

2006 Capitol Mile Recap by Paul Turpin

Since the races reincarnation in 2001, we have consistently had around 100 participants. This year we held the race for the first time on a Sunday afternoon and attracted 169 runners and walkers. The final breakdown was as follows; non-competitive walkers 4, elite men 3, youth girls 19, youth boys 41, open women 31, open men 27, masters men 31, masters women 12, plus there were 8 in the kids dash. Great numbers. Fleet Feet's Miler in Training program brought in 35 runners, a significant group. Our primary sponsor is the Great Dane Pub & Brewing Company. Their contribution enabled us to offer a total of \$700 in cash prizes to the top runners.

The weather was perfect and registration went very well. It helped greatly that we did not have a pre-race thunderstorm. For the first time, we also had goodie bags with items and coupons from our sponsors. In the men's race, three-time winner Matt Grosse was first overall with a fine time of 4:11.5. The first non-elite runner was Jeremy Runyon from Geneva, Illinois with a time of 4:33.6, continuing our history of having an open male finish in about 4 ½ minutes. The top masters male was Tony Rodiez from New Berlin running an All-American time of 4:52.3. The fastest female was Brione Yosten from Madison with a time of 5:22.6, and the top female master runner was MaryAnne Hinkes for the second straight year in another All-American time of 6:44.4. (See the WTC web site for complete results.)

The first of two highlights was the late addition of a non-competitive walk. At the suggestion of the local Achilles Track Club, coached by Kim Virden, we added a walk prior to the kid's dash. If you are not familiar with ATC, their mission is "to enable people with all types of disabilities to participate in mainstream athletics, to promote personal achievement, enhanced self esteem, and the lowering of barriers between people." They had 4 walkers participate and two runners. It was emotional and inspiring to witness the gentlemen complete the walk. We received wonderful feedback from the ATC participants.

The second highlight was what hopefully was the first annual School Participation Award. East High School received a cash donation in the amount of \$500, given to the school with the most participants (8). The East track coach promoted our race to their runners and they were very excited to win. Middleton-Cross Plains High School, specifically the cross-country programs, cashed in at second place with 6 runners, taking home \$250. Madison Memorial High School was fourth with 4 runners. The prize money was made available through donations from Fitness Together, Thorstad Chevrolet, WTC, and an anonymous donor.

Other comments on the were as follows; the Capitol Mile was a lot of fun and you couldn't have had more perfect conditions....Thanks for moving the Capitol Mile to Sunday...That is a fun event! I thought the non-competitive walkers were a great addition to an event such as this.... I loved the race.... it was very well organized and well run! Kudos to you and your team!....We are especially delighted to see students of all ages participating and getting involved in physical fitness activities!