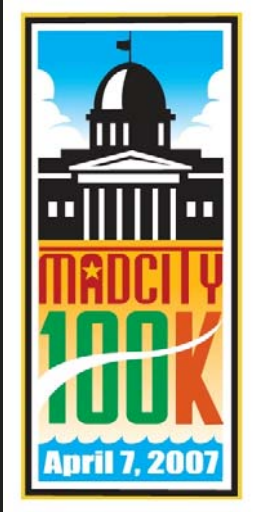




March 2007



Spring Training

Distance

Women

Workouts M 5:30/W 5:15 pm at the UW Shell. Also Saturday workouts as needed.

Coach Kelly Aschbrenner (kaschbrenner@wisc.edu)

Men

Workouts M/W 5:30 pm at the UW Shell. Runs (6-9 mi) T/R 5:15 pm from the Mem. Union. Coach Jim Reardon (jcreardon@wisc.edu).

Sprinters/Jumpers/Throwers

Contact James Hegeman (hegeman@wisc.edu)

Speed/Strength Drills

6 pm R at the Shell. Coached by Dean Thompson. (dthompson@wisc.edu)

Pole Vault

WTC is looking into organizing vaulting for spring 2007. Contact Joe Binder if interested. (joe_binder@gawab.com)

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

The Moosletter

The Wisconsin Track Club monthly newsletter

Mad City 100k coming up in April—see page 2!

Yours in Running - Justin Wienke

The Madison running community and maybe even the whole Wisconsin running community appears to have a bit more toughness to it...or maybe commitment...quantity....versus what I could gather from the Austin, TX running community.

In my latest installment of "Chasing Allison," I spent the last 6 weeks down in Austin after graduating from UW's Kinesiology program. While "chasing" the PhD student who almost got away, I got to immerse myself in another big campus atmosphere. I ventured out through the campus and city on morning runs, afternoon runs, evening runs...you name it...every time of day. I even got in some cycling to cover more ground (after my patellar tendon became aggravated). What I observed was a stark contrast in the number of fellow runners I got to nod to along my routes.

Example: Austin got a bit of a frost over where temperatures reached down to freezing and some icy patches formed in various places along roads and sidewalks. School was closed for 2-3 days as salt and sand trucks are not a big part of the city budget. I set-out on a couple of 60-minute runs during that time span and never once came upon a fellow runner outdoors. Where was everyone? This was in the early part of my trip. Once it warmed back up to 50-

60 degrees I was sure that I would see the masses out once more. Not so. In contrast, my 45-minute jaunt through the snow and slushes of Mad-town, USA on the night of Feb. 25 led to me witness at least four other souls out there running with me. There were probably more in daylight. On any average day, I usually come upon at least 5 or 6 other runners around this town. So, that is just a compliment paid to you all based on unreliable and biased data. If anyone ever does venture down to Austin, I highly recommend runs around their Capitol, around the city park trail in Zelker Park that goes along "Town Lake" (offers a great view of the city skyline), and through the Hemphill Park Neighborhood (their version of a Vilas neighborhood) to check out some nicer, older Texas homes from the early 20th century. If you have access to a road bike, all of west Austin is breath-taking as you can climb roads rising above the scenic Texas Colorado River.

As for me, I now look forward to the last winter running days in home, sweet home Madison, WI. My aspirations to chase and woo Allison are still intact, and my "charm" appears to be working. I wish a great month of running to everyone. I hope that the indoor season was a success for our tracksters.

The March Moosletter was edited by Tina Khera and Joe Binder



INAUGURAL MAD CITY 100K 2007 100 KM ROAD CHAMPIONSHIPS

USATF has approved the bid of the Mad City 100K to be the 2007 National Championship 100-KM Road Race. The Mad City 100K will take place in Madison, WI, on Saturday, April 7, 2007, with a 6:30 am start time. The race is open to all runners; however, to be eligible for national championships and prize money, individual runners must be registered members of USATF. A purse totaling \$9,650 will be awarded, with \$2,000 to the first place male and female. **For the year 2007 USATF members will compete for prize money in both male and female categories as follows: 1st \$2000; 2nd \$1200; 3rd \$750; 4th \$500; 5th \$250; 6th \$125.**

Tim ("Timo") Yanacheck, co-race director of the Kettle Moraine 100, will be race director of the Mad City 100K.

There is also a citizen 2-10 person relay with male, female and mixed categories. Jason Dorgan will assist if you are looking to form a team *or* are looking to join a team. If you're among the *Mad City 100K "Lonely Feet Club,"* please contact Jason: jayfromwisc@yahoo.com.

From www.madcity100k.com. For e-Moosletter recipients, the entry form is attached. Otherwise visit the website or contact Joe Binder for paper form.



Stuff U Should No About Yourself: What causes Delayed-Onset Muscle

~James Hegeman

Delayed Onset Muscle Soreness (DOMS), the soreness sometimes experienced a day or two after a hard training session, is related to microscopic tearing of the muscle fibers. It is not caused by lactic acid. This tearing is not necessarily a bad thing, as damage to the muscle fibers is a prerequisite for growth and adaptation. The body responds to microscopic damage by replacing the damaged portion of a fiber with new, slightly longer, muscle tissue.

Eccentric contractions, where the muscle produces force while lengthening, are associated with the largest amount of delayed onset soreness. Examples of such contractions include the deceleration of hip flexion and knee extension by the hamstrings during the recovery portion of the running stride. As the leg comes forward, the lower leg swings away from the thigh, and the hamstrings control this process and prevent hyperextension of the knee.

Next: How are muscle fibers organized?

Tartan and Tarmac

Valentine's Day 5k Madison, WI 2/10/07	4x400m Scott Allen, Sam Keepman, Josh Carlson, Nick Burant 3:40.66 6th	Men 1 Mile Scott Allen 4:30.38 2nd Ben Schoener 5:00.51 4th Suresh Murty 5:13.67 5th
Joel Wood 16:11 2nd Zach Bruns 16:59 4th Dallas White 17:22 6th Sam Keepman 19:13 19 Anthony Cefali 19:37 25 Kristine Guderyon-Goetz 22:44 67th	TJ Josh Carlson 12.19m 7th	800m Pat Cowlin 2:04.92 3rd Nick Burant 2:05.20 4th Sam Keepman 2:06.74 6th Suresh Murty 2:23.08 9th
Carthage Gill Last Chance Meet Kenosha, WI 3/2/07	Wisconsin Open Madison, WI 2/16/07	3000m Dallas White 9:29.54 3rd Joe Binder 9:30.42 4 th
1 Mile Scott Allen 4:28.48 2nd Joel Wood 4:35.87 5th Zach Bruns 4:38.45 8th	Women 200m Nicole Kornder 29.85 7 800m Audrey Zaferos 2:34.03 2nd Claire Lidester 2:34.04 3 Kaitlyn Buck 2:40.88 4	60m H Josh Carlson 9.35 10th 4x400m Pat Cowlin, Sam Keepman, Josh Carlson, Nick Burant 3:39.58 6th
800m Nick Burant 2:05.26 16 Sam Keepman 2:06.55 20th Brandon Schultz 2:09.27	4x400m Zaferos, Buck, Kornder, Lidester 4:33.83 3rd	HJ Josh Carlson 1.85m 4th
5000m Dallas White 16:23.92 4 Zach Bruns 17:26.03 8th		

Antelope Man ~ Jim Reardon



Upcoming Races

Augustana Early Spring Opener
March 24. Register through WTC.

USATF National Championship
Road 100k/Mad City 100k,
Madison, April 7. 10 laps of Lake
Wingra RD Timo Yanacheck is a
WTC member and is looking for
volunteers: e-mail John Selbo at
burnie1436@sbcglobal.net.
www.madcity100k.com

Black Earth 10 Mi, Black Earth.
April 7. Registration 8 am, race
10 am. *MARS Event

UW-Platteville Invite, April 14.
Register through WTC.

Phil Esten Challenge, La Crosse.
April 20. Register through WTC.

Keck Ecumenical, Bloomington,
IL, April 21. Register w/ WTC.

UW-Oshkosh Invite
April 28. Register through WTC.

Crazylegs Classic, Madison. April
28, 10 am. www.crazylegs.com

Wisconsin Twilight, Madison.
May 5. Register through WTC.

Lake Monona 20k, May 5.
Reg. 7:30 am, race 9 am. *MARS
Event*
[http://www.runmadison.org/
lm20km/](http://www.runmadison.org/lm20km/)

March Birthdays

Claire Lidester	Mar 2	Amelia Braman	Mar 16
Edwin Burington	Mar 3	Sean Topel	Mar 16
Kristen Jacobson	Mar 3	Ronald Utz	Mar 16
Austin Scieszinki	Mar 7	Josh Carlson	Mar 17
Brittany Gerovac	Mar 7	Jonathan Krupa	Mar 17
Lexi Frerks	Mar 9	Tiffany Frerks	Mar 23
Nicollette Scieszinki	Mar 10	Mary Dumke	Mar 24
Ibrahima Doumbya	Mar 10	Tiffany Grosspietsch	Mar 26
Scott Olberding	Mar 15		

Through Running of the 1000 mile Ice Age National Scenic Trail by Jason Dorgan

This article is to let you know about my upcoming run and get any feedback you might have. If you would like to help me meet any of my four goals, that would be great too. And to preempt all the comments, yes this is a little crazy. I figure I have a very good chance of being able to complete it and it won't get easy if I wait longer. Maybe some of you can join me for a day or two.

I wasn't quite ready for my run attempt last September, but have decided to start on April 14th of this year. I am planning to run the trail over a 20-22 day period. I will be running from West to East for approximately 10 hours or 45-50 miles a day.

My four goals are:

- Raise awareness of the Ice Age Trail "IAT"
- Raise money for the trail via the Ice Age Park and Trail "IAP&T" Foundation
- Have people join me for any or all of my run
- Get new members to join the IAP&T Foundation (www.iceagetrail.org)

A fifth goal of course is to simply survive. If you have interest in helping out please contact me. I still have some need of crew support during the run.

As you may be aware the IAT is one of eight National Scenic Trails. The trail begins in Sturgeon Bay, continues for over 1000 miles, ends in St Croix Falls, and never leaves Wisconsin. The trail system is incomplete and includes of over 400 miles of road yet to be converted to trails. This means there is a need to buy or gain right-of-ways to key parcels which will allow for the conversion of road connector segments into trail segments.

I will be raising awareness of the trail via email, radio, TV, print and my website www.iceagetrail1000.com. I do not represent the IATP&T in any way, but if you enjoy the outdoors please consider joining the Foundation. To join me, I will be posting a detailed itinerary on the website. Please be aware that this schedule will be tentative based upon weather and how well my body can hold up to over 45 miles of running per day.

You can be part of my effort with your donation. Checks may be made out to "IAP&T Foundation" which is a 501(c)3 organization and mailed to my attention. All donations will go to the Ice Age Trail Foundation.

Please contact me if you have any questions (Jason@iceagetrail1000.com).

The Wisconsin Track Club

BOX 60
227 N RANDALL AVE.
MADISON, WI 53715



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

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.

The Back Page ~ by John Lowrey

(1) Carb-Boom (the makers of energy gels) has come out with a new energy powder. It is called Hydro-Boom and comes in two flavors—mine was lemon-lime. It has 160mg of sodium per serving and you mix the whole packet (2.5 servings) in a 20oz bottle of water. It also has 8g of sugar per serving. This is a wonderful drink for late in your hot summer runs and in last miles of an ultra or marathon. The Web site is www.carbboom.com. The telephone number is 1-800-554-2751.

(2) A new store for triathletes has opened up in Madison. It is called Endurance House and it is located at 1701 Deming Way in the Greenhouse Station. Telephone: 608 836-9084/
www.endurancehouse.com. It has clothing for swimming, running, and cycling. The owner is Jamie Osborn who finished the first Wisconsin Ironman race. I tried the treadmill which takes a digital picture of your running style and found it showed that I am a hard heel striker and that my arch supports kept my foot stable. The staff was always willing to help and answer any question.

(3) My last report is really running related-however: A new eating place has opened up near West Towne. It is called Granite City Food & Brewery. It has some of the best hamburger in Madison and you could choose a fruit plate in place of the French fries. The staff is wonderful and the manager actually remembered that I do not tolerate any greens (due to my blood thinning medication). Give this place a try.