



July 2007

# The Moosletter

The Wisconsin Track Club monthly newsletter

*Capitol Mile on July 29th—STS photos and results inside!*

## Summer Training

WTC has access to the McClimon Track from 5:30-7:30 pm on Tuesdays throughout the summer, except during the construction work planned for July. Contact Jim Reardon (jcreardon@wisc.edu) for more details.

Receive your Moosletter via email! Contact Pat Cowlin (cowlin@wisc.edu).

*The July Moosletter was edited by Anthony Cefali and Joe Binder*

*Please send Moosletter contributions to Joe at joe\_binder@gawab.com*



*Asst. Asst. Coach Wienke and his crew*

## The Capitol Mile is Coming—Paul Turpin

The 13<sup>th</sup> running of the Capitol Mile will be held Sunday, July 29 on the Capitol Square in downtown Madison. We have over 100 pre-registered runners and walkers. If you are not participating, please come to volunteer or to watch. We moved events up by an hour this year, with registration starting at 1:00 and the first race at 3:00. If you would like to volunteer, contact Paul at paul.turpin@rmtinc.com. We are expecting strong competition for the School Participation Award, a \$500 donation to the school with the most participants, with \$250 for the school with the second most participants. Last years inaugural winner, Madison's East High School, vows to repeat.

The Achilles Track Club, led by Coach Kim Virden, is bringing a strong contingent of participants for the 2:00 walk, as well as several runners. Plan to come early to cheer on these motivated athletes.

For 2007, we have a new sponsor, Brian and Sherry Austin's Elements Therapeutic Massage, who recently

opened on the west side of Middleton. They will bring therapists to the event for those who overdo it. Our primary sponsors are again Fitness Together, personal fitness trainers located in Middleton and Fitchburg, and The Great Dane Pub & Brewery, now with three locations in the Madison area. Fleet Feet Sports Madison supports the event in many ways, including their very popular miler-in-training program which is bringing 44 runners to the Capitol Mile. Thorstad Chevrolet is also contributing towards to School Participation Awards. All sponsors are providing coupons, door prizes, or goodie bag items. Culligan Water is again providing bottled water.

We are also pleased that Jon Krupa and Sports Management Associates will be providing chip timing again this year. The event is also the Wisconsin State Mile Championship as designated by USATF, and is a cornerstone of the Madison Area Running Series.

## July Birthdays

Bram Navsaria	July 1	Ryan Owen	July 17
Natasha Lewis	July 1	Travis Bashaw	July 17
Jorjio Hopkins	July 2	Ranla Huntington	July 21
Thomas Furbee	July 8	Angie Parker	July 22
Wyatt Walkington	July 10	Dinorah Melendez	July 24
Tim Feyereisen	July 13	Julia Wanke	July 27
John Lowrey	July 14	Bryan Long	July 30

## Tartan and Tarmac

### Lighthouse Run 4 mi

Racine, WI 6/14/07  
 Brandon Schultz 22:57 18th  
 Alex Kirchner 28:16 81st  
 Carl Fergus 31:11 167th  
**Optimist Independence 10k**  
 Milton, WI 7/4/07  
 Zach Bruns 33:43 3rd  
 Dallas White 34 something, 4th

### Diva Dash 5k

Middleton, WI 7/14/07  
 Kristine Guderyon-Goetz  
 22:31 13th  
 Laura Clark-Taylor 23:13 15th  
 John Lowrey 33:14 2nd AG

### Alex Devinnv Memorial 4k Run

Parkside, WI 7/14/07  
 Claire Lidester 17:35  
 Audrey Zaferos 17:55  
 Nicole Kornder 19:10  
 Alex Kirchner 16:40  
 Tiffany Gerovac 20:24  
 Carl Fergus 15:41

### Wisconsin Senior Games

Madison, WI 6/16/2007  
 Margaret Kaufman  
 50m 7.7  
 100m 16.44  
 200m 36.00  
 Stan Mathes  
 800m 2:33.90  
 1500m 4:50.00  
 Clarence Trinkner  
 100m 16.03  
 200m 36.47  
 400m 97.00  
 HJ 4-00  
 LJ 10-10.50  
 Shot 27-8.00

### WI USATF Outdoor Championships

Waukesha, WI 6/17/2007  
 Margaret Kaufman 100m 17.21  
 Jeff Frerks 100m 12:46  
 Ryan Owen  
 200m 25.68  
 110m H 18.19  
 Marv Ripp  
 200m 30.54  
 1500m 6:25.47  
 LJ 3.65m  
 Discus 31.60m  
 Javelin 29.39m  
 Clarence Trinkner  
 100m 19.67  
 110m H 23.68  
 400m H 76.99  
 HJ 1.17m  
 LJ 6.75m  
 Stan Mathes 800m 2:20.75  
**STS #1**  
 Madison, WI 6/14/07  
**HJ**  
 Clarence Trinkner 3'8"  
**"Short" hurdles**  
 Clarence Trinkner 80/30" 22.9  
 Charise Mancheski 100/33"  
 16.5  
 Ryan Owen 110/39" 16.1  
**800m**  
 David Hose 2:20.6  
 Jon Krupa 2:08.0  
 Adam Burrack 2:06.7  
**400m**  
 MaryAnne Hinkes 83.9  
 Dean Thompson 58.5  
**100m**  
 Mitchell DeVriendt 12.0  
 Dan Albright 13.5

### **1500m**

Audrey Zaferos 5:27.3  
 Ben Schoener 4:38.1  
 Jon Krupa 4:22.9

### **5000m**

MaryAnne Hinkes 22:54.7  
 Greg Kesling 21:57.1  
 Dean Thompson 20:40.7  
 Justin Wienke 20:31.8

### **STS #2 (rain-shortened)**

Madison, WI 6/21/07  
**300m H** Ryan Owen 45.0

### **STS #3**

Madison, WI 6/28/07

### **Discus**

Marvin Ripp 32.3

### **110m H**

Ryan Owen 16.64

### **200m**

Mitchell DeVriendt 25.02

Bill Feyereisen 26.11

Justin Wienke 27.00

### **1500m**

Bill Feyereisen 5:10.61

Marvin Ripp 6:42.01

### **100m**

Mitchell DeVriendt 12.51

### **3000m**

Greg Kesling 12:13.86

MaryAnne Hinkes 13:07.18

### **300m H**

Ryan Owen 44.00

### **4x400m**

Team Gabriel inc. Wienke and Samz-Pustol: 5:35.97

**Thanks to Jim Reardon, meet director, and all the other brave STS volunteers!**

### **Badger State Games**

6/23/07

### **100m**

Jeff Frerks 12.32  
 Clarence Trinkner 18.19

### **110m H**

Clarence Trinkner 18.44  
 Ryan Owen 16.70

### **200m**

Jeff Frerks 25.62

### **400m H**

Ryan Owen 67.42

### **800m**

Stan Mathes 2:21.95

### **1500m**

Stan Mathes 4:58.99

### **HJ**

Clarence Trinkner 3'10"

### **LJ**

Ron Utz 5.12m

Marvin Ripp 3.67m

### **TJ**

Ron Utz 10.00m

Clarence Trinkner 6.46m

### **Discus**

Marvin Ripp 32.94m

### **10k Road Run**

Greg Kesling 42:38

MaryAnne Hinkes 47:09

### **Pasco XC Series #3—2 mi**

Tri-Cities Intl' XC Course, WA  
 7/19/07

Joe Binder 10:35 1st

I apologize in advance for any errors or omissions. No longer the membership coordinator, it is harder for me to keep up with members and spot their race results—Joe



## Upcoming Races **WANTED: Cool Runner**

### Capitol Mile\*

Madison, July 29th, 3 pm.  
[www.witrackclub.org/events/capmile.htm](http://www.witrackclub.org/events/capmile.htm)

### Full Moon 5k

Olin Park, Madison, Aug. 1, 9 pm  
[http://movinshoesmadison.com/full\\_moon.htm](http://movinshoesmadison.com/full_moon.htm)

### \Oregon Fun Run 5k/10k\*

Oregon, Aug. 4, 8:30 am  
<http://teachers.oregon.k12.wi.us/leut/funrun/>

### Depot to Depot 5 mi\*

Black Earth, Aug. 11, 8:05 am  
 Registration 6:30 am.

### Cow Chip Classic 5/10k\*

Prairie du Sac, Sept. 1, 8 am  
<http://www.wiscowchip.com/classicrun.htm>

### Midwest Collegiate XC

UW-Parkside, Sept. 15, 11 am.

### Zoo Run Run 5k, 10k

Madison, Sept. 23  
[http://www.active.com/event\\_detail.cfm?event\\_id=1467298](http://www.active.com/event_detail.cfm?event_id=1467298)

Purpose: Run with cool guy named David

When: This fall cross-country season  
 Tues and Thurs afternoons  
 About 3:30-6 pm

Why: 'Cuz running is sweet and Madison Memorial High School prefers David have a companion during practice and race events

Why is that? David is an energetic and friendly high school lad. However, he is autistic and thus sometimes needs a buddy by him to keep him focused, help him remember which way to turn around a yellow flag, and remind him to look out for traffic during distance runs.

What's in it for you: Paid compensation through Madison Metro School District or the Family Support and Resource Center of Dane County....AND....getting in some runs...AND...getting to know a great guy and helping him just be a high school athlete.

Interested? Contact Justin Wienke, WTC member, at [jrwienke@wisc.edu](mailto:jrwienke@wisc.edu) or 262-391-1352 OR Cathy Van Lueven (David's Mom) at [dv anl@chorus.net](mailto:dv anl@chorus.net)



\*MARS Event

### 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@yahoo.com](mailto:wisco-tcsubscribe@yahoo.com). To remove your email address from the list, send a blank email to [wisco-tcunsubscribe@yahoo.com](mailto:wisco-tcunsubscribe@yahoo.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).

# 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 Product:** Polar Fusion has come out with a new product. It has the Tiger Tail rolling muscle massager (like the stick currently on the market). The new product is the Tiger Tail Baby which is round and fits in the palm of your hand. It is a massager also. This is a nice product for short muscle massage. It would also be nice to take to races. Currently you can only order this thru the website-[www.polarfusion.com](http://www.polarfusion.com)

