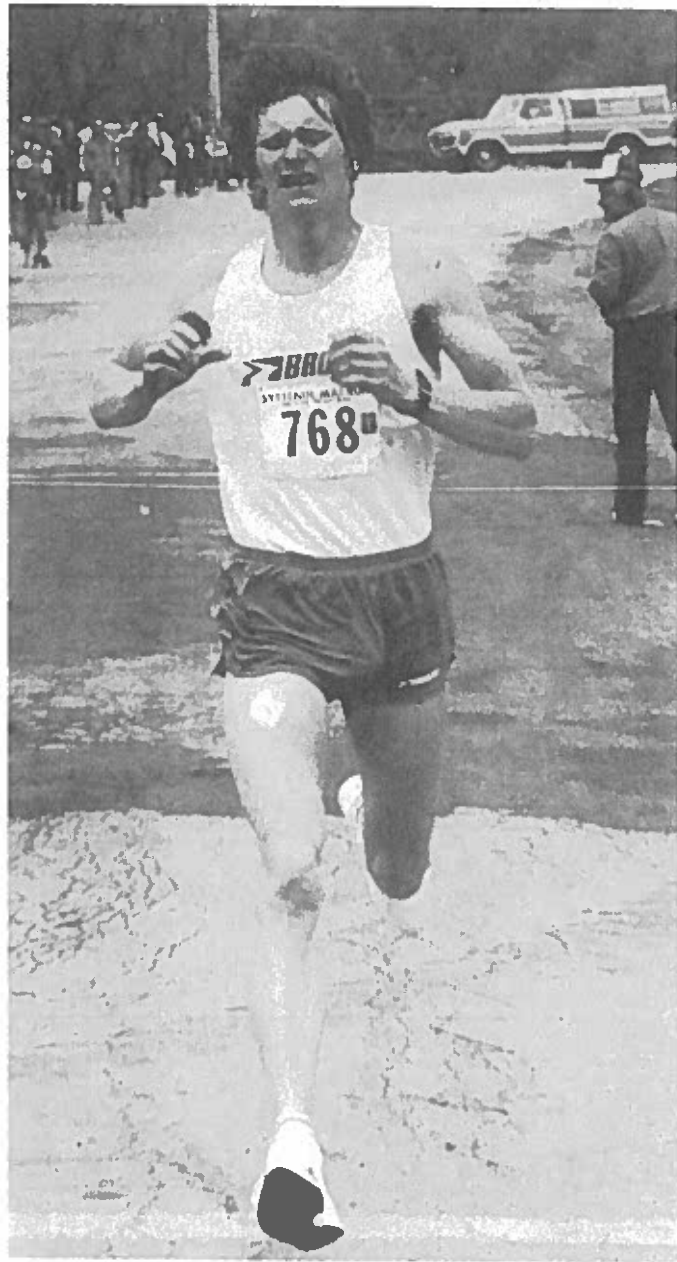
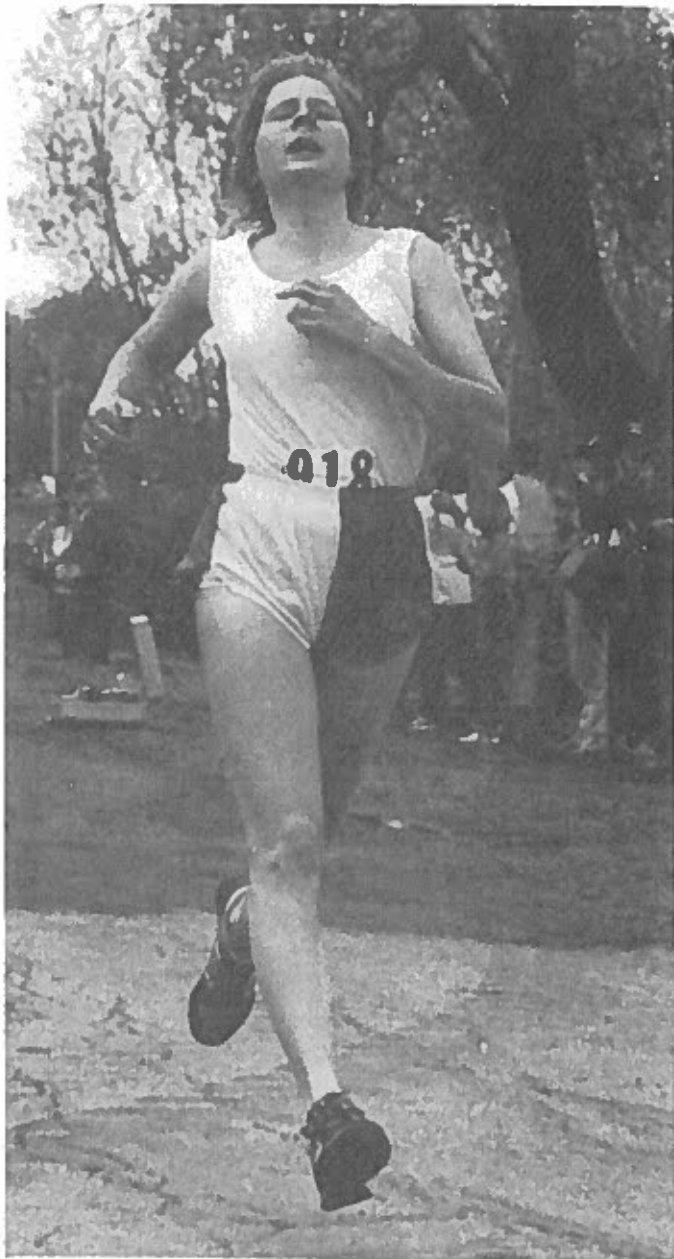
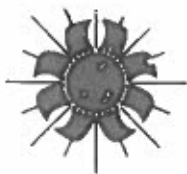
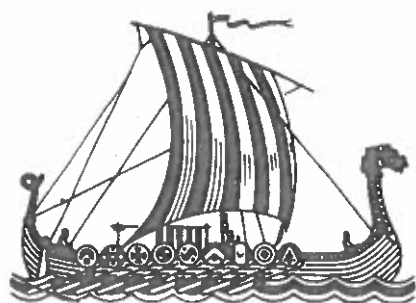


SYTTENDE MAI RUN



Cheryl Konkol and Jim Ingold, 1983 Champions



May 14, 1983

What the newspapers had to say . . .

Ingold sets record in Syttende Mai run

By Todd Wethall

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Approximately 2,000 runners congregated at the Capitol Square for the 11th annual running of the Syttende Mai 20-mile race from Madison to Stoughton Sunday. But unless James Ingold had a pair of eyes planted in the back of his head, he probably wouldn't have known how big the pack was.

It took only one lap around the square for Ingold to assume the lead, and the Monticello High School physical education teacher never gave it up, crossing the finish line at Stoughton's Mandt Park in a record 1 hour, 40 minutes, 20.12 seconds for his second straight title.

Ingold broke the old record of 1:42:20 set by former University of Wisconsin-La Crosse teammate Tom Antczak, a two-time Syttende Mai champ who finished second Saturday in 1:42:48. Joe Kreutz of Madison was third in 1:43:20.

"I figured at the 10-mile mark that he went out too fast, possibly," Antczak said of his former college roommate. "But by 15, I knew it was all over."

Last year, Ingold, a three-time all-American in cross country and track at La Crosse, won the Syttende Mai in 1:45:30 on a sweltering, muggy day. Saturday, however, the weatherman cooperated, as overcast skies, cool temperatures and a constant tail breeze kept the runners happy.

"I went out at a comfortable pace and started pulling away," Ingold

said. "I really surprised myself today, but I knew if I kept up the pace, I could finish well, especially with the ideal weather conditions."

If Ingold surprised himself, Cheryl Konkol raised a few eyebrows with her performance.

Konkol, an elementary teacher at Shawano and a former four-time all-American cross country and track champion at UW-Milwaukee, won the women's title in 2:00:21.75 and finished 82nd overall in her first run ever at the 20-mile distance.

"I never ran this far in my life," Konkol said. "The farthest I had ever run was the 20K (12½ miles) around Lake Monona. I just thought I should try this distance sometime."

Not only did Konkol not train or compete at a 20-mile distance, she even took a 10-month sabbatical from running until she resumed running competitively again in February.

Konkol outdistanced women's runner-up Mary Bange of La Crosse, who finished in 2:04:12.

And what about the day's casualty list? The cool weather kept it a short one as 1,833 runners finished.

"We had a few blisters, but that's about it," said Ken Heller, a volunteer nurse at the finish line aid station.

MEN
Open: 1. James Ingold, Monroe, 1:40:20.12; 2. Tom Antczak, La Crosse, 1:42:48; 3. Joe Kreutz, Madison, 1:43:20; 4. John Volacek, Eau Claire, 1:44:02; 5. Richard Younglove, Madison, 1:46:14; 6. Don Rindfleisch, Madison, 1:46:14; 7. Mark Mische, Belmont, 1:46:37; 8. Keith Moore, Milwaukee, 1:46:43; 9. Martin Dierl, Skokie, Ill., 1:47:04; 10. Terry McGinn, Aurora, Ill., 1:47:07.

11. David Allen, Madison, 1:47:12; 12. Michael Thesino, La Crosse, 1:47:30; 13. Richard Dood, West Allis, 1:47:22; 14. Mark Kofrowski, Madison, 1:47:54.

15. Peter Dodd, La Crosse, 1:48:09; 16. Don Johnson, River Falls, 1:48:47; 17. James Dill, Gainesville, Fla., 1:48:36; 18. Jim Stevens, Madison, 1:50:10; 19. William W. Kay, Madison, 1:50:10; 20. William McBride, Madison, 1:50:33.

24-under: 1. Richard Younglove, Madison, 1:46:14; 2. Martin Dierl, Skokie, Ill., 1:47:06; 3. Richard Dodd, West Allis, 1:47:32; 25-29: 1. James Ingold, Monroe, 1:40:20.12; 2. Joe Kreutz, Madison, 1:43:20; 3. John Volacek, Eau Claire, 1:46:02; 30-34: 1. Tom Antczak, La Crosse, 1:42:48; 2. Terry McGinn, Aurora, Ill., 1:47:07; 3. Jim Stevens, Madison, Madison, 1:50:07; 35-39: 1. Dale Roe, Madison, 1:54:43; 2. Bill Weseberg, 1:54:12; 3. R.C. Christopherson, 1:54:57.

40-44: 1. Ron Goudreau, Neenah, 1:54:07; 2. Dale Mattson, Bloomington, Minn., 1:56:28; 3. David Peterson, Madison, 1:58:57; 45-49: 1. Jerome Hadv, Middleton, 2:05:37; 2. Martin Gurtin, Madison, 2:04:00; 3. Gerry Smith, Schfield, 2:04:07; 50-54: 1. Al Treichel, Milwaukee, 2:01:37; 55-59: 1. Bill Smaeton, Waukesha, 2:14:56; 60-over: 1. Arnold Johnson, Rockford, Ill.,

2:27:34; 2. Top Stoughton finisher: Dave Dougan, 1:55:18.

WOMEN

Open: 1. Cheryl Konkol, Shawano, 2:00:21.75; 2. Mary Bange, La Crosse, 2:04:12; 3. Lisa Moore, Milwaukee, 2:05:42; 4. Jeanne Maltby, La Crosse, 2:06:50; 5. Johanna Renke, Madison, 2:07:19; 6. Betsy Lee Stoughton, 2:13:59; 7. Susan Peters, Madison, 2:14:33; 8. Mara McElwee, Madison, 2:16:30; 9. Kelli Creighton, Chicago, 2:17:16; 10. Hene Sheels, Minneapolis, Minn., 2:18:28.

29-under: 1. Cheryl Konkol, Shawano, 2:00:21.75; 2. Lisa Moore, Milwaukee, 2:05:42; 3. Johanna Renke, Madison, 2:07:19; 30-39: 1. Mary Bange, La Crosse, 2:04:12; 2. Jeanne Maltby, La Crosse, 2:06:50; 3. Susan Peters, Madison, 2:14:33; 40-49: 1. Susan Boyd, Madison, 2:24:26; 2. Dana Sentele, Madison, 2:33:13; 3. Top Stoughton finisher: Lee Betsy, 2:13:59.



DAVID SANDELL/ Reprinted with permission of Capital Times

Fast field anticipated for Syttende Mai run

Reprinted with permission of Capital Times

More than 2,000 runners are expected to compete in the 11th annual 20-mile Syttende Mai Madison-to-Stoughton race today.

At the first Syttende Mai in 1973, only 80 runners competed, but the event has grown each year, as more than 1,900 runners competed last May. It is now the second-largest Wisconsin running event of its kind, second only to the Al McGuire run in Milwaukee.

Jim Ingold, a former UW-La Crosse distance runner who covered the course in 1 hour, 45 minutes, 30 seconds to win last year, will be back to defend his title.

Also back is another La Crosse runner, Tom Antczak, who set the course record of 1:42:20 in 1981. Antczak also won in '79. Joe Kreutz of Madison, who has the best marathon time of all entries with a 2:17 clocking in the Boston Marathon this year, is also entered. Kreutz finished second to Antczak in '81.

"It's going to be a very fast field, particularly in the men's race," said race co-director Ed Hutchins. "It would be hard to predict if a record will be set. The weather and hills

make it difficult to predict."

Marybeth Spencer, a former UW track standout and now assistant coach at the University of Illinois, won the women's championship last year at 2:03:36. The women's record is 2:00:44, set by Lorraine Moller of New Zealand in 1980.

Moller won't be in the race and Spencer is questionable, but Cheryl Konkol of Shawano, one of the women's favorites, "predicts getting in the six-minute (2:06) area," Hutchins said.

Runners from more than 20 states and Canada will compete. The annual run is listed by Runners World magazine as one of the top 100 races in the nation.

The Syttende Mai run is one of the highlights of Stoughton's weekend celebration commemorating the anniversary of the Norwegian declaration of independence from Sweden in 1914.

Gov. Anthony Earl is the official starter of the race, which begins at 8 a.m. on the Capitol Square in Madison and finishes at Mandt Park in Stoughton.

The race begins

Runners poured off Capitol Square at 8 this morning heading for Stoughton 20 miles away in the 11th annual Syttende Mai race — the state's second largest running event. The men's winner was James Ingold, 26, of Monroe, who finished in 1 hour, 40 minutes and 20 seconds. He was last year's winner as well and beat the course record set by Tom Antczak, 32, of La Crosse. Antczak was second this year with a time of 1 hour, 42 minutes, 48 seconds.

Little Known and Off' Forgotten Facts

How well did you do relative to your age and sex group? The following will help. It is based on official finish times only.

MEN	No.	Ave. Time	Ave. Wt.	Ave. Ht.	Density	Ave. Age
24 & under	(152)	2:27:44	153.5	70.0	2.19	21.3
25-29	(289)	2:28:24	162.2	71.0	2.28	27.1
30-34	(383)	2:34:24	164.8	70.7	2.32	32.0
35-39	(339)	2:36:58	162.7	70.3	2.31	36.6
40-44	(179)	2:38:56	165.0	70.6	2.33	41.5
45-49	(107)	2:40:53	164.8	70.8	2.33	46.7
50-54	(27)	2:36:40	152.1	69.1	2.31	51.6
55-59	(19)	2:55:33	159.9	69.8	2.37	55.8
60+	(11)	2:55:50	147.8	68.6	2.83	63.4
Open	(3)	1:42:17	145.0	71.0	2.04	28.0
WOMEN	No.	Ave. Time				
29 & under	(132)	2:53:12	124.1	65.3	1.89	24.2
30-39	(129)	2:59:41	124.6	65.2	1.91	34.0
40-49	(34)	2:59:43	121.0	64.9	1.87	42.7
50+	(3)	3:12:55	124.3	64.7	1.92	52.3
Open	(2)	2:02:27	121.0	66.5	1.82	26.0

Density is ratio of pounds per linear inch of height.



Courtesy of Courier Hub

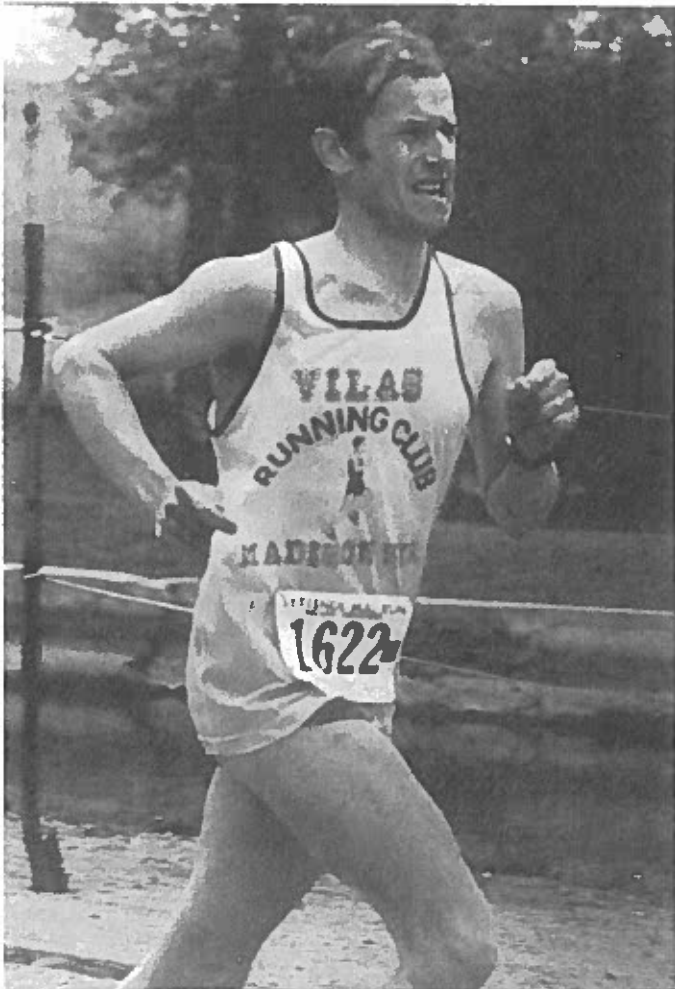
Betsy Lee of Stoughton appears pleased with her award and her new Stoughton record.



Courtesy of Courier Hub

Not a great hill, but a good hill.

What's a Tee Shirt Worth?



Courtesy of Courier Hub

Peter Senzig streaks to the finish line, the first of the eight runners who have completed all eleven runs. Others are Dwayne Berg, Lloyd Bostlan, Paul Croissant, Dick King, Bill Kohrs, Dobbins McNatt and Dick Voight.

Each finisher in the Syttende Mai Run places a different value on the tee shirt awarded at the end of the race. To some, it is just another shirt to add to the pile. To others, it is something to be treasured; a symbol of a new PR, a first race, first award, or just plain pride in finishing a 20 mile race.

But would anyone consider parting with their hard-earned shirt for cold cash? Theoretically everything and everyone has his price. It seems runners with tee shirts are no exception. Could a legitimate finisher of the 1983 Syttende Mai Run be so crass as to part with his shirt for a few pieces of silver?

It seems a well-known Stoughton runner was celebrating his new PR of 2:17:13 Saturday night, by patronizing a local establishment, the "Ice House", a purveyor of libations and good times. During the course of the evening, he was approached, in full view of several other runners, by a young lady from Denver, Colorado. She became enamored, not by our running friend, but by his black race tee shirt.

According to eyewitness accounts, he valiantly withstood her early pleas to part with his shirt. Finally, however, he set his price at \$50.00, thinking, of course, that the exorbitant amount would terminate the discussion. Though she attempted to bargain, our hero, realizing he might have made a rash decision, made the price non-negotiable and payable in cash. After a drink to think it over, she succumbed to her desire for the shirt and the boyish charm of the runner, and purchased the tee shirt.

The next morning, in the cold light of dawn, he began to realize the extent of his mistake. He wanted his tee shirt, the symbol of his effort in the race. He decided to exercise his considerable charm, this time on the race director, an old friend and neighbor. But to no avail. Through his early morning phone call, he discovered, to his regret, that finisher's shirts cannot be purchased, at any price.

Throughout the eleven years of the race, we have kept our policy of one shirt to each finisher. Over the years we have managed to retrieve several shirts that had found their way into undeserving hands. In this way, we try to keep the shirt special, something the wearer can be proud of. When you see a runner sporting a Syttende Mai Run shirt, you can be assured it was earned.

Winners & Records

1973-1983

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 starts—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 Varrey, 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 Tom Antczak, 30, LaCrosse, WI 1:42:20
 Female Lorraine Moller, 25, New Zealand 2:00:44
 Team Rochester Track Club — Male
 Wisconsin United — Female

1982 (1832 starters — 1714 finishers)
 Male Jim Ingold, 25, Monroe, WI 1:45:30
 Female Mary Beth Spencer, 24, Madison, WI 2:03:36
 Team Farnland National Doodle Dashers — Male
 Aerobic Sports #1 — Female

1983 Results (1844 starters — 1809 finishers)

MALE

Open Jim Ingold, 26, Monroe, WI 1:40:20:12
 24 & under Richard Younglove, 23, Madison, WI 1:46:14
 25-29 Jim Ingold, 26, Monroe, WI 1:40:20
 30-34 Tom Antczak, 32, LaCrosse, WI 1:42:48
 35-39 Bill Wesenberg, 38, Oconomowoc, WI 1:54:12
 40-44 Ron Goudreau, 44, Neenah, WI 1:56:07
 45-49 Jerome Hady, 46, Middleton, WI 2:05:37
 50-54 Al Treichel, 54, Milwaukee, WI 2:01:37
 55-59 Bill Smeaton, 56, Waukesha, WI 2:16:56
 60+ Arnold Johnson, 62, Rockford, IL 2:27:36

FEMALE

Open Cheryl Konkol, 22, Shawano, WI 2:00:21:73
 29 & under Cheryl Konkol, 22, Shawano, WI 2:00:21
 30-39 Mary Bange, 30, LaCrosse, WI 2:04:12
 40-49 Susan Boyd, 41, Madison, WI 2:24:26
 50+ Fran Green, 52, Wausau, WI 2:55:29

TEAMS

Open 1. Farnland Nat'l. Doodle Dashers 81 pts.
 T. Antczak, Joe Hanson, P. Dodd,
 R. Dodd, M. Thesing, T. Rachubinski
 2. Wisconsin United A.C. 145 pts.
 D. Rindfleisch, J. Stevens, W. McBride,
 V. Varone, D. Long, A. Schultz
 Male
 30-39 1. Butch Cassidy's Hole in the Wall Gang 191 pts.
 C. Germain, W. Wesenberg, H. Gates,
 D. Weyer
 2. Reno's Aces 217 pts.
 B. Cooke, B. Folz, S. Collins, T. Becker
 3. Over the Hill Striders 227 pts.
 K. Levien, R. Christopherson, T. Gabriel,
 P. Senzig
 40+ Rockford Road Runners 1023 pts.
 A. Hutchcroft, T. Alford, K. Benson,
 Bob Luana
 Female
 Open Wisconsin Women's Rugger Runners
 L. Agostini, S. Brill, S. Seuser
 30+ No entries

RECORDS 1973-1983

MALE

24 & under	Joe Kreutz, 24, Madison, WI	1:42:53	1981
25-29	Jim Ingold, 26, Monroe, WI	1:40:20	1983*
30-34	Tom Antczak, 30, Farnland D.D.	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
50-54	Al Treichel, 54, Milwaukee, WI	2:01:37	1983
55-59	Bill Smeaton, 56, Waukesha, WI	2:16:56	1983
60+	John Archer, 61, UWMTA	2:22:04	1976

FEMALE

29 & under	Lorraine Moller, 24, New Zealand	1:55:36	1980*
30-39	Mary Bange, 30, LaCrosse	2:04:12	1983
40-49	Kathy Soderbloom, 40, Stoughton, WI	2:22:26	1982
50+	Beverly Lampe, 50, Monona, WI	2:31:13	1982

*Course Record

STOUGHTON

Male	Lee Wilcox, 40	1:53:41	1979
Female	Betsy Lee, 19	2:13:59	1983

WEATHER CONDITIONS

Year	8 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
1982	65	68	SE12	75	62	S14	1:45	2:44
1983	52	80	NW14	53	71	NW16	1:40	2:36

Directors' Notes

Dear Runner,

There is nothing like good weather to help a race. Every few years we seem to get a good day. We're trying for two in a row.

The official results have been sent to the National Running Data Center to determine what National age records were set. We know of two so far. Toby Turner of Evansville, Wisconsin for 10 year old male at 2:36:14 and Lou Preysz of Madison for 66 year old male at 2:29:10. We're sure there will be many more.

Last year several records were also set:

Mary Bange, 29F at 2:17:20
Kathy Kapalin, 35F at 2:13:14
Atsuko Zuck, 9F at 4:19:53
Eric Jacobsen, 10M at 3:02:40
Bruce Mortenson, 38M at 1:51:44
Dorian Thorsen, 9M at 4:19:53

We're not anticipating any major changes for next year. The 1984 race date will be May 19 at 8:00 A.M. Entry blanks will be available around February 15 at the Madison Freezeroo and at area running stores. We do not mail entries except on request. Please call 608-873-8396 after February 15 for blanks.

We were very pleased with the operation of the race and, with all due modesty, believe we have the best and most enthusiastic race helpers around. How about that aid station at Mile 15. Although, we can't say thanks to all that helped, the following people and organizations are key to the race.

Awards—Gary Albrecht
Communications—Madison Repeaters
Finish Line and Scoring Director—Jim Keeney
Medical—Dr. Peter Hanson and Dr. E.R. Hommel
Registration—Bonnie Hutchins
Timers—Mel Christianson
Refreshments—Bob Soderbloom
Safety—EMT's of Madison & Stoughton
Traffic Control—The Police of Madison, Dane County & Stoughton

We must thank our financial sponsors for their continued support—Heublein Inc., Nelson Industries and Ray-O-Vac. In addition, the Stoughton Chamber of Commerce, Vilas Running Club and Hash House Harriers have supplied all kinds of help and equipment.

Anyone who would like to order a large beer mug with the race logo, your time and name, should

write or call me and I'll forward an order blank. These are the same mugs offered at the New York Marathon and other major races.

And finally, thanks to you for choosing our race. We appreciate your efforts and hope to see you next year.

Dwayne Berg and Ed Hutchins
Co-Directors



Courtesy of Courier Hub

Madison's Capitol Square is approximately 20 miles from Stoughton—give or take 4,000 feet.

11th Annual Syttende Mai Run The Pride of Stoughton

It takes pride to run 20 miles on a May Saturday when everyone else is enjoying a weekend of festivities.

It also takes pride to organize this fabulous race, now the premiere run of Wisconsin and one of the top 100 sanctioned races in North America.

But pride is what Syttende Mai is all about. Like all of the community, we at the Heublein Ortega Products plant are proud of our rich Norwegian tradition,

and of the united effort that makes Syttende Mai, and the Run, a success year after year.

We salute the 2,000 gallant men and women who ran the course this year, and we salute our neighbors, the hundreds of volunteers who made it all possible.



HEUBLEIN ORTEGA PRODUCTS PLANT
INDUSTRIAL PARK, STOUGHTON, WISCONSIN



More than 200 residents of Stoughton and its neighboring communities are members of the winning team at Heublein's Ortega products plant. The Ortega Taco Shells and Taco Kits produced here are distributed nationwide, and are the best-selling products of their type. Heublein is an equal opportunity employer.