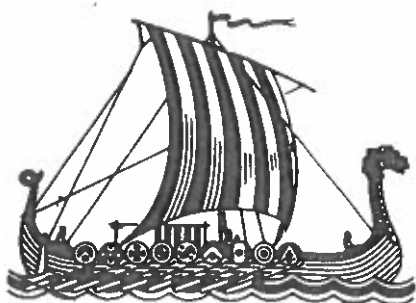


SYTTENDE MAI RUN



May 16, 1981

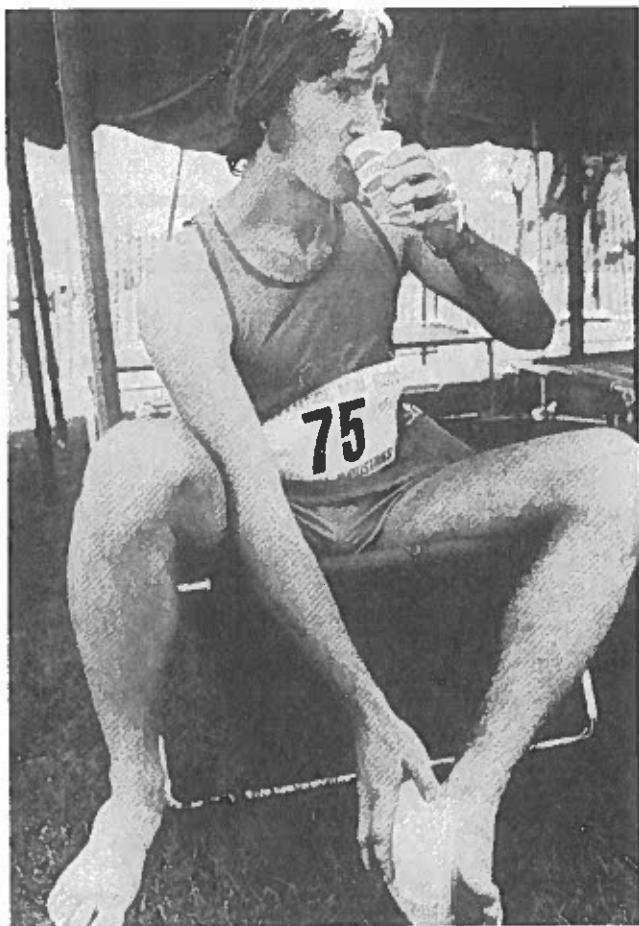
From the Directors

Dear Runners,

We hope your muscles are over their soreness, your blisters are healed, and your spirits ready and willing for the remainder of the racing season. We also hope you enjoyed the run and the festival. The Syttende Mai committee, the two hundred plus volunteers, and the thousands of spectators thank you for participating.

As participants, you'll be pleased to know the race is gaining national prominence. "Runners World" listed us as one of the top 100 runs in North America.

"The Runner" will do a feature article on this year's race in their September '81 issue. I'll bet you thought Hal Higdon was just here for fun — no, he was working? But, anyway, a big thanks to Hal for his work.



Despite warm temperatures and full sunshine, 98% of the 1294 registered starters finished the race (1267). Complete medical facilities are available for treating everything from blisters to heat exhaustion and dehydration.

We hope the PR won't cause too big a jump in numbers next year, but will do our best regardless. Entry blanks will be available about February 15, 1982, for next year's run, but we will mail them only upon request.

As race directors, Dwayne and I want to thank the Stoughton Chamber of Commerce for making the race possible. In addition, several business firms assisted us financially.

Heublein, Inc. for the souvenir booklet

Nelson Industries for the post-race fruit

Ray-O-Vac for data processing

Movin Shoes for distribution of race packets

Their support is essential to keeping fees at a reasonable level.

While space does not permit recognition for all the volunteers who help put on the race, the following individuals have major responsibility for various features of the race.

Aid Stations Sam Sloan

Awards Gary Albrecht

Communications Madison Repeaters

Coordinator & Scoring Jim Keeney

Medical Dr. Peter Hansen
Dr. Richard Reich

Registration Bonnie Hutchins

Results Tad Pinkerton

Timers Mel Christiansen

Finish Area Bob Soderbloom

Safety EMTS of Madison & Stoughton

Finally, we all need to be aware of the police support — Madison, Dane County, and Stoughton — that is essential for this (or any) race to be held. Our thanks to them all.

*Dwayne Berg and Ed Hutchins
Race Directors*

Winners & Records 1973-1981

WINNERS

1973 (80 started—75 finished all male; 9 women ran 7 miles)
 Male Dan Winzinreid, 20, Monroe 1:51:06
 Female Shannon Mullen, 14, Madison (7 miles) 44:21

1974 (140 starters—134 finishers)
 Male Alan Claremont, 38, Kegonsa T. C. 1:51:57
 Female Diane Holum, 22, Univ. of Wis. 2:36:54

1975 (221 starters—196 finishers)
 Male Steve Hoag, 28, Twin Cities T. C. 1:44:46
 Female Peggy Stafford, 27, Madison, WI 2:39:35

1976 (356 starters—331 finishers)
 Male Lucian Rosa, 32, Parkside AC 1:45:44
 Female Donna Senzig, 35, Vilas RC 2:30:33

1977 (439 finishers)
 Male Kerry Mayer, 30, Milwaukee 1:50:25
 Female Cindy Therriault, 24, Milwaukee 2:26:49

1978 (812 starters—768 finishers)
 Male Gary Barrey, 29, Naperville, IL 1:49:36
 Female Mary Bange, 25, LaCrosse 2:12:12

1979 (892 starters—862 finishers)
 Male Tom Antczak, 28, Birdlegs T. C. 1:42:48
 Female Lorraine Moller, 23, New Zealand 1:58:36

1980 (1063 starters—999 finishers)
 Male Mark Glessner, 21, Monroe, WI 1:46:19
 Female Lorraine Moller, 24, New Zealand 1:55:36

1981 (1294 starters—1267 finishers)

MALE

Open Tom Antczak, 30, LaCrosse, WI 1:42:20
 30-34 John Fox, 30, Rochester, MN 1:45:35
 35-39 Bruce Mortenson, 37, Rochester, MN 1:52:50
 40-44 Dave Peterson, 40, Madison, WI 1:59:25
 45-49 Hal Higdon, 49, Michigan City, IN 1:56:37
 50-59 Al Treichel, 52, Milwaukee, WI 2:08:02
 60+ Arnold Johnson, 60, Rockford, IL 2:26:15
 Team Rochester Track Club

FEMALE

Open Lorraine Moller, 25, New Zealand 2:00:44
 30-39 Ilene Kimsey, 32, Des Moines, IA 2:22:26
 40+ Bev Lampe, 49, Monona, WI 2:32:54
 Team Wisconsin United Track Club

STOUGHTON

Male Ken Kiss, 20, 2:00:17
 Female Kathy Soderbloom 2:44:31

RECORDS 1973-1981

MALE

Open Tom Antczak, 28, Birdlegs T.C. 1:42:48 1979
 30-34 Tom Antczak, 30, LaCrosse, WI 1:42:20 1981*
 35-39 Bruce Mortenson, 36, Rochester, MN 1:48:08 1980
 40-44 Lee Wilcox, 40, Stoughton, WI 1:53:41 1979
 45-49 Hal Higdon, 48, Michigan City, IN 1:54:27 1980
 50-59 Al Treichel, 52, Milwaukee, WI 2:08:02 1981
 60+ John Archer, 61, UWMTTC 2:22:04 1976

FEMALE

Open Lorraine Moller, 24, New Zealand 1:55:36 1980
 30-39 Ilene Kimsey, 32, Des Moines, IA 2:22:26 1981
 40+ Kathy Soderbloom, 40, Stoughton, WI 2:24:48 1980

* Course record

STOUGHTON

Male Lee Wilcox, 40 1:53:41 1979
 Female Kathy Soderbloom 2:24:48 1980

WEATHER CONDITIONS

Year	9 a.m.			11 a.m.			Win Time	Median Time
	Temp	Hum	Wind	Temp	Hum	Wind		
1973	54	90	N7	61	70	NNE8	1:51	2:29
1974	49	86	NE9	50	89	NE9	1:51	2:24
1975	61	60	S9	69	51	SSW9	1:44	2:32
1976	56	77	ENE10	58	86	NE12	1:45	2:32
1977	70	55	WSW10	78	45	SW8	1:50	2:47
1978	69	76	W12	71	61	NW16	1:49	2:45
1979	56	90	NW13	61	72	NW15	1:42	2:33
1980	47	100	ENE6	47	83	ENE15	1:46	2:32
1981	68	45	Calm	70	41	Calm	1:42	2:40



Friends, family, and festival provide a large crowd and warm applause for all finishers.

1981 Race Results

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME
1	ANTCZAK, THOMAS	LACROSSE, WI.	29	M	1	1:42:20	106	KOSTROSKI, RONALD L.	PR. DU SAC, WI.	46	M	2	2:08:17
2	KREUTZ, JOE	MADISON, WI.	24	M	2	1:42:53	107	REILLY, TERRENCE T.	DETROIT, MI	25	M	69	2:08:18
3	RACHTER, PAUL M.	ROCHESTER, MN	28	M	3	1:44:27	108	NELSON, TERRY D.	MIDDLETON, WI.	33	M	20	2:08:19
4	HINTZ, RAYMOND J.	MADISON, WI.	24	M	4	1:44:59	109	BANGE, MARY M.	LACROSSE, WI.	28	F	2	2:08:19
5	FOX, JOHN	ROCHESTER, MN.	30	M	1	1:45:35	110	DOUGHERTY, DEEANN E.	ROCHESTER, MN.	22	F	3	2:08:25
6	STINZI, JOHN	MADISON, WI.	24	M	5	1:46:13	111	SPENCER, MARYBETH	MADISON, WI.	21	F	4	2:08:36
7	VODACEK, JOHN	NEW AUBURN, WI.	26	M	6	1:47:11	112	SMITH, RICHARD D.	MADISON, WI.	34	M	70	2:08:37
8	PHESING, MIKE	LA CROSSE, WI.	22	M	7	1:48:35	113	KOENITZER, JEFF D.	BROOKFIELD, WI.	27	M	21	2:08:45
9	WILKEY, WILLIAM J.	MADISON, WI.	21	M	8	1:48:37	114	SHEATS, GEORGE S.	W.D.M., IA.	33	M	23	2:08:50
10	FASS, DON	OSHKOSH, WI.	26	M	9	1:50:00	115	MOE, GERALD E.	MADISON, WI.	30	M	22	2:09:16
11	CHANDLER, PETE S.	MADISON, WI.	23	M	10	1:50:36	116	O'BRIEN, PATRICK D.	OSHKOSH, WI.	26	M	71	2:09:24
12	RINDFLEISCH, DAN	MADISON, WI.	26	M	11	1:50:55	117	HALL, A. GRIDLEY	MADISON, WI.	33	M	24	2:09:29
13	JENNI, PHIL	ST. PAUL, MN.	29	M	12	1:51:18	118	OLSON, RICHARD J.	NEENAH, WI.	35	M	10	2:09:33
14	STEVENS, JAMES A.	MADISON, WI.	29	M	13	1:51:21	119	PRIEVE, JOHN	TERR HAUTE, IN	22	M	72	2:09:39
15	ELGER, DAVE	STEVENS PT. WI.	27	M	14	1:51:22	120	REYNOLDS, JAMES A.	CHIP FALLS, WI	26	M	73	2:09:45
16	VAN DEN BRANDT, BILL	APPLETON, WI.	26	M	15	1:52:05	121	GERMAIN, CHUCK E.	HOUSTON, MN.	30	M	74	2:09:47
17	HERBERT, TODD M.	GLENDALE, WI.	25	M	16	1:52:40	122	ZERBE, RALPH T.	ROSENDALE, WI.	20	M	75	2:09:57
18	MORTENSON, BRUCE W.	ROCHESTER, MN.	27	M	17	1:52:56	123	WINKLER, GREG	MADISON, WI.	27	M	76	2:09:58
19	LIEWEN, MICHAEL B.	MADISON, WI.	25	M	18	1:53:12	124	SHESKI, STEVE G.	SPR. GREEN, WI.	29	M	77	2:10:00
20	DEMATHEW, JEFFREY A.	RACINE, WI.	26	M	19	1:53:39	125	HILL, MICHAEL J.	MADISON, WI.	30	M	26	2:10:09
21	SPEE, ROGER D.	ROCHESTER, MN.	29	M	20	1:53:48	126	ALLEN, WILLIAM K.	MADISON, WI.	31	M	27	2:10:31
22	WILLIAMS, SAM	MADISON, WI.	38	M	1	1:54:11	127	REHM, DENNY	WINONA, MN.	30	M	78	2:10:38
23	GOODRICH, JERRY L.	ROCHESTER, MN.	26	M	21	1:55:26	128	HARTMANN, TONY A.	MADISON, WI.	24	M	79	2:10:40
24	CROISSANT, PAUL D.	MADISON, WI.	25	M	22	1:55:29	129	UNIDENTIFIED	BELOIT, WI.	37	M	11	2:11:02
25	POSSIN, CHARLES E.	MADISON, WI.	32	M	2	1:55:30	130	FISCHER, THOMAS J.	MADISON, WI.	25	M	80	2:11:02
26	HARTNETT, SEAN G.	MADISON, WI.	26	M	23	1:55:40	131	OTTESON, STEVE J.	MADISON, WI.	34	M	28	2:11:06
27	KEUTER, KIM J.	DUBUQUE, IA.	27	M	24	1:55:54	132	BALISTRERI, TED S.	MADISON, WI.	26	M	81	2:11:11
28	RAWLINGS, BLAKE J.	MADISON, WI.	24	M	25	1:55:55	133	KNOP, STEVEN A.	WAUSAU, WI.	24	M	82	2:11:17
29	LEMONNIER, DAN B.	CHICAGO, IL.	25	M	26	1:56:01	134	BRAATZ, JOEL L.	MADISON, WI.	25	M	83	2:11:20
30	RILEY, DENNIS G.	MADISON, WI.	32	M	3	1:56:18	135	OWEN, BRIAN J.	MIDDLETON, WI.	26	M	84	2:11:21
31	CONDON, ROD W.	EAST TROY, WI.	20	M	27	1:56:25	136	SUNDE, DAVE E.	PLATTEVILLE, WI	42	M	7	2:11:30
32	COOKE, BILL	MADISON, WI.	28	M	28	1:56:27	137	LEE, PAUL W.	BURLINGTON, WI.	35	M	11	2:11:32
33	HIGDON, HAL	MICH. CITY, IN.	49	M	1	1:56:37	138	CROWDER, DON L.	MADISON, WI.	38	M	13	2:11:42
34	REINBOLD, THOMAS	LA CROSSE, WI.	25	M	29	1:56:48	139	SMITH, MARK E.	LINCOLN, NE.	37	M	14	2:11:45
35	LUND, RICK	MADISON, WI.	28	M	30	1:56:55	140	WIEGAND, ROGER A.	TAYLOR, WI.	25	M	85	2:11:46
36	NEPSCHA, JOHN S.	MILWAUKEE, WI.	26	M	31	1:57:18	141	LIEN, ALLAN K.	MCFARLAND, WI.	41	M	8	2:11:48
37	AUERBACH, SID	MADISON, WI.	30	M	4	1:57:43	142	KORTH, RON L.	STOUGHTON, WI.	33	M	29	2:11:49
38	BRUNNER, KEN	MADISON, WI.	25	M	32	1:57:54	143	SISULAK, TOM F.	MADISON, WI.	34	M	30	2:11:54
39	MCJUNKIN, DAVE C.	MORRIS, IL.	35	M	2	1:58:11	144	WILKINSON, ALEX CHERRY	STOUGHTON, WI.	31	M	31	2:12:01
40	COLBO, RICK A.	MENO FALLS, WI	27	M	33	1:58:20	145	SCHLOUGH, BILL G.	MADISON, WI.	31	M	32	2:12:03
41	ELLSWORTH, RICHARD L.	MADISON, WI.	29	M	34	1:58:21	146	BEI, D. DAVID R.	MADISON, WI.	33	M	33	2:12:14
42	JONES JR., BOB	APPLETON, WI.	20	M	35	1:58:41	147	NADEAU, EMILE G.	MADISON, WI.	47	M	3	2:12:15
43	ZIMBRIC, GARY A.	CHIP FALLS, WI	29	M	36	1:58:59	148	MORAN, JACK P.	EDINA, MN.	29	M	86	2:12:31
44	WESENBURG, BILL D.	OCONOMOWOC, WI.	36	M	3	1:59:06	149	CUMMINGS, CHRIS P.	MADISON, WI.	24	M	87	2:12:41
45	JACOBS, MICHAEL S.	MADISON, WI.	34	M	5	1:59:19	150	MILLER, W. ALLEN	DUBUQUE, IA.	36	M	85	2:12:44
46	PETERSON, DAVID M.	MADISON, WI.	40	M	1	1:59:25	151	MILLISER, STEPHEN C.	MIDDLETON, VILA	46	M	4	2:12:56
47	TRUEBLOOD, PATRICK K.	BELVIDERE, IL.	24	M	37	1:59:45	152	BECKMAN, WILLIAM A.	SUN PRAIRIE, WI	36	M	6	2:12:57
48	WALTZ, RICHARD W.	MILWAUKEE, WI.	41	M	2	1:59:51	153	ZIRBEL, PAUL I.	ROCKFORD, IL.	25	M	88	2:12:59
49	KAUFMAN, TOM	MADISON, WI.	28	M	38	2:00:10	154	IRVINE, STEVEN R.	APPLETON, WI.	31	M	34	2:13:00
50	KISS, KEN W.	STOUGHTON, WI.	20	M	39	2:00:19	155	JOY, WILLIAM J.	COLUMBUS, WI.	31	M	35	2:13:01
51	HOI ZMUELLER, KEITH B.	CHICAGO, IL.	25	M	40	2:00:21	156	ICKEN, JAMES N.	MADISON, WI.	36	M	17	2:13:04
52	PETERSON, BRYAN J.	STOUGHTON, WI.	20	M	41	2:00:30	157	SIGEL, JOHN M.	WASECA, MN.	32	M	36	2:13:11
53	CHRISTOPHERSON, RICH	MADISON, WI.	34	M	6	2:00:35	158	CALEF, DANIEL C.	ROCKFORD, IL.	39	M	18	2:13:28
54	DAWS, RON	MPLS, M.	43	M	3	2:00:37	159	BENSON, KENNETH H.	CHICAGO, IL.	22	M	89	2:13:30
55	MOLLER, LORRAINE	MPLS, MN.	25	F	1	2:00:44	160	TAYLOR, KENT J.	ST. CHARLES, WI	36	M	19	2:13:37
56	WEYER, DONALD J.	SHOREWOOD, WI.	34	M	7	2:01:29	161	RONSTADT, ROLF D.J.	BLACK EARTH, WI	32	M	37	2:13:39
57	TUCKER, DON E.	JANESVILLE, WI.	23	M	42	2:01:40	162	WICK, JEFF	MADISON, WI.	43	M	9	2:13:46
58	ZIEGLER, JAMES E.	MADISON, WI.	22	M	43	2:01:52	163	JEFFERSON, JAMES W.	LACROSSE, WI.	25	M	90	2:13:56
59	PIUMMER, ROSS M.	MADISON, WI.	24	M	44	2:02:08	164	BOLES, BILL R.	MADISON, WI.	50	M	2	2:14:01
60	KAEHLER, TODD	MADISON, WI.	29	M	45	2:02:17	165	MCCARTHY, TOM J.	MADISON, WI.	38	M	20	2:14:02
61	FOSTER, SYD D.	WAUPUN, WI.	31	M	8	2:02:18	166	LAMBRECHT, VICTOR M.	CLRNDN HLLS S, IL	34	M	38	2:14:09
62	WHITMORE, KIM S.	MADISON, WI.	28	M	46	2:02:21	167	DENMAN, DEAN A.	SUN PRAIRIE, WI.	34	M	39	2:14:10
63	HUTCHCROFT, ALAN C.	ROCKFORD, IL.	40	M	4	2:02:24	168	STEINKER, GERALD B.	WHIPPAHY, N.J.	21	M	91	2:14:10
64	MACDERMOT, BRENT D.	BELOIT, WI.	26	M	47	2:02:57	169	BIRNBAUM, WILLIAM C.	ROSCOE, WI.	37	M	21	2:14:15
65	TINJUN, DON D.	WAUSAU, WI.	25	M	48	2:03:05	170	FENRICK, DARYL L.	MADISON, WI.	32	M	40	2:14:16
66	PESCH, DAVID J.	MIDDLETON, WI.	27	M	49	2:03:11	171	FEUSTEL, BRUCE G.	MONONA, WI.	34	M	41	2:14:21
67	TACL, CHRISTOPHER M.	MADISON, WI.	27	M	50	2:03:26	172	MACDONALD, WILLIAM B.	LACROSSE, WI.	26	M	92	2:14:21
68	BRAIG, JIM W.	DUBUQUE, IA	37	M	4	2:03:43	173	PARDEE, LARRY E.	MADISON, WI.	28	M	93	2:14:25
69	GILBERT, GREG B.	STOUGHTON, WI.	22	M	51	2:04:01	174	REGNER, THOMAS M.	COLUMBUS, WI.	23	M	94	2:14:28
70	TUCKER, TIM A.	BECKENRIDGE, CO	27	M	52	2:04:14	175	SEDIK, DANIEL A.	ST. PAUL, MN.	30	M	42	2:14:33
71	ENGSBERG	MADISON, WI.	53	M	53	2:04:48	176	GRIGGS, ED	ROCKFORD, IL.	28	M	95	2:14:37
72	GATES, HERMAN J.	MILWAUKEE, WI.	37	M	5	2:05:06	177	BESTE, FRED A.	MADISON, WI.	24	M	96	2:14:40
73	SICILIANC, FRANCIS X.	MADISON, WI.	38	M	6	2:05:28	178	SHOMBERG, JEFF	MADISON, WI.	37	M	22	2:14:51
74	CHENEY, JOHN R.	MADISON, WI.	22	M	54	2:05:40	179	MURAL, NORIMOTO	CLINTON, WI.	36	M	23	2:15:07
75	WALSH, MICHAEL R.	MADISON, WI.	21	M	55	2:05:42	181	DENMAN, DERYL K.	MADISON, WI.	23	M	97	2:15:08
76	BREVARD, ROBERT A.	WAUKESHA, WI.	37	M	9	2:06:14	182	STAFFORD, RANDY J.	MIDDLETON, WI.	32	M	43	2:15:13
77	DANHAUS, PAUL E.	WAUSAU, WI.	32	M	9	2:06:14	183	HANDLEY, JACK B.	JANESVILLE, WI.	42	M	10	2:15:26
78	KOHR, RICHARD W.	DEWITT, IA.	26	M	56	2:06:23	184	LAWRENCE, ALFRED A.	BARABOO, WI.	38	M	24	2:15:32
79	BRENNAN, MICHAEL F.	LACROSSE, WI.	23	M	57	2:06:29	185	CLARK, JAMES W.	GARBOLLAH, WI.	30	M	44	2:15:35
80	CASSATA, STEVEN M.	MADISON, WI.	30	M	10	2:06:36	186	HAKALA, GREGORY V.	MADISON, WI.	38	M	98	2:15:37
81	OHM, ALLAN O.	GALESVILLE, WI.	31	M	11	2:06:41	187	KANE, MIKE	JANESVILLE, WI.	34	M	45	2:15:37
82	DOUGLAD, DAVID J.	STOUGHTON, WI.	21	M	58	2:06:42	188	EVANS, JOHN V.	WINONA, MN.	28	M	99	2:15:39
83	BREKKE, OLE H.	STOUGHTON, WI.	40	M	5	2:06:45	189	BLOMSNESS, ANDREW E.	MONONA, WI.	47	M	5	2:15:43
84	MELLOR, JAMES L.	MADISON, WI.	27	M	59	2:06:46	190	HUIJK, ROGER G.	MADISON, WI.	31	M	46	2:15:57
85	MICHAELS, ROSS A.	MADISON, WI.	25	M	60	2:06:46	191	WARZYN, JERRY	WAUWATOSA, WI.	29	M	100	2:16:00
86	MANCE, ROBERT E.	MADISON, WI.	28	M	61	2:06:51	192	WOODS, MICHAEL P.	MADISON, WI.	35	M	25	2:16:03
87	JAEGER, JAMES D.	SUN PRAIRIE, WI	40	M	6	2:07:02	193	SMITH, CHARLES A.	MADISON, WI.	28	M	101	2:16:05
88	STIER, DANIEL D.	MADISON, WI.	34	M	12	2:07:07	194	BEELS, GUY N.	STOUGHTON, WI.	33	M	47	2:16:22
89	LEVIEN, KEITH L.	MADISON, WI.	32	M	13	2:07:14	195	WOLFE, JAMES A.	VERONA, WI.	33	M	48	2:16:28
90	GEIER, DICK-COOT	MADISON, WI.	28	M	62	2:07:16	196	WEHRLEY, STEVE B.	MADISON, WI.	28	M	102	2:16:30
91	MAYBEE JR., BILLY D.	MIDDLETON, WI.	26	M	63	2:07:22	197	MARTIN, DAVID J.	MADISON, WI.	41	M	11	2:16:33
92	BAUMAN, MICHAEL J.	ALGOMA, WI.	25	M	64	2:07:28	198	BROOKS, ROBERT J.	MADISON, WI.	31	M	49	2:16:34
93	SPRING, STEVE A.	RACINE, WI.	25	M	65	2:07:29	199	ACRE, JAMES L.	VERONA, WI.	22	M	103	2:16:38
94	PROSSER, STEPHEN P.	FOUNTAIN CTY WI	32	M	14	2:07:34	200	O'BRIEN, LARRY E.	MIDDLETON, WI.	42	M	12	2:16:47
95	LEWCHENKO, VIC	MADISON, WI.	27	M	66	2:07:38	201	JENSEN, G. E.	ROCKFORD, IL.	48	M	6	2:16:56
96	HURDMAN, TED D.	JANESVILLE, WI.	35	M	8	2:07:59	202	SWENSON, ROBERT D.	PAINTED POST NY	28	M	104	2:16:58
97	TREICHEL, AL E.	MILWAUKEE, WI.	52	M	1	2:08:02	203	PIET, PETER M.	MADISON, WI.	30	M	50	2:16:59
98	HANTZ, DAVID J.	MADISON, WI.	31	M	15	2:08:03	204	NOLAN, DONALD G.	MADISON, WI.	29	M	105	2:17:01
99	ZIEGE, DALE L.	MADISON,											

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	
211	SENZIG, PETER A.	MADISON, WI	39	M	30	2:17:28	323	OYEN, LARRY C.	NAPERVILLE, IL	44	M	25	2:24:39	
212	HELLING, JOHN S.	LAGRANGE PK, IL	38	M	31	2:17:34	324	HUSZ, JOHN E.	MILWAUKEE, WI	30	M	86	2:24:47	
213	HINKES, MICHAEL T.	MADISON, WI	27	M	107	2:17:41	325	BRENNAN, TERRY L.	MADISON, WI	30	M	87	2:24:50	
214	DRAHEIM, DAVID R.	MADISON, WI	39	M	32	2:17:41	326	GIBBS, DAVID C.	MILWAUKEE, WI	25	M	137	2:25:00	
215	SLOCUM, BILL	ROSCOE, IL	45	M	7	2:17:43	327	JENNINGS, MOSE A.	DEFORREST, WI	34	M	88	2:25:04	
216	SCHMID, BRAIN F.	MADISON, WI	24	M	108	2:17:50	328	MURPHY, FRANKLIN D.	MADISON, WI	36	M	50	2:25:04	
217	BENDA, MICHAEL J.	MADISON, WI	45	M	51	2:17:52	329	KALLENZ, HENRY J.	ROCKFORD, IL	43	M	26	2:25:07	
218	LIEGEL, STEVEN S.	MADISON, WI	28	M	109	2:17:54	330	GRAMER, TERRY P.	FT. ATK, WI	29	M	138	2:25:07	
219	PUSTOL, WALDEMAR S.	MADISON, WI	26	M	110	2:18:03	331	CAVILL, MICHAEL J.	MADISON, WI	34	M	89	2:25:10	
220	MILLIKEN, KEVIN F.	MADISON, WI	31	M	52	2:18:10	332	PETERS, SUSAN G.	MADISON, WI	37	F	3	2:25:11	
221	CARUSO, BILL		111	M	2:18:15	333	JENNY, DONALD B.	MIDDLETON, WI	31	M	90	2:25:14		
222	LARSON, REED A.	WATERTOWN, WI	38	M	33	2:18:17	334	MITCHELL, DENNIS S.	JANESVILLE, WI	40	M	27	2:25:16	
223	KASTEN, HANS	MADISON, WI	36	M	34	2:18:21	335	KOSKI, BRIAN L.	MIDDLETON, WI	32	M	91	2:25:24	
224	FRIEDMAN, GERALD L.	MILWAUKEE, WI	43	M	13	2:18:23	336	HERWIG, DALE	DEFORREST, WI	30	M	92	2:25:37	
225	ROBBE, JEFF S.	ROCKFORD, IL	25	M	112	2:18:23	337	BOSTIAN, LLOYD R.	MADISON, WI	49	M	13	2:25:44	
226	FONDA, DAVID L.	CARY, IL	33	M	53	2:18:24	338	MCKEARN, MATTHEW D.	BELOIT, WI	23	M	139	2:25:44	
227	KLAAS, RICHARD O.	MADISON, WI	32	M	54	2:18:30	339	EHRET, SHARON E.	MADISON, WI	24	F	10	2:25:57	
228	FOREST, BOYD W.	LAKE MILLS, WI	42	M	14	2:18:31	340	SODERBLOOM, ROBERT D.	STOUGHTON, WI	43	M	28	2:25:59	
229	PAINTER, TRISH L.	MADISON, WI	26	F	5	2:18:42	341	SCHWARTZ, RANDALL J.	MONROE, WI	29	M	140	2:26:05	
230	WARTENWEILER, WILLIAM	MONROE, WI	39	M	35	2:18:49	342	VOIGT, RICHARD P.	MIDDLETON, WI	40	M	29	2:26:10	
231	JONES, MARK A.	MADISON, WI	25	M	113	2:18:50	343	JOHNSON, ARNOLD M.	ROCKFORD, IL	66	M	1	2:26:15	
232	NELSON, MIKE J.	MADISON, WI	33	M	55	2:18:55	344	MICKELSON, KENNETH R.	MILWAUKEE, WI	29	M	141	2:26:16	
233	BASS, WILLIAM J.	STITZER, WI	34	M	56	2:18:57	345	NELSON, ERIC L.	FOND DU LAC, WI	34	M	93	2:26:20	
234	NARANJO, STEVE	MADISON, WI	23	M	114	2:18:58	346	PHILLIPS, JAMES R.	ITHACA, NY	29	M	142	2:26:26	
235	SCHMIDT, HAROLD D.	MADISON, WI	37	M	36	2:19:03	347	REXRADO, KERRY A.	ROCKFORD, IL	17	M	143	2:26:31	
236	KAMPFER, DONALD C.	WAUSAU, WI	48	M	8	2:19:07	348	UNIDENTIFIED					144	2:26:37
237	WOODS, STANLEY W.	VERONA, WI	45	M	9	2:19:21	349	CAREW, MICHAEL P.	SISTERS, OR	31	M	94	2:26:39	
238	BANIA, STEVEN P.	MILWAUKEE, WI	29	M	115	2:19:32	350	CAREW, TIM J.	MADISON, WI	25	M	145	2:26:40	
239	ELLIS, JOE S.	MILWAUKEE, WI	38	M	37	2:19:45	351	KUHLMANN, WILL	COLUMBUS, OH	34	M	95	2:26:42	
240	YORK, GARY L.	ROCKFORD, IL	34	M	57	2:19:50	352	BONGARD, BRAD L.	DANE, WI	22	M	146	2:26:44	
241	PASKIN, RONALD B.	MADISON, WI	34	M	58	2:19:52	353	CLAGGETT, LARRY E.	PLYMOUTH, WI	30	M	96	2:26:44	
242	GREIST, JOHN H.	MADISON, WI	42	M	15	2:19:53	354	HERZOG, THOMAS L.	MADISON, WI	27	M	147	2:26:45	
243	STRAND, DICK	MADISON, WI	35	M	38	2:19:56	355	VAN BEEK, RONALD W.	FON DU LAC, WI	29	M	29	2:26:45	
244	SCHAITEL, MICHAEL A.	MADISON, WI	31	M	59	2:19:56	356	MEINERT, WILLIAM J.	MADISON, WI	33	M	97	2:26:52	
245	MCELWEE, MARA A.	MADISON, WI	22	F	6	2:20:00	357	BENNETT, BRUCE V.	MADISON, WI	35	M	51	2:26:55	
246	HUEBNER, RODNEY R.	MILWAUKEE, WI	30	M	60	2:20:02	358	HUSS, TOM W.	SUN PRAIRIE, WI	35	M	52	2:26:57	
247	MCLEAN-COWAN, EVELYN	SUN PRAIRIE, WI	24	F	7	2:20:12	359	AMLING, CHARLES M.	MADISON, WI	34	M	98	2:26:58	
248	PELLITTERI, PHILLIP J.	MADISON, WI	29	M	116	2:20:13	360	ARENA, ANDY	BROOKFIELD, WI	30	M	99	2:27:00	
249	BARKER, HARRY J.	OREGON, WI	37	M	39	2:20:17	361	FAIRCHILD, JOAN F.	MADISON, WI	21	F	11	2:27:01	
250	CHRITTON, ROBERT E.	STOUGHTON, WI	29	M	117	2:20:19	362	CHANDLER, RICK	MILWAUKEE, WI	28	M	149	2:27:01	
251	BARRY, WILLIAM J.	EAU CLAIRE, WI	33	M	61	2:20:20	363	BURKE, ALAN R.	MONONA, WI	33	M	100	2:27:02	
252	ESSEX, CHARLES P.	MILWAUKEE, WI	28	M	118	2:20:23	364	WELSH, KEVIN J.	GRAND MARAIS MN	26	M	150	2:27:02	
253	LIGHTCAP, JEFFREY R.	ROCKFORD, IL	31	M	62	2:20:26	365	BATES, ROBERT J.	DODGEVILLE, WI	37	M	53	2:27:04	
254	MCMANUS, MICHAEL J.	MADISON, WI	31	M	63	2:20:28	366	PASDERA, WAYNE V.	WAUKESHA, WI	32	M	101	2:27:05	
255	MCNATT J. DOBBIN	MIDDLETON, WI	43	M	16	2:20:29	367	CADE, JOHN	MADISON, WI	33	M	102	2:27:10	
256	HOWARTH, STEVE		119	M	2:20:38	368	CONDON, MARK R.	MADISON, WI	29	M	151	2:27:15		
257	HADY, JERRY T.	MIDDLETON, WI	44	M	17	2:20:42	369	MURASKI, THOMAS J.	MADISON, WI	27	M	152	2:27:18	
258	STURZ, LARRY	ALTOONA, WI	21	M	120	2:20:52	370	KAVANAGH, JEFFREY P.	MADISON, WI	34	M	103	2:27:26	
259	DALLMAN, WILLIAM M.	MADISON, WI	37	M	40	2:21:02	371	KANNER, AL	MADISON, WI	50	M	6	2:27:28	
260	MORGAN, ROBERT J.	MADISON, WI	34	M	64	2:21:04	372	MARKS RANDALL T.	VERONA, WI	38	M	54	2:27:30	
261	LARSON, GARY R.	MADISON, WI	32	M	65	2:21:05	373	BIER, TOM E.	JANESVILLE, WI	29	M	153	2:27:32	
262	CROXFORD, LIN L.	MADISON, WI	31	M	66	2:21:08	374	BRIGHT, DAVID W.	MADISON, WI	32	M	104	2:27:00	
263	HANLE, ROBERT C.	MADISON, WI	31	M	67	2:21:09	375	MUNSON, BRADLEY D.	ROCKFORD, IL	34	M	105	2:28:00	
264	MCCORMICK, FREDERICK	MADISON, WI	42	M	18	2:21:11	376	SEYMOUR JR., THADDEUS	MADISON, WI	25	M	154	2:28:00	
265	GUNDERSON, CHARLES E.	BARABOO, WI	50	M	3	2:21:12	377	BORRUD, JAMES E.	BEAVER DAM, WI	33	M	106	2:28:01	
266	MILLER, JIM G.	JANESVILLE, WI	32	M	68	2:21:16	378	GANSHERT, PAUL J.	MADISON, WI	23	M	155	2:28:01	
267	BOLME, MARK W.	MADISON, WI	28	M	121	2:21:21	379	JONES SR., BOB	APPLETON, WI	51	M	7	2:28:02	
268	HENDRICKSON, JOHN A.	MILWAUKEE, WI	25	M	122	2:21:26	380	MUNN, COLIN S.	ROCKFORD, IL	27	M	156	2:28:04	
269	BILARDELLO, DON R.	WHEATON, IL	39	M	41	2:21:30	381	WEERTMAN, JOHANNES	EVANSTON, IL	56	M	8	2:28:11	
270	SHOWEN, MICK D.	SP. GREEN, WI	30	M	69	2:21:32	382	BUCHHOLTZ, DOUGLAS R.	WAUNAKEE, WI	41	M	30	2:28:12	
271	ARNDT, BRAD J.	DEFORREST, WI	18	M	123	2:21:35	383	LYTLE, CHRIS G.	MADISON, WI	31	M	107	2:28:12	
272	EVANS, DOUG B.	MADISON, WI	26	M	124	2:21:38	384	BIRD, JOSEPH R.	MEND HCTS, MN	51	M	9	2:28:12	
273	JENSEN, JEFFREY L.	MIDDLETON, WI	19	M	125	2:21:43	385	KASTNER, DANIEL E.	MANITOWOC, WI	26	M	157	2:28:13	
274	DODSON, STANLEY I.	MCFARLAND, WI	36	M	42	2:21:43	386	OLSON, DENNIS L.	MADISON, WI	39	M	55	2:28:14	
275	GRAF, LOUIS R.	CHICAGO, IL	42	M	19	2:21:47	387	SEWARD, SAMUEL R.	MILWAUKEE, WI	37	M	56	2:28:18	
276	ZWICKY, WILLIAM J.	CHICAGO, IL	31	M	20	2:21:54	388	KUITSCHERA, PAUL	NEW BERLIN, WI	47	M	14	2:28:22	
277	SMOCZYNSKI, FLORIAN R.	MADISON, WI	43	M	20	2:21:55	389	DAHR, GEORGE A.	MADISON, WI	30	M	108	2:28:25	
278	DONNAN, WILLIAM A.	MILWAUKEE, WI	29	M	126	2:21:58	390	MINSLOFF, MARK R.	MADISON, WI	31	M	109	2:28:26	
279	BALULESCU, LANO	BOLINGBROOK, IL	30	M	71	2:21:59	391	WILSON JR., JAMES	CHICAGO, IL	32	M	110	2:28:26	
280	ANDERSON, IVER E.	MADISON, WI	27	M	127	2:22:06	392	GIL DE LAMADRID, JAMES	COL. SPGS., CO	24	M	158	2:28:27	
281	WILLIAMS, KENNETH R.	MILWAUKEE, WI	41	M	21	2:22:23	393	ROMANS, EDWARD R.	BAYSIDE, WI	34	M	111	2:28:29	
282	KIMSEY, ILENE	DES MOINES, IA	32	F	2	2:22:26	394	MADALON, MICHAEL G.	MADISON, WI	35	M	57	2:28:30	
283	BERNDT, MICHAEL J.	MADISON, WI	26	M	128	2:22:30	395	WEBSTER, ROBERT L.	MADISON, WI	27	M	159	2:28:33	
284	HORN, BILL A.	MADISON, WI	25	M	129	2:22:38	396	HEIL, JIM F.	CRYSTAL LK., IL	40	M	31	2:28:34	
285	SCHRAUFNAGEL, RON N.	MT. HOREB, WI	30	M	72	2:22:51	397	BOWER, ROBERT K.	MIDDLETON, WI	29	M	160	2:28:35	
286	COLLA, JOSEPH A.	WEST ALLIS, WI	46	M	10	2:22:59	398	GINSBERG, WILLIAM M.	MADISON, WI	25	M	161	2:28:36	
287	HILBERT, ROGER D.	ROCKFORD, IL	45	M	11	2:23:00	399	RAMSDELL, WILLIAM R.	EDGERTON, WI	24	M	162	2:28:37	
288	QUALHEIM, JOHN B.	EAU CLAIRE, WI	30	M	73	2:23:01	400	JACOBSON, S. TERRY	EAU CLAIRE, WI	21	M	163	2:28:44	
289	HAYES, RICHARD L.	MADISON, WI	29	M	130	2:23:02	401	ZIEBARTH, PAUL O. J.	MADISON, WI	29	M	164	2:28:57	
290	OLSON, TOBY K.	MADISON, WI	34	M	74	2:23:07	402	KALBFLEISCH, JOHN H.	WAUWATOSA, WI	37	M	58	2:29:00	
291	MUSCH, TIM I.	MADISON, WI	30	M	75	2:23:16	403	JEPSEN MARK A.	MADISON, WI	26	M	165	2:29:17	
292	VERDEGAN, BARRY M.	STOUGHTON, WI	26	M	131	2:23:18	404	BOYD, SUSAN M.	MADISON, WI	39	F	4	2:29:17	
293	PYFFEROEN, LAWRENCE J.	MILWAUKEE, WI	30	M	76	2:23:23	405	SCHMIDT, PAUL F.	WAUWATOSA, WI	45	M	15	2:29:18	
294	SMEATON, BILL	WAUKESHA, WI	54	M	4	2:23:26	406	DAVEY BRUCE M.	MADISON, WI	37	M	59	2:29:20	
295	HULBERT, GREG M.	MADISON, WI	25	M	132	2:23:31	407	HENDRICKSON, ROBERT P.	JANESVILLE, WI	34	M	112	2:29:21	
296	JAHNIG, KURT P.	MADISON, WI	25	M	133	2:23:34	408	KLEEMANN, PAUL E.	MADISON, WI	20	M	166	2:29:23	
297	SCHERRER, STEVE J.	ROSCOE, IL	30	M	77	2:23:35	409	KRUEGER, MERLE C.	MADISON, WI	32	M	113	2:29:26	
298	SANDERS, CHARLES R.	MADISON, WI	30	M	78	2:23:35	410	KLAFFKA, STEVEN J.	MADISON, WI	24	M	167	2:29:27	
299	HANSON, JAMES A.	MADISON, WI	30	M	79	2:23:40	411	APPEZELLER, MARK J.	NEW BERLIN, WI	24	M	168	2:29:27	
300	EMERSON, HUGH C.	MADISON, WI	47	M	12	2:23:44	412	PREYSZ, LOU R.	POYNETTE, WI	64	M	2	2:29:29	
301	EXO, SCOTT C.	MADISON, WI	21	M	134	2:23:49	413	CLARK, BARRY S.	LA CROSSE, WI	33	M	114	2:29:30	
302	ZOOK, SALLY K.	MADISON, WI	21	F	8	2:23:50	414	NELSON, ROBERT F.	WAUNAKEE, WI	35	M	60	2:29:31	
303	REVERCOMB, HENRY E.	MADISON, WI	36	M	43	2:23:50	415	GECAS, GEORGE T.	CHICAGO, IL	36	M	61	2:29:35	
304	MCAUGHTON, DONALD L.	WATERTOWN, WI	38	M	44	2:23:51	416	SMITH, DAVID E.	MADISON, WI	32	M	115	2:29:36	
305	PATTEN, DAVID C.	MADISON, WI	32	M	80	2:23:52	417	KOHR, WILLIAM R.	MADISON, WI	55	M	10	2:29:37	
306	LOUDERMAN III, JOHN P.	MADISON, WI	34	M	81	2:23:54	418	THOMPSON, WAYNE J.	MADISON, WI	43	M	32	2:29:38	
307	COOK, ROBERT M.	MADISON, WI	41	M	22	2:23:54	419	UNIDENTIFIED					169	2:29:40

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME
435	SHINNERS, MICHAEL J.	MADISON, WI.	32	M	119	2:30:42	547	KALLAS, GREGORY R.	MILWAUKEE, WI.	28	M	214	2:35:39
436	PREUSCHL, LYNN M.	MADISON, WI.	22	F	13	2:30:43	548	HARTER, KARL L.	MADISON, WI.	30	M	148	2:35:42
437	KLEIN, PAULA M.	IOWA CITY, IA.	26	F	14	2:30:46	549	PENDELTON, MICHAEL F.	BOSCOBEL, WI.	25	M	215	2:35:47
438	MCAUGHTON, DAVID A.	MEMONONIE, WI.	42	M	65	2:30:47	550	PASDERA, WESLEY E.	W AUKESHA, WI.	32	M	149	2:35:48
439	BRAUN, RONALD W.	BRODHEAD, WI.	38	M	36	2:30:58	551	METZ, SCOTT D.	MADISON, WI.	24	M	216	2:35:51
440	RANGE, DANIEL E.	MADISON, WI.	27	M	172	2:30:59	552	PRECE, DAVID J.	BELOIT, WI.	29	M	217	2:35:53
441	BAIR, BOB	BROOKFIELD, WI.	34	M	120	2:31:03	553	GERMAN, THOMAS L.	HOLLANDALE, WI.	39	M	79	2:36:03
442	KELLEY, KEVIN C.	CHICAGO, IL.	26	M	173	2:31:04	554	KRUMME, ERNEST K.	MADISON, WI.	35	M	80	2:36:16
443	HERRINGTON, RICK A.	CRYSTAL LK., IL.	35	M	66	2:31:04	555	ERICKSON, DAVID N.	MADISON, WI.	33	M	150	2:36:17
444	MAURER, CHRISTOPHER J.	MADISON, WI.	25	M	174	2:31:05	556	ANDERSON, GARVIN L.	STOUGHTON, WI.	33	M	151	2:36:19
445	SQUIRES, MARK	MADISON, WI.	24	M	175	2:31:06	557	RICHIE, TONY	MADISON, WI.	26	M	218	2:36:20
446	POOLE, RICK	MADISON, WI.	24	M	176	2:31:08	558	DIETMANN, DOUG A.	MADISON, WI.	23	M	219	2:36:22
447	GIBSON, LAURA A.	MADISON, WI.	24	F	15	2:31:14	559	SCHATZKA, TIM L.	JANESVILLE, WI.	35	M	81	2:36:25
448	RIX, RICHARD M.	MPLS., MN.	31	M	121	2:31:15	560	OLSON, DAVE A.	STEVENS PT. WI.	43	M	50	2:36:26
449	VERCAUTEREN, DEBRA L.	GREEN BAY, WI.	27	F	16	2:31:16	561	SHEFFIELD, JIM	MADISON, WI.	37	M	82	2:36:39
450	ZUPANC, JOHN E.	MONROE, WI.	28	M	177	2:31:16	562	MITCHELL, JACK W.	AURORA, IL.	46	M	19	2:36:46
451	HOLMES, RICHARD J.	MONONA, WI.	33	M	122	2:31:27	563	WONG, CLARENCE	WAUWATOSA, WI.	36	M	83	2:36:47
452	UNIDENTIFIED				178	2:31:27	564	KENNEDY, RICHARD D.	EAU CLAIRE, WI.	42	M	51	2:36:54
453	LANGAN, ROBERT T.	EVANSTON, IL.	32	M	123	2:31:28	565	LEADHOLM, CHARLES R.	MADISON, WI.	32	M	152	2:36:57
454	DUCHAC, JOHN J.	MILWAUKEE, WI.	33	M	124	2:31:28	566	STANKUS, MICHAEL B.	MILWAUKEE, WI.	23	M	220	2:37:02
455	MATTEK, MIKE C.	FORT ATKIN, WI.	21	M	79	2:31:32	567	GUNNING, TERRY D.	MADISON, WI.	28	M	221	2:37:11
456	NICOLL, JIM	MADISON, WI.	41	M	37	2:31:34	568	SCHLICHTING, MARILYNN	MONROE, WI.	36	F	84	2:37:14
457	JONES, THOMAS P.	MADISON, WI.	30	M	125	2:31:35	569	BAUER, TOM J.	SUN PRAIRIE, WI.	37	M	84	2:37:15
458	LANGETIG, ALAN K.	MT HOREB, WI.	29	M	180	2:31:39	570	ORDMAN, ALFRED	BELOIT, WI.	32	M	153	2:37:17
459	ROMSTAD, CHARLES A.	FT ATKIN, WI.	48	M	16	2:31:39	571	GULBRANDSON, GIL L.	CRYSTAL LK., IL.	32	M	154	2:37:20
460	BECKFIELD, PAUL W.	VERONA, WI.	30	M	126	2:31:44	572	FRYE, JEFFREY F.	MADISON, WI.	34	M	155	2:37:23
461	MEYER, THOMAS D.	OREGON, WI.	35	M	67	2:31:49	573	SCHUBERT, KATHY I.	CHICAGO, IL.	39	F	9	2:37:24
462	BALLWEG, JEFFREY S.	MIDDLETON, WI.	21	M	181	2:31:51	574	GORMAN, GARY J.	MIDDLETON, WI.	25	M	222	2:37:29
463	HEIBEL, JOHN J.	MADISON, WI.	44	M	38	2:31:56	575	NICKELSON, RANDY A.	GREEN BAY, WI.	29	M	223	2:37:31
464	MANNING, MIKE	SPR GREEN, WI.	40	M	39	2:31:57	576	WITEK, DENNIS C.	JANESVILLE, WI.	30	M	156	2:37:32
465	FALDUTO, BRADLEY J.	MADISON, WI.	23	M	182	2:31:59	577	PEYER, MARTIN D.	STOUGHTON, WI.	34	M	157	2:37:33
466	ATTERHOLT, JIM W.	LADROSSE, WI.	45	M	17	2:32:01	578	DANIEL, TOD O.	JANESVILLE, WI.	38	M	85	2:37:36
467	BLAZEK, ROBERT G.	WAUWATOSA, WI.	53	M	11	2:32:06	579	HENSEN, PAUL L.	GALESBURG, IL.	36	M	88	2:37:44
468	HOWLA, NORMAN C.	MENO FALLS, WI.	47	M	18	2:32:07	580	KRACHT, LINN D.	EAST PEORIA, IL.	33	M	158	2:37:52
469	SMITH, WILLIAM A.	MADISON, WI.	26	M	183	2:32:17	581	SCHWARTZ, ROBERT D.	MADISON, WI.	29	M	224	2:38:02
470	COGAN, JOHN J.	ISLAND LAKE, IL.	35	M	68	2:32:18	582	STIDLEY, CHRISTINE A.	MADISON, WI.	25	F	17	2:38:04
471	EAGEN, JIM		41	M	84	2:32:19	583	IRVINE, MARLIN E.	MADISON, WI.	37	M	87	2:38:10
472	NICGOWAN, MICHAEL J.	WAUWATOSA, WI.	26	M	185	2:32:19	584	GRAHAM, LARRY J.	MADISON, WI.	44	M	52	2:38:18
473	HAUSSLER, WILLIAM	MADISON, WI.	33	M	127	2:32:19	585	CARROLL, ANTHONY J.	MADISON, WI.	29	M	225	2:38:19
474	FAIRCHILD, TIM	MADISON, WI.	42	M	40	2:32:20	586	KATZ, BRAD J.	BELOIT, WI.	33	M	159	2:38:22
475	SCHAITTEL, MARK A.	MADISON, WI.	31	M	128	2:32:31	587	LIENTZOW, JOHN F.	LACRESCENT, MN.	41	M	53	2:38:22
476	NEUMUELLER, ED W.	MADOMANIE, WI.	29	M	186	2:32:35	588	HARLEY, BOB J.	MILWAUKEE, WI.	35	M	88	2:38:24
477	HANSELL, CHARLES E.	COLUMBUS, WI.	33	M	129	2:32:38	589	BROTZMAN, BRUCE	MADISON, WI.	22	M	226	2:38:29
478	CLARK, JOHN B.	MILWAUKEE, WI.	27	M	187	2:32:43	590	BAKER, FRED G.	MADISON, WI.	41	M	54	2:38:30
479	HANSON, GLENN D.	MADISON, WI.	25	M	188	2:32:50	591	O-KULA, KEVIN R.	MADISON, WI.	28	M	227	2:38:33
480	MEYER, THOMAS	MPLS., MN.	27	M	189	2:32:53	592	UNIDENTIFIED				228	2:38:34
481	LAMPE, BEVERLY D.	MONONA, WI.	49	F	1	2:32:54	593	IVERSON, CHARLES R.	MCFARLAND, WI.	29	M	229	2:38:35
482	SCHROEDER, NICK	MADISON, WI.	30	M	130	2:32:55	594	TWEED, TED S.	WAUNAKEE, WI.	47	M	20	2:38:36
483	OLSEN, JACK	JANESVILLE, WI.	36	M	69	2:32:55	595	SELBO, PAUL G.	STOUGHTON, WI.	28	M	230	2:38:37
484	WHITFORD, KEN J.	MADISON, WI.	35	M	70	2:33:02	596	SELBO, JOHN G.	STOUGHTON, WI.	32	M	160	2:38:38
485	ANTONIE, ROGER L.	MADISON, WI.	25	M	190	2:33:03	597	SPILDE, RUSSELL M.	MIDDLETON, WI.	34	M	161	2:38:39
486	KNOX, MERLE G.	MILWAUKEE, WI.	59	M	14	2:33:04	598	METCALFE, SCOTT T.	MADISON, WI.	19	M	231	2:38:40
487	WITTE, ROBERT S.	MADISON, WI.	32	M	131	2:33:05	599	MONTANYE, KEN J.	EAU CLAIRE, WI.	30	M	162	2:38:42
488	HOOWN, BOBS	ROCKFORD, IL.	30	M	132	2:33:05	600	GREGER, DAVID J.	MADISON, WI.	34	M	163	2:38:42
489	PIAZZA, C. RICHARD	MADISON, WI.	33	M	133	2:33:07	601	RAMSEY, NEAL A.	SUN PRAIRIE, WI.	31	M	164	2:38:46
490	UNIDENTIFIED				191	2:33:08	602	EXO, WARREN D.	VERONA, WI.	49	M	21	2:38:47
491	HALL, TIMOTHY M.	MADISON, WI.	28	M	192	2:33:09	603	QUACKENBOSCH, ROBERT F.	MADISON, WI.	34	M	165	2:38:48
492	RUSSELL, PETER J.	FORTLAND, OR.	33	M	134	2:33:10	604	MCCUTCHEON, PATRICK T.	MIDDLETON, WI.	29	M	232	2:38:50
493	BYRNE, JOHN D.	BELOIT, WI.	44	M	41	2:33:11	605	GEIER, D. ALOIS	MADISON, WI.	27	M	233	2:38:53
494	LEHMANN, TIMOTHY J.	MADISON, WI.	21	M	193	2:33:14	606	SIFERD, GLEN E.	MONONA, WI.	29	M	234	2:38:59
495	DAVISON, THOMAS C.	LAKE MILLS, WI.	26	M	194	2:33:18	607	AVENIUS, ROBERT C.	MADISON, WI.	26	M	235	2:39:01
496	UNIDENTIFIED				195	2:33:22	608	BILLMEYER, PAUL G.	DUBUQUE, IA.	30	M	166	2:39:02
497	CHAMBERLAIN, ROBERT L.	MADISON, WI.	34	M	135	2:33:22	609	AUSTIN, STEVEN G.	MADISON, WI.	32	M	167	2:39:05
498	REIN, ANDREW R.	STOUGHTON, WI.	23	M	196	2:33:36	610	GROOSE, ROBIN W.	MADISON, WI.	29	M	236	2:39:07
499	BURISH, MARK D.	MADISON, WI.	28	M	197	2:33:37	611	MILLISER, SANDRA A.	DUBUQUE, IA.	35	F	10	2:39:10
500	COSTELLO, MICHAEL P.	GLENVIEW, IL.	25	M	198	2:33:38	612	BURBA, BURCE P.	WAUKESHA, WI.	37	M	89	2:39:11
501	DEVANIE, MICHAEL J.	LADYSMITH, WI.	33	M	136	2:33:39	613	TOLPSON, JOSEPH J.	MADISON, WI.	23	M	237	2:39:18
502	WEISS, CRAIG	MADISON, WI.	26	M	199	2:33:40	614	SINKIN, SHEILA	WHEELING, IL.	40	F	2	2:39:23
503	FITZGERALD, MIKE	ST CHARLES, MO	32	M	137	2:33:41	615	CAS, PETER	CHICAGO, IL.	61	M	3	2:39:35
504	FAUERBACH, NEIL J.	MADISON, WI.	27	M	200	2:33:43	616	WHITE, DAVID M.	MPLS., MN.	24	M	238	2:39:38
505	SYSLACK, JEFFREY S.	BROOKFIELD, WI.	37	M	71	2:33:45	617	JORDAN, MITCH L.	MONONA, WI.	23	M	239	2:39:48
506	GASKIL, WARREN C.	MADISON, WI.	31	M	138	2:33:48	618	BERG, DWAYNE P.	STOUGHTON, WI.	44	M	55	2:39:55
507	HARNETT, MARK H.	MADISON, NJ	22	M	201	2:33:49	619	FOSS, JENNY V.	MADISON, WI.	27	F	18	2:40:15
508	FRAWLEY, BOB M.	MADISON, WI.	24	M	202	2:33:50	620	WHITTE, PETER R.	BELLEVOUE, IA.	47	M	22	2:40:16
509	BROGELMAN, WAYNE H.	MEQUON, WI.	40	M	42	2:33:56	621	HOWLAND, JOE H.	PR DUSAC, WI.	40	M	56	2:40:19
510	ELLIS, JAMES S.	MADISON, WI.	36	M	72	2:34:02	622	WALTER, D. MICHAEL	JANESVILLE, WI.	31	M	168	2:40:20
511	THIESENHUSEN, JOHN A.	SUN PRAIRIE, WI.	42	M	43	2:34:07	623	TOLPSON, JEFF C.	MADISON, WI.	29	M	240	2:40:21
512	JERMSTAD, SHARON M.	NEENAH, WI.	35	F	6	2:34:10	624	O DESJUN, RICHARD N.	MADISON, WI.	41	M	57	2:40:23
513	EVENSON, MICHAEL J.	EDGEMONT, WI.	27	M	203	2:34:13	625	ASPLUND, MARK W.	MADISON, WI.	24	M	241	2:40:32
514	MCLAUGHLIN, MARK F.	MONONA, WI.	28	M	204	2:34:15	626	SCHUPPE, SAM C.	MADISON, WI.	51	M	16	2:40:33
515	BURICH, JOSEPH A.	WAUNAKEE, WI.	35	M	73	2:34:17	627	BLASKEY, MARK A.	EAU CLAIRE, WI.	25	M	242	2:40:39
516	HANSON, MARK E.	MADISON, WI.	31	M	139	2:34:18	628	WUTHRICH, ROGER J.	MONROE, WI.	55	M	17	2:40:40
517	KOHLHARDT, RANDALL J.	MADISON, WI.	23	M	205	2:34:21	629	MILES, MAYNARD H.	MADISON, WI.	44	M	58	2:40:42
518	WILLIAMSON, ROBERT C.	MADISON, WI.	50	M	15	2:34:24	630	FITZGERALD, VINCENT R.	MADISON, WI.	40	M	59	2:40:43
519	STONELL, STEVE C.	MADISON, WI.	38	M	74	2:34:26	631	SILVA, LES E.	MADISON, WI.	24	M	243	2:40:44
520	MARSHALL, ROBERT W.	EDINA, MN.	25	M	206	2:34:27	632	FOY, MIKE J.	RACINE, WI.	30	M	170</	

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME
659	CODY, JAMES L.	ROSCOE, IL.	38	M	93	2:42:39	771	O'KEEFE, JOHN R.	MADISON, WI.	33	M	214	2:47:56
660	FELTON, MARK E.	MADISON, WI.	31	M	179	2:42:44	772	BENEDICT, WILLIAM R.	STOUGHTON, WI.	45	M	28	2:47:57
661	PEASE, MARKO	MADISON, WI.	32	M	180	2:42:45	773	DIETERLE, REX A.	MONROE, WI.	37	M	112	2:47:58
662	WAGNER, DAVID P.	JANESVILLE, WI.	45	M	24	2:42:46	774	KLUNGNESS, JOHN H.	MADISON, WI.	48	M	29	2:48:00
663	HOLTE, TERRY T.	MADISON, WI.	31	M	181	2:42:47	775	VOLKER, JOHN B.	VERONA, WI.	37	M	113	2:48:01
664	TIETJEN, WILLIAM R.	MIDDLETON, WI.	32	M	182	2:42:48	776	MOTT, TOM R.	MILWAUKEE, WI.	38	M	114	2:48:06
665	HOYT, LLOYD E.	AVALON, WI.	42	M	62	2:42:49	777	KHOE, GLOK P.	MADISON, WI.	25	F	22	2:48:09
666	UNIDENTIFIED				253	2:42:50	778	SMITH, JAMES S.	MADISON, WI.	26	M	284	2:48:11
667	KARABIS, CAREYS.	MADISON, WI.	30	M	183	2:42:51	779	HEBL, GARY A.	SUN PRAIRIE, WI.	30	M	215	2:48:18
668	RIDDLE, DENNIS L.	STOUGHTON, WI.	30	M	184	2:42:52	780	KEAN, LARRY	WAUWATOSA, WI.	28	M	285	2:48:21
669	BEHRMANN, ANNT.	MADISON, WI.	30	F	11	2:42:53	781	NIELSEN, BARBARA J.	ROCKFORD, IL.	34	F	16	2:48:35
670	HAHN, MARY L.	ROSCOE, IL.	41	F	4	2:42:54	782	FISCHER, ROBERT C.	MONONA, WI.	43	M	71	2:48:36
671	HENDERSON, LARRY W.	MIDDLETON, WI.	26	M	254	2:42:59	783	MCCANN, DAVID G.	JANESVILLE, WI.	29	M	286	2:48:37
672	SAMOJLA, BRAD G.	MADISON, WI.	22	M	255	2:43:01	784	JOHNSON, DAVID A.	JANESVILLE, WI.	32	M	216	2:48:40
673	ANDERSON, BERNARD H.	MADISON, WI.	43	M	63	2:43:05	785	BAKER, PETER R.	JANESVILLE, WI.	34	M	217	2:48:41
674	COLEMAN, FORREST L.	WOODRUFF, WI.	39	M	94	2:43:10	786	DOLLAGHAN, CHRISTINE	MADISON, WI.	29	F	23	2:48:41
675	DOSCH, TOM L.	MADISON, WI.	30	M	185	2:43:11	787	CAMPBELL, CYBIL	PORTLAND, OR.	35	F	17	2:48:41
676	KIEFFER, JAMES B.	BARABOO, WI.	31	M	186	2:43:12	788	CAMPBELL, THOMAS F.	MADISON, WI.	21	M	287	2:48:43
677	BYLEEN, KARL E.	MILWAUKEE, WI.	32	M	187	2:43:14	789	RUBIN, ROBERT R.	GLENDALE, WI.	29	M	288	2:48:46
678	WECKERLY, RONALD R.	ROCKFORD, IL.	33	M	188	2:43:17	790	THOMPSON, MARY M.	MADISON, WI.	21	F	24	2:48:48
679	PHELPS, JAMES S.	ROCKFORD, IL.	35	M	95	2:43:17	791	TRUE, JOHN H.	OCONOMOWOC, WI.	39	M	115	2:48:56
680	MANDELKER, JACK R.	MILWAUKEE, WI.	53	M	18	2:43:23	792	WILLIAMS, KATHLEEN	MADISON, WI.	28	F	25	2:48:59
681	HOLLRITH, JOE F.	WEST BEND, WI.	47	M	25	2:43:24	793	DYE, ROBERT W.	MADISON, WI.	34	M	218	2:49:04
682	MCAUGHTON, GLENN D.	MADISON, WI.	37	M	96	2:43:25	794	POLLACK, MARK B.	MILWAUKEE, WI.	39	M	116	2:49:05
683	WILLIAMS, WILLIAM	JANESVILLE, WI.	35	M	97	2:43:34	795	WEISS, JOHN W.	MADISON, WI.	37	M	117	2:49:06
684	ALBERT, PETER H.	MADISON, WI.	34	M	189	2:43:38	796	MASTIN-KIEFABER, BURCE	DEFOREST, WI.	26	M	289	2:49:07
685	WALLOCK, JAMIL L.	MADISON, WI.	25	M	256	2:43:45	797	LITTEL, JOHN				290	2:49:09
686	BENKOVICH, JOHN A.	BELOIT, WI.	66	M	4	2:43:50	798	SIDRAN, BEN H.	MADISON, WI.	37	M	18	2:49:10
687	BENARDETTE, ARNOLD	MADISON, WI.	29	M	257	2:43:54	799	WILSON, HENRY M.	MADISON, WI.	33	M	219	2:49:13
688	THORSEN, THOMAS N.	RACINE, WI.	25	M	258	2:43:57	800	BLACKMAN, JON D.	STOUGHTON, WI.	39	M	119	2:49:16
689	BENESH, MICHAEL E.	WAUPACA, WI.	28	M	259	2:44:04	801	DEETS, MICHAEL J.	MINOCQUA, WI.	24	M	291	2:49:17
690	WACHHOLZ, JOHN L.	POYNETTE, WI.	43	M	64	2:44:05	802	AUSTIN, JOHN A.	JANESVILLE, WI.	35	M	120	2:49:21
691	FARNSWORTH, ERIC A.	MADISON, WI.	28	M	260	2:44:06	803	JOHNSON, JERRY F.	MADISON, WI.	40	M	72	2:49:23
692	WILCOX, JAMES W.	STOUGHTON, WI.	34	M	190	2:44:07	804	HANSEN, GEORGE B.	MADISON, WI.	33	M	220	2:49:25
693	FEIEREISEN, LEE E.	MADISON, WI.	39	M	98	2:44:14	805	BOWHAN, JACK S.	MADISON, WI.	29	M	292	2:49:26
694	CAIN, KATHLEEN A.	MADISON, WI.	34	F	12	2:44:19	806	KETTLER, RICHARD M.	LOS ANGELES, CA	24	M	293	2:49:27
695	RYAN, EDWARD D.	MADISON, WI.	32	M	191	2:44:20	807	SCHULTZ, ROSEMARY	MADISON, WI.	23	F	26	2:49:28
696	BETHKE, KARL J.	MADISON, WI.	34	M	192	2:44:21	808	PICKETT, SCOTT R.	MADISON, WI.	21	M	294	2:49:28
697	BAKKEN, RAY H.	MADISON, WI.	39	M	99	2:44:22	809	GUTH, JERRY W.	MONROE, WI.	29	M	295	2:49:42
698	BAKKEN, ROD M.	MCFARLAND, WI.	31	M	193	2:44:23	810	HOWE, THOMAS J.	MONROE, WI.	25	M	296	2:49:42
699	JOHNSON, REGGIE E.	OREGON, WI.	32	M	194	2:44:24	811	JONES, JOY A.	MADISON, WI.	31	F	18	2:49:46
700	SODERBLOOM, KATHLEEN	STOUGHTON, WI.	41	F	5	2:44:31	812	JONES, RICHARD P.	MADISON, WI.	32	M	221	2:49:47
701	MOLL, DICK	MADISON, WI.	45	M	26	2:44:35	813	GROBAN, LEANNE	MADISON, WI.	22	F	27	2:49:49
702	JANSEN, RON J.	MADISON, WI.	46	M	27	2:44:40	814	MILLER, PAUL	MADISON, WI.	21	M	297	2:49:50
703	HUMINSKY, JAMES P.	MENTOR, OH	34	M	195	2:44:58	815	WATKINS, JOSEPH C.	MADISON, WI.	28	M	298	2:49:51
704	LAWRENCE, JOHN V.	JANESVILLE, WI.	20	M	261	2:44:59	816	WILSON, KATHLEEN D.	LA CROSSE, WI.	28	F	28	2:49:52
705	BLUM, RAYMOND R.	MADISON, WI.	34	M	196	2:45:01	817	KANE, LARRY J.	COT GROVE, WI.	38	M	121	2:49:53
706	RUTLIN, THOMAS H.	MADISON, WI.	33	M	197	2:45:02	818	SHAW, ROBERT D.	MADISON, WI.	29	M	299	2:49:54
707	CARLSON, ROBERT P.	ROCKFORD, IL.	57	M	19	2:45:03	819	HERLEVICH, JOHN C.	MADISON, WI.	28	M	300	2:49:55
708	DIGGLES, JAMES E.	JANESVILLE, WI.	37	M	100	2:45:04	820	ELLIOTT, RICHARD L.	MADISON, WI.	31	M	212	2:49:57
709	BUEHLER, FRED M.	STEVENS PT., WI	44	M	65	2:45:05	821	ZUEHLKE, NEIL J.	MILWAUKEE, WI.	40	M	73	2:49:58
710	MONAGHAN, TERENCE E.	CHICAGO, IL.	37	M	101	2:45:08	822	KWIATKOWSKI, MIKE E.	MILWAUKEE, WI.	35	M	122	2:49:59
711	KNICKMEYER, WILLIAM W.	PR. DU SAC, WI.	27	M	262	2:45:11	823	WICKERSHAM, KEITH	MILWAUKEE, WI.	33	M	223	2:50:05
712	PPELLIGRINO, DALE A.	DOWNERS GR., IL	32	M	198	2:45:13	824	BARNETT, STEPHEN I.	SHOREWOOD, WI.	34	M	224	2:50:05
713	DUTILLY, HENRI J.	STOUGHTON, WI.	28	M	263	2:45:20	825	BERNHARDT, JO	MADISON, WI.	28	F	29	2:50:06
714	RUEBL, FRANK	FRANKLIN, WI.	62	M	5	2:45:21	826	FINKLER, JOHN A.	MADISON, WI.	30	M	225	2:50:08
715	MELDE, GREG	MADISON, WI.	30	M	199	2:45:27	827	LEDESMA, GREGORY	GREENFIELD, WI.	30	M	226	2:50:09
716	HARTWIG, TED	MADISON, WI.	35	M	102	2:45:28	828	KOHLSTEDT, JAMES A.	EVANSTON, IL.	31	M	227	2:50:10
717	JOHNSON, MARK	DULUTH, MN.	24	M	264	2:45:33	829	BEATTY, ALLAN E.	MADISON, WI.	30	M	228	2:50:16
718	BOWER, JOHN C.	FRESNO, CA.	42	M	66	2:45:35	830	UNIDENTIFIED				301	2:50:17
719	POLIZZI, NICHOLAS M.	BELOIT, WI.	20	M	265	2:45:37	831	ARMSTRONG, SUSAN J.	WAUKESHA, WI.	31	F	19	2:50:21
720	WILLIAMS, JOHN C.	MADISON, WI.	35	M	103	2:45:39	832	CASSIDY, PATRIC J.	PLOVER, WI.	43	M	74	2:50:22
721	WILSON, DAVID A.	MADISON, WI.	22	M	266	2:45:41	833	SEABERG, ERIC J.	MADISON, WI.	30	M	229	2:50:23
722	LILJEQUIST, ERIC R.	MADISON, WI.	34	M	200	2:45:42	834	UNIDENTIFIED				302	2:50:26
723	RYNES, MIKE J.	MPLS., MN.	31	M	201	2:45:47	835	MICKLE, DEAN G.	WALES, WI.	45	M	30	2:50:27
724	MCMANARA, MILTON				267	2:45:52	836	SAGGIO, MARK A.	MILWAUKEE, WI.	29	M	303	2:50:28
725	IVNIK, ROBERT J.	ROCHESTER, MN.	32	M	202	2:45:52	837	MALLOY, PATRICK K.	MADISON, WI.	30	M	230	2:50:31
726	CHELLEVOLD, ROGER D.	STOUGHTON, WI.	37	M	104	2:45:58	838	GEISTHARDT, ALAN C.	FOND DU LAC, WI.	26	M	304	2:50:32
727	GREIBER, ROBERT C.	STOUGHTON, WI.	29	M	268	2:45:59	839	DICKEY, WALTER J.	SAUK CITY, WI.	34	M	331	2:50:37
728	KING, HAROLD T.	MADISON, WI.	35	M	105	2:46:01	840	SOELL, ARTHUR G.	LACROSSE, WI.	33	M	232	2:50:44
729	BROPHY, JOHN L.	MILWAUKEE, WI.	42	M	67	2:46:03	841	KELLY, TOM M.	MILWAUKEE, WI.	30	M	233	2:51:03
730	WEBB, NORMAN L.	MADISON, WI.	37	M	106	2:46:03	842	RUEBL, MARK S.	MINOCQUA, WI.	28	M	305	2:51:12
731	SCHLEFF, DAVE	STILLWATER, MN.	27	M	269	2:46:06	843	MADISON, CYNTHIA L.	RICE LAKE, WI.	26	F	30	2:51:13
732	BURGESS, DAVID Z.	STILLWATER, MN.	28	M	270	2:46:15	844	BARRY, RICHARD F.	MADISON, WI.	46	M	31	2:51:14
733	BOSTROM, HERB H.	MADISON, WI.	36	M	107	2:46:18	845	SWAIN, ALBERT M.	VERONA, WI.	40	M	75	2:51:15
734	PETERSON, PHILIP	MIDDLETON, WI.	36	M	108	2:46:22	846	AIDRICH, EARL M.	MADISON, WI.	52	M	21	2:51:16
735	COHEN, ALLAN S.	MADISON, WI.	38	M	109	2:46:26	847	LUINA, BOB E.	ROCKFORD, IL.	40	M	76	2:51:17
736	WILLENBRING, JANE F.	ROCKFORD, IL.	23	F	20	2:46:27	848	METCALF, RUSSELL P.	WAUNAKEE, WI.	66	M	6	2:51:18
737	ZOLL, STEVE C.	CRYSTAL LK., IL	42	M	68	2:46:28	849	HAEGER, MATHEW L.	GREEN BAY, WI.	25	M	306	2:51:19
738	BROVSARD, LINDA L.	MADISON, WI.	31	F	13	2:46:32	850	HALL, JAMES R.	ELMHURST, IL.	50	M	22	2:51:20
739	CASEY, PETER J.	MADISON, WI.	31	M	203	2:46:33	851	ANGEL, RONALD J.	MADISON, WI.	33	M	234	2:51:21
740	JOHNSON, LAURENS S.	SAUK CITY, WI.	33	M	204	2:46:34	852	SWEET, JAMES A.	VERONA, WI.	40	M	77	2:51:22
741	SUPPLE JR., CHARLES M.	MADISON, WI.	25	M	271	2:46:35	853	GOLD, LINDA	WINNIPEG, MANIT	40	F	6	2:51:27
742	STEBBINS, CHARLIE L.	MADISON, WI.	31	M	205	2:46:35	854	SPERLING, ROBERT J.	JANESVILLE, WI.	31	M	235	2:51:29
743	BARAGA, RANDY L.	ELM GROVE, WI.	29	M	272	2:46:38	855	BRADLEY, BARBARA C.	MADISON, WI.	24	F	31	2:51:30
744	ROSS, JAMES I.	SPOONER, WI.	28	M	273	2:46:42	856	CONWAY, GEORGE W.	MILWAUKEE, WI.	33	M	236	2:51:36
745	NELSON, RUTHANN	MIDDLETON, WI.	32	F	14	2:46:43	857	WRIGHT, JANET M.	MADISON, WI.	32	F	20	2:51:39
746	KOHLER, MEL T.	DUBUQUE, IA.	31	M	206	2:46:44	858	MUSICKI, ZORAN S.	MADISON, WI.	26	M	307	2:51:42
747	NORCROSS, BRADS.	MADISON, WI.	28	M	274	2:46:48	859	ERICKSON, ALICE M.	MADISON, WI.	28	F	32	2:51:46
748	DOSCH, BILL H.	MADISON, WI.	25	M	275	2:46:51	860	KOBINSKY, BRIAN G.	MIDDLETON, WI.	36	M	123	2:51:49
749	SHEA, GREG				276	2:46:54	861	WEATHERLY, JIM E.	MILWAUKEE, WI.	31	M	237	2:51:52
750	PLANTZ, JEFF	MADISON, WI.	29	M	277	2:46:54	862	SCHWEOGLER, STEVEN J.	MADISON, WI.	28	M	308	2:51:57
751	PHILLIPS, JOEL K.	MADISON, WI.	33	M	207	2:46:55	863	GREEN, BOB	WAUSAU, WI.	53	M	23	2:52:01
752	SANBORN, STEPHEN M.	STOUGHTON, WI.	29	M	278	2:47:13	864	SHEAHAN, PATRICK R.	MADISON, WI.	31	M	238	2:52:04
753	SEIFERT, TOM P.	LAKE MILLS, WI.	32	M	208	2:47:16	865	WEBBER, RAY B.	MADISON, WI.	27	M	309	2:52:05
754	BEASTER, MICKY S.	STOUGHTON, WI.	26	M	279	2:47:19	866	NELMAN, LARRY J.	MILWAUKEE, WI.	30	M	239	2:52:06
755	UNIDENTIFIED				280	2:47:20	867	DOMBROWSKI, WALTER C.	MILWAUKEE, WI.	31			

Homemade flavor is

By Jim Armstrong
State Journal sports reporter

Ed Hutchins' recipe for a good time on a Saturday morning in May:

First, you take 30,000 cups of water, add a little electrolyte solution (body-salt replacement), then add a 720-pound pinch of bananas, a 500-pound dash of apples, oh, about 5,000 cups of soda and, for good measure, throw in 105 gallons of apple cider. Then, if that doesn't make 'em happy, toss in a T-shirt. Everybody likes T-shirts.

All that is what's in store for the nearly 1,400 runners who are expected to finish this morning's ninth annual 20-mile Syttende Mai

road race from the Capitol Square to Stoughton's Mandt Park. The race begins at 8 a.m.

It is a race that has taken giant strides of improvement both in quality and quantity of runners since its inaugural in 1973, when 75 of the 80 runners entered finished the race, including not a single woman.

Today, the race represents, according to Hutchins, one of the race's co-directors, "a chance for a lot of people to come out and run a good race against good competition, yet still have a good time. There's a lot of competition, but it's still a lot of fun for people.

"People take it serious. There are a lot of good times. It just shows how much preparation some of these people put into it. They

want to see how well

themselves. They want to According to Hutchins, the unofficial Syttende Mai (17th of May) celebration commemorates the signing of the United States Constitution.

"It has become the celebration than he said. "The town has a lot of competition to have to, or we could

The community is what is quickly becoming the finest road race in the World magazine list.



DAVID SANDELL/The Capital Times

Forrest Coleman helps Herb Bostrom get ready for the run.

Reprinted with permission

Antczak rec

By Jim Armstrong
State Journal sports reporter

STOUGHTON — Tom Antczak, sweat racing down his face, slumped to the ground in the cool shade of a tree near the finish line of Saturday's ninth annual 20-mile Syttende Mai Run and drank a cold cup of apple cider. A little while later, after the rest of the pack had started to filter in, he could be found nibbling a banana while milling around the other finishers.

A sip of apple and a bite of banana. The fruits of Antczak's labors, if you will.

Those labors earned the 30-year-old La Crosse sporting goods dealer first place in the men's open division in a Syttende Mai record time of 1 hour, 42 minutes, 20 seconds — 33 seconds ahead of Madison's Joe Kreutz and more than two minutes ahead of third-place finisher Paul Rather of Rochester, Minn.

Lorraine Moller, a 25-year-old native of New Zealand now living in Minneapolis, finished 55th overall and won her third straight Syttende Mai women's open title in 2:00.44, down considerably from last year when she placed 19th overall in 1:55.36. Mary Bange of La Crosse was second among the women in 2:08.19, followed closely by Dee Ann Dougherty of Rochester, Minn., in 2:08.25

and Maryb

Let's see three straight satisfied? H

"It wasn't had held the 1978. "I felt some reason awhile but

"I was always running er) caught I'm glad the much when pace yours

"After the minute pace But he (Kreuz miles, we v

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The who Moller, who minutes. He

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Syttende Mai's secret

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ace as one of the top

100 in the country, ahead of, among others, the annual America’s Marathon (formerly the Mayor Daley Marathon) in Chicago.

This year, well known masters competitor Hal Higdon is said to be doing an article on the race for the Runner magazine. Last year, Higdon won the 45-49 division in a time of 1 hour, 54 minutes, 27 seconds, finishing 16th overall.

Mark Glessner, a 21-year-old native of Monroe, will be back to defend the open men’s title he won last year in 1:46.19, while Lorraine Moller, a 24-year-old native of New Zealand who now lives in Minneapolis, will return to defend her women’s open title that she captured in 1:55.36. Moller was 19th overall.

Other top Wisconsin runners expected to

compete include Tom Antczak, who holds the Syttende Mai course record of 1:42.48, Pete Chandler, Joe Hanson, John Stintzi and Kim Merritt.

Hutchins, co-director Dwayne Berg and their aides were so swamped with requests for registration cards that they had to cut off registration recently. (There was to be no day-of-the-race registration this morning, according to Hutchins.) To what does the race owe its continually increasing popularity?

“Madison is a very run-oriented city,” said Hutchins. “Everybody gets behind all sports. It all kind of comes over from the UW. There are a lot of runners around . . . so it should make for another good race.”

Wisconsin State Journal

ords fruitful run

encer of Madison in 2:08.36.
s a race record for Antczak and
ories for Moller. But were they
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al good race,” said Antczak, who
ious race record of 1:42.48 set in
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relaxed and ran an even race.
rom the quarter-mile mark on. I
lone until they (Kreutz and Rath-
the seven- or eight-mile mark.
You don’t have to concentrate as
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ought me, we ran a sub-five-
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kept pushing me. From 10 to 14
really pushing each other.
the 16th mile, I figured I’d better
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I don’t have a lot of confidence in
I really pushed it the last few
two miles were long.”
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her time drop more than five
lanation?
as these days,” she said softly. “I

felt tired out there. I just wasn’t happy with the way I was running.

“I wanted to stop quite a few times, but something stops you from doing it. I tried to think up good excuses to stop. Maybe if I would have come up with a good enough one, I would have. But I didn’t.”

It may have been one of those days for Moller, but there was another reason she fell from 19th to 55th overall, a reason she was quick to point out.

“The competition was much better,” she said. “This race is really coming on in prestige and quality. I like it a lot. It has a nice country flavor to it. It’s a real fun race to run.”

Several Madison runners in the 1,400-plus field also fared well in the race. Among the men, Dave Peterson won the 40-44 division in 1:59.25, while Tom McCarthy finished second in the 50-59 division in 2:14.01. Charles Possin was second in the men’s 30-34 division in 1:55.30, with Sam Williams second in the 35-39 group in 1:54.11.

Among the women, Mary Supple of Madison captured the women’s 30-39 title in 2:15.05, with Susan Peters, also of Madison, third in 2:25.11. A Monona native, Bev Lampe, won the women’s 40-

plus title in 2:32.54.

Meanwhile, on the other end of the spectrum was 38-year-old Jack Schairer of Madison. After a large chunk of the crowd of runners had long since dispersed, Schairer came whipping across the finish line to stake his claim to 1,267th place. His time was officially noted as 4 hours-plus.

“We have an old saying in running,” Schairer was heard to say while still out on the track. “The race isn’t over until the fat man finishes.”

RESULTS

Men’s open: 1, Tom Antczak, La Crosse, 1:42.20; 2, Joe Kreutz, Madison, 1:42.53; 3, Paul Rafter, Rochester, Minn., 1:44.27; 4, Raymond Hintz, Madison, 1:44.59; 5, John Fox, Rochester, Minn., 1:45.35; 6, John Stintzi, Madison, 1:46.13; 7, John Vodacek, New Auburn, 1:47.11; 8, Mike Phesing, La Crosse, 1:48.35; 9, Bill Wilkey, Madison, 1:48.37; 10, Don Fass, Oshkosh, 1:50.

11, Pete Chandler, Madison, 1:50.36; 12, Dan Rindffelsch, Madison, 1:50.55; 13, Phil Jenni, St. Paul, Minn., 1:51.18; 14, Jim Stevens, Madison, 1:51.21; 15, Dave Elger, Stevens Point, 1:51.22; 16, Bill Van Den Brandt, Appleton, 1:52.05; 17, Todd Herbert, Glendale, 1:52.40; 18, Bruce Mortenson, Rochester, Minn., 1:52.50; 19, Mike Liewen, Madison, 1:53.12; 20, Jeff Demathew, Racine, 1:53.39.

Men’s 30-34: 1, John Fox, Rochester, Minn., 1:45.35; 2, Charles Possin, Madison, 1:55.30; 3, Doug Riske, Athens, 1:56.18; 4, Sid Auerbach, Madison, 1:57.43; 5, Mike Jacobs, Madison, 1:59.19. Men’s 35-39: 1, Bruce Mortenson, Rochester, Minn., 1:52.50; 2, Sam Williams, Madison, 1:54.11; 3, Dave McJunkin, Morris, 1:58.11. Men’s 40-44: 1, Dave Peterson, Madison, 1:59.25; 2, Dick Waltz, Milwaukee, 1:59.51; 3, Ron Daws, Minneapolis, 2:00.37.

Men’s 45-49: 1, Hal Higdon, Michigan City, Ind., 1:56.37; 2, Ron Kastraski, Prairie du Sac, 2:08.17; 3, Jack Moran, Minneapolis, 2:12.15. Men’s 50-59: 1, A) Treichel, Milwaukee, 2:08.02; 2, Tom McCarthy, Madison, 2:14.01. Men’s 60-plus: 1, Arnold Johnson, Rockford, 2:26; 2, Lou Presz, Paynette, 2:29. Top Stoughton men’s finisher: Ken Kiss, 2:00.19.

Women’s open: 1, Lorraine Moller, Minneapolis, 2:00.44; 2, Mary Bange, La Crosse, 2:08.19; 3, Dee Ann Dougherty, Rochester, Minn., 2:08.25; 4, Marybeth Spencer, Madison, 2:08.36. Women’s 30-39: 1, Mary Supple, Madison, 2:15.05; 2, Eileen Kimsey, Des Moines, Iowa, 2:22.26; 3, Susan Peters, Madison, 2:25.11. Women’s 40-plus: 1, Bev Lampe, Monona, 2:32.54; 2, Sheila Simkin, Wheeling, Ill., 2:39.23; 3, Sally Bastings, Janesville, 2:41.46. Top Stoughton women’s finisher: 1, Kathy Soderbloom.

Turn to Page 3, Col. 1

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME
881	LEHMANN, RICHARD A.	MIDDLETON, WI.	40	M	78	2:52.46	993	DEL WORTH, THOMAS L.	MADISON, WI.	23	M	341	3:00:40
882	CRITTENDEN, MARI D.	JANESVILLE, WI.	27	F	31	2:52.53	994	SINGER, LAWRENCE W.	MADISON, WI.	29	M	342	3:00:44
883	ISOM, EILEEN M.	MADISON, WI.	29	F	34	2:52.55	995	CEMBROWSKI, GEORGE S.	MADISON, WI.	31	M	263	3:00:46
884	JOHNSON, GREG B.	OREGON, WI.	29	M	315	2:52.55	996	KING, RICHARD T.	CHICAGO, IL.	60	M	7	3:00:47
885	MANICORD, SCOTT D.	MADISON, WI.	22	M	116	2:53:00	997	ELDER, DICK H.	MADISON, WI.	35	M	141	3:01:03
886	LEUPOLD, JOHN W.	MEQUON, WI.	34	M	246	2:53:03	998	HAFEMAN, ALLANG.	MADISON, WI.	27	M	142	3:01:04
887	MCCABE, EILEEN	WHTFSH BAY, WI.	22	F	35	2:53:08	999	HEIRING, JIM A.	KENOSHA, WI.	25	M	343	3:01:05
888	UNIDENTIFIED				317	2:53:09	1000	DENNIS, JIM	MADISON, WI.	47	M	34	3:01:08
889	HENDRICKS, CRAIG A.	FLORISSANT, MO.	20	M	318	2:53:10	1001	FERGUSON, SCOTT J.	MADISON, WI.	28	M	344	3:01:11
890	EYSTER, JOHN W.	EDGERTON, WI.	40	M	19	2:53:12	1002	GINGERY, ROBBEN R.	MADISON, WI.	30	M	264	3:01:12
891	KASMIKIE, RICARDO R.	CHICAGO, IL.	25	M	319	2:53:13	1003	WEGNER, FRITZ H.	MADISON, WI.	31	M	265	3:01:14
892	MACK, BEVERLY B.	MADISON, WI.	29	F	36	2:53:14	1004	FAGAN, JAMES C.	MADISON, WI.	25	M	345	3:01:18
893	UNIDENTIFIED				320	2:53:15	1005	LARSON, JERRY L.	MADISON, WI.	46	M	35	3:01:20
894	TRAFONT, DAIN A.	ROCKFORD, IL.	42	M	80	2:53:26	1006	OTTERBACK, DAVID L.	MADISON, WI.	26	M	346	3:01:21
895	WOODWARD, THOMAS B.	MADISON, WI.	43	M	81	2:53:30	1007	HENSON, CHRISTOPHER	MADISON, WI.	21	M	347	3:01:24
896	HANSON, RODNEY L.	VERONA, WI.	31	M	247	2:53:31	1008	BRONK, DWAYNE	MIDDLETON, WI.	27	M	348	3:01:25
897	KRAUS, BRUCE A.	COLUMBUS, WI.	32	M	248	2:53:36	1009	MUNSON, DONNA J.	ROCKFORD, IL.	33	F	32	3:01:26
898	KEHN, CRAIG	MADISON, WI.	15	M	321	2:53:38	1010	OLSON, MARY	MADISON, WI.	22	F	51	3:01:27
899	MEYER, PATRICK J.	JANESVILLE, WI.	31	M	249	2:53:45	1011	KARLS, JOHN R.	MONROE, WI.	16	F	349	3:01:28
900	CARLSON, JAMES S.	MADISON, WI.	51	M	25	2:53:46	1012	SPURLING, JOYCE F.	ROCKFORD, IL.	30	F	33	3:01:38
901	TERRILL, ROBERT E.	MADISON, WI.	38	M	124	2:53:52	1013	CATES, RICHARD L.	MADISON, WI.	29	M	350	3:01:45
902	VERHEYEN, BRIAN J.	RACINE, WI.	38	M	125	2:53:58	1014	KROFT, HEROME R.	JANESVILLE, WI.	27	M	351	3:01:51
903	WENDELBERGER, JAMES G.	MADISON, WI.	28	M	322	2:54:01	1015	TROUDN, MARY F.	ROCKFORD, IL.	15	F	52	3:01:57
904	DAVIS, GARY A.	CROSS PLNS, WI.	42	M	82	2:54:09	1016	GILL, DIANE H.	IOWA CITY, IA.	32	F	34	3:01:59
905	SHEFFEL, DAVID N.	MADISON, WI.	28	M	323	2:54:10	1017	BUDD, JOHN E.	LODI, WI.	38	M	143	3:02:07
906	BENSKY, LAWRENCE	MADISON, WI.	34	M	250	2:54:10	1018	LIEGEL, CAROL A.	MADISON, WI.	28	F	53	3:02:12
907	KLEMM, CINDY L.	WALSAU, WI.	29	F	37	2:54:20	1019	MCDONALD, MICHAEL	MADISON, WI.	33	M	266	3:02:25
908	KLEMM, FRED A.	WALSAU, WI.	35	M	126	2:54:20	1020	MATHEWS, PETER T.	MADISON, WI.	26	M	352	3:02:28
909	JOHNSRUD, MARK L.	MADISON, WI.	22	M	324	2:54:21	1021	RATHER, ANNEM.	SHOREWOOD, WI.	25	F	54	3:02:33
910	OLSON, ERIK A.	RACINE, WI.	31	M	251	2:54:22	1022	WALL, ANNEM.	MILWAUKEE, WI.	34	M	267	3:02:33
911	GRODIN, JAMES S.	MEQUON, WI.	35	M	127	2:54:26	1023	KNICKMEYER, JAMES F.	MADISON, WI.	29	M	353	3:02:34
912	ESSEX, JOANIE B.	MILWAUKEE, WI.	27	F	38	2:54:42	1024	SECTER, RUSS	MADISON, WI.	25	M	354	3:02:40
913	RAEMISCH, RICHARD F.	MCFARLAND, WI.	28	M	325	2:54:48	1025	HANAN, JEFF D.	MADISON, WI.	27	M	355	3:02:40
914	TAUGNER, WILLIAM J.	STEVENS PT, WI.	41	M	83	2:54:49	1026	KRUGER, RANDY L.	MADISON, WI.	27	M	356	3:02:46
915	MATHISON, BARBARA J.	LACROSSE, WI.	26	F	39	2:54:50	1027	FINKELSTEIN, ANN	MADISON, WI.	23	F	55	3:02:48
916	MATESA, JOSEPH	RACINE, WI.	30	M	252	2:54:51	1028	CZEREPIK, DAVID A.	MADISON, WI.	35	M	144	3:02:49
917	DICKMAN, BARBARA E.	ROCKFORD, IL.	39	F	27	2:54:52	1029	KAMINSKI, WILLIAM A.	MADISON, WI.	36	M	145	3:02:50
918	DIDIER, PAUL F.	MADISON, WI.	44	M	84	2:54:53	1030	KOEPPE, PAUL F.	CROSS PLAIN, WI	31	M	268	3:02:51
919	LEITNER, MICHAEL C.	ROCKTON, IL.	26	M	326	2:54:57	1031	ATZEN, WILLIAM M.	MONONA, WI.	38	M	146	3:02:54
920	MORRILL, WILLIAM J.	COT GROVE, WI.	30	M	253	2:55:12	1032	BREKKE, KATHY G.	STOUGHTON, WI.	40	F	9	3:03:12
921	RADTKE, RICHARD C.	MADISON, WI.	43	M	85	2:55:17	1033	TAYLOR, PETER A.	MADISON, WI.	25	M	357	3:03:12
922	LUNNEY, WILLIAM G.	MADISON, WI.	39	M	128	2:55:24	1034	BROWN, TERRI J.	MILWAUKEE, WI.	25	F	56	3:03:15
923	CURRAN, MARIE M.	ROCKFORD, IL.	39	F	23	2:55:28	1035	POIS, ALLEN	MADISON, WI.	49	M	36	3:03:22
924	BRATBERG, JAY S.	HOLMEN, WI.	27	M	327	2:55:32	1036	NORDIN, KENNETH D.	MADISON, WI.	43	M	97	3:03:34
925	GILBERT, JAMES B.	MADISON, WI.	59	M	26	2:55:37	1037	DEWITT, MIKE F.	KENOSHA, WI.	30	M	269	3:03:41
926	TUCKER, RICHARD J.	MEMONONIE, WI	26	M	328	2:55:38	1038	LOESCH-FRIES, ROBERT	STOUGHTON, WI.	29	M	358	3:03:42
927	NEWEL, JOHN F.	MADISON, WI.	38	M	129	2:55:39	1039	PISCHKE, JOE J.	GREENDALE, WI.	35	M	147	3:03:50
928	MC WILLIAMS, SCOTT				329	2:55:40	1040	SCANNELL, ELIZABETH	MADISON, WI.	31	F	35	3:04:01
929	SMITH, ROSEMARY W.	MADISON, WI.	35	F	24	2:55:41	1041	FRASER, ERNEST J.	GERMANTOWN, WI.	39	M	148	3:04:02
930	MANN, CHARLES H.	MADISON, WI.	39	M	130	2:55:46	1042	BLACK, LEONARD F.	MADISON, WI.	32	M	270	3:04:03
931	BALIO, TINO T.	MADISON, WI.	43	M	86	2:55:49	1043	ANDERSON, DOUG S.	BELOIT, WI.	26	M	359	3:04:30
932	PEEBLES, BARRY	MADISON, WI.	42	M	87	2:55:56	1044	MCNALL, MIKE R.	JANESVILLE, WI.	39	M	149	3:04:31
933	DERRY, MICHAEL D.	ROCKFORD, IL.	37	M	131	2:55:58	1045	WENTWORTH, GARY W.	JANESVILLE, WI.	35	M	150	3:04:40
934	ANDERSON, JACK C.	APPLETON, WI.	27	M	330	2:56:05	1046	BASQUE, JAMES F.	MADISON, WI.	28	M	360	3:04:41
935	EYHERABIDE, ALICIA K.	MADISON, WI.	28	F	40	2:56:08	1047	EDWARDS, BILL	MEASHA, WI.	37	M	151	3:04:42
936	CHANDLER, MARK C.	MADISON, WI.	25	M	331	2:56:11	1048	STEWART, DAVID P.	MADISON, WI.	32	M	271	3:04:44
937	PETERS, CHERYL C.	BELOIT, WI.	32	F	25	2:56:12	1049	BAILEY, MELDINA M.	ORFORDVILLE, WI	38	F	36	3:05:08
938	GRIESBACH, SUSAN L.	EVANSTON, IL.	23	F	41	2:56:12	1050	HAUDA, BILL E.	MADISON, WI.	15	M	361	3:05:18
939	SCHMIT, DONNA M.	STOUGHTON, WI.	19	F	42	2:56:26	1051	HAUDA, WILLIAM E.	MADISON, WI.	40	M	98	3:05:19
940	HANDEL, CHARLOTTE A.	COT GROVE, WI.	13	F	26	2:56:27	1052	SCHUMACHER, MICHAEL R.	BELOIT, WI.	31	M	272	3:05:20
941	KOCH, GARY H.	PRUD'CHIEN WI	30	M	24	2:56:30	1053	VAN DE BOGART, JAMES	BELOIT, WI.	29	M	362	3:05:25
942	DECKER, WILLIAM J.	BELOIT, WI.	44	M	88	2:56:35	1054	DICKENS, ROD C.	CRYSTAL LK., IL.	31	M	273	3:05:29
943	RODE, LYLE M.	MADISON, WI.	26	M	332	2:56:41	1055	NORCROSS, NANCY J.	MADISON, WI.	28	F	57	3:05:33
944	YONASH, VICTOR L.	MADISON, WI.	30	M	255	2:56:40	1056	COLBY, PATRICK J.	NEENAH, WI.	33	M	274	3:05:39
945	CRAIG, BURCE A.	MADISON, WI.	43	M	89	2:56:52	1057	MCNAMARA, DON B.	OSHKOSH, WI.	25	M	363	3:05:48
946	CRAIG, ANDREW L.	MADISON, WI.	38	F	27	2:56:52	1058	DIJAK, KIKI M.	MADISON, WI.	24	F	58	3:05:50
947	WACKER, JOSEPH W.	MILWAUKEE, WI.	35	M	132	2:56:52	1059	GREEN, IRAN	WALSAU, WI.	50	F	10	3:05:50
948	LEVINE, EUGENE A.	CHICAGO, IL.	46	M	33	2:56:53	1060	WENCHEL, JUDY S.	MADISON, WI.	50	F	11	3:05:56
949	DEBRAENE, THOMAS J.	LAKE FOREST, IL.	29	M	333	2:56:55	1061	WENCHEL, TOM W.	MADISON, WI.	27	M	364	3:06:01
950	NELSON, JANE E.	MADISON, WI.	21	F	43	2:57:01	1062	KUEHNE, MARTHA J.	MILTON, WI.	29	F	59	3:06:05
951	VERHEYEN, CYNTHIA S.	RACINE, WI.	27	F	44	2:57:02	1063	CLARK, CHARLES E.	WM. BAY, WI.	52	M	27	3:06:06
952	SYPHARD, RONALD J.	OREGON, WI.	41	M	90	2:57:17	1064	FRASER, KARIN W.	ELKHORN, WI.	26	F	60	3:06:08
953	THORSTAD, RONALD, C.	MADISON, WI.	43	M	91	2:57:37	1065	ATWOOD, CAROLE A.	LAKE GENEVA, WI	34	F	37	3:06:16
954	FLUETTE, JOHN F.	MADISON, WI.	40	M	92	2:57:38	1066	HANSON, MICHAEL J.	MADISON, WI.	40	M	99	3:06:20
955	UTERMOER, SUSAN M.	DECORAH, IA.	24	F	45	2:57:39	1067	BLACK, JOHN M.	MADISON, WI.	61	M	8	3:06:34
956	MILBURN, SUZANNE	LACROSSE, WI.	25	F	46	2:57:46	1068	RICHIE, JOHN P.	MADISON, WI.	25	M	365	3:06:37
957	BRANLIN, WILLIAM	MADISON, WI.	27	M	334	2:57:50	1069	WINEK, THOMAS G.	MADISON, WI.	26	M	366	3:06:37
958	NEELAN, SUSAN A.	ROCKFORD, IL.	24	F	47	2:57:51	1070	WAGNER, JIM M.	MIDDLETON, WI.	32	M	275	3:06:38
959	BAZARD, GERALD G.	PAINESVILLE, OH	31	M	256	2:57:53	1071	FREITAC, TOM A.	MADISON, WI.	33	M	276	3:06:38
960	COOPER, SCOTT W.	MADISON, WI.	26	M	335	2:57:54	1072	GANONG, CALVIN L.	MADISON, WI.	29	M	367	3:06:39
961	LEHTO, GEORGE L.	GILBERT, WI.	38	M	133	2:58:08	1073	LEE, ROBERT E.	MADISON, WI.	33	M	277	3:06:41
962	NAGLE, BRUCE K.	JANESVILLE, WI.	38	M	134	2:58:11	1074	HERMAN, BRENDA B.	WALSAU, WI.	41	F	12	3:06:42
963	MARTIN, BRUCE J.	WALWATOSA, WI.	25	M	336	2:58:21	1075	SEMANAS, JEFF M.	CR. PLAINS, WI.	30	M	278	3:06:57
964	PINKERTON, MARY A.	MADISON, WI.	35	F	28	2:58:22	1076	POFF, TIMOTHY E.	MADISON, WI.	20	M	368	3:07:03
965	HERVIG, KNUZ	MADISON, WI.	35	M	135	2:58:23	1077	LEVINSON, AMY	TERR HAUTE, IN	21	F	61	3:07:19
966	DOMINGUEZ, ROBERT	MADISON, WI.	29	M	337	2:58:29	1078	BRANDT, STEPHEN R.	BEAVER DAM, WI.	30	M	279	3:07:19
967	BACKUS, DOUG A.	MONONA, WI.	38	M	136	2:58:33	1079	LAPOINTE, PAUL R.	MADISON, WI.	29	M	369	3:07:33
968	SCHULZ, WILLIAM A.	MADISON, WI.	36	M	137	2:58:38	1080	CHAMBERLAIN, SUSAN L.	ROSCOE, IL.	36	F	38	3:07:34
969	JOHNSON, JAKE W.	OCONOMOWOC, WI	41	M	93	2:58:39	1081	REDMOND, HELEN P.	BELOIT, WI.	32	F	62	3:07:34
970	YOCUM, DAVID E.	MADISON, WI.	32	M	257	2:58:41	1082	SPERLING, WILLIAM H.	ELK GROVE, IL.	30	M	280	3:07:34
971	WILCOX, SAMUEL S.	EDGERTON, WI.	32	M	258	2:58:42	1083	MOEN, TOM A.	MADISON, WI.	30	M	281	3:07:55
972	WILKINSON, CAROL A.	MADISON, WI.	31	F	29	2:58:57	1084	CURRAN, DENNIS E.	CHEYENNE, WY.	36	M	152	3:07:55
973	WOOD, ROBERT T.	STOUGHTON, WI.	42	M	94	2:58:59	1085	SULLIVAN, THOMAS M.	MONONA, WI.	23	M	370	3:08:02
974	BUTSIC, WILLIAM J.	MEMONONIE, WI.	29	M	338	2:59:03	1086	JOHNSON, CYNDI J.	OCONOMOWOC, WI.	30	F	39	3:08:03
975	SCHMIDT, BRIAN D.	JEFFERSON, WI.	24	M	339	2:59:05	1087	WILSON, DON W.	MADISON, WI.	38	M	153	3:08:06
976	SNELLING, RICHARD J.	MARSHFIELD, WI.	34	M	259	2:59:06	1088	HERMAN, STEPHEN J.	WALSAU, WI.				

FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME	FINISH ORDER	NAME	FROM	AGE	SEX	GROUP PLACE	TIME
1105	MADDEN, LINDA A.	FON DU LAC, WI.	32	F	40	3:09:58	1184	SCHUEERMANN, STEVEN P.	WOODRUFF, WI.	35	M	163	3:23:51
1106	ZUBRENSKY, LEONARDS.	MILWAUKEE, WI.	39	M	28	3:10:12	1185	HARTING, JOHN K.	MADISON, WI.	39	M	164	3:24:05
1107	BLENNING, BRUCE R.	MILWAUKEE, WI.	33	M	284	3:10:15	1186	BETZ, THOMAS	GLENDALE, WI.	30	M	298	3:24:06
1108	NELSON, DENNIS S.	EVANSVILLE, WI.	29	M	375	3:10:32	1187	RAUFMAN, JACK B.	JANESVILLE, WI.	45	M	40	3:24:09
1109	FROELICH, RALPH D.	MADISON, WI.	44	M	103	3:10:39	1188	WISNEFSKI, PAUL J.	MADISON, WI.	26	M	393	3:24:41
1110	HERMUNDSTAD, ORINA.	STOUGHTON, WI.	52	M	29	3:10:40	1189	EISELE, JACK F.	JANESVILLE, WI.	34	M	299	3:24:44
1111	HANSEN, JOSEPH A.	STOUGHTON, WI.	55	M	30	3:10:50	1190	HOMEWOOD, STEVEN K.	ROCKFORD, IL.	33	M	300	3:24:50
1112	RAWLING, THOMAS J.	MADISON, WI.	38	M	157	3:10:51	1191	FINET, RANDALL S.	MADISON, WI.	30	M	301	3:25:02
1113	WASHA, JIM L.	MADISON, WI.	28	M	376	3:10:54	1192	BOHL, KENNETH P.	MADISON, WI.	21	M	394	3:25:30
1114	UNIDENTIFIED				377	3:10:57	1193	DUMPHY, THOMAS A.	MADISON, WI.	33	M	302	3:26:13
1115	WILDER, RICHARD H.	MADISON, WI.	56	M	31	3:10:57	1194	WYNGAARD, MICHAEL J.	MADISON, WI.	43	M	108	3:26:15
1116	MISHLOVE, MICHAEL	MADISON, WI.	23	M	378	3:11:39	1195	HAGGE, ELAINE M.	POTOSI, WI.	31	F	52	3:26:33
1117	KLYVE WOOD, CHARMIAN	MADISON, WI.	31	F	41	3:11:50	1196	HOUDEN, CHRIS	MADISON, WI.	23	M	395	3:26:37
1118	MCCAMBRIDGE, ANNE M.	MADISON, WI.	34	M	285	3:11:50	1197	LEDROWSKI, DAVE M.	EAGLE, WI.	16	M	396	3:26:37
1119	SMITH, KENNETH A.	MADISON, WI.	26	M	379	3:12:03	1198	ROUSE, MARY	MADISON, WI.	36	F	53	3:27:11
1120	POHLE, ROBERT W.	MADISON, WI.	49	M	37	3:12:23	1199	KLEES, JEFF		N	397	3:27:13	
1121	WATERHOUSE, BLAKE E.	MADISON, WI.	44	M	104	3:12:25	1200	HARTMANN, HENRIK A. L.	MADISON, WI.	61	M	10	3:27:25
1122	JACKSON, HARTLEY J.	MADISON, WI.	51	M	32	3:12:36	1201	HARRIS, GORDON	MADISON, WI.	28	M	398	3:27:34
1123	GURTHIE, LOUIS	MADISON, WI.	42	M	105	3:12:47	1202	MOLYNEUX, SUSAN E.	ROCKFORD, IL.	40	F	15	3:27:36
1124	WEIR, DONALD G.	MADISON, WI.	36	M	158	3:13:12	1203	GOLDSBY, JANICE F.	MADISON, WI.	21	F	80	3:27:36
1125	KOENIG, JAMES C.	SUN PRAIRIE, WI.	45	M	38	3:13:19	1204	KOLBERG, JANE A.	MADISON, WI.	28	F	81	3:27:52
1126	DOWNING, JOY R.	MADISON, WI.	32	F	42	3:13:34	1205	AHLQUIST, NANCY J.	MADISON, WI.	26	F	82	3:28:06
1127	BIENEMAN, CANDACE A.	MADISON, WI.	27	F	67	3:13:48	1206	FINET, CHRISTINA L.	MADISON, WI.	30	F	54	3:28:43
1128	BELL, COLLEEN S.	MADISON, WI.	27	F	68	3:13:49	1207	BAUMAN, WALTER R.	MIDDLETON, WI.	54	M	34	3:28:43
1129	BASS, VICKI L.	STITZER, WI.	30	F	43	3:14:00	1208	GUSTAFSON, LORI L.	MADISON, WI.	17	F	83	3:28:53
1130	WHITE, ROBERT J.	MADISON, WI.	34	M	286	3:14:07	1209	WILLIAMS, BECKY M.	MADISON, WI.	16	F	84	3:29:35
1131	MCCREARY, RONALD L.	CLEVELAND, OH.	30	M	287	3:14:13	1210	MAERZ, KAREN A.	MADISON, WI.	35	F	55	3:30:02
1132	RUTECKI, BARBARA M.	MADISON, WI.	26	F	69	3:14:24	1211	BOTT, KAREN L.	WEST ALLIS, WI.	29	F	85	3:30:41
1133	REED, JONG	MILWAUKEE, WI.	29	M	380	3:14:32	1212	SILBERNAGEL, KAREN K.	VERONA, WI.	27	F	86	3:31:17
1134	JOHNSON, ROY C.	WAUNAKEE, WI.	44	M	106	3:14:39	1213	NOMMENSEN, BONNIE J.	ELKHORN, WI.	28	F	87	3:31:22
1135	BARTON, BARBARA A.	MADISON, WI.	26	F	70	3:14:55	1214	BENSON, PERRY M.	MADISON, WI.	32	M	303	3:31:23
1136	RUEGSEGGER, GARY J.	MADISON, WI.	26	M	381	3:14:56	1215	REYNOLDS, DENNIS J.	MADISON, WI.	24	M	399	3:32:04
1137	L'YON, MARYLEE	SAUK CITY, WI.	32	F	44	3:15:34	1216	WEIRATH, THOMAS J.	MADISON, WI.	38	M	165	3:32:18
1138	JACOBSON, ERIC D.	STOUGHTON, WI.	9	M	382	3:15:48	1217	MIDDLETON, JUDY A.	MADISON, WI.	45	F	16	3:32:27
1139	JACOBSON, MILFORD E.	WH. FISH BAY WI.	61	M	9	3:15:57	1218	RAWSON, JAMES D.	MADISON, WI.	34	M	304	3:32:29
1140	EDWARDS, MARY S.	MENASHA, WI.	37	F	45	3:15:57	1219	SCHWARZ, DANIEL F.	MADISON, WI.	29	M	400	3:32:40
1141	RALSTON, RICHARD D.	MADISON, WI.	43	M	107	3:16:32	1220	FILIPCZAK, DEE	BAYFIELD, WI.	40	F	17	3:32:59
1142	FRAZIER, BUDD M.	MADISON, WI.	27	M	383	3:16:35	1221	BANWARTH, FRANCINE	DUBUQUE, IA.	33	F	56	3:33:10
1143	BURLEIGH, KEITH R.	VERONA, WI.	34	M	288	3:16:44	1222	UNIDENTIFIED		M	401	3:33:15	
1144	KALMBACH, CHARLES A.	GLENDALE, WI.	38	M	159	3:16:47	1223	KLAGOS, HARLAND R.	MADISON, WI.	47	M	41	3:33:28
1145	HANSON, JONATHAN C.	MADISON, WI.	38	M	160	3:17:00	1224	SIMON, EUGENE R.	OREGON, WI.	29	M	402	3:33:34
1146	PALMER, KAREN A.	RACINE, WI.	26	F	71	3:17:05	1225	MAZUR, SHARLYN J.	MADISON, WI.	27	F	88	3:34:41
1147	ALBRIGHT, BONNIE	MADISON, WI.	32	F	46	3:17:10	1226	RANKIN, RICHARD L.	MADISON, WI.	32	M	305	3:34:45
1148	HANNEMAN, EILEEN L.	MADISON, WI.	29	F	72	3:17:11	1227	HOLFORD, JAMES E.	LAKE GENEVA, WI.	47	M	42	3:35:15
1149	HOLFORD, THERESA M.	LAKE GENEVA, WI.	38	F	47	3:17:23	1228	WHALEN, TOM J.	MILWAUKEE, WI.	29	M	403	3:35:58
1150	CURRAN, BETH M.	ROCKFORD, IL.	15	F	73	3:17:37	1229	BACKSTROM, PAUL A.	MADISON, WI.	24	M	404	3:36:00
1151	SCHRAITH, ELISABETH F.	MILWAUKEE, WI.	32	F	48	3:17:41	1230	RIDDLE, MARILYN M.	MADISON, WI.	29	F	89	3:36:01
1152	SELBY, JOHN H.	MADISON, WI.	30	M	289	3:17:52	1231	MANION, DAVID J.	BELLEVILLE, WI.	26	M	405	3:36:27
1153	ORNES, DAVID S.	WINDSOR, WI.	31	M	290	3:17:56	1232	BIRRELL, SUSAN	CORALVILLE, IA.	35	F	57	3:36:31
1154	BENSON, THOMAS W.	MADISON, WI.	29	M	384	3:17:57	1233	ONKEN, NANCY A.	MADISON, WI.	37	F	58	3:37:18
1155	SAINSBURY, JAMES L.	JANESVILLE, WI.	27	M	385	3:18:05	1234	HENDERSON, JEANNE M.	MADISON, WI.	33	F	59	3:39:20
1156	QUAERNA, ED F.	EDGERTON, WI.	30	M	291	3:18:07	1235	VIRRARREAL, ALBERTO	MADISON, WI.	24	M	406	3:40:41
1157	KAUFMAN, DALE A.	MADISON, WI.	25	F	74	3:18:12	1236	CICCHETTI, CHARLES	MADISON, WI.	37	M	166	3:40:51
1158	KAUFMAN, DEBBIE	MADISON, WI.	27	F	75	3:18:12	1237	JENSEN, JOANNE L.	MADISON, WI.	25	F	90	3:41:40
1159	SCHWABE, MARK G.	MADISON, WI.	28	M	386	3:18:17	1238	UPMANN, CAROL C.	ROCKFORD, IL.	31	F	60	3:43:11
1160	WORDEN, SHARON L.	MADISON, WI.	25	F	76	3:18:22	1239	MUNOZ, AUGUSTO G.	DEFORREST, WI.	45	M	43	3:45:39
1161	BRAUN, TERRY A.	MADISON, WI.	32	M	292	3:18:26	1240	UNIDENTIFIED		407	3:45:59		
1162	WIEGAND, SYLVIA M.	LINCOLN, NE.	36	F	49	3:19:12	1241	BYERS, CHARLES W.	MADISON, WI.	34	M	306	3:48:31
1163	NOLAN, JOHN A.	CHICAGO, IL.	33	M	293	3:19:13	1242	UNIDENTIFIED		408	3:48:46		
1164	CARTER, THOMAS R.	MADISON, WI.	32	M	294	3:19:47	1243	LARSON, DAVID W.	NEW HAVEN, CT.	27	M	409	3:49:01
1165	SHOAF-O KULA, HOLLY	MADISON, WI.	26	F	77	3:19:56	1244	PEDRETTI, THOMAS S.	MIDDLETON, WI.	33	M	307	3:51:03
1166	SCHANIL, GARY R.	MADISON, WI.	26	M	387	3:19:57	1245	WEIBEL, STEPHEN C.	MADISON, WI.	26	M	410	3:51:23
1167	MEIVES, SUSAN F.	MADISON, WI.	38	F	50	3:20:17	1246	SCHULTZ, ED	MADISON, WI.	40	M	109	3:51:47
1168	CARTER, KAREN A.	MADISON, WI.	27	F	78	3:20:18	1247	KARLS, TONY F.	MADISON, WI.	41	M	110	3:51:50
1169	DAHL, JEFF A.	OSHKOSH, WI.	27	M	388	3:20:19	1248	BESTLAND, D. EWAN	WAUWATHESE, WI.	50	M	35	3:52:08
1170	SMOCZYNSKI, RICHARD F.	HANOVER PK., IL.	45	M	39	3:20:33	1249	PETERSON, CHRISTINE J.	STOUGHTON, WI.	26	F	91	3:55:00
1171	BAUER, SANDRA J.	LACROSSE, WI.	23	F	79	3:20:52	1250	MICKELSON, BARBARA A.	MADISON, WI.	36	F	61	3:55:47
1172	HOLTONIT, STEVEN D.	LACROSSE, WI.	34	M	295	3:20:52	1251	OLSON, DAVID R.	MEN. FALLS, WI.	43	M	111	3:57:59
1173	NEVOLD JR., ALFREDO.	EDGERTON, WI.	36	M	161	3:21:03	1252	MICKELSON, THOMAS P.	MADISON, WI.	36	M	167	3:58:15
1174	ZIPPERER, BERT G.	MADISON, WI.	25	M	389	3:21:21	1253	UNIDENTIFIED		411	3:59:54		
1175	MORROW, GAIL L.	MENASHA, WI.	47	F	14	3:21:28	1254	ZAHNOW, RALPH O.	MIDDLETON, WI.	38	M	168	4:01:05
1176	RYAN, CRAIG E.	BELLEVILLE, WI.	22	M	390	3:21:28	1255	MORROW, JOHN M.	MENASHA, WI.	48	M	44	4:01:08
1177	WAKE, DENNIS H.	STOUGHTON, WI.	35	M	162	3:21:58	1256	FICHTER, WANKEL, NANCY	MADISON, WI.	32	F	62	4:01:10
1178	LEVANDER, GARY N.	MADISON, WI.	29	M	391	3:22:02	1257	NEWMAN, LINDA H.	MADISON, WI.	39	F	63	4:02:00
1179	SAMSOE, MARGE J.	LACROSSE, WI.	34	F	51	3:22:03	1258	FLANAGAN, DAVE	MADISON, WI.	36	M	169	4:02:00
1180	SEXTON, PATRICK T.	MADISON, WI.	25	M	392	3:22:27	1259	SWED, WELDA M.	MADISON, WI.	27	F	92	4:02:00
1181	TUSCHER, RONALD L.	NEW GLARUS, WI.	33	M	296	3:22:53	1260	WATERS, JACK L.	WINDSOR, WI.	44	M	112	4:02:00
1182	MOLLAN THOMAS M.	MILWAUKEE, WI.	34	M	297	3:23:30	1261	SCHAIRER, JOHN E.	MADISON, WI.	38	M	170	4:02:00
1183	ZOLOTT M.D., MARVIN M.	MADISON, WI.	50	M	33	3:23:50							

Wisconsin Grand Prix of Road Racing

To help promote Wisconsin road racing, ten road races were selected to be Grand Prix races for Wisconsin runners. Scores are given based on finish time and finish place which will lead to an overall Wisconsin male and female champion. Prize money is awarded to top 10 male and 3 female finishers. This money must then be used toward expenses of attending a national race.

The purpose is to help gain exposure for Wisconsin's better runners, who might not be able to attend races in the East and Far West. We're glad to be part of it, and hope the idea continues. As a commercial message, the funds are currently very limited and any business or individual contribution would be welcome.

Hills, Maker or Heartbreaker

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RON DAWS

By all indications it looked as though Patti Catalano would hold off New Zealand's Allison Roe in the 1981 running of the Boston Marathon. Sure, Roe had dogged Catalano for 24 miles, always maintaining striking distance, but Catalano had run a sub-2:30 performance and was confident here at Boston. It seemed incomprehensible that she would not win the event that means more to her than any other. It's like that when you've been runner-up the last two years.

And what of Allison Roe? A relative novice at the marathon, she had, nevertheless, run a 2:34:30. But that was still 5 minutes slower than Catalano, and at Boston, Catalano was on a 2:27 pace.

Meanwhile, Patti's husband, Joe, was commenting on Patti's chances for radio listeners. Joe said he was confident: Patti trained on the hills — and on Heartbreak, Patti's strength would prevail. "Besides," Joe added, "all of Allison's races have been on the flat."

With that remark, Lorraine Moller, standing nearby, had all she could do to restrain herself from blurting out, "Aha, but you haven't seen the hill Allison lives on let alone the ones she trains over!"

Allison spoke for herself. She had weathered Heartbreak best and at 24 miles strode away to win by 1:05. The hills, it turned out, had been the deciding factor.

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Hill training and the tactical use of hills in a race can be critical to any runner. Most runners underestimate the value of hill running, or avoid doing it because it is too much work. Just as often, those who want to do it don't understand how to.

Let's take a simplistic training schedule. A runner should first condition with a lot of aerobic (relatively slow) mileage, and when basically fit progress to resistance training, and finally sharpen with intervals, time trials, and speedwork. Resistance work could be running on hills, in the water, up stairs, into the wind, or in the sand. The best is hills, and since Wisconsin is full of them, let's confine it to that.

The objective of resistance (hill) work is to bridge the gap between the longer slow distance training and the faster sharpening and racing. You may have good

endurance and be able to lope along for an hour or two, but in a, say, 10 km race which involves 30 — 40 minutes of intense running, you may find it difficult to get going and maintain good pace for very long. Hill training will give you the physical (and mental) machinery you will need to later run the interval and leg-speed work needed before serious racing.

If your progress includes a hill training phase, not only will you need much less interval and speed work, the intervals and sprints you do will be much easier and more enjoyable, with the risk of injury vastly reduced.

If there's any shortcut in running (all runners want a gimmick) then hill training is it.

A couple of years ago after helping a group of women runners, several of them complained to me that they had done hillwork and ended up exhausted or injured. The problem, I discovered, was they hadn't heeded my warnings: not to do hill work till quite fit, to work into it slowly, to realize one often feels tired at first, and to discontinue hillwork if any soreness develops. In short, the body's reaction to it must be carefully monitored.

Hill training is different from hill running. In a race you try to get up the hills economically: head down, arms low, stride tightened up. Economical uphill technique is fluid — no bouncing or pounding. During hill **training** the opposite is often sought: exaggerated knee and arm drive, extreme bouncing, little forward progress relative to the energy expended, head up.

The classical "hill workout" is the innovation of New Zealand's Arthur Lydiard. Though there are numerous ways to structure one, I like his original version best. The ideal circuit has a 300-800 yard fairly intense uphill section, an equally long flat section at the top, a longer less steep downhill, and some flat at the bottom.

Warm up, get up the hill (as described below), jog rest for 3-4 minutes, stride down the hill, jog rest, and then stride out 3 X 200m, jogging a 200m between each. Running up, down, and stride comprises a "set". Experienced, tough runners should do 4 sets during a workout (4 X up, 4 X down and 12 X 200m total), but others should keep to 2 or 3 sets. It's best to be conservative.

There are basically three ways to get up the hill:

- 1) running
- 2) bounding with high knee lift
- 3) springing with lower knee action but exaggerated springing from the foot (like a one-footed jumpshot in basketball or jumping rope).

All three styles should be practised. Plain uphill running is the simplest, and the most tiring. The other two methods are more akin to an exercise than actual running but are excellent ways of developing spring in your ankles and power in your legs.

Uphill work is the best kind of weight training for your legs. If you can get a bit more "flick" out of your ankles, netting an additional few inches on each stride, that means less work for the other big energy-consuming muscles. Lifting the knees high works the "quads". Marathoners often complain that they "couldn't lift the legs" toward the end of a race.

When springing (ankle action), or bounding (high knees) you do a lot of lifting with the legs. When springing, the calves and ankles do the work, shooting you almost straight into the air. Height is important. Conversely, you net only a foot or so forward progress on each stride, so do not try to get to the top fast. When bounding, you want to get good spring (upward lift), but the emphasis is on knee lift. With both styles use an exaggerated smooth arm action. On the top the leg muscles near the groin may feel fatigued. Don't overdo the bounding and springing when you first start hill workouts. Get up the hills either by running one, bounding one, and striding one, or alternating styles during each uphill. If your achilles tendons even hint of soreness, just stick to plain running.

Most discussions on hill running are about getting up them. But free, fluid downhill technique is a terrific tactical weapon in a road race. Much of the effort in downhill running is, in fact, keeping on the brakes.

In running downhill, gravity, theoretically, will do the work. Great if you have wheels, but for those of us who have legs there is a lot of slamming. Stitches are also more common coming down.

Gradually over several weeks, let yourself freewheel downhill. Much of the effort in downhill running is, in fact, keeping on the brakes. Often, with complete relaxation there will be an audible slapping when the feet strike the ground. You will get used to the shock so that later, in a race, you can let go without injury. Remember, do not try to run fast down hill the first week - work into it.

Downhill training also gets the legs moving in

preparation for fast running. You can stretch out and run fast downhill without the pulling and stresses that occur on the flat. Meanwhile, the uphill work is developing the power needed later for faster running.

Hillwork combines the best of many forms of training. Covering up to 14 miles non-stop (depending on the number of sets), it is a distance workout. The hills build power going up, and teach striding and technique going down. The 3 x 200 each time at the bottom build beginning speed. Don't skip this part as many runners do. Use these stride-outs to work on your form, gradually getting further up on your toes as speed develops. Try to imagine yourself sprinting slowly rather than running your usual way faster. Get your knees up a bit extra and get someone to check your form. With the faster hill parts and the striding on the flat, the workout contains many of the ingredients of fartlek and interval work.

A few more tips:

- 1) Run hilly routes prior to hill training, gradually getting used to them.
- 2) Running the hills during a regular is **not** doing a hill workout. It is just running a hilly route.
- 3) Hill training should last about 4 weeks, so go into it gradually. The 4th week should involve good effort.
- 4) Don't time each section. Time the complete workout.
- 5) While hill training, have one long run a week and then alternate easy recovery runs with hill workouts.
- 6) Wear good, protective shoes.

A few tips for racing on hilly courses, such as the Syttende Mai 20 miles. A lot of coaches tell runners to "run tough up the hills". Save it! For the amount of energy it takes to pick up 10 yards on someone up a hill, you can get 20 or 30 yards coming down - if you can freewheel. If you haven't done your downhill homework, running fast down will not only be exhausting but you will also hammer your quads. In a long race, such as a 20 mile or marathon, this could finish you. Physiologically speaking, you should maintain the **same** workload during the race. This means going slower up hill and speeding up coming down. Of course at the end, you kick in with what's left.

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In New Zealand at the end of last year, Lorraine Moller had only 8 weeks to prepare for the Pan-Pacific Games 3000m. The early runs were used to reestablish a good base, leaving little time to sharpen. The previous year she had done too much interval work and gone stale early in the season. This time we cut way back on

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The Syttende Mai Celebration

Many of you already know about Syttende Mai, because you have stayed and enjoyed the festivities throughout the weekend. We hope that all of you who haven't, will do so in 1982. For those of you who are unfamiliar with the celebration, Syttende Mai is Norwegian for May 17, the anniversary of the Norwegian Declaration of Independence from Sweden in 1814.

Stoughton is the largest Norwegian settlement in the United States and the day has a special meaning for the descendents of the Norwegian immigrants. It is celebrated each year on the weekend nearest May 17.

Although there may be minor changes, the weekend offers the following activities:

ALL WEEKEND

City Wide Norwegian Displays

Rosemaling Exhibit & Demonstration

Friday & Saturday 9:00 a.m. - 6:00 p.m.

Sunday 9:00 a.m. - 3:00 p.m.

Stoughton Historical Museum

Friday 4:00 p.m. - 8:30 p.m.

Saturday & Sunday 11:00 a.m. - 7:30 p.m.



*We can count on friends along the way to give extra help.
Wow — that sun was hot!*

FRIDAY

Norse Canoe Race, finish approximately 6:30 p.m.

Old Time Street Dance 7:30 p.m. - 10:00 p.m.

SATURDAY

Syttende Mai Run — 20 Miles

Starting at Madison's Capitol Square at 8:00 a.m.
and arriving in Stoughton 9:45 - 11:00 a.m.

Arts & Crafts Fair 10:00 a.m. - 5:30 p.m.

Ugliest Troll Contest 10:00 a.m.

Youth Parade 1:30 p.m.

Norse Costume Style Show 2:00 p.m.

Outdoor Folk Dance, Norwegian Dancers 2:00 p.m.

Norwegian Story Telling 2:45 p.m.

Folk Dancing, Norwegian Dancers 3:30 p.m.;

Norwegian Dancers and Guest Dancrees 5:30 p.m.
and 7:30 p.m.

Concert of Norwegian Music 8:00 p.m.

SUNDAY

Arts & Crafts Fair 10:00 a.m. - 5:30 p.m.

Norwegian Church Service 11:00 a.m.

Norwegian Parade 1:30 p.m.

Folk Dancers 4:00 p.m.

Hills . . .

intervals, relying on fartlek, hill training and early races to sharpen. Each race was faster, especially the 3000m, a personal best by 7 seconds, which she won by kicking the last 800m. We both attributed her quick sharpening mainly to the hill workouts.

Allison Roe lives in a rugged section of Auckland and runs tough hills almost every day. Sundays are spent hammering Lydiard's famed Waiatarua mountain route with the guys. It covers 18 miles, much of it up and down 2 - 3 mile steep hills. She only runs 70 miles a week compared with Catalano's 100-plus, and rarely does intervals. Yet she was able to handle Catalano at her best. It's that way with hill training. It's either your maker or heartbreaker.

Directors' Notes

Our Thanks to Beth Heiden for starting the race. She has done some road racing and one of these times she said she might be running with us.

Next year, we're planning to add a master's group to the team competition. It's not too early to start thinking about your team.

Promises, Promises, ours and yours.

- More buses — maybe even to the showers.
- More shirts. Sorry, we were short shipped.
- Special award(s) for combined canoe race and run times. See Higdon's article for explanation.
- We'll listen to any and all suggestions to improve the race.
- The runner will carefully and legibly fill out entry form. Key punchers aren't clairvoyant.
- Mail early. It does help us prepare.

A special tribute goes to all who ran this year's race under warm weather conditions. An incredible 98% of the officially registered starters finished. Our medical support people, who were called upon to treat a much lower number of runners than they expected on a warm day, gave credit to the runners who seemed to be more knowledgeable about running in the heat. They felt that you have learned to slow your pace and to take adequate liquids. And let's not forget all of the training runs and conditioning in which you invested to prepare for the run. Our congratulations to all of you.

The Invincible Eight

The original runners, who have yet to miss the run, are still unchanged from last year - 8: Dwayne Berg, Lloyd Bostian, Paul Croissant, Dick King, Bill Kohrs, Dobbin McNatt, Peter Senzig and Dick Voigt. We hope to see all of them back next year. There will be special mention of these runners in Hal's article so they should watch for that issue.



We're proud of our awards. Rosemaling (rose painting) is an ethnic Scandinavian art of decorating furniture, plates, building interiors, or whatever. Hal Higdon receives award from the reigning royalty of this year's Syttende Mai.

A Winning Combination: Stoughton and the Syttende Mai Run

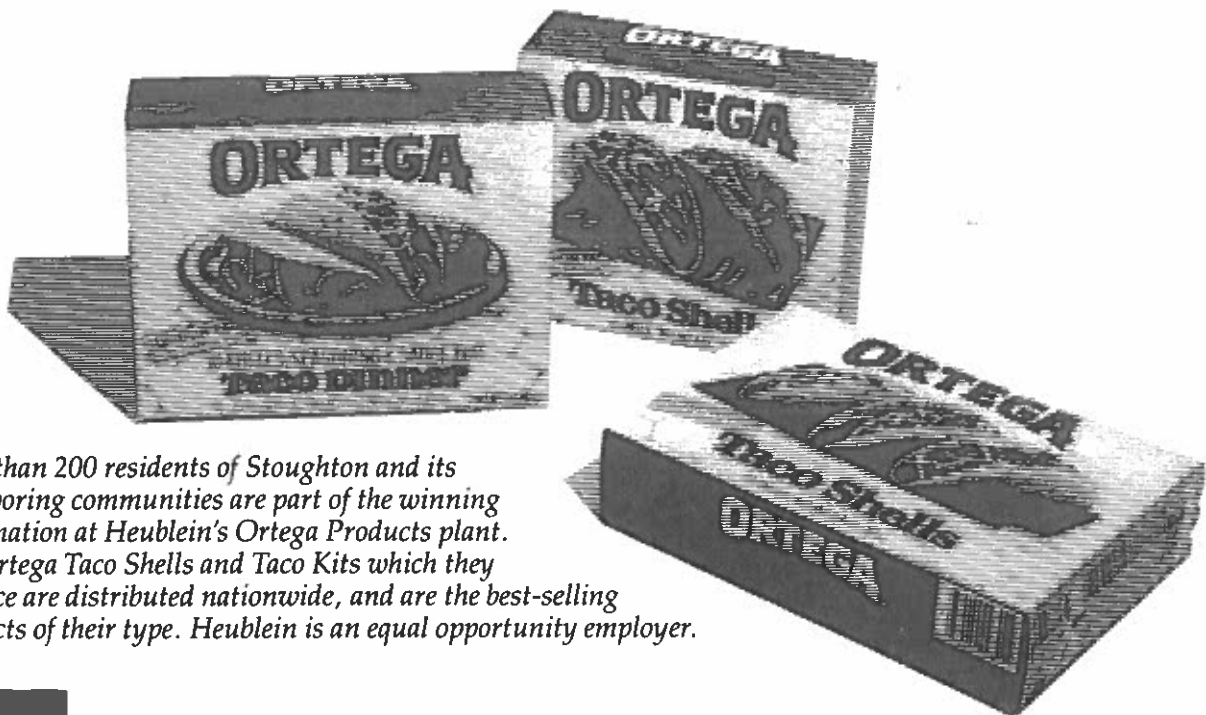
When the first Syttende Mai Run was held in 1973, it attracted just 80 runners and a relative handful of curious spectators. Hardly a dramatic start.

But there's been tremendous progress in the few short years since then. Now the Syttende Mai Run attracts well over a thousand runners and many thousands of enthusiastic spectators. And it's been rated among the top 100 runs in North America by *Runner's World* magazine in terms of

quality and competitiveness.

That's a real tribute to Race Directors Dwayne Berg and Ed Hutchins . . . and to the almost 200 community volunteers whose dedicated efforts make it possible to stage a run of such size and quality.

To all the members of this winning combination, we at Heublein's Ortega Products plant are happy to offer congratulations for another great job in 1981, and best wishes for all the Runs to come.



More than 200 residents of Stoughton and its neighboring communities are part of the winning combination at Heublein's Ortega Products plant. The Ortega Taco Shells and Taco Kits which they produce are distributed nationwide, and are the best-selling products of their type. Heublein is an equal opportunity employer.



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