



July 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 Club President Kelly Kovac and old friend Ryan Aschbrenner

WTC Prepares for Cross Country Championships

-by Kelly Kovac

Over 40 running clubs will converge on the grounds of Genesee Valley Park in Rochester, NY, this fall to vie for bragging rights as the nation's best at the USATF Cross Country Club Nationals. WTC is putting together both men's and women's open teams to compete at this year's club championships. We are looking for at least five men and five women to compete in the open team division (aged 18-39) to help us make a statement about the strength and excitement of the Wisconsin Track Club on a national level. The men will race a 10K, and the women will compete in a 6K cross country race.

Costs for the trip will include entry fee, overnight accommodations, and transportation. Since WTC is UW Registered Student Organization, we can apply for funding to help cover the costs of such a trip through the Associated Students of Madison. However, these funds can only be used to support the participation of UW students in this event. Thus, WTC may contribute some funds to help defray the cost for non-student members eligible (age 18-39) to compete with the open team. WTC will strive to make this an affordable trip so that the expense doesn't prevent athletes from representing the club at this national competition.

We recognize that WTC members include many master's level (age 40+) who would likely be quite competitive at a championship meet and we encourage these folks to form a team to compete at

the USATF Cross Country Championships. There may even be opportunity for master's athletes to travel with the open team to the meet, though the focus of this year's campaign for WTC athletes to compete at the championships is on the men's and women's open teams. In recent years, UW students and non-student open athletes from the Madison area have made up the core group of WTC members taking part in fall workouts and representing WTC at cross country meets. Thus, WTC will recognize this division of athletes by giving priority to helping to financially support their journey to this year's club nationals.

If there are more interested open athletes than the allowed team size, there will be a selection process, probably based on competition at the MATC Turkey Trot (11/5). If you want to more information on the meet, you can check it out at the USATF website: www.usatf.org/events/2005/USATFClubXCChampionships/. Past results can also be found on the website.

If you might be interested in competing with the open team at the USATF Cross Country Club Nationals this fall, contact Joe Binder (e-mail joe_binder@gawab.com). It may be hot and humid, but summer is the time to begin training for crisp, cool XC racing in the fall! WTC distance coaches, Kate Cooper and Jim Reardon have worked out summer training schedules for athletes interested in cross country racing (see meeting schedule posted on front page). Train smart and run well proud cows!

Join us for the Summer Track Series

Meets three and four in the series are set for July 7 and 14 at the McClimon track on the corner of Walnut and Observatory Drive. Registration begins at 5:00pm each day, and entry is free for WTC members. For more information on schedules, registration, and previous results, please see <http://www.witrackclub.org/events/sts.htm>.

Race Results

Norsk Run

June 4, Mt. Horeb (2 miles)

Brian Mullen 6th overall, 1st age group 35-39, 13:27

Strawberry Fest 10k

June 18, Sun Prairie

Brian Mullen 3rd overall, 2nd age group 30-39, 43:06

Summer Track Series

June 16 (Meet #1)

For full results, and information, please visit <http://www.witrackclub.org/events/sts.htm>

80m Hurdles

Clarence Trinkner 15.4

100m

Jeff Frerks 12.0
Dean Thompson 12.4
Clarence Trinkner 16.9

400m

Dean Thompson 58.5

800m

Daniel Fritz 2:12.8

1 mile

Drew Pyatskowitz 4:43.4
Daniel Fritz 5:14.0

5000m

Joe Mahoney 15:50
Shana Scheiber 23:07
Tiffany Gerovac 23:25

Badger State Games

June 19

100m W60-69

Margaret Kaufman 1 17.74

100m Intermediate Boys

Ethan Peters 3 11.76

100m M30-39

Ibrahima Doumbya 1 11.46
Dean Thompson 4 12.99

100m M40-49

Jeffery Frerks 1 12.35

100m M70-79

Clarence Trinkner 1 16.11

80m Hurdles M70-79

Clarence Trinkner 1 16.09

200m W60-69

Margaret Kaufman 1 38.30

200m Intermediate Boys

Ethan Peters 2 24.27

200m M30-39

Dean Thompson 6 28.01

200m M70-79

Clarence Trinkner 1 36.13

400m M30-39

Dean Thompson 2 60.62

1500m M Under 29

Drew Pyatskowitz 3 4:30.73
Michael Pruden 7 5:32.78

3000m M Under 29

Drew Pyatskowitz 1 9:29

5000m run

Drew Pyatskowitz 2 17:52
Keith Richley 20 21:32
Karen Greuel 25 22:36
Nathan Greuel 28 23:06
Don Greuel 49 25:17

10,000m run

Tom Kaufman 5 41:24

High Jump M40-49

Ronald Utz 1 1.52m

High Jump M70-79

Clarence Trinkner 1 1.21m

Long Jump M 30-39

Ibrahima Doumbya 1 6.29m

Long Jump W40-49

Karen Moriello 3 2.39m

Long Jump M40-49

Ronald Utz 3 4.59m

Triple Jump M30-39

Ibrahima Doumbya 1 13.84 m

Triple Jump M40-49

Ronald Utz 1 11.27m

July Birthdays

Jeff Frerks Jul 5
Douglas Dulli Jul 7
Barry Smanz Jul 9
Wyatt Walkington Jul 10
Karen Greuel Jul 10
John Lowrey Jul 14
Mark Fleming Jul 17
Travis Bashaw Jul 17
Lauren Groff Jul 23



Club member featured in Capitol Times

The June 27 issue of the *Capitol Times* included a story on the success of older athletes in track and field, and our own Margaret Kaufman was featured as a shining example among this group. Kaufman, who re-discovered track and field a couple of years ago, is quickly becoming a star. She has achieved national age group ranking with her performances in the 100 and 200 meters at this year's Badger State Games (see

results above). Kaufman has competed in Greece, and is set to race this summer in the State Games National meet in Colorado and in the Masters National Outdoor Championship in Honolulu.

Final Preparations Underway for 2005 Capitol Mile

- by race director Paul Turpin

The 11th running of the Capitol Mile is set for July 23, 2005. Runners and volunteers are needed as final preparations are under way. This unique event draws entrants from all over Wisconsin, as well as Minnesota and northern Illinois. Several new features are in place for this year. The Wisconsin USATF has designated the race as the Wisconsin Road Mile Championship, offering unique medals for USATF members and plaques for the first male and female Wisconsin residents. USATF wants to increase the opportunities for adult runners in the state and jumped at the opportunity to support our event. The Capitol Mile is also a good event to help to promote their organization. Note that you do *not* have to be a USATF member to run the race.

We may also use chip timing this year for the first time. Jon Krupa and Harrier Solutions is offering to minimize WTC's cost for the system. Chip timing would significantly reduce the volunteer help needed at the finish line and provide results much more quickly.

Feedback has been very positive to the Miler in Training program, organized by Fleet Feet of Madison. Matt and Jessica Anderson, Matt Groose, and the other coaches are leading approximately 50 runners through a weekly training program leading up to the Capitol Mile.

Financial sponsors, the Great Dane Pub & Brewing Co., and business insurance provider Mortenson, Matzelle & Meldrum kicked in funds to enable the event to continue to offer elite prizes and help to cover event

costs. The Best Western Inn on the Park is also providing several rooms for out of town elite athletes. Culligan Water and State Street merchants and Stella's Bakery are providing water, food, and door prizes. It is often worth the price of admission for the door prizes. Fleet Feet and Brooks Shoes are donating two pair of running shoes and volunteer gifts.

Elite runners expected to participate include 2003 winner Matt Groose, 2002 winner Henry Dennis, 2004 runner up Bethany Brewster, and 6-time participant and new Masters category runner Max Harn. Other Wisconsin Runner Racing Team members will also participate.

The Capitol Mile is also a part of the second Madison Area Fitness Series, and the new Kids Running Series, organized through the City of Madison to promote healthy activities for children.

Race day registration starts at 3:00 p.m., and the elite men's and women's races begin at 4:00. Following the elite competition are the Kid's Dash, announcements by Special Olympics of Wisconsin, and then Youth, Open men's and women's races, and a Master's (over 40) race. Awards and door prizes conclude the day's events, finishing around 6 p.m. The cost is \$12 for WTC members and those under 19 and over 55. All others are \$15.

To volunteer, contact Sandy Gregorich at sandygregorich@hotmail.com, or call Paul Turpin at 358-1770.

WTC is Looking for Leaders for the Women's Sunday Run!

WTC is looking for women to lead Sunday morning long runs this summer and fall. The women's group meets on Sunday mornings at 9 am at Memorial Union (Langdon street entrance). The group agrees on a pace and distance depending on the goals and abilities of those taking part in that day's run. Then, they explore either the UW campus, arboretum and picnic point trails, Lake Monona Path, Southwest Path, as well as parts of Madison's east and west side.

Leaders will plan the route for a Sunday long run and send out an e-mail message to the club with information about the run on the Friday afternoon prior to the Sunday run. Contact Kelly Kovac if you are interested in becoming a leader for the Women's Sunday morning runs (e-mail president@witrackclub.org)

To receive messages regarding the Women's Sunday long run, as well as other general club announcements including social events, track events, etc., send a blank e-mail to wisco-tc-subscribe@yahoogroups.com.

The Wisconsin Track Club

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

The Back Page By John Lowrey

Trail Shoe Review

I tried the New Balance 907 trail shoe, which is an update from the 906. A soft arch support seems to do better than a hard rigid plastic one. This shoe is good for trail running, but it may take a while to adjust if you use it on pavement. It only comes in a 2E width, so this is a limitation if you have wide feet. I am also just starting to try the New Balance 781 trail shoe. Of all the trail shoes I have worn, this seems to be the best. It is light overall and seems to be equally at home on the trails and the roads. It also comes in a 4E width.

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.
