



July 2006

# The Moosletter

The Wisconsin Track Club monthly newsletter

## Summer Training

### Distance

#### Women

Distance runs at 6 am on weekdays. Contact Kelly Kovac (kakovac@wisc.edu)

#### Men

Informal workouts Tuesdays 6 pm at McClimon Track. Contact Jim Reardon (jcreardon@wisc.edu), Joe Binder, or Justin Wienke for details.

### Sprinters

Tuesday and Thursday at McClimon Track at 6 pm. Contact Dan Erickson (derickson1@wisc.edu)

Receive your

Mooseletter via email!

Contact Joe Binder @  
joe\_binder@gawab.com

*The July Moosletter was edited by Joe Binder and Justin Wienke.*

## Kettle Moraine 100s Race Report

*-by Shana Scheiber*

On June 2 I had the pleasure to participate in my first 100km solo trail run. For those of you that don't do metric conversions in your head, 100km = 62 miles. This 100km trail run was one of the four events that took place in the Kettle Moraine 100s Endurance Runs. Other events taking place at the same time included the 100mile solo race, and the 100 mile 4 person relay race and the 38 mile night fun run. All events except for the 100km solo race spanned two days, June 2<sup>nd</sup> and 3<sup>rd</sup>. The cut off time for the 100km was 18 hours and for the 100 mile it was 30 hours.

The Kettle Moraine 100's Endurance runs are sponsored by WTC. WTC members Jason Dorgan and Tim (Timo) Yanachek are the race directors. They really do a wonderful job putting on the race. They are both experienced/ accomplished ultra runners so are able to use their past running accomplishments to really make this race special.

This race started in the south Kettle Moraine Forest, Nordic Trail Head outside of Whitewater, Wisconsin. The 100km consisted of one out and back from the Nordic to the Scuppernong turn around. For the 100 milers a second out and back was added from the Nordic to the Rice Lake turn around. For the 38 mile night fun run, runners joined the 100 milers for the second out and back.

I would like to report that I finished the race in one piece with no injuries, no blisters, no stomach problems, and no bad trips/falls out on the trail. This was quite an accomplishment as my longest event I have done in the past was a 50 mile last fall of which blisters, stomach problems and tripping all occurred.

I had a great time out on the trail all day. And when I say all day I mean ALL DAY! I started running at 6am and by the time I made it home after the event it was dark.

The first 35 miles of the race were a total breeze I was feeling excellent and fresh the whole way. Everyone around me out on the trail was friendly, talkative and in good spirits. After the first 35 miles I did decide to take it down a notch thinking that it would save me a lot of energy for the last 12 miles of the race as it was my first time going over 50 miles. This was the point that the race started to spread out and there weren't as many people out on the trails. It was a good thing I slowed down because when I hit the 47 mile mark I had to take it down another notch as I started to not feel as perky. By the time I hit the 55 mile mark my muscles were not working as well and my brain power is about all I had to get me through to the finish line. Whew, what a tough race!

It was AWESOME that my family was there the whole time to help me through!!! They really kept me going, especially after that 47 mile mark. I felt like they were working harder than me at some points! I don't know what I would have done without them being there to dispense ibuprofen to me at check points or have a fresh pair of shoes ready to go for me after I ran through that swampy stretch for the second time.

In conclusion, I would recommend the Kettle Moraine 100s Endurance Races to any endurance runner ready for a next big challenge. Plus you really can't beat the fact that such a unique event is so close to Madison. For more information check out the event website (www.kettle100.com).

## Race Results

### WIAA State Championships

LaCrosse, WI 6/2-6/3 Div. 1  
Spencer Agnew 1600m  
4:37.01, 22nd

### Jacksonport MaiFest 2 Mi

Madison, WI 5/28/06  
Brian Mullen 12:15  
3rd overall and 1st in 30-39.

### Summer Track Series #1

Madison, WI 6/15/05

#### **PV**

Peter Dvorak 12'6"  
Matthew Premo 10'6"  
Geoffrey Premo 8'6"

#### **HJ**

Clarence Trinkner 4'2"  
Charise Mancheski 4'5"  
Luke Meeteer 5'8"

#### **LJ**

Charise Mancheski 14'1"  
Noah Meeteer 11'4"

#### **Shot**

Erik Schaefer 40'6"

#### **TJ**

Audrey Zaferos 26" 10½"

#### **110/100 H** (height varies)

Audrey Zaferos 18.33  
Charise Mancheski 19.55

#### **800m**

Stan Mathes 2:23.74  
Greg Kesling 2:50.05  
MaryAnne Hinkes 3:10.89

#### **400m**

Dean Thompson 1:01.21  
Erik Schaefer 1:04.37  
Clarence Trinkner 1:39.23

#### **100m**

Erik Schaefer 12.82  
Luke Meeteer 13.54  
Noah Meeteer 15.75

#### **Mile**

Ben Webb 4:42.52  
Bill Martin 5:15.75  
Scott Topel 5:32.00  
Dean Thompson 5:48.49  
Greg Kesling 6:13.99  
Mary Dumke 6:51.94  
Charise Mancheski 6:52.41  
MaryAnne Hinkes 6:54.07  
**3000m SC** (all 36")  
Joe Binder 11:09.39  
Matthew Giesfeldt 11:11.66  
Kristi Smith 13:53.77

### Summer Track Series #2

Madison, WI 6/29/05

#### **PV**

Matthew Premo 10'6"  
Geoffrey Premo 9'6"

#### **HJ**

Charise Mancheski 4'4"  
Edwin Burington 4'4"

#### **LJ**

Spencer Radel 21'10"  
Charise Mancheski 14'8"

#### **TJ**

Spencer Radel 41' 1/2"

#### **300m H**

Audrey Zaferos 54.8  
Kristi Smith 54.6  
Charise Mancheski 52.4  
Nicole Kornder 51.1

#### **200m**

Sean Topel 42.8  
Dean Thompson 26.1

#### **1600m**

David Hose 5:20.2  
Scott Topel 5:20.2  
Kristi Smith 6:11.8  
Mary Dumke 6:41.6  
**100m**  
Ethan Peters 11.6  
**110/100 H** (height varies)  
Nicole Kornder 17.2  
Audrey Zaferos 17.7

#### **3200m**

Jon Krupa 10:06  
Joe Binder 11:02  
Dean Thompson 12:47  
Shana Scheiber 13:11  
Tiffany Gerovac 13:52  
Kelly Aschbrenner 14:00  
Mary Dumke 14:10  
Ana Considine 15:14

### WI USATF Championship

Waukesha, WI 6/18/06

#### **Marv Ripp**

100m 15.87

200m 34.50

400m 1:13.3

Ethan Peters

100m 12.02

Clarence Trinkner

200m 42.68

400m 1:38.97

### Badger State Games

Madison, WI 6/25/06

Margaret Kaufman

100m 17.41

200m 37.39

Ibrahima Doumbya

100m 11.54

TJ 45' 4.25"

Jeffrey Frerks

100m 12.87

Clarence Trinkner

100m 19.95

200m 44.42

400m 1:44.00

HJ 4'2"

TJ 21' 7"

Dean Thompson

200m 25.88

400m 59.01

Stan Mathes

800m 2:28.72

1500m 5:05.00

Marv Ripp

800m 2:50.22

Discus 109'4"

Greg Kesling

3000m 12:23.04

Jeff Nickels

5000m 19:31.12

Matthew Premo

PV 9'6"

Peter Dvorak

PV 10'

Erik Schaefer

Discus 85'8"

Shot 33' 3.5"

Charise Mancheski

HJ 4'6"

LJ 14'4"

### Lighthouse Run 4 Mi

Racine, WI 6/17/06

Brandon Schultz 23:52 23rd

Alex Kirchner 27:15.5 63rd

### Grandma's Marathon

Duluth, MN 6/17/06

Tim Goihl 3:26:07

Chelsie Larsen 3:50:13

1/2 Marathon

Stephanie Kays 1:32:58

### Torture Trail 10k

Eatonton, GA 6/4/06

Eric Stabb 33:46

### Kettle Moraine 100km

Whitewater, WI 6/2-6/3/06

Shana Scheiber 13:45:56 5th

Peter Wadsack 14:11:38 2nd

### Wisconsin Senior Games

Milwaukee, WI 6/17/06

Margaret Kaufman

50m 7.6 1st

100m 15.1 1st

200m 37.7 1st

## July Birthdays

Bram Navsaria	July 1	Natasha Lewis	July 1	Jonah Van der Weide	July 4	Mraf Kidane-marian	July 4
Noah Van der Weide	July 4	Jeff Frerks	July 5	Barry Smanz	July 9	Wendy Richards	July 10
Wyatt Walkington	July 10	Karen Greuel	July 10	Ryan Premo	July 11	John Lowrey	July 14
Travis Bashaw	July 17	Erik Schaefer	July 18	Calle Schartner	July 19	Stephanie Kays	July 19
Ranla Huntington	July 21	David Hose	July 25				

## Upcoming Races:

### Summer Track Series

Final STS meet is July 13. Reg. 5 pm, Starts 5:30 pm  
Visit [www.witrackclub.org/events/sts.htm](http://www.witrackclub.org/events/sts.htm).

### Capitol Mile\*

Capitol Square, Madison. July 23, 4 pm.

### Oregon Fun Run\*

Kiser Park, Oregon. August 5, 8:30 am.

### Movin' Shoes Full Moon Run

Olin Park, Madison. August 9. Kid's Run 8:30 pm, 5k 9 pm.

### Depot to Depot 5 Mile\*

Black Earth, WI August 12, 8:05 am.

### Safe Harbor Run

What better way to say goodbye to summer running than with an end-of-the-season race? Come and have a great time at the Safe Harbor Run/Walk (and Tot Trot) to Benefit Kids! The Safe Harbor race will be held on Labor Day Monday, September 4<sup>th</sup> at Vilas Park at 9 AM. The 5K and 10K follow scenic routes through the UW-Arboretum and the Vilas neighborhood. Twenty minutes before the 5K and 10K start, there's a short Tot Trot for the little ones, who get a race bib just like the grownups...and even a medal! Best of all, the Tot Trot is free.

The cost is \$20 for early registration before August 28<sup>th</sup> and \$25 for late registration. Register on [active.com](http://active.com) or download a paper registration at [www.safeharbor-dc.org](http://www.safeharbor-dc.org). Skip the crowds on the morning of the race by picking up your bag ahead of time! Race bags will be available for pickup at Fleet Feet Sports from 10 AM to 6 PM on Saturday, September 2nd. Fleet Feet is located at 8440 Old Sauk Road in Middleton.

Proceeds from the race help support Safe Harbor, a child advocacy center that provides services to child abuse victims and their families.

\*Madison Area Running Series event

## Dog Protection —by John Lowrey

As my wife was walking on our condo sidewalk-she was attacked by a dog and needed 15 stitches in the emergency room. As I often train on a bike path and on trails-I thought perhaps a few thoughts on what to carry might be useful. I brought a dog spray at Middleton Cycle Shop (on University Avenue). It does have a place to attach it to your shorts. Mine feel off when I twisted and so the following might be of some help. I wear a amphipod belt and brought a fuel belt pouch (for MP3 players) at fleet feet and it fits right into it. I now have it handy whenever I need it. If you are unsure about the pouch-Jessica at Fleet Feet has seen it on me. The dog spray might also be useful in case you run into aggressive individuals.

## WTC Briefs —by Joe Binder

### New Capitol Mile Sponsor

Fitness Together of Middleton has stepped up as a sponsor for the 2006 Capitol Mile. Fitness Together offers one-on-one personal training in fully equipped private training suites to develop an individualized program for you. Learn more about their offerings at [www.ftmiddleton.com](http://www.ftmiddleton.com).

### Preliminary Fall XC Schedule

UW-Parkside Midwest Collegiate 9/16

Sean Earl Invite (Loyola, Chicago) 9/30

Ripon College 10/7

Midwest College Club Cross Country Championship 10/15

Fall Scramble (Madison) 10/29

MATC Turkey Trot (Madison) 11/4

WI USATF Championship (Madison) 11/5

The 10/15 meet a.k.a. MC5 is at Ball State University in Muncie, IN, and is planned as an overnight trip. WTC is taking advantage of our status as a UW registered student organization and requesting funding for the trip.

Eric and Katie Stabb pose with a cow in the Putnam Co. Dairy Festival after the Torture Trail 10k



# The Wisconsin Track Club

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[www.witrackclub.org](http://www.witrackclub.org)  
Visit our Web site for  
updates.

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## The Back Page By John Lowrey

### **New Products:**

Sport beans has now come out with 2 additional flavors. The flavors are fruit punch and berry blue. Both taste good and would be good on a long run. I often used the sport beans when I am on the elliptical glider for a hour or more. Walgreens has the lemon-lime and the orange and hopefully soon will have the two new flavors. Amphipod has come out with a new arm pod to hold your mp3 player. It goes on the upper arm and I have found it quite stable and protects your player from water and sweat. It has a detachable cover and a velco strap to hold your excess cord. This is one of the best arm pods I have tried. Future ones are looking at a place to hold a extra battery. This product can be found at Fleet Feet and the web site for it is: [www.amhipod.com](http://www.amhipod.com).

### **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](mailto:wisco-tcsubscribe@yahoogroups.com). To remove your email address from the list, send a blank email to [wisco-tc-unsubscribe@yahoogroups.com](mailto: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](mailto:wtc-cross-subscribe). To remove your email address from the list, send a blank email to [wtc-cross-unsubscribe](mailto:wtc-cross-unsubscribe). Please note if you add your email to [wtc-cross](mailto:wtc-cross) it will be automatically added to the [wisco-tc](mailto:wisco-tc) group. Likewise, if you remove yourself from the [wisco-tc](mailto:wisco-tc) group, you'll automatically be removed from [wtc-cross](mailto:wtc-cross).