

the Strider

Official Newsletter of the Badgerland Striders, Inc.



Volume 34, No. 4

May 2005

2nd Annual 50th Anniversary Roger Bannister Mile

By Marty Malin

In only a few days, (Friday, May 6th), 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 6th, 1954. His achievement is still regarded by many as the most important running barrier ever broken. And -- whether or not you are fast enough to break his mark, or complete the mile in 15 minutes, you are more than welcome.

This event is free and open to anyone. You are welcome to join us at Wauwatosa's Hart Park track. The first 150 par-

(Continued on page 12)



Roger Bannister at the original 0th Anniversary Event.

24th Running of the Ice Age Trail 50

By Glenn Wargolet

The 24th running of the Ice Age Trail 50 is scheduled for Saturday May 14th, 2005. Registration is open until Sunday May 8th, 2005. All entries must be received by May 8th. Limited to the first 600 entries - total for all events.

Hello, my name is Glenn Wargolet and I am the new Race Director for the 24th edition of the Ice Age Trail 50.



I invite all fellow Badgerland Striders and anyone who has run the Ice Age Trail 50 to join me in thanking John Zinzow and Holly Neault-Zinzow for the all their efforts over the the past 6 years as Race Directors. Through their efforts, the Ice Age has evolved into the quality event that it is and recognized by the ultra community as one the best ultra marathons in the nation. They are still actively involved and helping with the transition to make sure we don't miss a beat this year.

I would also like to thank all the volunteers who have supported John and Holly over the years with their all their dedicated efforts. As all good Race Directors know, they are only as good as their volunteers. Fortunately, our main core of volunteers will be returning to help continue to make this

(Continued on page 12)

2005 Track Meets are "Just Around the Bend!"

By Alice Winkler

Spring is my favorite season. We move from the cold confines of winter to the exhilarating freedom of spring. In the winter, I see many of you running or race walking around the track at the Pettit center or at Bally's Total fitness. Those tracks serve their purpose, but it just isn't much fun. I feel so much more alive and full of energy when I can get outside to exercise.

The snow is gone and our yard shows that spring has indeed sprung. The crocuses, hyacinths, and daffodils are blooming in all of their glory. Ron and I are also popping our heads out of our warm woolies and getting back outside.

As you know, we are in charge of the Badgerland Strider's Track Meets. Mark your calendars and join us on **May 24th, June 21st, and July 26th**. All of the Strider's Track Meets are held at 6:30pm, at the Hart Park track, located on 73rd and State Streets in Wauwatosa.

In order to prepare yourself for the coming race season, you need

to be sure to get your fast twitch muscles ready too. The track meets are here to help. We offer the 100, 200, 400, 800, and either the 1500 or the mile. We also have the 3200-meter run.

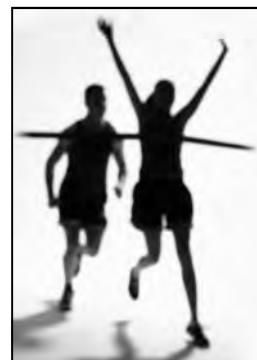
A race- walk is also always offered -- Try it, you'll like it. It is great conditioning and it is a good supplement to your training schedule since it strengthens opposing muscles.

Over the years, we have noticed a large improvement in attendance. Many families are coming and making this a big event. There are always plenty of people around to cheer on the children or hold a child's hand while the mom or dad runs an event. We have also had high school track teams and the Women's Triathlon Team join us at times.

Our track meets operate like the fun runs. There is no fee and there are no awards. We do have soda and snacks. We ask that everyone bring a watch to help time the runners when not running an event. We hope to see you at the first meet on Tuesday, May 24th at the track at 6:30 PM at Hart Park located on 73rd and State in Wauwatosa.



BRING YOUR KIDS!



INSIDE:

	PAGE
The Prez Got Married !	2



Cash Prizes @ Sarah's Stride	2
------------------------------	---



Ask The Doc	3
-------------	---

BLS Meeting Speakers	3
----------------------	---

Doug Nelson's Great Armelian Marathon Myth	4
--	---



The Archives	5
--------------	---

Shamrock Sprint Race Report	6
-----------------------------	---

Get Ready for SUPERun	6
-----------------------	---



Fun Run Schedule	2
------------------	---

Track Meet Schedule	2
---------------------	---

Times Past: John Miller Pt IV	7
----------------------------------	---

Advanced Summer Program Starts Soon	4
-------------------------------------	---

Coming Events	8 & 10
---------------	--------

BLS VIPs and Info	9
-------------------	---

Pewaukee Triathlon	11
--------------------	----

Root River Run	12
----------------	----

BLS Membership Form	13
---------------------	----

Making Dust • Shamrock Sprint 5K	10
-------------------------------------	----

Colors Not Found in Nature	13
----------------------------	----



The Prez Got Married!

Prez John Cornell was married to First Lady Jody Herbst-Cornell on April 30th, 2005

CASH PRIZES AT SARAH'S STRIDE

By Tim Olsen
Wisconsin Donor Network

The Wisconsin Donor Network, eastern Wisconsin's organ procurement organization, will host the seventh annual Sarah's Stride run/walk, 5 p.m. Saturday, May 21, 2005, at Hart Park, Wauwatosa.

Sarah's Stride includes a two-mile walk and 5K certified run that winds through Honey Creek Parkway. Cash awards will be awarded to the top runners. All participants receive a T-shirt, refreshments, entrance to HartFest, and are eligible to win door prizes. Registration fees, until Friday, May 6, are \$15 per individual; \$52 for a family of four, plus \$12 for each additional person; and \$75 per team. After May 6 the registration fees will be \$18 per person and \$64 per family, plus \$15 for each additional person. Registration is also available on-line, at www.active.com. On-site registration is at Hartfest Friday, May 20, 5:30-7 p.m. and Saturday, May 21, 3:30-5 p.m. inside the Meullner building. Stride packets, T-shirts and timing chips will be available to all registrants on race day after 3:30 p.m.

Cash awards, \$50-\$300, will again be given to the top five male and female finishers. There will also be a special \$100 cash award for the overall master's finishers (over age 40). The race will also have a seeded runners division. To qualify for seeded placement, a male runner must have a 5k time of under 19 minutes and females under 22 minutes to qualify. All seeded runners must pre-register. No seeded reservations will be accepted on race day.

Sarah's Stride is expected attract over 1,000 participants. For a registration form or for more information about Sarah's Stride, call the Sarah's Stride information line, (414) 805-4698, or see www.wisdonornetwork.org under "Special Events."

The route will follow essentially the same course as past years, with just minor modifications. The scoring will again be provided by Sports Management Associates using the ChampionChip.

The ChampionChip is the newest technology for scoring races. Each runner is given a small chip transponder, which is attached to the runner's shoe.

At the start of the race all runners will be required to run across mats on the ground that contain antennas to register their start time. At the finish, runners will again cross similar mats to record their finish time. There are no finish line chutes or volunteers tearing off bib numbers. Scoring is provided almost instantly.

Sarah's Stride is held in honor of Sarah Hegarty, a local teen who died in 1998 while awaiting a life-saving transplant. She was a healthy 15-year-old sophomore at Divine Savior High School and an excellent athlete. One day after practice she came down with a terrible stomach ache that led to a catastrophic intestinal episode. She eventually received a small intestine transplant that eventually failed. After recuperating for several months, she went back on the list for a triple transplant, small intestine, liver and pancreas. She received her second transplant but her new organs were not enough to win the struggle and she lost her fight for life March 16, 1998, at the age of 17.

In her memory and inspired by her courageous spirit, her crusade for organ donation awareness continues. More than 6,800 participants have raised over \$300,000 over the first five years of the event. The Hegarty family, the Wisconsin Donor Network, the Badgerland Striders and Hartfest have teamed up again to present this seventh annual race.

Sarah's Stride proceeds benefit organ donation awareness efforts in Wisconsin. More than 1,500 people in Wisconsin are currently awaiting transplants. One of them dies every three days.

Sarah's Stride
MAY 21st, 2005 - 5pm



Ask The Doc

By Dr. Mike Gordon

Plantar fasciitis, Achilles tendonitis, metatarsal stress fracture, posterior tibial tendonitis, exertional compartment syndrome, shin splints, anterior knee pain, iliotibial band syndrome (ITB).....How do you know when you've got a serious problem?

Part of running is dealing with the occasional aches and pains that come with the repetitive pounding on our bodies. Sore muscles and some mild joint aching are generally okay and respond well to rest and gentle massaging. But what about the more constant ache that doesn't seem to respond to those simple measures?

This article will hopefully highlight those signs and symptoms that raise red flags for more serious problems that may require medical attention.

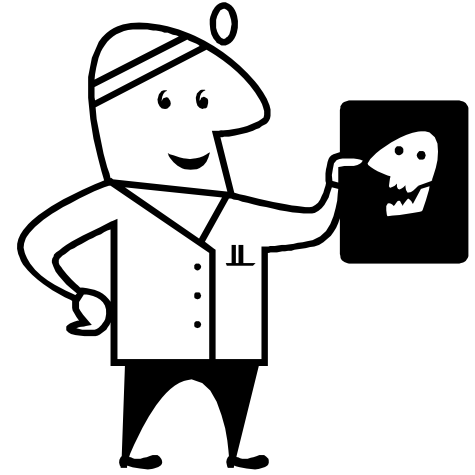
Let's get the obvious ones out of the way—Chest pain, racing heart rate, dizziness, and shortness of breath should automatically get you to a physician for an evaluation. Now, let's move on to the ortho-

paedic or musculoskeletal problems that I routinely see in my practice (as well as several that I have experienced as a runner myself!).

"Bone pain" or pain that you can recreate by pushing on a bone is a very concerning sign for a stress fracture. Commonly runners will experience this over one of the long foot bones at the base of the toes (metatarsals), the heel bone (calcaneus), and shin bone (tibia). This pain can also be present at night.

Groin pain or **deep thigh pain** is a warning sign for a potential femoral stress fracture which can be a catastrophe if missed. This groin pain can be differentiated from a simple groin strain or muscle ache by pushing on the groin muscles and recreating the symptoms (if touching the muscles doesn't hurt, then worry about a stress fracture).

Achilles pain or pain that is present with palpation of the Achilles tendon. The Achilles is the most posterior structure of the ankle and sits just deep to the skin so is easily palpated. Swelling and pain over this tendon is a sure sign of Achilles tendonitis which requires a significant alteration in your running and training. Trying to run through this pain and problem can lead to PERMANENT changes in the tendon leading to chronic pain.



Medial ankle pain or pain that occurs on the inside part of your ankle just deep to the tip of the bone. The posterior tibial tendon runs just distal to the bony prominence on the inside part of your ankle and helps to maintain your arch. Just like with Achilles tendonitis, attempting to run through this pain can lead to PERMANENT changes in the tendon leading to chronic pain.

(Continued on page 12)

BLS Meeting Speakers

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.

June 15th, 2005

Sean Ryan

Cellcom Green Bay
Marathon and Door County
Triathlon Race Director
presents

"Taper with your Team"

Sean will make a Powerpoint presentation and slide show which will focus on a new event, the Door County Fall 50, a 50-mile event with the option of a relay team of 2 to 5 runners or a solo ultra marathon run. He will also speak about the Cellcom Green Bay Marathon and Door County Triathlon.

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.

MILWAUKEE ORTHOPAEDIC GROUP LTD

SPECIALISTS IN SPORTS MEDICINE AND JOINT REPLACEMENT SURGERY

Working with athletes to understand their needs, problems and goals.
Sports focused treatment plans that concentrate on personal goals,
address conditioning issues and individualized performance plans.

LET US HELP YOU TO ATTAIN YOUR PEAK PERFORMANCE GOALS ATHLETES TREATING ATHLETES

- Sports Medicine
- Arthroscopic Joint Surgery
- Knee Cartilage & Ligament Tears
- Shoulder Injuries
- Limited Incision Surgery
- Joint Replacement Surgery
- General Orthopaedics
- Computer Assisted Surgery

Board Certified Orthopaedic Surgeons

Paul A. Jacobs MD Dennis M. Sullivan MD Daniel R. Wartinbee MD
Joseph F. Davies MD Theodore H. Gertel MD John T. Heinrich MD
Michael D. Gordon MD

1218 W. Kilbourn Avenue #301
Milwaukee, WI 53233
414-276-6000

13133 North Port Washington Road #104
Mequon, WI 53097
1-262-243-9100

Doug Nelson's Great Armelian Marathon Myth

By Dave O'Brien

Being a famous runner and sports writer is difficult at times. Sometimes I feel I'm sprinting breathlessly up the Hill of Adversity, only to find at its crest the challenges of criticism and ridicule thrust at me from all directions.

Still, a trained athlete knows how to deal with that, and can take newfound challenges in stride.

Like last fall, when I had to consult one of my trusted assistants regarding the spelling of "Armelian Marathoners" (*The Strider*, Nov-Dec 2004).

"Yes," she stated knowingly, "You spell it just the way it looks."

Well, okay. That part made sense.

It seems this little item has tagged along for many months, even though it happened less than a year ago. In just the past few days I received an e-mail directive from Bill Jahnke (our new RD for our new run – the Shamrock Shuffle) in which he instructed Duane Tate Jr., Finish Captain, BE SURE TO EXPLAIN TO DAVE ABOUT THE ARMELIAN MARATHONERS.

What a slap in the face. What do they think I am – SPELLING ILLITRATE? UNINFORMED?

Well, even so, let me tell you that although I respect Doug Nelson's weenie marathon record, I've run in major cities all over the world. I've both performed and participated in first-hand original research on running, hill climbing, endurance, and the effects of imbalance (both chemical and mental), and I've never – ever – found any valid reference to Armelian Marathoners. The whole concept was an elaborately constructed hoax, promoted by Doug just to help him to impress women at our fun runs.

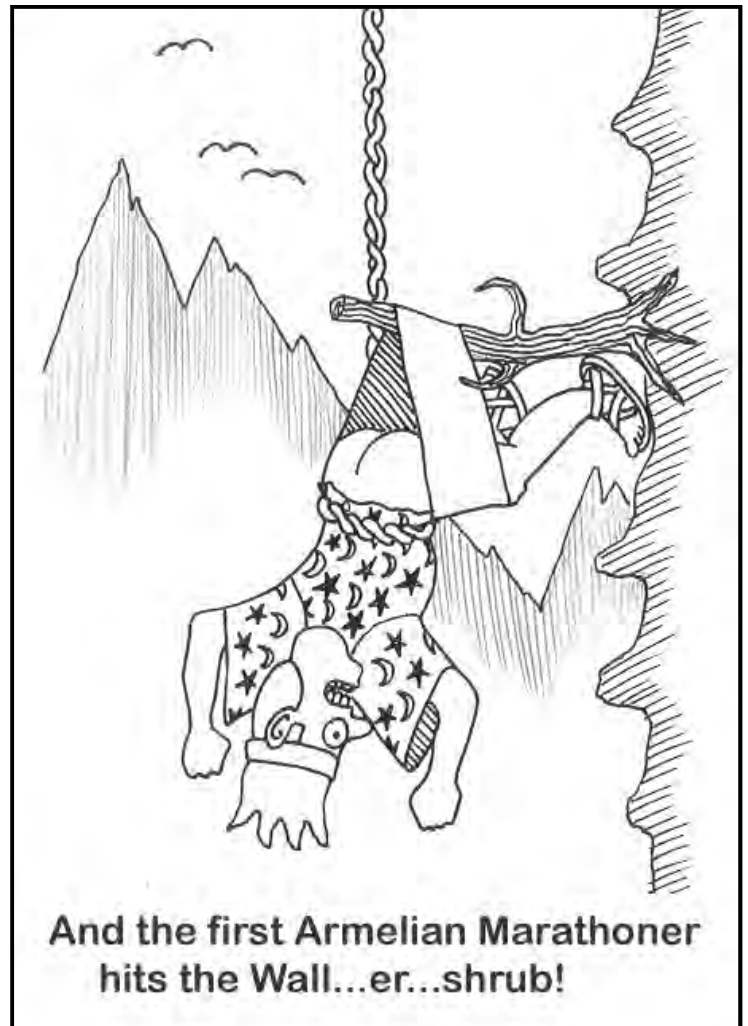
Still, after days of travel and weeks of dogged research, I was able to uncover several historical facts that have gone unrecognized until now. Although the evidence is sketchy, I've been able to piece together the centuries-old story of the *Carmelian* marathoners (with a capital "C"). Bear with me; you will be amazed at the depth of my research and the sheer audacity of this story.

Centuries ago, Mount Carmel was a simple limestone bluff that rose from the fertile valley floor, and due to its unusual orientation with regard to the prevailing winds, enjoyed enhanced precipitation on its lee side, where vegetation and corresponding animal life prospered.

One of the fauna on hand was the guttural galloping goat, which feasted on gorse and gourmet olive branches, and emitted such a low pitched, raucous and guttural sound, that mothers would caution their teenage children, "Close your ears! Don't listen to that raucous and guttural sound, or you'll go blind."

So troublesome were the guttural utterances of the galloping goat, that forward-thinking persons thought of alternate uses for the animals. They found, through trial and error, that guttural galloping goat gut, when

(Continued on page 5)



*The Epilepsy Foundation of Southeast WI proudly presents:
The 5th annual. . .*

Brainstorm 5K Run & 3K Walk

Saturday, June 25th @ 9 a.m.

A flat, fast course in Greendale's beautiful Root River Pkwy next to Whitnall Park

For further Info, look for your entry form in this issue of The Strider, or call EFSW: (414) 271-0110

Same great excitement!

- * 14-, 5 year, 70+
- * Prizes up to 6 deep
- * Awards ceremony
- * PR city!

Same grrreeeeat fun!

- * fun for the whole family,
- * games for children
- * prize drawings
- * face painting!



The Great Armelian Marathon Myth

(Continued from page 4)

soaked on the lee side of Mount Carmel, became somewhat gelatinous and, when stretched, developed a preferentially oriented molecular structure that provided superior on-axis tensile strength

Cjork, a husky male in the 25 to 29 age category, was the first to use the newly developed material in what he called "extrejm sprtz," and would earn drachmas, chickens, and even guttural galloping goats (on a good day), by tying on a length of soaked, stretched and dried gelatinous as well as (by now) collagenous goat gut around his ample waist, and hurtling off the limestone crest of Mount Carmel in full view of hundreds, if not dozens, of paying curiosity seekers, and bouncing and dangling just a few feet above the sharp rocks at the bottom of the bluff.



It was a good life while it lasted, but sometimes good things end too quickly. At one event, which (had it been successful) would have netted him a goat, two pigeons, and the promise of overnight lodging with the inn-

keeper's daughter, Cjork was unfortunately impaled on an olive branch midway down. His agent instantly realized the humor in his extreme balancing act and renamed it "Komejdy Sprtz." The name caught on and the rest, of course, is history.

Cjork's three bereaved sisters, Carmelia, Carmelita, and Coonzcoonz, found after hundreds of (or maybe several) trials, that they could generate tonal sounds by stroking the lee side soaked and dried, braided, woven and stretched gelatinous as well as collagenous goat gut, with olive branches strung with strands of their own hair.

Having come from a performing family, they soon became specialists at this. Musicians of sorts. Carmelia and Carmelita stroked the squiggly high notes in close harmony, and Coonzcoonz, who had used only underarm and facial hair, stroked the lower, more rhythmic tones. The treble clef and bass clef hadn't been invented yet, but they called themselves the *female triad*. Although this name was lost in history, it has recently been picked up with an alternate meaning.

One afternoon when the three Cs were sitting around, stroking their gut, I believe it was Coonzcoonz who suggested they tie it to a coffee can so others far away could hear their "music."

"You idiot!" exclaimed the hot-tempered Carmelita. "You know there's no coffee in our neck of the mountain, and we're centuries away from inventing the coffee can."

So they went to the local Alterra shop at Nearby Mount Tabor and tied their lee side soaked and dried, braided, woven and stitched, encased and (by now) polished gelatinous as well as collagenous goat gut to the underside of an upended Alterra amplifying dumpster. That way, every kid on Mount Tabor could be bombarded by the sounds emanating from Mount Carmel, which was 26.1 miles away by oxen road and single-track trails.

Mothers were heard warning their kids, "Don't go too close to the dumpster or you'll lose your hearing."

"But it's better than going blind," became the popular rejoinder. (It might be a good name for a musical group.)

It was the enterprising Noug Delson-of-the-North who recognized the potential, and who has been collecting a BROADCAST RENTAL TAX from listeners ever since.

Noug became livid when he heard his broadcasts could not be heard at Mount Tabor due to technical difficulties, and not just by virtue of his own impairment. He had some problems coercing (no, convinc-

ing) listeners to pay. In response he dispatched runner and dumpster technician Jill (pronounced Yill; Jill is a girl's name) Bahnke to quickly run the 26.1 miles and solve the broadcasting problem.

My research reveals two significant developments. First, the transmission problem centered on the fact that the upended dumpster had already been downloaded. Second, Jill Bahnke ran the 26.1-mile oxcart road and single-track trail in 1:59:54. *That's more than the official 26-mile marathon distance in sub-two hours!*

And that, dear readers, is the story of the Carmelian Marathon, from Mount Carmel to Mount Tabor, a distance of 26.1 miles along oxcart and single track trails.

But there's more.

In 1908, the Queen of England suggested that the finish of the Olympic marathon be extended 385 yards farther, so she could see it from her Royal Box. Race officials (who weren't particularly into goat gut music, but wanted to keep their jobs) decreed that thereafter, the marathon distance would be 26 miles and 385 yards, or roughly TWENTY-SIX-POINT-TWO. In effect, this single ruling completely wiped out the prior accomplishments of all the Carmelian marathoners including Jill Bahnke, for running their measly 26.1. Now perhaps you can appreciate what a difficult task it is to conduct and report on such serious running research and actually continue, concurrently, to try to remain viable as a runner.

Oh, and the oxen died.

Now what about Doug Nelson's purported "Armelian marathoners?" Bogus.

I Googled it and came up with only a single entry.



Now, some Googlers would consider that to be a major achievement in itself. Getting a "single entry" is like running a sub-two hour marathon.

Trouble is, that single entry was my own article, in *this* publication, as told to me by my *trusted informer*, who got it directly from Doug Nelson, at a fun run.

I had failed to check out my only source.

Perhaps at this time I should tender my resignation.

*Editor's note: Don't do it Dave!
No one could fill your pen!*

From the Archives

25, 20, 15 and 10 Years Ago

by Ron Winkler

25 Years Ago

Saturday, May 11, 1980

Waukesha Five Points

10,000 meters

Male, Overall Kenneth Ward, 32:52; **12 and under** Jeff Hallert, 44:25; **13-15** Jim Zamzow, 39:44; **16-18** John Vitale, 43:29; **Open** Ward; **30-39** Dennis Spars 34:25; **40-49** Charles Evans, 39:08; **50-59** Luther Lewer 39:12; **60+** John Archer, 44:50.

Female, Overall Leah Rewolinski, 41:56; **12 and under** Tracie Johnstone, 56:17; **13-14** Tracie Zimdars, 46:30; **Open** Rewolinski; **30-39** Susan Fandel, 48:50; **40-49** Carol Janzen, 45:32; **50+** Peggy Ludemann, 1:17:16.

20 Years Ago

Saturday May 4, 1985

UWM Scholarship 4-Mile Run

Kim Merritt, an All-American runner from UW-Parkside, set a new women's record in the UWM Alumni Association Scholarship Run. Merritt won the women's division with a time of 21:41.

Tony Rodiez won the men's division with a time of 18:57. The event drew 838 participants.

No times were listed in the following results:

Male, 9 and under David Perkins; **10-14** Greg Emond; **15-19** Joe Ramos; **20-24** Dan Guehlstorf; **25-29** Jim Nehls; **30-34** Bruce Koehn; **35-39** Bill Joy; **40-44** Mike Kirkwood; **45-49** Bob Marquardt; **50-54** Larry Engel; **55-59** Len Olsen; **60+** Merle Knox.

Female, 9 and under Mary Perkins; **10-14** Dorothy Keuler; **15-19** Karen Mianek; **20-24** Debra Strassman; **25-29** Kathleen Zanthiel; **30-34** Vicky French; **35-39** Elaine Konopski; **40-44** Georgia Dolister; **45-49** Mary Robinson; **50-54** Else Ankel; **55-59** Marilyn Hackbarth; **60+** Marie Buchholtz.

15 Years Ago

Saturday, May 5, 1990

UWM Scholarship 4-Mile Run

(438 finishers)

Male, 9 and under John Horstman, 39:07; **10-14** Ian Littlefield, 23:03; **15-19**, Mike Schires 22:54; **20-24** Eric Seebacher, 22:56; **25-29** Ted Miller (overall winner), 20:36; **30-34** Mark Rosolek, 21:14; **35-39** Patrick Sullivan, 22:27; **40-44** John Jenk, 21:31;

45-49 Dennis Yule, 22:31; **50-54** Lindsay Skinner, 24:28; **55-59** Ken Tewinkel, 26:56; **60+** Merle Knox, 29:07.

Female, 9 and under No entry; **10-14** Sharon Cohen, 39:31; **15-19** Jill Deglopper, 30:46; **20-24** Kathleen Lobkins, 24:12; **25-29** Libby Engleiter, 27:59; **30-34** Mary Krings, 25:40; **35-39** Jerry Warzyn, 27:11; **40-44** Rhonda McCusker, 29:22; **45-49** Marcia Balthazor, 32:22; **50-54** Barbara Mallek, 33:31; **55-59** No entry; **60+** Ruth Zubrensky, 52:43.

10 Years Ago

1995 Black Earth 10-Mile Run

(159 finishers)

Male 20-24 David Williams, 54:05; **25-29** Rob Walker, 58:46; **30-34** Tim Rutter, 59:16; **35-39** John Marquardt, 61:34; **40-44** Joe Hanson, 55:36; **45-49** Jac Bulk, 61:01; **50-54** Deryl Denman, 66:31; **55-59** David Morrey, 68:54; **60+** Jim Guyeryon, 77:23.

Female 20-24 Kit McCaffrey, 67:54; **25-29** Kristine Yanke 67:02; **30-34** Melanie McManus, 70:55; **35-39** Laura Clarke-Taylor, 72:34; **40-44** Jaci Hausman, 80:38; **45-49** Mary Balistreri, 92:54; **50-54** Susan Peters, 77:32; **55-59** No entry; **60+** Bev Lampe, 88:29.

Shamrock Sprint 5k

By Shamrock Bill Jahnke

The inaugural running of the Shamrock Sprint was held on March 12, 2005. In twenty-five years, the lucky participants will be able to tell their children and grandchildren that they were there for the beginning and that they have run every Shamrock Sprint since.

The weather was ideal, if you like running with temperatures in the low 20's and a blustery wind. But, at least the sun was shining on all the leprechauns that ran or volunteered. There were close to 600 participants, which was a nice number for a first year event trying to sort out all the details.

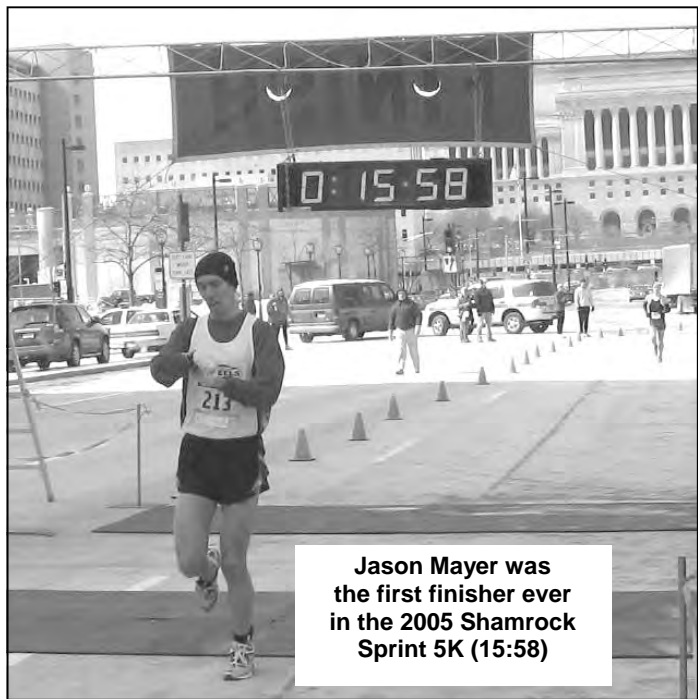
Jason Mayer won the men's race. He was followed closely by Brian Zalewski and Bob Hammes. Jason crossed the finish line at 15:58.

Dot McMahon won the women's race in 17:34. She had a sizeable lead over Lauren Jensen and Lisa Shreiner.

Post race activities were held at Pere Marquette Park and the awards were given out at Buck Bradley's.

The race was held in conjunction with the Shamrock Club's Saint Patrick's Day Parade. The parade followed shortly after the race allowing race participants to get in some exercise as well as be entertained.

Thanks to all of the volunteers who helped out and made the race a first year success!



Jason Mayer was the first finisher ever in the 2005 Shamrock Sprint 5K (15:58)

MAKE PLANS FOR THE SUPERUN

By Karen Van Rite

It's closer than you think! The 23rd annual Superun 5k Run/Walk is set to take place at 7:00pm Wednesday evening, June 22, in Milwaukee's beautiful Lake Park. This year's event promises to be bigger and better than ever!



The Superun will be undergoing a few changes in the coming year. As previously reported, a new race director is in training to take over the run in 2006. Outgoing race directors, Bob Scherer and Karen Van Rite, invite you to come out and welcome Jackie Kaminski, our new director.

And, speaking of Jackie, she has been hard at work recruiting volunteers for this year's event. Many of our past volunteers have already been contacted and have committed to helping again this year. We thank you for your support and dedication to help ensure the success of this race. If you have not been contacted and would like to help, please give Jackie a call at (414) 688-6904 or e-mail her at jswrun@hotmail.com. We've got a nice thank-you gift for your efforts. It will be a surprise! The only way to find out is to volunteer!

Now, for the runners: We are planning on having excellent weather this year. We're due, don't you think? Plan on registering now to be sure that you will receive one of those terrific Superun tank tops. Quantities are limited, and you are not guaranteed a shirt if you wait until race day to sign up.

Besides, you get a \$2 discount if you register prior to June 14. A new addition this year is that you are able to reserve your post-race sausage sandwich, if you prefer. Please see entry form for details. A race entry form is included in this issue of the newsletter, or you can download one from the Strider website at www.badgerlandstriders.org.

Finally, as you may already know, the Superun is a joint effort fundraiser that we do with the Pompeii Men's Club for the Wisconsin Special Olympics. Proceeds from this race help support this very worthwhile cause. The Pompeii Men's Club is responsible for those wonderful Italian Sausage sandwiches that are so popular on the evening of the race.

Be sure to mark your calendars for Wednesday, June 22, and plan to join us in Lake Park.



BADGERLAND STRIDERS FUN RUNS

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

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





JEFF PETAK
Real Estate Professional
Business (262) 896-6700
Fax (262) 896-6719
Email jeffpetak@hotmail.com
Cell 262-617-4663



1714C PARAMOUNT DR.
WAUKESHA, WI 53186

Shamrock Sprint 5k

By Shamrock Bill Jahnke

The inaugural running of the Shamrock Sprint was held on March 12, 2005. In twenty-five years, the lucky participants will be able to tell their children and grandchildren that they were there for the beginning and that they have run every Shamrock Sprint since.

The weather was ideal, if you like running with temperatures in the low 20's and a blustery wind. But, at least the sun was shining on all the leprechauns that ran or volunteered. There were close to 600 participants, which was a nice number for a first year event trying to sort out all the details.

Jason Mayer won the men's race. He was followed closely by Brian Zalewski and Bob Hammes. Jason crossed the finish line at 15:58.

Dot McMahon won the women's race in 17:34. She had a sizeable lead over Lauren Jensen and Lisa Shreiner.

Post race activities were held at Pere Marquette Park and the awards were given out at Buck Bradley's.

The race was held in conjunction with the Shamrock Club's Saint Patrick's Day Parade. The parade followed shortly after the race allowing race participants to get in some exercise as well as be entertained.

Thanks to all of the volunteers who helped out and made the race a first year success!



MAKE PLANS FOR THE SUPERUN

By Karen Van Rite

It's closer than you think! The 23rd annual Superun 5k Run/Walk is set to take place at 7:00pm Wednesday evening, June 22, in Milwaukee's beautiful Lake Park. This year's event promises to be bigger and better than ever!



The Superun will be undergoing a few changes in the coming year. As previously reported, a new race director is in training to take over the run in 2006. Outgoing race directors, Bob Scherer and Karen Van Rite, invite you to come out and welcome Jackie Kaminski, our new director.

And, speaking of Jackie, she has been hard at work recruiting volunteers for this year's event. Many of our past volunteers have already been contacted and have committed to helping again this year. We thank you for your support and dedication to help ensure the success of this race. If you have not been contacted and would like to help, please give Jackie a call at (414) 688-6904 or e-mail her at jswrun@hotmail.com. We've got a nice thank-you gift for your efforts. It will be a surprise! The only way to find out is to volunteer!

Now, for the runners: We are planning on having excellent weather this year. We're due, don't you think? Plan on registering now to be sure that you will receive one of those terrific Superun tank tops. Quantities are limited, and you are not guaranteed a shirt if you wait until race day to sign up.

Besides, you get a \$2 discount if you register prior to June 14. A new addition this year is that you are able to reserve your post-race sausage sandwich, if you prefer. Please see entry form for details. A race entry form is included in this issue of the newsletter, or you can download one from the Strider website at www.badgerlandstriders.org.

Finally, as you may already know, the Superun is a joint effort fundraiser that we do with the Pompeii Men's Club for the Wisconsin Special Olympics. Proceeds from this race help support this very worthwhile cause. The Pompeii Men's Club is responsible for those wonderful Italian Sausage sandwiches that are so popular on the evening of the race.

Be sure to mark your calendars for Wednesday, June 22, and plan to join us in Lake Park.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

BADGERLAND STRIDERS FUN RUNS

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

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

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



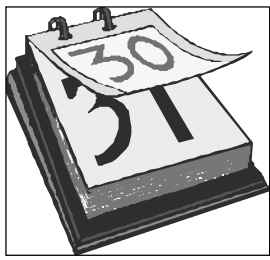
JEFF PETAK
Real Estate Professional
Business (262) 896-6700
Fax (262) 896-6719
Email jeffpetak@hotmail.com
Cell 262-617-4663



1714C PARAMOUNT DR.
WAUKESHA, WI 53186

Times Past: Yesterday and Today

John Miller - PART IV: Post-college



Ron Winkler

By Ron Winkler

John Miller graduated from college in May 1973 with a degree in physical education. John stated: "Because of all my experiences, I finally decided on becoming a physical education teacher. I remember thinking of how I was picked on in elementary school and how I wanted to never let that happen to anyone again."

After applying for several jobs, including one in Nashville, Tennessee, he accepted a job in the South Milwaukee School system. His assignment was teaching gym classes at Rawson, Luther and Blakewood Elementary Schools. He started off on the right foot, as he was named Jaycees Educator of the Year in 1974.

Naturally, running was a major part of John's life as he performed a major juggling act by balancing work, running and family. In John's words, "Back in the 70's, I used to run 70 to 80 miles a week. Sometimes I would run twice a day. My usual schedule would include getting up at 4:00 am and working part time for a messenger service until 7:00 am. Then I would teach in the morning, run 5 miles at lunch time, teach in the afternoon, and then run 5 or 7 miles after that. I also started coaching at South Milwaukee High School at that time. For a period of two years, I also worked as a janitor at the Vulcan Materials plant in Oak

Creek."

"I used to run a lot of long and short intervals all over Bay View and South Milwaukee. One of my favorite workouts was to run the old 2.1 or 2.5 mile high school cross-country courses in Humboldt Park or Grant Park. Another favorite was running the hill at the South Milwaukee Yacht Club 36 times (approximately 200 meters). A favorite distance workout was a 6.8 mile route through Jones Island."

John and I trained together during this period at least once a week. A workout that we did either to-

gether or alone on numerous occasions was 20 X 400 meter repeats on the track with a 90 second jog in between.

John's non-running activities included Army Reserves, Holy Name at his church (where he was president many times) and announcing at South Milwaukee High School sporting events. In the late 1970's, John returned to school at the University of Wisconsin-Milwaukee (UWM) where he earned a Master's Degree in Administration, continuing to work full time.

Despite his busy schedule, John was burning up the roads. He ran the Boston Marathon. He won many Strider races. Two of his memorable moments were winning the Aurora Marathon in 2:31 and winning the Striders Grant Park Half-marathon (before it became the South Shore Half-Marathon). The Grant Park win was especially pleasing to John because he beat fellow Strider Tony Rodiez in the process. (Truth Squad note: Tony Rodiez had won a 10-mile race the previous day, which John was aware of. In fact, I was not too far behind Tony.)

Tony Rodiez wasn't the only person running multiple races on a weekend. For John and me, it was common in the good old days, as we did it many times. John's great double was running a marathon on a Saturday, followed by a 10-mile the next day. I wonder how many people in the 10-mile race bragged that they had beaten John Miller? Another wild and crazy day, John and I ran the AAU 5000-Meter Wisconsin State Championships in the morning at Estabrook Park. We then headed south to Kenosha for the NAIA 5-Mile Championships on the very hilly University of Wisconsin-Parkside course.

John and I traveled to races together throughout Wisconsin and Illinois, taking turns driving. Although John was one of the top runners, he still got nervous before races. Usually, when it was my turn to drive, I would receive a phone call from John that went something like

(Continued on page 13)



Coach John Miller in the mid 70's

3rd Annual
Advanced Summer
Program Starts Soon

By Marty Malin

With the successful completion of the Advanced Running Program – Winter, a few weeks ago, where we had 30 participants take part in the weekly training sessions geared towards a marathon, and those participants making their final preparations for Spring marathons, we're starting to prepare for the Summer version of that program.

The summer program, starting June 15th, meets at Hart Park in Wauwatosa for some early Wednesday morning speed work sessions with the help of Bob Pulkowski, who will be handling runners gearing towards a fast fall 5K. We will be conducting sessions with three different foci.

The 5K training will consist of 13 sessions, lasting until September 7th and is ideally geared towards having a fast Tosafest run.

The 20K training will have one less session and its aim is the Badgerland Strider 20K. However, this training will also be quite helpful for autumn half-marathons.

The Marathon training portion, by far the most popular last year, lasts all of the way until the end of September, just a few days before the Lakefront Marathon.

During all of these sessions, you will be directed through a warm-up starting at 6 am, followed by several different plyometric drills, which will be followed by either hill training, intervals, or fartlek sessions. We will even usually throw in some striders, because that is our club's nickname. We'll be finished right around 7am. There are shower facilities available nearby. That should give most runners enough time to get a great workout in, and be ready for the rest of their day.

We expect a group of 45 to 50 runners, so you are bound to find others of similar ability. Everyone is welcome, provided you have been training for at least a year. We will provide heart rate monitors for those who don't have them.

If you have any questions, feel free to contact Marty Malin at 414-453-7326, or via email at 4runners@merr.com. Otherwise, either look for the registration form online at our website, badgerlandstriders.org, in the upper left hand corner listed under Adult Running Programs, courtesy of Delta Computer Solutions, or in next month's issue of The Strider.



new balance milwaukee

the store

10% OFF

TO BADGERLAND STRIDERS WITH MEMBERSHIP CARD.



Professional shoe fitting
Women's sizes to 13
Men's sizes to 20
AA to EEEEE

come to the new balance™ store • milwaukee

V. Richards Plaza • 17155A W. Bluemound Rd. (Bluemound at Calhoun)
Brookfield WI • 262.432.1400 • 1.800.630.1401

you'll fit right in.™

Independently owned and operated.

athletic shoes • lifestyle apparel • performance fit

COMING EVENTS * COMING EVENTS * COMING EVENTS

May 1 Sun	ADVENTURE NORTH MAD DASH 8-10 hour event with a 12 hour cutoff time. Madison and surrounding countryside. Co-ed teams of three pilot their own course through city streets, bike paths and lakes, mountain biking and orienteering. Mini Mad Dash, adventure racing for beginners 3-4 hour mini adventure race. biking, trekking, paddling, navigation, & obstacle course. http://www.adventurenorth.net/mad_dash.htm	Madison
May 1 Sun	WAYS AWARENESS - BLOCK MELANOMA R/W Waukesha, 5KR, 3KW, 9am, reg 8. Country Springs Hotel. Divs 14-, 5yr, 70+. Awds 1/mf, 3/div Fees r/w \$15, run 18-\$10. Perks LSTS (1st 500), goodie bag, snacks, bev. Contact Ann Harrington. 262-305-1370 www.annshope.org	
May 1 Sun	Spartan Duathlon 5k/20mi/5k See www.trifind.net	Somersel
May 1? Sun	"CROSSING THE WORLD" 5K benefits the Red Cross	Oshkosh
May 3 Tue	BEGINNING RUNNING - ADULTS 6-8pm. Petit National Ice Cir 84th St & Hwy 94. 5th of 8 sessions Contact Marty Malin 414 453-7326 4runners@merr.com www.badgerlandstriders.org	Milw
May 4 Wed	BADGERLAND STRIDERS FUN RUN 3mi, 6mi 6:30pm. Greenfield Pk #3. Fees no. Perks bev. Contact Bob Scherer. Day 414-391-3984	Milw
May 4 Wed	FUN RUNS 1/4mi-7mi 6:30pm. Occasional special runs: predict, relay, white elephant. Ashwaubenon HS track. Fees Free. Other weekly runs on Wed. thru the end of Sept. Contact Bruce MacNeil Day 920-434-6764	Green Bay
May 5 Thu	INTERMED RUNNING PROG - ADULTS 6:30-7:50pm. Hart Park. 3rd of 6 sessions Contact Marty Malin 414 453-7326 4runners@merr.com www.badgerlandstriders.org	Tosa
May 6 Fri	ROGER BANNISTER SUB-4 MILE 2nd Annual 50th ANNIVERSARY , Special Olympians 6:30pm reg by 6:15. Others reg by 6:30. Heats every 10-15 min based on predicted time. Hart Park Track. Note Sign-up only on raceday, part of Club Championships. Divs 3 person div based on age. Awds 1st 150 registrants receive ribbon 3/div. Fees Free. Perks Everyone receives a place ribbon. Contact Marty Malin 414-453-7326 4runners@merr.com	Wauwatosa
May 7 Sat	AMER CANCER SOC SOLE BURNER Kids 1k 8:15am & 1mi 8:30. 5k 9r, reg 7. City Pk. Note 23rd yr. Divs 18-, 19-, 29, 10yr, 70+. Awds 3/div. Fees \$15, \$20 after 5/4, family \$40/45, kids -13 \$10/12. Perks TS, food, bev. Contact Kathy Kanikula Day 877-423-9124x3 kathy.kanikula@canccer.org soleburner.org	Appleton
May 7 Sat	TRIPLE R TRIATHLON 3mi run, 14mi bike, 8mi canoe, noon. reg 9. 18th yr. Divs 3 m, 2 f, open, father/son, relay, mixed - solo kayak. Fees \$20, \$40 team. Perks TS, food, bev. Contact Joe Flater. Eve 715 595-4771	Holcombe
May 7 Sat	AMER CANCER SOC HEALTH TREK 5&10k r/wk, 2mi nature wk, 9am. 5mi kids 10:15. Bay Beach Pk. Note 20th yr. Divs 5 & 10k: 18-, 19-29, 10yr, 60+. Awds 3/div, 5/pledge. Whchr 10k. Fees \$15, after 4/22 \$17, families \$40/45, kids -10 \$6/8. Perks TS, snacks, bev, bagels, cancer educational info. Other Raised \$75,000 last year for cancer programs, research. Contact Heather Van Vonderen Day 877 423-9124x3 cancer.org	G Bay
May 7 Sat	JACKSON 5K FOR KIDS r/w 9am. reg 8. Hickory Lane Pk. Note benefits Boys & Girls Club. Divs 11-13 14-19 10yr 60+. Awds Trophy 1/mf, medals 3/div. Ribbons/finishers 13-, moms/pink carnations. Whchr no. Fees \$15, guar TS til 4/28. Perks LSTS, packet, food, bev. Other Kids events, face painting, playgrounds, restrooms. Contact David Hadcock 262 677-1101 dhadcock@wblclinic.com	Jackson
May 7 Sat	LAKE GENEVA MARATHON Mar, Mar wk, Euro XC Mar, 25k, 10k, 5k, 8am. Lakefront Bridge, Library Pk. Divs 18-, 19-24, 5yr, 50-59, 60+. Awds all runs cap 3/mf, 1pm. Perks SS (5k/10k TS), bev, fruit, pasta dinner, shwrs. Contact Frank Dobbs Extreme Sports 262-275-3577 lakesgenevasports.com	Lake Geneva
May 7 Sat	YMCA RACE FOR OUR KIDS 5k fun run/wk 9am, reg 8. Vilas Pk. Note New Listing, benefits YMCA Strong Kids Pgm. Divs 14-19, 10yr, 70+. Awds 3/mf, all -14. Fees \$15. \$20 15+, \$5 6-14, -5 free raceday. Perks food, bev. Contact Sharon Baldwin 608-664-YMCA x401 sharon.baldwin@ymcadanecounty.org ymcadanecounty.org	Madison
May 7 Sat	LAKE MONONA 20K RUN 9am, reg 7:30. Winnequah Pk. Note 27th yr. benefits Domestic Abuse Intervention Svcs and runmadison.org. Divs 1 - times adjusted for age & sex. Awds top 25. Fees \$22, \$27 after 4/26, \$30 raceday. Perks TS to 1st 450, bev, fruit, dwgs, shwrs. Contact Peter Wadsack 608 255-1055 opt 2 runmadison.org/m20km	Monona
May 7 Sat	STEPPING OUT FOR EDUCATION R/W 5k, 1mi kids K-8, 2mi walk 9am. reg 7. Hart Pk (1 blk S of 72 & State). Divs 5k 14-, 5yr, 70+, 1mi by grade. Awds by div. Fees \$14, \$9/kids, \$40 family(4+), +\$2/25 after 4/15. Perks TS, auction, dwgs, entertainment, bev, snacks. Contact Marshall Chay Day 414-354-3743 wauwataschools.org	Tosa
May 7 Sat	ROXBURY RURAL RUN 5K R/W&10K R 9am, kids run 8:30, reg 7:30. St Norbert's Church. Note benefits Memorial Hosp. Fdn. Divs 14-, 5yr, 60+. Awds 1/mf, 1/div. Fees \$15, \$20 after 4/16, \$5 kids w/TS active.com. Perks TS. Contact Patrice Luer Day 608-643-7226 Eve 608-644-9432 foundation@spmh.org	Sauk City
May 7 Sat	BADGER ORIENTEERING CLUB Long and Short Courses noon. Glacial Ice Hills. Fees \$6/mbr, \$9/ non-mbr, \$3/yr. Contact Kevin Teschendorf 608-294-1958 userpages.chorus.net/kevin	West Bend
May 7 Sat	CATCH THE SPIRIT! 5mi r/w, 2mi wk 6pm. Harris Pk. evening run. Awds 3/mf. Whchr no. Fees \$15, \$20 after 4/24. Perks LSTS, cookout Contact Thomas Thorson Day 608-935-5451 Eve 608-935-9408 dodgevilleumc.org	Dodgeville
May 7 Sat C	HEALTH MISSION 1/2 Marathon 5k 8:30am, 13.1mi, 9. Bus loading 7:45 all. Great River State (bike) Trail. Note benefits St Clare Health Mission. Divs 19-, 10yr, 60+. Awds Trophy 1/mf & Master/mf, Medal 3/div. Fees HMs\$25, 5k\$20. after 4/20 \$30/\$23. raceday \$35/\$25. Perks food. Contact Kathy Day 608-781-2720 ggonia@centurytel.net	Onalaska
May 7 Sat	NORSKE NOOK RUN 15k, 5k r/w 8:30am. reg 7. Elem. School. Divs both 12-, 13-19, 10yr, 70+. Awds 1/mf, 3/div. Fees \$13 by 4/28. \$15 raceday. Perks TS, bev, pie, bread. Contact Don Gilbertson 715 597-2269 gilbert@trivest.net	Osseo
May 7 Sat	Riverside Medical Cntr FUN RUN 1mi r/w 9:30am. 5k r/w 10. South Pk. 19th yr. Divs 12-, 13-19, 10yr, 70+. Awds 3/div. Fees 1mi \$5, \$10/family. 5k \$8 single. Perks TS, 50 dwgs, mtn bike dwg, bev, fruit. 4 person team, reg race day. Contact Paul Jenson Day 715-258-1211 800-924-4442 Eve 715-258-7764 pjenson@riversidemedical.org	Waupaca
May 7 Sat	Prairie Run 10K/5K & 2mi Walk Contact Jennifer Hagen 608-987-2575, or www.woodshollow.org	Fitchburg
May 7 Sat	Door County Blossom Run Contact Tracy or Susan Day 920-378-5432 920-836-1887 www.focol.org/townclayton	Egg Harbor
May 8 Sun	QUAD CITY DISTANCE CLASSIC HM & 5K Rock Island, Il, 1/2mtn, 5k, 7:30, 7:45, Augustana College, entry form http://www.cornbell.org/qcddc05.pdf	
May 10 Tue	BEGINNING RUNNING - ADULTS See listing on May 3rd.	Milw
May 11 Wed	BADGERLAND STRIDERS FUN RUN 3mi, 6mi 6:30pm. Greenfield Pk #3. Fees no. Perks bev. Contact Karin Conway & Karen Difonzo. Eve 414-961-0116 & 570-6182	Milw
May 11 Wed	FUN RUNS See listing on May 4th.	Green Bay
May 11 Wed	PACESETTERS FUN RUN/WALK 2/6mi. 6pm. 1000 Islands Envir. Ctr. Note Potluck. Fees free, open to public. Contact Anne Siegrist Pacesetters PO Box 681 Menasha WI 54952-0681. Day 920-730-9222 Eve 920-734-4004 pacesetters-run.com	Kaukauna
May 12 Thu	INTERMED RUNNING PROG - ADULTS See listing on May 5th.	Tosa
May 12 Thu C	MERITER NURSES' RUN 10 & 5k 6:30pm. Vilas Pk. Note Evening event. Chip timed. Divs 14-, 15-19, 10yr, 60+, corp teams. Awds both events 1/mf. Spcl awds to top RNs. Fees \$20 19-59, \$15 18-, 60+. \$25 after 5/5. Perks LSTS, post-race meal, bev. Contact Sue Ellen 608-267-6621 nurses-run@meriter.com	Madison
May 14 Sat	ICE AGE TRAIL 50 MILE/50K RUN 50mi 6am, 50k indiv/relay 8am. S Kettle Moraine SF, Nordic Trail. Note challenging, 50mi 12 hour cutoff, 50k 10 hour. Limit 600. Divs 50mi 18-29, 5yr, 70+. 50k based on entries. Awds 50mi plaque 1/mf, 3/div. 50k based on entries. Other build-up runs 4/23 & 4/30. Contact Glenn Wargolet WI. info@iceagetraill50.com	La Grange
May 14 Sat	SNO-HAWKS "UFF-DA" TRAIL RUN 5k, HM 8am. Zion Lutheran Church. Fees 5k \$12, HM \$15. Contact Connie North or Dennis Russett. Day Connie 715-684-3603 Eve Dennis 715-698-2555 stcroixonline.com/festivals/woodfest	Woodville
May 14 Sat	CHOCOLATE CHASE 5K R/W 5k 8am. reg 6:30. Aurora Wellness Ctr. Divs 14-, 15-19, 10yr, 60+. Awds 1/mf, 1/div, 10am. Fees \$20. Perks TS, Choc. Bars, food, bev, Chocolate Fest Entry, AWC Guest Pass, shwrs (no towel). Contact Carrie Bronson 262 767-7000 Carrie.Bronson@aurora.org	Burlington
May 14 Sat	JOURNEYS MARATHON Mar 8am, HM Run & Power Walk 9:15, 5k 10:00. Boulder Junction. Divs 12-18, 19-29 5yr 70+. Awds Mar/HM plaques 2/div. 5k plaques 3/mf. Whchr 7:50, awds 1/mf. Fees Mar \$45, \$50. HM/W \$40, \$45. 5k \$20. \$5 more raceday. Perks TS, goody bag, dwgs, finish medal, snacks, bev, music, massage, shwrs, hot buffet, spaghetti dinner. Contact Kim Emerson 800 359-6315 journeysmarathon.org	Eagle River
May 14 Sat	ARC RUN/WALK 2/4mi 8:30am. 2mi wk 9:30. kids events: reg 7:30. Arc, 500 N Park Ave. Divs no. Awds 3/mf. Fees free. Perks snacks, soda, dwgs. Contact Barbara Kakatsch 920 923-3810 arcfdl@execpc.com	Fond du lac
May 14 Sat	FIFTH THIRD RIVER BANK RUN 25k, 5k r/w, 8am, Downtown Grand Rapids, http://www.53riverbankrun.com/#	Grnd Rapids, MI
May 14 Sat	SPRING SPRINT WILD ADVENTURE RACE, 4-6hrs. Fees \$85/person. Contact Daniel Williams. Day 612-990-3213 wildadventurerace.com	Hudson
May 14 Sat	YMCA SPRING DUATHLON 2mi/15mi/2mi 8am. reg 7. Parker HS, 3125 Mineral Pt Ave. Note Helmets reg. Divs 19-, 5yr, 70+, 2 person team. Clyde/Athens. Awds 1/mf, 3/div, 1 team/div. Fees \$25, \$35 late. Team \$45, \$55. Perks TS, food, bev, shwrs at YMCA. Contact Kitty Cole Day 608-754-6654x26 Eve 608-359-8331 kittyrunner@sbcglobal.net ymcajanessville.org	Janesville
May 14 Sat	HH HARRIERS RED DRESS RUN 3-5mi r/w. Humboldt Pk Pavilion. Note Off and on-road course. Tentative - call ahead. Divs non-competitive. Fees TBA appx \$30. Perks beer, dinner, DJ, games, prizes FUN! Yes! You wear a red dress!. Contact John Richards Day 262-719-3189 waukesha-hash.com	Milw
May 14 Sat	Frontier Advent Race Spring Challenge 10-15mi Bike/Trek/Orient/Paddle/Portage/Mystery Events. Mt Morris Camp and Conference Ctr, Co-ed MS/HSTeam Event: 4 youth racers & 1 appvd adult mentor. Awds 3/teams, finisher medals all others. Fees \$200/team, \$250 after 3/1, \$300 after 5/1. Perks TS, pre-race Breakfast. Post Race Snacks. Contact Wendy Appel 920-787-4222 cwainc.org	Mt Morris
May 14 Sat	RUN FOR EDUCATION 5k 9:15am, 1mi kids, reg 7:45. Perks TS, dwgs, food. Contact Jay Yde. Day 262-966-2033	North Lake
May 14 Sat	SYTTENDE MAI RUN & WALK 17mi wk 6-7am, reg 5:45. 20mi r 8, reg 6:30. 17mi Badger Bowl 506 E Badger Rd. 20mi Capitol Square, Madison. Divs 20mi open, 24- thru 65+. Awds Rosemaled Norwegian plates. Whchr n/a. Fees \$25, \$30 after 5/1, \$40 after 5/12. active.com. Perks TS/finishers, fruit, bev, shwrs, chair massage. Art/Craft Fair, Rosemaling/Hardanger Exhibits, Quilt Show, 2 Parades, Norwegian Dancers, Canoe Race, Music. Contact Margit Gerber 608-438-7912 stoughtonwi.com syttende-mai7@yahoo.com	Stoughton
May 15 Sun	CABLE AREA FOREST RUN/CABLE 10am. Contact 715-798-3599 or 800-533-7454	Milw
May 15 Sun	IOLA BUMP & JUMP WORS TRAIL RUN SERIES #1, 5 & 2.5mi, 9am. reg 7:30. Note no pavement. Divs 18-, 19-34, 35-49, 50+. Awds 3/mf 3/div. Results posted, web. Fees \$12, \$15 raceday. Optional series reg. \$20 w/TS. Contact Don Edberg 715-592-5095 wors.org/trailrun	Iola
May 17 Tue	BEGINNING RUNNING - ADULTS See listing on May 3rd.	Milw
May 18 Wed	FUN RUNS See listing on May 4th.	Green Bay
May 18 Wed	Badgerland Striders Meeting social 1/2 hr 6:30pm, program 7, business mtg 8. Petit National Ice Center - Upstairs Meeting Room. Note Guest Speaker: Dr. Mike Gordon, Topic: Runner's Health Issues. Fees \$3. Perks info, socializing, snacks, bev. Contact Kathryn Retzlaff. Day 414-224-0396 kretzlaff@insuranceformembers.net www.badgerlandstriders.org	Milwaukee
May 19 Thu	INTERMED RUNNING PROG - ADULTS See listing on May 5th.	Tosa
May 21 Sat	BELOIT WELLNESS BIATHLON 2mi/11mi/2mi 9am. Beloit Memorial Hospital. Note 15th yr. Divs 19-, 10yr, 50+, corp. Awds gift cert/mf, 3/div. Fees \$20, \$30 raceday, \$50 team. Perks TS, bev. Contact Dave Hach Day 608 365-2261	Beloit
May 21 Sat	HELPING HANDS FOR CANCER 5k 11:30. Riverside Pk. Note 3rd yr, benefits Community Health Network (cancer funds). Divs 12- 13-19 10yr 60+. Awds Medals 3/div. Fees \$15, \$16 dayof. Perks TS, snacks, bev. Other Music. Nominal fee lunch avail. Contact Cathy Hargrave Eve 920 361-4583	Berlin
May 21 Sat	Chequamegon FAT TIRE DUATHLON .4k/21k/4k 10am. Telemark Resort. Fees \$35, \$45 after 4/24. no raceday. Day 651-762-1510 fattaredu.com	Cable
May 21 Sat	SCHOOLHOUSE ROCK-N-RUN 5K & 1MI FUN R/W Mosinee/Kronenwetter 1mi 9am, 5k 9:30, reg 8. Note flat. Divs 13-, 14-19, 10yr, 60+. Awds 5k:trophy 1/mf, medal 3/div, 1/wk. Fees 5k \$15, \$18 after 5/12. 1mi free. Contact Rick Koepeke Day 715-359-6591 rkoepeke@dce.k12.wi.us dce.k12.wi.us/Evergreen	Wauwatosa
May 21 Sat	SARAH'S STRIDE AT HARTFEST 5k, 2mi wk 5pm. reg 3 & Fri 5:30-7pm. Hart Pk, 72nd & State. Note benefits Organ Donor Awareness, chip timed. Divs 5k 19-, 5yr, 65+. Awds 5k \$5/mf, mstrs. Medals 3/div. Whchr 5k 3/mf. Fees \$15, \$18 raceday. \$52 family/4. \$75/team. Perks bev, food, music, dwgs, music, food, softball, volleyball, 3/3 basketball, tennis. Contact Tim Olsen 414 805-4698 active.com www.badgerlandstriders.org	Wauwatosa
May 21 Sat	DP 5K Contact Joe Aills 715-248-4723, joea@frontiernet.net	Deer Park
May 21 Sat	Literacy Council Half Marathon www.theliteracycouncil.org	Rockford, IL
May 22 Sun	BLOOMIN' IDIOT MARATHON FUN RUN Note Bloomer to Eau Claire. Contact Fred Hable. Day 715-835-5897	Bloomer
May 22 Sun	ALPINE VALLEY OPEN WORS TRAIL RUN SERIES #2, 5 & 2.5mi, 9am. reg 7:30. Alpine Valley Resort. Note appx 250ft vertical, Trail Runner Trophy Series. Divs 18-, 19-34, 35-49, 50+. Awds 3+/mf 3/div. Fees \$12, \$15 raceday. Optional series reg \$20 w/TS. Contact Don Edberg 715-592-5095 trailrun.wors.org	East Troy
May 22 Sun	CELLCOM GREEN BAY Marathon Mar & relay, HM, 7am. 5k r/w, WPS kids. Main & Adams St. benefits New Community Shelter, Am red Cross, Habitat. Divs Mar, HM: 14-, 5yr, 80+. Awds Mar \$ 10/mf, \$ 3/mf masters, 3/div. 1/2mar \$ 5/mf, 3/div. 5k 10/mf. Whchr 3/mf. Fees mar \$55, HM \$40, 5k \$15. kids \$7, relay \$100. \$65, \$50, \$20 after 5/1. No raceday reg. Perks TS, medal/finisher, goodie bag, food, bev, long dist. calls, shwrs. Expo, pasta dinner. Contact Sean Ryan Day 800 889-1859 cellcomgreenbaymarathon.com	Green Bay
May 24 Tue C	BLS OPEN TRACK MEET Various track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm. Hart Pk Track, 73rd & State. Note 400m track. Restrooms. Fees no. Perks soda, munchies. Contact Ron & Alice Winkler Day 414 273-3850 x5329 Eve 414 744-9404 BLS	Wauwatosa
May 25 Wed	BADGERLAND STRIDERS FUN RUN 3mi, 6mi 6:30pm. McKinley Marina. Fees no. Perks bev. Contact Randy Klingelhoets. Eve 414-285-3180	Milw
May 25 Wed	FUN RUNS See listing on May 4th.	Green Bay
May 26 Thu	INTERMED RUNNING PROG - ADULTS See listing on May 5th.	Tosa
May 28 Sat	REUBEN'S RUN AND DUATHLON Duathlon 2mi, 15mi (helmet reqd), 2mi. 5k r, 1mi wk 9am. HS, 5th St. Divs 18-, 19-29, 10yr, 60+. Awds 1/mf, medal 3/div. Fees Du \$25, others \$14. \$30, \$19 after 5/13. Perks TS, soda, fruit, shwrs. Contact Gloria Kopp 608 862-3135, 3225, or 3825 frydenlund@wekz.net	Albany
May 28 Sat	LOUELLA BLACKDEER FUN RUN 5k, 10k, 9am. Brockway Rd & hwy 54 East. benefits Runners Against Drunk Driving. Divs 4 age divs. Awds Medals/mf. Fees \$15. Perks TS/finishers, snacks, bev, dwgs. Memorial Day PowWow. Contact Lani Blackdeer Day 888-625-8668 Eve 715 743-6211 blackdeer@ids.net	Black River Falls
May 28 Sat C	STRAIN FOR THE BRAIN 5K R/W 10am. reg 8 or Fri 5-7pm. Nathan Hale HS 117th & Lincoln Ave. benefits Am. Brain Tumor Assn. Divs yes. Awds trophy 1/mf, medal 2-3. Whchr flat. Fees \$16, \$20 raceday. Perks TS, snacks, bev, music, silent auction, dwgs, prizes for pledges, guest speaker: Bonnie Blair. Contact Mary Doyle-Lehman 414-541-3991 mjlehm@execpc.com	West Allis
May 29 Sun	PAPER DISCOVERY DUATHLON 4mi/18mi/4mi, 7am. Paper Disc. Ctr. Note part of WI 5 Star Tri Series. Divs 5yr, clyde/athens, relay. Awds 1/mf, 3/div. Fees indiv \$35/45/55 raceday, relay \$70/90/110. Contact Gloria West Day 800-429-8044 Eve 920-562-1885 info@midwestsportsevents.com	Appleton
May 29 Sun	Chequamegon Woods to Water Rly 80mi relay - 8/team, 7am. check-in 6am. Cable Community Ctr, Chequamegon National Forest at Cable to Lake Superior in Ashland. Divs Open, Mixed Handicap, Women, College. Awds 1/div, indiv awds to team mbrs. Fees \$22	

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.

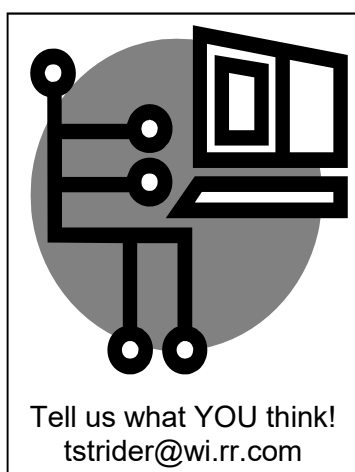
* Sunday Zoo Loop: 8:30 a.m. Eight-mile loop from the Hanson Park Golf Clubhouse through - where else? - the Zoo.

* 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

Executive Board

President	John Cornell	414-967-9657 jdcstrider@aol.com
VP Administration	Bonnie Clarey	414-453-6527 bls@execpc.com
Secretary	Marty Malin	414-453-7326 1224hrm@merr.com
Treasurer	John Rodee	414-962-1439 jrowdy@execpc.com
Co-VPs of Programming	Linda Pulkowski	262-968-3300 genacct@execpc.com
	Cyndi Bergs	262-677-3408 mcborgs@worldnet.att.net
VP Road Racing	Jerry Anderson	414-258-4986 jerry.anderson@aurora.com
Newsletter Editor	Jeff Weiss	414-771-3165 tstrider@wi.rr.com
Past President	Larry Govin-Matzat	414-961-0050 lgovin@mac.com

Administrative Directors

Equipment	Don Weyer	414-332-6942
Fun Runs	David Lawnicki	414-774-8437
Race Book Editor	Jeff Weiss	414-771-3165
Finance Chair	Dennis Novak	262-679-1656
Mthly Mtg Chair	Kathryn Retzlaff	414-224-0396
Computer Chair	Bill Schauder	262-521-2191
Track & Field	Ron & Alice Winkler	414-744-9404
Marathon Buildup	Phil Carpenter	414-541-3086
Most Improved	Mary Wincapaw	414-321-8125
Club Championship	Jim Schmidt	262-650-8341

Race & Program Directors

Samson Stomp	Dick Menzel	Jan 16, 2005 414-383-1442
John Dick Memorial 50K	Craig Hopper	Feb 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
Minooka Corn Roast	Dave O'Brien	Aug 03, 2005 414-425-1309
Cudahy 4mi & 10M	John Bell	Aug 07, 2005 414-327-5872
Strider 20K	Julie & Dennis Wantland	Sep 03, 2005 414-264-9968
Badgerland FX 12-24 Hr Run	Marty Malin	Sep 03, 2005 414-453-7326
Tosafest 5K	Tom Davis	Sep 10, 2005 414-220-4220
BLS Beginning Trail Running	Marty Malin	Sep 12, 2005 414-453-7326
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

COMING EVENTS * COMING EVENTS * COMING EVENTS

(Continued from page 8)

Jun 4 KOMEN RACE FOR THE CURE Madison
Jun 4 FANS 12 & 24 HOUR RACE Minneapolis, MN
Jun 4 GOOD NEIGHBOR DAYS ROAD RACE Roberts
Jun 5 PENINSULA PARK 5K RUN-WALK Fish Creek
Jun 5 AMER CANCER SOC R/W Janesville
Jun 5 LAKE MILLS TRIATHLON Lake Mills
Jun 5 20th Annual WEST BEND R/W West Bend
Jun 6 MINI TRACK MEET Green Bay
Jun 8 BADGERLAND STRIDERS FUN RUN Milw
Jun 8 FUN RUNS Green Bay
Jun 8 PACESETTERS FUN RUN/WALK Little Chute
Jun 8 Manitowoc Area TC ROAD RUNS Manitowoc
Jun 9 WTC SUMMER TRACK SERIES #1 Madison
Jun 10 CATCH THE SPIRIT FUN R/W Elm Grove
Jun 10 GREAT MIDWEST RELAY Madison
Jun 11 BOOSTER SHOT 5K Baldwin
Jun 11 RUN FOR THE PIG III Brookfield
Jun 11 ELKHART LAKE INTERNATIONAL TRIATHLON
Jun 11 WALLEYE RUN/WALK Fond du Lac
Jun 11 BELLIN 10K RUN Green Bay
Jun 11 20th DEAD SKUNK RUN Lac du Flambeau
Jun 11 DANDELION DASH Madison
Jun 11 MUKWONAGO VILLAGE RUN

Jun 11 ST LUKE'S WILDCAT RUN/WALK Plain
Jun 11 SPARTA STAMPEDE Sparta
Jun 11 SUMMER SPRINT Twin Cities, MN
Jun 11 WATERTOWN CHALLENGE ADVENTURE RACE
Jun 12 KENOSHA YMCA TRIATHLON
Jun 12 FOX CITIES MARATHON TRAINING Menasha
Jun 12 MENOMONEE TINMAN TRIATHLON
Jun 12 RIVERVIEW BEER RUN Milwaukee
Jun 12 GOT ENERGY? TRIATHLON West Salem
Jun 15 SUMMER ADV RUNNING PROG Wauwatosa
Jun 15 Badgerland Striders Meeting Milwaukee
Jun 15 FUN RUNS Green Bay
Jun 16 MOVIN' SHOES EVENING SHUFFLE Madison
Jun 16 COMBINED EVENT MEET Waukesha
Jun 17 WILLIAM A. IRVIN 5K Duluth, MN
Jun 17 RUN FOR THE HEALTH OF IT Ft Atkinson

Jun 18 RAINFOREST RUN Chilton
Jun 18 GARRY BJORKLUND HALF MARATHON Duluth
Jun 18 GRANDMA'S MARATHON Duluth, MN
Jun 18 XTREME URBAN FROG&TADPOLE Milw
Jun 18 RACINE YMCA LIGHTHOUSE RUN Racine
Jun 18 RUN FOR THE BUTTER Reedsburg
Jun 21 BLS OPEN TRACK MEET Wauwatosa
Jun 22 SUPERUN 5K Milwaukee
Jun 22 SUMMER ADV RUNNING PROG Wauwatosa
Jun 25 BRAINSTORM 5K Run&3K Walk Greendale
Jun 26 BEER BELLY TWOSUAMICO
Jun 29 BADGERLAND STRIDERS FUN RUN Milw
Jun 29 SUMMER ADV RUNNING PROG Wauwatosa
Jul 2 MARATHON BUILD-UP Milwaukee
Jul 4 FIRECRACKER FOUR Hales Corners

AMERICAN CANCER SOCIETY RELAY FOR LIFE

18-24hr r/w, 9am, teams of 8-15. Day 800-947-0487 cancer.org

Table with columns: MAY, Sat 14th, Denmark, 9am, and rows for JUNE (Fri 3rd to Fri 10th) with locations like Arcadia, Ladysmith, Stanley, Suring, Wrightstown, Antigo, Baraboo, Eau Claire, Middleton, Neenah, New London, Phillips, Sturgeon Bay.

Table with columns: JUNE, Fri 10th, Viroqua, 6pm, and rows for JUNE (Fri 10th to Fri 17th) with locations like Wausau, Cedarburg, Clintonville, Hartford, Hartland, Luxemburg, Menomonee, Mondovi, Muskego, Mosinee, Oshkosh, Port Washington, Rhinelander, Sussex, Tomah.

Table with columns: JUNE, Fri 17th, Verona, 6pm, and rows for JUNE (Fri 17th to Sat 25th) with locations like Waunakee, Waukesha, Whitefish Bay, Beaverdam, Evansville, Germantown, Hillsboro, Marinette, MILWAUKEE, Monroe, Mukwonago, Oconomowoc, Owen, Waupaca, Stoughton.



PEWAUKEE TRIATHLON



**Sunday
July 17
Downtown
Pewaukee**



**midwestsportsevents.com
1 800 429 8044**



Transition Cycle



kent & olson team • www.jodinson.com



2nd Annual, 50th Anniversary

Roger Bannister Mile

(Continued from page 1)

Participants to sign-up will each get a commemorative ribbon upon the completion of their run.

This year's event 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 make it after work. Special Olympians will be able to register until 6:15pm with their heat 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 7pm. Heats will continue until we are done, a little after 8pm.

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, so 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.

The third different thing is that this year, this race 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 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 available on race day, starting at about 5:30.

Come on out, be speedy, and have some fun!

If you have further questions, 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. See you there!

24th Running of the Ice Age Trail 50

(Continued from page 1)

the quality event that everyone has come to expect. I will definitely be relying on their expertise and past experiences. This will surely make my job all that much easier.

While I may be the new Ice Age Race Director, I am definitely not new to this event. I have been a member of the Badgerland Striders for the past 27 years. I was VP of Road Racing back in 1982 when fellow club member and ultra-marathoner Tom Ulik (Ice Age Trail 50 founder and Race Director for the first 5 years), first came to me after one of our club's monthly meetings to discuss his idea of the club staging an ultra-marathon. Agreeing that it was an interesting concept and worth exploring further, we left our discussion agreeing to explore locating a suitable staging venue. After the club's next monthly meeting, we discussed what options each one had uncovered.

My idea was a 1 mile loop on a asphalt trail in a local Park, Tom's was a 50 mile loop on dirt and rocky trail in the Kettle Moraine State Forest (kind of like the difference between a Democrat and a Republican). At that time, trail running was barely in its infant stages and was not heard of around here, so you can imagine my surprise upon hearing this. So, after some arm twisting, I agreed to go out to the trails with him for a test run. Well, as those of you who have had the fortune to run the Ice Age trails, you know the reason I fell in love with this beautiful terrain. You can see why I quickly agreed to help Tom with his quest to get approval from the club to host the inaugural event--As they say in Hollywood, the rest is history.

What a beautiful history it has been! I worked as a race captain in various areas for the first 15 years and loved every minute of it. From the rain and cold, to the



heat and ice packs, to the dump and the trail marking, every year has had its memorable stories and all have been embellished over the years. Like a good wine, these stories only get better with age and never seem to grow old, even though we do. That all being said, I invite you to come out and join me this year at the 24th running of the Ice Age Trail 50 and help create a new story that will only get better with age and become part of the Ice Age folklore.

The Ice Age Trail is a very scenic run over rolling hills, through meadows and heavily forested with hardwood and pine trees. I'm sure that those of you who have had the luxury of experiencing this first hand will agree with me that we are very fortunate to have such a treasure so close to Milwaukee. If you are planning on running this year, there is still time to register at the Ice Age web site at www.iceagetrail50.com or you can access the site directly from Badgerland Striders web page at www.badgerlandstriders.org. Entry fees are listed in the registration section of the web site. Click on the race you wish to enter to see the fees. This site also includes extensive information about the Expo and Pasta Dinner on Friday evening (May 13th), the rules and the course itself.

--Or, if your training is not necessarily up to running a 50k or a 50 miler, consider volunteering to enjoy a nice day out in the country. As a sign of appreciation, all volunteers are invited to the post race BBQ dinner at the finish line on race day. If interested, you can e-mail me directly at marathon1@charter.net or call me at 262-628-3270. Either way, if you've never been out to visit one of our best and closet natural resources this is your opportunity.

Ask The Doc

(Continued from page 3)

Numbness and tingling in your foot can be a sign of exertional compartment syndrome which is essentially due to excessive swelling of your muscles compressing the nerves serving your foot. People can rarely "run through" this pain as it becomes quite disabling. This problem generally leads to surgery to release the compartments and create more space for the muscles to swell.

There are plenty of other signs and symptoms that are easily linked to many of the common diagnosis listed above. Even if these aren't "career ending" problems, they can most definitely affect your training and performance. A visit to your sports medicine specialist can help to expedite your return to running and help you achieve your peak performance. If you're uncertain of the severity of your problems, then it is well worth your while to check out the Striders' runner's injury graffiti board or to visit an Aurora Sports Medicine Institute for a free injury evaluation.

Yes, I wrote correctly that you'll get a free check-up by an athletic trainer or physical therapist specializing in sports medicine. If they feel that your problem warrants further intervention, then a referral to a sports medicine specialist would be recommended.

I hope that this brief article provides some insight into the "red flags" that suggest a more serious injury and that should result in a visit to a physician. As I point out each week at the marathon build-up runs at Lake Park, "remember to listen to your body" and "be smart about your training." As your training builds over the upcoming warm months, keep those ideas in mind and I look forward to seeing you along the lakefront.

Dr. Mike works at the Milwaukee Orthopaedic Group and is a frequent contributor to our website graffiti page. Mike participates in the Strider's Beginning Runner Program and Marathon Build Up Program as both a participant and medical advisor.

Mike will be the speaker at the May meeting. See details Page 3.

ROOT RIVER RUN

BENEFITTING MARTIN LUTHER HIGH SCHOOL

Martin Luther High School will host its 3rd Annual 5K Run to help support the MACC Fund to fight childhood cancer and the Athletic Department of Martin Luther High School. The event is scheduled for Saturday, May 21, 2005 with registration beginning at 8:30 a.m. and the race kicking off at 9:45 a.m.

The race takes place in the Root River Parkway located in Greendale with registration, lunch and post race activities taking place at Martin Luther High School.

The event has helped raise over \$14,000.00 in two years for the two efforts named above. Additional support with matching funds has been given by Thrivent for Lutherans on an annual basis to the MACC Fund. The event started two years ago when Jim Povlick, Martin Luther Class of 1980, had a desire to motivate our student body, faculty, staff, alumni and surrounding community to help support what he believes are two great causes, fighting the battle of childhood cancer and Christian Education. The response the first two years by participants has been great and we hope you will join us for year 3.

Registration forms are available in this newsletter.



For more information email ccoogan@martinlutherhs.org. The event has been a great success its first two years and we are looking forward to another great run so get those shoes tuned up for another great running season and kick things off at the 3rd Annual 5K Run at Martin Luther High School.

Badgerland Striders Annual Membership Form

Last Name	(please print)	First Name	Sex (M/F)	Birthdate (Mo/Day/Yr)
Address		email Address		Home Phone
City	State	ZIP	Occupation	
DUES (check one)	New Membership: <input type="checkbox"/> 1yr (\$15)	<input type="checkbox"/> 2 yr (\$27)	Tax deduct.	
	Renewal: <input type="checkbox"/> 1yr (\$13)	<input type="checkbox"/> 2 yr (\$25)	Donation _____	

Make checks to and mail to: **Badgerland Striders, Inc.**, 9200 W North Ave, Milwaukee, WI 53226

Membership applies to you and others in your household listed below. If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

NAME (others in household)	SEX	BIRTHDATE	OCCUPATION
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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

- | | |
|--|--|
| <input type="checkbox"/> (Jan) Samson Stomp | <input type="checkbox"/> (Sep) Badgerland Striders 20K |
| <input type="checkbox"/> (Feb) John Dick Memorial 50K | <input type="checkbox"/> (Sep) Badgerland F/X 12 & 24 Hour Run |
| <input type="checkbox"/> (Feb) Steve Cullen Run | <input type="checkbox"/> (Sep) Chancery Tosafest Run for A.L.S. |
| <input type="checkbox"/> (Mar) Shamrock Sprint | <input type="checkbox"/> (Sep) Al's Memorial Run & Walk |
| <input type="checkbox"/> (Apr) South Shore Half Marathon | <input type="checkbox"/> (Oct) Lakefront Marathon & Marathon Relay |
| <input type="checkbox"/> (Apr) Deer Run 10K | <input type="checkbox"/> (Sep) Glacial Trail 50K & 50Mile |
| <input type="checkbox"/> (May) Ice Age Trail 50Mile/50K Run | <input type="checkbox"/> (Oct) Lakefront Discovery Run |
| <input type="checkbox"/> (May) Sarah's Stride at Hartfest 5K | <input type="checkbox"/> (Nov) Badgerland Striders Turkey Trot |
| <input type="checkbox"/> (Jun) Superun 5K | Fun Runs (April through September) |
| <input type="checkbox"/> (July) Hales Corners Firecracker Four | Track Meets (summer) |
| <input type="checkbox"/> (Aug) Cudahy 10-Mile and 5-Mile Race | Marathon Build Up |

If you would like to help in any of the following areas, please check those that apply:

- | | | |
|---|---|---|
| <input type="checkbox"/> Road Race Director | <input type="checkbox"/> Youth Development (summer) | <input type="checkbox"/> Computerized Scoring |
| <input type="checkbox"/> Club Clothing | <input type="checkbox"/> Race Schedule Booklet | <input type="checkbox"/> Equipment Rental |
| <input type="checkbox"/> Hospitality | <input type="checkbox"/> Race Course Measurement | <input type="checkbox"/> Annual Party |
| <input type="checkbox"/> Public Relations | <input type="checkbox"/> Bus Trip | <input type="checkbox"/> Newsletter (Reporting) |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Beginner Trail Running | <input type="checkbox"/> Newsletter (photos, advert.) |
| | <input type="checkbox"/> Beginning Running Programs | <input type="checkbox"/> Monthly Meeting Planning |
| | | <input type="checkbox"/> Other |

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

Signature _____ Date _____ rev 2/05



John Miller - PART IV: Post-college

(Continued from page 7)

this: "Ron, I know it's early, but can I come over now? Chris (John's wife) says that I'm too hyper and I'm driving her nuts."

Over the years, John distinguished himself in various areas of his life. Militarily, in 1983, he was named 84th Division, US Army Reserves, Drill Sergeant of the Year. Then, in 1999, he was honored as Wisconsin Vietnam Veteran of the Year.

Athletically, he continued as assistant coach for the South Milwaukee High School track and cross-country teams and became a Wisconsin Interscholastic Athletic Association licensed track and cross-country official. Finally, in 1988, John joined an illustrious fraternity of athletes when he was inducted into the UWM Athletic Hall of Fame.

John has kept himself well-rounded by indulging his interest and knowledge of the past with memberships in the Bay View and South Milwaukee Historical Societies, Illinois Railway Museum, Shoreline Historical Society, and The Milwaukee Electric Railway and Train Historical Society.

In June 2003, John pulled the pin and retired as a teacher after 30 years in the South Milwaukee School system. However, he has remained active and we will wrap up this series next month with John's current activities. Meanwhile, I will have to decide whether or not to name those bullies who tormented John in his youth.

Also in the works is a series of profiles of the Badgerland Striders Lifetime Members



MAKING DUST

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

SHAMROCK SPRINT

Shamrock Club and Badgerland Striders

Milwaukee, WI
March March 12th, 2005

5K RUN

ChampionChip Timing by:
SPORTS MANAGEMENT ASSOCIATES, INC.
8420 W. Lisbon Avenue
Milwaukee, WI 53222
(414) 536-1377
(414) 536-9577 fax
shamrock@smarets.com

Times listed are "gun" times.

Overall Winners

Male
1 15:58 JASON MAYER
Female
17 17:34 DOT MCMAHON

DIV = F0119
66 21:02 MEREDITH CURTIN
78 21:41 KALI LAFFERTY
96 22:51 CHRISSY SCHERMAN
170 26:30 ALLISON SUHAN
195 27:38 ELIZABETH HALLMAN
201 28:08 JENNIFER FISCHER
268 34:47 JESSI GOMEZ
279 39:37 KELLY TEHAN

DIV = F2024
55 20:30 NATALIE MIKO
93 22:44 JENNIFER TAMAS
101 23:17 DANIELLE HUG
130 24:57 MELISSA ZUNKE
138 25:15 LINDSEY GRAF
139 25:15 KATIE KIRCHER
141 25:16 LACEY GIORDANA
150 25:43 KIMBERLY PIEHL
151 25:43 ERIN IDA
167 26:19 ALISON DELANEY
171 26:35 LEAH GIORDANA
177 26:50 ALLISON KIDDER
179 26:56 SARAH DREIER
185 27:08 EMILY SCHMIDT
187 27:10 HELEN BREITENBACH
189 27:13 ERIN WALASZEK
190 27:13 JENNY DONOHOE
197 27:51 LAURA RUEDINGER
199 27:55 TARA HAUSHALTER
200 27:59 AMY BOETTCHER
204 28:18 REBECCA RODMAN
209 28:29 BRIDGET BROCKHAUS
220 28:53 STEPHANIE SCHAMS
246 31:33 NICOLE MARSHALL
247 31:35 ANDREA SIMON
256 32:23 LAUREN SILLETTI
261 33:11 MEREDITH SOCZYNSK
270 35:30 AMANDA MARKS

DIV = F2529
17 17:34 DOT MCMAHON
46 20:01 LISA SHREINER
54 20:29 AMY HORST
103 23:22 KATE BENES
109 23:51 ALLYSON BAUE
112 23:56 AMY FORSYTH
117 24:19 KATE BLANK
121 24:35 CORY SEE
128 24:52 ERIKA MEISTER
143 25:20 LORA STRIGENS
153 25:50 SANDRA ZBILICKI
159 25:55 MARIA ROBB
166 26:18 LEAH KNIGHT
169 26:23 AMY HAGENOW
182 27:02 NIKI NORBY
184 27:07 MEGHAN KEHOE
222 28:59 MEGHAN CASSADY
241 31:21 JACLYN SIEGEL
248 31:37 CHERYL MIRACLE

255 32:19 PATRICIA ERDAHL
258 32:40 KATIE BEAUMIER
265 33:23 SHANNON HUSSION
283 40:51 JEN BRZEZINSKI
DIV = F3034
65 20:58 TRACIE MITTELSTEA
71 21:19 ROBIN TREDER
79 21:41 NATALIE KARPAN
102 23:18 JENNIFER BRUMM
113 23:56 ANDI GUMINA
116 24:17 JENNINE TRASK
119 24:20 BETH BOCK
140 25:15 LAUREN LOFTON
176 26:47 JEANNE BAUER
191 27:16 STEPHANI SEE
207 28:24 CYNDI BERGS
211 28:36 AMY O'NEIL
271 35:40 JENNIFER HANSEN
272 35:46 JACKIE SCHULTZ
284 40:51 KRISTY BRZEZINSKI

DIV = F3539
33 18:49 LAURAN JENSEN
48 20:08 ANN LIMBERG
56 20:31 LISA INGWEILL
115 24:00 DONNA FELERSKI
122 24:38 LISA HEMING
202 28:16 JENNIFER CREECH
213 28:38 BRIDGET O'NEIL
214 28:42 COLLEEEN O'NEIL
219 28:53 AMY SCHULTZ
225 29:17 LENELLE BROWN
244 31:33 KIMBERLY LACZNIK
253 32:17 RENEE LARKIN
262 33:12 TIFFANY KATHER
263 33:12 CATHERINE MOE
273 35:52 MONICA MCLAUGHLIN
278 39:30 ANGELA MCLAUGHLIN

DIV = F4044
67 21:02 NORA WOLFF
144 25:21 SALLY KOSH
157 25:53 DANA VICKER
175 26:44 JANICE BEERS
198 27:51 CORI TIMM
285 41:28 ROSE GOMEZ

DIV = F4549
63 20:54 CORINNE MCFADDEN
97 22:53 KIM PETAK
217 28:52 ANN SCHOPER
224 29:09 MARYJANE TEHAN
227 29:39 ROBIN PEDERSON
274 36:36 MARY ERDAHL
286 42:46 DEBRA BUCHANAN

DIV = F5054
155 25:52 NANCY OMDAHL
216 28:51 JANE JAHNKE
226 29:19 JACKIE JERAY
230 29:51 LINDA PULKOWSKI
235 30:55 CATHY ROTTMANN
239 31:13 MARY BENNETT
250 31:41 LINDA SCHOLLER
252 31:54 MARY NOWAKOWSKI
260 33:11 HOLLY ONSAGER
275 37:59 JEAN MATTSON
276 38:27 JEAN HORNER

DIV = F5559
206 28:22 CHERYL CAMPBELL
DIV = F6064
243 31:32 KATHRYN RETZLAFF
277 38:40 KARLA KNUSTEN

DIV = F6569
281 40:37 EMELIE LINKE

DIV = F7099
229 29:42 LOIS GILMORE
259 33:03 AGNES REINHARD

DIV = M0119
6 16:53 KURTIS KEUTER
45 19:59 KYLE ROBEL
106 23:36 RYAN COOK
160 25:55 KEVIN KNOX
196 27:51 PHILLIP MASON
205 28:20 JAMES WOYWOD
238 31:11 A.J. MLADA
282 40:49 DUSTIN COBB

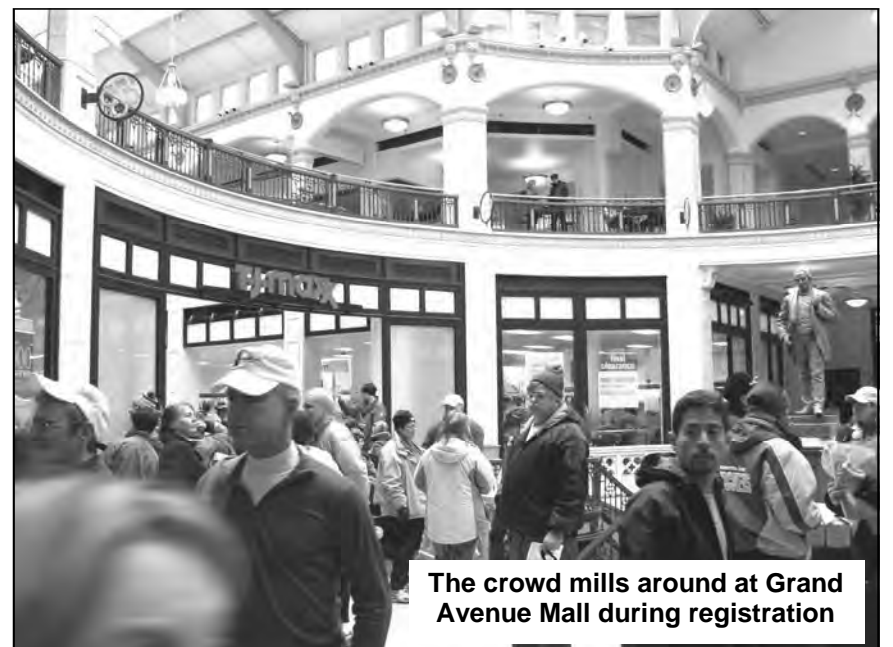
DIV = M2024
13 17:11 BRENNAN FELDHAUSE
14 17:14 JON BOURKE
18 17:40 ERIC WALTERS
26 18:31 GARRICK HOLEY
32 18:48 SCOTT MULINIX
38 19:28 LEE OKSUITA
39 19:28 ZACHARY KRUEGER
41 19:41 KYLE ZELLER
43 19:44 ROBB KOLSTAD
69 21:07 MARTIN TOGHER
90 22:40 NICHOLAS PETROVIT
91 22:43 REID HICKMAN
98 23:01 BRIAN ARNDT



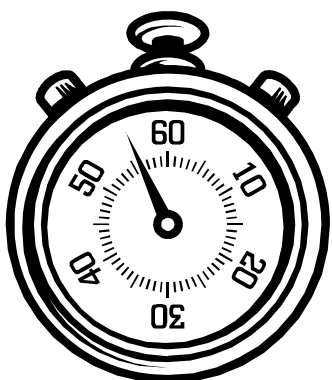
Runners pass the Bradley Center in the 2005 Shamrock Sprint

135 25:08 ANDY BALLBACH	228 29:41 TIM RANFRANZ
164 26:16 JOSEPH SIEBENALER	240 31:21 JASON KANE
DIV = M2529	DIV = M3539
1 15:58 JASON MAYER	10 17:00 TED SHUE
2 16:06 BRIAN ZALEWSKI	25 18:29 JOHN LANCASTER
3 16:16 ROBERT HAMMES	27 18:33 JIM SCHMIDT
4 16:27 ANDY RUFFALO	29 18:43 STEVE TAYLOR
5 16:37 DEREK SERNA	50 20:14 TIM ZIEGLER
21 17:55 JACOB BRANDAU	76 21:32 RICHARD HEIDVOGEL
22 18:03 JASON BRUNNER	87 22:10 ROBERT MURPHY
31 18:47 GEHRIG WILLIAMSON	99 23:13 DAVID GUSE
35 18:56 CLAYTON GRIESSMEY	104 23:24 MARK DODDS
36 19:13 LANCE DYZAK	114 23:58 DAVID ADAMSKI
44 19:50 DAVID WEBBER	147 25:32 CHRIS LARSEN
68 21:03 JOSEPH KRANCKI	148 25:33 GARY ZIEHR
75 21:28 KELLY WENDORFF	158 25:54 SHANNON STEFFEY
105 23:26 PAT CLEAVER	165 26:17 BILL KLOCKOW
110 23:51 ROBERT BANNER	168 26:22 JERRY BAJCZYK
124 24:42 BRIAN STERRICKER	173 26:42 DAVID DIETZLER
137 25:14 ERIK SCOTT	188 27:12 WILLIAM WALSH
152 25:49 PATRICK VOSS	194 27:38 BRADLEY GEURTS
186 27:09 CHRISTOPHER MUELL	203 28:16 ALAN CREECH
237 31:10 T.J. MLADA	218 28:52 BRAD SCHULTZ
DIV = M3034	DIV = M4044
7 16:55 WAYNE DALTON	11 17:02 TERRY LABINSKI
9 16:58 GUILLERMO ACOSTA	12 17:10 RICK STEFANOVIC
16 17:22 AARON WALTER	15 17:19 TOM ABLER
19 17:52 JEFF KOBINSKY	20 17:53 EDWARD SIIRA
23 18:23 MICHAEL CULBERT	24 18:26 JIM RICKER
40 19:32 MICHAEL BEIX	34 18:54 DALE ALTEMUS
47 20:01 RICH MERTES	37 19:19 LARRY STONE
51 20:21 GREG COY	42 19:42 BILL VERBOS
57 20:31 MICHAEL GORDON	53 20:23 RONALD WHITE
58 20:33 DAN PALUSZYNSKI	58 21:49 MIKE STRATHMANN
72 21:20 JEFF TRASK	84 21:50 KEN MYSZKA
73 21:26 PATRICK WANKOWSKI	88 22:13 NICHOLAS ANSTEDT
80 21:43 THOMAS SCHOLZ	94 22:48 MARK CROTHERS
92 22:43 ROBERT RATAJCZAK	95 22:51 JOHN BERG
108 23:48 JOSH GORDON	107 23:36 DAVID COOK
111 23:53 BRAD STOKCKEL	123 24:41 PAUL RAHN
120 24:30 TRAVIS VANDE BERG	161 25:58 JIM BAJCZYK
131 24:59 ERIC ZUNKE	193 27:28 SCOTT ONISCH
142 25:16 THOMAS WARDEN	210 28:31 TODD MARSHALL
146 25:25 JEFFREY SCHULTZ	264 33:17 STEVE BRESTER
162 26:13 JON KNEELAND	266 34:05 STEVEN BROWN
183 27:07 NICK FAIRWEATHER	
192 27:25 MICHAEL HELMUTH	
215 28:46 WES BRIGGS	

(Continued on page 15)



The crowd mills around at Grand Avenue Mall during registration



The Most Times are in 'The Strider'

MAKING DUST

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

SHAMROCK SPRINT

5K RUN

CONTINUED

(Continued from page 14)

DIV = M4549

8	16:56	DAVID SKELLETT
30	18:44	DAVE HARRIS
64	20:55	STEVE SCHLAGER
74	21:28	DAVE DIAMOND
85	21:53	TIM O'CONNOR
100	23:16	JAMES ERDAHL
125	24:48	JACEK ODONER
129	24:54	STEVE STEIN
134	25:07	MICHAEL COSTIGAN
136	25:09	TONY PETERS
163	26:14	PATRICK DUNKS
172	26:37	JAMES DELWICHE
232	30:22	JIM MURPHY
287	43:17	ROBERT GROSS

DIV = M5054

28	18:37	JEFF DEMATTHEW
49	20:13	WILLIAM LEMOINE
60	20:37	ROBERT KOEBERT
77	21:35	JERRY FELDHAUSEN
81	21:44	GREGG HERMAN
86	22:08	TIM ROTTMANN
126	24:49	STEVE FISHMAN
132	25:02	MARK ABRAMCZYK
178	26:56	BILL RAY
212	28:36	TIM GENGEMBRE
231	30:05	JAY ONISCH
267	34:13	MARK BARRANCO
280	40:22	ALFRED HUDEC

DIV = M5559

59	20:36	LARRY BRUMM
61	20:47	DENNIS SHOEMAKER
70	21:10	JERRY HUHN
89	22:26	ROBERT O'BRIEN
127	24:49	JOHN ANDREWS
133	25:06	GWYN OWEN
145	25:22	DAVE SMITHSON
149	25:34	CHUCK HENDERSON
154	25:51	LARRY LOCKWOOD
208	28:28	DAN GRAF
221	28:58	WALTER A KOSTECKI

257 32:36 JOSEPH PETERS

DIV = M6064

52	20:22	JOHN BECKER
62	20:50	RON GOTTSCHALK
82	21:46	MIKE KIRKWOOD
118	24:19	BILL SHAY
223	29:08	THOMAS CARROLL
234	30:43	DENNIS NOVAK
251	31:53	PHIL CARPENTER
254	32:18	WALLY MARKS

DIV = M6569

156	25:53	D STUCKSLAGER
174	26:43	ED PARKER
242	31:26	BOB LINKE
249	31:39	HENRY EHLER

DIV = M7099

233	30:23	DANIEL MURPHY
236	30:59	WAYNE GILMORE
269	3 5:11	JOHN HESSIL

DIV =

180	26:57	UNKNOWN
181	26:58	UNKNOWN



Boston 2005
Four Time Winner Kenyan Catherine Ndereba
2:25:13 and Men's Winner Ethiopian Hailu
Negusie (Photo courtesy AP Online)

The Most Times are in the Strider

Colors Not Found in Nature

(Rant No. 12)

By D. E. Shoemaker

I hold in my Sprecher stained fingers a catalog, received last fall that is making me crazy.

This catalog contains clothing and shoes from the top athletic product manufacturers. The following are actual colors for their 2004 products:

- Metal
- Thunderstorm
- Ceramic
- Magnet
- Cloud
- Signal
- Flare
- Aviator
- Murano

WHAT THE HELL IS WRONG WITH THESE PEOPLE?

If Sister Mary Elizabeth had pointed to a color and asked me to name it and I said "Magnet" she would have hit me so hard I'd be stuttering to this day. (Sister Mary Elizabeth was hot in a nun sort of way but that's another article. My parents meant well.) When I went to school there were rules. As far as colors were concerned- if Crayon didn't make it, it wasn't a color. Simple. To the point. Did Crayon make a magnet crayon? How about Aviator? No frikkin' way.

64 color Crayon box WITH the sharpener. In your Lilliputian world you knew your dad had made it when you got the BIG box with the sharpener. It didn't make any difference. You could ride to church in a '58 Rambler. You could live in a house, we can barely imagine it now, without a TV, but YOU had the box with the sharpener.

You were the alpha colorer.

I blame it all on Harvest gold. When I was growing up appliances were white and suits were navy blue. Then they discovered Avocado and Harvest Gold. Not green or gold but "Avocado" and "Harvest" Gold. They at least gave you some idea of what to expect (better than "Magnet") but we were on the slippery slope at that point. By 1973, if you grabbed a refrigerator door and it wasn't Avocado or Harvest Gold, you were either in prison or, God forbid, France.

Where in the world do these people live that come up with these colors? I think they live "on the coast" and call the Midwest "flyover country". Well, if you think Thunderstorm is a color, keep flyin' over!

How many double half-caf, half-decaf soymilk Latte's do you have to drink to decide that "Murano" is a color?

How many kelp-sea bass pizzas do you have to down before "signal" is a color?

Here's the deal: Picking colors for T-shirts should not be tougher than filling in the New York Times crossword, OK?

I don't claim to be a trendsetter but I have standards. One of them is this- Colors are colors and things are things. Difficult to understand, Scooter?

If you're one of these demented color-naming people, repeat after me:

B-L-U-E
L-I-G-H-T B-L-U-E

N-A-V-Y B-L-U-E

I knew you could.

Get the picture? Easy, isn't it?

(Now, go to what we call a "grocery store", ask your doorman, he'll know where one is, and get some Folgers Classic Roast and you're well on the way to recovery.)

There. I'm glad I got that off my chest.



Get Better Faster



Whatever your sport, the Aurora Sports Medicine Institute provides the most advanced treatment options to help you get back in the game — or take you to the next level.

Our expert staff provides personalized care that will help you:

- Recover from injuries
- Improve speed and agility
- Prevent injuries
- Start a safe fitness program

Do you have a sports injury?
Call 1-800-219-7776 to schedule a free injury evaluation.



Aurora Sports Medicine Institute®

www.Aurora.org/SportsMedicine

Brookfield • Burlington • Mequon • Milwaukee • Oconomowoc • West Bend • Whitefish Bay

Volume 34, No. 4, May 2005

the Strider

Badgerland Striders Inc.
9200 W. North Avenue
Wauwatosa, WI 53226



The Strider is published
11 times a year (Feb-Dec)

Editor & Advertizing:

Jeff Weiss
414-771-3165
Email: tstrider@wi.rr.com

Asst. to the Editor:

Betsy Weiss
414-771-3165

Cartoonist:

Dennis Shoemaker

Photographers:

Kent Schlienger
Jeff Weiss