



INDIANHEAD TRACK CLUB

WWW.INDIANHEADTC.ORG

MARCH—APRIL 2012

Our Mission

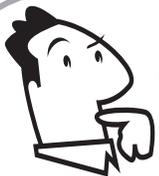
The mission of the Indianhead Track Club is to promote running, fitness and healthy lifestyles by organizing competitive and non-competitive events, and promoting fellowship and companionship through the sport of running.

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Suzy Favor Hamilton wins over ITC crowd with her enthusiasm and love of running at annual banquet.





WADE'S WIT—President's Column, *wade Zwiener*

ITC Banquet...Dancing the Night Away with Suzy Favor Hamilton

I've heard it said that you should never meet your heroes. The reason being, I suppose, that they may turn out to be less than the hero that you've made them out to be.

Although I've never really been a subscriber to this school of thought, I have to admit that it crossed my mind during the weeks leading up to the annual ITC banquet this past Feb. 11. Suzy Favor Hamilton was our featured speaker and through my role as ITC president I knew that there was a very good chance that I'd get a chance to meet her. I couldn't help but wonder: What kind of person is she going to be?

During her peak running years in the 1990s/early 2000s, Suzy was definitely one of my running heroes. Like many of you, I'm sure, I rooted for her because she's a Wisconsin native who grew up in Stevens Point; an All-American runner at UW-Madison, and a three-time Olympian at 1500 meters.

But what is she going to be like as a person? I wondered in the days leading up to the banquet. Is she going to be friendly and down-to-earth or is she going to be a bit of a snob who shows up a few minutes before her talk, gives her speech, and then heads for the door?

Well, my questions were answered within minutes after arriving at the banquet. Suzy was already there for the 5:30-6:30 pm social hour and mingling with the crowd. So much for the possibility of her being a snob. It was obvious that Suzy was there not as a world-class runner but as a regular person looking to enjoy a fun evening meeting fellow runners.

Shortly before dinner, fellow ITC newsletter contributor Dave Rosenberger and I had a chance to do an interview with Suzy. We joked how it was probably the 10,000th interview for her but the first on-camera interview for us. I've done countless newspaper and magazine interviews over the years but never one on camera.

Fortunately, Suzy made things extremely comfortable for a couple of first-time videographers. She put Dave and I at ease and shared a number of interesting thoughts on running that you can watch here if you'd like: <http://www.youtube.com/watch?v=JfxwC79R9aw>

I'd be lying if I didn't say that the highlight of the interview for me came at the end, when Suzy gave me a kiss on the cheek. Who says that volunteering for your local running club doesn't have its rewards!

Another highlight of the evening was Suzy's talk. I don't know about you, but I was curious whether she'd even mention her infamous "fall" in the 2000 Olympic 1500-meter final. Well, she not only mentioned it, it was pretty much the focus of her talk.

It was clear that Suzy was speaking from the heart as she shared how her "fall" was actually intentional and the result of an anxiety attack that had built up from the stress and pressure coming from a variety of sources. She went on to share how several years later this anxiety led to depression that she eventually sought treatment for.

Suzy showed a lot of courage to talk so openly about a health problem—anxiety and depression—that is widespread but still has something of a stigma attached to it. It's encouraging that she recently was hired by Lady Foot Locker to speak at running expos and will be taking her important message across the country.

It's also encouraging that she hasn't let this health issue drag her down. Suzy ended her talk by saying how everyone always wants a running tip from her.

“I guess if I had to give one running tip,” Suzy said, “it’d be to have fun. If you’re not having fun, why do it?”

With that, Suzy asked if someone could play some dance music through the PA. ITC newsletter editor Tina Killey got the tunes going and Suzy asked for volunteers to dance around the room with her.

Being the world’s worst dancer, I kept myself planted firmly in my seat. Until Suzy danced by and yanked me out of it, that is.

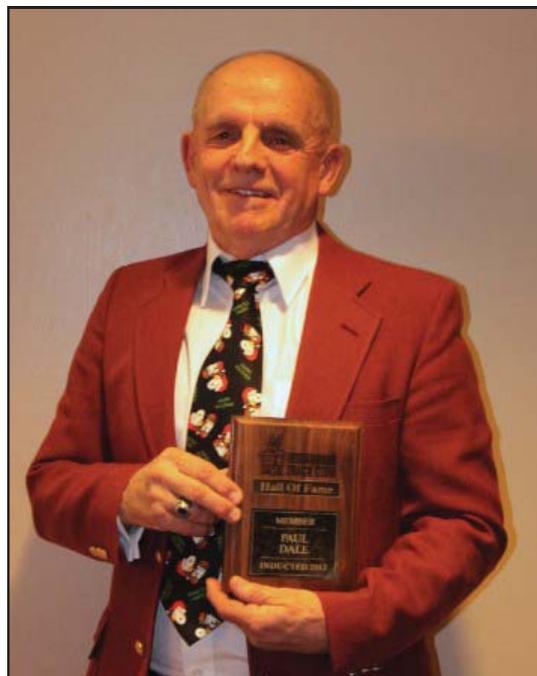
Suddenly I was up on stage dancing with Suzy Favor Hamilton. As I said earlier, who says that volunteering for your local running club doesn’t have its rewards!



INTRODUCTION OF PAUL DALE by Dave Weiss
INDIANHEAD TRACK CLUB 2012 HALL OF FAME INDUCTION
February 11, 2012

Mike, guest speaker Suzy, members and other guests: First of all I'd like to congratulate the people responsible for securing this elegant venue and for obtaining Suzy, our featured speaker. It's been a great night!

It's always a pleasure to attend this annual banquet, and tonight it's a special privilege to introduce Paul Dale as the 2012 ITC HOF recipient. Paul has an inspiring bio. Besides being one of the original founders of the ITC, our inductee owns some impressive running accomplishments: As an ITC member, in the 14 races he entered he was the overall winner in four and was always the top ITC finisher—no member of our club ever finished ahead of Paul Dale. Here are just a few of his times: Carson Park 10, 55:18; Frigid 8, 42:43; ITC Four Mile, 20: 57; Chippewa to Cadott (12.4 miles) 1:07:33; Sawdust City 6 Miler, 31.23, 10 seconds ahead of former Big Ten Two Mile Champ Steve Hoag; AAU National 20 K Championship, 1:10:24 on a very hilly course; Drake Marathon, 2:39:39.



Now it's easy to think that such remarkable running performances came naturally, but if we thought that we would be wrong.

Paul Dale's first race, a two miler, occurred at the age of 13 when he attended a Jr. Seminary for the priesthood in Richmond, California-- and he finished dead last.

Paul spent the next seven years preparing to be a priest, two in California, three at St. Nazianz in Wisconsin where he was the goalie on the hockey team, and two more at St. Bonaventure in Sturtevant, WI where higher math and calculus derailed Paul's path to the priesthood. So after 7 years preparing to be a priest, Paul finished his high school education at Mauston Madonna at the age of 21.

Before long the US Army beckoned and Paul ended up in Korea. While there he impressed his peers by running a mile under 6 minutes in full combat gear including combat boots; eventually he became the number one finisher in his unit.

In 1965 with the army's help, Paul enrolled at UW- La Crosse as a 25 year old freshman and tried out for the cross country and track team. In his first effort, a three mile race against two other colleges, he was in third after a mile, but he finished dead last—in agony with horrific side aches. He decided he'd better get in some distance work.

The diligent training paid off. And eventually while at La Crosse in 1968, he ran a 9:57 two mile race indoors on an 11 lap/mile track, tying an All-American runner for first place.

Paul graduated from UW-La Crosse in 1969, but luckily for us during the final half of his senior year he did a rotation as a Fieldwork Student in Eau Claire at the Parks and Recreation Department. It was at this time that Paul became one of the original founders of the ITC, Feb. 27, 1969. After his college graduation, he continued at Parks and Rec in Eau Claire. Hall of Fame member Judy Mirr tells me that Paul hired her during his time at Parks and Rec. Judy must have been a 3-year-old then.

Besides his running feats, but Paul's importance to the club was demonstrated in many other ways. Paul was an enthusiastic, reliable presence at every meeting while he resided in Eau Claire. He hosted three fun runs from his trailer home, and he participated in at least 15 others held by various club members.

We ran in groups, using conversation to control a proper aerobic workout, and Paul's constant upbeat chatter became a rousing motivation. Now, "aerobic" for most of us was somewhere between 7 ½ and 8 minutes per mile. But Paul's steady state was more like 6 ½. So being a cordial kind of guy, he would occasionally run backwards, maintaining eye contact while talking, in sync with our slower pace.

The February after Paul helped found the ITC, he cemented a bond with a young lady he met when they were students at UW- La Crosse. Paul and Sharon were married on Valentine's Day 1970. Sharon is with Paul tonight and in three days they will celebrate their 42nd wedding anniversary. In 1972 Paul and Sharon moved to Wisconsin Rapids where Paul became the first director of the city's Parks and Rec Dept. Although Paul is retired now, he still referees softball, baseball, volleyball, and basketball.

So tonight we recognize not only a vital ITC founder, but a well-liked member who just happened to be the premier runner of our club.

Paul, it's been far, far too long, but the organization you helped found takes great pride in honoring you tonight. With the greatest pleasure, I present Paul Dale, the 2012 Hall of Fame recipient.



2011 ITC Hall of Fame inductee, Paul Dale, (middle) with fellow Hall of Fame members Dave Weiss and Dave Angell.

INDIANHEAD TRACK CLUB ANNUAL BANQUET

As told by Mike Salm (emcee extraordinaire)

The theme of the 2012 ITC banquet was “We Love to Run”. It happened at the Avalon Conference Center on February 11, 2012. I think the theme was supposed to suggest that this love affair (some call it “obsession”) that ITC members have with running somehow plays nice with St. Valentine’s Day. This year, the banquet and Valentine’s Day were a mere 3 days’ apart.



Suzy Favor Hamilton was the highlight of the banquet. She entertained the crowd with the triumphs and tragedies of her career as a Wisconsin and Olympian runner. She entertained the crowd with a great video. She entertained the crowd with a conga line dance. She entertained my table with a tale of her Las Vegas stiletto race. After first describing the event and the playboy bunnies that competed against her, she answered a question somebody at my table asked by saying, “I always do what my husband tells me to do.”

To which, I blurted out while simultaneously patting my wife’s hand, “Geez, I should have married you.”

It turns out that what Suzy’s husband told her before the race was, “Whatever you do, don’t take off your shirt.”

She then told us that the first thing she did before the race started was to take off her shirt...but her husband knew she was going to anyway. That’s why he told her not to. Hmmm.

Wade Zweiner did me the honor of asking that I host the event this year and I agreed. But being a host is all about trying to remember what you wanted to say, and what jokes you wanted to tell, and about forgetting about the things you forgot to say. For example, after I lit the “ITC Olympic Torch”, I wanted to sing “Baby, come and light my fire” to introduce Suzy Favor Hamilton to the podium. I forgot. But in forgetting, I probably did everyone within earshot a big favor, as in Suzy Favor.

Based on the comments I heard after I finally got off the stage, this year’s banquet was a big success. Everyone who likes me said that they thoroughly enjoyed themselves. Tara Burr deserves most of the credit for organizing things this year. However, there are always many people who contribute like David Carothers, John Qualheim, Wade Zweiner, Tina Killey. If I missed somebody, I’m sorry. I’m very forgetful these days.

I also want to congratulate all of the nominees, introducers and winners this year. The speeches were inspiring and it is always great to recognize the hard work, dedication and success that we see among the local runners.



we
love
to **RUN**



Ann Phillips, Jerri Jo Moe, Jennifer Pederson and Cindy Korbol

ITC Annual Award Winners

Female Runner of the Year—Leslie Johnson

Male Runner of the Year—Darven Miller

Most Improved Female Runner—Susan Rud

Most Improved Male Runner—Ryan Burr

Female High School Runner of the Year—Ali Olson, Bloomer High School

Male High School Runner of the year—John Vodacek, Bloomer High School

Don Lynnes Volunteer of the Year—Roger Skifstad

ITC Hall of Fame—Paul Dale



Leslie Johnson

presented with ITC
award by
Amelia Daniels.



Ali Olson,
Bloomer High School

John Vodacek
Bloomer High School



Roger Skifstad presented with
DON Lynnes Volunteer of the Year

Photography
Carolyn Grissmeyer by



FYI

Welcome New Members:

Alexander, Jonathan

Brantner, Karlee

Brunstad, Elizabeth

Clark, David & Rachel & family

Dunn, John

Faschingbauer, Rusty

Gruetzman, Tanya & Jacob

Guo, Tracy

Hanson, Natalie

Lester, Sara

Lund, Brenda

Marinello, Tony

McCalla, Karen & Jeffrey

Mrotek, Buckley

Napaolitano, Jennifer

Nelson, J. Paul & Donna & family

Ring, Judy

Rosenberger, David

Seeger, Elizabeth

Standorf, Darren & Lynn & family

Stoner, Kerri

Theyerl, Denise, Ted & family

Wolf Green, Liz

January was 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 online at <http://www.indianheadtc.org/membership.pdf> , 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 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 .



Vote for the cause

Vote for the Charity – 2012 RCU Charity Classic

For the first time, the charities receiving the funds raised by the RCU Charity Classic will be decided by the Facebook voting public!

The Charity Classic has been held annually by RCU for the past 17 years, with the proceeds each year going to charities nominated by RCU employees and chosen by the RCU Management Team. In 2011, more than 980 participants helped raise \$14,250 for The Community Table in Eau Claire and the St. Vincent de Paul Food Shelf in Rice Lake. The 18th annual RCU Charity Classic will be held on June 30 and features a 10K, 2-mile and two children's races. Online registration for the race will open in early April.

This year Facebook users will have the final say in the charities chosen to receive the funds raised.

Beginning Wednesday, March 14 at 10am we will open voting on RCU's Facebook page. You do NOT have to like our page to vote, though if you

would like to receive useful and entertaining financial information, we encourage you to give us a like! **The voting will close on Monday, March 26 at 5pm.**

The Finalists

Homeless Shelters (7)

Sojourner House-Eau Claire, Starting Points-Chippewa Falls, Stepping Stones-Menomonie, Our Neighbor's Place-River Falls, Grace Place/Salvation Army-Somerset, Northwoods Homeless Shelters-Amery/Polk County, Serenity Home/Salvation Army-Balsam Lake

Mentoring Programs (3)

Blugold Beginnings-UW Eau Claire, Kinship of Polk County, Kinship of Rice Lake & Cameron

Visit our Facebook page to vote

https://www.facebook.com/youRCU/app_314950701902960

Facebook will only allow one vote per person.

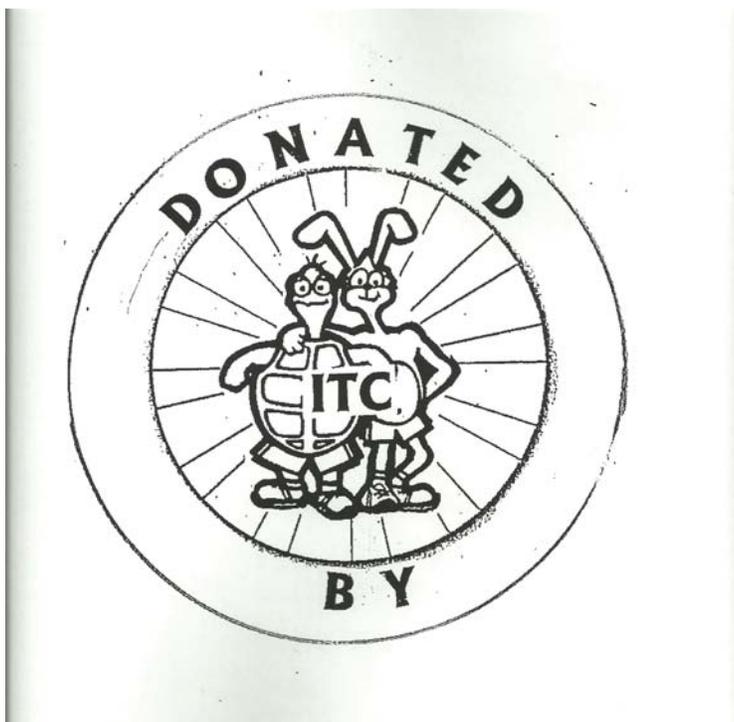
If you do not have a Facebook page it's simple and free to create one! Log on to www.facebook.com

Trail Marker Designs Unveiled

Proposed designs for mile markers on the Chippewa River Trail were unveiled at the ITC meeting Feb. 1 by Brian Amundson, Eau Claire Public Works Director/Interim City Manager/ITC member.

The ITC is helping to fund the makers which are planned to be installed on the Chippewa River Trail this spring/summer.

Cost/design of the mile 0/Trail Head Marker for Phoenix Park is still in the works and open for ideas. If you have any suggestions, please contact ITC president Wade Zwiener, wade1218@yahoo.com.



ITC Exclusive! Interview with Suzy Favor Hamilton

Prior to the ITC banquet on Feb. 11, the ITC had a chance to sit down for an interview with UW-Madison All-American and three-time US Olympic runner Suzy Favor Hamilton, speaker at this year's banquet.

The interview was conducted by yours truly—ITC president/Carson Park 5 & 10 race coordinator Wade Zwiener, with newsletter contributor Dave Rosenberger doing the camera work.

While I have done countless newspaper and magazine interviews over the years, this was my first on-camera interview, so please try not to be too critical!

While Suzy shares a number of interesting thoughts on running, I have to admit that my favorite part of the interview was the end, when she gave me a nice thank-you kiss on the cheek. Who says that volunteering for your local running club doesn't have its rewards!

<http://www.youtube.com/watch?v=JfxwC79R9aw>

ITC Members Shine at National Championships

ITC members Tim Nelson of UW-Stout and Dan Schwamberger of UW-Eau Claire helped to lead their respective teams to record-setting finishes in the NCAA Division III indoor national championships on March 9-10 in Grinnell, Iowa.

Nelson, son of longtime ITC members Joanne and Chris Nelson of Augusta, won the national title in the 5000 meter (3.1 mile) run in a time of 14 minutes, 11 seconds, a school record. His record-setting run helped to lead Stout to a fourth-place team finish, the best ever for the Blue Devils at indoor nationals.

Schwamberger coached the Blugold men's team to a second-place finish, the best performance in UW-Eau Claire history at indoor nationals. The Blugolds were led by Thomas Breitbach, who finished second to Nelson in the 5000 meter run with a time of 14:17.

Nelson's national title at 5000 meters came just two weeks after he won the WIAC conference title at 3000 meters with a time of 8 minutes, 15 seconds, a school and conference record. He said that his 3K run at conference helped to prepare him for the 5K at nationals.

"Coach (Matt Schauf) wanted me to know what it feels like to go out real hard and be tired with another mile to go," Tim said of why he ran the 3K at conference instead of the 5K. "After how I did in the 3K, I knew that if I took care of business in the 5K I'd do quite well."

How does it feel to be national champion?

"It feels incredible," Tim said. "Two years ago I never thought I'd be close to achieving this."

Nelson led for all but two laps of the 5K race. At about the two-mile mark he was passed by two runners but he regained the lead with a 2:09 800-meter surge and final mile of 4 minutes, 25 seconds. His overall pace was 4:32 per mile.

For a post-race interview—during which Tim said he felt a little queasy at first because it was just minutes after his championship run—visit the NCAA Division III site: http://www.youtube.com/watch?v=zXsfDjEVKhM&context=C409ca4fADvjVQa1PpcFPF7qYHGfIAojFdv70uENxpgVASO_-eUEs=

Two days after winning the national title, Tim was busy finishing up a term paper at Stout. He excels in the classroom as well, having recently been named to the Division III all-academic cross-country team with a 3.65 GPA as a business administration major.

So how did Tim celebrate his national title?

"I told myself I can be excited for two days," he said. "Then it's time to get back to work. I'm looking forward to the outdoor season, it'll be fun."





Runner's High vs. Helper's High

submitted by Jessie Podolak

If you are reading this ITC newsletter, it is likely that you have personally enjoyed the priceless benefits of running within this community of superb health enthusiasts (or at least, reasonably fit mid-westerners trying to earn a few extra calories worth of food and beverage from a good race). Chances are you've run the Carson 5 and 10, the Buckshot, or the Frigid 8, and reveled in the thrill of achieving a PR, or the watching one of your kids run across their first finish line.

But there's another side of being in a running club that many miss out on, and it actually has as several, if not more, benefits than our beloved runner's high: volunteering! In 2007, the Corporation for National and Community Service out of Washington DC released a report entitled *The Health Benefits of Volunteering: A Review of Recent Research*. The report examined more than 30 rigorous and longitudinal studies and concluded that volunteers have greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease. Volunteering 2 hours per week was correlated with greater physical and mental health, and volunteering significantly enhanced the quality of life for older adults.

In our busy lives, it seems counter-intuitive that spending time "working" when we're not at work would be good for us. Yet this is indeed the case. *Choosing* to serve rather than *having* to serve can be very freeing. Ghandi hit the nail on the head when he said, "The best way to find yourself, is to lose yourself in the service of others." Helping out takes our minds off of our own everyday worries and focusses on the person or task at hand. Volunteering provides us (and our kids) with a healthy way to spend time, co-laboring along-side friends with common goals. Practical needs are met, and the community is simply a better place to live.

Volunteering for ITC in particular offers some major perks. If you're looking for community, camaraderie, or simply a good time, you'll likely find it behind the scenes more vividly than on the pavement. I don't know if everyone knows this or not, but there are some REALLY COOL PEOPLE in this running club. As an easily intimidated newbie to the club, I didn't fully appreciate that until I started helping Mike Salm with the chip timing system last year. Mike is amazingly savvy with technology, is cool under pressure, and has had the patience of a saint in teaching this techno-dunce some new skills. There have been some great moments of laughter, colorful language, and fun amidst the tension of getting the job done well. For me, the helper's high is just as, if not more, enjoyable, than the runner's high. Inevitably, mistakes happen here or there, but there is a level of grace from most runners when they realize this is a volunteer organization made up of people doing their best to provide a great event.

Aside from getting to know people at a different level, there are other benefits to volunteering for ITC. Learning the ins and outs of putting on a successful race is valuable for anyone aspiring to lead events of their own. New friendships and networks are formed between volunteers, and a sense of belonging develops. And on the lighter side, there's often free food involved! I scored about 2 dozen YUMMY left-over honey crisp apples at the Carson this year for staying through clean-up duty! Each race director has their own unique way of expressing their appreciation to the volunteers, be it hot-beefs, free t-shirts, or a trip to the local haunt for a post-race cocktail.

There are many committed officers, board members, and key players in ITC who have shouldered a great deal of responsibility for a long time. My hat goes off to them, with a huge THANK YOU for enhancing our community through their service. As the club continues to grow, those of us newer members (or long-time members who have yet to jump in) should seriously consider how to increase our involvement. Whether you are good with spreadsheets or websites, able to organize and manage people, able to stand at a corner and point runners along the right route, or have a valid driver's license to pick up supplies, the club can use your skills! It truly is a win-win, and you'll probably get more out of it than you give. To quote a couple of guys that are way smarter than me, "If you want to lift yourself up, lift up someone else," Booker T. Washington, and "You make a living by what you get. You make a life by what you give," Winston Churchill.

*Just a few of our ITC
volunteers*



Carson Race
volunteer lead
biker Jeff Miller

Tom Stephens and Mike Salm entering data
for chip timing system.



Carson Race volunteer lead
biker Tom "Old Man" Langley

ITC MEMBER PROFILE

HEIDI DUBBERKE, 42, EAU CLAIRE

Years running/how/why I got started—I have been running for 3 years. I always admired my daughter who was a great cross-country runner in high school. When I started my weight-loss journey I slowly started running to increase my weight loss. I soon discovered I loved the way it relieved stress and increased my health.

Typical weekly mileage/favorite running route/time of day to run and why - I am usually training for some race and typically run between 30 -40 miles a week. I love running out by Tower Ridge, along the River and Lake Altoona. Mornings are my favorite time of day to run before everyone is awake. I can get home and not even have missed out on my family time.

PRs/favorite distances/anything else running-related you'd like to brag about-

The race time I am most proud of is my first ½ Marathon in Eau Claire and my time was 1:39. I would still like to get below that ..some day!! I would say the ½ marathon is my favorite race distance, I feel challenged but don't feel like I'm dying at the end!

Running heroes/persons who inspire me and why- My mother inspires me. I talked her into starting to run 2 years ago and she is running more races than me right now. This year she will run 3 -½ marathons and 2 full Marathons!! I hope to be able to do that when I am a grandma!

Favorite quote/mantra that keeps me going/gets me out the door-“Yeah I know I run like a girl, try and catch me!” Sometimes I have to remind myself of where I have come from and how great it feels when you are walking in the door after a great run!

Favorite foods/beverages- A huge salad and an Ice cold beer!

Favorite race and why- Disney ½ marathon..there was such great crowds that supported all of the runners, everyone was having such a great time!

Best advice I ever got/best advice for other runners- Don't start out too fast!...I still do though



Tinker Bell—running through Angels Stadium at Disney

New Measuring Tool for ITC Courses

Editor's Note: *Long-time ITC member Tom Langley has made a generous donation to the ITC by purchasing an official course-measuring device and volunteering to measure all four ITC races—Spring Fever, Tortoise and Hare, Carson Park 5 & 10, and Frigid 8/Thermal 3. Below is some information from Tom about the device and the importance of accurate courses.*

"MY GPS SAYS I RAN 26.5"



"I thought this course was USATF certified?" That's a question countless race directors have had to answer. The GPS is a great training tool, at least so I am told. When the masses that wore a GPS in the Green Bay Marathon a couple years ago alerted the director they had run long, they were right! The course was USATF certified and a BQ qualifier. It was later found that a turn was marked incorrectly by the staff. It happens. So if they are so accurate, they must be used to certify courses. The answer is yes and no. The GPS is used by many course measurers for mapping and to alert them to upcoming milage marks. However, to certify the course, a Jones/Riegel counter or similar device is attached to the front wheel of their bike. This is the only way the USATF will grant certification at this time. They are extremely accurate. The ITC will be using this method to assist the race directors, if needed, to accurately measure our courses. Paperwork could then be submitted to certify the course if we choose to do so. To quote one of our members, "The process of measuring and certifying a course is non trivial." I agree. You may visit usatf.org for the entire process. It would fill up the entire newsletter. I'll only address a few points and you'll get the picture. The main points to remember on any certified course is this: The course is measured as the shortest possible route that a runner could take and in all honesty, you will not be able to duplicate it in your race. YOU WILL RUN LONG.

The Jones/Riegel counter is calibrated multiple times before and after measuring a course. There are adjustments for the temperature of the day. One revolution of the wheel equals approximately 24 counts and each "count" equals 3-4 ". A constant is found after multiplying by a "short course factor". The course is ridden at least 2 times, milage marks are made and measured from certain permanent markers on the course and documented. Detailed maps are drawn and all information is sent to the state designated certifier to be reviewed and approved. You can be assured that the course measurer has taken the utmost care to accurately measure the course. Any given mark on the course should be within a few inches of dead on. Without getting into the GPS debate too much, all wearers know multiple factors affect accuracy; elevation, turns, trees, buildings, quantity and quality of signal. If you would agree that a GPS is accurate to within 5-10 feet at any given point, this is too much and not acceptable for the USATF.

I have no doubt runners "go long" in most races they enter. You should try to minimize this by thinking like the course measurer. What is the shortest possible route I can safely take? What is the exact start and finish of the race? Cut all of the tangents you can. Impossible, yes, at mega marathons. These are all but a small part of the art of training and racing. I hope you at least enjoy the journey.



Time for a Spring Tuneup!...Spring Fever 6 and 2!

Kick off your 2012 racing season in the ITC's 30th annual Spring Fever 6 and 2, 9 a.m. Saturday, April 14th at Hobbs Ice Center in Altoona.

This year's event will feature sporty Illuminite hats to all pre-registered runners.

The race starts and finishes at Hobbs Ice Center in Altoona, which also serves as a pre- and post-race shelter.

Whether you're looking for some friendly competition, to work off some of the "rust" that accumulated during the winter months, or both, Spring Fever is a great way to start your season.

For more information and to register, check out the entry form in this issue or visit the ITC website at <http://www.indianheadtc.org/itc/sf.htm>

30th ANNUAL
INDIANHEAD TRACK CLUB

SPRING
FEVER
SIX and TWO



Saturday • April 14, 2012 • Altoona, WI
6 mile • 2 mile • run/walk • 9:00 a.m.

THE COURSE walk or run the out and back course on the Lake Road Trail. Start at Altoona Hobbs Ice Center, 2300 Spooner Avenue, Altoona. Runners and walkers will both start at 9:00 a.m. For more information visit www.indianheadtc.org

REGISTRATION Day-of-registration and race packet pickup will begin at 7 A.M. and end at 8:50 A.M.

ILLUMINITE HATS for pre-registered runners

AWARDS The first overall male and female runners and 1st, 2nd, and 3rd place male and female in each age division will receive an award. **AGE GROUPS** 9 & under • 10-13 • 14-17 • 18-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70-79 • 80 & over

RESULTS will be available following the race and on the ITC website at www.indianheadtc.org

Register on-line at www.active.com or **MAKE CHECKS PAYABLE TO:** Indianhead Track Club
MAIL ENTRY FORMS TO: Mark Wise, P. O. Box 219, Fall Creek, WI 54742

ENTRY FEES

DISTANCE	<input type="checkbox"/> Six mile	<input type="checkbox"/> Two mile	Individual (\$15 by 4/8/12; \$25 day of race)	_____
GENDER	<input type="checkbox"/> Male	<input type="checkbox"/> Female	Family (\$25 by 4/8/12; \$30 day of race)	_____
BIRTH DATE	<input type="text"/>	<input type="text"/>	No Hat Option (deduct \$10)	_____
	<input type="text"/>	<input type="text"/>	ITC Member/Student Discount (deduct \$5)	_____
			Total Enclosed (\$10 minimum fee)	_____

NAME

Address _____ **Zip Code** _____

Email _____ **Phone** _____

In consideration of your acceptance of my entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Indianhead Track Club and all other sponsors and their representatives, successors, and assigns, City of Altoona, and their employees, for any and all injuries suffered by me in this event and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition and completion of this event and that my physical condition has been verified by a licensed Medical Doctor. I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose without financial remuneration to me or my heirs or assigns.

Signature _____ **Date** _____
(Parent or Guardian if under 18)

Questions: email Mark Wise at mwise@indianhead-insurance.com or call 715.833.7181 (W) 715.877.2475 (H)



JOIN THE FUN!

INDIANHEAD TRACK CLUB

Discount on ITC Race Entry Fees * Bi-Monthly Newsletter * Discounts at Area Running Stores

2012 MEMBERSHIP FORM

Annual Student (\$10.00) Annual Single (\$15.00) Annual Family (\$25.00)

ITC Benefactor \$ _____

NAME(S)

ADDRESS

CITY/STATE/ZIP

HOME PHONE

EMAIL

I am interested in helping with: ITC Races (e.g. course worker, registration, timing, etc.)

Banquet Committee (Jan.) Children's Running Program Summer Picnic Membership Committee

Make check payable to **Indianhead Track Club**

Mail to: ITC, c/o Paul Wagner, 120 S. Michigan St., Eau Claire, WI 54703