

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 34, No. 3

April 2005

EXTRA EXTRA READ ALL ABOUT IT! New 10K run coming to Brown Deer

by Andrew Delzer, RD

That's right,...

The Badgerland Striders and The Brown Deer Foundation have teamed up to host a new running event which will include both a 10K run and a 5K run. This inaugural event named **The Deer Run** will be held on Saturday, April 23rd at Village Park in Brown Deer WI. There will be a "mass start" with both races toeing the line for the gun at 9am.

Rest rooms will be available at the Village Park. Water will be available on the course.

Entry forms can be downloaded from www.badgerlandstriders.org.

Fees

Adult \$17 (\$20 if late)

Family* (4 or more) \$10 each (\$15 each if late)
(Children under 17)

Make Checks Payable to Brown Deer Foundation

Pre-registrants must submit application and entry fee postmarked by Friday, April 15, 2005 to:

**Brown Deer Foundation, c/o Tri City National Bank
4300 West Bradley Road, Brown Deer, WI 53223.**

Payment must be included with entry form.

Entry fee is non-refundable.

Individual categories:

Overall M & F 25-29 45-49 65-69
14 and under 15-19 30-34 50-54 70+
35-39 55-59 20-24 40-44 60-64

Awards -3 deep in each age group, male & female.
An Awards Ceremony will be held near Finish Line immediately following the race.

Packet pickup and event day registration and will begin at 7:30am at Village Park, 4920 W. Green Brook Drive. Please enter Green Brook Drive off of Brown Deer Road. There will be parking attendants to direct you into the Metavante parking lots.

The two courses travel through the residential neighborhoods of Brown Deer. They are bounded by County Line Road to the north, Brown Deer Road to the South, the Chicago/Milwaukee Pacific Railroad line to the East and north 67th Street to the west. The courses are flat and will offer runners a good change to set personal records.

This new Strider event will require many volunteers, and your help is greatly needed. To learn how you can help please contact me, race director Andrew Delzer, 262-306-1998. Hope to see you there, either as a volunteer or a runner!



RUNNERS HEAD SOUTH (AND THEN NORTH) TO RUN ALONG THE LAKE

By Len Wachniak

There is still time to sign up for the Striders South Shore Half Marathon. The race is on the 9th April. The event both starts and finishes at South Shore Park. In addition to great competition in all age groups, this is a perfect way to test your conditioning.

This year I anticipate more runners coming up from Illinois for a chance to sample Wisconsin hospitality. The race is featured in the March edition of Windy City Sports which emphasized the low cost and the high quality of the event.

You can save time and money by pre-registering. An entry form was included with last month's newsletter. Forms are also available at Rodiez's Running Store or you can also download one from the Striders web site. Race day registration is \$8, so by signing up now you can save \$3 and also save time in line on race day.

All participants will receive a pair of the infamous nice gloves, and our glove vendor has assured me this year's version will be the best ever. There will be snacks, soda and beer in the warm pavilion after the race.

If you are not up to running 13 miles, but still want a pair of gloves, there are some great volunteer opportunities avail-

able. Working as a sentry, or helping at the finish line is a great way to spend a morning on the lake shore, while cheering on your fellow runners.

Should you have any questions regarding the race, or want to volunteer for this great event, please call me at 414-545-5899 or e-mail me at wachlen@sbcglobal.net.



South Shore Park Pavilion home of the South Shore Half Marathon

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What'cha Hidin' in them Shorts Boy?



John Cornell

Several years ago, while I was in training for my first marathon, I was out on a semi long run in Augusta, GA, where I lived at the time. Anyone who's ever been in Georgia during the summer months will tell you, it can be brutally hot and humid. This August day was no different, so I elected to run after work.

I worked at a Downtown Augusta hotel, and it was approaching midnight when I finished my shift and headed out for my run. My plan was to do 12-14 miles which amounted to almost 2 loops around the downtown area.

Considering how warm it was, I started out slow for the first 4-5 miles. The early slow pace contributed to me feeling great, so I decided to gradually pick it up a little. I wrapped halfway through my second loop into a park along the Savannah River, past the Cotton Exchange building and the Boll Weevil. I was feeling as strong as I ever had during a long run. It was like I was running on air. I decided to pick it up for the final 3 miles stretch home. I'm running down Broad Street thinking, can it get any better than this? I think that was the first time I ever had "runners high". It didn't last.

I was snapped out of my high by the siren of the squad car that had just pulled up alongside me. I knew I was going fast, but surely not fast enough to get pulled over. But sure enough, I was being pulled over.

Apparently, they don't get too many folks running in downtown Augusta after 1 AM unless "you done stole sum-thin?", according to the officer. I of course "hadn't done stole sum thin,"

Where would I have put it?"

After convincing them that I was indeed, not a thief, I thought I'd be on my merry way.

Until they asked me if I had any "Ident 'ee' fication." (Try to pronounce it with your best "redneck southern boy" accent). I, of course, didn't have any. Next thing you know, I'm sitting in the back of the squad car, less than 1 mile from my house, and even less to the hotel I worked at, for 45 minutes while these clowns figured out if I was who I said I was. It wasn't until they drove me back to work, where my ID was, that they left me go.

I cannot remember being more sore the day after a run than I was that day.

I hope you're first running high experience was better than mine! Happy Running.

BLS Meeting Speakers

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.

May 18th, 2005

Dr. Mike Gordon

*Milwaukee Orthopaedic Group, Ltd.
Badgerland Striders Marathon Buildup
and Graffiti Page, physician advisor*

Mike will speak on common lower extremity injuries in runners, their causes, remedies and preventative measures. After which he will open the floor for questions and answers.

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.

BADGERLAND STRIDERS FUN RUNS

FREE casual get-togethers, beer/soda,
Wednesday evenings, everyone welcome

4/27/05	3mi, 6mi 6:30pm	Whitnall Park #8
5/4/05	3mi, 6mi 6:30pm	Greenfield Park #3
5/11/05	3mi, 6mi 6:30pm	Greenfield Park #3
5/25/05	3mi, 6mi 6:30pm	McKinley Marina
6/1/05	3mi, 6mi 6:30pm	South Shore Pavilion
6/8/05	3mi, 6mi 6:30pm	Estabrook Park #3
6/29/05	3mi, 6mi 6:30pm	Greenfield Park #3
7/6/05	3mi, 6mi 6:30pm	Greenfield Park #3
7/13/05	3mi, 6mi 6:30pm	Greenfield Park #3
7/20/05	3mi, 6mi 6:30pm	Whitnall Park #8
7/27/05	3mi, 6mi 6:30pm	McKinley Marina
8/3/05	3mi, 6mi 6:30pm	Minooka Park #3
8/10/05	3mi, 6mi 6:30pm	Sheridan Park Pavilion
8/17/05	3mi, 6mi 6pm	Estabrook Park #3
8/24/05	3mi, 6mi 6pm	South Shore Pavilion
8/31/05	3mi, 6mi 6pm	Whitnall Park #8
9/7/05	3mi, 6mi 6pm	Greenfield Park #3
9/14/05	3mi, 6mi 6pm	Whitnall Park #8

Rain or Shine!

STRIDER OPEN TRACK MEETS

Track meets open to all age group categories
Various track events 100m-3200m, racewalk, relays.
No field events or hurdles. Free and open to the public.

Roger Bannister Mile

Tuesday, May 5th 6:00pm

Monthly Track Meets

Tuesday, May 25th 6:30pm

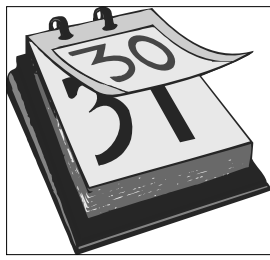
Tuesday, June 14th 6:30pm

Tuesday, July 21st 6:30pm

Hart Park, 73rd & State

Times Past: Yesterday and Today

John Miller - PART III COLLEGE



Ron Winkler

By Ron Winkler

John Miller is a long time member of the Badgerland Striders. In addition to John's athletic achievements, he is also well known as a coach, teacher, volunteer and role model. Part 1 was a summary of John's achievements and Part 2 covered John's career up to age 21, when he decided to return to college. This month we will get acquainted with John Miller the college student.

1969

Although John and I had known each other in high school, our real friendship began when I enrolled at the University of Wisconsin-Milwaukee (UWM) in 1969. One of my goals was to get serious about my running once again. Therefore, I visited John Tierney, the track and cross-country coach. When he found out that I had attended Bay View High School, he told me about Wulf Koehlert, a Bay View graduate who had recently run for him. When I told him that I remembered Wulf from high school, Tierney mentioned another Bay Viewite named John Miller, who was returning in the fall. He suggested that John and I get together for some summer training.

When I saw John for our first workout, I was shocked. He had ballooned to 180 pounds and I had no trouble keeping up with him during our runs. In fact, *he* had trouble keeping up with *me!* That would soon change. One of John's traits is tremendous intensity and focus. He worked hard. The weight dropped. The speed and endurance returned. There was steady improvement.

Turning point

During this period I was the top distance runner at UWM. In the spring of 1970, during the indoor track season, I was undefeated in the 2-mile. How-



PANTHER CC TEAM — Posed prior to their last meet of the season are the members of UWM's Cross Country team. They are (back row, l.-r.) Carl Lange, Rod Videkovich, John Place, Bill Baer, Abie Khatchadourian, Ron Winkler, and Coach John Tierney. (Front, same order) John Rodahl, John Feeley, John Miller, Pat Nothies, and Nelson Busch.

ever, my 15 minutes of fame was about to end. The turning point was a race that was not even on our college schedule. It was a 4-mile cross-country race in Estabrook Park, sponsored by the old Milwaukee Track Club that John and I ran for fun. As usual, I was ahead of John. However, near the end, I could sense that John was gaining ground. Just before we reached the finish, he sprinted past me to win by a nose. I attributed his win to the cheering section that he brought with him to the race: his wife and parents.

How wrong I was...

Shortly after the 4-mile race, John's wife Chris gave birth to their first child. John was immediately struck by the tremendous responsibility that he now faced. It was not easy having family responsibilities while attending college full time. Did I mention that John also had a job? His day began at 3:00 am by walking two miles to Miller Messenger Service (no relation) where he delivered mail. Following work, John would take the bus to school from his Bay View home on Delaware Avenue.

However, he continued to improve and became the top distance runner at UWM in both track and cross-country, setting a number of records in the process. In fact, in the autumn of 1970 he won the State of Wisconsin Amateur Athletic Union (AAU) 5000-Meter and 10,000-Meter Championships to become the first runner in UWM history to win both titles in one year. Yet, this was only the be-

ginning of a three year tradition of winning the State of Wisconsin AAU 5000-Meter and 10,000-Meter Championships. His six gold medals prompted coach Tierney to refer to John as UWM's Mark Spitz, a reference to the American swimmer who won six gold medals in the 1972 Olympics.

John's best college times were: 4:20.5 one mile, 9:31.8 two-mile, 14:52 5K and 31:43 10K. Upon graduation from UWM with a degree in physical education, John had earned four letters each in cross-country and track. In cross-country, John was most valuable runner, captain and received a gold watch with his fourth cross-country letter.

Fun, Fun, Fun

All work and no play make Jack a dull boy. John is far from dull. He is one of those wild and crazy guys. John was spotlighted in many articles throughout his college and post college days. One of the best appeared in the Milwaukee Journal in 1970 and was written by Nolan Zavoral. At the time, John had a goal of running a four minute mile. Zavoral must have known a bit about his subject because he wrote, "And to run a four minute mile means slashing 25 seconds off his best time. Captain Ahab had better odds against Moby Dick."

Later in the article, Zavoral revealed that John had distinguished himself as both runner and wit. "Both Miller and Ron Winkler, former teammates at Bay View High School, keep the Panthers loose with jokes. Winkler strains his eyes on road trips, seeking out signs that say, "24 Hour Car Wash." He invariably says, "Never take your car there. Twenty-four hours is too long to wait for a car to get washed."

"And Miller likes to be asked how he likes cross-country, to which he replies, 'Oh, it's all right in the long run.'"

Next month we will learn about John Miller, teacher and coach. By the way, my remark about the "24 Hour Car Wash" also goes for the "All Night Diner."




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2005 CULLEN RUN FEATURES SPIRITED BATTLES

by Phil Carpenter, RD

This year's Steve Cullen Healthy Heart Club Run again had an "assist" from WTMJ's Jim Ott, and his weather magic. 615 walkers and runners basked in the near 50 degree temperatures, narrowly avoiding a rainy sub-40's Sunday. THANKS JIM!

Our 2005 contest featured spirited battles for the overall trophies. Wayne Dalton was the men's overall champion with a time of 28:52; followed closely by perennial favorite, Rick Stefanovic at 28:58. Rick was followed even closer by Matt Sveum in 28:59.

Rounding out an evenly matched top five was Justin Miller in 29:05 and Elliot Krause in 29:07.

The women's champ; Denise Manthy, had a little more of a cushion. Her winning time of 32:14 gave her better than a 2 minute edge over second place Stephanie Perleberg at 34:29. Stephanie did not have the luxury of that cushion, as Ann Limberg was only one second behind her at 34:30. As usual, several of the medals were determined by our "Monster Hill" in the final yards of the course. (Gael Cullen still grumbles at me every year for that course change!)

A final note is a "shame on me!" In giving a short post-race talk at the February Strider meeting, I talked about the attendance and the money that has been raised for the Medical College of Wisconsin, and thanked all of those who attended.

I forgot to mention one of the most important things....MY CAPTAINS!! They make the Cullen Run go every year, and should get ALL the credit for how smoothly things ranAGAIN!

My sincere gratitude goes out to: Jerry Anderson, Mary Callen, Bonnie Clarey, Larry Govin-Matzat, Marty Malin, Dennis Novak, Helen Schmidt, Bill Schauder, Dennis Shoemaker, Paul Sokolowski, Len Wachniak and Pete Wysocki.....THANK YOU!



Winners of the 2005 Cullen Health Heart Run
Denise Manthy (32:14) and Wayne Dalton (28:52)
Photos by Kent Schlienger



From left: Gael Garbarino-Cullen, Race Director Phil Carpenter and Sponsor Bob Davis from GE address the crowd before the start of the 2005 Cullen Healthy Heart Run

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A Rare Day in February

by Craig Hopper, RD

Sunny and warm, nearly 50 degrees. No wind. Nearly perfect trail conditions. Perfect conditions for course records to fall. February 12, 2005 - this is a day that people will talk about for years to come, especially those who were part of the John Dick Memorial 50K held in the Southern Kettle Moraine.

Last year's winners, Dave DeHart and Ann Heaslett, are course record holders. The weather last year was not conducive to breaking those records. If you remember, last year...it snowed and snowed and snowed. Ann was 35 minutes off her record, while Dave and Rick Stefanovic were 1:05 slower than the men's record.

Dave did not enter this year's event because he was preparing for a 100K race in Atlanta the following weekend. He helped out at the aid station all day, dispensing encouragement and advice along with soup and crackers as only a true champion can do.

What a difference a year makes!

Joe Kurian, 26, from Madison broke the course record by 5 minutes (3:46:07). It appears to be the dawn of a new era in the men's division.

In 2005, Ann was able to cut 25 minutes from her debut effort in 2001, the course record.

Ann is, well, she's Ann. She cooked along steadily, recording almost even splits on the 5 loop, 10km course. Ann finished first among women and second overall in 4:22:08. Christine Crawford, always smiling, gave her a good chase, but started tiring in the fourth lap and came in 15 minutes later.

Parker Rios, always looking good and in control, gave his usual strong performance, finishing 4 minutes behind Ann (4:26:07).

All participants were rewarded with chili, both real and vegetarian, made by co-race director Mary Hopper, along with home baked cookies and breads and several contributions of other baked goods by other participants.

I would like to thank Jim Huebschen for handling refreshment and finish line duties and Tom Bunk for once again marking the course. He went beyond the call of duty, cutting a 30 foot detour around a pond of snow melt. Thanks also to aid station workers, Dave DeHart, injured ultra veteran Fred Klewin, Western States bound - Ken Klumb and friends Jim and Pat Nielsen and my perennial right hand man, Doug Landman, for making me look good.

John Dick 50k

Alone in the Woods

by Robert Wehner

The JD50k was run on Saturday, February 12th, and we had a beautiful day for it. Thanks to all the volunteers who helped make it a great experience. I especially want to thank my fellow runners, as every one of you made the day special. The layout of the course allows you to see others frequently through out the day, and the constant encouragement and hellos (and smiles) were very uplifting. So physically, you were not alone in the woods.

But this story really isn't about the race. It is instead about my state of mind, and the solace sought in the simplicity of a long run in the woods. The connection is that I composed this story in my head, during the JD50k.

I had spent the afternoon before the race at the hospital, where my Dad was a patient with frostbitten feet. The problem goes much deeper than that though, as he had injured his feet by wandering out at night without any socks or shoes. My Dad has been suffering from old age dementia for many years now, and while there haven't been major problems in the past, we all know that this is a downward spiral.

Friday had been difficult because my Dad was confused and agitated, upset and angry. You could not converse with him, and when I looked into his eyes, there was a deep, dark void there. He was surrounded by people but alone, strong and defiant yet weak, and I could not help him. There was nothing that our family could do, other than leave his care in the hands of the hospital staff.

It is important to note that my Dad and I are not, and never were, close. We didn't play catch in the back yard, or shoot buckets in the driveway. He never came to any of my high school track or cross-country meets, or even bothered to ask how they went. It was the same with school, and other facets of life while growing up.

But this does not mean that I don't love my father. I know this because the hurt inside is a little different than how you feel when others outside of your family encounter difficult times. Part of the hurt comes from the missed opportunities to build lasting positive memories, and the knowledge that whatever memories my Dad may have had, they are mostly gone now.

And yet, I am a fortunate man. In addition to my health, I have a wonderful wife, Sally. Together, we have 2 great daughters, Kelley and Chloe. We have worked to build our relationships, and forged many happy memories. The highlight of every day is the hugs and the "I love you" before bed each night. While I may embark on ultras that keep us apart for awhile, they are never far from my thoughts.

So cherish the ability to stay active, no matter what the activity. Strive to do your best in all of your endeavors. Do not take others for granted, and work hard to develop your relationships with those close to you. Build lasting memories. You never know when those opportunities may disappear, and you find yourself alone. On Saturday, I emerged from the woods, and returned home to my family.

From the Archives

25, 20, 15 and 10 Years Ago

by Ron Winkler

25 Years Ago

Saturday, April 27, 1980

Agony of Da'Feet 3-Mile, Wilson Park, Milwaukee

Only Striders were listed.

2. Andrew Kontowicz	15:04
5. Mark Crysler	15:57
10. Dick Tyler	17:24
18. Edward Calvey	18:24
22. Jim Adams	18:52
23. Dick Bersch	18:54
26. Tom O'Brien	19:13
27. Bruce Meyer	19:16
35. Marty Liddy	20:08
38. Dick Wallace	20:09
44. Jim Knitzer	20:38
69. Kelly Kiel	25:27
71. Dick Kiel	25:33
79. Dave Schlueter	28:30
83. Renee Tanger	45:00

20 Years Ago

Saturday, April 27, 1985

Old Style Bald Eagle Marathon, Glen Haven, Wisconsin

Overcast, 48 degrees, Wind 20 MPH

Overall- Tim Steiber	2:49:49
Women-Tia Graves	4:03:27
25 and under-Steiber	
26-35 David Barkalow	2:52:34
David Gray	3:16:35
36-45 Rich Christopherson	2:55:15
Tom Bunk	2:57:07
Ray Schlotterbeck	3:04:28
Ralph Cavaiani	3:07:40
Tom Ulik	3:14:20
Mike Larkin	3:47:37
David Allen	3:49:28
Jim Knitter	3:54:50
Bob Webster	3:55:10
Howard McCabe	3:57:23
46+ Frank Gutman	3:10:53
Bill Smeaton	3:30:36
Gary Hauser	3:33:15
Dave Hoffman	3:33:40
Ken Gilgenbach	3:37:59
Bill Lofthus	3:49:25
James Barry	4:00:30
Eddie Bowers	4:00:40
Charles Stafford	4:03:50

15 Years Ago

Sunday, April 8, 1990

St. Mary's 9th Annual Run 4 Wellness 4-Mile

St. Mary's Hospital of Milwaukee

Male		
18 & under	Eric Loferski	24:04
19-24	Joel Peregrine	20:14
25-29	Keith Hanson	19:22
30-34	James Ingold	19:56
35-39	Rick Kocaja	20:37
40-49	Mark Chepp	21:24
50-59	Larry Engel	24:25
60-99	Glenn Weeks	25:19
Female		
18 & under	Sarah Crowley	28:16
19-24	Lori Stich	25:32
25-29	Amy O'Connor	25:35
30-34	Michelle Mittelstead	25:17
35-39	Mary Wenger	28:12
40-49	Nancy Bartelt	30:15
50-99	Nancy Spencer	28:49

10 Years Ago

Saturday, April 8, 1995

13th Annual Sheboygan Smelt Run 8K and 2-Mile

8K Male		
Overall	Tim Renzelmann	26:12
19 & under	Devan Ziabek	31:41
20-24	Eric Pilling	27:20
25-29	Eric Echert	27:54
30-34	Bruce Breित्रick	28:50
35-39	Brian Pilz	30:57
40-49	Paul Badura	28:49
50-59	David Griffiths	33:16
60+	Karl Pahl	37:17
8K Female		
Overall	Becky Heller	36:17
19 & under	Amy Flom	45:15
25-29	Jill Hundley	39:21
30-34	Felicia Echert	37:41
40-49	Barbara Badura	36:51
2-Mile Male		
Overall	Mike Damkot	11:11
19 & under	Joel Kuhn	12:50
20-29	Richard Mueller	12:07
30-39	Scott Wageman	11:16
40-49	Paul Badura	11:31
50-59	Larry Cooper	13:25
60+	John Hessel	16:16
2-Mile Female		
Overall	Ann Limberg	13:11
19 & under	Jenny Harmelink	13:37
20-29	Rachelle Turner	14:46
30-39	Lynn Litt	13:29
40-49	Carol Huhn	14:38

Badgerland F/X - Teams Draw Interest

By Marty Malin

Adding 10 person relay teams to the 24-hour portion of the Badgerland F/X 12 & 24 Hour Run on Labor Day weekend has sparked more interest than I thought it would.

As a result, for this first year of the relay, we are capping entries and allowing only the first six teams to enter. Each teammate will run approximately one mile, and then hand the baton off to their teammate. After every teammate has run in succession, everyone has a chance to run again, until the 24 hours are up.

Net proceeds of the event go to Muscular Dystrophy Association. This year, with the addition of the relay event and other as yet unannounced surprises, we are hoping to be able to donate close to \$1,000 to help fight Muscular Dystrophy.

All relay participants will receive an event T-shirt and water bottle. In addition, no one will go hungry as relay participants will be able to eat a quick breakfast on site before the event, snacks and food throughout, and a full breakfast the following morning.

Not only that, participating on a relay team is a lot of fun and a treat in itself, because running is usually a solo event.

If you are interested, but don't have a team, you can call Marty at 414-453-7326 or email him at 1224hrn @ merr.com, and he will try to hook you up with one. Divisions are open, masters, and grandmasters, in male, female, and mixed, along with civil servants and military.

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Think how well you'll run this season. Then think Corn Roast, August 3

by Dave O'Brien

It's not too early to make plans.

As in running a longer distance, or achieving a P.R.

This year I may be dropping back to walking. Marathons, half marathons, whatever.

I plan to repeat one loop of the John Dick with a walking partner and friend. I'm negotiating climbing Dundee Mountain with another friend, and exploring Fitzsimmons Woods with a third.

Like "concept cars" in a way, these are *conceptual* events that will take place when the woods and trails are right, and my friends and I can arrange to get together. I'm sure you have similar events in mind.

But there's never any question about one event. On the first Wednesday in August, the weather and trails are right, and the corn is ripe and sweet.

This year our Corn Roast Fun Run will occur on August 3 at 6:00 p.m. at Minooka Park in Waukesha.

There you can run, and eat great corn (and bratwurst and salad – a full meal), and hang out with your favorite running (and walking) friends until the park closes.

This year I expect Colonel Korn will again make his annual appearance. He, like me, is in a running slump. He may be limited to walking or riding this year.

So make your plans, and think how well you'll run.

But mainly, think of the great corn, and friendships that are available nowhere else but Minooka Park on Wednesday evening, August 3.



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So my wife says, it's so dangerous to run outside in the dark. You should get a treadmill. So we do and then....



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2nd Annual 50th Anniversary Roger Bannister Mile

By Marty Malin

On Friday, the 6th of May, the Badgerland Striders will once again host a one-mile run commemorating the 50th anniversary of Roger Bannister's breaking of the 4-minute mile on May 6, 1954. His achievement is still regarded by many as the most important running barrier ever broken. That is why we are celebrating the 50th anniversary of his achievement a second time. We just couldn't celebrate it enough last year.

This once in a lifetime event (only time we will celebrate it for the second time) is free and open to anyone. So if you didn't compete against Bannister on that fateful day at Oxford's Iffley Road track, where he ran a 3:59.4, you are welcome to join us at Wauwatosa's Hart Park track. The first 150 participants to sign-up will each get a commemorative ribbon upon the completion of their run.

This year will be very similar to last year's event, where we had 77 participants, except this year it will be different.

We will hold registration open until 6:30pm, to make it easier for everyone to come after work. Special Olympians will be able to register until 6:15pm, with their heat beginning at 6:30pm.

The second thing that will be different is that we will run in heats based on projected finish time. So, if you are planning on finishing in under 6 minutes, you will be in the 6:50pm heat. The next heat will start at 7:00pm. Heats will continue until the sun is low, and the all the runners have gone.

The best thing about the race will still be the same – Age divisions will be only up to three deep, no matter what your age. If you finish and are one of the first 150 to sign-up, you will be guaranteed either a 1st, 2nd, or 3rd place ribbon.

Another difference this year is that this run is part of the Badgerland Strider's Sprint Distance Club Championships. Here is your chance to pick-up some easy points towards the championships in your age division (age divisions will be recalibrated retrospectively to fit the BLS SDCC).

We will once again meet on the south side of the track at Wauwatosa's Hart Park, and run on the track. Hart Park is one block south of State Street (Chestnut) at 72nd, in Wauwatosa. There is plenty of parking just South of the track.

Registration is available only on Friday, May 6, 2005 and will begin at approximately 5:30pm.

I could use a few people to help volunteer for this commemorative event. If you would like to volunteer and also run, I'm sure that could be arranged. We need help with registration, computer entry and scoring.

And even though this special commemorative event is free, donations of \$1 would be appreciated.

If you have additional questions about this event, you can e-mail Marty at 4runners@merr.com, call 414-453-7326, or it will soon be on our Club's website at www.badgerlandstriders.org. If you don't have any questions, we'll see you there!

- Help Wanted - CORN SUPPLY CAPTAIN

For the Corn Roast Fun Run
Wednesday, August 3, 2005

One day only – two hours' service.

Become a key figure in an aggressive service organization demonstrating double digit annual growth since 1991. Successful applicant needs access to a small truck-type vehicle or trailer, and a valid driver's license. Waukesha location helpful. Benefits: successful applicant may run and socialize until park closing, and will get recognition, and fill of corn.

davocorn@tds.net

(414) 425-1309

(Please reply by April 30)

5TH ANNUAL BRAVADO CHALLENGE

By *Tim Held*

On Saturday June 4th 2005, my wife and I will be putting on the 5th annual BRAVADO CHALLENGE. This race will consist of a 4-mile hike\ run, a 13-mile bike ride followed by a 4-mile canoe\ kayak paddle.

The hike will start at Lapham Peak State Park in Delafield and follow the Ice Age Trail approximately 4-miles. The hike will end precisely at the Drumlin bike trail in Wales at which point the 13-mile bike ride begins and continues into Waukesha where you board your canoe\kayak for the final 4-mile stretch. The race will conclude at Fox Run County Park. After the finish please join us at shelter #2 for a post race picnic with plenty of food and drink.

All money collected will be donated to Wisconsin Lutheran Social Services "Birth to Three" program. This program provides financial assistance to families with developmentally delayed children. These funds help pay for therapy intended to help children catch up mentally and physically with their peers, before they start school.

Participants will receive maps and other information that will help make the day possible. We will once again be shuttling your bikes from the canoe transition to the finish line. And as we had last year, there will be bus transportation Saturday morning from the finish line to the start-line. However, the bus will leave for Lapham Peak at 9:00 am, so make sure you give your self plenty of time to make all your equipment drops and be on time for the ride. The number of participants may be limited, so sign up early.

Please contact Tim Held for more details.

HOME (262) 896-0733
Timheld@sbcglobal.net

WK (262) 509-6412
timh@alto-shaam.com

BRAVADO: 1: A show of courage.
b: Defiant, Swaggering Conduct.
2: The quality or state of being foolhardy

THE BOTTOM LINE

- RACE DATE: June 4th **Rain or Shine**
 - Entry Fee: There is no official entry fee. However donations are greatly appreciated and anyone who has participated before will tell you that as events go, it's a bargain.
 - There will be someone at each transition point starting at 7:00am to keep an eye on your equipment, bikes, canoes, Etc. Your equipment will be safe.
 - Get your equipment to the transition points early and get your vehicle to the finish line in time to catch the shuttle to the start line.
 - Any cars parked at the start or at the end of the race will be subject to parking fees of either Lapham Peak State Park or Waukesha County Park.
 - The biking portion of the race will take place on the Drumlin state bicycle trail. A trail pass is required to ride on this trail, and can be obtained at any state park office including Lapham Peak and at a number of area bicycle shops. I will also have them available the morning of the race.
 - The trails we will be on are heavily used, so please be courteous to fellow hikers and bikers. Please be especially careful on the bike trails, as you will encounter families with small children, training wheels, strollers etc.
 - We will have Gatorade at each checkpoint and there are rest rooms mid-way through the bike section.
 - Although there are bathrooms and liquid refreshments along the way, you may want to carry your own food and water, please be prepared.
 - Course maps will be available Saturday morning. If you would like one sooner let me know.
 - **There will be a bus leaving the finish line area at 9:00am to transport you to the start line at Lampham Peak state park**
1. THE RACE WILL START AT 10.00 AM SHARP. LAPHAM PEAK, THE FIRST PARKING LOT FROM THE MAIN ENTRANCE
 2. CHECK POINT #1 SAXE'S BAR PARKING LOT HWY 18, JUST WEST OF HWY 83. (BICYCLE TRANSITION)
 3. CHECK POINT #2, AND TURN AROUND, THREE MILES WEST OF SAXES BAR ON HWY 18.
 4. CHECK POINT #3 THE FOX RIVER (WAUKESHA) 200 YARDS WEST OF THE E. B. SHURTS BUILDING, 810 W COLLEGE AVE (CANOE TRANSITION)
 5. FINISH LINE... FOX RIVER COUNTY PARK HWY H, WAUKESHA.
 6. POST PARTY RACE (FOX RIVER COUNTY PARK, PAVILION #2)

Enough with the official procedure: Although there will be awards for the top finishers, most will be enjoying a noncompetitive day in the great outdoors. Uproarious behavior and funny hats are encouraged. Don't forget to plan time to attend the post race party for free food and drink.

To reserve your spot call me at (262) 896-0733 or email me at timheld@sbcglobal.net
When emailing please put Bravado Challenge in the subject line.

Intermediate Running Program Starts in One Month

Warmer weather is coming, and with it the Badgerland Strider's 6th annual Adult Intermediate Running Program.

Otherwise known as the Beginning Racing Program, we generally get about 60 participants every year - all of them eager to improve their times in races. Some have even taken the program for three or four years in a row! They find that it is a much easier doing their speedwork in a large group.

This year, we start out on (April 21st) and run for six consecutive Thursdays, ending just before Memorial weekend. We always meet on the South side of the track at Wauwatosa's Hart Park. So park in the Park, one block South of State Street (Chestnut) at 72nd, and get a great workout with us from 6:30 to 7:45 p.m.

Once there, we generally start out first by doing a slow, one to 1.5 mile warm-up (except for the first session), followed by some plyometric drills, then either hill, interval, or fartlek training, and then a warm-down the same length as the warm-up.

If you ask anyone who was in the program any of the previous five years, they will tell you that they were definitely faster than before they took the class.

All you need to do to feel fast again is to be running regularly at least 10 miles per week on average for at least 4 months - which will allow to be able to complete the

program. And even if you run up to 60 or 70 miles a week, we can accommodate you, as we will break our big group into four separate groups based on current ability, and smaller sub-groups yet while performing the plyometric and speed workouts. Not only that, but each group will be supervised by an experienced volunteer who will assist you in improving your form, understanding, and execution of each workout.

We are starting a little later this year, in hopes that the weather won't be quite so cold, but plan on bring extra clothing layers with you, as the valley gets cold quickly. Also, our first session will be quite easy (read a lot of standing around) so be prepared with appropriate attire. Plan on being well rested before each session, especially the first.

The class fee is only \$25, unless of course you were in the program before, then it is only \$20.

If you are interested in the program, sign-up soon, as class size is limited to the first 60 participants. You can email Marty at runners@mer.com, by calling 414-453-7326, find the purple paper entry form in last month's issue of *The Strider*, or find it on our Club's website at www.badgerlandstriders.org, and go to the Programs button on the upper left.

Tom Zak Celebrates 100th!

by *Jim Cummins*

We were sitting in the Mackie picnic area shelter building in the Southern Kettle Moraine State forest on a sunny February afternoon, enjoying a really good bowl of hot chili. We had finished running the John Dick 50k race a few minutes before, stepping through the doorway of the shelter was the finish line. Tom and I had arrived together, pausing at the threshold, "after you," "no, after you," then it was done.

There is always that void at the finish of a race. Stopping, one is suddenly not racing, the focus is lost, and there is some idle milling about. The bowls of Chili solved the problem, and we sat down to eat. As my thoughts returned to the Real World, I remembered; "Tom, you haven't been officially congratulated, this is your 100th long race, isn't it?" He acknowledged it was, Mary Ann Miller and I shook his hand, and that was about it.

One hundred races of a marathon distance, or longer. That's a significant accomplishment, Let's ask Tom a few questions about how he got to this point:

Q: What was your first long race?

A: I ran the Mayfair marathon in 1980. I had just turned 14 and I think someone from my track team dared me to run the race. The race was two weeks after high school track season. I ran my longest run, a 15 mile run three days before the marathon. I thought since I could run a 5:10 mile in track I could run 6:00 per mile for 26 miles. That lasted about ten miles. I started to walk at mile 17. My dad walked the last two miles with me around the parking lot of the mall. After the race, my parents thought I should avoid marathons for a bit given my age. I ran my second, the Paavo Nurmi marathon three months later out of defiance. Indicative of how running marathons has evolved, I think I was tenth from last in the Mayfair Marathon running a 4:26 when today that would place a runner mid-pack.

I have kept track of my daily miles since before my freshman year in High School. My coach handed us an index card to record our running for the summer and have kept track of mileage and races since (keep in mind my education is accounting). I have just over 58,000 lifetime miles.

Q: Tell us about the toughest and the longest

A: The 1996 Ice Age 50 Mile. It was in the 90's, I had run a warm weather 50 miler three weeks prior and was training for the Kettle Moraine 100 mile. I was fatigued before I started and the weather had a negative effect on me. The only reason I kept running (or walking) was to finish. I sat down at the last aid station and someone sponged me down. By that time I was probably exhibiting signs of heat distress. When I finally stood up, some kind person walked with me the last two miles to the finish. The car ride home was the longest of my life.

My longest race was the Olander 24 hour run. I ran just short of 105 miles around a 1.1 mile loop. I enjoy that type of race format; never worry about getting lost and always within a few minutes of an aid station. My wife and son picked me up in the morning. My son asked me what I had done all night, I told him I ran. His only comment was "That's crazy". That about says it all.

Q: What race is most memorable to you?

A: That is difficult. I enjoy running races both big and small. I could probably tell you a little bit about each race and what I liked. I try to be a good participant and appreciate how much goes into each race. I have never been or anticipate will ever be a race director, but really appreciate how much goes into organizing a race. If pressed for most memorable; I would tell you my first Boston. Not because of the race, but I took my father with me. We had a great time in Boston together. As far as performance, I ran a 50K in Dallas in 3:35. As a result of my work schedule I found out about the race 2 days prior. I had a plane to catch 5 hours after the start of the race. Figured if I ran hard I could catch my flight. I wish I could offer a formal apology to the person sitting next to me on the flight back, I might have been a bit ripe.

Q: What is the most unusual race?

A: Hogeeye Marathon in Arkansas. At the time I had run about 40 marathons. It was the only marathon in the country that weekend. I sat with a group of runners for dinner that traveled every weekend to a marathon. The runner with the next fewest marathons at the table had over 300. I was humbled. The race had about 50 people, out and back. Limited aid.

Q: You are frequently seen running with a group of 20 or so people along the lake on Saturday mornings, what's that about?

A: I have been with TNT (Team In Training) for about eight years as a coach. I think we have helped about 1500 runners get to the finish line of a marathon during that period. It is great to see someone go from not running to finishing a marathon. I equate the experience to seeing kids at the Christmas tree; for a runner nothing can be better. TNT is affiliated with the Leukemia and Lymphoma Society. I am on the Board of Directors of the Wisconsin Chapter and on the National Board of Representatives. I want to see Leukemia end in my lifetime.

Q: One of your long races includes the Ironman Wisconsin triathlon, what appealed to you about this?

A: The only reason I signed up for the IM was to experience the finish. I saw the first IMW and stood at the finish line. It motivated me to give it a try. I was a swimmer in High School. I had not been on a bike for over 25 years so I bought a bike and started riding about a year before the race. Cross training has given my legs a rest. My legs have not felt better in the past ten years. I signed up for the second IM the day after the first because I knew I could do better. (comment: better start shaving those legs, Tom.)

Q: Which race have you run the most often?

A: I have run the Lakefront marathon 15 times (the last one with my lovely wife) and Ice Age ten times. I want to run both of those every year. Lakefront is in my backyard. Both are great events.

Q: You are a local boy, correct?

A: I have lived in the Milwaukee area all my life. I am turning 40 in April and sometime last year thought it would be nice to reach 100 before turning 40.

(Continued on page 11)

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.

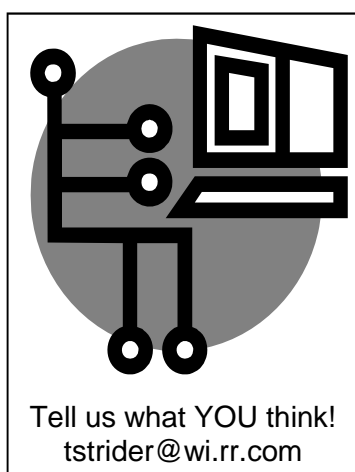
* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

* 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)
www.badgerlandstriders.org, Email: blsoffice@sbcglobal.net
"The Strider" Email: tstrider@wi.rr.com



This newsletter is printed on recycled paper.

Badgerland Striders 2005 VIP List

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BLS Intermediate Running Program	Marty Malin	Apr 14, 2005 414-453-7326
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Turkey Trot	Dave Fiegel	Nov 06, 2005 414-545-5899

MAKING DUST

JOHN DICK MEMORIAL RUN

Kettle Moraine State Park Southern Unit
North Prarie, WI
February 12, 2005

50K RUN

Craig Hopper
262-642-7237

1	Joe Kurian	3 46 07
2	Ann Heaslett	4 22 08
3	Parker Rios	4 26 07
4	Christine Crawford	4 37 16
5	Todd Egnarski	4 42 36
6	Robert Whener	4 50 02
7	Jason Dorgan	4 55 41
8	Tom Bunk	5 02 13
9	Scott Myers	5 16 46
10	Doug Wielgat	5 17 43
11	Layne Davis	5 19 02
12	Bill Thom	5 20 45
13	Rob Linnemanstons	5 21 06
14	Rick Scott	5 30 48
15	Brad Birkholz	5 31 14
16	John Rodee	5 31 42
17	Rebecca Skoronski	5 34 18
18	Jim Blanchard	5 36 07
19	Tim Yanachek	5 40 21
20	Julie Treder	5 40 45
21	Mike Ward	5 48 17
22	Keith Knipling	5 49 08
23	Cathy Drexler	5 52 18
24	Jack Thomas	5 56 37
25	Jeff Mallach	6 00 29
26	Kathleen Rytman	6 06 55
27	Jennifer Leslie	6 13 21
28	Matt Forss	6 14 36
29	Ralph Graf	6 26 07
30	Tom Zak	6 27 13
31	Jim Cummins	6 27 15
32	Michele Zern	6 42 18
33	Lynn Karner	6 53 21
34	Lorraine Bunk	6 58 10
35	Bob Gabbey	7 11 51
36	Elizabeth Nachtwey	7 28 06
37	Patrick Gorman	7 33 38
	Audrey Drake	7 33 38
	Ken Tureck	7 33 38
	Rick George	7 33 38
41	Irv Snider	7 54 16
42	Kris Hinrichs	8 01 18
43	Paul Gionfrido	9 49 00
44	Dave O'Brien	11 27 21

STEVE CULLEN HEALTHY HEART RUN

Underwood Parkway
Wauwatosa, WI
February 12, 2005

5 mi RUN

CARRS
Bill Schauder
262 521-2191
carrs@att.net

TIME	NAME
M-OPEN	DALTON WAYNE
F-OPEN	MANTHY DENISE
F00-14	CASEY MEGAN
36:08	AUGUSTINE KARI
41:14	CULLEN COLLEEN
50:39	PERLEBERG STEPH
F15-19	WONDRA KATIE
34:29	MCCOLLOU JANICE
38:50	PATRICK CAITLIN
39:45	MESCHER LEAH
42:14	ERSCHEN ROBIN
42:16	KIEFER CHLOE
47:14	GOTTSACER ELISE
47:17	LEWIS KIM
55:22	TARJAN CHRISTINA
56:02	REGAN ANNIE
57:08	BRAYTON ABBY
1:06:24	MESKO JENN
F50-54	PETERSON ABBY
44:01	BOYCE EILEEN
44:05	MARKS AMANDA
44:46	MAJEWSKI KIM
45:17	TOLL CRYSTAL
49:27	FRIEDRICH JAIME
53:38	BENES KATE
53:54	MEYER ALEXIS
54:57	SCHEID NICOLE
F55-59	PROFT LINDSAY
52:38	TYLICKI MARY
1:06:24	KNIGHT LEAH
F60-64	HAKES MEGAN
52:25	RUDY NICOLE
52:25	PEMBERTON ANGELA
1:06:24	HOFF MARY
F75-99	
58:47	
M00-14	
29:07	
35:01	

46:03	FRENTZEL ANNE
46:09	JOHNS EVELYN
49:48	BERGS CYNDI
53:26	MORRISON JULIE
34:30	LIMBERG ANN
34:49	LANOUELETTE M
39:29	FRIGO LEA
39:52	NEALON MARGARET
40:30	KIEL KELLY
43:56	KAPPES KERRY
44:32	THOMAS KRISTY
45:21	RIVERA JETHRA
45:28	CALLAHAN AMY
45:38	BOELTER LIZ
45:39	SCHAEFER DEB
47:03	LATELL ADELE
47:47	SUPA MARGARET
48:41	HERBST JODY
51:42	BOYLE KATHY
56:51	GALE KATHY

F40-44	SCHUMACHER SALLY
36:22	WOLFF NORA
36:53	CHRISTINE KATIE
40:16	SIEWERT AMY
42:19	LAUNSE BONNIE
42:25	KIRSCHBAUM MARY
43:57	ALIOTA NANCY
44:57	AUGUSTINE LISA
46:08	WANDLER ANNE
48:05	GORSKI CATHY
49:40	LEWIS PAM
59:30	LAVERTY JEAN
1:06:24	GARVEY PAM

38:11	PETAK KIM
41:06	BRIL JEANNE
42:21	KUHN CAROL
49:04	LAUER KATHY
51:12	REIDY SUE
52:04	POWERS LAURA
52:27	PRICE DONNA
54:01	REGAN MARGE
54:02	PEDERSON ROBIN
55:22	CHMIELEWSKI M J
56:02	PRIBYL STEPHANIE
57:08	ZINDA GERTA
1:06:24	SCHARPING BRENDA

44:01	OMDAHL NANCY
44:05	WYSOCKI MARY
44:46	HUGHES KARYL
45:17	CULLEN GAEL
49:27	PULKOWSKI LINDA
53:38	NIEMAN-KOEBERT S
53:54	ROTTMANN CATHY
54:57	SCHEIBER NANCY
F55-59	HEINEN ANNE
52:38	BAYARD DONNA
1:06:24	
F60-64	RETZLAFF KATHRYN
52:25	STEINKRAUS MARY
1:06:24	
F75-99	
58:47	REINHARD AGNES

M00-14	KRAUSE ELLIOT
29:07	DIXON JOSEPH
35:01	



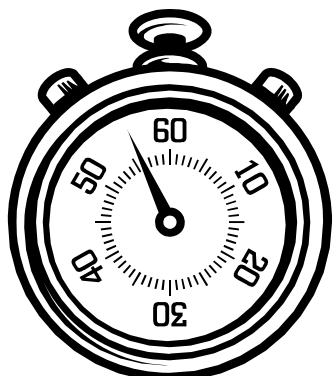
47:16	REIDY CASEY	48:37	ANNANTINE JIM
48:49	BARTON ROBBIE	51:03	MOODY BRUCE
M20-24		M40-44	
29:49	DASEK NICK	28:58	STEFANOVIC RICK
30:51	PIERCE AARON	30:40	ABLER TOM
35:35	MUELLER BEN	30:43	VERBOS BILL
36:21	MESKO NATE	31:32	ZASTROW DON
42:43	EVERT JUSTIN	31:59	RICKER JIM
42:45	CESARO ANTHONY	32:06	TAUBERT RON
50:30	NAKAMUN ROBERT	32:26	STEFANIAK PETER
52:10	CWIKLINSKI DAVE	33:41	HIDA GARY
M25-29		35:06	WEGESSER HANS
29:05	MILLER JUSTIN	35:30	HUDLETT CHUCK
30:31	ZEISE KEITH	35:53	CESAR MARCEL
33:14	GRIESSMEYER C	36:06	BIESER DAN
34:51	WING RYAN	36:11	MARCHESE VINCE
35:31	TOLL MICHAEL	36:20	TRIVELINE ROY
35:56	BARRY PATRICK	36:39	ANSTEDT NICHOLAS
38:44	NOEL MARK	36:42	MYSZKA KENNETH
38:52	PUTNAM JOSHUA	36:55	MOON RICK
42:01	BERQUIST MARK	37:06	HIRT GREG
42:22	SPRAIN BRIAN	37:17	RICHE JIM
43:01	WILDE DAN	38:02	CUISON REUBEN
44:36	PINCHOT JASON	38:39	WICHMAN BRIAN
49:12	RUFFALO KEITH	40:56	MCCORMACK DAVE
51:40	WILSON CRAIG	41:29	WETZEL TOM
54:10	ASHE XAVIER	41:41	ZIEGLER MIKE
59:41	SPRANG AARON	41:44	MORGAN MIKE
M30-34		42:34	ERSCHEN DANIEL
28:59	SVEUM MATT	43:02	WOLF SCOTT
30:31	WALTER AARON	43:08	EIMER DON
32:36	BEIX MICHAEL	44:03	RAHN PAUL
33:57	HAAS JEFF	44:52	GARROW BRIAN
34:00	MERTES RICH	45:23	FIEGEL DAVID
34:40	KREMS SCOTT	50:06	KAEHNY MARK
35:47	GILL MATT	50:22	YOUNGER MICHAEL
36:07	WAWRZYN ROB	1:07:40	LAVERTY GREG
36:13	MARIFKE CRAIG		
37:39	KRAWCZYK RICHARD		
38:05	SUMMERFIELD DERIK		
38:12	SCHULTZ CHAD		
38:20	ANTHOLINE TOM		
40:39	MURRAY RYAN		
41:50	EDMUND MARK		
41:53	BHAJAL SUKHRINDER		
42:59	BROOKS JONATHAN		
45:59	MANESIS GEORGE		
46:31	HAKES JOSH		
48:33	KNEELAND JON		
51:45	KRYGIEL JEFF		
M35-39			
29:31	HIEGEL PAUL		
29:55	SHUE TED		
32:03	HECKMAN CHAZ		
32:12	MARINO TONY		
32:16	OPTEKAR J D		
32:40	WHITE MICHAEL		
33:51	HARRISON DAVID		
34:10	KIRSCHBAUM JIM		
35:13	KOCH JOHN		
35:48	MITCHELL DAN		
35:49	LATELL SCOTT		
36:03	O'HARA PATRICK		
37:05	KLUMPP DAVID		
37:20	MUNZ DON		
37:42	LARKIN DWIGHT		
38:00	WEGNER TIM		
38:32	SCHWANEBECK TOM		
38:51	PUTNAM JOHN		
41:09	BENES PERRY		
42:03	BITTNER JAMES	M45-49	
42:04	JOHNSON MICHAEL	29:27	SKELLETT DAVID
43:14	DODDRIDGE STEPHEN	30:12	GILMORE BILL
43:28	VENN ERIC	30:53	OGUTU I.G.
44:27	CORNELL JOHN	31:28	MOORE RICH
45:44	KALYA RAM	31:56	GRUM CLEMENT
46:26	STEIN SCOTT	32:43	KAPETANOVIC MICK
46:44	DODDS MARK	32:44	HARRIS DAVE
47:41	MCKENNA JAY	34:24	WOLFMAYER KEVIN
47:46	BRUNS CHRIS	35:23	CULLEN DAVID
47:55	JONES IV JOHN	35:29	KANTER MARTY
48:34	MULOCK PETE		



The start of the 2005 Cullen 8k Run



Hisoner Da'Mayor Tom Barrett



50:44	CAYA SUSAN	36:24	ERSCHEN JACOB
51:45	ARPS LISA	45:22	CULLEN EDDIE
53:24	STOLLENWERK MARY	47:22	SCHARPING NICH
53:28	O'BRIEN MONICA	48:54	BARTON THOMAS
54:56	HAAG SARA	M15-19	
59:23	SPRANG SARA	31:11	STRAUSS JAMES
F30-34		34:15	REGAN SEAMUS
39:27	HEINZ KRISTY	34:24	PANHANS MATT
41:15	NEWMAN AMY	38:51	GELLINGS BEAU
41:33	SHATTUCK LORI	42:10	URBAIN LUCAS
44:14	GUMINA ANDI	42:43	BALAWAUER PETE
45:47	ANDRZEJEWSKI J	42:44	SCHUNK PETER

The Most Times are in 'The Strider'

(Continued on page 11)

MAKING DUST

CULLEN RUN

5 mi RUN

Continued

(Continued from page 10)

36:03 SCHULOR TOM
 36:04 VARONE VINCE
 36:33 KRAUSE CHUCK
 36:54 SCHLAGER STEVE
 37:32 O'CONNOR TIM
 38:07 SOVER ERIC
 38:19 LEVINSON MIKE
 39:03 WODUSHEK CHRIS
 39:31 WADE DAVE
 39:32 AGHJIAN HARRY



Mary Callen and Dan Graf Volunteer in the Registration Area

40:38 ROZNOWSKI JEFF
 42:09 SADOWSKY EDDY
 42:11 URBAIN JAY
 42:12 LASKOWSKI JOE
 42:41 JASTRAB JAIME
 43:12 BREHEIM DAVID
 43:16 STEIN STEVE
 43:54 KROEMER TOM
 45:09 CHELMOWSKI MARK
 45:13 ODoner JACK
 45:18 KILB BRIAN

45:19 OLSON BRAD	55:43 COLLAZO WILLIAM
46:14 GROTHMAN GLENN	M60-64
46:28 COSTIGAN MICHAEL	34:44 BECKER JOHN
46:52 BRINDOWSKI DAN	35:45 GOTTSCHALK RON
48:11 PETERS ANTHONY	37:52 TILLET GEORGE
48:56 LAUER ROB	38:03 GAERTNER BILL
49:22 PATRICK DAVID	39:17 BORZICK MIKE
58:26 FISTER RAY	40:54 DAVIS JOHN
M50-54	44:48 MILLER RICHARD
31:18 DE MATTHEW JEFF	44:49 BAYARD RALPH
34:03 FRAUENFELDER NEAL	45:03 BOECK BRUCE
36:06 KOEBERT ROBB	47:28 ROSENTHAL ERNIE
37:29 HANSEN BILL	54:28 MARTIN DAVID
37:55 WESTENDORF KEITH	55:46 CARROLL THOMAS
38:17 SHERWOOD JEFFREY	M60-64
38:22 PATERICK JOE	56:47 MARKS WALLY
38:23 HEYDEL TOM	41:28 CARUSO RON
38:23 HAWKINS PHILIP	44:26 STUCKSLAGER DAVID
38:28 BELL JOHN	46:39 HUBERTY ROBERT
38:43 ROTTMANN TIMOTHY	46:50 PARKER ED
39:53 ZINDA CHUCK	55:27 CLAREY JAMES
40:32 ZYSKIEWICZ GREG	M70-74
40:33 JAHNKE BILL	45:33 HOVILA NORM
41:58 GASPER GARY	49:05 LUPINSKI O.T.
42:09 KLEMMER PAT	1:04:10 PEYCHAL EARL
42:24 HOFFMAN BRIAN	M75-99
43:04 BRINKMAN STEVEN	52:44 MURPHY DANIEL
43:07 MAMEROW PETER	54:37 MORAN JOHN
44:30 STEINKRAUS TOM	
44:42 FLANNERY PETER	
45:08 LEITSCHUH MARK	
48:13 MCCOLLOW MARK	
48:21 GENGEMBRE TIM	
48:22 BRINDOWSKI JIM	
48:29 ZIEMENDORF JON	
52:05 OBY FRED	
55:34 KOREMENOS GUS	
58:08 WHITE JOHN	
M55-59	
33:49 EDEN DENNIS	
36:50 NELSON DOUG	
40:07 HUBER RICK	
41:45 EDER RON	
42:13 VANDERBUNT BRUCE	
43:11 GATES DAVE	
45:00 HENDERSON CHUCK	
45:14 LEONARD ROBERT	
45:18 DAVIES BRUCE	
45:34 LOCKWOOD LARRY	
46:40 HUSSLEIN MARK	
47:48 RUBRINGER CURT	
48:06 WAWRZYN RONALD	
53:33 OTT JIM	



Dennis Eden 1st in the M55-59 age group (33:49)

Tom Zak Celebrates 100th!

(Continued from page 8)

Worked for the last 16 years at Wells Fargo Business Credit. Extremely tolerant wife of nine years Anne and great son Christopher (6 years and potential runner). Anne is more than supportive of my athletic pursuits. For Christopher this is something his father has always done. He characterizes it as cool and crazy.

Q: Tell us about the 100th. How do you feel about the statistic?

A: About mid year 2004 I plotted out my races for the remainder of the year and thought the John Dick 50K would be a great race to be my 100th. It is the kind of race I enjoy most; low key, I know many of the participants and relaxing. I did not think much about or prepare for the race as I was (still am) out of shape. I can honestly say I looked at it no different then I would my morning 4 mile run. It started to mean more for me during the run. I had two good friends with me; Mary Ann Miller and Jim Cummins. I hooked Mary Ann into running part of the race with me and I think we could have guilted her into finishing. I have run a couple of races with Jim over the past few years and we have become good friends. He probably slowed for me the last two loops of the race and we shared some good laughs. I think I had to stop a couple of times because I was laughing so hard. I hope the next 100 races are shared with good friends like my 100th.

I thought a little about my races and running after talking about it (writing this) and have to put it in perspective. It has provided balance; some would say it is a bit obsessive but I would argue balance. I have family, a career and interests outside of running. Running is a part of my life that provides balance. I feel fortunate that I have been able to run for so long and stay healthy. I enjoy both the social aspect of races and the solitude of running. I am grateful for the friendships that have been created because of running. 100 is a bit of a curse to me today, it sounds like I am making it up. I want to run a few more just to get off that number. One other thing, I think I have a few good races left in my legs.

Q: So what's next?

A: I have a list of things to do in my wallet which includes a few races. It includes; Comrades Marathon, Hardrock 100, 100k del Passatore and Badwater 135. I am going to give myself a few more years of Iron Man races and then focus on ultra marathons. I think I still have a good Iron Man in me.

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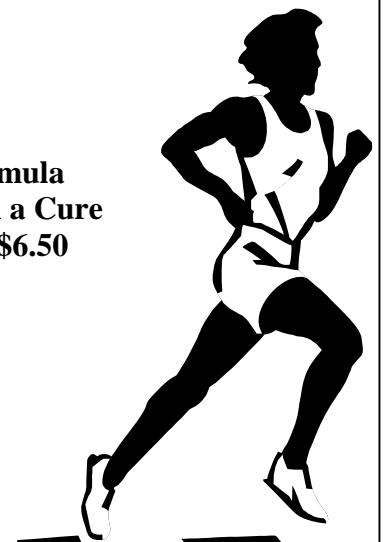
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