



THE STRIDER

Official Newsletter of the Badgerland Striders, Inc.



The STRIDER

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MARCH 2016

SOUTH SHORE HALF MARATHON, AND A GREAT PAIR OF GLOVES ARE LOOKING FORWARD TO SEEING YOU

By Len Wachniak

The 2016 version of the South Shore Half Marathon will take place on April 2. Because of the great group of volunteers, we are able to avoid the continuing trend of increasing prices and average quality races. For under \$20 if you sign up before race day, you get the opportunity to run on a certified course with great views of the lake and some of Milwaukee County's finest parks.

Along the route you can run with friends, or meet new people. This year I have invited members of other RRCA Running clubs, including the Kenosha Running Club, Fond Du Lac Runners, along with the Alpine Runners from Illinois.

We are also excited to team up with Girls on the Run. There will be runners raising funds to help support their cause, which is to promote running to the next generation of girls. Girls on the Run has been a strong partner for the Lakefront Marathon, and we are looking to have them out on the course. You will also see them at aid stations as the Girls on the Run team will be out supporting your efforts. Give them a high five and a thank you when you see them.

This year we will be honoring a former race director for the South Shore Half who passed away in 2014. Bob Bortuluzzi was active in the club, and was race director for several years. He was instrumental in bringing the great gloves, which have become a South Shore tradition. Bob was also a supporter of beer after the race, and to honor him, we will be having more refreshments.

We also have several key volunteers who have been part of the race for more than 20 years. Bonnie Clarey and Kerry Reinos had the opportunity to work with Bob, and have been instrumental in keeping the quality of the race as high as it has been for so many years. There are many others who show up on race day, and brave what can be tough weather to ensure you have a great experience. Please thank all of the volunteers out on the course, and at the park.

The South Shore Half Marathon has been a part of my life for over 16 years as either the timing person, race director, or for several years, doing both. A portion of the course is where I ran cross country in high school, so my ties to the race go back a ways. John Coons has stepped up to take on the Race Director role for 2017, and I am confident that he will continue the long tradition of keeping this a quality race that does not consume your running budget.



2016 Deer Run

By Hank Nisiewicz, RD

The twelfth edition of the 5k & 10k Deer Run and 5k walk will be held on Saturday April 30, 2016. The course is unchanged and last year we repainted the directions and markers on both courses. We are continuing with chip timing and online registration. Online registration went live on January 27, 2016. Race fees are unchanged at \$22/person, and \$18/person for groups of four or more for pre-registration and \$30 for everyone on race day. Pre-registration cutoff is 11:59 pm, Wed. April 27, 2016. We have also added an age category of 80+.

Last year 228 runners finished the 5k race with Jude Mariutto winning with a time was 17:17. Sofie Schunk won the women's' with a time of 18:45. Another 153 runners finished the 10k race with Tyler Zwagerman winning with a time of 34:20 and his wife, Jenny Zwagerman winning in 36:44. There will continue to be a combined start and common finish line. The races start at 9am with race day registration scheduled from 7:30am to 8:30am in Village Park, 4800 West Glenbrook Brown Deer. Finisher names will be posted near the Village Hall parking lot, as well as on our website. Awards will be given out in the parking lot. Visit our website: www.badgerlandstriders.org for confirmation, link and more in-



formation. 2016 is also my tenth year as race director and it continues to be my pleasure to continue to serve in this capacity.

See you there!

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THE PREZ SEZ



By Pete Abraham
The Prez

Another new race, repeat, another new race, repeat.....

As the road racing season begins to heat up the the Milwaukee market is seeing a virtual flood of new races in 2016. No less than 3 new half marathons have been announced between early April and mid May. One out of state company has scheduled a half on the Lakefront the same date as our South Shore Half. Those of you who have run Strider events in the past know exactly what to expect from our races and since this newsletter only goes out Strider members there's no need to tell you guys what we have to offer. But some of these promoters continue to use less than forthright advertising pitches to attempt to drive up their profits.

Terms like "a percentage of the profits" will be donated to a certain charity commits them to very little. Others list charity partners for all their events but rarely do they say just how much they are donating or they set up a separate link where you can donate whether they actually commit to giving anything or not. Another little game some play is



advertising "free beer". Ummm, does that mean free beer? or A free beer. Another thing to watch for is registration limits. If you put a limit of 10,000 or 20,000 runners on an event does that mean there's any realistic chance the event will get that many runners? Or are they trying to get you to believe that it's a huge event so you better sign up soon? The Milwaukee Lakefront Marathon has set a limit of 4000 runners for this year. After selling out for many years there is a pretty good chance we will sell out again so our limit at least has a legitimate purpose. One new half marathon in advertising 'the largest finisher's medal in Milwaukee'. How could they possibly know that? We haven't even thought about ordering our Half marathon medals yet. There was some controversy last fall on our facebook page about the Striders mission of "supporting running". Our mission statement says "We support running and a healthy lifestyle". That does not mean we need to support

(Continued on page 17)

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

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.

APRIL 20 2016

T.B.D.

**You Tell
Us**

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**We Do Not Have a
Speaker or a
Topic for the April
Meeting. If you
know somebody
or would like to
hear something
let us know
but do so ASAP.**

May 20th, 2015

**2015 Marathon
Build Up Program
Kick Off**

**Aurora Sports Med
& Doc Gordon**

The Badgerland Strider Marathon Build Up Program starts in 3-1/2 months.

Join BLS, Aurora Sports Med and Doctor Mike Gordon to kick-off your training for your first or your 23rd Marathon.

Jeff Weiss, Program Director will talk about this years plans.

Doc Mike will tell us horror stories about all the wonderful things Marathoners put themselves through.

Aurora Sports medicine personnel will talk about stretching and warm up techniques.

Times Past: Yesterday and Today

Lifetime Member Jon Mueller

By Ron Winkler

Say hello to Dr. Jon Mueller, this issue's Badgerland Striders Lifetime Member. He was awarded lifetime membership in 2010, and is known for his connection to Milwaukee's Lakefront Marathon (LFM).

Mueller's interest in running began in the fifth grade when he participated in the President's Physical Fitness Program. After finishing first in the mile run, he was the top choice for the long distance track events throughout grade school and junior high school. He recalled, "What was really funny was that I was the shortest kid on the track team, but I was really blessed with strong legs, great lungs and a mental resolve which helped me beat the pants off of a lot of other kids. Now, at age 57, it is those same characteristics that I had back then that has allowed me to run long distance events consistently year after year for the last thirteen years."



At Boys Tech High School (today's Bradley Tech) in Walker's Point, Mueller ran to stay in shape for the wrestling and power lifting teams. After high school, he joined the Navy and was stationed in San Diego, California from 1976 to 1980 as a hospital corpsman. He met many runners and his favorite runs were along the ocean, in the hilly residential areas, and in the valleys surrounding San Diego.

Meeting people through running was good, but he also discovered running's health benefits such as relieving mental and physical stress, which later helped him manage the stresses of college. He also found running helped him manage his weight. In college he received a B.S. degree and then in 1987 earned a graduate degree in Doctor of Chiropractic from the National College of Chiropractic in Lombard, Illinois. He has been a Doctor of Chiropractic, in a private group practice setting for the past 28 years.

Marathon Man

Fast forward to 2001 when Mueller was getting in shape to race. He trained for a year before running his first marathon, the 2002 LFM, which he finished in 4:18:02. He caught the marathon "bug" and told himself that he was in really good shape to run another marathon and then another and another, until now, thirteen years later, he has finished 54 marathons, three 50Ks, and numerous half-marathons. He qualified for Boston a couple times and although he has never run it, he keeps it on his bucket list to stay motivated.

Mueller has kept himself injury free by using Jeff Gallo-way's run-walk method of training (even for three mile runs) and by adjusting his training over the years. Ten years ago he ran four to five times per week; five years ago he cut down to three to four times per week; now he runs three times per week. He still logs a lot of miles, but throws in hills, speed work, and fartlek. He cross-trains, does a lot of core exercises and dedicates one day a week to self-massage and stretching.

Although he still trains hard, he has built in more rest and recovery time. He feels that he could still run a sub-four hour marathon if he really put his mind to it.

During his November to March off season, when he may only run twice a week, he throws in a long run of 18-20 miles every three to four weeks. He estimates that for the past thirteen years, he has done 98% of his running outdoors, where he runs as much as possible on trails and grass. He loves the fresh air, the changing environment and the sounds of nature. This allows him to "listen and feel" his body and really appreciate the marvelous creation of our bodies.

Mueller runs mostly half-marathons and marathons. He believes that "we are very fortunate to have over twenty-four marathons throughout the year in Wisconsin and quite a few just across the borders in Illinois, Iowa, Minnesota and Michigan. So I try to every year pick out a new one in one of those surrounding states that is easy to drive to. I have some favorites that I have gone back to over and over. When I travel out of state I always look ahead to see if the area has a marathon going on. I have done some of the really big ones (40,000 or more runners), but I truly love the smaller ones because I can have the opportunity to meet and interact with more people. And of course any and all Strider races that I can run in are also my favorite."

He is motivated by, in his words, "the total experience – running outside, the feeling of my body as the physiology, anatomy and overall mechanics involved with running takes place. I like the challenge of keeping myself in the game of running mentally and physically. I really enjoy meeting people that get the same enjoyment out of running and are passionate about it also."

Volunteer Marathon Man

Mueller first found out about the Badgerland Striders when he signed up for the 2002 LFM and then joined the club in early 2003 to connect with other runners. When he wanted to become involved, he was invited to take over the marathon buildup program from Phil Carpenter, who, after many years, needed a break. The purpose of the buildup was to bring together like-minded people for training and support to finish LFM or any other fall marathon. Mueller observed that the buildup was more social than training-oriented and decided to make changes. After much lobbying and planning, he switched the focus to serious training, longer runs, and obtained support from Aurora Sports Medicine. He believes that he was in charge of the buildup for three to four years as it grew to its current 150-250 people. He also was a member of the LFM pace team.

Mueller's experience with the LFM's buildup program and pace team prepared him to answer the call when RD Kris Hinrichs stepped down after the 2012 LFM. After Mueller accepted the challenge, he said of Hinrichs, "Under her leadership the marathon had experienced consistent growth, gained local and national recognition and has become known as the marathon 'put on by runners for runners.'"

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

By 2015, Mueller raised the cap to 3500 runners and saw a record 2281 finishers. He summarized his LFM tenure with the following, "My experience of being the marathon RD for the past three years is one I will cherish for a long time. The way this club rallied around me and supported me during that first very difficult year was an inspiration to me as to the depth of passion and commitment people in the Striders have. I especially have to give a lot of credit and thanks to Pete Abraham, Scott Stauske, Erin Smith and Pauline Shoemaker for keeping me sane, keeping me focused and for their endless words of encouragement during my whole time as the RD...and John White for kicking me in the butt once in a while as his way of encouragement."

This experience as the RD taught me two things: first, that anything is possible when you work as a team (Together Each Achieves More); and secondly, everybody has their own ideas, dreams, passions and goals and when you get all of that individual energy focused toward a common goal amazing things happen."

Mueller is pleased with the marathon buildup program's success as a reputable marathon training program. It is rewarding to him that wherever he runs, he recognizes people or they recognize him from the buildup program.



Although Mueller recently finished his three-year tenure as RD for LFM, he will mentor the new RD, Erin Smith. He will also volunteer for other club races and help Striders' equipment manager Sean Daley.

Family Man

Besides the Striders, Mueller volunteers a lot of time at his church. In his spare time, his hobbies include reading books on a variety of topics, listening to various types of jazz, golf, rock climbing, kayaking, hiking, camping, gardening and landscaping.

His wife Pam has her degree in interior design. She is not a runner or a member of the Striders, but has been supportive and encouraging over the years.

The Mueller's have three children. Son Nick is a UW-Milwaukee (UWM) graduate and works for US Bank. He is an Eagle Scout and loves rock climbing, camping, hiking, and runs as part of his exercise routine. He spent one year in Japan as an exchange student at a Tokyo university and was there in March 2011 during the magnitude 9.0 Tohoku earthquake and tsunami that caused level 7 meltdowns at three reactors in the Fukushima Daiichi Nuclear Power Plant complex.

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YOU COULD HAVE WON A SWEET, ENGRAVED PINT GLASS IF YOU HAD ENTERED THE CHAMPS IN 2015!

Dennis Shoemaker
Program Director

The 2016 Championships are underway!

It's official - the Samson Stomp kicked off the 2016 program on 1/17. 66 awards were earned in the 2015 program. That's more than 1 award for every 2 participants. More will be handed out for the 2016 Champs if registrations continue strong. We are already up to 140 people in the program and welcomed our first teen runner, a young lady of 13.

I am trying to change awards each year to get away from the perennial plaques that were awards in too many previous years. I can't promise that next year won't be a "plaque year" but whatever I decide it will be a first class award you'll be proud to have in your home or office.

The program is free to all Striders. You run the races you were planning on running anyway and have a great chance of winning an award for your efforts. See the official rules on the Strider website for the races included and the number of races required in each series to qualify for an award.

NOTE: The Tosa Fest 5k, a run dear to my heart and probably the fastest 5k course in SE Wisconsin, is no more at the date of this writing and is no longer included in the Short Series. If it should be replaced by a Strider affiliated event, that event will be added.

I have set up a Facebook page for the program to improve communications and attract younger runners. It is listed as "Badgerland Striders Club Championship" on Facebook.

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 2016 Championship Program please provide the following information in your email to me, before 3/31/16 for members as of 1/1/16. New members in 2016 may register at any time up to 6/30/16. Why the deadlines? Think it through - if someone decides to sign up in October, all races up to that point must be reviewed. Even if they list "only" 6 or 8 races, that's an unacceptable task.

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. (I frequently mail awards at the program's end.)
5. Series you are entering. (You may enter all 3.)
6. Strider race or program you will volunteer for.
7. T-shirt size.
8. How you found out about the program.
9. If a new member, when you joined.

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

Email to shoebbox50@gmail.com

Daves' Fun Run will please you -- Again!



- by Dave
You may recall there is a plethora of Daves in our club. So many, we once shouted all together, "Hey, we ought to have a Daves' Fun Run!" As you undoubtedly are aware, the Club Daves got it going, and now, because of the fun we've had, we're captive in our continuing tradition.

There's no way out. Now, we gotta keep on having fun.

Last year, new park policies required that we vacate Whitnall #8 right after our April 22 fun run and go over to The Bosch for snacks and refreshments. It was still fun, but it fragmented our post-run celebration, and the event was costly for the club. This year we'll stay in the park for post-run beverages and snacks.

Last winter we've been fortunate to have others step forward and sponsor several new winter fun runs. Candy Cane Lane, Pettit Center, and Zoo events kept us going. We've had a "runner's high" in fun run events, and now we're running with continued momentum.

Club Daves are proud to keep it going, and open the summer fun run series with Daves' Fun Run (and song and dance) on Wednesday, May 4, at Whitnall picnic area #8. Although

the run will start at 6:30 p.m., you might know we always feature an original and unique seven minute song-and-dance performance prior to the start. Please arrive around 6:10 to avoid traffic hassles. Note restrictions prohibit our offering valet parking service this year, and we can't afford a shuttle bus. Come early for the best seats and parking space. Also remember to silence your cell phones prior to our performance.

While in the park, watch for herds of deer, flocks of birds, and of course the ever-present plethora of Daves.

Be there, and be sure to have fun with us. Come early (6:10 pm) on May 4 to let us pin you with your treasured Dave's ID, and enjoy our 7 minute program. With any luck that evening, you can run like a Dave too.





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



COMING EVENTS

Mar 5 **Point Bock Run (2016)** **Stevens Point**
Sat 5mi run, 12:00noon Stevens Point Brewery **Note** capped at 2,000 runners - ENTRY ONLINE ONLY **Divs** M/F 5yr, wheel chair, Big Bock and Dapple Bock **Awds** Yes **Whchr** Yes **Results** Yes **Fees** \$20 **Perks** Comp Point Specialty beers and root beer **Records** See website **LastYr** 2000 **Contact** Scott Gralla Point Bock Run, Inc. 4401 Heffron St. Stevens Point WI 54481 Day 715.340.4479 Eve 715.340.4479 gralla77@gmail.com **Web:** www.pointbockrun.com

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

Mar 12 **Dances With Dirt Florida** **Dade City, FL**
Sat 50K 7am; Half Marathon 9am; 10K 10am Pasco County, Withlacoochee River Park **Note** The courses are fairly flat loops. 90% great trail running with some stupid spots...swamp and river crossings...great fun! **Divs** **Awds** **Fees** **Records** see website for details **Whchr** no **Results** website **Perks** beautiful course, tech shirts, medals to all finishers, awards, great food and fun! **LastYr** - 600 **Contact** Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com **Web:** <http://www.dwdgreenswamp.com>

Mar 12 **Blarney Run/Walk** **Wauwatosa**
Sat 5k run, 2mi walk 10 am. Twinkle Trot kids run (age 10 & under) 11 am Hoyt Park, 1800 Swan Blvd **Note** 25th Annual, Pre-reg by March 11 **Divs** 5k 1/4, 5yr, 80+ **Awds** 5k 1/4mi, 3/div **Whchr** early start, awd 1/4mi **Results** posted, b1s **Fees** 5k \$22 until Jan. 31, \$25 Feb. 1 - March 11, \$30 race-day. kids run \$6, \$8 raceday **Perks** LSTS/1st 700, music, food, bev **Records** 15:18 John Lumkes '99, 17:26 Lynn Fitzsimmons '97 **LastYr** 630 **Contact** Janet Ruzicka Wauwatosa Historical Society 7406 Hillcrest Dr Wauwatosa WI 53213 Day 414 774-8672 Fax 414 774-3064 staf@wauwatosa-historical-society.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, Burlington, WI **Note** From Hwy 50, take Hwy KD south to Hwy F, turn right, go to Karow Road, turn right. **Divs** M/F **Fees** runners \$25 thru 3/8/16, \$30 day of. Walkers \$20 thru 3/8/16, \$25 same day **Perks** Unique post race food. Family atmosphere. Great course for new trail runners and walkers **Contact** Brian Thomas Kenosha Running Company 4112 Sheridan Rd Kenosha WI 53140 Day 262-925-0300 Eve 414-719-4771 Fax 262-652-1388 brian@kenosharunningcompany.com **Web:** www.xcstrill.org

Mar 12 **The Great Milwaukee Pi Run** **Hales Corners**
Sat 5K Boerner Botanical Gardens **Awds** Male & Female in 5 year increments **Contact** Sean Osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 info@silvercirclesportsevents.com **Web:** <http://www.silvercirclesportsevents.com/great-milwaukee-pi-run-walk>

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 given to top 3 costumes, div & OA M/F **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@duptrun.com **Web:** www.dutrun.com

Mar 13 **St Paddy's Dash** **Wauwatosa**
Sun 5k Run/Walk 11am Chip timed Hart Park (certified course/ old Sarah's Sride course) **Note** benefit the Greater Milw. Association of Realtor's Youth Foundation. Non-profit. All funds benefit kids!! **Divs** M & F 13 & under, 14-19, 5yr to 75+ **Awds** Trophies top M/F OA. Medals top 3/div Drawing for TV & Bike **Whchr** yes **Results** website and on site **Fees** \$25 on-line reg. ill 3/11/16 \$25 mail-in ill 3/6/16 \$25 in-person 3/12 \$25 day of race **Perks** TS, Racine Kringle, free green beer. Post race party Leff's Lucky Town. **Records** Male: Garret Staab 18:18 Female: Allison Malczewski 19:17 **LastYr** 300 **Other** early packet pick-up/ registration 3/12 at Leff's 72nd & State 1-3pm We are local, non-profit **Contact** Peter Stefaniak 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.wis/tpaddysdaydash

Mar 16 **Sole Sister's- "ShamROCK N stROLL!"** **Milwaukee**
Wed 630pm We will go for casual GROUP WALK approx 2-3 miles S/Fin at County Clare Irish Pub 1234 Astor Dr **Note** FREE! **Divs** WOMEN ONLY! Unlimited/Non-competitive **Awds** non competitive **Whchr** no **Results** no **Fees** no **Perks** Social afterwards with lots of fun! **Records** unlimited **LastYr** Free **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) **Speaker:** Brant McCartan, DPM, Milwaukee Foot & Ankle Specialists **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

Mar 18 **Lancer Twilight Classic** **Freeport, IL**
Fri 3K Immanuel Lutheran School 1964 West Pearl City Rd **Contact** Dave Brobst Immanuel Lutheran School 1964 W Pearl City Rd Freeport IL 61032 Day 815-541-3460 Eve 815-541-3460 dbrobst@gmail.com **Web:** <http://www.ourgodwithus.com/new-events/2016/3/18/lancer-twilight-classic>

Mar 19 **Mushing for Meals 5K/10K** **Beloit**
Sat 10K run, 5k run/walk, kids fun run Horace White Park 424 College St **Note** USATF certified courses, chip timing **Awds** 5K and 10K - top 3 OA, & top 3/div **Results** website **Fees** \$15 Adults, \$5 17-under **Perks** Top M&F OA in 5K and 10K - \$ 100.00, \$150 best mushing team costumes **Records** 5K - Men 15:09, Women 19:01, 10K - Men 33:39, Women 37:02 **LastYr** 250 **Contact** Jeff Johnson Beloit Meals on Wheels 424 College St Beloit WI 53511 Day 608-362-3683 jeff@beloitmealsonwheels.org **Web:** www.beloitmealsonwheels.org

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

Mar 19 **World Championship Flys Furlong** **Paoli**
Sat 6.25 miles, 11:30am Paoli Pub and Grill, 6893 Paoli Rd. Belleville, WI 53508 **Note** Reg 10:30am: Part of the MARS Running Series. Benefits Oregon/Brooklyn Food Pantry **Fees** \$10, day of race reg only **Perks** reg fee includes post-run beer for those of legal drinking age. **Contact** Melanie Barwise Madison Hash House Harriers Floribunda13@yahoo.com **Web:** <http://www.madisonh3.com/the-fifty-furlong-run>

Mar 19 **Fight for Air Climb** **Milwaukee**
Sat Stair 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:** fightforair-climb.org

Mar 20 **Luck of the Irish- Race #6 of GL Winter Series. Hartland - Lake Country Lutheran**
Sun 5K Run - 8:30 am 10K Run - 8:30 am "Be Easy" 5k - 10:30am Competitive 5k - 10:30am Lake Country Lutheran High School (Corner of 16 and 83) **Note** Tee Shirt to all. Series Awards will be Handed out Following Event **Divs** Under 16, 16 -19, 20-24, 5yr to 80+ **Awds** Top 3 OA 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 Braundorf 17:29 M 10k: Matt Kruger 33:14 W 10k: Annie Weiss 40:05 **LastYr** 300 **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 vc@braunme.com **Web:** www.greatlakesmultisport.com

Mar 20 **Aurora Health Care Two Rivers 10-Mi & 2-Mi Two Rivers**
Sun 10-Mile Run 3-Person Relay & 2-Mile Run/Walk 8am, Two Rivers High School 4519 Lincoln Ave **Note** parking at High School and ample indoor space to stay warm b4 & 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** website **Fees** website **Perks** Flat, Fast, Scenic: USATF Course, Bib Chip Timing, Quality Custum 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/fun at Bert's Bar, along Lakefront, on Oak Leaf Trail for out & back course **Divs** WOMEN ONLY! **Awds** NO **Whchr** yes **Fees** FREE- you just pay for what you eat/drink **Perks** It will be a night of Fitness, Fun & Food! **Records** NO **Contact** Valerie Nolin Sole Sisters Club 3907 S. Lake Drive Milwaukee WI 53235 Day 414-403-3524 solesistersclub@yahoo.com **Web:** www.solesistersclub.org

Apr 2 **Trailbreaker Marathon** **Waukesha**
Sat Marathon - 8 am; Half Marathon - 9:30 am; 5K - 10 am Schuetzle Recreation Center, 1120 Baxter St **Note** Half Marathon is certified (W113002DM); 5K is certified (W113003DM) **Divs** M&W: open; master; senior; & Top 3/ div: 18-19, 20-29, 5yr to 75+ (add'l 5K - 12-14 & 15-17) **Awds** All marathon and half marathon will receive event medals. Top award winners receive a certificate. **Fees** Marathon \$50, Half Marathon \$40, 5K \$30; add \$10 after March 13th. **Perks** Tech Shirts for all racers. Shirts for partic reg after 3/13 will not be guaranteed their size. **LastYr** 1036 **Other** Race benefits The Waukesha Park Foundation, Inc. **Contact** Joanna Adamick City of Waukesha Parks, Recreation & Forestry 1900 Aviation Drive Waukesha WI 53188 Day 262-524-3717 Fax 262-524-3713 jadamick@ci.waukesha.wi.us **Web:** www.runthetrailbreaker.com

Apr 2 **BLS SOUTH SHORE HALF MARATHON** **Milwaukee**
Sat 13.1mi 9:00am. 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 \$20; \$25/all after 3/31 **Perks** gloves, beer, soda, snacks **Records** 1:08:59 Tim Renzelman '92, 1:22:01 Carol Legate '99 **LastYr** 1,013 **Other** Certified Course **Contact** Len Wachniak wachniak@sbjglobal.net **Web:** <http://www.badgerlandstriders.org/home/Races/SouthShoreHalfMarathon.htm>

Apr 2 **Brew City Half Marathon and 10k** **Milwaukee**
Sat Half Marathon, 10k-8:30am Veterans Park, Coast Guard Pavilion **Divs** Top 3 overall M/F: 5 yr age groups 14-U to 65+ M/F **Awds** Medals Top 3 OA and top 3/div **Whchr** no **Results** website **Fees** Half-\$50-\$80, 10k-\$40-\$55 **Perks** ThinTec Hoodie, Finisher Medal, pint glass for first 500, Post Race Beer **Contact** All Community Events Day 224-757-5425 Fax 224-218-2500 info@allicommunityevents.com **Web:** <http://brewcityrun.com/>

Apr 9 **Gary's Gallop** **Wauwatosa**
Sat 5K Run/2-mile Walk, 9:30am reg 8am Kid's Race, 10:30am Wis. Luth. College Outdoor Athletic Complex - 1401 Swan Blvd **Note** 13th Annual, Benefits Warrior Club of Wis. Luth. College **Divs** 12 and younger, 13-18, 19-24, (5yr) 80+ and older **Awds** Top 3/div **Whchr** Please call **Results** posted, website **Fees** \$25 prior to April 6th, \$30 day of; \$20 WLC Faculty/Staff; \$10 WLC Students & 12under **Perks** LSTS - 5K partic, bev/ snacks/soup **LastYr** 450+ **Contact** Brian Volkman Wis. Luth. College - Warrior Club - Gary's Gallop 8800 W Bluemound Rd Milwaukee WI 53226 Day 414-731-9616 Eve 414 731-9616 brian.volkman@gmail.com or isa.leff@wlc.edu **Web:** www.wlc.edu/garysgallop

Apr 9 **Reedsburg Vet Fest 2016 1/2 Marathon** **Reedsburg**
Sat 1/2 Marathon 9:03am Jaycees/Lions Building, 1403 Viking Dr **Divs** 5yr **Awds** Top 3/div, all participants in 1/2 marathon receive a custom finishers medal **Fees** \$45-\$50 till 3/18 & 3/28 and \$55 day of event **Perks** Chip Timing, T-shirts, music, massages, refreshments, fruit & baked goods **Contact** Jeff Filler Reedsburg Vet Fest 14053 St Hwy 58 Cazenovia WI 53924 Day 608-524-6459 velfestrun@gmail.com **Web:** www.reedsburgvetfest.com

Apr 9 **Reedsburg Vet Fest 2016 5K Run/Walk** **Reedsburg**
Sat 5K 9:30am, 5K&1mi walk 9:35am Jaycees/Lions Building, 1403 Viking Dr **Divs** 5yr **Awds** Top 3/div **Fees** \$25/\$30 till 3/18 & 3/28 and \$35 day of event **Perks** See above **Contact** See above

Apr 9 **Reedsburg Vet Fest 2016 1 Mile Kids Run age 11 & under**
Sat 1 mile 9am Jaycees/Lions Building, 1403 Viking Dr **Awds** all kids will receive a medal **Fees** \$10-\$15 till 3/18 & 3/28 and \$20 day of event **Perks** T-shirt, music, massages, refreshments, fruit & baked goods **Contact** See above

Apr 9 **Martian Invasion of Races** **Dearborn, MI**
Sat half & full marathons, 26k, 10K, 5K, kids' marathon Ford Park - Dearborn, MI **Note** The USATF certified course, is traffic free and fast. All courses are out and back, chip timed. **Times** **Divs** **Awds** **Fees** **Records** **Results** See website for details **Perks** tech shirts, great food, prize money, finisher medals **Contact** Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com **Web:** <http://www.martianmarathon.com>



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	M-F
10-8	
Sat.	
10-5	
Sun.	
12-4	

Apr 10 **First Call** **Waukesha**
Sun 5K & 1/2 marathon EB Shurts 810 W College Ave **Divs** 5K & 1/2 marathon **Awds** M/F OA, div, 5yr **Contact** Sean Osborne Silver Circle Sports Events, LLC PO Box 0880 Oconomowoc WI 53066 info@silvercirclesportsevents.com **Web:** <http://www.silvercirclesportsevents.com/first-call>

STRIDERS GIVE BACK

By Scott Stauske

As you know, the Badgerland Striders is a volunteer organization that works hard to put on safe, cost-effective races, social events and civic projects, all in an effort to promote the sport of running in our area. Several months ago, in this very newspaper, our club president mentioned the amount of donations to charitable organizations and to projects that featured our mission. The list was impressive and we are proud of everyone who helps make the donations and opportunities possible.

The Striders are looking to continue our philanthropic endeavors in 2016 and pleased to announce our first new program of the year, "Striders Give Back." The Striders will be offering two grants of up to \$300 each per month to any running-related non-profit group. Coaches of school running programs are encouraged to apply. Once we receive your application, it will be reviewed and if acceptable will be added into a random drawing. If selected, we will notify you and work out details. Only one application per entity will be accepted for each calendar year.

The Badgerland Striders are always looking for ways to assist our running community and are proud of our efforts. Should you feel that our mission is important to you also, we highly encourage you to use your talents and assist us in doing even more good in the future. Just let us know how we can help.

By participating in our events as a volunteer or a runner, you give the Badgerland Striders Running Club the opportunity to give back and we thank you!



2016 "STRIDERS GIVE BACK" GRANT APPLICATION

Thank you for your interest in participating in our program. It is the mission of the Badgerland Striders, the 5th largest RRCA Club in the U.S., to promote, encourage and support the sport of running as a means to a healthier active lifestyle. In recognition of that duty, we are offering grants of up to \$300 to qualified recipients. If you are interested in applying for your organization, please review and follow the steps below. If selected, we will contact you with details to arrange a meeting.

Details:

Grants are available to any non-profit organization in SE Wisconsin with a running-related emphasis.

Please complete the application below.

Scan and email completed application to:

blsoffice@sbcglobal.net or mail to:

Badgerland Striders
12650 W Arden Place
Butler, WI 53007

Selection Criteria:

Only one application per organization per calendar year will be considered.

BLS reserves the right to consider or reject applications based on qualification criteria, solely at the discretion of the BLS.

Applications will be picked at random by BLS Executive Board.

Striders Give Back Grant Application:

Organization Name: _____

Function of Organization: _____

Contact Name: _____

Street Address: _____

City, State, Zip: _____

Phone: _____ E-mail: _____

Amount Requested (up to \$300): _____

Briefly describe your organization and how money will be used: _____

2016 Samson Stomp and Romp

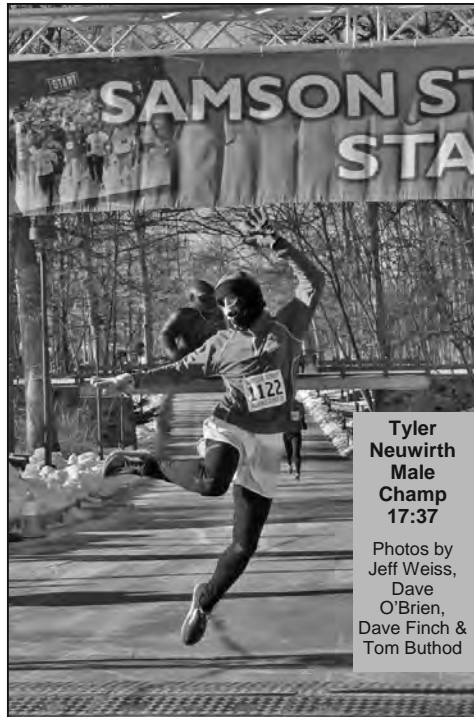
By Dave and Janice Finch

The 36th running of the Samson Stomp and Romp was held on January 17th at the Milwaukee County Zoo and winter arrived just in time for the race. Temperatures overnight before the event dipped to -5 degrees Fahrenheit with the wind-chill making it feel almost 20 degrees colder. Luckily, there were several days prior without any snow accumulation, so the Zoo staff was able to keep the course dry, safe and clear of ice any ice or snow. By the time the starting horn blew to kick off the 5k race at 9:30am it had "warmed" up to -2 degrees, which tied this



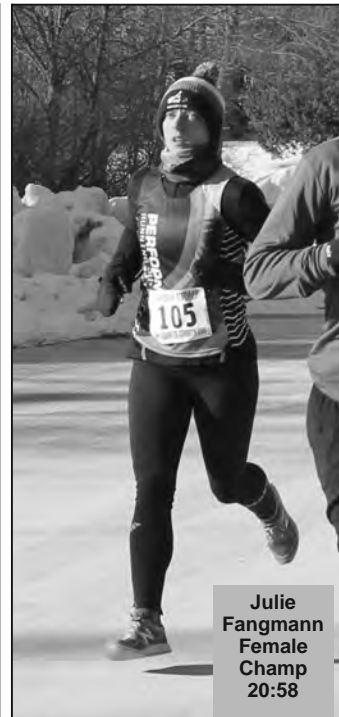
race for the 2nd coldest Samson Stomp ever. The race in 1982 was also -2 at the start, but 2008 still holds the dubious record of the coldest when it was -4. If you were wondering, 2015 was the warmest ever at 36 degrees which means we had a 38 degree temperature differential from last year!

The 5k once again reached its 1500 runner capacity and sold out just as online registrations closed on the Wednesday before the race, but due to the cold participation and finishers



**Tyler Neuirth
Male
Champ
17:37**

Photos by
Jeff Weiss,
Dave O'Brien,
Dave Finch &
Tom Buthod



**Julie Fangmann
Female
Champ
20:58**

Amica, the lead sponsor, were also on site again to help welcome runners and kick off the 5k.

The 5k men's race was won for the 2nd year in a row by Tyler Neuirth, proving he can win in the relatively warm and the extreme cold! Tyler's winning time of 17:37 was 43 seconds slower than last year, but enough to hold off Chris Wichert, who was runner up to Neuirth for the 2nd straight year. Chris was also a little bit slower in the frigid air and ran a 17:43, only 6 seconds behind Tyler and 48 seconds off his 2015 time. Joe Frisch rounded out the podium and ran 17:56 to capture 3rd place.

The women's event had no repeat participants in the top three. Julie Fangman took the top spot in an extremely close race by running a 20:58 and just narrowly edging out Andrea Saigh who finished in 2nd place with the same 20:58 time. Kenzie Schroder placed third with a 21:10. In the 2 mile race the winners were Griffin Schroeder and Genevieve Watson.

Thank you to all the volunteers (especially those who still don't have feelings in their extremities) and all the participants for making the 2016 Samson Stomp a great success!

The Badgerland Striders present

SAMSON STOMP 5K

Sunday January 17th, 2016

MILWAUKEE COUNTY ZOO
Wauwatosa, Wisconsin

Timing & Results by

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www.absoluteracetiming.com

3.1 Mile Run

Only Top 3 / Division Listed
For full results see
badgerlandstriders.org

Rank	Name	Chip Elapsed
Top Overall In 5K Division MALE		
1	TYLER NEUWIRTH	00:17:37
Top Overall In 5K Division FEMALE		
1	JULIE FANGMANN	00:20:58

Age Groups: 1 - 14 MALE		
1	BEN KAWCZYNSKI	00:23:15
2	ATTICUS BERGHAEUER	00:25:11
3	CALE DENK	00:28:12

Age Groups: 1 - 14 FEMALE		
1	JILL CAVANAUGH	00:24:25
2	MOLLY BALCH	00:25:27
3	ZOE DENK	00:28:20

Age Groups: 15 - 19 MALE		
1	JOE FRISCH	00:17:56
2	MARQUEZ GREEN	00:18:35
3	NATHAN GREEN	00:18:40

Age Groups: 15 - 19 FEMALE		
1	JORDYN SUMMERFIELD	00:23:03
2	HEATHER PLOUGH	00:24:55
3	MEGHAN GAIN	00:25:19

Age Groups: 20 - 24 MALE		
1	DANIEL KORDIK	00:19:39
2	NATE HECKER	00:20:46
3	ERIK CARRANZA	00:23:45

Age Groups: 20 - 24 FEMALE		
1	ANDREA SAIGH	00:20:58
2	KENZIE SCHROEDER	00:21:10
3	KELLY JOHNSON	00:21:44

Age Groups: 25 - 29 MALE		
1	GRIFFIN SCHROEDER	00:19:30
2	MARC ANDERS	00:20:21
3	AARON HEIRING	00:20:51

Age Groups: 25 - 29 FEMALE		
1	ESTHEFANIE AVILA	00:22:03
2	TAYLOR ADAMS	00:22:34
3	JOCELYN RITGER	00:24:13

Age Groups: 30 - 34 MALE		
1	CHRIS WICHERT	00:17:43
2	ADAM BRUSS	00:18:34
3	AARON PIERCE	00:18:37

Age Groups: 30 - 34 FEMALE		
1	TRINA BOWER	00:22:52
2	LYNDSAY SMANZ	00:23:01
3	KATIE ROWE	00:24:18

Age Groups: 35 - 39 MALE		
1	MICHAEL TOLL	00:20:12
2	PAUL NELSON	00:21:58
3	JOSHUA STEINER	00:22:08

Age Groups: 35 - 39 FEMALE		
1	KRISTIE RUHLAND	00:21:53
2	JILL KORTEBEIN	00:22:13
3	SUZIE MITTICH	00:23:04

Age Groups: 40 - 44 MALE		
1	MIKE BEIX	00:18:59
2	JEFFREY PLATE	00:19:07
3	RICKY FRANK	00:20:25

Age Groups: 40 - 44 FEMALE		
1	ANNETTE PRINSLOW	00:24:20
2	CORI DENK	00:24:22
3	AMY FRANK	00:24:55

Age Groups: 45 - 49 MALE		
1	TED SHUE	00:19:40
2	JOHN CAVANAUGH	00:19:41
3	BRIAN LINK	00:20:56

Age Groups: 45 - 49 FEMALE		
1	MICHELLE LANOUILLE	00:21:47
2	MONICA CARLSON	00:25:12
3	JILL ELDREDGE	00:25:36

Age Groups: 50 - 54 MALE		
1	RICK STEFANOVIC	00:19:34
2	JIM GROSS	00:20:28
3	JIM LARSON	00:20:47

Age Groups: 50 - 54 FEMALE		
1	BELINDA MATTER	00:23:37
2	DAWN FRODL	00:24:12
3	MARIE GOERKEE	00:24:29

Age Groups: 55 - 59 MALE		
1	RUSSELL DELAP	00:19:33
2	JAMES BURGE	00:21:33
3	WILLIAM DZWIERZYNSKI	00:22:22

Age Groups: 55 - 59 FEMALE		
1	RITA BRAFFORD	00:24:37
2	DENICE BARNDT	00:26:19
3	SUELLYN WITTLIEFF	00:28:28

Age Groups: 60 - 64 MALE		
1	MIKE VERNON	00:20:59
2	MICHAEL FORD	00:21:59
3	DON SCHOBORG	00:22:14

Age Groups: 60 - 64 FEMALE		
1	MARY YERKES	00:26:19
2	DARLENE MATERNOWSKI	00:29:49
3	DEBRA TUCKWOOD	00:30:41

Age Groups: 65 - 69 MALE		
1	DICK VANDERKREEKE	00:24:28
2	BARRY SMANZ	00:29:44
3	STEVE THOMPSON	00:29:55

Age Groups: 65 - 69 FEMALE		
1	KATHLEEN BLOCK	00:28:35
2	SUE SHARKEY	00:29:25
3	NANCY ALLMAN	00:30:07

Age Groups: 70 - 74 MALE		
1	GEORGE TILLET	00:29:58
2	RON EDER	00:31:32
3	STEVE KUPCHO	00:32:32

Age Groups: 70 - 74 FEMALE		
1	BRIGHTA MCGRORTY	00:39:21

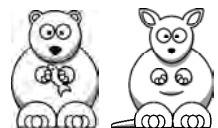
Age Groups: 75 - 79 MALE		
1	RON CARUSO	00:31:03
2	ROGER MARTENS	00:36:27

Age Groups: 75 - 79 FEMALE		
1	SANDRA WEINSTEIN	00:37:40
2	JUDY KIRCHOFFER	00:40:21
3	DONNA MCDANIEL	00:52:35

Age Groups: 80 - 99 MALE		
1	DAVID HOFFMAN	00:37:12
2	EDWARD BLUMBERG	00:41:53
3	O.T. LUPINSKI	00:50:16



The Most Times are in 'The Strider'





SUPERUN 2016

By Dave Gavinski, Race Director

Attention Strider Members!

Mark your calendar for June 8, 2016. This is the date for one of the biggest 5K races held in Wisconsin.

The 2016 the Road Runners Club of America has awarded SUPERUN Race the 5K State Championship. If you have never ran this race now is the time.

We will have an evening of fun, socializing and a chance to make new friends.

The Pompeii Men's club will be back selling those traditional great Italian Sausages. Please support their cause. Sausages can be pre-ordered at a discount when you sign up for the race on Zap events.

In closing, I am hoping to have a great race to kick off the summer for what will be a great time with State championship awards for Overall, Top Master, Grandmaster, and Senior Grandmaster awards for Male and Female.

See you Wednesday June 8th at the Lake Park Pavilion, 3133 E. Newberry Blvd., Milwaukee WI. The race begins at 7pm. Race day registration will be from 5-6pm. Race fees are \$25, \$20 for Strider and Tri Wis members until May 31, 2015. \$35 for everyone after May 31st. Online registration is available at zapevent.com until June 8, 2016.

For more information, go to badgerlandstriders.org



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by Aurora Sports Medicine Institute's
Licensed Athletic Training Staff

With warmer weather approaching, there are a few things to consider as you begin to move your training from indoors to outside. After a winter of indoor running, how do you safely transition to the outdoors and avoid injury?

Weather

The first thing to remember is that even though it's "spring", this is still Wisconsin. It's not unheard of to have a surprise May snow-shower or big temperature drops throughout the day. Before leaving for a run, make it a habit to check the weather to be sure that you are prepared for varying temperatures or a chance of precipitation.

In early spring, be very careful with your footing. Roads, trails, and pavement will expand and contract with the temperature leaving potholes, soft spots and cracked surfaces that are perfect for turning an ankle.



Running Gear

Melting snow will cause trails, paths, and sidewalks to be wet and sloppy.

- Shoes: It's a good idea to have multiple pairs of shoes that you are comfortable running in or a way to dry your shoes completely before you head out on your next run. Running in wet shoes is not only uncomfortable, but can cause blisters and excess weight that will slow you down.

Remember to check the mileage on your shoes! Shoes should be retired every 300 to 500 miles or six months.

- Waterproof outer-layer: For protection on days with an occasional shower in the forecast, be prepared with a waterproof outer-layer in your running tote.

Layers are your friends. You can't add layers that you don't have – but you can always remove what you have layered on.

- Sunscreen: If you are running with exposed skin, be sure to apply sunscreen. At the start of the season, your skin will be very sensitive. Why risk a burn when it's finally turning nice outdoors?

- Hydration: Even though it may not be hot, your body still needs fluids – pack some water in your running tote for after your run.

By the time you are thirsty, your body is signaling an "urgent" situation in which you are already dehydrated. During dehydration, some people may notice that their eyes or mouth feel unusually dry. While it may seem reasonable to replenish fluid loss with any sort of beverage, some beverages -- for example, those that contain caffeine or alcohol -- may actually contribute to dehydration.

Research out of Harvard University indicates that low-fat chocolate milk is the best post-exercise drink – who knew that those little cartons of milk were so powerful?!

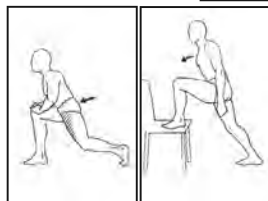
Balance training

Outdoor running challenges your balance in way that treadmills or indoor tracks do not. When running outside, you encounter many elevation and terrain changes. By strengthening your balance, you will be able to handle these obstacles while minimizing your risk of injury. Simple things like practice landing on each foot, along with performing exercises on unstable surfaces (i.e. foam, balance boards, BOSU balls) will train the muscles in your lower leg and hips to handle the force of a sudden terrain change.



Flexibility

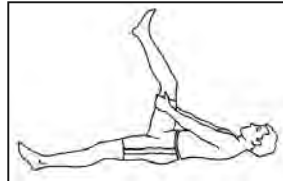
So often when we run on treadmills, we simply set the speed and then run for a designated amount of time. Over the long haul, "treadmill" training can cause a loss of flexibility in our legs



and trunk that is needed when running outdoors.

Why is this so important? The outdoor route is never "consistent" – consequently, our bodies

need to be able to adjust to a variety of conditions, including hills, speed changes and wind. The following stretches may be helpful in stretching your quads, hip flexors, calves, and trunk to regain some of the flexibility lost during the winter.



Remember, the goal is a comfortable, tolerable stretch.

Change it up!

The start of warm weather is an exciting time to head outdoors to enjoy the fresh air and change of scenery. Be sure to mix it up! Include short and long routes over flat and hilly surfaces in your planning. Why not explore some different routes? Check out these favorite trails:



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



<http://county.milwaukee.gov/OakLeafTrail8289.htm>

When you move back outdoors, it may be frustrating trying to duplicate the distances and speed you did on a treadmill. Stick with it! The miles and form will return before you know it.

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

SAMSON KIDS RUNS



2016 Striders Holiday Party Hits Attendance Record

By Merilou Gonzales

Badgerland Strider members, family and friends gathered for a festive evening on Friday, January 22nd at the Milwaukee County Zoo's Peck Welcome Center. The evening offered a perfect opportunity for almost 250 Striders, family members and friends to slow down for hearty conversations, dancing and running milestones. Highlights from the evening include the following awards and recognition.

- The introduction of the 2016 Executive Board.
- The 2015 Lifetime Member Award was given to Pete Abraham for his dedication and years of service as race captain, race director, club president since 2012 and leading substantial growth in our membership.
- The 2015 Volunteer of the Year Award was given to Dave Guse for his consistent "above and beyond" service to the club.
- Jody Geibl recognized 24 Badgerland Strider members who successfully completed the 2015 Super Strider Series and were awarded a "Super Striders Series Finisher" jacket. In addition, Jody announced the "Most Improved Runners" who received signature bobble-heads.
- Dennis Shoemaker announced the Club Championship awardees who received custom etched pint glasses.





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The Badgerland Striders present the

South Shore Half Marathon

Open the season with a brisk run along the Lake

SATURDAY April 2nd, 2016 • 9:00am

7am registration

South Shore Park Pavilion

2900 S. Shore Dr

No Bands, No T-Shirts, No Goody Bag

FREE GLOVES!

Preregister by 3/31, Badgerland Striders
\$12, Non-Members \$18

Reg online at zapevent.com or download
form at www.badgerlandstriders.org

After 3/31 and Day of Race \$25 for all
Register at: <https://www.zapevent.com/>



Ben's Cycle

414.384.2236
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WELCOMES:

BADGERLAND STRIDERS

AT BEN'S CYCLE, WE OFFER PROFESSIONAL
ORTHOTIC ASSESSMENT AND FITTING

THE STRIDERS TEAM DEAL INCLUDES:

15% DISCOUNT ON ALL PRODUCTS*

***SOME RESTRICTIONS APPLY**

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

SATURDAY • JUNE 11, 2016

HALF MARATHON • QUARTER MARATHON • 5K

7:00 AM • MILWAUKEE, WI



6 • 11

2016

PRESENTED BY

BMO  Harris Bank

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



REGISTER NOW!
ROCKNSOLERUN.COM

Another New Race, and another, and another . . .

(Continued from page 2)

port all running events or companies trying to profit off of the local running community. We support runners. We support running. Allowing runners to be misled is certainly not support.

Many Strider members know the editor of this newsletter, Jeff Weiss. You may also know Jeff as the marathon build up program director. Or perhaps as the Race Director for Al's run. Or as a fun run director, or a fixture volunteering at almost every Strider Race. Well now you know Jeff as the Road Race Club Of America's Volunteer of the Year! No one is more deserving! Jeff will be picking up his award at the RRCA annual convention in Dallas later this month. Congrats!

The Striders get our (your) insurance through our affiliation with the RRCA. Dues are paid in late December and are based on membership numbers. Those numbers show that at the end of 2015 the Striders are officially the 5th largest running club in America! At the Feb. RRC meeting V-P of Administration Bonnie Clarey reported we had nearly 2900 members!

Our winter fun run series is really taking off. The January Zoo run had over 200 attendees and the Pettit runs are drawing around 100. We've added another! In April at the Big Head Brewery in Tosa. Check our website for the latest info.



Dave Guse receives his
"Volunteer Of The Year Award"
from Scott Stauske at the Holiday Party

LIFETIME MEMBER - JON MUELLER

(Continued from page 3)

Son Mason works for the Marcus Corporation at the Intercontinental Hotel. He is working on his two-year degree at Milwaukee Area Technical College in the water sustainability program. He likes rock climbing, snowboarding, kayaking, hiking, camping, ice fishing, and competes in shotgun shooting.

Daughter Miro is a freshman at UWM with plans to go into the health care field. She is a longtime member of an Italian dance troop which has performed all over the United States. She recently spent two weeks in Spain.

When Mueller was asked to choose who has been his inspiration, he said, "I really cannot pick out just one person in the club. There are so many people in our club that give of their time, talents, energies and passion in their volunteer capacities that make this a truly unique and wonderful club to be a part of."



Jon Mueller LFM RD 2013, 2014, 2015 with
Erin Smith LFM RD 2016 and beyond

BADGERLAND STRIDERS MEMBERSHIP BENEFITS

Remember to Show your
Membership Card to receive benefits

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

Rodiez's Running
West Allis
15% Discount

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

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

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

Running Warehouse Online
Code: BLSRCD
15% Discount

Ben's Cycles
12% Discount

Pettit National Ice center
50 percent Discount, \$2
for entry to Track

The North Face
Brookfield Square
10% Discount

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

"When it comes to running, I would say Roy Purring is an inspiration and one of my running heroes. His running longevity, his national and international running accomplishments, and his consistent positive attitude make me say to myself 'if he can do what he does with that kind of energy and passion, then so can I within my own running talents and abilities.'"

"And of course Jeff Galloway is also another running hero of mine for developing and perfecting the run-walk method that works so well for me. I have met him several times in person over the years and I even coached his program for two years here in Milwaukee and even to this day he remembers my name."

When asked about his philosophy on volunteering, Mueller responded, "When someone thinks about becoming a volunteer for any organization, I think you have to either put aside or tame your ego and abolish all thoughts of what is in it for ME. When you volunteer, you should be doing it for the greater good of the group and doing it without expecting anything in return. If you do that, then you will get way more in return than you ever expected, and it will be some of the most fun, and the most rewarding experiences in your life."

Thanks Jon; the line for Strider volunteers forms on the right.

18 MARCH 2016

www.badgerlandstriders.org

The STRIDER



Half Marathon 5K • Kids' Run

- *Top-Rated, Unique Post-Race Party on Union Terrace with Live Music*
- *Free Beer to Participants 21 and Older from Wisconsin Brewing Company*
- *Super-Cool Finisher Medals for All Events*
- *Run the M² Challenge to Earn 3 Medals*

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Presenting Sponsor

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SCHOOL OF MEDICINE AND PUBLIC HEALTH



SATURDAY, AUGUST 20, 2016

Register Online at MadisonMiniMarathon.com

CONGRATULATIONS to the 2015 Super Strider Series Finishers!

They each received a Technical Running Jacket and recognition at the Strider Holiday party for their accomplishment. Registration is reaching capacity for the 2016 Super Strider Series. Don't miss out!

Would you like to join this exclusive group? To participate, simply register at;

<http://zapevent.com/listactivities.aspx?eventid=8683>

and complete 8 out of the 10 eligible Badgerland Strider Races. When you complete the series you will receive an exclusive Badgerland Super Strider jacket for your effort and free admission to the Strider Holiday Party, where you will be presented your finisher's jacket.

Suzanne Abler
Jeanette Bahr
Amanda Barber
Kelly Corteen
Debra Davidoski
Merilou Gonzales
Bill Hansel
Candy Heuer
David Hoffman
Chris Janisch
Heather Kinzel
Troy Malinowski

Darlene Maternowski
Angela Mork
Joshua Nemeth
Lori Padgett
Dave Pike
Martha Schier
Paula Siech
Mike Sobie
Mary Spriggs
Barry Thrune
Jenica Wolski
Sandy Wysocki



2016 John Dick Memorial 50K

by Robert Wehner, RD

In late January, all the weather reporters started talking about a big storm headed our way the week of the race. Without fail, they would mention the storm of 5 years ago, when a blizzard dropped 20 inches of snow on the course 4 days before the race. Conditions were extremely tough that year, resulting in the slowest winning times and the lowest finish percentage. No one was looking forward to a repeat of that!

Fortunately, this year the storm tracked a little further to the north, leaving mostly rain and just a few inches of snow. While checking the course before the race, I found a hard and fast trail, with patches of ice throughout. Screws, or some other traction device, would be the choice for footwear on race day, February 6th.

The low snow conditions allowed us to use the Ice Age trail to take runners out to the snowmobile trail used for most of the course. This section of single-track was a nice change from having to take the road to the snowmobile trail, and runners really seemed to enjoy it. It also lengthened the course a bit, so after completing it 4 times, runners would only have to do a short out/back section on the IAT to reach 50K.

We had 139 runners head out at the start, with 66 completing the full distance. Running fairly even splits, Trent Cox finished first in 4:14:05; Cory Conto was not too far back, finishing second in 4:19:55. Nora Bird was 7th overall and led the women with a time of 4:40:25; Madeline Harms was second (11th overall) in 4:57:45.

Events like this don't happen without volunteers, and we had a great group this year. Temps in the 20's were just fine for the runners, but even bundled up, that can be cold for the volunteers. They handled it well though, and took phenomenal care of the runners all day long. Next time you are not able to run in an event, please consider volunteering to help out.



2016 John Dick Memorial Crusty 50k 2/6/2016

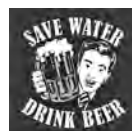
Plc	Name	Time	St	Sex	Age
1	Trent Cox	4:14:05	WI	M	33
2	Cory Conto	4:19:55	WI	M	35
3	Bruce Udell	4:23:53	WI	M	49
4	Matt Bartz	4:32:48	WI	M	41
5	Robert Wehner	4:36:40	WI	M	53
6	Steve Hartman-Keiser	4:39:30	WI	M	51
7	Nora Bird	4:40:25	WI	F	32
8	Andrew Miller	4:42:42	WI	M	37
9	Lee Dalgety	4:45:30	WI	M	44
10	Matthew Condon	4:53:10	IL	M	49
11	Madeline Harms	4:57:45	WI	F	30
12	Josh Smith	4:57:50	WI	M	22
13	Paul Dionne	4:58:39	WI	M	43
14	Steve Gatto	5:00:06	IL	M	37
15	Tim Wegner	5:01:00	WI	M	50
16	Jeff Moer	5:05:35	IA	M	34
17	Shawn Sanford	5:11:30	WI	M	39
18	Andrew Featherstone	5:14:35	WI	M	44
19	Douglas Martin	5:14:35	WI	M	40
20	Kevin Clark	5:20:00	WI	M	25

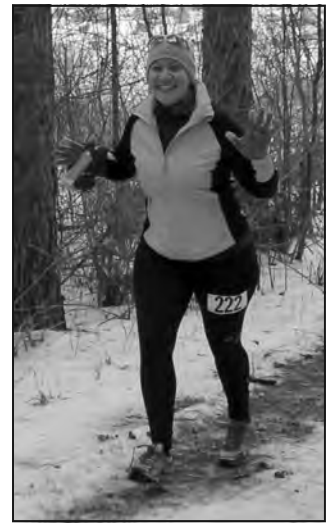
21	Jennifer Roling	5:20:20	WI	F	27
22	David Wolfe	5:28:32	WI	M	52
23	Zack Baker	5:31:00	IL	M	32
24	Gregory Renden	5:33:08	WI	M	38
25	Robert Hibbard	5:33:20	WI	M	63
26	Sam Severson	5:37:00	WI	M	41
27	Tim Martin	5:38:00	WI	M	37
28	Dan Hibbard	5:40:45	WI	M	44
29	John Psuik	5:44:00	WI	M	48
30	Don Eby	5:44:30	WI	M	38
31	Candice Knuteson	5:47:00	WI	F	40
32	Matthew Bottkol	5:48:20	WI	M	38
33	Paul Shimondle	5:48:40	WI	M	63
34	Angela Barbera	5:49:00	WI	F	55
35	Joe Larson	5:59:00	WI	M	34
36	Troy Malinowski	6:00:47	WI	M	49
37	Barry Thrune	6:01:00	WI	M	40
38	John Coons	6:06:00	WI	M	41
39	Janet Fechter	6:21:00	WI	F	46
40	Sean Daley	6:24:00	WI	M	52
41	Brenda Bland	6:32:00	WI	F	56
42	John Zalewski	6:32:00	IL	M	50
43	Kathy Muehlbauer	6:36:00	IL	F	42
44	Kathryn Dunn	6:36:00	WI	F	50

45	Ely Leichtling	6:38:00	WI	M	60
46	Timothy Kruse	6:38:00	IL	M	42
47	Jeff Lenard	6:38:00	IL	M	50
48	Tony Cesario	6:39:00	IL	M	51
49	Nicole Correnti	6:43:00	IL	F	34
50	Jessica Maveus	6:43:00	IL	F	35
51	Kim Hoppe	6:46:00	WI	F	32
52	Sreedharan Surendran	6:46:00	WI	M	52
53	Casey Hushon	6:46:00	WI	F	30
54	Rachel Bergstrom	6:47:00	WI	F	33
55	Bailey Weber	6:50:00	WI	F	21
56	Linda Britz	6:50:00	WI	F	45
57	Wayne Nelson	6:50:00	MN	M	49
58	Traci Lambert-Cwerenz	7:03:00	IL	F	55
59	Deb Vomhof	7:05:00	WI	F	54
60	Jim Blanchard	7:05:00	WI	M	66
61	Pat Gorman	7:10:00	IL	M	57
62	Kathy Siculan	7:10:00	IL	F	58
63	Brad Gorski	7:36:00	IL	M	35
64	Kelli Gorski	7:36:00	IL	F	35
65	Cobbie Behrend	7:50:00	WI	M	44
66	Dean Gruber	Time ?	WI	M	41

(139 starters)

The Most Times are in 'The Strider'





THE RRCA ANNOUNCES 2015 NATIONAL RUNNING AWARD RECIPIENTS

Arlington, VA - Since 1971, the Road Runners Club of America (RRCA) has celebrated the contributions of dedicated leaders and volunteers for our sport of running through the National Running Awards program.

We are delighted to announce the 2015 National Running Award recipients who will join the 2016 RRCA Distance Running Hall of Fame inductees for a night of celebration at the RRCA National Running Awards gala dinner on March 19, 2016 in Dallas, TX. Running enthusiasts are encouraged to attend the RRCA Convention, which includes a ticket to the National Running Awards gala, to honor these award-winning contributors to the running community. Details about the event can be found at www.rrca.org/convention.

Congratulations to the following National Running Award Recipients:

RRCA DISTANCE RUNNING HALL OF FAME INDUCTEES

Jon Anderson
Shalane Flanagan
Bob Larsen

OUTSTANDING CLUB PRESIDENT OF THE YEAR

Michael Muldowney
Richmond Road Runners Club – Richmond, VA

BROWNING ROSS SPIRIT OF THE RRCA

Lena Hollmann
Gulf Coast Road Runners – Naples, FL

OUTSTANDING STATE REPRESENTATIVE

Ron Alford
Hawaii State Rep

OUTSTANDING VOLUNTEER OF THE YEAR

Jeff Weiss
Badgerland Striders – Milwaukee, WI



OUTSTANDING YOUTH PROGRAM DIRECTOR

Terry Dalton
Team Kids Cafe – Lubbock, TX

OUTSTANDING BEGINNING RUNNING PROGRAM

Buddy Green
Wabash Valley Road Runners – Terre Haute, IN

RUNNERS OF THE YEAR

Tyler Pennel, Open Male
Molly Huddle, Open Female
Doug Fernandez, Male Master
Magdalena Lewy-Boulet, Female Master
Steven Toyoji, Outstanding Challenged Athlete
U.S. Paralympian – San Francisco, CA

OUTSTANDING CLUB NEWSLETTER

Splitimes
Michelle Truett, Editor
Utica Roadrunners – Utica, NY

EXCELLENCE IN RUNNING JOURNALISM

Bob Dalton
Peachtree City Running Club – Fayetteville, GA

OUTSTANDING WEBSITE

Birmingham track club
birminghamtrackclub.com

RRCA ROAD RACE OF THE YEAR

Parkersburg News and Sentinel Half Marathon
Chip Allman, Race Director
River City Runners & Walkers Club – Parkersburg, WV

Thank you to the following individuals from around the country for serving on the various award selection panels: *Simone Adair, Ron Alford, Kathryn Alvarez, Gleghorn, Jean Arthur, Brent Ayer, Betsy Boudreaux, Sue Brown-Nickerson, David Cotter, Mark Grandonico, Jeff Hills, Sherilyn Johnson, Bee McLeod, David Meroney, Dwight Mikulis, Blaine Moore, Alex Morrow, Nicoletta Nerangis, Erica Phillips, Doug Pitchford, Rogelio Quintanar, George Rehmet,*

Kelly Richards, Lisa Rippe, Rose Scovel, Rachel Tambling, Goody Tyler, Michelle Wimberly, Mitch Garner, Creigh Kelley, Don Kardong, Doug Kurtis, Frank Shorter, Jacqueline Hansen, Jim Oaks, Joan Samuelson, Kim Jones, Lisa Rainsberger, and Steve Sence. Thank you to RRCA's program coordinator Andy Smith for managing the National Running Awards program.

About the RRCA: The Road Runners Club of America (RRCA) is the oldest and largest national association of running organizations and runners dedicated to growing the sport since 1958. The RRCA champions the development of community-based running clubs and events that serve runners of all ages and abilities in pursuit of health and competition. The RRCA's vision is to see an organized running club established in every community in the U.S. To learn more, visit: www.RRCA.org.

More Holiday Party Pics



COMING EVENTS

(Continued from page 6)

Apr 15 Sole Sister's- Downtown ArtWALK! Milwaukee
Fri
Approx 2 miles 6:30pm - Start @ Busgys Speakeasy 218 N. Water St (across from Ale House)enter alley **Note** We will stroll through the Third Ward, for the annual Art Walk **Divs** Women Only **Awds** No **Whchr** yes **Fees** NO **Records** NO **Other** start/fin at Speakeasy **Contact** Valerie Nolin Sole Sisters Club Speakeasy Bar 218 N. Water St Milwaukee WI 53202 Day 4144033524 Eve 4144033524 **solesistersclub@yahoo.com** **Web:** www.solesistersclub.org

Apr 16 Iola Trail Run Iola
Sat
15K 10am, 5K 10am Iola Winter Sports Park **Awds** Oak Grove Dairy Artisan Cheese **Results** website **LastYr** 202 **Contact** Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 **info@greatlakesendurance.com** **Web:** <http://www.greatlakesendurance.com>

Apr 16 Hot Chocolate 15K/5K Minneapolis
Sat
15K and 5K Downtown Minneapolis **Fees** website **LastYr** 5500 **Contact** Patrick McInerney RAM Racing 951 Corporate Grove Dr Buffalo Grove IL 60089 Day 847-243-8500 **pmcinerney@ramracing.org** **Web:** <http://www.hotchocolate15k.com/minneapolis/>

Apr 16 Wisconsin Trail Assail - Run From The Taxman Delafield
Sat
5K, 10K, 1/2 marathon 8am Lapham Peak **Contact** Silver Circle Sports Events, LLC oconomowoc WI 53066 **racedirector@silvercirclesportsevents.com** **Web:** <http://www.silvercirclesportsevents.com/wla>

Apr 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: T.B.A. **Fees** Admission \$1 for members and non-members. **Perks** Refreshments & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders Eve 414-476-3745 **davegavinski@juno.com** **Web:** www.badgerlandstriders.org

Apr 23 Run with the Cops Kenosha
Sat
approx 3 miles (fun run/walk) and kids dash UW Parkside Campus **Divs** none **Awds** none **Fees** \$25 per participant - includes t-shirt **Perks** family friendly event with kids dash and many police and fire vehicles to check out! **Contact** Brittany Neukirchen Special Olympics Wisconsin 6100 Washington Ave. Ste E1 Racine WI 53406 Day 262-598-9507 **neukirchen@specialolympicswisconsin.org** **Web:** www.specialolympicswisconsin.org

Apr 23 Run4WaterMke (in honor of UN World Water Day) Milw
Sat
5K Run/Walk Veterans Park **Contact** Murali Vedula University of Wisc-Milwaukee 161 W. Wisconsin Ave, Ste 6000 Milwaukee WI 53203 Day 414-227-3121 Eve 262-880-2269 **mvedula@uwm.edu** **Web:** www.run4watermke.com

Apr 23 Cream City 5K West Allis
Sat
5K run/walk and 0.4K kids fun run 9am Greenfield Park **Awds** Top 3 & M&F OA, masters **Fees** \$30 until 4/4 \$35 4/4-19 \$40 at packet pickup and race day **Contact** Jesse Pagels Cream City 5K 4050 N Larkin St Shorewood WI 53211 Day 312-404-6201 **info@creamcity5k.org** **Web:** www.creamcity5k.org

Apr 23 Trail Marathon/Road Ends Weekend Day 1 Pinckney, MI
Sat
13:1M is on Sat @ 8am: 26.2M, 50K & 5M are on Sun - see website for details Silver Lake in Pinckney Recreation Area **Note** This is a two day event 4/23&24, 2016, 30th Anniversary year! **Divs** **Awds** **Fees** **Records** **Results** See website for details **Perks** tech shirts, finisher medals, awards, food **Contact** Dawn McConachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 **info@rfevents.com** **Web:** <http://www.trailmarathon.com/>

Apr 24 Trail Marathon/Road Ends Weekend Day 2 Pinckney, MI
Sun
50K & 26.2M @ 7:30am 5M @ 7:40am Silver Lake Beach Pinckney State Recreation Area **Note** See half marathon above **Divs** See website **Awds** OA M&F, Div Awards 5 deep in 5yr **Whchr** no **Results** www.rftiming.com **Fees** **Perks** **Records** See website **Contact** See above

Apr 24 Bear Trax 20K and Brownie Shuffle fun run Delafield
Sun
20K trail run 9:30 am and 4.3K Brownie Shuffle fun run/walk 10 am Lapham Peak State Park **Note** Lapham Peak State Park at Homestead Hollow Ed Trecker Lodge: WI state park sticker needed for parking **Divs** In the 20K: 18 and under, 19-29, 10yr to 70+ **Awds** OA M&F 20K, top 3/div; OA M&F 4.3K fun run **Whchr** No **Results** website **Fees** \$35 by Mar 24 for 20K, \$30 for 4.3K; \$40/35 after **Perks** technical tee **Other** Last year's race filled! Register early. Benefits Nancy Sellers Memorial Foundation, U.A. **Contact** Cathy Diamond cathydiamond@hotmail.com **Web:** www.beartraxrace.com

Apr 24 Oshkosh Marathon, Half Marathon, Relay & 5K Oshkosh
Sun
Marathon, Half Marathon, Relay, 5K, Kids' Run Downtown **Note** Certified marathon course and 2017 Boston Marathon Qualifier **Contact** Ben West DuTriRun po box 7723 Appleton WI 54912 Day 920-574-2972 **ben@dutrirun.com** **Web:** www.dutrirun.com

Apr 24 Adrenaline Races - Marathon, 1/2, 1/4, 5K West Bend
Sun
7:30 am, 8 a.m., 8:10 a.m. and 8:20 a.m. Eisenbahn Trail - Start/Finish line behind River Shores, 705 Village Green Way **Note** New this year - 5K Run/Walk **Divs** Age **Awds** Trophies, medals and t-shirts **Fees** website **Perks** finisher medals for 5K Run/Walk **LastYr** 500+ **Contact** Julie Wolf Elevate Inc N169 W21005 Meadow Lane Jackson WI 53037 Day 262-677-2569 Fax 262-677-2124 **jwolf@elevateyou.org** **Web:** www.adrenalineraces.org

Apr 24 Run for the Hills 5K Run/2 mile Walk Brookfield
Sun
5K run, 2mile walk, kids races Mitchell Park **Fees** \$18 **Perks** t-shirt, chip timing, kids races with awards for all participants **LastYr** 375 **Contact** Anne Coffman Wisconsin Hills Middle School Day 414-550-7677 **ACoffman17@att.net** **Web:** www.wbhmsrunforthehills.org

Apr 25 Sole Sisters- Dash & Trash - OUTReach! Milwaukee
Mon
6pm Trash OUT, 7pm Run/Walk approx 2-3 mile run OR walk Estabrook Park 4600 Estabrook Park. Coincides with our monthly Outreach- we are cleaning up litter for Earth Day! **Divs** Feel free to bring the kids along or a friend! **Awds** no **Whchr** no **Results** no **Fees** no **Records** no **LastYr** no **Other** Free- Meet at the Beer Garden at 6pm **Contact** Valerie Nolin Sole Sisters Club Estabrook Park 4600 Eastbrook Park Milwaukee WI 53221 Day 414-403-3524 Eve 414-403-3524 **solesistersclub@yahoo.com** **Web:** www.solesistersclub.org

Apr 27 Winter Fun Run Wauwatosa
Wed
3 mile run at Big Head Brewery and get together after. Run starts at 6:30 pm Big Head Brewery, 6204 W State St **Fees** Free!, Snacks and Beer after the run **Perks** Refreshments & snacks **Contact** Jeff Weiss Badgerland Striders runnerjeff@outlook.com **Web:** www.badgerlandstriders.org

Apr 30 The Deer Run Brown Deer
Sat
10K, 5k 9am, reg 7:30 Village Pk 4800 W Green Brook Dr **Note** 12th yr **Divs** 14-, 5yr, 80+ **Awds** 1/mf, 3/div, 1/mf **Results** BLS **Fees** \$22, \$30 race/day: \$18 ea/fam 4+ (No group discount race/day) **Perks** TS **Records** 5k: Brad Thierher-15:56-2007; Lynn Fitzsimmons-18:06-2006; 10k: Jerry Husz-32:12-2010; Jenny Crain-35:11-2006; **LastYr** 438 **Contact** Hank Nisiewicz BLS 2043 W Glen Oaks Ln 120N Mequon WI 53092 Eve 262-242-3868 **hjn0316@wi.rr.com** **Web:** www.badgerlandstriders.org/home/Races/TheDeerRun.htm

May 1 Old World Wisconsin's "Bustle Hustle" 5K R/W Eagle
Sun
5K run/walk: 8:15 AM reg.; 9:45 AM run/walk: 10:45 AM child's 1K run Old World Wisconsin **Note** 7th annual, through museum grounds. Online reg avail. Benefit heritage breed farm animals. **Divs** under 12, 13-18, 10yr to 70+ **Awds** Trophies to OA M&F 5K winners; prize to all 1K youth runners **Results** website **Fees** Adults: pre-race \$20; day of \$25; Children (12 & under) pre-race \$15; day of \$20 **Perks** T-shirt if pre-reg, museum admittance voucher, healthy snack, chip timing **LastYr** 300 **Other** Old World Wisc open to visitors after the race! **Contact** Gwen Griffin Old World Foundation 123 East Main Street Eagle WI 53119 Day 262-594-2922 Fax 262-594-2018 **friends@friendsoww.org** **Web:** www.friendsoww.org

May 1 Neenah Duathlon Neenah
Sun
2-mile run, 18-mile bike, 2-mile run 7:30am Riverside Park **Divs** Can do the race as an individual or part of a relay team. **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 **ben@dutrirun.com** **Web:** www.dutrirun.com

May 4 Badgerland Striders - Dave's Fun Run Greendale
Wed
3 or 6mi, 6:30pm Whitnall Park Picnic Area 8 **Note** map of park at <http://tinyurl.com/kbbkxox> **Fees** Free **Perks** Food, Bev **Other** GPS Coords: 42.933999, -88.038113 **Contact** Dave Gavinski & Dave O'Brien Badgerland Striders Day 262-549-3879 **davegavinski@juno.com** **Web:** www.badgerlandstriders.org

May 4 Take A Step 5K Stevens Point
Wed
w/ir 6pm, reg 4:30 Pflinzer Park **Note** Race benefits Family Crisis Center **Divs** 13-, 14-18, 10yr to 70+ **Awds** 1/mf, 3/div, 1/stroller&WC & Spirit **Whchr** ok **Results** posted, website **Fees** \$20, \$30 **Perks** Kiddie K fun run for 9yr and under at 5:30, T-shirt, snacks, bev, goodie bag, **LastYr** 305 **Contact** Diane Hope CAP Services Family Crisis Ctr 1608 W River Dr Stevens Point WI 54481 Day 715-343-7194 Eve 715-343-7194 Fax 715-343-7175 **dhope@capmail.org** **Web:** www.capservices.org/

May 7 Wisconsin Marathon Kenosha
Sat
Marathon, 1/2 Marathon, 5k Downtown Kenosha **Awds** Top 3 M&F full and half, **Whchr** No **Results** mychicagoathletem.com **Fees** website **Perks** Tech shirt, big cheese finisher medal, post race brat and beer party. **Records** Marathon: 2:29:34, 2009, James Akita (M), 2:57:57, 2012, Karrie Hamstra-Wright (F); Half Marathon: 1:12:31, 2014, Logan Beausoleil (M), 1:19:01, 2015, Jessica Monson (F) **LastYr** 3,500 **Contact** Jonathan Cain Sun & Wine Racing 7842 Lincoln Ave, Suite 100 Skokie IL 60077 Day 847-675-0200 x210 Fax 847-675-2903 **jacain@mychicagoathletem.com** **Web:** www.wisconsinmarathon.com

May 7 Community Kolor Run Merrill
Sat
5K and 2 Mile Fun Walk/Run Riverside Athletic Club **Fees** \$40 Individual, \$60 Family, \$50/70 on Race Day +\$5 for Dry Fit TShirt **Perks** Kolor Run Fun **LastYr** 195 **Contact** Becci Shuman Riverside Athletic Club 500 S. Center Ave. Merrill WI 54452 Day 715-536-2481 Eve 715-536-2481 Fax 715-536-2482 **memberservices@riversideathletic.com** **Web:** <http://www.riversideathletic.com>

May 7 Life-A-Thon West Allis
Sat
5k: 10am non-competitive; reg 9-10a McCarty Park **Contact** Peter Georgson WELS Lutherans for Life 8501 W. Lincoln Ave. West Allis WI 53227 Day 414-727-8176 Eve 414-331-6066 Fax none **Contact@ALife2.com** **Web:** www.ALife2.com

May 7 Pigeon River Classic Clintonville
Sat
1/2 Mar 9am, 10K run 9:05am, 5K run/walk 9:10am, Kids 1mi 10am Open Park **Awds** Ceramic medallions **Results** www.webscorer.com/race?raceid=41742 **LastYr** 154 **Contact** Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 **info@greatlakesendurance.com** **Web:** www.greatlakesendurance.com

May 7 Chase'n Chocolate 5K Fun Run/Walk Wausau
Sat
Reg 7:30am, race 9am Marathon Park, 1201 Stewart Ave **Contact** Jake Kneen The Women's Community, Inc. 3200 Hilltop Ave. Wausau WI 54401 -4026 Day 715-842-5663 **jake@womenscommunity.org** **Web:** <http://www.womenscommunity.org/run-walk.html>

May 7 Sole Burner 5K Run/Walk, Amer Cancer Society Appleton
Sat
8:15 (Kids 1K), 8:30 (Kids 1 mile) 9am Runners, 9:05 Walkers City Park Kneen The Women's Community, Inc. 3200 Hilltop Ave. Wausau WI 54401 -4026 Day 715-842-5663 **jake@womenscommunity.org** **Web:** <http://www.womenscommunity.org/run-walk.html>

May 7 MVRA Heritage Trail 5K & 10K Run Dubuque, IA
Sat
5K and 10K 8am Heritage Trail **Results** Chip Timed Event, Place by Gun-Time **LastYr** 360 **Contact** Matt Jasper MVRA Dubuque IA 52003 Day 563-542-3711 **mvasdqbq@yahoo.com** **Web:** www.MVRADubuque.com

May 7 Wisconsin Trail Assail - Mother's Day Run Nashotah
Sat
5K, 10K, 1/2 marathon Nashotah Park - W330 N5113 County Road C **Awds** M&F 5 yr **Contact** sean osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 **racedirector@silvercirclesportsevents.com** **Web:** <http://www.silvercirclesportsevents.com/wla>

May 7 Life-a-Thon (North): Run for their LIVES! Mequon
Sat
5k walk/run Wisconsin Lutheran Seminary **Perks** Life-A-Thon souvenir t-shirt & snack **Contact** Rachel Greiner WELS Lutherans for Life, Metro-Milwaukee 8501 W. Lincoln Ave West Allis WI 53227 Day 414-727-8176 **rachel@pregnancy-counseling.com** **Web:** www.life-a-thon.org

May 7 RC2 Half Marathon and Fun Run Ripon
Sat
5k, 10k and 13.1 Ripon Village Green **LastYr** 300 **Contact** Chris Schattschneider rmcwellnesscenter@agnesian.com 845 Parkside St Ripon WI 54971 Day 920-4753633 **rmcwellnesscenter@agnesian.com** **Web:** www.ripon.edu/rc2

May 7 LOVE >hate Project 5K Run/Walk Hartford
Sat
8am Hartford Union High School 805 Cedar Street. Hartford, WI 53027

May 13 Badgerland Striders - Ham & Rolls Fun Run West Allis
Wed
3 or 6mi, 6:30pm Greenfield Park Picnic Area 3 **Note** map of park at <http://tinyurl.com/kspq6u8> **Fees** Free **Perks** Food, Beverage **Other** GPS Coords: 43.003648, -88.063683 **Contact** Jody Gelbi Badgerland Striders Day 414-530-5724 **jgelbi@wi.rr.com** **Web:** www.badgerlandstriders.org

May 18 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: Aurora Sports medicine personnel and Doc Mike Gordon will talk about stretching and the marathon build-up runs. **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

May 24 Badgerland Striders Open Track Meet St. Francis
Tue
All track events 100m-3200m, racewalk, relays. No field events or hurdles. 6:30pm St. Francis High School, 4225 S. Lake Dr, 42.96763°,-87.85534° **Note** 400m track. **Fees** no **Perks** soda, munchies **LastYr** 40 **Other** north-west corner of E. Lunham Avenue & S. Lake Drive. **Contact** Ron & Alice Winkler Day 414 744-9404 Eve 414 744-9404 **rawinkler@sbcglobal.net** **Web:** www.badgerlandstriders.org



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- Run 26.2, 13.1 or 3.1 miles
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- Technical shirts for early registrants only. After 3/13/16 registrants will receive a Trailbreaker thermal mug instead of a shirt. No exceptions.
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is in memory of
our friend Dick Pas**



runthetrailbreaker.com

THE STRIDER NEWSLETTER

Jeff Weiss,
Editor "The STRIDER"

OK, I am going to keep repeating this until somebody hears me. I plan to step down from my post as Editor of the STRIDER in November 2016.

That leaves just 4 more issues of this publication.

That is unless someone steps up to take the reins and continues this publication in its current form or one that is slightly modified to meet our needs. There is still time for someone to take over the print edition and be trained by January of 2017.

I took over the layout and most of the editing duties with only one month training back in 2002 or 3.

Alternately I hope to find someone interested in taking this publication and evolving it to an electronic version.



We are open to your new ideas. Please feel free to share them with me over the

the Strider

8 months, but don't dally, I need your ideas now. November 2016 will be upon us before we know it.

In brief, my vision is a webpage that will deliver the new of the Badgerland Striders. The page or pages will deliver the latest in running news for Milwaukee, Wisconsin and beyond. I don't know the details but I understand that we could set it up so that members could deliver their own content and have it automatically upload directly to the page. Race recap articles can link directly to or from the results page.

I will keep up these reminders over the next 4 print issues. Please share your ideas, feelings, laments or services with me at my new email address.

runnerjeff@outlook.com



Prez Pete "I'm taking my awards and going home", after winning the Strider Lifetime Member Award at the Holiday Party for 2015.



Badgerland Striders Preliminary 2015 Income Statment

12/31/2015

Revenue

Race Fees 503,395

Membership 32,636

Other Income 129,889

Total Income

665,920

Expenses

Race Expenses 408,656

Other Expenses 207,828

616,484

Profit

49,436

*** 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.

Contact : Jeff Weiss

runnerjeff@outlook.com

And I'll pass it along to the proper person

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@sbcglobal.net
Secretary	Sherley MacLean	414-475-7440	smaclean@att.net
Treasurer	Mike Sobie	-	blstreas@gmail.com
VP of Programs	Dave Gavinski	414-476-3745	davegavinski@juno.com
VP Road Racing	Scott Stauske	414-418-8395	stauske@sbcglobal.net
	Dave Finch	262-886-9192	david.finch@rexnord.com
	Jeff Weiss	-	runnerjeff@outlook.com
Newsletter Editor	Jeff Weiss	-	runnerjeff@outlook.com
Past President	Jerry Anderson	414 258-4986	ajanderson@milwpc.com

2016 Administrative Directors

Equipment	Sean Daley	-	sdaley33@wi.rr.com
Fun Runs	Karen DeGenaro	414-975-2012	kdegenaro@yahoo.com
Finance Chair	Barbara Jewell	262 763-3062	barbarajew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavinski@juno.com
Track & Field	Ron & Alice Winkler	414-744-9404	rawinkler@sbcglobal.net
Marathon Buildup	Jeff Weiss	-	runnerjeff@outlook.com
Most Improved	Jody Geibl	-	jgeibl@wi.rr.com
Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis 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

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

"The Strider"

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

2016 RACE & PROGRAM DIRECTORS

Samson Stomp Dave & Janice Finch	david.finch@rexnord.com	Jan 17, 2016 262-886-9192
John Dick Memorial 50K Robert Wehner	rwehner@hotmail.com	Feb 6, 2016 262-370-7270
Steve Cullen Run Nicole Jellison	nmjellison@yahoo.com	Feb 13, 2016 414-541-3086
Strider Southshore 1/2 Marathon Len Wachniak	SoShoreRD@aol.com	Apr 2, 2016 414-545-5899
Deer Run 10K/5K Hank Nisiewicz	hjn0316@wi.rr.com	Apr 30, 2016 262-242-3868
Ice Age 50-Mile/50K Jeff Mallach	iceage50rd@sbcglobal.net	May 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 414-734-4580
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 Butthod	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@sbcglobal.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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(JVN213D) (3/1/15)

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

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