



# the STRIDER



**Official Newsletter of the Badgerland Striders, Inc.**

**The STRIDER**

**Volume 44, No. 4**

**July 2015**

## Cudahy Classic: The Tradition Continues!

*By Drew Cordell – 2015 CC10 Race Director*



It's that time of year again; the historic, fast, and picturesque Cudahy Classic is back! The 55<sup>th</sup> installment of this storied race will commence on Sunday, July 26<sup>th</sup> at 8 A.M. For those new to the race, the Cudahy features a base 5-mile loop course contained on Milwaukee's famous Oak Leaf Trail through Cudahy's 101 year old Sheridan Park and Warnimont Park.

The 10-mile course is two laps of the 5 mile course and includes five, yes FIVE, water stops! To top off the race events, there is also a 1-mile kid's fun run as well. Back by popular demand, this year's race will also include a race shirt as well as food, refreshments, beer and beautiful Sheridan Park! This year's race will also feature the newly remodeled and improved Sheridan Park pavilion.



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### MAKING DUST (Race Results)

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## The Badgerland Striders

### Strider Estabrook Half Marathon

*Tom Buthod, RD*

Join us on August 29th at Estabrook Park for one of the best bargains in racing. And you can't beat the mandatory fun! Where else can you run a half marathon that finishes in a German Beer Garden? Where else do you run a race on a great course and receive a finisher's medal, a great shirt, hot breakfast, and plenty of beverages? This must cost at least \$75, you might guess. Nope, try \$25!

The race remains on the same great course. The start and finish is at the Estabrook Park Beer Garden. You'll do two loops around the park and then head south on the Oak Leaf Trail bike path. The turnaround is on the path across from the Milwaukee Art Museum. You'll head back the same way all the back to the beer garden. It's a flat, well-shaded, paved course. The four water stop locations are near the beer garden, the south end of Estabrook, the Urban Ecology Center, and near the turn around.



You'll pass each at least twice and one three times. A course map is available on the race website. The race is also part of the Lakefront Marathon Build-up Program. The Build-Up program this year includes a half-marathon buildup plan whose timing is perfect for the Strider Half!

All runners and volunteers will receive a very cool tech t-shirt. All finishers will receive a medal. The overall top 3 men and women will receive a very cool ceramic beer stein. Top 3 age group awards for men and women are: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-59, 50-54, 55-59, 60-64, 65-69, 70-74, 75+.

*(Continued on page 8)*



# THE PREZ SEZ



By Pete Abraham  
The Prez

## SO YOU DIDN'T GET A T-SHIRT?

There are a lot of misconceptions about how Race Directors make decisions and T-shirts are probably one of the most confusing issues. Shirts are usually the largest race expense and trying to order the 'perfect' number is not an easy task. Unless we are going to order a simple cheap in stock cotton shirt the RD has to make an educated 'guess' about how many to order and even more importantly, what sizes are needed. Usually the order has to be made a week or longer before the race. For the recent Hartfest race we had 195 runners signed up 8 days prior to the race. Last year we had 193 signed up on that date and had 29 more sign by race day. This year we ordered 300 shirts including 50 for our volunteers. So of course we had 93 more runners sign up the last few days before the race.

On the order date approximately 40% of those registered asked for a women's size small. So of course we ordered 40% of the extra shirts that size, and you guessed it, the vast majority of late sign ups were men's size large! So why not order a larger supply just to be safe? At \$11 a shirt, 40 - 50 left overs adds up quickly.



Cullen Run raised over \$42000 for Heart Research. Here Gael Cullen presents the check for that amount to Dr. Ivor Benjamin director of the Cardiovascular Center at the Medical College of Wisconsin.

Then there's a situation like the Discovery Run. 1300+ runners sign up in advance. Should be easy to order the right number. But some years as few as 900 actually run the race. We still had to order 1300 shirts at \$11 - \$12 each. Imagine what we could do with the extra \$3000 or \$4000. For a small race we could require everyone to sign up online in advance. That would help us make the decision. But small races are usually the one's that need more runners so we will take every registration we can get right up to race time. For larger races it can still be a guessing game. So the next time you decide to wait til race day to register, give the race director a break if we don't have a shirt for you.

(Continued on page 8)

## Badgerland Striders Meetings



@ Pettit National Ice Center, 500 South 84th St  
(just off I-94 at 84th), Open Run on the Indoor Pettit Track at 5:30pm, Reception at 6:30pm, Speaker at 7pm, Business meeting 8pm, Party until 9pm or even later (maybe).  
Admission \$1 for members and non-members. Fee covers all refreshments and snacks.  
Contact our meeting speaker coordinator  
Dave Gavinski with speaker ideas for our future meetings.  
If we use your idea for a future meeting speaker you could win a Strider Hat  
Home: 414-476-3745, Email: davegavinski@juno.com

## BADGERLAND STRIDERS MEETING SPEAKERS

JULY & AUGUST

**NO MEETINGS**

SEE YOU AT THE  
FUN RUNS,  
TRACK MEETS,  
TRACK  
WORKOUTS,  
MARATHON  
BUILD UPS,  
FIRECRACKER  
FOUR,

CUDAHY  
CLASSIC,  
STRIDER HALF  
MARATHON,  
TOSAFEST,  
THE 6-12-24HOUR  
RUNS  
AND  
BRIGGS & ALS  
RUN

SEPT 16 2015  
OCTOGENARIAN  
STRIDERS AND BEYOND  
NOW IS YOUR TURN  
IN THE SPOTLIGHT

All NEW Over-80 Honorary Members of the Badgerland Striders will be officially welcomed and specially honored at the September meeting. We hope that their treasured memories will be shared and many interesting stories told. A challenge goes out to younger members to aspire to such longevity in running, fitness and volunteering. Let's all join them to celebrate their wonderful accomplishments and loyal participation in the club!

Times Past: Yesterday and Today

Lakefront Marathon, Part Two



By Ron Winkler

By Ron Winkler

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

Correction- In the first installment, an error in the women's winners was pointed out by Corina Canitz, who was not given proper credit for her Lakefront victories three years in a row from 2007 to 2008. Her times were 3:00:38, 3:00:51 and 3:04:20. Although my face is red, I'm flattered that someone actually reads what I write.



1981: Inaugural Year

The inaugural Milwaukee Lakefront Marathon was held on September 20, 1981. It was the only year that the race was not held in October. At the time, when the Wisconsin Mayfair Marathon was held on Memorial Day weekend, Strider Mac Busby suggested finding a more inspiring course.

Preparation for the first Lakefront began in 1980 and was the most difficult year for planning, as all groundwork had to be laid. For awhile, the founders doubted everything would come together.

The planning committee consisted of original race director (RD) Dave Heinig, E. Clark Bowerman, Bob Fitts, Mac Busby, Don Weyer, Tom Ulik and Doug Sturgeon. Additional help was supplied by Rosie Peterson, Glen Wargolet, Dave Miller, Dick Goluch, Dennis Spars and Eileen McCabe.

Miller Brewing Company's Lite Beer was the major sponsor with a budget of \$50,000. Miller paid the management expenses and took care of advertising and printing. They designed a race logo, obtained t-shirts and supplied the awards.

Even though finances were taken care of, there were still major hurdles. Numerous permits and reservations were needed, as well as insurance coverage. One of the most vital and time-consuming projects was to obtain permission from the ten municipalities through which the race would pass through.

Entry fee was set at \$3.00 with no t-shirt or \$5.00 with t-shirt. Late entry was \$6.00 with no t-shirt and \$8.00 with t-shirt. Bus transportation to the start was \$1.00.

There were big awards during the early years. In each age category, 1<sup>st</sup> place received a Longines watch; 2<sup>nd</sup> place received a running suit and 3<sup>rd</sup> place received a Miller Lite trophy. In addition, there was Miller merchandise door prizes such as clocks, mirrors and jackets. The biggest prizes were random drawings for three all-expenses-paid trips to the Mardi-Gras Marathon.

Although 1500 entries were expected, there were only 720 entries and 582 finishers. Race day weather was initially good, but turned hot after the sun rose high in the sky.

Steve Benson from Bloomington, MN was the winner in 2:14:09, establishing the record (which still stands) and breaking the record for a marathon run in Wisconsin; the old record

was held by Dick Wilde and was from 1979. Second place went to another Minnesota runner, Paul Raether from Rochester (2:16:13, while third place was won by Wally Saeger of Dayton, OH (2:16:39).

Mary Bange was the first woman (70<sup>th</sup> overall) across the finish line with 2:55:31. At the time, she held Wisconsin's marathon record for women of 2:47:49. Second woman was Evelyn McLean-Cowan (2:57:51) of Sun Prairie and third was Kathy Kapalin (2:58:14 of Green Bay.

1982: Year of the Wind

With all groundwork laid in 1981, 1982 was less work for the race staff and new RD, Al Hansen. In order to grow the marathon, invitations were sent to elite runners, offering to pay expenses (\$6.00 entry fee included) and with the prospect of prize money based on finish times. The race attracted 1684 runners, 1307 of whom finished. The Lite Beer Lakefront Marathon was held on October 10<sup>th</sup> and was the final event of the Wisconsin Old Style Grand Prix.

The race began with clear skies and 40 degrees. Steve Benson repeated as winner, but was unable to approach his record from the previous year due to the steady headwind that slowed the runners beginning at mile 20. The wind was especially strong beginning at mile 23, where runners were blasted by the wind coming off Lake Michigan. Benson commented, "Coming down the hill at 23 miles, I was on my 4:40 pace and feeling strong. When I hit the bottom and that wind, I was still working, but not getting anywhere."

Benson's 2:18:09 was exactly four minutes slower than his 1981 time and slightly over four minutes ahead of runner-up Tony Shockency, whose time was 2:22:19. Although Shockency was awarded second place over Joe Broze, their times were identical.

Despite the wind, Sue Moen from Rowlett, TX lowered the women's record to 2:54:29. Second place Mara McElwee just missed three hours with 3:00:10. Lisa Moore was third in 3:06:18.

1983: \$15,000 in Prize Money

With Bill Grass as RD in 1983, the entry fee was raised to \$8.00 and there were 1450 entries and 1149 finishers. An expo and pasta dinner were held on Saturday at Marquette University's Brooks Memorial Union. Guest speaker was 1983 Boston Marathon winner (2:09) Greg Meyer. Brooks Shoe Company was added as a sponsor, but most importantly, Miller Brewing provided \$33,000 in sponsorship money and \$15,000 prize money, attracting runners from all over the country.

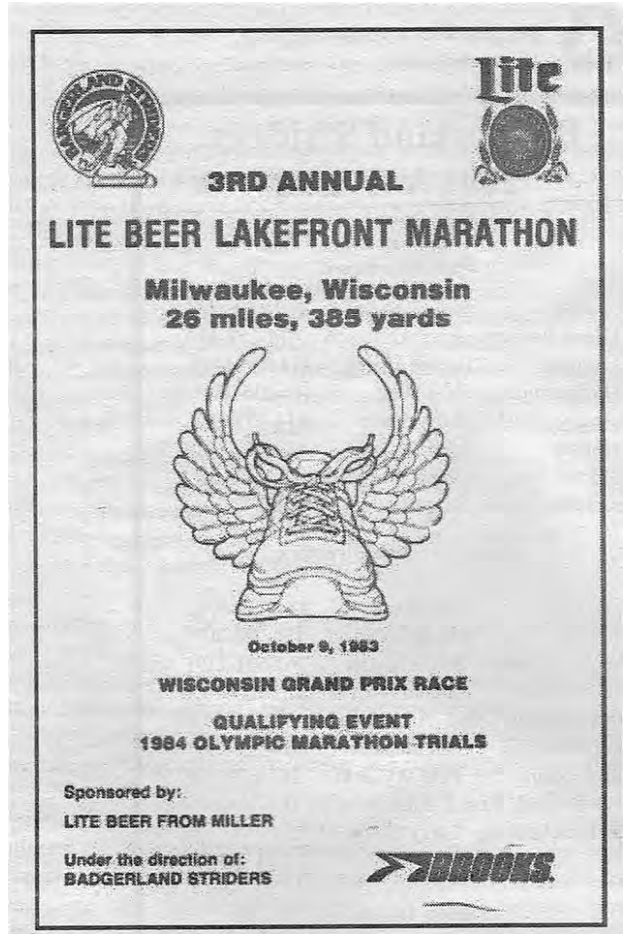
Weather was overcast, with temperatures in the upper 40s at the start and low 50s at the end. The light tailwind made the race more pleasant than 1982. Fred Tormeden from Manhattan, KS easily won in 2:14:43. Likewise, Nancy Miesczak of Buffalo, NY easily won the women's race in lowering the record to 2:39:15. The top six women finished faster than the previous women's record of 2:54:29. These women each won \$3000 and qualified for the 1984 Olympic Marathon Trials.

For the men, Dererk Stevens of Bexhill on Sea, England was second in 2:17:34, while Jeffrey Sharp of Kalamazoo, MI finished third in 2:17:45. For the women, Kim Merritt (2:41:16) and Cheryl Konkel (2:41:27) finished second and

third respectively and qualified for the Olympic Trials. In all, eleven runners qualified for the trials.

1984: Year of the Fog

For 1984, the entry fee was raised to \$9.00 and Glen Wargolet took over as RD. He was greeted with cutbacks from Miller Brewing- no prize money, no national advertising and a drop in sponsorship to \$10,000. The cutbacks were announced in April, too late to obtain a new sponsorship.



Lakefront Marathon advertisement for 1983.

On race day, a heavy fog blanketed the area, delaying the start by 15 minutes. The humid, 60-degree temperature with zero visibility was a problem for the 1161 runners and for race vehicles. The lead vehicle had difficulty keeping the lead runner in view without choking him with exhaust fumes. The fog was so thick that later in the day, there was a 124-car pileup on Interstate-94 in Milwaukee.

In the end, Jesse Garcia from Chicago emerged as the winner. He led the 1001 finishers with 2:23:41, two minutes faster than Peter Melms (2:24:46). Jeffrey Sharp from Michigan repeated his third place from the previous year (2:27:59). Betty Nelson from Columbia City, IN was the women's champion in 2:51:57, followed by Linda Walker in second (2:56:56) and Judy Doyle in third (2:57:01).

(Continued on page 10)

**WISCONSIN**  
**TRAIL ASSAIL**  
 HALF-MARATHON  
**• RUNNING SERIES •**

5K 10K

PRESENTED BY:  
**INSTEP**  
 PHYSICAL THERAPY  
 & RUNNING CENTER  
 RUNINSTEP.COM

**UPCOMING EVENTS**

JULY 4



5K, 10K  
FOX RIVER PARK

AUGUST 1



5K, 10K, HALF MARATHON  
PIKE LAKE STATE PARK

AUGUST 22



5K, 10K, 15K  
MUSKEGO PARK

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[www.runinstep.com](http://www.runinstep.com)

# COMING EVENTS

**Jul 1**  
Wed  
**Badgerland Striders - Jacobus Park Fun Run/Milwaukee**  
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 [tsrider@wi.rr.com](mailto:tsrider@wi.rr.com) Web: [www.badgerlandstriders.org](http://www.badgerlandstriders.org)

**Jul 2**  
Thu  
**New Berlin National Dash** **New Berlin**  
5K & 2 Mile Run/Walk Malone Park 16400 W. Al Stieger Pkwy New Berlin, WI 53151 Note Fun Run, with 4th of July Festival following Race at Malone Park Divs every ten years **Awards** 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 [newberlinjr@gmail.com](mailto:newberlinjr@gmail.com) Web: <http://www.newberlinjuniors.org/index.html>

**Jul 3**  
Fri  
**Pittsville Heart & Sole Road Race** **Pittsville**  
1/4mi kids 6:15pm, 5mi, 2mi r/w 7pm Park View Note 28th Annual, open, timed Divs 13-, 15-19, 10yr, 70+ **Awards** trophy 1/4mi, medals **Whchr** chip, flat Results mailed, active.com Fees \$14, \$18 race/day, 1/4mi kids free Perks TS, dwgs, snack, bev, shwrs Records 5mi 23:39 Arnie Schraeder 98, 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 [mdancj@tds.net](mailto:mdancj@tds.net) or reg on getmeregistered.com Web: <http://www.pittsvillefiredepartment.com/Community/community.html>

**Jul 4**  
Sat  
**RIVER CITY 4TH FEST 5K** **Waterford**  
8am, reg 6:45 Whitford PK, River Rd & Hwy 20 Note 26th ann Divs 9 & under, 10-14, 15-19, 5yr to 75+ **Awards** medals 5/div, masters 1/4mi Results [www.wisconsinrunner.com](http://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 noon parade Contact Jim & Cory McFadden Waterford Chamber of Commerce 2714 Beaumont Ave Waterford WI 53185 Day 262-994-1606 Eve 262-514-2925 [jmcfadden@tds.net](mailto:jmcfadden@tds.net)

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

**Jul 4**  
Sat  
**Firecracker Run** **Boscobel**  
Childrens Run, 2 mile walk, 2 and 5 mile run Kronshage Park, Boscobel, WI Divs 14 and under, 15-19, 10yr to 60+ **Awards** Trophies and medals top 3 OA, top 3 / div Contact [firecrackerrun@gmail.com](mailto:firecrackerrun@gmail.com) Web: [www.boscobelfirecrackerrun.com](http://www.boscobelfirecrackerrun.com)

**Jul 4**  
Sat  
**Firecracker Four** **Hales Corners**  
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+ **Awards** 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 in/race 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 [echap070@gmail.com](mailto:echap070@gmail.com) Web: <http://www.badgerlandstriders.org/home/Races/FirecrackerFour.htm>

**Jul 4**  
Sat  
**DK5K Dennis Krzykowski Memorial Run** **Cedarburg**  
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 **Awards** M/F top 3/div: 12yr & under, 13-19, 10yr to 50+ Fees Adult/Teen \$25 early/\$30 day of; 12/under \$12/early/\$15 day of; Group\$75 early/\$90 day of Perks Reg fee includes hi-tec 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](mailto:dstauss1@wi.rr.com) Web: [www.ccsf.info/html/dk5k.htm](http://www.ccsf.info/html/dk5k.htm)

**Jul 4**  
Sat  
**Run For A Vet** **Mercer**  
5km Competitive Trail Run and 1 mi fun walk 8am Mecca ski trails Note Reg 7/3 3:00-5:00pm and 7am race day Divs 10yr, age 11 and above **Awards** OA M&F, top 3 /div 5km run Results Performance Timing LLC Fees \$20 by June 20, \$25 to race day LastYr 200 Contact Betty Snyder American Legion Auxiliary Post 424 P.O. Box 474 Mercer WI 54547 Day 715-476-2074 [vincski23@yahoo.com](mailto:vincski23@yahoo.com) Web: [www.mercercc.com](http://www.mercercc.com)

**Jul 7**  
Tue  
**Sole Sisters' "Dash & Splash" - Pool Party** **West Allis**  
Casual Run/Walk 6pm- YOU pick the pace & dist, approx 30 minutes Cool Waters Park- Greenfield Park Note Fee free to come for just the run/hike, OR just the Pool Party from 6:45pm-8pm! Divs WOMEN ONLY! **Awards** no **Whchr** no Fees Fee to enter pool Perks Great way to get fit, have fun & meet some new friends! Records untimed Other FREE- minimal fee to enter pool for pool party Contact Valerie Nolin Sole Sisters 2024 S. 124th Street west Allis WI Day 4144033524 Eve 4144033524 [solesistersclub@yahoo.com](mailto:solesistersclub@yahoo.com) Web: [www.solesistersclub.org](http://www.solesistersclub.org)

**Jul 8**  
Wed  
**Badgerland Striders - Hot Dog Fun Run** **West Allis**  
3 or 6mi, 6:30pm Greenfield Park Area #3 Note map of Greenfield Park at <http://tinyurl.com/ksqd48> Fees Free Perks Food, Beverage Other GPS Coords: 43.003648, -88.063683 Contact Glenn Wargolef Badgerland Striders [marathon1@charter.net](mailto:marathon1@charter.net) Web: [www.badgerlandstriders.org](http://www.badgerlandstriders.org)

**Jul 11**  
Sat  
**BLS MARATHON BUILDUP PROGRAM** **Milwaukee**  
10 mi training run 7:30am Lake Park near Newberry Blvd entrance, 43.06911,-87.87161 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 [tsrider@wi.rr.com](mailto:tsrider@wi.rr.com) Web: [www.badgerlandstriders.org](http://www.badgerlandstriders.org)

**Jul 11**  
Sat  
**Cheesehead Chase** **Plymouth**  
5 mile Run/ 2 mile walk/run 8:30am - Reg 7:30 St John Lutheran Church Parking Lot -- Corner of Smith Street and East Main Note 23rdrd Annual, one street to the north of Mill street- the Main street in Plymouth Divs 8 and under, 9-11, 12-14, 15-19, 10yr to 70+ **Awards** Medals - (Timing Chips for Runners) Results website Fees In Adv - Walkers:\$15 and \$12 Family/ Corp. Runners \$18 and \$15 corp/family (\$21 day of); Perks Timing Chips for Runners - Massage Therapists, Raffle Prizes ,entertainment, snacks, beverages, Mill St. Fest LastYr 663 Other Benefits Safe Harbor Domestic Abuse Shelle chosen by and PPBW scholarship awards. Contact Teresa Van Horn Plymouth Professional Business Women P.O. Box 324 Plymouth WI 53073 Day 920-892-6422 Eve 920-918-2438 Fax 920-893-0953 [THVH88@aol.com](mailto:THVH88@aol.com) Web: [www.PPBW.net](http://www.PPBW.net)

**Jul 11**  
Sat  
**A Sussex 5k Fun Run/Walk** **Sussex**  
5k run/walk, 8:30am Sussex Village Park Note Prking avail in the park **Awards** Trophy first m/f winners, medal top 3/div Fees Before July 1st, \$20 indivi-\$40 for family \$24 day of; Sign up at website Perks Gift, give aways, goodies, snacks, water, drink tickets to Sussex Lions Daze LastYr 200+ Other Proceeds benefit Village of Sussex Recreation Scholarship Fund Contact Kasey Fluet Village of Sussex N64W23760 Main St Sussex WI 53089 Day 262-246-5200 Fax 262-246-5222 [kfluet@villagesussex.org](mailto:kfluet@villagesussex.org) Web: [www.villagesussex.org](http://www.villagesussex.org)

**Jul 11**  
Sat  
**Dances With Dirt - Devil's Lake** **Baraboo**  
50M Ultra 5:30am - 50K Ultra 5:30am - Marathon 6:30am - Half Marathon 7:30am - 10K 8am Devil's Lake State Park/Devil's Head Resort, S6330 Bluff Rd. Note Divs Records Fees See website for info **Awards** OA M&F, 5/div 5yr **Whchr** n/a Perks Tech shirts, medals, 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](mailto:info@rfevents.com) Web: [www.dwddevilslake.com](http://www.dwddevilslake.com)

**Jul 11**  
Sat  
**Waughonsance Trail Marathon** **Mackinaw City, MI**  
Mar 7am, 1/2Mar 8am, Mar Relay 7am Wilderness State Park Divs 15-19, 20-29, 10yr to 70+ **Awards** Ceramic bowls by artist Steven Stuchell for top 3/div, hardwood medallions for all finishers Results [www.superioritiming.com/race-results/](http://www.superioritiming.com/race-results/) LastYr 314 Contact Jeff Cumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 [info@greatlakesendurance.com](mailto:info@greatlakesendurance.com) Web: [www.greatlakesendurance.com](http://www.greatlakesendurance.com)

**Jul 11**  
Sat  
**Moonlight Run** **Eagle River**  
5K 10pm Downtown ER **Awards** Top 3 OA M&F, top 3/div, top participation for camps, best times for camp **Whchr** allowed Perks Dr-wick t-shirt and goodie bag gear to all pre-reg LastYr 425 Contact Ashley Martin Pines Community Wellness Center 1800 Pleasure Island Rd Eagle River WI 54521 Day 715-479-6487 [amartin@npsd.k12.wi.us](mailto:amartin@npsd.k12.wi.us) Web: [www.npsd.k12.wi.us/wellnesscenter/moonlightrun.htm](http://www.npsd.k12.wi.us/wellnesscenter/moonlightrun.htm)

**Jul 11**  
Sat  
**Pardeeville Triathlon** **Pardeeville**  
Sprint Triathlon, 8am Chandler Park Contact Race Day Events, LLC 1801 Bringold Drive Verona WI 53593 Day 608-316-5755 [race-day@racedayeventsllc.com](mailto:race-day@racedayeventsllc.com) Web: [www.racedayeventsllc.com/content/pardeeville-triathlon](http://www.racedayeventsllc.com/content/pardeeville-triathlon)

**Jul 11**  
Sat  
**St. Dominic Steeplechase 5K Run/Walk** **Brookfield**  
5K Run, 2 mile walk, St. Dominic Church - 18255 Capitol Drive Note 27th year Divs 9 and under; 10-14; 15-19; 10yr to 60+ **Awards** Medals to top 3/div, DOR PRIZES! **Whchr** n/a Results posted bis Fees \$20 prior, \$25 race day; family of four \$50 Perks T-shirts; awards; refresh; door prizes Records 15:26 Chris Roberdeau '03, 18:11 Theresa Selestow '08 Contact Mary Monday N32 W23130 Stonewall Ct. Pewaukee WI 53072 Day 2627469529 Eve 2627469529 [monmomsol@aol.com](mailto:monmomsol@aol.com) Web: <http://stdominic.net/Community/DominicDays.asp>

**Jul 11**  
Sat  
**BLS MARATHON BUILDUP PROGRAM** **Milwaukee**  
10 mi training run 7:30am Lake Park near Newberry Blvd entrance, 43.06911,-87.87161 Note Progressively longer training runs designed to prepare you for the LFM 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 [tsrider@wi.rr.com](mailto:tsrider@wi.rr.com) Web: [www.badgerlandstriders.org](http://www.badgerlandstriders.org)

**Jul 11**  
Sat  
**Run on the Green 5K Trail RW & Youth Fun Run** **Mequon**  
5K Trail Run 8am Mequon Rotary Park - 4100 W. Highland Rd. Contact Ryan Gray Day 262-242-4200 [ryan.gray@ipl.com](mailto:ryan.gray@ipl.com) Web: [www.gatheringonthegreen.org/run-the-green.html](http://www.gatheringonthegreen.org/run-the-green.html)

**Jul 12**  
Sun  
**Lomira Lions Run For Sight** **Lomira**  
5K, 2 mi lion walk & 20 mi fun bike ride, 8:30am Note road race. Walk in the village, Bike ride to the Horizon Marsh and back. **Awards** Top 3/div and nice gift bags, while they last, for all others partic. **Whchr** No Results Yes, 1/2 hour after race. Fees \$15 in adv and \$20 day of race, with run shirts while they last. Perks Combined with Lomira Lions Chicken BBQ & White Elephant Sale 11am Records 12th ann LastYr 85 Other family swimming, showers, playgrounds, fishing pond, shelters Contact Al Kohli Lomira Lions Club - Run For Sight, 1020 Mary Lane Lomira WI 53048 Day 920-269-4671 Eve 920-269-4671 [marathonman1@charter.net](mailto:marathonman1@charter.net) Web: [lomirarunforisight.com](http://lomirarunforisight.com)

**Jul 12**  
Sun  
**Winnebago County Triathlon** **Winneconne**  
Sprint and Olympic distance triathlons: 6:45am Lake Winneconne Park, Winneconne, WI Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 [ben@dutrirun.com](mailto:ben@dutrirun.com) Web: [www.dutrirun.com](http://www.dutrirun.com)

**Jul 15**  
Wed  
**Badgerland Striders - The President's Run** **Milwaukee**  
3 or 6mi, 6:30pm Hart Park, 68th-70th & State Street Fees Free Perks Food, Beverage Other GPS Coords: 43.045341,-88.003782 Contact Pete Abraham Badgerland Striders Eve 414-774-4580 [plak7@yahoo.com](mailto:plak7@yahoo.com) Web: [www.badgerlandstriders.org](http://www.badgerlandstriders.org)

**Jul 17**  
Fri  
**Wheels & Heels Rush on Festa 5K** **Milwaukee**  
5K, 7pm Summerfest North Gate Note Reg 5pm; family reg, 1k walk, and corp teams available Divs 14 & under, 15-19, 5yr to 80+ **Awards** Top 3 OA & div **Whchr** Yes, mostly flat, city streets; handcycles; paras/quads Results posted on BLS Fees \$20 before; \$25 thereafter Perks T-shirt and free admission to Festa Italiana LastYr 400 Contact John Dziewa NSCIA-SWC PO Box 270096 Milwaukee WI 53227 Day 414-384-4022 [office@spinalcordwi.org](mailto:office@spinalcordwi.org) Web: [www.spinalcordwi.org](http://www.spinalcordwi.org)

**Jul 18**  
Sat  
**Acuity Health Challenge** **Sheboygan**  
5K or 2 mile run/walk Acuity, 2800 S. Taylor Dr, Sheboygan, WI Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 [ben@dutrirun.com](mailto:ben@dutrirun.com) Web: [www.dutrirun.com](http://www.dutrirun.com)

(Continued on page 11)

## BLS HALF MARATHON BUILD UP MAPS SEE ARTICLES PAGE 7

DATE	LOCATION	DISTANCE	MAP	NOTE
7/11	Lake Park	5 Miles	<a href="http://tinyurl.com/mmawv6j">http://tinyurl.com/mmawv6j</a>	
7/18	Lake Park	6 Miles	<a href="http://tinyurl.com/mzy5516">http://tinyurl.com/mzy5516</a>	
8/1	Estabrook Park #8	7 Miles	<a href="http://tinyurl.com/kccjg2t">http://tinyurl.com/kccjg2t</a>	
8/8	Estabrook Park #5	8 Miles	<a href="http://tinyurl.com/l64n39c">http://tinyurl.com/l64n39c</a>	4.5
			<a href="http://tinyurl.com/kkh68ta">http://tinyurl.com/kkh68ta</a>	3.5
8/15	Lake Park	9 Miles	<a href="http://tinyurl.com/qau2f16">http://tinyurl.com/qau2f16</a>	
8/22	Kulwicki Park	10 Miles	<a href="http://tinyurl.com/o8p7tcd">http://tinyurl.com/o8p7tcd</a>	



# Badgerland Strider 24-12-6 Hour Runs

By Robert Wehner, RD

This September 5<sup>th</sup> will mark the 33<sup>rd</sup> annual running of Wisconsin's only 24-hour track ultra-marathon. We'll be located again this year in Germantown, on the Germantown High School track (400 meters). Proceeds from the event will benefit the Germantown H.S. cross-country team.

For those not familiar with this race, the object is to see how many miles you can cover within the time frame you've entered. The 12-hour and 6-hour divisions also offer a day-time or night-time option. For consistency and competition reasons, only the day-time options are eligible for 1<sup>st</sup> place overall awards and records. There will also be a "Distance" division, for those whose only goal is to get in a certain distance, but feel they will need more than 6 hours (for a marathon or 50K) or 12 hours (for 50 miles).



Pacing is not allowed in any of the events, but family and friends are welcome to crew for you and accompany you while you are taking walking breaks. Chip timing will ensure accurate lap counts and distances. We'll provide hourly updates for everyone, but can also give you an update whenever you need it. If you are trying to PR at a certain distance, just let us know and we'll track that as well. Direction is switched every 3 hours.

We'll have a fully stocked aid station with plenty of variety in foods and fluids, along with some special treats throughout the event. Runners can also bring their own supplies, and set up a mini aid station right along the course, so that their favorites are always right at hand. You can bring a tent to set up, if you'd like to take an extended break. We'll have use of the stadium sound system, so if you have a favorite CD, bring it along and we'll play it. Or create a mixed CD of your running favorites!

Complete information and the entry form can be found on the Badgerland Striders website. Go to [www.badgerlandstriders.org](http://www.badgerlandstriders.org) and click on the Club Event Sites tab to locate the page for the 24-hour run. If you are not running in this event and are in town for Labor Day weekend, please consider volunteering for a shift; we need helpers all day and night! If you have any questions about the race, or would like to volunteer, please contact me at 262-370-7270, or via email at [rwehner@hotmail.com](mailto:rwehner@hotmail.com). Let's see how FAR YOU CAN GO!

# TosaFest 5K

Excellent Course for a PR!

By Anne Peters

Back for 2015 is the "flashback" Tosafest race course that STARTS and FINISHES in Hart Park and navigates through the residential streets of Tosa and circles the Hart Park track. This special flash back event provides excellent spectator opportunities at the Hart Park track and easy access at both the start and finish. This is a traditional evening event. Festivities, refreshments and music on several stages will be on hand after the race.

**Date:** September 12, 2015

**Time:** 5:30pm

**Run Start:** Hart Park Wauwatosa, WI

Early packet Pickup prior to the event will be available, details to follow.

Race day packet pickup and registration will also be available at Hart Park starting at 3:30pm. Look for the tents.

\*\*T-Shirts are NOT guaranteed to those registering on Race Day\*\*

#### Registration Fees:

Online Registration at [www.zapevent.com/](http://www.zapevent.com/) through Midnight Sept 9th: \$22 for non-members \$18 for BLS members.

**Race Day Registration:** \$25 for everyone

**Team Registration:** Special recognition to the largest organized group. Just come up with a fun team name and enter in the registration. Your team MUST be registered by August 31st!!!

**Team "Captains"** should send an e-mail to: [Tosafest5k@yahoo.com](mailto:Tosafest5k@yahoo.com) with your "team" name, so it can be added to our drop down menu for easy sign up of other members.

2 Mile Walk Team Member \$18.00

5K run Team Member \$18.00

Special Tosafest children's race is starting at 4:00pm at the Hart Park track.

Awards will be given to all finishers. Registration is in person only for \$5.00. Under age 6 - 1/4 mile, Ages 7-12 1/2-mile.

Parent must be present with child to sign waiver.

For more information see [www.badgerlandstriders.org/home/Races/Tosafest.htm](http://www.badgerlandstriders.org/home/Races/Tosafest.htm) or email [tosafest5k@yahoo.com](mailto:tosafest5k@yahoo.com).

We need over 60 volunteers to make this a successful event! Volunteer positions include Packet Pick-Up, Finish Line, Course, and the Water Station. If you are interested in volunteering please visit [zapevent.com](http://zapevent.com) and register yourself as a volunteer today.





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RunRocknRoll.com



The Prez Sez

SO YOU DIDN'T GET A T-SHIRT?

(Continued from page 2)

Signing up in advance has other benefits. You fill in your own information which is then downloaded directly into the chip timing system's data base. This virtually eliminates transcription errors. If you fill out a paper form someone has to enter that info in to the system. If they have trouble reading what you wrote or they make a typo it can because everyone involved a lot of grief later. If someone is erroneously put into the wrong age group and finishes in the top 3? Or even worse, if someone would have won an award but we had them in the wrong age group.

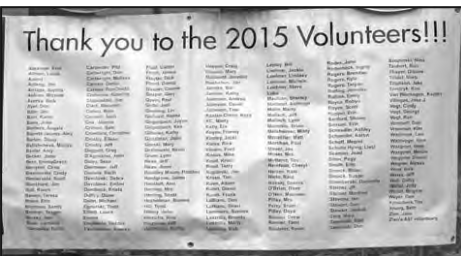
New RD's often feel obligated to try to take care of every little issue. The 24 - 48 hours prior to race day are very hectic. When you get a half dozen or more phone calls or emails the night before the race asking, "will there be porto johns on the course?" or where will the waterstops be?" or even more annoying, "can I change my shirt from a small to a medium?", it gets old. Especially when most of the info is already available on our website. Oh, btw, how the heck do we know where you can park? Sorry for venting :)

By now most of you are aware that the Milwaukee Lakefront Marathon has sold out all 3500 spots. What most of you didn't know was that RD Jon Mueller is stepping down after this year's race. Last month the Executive board approved Erin Smith as the new MLFM Race Director! Erin is the current Firecracker 4 RD and has set new attendance and revenue records for that race. When Jon took over MLFM 3 years ago he had the daunting task of replacing a large portion of the staff and most of the captains. But the Marathon never missed a beat! Under Jon's direction we have set new records for registered runners and revenue. Jon Mueller, the Badgerland Strider salute you!



The official numbers for the 2015 Cullen Run are in. Between race revenues and donations the Cullen run raised and donated \$42,000 to the Medical College of Wisconsin. Kudos to rookie RD Nicole Jellison. At recent Road Race Committee meetings the club made several other donations including a \$10,000 donation to the Milwaukee Parks department earmarked for restroom renovations at Greenfield Park and funding for a children's running program to be organized by the Milwaukee County Zoo.

With fun run season in full swing it's nice to report that attendance is much greater than anticipated. The Burger Builder run at Estabrook Park easily topped the 200 mark and the Holy Hill fun run had record attendance as well. We've upped the fun run budgets for the second time in two years in an effort to accommodate the crowds. Nice to see so many new faces. Strider membership numbers continue to hover around 2300 and we are currently the 6th largest running club in the country. Prediction? 3000 members by this time next year! You heard it here first!



The Cudahy Classic Tradition Continues

(Continued from page 1)

For those non-strider members, the 10-mile race is \$30 while the 5-mile race is \$25. Strider members will continue to enjoy the benefits of their membership with discounted fees of \$25 for the 10-mile race and \$18 for the 5-mile race. Our kid's fun run is \$1. Online registration is being offered through the club's website badgerlandstriders.org and is strongly encouraged. For those that like to wait until the last minute, day-of registration fees are \$25 for the 5-mile race while the 10-mile fee is \$30.

Not able to run? No problem! We are still in need of volunteers (and captains)! Whether it's assisting with registration in the morning, passing out water and cheering on runners during the race or helping tear down post-race, any and all volunteer help is most appreciated. Contact race director Drew at cudahyclassicrod@gmail.com for details!

Whether it's Sheridan Park's picturesque centennial woods, Warmint Park's majestic views of Lake Michigan or the promise of great competition with good friends, Cudahy Classic has it all!



The Strider Estabrook Half A Great Breakfast with a Run Too!

(Continued from page 1)

Race results will be available at www.absoluteracetiming.com. EMS support will be provided by the North Shore Fire Department. Pre-race bib and shirt pickup will be available. See details below.

After the race is over, the fun kicks into high gear. Stick around for hot breakfast provided by the Estabrook Park Beer Garden and Old German Beer Hall. There will also be plenty of Hofbrau on hand (must be 21 or over!). Other snacks and refreshments will be available as well.

As was the case last year, race registration will be capped at 1000 entries. We were very, very close last year to hitting that number with pre-race registrations. Registration will close at 11:59pm on Monday August 24th, if not earlier. Please keep an eye out for news on registration on the race page at http://www.badgerlandstriders.org/home/Races/StriderHalfMarathon.htm. If the cap is not met, limited race day registration will be available. A whole lot of people want in on the fun. Parking is limited so please carpool or ride your bike if possible.

This year, the race is partnering with Global Giving. Global Giving, a Milwaukee-based nonprofit organization, collects new and gently used sporting equipment, apparel and footwear, and donates it to children in need, both in the U.S. and abroad. To date, the organization has given over five tons of equipment to over 50,000 children. While once only servicing children living overseas, the organization now focuses heavily on those living in Milwaukee and throughout the U.S. through solid partnerships with the Boys and Girls Club and Playworks (located in Milwaukee Public Schools and throughout the country). Donation barrels for equipment will be available on race day and you may make a monetary donation when registering.

Pre-race day shirt/bib pickup will be available from 4-8pm on Thursday August 27th at Performance Running Outfitters Brookfield and from 4-8pm on Friday August 28th at Performance Running Outfitters Shorewood (http://performancerunning.com/locations.html)

As always, we can't make a race like this happen without our great volunteers. Volunteers will receive a technical t-shirt and are welcome to join in the post-race activities. To volunteer or for any other questions, please register on the race website or contact striderhalf@gmail.com. See you on August 29th!





RUNNING IN HEAT

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

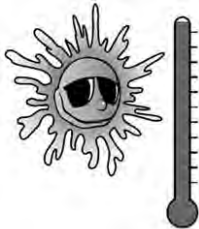
Warmer weather offers a great opportunity for moving your exercise program outdoors. However, Wisconsin's unpredictable weather means that it's crucial for the physically- active individual to think ahead and plan accordingly to avoid heat illness.

HEAT INDEX

Both temperature and humidity influence heat, and ultimately, your outdoor workout routine. Where should you work out - inside or outside? Should you run or swim? If you're outside, how long is too long? The national weather service has a plethora of information available on their website; the heat index chart should be one of your most important resources.

http://www.nws.noaa.gov/om/heat/heat\_index.shtml

Familiarity with the Heat Index (the temperature the body feels when heat and humidity are combined) is an important step for avoiding potentially dangerous or deadly exposures to hot environments. As a general guide, use the following temperature and humidity levels to identify potential heat problems:



Aurora Sports Medicine Institute

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chalk talk

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80- 90° F, with 70 - 90% relative humidity:

Fatigue possible when combined with prolonged exposure and physical activity.

90- 105° F, with 50 - 90 % humidity:

Sunstroke, heat cramps, and heat exhaustion possible.

105- 130°F, with 40% or more humidity:

Sunstroke, heat cramps and heat exhaustion likely; heatstroke possible.

130°F or greater, 40 %or more humidity:

Heat stroke likely with continued exposure.

HEAT ILLNESS

Understanding factors that can increase your risk for heat-related illnesses is an important component when planning activities outdoors. A high heat index, limited air movement, and direct exposure to sun can be a recipe for heat illness in even the healthiest of individuals. Other considerations include:

- Pre-activity level of hydration
• Previous history of heat illness
• Current medications
• Body size
• Level of physical conditioning
• Other medical conditions
• Mental illness
• Age

When in doubt, check with your physician to determine how and when you should be exercising outdoors in the summer.

Heat illness can be broken down into three categories: heat cramps, heat exhaustion, and heat stroke.

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environ-



(Continued on page 13)

Runsignup.com/SBWS

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TEAM/FAMILY REGISTRATION AVAILABLE

2 MILE WALK/ROLL

NEW LOCATION: HART PARK

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22ND ANNUAL • AUGUST 8, 2015

Times Past: Yesterday and Today

## Lakefront Marathon, Part Two

(Continued from page 3)

### 1985: New Sponsor, New Logo

Glenn Wargolet became the first Lakefront Marathon RD to return for a second year. Miller Brewing's sponsorship was replaced by Seton Health Care Services and St. Mary's Hospital. Miller pulled out saying that marathon runners were not their target market. Entry fee was raised to \$10.00 and there were 749 finishers.

In contrast to 1984, the weather was sunny and clear. Pete Dodd topped the field with 2:22:36, followed by Kevin Setnes (2:25:42) and Ted Miller (2:25:50). Audrey O'Brien was the first woman (2:56:02), finishing well ahead of Ann Reis (2:58:28). Third place went to Linda Walker in 3:00:29.

### 1986: Year of the Parachute, Train and New Relay

Joe Balthazor took over as RD in 1986 by announcing his commitment for three years. He made several changes beginning by promoting the marathon as a spectator sport and publicizing the course. His goal was to give the race national recognition and to make it an "event." Future plans were to move the course into Milwaukee and run through the various ethnic communities.

His company, Hallmark Building Supplies, became the sponsor, along with Pabst Blue Ribbon Beer. Entry fee was raised to \$12.00 and a five-person relay was added. Race

results were compiled in booklet form and listed top times over the years.

An expo was added, along with a dinner party held at the Crystal Palace the night before the race. Guest speaker was Kim Wrinkle of *The Runner* magazine. Part of the evening's events was an auction to benefit Special Olympics (\$1460 was raised). Special Olympians presented plaques to "old timers" John Archer, Karl Abendroth, Arthur Priebe, Fred Powers, Agnes Reinhard, Percy Smith and Father John Kollanko to commemorate their many years of running.

At 8:00 am on the morning of the race, the 724 marathoners and 81 leadoff runners for the relay teams looked toward the clear sky for a parachutist who was scheduled to land at the start and then fire the starting pistol. Unfortunately, the parachutist fired the pistol while high in the sky and no one heard the shot.

Another glitch occurred near the 12-mile mark where some of the runners were delayed by a train that blocked the course for two minutes. Although the railroad had been contacted, not everyone got the word.

At the finish, John Zupanc from Oshkosh was the first of 687 finishers. His 2:22:29 was six minutes ahead of Dick Dodd (2:28:56). Close behind in third was Tim Renzelmann in 2:29:12.

Top woman was Linda Walker (2:53:38), well ahead of Amy Zacher (2:57:47) and Theresa Van Straten (3:00:24).

### 1987: New Slogan – The Best Times Are In Milwaukee

In 1987, more changes were added to increase participation. The entry fee was raised to \$15.00, but the bus fare to the start was eliminated. A "Runner's Guide" was introduced and mailed to all participants. All finishers received a gold, silver or bronze pin determined by sex and finish time.

The new logo combined a mug of beer, a stopwatch and the slogan, "The Best Times Are in Milwaukee." The spaghetti dinner, along with the auction for Special Olympics was held at Turner Hall with Dean Reinke from *Runner's World* as the speaker. RD Balthazor was optimistic that Lakefront, with all of the improvements, and not being opposite the Chicago Marathon, would attract 1800 runners. There were 1128 marathoners and 500 relay runners.

Although several runners were trying to qualify for the 1988 Olympic Marathon trials, the only qualifier was women's winner Judy Doyle who ran 2:47:12. Just missing the 2:50 standard with a heartbreaking 2:50:04 was defending champion Linda Walker. Likewise, men's defending champion John Zupanc was upset by Pete Dodd, 2:23:34 to 2:25:07.

Pete's win was a sweet victory considering his November 1987 ankle surgery due to an overuse injury.

### 1988: Year of the Prisoner Runners

The logo, slogan, and \$15.00 entry fee were retained. The spaghetti dinner was moved to MECCA with Dean Reinke as speaker. RD Balthazor continued his campaign to grow Lakefront by awarding a medal to all finishers. In addition, advertising was placed in out-of-state publications, something that had not been done since 1983.

Balthazor continued to push for an urban marathon entirely within the City of Milwaukee. He viewed this as a solution to the problems faced with some of the municipalities through which Lakefront passed. However, not all Striders wanted an increase in the number of runners and/or a different course.

There was much preparation for a group of minimum security inmates to run the marathon. In the end, only one prisoner ran.

The weather on October 9, 1988 was beautiful. The winner was Mark Horowitz, a strawberry farmer from Norway, WI. His 2:27:23 was three minutes ahead of second-place Greg Johns who clocked 2:30:22.

Sandy Lovejoy from Winchester, MA was the women's champion with a PR of 3:02:55. Runner-up Diane Himebough from Ann Arbor, MI also had a PR with 3:21:34. A total of 889 marathoners and 500 relay runners completed the race.

(Continued on page 18)

# #RUNNOVATION

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Expires: September 30, 2015

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New Balance Greenfield  
7411 W. Layton Avenue  
(414) 431-6300

See our New Balance MKE Run Club Facebook page for more details!

[www.facebook.com/newbalancemkerunclub](http://www.facebook.com/newbalancemkerunclub)



# COMING EVENTS

(Continued from page 5)

- |   |  |   |
|---|--|---|
| <p><b>Jul 18</b> <b>Fish Day 8k Run &amp; 2 Mile Fun W/ Port Washington</b><br/>Sat 8am, reg 6:30-7:30am Chamber of Commerce Visitor's Center 126 E Grand Ave <b>Note</b> Benefits Portal Inc, a nonprofit human service agency serving adults with disabilities <b>Divs</b> 8k 13-, 14-19, 5yr, 70+, w/c, stroller, teams <b>Awds</b> 8k unique pewter fish medallion 1/mf, 1/div, 1/team, medals 2-3/div. 2mi medallion 1/mf, ribbons/finishers <b>Whchr</b> steep hills <b>Results</b> posted, mailed on request, local paper <b>Fees</b> \$25 before 7/10, \$30 after 7/10; families 3+ \$20/person before 7/10, \$23/person after 7/10 <b>Perks</b> 8k chip timed, TS, dwgs, food, bev <b>LastYr</b> 1133 <b>Other</b> Festival, Parade, Fish &amp; Chips, Arts/Crafts Fair, Big Name Bands, Fireworks. <a href="http://portfishday.com">portfishday.com</a> <b>Contact</b> Marlene Morgan Portal Inc. PO Box 65 Grafton WI 53024-0065 Day 262 377-4410 Fax 262 377-4415 <a href="http://mmorgan@portalinc.org">mmorgan@portalinc.org</a> <b>Web:</b> <a href="http://www.portalinc.org">www.portalinc.org</a></p> | <p><b>Jul 18</b> <b>Mukwonago Village Run Mukwonago</b><br/>Sat 5K Race @ 8:30am, 1K Kid's Run @ 9:15am Mukwonago High School, West City NN <b>Note</b> Reg in Athletic Foyer. Race will begin at MHS Track. Flat fast course on village streets. <b>Divs</b> 13U, 14-18, 19-29, 10yr to 70+. <b>Awds</b> Medals top 3/div Overall M/F Champ, M/F Masters Champ <b>Results</b> website <b>Fees</b> \$25 by July 14, \$30 after. \$10 for kid's run <b>Perks</b> T-Shirt, Drinks, snacks. <b>LastYr</b> 150 <b>Contact</b> John Thornton Mukwonago High School Athletic Booster Club 605 W. School Road Mukwonago WI 53149 Day 414 303-1530 Eve 414 303-1530 <b>Web:</b> <a href="http://www.mukwonagovillage.org">www.mukwonagovillage.org</a></p>   | <p><b>Jul 25</b> <b>Holland Fest Run Cedar Grove</b><br/>Sat 10k certified, 2mi r/w. 8:30am, reg 6:30, Independence Pk, 3rd St &amp; R-maker Ave <b>Divs</b> 10k 13-, 14-19, 10yr, 70+, 2mi 9-, 10-14, 15-19, 10yr, 70+ <b>Awds</b> runs trophy 1/mf, 1/div, medal 2-3/div, ribbon 4-10/div <b>Whchr</b> div <b>Results</b> web <b>Fees</b> \$15 by 7/5, \$18 raceday, \$65/family 5- (prices tentative) <b>Perks</b> TS, fruit, shwrs <b>Records</b> 2mi 9:15 Matt Thull '98, 10:32 Sue Dagget '95, 10K 30:32 Dan Held '93, 35:38 Sue Dagget '96 <b>LastYr</b> 550 <b>Other</b> Festival, parade, art fair, ethnic foods <b>Contact</b> Sarah Konzak Holland Festival 511 S 6th St Cedar Grove WI 53013 Day 920-668-6777 Eve 920-668-6777 <a href="mailto:konzak@live.com">konzak@live.com</a> <b>Web:</b> <a href="http://www.hollandfest.com">www.hollandfest.com</a></p>  |
| <p><b>Jul 18</b> <b>BLS MARATHON BUILDUP PROGRAM Milwaukee</b><br/>Sat 12 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.0691°,-87.8716° <b>Note</b> Progressively longer training runs designed to prepare you for the Lakefront Marathon <b>Fees</b> Free <b>Perks</b> Aid station, Snacks, bev after <b>LastYr</b> 300 <b>Other</b> See BLS Facebook Page or Twitter feed for latest info <b>Contact</b> Jeff Weiss Badgerland Striders <a href="mailto:tsrider@wi.rr.com">tsrider@wi.rr.com</a> <b>Web:</b> <a href="http://www.badgerlandstriders.org">www.badgerlandstriders.org</a></p>  | <p><b>Jul 19</b> <b>SummitFest 5K / 10K / Half Marathon Summit</b><br/>Sun 7:00 Village of Summit (Oconomowoc) @ Genesee Lake Road Park, 37505 Genesee Lake Road Divs Male / Female age division in 5 yr increments <b>Fees</b> See website <b>Perks</b> See website <b>LastYr</b> 400 <b>Contact</b> Sean Osborne Silver Circle Sports Events, LLC Oconomowoc WI 53066 Day 262 327 4472 <a href="mailto:racedirector@silvercirclesportsevents.com">racedirector@silvercirclesportsevents.com</a> <b>Web:</b> <a href="http://www.silvercirclesportsevents.com/summitfest">www.silvercirclesportsevents.com/summitfest</a></p>   | <p><b>Jul 25</b> <b>Grand Island Trail Marathon Munising, MI</b><br/>Sat 26.3 Trail 6am&amp;7am, 13.1 Trail 8am Williams Landing Divs 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ <b>Awds</b> Glass medallions for top 3 in each age group, hardwood medallions for all finishers <b>Results</b> <a href="http://www.superiortiming.com/race-results/">www.superiortiming.com/race-results/</a> <b>LastYr</b> 478 <b>Contact</b> Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 <a href="mailto:info@greatlakesendurance.com">info@greatlakesendurance.com</a> <b>Web:</b> <a href="http://www.greatlakesendurance.com">www.greatlakesendurance.com</a></p>  |
| <p><b>Jul 18</b> <b>Luna-Tics Trail Series Kewaskum</b><br/>Sat 50K: 26.2: 13.1: 13K &amp; 5K Sunburst Ski Area <b>Note</b> There has been a 5K added for 2015 <b>Awds</b> top finishers in each div <b>Fees</b> \$75 (50K): \$65 (26.2): \$45 (13.1): \$35 (13K): \$25 (5K) <b>Records</b> 3:56:19.6 (50K): 4:35:11.2 (26.2): 1:38:07.7 (13.1): 1:04:43.7 (13K) <b>Contact</b> Hillary Danaher Trail Dog Running 131 Sycamore Street West Bend WI 53095 Day 231-883-8828 <a href="mailto:rocky@traildogrunning.com">rocky@traildogrunning.com</a> <b>Web:</b> <a href="http://www.traildogrunning.com/2015_races">www.traildogrunning.com/2015_races</a></p>   | <p><b>Jul 21</b> <b>BADGERLAND STRIDERS OPEN TRACK MEET St. Francis</b><br/>Tue All track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm St. Francis High 42.96763°,-87.85534° <b>LastYr</b> 0 <b>Contact</b> <a href="mailto:rawinkler@sboglobal.net">rawinkler@sboglobal.net</a> <b>Web:</b> <a href="http://www.badgerlandstriders.org">www.badgerlandstriders.org</a></p>   | <p><b>Jul 25</b> <b>Capital City 5K for Organ, Tissue &amp; Eye Donation Madison</b><br/>Sat Twilight 5K Run/Walk Capitol Square to Goodman Pool with a private pool party <b>Awds</b> Top OA M&amp;F: age category awards for 12-15, 16-19, 10yr to 70+ <b>Perks</b> Reg fee includes race shirt and admits to Goodman Pool after the race <b>LastYr</b> 1008 <b>Contact</b> Jocelyn Fish National Kidney Foundation of Wisconsin 16655 W. Bluemound Rd, Ste 240 Brookfield WI 53005 Day 262-821-0705 x12 <a href="mailto:events@kidneywi.org">events@kidneywi.org</a> <b>Web:</b> <a href="http://www.capitalcity5k.org">www.capitalcity5k.org</a></p>  |
| <p><b>Jul 18</b> <b>Dirty Dog Color Mud Run Summit</b><br/>Sat 10:00 - 2:00 Village of Summit (Oconomowoc) @ Genesee Lake Road Park, 37505 Genesee Lake Road <b>Contact</b> Sean Osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 Day 2623274472 Eve 2623274472 <a href="mailto:racedirector@silvercirclesportsevents.com">racedirector@silvercirclesportsevents.com</a> <b>Web:</b> <a href="http://www.silvercirclesportsevents.com/dirty-dog-mud-run">www.silvercirclesportsevents.com/dirty-dog-mud-run</a></p>   | <p><b>Jul 22</b> <b>Badgerland Striders - Junk Food Fun Run Milwaukee</b><br/>Wed 3 or 6mi, 6:30pm Veteran's Park Shelter <b>Note</b> map of Veteran's Park at <a href="http://tinyurl.com/kdw8w58">tinyurl.com/kdw8w58</a> <b>Fees</b> Free <b>Perks</b> Food, Beverage <b>Other</b> GPS Coords: 43.044010, -87.888802 <b>Contact</b> Randy Klingelhoets Badgerland Striders Eve 262-285-3180 <a href="mailto:randyandlaurak@hotmail.com">randyandlaurak@hotmail.com</a> <b>Web:</b> <a href="http://www.badgerlandstriders.org">www.badgerlandstriders.org</a></p>   | <p><b>Jul 25</b> <b>WaunaFest Run Waunakee</b><br/>Sat 10 mile Run, 5K Run, 2 mile Walk, Kiddie Run 7:30am Village Park, Main &amp; Division St <b>Note</b> Reg held at Village Center <b>Divs</b> M&amp;F: 10-14, then 5 yr to 75+ <b>Awds</b> Medals <b>Whchr</b> Accessible <b>Results</b> Championship Timing System <b>Fees</b> \$25 pre-reg through July 20 for gear shirt, \$35 late fee <b>Perks</b> T-shirts, water, food, beer, entertainment - local WaunaFest Festival at Centennial Park <b>Records</b> 10 mile run: Male: Rod DeHaven in 2000, 49:42 Female: Jenny Spangler in 1982, 53:15 <b>LastYr</b> 1316 <b>Contact</b> Beth Pucetti Waunakee Area Chamber of Commerce PO Box 41 Waunakee WI 53597 Day 608-849-5977 Fax 608-849-9825 <a href="mailto:office@waunakeechamber.com">office@waunakeechamber.com</a> <b>Web:</b> <a href="http://www.waunafestrun.org/">www.waunafestrun.org/</a></p> |
| <p><b>Jul 18</b> <b>Humana Rock 'n' Roll Chicago 5K Chicago</b><br/>Sat 7:30am Grant Park</p>   | <p><b>Jul 23</b> <b>Sole Sisters- "Happy Trails"- Crawl &amp; PAWty! Milwaukee</b><br/>Thu Casual hike through Estabrook Park starts at 6:30pm- meet at Dog Park area Estabrook Park dog area. Come with, or without your dog! <b>Note</b> This event is FREE. "Bark in Park" is 5:30-6:30, hike (crawl) is 6:30pm, Patio PAWty is 7pm-8:30pm <b>Divs</b> Open to Public! <b>Awds</b> no-casual/UNlimited. <b>Whchr</b> Yes <b>Results</b> no <b>Fees</b> FREE! Any donations to Wisconsin Humane Society or wish list items accepted <b>Perks</b> Make a difference for the animals! <b>Records</b> NO <b>Other</b> Please RSVP for this event to website <b>Contact</b> Valerie Nolin Sole Sisters Club 4400 N. Estabrook Drive Milwaukee WI 53211 Day 414-403-3524 Eve 414-403-3524 <a href="mailto:solesistersclub@yahoo.com">solesistersclub@yahoo.com</a> <b>Web:</b> <a href="http://www.solesistersclub.com">www.solesistersclub.com</a></p> | <p><b>Jul 25</b> <b>Just Tri It! Youth Triathlon Trempealeau</b><br/>Sat Swim, Bike, Run for youth age 5-13. Distances vary by ability. Event begins at 8:30 am. Trempealeau Municipal Pool <b>Note</b> Limited entries avail <b>Divs</b> Non-comp div for youth 5 - 13. <b>Awds</b> finishers award <b>Fees</b> \$20/\$25/\$30 <b>Perks</b> T-shirt, goody bags, finishers medals for all, and door prizes! <b>LastYr</b> 125 <b>Contact</b> Amy and Paula Communities Off n' Funning PO Box 34 Galesville WI 54630 <a href="mailto:info@offnfunning.com">info@offnfunning.com</a> <b>Web:</b> <a href="http://www.offnfunning.com">www.offnfunning.com</a></p>  |

## BADGERLAND STRIDERS MEMBERSHIP BENEFITS

Remember to Show your Membership Card to receive benefits

**Performance Running Outfitters**  
Brookfield, Oconomowoc, Shorewood  
10% off + 10% back in PRO rewards

**Rodiez's Running**  
West Allis  
15% Discount

**Instep Running**  
Delafield, Franklin, Mequon, Milwaukee  
15% Discount

**Fleet Feet Brookfield**  
17550 B-1 W Bluemound Rd  
15% Discount

**New Balance store (owned By Stan's)**  
Brookfield, Greenfield  
15% Discount

**Running Warehouse Online**  
Code: BLSRCD  
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

**The Endurance House - Delafield**  
2736 Hillside Dr., Delafield WI  
12% Discount

- |   |   |
|---|---|
| <p><b>Jul 25</b> <b>Tri-Ing for Children's Kid's Triathlon Dousman</b><br/>Sat Kid's Triathlon, distance depends on age, 8:00 AM Ottawa Lake State Park <b>Contact</b> Race Day Events, LLC 1801 Bringold Drive Verona WI 53593 Day 608-316-5755 <a href="mailto:raceday@racedayeventsllc.com">raceday@racedayeventsllc.com</a> <b>Web:</b> <a href="http://www.racedayeventsllc.com/content/tri-ing-childrens">www.racedayeventsllc.com/content/tri-ing-childrens</a></p>  | <p><b>Jul 25</b> <b>HDSA Team Hope Milwaukee South Milwaukee</b><br/>Sat 2K Walk and 5K Fun Run South Milwaukee High School <b>Fees</b> \$30 Run Reg before Jul 24, \$35 day of: \$5 Don for Walk <b>Perks</b> T-shirt, goody bag, post and pre-race snack, silent auction and raffle prizes <b>Contact</b> Michelle Gygax HDSA-Wisconsin Chapter 2041 N. 107th Street Wauwatosa WI 53226 Day 414-588-6109 <a href="mailto:wisconsin@walkforhd.org">wisconsin@walkforhd.org</a> <b>Web:</b> <a href="http://www.hdsa.org">www.hdsa.org</a></p>  |
| <p><b>Jul 26</b> <b>TOUGHMAN Minnesota Chicago City, MN</b><br/>Sun Sprint: 25 swim, 22 bike, 3.1 run/ Half-iron: 1.2 swim, 56 bike, 13.1 run <b>Paradise Park</b> Note USAT Sanctioned non USAT members add \$12 <b>Divs</b> AG in 5yr 14 &amp; under to 95+, Relay, Athena, Clydesdale <b>Awds</b> top 3 m/f. Top 3 relay teams, Athena &amp; Clydes Perks DRI WICK SHIRT, goody bag, chip timing, food and fun after the event. <b>LastYr</b> 1400 <b>Other</b> <a href="http://www.midwestsportssevents.com">www.midwestsportssevents.com</a> <b>Contact</b> Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 <a href="mailto:ben@dufirun.com">ben@dufirun.com</a> <b>Web:</b> <a href="http://www.dutirun.com">www.dutirun.com</a></p> | <p><b>Jul 26</b> <b>Tri-Ing for Children's Triathlon - Adult Race Dousman</b><br/>Sun Sprint/Olympic Triathlon, 7am Ottawa Lake State Park <b>Contact</b> Race Day Events, LLC 1801 Bringold Drive Verona WI 53593 Day 608-316-5755 <a href="mailto:raceday@racedayeventsllc.com">raceday@racedayeventsllc.com</a> <b>Web:</b> <a href="http://www.racedayeventsllc.com/content/tri-ing-childrens">www.racedayeventsllc.com/content/tri-ing-childrens</a></p>   |
| <p><b>Jul 26</b> <b>BLS MARATHON BUILDUP PROGRAM Milwaukee</b><br/>Sun NO BUILD UP TODAY - Run Cudahy 10mi tomorrow instead See Cudahy Classic 7/27 <b>Contact</b> Jeff Weiss Badgerland Striders <a href="mailto:tsrider@wi.rr.com">tsrider@wi.rr.com</a> <b>Web:</b> <a href="http://www.badgerlandstriders.org">www.badgerlandstriders.org</a></p>   | <p><b>Jul 26</b> <b>Cudahy 10, 5 &amp; 1.0 Mile Kids Run Cudahy</b><br/>Sun 8 am: Reg 6:30am Sheridan Park on Lake Drive, north of Cudahy High School <b>Note</b> The race is primarily on the bike path and parkways, with just a little bit of city streets. <b>Divs</b> 10mi event - 5yr: 5mi event -10yr <b>Awds</b> 5 &amp; 10 Mile - 1st/mf overall; medals top 3/div; Kids - Finisher Medal for all participants <b>Whchr</b> No <b>Results</b> website <b>Fees</b> Online: 5 Mile &amp; 10 Mile BLS Member \$18, Non-Member 5 Mile: \$20 and 10 Mile: \$25, Kids \$1 <b>Perks</b> Post Race Party and Giveaway!!! <b>LastYr</b> 300 <b>Other</b> Mail In Reg All: 5 Mile: \$20 \$10 Mile: \$25 Race Day Reg All: 5 Mile: \$25.10 Mile: \$30 <b>Contact</b> Drew Cordell Badgerland Striders <a href="mailto:andrew.p.cordell@gmail.com">andrew.p.cordell@gmail.com</a> <b>Web:</b> <a href="http://www.badgerlandstriders.org/home/races/CudahyClassic.htm">www.badgerlandstriders.org/home/races/CudahyClassic.htm</a></p> |

(Continued on page 17)

SATURDAY & SUNDAY · JULY 18 & 19, 2015

# SummitFEST

5K · 10K · HALF MARATHON  
DIRTY DOG MUD **COLOR** RUN

presented by:  EnduranceHouse®

Genesee Lake Road Park · 37505 Genesee Lake Road · Summit, WI

**JULY 18TH**  
DIRTY DOG COLOR MUD RUN



- GREAT FAMILY FUN!
- KIDS ONLY MUD RUNS: 1 & 3 MILES

**JULY 19TH**  
SUMMITFEST



- 5K, 10K & 1/2 MARATHON
- KIDS 1 MILE ROAD RACE ADDED

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NEW PRIZE MONEY CATEGORIES FOR ALL RUNNERS

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# RUNNING IN HEAT

(Continued from page 9)

ments. This type of muscle cramp is often due to inadequate fluid intake or an imbalance between water and electrolytes. Signs and symptoms include profuse sweating and muscle cramps. Heat cramps are best treated by stopping activity, replacing fluids, gentle massaging/stretching of the area with the cramp, and icing the affected area afterwards.

**Heat exhaustion** results from dehydration. Signs and symptoms – which can resemble shock – often, begin suddenly, sometimes after excessive exercise or inadequate fluid intake. Signs and symptoms can include flushed or moist skin, profuse sweating, weakness, elevated body temperature, dizziness, headache, lightheadedness or fainting, upset stomach, vomiting, mood changes of irritability or confusion, dark colored urine, and/or rapid pulse/breathing rate. It is easy for heat exhaustion to progress to heat stroke without proper treatment and monitoring. First and

foremost, the individual should be removed from the sun and placed in a cool, air-conditioned place. Excess clothing should be removed and cool compresses/ice should be placed on the body.

**Heatstroke** is the most severe of the heat-related illnesses. Heatstroke can be a fatal condition resulting in the body's inability to regulate body temperature

through the act of sweating. The main sign of heatstroke is a noticeably elevated body temperature (i.e., generally greater than 104°F) accompanied by changes in mental status ranging from personality changes to confusion and coma. Other signs and symptoms can include headache, dizziness, unconsciousness, mental confusion, hot skin, rapid pulse, seizures, and high body temperature. **This condition is a medical emergency.**

If you suspect heatstroke, it is crucial to contact Emergency Medical Services (EMS) immediately. The affected individual should be cooled as rapidly as possible – moved to a cool location with ice/cool compresses applied directly to the body. Vital signs need to be monitored until EMS arrives in the event of other life-threatening conditions

**PREVENTION**


When taking your exercise routine outdoors, how can you prevent a heat-related illness? What factors can you control to protect yourself?

(Continued on page 30)

Relative Humidity (%)	NWS Heat Index															
	Temperature (°F)															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	86	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

Caution     
  Extreme Caution     
  Danger     
  Extreme Danger



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**RUN & WALK** for **Children's Hospital of Wisconsin**

At Children's Hospital, we believe kids deserve the best. Thankfully, we're not alone.

**8k run, 5 or 3-mile walk**  
 Saturday Sept. 19, 2015  
 10:15 a.m.  
 12th Street and Wisconsin Avenue

**ALSRUN.COM**



MAKING DUST

At the two-thirds mark, I think of those who are still with me. Who might make a break? Should I? Then I give it all I've got. *Ibrahim Hussein, on marathon tactics*

The Badgerland Striders present  
**The Deer Run**

Saturday April 25, 2015

Brown Deer Village Park  
Brown Deer, Wisconsin

Timing & Results by  
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**5 K Run**

Rank	Name	Chip Elapsed
<b>Top Overall In 5K Division MALE</b>		
1	JUDE MARIUTTO	00:17:17
<b>Top Overall In 5K Division FEMALE</b>		
1	SOFIE SCHUNK	00:18:45
<b>Age Groups: 1 - 14 MALE</b>		
1	NUC BURGDOFF	00:23:26
2	IAN STEFANIAK	00:25:32
3	LUKE LEWANDOWSKI	00:25:45
4	ALEXANDER ZABEL	00:29:25
5	IVAN CAMERON	00:30:45
6	CHARLIE COONS	00:32:29
7	GABE MALUEG	00:33:38
8	MATTHEW VANG	00:34:35
9	CARTER COONS	00:36:27
10	BENJAMIN KASTENMEIER	00:42:55
11	GWINYAI DZIMANO	00:42:56
12	JASON VANG	00:54:42
<b>Age Groups: 15 - 19 MALE</b>		
1	COLE BAUMGARTNER	00:29:36
2	CALVIN VANG	00:30:34
<b>Age Groups: 20 - 24 MALE</b>		
1	DAVID FUGILL	00:23:18
2	STAS KONRATH	00:24:53
3	MIKE MENDENHALL	00:29:20
4	JASON GASKA	00:32:11
<b>Age Groups: 25 - 29 MALE</b>		
1	NATE FLESCH	00:17:49
2	JAMES ZIELONKA	00:18:50
3	ROBERT DEISS	00:19:52
4	BRIAN CORMONE	00:21:53
5	NATHAN FIRKUS	00:24:17
6	DILLON BOYER	00:26:15
7	ANDREW GLASSMAN	00:28:27
8	GABRIEL GILBERTSON	00:29:25
<b>Age Groups: 30 - 34 MALE</b>		
1	MARY POTTER	00:32:52
2	KAYLA SCHUTLZ	00:35:33
3	ERIN BONKOSKI	00:37:54
12	AMY GRUTZMACHER	00:45:00
14	JENNIFER BECKER	01:04:51
<b>Age Groups: 35 - 39 MALE</b>		
1	BRIAN CAHILL	00:19:30
2	PATRICK MAHONEY	00:23:12
3	ERIC HEIDENREITER	00:24:32
4	GREG BELL	00:24:49
5	DAVE ELLENBECKER	00:25:21
6	NOAH RICKLIN	00:25:42
7	MATTHEW FILTEAU	00:25:43
8	JONATHAN MCWALTER	00:26:29
9	MICHAEL KLAMECKI	00:27:11
10	CHRIS CUNNINGHAM	00:29:57
11	CHAD HADLEY	00:30:23
12	CHAD DICKFOSS	00:30:32
13	JASPAL DHALIWAL	00:30:39
14	BRIAN FLEGEL	00:31:15
15	MATTHEW MAEDERER	00:32:18
16	DAVID PELTONEN	00:32:33
17	MARK WENTZ	00:33:26
18	JOHN GERMANO	00:34:21
19	THOMAS HINK	00:35:09
20	THOMAS JAHNKE	00:37:16
21	ANTHONY EATON	00:44:55
<b>Age Groups: 40 - 44 MALE</b>		
1	JUSTIN DREW	00:19:41
2	KEVIN CAHILL	00:20:45
3	JEFF KILLBERG	00:22:25
4	SCOTT PATZEN	00:23:47
5	JEFFREY BOWLES	00:25:30
6	ERIK MALUEG	00:25:47
<b>Age Groups: 45 - 49 MALE</b>		
1	MICHAEL LOVELL	00:21:53
2	BRYAN WEISS	00:25:09
3	MARK HONISCH	00:25:40
4	JERRY PAWLAK	00:25:49
5	KEVIN KLIMEK	00:28:04
6	MATT CARRAN	00:32:28
7	PETER FANNING	00:37:50
<b>Age Groups: 50 - 54 MALE</b>		
1	TONY AGOSTINI	00:20:12
2	BRIAN NUEDLING	00:20:41
3	DAVID NELSEN	00:25:35
4	REED MAIER	00:25:37
5	LEN WACHNIAK	00:28:20
6	DAVE HESS	00:31:30
7	DENNIS PASCHKE	00:51:34
<b>Age Groups: 55 - 59 MALE</b>		
1	JEFF FELBER	00:23:30
2	MICHAEL WARD	00:30:52
3	CARL BALGE	00:31:19
4	JEFF WEISS	00:31:31
5	STEVE MICHALS	00:36:00
<b>Age Groups: 60 - 64 MALE</b>		
1	NEAL FRAUENFELDER	00:21:09
2	THOMAS KROLL	00:24:06
3	ABIE KHACHADOURIAN	00:25:48
4	JACK FLEMING	00:26:01
5	PAUL HELLER	00:26:27
6	JIM KROEMER	00:28:18
7	BRIAN MORGAN	00:31:57
8	TERRY BOSCHERT	00:32:32
<b>Age Groups: 65 - 69 MALE</b>		
1	NANCY ALLMAN	00:27:14
<b>Age Groups: 70 - 74 MALE</b>		
1	MIKE KIRKWOOD	00:22:53
2	MIKE COHEN	00:37:02
<b>Age Groups: 75 - 98 MALE</b>		
1	SANDRA WEINSTEIN	00:32:03
2	JUDY KIRCHOFFER	00:36:59

7	JON STEFANIAK	00:26:15
8	WILL JANISCH	00:26:15
9	JOSE FERNA MORENO	00:27:47
10	ED MAISON	00:30:30
11	JOHN COONS	00:36:28
12	KOU VANG	00:54:44

<b>Age Groups: 40 - 44 FEMALE</b>		
1	JULY SIEGLAFF	00:27:20
2	RACHEL BLAZEKOVIC	00:28:25
3	LYNN HANSEN	00:29:58
4	JENNY CARRAN	00:32:30
5	JUSTINE BOWLES	00:36:03
6	ALICIA LEMKE	00:44:53
7	CANDY HEFFNER	00:46:06
8	SELMA GOETZ	00:47:17
9	STACEY JAHN	00:51:05
10	CHRISTINA RODRIGUEZ	00:59:24

<b>Age Groups: 45 - 49 FEMALE</b>		
1	WANDA ERICKSON	00:23:05
2	RACHEL BRANDOLINO	00:26:20
3	DAWN SCHWARTZ	00:29:29
4	JEAN WELLS	00:35:24
5	RENEE KIRK	00:35:37
6	DIANE KRUEGER	00:40:41
7	NANCY MCCOY	00:47:16
8	DANI KASLOW	00:47:27
9	FELICIA MAYFIELD	00:58:29

<b>Age Groups: 50 - 54 FEMALE</b>		
1	BARBIE GOSEWEHR	00:25:57
2	ANDREA SCHUNK	00:27:21
3	VERONICA THOMPSON	00:28:44
4	DEBBIE KANIA	00:29:34
5	JANICE ERBZ	00:32:03
6	SHARI BERRY	00:33:54
7	CLAUDIA HENLEY	00:41:45
8	BETH RATLEDGE	00:50:37

<b>Age Groups: 55 - 59 FEMALE</b>		
1	ELIZABETH AELION	00:21:23
2	LISA HERMANS	00:21:54
3	JILL VIDA	00:28:10
4	DEBORAH KERR	00:33:38
5	ROSE ANSTEDT	00:35:41
6	DENISE KRALL	00:37:53
7	JOANN CRUMER-PASCAL	00:41:46
8	JUDY JONES	00:42:29
9	LYNN PETERS	00:50:37
10	KATHY CULLEN	00:51:05
11	JENI CAREY	00:58:26
12	MICHELE BUEHLER	01:04:56

<b>Age Groups: 60 - 64 FEMALE</b>		
1	JANE FLEMING	00:32:19
2	JULIE PIERCE	00:32:32
3	MARGYGALEWSKI	00:33:04
4	ANITA THOMAS	00:40:09
5	DEBRA CARUSO	00:54:57

<b>Age Groups: 65 - 69 FEMALE</b>		
1	KENNETH OCHS	00:26:48
2	GERRY GALEWSKI	00:32:49
3	WILLIAM SPRANSY	00:33:10
4	CRAIG LIEBER	00:55:41
5	MIKE HINK	01:12:38

<b>Age Groups: 70 - 74 FEMALE</b>		
1	MARCIA BALTAZOR	00:34:24

<b>Age Groups: 75 - 98 FEMALE</b>		
1	JIM REZCH	00:25:47
2	DAVID HOFFMAN	00:31:17
3	EDWARD BLUMBERG	00:37:53
4	NORM HOVILA	00:38:51

<b>Age Groups: 65 - 69 FEMALE</b>		
1	NANCY ALLMAN	00:27:14

<b>Age Groups: 70 - 74 MALE</b>		
1	MIKE KIRKWOOD	00:22:53
2	MIKE COHEN	00:37:02

2015 Deer Run  
Wrap-up

By Hank Nisewicz, RD

The eleventh annual Deer Run 5K & 10K runs along with the 5k walk is now in the books. The forecast was for cold and windy conditions with all day rain. On race day morning the rain had tracked to the south of I-94 and we were left with temperatures that never got above the upper thirties, cloudy skies and a persistent wind out of the north in the upper teens with gusts into the twenties.

Pre-registration was down to 381, the lowest since 2009 and race day applications at 57 were the lowest in the nine years I've been RD, undoubtedly due to the day's weather conditions.

Nonetheless we sucked it in and at 9am I dutifully welcomed the runners and walkers and got them started. Lead bikers, Marty Malin, Erin and Dave Smith did their jobs without complaint. Their faces were too frozen when they came in to say much of anything.

The runners were the only ones not affected by the conditions, unlike all the Badgerland Strider and Brown Deer Foundation volunteers. The runners also had the benefit of freshly painted course directions, which Joe Brusky and I had redone the week before.

Entrants for the 10k run were 170, with 153 finishing; entrants for the 5k run were 235 with 228 finishing. There were 33 walkers.

The Brown Deer Foundation volunteer course sentries did their usual good job. Our Strider volunteers did a great job manning the registration area, start/finish line and assisting with scoring once again. Absolute Race Timing did an excellent job for us for the second year in a row.

The official race winners were:

5K, first place male finisher – Jude Maniutto with a time of 17:17 and a pace of 5:34.

5K, first place female finisher – Sofie Schunk, 18:45 (time), 6:03 (pace)

10K first place finishers were husband and wife team of Tyler and Jenny Zwagerman, he with a time of 34:20 and a pace of 5:32, she with a time of 36:44 and a pace of 5:56. Jenny is a Strider member, and I strongly suggested that Tyler consider it.

Thanks and appreciation again go to our race captains, Sean Daley – finish line and Barry Thrune, finish line captain-in-training, Erin and Dave Smith and Marty Malin – lead bikers, Janice Finch - Volunteer and general help, Len Wachack - bib#'s and pre-registration coordination with chip timing, and Joe Brusky – equipment.

The Brown Deer Foundation continues to be headed by Marge Jaberg.

This year's Deer Run witnessed the presence of eight runners who have entered and completed all eleven races. They are: Nick Anstedt, Ron Caruso, Ted Shue and Mary Wysocki, all Strider members, Rick Burdick, a former member, and Joseph and Terry Boschert and Aaron Pierce.

<b>Age Groups: 65 - 69 MALE</b>		
1	KENNETH OCHS	00:26:48
2	GERRY GALEWSKI	00:32:49
3	WILLIAM SPRANSY	00:33:10
4	CRAIG LIEBER	00:55:41
5	MIKE HINK	01:12:38
<b>Age Groups: 65 - 69 FEMALE</b>		
1	NANCY ALLMAN	00:27:14
<b>Age Groups: 70 - 74 MALE</b>		
1	MIKE KIRKWOOD	00:22:53
2	MIKE COHEN	00:37:02
<b>Age Groups: 70 - 74 FEMALE</b>		
1	MARCIA BALTAZOR	00:34:24
<b>Age Groups: 75 - 98 MALE</b>		
1	JIM REZCH	00:25:47
2	DAVID HOFFMAN	00:31:17
3	EDWARD BLUMBERG	00:37:53
4	NORM HOVILA	00:38:51
<b>Age Groups: 75 - 98 FEMALE</b>		
1	SANDRA WEINSTEIN	00:32:03
2	JUDY KIRCHOFFER	00:36:59



The Most Times are in 'The Strider'





MAKING DUST

"Cross Country - Finally a practical use for golf courses."



The Badgerland Striders present  
**The Deer Run**  
 Saturday April 25, 2015  
 Brown Deer Village Park  
 Brown Deer, Wisconsin  
 Timing & Results by  
**ABSOLUTE RACE TIMING**  
 PO BOX 562  
 WEST BEND, WI 53095  
 www.absoluteracetiming.com  
**10 K Run**



Rank	Name	Chip Elapsed
5	MICHAEL ECKERT	00:42:26
6	MATTHEW JANECKE	00:42:53
7	NICOLAS CHAUDOT	00:49:11
8	BEN GOODNESS	00:49:34
9	JOSEPH BOSCHERT	00:50:57
10	THOMAS JONES	00:51:01
11	BRIAN HERNANDEZ	00:51:47
12	FRANCISCO RODRIGUEZ	00:55:19
<b>Age Groups: 40 - 44 MALE</b>		
1	JEFF KOBINSKY	00:37:18
2	JUAN CARRANZA	00:43:37
3	CHRIS ROLLER	00:48:03
4	BRIAN ESPINOSA	00:54:11
5	TODD ROLLER	00:55:23
6	JEFF SCHULTZ	00:55:25
7	BRETT GRUNERT	00:57:38
8	ANTHONY WEGNER	00:58:05
9	DAIN ELMAN	01:00:48
<b>Age Groups: 40 - 44 FEMALE</b>		
1	RISA BERG	00:43:59
2	LAURA ROLLER	00:52:25
3	REGINA SCALIO	00:53:52
4	JENNIFER KLIMEK	00:54:43
5	JUANITA GUZMAN	00:57:05
6	KAREN GRUNERT	00:57:38
7	WENDY PATTERSON	01:04:12
8	MICHELLE BOWER	01:07:24
<b>Age Groups: 45 - 49 MALE</b>		
1	THOMAS KUHLMANN	00:37:32
2	TED SCHUE	00:39:53
3	PAUL DIX	00:44:09
4	JAMES CHESLOCK	00:44:19
5	DALE BAUMGARTNER	00:48:16
6	DAVID PIKE	00:50:05
7	RAYMOND RIVERA	00:50:08
<b>Age Groups: 50 - 54 FEMALE</b>		
1	ANNE MORGAN	00:50:48
2	MARY SPRIGGS	00:53:38
3	FRANCESCA EHLER	00:54:46
4	KAY BAAS	00:57:57
5	LORI GUILBAULT	01:02:13
6	LYNN SPROTTE	01:04:55
<b>Age Groups: 55 - 59 MALE</b>		
1	CRAIG GUILBAULT	00:39:31
2	GILBERTO REYES	00:41:12
3	RICH MOORE	00:41:58
4	STEVE CUMMINS	00:42:00
5	NICOLAS LONGORIA	00:44:31
6	ALASTAIR MATTHEWS	00:45:01
7	BRIAN SCHEMER	00:53:15
8	WILLIAM HELMERS	00:55:06
9	BRUCE BERRY	00:56:58
10	VLADIMIR HAMPEL	01:02:44
11	JOHN JONES	01:47:24
<b>Age Groups: 55 - 59 FEMALE</b>		
1	KAREN RINKA	00:50:46
2	BARB SCHANTZEN	00:54:21

Rank	Name	Chip Elapsed
1	TYLER ZWAGERMAN	00:34:20
<b>Top Overall In 10K Division FEMALE</b>		
1	JENNY ZWAGERMAN	00:36:44
<b>Age Groups: 1 - 14 FEMALE</b>		
1	ABIGAIL ZABEL	00:56:21
<b>Age Groups: 15 - 19 MALE</b>		
1	JOHN HAULIK	00:42:07
2	COLLIN SIEGLAFF	00:56:15
<b>Age Groups: 20 - 24 MALE</b>		
1	JUSTIN BURG	00:49:08
2	JORDAN MARTIN	00:50:54
3	PAUL BRAATZ	00:52:40
<b>Age Groups: 25 - 29 MALE</b>		
1	DAVID CALLICUTT	00:36:47
2	JASON HASLAG	00:45:41
3	RYAN CORR	00:47:40
4	CLAYTON DORGE	00:48:23
5	MARTY MORGAN	00:48:43
6	DIAMOND THAO	00:54:37
7	DAVID COHEN	00:59:54
8	JACOB BURG	01:06:57
<b>Age Groups: 30 - 34 FEMALE</b>		
1	SHEILA WORDELL	00:44:36
2	AIMEE BUCK	00:44:37
3	ERIN TISCHER	00:44:44
4	DYLANA LEUNG	00:48:36
5	KARYN FLICK	00:49:13
6	MICKEY BURG	00:49:20
7	AMANDA ARENZ	00:50:22
8	CHERYL AKERT	00:54:37
9	SHAUNA BOLYARD	00:55:12
10	ALLISON CUNNINGHAM	00:55:30
11	MARITHA FURLANO	00:57:34
12	CHRISTINE YOGERST	00:58:05
<b>Age Groups: 35 - 39 MALE</b>		
1	STEVE BROWN	00:39:33
2	DAVID ARBETTER	00:44:46
3	BRIAN GOLD	00:49:44
4	ANDREW HELMINIAK	00:50:00

Rank	Name	Chip Elapsed
5	ALEX MORA	00:45:56
6	BERNHARD KLEINE	00:48:49
7	NICHOLAS ANSTEDT	00:50:48
8	RICH MUELLER	01:01:04
9	MIKE SOBIE	01:08:15
<b>Age Groups: 50 - 54 FEMALE</b>		
1	ANNE MORGAN	00:50:48
2	MARY SPRIGGS	00:53:38
3	FRANCESCA EHLER	00:54:46
4	KAY BAAS	00:57:57
5	LORI GUILBAULT	01:02:13
6	LYNN SPROTTE	01:04:55



<b>Age Groups: 25 - 29 FEMALE</b>		
1	KELLY O'Brien	00:46:42
2	LAURYN BERRY	00:52:17
3	JENNA PHILLIPS	00:53:34
4	MARY BERNANDER	00:53:36
5	SOPHIE LE POULLENNEC	00:53:56
6	KAYLEE LUCCO	00:54:15
7	LISA VITALE	00:55:03
8	SARA WAGER	00:55:20
9	ARSHIA HAYALIAN	01:00:41
10	MELISSA GROOM	01:04:24
11	HOLLY KASBERGER	01:07:16
<b>Age Groups: 30 - 34 MALE</b>		
1	GILBERTO LONGORIA	00:36:38
2	AARON PIERCE	00:36:49
3	JOSEPH CAMPAGNA	00:37:03
4	PAUL BRUNETTE	00:41:44

5	BRIAN ROMPORTL	00:53:50
6	Ronny Andrade	00:55:45
7	JEREMY ZABEL	00:56:21
8	BEN TIENOR	00:58:44
<b>Age Groups: 35 - 39 FEMALE</b>		
1	JENNIFER KOJIS	00:45:14
2	NICOLE THEYS	00:54:33
3	HOLLY MEYER	00:55:20
4	BRITNY DETTRO	00:57:30
5	JANICE ROLLER	00:58:14
6	ELIZABETH FOLLARD	00:58:30
7	JAMIE BARDOUCHE	00:59:42
8	MEAGHAN HEINRICH	00:59:54
9	JEN BRETTNER	01:01:08
10	BETSY MALUEG	01:04:20
11	LISA FLOADING	01:04:30
12	ANDREA VERSCHAGE	01:08:02

8	PAUL MIKNA	00:50:22
9	JORGE TREJO	00:51:59
10	JAMES STEDL	00:54:31
11	BERNIE OSBORNE	00:56:14
12	MATTHEW MCCOY	00:56:53
<b>Age Groups: 45 - 49 FEMALE</b>		
1	STACY HESS	00:47:21
2	MONICA CARLSON	00:49:03
3	CHERYL MYSZKA	00:58:02
4	CHERIE SWENSON	00:58:11
5	MAURA ROBERTSON	01:00:18
6	CATHERINE MOE	01:02:32
<b>Age Groups: 50 - 54 MALE</b>		
1	KELLY WAHL	00:38:57
2	RICK STEFANOVIC	00:39:31
3	KEVIN KUENY	00:44:30

<b>Age Groups: 60 - 64 MALE</b>		
1	JEFF DEMATTHEW	00:42:29
2	SCOTT HOLLMAIER	00:49:10
3	WILLIAM JACKSON	00:51:28
4	TOM BAAS	01:06:40
<b>Age Groups: 60 - 64 FEMALE</b>		
1	MARY EISENHAUER	00:52:28
2	CAROL KUHLW	00:54:26
3	DARLENE MATERNOWSKI	00:57:55
4	MARY WYSOCKI	00:59:44
5	JUDY MICHALS	01:03:11
<b>Age Groups: 65 - 69 MALE</b>		
1	RON CARUSO	00:55:10
<b>Age Groups: 65 - 69 FEMALE</b>		
1	CAROL KALLIE	00:59:30
<b>Age Groups: 70 - 74 MALE</b>		
1	JOHN BECKER	00:47:55
2	RICK BURDICK	00:59:01
3	RON PEMBERTON	01:01:00
<b>Age Groups: 70 - 74 FEMALE</b>		
1	DIANE LARSON	01:08:56
2	FERN DAINS	01:13:29
<b>Age Groups: 75 - 98 MALE</b>		
1	RON CARUSO	01:05:26
2	JAMES RICHARD	01:10:03



The Most Times are in 'The Strider'



In our effort to reward our volunteers, introduce our members to one another and offer our "community of runners" an opportunity to share family-friendly entertainment outside of the running venue, we are proud to present .....(insert drum roll here).....

# STRIDERPALOOZA 2015!!!

What is **STRIDERPALOOZA**, you ask? We don't know yet...we're making it up as we go but what we can promise is that it is going to be THE event you don't want to miss as a Strider!!!!

*We are planning:*

- Catered meal
- Live band entertainment
- First-ever uphill run with winners going head to head in elimination contest style!
- Chair lift rides to top of hill with contest prizes
- Bounce house for the kids
- Life size beer pong for the adults

- Leisure trail fun run
- Bring your mountain bikes (or rent some?) to ride the trails/obstacles (HELMET REQUIRED)  
...lots of other ideas are flowing and will be released soon. Check our Facebook page, Strider web site, weekly fun runs and Strider e-mail blasts for updated information.

Oh, and speaking of flowing...FREE Beer!!!!!!



**WE ARE RENTING THE WHOLE HILL/CLUBHOUSE:**

[www.rockcomplex.com/](http://www.rockcomplex.com/)

We are working hard to show you that we value your membership in the Striders, to thank you for making us the 5<sup>th</sup> largest running club in the USA and to thank you for all the volunteering you have done (or will be doing) to make our events and membership the best value to the runners in our community.

**RESERVE THE DATE:**

Sunday, August 9<sup>th</sup> 3pm-8pm  
Where: The Rock Sports Complex  
7900 Crystal Ridge Rd, Franklin, WI 53132  
(414) 529-7676

This is Open to all Strider members and their families.  
Sign up online at:  
[www.striderfunday.zapevent.com](http://www.striderfunday.zapevent.com)

Cost: \$5/individual or \$10/family

# COMING EVENTS

(Continued from page 11)

**Jul 28 Tri Faster Summer Run Faster Greenfield**  
Tue 5:45-7:00 a.m. Tuesdays, July 28-August 25 (5 workouts) Wisconsin Athletic Club 5020 S.110th Street Fees \$85 or \$25 per drop in Contact Lauren Jensen Tri Faster Muskego WI 53150 Day 414-430-2467 Eve 414-430-2467 shark@trifaster.com Web: www.trifaster.com

**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 tinyurl.com/n5g6gn 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

**Jul 30 Patrick Cudahy Race for the Bacon 5k Run/Walk Cudahy**  
Thu 5k Run/Walk 6:30 p.m. and 0k Run/Walk Sheridan Park Divs 5-year age groups Awd's Top three male/female overall finishers; top 3 age groups Fees \$30/\$35 Perks Huge Bacon-themed party following the race; live music and beverages available LastYr 750 Contact Chris Ponteri Longrun Athletics LLC Chris@longrunathletics.com Web: www.baconrace.com

**Aug 1 Laona Lions Souper Run Laona**  
Sat 1/4 mile, 1/2 mile starting at 9 am, 5 K to follow Silver Lake Beach on East Silver Lake Road Note Date has been changed from Sunday to Saturday this year and is held in conjunction with the Laona Lions Community Soup. Divs 6 and under 7-11, 12-19, 19-29, 30-39, 40-49, 50-65.65 and older. Those under 12 may run the 5 K. Awd's 1st 2nd 3rd each class men and women Medals for each Fees None. Donations and sponsors accepted. LastYr 120 Contact Mike Hess Laona Rescue Squad 5171 E Silver Lake Road Laona WI 54541 Day 715-674-5700 Eve 715-674-5700 Fax 866-408-6467 mhess@centurytel.net

**Aug 1 The Legend Laingsburg**  
Sat 13.1M & 5M trail races Sleepy Hollow State Park, Laingsburg, MI Note Much of the trail is grass covered, some steep hills, mud, wet Divs See website Awd's OA M&F, top 5/div in 5yr Whchr No Results Records www.rftiming.net Fees See website for details Perks Beautiful course, half marathon finisher medals, tech shirts Contact Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.runlegend.com/

**Aug 1 Book'n It Run for Literacy Sun Prairie**  
Sat 5k/10k Run, 5k Walk, 1 Mile and 100 Meter Fun Runs for kids 10 and under Sheehan Park Shelter - across from the Sun Prairie Public Library on Linnerud Drive Note Features - Chip Timing, USAFT Certified. See website for numbers. Awd's Trophies, Medals, Prizes and Ribbons will be awarded Fees \$30 pre-registration with t-shirt and \$40 after 7/1/2015, \$15 for 1 Mile Fun Run Perks Goody bag, fresh fruit, and an assortment of bagels after the race LastYr 450 Other Come run with us to share the gift of literacy and lifelong learning! Contact Sun Prairie Public Library Foundation Sun Prairie WI 53590 mschelpfeffer@mononabank.com Web: www.booknrun.com

**Aug 1 Wisconsin Trail Assail - National Watermelon Day Run Hartford**  
Sat 5K, 10K 1/2 marathon 8am Pike Lake State Park - 3544 Kettle Moraine Rd Divs 5k, 10k, 1/2 marathon Awd's M&F 5yr Contact Silver Circle Sports Events, LLC oconomowoc WI 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: www.silvercirclesportsevents.com/vla

**Aug 1 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 14 mi training run 7:30am Lake Park Note Progressively longer training runs designed to prepare you for the Lakefront Marathon Fees Free Perks Aid station. Snacks, bev after LastYr 300 Other www.mpmymrun.com/routes/fullscreen/487100230/ Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

**Aug 1 Don's Run - Don Linterneur Memorial Run Tomahawk**  
Sat 1/2 Marathon Run - 8 am, 5K Run/Walk & 10K Run - 9 am, 1 mile kids run - 10 am Nokomis Community Park, 2675 County L Note PacPickup Fri 7/31 from 6-8 at Nokomis Town Hall, 2541 Lake Nokomis Rd & from 6-8 am at the park Divs (M-F) Under 14, 14-19, 19yr to 70+ Awd's Top OA F&M and top 3/div; Finisher medals to all racers in 1/2 marathon Fees Before 7/12: 1/2: \$50, 5K Run/Walk & 10K: \$25; After 7/15 \$55 & \$30; 1 mile fun run: \$5 Perks 1/2 Marathon USAFT certified; Prof timed; Water & Gatorade at all aid stations; Door Prizes Other Benefits to the Don Linterneur Memorial Scholarship Fund; Register online at active.com Contact Shirley Derlath Don Linterneur Memorial Run Scholarship Fund W5940 Theisen Rd Tomahawk WI 54487 Day 715-453-4165 Eve 715-453-4165 donsrun.dmr@gmail.com

**Aug 1 Waterford Full Moon Four Miler Waterford**  
Sat Four Miles 101 North River St Contact Katy Engels Waterford Area Chamber of Commerce 102 East Main Street Waterford WI 53185 Day 262-534-5911 chamber@waterford-wi.org Web: waterford-wi.org/fm4m\_hmmm.html

**Aug 1 Swedish American State Street Mile Rockford**  
Sat 1 Mile heats point to point Downtown Note PacPickup & Reg: Runners Image 219 East State St Divs k-12 Girls Mile, k-12 Boys Mile, Masters 40+ M&F, Open 17-39 M&F Heat Awd's Cash top 3 M&F Open, 1st Master M&F, Age Grp M&F Whchr No Results website Fees \$10 18 and under, \$25 19 and over fees increase July 15 Records M-3:53.3 F-4:21.3 Masters M-4:12 Masters F-4:58.4 LastYr 450 Contact Mike Mapes Rockford Road Runners P.O. Box 7991 Rockford Il 61126 admin@rockfordroadrunners.org Web: http://www.rockfordroadrunners.org/state-street-mile.html

**Aug 2 Evergreen 5k Road Run/Walk Park Falls**  
Sun 5k r/w 9am Park Falls City Hall Divs under 13, 13-15, 16-19, 20-29, 10yr to 70+ Awd's 3/Div. Results ask Fees Pre-Reg. \$15 before 7-01-11: \$20 after 07-01-11 Perks T-shirt, Awards, bev LastYr 287 Other Part of Flambeau Rama Festival Contact Penny Bush Park Falls Area Chamber of Commerce 400 4th Avenue S, Park Falls WI 54552 Day 877-762-2703 Fax 715-762-4130 chamber@parkfalls.com Web: www.parkfalls.com

**Aug 2 Tri My Best Triathlon - Kenosha Kenosha**  
Sun Youth Triathlon The Kenosha YMCA Callahan Family Branch at 7101 53rd Street, Suite 100. Note For children with developmental disabilities age 5+ Contact Emily Kron Tendon Touch Therapy Day 262-653-0850 ekron@tendertouchtherapyllc.com Web: https://www.facebook.com/events/756535274399821?ref=3&ref\_newsewd\_story\_type=f

**Aug 5 Badgerland Striders - Just Plain Fun Run Franklin**  
Wed 5k Run/Walk 6:30pm Froemming Park Plnic Area 1 - 8801 S. 51st St - Franklin Note Oak Leaf Bike Trail, map of Froemming Park at http://tinyurl.com/msav4d Fees Free Perks Food, Beverages Other GPS Coords: 42.881247,-87.980779 Contact Dr. Jon Mueller Badgerland Striders Day 414-281-7080 Eve 414-421-5006 djrjm111357@scbglobal.net Web: www.badgerlandstriders.org

**Aug 7 Sole Sister's- "Rock N SOUL"- Sisters Trot Waukesha**  
Fri 6pm- RW then meet up for a Christian Rock Concert Allo Chocolate Store 234 W. Main Street Waukesha (where band will be) Divs WOMEN ONLY! Awd's No Whchr no Fees FREE! Records No. Unlimited- casual Other R/W 6pm or at 6:45pm for concert Contact VALERIE NOLIN Sole Sisters Club, LLC 234 W. Main Street Waukesha WI 53186 Day 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

**Aug 8 Tahqua Trail Run Paradise, MI**  
Sat 25k 8am, 10K 8:30am 25k Tahqua Road, 4.3 miles west of Whitefish Bay Divs 15-19, 10yr to 70+ Awd's Ceramic bows by artist Thomas Baugnet Results http://www.superiorfirming.com/race-results/ LastYr 236 Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 info@greatlakesendurance.com Web: http://www.greatlakesendurance.com

**Aug 8 Full Moon Race - 1/2 Marathon & 5K Plymouth-Kohler**  
Sat 1/2 Marathon, 6pm, 5k Quil Oui Oc Sports Complex, Plymouth, 5K start/finish is at Kohler HS Note Point to Point Event: Plymouth to Kohler Divs 5yr Awd's Top 3 OA M&F; Top 3/div Whchr No Fees See Website Perks Goodie bag, finisher medal, finish on Kohler HS track LastYr 420 Contact Jeff Grady Elkhart Lake Multisports, Inc. P Box 2333 Palatine Il 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 triguy@ameritech.net Web: www.fullmoonrace.net

**Aug 8 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 16 mi training run starting at 7:30am ESTABROOK PARK #8 43.101055,-87.90798 Note MAP http://tinyurl.com/03ds799 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

**Aug 8 You Crazy Monkey Youth Obstacle Course Arcadia**  
Sat 1 mile Obstacle filled course for youth age 5-13l 3pm Arcadia High School Track Note Ashley for the Arts Awd's T-shirt, post race goodies, and finisher medals for all particp Fees \$10/\$15/\$20 - Reg early for best pricing! Perks Finishers Medal, t-shirts, and Post race goodies! LastYr 300 Contact Amy or Paula Communities Off n' Funning PO Box 34 Galesville WI 54630 Day 6084840602 info@offnfunning.com Web: http://www.offnfunning.com

**Aug 8 Antigo Tater Trot Antigo**  
Sat 10K run, 4 mile run/walk, 1 mile fun run Antigo City Park Divs M-F 0-19, 10yr to 70+ Awd's Ceramic running later trophy to 10K div winners. Trophies to 2nd & 3rd place 10K; Fees \$20 prerag; \$25 late reg OA M&F and top 3/div Whchr Entrants please phone first Results Posted: website Fees \$25 by 7-22, \$30 by 8-6: \$35 thereafter; Youth 12 or before July 22, 2015 thereafter Perks T-shirt (youth sizes guaranteed through 7-22-2015), beverages, live band, silent auction Records M Zach Meinke (2011) 15:10; F Elizabeth Flalley (2012) 17:46 LastYr 1,700 Contact Robert Peschel Friends of Hank Aaron State Trail Web: http://www.hankaaronstatetrail.org/hank-aaron-run-walk.html

**Aug 8 Race2Party 5K at Wisconsin Internat Raceway Kaukauna**  
Sat 5K Run/Walk 6pm United States Note Run on a Race Track! Other Music by Ask Your Mother Contact OddBuck LLC Web: Race2Party.com

**Aug 8 Hank Aaron State Trail 5 k Run/Walk Milwaukee**  
Sat 5k run/walk 8:30 am Klement's Sausage Haus (on east side of Miller Park Stadium) Note 16th Annual, Reg 7am; Online reg go.gilzeC53P Divs M&F 13 under, 14-17, 18-24, 5yr to 80+ Awd's Unique awards OA M&F and top 3/div Whchr Entrants please phone first Results Posted: website Fees \$25 by 7-22, \$30 by 8-6: \$35 thereafter; Youth 12 or before July 22, 2015 thereafter Perks T-shirt (youth sizes guaranteed through 7-22-2015), beverages, live band, silent auction Records M Zach Meinke (2011) 15:10; F Elizabeth Flalley (2012) 17:46 LastYr 1,700 Contact Robert Peschel Friends of Hank Aaron State Trail Web: http://www.hankaaronstatetrail.org/hank-aaron-run-walk.html

**Aug 12 Badgerland Striders - Marcel Fun Run Greendale**  
Wed 3 or 6mi, 6:30pm Whitnall Park Area #8 Note map of Whitnall Park at http://tinyurl.com/kkkbxxw Fees Free Perks Food, Beverage Other GPS Coords: 42.933999,-88.038113 Contact Marcel Cesar Badgerland Striders Eve 262-227-1948 macesar@aol.com Web: www.badgerlandstriders.org

**Aug 15 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 18 mi training run 7:30am ESTABROOK PARK #8 43.101055,-87.90798 Note Progressively longer training runs designed to prepare you for the Lakefront Marathon Fees Free Perks Aid station. Snacks, bev after LastYr 300 Other Double Loop on this course http://tinyurl.com/m9piz41 Contact Jeff Weiss Badgerland Striders tstrider@wi.rr.com Web: www.badgerlandstriders.org

**Aug 15 Advance the Trails 5K Run/Walk Combined Locks**  
Sat 8am, Reg: 6:30am - 7:45am Combined Locks Civic Center, 405 Wallace Street Note The course is primarily a mixed-surface trail-run. (Pavement, Grass, Stone) Roads, KHS CC Trail, CE Trail, Wooded Trails Divs 10<, 11-15, 16-19, 10yr to 60+ Awd's Top 3 M&F, 3/div Whchr No Results www.adeltime.com Fees \$25 On or before 8-11-15, Day of \$30 - No shirt Perks Race Shirt for pre-reg, Records First Year Race LastYr 0 Contact Jason Kimberly Area Running Club advancethetrails5k@gmail.com Web: http://kimberlyarearunningclub.org/advance-the-trails-5k-runwalk/

**Aug 15 Running Between the Vines 1/2 Marathon & 5k Jackson, MI**  
Sat Half Marathon Road Race - 7:30am, 5k Road Race - 8am Sandhill Crance Vineyards 4724 Walz Rd. Jackson, MI 49201 Note Finisher medals and wine glasses for all finisher's in 5K and half Awd's See Website Whchr No Results www.rftiming.com Fees See Website Perks See Website Contact Dawn McConnachie RF Events 5700 Jackson Rd. Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.runvines.com



Badgerlandstriders



**Aug 15 Iron Horse 5K Run/Walk Sturtevant**  
Sat 5K Run/Walk 8am Firemans Park, 9698 Charles St Note Pac pick up Fri 8/14, 5pm-7pm at Park Divs OA M&F-Top 3/div, 14-under thru 75+ Fees Early Bird-\$17, \$25-reg, after 8/1, \$25-reg, on-line after 8/5, \$25-reg, same day Perks Early Bird-reg gear t-shirts/Team Ents \$30 per person-reg, by 7/20 (firm) for team name on t-shirts LastYr 280 Contact Christy Zykowski Omni Orthopedic PT 10116 Stellar Ave Sturtevant WI 53177 Day 262-886-2599 Fax 262-886-5767 christy@omniorthopt.com or charbach4@gmail.com Web: www.IronHorse5k.com

**Aug 15 PACers Track & Vault Invitational & Hour Racewalk Wauwatosa**  
Sat Open 100m, Open One Mile, Open 4x400m Relay, Championship One-Hour Racewalk, Elite 5000m, Open Pole Vault Wisconsin Lutheran College Outdoor Athletic Complex Note Pole Vault 5pm. Running events: 6:45. Divs Youth, Open, Elite, Masters Awd's Open Events: 1st OA based on age-grade, Racewalk & 5000m: top-3 & prize money (\$300, \$150, \$75) Fees \$20 Other Qualifying times for the Elite 5000m races will be 19:00 (women) & 17:00 (men). Contact Matthew De Witt Parkside Athletic Club Day 262-538-2746 cwwalker\_uwp@yahoo.com Web: parksideac.wordpress.com/pacers-track-invite

**Aug 16 HDSA Team Hop - Fox Valley Neenah**  
Sun 2K Walk & 5K Fun Run Riverside Park Fees \$30 runners before Aug 12, \$35 Day of. Walkers \$5 Donation Perks T-shirt, goodie bag, pre and post event snacks, silent auction, raffle prizes. Contact Michele Gyagax Hunting-ton's Disease Society of America 2041 N. 107th St. Wauwatosa WI 53226 Day 414-588-6109 wisconsin@walkforhds.org Web: www.hdsa.org

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Times Past: Yesterday and Today

## Lakefront Marathon, Part Two

(Continued from page 10)

### 1989: Tyvek Housewraps Lakefront Marathon

In his final year as RD, Joe Balthazor used a new advertising agency to produce quality ads, posters, creative design for the t-shirt, and radio/newspaper publicity.

All entrants received a long-sleeved Tyvek jacket, made from Tyvek Housewraps, the material produced by race sponsor DuPont. The \$15.00 entry fee, pasta dinner and silent auction at MECCA, remained the same. Silent auction proceeds went to fight multiple sclerosis.

The race logo showed a runway among fall foliage and blue skies with the slogan, "Your runway has been cleared for take-off." The entry form read, "If you've ever dreamed of flying without leaving the ground, the 9<sup>th</sup> annual Tyvek Housewraps Lakefront Marathon has a reservation for you."

Weather was perfect as 283 of the 1003 finishers ran personal records and 79 Badgerland Striders qualified for the 1990 Boston Marathon. The relay attracted 610 runners.

Daniel Martin from Glen Ellyn, IL was first across the finish line in 2:27:43. John Zupanc was runner-up for the second year in a row with 2:28:57. Women's winner Mary Poser was timed in 2:59:38 while Melissa Bitters and Lisa Holland battled for second place. Bitters finished one second ahead of Holland, 3:06:27 to 3:06:28.

### 1990: Beginning of Hartman Dynasty

After 1989, Joe Balthazor's business responsibilities required that he relinquish his position as race director. Steve Hartman answered the call for a race director and immediately changed the focus of the marathon. His intent was to keep the race as a high quality, low-key affair that offered runners the best of everything. Steve eliminated the pasta dinner, any thought of an urban marathon, or attracting big names.

Steve added a light-hearted outlook on the race. The Runner's Guide suddenly became filled with examples of Steve's sense of humor. One of the best was titled, Thanks and No Thanks: "There's always somebody who wanted something done differently and has to tell someone else about it. If you're that somebody, don't pick on a volunteer. They have worked long hours at no pay since before the sun was up, and in return for their unwavering loyalty, we promised no one would yell at them. Instead, pat them on the back and tell them "tanks"-without them you would have been able to sleep late. If you have a complaint, please see the 6'8", 285 lb. man in the neon purple shirt. That's right, the guy with the full-size anchors tattooed on both biceps. His mother founded the race in 1981 and he'd be happy to listen to anything you have to say."

When Hartman took the helm of the marathon for its 10<sup>th</sup> running, there were over 200 volunteers. Donations from area merchants resulted in the following food at the finish line: 15 cases of bananas, 10 cases of oranges, 101 cases of mineral water, 60 cases of soda, 250 lbs. of cut vegetables, 3000 packages of string cheese, 10 cases of apples, 50 dozen cookies, and 40 loaves of raisin bread.

In 1990, there were 18 runners who had participated in all nine previous marathons; all 18 completed number ten. To celebrate Lakefront's 10<sup>th</sup> running, all 943 marathoners received a commemorative medal. They paid an entry fee of \$18.00 for the October 7<sup>th</sup> race and were greeted with light drizzle, a tailwind from the northeast and a temperature of 48 degrees.



Tom Antczak (39) from Rockford, IL was the winner in 2:25:38. He finished 31 seconds ahead of University of Wisconsin-Oshkosh track and cross-country coach John Zupanc (37) who was timed in 2:26:09. This was the third year in a row that Zupanc was second. Third place went to Marquette University track and cross-country coach Dave Uhrich (28) who ran 2:27:43. For the women, Kris Clark-Setnes (30) was the winner with a personal record (PR) of 3:04:56. Ron Erhardt (2:38:50) and Joan Heimler (3:21:58) were the Master's winners; both had PRs.

### 1991: Rival Fox Cities Marathon Debuts on Same Day

Steve Hartman was in the second year of his ten-year dynasty and kept the entry fee at \$18.00. Sunshine and a 50-degrees greeted the 984 marathoners on October 13<sup>th</sup>. Eventually, 872 of those starters made it to the finish. Tim Renzelmann (29) was first across the finish line in 2:22:22, ten minutes ahead of second place Clem Grum (2:32:01). Tim had decided ten days before the marathon to do it as a training run. Ron Erhardt was the Master's winner with a PR of 2:36:34.

Women's winner Linda Walker (31) qualified for the Olympic marathon trials by cracking the 2:45:00 standard with 2:43:15. Her qualification was especially sweet considering her heartbreaking failure to meet the 1987 qualifying standard. At that time, the standard was 2:50:00; her time was 2:50:04. However, second place Bridget Sharpe missed the standard with her 2:45:50. The Master's winner was Ruth Fina in 2:55:33.

Lakefront personnel were a bit concerned about the debut of the Fox Cities Marathon and its budget of approximately \$100,000, compared to Lakefront's \$4000. Additionally, Fox Cities race director Gloria West plugged her marathon at the Striders monthly meeting and on a billboard in downtown Milwaukee. In the end, the rival marathon did not have an adverse effect on Lakefront. As race director Steve Hartman put it, "I guess the Lakefront's reputation stood on its own."

An in-line roller skating race was planned as part of Lakefront until Mequon police advised that the race would be against state law. A change that did occur was a new design for the t-shirt by Strider Kathy Behling. It featured Milwaukee's lakefront skyline.

(Continued on page 34)



Lakefront Marathon poster from 1987.





# COMING EVENTS

(Continued from page 17)

**Aug 16 Ganther Race the Lake Fond du Lac**  
Sun 90-mile bike race around Lake Winnebago: 5:50 am Lakeside Park Contact Ben West DufriRun 1170 N. Perkins St. Appleton WI 54914 Day 920-574-2972 ben@dutrirun.com Web: www.dutrirun.com

**Aug 18 Sole Sister's "Hike & Bike" Patio Party! South Milwaukee**  
Tue Casual Trail Run/Nature Hike- YOU pick the pace & dist, approx 30 minutes Grant Park, S. Mill for Hike/Run and bike to South Shore Park Divs NO Awd's no- casual/UNTImed. Whchr no Results no Fees FREE! Records NO Other Grant Park for run/hike 6pm, 7pm for bike ride: Stop at Bert's Bar along the way! Contact Valerie Nolin Sole Sisters Club, LLC Milwaukee WI Day 414-403-3524 Eve same solesistersclub@yahoo.com Web: www.solesistersclub.com

**Aug 19 Badgerland Striders - OU812 Fun Run Milwaukee**  
Wed 3 or 6mi, 6:30pm South Shore Pavilion Note map of South Shore Park at http://tinyurl.com/k4q754k Fees Free Perks Food, Beverages Other GPS Coords: 42.993931, -87.880786 Contact Dennis Labinski Badgerland Striders Eve 262-783-9818 dennis.labinski@med.ge.com Web: www.badgerlandstriders.org

**Aug 22 Walk & Run for Wishes - Milwaukee Milwaukee**  
Sat 5K Run and Walk Maier Festival Grounds and Milwaukee Lakefront Divs 14 & Under, 15-19, 20-24, 5yr to 75+ Awd's Trophies - top 3 OA, Ribbons - top 3/div Whchr Yes Fees \$20 Chipped Runner, \$15 Walkers, \$8 Kids under 14 Perks Free admission to Mexican Fiesta after the race LastYr 2,387 Contact Andrea Hug Make-A-Wish Foundation of Wisconsin 13195 W. Hampton Ave. Butler WI 53007 Day 262-781-4445 Fax 262-781-3736 ahug@wiscosin.wish.org Web: www.wiscosin.wish.org

**Aug 22 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 20 mi training run 7am 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@wlrr.com Web: www.badgerlandstriders.org

**Aug 22 Wisconsin Trail Assail - National Tooth Fairy Day Muskego**  
Sat 5K, 10K, 15K 8:00 Muskego Park S83 W20370 Janesville Rd Awd's MF 5 yr Contact sean Osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: http://www.silvercirclesportsevents.com/wla

**Aug 26 Badgerland Striders - Just Plain Fun Run West Allis**  
Wed 5K, 6:30pm Greenfield Park #3 Note map of Greenfield Park at http://tinyurl.com/ksqx6u8 Fees Free Perks Food, Beverages Other GPS Coords: 43.003648, -88.063683 Contact Susan Knier Badgerland Striders suzylp@yahoo.com Web: www.badgerlandstriders.org

**Aug 29 BLS MARATHON BUILDUP PROGRAM (None Today)**  
Sat NO BUILD UP TODAY - Run Strider Half today at Estabrook Park See BLS Half Marathon 8/29 Contact Jeff Weiss Badgerland Striders tstrider@wlrr.com Web: www.badgerlandstriders.org

**Aug 29 Hootie Hustle 5K Run/Walk Slinger**  
Sat 5K Run/Walk, 9am, Reg 7:30am Slinger High School Football Field, 207 Polk St Note Reg forms at website Awd's top 3 OA M&F Fees \$20: family of 4 \$70 (\$15 each thereafter) Perks concessions, parking, and t-shirts for r&w Other benefits the Honours, Inc. scholarship fund for Slinger High School students Contact Kathy Romanowich Honours, Inc. 207 Polk Street Slinger WI 53086 kromanowich@gmail.com Web: http://www.honoursinc.com

**Aug 29 Strider Half Marathon Milwaukee**  
Sat 1/2 Marathon 8am: Race Day Reg 6:30 am if 1000 entry cap not met. Estabrook Park, 4400 S Estabrook Dr, Milwaukee, WI 53211 Note The race starts and finishes in Estabrook Park, and follows the Oak Leaf Multi-purpose Trail the entire course. Divs 0-15, 16-19, 5yr to 75+ Awd's Beer Steins for Top 3 MF. Top 3/div medals Results www.badgerlandstriders.org Fees \$25 BLS, \$35 for others, \$50/all race day Perks Tech TS, Finisher Medals, Free breakfast/drinks LastYr 840 Other Race Day reg if 1000 cap not reached. Contact Tom Buihdo Badgerland Striders Day 414-690-0570 Eve 414-690-0570 striderhalf@gmail.com Web: http://www.badgerlandstriders.org/home/races/striderhalfmarathon.htm

**Aug 30 HDSA Team Hope -Madison Madison**  
Sun 5K Run (USATF certified course) & 2K Walk Vilas Park Note start in Vilas Park and run thru surrounding subdivisions and end back in Vilas Park. Divs Male/Female Awd's Medals to top M&F Fees \$30 b4 8/27 \$35 day of: Walkers \$5 Donation Perks T-shirt, goodie bag, pre and post event snacks, silent auction, raffle prizes. Contact Michelle Gyax Huntington's Disease Society of America 2041 N. 107th St. Wauwatosa WI 53226 Day 414-588-6109 wisconsin@walkforhd.org Web: www.hdsa.org

**Sep 1 MVRA Benefit Classic 1/2 Marathon, 5K and 1K kidsrun Dubuque, IA**  
Tue 1/2 Marathon and 5K Eagle Point Park Awd's Age Group, Finishers Medals for Half Mar Results chip timed Fees 10\$ for 1K, 30\$ for 5K, 50\$ for Half Marathon LastYr 400 Contact Rob Harbin Mississippi Valley Running Association Dubuque IA 52002 Day 563-213-1376 robharbin@mchsi.com Web: www.mvradubuque.com

**Sep 2 Sole Sisters- Trail Dash & Bonfire Bash! Franklin**  
Wed 6pm- Group trail run/hike, then bonfire bash from 7-8pm Umbrella Bar- at The Rock Complex Note S/F at the Umbrella Bar (large red and yellow striped building) on hill Divs WOMEN ONLY! Awd's UNTIMED/Casual Event Whchr no Results no Fees FREE! Any food/drinks are on your own. Records no Contact Valere Nolin Sole Sisters Club 7900 W. Crystal Ridge Rd Franklin WI Day 414-403-3524 Eve 414-403-3524 solesistersclub@yahoo.com Web: www.solesistersclub.org

**Sep 2 Badgerland Striders - It's Gonna Be Chili Fun Run S. Milw**  
Wed 3 or 6mi, 5pm & 6pm Grant Park #5 42.92198, -87.846901 Note map of Grant Park at http://tinyurl.com/yuvuuu, GPS Coords: 42.921874, -87.846627 Perks Food, Beverage, Chill Other Course Map: http://www.mamyrun.com/routes/view/42903106 Contact Jeff Weiss Badgerland Striders tstrider@wlrr.com Web: www.badgerlandstriders.org

**Sep 5 St. Joseph's Half Marathon, 5K & 10K Fun R/W Hillsboro**  
Sat Half Marathon 13.1 miles 7:30am, 5K and 10K 8:30am Hillsboro Fireman's Park Divs Age Classification: 12 & under, 13-19, 10yr to 70+ M&F Awd's medals top 3/div for 5K/10K, Finisher Medals for 1/2 and top 2 get medals M&F Whchr allowed Results posted, web site Fees 1/2 marathon \$25 prior to deadline \$30 after, 5K/10K \$20 prior and \$25 after Perks t-shirt, goodie bag LastYr 180 Other Kid's Obstacle Race, Labor Day Celebration Contact Mark Sullivan St. Joseph's Community Health Services 400 Water Ave. PO Box 527 Hillsboro WI 54634 Day 608 489-8260 Fax 608 489 8193 mark.sullivan@stjhealthcare.org Web: http://www.gundersenhealth.org/st-josephs/events

**Sep 5 Lake Country Half Marathon and 5k Oconomowoc**  
Sat Half marathon, 7am: 5k, 7:15am Crosspoint Community Church, Oconomowoc, WI Contact Ben West DufriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com Web: www.dutrirun.com

**Sep 5 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 22 mi training run 7am 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@wlrr.com Web: www.badgerlandstriders.org

**Sep 5 Badgerland Striders 24-12-6 Hour Runs Germantown**  
Sat 24 Hour Run, 400 meter track, 8:00 am Germantown High School Contact Robert Wehner Badgerland Striders 965 Elmwood Way Hubertus WI 53033 Day 262-370-7270 Eve 262-370-7270 rwehner@hotmail.com Web: www.badgerlandstriders.org

**Sep 5 Rockford Orthopedic Run, Walk, Wheel, for RAMP**  
Sat 1/2 marathon 7:30am, 5k 7:45am, 8:30am Wheelathon, Kids Fun Run to follow 324 N Madison St Rockford, IL Divs Yes Awd's Yes Whchr Yes Results www.runwalkwheel.com Fees \$50 1/2 marathon (\$55 after Sept 2), \$25 5k/wheelathon(\$30 after Sept 2) Contact Jon Gallas Rockford ORThopedic Associates 5875 E Riverside Blvd Rockford IL 61114 Day 7797741293 jon.gallas@rockfordortho.com Web: www.rockfordortho.com

**Sep 6 Sugar River Triathlon Belleville**  
Sun Sprint Triathlon, 7:30am Community Park Contact Race Day Events, LLC 1801 Bringold Drive Verona WI 53593 Day 608-316-5755 raceday@racedayeventslc.com Web: http://www.racedayeventslc.com/content/sugar-river-triathlon

**Sep 9 Badgerland Striders - Get Baked Funrun West Allis**  
Wed 3 or 6mi, 6pm 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 Barb Stockton and Dave Rieder Badgerland Striders bjstockton1968@gmail.com, rocketrunner55@yahoo.com Web: www.badgerlandstriders.org

**Sep 12 Trot for Troops 5K and Kids 1/4 Mile West Bend**  
Sat 5K Run/Walk 8AM Kids 1/4 9AM Riverside Park, West Bend Divs 14 & Under, 15-19, 10yr to 60+ Awd's Top Overall Male and Female, Top 3 Male and Female Age Groups Fees \$25 Pre Registration \$30 Race Day \$10 Kids (10 and Under) Contact Jodi Brandt Trot for Troops 5K PO Box 562 West Bend WI 53095 Day 262-305-8282 trotfortroops5k@gmail.com Web: www.trotfortroops5k.com

**Sep 12 BLS MARATHON BUILDUP PROGRAM Milwaukee**  
Sat 22 mi training run starting at 7am 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@wlrr.com Web: www.badgerlandstriders.org

**Sep 12 Tosa Fest Strider 5k Wauwatosa**  
Sat 5K run, 2 mile fun walk 5:30 p.m., Reg. 3:00pm- at Tosa East H.S. Race Start: 69th and Hillcrest-Wauwatosa East H.S. Note Fast, down hill course along Menomonee Parkway Divs 5K 14-19, then every 5 year up to 75+ Awd's 5K run- medals 3/div Results www.badgerlandstriders.org Fees \$18 BLS \$22 other until September 1st/ Raceday \$25 indiv. Perks TS, awards, weekend celebration-Tosafest music, games, food and fun LastYr 700 Contact Anne Peters Badgerland Striders tosafest5k@yahoo.com Web: http://www.badgerlandstriders.org/home/Races/Tosafest.htm

**Sep 16 Badgerland Strider Club Meeting Milwaukee**  
Wed 7pm Guest Speaker, 8pm Business Meeting Knights of Columbus, 1800 South 92nd St. West Allis WI. Note Speaker: T.B.A. Fees Admission \$1 for members and non-members. Perks Refreshments & snacks Other Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. Contact Dave Gavinski Badgerland Striders davegavinski@juno.com Web: www.badgerlandstriders.org

**Sep 19 Briggs & Al's Run and Walk For Children's Hospital Milwaukee**  
Sat 8K Race Starts at 10:30am Downtown, starts at 12th and Wisconsin, finish on Lakefront at Summerfest Grounds Note 37th Year, USATF 8K State Championship Divs 18-, 19-24, 5 yr, 80+ teams: Corporate, academic, community Awd's Medal 3 mft, medal 3/div, medal top 3 hand crank and push rim Whchr, trophy 3/team Team Challenge Trophy Whchr yes Results www.alsrun.com, www.badgerlandstriders.org Fees \$30/runner-WC, \$25/walker, Kids \$10/walk, \$15/run pre-reg. Race Day \$35/\$30/\$12/\$17 Perks TS, Refreshments start/finish, live bands at finish line celebration Records 23:00 Tim Hacker 1982, 23:25 Krislin Ihle-Helledy 2000, 21:10 WC Gary DeBuhr 2000 Other Health and Fitness Fair, Music, Kid's Area, Pledge Prizes Contact Slacy Bartsch Children's Hospital and Health System Foundation PO Box 1997, MS 3045 Day 414-266-1520 alsrun@chw.org Web: www.alsrun.com



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



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Zack Bitter  
First Male  
6:17:22



Joanna Masloski  
First Female  
7:50:19

Bib	Name	Time
<b>DIV = F18-29</b>		
123	Garcia Jessica	8:57:15
392	Teeselink Kelly	9:26:48
175	Jaworski Kelly	9:52:41
380	Stussy Kelly	10:39:47
288	Ostrandner Annette	10:53:24
168	Hushon Casey	11:19:57
63	Chen Ke	11:23:01
173	Jantz Stacy	11:48:44
64	Clark Kaylee	11:56:05
<b>DIV = F30-34</b>		
418	Weiss Annie	8:27:46
186	Kennihan Meghan	8:51:25
50	Burke Rachel	9:13:34
301	Planavsky Lila	10:01:33
143	HartjesJessica	10:23:50
316	Pynenberg Cora	10:41:07
134	Haas Debi	10:42:15
353	Schuppner Nicole	10:46:39
242	McDole Allison	10:56:15
411	Warren Adrienne	11:13:19
212	Lee Sarah	11:32:08
333	RumionAmanda	11:38:16
70	Corenti Nicole	11:47:52
76	De La Vega Veronica	11:54:51
<b>DIV = F35-39</b>		
237	Masloski Joanna	7:50:19
422	Wilcox Serena	8:45:09
373	Stewart Farah	9:20:17
350	Schrandt Jennifer	9:58:29
399	Thompson Natalie	10:23:51
33	Blasch Carolyn	10:52:41
216	Librizzi Julie	10:59:56
348	Schoening Trudi	11:45:56
<b>DIV = F40-44</b>		
67	Cook Shelley	8:47:17
22	BenjaminDominique	10:07:03
306	Poehlman Janice	10:14:10

387	Sweet Kerry	10:46:10
313	Puent Angie	10:56:05
254	MoffetAmy	11:19:59
401	Tichacek Amanda	11:20:49
82	DicksonSuzanne	11:25:12
49	Burke Lucy	11:35:51
315	Pyle Alicia	11:40:24
308	PoultonAndrea	11:45:51
270	NeumannMarla	11:46:41
238	Mason Andrea	11:47:52
<b>DIV = F45-49</b>		
115	Flaws Mary	9:24:53
146	Hass Jo-Anne	10:25:55
263	Muroi Chiemi	10:47:42
349	Scholl Ann	11:05:58
58	Canevello Susan	11:08:40
122	Gallagher Michelle	11:11:42
408	Walker Martha	11:20:51
92	Dunn Kathryn	11:26:19
324	Rohr Heidi	11:39:15
<b>DIV = F50-54</b>		
12	Ballard Rachel	9:06:35
167	Hunter Tammy	9:40:43
438	Zyduck Tammy	10:07:04
396	Thiel Rita	10:45:09
406	Vomhof Deb	11:19:52
375	Stollmack Noele	11:36:08
19	Bauer Joann	11:43:38
<b>DIV = F55-59</b>		
241	McCurmin Jeanne	11:21:44
32	Bland Brenda	11:32:49
4	Astaris Juli	11:35:42
361	Siculan Kathy	11:47:06
436	Zemla Mary Ann	11:47:44
<b>DIV = F60-64</b>		
214	Lepley Josephine	11:50:24
<b>DIV = M18-29</b>		
1	Bitter Zach	6:17:22
332	Rubesch Chris	6:53:37
390	Tatge Eric	7:13:53
389	Tadt Eric	7:37:34
6	Apleman Matt	7:41:39
433	Wright Peter	8:04:35
320	Reed Nick	8:07:41
362	Siefers Kyle	8:08:40

420	Wetzel Ewan	8:39:17
341	Sandusky Jeremy	9:07:20
137	Radovich Matt	9:11:16
299	Petykowski Jonathan	9:28:04
367	Starr Kameron	9:40:22
384	Sun Joshua	9:58:30
394	Terry Kevin	10:08:02
410	Walz Marcus	10:30:19
381	Stumbo Adam	10:45:35
412	Webber Phil	11:05:47
347	Schoenfeld Joshua	11:08:04
130	Gorichanzan Tim	11:37:04
<b>DIV = M30-34</b>		
45	Brooks Matthew	7:29:59
209	Lawrence Jake	8:03:29
161	Hoida Nathan	8:11:19
174	Jasper Matt	8:25:01
3	Adams Lee	8:25:19
127	Goeckermann Daniel	8:27:54
273	Nordgren Eric	8:28:01
39	Bowen Chad	8:38:11
235	Martinez Erik	8:45:07
319	Rauen Tom	9:03:29
322	Rikli Dana	9:13:04
352	Schultz Benjamin	9:26:12
338	Salinas Ross	9:41:14
371	Stiesel Samuel	9:51:02
295	Perkins Jesse	9:54:04
226	Madsen Andrew	9:55:30
62	Chen Changyao	10:16:04
365	Smith Dave	10:19:00
26	Bernardo Daniel	10:53:37
113	Fitzmaurice Thomas	11:05:59
60	CantonJustin	11:09:29
437	Zhang Yu	11:23:03
281	Oksita Lee	11:34:29
54	Butler David	11:40:49
101	Elliot Mitchell	11:45:28
<b>DIV = M35-39</b>		
9	Aschbrenner Ryan	6:48:33
398	Thompson Mark	7:14:49
48	Brunette Mike	7:36:38
183	Kanwischer Derek	7:54:48
257	MontijoJavier	7:58:42
192	Klug Brian	7:59:05
71	Cruz Rolando	8:11:21
283	Olmstead Benjamin	8:14:08
346	SchmidtDavid	8:18:46
318	Rauch James	8:34:32
57	Caldwell Dave	8:42:51

342	Sarkar Arun	9:06:52
125	Garrigan Mark	9:12:18
95	Dziedzic Mark	9:18:56
94	Dziedzic Joel	9:20:53
135	Hahn Justin	9:25:41
331	Rozoff Christopher	9:31:37
321	Renden Gregory	9:34:10
11	Baker Ron	9:38:31
126	Gatto Steve	9:50:34
187	Ketarkus Joe	9:52:21
38	BoruckiRyan	10:10:34
395	Teslow Cody	10:23:36
142	HartjesBryan	10:23:50
59	Canigallo Patrick	10:23:52
20	Baxter Justin	10:32:12
403	Tota Joseph	10:46:49
91	Duffee Jeremy	10:47:48
277	O'Connor Eric	10:53:36
132	Gregware Mark	11:06:18
35	Blaze Mike	11:13:26
400	Throne Barry	11:16:23
374	Stalarczyk Tony	11:25:12
128	Golowizki Adam	11:30:13
208	LaudickScott	11:34:29
220	Lopez Casey	11:36:03
239	Massie Mike	11:37:04
13	Balu Siva	11:40:30
363	Singletary Corey	11:46:08
170	Jacobsen Daniel	11:46:33
<b>DIV = M40-44</b>		
278	O'Connor Michael	7:37:06
274	Norton Ryan	8:06:23
17	Bartz Matt	8:11:19
34	Blasch Kyle	8:21:54
25	Berg Rick	8:44:00
52	Burnmeister Jonathan	8:53:23
72	Curtin David	8:59:17
203	Lafond Cj	9:00:12
124	Garcia Paul	9:05:08
366	Smith Mark	9:05:33
41	WagenerSid	9:15:46
107	Featherstone Andrew	9:20:32
377	StrangeJohn	9:23:53
117	Fleitz Jeffrey	9:26:48
207	LaporteTom	9:29:15
261	Mostoufi Siamak	9:39:36
266	Nakanishi Matthew	9:45:10
222	Lundberg Andrew	9:50:47
298	Petersen Ryan	9:54:05
99	Ehrhardt Vaughn	10:12:00
108	Fei Xiang	10:16:03
304	Plumb Steve	10:19:43
197	KrauterPaul	10:20:32
355	Seaverson John	10:21:52
218	Lieber Thomas	10:23:10
153	Heraty Raymond	10:31:02
198	Krienitz Gary	10:40:36
193	Knauss David	10:46:05
328	Rollinson Scott	10:46:39
75	Davies Michael	10:46:49
96	Eatherly Kip	10:50:29
68	Coons John	10:55:20
314	Punzel Shane	10:59:28
217	Librizzi Salvatore	10:59:56
160	Hogan Josh	11:04:23
195	Kolawole Abimbola	11:04:23
5	Almond Greg	11:13:02
201	Kummer Scott	11:15:12
110	Finch Dave	11:16:22
407	Walker Eric	11:20:51
150	Hendricks Mike	11:20:58
354	Scott Robert	11:23:06
179	JohnsonPerry	11:30:42
269	NeumannKurt	11:46:42
141	Harris Daniel	11:51:43
<b>DIV = M45-49</b>		
114	Flanagan Jean-Bernard	7:10:14
23	BeecherThomas	8:27:14
340	SandersBill	8:56:56
282	Olkowski Dean	8:57:15
85	Dorgan Jason	9:16:08



247	MentjesDavid	9:27:47
312	Psuik John	9:34:57
359	ShafieeMir	9:36:17
335	Ryan Michael	9:37:04
255	Molsen Nicholas	9:40:09
413	Guth Michael	9:41:01
46	Brown Jimmy	9:41:53
180	JordensJohn	9:44:37
429	Wnuik Jay	9:50:37
47	Brown Kurt	10:00:26
202	LackmanRandy	10:09:57
37	Bollinger Troy	10:22:10
416	Wegner Tim	10:28:55
364	Smirz Mark	10:32:39
260	Morris Patrick	10:33:25
430	Wollnik Jr Ted	10:40:36
188	Kies Stormy	10:42:17
200	KruegerDavid	10:52:35
323	Rios Parker	10:55:46
368	StarksAndrew	10:56:06
79	Dehne Clinton	10:56:47
265	Myren Matt	10:57:16
155	HerreraGeorge	11:20:33
391	Taylor Marty	11:26:08
251	Miller Bill	11:31:28
169	Hutchinson William	11:36:02
423	Wilke Gary	11:36:16
109	Fernandez Enrique	11:46:33
413	Weber Jim	11:47:51
351	Schroeder Dan	11:49:39
<b>DIV = M50-54</b>		
205	Lammers Joel	7:55:56
163	Horns John	8:01:41
182	Kabrowski Andrzej	8:13:09
78	Dehart David	8:20:22
144	Hartman Keiser Steve	8:26:37
196	Kolb Stuart	8:44:02
27	Bero Ron	8:51:51
158	Huang Thao	9:16:43
417	Welner Robert	9:24:09
61	Cesario Tony	9:35:23
329	Romer Steven	9:39:46
292	Penkevich Steve	10:04:51
421	Whitten Robert	10:08:49
397	Thom Bill	10:14:38
<b>DIV = M55-59</b>		
103	Evert John	10:19:03
149	Hendren Jon	10:39:47
147	Hasse Paul	10:47:45
177	Hik Ross	11:05:23
404	Ulbert David	8:19:25
378	Street Jim	11:18:46
119	Francis Mark	11:36:11
325	Robb Jim	11:39:11
337	Saari Daryl	11:44:47
129	Gonnering Tom	11:46:55
<b>DIV = M60-64</b>		
409	Wallach Dennis	7:59:42
172	Jameson Joseph	8:08:42
404	Ulbert David	8:19:25
302	Plezia Richard	9:45:34
189	Klapperich Andrew	9:47:05
372	Stenulson James	10:11:18
118	Fountain Daulto	10:36:59
287	Osterberg Doug	10:44:59
330	Rosenlund Alarik	10:48:32
120	Frawley Bob	10:53:18
105	Fairfield Bill	11:09:58
106	Farris Mike	11:14:45
181	Juppe Bruce	11:29:17
356	Seo Hyoseok	11:30:00
236	Martin Mel	11:34:19
55	Butler Greg	11:37:26
131	Gorman Patrick	11:47:06
393	Tennant Joe	11:52:10
<b>DIV = M65-69</b>		
300	Pirring Roy	10:01:45
357	Severino Tony	11:07:32
176	Jenk John	11:22:08



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***BADGERLAND STRIDER 2015-2016 RACE SCHEDULE***

Race	Date	Location	Race Director
South Shore Half Marathon	Sat April 2, 2016	Brown Deer Village Park	Len Wachniak
Brown Deer Run 5k & 10k	Sat April 23, 2016	Brown Deer Village Park	Hank Niescewicz
Ice Age Trail 50 mile, 50k & Half Marathon	Sat May 7, 2016	Nordic Ski Trails, LaGrange, WI	Jeff Mallach
Superun 5K	Wed June 8, 2016	Lake Park	Dave Gavinski
HartFest Half Marathon	Sat June 11, 2016	Hart Park	Jeff Kobinsky
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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Sun. 12-4

**2015 TRACK MEETS**

**Strider Track Meet**

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

The Capuchins'

**RUN WALK**  
**FOR THE HUNGRY**

A black silhouette of a person in a running or walking pose, positioned over the word 'WALK' in the main title.

*GermanFest*

**Friday July 24, 2015**

**5K RUN:** A certified and chip timed/scored race  
\$25 Adult, \$15 Child (\$30 & \$20 after July 12)

**2 MILE WALK:** Non-competitive, timed walk in Lakeshore State Park  
\$20 Adult, \$10 Child (\$25 & \$15 after July 12)

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**BADGERLAND STRIDER 2015 FUN RUN SCHEDULE**

DATE	TIME	PLACE	NAME	DIRECTOR
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



**BADGERLAND STRIDER 2015 MARATHON / HALF MARATHON BUILD UP SCHEDULE**

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

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TIMEX



RUNNING IN HEAT

(Continued from page 13)

Plan accordingly! It takes 10 days to two weeks for the body's cooling system to acclimate to higher temperatures. Give your body time to adjust. Follow the heat index guidelines. Remember it's important to exercise indoors, if needed, or change your outdoor workout to another activity, like swimming. Alter your workout time — it's typically hottest between 10 AM and 4 PM, so avoid this window. Shorten your workout, if needed, or do not exercise as strenuously. Plan your route based on wind direction, shade, and water breaks. Once you have your workout planned, make sure someone knows your route, your start time, and your estimated completion time. Remember to hydrate, wear correct clothing, and protect your skin.

Stay hydrated! Hydrate, hydrate, hydrate... but, don't over hydrate. Oftentimes, by the time you are thirsty, you are already dehydrated. Avoid caffeine and large amounts of sugar or alcohol since they can cause additional fluid loss.

Be mindful – are you taking in enough fluids throughout the day? The recommended daily water intake is eight 8-ounce glasses. Another hydration check is urine – it should be plentiful and pale yellow throughout the day.

For the physically active individual, sweat loss during a workout can greatly contribute to dehydration. Therefore, it's important to pre-hydrate (10 – 15 ounces of fluid 10 to 15 minutes prior to running) with fluids every 20 – 30 minutes along your running route. In the heat, sports drinks are even better than water due to the sugar and salt they contain. To determine if you are hydrating properly, weigh yourself before and after running. For every pound lost, you should be drinking 16 – 20 ounces of sports drink or water.

(Continued on page 31)

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SEPT. 18-20



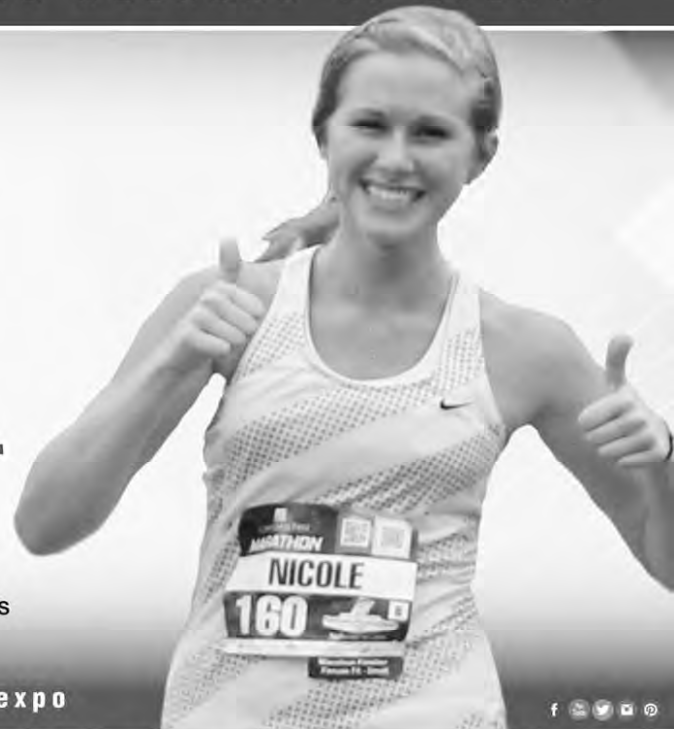
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RUNNING IN HEAT

(Continued from page 30)

Over-hydrating before and during exercise can cause a dangerous condition known as hyponatremia (water intoxication). This drop in the body's sodium levels can cause nausea, fatigue, vomiting, weakness, and in the most severe cases, seizures, coma, and death. To avoid hyponatremia, do not drink too much water too quickly, add salted snacks to your pre-run meal, and include a sports drink containing sodium.

**Wear proper clothing!** Clothing should be light-colored, loose fitting, and moisture wicking. This type of apparel will prevent heat from being both attracted

and trapped close to your skin. It will also allow for the evaporation of sweat, which cools the body during a workout. Avoid cotton—stick with synthetics! Unlike cotton, synthetics wick moisture from your skin to aid evaporation; they also decrease chafing and don't cling. The ideal workout clothing should be breathable with mesh inserts under the arms, on the sides of the torso, down the arms, and on the outer thighs. In hot weather, skip long sleeves, long pants, or sweat suits. They will trap the heat and increase sweating, making you more prone to developing a heat illness. Consider wearing a visor versus a cap or cotton hat: it will shade your eyes and skin, while allowing heat to transfer off the top of your head, instead of trapping it.

**Protect your skin!** When you are going to be exposed to the intense summer rays of the sun, apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Remember to reapply often!

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


**Congratulations to the 2014 Super Strider Series Finishers!**

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



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

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




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**6th Annual Worldwide "Runathon" To Raise Awareness of Health**

**SATURDAY, September 12th, Midnight-Midnight**

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Thomas Budde, Ph.D. – Founder/Operator of the GIVE shirt movement - is Running all 24 hours non-stop! Join him at the Milwaukee Lakefront or participate from anywhere YOU choose. You can run, bike, walk, organize your own charity event or do anything active on 9/12/15 for any amount of time or distance!

Please Register At:  
<http://www.active.com/milwaukee-wi/running/distance-running-races/worldwide-runathon-to-raise-awareness-of-health-2015>

**DONATE** (and see more info) at: [theGIVEshirt.com](http://theGIVEshirt.com)

# RRCA National Convention 2015

*Julia Eggener*

The Road Runners Club of America National Convention was held April 23-26 in Des Moines, Iowa. The RRCA was founded in 1958 and is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and healthy exercise. The RRCA supports runners of all ages and abilities.

The convention included keynote speakers and regional meetings, followed by educational sessions with topics including strategic planning, security planning, crisis management, marketing, and many more!

One highlight of the convention included attending the "Friday Under the Lights" at the 106<sup>th</sup> Drake Relays. If you've never been to the Drake Relays (at Drake University) before, it's not just another track meet! The Relays not only showcase Iowa's top high school runners, but also top collegiate and professional runners. The crowd was enthusiastic in cheering on the athletes. It was impressive to watch past (and hopefully future) Olympic medal winners up close and in person.

The final highlight of the RRCA Convention was the National Running Awards Banquet. The Badgerland Striders took home the award for Outstanding Club President of the Year honoring Pete Abraham. Pete gave a beautiful speech. Included in the speech was a huge heartfelt thank you to all the executive board members, race directors, volunteers, and Strider event participants for making the Badgerland Striders such a wonderful club. Thank you Pete for your countless hours of hard work and inspirational leadership, and congratulations on this prestigious national award!



Barb Jewel, Cindy Heyel, Dave Gavinski, Pete Abraham, Scott Stauske, Julia Eggener, Ryan Lemke, Bonnie and Jim Clarey attended the 2015 RRCA Convention in Des Moines, IA.

# June Meeting 2015 - Chris Brust



Chris Brust regaled the June 2015 meeting with his tails of his completion of Marathon on Seven Continents. His dad Dave joined in the story with his input. Chris had many mementos including a couple of Quilts made from his tee shirts and a map at right showing all of his Marathon locations around the world.

# MILWAUKEE LAKEFRONT MARATHON KIDS RUN

Due to the tremendous success of over 120 kids participating in its inaugural year, we are not only pleased to announce an updated program for this year but are extremely excited to set a new goal of getting over 200 participants this year! With your help of spreading the word and sharing your child's success stories, we can and will reach our mission of helping our area kids stay motivated, active and healthier through running.

Each child receives: coveted "I Can 26.2 It!" t-shirt (with special new motivator design this year), chart with weekly mileage and parental verification, weekly e-mails to motivate and educate, a couple planned "group outings" for fun, fitness and food! And of course...the opportunity to run through the same finishing chute as the MLFM runners only minutes behind! Oh...and the super huge smile of satisfaction on their face when they get their finishers medal!

Over the course of 10 weeks, weekly mileage will be built incrementally so that 25 miles will be completed by marathon day. Then on October 5 at 9:15am, the kids are led on a secured 1.2 mile route around the Veterans Park lagoon and through the finishers chute of the Lakefront Marathon where parents, spectators and other athletes and supporters are crazily cheering them on.

This program would not be possible without the incredible donation of time and talents of: individuals who have stepped up to help on this and the Community Unity Run (a 2.62 mile event for everyone on marathon morning), In-Step Running and Physical Therapy Centers, Girls On the Run of Greater Milwaukee, the Milwaukee Police Department Endurance Club and of course the Badgerland Striders' Running Club. Please thank them for their time and devotion if you feel this program was a benefit to your young athlete.

We are here to help the kids of Greater Milwaukee lead happier, healthier lives through the sport of running and we hope to have the opportunity to work with your child soon!



**Registration Forms:**

Online registration is Open and will close on Aug 1. Web address: <http://2015lfmkidsrun.zapevent.com>

**What is the Lakefront Marathon Kids Run?**

In an effort to promote the importance of being active to the youth, the Badgerland Striders with support from Girls on the Run and the Milwaukee Police Department Endurance Club are proud to present an opportunity for kids heading into grades 3-8. This 10-week program will encourage kids to commit to a weekly mileage running plan in an effort to complete 25 miles leading up to a final 1.2 mile run with ALL the LFM Kids Run participants and crossing the official Milwaukee Lakefront Marathon finish banner to the cheers and applause of family, friends, coaches and community supporters.

**Each participant will receive:**

- a training shirt that says, "I Can 26.2 It!"

- a LFM route map with mile markers that can be filled in as you complete each mile toward your 26.2 end goal
- weekly motivational emails with encouragement and inspiration
- a mileage plan to assist with keeping a steady mileage towards the end goal
- two large group "training fun runs" will be offered during the program and Girls on the Run or the Milwaukee Police Department Endurance Club will not only offer tips on running but will also speak about such topics as: esteem, respect, discipline and goal-setting.

**Parents/Guardians** will play a vital role in the participants success and we encourage the parents to not only "sign off" on confirming the child's progress but to become a local "coach" to your child's friends, neighbors and acquaintances. This program and final run is NOT intended to be a race and is being made available to encourage all youth to stay active through the sport of running.

**The Training Program is only \$15 and starts July 27th.**

Sign up today or e-mail Race Director with any questions. A VERY special thanks to the Girls on the Run of Greater Milwaukee and the Milwaukee Police Department Endurance Club organizations for their support and coordination efforts.

**On Sunday, October 4, 2015,** participants will run 1.2 miles on the race course. Participants will cross the same finish line as Lakefront Marathon runners, complete with cheering fans and official announcer! Afterward, stick with us in the finish area for some post-run snacks, games, and entertainment to celebrate.

**What time does the race take place?**

Start time for the 2015 Kids Run is **9:15 a.m.**

**Questions?**

Send us an email with any questions: [stauske@sbcglobal.net](mailto:stauske@sbcglobal.net)



## BADGERLAND STRIDER TRACK WORKOUTS

Hey Striders!

Wanna get faster?

Improve your 5K, 10K, Half Marathon, even Marathon times?

Join the Strider Track Workouts on Tuesdays at Hart Park. Every Tuesday at 6:30pm until August 25th our new coach Matt Thull of Thunderdome Running and 7 time winner of Briggs and Al's Run will coach all comers at Hart Park **And it's free!**





Times Past: Yesterday and Today

## Lakefront Marathon, Part Two

(Continued from page 18)

### 1992: Runner's Guide Features Song Titles

Lee Zubrod (23) won Lakefront in 1992 with 2:26:03. Women's winner Debbie Revolva (31) appeared to be an overachiever. Her goal was to break 3:00:00, but her time was 2:51:39. It is only fair to point out that she was unfamiliar with the marathon distance, as the longest race for this track and cross-country coach from Barrington High School in Illinois had been a 10K with a PR of 35:43. Master's winner Ron Erhardt had another PR with 2:35:42 while the women's Master's winner, Sue Koch also recorded a PR with 3:04:51. It was estimated that 5000 spectators lined the course.

The 834 finishers of this race on October 11<sup>th</sup> paid a \$27.00 entry fee, up \$9.00 from \$18.00 in '91. However, the Runner's Guide that included the titles of well-known songs humored them. Free entries to the 1993 Lakefront were given to the top song finders.

### 1993: Lakefront is 81<sup>st</sup> Marathon in Runner's Attempt to do "93 in '93"

Jerry Dunn (47) ran Lakefront on October 10<sup>th</sup> as his 81<sup>st</sup> marathon on his way to doing "93 in '93." The massage therapist from Indianapolis was trying to set a healthy example for others by running. He was running in memory of his father who died at age 47; his father had been overweight, smoked three packs of cigarettes a day and lived an unhealthy life style. The weather cooperated as the day dawned with sunny skies and 36 degrees. He eventually made his goal of 93 marathons.

At the start, there were 950 runners who had paid the \$27.00 entry fee. Randy Damkot (26) was the first of the 668 finishers. His time was 2:29:00. Liz Krznarich (35) was the women's winner in 2:56:43. Master's winners were Ron Erhardt (2:36:30) and Sue Koch (3:02:46, PR).

### 1994: Purple Entry Form and Runner's Guide; New Logo by Kathy Behling

The 1994 edition of Lakefront was held on October 9<sup>th</sup>. The 1066 entries paid \$27.00 each by completing a sharp looking entry form printed on purple paper. Each entrant then received a Runner's Guide printed on the same purple paper. The entries complemented a design by Kathy Behling, which featured a new skyline portraying Milwaukee's downtown lakefront in purple, brown and green

The weather was a cool combination of wind, sun, clouds and rain. That did not deter Mitchell Craib (33) from Greensboro, NC from running shirtless. It obviously worked, as he was the first of 946 finishers across the line; he had a 2:25:27 PR to boot! Women's winner Ann Schaefer (29) from Chicago ran 2:47:31. Master's winners were again Ron Erhardt (2:36:30) and Sue Koch (3:01:28, PR).

### 1995: Runner's World Lists Lakefront as Nation's 14<sup>th</sup> Fastest Course

The 15<sup>th</sup> running of Lakefront was held on October 8<sup>th</sup>. The entry was in the form of an invitation that said, "You're Invited!" Lettering was gold and blue on a winter white background. Entry fee was \$28.00.

Lakefront was honored by Runner's World by being listed as one of the top 25 courses in the country (14<sup>th</sup> fastest). With this publicity, the Lakefront staff prepared for a large field of runners attempting to qualify for the Olympic marathon trials and the 100<sup>th</sup> running of the Boston Marathon. As expected, the largest turnout since 1982 saw 1535 entries in the marathon.

Randy Damkot (28) set a PR of 2:22:35 as the overall winner. Women's winner Jane Murphy (36) from Portage, IN qualified for the Olympic trials with 2:44:31. For the fourth year in a row, Ron Erhardt and Sue Koch were the Master's winners. Sue's time was 3:05:12; Ron's 2:35:30 was a PR.



### 1996: Lakefront Scores 88.1 in Ultimate Guide to Marathons

Lakefront received another honor as it was given a score of 88.1 in The Ultimate Guide to Marathons. The scores for individual categories (on a scale of 1 to 10) were: Course Beauty (9-), Race Organization (9+), Appropriateness for First Timers (8), Course Difficulty (3), and Crowds (2-/5).

The entry fee rose to \$30.00. There was a strong head wind with temperatures in the 70's. Rick Stefanovic (34) ran most of the distance with Bruce Holmes (31). However, at mile 25, Bruce developed cramps and slowed down. Rick's winning time was 2:33:52 compared to Bruce's 2<sup>nd</sup> place 2:35:08. Kathy Green (33) was the top woman of the day with a PR of 2:58:13. Master's honors went to Mark Gajewski (2:43:02) and Kristine Guderyon (3:01:57). Of the 1300 starters, 1082 finished.

### 1997: Year of the Wind II

In 1997, Lakefront was held on October 12<sup>th</sup>. There was a wind out of the southeast that presented a significant challenge for the 1090 entrants who paid \$31.00 for the privilege of running a marathon in a wind tunnel. The wind was strong enough to draw comparisons with 1982. Despite the wind, 965 finished the race.

Brian Pahnke (31) was the winner in 2:33:08. First-time marathoner Jennifer Holzem (26) clocked 2:58:47 for the women's win. Master's champions were Rudy Estrada (2:38:58) and Margaret Drew (3:20:21).



### 1998: Woman Wins, Qualifies for Olympic Trials in First Marathon

Lakefront again had competition from rival marathons scheduled on the same day as Lakefront, October 11<sup>th</sup>. One was the Chicago Marathon; the other was the new Whistle Stop Marathon in Ashland. However, Lakefront still had 959 finishers who had paid the \$32.00 entry fee to participate in our runner-friendly race.

Mary Peckarsky (33) won the women's race and qualified for the Olympic trials in her first marathon. Her time was 2:49:48. She passed Kit McCaffrey (25-29 winner) at mile 26 and held on to win by seven seconds. Kit's 2:49:55 earned her a trip to the Olympic trials also. Men's winner Randy Damkot (31) ran to qualify for Boston and posted his third Lakefront win with 2:25:25. Master's winners were Ron Erhardt (2:37:30) and Cheryl Neumann (3:16:56).

### 1999: Year of the ChampionChip

In 1999, the ChampionChip was introduced as an experiment. Benefits of the chip would be faster, more efficient scoring with fewer finish line volunteers. Chips were handed out on race day, but there were still 50 chips that hadn't been picked up. Race director Steve Hartman made an announcement at the starting line about the chips and the start was delayed as all but 10 of the chips were claimed.

Although this was the beginning of the ChampionChip, it was Steve Hartman's swan song as race director. He was given a commemorative plaque from the staff for his 10 years as Lakefront's congenial and appreciative race director.

There were 1185 marathoners who paid \$34.00 for the October 10<sup>th</sup> race. The weather was better for spectators than for marathoners as an Indian Summer/Fall Warm-up provided temperatures in the 70's and a southwest wind of 15 mph. As a result, many runners became dehydrated, with some being taken to hospitals.

Dan Held led the pack with 2:23:22, 14 minutes ahead of second place Peter Sell. Women's winner Keri Wells (22) qualified for the Olympic trials by 11 seconds with 2:49:49. Ron Erhardt was the Master's winner with 2:42:59.

### 2000: New Race Director

In 1999, Kris Hinrichs shadowed Steve Hartman. In 2000, Steve shadowed Kris as she took the helm of Lakefront. Runners paid \$35.00 to participate in the 2000 edition. They were greeted with weather that was in contrast to that in 1999. No one suffered from heat exhaustion from the cold wind off the lake.

Randy Damkot (33) became a four-time winner with his 2:26:05. Janice Salazar-Ohts from Naperville, IL was the female champion with 2:52:21. Master's winners were Ron Erhardt (2:37:48) and Cynthia Woods (3:12:33).

Eight runners had completed all twenty Lakefront Marathons; they were: Mike Adams, John Kalbfleisch, Jim Bahr, Bill Boehm, Duane Tate, Jr., Harry Cherney, Jim Engel and Ralph Caviani. In addition, 70-year old Bill Hollihan used Lakefront as his 100<sup>th</sup> marathon. His time of 4:42:02 earned him 2<sup>nd</sup> place out of four finishers in the 70+ age group.

*End of part two.*



STRIDER BULLETIN BOARD

How to Submit Materials for Publication



This newsletter is printed on recycled paper.

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](mailto:tstrider@wi.rr.com) or via snail mail:

Jeff Weiss  
5310 W. Wells Street  
Milwaukee, WI 53208

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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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.badgerlandstriders.org),
- email: [blsoffice@sbcglobal.net](mailto:blsoffice@sbcglobal.net)

"The Strider"

- Jeff Weiss
- 5310 West Wells St
- Milwaukee WI 53208
- [runnerjeff@outlook.com](mailto:runnerjeff@outlook.com)

2015 RACE & PROGRAM DIRECTORS

Samson Stomp	Jan 17, 2016	Dave & Janice Finch	<a href="mailto:david.finch@rexford.com">david.finch@rexford.com</a>	262-886-9192
John Dick Memorial 50K	Feb 6, 2016	Robert Wehner	<a href="mailto:rwehner@hotmail.com">rwehner@hotmail.com</a>	262-370-7270
Steve Cullen Run	Feb 13, 2016	Nicole Jellison	<a href="mailto:nmjellison@yahoo.com">nmjellison@yahoo.com</a>	414-541-3086
Strider Southshore 1/2 Marathon	Apr 4, 2015	Len Wachniak	<a href="mailto:SoShoreRD@aol.com">SoShoreRD@aol.com</a>	414-545-5899
Deer Run 10K/5K	Apr 25, 2015	Hank Nisiewicz	<a href="mailto:hjn0316@wi.rr.com">hjn0316@wi.rr.com</a>	262-242-3868
Ice Age 50-Mile/50K	May 9, 2015	Jeff Mallach	<a href="mailto:iceage50rd@sbcglobal.net">iceage50rd@sbcglobal.net</a>	414-232-5411
Superun 5K	June 10, 2015	Dave Gavinski	<a href="mailto:davegavnski@juno.com">davegavnski@juno.com</a>	414-476-3745
Hartfest Half	June 13, 2015	Pete Abraham	<a href="mailto:ptaak7@yahoo.com">ptaak7@yahoo.com</a>	414-774-4580
Hales Corners Firecracker Four	July 4, 2015	Erin Smith	<a href="mailto:echap070@gmail.com">echap070@gmail.com</a>	920-321-4944
Cudahy 5mi & 10mi	July 26, 2015	Andrew Cordell	<a href="mailto:cudahyclassierd@gmail.com">cudahyclassierd@gmail.com</a>	-
Minooka Corn Roast	July 29, 2015	Ken Schoberg	<a href="mailto:kenschoberg@yahoo.com">kenschoberg@yahoo.com</a>	414-273-8064
Strider Half Marathon	Aug 29, 2015	Tom Buthod	<a href="mailto:striderhalf@gmail.com">striderhalf@gmail.com</a>	414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run	Sept 5, 2015	Robert Wehner	<a href="mailto:rwehner@hotmail.com">rwehner@hotmail.com</a>	262-370-7270
Tosafest 5K	Sept 12, 2015	Anne Peters	<a href="mailto:tosafest5K@yahoo.com">tosafest5K@yahoo.com</a>	312-927-4124
Briggs & Al's 8K Run for Children's Hosp.	Sept 19, 2015	Jeff Weiss & Brandi Encarnacion	<a href="mailto:alsrun@gmail.com">alsrun@gmail.com</a>	-
Lakefront Marathon	Oct 4, 2015	Jon Mueller	<a href="mailto:milwaukeeakelakefrontmarathon@gmail.com">milwaukeeakelakefrontmarathon@gmail.com</a>	414-333-9256
Glacial Trail Run	Oct 11, 2015	Robert Wehner	<a href="mailto:rwehner@hotmail.com">rwehner@hotmail.com</a>	262-370-7270
Lakefront Discovery Run	Oct 31, 2015	Scott Stauske	<a href="mailto:stauske@sbcglobal.net">stauske@sbcglobal.net</a>	414-418-8395
Turkey Trot	Nov 8, 2015	Dave Pike	<a href="mailto:davepike@yahoo.com">davepike@yahoo.com</a>	-
Strider 20K	Dec 6, 2015	Barb Drees	<a href="mailto:barbaradrees@yahoo.com">barbaradrees@yahoo.com</a>	-

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