



the STRIDER

Official Newsletter of the Badgerland Striders, Inc.



The STRIDER

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Jan 2016

36th Annual Samson Stomp 2016

Presented by the Milwaukee County Zoo and Amica

By Dave and Janice Finch

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



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

All of the proceeds of the events benefit the Zoo and help maintain one of the best animal collections in

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

All of the events take place at the zoo and on zoo grounds. Running past the animals while they watch is always fun to do! The bears and mountain



(Continued on page 20)

Happy 2016!

The 20th CULLEN RUN

February 14, 2016

By Nicole Jellison

Calling all those brave enough to get out there and run for a great cause in the cold!

If you recall, last year the Cullen Run/Walk had record-breaking cold and windy temperatures so it almost has to be better this year, right? (This is where you all knock on wood!) We will have hot chili, cold beer and other snacks for you to warm up with in the Wil-O-Way Center afterward as a thank you for running hard and raising money for a great cause, heart research at the Medical College of Wisconsin!

The 20th Annual Steve Cullen Healthy Heart Club Run/Walk is almost upon us! This year we will be hosting the 8K chip-timed run/2-mile walk on Saturday, February 13th. We will be at Underwood Parkway in Wauwatosa beginning at the Wil-o-Way Underwood Clubhouse with a race start time of 10am.

An indoor option for Cullen Runners and Walkers will be available at the Wisconsin Athletic



Club (WAC) in Wauwatosa. When you register, choose the indoor race location and you can enjoy the Wauwatosa WAC's facilities (8700 W. Watertown Plank Rd.) free for one week, from February 7-14, 2016. You'll also receive a long-sleeve tech running shirt, if you sign up by January 31st.

We are also offering a Limited Edition 20th Anniversary Jacket for only \$40 (\$45 for larger sizes). You can add this purchase to your registration on the Zap site. Non-runners can also purchase this jacket at the ZapEvent site without having to register for the run.

Register before January 31st to guarantee your long sleeved tech shirt! Registration can be found on the ZapEvents website:

<http://www.2016cullenrun.zapevent.com/>

Sign up is \$25 for Striders and \$30 for non-striders if you are signed up by January 31. All participants will be charged \$35 after January 31. Families (up to 4 members) can pay \$100 (\$30 for additional members) until January 31st as well, and only \$125 (\$35 for additional members) after that! So get signed up early!

We hope that you will all take the time to run with us (and hopefully do a little fundraising too...see cullenrun.com/ for details!)

See article Page 19 for further history of the Cullen Run.

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THE PREZ SEZ



By Pete Abraham
The Prez

IT'S BEEN ANOTHER BUSY YEAR

It's been another busy year for the Striders. Membership in the club has almost doubled in the past several years and we now have nearly 2600 members. Last year we saw over 12,000 runners sign up for club races and another 5000+ sign up for races we manage (Deer Run, Samson Stomp and Al's). Close to 10,000 runners crossed Strider finish lines and over 4400 finished the 3 contract races. These numbers do not include 'side' runs such as the Community Unity run and 1.7 mile Firecracker Four run or any of our kids runs. It's probably safe to estimate that attendance at the 30 or so fun runs and marathon build up program brought in another 5000 - 7000 runners and these programs continue to grow. We've added 7 new fun runs in the past year and there maybe several more added in the near future if the 200 or so of you who showed up for the Zoo run on Dec 9th is any indication of the demand for these events.

We had another great year of racing as well. Ice Age, Lakefront, Strider Half, Samson Stomp and Discovery Run all sold

Prez sez



out. The Strider Half broke the 1000 mark for the first time and Lakefront set a record with 3500 runners registering. South Shore, John Dick, Glacial Trial and Cullen were all either at or very near capacity. Super-run, Hartfest, Turkey Trot and Cudahy all grew and Firecracker had another outstanding year. Attendance at Fun run and Build-up runs was outstanding!

In 2014 the Milwaukee Lakefront marathon ranked as the 50th largest marathon in America (by number of finishers) and the 8th largest in the Midwest. With roughly 10% more finishers in 2015 our marathon should move up to around 45th place nationally once all the numbers are tallied. Lakefront also ranks first in Wisconsin with 2281 finishers far outpacing 2nd place Green Bay's Cellcom which had 1281 and third place Madison's 978. With over 1000 marathons staged in the U.S. last year Lakefront ranks in the top 4-5% nationally in terms of finishers. Look for Milwaukee's major marathon to continue to grow!

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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

JANUARY 20 2016

Michael Power
Innovator and founder of
BreatheReady™
Respiratory Therapy

**TOPIC: Benefits of Halotherapy and
Resistance Respiratory Training.**

You will learn about the benefits of this natural, drug free therapy including:

- Improved lung function and oxygen saturation
- Enhanced muscle endurance and decreased recovery time
- Strengthen respiratory function and breathe easier.

A special raffle valued at \$225 will be offered including promotional items. Count on BreatheReady™ Performance to improve respiratory function and athletic performance.

More Information:

www.BreatheReady.com

N56 W14108 Silver Spring Dr., Ste 111

Menomonee Falls, WI 53051, (262)794-3446

FEBRUARY 17 2016

Roy Pirrung
Ultra Runner,
Age Group Champion,
Multiple Record Holder

Join longtime Badgerland Strider member and world renowned ultra runner, roy pIrRUNG on Feb 17. Roy will share his 2015 adventures.

Pirrung has broken over 60 American Records in his career and won 76 national titles, was named ultra runner of the year once and masters ultra runner of the year 5 times. He was a nominee for that honor again in 2013.

He is a member of USA Track and Field's National Masters Hall of Fame.

MARCH 16 2016

Brant McCartan
DPM, Milwaukee Foot &
Ankle Specialists

TOPIC:

"What is causing that pain in the ball of your foot?"

Prior to joining Milwaukee Foot & Ankle Specialists, Dr. McCartan went to Marquette University, then attended podiatric medical school at Barry University in Miami Shores, FL. During medical school he served as a fitness center supervisor for div 2 Barry University. Upon graduating and receiving his D.P.M. degree, he headed off to Boston, MA for residency. At Beth Israel Deaconess Medical Center (BIDMC), he worked with several of the world's premier master surgeons and sports medicine physicians. He particularly enjoyed his time at the Children's Hospital in Boston, MA. His free time was spent covering baseball games with the BIDMC emergency department at Fenway Park during the Boston Red Sox games.

When not treating his patients, Dr. McCartan volunteers his time helping the athletes in the Special Olympics of Wisconsin, spending time with his wife and three boys, and visiting national parks.

*has completed 3 marathons, including the 2013 and 2014 Boston Marathons.

2016 STRIDER RACE CALENDAR

Race	Race Director	Distance	2016 Date
Samson Stomp	Dave & Janice Finch	5k / 2m / 1m & 1/4m kids runs	Jan 17
Cullen Run	Nicole Jellison	8k	Feb 13
John Dick Memorial	Robert Wehner	50k	Feb 6
South Shore 1/2 Marathon	Len Wachniak	13.1m	Apr 2
Brown Deer Run	Hank Nisiewicz	10k / 5k R-W	Apr 30
Ice Age	Jeff Mallach	50m / 50k / 13.1m	May 14
Track Meets	Alice & Ron Winkler	Track Events (No Field)	5/27 6/21 7/12
Superun	Dave Gavinski	5k	June 8
Hartfest Half	Pete Abraham	13.1	June 18
Firecracker 4	Mike Sobie	4m / 1.7m	July 4th
Cudahy Classic	Drew Cordell	10m / 5m / kids	July 31
Strider Half Marathon	Tom Buthod	13.1m	Aug 27
Strider 6/12/24 hr	Robert Wehner		Sept 3
TosaFest 5k	CANCELLED		
Briggs Al's Run	Jeff Weiss	8k	Sept 17
Lakefront Marathon	Erin Smith	26.2m	Oct 2
Glacial Trail	Robert Wehner	50m / 50k	Oct 9
Lakefront Discovery Run	Scott Stauske	15k	Oct 29
Turkey Trot	Dave Pike	15k / 2m	Nov 6
Pettit 20k	Barb Drees	20k/10k	Dec 4

Times Past: Yesterday and Today

Lifetime Member - Len Wachniak



By Ron Winkler

On July 4, 1976, the date of the United States' bicentennial, Len Wachniak went for his first run. The 15-year-old De Sales High School student was preparing for the autumn cross country season by following his basketball coach's suggestion to get in shape by running cross country.

Although sidelined by a broken leg right before his junior year, he was back for his senior year to help his team finish third in the Wisconsin State Championships. The next spring at the state track meet, he finished 9th in both the mile and the two mile.

He joined the Badgerland Striders in 1979, right after his 18th birthday, and today at age 54, has been a member for 36 years. Although not interested in running for his college team, he still enjoyed competition. To satisfy that urge, he ran the Samson Stomp and Firecracker Four in their first years, along with a majority of other Striders' races over the years.

Volunteering for the Striders

Volunteering was Wachniak's forte, which helped him to meet some great people and eventually led to his being awarded Badgerland Striders Lifetime Membership in 2009. His areas of expertise are in race timing and as a race director (RD). He said "I estimate that I have timed more than 150 Strider races over the years, until I retired last year when the club switched to all chip timing races. Being a RD since 2002 has allowed me to meet a lot of people, and helped me appreciate how well everyone works together to put on a great race. I have been the RD for Turkey Trot, then South Shore (Half-Marathon). I went back to Turkey Trot for a few years, and am now back as RD for South Shore."



Southshore Half Marathon 2006

In regard to that race, Wachniak mentioned that "the De-Sales cross country course was in Bay View Park and part of that course is now a section of the South Shore Half Marathon so I guess I have not strayed too far from my roots."

Wachniak's other volunteer activities were behind the scenes. He explained, "For five years I was also part of the race book committee, which really made me appreciate all of the work that Jeff Weiss, and others put into making that a great resource prior to online calendars."

As a RD, Wachniak is on the Road Race Committee, and for the last three years has been on the Finance Committee. He is a captain for Samson Stomp, Cullen Run, Deer Run, Superun, Tosafest and .Al's Run.

When asked about his most rewarding volunteer position with the Striders, his response was, "This year marked the 35th straight year that I have been part of the Lakefront Marathon. For numerous years I was a sentry out on the course. Then Kris Hinrichs asked me to take over as cone captain in 2001. I did that for several years, and then became manager of the start area. For the last two years I have served as Course Operations Manager, and will be back in that role in 2016. My goal is to make it to fifty years."

Len the runner

Despite all of his volunteering, Wachniak runs about ten races per year and tries to do as many Striders races as possible. Thanks to chip timing, there is no need for him to be at the finish line to score races. Now he enjoys running more races and crossing the finish line as a participant.



He tries to run the Deer Run each year, along with Cudahy Classic and the Discovery Run. He also "strays down into Illinois for a few races each year to see how others put on races." He likes it that the Prairie State's courses are fairly flat.

Wachniak has run Lakefront Marathon twice with a personal record of 3:26 in 1990. As part of his job, he travels several times a year, and to date has run in 32 states and four countries.

His three to four days per week of training includes swimming and biking. Over the years he has done fourteen triathlons and two century rides. During the summer he enjoys biking on the "rails to trails" routes. "It helps that I live right off the Oak Leaf Trail, so can get a ride in through Whitnall Park."

Even though he runs slower today and his "fast" days are slower than his "slow" days in the past, he says, "I appreciate being out running more than I have in the past. As I get older I have become smarter. I used to get injured all the time, which would then force me to take time off. Now, I take my time to build up my base, cross train, and take at least one day per week off. This has helped me to stay injury free."



His motivation for running is to maintain health and running speed. He now favors long distances over shorter distances such as 5Ks, and continues to work toward running half marathons.

Professional life

Wachniak went to UW-Milwaukee and earned a Finance Degree; then while working full time, he earned his Accounting Degree from Lakeland College. He explained his professional career, "I have been in the Finance field for thirty years, including banking and several large corporations. I am currently working at SoftwareONE as part of a growing IT company. The firm offers to pay for one race per year, and gives us a day off to rest up after the race."

In addition to the Striders, Wachniak is on the planning committee for the Hank Aaron State Trail Run. "In the past I also coached my son's travel baseball team, which was one reason I was not able to run as many races as I would have liked."

When he is not involved with volunteering, he enjoys playing golf, and finds it to be the opposite of running in that it requires a lot of concentration and practice. He is also an avid history buff, especially Milwaukee and Wisconsin history.

Wachniak and his wife Kelly celebrated their 25th wedding anniversary in November 2015. Although Kelly has been to many races over the years, she does not have the desire to run. Their son, 18-year-old Ben, volunteers at several races each year, and is getting more interested in racing. His favorite was the Striders' Sub-4 mile where he lost his shoe on the final turn, but kicked it in with only one shoe.

Perks of volunteering

Wachniak says that he "has met some of the greatest and most dedicated people while volunteering. I know there is no way to mention them all, but some of the most influential are Bonnie Clarey, Bill Schauder, Grant Nelson and Don Weyer, who gave me the inspiration when I was just learning all of the ropes. Since then, I have met and had the privilege of working with many people who give of their time and do not expect anything in return."

He continued, "I feel that I have been blessed to be able to run, and through volunteering I can give back to the community. As I continue with the club, I feel it is important to help out the new generation of volunteers who will keep the strong tradition going. I feel that the accomplishments of the club over the last 36 years have really helped the broader community, and promoted a healthy lifestyle."

I think you've accomplished that; thanks Len.

CLUB CHAMPIONSHIP PROGRAM

By Dennis Shoemaker

The 2015 Club Championships will be complete shortly. I am in the process of finalizing the awards. Awards will be given out at the Strider Holiday Party in January and at the regular February Club meeting.

I have been as diligent as possible in accurately recording participants and race times but mistakes happen. I would ask again that all participants review the Club Championship results on the Club web site and let me know of any mistakes or omissions. Please remember:

- The awards go 3 deep in each age group
- Participants can receive one award per year. In case of multiple possible awards usually the award will be the series with the most points.

- There are minimum numbers of events to qualify for an award. They are:

1. Short - 4 events
2. Long - 3 events
3. Ultra - 2 events

Anyone entered in 2015 will be automatically entered in 2016. I don't need any email from you unless something has changed in your personal information or you want to change the series you have entered.

For those who are not in the program I would like to invite everyone to register for the 2016 program starting now. Put "2016 Club Championship" as the subject of your email.

For those wishing to register for the Championship Program for the first time please provide the following information in your email to me, before 3/31/16:

1. Full name with middle initial.
2. Nicknames used on race entries.
3. Date of Birth. (Do not provide just your age group. I will calculate that.)
4. Home address. (Awards may need to be mailed)
5. Series you are entering. (You may enter all 3.)
6. Strider race or program you will volunteer for.
7. T-shirt size.

Please contact me for all of the above at the following address.

Email to shoebbox50@gmail.com

Badgerland Striders 2016 Holiday Party



Friday, January 22, 2016

Peck Welcome Center at the Milwaukee County Zoo

10001 West Bluemound Rd., Milwaukee, WI



Register at the link on the Strider Web Site

Cost for members \$15

Dinner, beer, wine and soda are included.

Cash bar available.



**HAPPY
CHANUKAH**



The Holiday Party will begin at 6:30pm and end at 11:00pm.

It will offer dinner and drinks as well as DJ and dancing.

The club officers will be introduced and Strider awards will be given out.



COMING EVENTS

Jan 1 Fleet Feet New Year's Day Dash Middleton
Fri 5-mile run, 2-mile walk, FREE 1-mile Kid's run Quaker Steak and Lube, 2259 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 Fitchburg WI 53719 Day 608-316-5755 raceday@racedayeventsllc.com **Web:** <http://racedayeventsllc.com/content/new-years-day-dash>

Jan 1 Polar Bear Dash 5k South Milwaukee
Fri 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** Long-sleeve tech shirt, goody bag, **LastYr** 211 **Contact** Chris Ponteri Longrun Athletics LLC chris@longrunathletics.com **Web:** www.polarbeardash.com

Jan 6 Badgerland Strider Winter Fun Run Milwaukee
Wed 3 mile run at the zoo and get together after. Run starts 6:30 pm Milwaukee 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

Jan 8 Pinnacle Indoor Triathlon #3 Fitchburg
Fri Indoor Triathlon: 10 min 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
Sat 5mi 2:30pm Grand Geneva Resort Just E. of Hwy 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** Issracelme **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, schnapps stop, DJ, dancing, a great party **Records** 36 half barrels after the run **LastYr** 801 **Other** Special runner rates at the Grand Geneva Resort. **Contact** Joel Lammers Lakes Area Running Club 3770 N. Southwood Oconomowoc WI 53066 joelsandeallammers@yahoo.com **Web:** <http://www.lakesarearunningclub.org/>

Jan 9 Subzero 3.3 Miler Madison
Sat 3.3 Miles The Come Back In **Note** Due to the venue, these races are 21+ **Fees** \$15 **Perks** Beer tasting from local breweries, shoe vendors, raffle prizes, and series long scoring **Contact** Movin Shoes Race Team Madison WI subzeroraceseries@gmail.com **Web:** subzeroraceseries.com



**Running's
RAD 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

Jan 11 Sole Sister's- "Back on Track" Dash! West Allis
Mon 2-3 mile run OR walk inside Pettit. YOU pick the pace & distance we will go for approx 30 minutes Pettit National Ice Center 500 S. 84th Street **Note** Meet in front lobby at 6pm **Divs** no **Awds** no- casual/Unlimed. **Whchr** no **Fees** \$4 fee to enter track, \$2 for Strider members **Other** A healthy snack will be provided. start the New Year, on the right foot. **Contact** Valerie Nolin Sole Sisters Club, LLC 500 S. 84th St Milwaukee WI PH 414-403-3524 solesistersclub@yahoo.com **Web:** www.solesistersclub.org

Jan 13 Winter Fun Run Milwaukee
Wed 3 mile run at the Pettit Ice Center and get together after. 6:30pm Pettit Ice Center Track - 500 S 84th St **Fees** Admission \$1 for bevsn and snacks after the run **Perks** Refresh & snacks **Contact** Karen DeGenaro Badgerland Striders krndegenaro@yahoo.com **Web:** www.badgerlandstriders.org

Jan 17 Samson Stomp Milwaukee County Zoo
Sun 5k Scored, 9:30am - 2 mile run/walk not scored, 10:15am - 1 mile romp ages 7-12, 10:45am - 1/4 mile mini romp for ages 2-6, 11am, reg 8am Milwaukee County Zoo - 10001 W. Bluemound Road **Divs** 5k only - less than 15, 15-19 and 5yr to 80+, corporate team awards also **Awds** 5k - Top 3/div and OA. 2 mile Top 3 M&F. Romps ribbons for all finishers. **Whchr** Depends on snow depth. Up to each wheeler. **Results** website **Fees** 5k-\$25 pre-reg, \$30 race day, \$20ea family/team greater than 4. **Perks** Long Sleeve Tee-shirts and Zoo entrance for registrants. **LastYr** 2000 **Other** Romps fees - \$10 pre-reg \$30 race day **Contact** Public Affairs and Services Milwaukee County Zoo 10010 W. Bluemound Road Milwaukee WI 53226 Day 414-771-3040 Eve 262-886-9192 dlinch@wi.r.com **Web:** <http://www.milwaukeezoo.org/events/samson.php>

Jan 20 Badgerland Strider Club Meeting Milwaukee
Wed 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) **Note** Speaker: Michael Power—BreatheReady™ **Fees** Admission \$1 for members and non-members. **Perks** Refreshments & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders davegavinski@juno.com **Web:** www.badgerlandstriders.org

Jan 22 Badgerland Strider Holiday Party Milwaukee
Fri 6pm Hall Opens, 7pm Buffet, 8pm Awards, Music until 10pm Peck Pavilion at the Milw County Zoo **Note** Watch the Strider web site for details **Contact** Badgerland Striders **Web:** www.badgerlandstriders.org See ad page 5

Jan 23 Bigfoot Snowshoe Race Traverse City, MI
Sat 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 McConachie RF Events 5700 Jackson Rd. Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com **Web:** www.runsnow.com

Jan 23 Freeze For Food 5k/10k Madison
Sat 5K 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 Columbia Support Network t-shirts to winners **Fees** Pre-reg: \$20 for 1, \$30 for 2 Race-day reg: \$25 for 1, \$35 for 2 **Perks** All entrants receive a 2016 International Calendar **Other** www.facebook.com/groups/FreezeForFood/ Benefits security projects at Peace Community in Colombia **Contact** Steph Shelton RPCV of Wisconsin-Madison 301 S Livingston St. #103 Madison WI 53703 Day 6083387571 stephanie.v.shelton@gmail.com **Web:** <http://rpcvmadison.org/activities/freeze-for-food>

Jan 23 Subzero 4 Miler Madison
Sat 4 miles The Come Back In **Note** Due to the venue, these races are 21+ **Fees** \$15 **Perks** Beer tasting from local breweries, shoe vendors, raffle prizes, and series long scoring **Contact** Movin Shoes Race Team Madison WI subzeroraceseries@gmail.com **Web:** subzeroraceseries.com

Jan 24 Schneelauf Run Elkhart Lake
Sun 5k Run: 2:7k Walk Osthoff Resort, 101 Osthoff Ave **Note** Wear costume - Awards for best runner's costume! **Divs** OA, 5yr **Awds** OA Top 3, Top 3/div **Fees** See website **Perks** goody bag, food coupon **LastYr** 140 **Contact** Jeff Grady Elkhart Lake Multisports, Inc. PO Box 2333 Palatine IL 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 triguy@ameriticket.net **Web:** www.elkhartlakemultisports.com

Jan 26 The Big Chill 5K/10K Hartford
Tue 5K Run, 8:30 am, 10K Run, 9:30 am, The Chandelier Ballroom, 150 Jefferson Ave **Note** Tee Shirt to all. RACE # 4 IN GL Winter Series **Divs** Under 16, 16-19, 5yr to 80+ **Awds** medals to top 3 M/F OA, 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 Jorgensen 16:58 2010 **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

Jan 29 Icebreaker Indoor 5k Milwaukee
Fri 5k Race: 7pm Pettit National Ice Center **Note** run approx 11 laps around the 443-meter track: 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, goody bag **Contact** Chris Ponteri Longrun Athletics, LLC Day 262-758-9226 chris@longrunathletics.com **Web:** www.indoormarathon.com

Jan 30 Icebreaker Indoor Half Marathon Milwaukee
Sat Half Marathon, 7 am & 9:30am Pettit National Ice Center **Note** Run approx 48 laps around the 443-meter track: limited to 125 runners in each race **Divs** 10yr **Awds** Top 3 OA M&F; top 3/div **Fees** \$75 **Records** Eamon McKenna, 1:09:25 (2011) and Slacey Kincaid, 1:23:19 (2010) **LastYr** 192 **Results** **Perks** **Contact** **Web:** SEE ABOVE

Jan 30 Icebreaker Indoor Marathon Relay Milwaukee
Sat 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 **Awds** Top 3 teams/div **Fees** \$130 per team **Records** Thunderdome Running, 2:12:43 **LastYr** 100 **Results** **Perks** **Contact** **Web:** SEE ABOVE



Jan 30 Sole Sister's- Candlelite Hike & Bonfire Nite Delafield
Sat GROUP Hike- approx 2 miles Lapham Peak W329 N846 County C **Note** Meet in Shelter at 7pm **Divs** Women only **Awds** no- casual/Unlimed. **Whchr** no **Fees** Free **Contact** Valerie Nolin Sole Sisters Club, LLC W329 N846 County C Delafield WI 53018 PH 4144033524 solesistersclub@yahoo.com **Web:** www.solesistersclub.org

Jan 31 Icebreaker Indoor Marathon Milwaukee
Sun Marathon, 8am Pettit National Ice Center **Note** Run approx 95 laps around the 443-meter track: limited to 125 runners **Divs** 10yr **Awds** Top 3 OA M&F; top 3/div **Fees** \$105 **Records** Bryan Schneider, 2:37:03 (2009) and Julie Faylona, 2:52:38 (2010) **LastYr** 125 **Other** Gold Medal Challenge (combined marathon and half marathon) winners: Stephen Tietz and Mary Flaws **Results** **Perks** **Contact** **Web:** SEE ABOVE

Jan 31 Winter Iowa Games 5K Road Race Dubuque, IA
Sun 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 **Whchr** 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 563-582-1877 runnerangie@aol.com **Web:** www.mvradubuque.com

Feb 5 Pinnacle Indoor Triathlon #4 Fitchburg
Fri Indoor Triathlon: 10 min swim/ 20 min bike/ 10 min run Pinnacle Health and Fitness 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>

Feb 6 John Dick Memorial Crusty 50k East Troy
Sat 50k primitive trail run, 7:30am D.J. Mackie 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, foodbev 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>



IT BAND SYNDROME

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

Knee pain can become a chronic issue for distance runners. Many times, knee pain can lead to patellar femoral pain syndrome, patellar tendinopathy, IT band syndrome, or pathologies within the joint itself. In this article, we'll examine IT band syndrome (ITBS).

What is it?

The iliotibial band is a long fibrous ligament that originates off the tensor fascia latae of the hip and inserts below the knee joint on the lateral side – basically, this band runs down the outside of the thigh from the hip to just below the knee. Its main function is to assist in stabilizing the hip and knee.

A common knee injury seen in runners, Iliotibial band syndrome is caused by inflammation of the distal portion of the iliotibial tract, which can result in lateral knee pain. Specifically, when the IT band isn't working properly, movement of the knee can become painful.

There can be many different subtypes of IT band syndrome, such as irritation of the band itself, the bursa, or the lateral synovium of the knee joint, however, pain usually occurs after repetitive motions.

The most common symptom of ITBS is swelling and pain on the outside of the knee, leading many runners to mistakenly think they have a knee injury. An individual with ITBS typically complains of sharp or burning pain either just above or below the lateral joint line. Pain increases with activity and may persist afterwards in more severe cases, or it can subside with the stoppage of activity. Oftentimes, an uncomfortable popping sensation can be felt along the outside of the knee. In severe cases, bending the knee will be so painful that an individual will walk with a straight leg.

Most diagnoses of ITBS are made based on history and physical examination; however, MRIs can be used to rule out more serious knee injuries. An easy test for identifying ITBS is to bend your knee at a 45-degree angle. If you have an IT band problem, you'll feel pain on the outside of the knee. To confirm the source of your pain, it's advised that you consult a healthcare professional.

Causes

Basically, any activity that causes the leg to repeatedly turn inward increases stress and can contribute to ITBS, including:

- Poor body mechanics
- Muscular tightness
- High mileage
- Workout surface: downhill, banked, or repeated track workouts in the same direction
- Muscular weakness
- Worn-out shoes

Unlike many overuse injuries, IT band pain affects seasoned runners almost as much as beginners. During motion, as the iliotibial band approaches the knee, it narrows, possibly rubbing the bone and causing inflammation. Interestingly, ITBS is found to be more common in women; the tilt of some women's hips causes their knees to turn in, thus producing ITBS.

Common running mechanic issues resulting in ITBS include over striding or striding in a way that causes a runner to cross the midline of the body. Additionally, muscular tightness of the IT band, lateral fascia, gluteus medius, and other muscles can contribute to this syndrome. A weak core and hips can allow your running form to break down over long distances or during weekly workouts. Without these muscles to generate power and provide proper alignment of the lower body, stress can be placed on structures farther down the chain.

Lastly, look at your running route. Are there a lot of hills? Is the workout taking place on a banked track or heavily crowned road? Running downhill can exacerbate pain symptoms by loading the IT band. A crowned road or running in one direction on a banked track alters biomechanics and can also increase stress on the IT band.

Consider a gait evaluation. A certified running specialist can dissect your stride and focus on deficits that could lead to ITBS. A video analysis can be used to locate issues ranging from technique to weaknesses, as well as the impact different shoes and/or orthotics may have on your gait.

Management

A majority of individuals respond to nonsurgical, conservative treatment of ITBS. This could include limiting or stopping the activity that causes pain while focusing on correcting any contributing factors. A combination of things can be done to help treat ITBS:

- Cross-training
- Rest
- Pain relief
- Stretching and strengthening
- Modification of running form
- Manual therapies
- Ice

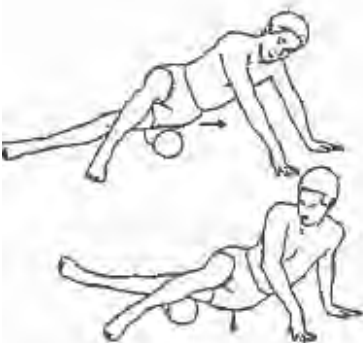
Stretching and strengthening are two staples of any ITBS injury prevention and/or recovery program. Foam rolling and stretching daily, along with a thorough dynamic warm-up and cool-down can increase flexibility and reduce the strain placed on the knee, hip, and back.

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

####

Here are some suggested exercises to incorporate into your running routine to reduce your risk of ITBS.

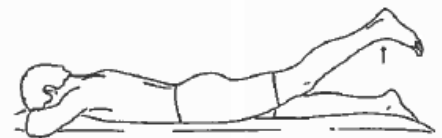
Stretching: Outer hip massage



Stretching: Iliotibial band



Strengthening: Hip extension (prone)



Strengthening: Hip abductor with resistance



Core: Plank



Core: Side plank with small ball



COMING EVENTS

(Continued from page 6)

Feb 6 Seroogy's Valentine Run - 5K/15K De Pere
Sat 5K & 15K, 8am Seroogy's Chocolates Note \$3 discount if reg is dropped off at Seroogy's Chocolates **Divs** M 5yr, F 5yr, Athena, Clydesdale **Awds** Ov m/f 5K/15K, top 3 m/f 5K/15K, Athena & Clydesdale **Perks** LSTS & Seroogy's chocolate bar **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 **ben@dutrirun.com** **Web:** <http://www.dutrirun.html>

Feb 6 Subzero 5 Miler Madison
Sat 5 miles The Come Back Inn Note Due to the venue, these races are 21+ **Fees** \$15 **Perks** Beer tasting from local breweries, shoe vendors, raffle prizes, and series long scoring **Contact** Movin Shoes Race Team Madison WI **subzeroraceseries@gmail.com** **Web:** subzeroraceseries.com

Feb 10 Winter Fun Run Milwaukee
Wed 3 mile run at the Pettit Ice Center and get together after. 6:30 pm Pettit Ice Center Track - 500 S 84th St **Fees** Admission \$1 for bev and snacks after the run **Perks** Refresh & snacks **Contact** Karen DeGenaro Badgerland Striders **krndegenaro@yahoo.com** **Web:** www.badgerlandstriders.org



Feb 11 Heart & "SOLE SISTER'S" Dash! Milwaukee
Thu 2-3 mile Run or Walk 6:30 Run/Walk/ 7:30pm Social Milwaukee Sail Loft 649 E. Erie St **Divs** WOMEN ONLY! **Awds** no **Whchr** no **Fees** FREE! **Contact** Valerie Nolin Sole Sisters Club, LLC 649 E. Erie St Milwaukee WI 53202 PH4144033524 **solesistersclub@yahoo.com** **Web:** www.solesistersclub.org

Feb 13 VALENTINE'S 5K Madison
Sat 5K 11am, reg 9:30 UW Natatorium Note 20th annual - online reg available via athenatallanlis.com **Divs** open, m/f, fm, mm team **Awds** 1m/f, 1/team **Whchr** welcome **Results** website **Fees** \$5 by 2/10, \$10 race day. Teams \$8/15 **Perks** gloves, bev, dows **Records** M - Corey Steljes 15:20, F - Becca Ward 18:05 **LastYr** 300 **Contact** Ron Carda Running Club @ UW-Madison 2000 Observatory Drive Madison WI 53706 Day 608 262-3369 Eve 608 807-7365 Fax 608 262-1656 **carda@education.wisc.edu** **uwrc.net** **Web:** uwrc.net

Feb 13 Steve Cullen Healthy Heart Club Run & Walk Wauwatosa
Sat 8K 10am, reg 8:45a. 2 mile fun run & walk Wilo-way Underwood Club-house, 10602 Underwood Pkwy. Note Free Parking @ Wisco Lutheran College Lot, Award ceremony after race **Divs** 14&under, 15-19, 5yr to 80+ **Awds** Trypy to 8K, overall M&F, "Fleetside Feet" 8K Team Trypy Men's, Women's, Mixed. Mids 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 addl mem; until 1/31; \$125 + \$35 ea addl after 1/31 **Contact** Nicole Jellison Badgerland Striders **njellison@yahoo.com** **Web:** <http://www.badgerlandstriders.org/home/Races/SteveCullenRun.htm>

Feb 14 Cupid Shuffle - Race # 5 in GL Winter Series Waukesha
Sun 5K Run - 8:30am 10K Run - 9:30am, Waukesha County Expo Center, 1000 Northview Rd Note Roses for the ladies and chocolate for everyone! **Divs** Under 16, 16-19, 5yr to 80+ **Awds** Top 3 OA M/F, Medals 10/div for 5K - 5/div for 10K, OA excl from div. **Awds** **Whchr** No **Results** website **Perks** Moisture wicking eventS, water, fresh fruit and Monster Cookies. **LastYr** 1050 Other Reg online - Proceeds benefit the RACC Event **Contact** Cole Braun Great Lakes Multisport / RACC W 1781 Washington Rd Oconomowoc WI 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 **cole.braun@raccfund.org** **Web:** www.greatlakesmultisport.com

Feb 17 Badgerland Strider Club Meeting Milwaukee
Wed 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) **Note** Speaker: Roy Pirrung, USATF Ultra Runner of the Year - Masters **Fees** Admission \$1 for members and non-members. **Perks** Refreshments & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders **davegavinski@juno.com** **Web:** www.badgerlandstriders.org

Feb 20 Subzero 10k Madison
Sat 10k and 5k The Come Back Inn Note Due to the venue, these races are 21+ **Fees** \$15 **Perks** Beer tasting from local breweries, shoe vendors, raffle prizes, and series long scoring **Contact** Movin Shoes Race Team Madison WI **subzeroraceseries@gmail.com** **Web:** subzeroraceseries.com

Feb 21 Sole Sisters- Winter Hike Brown Deer
Sun Casual GROUP Hike - approx 2-3 miles Schlitz Audobon Nature Center 1111 E. Brown Deer Rd Note Meet in front lobby at 1pm **Divs** no **Awds** no casual/Unlimited. **Whchr** no **Results** no **Fees** Fee to enter Nature Center **Contact** Valerie Nolin Sole Sisters Club, LLC Brown Deer WI 53217 Day 414-403-3524 Eve same **solesistersclub@yahoo.com** **Web:** www.solesistersclub.com Please RSVP

Feb 24 Badgerland Striders Winter Fun Run Milwaukee
Wed 3 mile run at the zoo and get together after. Run at 6:30 pm Milwaukee County Zoo - 10001 W. Bluemound Rd **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

Feb 27 St. Joan of Arc Frostbite 5k Nashotah
Sat 5k 10:30 am, awards in the field house. Bathrooms onsite. 120 Nashotah Rd Note Race out and back with Rolling Hills on roads. Packet pick up at Endurance House Thurs/Fri in Delafield. **Divs** 10 under, 11-15, 16-19, 10yr to 70s and master for 5k! **Awds** Top 3/div, Trophies for OA M&F - 5k ONLY. Top 3 Teams **Whchr** N/A **Results** website and online race results.com **Fees** active.com **Perks** T-shirt, free lunch! Wisconsin Badgers Marching Band will be play **Records** 15:35 Male 18:09 Female **LastYr** 250 Other Endurance House of Delafield, and Road ID **Contact** Brian Borkowski St. Joan of Arc Athletics 752 Adams St. Oconomowoc WI 53066 Day 414-520-8339 **borkdesign@gmail.com** **Web:** www.sjarc.org and www.active.com

Feb 27 Stride & Glide for IndependenceFirst Milwaukee
Sat Outdoor 5K & Walk, Indoor Zumba and Kids Activities, Zoo Admission and Parking Included. 8:30am 5K Run Milwaukee County Zoo Note Fundraiser for IndependenceFirst, providing services and advocacy for people with disabilities **Awds** Top M&F 5K Run & 5K Wheelchair finishers: medals 1st / div, 10yr **Whchr** Wheelchair 5K at 8:20am: event is accessible **Fees** Adult (12+): \$30 before Feb. 12; \$35 after. Youth 3-11: \$15, 2 and under free. **Perks** LSTS all participants, snacks and winter fun at the zoo while supporting IndependenceFirst **Contact** Melanie Hupfer IndependenceFirst 540 South 1st Street Milwaukee WI 53204 Day (414) 226-8386 V/Relay Fax (414) 291-7575 **mhupfer@independencefirst.org** **Web:** www.independencefirst.org

Feb 27 WABC Winter Indoor Track and Field Meet Watertown
Sat 9am pole vault 1, 10am field events, 10:30am running events, 11am pole vault 2 Watertown High School, 825 Endeavour Dr Note Running Events: 55m, 55m hurdles, 200m, 200m hurdles, 640m, 1mi (No spikes) Field Events: HJ, LJ, TJ, PV, SP **Divs** Open to all middle school, high school, open and masters athletes **Awds** None **Whchr** Allowed - See info **Results** website **Fees** Pre-reg by 2/25 (\$5 for 1 event, \$10 for 2+ events); After 2/25 (\$10 / 1, \$15 / 2+) **Perks** Concessions available **Other** 160-meter indoor wood track surface / Fully-automatic timing **Contact** Chris Mertens Watertown Athletic Booster Club 825 Endeavour Drive Watertown WI 53094 Eve 920-988-2172 **mentensc@watertown.k12.wi.us** **Web:** <https://sites.google.com/a/amywusd.org/track/>

Mar 9 BLS Winter Fun Run Milwaukee
Wed 3 mile run at the Pettit Ice Center and get together after. 6:30pm Pettit Ice Center Track - 500 S 84th St **Fees** Admission \$1 for beverages and snacks after the run **Perks** Refresh & snacks **Contact** Karen DeGenaro Badgerland Striders **krndegenaro@yahoo.com** **Web:** www.badgerlandstriders.org

Mar 12 BLARNEY RUN/WALK Wauwatosa
Sat 5k run, 2mi walk 10 am. Twinkie Trot kids run (age 10 & under) 11 am Hoyt Park, 1800 Swan Blvd Note 25th Annual, Pre-reg by March 11 **Divs** 5k 14-5yr, 80+ **Awds** 5k 1m/f, 3/div **Whchr** early start, and 1m/f **Results** posted, b/s **Fees** \$8 race day until Jan. 31, \$25 Feb. 1 - March 11, \$25 race day. Kids run \$6, \$8 saturday **Perks** LSTS/1st 700, music, food, bev **Records** 15:18 John Lumkes '99, 17:26 Lynn Filzsimmons '97 **LastYr** 630 **Contact** Janel Ruzicka Wauwatosa Historical Society 7406 Hillcrest Dr Wauwatosa WI 53213 Day 414 774-8672 Fax 414 774-3064 **staf@wauwatohistoricalociety.org** **Web:** www.blarneyrun.com

Mar 12 Hills Are Alive Trail Run/Walk Burlington
Sat 3 or 5.5 mile walk/ 5.5 or 8 mile run KD Park Note From Hwy 50, take Hwy KD south to Hwy F, turn right, go to Karow Road, turn right. **Awds** \$100 to OA M&F, 1st /div **Fees** \$25 thru 3/8/16 \$30 same day reg **Contact** Brian Thomas Kenosha Running Company 4112 Sheridan Rd Kenosha WI 53140 Day 262-925-0300 Eve 414-719-4771 Fax 262-652-1388 **brant@kenosharunningcompany.com** **Web:** www.xclthrilllogy.com

Mar 13 St. Pat's 10 Mile/5k Run/Walk Kimberly
Sun 10 Mile/5k Run/Walk: 9am Tanner's Grill and Bar **Awds** Prizes top 3 costumes, 1st/div & OA M&F **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 **ben@dutrirun.com** **Web:** www.dutrirun.com

Mar 13 St Paddy's Dash Wauwatosa
Sun 5k Run/Walk 11am, Chip timed Hart Park (certified course/ old Sarah's Stride course) Note All proceeds benefit the Greater Milw. Association of Realtor's Youth Foundation. Non-profit. All funds benefit kids! **Divs** M & F 13 & under, 14-19, 20-24, 5yr to 75+ **Awds** Trophies top M&F. Medals top 3/div. Drawing for TV & Bike **Whchr** yes **Results** website **Fees** \$25 on-line reg. til 3/1/16 \$25 mail-in til 3/6/16 \$25 in-person 3/12 \$25 day of race **Perks** t-shirt, Racine Kingle, free green beer. Post race party Left's Lucky Town. **Records** M: Garret Staab 18:18 F: Allison Malczewski 19:17 **LastYr** 300 Other early packet pick-up/ reg 3/12 at Left's 72nd & State 1:00pm-3:00pm We are local, non-profit. **Contact** Peter Stefanik GMAR/ Race Director 12300 W. Center St Wauwatosa WI 53222 Day 414-254-4422 Eve 414-254-4422 Fax 414-541-2600 **peterstef34@gmail.com** **Web:** www.gmar.wi.us/yelpaddysdash



Badgerlandstriders



Mar 16 Sole Sister's- "ShamROCK N stROLL! Milwaukee
Wed 630pm Casual GROUP WALK approx 2-3 miles S&F @ County Clare Irish Pub 1234 Astor Dr Note This event is FREE! **Divs** WOMEN ONLY! Unlimited/Non-comp. ALL ages & abilities **Whchr** no **Results** no **Fees** no **Perks** Social afterwards with lots of fun! **Other** this is a fun & casual event **Contact** Valerie Nolin Sole Sisters Club 1234 Astor Drive Milwaukee WI 53202 Day 414-403-3524 **solesistersclub@yahoo.com** **Web:** www.solesistersclub.org

Mar 16 Badgerland Strider Club Meeting Milwaukee
Wed 5:30pm premeeting run on indoor track, 7pm Guest Speaker, 8pm Business Meeting Pettit National Ice Center, 500 South 84th St (just off I-94 at 84th) **Note** Speaker: Brant McCartan, DPM **Fees** Admission \$1 for members and non-members. **Perks** Refresh & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders **davegavinski@juno.com** **Web:** www.badgerlandstriders.org

Mar 19 Lucky Leprechaun 7K Run/Walk Wauwatosa
Sat 7K run/walk, 10am Left's Lucky Town 7208 West State St **Fees** \$35 thru 1/29/2015; \$40 thru 3/19/2015 **Perks** Post-race party at Left's Lucky Town, 2 free beers **Other** To volunteer, contact Donna Schnapp with the MACC Fund (dschnapp@maccfund.org) **Contact** Jenny Adler Day 317-213-6112 **Jenny@VisionEventManagement.com** **Web:** <http://www.visioneventmanagement.com/pages/lucky-leprechaun.php>

Mar 19 Fight for Air Climb Milwaukee
Sat Slair Climb: Half Climb/Full Climb 8am or Ultimate Climb 7am U.S. Bank Center **Contact** Special Events Staff American Lung Association in Wisconsin Day 262-703-4200 **EventsWI@Lung.org** **Web:** fightforairclimb.org

(Continued on page 30)



4th Annual

Lucky Leprechaun

MARCH 19, 2016 MILWAUKEE, WI

Registration Open

The First 250 People to Register
Will Receive a **FREE Pint Glass!**



10 Jan 2016

www.badgerlandstriders.org

The STRIDER



MAKING DUST

Running has never failed to give me great end results, and that's why I keep coming back for more!
Sasha Azevedo



35th Annual Milwaukee Lakefront Marathon

Grafton to Milwaukee,
WI
October 4, 2015

Marathon

ChampionChip Timing by:
SPORTS MANAGEMENT
ASSOCIATES, INC.
Butler, WI 53007
www.SMAresults.com

TOP 3 FINISHERS PER DIV LISTED

Bib	Name	Time
OVERALL		
Male		
900	Kyle Fraser	2:27:37
Female		
2	Melissa Burkart	2:43:40
DIV = F18-24		
4173	Sofie Schunk	2:52:35
1129	Jessa Hackman	2:55:24
1329	Therese Howe	3:03:32
DIV = F25-29		
2352	Allison Pitt	3:04:38
1335	Sarah Huerta	3:06:24
3275	Audrey Zaferos	3:17:57

DIV = F30-34		
2	Melissa Burkart	2:43:40
13	Sarah Villaseñor	3:02:08
15	Molly Remley	3:06:17
2066	Erin Moldenhauer	3:10:20

DIV = F35-39		
91	Tara Argall	3:13:56
1405	Melissa Jevne Larson	3:14:58
2990	Robin Thousand	3:18:30

DIV = F40-44		
7	Denise Manthly	2:52:19
25	Jennifer Benitez	3:03:07
1301	Kathleen Hogan	3:12:38

DIV = F45-49		
4	Corina Canitz	2:56:50
27	Michelle Lanouette	3:14:28
276	Terri Bodden	3:14:53

DIV = F50-54		
1989	Mary Bolich	3:14:18
3305	Tammy Zyduck	3:28:54
1786	Brooke Lord	3:33:33

DIV = F55-59		
2001	Kathryn Waldron	3:39:23
2096	Laura Morrissey	3:40:27
1659	Kristie Kurtenbach	3:45:58

DIV = F60-64		
1810	Dorothy Lupariello	4:12:45
705	Domitilia Dos Santos	4:13:18
230	N Claire Berman	4:28:57

DIV = F65-69		
1458	Carol Kallie	5:26:19
3235	Barbara Wnek	5:34:26
1242	Jane Hermans	5:36:13

DIV = F70-79		
1700	Diane Larson	6:17:12

DIV = ATHENA		
1868	Gail Martin	3:47:20
667	Lexie Devries	4:00:34
1225	Nicole Hengels	4:06:30

DIV = M18-24		
1623	Trevor Kozickowski	2:46:29
4027	Rob Meilbeck	2:47:14
4005	Chris Biesboer	2:48:10

DIV = M25-29		
4259	Aaron Viets	2:28:59
10	Scott Allen	2:30:35
4113	Brice Cleland	2:33:59



DIV = M30-34		
18	Michael Hartnett	2:35:14
6	Micah Hernandez	2:38:26
2947	Eric Tatge	2:41:51

DIV = M35-39		
900	Kyle Fraser	2:27:37
964	Patrick Gaynor	2:53:44
1766	Andrew Linquist	2:55:38
846	Sean Finnigan	2:57:01

DIV = M40-44		
2736	Chris Setzler	2:43:43
20	Aaron Linz	2:43:49
837	Scott Fihma	2:45:18
465	John Cash	2:46:50

DIV = M45-49		
1500	Sean Kelley	2:59:29
2928	Kevin Sweeney	3:01:10
339	James Breen	3:03:43

DIV = M50-54		
2447	Chris Reed	2:57:10
385	Eric Buckley	2:58:48
1996	Rick Stefanovic	2:59:30

DIV = M55-59		
920	Mark Fry	3:08:00
2494	Gregory Rittman	3:11:15
1282	Bob Hoaglin	3:15:42

DIV = M60-64		
2781	Paul Sivanich	3:24:39
959	Eric Gausmann	3:28:57
175	Fred Bazzoli	3:34:11

DIV = M65-69		
1394	John Jenk	3:27:33
2880	Alex Stewart	3:49:50
2738	Tony Severino	3:53:42

DIV = M70-79		
1922	David McCorquodale	4:22:04
458	Thomas Carroll	4:41:39
3186	Dick Westerlund	4:42:15

DIV = M80+		
1291	David Hoffman	5:42:50

DIV = CLYDE		
2828	Michael Sowinski	3:21:07
3184	Chris West	3:23:17
2954	Steve Taylor	3:25:47





MILWAUKEE'S LAKEFRONT MARATHON

Photos by Kent Schlienger Lim and Dave O'Brien



A BUSY YEAR

(Continued from page 2)

Trying to get a handle on numbers for Wisconsin is a little more difficult. As individual events the Bellin Run in Green Bay with over 14,000 runners and Crazy Legs in Madison with over 10,000 runners are the top two. As far as running events go (combination of several different distances included in the count) Bellin is still number one but Green Bay's Cellcom is number 2 with almost 12,000 runners. Only two Milwaukee area races made the top 15 (in 2014), Summerfest's Rock N' Sole with around 7000 runners and the Brewer's Mini Marathon which boasts nearly 6000.

A lot of things have changed in the past year and more changes are slated for 2016. In October the club moved into a new office in Butler leaving Wauwatosa for the first time in decades. The new facility has 3 offices and almost 2000 square feet of warehouse space giving equipment manager Sean Daley plenty of room to organize the mass of equipment we have accumulated over the past 50 years. For those of you who haven't seen it yet check out our new sign on the outside of the Pettit Center. The Strider Sign is easily visible from Interstate 94 day or night and reminds people of our contribution to the Pettit. In February of 2015 we had our first fun run at the Milwaukee County Zoo. With the Zoo closing at 2:30 during the winter months the 65 runners that showed up at 6:30 had the entire grounds to themselves. Our second run there this past December had nearly 200 runners! If the January 6th and February 24 runs scheduled for the same location draw even half that number you can count on us being back there every year.



Last fall the Road Race Committee allocated money to buy a box truck for equipment delivery to our races. We hope to have the 'Stridermobile' ready to go for the 2016 race season. We are also working on setting up a new Children's Running Program. With Scott Stauske heading the committee the Striders intend to make a serious financial contribution. We plan to partner with Girls On The Run to build a program that will encourage youth running throughout the area.

2015 also saw some changes. Mike Sobie took over as Strider Treasurer during the year and was formerly elected to the post in November. Thanks to Jen Farrell for handling those duties for the past several years. We had a bunch of new race directors take the helm last year as well. Nicole Jellison took over for Phil Carpenter at the Cullen Run. Dave Gavinski replaced John White as Superun director. Dave Pike is the new director of the Turkey Trot replacing Len Wachniak and Janice Finch turned over the reigns of the Indoor 20 K to Barb Drees. All four new directors pulled off their events without a hitch. Two major changes are in store for 2016. Mike Sobie will be the new Firecracker Four race director replacing Erin Smith who is taking over the Lakefront marathon from Jon Mueller. Thanks to all of you guys for stepping up!

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14 Jan 2016www.badgerlandstriders.org**The STRIDER**

MAKING DUST

The true test of a man's character is what he does when he knows he won't get caught.
-Anonymous



The Glacial Trail Races - 50 MILE TRAIL RUN

Sunday October 11th, 2015 - Greenbush Town Hall, Greenbush, Wisconsin

Timing & Results by BADGERLAND STRIDERS

Place	Name	ST	Sex	Age	Time	14	Daniel Crouse	WI	M	39	10:50:14	27	Deborah Vomhof	WI	F	53	11:36:34
1	Ethan Klein	WI	M	23	7:55:22	15	Kevin Clark	WI	M	24	10:51:18	28	David Gutowsky	IL	M	33	11:37:53
2	Ryan Norton	WI	M	41	8:41:33	16	Henryk Hinkle Zaleski	IA	M	28	10:53:05	29	Jeff Mahuta	WI	M	43	11:38:20
3	R. Sean Churchill	WI	M	49	8:56:15	17	Andy Lohn	MN	M	42	10:53:38	30	William Nosko	WI	M	51	11:39:20
4	Brad Birkel	WI	M	37	9:24:08	18	Scott Meyers	WI	M	47	10:55:29	31	Paul Jones	WI	M	45	11:39:54
5	Nic Giebler	WI	M	34	9:25:14	19	Kimberly Arbinger	WI	F	34	10:58:12	32	Brenda Bland	WI	F	56	11:40:26
6	Dave Schmitz	WI	M	50	9:26:38	20	Rachel Thiel	WI	F	27	11:01:23	33	William Miller	WI	M	46	11:40:34
7	Daniel Martin	IN	M	48	10:09:39	21	Jose Villegas	WI	M	37	11:12:58	34	Mike Baron	WI	M	50	11:47:16
8	David Kramer	WI	M	49	10:15:08	22	Ken Holmes	WI	M	51	11:18:34	35	Andrew Starsky	WI	M	46	11:48:04
9	Troy Nitschke	WI	M	52	10:16:04	23	Tim Wegner	WI	M	49	11:23:06		Michael Klimkosky	WI	M	52	11:48:04
10	Erika Lohn	MN	F	43	10:32:10	24	John Knoop	MI	M	38	11:25:19	37	Burch LaPrade	IA	M	44	11:53:14
	Stephen Siegel	IA	M	46	10:32:10	25	Andy Mitchel	WI	M	51	11:27:59		Levi Nichols	IA	M	32	11:53:14
12	Jennifer Rolting	WI	F	27	10:34:20	26	Scott Conklin	WI	M	55	11:33:15	39	Gordon Heinhold	OH	M	59	12:16:16
13	Drew Cordell	WI	M	30	10:34:50												



Photos by Jeff Weiss



Glacial Trail 50

October 11th, 2015

By Robert Wehner, RD

This year marked the 29th running of the Glacial Trail Run, held in Wisconsin's Northern Kettle Moraine State Forest. The race courses are out-and-back, mostly following the Ice Age Trail. This fall the leaves on the trees were a little late in turning color, but with bright sunny weather, it was a beautiful day on the trails. The late fall meant more leaves were still on the trees, with fewer down to cover the roots and rocks on the course.

At 6am in the dark, 45 runners headed out in the 50-mile race. Last year's champion, Nic Giebler hit the turn with Ethan Klein in 3:43, with Ethan pulling away in the second half. Ethan took the win in 7:55:22, with Ryan Norton finishing second in 8:41:33. The women's race was much closer, with last year's champion, Jennifer Roling and Erika Lang



never more than a few minutes apart. Erika ended up 10th overall, finishing in 10:32:10, with Jennifer second female in 10:34:20.

One hour after the 50-mile race started, 129 runners began the 50K. Experience paid off for Joel Lammers, as he was 8th at the turn, but moved up and won in 4:32:26. Steve Hartman-Keiser also moved up in the second half, to finish second in 4:35:25. Both of these runners are 50+! It should also be noted that in 19 years of running Glacial, Joel has always finished 6th or better, with a previous 50K win in 1999.

In the women's race, Alisha Damrow lead from start to finish, placing 7th overall with a time of 4:39:55. Caitlin Ries was second for the women, finishing 16th overall in 5:32:35, and Katelyn Engel was close behind in 5:38:33 (18th overall).

With cooler temps last year, we saw many runners have negative splits. The temps creeping into the 70's this year took a toll though, and everyone's race was slower over the second half. We also had the lowest finish rate in 10 years in the 50K, at 91%, versus the average rate of 95%.

Events like Glacial don't happen without a great group of volunteers helping all weekend. I would encourage all runners to consider volunteering at events, to give back to the sport, and to ensure that these races continue. We look forward to welcoming everyone back to the Northern Kettle Moraine in 2016 on Sunday, October 9th, for the 30th edition of the Glacial Trail Run.

50K Results Page 14



BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

Last Name (please print) First Name Sex (M/F) Birthdate (Mo/Day/Yr)

Address: EMAIL Address (for Club Use Only) Home Phone

City State ZIP Occupation

DUES New Membership: 1yr (\$18) 2 yr (\$30) Tax deduct.
(check one) Renewal: 1yr (\$15) 2 yr (\$28) Donation

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

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

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

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

Signature Mem 1 Date

Signature Mem 2 Date

rev 04/14

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

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

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

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



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The STRIDER



MAKING DUST

I believe in the runner's high, and I believe that those who are passionate about running are the ones who experience it to the fullest degree possible. To me, the runner's high is a sensational reaction to a great run! It's an exhilarating feeling of satisfaction and achievement. It's like being on top of the world, and truthfully... there's nothing else quite like it!

Sasha Azevedo



The Glacial Trail Races - 50 K TRAIL RUN

Sunday October 11th, 2015 - Greenbush Town Hall, Greenbush, Wisconsin

Timing & Results by BADGERLAND STRIDERS

Plc	Name	ST	Sex	Age	Time	45	Lane Brostrom	WI	M	53	6:24:35	91	Leslie Miyasato	MI	F	61	7:57:58
1	Joel Lammers	WI	M	53	4:32:26	47	Brian Vila	WI	M	47	6:24:35	92	Laura McClelland	IL	F	22	8:01:10
2	Steve Hartman-Keiser	WI	M	50	4:35:25		Alison Wiedmann	FL	F	36	6:27:33	93	Ariel Voigt	MI	F	34	8:02:09
3	Brian McCollum	IL	M	41	4:35:36	49	Gregory Renden	WI	M	38	6:27:33	94	Gail Edgar	IL	F	56	8:10:18
4	Andy Garza	WI	M	49	4:37:05	50	Rob Schmitter	WI	M	50	6:29:14		Patrick Gorman	IL	M	57	8:10:18
5	Ethan Secor	MN	M	25	4:37:48	51	William Hutchinson	WI	M	45	6:29:43		Kathy Siculan	IL	F	58	8:10:18
6	Jason Krezinski	WI	M	42	4:39:28	52	Kevin Trimmer	WI	M	32	6:29:59	97	Jim Blanchard	WI	M	65	8:17:01
7	Alisha Damrow	WI	F	31	4:39:55	53	Lucy Burke	WI	F	41	6:31:12	98	Donna Derengowski	WI	F	44	8:17:41
8	Ryan Lubben	WI	M	39	4:40:46	54	Linda Schillerstrom	WI	F	50	6:33:47	99	Matt Voigt	MI	M	37	8:20:02
9	David Dehart	WI	M	54	4:46:42	55	Christina O'Conner	WI	F	40	6:35:25	100	Annalisa Van Sistine	WI	F	49	8:28:03
10	Brian Seegert	WI	M	49	4:50:35	56	Tom Schiessl	WI	M	51	6:36:27	101	David Kornfehl	WI	M	49	8:28:42
11	Lucas Prasch	WI	M	39	5:18:35	57	Joe Cox	WI	M	56	6:36:28	102	Carol Oestreich	WI	F	55	8:50:04
12	Michael O'Halloran	IL	M	27	5:24:36		John Coons	WI	M	40	6:41:50	103	Jessica Juneau	WI	F	29	8:50:14
13	Shawn Sanford	WI	M	39	5:28:15	59	Kelly Corteen	WI	F	39	6:41:50		Eric Sweetman	WI	M	28	8:50:14
14	Ben Miller	WI	M	32	5:29:44	60	Michael Ruminski	WI	M	22	6:42:38	105	Christine Durham	IL	F	42	8:55:31
15	Bob Vander Meer	WI	M	46	5:31:39	61	Don Eby	WI	M	37	6:45:24	106	Rachel Denk	IL	F	32	9:07:16
16	Caitlin Ries	MN	F	27	5:32:35	62	Andrea Poulton	WI	F	45	6:49:06		Liz Baumgardt	IL	F	34	9:07:16
17	Ron Bero	WI	M	54	5:35:08	63	Jamie Marschall	WI	F	35	6:49:45	108	Rick Bothwell	MN	M	54	9:17:04
18	Katelyn Engel	MN	F	28	5:38:33	64	Richard Kester	WI	M	48	6:57:40	109	Roger Skrzeczkowski	WI	M	33	9:19:15
19	James Blaskowski	WI	M	42	5:41:12	65	Becca Cravens	WI	F	32	6:58:00		Lacy Naud	WI	F	31	9:19:15
20	Jason Duelge	MI	M	46	5:42:20	66	Jeff Picchione	IL	M	48	6:58:35	111	Bonnie Degroot	IL	F	43	9:30:25
21	Matthew Bottkol	WI	M	38	5:43:42	67	Melissa Knoop	MI	F	34	7:02:26	112	Mandy Savin	WI	F	36	9:36:55
22	Thao Hoang	WI	M	50	5:44:27	68	Mary Pelkofer	WI	F	30	7:03:01	113	Greg Kline	IN	M	58	9:37:56
23	Marcus Walz	WI	M	24	5:44:35	69	Kate Peterson	WI	F	44	7:03:02	114	Seth Brandes	IL	M	38	9:48:34
24	Tammy Zyduck	WI	F	50	5:45:12	70	Rob Cravens	WI	M	36	7:04:20	115	Andrea Odrzywolski	WI	F	42	9:57:43
25	Mark Martinsen	MN	M	52	5:46:18	71	Richard Hein	WI	M	52	7:05:17	116	James Fiste	WI	M	73	10:00:30
26	Kenneth Pratt	IL	M	27	5:48:12	72	Andrea Hoeschchen	WI	F	45	7:05:41	117	Anne Riendl	WI	F	65	10:52:14
27	Mary Flaws	WI	F	48	5:48:20	73	Tim Roberts	WI	M	55	7:06:28						
28	Alexandra Riesche	IL	F	28	5:48:33	74	Jack Ver Steegh	MN	M	67	7:09:35						
29	Lee Krautkramer	WI	M	50	5:48:45	75	Daniel Koltzoff	IL	M	39	7:14:14						
30	Caleb Klima	WI	M	28	5:57:47		Stephen Elliot	CA	M	53	7:17:10						
31	Joe Cmelik	IA	M	25	6:00:27	77	Joseph Schikora	WI	M	29	7:17:10						
33	Jeanna Schwinn	WI	F	40	6:00:27	78	Meg Kennedy	WI	F	50	7:26:28						
33	Robert Hibbard	WI	M	63	6:00:36	79	Anthony Sandberg	IL	M	56	7:30:40						
34	Dan Hibbard	WI	M	44	6:00:42	80	Kevin Kelly	IL	M	63	7:32:13						
35	Geoff Moffat	IL	M	37	6:03:53	81	Tom Dow	WI	M	48	7:39:57						
36	Dwayne Staehler	WI	M	53	6:07:25	82	Michael McGuire	IL	M	43	7:39:57						
37	John Quinn	IL	M	46	6:08:14	83	Noele Stollmeyer	WI	F	51	7:41:41						
38	Tammy Hunter	WI	F	52	6:12:06	84	Andrea Robinson	IL	F	33	7:41:55						
39	Bradley Zank	WI	M	34	6:12:44	85	Joseph Fitzgibbon	WI	M	41	7:44:00						
40	Jonathan Pleitner	WI	M	30	6:13:00	86	Francis Fraundorf	WI	M	57	7:44:20						
41	Kendra Waggoner	IL	F	24	6:15:58	87	Chris Mitchel	WI	M	51	7:45:40						
42	Ruth Staude	WI	F	44	6:16:13	88	Laura Reinders	WI	F	54	7:46:50						
43	JoAnne Hass	MB	F	48	6:19:04	89	Dyenna Schedgick	WI	F	34	7:47:07						
44	Dave Flegel	WI	M	45	6:22:42	90	Patrick Connolly	WI	M	57	7:48:10						
							Alyson Henning	MN	F	34	7:49:32						



BADGERLAND STRIDERS MEMBERSHIP BENEFITS

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20 Years Running – Reflections on a Legacy

By Gael Garbarino Cullen

We've built a legacy together, the Badgerland Striders and the Cullen family, and I couldn't be more proud or more appreciative. It's been a bit over 20-years since I first approached then-Strider President Dennis Novak, to see if I could persuade the Striders to help me start a run/walk in memory of my husband, Steve. A long-time Strider member, Steve had died just a year earlier of a heart attack at the tender age of 40, within days of completing his fifth Lakefront Marathon.

Needless to say, a memorial that centered around running with the goal of helping to battle heart disease made perfect sense. It took a little arm-twisting (thank you, Dennis), but the Striders signed on for our first official Cullen Run/Walk on January 5, 1997 (Steve's birthday!) and, together, we've never looked back...until now! Twenty years later, we are still going strong and can proudly point to the fact that, under the strong, committed guidance of longtime race director/friend Phil Carpenter, we



1997 Start

have provided a fun, well-respected, competitive winter running event for thousands of people. And, in doing that, we have together raised more than \$360,000 for heart education and research at the Medical College of Wisconsin.

My daughters have grown up with the Cullen Run/Walk. And I am so proud of the ever-evolving roles they all play in continuing this Strider/Cullen family tradition. Annie, now with a child of her own, fondly recalls the history of running...the legacy of running...that she hopes to pass on to the next generation. "I have so many memories of running, whether it be in the jogging stroller powered by my Dad at Al's run as a child, to cross country meets at Divine Savior Holy Angels High School and, for 20 years now, running alongside family and friends at the Steve Cullen Healthy Heart Club Run/Walk."

Kathleen's favorite part of the run is seeing people training and wearing past shirts. "It's a constant reminder to be heart healthy all year but it also reminds me of my Dad's presence around Milwaukee, the city he loved."

For Molly, "There's no better feeling than having friends, family and strangers all come together to celebrate my Dad's life year after year by supporting a wonderful cause."

And my youngest, Colleen, who was only 3 when Steve died, puts it this way. "When people ask me about the run, I joke that it is like Christmas. It is a weekend I look forward to every year to spend time with family and friends far and near, and I am so proud of all we have accomplished for heart disease research and education."

Join us on February 13th. Bring some friends. Inspire some young person in your own life to give running a try and help their own heart health as they do it. Together let's continue the legacy of 20 years running!



1997 Gael and Son Matt



1997 Gael and Colleen

Stride & Glide Family-Friendly 5K on Feb. 27 Supports IndependenceFirst

By Melanie Hupfer,
Race Director

Whether you have been keeping active this winter or could use a jump start to your routine, Stride & Glide for IndependenceFirst is a great way to get moving while supporting a great cause. This family-friendly indoor/outdoor 5K event takes place on Saturday, February 27, at the Milwaukee County Zoo, 10001 W. Blue Mound Road in Milwaukee, and benefits IndependenceFirst's services enabling people with disabilities to live independently in our community.

Stride & Glide includes a variety of activities for all ages, and attendees can participate in as many of the activities as they would like before capping off the day by further exploring the zoo (zoo admission is included in registration fee). Activities include: outdoor 5K run, wheelchair or walk (5K

run and wheelchair races are chip timed with awards for the top male and female in each 10-year age group); 1-mile family-friendly scavenger hunt walk; indoor Zumba at the Zoo and kids' activities. There's also an award for the wackiest outfit, so get out that fun hat, colorful pair of pants, wig or whatever else you can dream up to add to the fun (and maybe go home with a prize).

You can participate as an individual or with a team. Participants have the option to pay a registration fee or fundraise the fee to support IndependenceFirst. All participants will receive a commemorative long-sleeved t-shirt. Zoo admission and parking are included.

Registration fee: \$30 for adults/youth (ages 12+) before Feb. 12, 2016 (\$35 after Feb. 12) or \$15 for youth (ages 3-11). Kids two and under are free, and strollers are welcome except on the 5K course. You can also pay for your corporate or family team of 10 or more in one payment (\$275 for a team of up to 10, \$400 for a team of up to 15 or \$650 for a team of up to 25).

Saturday, February 27, 2016 Stride & Glide Schedule

7:30 am	Registration Begins (Register no later than 15 minutes before your first activity)
8:20 am	5K Wheelchair – Chip Timed
8:30 am	5K Run – Chip Timed 5K Walk – Walkers line up behind runners



8:30 - 11 am	Kids' Activities
9:00 am	Post 5K Yoga Family-friendly 1-Mile Walk with Scavenger Hunt
9:30 am	5K Awards
10:00 am	Zumba at the Zoo

Register online by visiting www.StrideAndGlide.org and clicking on "Register." To register by phone or e-mail, please call (414) 226-8386 V/Relay or e-mail mhupfer@independencefirst.org. Please register by February 12, 2016. We hope you will join us for this great event!



SAMSON STOMP



(Continued from page 1)

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.

Race Details:

Start Times:

5k - 9:30am

2-Mile- 10:15am

1-Mile- 10:45am (ages 6-12)

¼-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

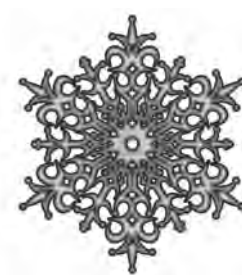
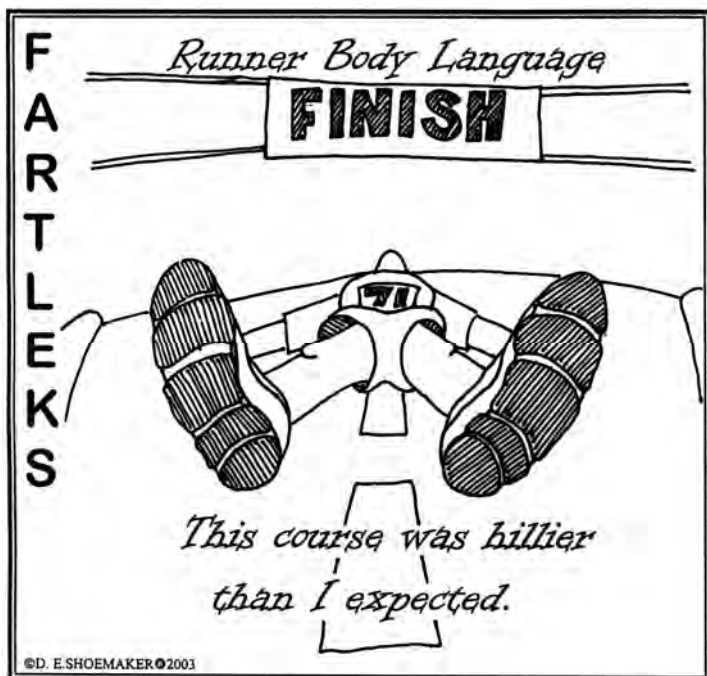
NOTE: Race may sell out this year BEFORE race day

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.



RODIEZ'S RUNNING STORE

Tony Rodiez
Owner / Manager

Phone: (414) 321-1154

Fax: (414) 321-1152

10903 W. Lincoln Ave.
West Allis, WI 53227



Hours

M-F
10-8

Sat.
10-5

Sun.
12-4

MARATHON BUILDUP 2016

DAY	DATE	LOCATION	DISTANCE	TIME
SATURDAY	6/25/2016	LAKE PARK	6 MI	7:30AM
SATURDAY	7/2/2015	LAKE PARK	8 MI	7:30AM
SATURDAY	7/9/2015	LAKE PARK	10 MI	7:30AM
SATURDAY	7/16/2015	LAKE PARK	12 MI	7:30AM
SATURDAY	7/23/2015	ESTABROOK PARK	14 MI	7:30AM
NO BUILD UP	7/30/2015	SHERIDAN PARK	CUDAHY CLASSIC RACES	
SATURDAY	8/6/2015	LAKE PARK	16 MI	7:00AM
SATURDAY	8/13/2015	ESTABROOK PARK	18 MI	7:00AM
SATURDAY	8/20/2015	LAKE PARK	20 MI	7:00AM
NO BUILD UP	8/27/2015	ESTABROOK PARK	STRIDER HALF MARATHON	
SATURDAY	9/3/2015	KULWICKI PARK	16 MI	7:00AM
SATURDAY	9/10/2015	LAKE PARK	22 MI	7:00AM
SUNDAY	9/18/2015	LAKE PARK	14 MI	7:30AM
SATURDAY	9/24/2015	LAKE PARK	8 MI	7:30AM

Thanks Soo Much to our 2015 Volunteers

Jen Farrell	Karen Erbach
Andrew Cordell	Patrick Erbach
Nick Zanoni	Angi Cook
Tom Buthod	Dave Pike
Scott Stauske	Angela Nemeth
Colin Farrell	Catherine Brietenbucher
Sara Hackney	Margarita Fons
Gregg Hackney	Tom Fons
Todd Hill	Julie Nichols
Mandy Savin	Mary Winkapaw-White
Dan Savin	Karen Schwartz





MAKING DUST

Whether we athletes liked it or not, the 4-minute mile had become rather like an Everest: a challenge to the human spirit, it was a barrier that seemed to defy all attempts to break it, an irksome reminder that men's striving might be in vain.
Sir Roger Bannister



The Badgerland Striders present

Lakefront Discovery Run

Saturday October 31st, 2015

Milwaukee, WI

Timing & Results by

ABSOLUTE RACE TIMING

PO BOX 562

WEST BEND, WI 53095

www.absoluteracetiming.com

15 K Run

TOP 3 PER DIVISION LISTED

Rank	Name	Chip Elapsed
Top Overall In 15K Division MALE		
1	JAKE ERSCHEN	00:53:33
2	DAVID MCCONVILLE	00:54:32
3	CHRIS WICHERT	00:54:48
Top Overall In 15K Division FEMALE		
1	ANNA CHAMPEAU	01:03:43
2	SARA HANS	01:04:54
3	MICHELLE LANOUEETTE	01:06:39

Age Groups: 1 - 14 MALE		
1	NICHOLAS KLEMM	01:17:45
2	ANDREW KLEMM	01:31:56

Age Groups: 15 - 19 FEMALE		
1	MARTA PASCUAL	01:20:26
2	EMILY TANEL	01:24:06
3	HELEN GITTRICH	01:38:43

Age Groups: 20 - 24 MALE		
1	DANIEL BALL	01:02:34
2	ERIK BERGSTROM	01:03:42
3	JOSH WOZNICZKA	01:03:48

Age Groups: 20 - 24 FEMALE		
1	RACHEL OSIECKI	01:21:46
2	DAIVA WISE	01:22:46
3	ALEXIS HAMBURG	01:22:50

Age Groups: 25 - 29 MALE		
1	JUSTIN TAYLOR	00:59:13
2	HECTOR LEON	01:01:10
3	PATRICK JACKSON	01:03:01

Age Groups: 25 - 29 FEMALE		
1	DONNA GALLARDO	01:07:32
2	DENISE MANNELLA	01:08:05
3	AMY RUSSART	01:09:31

Age Groups: 30 - 34 MALE		
1	DAVID LUTZ	01:02:59
2	MIKE BENTLEY	01:04:06
3	PETER BRUNNER	01:05:13

Age Groups: 30 - 34 FEMALE		
1	JENNY SCHULTZ	01:07:10
2	STEPHANIE BENTLEY	01:09:15
3	AIMEE BUCK	01:09:20

Age Groups: 35 - 39 MALE		
1	BRIAN FALCONE	00:56:28
2	LUCAS REECE	01:02:28
3	MIKE HANSEN	01:02:48

Age Groups: 35 - 39 FEMALE		
1	ADRIENNE AMMAN	01:08:14
2	BETH CASSELBERRY	01:10:16
3	TRACI REVIS	01:10:17

Age Groups: 40 - 44 MALE		
1	MIKE BEIX	01:00:39
2	MICHAEL RANK	01:01:51
3	ROB HUTTER	01:05:17

Age Groups: 40 - 44 FEMALE		
1	JENNIFER LANG	01:07:51
2	RISA BERG	01:10:42
3	PAM NORRIS	01:12:28

Age Groups: 45 - 49 MALE		
1	TED SHUE	01:03:43
2	BRIAN VILA	01:04:16
3	GEORGE DOWSE	01:05:52

Age Groups: 45 - 49 FEMALE		
1	AMY STELPFLUG	01:07:39
2	NIKKI WIERZBICKI	01:16:37
3	CAITLIN FREDERICK	01:17:31

Age Groups: 50 - 54 MALE		
1	MIKE KASUN	01:02:18
2	DAVID BATES	01:03:09
3	JOHN MORONEY	01:04:37

Age Groups: 50 - 54 FEMALE		
1	CHRIS EIFERT	01:11:32
2	TAMI GUILER	01:21:02
3	SANDRA GREENWAY	01:21:07

Age Groups: 55 - 59 MALE		
1	JOHN RYDESKI	01:03:55
2	STEVE CUMMINS	01:05:18
3	RICH MOORE	01:07:06

Age Groups: 55 - 59 FEMALE		
1	GEORGINE KUDRNA	01:09:13
2	BARBRA FAGAN	01:10:04
3	KIM PETAK	01:17:41

Age Groups: 60 - 64 MALE		
1	MIKE VERNON	01:02:18
2	JEFF DEMATTHEW	01:07:51
3	DON SCHOBERG	01:09:41

Age Groups: 60 - 64 FEMALE		
1	CAROL KUHLOW	01:20:56
2	MARY EISENHAEUER	01:21:27
3	GLORIA FRIGERIO	01:29:40

Age Groups: 65 - 69 MALE		
1	BRUCE DAVIES	01:23:18
2	MICHAEL FLANAGAN	01:23:31
3	KENNETH MACIOLEK	01:25:36

Age Groups: 65 - 69 FEMALE		
1	MARY COLE	01:36:22
2	PATRICIA GREEN	01:49:34

Age Groups: 70 - 74 MALE		
1	JERRY HUHN	01:30:33
2	MICHAEL CARR	01:38:03
3	RON PEMBERTON	01:44:04

Age Groups: 70 - 74 FEMALE		
1	DIANE LARSON	01:52:01
2	KATHIE MIERITZ	02:01:21
3	SUSAN RODRIAN	02:01:22

Age Groups: 75 - 99 MALE		
1	RON CARUSO	01:43:37
2	DAVID HOFFMAN	02:04:14
3	KENT SCHLIENGER	02:05:37

IT WAS A ROCKY HORROR PICTURE SHOW KINDA' DAY

By Scott Stauske

Rain, rain stay away! Yes, this was a popular mantra as we got ready for this year's Lakefront Discovery Run. Unfortunately just before we took off, the sky opened up and created a memorable event. Based on the smiles and enthusiasm before, during and after the run, it appears that the 880 runners were not about to be intimidated and celebrated their accomplishments at the Ale House "after party"!

This year marked the 36th Anniversary of the Discovery Run. It is also the 40th Anniversary of the cult-classic film "Rocky Horror Picture Show". Seems like the shenanigans of the Discovery Run and this anniversary were made for each other. The "Disco Run" was kicked off with a flash mob headed by Strider loyalists and overall awesome fun-loving people. Believe it or not, we did not do much practicing for that! After a couple brief announcements by Race Director, Dr. Frank-n-furter, the runners were off!

Once again, this was a modified course (thanks to the City and County for keeping our safety in mind) but it seems that the course was well received and the one area that seemed to be a concern could be addressed before next year. Fast times were posted by both the men and women. Jake Erschen, David McConville and Chris Wichert took the overall male podium finishes, all posting times under 55 minutes.

Anna Champeau, Sara Hans and Michelle Lanouette received awards and of course the "hand-made" trophies that seem to be coveted perennial favorites. In keeping with the "spirit" of the movie, Age Group medals consisted of pieces of toast branded with the place position and hung eloquently to a pearl necklace. If you have no idea what the references are, you definitely should see the movie! Yes, the awards are

borderline ridiculous but many runners appreciate the effort and creativity. I have personally seen that Ted Shue has his "toast medal" sealed in a zip-lock bag at home!

Special thank you to ALL the volunteers who devote their time to make sure that our participants have a safe and enjoyable event. From those that marshaled the course to keep you on path, to the wonderful groups (Project Unify and Girls on the Run) who manned the aid stations and of course the staples of the great Badgerland Striders who take leadership roles in making this event look easy to put on.

So what can you expect from the Milwaukee Lakefront Discovery Run in 2016? Well, you have my personal guarantee that I will be pulling out all the stops. Yes, we will still have a great 15K-ish course but rumor has it that we will NOT be having the after-party at the Ale House. Instead, the ideas and plans are already underway. What won't change is the fun, the smiles and every other good feature that the Discovery Run is known for. Because this event has been so well received, we have been selling out weeks before the event. What I can promise is that if you do not get in next year, you will be mad at yourself for not signing up early. Registration will open up on May 1st so mark your calendars, tell your friends and get ready for the greatest value in Milwaukee running entertainment.



LAKEFRONT DISCOVERY RUN PICTURES

Photos by Kirb Lim and Dave O'Brien



CAPTAINS OF THE DISCOVERY RUN:

Joe Brusky
Karin Conway
Angie Kaiser
Ryan Lenke
Marty Malin
Hank Nisiewicz
Erin and Dave Smith
Dennis Shoemaker
Paul and Mary Sokolowski
Mary Wysocki

24 Jan 2016

www.badgerlandstriders.org

The STRIDER



MAKING DUST

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



The Badgerland Striders present

TURKEY TROT PREDICTION RUNS

Sunday November 8th, 2015 - Root River Parkway,
Greendale, WI

Timing & Results by ABSOLUTE RACE TIMING,

PO BOX 562, WEST BEND, WI 53095

www.absoluteracetiming.com

2 Mile Run

TOP 30 BY PREDICTED TIME

Name	M/F	Chip Time	Prediction	Diff				
Overall Winners					BEN VAN MALE	M	00:10:46	0:10:37 00:00:09
Male					MARY JOY HUBBS	F	00:16:47	00:16:37 00:00:10
BEN VAN MALE		00:10:46			AVERY GARCIA	F	00:23:20	00:23:30 00:00:10
Female					TRAVIS LEMKE	M	00:17:49	00:18:00 00:00:11
JEAN LYONS		00:13:08			JOSEPH FITZGIBBON	M	00:17:03	00:17:15 00:00:12
Predicted Time Top 30 Only					BEN KOCONIS	M	00:12:08	00:11:55 00:00:13
ROSE ANSTEDT	F	00:22:01	00:22:00	00:00:01	ALLISON ZABEL	F	00:19:46	00:20:00 00:00:14
SALLY SCHWAN	F	00:14:45	00:14:43	00:00:02	MARY WYSOCKI	F	00:18:45	0:18:30 00:00:15
JACK HEATON	M	00:15:57	0:16:0	00:00:03	ALYSSA SCHILKE	F	00:16:24	0:16:40 00:00:16
HEATHER KINZEL	F	00:26:09	0:26:12	00:00:03	NANCY WITTIG	F	00:17:53	0:17:35 00:00:18
JEAN LYONS	F	00:13:08	00:13:12	00:00:04	YVETTE DANISEWICZ	F	00:15:19	00:15:00 00:00:19
NOELLE KOTRLY	F	00:15:34	00:15:30	00:00:04	HEATHER VAN MALE	F	00:19:55	0:19:36 00:00:19
JENNIFER MARIFKE	F	00:17:26	0:17:30	00:00:04	ADAM ZABEL	M	00:17:20	00:17:00 00:00:20
MAREK KOTRLY	M	00:12:56	00:12:50	00:00:06	AITZA ROMERO	F	00:13:51	00:13:30 00:00:21
JARED OSTROWSKI	M	00:16:24	0:16:30	00:00:06	STEVE SCHWAN	M	00:15:15	00:15:37 00:00:22
ALEXANDER MINIK	M	00:14:13	00:14:06	00:00:07	JANE GOTZLER	F	00:16:46	0:16:22 00:00:24
					MELISSA MILLER	F	00:19:05	00:19:30 00:00:25
					JIM SMITH	M	00:20:47	0:21:12 00:00:25
					DEANA GOETZ	F	00:21:55	00:21:30 00:00:25
					KATELYN O'neill	F	00:15:22	00:15:48 00:00:26



The Badgerland Striders present

TURKEY TROT PREDICTION RUNS

Sunday November 8th, 2015 - Root River Parkway,
Greendale, WI

Timing & Results by ABSOLUTE RACE TIMING,

PO BOX 562, WEST BEND, WI 53095

www.absoluteracetiming.com

15 K Run

TOP 30 BY PREDICTED TIME

Name	M/F	Chip	Elapsed	Prediction	Diff			
Overall Winners					TONY BENDER	M	01:29:10	1:29:34 00:00:24
Male					MIR BASIR	M	01:35:55	1:36:21 00:00:26
ERIC FIFE (WHLCHR)		00:56:00			AMY ANKERSON	F	01:32:40	01:33:10 00:00:30
JEFF KOBINSKY		00:58:14			MARY SPRIGGS	F	01:31:29	1:32:02 00:00:33
Female					MICHELLE LANOUEETTE	F	01:06:26	01:07:00 00:00:34
MICHELLE LANOUEETTE		01:06:26			KRISTIN COLLETT	F	01:26:35	01:26:00 00:00:35
Predicted Time Top 30 Only					SANDY WYSOCKI	F	01:31:59	1:31:15 00:00:44
JIM THOMSON	M	01:13:59	1:14:00	00:00:01	BART GRIEPPENTROG	M	01:19:13	01:20:00 00:00:47
LAUREN BAILEY	F	01:29:16	1:29:15	00:00:01	JEANNETTE BAHR	F	01:36:16	1:37:04 00:00:48
SCOTT RADEMAKER	M	01:06:48	01:06:50	00:00:02	JEFF KOBINSKY	M	00:58:14	00:57:25 00:00:49
PAUL HUHNS	M	01:18:49	01:18:45	00:00:04	MADDY BOSCHKE	F	01:17:10	01:18:00 00:00:50
JEFF PROM	M	01:40:11	1:40:00	00:00:11	DARLEN MATERNOWSKI	F	01:36:12	1:35:22 00:00:50
RICHARD DODD	M	01:06:18	01:06:30	00:00:12	SUZANNE ABLER	F	01:36:14	1:37:04 00:00:50
CINDIN WASIELEWSKI	F	01:17:04	01:17:17	00:00:13	TOM BAAS	M	01:44:07	1:45:00 00:00:53
SUE SHARKEY	F	01:33:41	1:33:28	00:00:13	SCOTT KASTEN	M	01:16:44	1:17:40 00:00:56
SAM LEICHTLING	M	01:19:14	01:19:00	00:00:14	JODI KASTEN	F	01:16:44	1:17:40 00:00:56
KELLY SCHEIDEMANTEL	F	01:24:21	1:23:58	00:00:23	HANNAH MILLICOVSKY	F	01:18:17	1:19:14 00:00:57
					MARTHA SCHIER	F	01:28:03	1:29:00 00:00:57
					KRISTEN LANTTO	F	01:28:03	01:29:00 00:00:57
					LAUREN GLOMSKI	F	01:17:33	1:16:31 00:01:02



The Most Times are in 'The Strider'



Turkey Trot Prediction Run

Sunday November 8, 2015

Dave Pike, RD

Thank you to all the runners and volunteers who made the Badgerland Strider 2015 Turkey Trot a great success. We had 317 finishers for the event roughly split between the 2-mile and 15k runners. The weather was beautiful, 42 degrees and sunny resulting in a strong race day registration of nearly 60 runners. The Turkey Trot attracts many families and younger runners. It is wonderful to see kids running alongside their parents.



Our fastest competitors for the 2-mile run were Ben VanMale at 10:46 and Jean Lyons at 13:08. For the 15k our fastest competitors were Eric Fife by wheelchair at 56 minutes, Jeff Kobinsky at 58:14 and Michelle Lanouette at 1:06:48.

Of course most of our entrants weren't thinking speed; they were dreaming about winning turkeys and how close they could come to predicting their finishing time. We handed out 50 turkeys total, 25 in each race to the closest predictions. The closest prediction for the 2-mile run was Rose Anstedt who was 1 second off her predicted time. Jim Thomson and Lauren Bailey were both only 1 second off their predicted times for the 15k run. Great job!

This was my time as race as race director. I want thank everyone for their support in making the event very manageable. Special thanks to Len Wachniak, the past Turkey Trot race director, who remained very active supporting the race and gave me a lot of guidance.

Looking forward to seeing everyone at next year's Turkey Trot, Sunday, November 6, 2016. We plan to collect food donations for local food pantries at next year's event.



Len Wachniak (left) handed off the race to new Race Director Dave Pike



2mi Male Champion
Ben Van Male



2mi Female Champion
Jean Lyons



15K Pushrim Wheelchair
Champion - Eric Fife (56:00)



15K Male Champion
Jeff Kobinsky



15K Female Champion
Michelle Lanouette

Photos by Jeff Weiss



26 Jan 2016www.badgerlandstriders.org**The STRIDER**

MAKING DUST

"Running is a mental sport...and we're all insane!"
Learn to run when feeling the pain: then push harder.



The Badgerland Striders present

STRIDER INDOOR 20K / 10K

Sunday December 6th, 2015

Pettit National Ice Center
Milwaukee, WI

Timing & Results by

ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095www.absoluteracetiming.com

20 K Run

TOP 3 PER DIVISION LISTED

Rank Name

Gun Elapsed

Top Overall In 20K Division MALE

1	RICHARD NEWMAN	01:20:41
2	RICK STEFANOVIC	01:21:00
3	MICHAEL RANK	01:22:09

Top Overall In 20K Division FEMALE

1	AMY ZIRBES	01:33:19
2	RISA BERG	01:35:10
3	CHRISTINA BEAUPRE	01:40:28

Age Groups: 1 - 19 MALE

1	DEREK STATHUS	01:51:00
---	---------------	----------



Age Groups: 20 - 29 MALE

1	JOSHUA BREEN	01:26:30
2	CHRIS JANISCH	01:43:54

Age Groups: 20 - 29 FEMALE

1	MELISSA JODA	01:50:09
2	RACHEL SCHROEDER	02:00:14

Age Groups: 30 - 39 MALE

1	DANIEL GEBAUER	01:24:18
2	SCOT VAN ASTEN	01:26:46
3	GREGORY RENDEN	01:38:12

Age Groups: 30 - 39 FEMALE

1	ASHLEY MCCUNE	01:42:50
2	LINDSAY COHEN	01:57:23
3	DANIELLE SIMONOVIC	01:58:25

Age Groups: 40 - 49 MALE

1	TED SHUE	01:25:40
2	LAWRENCE PROPP	01:28:54
3	JEFF MAHUTA	01:30:16

Age Groups: 40 - 49 FEMALE

1	CARRIE LEFKO	01:49:30
2	STACEY BAST	01:50:32
3	AMY STATHUS	01:51:03

Age Groups: 20 - 29 FEMALE

1	KEREN NASS	00:55:21
2	SARAH TOLEDANO	00:55:48
3	MEGHAN CUNNINGHAM	00:56:21

Age Groups: 30 - 39 MALE

1	SCOT VAN ASTEN	00:43:24
2	GREGORY RENDEN	00:47:44
3	STEPHEN CUNNINGHAM	00:55:46

Age Groups: 30 - 39 FEMALE

1	MICHAELA MOLTER	00:57:15
2	NICOLE BURSETH	01:03:47
3	ERIN CORRAO	01:07:30

Age Groups: 40 - 49 MALE

1	BARRY THRUNE	00:47:09
2	KEVIN GRACEY	00:50:57
3	TIM NASS	00:54:03

Age Groups: 40 - 49 FEMALE

1	GRETCHEN EGNER	00:54:56
2	JENNIFER FARRELL	00:55:07
3	KIM KEUP	00:55:42

Age Groups: 50 - 59 MALE

1	RICHARD DODD	01:29:52
2	RICH MOORE	01:31:15
3	PAUL LAROSA	01:31:25

Age Groups: 50 - 59 FEMALE

1	HANNAH MILLICOVSKY	01:44:11
2	KATHY BOHLMAN	01:51:36
3	SANDY WYSOCKI	01:59:59

Age Groups: 60 - 69 MALE

1	BRIAN CHRISTOFFEL	02:05:02
2	GERARD BODALSKI	02:05:50

Age Groups: 70 - 99 MALE

1	RON CARUSO	02:09:02
2	KENT SCHLIENGER	02:54:49



Pettit National Ice Center

Age Groups: 50 - 59 MALE

1	DAVE HARRIS	00:42:36
2	SCOTT STAUSKE	00:52:57
3	TOM BOLAND	01:03:19

Age Groups: 50 - 59 FEMALE

1	MARY JOY HUBBS	00:57:36
2	JULIE SCHROEDER	00:58:09
3	KAREN KRUEGER	00:58:35

Age Groups: 60 - 69 FEMALE

1	WENDY WATSON	00:56:58
2	CAROL HEGLAND	01:17:31
3	DONNA FLOOD	01:33:36



20K
Female
Winner
Amy
Zirbes



20K Male 2nd Place Rick Stefanovic (center) lead 44 of 45 laps of the 20K. We did not get a photo of 1st Place Richard Newman



STRIDER INDOOR (PETTIT) 20K / 10K PHOTOS

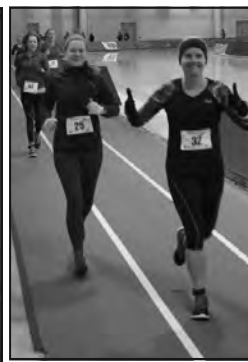
Photos by Dave O'Brien & Jeff Weiss



10K Male Winners 1st Joe Frisch (16, center), 2nd Dan Baker (right), 3rd Ben Koconis (right)



10K Female Winner Sheila Wordell (center), Amy Clement (left) and Barb Drees (New RD right)



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MILWAUKEE, WISCONSIN

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Just some of the options

- SEVERAL STRIDERS LOGOS
- ADD YOUR NAME OR SOMEONE ELSE'S
- REFLECTIVE MATERIAL IN SEVERAL SHAPES AND SIZES

Apparel

Headsweats



Ogio Jacket



Eddie Bauer First Ascent Jacket



Simply Click, Customize, Wear
Questions? Contact-ryan@willenterprises.biz

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Every Finisher Has a Story

by roy plrRUNg

When we line up on the start line of a race, many of us know the names of the front runners, but we may not know them personally. At a major marathon you might know Meb, Ryan, Shalane or Joanie. You may not know anyone else or even talk to anyone along the way. But each runner creates their own story to tell when they finish and for years to come.

I went to the 35th running of the Milwaukee Lakefront Marathon. I drove my cousin Mary Bolich to Grafton High School, where the marathon would start, along with my wife and Mary's daughter Sophie. Following in their car, were our 3 marathon weekend guests. Dealing with a health problem, there was too much walking for me to be a spectator, especially while using a cane, but I sucked it up and we all cheered Mary on, along the course and to the Grand Masters win in 3:14, at age 52.



Earlier in the week, race director, Jon Mueller, asked me to meet him at the start line at 6:45 a.m. as he had a special favor to ask me. I saw him at the appointed time and he said he'd like me to hold the American flag for the National Anthem and wave it as the start line cleared. As a veteran, I was honored. As a runner, it was cool to look down on many of my friends and see them anxious to run.

Jon introduced me, mispronounced my name, as usual, even after asking me how to say it. I broke it down and said purr like a kitten and rung like the step on a ladder. He asked me how many miles I had run and I said, "About 99,000. He announced I had run 999,000 miles and my eyes rolled and head lowered. We both had a good laugh afterwards, when I laughingly told him of his boo boos.

I spotted my cousin Mary near the front and she blew me a kiss, and I sent her one and mouthed good luck. I spotted my InStep teammates, some leading pace groups. I looked to the side where they were showing the starter's bridge and the flag on a monitor off to the side of the start line. Then the gun went off and everyone streamed by below us, while I waved the great American flag over them.

One of the spectators heard Jon's introduction and saw me on the screen and was holding the ladder, when I came down from the platform. I recognized him and said, "Hey Dave, I haven't seen you since the NYC Marathon in 1998" and he said "That's right!" I recalled that I had taken his picture around the 10k mark in Flatbush and later met him in the apartment one of his kid's overlooking the runners entering Central Park. We chatted a bit, I found out where he was now living, but he had to get going. I could not remember his last name--but will think of it or find my 1998 running log and hope his name is listed in it. Had I been running, he would not have known I was there and we would not have connected.

This year, we hosted 3 runners, the parents, Karen and John from Ishpeming, MI and their son, now living in Seattle. John Wallace II, the father and his son John III ran their first marathon while II was 40 and III was only 14, at Lakefront, on Oct 7, 1990.

Now, number III works for Fleet Feet Seattle, formerly my friend Scott McCoubrey's Seattle Running Company. III became the elite coordinator for the White River 50-mile trail championship, directed by Scott and asked me to stay with him several times. I did not remember meeting him in 1989 when he and his 2 brothers, along with their parents, ran a 5k in Ironwood, MI, the day after Paavo Nurmi Marathon, in neighboring, Hurley, WI.

Two months before Lakefront, he posted on Facebook, a throw back picture of the results from that 5k and stated he had run in it and that I had broken the masters CR. So, I looked in my running log and verified it. The day before the 5k, I ran 2:46, finished in the top ten overall and then ran back out to mile 21, as part of my training for Greece's Spartathlon and ran back in with Joan Laird, who was the RRCA Regional Rep and who was providing lodging for a buddy and me. Both the Wallace men are now 26+ year streakers and number III has run solo across the U.S. and maintains a list of all those that have accomplished that feat.

John II, did not run this year's race, but he did get to the finish line ahead of his son this time, to ask Jon Mueller if he could present his son's finisher's medal. Jon said, "Of course!"

The Wallace's went out and got their fill at a buffet, while we had a light lunch at Collectivo, compliments of Mary, while we watched the final runners attempting to make the time limit. We saw Bill Boehm, one of only 2 guys who had finished all previous versions of the race, go by and we all looked at our watches and knew he would make it 35.

We drove the Bolich's home and reunited with the Wallace family at our place. Then we all took a nap!

That evening we were all still not ready for a meal, so we sat at the dining room table and had snacks and drinks. We talked for hours and we learned more about the Wallace family and their 26 plus year running streak and his adventure

crossing the U.S.A. on foot. It got late and we all started nodding off and headed back for more sleep.

The next day, II came back up from the lower level, after breakfast and asked me to get my wife and come down, as they had something to show us. When I told her what he had said, we were both thinking they broke something and told each other what we were thinking! We then headed to our lower living area.



John III told us he needed a piece of paper and went into my wife's office/lady cave and saw a photo on the top shelf, with a finisher's medal hanging on the corner of the frame. He was wondering why we had a picture of him finishing the Oct 7, 1990 Milwaukee Lakefront Marathon. He searched for the 1990 results online and found the woman ahead of him was Christine Neuman, 35, of Fond du Lac, WI, in 3:58:59. He had chased her all day, but went his way after finishing a step behind and never met her. It was after seeing the results, that he realized it was my wife Chris, in the photo with him.

Every finisher has a story. Chris, who also ran her first marathon that day, the Wallace's and I, can now add to the one we shared, unknowingly, 25 years ago, as we all finished the 10th Annual Lakefront Marathon, went our separate ways, moved on with our running and our lives and came full circle, right back at the LFM finish line.

See you in a few miles...roy



THE STRIDER NEWSLETTER

Jeff Weiss,
Editor "The STRIDER"

Just a reminder here. The November 2016 issue of the STRIDER will be the last printed issue (unless someone wants to take over as Editor). This issue is the start of the new reduced results. If you're a back-of-the-packer like me your name probably doesn't appear in any of these results. I let the Glacial Trail races slide since there are so few participants (and if you run 50 miles your name should appear somewhere). The full results will continue to be listed on the Badgerland Strider website (or "The STRIDER" website).



I would like to hear your ideas. I have heard from a handful of people mourning the loss of the print-

ed newsletter. To those people please try to think about all the work that goes into putting this newsletter together. I basically have to give up a week or two of evenings and a couple of weekends. Also, it is possible that we could print a few issues (at extra cost) and mail them out to those without computers.

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.

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. Here too I have a couple of members that have come forward and offered to help somehow. This has to be a team effort, I don't want to through someone to the wolves. Sam did that to me 12 years ago.

the **Strider**

In brief, my vision is a webpage that will deliver the news 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 will keep up these reminders over the next 5 print issues. Please share your ideas, feelings, laments or services with me at my new email address.



COMING EVENTS

(Continued from page 8)

Mar 20 **Luck of the Irish- Race #6 of GL Winter Series.** Hartland - Lake Country Lutheran
Sun 5K Run - 8:30am, 10K Run - 8:30am 'Be Easy' 5k - 10:30am Competitive 5k - 10:30am Lake Country Lutheran High School (Corner of 16 and 83) **Note** TS to all. Series Awards after Event. **Divs** Under 16, 16-19, 5yr to 80+ **Awds** Top 3 overall M/F, Medals top 10/div for 5K, top 5/div for 10K. OA excluded from div. awards **Whchr** No **Results** website **Fees** website **Perks** TS, food, beverage after Event. **Records** M 5k: Ben Garbe 16:07 W 5k: Nicole Braunsdorf 17:29 M 10k: Matt Kruger 33:14 W 10k: Annie Weiss 40:05 **LastYr** 800 **Contact** Cole Braun Great Lakes Multi-sport / RACC W 1781 Washington Rd. Oconomowoc WI 53066 Day 262-751-5636 Eve 262-751-5636 Fax 262-436-1701 cvoelbraun@me.com **Web:** www.greatlakesmulti-sport.com

Mar 20 **Aurora Health Care Two Rivers 10-Mi & 2-Mi Two Rivers**
Sun 10-Mile Run 3-Person Relay and 2-Mile Run/Walk. 8am, Two Rivers High School, 4519 Lincoln Ave **Note** On-site parking at Two Rivers High School and ample indoor space to stay warm before and after the race **Divs** 19und, 20-24, 5yr to 70+ (3-Person Relay M/F, Coed) (2m 10yr divs) **Awds** 10M Trophy 1st, Medals 2/3 (Relay top 3). Top 3 OV M/F Trophy & \$150, \$125, \$100 40+ \$50 2M Medals 3 div. **Whchr** Wheel Chairs welcome (one small hill on entire course) **Results** Posted at tworivers10mile.com **Fees** website **Perks** Flat, Fast, Scenic USATF Course, Bib Chip Timing, Quality Custom Awards, Tech. Shirts, Music, Complimentary Chili Feed **Records** website **LastYr** 300 Other 3-Person Relay Distances (Leg #1 3.96, Leg #2 2.31, Leg #3 3.73) **Contact** Scott Jansky Two Rivers High School Athletic Boosters 2504 Pine Tree Drive Two Rivers WI 54241 Day 920-553-2504 Eve 920-553-2504 Fax 920-793-5068 tworivers10mile@aol.com **Web:** tworivers10mile.com

Mar 29 **Sole Sisters- "Diva Dash & Dine"** **Milwaukee**
Tue Run or walk- you pick distance (2-3 miles) Bert's Bar 3907 S. Lake Dr **Note** Run/Walk @ 6pm/ 7pm Social S&F@ at Bert's Bar, along Lakefront, on Oak Leaf Trail, out & back course **Divs** WOMEN ONLY! **Awds** NO **Whchr** Yes **Fees** FREE **Records** NO **Contact** Valerie Nolin Sole Sisters Club 3907 S. Lake Drive Milwaukee WI 53235 Day 414-403-3524 sole-sistersclub@yahoo.com **Web:** www.solesistersclub.com

Apr 2 **BLS SOUTH SHORE HALF MARATHON** **Milwaukee**
Sat 13.1mi 9am, reg 7 South Shore Pavilion, 2900 S Shore Dr **Divs** 19-, 5yr, 70+ **Awds** ribbon 3/div **Whchr** call **Results** posted, BLS **Fees** BLS \$12, others \$18, \$25/all after 4/1 **Perks** gloves, beer, soda, snacks **Records** 1:08:59 Tim Renzelman '92, 1:22:01 Carol Legale '99 **LastYr** 1,013 Other Certified Course **Contact** Len Wachniak wachlen@sbglobal.net **Web:** www.badgerlandstriders.org/home/Races/SouthShoreHalfMarathon.htm

HELP WANTED * HELP WANTED * HELP WANTED

Electronic Newsletter Team Members Wanted

We need tech savvy members who are willing to aid in the design and construction of our new electronic newsletter. Team member would have new ideas to contribute to the development of our new e-news. Actual participation is not required but if that is your desire we'll take your help.

Website Design Team Members Wanted

We need ideas. We want to overhaul or replace our current website with a more eye-pleasing, easily navigable website. If you are in web design and have ideas, we want to hear them. Responsibilities are only to participate in some meetings at this time to flesh out what we need. If you're willing, some individuals may be needed for web hosting later.

BLS Meeting Coordinator Wanted

Responsibilities would include;

- Find and arrange for new interesting speakers for our monthly membership meetings.

And I'll pass it along to the proper person

Contact : Jeff Weiss, runnerjeff@outlook.com

STRIDER BULLETIN BOARD

How to Submit Materials for Publication

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

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

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

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

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

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

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

Jeff Weiss
5310 W. Wells Street
Milwaukee, WI 53208



This newsletter is printed on recycled paper.

Badgerland Striders
2016 VIP List

Executive Board

President	Pete Abraham	414-774-4580	ptaak7@yahoo.com
VP Admin	Bonnie Clarey	414-453-6527	blsoffice@sbcbglobal.net
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	Jeff Weiss	-	runnerjeff@outlook.com
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Equipment	Sean Daley	-	sdaley33@wi.rr.com
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Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavinski@juno.com
Track & Field	Ron & Alice Winkler	414-744-9404	rawinkler@sbcbglobal.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 Shoemaker	-	shoeboss50@gmail.com
Web Master	Pauline Shoemaker	-	bls.races@gmail.com

"THE STRIDER" ADVERTISING 2016

The Strider reaches more than 3,000 running enthusiasts around the Milwaukee area and the state of Wisconsin. If you have something to tell or to sell to active people, this newsletter will spread your message. Issues are published 6 times per year, January, March, May, July, September and November.

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

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

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

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

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

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

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

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

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

Monthly Club Meetings

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

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

Program suggestions are welcome.

Call Dave Gavinski: 414-476-3745

Email: davegavnski@juno.com

Moving?

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

Badgerland Striders Office

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Club Phone: 414-476-7223
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"The Strider"

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2016 RACE & PROGRAM DIRECTORS

Samson Stomp Dave & Janice Finch	david.finch@rexnord.com	Jan 17, 2016 262-886-9192
John Dick Memorial 50K Robert Wehner	rwehner@hotmail.com	Feb 6, 2016 262-370-7270
Steve Cullen Run Nicole Jellison	nmjellison@yahoo.com	Feb 13, 2016 414-541-3086
Strider Southshore 1/2 Marathon Len Wachniak	SoShoreRD@aol.com	Apr 2, 2016 414-545-5899
Deer Run 10K/5K Hank Nisiewicz	hjn0316@wi.rr.com	Apr 30, 2016 262-242-3868
Ice Age 50-Mile/50K Jeff Mallach	iceage50rd@sbcbglobal.net	May 14, 2016 414-232-5411
Superun 5K Dave Gavinski	davegavnski@juno.com	June 8, 2016 414-476-3745
Hartfest Half Pete Abraham	ptaak7@yahoo.com	June 18, 2016 414-774-4580
Hales Corners Firecracker Four Mike Sobie	blstreas@gmail.com	July 4, 2016 920-321-4944
Cudahy 5mi & 10mi Andrew Cordell	cudahyclassicrd@gmail.com	July 31, 2016 -
Minooka Corn Roast Ken Schoberg	kenschoberg@yahoo.com	July 27, 2016 414-273-8064
Strider Half Marathon Tom Buthod	striderhalf@gmail.com	Aug 27, 2016 414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run Robert Wehner	rwehner@hotmail.com	Sept 3, 2016 262-370-7270
Briggs & Al's 8K Run for Children's Hosp. Jeff Weiss	alsrun@gmail.com	Sept 17, 2016 -
Lakefront Marathon Erin Smith	milwaukeekefrontmarathon@gmail.com	Oct 2, 2016 920-321-4944
Glacial Trail Run Robert Wehner	rwehner@hotmail.com	Oct 9, 2016 262-370-7270
Lakefront Discovery Run Scott Stauske	stauske@sbcbglobal.net	Oct 29, 2016 414-418-8395
Turkey Trot Dave Pike	dave1pike@yahoo.com	Nov 6, 2016 -
Strider 20K Barb Drees	barbaradrees@yahoo.com	Dec 4, 2016 -



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