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MAY — JUNE 2009

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.

INSIDE THIS ISSUE:

ITC Pickup	1
Pres Column	3
Miscellaneous	4-5
Wade's Wit	6
St. Louis Marathon	7
Grungy Shoe Brady	8
LeQuene	9
Results	10



ITC Litter pickup crew: John Qualheim and best bud Buddy, Dan Duffenbach, John Killey, Mike Salm, Brian McAlister and family, Keith and Chris Tibbits

The annual ITC litter pick up was held on the morning of Saturday, April 18. About 12 club members and guests (that mostly meaning spouses and kids who were duped into helping) pick up litter and trash from the club's assigned two mile stretch of Eau Claire County Highway I, just south of Eau Claire. Unlike last year, the event was not "snowed out," and sunny skies and temperatures in the 60's prevailed. With a good turn-out, we were able to start groups from each end of our segment, which shortened the time needed to do the job.

Approximately 6-8 large bags were filled with various types of trash, including the usual items: aluminum cans, glass bottles, fast food wrappers, car parts, cigarette butts and packages, and fast-food wrappers. The number of "unusual items were down, although Dan Duffenbach and John Killey did seem to have a great deal of interest in one particular magazine that they found.

(continued on page 2)



Some observations on this year's pickup:

- Misty cigarettes seem to have fallen out of favor as the cigarette of choice in the Town of Pleasant Valley, but the increased price of cigarettes doesn't seem to have slowed the rate of consumption, and cigarette butts and packages were plentiful.

- "People are pigs"

- the number of aluminum seems to have been the same as in years past, but overall our stretch of road seemed to have less trash.

Many thanks to all the volunteers, including Dan Duffenbach, John Killey, Mike Salm, John Qualheim, Keith and Chris Tibbets, Mary Beth Clark, and Brian McAllister and family. This was the eighth year that the ITC has picked up trash on this section of road, and this was another project started by the late 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 promotes the club in the community.

Submitted by Joe Mirr



Madame President's Column—Karen Schoenrock

May 3rd saw the re appearance of the marathon in Eau Claire.

Having run a 50k trail race the week before I decided to get a group of ITCer's to work an aid station.

We were assigned the 6 mile mark of the marathon course. The race directors asked us to do a theme. Thankfully Emily Berg and Ruth O'Neill offered to come up with one.

They decided to do a "Farm Theme" with signs saying "Keep On Moooving". They bought decorations for the tables, signs to put up and cowboy hats to wear. They also asked we dress up in a Farm Theme.

Well that didn't go over all to well. J

Wendy Bengtson showed up in her bibs and a flannel shirt. Linda Gehring came in an abbreviated pig outfit. (no swine flu). Karen Possley donned the Hare outfit and brought a bag of cowbells she has won at a ski race over the years. The best we could do for the tortoise was Paul Wagner's wife Cindy put on the shell. This also doubled as a splashguard when runners took Gatorade.

It was a lot of fun, we rang our cowbells and yelled encouraging things and generally annoyed the runners.

Our station was right after a Scheels Gu stop. They had a large group and music playing. I think we very generous with the Gu, one runner gave one of our workers back three unopened packets. He said he didn't have the heart to tell the gal he only needed 1.

All seemed to run smoothly in our area, with the exception of one angry Sunday driver who was driving in the same lane as the runners, and honking at them. He then attempted to literally drive through us at the aid station.

Bill Wonder took matters into his own hands and just stood in front of the car until it went around us. Bill seems to like to stop cars, he always works Short Street for the Carson 10. There's always someone who seems to get angry at the sight of runners.

A big thank you to, Jeff Miller, Wade Zweiner, Jeff Rollins, Kelly & Bill Wonder, Dan Duffenbach, Dave Carothers and all of the above for your help.

It seemed like all went well with the race. Directing a marathon is a big undertaking and hopefully it will be back next year.



See you on the run,
Karen

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Benefactors for 2009

ITC Benefactors donate extra funds beyond their membership

in order to help the club do even more.

You can become an ITC Benefactor by sending in any amount

of money over and above your annual membership fee.

Contact Paul Wagner if you have any questions on this.

The 2009 ITC Benefactors (so far) are:

Paul & Carol Billmeyer

Jeff, Kristen, Katrina, Maria and Rosa Brown

Don and Nancy Gilbertson

Girls on the Run of Eau Claire County

Leslie Johnson

Phil McGuirk

Jerri Jo Moe

John Qualheim

Dina and Bob St. Louis

John Stien

Paul Wagner

Paul & Cathie Woita



New Members

Mike Andrews
Tom Carroll & family
Victoria Durand
Cody Filipczak
Michelle Harris
Melissa Landorf
Aaron and Jessica Marjala & family
Mariah Mellinger
Bob Nesvacil
Ruth O'Neill
Brian and Paula Ottestad
Josh Peterson
Guy Rex
Tammy Steinmetz
Daniel Wiersgalla

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

Saturday, May 30th
Bloomer High School

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

Great for a spring marathon training run.



Volunteers Wanted—Help!

If you would like to help organize the Tortoise and Hare Children's run in July, please contact Tina Killey at johnstk@uwec.edu or calling 579-0903.

The Tortoise and Hare run originated as a children's run, I'd like to move this part of the run to start and end at Demler park and make it truly a children's event. Parents can still run the more competitive 5K organized by Fred Hable.

ITC Singlets—Order your's today!!!

Same design-more color options

Dave Carothers is coordinating the sale of ITC singlets again. They will be available in grey and red and in both men's cut and women's. If you order ahead you can purchase for \$22 each (price will increase later).

Email Karen at blackestdog@charter.net or Tina at johnstk@uwec.edu to order yours!!



WADE'S WIT BY Wade Z weiner

I'll never forget the day I ran my 10K PR. Not just because of my finishing time but because of what I learned from a comment a friend made to me afterwards.

The name of the race was the Do it Downtown 10K. It consisted of two loops of a portion of downtown Minneapolis.

I was 28 at the time and in my second year of "serious" running. I'd been improving steadily but made a big leap forward in this particular race.

By the time I hit the mile mark, I knew that I was going to have a good day. I had a case of what a running friend of mine calls "happy feet." My legs seemed to have a mind of their own, carrying me along at a pace that I'd never come close to running before.

My finishing time knocked nearly a minute off my PR. Adding to my excitement was the fact that I'd run nearly the entire race next to a guy who was wearing a University of Minnesota tank top and shorts. I'd been able to keep up with a Golden Gopher and was feeling pretty proud of it.

Until I ran into my friend John after the race, that is. John also ran for the Gophers in college. He was Big 10 champ at 10,000 meters and took second in the Do it Downtown 10K on this particular day in a field of about 2000 runners.

As I was talking to John, the guy in the Gopher gear that I'd run alongside of walked past. I asked John if he knew who the guy was.

"Yeah, that's so and so," he replied. "He was a reserve on the JV team."

Suddenly I didn't feel quite so fast anymore. I still was happy about my PR but John's comment taught me a little lesson about running speed. We all have our own pace. What's fast for one person may be slow for another. In this case, a PR pace for me was a "JV" pace for John.

The matter of pace came up in a similar fashion this April during the ITC's Spring Fever Six and Two Mile Run. I was standing at the starting line next to Jeff Miller and Mark Schulz when Mark asked us what pace we were planning to run.

Jeff told Mark what his goal pace was and I said that mine was maybe 20 or 30 seconds per mile slower because I was just jogging the race as a training run.

"So your jog is my race pace," Mark laughed.

"Oops," I thought to myself, as the starting gun went off. "I've just offended my pastor."

We didn't get a chance to talk to Mark afterwards because he ran the two-mile and we ran the six and he had to leave right away to get ready for the next day's Sunday services. But Jeff, his wife Jeanne and I did get a chance to talk with him the following morning after the early service.

I have to admit that I was a little nervous that Mark might have been offended by my comment. But I should have known to expect better from a pastor. Mark was all smiles as he greeted us and asked how we did in the race.

We told him how it had gone and then I said that I was sorry if I offended him with my comment.

"That's funny," said Jeanne, who also ran the Spring Fever 2-Miler the day before. "When I talked to Pastor Mark before the race and told him the pace I was planning to run, he said, 'oh, I was planning on running a little faster than that.'"

We all got a good laugh out of that one.

"I guess we all have our own abilities, don't we," Pastor Mark said.

That we do. And one of the nice things about running is that you don't have to be in the front of the pack to use them. Anyone can run a PR.

As to the Go St. Louis Marathon, these are the advantages of running a marathon in the rain:

1. If the Gatorade is mixed too strong, one can simply hold up the cup for a few minutes to dilute it.
2. Your clothes do not stink when you are finished.
3. You do not need to shower afterward.
4. You can test the strength of your waterproof mascara.

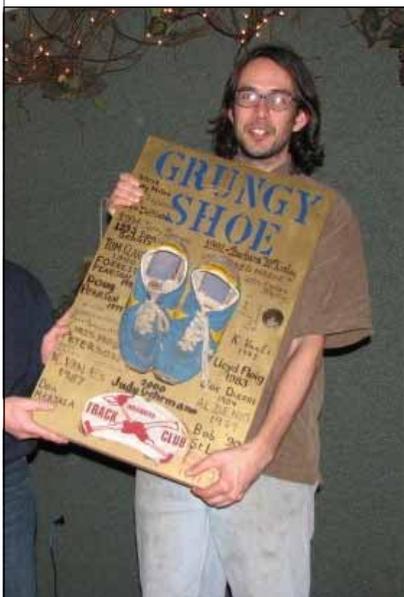
Despite the rain during most of the marathon, I enjoyed this course. We had a variety of scenery including the Arch, downtown St. Louis, Forest Park, several university campuses and the beautiful homes in Clayton. As Fred Hable stated, it is a hilly course. The hills were long but not too steep. At least there were no fixed ropes nor a need for a Sherpa.

My lack of long runs due to slight injury, reduced my pace to a comfortable jog. Nonetheless, I was pleasantly surprised to find my time of 5:01:03 sufficient to garner fourth place out of 17 in my age group and thus an award! Will wonders never cease! And I am just a few months away from a new age category.

The count: 55 marathons, 48 states and D.C. Two left to reach my goal of 50 states and D.C. I think I can. I think I can. I think I can.



Yet Another Grungy Shoe Column-submitted by Brady Anderson



Brady shown accepting the prestigious Grungy Show Award

So, being that I have the attention span of a monkey these days I haven't found myself writing little pieces about running for our running club's newsletter. But, now that I have that damn Grungy Shoe award out of my living room I guess I can try to assimilate to the attitude of a normal, functional, human being... Running 1000's of miles without let up causes brain damage, unfinished sentences, and unlinear streams of thought that make it hard to complete sentences, and Grungy Shoe Awards. Anyway, this is a response to Wade Zweiner's last edition of "Wade's Wit". I'll just quote Wade here: "running can get a little grungy..." this is true, "And no two runners seem to embrace this grunginess better than ITC members Brady Anderson and Fred Hable..." I don't know about that because I've gone on some runs with Wade and Wade can tend to sweat like a waterfall before the inevitable body odor starts to permeate the air around him. Anyway Wade is a perfect candi-

date for receiving the Grungy Shoe in 2010. Wade has been known to run high mileage as well, which proves my theory that running tons of miles kills brain cells. Maybe this is why he came up with Fred and myself having the Grungy Shoe award for the last three years; "Fred received the honor two years ago before handing it to Brady..." Seriously, Wade? where have you been the last three years? Claudia Salm had the Grungy Shoe before me—Fred had that thing way back in 1993...just trying to clarify things up a little and I'm nominating you for the Grungy Shoe—yes, you, Wade Zweiner, you might want to be as clean as possible and be sure to shave and shower regularly or Fred might give you the Grungy Shoe.

Mr. Zweiner isn't the only runner in the Indianhead Track Club that displays Grungy Shoe award deservedness. I've seen Jeff Miller run in these thick tan wool socks that went half way up his shin. Another thing about Jeff is that he isn't afraid to stop and take a leak in broad daylight while out running; albeit, most male runners I know regularly stop to take leaks on runs, but I've witnessed Jeff do this when there was a lady in the group we were running with—the least he could've done was walk a few steps off the pavement behind some trees or something. Another runner in our club happens to be the namesake for the Buckshot Run, Ron Buckli. If he doesn't have his name engraved on the bar at the Mouse Trap he certainly should, and according to certain criteria that is considered a plus in terms of Grungy Shoe like behavior I've even seen Mr. Buckli smoke cigarettes after he's had a few beers. And I also recall reading about Buckshot himself (Ron Buckli) have a consecutive days running streak that was over two years long and that was a few years back—definite Grungy Shoe behavior. As a matter of fact I don't know why I never thought of Mr. Buckshot while deciding to whom I was going to pass the Grungy Shoe Award on to this year. By the time I thought of Buckshot himself as a recipient for the award I had already promised Fred I would give him the award at the ITC banquet one day when I was buying brand new running shoes from him at Fleet Feet on Water Street, so I certainly didn't want to tick Fred off after already telling him that I was going to give the award to him. Strangely Fred was pretty pumped about getting the Award for the second time in 16 years (not last three years according to Wade). And while I'm at it why don't I just throw Karen Schoenrock's name in here on the possible 2010 Grungy Shoe winner list. Now, I have nothing bad to say about our wonderful track club's president. She's an amazing runner, period. Now that's she's been migrating to several ultra marathon races there is no doubt her name has to be thrown in there for being a Grungy Shoe award winner. Anybody who's crazy enough to run 50 miles or more at once is crazy enough win the Grungy Shoe. I can honestly say,

yes, I'm crazy, but my craziness has yet to take me to the ultra marathon crazy level. Does this make Karen crazier than me a former Grungy Shoe winner—well, if it's in terms of long distance running, the answer has to be, yes, Karen's crazier than me (only when it comes to running long distances) and that's saying a lot. So, if Karen's crazier than Brady Anderson she definitely deserves a Grungy Shoe.

To conclude, this Grungy Shoe column Wade Zweiner, Jeff Miller, Ron Buckli, and Karen Schoenrock I commend you all for your Grungy Shoe auras. Maybe Fast Fred Hable will read this and be inspired to pass the award on to one of you...

LeQuene!

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

In honor of J.S. attaining his personal goal of running 10 consecutive Boston marathons, we reprint this column from May/June, 1998

Dear LeQuene:

I was recently faced with an unsightly experience and am seeking advice on the proper etiquette should this situation arise again. I was recently running with friends near Notre Dame Church on the East Hill area of Chippewa Falls. Our running group consisted of two males, one female and myself. Due to the Testosterone Element, the two males were running ahead of my female friend and me. I noted that the running tights of one of the males (for simplicity's sake I will assign to him the pseudonym of "Jerry") were quite thin in the center posterior region. I felt compelled to advise Jerry of this fact so he would not embarrass himself by wearing those tights again. So I graciously said, "Jerry, your tights are so thin, we can see your butt!" then he pulled his tights down to reveal what is commonly referred to as "the moon." It was shocking! What is the proper Le-Quene etiquette in such a situation?

BM from CF

p.s. My friend said Jerry was cracked.

Dear BM from CF:

Does Jerry ever run in Eau Claire?

Chilly Chippewa 5K

Chippewa Falls March 7, 2009

Chippewa Falls High School

Roger Skifstad

<u>Place</u>	<u>Name</u>	<u>Time</u>
2	Chuck Hull	19:13
4	Jim Janezic	19:31
5	Dave Henrickson	19:35
16	Jeff Brown	22:24
19	Jamie Bengtson	22:47
33	Alexa Bengtson	23:59
37	Kelly Sullivan	24:29
51	Ian McAlister	26:24
61	Emma McAlister	28:08
70	Jack Skifstad	28:54
75	Arik Skifstad	29:13
31	Philip McGuirk	31:09
89	Ellen Wing	33:36
107	Amanda Seveland	50:22

Overall winners 107 finishers

Jordan Henrickson	17:46
Stephanie Lau	22:34

Chilly Chippewa 10K

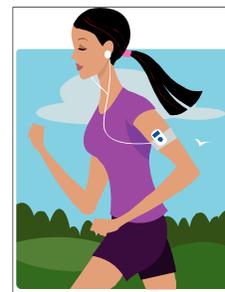
Chippewa Falls March 7, 2009

2	Mike Olson	37:22
3	Josh Peterson	37:28
7	Chris Huse	40:24
9	Wendy Bengtson	40:58
20	Michael Salm	46:32
22	Ben Anderson	46:36
24	Roger Skifstad	47:50
28	Jeanie Lubinsky	49:22
29	Tom Langley	49:23
32	Tina Killey	50:29
37	Brady Skifstad	52:15
38	Linda Gehrig	52:20
50	Rosemary Harnly	55:23
51	Bob Nesvacil	55:25
52	Jan Schrader	55:49
53	Cindy Korbol	55:49

56	Ruth O'Neill	57:15
57	Emily Berg	57:17
68	Larry Johnson	59:22
80	Shelby Heuer	72:08

Overall winners 80 finishers

Megan Rugowski	38:32
Pete Brueggen	37:22



Spring Fever 6 Mile

Altoona April 4, 2009

Indianhead Track Club

Mark & Karen Wise

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Brady Anderson	34:08
3	Michael Olson	35:55 1 M 30-39
5	Jordan Herrick	39:08 3 M 30-39
7	Jim Janezic	39:24 1 M 40-49
10	Chris Huse	39:58 3 M 40-49
11	Wendy Bengtson	40:15 1 F 40-49
12	Jeff Miller	40:35 1 M 50-59
13	Dan Rouse	40:47
17	Karen Schoenrock	42:02 2 F 40-49
19	Bruce Begotka	42:07
20	Stan Pieterick	42:20 2 M 50-59
26	Wayne Linderman	44:33
27	Douglas Brandt	44:59 2 M 60-69
28	Roger Skifstad	45:09
29	Dennis McGraw	45:22 3 M 60-69
31	Susan Rud	46:35 1 F 30-39
32	Leslie Spangler	47:09 2 F 30-39
39	Keith Tibbits	49:22
41	Dan Stickler	50:31
42	Michael Weiser	50:40
48	Bob Nesvacil	52:26
49	John Ellingsen	52:27
50	Linda Gehrig	52:29
53	Cindy Korbol	52:47 2 F 50-59
56	Amy Miller	53:55
62	Marah Kays	54:27 1 F 1-19
63	Erin Larson	54:43
64	Victoria Durand	54:59 2 F 1-19

67	Rick Lecher	55:22	
72	Ann Phillips	58:21	
74	Jerri Jo Moe	58:45	
75	Pam Ogden	58:49	3 F 50-59
76	James Lutz	59:07	
83	Emily Berg	59:54	
85	Larry W Johnson	61:11	
89	Shelby Heuer	65:59	

Overall winners 90 finishers

Brady Anderson **34:08**

Marie Boyd 39:20



Karen and Bill negotiating a downhill trail

Chippewa Moraine 50K—New Auburn

Bill Wonder— 5: 06' 38

Karen Schoenrock—5: 18: 54
2nd women 1st masters

Kelly Wonder— 6: 06: 54.
6th women and a PR.



Kelly running through some trails



- ◆ 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