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Official Newsletter of the Badgerland Striders, Inc.

THE STRIDER

VOLUME 44, No. 1

JANUARY 2015

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 35^{th} 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 $18^{\rm th}$.

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 ½-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

(Continued on page 5)

WHAT'S INSID	E:
	PG
• PREZ SEZ - Another Year!	2
• BLS Meeting Speakers	2
\Rightarrow JAN Jay Preston	
\Rightarrow FEB Roy Pirrung	
• Times Past: Starting the Year	3
Saving my Old Shoes	4
BLS Holiday Party 1/24/2015	7
• Lakefront Marathon Recap	8
Ask the Shoe	11
Super Strider	11
• BLS Bus Trip: Flying Pig	11
• The Pacer Brigade V1.0	16
Coming Events	20, 21
BLS Membership Form	22
Badgerland Strider 2015 Sched	ule 23
• LFM Kids Run Pictures	24
Glacial Trail Run Recap	26
Discovery Run Recap	28
Discovery Run Volunteers	34
• Turkey Trot Recap	34
BLS Membership Benefits	34
More Tosafest Pics	31
• Badgerland Strider Info and VIP List	35
*****	****
MAKING DUST (Race Resu	ults)
 Lakefront Marathon 	8
• Glacial Trail 50K	26
• Glacial Trail 50 Mile	26
• Lakefront Discovery Run	28
• Turkey Trot 2 Mile	32
• Turkey Trot 15 K	32

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

BRGA
ROAD RUNNERS CLUB OF AMERICA

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!

(Continued on page 5)

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.

Roy plrRUNg Strider Legend

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

3**************

Pirrung 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.

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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

knowledge to be your resource for quality recreation, commuting, and endurance bicycles, cycling products, and service.

3

Times Past: Yesterday and Today

Starting the New Year





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.

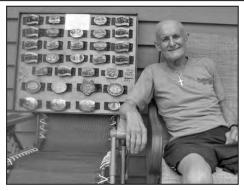
- Roy Pirrung 45.
- Don Ayer 40
- 3) Jim McFadden 25
- Jim Schneider 24 Jerry Anderson 19
- Kris Hinrichs and Phil Carpenter 17

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

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

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

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,

FIRST RITES OF SPRING RUNNING BADGERLAND STRIDERS HALF MARATHON **April 4th, 2015**

Ry 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

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

(Continued on page 5)



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 neighors 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

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 personna.

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 anbient 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

> 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

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

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

Aurora Sports Medicine Institute

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 additionstrength 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 intensi-
- 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
- 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.

www.Aurora.org/SportsMedicine



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 HotlineTM 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 age incliners to volunteer and to try to flake their 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 describes to observe the try to obscure the profit of the transity of the profit of the transity of the profit of the transity of the profit 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 per-formed 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 partici-pants in the race. These 'volunteers' were recruited under the panis in the Lac. These word recommunity 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

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!

FIRST RITES OF SPRING RUNNING **BLS HALF MARATHON**

(Continued from page 3) pavilion, and final results will be posted on the Strider web

Race fees are \$12 for Strider members and \$18 for nonmembers. Race day registration is \$25 for all. Online registra-tion 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 up dates on Facebook and Twitter, and if you have any questions regarding the race, please email me at

wachlen@sbcglobal.net



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)

1/4- 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 tshirt 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 tradi-



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

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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. 10001 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



Beogetans M Striders

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 Gros 894 Meghan Garv 680 Lisa Dretske	

894 Meghan Garvin 4.00.28
680 Lisa Dretse 4.06.07
2282 Lindsey Pugh 17.08
2282 Lindsey Pugh 417.06
2386 Martha Callahan 17.28 Carrie Luddeking 4.18.00
396 Martha Callahan 18.25 Christen Krause 4.28.32
2370 Deidre Ripka 428.32
2370 Deidre Ripka 428.32
2370 Deidre Ripka 428.32
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1418 Kathryn Kedinger 5.12.57
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168 Mike Bauler

982 Jeffrey Gribniski

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2696 Michael Sowinski

328-35

222 Steve Taylor

901 Mike Geisson

1916 Kevin Michael

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222 Steve Taylor

1904 James Gefte

2304-22

2856 Barry Thrune

2904 James Gefte

2856 Barry Thrune

2904 James Gefte

2856 Barry Thrune

2875 Barry Thrune

2876 Gergery Tait

2321 Jeff Rau

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683 Kurt Drezek

2884 Kevin Gracey

1121 Alex Haugen

288 Nathan Anseel

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240 John Magaire

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2414 Erik Rossebo

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2430 Cervin Horffen

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



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

79 Sean Tracey 5:07:17 83 Gary Hill 5:11:53

(Continued on page 9)



Arter months and months of pianning 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 venders displaying and selling their running related products

Dave and Janice who 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 finish line on Sunday and did it all over again. I think they put on 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 cocaptains, 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 venders.



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 Meguon (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)









"Only think of two things - the report of the pistol and the tape. When you hear one, run like hell until you break the other."
-Sam Mussabini



Lakefront **Marathon**

Results Continued

(Continued from page 8)

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1917 Lena Michel 4:41:57
1155 Amberleigh Henschen 4:42:05
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1851 Leslie McFarron 1851 Leslie McFarron 4:39:51 824 Margarita Fons 4:40:26 1948 Stephanie Mischler 4:41:02 1421 Rebecca Keesler 4:41:41 2887 Amanda Trieloff 4:43:29 2102 Aggie Northrup 4:45:53 235 Carrio Reser 4:46:30 305S Shannon Wietor 445:53
225 Carrie Beyer 44:67:30
2275 Angie Prinsen 447:41
800 Katerina Fernandez 45:03
2058 Jennifer Neideffler 45:03:61
1707 Jessica Lomax 45:03:73
387 Angelique Byrne 45:145
1096 Jenna Holbrook 45:145
1096 Jenna Harer 45:20
383 Mary Butler 45:35:2
2487 Hesubre Thomas 45:51:145 2847 Heather Thomas 284 / Heather Thomas 4:56:13 1493 Noel Klug-Konkel 4:56:25 1634 Kristen Lantto 4:56:30 415 Meghan Cardarella 4:56:42







2292 Kristopher Purzycki 5:25:33 5:37:33 5:41:21 5:47:47 5:50:02 5:50:39 1902 Mark Metzendorf 947 Dan Giuliani 164 Jereny Bauer 2 2256 Shawn Pompe 2 128 Eric Ohlrogge 5 1386 Michael Kamin 1722 Geoffrey Lowry 1785 Bradley Manko 1147 Tim Henkhaus 2850 Anthony Thompson 5:52:43 5:55:19

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657 Kathryn Dobbs 2728 Kelly Steffen 2840 Katie Thiel 992 Stephanie Grassel 1224 Laura Horan 4:58:02 | 1224 Lama Horn | 5,09/03 | 2937 Emily Numester | 509/19 | 1599 Jennifer Kwok | 5,10/32 | 2348 Tstephanie Schaillborn | 5,10/32 | 2487 Stephanie Schaillborn | 5,10/32 | 2493 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25,10/32 | 25, 1500 Allie Kress 5:49:38 284 Alicia Bower 5:50:46 1744 Kimberly Lyskawa 5:53:20 1550 Kaytlyn Kramer 773 Shianna Fairbanks 6:20:42 1446 Michelle Kerr 6:26:57

DIV = F25-29 11 Jenny Zwagerman 12 Lindsey Kong 19 Margaret Ho 20 Sarah Lundine 300.49 3:30:58 3:32:14 3:35:18 3:35:48 3:36:46 3:37:23 3:38:15 993 Alexandra Graves 1427 Mary Kelley 1139 Jennifer Helton 1194 Abigail Ho 1766 Jenny Mahoney 2387 Kerstin Rodgers
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 2375 Tiffany Robak
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 253 Kristin Bloom
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 297 Jennifer Brantsen
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 1803 Christina Martello
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 234 Cristy Biggs
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 610 Andrea Debuck
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 1844 Kelli McCourt
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 1699 Renee Lochemes
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 1294 Sabrina Jacobson
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 437 Erica Christman
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2530 Leigh Braun - 1-19-20
2540 Keriann Conlon - 1-19-28
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 1395 Veronica Karolewicz
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DIV = F35-39 2:54:52 3:06:10 3:10:08 3:19:35 3:21:12 3:21:41 3:26:34 3:27:36 3:27:58 3:28:12 3:29:02 8 Melissa Gacek 2557 Erica Schramm 24 Sara Plummer 2010 Nacole Ewerdt 1807 Lisa Martin 648 Kristen Dietz 648 Kristen Dietz 1083 Sara Hans 1557 Krista Krenz 991 Laura Grant 3138 Amy Zembroski 671 Kelly Donoghue 1533 Jill Kortebein 2055 Courtney Navarro 2055 Courtney Navarro 3:31:02 1904 Cameron Meunier 3:31:36 2378 Jessica Robbins 3:36:09

(Continued on page 12)









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Oswald Ploon, Ebola Tsar for Madison and Dane County asks: Shoe, most web sites have a "FAO" 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?

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

I hear va 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."

www.badgerlandstriders.org

AQ: 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

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

FAQ: Is yoga good for runners?

ANS: See "Spinning", above.

FAQ: Where is the best place to find information about

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?

FAO: 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.

FAO: How do I contact the Shoe?

ANS: Send your questions to "Ask the Shoe" at dshoemaker@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



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

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- 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 Petitt 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 volun-

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 igeibl@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

- 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 mon-

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

We will help you stay motivated this Winter!



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 Melsheime			
	3:41:32		
186 Denielle Beilfuss			
1761 Katja Maertens-V			
	3:44:13		
512 Angi Cook	3:44:24		
961 Maureen Goetz	3:45:45		
	3:46:03		
70 Alice Ambrowiak			
3159 Michele Zrubek	3:46:32		
2168 Kelly Parrish	3:48:22		
392 Joanne Cain	3:48:52		



	4.05.10
743 Laura Emrick	4:05:10
389 Leah Byrnes-Stre	
2124 Valerie Oestreic	
948 Laurie Giumento	4:08:28
95 Maya Arnott	4:10:01
1864 Donna McKonly	4:10:31
53 Nausheen Ahmad	
2817 Jessica Taylor	4:12:28
1038 Julie Guyton	4:12:52
3063 Sara Williams	4:13:26
574 Kasandra Daevel	
2719 Teri Starry	4:15:12
2/19 Ten Starry	
2081 Candice Nielsen	
3147 Sandi Zimbric	4:17:35
1649 Lisa Leclair	4:17:39
2871 Crystal Toll	4:18:21
1566 Christina Kropp	4:18:28
2395 Jennifer Rojek 2057 Jodi Nearing	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
2//6 miary Stubben	
162 Paula Bastow	4:24:01
705 Rosie Durand	4:25:36
487 Lindsay Cohen	4:25:42
1150 Jessica Henness	
1353 Amy Jones	4:27:11
888 Stephanie Ganse	r 4:27:48
644 Michelle Diehl	4:28:23
830 Kate Foster	4:28:50
1213 Kristin Holmes	4:29:43
2688 Aliza Soler	4:29:59
2899 Ana Milian	4:30:14
1696 Victoria Liu	4:30:24
2689 Laura Sonsthage	
2222 Natalie Pilmaier	4:31:35
337 Marie Bruce	4:32:47
1340 Kristen Johnson	
332 Angela Browne	4:33:36
2346 Sarah Retherford	
3155 Amy Zirbes	4:35:23
733 Heather Eisenhau	
109 Heather Ausmus	4:37:32
393 Megan Calder	4:38:41
341 Hannelore Bruhn	
428 Sara Carter	4:39:22
2534 Lisa Schmitz	4:40:17
1559 Lindsey Kresge	4:42:10
1221 Jennifer Hoppe	4:42:37
301 Kathran Cahill	4:43:51
391 Kathryn Cahill 120 Jeannette Bahr	4:44:47
394 Mahleah Caldero	
105 Jennifer Aultmar	
2032 Liz Mueller	4:46:46
2577 Sarah Schultz	4:47:54



775 Jadi Falaschi 3:49:04 2968 Dawn Wagner 3:49:22 1949 Becky Misius 3:49:49 1655 Lee Leeser 3:50:05 2981 Rihianon Walsh-Bott 3:50:19 2519 Rachel Schley 3:50:20 928 Tracey Gessner 3:50:45 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17 2446 fill Rybicki 3:52:43
1949 Becky Misius 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 3:50:20 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
1655 Lee Leeser 3:50:05 2981 Rhianon Walsh-Bott 3:50:19 2519 Rachel Schley 3:50:20 928 Tracey Gessner 3:50:20 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
1655 Lee Leeser 3:50:05 2981 Rhianon Walsh-Bott 3:50:19 2519 Rachel Schley 3:50:20 928 Tracey Gessner 3:50:20 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
2519 Rachel Schley 3:50:20 928 Tracey Gessner 3:50:45 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
928 Tracey Gessner 3:50:45 1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
1544 Jennifer Koziar 3:51:40 2393 Amber Rohead 3:52:17
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 Jalan 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 Steinhardt 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

(Continued on page 13)

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 Lupin-ski, 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 start-ed 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, advertizing, 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 $\frac{1}{4}$ page color picture of the runners and the great looking new start line tower with the new art

(Continued on page 13)















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

2134 Racnel Ottens 2243 Denise Ploof 2512 Laura Schiffman 1709 Danielle Long 2056 Charlotte Neal 763 Barbara Estenson 2320 Kristen Rappold

2320 Kristen Rappold
1024 Karen Grunert
2779 Heather Stuebner
1965 Nicole Monet
1162 Ana Hernandez
2730 Yvette Steger
687 Dennise Hoylocis
2443 Jennifer Hoylocis
2443 Jennifer Hoylocis
2443 Jennifer Hoylocis
2443 Jennifer Hoylocis
2449 Jennifer Hoylocis
2449 Jennifer Hoylocis
2449 Jennifer Hoylocis
2449 Jennifer Has
1364 Tlavas Prosch
1042 Jennifer Has
1364 Flavia Jurgensen
251 Christa Blofhowiak
2740 Kristin Stern
4

2740 Kristin Stern

3141 Paula Zibton

83 Amy Ankerson 616 Erin Del Ponte 2660 Veronica Skudlarca

2088 Poppy Niosi 2485 Nicole Schafer

2983 Leann Walters 3102 Nancy Wunsch 2070 Jennifer Neuma

330 Patricia Brown

2093 Elsa Nolan 2360 Jean Richie 1031 Lauri Gundrum 1102 Amy Harmsen 403 Cherie Campion

403 Cherie Campion 3109 Li Yang 2096 Natalie Nolan 2150 Nikki Ostram 273 Heather Booth 2819 Joann Taylor 1207 Teresa Hofmann 1373 Dannette Justus 1483 Jennifer Klimek 1241 Ronnie Huang 219 Stacey Berube 2387 Mauya Pabartson

2382 Maura Roberts 2259 Inderjit Pooni 706 Jennifer Durso 628 Deanna Depies 1618 Vicki Lamond

1873 Liz Medina

2660 Veronica Skudlarczyk 4:43:47 2862 Pam Tippel 4:44:02 2709 Tracey Stachowiak 4:44:19 1156 Candy Hepfiner 4:44:53 2661 Jennifer Slad 4:45:54 97 Renee Ashburn 4:46:51

4:37:47 4:37:54

4:42:20 4:42:32 4:43:35 czyk 4:43:47

4:53:59 4:54:33

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

1246 Ellen Hughes	3:58:23
2247 Janice Poehlman	3:58:31
1304 Tanya Jahr	3:58:31
1045 Kristin Haberman	3:58:34
	3:58:37
	3:58:41
	3:59:27
	3:59:31
1106 Anna Hartlaub	3:59:33
2065 Jen Nemec	4:00:12
2823 Tammy Taylor	4:00:17
3134 Melissa Zebrasky	
1237 Jeri Howey	4:02:50
2611 Ann Senn	4:02:51
502 Amy Conklin	4:02:53
637 Stephanie Dibened	letto 4:02:53
	4:02:57
	4:03:32
160 Stacey Bast	4:04:07

-3	O.S.	
2003 1111112		

2221 Rebecca Pilarzyk	5:27:03
2026 Maggie Morrison	
2873 Caroline Tonozzi	
2040 Andrea Murdock	5:38:5
2674 Katharine Smith	5:44:27
2156 Gina Owens	5:50:30
2787 Shanna Sullivan	5:51:19
1878 Angela Meihsner	5:52:40
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

374 Delora Burke	6:20:50
DIV = F40-44	
1943 Sue Miller	2:59:10
	3:09:53
27 Diana Widmer	3:09:53
1729 Pamela Luka	
3169 Terri Bodden	3:27:21
619 Yvonne Delongch	
2619 Rebecca Severe	3:33:31
1057 Jennifer Hagstror	
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	
484 Anne Coffman	3:45:33
1344 Michelle Johnson	
	3:48:13
1664 Julie Lemmel	3:48:57
1392 Karin Karecki	3:49:10
1499 Andi Kneeland	3:50:31
1856 Nikki McGuinnis	
2837 Kim Teske	3:52:01
1853 Kory McGinn	3:52:23
509 Heidi Conto	3:52:56
1442 Julie Kensick	3:53:47
385 Jennifer Butzke	3:53:48
	3:54:39
2655 Suzanne Sipich 2201 Christina Perozzi	
	3:56:36
1253 Joann Hungness	
1528 Kelly Konkol	3:56:48

1177 Kathryn Hiatt 2397 Laura Roller 1175 Kristin Hettich 591 Nicole Davila 1311 Danielle Janisch 2266 Andrea Poulton 1321 Maureen Jens 2594 Kari Scott 2203 Nichole Peterburs 2515 Sara Schirmer 911 Rebecca Gemmell	4:04:42 4:05:02 4:05:42 4:06:01 4:06:51 4:07:27 4:07:32 4:09:53 4:10:10 4:10:33
2781 LOH Statez	4.10.36

E3	1
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 Janisch	1 4:06:51
2266 Andrea Poulton	4:07:27
1321 Maureen Jens	4:07:32
2594 Kari Scott	4:08:11
2203 Nichole Peterbu	
2515 Sara Schirmer	4:10:10
911 Rebecca Gemme	ell 4:10:33
2781 Lori Suarez	4:10:58



1281 Sarah Jablonski 4:11:48
689 Michelle Dudkiewicz 4:12:11
478 Barbi 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 Dichraff 4:15:22
1975 Renee Montz 4:16:41
1841 Erin McCombs 4:16:45
635 Shelly Deyo 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 Tattum 4:20:37
1955 Noelle Moehlenkamp 4:21:29

792 Laura Feit 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
2854 Patty Thompson 5:24:22
1448 Jeannette Kescenovitz 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**

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 Kathey 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 offiwere at least a hundred tendance

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

Scott Stauske, again, program and was supseveral sponsor and Run, In-Step on the ters and the Milwaukee This is a ten week procal fitness through run-



bleacher seats 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.

ported with help from volunteers from: Girls Physical Therapy Cen-Police Endurance Club. gram to promote physining. The kids run their

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 price-

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.







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 p	page 13)
1926 Kari Mikolyzk	5:41:51
1295 Tina Jacobson	5:45:09
3050 Mary Wichern	5:46:05
2703 Tracy Sprader	5:47:51
891 Laurie Garcia	5:47:55
2181 Dawn Patterson	5:52:09
2249 Sharon Polakows	ki 5:59:18
839 Leigh Anne Frale	y 6:02:00
3089 Joy Woller	6:16:47
1898 Silvia Mesa	6:19:26
1684 Heather Lim	6:23:43
	6:26:37
1232 Michelle House	6:27:04
2996 Denise Watrous	6:27:56
2517 Lydia Schleicher	6:30:57

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

3164 Tammy Zyduck 3:25 u. 1112 Elaine Hassan 3:26:02 5584 Jenny Schwerinert 3:28:54 3:31:06 3:40:12

3164 Tammy Zyduck 3:25:01 112 Elaine Hassan 3:26:02 2584 Jenny Schweinert 3:28:52 2371 Lauren Ritters 3:28:54 256 Nancy Blum 3:31:06 1890 Christine Merkel 3:40:12 1754 Kimberly MacKowski 3:42:07 57 Carmen Cruz 3:43:44:88 201 Leslie Oligo 3:44:48 201 Charles Charles 3:44:48 201 Charles Charles 3:44:48 201 Charles Charles 3:44:48 201 Charles 3:44

2090 Barb Nisius 1553 Laurie Krause 482 Rachel Cocquy 116 Lisa Badran 2 2352 Carolym Reynolds 2697 Susan Sowinski 220 Julie Besson 3 1806 Gail Martin 1 3180 Gail Martin 1 432 Teresa Castagna 1651 Susan Lederman 1510 Marianne Koch 660 Ellen Dockum 666 Kristy Deabler

2768 Jean Strobel 5:43:12 1174 Tammie Hettermann 6:02:01 180 Sabine Beaupre 6:02:01 142 Tracy Barber 6:08:56 2655 Judy Tjoe 6:09:08 367 Kathy Bundalo 6:10:58 2372 Dawn Ritter 6:14:45 258 Pam Boardman 6:20:50 2925 Maureen Van Mieghem 6:21:45 2539 Amy Schneider 6:23:36

DIV = F50.54
2927 Mary Jo Van Natta 33.31-8
1402 Tamara Kasper 3-40.38
2610 Stacey Seneezko 34-71-9
2411 Tammy Mari 3-47-18
2706 Jenny Standin 3-50-49
1736 Kristine Lundin 3-50-49
1795 Kristie Kurtenbach 3-51-14
1595 Kristie Kurtenbach 3-51-13-4

577 Vicki Dallmann-Papke 4:55:39

22/7 / D II	2.52.20
2267 Janet Powell	3:52:39 3:56:12
2789 Jenny Summers 1343 Melissa Johnson	
	3:57:59
1273 Nicki Inman	4:00:11
2425 Sandy Ruef	4:03:46
2039 Diane Munzenma	
141 Lisa Baragiola	4:04:11
630 Aprelle Deuell	4:05:10
477 Wende Cleary	4:05:32
526 Lisa Corso	4:05:32
3048 Colleen Whittier	4:08:03
915 Dina Genovese	4:09:33
1730 Inge Lund	4:10:57
1570 Pam Krueger	4:12:00
1567 Darci Kruchten	4:13:36
2424 Anne Rudolph Pi	
2112 Mallory O'Brien	4:21:39
1135 Debbie Heinz	4:21:52
446 Sue Chapman	4:22:41
94 Jeanette Arnold	4:23:03
339 Leslie Brueske	4:23:29
422 Sheila Carney	4:23:36
1061 Joni Haley	4:28:25
2579 Colleen Schulz	4:28:33
1341 Louise Johnson	4:31:47
723 Francesca Ehler	4:33:51
1833 Tara McCabe	4:34:28
2101 June Norman	4:36:07
3032 Fritzi Wendorf	4:39:06
67 Kimberly Alvarez	4:40:35
456 Gina Christensen	4:42:09
2114 Gretchen O'Conn	or 4:49:17
1612 Traci Lambert-C	werenz 4:50:30
2239 Beth Plath	4:50:44
1251 Sue Hui	4:53:43
1755 Sherley MacLear	4:53:51
833 Katie Foust	4.59.18
2691 Susan Sorrentino	5:03:35
1503 Connie Knoelke	5:04:13
2251 Peggy Polk	5:11:36
445 Karen Chapman	5:14:14

5:15:49 5:26:12 2459 Robin Salk 289 Patty Boyd 3052 Luann Wickeham 2633 Robin Shine 1704 Nancy Loessl 1719 Cheryl Louttit 2881 Mary Trainor 2881 Mary Trainor 2257 Jane Pondel 2921 Nancy Van Dyke 2402 Mary Rooney 1543 Stacy Kozel 2098 Nancy Norcisa 1768 Terese Majdecki 2255 Terri Pomfret 5:34:08

DIV - E55 50

DIV = F33-39	
2027 Laura Morrissey	3:36:52
1195 Dorothea Ho	3:39:18
48 Elizabeth Aelion	3:41:26
2001 Kathryn Waldron	3:48:30
2343 Suzanne Renner	3:56:08
1369 Mary Junk	3:58:36
1625 Nancy Lange	4:07:07
278 Gigi Boswell	4:08:17
2184 Natalie Paul	4:08:19
2379 Nancy Robbins	4:16:49
471 Mary Beth Clark	4:21:51
588 Debra Davidoski	4:23:43
779 Ann Farlee	4:28:07
1066 Denise Hammern	ik 4:28:37
100 Michele Askren	4:29:51
2765 Elizabeth Streit	
997 Lauri Green	
1813 Darlene Maternov	vski 4:48:49
199 Wendy Bennewitz	4:53:23
2894 Debra Tuckwood	4:56:49
1071 Kris Haney	4:56:50
981 Suzanne Graber	4:58:36
1795 Jill Marquardt	4:59:11
1187 Janet Hillier	5:00:13
60 Patricia Alexander	5:06:02
214 Karla Berra	5:06:20
1600 Laurie Kwok	5:10:32
3104 Mary Wysocki	5:13:07



Females 18-30

688 Eileen Duchane 5:15:50 1471 Marilyn Kirchgesner 5:26:42

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 inhome product testing. Participants are always compensated for their time and opinions.

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 333 Jackie Browning

1187 Janet Hillier 5:00:13 60 Patricia Alexander 5:06:02 214 Karla Berra 5:06:20 1600 Laurie Kwok 5:10:32 3104 Mary Wysocki 5:13:07	1471 Marilyn Kirchgesner 5:26:42 1966 Cheryl Monnat 5:37:23 2562 Chris Schreier 5:38:59 312 Yelena Brezdina 5:44:51 2174 Tina Pascolla 5:49:12
HAWK PRIDE	
down	
	2233
GOM!	

-	
DIV = F60-64 1048 Sara Hackney 209 N. Claire Berman	3:54:50 4:19:17
Till and	
	7

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 Onines	5:49:12
254 Kathryn Hungne	
549 Ioan Crisostomo	6:08:45

DIV = F65-69	
342 Beverly Brunner	3:56:3
1381 Carol Kallie	5:04:07
399 Gail Campbell	5:39:0:
537 Joan Cov	5:40:32

DIV = M18-24	
395 Connor Callahan	2:29:15
2193 Joseph Pendleton	2:38:44
2615 Dennis Serna	2:55:32
2200 Matthew Perkovic	
1931 Alex Miller	2:59:51
1296 Xander Jacobson	3:02:55
3098 Brian Wright	3:03:03
2111 Corey O'Brien	3:03:13
	3:12:54
2773 Jan Struhar	3:14:09
21/11 Nicholae Olezowe	Vi 3-17-07

(Continued on page 15)







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)

2867 Andrew Toay	3:22:07
1434 Kyle Kemper	3:23:17
	3:27:54
111 Elliott Baas 3	:28:00
1924 Cory Miklas	3:28:20
	3:28:30
2367 David Riedeman	3:29:25
2637 Anthony Shmauz	3:34:05
634 Brandon Dey	3:38:21
925 Kevin Germino	3:47:38
	3:47:58
2764 Austin Strehlow	3:48:48
2668 Daniel Smith	3:50:04
1222 John Horan	3:50:24
2989 George Warpinski	3:50:25
1511 Kyle Kocher	3:53:47
3127 Dogara Zamani	4:03:54
	4:10:10
	1:11:06
1409 Aaron Kaufman	4:11:25
464 David Cincotta	4:17:16
1587 James Kuhnz	4:17:48
533 Matthew Coursey	4:18:34
1192 Ilan Hirschman	4:24:41
3086 Andrew Wolfgram	
	1:29:39
2162 Matthew Paluchnia	
1316 Daniel Jaskie	4:35:05
1130 Joshua Hazzard	4:36:06
274 McKenze Booth	4:36:31
3037 Max Westemeier	4:37:50
1463 Kyle Kingsbury	4:43:48
614 Mitch Dehler	4:45:35
2926 James Van Naarde	
2178 Christopher Patricl	
3172 Nicholas Largen	4:54:16
2321 Saif Rasheed	5:05:20
880 Tim Gainey	5:05:25
1263 Nylan Hynek	5:34:47

DIV = M25-29 9 Scott Allen 2:35:31 2589 Jarrod Schwichtenberg 2:47:26 1573 Matt Kruger 2:50:24 666 Zeke Dombrowski 2:55:28 2715 Gabriel Stanek 2:57:01

1610 Clint Lambert 2742 Erik Stevens 1277 Sam Irwin 1178 Matt Hibbard 1178 Matt Hibbard 3.11320
2461 David Salmon 3.14.00
2462 Dan Sickierski 3.14.17
1940 Kasey Miller 1840 Sales 11.18
1158 Zack Hepner 3.20.00
1158 Zack Hepner 3.20.00
1258 Robbie Schwenker 3.20.04
1396 Christopher Karpin 3.20.51
1576 Tim Kryst 3.22.28
1055 Bret Hagen 3.23.29
1055 Bret Hagen 3.23.29
1478 Kyle Kleitsch 4.25
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1478 Kyle Kleitsch 3.25.45
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 2208 Michael Petesch
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 768 Kyle Everson
 3:52:08

 2564 Griffin Schroeder
 3:52:48

 2163 Alexander Palzewicz
 3:52:59

 310 Evan Bretzmann
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 349 Zachary Frankowski
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 354 Joshua Buckholt
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4:30:05 884 Arturo Gamez 2898 Chris Tupper 1569 Nick Krueger 2710 Brad Staehler 1239 Robert Hrdi 1737 James Lundstrom

1248 Brian Huhn 2380 Thomas Roberson

945 John Girgis 1417 John Kearns 1946 Michael Miner 3078 Chris Witkowiak 4:59:12

1546 Michael Kozicz

DIV = M30-34 1 Nicholas End

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2 Bradley Runnion 2:41:21
26 Andy Remley 2:41:43
664 Daniel Dolney 2:44:05
754 Christopher Erickson 2:44:08
13 Kyle Fraser 2:46:53

13 Kyle Fraser 2,2
508 Cory Como 2
2064 Mike Nelson
1461 Tim King 2
1247 Ryan Hughett
463 Tim Cigelske 2
3073 Dan Winder
1537 Joseph Kotlowski
524 Drew Cordell 3
79 Jake Eisseh 3,
1660 Ryan Lemberger
1256 Michael Koniuch
1140 Josh Helton 3
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2410 Michael Rospenda
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2326 Robert Rawski 1077 Chris Hanna 292 Alex Brackman 1238 Erik Howland 2227 Alex Piper 2408 Noah Rosenthal 755 Josh Erickson 6:11:26

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1643 Stephen Latham 1775 Vikash Malik 2333 Philip Reimer 249 Chet Bliese 3:46:02

249 Chet Bliese 1408 Aaron Kaufman 629 Joshua Desso 1778 Rob Mallwitz 404 Roy Campos Jr 809 Aaron Finke 1602 Jonathan Laabs 1534 Don Kossow 1596 Jonathan Kusch 1886 Eric Menor 2885 Mick Teavey 3:48:43

2885 Mick Trevey 3-50:39
96 Andrew Aschenbrenner 3:51:24
724 Jesse Eblers 3:51:27
717 Sean Beaudry 3:53:11
144 Philip Baricovich 3:54:36
1016 Evan Groose 3:55:03
2218 Justin Pierson 3:55:03
2218 Justin Pierson 3:55:20
239 Patrick Binversie 3:55:10
2167 Nicholas Parmelee 3:57:11
563 Jeff Curcio 3:57:32
370 Alex Buob 3:58:16
200 Alexander Bentley 3:58:20
2453 Andy Saeger 3:58:22

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 Jake Loderhose
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 1857 Joseph McHugh
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 1389 Joshua Kaghamer
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 1870 Scott McNeil
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 1439 Steven Kennedy
 3:18:6 Miguel Matta

 343 Adam Bruss
 3:2

 600 Jeffrey Davis
 3:2

 2912 Michal Urban
 3:3

 2844 Daniel Thieman
 3:3
 2844 Daniel Thieman 617 Brad Delanty

360 Nicholas Buechel 543 Donald Cramer 799 Aaron Ferguson 2903 Jonah Turner 819 Ryan Fleming 1424 Ross Kelderman 3171 Jordan Beck 2570 Matt Schubert 1405 Scott Kasten

1043 Nick Haberkorn 1820 Wesley Matthews 360 Nicholas Buechel

2215 John Pick-Jacobs 1539 Jon Kowal 2234 Anthony Pizzo 1228 Bryan Hotujec 417 Joe Carey 2119 Scott Oakes 1215 Casey Holtz 1936 Daniel Miller 1219 Alvin Hooper Jr 1757 Jason Madaus 872 Frederico Furtado



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 2019 Alex Moreno
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 613 Steven Dehaven li
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 2325 Srikanth Ravinuthula
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(Continued on page 18)



1367 Matthew Jungers 1226 Steven Horn







The Pacer Brigade v1.0 2014 Milwaukee Lakefront Marathon

By Steve Taylor

In March I responded to an ad in the Badg-erland Strider Newsletter looking for pacers for the upcoming October marathon. Mit qualifications for application were to 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 mar-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.

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 dirizale and an occasional snow false. Sunday was forcest to 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 Nanotte got the kids ready. We were 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 prerace 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 out-side. The lines to the indoor bathrooms, which side. 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-apotty 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 watches were perintted and whether to find it was be to weak
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 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 a good can to stack with a said asset limit of the patient. Unique of the patient ing 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 very retar rate in order for them to a proposely flight. 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 fouring that's what they needed to hear. 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 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. 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

halfway the mark and said hi. At the expo, he told me he wanted to run with our group, if not faster. And he faster. And he was right on pace. I would learn a couple of days after the marathon that this was his final mara-thon. 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

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 seemed. py 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.

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 that the first but are the seventh consecutive time. tive 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 15 and 16 and watched the rest of the group for

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 printingly landscaped the properties that the same recommendation of the properties of the same recommendation of the properties o miles—which opinion, institute norm static states 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 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 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

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 resolutions are strangers and some from the strangers. 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 Leveld read from my vantage point. This 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



As we were approaching Igor's fan club, I noticed a weird pain on the outside of my left knee. The pain got my attenpain 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 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.

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 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 aura 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)



A marathon is like life with its ups and downs, but once you've done it you feel that you can do anything. unknown



Lakefront Marathon

Results Continued

(Continued from page 15)

DIV = M35-39 18 David McConville 3029 Jose Wence 400 Gavin Campbell 430 Demian Casey 3024 Dennie Welch 188 Jesse Bell 381 Brian Busse 2246 Chris Plummer 1759 Steven Madden 1087 Michael Hansen 624 Christopher Demos 1604 Jay Lackey 1682 Jason Lienke 3:10:11 3:10:28 1682 Jason Lienke 2641 Tim Siegel 1488 Kevin Klisz 2170 Jason Parry 3065 Benjamin Willis 980 Andrew Gossens 2358 William Richards 2918 Jorge Valenzuela 2813 Logan Tatem 784 John Fauller 3168 Joseph Kelsey 2177 Rupesh Patel 1645 Jason Lavann 3363 Steve Byhre 2746 Igor Stevic 3031 Brett Wendling 638 Jeff Shuey 2358 William Richards 3:23:31 3:25:35 2638 Jeff Shuey 3: 88 David Arbetter 3 2473 Arun Sarkar 2582 Matthew Schunke 107 Nathaniel Aushwitz 107 Nathaniel Aush 210 Alex Bernstein 1910 Joseph Meyer 2868 Craig Toerpe 876 John Gaffney 518 John Coons 2331 Nick Reed 1514 Brad Koenig

1459 Bradley King 1193 Luke Hirtle 182 Brandon Becker 331 Steve Brown 1836 Ian McCarthy 3153 Mark Zinck 2297 Dan Quesnell 738 John Elling 2237 Luis Plascencia 345 Christopher Brust 345 Christopher Brust 2427 Brandon Ruff 2365 Noah Rickun 787 Michael Fedel 640 David Dicks 4:05:20 4:06:32 4:08:42 4:09:42 4:09:56 4:11:35 1726 MacK Luebkert 2187 Phillip Pawelski 44 Joel Adcock 1661 Jared Lemcke 2591 Brian Scott 2530 Stephen Schmidt 4:11:35 4:14:25 4:15:19 4:15:47 4:18:17 4:18:39 4:19:00 4:19:25 4:19:51 4:20:35 4:21:31 4:23:22 4:23:29 1763 Daniel Maggin 2288 Adi Puplampu 969 Francisco Gomez 1623 Brian Lane 2702 Jason Sponholtz 311 Brian Brewer 937 Mike Gilgenbach 1597 Daniel Kushlan 363 Mark Bugenbagen
 363 Mark Bugenhagen
 4:26:07

 1871 Michael McPherson
 4:26:19

 1953 Thomas Mlada
 4:26:27

 77 Karl Anderson
 4:30:44

 1490 Jim Kluck
 4:32:30
 77 Karl Anderson 4:30:44
1490 Jim Kluck 4:32:30
1884 Andrew Mendygral 4:35:51
1898 Stephen Menlegvale 4:37:54
519 Carson Cooper 4:38:42
519 Carson Cooper 4:38:42
519 Carson Cooper 4:38:42
528 Hatthew Bowen 4:44:33
469 Daniel Clark 4:44:33
1648 Michael Lebouiz 4:44:33
1648 Michael Lebouiz 4:44:33
1658 Grant Work 6:46:43
1658 Grant Work 6:45:35
1659 April 160 Michael 4:53:36
1659 April 160 Michael 4:53
 2458 D. R. Salerno
 4:58:17

 2159 Kan Pai
 4:58:20

 64 Renzo Allende
 4:59:17

 1564 Ben Kroll
 5:08:11

 1669 Nick Lesselyoung
 5:10:49

 2228 Brad Piper
 5:14:10

 1012 Chris Grobner
 5:18:15

 273 Brian Schuller
 5:18:15

 2373 Brian Schuller
 5:34:25

 3106 Joshua Yamat
 5:55:46



2958 David Vlai 1101 Kurt Harmon 2620 Ashley Sey 1076 Thomas Hanks 3016 Reggie Wegner 2348 Roberto Reyes 889 Daniel Gansler 2022 Brandon Morris 1236 Jeffrey Howard 2185 Wilbens Paul 2183 Jasmeet Paul

3:48:43 3:48:54 3:49:16 3:49:38 3:52:03 3:53:06 -48-43

DIV = M40-44 2796 Matt Sveum 3:00:56 1046 Patrick Haberman 125 Mark Bakalars 2678 Robert Smith 678 Timothy Doyle 2118 Michael O'Neil 3:05:30 3:06:14 3:07:07 1608 Ci Lafond 2390 Jose Rodriguez 1799 Marco Marquez 1507 Jeff Kobinsky 2189 Christopher Pear

1250 Paul Huhn 486 Ilan Cohen 2490 Ben Scharff 2511 Joshua Schiffman 277 Brett Bostrack 1383 Steve Kalmer

1501 Shawn Kneevers 2411 Adam Ross 1677 Lei Li 4:01 2884 Craig Trebatoski 2649 Matt Simmons

1591 Brad Kunath 2324 Rodney Ravanelli 347 Daniel Brzycki 2021 Josh Mork 4 1391 John Karecki

1111 Mike Harvey

1111 Mike Flarievey 4:10-43 1489 John Klose 2979 Michael Walsh 2023 Dan Morris 4:11:44 2023 Dan Worris 4:11:45 2962 Mark Vollmer 4:12:05



901-1.
2210 Kevin Peura
2249 Steve Ryner
1374 Greg Kabara
2820 Matthew Taylor
3.23:18
2919 Haiko Van Den Boogaar 3:23:30
888 Zack Frey
3.24:11
2729 John Steger
3.24:39
3.26:23
Michael Pawlak
3.26:24
3.28:36
3.28:36
3.28:36 1355 Clay Jones 1767 Jeff Mahuta 112 Allen Babaran 1085 Eric Hansen 1959 Louis Molina 1959 Louis Molina 703 Todd Dunsim 1399 Ed Karvelis 2149 Chad Ostram 438 Hector Cedeno 2312 Sriram Raghav 3136 Chris Zello 2188 Michael Pawlal 1022 Dean Gruber 2632 Scott Sheriff 1235 Steve Hovland 1371 Jason Jurss 3128 Cris Zamora 346 Dennis Brylow 2448 Mike Rymer 3036 Tom Werwath 2033 Rob Mueller 405 Sen Can 2524 Charles Schmidt 2524 Charles Schmidt 859 Matthew Friedel 2037 Rob Mullens 1375 Mark Kahl 1874 Randy Medina 2152 David Ott 2507 Brad Schiereck 1657 Chris Lehnert 1529 Paul Kopernik 1976 Simon Moody 45 Ray Addington 594 Bryan Davis 2486 J-D Schall 2507 Brad Scinereck 4:37:20 2518 Eric Schleutermann 4:38:36 1905 Al Meyer 4:41:44 1278 James Isaac 4:43:05 1105 Troy Hartjes 4:44:09 1309 Steve Jamrok 4:44:11 2486 J-D Schall 3082 David Wojtowicz 2105 Scott Novak 2987 Bob Wangard 869 Christian Fuller 3161 Eric Zunke 646 Dave Dietrich 3107 L Yan 90 Aleyarder Argetide 1309 Steve Jamrok 1679 Daniel Lias 1008 David Griffin 806 Matt Filipiak 317 Christopher Brickn 266 Jason Bohan 2287 Brian Pumala Jr 2398 Todd Roller 864 Seatt Frost 3:42:23 3:43:23 3:44:41 3:46:15 3:46:24 864 Scott Frost 1662 Glenn Lemieux 1694 Jeremy Lipusch 1359 Jaideep Joshi 2097 Patrick Nolan 2097 Patrick Nolan 971 Anthony Gonzales 1527 Jeff Konkol 2994 Craig Waszak 3020 Jay Weinshrott 1883 Troy Mendez 579 Adam Danielson 2982 Eric Walter 579 Adam Danielson 2982 Eric Walter 1005 Mike Grellinger 2960 Jayson Voigt 2928 Scott Van Ornum 1879 David Meihsner 192 Andrew Bengtson 3074 Rob Winter 2164 Vinod Pandey 2357 Dennis Richards 2283 Daniel Pugliese 1896 Mike Merry 1231 Jeffrey House 439 Ian Chalgren 1181 Ryan Hilbelink

DIV = M45-49
25 Jim Koneazny
2:45:17
2885 Pete Schweinert
1:866 Thomas Ruhlmann
720 Ed Edinger
2197 Joel Peregine
302:38
2197 Joel Peregine
30:50
670 Rick Donner
3:12:33 670 Rick Donner 612 Frank Deguire 138 Peter Bandettini 571 Daniel Czemierys 647 Jim Dietsche 1414 Gavin Kearney 1325 Dave Jesse 1698 Jack Lo Presti 1698 Jack Lo Presti 782 Paul Fassbender 1720 Michael Lovell 2665 Gary Smieja 675 George Dowse 1686 Brian Lindgren 1522 Bill Kolb 3:24:55 593 Bruce Davis 2386 Kevin Roderick 3017 Tim Wegner 2145 Mark Orrell

1532 Brian Korte 326 Johnny Brown 873 David Fuson 448 Jeff Chase 740 John Emanuelson 2682 James Snyder 1571 Phil Krueger 38 Steven Acosta 1191 Brian Hirano 246 Ronn Blaba 1191 Brian Hirano 246 Ronn Blaha 1887 David Mentjes 2198 Benjamin Perelmar 265 Mark Bogan 2908 Ken Udovich 1099 Aaron Harkavy 1717 David Lothspeich 679 Timothy Drane 790 John Feeney 1497 John Knasinski 1475 Rick Kleba 1475 Rick Kleba 1475 Rick Kleba 539 J. James Cozzi 1146 Patrick Henkhaus 2279 John Psuik 2907 Seth Udlis 418 Giovanni Carini 2558 Mike Schramm 1681 Chris Liegel 3044 Jim White 536 Chris Cox 3095 William Woolley 2051 David Nadolski 1170 Ioseph Herz 3:50:29 3:53:15 3:53:32 3:54:12 3:54:44 1170 Joseph Herz 1536 Bill Kostopolus 2468 Erik Sande 2479 Keith Schaefer 2479 Keith Schaefer 1302 Todd Jahns 501 Robert Conforti 1217 Gerard Hook 1919 Mark Michelet 467 Mark Clack 2108 David Nunnally

2851 Dean Thompson 899 Daniel Gbur 315 Kevin Brice 2060 Jerome Nelligan 1454 Stormy Kies 1039 Chris Haag 2965 P.J. Von Paumgar 1437 Daniel Kenendy 3007 Jim Weber 2099 Bob Norman 2967 Michael Wachter 1723 Arthur Lozano 1636 Dwight Larkin 3053 Tom Wickeham 804 Ricardo Fiallo 1229 Clint Houchens 170 Joe Baum 4:48: 4:49:25 4:49:25 4:49:26 4:53:05 4:53:33 4:55:42 2708 Tom Stachowiak 2804 Pete Syftestad 2944 Rick Vehlow 2882 Chan Tran 1776 Troy Malinowski 1776 Troy Malinowsk 3123 Thomas Zak 218 Michael Berube 1349 Tom Johnson 221 Tony Besson 1082 Dan Hanrahan 726 Rick Eickhoff 5:16:17 5:17:46 5:18:33 5:23:10 5:31:01 5:34:34 1118 David Hauenstein 1888 Paul Merchen 1614 Bill Lamensdorf 2654 John Sipich 472 Michael Clark



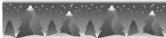


4:10:14 4:10:47 4:12:15 4:12:33

1416 Robert Kearney 2808 John Tanem 1784 Paul Manganelli 939 Robert Gilman

(Continued on page 19)







"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 5:54:05 149 Rob Barnhill 6:11:00 1245 Bryan Hughes 6:11:00 1922 Timothy Mieghem 6:22:21

DIV = M50-54 1368 Chris Jungkans 2:58:38

1017 Robert Groshek	3:33:56
2202 Marc Perrone	3:33:57
940 Bill Gilmore	3:34:04
748 Dale Engstrom	3:34:26
2904 Kevin Turner	3:34:43
54 Craig Aittama	3:34:50
2634 Thomas Shinkle	3:36:53
2094 Jim Nolan	3:37:07
1474 Andrew Klapper	rich 3:37:1
2432 Jerry Rumple	3:37:28
831 Tom Fotsch	3:37:41
1157 Greg Hepner	3:39:17
2143 Luke Oosterhou	se 3:39:44
1472 John Kiser	3:40:23
2790 Pete Summers	3:41:08
3084 Rob Wolf	3:44:00
1457 Gaehag Kim	3:46:52
643 Jim Diehl	3:47:07
1622 Gary Landsverk	3:47:15
926 Kevin Germino	3:48:08
377 Philip Burns	3:48:28
2569 Tom Schroeder	3:52:58
1227 Tom Horvath	3:55:25

161 Geoff Bastow 4:24-01
2970 Richard Wagner 4:24:16
2831 Doug Temple 2295 Steve Brand 4:25-01
1969 Robert Monroe 14:26:38
1476 Peter Klein 4:30:39
23 Frank Gerec 4:33:38
2354 Tim Reynolds 4:33:51
243 I Frank Ruiz 4:34:29
2393 Doug Scott 4:36-02
2393 Doug Scott 4:36:09
2393 Edwick Monten 4:39:00
239 Rick Bie 4:24-00
1125 Necart Havlioglu 4:33:00
239 Rick Bie 4:24-00
1125 Necart Havlioglu 4:39:00
239 Rick Bie 4:24-00
1125 Necart Havlioglu 4:30:00
239 Rick Bie 4:24-00
1125 Necart Havlioglu 4:39:00
248 Marco Alvarez 4:46:15
1484 Mike Klimkosky 4:49:07
674 Jeff Doty 4:50:34

639 Kevin Dick 1324 Daniel Jerzak 1423 Kent Kelderman 2206 Roy Peterson 1735 Bruce Lundine 1620 Dave Lancour 187 Anthony Bell 1023 Clement Grum 802 Patrick Ferry 716 David Eckert 2220 Fred Pike 2147 John Osiecki 496 Craje Collinson 3:43:36 3:45:42 3:48:02 3:48:28 3:48:29 3:51:24 3:52:13 2147 John Osiecki 496 Craig Collinson 665 Keith Doman 1026 Vince Grzetich 2923 Brad Van Epps 1078 Dennis Hanna 2973 David Wakefield 3108 Kikuji Yanagihashi 3:58:01 2158 Daniel Paavou 1654 Peter L. Dan Oh 976 Patrick Gorman 143 William Barden 142 Ronald Patrick 142 Ronald Patrick 143 Lonald Patrick 143 Lonald Patrick 144 Lonald Patrick 147 Robert Hayes 118 John Jeffers 147 Ron Santoro 1412 Dennis Kay 1542 Dennis Kozel 1498 Jerry Marquez 2957 Simeon Vivar 30 Duane Tate 30 Duane Tate 112 John Ybarra 423 Ed Carow 1394 Lynn Karner 4:44:12 4:44:12 4:46:13 4:49:01 4:49:23 4:49:32 4:49:42 4:56:137 4:55:14 4:56:42 4:56:48 4:56:55 4:57:22

2134 Jeffrey Olenchek 406 Jesse Canas 4:45:43 4:49:25 406 Jesse Čanas 1951 Willie Mitchell 1963 Mike Mondloch 259 Gerard Bodalski 1629 Michael Langyel 2626 Jay Shaw 584 Anatoliy Daskal 66 Arthur Altbuch 753 Charles Erdman 1451 Don Kieffer 106 Frank Auriemma 2623 Thomas Shaffer 4:49:25 4:54:30 4:54:37 4:57:00 1 4:57:39 5:36:56 5:44:50 5:45:33 5:53:47 5:58:08 6:09:01 6:23:50

2270 William Poznanski 4:18:40 2529 Michael Schmidt 4:30:01 589 Bruce Davies 4:36:43 817 Michael Flanagan 4:36:55

















3012 Rich Weber 3116 Arun Yethiraj 736 Don Elbert 795 Donald Fell 658 Keith Dobbs 1132 Armin Hein 2341 Randy Renn 2400 Mario Romero 1218 Jeff Hook 1218 Jeff Hook 4:04:00 553 George Cross 4:04:23 1056 Michael Hagen 4:04:28 2717 Rich Stanislawski 4:05:26 511 Denny Conway 4:06:21 2084 Ray Nigon 4:06:37 1703 Daniel Loebl 4:09:19 732 Michael Eisenhart 732 Michael Eisenhart 190 Kevin Belling 86 Nicholas Anstedt 2122 Richard Oconor 532 Chad Counard 1641 Douglas Lasky 718 Roger Eckstein 1921 Steve Mickelson 1708 Greg London 1088 Scott Happ 1616 Thomas Lamke 2049 Pickard Vetter 4:23:12

362 Tom Buffington 1030 Joe Gump 2559 Steve Schramm 2792 Sreedharan Surer 3043 Chris White 2284 Tom Pulice 2673 Jim Smith 2100 Doug Norman 128 Chuck Baker 5:11:24 5:12:12 5:27:22 5:29:44 5:32:38 128 Chuck Baker 2046 Tim Mutterer 587 Mike David 2258 Jim Pondel 2113 Patrick O'Connell 474 Garry Clarke 2769 Nathan Strobel 5:34:08 1 5:35:49 5:40:29 5:43:12 5:43:47 1714 Saul Lopez 1913 Steven Michaels 5:45:47 5:45:43 5:49:05 6:06:59 2950 Roger Vidales 2072 Paul Neumann DIV = M55-59

2679 Mark Smudde 2126 I. George Ogutu 1196 Tom Ho 2347 Rick Rettig 1689 Robb Linnemanst 3:04... 3:13:17 3:28:25 ons 3:29:45 2469 Dale Sandley 3:30:30

1225 Shaun Horan 3165 Richard Zylstra 2622 Craig Shaffer 2572 Robert Schuler 1512 Norv Kock 4:10:53 : 4:12:03 4:12:20 4:14:05 4:14:19 4:19:51 4:20:48 4:24:53 4:25:52 4:27:07 4:29:36 4:27:29 1159 Thomas Herchline 548 David Crewe 322 Dennis Brohmer 985 Lance Grady 542 John Craighead 1081 Bill Hanrahan 2342 Kenneth Renner 2295 Garrold Pyle 108 Gary Ausloos 895 Tom Garvin 41 David Adams 41 David Adams 1810 Tim Martin 596 Dave Davis 2998 Thomas Watson 137 Rodney Balzar 540 John Crager 949 Steve Given 2153 Dan Otte 654 Bill Dinegan 2250 Angelo Poletis 776 Timothy Falls 561 Lillard Culver

DIV = M60-64
1494 Paul Kmiecik
2656 Paul Sivanich
409 Robert Cannava
1486 Dean Klinger
2299 Nelson Qules
1665 Keith Lengling
305 Robert Breitzman
118 Paul Badura
2044 Joe Muskovich
1074 David Hanig
35 Pete Abraham
2289 Jim Purdin
2505 Dave Schibline
1561 Bob Krūck
359 Don Budznski 3:24:22 3:26:34 3:33:16 3:48:02 3:51:45 3:52:35 n 3:53:31 3:54:25 3:55:14 4:03:09 4:03:46 4:05:54 4:06:57 4:09:12 4:10:52 359 Don Budzinski 4:10:52 2964 John Volz 4:17:40 1535 Donald Kossow Sr 4:25:13 2463 Manfred Samimy 4:28:52 694 Douglas Dulli 4:29:52 3146 Don Zien 4:30:37 3146 Don Zien 3122 Robert Zahn 117 Dominic Ruffalo 175 Fred Bazzoli 2815 Joel Tauschek 1072 William Haney 1698 Rrian Liu 4:43:33 1695 Brian Liu

2651 Joe Sinclair

DIV = M70-742146 James Orvick 29 James Bahr 514 Dexter Cook 719 Mary Edelstein 262 William Boehm 4:46:40 5:07:26 5:14:01 5:40:28 5:40:31

DIV = M75-79 47 Jim Schnitzler 5:34:07







Fleet Feet New Year's Day Dash
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@racedayeventslic.com Web: http://racedayeventslic.com/content/newyears-day-dash

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 Awds Top three male/female overall finishers will receive variets 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. goody bag, LastYr 211 Contact Chris Ponteri Longrun Athletics LLC chris@longrunathletics.com Web: www.polarbeardash.com

Jan 1 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 SI, Kimberly, WI 54136 Note Entries must be postmarked by Thu 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

Pinnacle Indoor Triathlon #3 Jan 9

Fitchburg Indoor I riadhlor: 10 minut swim/ 20 min bike/ 10 min un 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@racedayeventsilc.com Web: http://tracedayeventsilc.com/content/pinnacle-indoor-triathlon

John Jantz Memorial"S-NO-W FUN" RUN Lake Geneva Jan 10

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. Awds Overall M & F, Each age winner M & F and 2nd place M & F Whchr Not advised Results Itsracetime 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 Perks rood, beer, sood, gill for each runner, photo booth, bunnes, door prizes, schnaaps 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 joelsandeelammers@yahoo.com Web: http://www.lakesarearunningclub.org/

Jan 14 **BLS Winter Fun Run**

3mi, 6mi Whatever You Want 6:30pm, Pettit Ice Center 500 South 84th St (just off i-94 at 84th) Other Gather upstairs after run Fees \$2 to use track, \$1 for bevs after run Contact Karen DeGenaro, 414-975-2012, kdegenaro@yahoo.com Web: www.badgerlandstriders.org/

Jan 17 FREEZE FOR FOOD Madison

noon start for 5K, 1 pm start for 10 K, registration begins at 11:15 am Vilas Park Shelter **Not**e 5K/10K Run/Walk **Awds** ribbons and Colombia Support Park Sitella Note S. NI or Knill/wate. AWAS I ILLOUDIS a land Collinate adaptor Network I-shirls to winners Fees Pre-registration: \$20 for 1, \$30 for 2| Raceday registration: \$25 for 1, \$35 for 2 Perks. All entrants receive a 2015 International Calendar Other www.facebook.com/groups/Freeze/Forfoot/ Proceeds for food security projects at Peace Community in Colombia Contact Kate Schachter RPCVs of Wisconsin-Madison P.O. Box 1012 Madison W 10 53701 Day 608-231-4795 Eve 608-271-8282 kateschachter@yahoo.com Web: http://rpcvmadison.org/activities/freeze-forfoot/

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 Awds 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:

Samson Stomp

Milwaukee County Zoo

5k Scored - 2 mile run/walk not scored - 1 mile romp ages 7-12 - 1/4 mile

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 Miliwaukee Countly Zoo - 10001 W. Bluemound Road, Milwaukee, W 153226 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 filve year age groups up 1o 79, 80 plus, corporate team awards also Awds 5k - Top 3 in each age group and overal M/F: 2 mille Top 3 M&F. Romps ribbons for all finishers. Which Depends on snow depth. Up to each wheeler. Results www badgerlandstriders org/ Fees 5k-\$20 pre-registered, \$25 race day, \$35ea family/heam 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 Country Zon 10010 W. Bluemound Road Milwaukee W. 530-26 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

Badgerland Strider Club Meeting Milwaukee 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Busi

Meeting Petit National Ice Center, 500 South 84th St (just off I-94 at 84th)
Note Speaker: Jay Preston USATF 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 meet ngs. Contact Dave Gavinski Badgerland Striders davegavnski@juno.com Web: www.badgerlandstriders.org

Icebreaker Indoor 5k

Milwaukee 5k Race; 7 p.m. Pettit National Ice Center **Note** Runners will run approxi mately 11 laps around the 443-meter track; limited to 75 runners **Divs** 10 year age groups Awds First place overall male and female; top 3 in each age group Results www.indoormarathon.com Fees \$35 Perks Tech shirt, goodle 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

Icebreaker Indoor Half Marathon

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 Awds Top 13 OA M&F; top 3/div Results website Fees \$75 Perks Tech shirt, goodle bag Records Eamon McKenna, 1:09:25 (2011) and Stacev Kincaid, 1:23:19 (2010) LastYr 192 Contact Chris Ponteri Longrun thletics, LLC Day 262-758-9226 chris@longrunathletics.com Web: ww.indoormarathon.com

Jan 24

Icebreaker Indoor Marathon Relay Milwaukee Marathon Relay, 1pm Pettit National Ice Center Note Approx 95 laps on the 443-meter Irack; limited to 100 teams; reg opens August Divs M,F,Mixed Awds Top 3 teams/div Results website Fees \$130 per team Perks Tech shirt, goodie bag Records Thunderdome Running, 2:12:43 LastYr 100

Jan 24

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

Icebreaker Indoor Marathon & Relay Milwaukee

Icebreaker Indoor Marathon & Relay Milwaukee Marathon, 8 am. Petiti National lee Center Note Approx 95 laps on the 443-meter track: limited to 125 Divs 10yr Awds 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

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+ Awds Trophies to
OA M&F, medials to top 3/div Morbr no Results online Fees \$25 online or
by mall before 1-12-2015, \$30 day of race Perks indoors beforefafter event. Refresh and awards after the race, Contact Angle Salas Mississippi Valley Running Association PO Box 854 Dubuque IA 52004 Day 563-582-1877 Eve 563-582-1877 runnerangie@aol.com Web: www.mvradubuque.com

Jan 25 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 Awds OA top 3, Top 3/div Fees See website Perks Costume Contest, goodie bag, food coupon LastYr 140 Contact, leff 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

Great Lakes Multisport, Cycling and Running Expo

Open Saturday and Sunday - The biggest of its kind in the USA. State Fair Park Products Pavillion **Note** 31,560 sq ft features leading manufactures, 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. LastYY 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:

Pinnacle Indoor Triathlon #4

www.multisportexpo.com

Indoor Triathion #4 Fitchburg
Indoor \$20/mac; \$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

Seroogy's Valentine Run - 5K/15K

Seroogy's valentine Run - sk/15k

5 k 3 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 Awds Ov m/f
5K/15k, top 3 m/l/ 5K/15K 5-year increments, Athena & Olydesdale Perks Each participant will receive a long sleeve shirt, cheese snack & Scroogy'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

John Dick Memorial Crusty 50k

50k primative trail run, 7:30am D.J. Mackie Group Picnic area, Southern
Kettle Moraine State Forest Awds Traveling plaque, first M/F only Results

Kettle Moraline Stater routest Awds Travelling picque, illist wor viny resource www.badgerlandstriders.org and The Strieder Fees \$10 pp. \$15 day of registration Perks Heated shelter, food/bev at finish Contact Robert Wehner 965 Elmwood Way Hubertus WI 53033 Day 262-370-7270 Eve 262-370-7270 rwehner@holmail.com Web: http://www.badgerlandstriders.org/ home/Races/ JohnDickMemorial50K htm

(Continued on page 21)





Milwaukee

Dine with Saz's and Fight **Heart Disease**

Present this coupon at Saz's between now and February 14th, 2015 and a portion of your receipt will fund heart research at the Medical College of Wisconsin.

Don't forget to register for the Steve Cullen Healthy Heart Club Run & Walk in Tosa!

- Register online by 2/10/15 at cullenrun.com/register/
- Race day registration and check in on 2/14/15 at 8:30 am
- → For more information, visit cullenrun.com

Saz's State House Restaurant | 5539 W. State Street | Milwaukee, WI 53208 | (414) 453-2410

sazs.com

STATE HOUSE RESTAURANT

COLLING

(Continued from page 20)

Winter Fun Run
3 mile run inside at the Petiti and get together after. Run starts at 6:30 pm
Petit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note \$2
fee to run inside Fees Admission \$1 for beverages and snacks after the run
in the Petiti party room Perks Refreshments & snacks Contact Karen DeGenaro Badgerland Striders krndegenaro@yahoo.com Web: www.badgerlandstriders.org

VALENTINE'S 5K Madison Feb 14

5k 11am, reg 9:30 UW Natatorium Note 20th annual - online registration available via Athenstoallantis.com Divs open, mf, ff, mm team Awds 1/mf, 1/team Whchr welcome Results posted on web page Fees \$5 by 2/12, \$10 Interial wild welcome Results posted on web page Fees 5 by 212, 5 for raceday. Teams 88/15 Perfs gloves, bev, dwgs Records M - Corey Stelljes 15:20, F - Becca Ward 18:05 LastYr 300 Contact Ron Carda Running Club @ UW-Madison 2000 Observatory Drive Madison WI 53706 Day 608 262-3369 Eve 608 807-7365 Fax 608 262-1656 carda@education.wisc.edu.uwrc.net Web: uwrc.net

Feb 14 Steve Cullen Healthy Heart Club Run & Walk

8K Competitive Run; 2 Mi. Funrun & Walk; 10am Wil-o-way Underwood Clubhouse; 10602 Underwood Pkwy.; Wauwatosa, WI Contact Nicole Jellison nmjellison@yahoo.com

Cupid Shuffle 5K/10K - Race # 4 in GL Winter SeriesBrookfield 5K Run - 10 am, 10K Run - 10:50 am Brookfield Central High School Note This is race # 4 in the 6 race Great Lakes Winter Run Series Divs Under 16, Inis is race # a in the race Great Lakes winter Run Seites Divis Orioner 16, 16-19, 20-24,5yr to 80+ Awds medals to log 3 MIF overall, top 10/div for 5K - top 5 / div for 10K. Which no Results website Fees website Perks LS TS, food and bev after event, Entry into Expo Records Chris Wiechert 16-13 2010. Owen Jorgensen 16-58 2010 Contact Cole Braun Great Lakes Multisport W 1781 Washington Rd Oconomowoc Wl 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 colebraun@me.com Web: ww.greatlakesmultisport.com

Feb 18

Badgerland Strider Club Meeting Milwaukee 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Petit National Ice Center, 500 South 84th St (just off i-94 at 84th) Note Speaker: Roy Pirrung, USATF Ultra Runner of the Year - Masters 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 davegavnski@juno.com Web: www.badgerlandstriders.org

Feb 21 Tahquamenon Falls Snowshoe Race

Tolk 11am, 5k 11am Tahquamenon Falls State Park Fees \$20 for 5k; \$30 for 10K Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715.701.0360 info@greatlakesendurance.com Web: http://www.greatlakesendurance.com

St. Joan of Arc Frostbite 5k & 5k Relay

St. Joan of Arc Frostbite 5k & 5k Relay

Sk and 5k Relay Run 10:30 am, awards to follow in the field house. Bathrooms onsite. 120 Nashotah Rd Note 8th Annual, out and back with Rolling
Hills on roads. Relay will be 1.5 miles each runner Divs 10 and under, 1115, 16-19, 210yr to 60 - and master for 5kl will win awards in the relay.
Awds Top 3/div...Trophies OA M&F 5k ONLY, Top 3 teams. Which N/A
Results website & onlineraceresults.come Fees active.com Perks Tshirt,
free lunch! Wisc Badgers Marching Band will be playing!! Records 15:35
Male 18:09 Female LastYr 250 Other ACTIVE.COM. Thanks to our sponsors Fleet Fleet of Brookfield, and Road ID Contact Brian Borkowski St.
Joan of Arc Athletics 752 Adams St. Oconomowoc WI 53066 Day 414-5208339 Fve 262-560-0307 borkdesign@gmail.com Web: www.siarc.org, and
www.active.com www.active.com

Stride & Glide for IndependenceFirst Feb 28

Outdoor 5K & Walk, 8am Indoor Zumba and Kids Activities, Zoo Admission and Parking Included. Milwaukee County Zoo Note benefits independenceFirst, services and advocacy for people with disabilities Awds Awards top M&F 5K Run & 5K Wheelchair Whoth Wheelchair 5K at 7:50am.; event is accessible Fees Adult (124): \$30 before Feb. 7; \$35 after. Youth 3-11: \$15. 2 and under free. Perks LSTS all participants, snacks and at zoo Contact Melanie Hupfer IndependenceFirst 540 South 1st Street Milwaukee WI 53204 Day (414) 226-8386 V/Relay Fax (414) 291-7575 mhup-fer@independencefirst.org Web: www.independencefirst.org

Snowball Shootout - Race # 5 in GL Winter Series Oconomowoc Mar 1

5K Run - 10 am 10K Run - 10:50 am Olympia Resort Note Tee Shiri to all.

Divs Under 16, 16-19, 20-24,5yr to 80+ Awds Top 3 OA M&F, Medals 10/
div for 5K - 5/div for 10K, Overall excluded from div. awards Whchr No turi of SK - sruiv for for, Overail excluded infol war words which No Results website Fees website Perks TS, food, beverage after Event. LastYT 1050 Other Reg online - benefit the RACC Contact Cole Braun Great Lakes Multisport / RACC W 1781 Washington Rd Oconomovoc WI 53066 Day 262-751-5503 Eve 262-751-5503 Fax 262-436-1701 cole.braun@raccfund.org Web: www.greatlakesmultisport.com

Mar 6 Pinnacle Indoor Triathlon #5

Prinacie indoor i nation with a modern prinary in the modern prina http://racedayeventsllc.com/content/pinnacle-indoor-triathlon

Dances With Dirt Green Swamp Dade City, FL 50 Mile 5:30am; 50K & Marathon 7am; Relay 8am; Half Marathon 9am; 10K 10am Pasco County, Withlacoochee River Park Note The courses are fairly flat loops, 90% great trail running with some stupid spots...swamp and river crossings...great furil Divs Awds Fees Results Records website Whichr no Perks beaufild course, tech shirts, medals to all finishers, awards, great food and furil LastYr - 600 Contact Dawn McConnachie Running Fit 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.dwdgreenswamp.com

WABC Winter Indoor Track and Field Meet Watertown

Joan field events, 10:30am running events Watertown High School 625 Endeavour Dr Note Running Events: 55m, 55m hurdles, 200m, 200m hurdles, 400m, 800m, 1mi (No spikes) Field Events: HJ, LJ, TJ, PV, SP Divs Open middle school, high school, open and masters athletes **Awds** None **Whotr** Allowed - See meet info **Results** website **Fees** Pre-reg by 2/20 (\$5 for 1 event, \$10 for 2+ events); After 2/20 (\$10 / 1, \$15 / 2+) **Perks** Concessions avail **Other** 160-meter indoor wood track surface / Fully-auto timing Contact Chris Mertens Watertown Athletic Booster Club 825 Endeavour Drive Watertown WI 53094 Eve 920-988-2172 mertensc@watertown.k12.wi.us Web: web watertown k12 wi us/Athletics/track/

Celtic Run Before You Crawl 5k & Kid's Fun Run Monroe

Cettic Ruin Before You Crawi sk & Kid's Fun Ruin Monroe Sk runiwalis and kids' fun run Green County YMCA - 1307 2nd SI. Awds Top 3 / diy Whchr yes Fees \$22 ltnu 1/10, \$27 after 1/10, \$35 race day: \$12 for kids' run Perks Official race shirt and lish music. Los of local food after the race. LastYr 376 Contact Chad Shelton Green County YMCA 1307 2nd Street Monroe WI \$3566 Day 608-325-2003 chad@greencountyymcacellticrun.com Web: http://www.greencountyymcacellicrun.com/

Mar 11 Winter Fun Run Milwaukee

3 mile run inside at the Pettit and get together after. Run starts at 6:30 pm Petit National Ice Center, 500 South 84th St (just off i-94 at 84th) Note \$2 fee to run inside Fees Admission \$1 for beverages and snacks after the run in the Pettit party room Perks Refreshments & snacks Contact Karen DeGenaro Badgerland Striders krndegenaro@yahoo.com Web: www.badgerlandstriders.org

Mar 14 BLARNEY RUN/WALK

BLARNEY RUN/WALK

Ke run, 2mi walk 10 am. Twinkle Trot kids run (age 10 & under) 11 am Hoyl
Park, 1800 Swan Blvd Note 24th Annual, Pre-reg by March 12 Divs 5k 14-,
5yr, 80+ Awds 5k 1/mf, 3/div Whchr early start, awd 1/mf Results posted,
bis Fees 5k 22, 252 faceday, kids run 56, 8 raceday Perks, LSTS/1st 700,
music, goody bags, food, bev Records 15:18 John Lumkes '99, 17:26 Lynn
Filizsimmons '97 Last'fr 630 Contact Janel Ruzicka Wauwalosa Historical
Society 7406 Hillicrest Dr Wawalosa Wilssia? Day 41 47 74-8064 staff@wauwalosahlstoricalsociety org Web: www.blarneyrun.com

Mar 14

Seamus Scramble 5K & 5 Mile West Bend
5K & 5 Mile Trail Run - 8:30 am Glacial Blue Hills Recreation Area Note 2nd
year - new distance added! Fees 25.00 & \$32.00 Records 34:37.2 Contact Patrick and Hillary Danaher Trail Dog Running, LLC 131 Sycamore Street West Bend WI 53095 Day 231-883-8828 rocky@traildogrunning.com Web:

Mar 15 St. Pat's 17k/5k Run/Walk

Kimberly St. Pat's 17k/Sk Kunnwaik.

Tirk/Sk RunWaik; 7 a.m. start time Tanner's Grill and Bar Awds Prizes given to top 3 costumes, age groups and overall m/l Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 bene@dufrun.com Web: www.dutrirun.com

St Paddy's Day Dash Wauwatosa

St Pardudy's Day Dashi

K Run/Walk 11am Chip timed Hart Park (certified course) fold Sarah's

Stride course) Note All proceeds benefit the Greater Milw. Association of

Realtor's Youth Foundation. Non-profit. All funds benefit kids!! Divs M & F 13 & under, 14-19, 20-24, 5yr to 75+ Awds Trophies to top OA M&F Medals 13 & under, 14-19, 2U-24, 5yr to 75+ Awds Trophies to top OA MAF Medals top 3/div Mchry yes Results websile Fees \$55 on-line reg. ii 3/13/15 \$25 mail-in till 3/6/15 \$25 in-person 3/14 \$25 day of race Perks technical I-shirts, goodie bags, free green beer. Post race party Leff's Lucky Town. Records Male: Rick Stefanovic 18:24 Female: Allison Malczewski 19:17 Other early packet pick-up/ registration 3/15 at Leff's 72nd & State 1:00pm-3:00pm We are local, non-profit Contact Peter Stefaniak GMAR/ Race Director 12300 W. Center st Wauwatosa Wi 53222 Day 414-254-4422 Eve 414-254-4422 Fax 414-541-2600 peterstef34@gmail.com Web: www.gmar.ws/yf/paddysdaydash

Badgerland Strider Club Meeting Milwaukee 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Petit National Ice Center, 500 South 84th St (just off i-94 at 84th)

Note Speaker: T.B.A. Fees Admission \$1 for members and non-members Perks Refreshments & snacks Other Contact our meeting speaker coordi-nator Dave Gavinski with speaker ideas for our future meetings. Contact Gavinski Badgerland Striders davegavnski@juno.com ww.badgerlandstriders.org

Luck of the Irish- Race #6 of GL Winter Series.

Hartland - Lake Country Lutheran
5K Run - 10 am 10K Run - 10:50 am, Lake Country Lutheran High School
(Corner of 16 and 83) Note Tee Shirt to all. Series Awards will be Handed out Following Event. Divs Under 16, 16-19, 20-24-5yr to 80+ Awds Top 3

OA M/F, Medals top 10/div for 5K, top 5/div for 10K. Overall excluded from div. awards Whoth No Results website Fees website Perks TS, food, uiv. awalus Windin viv Results websile Peers visible Peers 1, 1000, beverage after Event. Records M 5k: Ben Garbe 16:07 W 5k: Nicole Braunsdorf 17:29 M 10k: Matt Kruger 33:14 W 10k: Annie Welss 40:05 LastYr 800 Contact Cole Braun Great Lakes Multisport / RACC W 1781 Washington Rd. Oconomowoc WI 53066 Day 262-751-5636 Eva 262-436-1701 cvolebraun@me.com Web: www.greatlakesmultisport.com



Badgerlandstriders



@BLStriders

Lucky Leprechaun 7K Run/Walk Wauwatosa

TX runlwalk, 10 am Leff's Lucky Town 7208 West State Street Wauwalosa, WI 53213 Note 8:30-9:45 AM Packet Pick Up; Also Friday, 3/20 from Noon-7pm at Performance Running Outfilters, Ruby Isle Fees \$35 thru 1/29/2015; \$40 thru 3/19/2015 Perks Post-race party at Leff's Lucky Town with 2 free beers Other If you are interested in volunteering, please contact Donna Schnapp with the MACC Fund (dschnapp@maccfund.org) Contact Jenny Adler Day 317-213-6112 Jenny@VisionEventManagement.com Web: http://www.visioneventmanagement.com/pages/lucky-leprechaun.php

Aurora Health Care Two Rivers 10mi & 2mi Two Rivers Sun

Aurora Health Care I wo Kriver's 10mi & Zmil I Wo Kriver's 10mi & Zmil Run/Walk 8:10am. Two Rivers High School 4519 Lincoln Ave Note On-site parking at Two Rivers High School and ample indoor space to stay warm b4 and after the race Divs 19und, 20-24, 25-29. Syr to 70 + (3-Person Relay M.F, Coed)(2m 10yr divs) Awds 10M Trophy 1st, Medals 23 (Relay top 3). Top 3 0V M/F Trophy & \$150, 1325, \$100 40 + \$50 2M Medals 3 div. Which reviewne (one small billion edite course) Resettle whether Ears weeklik Reset Relations. hill on entire course) Results website Fees website Perks Flat, Fast, Scenic niii on entire course, Bib Chip Timing, Quality Custum Awards, Tech. Shirks, Music, Complimentary Chili Feed Records Overall. Tyler Sigl 5:3:31 Janny Zwagerman 1:04:39 Masters: Jason Ryf 5:5:31 Suzy Stanley 1:09:43 LastYr 300 Other 3-Person Relay Distances (Leg #1 3.96, Leg #2 2.31, Leg #3 3.73) Contact Scott Jansky Two Rivers High School Althlelic Boosters 2504 Pine Tree Drive Two Rivers WI 54241 Day 92:05-525-94 Eve 92:05:3-2504 Fax 920-793-5068 worlvers10mile@aol.com Web: worlvers10mile@aol.com Web: ers10mile.com

Mushing for Meals Mar 28 5K run / 10K run/ 1 mile walk / kids fun run Horace White Park 424 College

St, Beloit, WI Awds 1st, 2nd, 3rd male and female (5K & 10K). 1st Mushing team Perks \$100 prize for new course record (5K & 10K), \$150 best mushing team costumes Records 5K - 15:09, 10K is new event...record to be established Contact Marcy Berner-Reedy Beloit Meals on Wheels 424 College St Beloit WI 53511 Day 608-362-3683 beloitmow@tds.net Web: www.beloitmealsonwheels.org

Bosom Buddy 5k Run & Walk

Cedarburg

5k timed run at 9 am Cedarburg Cultural Center Note Proceeds benefit
breast cancer education, prevention, research and treatment. Show your
support and wear PINK! Contact Rebecca Young Cedarburg Junior Woman's Club rebyoung2@gmail.com Web: www.cedarburgjuniors.org

and 100 and 100	BADGEI NUAL I					one race or enjoyable. F ber of your h (Jan) (Feb) (Feb)	are encouraged to volunteer for at leas project each year. The work is easy and lease check the events you and/or a mem- ousehold would be willing to help with: Samson Stomp John Dick Memorial 50K Steve Cullen Run
Last Name	(please print)	First Name		Sex (M/F)	Birthdate (Mo/Day/Yr)	(Apr) (Apr) (May) (Jun) (Jun)	South Shore Half Marathon Deer Run 5K & 10K Ice Age Trail 50Mile/50K Run Superun 5K Hartfest Half Marathon
Address		EMAIL Add	ress (fo	or Club Use Only)	Home Phone	(July) (July) (Aug) (Aug)	Hales Corners Firecracker Four Cudahy Classic 10-Mile and 5-Mile Race Badgerland Striders Half Marathon Badgerland F/X 12 & 24 Hour Run
City		State		ZIP	Occupation	(Sep) (Sep)	Tosafest 5K Run Briggs & Al's Run for Childrens Hospital
Membership		rland Striders, Inc ww.badgerlandstrid ers in your househo	2 y ., 6526 ers.org	Link to Membersh below. If you wou	uld like to be a	(Oct) (Oct) (Oct) (Nov) (Dec) (July, Au	Lakefront Marathon Glacial Trail 50K & 50Mile Lakefront Discovery Run Badgerland Striders Turkey Trot BLS Indoor 20K
WAIVER: / k unless / am n safely comple	now that participating in an a nedically able and properly to the an event. I assume all other participants, spectate	athletic event is potentia rained. I agree to abide risks associaled with pa	by any o	decisions of event offic g in such events, inclu	sials relative to my ability to ding but not limited to falls,	please check Annual F Children Club Clo Compute Compute Equipme	s Running Program thing er Systems erized Scoring ent Rental & Storage
conditions of these facts a behalf, waive representative	the road or path. All such and in consideration of your and release the Badgerlar as and successors from all ability may arise out of neglig	things being known and accepting my application ad Striders, Inc., its offi- claims or liabilities of an	apprecia for mer cers, dire kind an	ted by me, having rea inbership, I, for myself actors and any event sing out of my particip	ad this waiver and knowing f and anyone acting on my personnel, sponsors, their pation in such events, even	Newslett	Meeting Planning er (photos, advert.) er (Reporting) rker Project

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 Inank you so much. As we were taking, 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 newfound energy overcame me as I realized she was going to BQ and I was going to achieve my goal.

Signature Mem 1

Signature Mem 2

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 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. 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

Public Relations

Road Race Director Volunteer Recognition

Race Course Measurement

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				
Trook Workout	Hart Dark	Tuon May 5				
Track Workout Track Workout	Hart Park	Tues, May 12				
Track Workout Track Workout	Hart Park	Tues, May 12				
	Hart Park	Tues, May 26				
Track Workout	Hart Park	Tues, June 2 Tues, June 9				
Track Workout	Hart Park	·				
Track Workout	Hart Park	Tues, June 23				
Track Workout	Hart Park	Tues, June 30 Tues, July 7				
Track Workout	Hart Park	Tues, July 14				
Track Workout	Hart Park Hart Park	· · · · · · · · · · · · · · · · · · ·				
Track Workout		Tues, July 28				
Track Workout Track Workout	Hart Park	Tues, Aug 4 Tues, Aug 11				
	Hart Park					
Track Workout Track Workout	Hart Park Hart Park	Tues, Aug 18				
Track Workout	nait Paik	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 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! 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

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



My splits with commentary were as follows:

- 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
- 07:55.7 6
- 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
- 12 07:38.9 (Ooops 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
- 07:59.3 17
- 07:57.8 18
- 19 07:52.4
- 07:53 3 20
- 21 08:02.3 22 07:57.2
- 23
- 24 07:41.0 (Start of wind & realization Laura was going to get her BQ)
- 07:28.3 (15 mph head wind; had Laura 25 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	en 4:00 9:09/3:59:54 3		3:59:05	- :55	- :55 -:49			
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 Zimmet	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		

Glacial Trail 50

October 12th, 2014

Robert Wehner, RD

This year marked the 28th running of the Glacial Trail Run, held in Wisconsin's Northern Kettle Moraine State Forest. The race courses are out-and-back, mostly following the Ice Age Trail. With the fall colors looking good, and sunny, crisp weather, runners had great conditions to look forward to. Race day dawned with 64 starting the 50 mile event, and a record number of 130 starting the 50K.

Local runner Nic Giebler usually ran the 50K, but chose Glacial for his first 50 mile ultra. He moved out front early on, and maintained his lead all day, finishing first in 7:32:48. Logan Polfuss ran fairly even splits and took second place in 8:00:56. Steve Hartman-Keiser also ran a steady race, moving up from 7th place at the turn to finish 3rd in 8:34:31.

Taking a conservative approach early on paid off for Jennifer Rolfing. She hit the half-way point in 4:51 in 29th place, but moved up steadily in the second

half to finish 14th overall in 9:36:53. It's pretty hard to negative split this course, and doing so put Jennifer in first place for the women. Emily Stenhoff was a solid second, finishing 23th overall in 10:20:05.

The 50-K race had a surprise leader at the turn, as 18-year old Ashley Erba was there first in 1:57. This was no fluke, as Ashley also negative split the course and won outright in 3:52:52. Ashley lowered the previous Women's course record by an amazing 23 minutes, and was only 6 minutes off of the Men's record. Annie Weis had a solid race, finishing second (15th overall) in 5:14:00.

Chris Rubesch (the 2012 winner in the 50-mile) picked up the Men's 50-K win this year, finishing in 4:04:22. Second place went to Scot Van Asten in 4:18:44, with Joel Lammers 3rd in 4:24:20. This was Joel's 18th finish at Glacial, surpassed only by Anne Riendl with 24 finishes. Fred Klewin also logged his 18th finish.

Events like Glacial don't happen without a great group of volunteers helping all weekend. We had 40, but were down one very important volun-teer this year. Tom Bunk had been a key volunteer the past 14 years, including serving 5 years as the race director. Tom not only gave his time and energy to the race, but was a good friend and mentor to countless runners. As previ-ously noted in The Strider, Tom passed away in September, and he will be greatly missed by all of us. Plans are under way to construct a shelter building in the Southern Kettle Moraine in Tom's memory; information on donating to the memorial fund for this project will be posted on Glacial's website as soon as the account is set up.

In addition to the record number of starters in the 50-K, we had a record number of total finishers (185), with record finish percentages in the 50-Mile (88%) and 50-K (99%). Thanks to everyone who made this year's race a big success. We look forward to welcoming runners back to the Northern Kettle Moraine in 2015 on Sunday, October 11th, for the 29th edition of the Glacial Trail 50.



GLACIAL TRAIL 50 Mile 10/12/14

Place	Name	ST	Sex	Age	Time	20	John Gamrat	WI	M	26	10:14:10	40	Steve Plumb	IN	M	43	11:22:23
1	Nic Giebler	WI	M	33	7:32:48	21	Matthew Lee	WI	M	35	10:15:59	41	Ken Plumb	WI	M	62	11:22:33
2	Logan Polfuss	CO	M	19	8:00:56	22	Mark Smirz	IL	M	47	10:18:48	42	Brandi Kraus	MI	F	34	11:23:58
3	Steve Hartman-Keiser	WI	M	49	8:34:31	23	Emily Stenhoff	WI	F	32	10:20:05	43	Amy Moffet	IL	F	43	11:29:21
4	Brad Birkel	WI	M	36	8:40:08	24	John Jorgensen	IA	M	58	10:22:56	44	Brodie Birkel	WI	M	34	11:32:07
5	Brian Udovich	WI	M	40	8:40:38	25	Adam Strehlow	MN	M	30	10:27:20	45	Jessica Meeker	OH	F	38	11:38:08
6	Gregory Renden	WI	M	37	8:48:49	26	Arun Sarkar	WI	M	36	10:40:36	46	Dustin Hancock	MN	M	31	11:44:32
7	Joe Reiter	IA	M	31	8:52:20	27	Jared Scray	WI	M	36	10:47:28	47	Bruce Juppe	WI	M	58	11:44:34
	Nathan Hoida	WI	M	32	9:13:30		Tony Cesario	IL	M	50	10:47:28	48	Sarah Dungey	IA	F	33	11:44:59
	Greg Watson	MA	M	43	9:16:37	29	Bradley Koenig	WI	M	39	10:49:20	49	Jason Jeffers	WI	M	42	11:45:15
10	R. Sean Churchill	WI	M	48	9:16:50	30	Glenn Bushee	WI	M	48	10:51:13	50	Ariel LaFleur	WI	F	33	11:45:24
11	Luke Schmidt	WI	M	33	9:24:06	31	Rob Goeckermann	WI	M	35	10:53:37	51	Hannah Lang	CO	F	27	11:52:50
12	Scott Rassbach	MN	M	43	9:29:56	32	Timothy Trine	MI	M	53	10:59:24	52	Erik Hanley	WI	M	33	11:55:37
13	Dave Schmitz	WI	M	49	9:35:07	33	Kevin Clark	WI	M	23	11:01:18	53	Anjanette Arnold	MN	F	38	12:11:00
14	Jennifer Rolfing	WI	F	26	9:36:53	34	David Heller	WI	M	34	11:10:12	54	Thomas Fitzmaurice	WI	M	31	12:21:19
l	Thao Hoang	WI	M	49	9:36:53	35	Sid Wegner	WI	M	43	11:12:55		Eric Vouga	IL	M	53	12:21:19
	Clint Cherepa	MI	M	36	9:38:39	36	Janet Hausken	MN	F	49	11:13:35		Jesse Hoene	WI	F	37	12:21:19
	Kevin Radel	WI	M	55	9:46:02	37	Jose Villegas	WI	M	36	11:15:18		(64 starters)				
18	Daniel Crouse	WI	M	38	10:06:41		Deb Vomhof	WI	F	52	11:15:18						
19	Kurt Brown	WI	M	47	10:10:59	39	William Miller	WI	M	45	11:20:52						

GLACIAL TRAIL 50K 10/12/14

45 Joe Cox WI M 55 6.03.06 90 Sue Rondorf WI	F 3: M 3:	
Commission Com	F 4	
2 Chris Rubesch	F 5	
3 Scott Van Asten WI M 38 4:18:44 Sean O'Hanlon IL M 44 6:06:10 93 Rick Bothwell MN 4 Joel Lammers WI M 52 4:24:20 49 Jose Rangel WI M 38 6:07:12 94 Gabe Johnson MI 5 Brian Seegert WI M 48 4:38:18 50 Linda Britz WI F 44 6:09:44 95 Melissa Churchill WI 6 David Dehart WI M 53 4:44:01 51 JoDeen Hettenbach WI F 50 6:16:05 96 Meg Kennedy WI 7 Ron Bero WI M 53 4:47:57 52 Russell Stetzer WI M 30 6:18:23 97 Douglas Wielgat WI 8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharafinski, Jr WI M 30 4:59:55 54 Scott Meyers WI M 47 6:18:57 98 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL 11 Table Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL 12 Mark Petersen WI M 41 4:59:56 Mark Maczmarek WI M 47 6:19:57 Pat Gorman IL 13 Rick Bothwell MN MN MN MN MN MN MN	F 38	
4 Joel Lammers WI M 52 4:24:20 49 Jose Rangel WI M 38 6:07:12 94 Gabe Johnson MI 5 Brian Seegert WI M 48 4:38:18 50 Linda Britz WI F 50 6:16:05 96 Melssa Churchill WI 6 David Dehart WI M 53 4:44:01 51 JoDeen Hettenbach WI F 50 6:16:05 96 Meg Kennedy WI 7 Ron Bero WI M 53 4:47:57 52 Russell Stetzer WI M 30 6:18:23 97 Douglas Wielgat WI 8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharafinski, Jr WI M 30 4:59:52 54 Scott Meyers WI M 47 6:18:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL	M 5	
5 Brian Seegert WI M 48 4:38:18 50 Linda Britz WI F 44 6:09:44 95 Melissa Churchill WI 6 David Dehart WI M 53 4:44:01 51 JoDeen Hettenbach WI F 50 6:16:05 96 Meg Kennedy WI 7 Ron Bero WI M 53 4:47:57 52 Russell Stetzer WI M 30 6:18:23 97 Douglas Wielgat WI 8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharafinski, Jr WI M 30 4:59:52 54 Scott Meyers WI M 47 6:18:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 76:18:57	M 30	
6 David Dehart WI M 53 4:44:01 51 JoDeen Hettenbach WI F 50 6:16:05 96 Meg Kennedy WI 7 Ron Bero WI M 53 4:47:57 52 Russell Stetzer WI M 30 6:18:23 97 Douglas Wielgat WI 8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharafinski, Jr WI M 30 4:59:55 54 Scott Meyers WI M 47 6:18:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL	F 48	
7 Ron Bero WI M 53 4:47:57 52 Russell Stetzer WI M 30 6:18:23 97 Douglas Wielgat WI 8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharafinski, Jr WI M 30 4:59:52 54 Scott Meyers WI M 47 6:19:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 99 Kathy Siculan IL	F 49	
8 Robert Henderson MN M 31 4:55:32 53 Brian Elliot WI M 39 6:18:32 Mark Kaczmarek WI 9 Mark Sharinski, Jr WI M 30 4:59:52 54 Scott Meyers WI M 47 6:18:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL	M 5	
9 Mark Sharafinski, Jr WI M 30 4:59:52 54 Scott Meyers WI M 47 6:18:57 99 Kathy Siculan IL 10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL	M 58	
10 Mark Petersen WI M 41 4:59:56 55 Craig Haynie IL M 47 6:19:57 Pat Gorman IL	F 5	
	M 50	
	F 4	
12 Michael Jenich WI M 35 5:08:12 57 Geoff Guevara-Geer WI M 43 6:24:38 102 Peter Wadsack WI	M 70	70 7:43:48
13 Josh Pierce WI M 28 5:08:44 58 Kaytlin Bronkhorst WI F 22 6:30:54 103 Meghan Pulver IL	F 30	
	F 5	
	F 50	
	F 4	
	M 6	
	M 34	
	M 34	
	F 3:	
	F 40	
	M 3	
	M 39	
	M 6	
	M 7	
	F 50	
	F 4	11 8:47:24
	M 4	11 8:59:42
29 Andrew Featherstone WI M 42 5:33:57 74 Michael Riedel WI M 28 6:48:07 119 Anne Schneiberg WI	F 3	9:03:57
30 Kelcy Boettcher WI F 38 5:34:37 75 Tom Schiessl WI M 50 6:48:18 Lisa Albanese WI	F 42	12 9:03:57
31 Kirk Wackett WI M 48 5:34:57 76 Rylie Cherepa WI F 33 6:49:40 121 Dick Hogan IA	M 68	68 9:05:42
32 Andrew Prellwitz WI M 33 5:35:37 77 Amy Leitheiser WI F 50 6:49:55 122 Jeff Trepanier WI	M 59	9:29:37
33 Jonathan Pleitner WI M 29 5:36:25 78 Arden Robertson IN F 37 6:51:26 123 Jessica Mueller WI	F 39	9:30:14
34 James Blaskowski WI M 41 5:45:40 79 Jason Robertson IN M 36 6:51:28 124 Regina Schurman IL	F 53	53 9:40:19
	F 3:	35 9:40:19
36 Alex Leitheiser WI M 22 5:47:53 81 Janet Roeming WI F 56 6:55:21 126 Donna Flood WI	F 6	67 9:56:15
37 Tim Shandonay MI M 38 5:53:14 82 Yaneth Almean-Golke WI F 33 6:56:18 127 Anne Riendl WI	F 6	64 9:56:16
	M 4	14 10:55:50
	M 52	
40 Robert Hibbard WI M 62 5:56:46 85 Andy Arena WI M 64 7:03:43 (130 starters)		
41 George Ballogh WI M 28 5:58:29 86 Andy Schmitz WI M 37 7:04:30		
42 Raul Castro WI M 50 5:59:36 87 Amy Clark MN F 50 7:06:22		



























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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

		1815 N	
Bib Name	Time	1113 Ja	a
Male Winner 1802 Tyler Mueller	48:23		
Female Winner 1853 Hope Orvold	57:36	19	
DIV = UNKNOWN 1982 1:19	0:16	1 医槽	
DIV = F15-19 1205 Monica Corner 1360 Helen Gittrich 1082 Paige Birkland DIV = F20-24 1747 Sarah McCallum	1:32:57 1:44:24 2:02:37		
1061 Alyssa Behnke 1856 Rachel Osiecki 1454 Rebecca Heller 1453 Angela Heller 1017 Carly Albers 9817 Anna Tomasini 9884 Kelly Waltz 1693 Laura Lochmann 9953 Chelsea Woods 1773 Thora Middleton	1:13:09 1:19:55 1:20:42 1:20:43 1:23:41 1:26:18 1:28:55 1:30:54 1:30:57 1:31:24	P	
9744 Danielle Snyder 1859 Amy Owens 9826 Heather Troiber 1702 Abigail Lucas 1990 Kendra Schulte 1045 Samantha Balkow	1:32:24 1:32:29 1:34:11 1:34:30 1:35:52	Scot LDF	
1:36:49 1423 Megan Harding 1107 Emily Braun 1625 Katie Kujawski 1043 Katherine Baker 1464 Alejandra Hernan 1155 Danielle Caldwell 9845 Julia Van Veldhu 9796 Alison Tarr 9887 Samantha Warsha 1227 Alicia Fikejs	1 1:47:16 isen 1:53:51 1:53:52	1962 K 1392 Ji 1301 L 1692 K 1233 Ji 1338 K 1350 S 9875 Ji 1786 S	a a

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 Kadunc	1:12:18
1774 Jessica Mietzner	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	
9918 Kayleen Wichlinsl	ci 1:20:42
1027 Maribel Andrade-	Vera 1:20:42
1636 Shelby Labuhn	1:20:56
1000 Isemine Boottcher	1.22.36





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 1233 Jessica Degracie 1:39:51
1233 Jessica Degracie 1:39:51
1338 Kristina Galuk 1:39:59
1350 Stacy German 1:40:19
9875 Jenna Walbrandt 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 Tutas 1:42:52
9968 Jamie Yu 1:43:20
1133 Alison Buczek 1:44:30
1508 Jennifer Jackson 1:44:58
1365 Samantha Glaser 1:45:20
9861 Laura Vietmeyer 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 Shelley Rismeyer 1:50:20
1916 Jessica Rewald 1:50:44
9703 Madison Seitz 1:52:57
1887 Kristin Pierre 1:53:26 1037 Chelsea Atwell 1:53:43
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

(Continued on page 29)

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 longdistance 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 them-

selves. 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 out-did 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 ap-



Tyler Mueller LDR Male Champ

plied graphics to infuse the ink into the material. First, we selected a moisturewicking material, then the shirts were printed in pieces, sewn together to make the final shirt including adding an extra ½" 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.

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 before the finish line (thank you Waukesha Hash House Harriers). an ambulance staff on scene, the hallroom 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



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

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 (Continued on page 29)





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



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)
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1408 Kristin Hagen 1:57:11 1552 Kristina Kauffman 2:06:23
DIV = F30-34 1079 Justine Bieganski 1:09-45 1086 Tarn Saleska 1:12:10 1534 Shawn Johnson 1:13:54 1879 Alison Peschel 1:13:54 1879 Alison Peschel 1:13:54 1874 Alise Coen 1:15:20 7902 Megan Seideman 1:16:14 1293 Kelly Faschingbauer 1:16:16 1097 Julie Borsh 1:18:05
9701 Kristin Seffern 1:18:09 9981 Kristin Zimmet 1:18:09







117.	
1507	Marika Koenitzer 1:18:23
	Ashley McCune 1:18:54
9915	Jackie Wichert 1:18:59
	Jamie Koehler 1:19:26
	Jamie Wuhrman 1:19:34
	Paula Schmidt 1:19:46
	Rachel Ravey 1:19:56
1076	Carrie Beyer 1:20:18
9708	Kelly Shafaie 1:20:33
1952	Lindsay Rospenda 1:20:38
1695	Erin Loeser 1:21:23
	Sheila Wordell 1:21:58
	Sarah Schulz 1:22:47
	Jonna Koenitzer' 1:23:08
	Jess Gall 1:23:48
	Meaghan Reider 1:23:52
9754	Jackie Springstroh 1:24:37
	Katie Miller 1:25:13
	Sarah Swessel 1:25:15
1572	Katie Kircher 1:25:29
	Hilarie Huolihan 1:25:34
	Angie Smith 1:26:04
	Amanda James 1:26:49
	Lindsay Hart 1:26:59
	Lauren Groenevelt 1:27:23
7/22	Amy Sikorski 1:27:46
1215	Nadia Musallam 1:27:55
	Cassandra Foreen 1:28:31 Rachel Dobrauc 1:29:04
	Amy Litewski 1:29:20
	Meghan Cardarella 1:29:20
	Katherine Kufalk 1:29:29
	Margaret Tennyson 1:29:30
	Jessica Thomas 1:29:55
	Delia Gonzalez 1:30:19
	Amber Heiser 1:30:23
	Margaret Joehnk 1:30:39
	Tonya Dailey 1:30:41
	Jennifer Chavez 1:31:25
	Erin Ruenger 1:32:00
9855	Katie Velissaris 1:32:30
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1893 Sarah Plamann 1681 Aimee Liebert	1:41:06
1681 Aimee Liebert	1:41:11
9742 Virginia Smith	1:41:24
1324 Sherry Frechette	1:41:27
1775 Kristin Mihlsimm	er 1:42:21
9892 Nichole Wearing	1:42:33
1502 Tara Huss	1:42:43
1404 Deanna Haas	1:42:52
1943 Jennifer Roble 1103 Liz Bower	1:43:40
1103 Liz Bower	1:43:52
1525 Nicole Jellison	
1029 Jamie Anfinson	1:44:02
1158 Courtney Carlson	1:44:25
1548 Veronica Karolew	icz 1:46:06
1016 Cheryl Akert	1:46:25
9925 Tracy Wildt	1:46:47
1271 Katie Dutoit	1:47:19
1016 Cheryl Akert 9925 Tracy Wildt 1271 Katie Dutoit 1713 Katie Madaus 1783 Kate Mitchell	1:47:40
1783 Kate Mitchell	1:47:53
1284 Whitney Erickson	1:48:20
9901 Brandi Weiss-Enc	
1663 Heather Lee	1:49:57
1217 Missy Curran	1:50:51
1843 Marie Olmsted	
1432 Amanda Harvey	1:53:05
1673 Christine Lemon	
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

9756 Tiffany Staab	2:06:08
DIV = F35-39	
9912 Kimberly White	1:06:45
1419 Sara Hans	1:07:11
9975 Karen Zielinski	1:09:20
1311 Jamie Fleming	1:10:07
1022 Alice Ambrowiak	1:12:56
1318 Dana Foucault	1:13:10
9769 Kitty Stichmann	1:13:11
1091 Kelcy Boettcher	1:14:24
1488 Maren Hooper	1:14:30
1938 Tara Riehl	1:14:41
0927 Thing Two	1-14-42

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!

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 (whoo 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!

9854 Micaela Velazque:	z 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 Hubbartt	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
1189 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 Zular Rodriguez	1:24:47
1381 Jodi Gracey	1:24:56
1589 Candice Knuteson	1:24:57
9776 Lora Strigens	1:25:06
1930 Regina Rich	1:25:32
1150 Kara Bzdusek	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 Tanem	1:31:37
1984 Liz Schmitzer	1:31:45
1832 Sarah Oberling	1:32:05
9781 April Suminski	1:32:42
1140 Starr Burke	1:32:49
1583 Sara Klingkammer	1:33:04
1620 Kerry Kubacki	1:33:06
1260 Jamie Draheim	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

1993 Lauren Schultz 1631 Rachel Kuntz 1753 Katherine McHugh 9828 Jessica Trzcinko 1871 Karen Pederson 1:34:43 1:34:46 h 1:35:04 1:35:32 1:35:34 1883 Nancy Pettit 9819 Stacey Tomasini 1593 Sarah Koch 1531 Kristen Johnson 1136 Jen Buettner 1267 Marina Rickun 1:37:31 1:37:32 1:37:39 1274 Marine Mari 1:37:48

(Continued on page 30)



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
- Rvan Lemke
- Marty Malin
- Hank Nisiewicz
- Mike Proctor
- Dennis Shoemaker
- Paul and Mary Sokolowski
- Pete and Mary Wysocki











Badgerland Sinders

MAKING DUST

hen you are a up-and-coming runner in the U.S., and making some breakthroughs in distances, Pre is still the man that you are compared to It's always based on Pre." - - - Bob Kennedy



Lakefront Discovery Run

15 K Run RESULTS

(Continued from page 29)

1119	Trishya Brown	1:42:33
1139	Shauna Burens	1:42:52
1497	Katrina Hull	1:43:02
1015	Harini Aiyer	1:43:15
	Jessica Reimer	1:43:39
1872	Katie Pedretti	1:44:12
1513	Barbara Jahncke	1:44:29
1617	Jennifer Krueger	1:45:01
1384	Leanne Grano	1:45:02
1040	Jeannette Bahr	1:46:25
9870	Kelly Waala	1:47:39
9728	Lisa Slama	1:48:28
9874	Claire Wagner	1:48:47
9838	Mary Tylicki	1:49:06
1084	Amy Blain	1:49:23
1998	Beth Schumacher	1:49:23
1334	Karla Gabor	1:49:46
	Lori Lanza	1:49:57
1948	Marilu Romero	1:50:27
1621	Melissa Fockel	1:50:41
1560	Maggie Kelly	1:52:22
1243	Gail Dietrich	1:53:03
	Abbey Blunck	1:54:51
9938	Shannon Wisse	2:00:10
	Heather Kinzel	2:02:53
1888	Marisa Pifher	2:04:06
1250	Melissa Dolan	2:07:08
1670	Jennifer Leitner	2:16:25

10/0	Jenniier Leitner	2:10:23
	F40-44	
1725	Denise Manthy	1:00:30
1647	Jennifer Lang	1:03:58
9920	Diana Widmer	1:05:23
0755	Amy C+	1:08:00
1000	Amy St Wendi Quentin	
1908	wendi Quentin	1:10:21
	Terri Bodden	1:10:34
1068	Risa Berg	1:11:03
1828	Pam Norris	1:12:09
1120	Wilfreda Brown	1:16:06
	Tricia Spencer	1:17:53
1101	Andrea Boucher	1:18:10
	Ruth Staude	1:18:21
9706	Nikki Setzer	1:18:53
1276	Lisa Ehlke Wendy Wiesjahn	1:19:19
9923	Wendy Wiesjahn	1:19:36
1586	Andi Kneeland Kristen Cogswell	1:19:48
1188	Kristen Cogswell	1:20:06
1134	Carol Budish	1:20:26
1138	Christine Burden	1:21:15
	Clare O'Brien	1:22:36
1526	Jill Jensen	:22:41
9732	Thao Slonac	1:22:49
1411	Shawn Hake	1:22:58
0882	Aimee Walch	1:23:20
1662	Aimee Walsh Helena Laven	1:23:26
1002	Stacey Bast	
		1:23:28
1441	Lisa Hayes	1:24:20
	Danielle Sabin	1:24:20
9927	Colleen Wilkens	1:25:05
1258	Veronika Dortch Michelle Haines	1:25:46
1410	Michelle Haines	1:25:46 1:25:46
1944	Marjorie Olsen	1:26:32
0005	Marjorie Oisen	
9885	Kun Wang	1:27:04
1917	Marie Rasmusson	1:27:15
1562	Susan Kelpin	1:27:28
1154	Susan Kelpin Petrina Cain	1:27:41
1377	Monica Gonzalez	1:27:42
	Laura Rav-Holl	1:27:46
		1:28:15
1180	Maureen Reyes	
1666	Carrie Lefko	1:28:35
1581	Jennifer Klimek Sara Hanaway	1:29:14
1417	Sara Hanaway	1:29:18
1407	Jennifer Hadler Nicole Larsen	1:29:21
1656	Nicole Larsen	1:29:44
1200	Karen Grunert	1:30:56
1770	L M-II	
1/20	Joy Malloy Shawn Kalloway	1:31:10
1542	Shawn Kalloway	1:31:19
	Lori Radtke	1:31:29
1112	Kristin Breuer	1:31:46
	Kaycee Whitaker	1:32:04
	Stacee Jensen	1:32:13
	Elizabeth Aldred	
		1:32:28
	Julie Vande Hei	1:32:48
1141	Jolene Burmeister	1:33:24
1220	Paulette Czerwins	ki 1:33:26
1229	Veronica Davis-Q	uiroz 1:33:2
9777	Cheri Strobel	1:33:50
1352	Kris Gilbert	1:34:11
1357	Toni Gillette	1:34:20
9831	Robbyn Tuinstra	1:34:28
1235	Erin Del Ponte	1:34:28

	Rosanna Zepecki	1:34:30
9931	Marci Williams	1:34:33
9903	Sara Wells	1:34:42
1628	Shannon Kumbier	1:35:05
1929	Michelle Revie	1:35:19
1637	Cyndi Lacke	1:36:02
1537	Dannette Justus	1:37:04
9888	Kate Watling	1:37:17
	Renee Hibbard	1:37:36
	Jessica Hoffmann	1:38:20
	Amy Friese	1:38:30
1864	Jennifer Pahl	1:39:59
1275	Gretchen Egner	1:40:10
	Catherine Aleman	
1281	Heather Elliott	1:43:12
	Korrin Gumieny	1:43:54
1085	Amy Blair	1:44:26
	Karly Kropidlows	
9774	Lesley Stone	1:44:30
	Stephanie Meyer	1:44:40
	Carrieann Birkhol	
	Mara Malloy	1:45:35
	Jennifer Steiner	1:45:35
1459	Amy Heppe	1:46:43
	Amy Kumrow	1:49:10
1777	Kari Mikolyzk	1:50:26
9825	Candy Trml	1:50:30
	Angie Kirchner	1:50:40
	Sarah Feldner	1:52:55
1263	Holly Ducat	1:53:15
1234	Jennifer Dejno	1:54:18
	Brenda Bursek	1:54:56
	Terri Birkland	1:57:30
	Elizabeth Primros	
	Cassandra Kadlec	2:00:32
	Leah Goff	2:01:07
1394	Traci Griffin	2:01:41
1095	Edyth Boldt	2:13:59
	Terri Hext	2:15:00
	Jennie Neumann	2:19:02
1895	Susanna Platt	2:20:28
DIV =	= F45-49	

1095 Edyth Boldt 2:13:59 1469 Terri Hext 2:15:00 1818 Jennie Neumann 2:19:02
1469 Terri Hext 2:15:00 1818 Jennie Neumann 2:19:02
1895 Susanna Platt 2:20:28
DIV = F45-49 1310 Mary Flaws 1:06:44 9986 Tammy Zyduck 1:07:43 1845 Leslie Olson 1:07:59 1262 Beth Drolet 1:11:57
1310 Mary Flaws 1:06:44
9986 Tammy Zyduck 1:07:43
1845 Leslie Olson 1:07:59
1262 Beth Drolet 1:11:57
1711 Tracy Macuib 1:12:44 1386 Joanne Greco 1:13:38
1230 Sue Dawes 1:16:32 1763 Montel Melcher 1:16:51 9922 Nikki Wierzbicki 1:16:56 1388 Sandi Greenway 1:18:35
1763 Montel Melcher 1:16:51
9922 Nikki Wierzbicki 1:16:56
1388 Sandi Greenway 1:18:35
111/ Michele Brotherton 1:19:06
9752 Angela Sprau 1:20:11 1600 Annmarie Kolb 1:21:05
1707 Teri Lux 1:21:28
1378 Becky Gordon 1:21:30 1624 Amy Kuhl 1:21:51
1378 Becky Gordon 1:21:30 1624 Amy Kuhl 1:21:51
1320 Rocio Fox 1:22:01
9908 Jennifer Wesley 1:22:11
1765 Christine Merkel 1:22:42 1792 Susie Montross 1:23:19
1536 Jeanne Jurasek 1:23:42
1813 Bonnie Neidinger 1:23:42
1792 Susie Wolfmoss 1.23.19 1536 Jeanne Jurasek 1.23.42 1813 Bonnie Neidinger 1.24.47 9897 Jodi Weghorst 1.24.50 1302 Cynthia Filut 1.24.56 1440 Wendy Hawley 1.25.52 1757 Lisa McLaughlin 1.26.06
1302 Cynthia Filut 1:24:56
1440 Wendy Hawley 1:25:52
1757 Lisa McLaughlin 1:26:06
1619 Marianne Krueger 1:27:27
1619 Marianne Krueger 1:27:27 9764 Jeri Stenhouse 1:27:35 9863 Diane Villanueva 1:27:43 1173 Phaedra Christou 1:27:45
9863 Diane Villanueva 1:27:43 1173 Phaedra Christou 1:27:45
11/3 Phaedra Christou 1:27:45 0703 Patricia Tabbal 1:27:48
9/93 Patricia Labbal 1:27:48
9851 Georganne Vandyke 1:28:04
9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32
9/93 Patricia Tabbai 1:27:48 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49
9/93 Patricia Tabbai 1:27:48 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49
9/99 Patricia Tabbai 1:2/:48 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1198 Karen Cook 1:28:55 1074 Jane Betlej 1:29:17
9/93 Patricia Taboba 1:2/:48 9851 Georganne Vandyke 1:28:40 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1198 Karen Cook 1:28:55 1074 Jane Betlej 1:29:17 1729 Marisela Martin 1:29:31
9793 Fatricia 1 aboul 1:27-48 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1198 Karen Cook 1:28:55 1074 Jane Betlej 1:29:17 1729 Marisela Martin 1:29:31 1171 Stacey Chike 1:31:01
9793 Patricia I aboul 1:27-48 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1274 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1198 Karen Cook 1:28:45 1074 Jane Betlej 1:29:17 1729 Marisela Martin 1:29:31 1171 Stacey Chike 1:31:01 1951 Colleen Rosengarten 1:31:45 1269 Janet Durham 1:32:01
9793 Particia I abotal 12/748 9881 Georganne Vandyke 1-28.04 1001 Elena Abend 1-28.19 1074 Julia Eggent 1-28.32 1414 Carol Halvey 1-28.49 1418 Carol Cook 1-28.55 1074 Jane Betlej 1-29.17 1729 Marisela Martin 1-29.31 1171 Stacey Chike 1-31.01 1951 Colleen Rosengarten 1-31.45 269 Janet Durham 1-32.01 1974 Mari Scheefer 1-32.27
9793 Particia I abotal 12/748 9881 Georganne Vandyke 1-28.04 1001 Elena Abend 1-28.19 1074 Julia Eggent 1-28.32 1414 Carol Halvey 1-28.49 1418 Carol Cook 1-28.55 1074 Jane Betlej 1-29.17 1729 Marisela Martin 1-29.31 1171 Stacey Chike 1-31.01 1951 Colleen Rosengarten 1-31.45 269 Janet Durham 1-32.01 1974 Mari Scheefer 1-32.27
9799 Particua I abotal 12/748 9851 Georganne Vandyke 1-28-04 1001 Elena Abend 12/8-19 1001 Elena Abend 12/8-19 12/4 Iulia Eggenet 12/8-32 1414 Carol Halvey 12/8-49 12/8-49 11/9-8 Karen Cook 12/8-55 1074 Jane Betlej 12/9-17 12/9 Marisela Martin 12/9-31 1171 Stacey Chike 13/1-01 15951 Colleen Rosengarten 13/1-45 12/69 Janet Durham 13/2-01 1974 Mari Schaefer 13/2-27 1716 Evelyn Maggos 13/2-31 110 Kathleen Brazelton-Da 13/2-55 13/2-57 1716 Evelyn Maggos 13/2-31 110 Kathleen Brazelton-Da 13/2-57 1716 Evelyn Maggos 13/2-31 1716 Kathleen Brazelton-Da 13/2-57 1716 Evelyn Maggos 13/2-31 1717 1716 1717 1717 1717 1717 1717 17
9799 Particia I abbai 12:748 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1418 Carol Halvey 1:28:49 1418 Carol Halvey 1:28:49 1419 Carol
9799 Particul alobal 12/748 9851 Georganne Vandyke 1-28-04 1001 Elena Abend 1-28-19 1002 Elena Abend 1-28-19 1274 Julia Eggent 1-28-32 1414 Carol Halvey 1-28-49 1498 Kaerne Cook 1-28-55 1074 Jane Betlej 1-29-17 1729 Marisela Martin 1-29-31 1171 Stacey Chike 1-31-01 1951 Colleen Rosengarten 1-31-45 1269 Janet Durham 1-32-01 1974 Mari Schaefer 1-32-27 1716 Evelyn Maggos 1-32-31 110 Kathleen Brazelton-Da 1-32-53 1629 Suzie Kummet 1-33-13
9/99 Particia I abbai 12/748 9851 Georganne Vandyke 1-28.04 1001 Elena Abend 128.19 1724 Julia Eggener 128.32 1414 Carol Halvey 128.49 1198 Karen Cook 128.55 1774 June Betlej 129:17 1794 Marisch Martin 129:17 1795 Marisch Martin 129:17 1795 Marisch Martin 129:17 1795 Marisch Martin 129:17 1796 Marisch Martin 129:17 1797 Marisch Martin 129:17 1796 Evelyn Marischaefer 132:27 1797 Harischaefer 132:27 1797 Evelyn Margos 132:33 1110 Kathleen Brazelton-Da 1:32:53 1291 Heather Farence 133:17 1291 Heather Farence 133:17
9799 Particia I abbai 12:748 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1724 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1495 Karen Cook 1:28:55 1729 Marisela Martin 1:29:31 1717 Stacey Chike 1:31:10 1718 Stacey Chike 1:31:10 1719 Mari Schueder 1:31:10 1719 Mari Schueder 1:31:10 1719 Mari Schueder 1:32:27 1716 Evelyn Margos 1:32:31 1710 Kathleen Bruzelton-ba 1:32:51 1710 Kathleen Bruzelton-ba 1:32:51 1710 Kathleen Bruzelton-ba 1:32:51 1711 Heather Farence 1:33:17 1714 G Cyulthia Bushey 1:33:17 1714 G Cyulthia Bushey 1:33:17 1816 Tima Neubeck 1:34:02
9799 Particia I abbai 12:748 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1724 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1495 Karen Cook 1:28:55 1729 Marisela Martin 1:29:31 1717 Stacey Chike 1:31:10 1718 Stacey Chike 1:31:10 1719 Mari Schueder 1:31:10 1719 Mari Schueder 1:31:10 1719 Mari Schueder 1:32:27 1716 Evelyn Margos 1:32:31 1710 Kathleen Bruzelton-ba 1:32:51 1710 Kathleen Bruzelton-ba 1:32:51 1710 Kathleen Bruzelton-ba 1:32:51 1711 Heather Farence 1:33:17 1714 G Cyulthia Bushey 1:33:17 1714 G Cyulthia Bushey 1:33:17 1816 Tima Neubeck 1:34:02
9799 Particia I abotal 12:748 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1724 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1495 Karen Cook 1:28:55 1729 Marisela Martin 1:29:17 1729 Marisela Martin 1:31:01 1729 Marisela Martin 1:31:01 1729 Marisela Martin 1:31:01 1729 Marisela Martin 1:31:01 1729 Marisela Martin 1:31:03 1729 Janet Durham 1:31:05 1729 Janet Durham 1:31:05 1729 Janet Durham 1:31:05 1726 Evelyn Magos 1:32:31 1720 Kathleen Brazelton-ba 1:32:53 1721 Kummet 1:33:13 1729 Heather Farence 1:33:17 1731 Heather Farence 1:33:17 1746 Cyurhin Bushey 1:33:17 1746 Cyurhin Sushey 1:33:17 1740 Cyurhin Stoffmann 1:34:04 1788 Triena Bodart 1:34:06
9793 Particia I abotal 12/748 9851 Georgame Vandyke 1-28.04 1001 Elena Abend 128.19 128.10 128.10 128.11 128.12 129.17 129 Marisela Martin 1-29.31 1198 Karen Cook 128.55 177 1729 Marisela Martin 1-29.31 171 Stacey Chike 13-10.11 171 Stacey Chike 13-10.
9799 Particia I abotal 12:748 9851 Georganne Vandyke 1:28:04 1001 Elena Abend 1:28:19 1724 Julia Eggener 1:28:32 1414 Carol Halvey 1:28:49 1418 Carol Halvey 1:28:49 1419 Karen Cook 1:28:55 1074 Jane Betlej 1:29:17 1719 Marisela Martin 1:29:31 1717 Stacey Chike 1:31:10 1729 Marisela Martin 1:29:31 1718 Stacey Chike 1:31:10 1729 Marisela Martin 1:31:45 1731 Colleen Rosengarten 1:31:45 1716 Evel State 1:31:45 1716 Evel State 1:32:37 1716
9799 Particia I abotal 12/748 9851 Georgame Vandyke 1-28.04 1001 Elena Abend 128.19 128.104 1001 Elena Abend 128.19 128.104 128.105 128.105 129.1074 Junis Elegener 12.8.39 1198 Karen Cook 12.8.55 1198 Marisela Martin 12.9.31 1198 Marisela Martin 12.9.31 1101 Kathleen Brazelton-Da 1:32.51 1101 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:33.33 1816 Tian Neubeck 133:13 1816 Tian Neubeck 133:14 184 Cynthia Bushey 133:34 1816 Tian Neubeck 134:02 184 Cynthia Staffer Soldman 134:02 185 Chemical Soldman 134:04 185 Chemical Soldman 134:04 185 Chemical Soldman 134:04 184 Cynthia Staffer Soldman 134:09 185 Shelly Szezerbinski 135:05
9799 Particia I abbai 12:748 9795 Particia I abbai 12:814 1001 Elena Abend 12:819 1001 Elena Abend 12:819 1724 Julia Eggener 12:8,32 1414 Carol Halvey 12:8,49 1418 Carol Halvey 12:8,49 1418 Carol Cook 12:8,55 1729 Marisela Martin 12:9,17 1729 Marisela Martin 12:9,17 1739 Marisela Martin 13:1,31 1739 Marisela Martin 13:1,31 1749 Marisela Martin 13:1,31 1759 Marisela Martin 13:1,31 1759 Marisela Martin 13:1,31 1769 Marisela Martin 13:1,31 1771 Evelyn Magos 13:2,31 1716 Evelyn Magos 13:2,31 1716 Evelyn Magos 13:2,31 1716 Evelyn Magos 13:2,31 1716 Evelyn Magos 13:3,31 1717 Evelyn Magos 13:3,31 1717 Evelyn Magos 13:3,31 1718 Evelyn Magos 1
9799 Farticia I abotal 12/148 9851 Georganne Vandyke 1-28.04 1001 Elena Abend 128.19 1274 Julia Eigener 128.39 1274 Julia Eigener 128.39 1198 Karen Cook 128.55 1198 Maris Elena 129.17 1729 Marisela Martin 129.31 1198 George 132.27 1716 Evelyn Magos 132.41 110 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:32.53 1110 Kathleen Brazelton-Da 1:33.53 1110 Kathleen Brazelton-Da 1:33.53 1110 Kathleen Brazelton-Da 1:33.53 1110 Kathleen Stollmann 134.02 135 9771 Colleen Stollmann 134.02 136 9781 Colleen Stollmann 134.02 136 9781 Colleen Stollmann 134.02 136 9781 Stelly Szczerbinski 1:34.08 136 9940 Nancy Wittig 13.503 1468 Candy Heuer 135.20 145 54 Melissa Kaldor 135.08
9799 Farticia I abbai 1 12/748 1001 Elena Abend 1 128/19 1001 Elena Abend 1 128/19 1724 Iulia Eggener 1 128/39 1725 Iulia Elena Iulia Iuli
9799 Particia I abotal 12/748 9851 Georganne Vandyke 1-28-04 1001 Elena Abend 128-19 1724 Julia Eggener 1-28-32 1414 Carol Halvey 1-28-32 1414 Carol Halvey 1-28-49 1795 Marisela Martin 1-29-17 1795 Marisela Martin 1-29-31 1717 Stacey Chike 1-31-31 1717 Stacey Chike 1-31-31 1717 Stacey Chike 1-31-31 1718 Stacey Chike 1-31-31 1719 Marisela Martin 1-31-31 1719 Marisela Martin 1-31-31 1719 Helena Rosengarten 1-31-45 1716 Evelyn Margos 1-32-31 1710 Kathleen Bruzelton-Da 1-32-53 1710 Kathleen Bruzelton-Da 1-32-53 1710 Kathleen Bruzelton-Da 1-32-53 1716 Evelyn Margos 1-32-31 1718 Kathleen Bruzelton-Da 1-32-53 1716 Evelyn Margos 1-32-31 1718 Heather Farence 1-33-17 1716 Evelyn Margos 1-33-31 1719 Heather Farence 1-33-17 1716 Cyulmi Bushey 1-33-17 1716 Cyulmi Bushey 1-33-17 173-1710 Heather Bruzelton-Da 1-32-53 1731 Calleen Stolmann 1-34-04 1734 Holissa Kaldor 1-34-06 1734 Holissa Kaldor 1-34-06 1734 Holissa Kaldor 1-34-08 1734 Holissa Kaldor 1-34-08 1734 Holissa Kaldor 1-34-08 1735 Handel Stolmann 1-35-20 1735 Amy Gill 1-35-38 1735 Handel Stolmann 1-35-20 1735 Amy Gill 1-35-38 1735 Handel Stolmann 1-35-34 1735 Handel Stolmann 1-35-34 1735 Handel Stolmann 1-35-34
9799 Farticia I abotal 12/748 1001 Elena Abend 12/819 1001 Elena Abend 12/819 1001 Elena Abend 12/819 1101 Elena Abend 12/819 1101 Elena Abend 12/819 1101 Elena Abend 12/819 1101 Elena Abend 12/819 1102 Elena Abend 12/819 1103 Elena Abend 12/819 1103 Elena Abend 12/819 1104 Elena Elena 12/819 1105 Elena Elena 12/819 1106 Evelyn Magos 13/2-01 1106 Kathleen Brazelton-Da 13/2-01 1107 Elena Elena 13/819 1106 Elena Elena 13/819 1107 Elena 13/819 1107 Elena Elena
9799 Particia I abotal 12/148 9851 Georganne Vandyke 1-28-04 1001 Elena Abend 128-19 1794 Julia Eggener 1-28-32 1414 Carol Halvey 1-28-49 1419 Karen Cook 1-28-55 1074 Juan Edelej 1-29-17 1795 Marisela Martin 1-29-31 1717 Stacey Chike 1-31-19 1717 Stacey Chike 1-31-19 1718 Marisela Martin 1-29-31 1718 Stacey Chike 1-31-29 1719 Marisela Martin 1-31-45 1719 Marisela Martin 1-31-45 1719 Marisela Martin 1-31-45 1716 Evelya Margos 1-32-31 1710 Kathleen Bruzelton-Da 1-32-53 1710 Kathleen Bruzelton-Da 1-32-53 1710 Extension 1-32-31 1711 Kathleen Bruzelton-Da 1-32-53 1716 Evelya Margos 1-32-31 1717 Statistica Martin 1-32-31 1718 Georgia Martin 1-32-31 1719 Marisela Martin 1-32-31 1719 Marisela Margos 1-32-31 1719 Marisela M
9799 Farticia I abotal 12/748 1001 Elena Abend 12/819 1001 Elena Abend 12/819 1001 Elena Abend 12/819 1148 Larol Halvey 12/832 1149 Larol Halvey 12/832 1149 Larol Halvey 12/832 1149 Larol Halvey 12/832 1140 Larol Halvey 12/832 1140 Katol Halvey 12/832 1140 Katol Halvey 12/832 1140 Katol Halvey 12/832 1140 Katol Halvey 12/832 1140 Kathleen Brazelton-Da 1:32-31 1140 Kathleen Brazelton-Da 1:32-31 1140 Kathleen Brazelton-Da 1:32-31 1291 Headher Farence 1:33:13 1291 Headher Farence 1:33:13 1291 Headher Farence 1:33:14 1816 Tima Neubeck 1:34:02 133:14 1816 Tima Neubeck 1:34:02 134:06 134:08 Tirena Bodart 1:34:06 134:08 Tirena Bodart 1:34:06 134:08 Tirena Bodart 1:34:06 134:08 Tirena Bodart 1:34:06 135:08 Tirena Bodart 1:34:06 135:08 Tirena Bodart 1:34:06 135:08 Tirena Bodart 1:34:06 136:08 Tirena Bodart 1:34:06 137:14 Tirena Bodart 1:34:06 137:14 Tirena Bodart 1:34:06 137:14 Tirena Bodart 1:34:06 137:14 Tirena Bodart 1:37:14
9799 Farticia I abotal 12/148 9815 [Georgame Vandyke 128.04 1001 Eleina Abonal 128.19 1001 Eleina Abonal 128.19 128.14
9799 Farticia I abotal 12/148 9851 Georgame Vandyke 1-28 04 1001 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 174 fulla Elgener 128-34 1198 Karen Cook 128-55 1198 Karen 129-17-17-18-18-19-18-18-18-18-18-18-18-18-18-18-18-18-18-
9799 Farticia I abotal 12/748 1001 Elena Abend 12/819 1001 Elena Abend 12/819 1001 Elena Abend 12/819 11/81
9799 Farticia I abotal 12/148 9851 Georgame Vandyke 1-28 04 1001 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 128-104 1018 Elena Abend 128-19 174 fulla Elgener 128-34 1198 Karen Cook 128-55 1198 Karen 129-17-17-18-18-19-18-18-18-18-18-18-18-18-18-18-18-18-18-









1603 Kelly Koronkowski 1:43:30
9879 Laura Walker 1:44:27
1863 Ute Pagel 1:44:59
9832 Madelaine Tully 1:45:10
1823 Julie Nichols 1:45:24
1245 Stephanie Digiovanni 1:45:36
1002 Suzanne Abler 1:46:25
1476 Marilyn Hoffman 1:50:26
1317 Pam Foti 1:51:15
1317 Pam Foti 1:51:15 1297 Renee Fensin 1:53:38
1297 Renee Fensin 1:53:38
1297 Renee Fensin 1:53:38 1461 Jody Herbst 1:54:29 1149 Sarah Byers 1:54:30 1618 Lisa Krueger 1:57:08
1297 Renee Fensin 1:53:38 1461 Jody Herbst 1:54:29 1149 Sarah Byers 1:54:30
1297 Renee Fensin 1:53:38 1461 Jody Herbst 1:54:29 1149 Sarah Byers 1:54:30 1618 Lisa Krueger 1:57:08
1297 Renee Fensin 1:53:38 1461 Jody Herbst 1:54:29 1149 Sarah Byers 1:54:30 1618 Lisa Krueger 1:57:08 1179 Kimberly Cinnamon 1:58:29
1297 Renee Fensin 1:53:38 1461 Jody Herbst 1:54:29 149 Sarah Byers 1:54:30 1618 Lisa Krueger 1:57:08 179 Kimberly Cinnamon 1:58:29 1857 Jill Ostrowski 2:01:07

DIV = F50-54	
1289 Barbra Fagan	1:07:31
1100 Sabine Bottum	1:16:52
1834 Amy O'Connor	1:19:17
1342 Denise Garvin	1:19:39
1750 Jill McCurdy	1:22:41
1051 Mary Bartkowski	1:23:20
9960 Mary Kay Wynn	1:23:4
1862 Lori Padgett	1:23:49
1549 Pam Kassner	1:23:55
1341 Lisa Garms	1:25:19
9881 Jeanne Wallace	1:25:49
9753 Mary Spriggs	1:26:32
1093 Kathy Bohlman	1:26:47
1241 Marcy Desjardins	1:28:02
1246 Joanne Dixon	1:28:07
1094 Christine Bohte	1:29:48
1678 Michelle L'Estran	ge 1:32:4
1467 Melanie Hersch	1:32:57
9896 L. Michelle Webb	
1710 Sherley MacLean	1:33:1
9924 Mary Beth Wild	1:33:26
1521 Meg Jansky	1:34:02
1385 Kim Greb	1:34:11
9747 Cheryl Spaude	1:34:13
	:35:58
1925 Laura Reinders	1:36:02
1115 Jeanne Bril	1:37:11
9768 Kim Stewart	1:37:35
1634 Lisa Kutschera	1:39:10
1642 Michelle Lammer	
1920 Nancy Reeder	1:41:25
9850 Beth Vandervort	1:43:15
1850 Julie O'Neill	1:44:11
1644 Dina Landfried	1:44:26
9783 Mart Pat Sutter	1:46:23
1412 Mary Pat Halaska	1:46:23
1733 Pam Masilotti	1:48:21
1086 Deb Blommer	1:49:33
1691 Julie Lochmann	1:54:29
1788 Ann Molzahn	2:04:43
1225 Winifred Dalla Sa	
1283 Julie Emery	2:20:28

DIV = F55-59	
1817 Cheryl Neumann	1:11:29
1116 Ann Brothen	1:14:13
1706 Carol Luterbach	1:17:10
1934 Dianne Ricker	1:21:38
9843 Kathleen Van Thi	el 1:22:07
9763 Brent Emery	1:22:33
1869 Natalie Paul	1:23:18
1099 Gigi Boswell	1:23:25
1371 Jill Goldstein	1:25:17
1415 Denise Hammernl	1:26:13
1735 Debbie Matitz	1:26:40
1331 Gloria Frigerio	1:29:10
1734 Darlene Maternov	vski 1:32:4
1493 Mary Joy Hubbs	1:33:19
1518 June Janicki	1:34:38
9758 Debra Stamm	1:38:53
1679 Lisa Licato	1:39:11
9961 Mary Wysocki	1:39:19
1498 Gillian Hulse	1:41:41
1379 Suzanne Graber	1:42:13
9731 Victoria Slocum	1:43:54
9946 Karen Wolfmeyer	1:45:32
9983 Mary Zvara	1:49:33
1257 Sofia Dorsano	2:06:09

DIV -	- rou-o4	
1406	Sara Hackney	1:19:27
1601	Susan Koleas	1:32:31
	Kay Fronk	1:32:32
	Debra Tuckwood	1:33:30
	Diane Weaver	1:33:39
9958	Debbie Wuksinich	1:38:00
1575	Joan Kirkwood	1:40:25
1190	Mary Cole	1:41:41
1667	Catherine Lehman	1:45:16
1947	Jean Roesler	1:48:22

1124 Beverly Brunner	1:19:50
9829 Phyllis Tubesing	1:40:48
1387 Patricia Green	1:46:39
DIV 570.00	

1658	Diane	Larson	1:56:36

1903 Katilicell Kydoerg 2.01.00

DIV = M01-14 1130 Nick Holmes	1:01:22
DIV = M15-19 1253 Taylo Domro	1:18:47

DIV = M20-24	
1802 Tyler Mueller	48:23
1680 John Liddell	55:37
9890 Zach Watson	1:00:44
1299 Matt Ferlindes	1:06:17
9944 Mitchell Wohlk	1:09:10
1252 Dillan Domro	1:16:09
1144 Benjamin Bush	1:16:59
1308 Sam Fitzgerald	1:22:21
1814 Ryan Neidinger	1:23:14
1339 Max Gapinski	1:23:41
1931 Michael Richter	1:26:14
1754 Will McIntyre	1:32:17
1640 Andy Lammers	1:33:36
1137 Drew Bunker	1:42:15
1866 David Parez	1.50.50

IV = M25-29	
126 Zachary Bruns	51:48
126 Zachary Bruns 249 Alex Docta	56:04
823 Mike Treder	56:35
428 Andrew Hartinge	r 1:07:11
481 Brian Meuler	1:09:40
898 Joseph Poeschl	1:11:15
776 Chad Mikesell	1:11:16
184 Brad Clarkson	1:13:16
192 Lee Coleman	1:16:56
265 Brian Duerst	1:17:35
675 Dan Lentsch	1:19:42
607 Robert Kowalski	1:20:22
738 Daniel Matthews	
831 Brennen O' Gorm	
751 Brandon Spitza	1:24:51
375 Ryan Gonzales	1:25:47
012 Praful Aggarwal	1:26:03
848 Cole Vandermaus	se 1:26:06
840 Victor Urbinatti	1:26:12
609 Jordan Krause	1:28:30
899 Kyle Poplawski	1:28:49
125 Ian Brunner	1:28:55
347 Mark Geisler	1:29:35
958 Jason Ruenger	1:30:56
726 Andrew Simmon:	
838 Kyle Ohland	1:31:50
824 Andrew Nicholso	
288 Salim Fadel	1:32:24
240 Dan Demerit	1:32:34
344 Joel Gavin	1:34:18
976 Dan Schansberg	1:37:12
143 Matthew Burton	1:42:17
	1:42:48
509 Tyler Jackson	1:44:57

DIV = M30-34	
9914 Chris Wichert	52:39
9985 Tyler Zwagerman	55:23
1131 David Wheeler	56:47
1278 Jacob Eisch	1:02:47
1953 Michael Rospenda	
1127 Adam Bruss	1:03:29
9906 Joseph Werner	1:04:34
1123 Paul Brunette	1:04:34
1657 Chris Larson	1:04:43
	1:04:51
1500 Tim Huntington	
9709 Kyle Shepherd	1:08:16
1608 Michael Kranz	1:08:30
1359 Brian Gingrass	1:10:30
1444 Dustin Hebel	1:11:09
9788 Joel Symons	1:11:09
1807 Sri Charan Muppi	di 1:11:39
1264 Anthony Duerkop	1:13:10
1424 Mark Harrig	1:14:10
9775 Marc Storma	1:14:39
9894 Michael Weaver	1:15:06
1335 Nikos Gainacopul	
1604 Don Kossow	1:16:19
1523 Steve Jastrow	1:16:35
1682 Mike Liebert	1:16:39
1669 Sam Leichtling	1:16:45
1473 Ben Hinkle-Wszal	ek 1:17:27
1505 Ryan Igielski	1:18:10
1490 Ryan Horvath	1:18:36
1455 James Helmick	1:18:36
1254 Kevin Donnelly	1:19:00
1078 Nick Beyer	1:19:26
1366 Mike Glatzel	1:19:33
1610 Dave Krieger	1:20:52
1524 Logan Jeffery	1:20:54
1280 David Ellenbecker	
1867 Cisco Patron	1:23:03
1529 Steve Joehnk	1:26:48
	1:27:04
1683 Scott Liebnow	1:31:20
1535 Thomas Jones	1:32:16
9849 Troy Vandermaus	
1364 Bradley Glapa	1:33:03
1533 Samuel Johnson	1:33:03
1363 Robert Gladem	1:34:28
1877 Michael Perrone	1:37:33
18 / / Michael Perrone 1034 Andrew Aschenbr	

9930 Christian	Williams	2:01:09

DIV = M35-39	
1290 Brian Falcone	55:18
9767 Igor Stevic	57:47
1151 Philip Bzdusek	58:22
1422 Mike Hansen	59:16
1894 Jeffrey Plate 1884 David Phillips	1:02:06
1300 Josh Fieber	1:02:16 1:02:35
1937 Rafael Cavmona	1:02:33
1027 Gragory Pandan	1:05:36
1927 Gregory Renden 1294 Mike Faschingbar	ier 1:05:51
9928 Warren Wilkosz	1:06:29
1109 Jeremy Braun	1:07:02
1109 Jeremy Braun 9816 Patrick Toft	1:07:59
1448 Joey Heinrichs	1:08:30
1403 Denin Gutgesell	1:08:46
1970 Bob Samuels	1:09:30
1584 Tyler Klose	1:10:07
1439 Matthew Hawkins	
1985 Mike Schmitzer	1:12:32
9782 Robert Surma 1340 Oscar Garay	1:15:25
1340 Oscar Garay	1:15:38
9873 Brian Wagner	1:15:55
1874 Francisco Perez	1:15:58
9810 Barry Thrune	1:16:17
1578 David Klee 1261 Chris Droege	1:16:31 1:17:15
1671 Jared Lemcke	1:17:29
1319 Kevin Fox	1:17:58
1174 Christopher Ciano	rimin 1:18:40
1907 Adi Puplampu	1:18:48
9727 Matt Simon	1:20:03
	1:20:29
1181 Anthony Ciske 1102 Joseph Bovi	1:20:29 1:20:43
1102 Joseph Bovi 1699 David Los	1:20:43 1:21:22
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas	1:20:43 1:21:22 1:21:43
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme	1:20:43 1:21:22 1:21:43 1:22:36
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis	1:20:43 1:21:22 1:21:43 1:22:36 :Jr 1:22:51
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum	1:20:43 1:21:22 1:21:43 1:22:36 Jr 1:22:51 1:23:16
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak	1:20:43 1:21:22 1:21:43 1:22:36 Jr 1:22:51 1:23:16
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker	1:20:43 1:21:22 1:21:43 1:22:36 3 Jr 1:22:51 1:23:16 1:23:28 1:23:39
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber	1:20:43 1:21:22 1:21:43 1:22:36 Ur 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore	1:20:43 1:21:22 1:21:43 1:22:36 :Jr 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:46
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman	1:20:43 1:21:22 1:21:43 1:22:36 (Jr. 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:46 1:23:52
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterma 1752 Andrew McGown	1:20:43 1:21:22 1:21:43 1:22:36 Jr 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:46 1:23:52 1:23:52
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGown 1779 Dane Miller	1:20:43 1:21:22 1:21:43 1:22:36 :Jr 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:46 1:23:52 1:25:58 1:26:09
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGown 1779 Dane Miller 2000 Erik Scott	1:20:43 1:21:22 1:21:43 1:22:36 :Jr 1:22:36 :Jr 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:52 1:23:52 1:25:58 1:26:09 1:26:28
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Olme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGown 1779 Dane Misha Guterman 1752 Pandrew McGown 1779 Dane Misha Guterman 1752 Andrew McGown 1779 Dane Misha Guterman 1752 Andrew McGown 1794 Dane Misha Guterman 1794 Misha Guterman 1794 Dane Misha Guterman 1794 Misha Guterman 1794 Misha Guterman 1795 Misha Guterman 1795 Misha Guterman 1796 Misha Guterman 1797 Misha Guterman 1797 Misha Guterman 1797 Misha Guterman 1798 Misha Guterman 1798 Misha Guterman 1798 Misha Guterman 1798 Misha Guterman 1798 Misha Guterman 1798 Misha Guterman 1799 Misha Misha Guterman 1799 Misha Mi	1:20:43 1:21:22 1:21:43 1:22:36 1:7 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:46 1:23:52 1:25:58 1:26:09 1:26:50
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malini 1719 Lamberto Malini 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scot 1949 Brian Romportl 1199 John Comportl	1:20:43 1:21:22 1:21:43 1:22:36 (Jr 1:22:51 1:23:31 1:23:28 1:23:28 1:23:46 1:23:46 1:23:52 1:26:09 1:26:28 1:26:50 1:29:32
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scott 1949 Brian Romportl 1199 John Control 1451 Eric Heiser 1739 Rick Matzke	1:20:43 1:21:22 1:21:43 1:22:36 1:27 1:22:51 1:23:16 1:23:28 1:23:29 1:23:34 1:23:34 1:25:58 1:26:09 1:26:50 1:29:32 1:30:23
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1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scott 1949 Brian Romportl 1199 John Comportl 1451 Eric Heiser 1739 Rick Matzke 1369 Daniel Goetz 1369 Daniel Goetz 1355 Peter Kazaks	1:20:43 1:21:22 1:21:43 1:22:36 1:22:36 1:23:36 1:23:38 1:23:39 1:23:46 1:23:36 1:23:36 1:23:36 1:25:58 1:26:09 1:26:28 1:26:50 1:29:32 1:30:30 1:30:30 1:30:46 1:31:51
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalinis 1719 Lamberto Milaminis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moureman 1402 Misha Guterman 1402 Misha Guterman 1402 Misha Guterman 1403 Misha Guterman 1404 Brian Romportl 1949 Brian Romportl 1199 John Coons 1451 Eric Heiser 1739 Rick Matzke 1369 Daniel Goetz 1555 Peter Kazaks	1:20:43 1:21:22 1:21:43 1:22:36 1:7 1:22:51 1:23:16 1:23:28 1:23:39 1:23:46 1:23:52 1:25:58 1:26:50 1:26:50 1:26:50 1:29:32 1:30:23 1:30:23 1:30:30 1:30:30 1:30:30 1:30:30
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalinis 1719 Lamberto Malinis 1646 Geoff Landrum 1646 Geoff Landrum 9878 John Walker 1460 Kewin Herber 1793 Kyle Moore 1402 Misha Gutterman 1752 Andrew McGowr 1779 Dane Misha Comporti 1799 Haria Romporti 1199 John Coons 1451 Eric Heiser 1798 Kick Matzler 1798 Kick Matzler 1798 Kick Matzler 1755 Peter Kazaks 1928 Daniel Revie 1928 Daniel Revie	1:20:43 1:21:22 1:21:43 1:22:36 Jr 1:22:36 Jr 1:22:31 1:23:16 1:23:28 1:23:34 1:23:34 1:23:52 1:25:58 1:26:09 1:26:52 1:29:32 1:30:33 1:30:30 1:30:36 1:31:51 1:33:10
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalinis 1719 Lamberto Mileminis 1719 Lamberto Muller 1646 Geoff Landrum 1219 John Czerniak 9783 John Walker 1460 Kevin Herber 1793 Kyle Moureman 1752 Andrew McGowr 1752 Andrew McGowr 1752 Andrew McGowr 1900 Pirk Scott 1900 Pirk Scott 1900 Pirk Scott 1739 Rick Matzke 1369 Daniel Goetz 1555 Peter Kazaks 1369 Daniel Goetz 1506 Philip Insisiengm 1457 William Hemp	1:20:43 1:21:22 1:21:43 1:22:36 1:1:22:36 1:1:23:39 1:23:39 1:23:39 1:23:36 1:23:36 1:23:36 1:23:36 1:23:52 1:25:58 1:26:50 1:26:50 1:30:23 1:30:30 1:
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalini 1719 Lamberto Malini 1646 Geoff Landrum 1646 Geoff Landrum 1646 Kewin Herber 1793 Kyle Moore 1406 Kewin Herber 1793 Kyle Moore 1402 Misha Gutterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scott 1949 Brian Romportl 1199 John Coons 1451 Eric Herser 1739 Kick Matzle 1739 Kick Matzle 1555 Peter Kazek 1928 Daniel Revie 1550 Pethip Inssiengm 1457 William Hemp 1910 Noah Rickun	1:20:43 1:20:43 1:21:22 1:21:43 1:22:36 Jr 1:22:36 Jr 1:23:316 1:23:39
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Maline 1719 Lamberto Maline 1719 Lamberto Malice 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Somport 1199 John Coons 1471 Briar Romport 1471 Briar Romport 1472 Misha Godez 1472 Briar Romport 1472 Misha Godez 1473 Politic Revie 1509 Pahilp Insisiengm 1579 Willam Henp 1991 Noah Rickum 1991 Noah Rickum	1:20:43 1:20:43 1:21:22 1:21:43 1:22:36 1:12:36 1:12:32:51 1:23:38 1:23:38 1:23:34 1:23:34 1:23:34 1:23:38 1:26:59 1:23:46 1:23:52 1:26:59 1:29:32 1:30:30 1:31:30:30 1:31:31 1:30:30 1:31:31 1:31:33:30 1:33:30
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohan 1719 Lamberto Malini 1646 Geoff Landrum 1219 John Czerniak 1400 Ecwin Herber 1793 Kyle Moore 1400 Ecwin Herber 1793 Kyle Moore 1402 Misha Gutterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scott 1949 Brian Romportl 1199 John Coons 1451 Eric Heisser 1739 Rick Matzke 1369 Daniel Goetz 1358 Peter Kazaks 1369 Daniel Goetz 1359 Peter Kazaks 1360 Palinj Inskiengm 1457 William Hemp 1910 Noah Rickum 1950 Jason Woodbur 1932 Nason Woodbur 1372 Aaron Golembiev	1:20:43 1:20:43 1:21:22 1:21:43 1:21:23 1:21:43 1:22:36 1:23:28 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:30:30 1:30:3
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmelinis 1719 Lamberto Malinis 1719 Lamberto Malinis 1646 Geoff Landrum 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Mooren 1779 Dane Miller 1779 Dane Miller 1779 Dane Miller 1779 Dane Miller 1780 Dane Miller 1780 Dane Miller 1780 Dane Miller 1780 Parie Hosser 1789 Rick Matzke 1789 Pariel Goetz 1789 Peter Kazaks 1869 Daniel Goetz 1879 Phillip Insisiengm 1877 William Hemp 19910 Noah Rickum 19950 Jason Woodbury 1372 Aaron Golembiev 1878 Marien Chaidez	1:20:43 1:20:43 1:21:22 1:21:43 1:12:13 1:12:36 1:12:36 1:23:38 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:23:36 1:33:36 1:33:36 1:33:36 1:33:36 1:33:30
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalini 1719 Lamberto Malini 1646 Geoff Landrum 1219 John Czernia 1738 John Walker 1793 Reyle Moore 1402 Misha Gutterman 1752 Andrew McGown 1779 Dane Miller 2000 Erik Scott 1404 Disha Gutterman 1752 Andrew McGown 1799 Dane Miller 2000 Erik Scott 1199 John Coons 1451 Eric Heisser 1739 Rick Matzke 1369 Daniel Goetz 1355 Peter Kazaks 1928 Daniel Risviengm 1451 William Homalini 1752 National Parkini 1753 William Homalini 1754 National Parkini 1755 Patrick Market 1755 Patrick Market 1756 Patrick Market 1757 William Homalini 1757 William Golembiev 1857 Wartin Chaidez 1857 Wartin Chaidez 1858 Christopher Grand	1:20:43 1:20:43 1:21:22 1:21:43 1:21:23 1:21:43 1:22:36 1:23:28 1:23:28 1:23:36 1:23:3
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malini 1719 Lamberto Malini 1719 Lamberto Malini 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scow McGowr 1779 Dane Miller 2000 Erik Scow 1779 Dane Miller 2000 Erik Scow 1451 Eric Heiser 1739 Rick Matzke 1369 Daniel Goetz 1369 Daniel Goetz 1369 Daniel Goetz 1379 Willen Herby 1910 Noah Rickum 9910 Noah Rickum 9910 Noah Rickum 9950 Jason Woodbury 1372 Aaron Golembiev 1877 Millan Herby 1372 Aaron Golembiev 1887 Martin Chaidez 1887 Martin Chaidez 1887 Martin Chaidez	1:20-43 1:20-43 1:21-12 1:21-12 1:21-13 1:21-13 1:21-13 1:23-16 1:23-28 1:23-36 1:23-3
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohmalini 1719 Lamberto Malini 1646 Geoff Landrum 1219 John Czerniak 9787 John Walker 1793 Royal Walker 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGown 1794 Brian Romportl 1199 John Coons 1451 Eric Heisser 1739 Rick Matzke 1369 Daniel Goetz 1369 Daniel Goetz 1379 Rick Matzke 1369 Daniel Goetz 1379 William Hospital 1379 William Goetz 1379 William Golembiev 1387 William Golembiev 1387 Walfan Golembiev 1387 Amartin Chaidez 1383 Christopher Gran 1272 Paul Dutoit 1515 Brian Jahns	1:20-43 1:20-43 1:21-22 1:21-13 1:121-23 1:121-23 1:123-16 1:23-23 1:23-24 1:23-24 1:23-24 1:23-24 1:23-25 1:20-23 1:2
1102 Joseph Bovi 1699 David Los 9864 Jose Villegas 1839 Greg Ohme 1719 Lamberto Malini 1719 Lamberto Malini 1719 Lamberto Malini 1219 John Czerniak 9878 John Walker 1460 Kevin Herber 1793 Kyle Moore 1402 Misha Guterman 1752 Andrew McGowr 1779 Dane Miller 2000 Erik Scow McGowr 1779 Dane Miller 2000 Erik Scow 1779 Dane Miller 2000 Erik Scow 1451 Eric Heiser 1739 Rick Matzke 1369 Daniel Goetz 1369 Daniel Goetz 1369 Daniel Goetz 1379 Willen Herby 1910 Noah Rickum 9910 Noah Rickum 9910 Noah Rickum 9950 Jason Woodbury 1372 Aaron Golembiev 1877 Millan Herby 1372 Aaron Golembiev 1887 Martin Chaidez 1887 Martin Chaidez 1887 Martin Chaidez	1:20-43 1:20-43 1:21-12 1:21-12 1:21-13 1:21-13 1:21-13 1:23-16 1:23-28 1:23-36 1:23-3

1000 Mark Doldt	1.57.10
DIV = M40-44	
1592 Jeff Kobinsky	56:22
9784 Matt Sveum	1:00:59
1819 Richard Newman	1:01:03
1911 Scott Rademaker	1:01:32
1944 Jose Rodriguez	1:02:36
1329 Steven Frieder	1:03:02
1905 Lawrence Propp	1:03:35
1973 Brian Savoie	1:03:44
1684 Joe Liello	1:04:44
1558 John Klaus	1:05:22
1215 Michael Culbert	1:06:52
1661 Gary Lovrine	1:07:06
9891 Robert Wawrzyn	1:08:21
1418 Mark Hans	1:08:51
9814 Erik Timmerman	1:08:53
1487 Brian Hooper	1:09:40
1238 Christopher Dema	arco 1:11:1
1303 Dave Finch	1:11:56
1622 Jay Kuehn	1:12:36
1170 David Chevalier	1:13:33
	1:13:54
1758 Eric Medalle	1:15:03
9886 Bob Wangard	1:15:15
1035 Brian Aschenbren	mer 1:15:33
1755 Ian McKay	1:15:44
1496 Paul Huhn	1:16:05
1915 Greg Ramirez	1:16:26
1969 Roger Salyers	1:16:52
9806 Doug Thompson	1:16:54
1382 Kevin Gracey	1:17:53
1470 Dan Hibbard	1:18:21
1397 Gustavo Grunbau	
1519 Phil Janowski	1:20:05
9872 Greg Waggle	1:20:11
1724 George Manesis	1:20:28 1:22:28
1429 Patrick Hartmann	1:22:28
1668 Gregory Lehtola	1:22:41
1988 Bradley Schomme	er 1:23:39
1966 Glen Sabin	1:24:20
9852 George Vandyke	1:24:25

 $(Continued\ on\ page\ 31)$







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



15 K Run RESULTS

ı	Contin	ued from	nage	30)

1891 Jason Pinkowski	1:24:45
9748 Paul Spencer	1:24:48
1639 Ben Laird	1:24:51
1886 Srinivas Pidikiti	1:25:08
1650 Shawn Lanser	1:26:07
1778 Bryan Miller	1:26:46
9800 Matt Terski	1:27:04
1561 Owen Kelpin	1:27:28
9745 Mike Snyder	1:27:33
1328 Matthew Friedel	1:28:29
1434 Rick Hastings	1:28:50
1135 Kyle Buerger	1:28:59
1014 Jorge Aguilera	1:29:18
9821 Stephen Tornio	1:29:21
1398 Brett Grunert	1:30:56
1092 Scott Boettcher	1:31:55
1582 Jason Klingkamn	ner 1:33:0
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 Laufer	1:53:02

DIV = M45-49 1380 Kevin Grabowski

	Bruce Holmes	59:13
9970	Todd Yunker	1:00:53
9715	Ted Shue	1:01:47
9862	Brian Vila	1:02:03
9723	Garett Sillanpaa	1:05:01

1178 Jim Cinnamon
9792 Luai Tabbal
1054 David Bates
1652 Larry Laris
9902 Bradley Wells
9902 Bradley Wells
9902 Bradley Wells
9804 Paul Treffert
9804 Paul Treffert
9804 Mark Vieth
1643 Timothy Lammers
162 Hector Castillo
1466 George Herrera
10902 Steve Primrose
9772 Scott Stollmann
1282 Michael Ellisk
1641 Kerid
1514 9779 Jeff Strother 12:157
9948 Steven Wolnikowski 1:22:40
9827 Skip Trotter 1:22:59
9827 Skip Trotter 1:22:59
1025 James Anderson 1:24:33
1025 James Anderson 1:24:33
1025 James Anderson 1:24:33
1025 James Anderson 1:24:30
1025 James Anderson 1:24:30
1025 James Anderson 1:24:30
1025 James Anderson 1:24:30
1026 Trots Opto Park 1:26:10
1026 Trots Opto Park 1:26:10
1026 Trots Opto Park 1:36:44
1026 Christopher Remington 1:38:29
1026 Christopher Remington 1:38:29
1026 Christopher Remington 1:38:29
1026 Christopher Remington 1:38:29
1027 John Cornell 1:50:18
1031 John Cornell 1:50:18

DIV = M50-54 1935 James Ricker 1507 Sam Jackoyo 9760 Rick Stefanovic

1081 Bob Birkland



1712 Carl Macuiba 1769 Mark Meunie 1013 Tony Agostini 1805 Alberto Muno 1805 Alberto Munoz 1605 David Koteski 1223 Peter Daleiden 9757 Dwayne Staehl 1046 Nigel Ball 1810 Jay Myers 1270 Mike Durham 1746 Kevin McCabe 1715 Mark Madigan 1743 Randall Mayer 1878 David Perugini 1649 Todd Langenes

9980 Steven Zimmer 1325 Doug French 1822 Greg Nichols 1865 George Papas 1791 Peter Montross

9746 Mike Sobie 9718 Satinder Sidhu 9933 Stephen Williams

DIV = M55.59

1836 I. George Ogutu
1964 John Rydeski
1216 Steve Cummins
1425 Dave Harris
1239 Jeff Dematthew
1794 Rich Moffmeyer
9947 Kevin Wolfmeyer
9947 Kevin Wolfmeyer
1213 David Crewe
1510 Will Jackson
1503 Scott Hust
1890 Fred Pike
1890 Fred Pike
1890 Fred Pike
1895 John Osiecki 1890 Fred Pike 1 1855 John Osiecki 1221 Greg Daggett 1323 Francis Fraundorf 9945 Steve Wolf 1351 Mark Gibson 1641 Bruce Lammers

1118 Michael Brown 9880 Jonathan Wall 9976 Patrick Zielinski 1690 Britt Lobitz 1 1167 Thomas Chartrand 9737 Jim Smith 1 1483 Gary Holbach 1 1972 Ron Santoro 1932 Rick Richter 1 1268 Timothy Dunne 1837 Duane Ohland 1416 Vladimir Hampel 1 1798 Michael Morris 1:39:22 1:43:03 2:12:10

DIV = M60-64
1936 Don Schoberg 1:08:11
1741 Mark Maurer 1:14:30
1567 Abie Khatchadourian 1:16:18
9869 Bruce Hargreaves 1:18:24
1789 Mike Mondloch 1:19:01
1143 Gary Gasper 1:19:10
1114 Scott Brickerd 1:21:34 1114 Scott Brickerd 1145 Jbruce Bush 1635 Peter Labudde 1462 Gregg Herman 1596 Jeff Koenitzer 1405 Gregg Hackney 1627 Jim Kulas 1696 David Loken 1356 Ed Doolan

1696 David Loken 1256 Ed Doolan 1612 Thomas Kroll 1322 Roger Franzel 1172 Brian Christoffel 9770 Rod Stoeger 1285 Ardean Espegard 9977 Don Zien 1841 Jeffrey Olenchek 1686 Pete Litzau 9982 Chuck Zinda 1999 Don Scott 1999 Don Scott

 1999 Don Scott
 1:33:58

 9791 James Szyjakowski
 1:33

 9730 Rob Slocum
 1:34:44

 1547 Michael Karolewicz
 1:37

 1942 Terry Roberts
 1:41:27

 1477 Robin Hoffman
 1:42:

DIV = M65-69 1228 Bruce Davies 1309 Michael Flanagan 1286 Doug Evans 1994 Robert Schultz 9773 Joel Stone 1

DIV = M70-99 1494 Robert Huberty 1159 Ron Caruso 1295 Bob Feldbruegge 1873 Ron Pemberton 1981 Kent C. Schlienger





XC Thrillogy Trail Series 2015



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, Hairy 50K

Sat., July 18, 2015 UW-P National XC-Course



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



Our Trail Series

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



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.XCThrillogy.com • (262) 925-0300 • briant@kenosharunningcompany.com

I was unable to walk for a whole week after that, so much did the race take out of me. But it was the most pleasant exhaustion I have ever known. Emil Zatopek's description of the Olympic Marathon win in Helsinki



The Badgerland Striders present

Turkey Trot Prediction Run

Sunday November 2nd, 2014

Greendale Wisconsin

Timing & Results by Badgerland Striders Scoring Team Len Wachniak

WWW.SMAresults.com

INDIVIDUAL RESULTS

2 Mile Run By Predicted Time

PLACE NMBR TIME PREDIC NAME 1 5724 2 5662 10:01 10:56 Van Male Ben 10:24 12:12 Kenow Colin 10:53 10:49 Nelson Silas 11:55 16:00 Gardner Eric 12:08 12:30 Polenske Emma 12:13 11:15 Schilke Alex







12:20	13:47	Olsen Tom
12:23	14:45	Scullen Reed
12:36	13:29	Irwin Henry
12:44	13:30	Sveum Madison
12:59	13:55	Polenske Connor
13:00	14:00	Allen Jon
13:10	15:20	Kerwin Alee
13:22	14:45	erickson wanda
13:25	15:00	Vredenbregt caleb
13:31	14:25	Moran Alexa
13:31	14:25	Moran Alexa
13:32	14:40	Moran Brendan
13:39	15:30	Lange Carly

65 5631 18:54 20:00 Fink Catherine
66 5634 18:58 20:37 Fleury Julia
67 5622 19:21 21:56 Dix Cindy
68 5646 19:22 21:56 Hauseh Barb
69 5667 19:34 22:00 Kozlowski Jaco
70 5725 19:36 23:10 Van Male Heatl
71 5677 19:37 18:59 McSorley Heatl
72 5676 19:37 19:00 McSorley Heatl
73 5624 19:40 20:12 DuCharme Nad
74 5623 19:40 20:12 DuCharme Isab
75 5675 20:02 22:00 McCardel Jesi
76 5722 20:04 22:59 Uhan Delia
77 5640 20:05 31:22 grossman vatils
78 5614 20:06 26:15 Bzdusek Lacy
79 5709 20:11 24:12 Shipkey Karen
80 5616 20:15 25:30 Bzdusek Philip
81 5615 20:28 24:48 Bzdusek Arlo
82 5645 20:29 21:00 Hansen Beth
83 5609 20:31 22:00 Anstedt Rose
84 5704 20:41 22:56 Schlienger Kent
85 5650 20:55 27:30 Hoffmann Ava
86 5651 20:59 32:17 Hoffmann Ava
86 5651 20:59 32:17 Hoffmann Ava
86 5651 20:59 32:17 Hoffmann Ava
87 5694 21:00 25:00 Rohr Connie
89 5663 21:13 25:00 Rohr Lauren
89 5663 21:14 25:22 Kinjerski James
90 5664 21:47 23:00 Bergstrom Lisa
25 512 21:47 23:00 Bergstrom Lisa
25 512 21:47 23:00 Bergstrom Lisa
25 5612 21:47 23:00 Bergstrom Lisa
25 5612 21:47 23:00 Gudgeon Barb
26 5672 21:37 25:00 Lloyd Sara
27 5621 21:38 19:45 Dess John
28 5762 22:08 23:43 Vaught Karen
29 5655 20:09 26:45 Hubbart Sadie DuCharme Isabelle McCardell Jessica Uhan Delia grossman vathsana Bzdusek Lacy Kohr Lauren Kinjerski James Kinjerski Allison Bergstrom Lisa Bergstrom Tessa O Metz Alan 97 5621 21:58 19:45 Dess John 98 5726 22:08 23:45 Vaught Karen 99 5655 22:09 26:45 Hubbartt Sadie 100 5688 22:14 25:00 Pietruszynski Danele 101 5647 22:14 25:00 Pietruszynski Danele 102 5708 22:29 22:00 Seibel Julie 103 5674 23:00 24:32 Marks Wally 103 5674 23:00 24:32 104 5661 24:47 25:00 105 5653 25:15 18:46 106 5633 25:15 24:17 107 5627 25:28 31:00 108 5625 26:35 28:00 109 5626 26:35 28:00 109 5626 26:33 26:37 111 5698 27:24 27:27 112 5670 27:29 30:00 Kelsey Joanie Howard Lori Fischer Jeffrey Eickhoff Cali Eickhoff Rick Eickhoff Kailyn Zunke Lissa Schaefer Shelly Lecher Gloria 112 112 5670 27.29 30:00 Lecher Gloria 113 113 5682 28.48 30:00 O'Brien Dave 114 114 5729 31:08 27:37 Wetzel Terri 115 115 5611 31:09 27:37 Wetzel Terri 116 116 5619 33:07 35:06 Caruso Debra 117 117 5668 37:35 Caruso Debra 118 118 5644 34:38 35:22 Hannon Eddie 119 119 5649 34:39 30:00 Holezl Casad 120 120 5623 36:28 30:00 Fink Paula 121 121 5630 36:31 30:00 Fink William Beisenstein Rob Caruso Debra Kranz Michelle Hannon Eddie Hoelzl Casandra

18:54 20:00 Fink Catherine

Flury Julia
Dix Cindy
Hausch Barb
Kozlowski Jacob
Van Male Heather
McSorley Heather

McSorley Olivia DuCharme Nadia







The Badgerland Striders present

Turkey Trot Prediction Run

Sunday November 2nd, 2014

Greendale Wisconsin

Timing & Results by Badgerland Striders Scoring Team Len Wachniak

WWW.SMAresults.com

INDIVIDUAL RESULTS

15 K Run By Predicted Time

PLACE NMBR TIME PREDIC DIFF NAME
1 5562 80:01 80:00 0:01 mahuta jeff
2 5507 80:02 080:00 0:02 Beaupre Christina
3 5532 62:07 62:03 0:04 Guilbault Craig
4 5531 76:20 76:14 0:06 Gracey Kevin





5576 87:21 87:05 5525 79:39 80:00 5533 74:52 74:30 5544 79:39 80:00 5535 58:21 58:45 5545 75:28 75:00 5595 74:45 74:20 5596 77:33 78:00 5592 67:26 46:45 5584 70:31 71:00 5524 70:30 71:00 5526 64:35 46:25 5530 64:35 63:30 5589 77:19 78:04 0:16 Rekowski Mike 0:22 Federspiel Anna 0:22 Gurgel Stephanie 0:22 Inman Nicki 0:25 Hansen Mike 0:25 Leichtling Sam 0:28 Jackson Will 0:28 Velazquez Micaela 0:29 Knier Robert 0:30 Smith Dave 0:30 Smith Dave 0:30 Schoberg Don 0:31 Fangmann Julie 0:33 Lanouette Michelle 0:35 Glubka Dan 0:46 Statz Kaitlin 0:46 Vila Brian 5594 64:53 65:38 5572 83:03 83:50 5599 71:47 70:58 5577 96:20 95:30 5541 76:40 77:33 5558 86:56 86:00 5568 86:57 86:00 5510 70:02 71:00 5564 93:06 91:59 5505 97:10 096:00 5585 78:05 79:16 5520 89:48 88:35 5586 83:19 82:00 0:48 Pike David 0:49 Wells Bradley 0:50 Robertson Maura 0:54 Huhn Paul 0:54 Lefko Carrie 0:57 Nolan Alison 0:59 Bodden Terri 1:07 McHugh Katherine 1:10 Balkowski Samantha Simonovic Danielle 1:13 DeFord Angela 31 5520 89:48 88:35 32 5586 83:19 82:00 33 5743 96:20 095:00 34 5526 55:22 54:00 35 5575 58:38 60:00 36 5554 61:58 60:27 37 5514 72:56 74:30 38 5536 76:26 74:50 1:13 DeFord Angela 1:19 Slonac Thao 1:20 Leonard-Schenck Sheryl 1:22 Fraser Kyle 1:23 Pyasta Roman 1:31 Kranz Michael 1:35 Corteen Kelly 1:36 Harrig Mark 61:58 60:27 72:56 74:30 76:26 74:50 59:36 58:00 5580 1:36 Schilke Tin

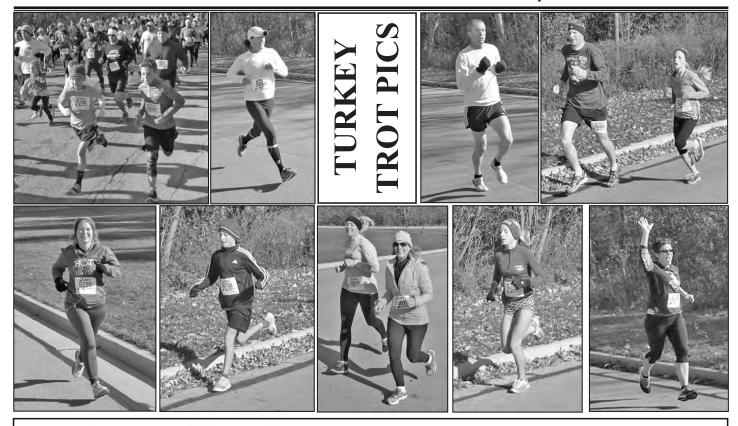
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84:41 94:30 89:21 79:00 9:50 Mehr Amanda 10:21 jaeger russell 5565 89.21 97.50 Met Namada 5546 89.21 79.00 10.21 jaeger russell 5547 105:30 95:00 10:30 Jeter Heidi 5598 76:31 87:00 10:30 Wellner Tracy 5502 86:13 097:07 10:55 Akert Cheryl 5742 88:49 100:00 11:12 Niemuth Brandon 5513 97:04 85:39 11:25 Caruso Ron 5557 91:12 104:23 13:12 Larkin Erin 5549 03:27 70:15 14:39 Larkin Erin 80 5546 5548 93:43 79:15 14:28 Johnson Samuel 5570 105:32 137:32 32:01 Nowak Cyndi











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 Independence First'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 smooth transition. Along with being the race director five times at several points, 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 Schmi	tz-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	Thrune
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

Performance Running Outfitters

Brookfield, Oconomowoc, Shorewood 20% Discount

Rodiez's Running

West Allis 15% Discount

Instep Running

Delafield, Franklin, Mequon, Milwaukee 15% Discount

Fleet Feet Brookfield

17550 B-1 W Bluemound Rd 15% Discount

New Balance store (owned By Stan's)

Brookfield, Greenfield 15% Discount

Running Warehouse Online

Code: BLSRCD

Pettit National Ice center

50 percent Discount, \$2 for entry to Track

The North Face

Brookfield Square 10% Discount

WINTER FUN RUNS for 2015 at the Petitt Center

Dates; Wednesday January 14, Feb 11 and March 11 from 6:30-9:30; 3 mile run inside at the Petitt and get together after.

Run starts at 6:30. \$2 fee to run inside

\$1 fee for beverages n snacks after run at the Petitt party room where we hold monthly meetings.

Tony Rodlez
Owner / Manager

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

10903 W. Lincoln Ave.
West Allis, Wt 53227

RUNNING STORE

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

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: davegavnski@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



This newsletter is printed on recycled paper.

Badgerland Striders 2015 VIP List

Executive Board

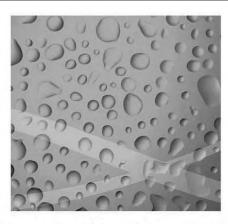
President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
VP Admin	Bonnie Clarey	414-453-6527	blsoffice@sbcglobal.net
Secretary	Sherley MacLean	414-475-7440	smaclean@att.net
Treasurer	Jennifer Farrell	414-774-2555	jfarrell@wi.rr.com
VP of Programs	Dave Gavinski	414-476-3745	davegavnski@juno.com
VP Road Racing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

2015 Administrative Directors

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	barbaracjew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavnski@juno.com
Track & Field	Ron & Alice Wink	ler 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	r-	shoeboxx50@gmail.com

2015 RACE & PROGRAM DIRECTORS

2013 KAOL 6	r ROOKAW DI	KECTOKS
Samson Stomp Dave & Janice Finch	david.finch@rexnord.com	Jan 19, 2014 262-886-9192
John Dick Memorial 50 Robert Wehner	K rwehner@hotmail.com	Feb 1, 2014 262-370-7270
Steve Cullen RunFeb 15, Nicole Jellison	2014 nmjellison@yahoo.com	414-541-3086
Strider Southshore 1/2 N Richard Menzel	Marathon SoShoreRD@aol.com	Apr 5, 2014 414-545-5899
Deer Run 10K/5KApr 26 Hank Nisiewicz	, 2014 hjn0316@wi.rr.com	262-242-3868
Ice Age 50-Mile/50K Jeff Mallach	iceage50rd@sbcglobal.net	May 10, 2014 414-232-5411
Superun 5KJune 11, 2014 John White	johnwhite1@att.net	414-852-4789
Hartfest Half Pete Abraham	ptaak7@yahoo.com	June 14, 2014 414-774-4580
Hales Corners Firecrack Erin Smith	ker Four echap070@gmail.com	July 4, 2014 920-321-4944
Cudahy 5mi & 10mi Andrew Cordell	cudahyclassicrd@gmail.com	July 27, 2014
Minooka Corn Roast Ken Schoberg	kenschoberg@yahoo.com	July 30, 2014 414-273-8064
Strider Half MarathonAug 2 Tom Buthod	3, 2014 striderhalf@gmail.com	414-690-0570
Badgerland FX 12-24 Hr Rus Robert Wehner	n 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 Ch Jeff Weiss & Brandi Enca	nildren's Hosp. rnacion alsrun@gmail.com	Sep 13, 2014
Lakefront Marathon Oct 5, 2 Jon Mueller milwaukee	014 elakefrontmarathon@gmail.com	414-333-9256
Glacial Trail RunOct 12, 201 Robert Wehner	4 rwehner@hotmail.com	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@rexnord.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.

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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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