



### 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.

#### INSIDE THIS ISSUE:

Final New Years Day Annual Fun Run	1
President's Column	2
F.Y.I.	4-9
ITC Annual Banquet	6
Frigid 8 & Thermal 3	10
Las Vegas Running	12
Risky Running?	14



A group of hardy souls gathered Jan. 1 for the final New Year's Day run hosted by longtime ITC members Don and Nancy Gilbertson.

This marked the 20<sup>th</sup> consecutive year that the Gilbertson's offered up their hospitality so that area runners could start their New Year on the right foot. It was a special occasion both because it marked the end of a great holiday tradition and the return of Don's good health.

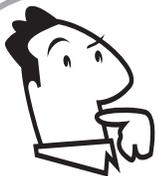
Last summer Don suffered a small stroke that left him hospitalized. Fortunately Don made a speedy recovery and he is back in his comfortable Third Ward home where he and Nancy have hosted the New Year's Run in recent years. Prior to that the run was held at the Gilbertson's Hawkweed Farm home in rural Osseo.

Longtime ITC members John and Tina Killey collected donations from Don and Nancy's many running friends and presented them with a card and gift for their many years of giving back to the local running community. In receiving the gift, Don showed that his sense of humor is still very much intact.

"On second thought, maybe we will have the New Year's Run again next year," he joked.

In addition to hosting the New Year's Run for 20 years, Don has given back to area running in a number of other ways as well. After serving as ITC president during the 1980s, he still regularly attends ITC meetings, volunteers at area races, and writes for the ITC newsletter. Don also founded and put on the Norske Nook 15K/5K run/walk in Osseo for 12 years.

Don has also excelled as a runner over the years, posting a marathon PR of 2:49 at Grandma's in 1984 while in his mid 40s.



## WADE'S WIT—President's Column, Wade Z weiner

As a way of introducing myself as your new ITC president, I thought that I'd share some of my favorite ITC memories.

My first ITC race—the Frigid 8—definitely lived up to its name. This was back in the late 1980s when the race was held on the south side of Eau Claire. I'll never forget running up one of the steep rolling hills on County Road II into a cold wind that was so strong it felt as though I was being blown backwards.

I'll also never forget going to the post-race party at a bar downtown—I wasn't living in Eau Claire at the time so I don't remember the name of it—and thinking to myself, "What a fun group these "Tortoise and Hare" people seem to be.

My next ITC race was the following April. Back in those days the Spring Fever Six started and finished on the east side of Eau Claire near where Target, Menards and Wal Mart are now located. To a city boy like me—I was raised in Falcon Heights, Minnesota, conveniently located between Como Park and the Minnesota State Fairgrounds—the old Spring Fever 6 was a run through the countryside. Along with a cruel lesson in what a good running area the Chippewa Valley is.

At the time I was in my early 30s and pretty much at the top of my running game. I also was a "big-city" runner and this was a "small-town" race. How much competition can there be? I thought.

A lot, I quickly found out. After a very brief but painful 100 yards or so of trying to run with the leader—a guy by the name of Dan Held who, unbeknownst to me, was an All-American distance runner at UW-Eau Claire and would go on to become a sub 14 minute 5K runner and 2:13 marathoner—I had to slow way down to my normal race pace.

After that healthy dose of humility, my respect for the Chippewa Valley running scene was even greater. It was great enough, in fact, that it was one of the factors in my decision to move to the Chippewa Valley in 1992.

One of the first things I did when I moved here was join the Indianhead Track Club. I've always enjoyed the newsletter and back then it was especially entertaining because it featured a very humorous column written by then UW-Eau Claire chemistry professor Al "The Alchemist" Denio.

During my first years after moving here I ran all of the ITC races, including the Carson 10 when it was four loops of Carson Park. The Carson 10 has a long, proud tradition—started in 1969, it's one of the oldest, if not the oldest organized road race in Wisconsin—but I don't think we'll be going back to that format anytime soon!

One of my most memorable ITC races was the Spring Fever Six in 1996 or so. It's memorable not because of how well I ran—I had an off day and got passed in the last mile by just about everyone and their brother—but because that's where I met Jeff Miller.

Up until that point I'd been doing nearly all of my training by myself. But Jeff and I got to talking after Spring Fever that year and decided to start meeting on Tuesday nights to run track workouts. We found that we made good training partners and decided to start doing our Saturday long run together as well.

We soon learned that we had a mutual running friend—John Dunn—and he began joining us on our Tuesday and Saturday runs. During the past 15 years my friendship with Jeff and John has grown and so has the size of our running group.

I've met many great people during our Tuesday and Saturday group runs, one of them being the fellow who is handing me the reins as ITC prez—Dave Carothers. Dave and I were training part-

ners long before we were ITC officers and I think that's a big reason why we've enjoyed a lot of success in working together to promote the ITC and area running.

It's my goal as the new ITC president to build on all of the ITC's accomplishments over the past 43 years and to help provide others in the Chippewa Valley with the same opportunities that the ITC has given to me—the opportunity to enjoy some good healthy fun and make some great new friends.



Wade Zweiner, Don Gilbertson and Dave Weiss prepare runners at the start of the Carson Park races this past fall.





# FYI

## Total Team Effort Earns Schwamberger Record Honors



If anyone understands the importance of teamwork, it's ITC member/UW-Eau Claire cross country coach Dan Schwamberger.

Dan was recently named Wisconsin Intercollegiate Athletic Conference (WIAC) women's cross country coach of the year for a record-setting fifth year in a row. And he credits teamwork as a big reason for the Blugold's success.

"We have a very positive team culture that has really helped," Dan said. "Our runners are all student athletes who are very committed to running and very competitive with each other, but in a healthy way. I think that kind of attitude brings everyone up."

This year the Blugold women won the WIAC cross country championship. They went on to take second place at the Regional meet and 17<sup>th</sup> at Nationals.

"It was a very fun group to coach this year," Dan said. "We had a lot of young runners so if we can keep them together we should do well in track this spring and cross country next fall."

Another important part of Dan's team approach to running is his assistant coach, Marcie Schwamberger. As you may have guessed, Marcie is also Dan's wife.

"Marcie is an integral part of the team," Dan said. "She runs with the women and helps them with their workouts. She's also very good at giving them their splits during races, which is something that I'm not very good at."

Dan, Marcie and the Blugold men and women runners—along with the UW-EC Kinesiology Department "Kins Club"—give back to the local running community by helping out with the Jingle Bell Run for Arthritis in December that starts and finishes on campus.

"I think it's important that the kids get involved with something other than the team," Dan said. "It's good to do some community service."

## Nelson Caps Outstanding 2011 at UW-Stout

Congratulations to Tim Nelson—son of longtime ITC member Joanne Nelson—for recently being named Wisconsin Intercollegiate Athletic Conference (WIAC) men's cross country athlete of the year.

Tim, a junior at UW-Stout, capped an outstanding year of running in 2011 by winning the WIAC men's cross-country title this past fall and going on to finish fourth at the NCAA Division III national meet. His time at nationals--24 minutes, 13 seconds over the 8K (4.97 mile) course--was a school record and good enough to earn him All-American honors.

"My goal was to win nationals but I wasn't quite ready to run with the top three guys," Tim said of the winners, who finished in 23:44, or about 30 seconds ahead of him. "I'm hoping to be able to run with them during track season this spring and am working hard to close that gap. I know that no one is unbeatable."

Tim's outstanding cross-country season in 2011 followed a record-setting indoor and outdoor track season last spring. He set the UW-Stout school record for the indoor 5000 meter (5K) with a time of 14:43 and followed that with an outdoor 10,000 meter (10K) school record of 30:06. That's a pace of 4:50 per mile for the 6.2-mile distance.

"My ability kind of shot up in 2011," Tim said. "It kind of came as a surprise—I didn't really see it coming."

Being raised by a mother who is an avid runner, Tim had plenty of opportunities to follow in Joanne's footsteps. But running didn't appeal to him as a youngster.

"When I was in middle school my Mom always asked me to join her on her runs and I always said no," Tim recalls. "At the time, I couldn't understand why anyone would want to spend half an hour putting yourself through pain."

After three years of playing football at Augusta High School, however, Tim decided to switch fall sports and give running a try. Augusta didn't have a high-school cross country team at the time so Tim drove himself to meets as an unattached runner. And he quickly discovered that running is something that he enjoys and is good at.

Tim credits much of his recent success to the encouragement of UW-Stout assistant coach Mary Palmer—"she's made a huge difference—she really makes me want to do well"—and to the training program of head coach Matt Schauf.



"I decided to commit to Matt's training program and that's when I saw dramatic improvements in my running," Tim said.

Tim said that the training program at Stout includes a lot of proactive, injury-prevention components such as regular ice baths, stretching, circuit drills, and core work. For mileage, he said that he's been averaging 80 to 85 per week.

Tim said that his mother, Joanne, has also been a big help in his running.

"She goes to almost all of my meets and is a very positive person," he said. "Everyone gets nervous before a race, and she helps me to stay calm. And if I'm ever getting discouraged with my training and need a pick-me-up, I always know who to call—it's my Mom."

◆ \* \* **IMPORTANT INFORMATION** \* \* \* \*

Save the Date for ITC Banquet!



Make sure to mark your calendar for the social event of the season--the annual ITC banquet Saturday, February 11<sup>th</sup> at the Avalon Conference Center in Chippewa Falls.

This year's banquet, which starts with a social hour at 5:30 pm, will feature a motivational talk by UW-Wisconsin Badger All-American and three-time U.S. Olympic team member runner Suzy Favor-Hamilton. Suzy, who grew up in Steven Point and now lives in Madison, set numerous American records throughout her career. In addition to her experiences in competition, she will share what she loves about running as well as how it has helped her to maintain a healthy lifestyle.

The theme for this year's banquet is "We Love to Run," highlighting the ITC's 43 year history of supporting running and walking in western Wisconsin.

As a show of support for Wisconsin running, attendees are encouraged to wear their favorite Badger garb. If your allegiance is with another collegiate team, wear your favorite school's colors (as long as it's not Oregon!).

In addition to Suzy's talk, this year's banquet will feature annual runner awards, door prizes and, of course, a delicious dinner.

For more information on the banquet, see the registration form in this issue or visit the ITC website at [indianheadtc.org](http://indianheadtc.org). Hope to see you all on Feb. 11<sup>th</sup>!



**Time to Nominate**

We NEED your nominations by January, 20th for Male Runner of the Year, Female Runner of the Year, and Most Improved Male and Female Runner of 2011he its annual Runner of the Year awards. Any ITC member who hasn't received the award in the last 5 years is eligible. We all know some deserving person. Give them the complement of being nominated for their hard work and their success. You can email your nomination to [salm@centurytel.net](mailto:salm@centurytel.net)

**Time to Vote**

Starting January 22, 2012, ITC members can vote for the nominees online. A link will be posted on our website, [www.indianheadtc.org](http://www.indianheadtc.org), to introduce to the nominees, summarize their accomplishments, and give you the opportunity to vote. Votes will be tallied on February 4.

**Awards**

The nominees will be honored at the banquet on February 11 and the winners will receive their awards.

**Thanks for Your Support!**

A big thank you to ITC member Ellen Wing of Chippewa Falls for her generous donation to the ITC Trail Project as part of her entry to last fall's Carson Park 5 & 10.

The ITC is helping to raise funds for mile markers to be placed on the Chippewa River Trail starting at the trail-head in Eau Claire's Phoenix Park.

Ellen is very familiar with the Trail, as last Memorial Day weekend she and her husband Bob biked the entire -64-mile length of it, starting in Durand and finishing in Cornell.

Ellen said that friends dropped off her and Bob in Durand the night before their ride and they stayed in a motel that allowed them to keep their bikes in the laundry room. They set off on their 64-mile trek at 7 the following morning, stopping for lunch in Eau Claire and arriving in Cornell at around 4 in the afternoon.

"We just wanted to see if we could do it," Ellen said. "We like to bike and prefer to bike on trails because we feel more safe and comfortable."

If interested in donating to the ITC Trail Project, please contact ITC president Wade Zwiener at [wade1218@yahoo.com](mailto:wade1218@yahoo.com).

### 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 2012, you can do so by using the form on the back of this newsletter, or you can renew online through active.com (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 (expiration) date will be 12/11 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](mailto:wagnerpj@gmail.com) .

### ITC Benefactors - 2011

Paul and Carol Billmeyer  
Emily and Mark Blaskey  
Jeff and Kristen Brown and family  
Leslie Johnson  
Tim Kobernat  
Phil McGuirk  
Mike and Kristy Olson  
Kathie Schaus and family  
Dan and Marcie Schwamberger  
Bob St. Louis  
John and Ann Stien  
Bret & Tonja Tangley  
Paul Wagner  
Mark and Karen Wise  
Paul and Cathie Woita

If you're interested in becoming an ITC Benefactor, just add any extra amount from \$5 to \$50 or more when you renew your membership - these donations help the club do a little bit more...



LEADER-TELEGRAM

# CITY/REGION

Obituaries — 2B  
Religion — 4B  
Entertainment — 6B

Contact: Local News Editor Gary Johnson • 715-833-9211 • 800-236-7077 • gary.johnson@ec

## Mile markers sought for local trails

### Carson Park race to benefit project

By Joe Knight  
Leader-Telegram staff

The bike trails in Eau Claire are used extensively by runners, so the Indianhead Track Club plans to donate proceeds from its races to improve the trails.

Money raised at the Saturday, Oct. 29, Carson Park Five & Ten run and future installments of the event will be used to develop mile markers for the trails and a marker or statue that will designate where both the

#### If You Go

**What:** Carson Park Five & Ten.  
**When:** Saturday, Oct. 29. The 10-mile and 5K races start at 8:30 a.m. The children's run starts at 10:30 a.m.  
**Where:** Carson Park.  
**How much:** \$25 in advance; \$30 race day.  
**To register/info:** indianheadtc.org/itc/carson.htm.

Chippewa River Trail and Old Abe Trail start.

The Chippewa River Trail heads south, following the Chippewa River to Durand. The Old Abe Trail heads north

through Chippewa Falls, ending in Cornell.

"So many runners and walkers use the trail. We think it's a great community resource," said Wade Zwiener, organizer of the run.

The club wanted to contribute something for the trail system, and the city is interested in establishing markers on the trail. Runners like mileage markers too. Some serious runners wear wristwatch-sized GPS units that tell them how far they've run, but the low-tech, trail-side markers still are appreciated, Zwiener said.

The Carson run started about



40 years ago, Zwiener said. "It's definitely one of the first, if not the first, run/walk in the area," he said.

For about the past 10 years it has been held the last weekend in October. The weather can be chilly then, and last year the race partnered with the Chippewa Valley Museum and Paul Bunyan Logging Camp to make it even more family friendly by allowing runners to warm up in their buildings before and after the run. Registration is in the logging

See RACE, Page 3B

3B

## Race/ Contest family friendly

from Page 1B

camp, and the museum will hold a pancake breakfast following the run.

They also added a kids' run last year, the Boogie Run, which attracted 150 young runners, some of them in Halloween costumes. Some of the older runners also wore costumes.

Both the Paul Bunyan camp and the museum waive their entrance fees, and last year's run turned into more of a family event, as people stayed to tour the museums.

Proceeds from the pancake breakfast that follows the run go to support the museum, Zwiener said. The museum was considering a fall event, so combining the run and pancakes worked for everyone

everyone

#### Mile markers

The Chippewa River Trail has mile markers south of Eau Claire on the state portion of the trail, which use Phoenix Park as the starting point, but there are no markers within the city, said city Director of Public Works Brian Amundson.

There once were some posts marking the miles, but they aren't around any longer, he said. Some more permanent posts marking every half mile of the Chippewa River Trail and the Old Abe Trail headed north within the city limits are needed, he said.

Another project — not as immediate a priority — would be to have some kind of statue or marker identifying the start of both the Chippewa River Trail and Old Abe Trail in Phoenix Park. The beginning of both trails is the east end of the railroad bridge at Phoenix Park, Amundson said.

There is a disagreement in nomenclature between the city and the Department of Natural Resources over where the Old Abe Trail begins. The DNR has the Old Abe Trail beginning in Chippewa Falls and calls the connecting link in Eau Claire and Hallie the "Urban Trail."

"It seems to me there should be an Old Abe Trail in Eau Claire," Amundson said.

Knight can be reached at 715-830-5835, 800-236-7077 or joe.knight@ecpc.com.

# B

Saturday  
October 15, 2011

pc.com



Staff file photo

Runners of all ages, including many in costumes, participated in the Carson Park Five & Ten in 2010. This year's event is Saturday, Oct. 29.

# More photos from the Gilbertson's first fun run of 2012 . . . . .



Longtime ITC members  
Douglas Pearson and  
Bob St. Louis



Gracious hosts for 20  
years—Don and Nancy  
Gilbertson



*John Killey, Barbara McKinley,  
Wendy Bengtson, Karen Possley  
and Tom Langley share stories.*





## Frigid 8/Thermal 3 Recap

Submitted by Race Director Brian McAlister

Early December means different things to different people. Some think of snow, others dream of chestnuts and an open fire, but to 237 hearty runners in west central Wisconsin, it meant it was time to lace 'em up and run the 42<sup>nd</sup> annual Frigid8/Thermal 3.

Unlike last year, the snow held off until later in the day and, but for a few slippery spots, the roads were clear. Brent Kahn from Rice Lake took advantage of the open roads to finish the Frigid 8 in 44:44, over six and a half minutes faster than the nearest competitor. Lisa Trainor from Maple Grove, MN proved that running competitively does not end at 50. She covered the 8 mile course in 59:08 just a couple of seconds ahead of Kristen Bowe from Chippewa Falls.

Those of us that manage the Thermal 3 decided to give everyone something a little extra this year - you know, an early Christmas present. And what does every runner want? An excuse to run more, of course. While everyone that had a GPS reported slightly different distances, it was decided that Veteran runner Phil McGuirk's reading of 3.34 miles would be used as the official race distance. But it seems that last year's winner Darin Lau was not happy with our gesture and would not be denied. He demanded even more miles. We are just glad that he eventually turned back toward the finish or he could be somewhere in South Dakota by now. Thanks to the good sportsmanship of Adam Smit, the runner that actually crossed the finish line first, Darin was given credit for winning the race in an estimated time of 18:03 since he was clearly ahead at the time of an unmarked turn about  $\frac{1}{4}$  of a mile from the finish. As for the women, Lori Wullweber from Dubuque, IA crossed the finish line in 23:54, 20 seconds ahead of Stephanie Lau from Eau Claire.



I want to extend my sincere apologies to all of the 3.34 milers for the mishap that resulted in this early Christmas present. Please direct any and all complaints directly to me and all praise to my dedicated staff of volunteers that sacrificed their Saturday morning runs so we could sponsor this event. I especially want to thank all of the runners that took it in stride and made the event as enjoyable as any we have had in the past.

Remember to mark you calendars for December 1<sup>st</sup>, 2012 for the 43<sup>rd</sup> annual running of the Frigid8/ Thermal 3.

*Wayne Linderman leads the pack up one of many rolling hills of the 8 mile course..*

INDIANHEAD TRACK CLUB  
**FINISH**



And it's a . . . Photo finish!

Drats! If they'd move those walkers over, I could get by them . . .



Carol Prescher and friend display their recently acquired hardware.



*The man, the legend, Dennis, Cornbread, McGraw.*

*University of Minnesota ROTC*



# Viva Las Vegas!

By Chris Huse

The question was put to the Saturday morning running group: Do I run as Elvis or just run the half marathon for time?

The unanimous answer was, run as Elvis.

I was skeptical. I didn't know if I'd be qualified for the task at hand.

Several months ago, Randy Aumann--an ITC member from Loyal--and I had a conversation about running the Las Vegas half marathon. The date of this year's event was December 4<sup>th</sup>.

I have run many half marathons before, and Las Vegas has hosted many marathon/half marathons. But this one was special.

It was the first one run at night down the strip. Start time was 6 pm for the half.

What a thrill and a challenge. Then Randy added a twist-- let's run it as Elvis.

Randy and I traveled together to Vegas, where we met Tom and Chris Roth, two other runners from Loyal who also ran the half.

Remember this is Las Vegas, so I am not allowed to talk about everything that happened that weekend. As you know, what happens in Vegas stays in Vegas. For some of those stories you'll have to talk to Randy or Tom.

As a warmup for the half, we ran the Santa 5k on Saturday. With the entry fee you get a Santa suit. The organizers were looking for a world record for number of running Santas. We did set the record at 8,000 Santas. But it didn't take long for that record to be broken by a run in England with 10,000 running Santas.

Next on our list was the half marathon, which was part of the Rock and Roll series of races. There was plenty of entertainment, with the rock band Cheap Trick as the pre- race headliner.

The only hitch to the whole weekend was getting into the correct starting gate. With 44,000 runners it was a logistical nightmare.

Randy and I were able to make it into the corral with moments to spare. The national anthem was played on the electric guitar ala Jimi Hendrix.

Randy and I were fortunate to be in the first corral at the start. What a rush it was to be in costume and a lead Elvis, complete with many cheering fans, bright lights, and 44,000 of your closest running buddies screaming down the Las Vegas strip!

After passing down the strip, the course kicked left at the Stratosphere and headed to the downtown area. Then it returned to the strip and an exciting finish at Mandalay Bay Hotel.

The cheers were especially loud as I crossed the finish line, as I was the first Elvis to finish the half marathon! "Elvis has left the half marathon" the crowd called out! For a few moments, anyway, I felt what it was like to be "The King."

My finish time was 1:32:53, followed by Randy, 1:37:06; Tom Roth, 1:41:30; and Chris Roth, 2:10:54. If you ever get the chance to run as Elvis, I'd definitely recommend it. It's the best running experience I've ever had.

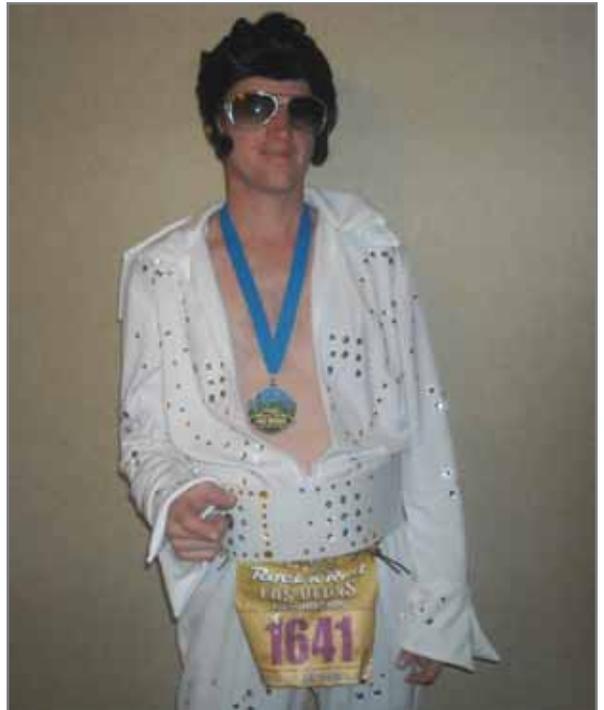




2011 Las Vegas  
Santa Run



Randy Aumann at Las Vegas  
1/2 marathon

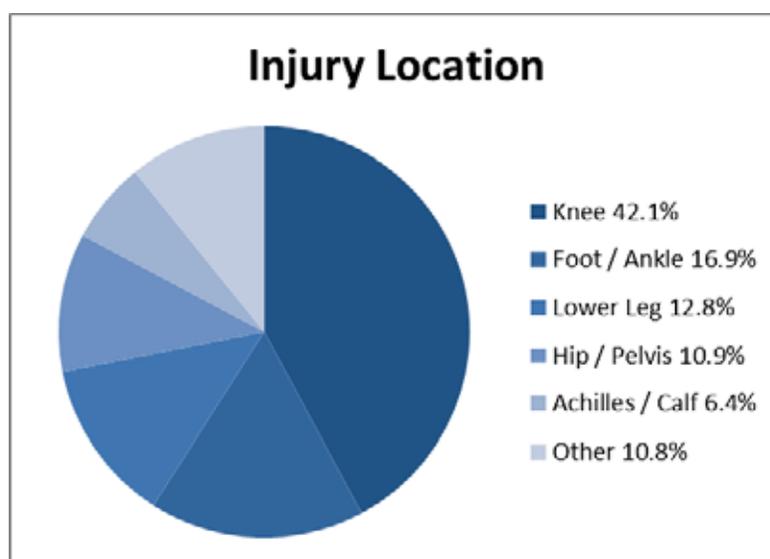


## Risky Running?

*Jessie Podolak, physical therapist, Optimum Therapies.*

How many times have your non-running pals asked you, “Isn’t running bad for your knees,” or “Don’t you get hurt with all that running you do?” While most of us running-enthusiasts are quick to defend our chosen mode of exercise, our friends actually pose a valid question. An estimated 65% of runners experience injuries annually, and the incidence is as high 90% for those training for a marathon (*Lysholm and Wiklander, 1987, Am J Sports Med; Satterthwaite et al, 1993, Br J Sports Med*).

The most common injury locations include the knee, foot / ankle, and lower leg. The 5 most common running injuries include patellofemoral pain syndrome, iliotibial band friction syndrome, plantar fasciitis, tibial stress fractures (especially in young runners), and knee meniscal injuries (*Taunton et al., 2002, Br J Sports Med*). The location and rate of injury change with age and gender, with Achilles/calf injuries ranking highest in runners over 50 years old.



There are four well-established risk factors for running injuries which consistently come up across multiple studies in the literature. These include:

### Running Experience

No prior experience (2.5 – 3x more likely to be injured)

Novice runners – more likely to quit running after injury

### Weekly Mileage / Intensity

Rapid increase

Exceeding 40 miles per week (~3x more likely to be injured)

### Previous Injury

Incomplete recovery or pre-existing issue

### Competitive training motive

Pushing through symptoms

*(References available upon request)*

Other potential risk factors, which are inconsistent across studies, include:

age (incidence may increase with age; location shifts with age)

gender (males slightly more at risk)

body / mass index (BMI)

females < 21kg/m<sup>2</sup> may increase injury risk

males > 26 kg/m<sup>2</sup> may have a protective function

Transitioning to new shoes may also contribute to injury, primarily because the body had adapted to a broken down shoe, and the rapid transition to a new, stiff shoe may be too dramatic of a change.

Established non-risk factors also exist, with studies consistently finding that the following factors do NOT contribute to injury risk: terrain, arch height, orthotic use, cross training, warm-up and stretching. Keep in mind, these data apply to healthy runners and have not been tested in injured runners trying to return to activity.

So, given these statistics, are we essentially doomed to a gimp gait if we continue to log miles? Should we be looking for alternative modes of aerobic exercise to “save our knees?” Thankfully, there is good news! A closer look at the **established risk factors** reveals the key to injury prevention: these are all behavioral and can be modified. For example, novice runners should be encouraged to *gradually* increase their mileage, and perhaps get a year of running under their belt before they enter into any serious competition. These are the folks who may benefit most from coaching or physical therapy (video gait analysis, etc.) Runners who have an injury should get it addressed early and thoroughly to ward off recurrences in the future. Exceeding 40 miles per week may best be reserved for seasoned runners who have a good sense of their abilities, or at the very least, those training for first marathons should take advantage of training plans in the “beginner” category.

The benefits of running in terms of cardiovascular fitness, weight-management, and mental health are tremendous. I personally live by the motto “Running is my Prozac!” Running wisely and early intervention with injuries can keep us on the road for decades upon decades. In my opinion, the risk vs. benefit ratio of running easily tips in favor of staying on the road, and answering our friends with a simple, “No, it’s not bad for you, **as long as you run smart.**”

Jessie Podolak, PT, DPT  
Optimum Therapies

*\*\*Thank you to Dr. Bryan Heiderscheit, PT, PhD, at UW-Madison for compiling much of the data included here in his “Examination of and Treatment of Running Injuries” manual.\*\**





- ◆ 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 \_\_\_\_\_

\_\_\_ **Annual Single \$15**

\_\_\_ **Annual Family \$25**

\_\_\_ **ITC Benefactor \$\_\_**

Mail this form to:

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

Eau Claire WI 54701  
3638 Cummings Avenue

