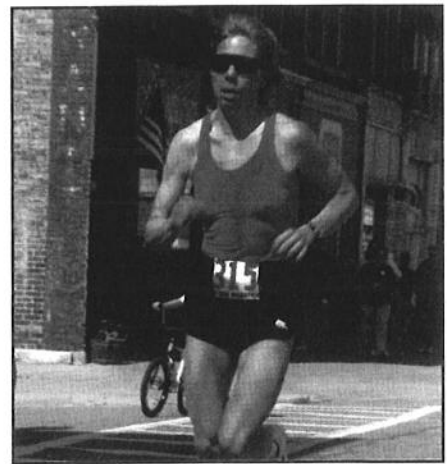


Syttende Mai Run 1997



JOEL WAGNER



MARY GELLERUP

Streakers!



These four guys have completed all 25 Syttende Mai Runs. 500 miles total! Left to right: Richard Voigt, Peter Senzig, Bill Kohrs, Paul Croissant.

MAY 17, 1997



Director's Notes

What a difference a year makes! From uncomfortably hot conditions in 1996 to near ideal conditions in 1997 led many runners to believe they had discovered a new fountain of youth. Although not a complaint, our medical staff had literally nothing to do for almost the entire morning.

The Mai of 1997 also produced the closest finish of its 25 year history. With one second separating first and second place, it provided great spectator appreciation for those near the finish line.

On the walk side, we want to announce our new affiliation with the American Volksmarch Association. We will now be a fully sanctioned volks march for you walkers who belong to this fine organization. As a result, we will now allow walk-day registration for this event.

Your 1998 entry blank is on the back page. Fill it out, send it in, and start training for historically one of the best long distance runs in the Midwest.

Mange Tak
Paul

Data Entry and Computer Timers.....
Sports Management Associates

Medical Director.....Gwen Klongland

Aid Station Director.....Jerry Leikness

Awards.....Doris Barry

**Chamber of Commerce
Coordinator.....**Dan Christensen

Finish Line Coordinator.....Paul Miller

Finish Line Workers.....
Stoughton High School F.F.A.
Stoughton Sports Booster Club

Safety EMT's.....Madison, Stoughton,
and Dane County

Photographs.....Empire Photography

Through the generous financial support provided by these corporate sponsors, the race registration fee is kept at a modest level. Our sincere thank you goes to:

Stoughton Hospital Association, Stoughton, WI for medical supplies.

Pepsi-Cola Pepsi Bottling of Madison, WI for Pepsi and cups.

Nelson Industries

Smokeys Auto Body for free painting of scaffolds.



LINDSAY WATER SERVICES

Winners and Records



WINNERS

Year	Male	Time	Female	Time
1973	Dan Winzenreid	1:51:06	Sharon Mullen	0:44:21 ***
1974	Alan Claremont	1:51:57	Diane Holum	2:36:54
1975	Steve Hoag	1:44:46	Peggy Stafford	2:39:35
1976	Lucian Rosa	1:45:44	Donna Senzig	2:30:33
1977	Kerry Mayer	1:50:25	Cindy Therriault	2:26:49
1978	Gary Barrett	1:49:36	Mary Bange	2:12:12
1979	Tom Antczak	1:42:48	Lorraine Moller	1:58:36
1980	Mrk Glessner	1:46:19	Lorraine Moller	1:55:36 **
1981	Tom Antczak	1:42:20	Lorraine Moller	2:00:44
1982	Jim Ingold	1:45:30	Mary Beth Spencer	2:03:36
1983	Jim Ingold	1:40:20 *	Cheryl Konkol	2:00:22
1984	David Allen	1:45:29	Linda Walker	2:09:17
1985	David Allen	1:42:42	Mary Bange	2:06:35
1986	Tom Antczak	1:48:29	Mary Gellerup	2:13:14
1987	Jim Ingold	1:47:34	Mary Gellerup	2:11:46
1988	Richard Kaitany	1:43:21	Christine Bebow	2:08:18
1989	David Allen	1:42:58	Jocelyn Purtell	2:09:17
1990	David Allen	1:50:03	Mary Gellerup-Poser	2:13:34
1991	David Allen	1:45:34	Jane Moser	2:08:23
1992	David Allen	1:49:54	Kristine Guderyon-Goetz	2:15:42
1993	David Allen	1:46:22	Mary L. Gellerup-Poser	2:09:36
1994	Jim Ingold	1:50:10	Jackie Morgan	2:21:34
1995	Chip Cheney	1:57:15	Patti Sheppard	2:09:35
1996	Scott Jenkinns	1:57:05	Kristine Guderyon-Goetz	2:22:30
1997	Joel Wagner	1:50:10	Mary Gellerup-Poser	2:11:29

* COURSE record and MALE record
** FEMALE record
*** Seven mile course (1973)



1997 Age Group Winners

MALE			FEMALE		
Age Group	Record	Name	Age Group	Record	Name
Open*	1:50:10	Joel Wagner	Open*	2:11:29	Mary Gellerup-Poser
-24	2:04:45	Brian Voovich	-24	2:27:06	Meghan Saur
25-29	1:50:10	Joel Wagner	25-29	2:19:46	Heidi Lindh
30-34	1:50:11	Brian Pahnke	30-34	2:11:29	Mary Gellerup-Poser
35-39	1:54:13	Chip Cheney	35-39	2:19:18	Jackie Morgan
40-44	1:53:30	Steve Winchel	40-44	2:14:35	Kristine Guderyon-Goetz
45-49	1:58:31	Charles Possin	45-49	2:32:29	Barb Brodhagen
50-54	2:17:01	Tom Finnegan	50-54	2:34:17	Kate Gladding
55-59	2:13:53	John Jones	55-59	2:59:25	Susan Fafard
60-64	2:22:25	Jim Wirkes	60+	3:02:04	Beverly Lampe
65+	2:57:33	A Cesare Manetti			
Stoughton	2:07:24	Greg Ladwig	Stoughton	2:19:18	Jackie Morgan

*First male and female regardless of age.

Age Group Records 1973-1997

-24	1:42:53	Joe Kreutz	-24	1:55:36	Lorraine Moller
25-29	1:40:20	James Ingold	25-29	2:00:44	Lorraine Moller
30-34	1:42:20	Tom Antczak	30-34	2:04:12	Mary Bange
35-39	1:45:34	David Allen	35-39	2:11:18	Kris Guderyon-Goetz
40-44	1:46:10	Bruce Mortenson	40-44	2:14:35	Kris Guderyon-Goetz
45-49	1:54:27	Hal Higdon	45-49	2:17:48	Ruth Fina
50-54	2:01:37	Al Treichel	50-54	2:28:16	Beverly Lampe
55-59	2:10:07	Larry Engel	55-59	2:42:25	Beverly Lampe
60-64	2:16:31	Paul Kutschera	60-64	2:48:31	Beverly Lampe
65+	2:32:25	Joseph Powers			
Stoughton	1:53:41	Lee Wilcox	Stoughton	2:13:59	Betsy Lee





Twenty-Sixth Annual Syttende Mai Run

Madison to Stoughton – 20 Miles
Saturday, May 16, 1998

REGISTRATION: Mail entries to Syttende Mai Run, 532 E. Main St., Stoughton, WI 53589. No telephone or fax registrations. **You may also register at the starting line between 6:30 and 7:30 a.m. on race day.** For more information, call (608) 873-7912, or toll-free, 1-888-873-7912, between 9 a.m. and 5 p.m., Mon.-Fri. FAX # (608) 873-7743.

ENTRY FEE: \$17.00 for entries received by May 1; \$22.00 for entries received by May 14; \$30.00 for entries received May 15 or day of race. Make checks payable to Syttende Mai Run. NO REFUNDS. Bib numbers will be mailed out after May 1. If you have not received your bib number by May 14, call (608) 873-7912.

START: Madison's Capitol Square at 8:00 a.m.

AID STATIONS: Water provided at miles 3, 5, 7, 9, 12, 14, 15, and finish. Gatorade provided at alternate stations. Fruit and refreshments will be available at the finish line until 1 p.m.

TIMES: Splits read at miles 1, 2, 3, 4, 5, 10, 15, and Finish. No times after 12:00 noon.

FINISH: The Finish is at Mandt Park on S. Fourth St., Stoughton. Be sure to enter the proper gate for runners so that your time will be recorded.

AWARDS: T-Shirts awarded to all FINISHERS. Race must be finished by 1 p.m. Wearing the T-Shirt will gain you admission to most Syttende Mai events on Saturday and Sunday. Results, including official times, will be published in a souvenir booklet and mailed in January, 1999 to all finishers.

FACILITIES: Showers and dressing rooms are located at the finish line in Mandt Community Center. Bring your own towel. Duffel bags, sweats, jackets, etc. will be transported from the starting area to the finish area.

TRANSPORTATION: Buses will be available for participants from Stoughton to Madison starting at 6:30 a.m. Return buses from Stoughton to Madison will depart beginning at 12:00 noon, with the last bus at 1:00 p.m. Cost is \$2.00 per person per trip. Pay when boarding bus.

Bring your family and friends and stay to enjoy the Syttende Mai weekend in Stoughton!



Twelfth Annual Syttende Mai Walk (Folket Marsj) Madison to Stoughton – 17 Miles Saturday, May 16, 1998

REGISTRATION: Mail entries to **Syttende Mai Walk, 532 E. Main St., Stoughton, WI 53589**. No telephone or fax registrations. **You may also register at the starting line between 6:00 and 7:00 a.m. on race day.** For more information, call (608) 873-7912, or toll-free, 1-888-873-7912, between 9 a.m. and 5 p.m., Mon.-Fri. FAX # (608) 873-7743.

ENTRY FEE: \$17.00 for entries received by May 1; \$22.00 for entries received by May 14; \$30.00 for entries received May 15 or day of walk. Make checks payable to Syttende Mai Walk.
NO REFUNDS.

START: Arrive no later than 7:15 a.m., ready to walk. Walk begins at 7:30 a.m. from **Badger Bowl**, 506 E. Badger Road, Madison. (Parking will be available at Badger Bowl.)

WALK NOTES: The Syttende Mai Walk and Syttende Mai Run occur at the same time along the same course. Intersections will be marked by arrows, and will be controlled while runners are on the course. Otherwise, please exercise safe walking practices. You must not walk more than two abreast. Please obey the course marshals on bikes and the police—they are there for your safety!

AID STATIONS: Water provided at miles 5, 7, 9, 12, 14, 15, and finish. Gatorade provided at alternate stations. Fruit and refreshments will be available at the finish line until 1 p.m.

FINISH AND AWARDS: The finish is at Mandt Park on S. Fourth St., Stoughton. Be sure to enter the proper gate for walkers, so that your number can be recorded. **T-shirts will be awarded only to those who finish by 1 p.m.** Wearing the T-Shirt will gain you admission to most Syttende Mai events on Saturday and Sunday.

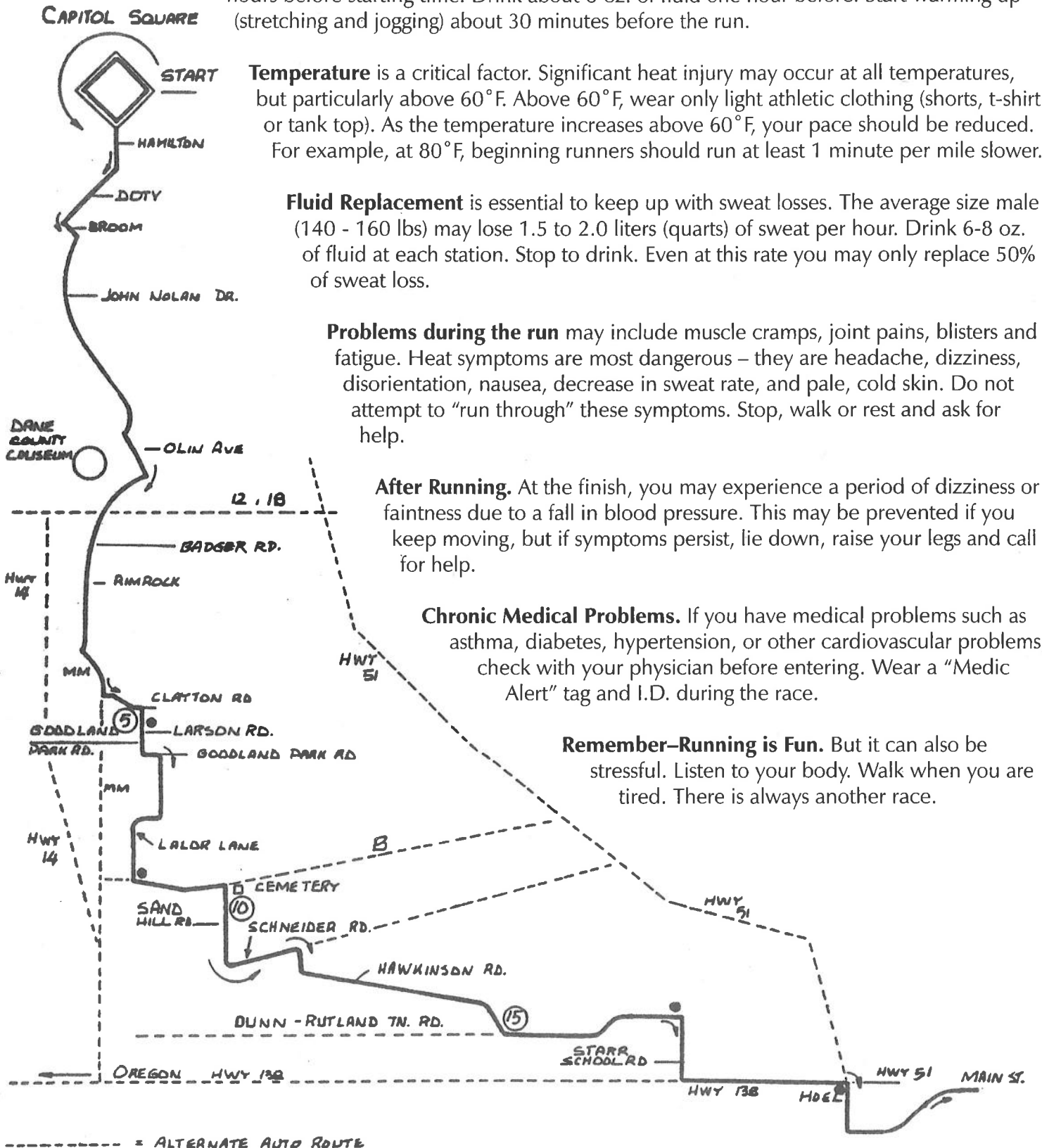
FACILITIES: Showers and dressing rooms are located at the finish line in Mandt Community center. Bring your own towel. Duffel bags, sweats, jackets, etc. will be transported from the starting area to the finish area.

TRANSPORTATION: Buses will be available for participants from Stoughton to Madison starting at 6:30 a.m. Return buses from Stoughton to Madison will depart beginning at 12:00 noon, with the last bus at 1:00 p.m. Cost is \$2.00 per person per trip. Pay when boarding bus.

Bring your family and friends and stay to enjoy the Syttende Mai weekend in Stoughton!

MEDICAL SELF-CARE FOR BEGINNING RUNNERS

Training And Preparation: You should be able to run at least 10 miles at 10-12 minutes per mile pace to finish this race. If you eat before the race, eat a light breakfast at least 3 hours before starting time. Drink about 8 oz. of fluid one hour before. Start warming up (stretching and jogging) about 30 minutes before the run.



1998 Syttende Mai Run and Walk Entry Forms

Entry Fee: \$17.00 for entries received by May 1; \$22.00 for entries received by May 14; \$30.00 for entries received May 15 or day of race. **NO REFUNDS.** Make checks payable to Syttende Mai Run or Walk. Mail entries to Syttende Mai Run, 532 E. Main St., Stoughton, WI 53589.

BE SURE TO USE CORRECT BLANK!

Run Entry Form

NAME	Last										First										M.I.	
	STREET																					
CITY											State		Zip									
AGE	As of Race Day		SEX		PLEASE CHECK		T-SHIRT SIZE:		S (32-34)		L(42-44)											
	5/16/98		M <input type="checkbox"/> F <input type="checkbox"/>		M(36-38)		XL (46-48)															

For our planning, please indicate if you need a bus ride (\$2.00 upon boarding bus)
 Stoughton to Madison before race 6:45 a.m. Stoughton to Madison after race 12:00 p.m.

RELEASE OF ALL CLAIMS FOR PERSONAL INJURY AS PARTICIPANT IN 1998 RUN.
 In consideration for my rights to participate in this race event, I hereby release the Stoughton Tomorrow, Syttende Mai Committee, all sponsors, and all race officials from any liability of personal injury incurred by me in participating in this race. I further certify that I am in proper condition to participate in this race, and am aware of all inherent risks of said participation.

Signed _____ Date: _____
 Telephone (____) _____

 Signature of Parent or Guardian if under 18

Walk Entry Form

NAME	Last										First										M.I.	
	STREET																					
CITY											State		Zip									
AGE	As of Race Day		SEX		PLEASE CHECK		T-SHIRT SIZE:		S (32-34)		L(42-44)											
	5/16/98		M <input type="checkbox"/> F <input type="checkbox"/>		M(36-38)		XL (46-48)															

For our planning, please indicate if you need a bus ride (\$2.00 upon boarding bus)
 Stoughton to Madison before race 6:45 a.m. Stoughton to Madison after race 12:00 p.m.

RELEASE OF ALL CLAIMS FOR PERSONAL INJURY AS PARTICIPANT IN 1998 WALK.
 In consideration for my rights to participate in this race event, I hereby release the Stoughton Tomorrow, Syttende Mai Committee, all sponsors, and all race officials from any liability of personal injury incurred by me in participating in this race. I further certify that I am in proper condition to participate in this race, and am aware of all inherent risks of said participation.

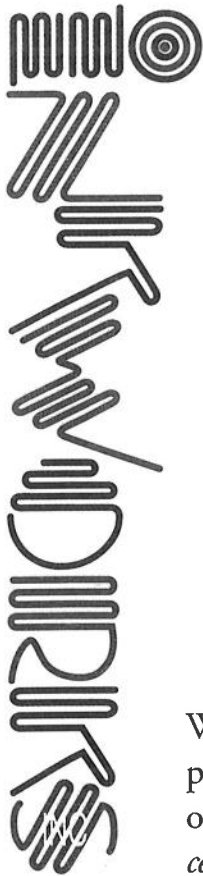
Signed _____ Date: _____
 Telephone (____) _____

 Signature of Parent or Guardian if under 18

ELIGIBILITY: Open for both

QUESTIONS: Call 608-873-7912 between 9:00 a.m. and 5:00 p.m., Monday through Friday

Syttende Mai Run 1997



INKWORKS, INC.
341 E. MAIN STREET
STOUGHTON, WI 53589
(608) 873-7755
(800) 870-INK
FAX: (608) 873-8225

We are proud to be a part of the Stoughton Community. Events like Syttende Mai are a part of the unique heritage and quality of life here. We are pleased to be donating a portion of the printing of materials for Syttende Mai. It is just another way we can *join in the celebration*