



April 2006

The Moosletter

The Wisconsin Track Club monthly newsletter

Outdoor Season

All groups meet at McClimon Track (Corner of Walnut and Observatory)

Sprinters

Sprint Workout
MWF 5:45 pm

Strength/Speed
Thurs 5:45 pm

Hurdles
Tues 6:30 pm

Women's Distance

Meet on Monday and Thursday evenings at 6:15 pm ready to go!

Men's Distance

Meet on Monday and Thursdays at 6 pm ready to go!

E-Mooseletter

Receive your Mooseletter via email! Contact Joe Binder @ joe_binder@gawab.com

The April Moosletter was edited by Joe Binder and Justin Wienke.

The Vice Prez' Corner

-by Justin Wienke

Well, in terms of races, it was a bit of a slow month. However, don't get dragged into the lull...races galore are on the horizon! A couple weeks ago, the men's team met on a chilly 35-39 degree evening, completing a set of two, 10-minute tempo runs 'round 'ole McClimon Track to mark the first practice of any team or group on the outdoor track (to the best of my knowledge). Coach Reardon led a boisterous wake-up call to the track after months of hibernation. That's right folks; the track has been officially woken up by verbal force. With the WTC ladies recently reacquainting themselves with McClimon, let it be marked that the outdoor season is now in full swing.

There are plenty of April official collegiate race opportunities available as seen under the race listings. However, the marquee outdoor event of the season looms in early May. To any new WTC members looking to race, mark your calendars for the Wisconsin Twilight Meet. There is a fantastic mix of competition, from club members to Division III athletes, from alumni to elite athletes looking for a solid 3000m "work-out".

For those looking to run hard or just run for fun, the campus fun run season has kicked off. Bucky's Race for Rehab, sponsored by the Physical Therapy program here at UW, is this coming Saturday, April 8. However, the #1 fun run on campus, earning this title purely from the fact that I am helping organize it, is the UW-Kinesiology Club's Poker Run 5K run/walk.

This event is truly one of a kind in the Madison area. Participants receive three cards at the beginning of the race upon registration. They then receive 2 random cards upon crossing the finish line. The top 3 hands, per standard poker rules, receive the top awards for the run. In this manner, you don't have to be the fastest runner to be the top-prize winner. All you have to do is come out, run or walk, and have a good time. Competitive racers, don't worry, we got you covered. Top prizes also are awarded to the top male and female undergraduate, graduate, and non-student finishers. Numerous remaining prizes are raffled off to registered participants. There were 250+ participants last year. Proceeds benefit the Special Olympics—Madison Chapter. Headline awards range from gift certificates to Movin' Shoes to gift certificates for local restaurants. So, come join Bucky Badger, the Kinesiology Club D.J., our plethora of prizes, free post-race food, Poker Run t-shirts, fellow runners, and myself at the 10th annual Poker Run!

With Crazylegs on April 29, the Mad-City marathon in June, the first meet or two of the WTC Summer Track Series in June, and who knows what else, there are opportunities abound in the coming months! Stay in shape! Come practice with your fellow WTC runners for socializing and a good work-out! From your Vice Prez, don't forget to get your taxes in and best of luck to all students with the end of the semester. I'll see you on the roads or on the track.

Until next month, over and out.

-Justin Wienke, WTC Vice Prez

Male Student "Cow" of the month: Well, it was a bit slow this month...not many race results. Brandon Schultz gets the honor this month for getting his hair cut. If you saw his hair three weeks ago, trust me, you'd appreciate the accomplishment.

Female Student "Cow" of the month: I wish to recognize WTC President and Ph.D. candidate Kelly Kovac. With major work to be done with her dissertation and a wedding to plan, Kelly has continued to strive to fulfill her duties as WTC President. Most notably, she helped spearhead the compilation and defense of our ASM Operations Grant that requests the funding that supports our club's yearly operation. Kelly, we appreciate your hard work, both recently and over the past year+. Best of luck with your Ph.D. work and the wedding!

Race Results

World Championship 50 Furlong Run

McFarland, WI 3/11/06
 The following club members added to their MARS point totals:
 Laura Clark Taylor 7
 MaryAnne Hinkes 10
 (holds on to 1st in age group and 2nd overall female)
 John Curtin 8

Shamrock Shuffle 5K/10K

Madison, WI 3/12/06
5K
 Sarah Snyder 21:17 26th
 Marv Ripp 24:05 64th
10K
 Shana Scheiber 45:18 46th
 Amy Clements 1:01:59 236th
 Deidra Tuxen 48:45 77th

Point Bock Run 5 mile

Stevens Point, WI 3/4/06
 Deidra Tuxen 38:04 240th
 Rob Walkington 41:50 425th

Bay Area Senior Games

San Francisco, CA
 3/12/06
Women, 60-64:
100 meters
 Margaret Kaufman 16.98
 (silver medal)
200 meters
 Margaret Kaufman 39.36
 (silver medal)

USATF Masters Indoor Championships

Boston, MA 3/24-26/06
60 meters
 Margaret Kaufman 10.67
 (bronze medal)
200 meters
 Margaret Kaufman 39.21

Sherman-Lukoski Invite

Ripon College, 4/1/06

Women:

Team Place: 8th
 25 points
100 m
 Lidester, Claire 13.53 9th
100 m hurdles
 Kornder, Nicole 17.31 3rd
400 m dash
 Zaferos, Audrey 72.49 3rd
 Kornder, Nicole 75.94 6th
800 m run
 Lidester, Claire 2:42.73 12th
4 X 100 m relay
 WTC 'A' 57.43 6th
 Zaferos, Lidester, Kornder, and Gerovac
4 X 400 m relay
 WTC 'A' 4:35.45 6th
 Zaferos, Lidester, Kornder, and Gerovac

Men:

Team place: 10th
 25 points
200 m dash
 Davister, Ross 24.76 18th
 Bruns, Zach 25.8 32nd
400 m dash
 Baeten, Victor 54.61 9th
 Davister, Ross 54.64 10th
800 m run
 Cowlin, Pat 2:04.54 5th
 Baeten, Victor 2:07.83 9th
1500 m run
 Bruns, Zach 4:18.25 4th
 Cowlin, Pat 4:21.76 8th
 Schultz, Brandon 4:32.20 13th
5000 m run
 Binder, Joe 15:55.10 3rd
 Wood, Joel 16:08.45 4th
4 X 400 m relay
 WTC 'A' 3:37.55 5th
 Bruns, Cowlin, Baeten, and Davister



April Birthdays

	Kristine Guderyon-Goetz	Apr 4	
Tim McManus	Apr 5	Jacob Feuerstein	Apr 6
Don Greuel	Apr 7	Tamarine Cornelius	Apr 8
Paul Monsen	Apr 10	Tom Kaufman	Apr 14
Katrine Snyder	Apr 16	Silke Van der Weide	Apr 23
Amy Smanz	Apr 25	Kylen McClintock	Apr 25
Paul Turpin	Apr 25	Sandy Sobczak	Apr 27
Sarah Snyder	Apr 29	Shana Scheiber	Apr 30

Upcoming Races:

Bucky's Race for Rehab 5K

April 8, Madison, WI—UW Health Sciences Center
Registration: 9:00 am Race: 11:00 am

Beta Pi "Pi Mile Run" (3.14 mi)

April 8, Madison, WI—Memorial Union Rathskeller
Registration: 10:45 am Race: 12:00 pm Cost:\$15

UW-Kinesiology Club's 10th Annual 5K Poker Run/Walk

April 20, Madison, WI—UW Natatorium
Registration: 4:30 pm Race: 6:00 pm Cost: \$10

Phil Esten Challenge

April 21 (Friday), UW-La Crosse, 2:30 pm. Register w/ WTC.

Crazylegs 8K

April 28, Madison, WI—Capitol Square to Camp Randall
Registration: <http://www.crazylegsclassic.com>

Wisconsin Twilight Invite

McClimon Track, May 6. Register w/ WTC.

Kettle Moraine 100

Ice Age National Scenic Trail, June 3-4. www.kettle100.com
This race is supported by the Wisconsin Track Club and includes not only a 100 mi solo, but also options for relay, 100k, and 38 mi night fun run. Race directors Tim Yanachek and Jason Dorgan will be making a special presentation at 7 pm at the May 12 WTC meeting. Their presentation will feature the Kettle 100 and ultramarathoning in general as well as pizza.

UW-La Crosse All-Comers Track Meet

May 19. Contact Jim Reardon (jcreardon@wisc.edu)

Summer Track Series

June 15 (including high-performance meet), June 29, July 6 (MARS 3k), and July 13.

Visit www.witrackclub.org/events/sts.htm.

Rookie Mistake! —by John Lowrey

In late February I went to the 12 Hour Race in Houston, Texas. I had checked the weather for 2 weeks before and it was hot and dry. I usually bring a variety of clothing to these races due to weather changes. For this race I did not and boy, did I pay for that. Race day was 30-40 degrees, with a wind of 24 m.p.h. and 4 inches of rain. All I had was shorts and a t-shirt. I ran for 2.5 hours and called it a day. I was in the lead for the 12 hour at the time. This was a big DNF and I still do not feel good about it. Lesson learned: Bring a variety of clothing, even if you think there is no way you will need it.

WTC Business Update —by Paul Turpin

From the 3/7 WTC Meeting:

Membership Report: Approximately 140 household members.

Apparel Coordinator: Justin Wienke will take over the apparel coordinator for now and will try to find someone else.

March/April Moosletter: The March Moosletter was emailed on March 8 to 53 members. The remainder will be printed and mailed shortly. An editor internship notice is posted on the Journalism school web site.

ASM Operational Grant: The use of the grant money was discussed. \$300 will be used towards track rental. Jim Reardon will take the lead to prepare the grant renewal application. We agreed to prepare a small WTC banner if ASM approves their funds for this use.

(Update on 2006/7 ASM Operations Grant Request: ASM Finance Committee recommended \$400 in funding to pay for track rental and \$65 for RRCA and USATF membership fees.)

Club Activities: Use of McClimon Track began 3/20 on M, T, W, R from 5:30 to 7:30 pm plus miscellaneous other dates and times through November.

Motion to pay Harrier Software Solutions \$150 to provide service to June 15 STS meet was approved. WTC will promote this high performance meet to Peter Henkes, Matt Groose, and Indiana Invaders.

Dan Erickson is graduating in May so a new sprint coach is needed. Dan was recognized for developing this group.

USATF Nationals is June 21-25 in Indianapolis. A club road trip was discussed.



The Wisconsin Track Club

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www.witrackclub.org
Visit our Web site for
updates.

The Back Page By John Lowrey

New Products:

Remember Jelly beans? The new product on the market is Sports Beans. They come in Lemon-Lime and Orange (more are coming this summer) and contain 25 grams of carbs as well as 20% of vitamins C and E. They also contain 60 mg of potassium, and 60 mg of sodium. These can be used on runs when you have a sport drink and want a extra boost. Current research indicates that you should not mix sports drinks and gels. These are a easy solution to this problem. Plus, the addition of sodium helps on a long hot run. The taste is chewy and light. Everyone who has tried them really likes them. These are worth a try—Walgreens currently carries them.

Keeping Pace with WTC

There are two mailing lists the WTC uses to communicate with members. You are encouraged to subscribe to the lists to keep informed about news and events in the WTC and running community.

General Mailing List

This mailing list is used for general communications to WTC membership. Messages are sent to this group regarding social events, track events, general announcements, etc. To add your email to this group, send a blank email to wisco-tcsubscribe@yahoogroups.com. To remove your email address from the list, send a blank email to wisco-tc-unsubscribe@yahoogroups.com.

Distance Mailing List

This mailing list is used for individuals interested in distance running. Messages are sent to this group regarding cross country events, the Women's Sunday Run, information on road races and marathons, etc. To add your email to this group, send a blank email to wtc-cross-subscribe. To remove your email address from the list, send a blank email to wtc-cross-unsubscribe. Please note if you add your email to wtc-cross it will be automatically added to the wisco-tc group. Likewise, if you remove yourself from the wisco-tc group, you'll automatically be removed from wtc-cross.