



Our Mission

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

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Jerry Sazama, Jayne Baugher, Mike Salm, Barbara McKinley and Sonja Anderson at the Fargo Marathon

Fargo loved us. The entire city reverberated with enthusiasm for our presence, with spectators lining the course, cheering for us, offering candy, bananas, oranges and even beer as we ran by.

The projected hot weather did not come to fruition as a cold front whipped in the night before the race accompanied by rain, wind and cool temperatures. We were able to employ the Fargodome prior to race time in order to keep warm. A half marathon was run at the same time as the marathon so there were thousands of runners.

The wind was not especially a factor because there were so many turns in the course so that we never ran in one direction very long. Sonia Anderson, who ran the half marathon, suggested that drafting behind a bulky runner would be a good tactic with the headwind. She proceeded to heed her own advice by tucking in behind me on several windy occasions. Jerry Sazama, who also ran the half marathon, counted the turns, advising us that there were about 78 on the marathon course. *Continued on next page*

What happens when the ITC president has a daughter graduating from college and a daughter graduating from high school during the same summer?

Answer: His July-August newsletter column gets a lot shorter.

I encourage everyone to come to the ITC picnic on Thursday, July 12.

Bring friends and family. Bring runners who aren't members but are considering it. It's always a pleasure to meet new runners and it's almost as much fun to gossip about the people who aren't there. Of course, what I enjoy the most is giving my training partners a hard time without having to gasp for breath in between strides. Don't be afraid to respond in kind. If I can dish it out, I can take it.

I also want to remind all of our club members to enjoy the heart of the summer racing season. The RCU Charity Classic comes next weekend, the Fall Creek Lion's Pride (July 5), followed by the Water Street (July 14) and the Tortoise and the Hare (July 26) as well as a myriad of other local races to consider. If you can't run, consider volunteering. It's a great way to socialize.

If I miss you at all of those events, then have a great summer!

Continued from front page

For those of you who have never been in the eastern part of North Dakota, be advised that Fargo is flat. The only inclines were overpasses. The course is run entirely in Fargo and Moorhead, land of concrete. Concrete is harder than asphalt and hard surfaces take a toll on ancient bones. Mike Salm agreed that the concrete is not conducive to a quick recovery as our ankles, knees and hips creaked for days afterward.

There were many worthy diversions on the course such as accordion players, garage bands, boom-boxes, harmonica players, strumming guitars, screeching bagpipes (sorry, Rory), jugglers and belly dancers. The pregnant belly dancer was a riveting sight.

The finish line was in the Fargodome and the final approach was clogged with spectators still handing out goodies, peppermints, pretzels and I believe one family was trying to give away a child. But, perhaps I misunderstood the generosity of that particular Fargoan.

Countdown: 44 marathons, 38 states

Barbara E. McKinley

INDIANHEAD TRACK CLUB ANNUAL PICNIC



Thursday, July 12th at 6:00 pm
Mount Simon, Eau Claire

Traveling west on Birch St. to Sheridan, take Addison down the hill to the picnic area Bring a friend, or two!

Hamburgers and hot dogs prepared by Chef Paul Billmeyer

Plates, tools and beverages (yes, beer) also will be provided.

Please bring a dish to pass – A-M a non-dessert item

Wisconsin State Journal <http://www.madison.com/wsj/home/entertainment/skinny/index.php?nti...>
1 of 3 6/25/2007 8:48 AM

Oh deer

Kandi Hanson has a history of run-ins with deer. She totaled her first car and damaged two others in collisions with deer. Recently, the deer struck back. As Hanson approached the halfway mark of the 10-kilometer Sour Grapes Half and Half run, in Brainerd, Minn., a spooked deer darted out of the woods and crashed into Hanson, tossing the 28-year-old into the air and sending her sprawling onto the grass before disappearing into the woods. "I was very surprised, my eyes were huge, I was part crying, part laughing. I didn't know what to do," she said. But Hanson spit the dirt out of her mouth, brushed herself off and finished the race. She escaped with only minor scrapes, bruises and soreness.



Although Hanson finished in 31st place, she didn't come away empty-handed. She received a first-place plaque for being airborne the longest.

Editor's note: Spring Fever 6 2006, Karen Schoenrock narrowly missed hitting a deer that ran in front of her path. Between Wade's birds and the deer, I guess we runners need to keep our eyes open!

FYI

ITC Benefactors 2007

Members who have donated money beyond their regular dues
If you're interested in becoming an ITC benefactor, just add whatever amount you want and mark the Benefactor box when you next renew your membership

Jeff, Kristen, Katrina, Maria, & Rosa Brown
David Carothers
Al Denio
Girls on the Run of Eau Claire County
Stephen Marasek
Phil McGuirk
John Qualheim
Paul Wagner
Paul and Cathie Woita



3rd Annual Fall Creek Lions Pride Run

The 3rd Annual Fall Creek Lion's Pride 5k/10k Run is Thursday evening the 5th of July at 7:00p.m. at Keller Park in Fall Creek. All of the proceeds from the run benefit the Fall Creek First Responders and is used to purchase new medical equipment. All race participants will receive a FREE t-shirt, water bottle and as much pizza and pop as they want. There will be a trophy for overall male and female in both races and medals for 1st, 2nd and 3rd place in each age division. Please call Sheila at 579-0262 for more info. We hope to see you all there!

Sheila Cote

Welcome New Members

Emily Berg
Girls on the Run - Eau Claire County (Jane Tappen)



Hatfield & McCoy Marathon

Barbara McKinley - Running a marathon in each state

The truth is that I am a slow learner. Running three marathons in six weeks taxes one's ability, not only to run, but to think clearly. I was trudging up the steep incline of Mt. Hardy six miles into the Hatfield & McCoy Marathon when another marathoner passed me urging me on with the sage advice, "Stay focused." How did he perceive that my mind was wandering off course? I was snickering to myself be-

cause in 45 marathons this was the first one wherein I had to help set up the start banner. The race director David Hatfield was struggling to erect the metal stand with the banner when he enlisted my help.

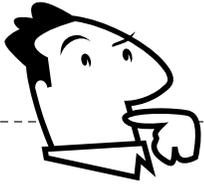
I was also considering David's pre-marathon traffic-control statements. He said that the coal trucks would not haul coal that morning. Never has such consideration been shown to me as a runner. The course took us in and out of Kentucky and West Virginia in the Appalachian Mountains, prime coal country. So there were mountains to climb, rivers to cross and miles to run. Yeah, I needed to focus, especially with the heat which was over 70 degrees at the start and 83 degrees at the finish. There was high humidity as well. One runner passed me complaining, "It's like a sauna out here."

But there were obstacles other than the weather. When you compete in this marathon, you are either a Hatfield or a McCoy. If you are not one by virtue of breeding purposes, you are assigned to one of the families. I was a Hatfield. Hence, David's inclination toward me, I am sure. In any event, on McCoy Mountain, I was confronted by a gun-toting McCoy, ordering me to identify myself if I wanted to pass through their territory. Thinking quickly on my feet (well, maybe not so quick since my feet were not moving particularly rapidly) I responded, "I am Barbara McKinley Hatfield but I am here looking for a romantic encounter with a McCoy." He allowed me to pass with no further feuding. His wife insisted upon it.

I spotted another runner not far ahead and decided it might behoove me to have a male running partner through this dangerous section so I caught up to and introduced myself to Ken. We made a cute couple, Ken and Barbie, the marathoners. There were more hills and more heat but it is always more palatable when you have a companion. Ken and I slogged through the miles finishing together in 5:21 which is not a terrible finishing time if you are 73 years old like Ken.

My time might have been better had I "focused" on my pace. But, there is more to a marathon than one's time, as I have met some interesting runners, viewed fantastic scenery, taken photos of the beauty of the course (yes, I run with a camera) and even won some trophies in the process. So I received a gigantic first-place trophy and had my photo taken with Devil Anse Hatfield and Ranell McCoy at the finish line. There were at least three of us old biddies out there as there were second and third place finishers as well. This is one adventurous marathon which I would recommend if you are not looking for a fast time.

Countdown: 45 marathons, 39 states



Usually the weather has been our primary concern before the Steamboat Classic. It's always been hot and humid for this mid-June 4-mile/15K run in Peoria, Illinois.

But this year it was something different that had Jeff and Jeanne Miller and me talking as we headed for this world-class race in Jeff's hometown. There were reports of attacking birds in downtown Peoria, right in the same area where the race starts and finishes.

Jeanne had heard that they were migratory birds that liked to attack their victims in the back of the head. Some of the victims reported that it was kind of like being stuck with a needle. Word of the attacks had even been broadcast that morning on The Today Show and CNN. Officials were concerned that things could get ugly the following day since there was going to be a big running race with thousands of participants right in the same area of downtown Peoria where the attacks had been occurring.

This did not sound good. Especially not for a guy who's had his share of run-ins with dive-bombing birds over the years.

Maybe you read about it in this space a few years ago. Dive-bombing red-winged blackbirds have terrorized me on more than one of my daily runs. There is a particular quarter-mile stretch that I have come to know as blackbird row. Running through it between May and August when the red-winged blackbirds are hatching their young is kind of like running the gauntlet. You're lucky to get through without getting dive-bombed at least once.

But I've never been pecked in the back of the head before. What kind of race am I getting myself into? I wondered, as we made the six-hour drive to Peoria.

As it turned out, our fears were pretty much unfounded. It wasn't a flock of exotic migratory birds that were attacking people along the riverfront in downtown Peoria. It was one single red-winged blackbird. It sure had to be an ornery one, though, to make the national news.

Kind of like the one I ran into on my Sunday running route a few weeks ago. So far this summer things have been relatively quiet on my daily route as far as red-winged blackbird attacks are concerned. But on my longer Sunday route a few weeks ago, I encountered one that dive-bombed me repeatedly within a few feet of my head. Call me a wimp, but I have since altered my Sunday route.

I'd have no such option at Steamboat, however. I'd have to stay on the course if I wanted to be counted in the official results.

One bird and 3500 runners, I kept telling myself. What are the odds of getting attacked? There was going to be safety in numbers, I figured.

Which is why the chance of an aerial attack was not foremost on my mind when we lined up for the 7 am start. But once again, the heat was. Seventy degrees with 60 percent humidity was not quite as toasty as recent years. But it still was plenty warm. Especially for us runners from "up north" in Wisconsin who hadn't had many humid days to acclimate with yet.

That's why Jeff, Jeanne and I all decided before the race that it would be best to try to avoid overheating by not starting out too fast. Which is easier said than done in a race that draws some of the fastest distance runners in the world. The lead pack always goes out at sub 4:30 per mile pace. Which seems to start a chain reaction with the runners behind them. The first mile at Steamboat is always a fast one.

After the mile things start to thin out a little and that's when I noticed that I was running

alongside a young female runner who looked like she was probably high-school age. Not that I'm a speed demon or anything. But we were running at a pace that if I recall correctly would have won quite a few high school girls 1- and 2-mile races here in Wisconsin. And this was a 4-miler.

Plus, this girl was dressed pretty casually for a serious runner, I thought to myself as we made our way through the city streets of Peoria. A cut-off T-shirt with the number 22 on the back. She can't possibly be for real, I thought to myself. She's going to fall off the pace at any minute.

Well, she never did. A little bit past the two-mile mark, in fact, she pretty much left me in the dust. As did three male runners in my age group. This was the first time in the three years that I've run Steamboat that I didn't place in my age group.

I can honestly say that it didn't hurt my male ego too much to lose to a high-school girl. Especially not when I heard over the loudspeaker at the finish that she's a four-time Illinois state champion who's headed for Duke University. Katelyn Bastert is a name that I'm going to watch for in future race results.

After the race, Jeff put things in pretty good perspective for me. "I bet if I told you before the race that you weren't going to place in your age group and were going to get beat by a high school girl, you probably would have thought that you were going to have a bad race, wouldn't you?"

Probably so. But as it turned, I ran my fastest time ever at Steamboat. Probably because I was running scared from all those reports of dive-bombing red-winged blackbirds.



Wade Zweiner, Jeannie and Jeff Miller

ITC Race Calendar July—August 2007

submitted by Mary Beth Clark

June 6/30 RCU CHARITY CLASSIC WALK-RUN, 10K, 8 a.m., or 2 mile walk-run, 9:30 a.m., 1/2 and 1/4 mile children's races, 10:15 a.m., Owen Park, Eau Claire, WI, 2 and 10K, \$15/\$20 race day, \$5/\$10 for children's races w/T-shirts, bev. Carla Leuck, 200 Riverfront Terrace, Eau Claire, WI 54703; 715/833-8167; carlal@rcu.org, www.indianheadtc.com

July

7/1 **FIRECRACKER OFF-ROAD** 5 and 2.5 miles 9:00 am Lowes Creek Park, Eau Claire, WI Contact don@wors.org: www.wors.org

7/5 **LIONS PRIDE** 10K, 5K, 7:00 pm, Keller Park, Fall Creek, WI Contact: Sheila Cote 715-579-0262, sales@cleanworks.llc.com

7/7 **AFTON TRAIL RUN**, 50K, 25K, Afton, Contact: Scott Wagner, 651-429-8342, aftontrailrun@yahoo.com

7/7 **LA CROSSE CHILEDADA CLASSIC**, 10K, 5K between bluffs and the Mississippi River, certified, 7:30 a.m., downtown La Crosse, WI, \$17/\$20 after 6-17 w/awards, Riverfest; book hotels early. Shelly Lamb-Vosen, Chileda Foundation, 1020 Mississippi St., La Crosse, WI 54601; 608/782-6480

7/7 **NAMEKAGON ART FEST RUN**, 10 or 3 miles, 9 a.m., Sawmill Saloon, Seeley, WI, \$20/\$25 race day or 3 mile \$12/\$15 w/prizes, socks, clocks. T.

Meyer, Namekagon Art and Music Fest, 13388N Red Birch Lane, Hayward, WI 54843; 715/634-7587; tjmeyer@cheqnet.net; www.seeleywis.com

7/14 **WATER STREET MILE** 9:00 am, Eau Claire, Wi Contact www.indianheadtc.com stlouis@uwec.edu

7/15 **BAY DAYS**, 10K, 2miles, 8 am, Ashland, www.ashlandbaydays.com

7/20 **PARK POINT 5 MILER** 6:30, Duluth, MN www.grandmasmarathon.com

7/23 **LUMBERJACK DAYS ROAD RACE** 10 miles, 5K run, 8:00 a.m. \$22/\$30 Stillwater, MN contact: Jessica Neumann, 651/430

7/26 **TORTOISE AND HARE**, 5K run/walk 7:30 Eau Claire YMCA, Contact: Fred Hable, 835-5897, www.indiantc.com

7/30 **CHURCH HILL COUNTRY RUN** 10K, 5K, 2 mile walk, 8:00 AM, 1 mile kids 9:00 a.m. Somerset, WI \$15/\$20 Contact: Dave Belisle at 715-247-5995

7/30 **DOUGLAS TRAIL RACE**, 11 and 2 miles; Paul Anderson, 5407 Kensington Lane NW, Rochester, MN 55901; 507/282-7213; barbpaul@sparc.isl.net 30 RIVERBOAT DAYS RUN, 5K, 7 p.m.; John Thyren, 205 Alpine Ridge, Wabasha, MN 55981; 651/565-0375.

August

8/2 **SEE DICK RUN** 7 mile, 5K, 1 mile, 7:00 pm, Bloomer, WI contact: Fred Hable, 835-5897, www.indianheadtc.com

8/7 **GRANDVIEW FIREHOUSE RUN** 15K and 2 mile run 9:00 a.m. and 11:30 a.m. Grandview, WI. Contact: Chris Iverson, 715/763-3333. gvfh50@cheqnet.net or firehouse50.org

This spring I had the opportunity to travel to Germany and Turkey on a Global manufacturing tour that was offered by the University of Wisconsin Stout. During this tour I spent a week in Germany and a week in Turkey.

I was very excited to run in these countries and hoped that finding safe routes that were several miles in length would not be too much of a challenge.

The first stop was Karlsruhe Germany. This is a city of about 250,000 people located in the southwest corner of Germany. After talking to several people on the tour and a few locals I formulated a plan. This plan was to run north from my hotel the Astoria to the Karlsruhe Palace and follow the blue tile path out of the city through the Palace grounds and continue north as far as the path went.

I put my shoes on and away I went. I ran through the city to the palace and found the blue tiled path. As I ran I admired the grounds beauty and the change from a large courtyard to rustic asphalt trails. Once in the woods small trails began to emerge. I decided to take some of these trails. To my surprise these smaller trails cross connected from one trail to the next giving a person a lot of choices for new scenery on each run.

The time seemed to fly by as I ran. I clocked a 1 ½ hours on my chrono and I barely touched this vast trail system. I ran three more times with variations to my first route and all routes were great. As my last day in Germany came to an end I could only hope the trails in Turkey were as splendid.

As I boarded the plane for Istanbul Turkey I was a little apprehensive because of my lack of knowledge of the area and the language. My apprehension quickly turned into intrigue of how this old city of 20,000,000 people operated. The first two days I just oriented myself to the area and talked to the local people to reach a comfort level that I thought was acceptable.

I entered the lobby of the Hotel Valide Sultan Konagi where I was staying; a man that was working the front desk was drinking tea. He offered me some apple tea and I accepted his offer. We began to chat and he spoke very good English and I mentioned that I was looking for a place to run. He indicated that if you run down the hill three blocks and cross the freeway there is a boardwalk. This boardwalk is 12 kilometers if you run it from one end to end.

I finished my tea and thanked him for the information. The next afternoon I put on my shoes and started down the hill. As I made the trek down the hill I ran by the walls that the Romans built to fortify the city and through the gate. I gazed upon the Sea of Marmara and the highway filled with traffic. I pushed the button and the light turned and I was off. I started off slow on the boardwalk. It was concrete and was a good running surface. I slowly picked up the pace and enjoyed the breeze off the sea. As I ran farther the Bosphorus straight came into view and so did the end of the boardwalk. I turned around and made my way back to the Hotel. I ran two more days on this boardwalk and enjoyed every run.

I truly had a great time running and experiencing these areas. I encourage anyone visiting these areas to get out and put some miles on.

Good Running

David Carothers

Uff Da Half Marathon

Woodville May 19, 2007 John Qualheim 1:30:03

Douglas Brandt 1:47:56

Norske Nook 15K

Osseo May 5, 2007

Michelle Jensen

Partial Results

Place Name Time

2 Wade Zwiener 56:53 1 40-49M

3 Mike Olson 57:53 1 30-39M

4 Mark Wise 1:01:42 1 50-59M

6 Karen Schoenrock 1:02:43 1F

7 Wendy Bengtson 1:02:45 1 40-49F

10 Fred Hable 1:09:40 3 40-49M

15 Jayne Baugher 1:14:30 2 40-49F

Rick Lecher 1:22:09 1 60-69M

Laura Hickok 1:23:06 2 30-39F

Diane Hoyme 1:23:34 2 30-39F

Overall winners

Karen Schoenrock 1:02:43

Larry Mboga 51:45

Norske Nook 2 Mile

Osseo May 5, 2007

Partial Results

1 Duey Bauer 11:55 1M

2 Chris Huse 12:23 1 40-49M

5 Darin Lau 13:47 1 12-M

7 Michael Hong 14:21

9 Stephanie Lau 14:39 2 13-19F

Linda Gehrig 15:57 1 40-49F

Daniel Lau 18:19 2 12-M

Mark Waite 17:09 1 50-59M

Ron Buckli 17:47 2 70-79M

Overall winners

Duey Bauer 11:55

Kelsey Stocks 14:11



Grandma's Marathon

Duluth June 21, 2007

(chip time)

Brady Anderson 2:41:22

John Stien 2:52:37

Michael Olson 3:07:43

Chris Buckley 3:22:07

Fred Hable 3:37:36

Kathie Schaus 3:40:26

Brian McAlister 3:51:53

Matt Evans 3:57:08

Nancy Bauwens 3:58:15

Steve Thon 4:04:51

Douglas Brandt 4:05:03

Greg Kleindl 4:06:07

Laura Hickok 4:46:44

Larry Hickok 4:46:44

George House 5:06:59

Paul Trimmer 5:27:29

Marian Anderson 5:35:02

Ben Anderson 5:35:02

Jerri Jo Moe 6:01:54

Bjorklund Half Marathon

Duluth June 21, 2007

Karen Schoenrock 1:26:33

Wendy Bengtson 1:28:55

Thomas Langley 1:39:58

Patrick Schmitt 1:51:51

Tom Glenetzke 1:57:02

Diane Hoyme 2:04:22

Rosemary Harnly 2:05:14

Jane Pedersen 2:12:54

Lisa Buenger 2:19:43



Please add my fabulous husband, Ryan Burr, to the next newsletter for his finish of 4:02.22 at the Flying Pig Marathon in Cincinnati on May 6. This is 30+ mins faster than his last race!

Thanks,

Tara Burr

2007 ITC Board of Directors

President – Mike Salm
salm@centurytel.net

Vice-president – Karen Shoenrock
blackestdog@charter.net

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drlisabuenger@oakleafpediatrics.com

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lubinsky.jeanie@mayo.edu

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wagnerpj@uwec.edu

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stlouis2002@yahoo.com

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johnstk@uwec.edu



Indianhead Track club,
Thank you for your support of our event, "the Puddle Jump". Thanks to your help we were able to raise almost \$5,000 for Longfellow's After-School Wellness programs & student scholarships for community programs! We hope to do this again next year! We couldn't do this without you; we appreciate Indianhead Track Club!! Thank you, Longfellow's Wellness Team
Holly Larson

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

*Next newsletter will be September/October
Deadline for items August 27th*





- ◆ 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



3638 Cummings Avenue

Eau Claire WI 54701