



THE STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

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MAY 2016

SUPERUN 2016 APPROACHING FAST



by Dave Gavinski
Superun Race Director

If you have not registered for the 34th Superun on Wednesday, June 8th yet, now is the time. The course will be the same as last year. Come out and see how much you can improve your time from last year. It also is the State Championship 5K.

Location: Lake Park Pavilion, 3133 E Newberry Blvd, Milwaukee, WI

Registration: Time: 5-6:30 pm; Race at 7 p.m.

Fees:

- \$15 for senior runners (age 60 by race day)
- \$15 for runners
- (19 and under)
- \$20 for members of the Badgerland Striders
- \$20 for members of the Tri Wisconsin Triathlon Team
- \$25 for all others
- \$35 on race day for EVERYONE (shirt not guaranteed)

Mail-in Entry Form- Must be mailed by Sat, May 28, 2016

On-line Registration through June 1st

See our website, www.badgerlandstriders.org for more information.

I can say, after being involved in this race for 19 years that it is one of the best 5K races around. This is the race Milwaukee Magazine is talking about in the May issue.

Thanks to the Badgerland Striders, the Pompeii Men's club, and The Milwaukee County Parks for making this race such a success for the last 33 years. I will not say any more, so be there or be square.



OVER THE RIVER AND THROUGH THE WOODS... IT'S HARTFEST HALF TIME

by Pete Abraham

The Hartfest Half is back for a third year. A 13.1-mile course in the city of Wauwatosa that crosses no roads! The route winds its way along paved bike paths and gravel trails passing some of Tosa's hidden historical sites. You will run past two cemeteries that have been abandoned for decades, the Milwaukee County Mental Health cemetery and Milwaukee County Pauper's burial ground dating back to 1852. You also pass through the Hoyt park beer garden, Tosa community gardens, past a honeybee farm and along a path that many maps still show as the location of the Wauwatosa Pig Farm!



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THE PREZ SEZ

TRUCKIN' LIKE THE DOO-DAH MAN



By Pete Abraham
The Prez

"Sometimes the light's all shinin' on me; Other times I can barely see. Lately it occurs to me, What a long strange trip it's been."

Yes folks the Strider's are going trucking! Last month we purchased an 18-foot box truck for hauling and storing race equipment and supplies.

For those of you who have never volunteered to load for a race you probably don't have a good idea of the amount of work involved in getting all our stuff to one of our 19 races. It usually starts with someone picking up a rental truck late in the afternoon the day prior to a race and driving to the warehouse to join 3, 4 or more other volunteers to load equipment for an hour or two, or maybe longer depending on the race. Obviously the truck needs to be un-



loaded and returned after each event. For last year's Ice Age 50 it took 6 - 7 Striders over 3 hours to load and then unload again the morning after the race.

The idea behind the 'Stridermobile' is to have a permanent inventory of equipment loaded on the truck at all times. This should seriously cut down on our need for volunteers and reduce wear and tear on the equipment while virtually eliminating most truck rental fees.

The truck will be decorated with Strider logos and perhaps a little advertising for our races. It's amazing how many runners still don't know much about our club. It's surprising that many races have more non-members than Striders signing up. Hartfest even had a family of 3 sign up as non-members paying \$30 more than what 3 members would pay even though it's only \$18 for a family membership.

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Badgerland Striders Meetings



@ Pettit National Ice Center, 500 South 84th St
(just off I-94 at 84th), Open Run on the Indoor Pettit Track at 5:30pm, Reception at 6:30pm, Speaker at 7pm, Business meeting 8pm, Party until 9pm or even later (maybe).

Admission \$1 for members and non-members. Fee covers all refreshments and snacks.

Contact our meeting speaker coordinator

Dave Gavinski with speaker ideas for our future meetings.

If we use your idea for a future meeting speaker you could win a Strider Hat

Home: 414-476-3745, Email: davegavinski@juno.com



BADGERLAND STRIDERS MEETING SPEAKERS

May 18th, 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 as well as Marathon Nutrition.

June 15th, 2015

John White

Badgerland Strider, Former
Race Director and
Wisconsin Senior Olympics
President

Topic: "What's new for phase two of your life?"

The mission statement of the Wisconsin Senior Olympics, Inc. is to provide Wisconsin's older adults the opportunity to maintain and improve their overall fitness and wellness through recreational, social and competitive events."

For over 30 years, the Wisconsin Senior Olympics encourages older adults to stay active and gives them a reason to renew past skills and learn new ones.

Seniors compete in a great variety of Games include: Archery, Badminton, Badminton, Basketball, Bowling, Cycling, Golf, 5K & 10K Run, Horseshoes, Lawn Bowling, Pickleball, Powerlifting, Racewalk, Racquetball, Shuffleboard, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon and Volleyball.

In addition, WSO is tied to the National Senior Games Association (NSGA), giving qualifying WSO athletes an opportunity to compete against top men and women, 50 years and older from other states in the USA, in a nationwide arena.

July and August
NO MEETINGS

Times Past: Yesterday and Today

Lifetime Member Marty Malin



By Ron Winkler

Meet Marty Malin, this issue's Badgerland Striders Lifetime Member, one of the hardest-working Striders that the club has ever had. Throughout his 37 years as a Strider, he has been and continues to be involved in so many activities that his thumbnail sketch requires an entire hand!

This jack-of-all-trades joined the Striders in 1979 and was awarded lifetime membership in 2003. He has been lead-biker for most Striders' races, a member of every committee (Bylaws, Finance, Long-Range Planning, Membership, Road Race, and Executive Board), served as a race director and volunteered at almost every Striders' race.

As if that weren't enough, he has created several club races and formed a Beginning Running Program and a Trail Running Program to which he added an Intermediate Running Program and two different Advanced Running Programs. He designed the Park Marker Project (granite markers every half-mile along the Oak Leaf Bike Trail). He coordinates the Striders' biking teams for a one-day winter indoor competition, and the summertime National Bike Challenge.



Marty FX12-24 RD 1993-2008 presents award here to Terry Hawkins a long time participant.

Early Bloomer

Malin's running career began at age three when he sprinted from his family's house to his grandparent's house next door while running errands (approximately 140 feet from door to door). In 1960, at age four years, one week and one day (Malin is very exact), he ran around his family's house several times to celebrate the news of his brand-new baby sister, Marny. The excitement is still there; today at age 59, he drives about 850 miles each way, once or twice a year to visit her in Virginia and to work on projects at her house.

That early sprinting served him well as a sprinter on Greenfield High School's track team. His initial events were the mile relay and 880 yard run (today's 800 meters), but in his junior year, all of the freshmen were beating him. When he requested a tryout for the sprints, he learned that there was a hurdle to overcome. The coach needed hurdlers, so sprinters were required to try one high hurdle in the school's hallway. Malin asked to be excused, but was refused. When he used what he thought was perfect hurdling form, just like he had seen in the Olympics, he knocked over the hurdle and found himself on the hard terrazzo floor, intricately intertwined with the hurdle. At that point, the coach told him, "Okay Malin, you don't have to try hurdles anymore."



Marty with Beginning Running Program graduates in May 2005

With the hurdles removed, his sprint tryout was successful. In fact, as a junior, he earned the team's second highest point total at the conference meet. Then, during the summer, he used his fast-twitch muscles and perfect form, just like he had seen in the Olympics, to win the shot put, despite his 5-foot, 9-inch, 145 lb. frame.

His sprinting came to an end during his first year of college track at the University of Wisconsin-Milwaukee. He tore his groin muscle running the 60-yard dash during an indoor meet, after which walking was difficult for at least a month.

Healthy Lifestyle

Malin began distance running in 1978 to become healthier. His motivation was returning from his honeymoon thirteen pounds lighter due to Montezuma's Revenge. He read Dr. Kenneth Cooper's book about aerobics and liked Cooper's system of assigning points to different sports, distances and paces. A month later, he read about the first Al's Run, but didn't sign up because his longest run was only 1 1/2 miles.

Malin's father died of a heart attack at age 45, and all of his father's six brothers died in their 40s and 50s. Their dad (Malin's grandfather) died at age 46. This is similar to the heart disease that plagues males in the Cullen family (Cullen Healthy Heart Run). To address this, Malin has been exercising for 38 years, is a vegetarian, and feels great. Four years ago, he became mostly vegan.

Road Racing

Malin's first race was the inaugural Armenian Martyr's Day Five-Mile Run in April 1979. Armenians observe April 24th as a day of remembrance, the beginning of mass slaughter of Armenians by the Turks, what many historians label the first genocide in modern times. Marty was moved by this and he also fell in love with road racing. He ran all eleven editions of the race and then went back to Greenfield Park two more years to run the course on the same day and at the same time as the actual race.



Marty recipient of Best Beginning Running Program Award at RRCA 2005 Convention

Malin raced at least twelve races a year, mostly two or five milers. In 1982 he got faster after he stopped driving and started biking everywhere. His pace for five miles dropped from nine minutes per mile down to 6:06.

To date, he has run about 270 road races, eighteen triathlons, one marathon, and nine ultra marathons. Those races include international competition such as The International Bridge Trot, two years in a row on July 1st (Canada's Independence Day) from Sault Ste. Marie, Michigan, to Sault Ste. Marie, Ontario. The 2nd year he finished in fourth place. In 1992, during his second honeymoon, he ran the Terry Fox Memorial 10K Run in Quebec. A few years later, he was again back in Canada for a 50-mile trail run in Canada's Haliburton Forest. At the turnaround, he surprised the aid station volunteer, lying in the sun, getting an overall suntan.

Runners who inspired him include: Bill Rodgers, Frank Shorter, Dave Wottle, Roger Bannister, Dr. George Sheehan, Miki Gorman, Kim Merritt, Gayle Barron, Alberto Salazar, Joan Benoit, Grete Waitz, Ted Corbitt, Lucien Rosa, Roy Poirung, Bonnie Bush, and Terry Hawkins.

Here are Malin's personal records (PRs):

100 Yds	11.1
220 Yds	23.8
2 mile	11:13 at two different races
5K	18:38, just under 6 min/mile
5 mile	30:32
10 mile	64:08
Marathon	Grandma's, 3:27:11
24 Hour	75.09 miles

Biking

Over the years, Malin has had numerous injuries, such as runner's knee and IT band syndrome. He learned to strengthen weak areas with cross-training and has been fairly injury free for the past twenty years. He ran twelve to fifteen miles a week because if he ran more, he would get injured.

He seldom runs today, except in the human race, because of a non-running related injury.

Biking is his passion for biking; he averages over 4,000 miles a year. His goal for this year is 6,000 miles. Most of his biking is for transportation and over the last three years he has biked more miles than he has driven his car. He also swims and lifts weights.



Marty frequent lead biker here at LDR 2014

Back when Malin was still running, he went camping on his bicycle through Wisconsin and Minnesota. One day after completing 112 hilly miles through eastern Minnesota to Wisconsin's Yellowstone State Park, he found a notice for a 10K road race the next morning in Dodgeville. He got up early, packed, and biked 28 miles to the start. Incredibly, he ran to a third place finish and set a PR. Afterwards, it took him hours to find the energy to bike the two miles to Governor Dodge State Park.

(Continued on page 17)

HOW TO BEGIN - OR RESTART - YOUR RUNNING PROGRAM

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

Interested in running a 5K, 10K, half marathon, or marathon? Congratulations! You are joining one of the largest “clubs” in the world.

Preparation

Before you start any type of running program, make a point to visit your doctor to rule out any cardiovascular or orthopedic limitations. Got the green light to go? Great!

When increasing your body’s workload with an activity such as running, it’s important to have a good cardiovascular base. Typically, you should be able to sustain 20 to 30 minutes of moderate intensity walking, biking, elliptical training, or swimming prior to the start of a running program.

Next, it’s time to determine your running goals. To accomplish this, you need to ask yourself a series of questions. Your answers will help guide you toward an appropriate training program.

- Will this be your first race, or are you a seasoned veteran?
- What distance do you want to cover: 5K, 10K, half marathon, or marathon?
- Do you “just want to finish”, or do you have a specific time goal?
- Are you injury prone? Do you have any other health issues?

Your body is like a machine. And, just like machines, it needs proper care and maintenance to perform. What’s fueling your body — *are you providing proper nutrition that can sustain an increased level of activity?* A good way to track this is through the use of websites or smartphone applications such as: “MyFitnessPal” (www.myfitnesspal.com) or the government’s “ChooseMyPlate” option (www.choosemyplate.gov/supertracker-tools.html). Keep in mind, based on your distance goals, you may need to fuel before, after, and possibly during, a run.



Water (hydration) is crucial. It’s recommended that over the course of a day, an individual should drink 64 ounces (i.e., eight cups) of water. When hydrating for exercise, it’s important to incorporate the following into your daily routine:

- 16 to 24 ounces of fluids: Two to three hours prior to exercise
- 4 to 8 ounces of fluids: As possible, five to ten minutes prior to exercise
- 6 to 12 ounces of fluid: Every 15 to 20 minutes during exercise; beverages such as Gatorade, PowerAde, or Propel are recommended for events lasting over an hour.
- Consume enough fluids after exercise to make your urine pale. Generally, you should consume 12 to 24 ounces within 30 minutes of completing your training.

Clothing and footwear

Time to visit your closet! Do you have the proper clothing and footwear for running? When deciding what to wear, it’s just as important to pay attention to the weather, as to the time of day when training.

Aurora Sports Medicine Institute®

Presents

chalk talk

www.Aurora.org/SportsMedicine

- Choose moisture wicking clothing and socks.
- Dress in layers based on the temperature. You can always take layers off, but you can’t add clothing that you don’t have!
- For night running, choose light-colored clothing with reflective strips. Consider investing in some small lights or a reflective vest to keep you safe.

For a runner or walker, wearing the correct shoes can actually help to prevent many overuse or impact-related injuries. Check your shoes for wear – and then, if needed, replace them!



Determining your “foot type”:

Individuals with low arches/flat feet or arches that drop too much when walking are called **pronators**; those with arches that are high and do not drop enough are **supinators**. Pronators should look for shoes with good heel control—specifically, a rigid heel counter; supinators need a shoe with good shock absorption.

The “anatomy” of a shoe:

- Mid-sole: Designed to provide shock absorption during activity, the midsole layer is located between the inner last and bottom treads of a shoe.
- Last (Shape): Best seen by viewing the shoe from its bottom, the last refers to the shape of the shoe. The three types of last are semi-curved, curved, and straight.
- Inner last (Construction): Directly under the insole on the inside of the shoe is the inner last. The inner last is available in three options: board, combination or slip lasting. Board lasting is a flat, cardboard-like material under the insole. Slip last is characterized by seams of fabric under the insole. Combination lasting occurs when the heel area of the shoe is constructed from board last and the ball of the foot is slip last.
- Heel counter: The stiff material surrounding the heel portion of the shoe is the heel counter. Important in both walking and running shoes, the heel counter prevents excessive heel motion, especially in pronators. To test a heel counter’s stability, squish it with your hand – it should be firm enough to resist your pressure. The heel counter should fit snugly, wrapping around your heel like a glove.



Which shoe is right for you?

Pronators (flat feet) should shop for motion control – their primary concern is stability.

- Straight last
- Board last or combination last
- Firm mid-sole
- Solid, sturdy heel counter

Supinators (high arches) should shop for shock absorption – their primary concern is cushioning.

- Curved or semi-curved last
- Slip last
- Soft mid-sole
- Solid, sturdy heel counter

Did you know?

Shoes will break down with or without use – even while quietly sitting on your shelf! As they break down, they no longer provide proper support for your feet. To prevent injury, use the following guidelines to determine when to retire your shoes:

- Running shoes: Retire after 300 – 400 miles or every six months
- Walking shoes: Retire after 500 – 700 miles or every six months
- Sport-specific shoes: If worn five or more times per week, replace your shoes every two to three months. If worn two times per week, replace your shoes every six months.

By choosing and wearing the correct shoe, you can prevent many overuse or common stress-related injuries. In some cases, pronation or supination occurs to such a degree that foot orthotics or custom-made shoe inserts may be required to control faulty foot mechanics.

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The Lakefront Marathon

Marathon Build Up Program

by Jeff Weiss
MBU Director

The Marathon Build Up Program (and Half Marathon Buildup) starts in just under two months.

We are ready to help you to your first or 50th finish line.

The program starts June 25th and takes place mostly on Saturdays (one Sunday) until the end of September.

Yes, we run early! Most of the program takes place in July and August, you'll thank me later.

The emphasis of the program is to run at a relaxed pace and build up the miles in a friendly convivial atmosphere.

We build up the miles slowly over the course of 12 weeks and help you feel comfortable at that start line in October, or whenever your marathon is.

The program is tailored for (and funded by) the Lakefront Marathon but whatever marathon you are running you are welcome at our Build Ups.

Please don't worry that you're too slow! We have a great range of paces in the group, from 6 minute milers to 13+.

Our courses are arranged mostly along the Oak Leaf Trail and have manned aid stations at about 3 mile intervals. Please remember, we share those trails with the Bicycles and other users out there.

Those manned aid stations will have Water, Gatorade and Gus at 16 miles and beyond. If you need anything else you should bring it along.

At this point I need to thank all my volunteers that make all of this possible. Make sure you thank them too along your way. That said we can always use more volunteers, please encourage, cajole, harass your friends or significant others to come on out and give us a hand on any given Saturday.

PLEASE! See the schedule below, it varies in some small ways with the schedule printed in the Badgerland Strider Calendar. This is due to the fact that we need to get our route approved by the county to try to avoid conflicts with all the other users of the Parks and trail system.

Please! Try to monitor the Strider Facebook Page and Jeff Weiss' Twitter feed during the program.

Any changes to the routes will be posted there.

I mentioned the Half Marathon Build Up in my introductory comments. You will notice that we have not shown different distances and routes for the Half Mar. Build Up in the schedule below. We recommend that Half Marathoners run the same distance as the Marathoners up to July 23rd and then run with us but limit their distance to 12-13 miles for two weeks with a taper the last week before the Half. We will have a recommended cut off point each week in order to do that distance.



The New Revised

Marathon Build Up Schedule



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



2016 Firecracker Four

by Erin Smith, Race Director

Looking for a PR race? Try the Firecracker Four! You are almost positively guaranteed a Personal Record, because really, how many 4 mile races are out there? Not to mention, the race takes place on a flat and fast course, except for that pesky little hill in the last mile but we don't talk about that hill.

Sounds like fun? I think so! So, why not join us for the 37th running of the Firecracker Four on Saturday, July 4, 2016 at Hales Corners Park? You know you want to, come on, it's only \$18.

As always, our featured 4 mile race will start at 8:00am heading southeast on South New Berlin Road toward Godsell Avenue. For those of you who would like to participate but aren't up for a 4 miler, we will again have our Community Fun Run/Walk (~1.7 miles). This untimed event also starts at 8:00am but heads northwest on South New Berlin Road.

Both races conclude on the ball field at Hales Corners Park where participants will be welcomed by smiling volunteers and cheering spectators. You can expect a lovely spread of cookies, fruit, and icy cold beverages. The Hales Corners Park Pool will also be open for race participants and their families free of charge from 8:00am-11:00am.

For more information or to register please visit: <http://www.badgerlandstriders.org/home/Races/FirecrackerFour.htm>



Strider Chinooks Baseball Game

by Barb Drees

Having a hard time getting to know your fellow Striders as you pant along on a fun run or race? Join the Striders for a fun night at the minor league ball game. We have the Leinenkugel's Dock Fan Deck reserved exclusively for our group. Your ticket includes all you care to eat through the 6th inning at the low, low price of \$25 per person! Plus the priceless opportunity to converse and engage with your fellow Striders while you're not out of breath.

Badgerland Striders night at the ballpark is Saturday, June 25; 6:35 pm, Lakeshore Chinooks vs Wisconsin Rapids Rafters.

Leinenkugel's Dock Fan Deck

- Exclusive Deck Area for our Striders group
- Includes All You Can Eat Usinger's products and ballpark fare through the 6th Inning (Brats, Chicken Sandwiches, Hamburgers, Chips, Cole-slaw)
- Two Drink Tickets per Person, Cash Bar after tickets run out
- Limit of 75 people

The Chinooks are the minor league team owned by Robin Yount



and Bob Uecker. Players are collegiate now but could be the future MLB hall of famers! They could be, we won't know for years. Home games are at Kapco Park overlooking Lake Michigan on the campus of Concordia University Wisconsin.

Either drive yourself and meet the group at Kapco Park at Concordia, or take the Strider shuttle (school) bus from the Pettit Center's Park and Ride for transport before and after the game. Bus leaves at the Park and Ride at 5 pm for the game, meet there at 4:30 pm.

Sign Up on Zap at:

striderchinooksgame2015.zapevent.com



Happy 56th Birthday to... the Cudahy Classic?!

by Drew Cordell
2016 Cudahy Classic Race Director

Back for its 56th running, the historic, fast and picturesque 2016 Cudahy Classic will commence on Sunday, July 31st at 8am. For those new to the race, the Cudahy features a fast 5-mile loop course contained on Milwaukee's famous Oak Leaf Trail through the City of Cudahy's 102-year old Sheridan Park and Warnimont Park. The 10-mile course is two laps of the 5-mile course and includes five water stops. To top off the race events, there is a 1-mile kid's fun run as well.

Strider members enjoy a discounted entry fee of \$18 for the 5-mile event and \$25 for the 10-mile race. Fees for non-members are \$25 for the 5



-mile race and \$30 for the 10-miler. If you're a procrastinator (like me!), day-of registration fees are \$25 for the 5-mile race and \$30 for the 10-mile event. The kid's race is \$1 and every child 12 years of age and younger gets a ribbon. Online registration deadline is Wed. July 27th.

This will be my third year at the helm and I think I finally got it right this time. Back in 2014, the question was

"where are the shirts?" Last year, the masses wanted food. I'm proud to announce that the 2016 Cudahy Classic will include another great cotton-poly blend t-shirt and a pancake breakfast! That's right, what could be better than a great Sunday race and a pancake breakfast? There are some other subtle changes in the works that will enhance each racer's experience. I cannot wait to cheer you all on and high-five you as you cross the finish line!

Not able to run? No problem! We are in need of volunteers! Whether it's assisting with registration in the morning, passing out water and cheering on runners during the race or helping tear down post-race, any and all volunteer help is most appreciated. Contact me at cudahyclassicrod@gmail.com for details.

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.

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.

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.

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!



Friends of Milwaukee County Parks



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.

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:

bldoffice@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: _____



WHAT HAVE YOU DONE
FOR YOURSELF LATELY?



YOU DESERVE IT!
OCTOBER 2ND, 2016
RACE STILL OPEN

www.milwaukeeelakefrontmarathon.org

THE HARTFEST HALF

(Continued from page 1)

The race starts and ends in Hart Park and will be followed by a free breakfast, beer and live music near the finish. Last year's race drew roughly 300 runners as it went head to head with Rock N Sole. This year we are a week after the Summerfest run and expect to reach our 500-runner limit. Early registration numbers are up significantly so don't wait to register.



The event day is Saturday June 18, 2016. The race begins at 8:30am at Hart Park, between 68th and 70th Streets. Race fees online are \$30 for Strider members, \$40 for non-members. If there is space available on race day, the fee will be \$50. For more information, go to www.badgerlandstriders.org.

THE DOO-DAH MAN

(Continued from page 2)

Perhaps seeing our 18 foot moving billboard disguised as a truck will get a few of them to join the club.

Speaking of new members, the Striders have broken the 3000-member mark, solidifying our hold on the title of 5th largest running club in America and closing in on the number 4 spot. We've more than doubled our membership in 3 short years.

Most of you only really see the part of the club that most interests you. But there is a lot more going than just race day activity. If your main interest is the Lakefront Marathon you might not spend a lot of time thinking about our weekly fun runs or track workouts. If you mainly run 5k's you might not know much about the Ice Age Fifty or our John Dick trail run. But we do a lot more than race organizing. Scott Stauske is coordinating a partnership with Girls On The Run, the Milwaukee County Zoo and some other local organizations to put together what we hope will be a major children's running program. Scott is also spearheading our efforts to create a dazzling new website, took the lead in organizing this year's bus trip to the Kentucky Derby Marathon and set up our new 'Striders Give Back program'. Add in his duties as Discovery Run race director and as vice president of road racing and he has been one busy Strider. Next time you see Scott give him a high five!



I CAN 26.2 IT KIDS RUNS



The Lakefront Marathon Kids Runs will be announced shortly.

The runs will be a collaborative project between the Badgerland Striders and Girls on the Run of Greater Milwaukee.

Watch the Lakefront Marathon website for more info.

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

Here is what we know so far; There will be Two (2) Kids Run options. Kids can participate in both.

Registration will be open by the time this newsletter reaches your mailbox.





MAKING DUST

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



The Badgerland Striders present

The CULLEN HEALTHY HEART RUN

Saturday February 13, 2016

Underwood Parkway
Milwaukee, WI

Timing & Results by

ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095

www.absoluteracetiming.com

8 K Run

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

Rank	Name	Chip Elapsed	Age Groups: 25 - 29 MALE	Age Groups: 40 - 44 FEMALE	Age Groups: 60 - 64 MALE
1	CONNOR P CALLAHAN	00:27:11	1 ZAK LUTZ 00:27:24	1 CANDICE KNUTESON 00:36:15	1 DON SCHOBBERG 00:34:59
2			2 MACKENZIE LASKA 00:28:22	2 MADDY BOSCHKE 00:37:08	2 MICHAEL FORD 00:36:35
3			3 NOAH DELONG 00:31:26	3 RENEE HIBBARD 00:37:40	3 DAVID CROSS 00:37:09
Top Overall In 8K Division FEMALE					
1	MILLIE BRETLE	00:33:51	Age Groups: 25 - 29 FEMALE	Age Groups: 45 - 49 MALE	Age Groups: 60 - 64 FEMALE
1			1 KAREN KRUGER 00:37:18	1 JOE COSTA 00:29:58	1 DARLENE MATERNOWSKI 00:45:19
2			2 KELLY SCHEIDEMANTEL 00:38:44	2 TED SHUE 00:32:30	2 BETH ONINES 00:45:46
3			3 ALYSSA MOLBECK 00:39:39	3 GARETT SILLANPAA 00:33:33	3 MARY WYSOCKI 00:49:36
Age Groups: 1 - 14 MALE					
1	NATHAN BROWN	00:48:22	Age Groups: 30 - 34 MALE	Age Groups: 45 - 49 FEMALE	Age Groups: 65 - 69 MALE
1			1 RYAN KRUGER 00:27:56	1 JENNIFER FARRELL 00:42:52	1 DENNIS SHOEMAKER 00:43:06
2			2 JAMES DAUL 00:29:51	2 SHIRLEY ZELINSKI 00:43:15	2 FRED OLSON 00:47:47
3			3 MARK SHARAFINSKI 00:31:05	3 AIMEE WALSH 00:44:01	3 DEWITT CLINTON 00:49:07
Age Groups: 15 - 19 MALE					
1	WYATT SCHLAGER	00:32:18	Age Groups: 30 - 34 FEMALE	Age Groups: 50 - 54 MALE	Age Groups: 65 - 69 FEMALE
2	CHRISTOPHER GONZALEZ	00:34:54	1 BETH RINGWELSKI 00:38:50	1 RICK STEFANOVIC 00:30:12	1 SUE TEGGE 00:37:58
3	ZACHARY RAMIREZ	00:38:55	2 CHERYL AKERT 00:41:37	2 JIM RICKER 00:31:44	2 NANCY ALLMAN 00:47:02
			3 KATHRYN DAUL 00:42:08	3 JIM GROSS 00:31:55	3 BEVERLY FRANKE 00:54:13
Age Groups: 15 - 19 FEMALE					
1	ELIZABETH WHELAN	00:34:03	Age Groups: 35 - 39 MALE	Age Groups: 50 - 54 FEMALE	Age Groups: 70 - 74 MALE
2	CLAIRE HUBLEY	00:41:18	1 MICHAEL TOLL 00:31:35	1 CARRIE HARTMAN 00:39:54	1 MICHAEL CARR 00:52:35
3	ALLIE KLIPPEL	00:41:59	2 MICHAEL JENICH 00:33:02	2 KAREN SCHMITT 00:41:40	2 RON PEMBERTON 00:59:56
			3 JESSE BELL 00:34:06	3 JILL TANEL 00:42:46	
Age Groups: 20 - 24 MALE					
1	MARK CABALLERO	00:27:50	Age Groups: 35 - 39 FEMALE	Age Groups: 55 - 59 MALE	Age Groups: 75 - 79 MALE
2	SEAN ROYER	00:31:44	1 SUZIE MITCH 00:37:09	1 STEVE CUMMINS 00:32:44	1 JOHN BECKER 00:39:13
3	BEN SVVERTSON	00:32:45	2 CRYSTAL TOLL 00:38:02	2 BILL GILMORE 00:35:13	2 JOHN BROPHY 01:15:28
			3 ERIN SCHNEIDER 00:39:17	3 DAVID CULLEN 00:35:58	Age Groups: 75 - 79 FEMALE
Age Groups: 20 - 24 FEMALE					
1	MEGHAN TEICH	00:34:38	Age Groups: 40 - 44 MALE	Age Groups: 55 - 59 FEMALE	1 SANDRA WEINSTEIN 00:57:30
2	KIMBERLY SURFUS	00:36:51	1 DAVID MCCONVILLE 00:27:30	1 LORI BUDZIEN 00:37:49	Age Groups: 80 - 99 MALE
3	KIRSTEN PROST	00:37:49	2 RICH MERTES 00:31:31	2 LISA GARMS 00:43:32	1 EDWARD BLUMBERG 01:05:30
			3 KEVIN MEUNIER 00:34:42	3 DENISE HAMMERNIK 00:46:18	



Female Winners: from left; Elizabeth Whelan 2nd Pl, Millie Briett 1st Pl (33:51) and Meghan Teich 3rd Pl

Photos by Kent Schleinger and Dave O'Brien



Kathy Mykelby (Ch. 12) & Gael Garbarino-Cullen (formerly Ch. 4 and wife of Steve Cullen the race's namesake)





CULLEN TEAM RESULTS

Rank	Name	Total Elapsed Time
1	PERFORMANCE RUNNING	Total: 02:21:11
2	PERFORMANCERUNNING O	Total: 03:08:57
3	EY STRIDES FOR HEART	Total: 03:09:45
4	ONETOUCHPOINT STRIDE	Total: 03:22:11
5	EYSTRIDES FOR HEARTS	Total: 03:52:36
6	MCW FUNDRAISERS	Total: 03:57:36
7	HEART AND SOLE VILLA	Total: 04:02:11

Performance Running Team
above center,
EY Strides Team above right



SATURDAY • JUNE 11, 2016

HALF MARATHON • QUARTER MARATHON • 5K

7:00 AM • MILWAUKEE, WI



6•11

2016

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- ★ **Finisher's Medal for All Participants**
- ★ **Great Post-Race Party Featuring Live Music**
- ★ **One FREE Beer for Registered Participants Over 21**

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CAREER RUNNERS NEVER QUIT - THEY JUST FADE AWAY

by Don Ayer

After having been a Striders member of 35 years, and being that I/we are in the second generation of members, I started to pay attention to those who have stopped running and dropped out of the Striders. I see few from my generation who are still running, and the ones I do see are still active in race management.

My first road race was AI's in 81, and my last race was AI's 2003. Between those years I went from scratch to 5 miles in 5 months. Not bad for having never run a mile in my life. Then the Madison to Stoughton 20 miler and Madison Marathon in 82. In 83 I dropped out of the Indianhead Marathon @ 20 miles, as my right knee wouldn't tolerate long distance. From that day forward, I settled into 3-6 miles, always scored in the center of my AD. And I ran every other day until a night in October, 2003.

Between 1984 and 1994, I directed 7 years of AI's Run and 8 years of Ice Age. That was a 10-year stretch of being on the Road Race Committee. When I gave up AI's in 94, I was given Lifetime Membership. Also, during those years, I directed the Champagne Chase in Hartland, New Years Day. Then in 92, three of us created the Trailbreaker Races in Waukesha, races that are in the 24th year. I directed 17 of those races, for a total of 40 races.

My reason for these stats is that I met one hell of a lot of people. Those hundreds, or thousands, all had one thing in common: self-motivation and self-discipline. And they liked the social life after the races. So did I. But those hundreds had to face the realization that one day the running side would end. And when it did, they faded away. I wish they would have stayed in the Striders. There is no requirement to run to be a member. I have an idea.

But first, I will describe in detail what caused me to suddenly quit. On Sept. 25, 2003, I got a phone call: Wife Maureen: "Don, you must come home." Me: "Why, what is going on." She: "I can't talk about this over the phone-you must come home now.!" PANIC!!!

Me: "Wait a minute!! What is wrong? What is going on?" She: "Julie went in for a breast implant this morning, and they can't wake her up." I froze.

That led to a trip to Sarasota, discovered my 38 year-old beautiful daughter to be in a coma. Over next 3 weeks, that coma lead to a persistent vegetative state. That medical condition lead my wife, my daughter Colleen, son Wade and me to take her off live support. The prognosis was that she will never wake up. We decided the sooner she died the better for her body, the health insurance company, and our emotional health. Wait til you read what happened next.

Julie had a 4-5 month boyfriend who was in the hospital more than we. When I told him our intent, he cornered me. "I will not let you kill Julie. If I have to spend every dollar, I will stop you from murdering her."

Next day, my attorney phoned. "Larry hired a law firm which has filed a motion to have you removed as her guardian. The preliminary hearing will be held within 72 hours."

That night we were totally disgusted. How can a boyfriend of 4-5 months get a standing with the court? 72 hours later, we found out.



At that hearing, his attorney took the podium and verbally butchered me. Used every word he could summons to imply that I intentionally wanted to murder my daughter. It got worst. He petitioned the judge to give boyfriend a standing of "Interested Person". Wow!!! It was granted. Found out that anyone can do it, even a total stranger.

Front page Herald Tribune story. That was followed by a phone call from my attorney. "Boyfriend's lawyer is in contact with the state capital, Speaker of the House and Gov. Jeb Bush. Jeb is the one who unconstitutionally stole guardianship from Michael Schiavo, Terri Schiavo's husband. The airwaves were dripping with that news, all over the world. They offered to "Intervene" on behalf of the boyfriend. In other words, an offer to create a second Terri Schiavo while the first one was in the courts and news. We were incensed.

I tried to maintain my running schedule, every other day, 3/4 miles. On that night, back at Julie's house, I imploded, my wife exploded. Never in my life had I ever seen or heard anyone that mad. Cursing at that judge, that boyfriend and that lawyer. And then Jeb Bush. Anyone who knows her, knows that would be out of character. I tried to calm her down. I gave up.

So, I decided to go for a run. That course was a street over the Ringling Bridge, 2 miles out and 2 back. During that run, in the dark, I was thinking about what all had happened and is happening. We had a daughter in a coma, no chance of survival. We were tied up in a court proceeding to strip me of guardianship. And then, an offer to make Julie and us into another Terri Schiavo. All that was outrageous. First Grief, and then Rage. At the peak of the bridge, I stopped.

I felt that we couldn't do anything. We would be stuck in Sarasota and courts for endless time. I gotta do something. So, I stopped at the peak of the bridge, cars going by in the dark, and I decided to stop running and dedicate that running time to the emotional health of my wife, my daughter and my son. I walked back to the house, found my wife to be much calmer. So, we decided to treat the case in rational ways, not highly emotional ways. And I never ran another step. That was over 12 years ago.

Most who stop running don't talk about it, they wear a gag and fade away, seldom seen again. Probably because of wear and tear, or they just plain get tired of it. Not me. My reason for quitting is public and not for any of the ordinary reasons. And no gag.

The day after I quit, I joined an athletic club and am still active in the Waukesha Athletic Club. Pull, push, lift weights three times a week, for 20 minute sessions. It gets my heart rate up and prevents me from getting fat. That was the reason I started running in 81.

The Strider's first generation dropped membership because they don't want to pay dues. At the meetings, I heard that we are having trouble finding ways to give money away. Here is one idea for giving money:

Create scholarships for students whose parents were members for 20 years or more.

And for those who were members 20 years or more, waive their dues and create a "Career Runners" designation. That could and probably would keep many of them involved, volunteers, and meetings. And it would help solve the dilemma of giving money away.

And. Our case got worst. So bad, that I published the diary and am searching for a movie producer.

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

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15% Discount

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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

SOUTH SHORE HALF MARATHON RUNNERS SHOW THEIR DETERMINATION

By Len Wachniak
 A beautiful sunrise on race morning was quickly followed by a snow shower as race time approached. Not sure if it was a coincidence, but one of the first songs played on the speaker system at the finish line was "Against the Wind" by Bob Seger. This weather did not stop 681 hearty runners to come out to the 2016 South Shore Half Marathon. Perhaps these runners did not want to miss out on this year's glove selection, along with the scenic views of Lake Michigan. The winning time of 1:17 was not a record, and I did not hear of a large number of runners talking about PR's. What they were all talking about was the opportunity to be out in the elements with fellow runners. It also made the post-race celebration a little more exciting, and everyone appreciated the warm indoors.

South Shore has always been a test of early season fitness, especially for those running Boston or other spring marathons. After battling snow and wind for 13.1 miles, your next race will be all down hill.

It was great to see the variety of runners who came out to this year's race. We had participants from 14 states and two countries. One group of University of Michigan alumni came from different parts of the country for their annual reunion run. Our first registrant came from Texas, and was able to spend time with friends after the race. I could not count the number of people who ran their first half, as well as the veterans who come back every year.

The race would not happen without the great group of volunteers who step up on race day, and make everything go smoothly. The biggest heroes were those at the water stops and sentries who endured the weather for several hours. It is because of their dedication that we are able to keep a price that allows runners to enjoy a quality race while not breaking the bank. A special shout out goes to several of my long time captains and volunteers including Kerry Reinhoos (Registration), Jeff Weiss (Refreshments) and Dave O'Brien (Sheridan Park Water Stop). They have been part of the race since I became the race director in 2004. It is also great to meet the other volunteers, both veterans and rookies, who I hope to see back next year when I am running the race.



Kyle Frasier (left) Male Champ 1:17:37



Marie Peterson (right) Female Champ 1:26:51

Both pictures show the conditions well.

(Continued on page 15)

MAKING DUST

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

Sasha Azevedo

The Badgerland Striders present

The South Shore Half Marathon

Saturday April 2nd, 2016

South Shore Park
Milwaukee, WI

Timing & Results by
ABSOLUTE RACE TIMING
PO BOX 562
WEST BEND, WI 53095

www.absoluteracetiming.com

13.1 Mile Run

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

<p>Grand Masters Age:50-99 MALE</p> <p>1 RICK STEFANOVIC 01:26:04</p> <p>Grand Masters Age:50-99 FEMALE</p> <p>1 CHRIS EIFERT 01:47:19</p> <p>Senior Grand Masters 60-99 MALE</p> <p>1 DON SCHOBBERG 01:40:07</p> <p>Senior Grand Masters 60-99 FEMALE</p> <p>1 MICHELLE PALMER 02:01:52</p> <p>Age Groups: 1 - 19 MALE</p> <p>1 COLE STEFANIAK 01:46:39 2 KYLE ZABJEK 02:09:36</p> <p>Age Groups: 1 - 19 FEMALE</p> <p>1 AUBREY NETZEL 02:21:22</p> <p>Age Groups: 20 - 24 MALE</p> <p>1 ANDREW COCKERHAM 01:22:45 2 CLINTON PIPER 01:26:32 3 BRIAN LEIGHTNER 01:30:18</p> <p>Age Groups: 20 - 24 FEMALE</p> <p>1 ACACIA DISHMAN 01:32:01 2 SARAH PARKS 01:40:16 3 MICHELLE LAPIN 01:40:16</p> <p>Age Groups: 25 - 29 MALE</p> <p>1 JOHN KNAPP 01:23:06 2 DANIEL CUMISKEY 01:24:37 3 ERIK STEVENS 01:29:44</p> <p>Age Groups: 25 - 29 FEMALE</p> <p>1 ANNA CHAMPEAU 01:33:14 2 JENNIFER YEE 01:36:10 3 DENISE MANNELLA 01:39:11</p> <p>Age Groups: 30 - 34 MALE</p> <p>1 ADAM PIASKOWY 01:18:13 2 MICAH HERNANDEZ 01:18:20 3 MATT BARCUS 01:20:50</p>	<p>Age Groups: 30 - 34 FEMALE</p> <p>1 ERIN FELDHAUSEN 01:37:26 2 CARLIE BLACKMAN 01:39:12 3 KATIE DISHINGER 01:41:08</p> <p>Age Groups: 35 - 39 MALE</p> <p>1 ANDREW MILLER 01:27:45 2 SCOTT RADEMAKER 01:30:23 3 AARON BIRNBAUM 01:34:59</p> <p>Age Groups: 35 - 39 FEMALE</p> <p>1 JESS BARRETT 01:36:12 2 JILL MIEROW 01:40:34 3 CAREY GRAFWALLNER 01:43:15</p> <p>Age Groups: 40 - 44 MALE</p> <p>1 JEFF KOBINSKY 01:25:13 2 JEFFREY PLATE 01:28:14 3 JOSE RODRIGUEZ 01:30:01</p> <p>Age Groups: 40 - 44 FEMALE</p> <p>1 KELLY RYAN 01:28:57 2 YVONNE DELONGCHAMP 01:40:48 3 CATHERINE CAMPION 01:46:29</p> <p>Age Groups: 45 - 49 MALE</p> <p>1 JOE DORFF 01:30:29 2 TED SHUE 01:35:52 3 FRANK DEGUIRE 01:36:38</p> <p>Age Groups: 45 - 49 FEMALE</p> <p>1 TERRI BODDEN 01:38:41 2 CHIEMI MUROI 01:44:33 3 ANDREA POULTON 01:53:37</p> <p>Age Groups: 50 - 54 MALE</p> <p>1 RICK STEFANOVIC 01:26:04 2 STEVE HARTMAN KEISER 01:28:19 3 JIM RICKER 01:29:16 9 TIM WEGNER 01:38:21</p>	<p>Age Groups: 50 - 54 FEMALE</p> <p>1 CHRIS EIFERT 01:47:19 2 TAMMY KASPER 01:47:45 3 LINDA PIERSCHALLA 02:01:09</p> <p>Age Groups: 55 - 59 MALE</p> <p>1 STEVE CUMMINS 01:37:55 2 LOUIS AGNEW 01:40:57 3 RICH MOORE 01:41:21</p> <p>Age Groups: 55 - 59 FEMALE</p> <p>1 ANN BROTHEN 01:51:28 2 AMY GREINER 01:52:15 3 SANDY LINNEMANSTONS 01:52:44</p> <p>Age Groups: 60 - 64 MALE</p> <p>1 DON SCHOBBERG 01:40:07 2 DAVID MERRIFIELD 01:41:45 3 JEFF DEMATTHEW 01:44:03</p> <p>Age Groups: 60 - 64 FEMALE</p> <p>1 DARLENE MATERNOWSKI 02:11:55 2 CINDY BEHRENS 02:16:20 3 MARY HIEMKE 02:33:09</p> <p>Age Groups: 65 - 69 MALE</p> <p>1 JAMES SZYJAKOWSKI 01:53:49 2 RANDY BURT 02:00:09 3 DENNIS SHOEMAKER 02:04:43</p> <p>Age Groups: 65 - 69 FEMALE</p> <p>1 MICHELLE PALMER 02:01:52 2 SUE SHARKEY 02:18:22 3 ELISABETH SCHRAITH 02:58:23</p> <p>Age Groups: 70 - 99 MALE</p> <p>1 JOHN BECKER 02:03:39 2 JUAN AVALOS 02:11:22 3 RON CARUSO 02:15:17</p>
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<p>Rank Name Chip Elapsed</p> <p>Top Overall MALE</p> <p>1 KYLE FRASER 01:17:37</p> <p>Top Overall FEMALE</p> <p>1 MARIE PETERSON 01:26:51</p> <p>Masters Age:40-99 MALE</p> <p>1 JEFF KOBINSKY 01:25:13</p> <p>Masters Age:40-99 FEMALE</p> <p>1 KELLY RYAN 01:28:57</p>
--



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South Shore Runners Show Determination

(Continued from page 14)

Jeff Weiss helped everyone celebrate our tribute to Bob Bartoluzzi, who was the race director that started the tradition of "Barto's gloves". Bob passed away last year, but I knew that he was at the race in spirit. Knowing Bob, he would have had some colorful words for those who found the weather challenging. Bob would also have appreciated the four varieties of beers that were served this year, where a PR was set for the number of barrels consumed.

South Shore has always had a special place in my heart as a portion of the race is run on my high school cross country course, along with some of the training routes I have frequented. While I am passing the reigns as Race Director on, I will always be at the race as a runner or volunteer. I want to thank all of the runners who have come out through the years, and hope you have enjoyed running it as much as I have directing it. The volunteers are the greatest in the world, and I cannot express how grateful I am for everything they have done. Thank you, and see you on the roads.



Are you someone who has a **HEART** for people?

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Support our teams

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myTEAM TRIUMPH is a 501(c)(3) non-profit organization focused on building inclusion through a community and teamwork approach and requiring the involvement of many people with diverse abilities and disabilities.

"Being an angel has made myself and my daughter so aware of the Captains abilities and not their disabilities. Thank You."

Find out **MORE** at <http://myteamttriumph-wi.org/>

#RunLikeAngels #myTEAMTRIUMPH

58th RRCA Annual Convention

March 17-19, Dallas, Texas



*by Barb Jewell,
RRCA WI State Rep*

This year's RRCA annual convention was held in Dallas and was hosted by the Dallas Running Club. Dallas has achieved the RRCA designation of a Runner Friendly Community, and has miles of running trails and many road races. The convention featured an outstanding calendar of networking events, educational sessions, inspiring speakers, fun runs,

the National Awards Banquet, and the Humana Rock 'n' Roll Half Marathon.

The Badgerland Striders were well represented at the convention by ten club members: Dave and Janice Finch; Jim and Bonnie Clarey; Bill and Barb Grass; Tom Buthod, Marty Malin, Jeff Weiss, and Barb Jewell.

A series of outstanding educational sessions were offered on Friday and Saturday. Some of the sessions were geared to those who are race directors or involved in running club management, and others were designed for anyone who loves the sport of running and wants to learn more about it. Here's just a sampling of some of the session topics: RRCA insurance policy and risk management; best practices for social media; a series of three sessions on club governance; working with charities; running beyond health challenges; developing club training programs; creating a fitness community; youth running.

The convention also included the opportunity to hear some top-notch speakers. At the Friday luncheon, Ben Rosario shared his tips for motivational skills and training techniques to be a successful coach. At the Saturday luncheon, Gilbert Tuhabonye captivated the crowd with his inspirational story of surviving torture during the Burundian Civil War in Africa, where running saved his life and led him to successful careers as a professional runner and coach.

The highlight of the convention was the annual awards banquet on Saturday evening, where our own Jeff Weiss was named Outstanding Volunteer of the Year. As most of you know, Jeff is a tireless volunteer who is committed to supporting the Badgerland Striders and the sport of running. He has served as the newsletter editor for many years, directs the Lakefront Marathon build up program, directs Briggs and Al's Run, acts as one of our club photographers and helps with many other aspects of club business.

Those of us in attendance from the Striders were thrilled to be there to support Jeff as he received this well deserved honor.

I had a great time at the convention, talking with and learning from other runners and immersing myself in the sport of running. Looking ahead, next year's convention will be held March 9-11 in Detroit.



Most of our crew, from left; Bonnie Clarey, Jim Clarey, Barb Grass, Bill Grass, Tom Buthod, Janice Finch, Jeff Weiss and Dave Finch. Barb Jewell and Marty Malin not pictured here.



Each day of the Convention starts off with a fun run. Here is a group shot from Day one. There are a few of us there somewhere.



Barb Jewell (right) Wisconsin State Rep with Lisa Rippe and Marlene Short, State Reps from Minnesota and Montana respectively.



Sue Brown-Nickerson our Central Region Director gets into the Texas spirit.



Jeff Weiss, with RRCA Outstanding Volunteer of the Year Award

Lifetime Member Marty Malin

(Continued from page 3)

The Volunteer

Malin joined the Striders in 1979 to obtain the race book and newsletter so that he could find races. He started volunteering shortly thereafter. His first volunteer experience was as a sentry near Mount Mary College during the old Mayfair Marathon.

In 2003 he was awarded lifetime membership for all of his previously-mentioned activities. He is still involved with the Bylaws Committee; fifteen of the club's eighteen races, mostly as the lead biker; Chair of the Membership Committee; attends fitness and health fairs to promote the Striders; is in charge of a three-session build-up program for the 6/12/24 Hour Run; organizes the Striders' biking teams for a one-day winter indoor competition; and coordinates the summertime National Bike Challenge, which runs from May 1st through September 30th. He is recruiting members for the challenge; all Striders and/or family members can join the team. Speed is not necessary and there is no fee; simply record your miles online. For more information, contact Malin at runmil@juno.com, call 414-690-4675, or look for the separate article in this issue.

One of his greatest accomplishments is the Park Marker Project- his idea to place granite markers every half-mile along the Oak Leaf Bike Trail. The project took three years for him and his crew to complete. This spring they will begin adding missing markers and replacing those lost to road/path construction. They are looking for additional help (contact him at runmil@juno.com or 414-690-4675).

Malin is very reliable; he has only missed one event that he volunteered for. As lead biker for the Lakefront Discovery Run, he went to Lake Park to become familiar with a complicated course change in Lake Park. After riding the section several times, he was confident that he knew the course. When he went to the race on Sunday morning, he was surprised that no one else was around. Looking at his race book, he discovered that the race had been held on Saturday. Although race director John Cornell had recruited a police officer to lead the race on a bike, the officer took a wrong turn in Lake Park.



Life Outside the Striders

Malin studied accounting and exercise physiology. He is a part-time accountant, property manager, Certified Running Coach, Nordic Walking Instructor, Personal Trainer, and Pilates Instructor. Up until a year ago, his main focus for a few years was taking care of his mother, which near the end, required about sixty hours per week. His hobbies include spreadsheets, reading, gardening, online research, biking, and race course measurement.

His non-Striders volunteer activities include the Wauwatosa Historical Society's Blarney Run; Epilepsy Foundation's Brainstorm Run (which he initially presented to their board) and for which he is now organizing a new bike ride; Arthritis Foundation's Jingle Bell and Irish Fest Runs; the Autism Society's Dylan's Run; head of Wauwatosa's Ride of Silence; he donates double units of red blood cells to the Wisconsin Blood Center; was the coordinator at a library for Volunteer Income Tax Assistance; is a board member of the Beta Gamma Housing Corporation in Madison; and also helps at Feeding America's Miles for Meals.

In March he returned from a week in Nicaragua, where he volunteered at the Roberto Clemente Health Clinic in Popoyo. He prepared supplies for distribution and worked on gardening tasks. He plans to make volunteering in a foreign country an annual event.

His parents and grandparents taught him the virtue of volunteering with no expectation of reward. They volunteered out of love to help others. When he joined the Striders, he found a plethora of people with that same philosophy. Some of those he met in the beginning were: Grant Nelson, Jim and Bonnie Clarey, Jerry Anderson, Bill Grass, Ron Winkler, Glenn Wargolet, Tom Bunk, Bob Bortoluzzi, Don Weyer, Don Ayer, John Archer, Rosie Peterson, and Dave O'Brien. Since that time, he has met many others.

He's thankful for the friends that he's made through his volunteering. He also gets a good feeling when someone who took one of his running classes tells him what they've accomplished, how much they love running or how they have in turn influenced others to do the same.

Marty Malin is inspirational for many people and we can all agree that the Striders are fortunate to have such a dedicated, hard working volunteer.

BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

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

Make checks to and mail to: **Badgerland Striders, Inc.**, 6526 W River Parkway, Wauwatosa, WI 53213
Or online at www.badgerlandstriders.org Link to Membership
Membership applies to you and others in your household listed below. If you would like to be a **Sustaining Member**, any amount in excess of what you would normally pay is tax-deductible.

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

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

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

rev 04/14

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

- ___ (Jan) Samson Stomp
- ___ (Feb) John Dick Memorial 50K
- ___ (Feb) Steve Cullen Run
- ___ (Apr) South Shore Half Marathon
- ___ (Apr) Deer Run 5K & 10K
- ___ (May) Ice Age Trail 50Mile/50K Run
- ___ (Jun) Superun 5K
- ___ (Jun) Hartfest Half Marathon
- ___ (July) Hales Corners Firecracker Four
- ___ (July) Cudahy Classic 10-Mile and 5-Mile Race
- ___ (Aug) Badgerland Striders Half Marathon
- ___ (Aug) Badgerland 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 & 60Mile
- ___ (Oct) Lakefront Discovery Run
- ___ (Nov) Badgerland Striders Turkey Trot
- ___ (Dec) BLS Indoor 20K
- ___ (July, Aug, Sept) Marathon Build Up
- ___ Fun Runs (April through September)
- ___ Track Meets (summer)

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

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

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COMING EVENTS

May 1 Sun **Old World Wisconsin's "Bustle Hustle" 5K R/W Eagle**
5K run/walk: 8:15am reg.; 9:45am run/walk; 10:45am 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+ Awd's 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 admitt 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 Sun **Neenah Duathlon Neenah**
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@dufirun.com Web: www.dufirun.com

May 1 Sun **Bookworm Gardens Daffodil Dash Sheboygan**
5k run/1 mile walk 1 pm, (Non-comp) Bookworm Gardens, 1415 Campus Dr Note Packet Pickup: Sat Apr 30 1-3 pm or Sun, May 1 11:30-12:30 pm Divs 12 & under/ 13-18 yr / Adult Fees \$20pp or \$50 for family of 4 / \$10 addl Perks T-shirt, goodie bag, race bib, and refresh after the race. (Late reg not guar TS) Contact Elizabeth Wieland Web: bookwormgardens.org

May 4 Wed **Take A Step 5k Stevens Point**
w/ir 6pm, reg 4:30 Pflifner Park Note Race benefits Family Crisis Center Divs 13-, 14-18, 10yr to 70+ Awd's 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, Tshirt, 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 4 Wed **Badgerland Striders - Dave's Fun Run Greendale**
3 or 6mi, 6:30pm Whitnall Park Picnic Area 8 Note map of park at tinyurl.com/kb8xxr Fees Free Perks Food, Bev Other GPS Coords: 42.93399, -88.038113 Contact Dave Gavinski & Dave O'Brien Badgerland Striders Day 262-549-3879 davegavinski@juno.com Web: www.badgerlandstriders.org

May 7 Sat **It's Fun to Run Youth Run Fond du Lac**
1/2, 1/3, 1/4, and 1/8mi runs: 1:45-3pm. reg 1pm. Buttermilk Creek Pk, S. Park Ave and 20th St. Note All races on grass. Check website for complete info, fondulacrunningclub.com Divs Free event open to all kids grade 5 and under. Awd's certifs, TS Results newspaper, web Fees Free Perks TS, water LastYr 200 Contact Brad Theyerl Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 bradfdlrc@hotmail.com Web: www.fondulacrunningclub.com

May 7 Sat **Wisconsin Marathon Kenosha**
Marathon, 1/2 Marathon, 5k Downtown Kenosha Awd's Top 3 M&F Full and half. Whchr No Results mychicagoathle.com Fees website Perks Tech shirt, big cheese finishers medal, post race brat and beer party. Records Marathon- 2:29:34, 2009, James Akila (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 jcaim@mychicagoathle.com Web: wisconsinmarathon.com

May 7 Sat **Door County Half Marathon & Nicolet Bay 5K Fish Creek**
Half Marathon - 10 am/ 5K - 10:15 am. Peninsula State Park (on closed, paved roads inside the park) Note Half Marathon capped at 2,100 participants. 5K capped at 550. Divs 5yr, masters, sub masters, grand. Awd's Top 5 m/f, top 3 masters, submasters, senior grand masters, & div winners. Results website Fees \$60 ill Oct. 1/665 Nov 1-30/ \$70 Dec. 1 -31/ \$75 Jan. 1-Feb. 28/ \$80 after: 5k - \$35 Perks Shirts, medals for half marathon finishers, prize packages for OA Records Jason Ryf, 1:08:57, 2008; F-Hanna Knurr, 1:24:20 (2015) LastYr 2700 Contact Myles Dannhausen Door County Half Marathon PO Box 95 Ephraim WI 54211 Day 920.421.1518 Eve 920.421.1518 info@peninsulapacers.com Web: http://www.doorcountyhalfmarathon.com/

May 7 Sat **Community Kolor Run Merrill**
5K and 2 Mile Fun Walk/Run Riverside Athletic Club Fees \$40 Indiv, \$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 715-536-2482 memberservices@riversideathletic.com Web: http://www.riversideathletic.com

May 7 Sat **Life-A-Thon West Allis**
5k: 10am non-comp; 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 Sat **Pigeon River Classic Clintonville**
1/2 Mar 9am, 10K run 9:05am, 5K run/walk 9:10am, Kids 1mi 10am Olen Park Awd's 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 Sat **Chase'n Chocolate 5K Fun Run/Walk Wausau**
Reg 7:30am, race 9am Marathon Park, 1201 Stewart Ave Contact Jake Keneen The Women's Community, Inc. 3200 Hilltop Ave. Wausau WI 54401-4026 Day 715-842-5663 jake@womenscommunity.org Web: http://womenscommunity.org/run-walk.html

May 7 Sat **Sole Burner 5K R/W, Amer Cancer Society Appleton**
8:15 (Kids 1K), 8:30 (Kids 1 mile) 9am Runners, 9:05 Walkers City Park Note course - Lawrence Univ, College Ave bridge, E South River, Flats to Water St (Hill of Hope) to finish Divs M/F 12-under, 13-15, 16-19, 10yr to 70+, top 3/div, plus OA M & F Awd's Medallions Results website Fees Adults \$25-May 2nd, \$30 race week: Kids \$12 through race day Perks Event T-shirt: nice food line, kids activities, Hill of Hope festivities LastYr 6100 Other 34th annual Contact Cindy Sommer American Cancer Society 2100 Riverside Drive Suite 201 Green Bay WI 54301 Day 920-321-1368 Fax 920-321-1388 cynthia.sommer@cancer.org Web: www.soleburner.org

May 7 Sat **Wisconsin Trail Assail - Mother's Day Run Nashotah**
5K, 10K, 1/2 marathon Nashotah Park - W330 N5113 County Road C Awd's M&F 5 yr Contact sean osborne Silver Circle Sports Events, LLC osonomowc@wi53066.racedirector@silvercirclesportsevents.com Web: http://www.silvercirclesportsevents.com/wta


May 7 Sat **Life-a-Thon (North): Run for their LIVES! Mequon**
5k walk/run Wisconsin Lutheran Seminary Perks Life-A-Thon souvenir tshirt & 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

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Hours

M-F
10-8

Sat.
10-5

Sun.
12-4

May 7 Sat **RC2 Half Marathon and Fun Run Ripon**
5K, 10k and 13.1 Ripon Village Green LastYr 300 Contact Chris Schaltschneider rmwellnesscenter@agnesian.com 845 Parkside St Ripon WI 54971 Day 9207453633 rmwellnesscenter@agnesian.com Web: www.ripon.edu/rc2

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

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

May 7 Sat **Love Your Kidneys MKE Run/Walk Greendale**
5K timed run/walk or 1-mile untimed walk Root River Parkway South, S. 92 St. & W. College Ave. Note Promotes healthy families and awareness of kidney disease. Awd's Div and other awards Whchr Accessible, Flat/ Paved trail Fees 5K: \$25 - \$40, 1 Mile: \$15 - \$30 LastYr 450 Contact Joycelyn National Kidney Foundation of Wisconsin 10909 W Greenfield Ave. West Allis WI 53214 Day 414-897-8669 events@kidneywi.org Web: www.kidneywi.org

May 7 Sat **The Root River Challenge Caledonia**
8 Miles - Kayaking or Canoe Linwood Park, 5900 5 Mile Road - Franksville, ending at Horlick Dam. Note approx 7.5 miles and takes about 2-3 hours to complete Awd's Medals Whchr No Fees General \$30 / Youth \$15 / 5 and under FREE Perks Die cast custom finishers medal, event photography LastYr 50 Other The Root River provides a diverse set of paddling conditions as it winds its way through Caledonia, WI Contact Patrick Flynn 5Kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2400 Eve 262.620.2018 admin@5kevents.org Web: www.therootrivers.com

May 8 Sun **Milwaukee Mother's Day 5k & 10k Milwaukee**
5k & 10k Veterans Park Web: http://milwaukeeemothersday5k.com

May 11 Wed **Badgerland Striders - Mexi Fun Run West Allis**
3 or 6mi, 6:30pm Greenfield Park #3 Note map of park at http://tinyurl.com/ksyxbu8 Fees Free Perks Food, Beverage Other GPS Coords: 43.003648, -88.063683 Contact John Psulik & John Coons Badgerland Striders Day 414 719 4947 johnpsulik@me.com Web: www.badgerlandstriders.org

May 12 Thu **Sole Sister's Nature Hike & Margarita Nite! Franklin**
About 2.3 mile GROUP hike S & F @ Gus's Mexican Restaurant & hike through Wehr Nature Center Note Hike 6pm. Social 7pm Divs Women only Awd's No Whchr no Records no Other This is a fun, casual group hike. Bring \$ for food/drinks afterwards Contact valerie Nollin Sole Sisters Club 6514 Lovers Lane Franklin WI 53132 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

May 14 Sat **Run the Bay Whitefish Bay**
10k Run, 5k Run/Walk & Children's Race Whitefish Bay High School, 1200 Fairmont Avenue, Whitefish Bay WI Note 10k is a double lapped Contact Lindsey King Whitefish Bay Public Education Foundation rbt2016@gmail.com Web: www.runthebay.org

May 14 Sat **BACC Icebreaker Triathlon Barron**
Advanced: 1/4 mile swim indoor pool, 13.1 mile bike, and 5K run. Novice: 1/8 mile swim, 5.2 mile bike, and 1 mile run. Barron Area Community Center 800 Memorial Dr Divs Adv Div and Novice Div Awd's Medals to top finishers Fees Adv Div-Indiv: \$50, Team: \$105; Nov Div-Indiv: \$30 Contact Angie Buckley Barron Area Community Center 800 Memorial Drive Barron WI 54812 Day (715)537-6666 baccab@chibarun.net Web: http://www.thebacc.com

RETURN TO RUNNING

(Continued from page 4)

Training Programs

You've covered the basics – now, it's time to hit the road. Choosing a suitable training program is crucial for injury prevention. Proper training will allow you to increase your distance at a safe pace while you prepare for race day. Using your goal criteria, you should be able to locate a number of training programs on the internet or in book format for review. HOWEVER, be leery of plans that:

- Encourage excessive mileage as compared to your race-day event; or
- Urge you to run six to seven days/week without incorporating any days for rest or cross-training.

Popular websites such as www.halhidon.com, www.jeffgalloway.com, and www.coolrunning.com provide a wide range of programs for 5K, 10K, half marathon, and marathon training.

Have more questions? Aurora Sports Medicine Institute's offerings include:

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####

(Continued on page 23)



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COMING EVENTS

(Continued from page 21)

May 14 **Ice Age 50Mi, 50k, Half Marathon** **LaGrange**
Sat
50M, 50K, Half Mar, Kettle Moraine State Forest - Nordic Parking Lot on County H, 34th Annual. Challenging trail run, 50M 12-hr cutoff, 50k 10 hr., Div: Awards: Fees: **RACE FULL**, Perks: Tech T to all. 50M finishers-belt buckle, 50k & Half finisher awrd. Post Race BBQ: refreshments & beer included, Records: 50M 5:41 Max King, 6:41 Kaci Lickteig; 50k 3:14 Scott Creel, 3:53 Nikki Kimball, Contact: Jeff Mallach Badgerland Striders, Email: iceage50rd@sbcglobal.net, Phone: 414-232-5411, Web Site: www.iceage50rd.com

May 14 **Dances With Dirt Gnow Bone** **Nashville, IN**
Sat
50M, 50K, 26.2M, 13.1M, 10K & 100k Team Relay - see website for times Mikes Music and Dance Barn, Nashville, IN Note The terrain will bring you shock and awe! Vicious 600' ridges, breathtaking natural beauty and wicked trails abound! Divs Fees Records See website for details **Awds** OA M&F Awards, Age Group Awards 5 deep in 5yr divs, Relay Awards Results <http://www.rfilming.com> Perks Tech shirts, Finisher Medals for all & great post-race party! 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.dwdgnowbone.com>

May 14 **Run Tosa Run** **Wauwatosa**
Sat
5k run/walk 9am, kids run 8:30am North Avenue and 69th St Note Benefits Ronald McDonald House Eastern Wisconsin **Awds** Top MIF receive East Tosa gift packages. Raffle for other prizes. Results Chip timing w/ online results Fees \$25 for 5k until May 1, then \$30; \$8 for kids run Perks Run through the tree-lined streets of East Tosa, with chip timing, refreshments and kids activities at the Start/Finish LastYr 200 Contact David Paulsen Tosa East Towne Neighborhood Association 6425 W. Clarke St Wauwatosa WI 53213 Day 414-399-0067 rontosarun@gmail.com Web: <http://runtosarun.org>

May 14 **Syttende Mai Run & Walk** **Stoughton**
Sat
20 Mile Run, 10 Mile Run, and 17 Mile Walk All 3 events have unique starts and end at Mandt Park in Stoughton, WI Divs Open, 1-19 M&F, 10yr to 60+, Stoughton M&F (No divisions for the walk) **Awds** Hand-painted rosewood trunk, plates or medals. **Whchr** contact race director. Rural route. Results website Fees 20 Mile \$50/\$60, 10 Mile \$40/\$50, 17 Mile Walk \$35/\$45 Perks Finisher T-shirts LastYr 869 Contact Laura Trotter Stoughton Chamber of Commerce 532 E. Main Street Stoughton WI 53589 Day 608-873-7912 Eve 608-873-7912 syttendemail@gmail.com Web: www.stoughtonwi.com

May 14 **Journeys Marathon** **Eagle River**
Sat
Mar & 10k 8am, HM Run & Power Walk 9:15, Boulder Junction to Eagle River Note Packet pickup and Reg is at the Northland Pines High School Divs 12-18, 19-29 5yr 70+ **Awds** Mar/HM plaques 2div, 10k & 5k plaques 3mf **Whchr** 7:50, awds 1/mf Results posted, mailed, web Fees See website Perks TS, goody bag, dwgs, finish medal, snacks, bev, music, massage, shirts, post race celebration w/hot buffet and live music LastYr 1028 Other 5/10 race reg, pkt pickup, spaghetti dinner, post race celebration Contact Patti Gill Eagle River Chamber of Commerce & Visitors Center PO Box 1917 Eagle River WI 54521 Day 800 359-6315 Eve 800 359-6315 Fax 715 479-1960 patti@eagleriver.org Web: www.journeysmarathon.org

May 14 **Fiesta 5k** **Watertown**
Sat
5k 9am Schurz Elementary School, 1508 Neenah St Note Packet Pickup: 7:30am on race day. Also Friday, May 13, at Schurz Elementary School Divs 12-under, 13-19, 10yr to 70+ **Awds** Top 3div Results www.fiestacultural.org Fees \$25 early reg, 12 and under \$15, +\$5 after April 29th Perks Shirts to pre-reg LastYr 160 Other Entertainment after the 5k: Ballet Folklorico, pinatas and live Mariachi music Contact Colleen Groteleuschen Fiesta Cultural Latinoamericana, Inc. 621 Sweetbriar Lane Watertown WI 53098 Day 920-988-4358 Eve 920-988-4358 info@fiestacultural.org Web: www.fiestacultural.org

May 14 **Super Hero Shuffle** **Lake Geneva**
Sat
5K / 10K / 1 Mile Fun Run Big Foot Beach Park, 1550 S. Lakeshore Dr Divs 5 Yr **Awds** 5k & 10k top 3div **Whchr** No Results www.5kevents.org Fees General \$30 Perks T Shirt Goody Bag Raffle Food and Drinks Music Kids' Activities Award Ceremony, Silent Auction, Music provided by "House of Music", Food and Beverage available for purchase. LastYr 275 Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2440 Eve 262.620.2018 admin@5kevents.org Web: <http://www.runwalk.events/EventInformation.asp?eId=18328>

May 14 **Shepherd Express' Paper Route Half Marathon** **Milw**
Sat
Half Marathon, 10K and 5K Lakeshore State Park - Race course TBD

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 21 **Furry Friends 5K** **Jefferson**
Sat
5K Jefferson County Fair Park, 503 North Jackson Avenue Jefferson, WI 53549 Note A dog friendly 5K. 100% of the proceeds benefit the Humane Society of Jefferson County. **Awds** Human and Canine top awards as well as finisher medals for all LastYr 500 Other Last year, approx 200 canine companions participated alongside nearly 500 human registrants. Contact Margo Humane Society of Jefferson County Jefferson WI 53549 Jefferson-furryfriends@gmail.com Web: <http://hscj-wis.com/event/third-annual-furry-friends-5k-runwalk/>

May 21 **Orthopaedic Hosp of Wisc 5K Run & 2 mi Walk Glendale**
Sat
5K run & 2 mile walk: 9am: Parkway Elementary School, Milwaukee River Parkway Note Packet pickup Friday at Orthopaedic Hosp of Wisc. See website Divs Under 10, 10-14, 15-19, 5yr to 65+ **Awds** Top 3div in 5K, Top OA M&F. Fees \$30 prior to 5/19/2016, \$35 5/20-21/2016: Shirt not guaranteed after 5/11 Perks Flat, fast, scenic closed course. Swag Bag, Mile Markers, Water Stations, Post Race Snacks, Silent Auction, Awards Records M.18.05. W. 21:29 LastYr 159 Contact Renee Lochemes Orthopaedic Hospital of Wisconsin 475 West River Woods Parkway Glendale WI 53212 Day 414-961-6682 ohow5k@gmail.com Web: ohow5k.com

May 21 **Run Your Socks Off for Swallow School** **Hartland**
Sat
The Swallow 5k, family friendly race, something for everyone: Swallow School through Four Winds subdivision on paved trail. **Awds** OA M&F: 5-7, 8-10, 11-12, 13-15, 16-18, 19yr to 60+

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 Drive, St. Francis, 42.96763, -87.85534 Note 400m track. Restrooms Fees no Perks soda, munchies LastYr 40 Other Location is northwest 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

May 25 **Sole Sister's - Diva Dash & Patio Bash** **Franklin**
Wed
2-3 mile walk or run Froeming Park 8801 S. 51st Street Franklin, WI 53132 Note Run OR walk @ 6:30pm. YOU pick pace & distance. Out & back course on Oak Leaf Trail Divs Women Only **Awds** no -unlimed **Whchr** yes Fees no Records no Other Meet at Froeming Park Shelter. Social follows run. bring a snack to share Contact Valerie Nolin Sole Sisters Club 5441 Laura Lane Greendale WI 53129 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

May 25 **Badgerland Striders - Italian Fun Run** **Greendale**
Wed
3 or 6mi, 6:30pm Whitnall Park Picnic Area 8 Note map of park at tinyurl.com/mkbbxxr Fees Free Perks Food, Beverage Other GPS Corders: 42.93399, -88.08113 Contact Karen Degenaro Badgerland Striders Day 262-549-3879 krdenegenaro@yahoo.com Web: www.badgerlandstriders.org

May 28 **Veterans Memorial Run** **New Richmond**
Sat
10MI Run & 5K Run/Walk, 8am: Kids Run 9:30 am Reg 6:30am. Community Commons, 421 S Green Ave Divs M&F: 10yr **Awds** Trophies to OA M&F; medals 1div **Whchr** Both events open to WCS Results www.andersonraces.com Perks High-quality T-shirt, Refresh and door prizes LastYr 180 Contact Steve Peterson VFW Post 10818 PO Box 233 New Richmond WI 54017 Day 651-402-8076 Eve 651-402-8076 vfw-post10818@frontier.com Web: <http://www.nrunclub.com>

May 28 **Bunk House Trail Runs** **Dousman**
Sat
10K, 30K, 50K Suppenpong Trailhead Contact Robert Wehner Day 262-370-7270 Eve 262-370-7270 rwehner@hotmail.com Web: <http://bunkhousetrailruns.blogspot.com/>

May 29 **Aurora BayCare Green Bay Triathlon** **Green Bay**
Sun
7am Ashwaubomay Park Divs DIST Sprint: 400 yard swim, 18.5 mile bike, 3.1 mile run & 5K Run/Walk **Awds** Awards given to the OA M&F and age divs. Part of the Aurora Bay Perks Drivick shirt, swim cap, food and fun Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 9205742972 Eve 9205742972 ben@dutrirun.com Web: www.dutrirun.com/page/show/845797-aurora-baycare-tri-and-5k-may-29-2016

May 29 **Chocoholic 5K** **Burlington**
Sun
5K Chocolate Fest - Riverside Park 517 Congress St Note Chocolate Fest - Home of Nestle and Chocolate City **Awds** 5yr **Awds** Medals **Whchr** Yes Results www.5kevents.org Fees Early: \$25 General \$30 / Youth \$10 / 5 and under FREE Perks Die cast custom finisher medal, race photography, Chip Timed with traditional Back up, T-shirt, Free Chocolate Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2440 Eve 262.620.2018 admin@5kevents.org Web: www.chocoholic.5k.run

Jun 1 **Badgerland Striders - Burger Builder Fun Run** **Glendale**
Wed
3 or 6mi, 6:30pm ESTABROOK PARK #5 43.101055, -87.90798 Note map of Estabrook Park at <http://tinyurl.com/jw34bn> Fees Free Perks Food, Beverage Other GPS Corders: 43.101190, -87.908053 Contact John Cornell Badgerland Striders jcdstrider@aol.com Web: www.badgerlandstriders.org

Jun 4 **Carlyle Sherstad 5K/10K Run/Walk** **Grantsburg**
Sat
5K/10K S&F on Madison Ave behind the Grantsburg High School Note Parking at Grantsburg High Divs Pre-teen: 13-16: 17-19: 10yr to 70+ **Awds** Trophies OA M&F & 1st/2nd. Medals to top 3div **Whchr** n/a Results www.wayztaresults.com Fees \$20 reg, \$15 ages 16-under, \$25 race day Perks TS b4 5/13. Event bags Records 5K M 16:08; F 19:38 10K M 35:50; F 43:46 LastYr 223 Contact Alyssa Rumpel Burnett Medical Center 257 W. St. George Ave. Grantsburg WI 54840 Day 715-463-7285 Eve 715-222-8858 Fax 715-463-7359 arumpel@burnellmedicalcenter.com Web: burnellmedicalcenter.com/getpage.php?name=Big_Gustl_2006&sub=Events

Jun 4 **Cree Cruise 5K** **Racine**
Sat
5K 9:201 Washington Ave Note 1st: \$500, 2nd: \$250, 3rd: 100 Team Awards! Divs 5yr **Awds** Medals **Whchr** Yes Results www.5kevents.org Fees General \$30 Perks Chip Timing, Music, T-shirt, Games, Family Friendly Kid's Zone, Breakfast, raffle and Awards LastYr 600 Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2440 Eve 262.620.2018 admin@5kevents.org Web: www.creecruise.org

Jun 4 **Stampeped for Scouting at the Zoo** **Milwaukee**
Sat
5k run 7:30 am / 5k walk 7:35 am Milwaukee County Zoo Note Bib pick-up 6:30 - 7:15 am. Advance pick-up at Performance Running Brookfield on June 3. Chip timing Divs M/F: Under 10, 10-16, 17-19, 30-45, 46+ **Awds** 3div; top 3 OA Results website Fees \$30 Perks Zoo admn & pkg, pancake breakfast, cool T-shirt LastYr 200 Contact Dailia Karic Three Harbors Council, BSA 330 S. 84th St. Milwaukee WI 53214 Day (414) 443-2876 Dailia.Karic@Scouting.org Web: <http://www.threearborsscouting.org/stampeped>

Jun 4 **Race To The Parade** **Greendale**
Sat
10k, 5k run, 2 mile walk Village of Greendale Web: www.greendaleband.com

Jun 5 **Silver Linings / Boys & Girls Club 5K for Kids West Bend**
Sun
5K run/walk 10:30am Boys & Girls Club, 925 N. Silverbrook Dr, Regner Park Note Kids races ages 9 and under 11:45 am. Divs M/F 10 and under, 11-13, 14-19, 10yr to 60+ **Awds** Top MIF 5K OA. Top 3div Results website Fees 5K: \$20 indiv (\$25 day of), Kids races \$10 fee Perks Chip timing, T-shirts, beverages. Benefits to Washington County Boys and Girls Club LastYr 800 Contact Maxwell Roy Boys & Girls Club 925 N. Silverbrook Dr. West Bend WI 53090 Day 262-334-3732 maxr@wcbgc.org Web: www.wcbgc.org

Jun 5 **Safety City 5K Trail Run** **Mequon**
Sun
5K, groomed trail, Concordia University, 12800 N. Lakeshore Drive. Fees \$30.00 Other Race T-shirt included with fee. Contact Phil Nelson Mequon Police Association Day 262-242-3500

Jun 7 **Sole Sister's "FoxRIVER Trot"** **Waukesha**
Tue
Casual run or walk - approx 2-4 miles S&F Bosco's Note casual GROUP hike, about 2-3 miles Divs Women only **Awds** No Fees Free Other Walk starts @ 6:30pm. Meet at Fox River Park Contact Valerie Nolin Sole Sisters Club FoxRiver Park Waukesha WI 53189 Day 414-403-3524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Jun 8 **Manitowoc Area TC Road Runs** **Manitowoc**
Wed
1mi 6pm, 3k, 5k, 7.5k, 6:30. reg 5:30 Manitowoc Two Rivers YMCA Note Series every 2 weeks 6/08 thru 8/17 Divs 11-, 12-14, 15-17, 18-22, 23-29, 10yr, 50+ **Awds** by div **Whchr** flat course Results posted Fees \$50 raceday only Perks drawings, bev LastYr 40 Contact Dave Nickels 604 Pine St Manitowoc WI 54220 Day 920-242-0899 Eve 920-684-0912 dave_nickels@hotmail.com Web: www.mantyrn.com

Jun 8 **Superun 5K** **Milwaukee**
Wed
5K Run 7 pm Reg 5-6 pm Lake Park Pavilion, 3133 E Newberry Blvd Note Sponsors: Badgerland Striders, Pompeii's Men's Club, Visual Impressions, Inland Power Group. Divs M/F: 9 and under, 10-14, 15-19, 5 year, 80+, **Awds** Medals top 3div **Whchr** 2016 course uses the course up Ravine Dr Results website Fees \$25, \$20 Striders & TriWisconsin members until June 1st, \$35 for all after 6/1 Perks TS all Pre-reg, Comp Miller Beer, Water, fruit, and \$3 Italian sausages will be avail for purchase. Records M: 15:23 Aaron Nodoff, 2004 F: 16:36 Kristin Ihle, 1996 LastYr 460 Other Reg zapevent.com On-line reg closes June 1st. Mail in reg by June 1st. Contact Dave Gavinski Badgerland Striders 5815 West Wells St Wauwatosa WI 53213 Day 414-476-3745 Eve 414-476-3745 davegavinski@juno.com Web: www.badgerlandstriders.org/home/Races/Superun.htm

Jun 11 **The Reporter Walleve Run/Walk** **Fond du Lac**
Sat
5mi r 8:10am, 3mi wk 8:20am, 2mi r 9:25am. Kids: 1mi r 12: 10am, 1/3mi r 6- mf 10:20am. Reg 7am Lakeside Pk Note 37th Annual, check website Divs 14-, 15-19, 10yr through 80+ **Awds** 5mi & 2mi: 3 mf overall, 3div, 1mi: 1 mf overall, 3div, 1/3 mi: participant awards Results posted, web Fees \$0-20 Perks TS, food, bev. Records 5mi 23:46 Dan Held '89, 27:06 Collette Murphy '93. 2mi: 9:03 Matt Thull '97, 10:54 Jenna Michler '06. LastYr 1500 Other Walleve Weekend Festival Contact Brad Thayer Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 bradfdirc@hotmail.com Web: www.fondularunningclub.com

(Continued on page 25)



FUN RUN SCHEDULE

Contact: Karen Degenaro for info 414-975-2012, kdegenaro@yahoo.com

DATE	TIME	PLACE	NAME	DIRECTOR
5/4/2016	3mi, 6mi, 6:30pm	Whitnall Park #8	Daves Fun Run	Dave Gavinski and Dave O' Brian
5/11/2016	3mi, 6mi, 6:30pm	Greenfield Park #3	Mexi Fiesta Fun Run	John Psuik and John Coons
5/18/2016	NO FUN RUN club meeting	PETTIT CENTER		
5/25/2016	3mi, 6mi, 6:30pm	Whitnall Park #8	Italian Fun Run	Karen DeGenaro
6/1/2016	3mi, 6mi, 6:30pm	Estabrook Park, #5	Burger Buildup Fun Run	Jon Cornell
6/8/2016	NO FUNRUN-RACE	Super run		Dave Gavinski
6/15/2016	NO FUN RUN club meeting	PETTIT CENTER		
6/22/2016	3mi, 6mi, 6:30pm	Holy Hill	The Dunne Fun Run	Tim Dunne
6/29/2016	3mi, 6mi, 6:30pm	Greenfield Park #3	Ham n Rolls Fun Run	Jody Geibl
7/6/2016	3mi, 6mi, 6:30pm	Jacobus #2	I Love Spuds Fun Run	Jeff Weiss
7/13/2016	3mi, 6mi, 6:30pm	Greenfield Park #5	Hotdog Fun Run	Glenn Wargolet
7/20/2016	3mi, 6mi, 6:30pm	Jackson Park #2 with Shelter	Olds Shoes Fun Run	Andrew Cordell
7/27/2016	3mi, 6mi, 6:30pm	Veterans Shelter	Junk Food Fun Run	Randy Klingelhoets
8/3/2016	3mi, 6mi, 6:30pm	Minooka Park	Cornroast	Ken Shoberg
8/10/2016	3mi, 6mi, 6:30pm	Froemming Park #1	Watermelon Fiesta Fun Run	John Mueller
8/17/2016	3mi, 6 mi 6:30pm	Whitnall Park #8	Marcel's Fun Run	Marcel Cesar
8/24/2016	3mi, 6mi, 6:30pm	Hart Park	Presidents Fun Run	Pete Abraham
8/31/2016	3mi, 6mi, 6:30pm	Greenfield Park #3	Popcorn Palooza Fun Run	Cheryl Akert and Gabby Flater
9/7/2016	3mi, 6mi, 6:30pm	Greenfield Park #3	Just Plain Fun Run	Susan Kneir
9/14/2016	3mi, 6mi, 6:30pm	Holy Hill	The Dunne Fun Run Part Two	Tim Dunne
9/21/2016	NO FUN RUN club meeting	PETTIT CENTER		
9/28/2016	3mi, 6mi, 6:00pm	Whitnall Park #8	Amber Bock Fun Run	Dave Gavinski
10/5/2016	3mi, 6mi, 6:00pm	Greenfield Park #3	LFM RD Fun Run	Erin Smith



COMING EVENTS

(Continued from page 23)

Jun 11 Dairylicious Days Run/Walk Westfield
 Sat 5 mile run - 2 mile run - 2 mile fun walk - Kids 1/4 mile run Reg. Pioneer Park (new location for 2016) **Note** route is mostly off road trails . NEW course **Divs** 2 mi Run/Walk & 5 mi Run: 14 & under, 15-19, 20-29, 10yr to 60+ 1/4 mile Youth Run: Kids 13 & under **Awards** 2mi/5mi Trophy for fastest M&F. Medals top 3/div **Fees** \$20 pre-reg by May 31st, \$25 race day. Walkers and kids run free, shirts \$12 **Perks** water, sports drink & snacks post-race. Drawings for prizes: Bouncy House & Live Music! **Other** Checks payable to: Westfield Cross Country **Contact** Katie Shoven Dairylicious Days R/W PO Box 167 Westfield WI 53964 Day 608-369-0854 **Web:** http://www.tandhtiming.com/events/10th-annual-dairylicious-days-runwalk/

Jun 11 Elkhart Lake Triathlon Elkhart Lake
 Sat International Distance Triathlon (1.5K swim, 45K bike, 10K run) Osthoff Resort, 101 Osthoff Ave **Divs** Open, 5yr, Weight divs, Relays **Awards** Top 3 OA, Top 3/div **Fees** See website **Perks** Tek shirt, Finisher medal, custom logo, Expo, pasta dinner (extra), resort venue, goody bag **LastYr** 540 **Contact** Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-894-4837 Fax 847-894-7574 **Triguy@ameritech.net Web:** www.elkhartlakemultisports.com

Jun 11 Elkhart Lake Sprint Triathlon Elkhart Lake
 Sat Sprint Distance Triathlon (400M swim, 20K bike, 5k run) Osthoff Resort, 101 Osthoff Ave **Note** 15th Annl Divs Open, 5yr, Weight class divs, relays **Awards** Top 3/div **LastYr** 550 **Fees** Perks **Contact** See above

Jun 11 Elkhart Lake Elite Triathlon Elkhart Lake
 Sat International Distance Triathlon (1.5K swim, 45K bike, 10K run) Osthoff Resort, 101 Osthoff Ave **Note** 15th Annl Divs Open, 10yr **Awards** Top 3/div, \$2600 prize money **LastYr** 45 **Fees** Perks **Contact** See above

Jun 11 Conserve School Trail Run Land O'Lakes
 Sat Hall Marathon 8am, 5K 8:30am Conserve School Divs 13-15, 16-19, 10yr to 70+ **Awards** Maas Farms Maple Syrup **Results** www.webscorer.com/race?raceid=44768 **LastYr** 87 **Contact** Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715.701.0360 info@greatlakesendurance.com **Web:** http://www.greatlakesendurance.com

Jun 11 Grandview Gallop 11th Annual Dubuque, IA
 Sat 4 mile 8am 1 mile youth 7:30am Murphy Park / Grandview Ave. Divs 14 & Under, 15-18, 19-24, 5yr to 70+ **Awards** OA (free pair running shoes) and Top 3/div **Whchr** No **Fees** \$21 - 14 and under \$26 - 15 and over before June 3 \$30 after June 3 **Perks** CHIP TIMING Athletic Footwear and Apparel Expo Shoe Give-Away - 12 pairs Enter & Refresh **Records** 19:43 **LastYr** 1000 **Other** Course is out and back and fast. 1 mile race is chip timed. **Contact** Greg Hermiston Grandview Gallop P.O. Box 854 Dubuque IA 52004 Day 563-599-5198 Eve 563-599-5198 Fax 563-556-5134 grandviewgallop@hotmail.com **Web:** www.grandviewgallop.com

Jun 11 Coureurs De Bois Trail Run and Relay Kenosha
 Sat 8, 12, 16 mile trail run indiv 16 mile trail relay 4 or 8 mile trail walk Petrifying Springs Park (Hwy. 31 between Hwy. A and Hwy. E, 4 miles east of I-94) **Fees** RUN \$27, RELAY \$45, WALK \$22 through 6/7/16 Same day. Run \$32, Relay \$50, Walk \$27 **Perks** Unique post race food. Family atmosphere. Great for adventure minded runners and walkers alike! **Other** www.signmeup.com/site/online-event-reg/11280 **Contact** ke 4112 Sheridan Rd Kenosha WI 53140 Day 262-925-0300 Eve 414-719-4771 Fax 262-652-1388 brian@kenosharunningcompany.com **Web:** www.xcthrillogy.com/coureurs-de-bois-trail-run--relay.html

Jun 11 City of Trails Trail Run St. Croix Falls
 Sat Trail Half-Marathon (8:30am) 10K Trail Run/5K Run (9am), 1K Kids Trail Run (8:15 am) St. Croix Falls Middle School Divs 14-19, 10yr to 70+ **Awards** Half-Marathon Medals, Handmade Wooden Medallion top 3/div **Fees** Half Marathon: \$30 until May 1, \$40 until June 9, \$50 race day. 5K/10K: \$20, \$25, \$30 **Contact** Amy Klein Day 715-557-0197 info@cityoftrails5k.com **Web:** www.cityoftrails5k.com

Jun 12 Elkhart Lake KIDZ Triathlon Elkhart Lake
 Sun Youth Triathlon, ages 6-14 Osthoff Resort, 101 Osthoff Ave **Note** intro your child to triathlon. Our focus is on partic and fitness, not comp **Divs** NA **Awards** NA **Fees** \$25 **Perks** Tek Shirt (Kids sizes), Finisher medal, custom logo, Friday Expo, resort venue **LastYr** 113 **Contact** Jeff Grady Elkhart Lake Multisports, INC. PO BOX 2333 Palatine IL 60078 Day 847-894-4837 Fax 847-894-7574 **Triguy@ameritech.net Web:** www.elkhartlakemultisports.com

Jun 12 Holy Family Memorial Maritime Marathon Manitowoc
 Sun Full Marathon, Half Marathon, 4 person mar relay UW-Manitowoc **Note** Flat and fast course along scenic Lake Michigan. **Divs** 18-29, 10yr to 70+ **Awards** Trophy 1st M&F, 1st/div **Whchr** N/A **Results** chip timing **Fees** FULL\$60 to 1231,\$75 to 3/31,\$85 to 5/31,\$100,HALF\$50 to 12/31,\$60 to 3/31,\$75 to 5/31,\$90 Perks TS & medal for all finishers, ice cream and beer **Records** Male: Jake Gillette 2:24:52.8 Female: Laura Gillette 3:06:44.7 **LastYr** 541 **Contact** Dave Nickels Manitowoc Track Club 604 Pine Street Manitowoc WI 54220 Day 920-242-0899 Eve 920-684-0912 dnick440@gmail.com **Web:** www.maritimemarathon.org

Jun 12 Chase Trempealeau Trempealeau
 Sun Join us for this Cycle, Hike and Seek (Scavenger Hunt) Event. Dist ranges from 3-20 mi. 9 am - noon. S&F at Elmaro Vineyard, Delaney Rd **Note** seek and find as many checkpoints as possible **Divs** 2-Person Comp and Fun Run **Div** and the Ultimate Chase Challenge (5 hour challenge) **Awards** first 3 teams with the most points within the allotted time, wins! **Fees** varies - reg early for best pricing! **Perks** Pasta lunch and a glass of wine after the race! Kids 13 and under FREE! **LastYr** 150 **Contact** Amy or Paula Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnfunning.com **Web:** www.offnfunning.com

Jun 15 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: John White-WSO **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

Jun 15 Sister's Rock 'n etROLL! Pewaukee
 Wed GROUP hike 6:30pm downtown Pewaukee & on Beach **Divs** Women only **Whchr** yes **Fees** no **Perks** Slick around for the Beach Party with live music-part of the Pewaukee Waterfront Wedn Other R/W@ 6:30pm. Social @ 7:15pm. FREE! **Contact** valerie nolin Sole Sisters Club Greendale WI 53129 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com **Web:** www.solesistersclub.org

Jun 18 North Fondy Festival 5K Run/Walk North Fond du Lac
 Sat 5k r/w 8am, 1 mi kids 12 & under 9:15am, 1/3 mi 7 & under 9:30am, reg 7am Village Park on Garfield Street **Note** Check website for info **Divs** 19-, 10yr, through 60+ **Awards** 5k: 1 muf, 3/div, 1 mi and 1/3 mi: participant awards **Results** posted, web **Fees** 5k: \$12-15, 1 & 1/3 mi: \$6-10 **Perks** TS, bev, water, food **Records** 15:51 Brad Therly, Mitchell Billitz, 17:39 Julie Propson **LastYr** 125 **Other** Annual North Fondy Festival at Village Park **Contact** Brad Therly Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Eve 920-922-1577 bradtdlrc@hotmail.com **Web:** www.fonddulacrunningclub.com

Jun 18 Strawberryfest Run/Walk Sun Prairie
 Sat 5k run/walk, 10K run, 50 & 100 yd dash for kids Colonial Club, 301 Blankenheim Ln **Note** breakfast, lunch, craft fair, kids activities, and much more **Divs** 14 and under, 15-19, 10yr to 70+ **Awards** Medals top 3/div **Results** Website **Fees** \$32 adults \$22 kids 12-under before June 17th wish/hi, \$37/\$27 day of race **Perks** Refresh/Door Prizes **LastYr** 200 **Contact** Melody Riedel Colonial Club, Inc. 301 Blankenheim Lane Sun Prairie WI 53590 Day 608-837-4611 Fax 608-837-9302 mriedel@colonialclub.org **Web:** www.colonialclub.org

Jun 18 Hartfest Half Marathon Wauwatosa
 Sat 13.1 mile 8:30 am Hart Park, 68th-70th & State Street **Divs** under-19, 19-24, 25-29, 5yr to 70+ **Awards** Top 3 OA, Top 3/div **Whchr** Yes **Results** website **Fees** On-line: Strider \$30, Others \$40. Race Day: \$50 ALL Perks Tech TS, Refreshments, Food, Beer **Records** new **Contact** Pete Abraham BLS hartfesthalf@yahoo.com **Web:** www.badgerlandstriders.org

Jun 18 Run with Angels Kohler
 Sat 5K run/walk 8:30am reg 9:30am start time The Blind Horse Restaurant and Winery 6018 Superior Ave **Note** Memorial run benefits The Sharon Richardson Hospice in Sheboygan **Divs** M&F 20-under, 10yr to 61+ **Awards** Top 3/div medal **Fees** \$50 for 21 & up, 10-20 \$30, 9-under \$20 **Perks** runners 21 and over will receive a personalized bottle of wine with a picture of their 'Angel' on it. **Other** More info website **Contact** Tom Nye The Blind Horse winery 6018 Superior Ave Kohler WI 53044 Day 920 467.8599 winery Eve 920.901.2931 Jaime tnye@theblindhorse.com **Web:** http://www.theblindhorse.com/calendar-of-events/art-and-wine-festival-june-27da

Jun 18 Pigeon River 5k Trail Race & 1 Mile Family Fun Run Sheboygan
 Sat 5k Trail Run & 1 Mile Family Fun Run 9am: 7:30-8:30 reg Maywood Environmental Park, 3615 Mueller Rd **Note** 5k thru the beautiful pine woods and scenic trails of Maywood: 1 mile fun run is on the flat prairie trail **Divs** M&F **Awards** top 3 OA **Fees** 5k is \$15/pp (\$20 after June 1): Family Fun Run is \$5/pp or family (\$7 after June 1) **Other** Fun in/and/or reg: Sue Morris - trigaggy@gmail.com (954) 232-6535. **Contact** Susan Norris Glacial Lakes Conservancy 529 Ontario Ave Sheboygan WI 53081 Day 9542326535 Eve 9542326535 trigaggy@gmail.com **Web:** Glaciallakes.org

Jun 21 Schlitz Park Miller Run and Walk Milwaukee
 Tue 1 mile, 5:30pm, chip timed, single wave Schlitz Park: Start just east of N. 2nd Street on W. Pleasant St **Note** Online reg through June 20. Onsite race day 11a - 1p and 3:30p - 5p. **Divs** M/F 0-14, 15-19, 10yr to 70+ **Awards** Cash awards (\$100, \$60 & \$40) to top 3 M/F finishers ages 18-39 and 40+. Bottle opener for AG winners **Fees** General public: \$10 through Mar 1, \$20 through Jun 15, \$25 race day. Tenants: 50% discount **Perks** Gender specific: technical T-shirt, Free beer **Records** M: Matthew Scott 4:17; F: Nicole Shortleaf 4:43 **LastYr** 300 **Contact** Pam Kassner Schlitz Park 1555 N. RiverCenter Dr Suite 209 Milwaukee WI 53212 pam@superpear.com **Web:** http://www.schlitzparkrun.com/miller

Jun 21 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, 42.967637, -87.85534 **Note** 400m track. Restrooms **Fees** no **Perks** soda, munchies **LastYr** 40 **Other** Location is northwest 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

Jun 22 Manitowoc Area TC Road Runs Manitowoc
 Wed see 6/08 Manitowoc Two Rivers YMCA **LastYr** 0 **Web:** www.manityrun.com

Jun 22 Badgerland Striders - The Dunne Funne Runne Holy Hill
 Wed 3 or 6mi, 6:30pm Take Hwy 45 to Holy Hill Rd exit (Hwy 167). Follow that for 7.5 miles. **Note** Turn left on Stationway Rd, 0.2 miles to start. Meet at the Lower level of the 1st station of the cross **Fees** Free **Perks** Food, Beverage **Other** GPS Coords: 43.248034, -88.325695 **Contact** Tim Dunne Badgerland Striders TDHollyHill@aol.com **Web:** www.badgerlandstriders.org

Jun 25 Two Hearted Trail Run Paradise, MI
 Sat 50K 7:00am, Marathon, 7:30am, Half Marathon, 8:00am Tahquamenon Falls State Park **Divs** 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ **Awards** Maas Farm Maple Syrup **LastYr** 214 **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

Jun 25 Berry Big Run and Walk for the Kids Cedarburg
 Sat 5K 8:30am Cedar Creek Park **Note** USATF certified, chip-timed run and fun walk **Awards** Top 3/div **Fees** \$20 ba 6/10, \$25 on race day **Perks** T-shirt, goody bag, refresh, prizes, fun! **Contact** Nicole Bulow Big Brothers Big Sisters of Ozaukee County 885 Badger Circle Grafton WI 53024 Day 2623770784 Eve 2623770784 contact@bbsoz.org **Web:** www.bbsoz.org

Jun 25 Wisconsin Humane Soft 5K Trails on the Trail Milwaukee
 Sat 5K Veterans Park, 1300 N. Lincoln Memorial Dr. **Note** MKE animal lovers' favorite 5k - Bring your dog, and stick around for post-race for the family! **Whchr** Route path is paved **Fees** 5K: \$30 adults / \$25 youth **Perks** reusable tote bag, supports homeless animals **LastYr** 1700 **Contact** Jesse VanCamp Wisconsin Humane Society 4500 W Wisconsin Ave Milwaukee WI 53208 Day 414-431-6121 Fax 414-431-6200 tailsontthetrail@wihumane.org **Web:** www.wihumane.org/tailsontthetrail

Jun 25 Racine Dental Dash 5K Racine
 Sat 5K Racine Dental Group, 1101 S Airline Rd **Note** Lots of Swag!!! **Divs** 5yr **Awards** Medals **Whchr** Yes **Results** www.5Kevents.org **Fees** General \$30 **Perks** medals, race photography, Chip Timed, T-shirt, Free Beer **LastYr** 375 **Contact** Patrick Flynn 5Kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2400 Eve 262.620.2018 admin@5kevents.org **Web:** www.racinedentaldash5k.run



Badgerlandstriders

@BLStriders

Jun 18 TOUGHMAN WISCONSIN by Aurora BayCare Sherwood
 Sat Half-Iron, Aqua Bike, Sprint distance triathlons: 7am High Cliff State Park **Contact** Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com **Web:** www.dutrirun.com

Jun 18 Wisconsin Trail Assail - Father's Day Run Meno Falls
 Sat 5K, 10K Menomonee Pk, W220 N7884 Tomline. Road Divs 5K, 10K **Awards** M&F 5yr **Contact** sean osborne Silver Circle Sports Events info@silvercirclesportsevents.com **Web:** www.silvercirclesportsevents.com/wta

Jun 18 Lad Lake Kettle Clasic Dousman
 Sat 5K Trail Run Lad Lake Dousman Campus, W350 S1401 Waterville Road **Awards** Top 3 M&F **Whchr** no **Fees** \$30 **Perks** Full BBQ lunch after run **LastYr** 35 **Contact** Nick Zanoni Eve (414) 961-1313 zanoni@ameritech.net **Web:** http://www.ladlake.org/2016/01/save-the-date-for-the-kettle-classic-june-18th-2

Jun 18 Men of Christ Holy Hill 5K Run/Rosary Walk Hubertus
 Sat 5K Run 1pm and 2 mi. Rosary Walk 1:10pm Kiddie run 12:30pm Holy Hill, Lower Stations of the Cross - Take Hwy 45 to HWY 167 West to Stationway **Note** benefits sponsoring Seminarians as well as Catholic Charities! **Divs** 14 and under, 15-19, 10yr to 60+ **Awards** Top M&F and Top 3/div **Fees** \$25 before 6/1/16, \$30 after, \$35 day of **Perks** Good bag includes: MOC dryfit tech running t-shirt, Rosaries, WWJD bracelets, blessed medals, and more **Contact** Tim Dunne 899W16785 Appleton Ave Menomonee Falls WI 53051 Day 2622507777 Fax 2622507776 timthbroker@aol.com

(Continued on page 27)

BADGERLAND STRIDERS



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COMING EVENTS

(Continued from page 25)

Jun 25 Border Wars Brewfest 5K Run/Walk Kenosha
 5K Celebration Park, 5400 1st Avenue Divs 5yr Awd Medals Whchr Yes
 Results www.5kevents.org Perks Chip, Timed, T-shirt, Priority Access to
 Brew Fest Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd
 Racine WI 53405 Day 877.651.2440 Eve 262.620.2018 ad-
 min@5kevents.org Web: [http://www.runwalk.events/
 EventInformation.asp?eID=18353](http://www.runwalk.events/EventInformation.asp?eID=18353)

Jun 26 FREBEKA 5 Family Health Challenge Events Fredonia
 5mi run 8am, 1 & 2mi walks 8am, 1mi kids run, 9am, 2mi run 9:30am. Reg
 Waubedonia Park Shelter N5301 Cty, 1 Note 2/1mi on flat paved trails in
 Park, 5 Mile cert, W/06049, JW 2 Mile cert, W/06048, JW Divs 13-14-18
 19-29 10yr 70+, Kids 3- 2yr 12-13 Awd's Trophy 1mf, 1/1div, medal 2-3/1div
 Kids Run: Medal top 3. Ribbons add entrants Whchr 5 Mi. Hillly on Cty.
 Roads Wisconsin's most challenging Run! Results email, bis Fees
 Adults-\$20 Pre-Reg, Adults-\$25 Run Day, Kids-\$10 Pre-Reg, Kids-\$15
 Run Day, Perks LSTS 1st 200. Bottle of Water, Banana, Popsicle to each
 participant Records 5mi Kyle Fraser16, 29.36 Sue Daggelt-Miller06:31:18,
 2mi Kyle Fraser16, 10:14, 11:44 Sue Daggelt-Miller05 1mi 5:55 Dustin
 Richter 05, 6:16 Sarah Brown 05 LastYr 120 Other High School Team
 Trophy (Min. 5 Team Members) Contact Ralph Luedke Fredonia Lions
 Club 327 Sapphrie Ct. Fredonia WI 53021 Day 262 692-2379 Eve 262
 692-2379 rluedke3@wi.rr.com Web: <http://linyurl.com/frebekaFive>

Jun 26 North Shore Half Marathon & 5K Highland Park
 13.1 mi & 3.1mi St. Johns and Park Avenue Awd's Top 3 OA M&F, Top 3/
 div, 19 & under, 5yr to 80+ Perks Medals to all half marathon finishers
 Contact Patrick McInerney RAM Racing info@ramracing.org Web: <http://www.bigfoottriathlon.com/>

Jun 26 Big Foot Triathlon-16 Lake Geneva
 Sprint, Olympic and Olympic relay Big Foot state park Contact Patrick
 McInerney RAM Racing info@ramracing.org Web: <http://www.bigfoottriathlon.com/>

Jun 26 Edge the Legend Fond Du Lac
 3 mile obstacle course race. Fondy Sports Park Note This year's theme is
 Pirates so Chips Ahoy and join the fun, costume contest too! Divs Rugged
 Indiv, Dynamic Duo, Macho Men, Super Chicks, Six Pack and Life
 Span Awd's Top 3 Indiv M&F and teams. Results check dutriron.com for
 results Fees varies by div you choose Perks nice shirt, a surprise perk,
 food and beer Contact Gloria West DuTriRun PO Box 7723 Appleton WI
 54912 Day 920 562 1885 Eve 920 562 1885 gloria@dutriron.com Web:
www.dutriron.com

Jun 29 Badgerland Striders - Ham & Rolls Fun Run West Allis
 3 or 6mi, 6:30pm Greenfield Park Picnic Area 3 Note map of park at <http://linyurl.com/ksqx6u8>
 Fees Free Perks Food, Beverage Other GPS
 Coords: 43.003648, -88.063683 Contact Jody Geibl Badgerland Striders
 Day 414-530-5724 jgeibl@wi.rr.com Web: www.badgerlandstriders.org

Jul 2 Wise Trail Assail - Independence Day Run Waukesha
 5K, 10K Fox River Park - W264 S4500 River Road Divs 5K, 10K Awd's
 M&F 5yr Contact Silver Circle Sports Events, LLC WI 53066 in-
 fo@silvercirclesportsevents.com Web: <http://www.silvercirclesportsevents.com/wta>

Jul 2 Amasa Amble Amasa MI
 5k run, 1m R/W 8am, 7am Reg. Note 4-day 125th Anniversary Celebration,
 Parade, Model A Expo, Tug O War, History, Swimming, Music Awd's
 1m 1st M/F, 5k 1st M/F, 1st/1div Fees 1m \$15, 5k \$25 Perks Commemora-
 tive TS, food, beverages Other Prereg: Active.com, Benefits Amasa Ball
 Park improvements Contact Lindsey Hiltonen Day 906-284-0718 Eve 906
 -284-2399 All Contact: Dave O'Brien 414-425-1309

Jul 4 Firecracker Four Hales Corners
 4 mile run/walk, 1.7 mile untimed fun run/walk, 8am Hales Corners
 5765 South New Berlin Rd Divs 4mi: 9 and under, 10-14, 15-19, 5yr to
 80+ Awd's 4 mi: M/F OA: 3/1div Whchr Separate Finish Line Results
 website Fees \$14 kids (<=17); Adults - \$18 members; \$22 non-members;
 \$25 mail/inrace day Perks 2 water stops, tech leech, cookies, fruit, soda,
 water, and beer at the finish Records 19:10 Dan Held '95: 22:15 Linda
 Marquardt '87 LastYr 1300 Contact Mike Sobie Badgerland Striders 6526
 River parkway Wauwatosa WI 53213 blstreas@gmail.com Web: <http://www.badgerlandstriders.org/home/Races/FirecrackerFour.htm>

Jul 4 River City 4th Fest 5K Watford
 8am, reg 6:45 Whitford Pk, River Rd & Hwy 20 Note 27th annual Divs 9
 and under: 10-14: 15-19: 5yr; 75+ Awd's medals 5/1div, OA M&F:
 Masters M&F Results www.wisconsinrunner.com Fees \$20, \$25 after 7/2
 Perks TS, bev, snacks Records 14:48 Dan Held '91, 16:59 Jessica
 Monson '09 LastYr 300 Other non parade Contact Jim and Cory
 McFadden Watford Chamber of Commerce 2714 Beaumont Ave Water-
 ford WI 53185 Day 262-994-1606 Eve 262-514-2925 jmcfadden@tds.net

Jul 4 DK5K Dennis Krzykowski Memorial Run Cedarburg
 5K run or 1 mile walk, 7:30am Cedarburg 4th of July Festivities Cedar
 Creek Park/City Park Note 22nd annual run in memory of Dennis
 Krzykowski Awd's M/F top 3 /div: 12kunder, 13-19, 20-29, 10yr to 50-
 Fees Adult/Teen \$25 early/\$30 day of: 12/under \$12early/\$15 day of:
 Group/\$75 early/\$90 day of Perks Tech T-shirt/healthy snack and water
 LastYr 230 Contact Linda Slaus Cedarburg Community Scholarship
 Fund 662 Starlet Drive Cedarburg WI 53012 Day 414-416-8575
 dslaus1@wi.rr.com Web: www.cst.info/html/dk5k.htm

Jul 6 Manitowoc Area TC Road Runs Manitowoc
 see 6/08 Manitowoc Two Rivers YMCA LastYr 0 Web:
www.mantyrn.com

Jul 6 Sole Sisters- Trail Dash & Beach Bash Brookfield
 GROUP Hike- approx 2-3 miles. Hike @6:30pm/ Beach Bash @7pm
 Foxbrook Park - Brookfield Note GROUP hike, then stick around for the
 Beach Bash- with Volleyball & lawngames, swimming Divs WOMEN
 ONLY! Awd's UNTIMED/Casual Event Whchr no Results no Fees Fee to
 enter Waukesha County Parks Records no Contact Valerie Nollin Sole
 Sisters Club 2925 N. Barker Rd Brookfield WI 53045 Day 414-403-3524
 Eve 414-403-3524 solesistersclub@yahoo.com Web:
www.solesistersclub.org

Jul 6 Badgerland Striders - Spuds Fun Run Milwaukee
 3 or 6mi, 6:30pm Jacobus Park #2, 43.042332,-87.993843 Note map of
 Jacobus Park at <http://linyurl.com/me3x3fh> Fees Free Perks Baked
 Potatoes with the Works, snacks, Bevs Other GPS Coords: 43.042519,-
 87.994271 Contact Jeff Weiss Badgerland Striders Milwaukee WI 53208
 runnerjeff@outlook.com Web: www.badgerlandstriders.org

Jul 9 Willow River Run New Richmond
 10k, 5k run or 1 mile walk, 7:30am, kids run 8:30am, reg 6am Mary Park at North
 end of North Green Ave Note bike paths and city streets Divs 19- under
 up to 70 + 10 year age group increments Awd's OA M&F, 3/1div Whchr
 yes Results website Fees \$25, \$30 race day: kids: \$20 Perks Cotton TS
 10k+5k, prize drawings, post race food and drink LastYr 200 Other New
 Richmond Fun Fest activities, rides, games, parade Contact Jodi Salliny
 Willow River Run 1303 Meadowlark Ln New Richmond WI 54017 Day
 (715) 246-5444 Eve (715) 246-5444 jsalliny@frontiernet.net /
joebrick@hotmail.com Web: <http://www.nrnrunclub.com/2015-willow-river-run>

Jul 9 Dances with Dirt - Devil's Lake Baraboo
 50M Ultra 5:30am - 50K Ultra 5:30am - Marathon 6:30am - Half Marathon
 10k, 5k run - 10K 8am Devil's Lake State Park - Steinkie Basin Divs See
 website Awd's OA M&F, 5deep in 5yr divs Whchr n/a Results
 www.rftiming.com Fees see website Perks Tech shirts, medals, post race
 party! Records www.rftiming.com Contact Dawn McConachie RF
 Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve
 734-929-9027 info@rfevents.com Web: www.dwddevilslake.com

Jul 9 Waugoshans Trail Marathon Mackinac City, MI
 Mar 7am, 12M Mar 8am, Mar Relay 7am Wilderness State Park Divs 15-19,
 10yr to 70+ Awd's Ceramic bowls by artist Steven Stuchell for top 3/div,
 hardwood medallions for finishers Results [www.superiortiming.com/race-
 results/](http://www.superiortiming.com/race-

 results/) LastYr 314 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

Jul 9 Walk, Run, Wag for MADACC Wauwatosa
 9am 5K Run for People: 9:15am 5K Run for People & Dogs: 9:30am 1-2
 Mile Walk for People & Dogs Hart Park, 7300 Chestnut St. Fees \$25/\$30/
 \$35 for 5K Run: \$20/\$25/\$30 for 1-2M Walk: Free for children 13 & under
 Contact Friends of MADACC friends@madacc.org Web: <http://madaccwalkrun.org/>

Jul 9 Run for Sam 10K & 1 Mile Walk Princeton
 10K run, 10K walk, 1 mile walk VFW Post 10452 at 136 North Farmer St
 Note Nonprofit 10K Fees \$30-\$40 Perks Made in USA perf race shirt,
 goodies bags, dog tag awards! Free locally made brautwrat at the finish!
 LastYr 130 Other Benflits scholarship in memory of Sam Hennessee for
 local students. Contact Alecia Gende VFW Post 10452 136 N. Farmer St
 Princeton WI 54968 runforsam10k@yahoo.com

Jul 10 Winnebago County Triathlon Winneconne
 Sprint and Olympic distance triathlons: 6:45 a.m. start Lake Winneconne
 Park, Winneconne, WI Contact Ben West DuTriRun PO Box 7723 Appleton
 WI 54912 Day 920-574-2972 ben@dutriron.com Web:
www.dutriron.com

Jul 12 Badgerland Striders Open Track Meet St. Francis
 All track events 100m-3200m, racewalk, relays. No field events or hurdles.
 6:30pm St. Francis High 42.967632,-87.85534 Note 400m track. Res-
 trooms Fees soda, munchies LastYr 40 Other Location is northwest
 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

Jul 13 Badgerland Striders - Hot Dog Fun Run West Allis
 3 or 6mi, 6:30pm Greenfield Park Area #3 Note map of Greenfield Park at
<http://linyurl.com/ksqx6u8> Fees Free Perks Food, Beverage Other GPS
 Coords: 43.003648, -88.063683 Contact Glenn Wargolet Badgerland
 Striders marathons1@charter.net Web: www.badgerlandstriders.org

Jul 16 St. Dominic Steeplechase 5K Run/Walk Brookfield
 5K Run: 2 mile walk St. Dominic Church - 18255 Capitol Drive Note 28th
 year Divs 9 and under: 10-14: 15-19: 10yr to 60+ Awd's Medals to top 3/
 div: DOOR PRIZES!! Whchr n/a Results posted bis Fees \$20 prior; \$25
 race day; family of four \$50 Perks T-shirts: awards; refreshments; door
 prizes Records 15:26 Chris Roberdeau '03, 18:11 Theresa Selestow '08
 Contact Mary Monday N32 W23130 Stonewall Ct. Pewaukee WI 53072
 Day 2627469529 Eve 262-391-9401 monmorr@aol.com Web: <http://stodominic.net/Community/DominicDays.asp>

Jul 16 Fish Day 8k Run & 2 Mile Fun Walk/Run/Port Washington
 8 am, reg 6:30-7:30 am Chamber of Commerce Visitor's Center 126 E
 Grand Ave Note Benefits Portal Inc, a nonprofit human service agency
 serving adults with disabilities Divs 8k 13-, 14-19, 5yr, 70+, w/c, stroller,
 teams Awd's 8k unique pewter fish medallion 1mf, 1/1div, 1/team, medals
 2-3/1div, 2mi medallion 1mf, ribbons/finishers Whchr sleep bis Results
 posted, mailed on request, local paper Fees \$25 before 7/8, \$30 after 7/8:
 families 3+ \$20/person before 7/8, \$23/person after 7/8 Perks 8K chip
 timed, TS, dwgs, food, bev LastYr 934 Other Festival, Parade, Fish &
 Chips, Arts/Crafts Fair, Big Name Bands, Fireworks. portfishday.com
 Contact Marlene Morgan Portal Inc. PO Box 65 Grafton WI 53024-0065
 Day 262 377-4410 Fax 262 377-4415 mmorgan@portalcinc.org Web:
www.portalcinc.org

Jul 16 Acuity Health Challenge Sheboygan
 5k or 2 mile run/walk Acuity, 2800 S. Taylor Dr, Sheboygan, WI Contact
 Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972
ben@dutriron.com Web: www.dutriron.com

Jul 16 Humana Rock 'n' Roll Chicago 5K Chicago
 7:30am Lakefront Trail & E. Monroe

Jul 16 Door County Sprint Triathlon Egg Harbor
 Sprint (Saturday) and Half Iron (Sunday) Frank Murphy Park Note 2 day
 event, 1,000 limit each day, benefits DC Parks & YMCA Divs 14 and
 under, 5r to 80+, team (m/f/mixed) Awd's 3/div Results web, postcard
 Fees See website Perks Tech t-shirt, finisher medal, goodie bag, beer,
 pig & corn roast Records Sprint: 1:06:25:8 Mark Hauser (2009), 1:14:08
 Lauren Birkel (2011) LastYr 1000 Other Pkt pick-up 7/15-7/16 Contact
 Sean Ryan Door County Triathlon 1971 Prescott Place De Pere WI 54115
 Day 920-606-2458 Eve 920-606-2458 director@doorcountyrtriathlon.com
 Web: <http://www.doorcountyrtriathlon.com/>

Jul 17 Door County Half Iron Triathlon Egg Harbor
 See above

Jul 17 Humana Rock 'n' Roll Chicago Half Mar & 10K Chicago
 6:30am Grant Park, S. Columbus Dr. & E. Jackson Dr.

Jul 19 Sole Sister's - "Dash & Splash" - Pool Party! Wauwatosa
 Approx 2-3 mile Run or Walk- You pick the pace & distance approx 30
 minutes Hoyt Park Pool Note Run/walk 6pm, Pool Party 6:45pm-8pm!
 Divs WOMEN ONLY! Awd's no Whchr no Fees Fee to enter pool Perks
 Great way to get fit, have fun & meet some new friends! Records NO-
 UNtimed- casual Other Run/walk is FREE- min fee to enter pool for pool
 party. 3 pace groups (run/walk/jog) Contact valerie nollin Sole Sisters
 1800 N. Swan Blvd Wauwatosa WI 53226 Day 4144033524 Eve
 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Jul 20 Manitowoc Area TC Road Runs Manitowoc
 see 6/08 Manitowoc Two Rivers YMCA LastYr 0 Web:
www.mantyrn.com

Jul 20 BLS - Drew's Old Shoes Fun Run West Allis
 3 or 6mi, 6:30pm Jackson Park Area #2 Note Bring Your old shoes for
 recycling, map of Jackson Park at <http://linyurl.com/kw6s76> Fees Free
 Perks Food, Beverage Other GPS Coords: 42.993178, -87.961930
 Contact Drew Cordell Badgerland Striders andrew.p.cordell@gmail.com
 Web: www.badgerlandstriders.org

Jul 22 Wheels & Heels 5k Run, Walk & Roll Milwaukee
 5K Run: 5K Wheelchair/Handcycle & 1M Walk/Casual Wheelchair Veter-
 ans Park-Milwaukee Lakefront Note Beautiful route through Veterans
 Park Divs 14 & under: 15-19: 5yr to 80+ Awd's Top 3/div receive medals.
 Traveling trophy for top team. Whchr Top 3/div receive medals. Perks
 Fruit, TS, Medals. Contact Tim Welch National Spinal Cord Injury-SEW
 P.O. Box 270096 Milwaukee WI Day 414.384.4022 office@spinalcord.org
 Web: www.wheelsandheels.org

Jul 27 Badgerland Striders - Junk Food Fun Run Milwaukee
 3 or 6mi, 6:30pm Veteran's Park Shelter Note map of Veteran's Park at
<http://linyurl.com/kdw0w58> Fees Free Perks Food, Beverage Other GPS
 Coords: 43.044010, -87.888802 Contact Randy Klingelhoets Badgerland
 Striders Eve 262-285-3180 randyandlaurak@hotmail.com Web:
www.badgerlandstriders.org



Yes, We Bike Too! Badgerland Striders in the National Bike Challenge

by Marty Malin

If you or your family members bike to complement your running, to get ready for a triathlon, or just once in a while for the heck of it, you are all invited to be on the Badgerland Striders Bike Team for the National Bike Challenge, (NBC).

If your first thought is that, "I'm not fast enough," or "I don't want to pay to be on a team or to wear a uniform," well, rest assured, it doesn't matter how fast or slow you are – everyone is welcome to join, since all you do is log your rides online, and there are no registration fees or uniforms.

So, come join us!

I guarantee that if you do, you will bike more. And, if you bike more, that will also probably make you a faster runner. A win – win!

The NBC is going on its fifth year, and is patterned after one that Kimberly-Clark devised the year previous to that.

THE NATIONAL BIKE CHALLENGE
in partnership with Scott
IT'S FREE, FUN, HEALTHY AND EASY.
MAKE EVERY DAY COUNT.
JOIN NOW
NATIONALBIKECHALLENGE.ORG | peopleforbikes

The first free ride is at midnight on Sunday, May 1st, so that you can be one of the first to earn points in the NBC. We will meet at the WI State Fair Park Park N' Ride, located on 76th Street about 11:45 p.m. on Saturday night, the 30th. From there, you can do one of various short ride distances on the Hank Aaron Trail, from 5 to 12 miles. Helmets are required, and headlights are highly recommended. (Bringing a bike is also extremely helpful!) Afterwards, you may want to stop for a nearby liquid refreshment or two.

The second ride is one of over 300 international rides for the Ride of Silence, which is always held at 7 p.m. on the 3rd Wednesday of May. This year it is on the 18th, and the Wauwatosa version will start at Johnson's Cycle and Fitness. You must get there by 6:40 for instructions, as we are riding slow, and in complete silence, like a funeral procession, to

honor those riders killed and injured by vehicles. The goal is to make drivers aware and respectful of bicyclists and their rights. (The safety benefits cascade to runners and walkers, too.) Each community's ride is 12 miles or less, and done between 10-12 mph. Wauwatosa's will take an indirect route to Hart Park's band shell via the Little Menomonee River Parkway and Oak Leaf Trail. And, while the ride is free, we will gladly accept donations on behalf of the Honor Guard, which organizes flights for veterans.

Other free rides will follow, usually one or two a month, on the weekends, and on the New Berlin, Hank Aaron, Oak Leaf, or Glacial Drumlin trails. Either see our message board on the NBC, or email me at runmil@juno.com

And, if you have any questions about how to do something on the website, feel free to ask me for help by email or phone at 414-690-4675.

Have a great Summer!



Last year, they had over 50,000 participants overall, with about 7,000 coming from Wisconsin. Wisconsin took the overall honors, which was calculated as points per 1,000 citizens, to equalize it between all of the states, large and small. Nebraska, Pennsylvania, and Vermont were our closest competitors.

As a bonus, once you have reached various milestones pointwise, you are automatically eligible for free drawings, held at the end of each of the five months.

Once you register at their website, which is www.nationalbikechallenge.org then you can either record your rides manually, which is really quick and easy to do, or you can have it automatically done, if you use an app such as Strava, MapMyRide, Moves, or Endomondo.

The Official Challenge just started on May 1st, so if you already did some rides earlier in May, you can just put them in, and get credit for them. Then, just keep on riding as much as you can until the end of September.

Each day you ride at least one mile, you get 20 points, plus one point for each mile you rode. So, if you ride 5 miles in a day, you get 25 points. And if you ride several days in a week, you can easily get more than 100 points.

Your points are tallied up on various leaderboards, so you can see how you compare with others from throughout the U.S., Wisconsin, whatever community you live in, your workplace, our BLS team, or even those from other running clubs.

Don't forget, that once you are on the site and get comfortable with how to navigate it, sign-up for the Badgerland Striders team, because that is the only way I will know you joined up, and the only way your points will count for our team and for running clubs.

To make it more of a team, for those of you in the area, I am organizing some free, fun, rides, so we can earn some points together, and get to meet our teammates.



CAPUCHINS' RUN WALK FOR THE HUNGRY

- 11TH YEAR
 - NEW FESTIVAL,
 - NEW DATE,
 - NEW CERTIFIED RUNNERS' COURSE
- FRIDAY JUNE 17, 2016

This is the 11th year for the event whose proceeds feed the hungry through Capuchin Community Services' two locations: St. Ben's Community Meal and House of Peace. Popular sports-talk radio host, Bill Michaels ("the Big Unit") will again be hosting the event. Usinger's will again be donating up to one pound of product for each registered participant.

The 5K run will be certified, chip timed, and scored. Overall trophies and age category medals will be presented to the runners.

Teams are encouraged. Those teams with 10 or more members will have the team name printed on their commemorative T-shirts.

"No person should be hungry," Capuchin Friar Rob Roemer, ministry director of Capuchin Community Services, explains. "People often associate the winter months as being a critical time for Milwaukee's hungry. Actually need escalates during the summer months due to children being out of school and more individu-

als living on the streets. Our ministry sites experience the highest demand during the summer months. None are turned away from a Capuchin ministry who seeks emergency aid for food."

If registered by June 5, the \$25 run (\$15 for children) and \$20 walk (\$10 for children) registration fee includes entrance into Polish Fest and free return to Polish Fest all weekend. After June 5, registration fees increase \$5. Registrations are accepted up to the day-of-the-event.

Capuchin Community Services with two locations, St. Ben's Community Meal and the House of Peace, serves the poor, the hungry, the homeless. www.CapuchinCommunityServices.org

ABOUT HOUSE OF PEACE: The House of Peace assists families and individuals in meeting their spiritual, material, and emotional needs. The House of Peace helps families to remain together and to promote self-sufficiency. It provides food, clothing, and pastoral care to the poor plus houses the UWM House of Peace Community Nursing Center and Marquette University Legal Clinic that serves the same population.

ABOUT ST. BEN'S COMMUNITY MEAL: St. Ben's Community Meal has been Milwaukee's largest regular potluck dinner since 1970. 75 organizations (including churches, temples, and mosques) provide hot, homemade dishes six days a week to those who are homeless or at risk of becoming homeless. Over 2,000 meals are served each week. Additional ministries include Columbia-St. Mary's St. Ben's Clinic that provides prevention-focused health care to those who can't

The Capuchins'

RUN WALK FOR THE HUNGRY



afford it, St. Benedict the Moor parish and jail ministry. All ministries are located at 9th and State Streets.

Capuchin Community Services is a Capuchin ministry and is part of the Capuchin Province of St. Joseph, which is headquartered in Detroit and serves Capuchin ministries worldwide.

For additional information, contact:

Colleen K. Crane, Public Relations Director
 The Capuchin Province of St. Joseph
 (office) 414.374.8841, ext. 27 (cell) 414.254.2808
 www.TheCapuchins.org

Milwaukee Justice Center's MJC5k Run for Justice set for June 22

Registration for the 6th Annual Milwaukee Justice Center MJC 5k Run for Justice is officially open! The 5k run/1-mile walk and fundraiser, scheduled for Wednesday, June 22 at 7:00pm at Milwaukee's Veteran's Park, is one of the biggest fundraisers for the Milwaukee Justice Center every year.

In the last five years, the MJC 5k Run for Justice has raised nearly \$37,000 to help provide free legal help to Milwaukee County residents who are facing the civil court system on their own. In last year's race, 155 runners and walkers, 35 volunteers, and 27 sponsors teamed up for the race. This year, we are aiming for 300 runners and walkers.

Individual registration is \$25 for adults for the 5k run/1-mile walk, and there's a kids' 1-mile fun run for \$15. That registration fee gets you an MJC 5k Run for



MILWAUKEE JUSTICE CENTER

Milwaukee County Courthouse - Room G9
 901 N 9th St. Milwaukee, WI 53233
 www.milwaukeejusticecenter.org

Justice T-shirt, live music from The Mission River Band, free post-race refreshments and beer, and a grab bag filled with great gifts from local, Milwaukee businesses.

Stop by our website, www.MilwaukeeJusticeCenter.org/MJC5 to sign up, see who is pitching in for this year's race, see photos and results from our previous races, and to see about the great work the Milwaukee Justice Center does for the entire Milwaukee County community.

ABOUT THE MILWAUKEE

JUSTICE CENTER: The Milwaukee Justice Center (MJC) is a collaborative endeavor between the Milwaukee Bar Association, Milwaukee County, and the Marquette University Law School. The MJC provides services to self-represented litigants with civil court matters through our main clinic in Room G-9 of the Milwaukee County Courthouse, and the state and national award-winning Milwaukee Justice Center Mobile Legal Clinic (a project of Marquette University Law School and the Milwaukee Bar Association).

Self-represented individuals have a fundamental right to access the justice system, even if they cannot afford an attorney, or they do not qualify for legal aid. Find out more at www.MilwaukeeJusticeCenter.org.

For more information contact Justin A. Metzger, Community Outreach and Marketing Manager, (414) 278-5392

justin.metzger@wicourts.gov





New route for 2016!



Wheels & Heels

National Spinal Cord Injury Association
- Southeastern Wisconsin Chapter

5k Run or Roll / 1k Fun Walk to help cure paralysis

Friday, July 22nd

Race starts at 6:55pm

Veteran's Park

1750 N. Lincoln Memorial Dr.
Milwaukee, WI. 53202

New Route! *New Location!*



Registration:

Individuals: \$20

Families: \$80

Teams: \$200

Early Bird Special:

Register by June 23th for a chance to win a grand prize of a **FitBit** and other great giveaways!

Pre and Post Race Party

Free family friendly activities from 5 to 8pm, including:

- Wheelchair Obstacle Course
- Wheelchair Wash
- Free Massages
- Face Painting and more!

Save the Date!

Registration opens: **April 11, 2016**
Learn more and register at:

wheelsandheels.org

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	-	shoebbox50@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 **Petit 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: davegavinski@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	davegavinski@juno.com	June 8, 2016 414-476-3745
Hartfest Half Pete Abraham	ptaak7@yahoo.com	June 18, 2016 414-774-4580
Hales Corners Firecracker Four Mike Sobie	blstreas@gmail.com	July 4, 2016 920-321-4944
Cudahy 5mi & 10mi Andrew Cordell	cudahyclassicrd@gmail.com	July 31, 2016 -
Minooka Corn Roast Ken Schoberg	kenschoberg@yahoo.com	July 27, 2016 414-273-8064
Strider Half Marathon Tom Buthod	striderhalf@gmail.com	Aug 27, 2016 414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run Robert Wehner	rwehner@hotmail.com	Sept 3, 2016 262-370-7270
Briggs & Al's 8K Run for Children's Hosp. Jeff Weiss	alsrun@gmail.com	Sept 17, 2016 -
Lakefront Marathon Erin Smith	milwaukeeclakelakefrontmarathon@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	davepike@yahoo.com	Nov 6, 2016 -
Strider 20K Barb Drees	barbaradrees@yahoo.com	Dec 4, 2016 -

The road is calling.

If you've been ignoring the road because running causes you pain, call Aurora Sports Medicine Institute. Our running experts are specially trained to deal with the aches, pains and performance issues of runners. Don't let pain rob you of your run.

FREE Injury Evaluations
800-219-7776

- Downtown Milwaukee • Brookfield • Burlington • Grafton • Hartford
- Kenosha • Lake Geneva • Mequon • Sheboygan • Slinger • St. Francis
- Summit • Wauwatosa • West Bend • Whitefish Bay

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

 **Aurora Sports Medicine Institute®**

Aurora.org/Running

Game On! 
facebook.com/AuroraSportsMed

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

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