



the STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

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SUPERUN 2015 COMING SOON!

By Dave Gavinski

The 2015 5K Superun Race is approaching fast. If you have never ran this race, now is the time.

We will have an evening of fun, socializing and a chance to make new friends.

The Pompeii Men's club will be back selling those traditional great Italian Sausages. Please support their cause. They can be pre ordered at a discount when you sign up for the race on Zap events.

The first Annual 5K State championship will be held with this race. I moved into a new age group this year. I thought about coming out of race retirement for this soon to be famous race but decided it would be best not to, since I'm the race director and I would have to compete against some fast runners such as the Dodd brothers, Ogutu, Delapp, Gilmore, and Moore to name a few.

In closing, I am hoping to have a great race to kickoff the summer for what will be a great time.

There will be new State championship awards for Overall, Top Master, Grandmaster, and Senior Grandmaster awards for Males and Females.

See you Wednesday June 10th at the Lake Park Pavilion, 3133 E. Newberry Blvd, Milwaukee WI. The race begins at 7pm. Race day registration will be from 5-6pm. Race fees are \$25, \$20 for Strider and Tri Wis members until May 31, 2015. \$35 for everyone after May 31st. Online registration is available at zapevent.com until June 8, 2015.

For more information, go to badgerlandstriders.org



HARTFEST HALF MARATHON JUNE 13TH

The Strider's newest race, the Hartfest Half Marathon is back for a second year. The race will start and finish in Wauwatosa's Hart Park. With one major change. This year's race will start at 8:30 am instead of last year's 1:00 pm starting time.



The course will be much the same as last year, 13.1 mile entirely with in the City of Wauwatosa without crossing a single road! The first and last two miles are on asphalt bike trail with much of the middle por-

tion run on a packed gravel path. Starting in the Hartfest festival grounds the route passes through a farmer's market, a beer garden, around the Hoyt park pool, around the two new rainwater retention ponds, along the Hansen golf course, past an archery range, through the community gardens, past some bee hives and finally past a naked manikin before the halfway turn around.

After picking up your finisher's medal you can stick around for a free breakfast and enjoy some of the Hartfest entertainment and some free beer.

Both the course and the after race party received rave reviews last year!

Like last year participants can pick up their bibs and t-shirts on Friday night at Hartfest from 3:30 - 7:30 or before the race on Saturday morning.

2015 FIRECRACKER FOUR

By Erin Smith, Race Director

Looking for a PR race? Try the Firecracker Four! You are almost positively guaranteed a Personal Record, because really, how many 4-mile races are out there? Not to mention, the race takes place on a flat and fast course, except for that pesky little hill in the last mile but we don't talk about that hill.

Sounds like fun? I think so! So, why not join us for the 37th running of the Firecracker Four on Saturday, July 4, 2015 at Hales Corners Park? You know you want to, come on, it's only \$18!

As always, our featured 4-mile race will start at 8:00am heading southeast on South New Berlin Road toward Godsell Avenue. For those of you who would like to participate but aren't up for a 4 miler,



we will again have our Community Fun Run/Walk (~1.7 miles). This untimed event also starts at 8:00am but heads northwest on South New Berlin Road.

Both races conclude on the ball field at Hales Corners Park where participants will be welcomed by smiling volunteers and cheering spectators. You can expect a lovely spread of cookies, fruit, and icy cold beverages. The Hales Corners Park Pool will also be open for race participants and their families free of charge from 8:00am-11:00am.

For more information or to register please visit <http://www.badgerlandstriders.org/home/Races/FirecrackerFour.htm>

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

It's Your Club

With over 1000 new members joining the Striders in the past year it occurs that many of you may not have a good handle on who we are, what we do, or how we do it. First and foremost we are a Social club formed with running and promoting a healthy life style as our main goals. This year we will stage 19 races ranging from the Tosafest and Superun 5ks to the internationally known Ice Age 50 miler in the Kettle Moraine. Our schedule also includes 25 Wednesday night Fun Runs, several dozen indoor and outdoor speed training sessions, a 16 week marathon build-up program and 3 track meets. Our race schedule has events of virtually every standard road racing distance. Our Cudahy Classic 5k/10k is the oldest continuously staged road race in Wisconsin. The Lakefront Marathon is the largest marathon in Wisconsin and ranks near the top 50 marathons in the US in terms of the number of finishers. The profits generated from our races are used to fund club activities and to make donations to various running related groups. The fun runs, training sessions, build-up program and track meets are all free.

Many of our races were established decades ago simply to offer members of the running community opportunities to race. Fees for some races were just high enough to cover the costs of putting on the race. The South Shore half marathon and the Strider Half (formerly Strider 20k) originally charged only a couple of dollars for entry

fees. Other races were designed to make money to help to cover the costs of our free activities and the club's expenses. Several of our races are 'contract' races including the Deer Run, Al's Run, and the Samson Stomp. The Samson Stomp for example is owned by the Milwaukee County Zoo. Strider involvement in contract races varies but generally we provide, consultation, race day management, equipment and volunteers. The fees for our services also vary but are generally in the range of a dollar a runner, a fraction of what private race promoters generally charge.



Each race has a dedicated race director. Strider race directors (RD) have virtually complete control over their races. Depending on the race a RD may have numerous assistants or captains. A typical Strider race will have 7-8 captains and perhaps 50-60 volunteers. Lakefront Marathon on the other hand has several assistant RDs, several dozen captains and as many as 1000 volunteers. Races like the Turkey Trot or the FX 12/24 might only require a 15 - 20 volunteers. Any profits generated by a Strider race go to our general account which is used to pay the club's bills. Membership fees cover

(Continued on page 16)

Badgerland Striders Meetings



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

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

Contact our meeting speaker coordinator

Dave Gavinski with speaker ideas for our future meetings.

If we use your idea for a future meeting speaker you could win a Strider Hat

Home: 414-476-3745, Email: davegavnski@juno.com

BADGERLAND STRIDERS MEETING SPEAKERS

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

The Badgerland Strider Marathon Build Up Program starts in 1 month, June 20th.

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.

June 17th, 2015
Chris Brust
Completed a
Marathon on
Seven Continents

Chris is a Strider, exuberant volunteer and generally a good guy. Chris travels the world running along the way. He will share his experiences on those travels.



JULY & AUGUST
NO MEETINGS

SEE YOU AT THE
FUN RUNS,
TRACK MEETS,
TRACK WORKOUTS,
MARATHON BULD UPS,
SUPERUN,
HARTFEST HALF,
FIRECRACKER FOUR,
CUDAHY CLASSIC,
STRIDER HALF MARATHON,
TOSAFEST,
THE 6-12-24HOUR RUNS
AND
BRIGGS & ALS RUN

Times Past: Yesterday and Today

Lakefront Marathon, Part One



(Author's Note: This is the first of three installments on the history of the Lakefront Marathon.)



By Ron Winkler

This year will be the 35th running of the Lakefront Marathon when the starting pistol is fired at 7:30 am on Sunday, October 4th. The first pistol was fired on September 20, 1981, the only year that the race was not held in October. Another unique feature of that first year was the short-sleeved t-shirt that all runners received. Since 1982, participants have been given a long-sleeved t-shirt.

Mayfair Marathon

Lakefront was an outgrowth of the old Wisconsin Mayfair Marathon, first held in June 1973. In 1975, the date was moved to Sunday of Memorial Day weekend. The event, co-directed by Roger Bodart and Grant Nelson, included a "mini-marathon" of 14.6 miles.

Bodart was the manager of the Mayfair Gimbels store and in those days, Mayfair was closed on Sundays. With an empty parking lot, there was no danger to runners, spectators or race staff from vehicles. That was extremely important because at the start of the race, the runners ran three laps of the mall parking lot before heading out onto North Avenue for a loop through Wauwatosa. Upon returning to the mall, runners ran a partial loop around the mall to the finish line; the "mini-marathoners" were done, but the marathoners headed back out onto North Avenue for another loop of Wauwatosa.

The road to Lakefront began when Strider Mac Busby suggested a more inspiring marathon course. Inspiration came from Grandma's Marathon, run along a point-to-point course along Lake Superior into Duluth. Lakefront was designed as a point-to-point course along Lake Michigan, beginning in Grafton and ending in downtown Milwaukee.

The year 1981 saw the last Mayfair Marathon and the first Lakefront Marathon. That was the only year that the Striders put on two marathons. The 1982 Mayfair Marathon was scheduled, but in February 1982, Bodart decided to step down after ten years.

Dave Heinig was Lakefront's original race director (RD), but Bob Fitts took over when Heinig stepped down due to other commitments.

There have been eight race directors.

Bob Fitts was the director in 1981, followed by Al Hansen in 1982 and Bill Grass in 1983. Glenn Wargolet served for the next two years, 1984-85. Joe Balthazor took charge in 1986 and stayed until 1989. Steve Hartmann took the helm in 1990 and remained for ten years. Kris Heinrichs took over in 2000 and served through 2012; her thirteen years is the record for a Lakefront Marathon RD. Since 2013, Jon Mueller has been RD.



Photo 1, Ann Reis- Caption: Ann Reis, 24, from Indianapolis, Indiana winning the 1985 Lakefront Marathon; her official time was 2:58:28.



Winner of the 1984 Lite Beer Lakefront Marathon, Jesse Garcia (2:23:41).

A Popular Race

Over the years, Lakefront has become popular for a variety of reasons. The flat and fast course is favorable for running a personal record (PR). Runners also use the USATF certified course as a qualifier for the Boston Marathon or the Olympic Marathon trials. According to Runner's World Magazine, Lakefront is one of the top marathons in the U.S.

The scenic course travels from Grafton High School through farmland in Ozaukee County to the northern suburbs of Milwaukee County. Upon reaching Lake Park and Lincoln Memorial Drive at mile 23, there is a steep downhill to the lakefront where runners travel over one of Milwaukee's most popular and scenic areas for not only running, but biking, walking, skating and strolling.

Lakefront is a no-nonsense, low profile, efficiently run event along Lake Michigan. During the late 1980s, there was talk of attracting big names and of changing Lakefront to an urban marathon through the streets of Milwaukee. However, Lakefront has remained a race for average runners.

The RD relies heavily on volunteers; there is a ratio of approximately one volunteer for every three runners! Lakefront is a very "runner friendly" race. In fact, all runners are greeted and thanked at the finish line by either the RD or the buildup director.

Many of the Lakefront staff have worked the marathon for most of its existence. Others have run Lakefront or other marathons. Their experiences have resulted in continuous improvements to the Lakefront Marathon.

Lakefront Staff Kept Busy

Leaflets are distributed to homes along the course to notify residents of the date and time of the race in an attempt to minimize inconvenience to residents. In addition, the flyer asks residents to offer support and encouragement to the runners.

Over five hundred traffic cones are placed on the course. Along certain stretches, there are as many as fifty to fifty-five cones per mile. Cones and sentries keep the runners on track.

Splits are given at each clearly marked mile. In addition, large digital clocks are at miles 1, 5, 10, 13.1, 15, 20 and 25. Volunteers at these miles give each runner his/her pace per mile and a projected finish time.



Race Director Steve Hartmann (left) gives final instructions at the start of the 1990 Lakefront Marathon, his first.

Aid stations manned by friendly volunteers from area high school cross country teams offer water, Gatorade, bandaids, Vaseline and encouragement at miles 1.7, 4, 7.5, 10, 10.9, 12.9, 15.2, 17.5, 19.4, 21, 22.5, 23.6, and 25. Each aid station has three thousand cups, five water containers with water supplied by a friendly home or park, and sixty gallons of Gatorade. Port-a-potties are located at the start, finish and all aid stations.

Upon receipt of their entry, each participant receives a plethora of valuable information. Hotels and restaurants are listed. There is a section on "Race Day Preparation" along with information that is valuable for runners and their fans during the race.

On race day, all runners can park their cars at the Italian Community Center and ride the free bus to the start at Grafton High School. At the finish, Strider Dick Dodd is one of the announcers who greet the tired runners. Then, each runner is treated to a variety of refreshments. There is bread, muffins, fruit, cookies, vegetables, cheese, soda, beer, coffee and mineral water. Runners can then ride the free shuttle back to their hotel or the Italian Community Center to pick up their vehicle.



I get by with a little help from my friends.

Each runner can access the race results online which include splits at several points during the race. Lakefront has had fairly good weather over the years. Everyone has had minor quibbles about strong headwinds, heat, fog and cold, but there has never been extreme cold, snow, a tornado, hard rain or an all-day rain.

It is not known if weather has affected participation at Lakefront because less than ideal weather on race day is no reason for not running a race that has consumed not only your time, but also your family's time for perhaps an entire year. It is much easier to roll over and go back to sleep if the weather is bad on the morning of a 5K.

Marathon Relay

In 1986, RD Joe Balthazor initiated a five-person relay to increase the sagging attendance of the previous year. A relay team consisted of all men, all women, or mixed. There was also a Master's div with the same categories. The relay grew until approximately one hundred teams participated. Initially there was some concern about how the marathoners would respond to the relay runners. Starting with the second year of the relay, each relay runner was given a tag to wear on their back that identified him or her as a relay participant. That prevented a marathoner from chasing down a competitor only to discover that it was a relay runner. In addition, the marathoners enjoyed the cheering from the relay runners at each of the relay exchange zones.

The original relay had four legs of five miles with the final leg being a 10K. Over the years, the relay exchange zones were changed due to concerns voiced in Ozaukee County about relay runners warming up on the highways. The result was that the legs were no longer equal. Legs were as short as three miles and as long as eight miles. The relay was finally dropped in 2011 to increase the cap for the number of marathoners. The cap has increased over the years to its current limit of 3500 to celebrate this year's 35th running. Even with the high cap, Lakefront is always full by the end of April.

(Continued on page 5)

Overcoming the Fear of a New Distance

Brian Gold

As runners we often look to challenge ourselves by running a new distance, but along with that comes the uncertainty or even fear of what it will take to finish. This uncertainty, self-doubt, or fear can either be self-fulfilling or push you to put the work in.

Participating in other sports in my younger days, I was taught that practice should be hard and the games should be the reward for working hard at practice.

I have taken this same approach in running, especially when moving up in distance. Before I make a decision

to move up in distance, I try to look at a training schedule to make sure I know what I am getting myself into, and then ask myself, am I willing to put in the effort to make sure that I can cross that finish line?

A big key in overcoming the fear of the distance is making sure that your

training gives you enough time to gradually build up to the longer runs. Once you make the decision on your training schedule, imagine each training run at making a deposit in the running bank, as the training runs get longer, the deposits are bigger, which earn you more interest (confidence) that you are able to cash in on race day.

The decision to race a new distance for can be a scary one and often no amount of self-talk or hard training runs is going to overcome the nervousness of race day. However, if you can mitigate it in any way, that can make a huge difference. Lay out your race gear the night before, plan ahead for what you are going to eat, if you are traveling, make sure you have maps ready

and you know where you are going. Do whatever you can to lessen the pre-race stress.

Finally, I say, embrace the anxiety. It seems that as I get older, I find it harder to channel the intensity for an event. Use this anxiety to have a

race plan, and use it as motivation to push you to the finish. The thrill of victory, whatever that means to you, is only enhanced by the anxiety going into the event.

5K-->10K-->Half-->Marathon



No matter what race you are in, there is an excellent chance that you will not be the only one who is tackling the distance for the first time. Depending on the race and the size, there may be pace teams, which could be a good way to meet other runners, and then you have others to run with, and encourage you along the way. This is something that I can attest to during the Lakefront Marathon, I was able to connect with the people leading the pace that I wanted to run for the marathon and we were able to meet up at the buildup runs. Then on race day, I was able to soak up their encouragement and while I did not hit my goal, I was able to finish much stronger than in the past. Not to mention the other great people that I met along the way.



XC Thrillology Trail Series 2015



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



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



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

LAKEFRONT MARATHON SUMMARY

Year	Cost	Director	Winner	Finishers	Unique Feature
1981	\$3.00	Bob Fitts	Steve Benson 2:14:09 Mary Bange 2:55:31	586	Inaugural year
1982	\$6.00	Al Hansen	Steve Benson 2:18:09 Sue Moen 2:54:29	1307	Year of the wind
1983	\$8.00	Bill Grass	Fred Tormeden 2:14:43 Nancy Mieszczyk 2:39:15	1149	\$15,000 prize money
1984	\$9.00	Glen Wargolet	Jesse Garcia 2:23:4 Betty Nelson 2:51:57	1001	Year of the fog
1985	\$10.00	Glen Wargolet	Pete Dodd 2:22:36 Audrey O'Brien 2:56:02	749	New sponsor, name
1986	\$12.00	Joe Balthazor	John Zupanc 2:22:29 Linda Walker 2:53:38	687	Year of parachutist, train, first relay
1987	\$15.00	Joe Balthazor	Pete Dodd 2:23:34 Judy Doyle 2:47:12	963	New slogan, logo
1988	\$15.00	Joe Balthazor	Mark Horowitz 2:27:23 Sandy Lovejoy 3:02:55	889	Prisoner runners
1989	\$15.00	Joe Balthazor	Daniel Martin 2:27:43 Mary Poser 2:59:38	1003	Tyvek Housewraps Lakefront Marathon
1990	\$18.00	Steve Hartman	Tom Antczak 2:25:38 Kris Clark-Setnes 3:04:56	943	10 th running; start of Hartman dynasty
1991	\$18.00	Steve Hartman	Tim Renzelmann 2:22:22 Linda Walker 2:43:15	872	Debut of rival Fox Cities Marathon
1992	\$27.00	Steve Hartman	Lee Zubrod 2:26:03 Debbie Revolta 2:51:39	834	Runners Guide features song titles
1993	\$27.00	Steve Hartman	Randy Damkot 2:29:00 Liz Krznarich 2:56:43	668	Lakefront is 81 st marathon in runner's attempt to do "93 in '93"
1994	\$27.00	Steve Hartman	Mitchell Craib 2:25:27 Ann Schaeffers 2:47:31	946	Purple entry, guide logo by Kathy Behling
1995	\$28.00	Steve Hartman	Randy Damkot 2:22:35 Jane Murphy 2:44:3	1358	Lakefront one of top 25 listed in Runner's World
1996	\$30.00	Steve Hartman	Rick Stefanovic 2:33:52 Kathy Green 2:58:13	1082	Lakefront scores 88.1 in Ultimate Marathon Guide
1997	\$31.00	Steve Hartman	Brian Pahnke 2:33:52 Jennifer Holzem 2:58:13	965	Year of wind II
1998	\$32.00	Steve Hartman	Randy Damkot 2:25:25 Mary Peckarsky 2:49:50	959	1 st time woman marathoner wins, qualifies for Olympic trials.
1999	\$34.00	Steve Hartman	Dan Held 2:23:22 Keri Wells 2:49:49	1185	first year of chip timing
2000	\$35.00	Kris Heinrichs	Randy Damkot 2:26:07 Janet Salazar-Ohs 2:52:24	954	New race director
2001	\$35.00	Kris Heinrichs	Randy Damkot 2:29:04 Kathy Waldron 3:01:28	1108	nothing special
2002	\$35.00	Kris Heinrichs	Rick Stefanovic 2:41:04 Kit McCaffrey 3:05:26	1143	date officially established as 1 st Sunday in October
2003	\$40.00	Kris Heinrichs	Chris Roberseau 2:26:39 Rebecca Ward 2:55:4	1508	first year for prize money
2004	\$45.00	Kris Heinrichs	Shane Carr 2:35:34 Aaron Clark 2:58:13	1805	relay changed to four-person
2005	\$45.00	Kris Heinrichs	Bob Cisler 2:32:22 Meghan Macardy 3:03:06	1878	first year for long-sleeve coolmax t-shirt
2006	\$45.00	Kris Heinrichs	Paul Laeseke 2:32:26 Rebecca Suehring 2:53:28	1908	cap on number of entries
2007	\$50.00	Kris Heinrichs	Matthew Lavine 2:36:37 Corina Canitz 3:00:38	1671	no race day packet pickup
2008	\$50.00	Kris Heinrichs	Brent Alexander 2:28:24 Jenny Ellis 3:01:16	1942	record for number of finishers
2009	\$50.00	Kris Heinrichs	Ryan Meissen 2:24:53 Katlyn Regan 3:05:22	1882	top runners DQd for violating USATF rules
2010	\$65.00	Kris Heinrichs	Scott Jansky 2:31:41 Nacole Fredrickson 3:01:42	1904	pasta dinner at MSOE
2011	\$75.00	Kris Heinrichs	Nick Szezech 2:22:17 Amber Druien 2:54:16	2073	relay dropped; only online registration
2012	\$75.00	Kris Heinrichs	Paul Zdroik 2:27:08 Jacqui Guiliano 2:55:06	2106	kid's race added
2013	\$75.00	Jon Mueller	Ryan Meissen 2:28:23 Melissa Burkart 2:45:30	2154	new race director
2014	\$80.00	Jon Mueller	Nicholas End 2:27:31 Melissa Gacek 2:54:52	2087	kid's marathon

Times Past: Yesterday and Today
Lakefront Marathon,
Part One

(Continued from page 3)

Marathon Buildup

The marathon buildup is of great value to runners of all abilities and experience. The buildup is a 12-week program that starts in early July. It is free and is sponsored by the Striders. Other clubs have similar programs, but charge a fee.



Runs start from Lake Park on Saturday mornings at 8:00 am. Participants are encouraged to be able to comfortably complete no less than a 10K. Saturday distances are gradually increased from 7 miles to 20 miles, followed by a two week taper. Runners choose their own pace or run with others of similar ability. Beginning and experienced runners are provided education and companionship necessary for building their mileage to the marathon distance.

Grant Nelson started the marathon buildup as part of the old Wisconsin Mayfair Marathon.

Those original buildups started from the Hansen Park golf shed (part of the Mayfair course). Dennis and Marge Brewer eventually took charge. The buildup became so popular that on Saturday, April 22, 1978, Rod Luck from Channel 12 covered the buildup on television.

Dennis Brewer adopted the buildup to the Lakefront Marathon starting in 1983. He moved the buildup to Klode Park and was assisted by Bill Grass starting in 1984. In 1985, Grass took sole charge of the buildup. That same year, Grass initiated the Strider 20K in early September as part of the buildup to give runners a taste of competition at a long distance. The race, which has been lengthened to a half-marathon, has a low entry fee and is run through Estabrook Park and the bike trail between Estabrook and Veterans Parks.



The finish line of the 1984 Lite Beer Lakefront Marathon was easy to find.

In 1993, Larry Govin-Matzat took over the buildup after co-directing with Bill Grass. Govin-Matzat continued the high standards of this program and was joined by Jeff Weiss, Phil Carpenter and others around 1996. At about the same time, Govin-Matzat stepped down due to back problems. Enter Phil Carpenter until 2006 when Jon Mueller took over and ran the buildup until 2010. Bill Jahnke and Jeff Weiss took over in 2011. In 2012, Weiss took over solo. "Graduation exercises" on the first Sunday of October (Lakefront Marathon) see a high rate of success for "graduates" of the buildup.

Lakefront Records

The records set in the early years of Lakefront still stand. In fact, Steve Benson set the men's record in the very first running (2:14:09). The women's record, set by Nancy Mieszczyk, is from 1983 (2:39:15). The master's record is also from 1983 and belongs to Gary Muhrcke. The oldest winners were Tom Antczak in 1990 (2:25:38) at age 39 and Betty Nelson in 1984 (2:51:55) at age 38. The youngest winners were Lee Zubrod in 1992 (2:26:03) at age 23 and Audrey O'Brien in 1985 (2:56:02) at age 25.

Of the one hundred fastest men's times, sixty-two are from 1981 through 1984. Ten of those times are from 1981, seventeen are from 1982, 27 are from 1983 and eight are from 1984. In fact, the top 23 times are from those same years and range from 2:14:09 to 2:22:19. Prize money was offered in those early years and reintroduced in 2003.

(Continued on page 16)

HOW TO BEGIN - OR RESTART A RUNNING PROGRAM



Aurora Sports Medicine Institute®

Presents

chalk talk

www.Aurora.org/SportsMedicine

By Danielle Lueck, MS, LAT, PES
Aurora Sports Medicine Institute

Interested in running a 5K, 10K, half marathon, or marathon? Congratulations! You are joining one of the largest “clubs” in the world.

Preparation

Before you start any type of running program, it’s important to visit your doctor to rule out any cardiovascular or orthopedic limitations. Got the green light to go? Great! Next, it’s time to determine your running goals. To accomplish this, you need to ask yourself a series of questions. Your answers will help guide you toward an appropriate training program.

- Will this be your first race, or are you a seasoned veteran?
- What distance do you want to cover: 5K, 10K, half marathon, or marathon?
- Do you “just want to finish”, or do you have a specific time goal?
- Are you injury prone? Do you have any other health issues?

When increasing your body’s workload with an activity



such as running, it’s important to have a good cardiovascular base. Typically, you should be able to sustain 20 to 30 minutes of moderate intensity walking, biking, elliptical training, or swimming prior to the start of a running program.

Your body is like a machine. And, just like machines, it needs proper care and maintenance to perform. What’s fueling your body — are you providing proper nutrition that can sustain an increased level of activity? A good way to track this is through the use of websites or smartphone applications such as: “MyFitnessPal” (www.myfitnesspal.com) or the government’s “ChooseMyPlate” option (http://www.choosemyplate.gov/supertracker-tools.html). Keep in mind, based on your distance goals, you may need to fuel before, after, and possibly during, a run.

Water (hydration) is crucial. It’s recommended that over the course of a day, an individual should drink 64 ounces (i.e., eight cups) of water. When hydrating for exercise, it’s important to incorporate the following into your daily routine:

- 16 to 24 ounces of fluids: Two to three hours prior to exercise
- 4 to 8 ounces of fluids: As possible, five to ten minutes prior to exercise
- 6 to 12 ounces of fluid: Every 15 to 20 minutes during exercise; beverages such as Gatorade, PowerAde, or Propel are recommended for events lasting over an hour.
- Consume enough fluids after exercise to make your urine pale. Generally, you should consume 12 to 24 ounces within 30 minutes of completing your training.

Clothing and footwear

Time to check your closets! Do you have the proper clothing and footwear for running? Also, be sure to pay attention to the weather and time of day when deciding what to wear.

- Choose moisture wicking clothing and socks.
- Dress in layers based on the temperature. You can always take layers off, but you can’t add clothing that you don’t have!
- For night running, choose light-colored clothing with reflective strips. Consider investing in some small lights or a reflective vest to keep you safe.

For a runner or walker, wearing the correct shoes can actually help to prevent many overuse or impact-related injuries.

Determining your “foot type”:

Individuals with low arches/flat feet or arches that drop too much when walking are called **pronators**; those with arches that are high and do not drop enough are **supinators**. Pronators should look for shoes with good heel control—specifically, a rigid heel counter; supinators need a shoe with good shock absorption.



The “anatomy” of a shoe:

- **Mid-sole:** Designed to provide shock absorption during activity, the midsole layer is located between the inner last and bottom treads of a shoe.
- **Last (Shape):** Best seen by viewing the shoe from its bottom, the last refers to the shape of the shoe. The three types of last are semi-curved, curved, and straight.
- **Inner last (Construction):** Directly under the insole on the inside of the shoe is the inner last. The inner last is available in three options: board, combination or slip lasting. Board lasting is a flat, cardboard-like material under the insole. Slip last is characterized by seams of fabric under the insole. Combination lasting occurs when the heel area of the shoe is constructed from board last and the ball of the foot is slip last.
- **Heel counter:** The stiff material surrounding the heel portion of the shoe is the heel counter. Important in both walking and running shoes, the heel counter prevents excessive heel motion, especially in pronators. To test a heel counter’s stability, squish it with your hand – it should be firm enough to resist your pressure. The heel counter should fit snugly, wrapping around your heel like a glove.

Which shoe is right for you?

Pronators (flat feet) should shop for motion control – their primary concern is stability.

- * Straight last
- * Board last or combination last
- * Firm mid-sole
- * Solid, sturdy heel counter

Supinators (high arches) should shop for shock absorption – their primary concern is cushioning.

- * Curved or semi-curved last
- * Slip last
- * Soft mid-sole
- * Solid, sturdy heel counter

(Continued on page 9)

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So You Wanna Run a Marathon

Jeff Weiss, Build Up Coach

Milwaukee's Lakefront Marathon is only 5 months away!

We begin the Badgerland Strider's Lakefront Marathon Build Up Program in just one month on June 20th.

The program is free brought to you by the Lakefront Marathon. Membership in the Badgerland Striders is not required but it is encouraged. No pre-registration is required just show up. Donations are accepted to help offset costs.

The program has been well attended in the past few years with up to 300 people at some of the runs.

The program begins on June 20th at Lake Park at 3233 E Kenwood Boulevard, just west of the Lake Park Bistro and the lawn bowling courts.

We begin with a 6 mile run along the lake and the county's bike and pedestrian trails. The program builds up your distance at the rate of about 2 miles per week with long runs near the end of the program of 20 and 22 miles. There are some step back weeks during the program. On many of these step back weeks we incorporate Badgerland Strider races providing participants with some pace training along the way.

Before starting the Build Up program you should have a minimum base mileage of 25 miles per week. You are responsible for planning you weekday mileage, the program is designed to be your long run every Saturday. If you are looking for a marathon training program to follow look at these websites.

- Runners World
<http://www.runnersworld.com/training/marathon-training-plans>
This site offers many options for everything from a beginning marathoner to an advanced marathoner. They also have specific time goal training plans.
- Hal Higdon's Training Plans
<http://halhigdon.com/>
This site also offers several options from beginner to intermediate. Hal is the Runner's World's running coach.
- Marathon Nation
<http://www.marathonnation.us/marathon-training-schedule-plan-store/marathon-training-schedule/>
Based on the Jack Daniels training program.

We organize the routes, provide water and Gatorade at various aide stations along the courses and we provide snacks and refreshments at the finish of each weeks run.



Our sponsor, Aurora Sports Medicine also provides Physical Therapists at the finish of each week's run to tend to our aches, pains and / or concerns about training.

If you're not into running a marathon at this point we will also include a half marathon and an 8K build up into the program this year. The Half Marathon captain's article follows. Since the 8K Program is targeted for Briggs and Al's Run we will have more on the 8K training program in the July issue.

The course maps links listed below are for the full marathon build up program. Links for the half program are listed on page 10.

So You Wanna Run a Half Marathon

By Barb Drees, Half Marathon Captain

Half Marathons are the fastest growing races in America. Both our Strider Half Marathon and our South Shore Half had over 800 finishers. This year the Striders are pleased to announce we are piloting a Half Marathon Build Up program aimed at our Strider Half on August 29. The Build Up program will be your "long run" for the week. Most half marathon training programs include 2 to 3 shorter runs per week (building up from 3 miles in the first weeks to 4 to 6 miles as

your training progresses), plus one weekend long run that starts at 4 miles and builds up to 10 miles. Our Build Up runs are your long run. The Striders encourage you to enjoy the Fun Runs on Wednesday nights through the duration of the Build Up program - that gives you another chance for a group run of either 3 or 6 miles (1 or 2 loops). On your own you should also run another 1 or 2 times each week. Be sure to include some rest days, and adding some cross training is always a good idea. And most of all enjoy the process.

We are piggy backing our new Half program on the Marathon Build Up runs that are already scheduled. The Build Up runs start on Saturday, June 20. The new Half Marathon Build Up will use the same time and location as the Marathon Build Up runs, but have a shorter route - you may be doing one of their two loops or have a earlier turn around point. We will have water stops on the route and fruit and drinks at the finish.

DAY	DATE	LOCATION	MBU DISTANCE	HALF MBU DISTANCE	TIME	LINK TO THE MAP
SAT	6/20/2015	LAKE PARK	6 MILES	4 MILES	7:30am	http://tinyurl.com/lg5plsw
SAT	6/27/2015	LAKE PARK	8 MILES	4 MILES	7:30am	http://tinyurl.com/mmj9952
SAT	7/4/2015	HALES CORNERS PK	FIRECRACKER FOUR			
SAT	7/11/2015	LAKE PARK	10 MILES	5 MILES	7:30am	http://tinyurl.com/l3un7s4
SAT	7/18/2015	LAKE PARK	12 MILES	6 MILES	7:30am	http://tinyurl.com/l4zvkoX
SUN	7/26/2015	NO BUILDUP	CUDAHY 10 MILE		8:00am SHERIDAN PK	
SAT	8/1/2015	ESTABROOK #8	14 MILES	7 MILES	7:30am	http://tinyurl.com/lagehoe
SAT	8/8/2015	ESTABROOK #5	16 MILES	8 MILES	7:30am	http://tinyurl.com/o3ds7x9
SAT	8/15/2015	LAKE PARK	18 MILES	9 MILES	7:00am	http://tinyurl.com/l3un7s4 http://tinyurl.com/n4kplh6
SAT	8/22/2015	KULWICKI PARK	20 MILES	10 MILES	7:00am	http://tinyurl.com/o8p7tcd http://tinyurl.com/nrapgzv
SAT	8/29/2015	NO BUILDUP	STRIDER HALF MARATHON		8:00am ESTABROOK PARK	
SAT	9/5/2015	LAKE PARK	22 MILES		7:00am	http://tinyurl.com/nmvesty
SAT	9/12/2015	LAKE PARK	22 MILES		7:00am	http://tinyurl.com/l3un7s4 http://tinyurl.com/nmvesty
SUN	9/20/2015	LAKE PARK	14 MILES		7:30am	http://tinyurl.com/mmj9952 http://tinyurl.com/lg5plsw
SAT	9/27/2015	LAKE PARK	8 MILES		7:30am	http://tinyurl.com/mmj9952
SUN	10/5/2015	NO BUILDUP	LAKEFRONT MARATHON		7:30AM, GRAFTON WI	

HOW TO BEGIN - OR RESTART A RUNNING PROGRAM

(Continued from page 6)

Did you know? Shoes will break down with or without use – even while quietly sitting on your shelf! As they break down, they no longer provide proper support for your feet. To prevent injury, use the following guidelines to determine when to retire your shoes:

- * Running shoes: Retire after 300 – 500 miles or every six months
- * Walking shoes: Retire after 500 – 700 miles or every six months
- * Sport-specific shoes: If worn five or more times per week, replace your shoes every two to three months. If worn two times per week, replace your shoes every six months.

By choosing and wearing the correct shoe, you can prevent many overuse or common stress-related injuries. In some cases, pronation or supination occurs to such a degree that foot orthotics or custom-made shoe inserts may be required to control faulty foot mechanics.

Training Programs

You've covered the basics – now, it's time to hit the road. Using your goal criteria, you should be able to locate a number of training programs on the internet or in book format for review. HOWEVER, be leery of plans that:

- Encourage excessive mileage as compared to your race-day event; or
- Urge you to run six to seven days/week without incorporating any days for rest or cross-training.

Popular websites such as www.halhidgon.com, www.jeffgalloway.com, and www.coolrunning.com provide a wide range of programs for 5K, 10K, half marathon, and marathon training.

Have more questions? Aurora Sports Medicine Institute's offerings include:

- Performance Running Program: Our running specialists will assess your gait mechanics and stride, teach you strengthening exercises, analyze your footwear, and provide training advice.
- Custom Foot Orthotics
- FREE Injury Evaluations

We're only a phone call away! To schedule a Free Injury Evaluation or need additional information on our Performance Running Program, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.

RUNNERS WORLD CHALLENGE

Your Best Marathon Plan

An intermediate plan, developed by coach Janet Hamilton with RW experts, for those who have run a marathon and log 25 weekly miles. Find other options at runnersworld.com/trainingsplans.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest	3 miles easy	5 miles hills	Rest	5 miles easy	3 miles easy	8 miles LSD	25 miles
2	Rest	3 miles easy	5 miles hills	Rest	6 miles easy	3 miles easy	8 miles LSD	27 miles
3	Rest	4 miles easy	5 miles hills	Rest	6 miles easy	3 miles easy	8 miles LSD	30 miles
4	Rest	4 miles easy	5 miles hills	Rest	6 miles easy	3 miles easy	10 miles LSD	29 miles
5	Rest	4 miles easy	7 miles hills	Rest	6 miles with 2 miles @ MP	3 miles easy	10 miles LSD	33 miles
6	Rest	4 miles easy	7 miles hills	Rest	6 miles with 3 miles @ MP	4 miles easy	10 miles LSD	35 miles
7	Rest	4 miles easy	5 miles hills	Rest	7 miles with 3 miles @ MP	4 miles easy	10 miles LSD	37 miles
8	Rest	4 miles easy	Hill repeats: 8 miles with 1 mile repeats	Rest	7 miles with 4 miles @ MP	4 miles easy	10 miles LSD w/ half marathon	37 miles
9	Rest	4 miles easy	5 miles hills	Rest	9 miles with 6 miles @ MP	3 miles easy	10 miles LSD	42 miles
10	Rest	4 miles easy	5 miles hills	Rest	10 miles with 7 miles @ MP	Rest	20 miles LSD	43 miles
11	Rest	4 miles easy	5 miles hills	Rest	10 miles with 8 miles @ MP	4 miles easy	20 miles LSD	47 miles
12	Rest	4 miles easy	5 miles hills	Rest	7 miles with 5 miles @ MP	8 miles easy	15 miles LSD	43 miles
13	Rest	5 miles easy	5 miles hills	Rest	10 miles with 8 miles @ MP	4 miles easy	22 miles LSD	51 miles
14	Rest	5 miles easy	5 miles hills	Rest	9 miles with 4 miles @ MP	4 miles easy	20 miles LSD	43 miles
15	Rest	4 miles easy	5 miles hills	Rest	6 miles with 3 miles @ MP	4 miles easy	10 miles LSD	32 miles
16	Rest	4 miles easy	Rest	Rest	Rest	3 miles easy easy	RACE DAY	15.2 miles

KEY → Rest: No exercise at all or minimum cross-training, yoga, or swimming. Easy: Run at a conversational pace, 100% air cross-train with a sustained aerobic effort, 100% Run the highest course you can find, maintaining an even effort on your climb and descent. Hill Repeats: Find a hill that takes at least two minutes to climb; mark off a short repeat halfway up the hill. Repeat three or four times. Warm up for two miles, then run to the start mark three or four times. Jog down to recover. Then run to the top, jog down to the start mark, then repeat to the bottom. (without changing your feet). Repeat three or four times. Fresh with three or four repeats up the short mark. Cool down with two easy miles. Hills Repeats: Warm up for one mile, then run one mile at 10-14 paces. Jog a half mile. Repeat as directed. Cool down with one easy mile. LSD Long, wide distance run held end-to-end. Run them at one to two minutes slower than your race goal pace. MP: Marathon goal pace. Warm up for one mile, then run your target speed. Cool down with one easy mile. Runners World: Warm up with easy running, then run 800 meters at the given time that's "equal" to your marathon time. Set your goal to a 3:45 marathon and the workout will be "9 miles with 8 x 100m @ 3:45" and our goal 8:00 is 3 minutes and 45 seconds. Repeat with 400 meters of jogging and walking. Then repeat the cycle. Cool down with easy running.

Your First Day
Here's when to begin training for one of these fall marathons

CITY	RACE DAY	START
Chicago	10/7	6/18
Portland	10/7	6/18
Salt Lake City	10/7	6/18
Marine Corps	10/25	7/9
New York City	11/8	7/26
Philadelphia	11/8	7/26



Above: March Meeting: Teaching a young Strider to Stretch



April Meeting: Dick Dodd speaks about his History as a Strider



Dick running the 83 Lakefront Marathon



The Strider Track
From the meeting room.
Pictures by Jim Clapsaddle.



COMING EVENTS

May 2 Door County Half Marathon & Nicolet Bay 5K Fish Creek Half Marathon - 10am/ 5K - 10:15am. Peninsula State Park (on closed, paved roads inside the park) Note Half Marathon capped at 2,100 participants. 5K capped at 550. Divs Half Marathon - 5 yr & masters. 5K - , 5 yr & masters Awd Top 5 MF, top 3 masters, submasters, senior grand masters, & div winners. Results website Fees \$65 thru Dec. 1/370 Dec. 1 - Jan 1/ \$75 - Jan. 1 - Feb. 28, \$80 after Feb. 28: 5K - \$40 Perks LS tech shirts, medals for half marathon finishers, prize packages for OA winners Records Jason Rylf, 1:08:57, 2008; F-Molly Schneider, 1:25:30 (2013) LastYr 2700 Contact Mary Knutson Door County Half Marathon PO Box 95 Ephraim WI 54211 Day 920.421.1519 Eve 920.421.1519 mary@doorcountyhalfmarathon.com Web: http://www.doorcountyhalfmarathon.com/

May 2 Blazer Race Germantown 5k run & 2-mile walk N108 W14290 Bel Aire Lane Note Benefits the Germantown Fire Department & Bethlehem Lutheran School's Education Fund Divs 18 & younger, 19-24, 25-29, 5yr to 80+ Awd Medals in each div & plaque for OA M/F runners Fees \$10 for Youth, \$15 for Adults by May 8th, \$20 on Race Day Perks Entry includes TS, food, beverages & free daycare for youth not participating in the race Contact Lisa Leffel Bethlehem Lutheran School N108 W14290 Bel Aire Lane Germantown WI 53022 Day (414) 640-6236 lisa.leffel@wlc.edu Web: BlazerRace.com

May 2 Community Color Run Merrill 5K & 2 Mile Fun Walk/Run Riverside Athletic Club Fees \$30 Indiv, \$50 Family, \$35/\$55 on Race Day +\$5 for Dry Fit Tshirt Perks Color Run Fun LastYr 195 Contact Becci Shuman Riverside Athletic Club 500 S. Center Ave. Merrill WI 54452 Day 715-536-2481 Eve 715-536-2481 Fax 715-536-2482 memberservices@riversideathletic.com Web: www.riversideathletic.com

May 2 Pigeon River Classic Clintonville 1/2 Mar 9am, 10K run 9:05am, 5K run/walk 9:10am, Kids 1mi 10am Olen Park Awd 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 2 Lake Monona 20K/5K Monona 20K Run, 5K R/W Winnequah Park Contact Race Day Events, LLC Day 608-316-5755 raceday@racedayeventslc.com Web: www.racedayeventslc.com/content/lake-monona-20km-run-and-5km-runwalk

May 2 Pig to Pig Walk Kaukauna 4 miles 8:30am Larry's Piggly Wiggly, 300 E. Ann St Note Sign up at Larry's Piggly Wiggly in Kaukauna or Little Chute. Other A fun & family-oriented event to benefit Make-A-Wish® Wisconsin Contact Jane Schaefer Larry's Piggly Wiggly 300 E. Ann St. Kaukauna WI Day 920-993-9994 Fax 920-993-9996 jschaefer@larryspw.com

May 2 Run for Shelter 5k Run/Walk Manitowoc 5k run/walk 9am Lakeshore Humane Society 1551 North 8th St Note Bib chip timing, course will be USATF cert Divs Top 3 M/F OA & for age groups: 9 & under, 10-14,15-19,10yr to 60+ Fees \$25 reg fee Perks 100% of proceeds will help the shelter take care of the lost & homeless companion animals in its care Contact Felicia Gauthier Lakeshore Humane Society 1551 North 8th Street Manitowoc wi 54220 fcauthierfhs@hotmail.com Web: http://www.lakeshorehumane.org/

May 2 RC2 5K, 10K & Half Marathon Ripon 5k, 10k & 13.1 Ripon Village Green LastYr 300 Contact Chris Schattschneider chris.schatt@gmail.com 845 Parkside St Ripon WI 54971 Day 9207453633 mcatriathlon@agnesian.com Web: www.ripon.edu/rc2

May 2 Prairie Du Chien Half Marathon & 5K Prairie Du Chien Half Marathon & 5K 7:30am, St. Feriote Island Note Open to Runners & Walkers Divs 19-under to 70+ Awd Med all finishers, top OA MF & 1-3 age group Whchr N/A Results website Fees Half Mar \$45, 5K \$30 Perks TS, goodie bag, post event food LastYr 650 Contact Linda Hansen Prairie Du Chien Half Marathon P.O. Box 394 Prairie Du Chien WI 53821 Day 608-412-0156 info@pdchalfmarathon.com Web: www.pdchalfmarathon.com

May 3 Old World Wisconsin's "Bustle Hustle" 5K R/W Eagle 5K run/walk: 8:15am reg.; 9:45am run/walk: 10:45am child's 1K run Old World Wisconsin, Eagle Note 6th annual, through museum grounds. Online reg available. Benefits heritage breed farm animals. Divs under 12, 13-18, 19-29, 10yr to 70+ Awd Trophies to OA M/F 5K winners; ribbons to all 1K youth runners Results website Fees Adults: pre-race \$20; day of \$25; Children (12 & under) pre-race \$15; day of \$20 Perks TS if pre-reg, museum admission voucher, healthy snack, chip timing LastYr 300 Other Old World Wisconsin will be open to visitors after the race! Contact Sara Dostal Old World Foundation 123 East Main Street Eagle WI 53119 Day 262-594-2922 Fax 262-594-2018 friends@friendsow.org Web: www.friendsow.org

May 3 Neenah Duathlon Neenah 2-mile run, 18-mile bike, 2-mile run: 7:30am Riverside Park Divs Indiv & Relay Team. Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutriron.com Web: www.dutriron.com

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

May 3 Eau Claire Marathon Eau Claire 26.2 mile Marathon 7:30am, 13.1 Half Mar 9:15am, 5K R/W 9:30am & 26.2 mile 4 Pers Relay 7:30am Carson Park Whchr yes Contact Pat Toutant Eau Claire Marathon 3746 Patton Eau Claire WI 54701 Day 715-577-7117 rune@eauclairmarathon@gmail.com Web: www.eauclairmarathon.org

May 3 Dandelion Dash 5K Helenville 5K Run/Walk 9 am reg 10 am race Jelli's Market, N5648 S Farmington Rd Note FREE half mile kids dash! Awd top 3 M/F finishers! Fees \$15 pre-race, \$20 race day, \$10 (age 13 & under), 'Bligs' & 'Littles' run FREE! Other The money raised will go to Big Brothers Big Sisters programming efforts. Contact Jelli's Market with Big Brothers Big Sisters Web: http://jellismarket.com/dandelion-dash-5k/

May 3 Moving for Mental Health 5K Madison 5K Run/Walk & 1 Mile Walk 11am, reg 10:30am 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: http://workwithchrysalis.org/

May 6 Badgerland Striders - Just Plain Fun Run Greendale 3 or 6mi, 6:30pm Whitnall Park Picnic Area 8 Note map of park at http://tinyurl.com/kb8xrr Fees Free Perks Food, Bev Other GPS Coords: 42.933999, -88.038113 Contact Dick Kindle Badgerland Striders Day 262-549-3879 rkindle@wi.rr.com Web: www.badgerlandstriders.org

May 9 ICE AGE TRAIL 50 Mile/50k/Half Marathon La Grange 50M 6 am; 50k 8:15 am; Half Mar 9 am 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 Awd 50M & 50k plaque 1/mf, 3/div: Half Marathon Whchr N/A Results Ultrarunning, Strider, onlineacersults.com Fees Sold Out Perks Tech T to all, 50M finishers-belt buckle, 50k & Half finisher awrd. Post Race BBQ: refresh & beer included. Records 50M 5:41 Max King, 6:41 Kaci Lickleig; 50k 3:14 Scott Creel, 3:53 Nikki Kimball LastYr 800 Contact Jeff Mallach Badgerland Striders N66 W30716 Red Fox Run Hartland WI 53029 Day 414-232-5411 iceage50rd@sbcglobal.net Web: www.iceagetrail50.com

May 9 IT'S FUN TO RUN YOUTH RUN Fond du Lac 1/2, 1/3, 1/4, & 1/8mi runs. 1:45-3pm. reg 1pm. Butlermick Creek Pk. S. Park Ave & 20th St. Note All races on grass Divs Free event open to all kids grade 5 & under. Awd 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 54936-0102 Eve 920-922-1577 bradfdlrc@hotmail.com Web: www.fonddulacrunningclub.com

May 9 Dances With Dirt Gnaw Bone Nashville, IN 50M, 50K, 26.2M, 13.1M, 10K & 100K Team Relay - see website for times Miles Music & Dance Barn, Nashville, IN Note The terrain will bring you shock & awe! Vicious 600 records, breathtaking natural beauty & wicked trails abound Divs Free Records See website for details Awd OA M/F Awards, Awd Group Awards 5/div in 5yr, Relay Awards Results http://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@rfevents.com Web: http://www.dwdngnawbone.com

May 9 Chase'n Chocolate 5K Fun Run/Walk Wausau 5K 9 am Marathon Park, Reg 7:30am, 1201 Stewart Ave Contact Jake Kensen The Women's Community, Inc. 3200 Hilltop Ave. Wausau WI 54401-4026 Day 715-842-5663 jake@womenscommunity.org Web: http://womenscommunity.org/run-walk.html

May 9 MVRA Heritage Trail 5K & 10K Run Dubuque, IA 5K & 10K at 8 am Heritage Trail access in Durango, Iowa Results Chipso Timed Event, Placements 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 BACC Icebreaker Triathlon Barron Advanced: 1/4 mile swim indoor pool, 13.1 mile bike, & 5K run. Novice: 1/8 mile swim, 5.2 mile bike, & 1 mile run. Barron Area Community Center 800 Memorial Drive Barron WI & Novice Division Awd Medals will be given out to the top finishers Fees Adv Div-Indiv: \$45, Team: \$99; Novice Div-Indiv: \$25 Contact Angie Buckley Barron Area Community Center 800 Memorial Drive Barron WI 54812 Day (715)537-6666 bac-cab@chibarun.net Web: http://www.inebacc.com

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

May 9 Cupcake Run 5K Run, 2M Walk, 1M Kids Run Bayside 9AM Bayside Middle School, 601 E Ellsworth La Note Entry incl goody bag, cupcake, & TS if reg by deadline. Awards for 1st-3rd in 5K, Divs Men, Women, Kids Awd Yes Contact Fox Point Bayside PT0 7301 N Longacre Rd, Fox Point WI 53217 Web: thecupcakerun.com

May 9 My Kidneys Run/Walk Greendale 5K run/walk or 1-mile unlimed walk Root River Parkway South, S. 92 St. & W. College Ave. Greendale, WI 53129 Note Promotes awareness of kidney disease & organ donation. Awd Age category & other awards Whchr Accessible, Flat/Paved trail Fees 5K: \$25 - \$40, 1 Mile: \$15 - \$30 Contact Joycelyn National Kidney Foundation of Wisconsin 16655 W Bluemound Rd, #240 Brookfield WI 53005 Day 262-821-0705 events@kidneywi.org Web: http://kidneywi.org/programs-and-events/my-kidneys-run-walk

May 9 14K(arat) Women's Run Northern Kettle Moraine Forest 14K & 5K No Kettle Moraine Forest Ice Age Trail Note new race Fees \$35 - 14K or \$25 - 5K LastYr on Contact Patrick & 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

BLS HALF MARATHON BUILD UP MAPS SEE ARTICLES PAGE 7

Table with columns: DATE, LOCATION, DISTANCE, MAP, NOTE. Contains 10 rows of marathon build-up data including dates from 6/20 to 8/22 and map links.

(Continued on page 11)

COMING EVENTS

(Continued from page 10)

May 13 **Badgerland Striders - Ham & Rolls Fun Run West Allis**
Wed
3 or 6mi, 6:30pm Greenfield Park Picnic Area 3 Note map of park at <http://tinyurl.com/ksqx6u8> Fees Free Perks Food, Beverage Other GPS
Coords: 43.003648, -88.063683 Contact Jody Geibl Badgerland Striders
Day 414-530-5724 jgeibl@wi.rr.com Web: www.badgerlandstriders.org

May 16 **Run Tosa Run** **Wauwatosa**
Sat
5k run/walk at 9 a.m., kids run at 8:30 a.m. North Avenue & 69th Street
Note Benefits Ronald McDonald House E. Wisconsin Aids Top M/F finishers
receive East Tosa gift packages. Raffle for other prizes. Results Chip
timing w/online results Fees \$30: \$8 for kids run Perks Run through the
tree-lined streets of East Tosa, chip timing, refresh & kids activities LastYr
160 Contact David Paulsen Tosa East Towne Neighborhood Association
6425 W. Clarke St Wauwatosa WI 53213 Day 414-399-0067 runtosarun@gmail.com Web: <http://tosaeasttowne.org/run-tosa-run/>

May 16 **Fiesta 5k at Riverside** **Watertown**
Sat
5k 9am Riverside Park Note Packet Pickup: 7:30am. Also Friday, May 15,
at Grinwald Ford from 12-6pm Fees \$28 early reg, \$33 day-of reg Perks
Shirts to pre-registered runners Other Fiesta Cultural LatinoAmericana 10am
Contact Colleen Grotelueschen Fiesta Cultural LatinoAmericana, Inc. 621
Sweetbriar Lane Watertown WI 53098 Day 9202622041 Eve 9202622041
colini@fiestacultural.org Web: www.fiesta5katriverside.org

May 16 **Burlington 5k Run/Walk for Hope** **Burlington**
Sat
5k run/walk 7pm Burlington High School, Note New this year Kids Race
Fees \$25 through 3/31/15: \$30 4/1/15-5/15/15: \$35 Day of Event: \$10
Kids Race Perks shirt LastYr 125 Contact Carol Anderson Anderson
Chiropractic 733 N Pine St Burlington WI 53105 Day 272-763-7373
burlingtonrunwalkforhope@gmail.com Web: www.ourhopewalk.com

May 16 **Westby Syttende Mai 5k & Half Marathon** **Westby**
Sat
5k & Half Marathon - Road/Multi-use path - Westby High School during
Syttende Mai Celeb Note First year of Chip Timing! Divs TBD Awd's TBD
Perks Shirts gear for all 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 16 **Run to the Rescue 5k/10k (4th Annual)** **Edgerton**
Sat
5K & 10K Runs starting at 8:30AM Thresherman's Park between Janesville
& Edgerton Note Benefits Friends of Noah, WI. Dog Friendly,
Both Courses are a full loop with chip timing! Fees \$25 - \$35 Perks
Goodie Bag & TS. LastYr 225 Contact Tim Rutter Friends of Noah-WI
Day 260-415-9199 timdrutter@yahoo.com Web: www.runningguru.com/event/trtr15

May 19 **BADGERLAND STRIDERS OPEN TRACK MEET** **St. Francis**
Tue
All track events 100m-3200m, racewalk, relays. No field events or hurdles.
6:30pm St. Francis High School, 4225 S. Lake Drive, St. Francis,
42.96763° -87.85534° Note 400m track. Restrooms Fees no Perks soda,
munchies LastYr 40 Other Location is southwest corner of E. Lunham
Avenue & S. Lake Drive. Contact Ron & Alice Winkler 3412 S 11th St
Milwaukee WI 53215 Day 414 744-9404 Eve 414 744-9404 rawinkler@sbcglobal.net Web: www.badgerlandstriders.org

May 20 **Badgerland Strider Club Meeting** **Milwaukee**
Wed
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: TBD Fees Admission \$1 for members & 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

May 20 **Sole Sister's- "Flashback 80's Dash"!** **Milwaukee**
Wed
Casual Run/Walk- YOU pick the pace & distance we will go out for approx
30 minutes Ferch's Mall Shop- Greendale Note Dress in your 80's best-
neon clothes, leg warmers, big hair, if you dare! Divs ALL AGES & abili-
ties encouraged! Awd's no- casual/Unlimited. Whchr no Fees Free Other
There will be an 80's Trivia Game Nite after from 7-8pm at Ferch's Con-
tact VALERIE NOLIN Sole Sisters Club, LLC 5636 Broad Street
Greendale WI 53129 Day 4144033524 Eve 4144033524 solesisterclub@yahoo.com Web: www.solesistersclub.org

May 23 **Bunk House Trail Runs** **Dousman**
Sat
10K, 30K, 50K Scuppernong Trailhead Contact Robert Wehner Day 262-
370-7270 Eve 262-370-7270 rwehner@hotmail.com Web: <http://bunkhousetrailruns.blogspot.com/>

May 27 **Badgerland Striders - The Dunne Funne Runne** **Holy Hill**
Wed
3 or 6mi, 6:30pm Take Hwy 45 to Holy Hill Rd exit (Hwy 167). Follow that
for 7.5 miles. Note Turn left on Stationway Rd, 0.2 miles to start. Meet at
the Lower level of the 1st station of the cross Fees Free Perks Food,
Beverage Other GPS Coords: 43.248034,-88.325695 Contact Tim Dunne
Badgerland Striders TDHolyHill@aol.com Web:
www.badgerlandstriders.org

May 30 **Run for Their Lives!**
Sat
Chip Timed 5K / 1K Childrens Fun Run Doepeke Park Note Not only run
for your dog, run with your dog! Chip timed event. Awd's 5K awards by
age group / 1K run every child will win a prize Fees \$30 before May
15th \$35.00 thereafter or \$25 per person teams 4+/ 1K \$10 Perks SS
performance TS LastYr 450+ Contact Sara Hill Humane Society of
Marathon County 7001 Packer Drive Wausau WI 54401 Day 715-203-
7499 Eve 715-203-7499 b_wiltz@hotmail.com Web: https://www.facebook.com/hsmcrrfl?ref=aymt_homepage_panel

May 30 **Furry Friends 5K** **Jefferson**
Sat
5K Jefferson County Fair Park, 503 North Jackson Ave Note A dog
friendly 5K. Benefits Humane Society of Jefferson County. LastYr 458
Contact Margo Humane Society of Jefferson County Jefferson WI 53549
jeffersonfurryfriends@gmail.com Web: <http://hshjc-wis.com/event/second-annual-furry-friends-5k/>

May 30 **Race2Party 5K at Great Lakes Dragaway Union Grove**
Sat
5K Run/Walk 6 PM Great Lakes Dragaway Note Reg includes admission
to the racetrack to watch bracket racing Other Music by the band Left on
Sunset Contact Tony Novak OddBuck LLC W5621 Michelle Way Apple-
ton WI 54915 Oddbuck@new.rr.com Web: Race2Party.com

(Continued on page 14)

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Saturday, March 28, 2015

23rd Running of the Trailbreaker Races

By Don Ayer

At 7:45 this chilly but dry morning, RD David Burch addressed 115 marathoners:

"Don Ayer, Bill Hotz and Dick Pas created this race in 1992. One of them is missing today. Dick Pas died suddenly on Tuesday this week. Dick was one of the energetic and passionate founders of the Trailbreaker Marathon. His happy outlook on everything changed the room when he entered. I am thankful to have known Dick for the past 8 years."



From left: Bill Hotz, Bonnie Clarey and Don Ayer

Bonnie Clarey followed this, singing the National Anthem. Bonnie sang at the first race and every one since. But this morning, there was an inadvertent omission - no sound system. She had been offered a Bullhorn, which she vehemently refused. *"I will never sing thru a Bullhorn."* My read is that she would rather sing thru a stovepipe than a bullhorn. So, she created a chorus of runners and produced another beautiful song.

At 8 sharp, it was ready, set, go.

I grabbed my camera and notepad, headed out the course to the Lapham Peak Tower. I was on the top when they were addressing the half marathon at the start line, 13 some miles to the east.

Bill Hotz: *"We dedicate this year's race to the memory of Dick Pas, one of the three amigos who invented the Trailbreaker some 24 years ago. Dick died unexpectedly last Tuesday evening. He was 69. He will be missed."*

At 9:30 it was again, *"Ready, Set, Go"*, and again at 10am for the 5K. While this was going on, I walked from the parking lot at Lapham Peak State Park to the Tower.

A Vivid Memory: At the first race in 92, I went to the tower and put a stopwatch on the lead runner, Steve Szydlak, who won the race. He went to the top in 19 seconds. Today, I will time the lead runner again.

At the top, a reporter with camera interrogated me about how this all started, etc. That discussion went like this:

The three of us were doing a run on the Drumlin Trail when Bill Hotz said what was to become a profound statement: *"Hey, somebody should put on a run out here."*

Later on, we hashed it over a few beers. If we were to launch a race, it would have to be early on the calendar to get the jump on competing races, looked like the end of March, a week before South Shore Half Marathon.

I was the Ice Age RD then, and there would be a demand for a buildup race for the Ice Age.

So, we measured the distance to the Ice Age Trail and ran up the trail to the tower, was an estimated 13 miles, close enough.

What should we name it? Trail had to be part of the title. Trailblazer Marathon? Pas: *"No, Trailbreaker Marathon"*, and we settled on that.

We would have to have more races to make it financially, so we created the Half Marathon and 5K.

Regarding the tower as part of the course, we decided to run up the tower as a publicity stunt. We hoped that the media would show up because it was such an outrageous idea. We held our breaths on race day, expecting that the trail running crowd might run us out of town.

So, we launched the first races in 92, and they were all successful from the start.

Milwaukee Journal, Sunday Sports: *"Trailbreaker Race is a Winner"*.

2008, February: Registration was underway. A real estate company was the sponsor, the office secretary was the race administrator, Children's Hospital was the beneficiary. The office owner announced that he was closing the office EOM, laid the secretary off. Suddenly, we realized that we did not have an administrator and the race unraveled before our eyes. Had to cancel the race and refund to about 100 runners. A disaster.

The news story included a statement that we were looking for a new sponsor when we got the break. The city Parks Dept. wanted the race starting in 2009.

Some of the retired employees and others formed a foundation, which took over the management. They literally pulled the race out of the trashcan. It almost became the Trailbreaker Extinct.

The agency that took over the management and planning of the Trailbreaker is The Park Foundation, Inc., a non-profit 501-C formed to benefit the project and programs of the City of Waukesha Park, Recreation and Forestry Dept. In the last 8 years, this Foundation has raised over \$125,000., primarily from the proceeds of the Trailbreaker, to donate to the great projects and programs for the citizens of the City of Waukesha.

Men's winner, Joe Buckentine, St. Paul, 50-54, won with a time of 3:11. *"I found this race on a national list, and I needed a marathon in Wisconsin which gives me a total of 48 states. My next two are Vermontshire and Philadelphia marathons to finish my list. The first*



10 miles were a piece of cake, but that trail section is very tough. Had to study the terrain for rocks and roots. I did some walking the last four miles."

Angie Krueger, Oconomowoc, was first woman on the tower, but she was second to Tammy Zyduck at the finish.

Bill and Amy Sanders, Elmhurst, Ill. Ran this as a buildup for Ice Age. Said the course was interesting, wore too many clothes. The trail was muddy on the way back, but firm on the way up. Said he runs to stay married. She said she wanted to quit, but he said, *"You can't quit. This is only half of the Ice Age 50 Mile."* Course is unique.

The TB Marathon attracts some heavyweight trail runners. Many multi belt bucklers from Ice Age were here. Pat Gorman has run every TB and owns 23 buckles at Ice Age. Gail Edgar owns 21 buckles. Lorraine Bunk stopped long distance running when husband Tom became deathly ill. She ran every race thru 2013, when she gave it up. Owns 20 Ice Age buckles, a few Boston finishes, Leadville and Kettle Moraine 100 milers. Lorraine paid a visit today.

Jerry Huhn, Strider, and multi buckler ran the half marathon today. Had back surgery in July, and this was first race since. Said the TB Marathon is the first half of a race.





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SATURDAY • JUNE 13, 2015

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7:00 AM • MILWAUKEE, WI

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



REGISTER NOW!

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COMING EVENTS

(Continued from page 11)

May 30 Kickapoo Reserve Tromp & Chomp Trail Run La Farge
 Sat 8 mile & half marathon Kickapoo Valley Reserve Note Benefits Kickapoo Valley Reserve Education & Events Program. Divs M/F, 10-19, 10yr to 80 Awd's top 3/div Whchr no Results <http://www.picklevents.com/> Fees \$35 -\$55 Perks Racers will receive a race shirt & a post-race buffet meal of local seasonal foods. Contact Sadie Urban Kickapoo Valley Reserve 53661 State Hwy La Farge WI 54639 Day 608-625-2960 sadie.urban@wisconsin.gov Web: <http://kvr.state.wi.us/trompchomp>

May 30 Run with the Cops Kenosha
 Sat appx 3 miles (fun run/walk) UW Parkside Campus Divs none Awd's none Fees \$25 per particip - incl TS Perks family friendly event with kids dash & many police & fire vehicles to check out! Contact Brittany Neukirchen Special Olympics Wisconsin 6100 Washington Ave. Ste E1 Racine WI 53406 Day 262-598-9507 Fax 262-598-9509 bneukirchen@specialolympicswisconsin.org Web: www.specialolympicswisconsin.org

May 31 Aurora BayCare Green Bay Triathlon & 5k Green Bay
 Sun Sprint distance triathlon 7am: 5k 7:15am Ashwaubomay Park, 2881 South Broadway Divs Indiv or Relay Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dufirun.com Web: www.dufirun.com

May 31 Sheboygan A's 5K HomeRun Sheboygan
 Sun 8am Wildwood Baseball Park, 2276 New Jersey Avenue Contact Jamie Skelton Sheboygan Athletic Club 2276 New Jersey Avenue Sheboygan WI 53081 Day 920-2428196 Eve 920-2428196 j_m_9@hotmail.com Web: www.sheboyganbaseball.org

May 31 Silver Lining 5K For Kids West Bend
 Sun 5K Run/Walk 10am West Bend Boys & Girls Club | 925 N. Silverbrook Dr Note \$10 Kids Race for 9 years old & under Awd's Yes Whchr Accessible Fees \$20 Pre-Reg / \$25 Day-Of Contact Boys & Girls Clubs of Washington County 925 N. Silverbrook Drive West Bend WI 53090 Day 262.334.3732 Eve 262.334.3732 Web: www.wcbgc.org

Jun 1 Sole Sister's- "Walk by Faith"- Book Chat & Snack! Brkfield
 Mon Casual run/jog/nature hike- YOU pick pace & Distance Mitchel Park-Brookfield (meet at Sharon Lynn Wilson Center for Arts) Note Please bring a dish, drink to share. Read "What happens when women say yes to God" for book chat. Divs WOMEN ONLY! Awd's no Whchr no Fees FREE! Come for just run/hike OR just book chat! Records casual untimed Other Meet at 6pm for the run/hike. The "Book Chat, Snack & Swap" will be from 7-8pm Contact valerie nolin Sole Sisters Club, LLC 19900 River Rd. Brookfield WI 53045 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Jun 3 Badgerland Striders - Burger Builder Fun Run Glendale
 Wed 3 or 6mi, 6:30pm ESTABROOK PARK #5 43.101055,-87.90798 Note map of Estabrook Park at <http://tinyurl.com/jwq34bn> Fees Free Perks Food, Beverage Other GPS Coords: 43.101190, -87.908053 Contact John Cornell Badgerland Striders jdcstrider@aol.com Web: www.badgerlandstriders.org

Jun 6 Carlyle Sherstad 5K/10K Run/Walk Grantsburg
 Sat 5K/10K Madison Ave Note Parking at Grantsburg High School. Divs Pre-teen: 13-16; 17-19; 10yr to 70+ Awd's Trophies to OA M/F winner each dist. Medals top 3/div Whchr n/a Results www.wayzataresults.com Fees \$20 adult, \$15 ages 16 & under. \$25 race day Perks TSS reg by 5/15. Event bags to all particips. Records 5K M 16:08; F 19:38 10K M 35:50; F 43:46 LastYr 252 Contact Alyssa Rumpel Burnett Medical Center 257 W. St. George Ave. Grantsburg WI 54840 Day 715-463-7285 Eve 715-222-8858 Fax 715-463-7359 arumpel@burnettmedicalcenter.com Web: http://www.burnettmedicalcenter.com/getpage.php?name=Big_Gust_2006&sub=Events

Jun 6 Orthopaedic Hosp of Wisc 5K Run & 2 mi Walk Glendale
 Sat 5K run & 2 mile walk; 9am; Parkway Elementary School along the Millw River Pkwy Note Packet pickup Friday at Ortho Hospital of Wisc. See website for times. Divs Under 10, 10-14, 15-19, 5yr to 65+ Awd's Top 3 5K runners/div, Top OA M/F 5K runner Fees \$25 prior to 5/2/2015, \$30 prior to 5/27/2015, \$35 day of event Perks Flat, fast, scenic closed course. Swag Bag, Mile Markers, Water Stations, Post Race Snacks, Silent Auction, Awards Records Men's Div--18:05; Women's Div--21:29 LastYr 264 Contact Dave Diamond Orthopaedic Hospital of Wisconsin 475 West River Woods Parkway Glendale WI 53212 ohow5k@gmail.com Web: ohow5k.com

Jun 6 New Beginnings 5K Wauwatosa
 Sat 5K Run & 2-Mile Walk 9 a.m. Wisconsin Lutheran College Athletic Complex: 10200 W Watertown Plank Rd, Wauwatosa Note Benefits New Beginnings, a home for single mothers & their babies that recently opened in MKE. Fees \$25 pre-reg, \$30 day of Perks Chip-timing, LIVE music, door prizes, free kids' race! LastYr N/A Contact Beth Shiels New Beginnings 9215 W. Wisconsin Ave. Milwaukee WI 53226 Day 414-376-0595 Eve 920-723-5196 bethanys@homeformothers.com Web: <http://www.homeformothers.com/>

Jun 7 Lake Mills Triathlon Lake Mills
 Sun Sprint Triathlon, 7am Sandy Beach Park Contact Race Day Events, LLC 5976 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 race-day@racedayeventsllc.com Web: <http://www.racedayeventsllc.com/content/lake-mills-triathlon>

Jun 10 Superun 5K Milwaukee
 Wed 5K Run Reg 5 - 6 pm Lake Park Pavilion, 3133 E Newberry Blvd. Note Sponsors: Will Enterprises & Pompeii's Men's Club Divs M/F: 9 & under, 10-14, 15-19, 5yr to 85+ Awd's Medals top 3 Whchr 2015 course uses Ravine Dr hill Results website Fees \$25, \$20 Striders & TriWisconsin members until May 31st, \$35 for EVERYONE after May 31st Perks TS all pre-reg, Comp Miller Beer, Soft drinks, fruit, & \$2.50 Italian sausages will be available. Records M: 15:23 Aaron Nodoff, 2004 F: 16:36 Kristin The, 1996 LastYr 700 Other Reg zapent.com On-line reg closes June 8th! Contact Dave Gavinski Badgerland Striders 5815 West Wells Street Wauwatosa WI 53213 Day 414-476-3745 Eve 414-476-3745 davegavinski@juno.com Web: <http://www.badgerlandstriders.org/home.htm>

Jun 12 Treatment Trail 2015 - Wauwatosa Wauwatosa
 Fri 5k run/walk Hart Park, 6 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Perks Performance TSS & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahnkke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 13 THE REPORTER WALLEYE RUN/WALK Fond du Lac
 Sat 5mi r 8:10am, 3mi wk 8:20am, 2mi r 9:25am. Kids: 1mi r 12-10am, 1/3mi r 6- m/f 10:20am. Reg 7am Lakeside Pk Note 36th Ann Divs 14, 15-19, 10yr through 80+ Awd's 5mi & 2mi: 3 m/f OA, 3/div, 10-19 OA, 3/div, 1/3 mi: particip awards Results posted, web Fees 30-20 Perks TS, food, bev. Records 5mi: 23:46 Dan Held '89, 27:06 Collette Murphy '93. 2mi: 9:03 Matt Thull '97, 10:54 Jenna Mitchler '06. LastYr 1650 Other Walleye Weekend Festival Contact Brad Theyerl Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 bradfdlrc@hotmail.com Web: www.fonddulacrunningclub.com

Jun 13 Elkhart Lake Triathlon Elkhart Lake
 Sat International Distance Triathlon (1.5K swim, 45K bike, 10K run) Sprint Distance Triathlon (400M swim, 20K bike, 5K run) Elite International Distance Triathlon (1.5K swim, 45K bike, 10K run) Osthoff Resort, 101 Osthoff Ave, Elkhart Lake, WI 53020 Divs Open, 5 year age groups, Weight divs, Relays Awd's Top 3 OA, Top 3 each div Fees See website Perks Tek shirt, Finisher medal, custom logo, Expo, pasta dinner (extra), resort venue, goody bag LastYr 59 Contact Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-894-4837 Fax 847-894-7574 Triguy@ameritech.net Web: www.elkhartlakemultisports.com

Jun 13 Lombardi Walk/Run for Cancer Milwaukee
 Sat 5K Run/3K Walk Milwaukee County Zoo Awd's Top 3 men & women: 12 & under, 13-18, 19-29, 10yr to 70+ Results Prime Time Timing Fees 5K Run - \$30; \$35 after May 6; 3K Walk, adult - \$25; \$30 after May 14 Perks Official chip timing, Free zoo admission & parking, Free beer; A great cause! LastYr 4000 Contact Lori Cichy Vince Lombardi Cancer Foundation 2900 West Oklahoma Avenue Milwaukee WI 53215 Day 414.649.7019 Fax 414.385.2351 lori.cichy@aurora.org Web: www.lombardwalk.org

Jun 13 Conserve School Trail Run Land O'Lakes
 Sat Half Marathon 8am, 5K 8:30am Conserve School Divs 13-15, 16-19, 10yr to 70+ Awd's Maas Farms Maple Syrup Results www.superioritiming.com LastYr 87 Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715.701.0360 info@greatlakesendurance.com Web: <http://www.greatlakesendurance.com>

Jun 13 Hartfest Half Marathon Wauwatosa
 Sat 13.1 mile 8:30 am Hart Park, 68th-70th & State Street Divs under-19, 19-24, 25-29, 5 yr to 70+ Awd's Top 3 OA, Top 3/div Whchr Yes Results website Fees On-line: Strider \$30, Others \$37; Race Day: \$50 ALL Perks Tech TS, Refreshments, Food, Beer Records new Contact Pete Abraham BLS hartfesthalf@yahoo.com Web: www.badgerlandstriders.org

Jun 13 Bellin Run Green Bay
 Sat 10K 8am Official starting area (in front of Bellin Hospital, 744 S. Webster Ave.) Fees \$20 thru April 30th Contact Bellin Health Systems Bellin Run 744 South Webster Avenue, PO Box 2 Green Bay WI 54305 Day (920) 433-7444 bellinrun@bellin.org Web: www.bellinrun.com

BADGERLAND STRIDERS MEMBERSHIP BENEFITS

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Instep Running

Delafield, Franklin, Mequon, Milwaukee
 15% Discount

Fleet Feet Brookfield

17550 B-1 W Bluemound Rd
 15% Discount

New Balance store

(owned By Stan's)
 Brookfield, Greenfield
 15% Discount

Running Warehouse Online

Code: BLSRCD
 15% Discount

Ben's Cycles

12% Discount

Pettit National Ice center

50 percent Discount, \$2 for entry to Track

The North Face

Brookfield Square
 10% Discount

(Continued on page 15)

COMING EVENTS

(Continued from page 14)

Jun 13 Treatment Trail 2015 - Port Washington
 Sat 5k run/walk Upper Lake Park, at Kiwanis Family Pavilion - 12 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Perks Performance TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 13 Grandview Gallop 10th Annual Dubuque, IA
 Sat 4 mile 8 AM 1 mile youth 7:30 AM Murphy Park / Grandview Ave. Note Exit Grandview Ave. from Hwy 61/151 Divs 14 & Under, 15-18, 19-24, 5yr to 70+ Awd's OA (free pair running shoes) & Top 3/div Whch'r No Fees \$21 - 14 & under \$26 - 15 & over before June 3 \$30 after June 3 Perks CHIP TIMING Athletic Footwear & Apparel Expo Shoe Give-Away - 12 pairs Ent & Refresh Records 19:43 LastYr 1000 Other Course is out & back & fast. Runs along blvds of Grandview Ave. 1 mile race is chip timed. Contact Greg Hermiston Grandview Gallop P.O. Box 854 Dubuque IA 52004 Day 563-599-5198 Eve 563-599-5198 Fax 563-556-5134 grandviewgallop@hotmail.com Web: www.grandviewgallop.com

Jun 14 Elkhart Lake KIDZ Triathlon Elkhart Lake
 Sun Youth Triathlon, ages 6-14 Oshoff Resort, 101 Oshoff Ave, Elkhart Lake, WI 53020 Note A great way to introduce your child to triathlon. Our focus is on participation & fitness, not competition. Divs NA Awd's NA Fees \$25 Perks Tek Shirt (Kids sizes), Finisher medal, custom logo, Friday Expo, resort venue LastYr 113 Contact Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-894-4837 Fax 847-894-7574 Trigu7@ameritech.net Web: www.elkhartlakemultisports.com

Jun 14 Locust Street Festival Beer Run Milwaukee
 Sun 1.8M run/walk starting at 11:30am - beer provided 1020 E Locust Street, Milwaukee WI 53212 Awd's Medals for winners of indiv divs Fees \$19 before June 3rd, \$20 day of the race Perks TS to all runners Contact The Tracks Tavern & Grill 1020 E Locust St Milwaukee WI 53212 Day 414-562-2020 thetrackstavern@gmail.com Web: http://www.locust-street.com/beerun.htm

Jun 14 Treatment Trail 2015 - Sheboygan Sheboygan
 Sun 5k run/walk Across from Sheboygan County YMCA - 12 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Perks Perf TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 14 Tails on the Trail R/W-Wisconsin Humane Soc Milw
 Sun 5K Timed Run & 1-mile walk Veterans Park, 1010 N. Lincoln Memorial Dr Awd's Top Runners Fees \$K: \$30/adult - \$25/youth | Walk: \$25/adult - \$20/youth Perks You can run with or without your dog(s) & enjoy our post-race festival with beer, food, live music & activities! LastYr 1300 Contact Jesse VanCamp Wisconsin Humane Society 4500 W. Wisconsin Ave. Milwaukee WI 53208 Day 414-431-6121 Fax 414-431-6200 jvancamp@wihumane.org Web: www.wihumane.org/tailsonthetrail

Jun 15 Treatment Trail 2015 - Manitowoc Manitowoc
 Mon 5k run/walk Across from Aurora Medical Center on Mariner's Trail - 6 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin, \$25 entry good for any/all 5k events Perks Performance TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 16 BADGERLAND STRIDERS OPEN TRACK MEET St. Francis
 Tue All track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm St. Francis High, 42.96763°,-87.85534° LastYr 0 Contact rawinkler@sbcglobal.net Web: www.badgerlandstriders.org

Jun 16 Treatment Trail 2015 - Appleton
 Tue 5k run/walk Telulah Park, 6 pm Note Fundraiser for Children's Hospital of Wisconsin & Go Bo Foundation Fees \$25 Perks Performance TS & goodie bag Other Children 10 & under are free, encouraged to bring for CHW resource center (game, video, book) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 17 Badgerland Strider Club Meeting Milwaukee
 Wed 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: Christ Brust Fees Admission \$1 for members & 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

Jun 17 Sole Sisters- "Stride & Ride" Milwaukee
 Wed Rent peddle bikes at Veterans Park, then go for a casual stroll or run along Lakefront Divs WOMEN ONLY Awd's No Whch'r Yes Fees Rental Fee for peddle bikes- run/walk is FREE Perks It will be a night of Fitness, Fun & Food Records No Contact Valerie Nolin Sole Sisters Club 1400 N. Lincoln Memorial Drv Milwaukee WI Day 414-403-3524 solesistersclub@yahoo.com Web: www.solesistersclub.com

Jun 18 Treatment Trail 2015 - Green Bay De Pere
 Thu 5k run/walk Voyageur Park on Fox River Trail - 6 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Awd's We raised more than \$15,000 in 2014, we want to double our donation in 2015 Perks Performance TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 19 Treatment Trail 2015 - Sturgeon Bay Sturgeon Bay
 Fri 5k run/walk Sunset Park - 6 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Perks Performance TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 20 Block The Sun Run (Miles for Melanoma 5K/3K R/W Wi Dells)
 Sat 5K Timed Run / 3K non-comp non-timed walk 8:30 am Spring Brook Golf Resort, 242 Lake Shore Dr. 8:30am. reg. 7am Note Chip timing 5K run. Benefits Melanoma Research Found Divs 10 & under, 11-12, 13-14, 15-19, 5yr to 60+ Awd's Awards to the OA top M/F, top 3/div Whch'r Yes Results website Fees \$25 onbefore June 12, \$30 after 6/12. Ages 7-14 \$15, 6 & under FREE Perks LS TS, raffles, music, fun - Records Mens 5K Record: 16 Jake Flynn; Womens 5K Record: 17.47 Katie Howery LastYr 500 Contact Tara Anchor Block The Sun Run - Melanoma Research Foundation 1400 Pine Ct Wisconsin Dells WI 53965 Day 608-963-0026 Eve 608-963-0026 Fax 877-711-4023 taraanchor@yahoo.com Web: www.blockthesunrun.com

Jun 20 Racine Family YMCA Lighthouse Run Racine
 Sat 4 & 10 Mile Competitive Run - 2 & 4 Mile Fun Run-Walk Racine Family YMCA - Finish: Main St: Monument Square Divs 13&U: 14-16-17-19-20-24-5yr to 70+ Awd's top 3 M&F OA, 4/div, 5/corp & open teams, fun r/w ribbons all Whch'r 4 & 10 Mile Results website: Racine Journal Times Fees Early Bird: 4 & 10 Mile: \$25, 2 & 4 Mile FRW \$16 Family of 4 \$65 Perks Is, snacks, beverages, live music, showers at YMCA Records 4M 18:43 Henry Dennis '02, 21:44 Jenny Crain '07 10M 48:42 Jim Ingold '82, 57:41 Jenny Crain '06 LastYr 2755 Other Mascot race, Free kid's 200 dash, Retro Running Sale Contact Nette Marks Racine Family YMCA 725 Lake Avenue Racine WI 53403 Day 262-634-1994 Eve 262-634-1994 lhr@ymcaracine.org Web: www.lighthouseun.com

Jun 20 Family Fun Run / Jared Gehm Memorial Green Bay
 Sat 5k run/walk, 1/2 mi kid's run, 7:30-8:15am reg, 8:30am 1/2 mi run, 9am 5k run/walk Church of Jesus Christ of Latter-Day Saints, 651 Pinehurst, Green Bay Note 1 block East of East Town Mall: on the corner of Finger & Pinehurst Awd's Trophies awarded for 1st place in different age groups. Must be present to win door prizes! Fees 1/2 mi-\$7 by 6/8, \$8 after: 5k-\$12 by 6/8, \$15 after: Family 5k \$40 by 6/8, \$50 after Perks TS if reged by 06/08 Records M: Josh Haase 16:23 (2012), F: Jennifer Chaudoir 19:01 (2013) LastYr 185 Other Jared B Gehm Memorial Scholarship given to seniors at Preble HS (Track & XC runners) Contact Lisa Robertson Family Fun Run / Jared Gehm Memorial 2958 Gilbert Dr Green Bay WI 54311 Day 920 660 7748 jaredsrun@gmail.com Web: http://familyfunrun.org

Jun 20 TOUGHMAN Wisconsin Pres by Aurora BayCare Sherwood
 Sat Sprint & Half-Iron distance triathlons: 7 a.m. start High Cliff State Pk Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dufirun.com Web: www.dufirun.com

Jun 20 Wisconsin Trail Assail - Father's Day Run Meno Falls
 Sat 5K, 10K 8 Menomonee Park - W220 N7884 Townline Road Divs 5K, 10K Awd's M/F 5yr Contact sean osborne Silver Circle Sports Events, LLC Day 262.327.4472 racedirector@silvercirclesportssevents.com Web: http://www.silvercirclesportssevents.com/wta

Jun 20 Men of Christ Holy Hill 5K Run/Rosary Walk Hubertus (Holy Hill)
 Sat 5K Run 1PM & 2 mi. Rosary Walk 1:10PM Kiddie run @ 12:30p Holy Hill, Lower Stations of the Cross - Take Hwy 45 to HWY 167 West to Stallonway Note Benefits Seminararians as well as various Catholic charities! Divs 14 & under, 15-19, 10yr to 60+ Awd's Top M&F & Top 3/div Fees \$25 before 6/1/15, \$30 after, \$35 day of Perks Goodie bag incl. MOC drift tech running TS, Rosaries, WWJD bracelets, blessed medals, & more LastYr 150 Contact Tim Dunne N89W16785 Appleton Ave. Menomonee Falls WI 53051 Day 2622507777 Fax 2622507776 timthebroder@aol.com

Jun 20 BLS MARATHON BUILDUP PROGRAM Milwaukee
 Sat 6 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance, 43.0691°,-87.8716° Note Progressively longer training runs designed to prepare you for the Lakefront Marathon Fees Free Perks Aid station, Snacks, bev after LastYr 300 Other See BLS Facebook Page or Twitter feed for latest info Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jun 20 Treatment Trail 2015 - Sister Bay Sister Bay
 Sat 5k run/walk Sister Bay Park - 12 pm Note Benefits Go Bo Foundation & Children's Hospital of Wisconsin Perks Performance TSs & goodie bag Other Children under 10 free, encouraged to bring item for CHW resource center (books, games, videos) Contact John Mahanke Treatment Trail LLC 10700 Sunny Ct. Sister Bay WI 54234 Day 480-560-5674 Eve 480-560-5674 treatmenttrail@yahoo.com Web: www.treatmenttrail.org

Jun 20 Remembering Jesse Parker Races Tomah
 Sat 5k walk/run, 5 mi. run, Senior Stroll, Special Needs race, Children's races Tomah High School Contact Kevin Roh Remembering Jesse Parker Races P.O. Box 606 Tomah WI 54660 Day 608-372-4809 kroh@charter.net Web: runjesse.com

Jun 20 Lad Lake Kettle Clasic Dousman
 Sat 5K Trail Run Lad Lake Dousman Campus, W350 S1401 Waterville Road Awd's Top 3 M/F Whch'r no Fees \$30 Perks Full BBO lunch after run LastYr 35 Contact Nick Zanonì Eve (414) 961-1313 zanonì@ameritech.net Web: http://www.ladlake.org/2015/02/sponsorships-for-kettle-classic-available-today/

Jun 21 Chase Trempeleau Trempeleau
 Sun Join us for this Cycle, Hike & Seek (Scavenger Hunt) Event. Dist from 3-20 mi. 9am - noon. Begins & Ends at Elmaro Vineyard, Delaney Rd Note You, a teammate, 2 bikes, 1 map & 1 mission: to seek & find as many checkpoints as possible Divs 2-Person Competitive & Funning Divs Available Awd's The first 3 teams back with the most points within the allotted time, wins! Fees \$35/\$42/\$50 - reg early for best pricing! Perks Pasta lunch & a glass of wine after the race! Kids 13 & under FREE! LastYr 150 Contact Amy or Paula Communities Off n' Funning PO Box 343 Galvestone WI 54630 info@offnunning.com Web: www.offnunning.com



Badgerlandstriders



Jun 23 Schlitz Park Miller Run & Walk Milwaukee
 Tue 1 mile, 5:30pm, chip timed, single wave Schlitz Park: Start just east of N. 2nd Street on W. Pleasant St. Note Online reg til 6/15. Onsite race day 11a-1p & 3:30-5p Divs M/F 0-14, 15-19, 10yr to 70+ Awd's Cash awards (\$100, \$60 & \$40) to top 3 M/F finishers ages 18-39 & 40+. Bottle opener for AG winners Results http://ow.ly/Sv8vU Fees General public: \$10 through Mar 1, \$20 through Jun 15, \$25 race day. Tenants: 50% discount Perks Gender spec tech TS, Free beer Records M: Matthew Scott 4:25; F: Nicole Shortleaf 5:00 LastYr 250 Other Follows footsteps of such races as New York's Fifth Annual Mile. Improved course in 2015. Contact Pam Kassner Schlitz Park 1555 N. RiverCenter Dr Suite 209 Milwaukee WI 53212 pam@superpear.com Web: http://www.schlitzpark.com/milner

Jun 24 Badgerland Striders - Drew's Old Shoes Fun Run West Allis
 Wed 3 or 6mi, 6:30pm Jackson Park Area #2 Note Bring Your old shoes for recycling, map of Jackson Park at http://tinyurl.com/kn6ss76 Fees Free Perks Food, Beverage Other GPS Coords. 42.993178, -87.961930 Contact Drew Cordell Badgerland Striders andrew.p.cordell@gmail.com Web: www.badgerlandstriders.org

Jun 27 XTERRA Dairyland Sheboygan
 Sat (Off-Road Triathlon) 1 mile swim, 20 mile mountain bike ride, 5.4 mile trail run Jaycee/Quarryview Park, 3401 Calumet Drive Divs Open, 5yr, relays Awd's OA Top 3, Top 3/div Whch'r NA Fees See website Perks Tek TS, custom shorty art, goody bag, finisher medal to all athletes LastYr 110 Contact Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-359-7374 Fax 847-359-7574 Trigu7@ameritech.net Web: www.XTERRAdairyland.com

It's Your Club

(Continued from page 2)

to about 30% of our annual expenses. Over the past few years the club has done a nice job adding to our bottom line. We've done so despite increased costs and without significantly raising prices. The switch to chip timing has added around \$3 per runner per race. County park and permit fees have had sizable rate increases including an added 'per runner' fee. We've also added to our costs by making significant upgrades to some of our post race festivities. Anyone that was at the Strider Half, Hartfest, Ice Age, Cudahy Classic, Firecracker Four or Lakefront Marathon will tell you that our finish line parties aren't too shabby. Those that work up a 'thirst' while racing will not be disappointed by the post race 'refreshments' at Superun or Discovery. The added costs have been more than offset by an increase in race attendance and by the hard work by an incredibly talented and hard working group of Strider race directors!



For every new member that signs up for \$18 the club just about breaks even. Yet, we still make a fairly decent profit! The Strider's are financially solvent and are capable of covering our expenses for the foreseeable future. We've put ourselves in this position....no wait, YOU have put yourselves in this position through the generous donation of your time, effort and support our races and our club! The key here folks is volunteering. The Badgerland Striders are a 100% volunteer organization. No one in our club makes a single penny, a couple of tee-shirts and some free beer from time to time, but that's it!

So the question is, where do we go from here? Last year we added the Hartfest Half Marathon, indoor and outdoor track workouts, bus trips to Grandma's Marathon and the Flying Pig in Cincinnati and put 4 new fun runs on the schedule. Last month we took 200 members to a Buck's game. You can expect to hear about several new outings in the near future. Do you have an idea? Is there something you'd like to see the Strider's do? Want to get more involved with the Striders? Email one of the officers, program directors or race directors. (There is a directory in this publication.) It's your club Strider member's, tell us what you want.

A tip for you new members: Check out our Wednesday night Fun Runs. Get in a 3 - 6 mile run, socialize with fellow runners and often times enjoy some tasty treats. Every Fun Run has 'liquid' refreshments and snacks but many offer much more. We have a Mexican food theme, ham and rolls, burger builder, hot dog, Italian sausage, meatball sandwich, and chili fun runs to name a few. The Presidents Fun Run in Hart Park on July 15 and the Corn Roast Fun run on July 29 are events worth marking on your calendar! Oh and remember, all the Fun Runs are free to our members!

Our operating budget for 2015 is roughly \$130,000. Expenses include around \$10,000 to the Road Runners Club of America for insurance. Another \$20,000 goes towards printing and mailing this newsletter and the calendar that came with the last issue. \$15,000 for office and warehouse space, \$30,000 for sales tax on our races, \$10,000 for donations to various running related community groups, another \$10,000 for fun runs, plus money for permits, the marathon build up program, our website, equipment and so on and so on. Since membership has grown by 40 - 50% in the past year we can expect a lot of these expenses to increase as well.



Times Past: Yesterday and Today

Lakefront Marathon, Part One

(Continued from page 5)

For women, the story is different. When Lakefront began, participation by women was low. Quantity and quality has increased over the years. Twelve of the thirty fastest women's times are from the '80s and 13 are from the '90s, while five are from the 21st century. However, four of the five fastest times were recorded in 1983. The 7th fastest time (2:45:30) was set by Melissa Burkhart in 2013.



The thirty fastest women's times are all under 2:55. The fastest is Mieszczak's 1983 record (2:39:15) while thirtieth place is 2:54:52. The second fastest time is by Kim Merritt (2:41:16) and the third fastest is by Cheryl Konkel (2:41:27), also from 1983. The fourth fastest time is from 1991 by Linda Walker (2:43:15). The fifth fastest was run by Melanie Weaver in 1983 (2:44:26). Linda Walker appears in the top 30 three times. Two of those were first place: 2:53:38 in 1986 and her 1991 time listed above. Lynn Fitzsimmons is on the list twice: third place in 1994 (2:52:54) and second place in 1995 (2:48:07).

The one hundred fastest men's times are all under 2:30; the record by Benson is 2:14:09 and 100th place is 2:29:52. John Zupanc appears on the list the most times. His seven entries include one victory (1986, 2:22:29), three times as runner-up (1987, 2:25:07; 1989, 2:28:57 and 1990, 2:26:09), once in third place (1992, 2:29:14) and two 13th places (1982, 2:27:13 and 1983 2:22:16).

Randy Damkot is on the list six times and has the most wins. Damkot's victories were in 1993 (2:29:00), 1995 (2:22:35), 1998, (2:25:25) and 2000, (2:26:07). He finished second in 1992 (2:27:24) and 1994 (2:27:11).

Pete Dodd won Lakefront in 1985 with 2:22:36 and in 1987 with 2:23:34. Pete's 9th place finish in 1982 (2:26:19) gives him a third entry in the top 100. Brother Dick Dodd also is on the list three times. Dick finished second in 1986 (2:28:56), seventh in 1984 (2:29:43) and tenth in 1983 (2:19:39).

Tom Antczak has four listings in the top 100. He finished fourth in 1981 (2:17:19), fifth in 1982 (2:24:08), seventh in 1983 (2:18:47) and first in 1990 (2:25:38). Kevin Setnes also has four entries in the honor roll top 100. He ran 2:27:47 in 1982 (14th place), 2:23:44 in 1983 (16th place), 2:28:51 in 1984 (4th place) and 2:25:42 in 1985 (2nd place).

Bill Wilkey can be found twice in the top 100. In 1983 he ran 2:23:58 (19th place) and in 1987 he placed third with 2:28:41. Tim Rodiez made the list twice with 2:23:53 in 1983 (18th place) and 2:29:52 in 1987 (fifth place).

Finally, two-time winner and record holder Steve Benson made the list in the first two years of the race. He set the record in 1981, but his attempt to break his own record in 1982 was thwarted by the strong head wind. He won, but his time was exactly four minutes slower (2:18:09).

Fastest Master's Times

The men's master's record is held by Gary Muhrke (43) from 1983 (2:28:04). On the list of the fifty fastest master's times, all are under 2:44. The oldest person on the list is Alex Ratelle, whose 2:34:47 at age 57 in 1981 puts him fourth on the all-time list. Ron Erhardt and Ratelle are the only male master's who made the list after turning 50. In 2011, Marek Kotlry won the men's master's title in 2:35:24 and placed third overall, the highest finish ever at Lakefront by a master's runner.

Perfect Attendance

At the starting line for the 2014 Lakefront, three runners had completed every Lakefront Marathon. At the end of the day, all three "streakers" had finished their 34th Lakefront Marathon. They are James Bahr - 5:07:26; Bill Boehm - 5:40:31 and Duane Tate - 5:15:19.



She found it!

COMING EVENTS

(Continued from page 15)

Jun 27 BLS MARATHON BUILDUP PROGRAM Milwaukee
Sat
8 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.0691° -87.8716° Note Progressively longer training runs designed to prepare you for the Lakelront Marathon Fees Free Perks Aid station. Snacks, bev after LastYr 300 Other See BLS Facebook Page or Twitter feed for latest info Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jun 27 XTERRA QuarryMan Sprint Triathlon Sheboygan
Sat
(Off-Road Triathlon) 500 yard swim, 5 mile mountain bike ride, 1.8 mile trail run Jaycee/Quarryview Park, 3401 Calumet Drive, Sheboygan, WI Note A great way to test yourself on an off-road triathlon - right in the heart of Sheboygan! Divs Open, 5 year age groups, relays Awd's Top 3 each div Whchr NA Fees See website Perks Tik TS, custom shirt art, goody bag, finisher medal to all athletes LastYr NA Contact Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-359-7374 Fax 847-359-7574 Trigu@ameritech.net Web: www.elkhartlakemultisports.com

Jun 27 Rocky's Rollercoaster Run West Bend
Sat
5K & 7 mile trail runs - 8 am & 8:15 am UW - Washington County running the Ice Age Trail directly behind the Univ Fees \$32 - 7 Miler \$25 - 5K Records 24:56.4 (5K) & 1:06:40.1 (7 Mile) Contact Hillary & Patrick Danaher Trail Dog Running 131 Sycamore Street West Bend WI 53095 Day 231-883-8828 rocky@traildogrunning.com Web: traildogrunning.com

Jun 27 Wisconsin Triterium Triathlon Verona
Sat
Sprint/Olympic Triathlon, 7 AM Fireman's Park Contact Race Day Events, LLC 1801 Bringold Drive Verona WI 53593 Day 608-316-5755 race-day@racedayeventsllc.com Web: http://www.racedayeventsllc.com/content/wisconsin-triterium-triathlon

Jun 27 Two Hearted Trail Run Paradise, MI
Sat
50K 7am, Marathon, 7:30am, Half Marathon, 8am Tahquamenon Falls State Park Divs 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Awd's Maas Farm Maple Syrup 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

Jun 27 Berry Big Run & Walk for Kids Cedarburg
Sat
5K Cedar Creek Park Contact Big Brothers Big Sisters of Ozaukee County 885 Badger Circle Grafton WI 53024 Day 2623770784 Eve 2623770784 contact@bbsoz.org

Jun 28 Krueger Pool Triathlon (5th Annual) Beloit
Sun
400 yd serpentine swim, 13.8 mile bike (hilly), 5K run Krueger Pool, 1700 Hackett Street Note spectator friendly! Divs Youth, Adult, Youth Team, Adult Team, Clydsdale, Athena Awd's top 3 indiv awards only. No OA youth, OA only in Clydsdale/Athena. Results will be posted on timer site Fees \$35/ indiv 15 & up, \$80/adult team, \$10/youth under 15, \$20/youth team Perks All participants will get race shirt, snacks, water LastYr 90 Contact Sonya Baden City of Beloit, Leisure Services 1003 Pleasant Street Beloit WI 53511 Day 608-364-2890 Fax 608-364-5864 badens@beloitwi.gov Web: www.leamsideonline.com/beloit

Jun 28 Edge the Ledger Fond du Lac
Sun
3 mile obstacle course race. Fondy Sports Park, Fond du Lac Divs Rugged Indivst, Dynamic Duo, Macho Men, Super Chicks, Six Pack & Life Span Awd's Top 3 indiv M/F, & teams. Contact DuTriRun PO Box 7723 Appleton WI 54912 Day 9205742972 ben@dutrun.com Web: www.dutrurun.com

Jun 28 FREBEKA 5 Family Health Challenge Events Fredonia
Sun
5mi run 8am. 1 & 2mi walks 8am, 1mi kids run, 9am. 2mi run 9:30am. Waubedonia Park Shelter N5301 Cty Note 2/mi on flat paved trails in Park. 5 Mile CERT WI-06049-JW, 2 Mile CERT WI-06048-JW Divs 13-under, 14-18, 19-29 10yr 70+. Kids 3-2yr 12-13 Awd's Trophy 1/mf, 1/div, medal 2-3/div, Kids Run: Medal 1st,2nd,3rd. Ribbons for ALL add entrants Whchr 5 Mi. Hilly on Cty. Roads "Wisconsin's most challenging Run" Results email, b1s Fees Adults-\$18 Pre-Reg, Adults-\$25 Run Day. Kids-\$10 Pre-Reg, Kids-\$15 Run Day. Perks LSTS 1st 200. Records 5mi 26:39 Eric Jalner'05, 31:18 Sue Daggert-Miller'06, 2mi 10:29 Aaron Roden'06, 11:44 Sue Daggert-Miller'05 1mi 5:55 Dustin Richter '05, 6:16 Sarah Brown '05 LastYr 180 Other Run or Walk free with \$25 in pledges on race day. High School Team Trophy (Min. 5 Team Members) Contact Jerry Shoemaker Fredonia Lions Club 228 St. Rose Ave. Fredonia WI 53021 Day 262-692-9143 Eve 262-692-9143 jshoemaker@wi.rr.com Web: http://tinyurl.com/FrebekaFive

Jul 1 Badgerland Striders - Jacobus Park Fun Run Milwaukee
Wed
3 or 6mi, 6:30pm Jacobus Park #2, 43.042332, -87.993843 Note map of Jacobus Park at http://tinyurl.com/me3x3rh Fees Free Perks Food (Baked Potatoes), Beverage Other GPS Coords: 43.042519, -87.994271 Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jul 2 New Berlin National Dash New Berlin
Thu
5K & 2 Mile Run/walk Malone Park 16400 W. Al Stigler Pkwy. New Berlin, WI 53151 Note Fun Run, with 4th of July Festival following Race at Malone Park Divs every ten years Awd's Medals Fees Pre-reg \$20, 12 & under \$15, race day \$25 for all Perks Military ID runs for free on race day Contact Angel Wilcox New Berlin Junior Woman's Club P.O. Box 510094 New Berlin WI 53151 Day 262-787-9126 newberlinj@gmail.com Web: http://www.newberlinjuniors.org/index.html

Jul 3 Pittsville Heart & Sole Road Race Pittsville
Fri
1/4mi kids 6:15pm, 5mi, 2mi r/w 7pm Riverside Park Note 28th Annual, chip timed Divs 13-, 15-19, 10yr, 70+ Awd's trophy 1/mf, medals Whchr open, flat Results mailed, active.com Fees \$14, \$18 raceday, 1/4mi kids free Perks TS, dwgs, snack, bev, shwrs Records 5mi 23:39 Arnie Schraeder '88, 30:05 Suzy Stanley '96, 2mi 9:10 Arnie Schraeder '95, 11:27 Brenda Schrank 11:24 '06 LastYr 810 Other Ent, carnival, music Contact Casey John Pittsville Fire Department 8243 Jackson Pittsville WI 54466 Day 715-884-6461 Eve 715-884-6584 Fax 715-884-2684 mdanz@tds.net or reg on getmeregistered.com Web: http://www.pittsvillefiredepartment.com/Community/community.html

Jul 4 RIVER CITY 4TH FEST 5K Waterford
Sat
8am. reg 6:45 Whitford Pk, River Rd & Hwy 20 Note 28th ann Divs 9 & under: 10-14, 15-19, 5yr to 75+ Awd's medals 5/div, masters 1/mf Results www.wisconsinrunner.com Fees \$20, \$25 after 7/2 Perks TS, bev, snacks Records 14:48 Dan Held '91, 16:59 Jessica Monson '09 LastYr 350 Other non parade Contact Jim & Cory McFadden Waterford Chamber of Commerce 2714 Beaumont Ave Waterford WI 53185 Day 262-994-1606 Eve 262-514-2925 jmcfdadden@tds.net

Jul 4 Wisconsin Trail Assail - Independence Day Run Wauk
Sat
5K, 10K 8 am Fox River Park - W264 S4500 River Road Divs 5K, 10K Awd's M/F 5yr Contact Silver Circle Sports Events, LLC WI 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: http://www.silvercirclesportsevents.com/wta

Jul 4 Firecracker Four Hales Corners
Sat
4 mile run/walk, 1.7 mile untimed fun run/walk, 8am Hales Corners Park, 5765 South New Berlin Road, Hales Corners, WI Divs 4mi: 9 & under, 10-14, 15-19, 5yr to 80+ Awd's 4 mi: M/F OA: 3/div Whchr Separate Finish Line Results website Fees \$14 kids (<17): Adults - \$18 members: \$22 non-members: \$25 mail intrace day Perks 2 water stops, tech tees, cookies, fruit, soda, water, & beer at the finish Records 19:10 Dan Held '95: 22:15 Linda Marquardt '87 LastYr 1300 Contact Erin Smith Badgerland Striders 6526 River parkway Wauwatosa WI 53213 Day 920-321-4944 ec-hap070@gmail.com Web: http://www.badgerlandstriders.org/home/Races/FirecrackerFour.htm

Jul 4 DK5K Dennis Krzykowski Memorial Run Cedarburg
Sat
5K run or 1 mile walk, part of Cedarburg 4th of July Festivities Cedar Creek Park/City Park Note 21st ann in memory of Dennis Krzykowski Awd's M/F top 3/div: 12yr & under, 13-19, 10yr to 50+ Fees Adult/Teen \$25 early/\$30 day of: 12/under \$12early/\$15 day of: Group\$75 early/\$90 day of Perks Reg fee includes hi-tech T-shirt/healthy snack & water Other 7:30 shotgun start for 5k runners, 1mile walker course also available Contact Linda Stauss Cedarburg Community Scholarship Fund 662 Starlet Drive Cedarburg WI 53012 Day 414-416-8575 dstauss1@wi.rr.com Web: www.ccsf.info/html/dk5k.htm

Jul 8 Badgerland Striders - Hot Dog Fun Run West Allis
Wed
3 or 6mi, 6:30pm Greenfield Park Area #3 Note map of Greenfield Park at http://tinyurl.com/ksqx6u8 Fees Free Perks Food, Beverage Other GPS Coords: 43.003648, -88.063683 Contact Glenn Wargolet Badgerland Striders marathon1@charter.net Web: www.badgerlandstriders.org

Jul 11 BLS MARATHON BUILDUP PROGRAM Milwaukee
Sat
10 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.0691° -87.8716° Note Progressively longer training runs designed to prepare you for the Lakelront Marathon Fees Free Perks Aid station. Snacks, bev after LastYr 300 Other See BLS Facebook Page or Twitter feed for latest info Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jul 18 BLS MARATHON BUILDUP PROGRAM Milwaukee
Sat
12 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.0691° -87.8716° Note Progressively longer training runs designed to prepare you for the Lakelront Marathon Fees Free Perks Aid station. Snacks, bev after LastYr 300 Other See BLS Facebook Page or Twitter feed for latest info Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jul 21 BADGERLAND STRIDERS OPEN TRACK MEET St. Francis
Tue
All track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm St. Francis High 42.96763° -87.85534° LastYr 0 Contact rawinkler@sbcglobal.net Web: www.badgerlandstriders.org

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Hours

M-F
10-8

Sat.
10-5

Sun.
12-4

Jul 22 Badgerland Striders - Junk Food Fun Run Milwaukee
Wed
3 or 6mi, 6:30pm Veteran's Park Shelter Note map of Veteran's Park at http://tinyurl.com/kdv8w58 Fees Free Perks Food, Beverage Other GPS Coords: 43.044010, -87.888802 Contact Randy Klingelhoets Badgerland Striders Eve 262-285-3180 randyandlaurak@hotmail.com Web: www.badgerlandstriders.org

Jul 25 BLS MARATHON BUILDUP PROGRAM Milwaukee
Sat
8 AM BUILD UP TODAY - Run Cudahy 10mi tomorrow instead See Cudahy Classic 7/27 Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

Jul 26 CUDAHY 10, 5 & 1.0 MILE KIDS RUN Cudahy
Sun
8 AM Start: Race day reg opens @ 6:30am Sheridan Park on Lake Drive, north of Cudahy High School Note The race is primarily on the bike path & parkways, with just a little bit of city streets. Divs 10mi event - 5yr: 5mi event -10yr: divs Awd's 5 & 10 Mile - 1st/mf OA: 3 medals per div in age groups: Kids - Finisher Medal for all participants Whchr No Results www.badgerlandstriders.org Fees Online: 5 Mile & 10 Mile BLS Member \$18, Non-Member 5 Mile: \$20 & 10 Mile: \$25, Kids \$1 Perks Post Race Party & Giveaway!!! LastYr 300 Other Mail In Reg All: 5 Mile: \$20 \$10 Mile: \$25 Race Day Reg All: 5 Mile: \$25 10 Mile: \$30 Contact Drew Cordell Badgerland Striders andrew.p.cordell@gmail.com Web: http://www.badgerlandstriders.org/home/races/CudahyClassic.htm

Jul 29 Badgerland Striders - The Corn Roast Fun Run Waukesha
Wed
3 or 6mi, 6:30pm Minooka Park Area #4 Note map of Minooka Park at http://tinyurl.com/n5gl6gn Fees \$4 parking fee Perks Food, Beverage Other GPS Coords: 42.981065, 88.186752 Contact Ken Schoberg Badgerland Striders Eve 414-273-8064 kenschoberg@yahoo.com Web: www.badgerlandstriders.org



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8 K Run

Rank	Name	Gun Elapsed	Top Overall In 8K Division
1	PATRICK MAAG	00:26:28	MALE
Top Overall In 8K Division FEMALE			
1	JENNY ZWAGERMAN	00:30:15	FEMALE

2	MARK CABALLERO	00:29:15	16	MICHELLE LAFEVER	00:47:58
3	DAVID CINCOTTA	00:34:21	17	KATELYN DOMBECK	00:49:16
4	KYLE STANBY	00:38:16	18	KRISTA DOMBECK	00:49:17
5	NISHANT DESHPANDE	00:39:47	19	SARAH WIDDER	00:51:45
6	LOCKE HENRY	00:41:11	20	ELIZABETH HOCHSTEIN	00:53:15
7	STEPHEN VEIT	00:43:00	21	MEGAN KNIGHT	00:55:38
8	RYAN NESSMAN	00:43:57	22	REBECCA WENDLE	00:56:39
9	THOMAS BARTON	00:47:03	23	SAM ERSCHEN	00:58:49



The intrepid Finishline Crew braved another chilly day.

1	MOLLY WOODFORD	00:31:08	1	CRAIG KUEHL	00:27:49
2	CARLY WINDT	00:33:11	2	TYLER ZWAGERMAN	00:28:03
3	KATIE CLEVEN	00:35:19	3	JAMES DAUL	00:29:49
4	MEGHAN TEICH	00:36:04	4	DAVID ROSS	00:30:08
5	ISABELLE FAUST	00:42:38	5	ADAM BRUSS	00:33:23
6	COLLEEN CULLEN	00:43:01	6	SAM LEICHTLING	00:36:40
7	ERIN HELD	00:44:02	7	ROBERTO ACOSTA	00:36:48
8	KATHI POTKONJAK	00:44:06	8	MARK HARRIG	00:38:24
9	TRACI GIBB	00:45:20	9	JOSEPH LARSON	00:38:32
10	KAYLA SCHMITT	00:46:08	10	JUSTIN KILCHENMANN	00:41:43
11	SARAH GIRLS	00:53:26	11	ROBERT NOWAK	00:43:10

1	ANGELA THIBAUT	00:56:59	7	SHIRLEY ZELINSKI	00:42:26
2	GREG JONES	00:32:00	8	LAUREL SCHULZ	00:43:44
3	LUAI TABBAL	00:33:21	9	GENEVIEVE WESTON	00:44:39
4	STEVEN WAISMAN	00:34:49	10	KAREN SCHMITT	00:44:55
5	TIMOTHY LAMMERS	00:36:18	11	LORI EDDY	00:44:56
6	TIMOTHY KOTLOWSKI	00:36:25	12	ANN BACHAR	00:46:38
7	JEFF FRANK	00:37:38	13	LAURA HASTINGS	00:47:19
8	CHRIS AMUNDSON	00:37:50	14	DONNA INCROCCI	00:48:15
9	SCOTT HEINS	00:39:36	15	CANDICE WHALEN	00:50:14
10	TROY MALINOWSKI	00:42:55	16	CHERYL MYSZKA	00:50:14
11	GILBERT JACKSON	00:43:39	17	BARBARA STOCKTON	00:52:03
12	STEVEN KURANZ	00:43:58	18	JANA CERVANTES	00:52:16
13	ANDREW LIEN	00:44:26	19	JUDY DOLLOFF	00:54:32
			20	MEL PAULSON-CONG	00:55:00



Patrick Maag 1st Male in the 8K in 26:28 finished shoulder to shoulder with Connor Callahan in 26:29.



Jenny Zwagerman was first Female in 30:15

1	ZANDER LICHOSIK	00:41:01
2	CASEY HUFFER	00:43:57

1	DENISE MANNELLA	00:33:41
2	LESLIE POPALISKY	00:34:42
3	KATHRYN NIEMER	00:35:46
4	CARLIE BLACKMAN	00:36:00
5	KELLY O'Brien	00:37:33
6	JASMINE BOETTCHER	00:38:09
7	STEPHANIE MUELLER	00:41:00
8	K SCHEIDEMANTEL	00:41:20
9	LEESON BAILEY	00:42:37
10	MARA BRANDLI	00:43:10
11	AMBER ZETWICK	00:43:49
12	KATHLEEN CULLEN	00:44:07
13	KAHLA HENDRICKS	00:45:18
14	ANNIE CULLEN	00:47:28
15	SARAH HARVEY	00:47:28

1	FELISA PARRIS	00:32:35
2	DIANA WIDMER	00:36:28
3	JENNIFER NEMKE	00:37:43
4	RUTH STAUDE	00:40:25
5	KRISTIN STERN	00:44:44
6	RENEE HIBBARD	00:45:35
7	JODY GEIBL	00:46:56
8	REGINA SCALIO	00:47:08
9	JOANN KARCZEWSKI	00:48:45
10	VICKIE SCHMIDT	00:49:17
11	CLAIRE WAGNER	00:51:09
12	TRACEY REPA	00:52:15
13	LIBBY BAUCOM	00:52:42
14	KRISTINE LAUFER	00:55:53
15	MERILOU GONZALES	00:56:40



3rd Male Brian Robertson, 27:47



2nd Female Molly Woodford, 31:08

14	STEVE DESCHLER	00:47:23	1	JOEL LAMERS	00:30:48
15	KEVIN NELSON	00:49:56	2	JAMES RICKER	00:31:31
16	BILL HERRICK	00:50:56	3	RICK STEFONOVIC	00:31:48
17	JAMES HALL	00:52:00	4	JIM CICHY	00:32:39
18	KEVIN LAUFER	00:55:54	5	SAM JACKOYO	00:33:08
19	TIM LEACH	00:57:31	6	PETER DALEIDEN	00:35:29
			7	KEVIN MCCABE	00:38:54
			8	TODD BOFFELI	00:39:19
			9	NICHOLAS ANSTEDT	00:39:53
			10	JOHN AUCHAMPACH	00:41:13
			11	DAVID MATTA	00:43:32

(Continued on page 20)



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MAKING DUST

Once you're beat mentally, you might as well not even go to the starting line.
--Todd Williams



Cullen Run 8 K Run Results Continued

(Continued from page 18)

12	MIKE MORGAN	00:45:12
13	WILLIAM WIRTH	00:45:35
14	RON LAFEVER	00:46:35
15	TODD HILL	00:46:59
16	DAVE FIEGEL	00:48:14
17	JOHN DUNN	00:48:33
18	JEFF SCHMIDT	00:49:15
19	JOE JANSKY	00:49:32
20	RICHARD QUIRK	00:52:03
21	MIKE SOBIE	00:52:14

Age Groups: 50 - 54 FEMALE		
1	JILL MCCURDY	00:43:02
2	LISA CATO	00:48:04
3	GAYLE CASEY	00:48:21
4	MEG JANSKY	00:49:35
5	MARTHA ASLAKSON	00:49:38
6	LORI GUILBAULT	00:50:13
7	LISA KUTSCHERA	00:50:16
8	JANET HOLK	00:50:42
9	DEANNE GILLING	00:51:03
10	JANE LAFEVER	00:53:11

Age Groups: 55 - 59 MALE		
1	STEVE CUMMINS	00:34:31
2	DAVID CULLEN	00:36:05
3	ALASTAIR MATTHEWS	00:37:27
4	JIM HEIRING	00:37:35
5	JACK OBLEIN	00:37:47
6	PETER STEFANIAK	00:37:48
7	WILL JACKSON	00:39:23
8	JIM STEFFEN	00:39:24
9	JEFF FELBER	00:40:36

10	FREDDIE ROBINSON	00:41:53
11	DALE MAASS	00:43:12
12	DAVID MOTT	00:43:14
13	PERRY PERKINS	00:43:54
14	GEORGE GAMA	00:44:40
15	DON ELDRIDGE	00:46:43
16	JAIME JASTRAB	00:47:09
17	DAVID GAVINSKI	00:48:33
18	JOHN KOWALSKI	00:49:43
19	JEFFERY TURNER	00:51:17
20	RON SANTORO	00:54:11
21	TED ITZOV	01:01:17
22	VINCE VARONE	01:03:35
23	BOB MCGILL	01:11:32

Age Groups: 55 - 59 FEMALE		
1	LORI BUDZIEN	00:38:42
2	MICHELE ASKREN	00:49:11
3	COLL MCGUIRE SCHM	00:49:51
4	KATHY BOTTONI	00:50:09
5	JULIE MCGILL	00:52:07
6	ROSE ANSTEDT	01:02:09

Age Groups: 60 - 64 MALE		
1	DON SCHOBERG	00:36:01
2	MIKE MONDLOCH	00:39:14
3	THOMAS KRULL	00:42:00
4	JAMES CARRILLO	00:47:42
5	FRED OLSON	00:47:52
6	SCOTT LEVENHAGEN	00:52:29
7	GREG ZYSKIEWICZ	00:53:12
8	THOMAS SHAFFER	01:04:24
9	GENE DAoust	01:04:25

Age Groups: 60 - 64 FEMALE		
1	BETH ONINES	00:44:53
2	DARL MATERNOWSKI	00:47:11
3	MARY WYSOCKI	00:51:26
4	Gael CULLEN	00:51:43
5	DEBRA TUCKWOOD	00:54:11

Age Groups: 65 - 69 MALE		
1	DENNIS SHOEMAKER	00:37:10

2	BRUCE DAVIES	00:42:59
3	KEN OCHS	00:47:58
4	DAVE GATES	00:48:29

Age Groups: 65 - 69 FEMALE		
1	SUE TEGGE	00:38:42
2	NANCY ALLMAN	00:49:46
3	CAROL HEGLAND	01:01:43

Age Groups: 70 - 74 MALE		
1	JOHN BECKER	00:38:55
2	GEORGE TILLET	00:47:30
3	RON PEMBERTON	00:52:30

Age Groups: 70 - 74 FEMALE		
1	MARCIA BALTHAZOR	01:01:38

Age Groups: 75 - 79 FEMALE		
1	JUDY KIRCHOFFER	01:00:35

Age Groups: 80 - 98 MALE		
1	NORM HOVILA	01:07:11



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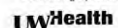
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BADGERLAND STRIDER 2015 RACE SCHEDULE

Race	Date	Location	Race Director
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

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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
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 Chilli	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
Track Workout	Hart Park	Tues, May 5
Track Workout	Hart Park	Tues, May 12
Track Workout	Hart Park	Tues, May 26
Track Workout	Hart Park	Tues, June 2
Track Workout	Hart Park	Tues, June 9
Track Workout	Hart Park	Tues, June 23
Track Workout	Hart Park	Tues, June 30
Track Workout	Hart Park	Tues, July 7
Track Workout	Hart Park	Tues, July 14
Track Workout	Hart Park	Tues, July 28
Track Workout	Hart Park	Tues, Aug 4
Track Workout	Hart Park	Tues, Aug 11
Track Workout	Hart Park	Tues, Aug 18
Track Workout	Hart Park	Tues, Aug 25

Speed Work	Location	Date - Time
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

I just run as hard as I can for 20 miles, and then race. Steve Jones (when asked about his race plan, after he had won the "Chicago Marathon" in the then world's best time)

The Badgerland Striders present

The South Shore Half Marathon

Saturday April 4, 2015

South Shore Park Milwaukee Wisconsin

Timing & Results by

ABSOLUTE RACE TIMING PO BOX 562 WEST BEND, WI 53095

www.absoluteracetiming.com

13.1 Mile Run

Rank Name Chip Elapsed
Top Overall In HALF Division MALE
1 ZACHARY MEINEKE 01:10:00
Top Overall In HALF Division FEMALE
1 MINA DEMARCO 01:22:51
Top Masters In HALF Division MALE
1 ALEC BATH 01:23:27
Top Masters In HALF Division FEMALE
1 SUE MILLER 01:23:08
Top Grand Masters In HALF Division MALE
1 STEVE HARTMAN-KEISER 01:25:11
Top Grand Masters In HALF Division FEMALE
1 HANJU WANG 01:47:04
Top Senior Masters In HALF Division MALE
1 JEFF DEMATTHEW 01:35:42
Top Senior Masters In HALF Division FEMALE
1 MARY HIEMKE 02:03:40

Age Groups: 1 - 19 MALE
1 SHANE OTTEN 01:29:35
2 CHARLES BOBBS 01:43:18
3 ISAAC BROWN 01:54:58

Age Groups: 1 - 19 FEMALE
1 JENNY BROSTROM 01:45:54
2 LEAH MUSHALL 01:56:18

Age Groups: 20 - 24 MALE
1 MARTIN HINZE 01:13:58
2 CLINTON PIPER 01:24:23
3 NATE HECKER 01:27:55
4 ROBERT TAYLOR 01:28:16
5 MARCUS WALZ 01:32:24
6 ALEX LEITHEISER 01:42:02
7 ZACH KUJAWSKI 01:44:25
8 DAVID CINCOITA 01:50:18
9 BENJAMIN BUSH 01:50:31
10 CRISPIN BRIM 01:53:30
11 DAVID BARRIERE 02:25:51
12 ALEX SOMMERFELD 02:29:27
13 SHAWN BECHTEL 02:31:41

Age Groups: 20 - 24 FEMALE
1 SOFIE SCHUNK 01:32:09
2 REBECCA HELLER 01:34:58
3 AMANDA GLEISH 01:39:16
4 NATALIE BANTLEON 01:39:16
5 SARAH MCCALLUM 01:43:02
6 JEN JOBKE 01:45:00
7 KIM JOBKE 01:45:00
8 GABRIELLA FLATER 01:47:53
9 JOHANNA SEHLOFF 01:50:22
10 AMANDA CADY 01:52:24
11 COLLEEN O'CONNOR 01:54:59
12 HEATHER HESIAK 01:56:03
13 JAMIE MAIER 01:57:28
14 KATIE BERNER 01:58:42
15 ALLISON BLAZEK 01:59:29
16 REBECCA BURNS 02:01:50

17 MARIA MCOUEENEG-LAG 02:04:45
18 SUSAN KREJCI 02:04:45
19 HANNAH PILL 02:04:52
20 COLLEEN CULLEN 02:06:11
21 KATHERINE POTKONJAK 02:06:19
22 AMANDA AMBROSO 02:06:35
23 SHELLEY GIBSON 02:07:55
24 EMILY KEEGAN 02:17:54
25 EMILY NELSON 02:19:45
26 HANN HOBSON 02:21:47
27 SOFIA HAILE 02:23:21
28 SARAH BURTON 02:29:34
29 GWENN CHAMBERLIN 02:32:23
30 ALISSA AMBROSO 02:33:33
31 MARY ANDREW 02:35:36
32 RACHEL AMMERMAN 02:35:36
33 KYLIE FLYNN 02:47:39
34 RACHEL AMBROCH 02:52:22

Age Groups: 25 - 29 MALE
1 ZACH BRUNS 01:10:10



Zach Meinecke Men's Champ 1:10:00

40 BRANDON FLUNKER 02:26:19
41 TRENT THIBODEAU 02:27:47
42 STEVEN BRIDWELL 02:28:15
43 NATHAN KIMBERLY 02:29:34
44 JEREMY TURNMEYER 02:43:53

Age Groups: 25 - 29 FEMALE
1 KALEY BURNS 01:32:49
2 ERIN LOWREY 01:35:07
3 KRISTI KIMBALL 01:40:13
4 CHRISTINA LUNDBERG 01:40:27
5 MARISSA TATGE 01:43:06
6 DENA WELDEN 01:43:57
7 ERIN BENNETT 01:44:22
8 CARLIE BLACKMAN 01:44:24
9 LAURA EATON 01:48:42
10 MEGAN DOWLING 01:48:42
11 HANNA GICHARD 01:48:55
12 SAMANTHA KUHAGEN 01:49:28
13 KOURTNEY HUNT 01:51:01
14 JACQUE LACHAPELLE 01:51:11
15 MELANIE KOCH 01:51:43
16 MEGAN KOCH 01:51:43



Mina DeMarco Women's Champ 1:22:51

55 CATHERINE DORNFIELD 02:13:33
56 KRISTIN RAVEL 02:14:21
57 LINDSAY DAIGLE 02:14:23
58 JEN CHRISTIANSEN 02:17:32
59 STEPHANIE MARESH 02:18:46
60 BETHANY MIOTA 02:19:00
61 CASANDRA HOELZL 02:20:34
62 NANCY JOHN 02:22:46
63 REBECCA WENDLE 02:24:52
64 VALERIE WERSCHING 02:25:36
65 JENNY DEWAR 02:25:36
66 MEGAN SCHULTZ 02:26:20
67 SHANNON DUNNE 02:27:58
68 MEGAN LARSCHIED 02:28:13
69 CAITLIN SCARANO 02:28:16
70 TIFFANY NATTER 02:35:51
71 MALYNN RATTANASAMAY 02:36:43
72 MEGAN SULLIVAN 02:41:26
73 KATIE TREMBLE 02:41:28
74 JULIA THORNE 02:42:11
75 JENNIFER VAN ABEL 02:43:12
76 STEPHANIE LIEDERMAN 02:43:51
77 ELIZABETH LINDAAS 02:43:59

Age Groups: 30 - 34 FEMALE
1 NIKKI CAHEN 01:30:48
2 JENNIFER COSGROVE 01:32:02
3 JODI KASTEN 01:32:12
4 ERIN FELDHAUSEN 01:36:28



Start of the 2015 South Shore Half Marathon

78 KATIE BAST 02:47:42
79 MEGAN DOBRINSKA 03:04:38
Age Groups: 30 - 34 MALE
1 TYLER ZWAGERMAN 01:16:45
2 KYLE FRASER 01:17:44
3 MATT BARCUS 01:17:45
4 MATT JACOBSON 01:21:50
5 BRENNAN FELDHAUSEN 01:22:52
6 JOSEPH CAMPAGNA 01:23:11
7 CHRIS LARSON 01:27:35
8 SHANE GARNER 01:28:51
9 DAVID LUTZ 01:30:17
10 DAN GLUBKA 01:30:28
11 JOSEPH WERNER 01:31:07
12 SCOTT KASTEN 01:31:10
13 JIMMY DERWAE 01:31:14
14 NICK ZALEWSKI 01:31:50
15 RYAN MOZE 01:32:22
16 ADAM BRUSS 01:32:50
17 DAVID JOHNSON 01:33:56
18 BEN GLASSPOOLE 01:34:23
19 GARRETT EWALD 01:35:21
20 MICHAEL KRANZ 01:36:19
21 DAN GRAHAM 01:36:44
22 JOHN TEED 01:37:24
23 BRANDON KALUITZ 01:38:00
24 AUSTIN MOORE 01:38:23
25 ROB WALTERS 01:38:46
26 KEVIN RIEDERER 01:39:38
27 TIM LUNDBERG 01:39:47
28 ALEXANDER BENTLEY 01:41:03
29 VINCENT GIULIANI 01:41:37
30 EVAN GROOSE 01:41:46
31 CHRIS KNAUB 01:42:10
32 DAVID MARSICEK 01:43:36
33 RANDY STIBERGER 01:44:04
34 BRIAN GINGRASS 01:44:20
35 RAFAEL CHAVEZ 01:46:29
36 JOHN DAVISON 01:47:09
37 NOAH ROSENTHAL 01:47:38
38 TIMOTHY HAFNER 01:48:40
39 MICHAEL CHEWNING 01:49:52
40 MATT SCHUPPENER 01:50:08
41 TONY KUJAWA 01:50:26
42 DARYL YAU 01:50:33
43 ANDY WEBER 01:51:50
44 DONALD CRAMER 01:51:50
45 SRI CHARAN MUDDI 01:52:06

5 KATIE BAST 02:47:42
6 MEGAN DOBRINSKA 03:04:38
7 ASHLEIGH SPEES 01:41:02
8 AIMEE BUCK 01:41:02
9 SHEILA WORDELL 01:41:45
10 KATHERINE KADUNC 01:44:28
11 CHRISTINA BEAUPRE 01:44:46
12 KATHIE HOELLER 01:44:56
13 EMILY LARSON 01:45:14
14 RENEE MOLDENHAEUER 01:46:38
15 ASHLEY MCCUNE 01:47:26
16 LAURA SMITH 01:48:02
17 CHRISTINE KOVAC 01:49:30
18 BETHNY BABCOCK 01:52:15
19 NATALY STENZEL 01:53:11
20 RACHEL RAVEY 01:53:15
21 SARAH STRATMAN 01:53:17
22 ERIN RUPPEL 01:53:28
23 TERI MARSICEK 01:55:16
24 MELISSA KEGLER 01:55:44
25 REBECCA WAGNER 01:57:14
26 JENNIFER MAJEWSKI 01:57:42
27 ASHLEY GROOSE 01:57:49
28 TRACY CURTIS 01:58:54
29 KRISTA KUMBALKER 01:59:48
30 BETH RINGWELSKI 02:00:44
31 ERIN LARKIN 02:01:32
32 KERI BERLING 02:01:45
33 MARYARDEN SENTY 02:02:37
34 KRISTEN LANTTO 02:03:54
35 CHERYL AKERT 02:05:05
36 CINDY DAVIS 02:06:00
37 JENNIFER MOORE 02:06:05
38 ILIA NEUMAN 02:07:45
39 JAMIE STEFFENHAGEN 02:08:46
40 EMILY SAMAYOA 02:09:15
41 RACHEL HUNTINGTON 02:10:20
42 MELISSA NEILS 02:10:49
43 KAITLIN CORRAO 02:12:02
44 MAGGIE LONDZORF 02:12:32
45 JESSICA KOVATOVIC 02:12:44
46 HILARY SCHUPPENER 02:16:48
47 EMILY HAIG 02:17:12
48 HEATHER RAY 02:18:14
49 PHAEDRA ALLEN 02:19:45
50 NAOMI GOULD 02:20:27
51 KATIE BRICCO 02:22:47
52 SHANNON WYNN 02:26:54

(Continued on page 25)



The Most Times are in 'The Strider'





If you want to tell something to an athlete, say it quickly and give no alternatives. This is a game of winning and losing. It is senseless to explain and explain. Paavo Nurmi



MAKING DUST

South Shore Half Marathon
13.1 Mile Run Results Continued

(Continued from page 24)

Table listing runner names and times for the South Shore Half Marathon, including Anna Jacobs (02:29:05) and Mandy Sowa (02:29:07).

Age Groups: 35 - 39 MALE

Table listing runner names and times for the 35-39 Male age group, including Tim King (01:19:54) and Jeremy Braun (01:23:28).



Tim Mutterer sings the National Anthem

Table listing runner names and times for the 35-39 Male age group, including Alex Engelken (01:24:42) and Jason Parry (01:26:21).

Table listing runner names and times for the 35-39 Female age group, including Philip Matthews (01:56:29) and Mark Hanson (01:57:49).

Age Groups: 35 - 39 FEMALE

Table listing runner names and times for the 35-39 Female age group, including Sarah Retherford (01:35:12) and Traci Revis (01:42:12).

Table listing runner names and times for the 35-39 Female age group, including Mandy Reithofer (01:35:12) and Sarah Hanson (02:10:38).

Age Groups: 40 - 44 MALE

Table listing runner names and times for the 40-44 Male age group, including Jeffrey Plate (01:24:50) and Matthew Goelzer (01:27:40).

SOUTH SHORE HALF ANOTHER SUCCESS

By Len Wachniak

This year's South Shore Half Marathon was held on a nice early spring day. With temperatures in the 30s, and partially sunny, everyone was able to run without the weather being a major factor.

The gray gloves proved to be beneficial out on the course, and are sure to be used by all of the runners during cooler weather.

As usual, there were snacks and beverages after the race. It was great to see everyone relaxing after the race and catching up with running friends they may not have seen during our long winter, and to talk about which races they will be doing in 2015.



We had runners from 12 states, including a woman who chose South Shore for her Wisconsin race as part of her goal to finish a half marathon in 50 states.

It is great to see family and friends waiting at the finish line for their runner, especially those who are running their first half marathon.

Finally, I cannot say enough about our great group of volunteers. We have had some key people working this event for more than 20 years.



One of the joys of being the race director is that I get to meet during the months leading up to the race, and also on race day.

several years ago, and still loves them.

I also got to exchange emails with Tim Renzelmann, who is the course record holder. He has battled cancer, and is doing well now.

Table listing runner names and times for the 40-44 Male age group, including Marco Marquez (01:35:01) and John Homberg (01:43:28).

I am working on plans for next year to make things even better. One thing that will remain are the gloves.

Table listing runner names and times for the 40-44 Male age group, including Haiko Van Den Boogaa (01:52:07) and Stu Gross (01:53:01).

(Continued on page 26)



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MAKING DUST

If you want to make God laugh, just try and make plans for the future. - Ron Litzler

South Shore Half Marathon 13.1 Mile Run Results Continued

(Continued from page 25)

Table with 2 columns: Rank and Name/Time. Includes runners like MICHAEL PEACY (02:06:26), SHANE MOISIO (02:07:02), and SUE MILLER (01:23:08).

Table with 2 columns: Rank and Name/Time. Includes runners like NICOLE LARSEN (02:21:40), THOMAS KUHLMANN (01:23:27), and SCOTT KURTZ (01:38:08).

Table with 2 columns: Rank and Name/Time. Includes runners like TAMMY ZYDUCK (01:34:12), ANGELA SPRAU (02:00:34), and NICOLE ZAUTIS (02:35:52).

Table with 2 columns: Rank and Name/Time. Includes runners like PAUL REINHOLZ (01:56:23), GARY MICHALEK (01:58:17), and SHERYL LEONARD-SCHNE (02:19:48).

Table with 2 columns: Rank and Name/Time. Includes runners like DOUG BLANCHARD (02:07:01), JANINE LAU (01:47:09), and ELY LEICHTLING (03:27:40).



Table with 2 columns: Rank and Name/Time. Includes runners like AMY STATHIUS (01:52:55), JENNA LEPSTO (01:53:49), and JESSICA SCHNEBLE (02:19:01).

Table with 2 columns: Rank and Name/Time. Includes runners like DAVID KURTZ (01:42:49), JOHN SCHNEIDER (01:43:27), and DAVID PIKE (00:00:00).

Table with 2 columns: Rank and Name/Time. Includes runners like STEVE HARTMAN-KEISER (01:25:11), KELLY WAHL (01:26:57), and RAYMOND DOLEJS (01:55:21).

Table with 2 columns: Rank and Name/Time. Includes runners like SHERYL LEONARD-SCHNE (02:19:48), DEANNE GILLING (02:21:06), and STEVE MARTIN (02:06:45).

Table with 2 columns: Rank and Name/Time. Includes runners like ELY LEICHTLING (03:27:40), MARY HIEMKE (02:03:40), and JEAN GARDNER (02:31:18).



The Most Times are in 'The Strider'



STRIDER BULLETIN BOARD

How to Submit Materials for Publication

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

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

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

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

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

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

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

Jeff Weiss
5310 W. Wells Street
Milwaukee, WI 53208



This newsletter is printed on recycled paper.

Badgerland Striders 2015 VIP List

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Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis Shoemaker	-	shoebbox50@gmail.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: davegavnski@juno.com

Moving?

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

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

"The Strider"

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2015 RACE & PROGRAM DIRECTORS

Samson Stomp	Dave & Janice Finch	david.finch@rexford.com	Jan 17, 2016 262-886-9192
John Dick Memorial 50K	Robert Wehner	rwehner@hotmail.com	Feb 6, 2016 262-370-7270
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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
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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	barbaradrees@yahoo.com	Dec 6, 2015 -

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

If rain, wind and snow don't stop you, why should pain? Instead of ignoring your pain or hoping it'll go away, call Aurora Sports Medicine Institute to schedule a FREE Injury Evaluation. Performed by a licensed athletic trainer or physical therapist, the FREE screening includes a pain assessment and recommendations for treatment or physician referral, if needed. **FREE Injury Evaluations* 800-219-7776**

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

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Aurora.org/Sports

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