



the STRIDER

The Last Newsletter of the Badgerland Striders, Inc.



The STRIDER

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NOV 2016

THE LAST STRIDER

Thanks for the Memories

*By Jeff Weiss
Editor "The STRIDER"*

It's been 14 years to the month since I became Editor of *The STRIDER*, November 2002. I had 11 issues to practice before that date as Layout person for Sam Martino the previous Editor. Before June 2001 I had not done any Desktop publishing at least not with a computer.

Years before I had produced a newsletter for my Fraternity and for the UWM Bikemen bicycle club. Those publications were done with a mimeograph machine or a word processor and a copy machine.

In 2001 Bridget Wendt, Sam's layout person taught me everything I know now.

It's not over!

Watch for the future of *The STRIDER* on the BLS website.

The full structure is not figured out yet. I will be involved at least until we get the new format firmed up.

There may still be some paper publications at some times to get the message out when it is required.

Help us by continuing to send us your stories.

Samson Stomp 2017

**Presented by the Milwaukee County Zoo and Amica
Sunday, January 15, 2017**

By Janice and Dave Finch, RDs

The Dog Days of summer have given way to fall and we've had some incredible weather for running here in Southern Wisconsin. Soon enough winter's icy chill will be here, but for many folks that's welcomed with open arms as we look forward to the 37th annual Samson Stomp and Romp!

Once again the Milwaukee County Zoo will be hosting a set of 4 winter races that are held completely on zoo grounds. Amica will return as a sponsor for the event which takes place on Sunday, January 15th. All of the proceeds of the events benefit the Zoo and help maintain one of the best animal collections in the country. There are 4 races to choose from: a competitive scored 5k and 2 mile run for all ages and two non-competitive children's events of 1-mile romp and 1/4-mile mini-romp. Last year the popular 5k reached its 1,500 participant limit early and there was no race day registration. Sign up early!

All of the events take place at the zoo and on zoo grounds. Running past the animals while they watch is always fun to do! The bears and mountain goats are up early to greet runners as they wind through the park. Pre-race and post-race accommodations in the Peck Pavilion minimize the worry about the weather and offer a convenient place to stretch before the race. It's also a great place to socialize and have refreshments after the race. Entry fee also includes a collectible long sleeve t-shirt and free admission to the zoo for the day. Gorilla trophies will also be back for the award winners.

(Continued on page 18)

Steve Cullen Healthy Heart Run 2017

**BENEFITING HEART RESEARCH AT THE MEDICAL COLLEGE
OF WISCONSIN CARDIOVASCULAR CENTER
Sunday, February 12, 2017**

*Barry Thrune
New RD*

If you like to have fun, enjoy cool weather, eat chili, listen to a live band and contribute to a great cause, this is the race for you! The 21st Annual Steve Cullen Healthy Heart Run/Walk is celebrating its Blackjack year at 10:00 AM on February 11, 2017 at Underwood Parkway, Wauwatosa. Come celebrate 21 years of excellent running on a beautiful park-like course with every dollar raised going to heart disease research at the Medical College of Wisconsin.

New this year in honor of our Blackjack theme, go "all in," and get FREE registration! Anyone who raises \$100 or more via our quick and easy online fundraising site, FirstGiving, will not only get free registration to this year's race but also a \$20 gift card to Saz's Restaurant. And that's just one of several amazing incentives that we're working on to compliment this year's Blackjack event. Stay tuned!

Race registration remains at \$25 for Strider members until January 31st. Double down on a great time! Bring some friends or form a team. We are encouraging all of the amazing teams that have run in the past to run again this year and we hope to see some new teams as well. For details, go to cullenrun.com.

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the Prez Sez



By Pete Abraham
The Prez



YOU CAN'T GET THERE FROM HERE

I guess that depends on where you are going. And that's one of the most perplexing question's facing the Striders today. One would think that after three years of incredible growth (membership has gone from 1300 to over 3300!) the club would have a pretty good idea of what our future looks like. But at last month's executive board meeting all 9 members agreed on one thing, "we have no idea" what direction we are heading in. While our races, fun runs, build up runs and other programs have been wildly successful an aging membership and growing competition may be cause for concern.

These two items are closely related. Most of the club's current leadership positions are filled by an aging baby boomers or gen Xer's and most of us don't have a clue how to relate to the younger generation affectionately called the Millennials. Strider races have always been 'RACES' with competition as the motivating force. Now a proliferation of 'participation' "runs" is rapidly flooding our market. While baby boomers usually ran for time and competition many of the participants of new events run simply to be part of a 'happening' and to collect swag. Being pelted by Colored food starch collecting fake mustaches and Santa hats is apparently more appealing to many younger runners than training and actually competing.

Can anybody imagine any 50 something Strider even thinking about getting a finisher's medal for a 5k? And you can bet some profit oriented race promoter is thinking about that possibility it

this very moment. This isn't a criticism of those events, you can judge them for yourselves. It is meant to highlight the difference between Striders events and the new wave of races entering our market. So the real question is;

"How do we change to accommodate the next generation of runners"?

Given the make-up of the current board that it's doubtful that we will stray too far from our current path. And given the fact that few younger members are stepping into leadership positions it doesn't seem like the millennial group will have much sway in the future of the club. Does that mean the Striders will simply wither away as our membership ages? Your guess is as good as mine.

This is the last print edition of the Strider, another indicator that the times are changing. After 14 years Jeff and Betsy Weiss have now published their last edition of the Strider newsletter. Many of us have been getting the newsletter for decades and just take it for granted that every couple of months it would show up in our mail boxes. Can anybody reading this say they haven't checked out their time in the race results of the Strider newsletter? I Doubt it. As sad as it is to see the end of the newsletter it's comforting to know we will continue to communicate with all of you in some other fashion in the near future. You can count on it.

Thanks, Jeff and Betsy!

Badgerland Striders Meetings



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

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

Contact our meeting speaker coordinator

Dave Gavinski with speaker ideas for our future meetings.

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

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



BADGERLAND STRIDERS MEETING SPEAKERS

NOVEMBER 16

Dave Haase

Ultra Distance Athlete

Dave Haase is the Owner of Attitude Sports, in Fond du Lac, WI. Dave is an extreme endurance bicycle racer who has competed in the Race Across America 6 times. He is a 5 time top American finisher. He finished 2nd in 2015 and 2016. Dave has also participated as a Leadman in Leadville, CO and periodically enjoys running Challenging events including the Frozen Otter.

DECEMBER 2016

NO MEETING.

HAPPY HOLIDAYS!

Times Past: Yesterday and Today

AWARDS & T-SHIRTS



By Ron Winkler

Correction

From the last issue (September): Due to some computer glitch, the information about the relationship of the South Shore Half Marathon to the Lakefront Marathon was printed incorrectly. The race that became the South Shore Half Marathon was originally run in October with the start and finish in Grant Park. At that time, the race was known as the Grant Park Half Marathon. When the Lakefront Marathon began in 1981, the Grant Park Half Marathon was switched to April in order to avoid a conflict. In addition, the course was reversed to have the start in South Shore Park, and the race was renamed the South Shore Half Marathon.

Awards and T-shirts

In the Monday, August 29th edition of the *Milwaukee Journal Sentinel*, sportswriter Lori Nickel wrote about the approximately twenty medals that she has received in races over the years. She insists that they “are not *real* medals – the awesome kind you get for finishing first, second or third place. They’re all participation or ‘finisher’ medals.”

She went on to say that many of those medals represent hard work over challenging courses where she received bruised legs and calloused hands (Spartan Sprint and Gladiator Assault Challenge). On the other hand, she views some of her other medals that she collected for beer runs or mud runs as merely souvenirs and she questioned whether those awards were necessary.

Nickel is surprised by some people who win real awards such as Paula Larsen, who Nickel describes as “an incredible athlete in her 70s and always a podium finisher, who keeps ‘her medals in a basket at home.’” Or Brakken Kraker who won the Spartan Sprint and “gave his medal to one of the kids in his family.” In contrast, Nickel, who describes herself as a mediocre athlete, cherishes some of her participation medals.

That had a familiar ring for me. In 2006, when I wrote a series of articles for *The Strider* on Badgerland Striders Lifetime Member John “Black Bart” Archer, he told me that he had boxes filled with medals, trophies, and ribbons. He wanted to give them to charities or children’s groups to be used as incentives for games, but no one wanted them.

Too many awards?

Sometimes, the more we have, the less we appreciate it. In contrast, someone who has only a handful of awards may appreciate them more than someone who wins an award in every race. In my glory days, I accumulated numerous medals, ribbons, and trophies, but only a few are memorable for various personal reasons. Those few are on display while the rest are stored in the attic.

Earlier this year, a famous author received yet another award for his accomplishments. When I asked him what he was going to do with it, his response was, “Probably put it in the basement with the rest.”

Most runners, no matter how many races they run, will never receive an age-group award because the same age-group winners run in all the races. For Joe or Jane Average runner, finisher medals represent a goal that was achieved such as first race, first half marathon or first marathon. It could also represent weight loss or the beginning of a healthy lifestyle. Perhaps, over the years, when these runners have received too many participation awards, they too will become jaded.

Whether we are elite or non-elite, I believe that in general, our earliest awards are most meaningful because they represent a breakthrough or serve as a measure of our progress. Other noteworthy awards may signify the culmination of a goal obtained through intense training or hardship. And so it goes.

Too Many T-Shirts

The same can be said for t-shirts. Anyone who has raced for several years has a healthy collection of t-shirts. But before the running boom of the late 1970s, t-shirts were not a staple at races. Entry fees were \$1.00, but there were no t-shirts, goody bags or other giveaways. When t-shirts were introduced, they were given to the top 25 or 50 finishers. These t-shirts came in only white or gold. They were made of cotton and after washing, they shrank and became short and wide.

Runners from my generation will remember Bill Hauda of Madison, who wrote a column on running for *The Capital Times*. In 1979, he lamented about the state of t-shirts, “...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 race directors get publicity for their races and t-shirts are a remembrance of an event or of a meaningful race. One suggestion was to make shirts optional or to offer alternate items such as gloves, hats, shorts or patches.

As with participation awards, many beginning runners enter races to get the shirts. In the 1970s, there was no advertising on shirts, but gradually, the race sponsors were added to the shirts. Today, runners are moving billboards of advertising. Since those early days, I have collected more t-shirts than I can wear. So, what to do? I could give them away as the t-shirt in my own “Fruit of the Loom Wacky T-Shirt Race.” Many of the shirts look quite fashionable as they are faded and have that look of having been previously worn.

From 1978 to 1990, Ann Guse wrote a column titled “Where It’s At.” It appeared in each issue of *The Strider* and was filled with entertaining and humorous observations about running. This Christmas wish list is from the combined November/December 1982 edition:



“I’m going to make public now my list of things I’d like to have from race directors in 1983. In no particular order, here are my wishes, silly and serious:

- a moratorium on new 5 mile and 10K races---use some other distance please
- ‘no shirt’ entry fees at all the races
- a five-year ban on gold or white t-shirts
- traffic control that stations someone at EACH intersection to stop traffic for runners
- promised refreshments still available when the last runner finishes
- more certified courses
- something other than t-shirts as race giveaways
- age groups for men and women beyond 40+
- no increase in entry fees
- marathons in Wisconsin spaced out throughout the year instead of bunched up in September and October
- a permanent ban on speechmaking by race directors after runners have lined up to start
- the opportunity to register on race day without penalty
- race results sent to all runners after the race
- race directors who check on name pronunciations before the awards ceremony.”

Although many of her wishes have come true, the list gives you a snapshot of the running scene at the time. The majority of races were either 5 miles or 10K with five-year age groups that ended at 35 to 39. Everyone else was grouped into 40+. The t-shirts were either gold or white and before computers, many races sent results to finishers, either free or for a fee to cover postage.

Ann had a great alternative to the t-shirt giveaway at races: frequent runner points. “Drawers jammed with t-shirts? More painter caps than a full-time painter needs? So many duffel bags that you’ll never have enough gear to fill them? If so, you’ve been running for some time, you like to get the ‘freebies,’ but you’re a bit bored with the same old things. Wouldn’t it be nice if you could have the ‘freebie’ of your choice---within reason, of course?”



(Continued on page 18)

Badgerland Striders 2017 Holiday Party

Friday, January 20, 2017 at the Peck Pavillion
at the Milwaukee County Zoo, 10001 West Bluemound Rd., Milwaukee, WI

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

The night will roughly follow the schedule below:

- ◆ 6:00pm - Hall Opens and Social Time
- ◆ 6:50pm - Welcome and Introductions
- ◆ 7:00pm - Buffet Opens
- ◆ 7:45pm - Introduction of 2015 Club Officers and Comments
- ◆ 8:00pm - Strider Awards for the 2015 Year
- ◆ 8:30pm - Music, Dancing and Social Time
- ◆ 10:00pm - Hall Closes. Have a safe trip home.

Dinner, beer, wine and soda are free.

Cash bar available.



REGISTER AT

<http://www.zapevent.com/ListActivities.aspx?eventid=4668>

OR CLICK THE LINK ON THE STRIDER WEB SITE

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

BLS Members	\$15
Guest	\$10
(membership includes all relatives living in the same household)	
Non Member	\$20

SUPER STRIDER SERIES 2017

By Jody Geibl- Super Strider Series Coordinator

Are you a Super Strider? Here is your chance to prove it. To participate, simply register and complete 8 out of the 11 eligible Badgerland Strider Races. When you complete the series you will receive an exclusive Badgerland Super Strider jacket for your efforts and free admission to the 2018 Badgerland Strider Holiday Party, where you will receive your jacket.

The following races qualify you for the series:

- South Shore Half Marathon – April 2017
- Super Run 5k – June 2017
- Hartfest Half Marathon – June 2017
- Fire Cracker 4- July 4, 2017
- Cudahy Classic 10 mile- July 2017
- Strider Half Marathon-August 2017
- Tosa Fest -Sept 2017

- Lakefront Marathon- October 2017
- Lakefront Discovery Run- October 2017
- Turkey Trot Prediction Run- November 2017
- Indoor 20k/10k race at Pettit Center- December 2017

There is a limit of 25 entrants into the Super Strider Series. Don't delay signing up!! Registration will open January 1, 2017.

If for any reason you are unable to run the race you are registered for (injured, etc) and you volunteer for that race, that will satisfy your commitment to that race. Please inform the volunteer coordinator of that race know that you will volunteer.

Are you up to the challenge?

If you have any questions please contact me at jgeibl@wi.rr.com



Youth Running Program a Huge Success! More to come!

By Scott Stauske

The Badgerland Striders have always been aware of the need for having a youth running program and this year we upped our game! Based on the smiles of the participants and the comments from the adults, we had a great session, which ended on October 2 at the Milwaukee Lakefront Marathon.

This year we had over 120 youth signed up for the program. Through a combination of "at home" workouts and once a week group outings, kids were challenged to reach their weekly running mileage goals. Instead of lumping all abilities into one program, we offered our traditional "I Can 26.2 It!", where the young runners completed 25 miles in a 10 week period as well as an "I Can 26.2 It!...and More" program that prepared to run their first or best 5K distance.



This program would not have been possible without the support and talents of Tina Jones, and Jackie and Mike Kaminski from Girls on the Run of Greater Milwaukee. Each week, in conjunction with the leadership of Kelly Corteen, Strider Director of Youth Programs, the kids were presented with fun activities to get the blood flowing then a "talk" about a relevant topic to running and life (i.e. dedication, eating healthy, perseverance) before running the prescribed distances and finishing off with a healthy snack. Many of the Wednesday evening locations were at Strider "fun run" locations and I hope you had a chance to witness the programs in progress and see the future Striders in action. Other locations were scattered around the area, like the Domes, around Miller Park and on the last session we even had the entire Milwaukee County Zoo to ourselves! To re-enforce the weekly topic and create excitement, videos/photos and positive messages were



sent to participants from Jill Sommers of Jill M. Sommers Performance Coaching and Facebook posts on our own page. This was the first time that we decided to try a weekly group outing and with busy family schedules we were hoping for a good turnout. We were blown away by the response and on several occasions we had over 50 kids literally running around and having fun. This was also the first year for another experiment in our program. In an effort to occupy parents time, help them to become better role models to their kids and introduce adults to others we had the adults run an informal route during the time their kids were busy. Whether they considered themselves walk/runners or serious runners, all were welcomed to participate in the 1-3 mile-ish courses. The hope was to get a couple adults interested but we were thrilled to have 15-20 adults joining the fun.

To complete our 10 weeks of fun, the kids and many of their parents/guardians participated in the Milwaukee Lakefront Marathon 5K or the "I Can 26.2 It!" 1.2 mile distance, on October 2nd in front of cheering spectators. As they ran through the finish chute that participants in the Milwaukee Lakefront Marathon would fill only moments later, they raised

their arms in triumph, held looks of pure joy and best of all...held a well-deserved sense of accomplishment.

In the four years that I have been involved with the program on some level, I can honestly say that this was the most gratifying year of the program. I cannot wait to see where this program grows to. Rumor has it that there is some planning going on behind-the-scenes to offer middle-school and high-school age youth the opportunity to have some run coaching this Spring in addition to our Fall "I Can 26.2 It!" program in the Summer. The Striders are pleased to offer some programs to get youth interested and excited about the sport of running and the benefits that come with it. Stay tuned for more program updates by visiting the website!

RODIEZ'S RUNNING STORE

Tony Rodiez
Owner / Manager

Phone: (414) 321-1154
Fax: (414) 321-1152

10903 W. Lincoln Ave.
West Allis, WI 53227



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

STRIDER HALF MARATHON—AUGUST 27, 2016



The Badgerland Striders present
**The Strider Half
 Marathon**
 at the
Beer Garden
 September 24th 2016
 Estabrook Park,
 Milwaukee WI
 Half Marathon Results
 Top 3 only listed for full results
 see Badgerlandstriders.org

Rank	Name	Chip Elapsed
Top Overall In HALF Division MALE		
1	ZACH BRUNS	01:14:12
2	MATTHEW BORNEMAN	01:14:31
3	SAL IMPELLITTERI	01:14:56
Top Overall In HALF Division FEMALE		
1	MARIE PETERSON	01:26:08
2	LISA JOHNSON	01:29:43
3	ALLISON PITT	01:30:17
Age Groups: 1 - 15 MALE		
1	NIC BURGDORF	01:54:03
2	FINNEGAN RITTER	02:29:07

Age Groups: 1 - 15 FEMALE		
1	SYRAFINA MOHAMMED	02:30:51
2	ASHLEY DANIEL	02:44:26

Age Groups: 16 - 19 MALE		
1	EVAN WETZEL	01:25:34
2	MITCHELL LARSON	01:46:40
3	CODY SUCHLA	01:50:46

Age Groups: 16 - 19 FEMALE		
1	MARIE AMMEL	01:55:34
2	LIBBY LANG	01:58:11
3	EMMA ZALOG	02:06:42

Age Groups: 20 - 24 MALE		
1	CLINTON PIPER	01:24:54
2	SEBASTIAN MILLER	01:25:03
3	DYLAN FRISS	01:26:14

Age Groups: 20 - 24 FEMALE		
1	ACACIA DISHMAN	01:38:17
2	TAYLOR MURPHY	01:39:01
3	ISABELLA POULOS	01:42:25

Age Groups: 25 - 29 MALE		
1	PATRICK HASLER	01:15:53
2	MATTHEW JUNGERS	01:16:33
3	ALEX FRANCIS	01:17:40

Age Groups: 25 - 29 FEMALE		
1	SARAH MIKESSELL	01:33:36
2	ALYSSA BEHRENDT	01:34:09
3	DANIELLE REMY	01:39:28

Age Groups: 30 - 34 MALE		
1	ADAM PIASKOWY	01:17:51
2	CHRIS ROGERS	01:22:11
3	VIKASH MALIK	01:22:27

Age Groups: 30 - 34 FEMALE		
1	LESLIE SCHWALBACH	01:33:20
2	LYNDSAY SMANZ	01:35:56
3	KATIE DISHINGER	01:36:38

Age Groups: 35 - 39 MALE		
1	KYLE FRASER	01:18:17
2	SEAN FINNIGAN	01:22:26
3	ANDREW LINQUIST	01:22:57

Age Groups: 35 - 39 FEMALE		
1	SHAWN JOHNSON	01:30:30
2	CASEY BLOCHOWIAK	01:36:45
3	KIRSTEN DE GROOT	01:40:20

Age Groups: 40 - 44 MALE		
1	DAVID MCCONVILLE	01:17:54
2	MATTHEW GOELZER	01:23:28
3	MICHAEL RANK	01:23:30

Age Groups: 40 - 44 FEMALE		
1	YVONNE DELONGCHAMP	01:35:58
2	JILL MIEROW	01:37:26
3	MISTY MELSHEIMER	01:38:06

Age Groups: 45 - 49 MALE		
1	JOEL PEREGRINE	01:21:37
2	PETE SCHWEINERT	01:23:11
3	MAREK KOTRLY	01:24:00

Age Groups: 45 - 49 FEMALE		
1	TERRI BODDEN	01:34:27
2	WENDI QUENTIN	01:36:01
3	LESLIE OLSON	01:36:46

Age Groups: 50 - 54 MALE		
1	ANDY GARZA	01:24:10
2	THOMAS KUHLMANN	01:26:38
3	RICK STEFANOVIC	01:27:38

Age Groups: 50 - 54 FEMALE		
1	GRACE LABINSKI	01:47:34
2	DIANA HUGHES	01:47:47
3	LINDY YEAGER	01:48:09

Age Groups: 55 - 59 MALE		
1	I. GEORGE OGUTU	01:30:09
2	STEVE CUMMINS	01:33:54
3	KEN KOCH	01:34:37

Age Groups: 55 - 59 FEMALE		
1	AMY GREINER	01:49:01
2	HEIDE PANASIUK	01:56:14
3	MIA WHITCOMB	01:58:43

Age Groups: 60 - 64 MALE		
1	DON SCHOBERG	01:36:07
2	DAVE HARRIS	01:36:26
3	GARY KRENZ	01:37:28

Age Groups: 60 - 64 FEMALE		
1	MARY EISENHAEUER	01:55:01
2	DARLENE MATERNOWSKI	02:13:00
3	KAREN SIMONS	02:15:18

Age Groups: 65 - 69 MALE		
1	JAMES SZYJAKOWSKI	01:52:19
2	JOHN STACHERA	01:56:29
3	ROBERT J MASSEY	02:00:54

Age Groups: 65 - 69 FEMALE		
1	CAROL KUHLOW	01:52:23
2	BEVERLY BRUNNER	01:57:28
3	NANCY ALLMAN	02:22:56

Age Groups: 70 - 74 MALE		
1	JUAN AVALOS	01:54:00
2	JAMES MIDDLETON	02:18:06
3	MICHAEL CARR	02:20:15

Age Groups: 70 - 74 FEMALE		
1	FERN DAINS	02:39:58
2	DIANE LARSON	02:54:43

STRIDER HALF MARATHON—AUGUST 27, 2016



Nutrition and Athletic Performance

(Part 3 of a 3-part series)

*Elaine Gonya, Licensed Athletic Trainer
Aurora Sports Medicine Institute*

As the last article in our three-part series on *Nutrition and Athletic Performance*, this edition will focus hydration, nutritional considerations for men and women, dietary supplements, and ergogenic aids. Previous discussions included an overview of protein, aspects of a training diet and carbohydrate consumption. In recent years, the quest for research documenting the beneficial effects of nutrition on exercise has often led athletes on wild chases for ideas on how to move their athletic performance to the next level. When digging for the latest research, the keys are to update often and use reputable sources.

Hydration

Dehydration decreases exercise performance; therefore, adequate fluid intake before, during, and after exercise is necessary for health and optimal performance. Although no one is exempt from dehydration issues, male athletes often need to monitor fluid loss more closely than their female counterparts, due to significant sweating and rises in body temperature.



Dehydration increases the risk of potentially life-threatening heat injuries, including heat stroke. To avoid problems, athletes should drink enough fluid to balance their fluid losses. Helpful hydration guidelines include:

Two hours before exercise: 14 -- 22 ounces should be consumed.

Before exercise, hydration practices should be reflective of the intended exercise duration and intensity, as well as climate considerations. For long-distance events, especially those in challenging climates, some research suggests hydration practices begin the day prior to the event to ensure proper hydration. Although the primary goal is hydration via water sources, long distance events may require some incorporation of electrolytes to replace those most likely to be lost during exercise.

During exercise: 6 – 12 ounces every 15 to 20 minutes, depending on the athlete's tolerance.

During exercise, the primary goals for nutrient consumption are to replace fluid losses and provide carbohydrate (30 – 60 grams/hour) to maintain blood glucose levels. These guidelines are especially vital for: endurance events lasting longer than an hour; athletes who have not consumed adequate food or fluid before exercise; or training sessions in extreme environments (i.e., heat, cold, altitude). If fluid balance cannot be maintained (i.e., loss is greater than amount replenished), the maximum amounts that can be tolerated should be ingested.

Re-hydration following exercise should include fluid replenishment to replace sweat losses during training. Sweat rates vary depending on body size, exercise intensity, ambient (air) temperature, humidity, and acclimation. An athlete should drink at least 16 – 24 ounces of fluid for every pound of body weight lost during exercise. In addition to water, sweat also contains substantial amounts of sodium, modest amounts of potassium, and small amounts of minerals such as iron and calcium.

In most cases, athletes do not consume enough fluids during exercise to balance fluid losses, often completing their workout dehydrated to some extent. Some studies suggest drinking 150% of the weight lost during exercise may be necessary to cover the fluid lost from sweat plus urine production that will increase following fluid replacement after activity. Since most commercially available sport drinks do not include sodium levels equal to those lost during distance events, a typical American diet (i.e., high in sodium) combined with water consumption may be the best electrolyte-replacing strategy.

Special conditions that warrant attention for hydration and re-hydration practices are hot and humid environments where heat may not be dissipated efficiently through sweat or increased skin temperature evaporation. Cold environments do not yield as many cases of dehydration as hot climates, but it does occur most generally due to respiratory fluid and sweat loss that may be high if insulated clothing is worn during intense exercise. In addition, if the athlete feels chilled and available fluids are cold, the incentive to drink may be reduced. Altitude training also has an effect on hydration/dehydration status; attention should be paid to proper hydration when training in high altitude conditions.

Worth noting: Electrolyte drinks, although incredibly well marketed, often contribute unnecessary calorie intake and increased sugar levels for the recreational runner/athlete. There appears to be limited physiologic need to replace electrolytes during a *single* exercise session of moderate duration (less than 3 – 4 hours), especially if the participant's diet contains sufficient sodium. Additionally, electrolyte-laden fluid sources are not always necessary for *everyday* exercise sessions, especially those shorter than 1 – 2 hours in duration.

Nutritional Considerations for Men & Women

According to past research, nutritional considerations for training do not differ drastically between male and female athletes; however, it's important to note that the vast majority of scientific studies on athletes have used males under the assumption that principles applying to men are similar to those for women. New gender-specific studies are emerging every day, but many of those that serve as hallmark studies or the basis for additional research are based on the male athlete.



The largest disparities in research relative to gender and sports nutrition have been concerning protein requirements and carbohydrate loading – *some studies have suggested that women are unable to super-compensate (i.e., “carbo load”) muscle glycogen like their male counterparts.* Some data has indicated menstrual status of female athletes may affect glycogen storage, with greater storage occurring during the luteal, rather than follicular phase.

For athletes that participate in both endurance events and strength activities, a general range of 1.2 – 1.7 g/kg is suggested. Although no study has specifically calculated protein requirements for elite female athletes, nitrogen balance data implies that the requirements for women are about 25% lower than those for men (1.2 – 1.3 g/kg/day). Female athletes prove to be at the greatest risk for low bone mineral density (BMD) if: energy intakes are low, dairy products are eliminated from the diet, and menstrual dysfunction is present. In addition, a great number of female athletes have been diagnosed as having iron deficiencies/anemia.

Vegetarian athletes may be at risk for low energy, protein, and micronutrient intakes due to their high consumption of low-energy-dense foods, as well as the elimination of meat and dairy from their diet. This dietary lifestyle does not imply that vegetarians cannot achieve adequate nutrition for training and endurance sports. Rather, as with any other variation in diet, special attention needs to be paid to food choices that meet the energy requirements of participants' events.

Dietary Supplements

Micronutrients (i.e., vitamins and minerals) do play an important role in energy production, hemoglobin synthesis, maintaining bone health, and immune function. In addition, their role in building and repairing muscle tissue following exercise is significant. Research still indicates that the current RDAs are appropriate for athletes, as well as the general population, unless advised to make modifications by a healthcare professional. Supplementation using single micronutrients is discouraged unless clear medical, nutritional, or public health reasons are present, such as the use of an iron supplement to combat iron deficiency anemia or folic acid to prevent birth defects. Many dietitians believe that the necessary vitamin and mineral intakes – *even for athletes* – can be achieved through diet or a daily multivitamin.

(Continued on page 18)

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HILLOOPY
RELAY**Saturday – July 29, 2017**
Wayne E. Dannehl National Cross
Country Course on campus of
UW-Parkside, Kenosha, WI*Running tailgate party!*33 loops on a 5K course.
Start and finish in XC
Thrilllogy Village to
the sounds of our DJ.
Exchange zone and
start/finish area lined
with the relay teams for
hundreds of meters and
a tailgate party kind of
feel, with lots of running
and fun for everyone!
Perhaps the best running
party of the summer!**Saturday – July 29, 2017**Wayne E. Dannehl National Cross Country Course
on campus of UW-Parkside, Kenosha, WI

- Death March 18 hours (6am start only)
 - 85K (6am start only)
 - 50K (6am start only)
 - Dragon Dare 65K (30K at 6am – 20K at noon – 10K at 6pm – 5K at 9pm)
 - 30K (6am start only)
 - 20K (6am start) (noon start) (6pm start)
 - 10K (6am start) (noon start) (6pm start)
 - Charge the Knight 5K (9pm start)
- All races will be ran on the 5K cross country course in conjunction with the Hilloopy.

**Sunday – Nov. 12, 2017**
Bong State Recreation Area,
Kansasville, WIA low key ultra offering different
distances for runners, walkers
and relay runners.

- 4 miles (solo - run or walk)
- 14 miles (solo or relay - run or walk)
- 28 miles (solo or relay - run or walk)
- 42 miles (solo or relay - run only)
- If you have a DNF or DNS in 2017, this is your redemption race. 50% discount code: DNF. See web site for details.

Kenosha County Parks

SUMMER TRAIL RUNNING SERIES

The Wednesday Series will go throughout the summer with each one starting at 6:00 p.m. Runners and walkers of all abilities and level of fitness are welcome. Most trails routes will be between two to three miles and you are welcome to run or walk multiple loops of the course if desired.

**all events are dog-friendly*

June 14th – Bristol Woods
(Pringle Nature Center)
June 28th – KD County Park
July 12th – Fox River Park
July 26th – Silver Lake Park
August 2nd – Brighton Dale
August 9th – Petrifying Springs

Custom Swag



Craft Beer

Craft Soda

Custom Swag

Specialty Awards

Unique Food



Sunday – Jan. 22, 2017
KD Park,
Burlington, WI
• 3, 5.5 & 8 miles
• Dog-friendly



Sunday – Feb. 19, 2017
Bristol Park (Pringle),
Bristol, WI
• 3, 5.5 & 8 miles
• Dog-friendly



Saturday – March 11, 2017
KD Park,
Burlington, WI
• 3, 5.5, 8 & 10.5 miles
• Dog-friendly



Saturday – June 10, 2017
Petrifying Springs Park,
Kenosha, WI
• 4, 8, 12, & 16 miles
• Solo or relay & dog-friendly



Sunday – Aug. 20, 2017
Silver Lake Park,
Silver Lake, WI
• 3, 6, 9, 12 & 15 miles
• Solo or relay & dog-friendly



Saturday – Sept. 9, 2017
Old Settlers Park,
Paddock Lake, WI
• 5.3K (kick-off Oktoberfest)
• Dog-friendly



Saturday – Sept. 30, 2017
Petrifying Springs Park,
Kenosha, WI
• 3.5 & 6.5 miles
• Dog-friendly



Saturday – Dec. 9, 2017
Petrifying Springs Park,
Kenosha, WI
• 3.5 & 6.5 miles
• Dog-friendly

**THRILLOGY**

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2016 Badgerland Striders 24-12-6 Hour Runs

September 3rd & 4th, 2016
Germantown, WI

By Robert Wehner, RD

We had much nicer weather this year. It got a little warm during the day but it was so much better than the steam bath we had last year. 47 runners, spread across the various divisions, set foot on the Germantown High School track to see how far they could go!

24 Hour Division

There were 17 runners in the 24-hour division, including a number of past champions and the event record holder (Nelson Armstrong with 138.96 miles). Nelson was the early leader, but called it a day during the night. David Corfman maintained a steady pace, as always, and won with a personal best of 118.66 miles, for his 3rd win! Troy Nitschke also

cracked the 100 mile barrier to finish second. Past women’s champ Melissa Churchill won again with 62.65 miles.

12 Hour Division

James Lambert led from start to finish, winning with 60.93 miles. Scott Novak returned after missing last year with an injury, and finished a close second with 57.18 miles. Meg Kennedy opted for the 12-hour this year instead of the 24-hour, and was the women’s top finisher with 50.37 miles.

6 Hour Division

Perennial champion Christine Crawford led all competitors, and won the 6-hour outright with 38.35 miles; a new women’s record! Anthony Ciske was new to the track event, and led the men with 34.38 miles.

Distance Division

The distance division is non-competitive, and is for runners seeking to do a specific distance, such as a new PR, marathon, 50K, etc. All runners met their goals for the day!

Night Divisions

Runners can chose to do 6 or 12 hour options at night, in hopes of more favorable conditions. These divisions are also non-competitive, and we had a number of runners who set distance PRs.

Chip timing was provided by Bill Thom of Run Race; complete results can be found via the link on the Badgerland Striders website (www.badgerlandstriders.org). Despite the tough conditions, the event was a big success, and we were able to donate another \$1,590+ to the Germantown High School Cross-country team. So how far can you go? Join us next year on Labor Day weekend and we’ll find out!



24 HOUR RUN		12 HOUR RUN (day)		6 HOUR RUN (day)		Distance Division	
Name	Miles	Name	Miles	Name	Miles	Name	Miles
DAVID CORFMAN	118.66	JAMES LAMBERT	60.93	CHRISTINE CRAWFORD	38.35	HENRY RUEDEN	50.71
TROY NITSCHKE	100.93	SCOTT NOVAK	57.18	ANTHONY CISKE	34.38	EVELYN SMITH	50.71
JASON KREZINSKI	96.21	DON EBY	52.20	KELLY CORTEEN	33.81	JEAN RICHIE	13.42
PARKER RIOS	95.46	JIM RICHIE	51.08	SHAWN SANFORD	31.16	12 HOUR RUN (night)	
NELSON ARMSTRONG	89.49	MEG KENNEDY	50.37	KEN CAVIEZEL	30.75	Name	Miles
TROY MALINOWSKI	85.43	MANDY SAVIN	43.77	LEE MEYER	26.75	ADAM GOULD	58.81
BILL BULLEIT	80.86	JEFFREY VIEYRA	32.32	CHARLIE COONS	23.87	DYENNA SCHEDGICK	38.96
JAMES FISTE	76.17	MATT McCOY	31.82	KAREN CULLEN-MEYER	21.19	BEN McCONNELL	32.75
CARL COX	70.60	KAREN VOLLAN	29.58	GLENDADAMS	18.40		
OTIS HAWKINS	66.27	EUGENE DeFRONZO	27.59	CARTER COONS	16.48		
MELISSA CHURCHILL	62.65	FRANK BARTOCCI	27.10	SUELLEN ADAMS	12.43		
EUGENE BRUCKERT	50.71	STEVE HUGHES	26.60				
HEIDI MILLER	43.50						
JOHN COONS	43.50						
DANIEL MILLER	26.60						
TEAM MILLER	22.37						
DAVID FLORES	15.16						

STRIDERS GIVE BACK

By Scott Stauske

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

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

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

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



2016 "STRIDERS GIVE BACK" GRANT APPLICATION

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

Details:
Grants are available to any non-profit organization in SE Wisconsin with a running-related emphasis.
Please complete the application below.
Scan and email completed application to:
blsoffice@sbcglobal.net or mail to:
Badgerland Striders
12650 W Arden Place
Butler, WI 53007

Selection Criteria:
Only one application per organization per calendar year will be considered.
BLS reserves the right to consider or reject applications based on qualification criteria, solely at the discretion of the BLS.
Applications will be picked at random by BLS Executive Board.

Striders Give Back Grant Application:

Organization Name: _____

Function of Organization: _____

Contact Name: _____

Street Address: _____

City, State, Zip: _____

Phone: _____ E-mail: _____

Amount Requested (up to \$300): _____

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

TOSAFEST 5K

WAUWATOSA, WISCONSIN, SEPTEMBER 10, 2016

Male		Overall
1	Zach Meinecke	14:56.2
2	Tim Zellmer	15:14.5
3	Dominic Maio	15:26.9
Female		Overall
1	Brynn Bartlett (17)	18:16.4
2	Julie Robles	18:20.3
3	Denise Manthy	18:37.0



2016 Most Improved Runner Program CALLING ALL STRIDERS !!

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

By: Jody Geibl-

MIR Program Coordinator

The Most Improved Runner program will reward YOU based on your personal improvement over the past year. Annually, the Badgerland Striders provide members the opportunity to pat themselves on the back for their outstanding improved performances. These awards are presented at the annual Holiday Party.

An entry form is included below. Members may enter more than one category, because we all know you have run more than one race or distance this year!

To be eligible for prizes, you must be a member of the Striders and have volunteered at least once in the past 12 month period.

Novice and competitive runners alike, this is your opportunity to toot your own horn! Congratulations on a great running season. I look forward to receiving your results.

DETAILS

There will be separate awards for male and females. The winners are determined by percent improvement from 2015 to 2016.

You may enter more than one distance category, but each entrant will receive only one award for the highest place.

If there are questions regarding your results, the committee reserves the right to make adjustments to ensure fair results.

RULES

- Entrants must be members of the Badgerland Striders and have volunteered at one race or event this year.
- Enter as many race categories as you wish.
- The race times (for both 2015 and 2016) must be from a race where results can be verified. Races do not need to be the same for both years.

Example: Half marathon-

Strider Half Marathon 2015 2:10

South Shore Half Marathon 2016 1:50

Net Improvement 30 minutes

- It is the responsibility of each entrant to send in his or her best times.
- Only one award will be presented in each category in each age group.
- Only one award per person. Duplicate winners will be presented the award for the longest distance.

ENTRY DEADLINE IS DECEMBER 10, 2016

Send entries to:

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

Don't forget! Entries must be postmarked by December 10, 2016! Feel free to contact me with any questions.
jgeibl@wi.rr.com

POUND THE PAVEMENT

Your favorite running shoe just got upgraded. The 860v7 combines cushioning and stability so you can go for miles. Available for men & women



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#NBMilwaukee



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Fit Specialists • Certified Pedorthists

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(262) 432-1400

New Balance Greenfield
7411 W. Layton Avenue
(414) 431-6300

15% OFF
REGULAR PRICE FOOTWEAR,
APPAREL & ACCESORIES

to all Badgerland Strider Members

*Show your membership card to receive discount.
Valid on regular price items only.



4 00000 07141 1

Expires: 12/31/2016

DATE	NAME	DIST / TIME	LOCATION	DIRECTOR	EMAIL
SAT 7/22/2017	MARATHON BUILD UP	14 mi, 7:30 am	LAKE PARK	JEFF WEISS	KDEGENARO@YAHOO.COM
WED 7/26/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	RUNNERJEFF@OUTLOOK.COM
SAT 7/29/2017	CUDAHY CLASSIC	5mi / 10mi, 8 am	SHERIDAN PARK	PAUL KOPERNIK	
WED 8/2/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 8/5/2017	MARATHON BUILD UP 16 MI	16 mi, 7am	???	JEFF WEISS	
WED 8/9/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 8/12/2017	MARATHON BUILD UP	18 mi, 7 am	???	JEFF WEISS	
WED 8/16/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 8/19/2017	MARATHON BUILD UP	20 mi, 7 am	???	JEFF WEISS	
WED 8/23/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 8/26/2017	STRIDER HALF MARATHON	HALF MARATHON	ESTABROOK PARK BIERGARTEN	TOM BUTHOD	
WED 8/30/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 9/2/2017	MARATHON BUILD UP	22 mi, 7 am	LAKE PARK	JEFF WEISS	
SAT 9/2/2017	STRIDER 6/12/24	8am, 9am & 8pm	GERMANTOWN HIGH SCHOOL	ROBERT WEHNER	
WED 9/6/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 9/9/2017	MARATHON BUILD UP	16 mi, 7 am	LAKE PARK	JEFF WEISS	
SAT 9/9/2017	TOSAFEST	5K, 5:30 pm	LAKE PARK	ANGIE KAISER	
WED 9/13/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SAT 9/16/2017	BRIGGS & AL'S RUN	8K, 10:30 am	LAKE PARK	JEFF WEISS	
SUN 9/17/2017	MARATHON BUILD UP	14 mi, 7:30 am	LAKE PARK	JEFF WEISS	
WED 9/20/2017	CLUB MEETING	7 pm	KNIGHTS OF COLUMBUS	-	
SUN 9/23/2017	MARATHON BUILD UP	8 mi, 7:30 am	LAKE PARK	JEFF WEISS	
WED 9/27/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SUN 10/1/2017	LAKEFRONT MARATHON	26.2 MILES, 7:30 am	GRAFTON	ERIN SMITH	
WED 10/4/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	
SUN 10/8/2017	GLACIAL TRAIL RUNS	50K / 50 MI	GREENBUSH	ROBERT WEHNER	
WED 10/18/2017	CLUB MEETING	7 pm	KNIGHTS OF COLUMBUS	-	
SAT 10/28/2017	LAKEFRONT DISCOVERY RUN	15 K, 9 am	ITALIAN COMMUNITY CENTER	SCOTT STAUSKE	
SUN 11/5/2017	TURKEY TROT	2 MI / 15 K, 9:30 am	GREENDALE	DAVE PIKE	
WED 11/15/2017	CLUB MEETING	7 pm	PETTIT NATIONAL ICE CENTER	-	
SUN 12/3/2017	STRIDER INDOOR 20K,10K	10K / 20 K, 7:30 am	PETTIT NATIONAL ICE CENTER	BARB DREES	
WED 12/6/2017	FUN RUN	3mi, 6mi, 6:30pm		KAREN DEGENARO	

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15,000+ Participants Raise More than \$1 million for Children's Hospital at Briggs & Al's Run & Walk 2016

Andy Brodzeller
(414) 266-4797

MILWAUKEE (September 17) – Children's Hospital of Wisconsin announced that more than 15,000 people participated in Briggs & Al's Run & Walk the morning of Saturday, Sept. 17, raising more than \$1 million for Children's Hospital.

Since Marquette University men's basketball coach Al McGuire began the event in 1978, Briggs & Al's Run & Walk has brought thousands of people to downtown Milwaukee to run, walk and fundraise in support of the top-tier care for kids that Children's Hospital provides locally, regionally and nationally.



achieve that alone. Community support is vital. To see more than 15,000 people running and walking down Wisconsin Avenue in support of that goal and of Children's Hospital was awe-inspiring. I can think of no greater symbol of the community's support for our kids," said Peggy Troy, President and CEO of Children's Hospital of Wisconsin. "Because of the incredible generosity of those participants, as well as our

sponsors, especially Briggs & Stratton, our title sponsor, the real winners today are Wisconsin's kids."

In its 39-year history, Briggs & Al's Run & Walk has raised more than \$19 million through gifts and pledges. Money raised goes to support Children's Hospital's research, advocacy, care and education efforts throughout the state.

"Much like Children's Hospital, Briggs & Stratton has a long history in Milwaukee and we've always been committed to supporting the health of our community," said Todd Teske, chairman, president and CEO of Briggs & Stratton.

"Everyone at Briggs & Stratton is immensely proud to be the title sponsor of Briggs & Al's Run & Walk for 21 years and we are continually overwhelmed by the incredible support of all our employees who run, walk and donate."

Briggs & Al's Run & Walk is a USA Track & Field-certified 8k course, attracting elite runners and wheelchair athletes from throughout the region. Participants can also choose to participate in a 3 and 5 mile walk route, instead of running.

In addition to the Men's & Women's results below the Wheelchair divisions are listed below:

Push Rim Wheelchair:

Steven Smith	Plover	20:39.0
Ethan Burkhart	Libertyville, IL	27:19.4

Hand Cycle Wheelchair:

John Haupt	Wauwatosa	20:52.9
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About Children's Hospital of Wisconsin

Children's Hospital of Wisconsin is the region's only independent health care system dedicated solely to the health and well-being of children. The hospital, with locations in Milwaukee and

Neenah, Wis., is recognized as one of the leading pediatric health care centers in the United

States. It is ranked No. 4 in the nation by *Parents* magazine and ranked in all 10 specialty areas in *U.S. News & World Report's* 2014-15 Best Children's Hospitals report. Children's provides primary care, specialty care, urgent care, emergency care, community health services, foster and adoption services, child and family counseling, child advocacy services and family resource centers. In 2013, Children's invested more than \$105 million in the community to improve the health status of children through medical care, advocacy, education and pediatric medical research. Children's achieves its mission in part through donations from individuals, corporations and foundations and is proud to be a member of Children's Miracle Network Hospitals. For more information, visit the website at chw.org.

For more information about Briggs & Al's Run & Walk, visit alsrun.com or facebook.com/briggsalsrun.



Dominic Maio, Male Champ 26:17.5



Liz Berkholtz, Female Champ 28:29.6





The Badgerland Striders present

Briggs & Al's Run for Children's Hospital

Saturday Sept 17th, 2016

Downtown Milwaukee

Timing & Results by

HERMES SPORTS AND EVENTS

216.623.9933

hermesclleveland.com

8 K (4.97 Mile) Run

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

First Name Last Name OverallChip Time

Male Open Winners

Dominic	Maio	1	26:17.5
Kyle	Fraser	2	26:29.8
Brice	Cleland	3	26:44.3

Female Open Winners

Liz	Berkholtz	14	28:29.6
Amanda	Cohen	28	30:13.9
Lucy	Schmitz	42	30:56.1

Male No Age Provided

Ryan	Cox	827	46:45.6
David	Silver	1235	51:57.7
Richard	Wachter	1249	52:08.3

Female No Age Provided

Beth	Drolet	226	37:54.0
Kelly	Sikorski	1201	51:13.8
Mallory	Koula	1223	51:41.1

Male 18 and Under

Tyler	Mularski	21	29:24.7
Kevin	Roemer	26	30:06.2
Daniel	Hardman	91	34:12.5

Female 18 and Under

Sophia	Campos	100	34:30.4
Alison	Greischar	171	36:36.6
Gretchen	Greischar	173	36:36.7

Male 19 to 24

Dan	Vrobel	9	27:44.8
Elliot	Slade	10	27:47.1
Nate	Gomoll	11	27:50.2

Female 19 to 24

Laura	Sauvage	108	34:41.4
Hannah	Sugar	120	35:00.8
Acacia	Dishman	126	35:09.3

Male 25 to 29

Scott	Allen	5	26:55.8
Nick	Limoni	6	26:58.4
Jon	Fink	16	28:53.7

Female 25 to 29

Hope	Orvold	79	33:56.3
Katie	Wysocky	137	35:38.8
Danielle	Hedden	259	38:37.1

Male 30 to 34

Zach	Bruns	8	27:13.2
Adam	Piaskowy	12	27:58.4
James	Daul	22	29:27.1

Female 30 to 34

Jennifer	Wangerin	73	33:43.1
Stephanie	Kliethermes	106	34:40.0
Courtney	Gawryleski	107	34:40.0

Male 35 to 39

Jeremy	Reeves	4	26:46.3
Sal	Impellitteri	7	27:08.2
Mike	Nelson	19	29:19.8

Female 35 to 39

Amy	Schlotthauer	58	32:50.5
Kristin	Moser	118	34:57.1
Lea	Maas	138	35:40.1

Male 40 to 44

Gerald	Cameron	50	31:43.5
Steve	Frieder	92	34:17.0
Tim	Herrlein	115	34:54.2

Female 40 to 44

Denise	Manthy	52	31:57.4
Allison	Abbott	88	34:10.4
Lisi	Campos	101	34:31.6

Male 45 to 49

Edward	Pankow	35	30:35.8
Patrick	Arnold	55	32:20.7
Ted	Shue	60	32:55.6

Female 45 to 49

Risa	Berg	220	37:46.0
Wanda	Erickson	266	38:44.8
Geni	Scalio	325	39:51.6

Male 50 to 54

Jim	Ricker	54	32:06.2
Bill	Limmer	71	33:38.6
Bill	Verbos	76	33:53.1

Female 50 to 54

Debbie	Sauvage	145	35:47.6
Judy	Gerulat	164	36:27.3
Mary	Bolich	196	37:08.2

Male 55 to 59

Jeff	Kopidlansky	53	32:03.2
I. George	Ogut	59	32:52.4
Paul	Maurer	75	33:48.3

Female 55 to 59

Kim	Petak	318	39:44.5
Jill	Tanel	463	42:01.6
Danise	Jarvey	503	42:29.6

Male 60 to 64

Ken	Schneider	72	33:39.9
Gary	Krenz	95	34:21.3

Tom Reigle 121 35:01.0

Female 60 to 64

Cheryl	Neumann	180	36:54.5
Susan	Leslie	589	43:28.4
Nancy	Behlendorf	596	43:32.1

Male 65 to 69

James	Labelle	347	40:18.1
Jerry	Donegan	491	42:24.3
John	Seaman	536	42:53.9

Female 65 to 69

Nancy	Allman	1047	49:25.8
Mary	Spera	1344	53:26.3
Susan	Ruggles	1398	54:22.9

Male 70 to 74

Bob	Fitts	260	38:37.2
Mike	Kirkwood	408	41:16.7
Juan R.	Avalos	454	41:54.5

Female 70 to 74

Mary	Taft	1411	54:28.4
Nancy	Birk	1703	59:18.8
Kay	Brogelman	1750	1:00:26.5

Male 75 to 79

John	Becker	470	42:08.2
Fred	Kron	1942	1:06:12.7
Stefan	Mazur	2104	1:17:27.7

Female 75 to 79

Sandra	Weinstein	1794	1:01:39.0
Judy	Kirchoffer	1863	1:03:20.6
Judy	Roller	2167	1:37:49.0

Male 80 and Over

Edward	Blumberg	1921	1:05:18.9
David	Hoffman	1941	1:06:12.3
James	Clarey	2030	1:10:59.7

Female 80 and Over

Laura	Osterloh	437	41:36.2
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TIMES PAST:

AWARDS & T-SHIRTS

(Continued from page 3)

“Well, I have this great plan! Remember those S&H Green Stamps of yesteryear, or the Gold Bond Stamps? Or maybe your grocery store gives you Turkey Tokens or Treasure Tokens or the like. So why couldn’t race directors give out tokens or stamps for every dollar of the entry fee?”

Perhaps additional tokens could be given to those who win overall or place in their age groups.

The money that these tokens represent (money that would have been spent on shirts or caps or trophies or medals) would be deposited into a fund. When a runner collected enough tokens, he could go to one of a number of designated stores (department stores, sporting goods shops, etc.) and choose from a selected group of premiums. The store could then draw out enough from the fund to cover the cost of the premiums chosen.”

Something to think about

So let us end as we began. My inspiration for this article was Lori Nickel’s column about participation awards that mean a lot to the recipient. That notion was contrasted with people who win so many awards that they (the awards) become almost meaningless.

I then expanded this to t-shirts and how excited most people are the first time that they receive a t-shirt in a race. Over time, after accumulating many t-shirts, the novelty wears off. After receiving many awards and/or shirts, most people treasure only a few that have special meaning.

Samson Stomp

(Continued from page 1)

Race Details:

Start Times:

- 5k – 9:30am
- 2-Mile- 10:15am
- 1-Mile- 10:45am (ages 6-12)
- ¼- Mile- 11:00am (ages 12 and under)

Pre-Registration Fees:

- \$25 - 5k/2-Mile
- \$10 - Children’s Romps
- \$15 - Team/ Family per participant (5 or more)

Race Day Registration

- From 8am-9am, cash or check only, no guarantee of t-shirt on race day
- \$30 – All Participants (if available)
- NOTE: Race may sell out again BEFORE race day

Online registration can be completed at the Milwaukee County Zoo website up until 10pm on January 11th <http://www.milwaukeezoo.org/events/samson.php>. Printed entry forms can also be mailed into the zoo, but must be received by Friday, January 6th. Remember that the 5k field is limited and has sold out the past few years, so don’t delay reserving your spot in a great winter running tradition.

Nutrition and Athletic Performance Part 3

(Continued from page 8)

Breaking down the supplements

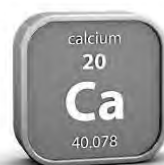
The B-complex vitamins (i.e., Thiamin, Riboflavin, Vitamin B-6, niacin, pantothenic acid, biotin, Vitamin B-12, and folate) perform two major functions directly related to exercise:

Involved in energy production during exercise, and required for red blood cell production, protein synthesis, and in tissue repair and maintenance.

Although there is not an overwhelming body of literature supporting a higher need for the B-complex vitamins by athletes, some data does suggest that an athlete may need twice the amount as the average person. If you are a fan of B-complex vitamins, make a point to monitor where this type of research is heading.

The primary minerals low in the diets of athletes – *especially female athletes* – are calcium, iron, and zinc. Low intakes can often be attributed to energy restrictions or avoidance of animal products such as meat, fish, poultry, and dairy.

Calcium is important for:



- Building and repair of bone tissue, and
- Maintenance of blood calcium levels.
- Inadequate dietary calcium increases the risk of low bone mineral density (BMD) and stress fractures.

Vitamin D is required for:

- Absorption of calcium,
- Regulation of serum (blood) calcium levels, and
- Promotion of bone health.
- Beyond sun exposure and foods fortified with Vitamin D, Vitamin D must be acquired through supplementation.



Iron’s role in exercise is:



- Hemoglobin and myoglobin formation for binding oxygen in the blood, and
- Enzymes involved in energy production.

Low iron levels have not been shown to negatively impact athletic performance, but in situations where low iron levels progressed to chronic iron deficiency anemia, exercise performance has been hampered. Specifically, chronic iron deficiency anemia does not allow for adequate oxygen delivery and often results in fatigue and/or an increase in exercise recovery time.

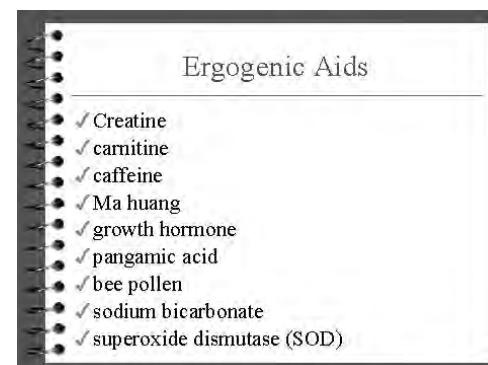
Poor and/or loss of iron levels can be attributed to:

- Inadequate energy intakes,
- Avoidance of meat, fish, and poultry containing iron in the readily available heme form,
- Vegetarian diets with poor bioavailability, and
- Sweat, feces, urine or menstrual blood.

Based on the majority of micronutrient research that has been conducted, a balanced diet is the best weapon against vitamin and mineral deficiencies. If a low level of a certain micronutrient is suspected, most data supports the simple incorporation of a daily multivitamin to remedy the situation.

Ergogenic Aids

An international, multimillion dollar business, ergogenic aids (i.e., items claiming to increase work output or performance) prey on the desires of athletes to be the best. Currently, in the United States, manufacturers of supplements are permitted to make claims regarding the effect of products on the structure/function of the body provided they do not claim to “*diagnose, mitigate, treat, cure, or prevent*” a specific disease. As long as the special supplement label indicates the active ingredients and includes the entire ingredient list, claims for enhanced performance – *whether valid or not* – can be made.



Evaluating nutrition-related ergogenic aids requires significant research by the consumer – *know there is a difference in placebo-controlled scientific studies versus mainstream media ads, sales associate at a local supplement store, and/or TV testimonials*. A number of sporting associations (i.e., NCAA, US Olympic Committee, etc.) have discouraged or banned the use of many supplements or ergogenic aids that appear questionable or potentially dangerous to the health of athletes. Some health care professionals discourage the use of all ergogenic aids, though others suggest they be used with caution and only after careful examination of the product for safety, efficacy, potency, and legality. Athletes considering using a specific supplement or ergogenic aid should discuss the use of the product with a qualified nutrition or health professional, especially if the athlete currently uses any medication or other supplements.

CONCLUSION

The fundamental differences between an athlete’s diet and that of the general population are the additional fluid requirements needed to cover sweat losses and energy for fueling physical activity. Incorporation of carbohydrates to improve muscle glycogen storage, along with protein balance to ensure tissue repair and recovery are important considerations. Before committing to the financial investment of expensive supplements or ergogenic aids, speak with your doctor or a registered dietician to find the appropriate nutritional combination for you.

Want help wading through the volumes of material available on nutritional topics for athletes? A registered dietician who specializes in sports nutrition can help athletes to create, and then maintain a healthful diet during training and competition.

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

BADGERLAND STRIDERS ANNUAL MEMBERSHIP FORM

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

Address EMAIL Address (for Club Use Only) Home Phone

City State ZIP Occupation

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

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

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

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

Signature Mem 1 _____ Date _____

Signature Mem 2 _____ Date _____
rev 04/14

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

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

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

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



BADGERLAND STRIDERS MEMBERSHIP BENEFITS

Remember to Show your Membership Card to receive benefits

Instep Running

Delafield, Franklin, Mequon, Milwaukee
20% Discount

Performance Running Outfitters

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

Rodiez's Running

West Allis
15% Discount

Fleet Feet Brookfield

17550 B-1 W Bluemound Rd
15% Discount

New Balance store

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

Running Warehouse Online

Code: BLSRCD
15% Discount

Ben's Cycles

12% Discount

Pettit National Ice center

50 percent Discount, \$2
for entry to Track

The North Face

Brookfield Square
10% Discount

The Endurance House - Delafield

2736 Hillside Dr., Delafield WI
12% Discount

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badgerlandstriders.org

Top OA MARATHON MALE
1 DAVID ECKHART 02:27:22
2 SCOTT ALLEN 02:31:48
3 SEAN HASENSTEIN 02:33:21

Top OA MARATHON FEMALE
1 BROOKE SLAYMAN 02:51:17
2 CORINA CANITZ 02:56:15
3 HANNAH KUENZI 02:56:28

Age Groups: 18 - 24 MALE
1 MARTIN HINZE 02:35:44
2 BEN MILLER 02:40:39
3 ROBERT MEILBECK 02:44:50

Age Groups: 18 - 24 FEMALE
1 NICOLE ZEHEL 03:10:35
2 ERIN GOELDEN 03:26:47
3 MACKENZIE ERDMANN 03:27:46

Age Groups: 25 - 29 MALE
1 KORY COOL 02:33:55
2 MATTHEW JUNGERS 02:38:22
3 TYLER SLAYMAN 02:52:56

Age Groups: 25 - 29 FEMALE
1 MARIE PETERSON 03:05:15
2 CAMMIE BECK 03:08:02
3 LAUREN OLEJNICZAK 03:09:04

Age Groups: 30 - 34 MALE
1 RYAN JASKIEWICZ 02:34:23
2 DANIEL DOLNEY 02:40:00
3 LONNIE DYE 02:41:54

Age Groups: 30 - 34 FEMALE
1 JENNY ZWAGERMAN 02:58:15
2 CINDY HUNTINGTON 03:15:13
3 JENNIFER CAMPBELL 03:18:13

Age Groups: 35 - 39 MALE
1 PATRICK DORGAN 02:37:39
2 DAVID KRALL 02:39:54
3 MATTHEW KRALL 02:50:50

Age Groups: 35 - 39 FEMALE
1 TARA BURR 03:06:21
2 ANNE TERRANOVA 03:07:17
3 SHAWN JOHNSON 03:12:28

Age Groups: 40 - 44 MALE
1 DAVID MCCONVILLE 02:37:47
2 PETE METZ 02:52:20
3 TIM SIEGEL 02:56:17

Age Groups: 40 - 44 FEMALE
1 LISA HAINSTOCK 03:09:11
2 KELLY RYAN 03:09:29
3 KRISTIN SCHNEIDER 03:22:21

Age Groups: 45 - 49 MALE
1 MATT CARTER 02:57:19
2 TIMOTHY VALLEY 02:58:25
3 JAMES BREEN 02:59:01

Age Groups: 45 - 49 FEMALE
1 KIT MCCAFFREY 03:22:51
2 MELANIE RAISCHEL 03:27:26
3 PAMELA LUKA 03:31:46

Age Groups: 50 - 54 MALE
1 THOMAS KUHLMANN 02:57:32
2 ANDY GARZA 03:04:30
3 RICK STEFANOVIC 03:08:50

Age Groups: 50 - 54 FEMALE
1 MANDANA MORTAZAVI 03:20:37
2 JENNIFER STAAB 03:26:39
3 CHRISTA BUENTING 03:39:3

Age Groups: 55 - 59 MALE
1 JEFF KACKLEY 03:06:58
2 I. GEORGE OGUTU 03:14:19
3 NICHOLAS ZANONI 03:14:19

Age Groups: 55 - 59 FEMALE
1 ELENA SHEMYAKINA 03:21:51
2 LAURA MORRISSEY 03:39:33
3 KATHY WALDRON 03:42:57

Age Groups: 60 - 64 MALE
1 PAUL SIVANICH 03:15:25
2 GERHARD FISCHER 03:23:52
3 RICK KOCEJA 03:24:38

Age Groups: 60 - 64 FEMALE
1 JOANNE BROWN KERSHIE 03:38:27
2 RITA BRAFFORD 04:03:51
3 VICKI VANDERKWAAK 04:08:36

Age Groups: 65 - 69 MALE
1 JOHN JENK 03:21:59
2 ROY PIRRUNG 03:44:32
3 JOHN VOLZ 03:47:34

Age Groups: 65 - 69 FEMALE
1 SU RANDALL 04:37:47
2 SUSAN CONANT 04:40:38
3 NANCY ALLMAN 04:58:25

Age Groups: 70 - 74 MALE
1 RON MATOUSEK 04:22:59
2 DANE DECKER 04:23:27
3 MICHAEL RICHERT 04:30:46

Age Groups: 80 - 99 MALE
1 JIM SCHNITZLER 06:15:38



David Eckhart Male Winner
2:27:22



Brook Slayman Female Winner
2:51:17

THE MILWAUKEE LAKEFRONT MARATHON

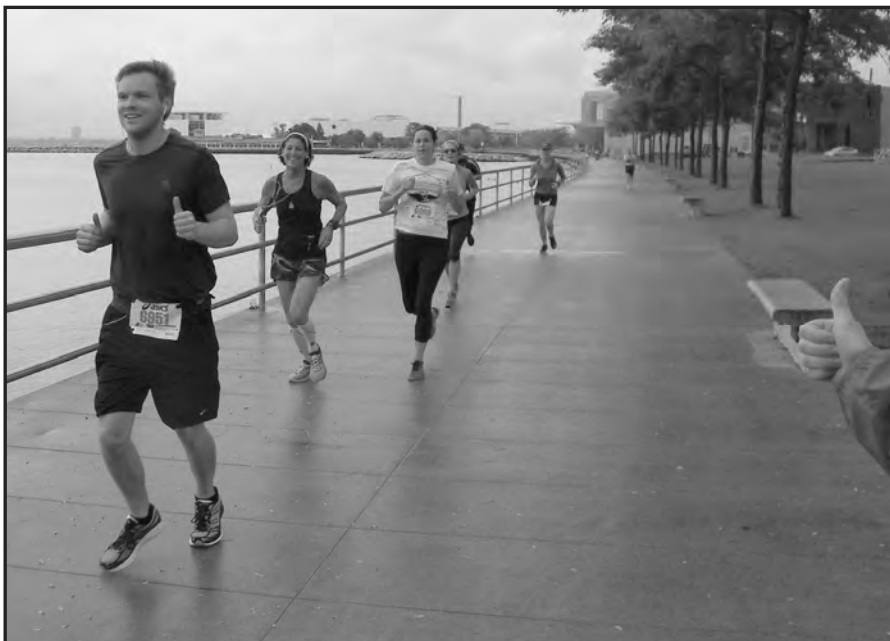


Milwaukee Lakefront Marathon Offers Something New!

By Scott Stauske

October 2, 2016 was the inaugural year for a 5K distance that started out "Marathon Day" by the lakefront. The concept was to offer a family-friendly course that would appeal to anyone in the Community who wished to start the day with some fun. This low-key event raised money for the Badgerland Striders youth running programs. We are proud to say that over 100 participants, ranging in ages 7-75 toed the line to have some fun and support the kids in the "I Can 26.2 It!..and more" program, many who were in the front row at the start line.

Participants from 5 different states, including a family from Texas showed up at the Milwaukee Art Museum start area before taking a lap around the Lakeshore Park, onto the Oak Leaf Trail into Veterans Park, around the park lagoon and finally through the finish chute of the Milwaukee Lakefront Marathon.



Refreshments followed and age group medals were handed out. As can be customary with some first year runs, there are areas that will be improved for next year and the positive feedback received will guarantee that this event will be back for next year.

Thank you to all the participants for your consideration and support and a very special thank you to friends who rallied with me to offer the volunteer support needed.

Together we made a memorable day for the kids, raised some money to continue this valuable program and created more excitement for the rest of the day. It meant a lot to me in having your support.



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Glacial Trail 50 Recap - October 9th, 2016

Robert Wehner, RD

This year marked the 30th running of the Glacial Trail Run, held in Wisconsin's Northern Kettle Moraine State Forest. The race courses are out-and-back, mostly following the Ice Age Trail. With warmer, wetter weather the past month, we had a late fall, and so the colors on the trees were not hitting their peak as usual. But with bright, sunny weather and perfect temps, it was a beautiful day on the trails.

At 6am in the dark, runners headed out in the 50-mile race. In 2013, Michael Borst won the 50-mile race while setting a new course record; that same year, his father, Mike Borst finished 4th in a highly competitive 50K race. This year,

like son like father, Mike won the 50-mile, setting a new Senior Master age group (50-59) record in 7:43:24. Laura Paschke ran a nicely paced race to win the women's race in 8:45:34, good for 6th overall. Out of 43 starters, 36 finished the full 50 miles.

One hour after the 50-mile race started, 137 runners began the 50K. There was a close race up front, with Kevin Lunn taking the win in 4:11:52 with Brian McWilliams 2nd in 4:14:37. Race-day signup Rae Bastoni took the women's race, finishing 7th overall in 4:45:45. Michelle Wilson was 2nd for the women, finishing 15th overall in 5:07:46. A total of 127 runners completed the 50K.

Runners enjoyed the post-race food and drink afterwards, staying even longer than usual. I chalk this up to the cooler temps, which helped keep everyone's appetite up; that and the Packer game not starting until the evening.

Events like Glacial don't happen without a great group of volunteers helping all weekend. I would encourage all runners to consider volunteering at events, to give back to the sport, and to ensure that these races continue. We look forward to welcoming everyone back to the Northern Kettle Moraine in 2017 on Sunday, October 8th, for the 31st edition of the Glacial Trail Run.



GLACIAL TRAIL RUNS

10/9/16

Northern Kettle Moraine State Forest, Ice Age Trail,
Greenbush, WI

Place	Name	ST	Sex	Age	Time	13	Annie Weiss	WI	F	31	9:36:26
1	Mike Borst	WI	M	51	7:43:24	14	Dave Smith	WI	M	35	9:37:59
2	Jeff Leuwerke	MN	M	35	8:21:25	15	John Jorgensen	IA	M	60	9:45:31
3	Brad Birkel	WI	M	38	8:37:27	16	Alex Leitheiser	WI	M	24	9:50:56
4	Paul Dionne	WI	M	43	8:37:48	17	Chris Weavers	WI	M	38	9:59:29
5	David Eckburg	IL	M	44	8:37:49	18	Linda Mehoke	WI	F	60	10:09:04
6	Laura Paschke	IN	F	27	8:45:34	19	David Kramer	WI	M	50	10:14:21
7	Thomas Crum	IN	M	29	8:56:13	20	Andrew Featherstone	WI	M	44	10:24:16
8	Jason Robertson	IN	M	38	9:07:20	21	Douglas Martin	WI	M	41	10:24:16
9	Mark Jasper	WI	M	38	9:14:39	22	Joseph Meyer	MI	M	41	10:29:56
10	Alisha Damrow	WI	F	32	9:23:00	23	John Zimmerman	WI	M	34	10:42:45
11	Mark Salamasick	IL	M	31	9:32:07	24	Christina Beaupre	WI	F	34	10:45:26
12	Kyle Gibbs	MO	M	38	9:36:09	25	Ryan Ford	WI	M	34	10:46:57

50 Mile Run



26	Laura Kelsey	WI	F	44	11:08:31
27	Glenn Bushee	WI	M	50	11:12:41
28	Joe Cox	WI	M	57	11:26:26
29	Andy Mitchel	WI	M	52	11:34:39
30	Jose Villegas	WI	M	38	11:42:42
31	Deb Vomhof	WI	F	54	11:42:42
32	Courtney Prasch	WI	F	37	11:44:37
33	Lucas Prasch	WI	M	40	11:44:37
34	Mike Klimkosky	WI	M	53	11:53:46
35	Mike Wilkerson	IL	M	45	11:57:39
36	Carrie Wiggins	WI	F	34	12:08:32
(43 starters)					

GLACIAL TRAIL RUNS

10/9/16

Northern Kettle Moraine State Forest, Ice Age Trail, Greenbush, WI

Place	Name	ST	Sex	Age	Time	43	Mark Stahlkopf	WI	M	49	6:02:40
1	Kevin Lunn	WI	M	25	4:11:52	44	Steven Weinstock	IL	M	63	6:04:52
2	Brian McWilliams	WI	M	43	4:14:37	45	Jim Grossen	WI	M	54	6:05:32
3	Brian McCollum	IL	M	42	4:28:14	46	Jonathan Pleitner	WI	M	31	6:06:29
4	Ethan Secor	IL	M	26	4:28:51	47	George Ballogh	WI	M	30	6:06:39
5	Andrew Miller	WI	M	38	4:37:12	48	Jeff Mahuta	WI	M	44	6:07:25
6	Leif Evensen	WI	M	27	4:45:24	49	Dave Thomas	WI	M	62	6:09:11
7	Rae Bastoni	IA	F	27	4:45:45	50	Paula Siech	WI	F	39	6:10:06
8	Brian Seegert	WI	M	50	4:46:59	51	Robert Hibbard	WI	M	64	6:10:12
9	Eric Tatge	WI	M	31	4:47:12	52	Tammy Hunter	WI	F	53	6:10:44
10	Joel Lammers	WI	M	54	4:48:16	53	William Jackson	WI	M	54	6:10:50
11	Dave Wiskowski	IL	M	39	4:51:00	54	Stephanie Giggetts	IL	F	51	6:11:42
12	Ryan Norton	WI	M	42	4:51:00	55	Tim Kryst	WI	M	28	6:16:41
13	Mark Dziedzic	WI	M	41	4:56:39	56	Stephen Elliot	WI	M	54	6:19:42
14	Kyle Hess	IL	M	33	4:59:47	57	Courtney Severson	WI	F	23	6:20:45
15	Michelle Wilson	WI	F	31	5:07:46	58	Julie Librizzi	WI	F	40	6:21:59
16	Joel Dziedzic	WI	M	38	5:07:52	59	Salvatore Librizzi	WI	M	42	6:21:59
17	Anthony Tushaus	WI	M	41	5:10:03	60	Lindsey Drehfal	WI	F	29	6:22:46
18	Daryl Ketterhagen	WI	M	57	5:11:22	61	Paul Kachelmeier	WI	M	59	6:24:30
19	Eric Eckert	WI	M	49	5:13:46	62	Ken Udovich	WI	M	51	6:26:31
20	Shawn Sanford	WI	M	40	5:18:34	63	JoAnne Hass	MB	F	49	6:27:36
21	Robert Lang	WI	M	44	5:20:53	64	Mike Wingertsahn	WI	M	27	6:29:11
22	Dave Flegel	WI	M	46	5:22:22	65	Candice Knuteson	WI	F	40	6:29:29
23	Stephen Ratajczak	WI	M	29	5:22:35	66	Andrae Marak	IL	M	47	6:29:38
24	Keenan Hassell	WI	M	25	5:24:05	67	Lucy Burke	WI	F	42	6:29:41
25	Anthony Ciske	WI	M	39	5:24:19	68	Shawn Geiger	WI	M	41	6:35:48
26	Jordan Bute	WI	M	37	5:25:43	69	Geoff Guevara-Geer	WI	M	45	6:38:12
27	Brandon Becker	WI	M	39	5:26:17	70	Gary Sheets	MN	M	64	6:39:03
28	Michael Krattley	WI	M	52	5:31:06	71	Anjy Salinas	TX	F	41	6:39:39
29	Tim Luft	WI	M	44	5:33:59	72	Frayah Bartuska	WI	F	31	6:40:36
30	David Dehart	WI	M	55	5:34:52	73	Mel Martin	WI	M	56	6:41:35
31	Steve Hartman-Keiser	WI	M	51	5:34:53	74	Amy Leitheiser	WI	F	52	6:42:07
32	Mark Martinsen	MN	M	53	5:36:12	75	Terrie Sanders	WI	F	51	6:42:08
33	Steve Malley	WI	M	50	5:39:59	76	Sam Crahan	WI	M	27	6:43:04
34	Chad Koch	WI	M	34	5:40:46	77	Rebecca Cravens	WI	F	33	6:44:23
35	Daniel Crouse	WI	M	40	5:41:24	78	Rob Cravens	WI	M	37	6:44:27
36	Rebecca Kasten	IL	F	48	5:42:11	79	Christina O'Conner	WI	F	41	6:46:56
37	George Herrera	WI	M	49	5:46:22	80	Troy Malinowski	WI	M	50	6:47:09
38	Dwayne Staehler	WI	M	54	5:50:48	81	Claude Drehfal	WI	M	29	6:50:43
39	Laura Hoban	WI	F	37	5:53:35	82	Kurt Ohlinger	WI	M	47	6:51:04
40	Lee Krautkramer	WI	M	50	5:56:42	83	Richard Leitheiser	WI	M	52	6:51:11
41	DJ Plaggemeyer	WI	M	37	5:56:59	84	Jennifer Moore	WI	F	32	6:51:20
42	Lauren Birkel	WI	F	34	5:59:54	85	Reynolds Andujar	IL	M	39	6:52:15

50 Kilometer Run

86	Mark Church	MI	M	44	6:52:21
87	Erin Smith	WI	F	33	6:54:14
88	Mark Micek	WI	M	49	6:55:53
89	Linda Schillerstrom	WI	F	51	6:56:24
90	Larry Seibert	WI	M	53	6:57:41
91	Matt Thomas	WI	M	45	6:58:03
92	Ruth Staude	WI	F	45	7:05:46
93	Kelly Corteen	WI	F	40	7:11:00
94	John Coons	WI	M	41	7:11:00
95	Michelle Koch	IL	F	47	7:12:45
96	Kent Hoffman	WI	M	50	7:36:15
97	Diane Ries	WI	F	43	7:36:15
98	Mandy Savin	WI	F	37	7:37:08
99	Bruce Berry	WI	M	58	7:37:18
100	Terri Brock	IL	F	50	7:37:38
101	David Kornfehl	WI	M	51	7:38:30
102	Emily Laga	WI	F	39	7:44:20
103	Dennis Mack	WI	M	65	7:46:11
104	Kathryn Moureau	WI	F	51	7:58:57
105	Kelli Gorski	IL	F	36	8:04:03
106	Kathy Siculan	IL	F	59	8:04:03
107	Patrick Gorman	IL	M	58	8:04:03
108	Jim Blanchard	WI	M	66	8:04:03
109	William Litzer	WI	M	27	8:05:34
110	Jeff Picchione	IL	M	49	8:06:13
111	Kaylyn Bernard	MI	F	30	8:12:19
112	Darrick Hartman	WI	M	43	8:13:49
113	Rick Bothwell	MN	M	55	8:22:40
114	Rachel Ballogh	WI	F	28	8:23:25
115	Regina Malaska	IA	F	36	8:24:39
116	John Grogan	WI	M	42	8:26:21
117	Cresta Jones	WI	F	41	8:28:29
118	Fred Klewin	WI	M	63	8:37:02
119	James Fiste	WI	M	74	8:48:49
120	Laura Lenius Walton	IA	F	50	8:54:51
121	Donna Derengowski	WI	F	45	8:54:51
122	Laura Honick	WI	F	50	8:56:22
123	Kelly Malzewski	WI	F	38	9:56:56
124	Evelyn Smith	IL	F	56	10:03:06
125	Rachel Rivers	WI	F	44	10:18:43
126	Donna Flood	WI	F	68	10:31:10
127	Anne Riendl	WI	F	66	11:06:27
(133 starters)					



GLACIAL TRAIL 50



38th Annual John Jantz Memorial

S-NO-W Fun Run

What's in a name?

By Joel Lammers, RD

When the late John Jantz came up with the name for the run he founded in 1980, his sarcastic side came through. S-NO-W Fun Run: No fun? No snow? No run? What? Who would want to do the S-NO-W Fun Run??? Read on and I'll tell you why you would want to.

On January 7th, 2017, the S-NO-W Fun Run and Party will be celebrating its 38th year. The 5 mile run held at the 5 Star Grand Geneva



Resort in Lake Geneva will continue to be one of the most popular winter runs in the mid-west, if not the country. Still not sold? Read on.

The large indoor venue (except for the run) allows for adequate space for the anticipated 800+ runners to warm up and prepare for the run. Clean and spacious bathroom facilities await you with no waiting in line. No metros at this run. Did I mention that it starts at 2:30pm so you can sleep in? Sounding better? Read on.

After you cross the finish line of the accurately measured course, head indoors to the Schnapps stop for a shot of schnapps (5 flavors). The complementary beer (Micro brews and Lite) will already be tapped and the soft drinks put on ice so move to the party room for a cold one. The food will be set up so satisfy your post-race hunger and have a burger or brat. Get your photo taken with the playboy bunny models. Lucky? There are door prizes. Show your moves while dancing to the DJ (he plays till 8:00pm) Try to win a dance contest. Go to the club at the Grand Geneva for more dancing & fun afterwards. Stay overnight at the resort. Wake up knowing you had a great time at the S-NO-W Fun Run.

After reading the above I realize you will probably not want to run the S-NO-W Fun Run, you will HAVE to.

For more information on the run visit www.racinearearunningclub.org or to sign up go to www.itsracetime.com



WINTER FUN RUN SCHEDULE

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

Volunteer Directors will gladly be accepted for the Zoo and Pettit Runs

DATE	TIME	PLACE	NAME	DIRECTOR	Email
WED 12/7/2016	3mi, 6mi, 6:30pm	Milwaukee County Zoo	ZOO FUN #1	Pete Abraham	ptaak7@yahoo.com
SAT 12/17/2016	3mi, 6mi, 6:30pm	Candy Cane Lane	Winter Solstice Run	Jeff Weiss / Scott Stauske	runnerjeff@outlook.com
WED 1/11/2017	3mi, 6mi, 6:30pm	Milwaukee County Zoo	ZOO FUN #2	Angie Reifenberger	AREIFENBERG@ATT.NET
WED 1/25/2017	3mi, 6mi, 6:30pm	Pettit National Ice Center	PETTIT FUN #1	Karen Degenaro	KDEGENARO@YAHOO.COM
WED 2/8/2017	3mi, 6mi, 6:30pm	Milwaukee County Zoo	ZOO FUN #3	Nancy Wittig	WITTIGNA@YAHOO.COM
WED 2/22/2017	3mi, 6mi, 6:30pm	Pettit National Ice Center	PETTIT FUN #2	Karen Degenaro	KDEGENARO@YAHOO.COM
WED 3/22/2017	3mi, 6mi, 6:30pm	Pettit National Ice Center	PETTIT FUN #3	Karen Degenaro	KDEGENARO@YAHOO.COM
WED 4/26/2017	3mi, 6mi, 6:30pm	Big Head Brewery	Big Head Fun Run	Jeff Weiss	runnerjeff@outlook.com



STRIDER BULLETIN BOARD

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: davegavnski@juno.com

Moving?

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

Badgerland Striders Office

12650 W. Arden Pl.
Butler, WI 53007

Club Phone: 414-476-7223
(leave message)

www.badgerlandstriders.org,
email: blsoffice@sbcglobal.net

"The Strider"

Jeff Weiss
5310 West Wells St
Milwaukee WI 53208

runnerjeff@outlook.com

HELP WANTED * * * HELP WANTED

Contact : Jeff Weiss, runnerjeff@outlook.com, I'll pass it along to the proper person

BLS Meeting
Coordinator Wanted

Responsibilities include;

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



This newsletter is printed on recycled paper.

Badgerland Striders
2017 VIP List

Executive Board

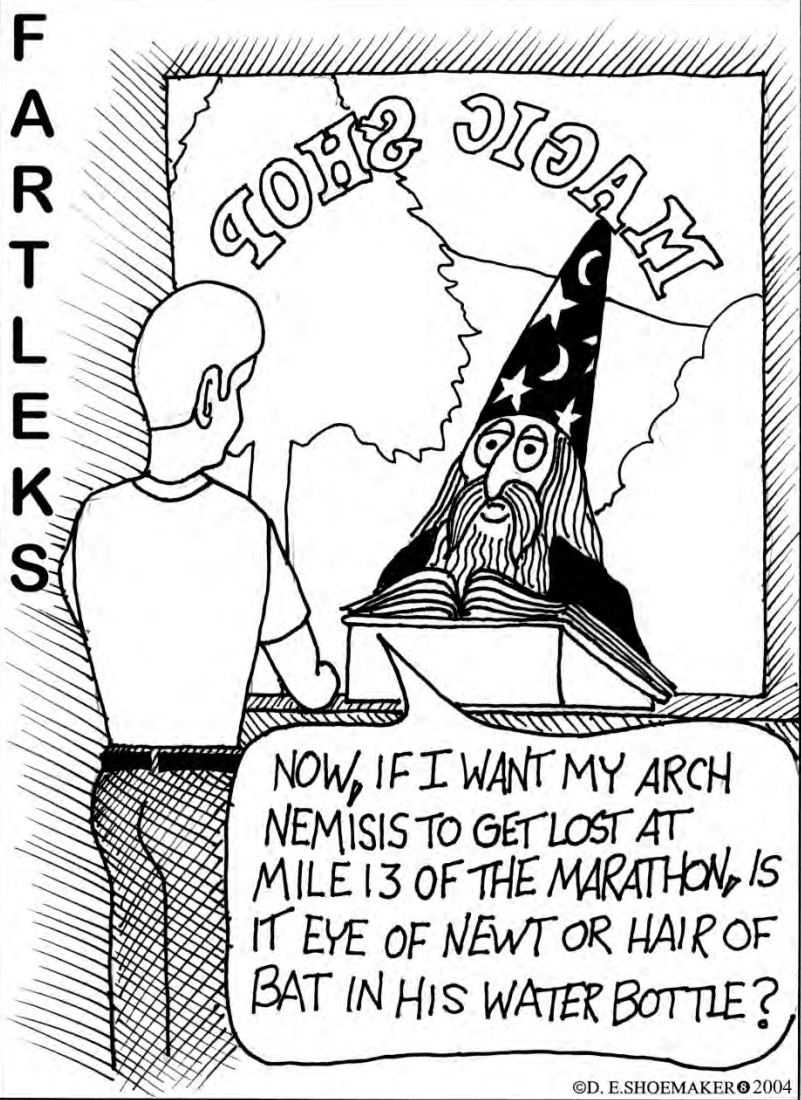
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Secretary	Sherley MacLean	414-475-7440	smaclean@att.net
Treasurer	Mike Sobie	-	blstreas@gmail.com
VP of Programs	Dave Gavinski	414-476-3745	davegavnski@juno.com
VP Road Racing	Scott Stauske	414-418-8395	stauske@sbcglobal.net
	Dave Finch	262-886-9192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

2017 Administrative Directors

Equipment	Sean Daley	-	sdaley33@wi.rr.com
Fun Runs	Karen DeGenaro	414-975-2012	kdegenaro@yahoo.com
Finance Chair	Barbara Jewell	262 763-3062	barbaracjew@wi.rr.com
Mthly Mtg Chair	Dave Gavinski	414-476-3745	davegavnski@juno.com
Track & Field	Ron & Alice Winkler	414-744-9404	rawinkler@sbcglobal.net
Marathon Buildup	Jeff Weiss	-	runnerjeff@outlook.com
Membership Chair	Marty Malin	-	4runners@merr.com
Most Improved	Jody Geibl	-	jgeibl@wi.rr.com
Super Strider Series	Jody Geibl	-	jgeibl@wi.rr.com
Club Championship	Dennis Shoemaker	-	shoeboxx50@gmail.com
Web Master	Pauline Shoemaker	-	bls.races@gmail.com

2017 RACE & PROGRAM DIRECTORS

Samson Stomp Dave & Janice Finch	david.finch@renxord.com	Jan 15, 2017 262-886-9192
John Dick Memorial 50K Robert Wehner	rwehner@hotmail.com	Feb 4, 2017 262-370-7270
Steve Cullen Run Barry Thrune	barry.thrune@gmail.com	Feb 11, 2017
Strider Southshore 1/2 Marathon John Coons	john@jaccmanagement.com	Apr 1, 2017
Deer Run 10K/5K Hank Nisiewicz	hjn0316@wi.rr.com	Apr 23, 2017 262-242-3868
Ice Age 50-Mile/50K Jeff Mallach	iceage50rd@sbcglobal.net	May 8, 2017 414-232-5411
Superun 5K Dave Gavinski	davegavnski@juno.com	June 21, 2017 414-476-3745
Hartfest Half Pete Abraham	ptaak7@yahoo.com	June 17, 2017 414-774-4580
Hales Corners Firecracker Four Mike Sobie	striders.fc4@gmail.com	July 4, 2017 920-321-4944
Cudahy 5mi & 10mi Paul Kopernik	cudahyclassierd@gmail.com	July 29, 2017 -
Minooka Corn Roast How About You?		July 26, 2017
Strider Half Marathon Tom Buthod	striderhalf@gmail.com	Aug 26, 2017 414-690-0570
Badgerland 24hr / 12hr / 6 Hr Run Robert Wehner	rwehner@hotmail.com	Sept 2, 2017 262-370-7270
Briggs & Al's 8K Run for Children's Hosp. Jeff Weiss	alsrun@gmail.com	Sept 16, 2017 -
Lakefront Marathon Erin Smith	milwaukeeelakefrontmarathon@gmail.com	Oct 1, 2017 920-321-4944
Glacial Trail Run Robert Wehner	rwehner@hotmail.com	Oct 8, 2017 262-370-7270
Lakefront Discovery Run Scott Stauske	stauske@sbcglobal.net	Oct 28, 2017 414-418-8395
Turkey Trot Dave Pike	davepikebls@gmail.com	Nov 5, 2017 -
Strider 20K Barb Drees	barbaradrees@yahoo.com	Dec 3, 2017





Lake effect has no effect on you ... 'cause you're a runner.

If rain, wind and snow don't stop you, why should pain? Instead of ignoring your pain, call Aurora Sports Medicine Institute to schedule a FREE Injury Evaluation. The FREE screening includes a pain assessment and recommendations for treatment or physician referral.

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- Summit • Wauwatosa • West Bend • Whitefish Bay

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FREE Injury Evaluations
800-219-7776

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

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

Aurora.org/Sports

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LAST ISSUE !!!

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