



The Moosletter

The Wisconsin Track Club "monthly" newsletter

Winter Training

Distance Men

MW 5:15 pm the Shell.
TR 5:15 pm at the corner
of Langdon and Park Sts.
MW Workouts, TR Runs
Contact Jim Reardon
(jcreardon@wisc.edu)
Random distance runs:
Contact Dallas White.

Distance Women

MW 5:30 pm at the Shell
Contact Ana Considine
anaconsidine@gmail.com

Sprinters and Jumpers

At the Shell regularly.
Contact Ryan Carroll
(rpcarroll@wisc.edu)

Receive your Moosletter
via email! Contact Nicole
Kornder
(kornder@wisc.edu).

*The Fall Moosletter
was edited
by Audrey Zaferos*

*Please send Moosletter
contributions to our
new editors, Kyle Hall
and Evan Mast at
kmhall2@wisc.edu and
emast@wisc.edu*

WTC Men: NIRCA National Champions!

Garbe, Limoni, Bruns, Binder named NIRCA All-Americans

26 brave cows from the WTC traveled 1400 miles this past weekend to compete in the 2008 NIRCA National Cross Country Championships in State College, PA. For those who don't know, NIRCA stands for National Intercollegiate Running Club Association, and it strives to bring together running clubs from around the nation to compete together. The WTC caravanned across 5 states, 3 motels, and many thrilling highway plazas to reach the Blue & White Golf Course at Penn State. There was quite a turnout at this year's nationals, with 26 schools represented for the men and 16 for the women. Throughout the year, the strong WTC men's team has been fighting with the club from Oregon for the top spot in the NIRCA rankings, and the national championships proved who really deserved the #1 spot. Led by the cow herd of Ben Garbe, Nick Limoni, Zach Bruns, and Joe Binder in 4th-7th, and followed closely by Dallas White in 18th, the cows absolutely dominated Oregon (and everyone else) over the 5.2 mile course with a score of 35-89. Despite being without a few of their top runners, the women also performed well, placing 9th and beating 5th ranked Missouri in the team competition. The lady cows were led by Claire Lidester in 24th and Jade Schmitt, who ran a PR of 25:12 and placed 38th. Complete team results can be found on page 3. CONGRATULATIONS to everyone who competed at nationals, and to everyone who came out to practice or raced this season. It has been amazing to see how much the club has grown over the past few years, with 30+ people competing at many races and the WTC hosting its first home meet ever at Pope Farms Park in Middleton. With a strong group of freshmen and many upperclassmen continuing to lead the way, it will be exciting to see what the club can do in the upcoming track seasons and in cross country over the coming years! Special thanks to Joe Binder for organizing the trip, and to coaches Jim Reardon and Ana Considine for coaching us to victory!

The Results Page!

Midwest Collegiate Open Kenosha, WI

hilly, hot
Men's 8K - 213 finishers
Nick Limoni 26:33 10th
Joe Binder 26:48 18th
Jared Hill 27:16 29th
Ben Garbe 27:30 36th
Kyle Hall 28:09 62nd
Scott Allen 28:24 73rd
Dallas White 28:41 80th
Sam Keepan 28:52 91st
Neal Kivi 28:55 93rd
Jeremy Berg 29:00 96th
Pat Cowlin 29:14 108th
Scott Klasek 29:17 109th
Steve Horn 30:11 141st
Evan Mast 30:45 155th
Trent Evans 32:36 176th
Ben Hoegh 32:46 181st
Jeff Schacherl 33:24 187th
Gavin Hussey 38:04 209th
Women's 5K - 222 finishers
Katie Kelly 20:31 51st
Tali Minsberg 20:33 53rd
Laura Platner 20:46 63rd
Claire Lidester 21:41 114th
Taylor Heinselman 21:47 119th
Audrey Zaferos 22:03 133rd
Jade Schmitt 22:18 143rd
Nicole Kornder 22:21 146th
Brittany Farrell 22:36 152nd
Kaitlyn Buck 22:55 165th

Sean Earl Loyola Invite Chicago, IL

Women's 5K - 330 finishers
Katie Kelly 20:15 115th
Claire Lidester 21:10 176th
Nicole Kornder 21:28 199th
Brittany Farrell 22:37 248th
Men's 8K - 371 finishers
Nick Limoni 25:34 22nd
Joe Binder 26:08 46th
Zach Bruns 26:17 56th
Dallas White 26:57 103rd
Kyle Hall 27:11 122nd
Neal Kivi 27:42 149th

Sam Keepan 27:45 151st
Tyler Youngquist 27:48 154th
Jeremy Berg 27:55 162nd
Ben Carr 29:00 223rd
Chris Mleczo 29:12 237th
Pat Cowlin 29:33 251st
Evan Mast 29:41 257th
Anthony Cefali 31:07 301st
Jeffrey Wagner 31:24 306th
Justin Wienke 32:17 324th
Suresh Murty 32:59 331st
TEAM SCORE: 8th/34, 301 points
(1 point ahead of Wisconsin B Team!)

Beloit Old English Classic Beloit, WI

Brian Atkinson 30:00.2 36th

Roy Griak Invitational St Paul, MN

rolling hills
Women's 6K
Karin Rasmussen 27:21
Tali Minsberg 25:41
Taylor Heinselman 26:57
Men's 8K
JC Jesmok 28:54
Nathan Haggerty 29:14
Jake Thorson 29:19
Ben Hoegh 31:40

Ripon College Invite Ripon, WI

extremely hilly, warm
Women's 5K - 76 finishers
Katie Kelly 21:38 11th
Claire Lidester 22:11 23rd
Jade Schmitt 22:50 30th
Taylor Heinselman 23:03 34th
Nicole Kornder 23:15 37th
Audrey Zaferos 23:17 38th
Brittany Farrell 23:47 43rd
TEAM SCORE 5th/9, 116 points
Men's 8K - 72 finishers
Ben Garbe 26:35 1st
JC Jesmok 28:59 34th
Nathan Haggerty 30:35 52nd

Mike Hill 30:57 55th
Jeff Schacherl 31:55 58th
Trent Evans 34:24 66th
Gavin Hussey 35:58 71st
TEAM SCORE: 5th/9, 124 points

Jim Drews/Tori Neubauer Invite West Salem, WI

foggy turning into sun, some hills
Women's 6K - 444 finishers
Tali Minsberg 24:24 155th
Laura Platner 24:33 171st
Claire Lidester 24:41 186th
Jade Schmitt 25:22 242nd
Karin Rasmussen 25:47 273rd
Audrey Zaferos 25:49 276th
Nicole Kornder 25:55 287th
Taylor Heinselman 26:11 316th
Brittany Farrell 26:35 348th
Kaitlyn Buck 28:51 421st
TEAM SCORE 23rd/25, 670 points
Men's 8K - 395 finishers
Zach Bruns 25:53 27th
Ben Garbe 25:58 30th
Nick Limoni 26:01 38th
Joe Binder 26:29 65th
Scott Allen 26:58 100th
Dallas White 27:18 136th
Adam Zais 27:30 155th
Neal Kivi 27:35 163rd
Tyler Youngquist 27:36 164th
Kyle Hall 27:39 173rd
Sam Keepman 27:41 177th
JC Jesmok 27:55 200th
Jeremy Berg (aka Rando Dewd) 27:56 203rd
Brian Atkinson 28:07 222nd
Scott Klasek 28:40 266th
Jeff Schacherl 30:05 339th
Ben Hoegh 30:26 343rd
Justin Wienke 30:30 346th
Gavin Hussey 33:58 389th
TEAM SCORE - 8th/25, 234 points

Oshkosh Open
Winneconne, WI

flat, cool

Women's 5K - 37 finishers

Katie Kelly 19:36 2nd

Cameron Kurz 20:33 8th

Audrey Zaferos 20:47 11th

Maureen Carlson 21:34 19th

Men's 8K - 57 finishers

Zach Bruns 25:15 1st

Tyler Youngquist 26:22 7th

Scott Allen 26:28 11th

Ben Hoegh 29:50 55th

WTC XC Challenge
Middleton, WI

extremely hilly, windy

Women's 5K - 17 finishers

Claire Lidester 22:11 1st

Tali Minsberg 22:22 2nd

Laura Platner 22:26 3rd

Nicole Kornder 23:02 4th

Jade Schmitt 23:07 5th

Taylor Heinselman 24:15 6th

Brittany Farrell 24:52 7th

Cassie Meyers 25:02 8th

TEAM SCORE 1st/3, 15 points

Men's 8K - 32 finishers

Ben Garbe 28:13 1st

Joe Binder 28:28 2nd

Dallas White 28:47 4th

Adam Zais 28:54 6th

Sam Keepman 29:09 7th

Kyle Hall 29:17 8th

Nathan Haggerty 29:22 9th

Jeremy Berg 29:23 10th

Brian Atkinson 29:27 11th

Neal Kivi 29:48 12th

Ben Carr 30:11 14th

Scott Klasek 30:12 15th

Evan Mast 30:40 16th

Justin Wienke 31:29 18th

Jeff Schacherl 31:39 19th

Trent Evans 32:03 21st

TEAM SCORE 1st/3, 20 points

Open 5K

Nick Limoni 17:18 1st

Gavin Hussey 22:37 5th

Abby Solom 38:07 14th

MATC Turkey Trot
Madison, WI
5K

Adam Burrack 18:21

Claire Lidester 21:18

Paul Turpin 24:12

Marvin Ripp 24:55

Bob Kaufman 26:47

Abby Solom 33:59

(apologies if I missed any other club members who raced!)

NIRCA Nationals
State College, PA

some hills, clear

Men's 5.2 miles - 296 finishers

Ben Garbe 27:16 4th

Nick Limoni 27:17 5th

Zach Bruns 27:19 6th

Joe Binder 27:30 7th

Dallas White 28:24 18th

Scott Allen 28:27 20th

Kyle Hall 29:05 43rd

Sam Keepman 29:07 46th

Jeremy Berg 29:37 66th

Nathan Haggerty 29:40 68th

Scott Klasek 30:11 93rd

Evan Mast 30:44 116th

Pat Cowlin 30:52 126th

Ben Hoegh 31:24 154th

Justin Wienke 32:13 188th

Suresh Murty 33:46 236th

TEAM SCORE: 1st/25, 35 points

Women's 6K - 183 finishers

Claire Lidester 24:49 24th

Jade Schmitt 25:12 38th

Nicole Kornder 26:02 54th

Karin Rasmussen 26:11 68th

Taylor Heinselman 26:26 77th

Audrey Zaferos 26:57 94th

Brittany Farrell 27:12 103rd

TEAM SCORE 9th (tie)/16, 226 points

Nick Burant represented the WTC in Australia this past semester! He beat Sydney Olympics 400 m runner Cathy Freeman at the HBF City to Surf 12K. Way to go Nick!

HBF City to Surf 12K

Nick Burant 46:54 107th/24573!

Fremantle Fun Run 5K

Nick Burant 18:26 9th/189

RACC Run Into The New Year 5K
West Allis, WI

Audrey Zaferos 21:58 2nd (20-24)

Margaret Kaufman has also been tearing up the track in masters action!

Badger State Games
Oshkosh, Wisconsin

W65-69

100 meters: 17.07 (1st)

200 meters: 37.69 (1st)

USATF National Masters Track and Field Outdoor Championships,

Spokane, Washington

W65-69

100 meters: 17.50 (3rd)

200 meters: 37.62 (3rd)

Long jump: 3.06 meters (2nd)

Wisconsin Senior Olympics
Milwaukee, Wisconsin

W65-69

100 meters: 17.14 (1st)

200 meters: 37.14 (1st)

Long Jump: 3.04 meters (10'0") (1st)

All 3 of these times/distances set new AG records for the WI Senior Olympics. These results also qualify Margaret for the National Senior Olympics this coming August, which is the largest masters event in the US. She plans to represent the club there. Congratulations!

Jingle Bell Run
Madison, WI

10K

Sam Keepman 37:48 2nd (19-29)

Trent Evans 40:33

Audrey Zaferos 46:30 2nd (19-29)

Nicole Kornder 47:39

5K

Ben Hoegh 19:08

Claire Lidester 22:25 2nd overall women, 1st (19-29)

Gavin Hussey 22:39

Brittany Farrell 23:41 2nd (19-29)

David Van Leuven 29:22

Justin Wienke 29:24

The WTC 5K team placed 5th/17

teams, and would have been 2nd had

Ben Hoegh's time been counted.

Nice job Cows!

Upcoming Races

2/7/09: LaFollette Frozen Five 5K—LaFollette HS, 10:00 am

2/14/09: Valentine's Day 5K—The Nat, 11:00 am

2/14/09: UW-Platteville

2/21/09: Wisconsin Open, The Shell, Madison, WI

3/28/09: Warrior Invite, Wisconsin Lutheran

4/4/09: Madcity "100k" Just 50k this year, Lake Wingra, Madison, WI

4/4/09: Oshkosh Invite

4/17/09: Phil Esten Challenge, UW-LaX

5/2/09: Badger Open, McClimon Track.

5/9/09: Wisconsin Twilight, McClimon Track.

Track Night at the Movies with Energy Bar Sampling

By: Claudia Reardon

A total of 6 track club members were brave enough to respond affirmatively to Jim and Claudia Reardon's invitation to spend an evening in our cozy (*i.e.*, cramped and overrun with Jim's running books) apartment for an energy bar sampling followed by viewing of a running documentary. Trackies Jim and Claudia were joined by Club President Joe Binder, Katie Mouzakis, Jared Hill, and Andrew Rock in sampling 14 different energy bars, all purchased at Copp's grocery store in Fitchburg. Participants rated energy bars on taste, texture, and nutritional profile. Top 6 bars by taste were:

- 1) PowerBar Recovery (Cookies and Cream Caramel Crisp with Chocolatey Coating)
- 2) Clif Bar (Banana Nut Bread)
- 3) PowerBar Protein Plus (Cookies and Cream)
- 4) Balance (Cookie Dough)
- 5) PayDay Pro (Trail Mix)
- 6) Genisoy (Arctic Frost Crispy Chocolate Mint)

Scores dropped off precipitously after #6 and, trust our taste buds, those stragglers aren't worth reporting by name.

Comments from raters included Jim's affirmation that "The PayDay reminded me of my childhood" and Andrew's rating of 6 of the 14 bars as simply "sick" rather than following the rules and giving a numerical rating. Six out of six participants were heard to swear off energy bars forever shortly after completion of the tasting.

Following the sampling, members settled in for viewing of the documentary "Running on the Sun", which provides an in-depth look at several of the participants in the 1999 Badwater 135 mile road race from Death Valley to Mount Whitney. You know a race is physically hazardous when the race director has to be an M.D. Temperatures at the start of the race reach 135 degrees, and runners finish the race with an awe-inspiring climb up ominous Mount Whitney. Viewers have no choice but to feel utmost respect for these hardened, fearless athletes, and this writer is left with the impression that Freud's formulation of the normative human "death drive" is alive and well in modern day America.



The WTC XC Season In Pictures!



WTC ladies ready to race at LaX



After the first ever WTC XC Challenge at Pope Farms Park



NIRCA All-Americans Ben Garbe, Zach Bruns, and Nick Limoni in the home stretch at Nationals



Jade Schmitt outkicks an Oregon runner



A "cow herd" of WTC women at LaX



Former hurdlers Audrey Zaferos and Nicole Kornder working together



Trent Evans finishing at Ripon



Throwing up the W at NIRCA Nationals at Penn State



Camping and running at Kettle Moraine after Parkside meet

Jeremy Berg and Nathan Haggerty kicking it in at the WTC XC Challenge

The Wisconsin Track Club

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www.witrackclub.org

Visit our website for
updates

Keeping Pace with WTC

There are 2 mailing lists the WTC uses to communicate with members. You are encouraged to subscribe to the list to keep informed on 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 subscribe to this group, send a blank email to wisco-tc-subscribe@yahoogroups.com. To remove your email from the list, send a blank email to wisco-tc-unsubscribe@yahoogroups.com.

Distance Mailing List: This list is sent to individuals interested in distance running. Messages are sent to this group regarding cross country events, Sunday long runs, information on road races and marathons, etc. To add your email to this group, send a blank email to wtc-cross-subscribe@yahoogroups.com. Please note if you add your email to the wtc-cross list, you will automatically be added to the wisco-tc group. Likewise, if you remove yourself from the wisco-tc group, you will also be removed from wtc-cross.

The Back Page

By John Lowrey

The distance running hall of fame is located at 114 genesee street in Utica,. N.Y.The telephone # is 315 724-4525. It is housed in a three-story limestone building . It has pictures of runners who have had a influence on distance running. It also has some of the early shoes and items like the Florida Track Club shirts. I actually ran in some of these shoes. This place deserves a visit. Web site is: www.distancerunning.com.