

The STRIDER

Volume 44, No. 6

Official Newsletter of the Badgerland Striders, Inc.

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:// turkeytrotbls2015.zapevent.com/

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

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 17

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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⇒ NOV BRIAN WISEMAN - UWM

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By Pete Abraham The Prez

Giving Back

Badgerland

Striders

waukee 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 Al's Run over several decades and our fees have been nominal. The last 2

Over 1000 of you guys came out to volunteer for the Mil- years we have only covered our costs at Al'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

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.

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Badgerland Striders Meetings



@ Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th), Open Run on the Indoor Pettit Track at 5:30pm, Reception at 6:30pm, Speaker at 7pm, Business meeting 8pm, Party until 9pm or even later (maybe).
Admission \$1 for members and non-members. Fee covers all refreshments and snacks.

Contact our meeting speaker coordinator

Dave Gavinski with speaker ideas for our future meetings. If we use your idea for a future meeting speaker you could win a Strider Hat Home: 414-476-3745, Email: davegavnski@juno.com

BADGERLAND STRIDERS MEETING SPEAKERS

************************* **NOVEMBER 18 2015 BRIAN WISEMAN HEAD COACH - STRENGTH AND CONDITIONING** - UW MILWAUKEE ATHLETICS

************************** ***** Brian Wiseman is the Head Strength and Conditioning Coach for UWM &

Athletics. He has been years. During that time ☆ letes in a variety of tics to Football at a vari-Army Special Forces

Champion. Brian has



in the field for 15 he has trained athsports from Gymnas- 🕸 ety of levels including ☆ earned a Master's

degree from The University of Southern Mississippi, is a Certified Strength and Conditioning Specialist and a Level 1 Weightlifting Coach.

DECEMBER 2015 NO MEETING



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 fellowrunner 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 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 50^{th} 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 50^{th} place has hovered around the three hour mark. Prior to 2005, there was no cap.

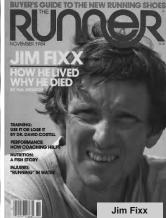
Here is what I found:

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2011 2:59:40 2077 finishers cap. 3050 2012 2:57:43 2112 finishers cap. 3050 2013 3:01:36 2154 finishers cap. 3100	2009	3:02:25	1882 finishers	cap. 2750
2012 2:57:43 2112 finishers cap. 3050 2013 3:01:36 2154 finishers cap. 3100	2010	3:02:16	1904 finishers	cap. 2750
2013 3:01:36 2154 finishers cap. 3100	2011	2:59:40	2077 finishers	cap. 3050
	2012	2:57:43	2112 finishers	cap. 3050
	2013	3:01:36	2154 finishers	
2014 3.02.30 200/ IIIISIEIS Cap. 3142	2014	3:02:38	2087 finishers	cap. 3142
2015 2:59:30 2281 finishers cap. 3500	2015	2:59:30	2281 finishers	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 Muhrcke (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).

Grete Waitz



(Continued on page 13)

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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 Mac-Lean 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 playover

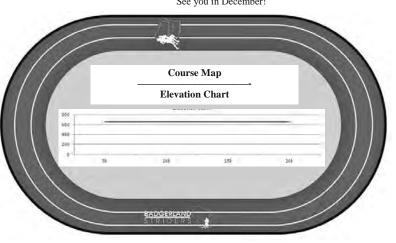
speakers at the Pettit and an announcer to keep you motivated!

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

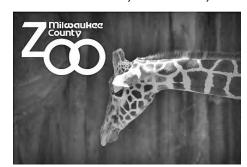
The Holiday Party will begin at 6:00pm and offer dinner and drinks as well as a DJ and dancing.

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 * indi- cates estimated total

COMUNG EVENUS

PNC Milwaukee Running Festival Nov 1

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

Tri Faster Train Stronger GreenfieldThursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC Fees \$90 per 5 week session or \$250 for all 3 sessions Contact Lauren Jensen Tri Faster LLC Day 414-427-1092 Web: www.trifaster.com

President's Run And Walk Nov 7

Sat

5k, 9am Concordia University, 12800 N Lake Shore Dr 53097 **Note** 19th yr. Run on the Cross Country Course **Divs** 10-, 11-14, 15-19, 5 yr to 70+ Awds unique sculptures for OA & medals to top 3/div Whchr no Results www.TTTsportservices.com and website Fees \$20 B4 race day \$25 raceday. Perks Tee Shirt, tons of door prizes Records Zach Meineke 15:45 2012 Bethany Coop 19:59 2014 LastYr 174 Other Come run something different and unique: beauiful views of Lake Michigan; Contact Russell DeLap Concordia University Wisconsin 12800 N Lake Shore Dr Mequon WI 53097 Day 262 243-4323 Eve 262 527-0046 Fax 262 243-4475 russell.delap@cuw.edu Web: www.cuw.edu/presidentsrun

R U Chicken Trail Run and Relay Schultz Chicken Nov 7 Ridge Farm, Arcadia WI

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

Nov 7 Warrior 5k...through the park

Warrior 5k...through the park

West Allis

Krace, 2.5 mile walk 10am Greenfield Park Divs GREEN - 4 male or 3

male, 1 female BLACK - 2 male, 2 female or 1 male, 3 female WHITE - 4

females SILVER - 4.40+ ylo Awds Top two teams /div and top indiv

gender Fees ST-1/indiv \$60-team of 4 Perks T-shift, Food (finit, bagels, toppers pizza) Beverages Door Prizes LastYr 250 Contact Steve Travis Wisconsin Lutheran College Cross Country 8800 West Bluemound Rd Milwaukee wi 53226 Day 414.443.8872 steve.travis@wlc.edu Web: http://wlcsports.com/camps/special_events/warrior_5k

Veterans 5K Run & Walk Nov 7 Rockford, IL

Veterans 5K Run & Walk

Rockford, IL

SK Sportscore One, 1288 Elmwood Rd Note Nice, Ital, fast course along the
Rock River. USATF certified! Packet pick-up Friday, Nov 6th Divs F&M 08,9-10, 11-12, 13-14, 15-19, 5yr to 75- Awds Top OA M&F and top 3/div, Top
vet, and top vet in each branch, cash prizes Whothr accessible Results
website Fees \$25 \$10 for children 14 & under, Disc for RRR Perks \$100 cash
ea top mif, \$50 cash ea top M/F 50+, dog tag awards, \$50 fastest Vet mif,
2015 RRR Circuit Race Lastfyr 300 Other www.facebook.com/
VeteransDropIn5K Contact Lois Shores Veterans Drop-In Center 1811 Pin
Oak Ct Rockton IL 61072 Day 915-289-9386 Eve 815-289-9386
Ishores@charte.net Web: http://lestrum.wix.com/veterans5K Ishores@charter.net Web: http://vetsrun.wix.com/veterans5K

NBW Friendship 5K Run/Walk

5K Run/Walk; Run 9 am; Walk 9:30 am New Berlin West, 18695 W Cleveland Ave Note Benefits Special Olympics, NBW Cross Country, and Project Unity, Fees \$25 unit 1172; \$35 after 1172 Perks T-shirt Contact Robyn Adair NBW Cross Country and Club Unify 18695 W Cleveland Ave Berlin WI 53146 robyn.adair@nbexcellence.org Web: https:// www.facebook.com/events/914998961869059/

Nov 8 **Badgerland Striders Turkey Trot**

Tisk, 2mi 9.30am. reg NONE RACEDAY Root River Pkwy, W College Ave & S 92nd St, 42,93056-88.023539 Note This is a prediction run. You don't have to be fast to win a turkey just be one of the closest to your predicted time. Awds trophies - 1 male & 1 female per event, 50 turkeys for best predicted times Results posted, BLS Fees BLS \$10, non-members \$12, Children (under 17) \$5 Perks hot & cold bevs, snacks LastYr 300 Contact Dave Pike Day 414-745-6773 davepikebls@gmail.com Web: www.badgerlandstriders.org

Tri Faster Run Faster West Allis6:30-7:45 p.m. The Pettit Center, 500 S. 84th Street, West Allis, WI 53214

Fees 6 workouts \$95 Contact Lauren Jensen Tri Faster LLC Day 414-427 1092 shark@trifaster.com Web: http://www.trifaster.com/p5.htm

Nov 11 Tri Faster Begin to Run Greenfield

Wednesdays 7-8:00 p.m. Greenfield WAC Fees \$90 for 5 classes Contact Lauren Jensen Tri Faster LLC Day 414-427-1092 Web: www.trifaster.com

Nov 12 Tri Faster Train Stronger Greenfield

Thursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC See Nov 5th

Fond Du Lac Running Club Prediction Run/Walk

3mi run 10:45am, 1.5mi r/w 11:30am, 1/2mi kids 12 & under 12pm. reg 9:45am Lakeside Pk Pavilion on Promen Drive **Note** No dist/lime devices allowed, check website for complete Info **Awds** closest pred : 3mi/1.5 mi 1 -20 turkeys 21-40 pizzas. 1/2mi 1-10 pizza **Results** posted, web **Fees** \$8-10. 1/2mi free Perks food, bev. LastYr 110 Contact Brad Theyerl Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 bradfdlrc@hotmail.com Web: www.fonddulacrunningclub.com

ECHO Turkey Trot5 mile 8am, 1 mile 8:15 am, 1/2 mile kids fun run/walk 9am Riverside Park - North Pavilion, 2200 Parkside Dr **Note** chip timed, accurately measured and marked. (USATF certiflicate Wi11035DM). **Divs** 5 mile, 13-under, 14-19, 20-24, 5yr., 70+. 1 mile, 10-, 11-12, 13-14, 15-19, 5yr., 75+ **Awds** 5 mile, 1 m&f, 3/div. awards, 12 mi kid runivalk awards/all. 1 mile, 1 m&f, 3/div. awards. **Fees** \$25 for 1 or 5 mile, \$30 after 11/10, \$15 for kids fun run. \$75 awadus. Pees 323 tot 1 of 3 mile; 330 altet 11/0, 313 tot Not 2 mile; 350 altet 11/0, 313 tot Not 2 mile; 1 mily rate (4 - 6 people). Perks Enjoy pre-Thanksgiving slice of pie with refreshments and beverage. Adv reg incl a LSTS Records F 5 Mile: Alicia Repka 35:32.3 (2014) M 5 Mile: Dan Meler 30:02.4 (2014) F 1 Mile: Olivia Zaluckyj 6:27.2 (2014) M 1 Mile: Noah Friske 5:47.2 (2014) LastYr 144 Contact Sue McCrone ECHO, Inc. 65 S. High Street Janesville WI 53548 Day 608-754-5333 smccrone@echojanesville.org Web: http:// www.echojanesville.org/

Ugly Sweater Run

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

5K Candy Cane Run/Walk

Sk Family Friendly 10am, 9am reg Germantown Community Library, N112 W16957 Mequon Road Note Register http://linyurl.com/pmngulx Awds Top 3 M&F, 7 age grps Fees \$25/indiv; \$10 students under 18; group disc; rop s wer, 7 age ips rees 3 2018.

reg before 10/31 Perks Dogs on leash welcome; children in strollers free LastYr 150 Other 2015 chip liming. Quiet subdivision neighborhoods Contact Lynn Grgich Germantown Area Chamber of Commerce P. O. Box 12 Germantown WI 53022 Day 262-255-1812 Fax 262-255-9033 execu tivedirector@germantownchamber.org www.germantownchamber.org

Brookfield East Turkey Trot

5k (3.1 mile) run starts at 9:30 2 mile walk starts at 9:35 Wirth Park in
Brookfield-Start and finish in pool house parking lot Note Benefits
Brookfield East Spartan Athletic Booster Club Awds medals lop 3 OA and top 3/div Fees \$25 Indiv, family disc online reg, \$10 Kids Fun Run Perks shirt reg by 10/31, food, water, goodie bag, bathrooms & warm up pool house Records 15:55 Joe Giacalone 2014, 19:02 Abby Mauermann 2013 LastYr 310 Other Contact Maria Kalfayan Brookfield East Spartan
Athletic Booster Club mekalfayan@gmail.com Web: http:// brookfieldeastturkeytrot.eventbrite.com/

Tri Faster Run Faster Nov 16

Wed

West Allis 6:30-7:45 p.m. The Pettit Center, 500 S. 84th Street, West Allis, WI 53214

Badgerland Strider Club Meeting Milwaukee 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Busi ness Meeting Petiti National ice Center, 5:00 South 84th St (just off 1:94 at 8th) Note Speaker. Dr. BRENDA HEINECKE, PT, DPT, CSCS Fees Admission \$1 for members and non-members. Perks Refreshments & Center Later Residence Charles and Residence Center Center Later Residence Center Residence Cent snacks Other Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badg erland Striders <u>davegavnski@juno.com</u> **Web**: <u>www.badgerlandstriders.org</u>

Nov 18 Tri Faster Begin to Run

Wednesdays 7-8:00 p.m. Greenfield WAC See Nov 11

Tri Faster Train Stronger Nov 19 Thursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC

Elf Run- Race #2 of GL Winter Series.

5K Run - 8:30am 10K Run - 9:30am Brookfield Central High School, 16900 Gebhardt Rd **Note** Tee Shirt to all. **Divs** Under 16, 16 -19, 20-24,5yr to 80+ **Awds** Top 3 OA M/F, Medals top 10/div both 5K and 10K, OA excluded from div. awards Whchr No Results website Fees website Perks Moisture wicking event shirt, water, fresh fruit and Monster Cookies. Records Nick Fulton 15:42 2009, Rachel Paape 18:07 2009 LastYr 991 Contact Cole Braun great Lakes Multisport W 1781 Washington Rd Oconomowoc WI 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 colebraun@me.com Web: www.greatlakesmultisport.com

Nov 23 Tri Faster Run Faster

6:30-7:45 p.m. The Pettit Center, 500 S. 84th Street, West Allis, WI 53214

Nov 26 **Drumstick Dash** Milwaukee

5K 8:30 am Miller Park 1 Brewers Way Milwaukee, WI Awds Top 3 overall male and female Fees \$40 Adult, \$25 Youth (5-12 years old) Perks Long sleeve t-shirt, goody bag Web: http://www.drumstickdashmilwaukee.com

Nov 26

2mi & 10K 9am Kenosha Museum - 5500 1st ave **Note** 36th anni. **Divs** 9-, 5yr, 80+ **Awds** 10k Mayor's trophy 1/ml. 2mi trophy 1/ml. 3/div **Fees** \$15 dulls, \$10 14 & under **Perks** Fishirts for first 2000 entrants, dwgs, juice, fruit, bagels **Records** 30:50 Scott Jenkins '93, 35:24 Jenny Crain '99 LastYr 2600 Contact Brian Falcone Kenosha Running Club PO Box 723 Kenosha WI 53141-0723 Day 262-515-8700 Eve 262-515-8700 kenosharunningclub@yahoo.com Web: www.kenosharunningclub.org

Eastbay's Turkey Trot 5K Run & Walk Wausau 5K Run/Walk 8:30am; Reg 6:30-7:45 am Eastbay/Footlocker Corp Office Pkng Lot Note 100% of Reg fees donated to the Marathon County Hunger Coalition, part of United Way. Fees \$25 until 11/20; \$30 race day; Children 5 & under free Perks High-performance Lshirt: race day reg shirts not guaranteed Other Limit of 1500 participants Contact Lauren Walkins Eastbay 111 South 1st Ave Wausau WI 54402 Day 715-261-9962 Eve 608-512-7885 |watkins@eastbay.com Web: www.eastbay.com/TurkeyTrot

Town Bank Turkey Trot 5k Run/Walk

5k Run/Walk 8:30 a.m. Velerans Terrace Note Benefit the Food Pantry at Love, Inc. Divs 5yr Awds Top 3/div awards Fees \$20/825/830/83 Perks Fech shirt, goodle bag, raffle for pies and turkeys after race (bring non-perishable food items for raffle lickets) LastYr 690 Contact Chris Ponter Longrun Athletics, LLC Day 262-758-9226 chris@longrunathletics.com Web: www.runthanksgiving.com

St. Leonards Annual Turkey Trot Muskego 5k Run and 3k Walk St. Leonards Church, W173S7743 Westwood Dr. 2 blks S.ofJanesville Rd.1 blk W.-Lannon Note Price Inc Nov.20 T-shirts not guar after Nov.20! Online reg closes Nov.23 **Divs** 10yr **Awds** Plaques top 3 OA, Medals Age Groups **Whchr** No finishes on rough grassy area **Results** <u>www.tandhtliming.com/st-leonards-5k-turkey-trol/</u> **Fees** Walkers \$15, Runners \$20 Perks DJ,T-shirt, goodie bag, homemade cook-ies,choc.milk for all partic," l'Outran Father Dan' for beating Fr. Dan's timel Records Mens: Kegan Calmes & Thomas Breithach1552 - 2013. Wom-ens:Lauren Jensen 19:16-2013 LastYr 1400 Other PACKET PICK UP 6-9 Weds, Nov.25@St. Leonard Contact Allen Jorn St Leonard Catholic Church W173 S7743 Westwood Dr Muskego Wi 53150 Day (262) 679 1773 <u>stleonturkeytrot@yahoo.com</u> **Web**: http:/ stleonturkeytrot.weebly.com/

LUNNING'S COACHING

- RRCA Certified Distance Coach
- 20-year High School Coach Boys & Girls, CC & Track
- PR's 2:19 Marathon | 2:59 50K
- . Mile on up All abilities and ages!

Richard A. Dodd

radodd@tds.net (608) 770-5906

Kewaskum's Turkey Trot for Kids 5k R/W

5k RunWalk 8 am Finish Line Training,LLC | 1010 Fond du lac Avenue
Sulle B Divs 12&under, 12-19, 10yr to 60+ Awds Themed prizes top 3 OA
and top 3/div Fees B4 Midnight 11/12: \$25. after&Race Day: \$30 Perks
SS, gender specific Dri-Wrick Ishirts guar pre-reg B4 11/12 LastYr 250
Contact Terri Bodden Finish Line Training LLC Kewaskum WI 53040 terri tris@live.com Web: finishlinetraininglic.com

Milwaukee's Great Gobble Wobble

5K Boerner Botanical Gardens Awds 5yr M&F Contact Sean Osborne Sliwer
Circle Sports Events, LLC oconomowoc WI 53066 Day 262324472 Eve
2623274472 Tacedirector@slivercirclesportsevents.com Web: http:// www.silvercirclesportsevents.com/milwaukees-great-gobble-wobble-5k-run-wa

Noodleini 15k/5k Run/Walk Nov 29 15k/5k run/walk; 8am West De Pere High School **Contact** Ben West DuTriRun 1170 N. Perkins St. Appleton WI 54912 Day 920-574-2972

ben@dutrirun.com Web: www.dutrirun.com

Tri Faster Run Faster Nov 30 6:30-7:45 p.m. The Pettit Center, 500 S. 84th Street, West Allis, WI 53214

Dec 2 Tri Faster Begin to Run Greenfield Wed Wednesdays 7-8:00 p.m. Greenfield WAC See Nov 11

Tri Faster Train Stronger Greenfield Thursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC See Nov 12th

(Continued on page 27)





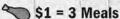
THANKSGIVING DAY 2015

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!



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

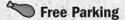
Warm Long Sleeve Cotton T-shirt for All Participants



New Team/Family Registration Option



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



Leaving town? Join the Out of Town Dash Around!

Register Now DrumstickDashMilwaukee.com









Benefitting











Produced by





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 ElapsedTop Overall In HALF Division MALE						
1	MATT BARRETT	01:07:21				
2	BRIAN FINNEL	01:10:55				
3	SCOTT MUELLER	01:13:44				
Top O	verall In HALF Division FEMALE SOFIE SCHUNK	01:26:18				
2	KELLY RYAN	01:27:0				
3	JODI KLEINFELDT	01:30:39				
Age G	roups: 16 - 19 MALE					
1	KÉVIN 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				
	roups: 16 - 19 FEMALE					
1	MARY GORZEK	01:55:06				
2	GABRIELLE CARON-SCHU ELIZABETH JOHNSON	01:55:07 02:03:28				
4	EMILY GLEESING	02:03:28				
		02:30:09				
	roups: 20 - 24 MALE					
1	MR JAKE ERSCHEN	01:18:42				
2	ZACH WATSON	01:23:10				
3 4 5 6 7	CLINTON PIPER	01:26:11				
4	MARK GESIOR ALEX LEITHEISER	01:31:35 01:32:08				
6	JONAH KERK	01:35:36				
7	BENJAMIN BUSH	01:40:09				
8	MATTHEW NOCKERTS	01:40:35				
8 9	JOSEPH CORREA-VOLKMA	01:54:56				
10	LIOM BRIICH	01:54:56				
11	HANGJIAN ZHAO	01:58:22				
	NATHANIEL DARLING	01:58:27				
13	ANGEL MONTOYA	02:09:07				
	BRIAN LOCHEMES	02:15:29				
	BRETT NICHOLSON CONNOR SANDERS	02:22:11 02:22:23				
16 17	THOMAS MCCAUGHN	02:22:23				
18	NICK WESLOW	02:37:51				
19	ZACHARY SMITH	02:53:00				
		02.55.00				
	roups: 20 - 24 FEMALE					
1	AĈACIA DISHMAN	01:31:58				
2	REBECCA HELLER	01:34:42				
3	KATHRYN KOCH KATHRYN BIRD	01:39:20 01:39:29				
4 5	MACKENZIE NORTON	01:39:29				
6	KIMBERLY SURFUS	01:43:55				
7	LAUREN GLOMSKI	01:45:46				
8	MARISSA DOOLEY	01:48:11				
9	BRIANA KING	01:50:31				
10	DACHEL OCIECVI	01.52.45				
11	KATHLEEN-DAWN HARTWI	01:54:57				
12	JESSICA HART WIG	01:54:57				
13	MARIAN PINTAR	01:59:08				
14	JESSICA DOYLE	02:01:23				
15	NICOLE LUKE	02:02:00				
16 17	EMMA RODBRO	02:02:45				
17	CLAIRE STEINER BRIANNA BUTH	02:06:39 02:06:42				
19	MADELINE BURGESS	02:06:42				
	ABBEY BAUMER	02:09:38				
21	ELIZABETH GALLAGHER	02:10:54				
22	ALI SKROBIS	02:11:08				

31	CHELSEA WOLF	02:24:09	27	CAITLYN PECINOVSKY	01:51:05
32	KAYLA BLENSKI	02:24:46	28	JASMINE BOETTCHER	01:51:40
33	SARA PERKOWSKI	02:29:36	29	MICHELLE ZYDEK	01:51:54
34	ERIN ALBUS	02:36:43	30	KATE EGGERT	01:52:23
35	CARISSA BUDIMLIJA	02:38:13	31	THERESA KEDINGER	01:52:32
36	AMANDA AANSTAD	02:42:13	32	JACYLYN WAHL	01:52:52
			33	BRIDGET ANDERSON	01:52:58
	roups: 25 - 29 MALE		34	SARAH JAZDZYK	01:54:07
1	IAN BLACKWELL	01:14:14	35	THERESE MANCE	01:56:36
2	ZACH BRUNS	01:14:29	36	AMY GARBE	01:57:05
3	BEN GARBE	01:15:14	37	JESSICA DREWA	01:57:06
4	CLINT LAMBERT	01:24:41	38	KAYLA HAMM	01:57:10
5	SETH HEITHAUS	01:27:07	39	YUEN SANG HO	01:57:44
6	DAVID CALLICUTT	01:27:34	40	ANDREA JOHNSON	01:58:20
7	COLLIN EDWARDS	01:27:46	41	CARLY ALBERS	01:58:57
8	ERIK STEVENS	01:27:56	42	AMY SALTZMAN	01:59:02
9	DANIEL SIEKIERSKI	01:29:49	43	SARAH WIDDER	01:59:17
10	RYAN THOME	01:32:08	44	KATIE GEHRAND	02:00:05
11	ELIAS MACIAS	01:32:55	45	KAYLA SCHOETTEL	02:02:46
12	LUKE FENNEMA	01:33:06	46	JENNY BUCKHOLT	02:04:51
13	DAN SCHREIER	01:33:21	47	COLLEEN TURTENWALD	02:05:16
14	JOSHUA NEMETH	01:33:24	48	JENNIFER SZEDZIEWSKI	02:05:43
15	PRAFUL AGGARWAL	01:36:51	49	AMANDA FROELICH	02:06:48
16	ANDREW RUSKIEWICZ	01:38:27	50	KATIE SOLEY	02:09:14
17	CHRIS JANISCH	01:40:12	51	EMILY BAUMER	02:09:34
18	LEE COLEMAN	01:40:14	52	ERIN WEAVER	02:09:50
19	STEVEN JOHN	01:40:54	53	LAUREN RIGBY	02:10:27
20	JONAS POTTHOFF	01:41:46	54	POOJA SINGH	02:11:35
21	MARCO BRICENO	01:42:00	55	LIZ BORDELEAU	02:11:40
22	KEVIN DUFFEY	01:42:00	56	JESSY RODRIGUEZ	02:11:41
23	CHRIS ADRIAN	01:43:14	57	NATASHA STEENBERGEN	02:11:43
24	DERRICK BORDELEAU	01:43:39	58	JAMIE BECK	02:15:57
25	NICHOLAS KOEPKE	01:47:02	59	JENNY KYZER	02:16:08
26	KEVIN REY	01:47:57	60	KATHRYN STAATS	02:18:05
27	MITCHELL DAUN	01:48:41	61	ANNMARIE SYLLA	02:18:40
28 29	NATHAN HAUFF	01:51:05	62	ALLISON MIELKE	02:18:43
	ROBERT BRADFORD	01:51:38	63	AMBERLEIGH HENSCHEN	02:19:01
30	CHRISTIAN ACOSTA	01:53:26	64	LEXI SKIBINSKI	02:19:55
31	JOEL GAVIN	01:54:44	65	JENNAFER FONDELL	02:20:23
32 33	EASWAR SOMASEKAR	01:55:46	66	SHERITA MALLIT AMANDA PIRLOT	02:22:01 02:23:10
	ALEX MOEHN	01:55:53	67		
34 35	BRIAN BARASCH CHRIS BUTH	01:59:03 01:59:07	68 69	MEGAN WOLF VICTORIA HARTMANN	02:24:10 02:24:41
36	MATT WYCKLENDT	01:59:07	70	EMILY SKIBINSKI	02:24:41
37	SHANNAN LEDDEN	02:00:35	71	SHABREKA CHAPMAN	02:30:04
38	ARJUN KUMAR	02:05:40	72 73	REBECCA WENDLE CAITLIN GROS	02:34:09
39 40	AARON COUCH	02:06:57	74		
	ROBERT HRDI	02:09:04		KIMBERLY KUSMIEREK	02:34:40
41 42	ANDREW SINCLAIR DAVID COHEN	02:12:11 02:12:47	75 76	AMULYA RAO PONNA VIS SHANNON DUNNE	02:35:20 02:38:53
43	SCOTT BERHORST	02:12:47	77	CAITLIN TAYLOR	02:38:53
43	CRAIG ERKER	02:15:31	78	JESSICA BABIC	02:39:32
45	TANNER KOWALSKI	02:15:30	79	RUANDA MCFERREN	02:40:00
45 46	PATRICK DARROUGH	02:22:01	79 80	KATHRYN BARRY	02:50:43
46 47	RICHARD WARD	02:38:53	80 81	ANUSHA PUDOTA	03:14:20
48	BHARATH POPURI	02:47:36	82	KAVITHA GUNTAKA	03:37:08
40	BHAKATH FOPURI	03.37.47	04	KAVIITIA GUNTAKA	05.39:45



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

(Continued on page 9)

Strider Half 2015

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 fin-



(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



ELIZABETH GALLAGHER ALI SKROBIS BECKA KANGAS SAMANTHA ROEMING MICHELLE NOCHLIN

ALLI GLISCH

GINA VILLANI RACHEL GLISCH JENNA NEHLS KELLY NANCE







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 Clarey, 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 Bruesewitz, 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)

ITHILEA JYOM PAGE 6)
SAM LEICHTLING
ANDREI NEMILENTSAU
WESLEY FALK
PATRICK COURTNEY
BENJAMIN DESLOOVER
ANDREW MCHUGH
MATT PAVELCHIK
MATTHEW SCHUPPENER
MADE HABBY MATTHEW SCHUPPEN MARK HARRIG NICHOLAS GONRING JOSHUA BUCKHOLT NOAH ROSENTHAL ADAM WITT

ADAM WITT DONALD CRAMER RYAN VANDEN HEUVEL TIM HUNTINGTON MATTHEW DUNHAM FRANK THE TANK RODRI TED BROWN STEVE JOHNSON KYLE BAUMANN CHRIS WELKER ANDREW SCHREIER CHRIS KEMP

FRANK SAVEL STEVEN JOEHNK SAMUEL JOHNSON

DON KOSSOW PAUL HARTMANN MIKE KNAUS JINJIN ZHANG roups: 30 - 34 FEMALE ERIN FELDHAUSEN KATIE DISHINGER LAURIE WINKELMAN

ZUNA LEMMENS KERNA JENNIFER RIVERA JENNIFER WARD MEGAN STARSHAK SHEILA WORDELL CHRISTINA BEAUPRE CORINNE VANDEN HEUVE RACHEL LUNDBERG MELISSA SCHAEFER ERIN RUPPEL EMILY STEINHAFEL ERIN TISCHER EMILY LARSON BRIDGET SANDERCOCK JACQUELINE KINNEY ELIZABETH BRAATZ

ELIZABETH BRAATZ STEF STRAUSS-THOMPKI KATIE BRICCO LIZ FARRON KRISTEN LARSON JOANNA BALZA BETH RINGWELSKI

JAMIE STEFFENHAGEN KARLY SOPCIC ANNE LAVELLE RACHEL HUNTINGTON ERIN SMITH 31 32 CHERYL AKERT FELICIANA MORENO

01:39:06 01:39:21 01:40:39 01:40:59 01:43:23 01:43:41 01:45:34 01:48:25 01:48:27 01:50:18 01:50:55 01:51:24 01:51:59 01:52:20 01:52:44 01:53:13 01:53:25 01:53:48 01:54:08 01:54:30 01:55:22 01:55:29 01:55:35 02:00:55

01:43:06 01:44:10 01:48:16 01:48:34 01:48:34 01:49:12 01:51:30 01:52:12 01:52:37 01:53:20 01:53:20 01:55:22 01:55:25 01:58:25 01:58:41 01:59:15 01:59:15

02:01:04 02:02:50 02:05:22 02:05:40 02:07:13

02:09:02

02:15:12 02:18:47 02:24:43 02:42:25 03:01:33

01:30:53 01:38:50

AMANDA DASILVA 02:06:52 KATIE BARR ALLISON BLACKWOOD KATHRYN POEHLING GRETCHEN WITOWICH 02:06:52 02:09:58 02:11:08 02:11:56 KIM HOPPE KIM HOPPE KAITLIN CORRAO LUZ ANDERSON JULIE WATERMAN LARHONDA STAPLES ABBY MEDDAUGH ERICA SCHROEDER AMANDA SOWA HEIDI BEILKE



CASEY HUSHON 02:27:15 02:28:19 02:28:39 02:29:27 02:33:28 LUCILLE SHANAHAN NICOLE BREY 02:41:02 02:43:00 02:52:35 02:59:27 03:00:59 IRENA ZHANG 03:01:34

Age Groups: 35 - 39 MALE 1 IAN STRIDER HUN 01:23:04 01:24:55 01:26:45 01:28:33 01:28:45 01:32:03 01:32:40 01:33:59 ANDREW MILLER RYAN VANDERLOOP CHRISTOPHER DEMOS MIKE CAVANAUGH AARON BIRNBAUM SCOTT DYBUL CRAIG TOERPE CHAD LETON
NATHAN MOLDENHAUER
TIM DUNSIRN
GREGORY RENDEN
WILLIAM GARDNER 01:34:02 01:34:31 01:35:12 01:35:36 01:35:43 JOSEPH KELSEY CORY CONTO

AUSTIN HAGERTY MICHAEL BODE DAVOID ARBETTER BEN NELSON FRANCISCO PEREZ DARRICK SEWELL BRANDON BECKER JONATHAN GURGEL KEVIN MICHEL HEMENDRA CHONKAR CARL MILLARD CARL MILLARD
DOUGLAS LEMKE
SCOTT WILSON
DAVID LARSON
DAN SZEDZIEWSKI
MICHAEL BERG
STEVEN SHAPIRO
BRIAN ROMPORTL
THOMAS MLADA
MICHAEL SIZEMORE
PATRICK KNAUS
DANIEL GOETZ
TIMOTHY GEIER
JOSEPH FORO

JOSEPH FORO PARAG DHUMAL CHESTON GEYE TONY MICHEL TONY MICHEL JUSTIN PLAMANN EZEKIEL THOMPKINS SUTTON KINTER IV KYLE GUNNARE BRIAN JAHNS SUKUMAR KONDURU

Age Groups: 35 - 39 FEMALE 1 AIMEE BRUNNER KARA SONNTAG KRISTIN SEFFERN KRISTIN ZIMMET MISTY MELSHEIMER KIRSTEN DE GROOT ALICE AMBROWIAK HOLLY DAHLMAN ABBY MCKIE PAULA SIECH DANIELLE SIMONOVIC DANIELLE SIMONOVIC GAYLE GONZALES KELCY BOETTCHER KRISTEN BRADLEY MICAELA VELAZQUEZ REBECCA PAXTON NATALIE PILMAIER LAURA KASPER AMBER TANTY KRISTI MEYER SARA CARTER SARA KLINGKAMMER JODIE GRAVEN HANNAH LOPAS TRACY JOHNSON MEAGAN RUTKOWSKI ANGELA EBELING KRISTY EYLER LISA VOLM LISA VOLM MARIA KELLLY ANGELA VETERNICK SHANA HUSSIN ABIGAIL DRABANT JULIE WEIST JULIE WEIST KATHERINE MCHUGH MARYBETH HEISE JEN MCGRAW ROSA GOMEZ KAREN GILLETTE MEAGHAN HEINRICH RACHEL BATES LISA ATHORP NIKKI BUTGEREIT

01:38:50 01:46:07 01:46:13 01:48:02 01:48:37 01:49:16 01:52:00 01:52:08 01:52:08 01:54:17 01:54:43 01:55:23 01:56:47 01:57:48 01:59:22 02:02:56 02:02:55 02:03:03 02:05:27 02:05:27 02:07:34 02:07:34 02:08:36 02:09:25 02:11:57 02:12:32 02:20:00 02:25:07 02:26:42 02:28:30 02:44:10 02:46:29

01:32:36 01:35:46 01:36:39 01:36:53 01:39:36 01:44:27 01:46:00 01:47:23 01:49:06 01:50:27 01:50:33 01:56:30 01:57:14 01:57:30 01:57:55 01:58:02 01:59:09 02:04:31 02:05:33 02:06:36 02:06:37 02:08:59 02:09:11 02:09:12 02:09:26 02:10:05 02:12:45 02:12:47 02:14:06 02:14:56 02:16:15 02:19:43 02:25:35 02:29:27 02:30:54











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 Fahren-



heit. 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.



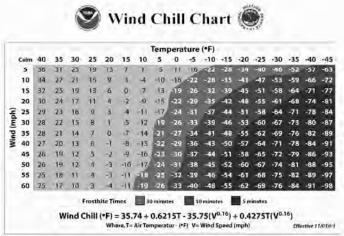


When a middle layer is worn, it acts as an insulator against heat loss. Typically worn during very low wind chills, this layer should fit somewhat looser to trap heat while still permitting sweat to evaporate away from the skin. A common material used in the mid-layer is fleece. Known to be a great insulator, 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, ThermaFleece, and ThermaxTM.

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 warm-up and cool-down to prevent injury. A proper five-minute warm-up will gradually increase body temperature, respiration rate. and flow. blood performing a cooldown 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 beit'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, crosscountry 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 HotlineTM at (414) 219-7776 or (800) 219-7776

		RLAND S		Section 1997 and the second	one race or enjoyable. F	s are encouraged to volunteer for at leas project each year. The work is easy and Please check the events you and/or a mem- lousehold would be willing to help with:
Last Name		Birthdate (Mo/Day/Yr)	(Jan)(Feb)(Feb)(Apr)(Apr)(May)(Jun)	Samson Stomp John Dick Memorial 50K Steve Cullen Run South Shore Half Marathon Deer Run 5K & 10K Ice Age Trail 50Mite/50K Run Superun 5K		
Address		EMAIL Address (for Club Use Only)	Home Phone	(Jun) (July) (July) (Aug) (Aug)	Hartfest Half Marathon Hales Corners Firecracker Four Cudahy Classic 10-Mile and 5-Mile Rac Badgerland Striders Half Marathon Badgerland F/X 12 & 24 Hour Run
City		State	ZIP	Occupation	(Sep)	Tosafest 5K Run Briggs & Al's Run for Childrens Hospital
Membership	Or online at y applies to you and oth		g Link to Membersh ed below. If you wou	hip uld like to be a	(Oct) (Oct) (Oct) (Nov) (Dec)	Lakefront Marathon Glacial Trail 50K & 50Mile Lakefront Discovery Run Badgerland Striders Turkey Trot BLS Indoor 20K ug. Sept) Marathon Build Up Fun Runs (April through September) Track Meets (summer)
NAME (other	rs in household)	SEX	BIRTHDATE	Extra Member Card Needed?	please check	I like to help in any of the following areas
unless I am in safely comple contact with conditions of these facts a behalf, waive representative though that lie	medically able and properly ate an event. I assume a other participants, specia the road or path. All suct and in consideration of you and release the Badgert, es and successors from all ability may arise out of negli	n athienc event is potentially a ha trained. I agree to abide by any il risks associated with participal itors, the effects of the weathe in things being known and appret ir accepting my application for m and Striders, Inc., its officers, of I claims or liabilities of any kind of ligence or carelessness on the pa-	decisions of event officing in such events, inclur, including heat and/or, including heat and/or interesting, I, for myseli rectors and any event ansing out of my participal of the persons or entitled of the persons or entitled.	cials relative to my ability to dring but not limited to falls, or humidity, traffic and the ad this waiver and knowing f and anyone acting on my personnel, sponsors, their pation in such events, even ties named in this waiver.	Club Clo Comput Comput Equipme Monthly Newslet Newslet Park Ma Public R	othing er Systems erized Scoring ent Rental & Storage Meeting Planning ter (photos, advert.) ter (Reporting) urker Project
Signature M	em 1		Da	ite		ace Director
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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!



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

Sept. 5th-6th, 2015

Miles

12 HOUR RUN (Day)

Name

4)	

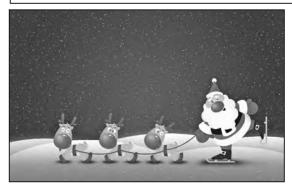
24 HOUR RUN	
Name	Miles
DAVID CORFMAN	112.30
KATHLEEN RYTMAN	85.50
BILL HANSEL	84.42
BILL BULLEIT	84.10
MELISSA CHURCHILL	75.32
JIM FISTE	67.89
MEG KENNEDY	66.36
OTIS HAWKINS	65.18
STEVE PHILLIPS	49.97
BRIAN THOMAS	49.72
DONALD ROCA-DAWSON	41.52
MARK WEGHORST	37.29

INGITIC	IVIIICO
JIM RICHIE	50.27
MATT McCOY	46.93
MANDY SAVIN	37.25
JONATHAN PETYKOWSKI	37.04
DAVE EDYBURN	21.63
6 HOUR RUN (Day)	
Name	Miles
JASON KREZINSKI	40.20
JASON KREZINSKI CHRISTINE CRAWFORD	40.20 34.29
CHRISTINE CRAWFORD	34.29
CHRISTINE CRAWFORD TROY MALINOWSKI	34.29 28.02
CHRISTINE CRAWFORD TROY MALINOWSKI DON EBY	34.29 28.02 27.41
CHRISTINE CRAWFORD TROY MALINOWSKI DON EBY LEE MEYER	34.29 28.02 27.41 26.52
CHRISTINE CRAWFORD TROY MALINOWSKI DON EBY LEE MEYER JENN COLLINS	34.29 28.02 27.41 26.52 25.61

DISTANCE DIVISION		
Name	Miles	
JEAN RICHIE	27.35	
JIM SIMPSON	26.85	
ANDY KREZINSKI	25.36	
NATALIE KREZINSKI	11.19	
12 HOUR RUN (Night)		
12 HOUR RUN (Night) Name	Miles	
(0 ,	Miles 54.87	
Name		
Name TRACY HARRISON	54.87	
Name TRACY HARRISON NAHUM PRADO	54.87 45.96	

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 $6:00 \mathrm{pm}$ at the McCarty Pavillion, Run at $7:00 \mathrm{pm}$.

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



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

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.





MAKING DUST

from other men. If you want to win something, run 100 meters nt to experience something, run a marathon. We are different,



The Badgerland Striders present

TOSAFEST 5K

Saturday September 12th, 2015

Hart Park Wauwatosa, Wisconsin

Timing & Results by

ABSOLUTE RACE TIMING PO BOX 562 WEST BEND, WI 53095

www.absoluteracetiming.com

3.1 Mile Run

Rank	Name	Chip Elapsed
Top O	verall In 5K Division MAL	E
1	JOHN DEWITT	00:14:51
2	KYLE FRASER	00:16:06
3	MICAH HERNANDEZ	00:16:19
Top O	verall In 5K Division FEM.	ALE
1	MINA DEMARCO	00:18:29
2	DENISE MANTHY	00:18:52
3	LAURA BOSLEY	00:19:14
Age G	roups: 1 - 12 MALE	
1	SILAS EBELING	00:21:53
2	MILES COPPAGE	00:24:05
3	DAVID BARTELT	00:24:19
4	CHARLIE BACHAR	00:29:30
5	BRECKER DREWS	00:34:14
6	JACKSON FAHL	00:34:22
7	JOSHUA GEIBL	00:35:19
1 3		

Age C	Groups: 13 - 15 FEMALE GRACEE DUNNE HALEY BACHAR	00:27:27 00:29:31
Age C 1 2 3 4	Groups: 16 - 19 MALE CONNOR EULL EVAN WILLICK CHRISTIAN WILLICK THOMAS EULL	00:24:07 00:25:50 00:28:10 00:29:45
Age (1) 2 3 4 5 6	Groups: 20 - 24 MALE LANE GEISNESS RYAN KROL BRENNAN MULLZVKEY CHARLIE NIEMANN GRAHAM WILLIAMS JAKE GAY	00:16:33 00:18:09 00:18:47 00:19:43 00:28:19 00:28:47
Age (Groups: 20 - 24 FEMALE ANNE-MARIE COOPER JESSICA DYKSTRA HALEY JUST CLAIRE MEIXELSPERGER EMILY CHOP GRACE ROCK	00:22:01 00:23:57 00:24:53 00:28:28 00:29:12 00:31:39 00:41:12
	ABIGAIL AUGUSTINE iroups: 25 - 29 MALE ERIC HILL MACKENZIE LASKE MATT TREAT CODY O'mailey JOSHUA NEMETH CRAIG ERKER PAUL STAMM REECE COOPER CHIKIS JANISCH LUCOTT STONE GREG FISCHER ROBERT BRADFORD TOM MODIL	00:41:12 00:16:56 00:17:21 00:17:41 00:19:01 00:22:12 00:22:39 00:23:31 00:24:22 00:24:25 00:24:26 00:24:42 00:26:09

Age Groups: 25 - 29 FEMALE
1 MARY DONOHOO
2 KELSEY HENDRICKSON
3 ERIKA SHULTS
4 KATIE MCKENNEY

Age Groups: 13 - 15 MALE 1 JOE BACHAR 2 JUSTIN YENTER

00:22:58 00:26:19

A 00	Groups: 30 - 34 MALE	
1	CAMERON AUSEN	00:16:24
2	CRAIG KUEHI.	00:16:24
3	RYAN KRUGER	00:17:01
4	JAMES DAUL	00:17:34
5	ADAM BRUSS	00:17:54
6	AARON PIERCE	00:17:34
7	CHRIS LARSON	00:18:56
	TOM DELANEY	
8	TRAVIS STARR	00:19:03
9		00:19:39
10	VINCE MORELLI	00:20:50
11	NATHAN KRYSHAK	00:20:52
12	CHASE MANZ	00:21:26
13	AARON KAUFMAN	00:21:34
14	MATTHEW O. PHILLIPS	00:21:39
15	JONATHAN MULCAHY	00:22:36
16	ABE WENDLAKE	00:24:06
17	JON HANSEN	00:27:49
18	ERICK GORECKI	00:27:50
19	BRIAN JONES	00:28:22

10	ANN STONE	00:26:30
11	EMILYANN RAYCHEL	00:26:36
12	ERIN BORGER	00:26:40
13	CRYSTAL JOHNSON	00:27:59
14	MARGARITA FONS	00:28:19
15	NATALIE CABLE	00:31:54
16	HOLLY TINAULT	00:33:14
17	AMANDA BARBER	00:34:22
18	KRISTINA LENT	00:36:06
Age	Groups: 35 - 39 MALE	
1	PHIL KESKINEN	00:20:05
2	DAN EBELING	00:20:51
3	BARRY THRUNE	00:21:30
4	ERIK LUDWIG	00:23:19
5	TEDDY EULL	00:23:49
6	TIM SCHUCZE	00:24:09
7	SCOTT BECKER	00:24:55
8	DAVID ZYLSTRA	00:26:54

Photos by Dave O'Brien and Kent Schillinger

-		
0	JESSICA SMALL	00:35:14
1	ANGELA MORK	00:37:20
2	JENICA WOLSKI	00:39:42
3	HEATHER KINZEL	00:39:45
4	MELISSA BENNING	00:41:13
5	TRACY WOOD	00:42:06
Age	Groups: 40 - 44 MALE	
	ANDY BOSLEY	00:17:42
,	MICHAEL O'neil	00:17:51

MICHAEL O'neil	00:17:5
KEN MAUK	00:19:0
MIKE BERGAN	00:20:1
GARY LOVRINE	00:20:3
SCOTT KREMS	00:20:3
RJ BAST	00:22:3
CRAIG MARIFKE	00:22:3
PAUL THOMAS	00:22:4
DOMINIC INOUYE	00:23:2
JAMES CAMPBELL	00:23:4
SCOTT NIEDERJOHN	00:24:1
MICHAEL FINK	00:24:1
DERIK SUMMERFIELD	00:24:4
MATT SCHROEDER	00:24:5
RYAN LANCOUR	00:24:5
NICHOLAS SERIO	00:25:2
BRAD EULL	00:25:3
BILL HANSEL	00:26:1
MARK STOUGHTON	00:26:4
MATT FILIPIAK	00:27:2
WOJCIECH WEGNER	00:29:1
BILL BUSHELL	00:30:5
KEVIN COLLINS	00:31:5
MATTHEW REHMANN	00:31:5
RYAN KENNEPOHL	00:33:3

MIKE FAZIO	00:34:32
e Groups: 40 - 44 FEMALE	
APRIL RAUWALD	00:22:53
KIMBERLY LEUPOLD	00:22:57
CAMMIE HEIT	00:24:17
STACEY BAST	00:25:14
KRISTA LETOURNEAU	00:26:17
RENEE BARTELT	00:26:32
COLEEN LEAHY	00:26:47
JENNIFER MARIFKE	00:27:18
KATIE FAHL	00:27:20
JEANNETTE BAHR	00:27:59
KIM MEINERT	00:29:12
JO DURNIN	00:30:36
CATHY VANHEEST	00:31:08
AMBER HWANG	00:32:28
PAULETTE CZERWINSKI	00:34:02
TRISH DREWS	00:34:26
JODY GEIBL	00:35:21

21	KRISTEN ETZELMUELLEK	00:40:15
22	LORA WILSON	00:42:34
	roups: 45 - 49 MALE	
1	GARETT SILLANPAA	00:19:43
2	LAWRENCE PROPP	00:20:07
3	VICTOR RECKMEJER	00:21:39
4	ALLEN WITKOWSKI	00:21:42
5	MICHAEL DAMICO	00:21:42
6	MICHAEL WALSH	00:21:57
7	MARC PANARO	00:22:20
8	CHRISTOPHER COFFEY	00:22:31
9	SCOTT MARGELOFSKY	00:23:26
10	THEODORE JACKOVICH J	00:24:05
11	DANIEL KENNEDY	00:24:20
12	TROY MALINOWSKI	00:24:24
13	JARED OSTROWSKI	00:24:32
14	STEVE WHITE	00:25:03
15	ELMUURE AUBAIN	00:25:20

00:25:03 (Continued on page 15)



From left: Kyle Frasier 2nd, John Dewitt (Male Champ 14:51) and Micah Hernandez 3rd

	O TO THE	
		No.
902	361	1.194
开	49	

From left: Amy Schlotthauer 4th, Laura Bosley 3rd, Denise Manthy 2nd and Mina Demarco (Female Champ 18:52)

2	ALYSSA EBELING	00:21:03 00:24:39	5
3	ALEX MOORE	00:24:54	ġ
4	ELEANOR REHMANN	00:31:51	1
5	ANNA FAHL EMMA HANSON	00:38:48]
7	ANNABELLE WILSON	00:38:49]

KERI KAMPA
CAYLA THOMPSON
ANNA KAUFMAN
JACKIE SOUTHARD
REBECCA WENDLE
LAURA COLEMAN
MELISSA BOUCHAT
EMILY ROKSER
ANDREA NEMETH

00:24:50	Age	Groups: 30 - 34 FEMALE
00:26:09	1	AMY SCHLOTTHAUER
00:26:58	2	LAURA CAULFIELD
00:29:59	3	KATIE DISHINGER
00:30:34	4	EMILYJO RAYCHEL
00:31:06	5	AMBER HUGEN
00:32:22	6	AIMEE BUCK
00:34:34	7	KATIE DAUL
00:36:20	8	ELIZABETH WHITCOME
	9	LINDSAY IQL
	,	LINDSAT IQL

AALE		Age (
HAUER	00:19:20	1
ELD	00:20:56	2
ER	00:21:25	3
HEL	00:21:25	4
	00:21:46	5
	00:22:18	6
	00:25:16	7
ITCOMB	00:26:22	8
	00:26:22	9

Age (Groups: 35 - 39 FEMALE	
	KELLY CORTEEN	
	MEGAN SANFELIPPO	
	KRISTI MEYER	
	ANGELA EBELING	
	CARRIE BENDER	
,	LIZ PAULSEN	
,	AMY SERIO	
	LISA SPANNBAUER	
	JEN GRANLUND	









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	IKACY VEITA	00:35:19
13	MERILOU GONZALES	00:37:36
14	DANI KASLOW	00:46:20
15	TANYA FRIENDS	00:51:53
	Groups: 50 - 54 MALE	
1	JIM GROSS	00:18:20
2	BILL VERBOS	00:19:41
3	JIM CICHY	00:19:49
4 5	PETER M STEFANIAK	00:21:13
5	MARK PFALTZGRAFF	00:22:12
6 7	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 REEDER	00:30:31
11	CANDY HEUER	00:30:33
12	KATHY COLEMAN	00:42:35
13	SUSAN SMITH	00:49:22
Age G	roups: 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

00:27:43	24	CRAIG NIEDRINGHAUS
00:28:26		
00:29:05	Age G	roups: 55 - 59 FEMALE
00:30:13	1	MARYANNE HINKES
00:30:31	2	KIM PETAK
00:30:33	3	JULIE RISTOW
00:42:35	4	LORI STAUDER
00:49:22	5	SUELLYN WITTLIEFF
	6	MARTHA SCHIER
	7	ANGELA BRANNAN
00:19:57	8	CAROL EMANUEL-CHOI
00:20:29	9	EDIE NIEMIEC
00:20:47	10	GAIL RIEDERER
00:22:47	11	BOO WILD
00:23:07	12	MARY WHITE
00:24:25	13	LISA WALTER
00:24:42	14	MAUREEN GAVAHAN
00:25:12	15	CYNTHIA WINGET
00:25:49	16	ANNE BINGHAM
00:26:04	17	ROSE ANSTEDT
00:26:48	18	CONNIE SWANSON

Age G	roups: 55 - 59 FEMALE
1	MARYANNE HINKES
2	KIM PETAK
2	JULIE RISTOW
4	LORI STAUDER
5	SUELLYN WITTLIEFF
5	MARTHA SCHIER
5 7 8	ANGELA BRANNAN
8	CAROL EMANUEL-CHOP
9	EDIE NIEMIEC
10	GAIL RIEDERER
11	BOO WILD
12	MARY WHITE
13	LISA WALTER
14	MAUREEN GAVAHAN
15	CYNTHIA WINGET
16	ANNE BINGHAM
17	ROSE ANSTEDT
18	CONNIE SWANSON

00:49:46	1	MARY EISENHAUER	00:24:37
	2	JONI HODOR	00:28:20
	3	MARGY GALEWSKI	00:30:19
00:22:55	4	DEB COOPER	00:31:51
00:23:40	5	MARY COOPER	00:33:51
00:25:18	6	EILEEN DONOHOO	00:34:08
00:25:20	7	JULIE PIERCE	00:34:32
00:26:45	8	JACKIE TREVINO	00:34:33
00:27:17	9	SHARON NIEMAN	00:35:28
00:28:27	10	JAN KAUFMAN	00:39:17
00:20:21	11	RHONDA TAYLOR PARRTS	
00:30:05			
00:31:28	Age G	roups: 65 - 69 MALE	
00:31:46	1	JIM DE VITA	00:24:54
00:31:40	2	KEN OCHS	00:24:34
00:34:30	3	ROBERT SCHULTZ	00:27:22
00:36:59	4	DENNIS SHOEMAKER	00:27:57
00:37:00	5	GERRY GALEWSKI	00:27:37
00:37:00	6		00:30:09
	7	PAUL LORENZ RAY COOPER	
00:38:00	/	KAI COUPER	00:33:52
00:43:32			









Age (Groups: 45 - 49 FEMALE
1	HEATHER DEATON
2	JULIA EGGENER
3	JODI KRAFCHECK
4	SUZANNE ABLER
5	JULIE HENSZEY
6	ANN BACHAR
7	MAURA ROBERTSON
8	ABBY PLUMMER
9	JILL OSTROWSKI
10	JANA BOSWELL
11	CINDY BIESTERVELD
AND.	
//86	TATEL NAME OF THE OWNER,
100	
500	
100	



00:28:00	12	MI
00:29:02	13	PA
00:29:44	14	RIC
00:30:39	15	LA
00:33:43	16	BR
	17	RO
	18	TEI
00:22:25	19	NE
00:24:20	20	TIN
00:24:52	21	DA
00:26:39	22	RA
00:27:40	23	JOI
1	1	1
	100	illen
	00:29:02 00:29:44 00:30:39 00:33:43 00:22:25 00:24:20 00:24:52 00:26:39	00:29:02 13 00:29:44 14 00:30:39 15 00:33:43 16 17 18 00:22:25 19 00:24:20 20 00:24:52 21 00:26:39 22

MICHAEL BROWN	00:26:53
PAUL BOWERS	00:26:59
RICK JEFFERS	00:27:09
LARRY HORNING	00:27:10
BRIAN SPRENGER	00:27:26
ROBERT LEE	00:27:48
TERRANCE GLYNN	00:28:37
NELSON GUZMAN	00:28:38
TIMOTHY DUNNE	00:28:43
DALE WITTLIEFF	00:28:46
RANDAL ST. LOUIS	00:32:46
JOHN WOOD	00:42:08
	1 40

	19	CECELIA CARSE
		roups: 60 - 64 MALE
	1	MIKE VERNON
	2	PAUL HORANOFF
	3	MICHAEL FORD
	4	GREG KESLING
	5	MIKE NIEMIEC
	6	THOMAS KROLL
	7	JOE COOPER
	8	JOE PATERICK
	9	DAN DINGMANN
-	10	BOB KRICK
I	11	DAVE GIPP
1	12	LEO RIES
ĸ	13	RANDY NAWOTKA
ı	14	GREG REAMER
ı	15	DONALD JANICKI
ı	16	ROGER GIPP
ı	17	GREG DAGGETT
ı	18	JAMED CARROLL
ı	19	JOHN WHITE

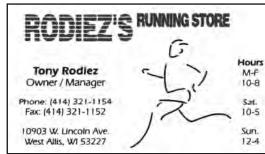
Age Groups: 60 - 64 FEMALE

00.47.40		C	
00:47:49		Groups: 65 - 69 FEMALE	00.20.05
	1	NANCY ALLMAN	00:29:05
00.10.22	2 3	SALLY VON ZIRNGIBL	00:29:11
00:19:23		CAROL HEGLAND	00:33:43
00:20:17	4	BARBARA PLEASANT	00:37:20
00:20:56	5	OTTILIE GRAMLING	00:47:10
00:23:36			
00:24:00		Groups: 70 - 74 MALE	
00:24:57	1	MÎKE KIRKWOOD	00:23:12
00:25:02	2	KLAREN ALEXANDER	00:23:25
00:25:15	3	MICHAEL SPITZ	00:28:45
00:25:55	4	RON PEMBERTON	00:28:58
00:26:13	5	DENNIS EUTING	00:30:43
00:26:27	6	HEINER GIESE	00:31:56
00:26:51	7	JIM CHMIELEWSKI	00:33:26
00:26:54			
00:27:03	Age	Groups: 70 - 74 FEMALE	
00:28:15	1	CAROL DORAU	00:31:11
00:29:29			
00:32:18	Age	Groups: 75 - 98 MALE	
00:45:09	1	EDWARD BLUMBERG	00:38:30
00:48:12	2	JOHN BROPHY	00:45:50
	Age	Groups: 75 - 98 FEMALE	













2015 Most Improved Runner Program CALLING ALL STRIDERS!!

By Jody Geibl MIR Program Coordinator

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

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.

NAME: ____

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

_ ADDRESS: __

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

EVENING/DAY PHONE:

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

CITY / STATE: ____

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

DISTANCE	RACE NAME	DATE	TIME
1MI			7 1
1MI			1-1-
BIATHLON			15 €
BIATHLON			101101
DUATHLON			1. 1
DUATHLON			£ 8
TRIATHLON			1 1
TRIATHLON			
5K			
5K			
4MI			1.50
4MI			3 - 3
8K.			1-1
8K			1. 1
5MI			-1-:
5MI			-1-:
10K			1:-1-
10K			1 1
7MI		-	1-1
7MI			
15K			
15K			3.11
10MI			
IIIMI			-1-1
20K			19 1
20K			

EMAIL:

DISTANCE	RACE NAME	DATE	TIME
20K	101111111111111111111111111111111111111		
20K			3 3
1/2 MARATHON			1 1
1/2 MARATHON			2 2
25K		1	1 1
25K		1	2 2
20 MI			3 3
20 MI		1	1 8
MARATHON			-1-1-
MARATHON		0 1 1	1 3
50K			13 (3)
50K			1 3
50M			-:-:-
50M			1.1
100K			-:-:
100K			1 1
100MI			-1-1-
100MI			
6 HR			1 1
6 HR		-	4 1211
12 HR			1-1
12 HR			100
24 HR			1 1
24 HR			1 1
OTHER			1 1
OTHER			200

SATURDAY • JUNE 11, 2016

HALF MARATHON * QUARTER MARATHON * 5K

7:00 AM • MILWAUKEE, WI



- ★ 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



MAKING DUST

Pain is temporary, pride is forever!

Anonymous



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 NF Cleveland, OH 44114 (216) 623-9933 WWW.HERMESCLEVEL AND.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	Haning	44:28.7
	-	

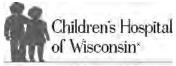
Alexis	Shaffer	51:58.9	Rilev	Hill	40:11.7
Aitza	Romero	52:08.2	Lauren	Kaszak	40:16.2
Maya	Bell	52:08.6	Bailey	Finnegan	40:17.1
Livia	Birler	52:10.0	Elizabeth	Goslee	40:21.1
Gwen	Kelpin	52:38.0	Megan	Bianco	40:22.7
Laine	Dolan	52:43.9	Alina	Atavan	40:26.9
Carly	Colman	52:45.2	Flizabeth	Lindner	40:27.2
Abby	Sauirrell	52:46.1	Lauren	Ingles	40:28.7
Lindsev	Willcocks	53:01.7	Chelsea	Payant	40:33.1
Grace	Gabriel	53:02.1	Gabrielle	Berg	40:33.2
Jennifer	Lunde	53:25.2	Emily	Hebron	40:35.0
Racine	King	53:34.0	Therese	Casey	40:39.9
Sarah	Groechel	53:53.2	Rachel	Metz	40:45.6
Kate	Viviano	53:58.5	Sara	O'Dowd	41:04.8
Amber	Smith	54:37.9	Kate	O'Shea	41:07.5
Elise	Rice	54:39.8	Julianna	Shearer	41:14.4
Hannah	Smith	54:44.1	Jacqueline	Wojcik	41:26.1
Kylie	Coraggio	55:25.8	Margot	Debaker	41:29.7
Gretchen	Greischar	56:33.1	Sarah	Jahnke	41:30.3
Addison	Block	56:41.0	Carina	Rago	41:32.8
Alexandra	Ketarkus	56:47.7	Clara	Kiesel	41:33.0
Sadie	Monreal	56:53.1	Cynthia	Lopez	41:33.1
Ginny	Boggess	57:23.6	Shelby	Lang	41:35.5
Lily	Englebert	57:38.8	Rachel	Margolis	41:36.6
Maddie	Strutz	57:49.1	Lisa	Vlach	41:37.7
Gabriella	Vanderpool	57:54.2	Rebecca	Alt	41:38.5
Jordyn	Schwartz	58:02.3	Leslie	Williams	41:42.9
Amanda	Wachter	58:07.7	Stefanie	Pavlick	41:47.8
Olivia	Campbell	58:47.5	Katie	Peterson	41:47.9
Alanna	Gaziano	59:29.5	Sophia	Haslup	42:04.5
Joan	Turner	59:45.2	Stefanie	Berg	42:28.4
Catelyn	Soccodato	59:59.0	Rachel	Bemes	42:30.6
Lorna	Markowski	1:02:41.9	Allison	Blazek	42:31.3
Lilian	Zieser	1:05:42.6	Lauren	Grant	42:33.8
Gabriela	Zieser	1:05:42.6	Katie	Kemmerer	42:42.4
Cece	Ortwein	1:06:34.3	Bailey	Peck	42:50.6
Christine	Barrientos	1:13:00.0	Erin	McHugh	42:50.7
Fiona	Hornada	1:13:09.5	Jacqueline	Friello	42:53.2
Emma	Dwigans	1:16:41.5	Julia	Jeziorowski	43:12.2
Abbie	Vanlanduyt	1:28:50.6	Ellie	Rauch	43:12.8
Ella	Anderson	1:37:45.2	Taylor	Doyle	43:18.7
Kloe	Figliuzzi	1:43:35.3	Alexandra	Labeots	43:22.9
Allison	McLaughlin	1:43:36.2	Nicole	Schmit	43:35.0
			Gabrielle	Kosloske	43:35.1
F19-24			Olivia	Rieder	43:52.7
Hannah	Frett	30:18.4	Nettie	Rauch	43:55.9
Sofie	Schunk	31:09.2	Ashley	Clesry	44:01.1





44:09.9 44:10.7

Hannah	Prudlow	44:28.8	Chelsea	Sherbine	36:57.8	Kellv	Nance	44:26.1
Abby	Wanezek	44:41.9	Brynna	Goulding	37:00.8	Kristin	Nelson	44:30.2
Alexandra	Adali	45:07.4	Lauren	Orfield	37:06.9	Kate	Klaubauf	44:42.1
Mava	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	Biegler	37:51.6	Krista	McClure	44:49.6
Tessa	Waite	46:03.9	Jordan	Simonides	37:51.8	Kathryn	Moran	45:03.6
Margo	Cushman	46:49.0	Jessica	Meinen	38:12.2	Kelsev	Hafner	45:04.6
Georgea	Cushman	46:49.3	Kaitlyn	Soukup	38:20.5	Laura	Fischer	45:16.8
Elsa	Englebert	46:51.5	Molly	Modrzynski	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	Popelka	38:51.2	Katie	Orfei	45:42.1
Mette	Genz	48:02.4	Kimberly	Surfus	39:00.1	Caitlin	Gardner	45:46.8
Stacy	Mellantine	48:44.0	Rebecca	Streit	39:11.3	Kaitlin	Guerin	45:47.5
Aalivah	Alberts	49:01.5	Jordan	Mottet	39:14.1	Mariah	Arends	45:48.4
Tess	Strother	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 or	1 page 19)
								1



A member of Children's Haspital and Health System.

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.











Leah

Jennifer Hannah Kelly Karen Crystal Lindsey Alli Megan Jessica Carissa Aimee Nicole Jenna Lindsey Katherine Melissa

Julie

Abby Katie

Andrea



MAKING DUST

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

Betsy

Kenlyn Katelyn Mary Annie Anna Sarah Laura Megan Suzann Kierster Amanda Theresa Grace Jocelyn Nora Jessica Brittany

Plonka Christopher Ryan Smith Rodriguez Martel Koenigs Bains Clum Yeazel King Eskau Newburg Rothstein

Ritger Von Dorn Davis Krebs

Benedetto

Severson

O'Neill

Burtnett



Ferrella

Coe Dixon Wendling Auxier Ferguson Coenen Destefanis Neumann Reichert Lueneburg Molina D'Amour Hall

Bruckner Moore

Moore Burant Greving Grossma Harris

Steffes

57:42.8

57:45.6

58:02.2

58:03.0

58:10.1

58:42.1

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

(Continued fron	n naga 18	1

*	3 1 0	,
Danielle	Moscatel	46:08.6
Elizabeth	Bobek	46:08.8
Sadie	Klenk	46:09.1
Patricia	Healy	46:09.6
Maggie	Leonardi	46:11.3
Michelle	Rothenhoefer	46:12.7
Elise	Ditscheit	46:24.3
Abbie	Wolfe	46:26.8
Mikayla	Landon	46:33.5
Maria	Murray	46:37.3
Alexandrea	Schoewe	46:41.2
Alyse	Selz	46:45.1
Christina	Limbach	46:57.4
Sheila	Siemer	46:58.9
Megan	Demman	47:08.8
Emily	Rafalik	47:11.4
Alexis	Kopecky	47:11.5
Courtney	Rademann	47:11.5
Melissa	Fiegel	47:12.0
Alex	Gambacorta	47:16.3
Sara	Demman	47:16.3
Frances	Meyer	47:16.6
Sienna	Klenk	47:16.9
Erin	Shea	47:25.5

Parisa
Cristina
Hayley
Charlotte
Amanda
Christine
Cara
Sarah
Angela
Hannah
Kathleen
Elizabeth
Madison
Kelli
Anna
Katherine
Elizabeth
Mary Kate
Julie
Francesca
Anna
Elena
Abigail
Caitlyn
Elizabeth
Sarah
Emma
Leslie
Annie
Morgan
Laura
Saskia
Meredith
Kesley
Maggie
Samantha
Taylor



Shirazi Martinez



Kamariah





Katelyn Amanda Haug Moehrke 1:02:09.6 lglar Lenz Morrissey 1:03:58.3 1:04:05.8 Ryals Castro Digilio Hedden Schulner Walsh Rourke Dong Anderson 1:05:00.2 1:05:53.8 1:05:59.7 1:06:25.4 1:06:36.4 1:10:58.5 1:11:00.3





40:01.2

40:43.2 40:46.7 40:47.7 40:58.5 41:12.5 41:29.8 42:01.8 42:04.1 42:24.3 42:29.3 42:37.7 42:38.6 42:41.7 42:43.8 42:41.7 42:57.0 42:59.8 43:05.2

43:06.9

43:10.7

43:11.7

43:18.9

43:22.7

43:28.5





Stone
Pierre
Koessi
Brunner
Krause
Bautista
Mertz
Rakoczy
Dunne
Kellner
Perlini
Akerlund
Pietrowiai
Soley
Schlindwe

Stedmar

Drellack

Plencne

Wichert

Gottsacke

Kelly Kristin Tricia Nichelle Elise Laura Katie Andrea Shannon Aurora Beatrice Laura Kimberly Katie Hannah Julie Allison

Emily Corrie

Kristin

Laura

Keara



49:00.2 49:01.3 49:04.6 49:05.2 49:05.5 49:07.3 49:13.3 49:20.1 49:24.4 49:29.0 49:30.2 49:30.3 49:34.6 49:34.6 49:44.6 49:48.7

50:03.6

50:08.1

50:10.4

50:11.9

50:17.5

50:20.















Devine Distler



CHILDREN'S



HAMPION AST



Laura

Kim

Matt Nicki

Holly Carol

Lindsey

47:50.4 47:55.3



Engel Deming Schulte Roets

52:51.0
53:00.2
53:08.0
53:08.8
53:12.8
53:14.2
53:21.8
53:23.5
53:30.6
53:37.3
53:51.6
54:01.6
54:06.0
54:06.8
54:12.9
54:13.3
54:23.0
54:24.7
54:28.5
54:35.2
54:42.4
E 4 40 0

53:00.2	Megan
53:08.0	Emily
53:08.8	Alyson
53:12.8	Megan
53:14.2	Breanna
53:21.8	Laura
53:23.5	Katie
53:30.6	Sarah
53:37.3	Stephanie
53:51.6	Cameron
54:01.6	Jacqueline
54:06.0	Alicia
54:06.8	Emily
54:12.9	Shelby
54:13.3	Amy
54:23.0	Kayla
54:24.7	Lyndsay
54:28.5	Brooke
54:35.2	Yangrui
54:42.4	Kayla
54:42.9	Renee
54:46.0	Julie
E 4, 40.2	Aloudo

Kayla



Meyer Ribecky



1.00:20:2

1.10.20.2

1:23:02.1

(Continued on page 20)



48-22.4

48-22.8

48:33.9

48:51.0

48:51.4

48:51.8

49:00.3

49:00.4

49:01.5 49:03.1 49:13.7 49:19.1

Jackie

Kaela

Lindsey

Tinker

Katie Nikki

Jennifer Hilary Camden Michelle

Adler Parikka

Sullivan

King Snyder Snyder Massaroni Stewart Hawi Preuss Rucinski Vicker Levenhage Futter Roberts Miranda Anklam Reichert

Stauss

Batien

Kelley Grebe

Farina

Laumbacher Hogaboom Hayes Jandrin

Rania Marilyn Kassie Samantha Erin Emily Ashley Stephanie Anna Heather Clare Carlie

Emily Meredith Olivia

Heather

Sami

Cara

Claire

The Most Times are in 'The Strider'

Maria

Kaitlyn

Lauren

Bryan

Alýssa Madeline

Norton

Laura

Norris Bailey









MAKING DUST

God determines how fast you're going to run: I can help only with the mechanics.

Bill Bowerman

Carri Jenn Sam Guad Jess Katle April Hale Megl Nila Jess Heat Emily Crist Ama Megl Crys Gina Vanit Kristi Barb Nicol Jess Tere Dani Ther Megl Tiffar



Briggs and Al's 8 K Race **Results**



					THE PERSON NAMED IN
F30-34				No.	
Mina	Demarco	30:13.0		-	
Nicole	Kelly	30:26.2			
Amy	Schlotthauer	32:17.7			
Tiffany	Gebrke	33:13.4			
Nikki	Cahen	35:46.3			
Courtney	Gawryleski	36:16.8	Carly	Savio	46:18.9
Maggie	Gehler	36:57.1	Julié	Murphy	46:20.9
Jennifer	Tieman	37:06.8	Ali	Gould	46:23.4
Ashlev	McCune	37:14.1	Nikki	Brenton	46:23.4
Heather	Sechler	37:16.7	Megan	McAlderay	46:25.0
Ashlev	Haaq	37:18.2	Bridget	Bayer	46:25.7
Rosie	Voelker	39:04.7	Angela	Rieves	46:43.2
Katy	Corey	39:09.4	Stephanie	Tack	46:46.5
Kathryn	Daul	39:25.1	Erika	Smith	47:00.6
Mary	Belter	39:45.5	Kathryn	Brott	47:00.7
Ann	Thornton	39:55.3	Carrie	Havne	47:04.0
Julie	Berres	39:55.4	Kristi	Adyniec	47:29.3
Theresa	McClura	40:09.1	Laura	Benas	47:40.0
Carrie	Sandberg	40:22.0	Laurie	Navarro	47:42.0
Kara	Hill	40:29.0	Melissa	Holschbach	47:51.1
Cindy	Kuehn	40:33.2	Katie	Fckl	47:51.4
Katie	Thimm	40:38.6	Jennifer	Maiewski	48:09.7
Jessica	Woicik	41:09.8	Jamie	McGowan	48:09.8
Carli	Digioia	41:47.1	Kathryn	Kreitzer	48:10.7
Amy	Niedziela	41:47.2	Amy	Unti Runnells	48:20.9
Jill	Neils	41:51.0	Margarita	Fons	48:23.8
Courtney	Garcia	41:56.2	Katherine	Nersesian	48:27.7
Aleisha	Steele	42:01.8	Alaina	Demeyer	48:29.2
Morgan	Hanson	42:13.1	Amanda	Negro	48:37.0
Reth	Beyer	42:13.6	Carlie	Smith	48:42.8
Nicole	Loringer	42:29.0	Lauren	Forster	49:39.4
Lisa	Obrien	42:36.4	Michelle	Gasper	49:41.2
Katie	Kalt	42:43.9	Christie	Guertin	49:42.0
Laura	Haas	42:47.7	Katie	Kaszuhowski	49:43.9
Frin	Petrik	43:11.6	Kellie	Lanza	49:49.2
Melissa	Hoell	43:17.5	Tami	Will	49:56.3
Sara	Creighton	44:06.9	Tricia	North	50:01.4
Ashlev	Kissinger	44:14.3	Amanda	Sippel	50:04.9
Andrea	Thompson	44:17.5	Phaedra	Allen	50:25.3
Heather	Kypta	44:30.6	Allison	Schaus	50:26.7
Nicole	Rosin	44:33.4	Lynelle	Fischer	50:27.0
Carolyn	Kieger	44:52.1	Amber	Abert	50:28.6
Cari	Greving	44:54.8	Alecia	Huettl	50:30.1
Kate	Beral	44:57.9	Meghan	Jones	50:35.3
Emily	Patterson	45:00.2	Angie	Simaytis	50:41.2
Amanda	Cose	45:02.0	Emily	Yu	50:43.5
Courtney	Rohs	45:04.4	Maggie	Lanzdorf	50:44.3
Haley	Leasure	45:13.2	Amanda	Prost	50:44.3
Megan	Anderson	45:16.5	Courtney	Mich	50:45.4
Ashlee	Fugate	45:42.2	Kristie	Belyeu	50:46.6
Megan	Radowski	45:42.6	Janae	Baus	50:47.9
Katie	Simet	45:49.4	Leslie	Shaw	50:47.5
Jessica	Brundage	45:54.9	Sarah	Plamann	51:05.0
Abby	Bruggeman	46:05.8	Danielle	Hamer	51:24.3
Christine	Yogerst	46:18.3	Meredith	Van Dyke	51:24.6
Simbilito	roguist	10.10.0	moroditi i	van Dyke	51.24.0



			1 Marie	_
		and the		
Savio	46:18.9	Corinne	Semanko	51:34
Murphy	46:20.9	Kimberly	Cichucki	51:47
Gould	46:23.4	Erin	Lovinus	52:00
Brenton	46:23.4	Ashley	Schultz	52:01
McAlderay	46:25.0	Amanda	Drobot	52:07
Bayer	46:25.7	Katie	Fenstermaker	52:13
Rieves	46:43.2	Angela	Halbach	52:16
Tack	46:46.5	Anna	Prusinski	52:27
Smith	47:00.6	Andrea	Tobias	52:34
Brott	47:00.7	Madeleine	Doelker-Berlin	52:35
Hayne	47:04.0	Linda	Irvine	52:40
Adyniec	47:29.3	Laurie	Michalak	52:43
Bengs	47:40.0	Miranda	Gries	52:45
Navarro	47:42.0	Julie	Schmidt	52:48
Holschbach	47:51.1	Rachel	Blise	52:49
Eckl	47:51.4	Julia	Fritz	53:08
Majewski	48:09.7	Julie	Bernard	53:15
McGowan	48:09.8	Leah	Shaffer	53:16
Kreitzer	48:10.7	Erin	Fuller	53:23
Unti Runnells	48:20.9	Danielle	Haugh	53:29
Fons	48:23.8	Andrea	Moker	53:35
Nersesian	48:27.7	Deb	Walbergh	53:35
Demeyer	48:29.2	Marissa	Wesley	53:47
Negro	48:37.0	Andrea	Brackman	53:53
Smith	48:42.8	Cyra	Coenen	53:59
Forster	49:39.4	Nickie	Adler	54:00
Gasper	49:41.2	Laura	Mueller	54:02
Guertin	49:42.0	Monica	Thomas	54:06
Kaszubowski	49:43.9	Jami	Rinehart	54:10
Lanza	49:49.2	Jessica	Aquino	54:17
Will	49:56.3	Angela	Michor	54:22
North	50:01.4	Christy	Call	54:31
Sippel	50:04.9	Meghan	Bretl	54:34
Allen	50:25.3	Jessica	Blough	54:36
Schaus	50:26.7	Carlee	Paulsen	54:39
Fischer	50:27.0	April	Verstoppen	54:41
Abert	50:28.6	Megan	Hintz	54:49
Huettl	50:30.1	Katy	Adler	54:56
Jones	50:35.3	Katy	Teske	54:59
Simaytis	50:41.2	Jessica	Grekso	55:04
Yu	50:43.5	Patty	Wuteska	55:09
Lanzdorf	50:44.3	Holly	Shepherd	55:14
Prost	50:44.3	Carrie	Stehman	55:29
Mich	50:45.4	Betsy	Barker	55:47
Belyeu	50:46.6	Stephanie	Post	55:51
Baus	50:47.9	Erin	Zdanczewicz	55:52
Shaw	50:48.5	Kristina	Kucharas	55:56
Plamann	51:05.0	Megan	Knight	56:11

	1 dity	WUICSKU	33
	Holly	Shepherd	55
	Carrie	Stehman	55:
	Betsy	Barker	55:
	Stephanie	Post	55
	Erin	Zdanczewicz	55
	Kristina	Kucharas	55:
	Megan	Knight	56
	Dana	Fischer	56:
	Valerie	Hoff	56
-	Jana	Esselmann	56
1	Shana	Belich	56
	Trista	Mulvey	56
	Rebecca	Shaw	57:
	Jill	Boyle	57
	Christine	Wittwer	57:
	Pam	Brown	57
	Joy	Durbin	57:
	Sarah	Fuhrer	57:
	Hayley	Werner	57:
	Jolene	Meunier	57
	Christina	Dams	57:
	Amy	Billings	57:
	Sarah	McAndrew	58:
	Jenny	Futrell	58
	Marie	Cardenas	58:
4	Krista	Fleming	58
8	Stephanie	Bogadi	58
и	Tara	Huss	58:
и	Tania	Engels	58
	Alejandra	Salas	59
	Sheri	Strombeck	59
	Abby	Drallos	59
	Vernette	Skeete	59:
	Michelle	Neuberger	59
	Elizabeth	Oates	1:00:
	Vanessa	Eisenmann	1:00

gan	Walbrant	1:01:04.3	Karey	Makowski	45:37.5	Elizabeth	White	59:55.4
rie	Gaulke	1:01:12.5	Heather	Hlavka	45:41.5	Corinne	Evans	59:59.5
nifer	Burrie	1:01:59.1	Melissa	Kappeler	45:44.2	Annette	Stoffel	1:00:21.7
nantha	Rengstorf	1:02:23.1	Debbie	Bednarek	46:00.1	Wendy	Ruenzel	1:02:31.0
adalupe	Velasquez	1:03:11.8	Jessica	Carrion	46:03.4	Kelly	Rauen	1:02:40.6
sica	Celella	1:03:16.8	Christopher	Peters	46:09.6	Julia	Azari	1:02:51.5
ie	Bischoff	1:03:46.1	Amy	Zillmer	46:31.1	Michelle	Rekowski	1:02:51.8
il	Novak	1:03:47.0	Ann	De Battista	46:45.0	Jaclyn	Fischer	1:02:55.5
ey	Brandt	1:04:15.3	Jaclyn	Hartling	46:48.3	Anthony	Allen	1:03:05.7
ghan	Ribbich	1:04:17.5	Jenny	Curalli	47:12.9	Deidre	Spaeth	1:03:40.2
i	Andrade	1:04:22.0	Lynn	Hammen	47:15.4	Maureen	Geary	1:04:15.9
sica	Mirkes	1:04:44.5	Marybeth	Heise	47:25.1	Marie	Smook	1:04:32.9
ather	Leasure	1:05:35.0	Lori	Schneider	47:26.0	Meg	Anderson	1:04:43.9
ily	Zieser	1:05:40.4	Adrienne	Ridgeway	47:26.2	Ava	Sollazo	1:05:37.8
ly	Hansen	1:07:04.3	Sheri	Makkos	47:28.3	Soubinh	Borihane	1:05:52.3
eila	Cunningham	1:08:07.1	Katja	Kovacic	47:44.9	Dajen	Bohacek	1:06:31.3
stin	Castaneda	1:08:34.1	Jen	McGraw	47:46.1	Julie	Elfers	1:06:31.6
anda	Schlosser	1:09:11.0	Annie	Collins	47:55.8	Kelli	Riollo	1:06:50.3
ghan	Teigen	1:09:33.0	Lynn	Genz	48:02.9	Molly	Kosbab	1:07:37.7
stal	Szabo	1:12:25.3	Becky	Smale	48:10.0	Cindy	Nolette	1:08:34.9
a	Rago	1:14:19.9	Bridget	Geary	48:15.2	Sarah	Wang	1:09:33.2
nitha	Vasanth	1:14:33.1	Katie	Gardner	48:22.8	Laura	Valdivia	1:11:09.7
stin	Campbell	1:14:34.8	Cash	Campbell	48:23.0	Audrey	Hornada	1:13:02.3
b	Heineck	1:14:40.1	Amie	Osting	48:37.3	Jennifer	Cera	1:16:35.3
ole	Howe	1:15:04.2	Tanya	Warner	48:37.7	Amy	Zorc	1:29:04.4
ather	Lee	1:15:43.4	Maria	Cox	48:48.5	Anne	Joseph	1:39:52.2
sica	Timm	1:15:43.7	Diana	Schmidt	48:53.0	Susan	McLaughlin	1:43:36.1
esa	Duffey	1:15:53.9	Aarika	Milykovic	48:59.4			
nielle	Bykowski	1:19:21.4	Kathryn	Niebler	49:26.7	F40-44		
eresa	Gruenke	1:25:16.1	Carol	Price	49:32.8	Denise	Manthy	31:14.5
ghan	Dam	1:36:26.2	Allison	Jahn	49:39.0	Allison	Abbott	33:45.2
any	Figliuzzi	1:43:35.7	Elaine	Spiller	49:43.5	Kim	Keup	34:48.5
			Sharon	Pretorius	49:55.8	Risa	Berg	36:43.1
-39			Pri	Kramer	50:31.9	April	Rauwald	37:20.8
ile	Winston	33:38.4	Wendy	Tobin	50:44.5	Jeana	Holt	37:56.4
stal	Toll	36:11.8	Heather	Jackman	50:45.7	Amy	Atallah	38:06.4
dine	Schaefer	37:28.4	Nicole	Jaeck	50:57.0	Cyndi	Mies	38:08.6
anne	Mitich	37:42.1	Johanna	Gross	50:58.0	Jennifer	Krause	38:39.5



Caroline	Rufer	37:47.9	Erica	Barke	51:16.8	Jeanine	Lindstedt	39:55.4
Rosa	Gomez	38:24.6	Katie	Ruff	51:20.2	Carrie	Truebenbach	40:02.0
Candice	Knuteson	38:32.9	Tara	Moreau	51:27.2	Gwen	Travis	40:27.1
Andrea	Reilly	38:41.6	Erin	Corrao	51:31.2	Andrea	Boucher	40:35.9
Heather	Quint	38:54.9	Meghan	Ferry	51:53.6	Amanda	Quesnell	40:40.6
Jess	Taylor	39:03.1	Kristin	Block	52:11.3	Cyndi	Smith	41:15.4
Shana	Brewer	39:14.1	Coreen	Rogers	52:21.8	Jennifer	Klimek	42:29.3
Andrea	Begotka	39:30.1	Karen	Gillette	52:42.1	Denise	Ploof	43:24.8
Amber	Wichowsky	39:51.5	Rossana	Beamer	53:21.1	Kristin	Breuer	43:24.9
Reggie	Drewek	40:06.6	Jill	Fink	53:23.7	Tressa	Gitzlaff	43:40.7
Heather	Leisz	40:07.1	Mari	Grobschmidt	53:26.2	Ann	Bainbridge	43:41.7
Jenna	Lower	40:09.0	Alison	Dalal	53:47.5	Anne	Krueger	43:50.4
Christine	Ramos	40:10.4	Amy	Mulcahy	54:01.9	Michelle	Prudlow	44:28.6
Samantha	Wilson	40:34.6	Jenny	Dopkins	54:23.2	Dana	Krems	44:32.6
Jennifer	Staszko	40:42.5	Teresa	Drews	54:31.7	Genevieve	Daniels-Brown	44:53.4
Erin	Meyer	40:57.9	Ericka	Slager	54:33.3	Elizabeth	Suehr	45:29.2
Cynthia	Running	41:00.7	Nicole	Hendrickson	55:01.9	Julie	Pinnow	45:44.9
Gretchen	Kollman	41:23.2	Jessica	Rich	55:02.3	Jill	Tostengard	45:49.6
Rebecca	Clement	41:33.5	Jessica	Thomas	55:07.6	Carol	Megna	46:28.2
Tracy	Liska	41:46.1	Erin	Wentworth	55:14.7	Kari	Schwenkner	46:33.8
Reagan	Jauch	41:56.8	Heidi	Belongia	55:15.1	Kathryn	Burns	46:38.6
Anna	Schaffer	42:05.5	Amy	Coraggio	55:25.5	Josephine	Stahl	46:38.7
Stephanie	Hicks	42:27.3	Marilu	Romero	55:37.9	Tina	Englebert	46:51.6
Jennifer	Van Essen	42:31.2	Crystalyne	Pettet	55:46.8	Mindy	Dorff	47:06.4
Amy	Krueger	42:40.2	Jennifer	Jeschke	56:04.7	Janel	Novack	47:34.0
Monica	Labelle	42:47.3	Amanda	Wuehr	56:31.5	Julie	Wypiszynski	47:39.0
Stephanie	Seitz	42:58.4	Kelly	Dugan	57:02.7	Victoria	Paupore	48:19.8
Kristina	Palmer	43:02.7	Andrea	Verschage	57:06.0	Cheri	Strobel@wi.rr.com	48:41.2
Rebecca	Wagner	43:04.6	Hilari	Renzelman	57:06.7	Maria	Reyes	48:43.5
Michelle	Sweetser	43:05.8	Jennifer	Ketarkus	57:15.5	Stephanie	Gregor	48:50.5
Mary Katherine	Jante	43:08.0	Breckan	Feltz	57:53.8	Amanda	Alberts	49:03.1
Tracy	Tooley	43:44.2	Heidi	Vanderpool	57:55.8	Jodie	Thrune	49:32.3
Cheryl	Asplin	44:24.8	Rachel	Tillman	57:56.5	Allison	Duey-Holtz	50:04.5
Diana	Barany	45:13.9	Stephanie	Stefan	58:00.1	Michelle	McCardle	50:04.6
Noelle	Brigden	45:17.5	Angela	Rabbitt	58:01.6	Ellen	Hyde	50:49.4
Deanna	Martin	45:28.9	Kelly	Kaludis	59:37.0		a	27)









Behounek Birkland Grzeskowiak Rothen Heffner Ploetz Dwigans Chonkar

Hopkins Schaer

April Terri Susan Angela Barbara Christina

Wendy Rita Diana Christina

F45-49

1:09:32.1 1:09:58.2 1:15:44.7 1:16:18.0

1:16:30.7 1:16:39.3 1:16:42.1 1:20:13.8

1:28:08.3

F50-54



MAKING

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

1			F45-49		
1	Results	5	Jennifer	Schweinert	32:01.2
1		_	Diana	Hoglund	34:04.1
1	Continue	4	Becky	Murray	34:11.6
1	Continue	ш	Terri	Bodden	34:23.3
			Nancy	Reed	36:18.9
(Continu	(Continued from page 20)			O'Meara	37:47.5
(Commi	ieu jrom puge 20	′′	Julie	Przesmicki	38:55.4
Jessica	Carlson	50:52.4	Kristen	Rodriguez	40:13.5
Michelle	Kebbekus	50:53.9	Lisa	Manske	40:22.5
Angela	Birler	50:58.2	Paula	Hatch	40:36.6
Kimberly	Zabkowicz	51:00.7	Chris	Smith	40:43.8
Ericka	Burzynski	51:16.9	Linda	Pierschalla	41:21.2
Angel	Lawonn	51:23.5	Deana	Neis	43:23.0
Jacky	Reyes	52:41.0	Ann	Adali	43:40.9
Julie	Schadow	52:44.8	Katherine	Birk	43:47.4
Susan	Kelpin	52:50.6	Sue	Cullen	44:08.4
Mary	Coubal	52:52.5	Ann	Rovito	44:11.2
Keri	Sarajian	53:13.2	Maura	Robertson	44:35.3
Keri	Disch	53:18.2	Alessandra	Lonardi	45:19.8
Dawn	Sino	53:30.6	Melissa	Thiery	45:27.2
Ali	Myszewski	53:38.4	Bernard	Osborne	45:27.8
Korrin	Gumieny	53:43.3	Kristina	Rich	45:48.8
Dena	Waltersdorf	53:45.0	Kim	Zaiss	45:48.8
Kathleen	Auchter	53:46.4	Tracy	Gunderson	45:51.9
Lynn	Lach	54:00.7	Sheila	Schindler-Ivens	45:54.7
Lynn	Winston	54:11.5	Jennifer	Scharfer	45:59.6
Shannon	Seymer - Tabaska	54:51.5	Carrie	Van Ermen	46:19.7
Danica	Olson	55:07.0	Tina	McCurdy	46:33.0
Michelle	Bower	55:17.6	Peg	Dettlaff	46:36.5
Kathy	Mount	55:41.3	Amy	Garcia	46:47.6
Pam	Biersach	55:47.4	Jodi	Weghorst	46:55.0
Betsy	Dietzler	56:12.5	Anne	Martino	47:53.6
Megan	Greischar	56:34.0	Carrie	Jaskaniec	47:54.7
Amanda	Jagodzinski	56:47.6	Jennifer	Sidders	48:07.0
Julie	Antholine	56:48.6	Natalie	Sikorski	48:29.6
Valerie	Mazola	57:15.9	Lori	Nickel	49:23.8
Jennifer	Kolatski	57:35.3	Leah	Hunt	50:05.5
Christine	Tubbs	57:41.7	Paula	Schmidt	50:20.8
Julie	Roubik	58:25.0	Cynthia	Klenk	51:34.5
Tracey	Repa	58:27.7	Bridget	McNair	51:48.5
Amber	Holsen	58:43.9	Jennifer	Bradley	51:56.6



Kubik	58:44.7	Ci
Campbell	58:50.2	Ma
Sides	59:09.1	Cy
Swendson	59:17.5	Me
Biersach	59:37.3	Jill
McCreary	59:45.4	Ma
Hauser-Ölejniczak	59:46.7	Ka
Uravich	1:00:10.6	Lir
Bell	1:00:36.7	An
Botchek	1:01:18.9	Ma
Poeschl	1:01:19.4	Lo
Axtman	1:01:33.5	Sa
Jarvensivu-Terpstra	a 1:01:33.6	Lis
Grahl	1:02:13.6	E۱
Blume	1:02:48.3	An
Parenteau	1:02:59.0	Ch
Jamiola	1:04:10.6	Ka
Kuhnz	1:04:47.2	An
Ortwein	1:06:34.4	Ka
Podjaski	1:06:43.7	La
Hubertz	1:07:18.3	Mi
Gilbert	1:08:34.9	Re
	Campbell Sides Swendson Biersach McCreary Hauser-Olejniczak Uravich Bell Bolchek Poeschl Axtman Janvensivu-Terpstra Grahl Blume Parenteau Authoria Cortwein Hodigaski Hubertz	Campbell 58.50 2 Sides 59.09.1 Swendson 59.17.5 Bitrsach 59.37.3 McCreary 59.46.7 Uravich 100.10.6 Bell 100.36.7 Botchek 10.11.89 Poeschl 10.11.94 Axdman 10.13.3.5 Jarvenskur-Terpstra 10.13.3.6 Grahl 10.21.3.6 Bitme 10.24.8.3 Parenteau 10.25.90.6 Jarniola 10.41.0.6 Kuhraz 10.44.72 Ortwein 10.63.43.7 Pudgsiski 10.64.37 Hubettz 10.71.8.3

	1	
9 11	1	
Cindy Mary	Jocz Wisniewski	52:11.0 52:11.5
Cynthia	Frounfelker	52:22.8
Melissa Jill	Brainerd Ostrowski	52:29.1 52:46.9
Mary Lynn	Brubaker	52:53.0
Kathy Linda	Schmidt Wolfe Anderson	53:39.2 54:35.6
Ann	Adali Trutvin	54:40.7 54:53.6
Mary Lorna	Anschuetz	55:01.0
Sarah Lisa	Dusosky Crandall	55:04.3 55:11.0
Eve	Vespoli	55:12.1
Amy Chris	Standal Von Paumgartten	55:41.2 55:49.4
Katie	Poepping	55:51.5
Amy Karen	Huber Zale	56:02.5 56:56.6
Laurie	Mahler	57:59.5
Michelle Renee	Witt Kirk	58:04.2 58:10.2
Jo Maria	Richter Schulner	59:56.2 1:02:50.1
IVIGITIG	Junumul	1.02.30.1



Evelyn Lyn Sheryl Judy Marie Julie Ann Liz Eileen Jennifer Shannon Sue Julie Maryann Kay Jane Jacquelyn Claudia Linda

Jenny

F55-59 DQ-Noreen Cheryl Kim

Frantz Oswald

Briski

Zimmermar

Neumann

Petak

Berg Finnie

1:03:27.3 1:05:07.6 1:12:04.3 1:12:23.4

1:22:47.5

35:41.0 37:55.4

42:55.5 43:00.8

43:53.6 44:01.6 44:15.5

F5U-54		
Jeanette	Kim	34:59.9
Debbie	Sauvage	35:28.5
Beth	Drolet	37:20.4
Danise	Jarvey	39:46.3
Amy	O'Connor	39:57.4
Jill	Tanel	40:06.5
Nancy	Hlavenka	40:59.6
Sandi	Greenway	41:05.0
Lori	Padgett	41:38.3
Janet	Ross	42:01.1
Sheila	Curtin	42:28.8
Norah	Johnson	43:11.1
Bonnie	Neidinger	43:41.2
Dawn	Shefchik	44:42.4
Diana	Kuhrt	44:54.5
Jeralyn	Wendelberger	44:55.1
Janet	Arnold-Grych	45:14.2
Jackie	Gibson	45:15.5
Laura	Ambrose	45:18.2
Joan	Grant	45:25.2
Joan	Schimmels	45:33.2
Diane	Ball	45:50.9
Kristi		45:51.5
	Collins	
Judy	West	46:32.4
Beth	Hermann	46:42.3
Meg	Jansky	47:42.0
Elisabeth	Kelly	47:54.1
Michelle	Groechel	48:06.2
Nancy	Reeder	48:15.1
Sandy	Burns	48:21.3
Patricia	Szyman	48:28.9
Susan	Bowser	48:56.2
Pamela	Aveni	49:32.7
Joan	Mezera	49:33.1
Monica	Wentz	49:45.4
Kathy	Waite	49:54.0
Christine	Schuit	49:55.7
Pam	Selz	49:58.4
Kim	Stratton	50:04.4
Brenda	Leick	50:14.1
	Glowinski	
Stacey		51:17.4
Cathy	Fischer	51:38.2
Jayne	Jermier	51:38.3
Jenny	Badreddine	51:41.7
Cheryl	Kuchera	52:10.6
Louise	Meyer	52:11.4
Doris	Bailey	52:14.4
Lauren	Chapman	52:18.9
Maria	Sanders	52:25.8
Bonnie	Zienkiewicz	52:37.9
Peggy	Mead	53:03.0
Gayle	Casey	53:12.2
Wendy	Manzke	53:50.9
Judith	Walters	53:58.4
Donika	Murray	54:09.7
Jodi	Vollmer	54:24.7
Sue	Fischer	54:49.5
Susan	Castiglione	55:00.9
Theresa	Breunig	55:14.1
Mary	English	55:15.5
Christine	Bohte	55:38.2
Vicki	Vondrak	55:57.1
Sue	Palmer	56:00.7
Jodi	Falotico	56:20.1
	Johnson	56:29.9
Karen		
Marilyn	Decker	56:35.5
Betsey	Hjertstedt	56:41.7
Cindy	Walder	56:52.2
Ruth	Eimer	56:55.0



		1
Charlene	Marsalli	49:14.6
Janet	Zoltan	50:12.5
Karen	Bruckner	51:19.6
Susan	Heartt	52:03.4
Patty	Meehan	52:26.7
Victoria	Slocum	53:38.6
Lisa	Akgulian	54:06.5

atie	Egan-Bruny	54:15.3	
Λ.	Nortman	54:19.4	
Cynthia	Reik	54:23.0	i
Cathy	Weimer	54:40.7	
ulie	Gaszak	54:51.4	
iue	Butler	55:51.6	-
Susan	Boinski	56:00.6	
	Ferguson	56:05.8	
inda	McNamara	56:10.2	
Cate	Parchim	56:31.3	
Cyndy	Reynolds	56:43.1	
)onna	Hecht	57:32.8	
Maureen	Levenhagen	57:44.3	
Rose	Anstedt	57:54.9	
	Leslie	58:40.3	
	Godkin	59:24.5	
		1:01:02.7	i
udith		1:02:42.1	:
		1:03:19.7	
Monica	Bischoff	1:03:41.3	
Michele		1:03:56.3	i
		1:08:02.1	
Vendy	Goetz	1:12:06.3	
		1:15:29.7	
		1:22:21.4	
		1:22:48.0	
eri	Zellmer	1:40:31.4	
60-64			
inda	Tocko	42-E0.2	

ICII	Zeilliei	1.40.31.4
F60-64		
Linda	Teske	42:50.3
Karen	Braun	47:41.0
Joan	Leitermann	49:52.3
Gunnard	Black	49:57.0
Mary	Wysocki	50:08.5
Sarah	Bolz	50:43.6
Nancy	Schoessow	51:06.5
Jackie	Mortenson	51:30.1
Mary	Bertram	52:08.7
Elizabeth	Blackwood	52:26.7
Colette	Fey	52:54.4
Julie	Pierce	53:25.8
Karen	Kubale	55:16.9
Jaye	Berghauer	55:47.3
John	Lehman	55:56.4
Penny	Pesch	56:15.0
Diane	Schleck	56:55.9
Lynn	Moore	1:00:11.1
Kaye	Michaels	1:02:22.9
Sherry	Spangler	1:02:43.7
Christine	Brenneman	1:07:32.8
Patty	Hiegel	1:15:26.6
Lynn	Holland	1:17:31.1
Karen	Bott	1:22:29.9
F65-69		
Nancy	Allman	47:26.2
Susan	Kadera	47:46.6
Meryl	Franke	51:20.9
Donnalee	Bain	52:31.9
Mary	Spera	53:03.6
Donna	McGurk	54:12.6
Susan	Ruggles	54:26.8
Patricia	Green	55:56.6
Ruth	Sykes	57:46.1
Katherine	King	1:01:59.7
Sandra	Kasabuske	1:04:06.6

Sandra	Kasabuske	1:04:06.6
Kathy	Walter	1:06:35.5
F70-74 Mary Nancy Marcia	Taft Birk Balthazor	51:31.4 52:21.4 1:00:20.4 1:00:21.9
Joyce Janet	Tuchel Grota	1:00:21.9
Brigitta Kay	McGrorty Brogelman	1:06:17.9 1:12:19.9
F75-79 Sandra Judy	Weinstein Kirchoffer	52:43.4 1:01:56.3
F80 PLUS Aubrey Tara	Oneill Thors	52:20.0 54:27.7
M 18-UNDER Kilty Hayden	Askin Johnston Wakzah	26:48.9 28:22.9 28:56.5

M 18-UNDER		
Kilty	Askin	26:48.9
Hayden	Johnston	28:22.9
Benjamin	Wakzah	28:56.5
Sito	Prado	29:09.4
Dominic	Marquardt	31:47.5
Jason	Ruetten	32:44.8
Sam	Kodzik	35:29.9
Noah	Richard	36:52.5
Scott	McNamara	37:05.4
J.t.	Reed	37:54.2
Thomas	Schwoerer	38:12.5
Jack	Volden	38:16.1
Michael	Mitchell	38:26.3
Lucas	Neuburg	38:52.3
Dominic	Piel	39:20.4
Keegan	Knutson	40:26.8
Nathan	Brown	41:57.5
Brendan	Christiansen	42:22.2

Daniel	Botero	42:40.9
James	Lang	42:41.1
Keith	Klosterman	43:22.4
Alec	Winston	43:38.9
James	Toaddy	46:01.1
Vinesh	Janarthanan	46:10.4
Brian	Turner	46:41.0
Bob	Pelton	46:43.7
Jack	Zerrillo	46:45.0
Colin	Strange	46:59.5
Houston	Harris	47:10.9
David	Braun	47:13.3
Josh	Williamson	47:31.0
Samuel	Schaer	47:39.9
Daniel	Groechel	48:00.4
Jarret	Dietzler	48:32.8
Robert	Plourde	48:35.7
Ine	Van Maastricht	48:44.2
	King	48:44.5
Tommy Jack	McCardle	48:47.1
William	Waterworth Cox	48:48.0 48:50.4
Ryan		
Grant	Shea	48:54.4
Harrison	Groneck	48:59.6
Danny	Rice	49:27.8
Daniel	Rucinski	50:29.4
Andrew	Jauch	50:45.1
Benjamin	Carlson	50:49.5
John	Wagner	52:05.5
Paulie	Lough	52:29.2
Damian	Romero	53:17.9
Dillon	Steiner	53:58.4
Liam	Mulcahy	54:01.4
Gage	Anderson	54:35.0
Jack	Reilly	54:40.0
Jenna	Smith	54:45.8
Mateo Alan	Leon	55:09.0
Adam	Von Paumgartten	55:33.9
Zak	Bohte	55:37.1
Evan	Hansen	56:10.9
Abreo	Altoro	56:22.4
Branden	Ketarkus	56:45.1
Cameren	Ketarkus	56:45.3
Aj	Ketarkus	56:45.7
Mason	Englebert	57:35.5
Jack	Stefan	57:41.4
Richard	Wachter	58:11.1
Andrew	Schmitt	58:23.1
Anders	Mariano	59:07.5
Brett	Molina	59:25.7
Logan	Howe	59:51.3
Tyler	Howe	1:00:05.6
Nick	Kelm	1:01:41.1
Chase	Novak	1:03:47.0
Henry	Tindall	1:06:00.4
Adison	Benzinger	1:06:41.4
Austin	Zorc	1:06:52.2
Nicholas	Randall	1:09:08.8
Vimal	Janarthanan	1:14:12.7
Nicholas	Salerno	1:15:46.0
Abby	Reilly	1:16:30.3
Johnathan	Zorc	1:29:08.8
M19-24	7 "	
Tim	Zellmer	26:01.0



(Continued on page 22)















MAKING

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)



	-	
	140	
am	Kitzrow	29:33.4
enjamin	Sylvester	30:12.1
lichael	Sallvage	30:59.1
hillip	Gessler	30:59.1
en	Rappaport	31:07.7
ack	Wallace	31:29.1
am	O'Melia	31:43.4
achary	Longo	31:43.4
in .	Kloehn	31:43.9
lexander	Miller	31:43.9

Zachary Dustin Patrick Stanley Matthew Charles Brady Daniel Daniel Nicholas Andrew Stephen Mike

Kysely Nold Janicek Ball Teich MacKensen Bilotta Massimino Blazel Patti Smetana Joseph Buss Daniels Daniels Pawlick Buehler Mann Vassos Vlaj Jackson Vassos Vlaj Jackson Ceveland Benish Rossetti Benish Rossetti Benish Rossetti Passos Vlaj Rossetti Passos Vlaj Romoe Glaub Cleveland Benish Rossetti Rossett Patrick Stephen Noah Eric Jake Rob Derek Timothy Marcus Anthony Ciammaichella Payant Rony

Alex Matthew Alexander

Ricciardi Teich Jacobson Steeno Fuchs Kadera Hodgson Hau Day Wilinski 31:44.8 31:59.9 32:23.5 32:32.0 32:35.9 32:42.7 32:59.6 33:03.4 33:05.7 Stagl Manchester 34:09.3 34:11.9 34:59.6 35:13.6 35:17.4

39:46.0 39:48.2 Patnoe Holland 40:26.5 40:34.5 Woodside Gilanyi Folz Breuer Konrath Beine Tomas Hombsch

35:26.8 35:25.53.3 36:27.6 36:70.3 36:27.6 36:70.3 37:08.4 37:33.7 37:26.4 37:33.7 37:26.4 38:16.0 38:25.5 38:30.3 38:33.3 38: 40:35.2 41:06.6 41:08.9 41:09.1 41:27.5 41:28.5 41:30.1 41:37.6 41:42.5 41:42.6

Jon Connot Brad Taylor Nick Bredon Matt Cj Griffin Joe Cory Matt Brent Josh Peter John Mark Ryan Jordan Kyran Zach Cono Chris Chaz Justin Noah Anthony James Aaron William

Harry	Wise	41:43.0	Matt	Smith	52:45.3
Cory	Chappell	41:45.7	Justin	Steiner	52:51.2
Nathan	Welchlin	41:57.0	Paul	Saari	53:01.8
Ryan	Neidinger	42:06.3	Erik	Hansen	53:33.3
Daniel	Strandt	42:09.7	Daniel	MacMillan	53:57.5
James	Price	42:43.0	Timothy	Pape	54:12.8
Henry	Xie	42:50.9	Elton	Smith	54:44.2
Dallas	Camp	42:54.3	Blaine	Flemming	55:07.0
Sean	O'Regan	42:57.5	Jimmy	Danaher	55:09.0
Michael	Faerber	42:58.6	Phil	McFarland	55:09.3
Alec	Grych	42:59.4	Kevin	Hays	56:03.3
Nick	Doyle	43:11.0	Keoni	Bailey	56:17.6
Paul	Braatz	43:21.5	Tyler	Geisthardt	56:41.2
Alexander	Egan	43:22.5	Patrick	Chapman	57:51.0
Matthew	Andrashko	43:50.9	Ryan	Romens	59:21.9
Steven	Pelrine	43:54.7	Kyle	Whitlow	59:54.0
Colin	Riehl	44:01.8	Joe	Dunn	59:54.6
Cole	Blazer	44:01.9	Henry	Nelson	59:58.5
Aaron	Roeseler	44:07.3	Tanner	Thomson	1:00:36.2
Owen	Weselak	44:19.8	Daniel	Stemper	1:00:53.1
Brock	Karls	44:31.4	Luke	Baar	1:04:08.3
Mike	Diamond	44:32.1	Andy	Demichiei	1:05:26.1
Andy	Suchorski	45:05.4	Liam	Byrnes	1:05:26.4
James	Glowinski	45:27.6	Matthew	Arenberg	1:06:13.5
Matt	Dachel	45:41.8	Adam	Johnson	1:10:04.6
Ryan	Geller	45:58.3	Ryan	Koenes	1:11:12.8
Rob	Carver	46:00.1	,		
Grant	Preisler	46:00.3	M25-29		
Nick	Olp	46:01.6	Brian	Finnel	24:48.8
Law.	Calmida	47.00.1	7	D	25 40 5

Schultz Venes Piontkow Baar Eufrasio Connolly Del Duca Arenberg Connor Cantieri Oswald Oswald Lanza Saugstad Graber Morrissey Mainey Dorlack McNamara 47:41.8 49:17.9 49:24.0 McKenzie 49:27.3 Hatke Malson Clarke Barr 49:27.3 Andrew 49:40.4 Zielonka 33:28.5 Johnson 49:40.4 Donald Crego Stuebs 33:35.5 Gately Porter 49:43.9 34:06.3 49:53.3 34:10.5 Pape Elliott 50:07.9 Muldoon 34:31.8 34:49.0 34:55.3 35:03.2 35:05.2 35:32.8 35:57.1 36:21.5 36:25.5 36:45.4 36:46.1 36:53.8 36:56.2 50:18.6 50:21.0 Husz Epping Ricker Eggert Bergren Davis Schmig 50:48.4 51:17.1 51:35.3 51:42.8 51:48.0 51:56.9 51:59.5 52:05.8 52:19.3 52:36.3 52:44.7 Ryan Matt Ben Mark Michae Justinn Cory Patrick Billy Jiade Scott Andrew Fabris Smith Deblaey Koeck Novotny Lee Tanem Wotachek Malloy Weber Yu Baar Kleist

•	1				
	Cigich	37:00.0	Patrick	Shannon	43:02.5
	Mathias	37:02.7	Derrick	Joers	43:16.8
S	Bong	37:14.7	Paul	Sisler	43:19.3
ew.	Van Wychen	37:24.5	Max	Schumm	43:35.3
1	Pereles	37:28.5	Andy	Thomson	43:54.4
las	Smith	37:33.8	Matthew	Franzowiak	44:04.0
	Madden	38:10.4	Dan	Novak	44:30.5
ew.	Jones	38:26.4	Evan	Foy	44:35.2
	Crahan	38:29.5	Tony	Haning	44:47.7
	Kadera	38:32.8	Jacob	Ohlinger	44:48.1
ew	Stimmel	38:36.2	Jameil	Abou-Hanna	44:56.3
ael	Schwoerer	38:50.0	Joe	Montemurro	45:03.9
	Martin	39:26.7	Destin	Harcus	45:06.7
ael	Snider	39:40.7	Matt	Poupitch	45:28.4
el	Nash	39:45.8	Luke	Pan	45:55.4
	Davy	39:47.0	Michael	Gionet	46:12.0
rs	Hendricks	39:56.7	Alexander	Dubey	46:16.4
	Modrzynski	40:26.3	Justin	Gerhartz	46:19.5
	Gardner	40:31.5	Kevin	Olson	46:32.6
ımin	Pape	40:35.0	Matt	Lopuchovsky	46:35.8
	Bauer	40:43.1	Jordan	Kapke	46:54.7
iew	Moehlmann	41:04.7	Mike	Walker	47:44.0
	Svatek	41:12.7	Joshua	Sikorski	47:44.4
	Ziesemer	41:23.5	Sal	Fadel	47:45.2
	Graner	41:25.7	Jake	Pritzlaff	47:46.6
9	Cramer	41:36.4	Patrick	Darrough	48:28.1
	Marsh	41:38.2	Gregg	Muenchow	48:41.3
el	Saper	41:38.4	Tom	St. Marie	48:45.4
:k	McElwee	41:50.1	Michael	Galezewski	48:53.3
9	Dematthew	41:50.1	Ben	Weston	48:55.7
1	Lancour	41:51.2	Pete	Betanzos	48:56.7
	Olson	41:53.2	Alejandro	Bautista	49:04.8
	Digmann	41:56.9	Michael	Kleczewski	49:10.7
i	Zoltan	42:10.7	Peter	Kruesel	49:22.1
	Immel	42:39.8	Manuele	Tettamanti	49:28.0
1	Beauchene	42:42.7			
	Smith	42:47.5		(Continued o	n page 23)
				,	10/

Danie Matt

John Erik

Benja Matt

Kurt Ben Eric

Jesse Brian

Danie Patrici Jamie David Paul Steve David Brian Justin Phil









M30 Gari Crai Davi Chri Tim



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

	Continu		James
(Aaron		
			Nathan
Andy	Van Hoorn	49:30.4	Steve
Matthew	Pfrang	49:37.1	Sal
Matt	Heires	49:42.9	Alec
Aaron	Nelson	50:09.8	Liam
Mitch	Murn	50:16.3	David
John	Lister	50:27.3	Ryan
David	Legrand	50:32.9	Chris
Jeffery	Kim	50:52.9	Rob
Todd	Soley	50:56.0	Zak
Graham	Schweitz	51:13.3	Stephen
Stephen	Stango	51:24.7	Ryan
Jim	Bullis	51:39.4	Corey
Matthew	Leitheiser	51:59.7	Cassidy
Jacob	Lipski	52:27.0	Michael
Owen	Strombeck	53:32.1	Matthew
Andrew	Kirk	53:39.4	Bryan
Ryan	Beckman	53:59.6	Adam
Derek	Krivinchuk	54:01.0	Adam
Aaron	Roszak	54:07.2	Daniel
Edward	Gonzalez	54:12.7	Matthew
Ту	Johnson	54:42.4	Thomas
Luke	Eskau	54:46.0	Matthew
Alex	Engel	54:59.8	Brett
Ryan	Garvey	55:15.3	Ryan
Eric	Schulte	55:18.1	Joseph
Christopher	Cotter	55:40.4	Stephen
Daniel	Ruekert	55:47.9	Brian
Andrew	Lyons	57:27.2	Adam
Lucas	Smith	57:53.7	David
Joshua	Halvorsen	1:00:50.6	Brian
Thomas	Martin	1:01:09.4	Patrick

my	Manning	1:02:29.9
thew	Miller	1:03:23.5
is	Novak	1:03:46.0
1	Shumaker	1:08:29.5
istopher	Reding	1:12:46.0
r r	Gudex	1:15:27.2
1-34		
ick	Hill	25:49.4
ig	Kuehl	26:51.8
id	Cohen	27:25.7
is	Krajewski	27:56.9
	Ciaelske	28:27.2
9	Nelson	28:31.1
ies	Daul	29:05.7
on	Pierce	29:23.0
nan	Lanser	30:08.3
/e	Kelly	30:26.6
-	Impellitteri	31:18.6
	Sternig	31:40.8
n	Ortega	32:47.6
id	Riemersma	33:08.3
n	Bowers	33:39.2
is	Riegel	33:50.6
13	Clark	34:24.4
'	Husz	34:32.3
ohen	Humphrey	34:39.8
n	Roethle	34:44.8
	Dossett	34:59.2
ey sidv	McGowan	35:09.4
sidy nael	Diederichs	35:09.4
naei thew		35:12.4
an	Olejniczak Rynders	35:45.7
	D'Amato	
m		35:46.8
m	Gordon	35:48.7
iel	Voors	35:52.7
thew	Martel	35:59.1
mas	Dilworth	35:59.6
thew	Pape	36:05.4
t	Kleczewski	36:31.2
n	Hatchell	36:34.9
eph	Lehmann	37:22.2
ohen	Brundage	37:33.3
n	Kimmel	37:36.4
m	Dahme	27.42.7

3:23.5	Sal	Balistreri
3:46.0	Randy	Newman
8:29.5	Dan	Brenton
2:46.0	Nathan	Haas
5:27.2	Peter	Joachim
	Nick	Aplin
	Ryan	Perez
5:49.4	Michael	Peters
6:51.8	Tristin	Suhonen
7:25.7	Brian	Neuberg
7:56.9		
8:27.2		
8:31.1		
9:05.7	2 ***	
9:23.0		
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0:26.6	-	STATE OF THE PARTY OF
1:18.6		MARKET MARKET
1:40.8	100	TO SHARE
2:47.6	1	-
3:08.3		
3:39.2	100	2 / 1
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4:39.8	1/10	F FIRE AND
4:44.8	- 18	AT IBERT
4:59.2	100	PA COLUMN
5:09.4	March 1	Al-
5:12.4	1000	1004
5:14.3	04070	1004
5:45.7	100	10 Killian 10 Ki
5:46.8	2.33	
5:48.7	- S - S	
5:52.7	1/4	400
5:59.1		
5:59.6		
6:05.4	Ben	Hinkle-Wszalek

Ben	Hinkle-Wszalek	40:00.6
Andrew	Meyer	40:57.2
Drew	Jelinski	41:16.9
Joel	Jagodinsky	41:18.1
Joe	Mich	41:26.2
Casey	Wendt	41:26.7
James	Rinehart	41:35.0
Phil	Wester	41:53.6
Erik	Amoroso	41:55.2
Jeff	Babiarz	42:04.5



Philip	Van Ermen	44:03.4	Matthew	Ryno	47:04.
Mike	Marbach	44:04.9	Quinn	Ruppel	47:20.
David	Leckman	44:07.7	Jeremiah	Olsen	47:23.
Δj	Giese	44:42.9	Justin	Mertz	48:14.
Timothy	Cose	44:56.6	Joseph	Roethle	48:20.
Nathan	Patterson	45:00.4	Stephen	Gardner	48:23.
Matthew	Nersesian	45:01.3	Scott	Bailey	48:35.
David	Bengs	45:05.1	William	Stone	48:59.
Jason	Gehler	45:10.3	Steve	Thomson	48:59.
Michael	Cwienkala	45:15.0	Paul	Meuler	49:41.0

Corkins 4941.6
Corkins 4941.6
Schroder 4943.3
Gleskileng 4946.2
Drellack 5008.2
Rubelrakul 5027.6
Jester 5105.3
Singh 5106.5
Zavislak 51114.7
Hamer 5125.7
Walthers 5127.1
Moreau 5127.1
Larson 5140.5
Kubit 5157.3
McCormick 5215.5
Halbach 5216.4
Gries 5246.0
Mculer 5216.4
Gries 5246.0
Mculer 5248.7
Olson 5249.3
Freund 5259.0
Berlin 5310.0
Thomas 5249.3
Freund 5359.3
Freund 5359.3
Freund 5359.3
Freund 5350.3

Timothy

Alan Robert

(Continued on page 25)



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MAKING

"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**

Continued				
Eric	Zieser	1:05:46.6		
Christopher	Seidling	1:06:05.4		
Victor Peter	Overton Kuhnz	1:12:22.6		
Jack Jack	Schnable	1:15:07.1 1:25:15.1		
	Scillabic	1.20.10.1		
M35-39 Kyle	Fraser	25:42.4		
Tim	Willcox	27:14.4		
Ryan	Hill	28:52.0		
Philip Michael	Bzdusek Toll	30:02.3 30:32.7		
Ben	Koconis	30:35.3		
Nathan	Kleinhans	31:09.9		
Doug Jeremy	Richards Reeves	31:20.2 31:38.9		
Matthew	Agen	31:56.7		
Nathan	Gurgel	31:56.7 33:30.5		
Vincent	Kalt Thrune	34:24.7 34:24.7		
Barry Maclovio	Vega	34:24.7		
Tom	Begotka	35:03.4		
Ryan	Van Den Elzen	35:07.9		
David Peter	Arbetter Reinhard	35:13.1 35:23.5		
Brad	Carroll	36:11.8		
Greg Steven	Haiser Kindel	36:28.0 36:36.2		
Joe	Alm	36:36.2		
Josh	Jackett	36:46.0		
Andrew	Schulz	37:30.2		
Eric Brian	Mustin	37:56.1 38:08.2		
Joseph	Wagner Osvatic	38:09.0		
Douglas	Plagemann	38:38.8		
Kurt Steven	Kappeler Hicks	39:02.5 39:02.9		
Brad	Church	39:02.9		
Craig	Pytel	39:06.2		
Reggie	Wegner	39:28.2		
Jesse Christopher	Scheid Brust	39:40.6 39:54.7		
Luke	Johnson	39:54.8		
Mike	Rekowski	40:04.7		
Jake Andrew	King Kopling	40:08.4 40:19.3		
Tony	Lanza	40:29.1 40:46.3		
Aaron	Sage	40:46.3		
Kevin Kristopher	Dyke Daiker	41:08.6 41:09.5		
Charles	Running	41:10.3		
Philip	Dimitrov	41:14.2		
Patrick Evan	Mulcahy Dimmer	41:19.9 41:43.5		
Bart	Schad	41:44.2		
Steven	Shapiro	41:46.3		
Kyle Kevin	Jesinski Hammen	41:53.1 42:01.9		
Andrew	Hanson	42:11.8		
Robert	Evans	42:26.1		
Jeremy Abner	Wittig	42:28.0 42:44.5		
Benjamin	Fernandez Sweetser	42:44.5		
Matthew	Bosler	43:06.3 43:23.2		
Ryan	John	43:49.9		
Jason Luke	Staszko Kowal	44:22.0 44:28.2		
Eric	Lough	44:35.8		
Patrick	Drayna	44:42.7		
Tom Dave	Wanezek Ellenbecker	44:50.7 45:00.1		
Robert	Lehr	45:24.9		
Brad	Fellin	45:25.5		
Josh Corey	Wick Pope	45:31.0 45:34.2		
Ty	Carroll	45:50.0		
John Tom	Palmer	45:52.7		
	Shepherd McCalau	46:01.5		
Adam Jeremy	McCalvy Niederjohn	46:08.3 46:11.2		
Gavin	Mitich	46:22.9		
Dave	Delwiche	46:36.9		
Ryan Ryan	Thors Smith	46:42.0 46:58.9		
Brett	McManus	47:07.2		
Adam	Fink	47:35.4		



Ryan	Smale	48:09.6
Andrew	Saeman	48:21.5
Paul	Nolette	48:28.2
Brayden	Davis	48:42.4
Matt	Cox	48:49.6
Eddie	Hernandez	48:50.9
Ryan	McAllister	48:54.1
Matt	Hass	49:28.5
Swami	Nadarajan	49:32.4
Steve	Miller	49:43.5
Andy	Martinelli	50:01.3 50:01.3
Josh	North	50:01.3
Jon	Monson	50:10.1
Jonathan	Krueger	50:35.3
Joe	Jauch	50:45.4
Tammy	Jauch	50:46.2
Peter	Baus	50:48.0
Shawn	Pingel	51:15.1
Lucas	Beversdorf	51:18.3
Thomas	Block	52:11.7
Sean	Carmody	52:15.5
Doug	Persich	52:16.3
Nick	Schaffer	52:28.2
Andy	Fuller	52:41.6
Paul	Marshall	52:49.3
John	Krzyzaniak	52:56.6
Nathan	Forcey	52:57.4
lan	Kutner	53:05.0
Brad	Delanty	53:32.1
Rob	Michor	54:02.4
Andy	Mayer	54:14.3
Matthew	Dean	54:15.7
Jason	Mishelow	54:32.1
David	Reilly	54:39.8
Aaron	Bruchhauser	54:42.6
Jason	Allen	54:43.1
Robby	Koenig	54:44.8
Bridget	Domaszek	54:56.8
Mensah	Hughas	55:08.5
Matt	White	55:14.0
Rob	Blise	55:19.0
Joe	Corrao	56:03.6
Dan	Pecanac	56:39.7
Joe	Ketarkus	56:55.6
Scott	Wittwer	57:20.0
Brian	Arndt	57:51.2
Jeremy	Drallos	58:43.4
Elpidio	Mariano	59:08.3
Christopher	Plant	59:53.8
Derek	Debroux	1:00:14.3
Nicole	Howe	1:00:17.0
Travis	Oates	1:00:24.9
Jay	Bruggeman	1:00:42.7
Matt	Buff	1:03:31.8
Mike	Bush	1:03:42.4
Michael	Ribbich	1:04:08.9
Ту	Cashen	1:04:24.5
Jake	Stefan	1:04:24.5
Jake Jarrett	Mirkes	1:04:36.2
Nathan	Anderson	1:04:43.9
ivainan Bilal	Hamdan	1:04:44.8
	Andrade	1:04:54.1
Ronny	Tindall	1:05:30.0
John		
Darrell	Vanlanduyt	1:06:51.6
Nick	Shingleton	1:10:07.1
Thomas	Yackley	1:10:31.5
Zac Freddy	Slavens	1:11:19.3
Freddy	Ainsworth	1:35:35.4

Freddy Kiet

M40-44



Kristopher	Stokes	33:08.6
Santiago	Navarro	33:36.7
Tim	Herrlein	34:19.2
Darin	Deguardo	35:38.4
Rvan	Hanley	36:16.9
Joshua	Radl	36:26.6
Brett	Dimmer	36:33.7
Bob	Wangard	37:08.6
Kendall	Gould	37:23.1
Seth	Dietrich	37:38.1
Rį	Bast	37:44.0
Daniel	Baumann	37:56.2
Matt	Thomas	38:29.2
Kevin	Quint	38:43.7
Jim	Guthrie	39:04.5
John	Jauch	39:10.1
Jeffrey	Wilkens	39:14.5
Brian	Palicka	39:19.4
Tony	Nesta	39:20.8
Eric	Bakke	40:07.3
Mark	Gilpatric	40:12.3
Andy	Basedow	40:17.9
Chad	Zahrt	41:04.1
James	Campbell	41:19.5
Trevor	Grove	41:20.9
Rick	Niederstadt	41:50.4
Adam Matthew	Dummert Fhel	42:14.6 42:49.9
Shane	Fisher	42:49.9
Thomas	Groff	42:52.4
David	Ennis	42:58.1
Mark	Petersen	43:20.0
Jav	Majer	43:43.4
Kevin	Laskaskie	43:48.5
Scott	Guthrie	43:50.9
Steven	lereh	44:18.8
Robert	Navarro	44:33.5
Bert	MacKlin-Fbi	44:33.8
Aaron	Holt	44:41.3
Ghazi	Malkawi	45:25.1
Joe	Rucki	45:33.3
Kevin	Slager	45:44.1
Ryan	Holzhauer	46:07.7
Darryl	Martin	46:25.9
Jim	Zimmer	46:33.4
Jeremy	Edson	46:50.3
Michael	Smith	47:33.9
John	Ozug	47:59.1



Justin	Ottaviani	55:03.
Dan	Firkus	56:29.
Patrick	Greischar	56:34.
Darrin	Englebert	57:41.
Rodrick	Terrazas	58:24.
Jeremy	Hanson	58:51.
Paul	Lough	1:00:26.
Keith	Ryals	1:09:03.
Vasanth	Janarthanan	1:14:19.
Brian	Krueger	1:33:21.
M45-49	Calmediana	20.20
Peter	Schweinert	29:20.
Ted	Shue	32:15.
Chris	Pollack	32:24.
Alan	Schneider	33:46.
Jim	Schmidt	34:23.
Steven	Waisman	35:17.
Shane	Zembles	36:08.
Michael	Lovell	36:35.
Steve	Guy	36:39.
Marc	Panaro	37:20.
Michael	Damico	37:21.
Michael	Mitchell	38:32.
Travis	Vande Berg	38:47.
Scott	Schuit	39:09.
Mark	Stacey	39:09.
Brian	Eich	39:09.
Alexander	Smith	39:10.
Tony	Stokman	39:13.
Kevin	Tock	39:17.
Ted	Feltmeyer	39:40.
Daniel	Myers	39:49.
Gustavo	Grunbaum	40:00.
Chris	Kelley	40:04.
Theodore	Jackovich	40:14.
Bill	Parenteau	40:36.
Bob	Zanotti	41:01.
Jose	Garcia	41:03.
Troy	Malinowski	41:09.
Shawn	Vele	41:13.
Robert	Gerbasi	41:21.
Jeff	Petoskey	41:21.
Steve	Ybarra	41:23.
Terry	Buss	41:49.
Rick	Vehlow	41:54.
Patrick	Kelley	41:58.
Croa	Eugato	42:00





	1	1
10.00		
Greg	Embry	44:23.7
Christopher	Palmisano	44:30.1
Salvador	Dora	44:36.1
Mark	Paupore	44:36.5
David	Robarge	44:46.3
Jim	Ratajczyk	44:50.1
Kurt	Neis	44:54.7
Dean	Bellanti	44:56.3
Bradley	Cardinale	45:47.0
Clint	Schaefer	45:58.5
Steve	Schaer	46:10.2
Michael	Potter	46:34.4
Gerry	Koser	46:44.8
Dean	Oswald	46:49.2
James	Terpstra	46:49.3
Jon	Birk	47:04.2
Joe	Dorff	47:06.4
Randy	King	47:20.9
Kenneth	Snyder	48:14.5
Jeff	Jost	48:21.8
Delton	Carter	48:22.0
David	Zale	49:03.0
Edward	Strother	49:21.9
Jennifer	Von Helms	49:25.7
Gabriel	Cuahutle	49:28.6
Terry	Kraus	49:32.0
Jonathan	Schulteis	49:50.4
Michael	Burzynski	49:52.6
Keven	Stelzel	49:54.1
Paul	Schmidt	50:00.0
Richard	Leske	50:24.8
Steve	Hipp	50:38.4
Christopher	Lapinski	50:42.7
Mike	Collins	50:49.7
Brian	Drewes	50:57.0
Richared	Oconnor	52:48.8
Chad	Poepping	53:19.9
Daren	Helminski	53:45.0
Todd	Anderson	54:30.5
Matt	Rian	55:13.0
Mark	Meaney	55:35.4
P.j.	Von Paumgartten	55:35.5
Frank	Vondrak	55:56.5
Brian	Huber	56:01.7
Scott	Crowley	56:49.8
Chad	Winston	57:15.2
David	Kolatski	57:28.0
	_	

1 N N N	Martin Dan Rob Manoj Clarence Rick James Paul	Auchter Rambadt Tynan Kurup Garrett Ahlborn Hopkins Anderson
	M50-54 Jerry Jim Jeff Tom Jim Dave Dave Sam Douglas Ken Andrew John Nigel Joseph Tom Douglas Edward Steven Kevin Peter Paul Jim	Husz Gross Kopidlans Cheney Ricker Bornhutt Dehart Jackoyo Bismer Heers Kaestner Zimmerm Ball Schmit Fallon French Lewandon Gores McCabe Diamond Sauvage Schaefer Petersen Ludwig
	loo	lancky

Dean Mark

Russell Tim
Jeff Tim Michael
Mark
Rick
John
Alan
Steven
Thomas
Jeffrey
Ron
Joe
Donald
Gary
Randy
Loei
Brian

James Tom Albert Joe

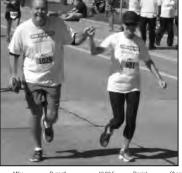
John Frank

Anderson	1:37:44
Husz	27:12
Gross	29:57
Kopidlansky	30:08
Cheney	30:34
Ricker	31:26
Bornhuetter	31:42
Dehart	31:55
Jackoyo	32:24
Bishop	33:01
Digman	33:57
Peters	34:00
Kaestner	34:26
Zimmerman	35:09
Ball	35:09
Schmit	37:06
Fallon	37:23
French	37:41
Lewandowski	37:46
Gores	37:53
McCabe	38:10
Diamond	38:13
Sauvage	38:13
Schaefer	38:14
Petersen	38:40
Ludwig	38:42
Jansky	38:49 39:01
Reinholz	
Gutierrez	39:28
Devine	40:22
Nisenbaum	40:35
Leopardi	40:44
Zeugner Camp	40:46
	41:10
Potrykus	41:18
Pape	41:24
Lang	41:35
Bartelt	41:49
Anheuser	41:57
Mengel	42:01
Nord	42:15
Hombsch	42:22
Danielson	42:36
Shefchik	42:42
Schulner	42:51
Schoewe	42:53
Schenk	42:58
Kiepert	43:00
Schauer	43:00
Klenk	43:09
Fischer	43:15
Ratkowski	43:28
Badreddine	43:32
Quincey	43:39
Utrie	44:16
Thomson	44:44
Orr	45:03
McCormack	45:03
	45:28
Anthony	
Anthony Dobbe	45:46
Dobbe	45:46 45:48
Dobbe Gonzales	45:46
Dobbe Gonzales	45:46 45:48



1:35:35.4 1:36:23.8

M. M. Land					
Eric	Pilling	28:33.8	Brad	Mazola	48:08.3
Gerald	Cameron	30:52.0	Michelle	Bradley Glenn	48:20.3
Edward	Pankow	31:59.2	Darren	Campbell	48:25.4
Ben	Osborn	32:09.4	Joshua	Jenks	48:32.0
Michael	Stefanich	32:18.6	John	Martn	48:42.6
Steve	Frieder	32:50.4	Joseph	Cerreto	49:11.9



Mike	Russell
Shane	Fisher
Lee	Geronime
Liam	Callanan
Mike	Schuh

Greg Bradley

43:05.8 43:15.6 43:33.0 Tony Jeffrey Arun Andrew

Chapman Kranz Sondhi





46:12.0 46:13.8 Otzelberger 46:37.1 46:38.4

(Continued on page 26)











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)

Fr. Jerry	Herda
Kelly	Gunderson
Russell	Brown
Joseph	Esselmann
Tom	Groechel
Paul	Fisher
Jess	Vega
Raymond	Martinez
Troy	Birk
Stephen	Haning
J	Oconnor
Ted	Catalano
Richard	Quirk
James	Falotico
Barry	Turner
Brian	Johnson
John	Reuter
John	Arenberg

Steve Greg Scott James Keane Tim Bruce Bruce Gordon Jeff Thomas John Jay Craig Marc James Jim Timothy 1:03:24.1 1:06:13.0 1:39:50.0

Grant Gest Ganser Miller Muenzenbe Saathoff Zens Brown Zimmel Gray Feilber Thorison Vaughan Urban Andrews English Janke 37:08.4 37:24.3 37:39.1 37:58.0 39:38.8 39:45.9 40:01.1 40:03.2 40:13.3 41:09.3 41:43.0 41:56.7 42:05.3 42:48.5 42:48.5

Lynch Gardner Barsamian Hoeft Hackl Schwalbac Knutson Patton Pflugradt Hastings Thieleke John George

Morris Scholl Beutler

Terry David

1:04:27.9

Harcus Labelle Heinrich Bohte Rademach Bernhardt Klug Danny Edward James klug Wickert Sexton Rodriguez Levenhage Plonka Gaulke Bruckbauer Stec

53:24.6 53:34.7 53:38.7 53:51.6 54:35.1 54:45.6 55:23.9 56:12.9 56:32.8 57:00.0 57:33.0 57:43.8 57:45.4 57:59.8 58:18.0 59:34.1 59:34.1 59:35.2 59:57.2 59:58.6

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WE WANT TO

KNOW WHAT

YOU THINK!

"THE STRIDER"

Jeff Weiss

5310 West Wells St.

Milwaukee WI 53208,

runnerjeff@outlook.com



Guilbault	31:47.8
Cummins	32:58.8
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The Most Times are in 'The Strider'

Chris Robert



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COMING EVENUS

(Continued from page 6)

Frostbite Winter Road Race and Walk 5 mile non-comp walk 12:01 pm, 5 and 10 mile races at noon; Reg & checkin 9-11:30 am Stevens Point Area YMCA **Divs** 11-17, 18-24, 5yr to 704 **Awds** Top 3 M&F / div **Results** website **Fees** \$20 (\$15 late fee after 12r1) **Perks** Commem Dry fit, long sleeve shirt and refresh **Contact** Emily Starke Stevens Point Area YMCA 1000 Division Street Stevens Point WI 54481 Day 715-342-2980 ext. 306 estarke@spymca.org Web: www.spymca.org

Dec 5 Last Call 5K, 1/2 marathon Waukesha 1/2 marathon 9am, 5K 10:30am EB Shurts 810 W College Ave **Divs** 5yr **Fees** See website **Contact** sean osborne Silver Circle Sports Events oconomowoc Wi 53066 Day 2623274472 Eve 2623274472 racedirector@silvercirclesportsevents.com Web: www.silvercirclesportsevents.com/last-call

West Allis Tri Faster Run Faster Dec 7 6:30-7:45 p.m. The Pettit Center, 500 S. 84th Street, West Allis, WI 53214

Dec 9 Badgerland Strider Winter Fun Run Milwaukee 3 mile run at the zoo and get together after. Run 6:30 pm Milwaukee County Zoo - 10001 W. Bluemound Rd **Fees** Admission \$1 for beverages and snacks after the run Perks Refresh & snacks Contact Karen DeGenard Badgerland Striders krndegenaro@yahoo.com Web

Greenfield Tri Faster Train Stronger Thursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC See Nov 12

Dec 12 The Frigid Hawaiian 5K Sk Hawaiian run/walk for all, 1 mile & 1/2 mile routes for the kids - 5k 9am, kids races 10am G-E-T Middle School **Divs** 5K, 18 and under, 19-29, 10yr to 60+, walker **Awds** top 3/div 5K (walkers not eligible for awards) **Fees** \$10/\$15/\$20 - Reg early for best pricing! Perks cocoa and cookies along the route! Youth 13 & Under FREE! LastYr 100 Contact Amy or Paula Communities Off n' Funning PO Box 34 Galesville Wi 54630 in-

fo@offnfunning.com Web: www.offnfunning.com 6:30-7:45 p.m. Mondays The Pettit Center, 500 S. 84th Street, West Allis, WI 53214 See Nov 9th

Greenfield Dec 16 Tri Faster Begin to Run Wednesdays 7-8:00 p.m. Greenfield WAC Fees \$90 for 5 classes Contact Lauren Jensen Tri Faster LLC Day 414-427-1092 Web: www.trifaster.com

Dec 17 Tri Faster Train Stronger Greenfield
Thursdays 5:45am-6:45am (60 minute strength workout) Greenfield WAC See Nov 12th

Sole Sisters- Holiday Sip, Shop & STROLL! Cedarburg Dec 18 We will stroll through streets of Cedarburg- part of annual "Christmas in the Country" Festivities! start & finish at the Anvil Pub **Divs** WOMEN ONLY! **Awds** Prize for "Ugliest Holiday Sweater" **Which** no **Results** no **Fees** FREEI **Other** Meet at Anvil Bar in Cedarburg at 6:30pm **Contact** valerie Nolin Sole Sisters Club Anvil Pub N70 W6340 Bridge Rd Cedarburg WI 53012 Day 414-403-3524 Eve 414-403-3424 <u>solesistersclub@yahoo.com</u> Web: www.solesistersclub.org PLEASE RSVP for this Event!

BADGERLAND STRIDERS WINTER SOLSTICE FUN RUN West Allis 6:30pm Gus Amann's Bar, 92nd & Beloit Divs none Awds none* Whchr no

Results no Fees FREE! Other We will run through Candy Cane Lane and see the Holiday Decorations. Bring donations for the MDA collected along the route, gather after at Gus Amann's for a Holiday Celebration Contact Jeff Weiss, runnerjeff@outlook, watch for updates on Facebook and Twitter Web: www.badgerlandstriders.org

NEW YEAR'S EVE CHILLY/CHILI R/W 1/2 kids 12 & under 3pm. 5k run/walk 3:30pm. Reg 2:15pm. Party 3-5:30pm Hornung Student Center, Marian University, 45 S. National Ave. Note See website for info **Divs** 14-, 15-19, 10yr, 70+ **Awds** Overall m/f, 1/ div, partic award to all kids Results posted, web Fees 5k \$10-18, 1/2 mile tor, paint award to got between the property of the Price Parks SS, 160-6, 12 mile free Parks SS, 160-6, 12 mile property from the propert www.fonddulacrunningclub.com

Dec 31 Run into the New Year

10k Run - 8:30am, Compelitive 5k - 10am, 'Be Easy' 5k - 11am, Milwaukee County Sports Complex, 6000 W Ryan Rd **Note** Tee Shirt to all. RACE #3 OF GL WINTER SERIES **Divs** Under 16, 16 -19, 20-24,5yr to 80+ **Awds** Top 3 OA M/F, Medals top 10/div both 5K and 10K, OA excl from div. awards Whoth No Results website Fees website Perks Moisture wicking event shirt, water, fresh fruit and Monster Cookies. Records 5K: Scott Mueller 15:11 2010, Nicole Braunsdorf 16:59 10K: Aric Runzheimer 32:55, Amy Wencel 39:25. LastYr 2,260 Contact Cole Braun Great Lakes Mulli-sport W 1781 Washington Rd Oconomowoc WI 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 colebraun@me.com Web: www.greatlakesmultisport.com

Fleet Feet New Year's Day Dash Fri

Frield run, 2-mile valls, FREE 1-mile kilds run Quaker Steak and Lube, 2599 Deming Way Fees \$30 thru 11/30: \$35 thru 12/30: \$40 day of reg Contact Race Day Events, LLC 5976 Executive Dr. Suite B Flichburg Will 53719 Day 608-316-5755 raceday@racedayeventslic.com Web: http:// racedayeventsllc.com/content/new-years-day-dash

Polar Bear Dash 5k
South Milwaukee
5k race, 11 a.m., Reg/Packet Pickup 9am-10:30am Grant Park, 100 E
Hawthorne Ave, South Milwaukee Note Optional Polar Plunge into Lake
Michigan at end of race Divs 10-yr Awds Top 3 M&F OA; top 3/div prizes
Fees \$25 for 5k until Nov. 30; \$30 until Dec. 29, \$35 race-day Perks Longsleeve tech shirt, goody bag, LastYr 211 Contact Chris Ponteri Longrun Athletics LLC chris@longrunathletics.com Web: www.polarbeardash.com

Badgerland Strider Winter Fun Run 3 mile run at the zoo and get together after. Run starts at 6:30 pm Milwau-kee County Zoo - 10001 W. Bluemound Road, Milwaukee, WI 53226 Fees Admission \$1 for beverages and snacks after the run Perks Refreshments & snacks Contact Karen DeGenaro Badgerland Striders krndegenaro@yahoo.com Web: www.badgerlandstriders.org

Pinnacle Indoor Triathlon #3 Indoor Triathlon: 10 minute swim/ 20 min bike/ 10 min run Pinnacle Health and Fitness-Fitchburg. 5973 Executive Dr Fees \$20/race; \$75 for the entire series Contact Race Day Events, LLC 5976 Executive Dr. Suite B Fitchburg WI 53719 Day 608-316-5755 raceday@racedayeventsllc.com Web http://racedayeventsllc.com/content/pinnacle-indoor-triathlon

Jan 9

JOHN JANTZ Memorial "S-NO-W FUN" RUN LK Geneva 5mi 2:30pm Grand Geneva Resort Just E. of Hwys 12 & 50 intersection **Note** rustic roads and paths around the resort **Divs** 1yr age awards, M & F, 1st & 2nd place. **Awds** 1st & 2nd OA M&F, 1st/div **Whchr** Not advised Results itsracetime Fees \$35 online reg only up till 8am day of event. NO SIGN UP AT THE EVENT Perks food, beer, soda, gift for each runner, photo booth, bunnies, door prizes, schnaaps stop, DJ, dancing, a great party Records 36 half barrels after the run LastYr 801 Other Special room rates at the Grand Geneva Resort. Contact Joel Lammers Lakes Area Running Club 3770 N. Southwood Oconomowoc WI 53066 joelsandeelammers@yahoo.com Web: http://www.lakesarearunningclub.org/

Samson Stomp Milwaukee County Zoo 5k Scored - 2 mile runlwalk not scored - 1 mile romp ages 7-12 - 1/4 mile mini romp for ages 2-6, 5k at 9:30am, reg 8am Milwaukee County Zoo -10001 W. Bluemound Road Note 5k 9:30am, 2 mile 10:15am, kids 1 mile Milwaukee County Zoo 10:45am (7-12yr), Kids 1/4 mile 11am (2-6yrs) **Divs** 5k only - less than 15 15-19 and 5yr to 80+, corporate team awards also **Awds** 5k - Top 3/div and overal M/F. 2 mile Top 3 M&F. Romps ribbons for all finishers. **Whchr**Depends on snow depth. Up to each wheeler. **Results**<u>www.badgerlandstriders.org/</u> **Fees** 5k-\$25 pre-reg, \$30 race day, \$20ea familylteam greater than 4. Perks Long Sleeve Tee-shirts and Zoo entrance for registrants. LastYr 2000 Other Romps fees - \$10 pre-registered, \$30 race day Contact Public Affais and Services Milwaukee County Zoo 10010 W. Bluemound Road Milwaukee WI 53226 Day 414-771-3040 Eve 262-886-9192 <u>dfinch@wi.rr.com</u> Web: <u>http://www.milwaukeezoo.org/events.</u>

Badgerland Strider Club Meeting Badgerland Strider Club weeting will will will will be someting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Petiti National Ice Center, 500 South 84th St (just off 1:94 at 84th) Note Speaker: TBD Fees Admission \$1 for members and non-members. Perks Refreshments & snacks Other Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. Contact Dave Gavinski Badgerland Striders davegavnski@juno.com Web: www.badgerlandstriders.org

Badgerland Strider Holiday Party Mi Milwaukee County Zoo, Peck Welcome Center, See ad page 5

Traverse City, MI **Bigfoot Snowshoe Race** 5k Snowshoe 9am & 10k Snowshoe 9am Timber Ridge Resort 4050 E Hammond Rd. **Note** Bigfoot Snowshoe is also a USSSA Regional Qualifier

Awds See Website Fees See Website Contact Dawn McConnachie RF Events 5700 Jackson Rd. Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.runsnow.com

Freeze For Food 5k/10k SK noon, 10K 1 pm, reg 11:15am Vilas Park Shelter **Note** 5K/10K Run/Walk **Divs** M&F: <20; 10yr to 70+ **Awds** ribbons and Colombia Support Network DIVS WRF: 227, 107 0.74 AWD IDIOUS and COUNTING SUPPORT SHIP IS STATE OF THE WORK I. \$30 for 2 | Race-day reg: \$5 for 1, \$35 for 2 | Parks All entrants receive a 2016 International Calendar Other www.lacebook.com/groups/FreezeForFood. | Benefits security projects at Peace Community in Colombia Contact Steph Shelton RPC of Wisconsin-Madison 301 S Livingston St. #103 Madison WI 53703 Day 6083387571 stephanie.v.shelton@gmail.com | Web: http://rpcvmadison.org/activities/

The Big Chill 5K/10K Hartford
5K Run - 8:30 am, 10K Run - 9:30 am, The Chandelier Ballroom, 150
Jefferson Ave, Hartford, WI 53027 Note Tee Shirt to all. RACE # 4 IN GL WINTER SERIES Divs Under 16, 16-19, 20-24, 5yr to 80+ Awds medals to top 3 M/F overall, top 10/div for 5K - top 5 / div for 10K. Whchr no Results website Fees website Perks Moisture wicking event shirt, water, fresh fruit and Monster Cookies. Records Chris Wiechert 16:13 2010. Gwen www.greatlakesmultisport.com

Icebreaker Indoor 5k Icebreaker Indoor 5k

Milwaukee

K Race; 7pm Petilt National Ice Center Note run approx 11 laps around the

443-meter Irack; limited to 75 runners Divs 10yr Awds 1st OA M&F & top 3/
div Fees \$35 Records Sean Luedke, 16:50 and Jennifer Chaudoir, 20:34

LastYr 75 Results website Perks Tech shirt, goodle bag Contact Chris

Ponter Longrun Athletics, LLC Day 262-758-9226

chris@longrunathletics.com Web: www.indoormarathon.com

Icebreaker Indoor Half Marathon Half Marathon, 7 am & 9:30am Petiti National Ice Center Note Run approx 48 laps around the 443-meter track: limited to 125 runners in each race: reg opens Aug Divs 10yr Awds Top 3 OA M&F: top 3div Fees \$75 Records Eamon McKenna, 1:09:25 (2011) and Stacey Kincaid, 1:23:19 (2010)

Results Perks Contact Web: SEE ABOVE

 Icebreaker Indoor Marathon Relay
 Milwaukee

 Marathon Relay, 1pm Pettit National Ice Center Note Teams run approx 95

 laps around the 443-meter track; limited to 100 teams Divs M, F, mixed
 Jan 30 Awds Top 3 teams/div Fees \$130 per team Records Thunderdome Run-

Results Perks Contact Web: SEE ABOVE

Icebreaker Indoor Marathon Milwaukee Icebreaker Indoor Marathon
Milwaukee
Marathon, 8m Petil Nalional Ice Center Note Run approx 95 laps around
the 443-meter track; limited to 125 runners; reg opens August Divs 10-year
age groups Awds Top 3 OA M&F; top 3/div Fees \$105 Records Bryan
Schneider, 23703 (2009) and Julie Faylona, 25238 (2010) LastYr 125
Other Gold Medal Challenge (combined marathon and half marathon) winners: Stephen Tietz and Mary Flaws

Results Perks Contact Web: SEE ABOVE

Winter Iowa Games 5K Road Race Dubuque, IA 5K, 9AM, Carver Elementary School, 2007 Radford Rd. Note Out and back, city streets. Divs 15&under, 16-18, 5yr to 60+ Awds Trophies OA M&F, medals top 3/div Whohr no Results online Fees \$25 online or by mail B4 1-19-2016, \$30 day of race **Perks** indoors before/after event. Refresh and awards after the race. **Contact** Angie Salas Mississippi Valley Running Association PO Box 854 Dubuque IA 52004 Day 563-582-1877 Eve 563-

John Dick Memorial Crusty 50k

50k primitive Irail run, 7:30am D.J. Mackle Group Picnic area, Southern
Kettle Moraine State Forest Awds Traveling plaque, first M/F only Results website Fees \$10 pre, \$15 day of reg Perks Heated shelter, food/bev at finish Contact Robert Wehner 965 Elmwood Way Hubertus WI 53033 Day 262-370-7270 Eve 262-370-7270 rwehner@hotmail.com Web: http:// www.badgerlandstriders.org/home/Races/JohnDickMemorial50K.htm

582-1877 runnerangie@aol.com Web: www.mvradubugue.com

Steve Cullen Healthy Heart Club Run & Walk Wauwatosa 8K 10am, reg 8:45a, 2 mile fun run & walk Wil-o-way Underwood Club-house, 10602 Underwood Pkwy. Note Free Parking @ Wisco Luthern College Lot, Award ceremony after race Divis 14kunder, 15-19, 5y to 80-Awds Trpy to 8K, overall M&F, "Fleetest Feet" 8K Team Trpy Men's, Women's, Mixed, MdIs top 3/div Results website Fees Strider Memb:\$25: Non memb: \$30 B4 Jan 31: after \$35 for all, See Other Perks LSTS, Chili, munchies, bev, live music Other Family (4) \$100 + \$30 ea add mem: until 1/31: \$125 + \$35 ea add after 1/31 Contact Nicole Jellison Badgetand Striders nmjellison@yahoo.com Web: http://www.badgerlandstriders.org/ home/Races/SteveCullenRun.htm

Badgerland Strider Club Meeting
5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business
Meeting Petiti National Ice Center, 500 South 84th S1 (just off 1:94 at 84th)
Note Speaker: Roy Pirrung, USATF Ultra Runner of the Year - Masters
Fees Admission \$1 for members and non-members. Perrks Refreshments &
snacks Other Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders <u>davegavnski@juno.com</u> **Web**: <u>www.badgerlandstriders.org</u>

Badgerland Striders Winter Fun Run 3 mile run at the zoo and get together after. Run starts at 6:30 pm Milwau-kee County Zoo - 10001 W. Bluemound Road, Milwaukee, WI 53226 Fees Admission \$1 for beverages and snacks after the run **Perks** Refreshments & snacks Contact Karen DeGenaro Badgerland Striders krndege naro@yahoo.com Web: www.badgerlandstriders.org



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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 it 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

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

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" web-

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

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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CHECK OUT THE BEST RUNNING HEADQUARTERS IN TOWN!

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Coming Fall 2015|| **Drexel Town Square**

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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 re-ceive 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

Executive Board

President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
VP Admin	Bonnie Clarey	414-453-6527	blsoffice@sbcglobal.net
Secretary	Sherley MacLean	414-475-7440	smaclean@att.net
Treasurer	Mike Sobie	-	blstreas@gmail.com
VP of Programs	Dave Gavinski	414-476-3745	davegavnski@juno.com
VP Road Racing	Scott Stauske	414-418-8395	stauske@sbcglobal.net
	Dave Finch	262-886-9192	david.finch@rexnord.com
	Jeff Weiss	-	runnerjeff@outlook.com
Newsletter Editor	Jeff Weiss	-	runnerjeff@outlook.com
RRC Rep	Dave Finch	262-886-9192	david.finch@rexnord.com
Past President	Jerry Anderson	414 258-4986	ajanderson@milwpc.com

2016 Administrative Directors

Equipment	Sean Daley	-	sdaley33@wi.rr.com
Fun Runs	Karen DeGenaro	414-975-2012	kdegenaro@yahoo.com
Finance Chair	Barbara Jewell	262 763-3062	barbaracjew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavnski@juno.com
Track & Field	Ron &Alice Wink	ler 414-744-9404	rawinkler@sbcglobal.net
Marathon Buildup	Jeff Weiss	-	runnerjeff@outlook.com
Most Improved	Jody Geibl	-	jgeibl@wi.rr.com
Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis Shoemake	r-	shoeboxx50@gmail.com
Web Master	Pauline Shoemake	er-	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 $\underline{\text{runnerjeff@outlook.com}}$ 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 $\underline{runnerjeff@outlook.com} \ or \ phone \ Jeff \ at 414-771-3165.$

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 50 Robert Wehner	OK 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 Len Wachniak	Marathon 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 Firecrac Mike Sobie	cker Four blstreas@gmail.com	July 4, 2016 920-321-4944
Cudahy 5mi & 10mi Andrew Cordell	cudahyclassicrd@gmail.co	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 l Robert Wehner	Hr Run rwehner@hotmail.com	Sept 5, 2016 262-370-7270
Tosafest 5K Anne Peters	tosafest5K@yahoo.com	Sep 12, 2016 312-927-4124
Briggs & Al's 8K Run for C Jeff Weiss & Brandi End		Sep 17, 2016
Lakefront Marathon Erin Smith milwauke	elakefrontmarathon@gmail.co	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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If rain, wind and snow don't stop you, why should pain? Instead of ignoring your pain, call Aurora Sports Medicine Institute to schedule a FREE Injury Evaluation. The FREE screening includes a pain assessment and recommendations for treatment or physician referral.

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

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

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STORY AND STORE

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Badgerland Striders Inc 12650 W. Arden Pl. Butler, WI 53007

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