



January 2005

The Moosletter

The Wisconsin Track Club monthly newsletter

Indoor Workouts

Meet for WTC group training throughout the winter. All groups meet at the UW indoor track in the Camp Randall Sports Center or Shell.

Sprints

WTC sprint group practice times will be announced over the club e-mail list soon.

Women's Distance

Meet on Monday and Thursday evenings at 6 pm, with warm-ups to begin at 5:30 pm.

Men's Distance

Meet on Monday and Thursdays at 6 pm, with warm-ups starting at 5:30 pm.

The January Moosletter was edited by Paul Turpin.

Wisconsin Track Club Plans 2006 Club-Managed Races

-by Paul Turpin

For many years WTC has managed many Madison and southern Wisconsin road races. The club believes that one of our purposes is to enable and encourage the running of local races for the benefit and use of the general public. One of the benefits through the club is that we provide race insurance coverage from our carrier, the Road Runners Club of America (RRCA). In addition to covering these club-managed races, our RRCA insurance also provides general liability, officers and directors insurance, and race coverage for the Summer Track Series, the Capitol Mile, and our workouts.

For 2006, club-sponsored events include the Black Earth 10 mile and 2 mile (April 1), the Lake Monona 20K (May 6), the Kettle Moraine 100 (June 3-4), the Dandelion Dash (June 10), the Depot to Depot 5 Mile (August 5), and the Oregon Fun Run (August 12). Each

of these events are directed by club members and the club contributes volunteers and advertising through the Moosletter and web site. But each of these events have a life of their own, meeting the needs of the community or location in which they are held, with their own financial sponsors, and many with charities that they support. With a total of about 1200 runners in these races, the clubs influence extends throughout the area.

The WTC Executive Committee met with race directors on Dec. 20, 2005 to discuss the planning of each of these events. In addition, we agreed that since these club-managed events each manage their own finances, it is appropriate to reinstate a club fee of \$0.25 per entrant to help offset the cost of the insurance. The club will work with the race directors throughout the year to ensure that each race is well run and provide assistance as needed. Thank a race director today, and be a race volunteer tomorrow.

Indoor Track Season is Upon Us! -by Jim Reardon

It's Shell time!

The men's and women's distance groups will soon emerge from their brief winter hibernation and assemble, blinky-eyed, in the Shell. Practices will be Monday and Thursday, warm-ups to start at 5:30 pm, fast running to start at 6:00 pm. The Shell has gotten terribly crowded on Wednesday nights so we are having the second practice of the week on Thursday instead, when the track should be more open.

Regular practices will commence Monday, January 16.

For more information, contact the women's distance coach (Kate Cooper, katecooper@wisc.edu) or the men's distance coach (Jim Reardon, jreardon@wisc.edu).

Race Results

Runners ring in New Year with the New Year's Day Dash 2006

The first annual Fleet Feet New Year's Day Dash went off with a bang. With 149 runners at the starting line when the gun went off, the weather was quite mild for the 5 mile run.

The route was a combination of well-marked roads and blacktop trails with the start and finish being hosted by Quaker Steak & Lube in Middleton.

The competition at the front of the pack was fierce. As reported by the lead biker, Tim Goihl and Joe Ketarkus were pushing the pace and each other the entire race. They remained within meters of each other up to the finish. Goihl ended up winning the race with a respectable 29:42. Ketarkus finished second, posting a 29:49.

The women's race wasn't as close, but still showed some good talent. First overall female, Sandy Gregorich, finished the 5 miles in 34:34 with Laura Clark-Taylor finishing second in 35:14.

The race drew participants from Illinois to Florida and saw runners from age 10 through 74. Runners received goodie bags filled with great stuff including a commemorative pint glass and free beer at the finish.

Overall, the first annual Fleet Feet New Year's Day Dash went very well. It will prove to be great way to start out the year and hopefully become a long-standing tradition in Madison's running community.

Happy New Year and see you in 2007,

Ryan Griessmeyer

January Birthdays

Timothy Goihl	Jan 3	Adam Burrack	Jan 8
Anna Monsen	Jan 8	Kelly Kovac	Jan 9
Linda Lowrey	Jan 9	Dean Thompson	Jan 11
Eric Stabb	Jan 12	Luke Meeteer	Jan 15
Daniel Fritz	Jan 17	Sam Batzli	Jan 18
Kathleen Lake	Jan 18	Margaret Kaufman	Jan 19
Steve Klehfoth	Jan 21	Emily Becker	Jan 26
John Curtin	Jan 27	Alex Kirchner	Jan 31
Jim Reardon	Jan 31	Mereta Monsen	Jan 31

Upcoming Races:

Freeze for Food at Vilas Park Shelter, 5K

January 21, Saturday, at 11:15 am and 10K at 1:00 pm (a MARS event)

Valentines 5K

February 11, Saturday, at UW Natatorium, 9:30 am (a MARS event)

Wisconsin USATF Indoor Meet

February 12, Sunday, Carthage College, Racine

50 Furlong World Championship

March 11, Saturday, 6.25 miles, at the Cross Roads Inn, McFarland (a MARS event)

Note: MARS is the 2006 Madison Area Running Series (see www.madisonseries.com)

Report from the Badger Track Classic:

A herd of Cows kicked off the indoor track season with the Badger Track Classic on Saturday, Jan. 14.

Claire Lidester: 400m, 800m

Mary Dumke: 3000m

Dean Thompson: 200m

Alex Kirchner: 400m, 800m

Pat Cowlin: 800m, Mile

Adam Burrack: 800m, Mile

In addition, Claudia and Jim Reardon helped out as meet timers. As spectator, I can say that our members represented the club well at the meet.

Official club results will be sent out over the club e-mail and available at www.uwbadgers.com.

—Joe Binder

Coming Club Events (non-running!)

This month's WTC meeting will be held on Wednesday, January 18, at 7:15 pm in Union South. The club meets regularly to discuss business issues on the second Wednesday of each month, however, we've rescheduled the January meeting as the academic year resumes on January 16th. All members are invited to attend monthly club meetings.

Runners' Clinic (Jan. 31, Tuesday)

Dr. Bryan Heiderscheit, Director of UW Health Runners' Clinic, will address methods of injury prevention for runners. Dr. Heiderscheit's research focuses on the underlying mechanics of running and their relation to injury. This free clinic offers a unique opportunity for WTC members to talk about ways to maintain healthy running with an expert on the topic. We'll meet at 6 pm in Union South--room location TBA.

Club Officer Elections (Feb. 8, Wednesday)

Run for a club officer position, and/or come to the February business meeting to elect officers. Details to follow...room location TBA.

Contact Kelly Kovac with any questions about upcoming WTC events (kakovac@wisc.edu).

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 recently tried the New Balance 1222, which is an update to the 1221. It is a moderate weight stability shoe and come in widths of up to 4E. I felt a SL-2 last would be better for orthodic wearers, but once again, there was excess material at the end of the tongue. I have found that this can irritate you if you have a high arch. On long runs of over an hour, the shoe felt hot. More ventilation on the top would help this area of concern. Overall, despite what I saw as problems for me, they were excellent shoes and over-all performed well.

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.