



May 2006

The Moosletter

The Wisconsin Track Club monthly newsletter

Outdoor Season

All groups meet at McClimon Track (Corner of Walnut and Observatory)

Sprinters

Sprint Workout
MWF 5:45 pm

Strength/Speed
Thurs 5:45 pm

Hurdles
Tues 6:30 pm

Women's Distance

Meet on Monday and Thursday evenings at 6:15 pm ready to go!

Men's Distance

Meet on Monday and Thursdays at 6 pm ready to go!

E-Mooseletter

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

This Moosletter was edited by Joe Binder and Justin Wienke. Contact Joe with any comments or material for next month.

The Kettle Moraine 100 *-by Timo Yanacheck*

The Kettle Moraine 100 is one of the races associated with WTC. A nationally-recognized ultramarathon, the KM100 is actually a festival of events. This year's 11th "annual weekend of running excess" will be on June 3-4.

By definition, ultras are races at distances longer than the standard marathon's 26 miles, 385 yards. The KM100 features a 100-mile race and a 100-kilometer race. These are "solo" events, meaning that each competitor runs the full distance. In addition, the KM100 has a popular 100-mile relay which can be run by teams of two or four. A four-person relay would be made up of legs of 31, 31, 18 and 18 miles.

This year for the first time, the KM100 offers a night-time "fun run" of 38 miles, starting at 8 p.m. Saturday. The idea is to get additional, fresh runners out on the final 38 miles of the 100-mile course during the most difficult hours for the competitors. "Fun run" participants will get to carry their own lights, utilize the aid stations, enjoy the camaraderie, and experience most of the other benefits of an ultramarathon.

The KM100 is run entirely on trails in the Kettle Moraine State Forest near Whitewater. Much of the course is on the Ice Age National Scenic Trail, with Midwest trail-running at its best, with hilly glacial terrain and lush woods and meadows. The races draw about 200 runners from North America, and the occasional overseas visitor.

How fast (or slow) do ultrarunners need to run 100 miles? The KM100 course record for men is 15 hours, 57 minutes; for women, 18 hours, 12 minutes. Runners have a time limit of 30 hours to complete the 100-mile race, while 18 hours are allowed for the 100-kilometer runners. The race starts at 6 a.m. Saturday and officially ends at noon on Sunday.

Wisconsin runners have a reputation for starting in ultramarathons. For example, WTC's Ann Heaslett is the only woman to ever run a 100-mile trail race in less than 16 hours, a feat she accomplished in 2002. At the KM100, women have won the 100-kilometer race overall for the past three years.

Runners in the KM100 are served by aid stations at varying distances along the way. These are staffed by volunteers who spend anywhere from a few hours to the full 30 at their posts, providing drinks, food, encouragement, and whatever

it takes to help the runners achieve their dream of completing the race. Volunteers are also needed as pacers, that is, non-competitors who run with the 100-mile racers over part or all of the final 38 miles of the event. Volunteer opportunities are available again this year, and WTC members would be welcome to help out.

WTC members Jason Dorgan and Timo Yanacheck are the co-race directors. Maps, performances, and more are available at the KM100 website, <http://www.kettle100.com>.

Looking for a bigger test? Consider other some of the other ultramarathons available. There's the Canadian Death Race, 125-kilometers in the high Canadian Rockies. The Hardrock 100-miler in Colorado allows runners 48 hours to finish because of the difficulty of the mountainous course. The Badwater 137-mile run from Death Valley to Mt. Whitney might be what you're looking for. And if just one race won't do it for you, what about the Grand Slam? That's the four most-established 100-mile races, all run within a span of 14 weeks: The Vermont 100, the Western States 100, the Leadville 100, and the Wasatch 100. (Jason Dorgan has done all of these, except the Hardrock 100, which he will attempt in July.)

Keep in mind that ultramarathons aren't just on trails, but on roads as well. The annual World Cup 100k race, for example, is a road race. In a spectacular team effort, the USA women (which included Ann Heaslett) won the team gold in Japan, while the men finished a strong fourth. Perennial powers include Italy, Germany, Russia, and Japan.

Fittingly, the World Cup race is open to "citizen racers" as well as elite runners. Ultramarathoning may be the last and best example of true amateur competition. Prize money and even national team subsidies are minimal to non-existent. Like most American ultras, the KM100 depends entirely on runners' entry fees to meet expenses.

And yet the runners come out in increasing numbers to test themselves. Ultramarathoning is growing both in participants and races. One aspect of the sport which seems attractive to those who run is that ultramarathoning can involve the entire family. Typically, runners will bring supporters who serve as crews and even pacers for the race. The KM100 honors all the runners and their crews who accept the challenge of ultramarathoning, as well as the volunteers who make it all possible.

Race Results

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

Frog Hop 5K

Atlanta, GA 2/19/06
Eric Stabb 15:34 1st

American Cancer Society 5K/10K at Warner Park

Madison, WI 4/1/06

5K

Brian Mullen 19:34 4th
Kelly Greuel 28:26 143rd

10K

Doug Bucholz 55:19 118th
Tiffany Grosspietsch 58:25 151st

Bucky's Race for Rehab 5K

Madison, WI 4/8/06

James Hegeman 18:50 12th

UW-Oshkosh Invite

4/8/06

Women: 11th place, 11 pts

100m H

Nicole Kornder 17.93 11th
Audrey Zaferos 18.22 12th

400m

Claire Lidester 63.15 14th

800m

Claire Lidester 2:27.18 4th

400m H

Audrey Zaferos ?

Nicole Kornder 74.63 10th

200m

Claire Lidester 28.14 16th

4x400m

11th 4:30.27

Audrey, Claire, Nicole, and
Angie from GMTC

Men: 11th place, 5 pts

1500m

Zach Bruns 4:11.70 10th

Pat Cowlin 4:14.24 12th

Joe Binder 4:20.90 19th

Ben Schoener 4:38.03 29th

400m

Victor Baeten 53.68 14th

Ross Davister 54.29 17th

100m

Jeff Frerks 12.89 35th

800m

Pat Cowlin 2:03.70 14th

Ben Schoener 2:13.25

Joe Binder 2:13.30

200m

Ross Davister 24.87 33rd

Jeff Frerks 26.37 40th

4x400m 3:34.78 5th

Victor, Ross, Pat, and Zach

Pine Line Marathon

Medford, WI 4/22/06

Clay Kilber 3:22 8th

Keck Ecumenical

Bloomington, IL
4/22/06

Women:

100 m hurdles

Nicole Kornder 16.92 3rd

Audrey Zaferos 17.09 4th

400 m hurdles

Audrey Zaferos 72.05 3rd

Nicole Kornder 73.91 4th

Brittany Gerovac 78.97 5th

800 m run

Claire Lidester 2:28.54 4th

4 X 100 m relay

WTC 'A' 55.49 3rd

Zaferos, Lidester, Kornder,

and Gerovac

4 X 400 m relay

WTC 'A' 4:32.80 5th

Zaferos, Lidester, Kornder,

and Gerovac

TJ

Brittany Gerovac 9.48m 8th

Men:

100 m dash

James Hegeman 12.52 13th

800 m run

Joel Wood 2:10.87 12th

1500 m run

Joel Wood 4:23.19 2nd

Brandon Schultz 4:28.72 5th

5000 m run

Joe Binder 15:56.44 2nd

4 X 400 m relay

WTC 'A' 3:55.04 7th

Binder, Schultz, and Wood,

with the help of IWU alum

Tim Hachmeister

Crazylegs Classic

Madison, WI 4/29/06

Andrew Snyder 27:44 21st

Bill Martin 29:55 66th

Scott Hennings 31:39 150th

John Curtin 31:55 176th

Jeff Nickels 31:56 177th

Heather Curnutt 33:53 359th

Alex Kirchner 34:53 506th

Kristine Guderyon-Goetz

34:58 527th

Laura Clark-Taylor 35:29

618th

Frank Brodkey 36:31 825th

Claire Lidester 38:19 1314th

Clay Kallman 38:25 1341st

Paul Johnson 39:20 1662nd

Mary Dumke 40:03 1884th

Dan Kowal 40:10 1927th

Tiffany Gerovac 40:25 2017th

Don Greuel 41:07 2269th

Shannyn Magee 43:58 3429th

Erika Kemp 46:46 4617th



Dan Erickson and Audrey Zaferos: Cows of the Month hanging out at UW-Oshkosh. (Audrey caught a goldfish from the steeple pit there and is keeping it happy and healthy at home.)

May Birthdays

Lindsey Senn May 4

Kathi Walkington May 7

Nancy Winter May 13

Lucas Turpin May 19

Magrath Walker May 25

MaryAnne Hinkes May 10

Clay Kilber May 14

Audrey Zaferos May 25

Ross Davister May 27

Upcoming Races:

Lake Monona 20K*

Winnequah Park, Monona, May 6, 9 am.
<http://www.runmadison.org/lm20km/>

Wisconsin Twilight Invite

McClimon Track, May 6, 1:30 Field events, 3:30 pm running events. Rumor has it that there may be an attempt on the Wisconsin 4 minute mile barrier at the meet.

Kettle Moraine 100

Ice Age National Scenic Trail, June 3-4. www.kettle100.com
 This race is supported by the Wisconsin Track Club and includes not only a 100 mi solo, but also options for relay, 100k, and 38 mi night fun run. Race directors Tim Yanacheck and Jason Dorgan will be making a special presentation at 7 pm at the May 12 WTC meeting. Their presentation will feature the Kettle 100 and ultramarathoning in general as well as pizza.

UW-La Crosse All-Comers Track Meet

May 19. Contact Jim Reardon (jcreardon@wisc.edu)

Dandelion Dash 5k and 10k*

June 10, Yahara Park, Madison, 8:30 am. Registration is \$5 for 5k or \$10 for 10k.

Strawberry Fest 5k*

June 17, Colonial Club Senior Center, Sun Prairie, 8:00 am.

Summer Track Series

June 15 (including high-performance meet), June 29, July 6 (MARS 3k)*, and July 13.

Visit www.witrackclub.org/events/sts.htm.

*Madison Area Running Series event

The 4x400m Song

—by Claire Alexandra Lidester

Running through the rain
 In a 4x4 Relay
 Through the curves we go
 Sprinting all the way
 Spikes and the track cling
 Making our legs fly
 What fun it is to race and win
 This relay race tonight.



The Vice Prez' Corner

—by Justin Wienke

This month's corner is really just a series of comments and thoughts, yet please do read if you're entertained. Although I have been detained from some practices lately with academic obligations, every time I show up I feel that urge to want to get back to racing form to be a part of the team. This stems from a team spirit, ...not quite as garage band-like as Nirvana's teen spirit, ...but a spirit or energy that really fuels WTC as an entity. Just in comparisons to my experiences last year, this year's group has a much greater adherence to training. Whether that is solely derived from the nature of new club members or if it is a product of teammate support, I can recognize the UW student members of our club essentially as a bonafide team. There have been solid participation numbers... and solid performances for that matter...by both distance runners and sprinters in numerous college track meets. There have been team gatherings at Joe Binder's apartment, newly-designed racing singlets, custom-designed WTC warm-up jackets ordered (thanks Audrey & Co.), a swarm of sprinters frolicking about McClimon Field playing ultimate Frisbee, and even a unified band of WTC distance men rolling out of bed on a gloomy Saturday morning to attempt to do a tempo run. A nod of the head to all who have remained active this semester and who have helped make this club as sweet as it is.

As a side note, I feel slightly disheartened that I could not keep pace with a Wisconsin-caped crusader, who clearly was not taking Crazylegs seriously. Now, for the average college male, I'm in pretty good shape. However, if my confidence after passing some people began to rise too high – after forgetting about our friendly caped crusader of course – I certainly soon became humble. After I breezed past an impressive female runner bent over tying her shoe, I had not cognitively processed the fact that I passed her before she quickly caught back up to me and pulled away ever so steadfastly. Nonetheless, I greatly enjoyed my run, was glad to see Jim and his lovely wife Claudia cheering on runners along Old University, and was even rewarded with a sporty red Wisconsin water bottle from Associated Bank upon finishing.

Good luck to all students with finals and the rest of the semester. My thoughts are with any grad students pounding away in the lab or on dissertations...and of course, hats off to all club members who still find the dedication and motivation to run and stay fit even with the rigors of everyday life.

Until next month, you stay classy Wisconsin Track Club.

~Vice Prez JR Wienke

Vice Prez' Male Student "Cow" of the month: Sprinters coach Dan Erickson. After two years of volunteer coaching and dedication to WTC, Dan will be graduating this month. As Coach Dan moves on and embarks upon his job searching, WTC wishes him luck and a sincere thank you for his coaching, personality, and overall good nature. Good luck with all you do Dan!

Vice Prez' Female Student "Cow" of the month: Sprinter Audrey Zaferos. Audrey was an active member throughout the whole semester...training, coming to practice, and racing. Look out boys, not only does she run fast, she has organization skills and a personality too! Audrey helped lead the operation of designing and ordering the new warm-up jackets and has been a pleasant addition to our club this year. Low-five on the flip-side to you Ms. Zaferos!

The Wisconsin Track Club

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

The Back Page By John Lowrey

New Products:

Hammer Nutrition has come out with two new energy bars. The flavors are chocolate chip, and almond-raisin. They are gluten-free and the chocolate chip is Belgian dark chocolate. I like the almond-raisin flavor myself. The bars contain 80 calories and can be used as a pre or post race food. The cost is \$2.49 per bar or \$29.88/12 count box. More information can be found at: www.hammernutrition.com or by calling: 1-800-336-1977.

Next issue's sneak preview:

The new 720 (update to new balance 718) shoe—a major change here and more amphipod products.

USATF Outdoor Track and Field Championships

—Paul Turpin

We have a unique opportunity this year to attend the USA's best track meet due its close proximity. The USATF Outdoor Track and Field Championships are in downtown Indianapolis on June 21-25, 2006, only a short 5½ hour drive away. I attended them on my own back in 1997 and would like some company this time. I plan to head out Friday about noon, in time to attend the evening events (including the 5000 finals), and leave to return to Madison late Sunday afternoon (after the men's 1500 finals). Tickets are reasonable, with three levels available. Check out the USATF web site for complete schedule and ticket information. The most expensive tickets are \$18 for Friday, and \$27 per day for Saturday and Sunday, minus a 10% USATF membership discount, if we order by May 19. I am willing to drive, coordinate a ticket order, and to find motel rooms (or camping if you are slightly more adventurous). Please call me at 358-1770, or email me at paul.turpin@rmtinc.com if you are interested, or are not quite sure and want to talk about it. It will be fun. Lets go cheer on Andrew Rock, Matt Groose, Jenealle Deatherage, and the other Wisconsin athletes.