



Summer 2014

WWW.INDIANHEADTC.ORG



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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Got Dirt?

They say dirt is good for you. I was introduced to trail running during snowshoe racing season of all times. While it may be hard to recall, two winters ago we had a lack of snow. Some friends and I headed over to River Falls for a snowshoe race but mother nature had not cooperated so the event became a trail run. Or maybe it was a Yak Trax run? Either way it was a hoot and I quickly became a fan of trail running. It was ironic that this race was also a qualifier for the snowshoe national happening that same year in Frisco, CO.

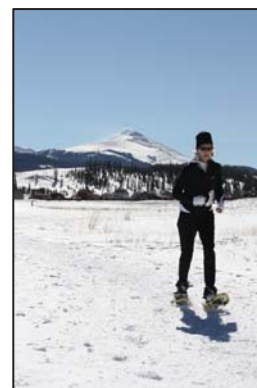
As an avid mountain biker and trail builder I have to admit that I ride much more than I trail run. However, just a few feet into a trail run at Lowes Creek brings the smell of fresh dirt, the soft cushion of pine needles and short, punchy climbs to get the lungs and heart going.

Last fall, a few of us started looking for a half marathon distance race/run event to train for before the snow fell. Finding few trail run options we hosted a “word of mouth” half marathon out at Lowes Creek. With just a few days notice through Facebook and emails we welcomed close to 20 runners out at Lowes Creek during the first Saturday in November. Aside from the camaraderie, perfect trail conditions and post race YooHoo the best part was the extra hour of sleep that night with the fall time change. And the Fall Back Blast was born!

The Chippewa Off Road Bike Association will be hosting the official Fall Back Blast this November 1st at Lowes Creek. For the hearty souls looking for a longer distance we will have a 50K category. For the non-ultra runners there are 25K and 12K distances as well. Registration is now open and full details are at www.chippewaoffroad.org/events/fallbackblast.

So back to dirt; this runner has found that getting off the paved path has been a relief for her knees, her mind and a great excuse to buy a pair of Gore-Tex running shoes!

Laura Plummer
Lowes Creek Trail Liaison
Chippewa Off Road Bike Association



15th Annual All-Comers

Run/Walk

to benefit

L.E. Phillips

Senior Center

On Eau Claire's Historic
Water Street Along
the Chippewa River



Saturday, July 12, 2014

Eau Claire, Wisconsin

RACE DIRECTORS

Traci Messner, Indianhead Track Club & Mary Pica-Anderson, L.E. Phillips Senior Center

ON RACE DAY

7-8:00 AM: Register or pick up your race packet at Menomonie Street Dental

8:30 AM: 1 Mile Starts at corner of 1st and Water (USATF Certified)

9:00 AM: 5K Starts at corner of 1st and Water (USATF Certified)



AWARDS

- First overall male and female runners
- First three male and female runners in each age category
- Overall winners not eligible in age categories
- Top three teams

Awards not eligible to children riding in strollers

FOR MORE INFORMATION

Email: marypa@lephillipsseniorcenter.com

Call: L.E. Phillips Senior Center 715-839-4909

Register On-Line: www.active.com

Presenting Sponsors



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PICK UP A REGISTRATION FORM

Dove Healthcare - South and West Locations • Orchard Hills Assisted Living
LE Phillips Senior Center • Select Water Street Merchants • Area Fitness Locations



PAUL'S PONDERINGS: THE PRESIDENT'S COLUMN

Paul Wagner

Saving Pace



Even after running for more than fifteen years, I'm still coming across (and learning to appreciate) new aspects of running. Most recently, this involved gaining a new appreciation for pacers and pacing. Some of you know that I was the volunteer coordinator for the seven marathon pacers (ranging from 3:15 to 4:45) and four half-marathon pacers (ranging from 1:45 to 2:30) for the Eau Claire Marathon races in early May. Some may also know that I ended up pacing at the last minute at 1:45 for the half marathon due to an injury to the scheduled pacer. As pacer coordinator, I got to meet the entire pacing crew, and talked to most of them after the finish. About half of the pacers were from a Twin Cities pacing group, with most of these folks having paced five to ten marathons previously. A few of us local ITC folks were pacing for the first or second time.

A few of the things I learned about pacing:

- It's hard carrying a balloon while you're running. Pacers often carry balloon sticks so that their group can find them in the starting area and see them throughout the race. I never realized how much I swing my arms back and forth when I'm running. Holding your hand in one place feels quite strange, and it's made worse when there's some weight there too. Tom Stephens mentioned that he'd trained for pacing by running with something in his hand – I'll remember that for next time. I had to drop my balloon after a mile – fortunately we'd made back bibs with the word "PACER" and our scheduled finish time, so people could still see me.
- Good pacers are incredibly accurate. Most of the pacers finished within 20 seconds of their scheduled time, mostly on the early side. I was the worst, finishing almost two minutes later than desired. While I can generally run a fairly steady pace, doing this over hills, through warming temperatures, and when you're starting to feel dehydrated takes concentration and practice. A GPS watch helps, but staying on track mentally is important too. Finally, most pacers choose to pace at a time significantly slower than what they're currently capable of running (e.g. 30-40 minutes slower is recommended for marathons, though some of the ECM pacers did a great job running closer to their current peak running pace) – as most of you know, running at a slower pace is a significant help in keeping your pace more even.
- The goal of every pacer is the same – get your group in at the scheduled time for your group, whatever that time might be. Running steady, especially in the later miles, is a key part of getting your group in at the right time. Finding ways of motivating your group to stay on pace is the more subtle and difficult part of the job. No other runner had told me before the race that they were running for 1:45 in the half, but out on the course I realized that a few people were running with me and started talking to them. It's difficult to keep people running with you late in the race, and I heard from most of the pacers that they lost many of their group toward the end of the half or full marathon. Many of the pacers related tricks they'd learned to keep their runners engaged and motivated without taking away too much energy (such as asking one-word answer questions during the race like "where are you from?", "what's your PR to date?"). Hopefully most of the runners behind the pacers came in closer to their goals with a pacer than they might have on their own.

Being a pacer reminded me of some of the things that bring us together as runners: every runner has a goal, every runner can use some help from someone to get to that goal, and every runner feels pride when they cross the finish line. Finding new ways of helping new and long-time runners is what ITC is all about. Hopefully each of us can periodically have a running experience that reminds us to keep supporting the whole running community as well as striving for (and reaching) our own goals.

Boston Marathon Recap

By Doug Brandt



As I sit down to write this article, it has been 48 hours since I crossed the finish line at the Boston Marathon. It was an incredible experience to say the least especially following the horrific bombings of a year earlier. Boston made every effort to make this a great marathon for runners and spectators and they did a wonderful job. Security was tight with some 3500 police officers and National Guard personnel patrolling along the 26.2 mile course checking baggage and guarding the line between spectators and runners, and yet all were still able to enjoy this world class event. Their presence was appreciated and everyone was kept safe.

On Saturday morning we walked down the last stretch of the marathon route on Boylston Street past the finish line and the place where the bombings took place a year ago. It was a deeply moving time as we reflected on the three people killed, over 260 people injured, and 16 who lost limbs. Over the loudspeaker at the start of the marathon on Monday, race director Dave McGillivray elicited loud cheers when he declared, “we’re taking back our race today, ladies and gentlemen, we’re taking back our finish line.” Nearly 33,000 runners started the long trek to downtown Boston and to the finish line on Boylston Street.

Certainly the runners felt that togetherness in this marathon. Signs around town included such messages as: “We Run Together;” “We are Boston - We are Strong” “We Run as One.” Blue T-shirts with “Boston Strong” in bold letters printed on the front were seen everywhere. There was an energy that just seemed to be present in a way that one doesn’t experience in other races. We ran as one remembering the victims of 2013 bombing. But the throngs of fans all along the route were right there also as one with us. Their cheers and support and appreciation were such a boost to those of us running. I heard people shout out: “Thanks for running today!” “Thank you runners for being here!” Going through the college students’ famed “Scream Tunnel” in Wellesley at the half way point has always been a special boost for runners but this year there were many of them along the way. The many hundreds of volunteers who handed out water and gator-aid at the mile water stations and who were helping at the Sunday night pasta feed were very generous and graceful. It was amazing.

I ran the first half in two hours but the temperatures soaring to the high 60’s and the upcoming Newton Hills slowed me down some for the second half. My family would be waiting for me at about the 25 mile mark, and Tonja was tracking me on her smart phone. I had some cramping in one of my legs at about mile 23 (after Heartbreak Hill) but it eased and I was able to continue to run. When I saw them I went over to the fence and high-fived grandsons, Nick and Connor, and Mary took a picture of me giving a high-five to Roger, my brother from California—a picture that went all over on face book. From there it was on to Boylston Street and the finish line among the largest and loudest crowds I ever experienced in the last mile. I finished in 4:23:02.

I was truly humbled to be among the “31,878 STRONG [of] runners, wheelchair competitors, and hand cyclists who finished” (Boston Globe). The Boston Marathon was reclaimed and the finish line was taken back; it was a safe event. Evil does not have the last word! Never! All I can say to this is “Thanks Be to God!” I believe that among many of runners, spectators, security personnel, the citizens of Boston, and people across the country also would join in this liturgical response: “Thanks be to God!” It was just that kind of atmosphere in Boston on Monday! --Pastor Doug Brandt

Mile 500

By Angela Knaub

It's ten below. My shoes barely fit. My back hurts. My ribs hurt. My hair hurts. I am thirty years old today. I am twenty-nine weeks pregnant. And I am going to do this.

One year ago, my husband made the resolution to run 1,000 miles in 2013. He has always been the better runner in many facets--speed, endurance, form. So when I asked if I could join him on his endeavor, he politely and wisely suggested I shoot for 500.

We did all the proper preparation--bought new running shoes and clothes from our favorite store in the cities, made a numerical countdown of the miles to gleefully check off after each run, downloaded new music onto our iPods to get us in the groove. And we were off.



Like any resolution, we were dedicated at first. Most of our early miles were done at the gym after long days at work. Occasionally, we would brave the cold for long runs on the weekend, which was no easy feat for two Southerners living in Wisconsin. But as it tends to do, life got in the way. There were piles of dirty clothes to wash, stacks of papers to grade, and let's admit it, marathons of *The Walking Dead* that caused us to temporarily put our running on hold. At some point along the way, my husband quit tracking his miles and his countdown found its way to the recycling bin. I decided to keep crossing the numbers off, one by one, although it was a slow and infrequent process.

When summer rolled around, I found myself with countless free hours, as many teachers do, and 300 miles to go. I started taking advantage of the numerous trails the Chippewa Valley has to offer and spent my days sweating it out. Each week I increased my mileage more and more, and for the first time in my life, I actually began to regard myself as a "real runner." And then I got pregnant.

It was a rather pleasant, albeit shocking surprise as our "let's just see what happens" phase had barely begun. The reality that I would soon be a parent trumped my desire to hit the pavement for a time, but eventually, I decided to press forward with my goal. How hard could it be? After all, there are plenty of pregnant women who run full marathons! I could certainly muster the energy to pound out another 250 miles in the coming months.

And then the "joys" of pregnancy began to abound...morning sickness that left me on the couch when I could have been enjoying peaceful AM runs, boobs that no longer fit into my sports bras, leg pain that set in after only a few minutes of light jogging, and my favorite- the constant need to pee! That last one was especially frustrating at the gym when I had to dash off to the bathroom and try to play beat the clock with the treadmill. Unfortunately, more times than not I would have to reset, start all over, and add up the mileage in my head. (Believe it or not, even simple math is harder when you're pregnant!) When it came right down to it though, the gym was really the best option for this scenario, as it really was no treat running the Carson Park Five and Ten and constantly thinking about my bladder when I should have been enjoying the beautiful scenery. Eventually, although I'm still not sure how, running while pregnant became incredibly enjoyable. Once I got moving, the nausea would fade, my moodiness lessened, and at night I would sleep...well, like a baby. The little one even seemed to enjoy it as well. The minute I began, his ferocious kicks would cease and for the time I ran, I hardly felt pregnant at all. And that leg pain? Well, that was a wonderful excuse for frequent pregnancy massages!

When the summer came to an end, I had 200 miles to go, and a brand new schedule at work that left me with an overload of classes to teach. This meant more time grading at home, and in turn, less time on the trails or in the gym. However, I still had the desire to reach my goal, and never stopped checking off the miles when I could. I had a lot of support along the way, including my husband and a great friend I met at the gym who was working towards her own goal of placing in her first figure competition. Both kept me motivated, but also expressed that there was no shame in making adjustments to my goal. But I was determined. It was 500 or bust.

And so here I am- one year and thirty pounds later, officially out of my twenties, and three months away from becoming a mother. The wind is fierce, and I'm glad I put on that third layer of gear. My husband and I run the paths of Irvine, which on this late January afternoon are silent and pristine, covered in brilliant white. We're the only runners on the trail today, and as we run further into the park, I realize we may be the only people here, period.

I check my GPS watch and see I'm in the last stretch. In a quarter of a mile, I will hit 500. It's nothing incredibly impressive. In fact, it's only 1.3 miles a day when you do the math. Certainly, not much, especially when compared to the goal an acquaintance made (and completed) of running one marathon a month for the entire year of 2013. But, it's my goal. And as I run past the zoo, with the all too interested tigers pacing about, I've done it. I have passed my invisible finish line, and it feels good.

Throughout the rest of my pregnancy, I will continue to run occasionally, but no mile feels quite like mile 500. In March, I welcome my son to the world, and today, he smiles at me from his jogging stroller as we run the Old Abe Trail. It's a muggy afternoon and the bugs are out and biting, but we are content. After all, we're used to this. We've been in the race together, long before he was ever born.

Runner Profile:

Tracy Guo



How many years have you been running?

Now into my fourth year.

How/why did you start running?

About five years ago I started having dreams where I was running smoothly, effortlessly and with an aerobic sensation that I could run forever. It was the same feeling I remembered from when I was about 12 years old running around an indoor YMCA track in Michigan (cough, cough...about 35 years ago). Around the same time I was having dreams of running, my mother gave me some old newspaper articles from when I was a child, one with the heading "Tracy...a Fish in Water" along with a photo of my head lifted out of the water during swim practice displaying my missing front two teeth. I wondered what happened to that girl who hadn't run or swam in eons and I wondered if I could ever do it again. Ironically, I began seeing an ad for a beginner's triathlon and after thinking about it for about one year, registered for the event and, alas, began the attempt to run, swim and, oh yeah, I had to buy a bike.

What is your weekly mileage?

It has been inconsistent until I began following the ITC Half Marathon training plan this year! Although a shorter week for me last week due to schedule conflicts, I ran 17 miles.

What are your favorite running routes?

My new favorite route is the one I was introduced to through the ITC training. Starting in Owen Park, weaving around the EC Marathon course out to North Crossing...through Phoenix Park – just beautiful! Before that my favorite route was/is an out and back on Balsam Road by Ferguson's Apple Orchard. The road consists of rolling hills, beautiful views of farms and in the morning you will see the most lovely sunrise and it is blissfully quiet.

What time of day do you run, and why?

In the morning because I love the peaceful quiet of the morning and the feeling in the air at that time. Morning is also a bit easier on the family schedule and last, but not least, this way I am protected from the risk of a cancelled run due to any number of day-time matters that can arise.

What are your favorite races?

Altoona Spring Fever and Carson Park 5K in October.

What are some of your PRs?

25:36 at 2012 Carson Park 5k. 59:12 at RCU Charity Classic 2012. First Half Marathon in three, short days so I hope to have my first Half PR to record, although the primary goal is to finish and, the next day, not awake and have any limbs disconnect from their rightful place and fall to the floor.

Is there anything else related to running that you'd like to brag about?

Me? No.

Who are your running heroes/inspirations?

My Dad. I had no idea how good of a runner he was. This week he sent me a newspaper article featuring a Phoenix man who was three blocks from the Boston Marathon finish line when the bombs exploded last year and who returned to Boston this year. In the margin, my Dad wrote his Boston Marathon time, "3 hours 12 minutes (qualified with 3:05). Age 47." My other running inspiration is Mirinda Carfrae, the Aussie who just won her second Ironman World Championship last October. Have you seen that girl run? My gosh....perfection!

Do you have a favorite running quote or mantra?

Not specifically. However, I do silently "talk to" my body as I'm running in the sense of thanking my legs, my back, my core for doing what they are doing and allowing me to have this experience. If I feel a twinge in my knee or hip, for example, I ask the rest of my body to rally to its defense and when I breathe I try to imagine "replenishing" oxygen making its way to my sore spot until it lifts. So far, it seems to have helped (you can call me crazy; my kids do for reasons less than this). I had a back surgery a number of years ago and *never* thought I would be capable of running considering I could hardly lift a grocery bag or load of laundry even five years after the surgery without periodic incidents of back flair ups, so I truly am grateful that my body physically allows me to run.

What are your favorite foods and beverages?

As the sign in my kitchen reads, "If coffee, wine and chocolate could all be combined, I'd only have one vice." Well, I'd add pasta and fresh baked bread to the list (thank you Runner's World for making this a pre-run requisite known as "carb loading!")

What advice do you have for new runners?

Don't give up and be consistent with getting out there, even if only a couple times per week. I literally ran for 20 seconds (yes, I said seconds) the first time before I had to stop. Second time, I made it to 30 seconds and I felt like croaking. For the first few weeks, the thought that ran through my head during my 3 mile jogs was "death march." But all of the sudden, the movement became easier, the breathing not an effort but relaxed and, well, my last training run was 2 hours 10 minutes. Whooda thunk it?!

Any other questions we should ask you?

No, but I have a question for you. Any plans for a Marathon training series next year?

Four Marathons So Far in 2014

By John Konkol

We managed to run four marathons thus far in 2014, although the winter snows and cold did not necessarily make the training anything to smile about.

Our initial thought was to get out of the snow for long weekends over the winter. The payment for this delight was to run marathons during our time away from the frigid winds of the north country.



Katie, John and Debbie Konkol in Myrtle Beach.

So, our first venture was the **Baton Rouge, Louisiana Marathon** on January 19. It was absolutely wonderful. The weather was picture perfect, and the relatively flat course took us under the spreading live oaks and by the old mansions of the South. The post race festival was one of the best we have ever seen, with great Southern music, more food and drink than you could hope for. Offerings included jambalaya, crawfish etouffee, "dirty rice", ice cream, and carbo-rich beer from the tap. Overall, I would rate this marathon in the top five of any marathon I have run.

Our second escape from the snow was the **Myrtle Beach, South Carolina Marathon** held on February 15. If anything could go wrong, this was the one. We got stuck in the Appalachian Mountains of Virginia during a major snow/ice storm that hit the SE US. The snow stayed with us until we got within five miles of the beach, when it turned to rain. So much for leaving winter weather behind. The marathon was challenging from the very start: the bus dropped us off a half mile from the start line in a heavy downpour, there were no tents to take shelter from the rain on this 40 degree morning (some runners were trying to stay dry in the port-a-potties only to be chased out), the 20 mph winds gusted up to 30 mph. So, when coupling lack of training with all of these factors, I had all the excuses I needed to turn in a non-stellar time and essentially burn out at the end. I was glad to return to the snowy lands of northern Wisconsin after this one.



John at the Rhode Island Marathon.

We recently returned from two more marathons on the east coast: **Providence, Rhode Island** (May 4) and **Wilmington, Delaware** (May 11). Our thought process seemed to be sound when we signed up for these back-to-back weekend runs: since it is a long way to drive out to the east coast, why not just do two marathons and take a few days of vacation in between runs. Problem was reality when the time to run them actually came; each of the marathons were a bit hilly and the temperatures reached the mid-70s. So again I had all the reasons I needed to log slower times than "normal". The Delaware marathon was even more challenging since it was two loops of the same course, and I determined the second loop had more hills and higher hills than the first loop.

We are back in beautiful Eau Claire with weather that is now much more attractive to long distance running. At this point, we have our sights set on marathons in Albuquerque, New Mexico and perhaps one in Arkansas this fall. Training should be a little easier for these fall runs, so any excuses will be bit harder to conjure up.

Happy running!

Regards,
John, Debbie and Katie Konkol



Katie, Jane Hathaway (Debbie's mother), Debbie and John after the Delaware Marathon.



**33rd Annual
Beer and M&Ms
September 27, 2014 • 8:00 am
Ray's Place • 838 Water St.**

Once again the Beer and M&Ms will begin with a bus ride from Ray's at 8:00 am to the start at the Meridean boat landing. The route along the Chippewa River Trail is approximately 17.5 miles long, finishing at Ray's front door.

This is a fully supported run with refreshments and sag wagon provided.

ENTRY DONATION:

A can of beer and a bag of M&Ms (no mint)

Please let me know if you plan on participating.
Email: john.qualheim@att.net
Phone: 715-835-2657 (leave a message)



If you have suggestions for content or features to be included in the newsletter, please contact Laura Veach at laurajoy79@yahoo.com.

Homemade Energy Bars

- 2 cups rolled oats
- 1 cup peanut butter
- 1 cup chocolate chips
- 1 cup ground flaxseed
- 2/3 cup honey
- 2 tsp vanilla

1. Mix all ingredients together.
2. Spread out on a cookie sheet.
3. Cover and refrigerate for at least 30 minutes.
4. Cut into 12 equal bars.
5. Wrap individually in wax paper.

UPCOMING EVENTS...

JUNE

- June 7 Spectrum Shuffle 5K/10K
- June 8 Eau Claire Triathlon
- June 14 Thin Mint Sprint 5K/Kid's Race
- June 28 RCU Charity Classic 2M/10K/Kid's Races
- June 29 Firecracker Trail 5K/10K

JULY

- July 4 RCMC Firecracker 1 Mile/5K
- July 5 Fishy Four Mile
- July 12 *Water Street Mile & 5K*

AUGUST

- August 7 Tortoise & Hare 5K/Kid's Race
- NOTE: Thursday Evening Race!**
- August 16 Madison Mini-Marathon/5K
- August 23 Wausau Marathon/Half Marathon/5K
- August 27 Lil' Buckshot 2 Mile
- August 30 Buckshot Run 2 Mile/5 Mile

*Denotes an ITC event

**SEE THE FULL RACE CALENDAR AT
WWW.INDIANHEADTC.ORG**

Runner Profile:

Doug Pearson



Age: 76

How many years have you been running?

Started in 1980 (so 34).

How/why did you start running?

I was teaching in London along with two colleagues from UWEC. One of them was ITC member and fine runner, Jerry Foote. He ran to and from classes each day. Our families lived in flats about 3 miles from our classrooms. Jerry inspired me, so by early spring that semester, I was trying out running on wonderful paths along the Thames.

What are your favorite running routes?

I like routes in cities because they keep me alert. I have run in just about every city I have visited, including Chicago, Portland, San Diego, Green Valley, Moscow, Paris, Edinburgh, and some small towns tucked into hills in Italy and Provence. In the summer of 1984 I tried fell running in the Lake District of England and thought that was just wonderful. In 1986 while in London for a semester, I discovered Hash House Harrier runs. Every week these hour-long runs started and ended in a new section of London—a great experience for a “tourist.”

What time of day do you run, and why?

Usually in the late afternoon. I seem to fill up the rest of the day and have to squeeze in the run just before supper.

What are your favorite races?

I like marathons, especially the Twin Cities Marathon. But I have enjoyed two very grueling marathons in Scotland. Early in my running years, my favorite race was the Frigid 8, especially on the old course that crossed the double II hills, and especially if it was snowing.

What are some of your PRs?

Fastest marathon: 2:55. (For perspective, my most recent marathon time was 5:02, in 2011 at TCM). Best 10K: 39:54.

Is there anything else related to running that you'd like to brag about?

Yes, I have run/walked the 38 miles between St. Olaf College (where I got my B.A.) and my boyhood home in Minneapolis three times, once just before graduation, most recently in 2009 a couple of weeks before my 50th class reunion. I plan to do it again in late May this year—just before my 55th reunion. This time I may have to do some biking, so it will be my “Try”Athlon. I have also walked the 96 miles of the West Highland Way in Scotland, another memorable experience of sodden, peaty paths, and some glorious mountain passes.

Who are your running heroes/inspirations?

I think Alberto Salazar and Bill Rodgers are great role models.

Do you have a favorite running quote or mantra?

No, I avoid them. But I find myself singing a tune over and over again as I do training runs. I bore myself to death with it.

What are your favorite foods and beverages?

I'm really not fussy about food or drink.

What advice do you have for new runners?

Improvement comes with training. It surprises you. It comes in such small increments. Be patient.

Any other questions we should ask you?

No, I don't think I have any other answers.

Everybody loves a volunteer! If you are willing and able to help out with an ITC race, please contact Traci Messner at rmessner7057@charter.net.



RACE RESULTS

Spring Fever 5K

Cody Buckli	2029	M	0:18:05
Brent Wathke	3039	M	0:18:17
Randy Aumann	4049	M	0:20:13
George Lynch	1319	M	0:21:50
Mike Smith	3039	M	0:21:58
Susan Rud	4049	F	0:22:40
Daniel Lynch	4049	M	0:23:09
Peter Buckli	5059	M	0:24:03
Sarah Croker	1319	F	0:24:07
Dan Saeger	4049	M	0:24:11
Stephen Otto	6069	M	0:24:37
Scott Biederman	4049	M	0:25:13
Mark Waite	6069	M	0:26:25
Teresa Lynch	1319	F	0:27:35
Mackenzie Jeffers	3039	F	0:29:11
Amelia Pederson	112	F	0:30:02
Emma Janke	2029	F	0:31:10
William Maierhofer	6069	M	0:33:05
Angela Bowe	3039	F	0:33:13
Ellen Wing	6069	F	0:33:47
Lynn Standorf	4049	F	0:34:03
Paula Anderson	4049	F	0:34:34
Lucas Pederson	112	M	0:36:53
Shawn Pederson	112	M	0:36:54
Jennifer Pederson	3039	F	0:36:54
Laura Veach	3039	F	0:38:20
Ron Buckli	7099	M	0:40:33
Andi Dorbert	3039	F	0:42:05
Bob St. Louis	7099	M	0:44:26

Spring Fever 10K

Brent Wathke	3039	M	0:37:46
Adam Smit	3039	M	0:39:08
Chris Huse	5059	M	0:40:33
Darven Miller	4049	M	0:40:50
Randy Aumann	4049	M	0:41:26
Chris Vetter	4049	M	0:44:46
Kristin Bowe	4049	F	0:45:01
Susan Rud	4049	F	0:46:26
Jeff Smith	6069	M	0:47:27
Paul Wagner	5059	M	0:47:45
Matt Mousel	2029	M	0:49:09
Dennis Mcgraw	6069	M	0:49:19
Scott Biederman	4049	M	0:49:23
nancy bauwens	5059	F	0:50:57
mark jennerman	5059	M	0:51:50
Leslie Johnson	5059	F	0:53:22
Justin Hink	2029	M	0:53:52
Cindy Korbol	5059	F	0:54:41
Hope Saeger	4049	F	0:54:52
Barbara McKinley	6069	F	0:56:16
Ann Phillips	4049	F	0:59:28
Mackenzie Jeffers	3039	F	0:59:48
Lynn Standorf	4049	F	0:59:59
Holly Larson	4049	F	1:01:20
Dave Croker	4049	M	1:01:23
Ken Falch	6069	M	1:01:43
Sherilyn Riedel	5059	F	1:08:09
Paula Anderson	4049	F	1:10:52
Doug Pearson	7099	M	1:11:08
Laura Veach	3039	F	1:12:50
Shelby Heuer	3039	F	1:14:25

Spring Fever 15K Challenge

Brent Wathke	00:56:03
Randy Aumann	01:01:39
Susan Rud	01:09:06
Scott Biederman	01:14:37
Mackenzie Jeffers	01:28:58
Lynn Standorf	01:34:02
Paula Anderson	01:45:26
Laura Veach	01:51:10



RACE RESULTS

Marathon

Tad Beeksma	4049	M	3:18:38
Darven Miller	4049	M	3:21:34
Tara Burr	3039	F	3:44:24
Warren Kerola	5059	M	3:44:27
Traci Messner	5059	F	3:53:42
Justin Hink	2029	M	4:27:43
Leah Waldie	3039	F	4:30:45
Janet Carey	4049	F	4:49:02

Half Marathon (cont.)

Stephanie Rowe	4049	F	1:53:58
Mark Schulz	5059	M	1:55:41
Peggy Becker	5059	F	1:56:02
Ryan Burr	3039	M	1:56:40
Tina Killey	5059	F	1:56:51
Rich Chryst	5059	M	1:57:01
Hope Saeger	4049	F	1:58:41
Barbara McKinley	6069	F	2:00:19
Steve Nelson	3039	M	2:00:40
Jodie Arnold	3039	F	2:01:08
Stephen Otto	6069	M	2:02:58
Heidi Lau	2029	F	2:03:46
Ann Phillips	4049	F	2:04:07
Diane Hoyme	5059	F	2:09:34
Mackenzie Jeffers	3039	F	2:10:08
Pamela Ogden	5059	F	2:11:17
Laura Plummer	4049	F	2:13:35
Lindsey Wright	3039	F	2:15:05
Mark Waite	6069	M	2:16:07
Tracy Guo	4049	F	2:17:17
Elizabeth Brunstad	4049	F	2:19:42
rick lecher	7099	M	2:21:12
Doug Pearson	7099	M	2:32:22
Natalie Hanson	4049	F	2:37:06
Sherilyn Riedel	5059	F	2:40:25
Paula Anderson	4049	F	2:49:06
Laura Veach	3039	F	2:51:45
Shelby Heuer	3039	F	2:58:45

Half Marathon

Brent Wathke	3039	M	1:22:47
Michael Olson	4049	M	1:24:35
Chris Huse	5059	M	1:26:20
Adam Smit	3039	M	1:27:02
Randy Aumann	4049	M	1:30:24
Chris Vetter	4049	M	1:34:59
Tim Nelson	4049	M	1:37:04
Thomas Roth	5059	M	1:38:18
Kristin Bowe	4049	F	1:38:45
Loren Bowe	4049	M	1:38:56
Susan Rud	4049	F	1:40:50
Steven Voller	4049	M	1:42:03
Jeff Smith	6069	M	1:44:46
Scott Biederman	4049	M	1:46:27
Paul Wagner	5059	M	1:46:54
Dan Saeger	4049	M	1:50:12
Joseph Melville	4049	M	1:50:15
Jeanie Lubinsky	5059	F	1:51:57
Leslie Johnson	5059	F	1:52:07
mark jennerman	5059	M	1:52:54
Christine Roth	5059	F	1:53:46

**Congratulations to all finishers
and a heartfelt
THANK YOU!!!
to the ITC members who volunteered
at our water stop!**



337 Jefferson Street
Eau Claire, WI 54701



MEMBERSHIP FORM - JOIN THE FUN!

Discount on ITC Race Entry Fees * Quarterly Newsletter * Discounts at Area Running Stores

- Annual Student (\$10.00) Annual Single (\$15.00)
 Annual Family (\$25.00) ITC Benefactor \$_____

(Memberships are normally from 1/1 to 12/31 in a calendar year, but **join now to get membership through 2014**)

NAME(S) _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

EMAIL _____

I am interested in helping with:

- ITC Races (e.g. course worker, registration, timing, etc.)
 Race Direction (lots of help available)
 Banquet Committee (Jan.)
 Summer Picnic
 Children's Running Program
 Membership Committee
 Newsletter (mailing, writing, etc.)

Join online through <http://www.indianheadtc.org/join.htm> or
make check payable to **Indianhead Track Club** and
mail to ITC, c/o Paul Wagner, 120 S. Michigan St., Eau Claire, WI 54703

INDIANHEAD TRACK CLUB
SPRING 2014