



the STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

Volume 44, No. 6

Nov 2015

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://turkeytrotb1s2015.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.

36th Annual Samson Stomp 2016

Presented by the Milwaukee County Zoo and Amica

By Dave and Janice Finch

It's time to start thinking about and making your winter running plans. Be sure to mark your calendars for the 36th annual Samson Stomp and Romp!

Once again the Milwaukee County Zoo will be hosting a set of 4 winter races that are held completely on zoo grounds. Amica will be back again as the title sponsor for the event, which takes place on Sunday, January 17th.

All of the proceeds of the events benefit the Zoo and help maintain one of the best animal collections in the country. There are 4 races to choose from: a competitive scored 5k and 2 mile run for all ages and two non-competitive children's events of 1-mile romp and 1/4-mile mini-romp. Last year the popular 5k reached its 1,500 participant limit early and there was no race day registration. Sign up early!

All of the events take place at the zoo and on zoo grounds. Running past the animals while they watch is always fun to do! The bears and mountain goats are up early to greet runners as they wind through the park. Pre-race and post-race accommodations in the Peck Pavilion minimize the worry about the weather and offer a convenient place to stretch before the race. It's also a great place to socialize and have refreshments after the race. Entry fee also includes a collectible long sleeve t-shirt and free admission to the zoo for the day. Gorilla trophies will also be back for the award winners.

Sunday, January 17, 2016

Race Details:

Start Times:

- 5k - 9:30am
- 2-Mile- 10:15am
- 1-Mile- 10:45am (ages 6-12)
- 1/4- Mile- 11:00am (ages 12 and under)

Pre-Registration Fees:

- \$25 - 5k/2-Mile
- \$10 - Children's Romps
- \$20 - Team Member

Race Day Registration

- From 8am-9am, cash or check only, no guarantee of t-shirt on race day
- \$30 - All Participants

NOTE: Race may sell out this year BEFORE race day



Online registration can be completed at the Milwaukee County Zoo website up until 5pm on January 13th <http://www.zoosociety.org/Events/SamsonStomp>. Printed entry forms can also be mailed into the zoo, but must be received by Monday, January 4th.

Remember that the 5k field is limited, so don't delay reserving your spot in a great winter running tradition.

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THE PREZ SEZ



By Pete Abraham
The Prez

Giving Back

Over 1000 of you guys came out to volunteer for the Milwaukee Lakefront Marathon! Hundreds of other volunteers have donated their time to help at our 19 races, dozens of fun runs, build-up runs and other club events. Thanks to you guys the Striders are able to generate enough profit to pay all our bills and save a few dollars. Over the years we've also been able to give back to the community. The club has donated hundreds of thousands of dollars to worthy organizations and causes. The time and effort we've put into some events has helped generate substantial but difficult to measure sums for organizations such as Children's Hospital and the Medical College of Wisconsin.

For example the Cullen Run raises as much as \$40,000 a year for the Medical College. The Striders donate about 90% of the Cullen run registration fees towards that donation but additional money comes from fundraising related to the Cullen Run. We have provided race management for AI's Run over several decades and our fees have been nominal. The last 2

years we have only covered our costs at AI's. It's difficult to estimate what our 'dollar' contribution might be. We also help other groups raise money or collect donations. The Indoor 20K collects "Toys for Tots and The Strider Half collected used athletic equipment for Global giving. Unfortunately, we don't have easily accessible records of all of the donations made by the club over the years, but looking at the list below you can get a pretty good idea of what our club has given back to the community.



We have created a partial list of cash donations made by the club in 2014 and 2015. See Page 5. Donations are made and/or approved by either the Road Race Committee or the Executive Board.

Some amounts are the total of several donations made on separate occasions. For example, a \$500 donation to a group in 2014 and a \$300 donation to the same group in 2015 will be listed as a single amount of \$800.

Continued on Page 5

Badgerland Striders Meetings



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

BADGERLAND STRIDERS MEETING SPEAKERS

NOVEMBER 18 2015

BRIAN WISEMAN

HEAD COACH - STRENGTH AND CONDITIONING - UW MILWAUKEE ATHLETICS

DECEMBER 2015

NO MEETING

Brian Wiseman is the Head Strength and Conditioning Coach for UWM Athletics. He has been in the field for 15 years. During that time he has trained athletes in a variety of sports from Gymnastics to Football at a variety of levels including Army Special Forces and an Olympic Champion. Brian has earned a Master's degree from The University of Southern Mississippi, is a Certified Strength and Conditioning Specialist and a Level 1 Weightlifting Coach.



JANUARY 20 2016
SPEAKER T.B.D.
WATCH WEBSITE & FACEBOOK

Times Past: Yesterday and Today

The Badgerland Striders and the Running Scene in 2015



By Ron Winkler

By Ron Winkler

Recently, Milwaukee Journal Sentinel sportswriter Lori Nickel asked me some questions regarding the running boom and the current scene. She had just completed Al's Run, where only about 2400 out of 16,000 participants ran, while the rest walked. Where were the rest of the runners?

Perhaps they were at one of the numerous races that are offered on any given weekend; two others held that day were the Lapham Peak trail races and Wisconsin Dells Wo-Zha-Wa. Maybe they were resting from a previous race or preparing for a future one.

She was wondering if there were more or fewer people running now than what she remembered as a child during the 1970s and 1980s. My response was that it is difficult to measure the actual number of runners "out on the trails." However, as I bike, run and race walk on the Oak Leaf Trail, there seem to be more runners.

There definitely are new races due to charity and novelty races. Two races have been started by the Badgerland Striders (more on that later). As with Al's Run, the majority of participants in charity races are walkers and in many cases, it is the walkers who keep the races profitable year after year. Remember back in the 1980s when there were over 25,000 in Al's Run? And everyone who was a runner ran that race.

There are too many race choices today, as well as activities in general. As an example, my wife and I face a dilemma every September due to conflicting races and social events. This year we did the Senior Olympics on Saturday, September 12th and the Chicago Walkers 5K the next day. The next weekend we went to Wisconsin Dells to do the Wo-Zha-Wa Run. Unfortunately we missed Milwaukee's *Doors Open* (for which I usually lead a tour) and the Milwaukee Symphony's opening concert (we are season ticket holders).

Running Boom

The running boom began in the 1970s after Frank Shorter won the 1972 Olympic Marathon in Munich. Bill Rodgers (Boston Billie) won the Boston Marathon in 1975 and 1978-1980. (Shorter and Rodgers ran against each other in the

Badgerland Striders' Cudahy 10 Mile, now known as the Cudahy Classic, on August 5, 1979.) Another American hero was Steve Prefontaine.

Women, too, had their idols, in Norway's Grete Waitz and American Joan Benoit, who in the 1984 Los Angeles Olympics won the first ever women's Olympic Marathon.

Jim Fixx wrote *The Complete Book of Running* and *Jim Fixx's Second Book of Running*.

Americans were inspired by philosopher and fellow-runner Dr. George Sheehan, a cardiologist who wrote for *Runner's World* magazine and authored several books.

By the late 1970s and early 1980s, running clubs had responded with fun runs and races. The Badgerland Striders was in the vanguard, offering several races that are still around today (Lakefront Marathon, Lakefront Discovery Run, South Shore Half-Marathon, Cudahy Classic, Ice Age 50-Mile, Strider Half-Marathon, Superun 5K, and Turkey Trot). Other Milwaukee-area races that were established during this time and which now rely on the Badgerland Striders for support and expertise are Al's Run, Samson Stomp, Hales Corners Firecracker Four, and Tosa Fest.

As race participation dropped a bit in the early 1990s, it was revived by charity runs and Jeff Galloway's run/walk/run method for completing a marathon. Many were inspired by Oprah, who ran the Marine Corps Marathon in 1994 (4:29). Somehow, the marathon became the ultimate test of a person's worth. Runners also were tempted by the new philosophy of awarding a finisher's medal to everyone who crossed the finish line of the marathon.

Parallel to this is the wellness movement (sports medicine, nutrition, healthy lifestyle, longevity) and technological advances that have become important in the 21st century. Sales in shoes, clothing and fitness-related equipment have boomed. Most importantly for some, with the colors, styles and designs you can be cool as well as practical.

Badgerland Striders

The Badgerland Striders have grown dramatically. Our membership was about 1550 households (membership includes everyone in a family) in 2012 and 1900 in 2014. According to President Pete Abraham's column in the March 2015 issue of *The Strider*, the club's membership is around 2300 households, making us the sixth largest running club in the country.

That increase can be attributed to the many benefits of being a member, which only costs \$18.00 per year. One benefit is the nineteen races with low entry fees that the Striders sponsor each year, for which members receive a further discount.

Another benefit is tied to the new running track in the Pettit Center, largely funded by the Striders' \$90,000 contribution. Our members pay \$2.00 to use the track, while nonmembers pay \$4.00. Members can also purchase a ten-pack for \$18.50. Striders also receive discounts at select athletic equipment and shoe stores.

Slower times

Race participation for Badgerland Striders' races has continued to increase to record numbers. Some of our races such as Lakefront Marathon, Lakefront Discovery Run, and Ice Age 50-Mile have caps and they always sell out.

However, there are not as many fast runners in these races as in the past. I can give a personal example from when I ran Lakefront Marathon in 1982. My time was 2:53:24 and I finished 128th out of 1307. This year, that time would have gotten me 27th place out of 2281.

To expand on that, here is some data that I compiled while writing the history of the Lakefront Marathon. That history was printed in the May, July and September issues of *The Strider*. This data gives the time for the 50th place runner in all 35 runnings of Lakefront Marathon. Not surprisingly, the early years were the fastest.

The fastest 50th place time was 2:36:57 in 1983, followed by 2:39:39 in 1982. The next fastest was 2:46:06 in 1984 and 2:48:17 in 1987. As the cap on the race was raised from 2300 in 2005 to 3500 in 2015, the time for 50th place has hovered around the three hour mark. Prior to 2005, there was no cap.

Here is what I found:

50 th place finisher, time, number of finishers:		
1981	2:49:58	586 finishers
1982	2:39:39	1307 finishers
1983	2:36:57	1149 finishers
1984	2:46:06	1001 finishers
1985	2:50:50	697 finishers
1986	2:50:54	687 finishers
1987	2:48:17	1066 finishers
1988	2:54:21	889 finishers
1989	2:51:37	1003 finishers
1990	2:54:13	943 finishers
1991	2:56:33	872 finishers
1992	2:55:48	834 finishers
1993	2:56:47	668 finishers
1994	2:57:19	946 finishers
1995	2:53:17	1358 finishers
1996	3:03:29	1082 finishers
1997	3:04:15	965 finishers
1998	3:04:25	959 finishers
1999	3:05:56	1185 finishers
2000	3:03:40	954 finishers
2001	3:04:58	1108 finishers
2002	3:10:27	1143 finishers
2003	2:59:18	1508 finishers
2004	3:04:28	1805 finishers
2005	3:04:01	1878 finishers
2006	3:02:47	1908 finishers
2007	3:17:37	1671 finishers
(record high temperature- 85 degrees)		
2008	3:02:48	1945 finishers
2009	3:02:25	1882 finishers
2010	3:02:16	1904 finishers
2011	2:59:40	2077 finishers
2012	2:57:43	2112 finishers
2013	3:01:36	2154 finishers
2014	3:02:38	2087 finishers
2015	2:59:30	2281 finishers
		cap. 2300
		cap. 2300
		cap. 2300
		cap. 2750
		cap. 2750
		cap. 2750
		cap. 3050
		cap. 3050
		cap. 3100
		cap. 3142
		cap. 3500

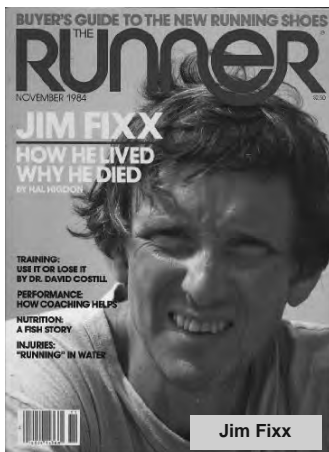
Many race records have remained unchallenged for decades. For example, most Lakefront Marathon records were set in the early years. In fact, Steve Benson set the men's record in the very first running (2:14:09 in 1981). The women's record, set by Nancy Mieszczak, is from 1983 (2:39:15). The record for the Masters Men is also from 1983 and belongs to Gary Muhrcrke (2:28:04). The newest record is from 2014, the Masters Women's record of 2:59:10 set by Sue Miller.

Another example of long-standing records is the Wo-Zha-Wa Run in Wisconsin Dells. The Half-Marathon records are still held by Patti Shepard; 1:21:43 (1994) and Dan Martin; 1:10:20 (1990). In the 4-Mile the records are Ann Limberg; 23:36 (1994) and Joe Hansen; 20:34 (1992).

(Continued on page 13)



Grete Waitz



Jim Fixx

ELECTION NOTICE

Nominations for new officers of the Badgerland Striders will begin October 1st.

Nominations will be open for President, Vice President of Administration, Secretary and Treasurer for 2016.

Those offices are currently occupied by Pete Abraham, Bonnie Clarey, Sherley MacLean and Mike Sobie respectively. None of them have announced their intention leave office yet. Things are changing fast though so we're always looking for new talent to add to our team. See Help Wanted Ad Page 13.



We Want You!

Nominations were taken at the October meeting, alternately they must be received by Friday November 13th email to Jerry Anderson ajanderson@milwpc.com

If you would like to nominate someone for one of the above positions first make sure that they would be willing to fill the position.

THE STRIDER INDOOR 20k & 10k

By Barb Drees

Sunday, December 6 is the 3rd annual Strider Indoor 10K/20K race. The 20k event will start first at 7:30am and will have a 2.5-hour time limit. The 10k will start at 11am. The race is on the new Strider Track at the Pettit National Ice Center. Striders will again keep the registration fees very low in order to generate donations of toys for less privileged children in the Milwaukee area for our partner Toys for Tots. Last year we collect over 300 unwrapped toys!

Perks include long sleeve cotton shirts guaranteed for pre-registered participants, water stop (every lap!) and restrooms on the course (every lap!), as well as snacks and beverages after the event. Bonus – it's a flat and fast course, race day temperatures guaranteed in the 50's, with zero percent chance of rain, snow, sleet, hail,

or other nasty weather conditions for the run. Plus plenty of close parking and a nice carpeted, heated area to warm-up in pre-race.

Pre-Registration cost is \$20 plus an unwrapped toy for either race. Or you can double-up and save \$5 by entering both the 20k and 10k for only \$35 plus an unwrapped toy. If available, race day registration costs are \$30 for one event or \$50 for both, plus an unwrapped toy. No mail in registration this year.

We are debuting a new logo this year, along with a few tweaks to other areas. Watch facebook for more updates.

Some important race details: Every runner must bring their own water bottle because open cups are not allowed around the track due to spillage concerns. There will be water bottle storage tables at one end of the track. Volunteers will be at that aid station to refill your bottles with water or Gatorade throughout the race. Please leave your headphones at home. We will have music playing over the

speakers at the Pettit and an announcer to keep you motivated!

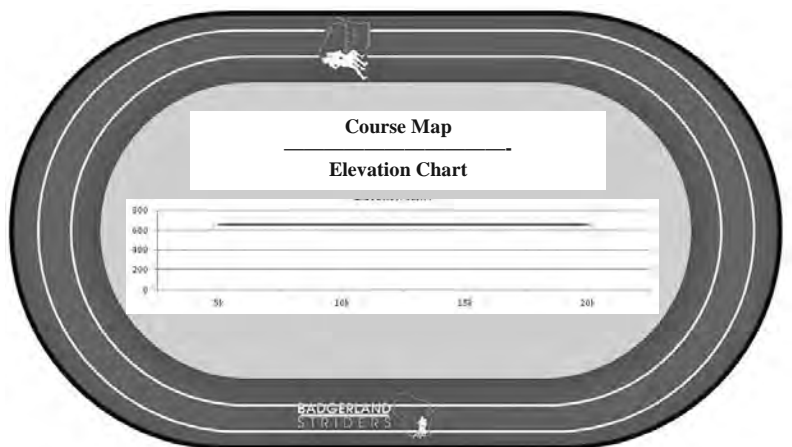
Awards:

Top three overall male and female in each race. Age group awards will be given to the top male and female in each race, in each 10-year age group: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

Registration is open right now and we are filling fast! The new Strider track is wider than before, but still can only accommodate 120 runners comfortably in each race. So register online before it sells out.

<http://STRIDER-INDOOR20K-10K.zapevent.com>

See you in December!



Badgerland Striders 2015 Holiday Party

Friday, January 22, 2015 at the Peck Pavillion
at the Milwaukee County Zoo, 10001 West Bluemound Rd., Milwaukee, WI

The Holiday Party will begin at 6:00pm and offer dinner and drinks as well as a DJ and dancing.

The night will roughly follow the schedule below:

- ◆ 6:00pm - Hall Opens and Social Time
- ◆ 6:50pm - Welcome and Introductions
- ◆ 7:00pm - Buffet Opens
- ◆ 7:45pm - Introduction of 2015 Club Officers and Comments
- ◆ 8:00pm - Strider Awards for the 2015 Year
- ◆ 8:30pm - Music, Dancing and Social Time
- ◆ 10:00pm - Hall Closes. Have a safe trip home.
Dinner, beer, wine and soda are free.
Cash bar available.



REGISTER AT

<http://www.zapevent.com/ListActivities.aspx?eventid=4668>

OR CLICK THE LINK ON THE STRIDER WEB SITE

<http://www.badgerlandstriders.org/>

BLS Members \$15

Guest \$10

(membership includes all relatives living in the same household)

Non Member \$20



Badgerland Striders Charitable Donations 2013-2015

DATE	ORGANIZATION	AMOUNT	PURPOSE
2013	Pettit Ice Center	\$90,000	
2013	Ice Age Trail Foundation	\$3,000	Trail upkeep
2013	Medical College of WI	\$30,000*	Cullen Run
2013	Tri Wisconsin	\$800*	
2014	Urban Ecology Center	\$500	
2014	Tosa Skate Park	\$400	
2014	Veritas School	\$500	
2014	Carmen School	\$500	
2014	Germantown XC program	\$2,040	H.S. Athletics
2014	Tom Bunk Memorial Fund	\$11,000	Trail Shelter
2014	Girls On The Run	\$5,500	
2014	Milwaukee Police Endurance Team	\$1,000	

DATE	ORGANIZATION	AMOUNT	PURPOSE
2014	Hales Corner's 7/4 Committee	\$2,000	
2014	Al's Run/Children's Hosp.	\$1,600	Fee refund
2014	C.O.P.S.	\$2,500	
2015	Milwaukee Zoo	\$10,000	
2015	Milwaukee Co./Greenfield park	\$10,000	
2015	Park People - Milw County Trails	\$500	
2015	Hales Corners Police	\$500	
2015	Hales Corners Fire Dept	\$500	
	Total	\$172,840	
			Asterisk * indicates estimated total



4th ANNUAL DRUMSTICK DASH™ SK

Presented by



THANKSGIVING DAY 2015 AT MILLER PARK - 8:30AM

Move Your Feet So Others Can Eat!

Benefitting Feeding America Eastern Wisconsin



Food Drive: Each Food Donation will Receive 1 Raffle Ticket

Win Turkeys, Pies, Gift Certificates, and More!



\$1 = 3 Meals

All donations provide meals for our hungry neighbors in eastern Wisconsin.



Warm Long Sleeve Cotton T-shirt for All Participants



New Team/Family Registration Option



Four Divisions:

- 1) Runners
- 2) Runners with baby joggers/strollers
- 3) Walkers
- 4) Walkers with baby joggers/strollers



Free Parking



Leaving town?

Join the Out of Town Dash Around!

Register Now DrumstickDashMilwaukee.com



Benefitting



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MAKING DUST

When I came to New York in 1978, I was a full-time school teacher and track runner, and determined to retire from competitive running. But winning the New York City Marathon kept me running for another decade. Grete Waitz

The Badgerland Striders present The Strider Half Marathon Saturday August 29th, 2015 Estabrook Park Beer Garden Glendale, Wisconsin Timing & Results by ABSOLUTE RACE TIMING PO BOX 562 WEST BEND, WI 53095 www.absoluteracetiming.com 13.1 Mile Run

Rank Name Chip Elapsed Top Overall In HALF Division MALE 1 MATT BARRETT 01:07:21 2 BRIAN FINNELL 01:10:55 3 SCOTT MUELLER 01:13:44 Top Overall In HALF Division FEMALE 1 SOFIE SCHUNK 01:26:18 2 KELLY RYAN 01:27:00 3 JODI KLEINFELDT 01:30:39 Age Groups: 16 - 19 MALE 1 KEVIN MYERS 01:41:30 2 ANTHONY JOHNSON 01:43:38 3 PATRICK NIEMASZEK 01:50:47 4 ERIK NESLER 01:59:10 5 JESSE NORMAN 02:00:36 Age Groups: 16 - 19 FEMALE 1 MARY GORZKE 01:55:06 2 GABRIELLE CARON-SCHU 01:55:07 3 ELIZABETH JOHNSON 02:03:28 4 EMILY GLEESING 02:50:09 Age Groups: 20 - 24 MALE 1 MR JAKE ERSCHEN 01:18:42 2 ZACH WATSON 01:23:10 3 CLINTON PIPER 01:26:11 4 MARK GESIOR 01:31:35 5 ALEX LEITHEISER 01:32:08 6 JONAH KERK 01:35:36 7 BENJAMIN BUSH 01:40:09 8 MATTHEW NOCKERTS 01:40:35 9 JOSEPH CORREA-VOLKMA 01:54:56 10 LIOM BRICH 01:54:56 11 HANGJIAN ZHAO 01:58:22 12 NATHANIEL D'ARLING 02:09:07 13 ANGEL MONTOYA 02:15:29 14 BRIAN LOCHEMES 02:22:11 15 BRETT NICHOLSON 02:22:23 16 CONNOR SANDERS 02:24:21 17 THOMAS MCCAUGHIN 02:37:51 18 NICK WESLOW 02:53:00 19 ZACHARY SMITH 02:53:00 Age Groups: 20 - 24 FEMALE 1 ACACIA DISNEY 01:31:58 2 REBECCA HELLER 01:34:42 3 KATHRYN KOCH 01:39:20 4 KATHRYN BIRD 01:39:29 5 MACKENZIE NORTON 01:43:55 6 KIMBERLY SURFUS 01:45:46 7 LAUREN GLOMSKI 01:48:11 8 MARISSA DOOLEY 01:50:31 9 BRIANA KING 01:53:45 10 RACHEL OSIECKI 01:54:57 11 KATHLEEN-DAWN HARTWI 01:54:57 12 JESSICA HARTWIG 02:01:23 13 MARIAN PINTAR 02:02:00 14 JESSICA DOYLE 02:02:00 15 NICOLE LURKE 02:02:45 16 EMMA ROEDRBO 02:06:39 17 CLAIRE STEINER 02:06:42 18 BIANNA BUTH 02:08:55 19 MADELINE BURGESS 02:09:38 20 ABBY BAUMER 02:10:54 21 ELIZABETH GALLAGHER 02:11:08 22 ALL SKROBIS 02:11:43 23 BECKA KANGAS 02:13:58 24 SAMANTHA ROEMING 02:14:34 25 MICHELLE NOCHLIN 02:15:51 26 ALI GLISCH 02:16:17 27 GINA VILLANI 02:17:13 28 RACHEL GLISCH 02:20:24 29 JENNA NEHLS 02:22:22 30 KELLY NANCE 02:22:22

31 CHELSEA WOLF 02:24:09 32 KAYLA BLENSKI 02:24:46 33 SARA PERKOWSKI 02:29:36 34 ERIN ALBUS 02:36:43 35 CARISSA BUDIMLIJA 02:38:13 36 AMANDA AANSTAD 02:42:13 Age Groups: 25 - 29 MALE 1 IAN BLACKWELL 01:14:14 2 ZACH BRUNS 01:14:29 3 BEN GARBE 01:15:14 4 CLINT LAMBERT 01:24:41 5 SETH HETHAUS 01:27:07 6 DAVID CALLICUTT 01:27:34 7 COLLIN EDWARDS 01:27:46 8 ERIK STEVENS 01:27:56 9 DANIEL SIEKERSKI 01:29:49 10 RYAN THOME 01:32:08 11 ELIAS MACIAS 01:32:55 12 LUKE FENNEMA 01:33:06 13 DAN SCHRIER 01:33:21 14 JOSHUA NEMETH 01:33:24 15 PRAFUL AGGARWAL 01:36:51 16 ANDREW RUSKIEWICZ 01:38:27 17 CHRIS JANISCH 01:40:12 18 LEE COLEMAN 01:40:14 19 STEVEN JOHN 01:40:54 20 JONAS POTTHOFF 01:41:46 21 MARCO BRICENO 01:42:00 22 KEVIN DUFFEY 01:42:00 23 CHRIS ADRIAN 01:43:14 24 DERRICK BORDELEAU 01:43:39 25 NICHOLAS KOEPKE 01:47:02 26 KEVIN REY 01:47:57 27 MITCHELL DAUN 01:48:41 28 NATHAN HUFF 01:51:05 29 ROBERT BRADFORD 01:51:38 30 CHRISTIAN ACOSTA 01:53:26 31 JOEL GAVIN 01:54:44 32 EASWAR SOMASEKAR 01:55:46 33 ALEX MOEHN 01:55:53 34 BRIAN BARASCH 01:59:03 35 CHRIS BUTH 01:59:07 36 MATT WYCKLENDT 02:00:35 37 SHANNAN LEDDEN 02:00:39 38 ARIJUN KUMAR 02:05:40 39 AARON COUCH 02:06:57 40 ROBERT HRDI 02:09:04 41 ANDREW SINCLAIR 02:12:11 42 DAVID COHEN 02:12:47 43 SCOTT BERHORST 02:13:51 44 CRAIG ERKER 02:15:30 45 TANNER KOWALSKI 02:22:01 46 PATRICK DARROUGHI 02:38:53 47 RICHARD WARD 02:47:36 48 BHARATH POPURI 03:37:47 49 CAITLYN PECINOVSKY 01:51:05 50 JASMINE BOETTCHER 01:51:40 51 MICHELLE ZYDEK 01:51:54 52 KATE EGGERT 01:52:23 53 THERESA KEDINGER 01:52:32 54 JACYLYN WAHL 01:52:52 55 BRIDGET ANDERSON 01:52:58 56 SARAH JAZDZYK 01:54:07 57 THERESE MANCE 01:56:36 58 AMY GARBE 01:57:05 59 JESSICA DREWVA 01:57:06 60 KAYLA HAMM 01:57:10 61 YUEN SANG HO 01:57:44 62 ANDREA JOHNSON 01:58:20 63 CARLY ALBERS 01:58:57 64 COLLEEN WITENWALD 01:59:02 65 SARAH WIDDER 01:59:17 66 KATIE GEHRAND 02:00:05 67 KAYLA SCHOETTEL 02:02:46 68 JENNY BUCKHOLT 02:04:51 69 COLLEEN WITENWALD 02:05:16 70 JENNIFER SZEDZIEWSKI 02:05:43 71 AMANDA FROELICH 02:06:48 72 KATIE SOLEY 02:09:14 73 EMILY BAUMER 02:09:34 74 ERIN WEAVER 02:09:50 75 LAUREN RIGBY 02:10:27 76 POOJA SINGH 02:11:35 77 LIZ BORDELEAU 02:11:40 78 JESSY RODRIGUEZ 02:11:41 79 NATASHA STEENBERGEN 02:12:45 80 JAMIE BECK 02:15:57 81 JENNY KYZER 02:16:08 82 KATHRYN STAATS 02:18:05 83 ANNMARIE SYLLA 02:18:40 84 ALLISON MIELKE 02:18:43 85 AMBERLEIGH HENSCHEN 02:19:01 86 LEXI SKIBINSKI 02:19:55 87 JENNAFER FONDELL 02:20:23 88 SHERITA MALLIT 02:22:01 89 AMANDA PIRLOT 02:23:10 90 MEGAN WOLF 02:24:10 91 VICTORIA HARTMANN 02:24:41 92 EMILY SKIBINSKI 02:30:04 93 SHABREKA CHAPMAN 02:32:50 94 REBECCA WENDLE 02:34:52 95 CAITLIN GROS 02:34:30 96 KIMBERLY KUSMIEREK 02:34:40 97 AMULYA RAO PONNA VIS 02:35:20 98 SHANNON DUNNE 02:38:53 99 CAITLYN TAYLOR 02:39:52 100 JESSICA BABIC 02:46:06 101 RUANDA MCFERREN 02:50:43 102 KATHRYN BARRY 03:14:20 103 ANUSHA PUDOTA 03:37:08 104 KAVITHA GUNTAKA 03:39:45

Strider Half 2015

By Tom Butthod It ought to be obvious by now. The Strider Half is nothing but guaranteed fun. Where else can you run a half marathon and get a cool shirt, a finisher medal, a hot breakfast, and plenty of Hofbrau beer? All this happens in a great park at a German Beer Garden. That has to cost at least \$75, right? Not even close. Word is getting around, too. We had the most registrants ever for the race this year with 1,002 registered. There were 819 finishers.



(L-R): Matt Barrett (winner), Brian Finnell (2nd), Scott Mueller (3rd).

This year's race day started out as an all-night downpour. Setup of the race was soggy and waterlogged. Things eased off to an all-morning drizzle that was perfect for racing. And it didn't dampen the party, either. We ate as much and emptied as many kegs as we had in the past few years.

This year's race was won going away by Matt Barrett of Verona, WI. His time was an absolutely blistering 1:07:21. That is by far the new course record since this race switched from a 20K to a half marathon in 2009. I'd venture to guess this will be the course record for quite a while. In fact, this is probably one of the fastest results around the area in quite a few years. The men's top 3 was rounded out by Brian Finnell of Madison (1:10:55) and Scott Mueller of Pewaukee (1:13:44). Their times would have won in any of the past few years.

On the women's side, the race was won by Sofie Schunk of Albuquerque, NM with a time of 1:26:18. Sofie went on to place in the Top 3 at Al's Run and Lakefront Marathon. 2nd place was Kelly Ryan in 1:27:00 and 3rd place was Jodi Kleinfeldt of Milwaukee in 1:30:39.

Hans Weissgerber III and his Estabrook Beer Garden and Old German Beer Hall crews did it all once again. The much talked about eggs, sausage, potatoes, bread, and Hofbrau were as delicious as always. Music was provided once again by the always-entertaining Sigmund Snopek.

While the festivities are a lot of fun, runner safety was a high priority. We received great support from our civic partners. Both on the course and at the finish, we had great support from the North Shore Fire Department, Milwaukee FD, and a physician from MKE County EMS. Milwaukee

(Continued on page 9)



Photos by Dave O'Brien, Tom Butthod and Jeff Weiss

Age Groups: 25 - 29 FEMALE 1 ANNE FENNEMA 01:33:05 2 MARIE PETERSON 01:33:22 3 JENNY ZWAGERMAN 01:34:14 4 CHRISTINA SPRADER 01:35:28 5 SARAH MCCALLUM 01:37:46 6 CHRISTINA LUNDBERG 01:38:08 7 JULIE SCHOENHECK 01:38:23 8 MARY PELKOPE 01:39:35 9 KATHLEEN HANNAN 01:39:50 10 ELEANOR FLORES 01:41:47 11 LAURA EATON 01:41:59 12 ERIKA SHULTS 01:42:19 13 ALI JOHNSON 01:43:25 14 JENI CUI 01:45:06 15 ERICA COSSON 01:45:10 16 ABBY OLSOFSKI 01:45:10 17 GENEVIEVE HARKNESS 01:45:10 18 CASSIE NESHEIM 01:45:21 19 ANDREA SCHMIDT 01:45:32 20 CARLY NICHOLS 01:48:31 21 MILEY IKENO 01:48:43 22 JESSICA ROZEK 01:49:20 23 ALEXANDRA WANGARD 01:49:43 24 KRISTIN VERHAGEN 01:49:44 25 MELINDA JOHNSON 01:50:47 26 MARIYA BATISHCHEVA 01:51:01 Age Groups: 30 - 34 MALE 1 CAMERON AUSSEN 01:14:34 2 DAVID KRALL 01:30:22 3 CHRIS WICHERT 01:18:25 4 CRAIG KUEHL 01:19:28 5 TYLER ZWAGERMAN 01:19:42 6 MATT JACOBSON 01:20:35 7 CHRIS SALAMASICK 01:23:48 8 DANIEL TIMKE 01:26:04 9 ADAM BRUSS 01:26:26 10 THOMAS LANGER 01:26:30 11 DAVID LUTZ 01:27:39 12 MICHAEL KOKTA 01:29:03 13 L. D. NICOLAS MAY 01:29:40 14 NICK ZALEWSKI 01:29:57 15 BRENDAN PANCHERI 01:30:00 16 WILLIAM FANG 01:30:21 17 CHRIS LARSON 01:30:50 18 NICK SCHWALBACH 01:31:47 19 DAVE SMITH 01:33:57 20 JOSEPH WERNER 01:34:30 21 WILLIAM KUESTER 01:36:15 22 SRI CHARAN MUPPIDI 01:36:45 23 ALEX FOUNDOFF 01:37:20 24 ANDY OGNENOFF 01:37:32 25 DREW BARNES 01:39:11 26 TOM BROWN 01:39:18 27 ANDREW JAHNS 01:41:06 28 MAHER ABADEER 01:41:12

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The Most Times are in 'The Strider'





MAKING DUST

"A race is a work of art that people can look at and be affected in as many ways they're capable of understanding."



Strider Half 2015

County Parks allowed us to close the Estabrook Parkway for the first time during the early miles for runner safety. The course layout enables a runner to pass our 4 water stops multiple times.

As always, our fellow Striders came through in a big way to pull off this event. All of our volunteer spots were filled over a week in advance, allowing for a very Zen-like calm to wash over the race director. And how many volunteers do you think it takes? Can you believe more than one for every ten runners? Let's hear it for:



(L-R): Kelly Ryan (2nd), Sophie Schunk (winner), Jodi Kleinfeldt (3rd).

Pete Abraham, Dave Guse, Dennis Zubarik, Jeff Weiss, Marty Malin, David O'Brien, Bonnie Clary, Matthew Dentinger, Barb Drees, Christopher Frelka, Andy Garza, Kristine Laufer, Amy Barrett-Jacobs, Neill O'Brien, Len Wachniak, Mary Wysocki, Stephanie Dovin, Mike Sobie, Steve Fishman, Todd Hill, Erica Kasseckert, David Pike, Dominique Beaudin, Alexander Flater, Gabriella Flater, Holly Martin, Gretchen Egner, Debra Caruso, Ron Caruso, Pauline Shoemaker, Pete Wysocki, Mary Eisenhauer, Montel Melcher, Julie Nichols, Dan Lacke, Joanne Cox, Rose Anstedt, Daniel Osborne, Craig Butgereit, Harold Schmidt, Robert Massey, Fred Smotherman, Caroline O'Brien, Jen Yaeger-Beranek, Michelle L'Estrange, Angie Kaiser, Makayla Smith, Hunter Smotherman, Ryan Osiecki, Karol Hoerth, Kyle Gracey, James Daul, Dick Kindel, Margarita Fons, Tricia Slobodianuk, Sara Wager, Sara Brusewitz, Heidi Jeter, Katie Daul, Carol Hegland, Sue Sharkey, Andrew Thompson, Kristine Osiecki, David Matta, David Hauenstein, Judy Kirchoffer, Audrey Jackoyo, Jack Lodermeier, Thomas Kuhlmann, N Wittig, Christian Fuller, Glen Kirchoffer, Joy Powers, Bill Powers, John Brophy, Sierra Fuller, Cavan Fuller, Peter Brunner, Rosina Bloomingdale, Karin Schwartz, Michael Miller, Margie Lepkowski, Becky Lange, Emma Vierheller, Sarah Kafka, Greg Schuchardt, Angela Johnson, Shelby LaBuhn, Dave Fiegel, Mark Lepkowski, Danielle Knutilla, Janice Finch, David Finch, Jerry Anderson.

The Strider Half Marathon

13.1 Mile Run Results

(Continued from page 8)

29	SAM LEICHTLING	01:43:06
30	ANDRIE NEMILENTSAU	01:44:10
31	WESLEY FALK	01:48:16
32	PATRICK COURTNEY	01:48:34
33	BENJAMIN DESLOOVER	01:48:43
34	ANDREW MCHUGH	01:49:12
35	MATT PAVELCHIK	01:49:17
36	MATTHEW SCHUPPENER	01:51:30
37	MARK HARRIG	01:52:12
38	NICHOLAS GONRING	01:52:37
39	JOSHUA BUCKHOLT	01:53:20
40	NOAH ROSENTHAL	01:53:44
41	ADAM WITT	01:54:15
42	DONALD CRAMER	01:55:22
43	RYAN VANDEN HEUVEL	01:56:25
44	TIM HUNTINGTON	01:58:41
45	MATTHEW DUNHAM	01:59:15
46	FRANK THE TANK RODRI	01:59:26
47	TED BROWN	02:00:31
48	STEVE JOHNSON	02:01:04
49	KYLE BAUMANN	02:02:50
50	CHRIS WELKER	02:05:22
51	ANDREW SCHREIER	02:05:40
52	CHRIS KEMP	02:07:13
53	FRANK SAVEL	02:09:02
54	STEVEN JOEHNIK	02:12:34
55	SAMUEL JOHNSON	02:15:12
56	DON KOSSOW	02:18:47
57	PAUL HARTMANN	02:24:43
58	MIKE KNAUS	02:42:25
59	JINIIN ZHANG	03:01:33

1	ERIN FELDHUSEN	01:30:53
2	KATIE DISHINGER	01:38:50
3	LAURIE WINKELMAN	01:39:06
4	ZUNA LEMMENS KERNA	01:39:21
5	JENNIFER RIVERA	01:40:39
6	JENNIFER WARD	01:40:59
7	MEGAN STARSHAK	01:43:23
8	SHEILA WORELL	01:43:41
9	CHRISTINA BEAUPRE	01:45:34
10	CORINNE VANDEN HEUVE	01:48:25
11	RACHEL LUNDBERG	01:48:27
12	MELISSA SCHAEFER	01:50:18
13	ERIN RUPPEL	01:50:55
14	EMILY STEINHAFEL	01:51:24
15	ERIN FISCHER	01:51:59
16	EMILY LARSON	01:52:20
17	BRIDGET SANDERCOCK	01:52:44
18	JACQUELINE KINNEY	01:53:13
19	ELIZABETH BRAATZ	01:53:25
20	STEF STRAUSS-THOMPKE	01:53:48
21	KATIE BRICCO	01:54:08
22	LIZ FARRON	01:54:30
23	KRISTEN LARSON	01:55:22
24	JOANNA BALZA	01:55:29
25	BETH RINGWELSKI	01:55:35
26	JAMIE STEFFENHAGEN	01:55:41
27	KARLY SOPCIC	01:55:53
28	ANNE LAVELLE	01:57:32
29	RACHEL HUNTINGTON	01:58:41
30	ERIN SMITH	02:00:51
31	CHERYL AKERT	02:00:55
32	FELICIANA MORENO	02:02:05

33	LINDSAY RUSH	02:02:11
34	KATIE GARVEY	02:03:20
35	EMILY GHYLIN	02:04:27
36	AMANDA DASILVA	02:06:52
37	KATIE BARR	02:06:52
38	ALLISON BLACKWOOD	02:09:58
39	KATHRYN POEHLING	02:11:08
40	GRETCHEN WITOWICH	02:11:56
41	KIM HOPPE	02:12:26
42	KATLIN CORRAO	02:13:20
43	LIZ ANDERSON	02:14:02
44	JULIE WATERMAN	02:14:24
45	LARHONDA STAPLES	02:15:17
46	ABBY MEDDAUGH	02:17:29
47	DEVON WORRELL	02:17:49
48	SARAH PLAMANN	02:20:01
49	MONICA THOMAS	02:23:12
50	KRISTIN MHLSSIMMER	02:23:13
51	KRISTEN GUST	02:23:54
52	NICOLE JELLISON	02:24:09
53	ERICA SCHROEDER	02:25:42
54	AMANDA SOWA	02:26:21
55	HEIDI BEILKE	02:26:45

16	LORING HEVER	01:37:52
17	JEFFREY HOWARD	01:38:18
18	BARRY THRUNE	01:38:49
19	AUSTIN HAGERTY	01:38:50
20	MICHAEL BODE	01:39:08
21	DAVID ARBETTER	01:42:33
22	BEN NELSON	01:43:54
23	FRANCISCO PEREZ	01:46:07
24	DARRICK SEWELL	01:46:13
25	BRANDON BECKER	01:48:02
26	JONATHAN GURGEL	01:48:37
27	KEVIN MICHEL	01:49:16
28	HEMENDRA CHONKAR	01:52:00
29	CARL MILLARD	01:52:08
30	DOUGLAS LEMKE	01:54:17
31	SCOTT WILSON	01:54:43
32	DAVID LARSON	01:55:23
33	DAN SZEDZIEWSKI	01:56:47
34	MICHAEL BERG	01:57:48
35	STEVEN SHAPIRO	01:59:22
36	BRIAN ROMPORTL	02:00:56
37	THOMAS MLADA	02:02:55
38	MICHAEL SZEMORE	02:03:03
39	PATRICK KNAUS	02:05:27
40	DANIEL GOETZ	02:05:27
41	TIMOTHY GEIER	02:07:34
42	JOSEPH FORO	02:08:36
43	PARAG DHUMAL	02:09:25
44	CHESTON GEYE	02:11:57
45	TONY MICHEL	02:12:32
46	JUSTIN PLAMANN	02:20:00
47	EZEKIEL THOMPkins	02:25:07
48	SUTTON KINTER IV	02:26:42
49	KYLE GUNNARE	02:28:30
50	BRIAN JAINS	02:44:10
51	SUKUMAR KONDRU	02:46:29



Age Groups: 35 - 39 FEMALE		
1	AMIEE BRUNNER	01:32:56
2	JILL KORTBEIN	01:35:46
3	KELLY CORTEEN	01:36:39
4	KARA SONNATG	01:36:53
5	KRISTIN SEFFERN	01:39:36
6	KRISTIN ZIMMET	01:39:50
7	MISTY MELSHEIMER	01:41:02
8	KIRSTEN DE GROOT	01:43:40
9	ALICE AMBROWIAK	01:44:27
10	PRINCESS ALEECE VAND	01:46:00
11	HOLLY DAHLMAN	01:47:23
12	ABBY MCKIE	01:49:06
13	PAULA SIECH	01:50:27
14	DANIELLE SIMONOVIC	01:50:33
15	GAYLE GONZALES	01:50:50
16	KELCY BOETTCHER	01:52:33
17	KRISTEN BRADLEY	01:53:14
18	MICHAELA VELAZQUEZ	01:54:13
19	REBECCA PAXTON	01:54:29
20	NATALIE PILMAIER	01:55:46
21	LAURA KASPER	01:56:01
22	AMBER TANTY	01:56:30
23	KRIST MEYER	01:57:14
24	SARA CARTER	01:57:30
25	SARA KLINGKAMMER	01:57:55
26	JODIE GRAVEN	01:58:02
27	HANNAH LOPAS	01:59:09
28	TRACY JOHNSON	01:59:19
29	MEAGAN RUTKOWSKI	02:01:08
30	ANGELA EBELING	02:01:19
31	KRISTY EYLER	02:03:35
32	LISA VOLM	02:03:38
33	MARIA KELLY	02:04:31
34	ANGELA VETERNICK	02:05:33
35	SHANA HUSSIN	02:06:36
36	ABIGAIL DRABANT	02:06:37
37	JULIE WEIST	02:08:59
38	KATHERINE MCHUGH	02:09:11
39	MARYBETH HEISE	02:09:12
40	JEN MCGRAW	02:09:26
41	ROSA GOMEZ	02:10:05
42	KARLEN GILLETTE	02:12:45
43	MEAGHAN HEINRICH	02:12:47
44	RACHEL BATES	02:14:06
45	SUANNE MOESCH	02:14:56
46	ROSALIE MARVIN	02:16:15
47	KARLEN KOELBL	02:19:43
48	LISA ATHORP	02:25:35
49	NIKKI BUTGEREIT	02:29:27
50	ALYSON EISCH	02:30:54
51	RAE GOODMAN	02:31:54



First Race Director
Bill Grass



Current Race Director
Tom Bulhod



The Most Times are in 'The Strider'



WINTER RUNNING

As Wisconsin days get shorter and the temperature drops, it's important for the outdoor runner to properly prepare for changes in the environment. Frostbite, hypothermia, and chilblain all pose a threat to winter runners. To avoid these potential hazards, proper recognition, treatment, and prevention strategies are a must.

Hypothermia

A decrease in core body temperature to below 95 degrees Fahrenheit is characteristic of hypothermia. Labeled as mild, moderate, or severe based on the body's core temperature and other varying characteristics, hypothermia is caused by prolonged exposure to cold, wet, and/or windy conditions.

Mild hypothermia signs and symptoms:

- Core body temperature between 98.6 and 95 degrees Fahrenheit
- Tiredness
- Mild amnesia
- Cold to the touch and/or shivering
- Frequent urination
- Runny nose
- Pale
- Uncoordinated

Moderate hypothermia signs and symptoms:

- Core body temperature between 94 and 90 degrees Fahrenheit
- Decreased breathing rate and pulse
- Blue lips
- Slurred speech
- Dilated pupils
- Decreased blood pressure
- Decreased ability to think and/or loss of consciousness
- Uncoordinated

An individual with severe hypothermia will typically be comatose; have very low blood pressure, irregular breathing rate and pulse; and may go into cardiac arrest.

With any form of hypothermia, it's important to move the individual from the cold and into a warm environment. Remove damp or wet clothing, replacing it with warm, dry clothing and blankets. It is recommended when applying heat, focus on the trunk, armpit, chest, and groin areas. By re-warming the core first instead of extremities, the risk of cardiac arrhythmias and death can be reduced.

A runner with mild hypothermia should be encouraged to drink warm, nonalcoholic beverages and consume foods with six to eight percent carbohydrates. Individuals suffering from moderate to severe hypothermia should always be transported to the hospital. In addition, vital signs should be monitored until a physician begins treatment.

Frostbite

Frostbite is the body's protective response to cold weather. Your body will work on maintaining core body temperature – thus, blood flow will increase to your core, while it decreases to your extremities. Frostbite occurs when the body's tissue temperature drops below 28 degrees Fahrenheit.



It typically starts at the nose, ears, fingertips and toes and then works its way deeper under the skin. Identified by severity, the three stages of frostbite are: frostnip, mild frostbite, and severe frostbite.

Mild frostbite can be recognized by red, dry, waxy skin; swelling; tingling/burning sensation; white or blue-gray skin color; limited movement; and cold, firm skin.

Severe or deep frostbite is distinguished by hard, cold, waxy immobile skin that is white, gray, black, or purple; burning, throbbing, aching, or shooting pain; decreased circulation; numbness or tingling; and blistering within 36 to 72 hours.

With any type of cold-induced injury, always rule out hypothermia first. If frostbite does occur, proper treatment and referral to a medical professional is the primary course of action. To treat mild or superficial frostbite, slowly re-warm the area at room temperature. When re-warming severely frostbitten tissue, immerse the area in warm water (98 to 104 degrees Fahrenheit). Regardless of severity, the re-warmed tissue should always be protected from further risk of refreezing, as this will cause the tissue to die. When treating frostbite, DO NOT rub the tissue as it will cause more damage.

Chilblain

Chilblain is an exaggerated inflammatory response to cold (below 50 degrees Fahrenheit) that most commonly occurs during prolonged exposure to cold (i.e., exposure time is between one and five hours). It typically appears in extremities that are kept wet for long periods of time due to sweat or water – hands and feet present the greatest risk. A runner with chilblain will experience redness, swelling, itching, tenderness, and pain.

- Treatment for this condition is relatively simple:
- Remove wet and constrictive clothing.
- Wash the area, then dry, cover, and elevate.
- Avoid lotions, creams, heat, and friction massages.
- If blistering occurs, do not disturb the blisters.

Prevention Strategies

To prevent possible exposure to frostbite, runners can consult the National Weather Service Windchill Chart. By combining temperature with wind speed, this chart can determine exposure time relative to developing frostbite during outdoor activities.

Aside from altering your workout based on wind chill, smart clothing choices can prevent injury and illness. Using the Windchill Chart, you can determine an effective layering of your running apparel.

Wind chill layering rules:

- 20 to 30 degrees Fahrenheit: two top layers and one bottom layer
- 10 to 20 degrees Fahrenheit: two top and two bottom layers
- 0 to 10 degrees Fahrenheit: three top and two bottom layers

Determining clothing type for each layer

Regardless of how many layers are being worn, winter running clothing should fit well, while allowing proper movement. Start with a long-sleeved wicking layer. Wicking is the process in which certain materials pull the sweat away from your body, allowing the moisture to evaporate. This is especially important during cold-weather running because any sweat that may be trapped next to your skin by a cotton material will actually keep you colder. Effective moisture wicking materials are polyester and polypropylene.

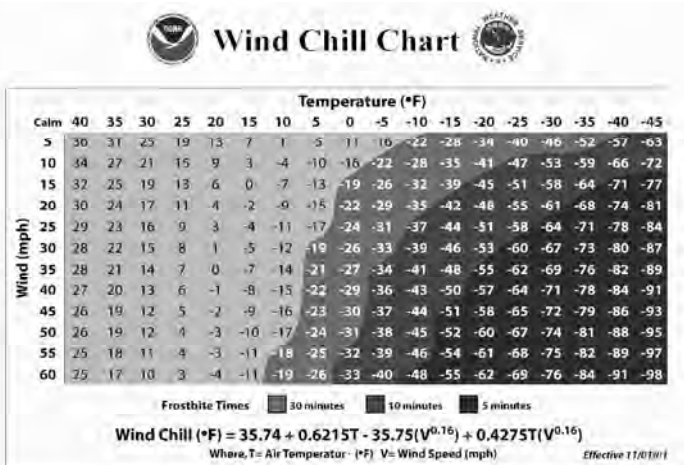


When a middle layer is worn, it acts as an insulator against heat loss. Typically worn during very low wind chills, this layer should fit somewhat looser to trap heat while still permitting sweat to evaporate away from the skin. A common material used in the mid-layer is fleece. Known to be a great insulator, fleece traps heat based on its thickness (the thicker, the warmer), and also dries very fast when wet. Suggested materials for this layer include Akwateck, Polartec®, polyester fleece, Microfleece, ThermoFleece, and ThermoMax™.

The outermost layer is made to protect you from the elements – wind, rain, and snow. This should be your most durable layer. Most outer layers made today are windproof and waterproof. It should have venting abilities as well as zippers to transfer moisture away from the body and into the environment. Ideal locations for vents are around the armpits and back. In addition, this layer should be water repellent and wind resistant. Materials such as ClimaFit, GORE-TEX®, Microsuplex, nylon, supplex, and windstopper are best for this layer.

For men who are avid winter runners, investing in supportive moisture-wicking, wind-proof, breathable briefs, boxers or running tights is highly recommended for prevention of cold-related trauma to sensitive areas. A full selection of related products can be purchased at local running retailers or on-line at www.RoadRunnerSports.com.

(Continued on page 11)



WINTER RUNNING

(Continued from page 10)

Each runner has varying clothing preferences, however on very cold days, you should make it a point to keep your skin properly covered. Shirts and jackets with thumb loops will help your clothing to stay in place while providing extra protection to the hands. Not only can you experience up to 30% heat loss through your extremities, your head can account for up to 40% of your body's loss of heat. On especially cold days, the face and neck should be protected. Bundle up with a balaclava, hat, neck gaiter, or scarf. As a general rule of thumb, mittens are better to wear than gloves since they allow the fingers to share body heat.

It's important to keep your feet as dry as possible. Choose socks that have moisture evaporation properties that also allow for proper blood flow. Stay away from socks made of cotton. When deciding on running shoes, avoid those made of materials such as mesh that could potentially permit water inside the shoe. If you plan on running on snow and ice, your shoes should provide proper traction for these surfaces. Trail running shoes and Yaktrax® can make your run safer. An ice traction device, the Yaktrax steel coils are anatomically designed for use with running shoes. For additional information, visit www.yaktrax.com/product/run.

Other Tips: Health and Nutrition

Despite the drop in temperature, proper skin protection, nutrition, and hydration should always be followed. This includes wearing sunglasses, as well as sunscreen on any exposed area of your skin. The outdoor runner should also

include a warm-up and cool-down to prevent injury. A proper five-minute warm-up will gradually increase body temperature, heart rate, respiration rate, and blood flow. By performing a cool-down after running, the body will have enough time to gradually transition from intense movement to normal daily activity while decreasing any post-run muscle soreness.

Heavy clothing coupled with an increase in effort to run in a winter climate often causes more energy to be used. Because of this, caloric requirements are higher for cold weather runners. Marathon runners training outside during winter should eat carbohydrate-rich foods to maintain performance and decrease the chances of fatigue, as well as lean or plant proteins to support muscle tissue repair. And just because it's *not* hot outside, don't forget to maintain proper fluid intake over the winter months to prevent dehydration.



The American College of Sports Medicine has set guidelines regarding hydration and sports.

Pre-exercise fluid intake should be 16 ounces (i.e., two cups) during the two hours prior to exercising.

Fluid intake during exercise should be five to ten ounces (i.e., approximately one cup) of fluid every 15 to 20 minutes.

Post-exercise fluids should be no less than one cup every 15 to 20 minutes for the two hours after exercising, or four cups of fluid for each pound of body weight loss.

Winter running is the safest when using the buddy system. If this is not possible, a cell phone and proper identification should always be carried. Be wary of black ice on trails and avoid icy patches as they increase your risk of injury. Avoid running in dark areas at night; instead stick to well-lit sidewalks or trails. However, if you do plan to run after dusk, don't forget to invest in reflective gear or battery-operated cap lights and LED arm bands.

Alternative Activities

Remember that winter weather offers many additional outdoor activities – think about mixing up your cross training! Shoveling snow, snowshoeing, Nordic walking, cross-country skiing, and ice skating can provide cardiovascular benefits. Don't feel like going outside? Hit up your local gym for a workout or go to the mall for a walk.

For additional questions on winter running, other sports medicine topics, or to schedule a Free Injury Evaluation, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.

BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

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

Make checks to and mail to: **Badgerland Striders, Inc.**, 6526 W River Parkway, Wauwatosa, WI 53213
Or online at www.badgerlandstriders.org Link to Membership

Membership applies to you and others in your household listed below. If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

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

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

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

rev 04/14

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

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

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

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

2015 Badgerland Striders 24-12-6 Hour Runs September 5th & 6th

Robert Wehner, RD

Ugh!! There is no other way to describe the conditions this year, it was nasty! All week long it had been warm and humid, with everyone hoping it would break by the weekend. No such luck; runners this year had to deal with a steam bath all day, and part of the night.

24 HOUR DIVISION

There were 13 runners in the 24-hour division, covering a wide range of distances. The early leader, Mark Weghorst, bowed out after 5 hours. Experience helped David Corfman maintain a steady pace, and he hit the 100 mile mark in under 20 hours. David ended up winning with a total of 112.3 miles. Kathleen Rytman was second overall, and led the women with 85.5 miles.

12 HOUR DIVISION

As with the 24-hour race, the early leader in the 12-hour called it a day part way through. Jim Richie has competed in the distance division in the past, and this year moved up looking to improve on his best mileage. Not only did he succeed, but he won the 12-hour with 50.27 miles. Mandy Savin locked up her 3rd straight title with 37.25 miles.

6 HOUR DIVISION

Last year's 12-hour champ, Jason Krezinski, moved back to the 6-hour and led from start to finish, winning with 40.2 miles. A past champion, and event record holder Christine Crawford, won the women's competition with 34.29 miles.

DISTANCE DIVISION

The distance division is non-competitive, and is for runners seeking to do a specific distance, such as a new PR, marathon, 50K, etc. All runners not only met their goals, but exceeded them under grueling temps.

NIGHT DIVISIONS

Runners can chose to do 6 or 12 hour options at night, in hopes of more favorable conditions. These divisions are also non-competitive, and we had a number of runners who set distance PRs.

Chip timing was provided by Bill Thom of Run Race; complete results can be found via the link on the Badgerland Striders website (www.badgerlandstriders.org). Despite the tough conditions, the event was a big success, and we were able to donate another \$1,200+ to the Germantown High School Cross-country team. So how far can you go? Join us next year on Labor Day weekend and we'll find out!



Photos by Chloe Wehner



Badgerland Striders 24-12-6 Hour Run Results Germantown, WI

Sept. 5th-6th, 2015

24 HOUR RUN

Name	Miles
DAVID CORFMAN	112.30
KATHLEEN RYTMAN	85.50
BILL HANSEL	84.42
BILL BULLEIT	84.10
MELISSA CHURCHILL	75.32
JIM FISTE	67.89
MEG KENNEDY	66.36
OTIS HAWKINS	65.18
STEVE PHILLIPS	49.97
BRIAN THOMAS	49.72
DONALD ROCA-DAWSON	41.52
MARK WEGHORST	37.29

12 HOUR RUN (Day)

Name	Miles
JIM RICHIE	50.27
MATT McCOY	46.93
MANDY SAVIN	37.25
JONATHAN PETYKOWSKI	37.04
DAVE EDYBURN	21.63

DISTANCE DIVISION

Name	Miles
JEAN RICHIE	27.35
JIM SIMPSON	26.85
ANDY KREZINSKI	25.36
NATALIE KREZINSKI	11.19

6 HOUR RUN (Day)

Name	Miles
JASON KREZINSKI	40.20
CHRISTINE CRAWFORD	34.29
TROY MALINOWSKI	28.02
DON EBY	27.41
LEE MEYER	26.52
JENN COLLINS	25.61
JEFFREY SCHULTZ	22.12
KAREN CULLEN-MEYER	21.78

12 HOUR RUN (Night)

Name	Miles
TRACY HARRISON	54.87
NAHUM PRADO	45.96
CHRIS BROCK	45.22
DYENNA SCHEDGICK	39.78
LYNN SAARI	32.41

6 HOUR RUN (Night)

Name	Miles
ROSIE PRADO	24.66

WINTER SOLSTICE FUN RUN December 20th



By Jeff Weiss

On December 19th the Striders will again host the Winter Solstice Fun Run.

This year's venue will be the Gus Amann's Bar, 9131 W Beloit Rd, Milwaukee, WI 53227. We will run to Candy Cane Lane, nearby in West Allis.

For anybody not familiar with Candy Cane Lane, it is a neighborhood that gathered together in 1984 to collect donations for the MACC Fund – Midwest Athletes Against Childhood Cancer, Inc., in honor of a neighbor's child diagnosed with cancer. The neighbors worked in concert in decorating their homes and encouraged visitors to make a small donation as they drove through the festively enhanced neighborhood.



All of the money raised went to supporting research, treatment, and the eventual discovery of a cure for childhood cancers and related blood diseases.

Over the years the collaboration has grown to over 300 homes in a 12 square block area. The group collects donations from visitors to raise funds for the charity.

As is our tradition, we will run as a group from McCarty Park to Candy Cane Lane (about 1 mile) and then run through the area singing Christmas Carols as we go, we will then return to the park for refreshments.

Meet at 6:00pm at the McCarty Pavillion, Run at 7:00pm.

Contact Jeff - runnerjeff@outlook.com or Scott - stauske@sbcglobal.net for more information.

The Badgerland Striders and the Running Scene in 2015

(Continued from page 3)

Fitness alternatives

There are numerous fitness alternatives because sports is big; look at all of the sports video games and fantasy sports. Then there are shows such as *Ninja Warrior* and *The Biggest Loser*. As Jimmy Durante said, "Everybody wants to get into the act." Some people have turned to race options such as the trail runs, ultras, triathlons, color runs, and tuff mudders.

Those adventures are not for everyone, but because of society's emphasis on health, people are taking up exercise activities that fit into their personal comfort levels. As we age, even those of us who are runners, do less running and more cross-training because the recovery takes longer and our bodies cannot withstand running day after day. Therefore, people turn to biking and walking, but there is also CrossFit, Zumba, high intensity interval training and yoga that attract would-be runners.

Striders' history

The Badgerland Striders roots go back to 1959. In that year, the Milwaukee Track Club was formed by Jim Hanley and Brian Murphy.

Fast forward to 1972 when the University of Wisconsin-Milwaukee Track Club was founded by University of Wisconsin-Milwaukee coaches John Tierney and Russ Coley.

At that time, the well-organized Milwaukee Track Club had a large membership with officers and a newsletter, but lacked a base of operations. Conversely, the University of Wisconsin-Milwaukee Track Club was short on members, but offered a base for operations and the potential to boost Milwaukee Track Club's image. Therefore, in January 1973, the two merged and took the name UWM-Track Club. In 1977, the UWM-Track Club changed its name to the Badgerland Striders.

Growth of the Striders

Most of the credit for the Striders' recent growth is due to President Pete Abraham's ideas. He will be the first to credit our membership, but his charisma, personality and leadership qualities inspire and unite the club.

We offer free Tuesday night track workouts at Hart Park and indoor training sessions at the Pettit Center during the winter. There are twenty-five Wednesday evening fun runs, three track meets and a sixteen-week Lakefront Marathon buildup program. Did I mention all of this is free? The club is not looking for a profit.

We also offer nineteen well-organized, reasonably-priced races that include a discount for members.

Despite all of the new races that are appearing, every Striders' race is attracting a record or near record number of participants. Two new Striders' races are the Strider 20K (started in 2013) and held in December in the Pettit Center, and the Hartfest Half-Marathon (started in 2014).

The Striders' races generally do not attract walkers; they are true races. Although many of the Striders' races donate proceeds to a charity, the participants are not asked to obtain sponsors.

Our membership also provides volunteers for our club races and according to President Pete Abraham, there is a waiting list of people who want to be race directors.

For races such as Al's Run and Samson Stomp, the Striders provide consultation, race day management, equipment and volunteers, for a minor fee.

Because of the Badgerland Striders, running is in a very healthy state in 2015.



BADGERLAND STRIDERS MEMBERSHIP BENEFITS

Remember to Show your
Membership Card to receive benefits

Performance Running Outfitters

Brookfield, Oconomowoc, Shorewood
10% off + 10% back in PRO rewards

Rodiez's Running

West Allis
15% Discount

Instep Running

Delafield, Franklin, Mequon, Milwaukee
15% Discount

Fleet Feet Brookfield

17550 B-1 W Bluemound Rd
15% Discount

New Balance store

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

Running Warehouse Online

Code: BLSRCD
15% Discount

Ben's Cycles

12% Discount

Pettit National Ice center

50 percent Discount, \$2
for entry to Track

The North Face

Brookfield Square
10% Discount

The Endurance House - Delafield

2736 Hillside Dr., Delafield WI
12% Discount



MAKING DUST

Pain is temporary, pride is forever!
Anonymous



TOSAFEST 5K

3.1 Mile Run Results Continued

(Continued from page 14)

16	RICH COPPAGE	00:28:43
17	SCOTT BIESTERVELD	00:28:47
18	DAVID WEISS	00:28:58
19	CHRIS EULL	00:29:54
20	TONY HELLEN	00:29:55
21	JAMES SCANNELL	00:30:35
22	BARCLAY FERGUSON	00:38:33

12	TRACY VETTA	00:35:19
13	MERILOU GONZALES	00:37:36
14	DANI KASLOW	00:46:20
15	TANYA FRIENDS	00:51:53

Age Groups: 50 - 54 MALE		
1	JIM GROSS	00:18:20
2	BILL VERBOS	00:19:41
3	JIM CICHY	00:19:49
4	PETER M STEFANIAK	00:21:13
5	MARK PAL TZGRAFF	00:22:12
6	PETER MONTROSS	00:22:26
7	MIKE STEFANIAK	00:22:34
8	DAVID HILKER	00:23:09
9	JOHN KOSMATKA	00:25:19
10	JESUS MARISCAL	00:25:25
11	TOM KLEIN	00:25:58
12	GARY HOFFMAN	00:26:07
13	DAVID PIKE	00:26:19
14	MARK MAURICE	00:26:29
15	JOHN ZIZZO	00:27:06

6	CAROL WILLICK	00:27:43
7	ELAINE SPRENGER	00:28:26
8	MEG JANSKY	00:29:05
9	LORI BAUMAN	00:30:13
10	NANCY REIDER	00:30:31
11	CANDY HEUER	00:30:33
12	KATHY COLEMAN	00:42:35
13	SUSAN SMITH	00:49:22

Age Groups: 55 - 59 MALE		
1	PAUL MAURER	00:19:57
2	STEVE CUMMINS	00:20:29
3	BOB SCHMIDT	00:20:47
4	PETE S. STEFANIAK	00:22:47
5	NICHOLAS ANSTEDT	00:23:07
6	RANDY RISTOW	00:24:25
7	KEN OLSZEWSKI	00:24:42
8	JEFF FELBER	00:25:12
9	DAN GILIPSKY	00:25:49
10	STEVEN STEIN	00:26:04
11	CHRISTOPHER PANARO	00:26:48

24	CRAIG NIEDRINGHAUS	00:49:46
Age Groups: 55 - 59 FEMALE		
1	MARYANNE HINKES	00:22:55
2	KIM PETAK	00:23:40
3	JULIE RISTOW	00:25:18
4	LORI STAUDER	00:25:20
5	SUELLYN WITTLIEFF	00:26:45
6	MARTHA SCHIER	00:27:17
7	ANGELA BRANNAN	00:28:27
8	CAROL EMANUEL-CHOP	00:29:41
9	EDIE NIEMIEC	00:30:05
10	GAIL RIEDERER	00:31:28
11	BOO WILD	00:31:46
12	MARY WHITE	00:33:12
13	LISA WALTER	00:34:30
14	MAUREEN GAVAHAN	00:36:59
15	CYNTHIA WINGET	00:37:00
16	ANNE BINGHAM	00:37:27
17	ROSE ANSTEDT	00:38:00
18	CONNIE SWANSON	00:43:32

1	MARY EISENHAEUER	00:24:37
2	JONI HODOR	00:28:20
3	MARGY GALEWSKI	00:30:19
4	DEB COOPER	00:31:51
5	MARY COOPER	00:33:51
6	EILEEN DONOHOO	00:34:08
7	JULIE PIERCE	00:34:32
8	JACKIE TREVINO	00:34:33
9	SHARON NIEMAN	00:35:28
10	IAN KAUFMAN	00:39:17
11	RHONDA TAYLOR PARRTS	00:45:56

Age Groups: 65 - 69 MALE		
1	JIM DE VITA	00:24:54
2	KEN OCHS	00:26:08
3	ROBERT SCHULTZ	00:27:22
4	DENNIS SHOEMAKER	00:27:57
5	GERRY GALEWSKI	00:30:09
6	PAUL LORENZ	00:32:43
7	RAY COOPER	00:33:52



Age Groups: 45 - 49 FEMALE		
1	HEATHER DEATON	00:26:32
2	JULIA EGGNER	00:27:25
3	JODI KRAFCHICK	00:27:25
4	SUZANNE ABLER	00:27:57
5	JULIE HENSZEY	00:28:27
6	ANN BACHAR	00:29:35
7	MAURA ROBERTSON	00:29:36
8	ABBY PLUMMER	00:31:44
9	HILL OSTROWSKI	00:31:57
10	JANA BOSWELL	00:32:19
11	CINDY BIESTERVELD	00:33:41

16	RICK YAHN	00:28:00
17	JOE JANSKY	00:29:02
18	ROBERT MONROE	00:29:44
19	MIKE SOBIE	00:30:39
20	TROY BLEWETT	00:33:43
Age Groups: 50 - 54 FEMALE		
1	SUSIE MONTROSS	00:22:25
2	LORI PADGETT	00:24:20
3	JILL TANEL	00:24:52
4	MARY SPRIGGS	00:26:39
5	KATHRYN MOUREAU	00:27:40

12	MICHAEL BROWN	00:26:53
13	PAUL BOWERS	00:26:59
14	RICK JEFFERS	00:27:09
15	LARRY HORNUNG	00:27:10
16	BRIAN SPRENGER	00:27:26
17	ROBERT LEE	00:27:48
18	TERRANCE GLYNN	00:28:37
19	NELSON GUZMAN	00:28:38
20	TIMOTHY DUNNE	00:28:43
21	DALE WITTLIEFF	00:28:46
22	RANDAL ST. LOUIS	00:32:46
23	JOHN WOOD	00:42:08

19	CECELIA CARSE	00:47:49
Age Groups: 60 - 64 MALE		
1	MIKE VERNON	00:19:23
2	PAUL HORANOFF	00:20:17
3	MICHAEL FORD	00:20:56
4	GREG KESLING	00:23:36
5	MIKE NIEMIEC	00:24:00
6	THOMAS KROLL	00:24:57
7	JOE COOPER	00:25:02
8	JOE PATERICK	00:25:15
9	DAN DINGMANN	00:25:55
10	BOB KRICK	00:26:13
11	DAVE GIPP	00:26:27
12	LEO RIES	00:26:51
13	RANDY NAWOTKA	00:26:54
14	GREG REAMER	00:27:03
15	DONALD JANICKI	00:28:15
16	ROGER GIPP	00:29:29
17	GREG DAGGETT	00:32:18
18	JAMED CARROLL	00:45:09
19	JOHN WHITE	00:48:12

Age Groups: 65 - 69 FEMALE		
1	NANCY ALLMAN	00:29:05
2	SALLY VON ZIRNGIBL	00:29:11
3	CAROL HIGHLAND	00:33:43
4	BARBARA PLEASANT	00:37:20
5	OTTLIE GRAMLING	00:47:10
Age Groups: 70 - 74 MALE		
1	MIKE KIRKWOOD	00:23:12
2	KLAREN ALEXANDER	00:23:25
3	MICHAEL SPITZ	00:28:45
4	RON PEMBERTON	00:28:58
5	DENNIS EUTING	00:30:43
6	HEINER GHESE	00:31:56
7	JIM CHMIELEWSKI	00:33:26
Age Groups: 70 - 74 FEMALE		
1	CAROL DORAU	00:31:11
Age Groups: 75 - 98 MALE		
1	EDWARD BLUMBERG	00:38:30
2	JOHN BROPHY	00:45:50



Age Groups: 60 - 64 FEMALE

Age Groups: 75 - 98 FEMALE

RODIEZ'S RUNNING STORE

Tony Rodiez
Owner / Manager

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

10903 W. Lincoln Ave.
West Allis, WI 53227

Hours

M-F
10-8

Sat.
10-5

Sun.
12-4



The Most Times are in 'The Strider'



2015 Most Improved Runner Program CALLING ALL STRIDERS!!

*By Jody Geibl
MIR Program Coordinator*

Would you like some recognition for your hard work and training?

The Most Improved Runner program will reward YOU based on your personal improvement over the past year. Annually, the Badgerland Striders provide members the opportunity to pat themselves on the back for their outstanding improved performances. These awards are presented at the annual Holiday Party.

An entry form is included below. Members may enter more than one category, because we all know you have run more than one race or distance this year!

To be eligible for prizes, you must be a member of the Striders and have volunteered at least once in the past 12-month period.

Novice and competitive runners alike, this is your opportunity to toot your own horn! Congratulations on a great running season. I look forward to receiving your results.

DETAILS

There will be separate awards for male and females. The winners are determined by percent improvement from 2014 to 2015.

You may enter more than one distance category, but each entrant will receive only one award, for the highest place.

If there are questions regarding your results, the committee reserves the right to make adjustments to ensure fair results.

RULES

Entrants must be members of the Badgerland Striders and have volunteered at one race or event this year.

Enter as many race categories as you wish.

The race times (for both 2014 and 2015) must be from a race where results can be verified. Races do not need to be the same for both years.

Example: Half marathon-
Strider Half Marathon 2014 2:10
South Shore Half Marathon 2015 1:50

It is the responsibility of each entrant to send in his or her best times.

Only one award will be presented in each category in each age group.

Only one award per person. Duplicate winners will be presented the award for the longest distance.

ENTRY DEADLINE IS DECEMBER 10, 2015.

Send entries to:

Jody Geibl
Attn: MIR Program
1915 Hunter Court
Waukesha, WI 53189

Don't forget! Entries must be postmarked by December 10, 2015! Feel free to contact me with any questions.
jgeibl@wi.rr.com

BADGERLAND STRIDERS - MOST IMPROVED RUNNER PROGRAM

NAME: _____ ADDRESS: _____ CITY / STATE: _____
 ZIP: _____ EMAIL: _____ EVENING/DAY PHONE: _____

DISTANCE	RACE NAME	DATE	TIME
1MI			: :
1MI			: :
BIATHLON			: :
BIATHLON			: :
DUATHLON			: :
DUATHLON			: :
TRIATHLON			: :
TRIATHLON			: :
5K			: :
5K			: :
4MI			: :
4MI			: :
8K			: :
8K			: :
5MI			: :
5MI			: :
10K			: :
10K			: :
7MI			: :
7MI			: :
15K			: :
15K			: :
10MI			: :
10MI			: :
20K			: :
20K			: :

DISTANCE	RACE NAME	DATE	TIME
20K			: :
20K			: :
1/2 MARATHON			: :
1/2 MARATHON			: :
25K			: :
25K			: :
20 MI			: :
20 MI			: :
MARATHON			: :
MARATHON			: :
50K			: :
50K			: :
50M			: :
50M			: :
100K			: :
100K			: :
100MI			: :
100MI			: :
6 HR			: :
6 HR			: :
12 HR			: :
12 HR			: :
24 HR			: :
24 HR			: :
OTHER			: :
OTHER			: :

SATURDAY • JUNE 11, 2016

HALF MARATHON • QUARTER MARATHON • 5K

7:00 AM • MILWAUKEE, WI



6•11

2016

PRESENTED BY

BMO  Harris Bank

- ★ **Registration Includes One FREE Summerfest General Admission Ticket**
- Valid any day during Summerfest 2016
- ★ **Entertainment Along the Course**
- ★ **Finisher's Medal for All Participants**
- ★ **Great Post-Race Party Featuring Live Music**
- ★ **One FREE Beer for Registered Participants Over 21**

REGISTER NOW!

ROCKNSOLERUN.COM





The Badgerland Striders Present:

Briggs and Al's Run / Walk for Children's Hospital

Milwaukee, WI
September 13th, 2014

8 K Race

HERMES SPORTS & EVENTS, INC

1624 St Clair Ave NE

Cleveland, OH 44114

(216) 623-9933

WWW.HERMESCLEVELAND.COM

First Name	Last Name	Time
F18-under		
Emily	Paupore	36:21.4
Kora	Plucinski	39:32.7
Abbey	Finnegan	40:16.6
Kelly	Walsh	40:29.7
Katie	Revelis	40:33.3
Beth	Michalewski	41:10.7
Sylvia	Valk	41:10.7
Allison	Whelan	42:23.5
Christina	Ishaq	42:55.2
Nicholas	Johnston	42:57.7
Shreya	Shah	43:01.9
Ana	Haring	44:28.7

Alexis	Shaffer	51:58.9
Alyza	Romero	52:08.2
Maya	Boll	52:08.6
Livia	Birler	52:10.0
Gwen	Kelpin	52:38.0
Laine	Dolan	52:43.9
Carly	Colman	52:45.2
Abby	Squirell	52:46.1
Lindsay	Willocks	53:01.7
Grace	Gabriel	53:02.1
Jennifer	Lunde	53:25.2
Racine	King	53:34.0
Sarah	Groechel	53:53.2
Kate	Viviano	53:58.5
Amber	Smith	54:37.9
Elise	Rice	54:39.8
Hannah	Smith	54:44.1
Kylie	Coraggio	55:25.8
Gretchen	Greischar	56:33.1
Addison	Block	56:41.0
Alexandra	Ketarkus	56:47.7
Sadie	Monreal	56:53.1
Ginny	Boggest	57:23.6
Lily	Engelbert	57:38.8
Madie	Strutz	57:49.1
Gabriella	Vanderpool	57:54.2
Jordyn	Schwartz	58:02.3
Amanda	Wachter	58:07.7
Olivia	Campbell	58:47.5
Alanna	Gaziano	59:29.5
Joan	Turner	59:45.2
Caitlyn	Saccodato	59:59.0
Lorna	Markowski	1:02:41.9
Lilian	Zieser	1:05:42.6
Gabriela	Zieser	1:05:42.6
Cece	Ortwein	1:06:34.3
Christine	Barrientos	1:13:00.0
Fiona	Hornada	1:13:09.5
Emma	Dwigans	1:16:41.5
Abbie	Vandanduyf	1:28:50.6
Ella	Anderson	1:37:45.2
Kloe	Figliuzzi	1:43:35.3
Allison	McLaughlin	1:43:36.2

Riley	Hill	40:11.7
Lauren	Kaszak	40:16.2
Bailey	Finnegan	40:17.1
Elizabeth	Goslie	40:21.1
Megan	Bianco	40:22.7
Alina	Atayan	40:26.9
Elizabeth	Lindner	40:27.2
Lauren	Ingles	40:28.7
Chelsea	Payant	40:33.1
Gabriele	Berg	40:33.2
Emily	Hebron	40:35.0
Therese	Casey	40:39.9
Rachel	Metz	40:45.6
Sara	O'Dowd	41:04.8
Kate	O'Shea	41:07.5
Juliana	Shearer	41:14.4
Jacqueline	Wojcik	41:26.1
Margot	Debakor	41:29.7
Sarah	Jahrke	41:30.3
Carina	Rago	41:32.8
Clara	Kiesel	41:33.0
Cynthia	Lopez	41:33.1
Shelby	Lang	41:35.5
Rachel	Margolis	41:36.6
Lisa	Vlach	41:37.7
Rebecca	Alt	41:38.5
Leslie	Williams	41:42.9
Stefanie	Pavlick	41:47.8
Katie	Peterson	41:47.9
Sophia	Haskup	42:04.5
Stefanie	Berg	42:28.4
Rachel	Bernas	42:30.6
Allison	Blazek	42:31.3
Lauren	Grant	42:33.8
Katie	Kemmerer	42:42.4
Bailey	Peck	42:50.6
Erin	McHugh	42:50.7
Jacqueline	Friello	42:53.2
Julia	Jeziorowski	43:12.2
Ellie	Rauch	43:12.8
Doyle	Doyle	43:18.7
Alexandra	Labets	43:22.9
Nicole	Schmit	43:35.0
Gabrielle	Kosloske	43:35.1
Olivia	Rieder	43:52.7
Nettie	Rauch	43:55.9
Ashley	Clesry	44:01.1
Nora	O'Sullivan	44:07.3
Tricia	Randolph	44:09.1
Caroline	Gilger	44:09.9
Amy	Rothwell	44:10.7
Sarah	Miller	44:14.6
Kelsey	Brunner	44:21.2
Gabby	Embry	44:23.7



KIDS DESERVE THE BEST

More than 16000 participants raise over \$1 Million for Children's Hospital of Wisconsin at Briggs & Al's Run & Walk 2015

Milwaukee (Sept. 19, 2015) –Children's Hospital of Wisconsin announced that more than 16,000 people participated in Briggs & Al's Run & Walk the morning of Saturday Sept. 19th raising more than \$1 million.

Since Marquette University men's basketball coach Al McGuire began the event in 1978, Briggs & Al's Run & Walk has brought thousands of people to downtown Milwaukee to run, walk and fundraise in support of the top-tier care for kids that Children's Hospital provides locally, regionally and nationally.

"We know that community support is vital to achieving our vision that Wisconsin's children will be the healthiest in the nation, and there is perhaps no greater symbol of the community's support for our kids that the sight of thousands of people running and walking down Wisconsin Avenue," said Peggy Troy, President and CEO of Children's Hospital of Wisconsin. "Because of the generosity of our title sponsor, Briggs and Stratton, as well as countless other sponsors and benefactors, the real winners today are the kids."

During its nearly 40 year history, Briggs & Al's Run & Walk has raised more than \$16 million through gifts and pledges. Money raised goes to support Children's Hospital of Wisconsin's research, advocacy, care and education efforts throughout the state.

"Briggs & Al's Run & Walk demonstrates the community spirit that thrives in this city," said Todd Teske, CEO of Briggs and Stratton. "As a company with a long history in Milwaukee, Briggs and Stratton is committed to supporting the health of Milwaukee's kids for many generations to come. Our employees have been immensely proud of our commitment to Briggs & Al's Run & Walk, and support the event by running, walking and donating."

Briggs & Al's Run & Walk is a USA Track & Field certified 8k course, attracting elite runners and wheelchair athletes from throughout the region. Participants can also choose to participate in a 3 or 5 mile walk route instead of running.

Top finishers in the men's, women's and wheelchair divisions are:

- Men: Brian Finnel - 24:48 Push Rim Wheel Chair: Steven Smith - 22:32
- Women: Mina Demarco - 30:12 Hand Crank Wheel Chair: Melissa Smith - 27:28

For more information about Briggs & Al's Run & Walk, visit alsrun.com or www.facebook.com/briggsalsrun.

About Children's Hospital of Wisconsin

Children's Hospital of Wisconsin is the region's only independent health care system dedicated solely to the health and well-being of children. The Hospital, with locations in Milwaukee and Neenah, is recognized as one of the leading pediatric health care centers in the United States. It is ranked No. 4 in the nation by Parents magazine and ranked in all 10 specialty areas in U.S. News & World Report's 2014-15 Best Children's Hospitals report. Children's provides primary care and specialty care, urgent care, emergency care, community health services, foster and adoption services, child and family counseling, child advocacy services and family resource centers. In 2013, Children's invested more than \$105 million in the community to improve the health status of children through medical care, advocacy, education and pediatric medical research. Children's achieves its mission in part through donations from individuals, corporations and foundations and is proud to be a member of Children's Miracle Network Hospitals. For more information, visit the website at chw.org.



Hannah	Prudlow	44:28.8	Chelsea	Sherbine	36:57.8	Kelly	Nance	44:26.1
Abby	Wanezek	44:41.9	Brynna	Goulding	37:00.8	Nelson	Nelson	44:30.2
Alexandra	Adali	45:07.4	Lauren	Orfield	37:06.9	Kate	Klaubauf	44:42.1
Maya	Novack	45:10.1	Nicole	Jaffke	37:12.9	Abigail	Diercks	44:46.3
Colleen	Scott	45:11.8	Annie	Lang	37:39.2	Carlye	Schuh	44:49.1
Natalie	Feinstein	45:20.6	Melanie	Blegler	37:51.6	Krista	McClure	44:49.6
Tessa	Walle	46:03.9	Jordan	Simonides	37:51.8	Kathryn	Moran	45:03.6
Margo	Cushman	46:49.0	Jessica	Meinen	38:12.2	Kelsey	Hafner	45:04.6
Georgia	Cushman	46:49.3	Kaitlyn	Soukup	38:20.5	Laura	Fischer	45:16.8
Eisa	Engelbert	46:51.5	Molly	Modrzyński	38:28.6	Jenna	Leszczynski	45:32.7
Madison	Smith	46:57.9	Alexandra	Feltmeyer	38:49.3	Alyson	Ambrookian	45:33.2
Charlotte	Ruppel	47:22.5	Raisa	Kote	38:51.2	Marlee	Hartman	45:41.8
Marcus	Genz	48:02.2	Rachel	Popeika	38:51.2	Katie	Orfei	45:42.1
Mette	Genz	48:02.4	Kimberly	Surtus	39:00.1	Caitlin	Gardner	45:46.8
Stacy	Mellantine	48:44.0	Rebecca	Strait	39:11.3	Guerin	Querin	45:47.5
Aaliyah	Alberts	49:01.5	Jordan	Mottet	39:14.1	Mariah	Arends	45:48.4
Tess	Sirother	49:29.6	Katherine	Cherney	39:34.9	Samantha	Huddleston	45:55.4
Elizabeth	Hacker	49:52.0	Allison	Amateis	39:52.5	Andi	Sirokman	46:02.7
Shana	Klenk	50:31.5	Kelena	Bechler	40:00.8			
Athenas	Villarreal	51:41.0	Jacqueline	Borzillo	40:11.6			

(Continued on page 19)



The Most Times are in 'The Strider'



MAKING DUST

If a man coaches himself, then he has only himself to blame when he is beaten. Sir Roger Bannister

Briggs and Al's Run / Walk 8 K Race Results Continued

(Continued from page 18)

Table of race results with columns for name, time, and position. Includes names like Danielle Moscatel, Elizabeth Bobek, Sadie Klenk, etc.



Continuation of race results table, listing names and times for participants like Ali King, Danielle King, etc.



The Most Times are in 'The Strider'



(Continued on page 20)



Briggs and Al's Run / Walk 8 K Race Results Continued



(Continued from page 19)

Table of race results for the 8 K Race, listing names and times for participants from F30-34 to 100-109.

Table of race results for the 8 K Race, listing names and times for participants from 100-109 to 143-152.



Table of race results for the 8 K Race, listing names and times for participants from 150-159 to 190-199.

Table of race results for the 8 K Race, listing names and times for participants from 200-209 to 240-249.



The Most Times are in 'The Strider'



(Continued on page 21)



MAKING DUST



Jogging through the forest is pleasant, as is relaxing by the fire with a glass of gentle Bordeaux and discussing one's travels. Racing is another matter. The frontrunner's mind is filled with an anguished fearfulness, a panic, which drives into pain.
Kenny Moore

Briggs and Al's Run / Walk 8 K Race Results Continued

(Continued from page 20)

Table listing race results for the 8 K Race, including names, bib numbers, and times.



Table listing race results for the 100-mile race, including names, bib numbers, and times.

Table listing race results for the 100-mile race, including names, bib numbers, and times.

Table listing race results for the 100-mile race, including names, bib numbers, and times.



Table listing race results for the 100-mile race, including names, bib numbers, and times.

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Table listing race results for the 100-mile race, including names, bib numbers, and times.

Table listing race results for the 100-mile race, including names, bib numbers, and times.

Table listing race results for the 100-mile race, including names, bib numbers, and times.



(Continued on page 22)



Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.
-- T. Alan Armstrong



Briggs and Al's Run / Walk 8 K Race Results Continued

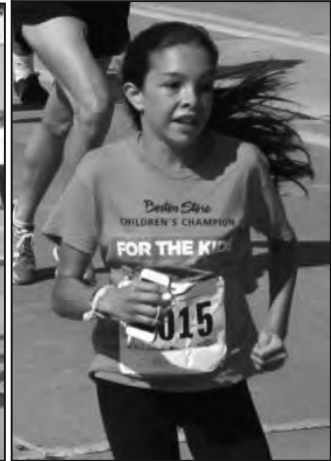
(Continued from page 21)

Eric Windt 29:28.1



Sam Kitzrow 29:33.4
Benjamin Sylvester 30:12.1
Michael Salvage 30:59.1
Phillip Gessler 30:59.1
Ben Rappaport 31:07.7
Zack Wallace 31:29.1
Sam O'Neil 31:43.4
Zachary Longo 31:43.4
Ian Kloehn 31:43.9
Alexander Miller 31:43.9

Matt Ricciardi 31:44.8
John Teich 31:59.9
Xander Jacobson 32:23.5
Daniel Steeno 32:32.0
Joe Fuchs 32:35.9
Isaac Kadera 32:42.7
Zachary Hodgson 32:59.6
Dustin Hau 33:03.4
Patrick Day 33:05.7
Stanley Willinski 33:27.6
Matthew Slag 33:28.4
Charles Manchester 33:29.0
Jason Kysely 33:48.5
Brady Nold 34:08.9
John Janick 34:09.3
Daniel Ball 34:11.9
Ben Teich 34:15.0
Daniel Reiner 34:24.7
Nicholas Paoli 34:59.2
Andrew MacKensen 34:59.6
Stephen Blotta 35:13.6
Mike Massimino 35:17.4
Trevor Blazer 35:26.8
Patrick Patti 35:32.5
Stephen Smetana 35:56.1
Noah Joseph 36:10.3
Eric Buss 36:27.6
Jake Daniels 36:47.3
Rob Pisano 36:59.9
Derek Brusda 37:05.7
Timothy Pawlicki 37:06.8
Marcus Buchler 37:08.4
Steve Mann 37:26.4
Ted Goltzman 37:33.7
Mike Falk 37:39.1
Brian Jackson 38:10.4
Luke Vassos 38:14.4
Adam Vraj 38:16.0
David Fugill 38:25.5
Michael Jacobs 38:26.9
Zaq Daniels 38:30.0
Grant Runnoe 38:30.3
Konrad Glaub 38:33.3
Jonathan Cleveland 38:47.8
Lucas Benish 38:52.8
Andrew Rosselli 39:25.7
Jesse Foster 39:32.4
Jake Brunette 39:33.5
Michael Clemmie 39:35.7
Anthony Ciannichella 39:36.2
Alex Payant 39:45.5
Rony Jimenez 39:46.0
Alex Patnoe 39:48.2
Theodore Holland 40:26.5
Adam Woodside 40:34.5
Matthew Glitany 40:35.2
Alexander Foltz 41:06.6
Jacob Demman 41:08.9
Luke Breuer 41:09.1
Sias Konrath 41:27.5
John Beine 41:28.5
Phil Tomas 41:30.1
Turner Hombusch 41:37.6
Jack Melquist 41:42.5
Brian Begley 41:42.6



Harry Wise 41:43.0
Cory Chappell 41:45.7
Nathan Welchlin 41:57.0
Ryan Neidinger 42:06.3
Daniel Strand 42:09.7
James Price 42:43.0
Henry Xie 42:50.9
Dallas Camp 42:54.3
Sean O'Regan 42:57.5
Michael Faerber 42:58.6
Alec Grych 42:59.4
Nick Doyle 43:11.0
Paul Bratzl 43:21.5
Alexander Egan 43:22.3
Matthew Andrashko 43:50.9
Steven Pelrine 43:54.7
Colin Riehl 44:01.8
Cole Blazer 44:01.9
Aaron Roeseler 44:07.3
Owen Weselak 44:19.8
Crock Karls 44:31.4
Mike Diamond 44:32.1
Andy Suchorski 45:05.4
James Glowinski 45:27.6
Dachel 45:41.8
Matt Geller 45:58.3
Rob Carver 46:00.1
Grant Preisler 46:00.3
Nick Oip 46:01.6
Jon Schultz 46:09.1
Connor Venes 46:09.7
Brad Pionkowski 46:18.1
Taylor Baar 46:19.0
Nick Eufrazio 46:20.6
Bredon Connolly 46:26.3
Matt Del Duca 46:31.2
Cj Arenberg 46:43.3
Griffin Connor 46:57.6
Joe Cantieri 47:02.1
Cory Oswald 47:08.5
Matt Lanza 47:37.0
Brent Saugstad 47:37.5
Josh Graber 47:41.8
Peler Morrissey 49:08.3
John Mainey 49:13.5
Mark Dorlack 49:17.9
Ryan McNamara 49:24.0
Jordan McKenzie 49:27.3
Kyran Clarke 49:27.3
Zach Barr 49:40.4
Trevor Johnson 49:40.4
Conor Gately 49:43.9
Brian Porter 49:53.3
Chris Pape 50:07.9
Chaz Elliott 50:18.6
Justin Epping 50:21.0
Noah Rickar 50:48.4
Anthony Fabris 51:17.1
James Smith 51:35.3
Aaron Deblaezy 51:42.8
William Koeck 51:48.0
Jimmy Rice 51:56.9
Jacob Leitheiser 51:59.2
Bj Grill 51:59.5
Jacob Richard 52:05.8
Luke Jung 52:19.3
Austin Karls 52:36.3
Sal Vitale 52:44.7

Matt Smith 52:45.3
Justin Steiner 52:51.2
Paul Saari 53:01.8
Erik Hansen 53:33.3
Daniel MacMillan 53:57.5
Timothy Page 54:12.8
Elton Smith 54:44.2
Blaine Flemming 55:07.0
Jimmy Danaher 55:09.0
Phil McFarland 55:09.3
Kevin Hays 56:03.3
Keoni Bailey 56:17.6
Tyler Gelshardt 56:41.2
Patrick Chapman 57:51.0
Ryan Romens 59:21.9
Kyle Whitlow 59:54.0
Joe Dunn 59:54.6
Henry Nelson 59:58.5
Tanner Thomson 1:00:36.2
Daniel Stemper 1:00:53.1
Baar 1:04:08.3
Andy Demichiel 1:05:26.1
Liam Byrnes 1:05:26.4
Matthew Arenberg 1:06:13.5
Adam Johnson 1:10:04.6
Ryan Koenes 1:11:12.8

M25-29 Brian Fimmel 24:48.8
Zach Bruns 25:40.5
Scott Allen 26:05.5
Nick Limoni 26:29.5
Justin Taylor 26:41.3
Zak Lutz 27:05.4
Brian Robertson 27:46.1
Griffin Griffin 29:35.4
Noah DeLong 29:42.5
Jon Fink 29:52.9
Craig Kage 29:54.1
Kewer 30:23.9
Jacob Strand 30:31.2
Robert Dess 30:49.2
Frohnmader 31:25.6
Andy Kyle 31:40.8
Michael Price 31:58.8
Chris Salani 32:13.5
Joshua Nemeth 32:20.5
Jeff Halke 32:36.6
Andrew Malson 33:22.5
James Zielonka 33:28.5
Donald Crego 33:35.2
Craig Stuebs 34:06.3
Brian Meuler 34:10.5
Tim Muldoon 34:31.8
Colin Husz 34:49.0
Peter Eggert 34:55.3
Ryan Bergren 35:03.2
Matt Davis 35:05.2
Ben Sching 35:32.8
Mark Novotny 35:57.1
Michael Lee 36:17.8
Justin Tanem 36:21.5
Cory Wolachek 36:25.0
Patrick Malloy 36:25.5
Billy Weber 36:45.4
Jude Yu 36:46.1
Scott Baar 36:53.8
Andrew Kleist 36:56.2



Mark Cigich 37:00.0
Matt Mathias 37:02.7
Travis Bong 37:14.7
Andrew Van Wychen 37:24.5
Jason Perelles 37:28.5
Douglas Smith 37:33.8
Matt Maddison 38:10.4
Andrew Jones 38:26.4
Sam Crahan 38:29.5
Noah Kadera 38:32.8
Andrew Stimmel 38:36.2
Michael Schworer 38:50.0
Marlin 39:26.7
Michael Snider 39:40.7
Daniel Nash 39:45.8
Matt Davy 39:47.0
Anders Hendricks 39:56.7
John Modrzyński 40:26.3
Erik Gardner 40:31.5
Benjamin Pape 40:35.0
Matt Bauer 40:43.1
Matthew Moehlmann 41:04.7
Kurt Svatek 41:12.7
Ben Ziesemer 41:23.5
Eric Graner 41:25.7
Jesse Cramer 41:36.4
Brian Davis 41:38.2
Daniel Sager 41:38.4
Patrick McElwee 41:50.1
Jamie Demathew 41:50.1
David Lancour 41:51.2
Paul Olson 41:52.2
Ben Digmann 41:56.9
David Zoltan 42:10.7
Immel Yu 42:39.8
Justin Beauchene 42:42.7
Phil Smith 42:47.5

Patrick Derrick 43:02.5
Paul Sisler 43:19.3
Max Schumm 43:35.3
Andy Thomson 43:54.4
Matthew Franzowiak 44:04.0
Dan Novak 44:30.5
Evan Foy 44:35.2
Tony Haning 44:47.7
Jacob Ohlinger 44:48.1
Jameil Abou-Hanna 44:56.3
Joe Montemuro 45:03.9
Destin Harcus 45:06.7
Matt Pouplich 45:28.4
Luke Pan 45:55.4
Michael Gionet 46:12.0
Alexander Dubey 46:16.4
Justin Gerhartz 46:19.5
Kevin Olson 46:32.6
Matt Lopuchovsky 46:35.8
Jordan Kapke 46:54.7
Mike Walker 47:44.0
Joshua Sikorski 47:44.4
Sal Fadel 47:45.2
Jake Pritzlaff 47:46.6
Patrick Darough 48:28.1
Gregg Mueschow 48:41.3
Tom St. Marie 48:45.4
Michael Galezewski 48:53.3
Ben Weston 48:55.7
Pete Betanzos 48:56.7
Alejandro Baulista 49:04.8
Michael Kleczewski 49:10.7
Peter Kruesel 49:20.1
Manuele Tetimanti 49:28.0

(Continued on page 23)



The Most Times are in 'The Strider'





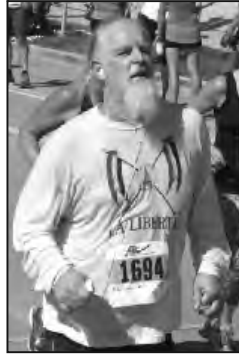
MAKING DUST

Tomorrow is another day, and there will be another battle! --Sebastian Coe
 (a few minutes after a 2nd place finish in the 800m Olympic Games final in Moscow 1980,
 he later won the 1500m, he had been favored to win the 800m)



Briggs and Al's Run / Walk 8 K Race Results Continued

Jimmy Manning 1:02:29.9	Todd Fabos 38:22.7	Jack Beyer 42:10.3	Brent Jellinski 45:19.2	Daniel Corkins 49:41.6
Matthew Miller 1:03:23.5	Sal Ballstreri 38:25.5	David Smith 42:22.8	Kadera Kadera 45:40.3	John Schroder 49:43.3
Chris Novak 1:03:46.0	Randy Newman 39:05.2	Daniel Willig 42:28.4	Terry Goins 45:56.0	Jay Gieskieng 49:46.2
Curt Shumaker 1:08:29.5	Dan Brenton 39:14.8	Adam Van Essen 42:29.1	Nichols Schroeder 45:57.7	Erik Dreilack 50:08.2
Christopher Reding 1:12:46.0	Nathan Haas 39:16.2	Adam Turner 42:30.5	Shane Duffy 46:18.2	Veeranunt Rhuetrakul 50:27.6
Tyler Gudex 1:15:27.2	Peter Joachim 39:20.9	Ben Apin 39:32.9	Michael Jeff 46:26.2	James Jester 51:05.3
M30-34	Nick Ryan 39:33.8	Rick Potez 39:38.8	Jeff Boehms 46:43.5	Thomy Singh 51:06.5
Garick Hill 25:49.4	Michael Peters 39:44.6	Michael Thibodeau 43:15.4	Mike Tack 46:46.4	Peter Zavislak 51:14.7
Craig Kuehl 26:51.8	Tristin Suhonen 39:51.7	Nick Hoell 43:16.9	Chad Sanders 46:47.5	Drew Hamer 51:25.5
David Cohen 27:25.7	Brian Neuberg 39:53.6	Michael Butterfield 43:47.7	Kevin Sanders 46:50.1	Greg Walthera 51:27.1
Chris Krajevski 27:56.9			Daniel Hastings 47:03.7	Jeffrey Moreau 51:27.1
Tim Cigelske 28:27.2				Joe Larson 51:40.5
Mike Nelson 28:31.1				Marcin Kubit 51:51.3
James Daal 29:05.7				Kyle McCormick 52:15.5
Aaron Pierce 29:23.0				Matthew Halbach 52:16.4
Nathan Lanser 30:08.3				Chris Gries 52:46.0
Steve Kelly 30:26.6				Jeffrey Meuler 52:48.7
Sal Impellitteri 31:18.6				Michael Olson 52:49.3
Alec Sternig 31:40.8				Eric Freund 52:59.0
Liam Ortega 32:47.6				Mark Berlin 53:10.0
David Riemersma 33:08.3				Nathan Thomas 53:16.0
Ryan Bowers 33:39.2				Ryan Nagielkowski 53:22.3
Chris Riegel 33:50.6				Jeremy Brackman 53:52.2
Rob Clark 34:24.4				James Semanko 53:54.2
Zak Husz 34:32.3				Paul Gross 53:55.1
Stephen Humphrey 34:39.8				Timothy Raulmann 53:55.5
Ryan Roethle 34:44.8				Alan Amundson 53:57.1
Corey Dossert 34:59.2				Robert Teigen 54:07.2
Cassidy McCowan 35:09.4				Jesus Aquino 54:20.6
Michael Diederichs 35:12.4				Frank Melett 54:24.4
Matthew Olejniczak 35:14.3				Dan Hager 55:19.4
Bryan Rynders 35:45.7				Mark Pavlik 55:34.1
Adam D'Amato 35:46.8				Paul Schwartz 55:40.8
Adam Gordon 35:48.7				Bryan Shaw 55:47.7
Daniel Voors 35:52.7				Carlos Casso 56:12.3
Matthew Martel 35:59.1				Thomas O'Rourke 56:31.1
Thomas Dilworth 35:59.6				Ryan Bedingfield 56:41.5
Matthew Pape 36:05.4	Ben Hinkle-Wszalek 40:00.6	Philip Van Ermen 44:03.4	Matthew Ryno 47:04.1	David Bykowski 56:42.6
Brett Kleczewski 36:31.2	Andrew Meyer 40:57.2	Mike Leckman 44:04.9	Quinn Olsen 47:20.8	Michael Belich 56:53.3
Ryan Hatchell 36:34.9	Drew Jelinski 41:16.9	David Leckman 44:07.7	Jeremiah Mertz 47:23.4	Chris Gilbert 56:54.0
Joseph Lehmann 37:22.2	Joel Jagodinsky 41:18.1	Aj Leckman 44:42.9	Justin Mertz 48:14.0	Mike Zillmer 58:41.0
Stephen Brundage 37:33.3	Joe Mich 41:26.2	Timothy Cose 44:56.6	Joseph Roethle 48:20.3	Efren Cardenas 58:48.3
Brian Kimmel 37:36.4	Casey Wendt 41:26.7	Nathan Patterson 45:00.4	Stephen Gardner 48:23.8	Tony Marksteiner 59:25.5
Matthew Dahms 37:43.7	James Rinehart 41:35.0	Matthew Nersesian 45:01.3	Scott Bailey 48:35.3	Doug Christensen 1:00:18.6
David Lephardt 37:46.0	Phil Wester 41:53.6	David Bengs 45:05.1	William Stone 48:59.4	Benjamin Wildmon 1:02:57.4
Brian Thomas 37:47.1	Erik Amorosso 41:55.2	Jason Gehler 45:10.3	Steve Thomson 48:59.6	Andy Bischoff 1:03:46.1
Patrick Murphy 38:10.9	Jeff Babiarz 42:04.5	Michael Cwienkala 45:15.0	Paul Meuler 49:41.0	



(Continued on page 25)

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24 Nov 2015

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Register Online at MadisonMiniMarathon.com



MAKING DUST

"A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more. Nobody is going to win a 5,000 meter race after running an easy 2 miles. Not with me. If I loose forcing the pace all the way, well, at least I can live with myself."



Briggs and Al's Run / Walk 8 K Race Results Continued

Table of race results for the 8 K Race, listing names and times.

Table of race results for the 8 K Race, listing names and times.



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Table of race results for the 8 K Race, listing names and times.

(Continued on page 26)



The Most Times are in 'The Strider'





MAKING DUST

What kind of crazy nut would spend two or three hours a day just running? (This is how Steve reacted in Junior High when he saw the High School Cross country team running)



Briggs and Al's Run / Walk 8 K Race Results Continued

(Continued from page 25)

Table of race results with columns for runner names and times. Includes names like Fr. Jerry Kelly, Herda Gunderson, and others.

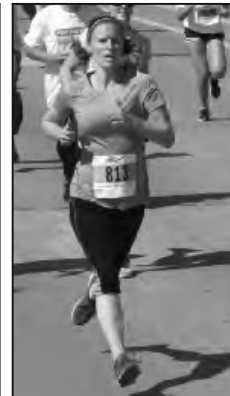
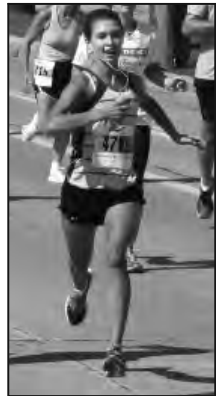


Table of race results with columns for runner names and times. Includes names like Jeffrey Senglaub, Ken Thomson, and others.

Advertisement for 'THE STRIDER' by Jeff Weiss, 5310 West Wells St, Milwaukee WI 53208, runnerjeff@outlook.com. Includes a decorative border of running shoes.

Table of race results with columns for runner names and times. Includes names like Michael Schultz, Greg Korenak, and others.



The Most Times are in 'The Strider'



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Tire Wear, Hearing Loss, and the Bear Behind

By Dave O'Brien

It's great to have a conversation with someone who understands a lot about science, situations, and people.

At Wheel & Sprocket's Bike Expo last April, I ran across Tom Labisch of **In-Step** Physical Therapy and Running Center. At first I saw he was busy with a customer, so I cruised, looking at the various biking products and booths, then returned when he appeared to be free.

"Hi, Dave," he said, indicating he was willing to spare some time.

So, what do you say to someone of an entirely different culture? Here I am, the stellar aerospace engineer (brought to this area by the now-defunct aerospace contractor, Allis-Chalmers, in 1969), and there he is, the lowly fitter of shoes for elite sports wannabes in 2015. What could we possibly have in common?

"I love these shoes," I said, "the ones you sold me 5 years ago."

"It's time you had new ones, Dave. You should have gotten rid of them before their first anniversary."

"What makes you say that?"

"Cushioning. Materials degrade with time. Your shoes don't have the cushioning they originally had, and that transmits more shock to your feet."

"But I don't run any more. Shock isn't a factor."

"Still, you need your shoes to hold their position and not give up their support."

"But Tom," I argued, "Look at car tires. On old cars, the rubber gets hard. Old tires last, and last, and last."

"Yes," he admitted, "but they don't grip as well."

He had a point.

I was noticing the noise level in the exhibition hall, and decided to swing the conversation to a closely related subject.

"I don't hear as well as I used to," I said. "But you know, it's not because of what the audiologists tell you -- the hairs in your ears, and nerve endings and all that. I believe it's because your bones and cartilage harden up as you age, so they 'ring' at certain frequencies."

"I feel I have excellent hearing at certain frequencies," I continued, "Say 1.5 to 3 kilohertz. That's so I can hear a bear in the woods, snapping a branch behind me."

"Yes," Tom replied, "But the same thing applies to your joints and tendons. They get tight and are subject to injury. You might need a shoe with more cushioning to avoid that."

"But these shoes are brand new," I countered . . .

So, you see how it goes. Tom and I are from different cultures. In my generation, you used up every thing that was available. You wore it out, right to the end. Tom is an expert at diagnosing and treating running-related injuries. When I was brought up, running injuries were of no concern.

Tom and I have very little common background, but we each have our own interesting perspective of the world, and that makes our discourse challenging. We could keep it going for hours, if we felt we could spare the time.

Perhaps it's time I broke down and bought a new pair of shoes. Then perhaps I could outrun the bear behind me.



Warrior 5k run 2.25 mile walk ... through the park

November 7th 2015 10am Greenfield park

5k trail run ~ 2.25 mile walk ~ Kids run

About the run.. The Warrior 5k.. through the park is designed to be a unique opportunity for **all running enthusiasts**, offering the competitive feel of a cross country race in late fall. Greenfield park is well known to many runners/walkers alike it is a beautiful park. The course begins on the southwest corner of the park with a gradual incline toward the north. The course then winds back toward the start line on the trails through a small line of trees. The continues along the service road at the one mile. The course continues through the woods on rolling trails with mile two at the fork in the path. The overall course is rolling with occasional rough footing in the woods, however the course is marked very well. The **Warrior 5k run and 2.25 mile walk ... through the park** is definitely different from most races that you will experience. The park was the site of the 2000 and 2014 Wisconsin Private College Championships and the 2010 and 2013 Northern Athletics Collegiate Conference Championships. Participants can sign up as individuals to walk, run, or jog or participate as a team of four runners in this cross country style 5K race.

Team Divisions:

Green- 4 males or 3 male, 1 female

Black- 2 males, 2 females or 1 male, 3 female

White- 4 females

Silver- all teams members over age of 40

Note: teams can be assigned day of event.



AWARDS & INCENTIVES

The top overall male and female runners as well as the top two teams in each division, will be presented with awards. This event is team-focused. Runners are encouraged to register as a team. Points will be assigned to each runner based on their overall finish (i.e., 1st place receives one point, 2nd place two points, etc.). Teams with the lowest number of combined points in each division will be the winners.



FEES:

Individual: \$17 (\$20 after November 5)

\$10 (WLC Students)

Team: \$60 per team of 4 (\$68 after November 5)

\$35 per team of (WLC students)

Registration includes T-Shirt, Food, Toppers pizza, bagels, fruit, beverages, starbucks coffee)

Many unique door prizes will be given away as well.

REGISTRATION

http://www.wlcsports.com/camps/special_events/warrior_5k

This event is celebrating year 13 this year and it serves as a fundraiser and community outreach for Wisconsin Lutheran College cross country teams, and a portion of the proceeds benefit Special Olympics.

RACE DIRECTOR

Steve Travis

Wisconsin Lutheran College

Head Cross Country & Track & Field Coach

Phone: 414.443.8872

E-mail: steve.travis@wlc.edu

THE STRIDER NEWSLETTER

*Jeff Weiss,
Editor "The STRIDER"*

As you may have read in the last issue, I plan to step down from my post as Editor of the STRIDER in one year.

If you are interested there is still plenty of time for someone to take over the print edition and be well trained by January of 2017.

Alternately (or concurrently) I hope to find someone interested in managing the electronic version of this newsletter. We are open to your new ideas. Please feel free to share them with me over the next year, but don't stall, talk to me soon. November 2016 will be upon us before we know it.



In brief, my vision is a webpage that will deliver the new of the Badgerland Striders. The page or pages will deliver the latest in running news for Milwaukee, Wisconsin and beyond. I don't know the details but I understand that we could set it up so



that members could deliver their own content and have it automatically upload directly to the page. Race recap articles can link directly to or from the results page.

I also announced that this month, November 2015, will be the last issue for a full listing of results for events. This issue has plenty of results, 13 pages (so far). The results will continue to be listed in full on the Badgerland Strider website (or "The STRIDER" website).

I will keep up these reminders over the next 7 print issues. Please share your ideas, feelings, laments or services with me at my new email address.

runnerjeff@outlook.com

HELP WANTED * * * HELP WANTED * * * HELP WANTED

We need help!

Electronic Newsletter Team Members

We need tech savvy members who are willing to aid in the design and construction of our new electronic newsletter.

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--	--	---	--

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STRIDER BULLETIN BOARD

How to Submit Materials for Publication

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

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

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

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

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

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

Send submissions via email directly to 'The Strider' at runnerjeff@outlook.com or via snail mail:

Jeff Weiss
5310 W. Wells Street
Milwaukee, WI 53208



This newsletter is printed on recycled paper.

Badgerland Striders 2015 VIP List

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President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
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	Dave Finch	262-886-9192	david.finch@rexnord.com
	Jeff Weiss	-	runnerjeff@outlook.com
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Past President	Jerry Anderson	414 258-4986	ajanderson@milwpc.com

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Equipment	Sean Daley	-	sdaley32@wi.rr.com
Fun Runs	Karen DeGenaro	414-975-2012	kdegenaro@yahoo.com
Finance Chair	Barbara Jewell	262 763-3062	barbarajew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavnski@juno.com
Track & Field	Ron & Alice Winkler	414-744-9404	rawinkler@sbcglobal.net
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Most Improved	Jody Geibl	-	jgeibl@wi.rr.com
Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis Shoemaker-	-	shoebxxx50@gmail.com
Web Master	Pauline Shoemaker-	-	bls.races@gmail.com

"THE STRIDER" ADVERTISING 2015

The Strider reaches more than 2,200 running enthusiasts around the Milwaukee area and the state of Wisconsin. If you have something to tell or to sell to active people, this newsletter will spread your message. Issues are published 6 times per year, January, March, May, July, September and November.

Advertising is based on our current print format which allows for a 9.75" wide x 12" long page.

SIZE	MEASUREMENTS	ALTERNATE MEASUREMENT	COST
FULL PAGE	9.75"W X 12"H	-	\$230
3/4 PAGE	9.75"W X 9"H	-	\$185
2/3 PAGE	9.75"W X 8"H	6.5"W X 12"H	\$165
1/2 PAGE	9.75"W X 6"H	6.5"W X 9"H	\$130
1/3 PAGE	6.5"W X 6"H	3.25"W X 12"H	\$95
1/4 PAGE	6.5"W X 4.5"H	3.25"W X 9"H	\$75
1/6 PAGE	6.5"W X 3"H	3.25"W X 6"H	\$60
1/8 PAGE	3.25"W X 4.5"H	6.5"W X 2.25"H	\$50
BUSINESS CARD SIZE	3.25"W X 2"H	-	\$32

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

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

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

To place an ad or insert, email or phone Jeff Weiss at runnerjeff@outlook.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 runnerjeff@outlook.com.

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

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

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

Monthly Club Meetings

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

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

Program suggestions are welcome.

Call Dave Gavinski: 414-476-3745

Email: davegavnski@juno.com

Moving?

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

● **Badgerland Striders Office**
● 12650 W. Arden Pl.
● Butler, WI 53007
● Club Phone: 414-476-7223
● (leave message)
● www.badgerlandstriders.org
● email: blsoffice@sbcglobal.net

"The Strider"

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

2016 RACE & PROGRAM DIRECTORS

Samson Stomp	Dave & Janice Finch	david.finch@rexnord.com	Jan 17, 2016 262-886-9192
John Dick Memorial 50K	Robert Wehner	rwehner@hotmail.com	Feb 6, 2016 262-370-7270
Steve Cullen Run	Nicole Jellison	nmjellison@yahoo.com	Feb 13, 2016 414-541-3086
Strider Southshore 1/2 Marathon	Len Wachniak	SoShoreRD@aol.com	Apr 2, 2016 414-545-5899
Deer Run 10K/5K	Hank Nisiewicz	hjn0316@wi.rr.com	Apr 30, 2016 262-242-3868
Ice Age 50-Mile/50K	Jeff Mallach	iceage50rd@sbcglobal.net	May 7, 2016 414-232-5411
Superun 5K	Dave Gavinski	davegavnski@juno.com	June 8, 2016 414-476-3745
Hartfest Half	Pete Abraham	ptaak7@yahoo.com	June 18, 2016 414-774-4580
Hales Corners Firecracker Four	Mike Sobie	blstreas@gmail.com	July 4, 2016 920-321-4944
Cudahy 5mi & 10mi	Andrew Cordell	cudahyclassicrod@gmail.com	July 31, 2016 -
Minooka Corn Roast	Ken Schoberg	kenschoberg@yahoo.com	July 27, 2016 414-273-8064
Strider Half Marathon	Tom Buthod	striderhalf@gmail.com	Aug 27, 2016 414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run	Robert Wehner	rwehner@hotmail.com	Sept 5, 2016 262-370-7270
Tsafest 5K	Anne Peters	tsafest5K@yahoo.com	Sept 12, 2016 312-927-4124
Briggs & AP's 8K Run for Children's Hosp.	Jeff Weiss & Brandi Encarnacion	alsrun@gmail.com	Sept 17, 2016 -
Lakefront Marathon	Erin Smith	milwaukeeceelakefrontmarathon@gmail.com	Oct 2, 2016 920-321-4944
Glacial Trail Run	Robert Wehner	rwehner@hotmail.com	Oct 9, 2016 262-370-7270
Lakefront Discovery Run	Scott Stauske	stauske@sbcglobal.net	Oct 29, 2016 414-418-8395
Turkey Trot	Dave Pike	dave1pike@yahoo.com	Nov 8, 2015 / Nov 6, 2016 -
Strider 20K	Barb Drees	barbaradrees@yahoo.com	Dec 6, 2015 / Dec 2, 2016 -



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12650 W. Arden Pl.
Butler, WI 53007

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