



August 2005

The Moosletter

The Wisconsin Track Club monthly newsletter

Summer Workouts

Meet for WTC group training throughout the summer months. All groups meet at the UW outdoor track, located at the corner of Walnut and Observatory Drive.

Sprints

WTC sprint group meets on Tuesday and Wednesday evenings at 6 pm.

Women's Distance

Meet on Wednesday evenings at 6 pm.

Men's Distance

Meet on Tuesdays and Wednesdays at 6 pm.

The July Moosletter was edited by Jim Reardon.

2005 Capitol Mile

-by Paul Turpin

Madison and southern Wisconsin embraced the 11th running of the Capitol Mile on July 23, 2005. Many runners and spectators commented on how much they like this race. The highest number of entrants and kids dash runners in the last 4 years overcame a shaky start brought on by Mother Nature. A brief bout of high winds and rain delayed the start by 30 minutes, but the day got back on track with 11 enthusiastic youngsters dashing down Mifflin Street to the finish. The future of running is in good hands judging by the efforts and smiles on those kids' faces.

New in 2005 was the designation of the Capitol Mile as the Wisconsin Road Mile Championship. Randy Jones and Wisconsin USATF chipped in custom medals for USATF members and plaques for the top open and master's finishers.

For many, watching the elite runners do their thing makes the effort of pulling the event together all worthwhile. Runners with local ties dominated. On the ladies side, former UW runner and 2002 and 2003 champion Jenelle Deatherage returned in 2005 to reclaim her crown with a very good

time of 4:38.9. Bethany Brewster challenged Jenelle for most of the race before Jenelle pulled away for the win. Sarah Kolpin placed third and Jessica Dober and Julia Rudd finished out the fine field.

The gentlemen's elite field was dominated by past-champions Matt Groose (2003) and Henry Dennis (2002). Matt and Dennis pulled away from the field early and never looked back. Former UW Oshkosh Division III champion Groose edged ex-UW Madison star Dennis 4:08.0 to 4:08.8, with Isaiah Festa third. The field was rounded out by first-timer Brian Runyon of Chicago, previous contestants Rich Maleniak and Josh Slamka, and Nicolas Winkel. The top finishers stayed around to cool down, cheer on the other runners, take a group photo, and graciously accept their prize money.

Jolly Burke of Waunakee was the top youth as well as female runner, finishing in a very nice 5:11.2. Doreen Groshan of Janesville was the first female master finisher and second overall in a time of 5:33.1. On the men's side, Madison's Rider Clauss crossed the line first in 4:34.5, with Mike Donohoo of Waunakee the first youth (4:52.2) and Madison's Ron Ofstun (5:01.) the first master. *(Continued on page 3).*

Fall Cross Country Season Approaches!

WTC will kick off the XC season with the Midwest Collegiate meet at UW-Parkside on September 17. The race schedule will also include two Madison Area Fitness Series races, the RSVP Run in Verona (10/8) and the MATC Turkey Trot (11/5). The full schedule will soon be available at www.witrackclub.org. **Three months to Club XC Nationals!**

Race Results

Norsk Run

June 4, Mt. Horeb (2 miles)
John Lowrey 2nd M50-59

Summer Track Series

June 30 (Meet #2)

For full results, please visit
www.witrackclub.org/events/sts.htm

100m

Luke Meeteer MB 13.3
Noah Meeteer BB 16.6
Marie Greuel YG 15.7
Dean Thompson M35 12.3
Ethan Peters IB 11.7

200m

Luke Meeteer MB 29.2
Noah Meeteer BB 35.5
Marie Greuel YG 31.8
Norm Monsen M45 26.6 200m
Dean Thompson M35 25.3 200m

3000m

Shana Scheiber Open W 12:43.4
Tiffany Gerovac Open W 13:24.3
Timothy Goihl M35 10:27.1
Nick Rhoads Open M 9:41.1
Drew Pyatskowit Open M 9:29.5

LJ

Luke Meeteer MB 13' 7 1/2"
100m

Cambridge EMS

Cannon Ball 5k

July 9, Cambridge
Jaime Reich, 1st W 18-29

August Birthdays

Karen Moriello	Aug 1
Rosemary Smanz	Aug 4
Deidra Tuxen	Aug 7
Allison Feuerstein	Aug 8
Hardin Walker	Aug 9
David Christopher	Aug 11
Molly McManus	Aug 14
Jake Burow	Aug 14
Peter Allex	Aug 14
Joe Binder	Aug 16
Emily Stieber	Aug 22
Lindsay Williamson	Aug 23
Norm Monsen	Aug 29
Patricia Scanlin	Aug 31

Summer Track Series

July 7 (Meet #3)

100m

Luke Meeteer MB 13.8
Noah Meeteer BB 16.1
Mereta Monsen YG 14.4
Anna Monsen Open W 12.6
Kylan McClintock MB 16.7

200m

Luke Meeteer MB 28.9
Noah Meeteer BB 34.9
Dean Thompson M35 25.4

400m

Dean Thompson M35 58.3 400m
Norm Monsen M45 0:59.2 400m
Adam Burrack Open M 1:01.7 400m
Kylan McClintock MB 1:23.9 400m

1 Mile

Adam Burrack Open M 4:54.7
Tim Goihl M35 5:00.0
Tom McClintock M50 6:23.4
Marv Ripp M55 6:46.8

3000m SC

Shana Scheiber Open W 13:57.3
Joe Binder Open Men 10:47.8
Justin Wienke Open M 11:19.1
Joe Ketarkus Open M 11:45.3

4x400m

Paul Monsen's Team 4:18.0

Hurdles (30"/80m)

Kylan McClintock MB 19.3

Discus

Marv Ripp M55 96' 11"

TJ

Anna Monsen Open W 34' 2 3/4"
Mereta Monsen YG 28' 7 1/4"
Tom McClintock M50 25' 6"
Kylan McClintock MB 21' 8 3/4"

LJ

Anna Monsen Open W 16' 7 1/2" LJ
Luke Meeteer MB 12' 7" LJ
Tom McClintock M50 12' 6 1/2" LJ
Noah Meeteer BB 10' 10" LJ
Kylan McClintock MB 10' 9" LJ
Kelly Kearns W45 9' 4 1/2" LJ

HJ

Kylan McClintock MB 3' 4"

State Games of America

July 28-31, Colorado Springs

Margaret Kaufman W60

50m 9.247 **100m** 17.284

200m 37.33

Summer Track Series

July 14 (Meet #4)

100m

Erick Monsen Open M 11.8
Mereta Monsen YG 14.3

400m

Dean Thompson M35 57.7
Norm Monsen M45 59.3
Adam Burrack Open M 59.3

800m

Adam Burrack Open M 2:11.8
Tim Goihl M35 2:16.8
Marv Ripp M55 2:46.5

1 Mile

Daniel Fritz YM 5:07.5
Chris Haskett M30 5:36.1
Mike Pruden Open M 5:52.2

5000m

Joe Binder Open M 17:35.5 5000m !

LJ

Anna Monsen Open W 16' 3" LJ
Norm Monsen M45 12' 3 1/2" LJ

TJ

Anna Monsen Open W 33' 9"
Ron Utz M45 31' 9"

Edgerton Heritage 8k

July 16, Edgerton

Dean Thompson 4th M 30-39 35:05

Full Moon 5k

July 21, Madison

Dino Lucas	40M 17:53.78
Kristine Guderyon-Goetz	50F 20:51.0
Anna Heintz	20F 21:00.0
Diedre Tuxen	20F 23:03.0

Capitol Mile

July 23, Madison

Adam Burrack	3rd M1929	4:56.6
Joe Scanlin	2nd M1518	4:57.0
Tim Goihl	5th M3039	5:00.2
Steve Barczy	4th M4049	5:12.5
Stan Mathes	1st M5059	5:22.8
Lucas Turpin	4th M1518	5:29.8
Dean Thompson	7th M3039	5:36.1
Marvin Ripp	6th M5059	6:27.9
Honalee Harrington	3rd W4049	7:16.1

Upcoming Races:

Looking for a great 5K or 10K to kick off the fall racing season? Check out the Safe Harbor Run/Walk to Benefit Kids, on Labor Day Monday, September 5th. The race kicks off at 9 AM, from the Vilas Park Shelter. Cost is \$20 in advance -- check out the registration options at www.safeharbor-dc.org. Participants receive a long sleeve t-shirt.

The Safe Harbor run also includes a Tot Trot, which is a free event for the smallest (age eight and under) runners among us. It's short dash across a grassy area of the park, and participants get to wear a race number just like mom or dad. Oh, and medals and shirts for everyone! The Tot Trot takes place at 8:40 AM.

All funds raised benefit Safe Harbor, which provides services to child abuse victims and their families. WTC member Tamarine Cornelius helps organize this annual event.

Additional races:

UW-PARKSIDE SUMMER CC CLASSIC

Saturday, Aug. 6, 5:30pm

UW-Parkside, Kenosha WI- Dr. Wayne Dannehl

National Cross Country 5k Course

Entry fee: \$8 on/before 8/5; \$10 day of race

Further info: www.uwp.org or call 262-595-3225

USMC/US BANK DEVILDOG 10K/5K RUN/WALK 2 MILE FUN RUN

Saturday, September 24, 2005, 9:00 AM

Vilas Park and UW Arboretum - Madison WI - Vilas Park Drive

Further info: www.active.com/event_detail.cfm?event_id=1214596

2005 Capitol Mile *(continued from Page 1)*

WTCer Stan Mathes and Jacki Wealti were the first over-fifty finishers. Special Olympian and 6-year contestant Jordan Sure ran a very fine race to round out all competitors. The complete results are posted at www.harriersolutions.com.

WTC is very grateful to our sponsors, Ted Peterson and the Great Dane Pub and Brewing Company, and business insurance solution provider Mortensen Matzelle and Meldrum. They enabled us to put on this event. Also key were Jon Krupa and his timing services, Harrier Software Solutions, the Inn on the Park, and Matt and Jessica Anderson and their new west-side store Fleet Feet of Madison. Fleet Feet brought 12 of their miler-in-training runners to the Capitol Mile. Other sponsors include Culligan Water and State Street merchants.

Last but not least are the many volunteers who swept sand off the street, registered new runners, announced the results, gathered chips from tired runner's shoes, handed out medals, picked up the cones around the Square, etc. We have a great group of volunteers who make it all happen. Thanks so very much!

Running on the Web:

An on-line running distance calculator from <http://www.sueandpaul.com/gmapPedometer/> has been sweeping the running community. The Google Maps-based tool allows you to plot your route and instantly calculates the distance. Recent upgrades also allow you to plot your route on a satellite view, so you can even get distances between landmarks on trail runs. You can also convert miles into scoops of ice cream burned!

State Games of America — WTC's Margaret Kaufman

WTC's Margaret Kaufman represented the club at the State Games of America in Colorado Springs. Margaret writes:

Due to the figure skaters, Wisconsin had the third largest number of participants in the 9,000 athletes in Colorado Springs. In track, I ran the 50 m., 100 m. and 200 m. I did personal bests in all 3--9.247=50m, 17.284=100, 37.33=200. I won silver in the 50 and golds in the 100 and 200s in my age category, although I must confess there weren't many in that group. They had to run the 40-65 in one group to fill the 8 lanes in the 200 m. There were a large number of men, however. The track was at the Air Force Academy and the location was lovely, but a number of people really felt the altitude of around 6300 ft.

What a great meet! Congratulations, Margaret!

The Wisconsin Track Club

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

The Back Page By John Lowrey

New Shoe Review

I have recently tried the Etonic hybrid shoe. It is billed as a stability shoe. It has a unique double insole. If these are removed for a arch support- it seems to create a wide shoe. This shoe seems to be on the firm side. Most shoe stores do not carry it-it has to be special ordered. It does come in a 4E width and has earned a best new shoe award from the running network.

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.