

INDIANHEAD TRACK CLUB

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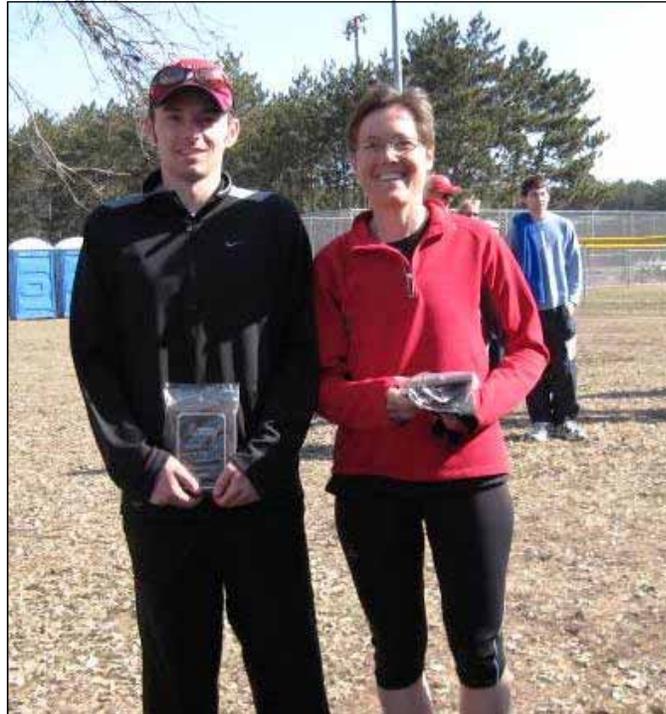
MAY — JUNE 2008

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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Spring Fever 6 winners Corey Stelljes and Wendy Bengtson.

After running in the November Olympic Marathon trials in New York, Corey Stelljes wanted to get back to his racing roots. The 1999 Altoona graduate blew away the field in winning the Indianhead Track Club's season opener, the Spring Fever 6, in a course-record time of 32 minutes, 27 seconds.

The women's field was topped by a familiar name - Wendy Bengtson of Chippewa Falls. She won in 39:55.

Karen Schoenrock, a six-time race winner, was third after running 10 miles prior to the race. She is in training for a 50k ultra marathon.

Two-mile winners were Jonathan Delf, in 12:15, while Stephanie Lau made it three in a row in the female division in 14:14. Runners-up were Fred Hable, 12:54, and Elizabeth Maatta, 14:30.

The race - held in sunny, 45-degree weather - attracted 129 runners and 34 walkers.

Taken from Leader Telegram— Ron Buckli Full results on page 19

Madame President's Column—Karen Schoenrock

Wasn't my last column about how spring was just around the corner? I guess it is a bit like a race, when that hard working volunteer says " You're almost there, the finish is just around the corner". Then 20 minutes later you finally see the finish line.

It has definitely had an effect on some races. The new Ultra marathon that was held in New Auburn looked more like a snowshoe race. I ran a trail race April 19th and the course had to be changed because there was still snow on the ski hill.

A good friend of mine (I won't name any names) did a duathlon April 26th. She said it was so windy, with snow and ice pellets hitting her she felt like hopping off her bike, letting the air out of her tire and saying she had a flat! Oh right Wendy, you won again. Oops named her name. J

But you have to look on the bright side, maybe all those fall marathons will once again have the weather they are "supposed" to have.

Speaking of weather affecting races, I submitted an article written by a friend who has a running blog.

It's about sports alibis and the ones he has heard from fellow runners.

It gave me a good chuckle as I have used many myself and heard a few others.

With the Norske Nook coming up tomorrow I already have my alibis, I am still tired from my 50k...really I am, and I am just training through it and using it as a long run.

Hmmm, maybe for the next banquet we could have a "Best Running Alibi " used for a race, or a run.

I know the group I run with on Saturday could come up with some very original ones.

Well that's all for now...

See you on the run,

Karen



Running Alibis by Chad Austin 3/21/08

While I was driving home from work one day last year, the local sports talk radio station was running down a list of the top-50 Minnesota sports alibis of all-time. The list included a wide-variety of excuses that Minnesota sports fans have heard over the years like; Dante Culpepper's small hands or Brad Radke pitching great – *except* for the three-run homer in the first inning. Of course, there weren't any running-related alibis on the list. That's where I come in. I thought I'd come up with my own list of excuses that I've either used myself or heard uttered by other runners over the years.

Let's start with the easiest one, weather. Often, when it comes to the weather, it's hard to distinguish between using it as an alibi and just plain complaining about it. However, there's no denying that this excuse is almost too convenient, especially when you take into account that we live in Minnesota. During the spring it's too windy or too rainy. Then during the summer it's too hot, too humid, or as our local running meteorologists like to say when the dew point reaches the 70s, "it's tropical." Autumn used to be perfect for running around here, but even that weather can't be counted on lately. I probably don't have enough space here to mention all the winter alibis. We all know about the cold, the snow, and the lack of sunlight. Worst of all may be the poor footing. While there aren't a lot of races in Minnesota during the winter, I've used this alibi after posting slow times at Frigid 5 and Leg it in Luck.

Many elements of the course can also be used as an alibi, too hilly, too many turns, and too boring comes to mind. And let's not forget the accuracy of the course. Runners always seem to know when a course was long. But when was the last time you heard a runner mention that a course was short?

The problem with using the weather and the course as alibis is that all the other runners in that race ran the same course in the same conditions. Therefore, we need some alibis that can be personalized, like; "I went out too fast" and "I'm undertrained." Of course, to paraphrase Sir Isaac Newton, for every excuse, there's an equal but opposite excuse; "I went out too slow" and "I'm overtrained." And as race officials crackdown, we're starting to hear; "I wasn't allowed to run with my ipod, baby jogger, dog, etc." Of course, the reason for the crackdown is so the following alibi doesn't become more and more popular; "Someone with an ipod, baby jogger, dog, etc. tripped me."

When we're out there pounding the pavement and pushing our limits, it's no surprise that our body can go haywire. Don't worry, I'll keep this clean and leave it up to you to discuss the most graphic bodily functions during your next group run. In the meantime, it's no surprise that injuries are probably the most common ailment for runners. Therefore, something as simple as inserting any body part before "has been injured" makes for a perfectly acceptable alibi. Although a little less common, we can also state that any particular body part cramped up during the race. And since breathing is kind of important, especially during a race, it's not uncommon to hear excuses regarding asthma, exercised induced, of course, allergies, and even pollution. The latter even forced arguably the greatest distance runner of all time, Haile Gabreselassie, to withdraw from the 2008 Olympic games in Beijing.

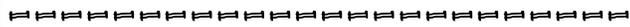
Other alibis relating to bodily functions include, dehydration and low sodium, potassium, or iron levels. Of these, low iron levels are the all-time classic alibi amongst distance runners. I even mixed it into my repertoire of excuses last year – although it turned out not to be true. Perhaps my new favorite alibi in this category is, "My electrolytes were out of whack." I heard this one last year and instantly thought it was destined to be a classic too.

It's always entertaining to hear *when* alibis are used. Normally they're reserved for after the race, when trying to justify a poor time. Occasionally, you'll hear an alibi *during* a race. Chances are good that the race is a marathon. The distance of the event gives lots of opportunities for things to go wrong, along with lots of time to think about those things. And the slower pace makes it easier to share your alibis with those around you. I can remember using the all-encompassing alibi, "this sucks," during a particularly rough Grandma's Marathon a few years ago.

One trend that seems to be gaining in popularity with endurance athletes lately is getting your excuses out of the way *before* the race even starts. An example of this would be, "I'm 'training through' this race." It's their way of saying; "I'm not really going to race all-out today." However, it implies that if you beat them today, it doesn't really count. This particular phrase has become more widespread as talk of "training for their 'A' race of the season" has crept into athlete's lexicon.

I'm sure this list just barely scratches the surface of alibis that runners have used over the years. As the 2008 race season gains momentum, I'll be keeping my ears open for more. I'll also be training through all the races leading up to my 'A' race and then hoping the conditions for that race aren't tropical, which could result in my electrolytes being thrown out of whack, leading to severe cramping along with countless other bodily function meltdowns. At least if that happens, I've have fodder for my long Saturday morning group runs.

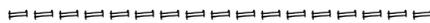
Benefactors for 2008



- Paul & Carol Billmeyer
- Emily & Mark Blaskey
- Jeff, Kristen, Katrina, Maria, Rosa Brown
- Chris Buckley
- Al Denio
- Kevin & Karen Drechsel & family
- Don and Nancy Gilbertson (extra thanks! accidentally omitted last time)
- Stephen Marasek
- Phil McGuirk
- Traci Messner
- John Qualheim
- Mike Salm
- Dina and Bob St. Louis
- Paul Wagner
- Paul, Cathie Woita



New Members



- Kari DeLorge
- Tim Holden
- Dennis McGraw
- Jennifer Rees
- Ali Rud
- Karen Ostenso-McDaniel

FYI

ITC Singlets in

Singlets are in! We've had some delays, but Dave Carothers has worked hard to get these delivered to us and printed (through our friends at Fleet Feet), and now they're available for distribution. We've started distributing them as we can to some of the running sub-groups, and will have them available for pickup on the following dates. Please do try to pick them up one of these dates if possible – it saves the club a lot of money in postage if we can distribute them personally.

Wednesday May 14th – Owen Park, 5-7 PM in Eau Claire. Dave and I will set up tables somewhere by the parking by the tennis courts, and we'll distribute singlets over this 2 hour period. We're also working to organize a fun run that night, so put this date on your calendar to pick up any singlets you ordered (if you haven't picked them up before this) and come down for the fun run too.

If you didn't order a singlet through your membership renewal, there may still be some available for purchase at a later date. We need to get the current batch distributed to those who ordered them first. Please contact Paul Wagner (wagnerpj@uwec.edu) if you want to get on a list to purchase a singlet later this spring.

Pick it Up

On Tuesday evening, April 15 seven ITC members participated in the Club's annual litter and trash pickup from the club's assigned two mile stretch of Eau Claire County Highway I, just south of Eau Claire. The pickup had been scheduled for Saturday, April 12, but was "snowed out." Amazingly, only 3 days after we received 2 inches of snow, all the snow was gone and it was 60 degrees and sunny. Approximately 6-8 large bags were filled with various types trash, including the usual suspects: aluminum cans, glass bottles, fast food wrappers, car parts, cigarette butts and packages, and general litter.

Some observations on this year's pickup:

- it is very hard to open up a large plastic bag and put something in it when the wind is blowing at about 30 mph
- Misty cigarettes seem to be the cigarette of choice in the Town of Pleasant Valley
- "People are pigs"
- the increased price of aluminum seems to have somewhat lessened the number of cans people throw out of their vehicles
- did the one dollar bill that Karen Possley found by the roadside find itself there by mistake, or did someone throw it away?
- it was really nice to have Paul Wagner, Cindy Schlosser, and John Qualheim start one hour early at the far end of the route and work their way back to the middle.



Thanks to Karen, Paul, Cindy, John, Barbara McKinley, and Judy Mirr for their hard work. This was the seventh year that the ITC has picked up trash on this section of road, and this was another project started Tim Dusick. In exchange for keeping the roadside clean, the county highway department maintains a sign on the highway with the club name on it, which is nice publicity for the club.

Submitted by Joe Mirr



This inaugural fundraiser for Angelspace is being held Memorial weekend. We encourage participants to walk or run in memory of a loved one that is ill or has passed away.. Participant tee-shirts will include angel wings on the back with the words “*In Memory of _____*”.

This 5K (3.1 mile) event will start and end at Owen Park. Both walkers and runners are welcome. The course will be timed; there will be awards for 1st, 2nd, and 3rd place male and female finishers.

Questions can be directed to Tina Killey at johnstk@uwec.edu

All proceeds of this event will benefit Angelspace, Inc.

See Dick Run and Bloom'n Idiot Marathon—merged into one day

**Saturday, May 17th
Bloomer High School—8:00 am**

A festival of running, choose from a 2, 4, 7 mile race or the Bloom'n Idiot Marathon as a training run (distance optional) out and back this year. Contact Fred Hable at 835-5897 with questions.

Great for a spring marathon training run.



Volunteers Wanted—Help!

We are in need of helpers for both the Angel-space event on May 24th and Carson 10 on May 31.

If you would like to help with either event please contact Tina Killey at johnstk@uwec.edu or calling 579-0903.

Volunteers for the Carson 10 will receive a technical Carson 10 race

I pulled into the parking lot of the Medford Park 40 minutes before the start of the Pine Line half marathon. Grey skies. Wet gravel. Puddles. Blowing snow. I tried to find a dry place to park. A serious wind blew out of the southwest. Gusts over 40 m.p.h. Isn't there a problem running against a headwind blowing faster than a person can run? I did the math. 8 mile an hour foot speed minus a 40 mile an hour wind speed. I stopped. I'm not a negative person.



I tried to think positive thoughts. It was above freezing at 33°. A whole degree. That meant there was no ice to worry about. I only needed to avoid the ice cold water in the puddles. And avoid the wind chill. And avoid the snowflakes and ice pellets circling at 40 m.p.h. I told myself I would feel better once the race started.

I put my winter coat back on and left the car to collect my race number and goody bag at the registration table. Luckily, the goody bag included a hooded cotton sweatshirt, not a T-shirt or singlet. I decided that it looked nice enough on me to wear for the race. Barbara McKinley once told me that running was 10% physical, 10% mental, and 80% fashion. Fashion was now covered.

Ten minutes after leaving the car, I returned, started the engine and turned on the heat full blast. I was shivering even wearing a winter coat. I told myself I would feel better once I got my legs moving.

I left the car when a mass of people headed toward the starting line. Pine Line is an out and back course from the Medford City Park north on an abandoned railroad line now covered with pea gravel. The half marathon course is relatively flat. Sometimes the trail is tree lined, sometimes not and sometimes there are deep woods on either side. The wind was at my back the first half of the race. I did feel better once the race started. I felt good all the way to the soggy turn around when I headed back into the wind.

There's no need to describe what the wind and the 40 m.p.h. snowflakes were like. What I will say is that my Garmin GPS failed me completely. I'm not sure whether it was the wind, the clouds, or the trees, but when I crossed the finish line, my Garmin thought that I had run only 12.25 miles. It had given me misinformation the entire race, claiming that my per mile pace indicated that I was walking, not running. Then crawling, not walking. My actual time was good for me given the conditions.

I ran well enough that I decided to wait for the results to see if I won something in my age group. I shivered. I drank coffee and Gatorade and shivered. I ate pizza, fig newtons, and bananas, and shivered. I talked to the people around me and viewed the race photos and shivered. I collected my third place medal, returned to my car started the engine and turned on the heat full blast.

WHAT MOTIVATES ME TO DO THE DISTANCE? IN BOSTON, IT WAS

STEVE *Submitted by Leslie Johnson*

We all need motivation to do the 26.2 mile distance. In fact, I often find it harder to keep up a consistent 20 week training schedule for the marathon than to complete the marathon itself. One must do the proper training to feel prepared to arrive at the starting line, lace up and face the enormity at hand. One must feel prepared for whatever the race will bring, prepared in body, mind and spirit.

To find the motivation to get out the door day after day, especially this last winter, I had to depend on daily commitments made to my running partners. Sharing a running schedule of pre-dawn hours and the new-found love of the challenge of conquering sub zero wind chills, together we trained ourselves through the harsh Wisconsin winter. We soon learned to laugh at ourselves as we pulled the frost from our brows and eyelashes. I hoped I wouldn't be discovered for my letting Rick "set the pace" when really I was just wanting him to block the wind for me. But he did make me run faster.

The bonds developed on these morning runs motivated me to continue my training into a great performance my running friends could be proud of. Although they would not be running with me in Boston, they would be with me in spirit, as I was motivated to perform well for them, and for me.



I turned 50 this year and this was going to be the year of great running for me. I was going to be fit, and look and run younger than my years. This motivated a lot of my training runs, and would help me through Boston, as well. Seeing Joanie Samuelson compete in the Olympic Trials on Sunday before the Boston Marathon proved what a 50 year old can do.

Watching Joan's much younger fellow competitors, 200+ beautifully strong and fast female athletes running to qualify for three spots on the 2008 US Olympic Marathon team was a motivator beyond words. Their performances demonstrated

a passion for their sport. These women are runners. They don't just run as something to do. Running defines a lot of who they are. Without their running, they are incomplete. Just like me. Just like you. You know what I mean.

When Deena Kastor came from behind to win the race, I realized that I was watching the performance of a lifetime, from someone who places our sport on a level like no other. She would not be content to simply place in the top three. She clearly intended to win, and dug down deep in her soul to do so. The Trials race was a real motivator for the next day's race, the 112th running of the Boston Marathon, America's most prestigious marathon. I was really ready now.

When race day arrived, I was clearly ready, body, mind and soul. The weather was great, no Nor'Easter as was the case last year. I'm dressed right and well hydrated. The plan was to NOT go out too fast on the early down hills and keep a 8.5 mile pace and qualify for next year. Heartbreak will not be a problem because I've trained on hills.

My dear friend and running partner has the gift of being able to break our long runs into small dis-

tances which allow us to never add up the total and be defeated by the enormity of the "26.2". Meals' method usually works beautifully. Her coaching suggestions for Boston were to visualize our favorite 12, 4 and 8 mile runs from back in Eau Claire. This would help me take my mind off the distances and remember how good we always felt on these "short", "quick" runs back home.

Plan "B" was my wristband with the names of people that Have motivated me through my training and my life. When the going got tough, I could look at my wrist band for a name for inspiration to think of these people, be newly inspired to go on to finish the race.

My first 10K I went too fast. I couldn't seem to slow myself down. After 8 miles I started to get stomach cramps and DID slow down. I was happy with my 1/2 marathon time. I was playing the distance game well. My "4 miler" went well after my "12 miler." My time was slowing down, but I had no doubt that I would qualify for next year. I had cramps, but I was dealing with this. After all, I survived the Chicago marathon last fall. It was hotter than I would have liked, but my legs felt good.

I was still struggling with a side aches, well into my "8 mile run" in my mind, thinking of changing it to a 2 miler when my hamstring "popped". It was 22.5 miles. I had been on pace to qualify for another Boston. Now this was in question. Along with the searing pain of the hamstring, my train of thought came to a screeching halt. I couldn't think about anything except the fact that I could not run. I was lame for running. There was no plan "B". All I could manage now was a walk or a pathetic, gimp, lame run. How could I NOT finish Boston?

As I stretched and moaned and limped at the roadside, a fellow runner approached me with the sole purpose of helping me. The name printed on his shirt was Steve and fans were yelling his name. Steve offered me his shoulder, to help take the weight off my bad leg, to get me to the finish line in time for me to qualify. I questioned him why he'd want to slow himself down. He said he was running the Boston for fun. I immediately thought, "Some fun", but took him up on his offer. Fans, 5-6 deep on the sidelines now cheered us on, complimenting on our teamwork, Steve specifically for helping me. This went on for about 1/2 to 3/4 mile. Finally, even with Steve's shoulder support, with him looking for another runner from Tuft's to help carry me to the finish line, my hamstring pain was too much at this pace. I needed to walk. I swore I'd remember his number and last name. But I haven't. I'd like to thank him and let him know that I did finish with his help and his words of confidence "We'll get you there, you can do it". Like a knight in shining armour, or a guardian angel, he came at the right time of the race to motivate me to finish the race.

Without Steve, I'm not sure I would have been convinced that I COULD finish. He told me I could. He tried to make it happen. He got me started. He sent me on my way. He motivated me. When I made the last turn on to Boylston, and saw the finish line, now just blocks away, I now repeated Steve's words aloud. I side-stepped until just to the finish line, repeating, "I'm going to finish, I'm going to finish". At the last moment. I turned, to run over the finish line.



The Night Before Boston

'Twas the night before Boston and all through the room, Traci was pacing-would it be doom and gloom?
A quick fix she needed, not an M&M in sight, An XXL bag forgotten on the Mpls. Flight
Her number was pinned on her shorts with great care, In hope that the weather would be fair
Her sisters were snoring all snug in their bed. While visions of tripping danced in Traci's head
When out of the darkness there came such a clatter. The alarms (all 3)- it's time to empty the bladder.
Away to the bathroom she ran in a flash, Somehow, somewhere, she landed in a crash
Her banana and bread and Gatorade, too; Landed on her packets of Triple Berry GU
When what to her panicky eyes should appear, But four lovely runners, who'll all run for beer.
On Karen! On Tina! On Jeanie and Leslie-Someone calm down that newcomer, Traci!
To Boston Commons the runners will load; Does anyone see a handy commode!
The bus trip was long, the bladder was weak. The driver stopped for anyone not shy to take a leak.
The announcement was made-5 minutes to start. Oh my ! It's real! She's going to fart!
The sun came out, not a cloud in sight, Traci ran with all her might.
She ran like the wind-OK maybe not; just one porta potty stop.
And then in a twinkling the money she saw; the gang would be proud of the bill in her claw.
Then up ahead, the end was near; 26.2 -the biggest marathon for Traci dear.
The moment was grand, Traci was beaming
The podium they pointed-(not really, I was dreaming)
The blisters they grew, the toenails turned black
But the Boston Marathon is worth a trip back!

Written by Traci Messner



ITC members: Karen Ostenso-McDaniel, Leslie Johnson, Traci Messner, Jeanie Lubinsky and Tina Killey photo taken by one of Traci's sisters



I have a confession to make. Back when I was in high school I thought that running was boring. Back then I played football, hockey and baseball and running was something to be avoided at all costs. It's what you had to do when you screwed up in practice and the coach told you to "take a lap."

Back then, one lap of the practice field seemed like a marathon. I remember how taking a lap was so painful for some of the linemen on the football team that they actually hid behind the equipment shed to get out of it.

Another thing I remember is being out on the football practice field while members of our Alexander Ramsey (now Roseville, Minn.) high school cross-country team jogged by and thinking to myself: "That's all they do is run? That has to be the most boring sport in the world."

Funny how things change. Now running is one of my passions.

I was reminded of all this about a month ago when I got a call from the race director of the first annual Door County Half Marathon. He said that he'd seen my name in the results of last fall's Tour of Eau Claire Half Marathon and had a few questions for me.

The first thing he wanted to know was whether I was the Wade Zwiener who'd grown up at 1464 W. Iowa in Falcon Heights, Minn. I told him that I was.

"I'm Brian Fitzgerald," he replied, with a little bit of excitement in his voice. "I grew up at 1434 W. Iowa."

1434? That was only a few doors down in our quiet tree-lined neighborhood near Como Park and the State Fairgrounds just outside of St. Paul. I racked my brains trying to remember who he was but came up with nothing. I had to be honest and admit to Brian that I didn't remember him.

He said that he wasn't offended. His family moved into the neighborhood when I was in high school and he was in grade school. That made me feel a little better. No wonder I didn't remember him. When I was a "big" 18-year old senior he was a snot-nosed 10-year-old kid.

Apparently I didn't pay much attention to Brian about five years later, either. At least not according to his high-school cross-country coach.

My first job out of college was covering sports for my local weekly newspaper called the Roseville Sun. One of the schools in our coverage area was my alma mater, Alexander Ramsey. Brian ran for the Ramsey cross-country team that won the state meet one fall and jokingly reminded me how his coach thought that the coverage that they received from me was pretty darn poor.

I have to admit it. Back then I gave more space in the newspaper to the "major" sports like football, basketball, and baseball. Cross-country running results were usually squeezed in somewhere at the bottom of page two.

Once again, it's funny how things change. Now I'm the one who is often complaining about the lack of coverage that running receives in the media.

With the way that I'd overlooked him as kid in the neighborhood and runner on a state championship cross-country team, you'd think that Brian might be calling to finally get even with me or something. But actually it was just the opposite. He was calling to offer me two free entries to the first-year race that he was directing, the Door County Half

Marathon.

I thanked Brian for the offer but said that I already had plans to run a different race that same weekend—the 16th annual Norske Nook 15K in Osseo. Brian said that he understood and that the offer stood for next year as well. Pretty nice for a guy who I didn't even remember and whose running accomplishments I'd overlooked.

Brian went on to ask if I had any suggestions on marketing his race. He told me that so far he had a race budget of \$40,000, mostly from contributions from Door County businesses, and that he'd taken out a number of ads in running publications. When I spoke with him about a month before the race, he already had over 300 pre-registered runners. I told Brian that it sounded as though he was doing a great job and that he didn't need any advice from me.

So this year I decided to go with tradition and run the Norske Nook 15K. Maybe next year I'll try something new and run the Door County Half Marathon.

I guess that's one of the nice things about running. There are quite a few older races

LeQuene!

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

Dear LaQuene:

A recent ITC newsletter publication showed a mistaken picture of me as a "spindly-legged youth." With so much fame going, it is difficult to comprehend this "erroneous photo publication" after multiple dozens of races through a few dozen years with the ITC. Should I consider this photo a compliment and truly believe everyone is in need of an appointment with the optometrist? At the rate of picture identification, I kind of wonder if FBI lineup training is in order for all newsletter personnel

Ms. Identified,

Far Less Spindly Leg-Lift

Dear Ms. Taken:

Your letter poses one of those deep, philosophical questions. Do we see ourselves the same way as others see us? Normally, I'm much too busy enjoying my active social life to bother thinking about such nonsense. Letters like yours usually get filed in the inbox of my garbage can along with invitations to the White House. However, since yours is the only letter I received, que sera, sera.

I really need to be able to experience the world through your eyes to answer your question. But I don't know who you are. Your pseudonym gives me no way to identify you, Ms. Identified. The best I can do is to pretend to be somebody that I think must be like you. Rosemary Harnley comes to mind. She has been an ITC member for centuries, and has run an infinite number of ITC races. She seems to have all of the qualities that you describe. So to test myself, I ask, "What pictures would I think most closely resemble the ITC president, vice president, secretary and treasurer if I were Rosemary Harnley?" Here's the way I think Rosemary would answer:



Karen Schoenrock, ITC president



Tina Killey, ITC vice president



Lisa Buenger, secretary



Jeannie Lubinsky, treasurer

The photographs have that grainy, slightly out of focus quality common in the black and white pictures of Rosemary's generation when the world was filled with glamorous people. At times, we all dream of seeing the world through Rosemary's colored glasses.

*That left one final question, "If I were Rosemary Harnley what would I think Rosemary Harnley looks like." **Bingo!** It was the picture from the last newsletter.*

That settled it. If you look anything like Rosemary Harnley then you should count your lucky stars, girl. You are drop dead gorgeous. The misidentification the newsletter was clearly a compliment.

Maybe it's best to remember that there is no such thing as misidentification anyway. We just see what we want to see.

LeQuene

Forward questions/comments to ITC editor, Tina Killey and I will locate LeQuene for a response



in

"Inspired to be an Inspiration".

written by Sheila Cote

In life, it's not what we have set out to do that matters. It's what we actually accomplish that we are remembered for. In choosing an exceptional, inspirational athlete to write about, it is the above criteria that led me to my ultimately, obvious choice. I thought of all the gifted athletes that have impacted my life. All the greats from Jackie Joyner to Lance Armstrong whose dedication, discipline and sheer willpower have enthralled and motivated me to better fitness. And yet, though I respect and secretly envy the talents of the great; it is the local athletes that have my heart. It's those whom you can run beside and work next to at a local race. Those who greet you with a hug of acceptance and friendship at the end of a race having just met you at the starting line. It is from tangible encounters with incredible athletes in the Chippewa Valley that I easily found my athlete worthy of recognition.



ITC Hall of Famer
Emily Blaskey

I first met Emily Blaskey about 4 or 5 years ago at the RCU Charity Classic in Eau Claire. Emily is the Race Director from the Indianhead Track Club of this run which is in its 14th year. But I'm getting ahead of myself. This story is not just about running.

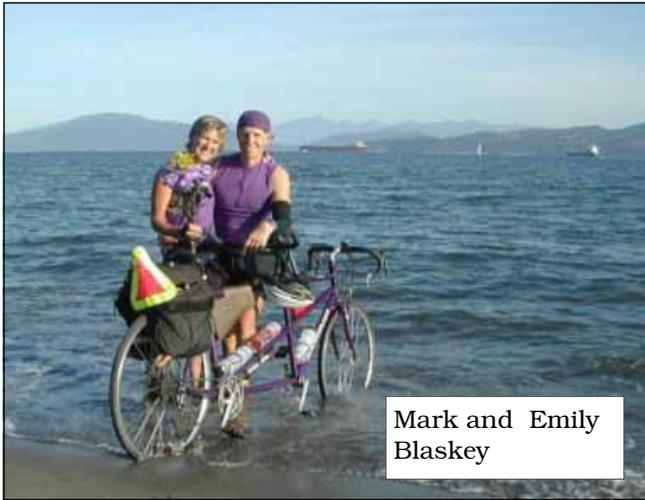
Emily was born in New York City, New York until at the age of ten her family moved to Greenwich, Connecticut. During her high school years, from 1968-1972, there were no women's sports so she played field hockey, softball, squash and was on the swim team during the summer months. It wasn't until her junior year at college that she had a "pivotal" moment that would forever impact her life. She was at Dartmouth College in New Hampshire which was a training ground for the Olympic cross country skiing and rowing teams. Foreign country competitors trained there and it was, as you can imagine, a very "outdoorsy", athletic environment. It was here that she began jogging as it was just a way of life and everyone was very fit.

Emily later moved to Lexington, KY where she participated in her first road race and much to her surprise ended up placing in her age group. She hooked up with a very well known running group, "Todd's Road Stumblers" and participated in many more races. Emily continued her college for Physical Therapy at Northwestern University in Chicago where by now participating in races on weekends had become a part of her life.

It was after graduation, having landed her first job as a Physical Therapist at Community Hospital Center for Sports Medicine in Indianapolis, IN that she was first introduced to the world of Race Director.

In 1981 the Hospital decided to put on a local running event to promote health and fitness. They hired a man who knew how to direct races and Emily volunteered to help him. It was the time she spent working with him over the following two years that gave her the experience of directing races that she would never guess would be so invaluable. At the end of those two years, she moved to Eau Claire through marriage and obtained a position at St Joseph's Hospital in Chippewa Falls as a Physical Therapist where she's been since 1982. At that time, St. Joseph's Hospital and WAYY held a run every year and before she even started her new job at St. Joe's word got out of her talent for directing races and she was asked to take over from Tom Langley as Race Director.

Emily says that of all the places she's lived (and as you can see, there were a few!), the Chippewa Valley is second to none. The area topography is the best she's seen anywhere based on the mix-



Mark and Emily
Blaskey

ture of hilly, flat, panoramic areas and the river and trail systems that are perfect for running, biking or roller blading. Socially, there are a lot of like-minded fitness enthusiasts that have become her friends and all willingly participate in or help at local events. To most, the pressure and responsibility of directing local events would be overwhelming, but in Emily's words it's like "throwing a party for all her friends".

Although a very high-energy, optimistic person; Emily is quick to remember a few local friends who she's drawn inspiration from. Mark & Karen Wise who when their sons were young had a seamless way of integrating them into the silent sports that they enjoy. Linda Brenner Nelson and her excel-

lence in every sport (canoe, cycle, run, swim) and her dedication to each sport is a prime example. There is also Cheri Uelmen, an excellent skier, inline skater, runner, cyclist and training partner for the Firehouse 50 2-person time trial.

Most of us remember the "Break Free on Hwy 53" event on July 10, 2006 – the running event that took place before the new highway opened (the temperature was 104 that day!). Out of her friendship with Dave and Robin Elvig, the founders of the nonprofit entity "Altoona Outdoors" came the idea of the Altoona event. Altoona Outdoors develops trail systems connecting neighborhoods to parks and schools with the philosophy that you can't expect families to participate in a healthy lifestyle if it's not safe. This race was one of Emily's favorite with over 300 local participants! "Because of the rolling course through the river valley and because you were running on a highway you really felt as though you were getting away with something!" This event was also backed by the Indianhead Track Club (ITC), a local running club that reaches out to other entities in their philanthropy.

In talking with Emily, she makes it very clear that as much as she loves biking, roller blading, triathlons, snowshoeing, running, etc.; she really doesn't talk about it too much because there's so much more to life. She loves working in her husband, Marks, metal art studio, traveling (she speaks French) and her profession as a Physical Therapist of helping people who have been sidelined by injuries. "It's very important that a person purposely develop other hobbies that have more sedentary components because as a Physical Therapist I am very aware of how injuries can sideline a person either temporarily or permanently". It is because running itself has given so much to Emily – getting her through many stressful times in her life that she has chosen to give so much of her time and energy to directing races. She simply states, "It's just my time to give those competitive running experiences to others as so many other race directors have given to me over the past 30 years".

After spending time with Emily I would have to describe her as someone who definitely gets out there and does what most people only talk of doing. Yet she doesn't do it for the accolades, it's just fun to her and promotes healthy living – two very important attributes to Emily. What makes me so sure? Maybe a few parts of our conversation that we don't have room to discuss. Like the time in 2002 when she and her husband biked across the United States on a purple tandem bike. It was a dream of her husbands. They started in Yorktown Virginia in mid-May and ended in Puget Sound in Vancouver, Canada in early August.

If you happen to show up at the RCU Charity Classic in June and see a beautiful lady with an orange blaze vest on looking as cool as a cucumber in the midst of chaos – go and say hello to Emily. Don't be surprised if she greets you with a warm smile and asks if you want to lend a hand!

Name:

Allison K. Rud

New Member Runner Profile

Occupation:

Financial Planner

Marital Status:

Married

When I started running and why:

Started before I can remember. Reason: Keep my dog from licking my ice cream cone. Now run for fun.

What inspires me to run now:

To reduce stress and have more energy.

Proudest running accomplishment:

Right now I'm proud I ran the 6 mile in Altoona without walking any of it

Favorite races:

Haven't done many.

Races/Places I would like to run someday:

Anywhere scenic

Weekly mileage (High and Low):

12-15 miles per week

Training routine

Typical run about 3 miles weekdays that the weather permits.

Best running experience:

When my running buddy and I have a good story and laugh until there are tears

Worst running experience:

When I go with my kids and have to stop to push a bike along with a stroller up a hill and carry a kid at the same time (although maybe it would be considered crosstraining)

Most Amusing Running Story:

Placing higher than my roommate in the Golden Valley Run when I was actually in St. Louis, MO.

Secret running tip:

I need some

Running heroes or role models:

People with positive attitudes who see the best in every situation and person

Favorite Food:

Curried Chicken and any Indian food

Favorite Music:

I like polka's, maybe that's weird, but everything pretty much.

Favorite Book:

One Fish, Two Fish, Red Fish, Blue Fish

Favorite Movie:

Tie between The Princess Bride and Facing the Giants

Favorite cartoon or fictional character:

Bugs Bunny

Asparagus or Brussel Sprouts and why:

Both because they're nummy, especially with salt and butter, but not when they still have sand in them.



Thank you to everyone that has been submitting their profiles. You will be profiled in a future newsletter. In the meantime, if you have any additions to your profile please email them to me. Photos are very welcome as well.

Tina Killey

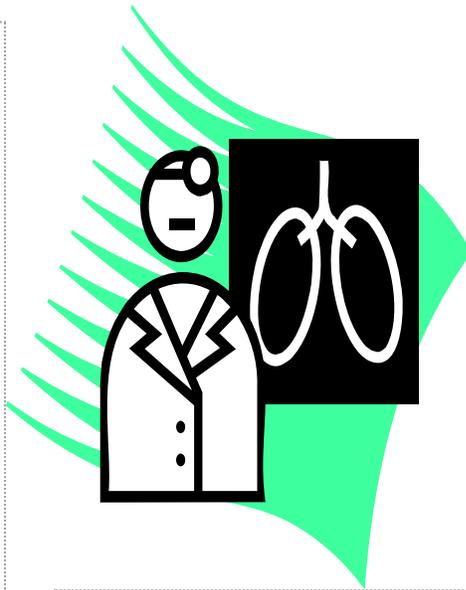
THE HAPPY TRAILS DOC—LOU FRASE

An ITC member has asked about numb toes which occur during long runs and has not responded to the simple measure of loosening the shoelaces but disappears after the run is completed. Having already done the obvious, what else could be causing this and where do we go from here? Numb toes are a sign of stress on nerves which may have many causes. The most common of these are listed here, starting with the simplest:

Pressure on nerves due to improper footwear.

As already suggested, overly tight footwear may be responsible and loosening shoelaces is the first thing to do. It is also important to recognize that poorly fitting shoes, inadequate support of the longitudinal or metatarsal arch or overpronation of the foot while running may be factors. Be aware that as we age the foot will gradually widen, lengthen, and flatten. Running in shoes that provide poor fit and poor support is a common cause of foot pain or numbness but is easily corrected by purchasing shoes from a reputable source with a sales staff trained to fit shoes. Most sport stores meet this criterion. Be sure the shoe has adequate heel cushioning, good forefoot flexibility, and good support of both the longitudinal and metatarsal arches. The toe box needs to be wide enough to allow adequate room for movement of the forefoot and toes. Because support diminishes with time, shoes should be changed often. Most experts suggest every 500 miles. Proper attention to these issues will probably cure 80 – 90% of foot problems.

Morton's neuroma. This is a fairly common condition that results from excess growth of tissue around nerves between the third and fourth toe (as counted from the great



toe). Numbness may be the first symptom but pain usually develops shortly thereafter. Treatment starts with adequate support or padding of the metatarsal arch but may require surgical correction.

Tarsal tunnel syndrome. This is a repetitive activity syndrome related to the much more common carpal tunnel syndrome that occurs in the wrist and with which most of us are familiar. Compression of the nerve as it passes through a bony and ligamentous tunnel will result in numbness of toes that may ultimately require surgical decompression as symptoms worsen. Proper attention to footwear may help, but if symptoms persist in spite of the simple solutions, further diagnostic help may be necessary.

Other nerve entrapment syndromes. Virtually any nerve in the foot can become “entrapped” by muscular or ligamentous overgrowth due to repetitive actions in highly active endurance sports. These overuse syndromes may

respond to decreased training intensity or cross training, but if persistent, medical intervention may become necessary. Clearly proper diagnosis is critical to successful resolution if simple measures prove inadequate.

Peripheral neuropathy. This condition will result in unrelenting numbness, often with pain and tingling. Special medical testing will be necessary to sort out the many causes, but early intervention is important to prevent permanent damage so do not ignore persistent symptoms.

Peripheral arterial disease (PAD). Numbness may be the first sign of poor circulation (PAD). This can be easily determined by a physician but again early intervention is important for ensuring the best outcome. So, with all of these possibilities, where do we go from here? Well, first try the simple measures discussed but if the problem persists for more than six weeks in spite of these changes, I would suggest consultation with your primary care physician who can guide you to proper intervention, which may include further consultation with an orthopedist, neurologist, or podiatrist.

Doing it right can help to prevent the long term agony of De Feet.

Lou Frase

ljfrase@citizens-tel.net

ITC Calendar of Events—*Indicates race forms/information on ITC website

May 10

*Uganda Run 1M, 4 M Memorial HS, EC Dianna Zeeger 715-852-6489

El Fortín 5K: Reaching out to Educate Nicaraguan Children 5K UW-EC Nursing bldg parking lot Joe Muellenberg 608-769-7126

*Adoption Run 2M, 5K Flag Hill Pavilion— Irvine Park, Chippewa Falls Carley Schnacky 715/651-8716

May 17

New Prague Half 5K 13.1M New Prague, MN Kim Gassner and Roxy Tuma (952) 758-4360
www.runnewprague.com

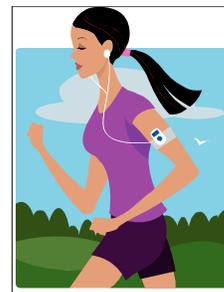
Apple Blossom run 2M, 10K, Bayfield Apple Co. CTH J & Betzold Bayfield Chamber 800/447-4094 chamber@bayfield.org

Syttende Mai Run & Walk 20M Stoughton syttendemai.shtml

Uff Da Trail Run 13.1M 5K Woodville Roger Bauer 715/698-2318
www.bwsnohawks.com/uffda.htm

Maple Grove Half Marathon & 5K 5K 13.1M Sr. High Stadium, 9800 Fernbrook Maple Grove, MN www.maplegrovehalfmarathon.com

***See Dick Run And Bloomin Idiot Fun Run, 2M, 4M, 7M, Endless miles Bloomer HS Bloomer Fred Hable 715/835-5897**



May 18

Apple Blossom Races 13.1M, 10K, 5K Carpenter St. Croix Valley Nature Center, Hastings, MN

May 24

*Angelspace 5K run/walk, Owen Park 9 am Memorial weekend—Saturday Tina Killey johnstk@uwec.edu

Louella Blackdeer Fun Run 5K, 10K Brockway Rd and STH 54, Black River Falls 715/284-8056 blackdeer@tds.net

May 25

MDRA Mississippi Ten Miler 10M Summit Ave & E. River Blvd, St Paul, MN tombarb@comcat.ner

May 26

Falls Four run/walk 4M Ekern Mem. Pk, Main St, Pigeon Falls, Pete Brueggen 715-983-5740
hardrunnerpete@hotmail.com

May 31

***40th Annual Carson 10/2 2M run/walk, 10M Carson Park, Eau Claire Karen Schoenrock 715/894-0166 [Register Online](#)**

June 1

Downtown Half Marathon, 10 Mile and 5K 5K-9 (1 dog) 5K-9 (2 dogs) 10M, 13.1M 400 2nd St., Minneapolis
www.zapevent.com

john@teamortho.us

Big Ring Classic 5K 10K 9 Mile Forest Wausau Tracey Ubl 920/378-5432

trailrun@wors.org

June 1 trailrun@wors.org

June 2 ITC Meeting—Dooley's 6:30 pm

June 7 Independence Days 2M walk, 5K, 10K Rave Fitness Independence Tami Keenan 715/985-3733

Thorp Fun Run 5K, 10K Elem School, Thorp Margaret Raether 669-5944 margaret@thorpfitness.com

23rd Annual Dead Skunk Runs 1600 meters, 5M Elem. School, Hwy 47 Lac du Flambeau Gary Kmiecik 715/614-5366

kmiecik@luhs.k12.wi.us

Jun 10 Aquafest run 10K, 2M walk/run Tuscobia Hiking Trail Parking Lot Rice Lake www.aquafestonline.com

Jun 14 Lake Eau Claire Triathlon 2.5M walk/run, 1M paddle, 8M bike (untimed) C&G Hide Away Bar Pavillion

Augusta Vicki 715/832-7399 Kristin 715/286-5166 reedvf@uwec.edu
Kristin.Charlton@bemismfg.com

Jun 28 RCU Charity Classic 10K, 2M run/walk, ¼M kids, ½M kids Phoenix Park Eau Claire Emily Blaskey 715/839-0499



Race Results submitted by Bob St. Louis

Spring Fever 6 Mile

Altoona April 5, 2008

Indianhead Track Club & Arby's

Mark & Karen Wise

Place Name Time

2 John Kann 38:56 1 50-59M
6 Andy Pankratz 39:05 3 30-39M
8 Wendy Bengtson 39:55 1F
10 Tim Holden 40:32 2 40-49M
12 Chris Huse 40:52 3 40-49M
14 Mike Revello 41:15 3 50-59M
15 Tom Langley 41:41
16 David Carothers 41:55
20 Jeff Miller 42:35
21 Karen Schoenrock 42:36 1 40-49F
24 Erik Dovre 44:16
25 Paul Wagner 44:20
29 Nancy Bauwens 47:19 1 50-59F
36 Emily Stickler 50:24 3 20-29F
37 Susan Rud 50:28 1 30-39F
39 Tonja Tangley 51:31 3 40-49F
40 Bret Tangley 51:32
41 Michael Weiser 51:34 1 60-69M
42 Paul Woita 52:20
49 Linda Gehrig 53:36
51 Jeanne Miller 53:42 2 50-59F
56 Dan Stickler 56:11
58 Amy Miller 56:53
62 Doug Pearson 57:54 1 70+M
65 Ann Phillips 58:56
66 Kari Delorge 60:07
67 Larry Johnson 60:18 3 60-69M
68 Emily Berg 64:29
69 Shelby Heuer 64:30
70 Ali Rud 68:40

Overall winners 70 finishers

Wendy Bengtson 39:55

Corey Stelljes 32:27

Spring Fever 2 Mile

Altoona April 5, 2008

2 Fred Hable 12:54 1 40-49M
3 Darin Lau 13:06 1 10-17M
6 Joe Lau 13:39 3 40-49M

8 Mark Schulz 14:12 2 50-59M

9 Stephanie Lau 14:14 1F

13 Daniel Duffenbach 15:05 3 50-59M

19 Heidi Lau 15:54 3 10-17F

24 Donald Schulze 18:48 1 60-69M

26 Nicole Brandner 16:50 1 18-29F

30 Eric Huse 17:11

34 Dan Lau 17:22

38 Karen Possley 17:31 1 50-59F

44 Christy Larson 18:30

46 Philip McGuirk 18:53 2 60-69M

52 Kristy Olson 20:24

56 Jennifer Sobotta 23:11

57 Ron Buckli 24:40 1 70+M

58 Mona Grimm 24:47

Overall winners 58 finishers

Stephanie Lau 14:14

Jonathan Delf 12;15Securian Frozen Half Marathon Jan 26

Doug Brandt 1:42:08 2nd in age grpSt John's Run - Beloit Apr 12

Mark Waite 28:37 2 50-55M

Rosemary HarnlyFool's Five - Lewiston Apr 6

43:16 1 60+FEarth Day Half Marathon - St Cloud Ap 19

2:01:42 1 60+FGear in Gear 10 K - Mpls Apr 26

55:02 4 60+F

Please email me, Tina Killey, news-worthy items to Johnstk@uwec.edu.

*Next newsletter will be July / August
Deadline for items June 23rd*





- ◆ 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 Student \$10

___ 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