



June 2006

The Moosletter

The Wisconsin Track Club monthly newsletter

Summer Training TO BE ANNOUNCED Distance

Women

Contact Kate Cooper or Kelly Kovac (kakovac@wisc.edu) regarding distance runs

Men

Contact Jim Reardon (jcreardon@wisc.edu), Joe Binder, or Justin Wienke for groups runs

Sprinters

Contact Dan Erickson (derickson1@wisc.edu)

Receive your Moosletter via email!
Contact Joe Binder @ joe_binder@gawab.com

The June Moosletter was edited by Joe Binder and Justin Wienke.

Running Bliss: The Pheasant Branch Conservancy

-by Kelly Aschbrenner

The Pheasant Branch Conservancy is a natural area located on the north side of Middleton, Wisconsin. Although surrounded by urban development, the conservancy contains a marsh, springs, prairies, meadows, lowland forest and wooded hills. The Dane County property at the northern end of the conservancy includes a prominent hill with a group of Indian mounds and an observation platform overlooks the marsh. Southeast of the hill, another observation platform allows visitors to view one of two large sets of springs in the conservancy. The Dane County Parks Department, the City of Middleton and the Wisconsin Department of Natural Resources each own a portion of the conservancy but this 550-acre natural area is managed as a single unit by city and county staff, with the help of volunteers (www.pheasantbranch.org).

I was recently introduced to the Pheasant Branch Conservancy by fellow WTCer Sandy Gregorich. After two days of steady rainfall we expected that

standing water in the UW arboretum trails would be too much for even mud-lovin' women like us to bear for a 75 minute run. Sandy suggested that we head west of campus to the multi-use trails of the Pheasant Branch Conservancy. I did not expect much from a conservancy that I hadn't heard mentioned by a single runner during my three year tenure as the WTC President, but I knew that my adventuresome partner would not let me down.

We explored the signed trailheads that wind through the conservancy's lowland forest and restored prairies. We followed the trail outlined on this map provided by the friends of Pheasant Branch: (www.pheasantbranch.org/conservancy/directions.htm). The wide trails were plenty comfortable for two runners traveling side by side, and the crushed rock seemed dry despite the recent rainfall. The view was breathtaking, both in the forest and out on the prairie. It was a refreshing get-away without having to go far away from campus. The Pheasant Branch Conservancy is a must run for WTCers!

The 12th Annual Capitol Mile *-by Paul Turpin, race director*

The 12th running of the Capitol Mile will be on Sunday, July 23, 2006. Several new features are in place for this year. First, we have chosen to hold the event on Sunday to give us more time to set up without having to kick off the farmers after the Farmers Market. We hope that we will also get more runners as we are not competing with other Saturday events. Secondly, we are offering a Participation Award of \$500 to the school with the most student participants. The award is made possible with donation from Thorstad Chevrolet and club-member Bill Widmann. Letters were sent to all area high schools and middle schools announcing the program. We expect that the program will grow with additional sponsors and increased youth participation in the years to come.

For the second 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. The Wisconsin USATF is promoting the Capitol Mile on their web site and brochure that was mailed to all Wisconsin USATF members. Note that you do not have to be a USATF member to run the race.

I am pleased that again this year Fleet Feet Sports Madison is having a Miler in Training program. The cost of the program also includes the entry fee to the Capitol Mile. Matt and Jessica Anderson, Matt Groose, and other coaches are leading approximately 30 runners through a 6-week training program leading up to the Capitol Mile.

Rather than having separate elite races this year, the fastest runners will run in the open races. The top prize is \$200 for the fastest male and female runners. Long-time financial sponsor the Great Dane Pub and Brewing Company contributed funds to enable the event to continue to offer prizes and help to cover event costs. (*continued on back page*)

Race Results

Send results to Joe Binder (joe_binder@gawab.com). I apologize for any errors or omissions.

Mad City Marathon

5/28/06 Madison, WI
1/2 Marathon
 Doug Bucholtz 1027th 2:15:36
 Kristine Guderyon-Goetz
 474th 2:00:07
 Peter Wadsack 843rd 2:09:53
 Shirley Crocker 172nd 1:48:07
 Amy Clements 1867th 2:49:31
 Shannyn Magee 915th 2:12:05
 Stephen Gaffield 82nd 1:40:15
 Tom McClintock 1012th
 2:15:53
 Kirstin Stein 257th 1:51:39
5k
 Marv Ripp 127th 36:04

Meriter Nurse's Run

5/11/06 Madison, WI
5k
 Kelly Aschbrenner 24th 23:20
10k
 Joe Binder 1st 33:09
 Max Harn 2nd 33:41
 (continuing the fierce rivalry)

Race for the Cure 5k

6/3/06 Madison, WI
 (places in age group)
 Laura Clark-Taylor
 3rd 22:09.2
 Sam Batzli 19th 22:12.7
 Rachel Tefft 3rd 20:34.2
 Shirley Crocker 62nd 27:53.8
 Marvin Ripp 25th 23:20.3
 Christine Lucas 161st 30:05.6

Lake Monona 20k

5/6/06 Monona, WI
 Shirley Crocker 11 1:31:37
 Stephanie Kays 38 1:28:37
 Frank Brodkey 6 1:34:58
 Charlie Sanders 122 1:43:44
 MaryAnne Hinkes 125 1:52:05
 Shana Scheiber 134 1:38:47
 Noreen O'Connor-Topel
 315 2:03:47

UW-Lacrosse Last Chance

5/18/06 Lacrosse, WI
 200m Dean Thompson 25.99
 800m Adam Burrack 2:07.16

Wisconsin Twilight

5/6/06 Madison, WI

Women

100m Hurdles

Audrey Zaferos 17.50
 Nicole Kornder 17.55

400m Hurdles

Audrey Zaferos 1:11.59
 Nicole Kornder 1:12.29

800m

Claire Lidester 2:28.70

4x400m 4:51.70

Claire Lidester, Nicole
 Kornder, Audrey Zaferos,
 Claire Lidester

Men

100m

Ernest James 11.63

200m

Dean Thompson 26.08
 Erik Shaefer 28.01

800m

Pat Cowlin 2:01.09

1500m

Zach Bruns 4:08.02
 Ben Webb 4:14.46
 Devon Palmer 4:22.64
 Brandon Schultz 4:23.56
 Ben Schoener 4:28.92

Pat Cowlin 4:30.26

5000m

Max Harn 15:41.06
 Joe Binder 15:48.68
 Joel Wood 15:50.21

4x400m 3:44.63

Zach Bruns, Devon Palmer,
 Ben Schoener, Brandon
 Schultz



Summer Track Series Events:

All meets include turbo javelin, HJ, LJ, TJ, PV, shot, discus, and 50yd dash for ages 7 and under.

6/15 and 7/13: 110/100m H, 800m, 400m, 100m, Mile, Sprint Medley (100/100/200/400), 3000m Steeplechase

6/29: 300m H, 4x100, 200m, 1600, 100m, 3200m, 4x400m

7/6: 110/100m H, Mile, 400m, 100m, 400m H, 3000 MAFS, Sprint Medley (200/200/400/800)

June Birthdays

Fred Swanson	Jun 1	Lyndsay Smanz	Jun 4
Kevin Radel	Jun 5	Chris Haskett	Jun 8
Tiffany Gerovac	Jun 9	Douglas Bucholtz	Jun 9
Tom McClintock	Jun 13	Joe Nelson	Jun 13
Anders Corbett	Jun 14	Heywot Kidane-mariam	Jun 16
Peter Wadsack	Jun 17	Noreen O'Connor-Topel	Jun 19
Ben Schoener	Jun 19	Amy Jacobs	Jun 19
Justin Wienke	Jun 20	Kelly Scanlin	Jun 20
Erick Monsen	Jun 21	Kelly Greuel	Jun 22
Shea Topel	Jun 22	Adam Bechle	Jun 23
Wanda Meeteer	Jun 23	Ed McManus	Jun 24
Rachel Tefft	Jun 25	Nicole Kornder	Jun 25
Spencer Agnew	Jun 30		

VP Wienke



Upcoming Races:

Summer Track Series

June 15 (including high-performance meet), June 29, July 6 (MARS 3k)*, and July 13. Reg. 5 pm, Starts 5:30 pm
Visit www.witrackclub.org/events/sts.htm.

*Madison Area Running Series event

Great Midwest Relay June 9-10

90 miles (up to 12 participants per team). Madison, near late Monona 7am Joe Pulizzano, 608-219-4613; 608-235-5469 jpulizzano@yahoo.com, www.greatmidwestrelay.com

Mukwonago Village Run Sat., June 10

Mukwonago High School; 5k r/wk 8:30am. 1k youth 12- 9:15 \$10, \$15 raceday. \$5/youth Contact: Bruce Lammers 262 363-5340 Email:bmlammers@elknet.net

Dandelion Dash, Sat., June 10

5K, 10K Yahara Place Park, 8:30am Fritz Hastreiter 279-9549

Hometown USA Veteran's Memorial Run Sun., June 11

10K, 5K run/walk, 1.2 mi run Harriet Park, Verona, 7:45am Peter or Betsy Aarsvold. 845-3755. paarsvold@tds.net

Strawberry Fest Run/Walk Sat., June 17

Sun Prairie, Colonial Club Senior Ctr, 301 Blankenheim 5k, 10k, 1mi r/w 8am. reg 7--Fees:\$15, \$18 raceday Cindy Seibel 608-837-4611x101 Email:ccseibel@yahoo.com

Pleasant Prairie Father's Day Dash, Sat., June 17

5K, 2.3 mi. Prairie Springs Park \$15/\$20 ajilson@plprairiewi.com

Badger State Games June 18 and 23

Madison (Triathlon on June 18), Verona (5K/10K June 23) Badger State Games Email:SportsInWisconsin.com

The 2006 WTC Summer Track Series is kicking off!

Looking for some summer competition or just a low-key, fun-filled track meet? The WTC summer track series offers it all! Come in your training shoes or lace up your spikes for events from the 100m dash to the Steeplechase. WTC will be hosting four, open to the public, summer track meets running June through July at our very own McClimon Track. We are welcoming both participants and volunteers. Come take part, and encourage friends/family...adults and kids alike...to come along! See "upcoming races" and The Wisconsin Track Club website for more information.

The Vice Prez' Corner

-by Justin Wienke

Over the last month, my eyes have been opened to a completely different type of gift that running can give to a person's life. Many use running as a stress reliever, some use it to push their bodies and to compete, while others may see their trials and training as a metaphor for life. However, throughout my first month of working with a fantastic young man who has grown up diagnosed as autistic, running serves as one of his few ways to really just fit in, be a part of a team, and just be one of the guys.

I had the opportunity to race alongside my new friend at his JV conference track meet as well as attend one of his high school track practices. I have to say that my respect for the Madison running community only grew stronger when I saw how well coaches, parents, and teammates alike accepted and cheered on my new friend. Even though this young man doesn't "train" like many of us do, doesn't evaluate the status of his aerobic base or lactate threshold, he derives the same joy and pleasure from this pastime of ours. Even with the obstacle that he lives with on a daily basis, he has competed in both cross-country and track.

I guess I really saw the power of running when I mentioned the Summer Track Series to my friend. Running at a track meet with a bunch of other people there to cheer him on? His eyes lit up and he can't wait to compete. I'll say one thing: I never saw any one individual more excited to be awarded a WTC "Cow" jersey! I personally can't wait to see what adventures running leads us on as our relationship continues. We hope to participate and help at the last three Summer Track Series meets.

Moving on, we had a very exciting event take place this past month within our WTC community. Ms. Kelly Kovac, our very own President, became Mrs. Kelly Aschbrenner. Congratulations! As a spectator, I must say the bride looked very beautiful, and acted with both grace and fun-lovin' personality with her guests. Distance coach Jim Reardon manned the DJ duties, announcing the entrance of the wedding party to the theme of Rocky and playing dancing tunes through midnight. Several WTC guests danced the night away to the sounds of the '50s through today! Speaking of dancing, the groom and his former Eau Claire running teammates put on a very "festive" display. They carried on a traditional dance entitled "KBD", ...and...I guess I felt like I witnessed a dance that maybe only Kelly should have been entitled to (wink). See the lovely bride for more info.

Until next month, you stay classy Wisconsin Track Club.
-Vice Prez Justin Wienke

Vice Prez' Male Student "Cow" of the month: Distance runner Joel Wood. Joel set a new personal record at the Wisconsin Twilight Meet. With a fierce surge down the final 100 meters, Joel bested his previous PR in the 5K by turning in a very impressive 15:50.21...Way to go Joel! Good luck with your summer training,. We can't wait to see what you can do this upcoming cross-country season!

Vice Prez' Female Student "Cow" of the month: Sprinter Claire Lidester. Claire displayed one of the most inspirational performances at this year's Twilight Meet. With the combined strength of her athletic ability and spirit, this speedster gave her all in the 800m and twice...yes TWICE...in the mile relay (it was not déjà vu). To my favorite lead-off AND anchor leg, nice job Claire!

The Wisconsin Track Club

BOX 60
227 N RANDALL AVE.
MADISON, WI 53715



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

The Back Page By John Lowrey

New Products:

Amphipod has come out with a micropack satellite that clips to your shorts. No more belts. It has two pockets—one with a zipper. It can hold small mp3 players and like items. This is also good for change, keys, and spare gel powders you might need. This item can be found at Fleet Feet and the Amphipod site is www.amphipod.com. On the shoe side New Balance will be coming out with the 720. It is a update to the 718. This is a cushioned shoe and the big news is NO SEAM across the tongue. If you have a high arch this is a welcome relief. I have used it in a race and found it comfortable. I think it could be used for 5k on down and for you light-weight individuals probably up to a 10k.

Bored with your current running ROUTINE? Spice it up this summer with outdoor cross-training!!

This fun and exciting workout is meant for regular runners and utilizes running, sports drills, plyometrics, and resistance training, all in the beautiful setting of Elver park on Madison's west side. It is a great complement to most running programs.

Instructor: Dean Thompson is a certified personal trainer and college instructor with a B.S. and M.S. in Exercise Science and 15 years experience in the fitness industry. Classes are held every Saturday @ 9am now through August. Free for WTC members (\$5/class for non-members). Each class meets @ the Elver Park Hill.

For more info or to register, contact Dean at 414-350-0981 or dthompson1@wisc.edu.

(continued from front) The Best Western Inn on the Park will provide rooms for out of town elite athletes. Culligan Water, State Street merchants, Fleet Feet, Brooks Shoes, and Stella's Bakery are providing water, food, and door prizes.

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

Race day registration starts at 2 p.m. The Kid's Dash is at 4, followed by youth boys and girls, open men's and women's races, and lastly the Masters race, for runners over 40. 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, with higher entry fees on race day.

To volunteer, contact Sandy Gregorich at 827-8927, or Paul Turpin at 358-1770.