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OUR MISSION:

To promote running, fitness and healthy lifestyles by organizing competitive and non-competitive events and promoting fellowship and companionship through the sport of running.



www.indianheadtc.org

NOVEMBER – DECEMBER 2011



Jennifer Geissler (1221), Christopher Wesely (1061) and Sue Lueck (1127) make their way to the finish during the 43rd Carson 10-miler Sept. 29 in Eau Claire's Carson Park. **Below:** Jen Reese displayed a frightening kick to finish fifth among women in the Carson 10.



Carson 10 getting bigger, better

By Wade Zwiener
Race director

After two years in its present format, the Carson Park 5 & 10/Boo-gie Run is starting to take shape.

Sure, there are still some wrinkles to be ironed out, such as coming up with a more clearly marked starting line and a more stream-

lined packet pick-up/ registration process. We have some fine-tuning to do with the course, results and awards presentation as well. But, overall, I think there are quite a few things to be happy about.

For one thing, we nearly doubled both our proceeds

See 'Carson' on page 3.

ITC President's Column

By Dave Carothers

Parting words

Departing ITC president encourages involvement

Hello again friends and members, As the fall racing season is growing to an end, so is my term as president of ITC. The lame duck period for me is a time to prepare the transition to the new president, Wade Zwiener.

As my days as president are coming to an end, I feel that more could have been done. However, I know the new president and the Board will be up to the challenge in keeping the Club current as things evolve.

As the ITC progressed from the 20th century into the 21st, it has embraced many new ideas and technologies to help our running community. In some of my past articles, I have outlined these items for you. I thought about

doing a recap of these items, but have chosen not to. Instead, I have chosen to let you reflect upon the last two years.

Our goal and mission has always been to provide friends and members with the highest quality events

and services to promote a healthy life through running and walking events.

I always felt that I had large shoes to fill because of all the great work that was provided by past presidents and ITC members. During the last 40-plus years, I feel ITC has accomplished a lot and has been very progressive with running. Although my presidency is coming to an end, I plan to stay an active member of ITC, just as many past presidents have.

I would also like to challenge my fellow ITC members to not only run in our events, but volunteer at our events. Your active participation in our events is the key to bringing value and success to the ITC.

As I embrace the coming year, I plan on doing a little bit more running and racing in 2012. It has been an honor to have served all of you, and I am grateful for all the support you have given me.

Good running.

Your active participation in our events is the key to bringing value and success to the ITC.

Submission policy

The ITC newsletters is published the first week of January, March, May, July, September and November.

Story ideas, articles, photos and results are welcome. Submit items two weeks prior to publication.

Contact incoming ITC President Wade Zwiener at wade1218@

yahoo.com.

ITC officers

President.....Dave Carothers
 Vice President.....Wade Zwiener
 Treasurer.....Jeanie Lubinsky
 Secretary.....Tom Langley
 Past President.....Karen Schoenrock
 Membership.....Paul Wagner
 Race Results.....Robert St. Louis
 Race Liaison.....Tom Stephens

Newsletter Editor...vacant
 Web Maestro.....Michael Salm

ITC board members

Barbara McKinley
 Emily Blaskey
 Tara Burr
 Mike Salm
 Keith Tibbits
 Mike Weiser
 John Qualheim

Running Shorts

Renew ITC membership

Don't forget to renew your membership for 2012. Club members receive discounts to ITC races as well as occasional deals from local businesses.

Membership dues are \$10 for students, \$15 for individuals and \$25 for families.

Make checks payable to "Indian-

head Track Club" and send to Paul Wagner, 120 S. Michigan, Eau Claire, WI 54703.

Hall of Fame nominees

Please submit your nominations for the ITC Hall of Fame by Dec. 31 to Judy Mirr at jmirr@ecasd.k12.wi.us. A brief summary of the nominee should be included with the submission.

Year-end nominations

Send your nominations for the year-end awards given during the ITC banquet to Dave Carothers at carothersd@gmail.com.

Categories include (male/female):

- Runner of the Year
- Most Improved Runner
- Comeback Runner of the Year
- High School Runner of the Year

Carson

and turnout from last year. And last year's turnout nearly tripled that of the year before.

It's exciting to see that a 43-year-old event still has plenty of life in it. If the Carson Park 5 & 10 were a runner, it could make the claim that it's getting "faster as a master."

That's not to imply that the success of a race is measured solely in speed, money and numbers. One of the more satisfying parts of the Carson Park 5 & 10/Boo-gie Run, at least to me anyway, is that it's more than a "run and done," "one and done" event. It includes a number of post-race activities including museum tours, milk-mustache photos, log-cutting, Halloween costume contests, a kids' scavenger hunt and, of course, a pancake breakfast.

And being an ITC event, the Carson Park 5 & 10 is more than just a one-day fundraiser. It's part of the ITC's effort to promote fitness year-round through our line-up of races for every season — the Spring Fever 6 and 2 in April; the Tortoise and Hare 5K in July; the Carson Park 5 & 10/Boo-gie Run in October; and the Frigid 8/Thermal 3 in December. Hopefully it's as much of a "fitness-raiser" as it is a fundraiser.

That's the goal, anyway, with both



A cadre of mascots, including those from Kristo Orthodontics, brought smiles to many attending the 43rd annual Carson 10 race Sept. 29.

the run and the free 10-week series of fitness clinics/fun runs that we did leading up to the Carson Park 5 & 10. And that's why we are donating proceeds from this year's event for mile markers along the Old Abe and Chippewa River trails that so many of us bike, run and walk on.

Our goal with the Carson Park 5 & 10, as well as with the three other ITC races, is to promote the regular exercise that helps to keep us mentally and physically fit.

All of this would not be possible, of

See 'Carson' on page 4.

Carson



Once again the Chippewa Valley Museum and Paul Bunyan Logging Camp played host to this year's Carson 10 festivities.

course, without the help of our generous sponsors and volunteers. I'd like to thank the Chippewa Valley Museum and Paul Bunyan Logging Camp for opening its doors to us for the second year in a row. Getting to know some of the members of these fine organizations — Diana Peterson of the Logging Camp and Ashley Dziuk of the Museum are the two who I have worked with — and learning more about how they contribute to our community has been very rewarding.

Thanks to Festival Foods for once again donating the food for the pancake breakfast and post-race snacks; to Scheels for awards and support of our runner clinics; to the Eau Claire YMCA for door prizes and support of our runner clinics; to Coffee Grounds and Culligan Water for the hot and cold beverages; to Connell's Orchards for the awesome honey-crisp apples and to Bohemian Ovens for the tasty bread; to Active Health Chiropractic and Nutrition for their financial support and help with event photos; to RCU, Kristo Orthodontics, Texas Roadhouse and the Menomonie Street Dairy Queen for their generous support of the Boo-gie Run; to Tyler Wieden of

Colorpath for his generous help with promotional materials; and to our long-time sponsors for their continued support—the John Killey Insurance Agency, Oakwood Hills Animal Hospital, Don Marjala, and Dave Fitzgerald of Kleven Real Estate

There also are numerous individuals who played a huge role in making the 43rd annual Carson Park 5 & 10/Boo-gie Run such a success. A big thank you to Tina Killey for being Wonder Woman again; to John Qualheim for all of his help with our awesome-looking entry form, poster, new mile markers, finish-line banner and numerous other promotional materials; to Jeff Miller for spending a good part of two afternoons helping to measure the three courses, helping to stuff packets the night before, getting up at 4:30 a.m. on race morning to make coffee and hot chocolate, standing out in the cold for three or four hours to serve these hot beverages, and for "policing" the congestion that developed in the finish-line area; thanks to our ITC race coordinator Tom

See 'Carson' on page 5.

Carson



Wonder Woman Tina Killey once again headed up organizing the kids' Boo-gie Run, assisted at the finish by feline friend Cat Woman Kriss Glenz.

Stephens for coordinating our new ITC finish banner, helping to line up post-race food and equipment, and for setting up the finish area and serving as the "traffic cop" at the 5K/10-mile split near the finish line/halfway point.

Thanks to Ruth Huse for recruiting and coordinating volunteers; to Karen Schoenrock for coordinating volunteers, picking up food, water and awards the day before, for helping to keep us calm during packet pickup/registration, and for staying out on the course until the last participant crossed the finish line.

Thanks to Tom Langley for helping to pick up numerous "odds and ends" and set up the finish line area, set out and

pick up cones and mile markers along the course, and race in the 10-miler.

Thanks to John Dunn for once again "painting the town" with posters and entry forms; to Mona Grimm for entering registrations, coordinating packet pick-up and sign-up, and for going the extra mile by driving to a nearby retail establishment to get more bottled water when she saw that our supply was running low.

Thanks to Jeanne Miller and Carol Idso for serving hot coffee and chocolate with a smile while sitting out in the cold; to Steve Kinderman of the Leader-Telegram for all of the awesome photos; to ITC co-

See 'Carson' on page 14.



Runners, including eventual champion Mike Reneau (154), prepare for the start of the Carson 10.

Upcoming Races

New Year run reaches 20-year mark

Be a part of history by participating in the 20th annual New Year's Day run hosted by Don Gilbertson and his wife, Nancy.

Don promises the same low-key atmosphere and piping hot pot of stew.

"We'll provide the main dish, and people can bring whatever they want," he said. All types of beverages

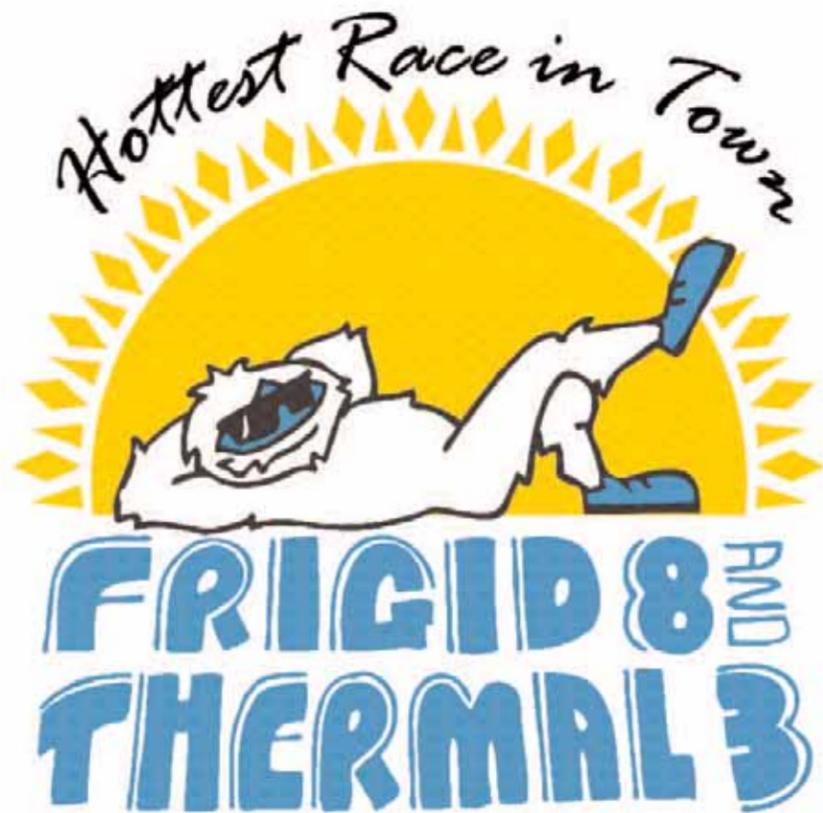
are welcome.

The race starts about 10 a.m. Jan. 1 at 1717 Rust St., near the university. No registration forms or fees. Runners choose the course and join others running a similar pace.

"It's just a fun day," said Gilbertson, who welcomes all to stay afterward to enjoy each other's company.

DECEMBER 3, 2011 AT 10 A.M.

OUR SAVIOR'S LUTHERAN CHURCH
1300 MANSFIELD
CHIPPEWA FALLS, WISCONSIN



REGISTER ONLINE AT INDIANHEADIC.ORG OR AT ACTIVE.COM

Upcoming Races

Race to remember friend, raise funds for scholarship

By Karen Hatfield
President, M.O.M.

The inaugural Get It Dunn Run, sponsored by Mind Over Matter (M.O.M.), is May 19 in Menomonie. The 5K starts at 8:30 a.m., and half marathon will begin at 9 a.m.

The 5K run/walk is family-friendly, with strollers welcome. Participants will enjoy country and city views along the route.

For the more serious runner, the half marathon is sure to be a rewarding challenge with a route that highlights the beauty of the Dunn County countryside, finishing on Main Street.

There will be a post-race celebration in the Burger King parking lot, located in the heart of Menomonie. Food, refreshments and entertainment will be provided as we celebrate having completed the first Get It Dunn Run!

M.O.M. was created to honor and remember

Kathleen Fisher, who taught her children and those around her to live life to its fullest. Kathleen's motto was "work hard, play harder!"

Always the adventurous one, Kathleen was never scared to try a new thrill ride or attempt a black diamond on the ski hill. Tragically, Kathleen lost her battle with cancer in April 2008, although her strength, love, compassion, energy and positive spirit lives on.

M.O.M. is a non-profit organization with the purpose to encourage personal wellness and community betterment – enabling people to help others while helping themselves.

In an effort to serve the community and "pay it forward," M.O.M. established an annual college scholarship and donates "life scholarships" to families and children in need throughout the country.

Check out www.getitdunnrun.com. Early bird registration is now open.

WANTED: Newsletter Editor for 2012

For more information or to express interest, contact
ITC President Dave Carothers at carothersd@gmail.com.

Sinners and saints

Running the Ragnar Relay with the Righteous Brothers

By Steve Thon, ITC Foreign Correspondent



Forgive me, Father, for I have fallen off pace. Steve Thon (back row, second from left) with his new-found running friends, the 'Faster Pastors,' a group of local Lutheran clergymen.

When I was in high school, my mother wanted me to be a preacher. Not wanting a lifetime of celibacy and good deeds, I went over to the dark side and joined a rock & roll band instead.

We spent countless hours on stage and often closed the night with a 20-minute rendition of the Rolling Stones' "Sympathy For The Devil." My mother's wishes had not yet fully faded when I accepted the invitation to join a team of Lutheran ministers to run the Ragnar "Great River" Relay, a 192-mile run from Winona to Minneapolis.

The run is part of a series of 15 Ragnar relay races across the country. The common thread among the various races is the approximate 200-mile distance, 12-person teams and the traveling circus that follows the run.

In general terms, it works something like this: The course is broken up into 36 segments. Teams are assigned a starting time in 30-minute intervals, with the slowest ones going first. The 12-person team is broken up into two six-person squads that travel in separate vans. Each person is assigned to run a total of three segments.

Squad No. 1 starts the run with the support

van leap-frogging the runner to the next assigned exchange point. Squad No. 2 is supposed to stay off the course and go ahead to a distant point to wait for their turn.

Runners trade off at the exchange points and then climb into the van to head off to the next one. Some of the exchange points are designated as major ones where the squads can meet up and the one "on the bench" can relax.

In essence the first squad will run its 6 segments, and then take a break while the next squad runs its 6 segments. Then the whole

thing starts over again.

The race takes about 30 hours. Somewhere along the way, you try to eat and sleep enough to continue the effort.

For the truly insane, there is the "ultra team" that consists of only one six-person squad that does the entire 200-mile race.

294 teams

This year's roster of 294 teams included the "Faster Pastors" (a.k.a. The Righteous Broth-

ers), one of the few teams to have completed the "Great River" version of the race every year since its inception in 2007.

It is a group of Lutheran Ministers from west-central Wisconsin. Until this year, they competed as an Ultra Team with only six members. But age, injuries, work and family all converged to make the ultra effort too great, and they opted to form a 12-person team for this year's race.

As the registration deadline approached and desperation set in, they relaxed the membership

requirements to a point where even an ex-rock & roll musician with "Sympathy for The Devil" in his repertoire could qualify for the team.

And so it was that I found myself planning to spend 30-plus hours cramped in a van with a bunch of guys who could deservedly have a "holier than thou" attitude.

Getting ready

My race preparations were physical, logistical and spiritual. I felt like it was "Forest Gump Goes to Bible Camp." Because our race pace goal was not too aggressive, my overall training effort and Grandma's Marathon earlier in the summer put me in a pretty good position to participate and hold up my end of the bargain.

Running hard and then quickly getting in and out of the van, trying to sleep/eat, and the overall lack of sleep were problematic but not debilitating. But how do you prepare to spend 30 hours in close quarters with a bunch of guys who are clearly bound for glory?

Knowing that every long run devolves into some serious off-color joke telling, I went through my list of cleanest dirty jokes.

See 'Relay' on page 9.



Heaven's gate? Runners prepare to start the 192-mile Ragnar "Great River" Relay. The race starts in Winona, Minn., quickly crosses over into Wisconsin, and then finishes in Minneapolis.



No rest for the wicked. Running throughout the day and night left many runners seeking any opportunity they could find to rest and rejuvenate.

Race Results

(ITC members)

Colfax Twister Sept. 10, 2011

5K

16. Brian McAlister (50-59) 22:16
51. Rich Chryst (50-59) 23:51
41. Steve Kinderman (50-59) 27:41
46. Philip McGuirk (70+) 36:46

10K

8. Chris Vetter (30-39) 41:08
28. Adam Smit (30-39) 41:28
56. Jeff Smith (50-59) 46:56

Fall Frolic 6K Sept. 17, 2011 Irvine Park

1. Chris Kamrath (20-29) 20:34
3. Paul Meznarich (30-39) 21:05
7. Brian McAlister (50-59) 21:43 (*5K)
8. Chris Vetter (30-39) 21:44
15. Mike Revello (50-59) 25:27
16. Donna Van Dyke (40-46) 26:06
19. Jerry Van Dyke (40-46) 26:21
20. Rich Chryst (50-59) 26:53
30. David Van Dyke (1-12) 29:17
63. Philip McGuirk (70+) 40:46
1:35:59

Half Moon 5K Oct. 29, 2011 Carson Park

3. Chris Kamrath (20-29) 18:39
4. Mark Wise (50-59) 19:12
9. Randy Aumann (40-49) 20:02
12. Susan Rud (30-39) 21:02
16. Brian McAlister (50-59) 21:23
27. Garrett Walters (1-12) 22:13
41. Dan Saeger (40-49) 24:13
42. Rich Chryst (50-59) 24:17



Participants in the Beer and M&Ms fun run were all smiles before the Sept. 17 race, and their smiles were even wider during the post-race festivities at Ray's Place on Water Street.

54. Cindy Korbol (50-59) 25:09
56. Tina Killey (50-59) 25:29
58. Douglas Brandt (60-69) 25:43
60. Kriss Glenz (40-49) 25:56
69. Brady Linderman (13-19) 26:21
105. Pam Ogden (50-59) 28:20
108. Dawn Gast (30-39) 28:25
116. Andrew Gast (30-39) 28:36
136. Carol Billmeyer (50-59) 30:16
166. Ellen Wing (60-69) 31:57
179. Jack Myhre (1-12) 32:34
186. Fletcher Myhre (1-12) 32:40
187. Karen Myhre (30-39) 32:44
201. Ron Buckli (70+) 33:34
203. Leah Myhre (1-12) 33:42
213. Carol Prescher (70+) 34:40
265. Philip McGuirk (70+) 44:18
278. Sherri Linderman (30-39) 51:19

Carson 10 Miler Oct. 29, 2011 Carson Park

4. Chris Huse (40-49) 1:05:12
6. Darven Miller (40-49) 1:06:16
7. Bruce Begotka (40-49) 1:06:30
12. Chris Vetter (30-39) 1:10:17
14. Carl Walters (40-49) 1:10:28
18. Warren Kerola (50-59) 1:13:08
22. Tom Langley (60-69) 1:14:08
23. Wayne Linderman (30-39) 1:14:19
25. Heidi Dubberke (40-49) 1:14:52
26. John Dunn (60-69) 1:15:02
27. Kristin Bowe (40-49) 1:15:02
30. Jeff Smith (50-59) 1:17:56
32. Steve Peterson (60-69) 1:18:33
33. Jen Rees (30-39) 1:18:58

38. Debra Begotka (40-49) 1:20:38
42. Leslie Johnson (50-59) 1:21:18
47. Ben Anderson (40-49) 1:22:10
51. Nancy Bauwens (50-59) 1:22:24
56. Aaron Hunt (20-29) 1:24:11
58. Jodie Arnold (30-39) 1:24:20
73. Denise Pedersen (40-49) 1:27:43
93. Lori Stephens (40-49) 1:33:01
94. Tammy Steinmetz (40-49) 1:33:26
103. Diane Hoyme (50-59) 1:35:59
105. Rick Lecher (70+) 1:37:19
109. Holly Larson (40-49) 1:39:01
112. Jennifer Pederson (30-39) 1:40:58
119. Sherilyn Riedel (50-59) 1:47:18
129. Ali Rud (30-39) 1:57:44

Relay

Maybe the one about Pat and Mike going to confession? Or...how about the three little boys discussing which part of the body goes to heaven first? The one about Moses coming down off the mountain with the 10 commandments would surely be OK....wouldn't it??

What if they wanted to discuss last week's sermon or asked about my favorite Bible verse.

(Just for the record it is Proverbs 31:6-7:

*"Let beer be for those who are perishing,
wine for those who are in anguish!
Let them drink and forget their poverty
and remember their misery no more.")*

As race day (Aug. 19) approached, my schedule and other obligations resulted in me just going with the flow to see what happened.

Will 8 be enough?

One of the advantages of joining this experienced group was that our team captain had everything figured

out and did a great job organizing our participation. There was only one hitch: We were short four runners.

Our team ended up with eight members, of which included his young son, another one with injuries, and a couple others who were hesitant to pick up extra mileage.

We were somewhere between a rock and hard place. We were registered as a normal 12-person team (rather than the 6-person "Ultra"), but a simple mathematical division of the miles would mean that everyone would need to run a marathon.

Clearly, not everyone was up for that.

It ended up that a couple of the guys relied on higher powers to carry them through and did distance in the 35 mile range. I did four segments instead of the assigned three and ended up right around 26 miles.

Uncharted territory

Race day was typical for late August: hot and humid.

See 'Relay' on page 12.



Party crowd. Finishers are rewarded with free pizza, beer and the company of their fellow competitors.

Relay

The interval-type running meant that no one got too dehydrated, but some of the guys running two segments back-to-back had a pretty tough time as this ended up being almost 18 miles all at once.

The “multiple segment relay” nature of this race was entirely new to me, so I was exploring uncharted territory. I decided to run conservatively hard for the first segment in the heat of the day; try to hold myself together for a long uphill climb in the middle of the night, and then put everything into the third segment.

I volunteered for the fourth segment in the middle of the race when the excessive mileage was catching up with some of the other guys. It ended up being a scenic, slightly downhill run through a park on the edge of Minneapolis that I smoked through with one of my fastest 10K times in recent years.

The course itself is almost entirely on paved roads, primarily throughout western Wisconsin.

After the start in Winona, the race quickly crosses over into Wisconsin and basically follows the Mississippi River with occasional side tracks into the adjacent hills. With few exceptions, the runners are self-supported by team members.

The whole process creates a leap frogging cycle of runners and vans moving the length of the course. This presents potential road hazards, but the organizers are emphatic about safety and utilize backroads and paved trails as much as possible.

Major gathering sites are chosen in three locations where the two squads can meet, runners can relax or try to sleep, and even shower.

These sites take on the atmosphere of a refugee camp with people

Rest in peace



Still supporting runners. Runners taking advantage of the Lowes Creek trails should note a bench in the park honoring the memory of former ITC president and Hall of Fame inductee Tim “Timmy D” Dusick.

sprawled out everywhere, lines of porta-potties, and groups of people in various stages of exhaustion.

As the end of the race approaches, everyone tends to come alive, and ultimately, the entire team positions itself a couple hundred yards from the finish line to escort their last runner across.

More than a run

Some teams run this as a race and do it hard and fast, but many more treat it as an event. Teams with a theme are common, and it is not unusual to see runners in costumes, some of which look pretty difficult to run in.

The team name is often a pretty good clue to the attitude/seriousness of the effort.

“Off Like A Prom Dress” was a team running in tuxedos and sequined formal gowns. I never saw

the WHORS (Women High On Running), but I can assume they lived up to their name.

When it was over, there was free beer and pizza while everyone checked he results.

The overall winning time was just under 20 hours for a pace of 6:10/mile. The “Faster Pastors” time of 31:18 hours put them just below the median of 29:36 hours, but solidly mid-pack.

The final team came in around 37:05 hours.

While it is not for everyone, relay races are a popular way for runners of all abilities to both run long distances without the recovery necessary from a marathon and to turn the solitary sport of running into a team event with a party atmosphere.

Try it...you might like it!!

Amen.

Carson 10 photos



Carson



Runners wore shirts remembering Bloomer coach Dave Landgraf, who was killed in a bicycling accident in August.

founders Dave Angell and Dave Weiss for starting this run way back in 1969; to Don and Nancy Gilbertson for putting together an awesome photo display of the Carson 10's long history; to Mike Salm and Paul Meznarich for their help in promoting this and other area running events through the ITC Web site and newsletter; and to ITC prez Dave Carothers for his willingness to try new things with our races.

Thanks to Mike Renau for driving over from the Twin Cities to see what the Carson 10 is all about. Mike grew up hearing about it from his father who ran in the inaugural Carson 10 in 1969. He did both his father and the event's rich tradition proud by running a blazing time of 50:12 in the 10-mile, the third-fastest time in the event's 43-year history

and just 23 seconds off the race record of 49:47 set by Steve Hoag of Minneapolis in 1974.

Thanks to Ron Buckli of the Leader-Telegram for his excellent coverage of not only this event but so many of the local runs and for helping us to sort out this year's results, all on the same morning he won his age group in the Half Moon 5K run.

Thanks to Bruce and Deb Begotka for once again helping to coordinate this year's runner clinics and for sticking around afterwards on race day to pick up after the party.

Finally, thanks to the large group of runners who wore special shirts and ran in remembrance of their teacher, coach and friend, Dave Landgraf, an outstanding skier, runner, triathlete and high school coach in Bloomer who was killed in a bicy-

cle accident in August. We're honored that you chose this event as a way to remember Dave. And happy that the Half Moon 5K was won by Carl Gladitsch, who ran for Dave at Bloomer High School.

All in all it was a fun day and a very fitting tribute to a great man.

Welcome new members!

Karen, Jeffrey, Lauren & Connor McCalla,
Buckley Mrotek
Elizabeth Seeger
Mandy Wundrow
Erika Zank
Heidi & Kelsey Zielke

Race Calendar

(www.indianheadtc.org)

NOVEMBER					
12	Trot to Cadott	Any distance up to 14.2M	noon	ABC Building Supply 500 E. Park Chippewa Falls	Karen Possley 715-723-2587 No registration required
19	Turkey Trot	5K	9 a.m.	UW-La Crosse Recreational Eagle Ctr	Sandy Terhune 608-785-5219
24	Turkey Trot	2M run/walk 5M	9 a.m.	700 Graham Ave. Eau Claire	
DECEMBER					
3	Frigid 8 and Thermal 3	3M run/walk 8M	10 a.m.	Our Savior's Lutheran 1300 Mansfield St. Chippewa Falls, WI	Brian McAlister Discount for ITC members
7	ITC meeting		6:30 p.m.	Dooley's Water Street	
10	Jingle Bell Run/Walk for Arthritis	5K fun run/walk	9 a.m.	UW-Eau Claire	
11	Rotary Lights Run	5K	4 p.m.	Riverside Park La Crosse	608-785-8153
16	Tuscobia Ultramarathon	50K, 75M, 150M (12/19)		Rice Lake	Tim Roe 715-518-3069
17	Decide. Commit. Succeed! Racing Series	5K	9 a.m.	428 S. Starr Ave. New Richmond	Kristen Latzig 715-246-2252
JANUARY					
1	Gilbertsons' New Year's Day fun run	Any distance	10 a.m.	1717 Rust St. Eau Claire	715-830-5193 No registration required.
1	Polar Dash	5K 10K	11 a.m.	Mill City Museum Minneapolis, MN	
7	New Year's Resolution Run	5K 5M	8 a.m.	YMCA, 400 Mason St. Onalaska	YMCA - North 608-783-9622
8	Zoom! Yah! Yah! Indoor Marathon	Marathon	6:30 a.m.	Torstrud Fieldhouse St. Olaf College Northfield, MN	Dick Daymont
14	Jack Frost Snowshoe Jaunt	4K	9:30 a.m.	Spooner City Park Spooner	
15	Boulder Lake Stomp	4K	11 a.m.	Duluth, MN	
21	Decide. Commit. Succeed! Racing Series	5K	9 a.m.	428 S. Starr Ave. New Richmond	Kristen Latzig 715-246-2252



120 S. Michigan
Eau Claire, WI 54703

MEMBERSHIP FORM

- Discounts at area stores
- Bi-monthly newsletters
- Discounts on ITC race entry fees
- Come join the fun!



Name(s): _____

Address: _____

City/State/Zip: _____

Phone #: _____

E-mail: _____

Mail this form to: Paul Wagner
120 S. Michigan
Eau Claire, WI 54703

- ___ Annual Student \$10
- ___ Annual Single \$15
- ___ Annual Family \$25
- ___ ITC Benefactor \$_____

*Make checks payable to "Indianhead Track Club."