			
307	1:19:45	WEYER JESSIE			
308	1:19:46	MAHER JILL			
328	1:20:52	BOETTCHER KELCY			

573	1:36:44	SMITH CINDY			
587	1:38:37	TESKE ANGIE	F50-54		
590	1:39:03	MCADAMS GINNEY	144	1:11:33	JEWELL BARB
599	1:40:40	DZIABA MICHELE	238	1:15:49	KOLEAS SUSAN
613	1:45:52	KAUFMANN JULI	277	1:17:48	SANDLIN NANCY
616	1:46:58	GOULD KRISTINE	354	1:22:21	SCHRAMM CINDY
			374	1:23:25	BREIHAN CHRISTY
			403	1:25:00	ZACHER PEGGY
			491	1:29:13	MICHALOWSKI CHERIE
			529	1:32:27	WUCHERER SUE
			532	1:32:32	THEIS SHIRLIE
			545	1:33:52	BATES JESSICA
			560	1:35:26	TREMEL BARBARA
			564	1:35:58	WICHTOSKI LUCY
			574	1:36:48	GRANGER LORNA
			610	1:44:09	PULKOWSKI LINDA
			625	1:51:12	HECHT CAROL
			639	2:01:09	MAYNARD PATTI
			642	2:01:10	REECK JULIE
			F55-59		
			439	1:26:10	WEYER JAYNE
			630	1:52:56	TRIES JEANNETTE
			F60-64		
			358	1:22:31	IMMS JOY
			382	1:23:37	BIRK NANCY
			611	1:45:02	LESAGE KAREN
			626	1:51:16	BALTHAZOR MARCIA

(Continued on page 12)



**The Most Times are in 'The Strider'**

# MAKING DUST

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

## LAKEFRONT DISCOVERY RUN 15-K continued

(Continued from page 11)

F70-99		
638	2:01:09	REINHARD AGNES
M00-14		
141	1:11:27	ERSCHEN JACOB
161	1:12:19	RORABECK BRIAN
348	1:21:56	JONES CHARLIE
383	1:23:37	WAHLEN KEVIN
M15-19		
35	1:01:41	GONZALEZ ADAM
111	1:09:47	CUMISKEY DANIEL
154	1:12:03	HAGAN BRIAN
M20-24		
2	51:43:00	KEHOE RILEY
4	55:12:00	TUPTA MATT
60	1:04:25	MCARDLE NATHAN
86	1:07:37	TURNER ANDREW
110	1:09:45	ZELLER KYLE
112	1:10:02	AMSDEN MIKE
201	1:14:03	RUSSO ANTHONY
245	1:15:57	SIEBENALER JOSEPH
330	1:20:56	HICKMAN REID
346	1:21:55	GELHAAR TREVOR
404	1:25:01	PELLINGTON ANDREW
405	1:25:04	LIEBETRAU JOSEPH
417	1:25:24	BANNER ROBERT
433	1:25:53	BRUMMOND CARL
497	1:29:29	RIBBICH MICHAEL
M25-29		
1	50:57	KURIAN JOE
6	56:00	MILLER JUSTIN
9	56:27	LARSEN MATTHEW
17	58:15	BZDUSEK PHILIP
23	1:00:01	FEUDNER JASON
25	1:00:41	KURIAN JASON

38	1:02:02	BZDUSDO PETER
50	1:03:38	GRIESSMEYER CLAYTO
55	1:04:11	BARRETT THOMAS
65	1:04:52	HEINTZ ANTHONY
80	1:06:54	GRANZIN KEITH
99	1:08:28	YUNK DENNY
113	1:10:07	CLAUSS MARK
128	1:11:00	BRUST CHRISTOPHER
130	1:11:04	STREBE CORY
145	1:11:34	SCHMIDT CORY
159	1:12:10	SMITH PETER
162	1:12:20	WICHTOSKI ERIN
190	1:13:39	MCKIM SEAN
207	1:14:20	KRINN RONALD
217	1:14:56	BERQUIST MARK
241	1:15:53	BARTZ MATT
253	1:16:26	NOEL MARK
254	1:16:31	JUBECK ALICE
265	1:17:18	PALOMO CESAR
278	1:17:53	SOUTHCOFF MATTHEW
296	1:19:08	SOLIS CARLOS
311	1:19:52	SCHARNOTT ROB
326	1:20:47	HALSMER MATTHEW
366	1:22:49	LESTER CLINT
393	1:24:20	CHOREN A.J.
407	1:25:05	EWING JAMES
415	1:25:20	KOERTEN MATTHEW
494	1:29:24	HAMMEN JUSTIN
495	1:29:26	HABLE DANIEL
498	1:29:30	LOPEZ CASEY
520	1:31:37	THOMAS LUCAS
526	1:31:52	GILSDORF JOSEPH
569	1:36:16	VALENTINELLI MARIO
584	1:38:11	IRELAND ROB
596	1:40:19	SCHARDT KEITH
620	1:47:59	PETERS LINDSAY
M30-34		
3	55:08	DALTON WAYNE
5	55:42	ACOSTA GUILLERMO
8	56:14	BINNEBOSE COREY
13	57:23	SVEUM MATT
26	1:00:42	PRATER RODNEY
31	1:01:14	ANDERSON CORY
36	1:01:46	BARBIERI JOEL

39	1:02:02	BRUST JOHN
45	1:02:25	KENNEDY SEAN
53	1:04:01	PAULL STEVE
54	1:04:05	DRUMM ERIC
57	1:04:16	KAJFOSZ CHRIS
61	1:04:25	KUBICKI STEVEN
62	1:04:27	FLUGSTAD BJORN
71	1:06:05	MERTES RICH
74	1:06:16	KREMS SCOTT
92	1:07:55	NOVAK SCOTT
126	1:10:57	HALL JEFF
138	1:11:16	BORDWELL CHAD
139	1:11:21	FREI R
155	1:12:03	BREWER GLEN
165	1:12:27	HUTCHINSON WILLIAM
167	1:12:48	SHUKAN EVAN
173	1:13:06	VALE JOE
174	1:13:06	BEHNCKE ROBERT
184	1:13:29	KRAMER JEFF
191	1:13:40	CARLSON BRUCE
199	1:14:02	HAMMERLUND PATRICK
216	1:14:55	STONEFIELD ANDREW
226	1:15:17	KRYGIEL JEFF
252	1:16:19	QUINN NOEL
256	1:16:44	WATZKA PAUL
284	1:18:13	BLOUGH BRIAN
285	1:18:29	BODEWES JOS
291	1:18:50	HUHN PAUL
298	1:19:14	BRADLEY ERIK
310	1:19:51	CASTELIC CARL
322	1:20:37	HALLING ERIK
356	1:22:23	JERARD SCOTT
373	1:23:03	KNEELAND JON
457	1:27:18	MARESI GEORGE
464	1:27:40	JIRSCHEL JON
468	1:28:05	RUNNOE HERB
478	1:28:36	SCHULTZ JEFFREY
488	1:29:12	PEDERSEN JOHN
511	1:30:58	VANDE BERG TRAVIS
531	1:32:29	GARDER JOHN
541	1:33:25	KNOX CRAIG
566	1:36:05	POULOS DEAN
577	1:36:58	ALFANO MAX
583	1:37:57	MILCZAREK ANTHONY
633	1:59:06	THOMAS MATT

27	1:00:47	HECKMAN CHAZ
28	1:00:53	KIRSCHBAUM JIM
40	1:02:05	HELF ROBERT
46	1:02:28	LINSER MARK
66	1:05:07	SEEGERT BRIAN
68	1:05:48	OLDSON PAUL
69	1:05:52	ABRAHAM BRENT
72	1:06:11	WELLS BRADLEY
73	1:06:16	KUZBA TONY
83	1:07:25	HARRIS GEOFFREY
87	1:07:42	THOMPSON DEAN
88	1:07:46	BARDEN TODD
109	1:09:31	WOOLEY DARRYL
114	1:10:11	SPARKS TROY
120	1:10:50	RENICK DAVE
123	1:10:52	TESSLER DANIEL
124	1:10:55	HALFENGER MIKE
125	1:10:56	LATELL SCOTT
136	1:11:13	EMANUELSON JOHN
137	1:11:15	THOMPSON DAVID
156	1:12:05	SZIDON DANIEL
158	1:12:07	LARKIN DWIGHT
163	1:12:22	TAYLOR TIM
172	1:13:02	JOHNSON ERIK
187	1:13:35	HEYROTH STEPHEN
197	1:13:55	BIRK TROY
205	1:14:12	ZALE THOMAS
228	1:15:23	CASPER PETER
239	1:15:50	MCCONVILLE CURTIS
240	1:15:51	WEGNER TIM
249	1:16:10	FULLER ALONZO
279	1:18:04	ANTON KELLY
317	1:20:18	FROHNA TOM
320	1:20:27	BITTNER JAMES
349	1:21:57	SPRAU JEFF
352	1:22:19	ADAMSKI DAVID
380	1:23:35	DIETZLER DAVID
412	1:25:12	DOWNING JAMIE
442	1:26:18	CLEMENT ED
455	1:27:02	BRADY TIM
504	1:30:20	MANNINEN PEKKO
505	1:30:20	REESE RICARDO
515	1:31:09	JANKOWSKI TODD
516	1:31:13	ZEHREN DEAN
565	1:36:04	SZMANIA STEVEN
591	1:39:17	FIX RICHARD
593	1:39:19	DAVIS DONALD
609	1:43:32	JONES JOHN

(Continued on page 13)



## The Most Times

## are in 'The Strider'



# MAKING DUST

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

## LAKEFRONT DISCOVERY RUN

15-K

continued

(Continued from page 12)

M40-44

10	56:35	DEHART DAVE
15	58:07	BORNHUETTER DAVE
19	58:37	WOODY TOM
20	58:40	STEFANOVIC RICK
37	1:01:54	JACKOYO SAM
43	1:02:20	RICKER JIM
48	1:03:18	BIESER DAN
49	1:03:37	CELENTANO DOMINICK
56	1:04:15	COOK DAVID
67	1:05:37	SANBORN ROBERT
70	1:05:59	HUDLETT CHUCK
75	1:06:17	TAYLOR BRIAN
85	1:07:31	LAHEY DAVE
90	1:07:48	MYERS JAY
94	1:08:09	BRENNAN MICHAEL
95	1:08:15	RONAYNE BOB
96	1:08:18	CLARK TODD
97	1:08:25	DENK TOM
117	1:10:23	EHLERS GREGG
122	1:10:52	JOHNSON STEVE
131	1:11:05	ERSCHEN DAN
140	1:11:24	SIMOS GEORGE
143	1:11:31	FLUET DANA
151	1:11:51	RICHIE JIM
152	1:11:51	MASTAW KEVIN
153	1:11:57	DEELY JOHN
166	1:12:37	HORWATH JEFF
171	1:13:01	RORABECK PATRICK
177	1:13:18	MOON RICK
178	1:13:20	ANSTEDT NICHOLUS
179	1:13:23	F MARK
186	1:13:34	ZALEWSKI GEORGE
189	1:13:36	GRIFFEY DENNIS
219	1:15:02	REGAN JOE
222	1:15:07	NEHR WILLIAM
248	1:16:02	SUSEK SCOTT
258	1:16:47	HUGHES MARC
269	1:17:27	WALTER PATRICK
272	1:17:38	PRINGLE PATRICK
276	1:17:44	MURPHY MICHAEL
280	1:18:05	COX RICK
288	1:18:44	KRUMENAUER JEFF
297	1:19:13	NITZ JONATHAN
332	1:21:00	KORJENEK DENNIS
335	1:21:07	MERRILL MICHAEL
344	1:21:53	SPILE TIM
351	1:22:16	MORTON DAVID
357	1:22:27	MCCARTHY ANDY
363	1:22:42	GOBELI SCOTT
372	1:23:02	KLEIN PETER
375	1:23:28	YANISCH TOM
376	1:23:30	MARKWIESE DAVID
385	1:23:42	LEWIS PHIL
386	1:23:43	SMEDINGHOFF GERRY
387	1:23:44	DOLEJS RAYMOND
395	1:24:46	FIEGEL DAVID
409	1:25:10	CARAGNER JAMES
420	1:25:29	FRIGO LOU
421	1:25:33	NAPPER TOM
434	1:25:54	FRIGO FRED

M45-49

30	1:01:09	COSTIGAN MICHAEL
32	1:01:27	MOORE RICH
33	1:01:32	HARRIS DAVE
34	1:01:36	PICKERING DUANE
47	1:03:06	CUMMINS JAMES
51	1:03:39	MEGAN JOHN
58	1:04:21	SCHULER TOM
100	1:08:30	URBAIN JAY
104	1:08:54	WOLFMAYER KEVIN
127	1:10:58	ITZOV TED
132	1:11:06	OLSZEWSKI KEN
134	1:11:09	OSIECKI JOHN
142	1:11:30	SZYMANSKI STEVE
149	1:11:40	DRITLEIN DUANE
188	1:13:35	BECWAR JOHN
195	1:13:44	MIDDLETON GARDAR
203	1:14:07	GILMORE JIM
204	1:14:09	GRAHAM JOHN
218	1:15:00	ANDERSON BRANT
220	1:15:02	GRIFFHORN MICHAEL
224	1:15:09	PATRICK RANDY
227	1:15:18	WOODUSHEK CHRISTOP
234	1:15:42	JACKSON WILL
244	1:15:57	TUMPANE TIM
273	1:17:39	FEERST DAVID
281	1:18:08	DUNNING MARK
282	1:18:08	TURNER JEFF
286	1:18:31	ROZNOWSKI JEFF
299	1:19:15	MOTT DAVID
305	1:19:43	WICHERT TOM
321	1:20:30	WALL JON
327	1:20:50	TATE DUANE
370	1:23:00	KNIGHT TERRY
377	1:23:30	TAIVALKOSKI PAUL
390	1:24:01	QUINLEVAN PATRICK
391	1:24:04	HANNA DENNIS
394	1:24:44	STONE LARRY
399	1:24:53	KROEMER THOMAS
401	1:24:57	STEIN STEVE
425	1:25:38	KOLEAS JOHN
427	1:25:40	PIASINI LARRY
437	1:25:59	JONES MIKE
449	1:26:43	THOMSEN ROBERT
450	1:26:48	HABERMAN GLEN
451	1:26:50	FOY MICHAEL
452	1:26:51	FOY PETE
480	1:28:54	ODONER JACK
493	1:29:19	PETERS ANTHONY
501	1:29:52	WENZLER JIM
530	1:32:28	KAISER KURT
534	1:32:37	BLOMMER RICK
551	1:34:12	LENGELL ROB
553	1:34:28	SHAILOR JONATHAN
556	1:35:12	RAKOWSKI TONY
558	1:35:23	MAMEROW MARK
563	1:35:58	ADAMS DAVID
595	1:39:54	PANNIER JAMES
623	1:50:33	MEDDAUGH MARK
624	1:50:34	THOMAS THOMAS

M50-54

21	59:31	ERHARDT RON
22	59:42	MCCARTHY JOHN
24	1:00:03	KMIECIK PAUL
42	1:02:10	WOODARD JAY
44	1:02:24	SULLIVAN PATRICK
78	1:06:37	CUMMINGS MARV
81	1:07:17	DAVIS LAYNE
89	1:07:47	WUBBEN ROBERT

101	1:08:31	KHATCHADOURIAN ABI
108	1:09:30	BELL JOHN
116	1:10:19	KOEBERT ROBERT
119	1:10:32	HANSEN BILL
121	1:10:51	KOLATA STEVE
133	1:11:09	LABUDE PETER
147	1:11:38	JAHNKE WILLIAM
160	1:12:16	KEHOE JIM
164	1:12:25	QUILES NELSON
176	1:13:13	THEIS JEFF
182	1:13:25	RODAHL JAY
185	1:13:33	SIPEK MARK
194	1:13:43	SHOEMAKER DENNIS
206	1:14:15	LENGLING KEITH
210	1:14:40	KRAJACIC JEFFREY
212	1:14:44	WICHTOSKI ALAN
213	1:14:50	WALKER DON
231	1:15:33	BATCHEN ALLISTER
232	1:15:36	CASTRO LEONEL
233	1:15:38	MERYERS CHRIS
235	1:15:42	ROBERTS TERRY
237	1:15:48	PRISSEL MICHAEL
242	1:15:53	ROTTMAN TIMOTHY
251	1:16:19	KOENITZER JEFF
257	1:16:46	MAURER MARK
259	1:16:55	CHRISTOFFEL BRIAN
261	1:16:59	ZACHER BRUCE
262	1:17:04	HANSON DAVID
266	1:17:18	MAYER TOM
319	1:20:27	FRELKA CHRIS
323	1:20:44	SCOTT DONALD
324	1:20:45	NOLAN TERRY
336	1:21:09	BEATON THOMAS
378	1:23:31	ZINDA CHUCK
384	1:23:39	MAMEAOW PETER
410	1:25:11	WELTER JAMES
411	1:25:11	SLOCUM ROBERT
422	1:25:36	CAIN JOHN
430	1:25:44	HOEFFLEUR JACK
469	1:28:09	BRENNER DONALD
482	1:28:58	SMITH PAUL
490	1:29:13	COEN STEVEN
509	1:30:34	RAY BILL
521	1:31:37	MEZGER GENE
527	1:32:05	SWAYA THOMAS
548	1:34:11	UHREN ROBERT
567	1:36:06	PROCHNOW KEITH
568	1:36:12	JUDAY ROBERT
572	1:36:39	KAPLAN STEVEN
575	1:36:53	BREUER MARK
585	1:38:20	MOON RAYMOND
617	1:47:08	ELLINGSEN DON
622	1:49:54	BETZ RAY

M55-59

63	1:04:33	EDEN DENNIS
79	1:06:42	ELLIS BOB
84	1:07:30	KLEMOWITS KENNETH

118	1:10:27	MILLER HAROLD
150	1:11:41	NOWAKOWSKI JIM
157	1:12:05	MCNAUGHTON PAUL
168	1:12:52	MACIOLEK KENNETH
183	1:13:28	BABB TOBY
200	1:14:03	KOLTERJAHN DARRICK
208	1:14:29	ROWLAND RICHARD
246	1:15:59	HUBER RICK
303	1:19:32	TAYLOR CARL
315	1:20:07	HABLE WILLIAM
318	1:20:20	DAVIES BRUCE
338	1:21:20	END MICHAEL
342	1:21:42	GATES DAVE
347	1:21:56	HARTMAN STEVEN
400	1:24:56	SORIANO JOSEPH
424	1:25:38	WEBB DENNIS
429	1:25:42	STURGEON DOUGLAS
438	1:26:07	HORNLEIN TOBY
445	1:26:32	PAGE GARY
448	1:26:43	BEHLENDORF RON
483	1:29:02	FRESCHL LARRY
508	1:30:26	CHAPPELL DAVID
510	1:30:45	LOCKWOOD LARRY
554	1:35:00	LEONARD ROBERT
627	1:51:44	GRAY WILLIAM

M60-64

64	1:04:38	FITTS BOB
76	1:06:20	MUTCHELKNAUS LOWEL
267	1:17:22	KITZROW TOM
419	1:25:28	MADDEN FRANKLIN
462	1:27:30	PEMBERTON RON
517	1:31:14	COLBERT MIKE
579	1:37:23	CHRISTIANSON GARY
612	1:45:18	NOVAK DENNIS
621	1:49:47	TARCEWSKI ROGER

M65-69

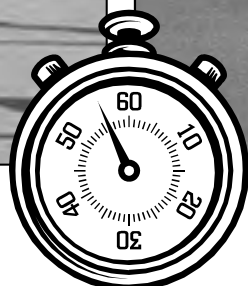
170	1:12:58	BRAUNELS TOMMY
214	1:14:53	MITCHEL ART
396	1:24:48	CARUSO RON
440	1:26:14	JOHANSEN GENE
600	1:40:40	LOPEZ MANUEL
614	1:46:27	PARKER ED
619	1:47:55	CLAREY JAMES

M70-99

408	1:25:06	SCHNMIDT PAUL
467	1:27:53	SCHLIENGER KENT
543	1:33:37	HOVILA NORM
576	1:36:53	MURPHY DANIEL
580	1:37:39	LUPINSKI O.T.
615	1:46:28	GIONFRIDDO PAUL
640	2:00:38	O'BRIEN DAVE

NO DIV

82	1:07:23	STONE LARRY
255	1:16:36	MEHRING DAVID



The Most Times

are in 'The Strider'

# MAKING DUST

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

## BADGERLAND STRIDERS TURKEY TROT

Sunday November 7, 2004

### 2 - MILE

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

#### TOP 20 FINISHERS BY PLACE

PLACE	TIME	NAME
1	10:54	VAN MALE BEN
2	11:24	BARBIERI JOEL
3	11:36	BROE DAVID
4	12:01	HAGAN BRIAN
5	12:13	RODRIGUEZ JOSE LUIS
6	12:19	REBHOLZ LUKE
7	12:25	LYONS JEAN
8	12:26	HARRIS GEOFFREY
9	12:31	DISABATO DAVID
10	12:34	LIMBERG ANN
11	12:55	TOLL MICHAEL
12	12:57	MORAN LEZLYE
13	13:02	SALO STEVE
14	13:11	POM CHRISTOPHER
15	13:17	HAGAN DEVIN
16	13:22	GOTTSCHALK RON
17	13:23	NOVAK TIM
18	13:34	BRAYTON ABBY
19	13:39	ANSTEDT NICHOLAS
20	13:40	TOLL CRYSTAL



1st Place Male Turkey Trot 2 mile Ben Van Male 10:54. Photos by Jeff Weiss



1st Place Female Turkey Trot 2 mile Jean Lyons 12:25.

#### ALL FINISHERS SORTED BY ACTUAL TIME VS PREDICTED TIME

PL	TIME	PREDIC	DIFF	NAME
1	14:30	14:30	0:01	FLAWS MARY
2	18:07	18:05	0:02	OBY FREDDIE
3	12:01	12:02	0:02	HAGAN BRIAN
4	17:36	17:37	0:02	DUCE RICHARD
5	12:34	12:35	0:02	LIMBERG ANN
6	13:22	13:20	0:02	GOTTSCHALK RON
7	17:26	17:30	0:05	MANSKE MICHAEL
8	10:54	10:49	0:05	VAN MALE BEN
9	24:00	24:06	0:07	O'BRIEN DAVE
10	19:09	19:15	0:07	LINKE BOB
11	17:32	17:40	0:09	HENDERSON CHUCK
12	12:57	13:05	0:09	MORAN LEZLYE
13	20:56	20:45	0:11	MATTSON JEAN
14	18:50	19:00	0:11	HAUSER NANCY
15	18:35	18:23	0:12	MURPHY DANIEL
16	23:22	23:10	0:12	WYSOCKI PETE
17	11:24	11:10	0:14	BARBIERI JOEL
18	21:02	21:15	0:14	LABISCH JOHN
19	12:19	12:05	0:14	REBHOLZ LUKE
20	18:26	18:40	0:15	OBY FRED
21	12:13	11:58	0:15	RODRIGUEZ JOSE LUIS
22	17:56	18:10	0:15	HAGAN ANNE
23	21:36	21:51	0:16	NOWAKOWSKI MARY
24	18:55	19:10	0:16	BROPHY SARAH
25	19:44	19:59	0:16	RUNNELLS TOM
26	15:10	14:53	0:17	MCCARTHY ANDY
27	18:58	19:15	0:18	MARKS WALLY
28	13:40	13:20	0:20	TOLL CRYSTAL
29	16:20	16:00	0:20	GRECO-GILL LEANNE
30	16:25	16:45	0:21	WYSOCKI MARY
31	16:21	16:00	0:21	GILL BRIAN
32	17:50	18:10	0:21	HOLT MARIETTA
33	16:24	16:45	0:22	SCHULTZ JEFF
34	18:41	19:02	0:22	SCHOBBERG KEN
35	18:56	18:34	0:22	JUSAYAN JOY
36	13:39	14:00	0:22	ANSTEDT NICHOLAS
37	17:33	17:10	0:23	CARTER CINDY
38	15:40	16:05	0:26	SALO AMDREW
39	25:26	25:00	0:26	LEMPKE BETTY
40	16:38	16:10	0:28	KLIEBENSTEIN CATHY
41	17:48	17:20	0:28	WESTENDORF KEITH
42	12:55	12:25	0:30	TOLL MICHAEL
43	18:31	19:00	0:30	LABISCH DAN
44	16:26	15:56	0:30	HAGAN SHANNON
45	12:25	12:55	0:31	LYONS JEAN
46	11:36	11:05	0:31	BROE DAVID
47	16:40	17:10	0:31	RADOSZEWSKI JOE
48	12:26	11:53	0:33	HARRIS GEOFFREY
49	18:40	18:04	0:36	CIULA THOMAS
50	21:09	21:45	0:37	LABISCH ALAN
51	13:23	14:00	0:38	NOVAK TIM
52	13:42	14:20	0:39	WICHMAN BRIAN
53	18:10	17:30	0:40	ANSTEDT ROSE
54	13:11	12:30	0:41	POM CHRISTOPHER
55	15:27	16:10	0:44	CARUSO RON
56	15:15	14:30	0:45	BOETTCHER KELCY
57	22:11	21:25	0:46	KNUTSON KARLA
58	17:52	17:05	0:47	DELWICHE NAN
59	21:26	22:15	0:50	LABISCH ALAN
60	12:31	11:40	0:51	DISABATO DAVID
61	13:34	12:42	0:52	BRAYTON ABBY
62	22:48	23:40	0:53	LINKE EMELIE
63	18:17	19:10	0:54	AHLER CHARMAINE
64	16:51	15:57	0:54	NELSON HENRY
65	24:01	23:05	0:56	HOFFMAN TOM
66	23:25	24:20	0:56	MCCARTHY ROSEMARY
67	18:37	19:33	0:57	EVANS HUGH
68	20:53	21:50	0:58	PEYCHAL EARL



The Start of the BLS Turkey Trot November 7th, 2004

69	24:02	23:01	1:01	HOFFMAN THOMAS F	106	22:53	27:08	4:16	QUANDT STACY
70	13:02	12:01	1:01	SALO STEVE	107	28:34	24:12	4:22	CLARK OLIVIA
71	18:44	17:43	1:01	SAUNDERS AMANDA	108	26:12	30:37	4:26	SCHNECK MEGAN
72	14:57	16:00	1:04	CLARK DOMINIC	109	30:35	26:00	4:35	KUTSCHERA PAUL
73	25:21	24:15	1:06	CLARK TIM	110	15:55	20:30	4:36	GALIS DAVE
74	34:10	35:20	1:11	CARUSO DEBRA	111	15:49	20:30	4:42	GALIS NICHOLAS
75	18:49	20:00	1:12	LINNIHAN RACHEL	112	30:36	25:50	4:46	KUTSCHERA LISA
76	14:54	16:05	1:12	HEINZ KRISTINE	113	23:33	18:10	5:23	REBHOLZ BARB
77	18:22	19:37	1:16	RUNNELLS ANN	114	26:12	34:15	8:04	SCHNECK BROOKE
78	18:24	19:40	1:17	CASSIDY BRIDGET	115	21:24	12:54	8:30	FLOOD DONNA
79	19:18	18:00	1:18	POLK CHRISTIE	116	19:22	30:00	10:39	REYS DEANNE
80	17:03	15:45	1:18	DOMKE KARA					
81	15:11	13:47	1:24	MCGUIRE DAN					
82	19:37	18:00	1:37	BURNS CAROL					
83	19:47	21:25	1:39	CLARK ATTICUS					
84	22:22	24:06	1:45	CHIAPETTI VICKIE					
85	29:17	27:27	1:50	CLAREY BONNIE					
86	21:07	19:15	1:52	MARKS AMANDA					
87	23:54	22:00	1:54	ECKBLAD JON					
88	19:25	17:30	1:55	BURNS GREGORY					
89	22:06	24:00	1:55	HOFFINS ILKA					
90	22:05	24:00	1:56	HOFFINS EVAN					
91	14:46	16:45	2:00	ZELLO CHRISTOPHER					
92	19:57	22:00	2:04	MCCARTHY JENNIFER					
93	18:08	16:00	2:08	CLARK GRACE					
94	13:17	15:26	2:10	HAGAN DEVIN					
95	21:50	24:00	2:11	EDINGTON ABBY					
96	16:32	18:43	2:12	LEWANDOWSKI AARON					
97	18:19	20:46	2:28	BAEZ LUIS					
98	19:51	22:38	2:48	KITZROW NANCY					
99	18:40	21:30	2:51	SOSA ROBERT					
100	23:39	26:37	2:59	PEARSON KRISTINE					
101	19:06	16:05	3:01	GROPP KELLY					
102	21:52	25:00	3:09	EDINGTON ANDY					
103	24:27	21:09	3:18	HAGAN MICAEL					
104	21:04	17:42	3:22	VILLASEENZ ESPE					
105	28:40	25:00	3:40	CLARK GEORGE CARLO					

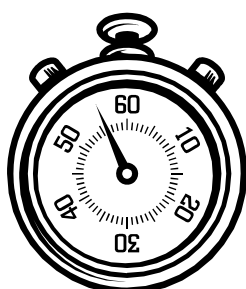
(414) 282-3160  
FAX: 282-8412  
E-mail: okguys@aol.com

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The Most Times



are in 'The Strider'

# MAKING DUST

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

## BADGERLAND STRIDERS TURKEY TROT

Sunday November 7, 2004

15-K

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

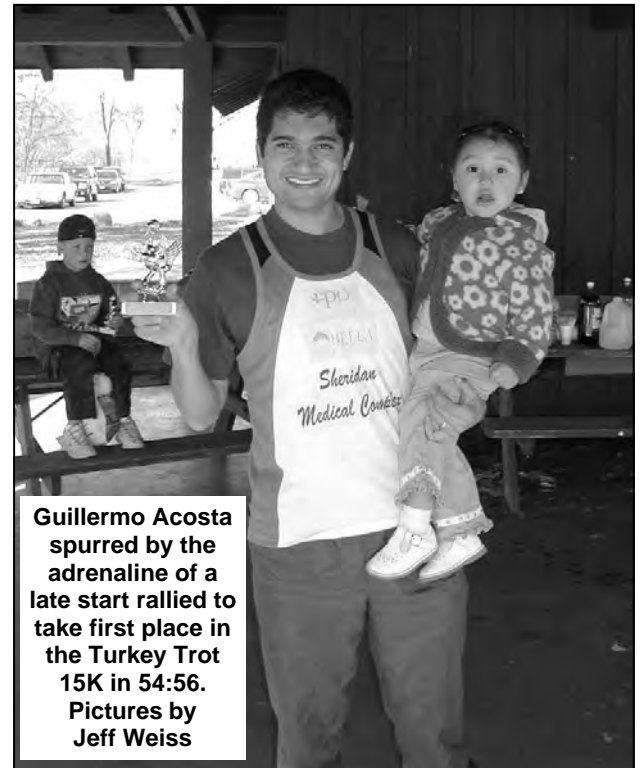
### TOP 20 FINISHERS BY PLACE

PLACE	TIME	NAME
1	54:56	ACOSTA GUILLERMO
2	54:58	DALTON WAYNE
3	56:31	NELSON STEVE
4	57:20	BARRIBEAU ARCHIE
5	58:02	BZDUSEK PHILIP
6	59:44	AGOSTINI TONY
7	60:03	PAVLIK STEVE
8	60:14	HECKMAN CHAZ
9	62:42	BARRIBEAU FYLL
10	62:52	WILLIAMSON GEHRIG
11	62:57	JENSEN LAUREN
12	64:33	BOGGIO DAVID
13	64:35	JENSEN TODD
14	64:50	WELLS BRADLEY
15	64:54	PAULL STEVEN
16	66:01	MONDLOCH MIKE
17	66:01	LANOUILLE MICHELLE
18	66:26	SCHULER TOM
19	67:13	NOVAK SCOTT
20	67:25	ABRAHAM BRENT

### ALL FINISHERS SORTED BY ACTUAL TIME VS PREDICTED TIME

PL	TIME	PREDIC	DIFF	NAME
1	77:38	77:38	0:01	MAMEROW PETER
2	89:01	89:00	0:01	COLBERT MIKE
3	69:10	69:08	0:02	SCHRAUFNAGEL SCOTT
4	73:52	73:50	0:02	EHLERS AMI
5	80:04	80:00	0:04	PATEVICK JOE
6	91:06	91:00	0:06	BEHLENDORF RON
7	64:54	65:00	0:07	PAULL STEVEN
8	77:24	77:30	0:07	FOY MICHAEL
9	70:48	70:58	0:11	ITZOV TED
10	77:46	78:00	0:15	SANDLIN NANCY
11	74:43	75:01	0:19	HUBER RICK
12	89:12	89:30	0:19	BESSA WILLIAM
13	80:15	79:53	0:22	DEVANEY MARTIN
14	77:44	77:12	0:32	KITZROW TOM
15	60:03	59:30	0:33	PAVLIK STEVE
16	75:54	75:20	0:34	ZUNKE ERIC
17	84:25	85:00	0:36	MADDEN FRANKLIN
18	56:31	57:07	0:37	NELSON STEVE
19	64:33	65:13	0:41	BOGGIO DAVID
20	57:20	58:00	0:41	BARRIBEAU ARCHIE
21	71:17	72:00	0:44	DOSE CHRIS
22	60:14	59:30	0:44	HECKMAN CHAZ
23	81:10	82:00	0:51	SALUJA RAJIT
24	62:52	62:00	0:52	WILLIAMSON GEHRIG
25	72:55	72:00	0:55	LENGLING KEITH
26	84:14	85:10	0:57	GEURTS DANA
27	62:57	62:00	0:57	JENSEN LAUREN
28	89:27	88:30	0:57	SELLARS NANCY
29	83:44	84:40	0:57	LAUNSE BONNIE
30	90:57	90:00	0:57	MOSER CAROL
31	89:27	88:29	0:58	DIAMOND CATHY

32	90:58	90:00	0:58	HICKEY JOE
33	54:58	55:56	0:59	DALTON WAYNE
34	84:32	83:27	1:05	SCHLINGER KENT
35	71:07	70:00	1:07	DIRNBAUER ROD
36	83:32	82:17	1:15	STEIN STEVE
37	97:01	95:45	1:16	KOSHAK KAROL
38	84:25	83:02	1:23	KLEIN PETER
39	91:08	92:30	1:23	BENOIT SHARON
40	76:54	75:30	1:24	JACKSON WIL
41	78:48	80:11	1:24	SAUNDERS TAMMY
42	73:26	72:00	1:26	ACKLEY MICHAEL
43	76:16	74:50	1:26	LANSER LARRY
44	76:27	75:00	1:27	TURNER JEFF
45	59:44	58:15	1:29	AGOSTINI TONY
46	66:01	64:30	1:31	MONDLOCH MIKE
47	68:30	70:00	1:31	PITTS NICHOLAS
48	58:02	56:30	1:32	BZDUSEK PHILIP
49	84:59	86:33	1:35	HANDLEY JACK
50	78:05	76:25	1:40	BRIL JEANNE
51	68:20	70:00	1:41	BUGLASS BOB
52	68:16	66:23	1:53	WOOLEY DARYL
53	54:56	56:50	1:55	ACOSTA GUILLERMO
54	74:57	76:54	1:58	NOWAKOWSKI JIM
55	78:10	76:10	2:00	HUHN PAUL
56	80:31	78:27	2:04	JANLE MOLLY
57	66:26	64:21	2:05	SCHULER TOM
58	99:27	97:21	2:06	PANNIER JAMES
59	86:12	88:17	2:06	HOVILA NORM
60	99:36	97:27	2:09	KERNS SUSAN
61	67:13	65:00	2:13	NOVAK SCOTT
62	67:25	65:12	2:13	ABRAHAM BRENT
63	68:44	66:30	2:14	DARTUCZ CHAZ
64	73:57	71:30	2:27	HUHN TERRY
65	89:38	87:09	2:29	KNIGHT LEAH
66	81:07	83:35	2:29	DUNKS PATRICK
67	93:10	95:42	2:33	BURNETT KATY
68	91:24	88:30	2:54	CLEARY MICHAEL
69	87:02	90:00	2:59	SCHEID NICOLE
70	80:03	77:00	3:03	DIRNBAUER MELISSA
71	80:03	77:00	3:03	COTEY JORDAN
72	64:50	68:00	3:11	WELLS BRADLEY
73	80:31	83:42	3:12	BIENIASZ TRACEY
74	82:42	86:00	3:19	ZACHER PEGGY
75	91:24	88:04	3:20	KASSNER PAM
76	86:45	83:20	3:25	STEFFEN JUDITH
77	75:34	72:02	3:32	BARRIBEAU KOEDDIESTARR
78	88:07	84:30	3:37	LEITHEISER RIC
79	93:36	89:59	3:37	LECLAIRE JERRY
80	79:13	82:55	3:43	MERRILL MICHAEL
81	76:57	73:11	3:46	THOMA JOE
82	66:01	70:00	4:00	LANOUILLE MICHELLE
83	78:42	83:00	4:19	MANIACI JOHN
84	88:06	83:45	4:21	LEITHEISER AMY
85	64:35	69:00	4:26	JENSEN TODD
86	80:27	76:00	4:27	HERVERT JACK
87	99:45	104:30	4:46	GIONFRIDDO PAUL
88	77:56	73:00	4:56	D'AMICO MICHAEL
89	70:02	75:00	4:59	HEAD CHRIS
90	70:49	65:45	5:04	BALKIS JOE
91	79:51	85:00	5:10	ROEMING JANET
92	86:50	81:37	5:13	SCHNECK SHERYL
93	69:41	75:00	5:20	ENGEL NATHAN
94	72:32	67:00	5:32	NOLIN VAL
95	99:10	93:33	5:37	ECKBLAD MARJORIE
96	73:05	79:00	5:56	HOFFINS STEVE
97	73:04	79:00	5:57	HOFFINS EMILY
98	89:19	83:02	6:17	FOY DALE
99	88:15	95:14	7:00	ZACEK JORDAN
100	97:53	105:00	7:08	CLAREY JAMES
101	78:14	86:15	8:02	CHAN TONY
102	80:10	88:14	8:05	EDMUND MARK
103	86:54	95:04	8:11	BOECK BRUCE
104	62:42	72:01	9:20	BARRIBEAU FYLL
105	99:53	90:32	9:21	CARROLL THOMAS



Guillermo Acosta spurred by the adrenaline of a late start rallied to take first place in the Turkey Trot 15K in 54:56. Pictures by Jeff Weiss



Lauren Jensen was first place female in the Turkey Trot 15K in 62:57.

106	90:08	100:00	9:53	GOOD KAITLIN
107	74:34	85:00	10:27	WAGNER STEVE
108	111:13	100:00	11:13	ORLANDO DEBRA
109	92:13	105:00	12:48	STEUHRK SUSAN
110	109:19	93:15	16:04	HINTZ RUSSELL
111	88:15	105:07	16:53	ZUNKE MELISSA
112	97:59	115:00	17:02	THOMAS MATT
113	97:54	115:00	17:07	THOMAS ABBY
114	83:43	111:01	27:19	BEYER TRACY
115	80:48	108:24	27:37	MONDLOCH STEPH
116	88:22	60:30	27:52	FRITZINGER ERIN
117	90:30	126:42	36:13	SMITH PAUL
118	89:28	128:30	39:03	KOLEAS JOHN



The Most Times

are in 'The Strider'

# MAKING DUST

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

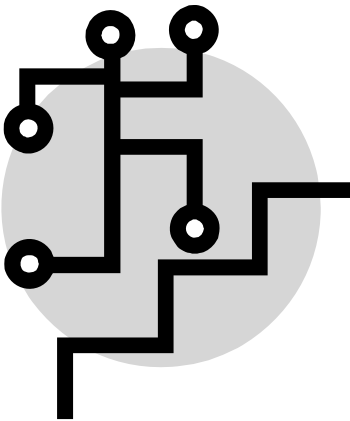
## 2004 CLIMBING FOR A CURE

Milwaukee, WI  
November 6, 2004

Results Provided by  
Computer Aided  
Race Results System

carrs@att.net  
262 521-2191

PLACE	TIME	NAME
M 1	6:07	David Rosenberger
F 10	7:22	Kris Bozich



M13&under  
39 10:21 Joseph Lamphear

F13&under  
44 11:33 Valerie Lamphear

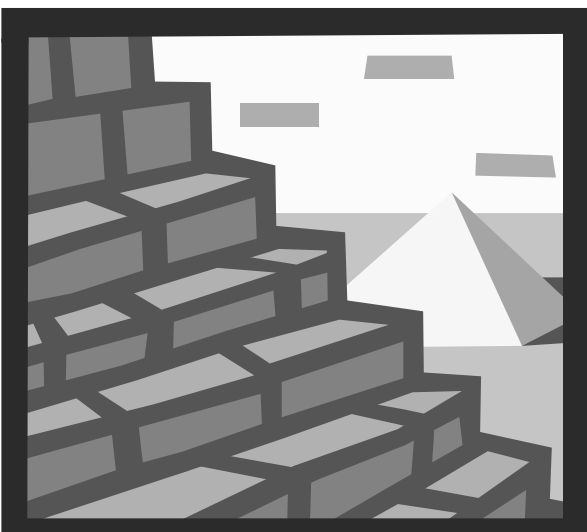
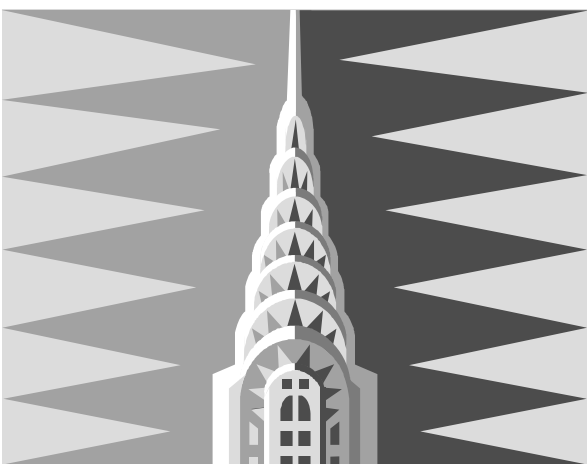
M14-18

F14-18  
21 8:24 Katie Trapp

M19-24

F19-24  
10 7:22 Kris Bozich  
19 8:14 Brianna Cash  
28 9:01 Chelsey Green  
35 9:59 Lauren Urbanczyk  
36 10:13 Riley Schreiner

M25-29  
6 6:58 Andrew Wicus  
20 8:22 Brandon Larson  
24 8:29 Aaron S Golden  
30 9:23 John Gildersleeve



F25-29  
18 8:10 Jayme Sisel  
32 9:38 Heather Ittner

M30-34  
1 6:07 David Rosenberger  
46 11:37 Doug Scherpereel

F30-34  
16 8:00 Michelle Butler  
33 9:42 Shelley Ryburn  
50 12:37 Nancy Shue

M35-39  
14 7:43 Marc Robinson

F35-39  
29 9:06 Kristine Thomas

M40-44  
2 6:30 Don Freitag  
9 7:17 Paul Mcadams  
22 8:27 Duane Flom  
27 8:44 Nicholas Anstedt  
38 10:21 Patrick Topp

F40-44  
23 8:28 Diana Kuhrt  
53 13:34 Kathy Rolkosky

M45-49  
3 6:33 Fred Raatz  
5 6:51 Tim Dusick  
8 7:05 Ted Itzov  
17 8:03 Philip Lamphear  
26 8:38 Michael Schuck  
40 10:42 George Gama  
41 10:50 Jeff Weiss  
48 12:17 Dale Lambert  
54 14:47 Al Rahmani

F45-49  
37 10:19 Linda Paddock  
47 11:54 Rose Anstedt  
49 12:21 Rita Lambert  
51 12:56 Debbie Karnes  
55 15:00 Betty Altenburg

M50-59  
4 6:50 Dennis Eden  
11 7:25 Gregory Krysteck  
12 7:39 Steven Katona  
13 7:42 Chris Kemble  
15 7:58 Charlie Parrish  
25 8:38 Michael Meuli  
31 9:36 Steve Roberts  
42 11:00 Ted Larson  
45 11:33 Rob Manegold

F50-59  
43 11:20 Joyce Brandon Katona  
56 18:28 Carol Manegold

M60&over  
7 7:03 Jim Peelen  
34 9:52 Dr. Edward Parker  
52 13:19 C F Stoll

F60&over

## JINGLE BELL RUN WALK FOR ARTHRITIS

Milwaukee County Zoo

Milwaukee, WI  
November 14, 2004

### 5K RUN

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

PLACE	TIME	NAME
M 1	15:45	Matt Thull
F 31	18:37	Claire Maduza

M10&under  
164 22:16 Gerard Schumer  
249 23:53 Aaron Mays  
261 24:06 Casey Sabinash  
304 24:48 Ryan Mcbride  
333 25:13 Jack Wells  
364 25:48 Christian Walz  
375 25:57 Jose Rodriguez  
400 26:19 Henry Barbee  
473 27:08 Nathan Walz  
645 29:04 Tim Mccraw  
683 29:39 Nicholas Scharping  
897 32:25 Jack Clapham  
936 33:09 Johnny Jansky  
953 33:30 Jacob Rabay  
1060 35:22 Benjamin D'amico

F10&under  
301 24:42 Kaylee Wolf  
335 25:13 Laura Weking  
382 26:06 Hannah Glavas

316 25:00 John Buglass  
338 25:16 Alex Klett  
357 25:40 Colin Zauner  
389 26:12 Nathaniel Sullivan  
399 26:18 Mark Klamik  
411 26:25 Charlie Jones  
436 26:48 Wes Stasik  
437 26:49 Zacoda Glass  
453 26:57 Peter Frost  
462 27:02 Yianni Glavas  
494 27:23 Evan Bredtke  
503 27:30 David Vitt  
558 28:01 Alex Folz  
559 28:01 Matthew Daleiden  
631 28:49 Joe Glowacki  
664 29:23 Mitchell Lahmann  
685 29:40 Michael James  
763 30:43 Ryan McCormack  
818 31:30 Ian Powell  
963 33:39 Nathaniel Scharping  
1059 35:21 Andrew Sutter

F11-14  
154 22:03 Molly Woodford  
173 22:20 Carly Windt  
275 24:22 Ashley James  
289 24:33 Sarah Larson  
353 25:34 Evelyn Werking  
362 25:46 Sarah Potochich  
449 26:56 Jenny Ditter  
451 26:57 Katarina Lucas  
470 27:05 Connie Goudreau  
499 27:27 Marina Ciskoski  
516 27:36 Laura Koenigs  
593 28:20 Laura Singel  
689 29:43 Maria Gonzales Zauner  
753 30:35 Jeannie Hall  
755 30:40 Stephaney Hesselgrave  
796 31:10 Natalie Dillon  
799 31:10 Jessica Janicki  
895 32:25 Meghan Meddaugh  
923 32:48 Stephanie Linneman  
924 32:48 Molly Layde  
984 34:03 Joelle Yaggie  
992 34:12 Corie Borchert  
1071 35:41 Megan Schneck  
1080 35:48 Brianna Symes  
1123 37:28 Trista Kohnert  
1140 38:04 Sarah Bitant  
1141 38:04 Elizabeth Kelnhofer

M15-18  
6 16:23 Nick Limoni  
7 16:35 Bobby Erickson  
8 16:47 Mackenzie Laska  
11 17:23 Jeffrey Klaves

156 22:05 Gavin Mantyh  
176 22:24 Bo Mccollow  
181 22:33 Clint Loker  
182 22:34 Daniel Mares  
186 22:40 Sam Gryzwa  
195 22:59 Eric Pintz  
212 23:15 Anthony Heckner  
216 23:22 Jacob Siewert  
229 23:39 Katie Lippert  
235 23:43 Ryan Hanus  
241 23:49 Evan Joyce  
243 23:50 Kevin Wisth  
272 24:21 Nicholas Santandrea  
287 24:33 David Winston  
299 24:38 Ben Orvold  
314 24:58 Dave Stauder  
323 25:04 Daniel Adams  
334 25:13 Chris Sonier  
336 25:14 Brad Gage  
342 25:20 Andrew Winters  
343 25:21 Aaron Knapp  
344 25:22 Scott Gustafson  
373 25:56 Michael Toy  
374 25:57 Cecilia Miller  
376 26:00 Andy Buck  
415 26:27 Sam Walther  
444 26:54 Tory Erlacher  
475 27:10 Derek Engebretsen  
481 27:15 John Holzbauer  
482 27:15 Corlo Giombi  
580 28:13 Stan Sheridan  
582 28:14 Bryan Gannon  
598 28:23 Matt Thompson  
619 28:39 Tony Pesut  
638 28:58 Jon Bruss  
668 29:29 Kyle Reetz  
680 29:36 Zach Lieske  
751 30:34 Nathan Winters  
828 31:38 Grant Siemon  
874 32:13 Rudy Pesut  
903 32:27 Nick Puls  
925 32:51 Dustin Grochowski  
962 33:39 Zack Hepner  
1089 36:04 Mike Brannen  
1090 36:07 Scott Pery  
1094 36:17 Jim Workman  
1137 37:58 Corey Fruin

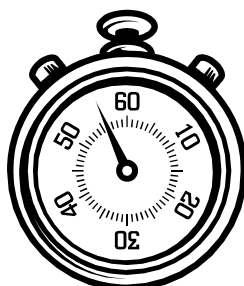
F15-18  
31 18:37 Claire Maduza  
60 19:56 Kelly Wildenberg  
87 20:43 Alyssa Beste  
91 21:00 Laura Koch  
106 21:16 Megan Chognacki  
124 21:39 Ashley Vonck  
125 21:39 Meghan Dugan  
132 21:43 Nicole Katerinos  
155 22:03 Erin Dian  
158 22:07 Caroline Jorgenson  
160 22:10 Sarah Mueller  
163 22:15 Sarah Glowacki  
168 22:18 Alisha Roland  
192 22:49 Caitlin Czajka  
218 23:25 Chrissy Scherman  
224 23:32 Catherine Leonard  
234 23:42 Nicole Becker  
237 23:44 Le'erin Voss  
258 24:04 Katie Maasz  
276 24:22 Lindsay Mcbride  
313 24:57 Jessica Grimm  
327 25:08 Nicole Hlavenka  
371 25:56 Leah Jensen  
372 25:56 Jaclyn Selestow  
377 26:02 Lisa Erickson  
386 26:10 Anne Griepentrog  
390 26:13 Kendall Wallace  
394 26:15 Chritine Balisteri  
396 26:16 Jessica Sciatti  
402 26:20 Erika Wertz  
421 26:32 Rachel Clark  
443 26:53 Meagan Buechel  
469 27:05 Caroline Ziegler  
472 27:08 Rebecca Pawlak  
483 27:15 Katie Burke  
487 27:18 Amy Malek  
490 27:20 Lauren Knaak  
492 27:22 Annie Provo  
508 27:32 Jessie Crain  
517 27:36 Jessica Cleland  
522 27:42 Amanda Raulerson  
527 27:45 Carla Virlee  
528 27:45 Katie Harmeyer  
529 27:45 Megan Eichstadt  
534 27:51 Wendy Ochs  
542 27:55 Susan Stuehrk  
548 27:57 Sam Link  
549 27:57 Rebecca Murray  
562 28:02 Jean Baumgardner  
567 28:04 Brittany Bilderback  
568 28:05 Julie Wrass  
579 28:13 Emily Lammers  
588 28:17 Annie Werner  
601 28:26 Breanna Genna  
626 28:46 Amanda Sadorf



836 31:42 Jenna Lahmann  
881 32:19 Hannah Mays  
1024 34:34 Jennifer Arnold  
1078 35:47 Sarah Calvert  
1085 36:02 Kali Boardman  
1135 37:55 Mery Godfrey

M11-14  
9 17:18 Bill Jones  
26 18:22 Cassidy Bigsby  
27 18:25 Joseph Stilin  
41 18:55 Phil Adams  
42 19:00 Mac Krabel  
73 20:25 Tim Rushmer  
92 21:01 Cody Wollenziehn  
123 21:38 Eric Windt  
140 21:50 Rundro Codystarr  
153 22:03 Ian Wolfe  
178 22:32 Matt Braza  
196 22:59 Brennan Stauske  
219 23:27 Alex Winter  
251 23:59 Brad Tehan  
253 24:00 Kevin Whalen

12 17:26 Matt Smanski  
17 17:50 Ben Herdeman  
19 17:57 Seamus Regan  
20 18:01 Tommy Murphy  
21 18:02 Tim Dahms  
24 18:13 David Broe  
28 18:26 Matthew Kruger  
34 18:44 Aaron Shmarz  
36 18:49 James Strauss  
48 19:23 Ryan Doyle  
51 19:26 Ryan Miller  
52 19:29 Benjamin Snedigar  
58 19:52 Brian Holt  
63 20:04 Jacob Notch  
67 20:08 John Lucynski  
71 20:19 Jason Grantzer  
79 20:33 Sean Foran  
80 20:35 Justin Kirkey  
81 20:36 Will Scherbarths  
83 20:38 Bryce Martin  
85 20:42 Trevor Ahern  
86 20:43 Aaron Hexom  
96 21:07 Scott Daehler  
97 21:07 Patrick Armstrong  
98 21:08 Drew Onderko  
99 21:09 Charlie Daehler  
100 21:11 Chris Salani  
121 21:36 Matthew Mgonegle  
136 21:47 David Bryne  
150 21:58 Andy Jones



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(Continued on page 17)



# MAKING DUST

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

## JINGLE BELL RUN WALK FOR ARTHRITIS

Milwaukee County Zoo

### 5K RUN CONTINUED

(Continued from page 17)

#### F30-39

46 19:14 Denise Manthy  
69 20:10 Ann Limberg  
74 20:27 Deborah Zerzanek  
75 20:28 Judy Goeman  
135 21:45 Heather Polan  
137 21:48 Christine Burden  
167 22:18 Kelly Ellington  
172 22:20 Sue Dawes  
188 22:45 Michelle Butzer  
190 22:46 Kelly Fine  
205 23:11 Kristine Heinz  
207 23:11 Ellen Talavera  
228 23:37 Ann Rovito  
267 24:15 Paula Kosower  
279 24:26 Karla Cooney  
285 24:31 Jennifer Brumm  
293 24:36 Lisa Kleinke  
294 24:36 Margaret Nealon  
306 24:49 Amy Cowell  
315 24:59 Tammy Saunders  
318 25:01 Carol Workman Halvey  
321 25:03 Connie Tarjksen  
330 25:09 Leslie Werking  
352 25:32 Denise Lawson  
366 25:48 Gina Kleist  
380 26:05 Sue Quinette  
385 26:10 Tina Lewis  
406 26:21 Myrna Hooper  
410 26:24 Colleen Dowd  
417 26:29 Janeen Passler  
427 26:40 Beth Ormsby  
433 26:45 Ann Carrick  
439 26:51 Kristine Thomas  
441 26:52 Kristi Gerhardt  
442 26:53 Shelley Noltner  
452 26:57 Judy Dollhaupt  
491 27:21 Angie Wagner  
514 27:35 Dory Karinen  
520 27:38 Becky Glavas  
523 27:42 Jill Werner  
525 27:43 Kasey Fluet  
526 27:44 Renee Bartel  
536 27:53 Andrea Boucher  
540 27:54 Felicia Vastalo  
551 27:58 Tracy Thomas  
590 28:18 Jamey Anderson  
592 28:20 Brenda Lodermeier  
595 28:21 Annette Skok  
602 28:27 Jennifer Steinhoff  
611 28:33 Kathryn Braun  
612 28:33 Tracy Tock  
616 28:36 Jane Wagner  
628 28:47 Christine Wisniewski  
629 28:48 Judy Schuh  
630 28:48 Lisa Blaeser  
636 28:56 Jennifer Earl  
669 29:30 Kristina Prade  
672 29:31 Karen Wallengren  
675 29:32 Barb Van Gorp  
676 29:32 Joy Burkholder  
677 29:33 Tammy Ricker  
681 29:37 Cheryl Myszka  
684 29:39 Kristen Knutson  
686 29:41 Renee Rentmeester  
687 29:41 Tara Ferris  
688 29:42 Theresa Barnes  
692 29:46 Marcella Francis  
695 29:50 Tina Gillis  
696 29:50 Jill Ostrowski  
719 30:03 Sarah Atols  
721 30:07 Cindy Kippley  
733 30:22 Amanda Freiberg  
741 30:28 Betsy Dukatz  
745 30:30 Phaedria Christou  
754 30:39 Cheri Higgins  
756 30:41 Erica Arnold  
778 30:55 Shannon Mccarthy  
780 30:57 Paty Donahue  
787 31:04 Monica White  
789 31:05 Julie Brooks  
793 31:08 Laura Murphy  
794 31:09 Dawn Bachman  
822 31:35 Deanna Innis  
824 31:35 Jennifer Cronen  
833 31:41 Katie Lange  
839 31:43 Lisa Reedy

843 31:48 Susan Harpoer  
853 31:56 Stephanie Padiasek  
857 32:00 Tammie Einweck  
868 32:04 Kay Reinhardt  
876 32:16 Linda Yelkowsky  
892 32:24 Camille Kerr  
901 32:26 Stacy Hanley  
911 32:41 Renee Olson  
912 32:41 Lisa Auble  
913 32:42 Chen Cistaro  
918 32:47 Any Marshall  
920 32:47 Laura Ewig  
938 33:15 Deborah Milton  
940 33:17 Jodi Curran  
942 33:19 Darlene Schwante  
958 33:37 Barb Vehlow  
972 33:49 Lee Janny  
975 33:50 Carrie Higgins  
978 33:54 Melissa Kadlec  
979 33:57 Carolyn Lien  
1000 34:19 Christie Polk  
1005 34:20 Mary Budde  
1006 34:20 Kathy Gale  
1018 34:25 Melissa Altheimer  
1025 34:36 Heather Jurgaitis  
1030 34:42 Catherine Moe  
1034 34:48 Joanne Anderson  
1038 34:50 Jackie Schultz  
1053 35:15 Michelle Cunningham  
1054 35:15 Jan Leuenberger  
1057 35:17 Rebecca Mastalir  
1069 35:35 Amy Crum  
1073 35:43 Colleen O'malley-Campbe  
1083 35:51 Sue Lange  
1084 35:51 Gerry Halbrucker  
1091 36:08 Lisa Hanaman  
1101 36:30 Kristine Pearson  
1103 36:41 Lisa Kaiser  
1105 36:47 Mingyon Blackwell  
1111 37:00 Susan Wolniakowski  
1116 37:20 Diane Chopot  
1136 37:57 Nancy Maier

#### M40-49

16 17:33 Tom Ablor  
18 17:53 Geoff Bastow  
22 18:06 Edward Sirra  
29 18:33 Bill Gilmore  
37 18:49 John Buellesbach  
40 18:55 Bill Verbos  
44 19:09 Jay Pesick  
64 20:04 Dana Fluet  
66 20:06 Chuck Hudlett  
82 20:37 Craig Richter  
104 21:16 Michael Braun  
105 21:16 Gregory Hepner  
122 21:38 Brian Wichman  
126 21:40 Dave Karcher  
127 21:41 Jeff Horwath  
133 21:44 Frank Windt  
145 21:56 Jim Adams  
152 22:02 Nicholas A. Austedt  
161 22:11 Patrick Quinlevan  
165 22:17 Roberto Gutierrez  
170 22:19 Joseph Glowacki  
175 22:23 Rich Gebhard  
183 22:34 Greg Geniesse  
185 22:38 Larry Horning  
191 22:47 Mike Tarjksen  
200 23:09 Ed Braza  
202 23:10 Tim Mindt  
204 23:11 Tom Schiessl  
208 23:12 Paul Zandt  
209 23:12 Mike Brinen  
211 23:14 Jeff Turner  
213 23:16 Craig Young  
226 23:35 Tom Wichent  
239 23:47 Dan O'callaghan  
240 23:48 Jeff Roznowski  
242 23:49 Troy Easzey  
246 23:51 David Buechel  
247 23:51 Duane Flom  
248 23:51 Scott Stauske  
259 24:04 Jack Hervert  
266 24:15 Jim Buechel  
268 24:16 Mike Glider  
270 24:17 Terrence Schuster  
271 24:19 Cole Braun  
282 24:28 Don Eimer  
292 24:35 Jim Sabinash  
309 24:54 Mark Crothers  
320 25:02 Mike Ninneman  
324 25:04 Rich Berndt  
329 25:09 Steve Skibba  
339 25:16 Jeff Bitant  
340 25:17 Chuck Orvold  
350 25:30 Michael Ehlmeen  
367 25:50 Scott Smetana  
368 25:52 Carl Schultz  
378 26:02 Greg Rypel  
379 26:03 Don Stewart  
383 26:07 Steven Reed  
391 26:13 Rich Wachter  
408 26:23 Rick Richter  
419 26:30 Lance Braun

426 26:37 John Bredtke  
431 26:43 Mike Glodowski  
461 27:02 Kenneth Stasik  
463 27:03 Erv Matsche  
465 27:03 Larry Trunec  
466 27:04 Bryon Hancock  
477 27:11 Michael Babich  
500 27:28 Tom Ciskoski  
502 27:29 Todd Becker  
509 27:33 Mark Meddaugh  
512 27:34 John Wollenziehn  
521 27:38 Jeff Weiss  
535 27:52 Mark Mcbride  
546 27:56 Steve Rabay  
550 27:57 Scott Thomas  
552 27:58 Frank Wickert  
560 28:01 Peter Daleiden  
569 28:05 Edward Sullivan  
586 28:16 Mike Semotan  
596 28:22 Timothy Bilderback  
599 28:23 Jacek Odoner  
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613 28:33 Mike Halder  
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657 29:12 Mike Jones  
671 29:31 Robert Buglass  
718 30:03 Jeff Herrmann  
725 30:13 Kirk Lundquist  
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729 30:16 Eric Wolff  
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738 30:27 Al Berendt  
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750 30:34 Dean Wendlandt  
764 30:44 Bob McCormack  
766 30:45 Wayne Priatt  
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1055 35:16 Jay Leuenberger  
1067 35:34 Mark Choppa  
1086 36:03 Andy Meyer  
1149 38:28 Michael Schwabenlander

#### F40-49

114 21:31 Mary Lou Mercado  
147 21:58 Kim Petak  
203 23:11 Nora Wolff  
217 23:23 Julia Wallace  
260 24:06 Suzanne Selestow  
290 24:35 Michele Hepner  
302 24:44 Nancy Hlavenka  
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360 25:42 Mary Wysocki  
369 25:52 Pat Schultz  
392 26:14 Jacqueline Mueller  
398 26:18 Karen Bruckner  
404 26:21 Eileen Sherburne  
414 26:26 Cori Timm  
425 26:37 Andrea Smetana  
428 26:40 Mary Joy Hubbs  
455 26:58 Donna Mccormack  
489 27:19 Rose Anstedt  
496 27:25 Berta Glodowski  
498 27:26 Tracey Schaffer  
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530 27:46 Kathy Nevermann  
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597 28:22 Donna Bilderback  
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622 28:41 Mary Jane Tehan  
632 28:52 Mary Muschinski  
665 29:25 Jill Klysen  
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670 29:30 Candy Buglass  
673 29:32 Patti Eckerman  
682 29:38 Mary Wincapaw  
697 29:50 Karen Lindsey-Lloyd  
698 29:51 Kathryn Berezowitz  
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776 30:54 Lisa Hermanson  
777 30:55 Kelly Wahl

784 31:02 Laura Wahlen  
788 31:04 Lorraine Heins  
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803 31:12 Marlene Randazzo  
804 31:12 Janet Frost  
811 31:20 Marie Hansen  
821 31:34 Debra Gonzales Zauner  
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894 32:24 Mary Ellen Luedtke  
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1046 34:56 Stephanie S. Mares  
1047 34:57 Rita Lambert  
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1058 35:17 Karen Von Bargaen  
1061 35:25 Mary Sutter  
1064 35:29 Kathy Radomski  
1072 35:42 Sheryl Leonard Schneck  
1079 35:47 Barbara Peterson  
1098 36:25 Elaine Fillmore  
1106 36:48 Kris Baetz  
1112 37:02 Karen Duffy  
1118 37:22 Suzanne Kinsey  
1124 37:28 Sue Norcross  
1132 37:44 Cindy Jackson  
1133 37:54 Cheryl Svehlek  
1134 37:55 Jeanne Godfrey

#### M50-59

33 18:41 John Mccarthy  
49 19:23 Jose Rodriguez  
54 19:39 Dennis Eden  
70 20:13 Jeff Busse  
102 21:14 Robert Bugenhagen  
108 21:18 Ted Itzov  
120 21:35 Bill Hansen  
142 21:52 Charlie Parrish  
151 21:59 Butch Powell  
197 23:00 Brent Ellington  
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225 23:33 Rick Huber  
236 23:44 Randy Nawotka  
238 23:47 Michael P. Karolewicz  
273 24:21 Tim Kroening  
277 24:23 Jim Griffith  
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497 27:26 Larry Ryan  
519 27:37 Gary Pinter  
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554 27:59 Bill Hughes

574 28:11 Dave Foster  
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694 29:48 John Wickert  
712 29:59 Fred Oby  
726 30:14 Mark Holm  
820 31:33 John Shefchik  
854 31:56 Mike Borchert  
888 32:23 David James  
899 32:26 John White  
931 32:56 Wayne Vaughn  
932 32:56 Ron Winkler  
935 33:07 Dan Koehler  
954 33:32 Bob Blattner  
996 34:16 Michael L. Archie  
1097 36:23 Richard Lange  
1126 37:35 John Hoppe

#### F50-59

111 21:21 Susan Koch  
300 24:40 Connie Wolf  
355 25:39 Patty Sheahan  
458 27:00 Patricia Karl  
570 28:05 Barbara Tremel  
637 28:57 Durinda Kuclor  
646 29:04 Sally Lochmann  
679 29:36 Susan Ruggles  
802 31:11 Sherry Wanta  
805 31:12 Jeanne Walsh  
812 31:22 Jean Hulbert  
856 31:59 Deanna Dabbraccio  
864 32:03 Mary Bennett  
866 32:03 Debby Orlando  
875 32:14 Lorna Granger  
883 32:21 Teri Carpenter  
922 32:48 Lynne Mundigler  
941 33:18 Linda Vaughn  
943 33:20 Judith Landes  
970 33:48 Cheryl Petersen  
971 33:48 Rosemary Beles  
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1035 34:48 Karla Knutson  
1056 35:16 Kathy Christensen  
1119 37:23 Alice Winkler  
1120 37:24 Pamela Shefchik  
1127 37:39 Sharon Gajewski  
1150 38:30 Thomasina Dankert

#### M60-69

210 23:12 Jim Schultz  
303 24:48 Ron Caruso  
381 26:06 Ernie Rosenthal  
495 27:24 Richard Stevens  
507 27:31 Saeed Kiarang  
573 28:09 Anthony Farchione  
589 28:17 Ron Hamilton  
647 29:05 Robert Linke  
663 29:20 Ed Parker  
703 29:53 Jerry Steingraeber  
704 29:54 Tom Carroll  
744 30:29 George Boehm  
817 31:30 Harland Thoreson  
846 31:49 Timothy Cowdin  
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999 34:19 David Goetsch  
1125 37:31 Jan Dyke

#### F60-69

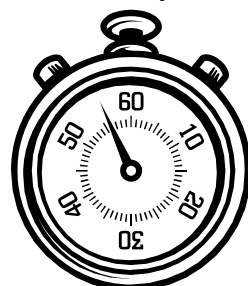
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1074 35:44 Emelie Linke  
1077 35:47 Donna Mcdaniel

#### M70&over

420 26:30 Michael Daleiden  
666 29:26 Daniel Murphy  
743 30:29 Edward Blumberg  
871 32:09 Edward Macus  
908 32:36 Tommie Bedford  
1032 34:47 Earl Peychal  
1113 37:10 Leroy Wolnikowski

#### F70&over

The Most Times



are in 'The Strider'



# MAKING DUST

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

## JINGLE BELL RUN WALK FOR ARTHRITIS

Milwaukee County Zoo

### 5K RUN CONTINUED

(Continued from page 17)

F30-39

- 46 19:14 Denise Manthy
- 69 20:10 Ann Limberg
- 74 20:27 Deborah Zerzanek
- 75 20:28 Judy Goeman
- 135 21:45 Heather Polan
- 137 21:48 Christine Burden
- 167 22:18 Kelly Ellington
- 172 22:20 Sue Dawes
- 188 22:45 Michelle Butzer
- 190 22:46 Kelly Fine
- 205 23:11 Kristine Heinz
- 207 23:11 Ellen Talavera
- 228 23:37 Ann Rovito
- 267 24:15 Paula Kosower
- 279 24:26 Karla Cooney
- 285 24:31 Jennifer Brumm
- 293 24:36 Lisa Kleinke
- 294 24:36 Margaret Nealon
- 306 24:49 Amy Cowell
- 315 24:59 Tammy Saunders
- 318 25:01 Carol Workman Halvey
- 321 25:03 Connie Tarjksen
- 330 25:09 Leslie Werking
- 352 25:32 Denise Lawson
- 366 25:48 Gina Kleist
- 380 26:05 Sue Quinette
- 385 26:10 Tina Lewis
- 406 26:21 Myrna Hooper
- 410 26:24 Colleen Dowd
- 417 26:29 Janeen Passler
- 427 26:40 Beth Ormsby
- 433 26:45 Ann Carrick
- 439 26:51 Kristine Thomas
- 441 26:52 Kristi Gerhardt
- 442 26:53 Shelley Noltner
- 452 26:57 Judy Dollhaupt
- 491 27:21 Angie Wagner
- 514 27:35 Dory Karinen
- 520 27:38 Becky Glavas
- 523 27:42 Jill Werner
- 525 27:43 Kasey Fluet
- 526 27:44 Renee Bartel
- 536 27:53 Andrea Boucher
- 540 27:54 Felicia Vastalo
- 551 27:58 Tracy Thomas
- 590 28:18 Jamey Anderson
- 592 28:20 Brenda Lodermeier
- 595 28:21 Annette Skok
- 602 28:27 Jennifer Steinhoff
- 611 28:33 Kathryn Braun
- 612 28:33 Tracy Tock
- 616 28:36 Jane Wagner
- 628 28:47 Christine Wisniewski
- 629 28:48 Judy Schuh
- 630 28:48 Lisa Blaeser
- 636 28:56 Jennifer Earl
- 669 29:30 Kristina Prade
- 672 29:31 Karen Wallengren
- 675 29:32 Barb Van Gorp
- 676 29:32 Joy Burkholder
- 677 29:33 Tammy Ricker
- 681 29:37 Cheryl Myszka
- 684 29:39 Kristen Knutson
- 686 29:41 Renee Rentmeester
- 687 29:41 Tara Ferris
- 688 29:42 Theresa Barnes
- 692 29:46 Marcella Francis
- 695 29:50 Tina Gillis
- 696 29:50 Jill Ostrowski
- 719 30:03 Sarah Atols
- 721 30:07 Cindy Kippley
- 733 30:22 Amanda Freiberg
- 741 30:28 Betsy Dukatz
- 745 30:30 Phaedria Christou
- 754 30:39 Cheri Higgins
- 756 30:41 Erica Arnold
- 778 30:55 Shannon Mccarthy
- 780 30:57 Paty Donahue
- 787 31:04 Monica White
- 789 31:05 Julie Brooks
- 793 31:08 Laura Murphy
- 794 31:09 Dawn Bachman
- 822 31:35 Deanna Innis
- 824 31:35 Jennifer Cronen
- 833 31:41 Katie Lange
- 839 31:43 Lisa Reedy

- 843 31:48 Susan Harpoer
- 853 31:56 Stephanie Padiasek
- 857 32:00 Tammie Einweck
- 868 32:04 Kay Reinhardt
- 876 32:16 Linda Yelkowsky
- 892 32:24 Camille Kerr
- 901 32:26 Stacy Hanley
- 911 32:41 Renee Olson
- 912 32:41 Lisa Auble
- 913 32:42 Chen Cistaro
- 918 32:47 Any Marshall
- 920 32:47 Laura Ewig
- 938 33:15 Deborah Milton
- 940 33:17 Jodi Curran
- 942 33:19 Darlene Schwante
- 958 33:37 Barb Vehlow
- 972 33:49 Lee Janny
- 975 33:50 Carrie Higgins
- 978 33:54 Melissa Kadlec
- 979 33:57 Carolyn Lien
- 1000 34:19 Christie Polk
- 1005 34:20 Mary Budde
- 1006 34:20 Kathy Gale
- 1018 34:25 Melissa Altheimer
- 1025 34:36 Heather Jurgaitis
- 1030 34:42 Catherine Moe
- 1034 34:48 Joanne Anderson
- 1038 34:50 Jackie Schultz
- 1053 35:15 Michelle Cunningham
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- 1057 35:17 Rebecca Mastalir
- 1069 35:35 Amy Crum
- 1073 35:43 Colleen O'malley-Campbe
- 1083 35:51 Sue Lange
- 1084 35:51 Gerry Halbrucker
- 1091 36:08 Lisa Hanaman
- 1101 36:30 Kristine Pearson
- 1103 36:41 Lisa Kaiser
- 1105 36:47 Mingyon Blackwell
- 1111 37:00 Susan Wolniakowski
- 1116 37:20 Diane Chopot
- 1136 37:57 Nancy Maier

M40-49

- 16 17:33 Tom Ablor
- 18 17:53 Geoff Bastow
- 22 18:06 Edward Sirra
- 29 18:33 Bill Gilmore
- 37 18:49 John Buellesbach
- 40 18:55 Bill Verbos
- 44 19:09 Jay Pesick
- 64 20:04 Dana Fluet
- 66 20:06 Chuck Hudlett
- 82 20:37 Craig Richter
- 104 21:16 Michael Braun
- 105 21:16 Gregory Hepner
- 122 21:38 Brian Wichman
- 126 21:40 Dave Karcher
- 127 21:41 Jeff Horwath
- 133 21:44 Frank Windt
- 145 21:56 Jim Adams
- 152 22:02 Nicholas A. Austedt
- 161 22:11 Patrick Quinlevan
- 165 22:17 Roberto Gutierrez
- 170 22:19 Joseph Glowacki
- 175 22:23 Rich Gebhard
- 183 22:34 Greg Geniesse
- 185 22:38 Larry Horning
- 191 22:47 Mike Tarjksen
- 200 23:09 Ed Braza
- 202 23:10 Tim Mindt
- 204 23:11 Tom Schiessl
- 208 23:12 Paul Zandt
- 209 23:12 Mike Brinen
- 211 23:14 Jeff Turner
- 213 23:16 Craig Young
- 226 23:35 Tom Wichent
- 239 23:47 Dan O'callaghan
- 240 23:48 Jeff Roznowski
- 242 23:49 Troy Easzey
- 246 23:51 David Buechel
- 247 23:51 Duane Flom
- 248 23:51 Scott Stauske
- 259 24:04 Jack Hervert
- 266 24:15 Jim Buechel
- 268 24:16 Mike Glider
- 270 24:17 Terrence Schuster
- 271 24:19 Cole Braun
- 282 24:28 Don Eimer
- 292 24:35 Jim Sabinash
- 309 24:54 Mark Crothers
- 320 25:02 Mike Ninneman
- 324 25:04 Rich Berndt
- 329 25:09 Steve Skibba
- 339 25:16 Jeff Bitant
- 340 25:17 Chuck Orvold
- 350 25:30 Michael Ehlmeen
- 367 25:50 Scott Smetana
- 368 25:52 Carl Schultz
- 378 26:02 Greg Rypel
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- 383 26:07 Steven Reed
- 391 26:13 Rich Wachter
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- 426 26:37 John Bredtke
- 431 26:43 Mike Glodowski
- 461 27:02 Kenneth Stasik
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- 1086 36:03 Andy Meyer
- 1149 38:28 Michael Schwabenlander

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- 114 21:31 Mary Lou Mercado
- 147 21:58 Kim Petak
- 203 23:11 Nora Wolff
- 217 23:23 Julia Wallace
- 260 24:06 Suzanne Selestow
- 290 24:35 Michele Hepner
- 302 24:44 Nancy Hlavenka
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- 1124 37:28 Sue Norcross
- 1132 37:44 Cindy Jackson
- 1133 37:54 Cheryl Svehlek
- 1134 37:55 Jeanne Godfrey

M50-59

- 33 18:41 John Mccarthy
- 49 19:23 Jose Rodriguez
- 54 19:39 Dennis Eden
- 70 20:13 Jeff Busse
- 102 21:14 Robert Bugenhagen
- 108 21:18 Ted Itzov
- 120 21:35 Bill Hansen
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- 541 27:55 Earl Weigl
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- 111 21:21 Susan Koch
- 300 24:40 Connie Wolf
- 355 25:39 Patty Sheahan
- 458 27:00 Patricia Karl
- 570 28:05 Barbara Tremel
- 637 28:57 Durinda Kuclor
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- 883 32:21 Teri Carpenter
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- 941 33:18 Linda Vaughn
- 943 33:20 Judith Landes
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- 1035 34:48 Karla Knutson
- 1056 35:16 Kathy Christensen
- 1119 37:23 Alice Winkler
- 1120 37:24 Pamela Shefchik
- 1127 37:39 Sharon Gajewski
- 1150 38:30 Thomasina Dankert

M60-69

- 210 23:12 Jim Schultz
- 303 24:48 Ron Caruso
- 381 26:06 Ernie Rosenthal
- 495 27:24 Richard Stevens
- 507 27:31 Saeed Kiarang
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- 744 30:29 George Boehm
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- 999 34:19 David Goetsch
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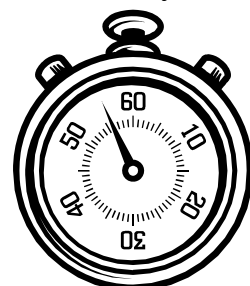
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- 831 31:40 Sandra Weinstein
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M70&over

- 420 26:30 Michael Daleiden
- 666 29:26 Daniel Murphy
- 743 30:29 Edward Blumberg
- 871 32:09 Edward Macus
- 908 32:36 Tommie Bedford
- 1032 34:47 Earl Peychal
- 1113 37:10 Leroy Wolnikowski

F70&over



The Most Times

are in 'The Strider'

# FROM THE BACK OF THE PACK

by Jeff Weiss

## The Strider News

The last few months have been a trying time for 'The Strider' (and its editors).

In October the "Strider computer" crashed and we lost a lot of history. Some permanently.

This crash caused us to miss the November issue. We combined the November and December issues to create a record 36 page edition.

Also in October our long time printer, Wisconsin Web Offset, sold the facility that printed the Strider, so they informed us that they would no longer be able to meet our needs. Therefore, we needed to find a new printer.

We've embarked on a new year (hopefully better than the last).

We're starting the new year with a new printer, Hometown Publishing of Germantown.

Hometown should be a great fit for us. They are a smaller printing operation and the bulk of their business is small circular type newspapers. Their primary work is the Express News papers which are circulated under many names to many different communities on a weekly basis.

Hometown will be more cost effective than our previous printer and they will offer us some opportunities we have not had in the past.

They will be printing the paper on slightly heavier paper which should improve the print quality

They have offered us a **color option** for a very reasonable cost. If we get the opportunity to sell some **color advertising**, we can do that.

Advertising and inserts will not be affected by the printer change. Continue to drop inserts off at Rodiez's Running store as in the past.

## Advertising

Advertising rates will remain the same this year. They are listed on page 9 of this newsletter.

To place an ad, please contact me, Jeff Weiss. All of my contact information is also listed on Pg 9. The very best way to communicate with me is by email. I am at work from 6:30am to 7:00pm. My Strider work is done before or after work, so email is the most convenient method for all of us.

## Articles and Race Reporting

All race directors are encouraged to submit articles both before and after their races. Traveling Striders are encouraged to submit their experiences for publication. These travels don't have to be to far away, exotic places. Many readers are interested in reading about those obscure or not so obscure in-state races. Often, we can live "on-the-edge" through our more adventurous members. Tell us about that Ultra, Tri, Bi or Duathlon.

There seems to be a general belief that no one but the English majors among us can write. This is a fallacy!

I, for example, am an engineer. Everybody knows engineers can't write. (Dave O'Brien, monthly contributor and award winning writer, is also an engineer).

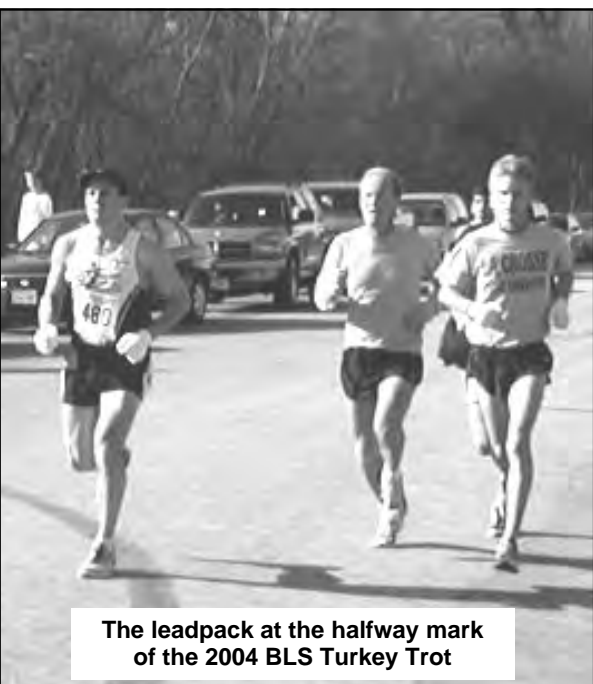
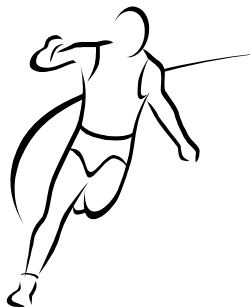
I know everybody is busy and that writing articles for our newsletter is not on the top of anyone's list. Remember, the more pictures you can submit with your article the less writing there has to be to fill the space. (*A picture is worth a thousand words!*)

PLEASE CONTRIBUTE - or I'll write more!

I have a pen - and I'm not afraid to use it.



The Water Stop at the 2004 BLS Turkey Trot



The leadpack at the halfway mark of the 2004 BLS Turkey Trot



The Badgerland Striders annual bus trip to:



*World-Class Event. Small Town Charm*  
**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. 86<sup>th</sup> 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](http://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](http://www.grandmasmarathon.com) .

If you have any other questions contact Kevin at 414-378-0950 or [kmastaw@wi.rr.com](mailto:kmastaw@wi.rr.com) .

\*Refund of deposit for cancellations made before May 1<sup>st</sup>, 2005.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: \_\_\_\_\_ Badgerland Strider Member Y / N

Email: \_\_\_\_\_  
 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.*

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**the Strider**

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