



August/September 2007

The Moosletter

The Wisconsin Track Club monthly newsletter

2007 Cross Country schedule inside!

Fall Training

WTC has access to the McClimon Track from 5:30-7:30 pm on Tuesdays throughout the fall. Contact Jim Reardon (jcreardon@wisc.edu) for more details.

Distance Men

MTWR 5:15 pm at the corner of Langdon and Park Sts.
TR Workouts, MW Runs
Contact Jim Reardon (jcreardon@wisc.edu)

Distance Women

TR 5:30 pm at the corner of Langdon and Park Sts.
Contact Ana Considine (arconsidine@wisc.edu)

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

The August/September Moosletter was edited by Joe Binder

Please send Moosletter contributions to Joe at joe_binder@gawab.com

The 2007 Capitol Mile—Paul Turpin

This event gets better every year with more runners from all ages, enthusiastic walkers, supportive sponsors, and great volunteers. If only we could get the City of Madison to finish their construction around the Square!

Sunday, July 29, was a beautiful day for this Madison Area Running Series event. As always, the Kid's Dash was up first. This group has by far the most enthusiastic racers and fans, and we had a nice turnout of about a dozen or so little tykes. They were great.

In all, we had 170 mile-run finishers from ages 5 to 76, plus 22 walkers. The walkers were from the Achilles Track Club led by Coach Kim Virden and included athletes and their support crew. The ATC and their fans stayed around for the whole day to cheer on the other runners and to picnic on the Capitol grounds.

The overall first-place finishers were Breedia Willis, 37, running an All-American Masters time of 4:56, and Tommy Schmitz (4:21), a recent Marquette University grad, who is hoping to make his mark in the future on the national scene (complete results are on the WTC web site, courtesy of Jon Krupa's Sports Management Associates timing service). Breedia is a former Irish Olympic 5K and 10K runner, and is now living in Stevens Point. The first masters finishers were perennial top gun Bill Gilmore of Janesville (5:01) and previous winner Donna Anderson, 47, of Onalaska (6:33). The Hibshman-Anderson clan took top family honors, with their 5 runners taking home 3 first place medals and a second place. Other notable performers were Stan Mathes, 61, of Fond du Lac, earning All-American honors with his 5:17, and Mary Anne Hinkes, 51, running a fine 6:41. The top WTC volunteer/finisher was Audrey Zaferos in 6:02.

The most competitive age-bracket was the female youth category. Maddie Hibshman, Jennifer Gilbreath, and Jennifer Fowler pushed each other around the course, with Maddie finishing first with a very fine 5:41. Middleton High School won the School Participation Award, taking home \$500, after finishing second in 2006. Madison West was second, earning \$250 for Coach Tom Kaufman's program.

Financial sponsors included major donors Ted Peterson and the Great Dane Pub and Brewery, and Brian Austin's Fitness Together, personal fitness trainers in Fitchburg and Middleton, as well as Thorstad Chevrolet. They make it possible to offer prize money and funds for the School Participation Awards. Thank them by showing your support. Also, Fleet Feet Sports Madison provided 42 participants to the Capitol Mile through their acclaimed miler-in-training program, as well as door prizes, volunteers, and other services. Elements Therapeutic Massage provided their services. Ryan Griessmeyer provided finish line and sound equipment, and participants enjoyed water from perennial supplier Karl Nurmi's Culligan Water, and food from Einstein Bagels. The Wisconsin Association of USATF provided the medals, including the classy USATF medals, whose custom logo was designed by WTCer Nicole Kornder. Volunteers from the Summer Track Series and the Cap Mile enjoyed food and beverages at the Great Dane after completing cleanup duties.

I can't say enough about our volunteers, all of whom were from club members, or friends. Many people gave 4 to 6 hours and were the main reason that this event was successful. Thanks to you all, but in particular to Natasha, Dallas, and Tim, and to the hard-working course marshals.

Good work, Paul!—the editor

Tartan and Tarmac

La Salle Bank Chicago Distance Classic Half

Marathon

Chicago, IL 8/12/07
Zach Bruns 1:19:45 70th
Audrey Zaferos 1:48:46 1539th
Nick Burant 1:48:46 1537th
Dallas White: Signed up for wrong Chicago half marathon—if you want to run as Dallas on 9/9/07, let him know.

USATF National Masters Championships

Orono, ME 8/2-5/2007
Margaret Kaufman
100m 16.95, 4th
200m 36.95 4th, meets All-American Masters for 60-64
Marvin Ripp
Pentathlon 2377 pts, 5th
LJ, Jav, 200, Disc, 1500

STS #4

Stoughton, WI 7/12/07

Shot

Mereta Monsen 25'11"

"Short" hurdles

Ryan Owen 110/42" 16.1

100m

Mitchell DeVriendt 12.3

Andrew Colin 12.3

800m

Jon Krupa 2:07.1

Adam Burrack 2:09.7

Ben Knapp 2:13.0

Oliver Richards 2:17.4

David Neumueller 2:31.4

Greg Kesling 2:56.4

MaryAnne Hinkes 3:05.8

300m H

Ryan Owen 48.2

1 Mile

Jon Krupa 4:38.3

Ben Knapp 4:47.3

Oliver Richards 4:55.6

Greg Kesling 6:29.4

MaryAnne Hinkes 6:57.7

200m

David Neumueller 23.0

Mitchell DeVriendt 25.6

Thanks to Jim Reardon, meet director, and all the other brave STS volunteers!

Capitol Mile

Madison, WI 7/29/07

Stan Mathes 5:17

David Neumueller 5:29

Brian Ethridge 5:36

Audrey Zaferos 6:02

Greg Kesling 6:05

Claire Lidester 6:18

Maora McManus 6:33

Frank Brodkey 6:39

MaryAnne Hinkes 6:41

Margaret Kaufman 9:00

Pasco XC Series #4—4k

Tri-Cities Intl' XC Course, WA 8/2/07

Joe Binder 13:31 2nd

Pure Water Days 4 Mi

Chippewa Falls, WI 8/11/07

Joel Wood 20:40, 1st



Upcoming Races Muscle Cramping

Midwest Collegiate XC+
UW-Parkside, Sept. 15, 12 pm.

Concordia Invite+
Mequon, WI, Sept. 22, 11 am

Zoo Run Run 5k, 10k
Madison, Sept. 23

[http://www.active.com/
event_detail.cfm?](http://www.active.com/event_detail.cfm?event_id=1467298)

[event_id=1467298](http://www.active.com/event_detail.cfm?event_id=1467298)

Roy Griak Invitational+
St. Paul, MN, Sept. 29.

Beloit College Old English+
Beloit, WI, Oct. 6, 11 am.

Drews/Neubauer Invite+
UW-La Crosse, Oct. 13.

Home Run 10k/5k*
Madison, WI, Oct. 13, 10 am.

www.rascwhomerun.com

UWM Panther Prowl
Milwaukee, Oct. 14, 10 am.

www.pantherprowl.org

UWP Pioneer Invite+
Platteville, WI, Oct. 22

Fall 15k*
Madison, WI, Oct. 28, 9 am.

running.rso.wisc.edu/Fall15k/

MATC Turkey Trot 5 Mi/5k*
Madison, WI, Nov. 3, 10 am

<http://www.matcturkeytrot.com/>

WI USATF XC Championship
Kenosha, WI, Nov. 4.

*MARS Event

+Register w/ WTC—see e-mail

I have had muscle cramping in my calves since 1991 in races longer than 10 miles. Extensive medical tests have turned up no cause. My potassium, magnesium and calcium levels have been normal or better. I have tried to eat both black and pinto beans for the magnesium, pre-hydrate before a race and tried hammer nutrition heed and prepetum. The new product Sportlegs(www.sportlegs.com) has seemed to help to a degree.

Current thinking by my team of doctors points to a sub-clinical inability to full absorb potassium. Tim Noakes (see Lore of Running) thinks it may be a inability of the muscle fibers in the gogli tendon to properly fire after a certain length of time. This is where I stand now. I have tried the Galloway program of walking 20 seconds every mile and it has not helped. Walking backwards when the cramps start seems to hold some promise.

—John Lowrey

Fall Cross Country Events

With the beginning of the fall, we welcome Ana Considine as the new women's distance coach, replacing Kelly Aschbrenner as she graduates, joins husband Ryan on the east coast, and starts a postdoc at Brown. Ana, a longtime WTC member and recent UW grad, is really excited to start this fall! In addition to a new coach, we've got a lot of exciting events coming up during the 2007 cross country season. On Sept. 5 at 6 pm we have our fall kickoff pizza picnic on Bascom Hill on campus. It's a chance to catch up with old friends and meet new members. Claire, our social coordinator, is planning a camping/trail running trip for the weekend of Sept. 8—stay tuned for more details via e-mail.

At the end of September, WTC will be road-tripping to Minnesota for the Roy Griak Invite, probably the largest cross country meet in the Midwest. The Minnesotans I know tell me that this meet rocks! The cost for the trip will be around \$50 per person, and we are requesting funding from ASM to help cover student expenses. Additionally, we have a new opportunity to fundraise by helping staff Badger football games. Let me know ASAP if you want to offset trip costs this way.

With these plans, a full slate of meets, and lots of other social events in the works, it'll be a great fall!

—Joe Binder

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@yahoo.com. To remove your email address from the list, send a blank email to wisco-tcunsubscribe@yahoo.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 Wisconsin Track Club

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

The Back Page ~ by John Lowrey

New Product: There is a new electrolyte aide on the market—Sportlegs. You take it one hour ahead (one capsule for each fifty pounds). It is not a pain reliever and does not have any stimulants which can elevate heart rate. Sport legs appears to increase lactate transfer efficiency and seems to eliminate the burn of hard exercise. It also might help in bone-strengthening for sport like bicycling and other non-impact sports. Sportlegs contains calcium, magnesium and vitamin D. I have tried it and found it useful on my long runs. I think this product is worth a try. Most athletes need more magnesium in their systems (helps with muscle cramps). Fleet Feet stocks this product and the web site is: www.sportlegs.com. Carl Holmes is the chief executive and is willing to talk about his product if you e-mail him.

The other new product is the New Balance 892 running shoe. It replaces the 891 and is a very different shoe. Be SURE to measure and see how it fits on BOTH feet. There seems to be a drop-off in product quality in the pair I tried. Word is that the 892 (after only 3 months out) will be replaced by New Balance.

August and September Birthdays

Tyler Papiernials	Aug 2	Anthony Cefali	Sep 5
Delenn Navsaria	Aug 5	Chad Gunnelson	Sep 7
Isaac Brodkey	Aug 6	Serigne Sarr	Sep 12
James Hegeman	Aug 10	Paul Kaufman	Sep 16
Greg Kesling	Aug 13	Jay Knuth	Sep 19
Joe Binder	Aug 16	David Crossfield	Sep 24
Eric Furbee	Aug 26	Clarence Trinkner	Sep 24