



THE STRIDER



Official Newsletter of the Badgerland Striders, Inc.

The STRIDER

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2016 Firecracker Four

By Mike Sobie, RD

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 Firecracker Four on Saturday, July 4, 2016 at Hales Corners Park? You know you want to, come on, it's only \$18!

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The Badgerland Striders CORN ROAST FUN RUN But mainly corn!



By Ken Schoberg
Mark your calendars for

**Wednesday
August 3rd!**

The fields are planted, the sun is shining, and the temperature is above freezing. That all

leads to plenty of corn for this year's annual Corn Roast! Bring the entire family for a fun-filled evening with beer, wine, hot dogs, brats, fruit, veggies, snacks, desserts, and best of all, corn.

Run 3 miles, more or less if you want, through the mosquito-infested forest, climb the gargantuan mountains, and then kick back for the evening.

The festivities are at Minooka Park picnic area #4. The run starts at 6:30pm. Please pay for parking when you enter the park. \$4 per Car.

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.



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The Badgerland Striders 24-12-6 HOUR RUNS

By Robert Wehner, RD

This September 3rd will mark the 34th annual running of Wisconsin's only 24-hour track ultra-marathon. We'll be located again this year in Germantown, on the Germantown High School track (400 meters). Proceeds from the event will benefit the Germantown H.S. cross-country team.

For those not familiar with this race, the object is to see how many miles you can cover within the time frame you've entered. The 12-hour and 6-hour divisions also offer a daytime or nighttime option. For consistency and competition reasons, only the daytime options are eligible for 1st place overall awards and records. There will also be a "Distance" division, for those whose only goal is to get in a certain distance, but feel they will need more than 6 hours (for a marathon or 50K) or 12 hours (for 50 miles).

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Yes, Virginia, There Will Be a TOSAFEST!

By Angie Smith

You may have heard a little rumor swirling around as of recently but what you are hearing is true. Tosafest 5K will be back this year! So mark your calendars for **Saturday September 10th** in the evening. We are working out the details, including putting hopefully some new spin on things that we hope will make you love this race as much as we do. With that being said, you can be sure that some of the oldies we have come to love will be included.

We are going back to our downhill course that so many runners have been able to PR on, while still keeping it family friendly for all levels of runners and walkers.

The race will benefit Tosafest Charities.

We will again have the popular Tosafest Kids Races in the afternoon before the race.

Registration isn't open yet but we have created a Facebook page where you can follow along with our progress and help us count down to one of the fastest and best 5ks around.

<https://www.facebook.com/Tosafest5k/>

I hope to see many old and new faces out there on race day.



DANCE PARTY!

Emphasis on DANCING and PARTY
but there is also a fun 15K run!

We're "Bringing Back the Boogie!"

October 29, 2016

Details at:

www.DiscoveryRun.zapevent.com

P.S. YES, the rumors are true.

2016 Firecracker Four

(Continued from page 1)

As always, our featured 4-mile race will start at 8 am 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>

BLS 24-12-6 HOUR RUNS

(Continued from page 1)

Pacing is not allowed in any of the events, but family and friends are welcome to crew for you and accompany you while you are taking walking breaks. Chip timing will ensure accurate lap counts and distances. We'll provide hourly updates for everyone; if you are trying to PR at a certain distance, just let us know and we'll track that as well. Direction is switched every 3 hours.

We'll have a fully stocked aid station, with plenty of variety in foods and fluids, along with some special treats throughout the event. Runners can also bring their own supplies, and set up a mini aid station right along the course, so that their favorites are always right at hand. You can bring a tent to set up (no stakes allowed though!), if you'd like to take an extended break. We'll have use of the stadium sound system, so if you have a favorite CD, bring it along and we'll play it. Or create a mixed CD of your running favorites!

Complete information and the entry form can be found on the Badgerland Striders website. Go to www.badgerlandstriders.org and click on the Club Event Sites tab to locate

the page for the 24-hour run. If you are not running in this event and are in town for Labor Day weekend, please consider volunteering for a shift; we need helpers all day and night! If you have any questions about the race, or would like to volunteer, please contact me at 262-370-7270, or via email at rwehner@hotmail.com. Let's see how FAR YOU CAN GO!



THE PREZ

Is Tired this Month

Speaking of which, nominations for President, Treasurer, VP of Administration and Secretary take place in September and October.

Anybody interested should contact a member of the Executive Board for Information.

Those members are Pete Abraham, Jerry Anderson, Bonnie Clarey, Sherley MacClean, Mike Sobie, Dave Gavinski, Scott Stauske, Dave Finch and Jeff Weiss.

Badgerland Striders Meetings



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

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

Contact our meeting speaker coordinator

Dave Gavinski with speaker ideas for our future meetings.

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

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



BADGERLAND STRIDERS MEETING SPEAKERS

July and August
NO MEETINGS

September 21st

OPEN - NO SPEAKER YET

October 19th

Tim Yanachek

Tim is the Assistant Team Leader of the USA's national 100K ultramarathon team. In that capacity, Tim has traveled with the American teams consisting of six men and six women to the annual world championship road races in France, the Netherlands, Belgium, Japan, Taiwan, South Korea, Italy, Gibraltar, and Qatar. Tim is recently retired after more than 41 years of practicing law. A long-time member of the Badgerland Striders and a former ultramarathoner, track runner, and road racer, Tim is married to Ann Heaslett, 5-time member of the national team. They live in Madison.

Tim's Topic will be:

The USA's rise to the top in the Ultramarathon World

The International Association of Ultramarathoners (IAU) has attempted to stage an annual World Championship 100-kilometer road race, and usually succeeds. The IAU's efforts have elevated the profile of that distance worldwide. The USA has fielded highly competitive men's and women's 100K teams in recent years, due in part to a sensible and rigorous selection process. Also playing a role is that American runners now have a dependable national championship 100K race each year: since 2007, that race has been the Mad City 100K in Madison, Wisconsin.

We now have reason to expect that either our men's team or our women's team, or both, will be on the awards podium every year. In 2014 in Qatar, the USA men won the team gold medal and Max King won the individual world championship. In 2015 in The Netherlands, the USA women won the team gold medal and Camille Herron took first place. The 2016 world championship will take place in Spain on December 4.

Times Past: Yesterday and Today

Running in the Past

By Ron Winkler

In the song, *Dust in the Wind* by Kansas, we are told that nothing lasts forever, but the earth and sky. No mention is made in that song about the Badgerland Striders, running, or races. It's no wonder things have changed over the years, and those changes have been drastic.

This year in November, newsletter editor Jeff Weiss will publish *The Strider* for the final time under his editorship. About three years ago he put the word out that he was looking for a replacement to train for the job. With no takers, he set November 2016 as the date for his last newsletter. *The Strider's* future is uncertain as no one has so far stepped forward to take over as editor even though he continues to remind us in every issue. (See article in this issue-Ed)

During Weiss' tenure there were changes as *The Strider* went from a monthly newspaper to a semi-monthly publication. The last race booklet was printed in 2014. After November, the Badgerland Striders is facing a major change because no one knows more about this publication than Weiss, who has been involved with it since 2001. (It's part of his many other club duties that contributed to his being awarded the Road Runners Club of America's "Outstanding Volunteer of the Year Award" in March of this year.) If a new editor steps forward, will he/she continue to publish a hard copy of *The Strider* or will it be online only?

The Running Boom

With that change coming, I decided to look at how the Badgerland Striders and the running scene have changed over the years. To do that, we need to go back to the origins of the running boom in the 1970s after Frank Shorter won the 1972 Olympic Marathon in Munich. Bill Rodgers (Boston Billie) then won the Boston Marathon in 1975 and 1978-1980. (Shorter and Rodgers ran against each other in our Cudahy 10 Mile, now known as the Cudahy Classic, on August 5, 1979.) Another early hero was Steve Prefontaine.

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

Jim Fixx wrote *The Complete Book of Running* followed by *Jim Fixx's Second Book of Running*. We were inspired by philosopher and fellow-runner Dr. George Sheehan, a cardiologist who wrote for *Runner's World* magazine and authored several books.

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

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

phy of awarding a finisher's medal to everyone who crossed the finish line of the marathon.

Parallel to this was the wellness movement (sports medicine, nutrition, healthy lifestyle, longevity) and advances in technology that have become important in the 21st century. Shoes, clothing and fitness-related equipment have boomed. These items are now marketed not only for their practicality, but for their classiness and stylishness.

Badgerland Striders and Races

The Badgerland Striders began in 1972 by resurrecting the name of the Milwaukee Track Club, taken from the defunct Milwaukee Track Club that had begun in 1959. In 1973 the club merged with the University of Wisconsin-Milwaukee (UWM) to become the University of Wisconsin-Milwaukee Track Club (UWM Track Club). Not everyone was in favor of the merger and in 1977 the club broke away from the UWM over differences in philosophy and because we were more than just a track club. The new name was decided by polling our membership and in July 1977 we became the Badgerland Striders.



From Top Left: Frank Shorter, Steve Prefontaine, Bill Rodgers and Grete Waitz

Before the mid-1970s, most races were low-key with only fifty to 100 runners, although once in awhile a race would attract 200 runners. Races were not as abundant; some weekends there were no local races and it was necessary to travel 100 to 200 miles, many times to Illinois. Winter races were almost unknown, but summer races too were so scarce that we thought nothing of driving fifty to 75 miles on a weeknight for a fun run. I recall driving from Milwaukee to Sun Prairie, Stoughton, and Mazomanie for weeknight fun runs.

Races in 1956 cost 25 cents. Entry fees in the early 1970s were \$1.00, but there were no t-shirts, goody bags or other giveaways. There were no corporate sponsors and no charity runs. Post-race refreshments were unknown. Races were simple; there were no perks and none were expected.

Runners didn't make demands of race directors. Water/aid stations were neither provided nor expected in races shorter than ten miles. In many longer races, nothing was provided along the race course except from friends or family. Water bottles were nonexistent because the drinking of fluids was discouraged in workouts and was sometimes illegal in races. The belief was that you could build up a resistance to the heat by not drinking water. Race rules prohibited frequent water stops and summer races routinely started at 10:00 am.

Electrolyte replacement was limited to taking salt tablets. There were very few vitamin and mineral supplements available. With no Power Bars, Cliff Bars or PR Bars, wheat germ and Gator-Aide were the ultimate in sports food.

Most race courses were uncertified. The belief was that it didn't matter if the distance was a little bit off because road and cross-country times didn't mean anything due to the differences in surface and terrain. After Ted Corbitt wrote a pamphlet titled *Measuring Road Running Courses* which sold for \$1.00 around 1971, his methods started being adopted.

Age divisions were under 30 and over 30. Later, a 40+ age group was added. Women rarely participated in races. Racing was for the elite and recreational runners were not welcome at races. The entry form for the Panther Pant, a 20K race held in Charleston, Illinois contained the following: "This race is a high level athletic event. It is not intended as a sideshow attraction for joggers or others who are poorly prepared. Do not enter unless you are capable of averaging 7:00 per mile for the hilly and challenging 12.5 mile course."

The majority of today's Badgerland Striders' races began in the late 1970s through the early 1980s. One exception is the Cudahy Classic which 55 years ago with the old Milwaukee Track Club; it is Wisconsin's oldest race and this year will be its 56th running. While other races have come and gone during that time, our club races continue to attract record numbers. In fact, several new club races have begun over the past several years.

Timing

There were no large digital clocks; digital stopwatches did not appear until the late 1970s; pulse monitors came on the scene in the mid-1980s. Timing was done using hand-held stopwatches with a sweep second hand. Stopwatches could not record splits because they had only a "start" a "stop" and a "reset" button. We had to remember our splits.



Because these watches had only a minute hand and a second hand, they were only capable of timing races up to an hour. After 59 minutes, 59 seconds, the watch read 0 hours 0 minutes and essentially started over in the same way that a car odometer reads 0 miles when it passes 99,999.9 miles.

For most races this was no problem, but the marathon was a different case. For the old Wisconsin Mayfair Marathon held yearly from 1973 to 1981, officials used a creative method. Timers set their wristwatches to 12 o'clock at the start of the race. When the watch got to 1:00 o'clock, they knew that one hour had elapsed and so on.

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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	DIST	TIME	ROUTE MAPS
SATURDAY	6/25/2016	LAKE PARK	6 MI	7:30AM	tinyurl.com/zzn8fc5
SATURDAY	7/2/2016	LAKE PARK	8 MI	7:30AM	tinyurl.com/gvytffo
SATURDAY	7/9/2016	LAKE PARK	10 MI	7:30AM	tinyurl.com/l3un7s4
SATURDAY	7/16/2016	LAKE PARK	12 MI	7:30AM	tinyurl.com/l3un7s4
SATURDAY	7/23/2016	LAKE PARK	14 MI	7:30AM	tinyurl.com/jhj3z4j
NO BUILD UP	7/30/2016	SHERIDAN PARK	RUN CUDAHY CLASSIC 10 MILE INSTEAD		
SATURDAY	8/6/2016	ESTABROOK PARK 8	16 MI	7:00AM	tinyurl.com/hudfbv (LOOP 1)
					tinyurl.com/j7rn9c2 (LOOP 2)
SATURDAY	8/13/2016	ESTABROOK PARK 5	18 MI	7:00AM	tinyurl.com/hnsfmwq (LOOP 1)
					tinyurl.com/jl4uhsc (LOOP 2)
SATURDAY	8/20/2016	KULWICKI PARK	20 MI	7:00AM	tinyurl.com/znveoe7 (LOOP 1)
					tinyurl.com/h3tac5n (LOOP 2)
NO BUILD UP	8/27/2016	ESTABROOK PARK	RUN STRIDER ESTABROOK HALF MARA INSTEAD		
SATURDAY	9/3/2016	LAKE PARK	16 MI	7:00AM	tinyurl.com/h5rscuu
SATURDAY	9/10/2016	LAKE PARK	22 MI	7:00AM	tinyurl.com/jx9jdrc
SUNDAY	9/18/2016	LAKE PARK	14 MI	7:30AM	tinyurl.com/h23vmuq
SATURDAY	9/24/2016	LAKE PARK	8 MI	7:30AM	



The Strider Half Marathon

By Tom Buthod, RD

The Strider Half Marathon is so much fun even the volunteer positions fill up in advance. It's where all the cool kids will be on **Saturday August 27th**. Join us again at Estabrook Park for the best bargain in half marathons. It starts and finishes at a German Biergarten, for crying out loud. We'd give out Lederhosen if we could, but that would mess up the whole cost structure. We'd have to charge what the big races do.



Even though you may not get Lederhosen, here's what you'll get, a cool tech shirt, a finisher medal, and a hot breakfast with eggs, sausage, potatoes and more. And last but not

least beverages certain to comply with the Reinheitsgebot of 1516 (happy 500th!). All this for only \$26!!!

In addition to the perks above, the overall top 3 men and women will receive a custom ceramic beer stein. Top 3 age group awards for men and women are: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-59, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. Race results will be available at www.absoluteracetiming.com. EMS support will be provided both on the course and at the finish. Pre-race bib and shirt pickup will be available.

The race remains on the same great course. The start and finish is at the Estabrook Park Beer Garden. You'll do two loops around the park and then head south on the Oak Leaf Trail bike path. The turnaround is on the path across from the Milwaukee Art Museum. You'll head back the same way all the back to the beer garden. It's a flat, well-shaded, paved course. The four water stop locations are near the beer garden, the south end of Estabrook, the Urban Ecology Center, and near the turn around. You'll pass each at least twice and one three times. A course map is available on the race website. The race is also part of the Lakefront Marathon Build-up Program.

Race registration will be capped at 1000 entries. We exceeded that with a few race day registrations last year so don't delay! Registration will close at 11:59pm on Monday

August 22nd, if not earlier. Please keep an eye out for news on registration on the race page at <http://www.badgerlandstriders.org/home/Races/StriderHalfMarathon.htm>. If the cap is not met, limited race day registration will be available. Parking is limited so please carpool or ride your bike if possible.

As always we can't do this without volunteers and this race needs one volunteer for every 10 runners. You'll get the same shirt, breakfast, and beverages as the runners. Sign up at the race link given above. Let's fill up early again and avoid that awful affliction, Race Director Panic.

Again this year we are partnering with Global Giving. Global Giving, a Milwaukee-based nonprofit organization, collects new and gently used sporting equipment, apparel and footwear, and donates it to children in need, both in the U.S. and abroad. To date, the organization has given over five tons of equipment to over 50,000 children. While once only serving children living overseas, the organization now focuses heavily on those living in Milwaukee and throughout the U.S. through solid partnerships with the Boys and Girls Club and Playworks (located in Milwaukee Public Schools and throughout the country). Donation barrels for equipment will be available on race day and you may make a monetary donation when registering.

Pre-race day shirt/bib pickup will be available from 4-8pm on Thursday August 25th at Performance Running Outfitters Brookfield and from 4-8pm on Friday August 26th at Performance Running Outfitters Shorewood (<http://performancerunning.com/locations.html>).

Briggs & Al's

RUN & WALK for Children's Hospital of Wisconsin

At Children's Hospital, we believe kids deserve the best. Thankfully, we're not alone.



BRIGGS & STRATTON

8k run, 5 or 3-mile walk
 Saturday Sept. 17, 2016
 10:15 a.m.
 12th Street and Wisconsin Avenue

ALSRUN.COM

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#RNRCHI

JULY 15-17, 2016

1/2 MARATHON | 10K | SATURDAY 5K

TAKE THE REMIX CHALLENGE - 2 DAYS OF RUNNING, 3 TIMES THE BLING

RunRocknRoll.com



Nutrition and Athletic Performance

(Part 1 of a 3-part series)

Elaine Gonya, Licensed Athletic Trainer
Aurora Sports Medicine Institute

If you're like the majority of runners on the road today, you've probably been overwhelmed by the never-ending siege of nutrition-related articles. What information has actually been clinically proven? How do you know what to believe when so many articles seem to conflict with one another?

The first step is to understand that the science of nutrition is ever evolving with new research emerging that adds to the confusion that already exists. The next three issues of the Badgerland Striders' Newsletter will present a review of some of the most recent nutrition studies conducted. This three-part series will:

Examine current studies on the role of protein in training and recovery;

Provide a brief assessment of the contributions of a training diet, including carbohydrate consumption, hydration, and nutritional considerations for men and women;

Review dietary supplements and ergogenic aids.

It is the position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine (2016) "...that the performance of, and recovery from, sporting activities are enhanced by well-chosen nutrition strategies". These organizations recommend appropriate selection of food and fluids; timing of intake; and supplement choices for optimal health and exercise performance across different scenarios of training and competitive sports.

Protein

Protein has become one of the most publicized nutrients because of its ability to stimulate muscle protein synthesis, thereby increasing muscle development. Beyond muscle growth, protein has several other functions critical to sports performance: cell regulation, muscle repair, immune function, neurological function, nutrient transport, and structural support. However, a notable limitation exists relative to the vast majority of nutrition studies completed to date on protein consumption – namely, studies have primarily focused on resistance-trained or power-sport athletes and not distance runners.

Protein requirements during training

Protein metabolism during and after exercise is affected by age, sex, intensity, duration and type of exercise, energy intake, and carbohydrate availability. The high volumes of training, along with the training intensities realized by elite athletes, result in estimated protein requirements that are nearly twice those of sedentary individuals. The Recommended Dietary Allowance (RDA) of protein for the average American is 0.8 g/kg of body weight; guidelines for endurance athletes suggest 1.2-1.4 g/kg to improve aerobic capacity through mitochondria synthesis, as well as build muscle mass and strength. For athletes that participate in both endurance events and strength activities, a general range of 1.2-1.7 g/kg is suggested.

A quick conversion of body weight in pounds to body weight in kilograms (kg): Divide your weight (lbs) by 2.2. Using this formula, a 160 lb. runner would have a mass of 73 kg. If that same runner chose to consume 1.2 g/kg, his/her protein consumption would be approximately 88 g/day (73kg X 1.2 g).



Protein requirements have been estimated from results of nitrogen balance studies. Muscle protein synthesis occurs when a positive nitrogen balance is maintained. Although no study has specifically calculated protein requirements for elite female athletes, nitrogen balance data imply that the requirements for athletic women are about 25% lower than those for men (1.2-1.3 g/kg/day). It has been well supported from studies that most athletes will achieve these protein intake levels from an everyday diet that derives 10-15% of energy from protein.

Timing of protein intake is key

The timing of protein intake appears to be the most important factor in achieving positive training adaptations, specifically for improving recovery from intense endurance training sessions. Protein consumed after exercise will provide amino acids for building and repair of muscle tissue. Goals of post-training/event nutrition for the distance athlete should be centered on refueling, rehydration, repair and adaptation, and preserving the immune system.

During both resistance training and intense exercise bouts, muscle damage almost always occurs. This damage can be one of three types: muscle soreness that occurs 24 to 48 hours after activity (also termed delayed onset muscle soreness [DOMS]); acute damage from a minor or major tear in muscle fibers; or muscle soreness or cramp that happens during or immediately after exercise. The amount of muscle tissue damage may not be severe, but it does occur during and after exercise, so recovery is a very important part of training. The majority of research on protein intake timing is focused on the post-exercise period – often defined as the hour immediately following exercise. Protein consumption after exercise



Aurora Sports Medicine Institute

Presents

chalk talk

www.Aurora.org/SportsMedicine

has been found to minimize protein breakdown, stimulate muscle protein synthesis, and therefore aid in building muscle tissue.

Types of protein

Once a topic solely for muscle magazines and power-sports athletes, protein and supplementation have recently found a place in magazines that runners and multi-sport athletes pick up at local bookstores. Although many products on the market claim to be the best protein sources for athletes, research still supports dietary sources as fully sufficient to meet the needs of athletes. Some common protein sources used by athletes to enhance muscle tissue development and assist with repair after workouts are: proteins from milk, whey, soy, egg, and amino acids.

1. Milk Protein

Milk protein consists of both "fast" and "slow" absorbing proteins with 80% casein and 20% whey protein. The dairy industry has long promoted the health benefits of milk, but has focused mainly on the micronutrients of calcium, vitamin D, and potassium. Studies have indicated that consumption of milk protein for extended time periods after exercise appears to support lean mass building more than other types of protein. For runners and other athletes, some research does suggest post-workout consumption of milk products, specifically chocolate milk, as a means to replace vital nutrients and electrolytes (protein, carbohydrates, sodium, potassium, and calcium) lost during exercise. Although inexpensive, milk sources do contain lactose, which is difficult for some athletes to break down if they have a lactose-intolerance. Additionally, some athletes report having "cotton mouth" after consumption.

2. Whey Protein

Whey protein is one of the most popular (and advertised) protein supplements for athletes. Studies conducted to examine the effect of this protein during the post-exercise period of resistance-trained athletes have found an increase in muscle protein synthesis with whey protein supplements when compared to receiving a carbohydrate supplement after exercise. It's important to note that the vast majority of studies completed with whey protein have been conducted using untrained subjects, and clearly would show an increase in muscle protein synthesis.

"Fast" absorbing, whey protein leads to increases in amino acids in the blood and stimulation of protein synthesis. There is a body of research that suggests whey protein may: improve immune function; decrease cardiovascular risk; function as an antioxidant; and decrease the risk of high blood pressure. Worth noting, many whey protein supplements contain lactose and are expensive.

3. Soy Protein

Soy protein is a high-quality protein that provides all of the essential amino acids needed for protein synthesis. It is available from a number of plant-derived food sources, as well as in powder form as a muscle-building supplement. Comparable to animal-based protein, soy protein is considered a "fast" absorbing protein; some literature suggests it may also reduce the risk of prostate cancer. Although soy protein may not build muscle tissue as rapidly as whey and casein, it may be a good choice for runners who are not concerned with muscle mass as much as post-exercise muscle repair and acquiring all essential amino acids.

(Continued on page 12)

49th Annual

Wo-Zha-Wa Run

WISCONSIN'S OLDEST LONG DISTANCE RACE

Half Marathon & 4 Mile

Saturday, Sept. 17, 2016

Wisconsin Dells

\$30 to 7/31 then \$45 to 9/14
\$60 day of race

Download pdf entry form at

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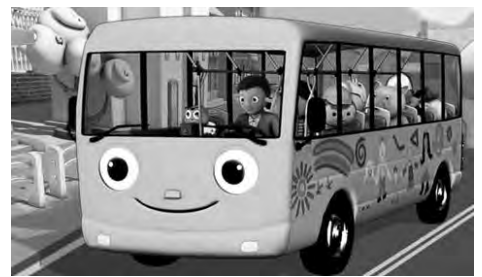
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 ★ 2016 ★
 ★ KENTUCKY ★
 ★ DERBY ★
 ★ FESTIVAL ★
 ★ BUS TRIP ★
 ★ REPORT ★

By Donald Cramer

Most people associate Louisville, Kentucky with the largest race in horse racing, the Kentucky Derby. However, for me, Louisville will always invoke memories I have of running the Kentucky Derby Festival marathon, which was held on Saturday, April 30th this year.

The Badgerland Striders, organized by Scott Stauske and Angie Smith, sent a busload of runners to participate in the festival races; There were about seven runners in the full marathon and about thirty in the half. We gathered on Friday morning for the six-hour drive to Louisville. Scott requested the same bus driver Jeff, who drove us to Cincinnati the previous May and he accepted, which speaks to Jeff's friendliness and/or sanity. People got to know each other on the drive, usually while sharing drinks and home-made snacks.

Our first stop when arriving in Louisville was the expo. We took care of our race business and tried samples such as filtered water and Kentucky wine. It was not the most exciting of expos, but it got the job done. We checked into the hotel and had a low-key evening of race preparations.

Early on Saturday morning the hotel had its continental breakfast ready at a special time, just for us. We made it to the start line with time enough to take some pre-race pictures in the clear and comfortable weather (shorts and t-shirts!). The streets were closed off for the 12,000 runners, 1800 in the full, and the rest in the half.

Both races started together and zigzagged through downtown for several miles. It was mostly a flat course. Two landmarks that I noted early on were a reproduction of Michelangelo's David and a giant Louisville slugger leaning against a building. It was stories tall yet I heard some people say they somehow missed it. They must have been staring at the shoes in front of them.

The last thing, the two races did together was run around the inner grounds of Churchill Downs, the home of the Kentucky Derby. Horses were running on the practice tracks, and with a week to go before their big race, I enjoyed being so close to the action.

At about mile 10, the half marathon headed back towards downtown and the marathon runners turned onto a tree lined boulevard that would take us to more spacious neighborhoods.



This is when the sky opened up for me and the rain poured down. The temperature was still warm and my Wisconsin mentality said, "At least it's not snow." The boulevard took us to a beautiful park that gave us a change in scenery and a few miles of rolling hills. It was great!

The rain cleared up as I headed back towards the city. Spectators continued to line the streets. Even in the rain, I did not travel far without seeing someone along the course cheering for the runners. Louisville had great community support. As the marathon reached downtown, we joined the remaining walkers of the half marathon. We had several more zigzags before reaching the final stretch to the finish line. It was a flat couple of miles and I remember few details except for the cup of beer I accepted from spectators at mile twenty four.

I finished the race, happy with my time and excited to find the other Striders at the beer tent. And then it poured again. Later on, I heard from runners who were still on the course during this downpour, and I expect it took a little more strength to push through the weather in the last couple of miles. Wet and now cold, I headed back to the bus to warm up, though I first gave away my free beer ticket, which is probably a first in my running history.

When all of the Striders were showered and rested, we took our bus back to Churchill Downs for a tour of its museum and an informative peek inside the facilities. After that we had dinner at a restaurant that could handle a busload of runners though it seemed their target audience was prom-going teenagers.

With a view of downtown Louisville across the Ohio River, we had plenty of time to talk to any new friends we had made on the trip. After dinner, groups of people went their separate ways to explore more of the city or to rest. Many of us looked forward to a quiet ride home and another chance to rest up before returning to a cool spring in Milwaukee.

I had a great time in Louisville with the Striders and I am excited to see where they take me next year. If you can, I hope you can join us.



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!



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:

bisoffice@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: _____

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REGULAR PRICE FOOTWEAR,
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to all Badgerland Strider Members*
*Show your membership card to receive discount.
Valid on regular price items only.

Expires: 8/31/2016

Nutrition and Athletic Performance (Part 1 of a 3-part series)

(Continued from page 8)

4. Egg Protein

Often considered the “perfect” food because of their essential amino acid profile and ease of digestibility, eggs contain 13 other essential nutrients. Although egg whites are fat-free and cholesterol-free, the yolk is high in cholesterol with half of the protein found in eggs contained within the yolk. Egg protein is a high-quality source of protein, but it takes four to five eggs to get the 10g of essential amino acids that appear to be needed for stimulating protein synthesis.

Amino Acids

There is a lack of research supporting ingestion of amino acids for enhanced performance, but amino acids theoretically could provide specific substrate for needed physiological functions. Arginine produces nitric oxide needed for blood vessel dilation; glutamine assists with immune function; and branched-chain amino acids (BCAA’s) are often cited as a fuel source for endurance athletes. Leucine, which also is a large component of whey protein, has been found to stimulate signaling pathways that increase muscle protein synthesis. The largest disadvantage to consumption of amino acid supplements – beyond the lack of scientific research to support their use – is the high cost.

The effect of protein consumption on hydration

Often overlooked within the discussion of high intake of dietary protein is the effect protein consumption has on hydration and it’s potential to displace carbohydrates. When an increased amount of dietary protein is consumed, athletes must spend adequate effort to rehydrate after exercise sessions. Endurance athletes that consume higher levels of protein must realize their rehydration needs are driven by both the negative effect of protein consumption, as well as fluid and electrolyte loss. All athletes should balance protein intake with sufficient carbohydrate intake and adequate fluids for peak performance.

There is still a great deal to be learned about protein and its role in sports performance. For now, there is a substantial body of literature that supports its use as a recovery aid for runners, if consumed in moderate amounts and shortly after long or intense exercise bouts. Although a great deal of money can be spent on products that may or may not work, it might just be equally wise to continue packing a peanut butter and jelly sandwich and a bottle of water in your race bag.

For more information about nutrition and athletic performance, other sports medicine topics, or to schedule a FREE Injury Evaluation, call the Aurora Sports Medicine Hotline™ at (414) 219-7776 or (800) 219-7776.

49th Annual
Wo-Zha-Wa Run
WISCONSIN'S OLDEST LONG DISTANCE RACE

Our COURSE RECORDS are w-a-a-y too old.

- Come to the Dells on September 17th
- WIN the race
- Set a new record
- Party* with your **\$100 Bounty**

Half Marathon	
Patti Shepard	1:21:43 (*94)
Dan Martin	1:10:20 (*90)
4 Mile Run	
Ann Limberg	23:36 (*94)
Joe Hansen	20:34 (*92)

**Party even if you don't win the bounty...after all, it's the Dells and it's Wo-Zha-Wa Weekend!*

Download pdf entry form at
WWW.WOZHAWARUN.COM
or register online at Active.com

THE STRIDER NEWSLETTER CLOSING SOON!

*Jeff Weiss,
Editor "The STRIDER"*

The last printed issue of "The Strider" is going to be November 2016. That is two issues from the one you have in your hands. I plan to step down from my post as Editor of the STRIDER at that time.

We are working on a succession plan. Several people have stepped up and offered to help with the new online edition. I won't be completely exiting my role. I think for the short term I will remain one of the Editors or Editorial Staff.

The title for my new position within the club might be, Communications Director. This would include the Electronic Newsletter, Website and social media outlets.

I think we need a name for the Electronic Strider.

The Thunderbolt or something more exciting like that.

Please submit your ideas. I will publish some of the ideas in the next "Strider" and the final selection will receive a fantastic prize (to be named later).

We will be having a meeting of all the likely suspects and anybody who has some perspective on this whole electronic



newsletter "thing" in the upcoming month. As always if you have ideas and/or would like to be included on that committee please let me know. I will post the specifics as we figure them out on the Strider Facebook page.

runnerjeff@outlook.com



I CAN 26.2 IT!

KIDS RUNS



It is the mission of the Badgerland Striders running club to help our area kids stay motivated, active, and healthy. We also know how to have a lot of FUN along the way! Sign up today and receive:

- ★ 10-week "I Can 26.2 It" training program
- ★ Official newly designed program shirt
- ★ Weekly group runs at fun and different locations around the area
- ★ Expert advice from coaches & avid runners
- ★ Motivational email messages to keep you moving

towards your goal

★ FUN, FUN, FUN!!!

Check out all the fun on this video:

<https://youtu.be/zzqVdKiZ6JM>

We'll provide children with a 10-week training plan and mileage chart, guiding them towards completing 25 miles over the span of the program. The last 1.2 miles of their "marathon" then will be run on the morning of Milwaukee's Lakefront Marathon on October 2, 2016. It will be a celebration they won't soon forget as they run through the chute and across the official finish line of the marathon to the cheers of

family and the roar of spectators already gathered at the park. Along the way we'll also have some fun running TOGETHER at:

- Milwaukee County Zoo
- Miller Park
- Local tracks and trails
- Area parks

ALL FOR ONLY \$15

at

www.youthrunning.zapevent.com



Running in the Past

(Continued from page 4)

Race numbers were made of the same material as manila folders and they biodegraded from rain and sweat. At the finish line, runners received a place card with a number showing overall finish. Over time, tear-off tags were added to the race numbers. The tear-off tags were put onto the results board to give instant feedback. Computerized scoring was introduced in the early 1980s while chip timing has been around since the late 1990s.

Training and Shoes

We ran outside all year because there was no Klotsche Center at UWM until 1977, no Pettit Center until 1993 or health clubs with their indoor tracks. There was no fancy exercise equipment and cross training was unknown. Before the early 1980s, even if universities had indoor facilities they were not



opened in 1975 as the forerunner of today's Oak Leaf Trail. It was approximately 76 miles in length and took its name from America's 1976 Bicentennial.



Today, running shoes are easy to find with numerous companies offering a variety of styles. Back in the day there was not the variety of shoe companies and styles that we have today. We purchased shoes at major races from a "shoe wagon" or from one of our club dealers who ran his business out of the trunk of his car.

Today there are so many brands and types of shoes that *Runner's World* reviews shoes twice a year. There are shoes for pronators and supinators and shoes are categorized into shoes for trail running, motion control, stability, performance training, neutral-cushioned, etc. Shoes are tested for cushioning, flexibility and responsiveness. Even with this assistance, it is still confusing because there are too many choices.

As with everything, shoe prices have increased over the years. An ad for New Balance shoes from April 1977 lists the following prices: Competition, \$19.95; Super Competition, \$29.95; 305 Trail, \$24.95; 320, \$27.95. The second pair of shoes was 10% off.

Milwaukee Sporting Goods offered better deals for the same shoes: Competition, \$18.95; 305 Trail, \$20.00; and 320, \$22.50. Anyone who waited a few months for the Grand Opening of Psychal's Shoe Pit, owned by a Badgerland Strider John Psychal, could purchase the same shoes at an even greater discount: Competition, \$11.00; 320, \$24.50; and 305 Trail on close-out for \$15.00. All prices included tax.

Too Many T-Shirts

In "ye olden days" we wore what today are called "classic sweats" as there was no gortex or polypropylene. Colorful, fancy designer clothes were not available. In cold weather races, we went bare-legged or wore long underwear. When tight's first hit the market, a conservative friend of mine asked, "Where did you get those, Victoria's Secret?"



available to the general public.

Runners ran on city streets or in parks, but there were no bike trails because biking was not "cool" until the mid-seventies. Milwaukee's "76 Bike Trail"

Anyone who has run for awhile has a healthy collection of t-shirts. But when t-shirts were first introduced at races, they were given to only the top twenty-five or fifty finishers. Those t-shirts were either white or gold, made of cotton, and after washing, they shrank to become short and wide. All were short-sleeve; there were no long-sleeves; moisture wicking fabrics had not been invented.

By 1979, Bill Hauda of Madison lamented about how things were out of hand. He observed, "...maybe the t-shirt situation in racing has gotten a little bit out of control. The t-shirt mania did something to road racing. It raised the fees. It now costs \$4.00 or \$5.00 to enter a race, quite a bit higher than the \$1.00 or \$2.00 a few years ago."

He acknowledged that t-shirts were a remembrance of an event or meaningful race. Today, race directors get publicity for their races as the advertising on the shirts turns runners into walking billboards. Even so, many beginning runners enter races to get the shirts.

Hauda suggested making shirts optional at races. He also recommended offering alternate items such as gloves, hats, shorts or patches, which very few race directors adopted. Over the years I have collected enough t-shirts to stage my own Fruit of the Loom Wacky T-shirt Race.

UWM Track Club clothing became available in 1975. Jackets sold for \$8.00 while tank tops and t-shirts went for \$2.50; shorts were \$4.75. *Runner's World* subscriptions were available at reduced rates through club member Grant Nelson. The regular rate was \$9.50 per year and the club rate was \$6.75 per year.

Today we have an extensive variety of club clothing. Jackets start at \$55.64; t-shirts start at \$6.78; shorts are \$11.77. *Runner's World* subscriptions are \$12.00 per year or two years for \$22.00.

Badgerland Striders Memberships

One thing to keep in mind is that whatever we had "back in the day" was sufficient. Things were simpler and we weren't aware of what we didn't have; we enjoyed races and workouts just as much as everyone today enjoys the theme runs, color runs, Tuff Mudders, and the other charity and novelty races.

Through the years our club has played a major role and club membership is the best deal around. In 1972 as the UWM Track Club, dues were \$3.00. In 1986 the price was \$12.00 and renewal was \$10.00. By 2010 the cost had increased to only \$15.00 and renewal \$13.00. An option was added for a two-year membership: new was \$27.00 and renewal was \$25.00. In five years the price has increased to the present \$18.00 with renewal \$15.00; the two-year membership is \$30.00 and renewal is \$28.00.

Your membership includes our bi-monthly newsletter and discounts on Striders' races, (which are already less expensive than other races) and on merchandise at local stores such as Ben's Cycle and Rodiez's Running Store owned by Badgerland Strider Tony Rodiez. At the Pettit Center you receive 50% off admission to the running track (\$2.00 versus \$4.00); if you purchase the ten-pack, the cost drops to \$1.80, a 55% discount!).

Track Meets and Fun Runs

The perks don't stop there. On three Tuesdays in May, June, and July, you can compete for free in track meets at St. Francis High School. Soda, water and munchies are also free. Every Wednesday from mid-April through early-October, except for the Wednesdays when the club meetings are held, you can compete for free in a fun run at various parks

throughout the Milwaukee area. After the run, a minimum of beer, soda and munchies is provided. However, many fun runs provide a full meal. These meals have specific themes such as Italian, Ham'n Rolls, Burger Buildup, Hot Dogs, I Love Spuds, Corn Roast, and Old Shoes (It's not clear if that's what you're supposed to wear or if that's what you get to eat after the run). During the winter, there are monthly fun runs at the Pettit Center. All of this is free!



With all of those benefits (and that was not everything), it's easy to see why we have a large membership. Back in 1972 we had a couple hundred members, but we've always been the largest running club in Wisconsin. Today, with more than 3000 members, we are the fifth largest running club in the United States. We have more than doubled our membership in three years and are closing in on the number four spot.

My guess is that most of you are already Striders, so I'm preaching to the choir. But now you've been given a summary of your benefits package and how things were back in the dark ages. You can decide if things were better in the good old days or today.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

☆☆

☆☆ CURRENT ☆☆

☆☆ STRIDER ☆☆

☆☆ MEMBERSHIP: ☆☆

☆☆ 3000+ ☆☆

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Sunday / Sept 11, 2016 / MILWAUKEE

STEP IN ... STEP UP... STEP OUT... FOR AUTISM



Make plans now to join us for the family fun event of the year!



Event founders Dawn, Dylan and Scott Schwartz started this race 16 years ago with the goal of raising autism awareness and much needed funds while providing a fun family activity that gets everybody moving!

Autism is a complex developmental disability that manifests as a combination of developmental challenges such as delays in language, social interaction and play. The result of a neurological disorder that affects the functioning of the brain, autism and its associated behaviors has been estimated to occur in as many as 1 in 68 individuals. Autism is four times more prevalent in boys than girls and knows no racial, ethnic or social boundaries, just as it has no cure.

Proceeds from Dylan's Run support Autism research and help the Autism Society of Southeastern Wisconsin meet the mission to improve the lives of all affected by Autism.

SEE YOU AT THE START LINE.

Your support of Dylan's Run will help solve the puzzle of autism and improve lives of all affected by it.



-  **STEP IN...** Get you, your family and friends involved in this most important run to help us support the autism community.
-  **STEP UP...** Sign up now, become a participant in this chipped/timed race.
-  **STEP OUT...** On Sept. 11 join over 3,000 participants at Milwaukee's beautiful lakefront for a 2 mile run at Dylan's Run/Walk for Autism.

Run / Walk Fees Adult \$25 (After Sept. 7th \$30)
Child \$15 (After Sept. 7th \$20) Children under 5 free

Team Info Register by Aug. 10th.
Teams of 10 or more are eligible for a customized Team T-shirt.

FOR MORE INFO & TO REGISTER : dylansrun.com



How Many Daves?

Can you name the 20 members below? I'll give you a hint, it's Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave, Dave and Dave

-- by Dave

Can there ever be too much of a good thing?

At each of the Striders meetings, VP of Administration Bonnie Clarey is called upon to give a membership report. Our membership has been growing steadily, especially since we partnered with Pettit Center by providing their new running track. Last we heard, we had somewhat over 2900 members. Seventy of them are Daves.

Harley DAVIDson - NO! Nor do we include all the non-Daves living on DAVIDson Road.

Now here's a tough call. Cornbelt Running Club. We could add hundreds, if not more than a dozen, by including their home town of DAVEnport, IA. NO, I'm sorry. Sure, some of their members are our dear friends, but we will certainly include them (and extend all due privileges) whenever they come up to visit and run with us.

The critical part of our analysis relates to which Daves have left our ranks. I mean, if they're no longer in the club, they should not be afforded the same benefits as Club Daves. It's only fair.

We had to cull 15 of the 67 Club Daves listed in 2015, because they have allowed their membership to lapse. That's a whopping 22% turnover!

Well sure, things change. Meanwhile, we got 18 New Daves to bring our total up to 70. They used to say people changed their address every three years, on average. It may be faster today. But here we are seeing one-in-five Daves leaving our club in 2015, and that's a massive shift.

Now, here's my point. As we know, Club Daves are even-tempered, steadfast and sturdy. Yet more than one in five have given up their BLS membership last year. Extrapolating this to predict what all our lackadaisical non-Daves are doing (or not), we might expect a one-quarter or even a third of our Badgerland Striders members might disappear (...phffft...) each year!

Now think of what Bonnie Clarey has to do to keep up. She has to send notifications, delete memberships, and install new member-



One of us did the counting and made a comparison. It's easier to count 70 than 2900, so that's what we decided to work with.

Last year (2015) there were 67 Daves, and this year (2016) there are 70. Our numbers are growing, although perhaps not so quickly as the overall club membership.

How do we count them? Well, not like in the old dairy farmers' joke ("It's easy -- count their legs and divide by four.") No, we consider each case based on individual merit. I mean, we need to be inclusive if possible, but only when it's earned.



ships--close to 1000 per year. Sure, it's only 80 per month or around 3 per day, but she has to type in names, phone numbers, addresses, email addresses, and other club-specific data . . . all with a great degree of accuracy.

Meanwhile, Club Daves are steady and holding their own. As you read this, you may have already experienced Daves' Song and Dance at Daves' Fun Run on May 4, to open the summer fun run season. We asked Bonnie if she would open the summer fun run season with a patriotic song.

I'm sure she would welcome a hug for her efforts. If I'm not around, please give her one for me and all the other Daves as well.

For example, all Daves and Davids qualify without a doubt. We happen to know some who are good-for-nothing liars and cheats, but their merit is in their name, and we can't overlook that. Also we include last names like Davies, Davis and Davidson. You can't penalize them just because they wrote their last name last instead of first.

I know Debra Davidoski would be all over me if she weren't permitted to be listed as a Dave.

But you need to draw the line somewhere. Non-Daves working at



2016 Deer Run Wrapup

By Hank Nisiewicz, RD

The twelfth annual Deer Run 5K & 10K runs along with the 5k walk have now come and gone. Skies were generally clear and temperatures in the low to mid-forties with a 10-mile per hour wind from the east off of Lake Michigan. Cooler by the lake in the spring is not just an idle saying.

Pre-registration rebounded to 430, up 49 from 2015. Race day applications at 54 were even lower than last year, but with total entries at 484, up 46 from last year. We didn't complain.

At 9am we performed our customary drill of welcoming the runners and walkers and with an "on your mark, get set, GO," they were off. Our lead bikers, Marty Malin, Erin and Dave Smith found the day more bearable than 2015, and all went well.

Entrants for the 10k run were 196, with 184 finishing; entrants for the 5k run were 240 with 232 finishing. There were 48 walkers.

The official race winners were:

5K, first place male finisher – **Matt Barcus** with a time of 16:17 and a pace of 5:15.

5K, first place female finisher – **Kimberly Miszewski** 19:43 (time), 6:21 (pace)

10K first place male finisher – **Misha Tubic** with a time of 34:55 and a pace of 5:38.

10K first place female finisher – **Jenny Zwagerman**, 41:12 (time), 6:38 (pace). Jenny also won first place for females in the 10K last year.



All of the volunteers manning the race were on autopilot with their years of experience and there were no problems. They included: The Brown Deer Foundation volunteer course sentries, providing after race refreshments and awarding of medals; our Strider volunteers manning the registration area, start/finish line and assisting with scoring and Absolute Race Timing who completed their third of timing the race.

Thanks and appreciation again go to our race captains, Barry Thrune – finish line, Erin and Dave Smith and Marty Malin – lead bikers, Janice Finch - Volunteer and general help, Len Wachiac - bib#'s and pre-registration coordination with chip timing, and Joe Brusky – equipment. Joe got to use the new Badgerland Strider truck for the race.

The Brown Deer Foundation continues to be headed by Marge Jaberg.

With the 2016 race, seven runners have entered and completed all twelve races. They are: Nick Anstedt, Ron Caruso, Ted Shue, Aaron Pierce, Mary Wysocki, who are all Strider members, and Joseph and Terry Boschert.



The Badgerland Striders present

The Deer Run

Saturday April 30th, 2016

Brown Deer Village Park
Brown Deer, WI

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

www.absoluteracetiming.com

5 K (3.1 Mile) Run

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

Rank	Name	Chip Elap	Age Groups: 25 - 29 MALE	Age Groups: 40 - 44 FEMALE	Age Groups: 60 - 64 MALE
1	MATT BARCUS	00:16:17	1 ROBERT DEISS 00:17:19	1 APRIL RAUWALD 00:22:51	1 RICK KOCEJA 00:19:06
2	JAMES ZIELONKA	00:19:18	2 JAMES ZIELONKA 00:19:18	2 JENNIFER OTT 00:25:57	2 NEAL FRAUENFELDER 00:21:01
3	BENNETT CONARD	00:21:46	3 BENNETT CONARD 00:21:46	3 MARISA KLOPP 00:32:49	3 THOMAS KROLL 00:23:45
Top Overall In 5K Division FEMALE			Age Groups: 25 - 29 FEMALE	Age Groups: 45 - 49 MALE	Age Groups: 60 - 64 FEMALE
1	KIMBERLY MISZEWSKI	00:19:43	1 SAMANTHA FOSTER 00:22:42	1 EDWARD PANKOW 00:18:16	1 JONI HODOR 00:29:16
2	IAN STEFANIAK	00:23:28	2 ANGELA FELBER 00:24:57	2 JOE ODEGAARD 00:19:32	2 SUSAN MALIN 00:31:06
3	NIC BURGDORF	00:23:42	3 MICHELLE KAMMERS 00:25:24	3 GARETT SILLANPAA 00:19:34	3 JANE FLEMING 00:31:10
3	MATTHEW KOWITZ	00:27:13	Age Groups: 30 - 34 MALE	Age Groups: 65 - 69 FEMALE	Age Groups: 70 - 74 MALE
1	SPIRIT HESS	00:25:43	1 ADAM BRUSS 00:17:51	1 WANDA ERICKSON 00:23:19	1 KEN OCHS 00:27:02
2	ISABEL KLUCK	00:27:45	2 PIERRE BUSH 00:19:03	2 MJ HERRICK 00:27:20	2 WILLIAM SPRANSY 00:30:42
3	EMLYN YOON-BUCK	00:28:19	3 DAVE KUTIL 00:20:38	3 CANDICE WHALEN 00:27:33	3 ALLEN ZIMMER 00:32:09
Age Groups: 15 - 19 MALE	Age Groups: 30 - 34 FEMALE	Age Groups: 50 - 54 MALE	Age Groups: 65 - 69 FEMALE	Age Groups: 75 - 79 FEMALE	Age Groups: 80 - 99 MALE
1 CALVIN VANG 00:24:43	1 JENNIFER WARD 00:20:08	1 ERIC KORBITZ 00:21:07	1 KEN OCHS 00:27:02	1 JERRY BAUER 00:27:03	1 JOHN BROPHY 00:45:23
2 COLE BAUMGARTNER 00:25:57	2 ASHA PUMPHREY-BUSH 00:20:26	2 KEVIN LIPSCOMB 00:22:28	2 NANCY ALLMAN 00:27:15	2 DON WILLIAMS 00:34:30	2 DAVID HOFFMAN 00:36:02
3 BILLY NAGY 00:27:52	3 BETH RINGWELSKI 00:24:26	3 REED MAIER 00:24:18	2 CAROL HEGLAND 00:36:20	3 JIM CHMIELEWSKI 00:36:42	
Age Groups: 15 - 19 FEMALE	Age Groups: 35 - 39 MALE	Age Groups: 50 - 54 FEMALE	Age Groups: 75 - 79 FEMALE	Age Groups: 80 - 99 MALE	
1 EMMA BAUMGARTNER 00:26:20	1 RYAN HILL 00:17:23	1 BARBIE GOSEWEHR 00:26:42	1 JOHN BROPHY 00:45:23	1 DAVID HOFFMAN 00:36:02	
2 MEGAN KANIA 00:27:51	2 SERGIO CHONTAL 00:19:18	2 AUDREY JACKOYO 00:27:06	2 JUDY KIRCHOFFER 00:36:23		
3 AMBER WENDT 00:27:14	3 DAVE ELLENBECKER 00:25:58	3 LISA CATO 00:28:13			
Age Groups: 20 - 24 MALE	Age Groups: 35 - 39 FEMALE	Age Groups: 55 - 59 MALE			
1 STANISLAV KONRATH 00:23:23	1 SHERI MAKKOS 00:24:47	1 NICOLAS LONGORIP 00:20:58			
2 JORDAN HAMPPEL 00:24:37	2 ANGELA GLOCK 00:25:51	2 WILLIAM DZWIERZYNSKI 00:21:20			
3 NICHOLAS GOTTLIEB 00:24:40	3 LORELEE KUEHN 00:25:52	3 PETE S. STEFANIAK 00:21:56			
Age Groups: 20 - 24 FEMALE	Age Groups: 40 - 44 MALE	Age Groups: 55 - 59 FEMALE			
1 CARA HAYWARD 00:26:42	1 BARRY THRUNE 00:19:53	1 KIM PETAK 00:23:59			
2 BRITTANY HANSON 00:27:02	2 JON STEFANIAK 00:27:20	2 WANDA FELBER 00:26:32			
3 BRITTANY MOEN 00:27:54	3 JOSE MORENO 00:28:23	3 SHELLY STEFFEN 00:29:02			

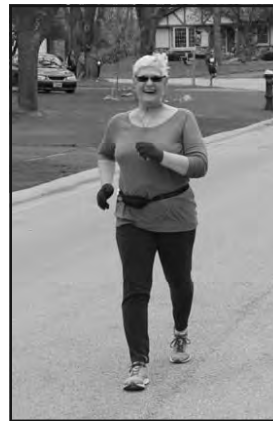


DEER RUN PICTURES

By Jeff Weiss

Why are there no guys?

Sorry Guys, you have to smile to get your picture published.



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Brookfield, Greenfield
15% Discount

Running Warehouse Online
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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



2016 ICE AGE TRAIL 50

By Jeff Mallach, Race Director

The Ice Age Trail 50 was conceived in a Milwaukee tavern by ultrarunner Tom Ulik and Badgerland Striders' President Glenn Wargolet back in 1982. At the time, it was the first 50-mile race in the Midwest. Today, the IAT50 is one of the oldest, continuously running ultras in the country. The 35th annual IAT50 was held on Saturday, May 14th in the Southern Kettle Moraine Forest, just outside of La Grange, Wisconsin.

Its variability and irregular features distinguish the topography of the Ice Age course. Flat and gently rolling terrain exists, but it's short-lived and largely forgotten by the end of the race. What leaves a mark on the runners who race here are the relentless and often sharp hills that were created when the glaciers retreated from the area more than 10,000 years ago.

Race day was cool and overcast. The sun peeked through the clouds, but temperatures never rose above 50, and most runners encountered an uncommon form of precipitation, called *graupel*.

In the 50-mile race, Tyler Sigl, 20, pushed the pace early – running course-record splits through mile 37, but ultimately faltered at the Emma Carlin aid station. Chase Nowak, 27, took over from there, running the last ten miles strong and winning the 35th annual IAT50 in 6:36. Beyond him was master's runner Kevin Grabowski, who also posted a sub-7 finish (6:53) and an IAT50 PR. Mark Thompson, 38, from Iowa City, finished third overall, followed closely by women's champion, Larisa Dannis. Larisa's spectacular 7:05 time was the sixth fastest in Ice Age 50 history and ten minutes better than her previous course best.

Meghan Kennihan from Chicago finished second in 7:36. Anne Portlock captured third place among the women, finishing in 7:41.

Perhaps the most remarkable and awaited finish of the day was that of Andy Arena from Brookfield. Andy became the only runner in the history of the IAT50 to finish 30 50-mile races. Earning his 30th belt buckle wasn't easy, but his 11:22 finish time was 20 minutes faster than his two previous efforts.

Beyond Andy, there are only four other runners who have completed 25 or more IAT50s: Jim Blanchard (26), Bob Telfer (25) and two new 1,250-Mile Club members, Andrew Klapperich and Parker Rios.

(Continued on page 25)



Chase Nowak 6:36:45
50 Mile Male Champ



Larisa Dannis 7:05:56
50 Mile Female Champ



Brian Condon 3:54:53
50K Male Champ



Emily Renner 4:24:30
50K Female Champ

The Badgerland Striders present

Ice Age Trail

Saturday May 14th, 2016

La Grange, WI
Nordic Trails

Timing & Results by
SPORTS MANAGEMENT
ASSOCIATES, INC.
BUTLER, WI 53007

www.smaresults.com

50 K (31 Mile) Run

Only Top 3 / Division Listed

For full results see
badgerlandstriders.org

Place	Time	Name	Place	Time	Name
DIV = F18-29					
9	4:24:14	Emily Renner	DIV = M18-29		
51	5:29:14	Jennifer Archuleta	1	3:54:39	Brian Condon
94	6:06:30	Kelsey Weigel	3	4:00:53	Ben Drexler
DIV = F30-39					
19	4:46:22	Julie Ramsey	5	4:04:06	Justin Dyszelski
42	5:22:48	Annemar Peterson	DIV = M30-39		
47	5:27:25	Keley Boettcher	7	4:18:33	Eric Smithback
DIV = F40-49					
35	5:13:57	Jeanne Perian	8	4:21:43	Cody Kleven
37	5:18:13	Stephanie Boss	11	4:27:21	Andrew Hollatz
70	5:45:06	Julie Hull	DIV = M40-49		
DIV = F50-59					
32	5:09:06	Gretchen McGill	2	3:55:41	Bruce Udell
113	6:19:42	Laurie Bunk	79	5:52:48	Larry Hall
147	6:56:13	Monica Gamm	84	5:54:57	Tony Severino
DIV = F60-69					
165	7:15:46	Beth Onines	102	6:12:52	Barth Zurbuchen
183	7:40:48	Julie Modaff	DIV = M60-69		
DIV = M70-79					
201 8:25:05 Robert Rusch					

The Badgerland Striders present

Ice Age Trail

Saturday May 14th, 2016

La Grange, WI
Nordic Trails

Timing & Results by
SPORTS MANAGEMENT
ASSOCIATES, INC.
BUTLER, WI 53007

www.smaresults.com

50 Mile Run

Only Top 3 / Division Listed

For full results see
badgerlandstriders.org

Place	Time	Name	Place	Time	Name
DIV = F18-29					
4	7:05:42	Larisa Dannis	DIV = M30-39		
35	8:39:11	Meghan Prohaska	9	7:38:37	Mark Sharafinski
39	8:47:01	Jamie Blumenritt	18	8:12:39	Brian Mansky
DIV = F30-39					
8	7:35:46	Meghan Kennihan	19	8:12:33	Jason Midlock
10	7:41:19	Anne Portlock	DIV = M40-44		
56	9:23:03	Kimberly Arbinger	22	8:18:08	Natalee Thompson
DIV = F40-49					
14	8:02:29	Becky Kirschenmann	79	9:41:04	Branda Anderson
46	9:08:26	Shelley Cook	119	10:17:38	Brianne Hamann
60	9:26:56	Susana Ochoa	DIV = M44-49		
DIV = F45-49					
66	9:31:21	Julia Moffitt	29	8:13:52	Ryan Norton
127	10:23:10	Angie Puent	21	8:13:54	Darrell Landry
162	10:40:39	Wendi Joseph	24	8:23:56	Ryan Harvey
DIV = F50-54					
83	9:43:30	Tammy Zyduck	DIV = M45-49		
93	9:50:39	Tammy Hunter	2	6:53:29	Kevin Grabowski
111	10:11:00	Wendy Foote	11	7:50:31	Ondrej Tomek
DIV = F55-59					
141	10:32:24	Laurie Tulchin	12	7:51:55	Thomas Beehler
244	11:28:52	Shawn Fredricks	DIV = M50-54		
269	11:38:45	Brenda Bland	15	8:04:35	Andy Garza
DIV = F60-64					
284	11:45:42	Jeanne McCurnin	17	8:07:44	Joel Lammers
DIV = M55-59					
1	6:36:32	Chase Nowak	29	8:30:11	David Dehart
33	8:34:01	Justin Riederer	DIV = M59-64		
57	9:23:36	Kenny Pat	45	9:04:15	David Ulbert
DIV = M60-64					
133	10:28:09	John Jenk	71	9:36:32	Doug Orman
222	11:17:59	Pyr Rittinger	85	9:44:01	Bill Thom
230	11:21:59	Andy Arena	DIV = M65-69		

The Hills of the Southern Kettle Moraine Are No Joke

by Nick Arndt

I try to be optimistic. Optimism seemingly aims to result in a “keep trying”/“pat yourself on the back” attitude. Fix this. Adjust that. And try again. Round 2.

Heading into the famed Midwest trail ultra marathon, the Ice Age Trail 50-miler, in southern Wisconsin, I was very confident, yet very curious. Ice Age seemed systematically and geographically beyond the pragmatic style of some ultra races that are created for the sake of drudgery. Those types of races do not inspire me at all. I prefer a challenging (either pace or endurance or both) event on runnable terrain against top competition (aka Ice Age). I could have chosen to run the 50k option as my first official ultra distance race but I opted instead for the big money race (50-miler), the race that folk came to spectate, report about, and dissect.

Personally, I am fit. All-time fit. Battling through two years of injuries and two collegiate careers that never even got started, I am in the best shape of my life. I wisely and cautiously built up my mileage to heights it has never reached, avoided past mistakes, applied new wisdom, included plenty of lactate threshold work, VO2 max intervals, long efforts, hills, strides, core, yadda yadda yadda. I've limited my daily work output to a much smaller quantity than I am capable and willing to handle, but ensuring health was more important at this point. However, I thought that after over 20 weeks of successful training (seven days per week) with no setbacks, the Ice Age Trail 50-miler would be a desirable and, ultimately, conquerable first ultra race and one that I could compete for the win in, even in a potential littered field of professional(s).

I was correct. For the first marathon...

Wisconsin, not known for its “sky running” aura, turned out to be a completely different beast than I imagined. Sure, I knew Wisconsin was strewed with beautiful kettle lakes, picturesque green pastures, rolling farmland hills bordered by white picket fences, and dense forests, but the Southern Kettle Moraine was a quad-shocker to say the least. I will explain.

Hoping and aiming to run around six hours (7:12 average pace per mile), I was still comfortable with rolling six flat – 6:30 pace early on, as the Nordic ski trail loop lures. As Tyler Sigl (2:17 marathoner and successful ultra runner) and another successful runner/coach, James Akita, from Chicago, were grindin' with me down the Nordic, I realized I was locked into a group I could roll with. I can run 6:15 all day on the flat/rolling stuff. Tyler had mentioned he wanted the heralded Max King (needs no intro) record of 5:41 (6:40-something avg pace, for 50 miles, on trails. Just insanity...typical Max King. Beside a wrong turn (cost us a mile total...annoying) that James and I took on the Nordic, the grandeur demanded my utter focus and, resulting, elatedness.

Then, the Ice Age Trail greeted me with relentless superiority.

Running to the southern tip of the course, the turnaround at Rice Lake, the Ice Age Trail took me by storm. I was sitting comfortably in fourth place, clipping along. However, I didn't want to get caught up in the chase, mainly because I needed to take care of myself, nutritionally, if I wanted to run six hours. Then, plans changed. Quickly.

I was ahead of goal pace until mile 17 or 18, when the terrain changed from runnable, stride-uitable, speedy singletrack to windy, STEEP, rocky, dense deciduous/pine-forested, HUGE climbs (with occasional wooden stairs) which resulted in me feeling very insignificant. Totally aesthetically pleasing for a training run/hike...NOT for when you're starting to sink into the pain cave during a race.

The hills were relentless. Up...down...quick up...steep down...flat section...steep long climb...short down...back up again...etc. Mixing and matching different methods to tear up a runner's quads...which is exactly what happened to me.

I've never walked up a hill in my life. I love hills. I crave them. I love doing specific workouts on them. However, the Ice Age hills were NO JOKE. Ask the highway sentries. I let them hear my displeasure each time I crossed a road/trail intersection. They knew all about it.

I was completely humbled. Through the first 26.2 miles, I was right on my goal pace, coming through in a low three-hour effort, never going deep into the aerobic/anaerobic tank. Heart and lungs? Fine. Headspace? Fine. Lower legs? Just dandy. Clipping along. Quads? TORN up, man. I started power-hiking most of the climbs from Rice Lake back toward Duffin Rd. Even power-hiking started to hurt. Descending hurt even worse. Quads QUADS...I started to worry (and the course demanded) that they would refuse to improve.



Nick Arndt, right, running with Chase Nowak (eventual winner) in the early miles of the Ice Age 50 Mile. Photo by Jeff Weiss.

I drank plenty. Ate enough. Sucked down my fair share of Cliff shots. Inhaled whole foods (Picky Bars and homemade smoothies, my “Purple Potions”). Stomach was withstanding. Didn't matter. The quads were failing me...and in a relentlessly hilly 50-mile race, what else could I do?

After completely dropping off my goal pace and feeling sorry for myself as I was passed up by three more people, I made the decision to drop out of the race at the Duffin Rd. aid station where my crew was meeting me. Mile 30.5. I had walked the previous 3.5 miles up to that point. **I was completely humbled.**

After driving back to the Start/Finish area, I met and chatted with the race director, Jeff Mallach. Great guy. He seemed to do one heck of a job organizing such a large scale ultra event and answering any and all questions I had leading up to the race. He mentioned to me that (after his conversations with them) some of the best ultra runners (who reside in the western/mountainous US) run his race at Ice Age and some have proclaimed it to be the most challenging 50-miler they have ever run. Why? Because it's all on runnable terrain. A single climb at Ice Age doesn't last for five miles like at the renowned Speedgoat 50k, for example. However, the steep-

ness and quantity of hills on the Ice Age trail present a problem for runners trying to lock into a groove. They come at you in relentless bunches and your quads, especially, pay the price. Wow. This made complete sense and, also, made me feel better about my effort. My throbbing quads seemed to agree. After chitter-chattering with Jeff and my crew for hours after the race (as I limped around), we decided to head out.

Here is what I learned today:

Ultras are hard. The distance and topography of the course demands huge respect. They are a completely DIFFERENT beast than that of the pavement and oval office.

Takeaway #1: Trying to maintain a fast pace over a huge distance over technical/challenging terrain is absolutely mentally and physically draining, but, certainly, fulfilling (I'm sure) if conquered.

Takeaway #2: Build mileage up to the mid- to upper-100s and eat up hills (in the form of circuits to replicate Ice Age) as much as my body will allow (which can be an arduous and tedious task in the Michiana, Indiana area). Also, learn to descend with other muscles than just the quads. Dance down the trail. Activate hips and glutes.

Huge congrats to Chase Nowak (via Minnesota) who overtook Tyler Sigl (via Wisconsin) and James Akita (via Chicago) during the last 20 miles of the race to hoist the men's title in a mid-six hour effort for his third Midwest ultra win this year. Dude is tough as nails and looked like he enjoyed every second of it. Also, congrats to the ever-smiling Larisa Dannis (via Mill Valley, California) on another solid ultra win on the women's side. She is a stud and proved, once again, why she is one of the nation's best. Tyler Sigl was on Max King's record pace until around mile 40 at Emma Carlin where he dropped out. He was AVERAGEING 6:15 pace for most of it. Gutsy...to say the least. He seems to be in great shape and I hope he takes his Midwest blue-collar running spirit to the mountains and continues to shine.

Thanks to my aid station crew who provided pics/videos/encouragement (Mother), wisdom (Father), and lightheartedness (Greg T.), all of which were vital! Also, again, huge thanks to RD Jeff Mallach, who put on an excellent event. What an experience. I'm hooked.

I have six more races this year, ranging from 10k-50k. However, I'm saving my next 50-miler for next May...

I want Ice Age. I need to see if I can overcome those relentless Wisconsin hills, but, for the rest of this weekend, I think I will opt to enjoy its tasty craft beer selection (which was my choice of souvenir), recover (drink beer), and get back to work on Monday.

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Owner / Manager

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10-8

Sat.
10-5

Sun.
12-4



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Register Online at MadisonMiniMarathon.com

COMING EVENTS

(Continued from page 15)

Jul 20 MANITOWOC AREA TC ROAD RUNS Manitowoc
Wed see 6/08 Manitowoc Two Rivers YMCA LastYr 0 Web: www.mantyrn.com

Jul 20 Badgerland Striders - Drew's Old Shoes Fun Run W Allis
Wed 3 or 6mi, 6:30pm Jackson Park Area #2 Note Bring your old shoes for recycling, map of Jackson Park at <http://tinyurl.com/kn6ss76> 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
Fri 5K Run: 5K Wheelchair/Handcycle & 1M Walk/Casual Wheelchair Veterans Park- MKE Lakefront Note Awards for indiv/teams. Divs 14 & under: 15-19: 5yr to 80+ Awd's Top 3/div, Top 3 OA medal. Traveling trophy for winning team. Whchr Top 3/div medals. Perks Fruit, TSS, 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 23 Grand Island Trail Marathon Munising, MI
Sat 26.3 Trail 6am&7am, 13.1 Trail 8am Williams Landing, Grand Island National Recr Area Divs 15-19, 10yr to 70+ Awd's Glass medallions top 3/div, hardwood medallions for all finishers Results www.superiortiming.com/race-results/ LastYr 502 Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 info@greatlakesendurance.com Web: <http://www.greatlakesendurance.com>

Jul 23 HDSA Team Hope Milwaukee South Milwaukee
Sat 2K Walk and 5K Fun Run South Milwaukee High School Fees \$40 after 6/23 \$15 Donation for Walk Perks T-shirt, goodie bag, post and pre-race snack, silent auction and raffle prizes Contact Michelle Gyax HDSA-Wisconsin Chapter 2041 N. 107th Street Wauwatosa WI 53226 Day 414-588-6109 wisconsin@walkforhdsa.org Web: www.hdsa.org

Jul 23 Lombardi Walk/Run to Tackle Cancer Milwaukee
Sat TBD Summerfest grounds

Jul 23 Get Lei'd 5K Racine
Sat 5K North Beach, 100 Barker St Note Racine's Lakefront - Ranked #2 as USA's Top Blue Beaches in America Divs 5yr Awd's Medals Whchr No Results www.5kevents.org Fees General \$30 / Youth \$15 / 5 and under FREE Perks Die cast custom finishers medal, race photography, Chip Timed, T-shirt, Drink Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2440 Eve 262.620.2018 adm-in@5kevents.org Web: www.getleid.5k.run

Jul 24 TOUGHMAN Minnesota Chisago City, MN
Sun Half-iron: 1.2 swim, 56 bike, 13.1 run / Sprint: .25 swim, 22 bike, 3.1 run / Aqua Bike 1.2 swim, 56 bike Paradise Park Note USAT Sanctioned non USAT members add \$12 Divs 5yr 14 & under to 95+, Relay, Athena, Clydesdale Awd's top 3/div. Top 3 relay teams, Athena & Clydes Perks DRI WICK SHIRT, goody bag, chip timing, food and fun LastYr 1400 Contact Ben West DuTriRun PO Box 7723 Appleton WI 54912 Day 920-574-2972 ben@dutrirun.com Web: <http://www.dutrirun.com>

Jul 27 Badgerland Striders - Junk Food Fun Run Milwaukee
Wed 3 or 6mi, 6:30pm Veteran's Park Shelter Note map of Veteran's Park at <http://tinyurl.com/kdw8w58> 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

Jul 28 Patrick Cudahy Race for the Bacon 5K R/W Cudahy
Thu 5K Run/Walk 6.30 p.m. and 0k Run/Walk Sheridan Park Divs 5-year age groups Awd's Top 3 OA M&F; top 3/div Fees \$25/\$30/\$35 Perks huge bacon-themed party following the race; live music and bev LastYr 900 Contact Chris Ponter Longrun Athletics LLC chris@longrunathletics.com Web: www.baconrace.com

Jul 30 Racing Sausage 5K Run/Walk Milwaukee
Sat 5K 8am Miller Park Sausage House Note Individual Reg closes 7/27/2016: Team Reg closes 6/17/2016 Fees \$35: No race day reg Perks T shirt, Hot Dog, Water, Beer, Brewers Ticket Web: <http://brewers.race-mil.com/home>

Jul 30 HOLLAND FEST RUN Cedar Grove
Sat 10k certified, 2mi r/w 8:30, reg 6:30, Independence Pk, 3rd St & Ramaker Ave Note bib timing Divs 10K 13-, 14-19, 10yr, 70+, 2mi 9-, 10-14, 15-19, 10yr, 70+ Awd's trophy 1mf, 1div, medal 2-3/div, ribbon 4-10/div Results web Fees \$24/person, \$100/family 5- (prices tentative check website) Perks TS, fruit, shwrs Records 2mi 9-15 Matt Thull '98, 10:32 Sue Dagget '95, 10K 30:32 Dan Held '93, 35:38 Sue Dagget '96 LastYr 500 Other Festival, parade, art fair, ethnic foods Contact Sarah Konzak Holland Festival 511 S 6th St Cedar Grove WI 53013 Day 920-668-6777 Eve 920-668-6777 konzak@live.com Web: www.hollandfest.com

Jul 30 Capital City 5K for Organ, Tissue & Eye Donation Madison
Sat Twilight 5K Run/Walk Start Capitol Square, end at Goodman Pool with a private pool party Note Reg opening soon! Awd's Top OA M&F; div awds for 12-15, 16-19, 10yr to 70+ Perks race shirt and admis to private pool party LastYr 1250 Contact Joycelyn Fish National Kidney Foundation of Wisconsin 10909 W Greenfield Ave. West Allis WI 53214 Day 414-897-8669 events@kidneywi.org Web: www.capitalcity5k.org

Jul 30 WaunaFest Run, 38th Annual Waunakee
Sat 10 mile Run, 5K Run, 2 mile Walk, Kiddie Run 7:30am Waunakee Village Park, Main & Div St Note Reg Village Center facing Village Park, 333 S. Madison St Divs M&F 10-14, then 5 yr to 75+ Awd's Medals Whchr Accessible Results MYLAPS Big Tag Timing System Fees \$30 pre-reg through July 30, \$35 July 1-26, \$40 walk up reg. July 27-30 Perks T-shirts, water, food, beer, entertainment - local WaunaFest Festival at Centennial Park Records 10 mile run: M: Rod DeHaven in 2000, 49:42 F: Jenny Spangler in 1982, 53:15 LastYr 1316 Contact Beth Pucetti Waunakee Area Chamber of Commerce PO Box 41 Waunakee WI 53597 Day 608-849-5977 Fax 608-849-9825 office@waunakeechamber.com Web: <http://www.waunafestrun.org/>

Jul 30 Wisc Trail Assail - National Watermelon Day Run Hartford
Sat 5K, 10K 1/2 marathon Pike Lake State Park - 3544 Kettle Moraine Rd Divs 5K, 10K, 1/2 marathon Awd's M&F 5yr Contact Silver Circle Sports Events, LLC ozonowar@wi.53066 info@silvercirclesportsevents.com Web: <http://www.silvercirclesportsevents.com/wta>

(Continued on page 24)

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 my accepting my application for membership, I, for myself and anyone acting on my behalf, waive and release the Badgerland Striders, Inc., its officers, directors and any event personnel, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in such events, even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver.

Signature Mem 1 _____ Date _____

Signature Mem 2 _____ Date _____

rev 04/14

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

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

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

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

COMING EVENTS

(Continued from page 23)

Jul 30 **Hilloopy 100+ Relay** **Kenosha**
 Sat 100 mile relay for team of 2 to unlimited runners Wayne Dannehl National Cross Country Course (UW-Parkside Campus) Note 33 loops on the 5k course Divs standard, ultra, super ultra, M&F, Mixed, Corporate, Sponsored, High School Boys and Girls Awd's 1st/div Fees \$68 per open/master runner. \$40 per highschool runner. Contact Brian Thomas Kenosha Running Company 4112 Sheridan Rd Kenosha WI 53140 Day 262-925-0300 Eve 414-719-4771 Fax 262-652-1388 briant@kenosharunningcompany.com Web: www.xcstrilloogy.com

Jul 30 **Hot Hilly Hairy Relay or Solo** **Kenosha**
 Sat 85K, 50K, 30K, 20K, 10K solo 85K, 50K, 30K relay Wayne Dannehl National Cross Country Course (UW-Parkside Campus) Note 2-17 loops on the 5k course Divs standard age and team Fees indiv \$15 to \$59 depending on distance Relay \$75 to \$115 depending on distance Perks This is run in conjunction with the Hilloopy 100+ relay. Contact See above

Jul 31 **CUDAHY 10, 5 & 1.0 MILE KIDS RUN** **Cudahy**
 Sun 8 am: Reg 6:45am Sheridan Park, Lake Drive, north of Cudahy High School Note The race is primarily on the bike path and parkways, with just a little bit of city streets. Divs 10mi event - 5yr; 5mi event - 5yr. Awd's 5 & 10 Mile - 1st/mf OA: 3 medals /div; Kids - Finisher Medal for all participants Whchr No Results website Fees Online: BLS Member 5mi \$18, 10mi \$25, Non-Member \$25/\$30, Race Day \$35 all, Kids \$1 Perks Post Race Party and Giveaway!!! LastYr 426 Contact Drew Cordell Badgerland Striders cudahyclassicro@gmail.com Web: http://www.badgerlandstriders.org/home/races/CudahyClassic.htm

Jul 31 **We Run They Fly 5k - Stars and Stripes Honor Flight** **Milw**
 Sun 5k fun run/walk 9am, reg 7:30am South Shore Yacht Club Note Fundraiser benefiting the Stars and Stripes Honor Flight Divs Fun Run/Walk Awd's None Fees \$40 June 1 to race day Perks honoring veterans, t-shirt to first 300 participants, race packet Records None Other 4146593425 Contact Joni Nogay Stars and Stripes Honor Flight 3705 E Kilforth Avenue Cudahy WI 53110 Day 4146593425 Eve 4146593425 jfjoni@yahoo.com Web: www.starsandstripeshonorflight.org

Aug 3 **MANITOWOC AREA TC ROAD RUNS** **Manitowoc**
 Wed see 6/08 Manitowoc Two Rivers YMCA LastYr 0 Web: www.manyrun.com

Aug 3 **Badgerland Striders - The Corn Roast Fun Run** **Waukesha**
 Wed 3 or 6mi, 6:30pm Minooka Park Area #4 Note map of Minooka Park at http://tinyurl.com/h5gl6gn Fees \$4 parking fee Perks Food, Beverage Other GPS Coords: 42.981065,-88.186752 Contact Ken Schoberg Badgerland Striders Eve 414-273-8064 kenschoberg@yahoo.com Web: www.badgerlandstriders.org

Aug 6 **LAKE ANTOINE CLASSIC** **Iron Mountain, MI**
 Sat multiple distances - 15K, 5 Mile, Youth 2 Mile Lake Antoine County Park Note 15K is beautiful trail run. 5M/2M are nice road runs. Divs M/F/W/C/ Special Olympian by ages Awd's trophies 3/mf, medals 3/div Whchr open div Results chip timing, posted, paper Fees \$15-\$30 Perks TS/pre-registered, bev, fruit, bagels LastYr 300 Other Fund Raiser for Special Olympics Contact Katie Maxon Dickinson County Healthcare System 1721 S Stephenson Ave Iron Mountain MI 49801 Day 906-776-5918 Eve 906-774-9633 katie.maxon@dchs.org Web: www.lakeantoinelclassic.com

Aug 6 **Woodson YMCA Triathlon** **Wausau**
 Sat Long: 1/2mi/28mi/10K. Short: 1/4mi/17mi/5k. Mini Tri: 3/16mi/9.2mi/2mi. 8am Sunny Vale Park Note 16yr min age. Mini Tri Course is for indiv partic only, no awards. Divs Indiv and Teams (Team relay for Long & Short Course only) Awd's 1st OA M&F, top 3 M/F/div & top 3 teams for Long/Short Course. Results timingseverything.com Fees Indiv-\$50, Team-\$90/team. Mini Tri-\$30. Price inc on 7/15/16. Perks Bike check, shirt, lunch, prof sports massage. LastYr 273 Other Reg online/in person/mailed ends 12pm on 8/5/16. Helms mandatory on bike course. Contact Melani Lemanski YMCA 707 Third St Wausau WI 54403 Day (715) 845-2177 X130 mlemanski@woodsnyymca.com Web: www.woodsnyymca.com

Aug 6 **Laona Lions Souper Run** **Laona**
 Sat 1/4 mile, 1/2 mile 9 am, 5 K to follow Silver Lake Beach East Silver Lake Road Note Race in conjunction with Laona Lions Community Soup. Divs 6 and under 7-11, 12-19, 19-29, 10yr to 65+, under 12 may run 5K. Awd's Top 3/div Medals Fees None. Donations and sponsors accepted. LastYr 140 Contact Mike Hess Laona Rescue Squad 5171 E Silver Lake Road Laona WI 54541 Day 715-674-5700 Eve 715-674-5700 Fax 866-408-6467 mhess@centurytel.net

Aug 6 **The Legend** **Laingsburg, MI**
 Sat 13.1M & 5M trail races Sleepy Hollow State Park Note Trail, grass covered, some steep hills, mud, wet Awd's OA M&F, 5/div, 5yr Whchr No Results http://www.rftiming.com Divs Fees See website for details Perks Beautiful course, half marathon finisher medals, tech shirts Records http://www.rftiming.com Contact Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: http://www.runlegend.com/

Aug 6 **Tahqua Trail Run** **Paradise, MI**
 Sat 25K 8am, 10K 8:30am 25K Tahqua Road, 4.3 miles west of Whitefish Bay Divs 15-19, 10yr to 70+ Awd's Ceramic bowls by artist Thomas Baugnet Results http://www.superiortiming.com/race-results/ LastYr 236 Contact Jeff Crumbaugh Great Lakes Endurance 28 West Street Clintonville WI 54929 Day 715-701-0360 Eve 715-701-0360 info@greatlakesendurance.com Web: http://www.greatlakesendurance.com

Aug 6 **Full Moon Race - 1/2 Marathon & 5K** **Plymouth-Kohler**
 Sat 1/2 Marathon, 6pm, 5k Quit Qui Oc Sports Complex, Plymouth WI. 5K start/finish is at Kohler HS Note Point to Point Event: Plymouth to Kohler Divs 5yr, M&F Awd's Top 3 OA M&F; Top 3/div Whchr No Fees See Website www.fullmoonrace.net Perks Goodie bag, finisher medal, finish on Kohler HS track LastYr 420 Contact Jeff Grady Elkhart Lake Multi-sports, Inc. P Box 2333 Palatine IL 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 triguy@ameritech.net Web: www.fullmoonrace.net

Aug 6 **Don's Run - Don Lintereur Memorial Run** **Tomahawk**
 Sat 1/2 Marathon Run - 8 am, 5K Run/Walk & 10K Run - 9 am, 1 mile kids run - 10 am Nokomis Community Park, 2675 County L Note 4th Annual, Packet Pickup Fri 8/5 6-8 pm & Sat 6-8am Nokomis Park Divs (M-F) Under 14, 14-19, 20-29, 10yr to 70+ Awd's Top OA M&F, Top 3/div; Finisher medals to all racers in 1/2 marathon Fees Before 7/18: 1/2: \$50, 5K/10K: \$30; 7/18-8/4 \$55 & \$35; After 8/4: \$60 & \$40 1 mile : \$10 Perks 1/2 Marathon USTAF certified; Prof timed; Water & Gatorade at all water stations; Door Prizes LastYr 140 Other All proceeds will go to the Don Lintereur Memorial Scholarship Fund; Reg active.com Contact Shirley Derleth Don Lintereur Memorial Run Scholarship Fund W5940 Thelsen Rd Tomahawk WI 54487 Day 715-453-4165 Eve 715-453-4165 donsrundlmr@gmail.com

(Continued on page 25)



49th Annual
Wo-Zha-Wa Run
 WISCONSIN'S OLDEST LONG DISTANCE RACE

Half Marathon & 4 Mile

Saturday, Sept. 17, 2016
 Wisconsin Dells

\$30 to 7/31 then \$45 to 9/14
 \$60 day of race

Download pdf entry form at
WWW.WOZHAWARUN.COM
 or register online at Active.com

MYTEAM TRIUMPH
 WISCONSIN CHAPTER

Are you someone who has a **HEART** for people?
 Do you want to give your time and talent to help disabled individuals **TRIUMPH**?
 Do you want to be part of something **GREATER** than yourself?

BECOME AN ANGEL

Do you have what it takes?

VOLUNTEER

Support our Teams

my TEAM 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

COMING EVENTS

(Continued from page 24)

Aug 6 Hank Aaron State Trail 5 k Run/Walk Milwaukee
 Sat 5 k run/walk 8:30am S&F near Klement's Sausage Haus (on east side of Miller Park Stadium) Note 17th Annual, Reg 7am: Online reg <http://goo.gl/zEC53P> Divs 13-under, 14-17, 18-24, 25-29, 5yr to 80+ Awd's Unique awards OA M/F and top 3/div Whchr phone first Results hankaaronstate-trail.org Fees \$25 by 7-20, \$30 by 8-4: \$35 after: Youth \$12 til 7/20, \$20 after Perks T-shirt (youth sizes gaur til 7/20), bev, live band, silent auction Records M Zach Meineke (2011) 15:10: F Elizabeth Flatley (2012) 17:46 LastYr 1,500 Contact Robert Peschel Friends of Hank Aaron State Trail Web: <http://www.hankaaronstate-trail.org/hank-aaron-run-walk.html>

Aug 8 Sole Sister's- Trail Trot & Potluck South Milwaukee
 Mon GROUP hike 6:30pm, approx 2-3 miles Grant Park 100 e. Hawthorne Ave, Meet @ park lot for picnic #6.7.8 Note This event is FREE! Bring a snack or bev to share Divs Women only Awd's no- unlimited Whchr no- trails Fees Free Other Potluck @ 7:15pm Contact valerie nolin Sole Sisters Club 100 E. Hawthorne Ave South Milwaukee WI Day 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Aug 10 Badgerland Striders - Watermelon Fiesta Fun Run Franklin
 Wed 3 or 6mi, 6:30pm Froemming Park Picnic Area 1 - 8801 S. 51st St - Franklin Note Oak Leaf Bike Trail, map of Froemming Park at <http://tinyurl.com/msavad4> Fees Free Perks Food, Beverages Other GPS Coords: 42.881247, -87.980779 Contact Dr. Jon Mueller Badgerland Striders Day 414-281-7080 Eve 414-421-5006 drjpm111357@sbcbglobal.net Web: www.badgerlandstriders.org

Aug 13 You Crazy Monkey Youth Obstacle Course Arcadia
 Sat 1 mile Obstacle filled course for youth age 5 - 13! 3pm Arcadia High School Track Note In conjunction with Ashley for the Arts Awd's T-shirt, post race goodies, finishers award all participants! Fees \$10/\$15/\$20 - Reg early for best pricing! Perks TS and Post race goodies! LastYr 300 Contact Amy or Paula Communities Off n' Funning PO Box 34 Galesville WI 54630 Day 6084840602 info@offnunning.com Web: <http://www.offnunning.com>

Aug 13 Running Between the Vines 1/2 Marathon & 5k Jackson, MI
 Sat Half Marathon Road Race 7:30am, 5k Road Race 8am Sandhill Crance Vineyards 4724 Waltz Rd. Note Finisher medals and wine glasses for all finishers in 5k and half! Awd's Fees Perks See Website Whchr No Results www.rftiming.com Contact Dawn McConnachie RF Events 5700 Jackson Rd. Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: www.runvines.com

Aug 13 5K run/walk/roll for Spina Bifida Wauwatosa
 Sat 5k run/walk/roll & 2 miles walk/roll Hart Park Note Supports Wisc families affected by Spina Bifida. Awd's yes Whchr yes Fees 5k run/walk/roll \$20 : 2 mile walk/roll \$15 REG b4 7/19 Perks T-shirt, DJ music, refreshments LastYr 350 Contact Kathy Mohar Spina Bifida Wisconsin Lid 830 N 109th St Wauwatosa WI 53226 Day 4146079061 sbwis@sbwis.org Web: www.sbwis.org

Aug 13 Race2Party Run at Wisc Internati Raceway Kaukauna
 Sat 5K Run/Walk 9am United States Note Run on a Race Track! Awd's Top 3 by Gender Fees Variable by reg date Contact OddBuck LLC Web: Race2Party.com

Aug 13 Lake Country Triathlon Oconomowoc
 Sat Sprint & Olympic City Beach 324 W. Wisconsin Ave Contact Silver Circle Sports Events, LLC info@silvercirclesportsevents.com Web: <http://www.silvercirclesportsevents.com/lake-country-triathlon>

Aug 13 The Olympian 5K / 10K Racine
 Sat 10K, 8am, 5K R/W 8:15am, 9:15am Toddler Dash Gen. John Pershing Park, Pershing Dr. Note WSO members you must register for bot the Wisc Senior Olympics and the Olympian, Wisc Senior Oly Reg \$22 Fees \$25 5K R/W, \$35 10K Run, \$15 5K or 10K 50 and over, Toddler Dash Free! Other Supported by Real Racine & Racine/Kenosha Senior Fitness Coalition, awards at 9am Contact Liz Bower bower27@gmail.com

Aug 14 HDSA Team Hope - Fox Valley Neenah
 Sun 2K Walk & 5K Fun Run Riverside Park Fees \$35 runners b4 7/14, \$40 Day of. Walkers \$5 Donation, inc to \$15 Perks T-shirt, goodie bag, pre and post event snacks, silent auction, raffle prizes. Contact Michelle Gygg Huntington's Disease Society of America 2041 N. 107th St. Wauwatosa WI 53226 Day 414-588-6109 wisconsin@walkforhds.org Web: www.hdsa.org

Aug 14 Ganther Race the Lake Fond du Lac
 Sun 90-mile bike race around Lake Winnebago; 5:45am Lakeside Park Contact Ben West DuTriRun 1170 N. Perkins St. Appleton WI 54912 Day 920-574-2972 ben@dufirun.com Web: www.dufirun.com

Aug 17 MANITOWOC AREA TC ROAD RUNS Manitowoc
 Wed 6/08 Manitowoc Two Rivers YMCA LastYr 40 Contact Dave Nickels ManitowocTrack Club 604 Pine St Manitowoc WI 54220 Day 920 684-0912 dave_nickels@hotmail.com Web: www.manityrun.com

Aug 17 Badgerland Striders - Marcel Fun Run Greendale
 Wed 3 or 6mi, 6:30pm Whittall Park Area #8 Note map of Whittall Park at <http://tinyurl.com/kk8bxr> Fees Free Perks Food, Beverage Other GPS Coords: 42.933999, -88.038113 Contact Marcel Cesar Badgerland Striders Eve 262-227-1948 macesar@aol.com Web: www.badgerlandstriders.org

Aug 20 BMO Harris Bank Madison Mini-Marathon & 5K Madison
 Sat Half Marathon & 5K: 7am University of Wisconsin - Madison Fees \$85 thru 7/14: \$95 after that: 5K \$35 thru 7/14: \$40 thru 8/1: \$45 race day Perks Complimentary beer and music by Wheelhouse after the race Contact Vision Event Management Web: <http://madisonminimarathon.com>

Aug 20 Dirty Dog Color Mud Run Summit
 Sat 10:00 - 2:00 Village of Summit (Oconomowoc) @ Genesee Lake Road Park, 37505 Genesee Lake Road Contact Sean Osborne Silver Circle Sports Events, LLC oconomowoc WI 53066 info@silvercirclesportsevents.com Web: <http://www.silvercirclesportsevents.com/dirty-dog-mud-run>

Aug 20 HOT TROT North Fond du Lac
 Sat Times TBD for 2016: 15k run, 5k run/walk, open 1 mile run, kids run Village Park, 200 Winnebago St Note 3rd annl Elite entries avail, Cash prizes for 15k and 1 mile & top masters. Awd's 15k OA-\$200,\$150,\$100/1 mile OA-\$75,\$50,\$25/top masters-\$50, 3/div 15k Results Posted, web Fees \$5-\$30 Perks free beer & bral/burger to all parlic LastYr 150 Contact Katie Gellings Fond du Lac Running Club PO Box 102 Fond du Lac WI 54936-0102 Day (920)251-3525 katie.gellings@ces.uwex.edu Web: <http://www.fonddulacrrunningclub.com/hot-trot.html>

Aug 20 Land Regatta Run/Walk Port Washington
 Sat 5k 2m Upper Lake Park Fees Before 8/13: \$20; after 8/13: \$25 Contact Christina Brickner Be3 Inc. PO Box 35 Port Washington WI 53074 Day 3145391464 Eve 3145391464 landregatta@gmail.com Web: www.landregatta.com

Aug 21 SummitFest 5K / 10K / Half Marathon Summit
 Sun 5K / 10K / Half Marathon @ Genesee Lake Road Park, 37505 Genesee Lake Road Divs M&F 5yr Fees Perks See website LastYr 400 Contact Sean Osborne Silver Circle Sports Events, LLC Oconomowoc WI 53066 info@silvercirclesportsevents.com Web: <http://www.silvercirclesportsevents.com/summitfest>

Aug 24 Sole Sister's-Diva Dash & Beach Bash Milwaukee
 Wed Casual, free Run OR Walk 6:30pm. Approx 2-3 miles along lakefront S/F Bradford Beach. Meet at Bradford Beach by volleyball Note Beach Bash 7:30pm Divs Women only Whchr yes Fees Free Bring Cash if you wish to eat/drink for social after. Refreshments sold Records no Other Fee free to come for just the run/walk OR just the Beach Bash. Contact valerie nolin Sole Sisters Club N. Lincoln Memorial Drive Milwaukee WI Day 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Aug 24 Badgerland Striders - The President's Run Milwaukee
 Wed 3 or 6mi, 6:30pm Hart Park, 68th-70th & State Street Fees Free Perks Food, Beverage Other GPS Coords: 43.045341,-88.003782 Contact Pete Abraham Badgerland Striders Eve 414-774-4580 plaak7@yahoo.com Web: www.badgerlandstriders.org

Aug 27 HDSA Team Hope -Madison Madison
 Sat 5K Run (USATF certified course) & 2K Walk Vilas Park Note Route thru surrounding subdivisions and end in Vilas Park. Divs M&F Awd's Medals OA M&F Fees \$35 b4 7-27, \$40 day of: Walkers \$5 Donation, inc to \$15 Perks T-shirt, goodie bag, pre and post event snacks, silent auction, raffle prizes. Contact Michelle Gygg Huntington's Disease Society of America 2041 N. 107th St. Wauwatosa WI 53226 Day 414-588-6109 wisconsin@walkforhds.org Web: www.hdsa.org

(Continued on page 27)

The Cudahy Classic Races

(Continued from page 1)

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 cudahyclassicrd@gmail.com for details.

RECAP 2016 ICE AGE TRAIL 50 RACES

(Continued from page 20)

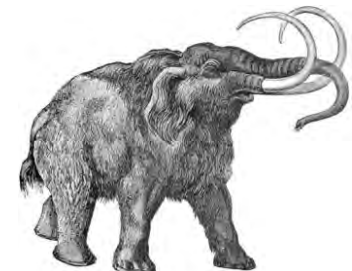
Brian Condon from Boulder, Colorado is only one of nine men who have run the IAT 50 miler under six hours. This year, he came back to run the 50k and took the top spot, clocking in at 3:53. One minute behind him was local ultrarunner Bruce Udell, who shattered Roy Pirrung's senior master's CR by more than 40 minutes! Ben Drexler (4:01) rounded out the top three.

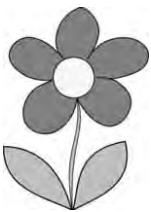
Our 2016 women's 50K champion was Emily Renner from Lauderdale, Minnesota (4:24). Julie Ramsey finished second in 4:46, followed by Gretchen McGill (5:09).

Graham Frank won the Ice Age Trail Half Marathon - a two-loop course on the Nordic trail - in 1:26:55. David Ross placed second (1:27:32), followed by Kevin Riederer in 1:30:38. Our 2016 women's champion was Cristin Newkirk-Thompson (1:39:06).

Jodi Kleinfeldt and Michelle Wilson finished second and third in 1:45:53 and 1:46:39, respectively.

The 36th annual IAT50 will be held on Saturday, May 13, 2017. Registration will open in mid-December. For registration and race news, "like" the Ice Age Trail Facebook page.





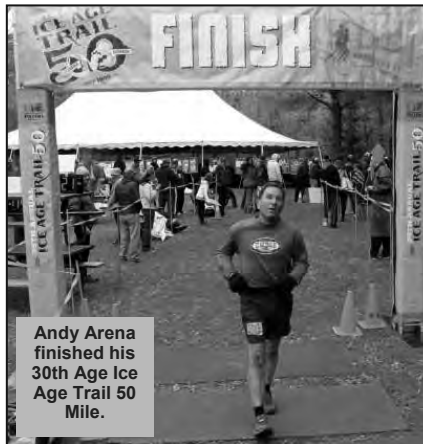
FUN RUN SCHEDULE

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

DATE	TIME	PLACE	NAME	DIRECTOR
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



ICE AGE TRAIL PICS ... BY DON AYER AND JEFF WEISS



Andy Arena finished his 30th Age Ice Age Trail 50 Mile.



COMING EVENTS

(Continued from page 25)

Aug 27 STRIDER HALF MARATHON Milwaukee
1/2 Marathon 8am: Race Day Reg 6:30 am if 1000 entry cap not met.

Aug 27 Walk & Run for Wishes - Milwaukee
5k Run and Walk Henry W. Maier Festival Park Divs 14 & Under, 15-19, 20-24, 5yr to 75+, 75+ Awards Trophies - Top 3 OA and Ribbons Top 3/div

Aug 31 Badgerland Striders - Popcorn Paloosa Fun Run West Allis
3 or 6mi, 6:30pm Greenfield Park #3 Note map of Greenfield Park at http://tinyurl.com/ksqx6u8 Fees Free Perks Food, Beverages Other GPS Coords: 43.003648, -88.063683

Sep 3 River Run 2016 Rockford, IL
1/2 Marathon-7:30am, 5k-7:45am, Kids Fun Run-8:30am, Wheel-a-thon-8:45am Riverview Ice House 324 N Madison St Awards Yes Whchr Yes Fees \$50 1/2 marathon, \$25 5k, \$25/Wheel-a-thon and FREE kids fun run

Sep 3 Sauk Prairie Cow Chip Classic Run/Walk Prairie du Sac
5K Run/Walk and 10K Run 8am, Marion Park corner of Grand and Fourth St. Note 37th annl Awards Plaques 1st/div, Medals 2nd & 3rd/div Fees \$25 by 8/31/16 \$30 after Perks Cow chip run TS gear for prereg LastYr 645

Sep 3 Badgerland Striders 24-12-6 Hour Runs Germantown
24 Hour Run, 400 meter track, 8am Germantown High School Contact Robert Wehner Badgerland Striders 965 Elmwood Way Hubertus WI 53033

Sep 3 Bacon5Kegs and Bacon & Kegs Racine
5K Racine Yacht Club, 1 Barker St Note Sold out last yr, sign up early! Divs 5yr Awards Medals Whchr No Results www.5kevents.org Fees General \$30 Perks Finishers medal, race photography, Chip Timed, Music, T-shirt, Free Beer, Free Bacon, Bacon, and MORE BACONI LastYr 375 Contact Patrick Flynn 5kevents.org, LLC 4124 Mona Park Rd Racine WI 53405 Day 877.651.2440

Sep 3 Cross Country Run to the Castle 5k Oregon, IL
5k trail run 9 am (Packet Pick up Check In: 8am) Stronghold Camp & Retreat Center 1922 IL Rt. 2 Fees \$25/adult; \$10/youth (Price incr 8/27 11:59pm) Contact Chris Busker Chris@StrongholdCenter.org Web: http://www.strongholdcenter.org/5k.html

Sep 3 St Joseph's 1/2 Marathon, 5K & 10K Fun R/W Hillsboro
1/2 Marathon 7:30am 10K run & 5K R/W 8:30am Hillsboro Firemen's Memorial Park, E18075 State Highway 33 Note 1/2 Marathon check-in 7 am: 10K & 5K check-in 7:30 am - 8:15 am Divs 12 & under, 13-19, 10yr to 70+ Awards Medals top 3/div 10K/5K runs: Finisher medals to 1/2 marathon Fees 1/2 Marathon \$30 by 8/16; \$35 after 8/16; 5K & 10K \$20 by 8/16; \$25 after 8/16

Sep 4 Lake Michigan Marathon Cudahy
50k 6am: Marathon 6:30am; 20-mile Training Run 6am; Half Marathon 7:30am Sheridan Park, 4800 S. Lake Drive Divs 10yr Awards Top 3 M&F OA; top 3/div Fees 50K \$80-\$90; Marathon \$70-\$80; Half Marathon \$50-\$60; 20-mile training run \$20-\$30 Perks Tech shirt, goody bag LastYr 800 Contact Chris Ponteri Longrun Athletics chris@longrunathletics.com Web: www.lakemichiganmarathon.com

Sep 5 MVRA Benefit Classic 1/2 Marathon, 5K and 1K kidsrun Dubuque, IA
1/2 Marathon and 5K Eagle Point Park Awards age grp, Finishers Medals for Half Mar Results chip timed Fees 25\$ for 5k, 40\$ for Half Marathon LastYr 400 Contact Rob Harbin Mississippi Valley Running Association Dubuque IA 52002 Day 563-213-1376 rohbarbin@mchsi.com Web: www.mvradubuque.com

Sep 7 Badgerland Striders - Just Plain Fun Run West Allis
3 or 6mi, 6:30pm Greenfield Park #3 Note map of Greenfield Park at http://tinyurl.com/ksqx6u8 Fees Free Perks Food, Beverages Other GPS Coords: 43.003648, -88.063683 Contact Susan Knier Badgerland Striders sutzslp@yahoo.com Web: www.badgerlandstriders.org

Sep 9 Twisted Maze Run After Hours! West Salem
This 5K run/walk THROUGH the cornfield happens 'After Hours' - IN THE DARK! Friday night 8:30pm Hidden Trails Corn Maze Note Headlamps or flashlights required. Divs All for FUN! Fees varies - Reg early Perks Kids 13 & Under FREE LastYr 100 Contact Amy Brenengren Paula Gold Communities Off n' Funning PO Box 34 Galesville WI 54630 info@offnunning.com Web: www.offnunning.com

Sep 9 Bayside 5k run/ 2 mile walk Bayside
5k run/ 2 mile walk 6:30pm Ellsworth Park 600 E. Ellworth Ln Note Proceeds support the MACC Fund Awards 1st/div Results onlineaceresults.com Fees Until Aug. 5th, \$10/child, \$15/adult/ \$50/per family, Children under 5 free Perks dri-fit TS, race packet, free bev (beer or soda), and post race snacks Other A bonfire, music, food trucks and Movie in the Park will take place in Ellsworth Park following the race Contact Rebecca VanRegenporter Village of Bayside 9075 N Regent Rd Bayside WI 53217 Day 414-351-8812 rvanreg@bayside-wi.gov Web: http://www.bayside-wi.gov/366/Bayside-5k-RunWalk

Sep 9 Run Woodstock Day 1 Pinckney, MI
100M & 100K @ 4:00pm Hell Creek Ranch 10866 Cedar Lake Rd. Note 3 day running and music festival! Sat entry - free laid back run! See website for complete detail! Perks Peace, love music & lots of running! t-shirts, finisher medals, food, awards Results Records http://www.rfiming.com Other 3 day event - Sept 9-11, 2016: Contact Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com Web: http://www.runwoodstock.com/

Sep 10 Run Woodstock Day 2 Pinckney, MI
50M, 50K, 26.2M, 13.1M. 5K - see website for start times Hell Creek Ranch 10866 Cedar Lake Rd. Note See above Whchr No Results Records http://www.rfiming.com Fees Perks See website Contact See above

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Sep 10 Waupun's Wild Goose Chase Waupun
10K Run 8:30am, 5K Run/Walk 8:30am, 1 Mile, 1/2 Mile, 1/4 Mile Youth Run 10am Rock River Intermediate School, 451 East Spring St Note Entry Forms see website Divs 10-, 10yr, 65 over Awards Trophies MW 10K, 5K, Awards 1 div, Fun Run Ribbons Results website Fees 10K/5K \$20 thru 8/31 \$25 after Fun Runs 10 10K TS, Snacks, Drink coupons LastYr 74 Other Benefits Waupun Athletic Complex Contact Matt Dickhut Waupun Athletic Booster Club P.O. Box 26 Waupun WI 53963 Day 920-539-3106 Eve 920-539-3106 mdickhut@waupun.k12.wi.us Web: http://www.waupun.k12.wi.us/jrsmhighbooster.com

Sep 10 Trot for Troops 5K and Kids 1/4 Mile West Bend
5K Run/Walk 8am Kids 1/4 9am Riverside Pk Divs 14 & Under, 15-19, 10yr to 70+ Awards Top OA M&F; Top 3/div, Largest Team Results www.absoluteracelimiting.com Fees \$25 Pre Reg \$30 Race Day \$8 Kids Pre Reg \$10 Race Day(10 and Under) Contact Jodi Brandt Trot for Troops 5K PO Box 562 West Bend WI 53095 Day 262-305-8282 trotfortroops5k@gmail.com Web: www.trotfortroops5k.com

Sep 10 Walk & Run for Wishes- Fox Cities Appleton
1 mile and 5k walk/run Thrivent Financial for Lutherans, 4321 N Ballard Rd Contact Amy Neumeier Make-A-Wish Foundation® of Wisconsin 200 N. Durkee St., Suite 60 Appleton WI 54911 Day 920-993-9994 Fax 920-993-9996 aneumeier@wisconsin.wish.org Web: www.walkforwishes.com

Sep 10 re:THINK Addiction Run/Walk Oshkosh
5K Run or Walk, 8am 7 Mile Solutions Recovery Center, 621 Evans St Note open houses & silent auction follow at Solutions Recovery Center. Fees \$25 For Adults, \$35 Day of Event, \$15 for 12 and under LastYr 450 Other Team prices: 6-20 members \$25 per person; teams 21+: \$20 per person Contact Gloria West DuTrRun Day 920-562-1885 gloria@dutrrun.com Web: http://www.dutrrun.com/rethink2016

Sep 10 County Executive 5K+ Paddock Lake
6.5 mile run 3.5 mile walk Old Settlers Park Paddock Lake Fees \$23 Indiv \$42 for family of 2 \$53 for family of 3 or more. after 9/7 \$5 more Perks Come in costume and enjoy Oktoberfest! Contact Kenosha Running Company 4112 Sheridan Rd Day 262-925-0300 Eve 414-719-4771 Fax 262-652-1388 briant@kenosharunningcompany.com Web: http://www.xcthrilligy.com/county-executive-5k.html

Sep 10 Run For The Fallen 2016 Kronenwetter
5k, 10k, 1 Mile Towering Pines Park Note We honor the first responders who made the ultimate sacrifice on 9/11/01. Divs 13 Under, 14-19, 10yr to 70+ Awards 5k/10k Finisher Medals, Trophies 1st OA, Partic Ribbons Fees \$20 reg by 9/07, \$25 9/08-9/10 Perks Free Event Tee, Fallen Hero Honor Badge, Race Bib Raffle Contact Becky Hensel Kronenwetter Fire Department 1582 Kronenwetter Drive Kronenwetter WI 54455 Day 715-370-8370 runforthefallen@outlook.com Web: www.kronenwetterfallfest.org

Sep 10 Apple Dumping Day Races Elroy
Marathon-7am, 1/2 Marathon-8am, 5K-8am, Kids Races-10am. Elroy City Park (Schultz Park) Note Our races are run on our bike trails: scenic, shaded, flat, straight, fast, and with an 875 foot tunnel! Divs See website Awards, medals 3/div Results www.badgerlandstriders.org Fees \$18 BL\$22 other until September 1st/ Raceday \$25 indiv. Perks TS, awards, weekend celebration-Tosafest music, games, food and fun LastYr 700 Contact Angie Smith Badgerland Striders 400Ruhler@att.net Web: http://www.badgerlandstriders.org/home/Races/Tosafest.htm

Sep 10 Tosa Fest Strider 5k Wauwatosa
5K run, 2 mile fun walk 5:30pm , Reg. 330pm- at Tosa East H.S. Race Start: 69th and Hillcrest-Wauwatosa East H.S. Note Fast, down hill course along Menomonee Parkway Divs 5K 14-19, 5yr to 75+ Awards 5K run-medals 3/div Results www.badgerlandstriders.org Fees \$18 BL\$22 other until September 1st/ Raceday \$25 indiv. Perks TS, awards, weekend celebration-Tosafest music, games, food and fun LastYr 700 Contact Angie Smith Badgerland Striders 400Ruhler@att.net Web: http://www.badgerlandstriders.org/home/Races/Tosafest.htm

Sep 10 Brewers Min-Marathon | 10K Run | 5K Run Milwaukee
10K - 7 am | Mini Marathon & 5K - 7:15 am Miller Park Note Parking lots will open at 5 am Divs 14-19-20-24; 5yr to 70+ Awards Top 3 M&F, 9:30 am. Fees Mini-Marathon \$75/\$85/\$100 10K \$55/\$65/\$80 5K \$30/\$30/\$35 Thru 7/29/16; 9/8-9/9 Perks Fantastical post-race party at Miller Park with live music, FREE beer for adults 21+ and great food! Other Fundraising opportunities to support the MACC Fund and the chance to win amazing prizes. Web: http://www.race-brewers.com/

Sep 11 DOOR COUNTY CENTURY BIKE RIDE Sturgeon Bay
Bike Tour - 30, 50, 70 and 100 mile routes Door County Fairgrounds Note 3,000+ riders Divs No Awards No Whchr Paved Roads Results None Fees See website Perks Themed food stops, football games on big screen, free includes spaghetti dinner at finish LastYr 3000 Contact Sean Ryan Door County Century Ride 1971 Prescott Place De Pere WI 54115 Day 9206062458 Eve 9206062458 director@fall50.com Web: www.doorcountycentury.com

Sep 11 Dylan's 2 Mile Run/Walk for Autism to Indian Summer Milw
2mile 10:30am. Reg 8:30 Summerfest grounds - Entrance Mid Gate - Reg at Miller Slage Note 15th yr, On-line Reg at website Divs 10-, 5yr, 65+- Awards 1/mf, 3/div Results posted, Strider Fees \$25, \$30 raceday; Child \$15, 20 raceday; and Team pkts avail Perks TS, admission to Indian Summer Festival, food, bev, entertainment LastYr 2662 Contact Dawn Schwartz ASSEW 3720 N. 124th Street Wauwatosa WI 53222 Day 414 988 -1260 Eve 414 988-1260 Fax 414 427-9395 assew@assew.org Web: www.dylansrun.com

Sep 13 Sole Sister's - "Dash & Class" West Allis
Run OR Walk 6:30pm you pick distance (2-3 miles) Greenfield Park 2024 S. 124th Street West Allis, WI. Meet at Picnic Area #3 Note Fitness Class (TBA) @7:30pm Divs Women only Awards No Whchr yes Fees NO Perks This event is FREE! Records NO Contact valerie noln Sole Sisters Club 2024 S. 124th St West Allis WI 53129 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com Web: www.solesistersclub.org

Sep 14 Badgerland Striders - Dunne Funne Runne Part Deax Holy Hill
3 or 6mi, 6:30pm Take Hwy 45 to Holy Hill Rd exit (Hwy 167). Follow for 7.5 miles, turn left on Stationway Rd, 0.2 mi. 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 TDHolyHill@aol.com Web: www.badgerlandstriders.org

Sep 15 Milwaukee River Challenge Milwaukee
5K run, 2K walk Schlitz Park Divs M&F 5yr Awards OA M&F, top 3/div, 5yr Contact Silver Circle Sports Events, LLC info@silvercirclesportsevents.com Web: http://www.silvercirclesportsevents.com/milwaukee-river-challenge-5k-run-walk

Sep 16 Guardian Kids Fun Run Appleton
4 pm - 1/4 mile, 1/2 mile Neuroscience Group Field at Fox Cities Stadium - home of the WI Timber Rattlers Note Huggies® Diaper Dash & Toddler Trot, Mini-Dash (age 6-under) Divs None Awards each child receives a medal Fees 10 10K Perks Cotton shirt, goody bag, mascot race, face painting LastYr 700 Contact Jennifer Jansen Fox Cities Marathon 2616 S Oneida St Appleton WI 54915 Day 877-230-7223 Fax 920-830-0921 info@foxcitiesmarathon.org Web: http://www.foxcitiesmarathon.org/kidsRun.html

Sep 17 The North Face Endurance Challenge Eagle
5K, 10K, Half Marathon, Marathon Relay, 50K, 50 Miller Note Wide variety of distances for all levels. Awards yes Whchr No Fees Perks Records See website Contact Endurance Challenge hawkkeye 2828 Routh Street, STE 325 Dallas TX 75201 Day (469) 475-1317 Eve (469) 475-1317 endurancechallenge@publicshakwey.com Web: http://bit.ly/1Yhr07

(Continued on page 28)

COMING EVENTS

(Continued from page 27)

Sep 17 Briggs & Al's Run and Walk For Children's Hospital Milwaukee
 Sat 8K 10:30am Downtown, 12th and Wisconsin, finish on Lakefront at Summerfest Grounds **Note** 38th Year, USATF 8K State Championship Divs 18-, 19-24, 5 yr, 80+ teams: Corporate, academic, community **Awds** Medal 3 mfl, medal 3/div, medal top 3 hand crank and push rim WhiChr, trophy 3/team Team Challenge Trophy **Whchr** yes **Results** www.alsrun.com, www.badgerlandstriders.org **Fees** \$30/runner-WC, \$25/walker, Kids \$10/walk, \$15/run pre-reg, Race Day\$35/\$30/\$12/\$17 **Perks** TS, Refreshments start/finish, live bands at finish line celebration **Records** 23:00 Tim Hacker 1982, 23:25 Kristin Helle-Heledy 2000, 21:10 WC Gary DeBuhr 2000 **LastYr** 16000 **Other** Health and Fitness Fair, Music, Kid's Area, Pledge Prizes **Contact** Elisabeth Thomson Children's Hospital and Health System Foundation PO Box 1997, MS 3045 Milwaukee WI 53226 Day 414-266-1520 alsrun@chw.org **Web:** www.alsrun.com

Sep 17 Nancy's Run, Rock & Stroll West Allis
 Sat 5k Road/Cross Country Run: 2 mile walk, Bark in Park (dog walk), "Rascal Romp" Greenfield Park-Cool Waters **Note** Benefits Wisconsin Ovarian Cancer Alliance in memory of Nancy Niese **Divs** 8-under, 9-15, 16-19, 10yr to 70+ **Awds** top3/div, top M&F OA. Awards Ceremony **Whchr** yes- 2 mile course **Fees** \$30 / \$35 Race Day **Perks** music, manicures, refresh, massages & WOCA merch **LastYr** 875 **Contact** Kelli Zembruski Wisc Ovarian Cancer Alliance 13825 W National Ave Suite 103 New Berlin WI 53151 Day 262-797-7804 Eve 262-797-7804 friends@wiscosin ovariancancer.com **Web:** wiscosin ovariancancer.com

Sep 17 Wo-Zha-Wa Run Wisconsin Dells
 Sat Half-marathon & 4 mi. 8am Wisconsin Dells High School, 520 Race St. **Note** Wisconsin's Oldest Long Distance Race - 49th Annual **Divs** 0-19, 5yr div. to 79, 80+ **Awds** Trophies top 3 OA, Medals top 2/div **Whchr** no **Results** online **Fees** \$30 prior to 8/01/16, \$45 8/01 - 9/14, \$60 Day of Race **Perks** Technical t-shirt all regis, medals and passes to major Dells attractions to all finishers **Records** 1/2: Dan Martin (1:10:20) & Patti Shepard (1:21:43), 4mi: Joe Hansen (20:34) & Ann Limberg (23:36) **LastYr** 230 **Contact** James Schneider Wo-Zha-Wa Run 33067 Fulton St., Box 1 Gotham WI 53540 Day 608-583-4403 Eve 608-583-4403 james@bluechiptraining.com **Web:** www.wozawarun.com

Sep 17 InStep Trail Races - 63K, 26.2, 13.1, 7 Mile, 5K Delafield
 Sat 63K solo race & relay race 7:30am, Marathon 8am, Half-Marathon 8:30am, 7 Mile 9am 5K 9:30 Lapham Peak State Park **Note** benefiting Friends of Lapham Peak **Divs** 26.2/13.1/7/5K = 14-under, 15-19, 5yr to 70+, see web site for 63K **Awds** 26.2/13.1/7/5K = top 3/div, OA, OA masters: see web site for 63K **Whchr** NO **Results** www.TTTSportservices.com and our web site **Fees** Before 7/1: 63K solo \$70, 63K relay \$150, 26.2 \$60, 13.1 \$50, 7 mile \$50, 5K \$25. **Perks** Tech shirt - m/w sizing; food post race; custom AG medals; Custom finisher medals for 63K, 26.2 & 13.1 finish **Records** 26.2 Nic Giebler 3:31:36 26 Allyson Weimer 3:57:30 - 13.1 Ben Gabe 1:29:46 Nicole Diedrick 1:51:19 - 10K Leith Nye 41:51 Liz Boelter 48:46 **LastYr** 350 **Other** Great course; Trail not technical but challenging; beautiful state park; well organized **Contact** Russ Delap InStep Physical Therapy & Running Center 1516 W. Mequon Rd Mequon WI 53092 Day 262-243-4323 Eve 262-527-0048 russel.delap@cuw.edu **Web:** http://insteptrailraces.com/

Sep 17 Affinity Medical Orthopaedics & Sports Medicine 5k Neenah
 Sat 5k Riverside Park **Note** Uses Sunday Fox Cities Marathon Finish line **Divs** 9-under, 5yr to 80+ **Awds** Top 3 OA & 1st/div **Results** posted, web-SMA **Fees** vary by date - check website - can register online or mail-in **Perks** Tech shirts, Finisher Medals, Goody bags **LastYr** 1500 **Other** Expo 9:16 & 17 at UW-Fox Valley Campus Midway Road Menasha, WI **Contact** Debbie Jansen Fox Cities Marathon 2616 S Onedia St Appleton WI 54915 Day 877-230-7223 Fax 920-830-0921 info@foxcitiesmarathon.org **Web:** http://www.foxcitiesmarathon.org/fiveK.html

Sep 17 The Glo Run - Milwaukee Milwaukee
 Sat 5k Veterans Park **Web:** http://theglorun.com/milwaukee

Sep 18 Walk & Run for Wishes - Madison Madison
 Sun 5K Run and Walk McKee Farms Park- Fitchburg Divs 14 & Under, 15-19, 5yr to 75+ **Awds** Trophies - OA Winner and Top 3 OA M&F, Ribbons - top 3/div **Fees** \$20 Chipped Runner, \$15 Walkers, \$8 Kids under 14 **LastYr** 750 **Contact** Nicole Williams Make-A-Wish Foundation of Wisconsin One South Pinckney St., Suite 40 Madison WI 53703 Day 608.262.4322 Fax 608.252.4320 nwilliams@wiscosin.wish.org **Web:** www.wiscosin.wish.org

Sep 18 Fox Cities Marathon & Orthopedic & Sports Relay Appleton Thiocare Half & Competitive Walk
 Sun 7am: UW-Fox Valley Menasha, Finish: Riverside Park, Neenah **Note** 26th yr. Pacing teams for Marathon & Half Divs 19 and up, 5yr, 70, Overall & Masters **Awds** Age Group, Community Challenge **Whchr** Marathon **Results** posted, web - SMA **Fees** vary by date - check website - can register online or mail-in **Perks** Tech shirts (women's cut for all races), Finisher Medals, Goody bags **Sun:** Bag tag, shuttles, food, massages, showers **Records** 2:15:52 Eric Morrison '95, 2:38:18 Simona Staiuc '02 **LastYr** 7000 **Other** Expo 9:16 & 17, UW Fox Valley Campus, Midway Road, Menasha, WI **Contact** Debbie Jansen Fox Cities Marathon PO Box 1315 Appleton WI 54912 Day 920 882-9499, 877-230-RACE Fax 920-830-0921 debbie.jansen@communityfirstcu.org **Web:** http://www.foxcitiesmarathon.org

Sep 18 American Heart Assn - Run/Walk & Health Fair Milw
 Sun 5k Fun Run @ 8:15am Veteran's Park - Milwaukee at Lakefront **Note** Free Health Screenings, Kids Games w/ Prizes, Music, Food **Fees** \$25.00 **Contact** Lisa Whitmore American Heart Association 1555 N. RiverCenter Dr. Ste. 211 Milwaukee WI 53212 Day 414-524-5763 Eve (414) 331-7479 lisa.d.whitmore@ahaj.org **Web:** www.milwaukeeheartwalk.org

Sep 21 Badgerland Strider Club Meeting West Allis
 Wed 7pm Guest Speaker, 8pm Business Meeting Knights of Columbus, 1800 South 92nd St. **Note** Speaker: T.B.A. **Fees** Admission \$1 for members and non-members. **Perks** Refreshments & snacks **Other** Contact our meeting speaker coordinator Dave Gavinski with speaker ideas for our future meetings. **Contact** Dave Gavinski Badgerland Striders davegavinski@juno.com **Web:** www.badgerlandstriders.org

Sep 22 Sole Sisters- "Walk by Faith" & Game Night! Meno Falls
 Thu Casual GROUP Hike 6:30pm approx 2-3 miles Menomonee Park- Lannon Quarry **Note** Please bring a dish, drink to share. This is part of our monthly Christian Social Divs WOMEN ONLY! **Awds** no **Whchr** no **Fees** Fee to enter Waukesha County Parks & \$2 towards camps **Perks** great opportunity to meet some new friends, get fit & have fun! **Records** casual untimed **Other** 7:30-9pm- Game Night **Contact** valerie nolin Sole Sisters Club, LLC W220N7884 Town Line Road Menomonee Falls WI 53051 Day 4144033524 Eve 4144033524 solesistersclub@yahoo.com **Web:** www.solesistersclub.org

Sep 24 Rotary's Rump Roast Run Minocqua
 Sat 5k / 10k run, 5k walk 9 am: 1 mile kids run 8am Downtown Minocqua **Awds** Top 3/div **Fees** \$30 **Perks** T-shirt, snacks, beverages **LastYr** 900 **Contact** Lakeland Rotary Foundation 11475 Cagle Rd. Arbor Vitae WI 54568 info@rumproastrun.com **Web:** www.rumproastrun.org

Sep 24 Dances With Dirt Hell Pinckney, MI
 Sat 50M, 50K, 100K relay - see website for times Pinckney State Park, Half Moon Lake-Lower Beach Area, Hell, MI **Note** The courses are hilly! Great trail running with some stupid spots...swamp and river crossings... **Divs** **Awds** Results **Fees** See website for details **Whchr** no **Perks** tech shirts, finisher medals, pizza **Records** website **Contact** Dawn McConnachie RF Events 5700 Jackson Road Ann Arbor MI 48103 Day 734-929-9027 Eve 734-929-9027 info@rfevents.com **Web:** http://www.dwdhell.com

Sep 24 Harvest Fest 1/2 Marathon & 10K Sheboygan
 Sat 1/2 Marathon and 10K, 8am Blue Harbor Resort Divs 5yr **Awds** Top 3 OA M&F; Top 3/div **Whchr** Yes **Fees** See website **Perks** Finisher medal, Goody bag, Expo, Lunch, LS 1/4 zip tech T (1/2), LS crew tech T (10K), Aids ABK Children Museum Sheb **Contact** Jeff Grady Elkhart Lake Multisports PO Box 2333 Palatine IL 60078 Day 847-359-7374 Eve 847-359-7374 Fax 847-359-7574 info@harvestfesthalf.com **Web:** www.HarvestFestHalf.com

Sep 24 Heritage Days Road Race 5 Mile / 5K / Kids RunNew Richmond
 Sat 5 Mile and 5K Run 8am: Kids run 9am Heritage Center, 1100 Heritage Dr **Note** Kids Race at 9am on the heritage trail. A 3/4 mile lollipop style course **Divs** Pre-teen (5K only), Teens, 20s, 10yr to 70+ **Awds** 5 Mile 1st/div-Pre: 2nd & 3rd medal 5K Awards: Medals top 3 OA **Whchr** included in general entry **Results** website **Fees** \$25 pre-reg - \$30 Race Day / Kids \$10 - \$15 **Perks** Homemade Pies, Jams and local gift certificates as door prizes. Long Sleeve t-shirts. **OVERALL WINNER PRIZES TBD!** **LastYr** 84 **Contact** Irv or Rachel Heritage Center 1100 Heritage Drive New Richmond WI 54017 Day (715) 246-3276 Eve 715-246-4768 info@nrheritagecenter.org or joe-brick@hotmail.com **Web:** http://www.nrclub.com/2016-heritage-road-race

Sep 24 Run/Walk from the Cops 5k Stevens Point
 Sat 5k SP police department Divs 18 and under, 19-29, 10yr to 70+ **Awds** 1st M&F OA & Top 2/div **Fees** \$25 **Perks** Free t-shirt along with food and drink **LastYr** 150 **Contact** Stevens Point Police Officers Organization 1516 Church Street Stevens Point WI 54481 sp_5krun@aol.com **Web:** www.stevenspointrunfromthecops5k.com

Sep 24 Hey Hey 5k Run Baileys Harbor
 Sat 5k Door County Brewing Co. **Awds** Overall **Fees** \$35 **Perks** Door County Brewing Co. pint glass, free beer, great race t-shirt **LastYr** 200 **Contact** Myles Dannhausen Peninsula Pacers 2434 Co Rd F Baileys Harbor WI 54202 Day 9209159880 myles@doorcountyrunning.com **Web:** http://www.heyhey5k.com

Sep 24 Best Friends Gourmet Bike Tour Neenah
 Sat 4,8,12, 25, 55, 75 & 100 mile - Reg 6am - diff start time for each distance St. Mary Cathol High School- 1050 Zephyr Dr **Note** reg online at Active.com **Fees** TBD **Perks** TS prerog - adults only - color TS if riding in consecutive years **LastYr** 865 **Contact** Patti Houlihan Best Friends of Neenah-Menasha 181 E. North Water Street Neenah WI 54952 Day 9207295600 Eve 9207295600 patti@bestfriendsnm.org **Web:** www.bestfriendsnm.org

Sep 25 DoLittle Marathon, 1/2 Marathon & 5K Waukesha
 Sun Marathon, 1/2 Marathon & 5K EB Shurts Building **Awds** M&F 5yr **Contact** Sean Osborne Silver Circle Sports Events, LLC PO Box 0880 oconomowoc WI 53066 info@silvercirclesportsevents.com **Web:** http://www.dollittlemarathon.com/

Sep 25 Wolf Lake Trail Run Kansasville
 Sun 10:30am 1 mile or 4.2 mile walk, 4.2 or 7.8 mile run Richard Bong State Recreational Area 26313 Burlington Rd **Awds** OA M&F, top 2/div **Fees** \$30 **Perks** Custom medals **Contact** Brian Thomas Kenosha Running Company P.O. Box 126 Kenosha WI 53141 Day 262-925-0300 brian@kenosharunningcompany.com **Web:** http://www.xctrillology.com/wolf-lake-trail-run.html

Sep 28 Badgerland Striders - Amber Bock Fun Run Milwaukee
 Wed 3 or 6mi, 6 pm Whitnall Park #8 **Note** map of Whitnall Park at http://tinyurl.com/bkb8xr **Fees** Free **Perks** Food, Beverages **Other** GPS Coords: 42.933999, -88.038113 **Contact** Dave Gavinski Badgerland Striders davegavinski@juno.com **Web:** www.badgerlandstriders.org

MILWAUKEE LAKEFRONT MARATHON

OCTOBER 2, 7:30 AM GRAFTON HIGH SCHOOL,

REGISTRATION IS STILL OPEN AT

www.milwaukeeelakefrontmarathon.org

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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.

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