

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 34, No. 2

March 2005

Gilgenbach and Weiss Sweep Major Awards at Badgerland Striders Holiday Party

By Betsy Weiss

The Strider Holiday Party was on its usual date, the last Saturday in January, which was the 29th this year. However, it was not held the traditional location, the Legacy. The Ranch in Menomonee Falls served as the setting for these festivities. This new site, a facility owned by Ranch Community Services, offered a more cozy location. The smaller space was more of a meeting room than a wedding hall and this encouraged the Striders to have more interpersonal contact than in recent years.

In addition to the new surroundings, the traditional awards format was tossed aside as well. Instead of handing out the Most Improved Runner and Club Championship Awards individually, with each winner coming to the lectern to receive his or her award, names were called, recipients rose to their feet, all were congratulated and awards were given to each group. This format reduced the awards ceremonies to twenty minutes and the audience interest level did not disintegrate, as it tended to do in the past.

The Volunteer of the Year award went to Ken Gilgenbach long time course measurement guru. Ken has measured most of the club's courses. Those that he hasn't, he will be measuring soon. It is probably not possible to fully appreciate the work Ken does unless you have measured, or attempted to



Ken Gilgenbach received the Volunteer of the year Award from John Cornell for all of his work in course certification. Photos by Kent Schlienger



"Strider" Editor Jeff Weiss won the Lifetime Membership Award and the Presidents Award for outstanding contribution to Club Management.

SEE PAGES 5 AND 10 FOR CLUB CHAMPS AND MOST IMPROVED AWARDS

measure a course for certification. The process is quite complicated and time consuming. His work is greatly appreciated. Rest assured, if you are running on a course measured by Ken, the distance is accurate.

The Lifetime Membership Award for long time service to the club went to Strider Editor, Jeff Weiss.

(Continued on page 10)

Inaugural Shamrock Sprint 5k March 12, 2005, 10:00 AM



Bill Jahnke
Race Director

The Shamrock Club of Wisconsin is establishing a 5k to be run in downtown Milwaukee. To enhance their road race, they asked the Badgerland Striders to manage the event, and we agreed.

The race starts at 10:00 AM, and will

be completed well before the parade begins at Noon. Packet pick-up will be at the Grand Avenue, and the race will start in front of Mo's Irish Pub.

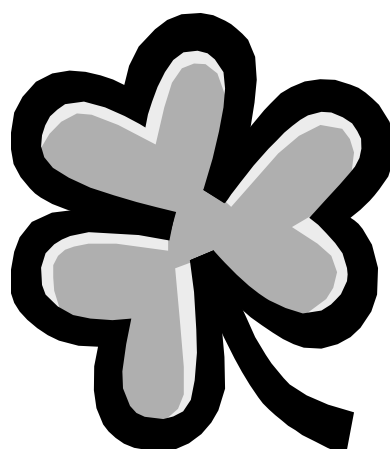
The course closely follows the parade route, so there will be a multitude of fans to cheer the runners. The race finishes outside Pere Marquette Park.

Registration is available on-line with links to www.Active.com found on our website, www.badgerlandstriders.org and the Shamrock Club's web-




site at www.saintpatricksparade.org. (For those of you that refuse to register on-line, a registration form can be downloaded and mailed.) As many of you normally visit the Strider website, I encourage you to visit the Shamrock Club website to gain an appreciation for all that the parade and 5k offer.

Most important is the free TRIP FOR 2 TO IRELAND that will be given away to somebody with the luck of the Irish! In addition, it is a charity event with proceeds to be given to the MACC fund.

As with most new races, there is a currently a dearth of volunteers, so I need some help. Please send me a note at Shamrockbill@wi.rr.com if you can assist.



INSIDE:

	PAGE
Prez Sez - Glass Half Full?	2
	
Meeting Speakers	2
South Shore 1/2 Marathon	3
	
Beginning Running Begins	3
Intermediate Running Prog	3
Traveling Strider:	
• Headwind in Vegas	4
• It can ruboff! Disney	4
	
Club Champ Awards	5
Times Past:	
John Miller Pt2	6
Samson Stomp Report	6
Huffing & Puffing Huff	7
SUPERUN New Race Director	7
the SEX Issue	8
Trailbreaker is in Motion	8



BLS VIPs and Info	9
Most Improved Runner Awards	10
Making Dust	
• Champagne Chase	11
• S-No-W Fun Run	11
• Samson Stomp	12
24 Hour Run adds a Relay	14
BLS New Members	14
The Archives	15
Fun Run Directors Needed	15

Glass Half Full, or Glass Half Empty?

the
Prez
sez



John Cornell

BLS Meeting Speakers

March 16th, 2005

Dr. Anne Zeni-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 20th, 2005

Pete Mueller

Body Mechanics™

Pete Mueller is a fitness professional and educator committed to staying abreast of the most innovative training principles. His career in the fitness industry began academically as he pursued a Bachelors degree in Exercise Science from UW Whitewater and has since immersed himself in the fitness industry. Pete has demonstrated a unique ability to sift through contemporary fitness concepts and identify practical applications of those topics.

More importantly, Pete has a true gift in educating clients and employees alike, optimizing understanding of the body and movement patterns. His pursuits have earned him certifications in Exercise Leadership from the American Council on Exercise and the Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association. Pete is also adjunct faculty at Marquette University and has served as a consultant for professional organizations and corporations.

Pete is committed to helping clients achieve their fitness goals in an effective and practical manner. Passion and personal experience with endurance sports is his motivation for helping clients enjoy the journey and cross the finish line.

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.

As I describe the following the situation, I want you to close your eyes, take a deep breath, and imagine that you are living this exact situation I'm describing. Ok, if you're still reading, you have demonstrated an ability to not follow directions, but tremendous common sense. You win. Leave your eyes open, but imagine this situation is you nonetheless.

So, I went out for a track workout recently. The plan was to do 4 X 1 mile on the track. It was a great day for it. I was well rested, and really wanted to see what kind of shape I'm in so early in the year.

I do my usual 2-mile warm up, and then pull off to the side to stretch. When I line up for the first repeat, I'm pretty excited for my first speed work session of the season. I finish the first repeat within 5 seconds of my target (on the fast side). I finish the 2nd and 4th repeat without incident, both within my 5 seconds of my target time.

I finish my workout and do a nice 2 mile cool down, confident that I'm further along this year than last year at this time.

No, I didn't forget to detail the 3rd repeat. I was saving it for last. My heart rate was high, and I hadn't quit caught my breath as I lined up for number 3. On the completion of my second lap, I was forced to slow down by some unaware spectators standing on the track. I yelled, "on your left, coming thru!" when I was about 15 meters away. A problem arose in that my "left" was in opposite directions for the 2 people standing on the track. One moved to my right, and the other moved to my left. I almost came to a complete stop, but managed to squirt thru and continue on. It took me off stride and breathing, but I finished without further incident about 5 seconds slower than my target pace.

Now, open your eyes.

I've always thought runners were usually able to see the positives in any situation. Since I lived this workout, I can tell you that I thought I had tremendous run. Twenty-eight of the Twenty-nine laps I ran were uneventful, and I survived the one lap with incident. As you imagined this was you, what was your impression of the workout?

Why do I detail this story? Recently there have been numerous postings on our graffiti board describing how tough it is to run at the Pettit Center. I run there quite often in the winter months, and anyone who reads the graffiti board knows I'm a big fan of having a longer track to do my workouts on. What puzzled me was the negative postings regarding the Pettit. I know it's human nature to complain, but I



couldn't help but wonder. Are the negative comments really the majority of Striders opinion of the center, or is it just a few vocal complainers

are glass half empty types vs. glass half full types?

I'd love to hear your opinion on the Pettit Center as I put together this informal, non scientific survey. Please email me at jdcstrider@aol.com or post your opinion on the graffiti board. Keep it simple-- Yes you like it, No you don't, You have no opinion/never run there. I've done a lot of work developing a partnership with the Pettit, but if our membership doesn't want it, I'll stop putting in the effort. Please, I really want, and need, to know what you think!

Could this Really be happening?

At a recent Strider Club meeting, I witnessed something disappointing in two regards. I saw longtime Strider Dennis Eden, who was working the door for us that night, reach into his wallet and put some of his own money in the entry fee envelope shortly after the meeting had started and a club member had just arrived, without paying. This struck me as odd, as I had paid for Dennis' entry myself that night. Dennis explained that he didn't want the money to be short. I was still

confused. "How could the money be short?" I asked, several times. I could see Dennis was very nervous and refused to give me any details, but I persisted.

After the meeting I continued to push him. The answer he reluctantly gave surprised, and disappointed me. While refusing to name names, Dennis informed me that several prominent Striders from time to time refuse to pay the entry to club meetings, citing they do enough for the club and shouldn't have to pay.

I commend Dennis for his honesty and not wanting the club to be shorted, but I certainly don't think he has a financial obligation to cover for those members who are above the admission fee. That was disappointment number one.

Disappointment number two. There was a posting online recently about the Strider honor system, specifically a discussion about requiring Club Championship participants to volunteer in come capacity for a Strider event. (That, incidentally is actually a non-enforced "on the honor system" requirement for being a member). Some folks took exception that we actually might enforce it for those in the Club Championship to be eligible for awards. The long and short of it is this. It's up to each individual to live by the honor system. I won't enforce it, but I will be disappointed the more I see it violated. Thanks to the overwhelming majority of members who have the honor to abide by this code. You are why so many of us put in the hours and effort we do to make this club what it is.

The same goes for paying admission to club meetings. The individuals who are above paying really put our volunteers in a very uncomfortable position. So uncomfortable, they might rather pay your admission than confront you. Please, don't put Dennis or any other volunteer in that position. There is nothing honorable about that.



Above: The Prez presented a special Honorary Membership Award to Marine Sgt Jason Wittling of Mason WI who was paralyzed in action in Iraq. Jason was an avid runner before the war and he hopes to once again be able to run someday.

We hope so too!

Below: Jason met Mike Sherman and Brett Favre before the Packer game in San Diego on Dec 13th. He was almost as excited as when he heard about the Honorary Membership to the Club. (photo courtesy www.defendamerica.mil)



STRIDERS HALF MARATHON SET FOR APRIL 9TH

by Len Wachniak, R.D.

It is time once again for the South Shore Half Marathon, which is set for Saturday April 9th. The race starts and finishes at South Shore Park, and heads south through several parks alongside Lake Michigan. This is an excellent final tune up for Boston, or a great training run for any of the spring marathons. It is also a great way to test your spring fitness level. The course is relatively flat, with a few rolling hills designed to give a better view of the lake.

We all know how unpredictable the weather can be in early April, so this year there will be a bag drop in the basement for anyone who wants to have warm, dry clothes to change into after the race. There will be post race refreshments, and awards will be given to the top three in each age grouping.

All participants will receive the cherished gloves, which this year will be as good looking as ever. Pre-race registration is \$5 for members, and \$6 for non-members. Race day registration is \$8 for everyone,

so sign up early. A registration form is included with this newsletter, but if you need additional forms, they are available on the Strider web site.

If you are not up to running 13 miles, please consider volunteering to help out. A race of this size requires a lot of work, and all volunteers get a pair of the coveted gloves. By helping out, you can get your volunteer time for the year in early.



South Shore Pavilion

Let me know if you have any questions or concerns. I can be reached at 414-545-5899 or by e-mail at wachlen@sbcglobal.net.

New Venue for Adult Beginning Running Program!

By Marty Malin

That's right, after six years of holding our Beginning Running Program at Hart Park, we have finally made the decision to move to The Pettit National Ice Center.

Why? Well, for a number of reasons:

1. Location: At only a block off of Hwy 94 at 84th Street, it is much easier and quicker to get there for most participants. Since they come from nearby and not so nearby (last year we had someone come from Madison, and she didn't miss a session!), surrounding areas, this is more centrally located.
2. The meeting room is nicer. Not only is there more room, but we won't have to find and set-up chairs, or bring in our own audio equipment.
3. This venue offers us the option of running inside in case of inclement weather. And late March and early April can still have some unpredictable weather conditions.

So, if you are thinking of getting in shape, here is your chance! We offer a non-competitive atmosphere with several supportive volunteers, where you can learn about the reason for exercising in general, and running in particular. You will learn how your body will adapt to regular exercise, and will find that you start feeling better and better as you continue with potentially one of the best changes in your life!

We meet for eight Tuesday nights, starting March 29th upstairs in the Pettit Center. Sessions start at 6 p.m. and last until 8 p.m.

The average session will start with about 30 minutes of information on several smaller subjects such as stretching, nutrition, and injury prevention, followed by a warm-up, stretch, a 20-minute run/walk outside in groups of like abilities, and another stretch, then back inside for either a guest speaker or me for the final 45 minutes. Larger topics discussed will include nutrition, proper running shoes and other running attire, weight training, other aerobic exercise, and exercise physiology.

So come join our program. You can find an entry form tucked inside The Strider. We guarantee that you will enjoy most of it, or at least a minute here and there.

The volunteers I have lined up as group leaders are really great! They all want to help others enjoy running like they do. And they realize that it can take a long time until you really feel like a runner. To ease you into things, we start you out doing mostly walking and a little bit of light, easy running. As the weeks progress, you will find the going a little easier as your body starts adapting, and our gradual shift to mostly running and less walking will have you amazed at what you can do.

The registration fee is only \$45 and includes several goodies. You will get an individualized class binder, with outlines of many of the topics we will discuss. Plus, you will have access to a large assortment of interesting articles. Even better, if you sign-up by March 3rd, you get a \$5 discount. And, if you have taken the class before and would like to take it again, you get an additional \$5 discount on top of that.

So sign-up soon. Class size is limited to the first 65 participants...and spaces will fill-up fast! You can get an entry form by either logging onto the Badgerland Strider's website, calling Marty at 414-453-7326, or looking for the insert in this issue of The Strider. If you have any questions, feel free to give me a call. I will be more than happy to answer them.

Another plus is that everyone is automatically signed-up for Sarah's Stride on Saturday, May 21st, which also happens to be our graduation. Following that, we will have a celebratory picnic in Greenfield Park a month later. It will be a time to bring your family, enjoy the company of fellow classmates, play some outdoor games, like frisbee, volleyball, or bocce ball. In fact, last year we were the host of the 1st Annual World Championships of Speed Bocce Ball. (Now that was exciting!) You can relive any running stories, and enjoy some great company, food, and refreshments.

Badgerland Striders

2005 Adult Intermediate Running Program

Goal

We will teach you various stretches, strengthening exercises, and training programs that you can incorporate into your training and racing. With proper implementation, you will see your times improve. Here are just some of the many things you will learn:

- Increasing speed with less mileage
- When to give your body a rest
- What to do in the off season
- The plastic stretch
- Hill training and techniques
- Those beloved intervals
- VO2 Max
- Fartlek training
- Periodicity

Place

We meet on the southwest end of the track in Wauwatosa's Hart Park, just south of State Street, just west of 72nd & Chestnut.

Dates/Times

Thursday Nights - April 21st to June 2nd - 6:30 to 7:30 p.m. Plus a picnic on June 25th.

Facilities

We will make ample use of the track as well as other areas nearby. Restrooms & free parking available.

Typical Night

We start off with a one-mile warm-up, followed by stretching, plyometric training, a hill, interval, or fartlek training session, and finally, a one-mile warm-down. Wear lots of layers as the valley gets chilly quickly.

Program Fee

\$25. \$5 discount if previous participant. Non-refundable. Includes T-Shirt, water bottle, and June 26th picnic.

Registration

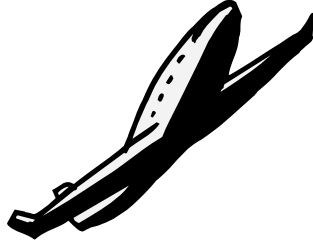
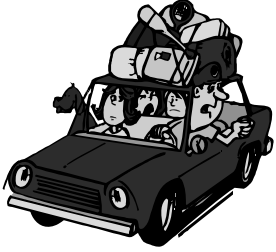
Download a registration form at www.badgerlandstriders.org or call Marty Malin at (414) 453-7326, or e-mail at 4runners@merr.com

Send completed form with check payable to the Badgerland Striders to:

Marty Malin
6522 W Wright Street
Wauwatosa, WI 53213

Rewards

Improving your overall level of conditioning and knowing what you need to do in order to achieve your individual goals using sound scientific principals and vice-principals. Picnic.



Traveling Striders

HEADWIND ADDS TO THE LAS VEGAS CHALLENGE

"and now a word from our roving reporter"

(Ted Itzov)

Jean, NV. A cool wind was blowing out of the north as some 2189 marathoners lined up at the start of the 2005 Las Vegas Marathon on the sunny morning of January 30, 2005.

The event got underway with the sound of Elvis Presley's "Viva Las Vegas."

Runners headed northward on the eastern frontage road of the big I-15. Drivers on the freeway occasionally cheered the marathoners by sounding their horns. The runners ran up a slight incline until some eight miles, and then began a gradual decline. With only a slight grade, no familiar Wisconsin trees or houses, nothing was getting in the way of the wind.

Runners continued past the half way point, which was the start of the Las Vegas Half Marathon.

Occasionally, yellow school busses drove by on the left side of the road, perhaps to pick up the

"DNF's." Also, low flying helicopters passed overhead, with roving reporters on board.



On the outskirts of Las Vegas, some three hours after the marathon start, the wind got to be quite a challenge to run into. Around mile 21, runners were told that a break from the wind was coming up. The

course turned right, turned into the wind again, and not much later, headed east again. A seemingly gradual decline made this stretch, around mile 22 to 25, seem relatively easy.

Finally, the course turned south for the last half-mile or so. For once, runners actually had a tailwind.

The course finished in Sunset Park, Las Vegas. With a high point of 3130 feet above sea level at 8.6 miles, the event was not a thin air seeker's challenge; rather, the 2005 Las Vegas Marathon was a wind-bucking challenge.

Unlike the north wind in Wisconsin in January, this wind did not bring out Robert Frost, or any of his brothers, to nip at runner's noses. The unobstructed wind and the wide-open landscape made running a marathon out in the "Great Wild West" unlike any Wisconsin area marathon.

IT CAN RUB OFF



from left to right: Michael Huard, Kristin Maniaci, Cindy Maniaci, John Maniaci, Kevin Harriman, Angela Maniaci

My obsession with triathlon comes from a need to stay young, competitive, and positive. My family has scrutinized me since my first Triathlon in 1994. Over the years I have had feelings of self-doubt, and wondered if I was being selfish in my pursuit to swim, bike, and run. Family obligations were first priority, but I still managed to fit in workouts.

After my second IronMan, I made a promise to my family not to enter another IronMan because of the rigorous training schedule.


I did the Disney Half-Marathon in May of 2004. We planned a vacation around the event. We had a great time and met a lot of great people. As a result, I wound up signing up for the 2004 IronMan Wisconsin. My wife, two daughters, and their boyfriends came to watch.

They all caught the bug, and we all signed up for the Disney Marathon. I posted a weekly count down to the race. We worked out a long run schedule. Everyone trained in the heat, rain, and cold. We toed the line on January 9, 2005.

We all finished at or below our goal times. I had tears in my eyes as I watched my daughter cross the finish line. I never thought my obsession would rub off.

John Maniaci






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Club Championships Awards Handed Out at the Holiday Party January 29th

Men 19 & Under

Short Series
 1st Place – Tylor Lewis
 2nd Place – Evan Cooper

Men 20-24

Long Series
 1st Place – Matt Tupta

Men 25-29

Short Series
 1st Place – Justin Miller

Men 30-24

Short Series
 1st Place – Ted Shue
 2nd Place – Steven Kubicki
 3rd Place – Scott Krems

Long Series

1st Place – Wayne Dalton
 2nd Place – Joel Barbieri
 3rd Place – Gerald Cameron

Men 35-39

Short Series
 1st Place – Jeff Feldman
 2nd Place – Bruce Holmes
 3rd Place – Jim Schmidt

Long Series

1st Place – Geoff Harris
 2nd Place – Chaz Heckman

Men 40-44

Short Series
 1st Place – Rick Stefanovic
 2nd Place – Bill Gilmore
 3rd Place – Nicholas Anstedt

Long Series

1st Place – Dave Dehart
 2nd Place – Peter Stefaniak
 3rd Place – Chuck Baker

Men 45-49

Short Series
 1st Place – Dave Harris
 2nd Place – Rick Kallien
 3rd Place – David Mott

Long Series

1st Place – Jim Cummins
 2nd Place – Alastair Matthews

Men 50-54

Short Series
 1st Place – Dennis Eden
 2nd Place – Dennis Shoemaker
 3rd Place – John Bell

Long Series

1st Place – Layne Davis
 2nd Place – Ron Erhardt
 3rd Place – Fred Klewin

Men 55-59

Short Series
 1st Place – Doug Nelson
 2nd Place – Sam Waala

Long Series

1st Place – Jim Nowakowski

Men 60-64

Short Series
 1st Place – Mike Colbert
 2nd Place – Bruce Boeck
 3rd Place – Ralph Bayard

Long Series

1st Place – John Becker

Men 65-69

Short Series
 1st Place – Richard Waltz
 2nd Place – David Stuckslager

Long Series

1st Place – Ron Caruso
 2nd Place – Ed Parker

Men 70-74

Short Series
 1st Place – Earl Peychal

Long Series

1st Place – Kent Schlienger

Men 75 & Over

Short Series
 1st Place – Dan Murphy

Women 25-29

Short Series
 1st Place – Dot McMahan
 2nd Place – Robin Treder

Long Series

1st Place – Julie Treder

Women 30-34

Short Series
 1st Place – Tracie Mittlesteadt
 2nd Place – Michelle Kehoe

Long Series

1st Place – Michelle Meier
 2nd Place – Cyndi Bergs

Women 35-39

Short Series
 1st Place – Laura Klein
 2nd Place – Paula Schmidt

Long Series

1st Place – Mary Flaws
 2nd Place – Angela Sprau

Women 40-44

Short Series
 1st Place – Sally Schumacher
 2nd Place – Vickie Kallien
 3rd Place – Rose Anstedt

Long Series

1st Place – Mary Bolich
 2nd Place – Louise Johnson

Women 45-49

Short Series
 1st Place – Julie Baron
 2nd Place – Cheryl Neumann
 3rd Place – Kim Petak

Long Series

1st Place – Mary Wysocki

Women 50-54

Short Series
 1st Place – Sue Sharkey

Long Series

1st Place – Cindy Schramm
 2nd Place – Barbara Jewell
 3rd Place – Linda Pulkowski

Women 55-59

Short Series
 1st Place – Nancy Birk
 2nd Place – Donna Bayard

Long Series

1st Place – Joy Imms

Women 60-64

Short Series
 1st Place – Kathryn Retzlaff

Long Series

1st Place – Marcia Balthazor

Women 75 & Over

Short Series
 1st Place – Agnes Reinhard



Winners who were present at the party, From Left: Dennis Shoemaker, Chaz Heckman, Mary Wysocki, Nicholas Ansteadt, Jim Cummins, Louise Johnson, Justin Miller, Rose Ansteadt, Dave Stuckslager, Wayne "Cowboy" Dalton, Linda Pulkowski, Mary Flaws, Ted Shue, Doug Nelson, Jim Schmidt, Sally Schumacher, Dave DeHart, Jim Nowakowski, Robin Treder, Rick Stefanovic, Dave Harris, Paula Schmidt, John Becker, Geoff Harris, Michelle Meier, Kent Schlienger, Dan Murphy, Geoff Harris. Photo by Jeff Weiss

HELP WANTED

Inside Sales

advertisement



Customer Service Representative for Label Manufacturer



BLS member, Bob Scherer, is hiring. Bob's company, CL&D Digital, of Delafield Wisconsin seeks a dedicated inside sales/CSR Account Representative. This challenging, fast paced, position will require sharp decision-making and communication skills, an ability to build and retain critical relationships with Fortune 500 accounts, following through on small problems while preventing large ones.

We're all about service, quality and on-time delivery and your dedication will uphold our renowned reputation. We've grown steadily for 10 years! This person is responsible for timely order entry, follow-through on graphics preparation and scheduling. Add good PC skills, a professional demeanor and a sound background or education in multi-color printing and/or customer service.

These, along with a minimum of 2 years experience and a related degree or combination of experience and education may qualify you for an exciting opportunity. Great benefits included. If qualified, please e-mail your resume along with salary history to bscherer@clddigital.com. If you prefer, you can fax to 262-364-2685. We are an equal opportunity employer.

Times Past: Yesterday and Today

John Miller - PART II



Ron Winkler

In the January/February Strider, I introduced John Miller, who all the "old timers" will remember as one of the area's top runners in the 1970's and 80's. From last month's thumbnail sketch, we move into the details of John's early life up to age 22.

John Miller was born on July 23, 1948 on the South Side of Milwaukee. He seems to have been predestined for a life in physical education as the two houses where he grew up were adjacent to playgrounds. The first house was next to Tippecanoe Park and the second house was across the street from Ellen Playground. Ellen Playground is at the intersection of Fernwood and Ellen in an area of Bay View known as Sauerkraut Hill. Sauerkraut Hill received its name due to the large percentage of German immigrants who once lived there. Miller attended Immaculate Conception grade school as part of what could be regarded as a normal childhood. As a youngster, he was very active. Two of his favorite activities were riding his bike and going to Humboldt Park to rent a row boat for 25 cents.

The only dark cloud in his childhood was getting picked on by bullies. Things got so bad, that he ran away from home in 1962 to escape this abuse. He

boarded the train in downtown Milwaukee and ended up in Portland, Oregon three days later. When he arrived in Portland, the authorities were waiting for him. His parents were called and his father came to pick him up.

However, Miller's negative experiences with these bullies eventually combined with three positive experiences involving a priest and two coaches to mold him into what he was to become. Years later, this combination of the positive and negative would influence Miller's philosophy as teacher and coach.

The running priest (first positive experience)

His first positive experience occurred in 1963 when he entered the 9th grade at the Society of the Precious Blood Catholic Seminary in Canton, Ohio. Even though the St. Francis Seminary was almost in Miller's back yard, he wanted to get away from his adversaries. "In the seminary, I noticed one of the teachers (a priest) would be jogging each morning before breakfast. One morning, for some reason, I remember asking him what he was doing and why he was running. He invited me to join him the next day. I don't recall how I felt that first day, but I remember running almost every morning either with the priest or by myself."

High school cross country (second positive experience)

His second positive experience occurred at Bay View High School in Milwaukee. "I continued to

(Continued on page 14)



2005 SAMSON STOMP AND ROMP

By Richard Menzel, Race Director

On Sunday, January 16, 2005 the 25th annual Samson Stomp & Romp was held at the Milwaukee County Zoo. At the start of the 5k the weather was bright and clear with the temperature around a balmy six degrees above zero. This was the second coldest race day temperature in many years but the wind was light and the roads were dry which made for good Wisconsin winter running conditions.

County Executive Scott Walker was not able to start the race as he has done in prior years because of prior commitments but other arrangements were made for a guest starter. Just as the race was about to begin Steve Hartman pulled up in the lead vehicle and out jumped a gorilla (Doug Simon) with a gun. He fired the starting shot and the race was on. The gorilla was kind enough to start the two-mile run/walk and make an appearance at the kid's one mile and 1/4 mile races.

A total of 833 participants were registered in the four events despite the cold temperature. This was down a bit from prior years, with the largest drop in the number of walkers who apparently did not want to fight the elements.

The runners still posted some impressive times with Scott Jansky being the first overall male finishing in 16:13 and Melissa Manke being the first female finisher, coming in 19:27. Our own Terry Labiniski (m40-44) ran 17:49 and finished fourth overall.

This was my first year as the race director of the Samson Stomp. My job was made very enjoyable by the cooperation of the Zoo's staff and the hard work of the volunteers and race Captains. Everyone gave their best to put on a quality event for the other Striders and the running community. I look forward to directing the race next year and wish to give a big THANK YOU to all of the people that helped make Samson Stomp a success this year.



above:
New Race Director
Richard Menzel
starts the race with
the aid of County
Exec Scott Walker
(bad hair day)

at left:
The start of the 2005 Samson
Stomp 5K

Results and More pics on
Page 12



HUFFING AND PUFFING AT THE HUFF

By Mary Gorski

Although the RD was kind enough to say that I was a veteran of his race when he handed me my box of chocolate, this was actually my first time at the HUFF 50K in Indiana. Usually, it is held just after Christmas when I am out on a snow chase, trying to find a patch of snow to ski on in northern Wisconsin. But this year, the date worked perfectly with my schedule (I love it when the world revolves around me!) and so I signed up.

The hardest part of HUFF for someone from Wisconsin is getting there. I hate driving through or around Chicago, but it is good to experience a bit of hell now and then to truly appreciate a slice of heaven (Oh now you Chicago people, don't start sending me nastygrams -- I'm not bashing your fine town, just your not-so-express-way traffic).



Closing in on I-80, I saw large signs that basically said, "Interstate 80 is under construction for the next 40 miles; be prepared for orange-infested-traffic-stopping-truck-tailgating-hell". While fighting others for my little piece of the road, I kept telling myself, "Think of how easy the traffic jams of the trail will be tomorrow morning."

The happy thoughts got me through the 40 miles and to Huntington, Indiana. The night before the run, I plopped down at the pre-race dinner next to Jim from Huntington Beach, California. He told me that he has been traveling in his camper around the country the last few months, doing marathons and more. He is a 50-States runner. I asked him how many states he had to go before getting all 50 and he said that he had a few more before finishing his third loop. And here I thought driving I-80 was tough stuff. He had a lot more endurance than I did.

Anyhow, on to the race. Huntington is on the edge of the Eastern Time Zone, so it was dark until just before the 8 a.m. start. When we pulled in, we were directed to find a campsite to park in. Clueless as to what was a good spot and what wasn't, I decided to simply shoot for one within eyesight of the food tent. This ended up being an incredibly lucky choice as I found out later on.

The sun was finally up and runners, bundled up in their best winter wear were at the starting line, ready for the canon fire. And that's a real canon, not some plaything. A real, cover your ears if you are nearby kind of canon. BOOM!!!! The 50K was on its way.

I knew that this race attracted some fast runners, but I was AMAZED at how quick people were taking off. To spread runners out, the first loop is run on the park road for about a half-mile before hitting the trail. Looking ahead, I could see people in sprint mode, jockeying for position before the course narrowed. Amazed at these people with extremely fleet feet, I shared my thoughts with a runner next to me.

"Most of those really fast folks are relay runners," he said. I had forgotten about the relay. But then he added. "The rest are just a whole lot better than we are." Okay, and that too.

There were some really fast people and I have to admit that sometimes I am a sheep -- I just follow the herd. Although I always like to start races easy and pick it up as the day goes on, I got caught up in the herd and headed out fast (for me -- I admit I was nowhere near those gazelles up front). I was huffing and puffing, but after all, it was the "HUFF" so it seemed appropriate.

The trail is a mix of single track and doublewide broken up by a couple of road stretches. I was surprised to find that there was some snow and ice. It wasn't too hilly (not by Glacial and Ice Age standards) but generally, the steeper downhills were slick with snow. Sometimes the trail ran through or alongside farm fields with frozen bumps to dance across -- mini frozen mud moguls.

The weather was cool, but not as cold as I expected. I was overdressed in my Christmas green vest and thick tights. I don't know why I thought it would be so cold. Maybe it was that Weather Channel.com forecast that I clicked on at 5 a.m. saying that it would be in the low 20s with snow starting midway into our race. Silly weatherman, what does he know?

Coming near the end of the first loop, I see a sign that says "10 miles." Silly me, I think we will see the start/finish area shortly. Let's see, 31 miles divided by three... I would think that would work out to about 3.3 miles per loop. In about a quarter mile (just a loop around a track or so) we should come to the end of the loop.

The minutes tick by, and the trail continues. I tried to remember whether I signed up for a 50K or a 50-mile. Curious, I said to the runner next to me "this is a heck of a long quarter mile."

"The course is long. The loops are really 10.8. You'll run an extra mile-and-a-half or so by the end," he said.

Bonus miles. At least I'd know on the next two loops not to get too excited when I saw that 10-mile sign. And thankfully, I knew that I wasn't doing a 50-miler. This was also reassuring -- not that I have anything against 50-milers. I've done several myself. But I just wasn't planning on it this weekend.

Anyhow, we finally head back into the campground and what do I see? My car!!! I managed to park it smack dab on the course (on the SIDE of the course, that is, not in the middle of it -- I'm not quite that blonde)! How great is that? A Saturn wagon for a drop bag. And so I took advantage of its handy location to toss some clothes. Life is good.



On to loop two. Same song, second verse. Temps continued to be mild for December, but we did get a bit of snow on this loop. Big, white, wet flakes. Otherwise, it was the same old, same old as loop one. But by the time we hit loop three, the plodding of hundreds of runners and the warmer temps turned what had been frozen tundra into a sloppy mud bath (but yes, thank you, I realize that it wasn't as bad as last year -- several people were kind enough to tell me that the trail in 2003 was much more difficult because it was much more muddy... I know, I had it so easy... now shut up and run.).

On loop one, I slipped on ice and fell down. On loop three, I slid on mud and fell down. The landing is much softer in mud, so I preferred the second fall. Keep this in mind if you are thinking of falling -- shoot for mud, not ice. --Makes for a more pleasant landing.

Loop three comes to an end and so does my race. I slowed a bit on loops two and three, but expected it after heading out a bit too quick on loop one. But I felt good, I was upright, and I ran a nice time for a 32.4-mile race. I headed to the celebration tent, which was filled with food. Hot chili, hot soup, muffins, cookies and other delectables. I was in post-ultrarun-heaven (which I well appreciated, since I had driven through I-80 hell the day before). And then I heard my name called. I won an age group award and what did I get -- more lovely food! A box of chocolates! How great is that?

So I huffed and I puffed and I even fell down. But gosh darn it, I had a great time.

SUPERUN TO GET NEW RACE DIRECTOR

By Karen Van Rite

Bob Scherer and Karen Van Rite would like to introduce Race Director "In Training," Jackie Kaminski. Jackie will be working closely with us as we finalize plans for this year's Superun 5k run and walk. Next year Jackie will take over as official race director, while Bob and Karen will be at her disposal to guide and assist her.

Jackie has been running for about ten years. She joined the Striders to meet people and train for her first marathon. To date she has completed six marathons in addition to many smaller races and triathlons.

Jackie recently had hip surgery, but hopes to continue running after rehab is complete. Married just last September, she is still a newlywed.

She works with Tom Labisch at InStep Physical

Therapy in Mequon, where she has met many Striders. Tom has also promised to assist in whatever way he can. Jackie has lots of enthusiasm and terrific organizational skills, which will be an asset in her new position.

We hope you will welcome Jackie as she trains to take over the director duties in the next year. It is our sincere hope that all our terrific, loyal volunteers will continue to support her as we hand over the reins, and we want you to know that we appreciate your help these past years.

In addition, we would like to extend a special invitation to our captains to continue their fine jobs through this transition and support Jackie when she takes over. As her first official duty, Jackie will be the volunteer coordinator this year. She is hoping to get to know as many of you as possible. In that regard,

it would help immensely if anyone interested in volunteering would contact Jackie with his or her e-mail address. We are asking volunteers from past years, as well as new volunteers, to e-mail Jackie at jswrun@hotmail.com with their pertinent information in order to insure that we have current addresses and phone numbers.

For planning purposes, take note that this year's Superun will take place Wednesday, June 22 at 7:00 p.m. in Lake Park - same time, same place, same course, etc.

Registration forms are available now on the Strider website, and will be included in a future newsletter.

We hope to see all of you there, either as runners, volunteers, or spectators to meet Jackie and have a great time.

the Sex Issue

by Dave O'Brien

Every couple of months I make it a point to visit my local Hales Corners library, to read up on the latest developments in sports and physical fitness.

This month it was much the same. I still wasn't fit, and there were a lot of books that would tell me (if I would just read them), why I wasn't.

"Glamour," one of my favorite technical references, was being held behind the counter this month, available only upon request.

How would it look for me, an aging endurance athlete, to go, library card in hand, and beg to see a copy?

Naaah. Let's see what else. Aha, here's something. *Bicycling* – January/February – **the sex issue!**

Always searching for new ideas for our own publication, I picked it up and ran my fingers over the scantily clad bicyclist

pictured on the cover.

"Now this," I explained to the library representative across the counter, "should give Sports Illustrated a run for its money."

Feeling a surplus of saliva running down one side of my chin, I turned aside to study the contents of the magazine. Sex on page 26. Sex on page 30. Likewise on 34, and 37, and 52 . . . I felt I needed to sit down. There certainly was an abundance of good reading material here.

One thing about bicycling is, you can carry stuff with you. One writer proposed bringing along a blanket in your backpack or saddlebag. I was thinking, you could probably fit a sub sandwich, a mattress pad and a bottle of wine in there as well. It's awfully hard to carry all that stuff while you're running.

Of all the articles, the feature one for me was the one that presented a chart of a champion cyclist's heart rate during a one-hour bicycle training session, overlaid by a chart of her heart rate during a sexual episode with her husband, during which she reached 171 bpm – that's *heart beats* per minute – in just five minutes' time.



Do you remember my article on "Yard Work," November 2002? Well, I hate to say "I was the first" to relate heart rate to certain bodily processes and functions, but there it is. I had already laid it out for them.

As for their overlay, well, that's a technique anyone could use with an appropriate sex-oriented computer program and a publicity-attuned partner.

You can see me any time about the computer program. But really, when it comes to yard work, I prefer to work alone.

One of the ideas advanced by the magazine (p. 54) was that good bikers are also good in the sack. I know at least two good runners who would make the same argument for running. Who knows, when we put out our own sex issue, I might solicit personal interviews from them – and their partners.

There were a couple photos shown, of bikers in the nude. Again, what about photos of runners in the nude?

My experience is, that we're skirting an area of controversy here, and that trying to resolve it might be divisive.

For example, I sense that one of our active club members, who shall remain nameless here (but still serves us well as VP of Road Racing), would not approve a club-sponsored nude run. He would give a number of reasons for this, of which the first might be insurance. He might have some good reasons too.

Likewise, I sense another good and active member who also shall remain nameless, and who pitched his line of performance-enhancing supplements at one of our programs last year, would love to have us join him next time he runs Ice Age in the nude. I'm sure he could produce allies as well.

The trouble with forcing an issue is, you end up alienating half your constituents and requiring others to comply. I don't want to start a war. Really, I'm hoping we can just get together.

Some of you may have heard one of my ideas for a visual presentation called "runners in the rough." (Or was it "buff?")

My focus has always been on rough textures (tree bark, leaves, moss and stones) in contrast with smooth skin. That's female skin – feminine skin – because it seems to be, well, smoother.

For example, I once revealed to Gloria, my wife's friend and a former school teacher, the concept of what I called a "bush tree." It is a rough oak or shagbark hickory with wide-reaching branches, on which would be perched up to a dozen naked ladies; all of them runners.

"Dave," said Gloria, passing it off with laughter, "you certainly have a fertile imagination."

"Hey, if you can think it, it becomes real," I replied.

I expressed the same concept to Chris O'Brien (Bob's wife), who, I feel, has very expressive eyes. I told Chris I planned to photograph one (or even both) of her eyeballs from behind the vertical trunk of a shagbark hickory, in low light and fog. I feel Chris trusts me in this, and together (and with the right equipment) we might just get it done.

Meanwhile, textures jut out at me along the trails, demanding to be appreciated or even photographed for their sexual connotation. Rough-bark trees with sinuous branches overlooking Highway S west of Eagle. Soil covered with soft/sharp pine needles northwest of McMiller sport center. Moss-covered rocks in the Whitnall (school system) nature pod, where Larry and I came upon some pot-smoking students on one of our walks last spring.

No sex, though. We were somewhat disappointed.

And, of course, the bush tree. For me, that's got to be the one on the north edge of the Scuppernong trails, east of the new pine plantings. You'll recognize it right away. It's the one with the rough bark and wide-reaching, welcoming branches.

I've already figured the sun angle, the camera position, and who's going to hold the ladder.

I placed *Bicycling* magazine back into its rightful place on the rack, so no one would suspect **the sex issue** had been accessed. On the way out of the library I spied a drop of moisture where I had been sitting at the table, and wiped it cleanly away with the back of my hand.

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2005 Trailbreaker Is In Motion

By Don Ayer, Co-RD

It is never too soon to start thinking spring, and the Trailbreaker Committee is doing some heavy thinking. We predict the snow will be gone and the weather will be SPRING. This year's event will be held on Saturday, April 2nd.

There are changes in this year's event. They are:

- A NEW Trailbreaker Course in the city. Being that the new Riverwalk is completed and being that it follows the Fox River, we will run this course both out and back within the city. Clearly, this will be better scenery than the sidewalk of the past.
- We have a NEW Race Administrator. Because of the RE/MAX office being sold last February, we had major administration problems, the last of which was the late mailing of T-shirts. That problem has been fixed.
- Speaking of T-shirts, we made an assumption about last year's t-shirt. The assumption was that being the spring and summer were approaching, that everyone would want a short sleeve shirt. –WRONG
- ✓ Therefore, we would like to announce a return to the long sleeve shirt, with the tower emblems running down the sleeve representing the number of finishes in the Trailbreaker Marathon.

- ✓ Upon reaching ten finishes, you get a special emblem - TEN TOWERS CLUB MEMBER.
- ✓ Those with more than 10 finishes, get the TEN TOWERS emblem, plus the appropriate number going down the sleeve. Happy days are here again!
- ✓ NEW. Everyone gets a long sleeve Windshirt, not a t-shirt. More cost, more happiness!!

So, now is the hour to hit the roads and trails for the 2005 Trailbreaker. For details and registration, go to trailbreakermarathon.com.



2004 Check Presentation from the REMAX Suburban Team, Race Founders, Bill Hotz, Don Ayer and Dick Paz To Kelly Doyne of Childrens Hospital.

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

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

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

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

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

Send submissions to:

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

How to Advertise

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

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

Inserts: We will take your prepared Race Entry Forms or Event Brochures and insert them into *The Strider* in advance of your event, so club members may have them instantly in hand. We presently need 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 (1st) of the month preceding publication. Prepared ad copy by the 5th; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 7th. 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 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 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.

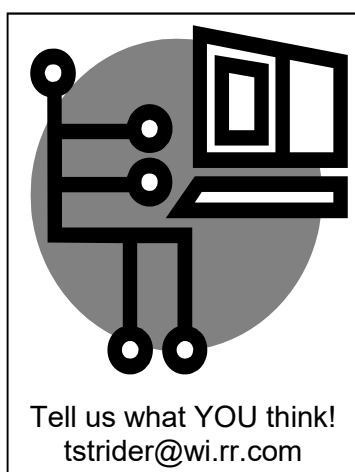
* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

* 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.

Badgerland Striders Inc.
9200 W. North Avenue
Milwaukee, WI 53226
Club Phone: 414-476-7223 (leave message)
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This newsletter is printed on recycled paper.

Badgerland Striders 2005 VIP List

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Marathon Buildup	Phil Carpenter	414-541-3086
Most Improved	Kate Rasman	414-453-9152
	Geoff Harris	414-332-5421
Club Championship	Jim Schmidt	262-650-8341

Race & Program Directors

Samson Stomp	Dick Menzel	Jan 16, 2005 414-383-1442
John Dick Memorial 50K	Craig Hopper	Feb 12, 2005 262-642-7237
Steve Cullen Run	Phil Carpenter	Feb 12, 2005 414-541-3086
Shamrock Sprint	Bill Jahnke	Mar 12, 2005 414-282-5702
BLS Beginning Running Program	Marty Malin	Mar 29, 2005 414-453-7326
Strider 1/2 Marathon	Len Wachniak	Apr 09, 2005 414-545-5899
BLS Intermediate Running Program	Marty Malin	Apr 14, 2005 414-453-7326
Brown Deer 10K	Andrew Delzer	Apr 23, 2005 262-306-1998
Ice Age 50-Mile/50K	Glenn Wargolet	May 14, 2005 262-628-3270
Sarah's Stride - Hartfest 5K	Pete Abraham	May 28, 2005 414-774-4580
Superun 5k	Bob Scherer Karen Van Rite	Jun 22, 2005 262-569-6732 262-786-8661
Hales Corners Firecracker Four	Doug Nelson	July 4, 2005 414-258-2325
Cudahy 4mi & 10M	John Bell	Aug 07, 2005 414-327-5872
Minooka Corn Roast	Dave O'Brien	Aug 03, 2005 414-425-1309
Strider 20K	Julie & Dennis Wantland	Sep 03, 2005 414-264-9968
Badgerland FX 12-24 Hr Run	Marty Malin	Sep 03, 2005 414-453-7326
Tosafest 5K	Tom Davis	Sep 10, 2005 414-220-4220
BLS Beginning Trail Running	Marty Malin	Sep 12, 2005 414-453-7326
AI's Memorial 8K Run	Jeff Weiss	Sep 24, 2005 414-771-3165
Lakefront Marathon	Kris Hinrichs	Oct 02, 2005 414-291-0368
Glacial Trail Run	Tom Bunk	Oct 09, 2005 262-392-2506
Lakefront Discovery Run	Wayne Dalton	Oct 29, 2005 414-727-4525
Turkey Trot	Dave Fiegel	Nov 06, 2005 414-545-5899

Badgerland Striders Holiday Party

(Continued from page 1)

Jeff has also taken the reins of the Race Book organization over the last couple of years. He does a couple of other things for the club as well. You may have seen him "running" around at Al's Run, the run for which he serves as race director. He is a volunteer or race captain for many other events.

He did volunteer to measure a course once, but prefers those more expert in that area to do that.

If you were to ask Dennis Shoemaker, he would tell you that Jeff would probably wrap the bacon around those little sausages for Strider Holiday Parties in days of old, but even Jeff may have his limits. On the other hand... who knows? Jeff did not join the Striders for years, because he was not sure that he would be able to find the time to fulfill the volunteer commitment requirement. Well I guess he has found

the enough time for the group. When he first became a member, he would come home from meetings feeling a bit invisible, so he decided to get to know people, and let them get to know him by helping out a little more. His strategy seems to have done the trick! There is a lesson there for new striders. He is truly honored to be a Lifetime Member.

John Cornell introduced a new award which he termed the President's Award. He wanted to recognize a Strider for outstanding service in the aid of the president or in other words, the member who most helped the Prez get through the year in one piece. Without prior knowledge of the fact that he had been selected for the Lifetime Membership Award, John unwittingly selected Jeff Weiss from a long list of people for this award.

This being the year of change, the traditional dancing that followed the awards ceremony in the past was absent as well. This year, the awards were followed by a performance by Comedy Sportz.

Those who have are familiar with Comedy Sportz performances know that the "troop" are not the stars of the show. Beforehand, performers gain bits of information about the group as a whole and about specific, fun loving individuals who won't mind a bit of good-natured ribbing. The audience provides input during the show. Actual participation by some members of the audience make the show truly improvisational.

At our party, some of the victims of the Comedy Sportz jabs were Roy Pirrung, Agnes Reinhardt and Dave O'Brien. Our own Dave Poglitsch and "Sparkles" starred in some of the scenes.

The laughter during the show and the positive comments heard after the show indicated that the improv routine was very well received.

Strider Prez John Cornell and Bill Severson took a risk and spear-headed the shake up in both the venue and the agenda. It seems to have been a risk worth taking.



top: The Comedy Sportz troop clowns for the crowd
 above: Dave Poglitsch performs in one of the games
 at right-upper: The crowd enjoys the show
 at right-lower: Kate Rasman - Most Improved Program Director, Paula Schmidt and Jim Schmidt - Club Championship Program Director prepare to hand out awards

Most Improved Runner Competition

Distance	Name	Gender
Marathon	Robb Simcock	Male
Marathon	Jim Nowakowski	Male
Marathon	Lee Montgomery	Male
Marathon	Dennis Hanna	Male
5K	Bob Linke	Male
5K	Tony Chan	Male
5K	Jackie Schultz	Female
5K	Emilie Linke	Female
8K	Jim Hatzenbeller	Male
10K	Justin Miller	Male
½ Marathon	Steve Johnson	Male
½ Marathon	Ron Caruso	Male
½ Marathon	Don Scott	Male
20K	Nicholas Anstedt	Male
20 Mile	William Jackson	Male
15K	Steve Stein	Male
4 Mile	Doug Nelson	Male
100K	Dave Dehart	Male
10 Mile	Mary Flaws	Female
3.8 Mile	Agnes Reinhard	Female
½ IronMan	Sheryl Leonard-Schneck	Female
4 Mile	Rose Anstedt	Female
Triathlon	John White	Male
Marathon	Linda Pulkowski	Female



Winners who were present at the party, From Left: Nicholas Ansteadt, Dave DeHart, ?, ?, Linda Pulkowski, Tony Chan, ?, ?, Mary Flaws, Doug Nelson, Rose Ansteadt and Jim Nowakowski. Photo by Kent Schlienger.

MAKING DUST

CHAMPAGNE CHASE

Flanagan-Dorn American Legion Post 294 Hartland, WI

January 1, 2005

5K RUN

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

OVERALL 1ST MALE TOM KISSNER 17:59

1ST FEMALE LAUREN JENSEN 18:11

ALL	TIME	NAME
F00-20		
19	22:50	PAUL ALI
27	24:00	EWALD KRISTINE
48	27:49	HEINEN LAUREN
F21-29		
23	23:24	BOETTCHER KELCY
35	24:38	GEURTS DANA
F30-39		
2	18:11	JENSEN LAUREN
11	19:57	LIMBERG ANN
15	21:08	MEIER MICHELLE
40	25:33	PHILLIPS KELLIE
F40-49		
25	23:49	SCHNECK-LEONARD SHE
26	23:59	GUDERYON SUSAN
33	24:30	QUEDNOW LISA
44	27:03	RIEDERER GAIL
47	27:41	POWERS LAURA
51	28:43	ANSTEDT ROSE
54	29:47	JOHANN KIRA
57	31:23	BROWNE ROSE ANNE
F50-59		
21	23:05	GUDERYON-GOETZ KRIS
58	31:47	HEINEN ANNE
F60-99		
46	27:37	GILMORE LOIS
56	31:17	BALTHAZOR MARCIA
67	36:41	LEVAR BROOKS JUDY
68	37:39	MCCARTHY ROSE-MARY
M00-20		
5	19:29	RUSK DAN
20	22:55	MCFARLAND TIM
59	31:51	TURNER ERIC
63	33:50	TURNER BRIAN
M21-29		
9	19:47	MUELLER BEN
M30-39		
3	18:21	BARRIBEAU ARCHIE
4	18:25	TAYLOR STEVE
14	20:34	DELLEMANN TOM
42	26:23	PHILLIPS ANTHONY
43	26:36	BOETTCHER SCOTT
M40-49		
1	17:59	KISSNER TOM
6	19:31	BURNTON MICHAEL
10	19:55	PAUL LESTER
13	20:13	SIMOS GEORGE
16	21:13	URBAIN JAY
17	21:18	ITZOV TED
18	22:01	ANSTEDT NICK
24	23:36	STEINBERG GREG
28	24:04	BRAUN COLE
29	24:07	KLEIN PETER
30	24:11	O'CONNELL MIKE
31	24:17	MCCARTHY ANDY
32	24:18	SCHERER BOB
34	24:32	BLASIUS DENNIS
41	25:42	TURNER BARRY
52	29:00	RICHARD STEVE
60	31:54	QUEDNOW JAMES
M50-59		
7	19:39	EDEN DENNIS
8	19:45	FRAUENFELDER NEAL
36	24:46	GROHSMAN ROBIN
37	25:01	BRITTAIN JOHN
38	25:03	POWERS CRAIG
39	25:23	EHRMANN JOHN
45	27:30	HOLM MARK
49	27:50	BRINDOWSKI JIM
50	28:28	UTECHT WAYNE
53	29:39	WEISKOPF JAMES
55	30:52	OBY FRED
62	32:48	REINOOS KERRY
64	34:41	KEAN LARRY
65	35:03	MOORE TOM
M60-99		
12	20:12	FORT MIKE
61	31:59	GILMORE WAYNE
66	36:40	LEVAR FRANK
NO DIVN		

S-NO-W FUN RUN

AMERICAN CLUB LAKE GENEVA, WI

January 8, 2005

5MI RUN

Results Courtesy Wisconsin Runner www.wisconsinrunner.com

PL	NAME	S	TIME
1	Matt Thull	M	24:48.3
2	Pat Frascone	M	25:02.3
3	Quinn Newton	M	25:09.6
4	Shane Carr	M	26:32.9
5	Kyle Moss	M	27:00.3
6	Mike Gotzler	M	28:08.7
7	Justin Miller	M	28:12.9
8	Pete Sell	M	28:13.8
9	Matt Tupta	M	28:17.2
10	Matt Sveum	M	28:21.0
11	Terry Labinski	M	28:37.6

40	Tim Rutter	M	31:48.4
41	Robert Lundgren	M	31:53.6
42	Lisa Johnson	F	31:58.4
43	David Basak	M	31:58.8
44	Darryl Johnson	M	32:03.9
45	Bruce Keyzer	M	32:11.2
46	Ray Levermier	M	32:27.7
47	RB Jacobson	M	32:32.9
48	Alan Neil	M	32:37.1
49	Jerry P Sullivan	M	32:37.8
50	Joel Aven	M	32:38.4
51	Bruce Beck	M	32:42.9
52	Cary Segall	M	32:51.6
53	Carl Macuiba	M	32:54.9
54	Michelle Idstein	F	32:58.0
55	Rob Sanborn	M	32:58.4
56	Ron Taubert	M	33:04.9
57	Jeff Haas	M	33:05.6
58	Scott Christopherson	M	33:11.7
59	Lance Caldwell	M	33:13.0
60	Mike Winter	M	33:16.3
61	Peter Schweinert	M	33:18.2
62	Michelle Lanouett	F	33:24.8
63	Mark Johns	M	33:28.2
64	Ken Evans	M	33:30.4
65	Mark Billings	M	33:36.9
66	Matthew Kindschi	M	33:42.7
67	Kathy Daniels	F	33:45.7
68	Michael Roberts	M	34:00.0
69	Shawn Friedman	F	34:03.7
70	Val Dougal	M	34:06.3
71	Dennis "Plodder" Eden	M	34:12.7
72	Brian Shay	M	34:15.8
73	Dan "Beemer Boy" Iverson	M	34:23.0
74	Frank Hinterleitn	M	34:31.8
75	Dan Roder	M	34:37.9
76	Brian Curley	M	34:38.5
98	Jim Ellis	M	35:52.3
99	Lisa Schreiner	F	35:53.0
100	Roger Tucker	M	35:53.9
101	Shannon Schroeder	F	36:03.7
102	Jerry Huhn	M	36:07.7
103	Evan George Titus	M	36:10.6
104	Barbara Jewell	F	36:11.4
105	Bryan Faivre	M	36:12.1
106	Nick Anstedt	M	36:12.7
107	Ken Huhn	M	36:14.1
108	Robert Corbett	M	36:14.7
109	Laurie Teper	F	36:20.4
110	Jeff Aubert	M	36:22.1
111	Grace Labinski	F	36:34.6
112	Margaret Witt	F	36:39.4
113	Thomas Sefick	M	36:43.1
114	Katrina Wiltse	F	36:44.5
115	Tommy Brainels	M	36:45.2
116	Kay Diedrich	F	36:53.4
117	"Billy Maybee, Jr."	M	36:57.7
118	Michelle Meier	F	37:04.8
119	Brenda Zeck	F	37:05.6
120	Karen Chvojka	F	37:06.9
121	Robert G McCann	M	37:08.7
122	George Tillet	M	37:10.1
123	John Barger	M	37:12.7
124	Don Crowder	M	37:15.5
125	Jed Maker	M	37:16.2
126	Lynda Orr	F	37:18.4
127	Michael Delahanty	M	37:18.8
128	Reuben Velasco Cuison	M	37:19.2
129	Debby Brandt	F	37:19.7
130	Elizabeth Cebelak	F	37:30.9
131	Jack Thomas	M	37:33.5
132	Dennis O'Brien	M	37:34.7
133	Allison Wagner	F	37:40.3
134	James Heideman	M	37:41.1
163	David Neff	M	38:48.6
164	Don Gray	M	38:51.5
165	Stephanie Skladzi	F	38:55.7
166	Frank Nicholson	M	38:56.2
167	Steve Zoellick	M	38:57.6
168	Mark Francis	M	38:59.2
169	Sharon Neff	F	39:02.6
170	Rick Gentry	M	39:06.5
171	Steve Matter	M	39:09.8
172	Tom Scanlin	M	39:11.3
173	Eva Larson	F	39:12.6
174	Elmo Arcari	M	39:14.8
175	Bill Prowse	M	39:18.9
176	Bob Bates	M	39:21.0
177	Jay R. Ebbesen	M	39:23.9
178	Jeff "Cracker" Sherwood	M	39:26.2
179	Kathy Friedman	F	39:30.8
180	Donald Wilson	M	39:33.3
181	Paul Peterson	M	39:35.0
182	Bruce Zacher	M	39:39.0
183	Mary Barry	F	39:39.8
184	Gene Habrel	M	39:42.1
185	Kim Habrel	F	39:42.5
186	Raymond Holpuch	M	39:43.1
187	Margaret Nealon	F	39:43.8
188	Al Lawrence	M	39:44.3
189	Rick Ritt	M	39:44.6
190	Doug White	M	39:45.1
191	Eric Venn	M	39:45.6
192	Tonya Armstrong	F	39:48.2
193	Jeanne Bril	F	39:52.7
194	"Mark Franklin, Sr"	M	39:54.7
195	Michael Seigle	M	39:55.6
196	Ryan McNabb	M	39:56.6
197	John B Davis	M	39:57.5
198	Michael Benesh	M	39:58.0
199	Wendy Haas	F	39:58.6

"S-NO-FUN" RUN DRAWS STRIDERS

By Jeff Weiss For many Striders the Shennanigans of the S-No-Fun Run in Lake Geneva are an annual tradition.

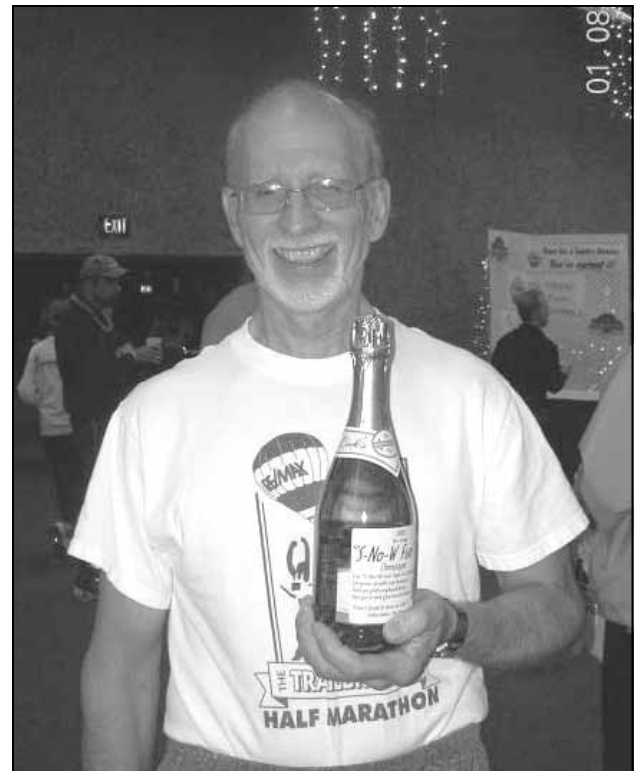
Many runners appear in costume for this January treat. Usually held on the first Saturday of the month as long as it isn't New Year's day.

The run is a 5 mile out and back affair. This year's race was won by Strider Matt Thull. Women's winner was Gloria Iverson of Evanston, IL. With our own Dot McMahon coming in a close second.

The run is capped by a shot of Schnapps for all who would partake just inside the doors at the finish.

The awards and door prizes were plentiful and the party gets pretty wild.

The party was held at the Grand Geneva Resort in Lake Geneva.



Left...Dan Murphy and Dave Stuckslager with a couple of girls they picked up at the 2005 S-No-W Fun Run in Lake Geneva. Right... Dave shows off his doorprize. "We had a great time!" say Dave, "Dan took 1st in the 76 yr class and I took 2nd in the 67 yr age group"

12	Rick Stefanovic	M	28:45.4
13	Bruce Bakken	M	28:47.7
14	Lee Hammerand	M	28:48.2
15	Steve Winchel	M	28:50.3
16	Paul Hiegel	M	28:55.7
17	Robb Johnson	M	29:00.6
18	John Grice	M	29:03.0
19	Ted Shue	M	29:18.7
20	Jason Brosseau	M	29:23.5
21	Gloria Iverson	F	29:38.4
22	Tim Scanlin	M	29:43.7
23	Dave Reppen	M	29:57.3
24	Dot McMahon	F	30:08.0
25	Bill Gilmore	M	30:12.5
26	Tom Kissner	M	30:18.3
27	Ricky Barr	M	30:20.6
28	Keith Brzezinski	M	30:21.5
29	Gary Townsend	M	30:25.1
30	Anthony Weis	M	30:34.7
31	Bill Olson	M	30:37.0
32	Joel "Balls" Lammers	M	30:44.5
33	Juan Martinez	M	30:51.8
34	Bob Jones	M	30:54.7
35	Joe Scanlin	M	31:00.7
36	Josef Schroeder	M	31:16.4
37	Jeff De Matthew	M	31:24.6
38	Tim Armstrong	M	31:27.1
39	Jessica Dober	F	31:28.6
77	Kyle Zeller	M	34:39.2
78	Julie Remke	F	34:40.5
79	Brenda Napholz	F	34:48.0
80	Bill Lee	M	34:50.6
81	Tom Murphy	M	34:54.1
82	Tricia Nicks	F	34:55.0
83	Eddie Gaul	M	34:56.9
84	Melissa Savage	F	34:57.8
85	Roy Triveline	M	35:05.4
86	Bill Falkanger	M	35:08.0
87	Robin Treder	F	35:12.0
88	Walt Weis	M	35:12.6
89	Jennifer Schweine	F	35:16.2
90	Jennifer Venn	F	35:18.9
91	Porter Reed	M	35:19.2
92	Bill Zeck	M	35:21.5
93	Amy Horst	F	35:24.4
94	Tom Krause	M	35:38.5
95	Dave Elsenbast	M	35:39.7
96	Renaldo Mendoza	M	35:43.9
97	Ron Sandberg	M	35:47.2
135	Ron Idstein	M	37:45.1
136	Tami Guiler	F	37:45.6
137	Brian Foss	M	37:46.1
138	Timothy Rottmann	M	37:51.4
139	Jay Leppanen	M	37:56.3
140	Michael Aschenbrener	M	37:57.3
141	Sarah Scanlin	F	37:58.4
142	Sharon Conlee	F	38:02.8
143	Daryl Rolland	M	38:06.3
144	Thomas Beard	M	38:08.2
145	Robert Schramm	M	38:17.7
146	Karen Boettner	F	38:18.2
147	Julie "Sugar" Treder	F	38:18.5
148	Craig Erbach	M	38:19.2
149	Beth "Boo-Bear" Onines	F	38:25.1
150	Angela Barbera	F	38:26.1
151	Mark Linhardt	M	38:27.1
152	Ron Subgrinski	M	38:28.1
153	Carl Wendel	M	38:29.8
154	Greg Senz	M	38:31.8
155	William Sills	M	38:35.8
156	Jerry Antczak	M	38:36.3
157	Sandy Berner	F	38:38.2
158	Mark Walker	M	38:38.9
159	Brian J. Welsh	M	38:42.9
160	Matt Evans	M	38:45.6
161	Joseph Mastrangel	M	38:46.5
162	Keith Westendorf	M	38:47.9
200	Ana Breaux	F	40:03.2
201	Dan Quaterna	M	40:08.4
202	Tommy Nickols	M	40:12.2
203	Tom Nickols	M	40:13.0
204	Paula Streed	F	40:13.6
205	Sherry Huhn Gotzler	F	40:14.8
206	Gordon Thiele	M	40:18.6
207	Paul Cornelius	M	40:19.3
208	Andrea Schuster	F	40:20.9
209	Dennis Kane	M	40:28.7
210	Donna Potaczek	F	40:35.0
211	Tom VanGroll	M	40:35.6
212	David Evans	M	40:36.1
213	Bob Balgeman	M	40:36.6
214	Tet Hadavas	F	40:37.5
215	Pamela Andrews	F	40:44.3
216	Mary Masek	F	40:45.8
217	Michael Merrill	M	40:48.0
218	Joe Remke	M	40:48.8
219	Craig Robertson	M	40:50.2
220	Peter Sexton	M	40:50.6
221	Lisa Buisker	F	40:

MAKING DUST

S-NO-W FUN RUN

5MI RUN

continued

(Continued from page 11)

226	Steve Stein	M	41:09.4	264	Evan Reed	M	43:10.5	316	Steve Fishman	M	45:21.2	368	Abi Stanhope	F	48:24.5	420	Steve Quigley	M	54:51.4
227	Richard Teper	M	41:12.7	265	Jim Prellwitz	M	43:12.5	317	Sarah Rodgers	F	45:23.5	369	Tipawan Reed	F	48:35.2	421	Katherine Paul	F	55:00.4
228	Eric Klug	M	41:17.4	266	Mary Wysocki	F	43:13.7	318	David Ellinger	M	45:24.9	370	Ed Parker	M	48:50.0	422	Harry Berner	M	55:03.1
229	Terry Nolan	M	41:18.2	267	Lisa Smith	F	43:18.9	319	Kelly Carlson	F	45:25.4	371	Carol Diesk	F	49:34.9	423	Dennis C Schielein	M	55:09.8
230	Ron Caruso	M	41:19.5	268	Dick Bergman	M	43:19.7	320	Ken "Stud" Falch	M	45:25.9	372	Dan Blitek	M	49:37.3	424	Cynde Garza	F	55:11.8
231	Josh Warren	M	41:24.5	269	Jeff Weiss	M	43:21.0	321	Marilyn Bratt	F	45:26.5	373	Ellie Johnson	F	49:55.2	425	Kathryn Rubach	F	55:21.6
232	Brian Bartelt	M	41:29.7	270	Harold Rodgers	M	43:23.0	322	Robert Beebe	M	45:27.2	374	Matthew Freeman	M	50:01.0	426	Michelle Mauck	F	55:24.3
233	David Hansen	M	41:34.3	271	Patty Parrish	F	43:23.5	323	Ken Scanlin	M	45:28.2	375	Patrick Peterson	M	50:08.0	427	Diana Jamieson	F	55:25.9
234	John Hall	M	41:34.9	272	Stuart Meeker	M	43:23.9	324	Cindy Pieper	F	45:29.7	376	Julie Bane	F	50:11.0	428	William Collazo	M	55:32.0
235	William R. Stanhope	M	41:35.2	273	David Stuckslager	M	43:33.1	325	Michele Zens	F	45:31.4	377	Caroline Katros	F	50:12.1	429	Michelle Pecoraro	F	55:40.2
236	Andrea Dooley Bresser	F	41:35.9	274	Janet Blumenfeld	F	43:36.1	326	Bobbie Wagner	F	45:39.6	378	Erynn Lemirand	F	50:16.9	430	Paul "Hubba" Gionfriddo	M	56:19.2
237	Bruce Maybee	M	41:38.2	275	Lois Shastany	F	43:43.4	327	John Pittman	M	45:43.4	379	Robert Fedorko	M	50:25.0	431	Tom Napholz	M	56:19.7
238	Doug Pitchford	M	41:41.5	276	Mike Bartelt	M	43:43.8	328	Mike Neimon	M	45:43.8	380	Mary Papreck	F	50:32.5	432	Jennifer Wu	F	56:22.5
239	Peggy "Champ" Radder	F	41:42.9	277	Delmer Wallen	M	43:49.4	329	Sharon Mullikin	F	45:55.2	381	John Dmochowsky	M	50:35.1	433	Jeremy Bleichman	M	56:33.4
240	Jack A. Roo	M	41:47.0	278	Gary Newkirk	M	43:53.1	330	Peggy Schellinger	F	45:57.3	382	Megan Jelinik	F	50:40.9	434	Cheri Doetch	F	56:44.0
241	Tracy Macuiba	F	41:47.7	279	Leonard Rubach	M	43:56.0	331	Cliff Gidlund	M	45:58.1	383	Anita Barger	F	50:53.9	435	Judy Short	F	57:08.6
242	Ken Koehler	M	41:49.3	280	Adina Thornton	F	43:58.7	332	Lisa S. Milie	F	45:59.4	384	Sandi Smith	F	51:03.6	436	Tammy Parat	F	57:34.7
243	Keith Breslich	M	41:53.4	281	Rob Slocum	M	43:59.2	333	Diana Kerwin	F	46:01.9	385	Bob Wandler	M	51:10.3	437	Jim "Stud" Clarey	M	57:42.6
244	Aaron Burns	M	41:57.3	282	Jodi Scott	F	44:01.0	334	Courtney Reed	F	46:03.1	386	Connie Andree	F	51:21.5	438	Karen Smith	F	57:50.9
245	Randy Miles	M	41:59.1	283	Marian Stawski	M	44:01.8	335	Michelle Gallaghe	F	46:13.3	387	Jerry "Hottie" Feyerhar	M	51:24.3	439	Anne Crary	F	57:54.0
246	Brandon Miles	M	42:03.6	284	Phil Keith	M	44:02.3	336	Betsy Engels	F	46:14.1	388	Larry Erbach	M	51:25.9	440	Bonnie DePirro	F	57:58.1
247	Michael Szotek	M	42:06.6	285	Deb Reinemann	F	44:02.9	337	Sandee "Sugar" Lammers	F	46:16.0	389	Katie McCaig	F	51:41.2	441	Ellen Kukusk	F	57:58.5
248	John Tomaszek	M	42:07.1	286	John L. Andrews	M	44:04.5	338	Lois Ann Gilmore	F	46:17.6	390	Thomas Fischer	M	51:45.6	442	Dr. Ida Washington	F	58:31.8
249	Phil Bush	M	42:14.8	287	Dayna Shay	F	44:05.3	339	Cherie Michalowsk	F	46:18.2	391	Chad Lette	M	51:46.8	443	Marcus Johnson	M	58:32.4
250	Tom Baas	M	42:17.6	288	Valerie Szotek	F	44:08.2	340	Anne Wandler	F	46:25.5	392	Doug Lellbach	M	51:47.6	444	Lawson Freeman	M	59:00.1
251	Tracey Rentschler	F	42:18.6	289	Judith Dollhopf	F	44:13.0	341	Henry Figeley	M	46:27.5	393	Debra Lellbach	F	52:07.0	445	Cindy VanGroll	F	59:01.6
252	Dave Diedrich	M	42:21.5	290	Tami Motherway	F	44:14.2	342	Fast Eddie Skwarl	M	46:37.3	394	Staci Foss	F	52:09.3	446	Bev Lampe	F	59:10.1
253	Sung Ye Jacobs	F	42:24.6	291	Bert Pearson	M	44:14.6	343	Dennis Masek	M	46:44.8	395	Stacey Wehde	F	52:11.2	447	Christina M. Ronc	F	59:36.7
254	Tom Fennell	M	42:29.1	292	Henry Gallenz	M	44:19.1	344	Mike Daane	M	46:46.7	396	Donna "Babe" Bonhag	F	52:12.2	448	Lee Anne Schaid	F	59:40.3
255	Allison Garoza	F	42:29.5	293	Ray "Champ" Potter	M	44:19.9	345	Cheryl Black	F	46:47.0	397	Doug Concialdi	M	52:16.3	449	Jim Krueger	M	59:59.8
256	Mark Wessels	M	42:39.4	294	Timothy Kane	M	44:20.5	346	Val Thiele	F	47:05.6	398	Daniel Murphy	M	52:25.4	450	Mary Urban	F	00:35.9
257	Monica Masters	F	42:44.1	295	Gary Janicki	M	44:29.0	347	Scott Paul	M	47:07.4	399	Tom Chvala	M	52:41.5	451	Nancy Kinney	F	01:30.2
258	Susan Conant	F	42:45.3	296	Jennifer "Queen J"	F	44:29.7	348	Nancy Ellis	F	47:10.1	400	Hank Caldwell	M	52:55.1	452	Sam Martino	M	01:31.7
259	Donald Lintereur	M	42:50.1	297	David Kurihara	M	44:30.3	349	John Kivlin	M	47:10.6	401	Keith Jeggli	M	53:00.8	453	Laurin Erbach	F	01:33.5
260	Dorn Peddy	M	42:53.0	298	Nicole Filter	F	44:30.7	350	Robert Uhren	M	47:16.8	402	Cathy Rottmann	F	53:01.4	454	Tim MacLean	M	01:34.0
261	Chet Andrews	M	42:59.9	299	Theresa Erbach	F	44:31.5	351	Gail Ostermann	F	47:17.2	403	Donna "Queen" Scanlin	F	53:01.9	455	Nicholas Holmes	M	01:34.4
262	Marc Bracken	M	43:01.1	300	Helen Kaiser	F	44:32.8	352	Rose "Sweets" Anstedt	F	47:24.3	404	Chris Lellbach	M	53:05.7	456	Tammy Scott	F	01:35.4
263	Noah J Diehm	M	43:08.8	301	Jeff Filter	M	44:34.8	353	Carrie Bush	F	47:25.7	405	Trisha "Luvvy" Dea	F	53:08.9	457	Marjorie McCaig	F	02:09.2
				302	Millicent Richard	F	44:36.4	354	Barb "Toots" Iverson	F	47:29.2	406	Randall Collett	M	53:23.6	458	Tom Gaydos	M	03:01.9
				303	Mark Potaczek	M	44:36.9	355	Richard Biwer	M	47:31.0	407	Chris Bartelt	M	53:24.3	459	Sara Mark	F	03:44.4
				304	Nancy Korpi	F	44:37.4	356	Chris Weber	M	47:33.5	408	Dick Lamermayer	M	53:25.5	460	Jere "Stud" Crouse	M	04:02.4
				305	Kristin Collett	F	44:37.9	357	Cathy Okrzesik	F	47:34.4	409	Greg Kaiser	M	53:30.6	461	Sandra Peterson	F	04:15.2
				306	Ed Jamieson	M	44:43.2	358	Neil Harrison	M	47:39.1	410	Sue Franz	F	53:40.0	462	Lorie Peterson	F	04:56.6
				307	Stacy Haling	F	44:55.1	359	Larry Cass	M	47:44.6	411	Anne Nickols	F	53:45.1	463	Jim Mamayek	M	04:57.6
				308	Deborah Beaumont	F	44:55.6	360	Christina Hoppe	F	47:46.8	412	Jackie Huhn	F	53:47.4	464	Betty Grendysa	F	
				309	Steven Schilling	M	44:58.9	361	Carol A. Burns	F	47:48.4	413	Jane A Montes	F	53:56.0	465	Big Al Hudec	M	
				310	Charles Kolb	M	44:59.8	362	John Taylor	M	47:51.1	414	Bryan Poetzing	M	54:09.6	466	Judy Coulman	F	
				311	Jo-An Grane	F	45:01.6	363	Gordy Durler	M	47:51.9	415	John Wu	M	54:21.2				
				312	Carl Gilmore	M	45:04.6	364	Susan Niedzwiecki	F	47:57.9	416	Wayne Gilmore	M	54:27.5				
				313	David Vietti	M	45:08.4	365	Pam Randall	F	48:00.6	417	Lori Brueggemann	F	54:41.2				
				314	Audy Kerwin	M	45:09.7	366	John Bourke	M	48:06.0	418	Alex Colomb	M	54:43.8				
				315	Peggy Zacher	F	45:14.9	367	Daisy Duke	F	48:14.5	419	Judy Bates	F	54:47.6				

SAMSON STOMP

MILWAUKEE COUNTY ZOO

MILWAUKEE, WI

January 16, 2005

5K RUN

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

PLACE TIME NAME

M	1	16:13	Scott Jansky
F	24	19:27	Melissa Manke
M15&under	22	19:13	Joseph Stillin
	26	19:32	Johnny Fuentesz
	31	19:44	Joe Mcfarland
	36	20:00	Tim Mcfarland
	37	20:03	Cassidy Bigsby
	68	21:30	Marc Anders
	78	21:45	Joseph Dixon
	79	21:46	Jacob Erschen
	99	22:35	Kevin Guhl
	103	22:45	Drew Motl
	120	23:22	Randy Fuentesz
	151	24:14	Scott Baar
	153	24:19	Drew Hessil
	196	25:31	Sam Poser
	202	25:47	Casey Sabinash
	214	26:03	David Vitt
	223	26:20	Charlie Daleiden
	227	26:28	Cole Weber
	240	27:03	Jacob Falck
	244	27:08	Ryan Parsons
	251	27:23	Matthew Daleiden
	320	29:35	Ty Curran
	337	30:19	Tony Emmerich
	381	31:45	Michael Dakeiden
	438	34:23	Freddie Oby

479	37:20	Colin Lancashire
480	37:36	Colin Kluender
484	38:41	Chad Kluender
495	42:04	Marcus Lewandowski
506	44:22	Eli Rivera
510	48:20	Paul Dabbert

F15&under	106	22:51	Meg Casey
	135	23:57	Monica Dabbert
	152	24:14	Karly Mcmillan
	162	24:41	Emma Schroeder
	197	25:36	Ashley James
	304	28:56	Maria Zauner
	374	31:33	Katie Weiner
	401	32:26	Chelsea Olander
	416	33:18	Taylor Holterman
	419	33:25	Brittany Barbian
	500	42:18	Linsy Lewandowski

M16-19	11	18:16	Mark Mitchell
	13	18:38	Brandon Olszewski
	17	18:49	Steve Moch
	19	19:11	James Strauss
	33	19:50	John Leppanen
	39	20:06	Griffin Schroeder
	43	20:21	Ross Joy
	53	20:46	Kelly Mcmillan
	59	21:01	Nathan Joy
	62	21:15	Bj Owens
	76	21:43	Matt Smanski
	85	21:59	Will Dehli
	122	23:24	Beau Gellings
	128	23:40	Nathan Profit
	159	24:31	Ryan Bartelme
	172	24:55	Mark Mueller
	216	26:08	Anthony Fuentesz
	371	31:24	Angelo Jr Fuentesz
	397	32:23	Lee Schroeder

F16-19	24	19:27	Melissa Manke
	63	21:16	Megan Schmitz
	77	21:44	Molly Arenberg
	87	22:06	Stephanie Perleberg
	88	22:07	Muller Sarah
	92	22:16	Emily Guhl
	100	22:35	Desiree Toldt
	121	23:24	Katie Wondra
	137	24:00	Stephanie Bartel
	146	24:10	Sam Erschen
	231	26:39	Megan Erkander
	433	34:00	Amber Voit
	458	35:44	Kate Brenner
	471	36:28	Lisa Mydy
	503	44:18	Sarah Berthelsen

M20-24	14	18:39	Aaron Pierce
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MAKING DUST

SAMSON STOMP

5K RUN

continued

(Continued from page 12)

- 264 27:41 Jeffrey Schultz
- 297 28:40 John Garder
- 299 28:53 George Monesis
- 310 29:13 Michael Arney
- 311 29:17 Scott Nash
- 340 30:20 Kurt Deprey
- 365 31:16 Todd Goetzke
- 377 31:37 Troy Ferone
- 396 32:20 John Gildersleeve
- 440 34:32 Jeff Krygiel
- 498 42:11 Steven Bloomberg



- F30-34
- 75 21:42 Robin Treder
- 150 24:13 Laura Meier
- 169 24:49 Wendy Haas
- 178 25:10 Kristen Davies
- 207 25:51 Ann Carrick
- 255 27:31 Tracy Thomas
- 290 28:16 Kathleen Miller
- 298 28:43 Kristin Nash
- 327 29:45 Tina Owen
- 378 31:41 Lisa Baughman
- 391 32:05 Nicole Deback
- 407 32:40 Jackie Kaczynski
- 408 32:41 Julie Jo Jahnke
- 492 40:12 Kristine Pearson
- 513 48:54 Amy Boglitsch

- M35-39
- 12 18:17 Angelo Fuentez
- 23 19:27 Robert Lundgren
- 25 19:28 Robert Thielke
- 27 19:37 John Lancaetor
- 30 19:41 Steve Sarowitz
- 34 19:54 Steven Waisman
- 35 19:57 Jim Schmidt
- 38 20:05 David Harrison
- 82 21:57 John Emanuelson
- 111 23:05 Patrick Danaher
- 130 23:48 Dwight Larkin
- 138 24:02 Matthew Mielke
- 145 24:10 Travis Stevens
- 180 25:13 Bret Swenson
- 205 25:49 Eric Jostsons
- 239 27:01 T Malinowski
- 243 27:07 Andrew Delzer
- 258 27:36 Rob Hermann
- 261 27:38 Steve Perez
- 268 27:46 Alan Johnson
- 288 28:13 Stephen Dodridge
- 292 28:26 James Crouse
- 301 28:54 Keith Lindner
- 305 28:57 Scott Stollenberg
- 330 29:54 Eric Johnson



- 333 30:04 Corey Zeddies
- 354 30:57 Tom Shipley
- 361 31:08 Patrick Fetherston
- 412 32:57 Mike Mníchowicz
- 437 34:18 Kelly Jeghan
- 442 34:47 Todd Sprang
- 493 41:07 Steven Wolnakowski
- 496 42:08 Craig Lewandowski

- F35-39
- 52 20:44 Ann Limberg
- 70 21:35 Lisa Ingwell
- 102 22:38 Sue Dawes
- 171 24:53 Lea Frigo
- 176 25:05 Jill Eldredge
- 221 26:15 Gina Kleist
- 302 28:54 Julie Nichols
- 326 29:44 Ginney Mcadams
- 329 29:53 Teresa Halsell
- 344 30:28 Genia Bruce
- 347 30:32 Sandy Bartel
- 351 30:45 Jennifer Fetterly
- 357 31:01 Betsy Dukatz
- 368 31:20 Kate Malloy
- 376 31:35 Jill Ferone
- 386 32:01 Andrea Hornslein
- 409 32:42 Melissa Kennedy
- 439 34:31 Kathy Boyle
- 443 34:47 Lisa Ferlita
- 454 35:34 Tiffany Kather
- 455 35:34 Catherine Moe
- 497 42:10 Susan Bloomberb



- M40-44
- 5 17:49 Terry Labinski
- 21 19:12 Keith Brzezinski
- 28 19:38 Dale Altemus
- 46 20:31 Robert Motl
- 47 20:32 Mike Hinkley
- 64 21:19 Marcel Cesar
- 65 21:20 Greg Hirt
- 72 21:39 Roy Triveline
- 81 21:54 Chuck Hudlett

- 94 22:18 Tom Denk
- 101 22:36 Tom Mcfarland
- 104 22:49 Rick Moon
- 105 22:50 Nicholas Anstedt
- 141 24:04 Jeff Krumenauer
- 163 24:44 Tom Felhoffer
- 181 25:14 Tim Mindt
- 185 25:22 Charlie Boyd
- 188 25:23 Clint Peterson
- 194 25:28 Bob Farrell
- 198 25:41 Mike Morgan
- 212 26:01 Peter Daleiden
- 215 26:06 Peter Klein
- 217 26:09 Jon Thomsen
- 236 26:50 Dave Fellenz
- 254 27:29 Tom Bruce
- 256 27:31 Scott Thomas
- 278 28:01 Paul Missurelli
- 279 28:01 Mike Murry
- 313 29:26 Robert Dettlaff
- 325 29:41 Craig Plazak
- 331 30:01 Andrew Contreras
- 341 30:21 Kevin Deveau
- 342 30:26 Tony Zaffiro
- 350 30:40 Chris Hamilton
- 353 30:55 Duane Gilson
- 395 32:13 Bob Wandler
- 446 35:03 Carl Karch
- 451 35:28 James Vass
- 456 35:34 Richard Mueller
- 485 38:42 Steven Kluender

- F40-44
- 93 22:17 Nora Wolff
- 160 24:37 Maryjane Hinkley
- 166 24:46 Tami Guiler
- 187 25:23 Kathy Bohlman
- 192 25:26 Carol Hessen
- 208 25:54 Rae Morley
- 220 26:14 Sara Crawley
- 222 26:16 Cindy Boyo
- 229 26:33 Sung Ye Jacobs
- 272 27:55 Doris Parsons
- 285 28:08 Tamara Fennig
- 318 29:33 Patty Wiza
- 364 31:15 Anne Wandler
- 369 31:21 Ruth Eimer
- 379 31:43 Debra June
- 430 33:49 Jean Thurler



- 435 34:02 Laura Wahlen
- 448 35:07 Ann Wicklund
- 474 36:50 Kim Shampo
- 505 44:21 Tammy Fellinz

- M45-49
- 16 18:49 Bill Gilmore
- 32 19:46 George Ogutu
- 44 20:23 Bradley Wells
- 66 21:21 Tom Mcmillan
- 73 21:40 Ted Itzov
- 107 22:58 Steve Schlager
- 113 23:05 Jeff Shampo
- 119 23:19 Tony Chan
- 124 23:27 Derek Lancashire
- 127 23:35 Doug Leppanen
- 131 23:48 Peter Joy
- 132 23:50 John Skinner
- 139 24:02 Harold Taddy
- 168 24:49 Thomas Wichert
- 200 25:44 Will Jackson
- 203 25:47 Jim Sabinash
- 204 25:48 John Moch
- 219 26:13 Dennis Hanna
- 224 26:23 Jack Odonev
- 228 26:28 Skip Roadcap
- 230 26:38 Joe Laskowski
- 235 26:49 James Erdahl
- 238 26:56 David Mehrling
- 242 27:05 Michael Babich
- 245 27:11 Bryan Leydens
- 250 27:18 James Delwiche
- 257 27:34 Anthony Peters
- 263 27:40 Charles Austin
- 274 27:56 Robert Jeske
- 280 28:02 Kurt Bartel
- 281 28:02 Arthur Huenecke
- 296 28:39 Doug Hasseler
- 312 29:26 Fred Wallenfang
- 314 29:27 Michael Damian
- 332 30:03 Thomas Wurm
- 338 30:20 Richard Emmerich
- 339 30:20 John Augustine
- 352 30:49 Kevin Mcgrorty
- 400 32:26 Larry Bigsby
- 423 33:28 James Rink
- 447 35:06 Mark Barranco
- 487 39:17 Cliff Gatewood
- 504 44:19 Robert Berthelsen
- 511 48:26 Michael Schwabenlander

- F45-49
- 161 24:39 Kim Petak
- 275 27:57 Elizabeth Hoffman
- 300 28:53 Neener Januz
- 315 29:29 Laura Powers
- 316 29:31 Denise Ristow
- 324 29:40 Debra Gonzales Zauner
- 355 30:58 Mary Wincapaw
- 375 31:34 Eve Weiner
- 404 32:29 Judy Myers
- 418 33:24 Susan Franz
- 422 33:27 Pam Grzybowski
- 431 33:55 Karen Smith
- 459 35:45 Stephanie Pribyl
- 464 35:55 Karen Pflughoeft
- 468 36:18 Robin Pedersen
- 477 37:14 Rose Anstedt
- 499 42:14 Mary Erdahl



- M50-54
- 29 19:39 Paul Badura
- 71 21:36 Jeff Ciano
- 90 22:11 Dennis Shoemaker
- 97 22:29 Robert Kocen
- 98 22:31 Bill Hansen
- 114 23:06 Charlie Parrish
- 136 24:00 George Skosey
- 142 24:08 Timothy Rottmann
- 155 24:24 Burdette Richter
- 167 24:48 Charles Zinda
- 195 25:30 Jeff Petak
- 201 25:45 Don Scott
- 225 26:25 John Koleas
- 246 27:12 Richard Penlesky
- 247 27:13 James Schrimpf
- 265 27:41 Jeff Tortomasi
- 271 27:52 Mike Cascio
- 276 27:57 Brian Hoffman
- 307 29:02 Larry Schultz
- 363 31:14 John Wickert
- 373 31:32 Lawrence Willegal
- 380 31:44 Dan June
- 394 32:12 Bob Bergs
- 402 32:27 Don Olander
- 413 33:13 Gus Koremenos
- 424 33:29 Fred Oby
- 432 33:59 Don Stellmacher
- 457 35:37 John Hoppe
- 462 35:46 Donald Brenner
- 475 36:53 George Hinkley
- 508 48:19 James Bodnar

- F50-54
- 179 25:12 Susan Koleas
- 253 27:27 Mary Wysocki
- 269 27:49 Connie Mccabe
- 306 28:59 Marsha Mackenzie
- 367 31:18 Barbara Tremel
- 434 34:01 Cathy Rottmann
- 449 35:17 Kathy Piech
- 453 35:33 Holly Onsager
- 472 36:39 Marilyn Ciano
- 489 39:36 Pamela Hartwig
- 512 48:53 Mary Hinkley

- M55-59
- 42 20:15 Dennis Eden
- 51 20:43 Jose Luis Rodriguez
- 69 21:31 Dick Vanderkreeke
- 110 23:03 Jerry Huen
- 117 23:11 Carl Wendel
- 157 24:28 Bill Prowske
- 158 24:30 Ron Eder
- 206 25:50 Rocky Mcgrorty
- 252 27:26 Ramon Maldonado
- 267 27:44 Rod Mackenzie
- 282 28:03 Tim Hahn
- 286 28:08 Toby Hornslein
- 309 29:10 William Hasley
- 335 30:14 Doug Labelle
- 372 31:25 Al Kloth
- 390 32:02 John Newman
- 393 32:07 James Weiskopf
- 417 33:22 William Gray
- 420 33:25 John Scheels
- 445 34:52 George Lavoie



Start of the 2 mile event

- 482 38:30 Richard Eggleston
- 507 46:35 Joe Radoszewski
- 509 48:19 Milton Dabbert

- F55-59
- 383 31:54 Karen Vandekreeke
- 384 31:56 Karen Vandekreeke
- 481 38:18 Donna Flood
- 483 38:31 Susan Eggleston

- M60-64
- 123 23:26 George Tillett
- 134 23:53 Michael Borzick
- 165 24:46 John Davis
- 191 25:25 Barry Blomfeldt
- 241 27:04 Lucio Fuentez
- 266 27:43 Ernie Rosethal
- 277 27:58 Tom Steinkraus
- 289 28:15 Ron Pemberton
- 295 28:31 Richard Stevens
- 317 29:31 Ron Hamilton
- 321 29:36 Carlton Mielke
- 370 31:23 Thomas Carroll
- 406 32:39 Wally Marks
- 410 32:45 Roger Tarczewski

- 414 33:16 Pedro Mendolla
- 426 33:33 Charles Thierling
- 427 33:34 Thomas Fischer
- 436 34:14 Gary Kropp
- 470 36:21 Richard Johnson
- 488 39:33 John Schiek

- F60-64
- 392 32:07 Kathryn Retzlaff
- 461 35:46 Donna Mcdaniel
- 517 51:31 Mary Steinkraus

- M65-69
- 129 23:45 Don Van De Voort
- 173 24:56 Ron Caruso
- 190 25:24 Roger Martens
- 287 28:09 Gene Johansen



- 334 30:06 Ed Parker
- 359 31:05 Manuel Lopez
- 429 33:43 Timothy Cowdin
- 465 35:59 James Clarey
- 501 43:28 Glen Kirchoffer

- F65-69
- 382 31:51 Judy Kirchoffer

- M70&over
- 248 27:15 Norm Hovila
- 273 27:56 Kent Schienger
- 328 29:53 Dt Lupinski
- 346 30:32 Hugh Evans
- 358 31:05 Roy Binder
- 360 31:05 Daniel Murphy
- 366 31:18 Hank Caldwell
- 398 32:24 Luther Lewer
- 399 32:25 Paul Gionfriddo
- 425 33:32 Wayne Gilmore
- 460 35:45 Fredrick Kittell
- 467 36:10 Earl Psychal
- 478 37:15 Ron Lester
- 486 39:14 John Hessel
- 494 41:08 Leroy Wolniakowski
- 502 43:52 Duane Tate



The Most Times



are in 'The Strider'

Times Past: Yesterday and Today

John Miller - PART II

(Continued from page 6)

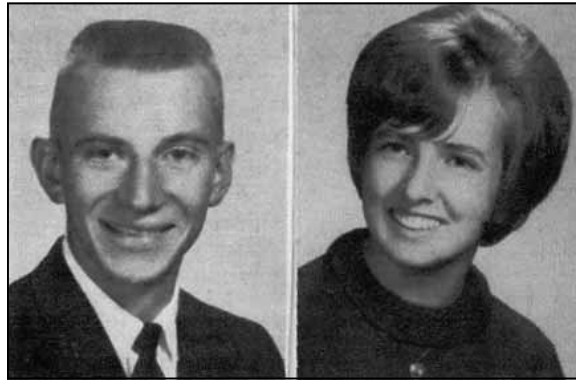
run, but lost my aspirations to be a Catholic priest. I ended up at Bay View in Bill Matthei's gym class. Humboldt Park is across the street from the school and one of the activities in gym class was a seven-tenths of a mile run that looped around the Humboldt Park lagoon. At the end of the run, I was second or third. The gym teacher was also the cross country and track coach. He told me to see him after class about being on the cross country team. I didn't even know what cross country was. Well, here I was in 10th grade and this was the first time anyone had told me that I was a good athlete. Previously, whenever teams were chosen for sports, I was never picked. No matter what the sport, the only position I ever got to play was left out."

One day, there was a long distance run, the Bay View Marathon, 2.62 miles, one tenth the distance of the full marathon. One of the bullies who had picked on me in grade school was in the race. I beat him soundly. At the end of the race, he came over and said, 'I can still beat you up!' I remember saying to him, 'Yes, but now you will have to catch me!' I put out my hand to shake his, but he just turned and walked away. At that point in time, I think I grew up a little. My wish to be on a team other than running faded quickly. I had found something that I knew I would love for a long time."

"Well, one thing led to another, and I ended up one of the best runners on the cross country and track teams. I remember that each time that I would get my name announced for winning a meet, I felt that now I was getting even for all the torment of the past." Miller was captain of the 1965 cross country team in his senior year. He also qualified for the state meet in the mile in track in 1966. That was the year Bay View won the state championship.

Vietnam

"I spent one semester at the University of Wisconsin-Milwaukee (UWM) on the cross country team. I did well athletically, but not academically. I became a mailman later that year, a job that I really liked, but something strange happened to me in the spring of 1967. The Vietnam conflict was in full swing. For some reason, I volunteered for the draft. I didn't have to be drafted, because I had a govern-



ment job, but something told me to enter the military.

Maybe it was the thought in the back of my mind that my dad had volunteered for the navy during World War II. During all of this, I was dating Chris. We got married in August, before I left for the army."

"In basic training, I remember doing really well on all the fitness runs. Even in Vietnam, I ran a little. My job in Vietnam was a Long Range Patrol Team Leader. I qualified for a special class that was trained to lead three or four man teams on six day missions in the Vietnam central highlands. In the special training by the Green Beret Special Forces, we had to run four miles, then five miles, then six miles with a twenty pound sandbag in a backpack. I won every race. My running helped me a lot."

Coach Tierney
(third positive experience)

"After Vietnam, I went back to work at the post office. My job was in Shorewood and I became discouraged at the lack of training they gave me. One day I ended up delivering mail close to UWM. On my lunch, I stopped in to visit cross country Coach John Tierney. He told me I should come back to school on the GI Bill. Well, like that day in 1963 with Bill Matthei, this would be another life changing event."

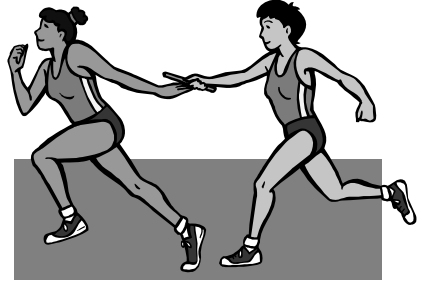
The story will continue in April as John begins his outstanding college career at UWM in the autumn of 1969.

24 Hour Really Adds Relay

by Marty Malin

We are pleased to announce that this Labor Day weekend, we are adding a 10-person relay race to the Badgerland F/X 12 & 24 Hour Run. Teams can be either all male, all female, or mixed. Each person on the team will run four laps (just over a mile) on a nicely cushioned track, and hand the baton off to the next person, continuing until the end, where they can partake in a delicious awards breakfast.

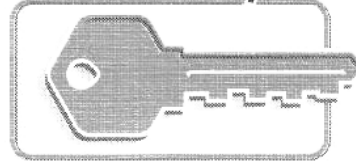
This should prove to add some great excitement to this already exciting event, as top teams should break the 200 mile



mark. And, you won't have to count your team's laps, as we are once again being scored with the ChampionChip. So, start forming your team now, as this will prove to be great speed work training for anyone planning a fall marathon. For more info, call Marty Malin at 414-453-7326, or 1224hrrn@merr.com.

"Here for the Long Run!"

Gold Key



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Wauwatosa, WI 53226

NEW MEMBERS

OCTOBER 2004 THROUGH JANUARY 2005

ANDIS LAURA	MILWAUKEE	WI	HANISCH BOB	WAUWATOSA	WI	PFEIFFER JEFF	MILWAUKEE	WI
AVERILL KEVIN	WALES	WI	HERRMANN CHRISTINE	MILWAUKEE	WI	PHILLIPS ANTHONY	HARTLAND	WI
BABOS CHRISTINE	KENOSHA	WI	HOFFMAN THOMAS F	WAUWATOSA	WI	POWERS BILL	WAUKESHA	WI
BARRY PATRICK	MILWAUKEE	WI	HORVATH ANGELA	MILWAUKEE	WI	POWERS JOHN	ONALASKA	WI
BATTON RICH	RACINE	WI	HUNT NANCY	WAUKESHA	WI	QUINTERO JUANITA	MILWAUKEE	WI
BENOIT SHARON	OAK CREEK	WI	JOHNSON KENNETH	GRAYSLAKE	IL	RAHN PAUL	MILWAUKEE	WI
BESCH-REINKE SARAH	MENO FALLS	WI	JOY ROSS	WATERFORD	WI	ROEDL CLAUDIA	ELM GROVE	WI
BISKOWITZ JEFF	WHITEFISH BAY	WI	KAISER LISA	MILWAUKEE	WI	ROMMELFANGER T	SHOREWOOD	WI
BRANDEL CHRIS	MILWAUKEE	WI	KALMERTON KRISTIN	PICKETT	WI	ROYALTY CATHERINE	PALMYRA	WI
BRAWLEY MEREDITH	MILWAUKEE	WI	KAPLAN STEVEN	MILWAUKEE	WI	RYBACKI AMY	OAK CREEK	WI
BREEN ANDREA	JOHNSON CRK	WI	KARBAN THOMAS	MARINETTE	WI	SAFRANSKI ANDREW	HARTFORD	WI
BRUMMITT CHARLES	WHITEFISH BAY	WI	KARBOSKI MIKE	GRAFTON	WI	SANDERS CATHERINE	FOX POINT	WI
BRUNS CHRISTOPHER	MILWAUKEE	WI	KOCH BRIAN	WEST ALLIS	WI	SCHARNOTT ROB	WAUKESHA	WI
BUCHANAN DEBORAH	BROWN DEER	WI	KOERTEN MATTHEW	PEWAUKEE	WI	SCHIED NICOLE	MILWAUKEE	WI
BURKE NICOLE	MILWAUKEE	WI	KOLBERG MICHELLE	SHEBOYGAN	WI	SCHLADWEILER JODIE	MILWAUKEE	WI
BURNETT KATY	NEW BERLIN	WI	KOSTER MATT	MILWAUKEE	WI	SCHMITZ MIKE	PEWAUKEE	WI
CARROLL TOM	INGLESIDE	IL	KRESSIN MIKE	MILWAUKEE	WI	SCHUELKE RYAN	MILWAUKEE	WI
CHMIELEWSKI KELLY	MILWAUKEE	WI	KULL KARI	MILWAUKEE	WI	SCHULTZ MIKE	GERMANTOWN	WI
CICHOCKI LISA	MILWAUKEE	WI	LAATSCH LORI	HARTLAND	WI	SINGER KIM	SHOREWOOD	WI
CLAUDON MARGEE	SUSSEX	WI	LAMBERT DALE	OAK CREEK	WI	SMITH PAUL	SHOREWOOD	WI
CONSTANCIO MARK	COLGATE	WI	LARSON SARAH	FOND DU LAC	WI	SPRINKMANN JACKIE	GERMANTOWN	WI
CURRAN TRACY	MILWAUKEE	WI	LAWNICKI TERRI	WAUWATOSA	WI	ST JOHN TAMMY	PEWAUKEE	WI
DONAHOE MONICA	SAUKVILLE	WI	LEMOINE WILLIAM	WAUKESHA	WI	STEIN SCOTT	MENO FALLS	WI
DOYLE CHRISTINE	NEW BERLIN	WI	LEWIS JANE	MILWAUKEE	WI	STEINKE MICHAEL	FRANKLIN	WI
DREIER SARAH	WEST ALLIS	WI	LOHMANN KATHLEEN	WAUWATOSA	WI	SUCHARDA ANDREA	MILWAUKEE	WI
DRIER DANIEL	MILWAUKEE	WI	LORENTZ R.A.	MILWAUKEE	WI	TESKE ANGIE	PEWAUKEE	WI
EHLENBACH NIKKI	HARTFORD	WI	MANSOUR AISHA	MILWAUKEE	WI	THOMAS LUCAS	MILWAUKEE	WI
EHRMANN JOHN	GREENFIELD	WI	MCNERNEY MICHAEL	DE PERE	WI	TRUE NANCY	WAUWATOSA	WI
EWING JAMES	WEST ALLIS	WI	MCNICHOLS SEAN	MILWAUKEE	WI	WALKINGTON ROB D	WOODSTOCK	IL
FELBAB AMANDA	WIND LAKE	WI	MICHEIELLI DAVID	OAK CREEK	WI	WALTER AARON	WEST BEND	WI
FERLITA LISA	NEW BERLIN	WI	MLADA T.J.	PORT WASH	WI	WEIRICK JOE	WHITEFISH BAY	WI
FINE KELLY & MARK	GREENFIELD	WI	MORGAN EVAN	BROOKFIELD	WI	WENSTROM NICOL	HARTLAND	WI
FLAIG WILLIAM	BROOKFIELD	WI	MYERS ASHLEY	MILWAUKEE	WI	WHEELER STEPHEN	OCONOMOWOC	WI
FLANSBURG KATE	CEDARBURG	WI	MYSZKA KEN	WAUKESHA	WI	WHITE KIM	MILWAUKEE	WI
FORDHAM STEVE	MUKWONAGO	WI	NAPPER TOM	FOX POINT	WI	WHITING ELIZABETH	WAUKESHA	WI
FORTI ANDREW	GRAFTON	WI	NATYNSKI ELSA	BROOKFIELD	WI	WICHTOSKI LUCY	NEW BERLIN	WI
FOSTER MAURA	BROOKFIELD	WI	NEWMAN AMY	MILWAUKEE	WI	WITTE MARY	MILWAUKEE	WI
FRIEDRICH JAIME	WEST ALLIS	WI	OLESEN TAMI	WAUNAKEE	WI	WOICZIK MARCELLA	WAUWATOSA	WI
FRIGO LEA	MILWAUKEE	WI	OPTEKAR J.D.	SHOREWOOD	WI	ZILIAK ALLISON	MILWAUKEE	WI
GILSON PAULA	MILWAUKEE	WI	PAYNTER DAN	JACKSON	WI	ZIZZO JOHN	MILWAUKEE	WI

From the Archives

25, 20, 15 and 10 Years Ago

By Ron Winkler

25 Years Ago

Saturday, March 30, 1980

Madison, Wisconsin Fool's Fun Run 10-Mile

1. Glen Schumacher	52:18
5. Mark Slivinski	56:51
9. Tom Anderson	60:13
17. Chuck Sanders	63:59
20. Larry Boehm	64:52
31. John Barndt	68:24
32. Tony Bralick	68:52
39. Bill Hauda	70:33
51. Jordan Burton	73:18
68. Jeff Jensen	76:03
81. Carl Keller	77:45
87. Jim Bryant	79:29
88. Jeff Allen	79:29
104. Nick Aversa	84:58
115. Harold Evans	91:03
119. Terry Kloeffler	99:00



20 Years Ago

February 9, 1985

Wautoma Winterfest 8-Mile

1. Peter Mathias	43:27
2. Pete Dodd	43:29
3. Dick Dodd	43:40
9. Jim Clark	49:39
11. Bill Hauda	50:02
17. Charles Bressler	55:14
26. Tom Seamonson	62:22
34. Carol Janzen	70:48
39. Frank Stenson	73:27
42 Finishers	

15 Years Ago

Saturday, March 10, 1990

American Heart Association Frigid Five 5K, Milwaukee County Stadium

Men

1. Jim Gross	14:33
2. Jerry Husz	14:34
3. Ted Miller	14:52

Women

1. Jileen Pfarr	17:05
2. Jennifer Heyer	17:45
3. Melissa Bitters	18:15

The top three men and women were the only ones scored.

10 Years Ago

There were very few races in March 1995. The only seasonal race was the 5K Blarney Run in Wauwatosa. The Frigid Five series was coming to an end; there were races in Madison, Stevens Point and Fond du Lac, but none in Milwaukee. It was also one of the last years for the Pyramid Power Run/Walk for Hunger Task Force at Mount Mary College. This was a four mile run and a two mile walk.



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- August 24th South Shore Pavilion
- August 31st, Whitnall Park #8

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- Check the course (to make sure there are no sink-holes)
- Start the run
- Call the splits
- Serve the food

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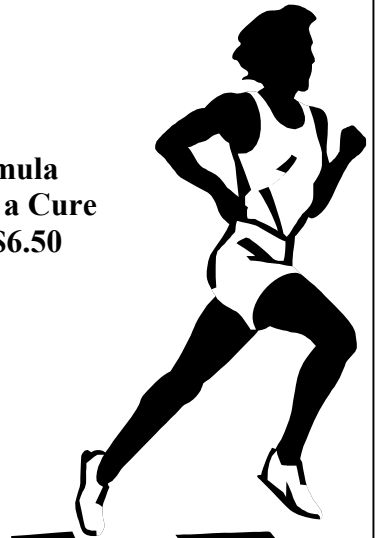
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