



WWW.INDIANHEADTC.ORG

MARCH — APRIL 2008

### 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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A total of 74 people competed in the Rumble in the Jungle snowshoe race on Saturday, February 9th at Lowes Creek County Park.

The snowshoe race continued on despite the death of its founder, Tim Dusick, (Timmy D.) from stomach cancer on January 13<sup>th</sup> at the age of 51. Tim, a club member for 25 years and past president, was a major force in the development of running and snowshoeing in the area.

With the assistance of the ITC, ITC members Mark and Emily Blaskey took over the race after seeing Timmy D. in the hospital just six days before he died.

Tim's wife, Paula, also kept her husband's race going into a second year and said she hopes the Eau Claire event will be a national qualifying race in 2010.

Mark Blaskey said some of the snowshoers normally would be in Hayward for a warm-up race for the American Birkebeiner.

"They are here running and snowshoeing because of Timmy," he said.

## Madame President's Column—Karen Schoenrock

Many thanks go to Mary Beth Clark for another superb banquet. The food was yummy, the speaker great and the 2<sup>nd</sup> Annual Trivia Contest is getting quite competitive. Once again Don Gilbertson stumped the group with his profound gift of ITC lore. Also, thanks to our newest Hall of Famer, Tina Killey put together a great DVD “slide show” of local races and runners, some of who will be dearly missed.

Being the President comes with the privilege of being the banquet MC. I don't mind speaking to groups, but wasn't sure if I could live up to past MC's, Mike, Paul and of course Fast Freddy. I decided to wing it and go noteless, except to follow the program and let what happen, happen. I survived John Killey heckling me about how HUGE the crowd was and Mike Salm almost had me fooled as he was introducing the Hall of Fame Award. He started by saying, he has done this and he has done that, I was thinking oh \*%\$@, does he not have the right person. Real funny Mike...

My favorite award and acceptance was for the Grungy Shoe Award, with the winner Brady Anderson begging to have his yearlong “curse” taken off.

Hopefully by the time you get this newsletter spring will be better on it's way. It is getting tiring writing in my logbook, snow, ice, -20 degrees, didn't fall today.

The “spring races are upon us with the Spring Fever 6, Norske Nook and Carson 10 to name a few.

Well enough rambling to fill space.....

See you on the run,

Karen



## The Don Lynnes Award—submitted by Mike Salm

The Don Lynnes Award is given each year by the outgoing president to recognize one or more people for their work as volunteers for the Indianhead Track Club. We are an active and successful organization thanks to the time and effort donated by club members and other volunteers. Once a year, we try to acknowledge that fact.

Anyone who has stood out on a street corner in bad weather during an ITC race giving verbal directions along with goofy sounds of encouragement, while simultaneously making large, visual gestures, knows what I am talking about. Our races would never get off the starting line without the help of our volunteers. Newsletters would never be delivered. Web pages would come up HTTP 404: page cannot be found.

Don Lynnes, the man for whom the award is named, was not a runner. But for years, if not decades, he helped at every ITC race. He did whatever needed doing. So much so, that he twice won the award that is now named after him.

This year, I wanted to thank the volunteers who help at our races: the ones who man the registration desk, who hand out the shirts, and who stand on lonely corners directing lost runners to the lost and found we call a finish line. To a large extent, those volunteers go unthanked. I asked each race director to nominate a person that they thought deserving. Only one name showed up twice. Karen Possley.

Karen has been a club member for...let's say...a long time. During that time, she has helped at the Frigid 8. She has helped at the Carson 10. She has helped at the RCU Charity run. And I'm probably missing more than a few other races and places where she has volunteered.

At the banquet this year, Karen Possley received the 2007 Don Lynnes Award. Thanks for all the help, Karen.

Mary Beth Clark  
and Karen Possley  
at the ITC Banquet



# ITC Annual Banquet—February 2, 2008

Congratulations to all our award winners!

**Male Runner of the Year** Mike Olson

**Female Runner of the Year** Tess Goodwin

**Most Improved Male Runner** Dave Carothers

**Most Improved Female Runners (a tie)** Nancy Bauwens and Traci Messner

**Comeback Runner of the Year** Ron Buckli

**Male High School Runner** Tyler Heinz

**Female High School Runner** Kayla Dahl

**Don Lynnes Award** Karen Possley

**Grungy Shoe Award** Brady Anderson

**Hall of Fame Inductee** Tina Killey



Denise Pedersen, Jeanie Lubinsky, Tina Killey



Watch for better and much more photos in the next newsletter.

I unfortunately misplaced the photo disk from the ITC photographer—Paul Billmeyer.

Dina St. Louis and Carol Billmeyer



Speaker Ron Carda gave an informative speech about training.



Dave Angell surely sharing some insightful knowledge with Karen Wise.

# FYI

## ITC Benefactors 2008

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

Benefactors (to date) in 2008

Paul and Carol Billmeyer

Emily and Mark Blaskey

Jeff, Kristen, Katrina, Maria and Rosa Brown

Chris Buckley

Al Denio

Kevin and Karen Drechsel and family

Stephen Marasek

Phil McGuirk

Traci Messner

John Qualheim

Michael Salm

Dina and Bob St. Louis

Paul Wagner

Paul and Cathie Woita



As one benefactor recently said, "what if next time everyone renews their membership, they just add a little extra donation for ITC, one of the oldest running clubs in the area. That little extra could add up to a bunch!".

Donations of any size are definitely appreciated, and allow ITC to provide even more support for running in the Chippewa Valley.

## *Welcome New Members*

Welcome to New or Renewing Members

=====

John Delestry

Paula Dusick

Chris Flaten and Carrie Kehoe

Andy Gunderson

Jim Janezic

Leslie Johnson

Amy Miller

Mary Pica-Anderson

Dan Rouse

Jan Schrader

Patrick Schremp

Amanda Seveland

Dave Strassman

Kelly Sullivan

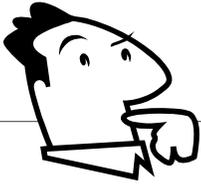
Bret and Tonja Tangley

Lori VanDamme

Jenny Westphal



Mixed emotions to ITC emcee President Karen Schoenrock's monologue.



It wasn't exactly the type of winter race that I'd originally planned on. Far from it, in fact.

Originally, the plan was to run a 15K in warm, sunny Florida. The Gate River Run in Jacksonville, to be exact. A big-time race with big-time runners, as it serves as the USA 15K Championship and draws a large field that numbered just over 13,000 in 2007.

That was the plan, anyway. But you know what they say about the best-laid plans of mice and men. Actually, I don't. But I do know that instead of visiting my sister and brother-in-law in Lakeland, Florida this winter I found myself visiting my parents in Backus, Minnesota.

You've heard of Backus, I'm sure. It's that booming metropolis located between Brainerd and Walker in the lake country of northern Minnesota. Both of which I'm sure you've heard of as well, Brainerd being featured rather prominently in the Coen brother's film "Fargo" and Walker being the home of the annual Eelpout Festival.

What's the Eelpout Festival, you ask? Well, I have to admit that I'm a native Minnesotan and had pretty much forgotten about it myself even though at times it has attracted national news.

What's an eelpout, you ask? It's an ugly fish that looks kind of like a snake and that most anglers try to keep *off* their line. Yet some marketing genius has managed to build a popular winter festival around this undesirable "rough" fish. Largely, I think, because what else is there to do in early February in northern Minnesota?

My parents had received the promotional flier for this year's Eelpout Festival in the mail and one cold winter evening a few weeks ago my father began reading off the list of events.

"There's snowmobile races. An ice-fishing contest. Bocce ball on ice. A polar plunge. There's even a 5K run...the Eelpout Peelout."

I'd heard of the Eelpout Peelout before, as it has been around for years. I'd never run it before, however, and wasn't so sure that I wanted to make this my first time. One of the main reasons being that I was in probably my worst shape in 15 or 20 years. Between early November and early January my weekly mileage had gradually slipped from an average of 50 or so all the way down to zero for a couple of weeks in late December and early January.

When I finally started back up in mid-January, my lack of fitness became painfully apparent. The first few times out, a 3-mile run felt like a marathon. Things really hit home when I was visiting my brother in the Twin Cities one weekend and decided to use his treadmill because it was cold and windy outside. I had the pace set at 10 minutes per mile—which I can usually run quite easily—and nearly got pulled backwards off the belt. Either his treadmill's pace reading is off, I told myself, or I'm in the worst shape of my life.

I kept plugging away over the next few weeks and gradually began to increase the distance and feel better on my daily runs. But good enough to run in a 5K?

My father tried to convince me by reading off some of the race perks. "Scenic, challenging course. Post-race refreshments. Awards to overall and age-group winners. And finally, the clincher of them all.

"And look here," he informed me. "You even get a commemorative T-shirt."

I found it pretty amusing that he saw this as a perk, because just a few weeks earlier while helping me move into a new place in Eau Claire he was flabbergasted at all the T-shirts that I have.

“Here’s some more of them,” he said at one point, as he walked up from the basement with another tote stuffed full of race T-shirts. “What do you want to do with them? Throw them out, right?”

Throw them out? Are you kidding? Those aren’t just race T-shirts. They’re mementos.

I had a hard time convincing him of that, of course. Especially since a number of them were rather worn out.

Doesn’t matter what condition they’re in, I tried to tell him. Some are mementos, some I like to wear on training runs, and who knows? Maybe someday I’ll get some of them made into one of those race T-shirt quilts.

Even after hearing all that, my father still thought that they all belonged in the dumpster. It was pretty much a case of one man’s junk being another man’s treasure. Which is why I thought it was so funny that he was now trying to convince me to run the Eelpout Peelout because you receive a commemorative T-shirt.

Apparently my father’s salesmanship worked, because that’s pretty much why I decided to run it. Having the T-shirt would be a nice memento of my visit to my parent’s. One thing’s for sure—I certainly wasn’t expecting to be winning any awards. In my shape, I figured I’d be lucky just to finish.

As it turned out, the race went better than expected. Apparently I was able to whip myself into halfway decent shape in three weeks. And maybe the pace meter on my brother’s treadmill is a little bit off, after all. Because I was able to run quite a bit faster than 10-minute pace without too much trouble. Good enough, in fact, to win a medal in my age group.

But in this case, the medal wasn’t most important. What was most important was the commemorative Eelpout Peelout race T-shirt. It will always remind me of a special visit to my parent’s and how they helped me through a difficult time in my life.

## FREEZE YER GIZZARD

*submitted by Rosemary Harnley*



Once upon a time, “going to the deep freeze” meant digging to the bottom of that big freezer in the hinterland portion of your house to get some exotic gallon of ice cream! My idea of a winter treat has a different twist---North to Alaska---a good old Johnny Horton hit---gets mind play for the “rush is on” value. North to International Falls, via home turf, Hibbing, MN would MORE than suffice for the Freeze Yer Gizzard Blizzard 10K---on a clear day you can see forever up there; only your sound mind/judgement qualities are in cloudy question. I test-drove the turf in 2003 when it was -4° with a -24 windchill; returned in 2006 when it was wildly warm at 3°, decent footing and all; then decided that age 61 means a “new age group” chance at real glory, etc. against those hard-core Canadians that represent 65% of the 100 give or take entrants. This is where all my good reasoning went south, in fact it had been deep-sixed (sixtied??)!!

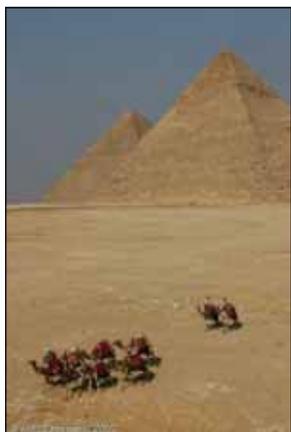
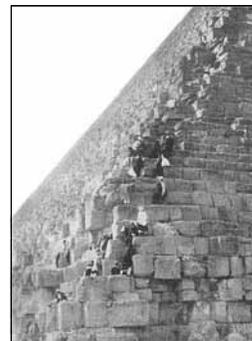
I drove to Hibbing, MN, 233 miles from Red Wing, to stay at the Park Hotel---Grandma’s Saloon had the “infamous” gnoches (pronounced NO-KEYS) that Gino Palucci’s mother gets credit for coming up with the “keeper” Iron Range Italian recipe. I would gloriously enjoy that “pre-race” dinner!!! I drove for four hours, headed for my aunt and uncle’s home in Kelly Lake, MN (age 86 and 90 respectively) for a surprise visit and winter “hello”, etc. The aroma of a giant “vat” of spaghetti and meatballs filled the house when I arrived around 4PM---Italian Corradi’s on the loose and I was invited to stay for “supper”---tough to turn down and I had to pull-off another visit to a life long friend, age 89, down the street. When I visited this lady, her home was filled with the aroma of spaghetti and meatballs on the stove ready for her hocky-playing grandson who needs PASTA she explained. I was invited a 2<sup>nd</sup> time for supper---onward to Hibbing, etc. for my gnoches! This was a -20° evening and windy, with more drops in temps. to come overnight into the next a.m.

*(Continued on page 11)*

## SHE'S BACK . . . . .

Ten years ago, she vanished. She left, leaving no photographs. No fingerprints. No forwarding

address. Only the subtle fragrance of a perfume that no one could identify. Where she has been, she will not say. Only a few photographs provide clues. A stair climbing competition in Egypt? A camel race? She will not reveal the secret of her identity or her allure.



Now, she has returned. **LeQuene!**

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

Dear LeQuene:

I run with some people who must suffer from intense gastro-intestinal difficulties. That's the only way I can explain the early morning "vapors". Worse yet, they laugh or joke about it afterward as if they just accomplished something.

I feel that responsible people these days should try to remain carbon-neutral. Can you suggest a polite way of telling these runners to put a plug in it for the sake of the environment?

Coming Up for Air in Chippewa Falls

**Honey, we all hate runners who toot their own horns after finishing a fartlek.**

**Take the high road. Say nothing. Stay up wind.**

**LeQuene**

My 1999 Dodge Stratus does not have a block engine heater---can you tell where this story is going?? Every 3 hours I would go outside to start "Red"---and I simply slept past midnight, etc. and awoke at 4:30 AM to do the "ritual" to listen for engine life---plus pulse, negative noodling! The vehicle would NOT start! I needed to drive 103 miles to International Falls (1 hour 45 min. drive respecting the speed limit where nobody can be found driving at these temps./hours anyway, except lumber trucks). I grabbed that local telephone book, called Jack and Don's after hours and gave my sense of urgency needy story to a very sleepy responder. So, it was time for plan B, at 5:30AM---called Avis Rent A Car at the Hibbing airport---only 2.5 miles away. The gal was at home and not yet at work---what's the rush when it's -24° with a 40 degree windchill factor? She was very kind and sensed my positive desperation---we runners never have negative desperation---and told me that she had ONE vehicle to rent, and that I could have it IF it started, since I agreed to return it to Hibbing, etc. I needed to get the hotel shuttle to the airport, which had left 10 minutes earlier---ANOTHER DELAY---so I asked if she could bring the vehicle to the hotel and take the shuttle back to the airport. She was kind enough to comply, brought the paperwork and "Forester" I have never driven anything larger than a small-sized vehicle---all the bells and whistles were beyond MY orchestra repertoire! Needless to say, I had the "door ajar" flashing dash light all the way up/back even when stopping, getting out, and firmly closing all doors, etc. This was uncomfortably annoying in the frigid wind/temps. Then, there was the intermittent windshield wiper swiping out of metronomic regularity because I didn't quite "all the way up and to the hooked right" with the double or nothing knob!!! The vehicle had seat and backrest WARMERS---you are reading correctly---and of course I would arrive "well preserved." I got there by 9 AM, with an hour to race time, and a chance to meditate of sorts, on what had truly happened and give the "internal YES smile" to having gotten to the "starting line" feeling!!!

The 10K temp was -20° with a 40 degree windchill; this required 4 various technical and not-so-technical upper layers, and tights/technical fiber pants, etc. and the heavy shoes/socks. Not being petite on my feet, the extra bulk drives me nuts and all hopes of qualifying for the Olympics in another world are suppressed with a tongue suppressor that would squelch dinosaur sounds!! This is one event where the starting area resembles a group of bank robbers in training---every conceivable combination of head/face/ear gear and/or nose vents with everything left to the imagination! It turned out to be a GOOD day in the neighborhood, even with a 58:20---1:43 slower than 2006, but good for 3<sup>rd</sup> Masters woman overall and first in that "60 to death" (warmed over) division and 9/34 women overall. Al Denio named the age group, don't knock it until you've been there. After the awards, there

was no time for the wicked, so I had to keep going "in circles" inside the community college to find the "correct" exit back to the "rental"---yes, I do get lost and running is SO good for me because I always get to FOLLOW others.

I drove back to Hibbing with the accompanying "door ajar" and windshield wiper with nothing to wipe neither in 2/4 nor 4/4 time!! I went "directly" to Jack and Don's Towing Service, where seven guys were also waiting to pick up their revived vehicles. There were 30 calls that a.m. for various "revival rituals required." I was DELIBERATELY wearing my Freeze Yer Gizzard Blizzard Run first place medal BECAUSE I needed to convince myself, mostly, that I had "made it" thus far!!! A few asked me "Why" did I want to do this? Was there money in it? How did I keep my hands warm? My face? Hey, I sprung for a neck/face gaitor the first time in all of my winter running! Everybody "laughed" over my story and that was good!!! I promptly refueled the rental, returned it to the airport with frigid winds blowing and temps. still insanely low and returning to the SAME -20 to -30 degrees for the 19<sup>th</sup>, this Saturday night. I had to "get out of Dodge" and back to the tropical climate of Red Wing where it was only -4° at 9PM, my return time. t for you, I'm a runner not to turn January blue!! Happy trails and running resolve to all of you for 2008!

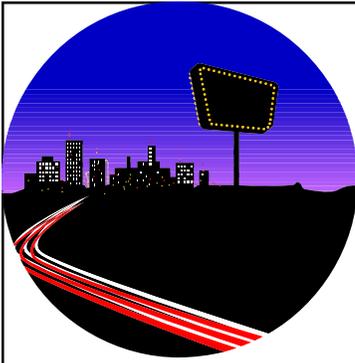


Rosemary Harnly

An unidentified runner - is that you Rosemary?

Start of the race





## That Was Then, This Is Now: Viva' Las Vegas

*A view from the middle of the pack by Steve Thon*

If you haven't run the Las Vegas Marathon in the past couple years, forget everything you think you knew about it. That was then...this is now. A number of local runners have been there in the past and came home with stories of being bussed into the desert at the crack of dawn to stand in the cold darkness and finally running almost 25 miles through the sagebrush until ultimately finishing on some forgettable side street. That was then...this is now. The "now" goes something like this: Almost 15,000 half and full marathoners line up at the south end of the world famous "Strip" just before dawn. Elvis sings the national anthem and fireworks go off to signal the start. The crowd surges and soon you are surrounded by too many Elvi (the plural of Elvis) to count, a group of which are pushing a baby jogger with a boom box and a cooler of beer. You run the complete length of the Strip, past all the casinos with live music every two or three miles. At the end of the Strip you can join about 50 couples in a "run through" marriage ceremony. Shortly after the half marathoners turn off you head out into the local neighborhoods and ultimately loop back to the start/finish line at the Mandalay Bay Resort/Casino. There are aid stations every mile and porta-potties more often than that. The course is entirely closed to traffic and spectator support is good. The "new" Las Vegas marathon is everything that a world-class event should be. The rapidly rising popularity and mixture of foreign voices at the start confirms that this race is on the way to becoming a destination marathon on everyone's "short list".

If the race alone isn't enough there is Las Vegas itself. Hey, "it's Vegas baby!!" The start location has easy access to a wide variety of motel rooms in all price ranges; airfare is reasonable and sometimes downright cheap; a rental car is optional and food choices are everywhere. If there is one drawback it is that the race is on Sunday (this year December 2, 2007) and there is a tendency to leave on Monday AM. If you behave before the race it doesn't leave you much opportunity to celebrate for more than a night.

The new Vegas Marathon is typically on the first Sunday in December. While the usual weather in Vegas for that time of year is cool at night with clear sunny days this year saw unusual rain and wind up to the day before the race. The start was almost cold at about 38 degrees but the wind died and the sun broke through for a high of about 50 degrees, still 10 degrees below average. The race organization was excellent from the number of porta-potties to the expo. The organizers have done their homework and learned quickly. Having an elite starting line as well as three hour and four hour zones eases crowd control at the start. The quality of the competition is good with this year's race offering a total of \$164,000 in prize money. This is one of the so-far few races that use an "equalizer formula" to pit men and women against each other for an overall winner's bonus. This year the elite women started 18:03 minutes before the elite men and raced head-to-head for an overall finish. Svyliya Skortsova of Russia was the first racer across the line in 2:29 hours to collect a \$25,000 bonus in addition to \$20,000 in prize money.

With all of those good things in your favor it is hard to not feel like a winner at the new Las Vegas Marathon. Even if you don't get married by a preacher that looks like Elvis, don't collect prize money and don't win big at the casino, its hard to feel like a loser. After all: "it's Vegas baby!!"

## New Member Father-Son Duo Completes Houston (TX) Marathon

For most of us, scheduling a winter getaway wouldn't include flying over 1,000 miles only to log another 26.2 – on foot.

That's exactly what Whitehall High School teacher and boys' basketball coach, Dave Henrickson and son, Jordan, did on Sunday, January 13, 2008. Both, along with wife and mom, Kaye Henrickson, are new members of ITC.

The crux of the trip to Houston, Texas, was two-fold: WHS junior, Jordan Henrickson, has a goal to complete at least one marathon before high school graduation; and, Dave, already completing one marathon (Grandma's in Duluth, MN), has a goal to qualify for the Boston Marathon in April.

While the younger Henrickson realized his goal, completing the Chevron Houston Marathon in four hours and 13 minutes, the senior Henrickson just missed qualifying for Boston with a time of 3:34.17, just shy of the 3:30:59 qualifying time for his age category. He did, however, shave over 50 minutes from his Grandma's Marathon finish.

Undaunted by the intensive training regiment and time commitment involved, both will continue pursuing their distance running passion by entering more running events and eventually, another marathon. Las Vegas and Miami Marathons are already in their sights for 2008-09.



Jordan, Dave and Kaye Henrickson

## March

## ITC EVENTS CALENDAR

Human Race	5K 8K	11:40AM, 1:20 PM <b>Mar 16</b>	St. Paul, MN	<a href="http://www.tslevents.com">www.tslevents.com</a> <a href="mailto:info@tslevents.com">info@tslevents.com</a> Chris Fuller 651/228-1986
Dick Lytie Spring Classic	3M 13.1M	10AM <b>Mar 29</b>	Shorewood Golf Club-house Green Bay	<a href="http://www.incompetition.com">www.incompetition.com</a>

## April

Spring Fever	6M 2M run/walk	9AM <b>Apr 5</b>	Pavilion by Hobbs Ice Arena 10 <sup>th</sup> and Spooner Altoona	Mark Wise 715/877-2475 or 715/833-7181 <a href="mailto:mwise@indianhead-insurance.com">mwise@indianhead-insurance.com</a> Entry form @ <a href="#">Indianhead Track Club</a>
Fools Five	8K	1PM <b>Apr 6</b>	Lewiston H.S. Lewiston, M	<a href="http://www.foolsfive.com">www.foolsfive.com</a>
ITC Meeting		6:30PM <b>Apr 7</b>	Dooleys Water St.	
Run for the Ages New Auburn	50K 50M	7AM,6AM <b>Apr 12</b>	Chippewa Morraine Interpretive Center	Wynn Davis <a href="mailto:wynncd@yahoo.com">wynncd@yahoo.com</a> <a href="http://www.chippewa50.com">www.chippewa50.com</a>
2nd Annual Monica Jensen Scholarship Run	5K run/walk	9AM <b>Apr 12</b>	Mary Park New Richmond	Beth Kelly 715-246-7625 <a href="mailto:beth@fightformonica.com">beth@fightformonica.com</a> <a href="http://www.fightformonica.com">www.fightformonica.com</a>
Adopt-A-Highway	ITC Trash Pickup	10AM <b>Apr 12</b>	Equity Livestock Cty Hwy I, Eau Claire, WI	Joe Mirr 715/831-8527
Oshkosh Half Marathon	5K ,13.1M	8AM <b>Apr 12</b>	Oshkosh	<a href="http://www.midwestsportsevents.com">www.midwestsportsevents.com</a>

Longfellow Sch.I Puddle Jump	5K fun run/walk	9AM <b>Apr 19</b>	Boyd Neighborhood Park, Eau Claire	Holly Larson 715/852-3800
Boston Marathon	Marathon	10AM ET <b>Apr 21</b>	Boston, MA	<a href="http://www.bostonmarathon.org">www.bostonmarathon.org</a>
AMA Fun Run	5K rollerblade 5K walk/run	9:30AM,10 <b>Apr 26</b>	Carson Park Oak Pavilion, EC	<a href="http://www.uwec.edu/ama/funrun.htm">www.uwec.edu/ama/funrun.htm</a>
Pine Line Marathon	Marathon, 1/2, 5M	8AM <b>Apr 26</b>	Medford	<a href="http://www.medfordwis.com">www.medfordwis.com</a>
Crazy Legs Classic	8K	10AM <b>Apr 26</b>	Capitol Square Madison	608/261-LEGS <a href="http://www.crazylegsclassic.com">www.crazylegsclassic.com</a>
Get in Gear	2K, 5K, 10K	8:30, 9:30 <b>Apr 26</b>	Minnehaha Park Minneapolis	<a href="http://www.getingear10k.com">www.getingear10k.com</a>

## May

Norske Nook	2M run/walk 15K run	8:30AM <b>May 3</b>	Osseo Elem. School Osseo, WI	<a href="mailto:michelle_jensen@mac.com">michelle_jensen@mac.com</a> Entry form @ <a href="#">Indianhead Track Club</a>
St Clare Mission Half Marathon	5K 13.1M	7AM <b>May 3</b>	Onalaska	<a href="mailto:Marathon@StClareHealthMission.org">Marathon@StClareHealthMission.org</a> <a href="http://www.stclarehealthmission.org">www.stclarehealthmission.org</a>
Wausau Half Marathon	5K 13.1M	<b>May 3</b>	Wausau	

Karen Schoenrock, Lisa Buenger, Paul Wagner, Bob St. Louis, Tina Killey, John Qualheim



Old business:

- Carson 10/2 rescheduled for May 31<sup>st</sup>.
- Distribution of singlets purchased with membership renewal may be picked up during March newsletter assembly night (date TBD) and April 5<sup>th</sup> Spring Fever race.
- Upcoming races discussed. Board recommended an award be named in honor of Tim Dusick and suggestion made for Water Street Mile.

New Business:

- ITC yearly picnic scheduled for 6pm Wednesday- July 16, 2008.
- Location for ITC board meetings tentatively changed for Sammy's on London Road due to less noise and space concerns.
- Race sponsorship criteria revisited—race directors need to submit final financial report with proceeds/expenses to treasurer for ITC board to review. We will ask Mike to add to race director instructions on website.

## 2008 ITC Board of Directors

President – Karen Schoenrock  
blackestdog@charter.net

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Newsletter editor – Tina Killey  
Banquet coordinator– Mary Beth Clark  
clark.marybeth@mayo.edu

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

*Next newsletter will be May/June*

*Deadline for items April 28th*





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

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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