



the STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

Volume 44, No. 2

March 2015

Warm Weather is Coming, and so is the South Shore Half Marathon

Len Wachniak, RD

There is still time to sign up for this year's South Shore Half Marathon, which is coming up on April 4th. Word continues to spread about the race, and this has pushed attendance up over the last 5 years. Registration is running ahead of last year, and we continue to attract more people to another one of the club's well executed and economical races.

I am excited to hear from runners who ask about the race, including numerous out of town people coming to Milwaukee for a good time. One couple from North Carolina is using South Shore as their Wisconsin race for their 50 state goal. It is also great to see the number of people looking to finish their first half marathon.

It will also be good to see all of the runners who have been putting in the work at the Petit Center over the winter to get outside and enjoy the great views in the parks along the route.

The gloves are on order, and we will have enough for all participants and volunteers. One of the fun things about being the race director is that I get to see this year's color before anyone else. Whatever color they are for this year, I can guarantee they will be highly sought after.

As a past participant, I know how everyone looks forward to seeing the finish line on the horizon, and how that can give you a little push the last part of the race. In order to make it more appealing, we are using a new tower, and a custom made finish line banner.

Volunteers are always the heart of this race, so if you are not able to run, but still want to be part of the excitement, we can use you out on the course as a sentry or at a water stop. You get the same great pair of gloves as the runners. Running the race, and still want to volunteer? We can use help at registration. Either way, email me, and I will assign you a spot.

We will have the usual post race celebration, so make sure you stick around after the race. Look for updates on Facebook or Twitter, and if you have specific questions, email me at wachlen@sbcglobal.net



2015 Deer Run

Hank Msiewicz, RD

The 2015 edition of the 5k & 10k Deer Run and 5k walk will be held on Saturday April 25th. The course remains the same and this year we intend repaint the directions and markers on both courses before the race. A slight glitch occurred last year when the course painting stencils mysteriously went AWOL. They are now back and residing in my basement. We are continuing with chip timing and online registration. After remaining unchanged since 2008, face fees have been increased by two dollars for individuals and three dollars for groups.

Last year 261 runners finished the 5k race with Ryan Hill winning with a time was 17:02. Kimberly Surfus won the wom-

en's' with a time of 21:06. Another 224 runners finished the 10k race with Andy Walecka winning with a time of 34:31 and Allison Abbott winning in 39:44. There will continue to have a combined start and common finish line. The races start at 9am with race day registration scheduled from 7:30am to 8:30am in Village Park, 4800 West Glenbrook Brown Deer. Finisher names will be posted near the Village Hall parking lot, along with on our website, and awards will be given out in the parking lot. Visit our website: www.badgerlandstriders.org for confirmation, link and more information. 2015 is the eleventh year for the Deer Run and my ninth year as race director. It is gratifying so witness as large a number of runners returning year after year.



WHAT'S INSIDE:

	PG
• PREZ SEZ - Here we grow again	2
• BLS Meeting Speakers	2
⇒ MAR Brett Meinecke	
⇒ APR Richard Dodd	
⇒ MAY Marathon Build Up	
• Lifetime Member - Dick Dodd	3
• Chalk Talk - Mall Workout	4
• Time to Mix Up your Training	6
• FLYING PIGS !!	6
• Dave's Fun Run	9
• Super Striders	9
• SUPERUN 2015	12
• Winter Solstice Run Recap	12
• Slow Approach to a Milestone	13
• BLS Membership Benefits	13
• Coming Events	14, 15, 30
• Holiday Party Pics	16
• BLS Membership Form	17
• Indoor Strider 20K / 10K	18
• BLS 2015 Race Schedule	20
• BLS 2015 Club Meeting Schedule	20
• BLS Marathon / Ultra Mar Schedule	20
• BLS 2015 Track Meet Schedule	20
• BLS 2015 Fun Run Schedule	21
• BLS 2015 Track / Speedwork Sched	21
• Samson Stomp Recap	22
• John Dick Recap	28
• Badgerland Strider Info and VIP List	31

MAKING DUST (Race Results)

• Strider Indoor 20K	18
• Strider Indoor 10K	18
• Samson Stomp 5K	22
• John Dick 50K	28

THE PREZ SEZ



By Pete Abraham
The Prez

Here We Grow Again !

As the club continues to grow there are a lot of people reading this newsletter for the first time, welcome! We've added over 700 new members in the past 12 months. Taking into account the 200 or so who did not renew their memberships we grew by over 500 bringing our total to around 2300 households! We are firmly entrenched as the 6th largest running club in America and only a few hundred behind number 5!

As we grow we continue to add new activities. Fun run director Karen Degenaro has added 4 new dates to our 20+ fun run schedule. We had our first Pettit center fun run in January with 40 attendees.

On Feb. 4th we held a run at the Milwaukee County Zoo. The Zoo closes to the public at 2:00 in the afternoon so 60 hardy Striders had the unique opportunity to run past the Elk, Polar bears and penguins, by themselves, pretty cool. Attendance increased to 60 for our second Pettit center fun run on Feb 12th so it looks like the winter runs are going to continue in future years. Another Pettit run is scheduled for March 11th but be sure to check our website to confirm the time and date.

Those of you that have been members for a number of years have noticed that the annual race book put together by Jeff and Betsy Weiss has been discontinued. We still have our online calendar and as you have probably noticed by now our new Strider wall Calendar. We expect to expand the Calendar next year to include more events. Next time you see Jeff or Betsy please thank them for the hundreds of hours they put in every year assembling the race book. Oh, and please check our website to confirm any of the information you find on the new wall calendar. Much of the info is added long before the events listed and we do have occasional conflicts such as road closings.



Last issue we highlighted the efforts of 2 Road race committee members. We will continue this month by applauding the efforts of two more members, Dave Gavinski and Karen Degenaro. Dave is the Vice President of Programs. He oversees our training programs, fun runs and schedules our monthly meeting speakers among other duties. Dave is responsible for distributing more commemorative Strider hats than any member in club history!

(Continued on page 19)

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: davegavinski@juno.com

BADGERLAND STRIDERS MEETING SPEAKERS

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

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

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

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

April 15th, 2015
Richard "Dick" Dodd
"My History - Growing Up a Badgerland Strider."

I have been a member for 38 years, joining in 1977 at age 17, and a "Lifetime Member" since 2001. Some of my PR's include: a 2:19:38 at the 1983 Lakefront Marathon (fastest ever there by a Milwaukeean); and a 2:59:56 in the 1982 Vilas 50K in Madison (still a WI State Record), all as a Badgerland Strider. I then ran for the "Saucony Racing Team" for 4 years (1984-87). I have been a High School Cross Country & Track Coach for 18 years, the past 3 at Hartford High School. I'll be leaving the day after I speak for my 3rd consecutive Boston Marathon.

May 20th, 2015
2015 Marathon Build Up Program Kick Off
Aurora Sports Med & Doc Gordon

The Badgerland Strider Marathon Build Up Program starts in 3-1/2 months.

Join BLS, Aurora Sports Med and Doctor Mike Gordon to kick-off your training for your first or your 23rd Marathon.

Jeff Weiss, Program Director will talk about this years plans.

Aurora Sports medicine personnel will talk about stretching and warm up techniques.

Doc Mike will tell us horror stories about all the wonderful things Marathoners put themselves through.

Times Past: Yesterday and Today

Lifetime Members: Dick Dodd



By Ron Winkler

This issue's Lifetime Member is Dick Dodd, a well-respected and long-time Badgerland Strider who was awarded Lifetime Membership in January 2002 for his many volunteer activities over the years. He started running in 1973 at age fourteen, during his freshman year at Whitnall High School in Hales Corners, Wisconsin. He turned 55 on his last birthday, which was July 25, 2014.



Dick Dodd, age 52, winning the "RRCA Grandmaster (50-59) Championship" at the 2011 Lakefront Marathon in a time of 3:03:49.

Dodd said that, back in 1973, "despite being woefully undersized, I went out for freshman football. On the third day of practice, we had to run the mile in helmet and cleats, and I lapped the entire team, save for my twin brother Pete. That following spring, I went out for track and won the mile against other freshmen the first time that I ran it. I was hooked!"

During his career at Whitnall High School he was awarded Most Valuable Player three times in cross country and once in track. His three school records, set during his senior year, held for over 25 years (mile, 4:34; 2-mile, 9:51, and 3-mile cross-country, 15:40).

MARATHON MAN

Following his June 1977 graduation, Dodd went to work in a Milwaukee factory. He heard about the Sugar River Trail Marathon in New Glarus from a fellow Badgerland Strider, and ran it in October 1978, on a dare from a co-worker. He qualified for the Boston Marathon at age 18 and ran it for the first time in 1979 in 2 hours, 36 minutes.

By that time, he was attending Milwaukee Area Technical College (1978-79) where he was a national qualifier in cross-country and track. He went on to UW-La Crosse where he was a two-time national qualifier in cross-country and track.

In 1983, at age 24, he ran his marathon personal record (PR) of 2:19:38 at Milwaukee's Lakefront Marathon. In addition, he and his brother Pete accepted contracts to run for Saucony Shoes for the next four years. At about age thirty, Dick "retired" from competitive running, although the fire has been rekindled in recent years.

The Dodd brothers have co-held (since November, 1982) the Wisconsin State 50K Record (2:59:56) and are two of only fifteen Americans who have broken three hours for that distance. In addition, Dick holds the course record of 2:40 for the old Bald Eagle Marathon, no longer held because those majestic birds are making a comeback. Both Dodds have

finished in the top-100 of the Boston Marathon and are the only known twins in the USA to have broken 2:20 for the marathon (both have PRs of 2:19).

Dick is most proud of his 1983 "career year" when he averaged 2:22 in five marathons in five states, and also set the previously-mentioned Wisconsin State 50K Record that he shares with his brother Pete. That same year he placed fifth overall in the Mardi Gras Marathon in New Orleans, followed two months later with 2:21:40 in the Boston Marathon, good for 99th place.

STILL RUNNING

Today, Dodd runs every other day, averaging twenty miles per week; he does a variety of workouts with some speed work and some long runs. When training for a marathon, he increases his long runs by two miles every other week. He tries to weight-train on the days when he doesn't run. His training has morphed from the "hard/easy" method into "moderate/off one day" as his body can no longer tolerate running every day of the week.

He competes in Badgerland Striders' races, which includes the Firecracker Four. He ran in the last two Boston Marathons (2014 was his 50th marathon) and qualified for this year's race.

He continues to run for the pure joy of it and because it keeps him in good shape for his age. He wisely understands that his PRs are long in the past, but he plans to keep running as long as he's willing and able!

Dodd has had a few running-related injuries. At 23 miles in the 1979 Boston Marathon, he dislocated his right foot after rolling it in a pothole; he's had trouble with it ever since (largely plantar fasciitis, for which he's tried all remedies except surgery). In October of 2010 he was diagnosed with compartment syndrome of both lower legs, and had surgery on both at the same time. After extensive rehabilitation, which lasted 8-1/2 months, (crutches, mall-walking, easy running after five months off), he ran his first marathon in seven years and qualified for Boston!

Dodd joined the Striders in June 1977, as a 17-year-old. A week earlier, he'd run the "Mayfair Mini-Marathon" (14.6 miles) on Memorial Day, and astonished many, himself included, by placing 2nd in the "19 and under" age-group, and averaging just under 6-minute miles. He met RD Roger Boddart, Grant Nelson, Rosie Peterson and others, and decided he wanted to join such a worthwhile organization.



Dick Dodd (right) at the 2011 Lakefront Marathon with Matt Kruger, an autistic, cancer-surviving athlete, who he coaches. Kruger finished 7th overall in 2:39:07.



Dick Dodd at the 2013 Boston Marathon, the day before the bombs went off, which he completed fifty minutes before the explosions, although he was still downtown during the explosions.

Dodd has an impressive list of volunteer activities, but is most proud of being one of three teenagers who founded the Hales Corners Firecracker Four (Dick suggested the name) in 1979. The other two are his brother Pete and Jim Jager. Dick has always been involved in some capacity and thanks to the Badgerland Striders, the race is still going strong 35 years later.

From 1980 to 1985, before computers, he was the Badgerland Striders' race results coordinator who obtained race results for the newsletter from paper results sent by race directors.

He was Badgerland Striders Vice-President of Administration in 1986 and 1987 when, along with Robin Pedersen, they took care of club mail and responded to answering-machine requests from the back room of Armen Hadjianian's old "Running On Prospect" running store on Prospect Avenue on Milwaukee's East-Side.

From 1988 to 1993, Dodd found guest speakers for the monthly Badgerland Striders' meetings when they were held at Red Carpet Lanes in West Allis. He was newsletter columnist and proofreader for *The Strider* from 1993 to 1998, during which he wrote a monthly column and most notably, started "From the Strider Files," a history column.

He was also Turkey Trot RD from 1998 to 2002 and announcer for the Lakefront Marathon for ten years, including the last two. His familiarity with many of the runners adds a personal touch to his announcing.

NEW CHAPTER

Dodd worked for more than twenty years for CS Logistics, delivering financial securities between Milwaukee and Chicago. He then worked for Roundy's in Madison. Currently he is in his third year working for Elevate Services (formerly Council on Alcohol and Other Drug Abuse for Washington County). He is also in his third year as RD for their Adrenaline Marathon/Half/Quarter/5K held in late April on the Eisenbahn Trail in West Bend, and also RD for the Adrenaline Triathlon in Random Lake in August. He went through some rough times and this is his way of giving back in order to help others.

For fifteen years he was head coach for boys and girls cross-country and assistant distance runners' track coach at his alma-mater, Whitnall High School. He is now in his third year in those same capacities at Hartford High School. He will be receiving his coaching certification from the Road Runners Club of America this month in Myrtle Beach, South Carolina.

(Continued on page 5)

USING THE MALL FOR YOUR WORKOUT

Danielle Lueck, MS, LAT, PE
Aurora Sports Medicine Institute

When temperature continues to drop and the snow keeps piling up, it's important to find ways to stay active. Using the neighborhood mall as a forum for exercise is a quick, easy, and available alternative for adding daily activity to your schedule. There are a lot of ways to vary your mall routine – including the use of small weights and music. However, all you truly need to get started is a comfortable pair of shoes and water for hydration.

Quick Tips

- Make sure you are in good health. Stop if you feel dizzy, sick, faint, or experience pain or discomfort.
- Go early to avoid the crowds.
- Find a partner. Walking with a friend is a great way stay accountable.
- Park away from the building. You'll get a quick warm-up on your way into the mall.
- Posture counts! Make sure you're keeping your chin level and looking forward. Your back should be straight and your stomach tight.
- Your arms should be at 90 degree angles. Pumping your arms when you walk will help to propel you forward.



Aurora Sports Medicine Institute®

Presents

chalk talk

www.Aurora.org/SportsMedicine

Pace your walk!

A good way to get the most out of your workout is to establish and maintain a consistent walking pace. Why not consider a speedometer? Placed in the shoe, the speedometer "chip" can use either a watch or a smartphone application to communicate. Another option for setting your pace is the use of tempo or beats per minute (bpm) from music.

A song's beats per minute can be found online, calculated, or determined using a downloaded application.

A stroll is considered a pace of 3.0-3.2 miles per hour (mph). A song with 115-118 bpm such as "Love Don't Die" by The Fray or "Relentless" by Jason Aldean works well for this pace.

Easy fitness walking of 3.3-3.5 mph most closely resembles songs with 118-121 bpm. An example of this is "When the Morning Comes" by Smash Mouth.

Moderate fitness walking of 3.6-4.0 mph requires songs of 124-126 bpm. "How Forever Feels" by Kenny Chesney is 125 bpm.

Fast fitness walking (4.0-4.3 mph) registers 130-138 bpm, while power walking (5.2-6.0 mph) would need 137-139 bpm.

A playlist of varying tempos can be compiled based on your workout goals for the day (i.e., warm-up, workout, cool-down).

Add Stairs!

Walking stairs is a great way to improve cardiovascular endurance, while also building strength. Stair walking can be

done in a variety of ways to target different lower extremity muscle groups.

Walk up and down stairs to music with a tempo that ranges from 124-128 bpm.

Move from single-step increments to multiple steps to increase difficulty (i.e., consider the additional effort needed to step up every other step versus one step at a time).

Try walking the stairs in a sideways motion.

When going up and down steps, it is important to keep a few safety tips in mind.

Always wear sturdy shoes.

To prevent falls, check the flight of stairs to make sure they are clear of any obstacles or hazards.

Make sure your hands are empty of unnecessary items and use the handrail, if needed.

With each stair, your entire foot should land on the step.

Much like walking, keep your stomach tight and maintain good posture throughout the entire flight of stairs.

Know your limits! Rest as needed, and stop if you begin to have difficulty.

Stop to Strengthen

Take a break from your walking workout to perform some easy strengthening exercises. It's important that you check your form and keep track of your repetitions.

If you are planning on using hand or leg weights, wait to incorporate them until you have established a good routine.

For more information on cold weather training options, other sports medicine topics, or to schedule a FREE Injury Evaluation, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.



Suggested Strengthening Exercises:



Toe raises on steps:



Leg strengthening using a step:



MORE EXERCISES ON PAGE 8

Triceps dip using bench or single step:



Push-up using bench or ball

(Note – the ball will be less stable than a stationary object):



Lifetime Member: Dick Dodd

(Continued from page 3)

Dodd, who describes himself as a big history buff who loves to travel to learn the history of areas, was previously Vice-President of the Hales Corners Historical Society. During this 150th anniversary of the end of the Civil War, it's appropriate to mention that his brother Pete lives just outside Gettysburg, Pennsylvania.

Although he has no children, Dick was a Big Brother in the Big Brothers/Big Sisters organization from 1993-1999. In addition, he has coached over a thousand high school boys and girls in cross-country and track over the past thirty years. There is nothing more exciting to him than to see the "fire lit" in youths when they discover they can do something that they never thought possible.

Dodd's inspiration has been the people in the activities that he's involved in; that includes many Badgerland Striders, who give selflessly of themselves so that others can benefit. From a competitive running standpoint, he draws inspiration from Steve Prefontaine, Frank Shorter and Bill Rodgers.

Dodd said, "There is something immensely gratifying about 'giving back,' especially in areas where one is gifted. God has given me the ability to not only run well but to pass on that knowledge to inspire others, so I feel it is incumbent upon me to do so. And the Badgerland Striders, of whom I've been a member of for more than 37 years, are a perfect vehicle with which to help me do so!"



Dick Dodd (left) and Drew Dueck, his top boy runner at Hartford High School, just moments after he earned third team All-State Honors by finishing 23rd overall in the Wisconsin Division 1 State Cross Country Meet on November 1, 2014.

FAMILY

Dodd lives in Richfield with his girlfriend Sally, also a Strider. They love to run or go for walks in the Holy Hill/Kettle Moraine area.

Dick's brother Pete has lived in Pennsylvania since 1989 with his wife Angela, son William (21) and daughter Gina (15). Pete is a two-time winner of the Lakefront Marathon (1985 & '87), and has a marathon PR of 2:19:12 (Grandma's, 1986); his last marathon was Pittsburgh (1990). Dick describes his brother as an age-group (55-59) terror in central Pennsylvania, who routinely breaks 20 minutes for the 5K. Pete works as a supervisor at Clarks Shoes and is assistant cross-country coach at South Western High School in Hanover, Pennsylvania.

On April 20th, Dick Dodd will be running his sixth Boston Marathon; it will be his third in a row. He bettered his qualifying standard by 23 minutes, but for the first time, he will be running for a charity, the Chris Herren Project, which fights drug addiction (including alcoholism) at the grass-roots level. Chris Herren is a former NBA player (from Boston) who nearly lost everything due to drug addiction and alcoholism. This is another example of Dodd's willingness to give back. Anyone interested in sponsoring him can email him at radodd@tds.net.



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CHECK OUT THE BEST RUNNING HEADQUARTERS IN TOWN!

BADGERLAND STRIDERS

Show us your Badgerland Striders membership card and save over 20% at PRO!!
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10% back on ALL purchases with PRO Rewards!

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2205 N. Calhoun Rd. 262-784-7989	1380 Pabst Farms Cir. 262-200-2786	4533 N. Oakland Ave. 414-332-2786	Coming Fall 2015!! Drexel Town Square

ONLY WISCONSIN STORE VOTED INTO THE TOP 50 RUNNING STORES IN THE USA!

Is it time to mix up your training?

By Brian Gold

As the training for the spring race season begins to ramp up, are you stuck in the same place? Do you need something different to take your training to the next level? I tend to get stuck in the same "comfortable training zone" that does not produce the result I am looking to achieve. This year, it is time to mix things up, get out of the "comfort zone" and push a little harder to see results.

Before any training changes are made, let's step back and look at what some goals may be. For me, and for several years now, my goal is to break 1:45 in the half marathon and 4:00 in the marathon. I have gotten close but have not been able to push through. No matter

what your goal may be, a goal is necessary for improvements to be made.

I am one of those people who follow a strict training plan to stay on track. Not everyone trains this way, but if you are looking for different result perhaps using a predesigned plan can be an easy solution.

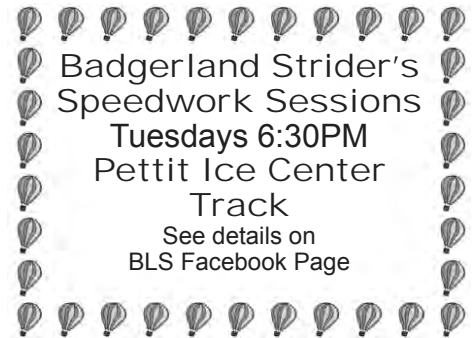
If you are like me and are looking to add some speed to the endurance aspect of training, perhaps you need to add speed work to your training. Or, if you are already doing speed work, perhaps you need to increase the intensity (pace or distance) to that speed work. I have been working on High Intensity Interval Training (HIIT). What I do in this program typically would be: run 400 meters or longer

intervals at well past 5k or 10k pace. I couple this with longer tempo runs where I gradually increase pace over 25 to 50 minutes ending with an all out sprint before slowing down. The combination of these two workouts will help me be more comfortable running faster and keep that pace as I tire. If you want more support for this speed training check out the Badgerland Strider speed work organized by Angie Smith and Matt Thull at the Pettit Track and Hart Park.

Not everyone is looking for a time goal; maybe its finishing a new distance or running the entire course. I would recommend finding a training schedule that works for you and sticking to it. These schedules are designed by experts whose goal is to get you to the race healthy and ready to run. Consider slowing down, sometimes finding a pace group is a good way to keep you in control at the beginning of race and allow you to have the energy you need at the end. Or run some practice shorter races to work on starting off slow and steady and keeping that pace throughout the race. Use these races to evaluate where you are in your training and make adjustments when needed.

No matter what results you are looking for, if you want to get there sometimes you have to step back, evaluate, make changes, and then get after it.





 Badgerland Strider's
 Speedwork Sessions
 Tuesdays 6:30PM
 Pettit Ice Center
 Track
 See details on
 BLS Facebook Page



Flying Pigs!!!

THE STRIDERS ARE GOING ON ANOTHER ROAD TRIP AND YOU SHOULD GO WITH US.
 We're going to the Flying Pig in Cincinnati, OH

DATE: Leave Milwaukee on May 2nd and leave Cincinnati on May 4th

INFO:

- Cost of coach bus (with bathroom!) will be split evenly among travelers but no more than \$100.00 (\$25/person deposit needed to reserve seat). Limit of 45 riders-first come basis. Contact Scott at: Scotts@kw.com to reserve.
- 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/based on double occupancy). Call hotel directly! Bus transport to start line and afterwards!

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 @ 4140520-6506 400hurdler@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.





XC Thrilllogy Trail Series 2015

Our Trail Series
Charity Partner for 2015
WOMEN AND CHILDREN'S
HORIZONS
Advancing the Welfare of Wisconsin's Young Women



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
Kenosha, WI



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



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

HILLOOPY

RELAY

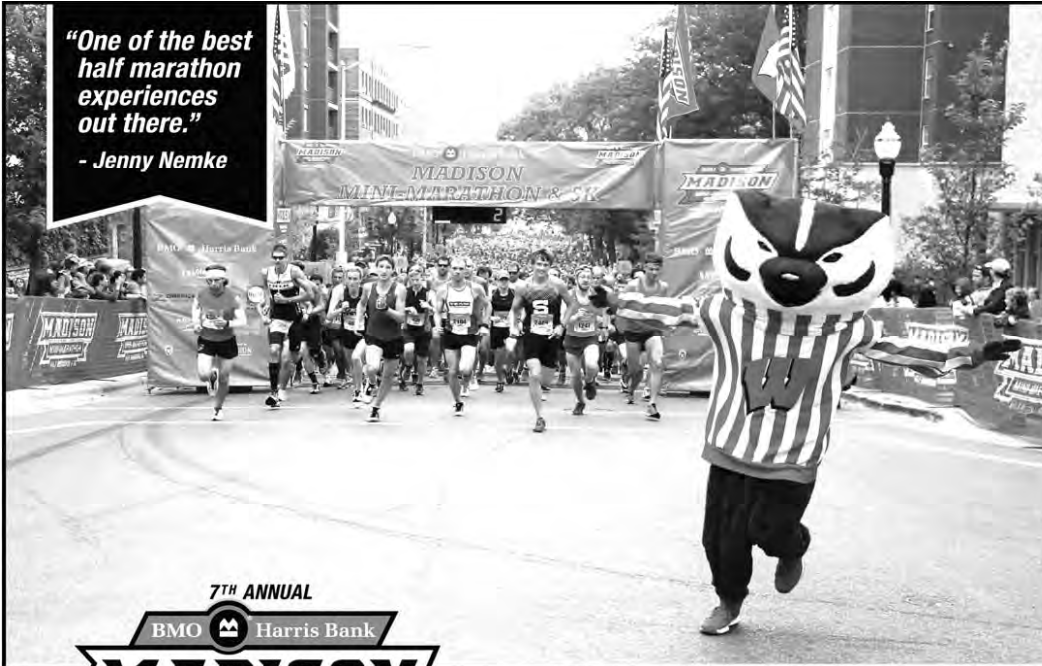
Saturday, July 18, 2015

UW-Parkside National XC-Course, Kenosha, WI

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

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*"One of the best
half marathon
experiences
out there."*
- Jenny Nemke



SATURDAY, AUGUST 22, 2015
Register Online at MadisonMiniMarathon.com

Half Marathon 5K • Kids' Run

- Top-Rated, Unique Post-Race Party on Union Terrace with Live Music
- Free Beer to Participants 21 and Older from Wisconsin Brewing Company
- Super-Cool Finisher Medals for All Events
- Run the M² Challenge to Earn 3 Medals
- Running Tour of UW and Madison Landmarks
 - The Capitol
 - Camp Randall
 - Farmer's Market
 - The Arboretum
 - State Street
 - UW Campus
 - Kohl Center
 - Lakeshore Path

Title Sponsor

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Presenting Sponsor





**3rd Annual
Lucky Leprechaun
7K**

March 21, 2015
SATURDAY • 10 AM • MILWAUKEE

**Get Lucky Post-Race Party
at Legendary Leff's Lucky Town
2 FREE BEERS!**
(for 21 & older)

Be Finisher #7, #77, or #777 and Win!

Benefiting  **MACC FUND**
Hope for Kids

Hosted by 

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**NEW!
10am
Start Time**

Register Now at LuckyLeprechaunRun.com

More Aurora Strengthening Exercises

Squatting on bench:



Squatting using bench or chair as support:



Wall push-up:



Who Starts the Official Fun Run Series on April 22? The Daves, that's Who!

Yes, Badgerland Striders offers a free fun run every Wednesday evening (except for Superun or meeting nights) at 6:30 pm at various parks around Milwaukee, from late April into September. Some of you may remember when the Daves were just a bunch of runners. That was before they coalesced into the critical mass that is our driving force for fun and games today.

Several years ago we got the idea to get together and host a Daves' Fun Run. That's with the apostrophe *after* the "s," indicating the plural possessive. It was fun, and we enjoyed doing it. A year later we wrote Daves' Song, which we had to mutter in a monotone while staring at the ground because we were runners, after all, and not full-fledged singers. We knew our place.

The next year one of the Daves got the idea, "Hey, that was so much fun, why not add a dance so we can call it Daves' Song *and* Dance?" So we sang while grimly staring at the ground, and tried to dance a bit. Only it was more of a plod than a dance. Just short of a shuffle, really, because we were just runners who didn't know anything about show business.

by Dave

A year later we took singing lessons from Bonnie Clarey. She taught us to look up and ahead, and open our mouths. Oh, and to follow a tune. We were amazed. You wouldn't

believe how good we thought we sounded. This gave us such confidence that the following year we enlisted the help of Barb Labisch (the wife of InStep owner Tom Labisch), and studied choreography, and movement, and flailing around indiscriminately. Now, guys, we're ready!



Daves' Fun Run starts the fun run season on Wednesday, April 22 at 6:30 pm at Whitnall Park in Hales Corners, picnic area #8. Except - you need to get there at six o'clock, to find a parking space, give high fives and "happy new years" to your fellow runners, pin on a Dave's name tag, and assemble for the celebratory patriotic song before our 7-minute Daves' Song and Dance program at 6:20 sharp!

To get there, drive south to the intersection of W. Forest Home Avenue and Hwy. 100 (S. 108th St.). Just past McDonald's, turn left into the park. Picnic area #8 is half a mile toward the east.

The fun run on the following week will be John Psuik's fun run, at Greenfield Park picnic area #3, on April 29. This year's entire fun run schedule should appear elsewhere in this issue. Happy Fun Running New Year!

Congratulations to the 2014 Super Strider Series Finishers!

- Amanda Barber**
- Gretchen Egner**
- Tori Hartmann**
- Carol Hegland**
- Ann Marie Kolb**
- Carrie Lefko**
- Thao Slonac**
- Barry Thrune**

They each received a Technical Running Jacket and recognition at the Strider Holiday party for their accomplishment. Registration has reached capacity for the 2015 series. Look for information regarding registration for the 2016 Super Strider Series in the fall newsletter.

Would you like to join this exclusive group? To participate, simply register and complete 8 out of the 10 eligible Badgerland Strider Races. When you complete the series you will receive an exclusive Badgerland Super Strider jacket for your effort and free admission to the Badgerland Strider Holiday Party, where you will receive your jacket.



Jodi Giebl,
SS Director



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Have you run the Rock 'n Sole Run before?

If so, you are a member of the **Hall of Fame Club** or **Platinum Club!** Visit ROCKNSOLERUN.com for more info.

In celebration of our 5th Anniversary, the 5K event will incorporate more music and fun than ever before along with a new name! **The Big Gig® 5K** will not only happen along a new and improved route, participants will also have a chance to win great prizes when they dress up like their favorite performers.

★ **Registration Includes One FREE Summerfest General Admission Ticket**
Valid any day during Summerfest 2015

★ **Entertainment Along the Course**

★ **Finisher's Medal for All Participants**

★ **Great Post-Race Party Featuring Live Music**

★ **One FREE Beer for Registered Participants Over 21**



REGISTER NOW!
ROCKNSOLERUN.COM

THE SUPERUN 2015

By Dave Gavinski, RD
Please mark your calendar for Wednesday June 10th. The 33rd Annual Superun 5K begins at 7:00pm.

This year the Superun will be the 5K State Championship of the Road Runners Club of America. It will be a chance for all track and CC coaches to offer their runners a chance to showcase their talents.

Also, it is a way to bring all past and current fast runners to come out and race for the overall age group awards.

I am treating this special day as the FIRST ANNUAL FAMILY REUNION to bring athletes past and present to the race for an evening of fun.

The race starts and finishes at Lake Park in Milwaukee WI. The course will change this year due to the bridge being under construction on Ravine road (snake road for the locals).



Please sign up for the race or volunteer. This will be a night to remember.

For more information go to <http://www.badgerlandstriders.org/home/Races/Superun.htm> or contact me at davegavinski@juno.com.

The runners confirmed so far are some past Team USA teammates as well as a multi time National age group champ. We also may have a Famous runner from Madison coming to compete.

Here are a few names I hope to see this year: Damkot, Diamond, Dodd, Dunn, Fagan, Favor, Jansky, Karbowski, Hanisch, Lanza, Labinski, Lovell, Meyer, Moss, Rodeo, Ben Smith, Setness, Sherburne, John White, Wargolet to name a few. Thank you much and please pass the word.

Winter Solstice Fun Run December 19th 2014



Jeff Weiss
The 3rd Annual Winter Solstice Fun Run was held on December 19th, 2014. It was described by some as the "Funnest" Fun Run and I for one am going with that.

We ran through Candy Cane Lane in West Allis. The run itself was attended by 72 runners and many more joined us before and after at Gus Amann's Bar.

We were quite the spectacle as we ran through Candy Cane Lane. Perhaps nearly as much of an attraction as the lights. Our group stretched back over two blocks as we sang Christmas Carols and generally had a great time.

Our photographer Dave O'Brien did a great job despite challenging lighting conditions.

Join us this year 12/18/2015, same time same location.



Slow Approach to a Milestone

By Roy PirRUNg

Recently, the celebrated basketball coach of Duke University, Mike Krzyzewski recorded his 1,000th win, or as they say in the sports world, “W”. Yet, he never hit a three-pointer, made a goal or a free throw. So, how does one put up a “W” behind his name?

Answer: he does it with a team of players, with the talent to win games and earn those W’s. They also earn L’s for the coach, but those are never celebrated.

The coach has been on an approach to this milestone since about 1974. He earns a salary estimated at \$4.5 million to \$4.7 million, with an annual income estimated at \$9 million. His net worth is approximately \$18 million. No one has an estimate of what his players earned during all those seasons leading up to HIS number 1,000th win. I guess I could estimate the players annual incomes from the sport they played for him and would be pretty close. My guess it is right around \$0.

This is where MY sport differs with that of college sports, yet in some ways, is exactly the same. I am like a college player, I get paid nothing, whether I win or lose.. I record only my wins not those of someone who



all over the world. Bob Chesebro, Herb Kohler and Barbara and Paul Stitt, CEOs of the aforementioned companies were instrumental in my success and were a major reason I have been able to reach this milestone.

Today, as I write this, I reflect on a race I did exactly 25 years ago, in Milton Keynes, England. I thought about it as I was going through Atlanta on a flight home from a race in Huntsville, TX.

In 1988, I had won my first 24-hour national titles, both open and masters, broke the 12-hour and 24-hour American Records for both open and Masters, at the Atlanta Waterworks, during the weekend of Hurricane Gilbert. I ran 145 miles 1,464 yards.

In 1990, at the largest shopping center in the world (at the time) I circled an 890-meter indoor course in the halls of the mall. I was the only American open runner invited, as I was the only one who met the 140+ mile standard required to enter.

With 20 hours run, I was in 11th place. With 2 hours remaining I was 9th and at the end I was sprinting and had earned the bronze medal in what was the first 24-hour World Championship. I also earned some money for that. It was not prize money, but to me it did not matter.

A sponsor gave me a nice amount for every mile or portion over of what my American Record was. I went from 145 miles, 1,464 yards to 154 miles, 313 yards. A nice pay day. Yet, over the years, there have been very few.

I am not complaining. I just know that is the nature of sport. Some guys make the big bucks and some don’t. I just cannot see taking credit for a win, if it was the player who did the work.



coaches me and I am also responsible for all of my losses.

I surely have not come close to winning 1,000 races, so there are not of lot of W’s behind my name. I have more L’s than W’s. Yet I am part of a team.

My team will see me cross my 1,000th finish line at the Boston Marathon on April 20 2015. There will not be a lot of fanfare, because I do not have lots of fans, like a university team. I don’t have a Website hawking 1,000th WIN t-shirts and other gear.

My team has consisted of family, my deceased wife, Gail, my current wife Chris and my daughter Chriso and her family, as well as my siblings, Marlene, Gary and Don and their spouses or significant other.

Over the years, I have received support from individuals who donated to the causes I was supporting and they helped raise thousands of dollars for those causes. I have also have had businesses step up and help with expenses.

Gail used to say my sponsor was Master Card—hers!

Cindy (now Kolstadt) and Craig Johnson and her parents Jim and Blanche, owner operators of The Athlete’s Foot stores in the area supported me with running shoes and other gear. Later the Bill and Sherry Czisny, the owner operators of The Fast Foot stores came to my aid. And even later InStep began to show some support.

On the corporate side, Wigwam Mills (socks), then my employer, Kohler Company and finally Natural Ovens Bakery, all played a role in allowing me to race



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<p>Performance Running Outfitters</p> <p>Brookfield, Oconomowoc, Shorewood</p> <p>10% Discount + 10% back for all items reg price and sale items</p> <p>Rodiez's Running West Allis 15% Discount</p> <p>Instep Running Delafield, Franklin, Mequon, Milwaukee 15% Discount</p> <p>Fleet Feet Brookfield 17550 B-1 W Bluemound Rd 15% Discount</p>	<p>New Balance store (owned By Stan's) Brookfield, Greenfield 15% Discount</p> <p>Running Warehouse Online Code: BLSRCD 15% Discount</p> <p>Ben's Cycles 12% Discount</p> <p>Pettit National Ice center 50 percent Discount, \$2 for entry to Track</p> <p>The North Face Brookfield Square 10% Discount</p>
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COMING EVENTS

- | | | |
|---|--|---|
| <p>Mar 1
Sun
Snowball Shootout - Race # 5 in GL Winter Series Oconomowoc
5K Run - 10 am, 10K Run - 10:50 am Olympia Resort Note Tee Shirt to all. Divs Under 16, 16 -19, 20-24, 5yr to 80+ Awd's Top 3 OA M/F, Medals 10/ div for 5K - 5/div for 10K, Overall excl from div. awards Whchr No Results website Fees website Perks TS, food, beverage after Event. LastYr 1050 Other Register online - Proceeds benefit the RACC 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 cole.braun@raccfund.org Web: www.greatlakesmultisport.com</p> | <p>Mar 7
Sat
Irish Jig Jog 5k Run/Walk Milwaukee
5k run/walk 9 am (7:30-8:30am to sign up) Veteran's Park Note Dress in best St. Patrick's Day attire to be entered to win prizes for best outfits Awd's Cash prizes for top racers! Fees \$40 cash only (T-shirt is not gar but we will have extra T-Shirts for sale.) Perks Snack, FREE beer & water, medal (part bottle opener), lanyard waccess to 3rd St for the Shamrock Shuffle Other Come for the race and stay for the party! Benefits the Hunger Task Force. Web: shamrockshufflemke.com/irishjog5k/</p> | <p>Mar 15
Sun
St. Pat's 17k/5k Run/Walk Kimberly
17k/5k Run/Walk: 7 a.m. start time Tanner's Grill and Bar, Kimberly, WI Awd's Prizes given to top three best costumes, age groups winners and overall male/female. Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com Web: www.dutrirun.com</p> |
| <p>Mar 3
Tue
Tri Faster Run Circuit Winter 2015 West Allis
Tuesday's 5:45am-7:00am: 12 workouts \$180 The Pettit Center, 500 S. 84th Street, West Allis, WI 53214 Fees 12 workouts, \$180 Contact Lauren Jensen Tri Faster LLC Day 414-427-1092 shark@trifaster.com Web: www.trifaster.com/p5.htm</p> | <p>Mar 10
Tue
Tri Faster Run Circuit Winter 2015 West Allis
Tuesday's 5:45am-7am; See March 3rd</p> | <p>Mar 17
Tue
Tri Faster Run Circuit Winter 2015 West Allis
Tuesday's 5:45am-7am; See March 3rd</p> |
| <p>Mar 5
Thu
Tri Faster Train Stronger Session #2 Greenfield
Thursday's 5:45am-6:45am (60 minute strength workout) WAC Greenfield, 5020 S. 110th St. Greenfield, WI 53228 Fees 6 workouts \$95 Contact Lauren Jensen Tri Faster LLC Day 414-427-1092 shark@trifaster.com Web: www.trifaster.com/p5.htm</p> | <p>Mar 11
Wed
Winter Fun Run Milwaukee
3 mile run inside at the Pettit and get together after. Run starts at 6:30 pm Pettit 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 DeGenero Badgerland Striders krndegenaro@yahoo.com Web: www.badgerlandstriders.org</p> | <p>Mar 18
Wed
Badgerland Strider Club Meeting Milwaukee
5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note Speaker: Brett Meinecke - Brett's Cycles Fees Adms \$1 for members and non-memb. Perks Refresh & snacks Other Contact our meeting speaker coord Dave Gavinski with speaker ideas for future meetings. Contact Dave Gavinski Badgerland Striders davegavinski@juno.com Web: www.badgerlandstriders.org</p> |
| <p>Mar 6
Fri
Pinnacle Indoor Triathlon #5 Fitchburg
10 min swim/ 20 min bike/ 10 min run Pinnacle Health & Fitness Fees \$20/race; \$75 for the entire 2015 Contact Race Day Events, LLC 5978 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 raceday@racedayeventsllc.com Web: racedayeventsllc.com/content/pinnacle-indoor-triathlon</p> | <p>Mar 12
Thu
Tri Faster Train Stronger Session #2 Greenfield
Thursday's 5:45am-6:45am See March 5th</p> | <p>Mar 19
Thu
Tri Faster Train Stronger Session #2 Greenfield
Thursday's 5:45am-6:45am See March 5th</p> |
| <p>Mar 7
Sat
Dances With Dirt Green Swamp Dade City, FL
50 Mile 5:30am; 50K & Marathon 7am; Relay 8am; Half Marathon 9am; 10K 10 am Pasco County, Withlacoochee River Park Note courses are fairly flat loops, 90% great trail running with some stupid spots..swamp and river crossings..great fun! Divs Awd's Fees Results Records see website Whchr no Perks beautiful course, tech shirts, medals to all finishers, awards, great food and fun! see website for details LastYr ~ 600 Contact Dawn McConnahee Running Fit 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rtevents.com Web: www.dwdgreenswamp.com</p> | <p>Mar 14
Sat
BLARNEY RUN/WALK Wauwatosa
5k run, 2mi walk 10 am. Twinkle Trot kids run (age 10 & under) 11 am Hoyt Park, 1800 Swan Blvd. Wauwatosa Note 24th Annual, Pre-register by March 12 Divs 5k 14-, 5yr, 80+ Awd's 5k 1/mf, 3/div Whchr early start, awd 1/mf Results posted, b's Fees 5k \$22, \$25 race/day, kids run \$8, \$8 race/day Perks LSTS/1st 700, music, goody bags, food, bev Records 15:18 John Lumkes '99, 17:26 Lynn Fitzsimmons '97 LastYr 630 Contact Janel Ruzicka Wauwatosa Historical Society 7406 Hillcrest Dr Wauwatosa WI 53213 Day 414 774-8672 Fax 414 774 -3064 staff@wauwatosahistoricalsociety.org Web: www.blaneyrun.com</p> | <p>Mar 21
Sat
FOND DU LAC POLICE LEGAL RUN AROUND Fond du Lac
5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note Speaker: Brett Meinecke - Brett's Cycles Fees Adms \$1 for members and non-memb. Perks Refresh & snacks Other Contact our meeting speaker coord Dave Gavinski with speaker ideas for future meetings. Contact Dave Gavinski Badgerland Striders davegavinski@juno.com Web: www.badgerlandstriders.org</p> |
| <p>Mar 7
Sat
WABC Winter Indoor Track and Field Meet Watertown
10am field events, 1030am running events Watertown High Note Running Events: 55m, 55m hurdles, 200m, 200m hurdles, 400m, 800m, 1mi (No spikes) Field Events: HJ, LJ, T.J, PV, SP Divs Open to middle, high school, open & masters Awd's None Whchr Allowed - See meet info Results website Fees Pre-reg by 3/5 (\$5 for 1 event, \$10 for 2+ events); After 3/5 (\$10 / 1, \$15 / 2+) Other 160-meter indoor wood track / Fully-automatic timing Contact Chris Mertens Watertown Athletic Booster Club 625 Endeavour Drive Watertown WI 53094 Eve 920-988-2172 mertenso@watertown.k12.wi.us Web: sites.google.com/awmysud.org/track/</p> | <p>Mar 14
Sat
Seamus Scramble 5K & 5 Mile West Bend
5K & 5 Mile Trail Run - 8:30 am Glacial Blue Hills Recr Area Note 2nd year - new dist 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: traildogrunning.com</p> | <p>Mar 21
Sat
Lucky Leprechaun 7K Run/Walk Wauwatosa
7K run/walk, 10 am Left's Lucky Town 7208 West State Street Wauwatosa, WI 53213 Note 8:30-9:45 AM Packet Pick Up; Also Friday, 3/20 from Noon - 7pm at Performance Running Outfitters, Ruby Isle Fees \$35 thru 1/29/2015; \$40 thru 3/19/2015 Perks Post-race party at Left's Lucky Town with 2 free beers Other If interested in volunteering, contact Donna Schnapp (dschnapp@macfund.org) Contact Jenny Adler Day 317-213-6112 Jenny@VisionEventManagement.com Web: www.visioneventmanagement.com/pages/lucky-leprechaun.php</p> |
| <p>Mar 7
Sat
Celtic Run Before You Crawl 5k and Kid's Fun Run Monroe
5k run/walk and kid's fun run Green County YMCA - 1307 2nd Street Awd's Top 3/div Whchr yes Fees \$22 thru 1/10, \$27 after 1/10, \$35 race day; \$12 for kid's run Perks Official race shirt and Irish music. Lots of local food after the race. LastYr 376 Contact Chad Shelton Green County YMCA 1307 2nd Street Monroe WI 53566 Day 608-325-2003 chad@greencountyymcaccellirun.com Web: www.greencountyymcaccellirun.com/</p> | <p>Mar 14
Sat
World Championship Fifty Furlong Paoli
11:30am 6.25 miles Paoli Pub and Grill, 6893 Paoli Rd. Note Reg 10:30am Part of the MARS Running Series, Benefits Belleville Food Pantry Fees \$10, day of race reg only Perks reg fee includes post-run beer for those of legal drinking age. Contact Melanie Barwise Madison Hash House Harriers Floribunda13@yahoo.com Web: www.madisonh3.com</p> | <p>Mar 21
Sat
Fight for Air Climb Milwaukee
Half Climb, Full Climb 8am or Ultimate Climb 7am U.S. Bank Center Note \$100 Fundraising Minimum by event day Divs 12 and under, 13-18, 19yr to 70+ Awd's top 3/div, top 3 fundraiser indiv, friends and family team and corp team Whchr yes - access to main reg, not in stairs Fees Sep-Jan 9th \$15 for regular reg, \$40 for Ultimate, post Jan 9th - \$25 and \$50 Perks finisher tech t-shirt, finisher medal, celebration area with refreshments, 360 degree view at the top LastYr 2,716 Contact Special Events Team American Lung Association in Wisconsin 13100 West Lisbon Road Brookfield WI 53005 Day 262-703-4200 EventsWI@Lung.org Web: www.wisconsinfightsofair.org</p> |
| <p>Mar 7
Sat
Porcupine Mountains Snowshoe Race Silver City, MI
10K 11am, 5K 11am Porcupine Mountains State Park Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715.701.0360 info@greatlakesendurance.com Web: www.greatlakesendurance.com</p> | <p>Mar 15
Sun
St Paddy's Dash Wauwatosa
5k Run/Walk 11am Chip timed Hart Park (certified course/ old Sarah's Stinde 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, 5yr to 75+ Awd's Trophies to top M&F OA. Medals top 3/div, Drawing for TV & Bike Whchr yes Results website, posted Fees \$25 on-line reg. til 3/13/15 \$25 mail-in til 3/16/15 \$25 after Perks technical t-shirts , goodye bags, free green beer. Post race party Left's Lucky Town. Records Male: Rick Stefanovic 18:24 Female: Allison Malczewski 19:17 LastYr 300 Other early packet pick-up/ reg 3/14 at Left's 72nd & State 1pm-3pm We are local, non-profit Contact Peter Stefanik 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.wsfyfpaddysdaydash</p> | <p>Mar 21
Sat
Freezin for a Reason 5K La Crosse
Supports Special Olympics Wisconsin, 10am, Polar Plunge to follow Pettibone Park, Hwy 14, 16, 61, & Park Plz. Fees \$30 for just the run and \$100 for both the run and Polar Plunge Contact Kat Barkhuhn Special Olympics Wisconsin Day 608-789-7596 barkhuhn@cityoflacrosse.org Web: www.kintera.org/faf/home/ccp.asp?event=1123048&lis=1&ntae=1123048=331F1E</p> |

(Continued on page 15)



BLS
January
Winter
Fun Run
at
the
Pettit





Barb Drees and Dave Matta Co-Volunteers of the Year



Holiday Party Pics



Holiday Party Pics



BLS Executive Board (from left): Pete Abraham, Jeff Weiss, Dave Finch, Bonnie Clarey, Scott Stauske, Dave Gavinski, Jennifer Farrell and Jerry Anderson (Sherley McClean not in attendance)
(Photos by Dave O'Brien and Kent Schleienger)



BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

Last Name (please print)		First Name	Sex (M/F)	Birthdate (Mo/Day/Yr)
Address		EMAIL Address (for Club Use Only)	Home Phone	
City	State	ZIP	Occupation	
DUES (check one)	New Membership: ___ 1yr (\$18) Renewal: ___ 1yr (\$15)	___ 2 yr (\$30) ___ 2 yr (\$28)	Tax deduct. ___ Donation _____	

Make checks to and mail to: **Badgerland Striders, Inc.**, 6526 W River Parkway, Wauwatosa, WI 53213
 Or online at www.badgerlandstriders.org Link to Membership
 Membership applies to you and others in your household listed below. If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

NAME (others in household)	SEX	BIRTHDATE	Extra Member Card Needed?
_____	_____	_____	_____
_____	_____	_____	_____

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

Signature Mem 1 _____ Date _____
 Signature Mem 2 _____ Date _____

rev 04/14

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

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

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

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



MAKING DUST

Pain is temporary, pride is forever!
Anonymous



The Badgerland Striders present

The Strider Pettit 10K & 20K

Sunday December 7th, 2014

Pettit National Ice Center Milwaukee Wisconsin

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20 K Run

Rank Name Gun Elapsed

Top Overall In 20K Division MALE		
1	MATTHEW KRUGER	01:17:03
2	CHRIS PLUMMER	01:23:50
3	MICHAEL RANK	01:24:11

Top Overall In 20K Division FEMALE		
1	DENISE MANTHY	01:23:33
2	SARA PLUMMER	01:24:57
3	RUTH LUNZ	01:26:19

Age Groups: 20 - 29 FEMALE

1	KATIE CLEVEN	01:30:45
2	JENNIFER KOEPKE	01:43:16
3	MARIYA BATISHCHEVA	01:49:39
4	MELISSA JODA	01:50:02
5	CAILIN CRUCIANI	01:54:27
6	LAUREN WYSOCKI	02:01:09

Age Groups: 30 - 39 MALE		
1	GREGORY RENDEN	01:29:04
2	BARRY THRUNE	01:37:39
3	AARON KAUFMAN	01:40:59
4	BRANDON BECKER	01:41:59
5	THOMAS JONES	02:00:58

Age Groups: 30 - 39 FEMALE		
1	LYNDSAY SMANZ	01:28:25
2	KAREN ZIELINSKI	01:34:57
3	SHEILA WORDELL	01:39:05
4	KELLY KLING	01:39:22
5	ALICE AMBROWIAK	01:41:44
6	DANIELLE SIMONOVIC	01:46:25
7	KRISTEN LANTTO	02:04:27
8	AMY SIKORSKI	02:06:35
9	JEN BUETTNER	02:13:22
10	KELLY TANEM	02:15:17
11	PEACHES SENKBEIL	02:27:37
12	BRANDI WEISS-ENCAR	02:29:08
13	MANDY RODER	02:41:34
14	LISA REHBEIN	02:44:46

Age Groups: 40 - 49 MALE		
1	LUAI TABBAL	01:30:45
2	JAMES KUEHL	01:35:26
3	JOHN PSUIK	01:42:46
4	TIM NASS	01:52:31
5	MATTEO ARENA	01:57:11
6	ANDY KREZINSKI	01:59:58
7	JEONG WOO	02:01:28
8	DAVID PIKE	02:03:00
9	BRIAN KAYE	02:17:55

Age Groups: 40 - 49 FEMALE		
1	RISA BERG	01:33:44
2	SHIRLEY ZELINSKI	01:58:55
3	DIANE ZIMMER	02:00:35
4	CANDY HEPPNER	02:10:24
5	MAURA ROBERTSON	02:30:00

Age Groups: 50 - 59 MALE		
1	RICHARD DODD	01:26:11
2	RICH MOORE	01:27:43
3	TIM JANICK	01:29:43
4	PHILLIP FALCK	01:29:44
5	JEFF DEMATTHEW	01:31:53
6	KELLY WAHL	01:33:01
7	STEVE PAVLIK	01:34:47
8	SEAN DALEY	01:41:44
9	SCOTT STAUSKE	01:43:22
10	WILLIAM JACKSON	01:44:56
11	RICHARD OCONOR	01:46:30
12	CRAIG BIZIAK	01:48:03
13	TODD FENDOS	01:53:50
14	JEFFREY PROM	02:18:40
15	JEFF WEISS	02:24:56

Age Groups: 50 - 59 FEMALE		
1	KATHY BOHLMAN	01:56:04
2	LISA GARMIS	01:56:26
3	SANDY WYSOCKI	02:01:10
4	GERIANNE PROM	02:37:44
5	KATHY PEDIGO	02:43:29

Age Groups: 60 - 69 MALE		
1	WILLIAM JAHNKE	01:46:47
2	GREGG HACKNEY	01:54:39
3	STEVE GAMM	01:56:21
4	CHUCK ZINDA	02:05:18
5	GERARD BODALSKI	02:06:43

Age Groups: 60 - 69 FEMALE		
1	SARA HACKNEY	01:44:59

The Badgerland Striders present

The Strider Pettit 10K & 20K

Sunday December 7th, 2014

Pettit National Ice Center Milwaukee Wisconsin

Timing & Results by
ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095

www.absoluteracetiming.com

10 K Run

Rank Name Gun Elapsed

Top Overall In 10K Division MALE		
1	MATT BARCUS	00:34:29
2	MATT THULL	00:34:53
3	JOEY HEINRICHS	00:39:54

Top Overall In 10K Division FEMALE		
1	ANGIE SMITH	00:45:08
2	CASSANDRA NESHEIM	00:47:03
3	TRACEY GESSNER	00:47:52

Age Groups: 1 - 19 MALE		
1	ETHAN KREZINSKI	01:05:06

Age Groups: 1 - 19 FEMALE		
1	MELISSA SCHNEIDER	01:02:08
2	NATALIE KREZINSKI	01:12:20

Age Groups: 20 - 29 MALE		
1	RYAN MOZE	00:42:43

Age Groups: 20 - 29 FEMALE		
1	DANA SIEBENALLER	00:57:36
2	RESHMA MCHALE	01:05:40
3	VICTORIA HARTMANN	01:11:30

Age Groups: 30 - 39 MALE		
1	PAUL HARTMANN	01:02:00

Age Groups: 30 - 39 FEMALE		
1	ALICE AMBROWIAK	00:49:17
2	MICHAELA VELAZQUEZ	00:51:38
3	SHEILA WORDELL	00:52:52
4	KRISTA FRIEDRICH	00:56:14
5	NATALIE SCHWOBE	00:58:56
6	ABBY HEINRICHS	01:02:49
7	KERRY KUBACKI	01:05:30
8	NICOLE JELLISON	01:07:43
9	BRANDI WEISS-ENCAR	01:21:23

Age Groups: 40 - 49 MALE		
1	SCOTT VAN ORNUM	00:44:58
2	MARK MEYER	00:45:02
3	MATTHEW FRIEDEL	00:55:42
4	ANDY KREZINSKI	01:12:20

Age Groups: 40 - 49 FEMALE		
1	KRISTIN COLLETT	00:53:21
2	MICHELLE STEFANIAK	00:55:14
3	SHANA STANGLER	01:00:50
4	JULIE VANDE HEI	01:05:30
5	AMBER HWANG	01:15:47
6	RENEE SCHERCK-ME	01:23:06

Age Groups: 50 - 59 MALE		
1	JIM CICHY	00:40:18
2	JIM THOMSON	00:44:10
3	PETER M STEFANIAK	00:44:26
4	STEVE PAVLIK	00:47:59
5	JACKSON FONDER	00:48:02
6	GARY LES	00:57:08
7	DENNIS HANNA	00:58:57
8	MARK KRUEGER	01:12:45

Age Groups: 50 - 59 FEMALE		
1	CHRISTINE STEFANIAK	00:55:14
2	KAREN KRUEGER	01:02:00
3	FELISA PARRIS	01:30:27

Age Groups: 60 - 69 MALE		
1	CHRISTOPHER FRELKA	00:59:44

Age Groups: 60 - 69 FEMALE		
1	RHONDA TAYLOR PARR	01:30:33

Age Groups: 70 - 98 MALE		
1	KENT SCHLIENGER	01:16:09



PHOTOS
BY
DAVE
FINCH



2014 Strider Indoor 20K & 10K

By Dave and Janice Finch

The Strider track at the Pettit National Ice Center is over a year old and many Striders have logged miles inside in the perfect running conditions. This past December 7th marked the 2nd year of the Strider indoor races and this year we added a 10k option to the race. Participation in the event was more popular this year and almost 150 runners took place in the 2 events. A few tough folks chose to double down and run both the 20k and the 10k in succession.



The 20k was the first race of the day and the men's race was won for the 2nd time by Matt Kruger in a time of 1:17:03. The Women's 20k was won by Denise Manthy, who was also the 2nd overall finisher, in 1:23:33. The 10k was run second and the men's race was a hard fought battle between Matt Barcus and Matt Thull. Matt Barcus pulled away in the final laps and finished 1st in 34:29. The women's race was won by Angie Smith with a time of 45:08.

In the spirit of giving around the holidays, the Striders partnered with Toys-for-Tots again this year and asked each participant to bring an unwrapped toy for donation as part of

their registration fee. As a group we were able to collect over 3 full bins of toys for less fortunate children in our community. Most runners brought multiple toys and the bins were soon overflowing!

This new Strider event is getting more and more popular and it looks like it will become an early December annual tradition. The Pettit National Ice Center has been great partners with the Striders and has continued to support our initiatives. Make sure to mark your calendars for early December 2015. We can already promise that race day conditions will be ideal... no matter what Mother Nature throws at us!

Here We Grow Again !

(Continued from page 2)

Karen is our Fun Run director. She is responsible of scheduling all 25+ weekly events. Karen secures the locations, gets the weekly run directors and makes all the necessary arrangements. This is no small task.

Dave and Karen, we salute you!

2014 also saw there long time race director's step down from their positions and hand the reigns over to new race directors. John White, long time Superun director, Phil Carpenter long running Cullen Run chief, and Dick Menzel who most recently directed the 2014 South Shore Half Marathon but has directed many races for the Striders. Gentlemen, long will the tales of your deeds be told around Strider campfires.



ALL RACES USATF CERTIFIED

Marathon
Half Marathon
5K

Saturday
March 28, 2015
The 23rd Running of
the Trailbreaker

THE TRAILBREAKER

The Park Foundation
Waukesha, WI

RunTheTrailbreaker.com
Info WPRF at 262-524-3737

BADGERLAND STRIDER 2015 RACE SCHEDULE

Race	Date	Location	Race Director
Samson Stomp 5k	Sun Jan 17, 2016	Milw County Zoo	Janice & Dave Finch
John Dick 50k	Sat Feb 6, 2016	S. Kettle Moraine	Robert Wehner
Steve Cullen Healthy Heart Run 8k	Sat Feb 13, 2016	Willoway Underwood Parkway	Nicole Jellison
South Shore Half Marathon	Sat April 4, 2015	Brown Deer Village Park	Len Wachniak
Brown Deer Run 5k & 10k	Sat April 25, 2015	Brown Deer Village Park	Hank Niescewicz
Ice Age Trail 50 mile, 50k & Half Marathon	Sat May 9, 2015	Nordic Ski Trails, LaGrange, WI	Jeff Mallach
Superun 5K	Wed June 10, 2015	Lake Park	Dave Gavinski
HartFest Half Marathon	Sat June 13, 2015	Hart Park	Pete Abraham
Firecracker Four 4 mile	Sat July 4, 2015	Hales Corners Village Park	Erin Smith
Cudahy Classic 5 & 10 mile	Sun July 26, 2015	Sheridan Park	Andrew Cordell
Strider Half Marathon	Sat Aug 29, 2015	Estabrook Park	Tom Buthod
BLS 24/12/6 Hour Run	Sat Sept 5, 2015	Germantown High Track	Robert Wehner
TosaFest 5k	Sat Sept 12, 2015	Wauwatosa	Anne Peters
Briggs & Al's Run 8k	Sat Sept 19, 2015	Marquette Univ to Italian Comm Ctr	Jeff Weiss & Brandi Weiss-Encarnacion
Milwaukee's Lakefront Marathon	Sun Oct 4, 2015	Grafton to Milwaukee	Jon Mueller
Glacial Trail 50k & 50 mile	Sun Oct 11, 2015	Greenbush Town Hall	Robert Wehner
Lakefront Discovery Run 15k	Sat Oct 31, 2015	TBD	Scott Stauske
Turkey Trot 15k/ 2 mile	Sun Nov 8, 2015	Root River Parkway	Dave Pike
Indoor 20k & 10k	Sun Dec 6, 2015	Pettit Center	Barb Drees

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	Lake 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



2015 TRACK MEETS

Strider Track Meet

St Francis High Track
4225 S Lake Drive
Tuesday May 19th
6:30pm

Strider Track Meet

St Francis High Track
4225 S Lake Drive
Tuesday June 16th
6:30pm

Strider Track Meet

St Francis High Track
4225 S Lake Drive
Tuesday July 21st
6:30pm

BADGERLAND STRIDER 2015 FUN RUN SCHEDULE

DATE	TIME	PLACE	NAME	DIRECTOR
3/11/2015	3mi, 6mi, 6:30pm	PETTIT CENTER	Winter Fun Run	Karen Degenaro
4/22/2015	3mi, 6mi, 6:30pm	Whitnall Park #8	Daves Fun Run	Dave O' Brian and Dave Gavinski
4/29/2015	3mi, 6mi, 6:30pm	Greenfield Park #3	Mexi Fiesta Fun Run	John Psiuk and John Coons
5/6/2015	3mi, 6mi, 6:30pm	Whitnall Park #8	Just Plain Fun Run	Dick Kindel
5/13/2015	3mi, 6mi, 6:30pm	Greenfield Park #3	Ham n rolls Fun Run	Jody Geibl
5/20/2015	NO FUN RUN - CLUBMEETING	PETTIT CENTER		
5/27/2015	3mi, 6mi, 6:30pm	Holy Hill	The Dunne Fun Run	Tim Dunne
6/3/2015	3mi,6m, 6:30pm	Estabrook Park #5	Burger Builder Fun Run	John Cornell
6/10/2015	NO FUN RUN- RACE	SUPERUN	SUPERUN	Dave Gavinski
6/17/2015	NO FUN RUN - CLUBMEETING	PETTIT CENTER		
6/24/2015	3mi, 6mi, 6:30pm	Jackson Park	Olds Shoes Funrun	Andrew Cordell
7/1/2015	3mi, 6mi, 6:30pm	Jacobus Park	I Love Spuds Fun Run	Jeff Weiss
7/8/2015	3mi, 6mi, 6:30pm	Greenfield Park #3	Hot dog Run	Glenn Wargolet
7/15/2015	3mi, 6mi, 6:30pm	Hart Park	Presidents Run	Pete Abraham
7/22/2015	3mi, 6mi, 6:30pm	Veterans Park	Junk Food Funrun	Randy Klingelhoets
7/29/2015	3mi, 6mi, 6:30pm	Minooka Park	Corn Roast	Ken Shoberg
8/5/2015	3mi, 6mi, 6:30pm	Froeming Park	Watermelon Fiesta	John Mueller
8/12/2015	3mi, 6mi, 6:30pm	Whitnall Park #8	Marcel's Fun Run	Marcel Cesar
8/19/2015	3mi, 6mi, 6:30pm	Southshore Park	OU812	Dennis Labinski
8/26/2015	3mi, 6mi, 6:30pm	Greenfield Park #3	Just Plain Fun Run	Susan Knier
9/2/2015	3mi, 6 mi 6:30pm	Grant Park	Its Gonna Be Chillli	Jeff Weiss
9/9/2015	3mi, 6mi, 6:30pm	Greenfield Park #3	Get Baked Funrun	Barbara Stockton and Dave Riedel
9/16/2015	NO FUN RUN - CLUBMEETING	PETTIT CENTER		
9/23/2015	3mi, 6mi,6:00pm	Lannon Park	Amber Brock	Dwayne Staehler
9/30/2015	3mi, 6mi, 6:00pm	Whitnall Park #8	Ron and Nancy's FunRun	Ron Behlendorf
10/14/2015	3mi, 6mi, 6:30pm	PETTIT CENTER	Winter Fun Run	T.B.D.
11/11/2015	3mi, 6mi, 6:30pm	PETTIT CENTER	Winter Fun Run	T.B.D.
12/18/2015	3mi 6:30pm	Gus Amann's, 92nd & Beloit	The Winter Solstice Fun Run	Jeff Weiss & Scott Stauske

TRACK WORKOUTS AND SPEED WORK SESSIONS

Track Workout	Location	Date - Time
Speed Work	Pettit Center	Tues March 3
Speed Work	Pettit Center	Tues March 10
Speed Work	Pettit Center	Tues March 17
Speed Work	Pettit Center	Tues March 24
Speed Work	Pettit Center	Tues March 31
Speed Work	Pettit Center	Tues April 7
Speed Work	Pettit Center	Tues April 14
Speed Work	Pettit Center	Tues April 21
Speed Work	Pettit Center	Tues April 28
Track Workout	Hart Park	Tues, May 5
Track Workout	Hart Park	Tues, May 12
Track Workout	Hart Park	Tues, May 26
Track Workout	Hart Park	Tues, June 2
Track Workout	Hart Park	Tues, June 9
Track Workout	Hart Park	Tues, June 23
Track Workout	Hart Park	Tues, June 30
Track Workout	Hart Park	Tues, July 7
Track Workout	Hart Park	Tues, July 14
Track Workout	Hart Park	Tues, July 28

Track Workout	Location	Date - Time
Track Workout	Hart Park	Tues, Aug 4
Track Workout	Hart Park	Tues, Aug 11
Track Workout	Hart Park	Tues, Aug 18
Track Workout	Hart Park	Tues, Aug 25
Speed Work	Pettit Center	Tues Sept 1
Speed Work	Pettit Center	Tues Sept 8
Speed Work	Pettit Center	Tues Sept 15
Speed Work	Pettit Center	Tues Sept 22
Speed Work	Pettit Center	Tues Sept 29
Speed Work	Pettit Center	Tues Nov 3
Speed Work	Pettit Center	Tues Nov 10
Speed Work	Pettit Center	Tues Nov 17
Speed Work	Pettit Center	Tues Nov 24
Speed Work	Pettit Center	Tues Dec 1
Speed Work	Pettit Center	Tues Dec 8
Speed Work	Pettit Center	Tues Dec 15
Speed Work	Pettit Center	Tues Dec 22
Speed Work	Pettit Center	Tues Dec 29

MAKING DUST

You can actually suffer a little bit more going slowly than when you're going really fast. A faster marathon might even be easier than a slow one, in terms of what it takes out of you mentally. . . . Frank Shorter

The Badgerland Striders present
The Samson Stomp
Sunday January 18th, 2015
Milwaukee County Zoo
Milwaukee Wisconsin
Timing & Results by Absolute Race Timing
PO BOX 562
WEST BEND, WI 53095
www.absoluteracetiming.com
INDIVIDUAL RESULTS
5 K Run

Rank Name Chip Elapsed
Top Overall In 5K Division MALE
1 TYLER NEUWIRTH 00:16:53
Top Overall In 5K Division FEMALE
1 NAOMI FULTON 00:17:46
Age Groups: 1 - 14 MALE
1 WYATT SCHLAGER 00:19:50
2 KEEFE LITTLE 00:20:29
3 JOEY COLLURA 00:20:38
4 PRESTON GUTTENBERG 00:21:17
5 MARCO CORDERO 00:23:01
6 EDWARD WHITE 00:23:13
7 ATTICUS BERGHAEUER 00:23:28
8 NATHNL RITTERBUSCH 00:25:22
9 TAYLOR WOJTYSIAK 00:25:24
10 CALE DENK 00:25:29
11 JACKSON BRACKETT 00:25:30
12 TYLER MARTIN 00:26:10
13 NOAH NYQUIST 00:27:12
14 ZANDER LICHOSIK 00:27:29
15 ISAAC HOESCHEN 00:27:35
16 GARRETT LUETH 00:27:39
17 BENJAMIN BUCHEGER 00:28:19
18 BRADEN LUETH 00:28:31
19 DEACON LEER 00:28:46
20 GRAYSON CARPENTER 00:29:25
21 JACK CADY 00:29:32
22 CODY CURTIS 00:30:07



23 PATRICK MCKENNA 00:31:14
24 DYLAN BRUNI 00:32:00
25 NOLAN BRUNI 00:33:05
26 MAVERICK LEER 00:33:11
27 CHRIS MCKENNA 00:33:44
28 ANDREW MEDER 00:34:20
29 HENRY TINDALL 00:35:03
30 NATAN BUSHEE 00:35:13
31 TYLER SMUKOWSKI 00:36:04
32 BENJAMIN TINDALL 00:37:26
33 LUCAS DELGADO 00:39:03
34 ANDREW REUCHLEN 00:39:46
35 GRADY HODGINS 00:42:25
36 AUSTIN HAILEY 00:42:48
37 COOPER MALINOWSKI 00:46:36
38 THEODORE REUCHLEN 00:47:53
39 JACOB CHILICKI 00:52:22
Age Groups: 1 - 14 FEMALE
1 ZOE BARANY 00:23:10
2 JILL CAVANAUGH 00:24:10
3 MOLLY BALCH 00:24:20
4 MEGHAN GAIN 00:25:28
5 MARIS WSZALEK 00:26:42
6 LAUREN DAVIS 00:27:44
7 ANA WHITE 00:28:10
8 ELLIE CADY 00:28:17
9 LAURETTE BLANCHARD 00:28:23
10 ZOE DENK 00:29:20
11 MICHAELA GAIN 00:31:43
12 LAUREN ANDRIST 00:33:41
13 ELIANA HENSCHEL 00:34:26
14 ELLIE BONCHER 00:34:40
15 AITZA ROMERO 00:35:17
16 ANNELIESE VASS 00:35:49
17 KIM DZWIERZYNSK 00:36:18
18 CELENA DEBERRY 00:38:56
19 MACKENZIE MILLER 00:40:00
20 GIBSEN KAYE 00:40:10
21 ASHLYN KUCHARSKI 00:40:15
22 RACHAEL CHILICKI 00:42:09
23 MAGGIE SANNER 00:42:59
24 HANNA LOUNSBURY 00:43:46
25 ALLISON PETERSON 00:46:22
26 TAYLOR ALDRED 00:49:41
27 EMILY CHILICKI 00:52:21
28 CALLEIGH MAE KISER 01:01:08
Age Groups: 15 - 19 MALE
1 DAN NELSON 00:17:40
2 JAMES MCKENNA 00:18:13
3 NATHANIEL WOJCIKI 00:18:52
4 CHRISTOPHER NORTON 00:19:29
5 PATRICK MCCLINDEN 00:19:30
6 RYAN RAMSDELL 00:19:39
7 AARON WOJTYSIAK 00:19:47
8 ALEXANDER CORDERO 00:19:54
9 ANDREW JOHNSON 00:20:42
10 ADAM PLOUGH 00:20:51
11 EVAN HARDING 00:21:03
12 ANDREW THOM 00:21:29
13 ELI VASS 00:21:32
14 JACOB SANNER 00:21:59
15 SAMUEL SEITZ 00:22:04
16 JOSEPH MCCARTHY 00:23:25
17 ANU ELANGOVAN 00:23:31
18 JEREMY ERICKSON 00:24:02
19 ANDY STENGEL 00:24:13
20 BEN WITKOWSKI 00:24:18
21 ASHTON BUCHEGER 00:24:19
22 IAN HOWDEN 00:24:25
23 SPENCER SHESKEY 00:24:32
24 NICK SCHNEIDER 00:24:45
25 JACOB GAIN 00:25:00
26 ALEXANDER ANDRASKI 00:25:01
27 VINCE BAXTER 00:25:53
28 NIGEL GUTTENBERG 00:26:00
29 HAYDEN HERRICK 00:28:00
30 BEN SCHWARTZ 00:29:28
31 NICK SCHWARTZ 00:29:28
32 CHIP O'Brien 00:29:28
33 ELIEZER BUSHEE 00:31:09
34 TAYLOR SCHWAB 00:31:22
35 SAM TOPEL 00:31:23
36 BRENDAN HAUSCH 00:32:47
37 SETH RIVERA 00:35:29
38 LUKE JOHNSON 00:37:13
39 MICHAEL WILLEMS 00:39:56
Age Groups: 15 - 19 FEMALE
1 SARAH ZIOLKOWSKI 00:20:22
2 EMMA FLEGEL 00:23:25



3 MEGAN BUR 00:23:31
4 HEATHER PLOUGH 00:24:05
5 ELIZABETH DANNECKER 00:24:26
6 DANIELLE GUY 00:25:01
7 JORI GALLES 00:25:10
8 REBECCA LIESEN 00:25:41
9 BRENNA RUSSELL 00:25:48
10 ABBY KOTECKI 00:26:02
11 LAUREN HOWARD 00:26:03
12 EMILY BLUNT 00:26:32
13 EMILY TANEL 00:26:40
14 SARENA HANSON 00:26:51
15 JESSICA COONS 00:27:24
16 JESSI STAMN 00:28:21
17 ALEXANDRA MCCARTHY 00:28:22
18 MELANIE FREET 00:28:27
19 NEVE KRONHELM 00:28:38
20 JENNIFER WOOLF 00:29:27
21 CHLOE LICHOSIK 00:29:27
22 MADELINE SANTIAGO 00:30:57
23 MAIGHREAD MCAVOY 00:32:47
24 ELLA ASPENSON 00:33:01
25 GRACIE SUTTON 00:33:31
26 KIERA CLEARY 00:33:31
27 ELIZABETH NORTMAN 00:34:17
28 JENNA EHLERT 00:35:03
29 REBECCA SCHNELL 00:35:16
30 CHANA BUSHEE 00:35:50
31 JULIAN DZWIERZYNSK 00:36:17
32 TAYLOR BRINKMAN 00:37:03
33 EMILY PATZER 00:39:35
34 KRISTEN LEER 00:39:56
35 ANI GRAFWALLNER 00:40:20
36 TONETTE SEITZ 00:41:10
37 GINA MILES 00:41:14
38 MEGAN WILLEMS 00:43:03
39 DANNIRA KULENOVIC 00:46:20
40 KAELEE SHIELDS 00:56:04
41 CAITLIN SCHNEIDER 00:56:35
Age Groups: 20 - 24 MALE
1 STEVE PIONEK 00:20:52
2 MARC ANDERS 00:22:06
3 GARRETT SHESKEY 00:23:01
4 JAMES KOEN 00:23:21
5 ALEX LUTZE 00:23:53
6 RYAN PARSONS 00:24:02
7 SEAN MACAVANEY 00:27:51
8 ANDY WSZALEK 00:28:00
9 NICHOLAS KAISER 00:28:46
10 DAVID GRODEK 00:29:17
11 CALVIN FALK 00:29:35
12 THOMAS KOTNIK 00:30:00
13 NATE LUTZE 00:30:53
14 DAVID JAMES PAREZ 00:31:49
15 DANIEL DORSON 00:32:12
16 TONY CHANG 00:35:17
17 BRODY HASLUP 00:40:03
18 SETH REHBAUM 00:42:51
Age Groups: 20 - 24 FEMALE
1 TESS ZIETLOW 00:22:32
2 KATELYNN SANDERS 00:23:08
3 MICHELLE MATTER 00:23:44
4 MADELINE JENSWOLD 00:23:47
5 NATALIE MEURER 00:24:51

2015 Samson Stomp and Romp

By Dave and Janice Finch

The 35th running of the Samson Stomp and Romp was held on January 18th at the Milwaukee County Zoo and this was a year of milestones and records. Samson Stomp has a long history of frigid race conditions, but this year 37 degrees and sunshine at the start of the race made for the warmest Samson Stomp in its 35 year history. The extremely mild conditions brought people to the Zoo grounds in record numbers too. The 5k once again reached its 1500 runner capacity and sold out almost a week before the race. Participation was up by over 150 in the 2 mile, 1 mile and 1/4 mile races with over 650 people enjoying these events. In total, over 2,100 people participated in the 3 events.

Amica returned as the lead sponsor for the events and helped kick off the 5k. The relatively warm temperatures helped out and the grounds crew at the Zoo did another exceptional job at ensuring the course was clear and safe for all of the runners. Drew Cordell did his best Samson impression and danced for the better half of the morning to keep warm in his gorilla suit, but was not able to pass on any good luck to the Packers later that afternoon.

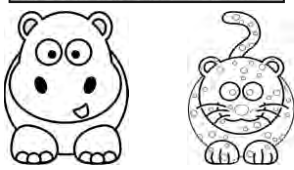


The 5k men's race was a fiercely competitive race resulting in a 2 second difference between 1st and 3rd place. Tyler Neuwirth won with a time of 16:53. He narrowly edged out Chris Wichert by 2 seconds. Third place finisher, David McConville was so close behind that his time was the same 16:55 as Chris in 2nd. Naomi Fulton took 1 full minute off of her 2nd place finish time from last year and that was good enough to secure the overall women's 5k race in 17:46. She was followed by Amanda Cohen in 2nd and Jenny Zwagerman in 3rd with times of 18:18 and 18:52 respectively.

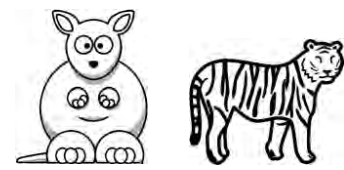
Thank you to all for making the 2015 Samson Stomp a great success.

6 BIANCA BENKLEY 00:25:47
7 SARAH BURGHAEUER 00:25:55
8 BONNIE ALLEN 00:25:56
9 ANNA BARTLEIN 00:25:56
10 SPENCER BEST 00:26:00
11 AMANDA BOERNER 00:26:35
12 KAYLA SCHMITT 00:27:02
13 ERIN HELD 00:27:05
14 ERIN EDDY 00:27:24
15 CATHERINE KISTLER 00:29:08
16 SAMANTHA STENSTRUP 00:29:27
17 EMILY ROMATOSKI 00:29:33
18 LACEY AGAMAITE 00:29:36
19 KATE WETHAL 00:30:00
20 ASHLEY LOBERG 00:30:11
21 VERONICA KLEIN 00:30:28
22 AUTUMN SMITH 00:30:38
23 STEPHANIE WICKERT 00:30:46
24 MADELINE TOPEL 00:31:25
25 KIERAN MCAVOY 00:32:42
26 AUDREY EDWARDS 00:34:23
27 LENA BRANDIS 00:34:25
28 BRIANNA SCHMITT 00:34:32
29 SHELBY LANGE 00:35:41
30 ERIN HAGEN 00:35:11
31 ASHLEY HEARD 00:35:20
32 CECILEE RODENKIRCH 00:36:03
33 ALI EHLERT 00:36:49
34 CLAIRE LEISTER 00:38:42
35 KATHRYN HUCK 00:38:54
36 KAYLA BENNEWITZ 00:38:56
37 KATE FECHTER 00:40:01
38 SOPHIA TANEL 00:40:02
39 COURTNEY ACKATZ 00:41:22
40 KELLY RIGGS 00:42:08
41 JACKIE SEIBEL 00:43:39
42 JENNI SANDERS 00:44:52
43 GABRIELLE LOPEZ 00:46:20
44 KRISSE FEHLY 00:47:12
45 KATHERINE MANIATES 00:48:25

(Continued on page 23)



The Most Times are in 'The Strider'





MAKING DUST

There was nothing unusual about my victory. The entire story was back in eighth place. There is simply no way to imagine how good Jim Ryun is or how far he will go after he becomes an adult. What he did was more significant than Roger Bannister's first mile under 4 minutes. Daryl Burleson, after winning the Compton Invitational Mile on June 5th, 1964. Ryun, just 17, ran 3.59.0

Samson Stomp

5 K Run RESULTS

(Continued from page 22)

- 46 HAYLEY WILSON 01:10:01
47 ALYSSA ARMBRUST 01:25:26

Age Groups: 25 - 29 MALE

- 1 MIKE TREDER 00:18:07
2 NATE FLESCH 00:18:21
3 KYLE KONCZAL 00:18:39
4 GRIFFIN SCHROEDER 00:19:13
5 JOSH BREEN 00:20:20
6 KYLE FERCH 00:21:20
7 LAWRENCE WALSH JR 00:21:26
8 AARON HEIRING 00:22:30
9 ADAM PFALLER 00:23:12
10 JOE NEWELL 00:23:36
11 PATRICK DARROUGH 00:24:00
12 JOEL SALMON 00:24:06
13 JERAMEY JANNENE 00:24:07
14 CHRIS FIFAREK 00:24:36
15 NATHAN BRENN 00:24:39
16 BENJAMIN ERICKSON 00:25:16
17 PAUL TURNER 00:26:19
18 PETE BETANZOS 00:26:49
19 TIM EGGERT 00:27:05
20 ALAN CUFAUDE 00:27:22
21 MATT VANEVENHOVEN 00:27:25
22 DANIEL KURTH 00:27:39
23 TOM MESIROV 00:28:03
24 MIKE BANWELL 00:28:10
25 MATTHEW LEIDER 00:28:14
26 GARRETT NYMAN 00:28:36
27 AMIT BHAVAN 00:29
28 BRANDON ORSER 00:29:32
29 PAUL TERRIQUEZ 00:29:48
30 RYAN DODGE 00:31:06
31 JOE MANSKE 00:31:30
32 DYLAN RAAP 00:31:51
33 SCOTT METCALF 00:32:31
34 AMBER ECK 00:32:41
35 PAUL LURENZ III 00:34:31
36 RYAN PICE 00:36:18
37 ARNIE STRICKER 00:36:35
38 JOE PERIOD 00:36:47
39 JEFF GILLIS 00:37:24
40 TOM WALKER 00:37:52
41 DIEGO CORTES 00:38:59
42 JARED VERBA 00:42:29
43 MIKE TIEFENTHALER 00:47:00
44 DUSTIN HEACOX 00:47:12
45 JOSH GORTON 01:25:25

Age Groups: 25 - 29 FEMALE

- 1 AMANDA COHEN 00:18:18
2 JENNY ZWAGERMAN 00:18:52
3 DENA WELDEN 00:22:24
4 KAYLA TERRIQUEZ 00:23:22
5 SARA KOTSCHI 00:23:24
6 TRINA BOWER 00:24:02
7 JASMINE BOETTCHER 00:24:09
8 KELSEY PALMER 00:24:14
9 TIFFANY FROHMADER 00:24:56
10 KRYSYTN BOLAN 00:25:16
11 SARAH SLEIDER 00:26:17
12 SARAH PAULSON 00:26:35
13 JENNY FUK 00:27:14
14 ANDREA CASH 00:27:28
15 AMBER ZETWICK 00:27:32
16 JESSICA LAURIN 00:27:39
17 EDEN FRAZIER 00:27:39
18 JAMIE MUELLER 00:27:52
19 CASSIE SAIKOWSKI 00:28:01
20 GRETCHEN O'henley 00:28:02
21 SARAH WIDDER 00:28:17
22 ASHLEY TERIACA 00:28:35
23 CYNTHIA TAYLOR 00:28:58
24 JESSICA JUNEAU 00:29:02
25 SUZI AUGUSTINE 00:29:10
26 DANIELLE STAMBORSKI 00:29:18
27 JILL BARANOWSKI 00:29:19
28 SHANNON DUNNE 00:29:26
29 BECCA WENDLE 00:29:49
30 CARLY KACALA 00:29:51
31 SAMANTHA GLASER 00:29:51
32 AMANDA BURTNETT 00:29:57
33 KATELYN DOMBECK 00:30:03
34 KRISTA DOMBECK 00:30:05
35 POOJA SINGH 00:30:15
36 LINDSAY BARANOWSKI 00:30:22
37 NATASHA STEENBERGEN 00:30:30
38 STEPHANIE WATERS 00:30:45
39 MALLORY MINOR 00:30:57
40 LIZ TELFORD 00:30:59
41 CHEYENNE MIEDEN 00:31:00
42 THOMAS BRITAIN 00:31:06
43 LYNDSEY GERRITSEN 00:31:37
44 ASHLEY FIGUEROA 00:31:51
45 SARAH RANGEL 00:31:59
46 SAMANTHA NORGEL 00:32:16
47 MELISSA ARMSTRONG 00:32:17
48 CLAIRE MEZZANOTTE 00:32:20
49 VICKI ROGUS 00:33:04
50 NICOLE FITZGERALD 00:33:08
51 MEGAN LARSCHIED 00:33:18
52 SAMANTHA VAN BUREN 00:33:33
53 CHRISTINA AUSTIN 00:33:40
54 LAURA VIETMEYER 00:33:44
55 LARA EUCALANO 00:33:59
56 CASSIE BRAYTON 00:34:00
57 JACKIE NYMAN 00:34:00
58 ERIN ZDANCZEWICZ 00:34:22
59 BAILEY SCHMIDLAP 00:34:51
60 MOLLY DILL 00:35:20
61 PATTY GONVA 00:35:22
62 JACQUELINE HINKES 00:35:28
63 SARAH MATCHEN 00:35:36
64 ANDI BANWELL 00:36:05
65 AMANDA PURATH 00:36:33
66 MARIE PEDERSEN 00:36:33
67 NICOLE BATLOEN 00:36:35
68 ANDREA PALMER 00:36:39
69 BRIANNA THOMPSON 00:36:39
70 ASHLEY LAZICH 00:36:40
71 KATHY JOHNSON 00:37:19
72 ALISON PETERSON 00:37:31
73 BRITANNY METCALF 00:38:15
74 KATELYN ROBERTS 00:38:15
75 KARENA FECK 00:38:16
76 HEATHER KOSTERMAN 00:38:17
77 JESSICA MCCARDELL 00:38:25
78 CAROLYN SWABEK 00:38:33
79 AMANDA ZUEHLS 00:38:59
80 GRETCHEN METCALF 00:38:59
81 CASANDRA DELGADO 00:39:03
82 MEGAN WILLIS 00:39:20
83 MELISSA CHILDS 00:40:21
84 JENNY LEMASTER 00:41:01
85 AMANDA FLIEST 00:41:39
86 GWENN REINHART 00:41:51
87 JULIE EVANS 00:41:56
88 TIERNEY KONITZER 00:42:07
89 KATHR MANSCHOT AV 00:42:25
90 JULIE SEIBEL 00:44:27
91 MELISSA JODA 00:44:34
92 HANNAH TEWS 00:46:15
93 STEPHANIE LOPEZ 00:46:21
94 JENNA GROUSNICK 00:46:37
95 LISA THOMPSON 00:46:38
96 KATIE TIEFENTHALER 00:47:03
97 KRYSYAL ORONA 00:48:09
98 KIERSTEN ANDERS 00:48:36
99 LINDSAY DUSOLD 00:48:53
100 AMELIA LOSINSKI 00:54:06
101 MELISSA LONGORIA 00:55:03
102 EMILY KITCHIN 00:55:03
103 KELLY MALLEGNI 01:18:42
104 CHRIS WICHERT 00:16:55
105 TYLER ZWAGERMAN 00:17:22
106 AARON PIERCE 00:18:10
107 BRENDAN PANCHERI 00:18:47
108 MICHAEL KRANZ 00:18:50
109 NATHAN LANSER 00:18:51
110 MIKE DALEY 00:19:50
111 JAKE LODERHOSE 00:20:51
112 PATRICK CANNON 00:20:51
113 TRAVIS RICE 00:21:05
114 MICHAEL ECKERT 00:21:39
115 MIKE DALEY 00:21:48
116 DAVID KAISER 00:22:00
117 JONATHAN NASS 00:22:05
118 LAURA KAISER 00:22:11
119 AARON KAUFMAN 00:22:11
120 BEN HINKLE-WZALEK 00:22:38
121 COREY POQUETTE 00:22:50
122 JACOB STALSBERG 00:23:06
123 TREVOR FOERCH 00:24:43
124 ANDY OGNENOW 00:24:54
125 ANDY KETTLEWELL 00:25:11
126 JOE BLAKE 00:26:10
127 RYAN O'connor 00:26:14
128 TRAVIS GAASTRA 00:26:24
129 JOSEPH BROOKS 00:26:39
130 ARNIE STRICKER 00:26:52
131 SEAN LAU 00:26:53
132 EDWARD BLAKE 00:27:19
133 KENNY VERIGA 00:27:24
134 THOMAS JONES 00:27:38
135 ANTHONY KNUTSON 00:27:38
136 JEREMY PACZKOWSKI 00:28:03
137 JEFF DELWICHE 00:28:05
138 CHARAN MUDDI 00:28:23
139 QUINN RUPPEL 00:29:11
140 FRANK MOLETT III 00:29:18
141 JAROD PETZ 00:29:33
142 JUAN ORNELAS 00:30:24
143 STEVE JOEHNK 00:30:32
144 MATT TUCKER 00:30:52
145 CHRIS PFALLER 00:31:01
146 RYAN ANDRESHAK 00:31:10
147 MITESH PATEL 00:31:11
148 JEFFREY ZUPAN 00:31:11
149 SHAWN RIOS 00:31:11
150 NICK ANTON 00:31:12
151 TOM FECHTER 00:31:24
152 JOSEPH ALVAREZ 00:31:25
153 JOSH POLLOCK 00:32:30
154 BRYAN LINDGREN 00:32:34
155 DEREK HAUG 00:32:59
156 JARED JAMROZY 00:33:14
157 RYAN HIRSCH 00:33:14
158 DAN HOFER 00:35:06
159 JESSE DILL 00:35:19
160 CRYSTAL GRAYL 00:35:24
161 JOHN THERKELSEN 00:35:32
162 MITCH HUFFMAN 00:36:17
163 ROY JOHNSON 00:37:55
164 BRENT VIERGUTZ 00:38:59
165 BRAD KURTZ 00:42:45
166 JIM SINICKI 00:46:15
167 RICKY REUCHLEN 00:48:05
168 JONATHAN KUPCHO 00:48:55
169 JONATHAN CAGLE 00:53:07
170 NATHAN BUBLITZ 00:54:04
171 MATT HAENI 01:06:04
172 IAN TEWS 01:25:38
173 A VANDER SANDEN 01:32:14

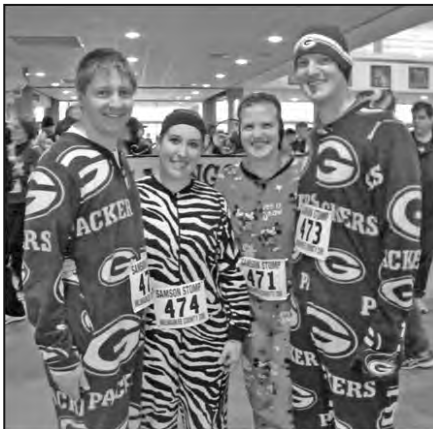
Age Groups: 30 - 34 FEMALE

- 1 LYNDSEY SMANZ 00:21:12
2 JULIE FANGMANN 00:21:48
3 JENNIFER TIEMAN 00:22:35
4 SHEILA WORDELL 00:22:49
5 NICOLE EDWARDS 00:24:12
6 JACQUELINE KINNEY 00:24:31
7 RACHEL KAISER 00:24:39
8 EMILY CONNORS 00:25:04
9 RACHEL SCHROEDER 00:26:03
10 GINA SINNER 00:26:11
11 MELISSA HOSENFELD 00:26:31
12 ELIZABETH SCHMIDT 00:26:41
13 MINDY SCHMELING 00:26:42
14 JESSICA KELDERMAN 00:26:44
15 JENNIFER PRITCHARD 00:27:16
16 KATE STEVENSON 00:27:32
17 AMANDA BEIHOFF 00:27:50



- 18 AMY SIKORSKI 00:27:57
19 CHERYL AKERT 00:27:58
20 ASHLEY DALRY 00:28:26
21 ALLISON BLACKWOOD 00:28:31
22 CARRIE HAYNE 00:28:38
23 HEATHER KORBELA 00:28:43
24 TAMMY WERBLOW 00:28:45
25 SELMA SATTERSTROM 00:29:01
26 GINA BUSH 00:29:02
27 MARGARET JOEHNK 00:29:36
28 STEFANIE MOSER KUEHL 00:29:40
29 LINDSAY HART 00:29:46
30 SARAH KLINGER 00:29:47
31 ROBYN MICELI 00:29:57
32 MICHELLE COLLELLO 00:29:58
33 JESSICA TOMMERUP 00:30:04
34 TRACY CURTIS 00:30:06
35 HEATHER ANDREWS 00:30:19
36 SARA ROLOFF 00:30:19
37 CARRIE MUNZEL 00:30:19
38 MEGAN MARTIN 00:30:19
39 VALERIE FREEMAN 00:30:23
40 KELLIE COMMONS 00:30:25
41 RHEANNA JASKE 00:30:26
42 COURTNEY FRYATT 00:31:05
43 AMANDA HANBST 00:31:23
44 SARAH SWESSEL 00:31:40
45 WHITNEY BETANZOS 00:31:45
46 KATHERINE KUFALK 00:31:48
47 LEAH WRIGHT 00:31:49
48 MAGGIE ZYWICKI 00:32:12
49 MICHELLE GAZIANO 00:32:23
50 TRACY WILDT 00:32:45
51 SANDRA KENDL 00:33:02

(Continued on page 24)



The Most Times are in 'The Strider'



MAKING DUST

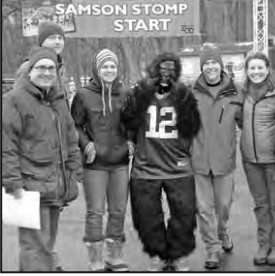
My feeling is that any day I am too busy to run is a day that I am too busy. --John Bryant



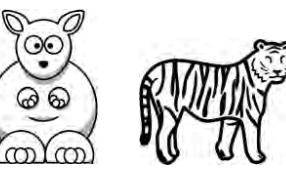
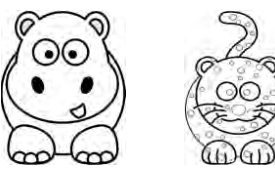
Samson Stomp 5 K Run RESULTS

Table of race results for the 5 K Run, listing runner names, bib numbers, and times.

(Continued from page 23)



Continuation of race results table, listing runner names, bib numbers, and times.



The Most Times are in 'The Strider'

(Continued on page 25)



MAKING DUST

The only tactics I admire are do-or-die --Herb Elliott

Samson Stomp

5 K Run RESULTS

(Continued from page 24)

Table listing runner names and times for the 5 K Run, starting with TANYA ALBANESE (00:32:51) and ending with TOM BLANCHARD (00:28:27).



Table listing runner names and times for the 5 K Run, starting with ANITA HANSEN (00:34:51) and ending with DENNIS MCKEIGH (01:01:40).

Table listing runner names and times for the 5 K Run, starting with JULIE BELL (00:27:44) and ending with TOM BLANCHARD (00:28:27).

Table listing runner names and times for the 5 K Run, starting with DANIEL ARMSTRONG (00:22:31) and ending with MEG JANSKY (00:29:47).

Table listing runner names and times for the 5 K Run, starting with KATHI MUELLER (00:37:07) and ending with LISA KENNEDY HEILT (01:27:00).

Table listing runner names and times for the 5 K Run, starting with JIM GROSS (00:19:06) and ending with JEFF LABODDA (00:26:31).

Table listing runner names and times for the 5 K Run, starting with NANCEE BAUMANN (00:33:46) and ending with JACQUELINE LARSON (00:49:08).

Table listing runner names and times for the 5 K Run, starting with DANIEL ARMSTRONG (00:22:31) and ending with MEG JANSKY (00:29:47).



Table listing runner names and times for the 5 K Run, starting with JANET HULK (00:29:48) and ending with SHERRI CONWAY (00:33:28).

Table listing runner names and times for the 5 K Run, starting with TED SHUE (00:19:01) and ending with GLENN BUSHEE (00:21:49).

Table listing runner names and times for the 5 K Run, starting with CYNTHIA JONES (00:23:13) and ending with JILL STAMM (00:27:43).



The Most Times are in 'The Strider'

(Continued on page 27)



Greater Whitewater Committee, Inc.

Presents Whitewater's 3rd Annual

Discover Whitewater Series



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9.20.2015

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MAKING DUST

It is true that speed kills. In distance running, it kills anyone who does not have it. Brooks Johnson



Samson Stomp

5 K Run RESULTS

(Continued from page 25)

Table with 3 columns: Rank, Name, Time. Includes Kevin McGrorty (00:27:16), Ron Santoro (00:27:22), Jerry Becker (00:27:55).

Table with 3 columns: Rank, Name, Time. Includes James Peterson (00:32:37), George Barsamian (00:33:17), Paul Dewar (00:33:54), Rick Richter (00:34:50), David Gavinski (00:35:03), Dan Rogers (00:36:00), David Deiringer (00:36:58), Charles Karpfinger (00:37:55), David Pluta (00:40:10), Daniel Lathrop (00:40:36), Cliff Gatewood (00:41:43), Scott Pearce (00:43:51), Joseph Frederick (00:44:23), Sarah Joda (00:44:35), Bob McGill (00:44:40).

Table with 3 columns: Rank, Name, Time. Includes Maggie O'donnell (00:31:38), Chris Lutze (00:31:50), Claire Bruckbauer (00:31:52), Sarah Bolz (00:32:32), Lisa Cheaney (00:32:37), Cindy Dix (00:32:38), Julie McGill (00:33:15), Lisa Akgulian (00:33:30), Barb Becker (00:34:17), Anne Kelly Ziegler (00:34:22), Julie Gaszak (00:34:42), Cathy Lange (00:34:52), Kate Parchim (00:35:34), Terry Huck (00:36:17), Karen Deiringer (00:36:57), Lori Sanders (00:37:37), Michele Hause (00:37:51).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 60 - 64 MALE, Thomas Kroll (00:25:54), Robert Kocen (00:26:01), Gregg Herman (00:26:06), Randy Nawotka (00:26:47), Roger Franzel (00:27:59), Greg Reamer (00:28:11), John Delwiche (00:29:03), Rick Treadwell (00:29:22), Peter Medved (00:31:22), Danny Krueger (00:33:04), Charlie Nyman (00:33:58), Robert Freiberg (00:34:02), John Wickert (00:34:21), Terry Sexton (00:36:29), Jeffrey Kurth (00:36:30), Ed Gleason (00:36:46).

Table with 3 columns: Rank, Name, Time. Includes Janet Berget (01:12:04), Age Groups: 65 - 69 MALE, Dick Van De Kreeke (00:23:07), Ron Eder (00:27:43), John Lohmiller (00:28:49), Joseph Farley (00:29:32), Dewitt Clinton (00:30:06), Earl Gutbrod (00:31:33), David Jalowiec (00:32:23), Dave Allen (00:33:55), David Schneider (00:35:40), James Kistler (00:35:52), James Jensen (00:36:00), Doug Labelle (00:36:17).



Table with 3 columns: Rank, Name, Time. Includes Jack Oblein (00:28:08), William Barder (00:28:21), Gary Holbach (00:28:22), Bruce Berry (00:28:45), Tim Sanner (00:28:50), Dale Wittlief (00:28:51), Johnny Santiago (00:28:52).

Table with 3 columns: Rank, Name, Time. Includes Raymond Anders (00:46:40), Mark Kaczmarek (00:48:57), Peter Molzen (00:56:11), Kenneth Kaiser (01:00:39), Bill Radomski (01:19:33).

Table with 3 columns: Rank, Name, Time. Includes Debra Davidoski (00:37:53), Robin Oehlert (00:38:12), Rose Anstedt (00:39:19), Maureen Dungan (00:40:28), Jean Stafford (00:41:08), Cindy Carter (00:41:22), Laurel Nelson-Rowe (00:45:48), Lynn Egan (00:46:37).

Table with 3 columns: Rank, Name, Time. Includes Dennis Kuhn (00:38:38), Brian Bernhardt (00:38:45), Donn Powers (00:41:36), Jim Schrimpf (00:44:21), Bob Dix (00:50:59), Jody Berget (01:10:24).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 65 - 69 FEMALE, Nancy Allman (00:28:47), Brigitta Mcgrorty (00:37:23), Carol Hegland (00:37:37), Kyle Rivest (00:51:08), Jolee Jank (00:52:27), Rosemary Sprang (00:56:36), Sandra Thein (00:57:34).



Table with 3 columns: Rank, Name, Time. Includes John Bradtke (00:29:20), Glen Stenstrup (00:29:26), Vladimir Hampel (00:29:35), Chancey Jones (00:30:10), Robb Fallon (00:30:16), John Augustine (00:31:03), Jeff Weiss (00:31:10), Jeff Zupan (00:31:11), Brian Patterson (00:31:15), Arthur Huenecke (00:31:38), Jeff Brunner (00:32:13), David Kacala (00:32:24), Robert Culver (00:32:31).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 55 - 59 FEMALE, Rita Brafford (00:24:15), Suzanne Selestow (00:25:17), Nancy Leon (00:26:10), Mary Joy Hubbs (00:27:25), Suellyn Wittlief (00:27:29), Julie Jorstad (00:28:31), Bev Blaha (00:30:06), Sue Breen (00:30:25), Mary Beth Fisher (00:31:08), Dawn Jones (00:31:13), Colleen McGuire (00:31:18), Judith Chilonas (00:31:22).

Table with 3 columns: Rank, Name, Time. Includes Rene Anders (00:46:41), Carol Keller (00:46:48), Beth Peterson (00:47:58), Cheryl Anderson (00:48:24), Karen Freiberg (00:48:46), Christine Ryerson (00:48:46), Jean Barney (00:48:48), Karen Miller (00:48:54), Mary McKay (00:51:07), Julia Lieungh (00:52:45), Lori Budzien (00:55:42), Colleen Abel (00:57:06), Diane King (01:16:11).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 60 - 64 FEMALE, Jean Hulbert (00:25:16), Beth Onines (00:26:52), Debra Tuckwood (00:30:05), Mary Wysocki (00:30:59), Jean Roessler (00:31:38), Connie Rinaldi (00:33:48), Denise Holtz (00:35:24), Sharon Gajewski (00:35:49), Penny Pesch (00:36:29), Gloria Bralick (00:36:32), Janis Thein (00:53:05), Roxanne Staveness (00:53:33), Anita Liebl (00:54:02), Debra Caruso (00:57:02).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 70 - 74 MALE, Juan Avalos (00:24:50), George Tillett (00:27:50), Michael Carr (00:32:37), Bob Feldbrugge (00:34:21), Paul Turzinski (00:38:54), James Baker (00:40:13), Wally Marks (00:43:26), Dennis Novak (00:43:39).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 70 - 74 FEMALE, Kathleen Rydberg (00:36:08), Marcia Balthazor (00:36:43), Karla Knutson (00:40:53), Donna McDaniel (00:41:27), Juanita Malloy (00:45:08).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 75 - 79 MALE, James Clarye (00:49:41), Ron Caruso (00:57:03).

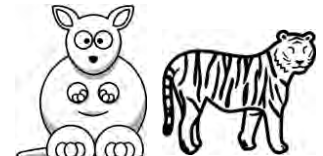
Table with 3 columns: Rank, Name, Time. Includes Age Groups: 75 - 79 FEMALE, Nancy Spencer (00:32:16), Sandra Weinstein (00:33:43), Judy Kirchoffer (00:40:07), Dona-Grace Gatewood (00:51:48).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 80 - 98 MALE, Edward Blumberg (00:37:40), Norm Hovila (00:41:11), Wayne Gilmore (00:42:21), Ron Barr (00:46:03), O.T. Lupinski (00:50:36).

Table with 3 columns: Rank, Name, Time. Includes Age Groups: 80 - 98 FEMALE, Lois Gilmore (00:36:06).



The Most Times are in 'The Strider'





MAKING DUST

Shoot for the moon. Even if you miss it you will land among the stars
- Les Brown



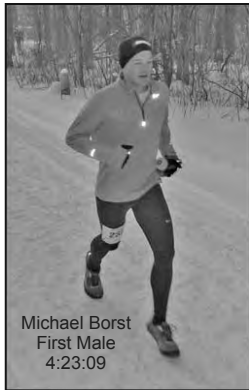
2015 John Dick Memorial 50K

2015 John Dick Memorial Crusty 50k 2/7/2015

Robert Wehner, RD

Well, it happened again. For the 3rd year out of the last 5, we had heavy snowfalls in the week leading up to the race. As veterans of this event know, this means potentially tough conditions, with fewer finishers and slower times. The snowmobile trails used for the course had been groomed and packed down, but it's always unknown how the deeper snow-pack will hold up. On February 7th, with the 27th running of the John Dick Memorial 50K, runners would find out!

I headed out on the course at 4am to mark intersections, and the trail conditions seemed quite good. Unfortunately, after 142 runners started down the trail, the groomed surface quickly broke down, and runners now knew it was going to be a "longer" day. Our multi-loop course would bring everyone back to the start/finish area 4 times during the race, before heading out on the final out-n-back segment. There, a great group of volunteers attended to their needs (and the door to a heated shelter awaited those finished for the day).



Michael Borst
First Male
4:23:09

Leading from start to finish, Michael Borst ground out the win in 4:23:09. Mike Dietz stayed close behind, to finish second in 4:33:39. And rounding out the top 3 was Michael's dad, Mike Borst, in 5:01:12. For the women, Tina Johnson was a repeat champion in 6:04:50, with Jeanne Perian second in 6:37.

After volunteering to help with registration, Angela Barbera jumped in the race and finished 3rd in 6:46:23. Overall, we had 72 runners complete the full 50k; the finish percentage of 50.7% was definitely lower than usual, but not as low as the toughest year ever (32.4% in 2011)!



Tina Johnson
First Female
6:04:50

Every year I get calls and emails in the days before the race asking "What are the trail conditions?". I typically don't answer these, as I have no way of knowing what the conditions will be like on race day. This year was the perfect example of how rapidly things change. In just a few days' time, the trails went from good to bad to okay. On race day, they went from okay to bad to better as the day wore on. Runners who did the full 50k all remarked that the trail progressively firmed up during the second half of the race.

So the lesson is: Folks, this is a winter trail ultra, and the weather and trail conditions can vary from great to awfully tough. Come prepared for anything, and spend the day with a great group of people. Thanks to all the volunteers who helped with the race; we'll see you next year on February 6th!

Place	Name	Time	State	Sex	Age	37	Name	Time	State	Sex	Age
1	Michael Borst	4:23:09	WI	M	21	37	Sam Severson	6:48:40	WI	M	40
2	Mike Dietz	4:33:39	IL	M	41	38	Jennifer Rolfing	6:49:17	WI	F	26
3	Mike Borst	5:01:12	WI	M	49		Michael Duhn	6:49:17	WI	M	29
4	Lee Dalgety	5:06:48	WI	M	43		Brian Kutz	6:49:17	WI	M	28
5	Bruce Udell	5:11:20	WI	M	48	41	Adam Hissong	6:49:30	IL	M	37
6	Henry Southgate	5:14:34	WI	M	33		Carolyn Hissong	6:49:30	IL	F	40
7	S Hartman-Keiser	5:17:01	WI	M	50	43	Jeff Lenard	6:52:28	IL	M	49
8	Nathan Hoida	5:22:58	WI	M	33		Tim Kruse	6:52:28	IL	M	38
9	Rick Stefanovic	5:25:08	WI	M	52		Eric Bloomquist	6:52:28	IL	M	46
10	Cory Conto	5:29:56	WI	M	34	46	Joe Cox	6:52:47	WI	M	56
11	Rolando Cruz	5:30:40	WI	M	36	47	Robert Hibbard	6:55:59	WI	M	62
12	John Papiernik	5:39:35	IL	M	30	48	Kathleen Rytman	6:56:47	WI	F	46
13	Sam Stelsol	5:46:03	IL	M	29	49	John Coons	7:00:00	WI	M	40
14	John Psuik	5:49:00	WI	M	47	50	Adrienne Warren	7:02:40	WI	F	32
15	Daniel Crouse	5:55:10	WI	M	38	51	Amy Hoida	7:04:39	WI	F	31
16	Seth Haynes	6:02:10	WI	M	33	52	Benjamin Freeman	7:06:40	WI	M	23
17	Ken Plumb	6:03:47	WI	M	62	53	Arun Sarkar	7:12:15	WI	M	37
18	Tina Johnson	6:04:50	WI	F	36	54	Jeannette Starkey	7:14:39	WI	F	44
	Matt Bartz	6:04:50	WI	M	40		Cora Pynenberg	7:14:39	WI	F	33
	Dave Dehart	6:04:50	WI	M	53	56	David Hart	7:16:00	WI	M	23
21	Tim Wegner	6:05:50	WI	M	49	57	Joyce Korte	7:28:00	IL	F	54
22	Alarik Rosenlund	6:06:15	WI	M	57		Elizabeth Amundsen	7:28:00	IL	F	29
23	John Zaleski	6:08:36	IL	M	49	59	Dennis Hanna	7:30:00	WI	M	59
24	Don Eby	6:12:15	WI	M	37	60	Linda Britz	7:36:13	WI	F	44
25	Jeff Moeur	6:13:42	IA	M	33	62	Wayne Nelson	7:36:13	MN	M	48
26	Tony Cesario	6:13:47	IL	M	51		Deb Vomhof	7:36:30	WI	F	52
27	Shawn Sanford	6:14:17	WI	M	38		Kathryn Dunn	7:36:30	WI	F	49
28	Andrew Featherstone	6:20:58	WI	M	43	64	Troy Malinowski	7:45:34	WI	M	48
29	Barry Thrune	6:22:01	WI	M	39	65	Maria Krause	7:50:16	WI	F	23
30	Matthew Bottkol	6:28:59	WI	M	37	66	Mike Johnson	7:50:30	IL	M	49
31	Curtis Hall	6:36:40	WI	M	35	67	Mike Glennon	8:15:00	IL	M	42
32	Jeanne Perian	6:37:00	IL	F	48	68	T Lambert-Cwerenz	8:22:26	IL	F	54
33	Benjamin Miller	6:39:10	WI	M	32	69	Gail Edgar	8:27:00	IL	F	55
34	Denny Hohisel	6:39:45	WI	M	34		McKenzie Fauth	8:27:00	IL	F	29
35	John D'Agostino	6:45:22	IL	M	34		Pat Gorman	8:27:00	IL	M	56
36	Angela Barbera	6:46:23	WI	F	54		Kathy Siculan	8:27:00	IL	F	57



Clark Bowerman founder of the race and first President of the Striders was on hand (photos by Jeff Weiss)



COMING EVENTS

(Continued from page 15)

May 3 Sun Neenah Duathlon Neenah
2-mi run, 18-mi bike, 2-mi run; 7:30am Riverside Park, Neenah **Divs** individual or part of a relay team. **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com **Web:** www.dutrirun.com

May 3 Sun Wisconsin Trail Assail - Cinco de Mayo Run Oconomowoc
5K, 10K, 1/2 marathon 8am Nashotah Park - W330 N5113 County Road C **Divs** 5K, 10K, 1/2 marathon **Awds** M&F 5yr **Contact** sean osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 racedirector@silvercirclesportsevents.com **Web:** www.silvercirclesportsevents.com/wta

May 3 Sun Moving for Mental Health 5K Madison
5K Run/Walk and 1 Mile Walk 402 N. Thornton Ave. **Fees** \$25 pre-reg, \$30 day-of **Contact** Dani Rischall Chrysalis 1342 Dewey Court Madison WI 53703 Day 608-256-3102 rischall@workwithchrysalis.org **Web:** workwithchrysalis.org/

May 9 Sat ICE AGE TRAIL 50 Mile/50k/Half Marathon Runs La Grange
50M 6am: 50k 8:15 am: Half Marathon 9am Southern Kettle Moraine State Forest - Nordic Parking Lot on County H **Note** 34th Annual. Challenging trail run, 50M 12-hr cutoff, 50k 10 hr. **Divs** 50M 18-29, 5yr: 50k 18-29, 10 yr: Half Marathon based on entries. **Awds** 50M and 50k plaque 1/mf, 3/div: Half Marathon based on entries. **Whchr** NA **Results** Ultrarunning, Strider, onlineaceresults.com **Fees** EVENT FILLED **Perks** Tech T to all. 50M finishers-belt buckle, 50k & Half finisher awrd. Post Race BBO: refreshments & beer included. **Contact** Jeff Malach Badgerland Striders N66 W30716 Red Fox Run Hartland WI 53029 Day 414-232-5411 iceage50rd@sbcglobal.net **Web:** www.iceagetrail50.com

May 9 Sat IT'S FUN TO RUN YOUTH RUN Fond du Lac
1/2, 1/3, 1/4, and 1/8mi runs. 1:45-3pm. reg 1pm. Buttermilk Creek PK, S. Park Ave and 20th St. **Note** All races on grass. **Divs** Free event open to all kids grade 5 and under. **Awds** certifs. **TS** **Results** newspaper, web **Fees** Free **Perks** TS, water **LastYr** 200 **Contact** Brad Theyerl Fond du Lac Running Club PO Box 102 Fond du Lac WI 54938-0102 Eve 920-922-1577 bradfdlrc@hotmail.com **Web:** www.fonddulacrclub.com

May 9 Sat Dances With Dirt Gnow Bone Nashville, IN
50M, 50K, 26.2M, 13.1M, 10K & 100K Team Relay - see website for times **Mikes** Music and Dance Barn, Nashville, IN **Note** The terrain will bring you shock and awe! Vicious 600' ridges, breathtaking natural beauty and wicked trails abound! **Divs** **Fees** **Records** website **Awds** OA M&F, Top 5div, 5yr, Relay **Awards** **Results** www.rftiming.com **Perks** Tech shirts, Finisher Medals for all & great post-race party! **Contact** Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@revents.com **Web:** www.dwdgnowbone.com

May 9 Sat Chase'n Chocolate 5K Fun Run/Walk WAUSAU
Reg 7:30am, Race 9am Marathon Park, 1201 Stewart Ave **Contact** Jake Keneen Women's Comm, Inc. 3200 Hilltop Ave. Wausau WI 54401 Day 715-842-5663 jake@womenscommunity.org **Web:** womenscommunity.org/run-walk.html

May 9 Sat Pigeon River Classic Clintonville
1/2 Mar 9am, 10K run 9:05am, 5K run/walk 9:10am, Kids 1mi 10am Olen Park **Awds** Ceramic medallions **LastYr** 154 **Contact** Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 info@greatlakesendurance.com **Web:** www.greatlakesendurance.com

May 9 Sat MVRA Heritage Trail 5K & 10K Run Dubuque, IA
5K and 10K at 8am Heritage Trail **Results** Chip Timed Event, Place figured with GunTime **LastYr** 360 **Contact** Matt Jasper MVRA Dubuque IA 52003 Day 563-542-3711 mvradbq@yahoo.com **Web:** www.MVRADubuque.com

May 9 Sat BACC Icebreaker Triathlon Barron
Adv: 1/4 mi swim indoor pool, 13.1mi bike & 5K run. Novice: 1/8 mi swim, 5.2 mi bike & 1 mi run. Barron Area Comm Cent 800 Memorial Dr **Divs** Adv & Novice **Awds** Medals top finishers **Fees** Adv-Indiv: \$45, Team: \$99; Nov-Indiv: \$25 **Contact** Angie Buckley Barron Area Community Center 800 Memorial Drive Barron WI 54812 Day (715)537-6666 baccab@chibardun.net **Web:** www.thebacc.com

May 9 Sat JOURNEYS MARATHON Eagle River
Mar 8am, HM Run & Power Walk 9:15, 5k 10am Boulder Junction to Eagle River **Note** Packet pick up and Reg is at the Northland Pines High School **Divs** 12-18, 19-29 5yr 70+ **Awds** Mar/HM plaques 2/div, 5k plaques 3/mf **Whchr** 7-50, awds 1/mf **Results** posted, mailed, web **Fees** See website **Perks** TS, goody bag, dwgs, finish medal, snacks, bev, music, massage, shwrs, post race celebration w/hot buffet and live music **LastYr** 1028 **Other** 5/10 race reg, pkt pickup, spaghetti dinner, post race celebration **Contact** Kim Emerson Ch & Visitor Ctr PO Box 1917 Eagle River WI 54521 Day 800 359-8315 Eve 800 359-6315 Fax 715 479-1960 info@eaglelriver.org **Web:** www.journeysmarathon.org


May 9 Sat 14K(arat) Women's Run Northern Kettle Moraine Forest
14K & 5K Northern Kettle Moraine Forest Ice Age Trail **Note** new race **Fees** \$35 - 14K or \$25 - 5K **LastYr** na **Contact** Patrick and Hillary Danaher Trail Dog Running, LLC 131 Sycamore Street West Bend WI 53095 Day 231-883-8828 rocky@traildogrunning.com **Web:** http://www.traildogrunning.com/2015_races

May 16 Sat Run Tosa Run Wauwatosa
5k run/walk 9am, kids run 8:30am North Ave and 69th Street **Note** Benefit Ronald McDonald House E. Wisc. **Awds** OA M&F receive East Tosa gift packages. Raffle for other prizes. **Results** Chip timing w/online results **Fees** \$25 for 5k until May 1, then \$30; \$8 for kids run **Perks** Run through the tree-lined streets of East Tosa, with chip timing, refresh and kids activ at the Start/Finish. **LastYr** 160 **Contact** David Paulsen Tosa East Towne Neighborhood Association 8425 W. Clarke St Wauwatosa WI 53213 Day 414-399-0067 rntosarun@gmail.com **Web:** http://tosaeasttowne.org/run-tosa-run/

May 16 Sat Westby Syttende Mai 5k and Half Marathon Westby
5k and Half Marathon - Road/Multi-use path - Starting at Westby High School during Syttende Mai Celebration. **Note** First year of Chip Timing! **Divs** TBD **Awds** TBD **Perks** Shirts guar for pre-reg, limited avail day of. Unique finisher shirts for half-marathon. **LastYr** 400 **Contact** Sam Franke Vernon Memorial Healthcare 507 S. Main St. Viroqua WI 54665 Day 6086374290 sfranke@vmh.org **Web:** https://www.facebook.com/events/632241673559254/

May 20 Wed Badgerland Strider Club Meeting Milwaukee
5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) **Note** **BLS Marathon Build Up Program Kick Off** **Fees** Admission \$1 for members and non-members. **Perks** Refreshments & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders davegavinski@juno.com **Web:** www.badgerlandstriders.org

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How to Submit Materials for Publication

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

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

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

Please submit via email or stored on a data disk or thumb drive in just about any format. Any photos will be appreciated. Suggested captions are appreciated too.

and please identify the subjects when possible. Please put your name, address, date of the photo and name of the event on the back of each photo if you want to receive a photo credit, and/or if you would like them returned. Electronically submitted photos should be in PDF, JPEG or TIF format and should not be embedded in word processor based documents.

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

Send submissions via email directly to 'The Strider' at tstrider@wi.rr.com or via snail mail:

Jeff Weiss
5310 W. Wells Street
Milwaukee, WI 53208



This newsletter is printed on recycled paper.

Badgerland Striders 2015 VIP List

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President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
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"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 Rodie'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 runnerjeff@outlook.com or phone Jeff at 414-771-3165.

NOTE: I really prefer to be contacted by email. I am not home much and when I am it's late at night.

Monthly Club Meetings

Badgerland Strider monthly meetings are held on the third Wednesday of each month (Except December, July and August) at the Pettit National Ice Center, 500 South 84th Street, Just off the 84th street off ramp of I-94. Pre-Meeting Run 5:30pm, Social hour at 6:30 pm, followed at 7 pm by a guest speaker or presentation, and a business meeting at 8 pm.

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

Program suggestions are welcome.

Call Dave Gavinski: 414-476-3745

Email: davegavinski@juno.com

Moving?

Please send a change of address to the Strider office. The newsletter is not being forwarded and you will miss out on your subscription.

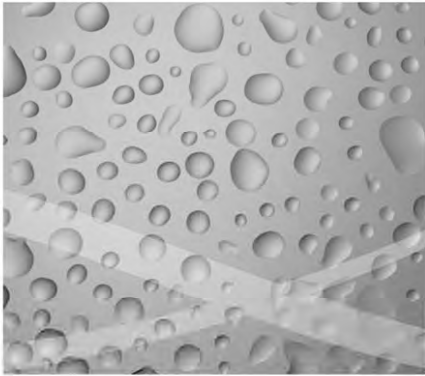
● **Badgerland Striders Office**
● 6526 W. River Parkway
● Wauwatosa, WI 53213
● Club Phone: 414-476-7223
● (leave message)
● www.badgerlandstriders.org,
● email: blsoffice@sbcglobal.net

"The Strider"

● Jeff Weiss
● 5310 West Wells St
● Milwaukee WI 53208
● runnerjeff@outlook.com

2015 RACE & PROGRAM DIRECTORS

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Steve Cullen Run Nicole Jellison	nmjellison@yahoo.com	Feb 13, 2016 414-541-3086
Strider Southshore 1/2 Marathon Len Wachniak	SoShoreRD@aol.com	Apr 4, 2015 414-545-5899
Deer Run 10K/5K Hank Nisiewicz	hjn0316@wi.rr.com	Apr 25, 2015 262-242-3868
Ice Age 50-Mile/50K Jeff Mallach	iceage50rd@sbcglobal.net	May 9, 2015 414-232-5411
Superun 5K Dave Gavinski	davegavinski@juno.com	June 10, 2015 414-476-3745
Hartfest Half Pete Abraham	ptaak7@yahoo.com	June 13, 2015 414-774-4580
Hales Corners Firecracker Four Erin Smith	echap070@gmail.com	July 4, 2015 920-321-4944
Cudahy 5mi & 10mi Andrew Cordell	cudahyclassierd@gmail.com	July 26, 2015 -
Minooka Corn Roast Ken Schoberg	kenschoberg@yahoo.com	July 29, 2015 414-273-8064
Strider Half Marathon Tom Buthod	striderhalf@gmail.com	Aug 29, 2015 414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run Robert Wehner	rwehner@hotmail.com	Sept 5, 2015 262-370-7270
Tosafest 5K Anne Peters	tosafest5K@yahoo.com	Sept 12, 2015 312-927-4124
Briggs & Al's 8K Run for Children's Hosp. Jeff Weiss & Brandi Encarnacion	alsrun@gmail.com	Sept 19, 2015 -
Lakefront Marathon Jon Mueller	milwaukeeakelakefrontmarathon@gmail.com	Oct 4, 2015 414-333-9256
Glacial Trail Run Robert Wehner	rwehner@hotmail.com	Oct 11, 2015 262-370-7270
Lakefront Discovery Run Scott Stauske	stauske@sbcglobal.net	Oct 31, 2015 414-418-8395
Turkey Trot Dave Pike	davepike@yahoo.com	Nov 8, 2015 -
Strider 20K Barb Drees	barbadrees@yahoo.com	Dec 6, 2015 -



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