



the STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

Volume 44, No. 5

Sept 2015

The 2015 Milwaukee Lakefront Marathon 1981 to 2015 "35 Years and Still Running Strong"

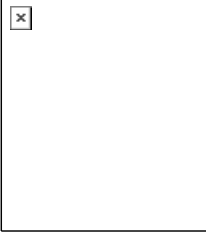
Dr. Jon Mueller
Race Director

From our humble beginnings in 1981, to the present, the Milwaukee Lakefront Marathon has grown from a few hundred runners to a new record this year of 3,500.

This year the Road Runners Club of America (RRCA) chose the Milwaukee Lakefront Marathon as their 2015 regional championship marathon event.

Without taking too much excitement away from the marathon weekend events of October 3-4th, let me briefly share with you some of the exciting activities and experiences awaiting the runners and spectators.

On Saturday, October 3rd at the Italian Conference Center (ICC) in the Third Ward is our expo and runners packet pick up. It is open to the public and is a great event for anyone to attend. It features both national and local vendors, showing the latest in anything to do with running and improving your health. A first time ever historical display of past marathon memorabilia will be open for viewing. So if you are not doing anything that day, come on down and experience the energy of 3,500 excited runners, visit the vendors and see the historical display.



Sunday October 4th, is of course marathon race day. Our shuttle buses, starting at 5:30 AM, will be bringing the runners from the ICC to Grafton High School our official starting line area. This year there will be a 12 ft high Jumbo Tron Screen with live video feed of the runners and special graphics that will make for a very exciting start for all on hand. We fully expect local media to be broadcasting live and maybe even a helicopter hovering overhead to catch the start and the runners on the early part of the course from a birds eye view. The starter gun goes off at 7:30 am sharp.

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Glacial Trail 50 – Wisconsin’s Fall Ultra

By Robert Wehner, RD

The 29th annual Glacial Trail Run will be held this fall on Sunday, October 11th. There are 50 kilometer and 50 mile distances, with both courses following the Ice Age trail in the Northern Kettle Moraine unit. The event starts and finishes in Greenbush, just off of Highway 23. The 50-mile race starts at 6:00 am, and has a 12-hour time limit. A light will be needed for this race, as the first 40 minutes or so will be in the dark. The 50-kilometer event starts at 7:00 am, and has a 10-hour time limit.

The course consists of rolling hills with rocks, roots, and other normal trail obstacles, with a short section of road at the start and finish (both races are "out and back"). Aid stations are located from 4 to 7 miles apart, so runners should carry a fluid bottle or pack with them. The aid stations will have a variety of foods and fluids; Hammer Nutrition is a sponsor, so we will have HEED, Hammer Gel, and Endurolytes as well. There will be one drop bag location at mile 13.3, which you will also go past on your way back.

More information can be found on the Glacial Trail website; you can find the link with the other BLS race sites on the Strider home page www.badgerlandstriders.org. There, you will find the link for on-line registration (mail-in entry form also available), course map and description (with pictures), an elevation profile, aid station distances (with cut-offs), registered entrants list, and past results. The race has filled by late September in the past few years, so don't wait until the last minute to sign up.



All runners will receive a comfy-cozy sweatshirt and enjoy a post-race buffet, with a custom medal for all finishers. If you have any questions about the race, or would like to volunteer to help on race day, please contact me directly. My phone number is 262-370-7270, my email is rwehner@hotmail.com

I look forward to welcoming you to the Northern Kettle Moraine this fall!

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THE PREZ SEZ



By Pete Abraham
The Prez

SO WHO ARE WE ANYWAY?

At a fun run back in July a new member approached one of the organizers and offered some money because he had brought his wife along and "she was not a member". The newbie said they had moved to Milwaukee last fall and on his first week in town he needed to do a 20 mile run as part of his marathon training. He found the Strider build-up program and recalled being amazed by how well organized our runs were. Well stocked water stops, finish area food and even beer (left over from another event), and it was all FREE! Many of us have shrug and think, "yeah its free, so?" But consider the program run by the Chicago Area Running Association (CARA). They charge \$175 for members and \$215 for non-members. Some of local shoe stores also have programs that charge fees. One area race promoter charges \$20 for a single 20 mile training run. So now this new member is at one of our fun runs and we are refusing to take the money he is offering for bringing his wife and wondering how we can afford to do it. We begin talking about other Strider event and the benefits of being a Strider member. But this brings a bigger question, "just who are the Striders?"

Yeah, we are a running club, but that's a pretty general description. Our incorporation documents say we are a social club with the goal of "promoting running and a healthy lifestyle". That sounds good but still a little vague. Some view us as race promoters. With 19 annual races including one of the top 50 or so largest marathons in the US and an internationally known 50 mile trail race we certainly fit that bill as well. Others might think we are more of a social club especially if they attend our Wednesday night fun runs. Those who attend our marathon build-up program or Tuesday night track workouts might focus on the training runs we offer.

With the many hats the Strider's wear it can be a challenge for us to relate to the other key players in the running industry, mainly race promoters and the local running stores. In an ideal world the Striders might simply be a 'club' that offers training programs and running related services to our members. We wouldn't be race promoters and would raise funds through membership fees, donations from race promoters, and sponsorships from fitness related businesses. We would train runners, provide social activities and help promote area races. This is a the model used very effectively by our friends at Tri Wisconsin.

The Striders however have a history dating back to the early 1970's. The club was growing rapidly and more and more people were taking up running. Road races were no where near as plentiful as they are today so the Strider's started races of their own to provide opportunities for our members to race. We hooked up with various charities and had some substantial sponsorship donations. Many of our current races have very long histories. But times have changed. Our market has been virtually flooded with new races. Some organized by, and for the benefit of charities. Some organized for the benefit of the organizers. There are also a lot more running stores in the area. So the question is "how do the Striders interact" with these entities"? By keeping people interested in running and helping the sport grow we provide more customers for both. But we walk a fine line. If a shoe store wants to help sponsor a race by contributing something of value we certainly want to make sure they get recognition. If they have packet pick up at one of their locations they make life easier on us and we drive traffic to their stores, a win -

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Badgerland Striders Meetings



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

BADGERLAND STRIDERS MEETING SPEAKERS

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

OCTOBER 21 2015
Dr. BRENDA HEINECKE, PT,
DPT, CSCS
FIT & TONED SPORTS PERFORMANCE AND
PHYSICAL THERAPY

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!

Dr. Heinecke founded her company in order to provide high-quality, hands-on physical therapy as well as sports performance in order to enhance active lifestyles for people. Through her extensive background, she is able to understand the demands on the body from extreme sports which allows for more specific rehabilitation. She also specializes in women's health physical therapy, sports physical therapy and slow motion video analysis for running, golf, baseball and cycling. In her free time, Dr. Heinecke enjoys participating in sports such as motocross, cycling, tennis, skiing and hiking. She also enjoys spending time outdoors with her husband and black lab.

Times Past: Yesterday and Today

Lakefront Marathon, Part Three

By Ron Winkler

By Ron Winkler

(Author's Note: This is the third and final installment on the history of the Lakefront Marathon.)

2001: A Race Produced "by runners, for runners."

The transition in 2000 from Steve Hartman as Lakefront Marathon (LFM) race director (RD) to Kris Hinrichs as RD was smooth. Hinrichs had prior experience as RD of the South Shore Half-Marathon, a race known then and now as one of the best race deals around (only \$12.00 for Striders!).

On September 11, 2001, 19 militants from the extremist Islamic group al-Qaeda hijacked four airliners and used them for suicide attacks on the World Trade Center in New York and the Pentagon in Washington, D.C. The unknown mission of the terrorists in a fourth airliner was aborted when passengers and flight crew fought the four high-jackers, causing the plane to crash in a rural field in western Pennsylvania. The highjackers' probable destinations were the White House, the U.S. Capitol, presidential retreat in Camp David, MD, or one of several nuclear power plants along the eastern seaboard.

After the terrorist attacks, today known simply as 9/11, there was a period of unprecedented patriotism throughout America. Lee Greenwood's *I'm Proud to be an American* became an alternate national anthem. For months it looked like the 4th of July as people displayed the American flag in their yards, vehicles and on clothing. Runners wore American flag apparel such as shirts and hats; they also carried flags in races. Security measures were also implemented at all races and there were no reports of problems.

LFM proceeded without a hitch. Data from registration captain Pauline Shoemaker showed there were 744 male finishers, 364 female finishers, 3 wheelchairs, one hand crank wheelchair (a new category this year) and 116 five-person relay teams, for a total of 1700 entries.

LFM had over 700 volunteers led by fifty captains. RD Kris Hinrichs publicized LFM as a race produced "by runners, for runners." One of the runners commented, "And you know, I could really tell."

This was the third year that LFM had chip timing, a scoring technique that was becoming standard in other Striders' races also. Entry fee remained at \$35 and 1108 runners completed the race, getting to run through the Concordia University campus for the first time.

Results

Men 1- Randy Damkot, 2:29:04; 2- Jeff Kolb, 2:37:20; 3- Rick Stefanovic, 2:38:09; Women 1- Kathy Waldron, 3:01:28; 2- Candy Wilson, 3:03:08; 3- Paula Stokman-Moxon, 3:06:51; Masters Men Kevin Setnes, 2:47:05; Masters Women Michelle Bradner, 3:18:57

In 2000 there were still eight runners who had completed all twenty LFMs. In 2001, there were only four who were left: James Bahr, William Boehm, Jim Engel and Duane Tate, Jr.

2002: Date of LFM Officially Established as 1st Sunday in October

There was nothing special about 2002 as the 1143 finishers paid the same entry fee of \$35.00 for the third year in a row.

Results

Men 1- Rick Stefanovic, 2:41:04; 2- Steve Brenner, 2:44:04; 3- Ryan Hill, 2:45:13; Women 1- Kit McCaffrey, 3:05:26; 2- Rachel Earney, 3:10:33; 3- Julie Spencer, 3:13:04; Masters Men John Jenk, 2:55:08; Masters Women Lori Schuetz, 3:25:34

2003: Prize Money-Again

LFM had prize money for a short time in the early years. In 2003, prize money was offered as an incentive to increase competition and excitement. There were cash awards for the top three men and women (\$500/\$300/\$100, respectively). Male and female Masters winners received \$100 each.

Runners were getting "wired" for LFM as online registration gained popularity and accounted for 74% of LFM registrations, with 95% of all registrants providing an email address. That meant that the LFM website could provide runners, spectators, volunteers and media with all they needed to know about the event. LFM staff could now post up-to-the-minute news and send important pre-race information to registrants.



Today, in 2015, when LFM filled its 3500 spots by the beginning of June, it may be hard to believe that the race did not always need a cap on registration. In 2003, the race was Sunday, October 5th and the entry form noted that registration would be accepted until 3:00 pm on Friday, October 3rd. When the deadline passed, 2300 runners had paid \$40.00, an increase of \$5.00 from 2002, to enter the race. The 1508 finishers absolutely shattered the old record of 1185 from 1999.

Results

Men 1- Chris Roberdeau 2:26:39; 2- Justin Henkel, 2:31:30; 3- Travis Bashaw, 2:33:31; Women 1- Rebecca Ward 2:55:46; 2- Julie Spencer, 2:57:33; 3- Katie Galdabini, 3:00:54; Masters Men Rick Stefanovic, 2:38:51; Masters Women Kathy Waldron, 3:03:22

After the 2002 LFM, there were still four LFM "streakers" who had run all previous LFMs: James Bahr, William Boehm, Jim Engel and Duane Tate, Jr. In 2003, Jim Engel announced that he would not run due to osteoarthritis. He had a hip replacement and was no longer able to run.

2004: Relay Changed to Four-person; New Shirts

There were many changes in 2004. The entry fee was increased by \$5.00 to \$45.00 and prize money of \$100 was added for first place in the Grand Master's division.

For the second year in a row, a record was set for the number of finishers as the 1808 broke the previous record of 1508.

In response to complaints from Mequon residents about congestion, the five-person relay was changed to four-person to eliminate the Pioneer Road exchange zone. Other exchange zones were moved to parks or large parking lots.

The five-person relay had been added in 1986 to boost dwindling participation. In the five-person relay, the first four runners ran 5-mile legs and the last runner did a 10K. In the 4-person relay, the legs were 7 miles (exchange zone in Concordia University), ~3.3 miles (exchange zone in Virmond Park in Mequon), ~8.7 miles (exchange zone in Klode Park) and ~7.2 miles to the finish.

According to RD Kris Hinrichs, the biggest change in 2004 was in the shirts. The long-sleeve t-shirts that volunteers had received previously were replaced by sweat shirts. For runners, their long-sleeved t-shirt was replaced by a friction-free, long-sleeve t-shirt made of moisture wicking coolmax type fabric; the shirt was free of the traditional advertising that makes runners walking or more accurately, "running billboards."

Other changes included the addition of special drop bags for clothing, Power Gel at the Klode Park water stop (~19 miles), and Mylar blankets at the finish. A *Spectator's Guide* was printed to encourage family and friends to come out and cheer. It is still available online and includes viewing spots, parking areas and spectator etiquette. Part of the reason for the guide was that LFM received, and still receives, more comments and complaints from residents and police than all other issues combined.

Results

Men 1- Shane Carr 2:35:34; 2- Matt Tupta, 2:41:42; 3- Paul Riley, 2:43:07; Women 1- Aaron Clark 2:58:13; 2- Mary Schupbach, 3:00:47; 3- Meghan Macardy, 3:01:40; Masters Men Dave Dehart, 2:46:52; Masters Women Mary Bolich, 3:04:59; Grand Masters Men Ron Erhardt, 2:59:04; Grand Masters Women Rhonda Brandes, 3:39:41

2005 the 25th year

LFM was featured in *Marathon & Beyond* magazine in an article written by Strider Dave O'Brien. The magazine rated LFM tied for 10th place, ahead of Twin Cities Marathon! In addition, LFM was part of the new book titled *From Fairbanks to Boston: 50 Great U.S. Marathons*.

This was the ad for the 25th annual Lakefront Marathon.



Join runners from throughout the midwest on
Sunday, October 2nd, 2005

for the
25th Annual Milwaukee Lakefront Marathon
and find out for yourself why
"The Best Times Really Are in Milwaukee!"

Scenic, flat, fast, point-to-point course along beautiful Lake Michigan offers a great opportunity for runners to qualify for the Boston Marathon.

~ A race for runners, by runners ~

A limited number of
four-person relay teams available

Prize money for top finishers in many categories

For more information or to register, visit:

www.badgerlandstriders.org/lakefront

(Continued on page 9)

READY FOR A TIME WARP?

October 31, 2015

9AM start at the Italian Community Center



Sign up at: www.DiscoveryRun.Zapevent.com

#ITWILLSELLOUT

15K, FUN, SURPRISES, KICK *SS SHIRT, FUN, BEER, FRIENDS

THE STRIDER NEWSLETTER

By Jeff Weiss Editor

As some of you may remember, last November I raised the issue of whether we should make The STRIDER an electronic newsletter or remain with the paper version.

I got about a dozen responses that were very much against the electronic version.

Another half dozen that leaned toward the paper version but could live with an electronic version.

I have heard from the electronic version advocates, mostly just in passing over the course of the last year. It seems that those people are in the vast majority.

The next issue, November 2014, will be the last issue for race results. After that issue I will list far fewer results, perhaps just the overall winners and the top 3 per age group. Full results for our races have been and will continue to be available online.

Last November I asked, "Has the Time Come?" The time is definitely coming. I am willing to keep editing and printing the paper version for another year before I retire from my duties as editor. November 2016 will be my last issue.

March 2004 Strider



If someone steps forward to continue the paper version that'll be great, but I will be surprised.

Yes, I said retire. I have been doing the layout of The STRIDER for a little over 15 years now (since June 2001). I took over the Editorial reins in November 2002. I edited the Race Book for 12 years.



I don't currently know how to do an online newsletter and I am not inclined to learn. I think it would be good to get some young person or people involved and continue to bring the club into the 21st century.

The electronic STRIDER could be a website, an e-newsletter or just a Facebook page. That choice will be made by whomever steps forward as the editor or editors of that generation of The Strider.

WARM UP, COOL DOWN, AND REMAIN FLEXIBLE

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

Many of us spend our days at work and home in seated or stationary positions (i.e., think of how long you remain in the same position when at your computer, watching TV, and sleeping). Over longer periods of time, these activities often cause certain muscle groups to become shortened making the "reduced" length their new "normal".

How does this affect your exercise routine?

We've all heard about the importance of proper preparation, yet many of us neglect this crucial aspect of exercise. *We just want to get going!* However, before beginning any exercise program, such as running, we need to address the effects of muscle shortening. Warm-ups, cool-downs, and flexibility exercises should be a staple for any workout program. These components decrease both muscle soreness and the chance of injury while increasing flexibility.

Foam rolling and static stretching.

Foam rolling followed by a static-stretching program will help lengthen shortened muscles, increase range of motion, and improve performance. After a brief warm-up period, take the time to incorporate these two activities into your daily routine.



A foam roller acts as a "self massage" by improving circulation and breaking up tissue adhesions. To effectively do this, the muscle group is pushed over the foam roller. Many different techniques can be viewed on *YouTube*, or contact Aurora Sports Medicine Institute to seek out the advice of an expert. Foam rolling is best performed prior to static stretching.

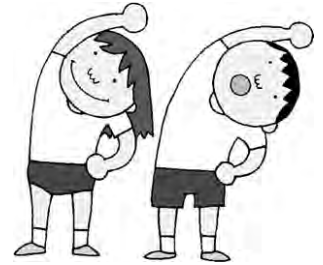
When you statically stretch, you're actually deforming the muscle tissue into a lengthened position. Each stretch should be held once a light pulling (*but not painful!*) sensation is felt. Hold the stretch 10 to 20 seconds. Over time, stretching will increase the range of motion available at your joints while ultimately leading to overall improved performance. Don't save foam rolling and static stretching for only your workout sessions! By adding these two activities to the beginning or end of your day, you'll dramatically improve the condition of your muscles.

Why warm-up?



A warm-up will not only increase body temperature, heart rate, respiration rate, and blood flow, but will also help

to activate muscle groups used during exercise. A brisk five to ten-minute walk or short bike ride followed by a dynamic stretching program is ideal. Dynamic stretching can include skipping, high knees, butt kickers, front lunges, side lunges, arm/leg swings, and sidestepping. These exercises "wake-up" your muscles and cue them for future activity. Remember to perform these exercises in a controlled manner adjusting to your own tolerance — dynamic exercises may cause injury when not done properly. If you are unsure of how to perform a dynamic warm-up, seek out the advice of an expert.



A cool-down can reduce soreness!

At the end of a workout, a cool-down period is suggested. After taking a slow walk or bike ride, stretch for five to ten minutes. This allows the body time to transition back to normal activity while removing muscle waste products that can cause soreness.

Remember: If you're experiencing pain during your workout, it's time to seek professional healthcare advice. Aurora Sports Medicine Institute offers FREE injury evaluations to assist you in being pain-free and active. For more information or to make an appointment for a FREE Injury Evaluation, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.

Turkey Trot 2015 Sunday, November 8th at 9:30 am

By Dave Pike
New Race Director

The Badgerland Strider Turkey Trot is a unique event. It's a prediction run ranking participants based on the accuracy of their self-predicted race times. We will award up to 50 turkeys to participants who are closest to their predictions.

If you've never run a predication run, it's something you should definitely try. It has a whole different feel compared to a regular competitive run. It puts all runners, regardless of stamina or speed on a level playing field. Take it easy, or hard if you really want to. Just predict your time and enjoy your run. For those of us, myself included, who've never been in the running for an age group award; now is your chance to win something for once. We aren't talking about a "participation award". It's a real-life, dead, frozen turkey, just for being one of the closest to your predicted completion time. Think about the fun story you'll have at Thanksgiving dinner as you carve that fabulous bird. No one ever ate a big ol' medal or statue of a runner. Can't share that dust collecting junk... of which I have none. But I did win a turkey last year!!!



Now of course there is a catch...no watches, smart phones or other timing devices. There will be no splits given or visible timers.



The run is Sunday, November 8th at 9:30 am. Bib pickup and same day registration starts at 8 am.

Runners will compete in a 2 mile or 15 kilometer event through the Root Parkway just east of 92nd Street starting at Whitnall Park picnic area #1.

Online registration through Zapevent at <http://turkeytrotbls2015.zapevent.com/>

The run is only \$10 for Strider members, \$12 for non-members and \$5 for children 17 and under. Same day registration will be \$15 for all participants.

COMING EVENTS

Sep 5 St. Joseph's Half Marathon, 5K & 10K Fun R/W Hillsboro
Half Marathon 13.1 miles 7:30am, 5K and 10K 8:30am Hillsboro Fireman's Park Divs 12 & under, 13-19, 10yr to 70+ M&F Awd's medals to top 3/div 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@sjhealthcare.org Web: http://www.gundersenhealth.org/st-josephs/events

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

Sep 5 BLS MARATHON BUILDUP PROGRAM Milwaukee
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 Istrider@wi.r.com Web: www.badgerlandstriders.org

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

Sep 5 Rockford Orthopedic Run, Walk, Wheel, for RAMP
1/2 marathon 7:30am, 5k 7:45am, 8:30am Wheelathon, Kids Fun Run to fill 324 N Madison St Rockford, IL 61107 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 5 Sauk Prairie Cow Chip Classic Run/Walk Prairie du Sac
5K and 10K Run/Walk No time limit next to Marion Park on the corner of Grand and Fourth St. Note 36th annual Awd's Plaques to the winners in each div, M&F. Medals to 2nd/3rd place Fees \$30 after 9/3/15 Perks Cow chip run t's incl. LastYr 782 Contact Nancy McGee Sauk Prairie Community Club cowchiprun1984@gmail.com Web: www.wiscowchip.co

Sep 5 Labor Day Run and Duathlon Fish Creek
Run/Walk: 5k Duathlon: Run 2 miles, Bike 12 miles, Run 2 miles 3866 Gibraltar Rd Contact Allison Vroman Door County YMCA 3866 Gibraltar Rd Fish Creek WI 54212 Day 9208683660 Eve 9208683660 avroman@doorcountnymca.org Web: http://doorcountnymca.org/events/

Sep 6 Sugar River Triathlon Belleville
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 6 Lake Michigan Trail Marathon Cudahy
50k @ 6 a.m.; Marathon @ 6:30 a.m.; 20-mile Training Run @ 7 a.m.; Half Marathon @ 7:30 a.m. Sheridan Park, 4800 S. Lake Drive Divs M/F 10yr Awd's Top 3 M/F OA, top 3/div Fees 50k \$80-\$90; Marathon \$70-\$80; Half Marathon \$50-\$60; 20-mile training run \$20-\$30 Perks Tech shirt, goody bag LastYr 800 Contact Chris Ponteri Longrun Athletics chris@longrunathletics.com Web: www.lakemichiganmarathon.com

Sep 9 Badgerland Striders - Get Baked Funrun West Allis
3 or 6mi, 6pm Greenfield Park Area #3 Note map of Greenfield Park at http://tinyurl.com/iksqx6u8 Fees Free Perks Food, Beverage Other GPS Coords: 43.003648, -88.063683 Contact Barb Stockton and Dave Rieder Badgerland Striders bjsstockton1968@gmail.com, rocketrunners5@yahoo.com Web: www.badgerlandstriders.org

Sep 11 Run Woodstock Day 1 Pincney, MI
100M & 100K @ 4:00pm HELL CREEK RANCH, 10866 Cedar Lake Rd Note 3 day running and music festival! Sat entry - free laid back runs! Divs Awd's Fees See website for details Results Records http://www.rftiming.com Perks Peace, love music & lots of running! t-shirts, finisher medals, food, awards http://www.rftiming.com Contact Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: http://www.runwoodstock.com/

Sep 11 Twisted Maze Run After Hours West Salem
This 5K run/walk THROUGH the cornfield happens 'After Hours' - IN THE DARK! Race Friday night 8:30pm Hidden Trails Corn Maze Note Headlamps or flashlights required. Divs All for FUN! Fees \$25/\$30/\$35 - Reg early for best pricing Perks An awesome adventure through the corn at its spookiest time - the dark! Kids 13 & under FREE LastYr 100 Contact Amy Brenengen Paula Gold Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnunning.com Web: www.offnunning.com

Sep 11 Bayside 5k Run/Walk Bayside
5k, 6:30pm Ellsworth Park 600 E. Ellworth Lane Note Benefits MACC Fund Awd's 1st/div Results online raceresults.com Fees Until Aug 1st, \$15/child, \$25/adult/ \$75/per family, children under 5 free Perks Race fees includes a dri-fill perf t-shirt, race packet, free bev (beer or soda), and post race snacks Other A bonfire, music and food trucks will be available in Ellsworth Park following the race Contact Rebecca VanRegenmoter Village of Bayside 9075 N Regent Rd Bayside WI 53217 Day 414-351-8812 rvnreg@bayside-wi.gov Web: http://www.bayside-wi.gov/index.aspx?nid=366

Sep 11 Rock Cut Hobo Runs 10k - Loves Park
10k - Nile Trail Race - 7:00 pm Rock Cut State Park Note 12th Annual Divs 5yr Awd's OA M/F & top 3/div Fees \$25-\$30 Perks Tee Shirt LastYr 175 Other Trail Runner Trophy Series Contact Carol Wilson Rockford Road Runners P.O. Box 7991 Rockford IL 61126 Day 815-670-4239 hoboruns@rockfordroadrunners.org Web: http://www.rockfordroadrunners.org/hobo-runs.html

Sep 11 Rock Cut Hobo Tripe Crown - 10k+25k+50k Loves Park, IL
85k over three days Series Rock Cut State Park Note Three races accumulative time for scoring. Awd's Age Group & Overall - Railroad Spikes Whchr no Fees \$95 - \$120 LastYr 45 Contact See event above

Sep 12 Tosa Fest Strider 5k Wauwatosa
5K run, 2 mile fun walk 5:30 p.m., Reg. 330pm- at Tosa East H.S. Race Start: 69th and Hillcrest-Wauwatosa East H.S. Note Fast, downhill 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 12 Waupun's Wild Goose Chase Waupun
10K Run 8:30 AM, 5K Run/Walk 8:30 AM, 1 Mile, 1/2 Mile, 1/4 Mile Youth Run 10:00 AM Rock River Intermediate School, 451 East Spring Street, Waupun Note Entry Forms Available at http://www.waupunk12.wi.us/jrshighbooster.cfm Divs 10-, 10yr, 65 over Awd's Trophies MW 10K, 5K, Awards 1 div, Fun Run Ribbons Results http://www.waupunk12.wi.us/jrshighbooster.cfm Fees 10K/5K \$20.00 thru 8/31 \$25.00 thereafter. Fun Runs \$10.00 Perks TS, Snacks, Drink coupons LastYr 108 Other Benefits Waupun Athletic Complex Contact Matt Dickhut Waupun Athletic Booster Club P.O. Box 26 Waupun WI 53963 Day 920-539-3106 Eve 920-539-3106 mdickhut@waupun.k12.wi.us Web: http://www.waupunk12.wi.us/jrshighbooster.cfm

Sep 12 Bear Creek Kraut Run Bear Creek
5K and 10k Village of Bear Creek Note 1/2 Mile and 1/4 Mile Kids Run Contact Patrick Huss thepathuss@granitewave.com Web: www.bearcreekkrautrun.com

Sep 12 Trot for Troops 5K and Kids 1/4 Mile West Bend
5K Run/Walk 8AM Kids 1/4 9AM Riverside Park, West Bend Divs 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 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 Iron Mountain Road & Trail Half Marathon, Relay, 2mi
9am Downtown Note Gorgeous lakeside/trail/downtown 1/2 marathon route, Fun 3-person Half Marathon Relay, and Challenging 2 mile minithon Awd's Awards will be given to the 1st, 2nd, and 3rd place overall & age group male & female finishers. Fees Half Marathon \$45/\$55 after August 1st Perks Gorgeous, unique course with an Oktoberfest at finish! Great medals. Awesome swag bags. Affordable registration fees! Records Male 1:18:21, Female 1:26:02 LastYr 400 Contact Lisa Villringer First National Bank of Iron Mountain Iron Mountain MI 49801 Day 906-774-2200 livringer@fnbm.com Web: www.imrthalfmarathon.org

Sep 12 Walk & Run for Wishes- Fox Cities Appleton
1 mile and 5k walk/run Thrivent Financial for Lutherans, 4321 N Ballard Rd Contact Amy Neumeier Make-A-Wish Foundation of Wisconsin 200 N. Durkee St., Suite 600 Appleton WI 54911 Day 920-993-9994 Fax 920-993-9996 aneumeier@wiscision.wish.org Web: www.walkforwishes.com

Sep 12 Twisted Maze Run Wise and Run West Salem
5K run/walk 10 a.m., incredibly CORN-ERY race, Hidden Trails Corn Maze Note course pre-determined, well marked. No worries about getting lost or having to find your way! Awd's Top 3 M/F finishers each div Fees \$20/\$25/\$30 - Reg early for best pricing Perks T-shirt, post race food AND kids 13 and under can participate FREE with a reged adult! Contact Amy Brenengen or Paula Gold Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnunning.com Web: www.offnunning.com

Sep 12 Rock Cut Hobo Runs 25k Loves Park, IL
25k - Trail Race - 8am Rock Cut State Park Note 10th Annual Divs 5 year age groups Awd's Overall male/female & 3 places each age group Fees \$35-\$45 Perks Long Sleeve Tech Shirt LastYr 125 Other Trail Runner Trophy Series Contact See events Sep 11

Sep 12 Run Woodstock Day 2 Pincney, MI
50M, 50K, 26.2M, 13.1M, 5M - see website for various starting times Hell Creek Ranch 10866 Cedar Lake Rd. Note 3 day running and music festival Divs Awd's Fees See website Whchr no Results Records http://www.rftiming.com Other This is a 3 day event - Sept 11 - 13, 2015 visit http://www.runwoodstock.com/ for complete details Contact See event Sep 11

Sep 12 BLS MARATHON BUILDUP PROGRAM Milwaukee
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 Istrider@wi.r.com Web: www.badgerlandstriders.org

Sep 12 re-THINK Addiction Run/Walk Oshkosh
5K Run or Walk 8am, Solutions Recovery Center, 621 Evans St Note An open house and silent auction follow Fees \$25 For Adults \$35 Day of Event, \$15 for 12 and under, \$20 for Teams (6+) LastYr 450 Web: http://www.dutrirun.com/

Sep 13 Rock Cut Hobo Runs 50k - Loves Park, IL
50k - Trail Race - 8am Rock Cut State Park Note 12th Annual Divs 5 year age groups Awd's OA M/F & 3/div Fees \$35-\$50 Perks Long Sleeve Tech Shirt LastYr 75 Other Trail Runner Trophy Series - RRCRA State of Illinois Ultra Championship Race Contact See events Sep 11

Sep 13 Dylan's 2 Mile R/W for Autism to Indian Summer Milwaukee
2mi 10am, Reg 8:30 Summerfest grounds Entrance Mid Gate - Reg at Miller Stage Note 15hr yr & On-line Reg @ website Divs 10-, 5yr, 65+ - Awd's 1/mf, 3/div Results posted Fees \$25, \$30 raceday; Child \$15, 20 raceday; and Team pkts avail Perks TS, admis to Indian Summer Festival, food, bev, entertainment LastYr 2925 Other Indian Summer Festival Contact Dawn Schwartz ASSEW 3720 N. 124th Street Wauwatosa WI 53222 Day 414 988-1260 Eve 414 988-1260 Fax 414 427-9395 assew@assew.org Web: www.dylansrun.com

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Sep 13 LIFE OF HOPE (Suicide Prevention) Butterfly 5K Race West Bend
5K Run/Walk Regner Park Pavil (800 N. Main Street) Note see website for details Divs M/F 10-17, 18-24, 10yr to 55+ Awd's 42 trophies to top finishers /div and overall Results It's Race Time Fees Age 0-9 FREE through 9/11. Normally \$25. Age 10+ \$30 through 9/11. Normally \$35. Perks T-Shirt, LIFE OF HOPE Drawstring Backpack, Chipped Race Number Bib, Tons of fun activities. Other Washington County's only suicide awareness and prevention program. Contact Deetra Kafjoss LIFE OF HOPE West Bend WI 53095 Day 262-893-0790 Eve 262-893-0790 Info@lifeofhopeproject.org Web: LIFEofHOPEproject.org

Sep 16 Harvest Moon Run Pleasant Prairie
5k r/w 6:30pm, 1/4mi kids 6:00pm. Prairie Springs Park, Lake Andrea, hwy's 165 & H Note 17th annual, kids race is free Divs 5k, 14-, 5yr, 70+, 10-10 Awd's Trophy 1/mf, medals 3/div Fees 5k- \$12, \$15 after 9/16, \$11/person families 4+, kids race is free Perks shirt, donut, and juice Records 16:28 Emil Newhouse and 18:36 Jodie Meier LastYr 350 Contact Brian Falcone Kenosha Running Club P.O. Box 723 Kenosha WI 53141-0723 Day 262-515-8700 Eve 262-515-8700 kenosharunningclub@yahoo.com Web: www.kenosharunningclub.org

Sep 16 Badgerland Strider Club Meeting Milwaukee
7pm Guest Speaker, 8pm Business Meeting Knights of Columbus, 1800 South 92nd St. 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

SO WHO ARE WE ANYWAY?

(Continued from page 2)

win. But we have to be fair with all of them and not promote one over any of the others.

Race promoters provide more of a challenge. Strider membership fees cover only a small fraction of our yearly expenses. Profits from Strider races provide us with the vast majority of our funds. For decades our mission has been to 'promote running' and in theory we should promote non-Strider races. But over the years the landscape has changed. Competition from other races has the potential to harm the club's finances. This makes it difficult for us to welcome every new event with open arms. A club like Tri Wis doesn't have this problem. For them, the more events, the more opportunity their members have to race and it doesn't affect their finances.

Could some of this competition actually help the Striders? In the past several years a number of new half marathons have been started in the area. They have hefty registration fees and fairly run of the mill extras but still bring in a lot of runners. At the same time the Strider half at Estabrook has grown from 350 runners to nearly 1000 and our South Shore Half has held steady at 900+. Could it be that the new races create an interest that spills over to our races? One would have to think that most runners will eventually realize they

can do all three Strider half marathons for the cost of just one of the 'big' Half's.

At least a couple of dozen times a year we are contacted by race directors wanting to 'partner' with us to promote their events or secure volunteers. The offer usually goes something like: Hi, My name is _____ and I am reaching out to you on behalf of _____ run. Our run donates a "portion of the proceeds" to our "charity partner" _____. If you would be willing to promote our run we can offer your members a \$ discount. We also need volunteers and would appreciate it if you would promote our event in your newsletters and website. We usually send these groups information about advertising in this publication but decline to get more involved. There are a lot of good causes out there but terms like "a portion of the proceeds" seem just a little vague.

All members get Strider email blasts. Many groups have approached us wanting to promote their events in the blasts. The current policy is to recognize only runs that have no registration fees, don't conflict with any of our events or have helped the Striders in a some important way. The club also rents/lends some of our equipment using the same qualifications. So somehow the club has to define itself. Who are we? Really? Your feedback is welcome!

We also have some other exciting Strider news. Sometime in the next month or so there will be 8 foot by 20 foot "Badgerland Strider Running Track" sign installed on the outside of the Pettit Center. The sign will be lit up at night! We are also looking to purchase a "Uhaul" type truck to haul our equipment to race sites. The truck will be decorated with Strider logos and should be a great advertising prop at Strider events.

Sometime before the end of 2015 we will be relocating the Strider office and warehouse. We are currently searching for "the perfect" location.

Last issue's column, "So you didn't get a t-shirt" generated more response than any Prez-says article in a least the last four years. The temptation was to follow it up with "No we won't mail you your medal" ! But let's save that for another time.



July 8th & July 22nd Fun Runs



COMING EVENTS

(Continued from page 6)

Sep 18 Guardian Kids Fun Run Appleton
 Fri 4 pm - 1/4 mile, 1/2 mile Neuroscience Group Field at Fox Cities Stadium - home of the WI Timber Rattlers Note Huggies® Diaper Dash & Toddler Trot, Mini-Dash (age 6 and under) Divs None Awd's Each child receives a medal Fees \$10 Perks Cotton shirt, goodie bag, mascot race, face painting LastYr 700 Contact Debbie Jansen Fox Cities Marathon 2616 S Oneida St Appleton WI 54915 Day 877-230-7223 Fax 920-830-0921 info@foxcitiesmarathon.org Web: http://www.foxcitiesmarathon.org/kidsRun.html

Sep 19 Nancy's Run, Rock & Stroll West Allis
 Sat 4 pm - 1/4 mile, 1/2 mile walk, Bark in Park (dog walk), "Rascal Romp" Greenfield Park-Cool Waters Park Note Proceeds benefit Wisconsin Ovarian Cancer Alliance and is held in memory of Nancy Niese Divs 8 and under, 9-15, 16-19, 10yr to 70+ Awd's top 3div, award to top M/Flo top 3, Awards Ceremony Whchr yes- 2 mile course Fees \$30 until 9-13-14 \$35 Race Day Perks music, manicures, refresh, massages & WOCA merch avail Records M- Will Farah 17:59 W: 21:06 LastYr 875 Other Something for everyone! Contact Kelli Zembruski Wisconsin Ovarian Cancer Alliance 13825 W National Ave Suite 103 New Berlin WI 53151 Day 262-797-7804 Eve 262-797-7804 friends@wiscosinoariancancer.com Web: wiscosinoariancancer.com

Sep 19 InStep Trail Races - 26.2, 13.1, 7 Mile, 5K Delafield
 Sat Marathon 8am, Half-Marathon 8:30am, 7 Mile 9am 5K 9:30 Lapham Peak State PK Note benefiting Friends of Lapham Peak Divs 14 & under, 15-19, 5yr to 70+ Awd's top 3 div, OA winners, OA masters Whchr NO Results www.TTSPORTSservices.com and web site Fees Before 7/1: 26.2 \$60, 13.1 \$50, 7 mile/\$k \$25 After 7/1: 26.2 \$70, 13.1 \$60, 7m/\$k \$35 Perks Tech shirt - m&w sizing; food post race; custom AG medals; Custom finisher medals for 26.2 & 13.1 finish Records 26.2 Nic Giebler 3:31:36.26 Many Flaws 4:20:27 - 13.1 Kyle Curran 1:31:15 Nicole Diedrick 1:51:19 - 10K Leith Nye 41:51 Liz Booher 48:46 LastYr 350 Other Great course, trail not technical but challenging, beautiful state park, well organized Contact Russ Delap InStep Physical Therapy & Running Center 1516 W. Mequon Rd Mequon WI 53092 Day 262-243-4323 Eve 262-527-0048 russell.delap@cwu.edu Web: http://insteptrailraces.com/

Sep 19 Porcupine Mountains Trail Marathon Silver City, MI
 Sat Mar 6am, 1/2 Mar 8:30am, 5K run 9am Porcupine Mtn Ski Lodge Divs 15-19, 10yr to 70+ Awd's Mass Farm Maple Syrup Results http://www.superiortiming.com/race-results/ West Street Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 info@greatlakesendurance.com Web: www.greatlakesendurance.com

Sep 19 Briggs & Al's Run and Walk For Children's Hospital Milw
 Sat 8K, 10:30am Downtown, 12th and Wisconsin, finish at Lakefront at Summerfest Grounds Note 37th Year, USAF 8K State Championship Divs 18-, 19-24, 5 yr, 80+ teams: Corporate, academic, community Awd's Medal 3 mfl, medal 3div, medal top 3 hand crank and push rim WhChr, trophy 3team Team Challenge Trophy Whchr yes Results website, www.badgerlandstriders.org Fees \$30/runner-WC, \$25/walker, Kids \$10/ walk, \$15/run pre-reg, Race Day\$35/\$30/\$12/\$1 Perks TS, Refreshments start/finish, live bands at finish line celebration Records 23:00 Tim Hacker 1982, 23:25 Kristin Ihle-Helleddy 2000, 21:10 WC Gary DeBuhr 2000 Other Health and Fitness Fair, Music, Kid's Area, Pledge Prizes Contact Children's Hospital and Health System Foundation PO Box 1997, MS 3045 Day 414-266-1520 alsrun@chw.org Web: www.alsrun.com

Sep 19 Rochester 5K Rochester WI
 Sat Rochester 5K Run/Walk Race 8:30am Case Eagle Park Contact Leslie Kinsey Web: http://www.silvercirclesportsevents.com/rochester-5k

Sep 19 Affinity Medical Orthopedics & Sports Med 5K Neenah
 Sat 5K Riverside Park Note Uses the Fox Cities Marathon Finish line Divs 9 under, 5yr to 80+ Awd's Top 3M/F OA & div Results posted, web - SMA Fees Fees vary by date - website - reg online or mail-in Perks Tech shirts, Finisher Medals, Goody bags LastYr 1500 Other Expo 18&19 at UW-Fox Valley Campus Midway Road Menasha, WI Contact Debbie Jansen Fox Cities Marathon 2616 S Oneida St Appleton WI 54915 Day 877-230-7223 Fax 920-830-0921 info@foxcitiesmarathon.org Web: http://www.foxcitiesmarathon.org/flveK.html

Sep 19 Lyndon Ellefson Memorial Run Barron
 Sat 1 Mile / 5K / Half Marathon Barron Area Community Center Contact Barron Area Community Center 800 Memorial Dr. Barron WI 54812 Day 715-537-6666 baccab@chibarun.net Web: www.thebacc.com

Sep 19 apple cORe 5K Wauwatosa
 Sat 5K Hoyt Park Pool and Beer Garden Area 1800 N. Swan Blvd. Wauwatosa, WI 53226 Note Schedule 9-9:30: registration 9:30am: 0.2K Race 10am: 5K race Fees \$20 / individual or \$50 / family (3-5) Perks All paid Partic before 9/5 will receive a race jersey and caramel apple. Other Post-Race - 1pm: Beer Garden will be open, Live Music, Caramel Apples, Apple Pie Silent Auction, and more! Contact Our Redeemer Lutheran School (PTL) Web: www.facebook.com/applecore5k

Sep 19 St. Vincent's Cancer R/W Challenge Indianapolis, IN
 Sat 7:30am Lion's Park Fees \$30 Contact Jennifer Virden Vision Event Management 16851 Southpark Dr Suite 100 Web: http://stvincencancerchallenge.org

Sep 20 Community First Fox Cities Marathon Appleton
 Sun 7am Marathon, Relay, half & competitive walk, 6am full 7-hr finishers, Start: UW-Fox Valley Menasha, Sunday: Riverside Park, Neenah Note 25th yr, Pacing teams for Marathon & Half Divs 19 and up, 5yr, 70, Masters Awd's Age Group, Community Challenge Whchr Marathon Results posted, web - SMA Fees Fees vary by date - check website - can reg online or mail-in Perks Tech shirts (women's cut for all races), Finisher Medals, Goody bags Sun: Bag tag, shuttles, food, massages, showers Records 2:15:52 Eric Morrison '95, 2:38:18 Simona Staicu '02 LastYr 7000 Other Expo 9.18&19, UW Fox Valley Campus, Midway Road, Menasha, WI Contact Debbie Jansen Fox Cities Marathon PO Box 1315 Appleton WI 54912 Day 920-882-9499, 877-230-RACE Fax 920-830-0921 debbie.jansen@communityfirstcu.org Web: http://www.foxcitiesmarathon.org

Sep 20 Walk & Run for Wishes - Madison
 Sun 5K Run and Walk McKee Farms Park- Fitchburg Divs 14 & Under, 15-19, 5yr to 75+ Awd's Tropics - OA Winner and top 3 M&F, Ribbons - top 3div Fees \$20 Chipped Runner, \$15 Walkers, \$8 Kids under 14 LastYr 750 Contact Nicole Williams Make-A-Wish Foundation of Wisconsin One South Pinckney St., Suite 40 Madison WI 53703 Day 608.262.4322 Fax 608.252.4320 nwilliams@wiscosin.wish.org Web: www.wiscosin.wish.org

Sep 20 Devil's Challenge Sprint Triathlon Baraboo
 Sun Sprint Triathlon, 8am Devils Lake State Park Contact Race Day Events, LLC 1801 Brindgold Drive Verona WI 53593 Day 608-316-5755 race-day@racedayeventsllc.com Web: http://www.racedayeventsllc.com/content/devils-challenge-triathlon

Sep 20 BLS MARATHON BUILDUP PROGRAM Milwaukee
 Sun 14 mi SUNDAY training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.06911, -87.8716 Note Progressively longer training runs designed to prepare you for the Lakeloft 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 Web: www.badgerlandstriders.org

Sep 20 Wisconsin Trail Assail - Series Final Nashotah
 Sun 5K, 10K 1/2 marathon 8am Nashotah Park W330 N5113 County Road C Divs M/F 5 yr 5K, 10K, 1/2 marathon Contact Sean Osborne Silver Circle Sports Events, LLC onomowoc WI 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: http://www.silvercirclesportsevents.com/wta

Sep 20 Ready to Run 20 Miler Chicago
 Sun 20 Miles Foster Beach Avenue Note Fully Supported Fees As low as \$35 Perks Timed pace groups, 10 aid stations, Gear check, Exclusive finisher's shirt, Post run party, Lagunitas Beer, and more Contact Chicago Area Runners Association 549 W Randolph Street Chicago IL 60661 Day 312.666.9836 Eve 312.666.9836 info@caranrun.org Web: ReadytoRun20.com

Sep 23 Badgerland Striders - Amber Bock Fun Run Meno Falls
 Wed 3 or 6mi, 6:30pm Menomonee Park #3, Townline Rd north of Good Hope Note Map of Menomonee Park at http://tinyurl.com/mwm2h25 Fees \$4 parking fee Perks Food, Beverages Other GPS Coords: 43.160511,-88.183436 Contact Dwayne Staehler Badgerland Striders Web: www.badgerlandstriders.org

Sep 26 Dances With Dirt Hell Pinckney, MI
 Sat 50M, 50K, 100K relay, Pinckney State Park, Half Moon Lake-Lower Beach Area, Hell, MI Note The courses are hilly! Great trail running with some stupid spots...swamp and river crossings... Divs Awd's Fees See website for details Whchr no Results Records http://www.rtrfmi.com Perks tech shirts, finisher medals, pizza Contact Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rtevents.com Web: http://www.dwdhell.com

Sep 26 Harvest Fest Half & 10K Sheboygan
 Sat 1/2 Marathon and 10K, 8am start Blue Harbor Resort, Sheboygan WI Divs 5 year age groups Awd's Top 3 overall men / women: Top 3 in each age division Whchr Yes Fees See website Perks Finisher medal, Goodie bag, Expo, Lunch, LS 1/4 zip tech T (12), LS crew tech T (10k), Aids ABK Children Museum Sheb Contact Jeff Grady Elkhart Lake MultiSports PO Box 2333 Palatine IL 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 info@harvestfesthalf.com Web: www.HarvestFestHalf.com

Sep 26 BLS MARATHON BUILDUP PROGRAM Milwaukee
 Sat 8 mi training run starting at 7:30am Lake Park near Newberry Blvd entrance. 43.06911, -87.8716 Note Progressively longer training runs designed to prepare you for the Lakeloft 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 Web: www.badgerlandstriders.org

Sep 26 Run from the Cops 5k Stevens Point
 Sat 5k City Streets and Parks of Stevens Point Awd's 6 age groups- Awards for top 3div and OA winner and best villain costume Fees \$25.00 Perks Free I-shirt along with food and drink Contact Stevens Point Police Officers Organization 1516 Church Street Stevens Point WI 54481 sp_5krun@aol.com Web: www.stevenspointrunfromthecops5k.com

Sep 26 Worldwide "Runathon" to Raise Awareness of Health Milwaukee or anywhere in the World
 Sat Run, Walk Bike or do anything active for any amount of time or distance Milwaukee Lakeloft or anywhere in the World Fees FREE. Optional donations welcome. Perks Help the world become a HAPPIER and HEALTHIER place! Contact Heather Oneson thegiveshirt.com Day 6123090158 Eve 6123090158 thegiveshirt.media@gmail.com Web: thegiveshirt.com

Sep 26 Joe's Run, Walk & Roll Wauwatosa
 Sat 9am Reg, 10am Start Hart Park Note Joe's Run, Walk & Roll® is a non-competitive 5K fun-run, or a 1, 2, or 3-mile walk or wheelchair roll. Fees \$15 before 8/7, \$20 before 8/28, \$25 before 9/18, \$30 after 9/18 Perks I-shirt, free lunch, and family friendly entertainment Contact Nicole Kelly Broadscope Disability Services, Inc. 6102 W. Layton Ave. Greenfield WI 53220 Day 4147558028 Eve 4147558028 nkelly@broadscope.org Web: www.broadscope.org

Sep 27 Lake Country Marathon Onomowoc
 Sun 8am Downtown Onomowoc Awd's M&F 5yr Contact Sean Osborne PO Box 0880 onomowoc WI 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: www.lakecountrymarathon.com

Sep 27 Wolf Lake Trail Run/Walk Kansasville
 Sun 5K Trail Run/Hike - 1M Walk - 9am! Packet Pickup 7:30am Richard Bong State Recreation Area, 26313 Burlington Rd Note All pre-reg receive a LSTS Awd's Top 3div hand crafted pottery mug Fees \$30/person before Sept 9th. \$35 race day. Special pricing for kids Perks Door prizes, music, kid's activities and home baked refreshments. Other Free Park Ent, New Raffie Contact Tracy Flores Bong Naturalist Association 26313 Burlington Road Kansasville WI 53139 Day 262-206-9017 Eve 262-206-9017 wtrformation@gmail.com Web: http://www.bongnaturalistassociation.org/event/wolf-lake-trail-run-walk/

Sep 27 O'Hare 5k on the Runway Chicago
 Sun 5k - 8am O'Hare International Airport Fees \$35 Contact Jennifer Virden Vision Event Management 16851 Southpark Dr Suite 100 Web: http://oharerun.com

Sep 30 Badgerland Striders - Ron & Nancy's Fun Run Milw
 Wed 3 or 6mi, 6pm Whitnall Park #8 Note map of Whitnall Park at http://tinyurl.com/tbk8xxr Fees Free Perks Food, Beverages Other GPS Coords: 42.933999, -88.038113 Contact Ron Behlendorf Badgerland Striders Eve 414-412-1100 ronbehlendorf@aol.com Web: www.badgerlandstriders.org

Oct 3 Apple Affair Bike Tour Galesville
 Sat 6, 18, 35, 55 & 72 Mile Bike Tours around Galesville, WI. Riders can leave between 8am & 1pm! Critzmann Auto Body Note This long standing event gives all bike enthusiasts a chance to finish out their biking season! Fees \$15/\$20/\$25 - Reg Early for best pricing! Perks Foodies delight - Awesome rest stops await! 13 Yrs and Under FREE! LastYr 200 Contact Amy or Paula Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnfunning.com Web: http://www.offnfunning.com

Oct 3 The North Face Endurance Challenge Eagle
 Sat 5K, 10K, Half Marathon, Marathon, Marathon Relay, 50 K, 50 Miler Note We do a 2-day Trail Race in Madison. We offer a wide variety of distances for all levels. Awd's Age Group Whchr No Fees See website Perks See website Records See website Contact Endurance Challenge hawkkey 2828 South Street, STE 325 Dallas TX 75201 Day (469) 475-1317 Eve (469) 475-1317 endurancechallenge@hawkkey.com Web: http://www.thenorthface.com/en_US/endurance-challenge/?stop_mobi=yes

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(Continued on page 11)

Times Past: Yesterday and Today

Lakefront Marathon, Part Three

(Continued from page 3)

The fee for LFM remained at \$45.00, but LFM was becoming so popular that registration was limited to 2300 runners. The limit for the relay was set at 140 teams, ten fewer than in 2004, in order to be sure that there was room on the buses. In addition, registration at packet pickup was eliminat-



JIM BAHR, BILL BEUHM, DUANE TATE and RD - KRIS HINRICHS 2005

ed along with race day packet pickup. The incentive for runners to pick up their packets early was the Runner's Expo that was added as part of packet pickup, held for the first time at the new MSOE Kern Center.

The LFM relay filled by Labor Day and the solo event closed a few days later. Of those 2300 who signed up, a record 1878 finished (old record 1808, set in 2004).

Prerace publicity emphasized the LFM's personal attention along with its trademark phrase, "The Best Times are in Milwaukee!" The phrase was especially relevant because LFM had expanded beyond a local event only for Wisconsin runners. RD Kris Hinrichs noted that the race now attracted runners from "each coast and many points in between."

To accommodate this growing number of out-of-town runners, there were two host hotels. Shuttle buses operated between the host hotels and the Expo, and provided transportation not only to the start, but from the finish to the hotels.

More personal touches were added. Hinrichs noted that runners especially liked their name on their bib numbers. Gatorade was added to all water stops and a new water stop was added at mile 25. The number of porta-potties on the course was doubled. To make sure all ran smoothly, there were 900 volunteers.

Results

Men 1- Bob Cislser 2:32:22; 2- Joseph Kurian, 2:34:52; 3- Randy Damkot, 2:36:49; Women 1- Meghan Macardy 3:03:06; 2- Ann Stokman-Zimmermann, 3:03:34; 3- Melinda Davis, 3:07:20; Masters Men 1. George Ogutu, 2:49:30; Masters Women J. Elizabeth Terveer, 3:11:29; Grand Masters Men Richard Mangold, 2:56:43; Grand Masters Women Susan Koch, 3:26:37

2006: Expo Expanded

LFM's increasing popularity was quite apparent as the marathon relay reached its limit of 140 teams on August 1st and the marathon filled its 2300 slots on August 10th. Of those 2300, a record 1909 finished, eclipsing the record from 2005 of 1878.

The Expo, again held at MSOE's Kern Center, was also becoming popular. It was greatly expanded, with more vendors participating. Speakers were added on topics such as hydration and post-run recovery. A special session featured Bart Yasso of *Runner's World*, the magazine's runner-writer, who was one of the most extensively-traveled personalities in the business. At the time, he had run over 150 marathons, triathlons and ultra runs.

Results

Men 1- Paul Laeseke 2:32:26; 2- Scott Jansky, 2:33:29; 3- Joe Curian, 2:34:01; Women 1- Rebecca Suehring 2:53:28; 2- Corina Canitz, 2:58:14; 3- Jessica Hoepner, 3:02:44; Masters Men Terry Labinski, 2:50:14; Masters Women Michelle Lanouette, 3:05:56; Grand Masters Men Alan Ammentorp, 2:58:33; Grand Masters Women Theresa Guy, 3:29:04

2007: Children's Race Added; Heat

A children's race, sponsored by the YMCA, was added for ages 8 to 12. It was a chance for children to run 25 miles in segments with a trainer from mid-August until marathon weekend. Then, on race day, they ran the final 1.2 miles of the LFM course before the first marathoner arrived. They then lined the final mile to cheer in the marathoners.

Bill Rodgers, "Boston Billy" as he was known after winning the Boston Marathon four times (1976, 1978-1980), was LFM's featured celebrity speaker at the Expo. On race day, he anchored the "Olympian's Relay" comprised of Bonnie Blair, Lucian Rosa and Jim Heiring.

Tragedy occurred in Wisconsin's running community in August when Olympic hopeful Jenny Crane, 39, was hit by a car on the corner of Farwell and Brady on Milwaukee's east side during a training run. In addition to a broken jaw and fractured neck, she received severe brain trauma. At the time of LFM, she was in long-term rehabilitation. Red wrist



2007 Bill Rodgers at the Expo

(Continued on page 15)

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COMING EVENTS

(Continued from page 8)

Oct 3 Kickapoo Reserve Dam Challenge Triathlon La Farge
Sat 7-mile Paddle, 15-mile Pedal, and 3-mile Run: Triathlon: 9 am Kickapoo Valley Reserve Divs Indiv Racer-Tandem Boat: Indiv Racer-Solo Boat: Open 2 Person Team: Open 4 Person Team Awd's Citizen/Competitive, M/ F, Youth (-18)/Adult (18-39)/Master (40-55)/Elite (56-69)/Guru (70+) Results <http://pickleevents.com/> Fees 40+ Contact Sadie Urban Kickapoo Valley Reserve S3661 State Highway 131 La Farge WI 54639 Day 6086252960 Eve 6086252960 sadie.urban@wisconsin.gov Web: <http://kvr.state.wi.us/damchallenge>

Oct 3 AIDS Walk Wisconsin Milwaukee
Sat 5K Henry Maier Festival Park Grounds Note Join AIDS Walk Wisconsin-The state's largest HIV fundraiser. Fees Free to Walk, \$30 to Run (\$35 day of) Contact Kristin Wollenberg ARCW Day 800-348-9255 aidswalk-wisconsin@arcw.org Web: <http://www.aidswalkwis.org/site/PageServer?pagename=awhomepage>

Oct 4 Lakefront Marathon Milwaukee
Sun 26.2mi 7:30am Grafton to Veterans Pk Milw. Lakefront Note Chip timed. Entry limits, Race will sell out, NO race day reg/pk pick-up Divs 17-, 18-24, 5yr, 75+, Awd's \$500/\$300/\$100 1-3 m/f. \$100/master, gmdmsr. other div. trophy 3 or 5/div Whchr Open Results on-line, BLS Fees \$80 on-line ONLY. Entry limit 3500 Perks LS technical, medal, finish, food, bev Records 2:14:09 Steve Benson '81, 2:29:15 Nancy Mieszcak '83 LastYr 3100 Other The race WILL sell out. No Relay. STRICT 6.5 hour time limit - no early starts Entry Limit 3500 Contact Jon Mueller Lakefront Marathon PO Box 185 Milwaukee WI 53201 Eve 414-333-9256 milwaukeeelakefrontmarathon@gmail.com Web: www.milwaukeeelakefrontmarathon.org

Oct 8 Run With The Cops Oshkosh
Thu 5k UW Oshkosh Campus Contact Donovan Heavener UW Oshkosh Police Dept Day 920-424-1216 heavened@uwosh.edu Web: www.facebook.com/pages/Run-With-the-Cops/590873057687813?ref=pb&hc_loca

Oct 10 The River Run 5m Run and 2m Walk Amherst
Sat 5m run at 10:00am or 2m walk 10:01 am Central Waters Brewery, 351 Allen St Note Beautiful course through Amherst area country side along the Tomorrow River Divs 5 yr Awd's OA M&F, Top 3/div Fees \$30 Perks Unique and coveted awards, sharp and artistically designed t-shirts for those pre-reg Records Dan Sutton 26:14, Kate Fix 35:27 LastYr 300+ Contact Chelsea Graham Lettie W. Jensen Community Center 351 Allen St. Amherst WI 54406 Day 715-340-4642 Eve 715-824-5789 river-run@centralwaters.com Web: www.lettiesriverrun.org

Oct 10 Free to Breathe Lung Cancer 5K Run/Walk Milwaukee
Sat 5K run/walk Veteran's Park - 1010 N. Lincoln Memorial Dr. Note Inspire hope, build awareness and create change for those affected by lung cancer. Family-friendly event. Fees \$25 Online / \$30 Event Day Perks T-shirts are guaranteed to all pre-reg Partic, food, music and more! Other All proceeds benefit Free to Breathe programs to double lung cancer survival by 2022. Contact Shana Schwarz Free to Breathe 1 Point Place, Suite 200 Madison WI 53719 Day 608-828-8852 Fax 608-833-7906 events@freetobreathe.org Web: <http://www.freetobreathe.org/milwaukee>

Oct 10 YMCA Stone Bridge Marathon, Half Marathon & 5K Races Roscoe, IL
Sat Marathon, 7am, Half Marathon 8am, 5K 8:15am Marathon S/F at Leland Park Note Marathon course is flat and certified Boston Marathon qualifier. Divs Marathon: 19 and younger, 20-24, 5yr to 75+ Awd's Top 2 in each age category will receive a recognition award. Fees \$75 for marathon, \$95 after 10/4, \$50 for Half, \$70 after 10/4, \$25 for 5K, \$30 after 10/9 Perks Marathon finishers receive a medal. Top 2 M&F receive a recognition award. Records Men's marathon: 2:46:59.6 2014 Women's marathon: 3:08:01 2012 LastYr 100 Contact Amy Grafton Stalentine Family YMCA 9901 Main Street Roscoe IL 61073 Day 815-222-5417 AmyGrafton@rocketmail.com Web: www.YMCASStoneBridgeMarathon.org

Oct 10 Zachariah's Acres 5K Trail Run/Walk/Roll Oconomowoc
Sat 5K Trail Run/Walk/Roll 11am N74W35911 Servants' Way, Oconomowoc, WI 53066 Note Directions: <http://www.zachariahssacres.org/events-and-activities/directions/> Fees \$25 Adults, \$15 Children Perks Reg before Oct. 1st and receive a t-shirt Contact Emily Enockson Zachariah's Acres N74 W35911 Servants' Way Oconomowoc WI 53066 Day 920-988-8905 eecenockson@gmail.com Web: www.zachariahssacres.org

Oct 10 Festival of Colors 5K & 10K Hubertus
Sat 5K & 10K Trail Runs Glacier Hills County Park Note 2nd year Fees \$25 - 5K or \$32 - 10K Records 36:04.3 (5K); 1:00:37.2 (10K) Contact Patrick and Hillary Danaher Trail Dog Running, LLC 131 Sycamore Street West Bend WI 53095 Day 231-883-8828 rocky@traildogrunning.com Web: http://www.traildogrunning.com/2015_races

Oct 10 Run for the Grapes Jefferson
Sat 5K Vetro Winery 1414 Vlno Ln. Whchr accessible Perks Receive an awesome medal with wine tastings and soup following the run LastYr 100 Contact Britiany Neukirchen Special Olympics Wisconsin 6100 Washington Ave. Ste E1 Racine WI 53406 Day 262-598-9507 Fax 262-598-9509 bneukirchen@specialolympicswisconsin.org Web: www.specialolympicswisconsin.org

Oct 10 Three Eagle Half Marathon & 5K Three Lakes
Sat Half Marathon, 5K Note Gorgeous fall run on the 3 Eagle Trail between Eagle River and Three Lakes. Fast course! Awd's OA M&F: Age Group Results website Fees Half \$40-\$50: 5K \$20-\$30 Perks Bib timed, LSTS, aid stations, Half Marathon Finisher's Medals, post-race festivities Contact Jayme Wyss Three Eagle Half Marathon/5K P.O. Box 297 Three Lakes WI 54562 Day 715-781-9673 Eve 715-781-9673 wyssj@cpsc.edu Web: www.3eagletrail.com/halfmarathon

Oct 10 Aruna Run for Their Freedom Madison
Sat 5K Vilas Park, 1602 Vilas Park Drive, Madison, WI 53715 Note This chip-timed 5K race benefits the Aruna Project's efforts to bring freedom to women exploited by sex trafficking. Fees \$25 (with shirt), \$15 (without shirt) Contact Alex Pence Aruna Project alex.pence@gmail.com Web: www.ArunaProject.com

Oct 10 Black Hat Dash Indianapolis, IN
Sat 9am The Children's Museum of Indianapolis Fees \$25 Web: <http://childrensmuseum.org/black-hat-dash>

Oct 10 UW-Platteville Homecoming Hustle Platteville
Sat 5K run/3K Walk University of Wisconsin-Platteville Outdoor Track, Williams Fieldhouse Fees \$15 Student / \$30 Adult (Non-Student) Perks Free long sleeve t-shirt for Partic who reg before Sept. 25 Contact Kim Schmelz UW -Platteville Alumni Services 1 University Plaza Platteville WI 53818 Day 608.342.1181 Fax 608.342.1196 schmelzk@uwpplatt.edu Web: <http://www.uwpplatt.edu/alumni-events/homecoming-hustle-and-half-pint-hustle>

Oct 10 Operation Give Hope R/W For African Orphans Milw
Sat 5K 9:30 United States Note 8:30am reg Fees \$25 website or Active.com Other At South Shore Pavilion, located at 2900 South Shore Drive in Bayview on Milwaukee's Lakefront Contact Carrie Reichartz Operation Give Hope 3795 Spruce Road New Berlin WI 53151 Day 4149165435 Eve 4149165435 kenya@givehope@yahoo.com Web: OperationGiveHopeRun.intulitwebsites.com

Oct 11 Keys Scholarship 6k Run/Walk Kewaskum
Sun 11 am. reg 9am Kewaskum High School, 1510 Bilgo Lane Note 22nd annual, benefits KEYS Scholarship Fund for Kewaskum High School Graduates Divs 15 div: m/f 1-7, 8,9,10,11,12,13,14-15, 16-18, 19-29, 10yr, 70+ Awd's 5 places 1-3 m/f (\$100, \$75, \$50) \$200 course record bonus m/f, medals 3/div Results website Fees \$17 pre-reg, \$25 race day Perks TS, great refresh! Records 16:10 Grant Mikesch 2013, 17:58 Bethany Brewster '09 LastYr 600 Contact Jennifer Gerhartz Kewaskum Youth Scholarships PO Box 124 Kewaskum WI 53040 Day 262-626-8427 ext. 4562 KEYS.scholarships@gmail.com Web: <http://keys-scholarships.org/>

Oct 11 Glacial Trail 50 Greenbush
Sun 50 Mile & 50 K Trail Races, 6am/7am Greenbush Town Hall 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

Oct 17 Terror in the Glen Trail Run Glenwood City
Sat 10k/5k 9 am Glen Hills County Park Note 3rd year-Benefits Glenwood City Schools Topper Partnership Divs 19-, 10yr, 70+ Awd's 1/mf, 3/div Whchr no Results scowlus/ITIG Fees To 7/31 5k-\$30 10k-\$35 after 7/31 5k-\$40 10k-\$45 After 10/12 \$50/\$55/\$60 Perks LSTS: refreshments (Cheese and more), wear (appropriate) Halloween costume LastYr 180 Contact Bob Heise St. Croix County Parks Department 1960 8th Ave Ste 141 Baldwin WI 54002 Day (715) 531-1905 bob.heise@co.saint-croix.wi.us Web: scowlus.org/ITIG

Oct 17 Monster Run Wauwatosa
Sat Quarter Marathon, 5K & Kids' Run Hart Park, West State Street Fees \$40 Contact Jennifer Virden Vision Event Management 16851 Southpark Dr Suite 100

Oct 18 Fall 15k Madison
Sun 15k, 3x5k relay 9am. reg 7:30 Warner Pk. Concrete Shelter Note Madison's only 15k. Info at website Divs 29-, 7yr, 65+, relays m, f, coed Awd's 2/mf, 1/ div, 1/relay Whchr welcome Results posted, web Fees \$15 by 10/14. \$20 race day. Teams \$45/60 Perks headband, food, bev, dwgs Records 48:14 Joe Kurian, 58:54 Ariel Heitzman LastYr 250 Contact Ron Carda Running Club @ UW-Madison 2000 Observatory Dr Madison WI 53706 Day 608 262-3369 Eve 608 807-7365 Fax 608 262-1656 carda@education.wisc.edu Web: runningclubuw.com

Oct 21 Badgerland Strider Club Meeting Milwaukee
Wed 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note Speaker: 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

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15% Discount

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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

(Continued on page 17)



MAKING DUST

Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when awareness comes, it is excruciating. John Farrington, Australian marathoner

The Badgerland Striders present

SUPERUN

Wednesday June 10th, 2015

Milwaukee Wisconsin

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

WWW.SMAresults.com

INDIVIDUAL RESULTS

5K Run

Table with columns FN, LN, OA, TIME for 5K Run. Includes runners like Laurette Blanchard and Jenna Czernwinski.



Table with columns FN, LN, OA, TIME for 5K Run. Includes runners like Melissa Cheryl and Neils Akert.

Superun 2015

By Dave Gavinski

This year Superun had great weather and a large turnout. The race earned awards for New Male & Female 5K State Champions.



Martin Hinze (above left) won overall Male with a 15:54. Erin Feldhausen (above right) won overall Female with a time of 19:39. The Mid week event and after race recovery shindig is what makes this race one of the best 5K runs around.

The race would not be a success without the help of the Men's Pompeii Club making their award winning Italian sausages available, Inland power group, Badgerland Striders and all the volunteers who make it possible.

Next years race will be held on June 8, 2016. Be sure to mark your calendar so you can be part of a bigger and better 34th annual Superun 5K and Championship!

Table with columns Name, Time, Name, Time for 5K Run. Includes Julie Celi and Pekarek Jeske.



Table with columns FN, LN, OA, TIME for 5K Run. Includes runners like Ruth Swedler and Erika Shults.

Table with columns FN, LN, OA, TIME for 5K Run. Includes runners like Dorothy Eliz and Traci Griffin.



Table with columns Name, Time, Name, Time for 5K Run. Includes Christine Truskowski and Kelly Hazelton.



The Most Times are in 'The Strider'



(Continued on page 13)



MAKING DUST

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



SUPERUN

5K Run Results Continued

(Continued from page 12)

F65-69 Nancy 224 28:32.00 Carol 267 30:09.00 Joan 332 32:57.00 Patricia 398 38:49.00 Carol 401 39:05.00

F70-74 Carol 321 32:28.00 Marcia 381 36:42.00 Karla 406 43:48.00

F75-79 Sandra 347 33:47.00 Judy 393 38:10.00 Lois 419 56:31.00

M01-09 Nicholas 151 25:40.00 Jake 180 26:39.00 Benjamin 194 27:17.00 Alexander 324 32:30.00

M10-14 Louis 59 22.00 Graham 60 22:02 Mason 70 22.40 Liam 71 22.41 Christian 72 22.53 Joel 79 24:05.00 Kobe 122 24:41.00 Reginald 144 25:25.00 Jeremy 182 26:42.00 Jalen 193 27:16.00

Paul 81 22:59 Chase 85 23:16 Marco 114 24:14.00 Justin 140 25:19.00 Jamison 201 27:43.00 Joseph 217 28:15.00 Eamon 249 29:22

M30-34 Sal 3 16:10 Kyle 4 16:24 Chris 7 17:02 Matt 8 17:23 Brennan 9 17:45 James 10 18:25 Adam 13 18:40 David 28 20:05 Dave 32 20:29 Ben 34 20:35 Austin 40 21:01 Corey 42 21:10 Joseph 65 22:11 Andrew 67 22:26 David 89 23:21 Alan 97 23:38 Noah 100 23:44 Matthew 131 24:54 AJ 134 24:59 Tom 156 25:44 Thomas 185 26:54 Erik 223 28:28 Justin 243 29:15 Sr Charan 251 29:29 James 271 30:15 Nick 300 31:14 Joey 366 35:05

M35-39 Rafael 17 19:04 Mike 18 19:07 Ben 33 20:35 Barry 41 21:04 Shawn 46 21:20 Davaid 54 21:45 Joseph 73 22:45 Christopher 84 23:02 Noah 94 23:32 Brandon 99 23:44 Mike 103 23:49 Andy 109 23:56

Michael 159 25:47.00 Warnecke 164 26:03.00 Tim 197 27:23.00 Brian 215 28:11.00 Geoff 301 31:15.00 M40-44 Matthew 11 18:32 Jeffrey 12 18:35 Jose 21 19:41 John 25 19:57 Gary 31 20:27 Scott 43 21:12 Bill 88 23:21 Rj 102 23:45 Paul 115 24:27.00 Stephen 137 25:15.00 Eric 170 26:21.00 Daniel 174 26:24.00 Eric 206 27:53.00 Daniel Seung 250 29:26.00 Dan 263 30:05.00 Kevin 274 30:26.00 Collins 336 33:05.00 M45-49 Robert 22 19:48 Michael 47 21:23 John 57 21:52 Steve 83 23:01 Art 101 23:45 Robert 126 24:51.00



David 135 25:08.00 Michael 138 25:16.00 Gary 183 26:44.00 Chris 195 27:18.00 Rick 208 27:55.00 Victor 221 28:22.00 Todd 227 28:36.00 John 242 29:10.00 Troy 272 30:18.00 Jeff 286 30:42.00 Mike 292 30:52.00 Stephen 333 32:57.00 Todd 373 35:31.00 Tony 389 37:29.00 Dewayne 400 39:03.00

M55-59 Steve 35 20:36 Bill 36 20:40 John 48 21:24 Peter 69 22:37 Scott 78 22:53 Lee 116 24:31.00 Neil 124 24:46.00 Jeff 127 24:51.00 Michael 143 25:21.00 Tom 162 26:01.00 Steven 202 27:45.00 Mark 287 30:43.00 Dan 290 30:47.00 Patrick 309 31:42.00 Jeffrey 310 31:52.00 Rusty 316 32:14.00 Dave 353 34:06.00 Donald 354 34:13.00 Michael 359 34:37.00 Robert 372 35:23.00 Brian 417 50:51.00 Dean 418 50:52.00

M60-64 Don 50 21:38 David 66 22:18 Robert 118 24:38.00 Bob 139 25:18.00 Joe 163 26:02.00 Frei 171 26:22.00 Reto 187 26:58.00 Abie 298 31:06.00 Dan 306 31:32.00 James 317 32:14.00 Kurt 318 32:19.00 Tom 376 35:46.00 Bass 390 37:35.00 "Senger, Jr." 399 38:59.00 Shaffer

M65-69 Davies 125 24:49.00 Bruce 190 27:10.00 Michael 228 28:37.00 Rowland 233 28:52.00 Dennis 258 29:40.00 Robert Schultz



M70-74 Mike 72 22:44 Kirkwood 129 24:52.00 Juan 226 28:36.00 Rick 261 29:49.00 Oconor 315 32:12.00 Carr 343 33:31.00 Pemberton 363 35:01.00 Michael 397 38:48.00 Euting 412 48:49.00 Carr Jim Chmielewski Paul Turzinski



Ezra 211 28:00.00 Luke 260 29:45.00 Eli 313 32:04.00 Nahjes 338 33:11.00 Nicholas 370 35:14.00 Max 388 37:29.00

M15-19 Brady 14 18:41 Evan 16 19:02 Jonathan 51 21:40 Kevin 86 23:18 Collin 106 23:52 Samuel 123 24:46.00 Eduardo 196 27:21.00 Anthony Niemiec

M20-24 Martin 1 15:54 Liddell 5 16:31 Jonathan 204 27:49.00

M25-29 Josh 2 15:58 Zak 6 16:49 Elias 23 19:50 James 27 20:02 Joshua 29 20:09 Steven 39 20:55 Brian 44 21:17 Chris 55 21:49

Brusky 211 28:00.00 Czerwinski 260 29:45.00 Dicarlo 313 32:04.00 Robison 338 33:11.00 Gogan 370 35:14.00 Bender 388 37:29.00 M15-19 Stuck 14 18:41 Wetzel 16 19:02 Stamm 51 21:40 Rojas 86 23:18 Steglaff 106 23:52 Broadnax 123 24:46.00 Soto 196 27:21.00

Michael 159 25:47.00 Warnecke 164 26:03.00 Tim 197 27:23.00 Brian 215 28:11.00 Geoff 301 31:15.00 M40-44 Matthew 11 18:32 Jeffrey 12 18:35 Jose 21 19:41 John 25 19:57 Gary 31 20:27 Scott 43 21:12 Bill 88 23:21 Rj 102 23:45 Paul 115 24:27.00 Stephen 137 25:15.00 Eric 170 26:21.00 Daniel 174 26:24.00 Eric 206 27:53.00 Daniel Seung 250 29:26.00 Dan 263 30:05.00 Kevin 274 30:26.00 Collins 336 33:05.00

M50-54 Jim 15 18:49 Tom 19 19:10 Jim 24 19:50 Sam 26 20:01 David 30 20:18 Bradley 45 21:20 Dave 49 21:34 John 52 21:44 Agostini 53 21:45 Brian 64 22:10 Kevin 75 22:51 James 87 23:20 Joe 90 23:26 John 92 23:29 Nicholas 98 23:40 Stephens 110 24:02.00 Steve 146 25:28.00 Charlie 149 25:32.00 David 153 25:42.00 Bill 165 26:03.00 Mark 169 26:18.00 Tom 173 26:23.00 Richard 176 26:25.00 Robert 192 27:12.00 Todd 236 29:01.00 Jon 241 29:10.00 Mark 270 30:12.00 Mike 283 30:37.00 Guy 314 32:10.00 Robert 330 32:46.00 Souheil 380 36:31.00

Ronald 329 32:46.00 Gerry 342 33:29.00 John 396 38:34.00 Roy 416 50:51.00 Rafalski 329 32:46.00 Galewski 342 33:29.00 Richards 396 38:34.00 Pirrung 416 50:51.00 M80-84 David 345 33:34.00 Edward 392 37:42.00 Hoffman 405 42:59.00 Wayne 414 49:17.00 Hessel



The Most Times are in 'The Strider'



Advertisement for RODIEZ'S RUNNING STORE. Features a running stick figure logo, contact information for Tony Rodiez (Owner/Manager), phone/fax numbers, address (10903 W. Lincoln Ave., West Allis, WI 53227), and store hours (M-F 10-8, Sat 10-5, Sun 12-4).

The Second Annual Hartfest Half Race Recap

Pete Abraham
Race Director

Faced with stiff competition from Rock N' Soul and Ragnar the Hartfest Half marathon still managed to grow with close to 50 more registered runners than last year. Kyle Frasier and Denise Manthy successfully defend their 2014 victories under ideal running conditions. Runners were treated to a delicious breakfast of eggs, pancakes, sausage, bacon and fruit generously provided by the Chancery Restaurant. As the morning wore on the sun started to poke through the clouds and many runners stuck around well into the afternoon enjoying the usual Strider free beverage of choice. Many of the participants commented on how unique the course was pledged to be back next year. Last year's run raised \$1000 for C.O.P.S. A group providing services or families of slain Police Officers. Preliminary figures indicate we should be able to make a larger donation this year!



Kyle Frasier
Mens Champ
1:12:06.34



Denise Manthy
Womens Champ
1:23:56.68

Over 50 volunteers manned the 13.1 mile course and the race had excellent support from the Wauwatosa Police and Fire Departments. A special thanks goes out to race captains, Dave Guse, Dave Feigel, Bonnie Clarey, John White, Helen Schmidt, Tom Buthod, Dennis Zubarik and Dick Menzel. The captains were well supported by a talented crew including Pauline Shoemaker, Deb Caruso, Jon Mueller, Perry Benne, Ron Pemberton, Sherley Mclean, Angie Riefenburg, Emily Salentine, Rick Stepanovic, Erin Smith, Dave Smith, Jeff Weiss, Barb Drees and Marty Malin. The course was manned by a dedicated group of Strider volunteers including Emily Salentine, Jane Moga, Amy Baxter, Kristin Schneider, Kan Pai, Mandy Savin, Ruth Eimer, Cyndi Lacke, Dan Lacke, Patti Chapman, Jim Chapman, Paul Schmidt, Melissa Paulson-Conger, Haydee Toro, and Maria Drake.

Male Top 3

- Kyle Frasier 1:12:06.34
- Sam Holmes 1:19:43.65
- Kane Baker 1:20:27.02

Female Top 3

- Denise Manthy 1:23:56.68
- Anna Champeau 1:25:13.65
- Courtney Susedik 1:28:02.77

Photos courtesy Bill Flaws, RunningintheUSA.com.



Times Past: Yesterday and Today

Lakefront Marathon, Part Three

(Continued from page 9)

bands with Jenny's catch-phrase "Make it Happen!" were sold as a fund-raiser to help with her astronomical health care costs.

An unseasonable heat wave gripped Milwaukee in 2007 from Friday, October 5th through Monday, October 8th. The temperature reached 85 degrees on each of those four days, setting records on Sunday and Monday.

On Friday, when it became apparent that the heat would continue into Sunday, race organizers took immediate action. Arrangements for ice and extra water at the aid stations were quickly made. Neighbors along the course were encouraged to bring out hoses to cool the runners. The finish time was extended to encourage runners to back off in the heat and save their personal records for another day. All of this was communicated through the LFM's website and social media.

Race day was brutally hot. Again at the start, runners were cautioned to reassess their goals. On the course, every aid station had plenty of water, ice and Gatorade; the last two aid stations had plenty of Power Gel. Slower runners especially appreciated that they were not forgotten or neglected.

The Chicago Marathon was the same day and became a national news story. They not only ran out of water, but emergency personnel and emergency rooms were overwhelmed. The race was ultimately shut down.

In an article for *Runner's World* magazine, David E. Thigpen wrote, "It was Chicago's hottest October 7 in history, with temperatures peaking at 88 degrees that afternoon; less than four hours after the start, with the mercury above 80 degrees and some 30,000 runners out on the course, organizers announced that they were halting the race; and 185 participants required a trip to an emergency room, including one runner who died."

"After conducting a lengthy investigation, *Runner's World* has assembled the most complete account of the marathon to date. Our reporting reveals new facts and paints a surprisingly complex picture. Race organizers, as well as many runners, underestimated the severity of the weather and its effects, and found themselves caught in the momentum of an event so large and complicated that halting it quickly was impossible."

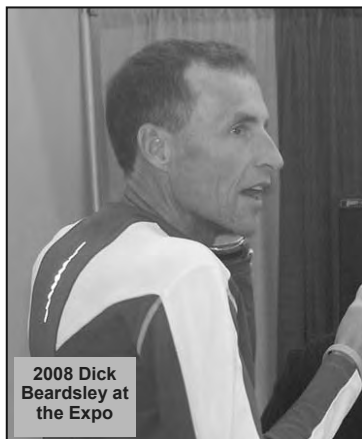
Meanwhile in Milwaukee, there were literally no problems other than muscle cramps and discomfort from the heat. There were extra emergency personnel on hand, but they were not needed. At the finish line, six hours into the race, I asked one of them if there had been any medical emergencies and he said there had been none.

Even though the entry fee was raised by \$5.00 to \$50.00, LFM filled its 2300 spots in record time by June 19th. In the record heat on race day, 1671 finished.

Corina Canitz, 40, finished in 3:00:38, ten minutes ahead of Jessica Hoepner. Canitz had been second in 2006 while Hoepner had been third. This would prove to be the first of three straight wins for Canitz.

Results

Men 1- Matthew Lavine 2:36:37; 2- Joe Kurian, 2:39:42; 3- Eric Pilling, 2:41:12; Women 1- Corina Canitz, 3:00:38; 2- Jessica Hoepner, 3:10:56; 3- Janeth Salazar-Ohst, 3:19:30; Masters Men Steve Nelson, 3:00:08; Masters Women Janeth Salazar-Ohst, 3:19:33; Grand Masters Men Brad Kautz, 3:15:41; Grand Masters Women Theresa Guy, 3:50:26



2008 Dick Beardsley at the Expo

2008: Another Record Number of Finishers

The celebrity speaker at the Expo was Dick Beardsley, record holder for Grandma's Marathon (2:09:37, set in 1981 and broken only last year by Kenya's Dominic Ondoro in 2:09:06). Beardsley qualified for the Olympic Marathon trials twice and ran the fifth fastest U.S. men's marathon time in history. He also won the London and Napa Valley Marathons. In 1989, he was involved in a near-fatal farm accident and during his recovery, he became addicted to pain medication. After recovering, he established the Dick Beardsley Foundation to educate the public about the dangers of drugs and chemical dependency.

The entry fee remained at \$50.00 and the entry cap was raised to 2750, but filled in record time on June 9th, ten days earlier than 2007. The 1945 finishers was also a record, topping the old record of 1909 set in 2006.

In contrast to the year before, temperatures began in the upper 40s and reached the lower 50s by late morning.

Corina Canitz finished in first place for the second year in a row; her 3:00:51 was 21 seconds ahead of Jenny Ellis.

Paul Gionfriddo, 85, finished his 100th marathon; his time was 6:21:07. He didn't start running until he was 60, when his employer, GE Medical, needed an over-50 runner. Interestingly, he didn't count his many ultra marathons when tallying his marathons.

Results

Men 1- Brent Alexander 2:28:24; 2- Mark Manz, 2:32:32; 3- Jeffrey Scovill, 2:33:03; Women 1- Corina Canitz, 3:00:51; 2- Jenny Ellis, 3:01:09; 3- Jessica Hoepner, 3:02:24; Masters Men Craig Lanza, 2:45:35; Masters Women Barbara Stubitsch, 3:16:24; Grand Masters Men Tony Rodiez, 2:59:50; Grand Masters Women Laura Morrissey, 3:29:39

2009: Top Women Runners DQ'd or Violating USATF Rules

LFM was the talk of not only the town, but across the country and Canada. Talk radio, university websites, television, radio, newspapers and the internet were filled with news about LFM's women's run. That was because Cassie Peller, the first woman across the line in 3:02:09 was disqualified for receiving aid outside of the aid stations. Jennifer Goebel then moved into first place, but was also disqualified. Her infraction was wearing an MP3 player.

Both women violated USA Track & Field (USATF) Rules of Competition that prohibit wearing headphones and receiving aid outside of aid stations for persons competing for USATF Championship awards or prize money.

Although some, especially non runners, felt the LFM staff was being picky, RD Kris Hinrichs addressed the issue by noting that LFM is sanctioned by USATF and is subject to its rules. The rules ensure a level playing field for all.

Corina Canitz was declared the winner in 3:04:20, her third straight victory. She knew that she had a shot at winning and had decided beforehand to donate any winnings to Jenny Crain. Thus, the Jenny Crain Foundation received \$500.

Lost amid the controversy was the presence of Jamie and Lynn Parks. The husband and wife team had competed together in 198 races, logging over 12,000 miles, with Jamie pushing Lynn in a wheelchair. Lynn had a brain stem injury that did not allow her to stand or



2008 Corina Canitz 2nd Year in a Row

walk on her own, so Jamie pushed Lynn in her wheelchair. LFM was their 199th race together. While in Milwaukee, the Parks met Jenny Crain.

In a response to more complaints from Mequon about congestion, the 4-person relay was changed to a 3-person relay. The 3-person relay eliminated the Virmond Park exchange zone so the first and last legs remained the same, but the middle leg was from mile 7 to almost mile 19. Thus the legs were 7 miles, just short of 12 miles and 7+ miles.

The entry fee remained at \$50.00 and the cap was still 2750. There were 1885 finishers.

Results

Men 1- Ryan Meissen 2:24:53; 2- Aaron Nodolf, 2:28:49; 3- Austin Johnson, 2:33:44; Women 1- Corina Canitz 3:04:20; 2 - Katlyn Regan, 3:05:22; 3- Holly Fearing; 3:05:51; Masters Men Chaz Heckman, 2:51:44; Masters Women Lisa Perrizo, 3:20:17; Grand Masters Men Christopher Trost, 2:53:13; Grand Masters Women Tricia McClain 3:18:16

2010: 30th Year

Social media was now part of life and making communications easier. Runners could get instant updates from LFM's website or face book page as well as communicate with LFM staff.

Packet pickup and the Expo were again at the MSOE Kern Center. In addition, there was a pasta dinner (\$18.00) on Saturday from 4:30 to 6:30 pm.

There were 150 kids in the LFM Kids Run and they, along with some of their parents ran the last 1.2 miles of the course on marathon morning before the arrival of the elite marathon runners.

For LFM's 30th year, all previous winners were invited to run. The two with the most wins, five-time men's champion Randy Damkot and three-time women's champion Corina Canitz, didn't win, but finished in times of 2:57:48 and 3:13:56, respectively.

Despite the \$15.00 increase in the entry fee to \$65.00, the 2750 runners spots were filled. There were 1904 runners and 86 relay teams who finished the race.

Results

Men 1- Scott Jansky, 2:31:41; 2-Wynn Davis, 2:33:47; 3- Dan Held, 2:34:27; Women 1- Nacole Fredrickson, 3:01:42; 2 - Cari Setzler, 3:02:23; 3- Sue Miller, 3:04:13; Masters Men Craig Lanza, 2:46:22; Masters Women J. Elizabeth Terveer, 3:04:45; Grand Masters Men I. George Ogutu 3:00:29; Grand Masters Women Kathy Waldron, 3:24:51.



2010 Grumpy Old Men Relay Team

2011 Relay Dropped; Start Time Moved to 7:30 am

The relay had been introduced in 1986 to increase participation. At that time, there were only about 1000 participants in the race. Now that there was a cap of 2750 and runners were being turned away, it was felt that the only way that the narrow course could handle more runners was by eliminating the relay. The relay had created congestion in the vicinity of the relay exchange zones with buses, spectators and runners warming up.

Strider Mary Gorski wrote in *The Strider's* July 2011 edition, "It's become a predictable opening paragraph for a story printed about Milwaukee's Lakefront Marathon at end of spring: if you haven't signed up to run the race, it's too late now."



2009 Ryan Meissen

(Continued on page 27)

MAKING DUST

I felt like I played in a very rough football game with no hitting above the waist.
 Alan Page, former NFL football star

The Badgerland Striders Present;
Firecracker Four
 Hales Corners, WI
 July 4th, 2014
4 Mi Race
 ABSOLUTE RACE TIMING
 PO BOX 562
 WEST BEND, WI 53095
 www.absoluteracetiming.com



Race Recap 2015 Firecracker Four

Erin Smith-Race Director
 Thank you to 1,000+ runners and walkers who came out to the Firecracker Four on Saturday, July 4th! A special thank you to all of our awesome volunteers (all 100 of you), and to everyone who came out to show their support!

Overall Winners: Bill Prom, 20:40 and Priscilla Schultz, 23:52.



Bill Prom (right) Male Champ 20:40 with Alex Richardson Male second place

Priscilla Schultz Female Champ 23:52 with Mike Beix

Race results can be found online at: <http://georeults.racemine.com/Badgerland-Striders/events/2015/Firecracker-Four/results>

Photos by Bill Flaws of Running in the USA can be found at: http://runningintheusa.smugmug.com/Run/2015-Events/Firecracker-Four/50380227_hdCV4P#i=4180186731&k=6sj3BBX

Thank you to our 2015 sponsors:

- Steve Westrick ReMax Realty 100 in Hales Corners
- Jetz Convenience Centers in Hales Corners
- Performance Running Outfitters
- Stan's Fit for Your Feet-New Balance Milwaukee
- Pick 'n Save of Hales Corners
- Badgerland Striders
- Milwaukee County Parks

We hope you enjoyed the 37th edition of the Firecracker Four and hope to see you next year on Monday, July 4th, 2016!

Top Overall In 4 MILE Division MALE		
1	BILL PROM	00:20:40
2	ALEX RICHARDSON	00:20:42
3	CAMERON AUSEN	00:21:19
4	KYLE FRASER	00:21:24
Top Overall in 4 MILE Division FEMALE		
1	PRISCILLA SCHULTZ	00:23:52
2	JACKIE GIACALONE	00:24:40
3	CHRISTINA GRIMORD	00:25:01
4	KIMBERLY HURST	00:25:03
Age Groups: 1 - 9 MALE		
1	BEN KIERZEK	00:30:55
2	NATHAN STACHULA	00:37:38
3	BRENNON GRANT	00:42:38
4	JAKE CZERWINSKI	00:42:56
5	ZACKERY GRIESE	00:43:11
6	MAX MONTGOMERY	00:43:58
7	SAWYER PUNZEL	00:47:53
8	AIDEN VINZ	00:51:08
Age Groups: 1 - 9 FEMALE		
1	BROOKE RYDESKI	00:39:30
2	GRACE PEARSON	00:41:46
3	REYNA GRANT	00:42:37
4	ISABELLE TIEDEMANN	00:53:56

18	CJ PUNZEL	00:47:52	23	ERIC SCHUH	00:29:08
19	DERREK HOJNACKI	00:48:55	24	TOM SCHNEIDER	00:29:10
20	COOPER MALINOWSKI	00:52:35	25	MICHAEL ADALI	00:29:12
21	JACKSON LAUFER	00:53:09	26	RYAN BECZKIEWICZ	00:30:59
Age Groups: 10 - 14 FEMALE					
1	EMMA POLENSKE	00:29:43	28	ABE BLESSING	00:31:08
2	EMMA KALLAS	00:30:27	29	DYLAN WIDMER	00:32:44
3	MOLLE KINTER	00:31:36	30	GERALD LARSON	00:33:07
4	FAITH KIERZEK	00:36:30	31	FRANKLIN PARUZYSKI	00:33:20
5	NICOLE FOX	00:36:50	32	TEAGAN UHAN	00:34:30
6	ABIGAIL HAFEMANN	00:37:52	33	COLE BOUCHARD	00:35:01
7	JULIE HEINRICHS	00:37:57	34	KOLYA KALLAS	00:35:42
8	KAITLYN DEMIEN	00:38:23	35	MICAH BRADY	00:37:10
9	BROOKE PUNZEL	00:38:43	36	MICHAEL KRUPU	00:37:16
10	HANNAH BRUCKMAN	00:39:46	37	COLIN BENNETT	00:37:44
11	MOLLY THOMAS	00:40:26	38	NATE GULDBERG	00:37:56
12	ANGELA GLOWACKI	00:42:44	39	MATTHEW WINTER	00:38:01
13	MAYA WURSTER	00:42:44	40	MATT CLAREY	00:38:56
14	CARLEY KOGUTKIEWICZ	00:43:36	41	TRENTON BOSCHKE	00:40:20
15	BRYNN BAUER	00:53:34	42	CONNOR KOCH	00:42:48
16	ABIGAIL TIEDEMANN	01:02:51	43	ALEX RICHARDSON	00:45:27
17	TAYLOR ALDRED	01:04:27			

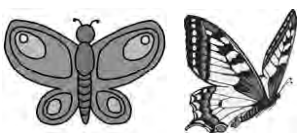


Age Groups: 10 - 14 MALE		
1	NICK HOLMES	00:23:14
2	ADAM KIERZEK	00:24:13
3	JACK GINTER	00:26:01
4	MIKE DETTLAFF	00:28:48
5	NATHAN PLUMB	00:29:39
6	CASEY HUFFER	00:30:23
7	JOSHUA KIERZEK	00:30:46
8	COLTON DOWD	00:31:19
9	ANDREW TIEDEMANN	00:33:14
10	NIC BURGDOFF	00:33:44
11	ZACHARY JOHNSON	00:34:49
12	JOEY ELLIOTT	00:35:50
13	JC HEINRICHS	00:35:54
14	LUKE GULDBERG	00:36:51
15	ISAAC KALLAS	00:37:08
16	TIMOTHY BREUNIG	00:39:55
17	DANIEL COFFMAN	00:47:12

Age Groups: 15 - 19 MALE		
1	ALEC WEINHOLD	00:21:56
2	COLIN REISENAUER	00:22:23
3	JACK LODERMEIER	00:22:38
4	JOSEPH FRISCH	00:23:51
5	DANIEL BRONNER	00:23:58
6	SETH NOWAK	00:24:53
7	DAN MATUSINEC	00:24:57
8	JAKE PETRI	00:25:41
9	GLENN KABSOSKEY	00:25:49
10	CALVIN HUFFER	00:25:57
11	CADE DOMBROWSKI	00:26:37
12	MATTHEW WIGINGTON	00:26:43
13	DALTON DOWD	00:26:48
14	THOMAS CHELIUS	00:26:51
15	JOE FOYE	00:27:01
16	BENJAMIN RAUMAN	00:27:08
17	BOBBY CHASE	00:27:17
18	PEYTON TEBON	00:27:19
19	ALEX MEYERS	00:27:25
20	BRETT SCHMITZ	00:28:26
21	ANDREW SEMANCIC	00:28:40
22	NOAH BERGS	00:28:46
Age Groups: 15 - 19 FEMALE		
1	HANNA HELKER	00:27:59
2	SONYA PONZI	00:28:34
3	NORA IMPERL	00:29:58
4	EMILY ELLIOTT	00:29:59
5	ALYSSA WOO	00:30:33
6	ALEXANDRA MANISCALCO	00:30:43
7	EMILY TANIEL	00:32:55
8	ANA HANING	00:34:00
9	ABBY SCHREITER	00:34:11
10	JENNIFER BAHLING	00:35:34
11	ASHLEY KALLAS	00:36:27
12	BECKY TABLER	00:36:43
13	BRIDGET MICKUS	00:37:46
14	EMILY HAFEMANN	00:37:51
15	NEVE KRONHELM	00:39:28
16	AMY SMITH	00:39:28
17	KASIE ERENYI	00:40:21
18	KELSEY KOEPEK	00:43:02
19	BRIANNA PLUMB	00:47:59

Age Groups: 20 - 24 MALE		
1	MATTHEW BORNEMAN	00:22:21
2	DAKOTA PRUITT	00:24:10
3	MARK HACKETT	00:24:34
4	GREG STRIBLING	00:24:41
5	BRANDON FRALEIGH	00:24:57
6	TY BAUSCHEK	00:25:38
7	MICHAEL RADAVICH	00:26:43
8	SAM STEVENS	00:27:11
9	DAN HANNA	00:27:13
10	AUSTIN HURST	00:28:25
11	JOSH WOZNICZKA	00:29:14
12	ZAC HOPP	00:29:25
13	QUINN DOMBROWSKI	00:29:52
14	KEVIN DETLAFF	00:31:19
15	RAND LINDNER	00:31:48
Age Groups: 20 - 24 FEMALE		
1	DANA STEFFEN	00:26:39
2	JORI GALLES	00:27:00
3	KATHERINE DANNECKER	00:27:12

(Continued on page 18)



The Most Times are in 'The Strider'



COMING EVENTS

(Continued from page 11)

Oct 23 Moon Light Hoot Scoot 2015 Houston, MN
 Fri 1 Mile Fun Run and a 5K Trailhead Park Note Halloween & Owl Themed, All ages and skill levels welcomed, Benefits The International Owl Center Fees \$20 = 1 Mile Fun Run \$25 = 5K Perks Reg Fees include a lighted bracelet and the 2015 Hoot Scoot T-shirt Contact Karla Bloem International Owl Center 126 East Cedar Street Houston MN 55943 Day 5078966957 Eve 5078966957 karla@internationalowlcenter.org Web: http://www.internationalowlcenter.org/hoot-scoot

Oct 24 Nik's Home Run 7K & 1.5 mi fun walk Loves Park, IL
 Sat 7K Run / 1.5 mi. fun walk - 9am Rain or Shine Rockford Aviators Baseball Stadium, 4503 Interstate Blvd. Note 7K (4.35 miles) race thru area's premier sports and athletic venues. Divs 5-9-10-14: 15-19, 5yr to 65+ Awd\$ \$100 cash prize to OA M&F 7K Runners. Top 3 -7K M&F/div Results web site Fees 7K-\$30 before Oct. 8, Fun Walk \$15, discounts for Cancer Survivor Perks Grammy's Silent Auction, Open to General Public, Music Other Team Prizes: Overall M Team, F Team, Coed Team (must have 2 female scores) Please note: Top 4 times av Contact Kelli Ritschel Boehle www.nikolasritschelfoundation.org PO Box 8076 Rockford IL 61126 Day 815-262-8825 info@nikolasritschelfoundation.org Web: www.nikolasritschelfoundation.org

Oct 24 Miles for SMILES Darien
 Sat 5k and Trick-or-Treat Trail Darien, Wisconsin Divs 5K, Trick-or-Treat Trail, Adaptive Course Contact Liz Baumann SMILES N2666 County Road K Darien WI 53114 Day 262-882-3470 events@smilestherapeuticriding.org Web: www.smilestherapeuticriding.org

Oct 31 Lakefront Discovery Run 15k Milwaukee
 Sat 15k timed run 9am Italian Community Center Note Parking available for \$5. After-party at Ale House Divs Under 14, 15-19, every 5yr to 69, 70+ Awd\$ 1st, 2nd & 3rd Male/Female and M/F Masters, 3/div, 3 costume Whchr welcome Results BLS website, www.onlineraceresults.com Fees \$32.50 (before 9/1/15), \$38 (after), \$40 mail-in. Strider discount! NO RACE DAY REG. Perks LISTS, mug, bev., snacks, LastYr 1300 Other Registration opens May 1, 2015 and closes at capacity Contact Scott Stauske W140N7291 Lilly Road Menomonee Falls WI 53051 Day 414-418-8395 Eve 414-418-8395 ScottS@kw.com Web: http://www.badgerlandstriders.org/home/Races/LakefrontDiscoveryRun15K.htm

Oct 31 Menomonee Falls Kiwanis Run For Kids
 Sat 5K Fun Run-9:30am Kiwanis Park-Menomonee Falls-Corner of Town Hall Rd and Menomonee Ave Contact Kelth Moglowsky Menomonee Falls Kiwanis Club Day 414-339-6497 kmoglowsky@ameritech.net Web: http://kiwanisrun4kids.com/

Nov 1 PNC Milwaukee Running Festival Milwaukee
 Sun Marathon, Half Marathon, 5k Race, Mile Race Summerfest Grounds Note 1st year event Divs Open, Masters, Wheelchair Whchr Yes Perks Shirt, Goody Bag Contact Chris Ponteri Milwaukee Running Festival PO Box 270321 Milwaukee WI 53227 info@milwaukeeerunningfestival.com Web: www.milwaukeeerunningfestival.com

Nov 7 President's Run And Walk Mequon
 Sat 5k, 9am Concordia University, 12800 N Lake Shore Dr 53097 Note 19th yr. Run on the Cross Country Course Divs 10-, 11-14, 15-19, 5 yr to 70+ Awd\$ unique sculptures for OA & medals to top 3/div Whchr no Results www.TTTsportservices.com and our web site Fees \$20 before race day \$25 race day. Perks Tee Shirt, tons of door prizes Records Zach Meineke 15:45 2012 Bethany Coop 19:59 2014 LastYr 174 Other Come run something different and unique: beautiful views of Lake Michigan; Contact Russell DeLap Concordia University Wisconsin 12800 N Lake Shore Dr Mequon WI 53097 Day 262 243-4323 Eve 262 527-0046 Fax 262 243-4475 russell.delap@cuw.edu Web: www.cuw.edu/presidentsrun

Nov 7 R U Chicken Trail Run and Relay Schultz Chicken Ridge Farm, Arcadia WI
 Sat 2.3 and 7.8 mile trail run and 2-4 person relay options available. 8:30am Schultz Chicken Ridge Farm Note TOUGHEST trail run around! Divs 18 and under, 19-29 yrs, 10yr to 70+ Awd\$ Medals 3 F&M OPEN 2.3 and 7.8 Mile Trail Run AND the top 3 team finishers Fees \$25/\$30/\$35 - Reg early for best pricing Perks Custom RUCTR socks, and Chicken Noodle Soup around the fire upon completion! 13 and under FREE! LastYr 175 Contact Amy Brenengen Paula Gold Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnunning.com Web: www.offnunning.com

Nov 7 Warrior 5k...through the park West Allis
 Sat 5k race, 2.5 mile walk 10am Greenfield Park Divs GREEN - 4 male or 3 male, 1 female BLACK - 2 male, 2 female or 1 male, 3 female WHITE - 4 females SILVER - 4-40+ y/o Awd\$ Top two teams /div and top indiv/ gender Fees \$17-indiv \$60-team of 4 Perks T-shirt, Food (fruit, bagels, toppers pizza) Beverages Door Prizes LastYr 250 Contact Steve Travis Wisconsin Lutheran College Cross Country 8800 West Bluemound Rd Milwaukee wi 53226 Day 414.443.8872 steve.travis@wlc.edu Web: http://wlcsp.sports.com/camps/special_events/warrior_5k



Badgerlandstriders



@BLStriders (Continued on page 29)

JOIN US FOR OUR 25TH ANNUAL WEEKEND OF EVENTS

SEPT. 18-20



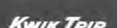
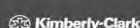
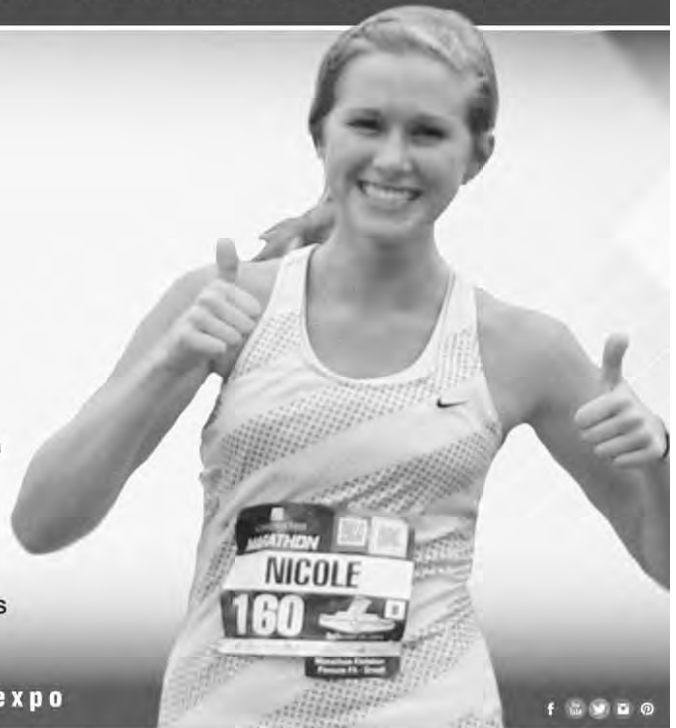
25 YEARS OF...

"GOING FOR IT!"

NEW! Sunday courses includes 7 miles of paved trails

www.foxcitiesmarathon.org

full | half | relay | 5k | kids fun run | expo



MAKING DUST

"To win without risk is to triumph without glory." -Pierre Cornielle



Firecracker

Four

4 Mi Race Results Continued

(Continued from page 16)

Table with 2 columns: Rank and Name/Time. Includes runners like MEGAN BUSE, DANIKA JOHNSON, STEPHANIE BREUNING, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like BRIAN MILLER, NICHOLAS MILLER, KEITH CHMIELEWSKI, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like TODD DANIELS, DANIEL BRZOZOWSKI, MIKE MARBACH, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like MEGAN GUSTAFSON, SABRINA MADGETT, ANDREA WEBB, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like KARA SONNTAG, LIZ FRANSON, MADDY BOSCHKE, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like MARY NEKICH, KRIS JOHNSON, SUZIE RYER, etc.



Table with 2 columns: Rank and Name/Time. Includes runners like ZAK LUTZ, THOMAS WELLS, JACK HACKETT, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like ANDREW PARSEL, CRAIG KUEHL, SEAN LUEDKE, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like KATIE DAUL, ASHLEY KERLIN, ANNE ZECHINSKI, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like KRISTOPHER SHAW, MATT DRAKE, CHRIS KOHLMAN, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like COLLEEN BOOTH, ERIN ANDERSON, AMY RYDESKI, etc.

Table with 2 columns: Rank and Name/Time. Includes runners like JOHN MROZ, MATTHEW GOELZER, MIKE BELY, etc.



The Most Times are in 'The Strider'

(Continued on page 20)

The 2015 Milwaukee Lakefront Marathon

1981 to 2015 “35 Years and Still Running Strong”

(Continued from page 1)

Our Badgerland Strider Pace Team, managed by Rick Stefanovic, will be offering pace support to the runners. We have 26 highly qualified and experienced pace team members who will be leading 11 different pace groups. The pacers sole purpose is to motivate and help the runners in their group stay focused so that they can hit their Boston Qualifying times or establish a new PR.

We are excited to have two of our “running machines”, James Bahr and Bill Boehm, (70-74 age group), at our starting line again, looking to complete their 35th consecutive Milwaukee Lakefront Marathon.

Returning this year is our 4th annual college challenge competition. This year it expanded to three colleges and close to 100 runners per team. Going head to head will be running teams from UWM, Marquette, and Concordia colleges. You will not be able to miss the team members as each team has a uniform unique to their college.



Concordia University, UWM and Marquette University participate in the college challenge.

Shortly after our start line events take place and the runners are starting to experience our wonderful course, we shift our focus to some of the exciting activities going on at our Veterans Park finish line area. Starting at 8:30 am is our Community Unity Charity Run. It is open to the public and the proceeds go to a worthy charity. At 9:15 am is our “I Can 26.2 It” Kids Running Program finale. There will be close to 200 children running and coming down our marathon finish line shut as they complete their last 1.2 miles of the program. The children receive a finisher medal just like anyone finishing the marathon. It is a great experience for all involved. Girls On The Run, our charity partner, hosts this wonderful kids run event.

Sport Photo will be returning this year to capture the runners out on the course and coming across the finish line. The photos can be purchased through them after the weekend as a memento of the marathon experience.

Our finish line area is jammed packed with lots of activities throughout the day. On, or shortly before 10:00 am, we will be expecting our lead male runner to cross the finish line. For the next 6 1/2 hours, there will be a continuous stream of runners coming across our finish line where a beautiful medal, massage and some wonderful recovery food by Noodles & Company will be waiting for them. In our spectator area, the Wisconsin Milk Marketing Board and Sassy Cow Creamery will be sponsoring a chocolate milk party. There will be food vendors, and our merchandise tent will be open. You can watch everything happening on our Jumbo Tron TV. Our finish line awards will be at 12:15 in the big tent.

Last year one of our prestigious long-standing senior Strider members said our finish line area looked like “a miniature Olympic site”. I think he will be even more impressed this year.



35 YEARS AND STILL RUNNING STRONG.

If you are a history buff and want to learn more about the history of the Milwaukee Lakefront Marathon, Ron Winkler has written a very detailed three-part article entitled, “Times Past”, which has been published in the last three Strider monthly newsletters.

I would be very remiss if I did not say a word of thanks for all of the hard work, time, talent and energy that an incredible race staff, and between 1800-2000 volunteers will have contributed to the success of this event.

This does not mean that we do not need any more volunteers. If you can give up some of your time to be a volunteer in any capacity, please go to our website, click on the big BLUE STAR and Erin Smith my volunteer manager will take it from there (she may even hug you).

This was just a brief overview of some of the events taking place on marathon weekend. As you can see, we really still are running strong. While you are reading this we will be putting the finishing touches and polish on what I feel is going to be our finest ever Milwaukee Lakefront Marathon.

Come and join us in anyway you can as we celebrate the 35th running of the Milwaukee Lakefront Marathon.

RUN SMOOTH. TRAIN TOUGH.

ALWAYS
IN BETA

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Valid on regular price items only.

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MAKING DUST

"Don't be afraid to give up the good to go for the great."
... Pre



Firecracker Four 4 Mi Race Results Continued

28 KEVIN KINDT	00:37:57	8 KIM MARTIN	00:34:09	30 KAREN GRUNERT	00:41:53	31 DAVID BECKER	00:32:31
29 JOE PUNZEL	00:38:43	9 CHRISTINA HUTCHINS	00:34:09	31 JANET AGNELLO	00:42:09	32 STEVEN HUGHES	00:32:41
30 ANDREW DODGE	00:38:58	10 JENNIFER KLIMEK	00:35:08	32 JODIE THRUENE	00:42:11	33 PETE CHELIUS	00:32:47
31 JEFFREY ZIENTEK	00:39:29	11 CAROL HUFF	00:35:21	33 BECKI ARGYRES	00:43:22	34 JIM ELDRIDGE	00:33:21
32 CRAIG BOSCHKE	00:40:22	12 AMY SCHULTZ	00:35:45	34 KIMBERLY WURSTER	00:43:42	35 RICK KLEBA	00:33:53
33 MATT THOMAS	00:40:26	13 JEANNETTE BAHR	00:35:56	35 KIM DESTEFANIS	00:44:05	36 ROGER LOHR	00:34:18
34 BRETT GRUNERT	00:41:43	14 JOLIE KIERZEK	00:36:37	36 JACKIE ELGER	00:44:30	37 TIM GLOWINSKI	00:34:50
35 WAYNE OJA	00:41:50	15 LORI HUBACEK	00:36:56	37 JANICE FINCH	00:44:34	38 ANTHONY VASTA	00:35:05
36 PAUL BLOUNT	00:42:54	16 KAREN WUNSCHHEL	00:37:20	38 LIZ VANDERVEST	00:44:56	39 DAVID DOWD	00:35:17
37 DAVE FINCH	00:44:35	17 LOUISA LUNA	00:38:07	39 AMBER HWANG	00:45:06	40 JAMES RYAN	00:38:04
38 JOSEPH HANAK	00:44:35	18 MARCI HUGHES	00:38:26	40 TRACY PETERSON	00:45:55	41 MATTHEW HIDDLEBAUGH	00:38:29
39 DAVID KELNHOFER	00:45:54	19 KATE ZIINO	00:38:48	41 MERILOU GONZALES	00:46:07	42 LOUIS SCHMELTER	00:38:39
40 PETE LEONARD	00:54:57	20 KRISSEY WENNERSTROM	00:38:49	42 ALCYIA DACENO-DOBBS	00:46:39	43 STEVE SESTON	00:39:07
		21 LORI MALDONADO	00:39:15	43 AMANDA JAGODZINSKI	00:46:48	44 MICHAEL LENZIE	00:39:28
		22 JULY SIEGLAFF	00:39:20	44 ANNE COFFMAN	00:47:13	45 CHRISTOPHER BOCK	00:40:27
		23 BETH OBERDAS	00:40:01	45 JENNIE NEUMANN	00:48:05	46 SCOTT BIESTERVELD	00:41:18
		24 MANDA CLANCY	00:40:44	46 BRENDA HOJNACKI	00:48:56	47 MICHAEL BATTY	00:42:52
		25 ANDREA ODZYWOJSKI	00:40:58	47 GAIL DIETRICH	00:50:36	48 THOMAS FONS	00:44:42
		26 CARLA-JANE WOOD	00:40:59	48 JILL WAGNER	00:53:48	49 COLIN HUGHES	00:48:02
		27 ROBBYN TUINSTRA	00:41:02	49 SARAH TIEDEMANN	00:53:56	50 TROY MALINOWSKI	00:52:34
		28 CHRISTINE PUNZEL	00:41:11	50 SHERI RENS	01:04:05	51 KEVIN LAUFER	00:53:10
		29 TIFFANY VANDEBOGERT	00:41:28	51 JILL JENSEN	01:04:28	52 MICHAEL BRADY	01:01:09

(Continued from page 18)

23 CHAD KOGUTKIEWICZ	00:36:13
24 JEREMY PEYER	00:36:37
25 CHAD TIEDEMANN	00:36:54
26 SCOTT MARLOW	00:37:37
27 VERN NEUMANN	00:37:53



Age Groups: 45 - 49 MALE

1 TED SHUE	00:24:40
2 BART HUFF	00:25:17
3 MATTHEW BURKART	00:25:44
4 LAWRENCE PROPP	00:26:04
5 JOHN PSUIK	00:27:36
6 STEVEN WAISMAN	00:27:37
7 TIMMYBEAR LAMMERS	00:27:41
8 MICHAEL LOVELL	00:28:07
9 DAVID MARTIN	00:28:16
10 JEFF MENTKOWSKI	00:29:03
11 ALLEN WITKOWSKI	00:29:33
12 BRAD YEATES	00:29:46
13 ARTHUR LOZANO	00:29:48
14 JEFFREY CARPENTER	00:29:50
15 ROBERT BATES	00:29:53
16 NICK ENGEL	00:30:06
17 MATT UY	00:30:12
18 PAUL MIKNA	00:30:14
19 ERIC WEINOLD	00:31:01
20 TERRY SCHUH	00:31:02
21 MARC PANARO	00:31:08
22 JAMES HARPOLE	00:31:15
23 SCOTT FELBER	00:31:32
24 DAN CASPER	00:31:32
25 CHRISTOPHER AMUNDSON	00:31:46
26 LOUIE THON	00:31:46
27 DAVID ADAMSKI	00:32:12
28 DAVID PIKE	00:32:15
29 STEVE POSANSKI	00:32:16
30 DARREN REINER	00:32:19

Age Groups: 45 - 49 FEMALE

1 HOLLY HILL	00:26:17
2 TERRI BODDEN	00:26:48
3 LAUREN JENSEN	00:27:06
4 MARY FLAWS	00:28:36
5 BRENDA LODERMEIER	00:29:53
6 WENDY STOJADINOVIC	00:31:55
7 WENDY CHRISTOPHERSON	00:32:00
8 ELIZABETH ALDRED	00:33:51
9 HILL ELDRIDGE	00:34:07
10 SANDEE LAMMERS	00:34:24
11 ROCIO FOX	00:34:33
12 PHAEDRA CHRISTOU	00:34:43
13 JANE POSANSKI	00:35:24
14 JULIA EGGNER	00:35:26
15 SHIRLEY ZELINSKI	00:35:37
16 SUZANNE ABLER	00:36:01
17 THAO SLONAC	00:36:11
18 KIM TONDRYK	00:36:12
19 SUE HAFEMANN	00:36:51
20 LISA COLKER	00:37:27
21 AUDREY JACKOYO	00:38:07
22 LAURA WALKER	00:38:24
23 SANDRA PULVER	00:38:53
24 KAYE KULAS	00:39:33
25 MERRI MENTKOWSKI	00:39:35
26 CHERIE SWENSON	00:39:37
27 CANDY HEUER	00:39:47
28 DONNA INCROCCI	00:40:20

(Continued on page 21)



The Most Times are in 'The Strider'

END OF AN ERA

- by Dave O'Brien

It was the fourth of July. I arrived at Hales Corners Park in time to see five strong male volunteers and a woman lift the START structure and sign into place over the roadway, and secure it with all the necessary tapered pins and clips. On the playing field, the FINISH crew were wiring the new interactive electronic screens and testing them for the onslaught of expectant finishers that would arrive later. At the pool pavilion, around 50 volunteers shouted directions, handed out registration materials, took in registration fees and tossed out race shirts in the desired sizes. Over a thousand runners were crowding onto the grounds. It was Independence Day, and I was anticipating the excitement of the 37th running of Firecracker Four, Hales Corners' copyrighted four mile footrace.

Then after Cheryl Acker's patriotic song and the starting horn sounded, I saw something that changed my mood entirely. Ron Arnold, who had run this race every year since its very beginning -- 36 years in a row, was walking slowly with family and friends toward the finish area in the park. He was dressed, not in his usual white T shirt with blue edging and red-and-white striped firecracker shorts, but long pants and a sport shirt -- civilian clothes. His long run was over.

We met later, and arranged for an interview. He said his knee had blown out on Memorial Day while he was jogging on a treadmill. It happened suddenly, within just a few steps. The pain was so severe, the operators of the fitness facility loaned him a pair of crutches so he could get to his car. He was getting treatment, but healing is slow and as of this writing he still is unable to run.



Ron Arnold with daughter Sara celebrating his race finish in 2009. Dick Dodd, who initiated the race in 1979, has verified the history of Ron's outfit. The white T-shirt with blue edging (shown) was given out the

very first year. In the second year they offered powder blue shirts (not shown), and in year 3 they handed out the red-and-white striped "dolphin" shorts that Ron is wearing. Since the elastic has failed over time, Ron has to wear other shorts underneath to pin and hold them up.

Ron is originally from Howell, Michigan. He suffered knee injuries while playing football for Eastern Michigan University in 1965-1967. In 1967 he served as captain of the team. He served in the Vietnam war - not in Vietnam, but in Germany, where he skied a lot. He never was a fast runner, but he started running late in life to maintain fitness. He played racquetball for several years until his knees went. Still, this sudden cartilage blowout was totally unexpected.

"How do you feel about not being able to run any more," I asked.

His answer, "Disappointed."

"My sister-in-law asked me," he continued, "would I have a 'bittersweet' feeling after the starting horn goes off?"

'Bitter,' I told her. There's nothing sweet about punishing your body around a four mile course.

At times we push ourselves to see what we can do, or how far we can go. We can take pride in what we've accomplished, but at times life pushes back. At times we have to be content with what(ever) we've done.

Ron plans to be back. Present, at least. His daughter Sara has run Firecracker Four the past few years, and expects to continue. Ron and his wife entertain family and guests from their home state every year on the fourth of July, and they all come to see the festivities. They've built a tradition around our race.

So next time you run the Firecracker, watch for Ron to be either a participant or a bystander. Offer to shake his hand, and wish him well.



The Community Unity Run

A FREE-will RUN

WHETHER YOU ARE A WALKER, A JOGGER OR A RUNNER THIS EVENT IS FOR YOU AND THE KIDS!



The Badgerland Striders invite you to participate in the Community Unity Run, a 2.62 course along the Lake and Veterans Park lagoon, finishing through the chute of the Milwaukee Lakefront Marathon just before the kids in the "I Can 26.2 It!" take their final 1.2 miles of the program.

100% of ALL (not a tiny little portion) the money donated will be split between the two groups that have assisted the Striders in helping our youth in developing healthy habits through the sport of running.

What to expect?

- A very laid back event in which walkers with coffee will be along side joggers with strollers and of course those that want to get a great speed workout in. There will not be any timing chip but we will have a finishing clock for you.
- The opportunity to place a medal around the necks of the kids as they cross the line (shortly after your event) or a magic marker where you get to put the final checkmark on their special mileage shirt.
- Snacks and beer
- Motivation along the course
- A premium item letting everyone know that you helped our youth running program

Join in the fun of the CU Run, see the smiles on the kids faces and be inspired by the marathoners. It promises to be a great day for all! For more information and to register with your friends, co-workers and family, go to: www.CommunityUnity.zapevent.com

Firecracker Four 4 Mi Race Results Continued

(Continued from page 20)

29	CHERYL REIMER	00:41:16
30	SARA MAATTA	00:41:42
31	MICHELLE SIROVINA	00:42:31
32	DEENA LISKA	00:43:02
33	JILL OSTROWSKI	00:43:02
34	ANDI ELLIOTT	00:43:53
35	SANDY WINTER	00:44:04
36	DEBRA CURRAN	00:44:19
37	CINDY BIESTERVELD	00:46:14
38	AMY BAXTER	00:47:26
39	JOLIE SEMANCIK	00:47:31
40	MICHELLE SCHREITER	00:47:31
41	MELISSA NOVINSKA	00:47:31
42	JUDY DOLLHOPF	00:48:08
43	SUE BAILEY	00:48:25
44	LORI HOWARD	00:51:31
45	JODI WILSON	00:56:52
46	DANI KASLOW	01:05:58

Age Groups: 50 - 54 MALE		
1	JIM GROSS	00:24:04
2	BRUCE HOLMES	00:24:23
3	JIM RICKER	00:25:11
4	KEN DEAKIN	00:25:22
5	SAM JACKOVO	00:25:46



6	JOEL LAMMERS	00:26:11	19	STEVEN CLAREY	00:32:11
7	JIM LODERMEIER	00:27:41	20	JAMES BAUSCHEK	00:32:14
8	ERIC PULVER	00:27:57	21	MARK SPOTTEK	00:32:55
9	PAUL LAROSA	00:28:25	22	MARTIN DEVANNEY	00:33:40
10	JOHN KASPER	00:29:06	23	STEVEN UELNER	00:33:45
11	DAN DOERR	00:29:07	24	TOM GÖNNERING	00:34:00
12	FRED DREHER	00:29:20	25	ANDY MURPHY	00:34:01
13	BRIAN BRUCKMOSER	00:29:45	26	MARK HANSON	00:34:09
14	DAVID SCHMITZ	00:30:05	27	EDGAR CATACUTAN	00:34:18
15	NICHOLAS ANSTEDT	00:30:07	28	MARK BUSALACCHI	00:34:44
16	RAUL CASTRO	00:31:18	29	TIMOTHY RIENER	00:35:17
17	KEVIN MCCABE	00:31:43	30	JIM CZERWINSKI	00:35:43
18	ERIC JOHNSON	00:31:55	31	DANIEL MENDEN	00:36:02
			32	RIC RENS	00:37:52
			33	BOB SUTTON	00:38:14
			34	RON LAFEVER	00:38:17
			35	BRIAN SOMPI	00:38:41
			36	BRIAN GARROW	00:39:06
			37	MICHAEL HOWARD	00:40:00
			38	LARRY WOOD	00:40:45
			39	MATT BLESSING	00:40:57
			40	PAUL GUNDRUM	00:40:59
			41	RICK QUIRK	00:41:18
			42	MARC MONREAL	00:41:45
			43	SEAN DALEY	00:43:08
			44	BRIAN MILLER	00:43:36
			45	DANNY KULAS	00:45:21
			46	DAVID GROSHK	00:50:15

Age Groups: 50 - 54 FEMALE		
1	JILL TANEL	00:33:10
2	CHRISTINE MURPHY	00:34:01
3	RACHEL HINTZ	00:34:43
4	MARY SPRIGGS	00:34:55
5	FRANCESCA EHLE	00:35:12
6	LISA GARMS	00:35:13
7	NORAH LOUISE JOHNSON	00:35:45
8	PAULINE MCARTHUR	00:38:01
9	KIM MCELROY	00:38:58
10	LISA KUTSCHERA	00:39:11
11	DORIS PARSONS	00:40:10
12	MICHELLE LAMMERS	00:40:14

13	JULIE WOOD	00:40:46	Age Groups: 65 - 69 MALE		
14	LORI GUILBAULT	00:40:51	1	LEE ELGER	00:32:37
15	ANGIE JANSEN	00:41:57	2	BRUCE DAVIES	00:33:16
16	GAIL GONZALEZ	00:42:21	3	KEN OCHS	00:35:27
17	LORI UELNER	00:42:30	4	DENNIS SHOEMAKER	00:38:11
18	THERESA BREUNIG	00:42:52	5	RUSSELL JAEGER	00:38:28
19	DAWN SOMMERFELD	00:43:55	6	GREGORY BUBLITZ	00:40:05
20	SUSAN CASTIGLIONE	00:44:31	7	GERRY GALEWSKI	00:43:59
21	SALLY KOCH	00:44:58	8	TREVOR COOK	00:45:02
22	BETH MANISCALCO	00:45:02	9	RICHARD BARTON	00:46:48
23	JANE LAFEVER	00:45:26	10	MARTY STURINO	00:48:15
24	DEBORAH GROSHK	00:45:37	11	RON BEHLENDORF	00:52:07
25	NANCY ACKERMAN	00:47:13	12	KERRY REINWOODS	00:54:06
26	SUSAN THORSON	00:48:37	13	GERALD P. CHOJNACKI	01:11:36
27	CHERI REDNER	00:51:08			
28	KATHY LEONARDELLI	00:52:15	Age Groups: 65 - 69 FEMALE		
29	KERRY MILLER	00:53:49	1	NANCY ALLMAN	00:37:01
30	LYNN GRAM	00:54:17	2	CAROL KALLIE	00:39:21
			3	JOAN KIRKWOOD	00:41:26
			4	KATHY FRYMARK	00:45:00
			5	CAROL HEGLAND	00:48:28

Age Groups: 55 - 59 MALE		
1	CRAIG GUILBAULT	00:25:31
2	JOHN RYDESKI	00:25:51
3	LOUIS AGNEW	00:27:20
4	BILL GILMORE	00:27:23
5	JOE GLOWACKI	00:27:27
6	RICHARD DODD	00:27:39
7	JIM STEFFEN	00:28:46
8	PETE S. STEFANIAK	00:29:31
9	TOM PARSONS	00:30:07
10	GREG STEINBERG	00:31:15
11	ALLEN JORN	00:32:28
12	BRUCE LAMMERS	00:32:43
13	JEFF FELBER	00:33:01
14	TIM BOKNEVITZ	00:34:03
15	BILL RADOMSKI	00:34:10
16	STEVEN WOLF	00:34:10
17	JOHN KILLEEN	00:34:19
18	STEVEN STEIN	00:34:42
19	TIM RODIEZ	00:35:22
20	RON MADISON	00:35:33
21	GAR KRONHELM	00:35:34
22	LAWRENCE HORNING	00:36:35
23	STEVEN BRESKA	00:36:54
24	PAUL MARES	00:37:54
25	TIM DUNNE	00:39:19
26	JEFF PROM	00:39:26
27	JOHN AUGUSTINE	00:40:49
28	PETER ALBA	00:41:13
29	DAVE EDYBURN	00:46:10
30	RICHARD MAKAREWICZ	00:47:52
31	CHUCK BAKER	00:51:47
32	MICHAEL MORRIS	00:53:03
33	PHILIP BREUNIG	01:00:07

Age Groups: 70 - 74 MALE		
1	ERNEST WENDLAND	00:27:01
2	JUAN AVALOS	00:33:21
3	RON EDER	00:36:17
4	RON PEMBERTON	00:38:04
5	JAMES L. BRAUNREITER	00:38:36
6	TERRY ZASTROW	00:40:58
7	JIM CHMIELEWSKI	00:44:45
8	PAUL TURZINSKI	00:48:52
9	THOMAS HOLLAND	00:49:24

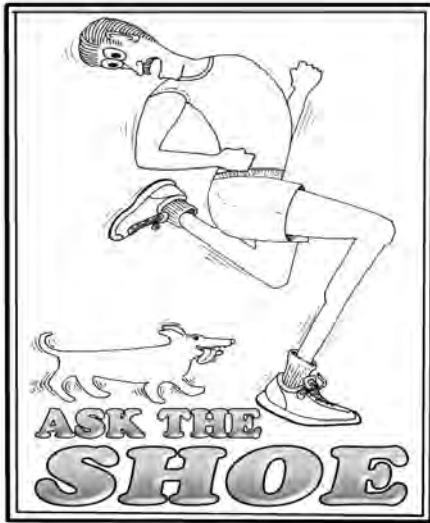
Age Groups: 70 - 74 FEMALE		
1	MARCIA BALTHAZOR	00:47:49
2	BRIGHTA MCGRORTY	00:50:05
3	KARLA KNUTSEN	00:58:56

Age Groups: 75 - 79 MALE		
1	RON CARUSO	00:37:13
2	JIM LEVINSON	00:53:55
3	JAMES CLAREY	01:00:48
4	JOHN BROPHY	01:01:52

Age Groups: 75 - 79 FEMALE		
1	SANDRA WEINSTEIN	00:43:21
2	JUDY KIRCHOFFER	00:49:17

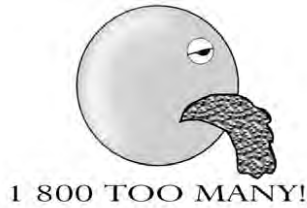
Age Groups: 80 - 84 MALE		
1	DAVID HOFMAN	00:46:37
2	EDWARD BLUMBERG BLUM	00:51:45
3	RALPH RICKER	00:57:50



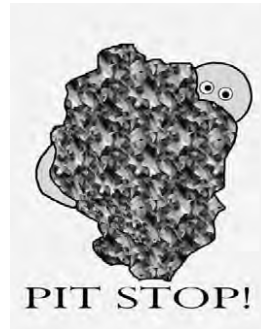


Q:Oswald Fleen, asks: Shoe, Have you seen any emoticons just for runners?

A:Ozzie. First, emoticons are wonderful if you're a 16 year old girl. Or if you live alone with a herd of cats and you have outfits for all of them. Or if you are 35 years old and wear Star Wars costumes while looking at naughty bits on the internet in your parents' basement. But that rant over, here are a few I cobbled together:



I 800 TOO MANY!



PIT STOP!



I HATE HILLS!



DOG!

There you go, Ozzie. Just do me a favor and don't use them when you're wearing your Princess Leia costume.

Send your questions to "Ask the Shoe" at shoe-boxx50@gmail.com



OUT OF BEER

BADGERLAND STRIDER 2015 FUN RUN SCHEDULE

DATE	TIME	PLACE	NAME	DIRECTOR
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 BUILD UP SCHEDULE

DAY	DATE	LOCATION	MBU DISTANCE	TIME	LINK TO THE MAP
SAT	9/12/2015	LAKE PARK	22 MILES	7:00am	http://tinyurl.com/l3un7s4 http://tinyurl.com/nmvesty
SUN	9/20/2015	LAKE PARK	14 MILES	7:30am	http://tinyurl.com/mmj9952 http://tinyurl.com/lg5plsw
SAT	9/27/2015	LAKE PARK	8 MILES	7:30am	http://tinyurl.com/mmj9952
SUN	10/5/2015	NO BUILDUP	LAKEFRONT MARATHON	7:30AM, GRAFTON WI	



Greater Whitewater Committee, Inc.

Presents Whitewater's 3rd Annual

Discover Whitewater Series

13.1

5K



Run. Walk. Fun

Half Marathon. Half Marathon Relay. 5K

9.20.2015

Come Discover Whitewater!

- USATF Certified Course
- 2015 CARA Certified Race
- Purse Race
- Wheelchair Division
- 2-Person Half Marathon Relay
- Complimentary Pre-Race Dinner Sponsored by Chartwells
- Complimentary Event Day Breakfast Sponsored by Whitewater Kiwanis Club
- Post-Race Events
- Family Friendly & Scenic Route
Map found at runwhitewater.com under race details
- Free Day Pass to Whitewater Aquatic Center
\$5 Admission Day of Race, Open 7am to 6pm
- FREE Child Care Service
Provided by UWW College of Education & Professional Studies

Thank you to all of our 2015 Race Sponsors!

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Questions? Email info@runwhitewater.com or call 920-397-0601 for more information.

MAKING DUST

"Human beings are made up of flesh and blood, and a miracle fiber called courage"
-George Patton

The Badgerland Striders present
The Cudahy Classic Races
Sunday July 26, 2015
Sheridan Park
Cudahy, Wisconsin
Timing & Results by
ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095
www.absoluteracetiming.com
5 Mile Run

Top Overall In 5 MILE Division MALE	
1	MARTIN HINZE 00:26:46
Top Overall In 5 MILE Division FEMALE	
1	ASHA PUMPHREY-BUSH 00:34:47
Age Groups: 1 - 15 MALE	
1	JACOB KLUMB 00:37:10
2	COLLIN SIEGLAFF 00:44:57
3	NICK BURGESS 00:49:19
Age Groups: 1 - 15 FEMALE	
1	AITZA ROMERO 00:46:06
2	AVIANA VELOZ 00:48:55
Age Groups: 16 - 19 MALE	
1	JUDE MARIOTTO 00:30:12
2	DONOVAN LUTZ 00:30:13
3	ALEX MCTAGGART 00:30:17
4	LUIS VELOZ 00:36:35
5	MATT CLAREY 00:48:26
Age Groups: 16 - 19 FEMALE	
1	EMILY TANEL 00:42:16
2	GRACE THOMPSON 00:47:23
3	GITIKA CHALASANI 00:56:48
Age Groups: 20 - 29 MALE	
1	NICK LIMONI 00:27:19
2	BRAD PELO 00:46:03
Age Groups: 20 - 29 FEMALE	
1	KATHERINE DANNECKER 00:38:50
2	AMY GARBE 00:41:42
3	LIZ POSER 00:46:16

13	EMILY HAUG	00:49:41
14	JENNA LINDOV	00:49:55
15	BRIANNE NILLISSEN MA	00:51:07
16	JENNIFER GRANLUND	00:56:14
17	MELISSA FRASER	00:59:10
18	MARLU ROMERO	01:01:09
19	ANGELA MORK	01:01:38
20	HEATHER KINZEL	01:04:23
21	AMANDA BARBER	01:04:25
22	LISA ROTER	01:05:53
23	JENICA WOLSKI	01:11:18
24	ELIZABETH BAKER	01:12:02
25	ANNIE FORRER	01:44:56

Age Groups: 40 - 49 MALE		
1	MICHAEL MEDER	00:38:20
2	ROBERT BATES	00:40:11
3	KEVIN GRACEY	00:41:28
4	STEVEN KURANZ	00:43:36
5	LUIS VELOZ	00:44:18
6	ROBERT BURGESS	00:48:26
7	DAVID DIETZLER	00:48:33
8	LUIS SCHMELTER	00:50:58
9	SCOTT BIESTERVELD	00:55:49

Age Groups: 40 - 49 FEMALE		
1	DOMINIQUE BEAUDIN	00:36:50
2	LISA EHLKE	00:41:03
3	JANE THEUNE-BALLARG	00:44:24
4	SHIRLEY ZELNSKI	00:46:29
5	GRETCHEN EGNER	00:47:00
6	COLLEEN ROSENGARTEN	00:49:42
7	AMY SCHULTZ	00:50:20
8	CHERYL MYSZKA	00:52:34
9	CANDICE WHALEN	00:52:57
10	LAURA WALKER	00:55:14
11	THERESA CASTOR	00:55:15
12	CINDY BIESTERVELD	00:58:10
13	BARBARA STOCKTON	00:58:10
14	LISA KRUEGER	01:01:15
15	AMY BAXTER	01:01:43
16	LORI HOWARD	01:08:06
17	DANI KASLOW	01:23:16

Age Groups: 50 - 59 MALE		
1	JIM GROSS	00:31:19
2	DAVE KONKEL	00:37:29
3	PETE S. STEFANIAK	00:38:14
4	DAVID CURVE	00:42:29
5	STEVE CLAREY	00:42:33
6	JEFF FELBER	00:44:20
7	KEVIN MCCABE	00:45:42
8	LAWRENCE HORNING	00:46:04
9	LEN WAGNIAK	00:48:42
10	JEFF TURNER	00:49:05
11	TROY SPARKS	00:50:57
12	GREG JANISCH	00:51:37
13	MICHAEL HOWARD	00:54:23
14	CHRISTOPHER STRAY	00:55:33

Age Groups: 50 - 59 FEMALE		
1	JILL TANEL	00:42:44
2	MONTLE MELCHER	00:49:00
3	PAMELA SIMERSON	00:49:03
4	MARY TURNER	00:49:41
5	JEAN STAFFORD	01:09:11
6	SOFIA DORSANO	01:10:07
7	SHERRY MORTON	01:21:46



4	GLORIA MAKRIS	00:48:28
5	MELISSA KRISCHE	00:49:27
6	LYNN SHEKA	00:57:27
7	MEGAN LARSCHIED	00:57:29
Age Groups: 30 - 39 MALE		
1	STEPHEN THOMAS	00:34:12
2	MIKE RIVECCA	00:43:52
3	ROMAN SUSTEK	00:44:14
4	BRIAN GOLD	00:45:34
5	TIM WEBBER	00:45:56
6	JUSTIN REVOREDO	00:48:29
7	BRIAN DUFFY	00:52:06
Age Groups: 30 - 39 FEMALE		
1	LYNDSAY SMANZ	00:35:41
2	SHEILA WORDELL	00:38:55
3	LISA JOHNSON	00:39:49
4	ALEECE VANDERLOOP	00:40:28
5	KRISTEN BRADLEY	00:41:18
6	KRISTI ADYNEC	00:41:20
7	ANA REVOREDO	00:41:32
8	MELISSA FRASER	00:42:15
9	SARA WAGER	00:45:59
10	JENNY JEDRZEJEWSKI	00:46:27
11	JILLIAN JOHNSON	00:47:37
12	CARRIE HAYNE	00:49:16

Age Groups: 60 - 69 MALE		
1	ABIE KHATCHADOURIAN	00:43:00
2	THOMAS KROLL	00:44:17
3	DENNIS SHOEMAKER	00:48:17
4	CHRISTOPHER FRELKA	00:48:35
5	STEPHEN GAARENSTROOM	00:52:35
6	TOM BAAS	00:57:00
7	TERRY SEXTON	00:58:53
8	PETE WYSOCKI	01:38:53

Age Groups: 60 - 69 FEMALE		
1	MARY EISENHAEUER	00:42:15
2	JONI HODOR	00:52:09
3	PEGGY KOCH	00:59:20
4	CAROL HEGLAND	01:04:16
5	DEBRA CARUSO	01:36:48

Age Groups: 70 - 79 MALE		
1	TERRY ZASTROW	00:51:46
2	MICHAEL CARR	00:57:29
3	JAMES CLAREY	01:18:09
4	MANUEL LOPEZ	01:20:19

No Age Provided FEMALE		
1	LINDSAY HART	00:48:29

2015 Cudahy Classic:
The Tradition Continues



By Drew Cordell,
Race Director

On Sunday July 26th, the 2015 installment of the Cudahy Classic 10 and 5 mile race was met with increased attendance in our kids race, fantastic weather and a super-soft, big logo t-shirt. Despite the slightly humid conditions of the morning, about 380 total racers ran the fast course through beautiful, centennial Sheridan Park. Racers were able to experience the one week old, newly paved Oak Leaf trail! To add to the race day festivities, Pete and Mary Wysocki, who married during the 1996 post race party, celebrated their 19th wedding anniversary. The Wysocki anniversary is a race day staple that I, as race director, personally look forward to!

We had 364 registered runners in the 5 & 10-mile events. The 10-mile event saw Garick Hill turn in a blistering time of 56:16, while female overall winner Heidi Ertl amazed with a 1:07:12 performance. In the 5-mile race, spectators saw Martin Hinze cross the finish line first with a speedy time of 26:46 along with top female finisher Asha Pumphrey-Bush recording a lightning fast time of 34:47. ALL top female and male runners easily bettered their 2014 counterparts! Congratulations to our overall champions!!!

I want to take this opportunity to thank all the volunteers who made the race possible. As I communicated on social media, the 2015 iteration of the Cudahy Classic experienced some hiccups along the way. Without my amazing volunteers, captains and very patient wife!, this race would not have been possible. Just like last year, my volunteers went above and beyond the normal call of duty to make sure everyone had a positive race experience. I'd like to thank all my captains who aided and supported me during my sophomore year as race director. Some names specifically: Jeff Weiss, Janice Finch, Mark Petersen, Barb Drees, Praful Aggarwal, Chris Sodegren-Baar, Jerry Anderson, Tom Buthod, Pete Abraham, Sean Daley, Bonnie Clarey, Mike Sobie and Marty Malin.

Jodi and Dirk of Absolute Timing, once again, provided their state of the art timing system as well as flexibility and professionalism. This year, we started up a partnership with the Cudahy Parks & Recreation department. A huge thank you to Lisa Kreitlow for her enthusiasm and work getting her summer campers interested in our sport! I'd like to thank Nick Dillon and his crew from St. Francis Brewery for their interest in our race and for supplying the beer!

A race recap of Cudahy wouldn't be complete without mentioning the Piggly Wiggly pig. Thank you to Malicki's Piggly Wiggly for donating our post-race fruit and for letting us borrow their pig costume. Scott Stauske did a tremendous job providing the kids with a squeal of a time! Last, but not by any means least, I want to thank Jessica and her Performance Running Outfitters crew for donating gift certificates to our podium winners! PRO is opening a store in Oak Creek this year. That'd really be ideal for a packet pickup, wouldn't it?

Maybe next year...



The Most Times are in 'The Strider'



MAKING DUST
My greatest ideas stem from running.
Sasha Azevedo

The Badgerland Striders present
The Cudahy Classic Races
Sunday July 26, 2015
Sheridan Park
Cudahy, Wisconsin
Timing & Results by
ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095
www.absoluteracetime.com
10 Mile Run

Top Overall In 10 MILE Division MALE
1 GARICK HILL 00:56:16

Top Overall In 10 MILE Division FEMALE
1 HEIDI ERTL 01:07:12

Top Masters In 10 MILE Division MALE
1 MATTHEW GOELZER 01:05:36

Top Masters In 10 MILE Division FEMALE
1 KELLY RYAN 01:07:40

Top Grand Masters In 10 MILE Division MALE
1 CHRIS W. JUNGKANS 01:05:20

Top Grand Masters In 10 MILE Division FEMALE
1 MARY BOLICH 01:14:22

Top Senior Masters In 10 MILE Division MALE
1 JUAN AVALOS 01:30:18

Top Senior Masters In 10 MILE Division FEMALE
1 BARBARA JEWELL 01:32:48

Age Groups: 1 - 15 MALE
1 NIC BURGENDORF 01:31:10

Age Groups: 1 - 15 FEMALE
1 EMMA ZEI 01:38:23

Age Groups: 20 - 24 MALE
1 ZACH WATSON 01:04:37
2 NATE HECKER 01:06:01

Age Groups: 20 - 24 FEMALE
1 KATY KOCH 01:17:11
2 AMY KONKOL 01:20:55
3 SAMANTHA HOMA 01:36:28
4 STEPHANIE BRUCK 01:37:27
5 RACHEL WILSON 01:00:42
DQ BRITTNEY FEIVOR 01:00:42

Age Groups: 25 - 29 MALE
1 BEN GARBE 00:58:00
2 ZACH BRUNS 00:58:26
3 DAVID CALLICUTT 01:09:19
4 JOSHUA NEMETH 01:15:09
5 CHRIS JANISCH 01:21:40
6 MARCO BRICENO 01:22:00

Age Groups: 25 - 29 FEMALE
1 LAUREN DEFELD 01:10:09
2 ERICA COSSON 01:24:02
3 HANNA GICHARD 01:27:34
4 MARIYA BATISHICHEVA 01:32:28
5 KATRINA MADDEN 01:36:28
6 JENNIFER BUCKHOLT 01:37:31
7 LAUREN BAUER 01:38:32
8 ALEXIS GANES 01:53:48
9 VICTORIA HARTMANN 01:57:21
10 ADRIENNE WAY 01:57:56
11 DANIELLE STAMBORSKI 01:57:57
12 HOLLY KASBERGER 01:58:10
13 REBECCA WENDLE 02:02:20
14 LAUREN ROSENBAUM 02:06:04
15 DANIELLE WILCOX 02:29:43

Age Groups: 30 - 34 MALE
1 TIM CIGELSKIE 01:08:48
2 VIKASH MALIK 01:10:41
3 DAVID LUIZ 01:11:27
4 JOSEPH WERNER 01:13:52
5 RYAN IGIELSKI 01:17:41
6 DREW BARNES 01:18:50
7 M KRANZ 01:19:11

8 KYLE STANGEL 01:19:47
9 SRI CHARAN MUDDI 01:22:12
10 EVAN GROOSE 01:22:50
11 JEFFREY SEYMOUR 01:27:48
12 D CRAMER 01:29:08
13 JOSHUA BUCKHOLT 01:29:13
14 FRANK THE TANK RODRI 01:30:51
15 MARK HARRIG 01:36:02
16 CHRISTOPHER ANKENY 01:39:25
17 RYAN VANDEN HEUVEL 01:41:40
18 PAUL HARTMANN 01:49:08
19 SAMUEL JOHNSON 01:49:42

Age Groups: 30 - 34 FEMALE
1 NICOLE RIVCCA 01:08:58
2 NIKKI CAHEN 01:15:31
3 CORINNE VANDEN HEUVE 01:22:35
4 REBECCA EDER 01:22:44
5 RENEE MOLDEHNER 01:27:02
6 ERIN RUPPEL 01:30:53
7 CHERYL AKERT 01:36:30
8 AMBER ZETWICK 01:36:53
9 MAUREEN SMITH 01:39:17
10 RENEE HILL 01:39:20
11 MELISSA NEILS 01:43:25
12 KIM HOPPE 01:44:21
13 STACY RODRIGUEZ 01:48:22
14 KATHRYN POEHLING 01:49:52
15 ASHLEY GROOSE 01:50:09
16 AMY DEAN 01:50:24
17 NICOLE JELLISSON 01:53:43
18 LUZ ANDERSON 01:57:20

Age Groups: 35 - 39 MALE
1 KYLE ASER 00:58:55
2 ANDREW MILLER 01:06:26
3 JASON ROTER 01:13:56
4 NATHAN MOLDEHNER 01:14:45
5 BJORN LYNGSTAD 01:14:48
6 ARUN SARKAR 01:15:58
7 MICHAEL BODE 01:16:42
8 JOE HAMANN 01:17:31
9 DAVID ARBETTER 01:19:34
10 BARRY THURNE 01:20:28
11 RYAN WANDERLOOP 01:21:41
12 QUENTIN FORRER 01:24:05
13 MIKE REKOWSKI 01:30:05
14 STEVEN SHAPIRO 01:31:55
15 BRIAN ROMPORTL 01:33:27
16 AMIT AGARWAL 01:38:30
17 TIM GEIER 01:38:53

Age Groups: 35 - 39 FEMALE
1 JODI KLEINFELDT 01:12:35
2 JILL KORTEBEIN 01:17:04
3 JILL KORTEBEIN 01:18:50
4 AMY TATE 01:23:09
5 KRISTIN SEFFERN 01:23:35
6 DIANA RIVERA 01:24:56
7 MICHAEL ZUBEK 01:27:55
8 MAGGIE MORAW 01:30:52
9 PAULA SIECH 01:35:42
10 KATE CAHILL 01:38:49
11 BECKY LANGE 01:41:12
12 JEN BUETTNER 01:50:00
13 JODI MUELLER 01:53:39
14 ALLISON KINJERSKI 01:53:54
15 BECKI VANKEUREN 01:55:55
16 CASSANDRA GROSE 02:01:03
17 KATRINA HULL 02:01:40

Age Groups: 40 - 44 MALE
1 MATTHEW GOELZER 01:05:36
2 JOSH FIEBER 01:09:53
3 MICHAEL STEFANICH JR 01:10:15
4 PAUL KOPERNIK 01:14:32
5 MICHAEL PAWLAK 01:15:19
6 BILL HANSEL 01:20:55
7 MATTHEW TAYLOR 01:21:48
8 SHANE MORIO 01:27:23
9 JEONG WOO 01:32:06
10 JEFF SCHULTZ 01:34:35
11 GERALD KRUEGER 01:42:22
12 KAMRAN DIBA 01:42:52
13 WAYNE OJA 01:57:08
14 JASON GROSS 01:59:53
15 JOE STICKLES 02:16:54

Age Groups: 40 - 44 FEMALE
1 KELLY RYAN 01:07:40
2 ERIN SMITH 01:15:53
3 BETH ANZIA 01:24:05
4 RISA BERG 01:24:47
5 JULIET HOLDEN 01:25:58
6 GWENDELYN MODERT 01:27:42
7 SHERRY CANNIZZO 01:30:34
8 JODY GEIBL 01:33:28
9 ALLISON BUSSLER 01:36:36
10 JENNIFER KLIMER 01:37:18
11 KAREN WUNSHEL 01:38:55
12 ERICA KASSECKERT 01:39:08
13 JEANNETTE BAHR 01:42:42
14 KAREN GRUNERT 01:44:15
15 JULY SIEGLAFF 01:44:54
16 WENDY HOLSTON 01:48:05
17 JUANITA GUZMAN 01:51:00
18 ERICA CASE 01:53:49
19 PAULETTE CZERWINSKI 01:57:21
20 KIMBERLY ZABKOWICZ 02:00:24
21 MARGARET VAGNONI 02:02:39



CUDAHY KIDS RUN PICTURES BY JEFF WEISS



Age Groups: 45 - 49 MALE
1 DAVID BATES 01:08:56
2 LUAI TABBAL 01:10:07
3 BRIAN VILA 01:12:48
4 ANDY GARZA 01:16:12
5 HECTOR CASTILLO 01:17:47
6 STEVE TAYLOR 01:17:55
7 WILLAM HIRANO 01:21:33
8 LOUIE THON 01:26:44
9 WILLAM PALADINO 01:30:14
10 PAUL HUH 01:30:23
11 BRAD SCHOMMER 01:31:38
12 MICHAEL WELCH 01:34:23
13 JIM BANNANTINE 01:38:48
14 MATTHEW MCCOY 01:42:07
15 RICHARD GROSE 01:47:45
16 TROY MALINOWSKI 01:51:08
17 THOMAS FONS 02:02:40

Age Groups: 45 - 49 FEMALE
1 TERRI BODDEN 01:12:46
2 CYNTHIA DOCTER 01:27:54
3 CHRISTINE HOJNACKI 01:28:12
4 BRENDA LODERMEIER 01:30:49
5 ROCIO FOX 01:32:56
6 LINDA EVERT 01:34:44
7 THAO SLONAC 01:36:45
8 PATRICIA TABBAL 01:42:04
9 JEN YAEGER-BERANEK 01:42:30
10 SUZANNE ABLER 01:42:42
11 MARGARET WELCH 01:46:25
12 SHANA STANGLER 01:48:01
13 MAURA ROBERTSON 01:49:22
14 DAWN CAOUS 01:49:37
15 MERILOU GONZALES 02:02:39

Age Groups: 50 - 54 MALE
1 CHRIS W. JUNGKANS 01:05:20
2 STEVE HARTMAN-KEISER 01:06:17
3 JOHN KLIKA 01:09:03

Age Groups: 50 - 54 FEMALE
1 MARY BOLICH 01:14:22
2 LORI PADGETT 01:31:49
3 CHRISTINE STEFANIAK 01:33:49
4 PAM KASSNER 01:34:32
5 THERESE KERN 01:35:31
6 MARY SPRIGGS 01:37:59
7 ANGELA BARBERA 01:39:34
8 BRENDA RAMCZYK 01:39:48
9 NINA STANOSSEK 01:40:25
10 NORAH LOUISE JOHNSON 01:44:24
11 JUDY TITERA 01:49:32

Age Groups: 55 - 59 MALE
1 CRAIG GUILBAULT 01:09:08
2 STEVE CUMMINS 01:11:30
3 KEN KOCH 01:12:19
4 LOUIS AGNEW 01:13:47
5 RICH MOORE 01:14:18
6 MICHAEL WILLMERING 02:03:37
7 WAYNE KOMAREK 01:25:28
8 BOB MICH 01:27:05
9 PETER KLEIN 01:33:52
10 RON MADISON 01:36:32

Age Groups: 55 - 59 FEMALE
1 JILL MCCURDY 01:37:50
2 MARTHA SCHIER 01:38:04
3 SANDY WYSOCKI 01:39:36
4 DIANNE RICKER 01:39:55
5 DEBRA DAVIDOSKI 01:51:27
6 MARY WHITE 02:03:34
7 JUDITH LUCAS 02:10:58

Age Groups: 60 - 64 MALE
1 BOB KRICK 01:30:29
2 PETER JOY 01:32:22
3 JEFFREY OLENCHEK 01:53:41
4 JOHN WHITE 02:49:58

Age Groups: 60 - 64 FEMALE
1 BARBARA JEWELL 01:32:48
2 GLORIA FRIGERIO 01:39:46
3 DARLENE MATERNOWSKI 01:44:07
4 MARY WYSOCKI 01:53:29
5 PENNY PESCH 02:16:13

Age Groups: 65 - 69 MALE
1 BRUCE DAVIES 01:30:35
2 ROBERT SCHULTZ 01:56:35

Age Groups: 65 - 69 FEMALE
1 DONNA FLOOD 02:27:33

Age Groups: 70 - 74 MALE
1 JUAN AVALOS 01:30:18

Age Groups: 75 - 99 MALE
1 RON CARUSO 01:38:20
2 DAVID HOFFMAN 02:10:32
3 KENT SCHLIENGER 02:17:31

No Age Provided MALE
1 MICHAEL JENICH 01:12:26

No Age Provided FEMALE
1 TRACY LEMMER 02:02:27



The Most Times are in 'The Strider'





Saturday
October 17, 2015

Milwaukee, WI
Witching Hour 4:45 pm (aka Start Time)

Benefitting



Hair-Raising Highlights:

- **New 2015 Location!**
At the shockingly scenic Hart Park in Wauwatosa
- **New: Team & Family Registration**
- **Fun Spook-Tacular Event for the Whole Family**
 - Wickedly Wild 5 Miler
 - Goose Bump Filled 5K
 - Frightfully Fun Kids' Run
- **Wicked Finishers Medal**
for all Participants
- **FREE Witches Brew**
(aka beer) for registered participants over 21
- **Trick-or-Treat**
Devilishly Delicious post-race food
- **Costume Contest**
Ghouls, skeletons, and mummies welcomed!



Save 10%
using code: **BADGER**

Register Now at MonsterRun.com

Benefitting



Produced by



Times Past: Yesterday and Today

Lakefront Marathon, Part Three

(Continued from page 15)

"Even with the entry limit raised from 2750 to 3050, the October 2 race filled by April 26. Word is getting around the country that the best times really ARE in Milwaukee – it's not just a race slogan."

Besides raising the cap, there were several other changes. The cost was raised \$10.00 to \$75.00. Most significant was the change in the start time from 8:00 am to 7:30 am. The earlier start made a significant difference in eliminating the inconvenience to Ozaukee County residents due to congestion and road closings.

There were 2077 finishers, which broke the old record of 1945, set in 2008.

The LFM Kids Run was expanded to ages 5 through 14 and the final 1.2 mile run was moved to Saturday when there was more time and space for the race. It also allowed parents running the marathon to participate with their kids. Each finisher received a Kids Run medal as they crossed the same finish line that the marathoners would cross the next day.

A "human centipede" went for the world record. The group of 62 runners was tethered together in an attempt to break the Guinness World Record of "Most Runners Linked Together to Complete a Marathon." The purpose was to raise funds for Jenny Crain. Each participant was expected to raise a minimum \$500 toward the "Jenny Crain Make it Happen



Fund" to help support Jenny's care and rehabilitation.

The group's goal was 5:41, a 13-minute mile pace. The 62 person *Team Jennipede* "made it happen" in 6:18 and was certified as a world record. Unfortunately, it was soon eclipsed by a group of 73 that was achieved by the CaBa's CaBaNauTeN from Germany at the iWelt Marathon in Würzburg, Germany on May 20, 2012. As I write this in mid-July, the photo of the Jennipede is at the top of the LFM home page.

Results

Men 1- Nick Szezech 2:22:17; 2- Ryan Meissen, 2:27:37; 3- Marek Kotrly, 2:35:23; Women 1- Amber Druen 2:54:16; 2- Jacqui Aubert, 2:54:46; 3- Heather Crowe, 2:56:57; Masters Men Kim Lasecki, 2:41:53; Masters Women Mary Bolich, 3:08:28; Grand Master Men Dick Dodd, 3:03:50; Grand Master Women Cheryl Neumann, 3:28:20

2012: No Paid Staff

In early 2012, there was a proposal by RD Kris Hinrichs and several LFM managers to greatly enlarge the race. The expansion would have included changes in the course and addition of a half-marathon, among others. The biggest and most controversial aspect of the proposal was addition of a paid staff for LFM.

The Striders Road Race Committee, along with past Striders presidents discussed the proposal at great length and decided to keep LFM as it was. Kris announced that 2012 would be her last year and the search was on for a new RD.

One change that was accepted was the Paws vs. Claws university team challenge between the University of Wisconsin-Milwaukee Panthers (Paws) and Concordia University Falcons (Claws). The Paws defeated the Claws 4:12:06 to 4:26:06.

The entry fee remained at \$75.00 and the old record of 2077 finishers, set in 2011, was eclipsed as 2112 runners finished the race

Results

Men 1- Paul Zdroik 2:27:08; 2- Zachary Meineke, 2:29:37; 3- Ryan Giuliano, 2:29:59; Women 1- Jacqui Giuliano 2:55:06; 2- Lisa Tortorice, 2:59:02; 3- Denise Manthey, 2:59:34; Masters Men James Arnold, 2:42:23; Masters Women Kit McCaffrey, 3:05:09; Grand Master Men Mike Ruggio, 2:48:34; Grand Master Women Dana Vicker, 3:21:17

2013: New Race Director

Anyone accepting the directorship of LFM knew that they would be following in the footsteps of not only Kris Hinrichs' thirteen years of experience (2000 to 2012), but also Steve Hartman's previous ten years (1990 to 1999). Jon Mueller accepted the challenge and said of Hinrichs, "Under her leadership the marathon had experienced consistent growth, gained local and national recognition and has become known as the marathon 'put on by runners for runners.'"



His most daunting challenge was to replace most of the LFM staff, which had departed, along with Hinrichs. He still had a significant core of staff, some who had been on board for most of LFM's history. He also had assistance from most of the past presidents. To Mueller's credit and that of the LFM staff, the transition was seamless and flawless.

On April 15, 2013, at 2:49 pm, during the Boston Marathon, two pressure cooker bombs exploded twelve seconds apart on Boylston Street near the finish line, killing three people and injuring an estimated 264 others. As a result, races all over the U.S. heightened security measures, some of which were still in effect for the 2014 LFM.

The entry fee was kept at \$75.00 and the registration cap was raised to 3100. The race filled in early April. Another record was set for the number of finishers as the 2112 finishers from 2012 was topped by 2159 this year. The Kid's Run was the same and there were 120 participants.

Results

Men 1- Ryan Meissen, 2:28:23; 2- Zachary Meineke, 2:30:04; 3- Josh Kaplan, 2:34:11; Women 1- Melissa Burkart 2:45:30; 2- Amanda Daws, 2:58:26; 3- Ruth Swedler, 3:04:19; Masters Men Eric Pilling, 2:40:09; Masters Women Kit McCaffrey, 3:04:38; Grand Master Men Tim Stieber, 2:54:10; Grand Master Women Georgine Kudrna, 3:17:34. University Challenge Claws 4:09:39; Paws 4:11:07

2014: Upgrade for Kid's Run

There were only minor changes in 2014. The Expo, shortened to one day, was on Saturday and was held at the Italian Community Center.

More entertainment was added at the finish line where there was an entertainment tent with live music for runners and spectators.

The Striders partnered with the Milwaukee Police Endurance Team to sponsor a 2.62 mile "Community Unity Run" run that was held on Saturday morning and open to all.



For the ten-week Kids Run program, each child was given a t-shirt that said "I Can 26.2 It!" The run was moved to Sunday with the 200 kids running down the marathon's finish chute and greeted by the Milwaukee Bucks mascot Bango and several of the team's cheerleaders.

This was the first year that the pace team came from the ranks of the Badgerland Striders. The pace teams in prior years had not been Striders.



As in all recent LFM's Todd Bussart from Chicago, who was assisted by his statistician, Strider Dick Dodd, announced each runner's arrival. After crossing the finish line, each runner was greeted by either LFM Buildup Director Jeff Weiss or RD Jon Mueller and given his or her finisher's medal. Medical personnel were on hand in case of emergencies, which were no more serious than mild dehydration or tired, sore, stiff or cramped muscles.

The entry fee was raised \$5.00 to \$80.00 and the race was full by early April with 3142 runners. There were 2160 runners at the starting line and 2087 finishers (1058 male finishers and 1029 female). The average time was 4:21:13.

Results

Men 1- Nicholas End 2:27:31; 2- Connor Callahan, 2:29:18; 3 - Micah Hernandez, 2:34:26; Women 1- Melissa Gacek 2:54:52; 2- Jenny Zwagerman, 2:55:38; 3- Heather Prekop, 2:56:21; Masters Men Jim Koneazny, 2:45:17; Masters Women Sue Miller, 2:59:10; Grand Masters Men Mark Smudde, 2:57:06; Grand Masters Women Mary Jo Van Natta, 3:33:18

All three runners who had completed every previous Lakefront Marathon finished their 34th LFM: James Bahr (71), 5:07:26; Bill Boehm (72), 5:40:31; Duane Tate, Jr. (58), 5:15:19.

University Challenge University of Wisconsin-Milwaukee Paws 3:18:04; Concordia University Claws 4:01:09

2015: 35th Year

The story of LFM began in September 1981 and this year's edition will be its 35th running. The race, at 7:30 am on Sunday, October 4th will be the Road Runners Club of America's 2015 Regional Championship. The \$80.00 entry fee is the same, but the cap, reached in early June, was raised to 3500 runners, to correspond to LFM's 35 years.

(Continued on page 30)

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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!

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.

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

COMING EVENTS

Nov 7 Sat Veterans 5K Run & Walk Rockford, IL
5K Sportscore One, 1288 Elmwood Rd Note Nice, flat, fast course along the Rock River. USATF certified! Packet pick-up Friday, Nov 6th Divs F&M 0-8, 9-10, 11-12, 13-14, 15-19, 21-24, 5yr to 75+ Awd's Top OA M&F and top 3/div, Top vet, and top vet in each branch, cash prizes Whchr accessible Results website Fees \$25 per person, \$10 for children 14 & under. Disc for RRR Perks \$100 cash each for top m/f, \$50 cash each top M/F 50+, dog tag awards, \$50 fastest Vet m/f, 2015 RRR Circuit Race LastYr 300 Other Facebook page www.facebook.com/VeteransDropIn5K Contact Lois Shores Veterans Drop-In Center 1811 Pin Oak Ct Rockton IL 61072 Day 815-289-8386 Eve 815-289-8386 lshores@charter.net Web: <http://velsun.wix.com/veterans5k>

Nov 8 Sun Badgerland Striders Turkey Trot Greendale
15k, 2mi 9:30am. reg NONE RACEDAY Root River Pkwy, W College Ave & S 92nd St, 42.93056,-88.023539 Note This is a prediction run. You don't have to be fast to win a turkey just be one of the closest to your predicted time. Awd's trophies - 1 male & 1 female per event, 50 turkeys for best predicted times Results posted, BLS Fees BLS \$10, non-members \$12, Children (under 17) \$5 Perks hot & cold bevs, snacks LastYr 300 Contact Dave Pike Day 414-745-6773 davepikebls@gmail.com Web: www.badgerlandstriders.org

Nov 14 Sat Fond Du Lac Running Club Prediction Run/Walk
3mi run 10:45am, 1.5mi r/w 11:30am, 1/2mi kids 12 & under 12pm. reg 9:45am Lakeside Pk Pavilion on Proment Drive Note No dist/time devices allowed, check website for complete info Awd's closest pred.: 3mi/1.5 mi 1-20 turkeys 21-40 pizzas. 1/2mi 1-10 pizza Results posted, web Fees \$8 -10. 1/2mi free Perks food, bev. LastYr 110 Contact Brad Theyer! Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 brad@fdlrc@hotmail.com Web: www.fonddulacranningclub.com

Nov 14 Sat ECHO Turkey Trot Janesville
5 mile 8am, 1 mile 8:15 am, 1/2 mile kids fun run/walk 9am Riverside Park - North Pavilion, 2200 Parkside Dr Note chip timed, accurately measured and marked. (USATF certificate WI 14035DM). Divs 5 mile, 13-under, 14-19, 20-24, 5yr., 70+, 1 mile, 10-, 11-12, 13-14, 15-19, 20-24, 5yr., 75+ Awd's 5 mile, 1 m&f, 3/div. awards: 1/2 mi kid run/walk awards/all. 1 mile, 1 m&f, 3/div. awards. Fees \$25 for 1 or 5 mile, \$30 after 11/10, \$15 for kids fun run. \$75 family rate (4-6 people). Perks Enjoy pre-Thanksgiving slice of pie with refreshments and beverage. Adv reg incl a LSTS Records F 5 Mile: Alicia Repka 35:32.3 (2014) M 5 Mile: Dan Meier 30:02.4 (2014) F 1 Mile: Olivia Zaluckaj 6:27.2 (2014) M 1 Mile: Noah Friske 5:47.2 (2014) LastYr 144 Contact Sue McCrone ECHO, Inc. 65 S. High Street Janesville WI 53548 Day 608-754-5333 smcchrone@echojanesville.org Web: <http://www.echojanesville.org/>

Nov 14 Sat Ugly Sweater Run Manitowoc
5K Best Western Lakefront Hotel, Manitowoc Contact Autism Society of the Lakeshore 411 Reed Ave Manitowoc WI 54220 Day 920-652-0964 Eve 920-652-0964 autismlakeshore@gmail.com

Nov 18 Wed Badgerland Strider Club Meeting Milwaukee
5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) Note Speaker: 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



Times Past: Yesterday and Today

Lakefront Marathon, Part Three*(Continued from page 27)*

There will be slight changes in the course due to construction in Bayside. Other than changes in the locations of the miles, the difference will be noticed in the first mile and mile 14 where the adjustments will be made. As usual, every mile will be clearly marked and manned by a volunteer who will call out times.

The Expo will remain at the Italian Community Center and will be on Saturday, October 3rd from 9:00 am to 6:00 pm.

Throughout the weekend, runners will experience the same great organization and atmosphere for a runner-friendly marathon that is produced "by runners, for runners."

The long-sleeved shirts will be available in men's and women's sizes.

The three "streakers" who have finished all 34 of the previous LfMs are planning to be at the starting line. They are James Bahr, Bill Boehm and Duane Tate.

The Marquette University Golden Eagles (MU) will join the university team challenge. With the addition of MU, talons will join the claws (Concordia University Falcons) and the paws (UWM Panthers).

When Jon Mueller took over LFM in 2013 for Kris Hinrichs, he made it clear that it would not be permanent. Erin Smith, LFM volunteer coordinator, among other duties, will be RD in 2016; she is shadowing Jon Mueller this year.

Summary

LFM is a runner-friendly marathon that is produced "by runners, for runners." It appeals to runners who want to run a fall marathon without the crowds found in large marathons such as Chicago, Twin Cities and New York. The point to point course, considered flat and fast, is USATF certified with accurate timing and is a qualifier for the Boston Marathon. There is free transportation to the start.

The entry fee is reasonable and there is no advertising on the high quality long sleeve shirt. An email newsletter and the LFM website provide updates and information as race day approaches.



There is prize money of cash awards for the top three men and women (\$500/\$300/\$100, respectively) in the Open Division. Male and female Masters winners receive \$100 each while male and female Grand Masters receive \$50.00 each. All finishers receive a high-quality finisher's medal.

The free buildup program begins in mid-June and is open to runners of all ages, abilities and speeds.

There is a generous 6.5 hour limit (14:53 pace) and a pace team to help runners reach goals between 3:15 and 5:00.

It takes somewhere between 1800 and 2000 volunteers to put on LFM. With thirteen aid stations, porta-potties along the course, Power Gel energy packets at the aid stations at 7.5 miles and 20 miles, splits at every mile, and sentries at every intersection and bend in the road, runners have peace of mind along the course knowing that there is always someone nearby.

The course is lined with cheering spectators, but to add to the excitement, each runner's name is printed on their bib so that spectators can personalize their cheering. Leaflets are distributed to homes along the course to inform residents of the race and request that they encourage the runners. Many set up chairs and cheer.

At the finish line, each runner's name is announced to the accompaniment of the cheers from hundreds of family, friends, volunteers and fellow runners.

The generous post race refreshments are pretty much a lunch, along with water, chocolate milk, soda and the obligatory beer. There is also great live entertainment.

There has never been a storm or extreme cold, but there was dense fog in 1984 and a record-setting heat wave in 2007. Any cold, rain or strong wind has never been at the start or during the early miles. It has held off until early afternoon when most of the runners have finished. Wind is the most significant weather phenomenon.

LFM supports a local charity. This year it is "Girls on the Run" (GOTR), which helps young girls to use running to impact their lives in a positive way. Last year GOTR received \$4000 from LFM.

Most LFM records were set in the early years. In fact, Steve Benson set the men's record in the very first running (2:14:09). The women's record, set by Nancy Mieszczak, is from 1983 (2:39:15). The record for the Masters Men is also from 1983 and belongs to Gary Muhrcke (2:28:04). The newest record is from 2014, the Masters Women's record of 2:59:10 set by Sue Miller.

This year LFM has some competition in the form of the Milwaukee Running Festival (MRF) from October 30th through November 1st. There will be a marathon, half-marathon and 5K, all run on Sunday morning, November 1st.

It is not expected to negatively impact LFM since we easily reached our cap four months early with an entry fee of \$80.00. The cost for MRF's marathon was \$65.00 in December 2014, \$80.00 January-March, \$90.00 April-June, \$100.00 July-September, \$110.00 October and \$120.00 race day.

Happy Birthday Lakefront Marathon and many happy returns!



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

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

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

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

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

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

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

Jeff Weiss
5310 W. Wells Street
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Advertising is based on our current print format which allows for a 9.75" wide x 12" long page.

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

Inserts: We will take your prepared Race Entry Forms or Event Brochures and insert them into The Strider in advance of your event, so club members may have them instantly in hand. We presently need 2000 copies, although this may change according to our membership. We charge \$125.00 for the service, payable in advance. Inserts may be a Maximum size of 6.5" x 9.5", and may be folded.

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

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

Payment: Advertisers will be billed upon publication. Inserts are to be paid for in advance. Write check payable to Badgerland Striders and mail to Jeff Weiss, 5310 W. Wells St, Milwaukee WI 53208-3040.

For questions, or to arrange for an ad or insert, e-mail runnerjeff@outlook.com or phone Jeff at 414-771-3165.

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

Monthly Club Meetings

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

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

Program suggestions are welcome.

Call Dave Gavinski: 414-476-3745

Email: davegavnski@juno.com

Moving?

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

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

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Lakefront Discovery Run Scott Stauske	stauske@sbcglobal.net	Oct 31, 2015 414-418-8395
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