

INDIANHEAD TRACK CLUB

WWW.INDIANHEADTC.ORG

JANUARY - FEBRUARY 2009

Our Mission

The mission of the Indianhead Track Club is to promote running, fitness and healthy lifestyles by organizing competitive and non-competitive events, and promoting fellowship and companionship through the sport of running.

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17th Annual Gilbertson's New Year's Day Fun Run

(left to right) Jeff Teeters, Linda Gehring, Jim Janezik, Wendy Bengtson, Tom Langley, Karen Schoenrock, Jeff Sorenson, Peter Quint, Wade Zweiner, Steve Pedersen, Mike Salm, John Killely, Fred Hable, Bob St. Louis, Don Gilbertson, Bret Tangley, Dave Rosenberger, Paul Wagner, Jeff Miller (not in photo, Eric Gilbertson and Tina

We welcomed 2009 with the first run of the new year that begins and ends at the Gilbertson's 3rd ward home. Many years have gone by since Don and Nancy began this ITC tradition. John and I have driven many times to Don and Nancy's farm home located on the outskirts of Osseo. More times than not we've run the frozen back roads in frigid temperatures. Still, always worth the drive to gather with friends, run, and then, best of all—Nancy's beef barley soup.

These last couple years since their move to Eau Claire has been a short trek for us. Like the times before, we all posed for the group photo. This year one of our own was not here for the day—Don asked for a minute of silence to remember our good friend Timmy D. that passed away just a year ago now. Last year was our fundraising rally that was organized in haste—time was of the essence. We had close to 50 friends that came to offer support and run the short distance to Tim's house to say our last goodbyes. Memories I will cherish always.

Happy 2009, good friends,
Tina K.

New Year, New Year's resolutions...right.

Well none for me this year, as I make "resolutions" of a sort all year long. Most I break pretty quickly. I guess I should look at what I am making them for.

Most involve me eating too much chocolate and cookies and other yummy things. Those that run with me, hear me whine about it on occasion (really, only occasionally).

I guess I come from a long line of addicts and that is my addiction, well that, and running.

I have not found a CA group yet. Chocoholics Anonymous...but I am sure I can start one and get a few members right off the bat. (Tina, Wendy...).

So I have decided to let that go, and just re-vamp my eating habits and not part ways completely with my beloved chocolate.

The next thing many of us do during this first part of the year is set running goals and pick our races. I am a long range kind of gal, and like nice long training build ups to my races, so I pretty much plan the whole year right away. This year is no exception, having picked at least 90% of my races so far. I have 4 ultras and 4 road races in mind. And yes, I have goals for these races.

This reminds me of my New Years day discussion with Fast Fred Hable at the Annual Run at Gilbertson's. He claims he has no goals for running this year. He is only doing 2 milers I think he said. Jeff Miller was in on the discussion and we both seemed a little skeptical. Granted maybe Fred isn't trying to break 3 hours for the marathon, or try for 20 more of them this year. But I think he has goals and just doesn't know it. When he toes the line, or when any of us toe the line for a race we have some goal in mind. It may be just to finish, or run a certain time or beat a certain person, break in some shoes, not fall down etc. For the record I disagree with

Freddy... I know he has a goal or whatever he may call it.

After 32 years of running it gets harder every year for new goals. I plan to try some new races and distances to set a new PR, so next year my goals are easier to set, beat that time in 2010.

Sit down, set some goals, plan to run some new races, and hope spring in on the way.

Don't forget the ITC banquet. Details of which are included in this newsletter.

We have the Annual Awards, and good food. Mary Beth Clark has found what sounds like will be an excellent speaker. No trivia this year, I know don't be sad. I think Tina Killey is concocting a new "game". Bring a picture the younger you... (like High school). Then whoever figures out the most of Who's Who wins big prizes.

I can promise good food, good speaker and maybe some fun. Please attend, it's a great way to meet people and see them in "real clothes".

Stay on "yer" feet and don't freeze.

Karen (this was written under the influence of chocolate).

FYI

Goodbye Mrs. Hable



Fred Hable's mom, Gloria, 78, passed away November 9th following a bout of cancer. She graduated from Wisconsin State College at River Falls then taught in Medford and Rice Lake Normal Schools and Shakopee High School in Shakopee, Minnesota. She married Thomas Hable at St. Paul's Catholic Church on July 6, 1957 and they farmed in the town of Woodmohr until their retirement.

Mrs. Hable always hosted the "Fun Run at the Farm" during the colorful Fall colors from the Hable's tidy, country, brick house in the Bloomer countyside. She was well known for her home made delicious pepperoni soup with warm, fresh, bread for the runners to eat after the run. I'm sure many runner's will remember her and her kindness.

Welcome New Members

New IT C Members

Jullie Bruggenthies and George, Jordan, and Gabrienne Kelch

Cheri Dostal

Jeffrey Hart

Brent Kann

Darven Miller

Bob, Tammy; Dan, Sara, and Cole Oliver

Will Pooley

Nicole Sessions

Keith and Kristie Tibbits



Membership Renewal

January is the time to renew your ITC membership, as memberships are based on the calendar year. If you haven't already renewed your membership for 2009, you can do so by using the form on the back of this newsletter, or you can renew online through [active.com](http://www.indianheadtc.org/join.htm) (see the link on our ITC Membership page at: <http://www.indianheadtc.org/join.htm> . If you're not sure if you need to renew, check the mailing label on this newsletter - the top line with your renewal date will be highlighted, and the date will be 12/08 or before. If you have any questions on renewals or other membership issues, please contact the ITC membership coordinator, Paul Wagner, at 715-835-4247 or wagnerpj@gmail.com .



Get the Scoop

Check out the new Indianhead Track Club Blog at www.indianheadtc.blogspot.com or through our main website at www.indianheadtc.org. Match wits with LeQuene, Wade, Lou or Tina. Tell us what you like about our races or make suggestions on how we can improve them. Chew on the ear of our Madame President. Find out what is on the minds of other runners.



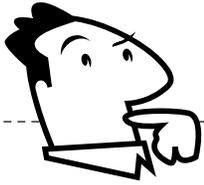
Some of you may have noticed a new Frigid 8/ Thermal 3 tee shirt design. A big thank you to Sara Bruner for the new design. Sara is a recent Graphic Art graduate from UWEC.



Be There With Bells On!



Jingle bells, jingle bells, jingle all the way to the finish of the 5K. The Jingle Bell run/walk for Arthritis 5K on Saturday, December 5, 2008. Participating on behalf of the track club were Michael Salm, Emily Berg, Amy Biegel, Mary Beth Clark, Claudia Cooper-Salm, Janet Goodman, Esther Hager, John Hager, Shelby Heuer, Brent Hurlburt, Tina Killey, Traci Messner, Beth Meyer, Denise Pedersen, Judy Ring, Kathie Schaus, Jan Schrader, Mark Schulz, Jennifer Siemer, Kristen Sime and Dan Stickler, many of whom are pictured below. It was 30 degrees warmer than last year and the food and refreshments were just as good.



We were on our way home from last fall's Whistlestop Half-Marathon in Ashland and Jeff Miller was already hatching plans for next year's race. One of the reasons he was so excited about going back—besides the fact that we'd had a great time—was because he, John Dunn and I will all be in a new age group this year.

That's one of the nice things about running. Getting older isn't always such a bad thing. In fact, it can be a good thing when it moves you into a new age group. As the "youngster" in your new age division, you now have a better chance of placing in the medals.

So I guess it was cause for celebration this past Dec. 18 when I went from being the old guy in the 40-49 age group to the "young" guy in the 50-59 age division. At least my family and running friends seemed to think so. They threw me a surprise party that not only was a fun time, it was a clear reminder that I really am half a century old.

Another reminder of my age is the "Oh No, the Big 5-0" black balloon bouquet that party hosts Steve and Wendy Bengtson sent me home with. The balloons still haven't deflated, even after I put them out in the garage in the freezing cold more than a week ago. Seeing them is a daily reminder that I am now old enough to start receiving AARP cards.

Sure, I could pop the balloons. But it's kind of become an experiment to see how long they'll last. So far it's been a little more than three weeks and they're still holding air. Karen Schoenrock definitely got her money's worth when she spent the extra \$3 for the longer-lasting balloons. And I definitely got another reminder that I've hit the big 5-0.

Actually I'm really not that torn up about it. Age is just a number, right? And in running, moving up to a new age group is a good thing. In a way you turn "young" again.

But you probably don't get any faster. Speed is one thing that you don't seem to gain when you move up to a new age group. At least not after your 30s.

Still, I can think of quite a few runners who managed to keep running at a pretty good clip after turning 50. For me, one of the most memorable examples of this took place at the Get in Gear 10K in Minneapolis back in the late 1980s.

I was in my early 30s at the time and running the fastest race times of my life. In this particular 10K I was running pretty close to my PR pace as I sprinted for the finish. With about 100 meters to go, some "old" guy blew by me like I was standing still. That was my introduction to Dan Conway, who at the time was in his early 50s.

At the time it was a humbling experience to get smoked by a guy nearly twice my age. Now when I look back on it, it's inspiring to know that it's still possible to run fast in your 50s.

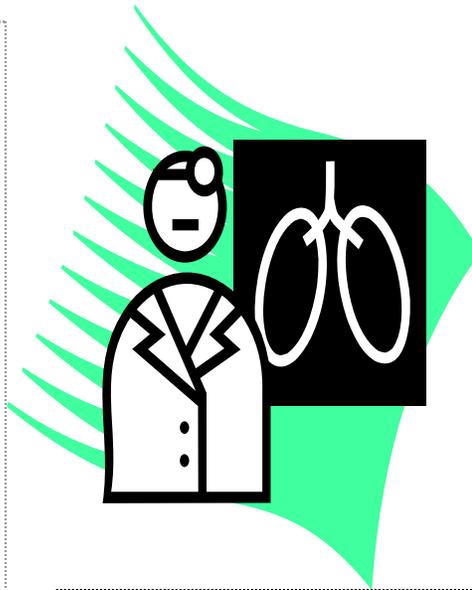
I know I'll never run anywhere near as fast as Dan did in his 50s. He truly is one of a kind. And as I get older, my race times become less and less important to me anyway.

For me, the best part of turning 50 was having family and a great group of running friends to celebrate with. Along with a new decade of running in the 50 to 59 year-old age group to look forward to.

“GOD HEALS, THE PHYSICIAN COLLECTS THE FEE”

I just returned from a three mile solitary run over back roads north of Bloomer. The sun was bright, the air temp was 20 degrees and the snow crunching under my feet was the music which fills our souls with optimism and joy. Can you tell my endorphins are high? The real joy is that you know what I'm talking about because you are in the 20% of Americans who run and know that because of feelings like this, you never want to quit running! In my last message I spoke of the need to keep our knees safe and suggested that we should pay attention to the fact that those who run too far too fast are no longer running, as are those who played the knee twisting stop and go sports of basketball, football, tennis and others. I admit that there are some who will survive with knees intact, they are a limited albeit exceptional bunch. My point is that we should learn from those who have fallen by the wayside and recognize that for good health and good highs, short slow distances remain the better option. Now it is up to you to decide, and I hope you do it thoughtfully because I can tell you there is nothing like doing it at 70.

But I digress. I told you that I was going to tell you the saga of **Lou's knee and here it is. On March 22, 2008 my wife and I were cycling back from a morning of birdwatching (don't laugh, you will be 70 some day).**



She stopped in front of me and I was distracted and ran into her bike, catching on her handlebars. I extended my leg to try to stop but my bike was caught on hers, my foot failed to slide and I wound up collapsing to my right with my knee buckling under and landing hard on my right hip. So hard that I had a huge bruise on the hip. Amazingly my knee did not hurt nor did I hear or feel any cracking or popping. By night however my knee had become swollen and exquisitely painful. As a physician I knew that my bones and ligaments were OK. The swelling was most likely bleeding from torn cartilage and there is little that we can or should do to alter the course of healing. I also know that healing an injury like this can take up to one year, so I was content to ice it up and keep it flexible while the healing ensued. The

thing that I was not prepared for was the response of my friends who could not believe that I was not going to have an MRI, “just to find out what I had done”.

In spite of my reassurance that MRI's should be done only when we are contemplating surgery they badgered me until I called my orthopedic surgeon and reviewed the history and physical findings and he agreed that conservative management was the proper course and that I did not need an MRI. My friends remained doubtful but I remained firm! For six weeks I hobbled around with a walking stick, for another six weeks I walked tentatively. Finally at twelve weeks I was able to get out and run an incredibly slow mile. What a feeling! I am now back to where I can do a comfortable three miles at a 70 year old pace. I still have a tender area on the side of the knee that will hurt with certain maneuvers but even that is waning. In essence I have justified my continuing belief that sometimes we must stand back and let the body heal itself. MRI's cost thousands, patience is free! So let your primary care doctor help you with the decision but don't let your friends decide for you.

Frigid 8 Thermal 3 Recap—Brian McAlister

The Frigid 8 had no problems living up to its name once again this year. There was a chill in the air, snow on the roads, and a blustery head wind. Nonetheless, regardless of what Mother Nature brings, you can always count on at least one runner to scoff at the elements and bare some skin. This year it was Brady Palmer, donning a T-Shirt and finishing 11th overall in the 8-mile race. But what makes this even more interesting is that he trotted up the street to the start line late, giving the leaders at least ¼ mile head start. But when scrutinizing the times, it is clear that even had he started on time, Brady Anderson would have still captured first place with ease (49:27). And for those of you counting, that makes five Frigid 8 crowns in a row for Brady. You have to go back to 2003 to find another person's name atop the finishers list. Brady came in second to Adam Topper that year. And for the females, Heidi Jarecki took home the first place award in a finishing time of 1:03:20, finishing one and a half minutes ahead of the closest female competitor.



Don Marjala trekking through the frozen tundra with Paul Billmeyer close behind.



Next year, I'm bring

There was nothing warm about the Thermal 3. That race started at the same time, under the same conditions. Jordan Hendrickson of Hixton traversed the snow packed course in 18:24 to capture top honors for the males. Brianna Hughes of Stanley outpaced all other females to bring home the first place hardware in a time of 22:40.

A list of age category winners and a complete list of finishers is available on the Indianhead track club web site: <http://www.indianheadtc.org/results.htm>

I want to extend a special thanks to members of the Chippewa Falls Sixpack for their help with making the race a success this year. They come out year after year to work in challenging weather conditions. This event wouldn't happen without them. And I especially want to thank my wife and kids who sucked it up this year to work on the course. My wife, who used her in with the race director to land the prized position of working the water stop, reported winds that pushed a full water cooler across a card table. Now that's amore.

With 25 mph winds the going was tough



ing my ski goggles!!



Frigid 8 Mile**Chippewa Falls Dec 6, 2008****Indianhead Track Club - Brian McAlister**

| <u>Name</u> | <u>Time</u> | <u>Place</u> |
|-----------------------|----------------|--------------|
| Brady Anderson | 49:27 | 1M |
| Aaron Marjala | 52:25 | 1 18-29M |
| Chris Huse | 56:53 | 1 40-49M |
| John Kann | 56:54 | 1 50-59M |
| Jim Janezik | 59:05 | 2 40-49M |
| Adam Smit | 59:32 | 3 18-29M |
| Chris Buckley | 1:00:39 | |
| Paul Wagner | 1:03:20 | 3 50-59M |
| Heidi Jarecki | 1:03:20 | 1F |
| Tom Langley | 1:03:56 | |
| Kristin Bowe | 1:04:52 | 1 30-39F |
| Loren Bowe | 1:05:59 | 3 40-49M |
| Doug Brandt | 1:06:47 | 2 60-69M |
| Bob Oliver | 1:06:58 | |
| Paul Billmeyer | 1:10:40 | |
| Don Marjala | 1:11:24 | |
| Denise Pedersen | 1:11:24 | 1 40-49F |
| Jan Schrader | 1:11:25 | 2 40-49F |
| Tina Killey | 1:11:33 | 3 40-49F |
| Michael Weiser | 1:12:49 | 3 60-69M |
| Kaitlin Werner | 1:13:27 | |
| Leslie Johnson | 1:15:15 | 1 50-59F |
| Dan Stickler | 1:15:28 | |
| Rick Lecher | 1:19:09 | |
| Emily Berg | 1:20:49 | 2 30-39F |
| Kristen Bayerl Sime | 1:25:00 | |

Overall winners 47 finishers**Brady Anderson** 49:20**Heidi Jarecki** 1:03:20

Heidi Jarecki aka (Stormy Cromer)

Thermal 3 Mile**Chippewa Falls Dec 6, 2008****Indianhead Track Club - Brian McAlister**

| | | |
|---------------------------|--------------|-----------|
| Jordan Hendrickson | 18:24 | 1M |
| Darin Lau | 22:30 | 1 10-13M |
| Steve Thon | 23:16 | |
| Joe Jensen | 25:44 | 1 60-69M |
| Maddie Gehrig | 26:27 | 2 14-17F |
| Pam Ogden | 29:16 | 2 50-59F |
| Karen Possley | 30:11 | 3 50-59F |
| Larry W Johnson | 30:58 | |
| Philip McGuirk | 31:04 | |
| Ellen Wing | 32:42 | 1 60-69F |
| John Konkel | 32:52 | |
| Deborah Konkel | 32:53 | |
| Shelby Heuer | 33:04 | 3 30-39F |
| Jennifer Sobotta | 35:51 | |

Overall winners 54 finishers**Jordan Hendrickson** 18:24

Brianna Hughes 22:26



Jordan Hendrickson first place in Thermal 3

Tyranena 1/2 Marathon Report

Paul Wagner

This last summer I was looking for a new half marathon to run in fall, and remembered hearing about the Tyranena Beer Runs. These races, including a half marathon referred to as “the half barrel”, are held each November in Lake Mills, Wisconsin (twenty-five miles east of Madison.). The races are sponsored by Tyranena Brewing Company, a Lake Mills micro-brewer that makes some of my favorite beers. Finding a way of combining two of my primary interests seemed quite positive, so I started planning for the race.

I had heard that about 600 people ran the race, but it turns out that another 600 run the accompanying 4.7 mile “sixth barrel”, making for a total of over 1200 people in the two beer runs and one of the larger road racing events in Wisconsin. The brewery uses the races as a charity event, donating a large chunk of the proceeds to local non-profit organizations and encouraging runners to bring canned goods to donate to the local food pantry.

I’ve run enough half marathons to keep my anxiety level fairly low, but this one was different. The main problem was the ten-day weather forecast – temperatures in the 30’s, plus 20-25 mile per hour winds and a high-percentage chance of wintry mix (rain and snow). This didn’t change as the race got closer, so I just figured it couldn’t be any worse than last year’s Frigid 8 (just more time out there) and tried to mentally prepare.

Race day dawned pretty much as in the forecast – mid to high 30’s, 20 mph winds from the northwest, but no precipitation to start with. It just felt cold - I don’t think I’d ever seen so many people bouncing up and down at a starting line. However, once the gun went off and we started running, it wasn’t too hard to stay warm. It did start drizzling slightly, but that actually helped to keep my core temperature at a good level.

The first three miles go through downtown Lake

Mills (with their signature triangular town “square”) and then out of town into the wind. People were definitely running in groups – no one wanted to be cutting into the wind on their own – and it still seemed to add about a minute per mile to my time. After about three miles we turned south into Shorewood Hills, the only area of town with significant inclines. A few miles of up and down took us in the open and more wind, then we turned back onto the Glacial Drumlin trail (which in total goes from near Madison over to Waukesha, outside of Milwaukee.) This was a welcome relief, both to get out of the wind and to leave the hills behind. I was feeling good, talking with people and passing a few – there’s something about running trails that generally helps me energize. However, when we turned off of the main trail onto a spur trail at about mile 10, my lack of adequate distance training kicked in, and I was regretting not finding a nice 10-mile race instead of a half. The last few miles traced through the edge of town and back to the brewery, with the last mile once more heading into the wind just to keep us humble.

The finish line had high energy – the 4.7 mile race started an hour later than the half, and finishers from the two races were merging from separate directions before crossing the line. Lots of runners were coming in and a good group of spectators were cheering the runners. The race announcer was broadcasting energetic running music and repeatedly announcing “this finish line is for you!” I could hear his words about a half mile out, and spent my last running minutes speculating on who else the finish line might be for. Still, it was nice to get as much encouragement as possible as I took my final steps across the chip mat. My time was slow for me, but even soon after finishing I knew I’d enjoyed the run overall.

Past the finish line is where the Tyranena Beer Runs really shine. Your race entry includes a finisher’s medal (for the half marathon only), but also a post-race lasagna dinner and two beverage tickets. Given the temperature and wind, it was difficult to stay warm after the race, and going into a tent and eating a warm dinner really hit the spot. Even though it takes a while for beer to start tasting good

Continued on to next page.

again to me after running, the two beers I asked for went down quite well. All runners also get a discount on Tyranena six-packs purchased at the event in case you want to recreate the post-race experience at home.

This is a well-organized event with a nice course and it helps several good causes. I recommend it to beginning and experienced half marathon runners alike. By the way, this year's half marathon winner was Cory Hayden of Eau Claire, so I wasn't the only local runner who'd made the trip down.

More information on the Tyranena Beer Runs can be found at <http://www.tyranena.com/beerrun/website.htm>.

LeQuene!

Ready to answer the questions you've never dared ask another runner.

Dear LeQuene:



I don't know that this is appropriate for one of your columns. Sometimes up north, we get a little off-color during our long weekend runs.

Anyway, at the start of the run, one of the guys mentioned the names of 2 or 3 runners who had said that they would be coming, but failed to show on this cold, windy Saturday morning. We all know that there are a bunch of things that your training partners can do that are irritating. This happens to be one of them. So I suggested that we set up a web page called www.runningbeotch.com where you could post comments anytime one of your running mates ticked you off. We even came up with a nickname for each post: a beotchslap.

What do you think?

Spike

Dear Spike:

It feels a little too close to home to get my stamp of approval.

Runner Profile: Amanda Seveland

Nickname: Madame

Occupation: French Teacher @ Chi-Hi & Assistant Arts/Events Coordinator at UWEC

Marital Status: married to Andrew

Age: 26

When I started running and why: 4 years ago. A college friend decided that we need to run the Water Street Mile and finish in under 8minutes. We did. ☺

What inspires me to run now: I feel a lot better when I run. If I go too many days without running, I become antsy and irritable. It helps keep me mellow.

Proudest running accomplishment: Finishing my first half-marathon last summer in Duluth

Favorite races: Water Street Mile and RCU Charity Classic

PR Distance, where and when: I don't usually keep track. I tend to be happy just to finish.

Races/Places I would like to run someday: I haven't given it much thought. I love to run by water (not in the sand, but along a road or a boardwalk). I think it would be awesome to run along the Mediterranean.

Weekly mileage (High and Low): 10-30. It depends if I'm inside or out. This time of year, it's usually closer to 10.

Training routine: Combination of running, weight training and yoga.

Best running experience: Anytime I finish a long run, and I can still breath.

Worst running experience: My first (and only) time running Pure Water Days. It was my first race that was more than a mile, and I did not know how to pace myself or where I should start. And I tried to run the race with my husband. All around, a lot of poor decisions.

Most Amusing Running Story: During a run a few years ago, I took a minor detour, when a duck family decided to stop in the middle of a busy road, holding up traffic. So I thought that I would help by shooing them across the road. They did not all go in the same direction, so I ended up running circles in the road chasing these adolescent ducks in the direction of their mother. I'm sure the people in the car were laughing at me. I know I would have been.

Secret running tip: Run with others that are faster than you.

Running heroes or role models: The woman who *passed* me at the RCU run, who was obviously 4-5 months pregnant. I can barely carry myself.

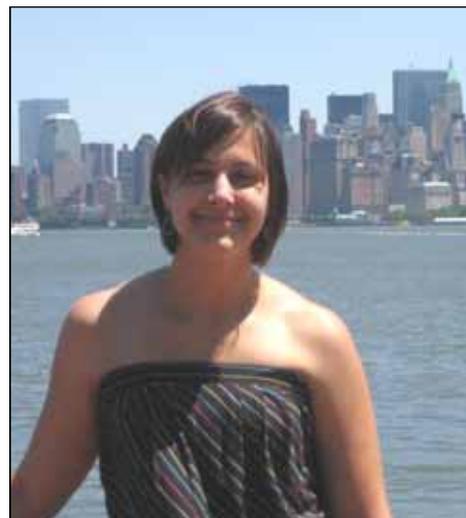
Favorite Food: pasta with olive oil or a tomato sauce

Favorite Music: Classic rock (Pink Floyd, Led Zeppelin, etc).

Favorite Book: Pompeii

Favorite cartoon or fictional character: Harry Potter

Asparagus or Brussel Sprouts and why: Asparagus because there are a variety of flavors in one stalk.





I had the pleasure of meeting Jessica last Spring. She introduced herself to me after being told that I, too was training for Boston. She was contemplating whether to travel to Boston after an injury that sidelined her training. I encouraged her to not give up—she would not regret running the Boston marathon.

Months later, she submitted this speech to our office for consideration for the December commencement speech and was chosen.

Tina Killey

Jessica with parents David and Leila Hoel

REFLECTIONS by Jessica Hoel

The College Marathon. 26.2 Miles of Excellence. How did you do it?

College? A marathon? Seems too unrelated. Last spring however, I embarked on a journey that made the comparison clear. My passion for running led me to enter and complete the Boston Marathon. I found it to be an incredible and amazing experience – an opportunity to broaden my horizons in a unique and stimulating environment –I found myself in the midst of demanding, challenging and at times totally stressful situations...Just like in college. So today I am going to take YOU on a college marathon to recap the incredible “race” that you have completed.

To begin with, you register for the race with many incentives in place such as a passion for running ... or a desire for accomplishment. Likewise, you apply for college, with a passion for learning ... or a desire for furthering your academic accomplishments. Is this something you can do? You make the choice. You’re going to run the marathon. You’re going to go college.

The applications are in. It must be worthwhile, because you are paying to do this-paying to run - paying to learn. There’s training involved. Prior to the marathon, you prepared for eighteen weeks following a tedious, repetitive and strenuous workout schedule. Prior to college you prepared for eighteen years of your life, from preschool on, in hopes of guiding you to the next big step in your life.

The day finally comes. The first semester...The starting line. At first, you feel nervous in unfamiliar surroundings, but you find your pace and learn to adapt. You start to really enjoy those water and Gatorade stops. You start to really enjoy ordering toppers sticks and caf food. You start to enjoy the independence, of choosing your own courses and choosing how hard to push yourself. You begin to stop searching the sea of people for Mom and Dad... You are on your own now....

Well not completely. You begin to recognize the unique variety of people surrounding you. Their strides, body types and breathing styles...are all very different. Their interests, majors, and nationalities...are all very different. You come to celebrate the diversity and difference we each bring...because differences don’t matter...we all share the power to finish and we all share the same goal. “I am going to cross that finish line.” “I will walk across that stage.”

So, unique to college, like a marathon, is that this is not a competition against those around us...rather a competition against ourselves-against our own strengths and weaknesses. We aren’t here to pass the thousands of people in this race ...rather here to share in this journey with them. Together we’ve laughed, complained and become companions as we run side by side thorough the twists and turns of the racecourse.

Hours have passed and we are envisioning that finish line. Years have passed and we are envisioning that degree or future career. There were times when we wanted to stop, and even times when we thought, “What am I doing here?” Luckily, there was always guidance from great advisors who picked us up when we felt lost. We had excellent professors - our coaches - who taught us the fundamentals of running and learning. They helped us to understand success.



Family and friends have come to cheer us on - and we don't want to let them down. They have been there watching us at all the checkpoints along the way. They hugged us at mile 5 ... when we left to study abroad. They took our picture at mile 10 ... when we were awarded a scholarship. They gave us advice at mile 15...when we had our first taste of corporate America during a summer internship. They gave us water at mile 20 ... when we gambled to change our major for the third time. We kept our loved ones in mind the entire way, excited for their proud embrace at the end.

As we neared the finish line, some of us hit what in a marathon is called "the wall". The last 6 miles are distinctly different from the first part of the race. It takes mental strength and stamina to make it to the end-similar to senior year. That last stretch was a time when we reflected back...a time when we thought "what am I going to do next?" The day has finally arrived. All eyes are on us now. No matter how long it took each one of us, we can all say we did it. We finally reached our goal!

What an amazing accomplishment, something to be so proud of. As you walk across this stage, I hope you all feel a tremendous inner satisfaction that you well deserve. You've made it, the race is over. All of that time, hard work and preparation has paid off. Aristotle was right when he said "the roots of education are bitter, but the fruits are sweet." The Marathon...Your College Career... it wasn't your physical strength that brought you to the end...it was truly your perseverance. As Samuel Johnson once stated, "Great works are performed not by strength, but by perseverance."

We have gained so much from this experience. We have gained self-discipline and determination. We have gained the companionship of people of many ethnicities who have come together to share this experience.

We have gained and earned respect for having an inner power to push ourselves to the end.

We have tasted education and are ready for the next challenge. Nothing can stop us now. We are eager, strong, unstoppable. Congratulations class of 2008 - we broke through the marathon ribbon of education with flying colors.



You have to wear the Boston jacket to the airport back home.



Post-exercise Caffeine Helps Muscles Refuel

ScienceDaily (July 2, 2008) — Recipe to recover more quickly from exercise: Finish workout, eat pasta, and wash down with five or six cups of strong coffee. Glycogen, the muscle's primary fuel source during exercise, is replenished more rapidly when athletes ingest both carbohydrate and caffeine following exhaustive exercise, new research shows. Athletes who ingested caffeine with carbohydrate had 66% more glycogen in their muscles four hours after finishing intense, glycogen-depleting exercise, compared to when they consumed carbohydrate alone, according to the study.

Caffeine aids carbohydrate uptake

It is already established that consuming carbohydrate and caffeine prior to and during exercise improves a variety of athletic performances. This is the first study to show that caffeine combined with carbohydrates following exercise can help refuel the muscle faster.

"If you have 66% more fuel for the next day's training or competition, there is absolutely no question you will go farther or faster," said Dr. Hawley, the study's senior author. Caffeine is present in common foods and beverages, including coffee, tea, chocolate and cola drinks.

The study was conducted on seven well-trained endurance cyclists who participated in four sessions. The participants first rode a cycle ergometer until exhaustion, and then consumed a low-carbohydrate dinner before going home. This exercise bout was designed to reduce the athletes' muscle glycogen stores prior to the experimental trial the next day. The athletes did not eat again until they returned to the lab the next day for the second session when they again cycled until exhaustion. They then ingested a drink that contained carbohydrate alone or carbohydrate plus caffeine and rested in the laboratory for four hours.

During this post-exercise rest time, the researchers took several muscle biopsies and multiple blood samples to measure the amount of glycogen being replenished in the muscle, along with the concentrations of glucose-regulating metabolites and hormones in the blood, including glucose and insulin.

The entire two-session process was repeated 7-10 days later. The only difference was that this time, the athletes drank the beverage that they had not consumed in the previous trial. (That is, if they drank the carbohydrate alone in the first trial, they drank the carbohydrate plus caffeine in the second trial, and vice versa.) The drinks looked, smelled and tasted the same and both contained the same amount of carbohydrate. Neither the researchers nor the cyclists knew which regimen they were receiving, making it a double-blind, controlled experiment.

Glucose and insulin levels higher with caffeine ingestion

The researchers found the following: one hour after exercise, muscle glycogen levels had replenished to the same extent whether or not the athlete had the drink containing carbohydrate and caffeine or carbohydrate only four hours after exercise, the drink containing caffeine resulted in 66% higher glycogen levels

compared to the carbohydrate-only drink throughout the four-hour recovery period, the caffeinated drink resulted in higher levels of blood glucose and plasma insulin several signaling proteins believed to play a role in glucose transport into the muscle were elevated to a greater extent after the athletes ingested the carbohydrate-plus-caffeine drink, compared to the carbohydrate-only drink. Dr. Hawley said it is not yet clear how caffeine aids in facilitating glucose uptake from the blood into the muscles. However, the higher circulating blood glucose and plasma insulin levels were likely to be a factor. In addition, caffeine may increase the activity of several signaling enzymes, including the calcium-dependent protein kinase and protein kinase B (also called Akt), which have roles in muscle glucose uptake during and after exercise.

Lower dose is next step

In this study, the researchers used a high dose of caffeine to establish that it could help the muscles convert ingested carbohydrates to glycogen more rapidly. However, because caffeine can have potentially negative effects, such as disturbing sleep or causing jitteriness, the next step is to determine whether smaller doses could accomplish the same goal. Hawley pointed out that the responses to caffeine ingestion vary widely between individuals. Indeed, while several of the athletes in the study said they had a difficult time sleeping the night after the trial in which they ingested caffeine (8 mg per kilogram of body weight, the equivalent of drinking 5-6 cups of strong coffee), several others fell asleep during the recovery period and reported no adverse effects. Athletes who want to incorporate caffeine into their workouts should experiment during training sessions well in advance of an important competition to find out what works for them.

The authors of the study are David J. Pedersen, Sarah J. Lesard, Vernon G. Coffey, Emmanuel G. Churchley, Andrew M. Wootton, They Ng, Matthew J. Watt and John A. Hawley. Dr. Pedersen is with the Garvan Institute of Medical Research in Sydney, Australia, Dr. Watt is from St. Vincent's Institute of Medical Research, Fitzroy, Victoria, Australia. All others are with the Royal Melbourne Institute of Technology University (RMIT) in Bundoora, Victoria, Australia.

Journal reference:

David J. Pedersen et al. **High rates of muscle glycogen re-synthesis after exhaustive exercise when carbohydrate is co-ingested with caffeine.** *Journal of Applied Physiology*, (in press) 1.

Adapted from materials provided by American Physiological Society,



Diane, Wendy Bengston, Jeff Miller and Wade Zweiner eating around the Gilbertson's table.

Don schooling "youngsters" Paul Wagner, John Qualheim and Mike Salm



Eric Gilbertson, Peter Quint, Peter Pedersen and Tom Langley enjoying the view?



January

- 24** Freeze for Food, 10K and 5K run/walk, 11:15 am, Vilas Park Shelter, Madison, WI
- 24** Securian Frozen 5K & Half Marathon, 5K and half marathon, 9 a.m., St. Paul, MN
- 31** Rumble in the Jungle Snowshoe run/walk, 2 and 5 mile, children's race, 11 a.m., Exposition Center, Eau Claire, WI

February

- 2** ITC Meeting, 6:30 pm, Dooley's, Water St., Eau Claire, WI
- 7** ITC Annual Banquet, 6 p.m., Westgate Sportsman Club, 4909 Sportsman Dr., Eau Claire, WI
- 14** Valentine Heartthrob Run, 5K and 5 mile, 8 a.m., YMCA, 400 Mason St., Onalaska, WI
- 15** Lace Up Against Breast Cancer, 5K and half marathon, 8:30 a.m., YMCA, Rochester, MN
- 28** Run on the Water, 5 mile, 11 a.m., Bayfield, WI



March

- 7** Chilly Chippewa, 5K and 10K, 10 a.m., Chippewa Falls High School, Chippewa Falls, WI
- 7** Point Bock Run, 5 mile, noon, Stevens Point, WI
- 8** Shamrock Shuffle, 5K, 10 a.m., Am. Legion Post 53, Water street, Eau Claire, WI

April

- 4** ITC Spring Fever, 2 mile and 6 mile, 9 a.m., Pavilion west of Hobb's Ice Arena, Altoona, WI
- 6** ITC meeting, 6:30 pm Dooleys, Water St., Eau Claire, WI



May

- 4** ITC Spring Fever, 2 mile and 6 mile, 9 a.m., Pavilion west of Hobb's Ice Arena, Altoona, WI



Karen Schoenrock, Lisa Buenger, Tina Killey, John Qualheim, Dave Carothers, Sherri & Wayne Linenman (sp?), Mile Salm, Emily & Mark Blaskey.

Feb 7th @6pm at Westgate Rod & Gun Club is the ITC yearly Banquet. All members and guests invited. Dr. Whitis, author of Beyond the Marathon, will be our featured speaker.

Discussed costs of newsletter mailings:

Bulk rates are changing and options were reviewed. To reduce cost of unknown or wrong address we will need to add to current mailings "or current occupant". We will need to send in email notices that if members have not received their newsletter to contact ITC (currently Paul Wagner). There are over 200 addresses on the newsletter mailing list at present. If under 200, bulk rates would not apply and this would also increase our expenses.

We can use a stamped postage system were the "stamp" is printed on the newsletter itself for a one time fee of \$180. This was approved by the board and no longer will stamps need to be affixed to the newsletters.

Non-profit status not applicable to any hobby or social clubs.

Brian Macalister reviewed the Frigid 8/thermal 3 race from Dec. 6th.

Income for ITC must be under \$25,000/3years otherwise tax forms must be filed. Therefore, if we participate in a race large enough to raise significant money this would be considered in our tax-exempt status. To use ITC insurance, there must be some ITC ownership of the race.

Guidelines for race approval includes:

-Quality, liabilities, numbers, minimum requirements, timing compared to already approved races, approval for route and timing by police department, track club membership,

ITC will offer to provide an aid station with theme for the Eau Claire Marathon this spring. The club has not been contacted, but we would like to offer support in this



Please email me, Tina Killey, newsworthy items to Johnstk@uwec.edu.

*Next newsletter will be March/April
Deadline for items February 14th .*



- ◆ Discount on ITC race entry fees
- ◆ Bimonthly newsletters
- ◆ Discounts at area stores

Join the Fun!

ITC Membership Form

Name: _____

(If family membership, also list family members)

Address: _____

City/State/Zip: _____

Phone # _____ Email _____

- ____ Student \$10
- ____ Annual Single \$15
- ____ Annual Family \$25
- ITC Benefactor \$ _____

Mail this form to:

Paul Wagner 120 S. Michigan, Eau Claire, WI 54703



3638 Cummings Avenue

Eau Claire WI 54701