

## Capitol Mile Recap by David Ennis and Paul Turpin

The best way to describe this year's version of the Capitol Mile is "a rousing success." While the numbers were the same as last year, we incorporated several new ideas that made it more fun, and go very smoothly. Plus, the weather was beautiful, in the low 70's. UW men's cross-country Coach Jerry Schumacher was the starter for each event, including the Kid's Dash.

The elite races were both strong. In the men's race, 10 milers faced off, including last year's winner Matt Groose, and Olympic Trials steeplechasers Isaiah Festa and Jared Cordes. Consistent Cap Mile top-finisher Henry Dennis, had to drop out with a hamstring injury. The Kenyan Kimeli brothers, running for Metro Walk and Run Kansas City, continued the international flavor of the event with their late entry. WTCer and our favorite Panamanian, Max Harn owns the record for most Cap Mile starts, with 6. Max led the pace through the first quarter mile in 61 seconds. The pack strung out as they approached the State Street corner for the first time. A full lap later, a large and loud crowd cheered the runners down the final stretch as Shadrack Kimeli held off Festa to win in a very respectable time of 4:04.91. Siverus Kimeli finished third, followed by Cordes.

The women's top race featured UW grads from the last two years, Hilary Edmondson, Sarah Kolpin, and Bethany Brewster, and 2002 Cap Miler and Minneapolis resident Rasa Michniovaite. Former Moosletter editor Edmondson recently finished 5<sup>th</sup> in the Canadian Olympic 1500m trials, and Brewster ran in the US Trials 1500m finals. Bethany led the race early, but finished a half-second back to Michniovaite's winning time of 4:42.77.

This was the first year we offered Youth and Masters only events, and both resulted in great finishing times. High schooler and Juneau product Andrew Perkins had the 14<sup>th</sup> fastest time, finishing in 4:31.11. Masters pacesetters Steve Winchel from Janesville ran a very good 4:44.56, and Onalaska's Donna Anderson crossed the line in 6:03.24. Summer WTCer and German native Karl Durst continued tearing up local race courses winning the Cap Mile open men's race in a time of 4:23.49. Capitol Mile website extraordinaire Travis Bashaw finished a very strong second in 4:24.62. Three-time open women's champion Jennifer Pollard from Kenosha continued improving her victory time with a 5:10.60 with our own Stephanie Kays finishing in second. We had our first race-walker in Judy Myers from Sussex, and special finisher Drew Goldsmith and family thoroughly enjoyed the event. See the WTC web site for full race results.

This year the course was measured and certified (the measurements were only slightly different from the last several years). New sponsor Great Dane Pub and Brewery hosted and elite runners social Friday evening with the Inn on the Park once again offered hotel rooms for the out of town elite runners. Long-time sponsor Rayovac contributed the needed support to offer prize money and a donation to Special Olympics. Jon Krupa's Harrier Software Solutions provided timing services, helping to make this a smooth event. Numerous State Street merchants provided door prizes, and Stella's Bakery and Culligan Water Systems supplied the treats and liquid refreshments. Local CBS affiliate

WISC covered the event and the results were published in the Sunday State Journal, thanks to efforts by PR specialist Alyssa Spiel.

The Olympic Trials resulted in more uncertainty in our elite entrants, and a good Trials performance by two-time champion Jenealle Deatherage took her away from Madison, but the fields remained strong. Continued local support and the great volunteers that we have will allow the event to get even stronger in the years to come.