



the STRIDER

Official Newsletter of the Badgerland Striders, Inc.



THE STRIDER

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Happy New Year

Cullen Run

By Gael Garbarino Cullen

The 19th Annual Steve Cullen Healthy Heart Club Run/Walk is quickly approaching! Please join us Saturday, February 14th at 10am at Underwood Parkway in Wauwatosa to jump to start your Valentine's Day with a quick 8K or 2 mile fun run/walk. If you can't make it that day, please check out our indoor option that we have set up with the WAC in Wauwatosa...can't beat the weather on this one! Cost is \$25 for Strider members and \$30 for all others until January 31. After that, the cost goes up to \$35 for everyone – so get registered today and save!

No changes with the run itself but one major change with the leadership for the Cullen Run for this year. Nicole Jellison will be taking over for Phil Carpenter as race director. Phil has been working with Nicole to ensure that a successful event will happen during this time of transition. "So far, so good" says Phil! Nicole

has been running for just under 3 years and has been a Strider member for 2 years now. She has run a large number of races, including quite a few Strider ones! The Milwaukee Lakefront Marathon in 2013 was her first ever marathon and she is thinking about coming back for the 2015 race as well. Discovery Run, Super Run, Cudahy Classic and the Strider Half are just some of the other races that Nicole has participated in.

Be sure to sign up for the Cullen Run to see Nicole in action and to have a nice, hot bowl of chili after you run. Afterward, head home, get cleaned up and celebrate Valentine's Day anyway you choose! Take your sweetheart to Saz's (after the Run or ANY day leading up to it!), show them the coupon on page 20, and your contribution to heart research at the Medical College of Wisconsin goes even further, beyond your race entry fee!

Hurry! The 35th Annual Samson Stomp 2015 is a week away Presented by the Milwaukee County Zoo and Amica Sunday, January 18, 2015

Dave and Janice Finch

It's time to start thinking about and making your winter running plans. Be sure to mark your calendars for the 35th annual Samson Stomp and Romp!

Once again the Milwaukee County Zoo will be hosting a set of 4 winter races that are held completely on zoo grounds. Amica

will be back again as the title sponsor for the event which takes place on Sunday, January 18th.

All of the proceeds of the events benefit the Zoo and help maintain one of the best animal collections in the country. There are 4 races to choose from: a competitive scored 5k and 2 mile run for all ages and two non-competitive children's events of 1-mile romp and ¼-mile mini-romp. Last year the popular 5k reached its 1,500 participant limit early and there was no race day registration. Sign up early!

Special 35th anniversary commemorative activities:

- 5k: Samson Gear for numbers that end in "35"
- 2mile: Samson Gear for the whoever pre-regs in "35" places (i.e. 35th, 135th)
- Kid's Race finishers will all receive a Samson water bottle.
- Team winners (up to 20 runners per team) will also get Samson gear
- Anyone wearing a previous year Samson Shirt can register for a prize
- There will also be an award for the person who wears the oldest Samson shirt



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THE PREZ SEZ



By Pete Abraham
The Prez

What, Another Year ? !

The 2014 road racing season is over and it's time to take a look back on another great year for the Striders. The club continues to grow at a record pace. We are now some 2200 households strong and the pace of our growth continues to be strong. All of our races that sold out in 2013 did so again in 2014. Those that didn't have caps in place did as well or better than the previous year. Interestingly, revenues for some of the races were lower as more 'members' signed up than 'non-members' (who pay a little more to do our runs). Overall however profits were up as our race directors found ways to cut costs without sacrificing quality. Our crown jewel, the Milwaukee Lakefront Marathon turned a record profit. In fact, Jon Mueller and his crew have nearly doubled the clubs profit on the marathon in just two years! Take a bow Jon!



The additional revenue comes at a good time. With increased membership come increased costs. Most of you have already figured out that your \$18 membership fee covers only a fraction of the benefits you receive from joining the club, especially those of you who take

advantage of all the opportunities. For 2015 we've added 4 new fun runs and increased our budget for all of the Wednesday night events due to increased attendance. We hope to add even more fun runs in the near future. The club incurred additional expense when we added chip timing to several more events including the South Shore Half Marathon. The Cullen run will also move to chips this year. For the record, chip timing adds about \$3 per runner, per race to our costs. Last summer we added Tuesday night track workouts at Hart Park with Speed Coach Matt Thull and recently we've started weekly Pettit Center indoor training sessions with director Angie Smith. Like our Wednesday nite Fun Runs both of these weekly events are free!

In November the Road Race Committee met to plan our 2015 schedule. You will be happy to hear that all of our races are back for 2015 with virtually no price increases. One major change is that the 2015 Milwaukee Lakefront Marathon will increase our registration from 3100 to 3500 runners! Look for even higher numbers in the future. By the way, Milwaukee's Lakefront Marathon has been named the 2015 Regional Championship Marathon by the Road Racing Club of America. Sweet!

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Badgerland Striders Meetings



@ Pettit National Ice Center, 500 South 84th St
(just off I-94 at 84th), Open Run on the Indoor Pettit Track at 5:30pm, Reception at 6:30pm, Speaker at 7pm, Business meeting 8pm, Party until 9pm or even later (maybe).

Admission \$1 for members and non-members. Fee covers all refreshments and snacks.

Contact our meeting speaker coordinator
Dave Gavinski with speaker ideas for our future meetings.
If we use your idea for a future meeting speaker you could win a Strider Hat
Home: 414-476-3745, Email: davegavnski@juno.com



BADGERLAND STRIDERS MEETING SPEAKERS

January 21st, 2015
Jay Preston,
USATF WI President

Jay is the current president of USATF-WI and also the officials certification chair. He has been a Track and Field official for 20 plus years. Has officiated at NCAA Div 1,2 & 3 national meets. Has also officiated at USATF National Masters meets and the WIAA HS state meet (15 Years). Jay was a sprinter in HS and college. He is currently in the top ten in his age group nationally in the 500M and sprints on the velodrome (bike track). He is also a clinical assistant professor at the Marquette University School of Dentistry.



Jay will speak on a brief history of USATF and the benefits of being a member. If there is time he will add a short section on sports drinks and their effect on teeth.

February 18th, 2015
Roy plrRUNg
Strider Legend

Join longtime Badgerland Strider member and world renowned ultra runner, roy plrRUNg on Feb 18. Roy will share his 2014 adventures.

Pirring has broken over 60 American Records in his career and won 76 national titles, was named ultra runner of the year once and masters ultra runner of the year 5 times. He was a nominee for that honor again in 2013.

He is a member of USA Track and Field's Masters National Hall of Fame.

In 2013 he was nominated for Road Race Management/MarathonFoto's Lifetime Achievement Award and he was a guest speaker for Milwaukee Lakefront Marathon.

March 18th, 2015
Brett Meinecke
Ben's Cycle & Fitness

The off-season is the best time to re-evaluate your training and equipment.

Brett Meinke, human movement scientist at Ben's Cycle and Fitness, offers professional gait analysis, custom orthotics, and shoe fitting services to make certain your gait and shoe fit are perfect. Form and support for our feet are critical to performance, longevity, and injury prevention.

Your body also welcomes a break from running through cross-training. Cycling can build your cardiovascular systems, strengthen supporting muscles and tendons, and develop leg strength. Ben's Cycle has the experience and knowledge to be your resource for quality recreation, commuting, and endurance bicycles, cycling products, and service.

Times Past: Yesterday and Today

Starting the New Year Right



By Ron Winkler

As we begin 2015, I'd like to update several items. The first is the list of race directorships that I began in January 2014. Former Striders President and Lifetime Member Jerry Anderson informed me that he was race director (RD) for the Turkey Trot for eleven years and RD for the old Lombardi Run for eight years. Those nineteen races put him in fifth place on the list.

Lifetime Member Don Ayer contacted me to say that he had forgotten to include the Champagne Chase which he directed for eight years. That brings his total to forty races, but it's not enough to topple Roy Pirrung from first place.

Here is the latest tally of race directorships.

- 1) Roy Pirrung 45.
- 2) Don Ayer 40
- 3) Jim McFadden 25
- 4) Jim Schneider 24
- 5) Jerry Anderson 19
- 6) Kris Hinrichs and Phil Carpenter 17

And the beat goes on

On October 5, 2014, there were three runners who had completed every Lakefront Marathon. At the end of the day, all three "streakers" had finished their 35th Lakefront Marathon. They are James Bahr - 5:07:26; Bill Boehm - 5:40:31 and Duane Tate - 5:15:19. This year's edition will be the 35th anniversary of Lakefront (36th running) with special activities in the works.

Tom Bunk

Badgerland Striders Lifetime Member Tom Bunk passed away in September 2014 after a long battle with cancer; he was 72. Tom and his wife Lorraine joined the Striders in 1981



Tom Bunk pictured here with his collection of awards from Ice Age and other nationwide ultra races.

to learn more about running and in the process they made many friends. Tom served as Badgerland Striders' Vice-President of Road Racing, Race Director for Glacial Trail Races, trail captain for Ice Age Trail 50 Mile Race for twenty years, and aid station captain for Lakefront Marathon. This led to his being awarded Lifetime Membership in 2006. He was most proud of maintaining accurate courses for all of the Striders' trail races.

The Bunks had retired to North Prairie in Waukesha County where Lorraine still resides. *Silent Sports* magazine referred to Tom and Lorraine as the president and first lady of trail running. Tom finished the Ice Age Trail 50-mile run 23 times.

Brian Murphy- the rest of the story

In 2009, I wrote a series of articles about Brian Murphy, a track and field athlete in Milwaukee during the late 1950s through the late 1960s who would compete in up to twelve events in a track meet in a single day, placing in all and winning at least half. He was elected to the University of Wisconsin-Milwaukee's Athletic Hall of Fame in 1979 and was described by his track Coach John Tierney as "a track team in himself."

Murphy disappeared in a blizzard on December 5, 2007 while hiking on the Big Island of Hawaii's 13,796 foot Mauna Kea; he was 67. At the time, several lengthy searches failed to locate his body. In July 2013, a body was found at about 12,000 feet, clothed in a University of Wisconsin-Milwaukee sweat shirt. Dental records confirmed it was Murphy. He was wearing tennis shoes, not a good choice for such a challenging climb. His body was found a mile from the trail, suggesting that he had become lost as a cold front dropped the temperature near zero with winds up to 70 miles per hour. The accompanying blizzard dumped a foot of snow and formed drifts that were five to seven feet deep and 100 feet long.

Murphy was one of the pioneers of the old Milwaukee Track Club, which in 1972, merged with the University of Wisconsin-Milwaukee to form the University of Wisconsin-Milwaukee Track Club. In 1977 the name was changed to the Badgerland Striders. Murphy's family held a memorial service in December 2013 at Gethsemane Evangelical Lutheran Church in Brookfield. Although Murphy grew up in St. Francis, Milwaukee and Wauwatosa, the story did not appear in Milwaukee because he moved to Michigan in 1969.



Brian Murphy competing in the Hammer Throw, late 1960s.

FIRST RITES OF SPRING RUNNING BADGERLAND STRIDERS HALF MARATHON

April 4th, 2015

By Len Wachniak

One of the rewards for making it through another Wisconsin winter is the opportunity to come out and run along Lake Michigan's shore. Set for April 4, 2015, this year's edition of the South Shore Half Marathon will once again be contested on the Oak Leaf Trail from South Shore Park to Grant Park, then back. The USATF certified course is one of the most picturesque in the area, with several vistas for enjoying views of Lake Michigan, the Milwaukee skyline and several parks along the course.

We will once again have two Gatorade/water stops on the course, and since this is an out and back course, there will be four opportunities to replenish. Of course, there will be other refreshments available in the pavilion once you have crossed the finish line, some of which are available to those 21 and over. There will be porta johns along the course, along with several at the start/finish area.

The race has once again been designated the Road Runner Club of America as the Wisconsin half marathon championship. Not only does this give the race more prestige, we are also given awards to be presented to the top finishers. This is in addition to those given to the overall and age group winners.

Absolute Race Timing will have timing mats at both the start and finish, so please remember to wear your bib on the front where it can be seen. Result kiosks will be set up inside the

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Saving my Running Shoes

- by Dave O'Brien

"Smack ... smack ... smack ...!"

That was the sound of Bruce, my neighbor across the street, knocking his running shoes together to smack the dirt off. Apparently he had worn them while gardening.

"Careful, Bruce, there's still tread on the bottoms!"

He laughed loudly, as neighbors barely in earshot will do, and came back shouting his own comical retort. We've lived across from him for many, many years, and have always appreciated his spirit and good humor.

Regarding our shoes, there was a time when Bruce ran. I ran too. Now we still wear running shoes because that's what we're programmed to do, and we've learned to adapt to them. One could say, we've even developed relationships with them.

The thing is, now that I'm on social security, I have to plan my expenditures more carefully than before, I need to save my shoes to wear again. And again.

Popular knowledge has it that running shoes should be used only for 300 to 500 miles, at which point you should get rid of them. At Badgerland Striders meetings we've heard some elite runners say they limit theirs to 150 to 250 miles. Others have said they'll wear them over a thousand, perhaps 1500 miles. You know that as runners, they have measured the performance of their shoes down to a gnat's eyelash. They're doing what's right for their own intimate relationship.

In my case, it's not quite so simple. I don't run any more, and I don't have foot problems. I wear running shoes for comfort and protection.

Oh, and for appearance, of course. We all need to maintain our persona.

My most comfortable, everyday shoes were made by a well-known manufacturer. I had used their shoes before, but this year they provided loops instead of eyelets, in an



On the left are my "new" running shoes from 7 or 8 years ago, suitable for semi-formal casual events such as Zumba Gold. In the center, my "best" and favorite shoes can be worn to classy stores like Target or Menards, but they're dangerously slippery on hills. They feature ambient cleanliness, and I strive to maintain my close relationship with them. Right, my lawn mowing and gardening shoes, showing discoloration from grass and mud. Oh, and on the extreme right -- shoes suitable for attending MSO concerts or the Ballet, because they're black. Note - parental guidance advised. This photo was taken while barefoot.

apparent attempt to make lacing easier and faster. Thing is, after a year of tying and untying, friction wore out the loops. I had to poke new holes in the uppers to accommodate the laces.

Meanwhile, the adhesive on the foxing and the side quarters started to let loose. This was probably due to my repeatedly tromping on a shovel to turn over dry soil in the garden. OK, the shoes are falling apart, but they're still snug, so I can live with that. I bought a new shovel with a bent-over top edge (instead of a sharp edge), that's easier on my shoes. Also I'll try a little contact cement on the side quarters to see if it holds up.

The rubber sole has been totally worn away under the ball of my foot and somewhat behind (a sign of flat feet), which totally fits the shape of my foot. It does make it difficult to negotiate steep dirt trails, as there are no soles for traction.

With care, however, I can grab at weeds and branches to pull myself up, and then walk on the level for hours at a time.

I wear them around the house, and for walking, hiking, a bit of running, and for shopping at forgiving stores like Target or Menards. They have been exposed to nearly everything, so their gray color exhibits ambient cleanliness.

For more formal stores and events I'll use newer shoes. Who wouldn't? For my Zumba Gold classes I'll use a pair I bought from Tom Labisch 7 or 8 years ago, and just re-discovered in my basement. They're like new. They *are* new, and they're still nearly white.

For even more formal events, concerts etc., I'll wear a pair of New Balance walking shoes in black, with dark socks. Those are what I wore briefly while walking in the 24/12 hour run in Germantown several years ago when a kid said, "Hey, there's a guy running in street shoes!"

Back to my favorite shoes (for now). I'm taking care of them. I've altered my digging technique, and avoided wearing them for mowing the lawn and gardening in moist soil. Either of those activities would change their color balance and take them out of the realm of "ambient cleanliness" and into "downright dirty." I'm not ready for that, as they're still way too comfortable.

Perhaps the most critical issue with saving them is the laces. As I said, the loops wore out so I had to poke new holes in the uppers to re-lace the shoes. Of course the laces were already worn from friction, so I re-tied them to present "new" surfaces against the holes. When those areas wore thin, I shortened the laces even more.

Now they have worn as thin as household string, and about to break. Of course I could buy new laces, but I'm not sure the old uppers would stand the strain.

I'm thinking I should wear them to bed at night, to avoid the untying/retying cycle. I'll promise Kathy, and keep them on my side of the bed.

Once you've developed a relationship with your running shoes, it ought to be preserved.

AQUATIC-BASED CONDITIONING

Don't let cold weather rob you of your workout! Instead of battling the *outdoor* elements of wind, sleet and snow, why not consider *indoor* aquatic-based conditioning?

Using water in medicine is not a new idea; it's been around since Hippocrates. However, it's just within the last century that the application of fluid dynamics has been directed at rehabilitation. High-level training programs in water have been effectively utilized during the last 30 years.



Adding water workouts to a training program requires a little thought and pre-planning to address the skill and comfort level that the participant has in a water environment. It's important to determine what depth of water is appropriate – deep, shallow, or a combination. The availability of floatation devices and/or other equipment can create additional strength or cardiovascular challenges.

Understanding some of the effects that water has on your body will help to make your sessions more productive. The ideal temperature to workout in is 79° F to 81° F (competitive pool temperature). With the entire body immersed, the water temperature will assist in cooling the body, decreasing the demand on the body's cooling mechanisms, which in turn will decrease heart rate. Water activity can result in about 17 beats per minute less for the

same intensity of work; consequently, you'll need to adjust your target heart rate appropriately.

Other water workout considerations:

- Until you establish what your heart rate in a water environment should be, perceived exertion is a good measure of workout intensity.
- The effect of buoyancy is to decrease impact stress and joint loading during weight bearing water activities. However, keep in mind, that you are still moving against resistance with any water exercise, challenging your strength.
- Turbulence can make your workout easier if you are moving in the same direction as the water, or harder, if the water is either "still" or you're going against the water direction.

Running in deep water using a floatation aid (i.e., aqua jogger, swimming noodle or pull buoys) can help to focus your workout on the legs. The goal is not to complete laps, but rather to incorporate intervals or speed changes during your running routine. Shallow water running suggestions include aqua shoes to decrease the irritation to the bottom of the feet, as well as prevent slipping. The shallow end of the pool is ideal for lap running, general lower body strengthening, stretching, and warm-up and cool-down activities.



Using short fins (i.e., zoomers) in a workout can add another challenging variation challenge in deep water. Try vertical kicking intervals that elevate your body out of the water, and then let it down during the recovery period, or normal kicking with a kick board.



Water is a great medium to work out in, no matter if it's to recover from an injury, decrease the pounding on your joints, or as a productive alternative to your regular workout routine. For questions on aquatic-based conditioning, other sports medicine topics, or to schedule a Free Injury Evaluation, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.

Prez Sez

What, Another Year? !

(Continued from page 2)

One of the cool things that's happened over the past year or so is all the new members who have showed up to volunteer at our events. This column has been used to both encourage members to volunteer and to try to make them aware of who (or what) they are volunteering for. Many people believe that every time they volunteer it's for a good cause. That is just not true. There are all kinds of 'for-profit' groups starting races in this market. Some try to obscure things by using the term 'charity partner' and make small donations to charities that provide them with most of the (free) labor to put on their event.



According to the October 2014 issue of *Road Race Management*, A St Louis University law professor recently filed a class action lawsuit against the largest commercial race promoter, the Competitor Group (CGI), operators of the Rock 'n' Roll marathon races in over 30 cities. The claim is that "Each of the forty-one (CGI) events has relied on a legion of over one thousand laborers, called 'volunteers', who performed various tasks required by defendant in order to operate the events, including, among other things, manning water stations, giving directions, and riding escort for the participants in the race. These 'volunteers' were recruited under the auspices that they were providing a community service for various charity groups, all of which pay defendant, in one way or another, for the privilege of being an 'Official Charity'. While these charity groups provide Defendant with the veneer of community service, in fact Defendant is exploiting a volunteer labor force to avoid paying for necessary labor, a privilege not afforded for-profit companies under the Fair Labor Standards Act."

Whether this suit succeeds in court or not, it is bound to open the eyes of at least some 'volunteers'. The lawsuit does not include 'non-profit' organizations but that does not mean some of them do not operate in a similar manner. If the management of a 'nonprofit' rewards itself with large salaries, consulting fees or other compensation with a minimal portion of its revenues going to it's 'charity partners', potential volunteers need to be aware of that fact. 501(c) non-profits are required to file IRS tax form 990. Those tax returns are open to public inspection. Back in September the Milwaukee Journal/Sentinel published some of the 990 data from the Fox Cities Marathon. Perhaps the local newspaper will do more such reporting in the future and help us all get a clear picture of who, or what we are volunteering for.

At this years Christmas party we will again be awarding the 'Volunteer of the Year Award'. The 35 members of the Road Race Committee (RRC) vote with secret ballots and only the club Secretary knows who has won the award until the night of the party. Strider by-laws prohibit members of the RRC from winning the award. There are many members of the committee that would otherwise be well qualified to win the award. This column is the appropriate forum to acknowledge some of those committee members who put in a ton of effort behind the scenes. Since the Strider is published bi-monthly we will talk about two of those members.

Sean Daley, club equipment manager. For the past four years Sean has maintained the mountain of equipment in the Strider warehouse. The position also includes handling all of the clubs equipment rental (and loan) transactions. Until you've done Sean's job you have no concept of how much time is involved.

Dave Feigel, our permit guy. Permit guy? Yup. The club needs a ton of permits every year and Dave is the go to guy. Each race needs at least one permit and some need several. Every Fun run and our build-up runs need permits. The Marathon needs a pile of them from every municipality between Grafton and downtown Milwaukee. Each event also needs a certificate of insurance liability and Dave takes care of the task as well.

These two guys make all of our jobs a whole lot easier. Sean and Dave, we salute you!

Samson Stomp 2015 Sunday, January 18, 2015

(Continued from page 1)

Entry fee also includes a collectible long sleeve t-shirt and free admission to the zoo for the day. Gorilla trophies will also be back for the award winners.

Race Details:

Start Times:

5k - 9:30am

2-Mile- 10:15am

1-Mile- 10:45am (ages 6-12)

¼-Mile- 11:00am (ages 12 and under)



Pre-Registration Fees:

\$20 - 5k/2-Mile

\$10 - Children's Romps

\$15 - Team Member

Race Day Registration:

From 8am-9am, cash or check only, no guarantee of t-shirt on race day

\$25 - All Participants

NOTE: Race may sell out this year BEFORE race day

Online registration can be completed at the Milwaukee County Zoo website up until 10pm on January 14th <http://www.zoosociety.org/Events/SamsonStomp>.

Printed entry forms can also be mailed into the zoo, but must be received by Friday, January 5th.

Remember that the 5k field is limited, so don't delay reserving your spot in a great winter running tradition.

FIRST RITES OF SPRING RUNNING BLS HALF MARATHON

(Continued from page 3)

registration, and final results will be posted on the Strider web site.

Race fees are \$12 for Strider members and \$18 for non-members. Race day registration is \$25 for all. Online registration is open on the Strider web site, and will close several days prior to the race to allow our timing people to download the data and print labels and lists.

For this low cost you get to run with some great people along a certified course, which is traffic free. Water and Gatorade are available along the course, and the South Shore Park Pavilion is a great place to stay warm before the race, and talk with friends afterwards. There are snacks and refreshments after the race. All runners and volunteers receive a pair of much sought after gloves, a great addition to your running wardrobe, as they will match anything you wear.

The Badgerland Striders are able to offer this race at such a low cost because of the great work done by all of our volunteers. You will see people handing out bibs, helping with

registration or setting up the course prior to the race. All of those smiling faces that you meet along the course as sentries or water stop people are working to make this a great experience for you. Of course, everyone loves the beer people after the race. We can always use more volunteers, so if you are interested in helping out prior to the race, then running in the event, we have openings at registration. Want to get out and enjoy the Wisconsin spring, then we have spots along the course.

Look for race updates on Facebook and Twitter, and if you have any questions regarding the race, please email me at

wachlen@sbcglobal.net





Saturday, March 21, 2015 • U.S. Bank Center

The Fight for Air Climb has something for everyone. Set an aggressive fitness goal, compete to have the fastest time or take on the “Ultimate Challenge” to see how many times you can climb to the top in one hour.



STEP UP for healthy lungs:

- The tallest building in Wisconsin! **1,034** steps, **94** flights
- Register as an individual or form a team
- Each participant will receive a technical t-shirt and finisher's medal
- Individual fundraising minimum of \$100
- Awards given to top finishers and top fundraisers
- Race is professionally timed

Register today at FightForAirClimb.org

Receive \$10 off registration* now through February 1, 2015 by entering the discount code: **StridersClimb2015**

**Offer gives discounted registration fee only. Required fundraising for this event is \$100 per person.*

FightForAirClimb.org

BADGERLAND STRIDERS HOLIDAY PARTY

The Badgerland Striders 2015 Holiday Party will be held
Saturday, January 24, 2015 at the Peck Pavillion at the Milwaukee County Zoo.
1001 West Bluemound Rd., Milwaukee, WI



The Holiday Party will begin at 6:00pm and offer dinner and drinks as well as a DJ and dancing.

The night will roughly follow the schedule below:

- ◆ 6:00pm - Hall Opens and Social Time
- ◆ 6:50pm - Welcome and Introductions
- ◆ 7:00pm - Buffet Opens
- ◆ 7:45pm - Introduction of 2015 Club Officers and Comments
- ◆ 8:00pm - Strider Awards for the 2014 Year
- ◆ 8:30pm - Music, Dancing and Social Time
- ◆ 10:00pm - Hall Closes. Have a safe trip home.

Dinner, beer, wine and soda are free.

Cash bar available.



REGISTER AT

<http://www.zapevent.com/ListActivities.aspx?eventid=4668>

OR CLICK THE LINK ON THE STRIDER WEB SITE

<http://www.badgerlandstriders.org/>

BLS Members \$15

Guest \$10

(membership includes all relatives living in the same household)

Non Member \$20



MAKING DUST

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. . . . - Martin Luther King, Jr.

The Badgerland Striders present

Milwaukee's Lakefront Marathon

Sunday October 5th, 2014
WI-10039-DM

Milwaukee Wisconsin
Timing & Results by
SPORTS
MANAGEMENT
ASSOCIATES, INC.
414-375-2427

WWW.SMAresults.com

INDIVIDUAL RESULTS

26.2 Mile Run

Bib Name Time

1st Male
1 Nicholas End 2:27.31

1st Female
8 Melissa Gacek 2:54.52

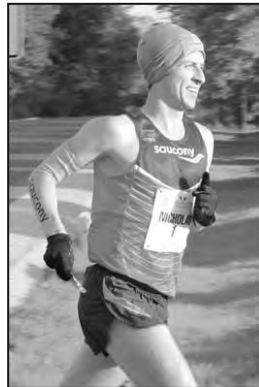
DIV = ATHENA

1020 Tiffany Grosspietsch	3:49.25
894 Meghan Garvin	4:00.28
680 Lisa Dretske	4:06.07
2282 Lindsey Pugh	4:17.06
1728 Carrie Luedeking	4:18.00
396 Martha Callahan	4:19.23
1552 Christena Krause	4:27.35
2370 Deidre Ripka	4:28.32
3841 Rachel Thiel	4:30.09
2972 Jennifer Waite Haas	4:34.40
1656 Brooke Lehman	4:36.59
1128 Heather Haynes	4:37.32
2658 Kimberly Scaff	4:44.59
1867 Jessica McMullin	4:54.04
1977 Marisa Mooney	4:55.00
1760 Lana Mades	4:57.52
334 Sara Brozek	4:58.35
999 Elizabeth Greene	5:00.22
1639 Suzanne Larson	5:04.02
1352 Amber Jonas	5:07.00
1418 Kathryn Kedinger	5:12.57
2416 Dawn Rothemel	5:13.29
1462 Michelle Kingery	5:13.35
3040 Candice Whalen	5:17.59
1793 Katy Marking	5:27.04
1640 Jan Laskowski	5:35.18

645 Joyce Dieter	5:39.53
1908 Denise Meyer	5:41.40
3056 Boo Wild	5:50.10
1935 Cheryl Miller	5:53.00
3121 Kimberly Zabkiewicz	5:53.47
2521 Tara Schluessche	5:55.22
812 Nicole Fischer	5:57.16
811 Debbie Firkus	6:02.09
1952 Kathleen Mlada	6:06.55
1185 Lisa Hill	6:06.55
2433 Becky Runnells	6:06.56
994 Carrie Gray	6:07.27
3170 Libby Jones	6:08.39
580 Beth Dannenberg	6:10.54
2173 Jessica Pasco	6:16.28
3105 Angie Yamashita	6:19.57
1692 Maggie Lapski	6:20.01
1400 Holly Kasberger	6:24.25

DIV = CLYDE

1327 Paul Jester	3:05.52
168 Mike Bauler	3:18.16
982 Jeffrey Grabinski	3:23.34
2696 Michael Sowinski	3:28.35
2822 Steve Taylor	3:29.40
901 Mike Geason	3:30.57
1916 Kevin Michel	3:36.58
1189 Bob Hindman	3:37.56
2684 Christopher Sobieszcz	3:44.34
904 James Getke	3:46.22
2856 Barry Thrane	3:46.37
590 Brian Davis	3:51.15
2807 Gregory Tait	3:54.11
2322 Jeff Rau	3:55.50
683 Kurt Drezek	3:56.40
984 Kevin Gracey	3:57.50
1121 Alex Hansen	3:58.28
85 Nathan Ansell	3:58.43
2578 Brian Schulz	4:01.31
2260 Corey Poquette	4:02.39
2131 Lee Oksuta	4:06.02
2204 Michael Peters	4:07.05
1103 Mark Harrig	4:08.00
203 Matt Berger	4:08.39
1565 Scott Kromer	4:10.04
1831 Patrick McBride	4:10.33
1149 Brian Hennessy	4:11.46
1646 Johnathan Leanna	4:13.04
2954 Scott Villmow	4:14.32
2337 Craig Reiter	4:17.41
3151 Scott Zimmermann	4:21.38
1149 Brian Hennessy	4:26.04
1821 Rick Matzke	4:26.38
963 Brian Gold	4:26.42
3003 Charles Webb	4:29.29
1615 Douglas Lamers	4:29.40
1764 John Maguire	4:29.49
56 Samuel Albiero	4:29.54
2414 Erik Rossoho	4:32.43
1206 Kevin Hoffren	4:33.57
2478 Jim Schaefer	4:34.25
625 Dru Dentson	4:34.45
1779 Jim Maloney	4:36.40
2236 Greg Plantz	4:37.10
2900 Curtis Turner	4:38.28
2974 Ken Walkowiak	4:38.41
708 Richard Dykowski	4:40.04
1210 Bill Holdmann	4:40.55
114 Peter Backes	4:45.18
877 Ben Gagliano	4:48.47
407 Joshua Canas	4:49.24
240 Daniel Plath	4:50.44
2296 Ajmel Quereshi	4:55.03
586 Patrick Daubenmire	4:55.29
3077 Joel Wisz	4:58.45
2344 Chad Resar	5:03.47
2810 Boris Tammanbaum	5:05.15
1425 Ryan Kelleman	5:05.51
777 Martin Farfan	5:06.10



Nicholas End Male Champ of the 2014 Lakefront Marathon 2:27.31



Melissa Gacek Female Champ of the 2014 Lakefront Marathon 2:54.52

2879 Sean Tracey 5:07.17
1183 Gary Hill 5:11.53

(Continued on page 9)

2014 Milwaukee Lakefront Marathon
"Our Team Work – Made Their Dream Work"
From my perspective – Dr. Jon Mueller, Race Director

After months and months of planning an incredible race staff and hundreds of volunteers closed the books on another well received, well executed and memorable 2014 Milwaukee Lakefront Marathon weekend.

The marathon weekend kicked off on Saturday, October 4th, with our runners expo and packet pick up taking place at the Italian Community and Conference Center in the Historic Third Ward. For the first time since it inception into the marathon weekend the expo completely sold out with both national and local vendors displaying and selling their running related products.

Dave and Janice Finch who co-managed the marathon merchandise booth outdid themselves with a booth set up that looked right out of a department store. The revenue they generated from merchandise sales for the one-day event was amazing. They then transported their expo merchandise booth down to the finish line on Sunday and did it all over again. I think they put on 26.2 miles themselves between the two days.

A lot of runners and spectators left the weekend with something to remember the marathon weekend because of their hard work and help by a crew of volunteers.

There was a lot of energy at the expo as the runners picked up there packets and shirts, shopped the vendors, attended a course talk and listened to one of outstanding quest speakers at our runners forum area. My expo manager, Pam Mankowski, said it was the most energetic expo she managed so far this year. My packet pick up co-captains, Ed Doolan and Nichole Jellison did a great job in adapting to a new layout and coordinating the volunteers who were on to help the runners find their way around.

The fun part of Saturday for me was finally seeing and meeting the runners face to face. I meet a gentleman from Rhode Island, I meet a few of the international runners from Scotland, Dubai, and from Costa Rica, I meet a gal from San Francisco and I meet several runners who where here to complete their fifty states goal by running our marathon and of course the first timers and returning veterans. Pauline Shoemaker graciously helped the runners check their new, first time ever used, electronic timing

bib tags and handled lots of questions from the runners.

I also had the privilege of conducting the course talks, which featured our new course maps and a brand new Google Earth Course Flythrough, which brought a nice finale to the presentation. In between the course talks we had several outstanding presentations at our well-attended runner's speaker's forum sessions. As the day came to a close I was impressed at how well everything went and was encouraged by the positive feedback from the vendors.



Little did anyone at the expo know, other than a few key people, that, at about 10:00 am, I received a phone call from Dave Fiegel, my community relations manager that he had been informed that there was a commercial train about 18-20 hours away and could potentially interfere with the race course in Bayside and Mequon (our course has three railroad crossings at approximately mile 2, 12 and 15) in the morning. Now as a race director you basically have 3 major race day concerns, weather, medical issues and safety. But lucky me I get a fourth concern - three train crossings. I sensed the need for a very warm cup of milk and cookies to assist in achieving some state of sleep.

After a very, very restless night, race day arrived and turned out to be a picture perfect morning for October.

The start temperature was about 38 degrees with a nice sun rise and a mild breeze out of the southwest. As the morning progressed the tempera-

(Continued on page 12)



The Most Times are in 'The Strider'



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Oswald Ploon, Ebola Tsar for Madison and Dane County asks: Shoe, most web sites have a "FAQ" section. Is there one for running?

So, Ozzie, what are your plans as Tsar?

Well, I think we need to get the most dangerous people off the streets. In order to do that we will be quarantining all state legislators in a bowling alley in Stoughton.

Why legislators?

Those people are constantly campaigning, shaking hands with any voter they can get close to, kissing babies, eating whatever rubber chicken is served. Have you seen the voters out there? No manicures, bad haircuts, clothes from discount stores. Savages. Have you smelled a baby lately?

Who will run the state?

Wake up! We bureaucrats will run it like we always have.

I hear ya on that, Ozzie.

So, if there was a general FAQ on running I think it would be something like this:

FAQ: What does FAQ mean?

ANS: A bad person would ask, "Were you dropped on your head a lot as a child?" So I'll just be nice and say, "Frequently asked questions."

FAQ: Is it safe to run on roads with headphones?

ANS: Of course. Why do you need to hear Zippy coming at you in his \$200 Shaggin Wagin with one hand on the wheel and the other digging around under the seat for his weed?

Look on the bright side- your wife will probably get enough in the lawsuit to marry her Pilates instructor and move to Maui.

FAQ: Is spinning good cross training?

ANS: If you want to, sure. It's much more fun if you can get in the row behind a good looking person in spandex shorts.

FAQ: Is yoga good for runners?

ANS: See "Spinning", above.

FAQ: Where is the best place to find information about running?

ANS: The Badgerland Striders website and Facebook posts of course. "Runners' World" is great if you're a beginner. If you have a choice between the Ladies Home Journal and the Milwaukee Journal - go with the ladies. If Steve Prefontaine rose from the dead and ran a world record at the Milwaukee Lakefront Marathon the article would be in the sports pages of the Journal on page 8 below an article about one of their correspondent's dead dog.

FAQ: How long is a marathon?

ANS: 26.2 miles. Need help with the 100 yard dash? 10,000 meters? Indy 500?

FAQ: Which is better, treadmill or road running?

ANS: Road running is best unless the weather is bad or you have special needs. Some runners believe hell for runners could actually be a treadmill. You're out for a run and get hit by a bus and next thing you know you're on a treadmill with the TV in front of you tuned to the golf channel and the batteries are dead in the remote.

FAQ: How do I contact the Shoe?

ANS: Send your questions to "Ask the Shoe" at dschoemaker@wi.rr.com

Super Strider Series 2015

Jody Geibl
Super Strider
Series Coordinator

Are you a Super Strider? Here is your chance to prove it. To participate, simply register and complete 8 out of the 9 eligible Badgerland Strider Races. When you complete the series you will receive an exclusive Badgerland Super Strider jacket for your efforts and free admission to the 2016 Badgerland Strider Holiday Party, where you will receive your jacket.



The following races qualify you for the series:

- South Shore Half Marathon – April 4, 2015
- Super Run 5k – June 10, 2015
- Hartfest Half Marathon – June 20, 2015
- Fire Cracker 4- July 4, 2015
- Cudahy Classic 10 mile- July 26, 2015
- Strider Half Marathon-August 29, 2015
- Tosa Fest 5k- September 12, 2015
- Lakefront Discovery Run- October 31, 2015
- Turkey Trot Prediction Run- November 8, 2015
- Indoor 20k/10k race - Pettit Center- December 6, 2015

There is a limit of 25 entrants into the Super Strider Series. Don't delay signing up!! Registration will open January 1, 2015.

If for any reason you are unable to run the race you are registered for (injured, etc) and you volunteer for that race, that will satisfy your commitment to that race. Please inform the volunteer coordinator of that race know that you will volunteer.

Are you up to the challenge? Sign up for the series at <http://www.zapevent.com/listactivities.aspx?eventid=6551>

If you have any questions please contact me at jgeibl@wi.rr.com

Announcing!!!

The Striders are going on another "ROAD TRIP" and you should join us!
We're going to the Flying Pig in Cincinnati, OH

We leave Milwaukee on May 2nd and leave Cincinnati on May 4th

INFO:

- Cost of coach bus (with bathroom!) will be split evenly among travelers but no more than \$100.00 (25 people minimum needed).
- Block of 20 rooms have been reserved for the Badgerland Striders at the Wingate by Wyndham hotel in nearby Erlanger, KY. Pool, breakfast included and under \$100/night! (first-come basis). Call hotel directly!
- Sign up for the Half Marathon or Marathon as soon as possible at: www.flyingpigmarathon.com before price increases or they sell out!

FOR MORE INFORMATION:

www.badgerlandstrider.org home page OR contact:
Scott Stauske @ 414-418-8395 ScottS@kw.com
Angie Smith @ 4140520-6506400hurdler@att.net



We want you to join us if you are a runner (or willing to cheer for some!) interested in having some fun with old and new friends and like the idea of adventures...oh, and saving money!

YOU DON'T NEED TO BE A STRIDER MEMBER TO JOIN US...but then again why wouldn't you WANT to join us?

We will help you stay motivated this Winter!



MAKING DUST

Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself. . . . --William Faulkner



Lakefront Marathon Results Continued

(Continued from page 9)

590 Stacey Davies	3:37.56
3083 Julie Wold	3:39.48
1882 Misty Melzheimer	3:40.54
2812 Amy Tate	3:41.32
186 Denielle Beiffuss	3:42.01
1761 Katja Maertens-Wilsin	3:43:19
2068 Jenny Nemke	3:44.13
512 Angi Cook	3:44.24
961 Maureen Goetz	3:45.45
701 Megan Dunsirn	3:46.03
70 Alice Ambrowiak	3:46.20
3159 Michele Zrubek	3:46.52
2168 Kelly Parrish	3:48.22
392 Joanne Cain	3:48.52



775 Jodi Falaschi	3:49.04
2968 Dawn Wagner	3:49.22
1949 Becky Mistus	3:49.49
1655 Lee Leeser	3:50.05
2981 Rhianon Walsh-Bott	3:50.19
2519 Rachel Schley	3:50.20
928 Tracey Gessner	3:50.45
1544 Jennifer Kozjar	3:51.40
2393 Amber Rohead	3:52.17
2446 Jill Rybicki	3:52.43
295 Kristen Bradley	3:53.39
2452 Tere Sackerson	3:53.49
2766 Marianne Streit	3:54.13
2941 Kristi Vater	3:55.01
887 Alison Gannon	3:55.53
1220 Jacqueline Hoopman	3:57.21
1306 Danielle Janan	3:57.23
1297 Jaime Jacoby	3:57.44
269 Lori Bokowy	3:57.58
883 Amanda Galiano	3:58.20
2811 Amber Tanty	3:58.31
1299 Barbara Jahncke	3:58.45
1923 Cyndi Mies	3:58.53
2732 Nicole Steinhart	3:59.00
527 Kelly Corteen	3:59.05
1518 Sara Kohlbeck	4:00.59
2680 Jennifer Snook	4:01.11
957 Jamie Glodowski	4:02.37
2587 Sara Schwendinger	4:02.54
3051 Anne Wick	4:03.19

743 Laura Emrick	4:05.10
389 Leah Byrnes-Streicher	4:05.12
2124 Valerie Oestreich	4:07.40
948 Laurie Giumento	4:08.28
95 Maya Arnott	4:10.01
1864 Donna McNolly	4:10.31
53 Nausheen Ahmad	4:11.39
2817 Jessica Taylor	4:12.28
1038 Julie Guyton	4:12.52
3063 Sara Williams	4:13.26
574 Kasandra Daevel	4:14.43
2719 Teri Starry	4:15.12
2081 Candice Nielsen	4:15.20
3147 Sandi Zimbrie	4:17.35
1649 Lisa Lesch	4:17.39
2871 Crystal Toll	4:18.21
1566 Christina Kropp	4:18.28
2395 Jennifer Rojek	4:18.49
2057 Jodi Nearing	4:19.29
968 Carla Gomez	4:19.51
2718 Adrienne Starke	4:20.23
545 Carey Creech	4:21.49
2776 Hilary Stubben	4:22.47
162 Paula Bastow	4:24.01
705 Rossie Durand	4:25.36
487 Lindsay Cohen	4:25.42
1150 Jessica Hennessey	4:26.04
1353 Amy Jones	4:27.11
888 Stephanie Ganser	4:27.48
644 Michelle Dehul	4:28.23
830 Kate Foster	4:28.50
1213 Kristin Holmes	4:29.43
2688 Aliza Soler	4:29.59
2899 Ana Milan	4:30.14
1696 Victoria Liu	4:30.24
2689 Laura Sonstagen	4:31.05
2222 Natalie Pilmaier	4:31.35
337 Marie Bruce	4:32.47
1340 Kristen Johnson	4:33.02
332 Angela Browne	4:33.06
2346 Sarah Retherford	4:33.55
3155 Amy Zirbes	4:35.23
733 Heather Eisenhauer	4:35.55
109 Heather Ausmus	4:37.32
393 Megan Calder	4:38.41
341 Hannelore Bruhn	4:38.50
428 Sara Carter	4:39.22
2534 Lisa Schmitz	4:40.17
1559 Lindsey Kresge	4:42.10
1221 Jennifer Hoppe	4:42.37
391 Kathryn Cahill	4:43.51
120 Jeanette Bahr	4:44.47
394 Mahleah Calderon Hene	4:45.21
105 Jennifer Aultman Klot	4:45.31
2032 Liz Mueller	4:46.46
2577 Sarah Schultz	4:47.54

2014 Milwaukee Lakefront Marathon

(Continued from page 8) ture stayed cool reaching a high of 54 degrees with partly cloudy skies.

Our start line boosted a new start tower and truss system and along with the new art work banners, it made for a picture perfect start. Andrew Delzer was my manager in charge of all of the start line activities and he did a fantastic job in getting everything ready for the runners, from setting up the high school facilities, to overseeing the starting line set up. Bonnie Clary had a golden voice as she sang the national anthem and then "bang" the runners were off.

Oh yes, the train passed through the last crossing at mile 2 in Grafton at about 6:55 am. (Ah, the power of an all night prayer vigil).

The course set up this year was perfect. Scott Stauske, who was my assistant race director and Len Wachniak, who was my course operations manager did a great job in executing and organizing the course and with Erin Smiths outstanding job as my volunteer coordinator manager, hundreds of volunteers filled various important roles from the start to finish line the.

A special note of recognition goes out to Craig Hulce one of my sentry captains, who single handedly took charge of the section of the course through Concordia College. Under his guidance the college provided a pep band, a pompom cheering squad and solicited students to fill volunteer positions. Thanks Craig for your hard work.

While we did not have any course records broken we did have two runners, competing in the same age group of 70-74, who again made Lakefront Marathon history, Jim Bahr (5:07:26) and Bill Boehm (5:40:31) completed their 34th con-



secutive Milwaukee Lakefront Marathon. We affectionately call them our "running machines".

This year was the third year of the annual UWM Paws vs. Concordia Claws college challenge. The year team Paws took the trophy home until next year.

Our youngest runner was a 16 year old from Minnesota and our oldest runner was an 80 year old gentleman, Ot Lupinski, who started the race but finished the course in an unofficial time of over 71/2 hours. We had 3142 runners register for the race, there were 2160 runners at the starting line and 2,087 runners finished the race. No major medical issues occurred on the course or in the medical tent.

Out on the course, for the first time ever, was our 11 Badgerland Strider Pace Teams. Each pace team consisted of Badgerland Strider members (all veteran marathon runners with Lakefront course running experience). Most of the pacers started training for their role months back. We provided them with an entry, a uniform and the opportunity to run some of our club races for practice. They were kept motivated and focused by the Pace Team captain Rick Stefanovic and Jill Sommers our marathon motivation expert.

This was a goal I had set earlier in the year to form our own pace team. I was so proud, on this special morning, to see each pace team come across the finish line and watch the runners thank them for helping them reach their finish time goals. Thank you pacers, Rick and Jill for an outstanding job this year, you made a dream come true for me and the club.

We had some amazing press coverage at the starting and finishing line areas this year. Three TV channels, 4, 6 and 12 did live interviews and channel 58 did a taped interview. I was told that for a short time there was a news helicopter over the course covering the race up to Concordia College. At the finish line we again had live TV coverage and newspaper reporters doing interviews throughout the morning. "Unprecedented coverage" are the words Matt Braun (who handles the marathons marketing, advertising, public relations and social media) used when describing the amount and type of media coverage the marathon received this year.

In case you missed it, the Monday morning Journal Sentinel sports story had a great 1/4 page color picture of the runners and the great looking new start line tower with the new art work.

(Continued on page 13)



(Continued on page 13)



The Most Times are in 'The Strider'



MAKING DUST

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. . . . - Martin Luther King, Jr.

Lakefront Marathon Results Continued

(Continued from page 12)

- 1303 Sarah Jahr 5:19:30
- 2052 Jayalakshmi Narasimha 5:19:34
- 1693 Heather Lipusch 5:22:39



- 2221 Rebecca Pilarczyk 5:27:03
- 2026 Maggie Morrison 5:31:25
- 2873 Caroline Tonozzi 5:33:10
- 2040 Marudock 5:38:57
- 2674 Katharine Smith 5:44:27
- 2156 Gina Owens 5:50:30
- 2787 Shanna Sullivan 5:51:19
- 1878 Angela Meisner 5:52:46
- 618 Cynthia Delgado 5:55:12
- 1843 Cheri McCourt 5:58:51
- 2499 Nicole Scheidt 6:10:56
- 1009 Peggy Griffith 6:11:17
- 1115 Jill Haston 6:16:47
- 374 Delora Burke 6:20:50

- DIV = F40-44
- 1943 Sue Miller 2:59:10
 - 27 Diana Widmer 3:09:53
 - 1729 Pamela Luka 3:26:25
 - 3169 Terri Bodden 3:27:21
 - 619 Yvonne DeLongchamp 3:30:22
 - 2619 Rebecca Severe 3:33:31
 - 1057 Jennifer Hagstrom 3:34:40
 - 2002 Kit McCaffrey 3:35:07
 - 1064 Kris Hamelink 3:37:24
 - 2054 Cheryl Naughton 3:37:53
 - 3114 Cari Yerkes 3:38:06
 - 855 Angela Frey 3:38:31
 - 159 Brenda Bartz 3:40:19
 - 321 Linda Britz 3:40:23
 - 2523 Angie Schmidt 3:41:47
 - 2672 Erin Smith 3:42:08
 - 626 Cori Denk 3:44:07
 - 87 Beth Anzia 3:44:36
 - 1202 Anne Hoffman 3:44:37
 - 1460 Susan King 3:44:38
 - 2276 Annette Prinslow 3:45:14
 - 484 Anne Coffman 3:45:33
 - 1344 Michelle Johnson 3:47:41
 - 725 Lisa Ehke 3:48:13
 - 1664 Julie Lemmel 3:48:57
 - 1392 Karin Karecki 3:49:10
 - 1499 Andi Kneeland 3:50:31
 - 1856 Nikita McGuinis 3:51:13
 - 2837 Kim Teske 3:52:01
 - 1853 Kory McGinn 3:52:23
 - 509 Heidi Conto 3:52:56
 - 1442 Julie Kenstick 3:53:47
 - 385 Jennifer Butzke 3:53:48
 - 2655 Susanna Sipich 3:54:39
 - 2201 Christina Perozzi 3:56:36
 - 1253 Joann Hungness 3:56:36
 - 1528 Kelly Konkol 3:56:48
 - 825 Kimberly Forbeck 3:58:00

- 1246 Ellen Hughes 3:58:23
- 2247 Janice Poehlman 3:58:31
- 1304 Tanya Jahr 3:58:31
- 1045 Kristin Haberman 3:58:34
- 1075 Sara Hanks 3:58:37
- 2737 Juli Stensland 3:58:41
- 2335 Lynn Reinders 3:59:27
- 473 Tam Clark 3:59:31
- 1106 Anna Hartlaub 3:59:33
- 2065 Jen Nemeo 4:00:12
- 2823 Tammy Taylor 4:00:17
- 3134 Melissa Zebrasky 4:00:23
- 1237 Jeri Howey 4:02:50
- 2611 Ann Senn 4:02:51
- 502 Amy Conklin 4:02:53
- 637 Stephanie Dibenedetto 4:02:53
- 3110 Xiaoyan Yao 4:02:57
- 1114 Sarah Hassel 4:03:32
- 1602 Stacey Bast 4:04:07

- 57 Elizabeth Aldred 4:24:26
- 1430 Susan Kelpin 4:24:34
- 1912 Wendy Meyers-Grant 4:24:49
- 1828 Beth Mazzone 4:24:58
- 909 Tanya Geiger 4:25:14
- 2154 Rachel Ottens 4:25:33
- 2243 Denise Ploof 4:25:58
- 2512 Laura Schiffman 4:26:52
- 1709 Danielle Long 4:27:10
- 2056 Charlotte Neal 4:27:22
- 763 Barbara Estenson 4:27:42
- 2320 Kristen Rappold 4:27:43
- 1024 Karen Grunert 4:29:38
- 2779 Heather Stuebner 4:31:04
- 1965 Nicole Monet 4:31:21
- 1162 Ana Hernandez 4:32:02
- 287 Jennifer Boyce 4:33:32
- 2730 Yvette Steiger 4:35:05
- 687 Denise Dubois 4:35:25
- 2445 Jennifer Rybicki 4:37:07
- 2389 Erika Rodriguez 4:37:47
- 2071 Lisa Neumann 4:37:54
- 2549 Jill Scholten 4:38:50
- 861 Tracey Frosch 4:38:54
- 1042 Jennifer Haas 4:39:44
- 1364 Flavia Juergensen 4:40:32
- 251 Christa Blohowiak 4:41:51
- 2740 Kristin Stern 4:42:09
- 3141 Paula Zibton 4:42:20
- 83 Amy Anderson 4:42:32
- 616 Erin Del Ponte 4:43:35
- 2660 Veronica Skudlarczyk 4:43:47
- 2862 Pam Tippel 4:44:02
- 2709 Tracey Stachowiak 4:44:19
- 1156 Cheryl Herpiner 4:44:53
- 2661 Jennifer Slad 4:45:54
- 97 Renee Ashburn 4:46:51
- 1466 Julie Kinunen 4:46:56
- 2088 Poppy Niosi 4:47:26
- 2485 Nicole Schaller 4:49:07
- 2983 Leann Walters 4:49:29
- 3102 Nancy Wunsch 4:51:31
- 2070 Jennifer Neumann 4:51:35
- 1873 Liz Medina 4:53:59
- 330 Patricia Brown 4:54:33
- 2093 Elsa Nolan 4:55:12
- 2360 Jean Richie 4:55:33
- 1031 Lauri Gundrum 4:57:04
- 1102 Amy Harmsen 4:57:04
- 403 Chrissie Campion 4:57:28
- 3109 Li Yang 4:57:28
- 2096 Natalie Nolan 4:57:44
- 2150 Nikki Ostram 4:58:00
- 273 Heather Booth 4:58:51
- 2819 Joann Taylor 5:02:25
- 1207 Teresa Hofmann 5:02:52
- 1373 Dannette Justus 5:03:09
- 1483 Jennifer Klimke 5:03:59
- 1241 Ronnie Huang 5:04:05
- 219 Stacey Berube 5:05:51
- 2382 Maura Robertson 5:06:50
- 2259 Inderjit Pooni 5:10:07
- 706 Jennifer Dupes 5:13:59
- 628 Deanna Dierio 5:16:37
- 1618 Vicki Lamond 5:16:46

- 1177 Kathryn Hiatt 4:04:42
- 2397 Laura Roller 4:05:02
- 1175 Kristin Hettich 4:05:42
- 591 Nicole Davila 4:06:01
- 1311 Danielle Jansich 4:06:51
- 2266 Andrea Poulton 4:07:27
- 1321 Maureen Jens 4:07:32
- 2594 Karl Scott 4:08:11
- 2203 Nichole Peterburs 4:09:53
- 2515 Sara Schirmer 4:10:10
- 911 Rebecca Gemmill 4:10:33
- 2781 Lori Suarez 4:10:58



- 1281 Sarah Jablonski 4:11:48
- 689 Michelle Dudkiewicz 4:12:11
- 478 Brian Clementi 4:12:52
- 460 Wendy Christopherson 4:13:32
- 1663 Barb Lemke 4:14:25
- 1745 Luci Maamouri 4:14:43
- 2160 Josie Pala 4:14:50
- 2662 Thao Slonac 4:15:02
- 1891 Hannah Merle 4:15:18
- 638 April Dichtraff 4:15:22
- 1975 Renee Montz 4:16:41
- 1841 Erin McCombs 4:16:45
- 635 Shelly Devo 4:16:48
- 572 Paulette Czerwinski 4:17:13
- 2663 Valerie Smallish 4:18:32
- 1652 Joanne Lee 4:19:32
- 1230 Stacey Houck 4:20:28
- 2814 Rachel Tatum 4:20:37
- 1955 Noelle Moehlenkamp 4:21:29

- 792 Laura Fet 5:17:43
- 1233 Sarah House 5:17:52
- 649 Betsy Dietzler 5:22:39
- 3023 Bobbi Welch 5:23:02
- 785 Janet Fechter 5:23:51
- 2834 Patty Thompson 5:24:22
- 1448 Jeanette Kessenovitz 5:25:09
- 150 Stephanie Barnhill 5:25:10
- 1802 Michelle Marshall 5:25:25
- 1032 Sarah Gunnare 5:28:15
- 3080 Carrie Witsiepe 5:28:34
- 1847 Dawn McCreary 5:28:50
- 2681 Tina Snortum 5:35:01
- 1432 Erin Kemp 5:35:41
- 2271 Amy Pracko 5:35:41
- 1255 Liz Hunkins 5:39:11
- 765 Kelly Etzel 5:39:17

(Continued on page 14)

2014 Milwaukee Lakefront Marathon

(Continued from page 12)

Our finish line set up was incredible this year. Under the direction of Glenn Warglot and his lovely assistant Marci Warglot the finish line, in the words of Don Ayer looked like a "mini Olympics".

We had a jumbo size TV with live feed of the runners coming down our finish line shut. In our runners secured recovery area, Noodles & Company provided three different pasta dishes to the runners, Tom Salter my food manager and his team of volunteers assembled food bags, Sassy Cow provided chocolate milk and new this year we offered the most amazing, soft and really huge German pretzels from the Milwaukee Pretzel Company. We had messages available. The runners found their personal belongings ready for them in the runner's gear pick up area under the management of Kathy Werimer. Our own Dick Dodd and our traditional golden voice announcer Todd Bussart, up from Chicago, did the finish line announcing and commentary. The beer was flowing under the watchful eye of Deb Caroso and all of the volunteers were assigned and directed by Barb Drees.

Our medical tent was mostly empty the whole day which made my medical staff under the direction of Dr. Craig Young and Laura Gottschlich very happy (I noticed the ambulance guys were busy working on their tans).

As the runners finished the race Jeff Weiss and myself had the pleasure congratulating as many of them as possible. We especially looked for the first timers so that we could be the first to place their finisher's medal around their necks and welcome them to the marathoner's club.

How about those incredibly designed medals by Mike Kasen (who also designs our shirts)? The medals this year were a work of art and I was envious that I was not getting one for my shelf. Just so you know we submitted our medal design to a national competition among marathons and I really think we have a very strong chance to win it this year.

The spectator area filled to capacity for were camped out for distance before the finish minutes left on the off-were at least a hundred tence.

Another highlight of was watching the kids of our "I can 26.2 It"

Scott Stauske, again, program and was sup-several sponsor and on the Run, In-Step ters and the Milwaukee This is a ten week pro-fitness through run-last 1.2 miles by starting near the marathon finish, running around the park lagoon and coming down the finish line shut just like the marathoners will do about 45 min later. This year the program attracted close to 200 kids.

As the kids came down the finish line shut, they were greeted by Bango the Milwaukee Bucks mascot and several of the Bucks pom-pom squad. The looks of the kid's faces were priceless.

I know that there are many more incredible people and other things that happened over this amazing weekend that I did not mention in this article, but if I don't end it soon Jeff Weiss will most likely never ask me to write another article. To everyone who contributed their time, talents and passion, and to whom I did not mention in this article, I believe you know who you are and what you did to make this a successful event. From the bottom of my heart thank you.

And lastly, a HUGE thanks to all of the volunteers who filled so many different positions and rolls though out the year. This entire event would not be possible if it weren't for all of you. On behalf of my race staff, myself, the runners and the Badgerland Striders - THANK YOU.....

Now I can truly say this one is in the books (except for my wonderful treasurer, Dennis Novak who is still at work handling the race finances...).

My race staff and all of the hundreds of volunteers accomplished our motto for the year which was "Our TEAM work makes their dream work" - this was the most successful marathon in the clubs history.

Here is looking to 2015 and the celebration of our 35th anniversary.



bleacher seats were most of the day. People about 2-3 more blocks line shut. Even with 30 cial clock there still or more people in at-

this amazing weekend gather for their final run Kids running program.

headed up this great ported with help from volunteers from; Girls Physical Therapy Cen-Police Endurance Club. gram to promote phys-ning. The kids run their

The Most Times are in 'The Strider'



MAKING DUST

People ask why I run. I say, "If you have to ask, you will never understand". It is something only those select few know. Those who put themselves through pain, but know, deep down, how good it really feels.

Erin Leonard

Lakefront Marathon

Results Continued

(Continued from page 13)

- 1926 Kari Mikozyk 5:41:51
1295 Tina Jacobson 5:45:09
3050 Mary Wichem 5:46:05
2703 Tracy Sprader 5:47:51

DIV = F45-49
4 Corina Canitz 3:04:58
1633 Michelle Lanouette 3:09:58

- 2514 Beth Schildt 4:17:35
2103 Linda Norton 4:17:55
1918 Gretchen Michelet 4:21:19
1554 Lisa Krause 4:22:46
2048 Cheryl Mysyka 4:23:16



- 3164 Tammy Zudock 3:25:01
1112 Elaine Hassan 3:26:02
2584 Jenny Schweinert 3:28:52
2371 Lauren Ritters 3:28:54

- 577 Vicki Dallmann-Papke 4:55:39
1794 Susan Marocco 4:55:54
1505 Kristi Knull 4:57:00
2086 Mary Nimrod 4:57:50

- 2267 Janet Powell 3:52:39
2789 Jenny Summers 3:56:12
1343 Melissa Johnson 3:57:59
1273 Nicki Imman 4:00:11
2425 Sandy Ruel 4:03:46

- 688 Eileen Duchane 5:15:50
1471 Marilyn Kirchgessner 5:26:42
1966 Cheryl Monnat 5:37:23
2562 Chris Schreier 5:38:59



Females 18-30

Mazur/Zachow, a market research firm in Brookfield, is currently looking for females between the ages of 18-30 to take part in market research studies such as focus groups and in-home product testing.

If you are interested, please call 262-938-9244 and ask for Adrienne or email your name and contact info to panel@mazurzachow.com



"Like" Mazur/Zachow on Facebook and follow @Mazur_Zachow on Twitter for information on upcoming studies and more

- 2171 Sharolyn Parry 6:06:36
333 Jackie Browning 6:29:02
DIV = F60-64
1048 Sara Hackney 3:54:50
209 N. Claire Berman 4:19:17

- 2418 Joan Rowland 4:25:35
780 Patti Farnam 4:58:12
2701 Jackie Splinter 5:25:37
488 Mary Cole 5:26:37

- 874 Mary Fuss 5:32:38
2142 Beth Onnes 5:49:12
1254 Kathryn Hungness 5:55:36
549 Joan Cristostomo 6:08:45



- DIV = F65-69
342 Beverly Brunner 3:56:36
1381 Karl Kallie 5:04:07
399 Gail Campbell 5:39:05
537 Joan Cox 5:40:32

- DIV = M18-24
395 Connor Callahan 2:29:15
2193 Joseph Pendleton 2:38:44
2615 Dennis Serna 2:55:52
2200 Matthew Perkovich 2:59:15



The Most Times are in 'The Strider'





MAKING DUST



Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances. -Thomas Jefferson

Lakefront Marathon Results Continued

(Continued from page 14)

Table of marathon results for the first column, listing runner names and their finishing times.

Table of marathon results for the second column, listing runner names and their finishing times.

Table of marathon results for the third column, listing runner names and their finishing times.

Table of marathon results for the fourth column, listing runner names and their finishing times.



Table of marathon results for the fifth column, listing runner names and their finishing times.

Table of marathon results for the sixth column, listing runner names and their finishing times.

Table of marathon results for the seventh column, listing runner names and their finishing times.

Table of marathon results for the eighth column, listing runner names and their finishing times.

Table of marathon results for the ninth column, listing runner names and their finishing times.

Table of marathon results for the tenth column, listing runner names and their finishing times.



The Most Times are in 'The Strider'

(Continued on page 18)

The Pacer Brigade v1.0

2014 Milwaukee Lakefront Marathon

By Steve Taylor

In March I responded to an ad in the Badgerland Strider Newsletter looking for pacers for the upcoming October marathon. Minimum qualifications for application were to be an active BLS member and to have completed at least one LFM. You see, last year was LFM's first attempt to have a pace team; it contracted with an out-of-state company to field a team and, it probably goes without saying, the club was not happy with the results. I applied and the race director, Jon Mueller, got back to me promptly asking which time slot I would prefer. How nice is that? I figured I'd have to take whatever was available. I chose 3:30 because I had successfully completed the same pacing duties at the Madison (WI) Marathon in November 2013. My desire to volunteer is a way to give back to the running community, the club I am a part of and to help people achieve a marathon goal. Frosting on the proverbial cake would be to get someone a BQ.

Marathon weekend started early Saturday with Nanette's, my girlfriend, long run at the lakefront (her youngest and I accompanied her on bike) followed by an appearance, in uniform, at the 11:00 am LFM pre-race motivational speech/presentation by Jill Sommers held at the expo. The presentation was a way for the pacers to be introduced and to say a few encouraging words to the attendees and athletes. After that, I was able to walk around the expo (venue changed to the Italian Community Center in the 3rd Ward from the MSOE gymnasium in years past) to pick up my packet, T-shirt and visit the pacers' table. Our packets were held for us behind the desk, which I picked up along with the pacer sign and posed for a group photo before heading home.

As I always do in the week leading up to the race, I kept a fairly close eye on the weather. It's usually erratic this time of year in Milwaukee and that can make the weather a big factor any given year; several days before it was unusually warm and humid, followed by a couple of days of strong winds, a cold front and rain. Nanette's long run on expo Saturday (day before marathon) was overcast, windy with patchy drizzle and an occasional snow flake. Sunday was forecast to be a dry, cold day with a northwesterly wind (tail wind).



After a relaxed, carbo-loading pasta dinner at home Saturday night, we got to bed about 10:30 pm, set the alarm for 5:20 am and a goal to be on the road by 5:50 am in order to be at the Grafton High School start, parked and waiting at the flag pole for the pacer team photo at 6:50 a.m. (7:30 am start time).



I slept fairly well and felt good when I woke up. I got through my regular prerace routine (it helps to set everything up the night before) and Nanette got the kids ready. We were on the road, in the dark, at 6:00 am with jackets, gloves, hats, snacks and drinks. It was 37F. The drive took less than the 45 minutes Google said it would, so despite our late start and thanks in part to finding a parking spot in the school parking lot (many had to park blocks away), we arrived 10 minutes before the team photo was to happen. Fortunately the high school opens its doors, and bathrooms, to marathoners pre-race as a shelter from the elements.

The 6:50 am deadline came and went as the pacers gathered, but still no sign of the photographer (pace captain Rick Stefanovic). When he arrived at about 7:05, he forgot his camera! Nanette to the rescue; she had her 35mm digital camera with her and got some good shots of the team.

At about 7:15 am we made our way toward the school exit and nearby start line, some talking about a last bathroom break when someone hollered that the pacers had their own port-a-potty outside. The lines to the indoor bathrooms, which were much warmer and presumably cleaner, were likely too long for us to get through and to the start area in time to rally our groups pre-race. Sure enough. With no line, no waiting and a handwritten sign posted on the port-a-potty door designating the end unit to pacers, we quickly lined up and took care of last minute needs in the cleanest port-a-potty I have ever been in.

The pacers split up into their assigned groups nearest the applicable pace signs posted chronologically (fastest predicted finish time to slowest, of course) from the start line. There we answered questions of all sorts as if we were race officials (good thing we were told to be prepared for this). As an example, I was asked if music was allowed on the course, if GPS watches were permitted and whether or not it was ok to wear the bib pinned to the front of shorts. I guess the pace sign and uniforms made it obvious we were there for that job, so I got very few pacer questions pre-race. Nanette got some more pictures, gave me a last good luck kiss and then headed to the sideline to listen to the National Anthem and watch the start.

It took us about eight seconds to finally cross the timing matt and we were off! The next and only faster pace team (3:15) was slightly ahead of us. Within about 100 yards, a young college guy (UW-Eau Claire) pulled up next to me and started talking and asking questions. I quickly learned a lot about him including the fact that this was his first marathon, that he had run a half marathon in 1:36 and felt that the 3:30 pace group was just right for him. I questioned him about his half and his training for LFM and told him I felt that he made a good call to stick with us and asked him to be patient. During our conversation, another young guy pulled up next to my new friend and commented on his shirt; it turns out they were wearing the same shirt (Eau Claire Marathon), though I believe the other guy ran it. He told me that he wanted to hang

out with us for as long as possible as he wasn't sure what he had in him today.

Though we hit mile one at 8:19, I was pretty sure we weren't running that slowly despite the congestion at the start. I would find out a half-mile later that my fellow pacer crossed at about 8:15. He agreed that it felt faster. No worries. We had 25.2 miles to make up 19 seconds.

By about mile three, Igor (my pacing partner), announced he needed a bathroom break. I asked the group how they were doing and let them know we would continue on without him. Earlier we had announced that we would walk every water stop in order for them to get enough fluids. Over those first few miles, I took some time to judge the group for size (# of people, not their weight), what motivation might be needed, if any, and was surprised to see such focus and determination, almost none of them talking. They were focused on the task at hand and I told them so figuring that's what they needed to hear. As a pacer, we don't want to talk too much or too little. For this group, less was more. One young

lady took the opportunity to say hi and thanked us for being here. I spent a couple minutes chatting with her as we awaited Igor's return.

Except for Igor and me chatting with each other and his friend Dean, an ultra-marathoner there to keep Igor company, the rest of the group was fairly quiet for the next few miles, which criss-crossed farmland on remote country roads. The crowd was scarce through here until about mile six when we encountered a big group of loud spectators with crazy signs at an intersection. It was here that I saw my favorite sign of the day, which read "You have a shitload of miles to go!" I couldn't help pointing it out to the group while laughing. Anticipating the next stop would be at Concordia University sometime after mile seven, I let Igor know I'd be making a bathroom stop.

As we wound around toward the back of campus and neared the port-a-potties, I let the group know that I was stopping and to keep up with Igor. To my surprise, I had to wait



in line as I watched Igor and the pace sign fade into the distance around the back of the University and into the park. At least 15-20 seconds passed before a runner came out and I got my chance. I was apparently too well hydrated, but the time lost standing there, in and out of the port-a-potty, was a "lesser evil" than my bladder's constant nagging! Less than a minute later, I found Nanette jumping up and down and the kids sounding their cowbells. Got a quick smooch and took off after the group.

Just before the eight mile mark, I had the group and Igor back in sight; I was shocked to see Garmy spit out a 7:56 mile including the bathroom break and the smooch! That portion of the run felt more like my everyday pace so it was nice to stretch the legs a bit.

Miles 9-12 were largely unremarkable and uneventful, save for the colorful Fall colors, Diane Villanueva's and Leah Miranda's rowdy water stop at mile 11 and Igor's random stranger hugs; miles later he would tell me he wanted to collect as many "man hugs" of random male strangers as he

(Continued on page 17)

The Pacer Brigade v1.0

2014 Milwaukee Lakefront Marathon

(Continued from page 16)

could just for the sheer surprise of it. I do remember the strange face the first victim made when Igor surprised him with a bear hug. Since he came up with that idea, I let him go with it and decided not to join in. With my luck, I'd probably have tripped and fallen or been punched; Igor's much more graceful and not intimidating in the least.

Mile 13 is memorable because not only does it signify the halfway point and a chance to "lock in" the first half pace, check our accuracy and calculate what's needed over the second half, but because it's here that the course switches over from a rural, country course to a city course with side-walks and car traffic...and a lot more spectators! At the half, we clocked in at 1:45:28 or two seconds per mile behind our 3:30 goal pace. Looking around it seemed that the group we started with was still with us, I was feeling great and Igor looked strong. I caught up with a friend, Brian B., just passed the



halfway mark and said hi. At the expo, he told me he wanted to run with our group, if not faster. And he was right on pace. I would learn a couple of days after the marathon that this was his final marathon. He was ready to hang up his marathon shoes. Looking back on it, I am happy to have been a small part of his day.

Conversation picked up at the halfway mark and the group seemed enthusiastic and happy to be on target through the first half. I got the sense that they knew we were on to something and that the worst part of the day, course, nerves, etc was behind them or perhaps they were anticipating the crowds that would energize us all the way to the finish. Whatever it was, it was different.

A loud scream of "STEVE!!" pierced the group conversation and shifted my focus to finding the source of the scream. Is it me he is screaming at? Do I need to wave, give a high five? It was Dan, a fellow marathoner, and he was clearly very excited as I slowly closed the gap between us. I met Dan at the pacer table at the expo Saturday and recall him telling me his story. He's about to turn 60 years old and has made six attempts to get into Boston to no avail. He expressed emphatically that he really, really wants to get in and needs a 3:40 to do it. Unfortunately, LFM did not have a 3:40 pace team; At the expo I tried to encourage him to run with the 3:45 group and then work on catching us in the second half, but it appeared that he was running this one on his own based on his 1:45 split at the half. He looked confident and strong as we spent a minute or so talking. I offered some



encouragement telling him he looked good, had banked some time and that just needed to be patient and steady in the second half and he would get his BQ. He thanked me as I got a couple of steps ahead of him. I wouldn't see him the rest of the day and a quick check of marathon results, as I write this, shows that he finished in 3:41:08, missing a BQ for the seventh consecutive time...this time by a mere 68 seconds.

I checked in with a few runners during miles 15 and 16 and watched the rest of the group for fatigue, dehydration, etc. They were all amazingly consistent and still as focused and serious as they were when I kidded with them before mile three. I believe a small part of that had to do with our intentional water stop "walk" strategy. One of the runners I spoke to was the young woman who I had had an initial conversation with many miles earlier. We started chatting about how she was feeling, what her energy level was, etc. It was evident that she was bubbly and "in a good place". That quickly led to a discussion about why she was here today, what her goal was and how she got to race day. I learned that she, Laura as I would find out miles later, was shooting for a "good" finish time and hopefully a (3:40) BQ. Her story leading to race day fascinated me and passed the time quickly.

In late February, Laura shattered her tibia in a downhill skiing incident in Colorado. A plate, several screws and a six-week, non-weight bearing doctor's order dashed her winter and spring plans. A few days after surgery, she signed up for LFM and resigned herself to that ambitious goal: take and train for the distance seriously. She took her first run again in May - two miles - and worried there would not be enough time. Though being her first planned marathon, Laura grossly underestimated her physical skills and endurance.

Igor explained his familiarity with upcoming miles 16 - 19 as he lives on the north shore and runs the area frequently; He offered some pacing advice, so I suggested he lead us. He also explained there would be a large cheering section for him at about mile 21.5. We wound our way through those miles—where opulent, historic north shore homes sit on pristinely landscaped yards—as consistently as a metronome. Juxtaposing the adjacent, finely manicured landscaping is a less than ideal road surface, which led me to joke with Igor by telling him he must not be paying his property taxes. He told me I must have misunderstood, his friends live in the area, not him. As we were joking, I heard some honking from a passing car, then some shouting "Go 3:30 pace group", "Go Steve". It was Nanette and the kids chasing us down. I would later learn that the course was quite crowded with spectators, which made parking and racer viewing problematic. Given the huge amount of spectators along this portion of the course, it didn't surprise me.

For me, the slight descent on North Lake Drive to Klode Park at about the 20 mile mark is another turning point on the course because it signifies there's only about 10K to go. I like to break that 10K down into two manageable segments: the south end of Klode Park to the turn onto Lincoln Memorial Drive (approximately mile 24) at UWM (talk about opulent and historic homes!) and then the home stretch down Lincoln Memorial Drive along the lake to the finish at Veteran's Park.

As we rounded the corner at Klode Park, our group was smaller, more single-file than huddled, but no less determined than it was at mile three. To the contrary, the crowd and the noise were building. There was also a lot more honking and shouts of encouragement from passing cars, some from random strangers and some from friends of runners. I looked at a few of the runners for their reactions and clearly most enjoyed the lift. Through the noise and in the distance I couldn't help but notice a huge group sitting out on the front lawn obscuring what probably was a 5' X 10' banner that contained a picture of a dinosaur and the only words, "Dino-Dad", that I could read from my vantage point. This was Igor's fan club! And when they realized Igor was coming, they got loud! It really pumped him up and was fun to watch.



As we were approaching Igor's fan club, I noticed a weird pain on the outside of my left knee. The pain got my attention with each swing of my leg. Being a seasoned runner and marathoner, I have had my share of niggles pop up mid run only to disappear within a mile or two, though, admittedly, I wasn't as patient with it given we were so far into the race and I had a job to get these runners across the finish line in under three and a half hours!! I checked and corrected my stride, which made it tolerable, but I still fought off negative thoughts. I think I was getting a bit sloppy and lazy with my footwork at that point and, as Igor pointed out, the camber of the street wasn't very friendly to our left legs. It would continue to bother me on and off 'til about mile 24, each time correcting my stride and foot strike providing relief. I wasn't the only one affected. When I offered to take the pace sign from Igor the second time in less than a mile, he said he'd like to keep it because balancing it in the wind provided a good mental distraction for him. I didn't ask what was bothering him for fear that his focusing on whatever his issue was would give it life; after all, he is a seasoned runner, too.

Atwater Park, just before mile 23 at Capitol Drive, provided a nice respite and a chance to get some fluids. It also meant one last stop before the turn at UWM and what I consider the home stretch. To my surprise, my parents were there waving, yelling to get my attention and trying to snap some pictures and video, which for the older, far-less-technologically-savvy "folks" is quite impressive. You see, I have been running for years and my parents have only gone to one of my races, the Lake Country Half in 2008, but have never seen me in a marathon. Pretty neat. At this point, our group was more strung out, but still within about 100 yards of one another; Dean was ahead of all us, still determined to beat his friend in a race.



Igor and I checked our pace and tried to strategize the last few miles. We were approaching a 30 second lead on our goal and talked about holding steady. I then reconnected with Laura at about mile 23 and asked her how she was feeling and let her know we were approaching what I consider the home stretch. She said she felt great and hasn't stopped smiling the whole day as race pictures of her would later support (I haven't seen one picture in which she wasn't smiling). Here I told her 3:30 was now very real, that we were going to go sub

(Continued on page 22)

MAKING DUST

"Success isn't how far you got, but the distance you traveled from where you started."

Lakefront Marathon Results Continued

(Continued from page 18)

2561 Scott Schreiber 5:54:05	1017 Robert Groshek 3:33:56	161 Geoff Bastow 4:24:01	1556 Gary Krenz 3:32:36	2158 Daniel Paavola 4:43:15	2134 Jeffrey Olenchek 4:45:43
149 Rob Barnhill 6:11:00	2202 Marc Perrone 3:33:57	2970 Richard Wagner 4:24:16	639 Kevin Dick 3:38:14	1654 Peter Lee 4:44:12	406 Jesse Canas 4:49:25
1245 Bryan Hughes 6:11:00	940 Bill Gilmore 3:34:04	2831 Doug Temple 4:24:27	1324 Daniel Jerzak 3:41:08	2127 Dan Oh 4:44:12	1951 Willie Mitchell 4:54:30
1922 Timothy Miegheem 6:22:21	745 Dale Engstrom 3:34:26	296 Steve Brandl 4:25:04	1423 Kent Kelderman 3:41:50	976 Patrick Gorman 4:46:13	1963 Mike Mondloch 4:54:37
DIV = M50-54	2904 Kevin Turner 3:34:43	1969 Robert Monroe 4:26:38	2206 Roy Peterson 3:43:00	143 William Barder 4:49:01	259 Gerard Bodalski 4:57:00
1368 Chris Jungkans 2:58:38	54 Craig Attama 3:34:50	1476 Peter Klein 4:30:39	1735 Bruce Lundine 3:43:15	2179 Ronald Patrick 4:49:23	1629 Michael Langyel 4:57:39
	2634 Thomas Shinkle 3:36:53	91 Greg Armenteros 4:31:50	1620 Dave Lancour 3:43:36	3142 Joel Ziegler 4:49:32	2626 Jay Shaw 5:36:56
	2094 Jim Nolan 3:37:07	923 Frank Gerz 4:33:38	187 Anthony Bell 3:45:42	470 Larry Clark 4:49:42	584 Anatoly Daskal 5:44:50
	1474 Andrew Klapperich 3:37:13	2354 Tim Reynolds 4:33:51	1023 Clement Grum 3:48:02	1781 Mark Mamerow 4:51:37	66 Arthur Alibuch 5:45:33
	2432 Jerry Rumpel 3:37:28	124 Jim Bajczyk 4:34:02	802 Patrick Ferry 3:48:28	1127 Robert Hayes 4:55:14	753 Charles Erdman 5:53:47
	831 Tom Fotsch 3:37:41	2431 Frank Ruiz 4:34:25	716 David Eckert 3:48:29	1318 John Jeffers 4:56:42	1451 Don Kieffer 5:58:08
	1157 Greg Hepper 3:39:17	2593 Doug Scott 4:36:49	2220 Fred Pike 3:51:24	2471 Ron Santoro 4:56:48	106 Frank Aueriema 6:09:01
	2143 Luke Osterhouse 3:39:44	1676 Fengshan Li 4:37:12	2147 John Osiecki 3:52:13	1412 Dennis Kay 4:56:55	2623 Thomas Shaffer 6:23:50
	1472 John Kiser 3:40:23	1973 Steve Montreal 4:37:53	496 Craig Collinson 3:52:36	1542 Dennis Koziel 4:57:23	DIV = M65-69
	2790 Pete Summers 3:41:08	1203 Gary Hoffman 4:38:12	665 Keith Doman 3:53:18	1798 Jerry Maquez 4:57:23	1320 John Jenk 3:27:14
	3084 Rob Wolf 3:44:00	892 Michael Garone 4:39:05	1026 Vince Grzeticz 3:54:43	2957 Simeon Vivar 5:00:25	2233 Roy Pirrung 3:47:40
	1457 Gaehag Kim 3:46:52	232 Rick Bie 4:42:40	2923 Brad Van Epps 3:54:45	2902 Jeff Turner 5:07:08	766 Jim Evans 3:51:34
	643 Jim Diehl 3:47:07	1125 Necat Havlioglu 4:43:00	1078 Dennis Hanna 3:56:00	30 Duane Tate 5:15:19	2406 John Rose 3:56:23
	1622 Gary Landsverk 3:47:15	2639 Satinder Sidhu 4:45:34	2973 David Wakefield 3:57:32	786 Marvin Fechter 5:19:35	2270 William Poznanski 4:18:40
	926 Kevin Germino 3:48:08	2268 Francis Powers 4:46:14	3108 Kikujii Yanagihashi 3:58:01	3112 John Ybarra 5:23:31	2529 Michael Schmidt 4:30:01
	377 Philip Burns 3:48:28	68 Marco Alvarez 4:46:55	2647 Manny Silva 3:58:25	423 Ed Carow 5:24:28	589 Bruce Davies 4:36:43
	2569 Tom Schroeder 3:52:58	1484 Mike Klimkosky 4:49:07	2676 Rick Smith 3:58:26	1394 Lynn Karner 5:34:36	817 Michael Flanagan 4:36:55
	1227 Tom Horvath 3:55:25	674 Jeff Doty 4:50:34	1509 Ken Koch 3:59:24		



2455 Tim Sage 2:58:50	3012 Rich Weber 3:55:25	362 Tom Buffington 4:53:51	1225 Shaun Horan 3:59:32	DIV = M60-64	2651 Joe Sinclair 4:43:17
1996 Rick Stefanovic 3:03:37	3116 Arun Yethiraj 3:56:19	1030 Joe Gump 4:54:39	3165 Richard Zylstra 4:05:48	1494 Paul Kmiecik 3:24:22	2374 Liborio Rivera 4:46:46
2074 Chris Newman 3:07:19	736 Don Elbert 3:57:40	2559 Steve Schramm 4:56:49	2622 Craig Shaffer 4:07:08	2656 Paul Sivanch 3:26:34	2806 Frederick Syripan 4:47:49
2029 Michael Mowers 3:13:17	795 Donald Fell 3:57:54	2792 Sreedharan Surendran 4:57:01	2572 Robert Schuler 4:07:49	409 Robert Canava 3:33:16	479 Dewitt Clinton 4:58:35
1406 Mike Kasun 3:13:29	658 Keith Dobbs 3:59:16	3043 Chris White 5:00:32	1512 Norv Kock 4:10:53	1486 Dean Klingler 3:48:02	567 Roger Cushman 5:13:50
607 Ken Deakin 3:13:34	1132 Armin Hein 4:00:57	2284 Tom Pulice 5:05:27	1159 Thomas Herchline 4:12:03	2299 Nelson Quiles 3:51:45	1814 James Matheson 5:57:41
3129 Nicholas Zonani 3:14:11	2341 Randy Renn 4:02:04	2673 Jim Smith 5:11:24	548 David Crewe 4:12:20	1665 Keith Lengling 3:52:35	1786 Jim Manko 6:01:41
2186 Steve Pavlik 3:15:11	2400 Mario Romero 4:02:04	2100 Doug Norman 5:12:12	322 Dennis Brohmer 4:14:05	305 Robert Breitzmann 3:53:31	DIV = M70-74
36 Steven Abrahamson 3:15:34	1218 Jeff Hoek 4:04:00	125 Chuck Baker 5:27:22	985 Lance Grady 4:14:19	115 Paul Badura 3:54:25	2146 James Orvick 4:46:40
821 Dan Fogel 3:18:03	553 George Cross 4:04:23	2046 Tim Mutterer 5:29:44	542 John Craighead 4:19:51	2044 Joe Muskovich 3:55:14	29 James Bahr 5:07:26
2726 Peter Stefanik 3:21:28	1056 Michael Hagen 4:04:28	587 Mike David 5:32:38	1081 Bill Hanrahan 4:20:48	1074 David Hanig 4:03:09	35 Pete Abraham 4:03:46
970 Tom Gonerring 3:23:57	2717 Rich Stanislawski 4:05:26	2258 Jim Ponder 5:34:08	2342 Kenneth Renner 4:24:53	2289 Jim Purdin 4:05:54	514 Dexter Cook 5:14:01
3064 Steve Williams 3:26:35	511 Denny Conway 4:06:21	2113 Patrick O'Connell 5:35:49	2295 Garrold Pyle 4:25:52	2505 Dave Schilline 4:06:57	719 Mary Edelstein 5:40:28
153 Norman Barrientos 3:27:27	2084 Ray Nigon 4:06:37	474 Garry Clarke 5:40:29	895 Tom Garvin 4:29:36	1561 Bob Krick 4:09:12	262 William Boehm 5:40:31
2496 James Scheib 3:27:56	1703 Daniel Loebel 4:09:19	2769 Nathan Strobel 5:43:12	41 David Adams 4:32:29	359 Don Budzinski 4:10:52	DIV = M75-79
695 Ken Dunbar 3:28:11	732 Michael Eisenhart 4:09:36	1914 Saul Lopez 5:43:47	1810 Tim Martin 4:34:50	2964 John Volz 4:17:40	47 Jim Schnitzler 5:34:07
384 Michael Butscher 3:28:21	190 Kevin Belling 4:10:15	1715 Steven Michaels 5:45:43	596 Dave Davis 4:35:21	1535 Donald Kossow Sr 4:25:13	
559 David Cullen 3:28:43	86 Nicholas Anstedt 4:11:44	2950 Roger Vidales 5:49:05	2998 Thomas Watson 4:36:02	2463 Manfred Sammy 4:28:52	
323 Lane Brostrom 3:29:02	2122 Richard Oconor 4:12:59	2072 Paul Neumann 6:06:59	137 Rodney Balzar 4:37:29	694 Douglas Dulli 4:29:52	
2441 George Russo 3:29:11	532 Chad Conard 4:14:07	DIV = M55-59	540 John Crager 4:37:53	3146 Don Zien 4:30:37	
233 Patrick Bieser 3:29:36	1641 Douglas Lasky 4:14:23	2679 Mark Smudde 2:57:06	949 Steve Given 4:38:15	3122 Robert Zahn 4:33:05	
316 Daniel Bricker 3:30:09	718 Roger Eckstein 4:16:59	2126 L. George Ogutu 3:04:44	2153 Dan Ote 4:38:50	117 Dominic Ruffalo 4:35:00	
263 Jerry Boesch 3:31:46	1921 Steve Mickelson 4:17:20	1196 Tom Ho 3:13:17	654 Bill Dinegan 4:39:03	175 Fred Barzoli 4:36:19	
653 Jim Dineen 3:32:07	1708 Greg London 4:17:44	2347 Rick Rettig 3:28:25	2250 Angelo Poletis 4:39:21	2815 Joel Tauschek 4:36:43	
372 Daniel Burghardt 3:33:10	1088 Scott Happ 4:19:41	1689 Robb Linnemastons 3:29:45	776 Timothy Falls 4:40:59	1072 William Haney 4:37:26	
173 Allen Bausch 3:33:33	1616 Thomas Lamke 4:20:47	2469 Dale Sandley 3:30:30	561 Lillard Culver 4:43:14	1695 Brian Liu 4:43:33	
338 Brian Bruckmser 3:33:55	2949 Richard Vetter 4:23:12				



The Most Times are in 'The Strider'




COMING EVENTS

<p>Jan 1 Thu Fleet Feet New Year's Day Dash Middleton 5-mile run, 2-mile walk, FREE 1-mile Kid's run Quaker Steak and Lube, 2259 Deming Way, Middleton, WI 53562 Fees \$25 thru 12:15; \$30 thru 12:30; \$35 day of registration Contact Race Day Events, LLC 5976 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 race-day@racedayeventsllc.com Web: http://racedayeventsllc.com/content/new-years-day-dash</p>	<p>Jan 17 Sat Bigfoot Snowshoe Race Traverse City 5k Snowshoe 9:00 AM & 10k Snowshoe 9:00 AM Timber Ridge Resort 4050 E Hammond Rd. Traverse City, MI 49696 Note Bigfoot Snowshoe is also a USSSA Regional Qualifier Awd's See Website Fees See Website Contact Dawn McConnachie RF Events 5700 Jackson Rd. Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.runsnow.com</p>	<p>Jan 25 Sun Icember Indoor Marathon & Relay Milwaukee Marathon, 8 am. Pettit National Ice Center Note Approx 95 laps on the 443-meter track: limited to 125 Divs 10yr Awd's Top 3 OA M&F: top 3/div Results website Fees \$105 Perks Tech shirt, goodie bag Records Bryan Schneider, 2:37:03 (2009) and Julie Faylona, 2:52:38 (2010) LastYr 125 Other Gold Medal Challenge (combined marathon and half marathon) winners: Stephen Tietz and Mary Flaws Contact See above</p>
<p>Jan 1 Thu Polar Bear Dash 5k South Milwaukee 5k race, 11 a.m. Grant Park, 100 E Hawthorne Ave, South Milwaukee Note There is an optional Polar Plunge into Lake Michigan at the end of the race Divs 10-year age groups Awd's Top three male/female overall finishers will receive awards; top three in age groups will receive prizes Fees \$25 for 5k until Nov. 30; \$30 until Dec. 29; \$35 race-day Perks Long-sleeve tech shirt, goodie bag, LastYr 211 Contact Chris Ponteri Longrun Athletics LLC chris@longrunathletics.com Web: www.polarbeardash.com</p>	<p>Jan 18 Sun Samson Stomp Milwaukee County Zoo 5k Scored - 2 mile run/walk not scored - 1 mile romp ages 7-12 - 1/4 mile mini romp for ages 2-6, 5k at 9:30am, reg 8am Milwaukee County Zoo - 10001 W. Bluemound Road, Milwaukee, WI 53226 Note 5k 9:30am, 2 mile 10:15am, Kids 1 mile 10:45am (7-12yr), Kids 1/4 mile 11:00am (2-6yrs) Divs 5k only - less than 15, 15-19 and five year age groups up to 79, 80 plus, corporate team awards also Awd's 5k - Top 3 in each age group and overall M.F. 2 mile Top 3 M&F. Romps ribbons for all finishers. Whchr Depends on snow depth. Up to each wheeler. Results www.badgerlandstriders.org/ Fees 5k-\$20 pre-registered, \$25 race day, \$15ea family/team greater than 4. Perks Long Sleeve Tee-shirts and Zoo entrance for registrants. LastYr 2000 Other Romps fees - \$20 pre-registered, \$25 race day Contact Public Affairs and Services Milwaukee County Zoo 10010 W. Bluemound Road Milwaukee WI 53226 Day 414-771-3040 Eve 262-886-9192 dfinch@wi.rr.com Web: http://www.milwaukeezoo.org/events/samson.php</p>	<p>Jan 25 Sun Winter Iowa Games 5K Road Race Dubuque, IA 5K, 9am Carver Elementary School, 2007 Radford Rd. Note Out and back on city streets. Divs 15&under, 16-18, 19-24, 5yr to 60+ Awd's Trophies to OA M&F, medals to top 3/div Whchr no Results online Fees \$25 online or by mail before 1-12-2015, \$30 day of race Perks indoors before/after event. Refresh and awards after the race. Contact Angela Salas Mississippi Valley Running Association PO Box 854 Dubuque IA 52004 Day 563-582-1877 Eve 563-582-1877 runnerange@aol.com Web: www.mvradubuque.com</p>
<p>Jan 1 Thu NYD5K - New Years Day 5K Fun Run & Breakfast Buffet Kimberly 5K Run at 10 AM, Breakfast Buffet at 10:30 AM Tanners Grill & Bar, 730 S Railroad St, Kimberly, WI 54136 Note Entries must be postmarked by 12/24/2014 Results http://www.pacesettersrun.org Fees Pre-registration \$10 members/ \$15 non-members; Race Day \$20 for all Perks Post run breakfast buffet and a beer or bloody mary Contact Shannon Featherstone Pacesetters P.O. Box 681 Menasha WI 54952 Shannon@PacesettersRun.org Web: http://www.pacesettersrun.org</p>	<p>Jan 21 Wed Badgerland Strider Club Meeting Milwaukee 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note Speaker: Jay Preston USAF Fees Admission \$1 for members and non-members. Perks Refreshments & snacks Other Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. Contact Dave Gavinski Badgerland Striders davegavinski@juno.com Web: www.badgerlandstriders.org</p>	<p>Jan 25 Sun Schneelauf Run Elkhart Lake 5k Run: 2.7k Walk Osthoff Resort, 101 Osthoff Ave Note Wear a costume - Awards for best runner's costume!! Divs OA M&F, 5yr Awd's OA top 3, Top 3/div Fees See website Perks Costume Contest, goodie bag, food coupon LastYr 140 Contact Jeff Grady Elkhart Lake Multisports, Inc. PO Box 2333 Palatine IL 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 triguy@ameritech.net Web: www.elkhartlakemultisports.com</p>
<p>Jan 9 Fri Pinnacle Indoor Triathlon #3 Fitchburg Indoor Triathlon: 10 minute swim/ 20 min bike/ 10 min run Pinnacle Health and Fitness- Fitchburg, 5973 Executive Drive, Fitchburg, WI 53719 Fees \$20/race: \$75 for the entire series Contact Race Day Events, LLC 5976 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 race-day@racedayeventsllc.com Web: http://racedayeventsllc.com/content/pinnacle-indoor-triathlon</p>	<p>Jan 23 Fri Icember Indoor 5k Milwaukee 5k Race: 7 p.m. Pettit National Ice Center Note Runners will run approximately 11 laps around the 443-meter track: limited to 75 runners Divs 10-year age groups Awd's First place overall male and female: top 3 in each age group Results www.indoormarathon.com Fees \$35 Perks Tech shirt, goodie bag Records Sean Luedke, 16:50 and Jennifer Chaudoir, 20:34 LastYr 75 Contact Chris Ponteri Longrun Athletics, LLC Day 262-758-9226 chris@longrunathletics.com Web: www.indoormarathon.com</p>	<p>Jan 31 Sat Great Lakes Multisport, Cycling and Running Expo West Allis Open Saturday and Sunday - The biggest of its kind in the USA. State Fair Park Products Pavilion Note 31,560 sq ft features leading manufacturers, retailers, event organizers, find great deals on gear and accessories. Whchr no Results www.multisportexpo.com Fees \$7 advance purchase, \$10 at the door. Kids Under 12 FREE Perks www.multisportexpo.com for all details. Tons of Workshops, Activities and Events. LastYr 4,800 Other Benefits Racers Against Childhood Cancer, check out the expo web site, www.multisportexpo.com Contact Cole Braun Great Lakes Multisport / RACC W 1781 Washington Rd Oconomowoc WI 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 colebraun@me.com Web: www.multisportexpo.com</p>
<p>Jan 10 Sat John Jantz Memorial "S-NO-W FUN" RUN Lake Geneva 5mi 2:30pm Grand Geneva Resort Just E. of Hwys 12 & 50 Intersection Note rustic roads and paths around the resort Divs 1yr age awards, M & F, 1st & 2nd place. Awd's Overall M & F, Each age winner M & F and 2nd place M & F Whchr Not advised Results Itsracelime Fees \$35 online registration only up till 8am day of the event. NO SIGN UP AT THE EVENT Perks food, beer, soda, gift for each runner, photo booth, bunnies, door prizes, schnapps stop, DJ, dancing, a great party Records 36 half barrels after the run LastYr 997 Other Special room rates at the Grand Geneva Resort. Check www.lakesarearunningclub.org for updated information. Contact Joel Lammers Lakes Area Running Club 3770 N. Southwood Oconomowoc WI 53066 joelsandaellammers@yahoo.com Web: http://www.lakesarearunningclub.org/</p>	<p>Jan 24 Sat Icember Indoor Half Marathon Milwaukee Half Marathon, 7am and 9:30am Pettit National Ice Center Note Runners Approx 48 laps on the 443-meter track: limited to 125 runners ea race Divs 10yr Awd's Top 13 OA M&F: top 3/div Results website Fees \$75 Perks Tech shirt, goodie bag Records Eamon McKenna, 1:09:25 (2011) and Stacey Kincaid, 1:23:19 (2010) LastYr 192 Contact Chris Ponteri Longrun Athletics, LLC Day 262-758-9226 chris@longrunathletics.com Web: www.indoormarathon.com</p>	<p>Feb 6 Fri Pinnacle Indoor Triathlon #4 Fitchburg Indoor Triathlon: 10 minute swim/ 20 min bike/ 10 min run Pinnacle Health and Fitness- Fitchburg, 5973 Executive Drive, Fitchburg, WI 53719 Fees \$20/race: \$75 for the entire series Contact Race Day Events, LLC 5976 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 race-day@racedayeventsllc.com Web: http://racedayeventsllc.com/content/pinnacle-indoor-triathlon</p>
<p>Jan 14 Wed BLS Winter Fun Run Milwaukee 3mi, 6mi Whatever You Want 6:30pm, Pettit Ice Center 500 South 84th St (just off I-94 at 84th) Other Galher upstairs after run Fees \$2 to use track, \$1 for bevs after run Contact Karen DeGenero, 414-975-2012, kdegenero@yahoo.com Web: www.badgerlandstriders.org</p>	<p>Jan 24 Sat Icember Indoor Marathon Relay Milwaukee Marathon Relay, 1pm Pettit National Ice Center Note Approx 95 laps on the 443-meter track: limited to 100 teams; reg opens August Divs M,F,Mixed Awd's Top 3 teams/div Results website Fees \$130 per team Perks Tech shirt, goodie bag Records Thunderdome Running, 2:12:43 LastYr 100 Contact See above</p>	<p>Feb 7 Sat Seroogy's Valentine Run - 5K/15K De Pere 5K & 15K starts at 8 a.m. Seroogy's Chocolates Note \$3 discount if registration is dropped off at Seroogy's Chocolates, De Pere Divs Male (5-year increments), Female (5-year increments), Athena, Clydesdale Awd's Ov m/f 5K/15k, top 3 m/f 5K/15K 5-year increments, Athena & Clydesdale Perks Each participant will receive a long sleeve shirt, cheese snack & Seroogy's chocolate bar Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com Web: http://www.dutrirun.html</p>
<p>Jan 17 Sat FREEZE FOR FOOD Madison noon start for 5K, 1 pm start for 10 K, registration begins at 11:15 am Vilas Park Shelter Note 5K/10K Run/Walk Awd's ribbons and Colombia Support Network t-shirts to winners Fees Pre-registration: \$20 for 1, \$30 for 2 Race-day registration: \$25 for 1, \$35 for 2 Perks All entrants receive a 2015 International Calendar Other www.facebook.com/groups/FreezeForFood/ Proceeds for food security projects at Peace Community in Colombia Contact Kale Schachter RPCVs of Wisconsin-Madison P.O. Box 1012 Madison WI 53701 Day 608-234-1795 Eve 608-271-2822 kateschachter@yahoo.com Web: http://rpcvmadison.org/activities/freeze-for-food</p>	<p>Jan 24 Sat Badgerland Strider Holiday Party Milwaukee 6pm Hall Opens, 7pm Dinner, 7:45pm Awards, Music until 10:30pm TBD Note See page 7 for details Contact Badgerland Striders Web: www.badgerlandstriders.org</p>	<p>Feb 7 Sat John Dick Memorial Crusty 50k East Troy 50k primitive trail run, 7:30am D.J. Mackie Group Picnic area, Southern Kettle Moraine State Forest Awd's Traveling plaque, first M/F only Results www.badgerlandstriders.org and The Strider Fees 10 pre, \$15 day of registration Perks Heated shelter, foodbev at finish Contact Robert Wehner 965 Elmwood Way Hubertus WI 53033 Day 262-370-7270 Eve 262-370-7270 rwehner@hotmail.com Web: http://www.badgerlandstriders.org/home/Races/JohnDickMemorial50K.htm</p>

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BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

Last Name (please print) First Name Sex (M/F) Birthdate (Mo/Day/Yr)

Address EMAIL Address (for Club Use Only) Home Phone

City State ZIP Occupation

DUES New Membership: ___ 1yr (\$18) ___ 2 yr (\$30) Tax deduct. (check one) Renewal: ___ 1yr (\$15) ___ 2 yr (\$28) Donation _____

Make checks to and mail to: **Badgerland Striders, Inc.**, 6526 W River Parkway, Wauwatosa, WI 53213
Or online at www.badgerlandstriders.org Link to Membership
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	Extra Member Card Needed?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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 Mem 1 _____ Date _____

Signature Mem 2 _____ Date _____

rev 04/14

All members are encouraged 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:

- ___ (Jan) Samson Stomp
- ___ (Feb) John Dick Memorial 50K
- ___ (Feb) Steve Cullen Run
- ___ (Apr) South Shore Half Marathon
- ___ (Apr) Deer Run 5K & 10K
- ___ (May) Ice Age Trail 50Mile/50K Run
- ___ (Jun) Superun 5K
- ___ (Jun) Hartfest Half Marathon
- ___ (July) Hales Corners Firecracker Four
- ___ (July) Cudahy Classic 10-Mile and 5-Mile Race
- ___ (Aug) Badgerland Striders Half Marathon
- ___ (Aug) Badgerland F/X 12 & 24 Hour Run
- ___ (Sep) Tosafest 5K Run
- ___ (Sep) Briggs & Al's Run for Childrens Hospital
- ___ (Oct) Lakefront Marathon
- ___ (Oct) Glacial Trail 50K & 50Mile
- ___ (Oct) Lakefront Discovery Run
- ___ (Nov) Badgerland Striders Turkey Trot
- ___ (Dec) BLS Indoor 20K
- ___ (July, Aug, Sept) Marathon Build Up
- ___ Fun Runs (April through September)
- ___ Track Meets (summer)

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

- ___ Annual Party
- ___ Children's Running Program
- ___ Club Clothing
- ___ Computer Systems
- ___ Computerized Scoring
- ___ Equipment Rental & Storage
- ___ Monthly Meeting Planning
- ___ Newsletter (photos, advert.)
- ___ Newsletter (Reporting)
- ___ Park Marker Project
- ___ Public Relations
- ___ Race Course Measurement
- ___ Road Race Director
- ___ Volunteer Recognition
- ___ Other _____

The Pacer Brigade v1.0 2014 Milwaukee Lakefront Marathon

(Continued from page 17)

3:30 and shatter her BQ time of 3:40 if she could just stay with me and push for a couple more miles. I remember her saying something like "I can't believe it, I am so happy. Thank you so much." As we were talking, Nanette and the kids drove by again honking and hollering and sounding the cowbells. The support, excitement and dramatic build up were nearly palpable; a warm rewarding feeling and new-found energy overcame me as I realized she was going to BQ and I was going to achieve my goal.

As Laura and I rounded the corner at UWM and onto Lincoln Memorial Drive, the southwesterly wind (15 mph?) hit us head on. Almost immediately and before I could realize what she had done, she instinctively (she is an avid cyclist) tucked in behind me and apologized for drafting. Brilliant! I said, "Don't apologize!" Knowing that she was now drafting and the emotion of what was about to happen for her stirred up feelings of responsibility, accountability and pride in me, so much so that I found myself unintentionally picking up the pace close to what I find to be my comfortable, everyday workout pace. And when my paced increased, my knee pain went away. While my head was in the clouds, Igor recognized what was happening and decided to hold the group, and sign, steady.



At around mile 25.5, Laura told me she would understand if I needed to back down to wait for the group and she would carry on to the finish. I told her she should continue to draft until we made it to the trees lining the north end of the lagoon, about 1/3 mile from the finish line, which would give her a break from the wind and a chance to finish strong. My parting words to her were to look for me after she finished because she was going to get the biggest high five ever from me. As we were finishing up this conversation, I heard "Steve, you're killing me, man!" We had been joined by the two young guys in the Eau Claire Marathon shirts. That's right. The same two guys I had struck up conversations with from the very start. How cool was this? The four of us in lock step headed to the finish line on our way to besting our advertised 3:30 goal.

I snapped back to reality when the shorter of the two young guys sounded like he was going to throw up. He was dry heaving, in obvious distress and yet so close to the finish line. I patted him on the back and told him to focus, focus on all the training he had done to this point, to the finish line that lie ahead, to the beauty of the lakefront in front of us. He continued to dry heave four or five times without stopping

(Continued on page 25)

**BADGERLAND STRIDER
2015 RACE SCHEDULE**

Race	Date	Location
Samson Stomp 5k	Sun Jan 18	Milw County Zoo
John Dick 50k	Sat Feb 7	S. Kettle Moraine
Steve Cullen Healthy Heart Run 8k	Sat Feb 14	Willoway Underwood Parkway
South Shore Half Marathon	Sat April 4	Brown Deer Village Park
Brown Deer Run 5k & 10k	Sat April 25	Brown Deer Village Park
Ice Age Trail 50 mile, 50k & Half Marathon	Sat May 9	Nordic Ski Trails, LaGrange, WI
Superun 5K	Wed June 10	Lake Park
HartFest Half Marathon	Sat June 20	Hart Park
Firecracker Four 4 mile	Sat July 4	Hales Corners Village Park
Cudahy Classic 5 & 10 mile	Sun July 26	Sheridan Park
Strider Half Marathon	Sat Aug 29	Estabrook Park
BLS 24/12/6 Hour Run	Sat Sept 5	Germantown High Track
TosaFest 5k	Sat Sept 12	Wauwatosa
Briggs & Al's Run 8k	Sat Sept 19	Marquette Univ to Italian Comm Ctr
Milwaukee's Lakefront Marathon	Sun Oct 4	Grafton to Milwaukee
Glacial Trail 50k & 50 mile	Sun Oct 11	Greenbush Town Hall
Lakefront Discovery Run 15k	Sat Oct 31	TBD
Turkey Trot 15k/ 2 mile	Sun Nov 8	Root River Parkway
Indoor 20k & 10k	Sun Dec 6	Pettit Center

2015 MONTHLY CLUB MEETINGS

Monthly Club Meeting	Date	Time
Monthly Club Meeting	Wed, Jan 21	6:30pm
Monthly Club Meeting	Wed, Feb 18	6:30pm
Monthly Club Meeting	Wed, Mar 18	6:30pm
Monthly Club Meeting	Wed, Apr 15	6:30pm
Monthly Club Meeting	Wed, May 20	6:30pm
Monthly Club Meeting	Wed, Jun 17	6:30pm
Monthly Club Meeting	Wed, Aug 19	6:30pm
Monthly Club Meeting	Wed, Sept 16	6:30pm
Monthly Club Meeting	Wed, Oct 21	6:30pm
Monthly Club Meeting	Wed, Nov 18	6:30pm

**2015 MARATHON/ULTRA MARATHON
BUILD UP PROGRAMS**

Marathon	Date	Location
6 Mile	Sat Jun 20	Hart Park
8 Mile	Sat Jun 27	Lake Park
10 Mile	Sat July 11	TBD
12 mile	Sat July 18	Lake Park
14 mile	Sat Aug 1	Lake Park
16 mile	Sat Aug 8	TBD
18 mile	Sat Aug 15	TBD
20 mile	Sat Aug 22	TBD
16 mile	Sat Sept 5	Lake Park
22 mile	Sat Sept 12	TBD
14 mile	Sun Sept 20	TBD
8 mile	Sat Sept 26	TBD
Ultra Marathon Build-Up	Sun July 12	Shorewood High Track
Ultra Marathon Build-Up	Sat July 25	Shorewood High Track
Ultra Marathon Build-Up	Sun Aug 16	Shorewood High Track

**TRACK WORKOUTS AND
SPEED WORK SESSIONS**

Track Workout	Location	Date - Time
Speed Work	Pettit Center	Tues Jan 6
Speed Work	Pettit Center	Tues Jan 13
Speed Work	Pettit Center	Tues Jan 20
Speed Work	Pettit Center	Tues Jan 27
Speed Work	Pettit Center	Tues Feb 3
Speed Work	Pettit Center	Tues Feb 10
Speed Work	Pettit Center	Tues Feb 17
Speed Work	Pettit Center	Tues Feb 24
Speed Work	Pettit Center	Tues March 3
Speed Work	Pettit Center	Tues March 10
Speed Work	Pettit Center	Tues March 17
Speed Work	Pettit Center	Tues March 24
Speed Work	Pettit Center	Tues March 31
Speed Work	Pettit Center	Tues April 7
Speed Work	Pettit Center	Tues April 14
Speed Work	Pettit Center	Tues April 21
Speed Work	Pettit Center	Tues April 28
Track Workout	Hart Park	Tues, May 5
Track Workout	Hart Park	Tues, May 12
Track Workout	Hart Park	Tues, May 26
Track Workout	Hart Park	Tues, June 2
Track Workout	Hart Park	Tues, June 9
Track Workout	Hart Park	Tues, June 23
Track Workout	Hart Park	Tues, June 30
Track Workout	Hart Park	Tues, July 7
Track Workout	Hart Park	Tues, July 14
Track Workout	Hart Park	Tues, July 28
Track Workout	Hart Park	Tues, Aug 4
Track Workout	Hart Park	Tues, Aug 11
Track Workout	Hart Park	Tues, Aug 18
Track Workout	Hart Park	Tues, Aug 25
Speed Work	Pettit Center	Tues Sept 1
Speed Work	Pettit Center	Tues Sept 8
Speed Work	Pettit Center	Tues Sept 15
Speed Work	Pettit Center	Tues Sept 22
Speed Work	Pettit Center	Tues Sept 29
Speed Work	Pettit Center	Tues Nov 3
Speed Work	Pettit Center	Tues Nov 10
Speed Work	Pettit Center	Tues Nov 17
Speed Work	Pettit Center	Tues Nov 24
Speed Work	Pettit Center	Tues Dec 1
Speed Work	Pettit Center	Tues Dec 8
Speed Work	Pettit Center	Tues Dec 15
Speed Work	Pettit Center	Tues Dec 22
Speed Work	Pettit Center	Tues Dec 29

2015 TRACK MEETS

Track Meet	Location	Date - Time
Strider Track Meet	St Francis High Track	Tue May 19 6:30pm
Strider Track meet	St Francis High Track	Tue June 16 6:30pm
Strider Track Meet	St Francis High Track	Tue July 21 6:30pm

**THE FUN RUN SCHEDULE IS STILL COMING TOGETHER
WE WILL HAVE THAT FOR YOU IN MARCH**



LFM KIDS RUN



The Pacer Brigade v1.0

2014 Milwaukee Lakefront Marathon

(Continued from page 22)

once and I continued to try to distract him with anything that came to mind. It seemed to be working as we reached the 26 mile sign where I stepped off the path, stopped, watched them fade away toward the finish line and yelled at the three of them to push hard to the finish and collect the medal they earned out here today. I then turned around to offer high fives



and encouragement to those coming in behind me while waiting for Igor to catch up. Their smiles were great.

Within about 60-70 seconds, Igor and several more from our pace group made their way toward me and he, too, had successfully paced a number of our runners to the finish line for which I am sure their stories are equally as impressive.

When he arrived, I started to run again and we both looked toward the finish line clock. I recall it read something like 3:29:12 with about 200 yards to go. We exchanged congratulations, soaked in the roar of the crowd, heard the finish line announcer proclaim "...and here comes the BLS 3:30 pace team right on time!" and crossed the finish line with the same exact finish time of 3:29:40. We did it!

Shortly after crossing the finish line and having the finisher's medal put around my neck, I told Igor Laura had made it and that I wanted to award her the pacing sign he was carrying for smashing her BQ time. We both walked toward her as she was finishing up having her post-race picture taken. I gave her a great big hug, awarded her the sign and asked if she would have her picture taken with me. She and I and then Igor and I had our pictures taken



and exchanged some words before parting for snacks and fluids.

This marathon, while not my fastest, was one of the most rewarding of my running history. I had accomplished everything I wanted and was proud of it.

My splits with commentary were as follows:

- 1 08:19.1 (Didn't feel this slow)
- 2 07:55.7 (Back on target pace)
- 3 07:59.3
- 4 08:03.4
- 5 07:55.7
- 6 07:55.7
- 7 07:55.5
- 8 07:56.4 (Bathroom break; waited 15-20 seconds in line, watch running)
- 9 07:46.2
- 10 07:59.1
- 11 08:05.3
- 12 07:38.9 (Oops that was too fast!)
- 13 08:05.7 (Killed some time at water stop)
- 14 07:42.2 (Dang it!)
- 15 07:47.9 (Dang it!)
- 16 07:52.3
- 17 07:59.3
- 18 07:57.8
- 19 07:52.4
- 20 07:53.3
- 21 08:02.3
- 22 07:57.2
- 23 08:09.4
- 24 07:41.0 (Start of wind & realization Laura was going to get her BQ)
- 25 07:28.3 (15 mph head wind; had Laura draft and I ran lead)
- 26 07:25.7 (15 mph head wind; sent Laura ahead at about 26 to finish strong)
- 26.2 04:15.3 (Almost 3 mins ahead of pace at 26, I stopped, gave high 5's, waited for Igor)



MILWAUKEE
LAKEFRONT
MARATHON
PACER STATS



MILWAUKEE
LAKEFRONT
MARATHON
PACER STATS

PACER	FULL PACE TIME	Beat Time	ACTUAL FINISH TIME	TIME DIFFERENCE (Full Pace Time)	TIME DIFFERENCE (Beat Time)	# of runners +/- one minute of Pace Time
Daniel Fogel	3:15	7:26/3:14:54	3:18:03	+3:03	+3:09	3:14:00-3:16:00
Kane Baker	3:15	Diff = -6	3:14:45	-.15	-.09	20 runners
Jeff Kobinsky	3:15		3:14:45	-.15	-.09	
Igor Stevic	3:30	8:00/3:29:45	3:29:40	-.20	-.05	3:29:00-3:31:00
Steve Taylor	3:30	Diff = -15	3:29:40	-.20	-.05	37 runners
Brad Koenig	3:45	8:34/3:44:36	3:45:28	+.28	+.52	3:44:00-3:46:00
Leslie Olson	3:45	Diff = -24	3:45:26	+.26	+.50	56 runners
Ronn Blaha	3:45		3:45:27	+.27	+.51	
John Psuik	3:50	8:46/3:49:51	3:49:30	-.30	-.21	3:49:00-3:51:00
Sheila Wordell	3:50	Diff = -9	Dropped at 16. Wisdom Teeth.	10.2 miles	+/- 30 cuss words	55 runners
Kelly Corteen	4:00	9:09/3:59:54	3:59:05	-.55	-.49	3:59:00-4:01:00
Ken Koch	4:00	Diff = -6	3:59:24	-.36	-.30	42 runners
Michael Eisenhart	4:10	9:32/4:09:57	4:09:36	-.24	-.21	4:09:00-4:11:00
Ed Karvelis	4:10	Diff = -3	4:21:30	+11:30	+11:33	61 runners
Megan Schultz	4:15	9:43/4:14:53	4:15:26	+.26	+.33	4:14:00 -4:16:00
Jeff Mahuta	4:15	Diff = -7	4:15:27	+.27	+.34	32 runners
Kristin Seffern	4:20	9:54/4:19:34	4:19:28	-.32	-.06	4:19:00-4:21:00
Kristi Zimmert	4:20	Diff = -26	4:20:23	+.23	+.49	46 runners
Christina Beaupre	4:30	10:17/4:29:37	4:30:08	+.08	+.31	4:29:00-4:31:00
Monica Scott	4:30	Diff = -23	4:30:23	+.23	+.46	53 runners
Sara Carter	4:40	10:40/4:39:40	4:39:22	-.38	-.18	4:39:00-4:41:00
Lisa Turner	4:40	Diff = -20	4:39:21	-.39	-.19	37 runners
Casey Hushon	5:00	11:26/4:59:46	4:58:58	-1:02	-.48	4:59:00-5:01:00
Tori Hartmann	5:00	Diff = -14	5:23:34	+23:34	+23:48	19 runners



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MAKING DUST

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. . . . --Booker T. Washington



The Badgerland Striders present

Lakefront Discovery Run

Saturday October 25th, 2014

Milwaukee Wisconsin

Timing & Results by SPORTS MANAGEMENT ASSOCIATES, INC. 414-375-2427

WWW.SMAresults.com

INDIVIDUAL RESULTS

15 K Run

Bib Name Time

Male Winner
1802 Tyler Mueller 48:23

Female Winner
1853 Hope Orvold 57:36

DIV = UNKNOWN
1982 1:19:16

DIV = F15-19
1205 Monica Corner 1:32:57
1560 Helen Guttrich 1:44:24
1082 Paige Birkland 2:02:37

DIV = F20-24
1747 Sarah McCallum 1:11:16
1061 Alyssa Behnke 1:13:09
1856 Rachel Ostecki 1:19:55
1454 Rebecca Heller 1:20:42
1453 Angela Heller 1:20:43
1017 Carly Albers 1:23:41
19817 Anna Tomastni 1:26:18
9884 Kelly Waltz 1:28:55
1693 Laura Lochmann 1:30:54
9953 Chelsea Woods 1:30:57
1773 Thora Middleton 1:31:24
9744 Danielle Snyder 1:32:24
1859 Amy Owens 1:32:29
9826 Heather Troiber 1:34:11
1702 Abigail Lucas 1:34:30
1990 Kendra Schalte 1:35:52
1045 Samantha Balkowski 1:36:49
1423 Megan Harding 1:37:10
1107 Emily Braun 1:37:10
1625 Katie Kujawski 1:42:15
1043 Katherine Baker 1:44:57
1464 Alejandra Hernandez 1:46:35
1155 Danielle Caldwell 1:47:16
9845 Julia Van Veldhuisen 1:53:51
9796 Alison Tarr 1:53:52
9887 Samantha Warshany 1:54:36
1227 Alicia Fikejs 2:06:28

DIV = F25-29
1853 Hope Orvold 57:36
1332 Naomi Fulton 58:14
1811 Holly Nearman 59:17
9984 Jenny Zwagerman 59:36
1348 Katie Gellings 1:03:04
1799 Caroline Mosley 1:05:20
9785 Ruth Swedler 1:05:52
1062 Alyssa Behrendt 1:06:02
1897 Elizabeth Poeschl 1:11:15
1337 Donna Gallardo 1:12:17
1539 Katie Kadane 1:12:18
1774 Jessica Muetzer 1:13:01
9883 Michelle Walters 1:14:20
1491 Angie Huang 1:14:45
9959 Leah Wynalek 1:16:31
1306 Krissy Fischer 1:16:43
9971 Laura Zahn 1:18:54
1544 Kristen Kamm 1:19:37
1705 Erika Lusthoff 1:19:38
1744 Courtney Mazurek 1:20:16
9918 Kayleen Wichlinski 1:20:42
1027 Maribel Andrade-Vera 1:20:42
1636 Shelby Labuhn 1:20:56
1090 Jasmine Boetcher 1:22:36

9942 Amanda Witucki 1:22:40
1266 Heather Duerst 1:23:02
9729 Sarah Sleider 1:23:35
1882 Sarah Petrick 1:23:37
1393 Kristen Griffin 1:24:08
9750 Ashleigh Spitz 1:24:15
9919 Sarah Widder 1:24:59
1559 Allie Kelly 1:25:35
1055 Mariya Batishcheva 1:26:22
1703 Kaylee Luco 1:27:07
1041 Lauren Bailey 1:27:41
1946 Becky Roessler 1:27:51
1367 Stacy Gnacinski 1:27:58
1913 Megan Radowski 1:28:23
1892 Kristin Kelsay 1:28:28
1541 Morgan Kalinosky 1:28:29
1611 Melissa Kricshe 1:28:34
1714 Kristy Madaus 1:28:35
9900 Kayla Weiss 1:28:41
1458 Nicole Hengels 1:28:51
9978 Courtney Zimmerman 1:28:56
1615 Jacqueline Krubsack 1:29:02
1032 Melissa Appleby 1:29:21
1346 Clancy Geisler 1:29:35
1659 Donna Larson 1:30:20
1069 Crist Bergels 1:30:23
9979 Emily Zimmerman 1:30:35
9719 Lauren Sieben 1:30:58
1730 Maritza Martin 1:31:00
1530 Charity Johnson 1:31:29
9725 Allison Simmons 1:31:46
1063 Sam Beierle 1:31:53
1781 Laura Miller 1:32:20
1486 Kristen Honor 1:32:36
1664 Jenny Lee 1:32:49
1021 Anilla Alexander 1:33:07
1598 Petra Koentzer 1:33:11
1939 Anna Rinehart 1:33:11
1449 Amanda Heinz 1:34:13
1176 Stephanie Clatti 1:34:43
1815 Melissa Neils 1:34:54
1113 Jasmine Brewer 1:36:06



Scott (PRE) Stauske LDR Race Director

1962 Kristin Russell 1:36:56
1392 Jacqui Griffin 1:38:35
1301 Laura Fields-Sommers 1:39:20
1692 Katy Lochmann 1:39:45
1253 Jessica Degraec 1:39:51
1338 Kristina Galuk 1:39:59
1350 Stacy German 1:40:19
9875 Jenna Walwandt 1:40:46
1786 Samantha Moehling 1:40:50
9865 Michelle Virsnieks 1:42:02
1292 Christina Faria 1:42:18
1456 Annmarie Helt 1:42:51
9836 Ashley Tutts 1:42:52
9968 Jamie Yu 1:43:20
1133 Alison Bucezek 1:44:30
1508 Jennifer Jackson 1:44:58
1365 Samantha Glaser 1:45:20
9861 Laura Yietmeyer 1:45:20
1191 Lauren Coleman 1:45:43
1553 Amy Kawa 1:47:17
1977 Jennee Schansberg 1:48:10
1860 Mandy Pacholski 1:49:23
1764 Melodie Melchert 1:50:14
1186 Christine Clement 1:50:19
1940 Shelly Rismeyer 1:50:20
1916 Jessica Rewald 1:50:44
9763 Madison Seitz 1:52:57
1887 Kristin Pierre 1:53:26
1037 Chelsea Atwell 1:53:43
9844 Clare Van Veldhuisen 1:53:52
1599 Erin Koester 1:54:05
1676 Sandra Leonard 1:55:25
1430 Victoria Hartmann 1:57:08

Another Fun Success for Discovery Run

By Scott Stauske

Lions, tigers and bears...and Disney characters, a Google Map, a Campfire S'more and of course a 6'2" Barbie workout model were some of the fun costumes representing at this years Lakefront Discovery Run 15K. This popular event is known as an end-of-the-season run where runners can just celebrate the accomplishments from the season, enjoy a beautiful course along Lake Michigan, a distance that is between the "fun run" and a long-distance and of course, fun! Based on the smiles and enthusiasm before, during and after the run, it appears that the 1,012 participants really enjoyed themselves. The Race Director would like to extend a special thank you to the weather for helping to make this possible!



This year marked the 35th Anniversary of the Discovery Run so a fitting theme for this year seemed to be "Retro." The event started as the Dannon Lakefront 15K and everyone that finished got samples of Dannon yogurt. Genius! That only lasted a year but the Badgerland Striders kept the event and now the yogurt has been replaced by beer. More than a couple runners have informed me that they think the beer is a better choice than yogurt anyways.

Dennis Shoemaker, a fellow Badgerland Strider and graphic designer of the Lakefront Discovery Run shirts outdid himself this year. As far as we know, this year's shirt was the first-ever long sleeve sublimated race shirt for any Milwaukee area event. What's sublimation? Glad you asked! It is a process of printing in which heat and pressure are applied to the graphics to infuse the ink into the material. First, we selected a moisture-wicking material, then the shirts were printed in pieces, sewn together to make the final shirt including adding an extra 1/2" to the sleeve length so your arms will stay warm during the winter outdoor runs you are sure to endure. These shirts are soft, will never chip or peel and because of the process, the entire shirt can be printed. If you look around at cooler weather

events, you are likely to see a "Disco" shirt being worn by someone. I have a great feeling that there will be many wearing this year's shirt with pride. Great job Dennis!

So, in addition to the shirt, the course and the costumes, what else did the Discovery Run provide? It has been known by almost every runner that the Badgerland Striders put on safe and cost-effective events for the benefit of the Greater Milwaukee area runners but few events showcase this reality better than the Discovery Run. Sure, we didn't provide a stick-on mustache or give a box of Cracker Jack but we did

have: an informal beer stop several hundred yards before the finish line (thank you Waukesha Hash House Harriers), an ambulance staff on scene, the ballroom of the Italian Community Center to stay warm prior to the event and mingle with friends, "junk food" table of refreshments ('cause nobody likes stale plain bagels!) and a souvenir plastic cup. What a deal! Seems like I'm missing something though. Oh yeah! I almost forgot, we had Milwaukee's best post-race party at the Milwaukee Ale House where participants were able to enjoy the fine craftsmanship of Milwaukee Brewing Company's best. And unlike



Hope Orvold LDR Female Champ 57:36
Photos by Dave Finch, Jeff Weiss & Dave O'Brien

Tyler Mueller LDR Male Champ 48:23

(Continued on page 29)



The Most Times are in 'The Strider'



MAKING DUST

Anyone can run 20 miles. It's the next six that count.
Barry Magee, marathon bronze in Rome, 1960

Lakefront Discovery Run

15 K Run RESULTS

(Continued from page 28)

1498 Kristin Hagen 1:57:11
1552 Kristina Kauffman 2:06:23

DIV = F30-34

1079 Justine Bieganski 1:09:45
1968 Tara Saleska 1:12:10
1534 Shawn Johnson 1:13:03
1060 Tricia Beelman 1:13:54
1879 Alison Peschel 1:13:58
1672 Andrea Lemkelde 1:14:48
1187 Alise Coen 1:15:20
9702 Megan Seidemann 1:16:14
1293 Kelly Faschingbauer 1:16:16
1097 Julie Borsh 1:18:05
9701 Kristin Seifern 1:18:09
9981 Kristin Zimmet 1:18:09

1499 Rachel Huntington 1:32:54
1991 Christina Schultz 1:33:02
1782 Tracy Miller 1:33:09
1479 Jean Hofmann 1:33:17
1316 Annie Forrer 1:34:01
9761 Jamie Steffenhagen 1:34:03
1196 Dina Conway 1:34:08
9766 Kate Stevenson 1:34:12
1164 Mitra Catalano 1:34:15
1522 Stephanie Jastrow 1:34:48
1421 Lindsay Hansen 1:34:49
9813 Emily Tigert 1:34:49
1207 Kaitlin Corrao 1:34:57
1437 Emily Haug 1:35:25
1485 Heidi Hongsemeier 1:35:34
1870 Melinda Pedersen 1:36:03
1800 Erin Mueller 1:36:12
1577 Kari Klasek Lisi 1:36:13
1759 Abby Meddaugh 1:36:19
1443 Annie Hebel 1:36:23
1876 Jodi Perrone 1:36:33
1447 Abby Heinrichs 1:36:43
1391 Melissa Greves 1:37:31
1362 Heather Gladen 1:37:46
1108 Jen Braun 1:37:54
1919 Heather Ray 1:37:59
1255 Autumn Donohue 1:38:00
9847 Christine Vandergest 1:38:12
1722 Kelley Malone 1:38:56
1987 Christina Schoenwetter 1:39:19
1218 Michelle Curro 1:39:30
1129 Elizabeth Brzeski 1:39:42
1442 Carrie Hayne 1:40:35
9720 Emily Siegrist 1:40:50
9740 Maureen Smith 1:40:50

Another Fun Success for Discovery Run

(Continued from page 28)

other events where you get "Free Beer" (but if you want a second glass it's going to cost you) the Discovery Run bought our adoring fans 16 half barrels.

While it appeared that the "Greatest Value in Milwaukee Running Entertainment" was a success, it should also be noted that the 15K distance appeals to many first timers to test themselves but also to the serious runners who push themselves for sheer competitiveness. Full results are listed in this paper and I am amazed at how fast the top finishers were able to kick this course. The Top 5 overall Men and Women completed the 9.3-mile distance in under 61 minutes. Tyler Mueller of Madison broke the men's course record with a time of 48:23. That's 5 minutes and 12 seconds on average per mile! The overall women's leader missed the course record by mere seconds! For their efforts, the overall winners were presented with vintage "disco" albums framed and engraved along with gift certificates to In-Step Running for first place and certificates for the Milwaukee Ale House for second place. Age group awards were available to the top 3 in each five-year age grouping and were hand made by fellow Strider Terri Bodden and helpful children. It took a lot of time and effort to make these and I was happy to have their assistance. They may have been cheesy but that's part of the allure. Based on those wearing them at the after-party the "medals" seemed to be a hit!

Of course, none of this would be possible without the devotion and expertise of our volunteers. Runners and I need these devoted people to keep them safe and make this the best event possible. Many times I get new and better ideas from them. I do NOT take their commitment for granted and would like to publicly acknowledge them.

Captains of the Discovery Run:

- Joe Brusky
- Karin Conway
- Joe Conway
- Ryan Lemke
- Marty Malin
- Hank Nisiewicz
- Mike Procter
- Dennis Shoemaker
- Paul and Mary Sokolowski
- Pete and Mary Wysocki



So what can you expect from the Milwaukee Lakefront Discovery Run in 2015? For starters, we will be looking at a revised or new course to make it even better. And did you know that next year's event will actually be on Halloween (who hoo!) there will most certainly be some fun surprises. What won't change is the fun, the smiles and every other good feature that the Discovery Run is known for. Because this event has been so well received, we have been selling out this event weeks before the event so please sign up early. If you participated this year we would welcome you back. If you've never done this event and after reading this story are sure you want to have fun with 1000 new friends then make sure you sign up beginning on May 1, 2015. We are going to have a blast and want you to join us!



1597 Marika Koentzer 1:18:23
1748 Ashley McCune 1:18:54
9915 Jackie Wichert 1:18:59
1594 Jamie Koehler 1:19:26
9957 Jamie Wuhrman 1:19:34
1983 Paula Schmidt 1:19:46
1918 Rachel Ravey 1:19:56
1076 Carrie Beyer 1:20:18
9708 Kelly Shafia 1:20:33
1952 Lindsay Rospenda 1:20:38
1695 Erin Loeser 1:21:23
9954 Sheila Wordell 1:21:58
1997 Sarah Schulz 1:22:47
1595 Jonna Koentzer 1:23:08
1336 Jess Gall 1:23:48
1922 Meghan Reider 1:23:52
9754 Jackie Springstroh 1:24:37
1780 Katie Miller 1:25:13
9787 Sarah Swessel 1:25:15
1572 Katie Kircher 1:25:29
1501 Hilarie Huoithan 1:25:34
9734 Angie Smith 1:26:04
1516 Amanda James 1:26:49
1426 Lindsay Hart 1:26:59
1395 Lauren Groenevelt 1:27:23
9722 Amy Sikorski 1:27:46
1808 Nadia Musallam 1:27:55
1315 Cassandra Foreen 1:28:31
1248 Rachel Dobruac 1:29:04
1685 Amy Litwiski 1:29:20
1157 Meghan Cardarella 1:29:21
1623 Katherine Kufalik 1:29:29
9798 Margaret Fennyson 1:29:30
9804 Jessica Thomas 1:29:55
1376 Delia Gonzalez 1:30:19
1450 Amber Heiser 1:30:23
1528 Margaret Joehnk 1:30:39
1222 Tonya Dailey 1:30:41
1168 Jennifer Chavez 1:31:25
1957 Erin Ruenger 1:32:00
9855 Katie Velissaris 1:32:30
1651 Kristen Lantto 1:32:36
1565 Rebecca Kessler 1:32:42
9955 Christina Wright 1:32:44
9934 Megan Williamson 1:32:47

1893 Sarah Plamann 1:41:06
1681 Aimee Liebert 1:41:11
9742 Virginia Smith 1:41:24
1324 Sherry Frechette 1:41:27
1775 Kristin Mihlsimmer 1:42:21
9892 Nichole Wearing 1:42:33
1502 Tara Huss 1:42:43
1404 Deanna Haas 1:42:52
1943 Jennifer Robie 1:43:40
1103 Liz Bower 1:43:52
1525 Nicole Jellison 1:43:58
1029 Jamie Anfinson 1:44:02
1158 Courtney Carlson 1:44:25
1548 Veronica Karolewicz 1:46:06
1016 Cheryl Akert 1:46:25
9925 Tracy Wildt 1:46:47
1271 Katie Dutoit 1:47:19
1713 Kate Madaus 1:47:40
1783 Kate Mitchell 1:47:53
1284 Whitney Erickson 1:48:20
9901 Brandi Weiss-Encarnac 1:48:37
1663 Heather Lee 1:49:57
1217 Missy Curran 1:50:51
1843 Marie Omland 1:52:57
1432 Amanda Harvey 1:53:05
1673 Christine Lemon 1:53:16
1795 Cori Moran 1:54:45
9707 Allison Severson 1:57:08
1247 Mariah Dobbs 2:02:04
9895 Andrea Webb 2:02:31
1047 Amanda Barber 2:02:53
9756 Tiffany Staab 2:06:08

9854 Micaela Velazquez 1:17:51
1760 Erin Medina 1:18:38
1825 Jodi Niemi 1:18:44
1122 Rachel Brugman 1:19:15
1742 Carrie Maxwell 1:19:35
1909 Amanda Quesnell 1:20:23
1492 Jennifer Hubbart 1:20:56
1554 Lori Kazaks 1:22:07
1912 Monique Rader 1:22:18
9899 Deanna Weinreich 1:22:18
1904 Hilary Prokop 1:22:41
1209 Kelly Corteen 1:22:49
1298 Jennifer Fenzl 1:23:40
1193 Lindsay Cohen 1:23:43
1648 Marisa Lange 1:23:51
1438 Emily Hawkins 1:23:54
1389 Amanda Gregas 1:24:24
1803 Sini Mulloy 1:24:40
1945 Zalar Rodriguez 1:24:47
1381 Jodi Gracey 1:24:56
1896 Candice Knuteson 1:24:57
9776 Lora Strigens 1:25:06
1950 Regina Rich 1:25:32
1150 Kara Budnick 1:25:48
1821 Tammy Nicholas 1:25:58
1806 Michele Munzel 1:26:32
1358 Paula Gilson 1:26:58
9868 Cheryl Vorwald 1:27:16
1955 Jodi Rudolph 1:27:29
1153 Joanne Cain 1:27:40
9857 Angela Veternick 1:27:42
9724 Jennifer Simchick 1:28:12

9935 Samantha Wilson 1:28:20
1923 Angela Reifenberg 1:28:23
1546 Mandi Karlson 1:28:24
1436 Monica Gajeski 1:28:28
9711 Ana Shoemaker 1:28:38
1279 Jessica Ekberg 1:28:56
9822 Angie Toscano 1:28:59
1784 Jennifer Mleziva 1:29:21
1202 Jamie Corcoran 1:29:35
1809 Nell Mussoline 1:29:35
1452 Karen Berenson 1:29:39
1185 Melanie Clausing 1:29:45
1770 Kristi Meyer 1:30:17
1827 Julie Noe 1:30:45
1602 Victoria Koopman 1:30:52
1616 Jeannine Krueger 1:31:01
9795 Kelly Tanen 1:31:37
1984 Liz Schmitzer 1:31:45
1832 Sarah Oberling 1:32:05
9781 April Suninski 1:32:42
1140 Starr Burke 1:32:49
1583 Sara Klinghammer 1:33:04
1620 Kerry Kubacki 1:33:06
1260 Jamie Drahem 1:33:14
1242 Tressa Dieball 1:33:45
1568 Heloisa King 1:33:50
1551 Laura Katz 1:33:55
1854 Heather Osborne 1:33:56
1148 Nikki Butgereit 1:33:56
1995 Sarah Schultz 1:34:05
1726 Cheri Mantz 1:34:09

1993 Lauren Schultz 1:34:43
1631 Rachel Kuntz 1:34:46
1753 Katherine McHugh 1:35:04
9828 Jessica Trzcinko 1:35:32
1871 Karen Pederson 1:35:34
1512 Kate Jaeger 1:36:23
1175 Jessica Ciancimino 1:36:36
1005 Joanne Ackland 1:36:45
1532 Renee Johnson 1:36:45
1883 Nancy Pettit 1:36:59
9819 Stacey Tomasini 1:37:06
1593 Sarah Koch 1:37:31
1531 Kristen Johnson 1:37:32
1136 Jen Buettner 1:37:39
1607 Marina Rickun 1:37:48
9705 Ellen Servais 1:38:01
9904 Katie Weitzel 1:38:12
1566 Andrea Khan 1:38:17
9951 Tammy Woodbury 1:38:29
1036 Sarah Aschenbrenner 1:38:30
9877 Denise Walker 1:39:35
1971 Marissa Santingo 1:40:06
1718 Fritzie Malinis 1:40:26
1606 Holly Kowalski 1:41:42
1694 Billie Jo Loehr 1:42:07
1704 Christina Lueck 1:42:07
1875 Melissa Perez 1:42:11
1106 Kandice Bozora 1:42:20
1373 Maureen Golembiewski 1:42:21

(Continued on page 30)

MAKING DUST

The training is my secret and if I told you what it was, it wouldn't be a secret anymore! I keep the secret in my heart.
Wilson Kipketer, when asked about his training prior to the World Indoor Champs, 1997



Lakefront Discovery Run
15 K Run RESULTS

(Continued from page 30)

1891 Jason Pinkowski	1:24:45
9748 Paul Spencer	1:24:48
1639 Ben Laird	1:24:51
1886 Srinivas Padikiti	1:25:08
1650 Shawn Lanser	1:26:07
1778 Bryan Miller	1:26:46
9800 Matt Terski	1:27:04
1361 Owen Kelpin	1:27:28
9745 Mike Snyder	1:27:33
1324 Matthew Friedel	1:28:29
1434 Rick Hastings	1:28:50
1135 Kyle Buerger	1:28:59
1014 Jorge Aguilera	1:29:18
9822 Stephen Tomio	1:29:21
1398 Brett Grunert	1:30:56
1092 Scott Boettcher	1:31:55
1582 Jason Klinghammer	1:33:04
1070 Rob Bermudez	1:33:11
1880 Mark Petersen	1:33:12
9778 Dan Strobel	1:33:53
1390 Mike Grellinger	1:34:17
1356 Daniel Gillette	1:34:18
1156 Jeff Camosy	1:35:02
9921 Ed Wierzbicki	1:35:03
1638 Dan Lacke	1:41:44
1660 Kevin Lauffer	1:53:02

1178 Jim Cinnamon	1:05:16
9792 Luan Tabbal	1:05:34
1054 David Bates	1:05:54
1652 Larry Lanza	1:07:23
9902 Bradley Wells	1:08:31
1006 Steven Acosta	1:08:32
9967 Brad Yates	1:08:52
9824 Paul Treffert	1:09:48
9860 Mark Vieth	1:10:23
1643 Timothy Lammers	1:11:15
1162 Hector Castillo	1:11:59
1466 George Herrera	1:12:59
1902 Steve Primrose	1:14:49
9772 Scott Stollmann	1:14:54
1282 Michael Ellis	1:15:34
1007 David Adamski	1:16:09
1514 Keith Schaefer	1:16:22
1226 Michael D'Amico	1:16:48
1177 John Ciesmer	1:16:49
1165 Michael Chapel	1:17:22
9939 Allen Witkowski	1:17:25
9809 Louie Thon	1:19:07
1767 Richard Merkel	1:21:07
1482 Erik Hokanson	1:21:26
1349 Robert Gerbasi	1:21:38
9779 Jeff Strother	1:21:57
9948 Steven Wolniakowski	1:22:40
9827 Skip Trotter	1:22:59
1889 David Pike	1:23:50
1025 James Anderson	1:24:33
1244 David Dietler	1:26:01
1065 Tony Bender	1:26:17
1906 John Psuk	1:26:20
1941 David Robarge	1:27:37
9834 Christopher Turner	1:28:19
1653 Kristian Larsen	1:29:42
9956 Dave Writz	1:31:46
1645 Todd Landfried	1:33:46
1385 Jonathan Pickart	1:36:44
1632 Brian Kurth	1:37:52
1926 Christopher Remington	1:38:29
9802 Eric Theler	1:45:10
9966 Rob Yeager	1:49:27
1073 Charles Berry	1:49:27
9790 Steven Szmania	1:49:42
1204 John Cornell	1:50:18
1081 Bob Birkland	1:56:10



1712 Carl Macuiba	1:07:36
1769 Mark Meunier	1:08:35
1013 Tony Agostini	1:08:49
1805 Alberto Munoz	1:08:51
1605 David Kotowski	1:09:03
1223 Peter Daleiden	1:09:50
9757 Dwayne Staehler	1:10:19
1046 Nigel Ball	1:10:21
1810 Jay Myers	1:10:50
1270 Mike Durham	1:12:13
1746 Kevin McCabe	1:12:32
1715 Mark Madigan	1:13:01
1743 Randall Mays	1:13:37
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9714 Jeff Shoukai	1:17:19

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9980 Steven Zimmerman	1:20:23
1325 Doug French	1:20:29
1822 Greg Nichols	1:20:44
1865 George Pappas	1:21:09
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1446 John Heinen	1:22:08
1183 Steve Clarey	1:22:19
1580 Peter Klein	1:22:53
9943 Steve Wiza	1:23:09
1052 Stephen Barton	1:23:25
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9716 Vasanth Siddalingaiah	1:24:48
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1903 Patrick Pringle	1:24:56
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1520 Joe Jansky	1:34:02
9733 Gerry Smedinghoff	1:36:37
9941 Scott Wittliff	1:38:36
1472 Todd Hill	1:38:53
1042 Charles Baker	1:42:45
1361 Scott Gittirsch	1:44:24
1849 James O'Neill	1:46:22
9746 Mike Sobie	1:46:25
9718 Saininder Sidhu	1:49:28
9935 Stephen Williams	2:06:09

1039 Michael Babich	1:22:37
1732 Steve Martin	1:23:38
9917 Thomas Wichert	1:25:10
1954 Charles Rubash	1:25:18
1194 Patrick Connolly	1:26:12
1118 Michael Brown	1:27:08
9880 Jonathan Wall	1:27:26
9976 Patrick Zielinski	1:28:57
1690 Britt Lobitz	1:29:28
1167 Thomas Chartrand	1:30:40
9737 Jim Smith	1:31:27
1483 Gary Holbach	1:32:04
1972 Ron Santoro	1:32:46
1932 Rick Richter	1:32:54
1268 Timothy Dunne	1:39:10
1837 Duane Ohland	1:39:22
1416 Vladimir Hampel	1:43:03
1798 Michael Morris	2:12:10

DIV = M65-69	
1228 Bruce Davies	1:23:42
1309 Michael Flanagan	1:23:50
1286 Doug Evans	1:31:14
1994 Robert Schultz	1:36:32
9773 Joel Stone	1:44:30
DIV = M70-99	
1494 Robert Huberty	1:27:16
1159 Ron Caruso	1:29:25
1295 Bob Feldbrugge	1:47:28
1873 Ron Pemberton	1:49:15
1981 Kent C. Schlienger	2:04:23



XC Thrilllogy Trail Series 2015

Our Trail Series Charity Partner for 2015
WOMEN AND CHILDREN'S HORIZONS
Rebuilding the World, One Mile and Second at a Time

Hills Are Alive
 Trail Run/Walk
Sat., March 14, 2015
 KD Park
 Burlington, WI

Coureurs De Bois
 Trail Run & Relay
Sat., June 13, 2015
 Petrifying Springs Park
 Kenosha, WI

Hot, Hilly, Hairly
50K
Sat., July 18, 2015
 UW-P National XC-Course
 Kenosha, WI

Pike River
 Trail Run/Walk
Sat., Oct. 3, 2015
 Petrifying Springs Park
 Kenosha, WI

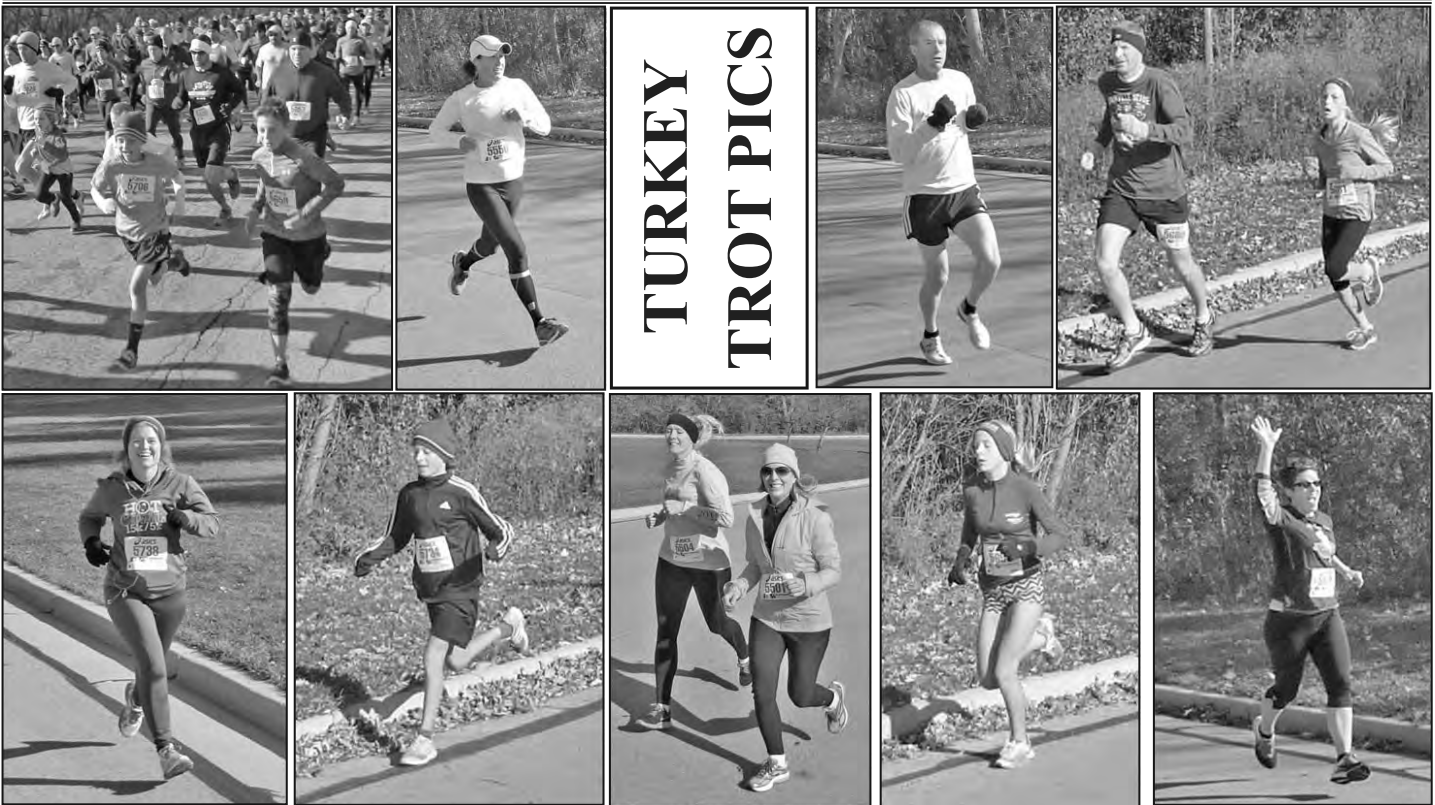
Hateya
 Trail Run
Sat., Dec. 17, 2015
 Petrifying Springs Park
 Kenosha, WI

HILLOOPY RELAY

Saturday, July 18, 2015
UW-Parkside National XC-Course, Kenosha, WI

- 33 loops of a 5K XC course (no vans, no logistics, just show up and have fun).
- Teams of 2 to 6 for an Ultra Team and 7 to 10 for a Standard Team.
- Housing will be available at UW-Parkside.
- Music, activities, food, drinks and beer will be available throughout the event.
- This will be an amazing event for running club teams, charity teams, corporate teams, high school teams, open teams, etc.
- Are you interested in being a sponsor for such an event? If yes, you can become a sponsor for free. Contact Brian Thomas for more information.

www.XCThrilllogy.com • (262) 925-0300 • brian@kenossharunningcompany.com



Stride & glide

FOR INDEPENDENCEFIRST

Saturday, February 28, 2015
at the Milwaukee County Zoo

*5K Run/Wheelchair, "Zumba at the Zoo," Outdoor Walk, Kids' Activities
Free Zoo Admission and Parking. Registration at 7 a.m., 5K at 8 a.m.*



Chip-timed 5K Run & 5K Wheelchair, with awards for the top male and female in each age group!

Your participation supports IndependenceFirst's services for people with disabilities.

Register: www.StrideAndGlide.org or 414-226-8386 V/Relay

TURKEY TROT 2014 ENDS THE OUTDOOR RACING SEASON FOR THE STRIDERS

By Len Wachniak

Another Turkey Trot is in the books, and this year's race was as tight as ever for the valued prize of a full size turkey. Unlike other races where people are concerned about their finishing place or beating others in their age group, this race was about getting as close as possible to your predicted time. Being at the finish line is always fun as some runners are really excited to hear their time, while others are left wondering what they could have done differently.

Turkeys were awarded based on the closest to predicted time, and the first person in the 2 mile race came within 4 seconds of their time. The top turkey winner in the 15K was less than a second off his predicted time.

The overall winner in the 2 mile was Ben Van Male, who is a perennial winner of the race. His time was 10:01. Emma Polenske was the female winner in a time of 12:30. Kyle Fraser smoked the field in the 15K with a time of 54:00, beating his next closest competitor by more than 4 minutes. Before the race Michelle Lanouette said she was not looking for a fast time, but still ended up running 64:20 to win the female portion of the 15K.

This race is all about families, and it was great to see parents coming out and running with their children. Mrs. Petersen brought a large contingency of students from Tonawanda School, some of whom took home Thanksgiving dinner for their family. She has been working to promote youth running, and for many, this was their first official race. Let's hope we get some future Strider members out this group. I also saw several middle schools cross country singlets come across the finish line.

A large thank you goes out to the great volunteers who made the race happen. Monica Gamm and Carol Hegland worked at registration; Marty Malin arrived early this year, and was the lead bike, while Ken Plumb did another great job of keeping people on course at the triangle. Dave Fiegel, Jeff Weiss and Scott Stauske all worked the finish line and timing equipment. Tom Buthod did multiple jobs including picking up the turkeys on race, helping at the finish line, and cleaning up. Pauline Shoemaker helped with setting up the website and posting online results, while Bill Schauder provided the timing equipment and computer. Sorry if I missed anyone. THANK YOU for all your hard work everyone.

I will be passing along the reigns of Race Director to someone new for 2015, and will work with whoever steps up to ensure a smooth transition. Along with being the race director five times at several points, I have also had the luck to being the timing person since 2001. With changes in technology, the club has decided to bring on chip timing for 2015. Maybe I will be out there competing for a turkey!!



LAKEFRONT DISCOVERY RUN VOLUNTEERS

Pete	Abraham	Kevin	Germino	Tom	Parry
Amy	Baxter	David	Guse	Penny	Pesch
Perry	Benes	Melanie	Hale	David	Pike
Ed	Blumberg	Jenna	Hammernik	Lori	Salyers
Jennifer	Braunreiter	Jim	Hatzenbeller	Geni	Scalio
Jackie	Browning	Carol	Hegland	Jeffrey	Schmidt
Debra	Caruso	Sonja	Hoff	Ken	Schmitz-Lammers
Becky	Cummings	Craig & Mary	Hopper	Greg	Schuchardt
Kaitlyn	Cummings	Mary	Hopper	Tom	Shaffer
Fern	Dains	Danielle	Janisch	Dennis	Shoemaker
Debra	Davidoski	William	Janisch	Lyndsay	Smanz
Ember	Davidoski	Melissa	Joda	Scott	Stauske
Alex	Deheck	Caitlin	Jung	Steve	Szymanski
Elena	Deheck	Dick	Kindel	Barry	Throne
Nicholas	Deheck	Dan	Kushlan	Robin	Treder
Rebecca	DeMatthew	Alastair	Matthews	Julie	Treder
Carli	DiGioia	Jessica	McCardell	Len	Wachniak
Carol	Dorau	Simon	Moody	Sandra	Weinstein
Barb	Drees	Dave	O'Brien	Jeff	Weiss
Ruth	Eimer	Robert	O'Brien	John	White
Mary	Eisenhauer	Christine	Olson	Mike	Wittig
Patti	Farnam	Kan	Pai	Nancy	Wittig
Steve	Fishman	Sharolyn	Parry	Christine	Wodke

BADGERLAND STRIDERS MEMBERSHIP BENEFITS

Remember to Show your Membership Card to receive benefits

<p>Performance Running Outfitters Brookfield, Oconomowoc, Shorewood 20% Discount</p> <p>Rodiez's Running West Allis 15% Discount</p> <p>Instep Running Delafield, Franklin, Mequon, Milwaukee 15% Discount</p> <p>Fleet Feet Brookfield 17550 B-1 W Bluemound Rd 15% Discount</p>	<p>New Balance store (owned By Stan's) Brookfield, Greenfield 15% Discount</p> <p>Running Warehouse Online Code: BLSRCD 15% Discount</p> <p>Pettit National Ice center 50 percent Discount, \$2 for entry to Track</p> <p>The North Face Brookfield Square 10% Discount</p>
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WINTER FUN RUNS for 2015 at the Pettitt Center

Dates; Wednesday January 14, Feb 11 and March 11 from 6:30-9:30;
 3 mile run inside at the Pettitt and get together after .
 Run starts at 6:30. \$2 fee to run inside
 \$1 fee for beverages n snacks after run at the Pettitt party room where we hold monthly meetings.

RODIEZ'S RUNNING STORE

Tony Rodiez
 Owner / Manager

Phone: (414) 321-1154
 Fax: (414) 321-1152

10903 W. Lincoln Ave.
 West Allis, WI 53227

Hours
 M-F 10-8
 Sat. 10-5
 Sun. 12-4

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

The Strider is published 6 issues per year, in the odd numbered months.

We welcome your articles, poems, journal excerpts, 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 data disk or thumb drive 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 PDF, 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 via email directly to 'The Strider' at tstrider@wi.rr.com or via snail mail:

Jeff Weiss, 5310 W. Wells Street,
Milwaukee, WI 53208



This newsletter is printed on recycled paper.

Badgerland Striders 2015 VIP List

Executive Board

President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
VP Admin	Bonnie Clarey	414-453-6527	blsoffice@sbcglobal.net
Secretary	Sherley MacLean	414-475-7440	smaclean@att.net
Treasurer	Jennifer Farrell	414-774-2555	jfarrell@wi.rr.com
VP of Programs	Dave Gavinski	414-476-3745	davegavinski@juno.com
VP Road Racing	Scott Stauske	414-418-8395	stauske@sbcglobal.net
	Dave Finch	262-886-9192	david.finch@renxord.com
	Jeff Weiss	414-771-3165	tstrider@wi.rr.com
Newsletter Editor	Jeff Weiss	-	tstrider@wi.rr.com
RRC Rep	Dave Finch	262-886-9192	david.finch@renxord.com
Past President	Jerry Anderson	414-258-4986	ajanderson@milwpc.com

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Equipment	Sean Daley	-	sdaley33@wi.rr.com
Fun Runs	Karen DeGenaro	414-975-2012	kdegenaro@yahoo.com
Race Book Editor	Jeff Weiss	-	tstrider@wi.rr.com
Finance Chair	Barbara Jewell	262-763-3062	barbarajew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavinski@juno.com
Track & Field	Ron & Alice Winkler	414-744-9404	rawinkler@sbcglobal.net
Marathon Buildup	Jeff Weiss	-	tstrider@wi.rr.com
Most Improved	Jody Geibl	-	jgeibl@wi.rr.com
Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis Shoemaker	-	shoeboss50@gmail.com

THE STRIDER" ADVERTISING 2015

The Strider reaches more than 2,200 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 6 times per year, January, March, May, July, September and November.

Advertising is based on our current print format which allows for a 9.75" wide x 12" long page.

SIZE	MEASUREMENTS	ALTERNATE MEASUREMENT	COST
FULL PAGE	9.75"W X 12"H	-	\$230
3/4 PAGE	9.75"W X 9"H	-	\$185
2/3 PAGE	9.75"W X 8"H	6.5"W X 12"H	\$165
1/2 PAGE	9.75"W X 6"H	6.5"W X 9"H	\$130
1/3 PAGE	6.5"W X 6"H	3.25"W X 12"H	\$95
1/4 PAGE	6.5"W X 4.5"H	3.25"W X 9"H	\$75
1/6 PAGE	6.5"W X 3"H	3.25"W X 6"H	\$60
1/8 PAGE	3.25"W X 4.5"H	6.5"W X 2.25"H	\$50
BUSINESS CARD SIZE	3.25"W X 2"H	-	\$32

Recurring Advertisements: Ads run for three (3) consecutive months or more qualify for a 10% discount.

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 \$125.00 for the service, payable in advance. Inserts may be a Maximum size of 6.5" x 9.5", and may be folded.

Deadlines: We need to know your advertising plans by the first (1st) of the month preceding publication. Prepared ad copy must be submitted by the 5th; inserts delivered to Rodiez's Running Store, 10903 W. Lincoln Ave., West Allis, WI 53227, by the 15th. Prepare cartons containing inserts by marking with a broad felt pen, "For The Strider, (month)_ issue."

To place an ad or insert, email or phone Jeff Weiss at tstrider@wi.rr.com or by phone at 414-771- 3165 [this includes club race directors - I need to know your plans]. Ad copy may be transmitted by e-mail directly to our editor at tstrider@wi.rr.com.

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 St, Milwaukee WI 53208-3040.

For questions, or to arrange for an ad or insert, e-mail tstrider@wi.rr.com or phone Jeff at 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.

Beer and soda are provided on tap. Cover Charge is \$1 at the door.

Program suggestions are welcome.

Call Dave Gavinski: 414-476-3745

Email: davegavinski@juno.com

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.

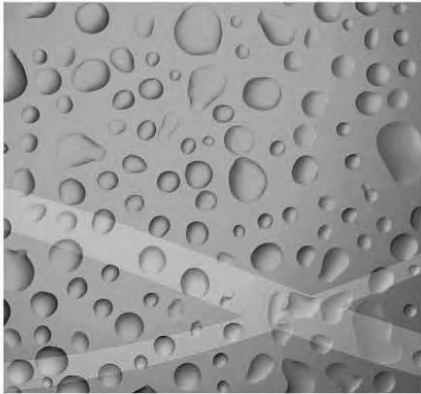
- Badgerland Striders Office
- 6526 W. River Parkway
- Wauwatosa, WI 53213
- Club Phone: 414-476-7223
- (leave message)
- www.badgerlandstriders.org,
- email: blsoffice@sbcglobal.net

"The Strider"

Jeff Weiss
5310 West Wells St
Milwaukee WI 53208
tstrider@wi.rr.com

2015 RACE & PROGRAM DIRECTORS

Samson Stomp	Dave & Janice Finch	david.finch@renxord.com	Jan 19, 2014 262-886-9192
John Dick Memorial 50K	Robert Wehner	rwehner@hotmail.com	Feb 1, 2014 262-370-7270
Steve Cullen Run	Nicole Jellison	nmjellison@yahoo.com	Feb 15, 2014 414-541-3086
Strider Southshore 1/2 Marathon	Richard Menzel	SoShoreRD@aol.com	Apr 5, 2014 414-545-5899
Deer Run 10K/5K	Hank Nisiewicz	hjn0316@wi.rr.com	Apr 26, 2014 262-242-3868
Ice Age 50-Mile/50K	Jeff Mallach	iceage50rd@sbcglobal.net	May 10, 2014 414-232-5411
Superun 5K	John White	johnwhite1@att.net	June 11, 2014 414-852-4789
Hartfest Half	Pete Abraham	ptaak7@yahoo.com	June 14, 2014 414-774-4580
Hales Corners Firecracker Four	Erin Smith	echap070@gmail.com	July 4, 2014 920-321-4944
Cudahy 5mi & 10mi	Andrew Cordell	cudahyclassierd@gmail.com	July 27, 2014 -
Minooka Corn Roast	Ken Schoberg	kenschoberg@yahoo.com	July 30, 2014 414-273-8064
Strider Half Marathon	Tom Buthod	sttiderhalf@gmail.com	Aug 23, 2014 414-690-0570
Badgerland FX 12-24 Hr Run	Robert Wehner	rwehner@hotmail.com	Aug 30, 2014 262-370-7270
Tosafest 5K	Anne Peters	tosafest5K@yahoo.com	Sep 6, 2014 312-927-4124
Briggs & Al's 8K Run for Children's Hosp.	Jeff Weiss & Brandi Encarnacion	alsrun@gmail.com	Sep 13, 2014 -
Lakefront Marathon	Jon Mueller	milwaukeeclakefrontmarathon@gmail.com	Oct 5, 2014 414-333-9256
Glacial Trail Run	Robert Wehner	rwehner@hotmail.com	Oct 12, 2014 262-370-7270
Lakefront Discovery Run	Scott Stauske	stauske@sbcglobal.net	Oct 25, 2014 414-418-8395
Turkey Trot Nov 2, 2014	Len Wachniak	wachlen@sbcglobal.net	414-614-0750
Strider 20K	Dave Finch	david.finch@renxord.com	Dec 7, 2014 262-886-9192



Lake effect has no effect on you ... 'cause you're a runner.

If rain, wind and snow don't stop you, why should pain? Instead of ignoring your pain or hoping it'll go away, call Aurora Sports Medicine Institute to schedule a FREE Injury Evaluation.

Performed by a licensed athletic trainer or physical therapist, the FREE screening includes a pain assessment and recommendations for treatment or physician referral, if needed.

Downtown Milwaukee • Brookfield • Burlington • Grafton • Hartford • Kenosha • Mequon
Sheboygan • Slinger • St. Francis • Summit • Wauwatosa • West Bend • Whitefish Bay



FREE Injury Evaluations*
800-219-7776

Sports medicine provider of the Badgerland Striders' Marathon Build-up Program

**Due to federal law, Medicare, Medicaid and TRICARE patients are not eligible for this service.*

Aurora.org/Sports

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