

# Syttende Mai



Ron Welhoefer  
1:55:29

# 2002 Results Book

May 18,  
2002



Mary Bolich  
2:11:23

# Stoughton Hospital Rehabilitation and Sports Medicine

The Stoughton Hospital  
Rehabilitation and Sports  
Medicine Program treats  
athletes of all ages with a  
variety of conditions.

900 Ridge Street Stoughton, WI 53589  
[www.stoughtonhospital.com](http://www.stoughtonhospital.com)



## FREE SEMINAR

### "Wanna-be" Syttende Mai Runners And Walkers

*It's time to start!*

Come to our Free Seminar presented by  
Thomas Nordland, M.D., Orthopedic  
Specialist with Orthopedic Associates.  
Runners and walkers wanting to prepare  
correctly and safely will learn:

- Week by week training schedule
- Types of exercises
- Shoes and clothing
- Nutrition and rest now and before the race

#### Free Seminar

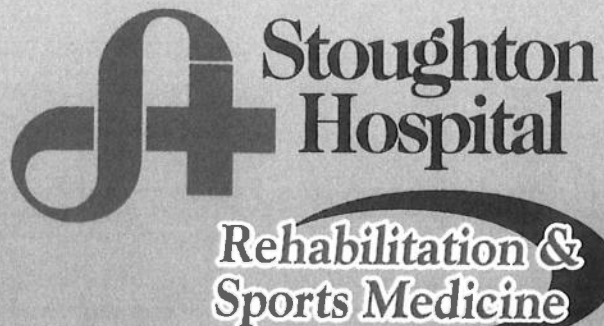
Tuesday, February 25, 2003

6:30 p.m. Walkers

8:00 p.m. Runners

Stoughton Hospital Bryant Center

Call For Reservations 608-873-2356



Stoughton Hospital is a provider for most area health  
plans including, but not limited to: DeanCare, Physicians  
Plus, Unity, Group Health Cooperative, and The Alliance.



**Run**

This year's race once again ran very smoothly. The only main thing left to do in this years directors note is to thank everyone who makes this race possible. We could never afford to pay all of the people who volunteer so much of their time for this race. I just want everyone who does volunteer to know how much I appreciate everything they do. I also want to thank the many runners and walkers that make this a great event. Also I want to thank Beth for all she has done for this race and let her know she will be missed.

Keep training and we look forward to seeing you again next year.

Thanks,  
Paul Miller

**Walk**

Last year's walk featured great weather and a strong turnout by the walking community. The rolling start continues to be popular and allows walkers to finish in plenty of time to enjoy the Syttende Mai festivities. As always, walking no more than two abreast is appreciated by all and keeps the event safe. A special thanks to Tom Doyle and the Wisconsin Volksmarch Association for their help at the registration and start.

See you this May,  
Steve Swenson

- Run Director & Finish Line Coordinator.....**
- Walk Director and Start Coordinator.....**
- Run Start Coordinator.....**
- Aid Stations Coordinator.....**
- Aid Stations Staffed by:**
  - Mile 3.....
  - Mile 5.....
  - Mile 8.....
  - Mile 10.....
  - Mile 12.....
  - Mile 15.....
  - Mile 17.....
  - Mile 18.....
- Awards.....**
- Finish Line Workers.....**
- Medical Director.....**
- Medical Supplies.....**
- Safety EMT's.....**
- Run and Walk Bib Numbers.....**
- Data Entry and Computer Timers.....**
- Massages.....**

- Paul Miller
- Steve Swenson
- Sara Natvig
- Jerry Leikness
- Bob Wood
- Steve Van Steenderen
- First National Bank Employees
- Linda Leikness
- Dean Clinic Employees
- Jerry Buskager
- Jeff & Kim Vale
- Nelson Industries Employees
- Doris Barry
- Stoughton High School F.F.A.
- Stoughton Sports Booster Club
- Holly Hanson
- Stoughton Hospital Association
- Madison, Stoughton and Dane County
- Fleetguard/Nelson
- Sports Management Associates
- Oak Knoll Neuromuscular Therapy,
- Debra Hamilton 873-5437



# Winners and Records

## Winners

<u>Year</u>	<u>Male</u>	<u>Time</u>	<u>Female</u>	<u>Time</u>
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
1998	Peter Sell	1:53:06	Linda Walker	2:14:41
1999	David Williams	1:52:08	Kit McCaffrey	2:13:53
2000	David Williams	1:50:42	Chris Hemming	2:15:50
2001	Ron Welhoefer	1:59:57	Mary Bolich	2:20:04
2002	Ron Welhoefer	1:55:29	Ann Heaslett	2:11:23

\* COURSE record and MALE record

\*\* FEMALE record

\*\*\* Seven Mile Course (1973)

## 2002 Age Group Winners

<u>MALE</u>			<u>FEMALE</u>		
<u>Age Group</u>	<u>Time</u>	<u>Name</u>	<u>Age Group</u>	<u>Time</u>	<u>Name</u>
Open*	1:55:29	Ron Welhoefer	Open*	2:11:23	Ann Heaslett
-24	1:57:01	Ryan Enke	-24	2:20:22	Dana Friedrich
25-29	1:58:28	Patrick Schneider	25-29	2:29:14	Robin Treder
30-34	2:04:41	Cameron Loos	30-34	2:16:56	Kit McCaffrey
35-39	1:59:22	Peter Sell	35-39	2:14:33	Mary Gellerup-Bolich
40-44	2:02:36	Chip Cheney	40-44	2:16:58	Jackie Morgan
45-49	2:10:28	Mark Gajewski	45-49	2:18:49	Laura Clark-Taylor
50-54	2:03:03	Charles Possin	50-54	2:39:37	Barbara Brodhagen
55-59	2:23:13	Dick Smith	55-59	2:45:41	Nancy Joyce
60-64	2:33:42	Sylvan Addink	60-64	3:12:19	Karen Hundley
65+	2:47:33	Franco Muci	65+	3:42:34	Beverly Lampe
Stoughton	1:55:29	Ron Welhoefer	Stoughton	2:16:58	Jackie Morgan

\*First male & female regardless of age.

# Winners and Records



## 1973 - 2002 Record Holders Male

<u>Division</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
-24	1:42:53	Joe Kreutz	24	1981
25-29	1:40:20	James Ingold	26	1983
30-34	1:42:20	Tom Antczak	30	1981
35-39	1:45:34	David Allen		1995
40-44	1:46:10	Bruce Mortenson	41	1985
45-49	1:54:27	Hal Higdon	48	1980
50-54	2:01:37	Al Treichel	54	1983
55-59	2:08:54	Bob Fitts	57	2000
60-64	2:16:31	Paul Kutschera		1994
65+	2:32:25	Joseph Powers	65	1991
Stoughton	1:53:41	Lee Wilcox	40	1979

## Female

<u>Division</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
-24	1:55:36	Lorraine Miller	24	1980
25-29	2:00:44	Lorraine Miller	25	1981
30-34	2:04:12	Mary Bange	30	1983
35-39	2:11:18	Kris Guderyon-Goetz	37	1991
40-44	2:14:35	Kris Guderyon-Goetz	43	1997
45-49	2:17:48	Ruth Fina		1995
50-54	2:28:16	Beverly Lampe	52	1984
55-59	2:42:25	Beverly Lampe	55	1987
60-64	2:48:31	Beverly Lampe	62	1994
65+	3:02:04	Beverly Lampe	65	1997
Stoughton	2:13:59	Betsy Lee	19	1983



The 2 participants that have run all 30 years, Peter Senzig and Paul Croissant along with 2002 Royalty, Kathy & Olaf Brekke and grandson and Race Official, Paul Selbo.







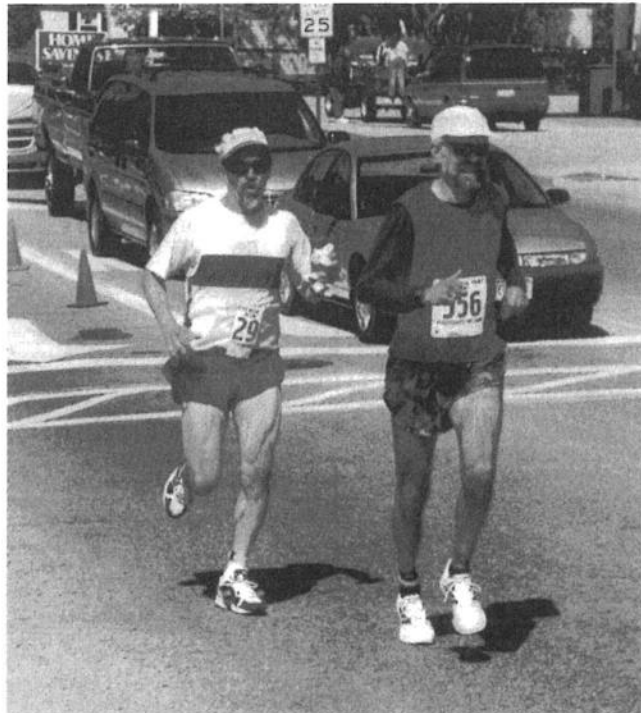


# 2002 Race Results



PLACE NO.	NAME	CITY	DIV	DIV	TIME
539	140 STACY ENDRES	MADISON WI	30	F3034	3:27:28
540	673 KEITH RAIMONDI	MADISON WI	23	M0124	3:27:43
541	616 BILL SCHULZ	MADISON WI	24	M5559	3:28:24
542	176 SHELLEY GERBER	STOUGHTON WI	27	F3539	3:28:30
543	46 ROGER BLACK	ANTIOCH IL	62	M4549	3:28:40
544	55 KENT BORDEN	MILWAUKEE WI	67	M3539	3:28:53
545	606 MARK HAAG	MADISON WI	63	M4549	3:28:54
546	111 JANET DAVIS	MIDDLETON WI	28	F3539	3:28:59
547	137 CINDY ELLESTAD	STOUGHTON WI	13	F4549	3:29:02
548	434 TONYA RASMUSSEN	MADISON WI	31	F3034	3:29:12
549	351 KRISTAN MCKINNEY	MADISON WI	32	F3034	3:29:12
550	645 BILL EYRE	MOUNT HOREB WI	64	M4549	3:29:21
551	28 JENNI BALLWEG	STOUGHTON WI	29	F3539	3:29:34
552	461 SHEILA SCHALLER	RHINELANDER WI	21	F0124	3:29:42
553	462 VERN SCHALLER	RHINELANDER WI	56	M5054	3:29:42
554	21 KAREN ARNE	MADISON WI	5	F5559	3:29:44
555	602 MICHAEL DEVANIE	LACROSSE WI	57	M5054	3:29:55
556	455 SANDY RYAN	MADISON WI	30	F3539	3:30:48
557	7 KEVIN ABRAHAM	SUN PRAIRIE WI	49	M3034	3:31:01
558	112 TERRY DAVIS	MIDDLETON WI	70	M4044	3:31:41
559	225 DANIEL HEEREY	JANESVILLE WI	25	M5559	3:31:46
560	101 JOHN COOVER	MADISON WI	6	M6599	3:32:32
561	428 RAECHELL PULLETT	EDEN PRAIRIE MN	22	F0124	3:32:41
562	630 CHERI FREDERICKSON	MOUNT HOREB WI	23	F0124	3:32:42
563	659 PHIL BEST	BYRON IL	65	M4549	3:32:59
564	292 SARAH KNUTSON	STOUGHTON WI	33	F3034	3:32:59
565	546 CHRISTINE TRAEER	MADISON WI	27	F2529	3:33:02
566	210 RACHAEL HARKINS	SUN PRAIRIE WI	34	F3034	3:33:02
567	699 MARJORIE CRAEMER	MADISON WI	35	F3034	3:33:06
568	599 ROBERT BELL	OAK PARK IL	13	M6064	3:33:57
569	697 ANITA BARTOL	BARABOO WI	28	F2529	3:34:09
570	203 ROBERT HAKES	OAK PARK IL	7	M6599	3:35:14
571	62 MICHELE BREIHAN	MIDDLETON WI	29	F2529	3:35:33
572	235 JODEEN HETTENBACH	MADISON WI	31	F3539	3:35:33
573	169 JONATHON GANSKE	STOUGHTON WI	21	M2529	3:35:45
574	278 BRANDON JORDAN	FITCHBURG WI	24	M0124	3:36:04
575	618 MATT STAEBEN	MADISON WI	50	M3034	3:36:05
576	341 GIORGIANNE MAZIARKA	WAUNAKEE WI	36	F3034	3:36:09
577	261 JAMES JAEGER	SUN PRAIRIE WI	14	M6064	3:37:25
578	327 DALE MANION	JANESVILLE WI	26	M5559	3:38:10
579	576 GRAY WILLIAMS	MADISON WI	27	M5559	3:39:08
580	472 MARLA SCHNEIDER	GLENVIEW IL	9	F5054	3:39:09
581	382 MARK NEWTON	WILMETTE IL	58	M5054	3:39:10
582	628 MICHAEL COLLINS	MADISON WI	59	M5054	3:39:44
583	13 BETHANY ANDERSON	STOUGHTON WI	37	F3034	3:39:46
584	132 CYNTHIA EASLEY	LAKE GENEVA WI	14	F4549	3:40:18

PLACE NO.	NAME	CITY	DIV	DIV	TIME
585	506 JILL SMITH	MADISON WI	24	F0124	3:40:37
586	207 GEORGE HANSEN	OREGON WI	28	M5559	3:41:05
587	245 MICHELLE HOYER	WOODSTOCK IL	27	F4044	3:41:44
588	155 JENNIFER FETTERLY	MADISON WI	38	F3034	3:41:54
589	589 EVERARD ZAMORA	BELOIT WI	22	M2529	3:41:57
590	634 KRISTINE HINRICHS	MILWAUKEE WI	15	F4549	3:42:09
591	300 BEVERLY LAMPE	MONONA WI	1	F6599	3:42:34
592	202 JANET HAGEN	MADISON WI	10	F5054	3:42:59
593	283 JONATHAN KEOGH	SAINT PAUL MN	51	M3034	3:43:58
594	125 JENNIFER DONNELLY	ST PAUL MN	39	F3034	3:43:58
595	185 ROBERT GONZALEZ	MONONA WI	60	M5054	3:43:59
596	612 ANDREW MURILLO	STOUGHTON WI	66	M4549	3:45:19
597	550 GENE TURNIPSEED	MADISON WI	8	M6599	3:45:46
598	394 MICHAEL OLDENKAMP	STOUGHTON WI	68	M3539	3:46:29
599	495 CATHY SKAAR	MADISON WI	32	F3539	3:47:05
600	586 NORMAN YARGER	BELVIDERE IL	15	M6064	3:47:06
601	378 JAMES NELSON	CRYSTAL MN	23	M2529	3:48:00
602	590 PAUL ZIEBARTH	MADISON WI	61	M5054	3:53:35
603	463 ROGER SCHATZLEIN	ST PAUL MN	62	M5054	3:55:26
604	45 DON BILARDELLO	MADISON WI	16	M6064	3:55:30
605	298 BARBARA KUMMERER	RIVER FOREST IL	2	F6599	3:55:50
606	218 FRITZ HASTREITER	MADISON WI	63	M5054	3:55:52
607	316 BILL LOFTHUS	MADISON WI	9	M6599	3:56:37
608	521 GENE STERR	WHITEFISH BAY WI	17	M6064	3:57:15
609	508 ROBERT SODERBLOOM	STOUGHTON WI	18	M6064	4:02:09
610	507 KATHLEEN SODERBLOOM	STOUGHTON WI	5	F6064	4:02:10
611	389 DAVE O'BRIEN	HALES CORNER WI	10	M6599	4:06:09
612	622 CATHARIN CHENOWETH	STOUGHTON WI	16	F4549	4:07:19
613	67 JEROME BROKISH	DEFOREST WI	64	M5054	4:09:52
614	591 STEVE ZIEBELL	STOUGHTON WI	24	M2529	4:10:36
616	86 SANDRA CHRISTENSEN	FITCHBURG WI	33	F3539	4:12:29
617	71 CHERYL BRUCKERT	MIDDLETON WI	40	F3034	4:14:10
618	221 LAURA HAYES HOFFMAN	MONONA WI	41	F3034	4:14:12
619	661 ROBERT KINNEY	APPLETON WI	69	M3539	4:14:28
620	568 DICK WETHAL	STOUGHTON WI	29	M5559	4:14:31
621	658 MALISSA GANJE	CHICAGO IL	25	F0124	4:19:02
622	59 BETHLEE BRADLEY	EVANSTON IL	26	F0124	4:19:03
623	293 BARRY KOLSRUD	IOWA CITY IA	65	M5054	4:23:51
624	92 JOYCE CICERO	ROCKFORD IL	6	F5559	4:28:50
625	134 MARY EDWARDS	SHERWOOD WI	7	F5559	4:28:50
626	122 KATE DOHERTY	ROCKFORD IL	42	F3034	4:28:50
627	286 JENNIFER KINNEY	GOLDEN CO	34	F3539	4:28:55





# 2002 Walk Participants

NO.	NAME	SEX	AGE	CITY	STATE	NO.	NAME	SEX	AGE	CITY	STATE
2150	GILBERT ENGEL	M	56	NIAGARA	WI	2219	PHYLLIS HANKE	F	54	FORT ATKINSON	WI
2149	AMY ENGEL	F	23	NIAGARA	WI	2220	RICHARD HANNAH	M	49	MADISON	WI
2151	STEVE ENSTROM	M	53	MADISON	WI	2221	KATIE HANSEN	F	26	STOUGHTON	WI
2152	PHYL ERICKSON	F	53	DODGEVILLE	WI	2222	ANN HANSON	F	29	KENOSHA	WI
2153	GARY ERTL	M	52	MONTELLO	WI	2223	KAREN HANSON	F	45	STOUGHTON	WI
2154	JENNIFER EVERSON	F	32	MADISON	WI	2253	NAOMI HANSON	F	21	STOUGHTON	WI
2156	Patricia Faust	F	42	Madison	WI	2224	LAURA HARRINGTON	F	38	MADISON	WI
2157	MARY FELDMAN	F	50	MADISON	WI	2225	MIKE HARRINGTON	M	40	MADISON	WI
2158	FRAN FELTON	F	30	PLATTEVILLE	WI	2226	ELIZABETH HARRISON	F	25	WHITEFISH BAY	WI
2160	KEN FERRY	M	51	MADISON	WI	2227	SELMER HAUGE	M	59	MC FARLAND	WI
2159	Jeannie Ferry	F	30	Shorewood	WI	2228	MARY HAUPT	F	52	GREEN BAY	WI
2161	SANDY FIENE	F	40	PRAIRIE DU SAC	WI	2229	DIANE HAYDEN	F		DELAFIELD	WI
2162	ROSIE FISCUS	F	53	OREGON	WI	2230	CAROL HAYES	F	48	ELM GROVE	WI
2712	Sandy Fisher	F	49	Madison	WI	2231	JOHNNA HAYWARD	F	24	STOUGHTON	WI
2163	NANCY FISHER	F	48	BELLEVILLE	WI	2232	KELSEY HEACOX	F	15	EVANSVILLE	WI
2164	LESLIE FITZGERALD	F	34	APPLE VALLEY	MN	2233	DIANE HEDGE	F	59	WAVERLY	TN
2165	TARA FLINT	F	25	STOUGHTON	WI	2234	PATRICE HELGERSON	F	48	JANESVILLE	WI
2166	STEPHANIE FLOCK	F	30	STOUGHTON	WI	2235	LAURIE HELLENBRAND	F	39	WAUNAKEE	WI
2167	CINDY FORSYTHE	F	45	WAUPUN	WI	2236	BEVERLEY HELMS	F		MADISON	WI
2168	DAVID FOY	M	43	MC FARLAND	WI	2237	BONNIE HENELL	F		MONONA	WI
2688	MIKE FOY	M		RACINE	WI	2238	MARY HENNIG	F	33	EVANSVILLE	WI
2689	PETER FOY	M		STOUGHTON	WI	2239	DARCY HENRIKSEN	F	51	WATERTOWN	WI
2755	KRIS FRANCE	F	30	STOUGHTON	WI	2775	NHABEE HER	M	39	MADISON	WI
2169	Beth Freeman	F	32	Madison	WI	2240	JIM HERGENROETHER	M		STOUGHTON	WI
2170	GRETA FRENCH	F		MADISON	WI	2241	SUSAN HERGENROETHER	F		STOUGHTON	WI
2171	KELLEY FREY	F	33	JANESVILLE	WI	2716	GEORGE HESSELBERG	M	51	OREGON	WI
2172	SUE FRISCH	F	43	STOUGHTON	WI	2242	Brenda Hetzel	F	44	LaCrosse	WI
2173	JUDY FRITZ	F	57	MONONA	WI	2243	DAN HIETPAS	M	41	CHIPPewa FALLS	WI
2174	NANCY FUHRMAN	F		STOUGHTON	WI	2244	Beth Hilgendorf	F	45	Stoughton	WI
2175	PATRICIA FULMER	F	41	MADISON	WI	2245	JOE HILGERS	M	40	MIDDLETON	WI
2176	HAZEL GAARD	F	62	OREGON	WI	2246	JUDY HILGERS	F	39	MIDDLETON	WI
2177	MARY GAGNON	F	28	OSHKOSH	WI	2247	BARBARA HILL	F		SUN PRAIRIE	WI
2178	FORRIE GAMER	F	55	DEFORREST	WI	2248	MICHAEL HILL	M	40	MC FARLAND	WI
2752	LINDA GARTLAND	F	45	SHERWOOD	AR	2249	JANE HIPKE	F	42	EVANSVILLE	WI
2179	REBECCA GASS	F	26	MIDDLETON	WI	2250	JON HISGEN	M	53	MIDDLETON	WI
2180	BARBARA GATES	F	53	DOUSMAN	WI	2251	CHRISTIE HITE	F	38	STOUGHTON	WI
2181	SUE GENSKE	F	40	STOUGHTON	WI	2671	Rami Hoaglin	F	32	Stoughton	WI
2182	DEBORAH GERARD	F	52	FLORENCE	WI	2252	MARSHA HOBSON	F	30	STOUGHTON	WI
2184	SARAH GERBER	F	30	MENASHA	WI	2254	ROGER HOFFMAN	M	45	SPRING GREEN	WI
2183	M GERBER	M	30	MENASHA	WI	2253	LORI HOFFMAN	F	36	SPRING GREEN	WI
2185	NANCY GERRY	F	53	VERONA	WI	2691	JENELLE HOFFMAN	F	28	MONONA	WI
2186	ED GESSNER	M	44	ENDEAVOR	WI	2785	SUE HOFFMAN	F		SUN PRAIRIE	WI
2187	KATHY GESSNER	F	38	ENDEAVOR	WI	2255	TARA JO HOLLOWAY	F	28	SPRING GREEN	WI
2704	Juliet Geurin	F	30	Sun Prairie	WI	2256	ELLEN HOLLY	F	44	ELKHORN	WI
2703	Andrea Geurin	F	29	Sun Prairie	WI	2257	HOPE HOLTAN	F	49	DEERFIELD	WI
2188	BARB GIBSON DANN	F	44	WINDSOR	WI	2258	BETH HOLZHUETER	F	24	MADISON	WI
2763	KAREN GILBERT	F	39	MADISON	WI	2259	ANNE HORE	F	32	LANCASTER	WI
2713	Edward Gile	M	54	Madison	WI	2260	MAREN HORNE	F	53	MIDDLETON	WI
2189	DEBBIE GILLE	F	46	MADISON	WI	2261	JESSICA HORNER	F	26	MIDDLETON	WI
2191	JEAN GILLE	F	64	GRATIOT	WI	2262	LINDA HOST	F	51	STODDARD	WI
2190	GERALD GILLE	M	65	GRATIOT	WI	2263	CHERYL HOUGAN	F	37	STOUGHTON	WI
2192	ANGELA GILLIS	F	27	MADISON	WI	2264	JA-JA HOWE	F	54	MADISON	WI
2193	DICK GJERDE	M	58	MADISON	WI	2265	MARY HOWICK	F	47	MIDDLETON	WI
2774	DANA GJERMO	F		MARKESAN	WI	2705	Neil Hoxie	M	52	Madison	WI
2194	JILL GOERES	F	43	LODI	WI	2266	CATHERINE HUBBARD	F	44	MIDDLETON	WI
2195	Janell Gomez	F	27	Stoughton	WI	2267	LAURA HUBER	F	38	MADISON	WI
2196	MARY ANN GOSDA	F	55	MADISON	WI	2268	BRANDEE HUDSON	F	26	DARLINGTON	WI
2197	MARY GRABER	F	53	MINERAL POINT	WI	2269	Kris Huehne	F	38	Sauk City	WI
2198	Elena Graciosa	F	55	Burlington	WI	2270	MARY JO HULTMAN	F	55	WALES	WI
2199	Joseph Graciosa	M	54	Burlington	WI	2272	RUTH HURLEY	F	45	VERONA	WI
2200	RACHEL GRADY	F	27	MILWAUKEE	WI	2271	AMY HURLEY	F	27	MADISON	WI
2670	BONNIE GRAFF	F	49	EAU CLAIRE	WI	2682	JULIE HUTCHINSON	F		STOUGHTON	WI
2203	JAY GRAFFIN	M	36	STOUGHTON	WI	2273	ERIN HUTTON	F	21	VERONA	WI
2202	GERALD GRAFFIN	M	64	STOUGHTON	WI	2274	COLLEEN INCWELL	F	42	DARLINGTON	WI
2201	Chad Graffin	M	33	Deerfield	WI	2275	SONIA JACKSON	F	45	MADISON	WI
2204	TERRI GRANNIS	F	38	MADISON	WI	2276	TERESA JANSEN	F	24	MADISON	WI
2205	CAROL GRAWWE	F	53	HAZEL GREEN	WI	2672	Dan Jehl	M	52	lake Geneva	WY
2206	KAREN GRAY-KELLER	F		MIDDLETON	WI	2277	DENNIS JENKS	M		STOUGHTON	WI
2207	HEIDI GREEN	F	36	MADISON	WI	2278	JEAN JENKS	F		STOUGHTON	WI
2714	JULE GREGORY	F	37	EDGERTON	WI	2279	LARA JOANIS	F	32	MADISON	WI
2208	ELAINE GRENZOW	F		NEW GLARUS	WI	2287	SUMMER JOHNSON	F	34	SUN PRAIRIE	WI
2209	JON GRINDE	M	51	MADISON	WI	2285	KATHY JOHNSON	F	42	CROSS PLAINS	WI
2715	Mary Gross	F	50	McFarland	WI	2281	BONITA JOHNSON	F	58	FRIDLEY	MN
2210	HEIDI GRUBER	F	16	MADISON	WI	2283	GREG JOHNSON	M	38	DELAVAN	WI
2211	SUSAN GUDERYON	F	41	MADISON	WI	2280	BECKI JOHNSON	F	36	DELAVAN	WI
2760	JEAN GUEQUIERRE	F	36	WHITEFISH BAY	WI	2286	MARY JOHNSON	F	43	MADISON	WI
2212	JENNY GULLICKSON	F		MC FARLAND	WI	2284	JERRY JOHNSON	M	64	STURGEON BAY	WI
2749	KIMBERLY HAAKENSON	F	28	EVANSVILLE	WI	2282	CAROLE JOHNSON	F	63	STURGEON BAY	WI
2213	BETH HADLEY	F	32	MADISON	WI	2288	JILL JONES	F	47	MADISON	WI
2215	Trina Hagemann	F	30	Stoughton	WI	2289	TRACY JORGENSEN	F	53	MADISON	WI
2214	John Hagemann	M	32	Stoughton	WI	2290	PATRICK JOYCE	M	68	CAMBRIDGE	WI
2216	JULIE HAGLAND	F	32	MADISON	WI	2717	DAVID JUDD	M		BELLEVILLE	WI
2690	DENISE HALLE	F	31	MADISON	WI	2718	PATRICIA JUDD	F		BELLEVILLE	WI
2217	EVY HALVERSON	F	44	BARNEVELD	WI	2291	CARRIE KAHN	F	28	WAUKESHA	WI
2218	lynn halverson	F	29	stoughton	WI	2292	DIANE KAISER	F		AVOCA	WI
2791	JOHN HAMPER	M		LITTLE CANADA	MN	2293	REBECCA KAISER	F	43	STOUGHTON	WI

# 2002 Walk Participants



NO.	NAME	SEX	AGE	CITY	STATE	NO.	NAME	SEX	AGE	CITY	STATE
2743	Sandra Kallio	F	47	Madison	WI	2722	WALTER MA	M	42	MADISON	WI
2294	JENNIFER KAMMERUD	F	28	MADISON	WI	2358	LISA MACAULAY	F		MADISON	WI
2295	Kathryn Kehoe	F	25	Middleton	WI	2359	JOANN MACKLIN	F		MADISON	WI
2296	GERI KELLEN	F	31	OCONOMOWOC	WI	2360	KAIA MADALUS	F	44	SUN PRAIRIE	WI
2297	Sharon Kelley	F	49	Sun Prairie	WI	2361	KAREN MAHER	F	30	MADISON	WI
2744	Patrick Kelly	M	30	Middleton	WI	2362	ROBIN MAIN	F	43	STOUGHTON	WI
2792	DAVID KEMP	M	58	JANESVILLE	WI	2363	RAY MALASKI	M	51	COLORADO SPRINGS	CO
2750	SCOTT KEMPER	M	23	WEST ALLIS	WI	2364	BRIDGET MALESYTCKI	F	48	MADISON	WI
2298	CARY KENDALL	M	55	MADISON	WI	2365	FLORENCE MALIZOLA	F	63	EVANSTON	IL
2299	DUNNELL KENDRICK-PA	F	35	NEW GLARUS	WI	2366	SONYA MALVICK	F	35	WAUKESHA	WI
2745	Christina Kendzior	F	31	Madison WI	WI	2367	HOLLY MANSON	M	54	STOUGHTON	WI
2719	LEE KESSENICH	F	47	SUN PRAIRIE	WI	2368	KELLI MANSON	F	36	HOFFMAN ESTATES	IL
2301	steven kiergaard	M	42	madison	WI	2369	Eric Manthei	M	26	Madison	WI
2300	cassie kiergaard	F	13	madison wi	WI	2370	ANN MAPES	F	41	MINOCQUA	WI
2302	SARAH KIMM	F	37	MADISON	WI	2371	michele mara	F	35	Sun Prairie	WI
2303	LORI KINNARD	F	40	MADISON	WI	2372	BETH MARTINSON	F	33	MADISON	WI
2304	RICHARD KINSMAN	M	38	REEDSBURG	WI	2373	Debbie Marx	F	41	Cross Plains	WI
2305	SHERYL KINSMAN	F	36	REEDSBURG	WI	2374	FREDERICK MATT	M	47	MIDDLETON	WI
2306	LESLIE KIPPER	F	31	RHINELANDER	WI	2375	GAYLORD MATTI	M	77	MADISON	WI
2692	MELISSA KIRBY	F	21	MADISON	WI	2377	JIM MATTKE	M	77	STOUGHTON	WI
2307	DEBORAH KIRLEY	F		STOUGHTON	WI	2376	DENISE MATTKE	F		STOUGHTON	WI
2308	ANGIE KIRSTEATTER	F	26	STEVENS POINT	WI	2378	MARY MATUSZESKE	F	39	BEAVER DAM	WI
2720	KATIE KISS	F	12	STOUGHTON	WI	2379	STACEY MAVES	F	23	STOUGHTON	WI
2721	PEGGY KISS	F	65	STOUGHTON	WI	2380	PRIYA MC CONNOHIE	F	13	PORT WASHINGTON	WI
2309	JACULIN KITTEL	F	44	MADISON	WI	2382	JERRY MCCANN	M	50	MADISON	WI
2310	KATHLEEN KLINKNER	F	42	MADISON	WI	2383	Megan McCann	F	19	Madison	WI
2312	MARY KNAPP	F	50	MADISON	WI	2384	ROSEMARY MCCARTHY	F	69	WALES	WI
2311	KATHLEEN KNAPP	F	45	MADISON	WI	2385	GINA MCCLUSKEY	F	24	RACINE	WI
2313	SANDY KNESTING	F	58	MONONA	WI	2386	LIZ MCCREDIE	F	45	DEERFIELD	WI
2314	SHERRY KOCH	F	37	MERRILL	WI	2387	Jill McDermott	F	47	Plain	WI
2317	KURT KOENIG	M	38	STOUGHTON	WI	2388	Terry McNamara	M	52	Verona	WI
2316	JUDITH KOENIG	F		HARTFORD	WI	2707	Meggin McNamara	F	29	Madison	WI
2315	DAN KOENIG	M	14	STOUGHTON	WI	2389	AMY MCNETT	F	31	EVANSVILLE	WI
2693	JILLIAN KOSHOLLEK	F	29	STOUGHTON	WI	2390	JENNIFER MCWILLIAMS	F	34	STOUGHTON	WI
2318	Judith Kozminski	F	45	Madison	WI	2391	TRACEY MEEK	F	34	STOUGHTON	WI
2321	MAUREEN KRAEMER	F	40	PLAIN	WI	2392	KEITH MEKA	M	38	WAUWATOSA	WI
2319	DIANE KRAEMER	F	40	PLAIN	WI	2393	Michelle Meloy	F	34	Sun Prairie	WI
2320	GWEN KRAEMER	F	65	PLAIN	WI	2394	Calland Metts	M	40	Duluth	MN
2322	REBECCA KRAFT	F	39	STOUGHTON	WI	2395	Karen Meudt	F	39	Blanchardville	WI
2323	AMANDA KRAMER	F	26	MADISON	WI	2396	DOLORES MEYER	F	46	BLOOMINGTON	WI
2324	NANCY KRANTZ	F	40	STOUGHTON	WI	2398	EMILY MEYER	F	31	MINNEAPOLIS	MN
2673	Jeffrey Krawcek	M	31	Sun Prairie	WI	2397	ELENA MEYER	F	48	MADISON	WI
2326	TERESA KREBS	F	44	CLINTON	WI	2399	REBECCA MEYER	F	29	MIDDLETON	WI
2325	JAYME KREBS	F	21	CLINTON	WI	2757	SALLY MIDTHUN	F	32	STOUGHTON	WI
2327	Maria Krueger	F	36	Berlin	WI	2400	NICHOLAS MILLER	M	66	NEENAH	WI
2328	MARY KUCKKAHN	F	36	STOUGHTON	WI	2739	RYAN MILLER	M	15	STOUGHTON	WI
2329	PAM KUEHL	F	50	FORT ATKINSON	WI	2738	LYNN MILLER	F		STOUGHTON	WI
2330	TAMMY KUNDINGER	F	30	VERONA	WI	2401	MARY MINK	F	37	MADISON	WI
2331	MARY KUYPERS	F	41	MADISON	WI	2402	KARLA MOLL	F	45	WATERTOWN	WI
2683	JILL LAEYENDECKER	F	24	MADISON	WI	2403	SHIRLEY MONDLOCH	F	48	MADISON	WI
2332	PEPPER KATHY LAFONT	F	38	WOODSTOCK	IL	2404	LYNN MOORE	F	53	MADISON	WI
2333	KIM LAMBERT	F	38	MCFARLAND	WI	2405	RONALD MOORE	F	54	MADISON	WI
2761	BETSY LANE	F		MADISON	WI	2696	LINDA MOORE	F	48	MADISON	WI
2334	MARY LARSEN	F	55	EVANSVILLE	WI	2695	EMILY MOORE	F	18	MADISON	WI
2335	HOLLY LATSCH	F	36	VERONA	WI	2777	KATHERINE MORIARITY	F	30	MADISON	WI
2759	JIM LATSCH	M	38	VERONA	WI	2406	JACK MORITZ	M	53	MAZOMANIE	WI
2336	ALICE LAURANT	F	49	STOUGHTON	WI	2723	BRIAN MORRIS	M	41	CHAMPAIGN	IL
2337	NANCY LAWRENCE	F		FORT ATKINSON	WI	2407	LORI MOSHER	F		MADISON	WI
2338	Sarah Lawrence	F	33	Duluth	MN	2408	Kathleen Motl	F	35	Fitchburg	WI
2339	JOAN LEE	F		COLUMBUS	WI	2409	SHANNON MOUNTAIN	F	21	MADISON	WI
2341	JEROME LEHMAN	M	48	MADISON	WI	2410	JAN MUEHLENBERG	F	50	MADISON	WI
2340	DIANE LEHMAN	F	45	MADISON	WI	2411	Hollie Mumford	F	25	Stoughton	WI
2342	SUE LEHMANN	F	49	MADISON	WI	2770	COLLEEN MURPHY	F		MADISON	WI
2343	MARY LEMKE	F	54	DEERFIELD	WI	2412	PATTI MURRAY	F	47	ELM GROVE	WI
2674	Jane Lemon	F	27	Madison	WI	2413	CINDY MUTTER	F		STOUGHTON	WI
2344	KAREY LEONARD-BERG	F	41	MADISON	WI	2414	LUCY MYERS	F		GRANSBURG	WI
2684	LINDA LEONOVICZ	M	32	FITCHBURG	WI	2415	MICHAEL MYERS	M		GRANTSBURG	WI
2345	PAMELA LESH	F	43	MADISON	WI	2416	RON NACKER	M	51	EAST TROY	WI
2346	ROBERT LEWCOCK	M	59	OCONOMOWOC	WI	2697	LORRAINE NARVAEZ	F		MIDDLETON	WI
2347	CINDY LIEN	F	46	OREGON	WI	2417	ROBERT NEATH	M	34	EDWARDSVILLE	IL
2348	SUSAN LINDLOFF	F	33	LODI	WI	2418	PAUL NEISWENDER	M	47	HARTFORD	WI
2349	MARY LINK	F	48	COLUMBUS	WI	2419	DAVE NETTUM	M	58	EDGERTON	WI
2350	GRACE LITKE	F	14	PORT WASHINGTON	WI	2420	Emily Netzel	F	23	Madison	WI
2351	BARBARA LOCKWOOD	F	59	MIDDLETON	WI	2422	GENIE NEWSOM	F	46	PORTAGE	WI
2675	CHERYL LOESEL	F	30	MADISON	WI	2421	CALVIN NEWSOM	M	48	PORTAGE	WI
2676	Pamela Lojewski	F	31	Gays Mills	WI	2423	KATHY NICHOLSON	F	43	STOUGHTON	WI
2352	JEFFREY LOOS	M	39	MADISON	WI	2424	JONI NICKOLEY	F	37	ALCONQUIN	IL
2756	DIANE LORAM	F	48	OREGON	WI	2425	JIM NISLEY	M		MADISON	WI
2353	CHERYL LORENZ	F	40	EVANSVILLE	WI	2426	Bethany Nodolf	F	25	Ripon	WI
2354	MARIANNE LOTTES RUS	F	39	MADISON	WI	2784	RICHARD NYSTROM	M	55	MADISON	WI
2568	SALLY LOVELL	F	33	STOUGHTON	WI	2427	Carol O'Connell	F	50	Cross Plains	WI
2355	TINA LUDLUM	F	25	MADISON	WI	2724	CATIE O'CONNELL	F	50	MADISON	WI
2356	JOHN LUND	M	50	MADISON	WI	2428	JANET O'DONNELL	F		STOUGHTON	WI
2357	THOMAS LUNDE	M	60	STOUGHTON	WI	2429	BERNICE OBERBECK	F	80	MIDDLETON	WI
2694	LANCE LUNSWAY	M	35	MADISON	WI	2430	MICHELLE OBERLE	F	35	WAUNAKEE	WI
2706	Allison Lynn	F	28	Madison	WI	2431	Shannon O'Brien	F	43	Glen Ellyn	IL



# 2002 Walk Participants

NO.	NAME	SEX	AGE	CITY	STATE	NO.	NAME	SEX	AGE	CITY	STATE
2433	ELLEN OLSEN	F	62	MARSHFIELD	WI	2698	MICHAEL ROSPENDA	M	46	APPLETON	WI
2435	VICKY OLSEN	F	34	MARSHFIELD	WI	2506	HENRY ROYER	M	49	STOUGHTON	WI
2432	CHERYL OLSEN	F	35	LAKE VILLA	IL	2505	CATHY ROYER	F	49	STOUGHTON	WI
2434	JACKIE OLSEN	F	44	DEFOREST	WI	2507	JACKIE RUBRINGER	F	50	DOUSMAN	WI
2443	NORMAN OLSON	M		MADISON	WI	2699	JOCYLYN RUDE	F	16	STOUGHTON	WI
2437	DARLENE OLSON	F		MADISON	WI	2508	Jill Ruef	F	42	Mt. Horeb	WI
2436	CLIFF OLSON	M	53	MADISON	WI	2510	Lisa Ruhland	F	37	Plain	WI
2442	LUANN OLSON	F	48	CLEARLAKE	WI	2509	ALICE RUHLAND	F	60	LOGANVILLE	WI
2439	JOHN OLSON	M	44	STOUGHTON	WI	2511	LINDA RUPNOW	F		OCONOMOWOC	WI
2441	LORETTA OLSON	F	39	STOUGHTON	WI	2512	JOSEPH RUSSELL	M	60	COTTAGE GROVE	WI
2444	VICKI OLSON	F	49	SPRING GREEN	WI	2513	WILLIAM RUSSELL	M	26	COTTAGE GROVE	WI
2438	DUANE OLSON	M	49	SPRING GREEN	WI	2514	SHARON RYAN	F	51	MONONA	WI
2440	KATHY OLSON	F		MIDDLETON	WI	2515	THOMAS RYAN	M	48	MADISON	WI
2751	JERIE OLSON	F	34	WAUNAKEE	WI	2516	WILLIAM SACHSE	M	53	MADISON	WI
2445	NANCY ONKEN	F	58	MADISON	WI	2517	JODI SAMUELS	F	29	MADISON	WI
2446	Jane Opps	F	52	DeForest	WI	2518	LINDA SAUNDERS	F	41	STOUGHTON	WI
2727	RACHEL ORVICK	F	26	ALBANY	WI	2519	KEN SCHAFFER	F	51	MADISON	WI
2728	SARA ORVICK	F	53	OREGON	WI	2520	Heather Schattschne	F	26	Ripon	WI
2725	JAMES ORVICK	M	58	OREGON	WI	2769	SUSAN SCHEMMEL	F	40	MADISON	WI
2726	LIZ ORVICK	F	28	OREGON	WI	2754	KELLY SCHIELDT	F	36	STOUGHTON	WI
2729	SARA ORVICK	F		OREGON	WI	2734	Brenda Schillinger	F	36	Skokie	IL
2788	TAMARA ORZECH	F	24	MERRILL	WI	2771	KATHLEEN SCHILTER	F	36	CEDARBURG	WI
2447	JILL OSWALD	F	35	WATERTOWN	WI	2521	SUZY SCHLEPPER	F	21	FITCHBURG	WI
2448	NATALIE OWEN	F	47	SUN PRAIRIE	WI	2522	KATHY SCHLEIF	F	41	MADISON	WI
2449	TRACY PAJEWSKI	F		FITCHBURG	WI	2523	Tara Schluesche	F	28	Sun Prairie	WI
2450	BEATRICE PALZKILL	F		MINERAL POINT	WI	2525	MARLA SCHMIDT	F	43	STOUGHTON	WI
2451	LORI PARKER	F	38	NEENAH	WI	2524	ELAINE SCHMIDT	F	59	PORT WASHINGTON	WI
2452	Chantell Pate	F	30	Buffalo Grove	IL	2526	Bobbi Schmitt	F	27	Deerfield	WI
2453	DANIEL PATIENCE	M	30	MADISON	WI	2527	KAY SCHMITZ	F	57	MT HOPE	WI
2455	IAN PATIENCE	M	66	MADISON	WI	2528	CAROL SCHOENI	F		GREENVILLE	WI
2454	HELEN PATIENCE	F	61	MADISON	WI	2529	HEIDI SCHOENKE	F	31	WHITEWATER	WI
2456	LEANN PAULL	F	41	VERONA	WI	2530	Shirley Schoob	F	32	Sun Prairie	WI
2457	KRISTINA PEARSON	F	31	OREGON	WI	2531	KAREN SCHORR	F	47	MADISON	WI
2458	MARY PECORARO	F		STOUGHTON	WI	2532	AMY SCHULTZ	F	23	MIDDLETON	WI
2459	Carol Pfeffer	F	47	Madison	WI	2533	JENNIFER SCHULZ	F	20	WATERTOWN	WI
2460	PAMELA PHELAN	F	44	MADISON	WI	2534	CHERYL SCHUMACHER	F	29	MADISON	WI
2462	PEGGY PHILLIPS	F	51	BRODHEAD	WI	2535	BECKY SCHUTTE	F	31	BLANCHARDVILLE	WI
2461	mary phillips	F	42	deforest	WI	2536	GINNA SCHWARTZ	F	23	CHICAGO	IL
2463	RHONDA PIEPER	F	31	STOUGHTON	WI	2537	JOHN SCHWEIGER	M	54	MADISON	WI
2464	HOLLY PITAS	F	42	STOUGHTON	WI	2538	JASON SCOTT	M	33	MADISON	WI
2466	TERRI PLANK	F		STOUGHTON	WI	2539	JONELLE SECARD	F	47	MADISON	WI
2465	LINDSEY PLANK	F	17	STOUGHTON	WI	2540	JENNIFER SEELEY	F	31	CROWN POINT	IN
2467	DAVID POLLARD	M	37	MADISON	WI	2541	RICHARD SENN	M	55	VERONA	WI
2468	Eve Pollock	F	28	Madison	WI	2542	SANDRA SEVERSEN	F	38	APPLETON	WI
2730	WENDY POPE	F	49	EDGERTON	WI	2543	TIM SEVERSEN	M	42	APPLETON	WI
2469	JOHN POPHAL	M		MADISON	WI	2545	MARY SEVERSON	F	36	STOUGHTON	WI
2470	LYNN POSICK	F	35	STOUGHTON	WI	2544	ALETA SEVERSON	F	45	MCFARLAND	WI
2471	LOIS PREUSSER	F	50	LAKE GENEVA	WI	2546	NANCY SEYMOUR	F	41	STOUGHTON	WI
2472	MARY PRICE	F		BLOOMINGTON	WI	2547	PHILIP SHANK	M	58	SUSSEX	WI
2473	KATHRYN PRIESTER	F	42	MADISON	WI	2548	DEBRA SHAPIRO	F	46	MADISON	WI
2474	SHEILA PRZESMICKI	F	37	MADISON	WI	2549	TERESA SHULT	F		STOUGHTON	WI
2475	DAWN RABBACH	F	40	SUN PRAIRIE	WI	2550	RENAE SIELING	F	32	OREGON	WI
2477	LADONNA RADEL	F	43	WAUNAKEE	WI	2552	KAREN SIGNER	F	50	BROWNTOWN	WI
2476	KEVIN RADEL	M	42	WAUNAKEE	WI	2551	DALE SIGNER	M	55	BROWNTOWN	WI
2685	LEAN RADER	F	22	STOUGHTON	WI	2553	MYRON SIME	M	62	STOUGHTON	WI
2478	Alta Radwill	F	18	Wauconda	IL	2554	JENNY SIMPLOT	F	31	OREGON	WI
2479	ADRIENNE RAMIREZ	F	41	DEFOREST	WI	2555	ROSIE SKIBBA	F	54	COTTAGE GROVE	WI
2480	DANIEL RAMSDEN	M	48	COTTGE GROVE	WI	2677	ANNE SKORNIA	F	40	SUN PRAIRIE	WI
2482	LARRY RAMSDEN	M	50	STOUGHTON	WI	2558	KRISTI SLACK	F	32	MADISON	WI
2481	DAVID RAMSDEN	M	40	STOUGHTON	WI	2556	JACKIE SLACK	F		MADISON	WI
2483	Sunil Rao	M	31	Madison	WI	2557	KELLY SLACK	F		MADISON	WI
2484	DIANE RAPPE	F	59	MADISON	WI	2559	JULIA SLIGAR	F	52	LOVES PARK	IL
2782	TOM RAVN	M		MADISON	WI	2560	EDWARD SLOTTEN	M	54	MADISON	WI
2731	Linda Reimer-Cook	F	45	Madison	WI	2561	Evan Smestad	M	35	Madison	WI
2485	Michelle Renkas	F	24	LaCrosse	WI	2562	CHERYL SMITH	F	39	NEENAH	WI
2486	Heather Renz	F	30	Orlando	FL	2563	KATHRYN SMITH	F	50	MCFARLAND	WI
2487	Jean Retallick	F	36	Deerfield	WI	2564	Zenda Smith	F	36	Estes Park	CO
2488	BARB RETZLAFF	F	49	MCFARLAND	WI	2735	Anne Smith	F	25	Madison	WI
2733	PATSY RICE	F	12	STOUGHTON	WI	2776	DONNA SMITH	F	34	MARKESAN	WI
2732	DAVID RICE	M	42	STOUGHTON	WI	2565	NANCY SMITHBACK	F	40	MADISON	WI
2490	SUSAN RICHARDS	F	39	OREGON	WI	2566	Amy Smyth	F	27	madison	WI
2489	SHELLIE RICHARDS	F	36	JANESVILLE	WI	2567	Debbi Sonnenberg	F	36	Sun Prairie	WI
2491	carolyn ridgely	F	54	madison	WI	2569	GINA SORENSON	F	40	EVANSVILLE	WI
2492	LESLIE RIEMER	F	25	BRODHEAD	WI	2571	PHYLLIS SPANGLER	F	60	STOUGHTON	WI
2493	ANNE RIENDL	F	52	WALUKESHA	WI	2570	DICK SPANGLER	M	50	STOUGHTON	WI
2494	JIM RIESENBERG	M	59	PLYMOUTH	WI	2572	DEBORAH SPENCLEY	F	50	MADISON	WI
2495	SANDRA RINDEN	F	44	STOUGHTON	WI	2573	JULIE SPIELMANN	F	37	HARFORD	WI
2496	KELLY RITCHE	F	39	COBB	WI	2574	JOYCE SPLAN	F	48	BELOIT	WI
2497	VIVIAN ROACH	F		STOUGHTON	WI	2576	SARA SPRANG	F	26	MCFARLAND	WI
2498	BARBARA ROBINSON	F	54	MADISON	WI	2575	AARON SPRANG	M	26	MCFARLAND	WI
2499	Sue Robison-Matheso	F	51	Milwaukee	WI	2577	BEN SQUIRES	M	29	MANITOWOC	WI
2500	SUSAN ROEHLK	F	50	FITCHBURG	WI	2578	SUSAN SQUIRES	F	27	MANITOWOC	WI
2501	JOHN ROHLOFF	M	40	MADISON	WI	2579	Sherri Jo St. John	F	47	Skokie	IL
2502	WAYNE ROLLER	M	60	WALUKESHA	WI	2740	ARLENE STAFF	F	31	STOUGHTON	WI
2503	Jennifer Romanin	F	31	Oregon	WI	2746	eric stanchfield	M	49	madison	WI
2504	CHARLES ROMSTAD	M		MADISON	WI	2580	PAUL STATZ	M	48	MADISON	WI

# 2002 Walk Participants



NO.	NAME	SEX	AGE	CITY	STATE	NO.	NAME	SEX	AGE	CITY	STATE
2002	DIANE AAROEN	F	49	MCFARLAND	WI	2076	Kay Caldwell	F	34	Estes Park	CO
2003	KEN ACKERMAN	M	55	MADISON	WI	2075	Chris Caldwell	M	31	OREGON	WI
2004	JANE ADAMS	F	35	MAZOMANIE	WI	2074	HON CALHOUN	M	38	MOUNT HOREB	WI
2005	KATHY ADAMS	F	46	MADISON	WI	2078	HEIDI CAMPBELL	F	36	WATERLOO	WI
2006	SUSANN AHRABI-FARD	F	33	MADISON	WI	2077	BRENDA CAMPBELL	F		LAKE MILLS	WI
2007	PAM AIKINS	F	45	MANITOWOC	WI	2669	Mary Campbell	F	35	Madison	WI
2778	LISA ALEXANDER	F		STOUGHTON	WI	2079	KATHRYN CARR	F	47	HARSHAW	WI
2008	PAULA ALT	F		MADISON	WI	2080	KEVIN CARRIGAN	M	38	MADISON	WI
2009	RICHARD ALT	M	48	PLAIN	WI	2081	KRISTIE CECIL	F	50	STEVENS POINT	WI
2010	CATHY ANDERSEN	F	49	DEFORREST	WI	2768	BILL CHECK	M	50	MADISON	WI
2012	LISA ANDERSON	F	26	MADISON	WI	2767	LINDA CHECK	F	48	MADISON	WI
2013	SHERRY ANDERSON	F	47	MCFARLAND	WI	2082	SUE CHIARO	F	42	VERONA	WI
2011	JULIE ANDERSON	F		EAU CLAIRE	WI	2084	MARLENE CLAUSIUS	F	58	MADISON	WI
2014	TIMOTHY ANDERSON	M	46	EAU CLAIRE	WI	2083	JOE CLAUSIUS	M	55	MADISON	WI
2781	MARK ANDREWJESKI	M		WAUNAKEE	WI	2708	Kathleen Clavette	F	51	new berlin	WI
2015	KALI ANGELIQUE	F	46	VERONA	WI	2085	CRAIG CLERKIN	M	40	STOUGHTON	WI
2016	LISA ARNDT	F	38	OREGON	WI	2709	JODY COLLINS	F	52	MADISON	WI
2017	PAT ARNDT	F	59	NEENAH	WI	2086	Rachel Colodny	F	24	Chicago	IL
2018	RICHARD ARNDT	M	60	NEENAH	WI	2088	JODIE COOK	F		STOUGHTON	WI
2019	MARY ASCHLIMAN	F	37	DODGEVILLE	WI	2087	Cathy Cook	F	34	McFarland	WI
2020	ILENE AXFORD	F	57	EVANSVILLE	WI	2710	ANN COOK	F	33	STOUGHTON	WI
2021	Mari Bakken	F	26	Chicago	IL	2089	DEBBIE COOKE	F	47	PORTAGE	WI
2665	MaryEllen Bakken	F	57	Madison	WI	2090	KELLI COOKE	F	18	PORTAGE	WI
2022	JANET BANGS	F	41	MADISON	WI	2091	BONNY COOLEY	F	55	DEFORREST	WI
2023	HEATHER BARKER	F	28	MADISON	WI	2093	GARY CORBETT	M		MADISON	WI
2024	MARIA BARLOW	F	48	MADISON	WI	2092	BONNIE CORBETT	F		MADISON	WI
2025	JANE BARTELL	F	46	MADISON	WI	2766	JODI CORBIT	F	28	MADISON	WI
2026	COLLEEN BASS	F	39	VERONA	WI	2765	JUSTIN CORBIT	M	28	MADISON	WI
2027	CATHI BAST	F	41	MADISON	WI	2094	Chad Corbley	M	21	Middleton	WI
2028	SANDY BAUMAN	F	40	MANITOWOC	WI	2095	KEVIN CORRADO	M	51	MADISON	WI
2029	Kris Baumgartner	F	29	Madison	WI	2096	RUTH ANN CORRAO	F		PRAIRIE DU SAC	WI
2030	LINDA BEIER	F	55	MUKWONAGO	WI	2097	Joan Craig	F	35	Milwaukee	WI
2031	CLARK BEIER	M	54	MUKWONAGO	WI	2098	RUSSELL CRANE	M	55	MADISON	WI
2032	Dru Bell	F	31	McFarland	WI	2099	KAREN CROOK	F	43	WAUNAKEE	WI
2033	TAMMY BENOY	F	31	STOUGHTON	WI	2100	SUSAN CROUCH	F	45	MADISON	WI
2034	MARY BERG	F	61	MADISON	WI	2101	CURTIS CRYE	M	45	MCFARLAND	WI
2780	REBECCA BERGEY	F	27	STOUGHTON	WI	2102	TRAVIS CURTIS	M	26	MADISON	WI
2779	NANCY BERGEY	F		BROWNTOWN	WI	2104	RANDY CYRUS	M	52	MADISON	WI
2787	NATHAN BETHEL	M	26	MADISON	WI	2103	ALISSA CYRUS	F	18	MADISON	WI
2035	VICKY BEYLER	F	50	STOUGHTON	WI	2105	KAREN CZEBOTAR	F	52	MCFARLAND	WI
2036	STACEY BIEBERITZ	F	31	CAMBRIDGE	WI	2106	ALETA CZEREPINSKI	F	48	MADISON	WI
2037	Karen Bigott	F	38	Naperville	IL	2107	EILEEN DALEBROUX	F	47	MADISON	WI
2038	ALICE BINDL	F	50	SPRING GREEN	WI	2108	DEBRA DAMRELL	F	45	MADISON	WI
2039	JULIE BINDL	F	18	SPRING GREEN	WI	2109	MARY ELLEN DARST	F	39	MADISON	WI
2040	PAMELA BLACK	F	49	ANTIOCH	IL	2110	DICK DAVIES	M	79	MADISON	WI
2041	JIM BLAINE	M	38	BENTON	WI	2111	Patrick Dawson	M	24	Middleton	WI
2042	VINCENT BLEGEN	M	44	STOUGHTON	WI	2112	JOELLE DELURY	F	42	OREGON	WI
2001	REX BLUM	M		OREGON	WI	2113	COLLEEN DEMARCO	F	36	PLOVER	WI
2043	SALLY BOEGLI	F	24	BRODHEAD	WI	2711	JESSICA DENEEN	F	21	STOUGHTON	WI
2783	DONNA BOHM	F	49	STEVENS POINT	WI	2114	BRUCE DEWEY	M	64	MIDDLETON	WI
2044	CARRIE BOHMAN	F	34	MADISON	WI	2115	DONNA DIGMAN	F		PLATTEVILLE	WI
2045	BARBARA BORDE	F		MADISON	WI	2117	LISA DIGMAN	F		PLATTEVILLE	WI
2046	JUDY BORDSON	F	45	MADISON	WI	2116	LAURIE DIGMAN	F	25	WAUPUN	WI
2047	DAWN BORELLI	F	43	VERONA	WI	2119	DANIEL DILIBERTI	M	54	MILWAUKEE	WI
2048	PATTI BORELLI	F	39	VERONA	WI	2118	ANN DILIBERTI	F	55	MILWAUKEE	WI
2049	DON BOSETTI	M	61	BELOIT	WI	2120	NICOLE DILIBERTI	F	24	STATE COLLEGE	PA
2050	ROGER BOSS	M	35	VERONA	WI	2786	LYNELLE DINDIA	F		MADISON	WI
2051	ROGER BOSS	M	35	VERONA	WI	2122	RAYMOND DISCHLER	M	55	MADISON	WI
2052	GREG BRAULT	M	47	STOUGHTON	WI	2121	DAMIAN DISCHLER	M	49	MADISON	WI
2053	BILL BRAUN	M	62	MADISON	WI	2790	TIFFANY DOAN	F	18	FENNIMORE	WI
2054	STANLEY BREIBY	M	54	MCFARLAND	WI	2123	Danielle Docken	F	27	Madison	WI
2056	CHRISTINE BRENNY	F	25	ST. LOUIS PARK	MN	2124	Elizabeth Donnelly	F	25	Madison	WI
2055	CAROLYN BRENNY	F	50	STOUGHTON	WI	2125	JOAN DONOVAN	F	54	MADISON	WI
2057	WENDY BREUNIG	F	32	MAZOMANIE	WI	2127	VICTOR DORN	M		MADISON	WI
2681	SUZANNE BROADBERRY	F	32	MADISON	WI	2126	SARAH DORN	F	34	MADISON	WI
2058	GREG BROWN	M	33	LAKE MILLS	WI	2130	LINDA DOWNIE	F	56	MONONA	WI
2059	PAULA BROWN	F	32	LAKE MILLS	WI	2128	DALE DOWNIE	M	58	MONONA	WI
2060	SCOTT BROWN	M	42	MIDDLETON	WI	2131	SARA DOWNIE	F	36	STOUGHTON	WI
2061	Laura Brudos	F	35	Monona	WI	2129	DAVID DOWNIE	M	38	STOUGHTON	WI
2062	BETH BRUNETTE	F	31	MCFARLAND	WI	2132	TOM DOYLE	M	56	MARSHALL	WI
2666	Nancy Bucuk	F	55	Williams Bay	WI	2133	JOY DRUMMOND	F	57	MADISON	WI
2063	CATHERINE BUEGE	F	56	MADISON	WI	2134	alice dubois	F	55	Middleton	WI
2064	ANDREA BUISKER	F	15	ROSCOE	IL	2135	ERIN DUEHRING	F	25	MADISON	WI
2066	LISA BUISKER	F	39	ROSCOE	IL	2136	MAUREEN DUFFEY	F	47	MIDDLETON	WI
2065	BARBARA BUISKER	F	67	MADISON	WI	2137	GALE DUFFY	F		MIDDLETON	WI
2741	Renee Burcalow	F	29	Middleton	WI	2138	Linda Dunn	F	41	McFarland	WI
2067	COLLEEN BURKE	F	48	MADISON	WI	2139	LINDA DYKSTRA	F	39	MADISON	WI
2068	Diana Burke	F	53	Madison	WI	2140	PATRICIA EDDINGS	F	56	MONONA	WI
2069	LIANNE BURNSON	F		MADISON	WI	2141	KEVIN EGGERS	M	38	DODGEVILLE	WI
2667	Lori Burrow	F	42	McFarland	WI	2142	KIMBERLY EGGERS	F	37	DODGEVILLE	WI
2742	Robert Burrow	M	43	McFarland	WI	2143	Jodi Ehlen	F	34	Shorewood	WI
2070	ERICA BURYLL-ARANRT	F	35	CHASEBURG	WI	2144	RON EITH	M	54	MADISON	WI
2071	Deanna Busch	F	28	Wisconsin Rapids	WI	2145	KARIN ELLESTAD	F	45	RIDGEWAY	WI
2668	KATHY BUSSER	F	36	LODI	WI	2146	CONNIE ELLINGSON	F	44	WAUNAKEE	WI
2072	ANGELA BUTLER	F	20	MADISON	WI	2147	MARTY ELLINGSON	M		WAUNAKEE	WI
2073	DENISE BUZZELL	F	42	COLUMBUS	WI	2148	COURTNEY EMMER	F	25	MADISON	WI



# 2002 Walk Participants

NO.	NAME	SEX	AGE	CITY	STATE	NO.	NAME	SEX	AGE	CITY	STATE
2758	ANNE STATZ	F	38	BELLEVILLE	WI	2623	ANNIE WALLJASPER	F	44	MADISON	WI
2581	JOYCE STEGER	F	50	MADISON	WI	2624	MELANIE WALLSCHLAEG	F	30	SIoux FALLS	SD
2583	KAREN STEINLE	F	44	MADISON	WI	2747	diana wampole	F	50	madison	WI
2582	DICK STEINLE	M	44	MADISON	WI	2680	Debi Wankerl	F	29	Madison	WI
2584	KATHLEEN STEINLE	F	40	MADISON	WI	2625	TERRY WARD	F	40	DEFORest	WI
2585	MARY LEE STEINMULLE	F	54	COTTAGE GROVE	WI	2626	Amy Washbush	F	21	Stoughton	WI
2586	JAIME STENJEM	F	25	WATERLOO	WI	2748	Jeanna Weber	F	28	Verona	WI
2772	LAURA STEPHENSON	F	39	MADISON	WI	2627	SHIRLEY WEGMULLER	F	61	BLOOMINGTON	WI
2587	JENNIFER STEVENS	F	34	MADISON	WI	2628	DIANE WEINER	F		FALL RIVER	WI
2736	MICHELLE STORAGE	F	11	STOUGHTON	WI	2629	DONNA WEIS	F	52	VERONA	WI
2588	BELINDA STORMS	F	40	DEERFIELD	WI	2630	LARRY WEISENSEL	M	42	STOUGHTON	WI
2589	HEATHER STRAND	F	24	SUN PRAIRIE	WI	2631	KAY WEISS	F	48	VERONA	WI
2590	ANNETTE STRATMAN-DU	F	46	VERONA	WI	2632	LINDA WENDT	F	49	JANESVILLE	WI
2591	DONALD SULOFF	M	54	MIDDLETON	WI	2633	Rebecca Wennlund	F	25	Milwaukee	WI
2592	ALBERT SWAIN	M	61	VERONA	WI	2634	ANNA WHALEN	F	69	DODGEVILLE	WI
2593	ASTRID SWAIN	F	62	VERONA	WI	2635	ELIZABETH WIEBE	F	38	CROSS PLAINS	WI
2594	GAIL SWIFT	F	32	MADISON	WI	2700	AGI WIECKOWICZ	F	25	STOUGHTON	WI
2595	HARRIETT SWOPE	F	57	NIAGARA	WI	2701	AMANDA WIECKOWICZ	F		STOUGHTON	WI
2596	Melanie Tavera	F	34	Middleton	WI	2636	DAVID WIENEKE	M		STOUGHTON	WI
2597	Alison Taylor	F	25	Manitowoc	WI	2637	LYNN WIESER	F	44	STOUGHTON	WI
2598	John Taylor	M	28	Manitowoc	WI	2638	RANDA WILBERG	F	33	STOUGHTON	WI
2599	VIOLA TEACHOUT	F	71	AMBERG	WI	2640	GUY WILLIAMS	M	48	VERONA	WI
2678	Elyse Tebon	F	31	Stoughton	WI	2641	KAREN WILLIAMS	F	39	VERONA	WI
2600	Anita Tegen	F	48	Portage	WI	2639	DONALD WILLIAMS	M	66	CALEDONIA	IL
2601	PAUL THOMPSON	M	58	MADISON	WI	2642	JERRY WILSON	M	47	STOUGHTON	WI
2602	Diane Thornbery	F	47	Madison	WI	2643	PAM WILSON	F	43	STOUGHTON	WI
2603	Jennifer Tomey	F	31	Sun Prairie	WI	2644	TAMMY WISE	F	38	STOUGHTON	WI
2789	REBECCA TOPEL	F	26	JEFFERSON	WI	2686	THOMAS WOEHRL	M	46	MADISON	WI
2604	SUSAN TRACE	F	42	DEFORest	WI	2645	ANGIE WOELKY	F	24	BRODHEAD	WI
2606	DONNA TROLINGER	F	53	BROOKLYN	WI	2646	BARBARA WOODHOUSE	F	42	MIDDLETON	WI
2605	DANIEL TROLINGER	M		BROOKLYN	WI	2687	SARA WOODY	F		STOUGHTON	WI
2607	KATHLEEN TRUE	F	47	BROOKFIELD	WI	2647	JO WOOLEVER	F	60	EVANSVILLE	WI
2608	JANET TUPY	F		VERONA	WI	2649	KAREN YAEGER	F	58	MADISON	WI
2609	KIMBERLY TURNER	F	37	WOODSTOCK	IL	2648	KARA YAEGER	F	34	MCFARLAND	WI
2610	MARY TYRRELL	F	56	SHOREWOOD	WI	2650	JOYCE YARGER	F	58	BELVIDERE	IL
2611	JACKIE UMHOEFER	F	43	MIDDLETON	WI	2651	LENA YARGER	F	28	ROCKFORD	IL
2762	RANDY VALENTINE	M	1	STOUGHTON	WI	2653	RON YEE	M	37	MADISON	WI
2612	JULIE VOLLA	F	43	CAMBRIDGE	WI	2652	RAMONA YEE	F	34	MADISON	WI
2737	CARROL VOLLMER	F	67	OREGON	WI	2654	SUSAN YOUNGS	F	42	MADISON	WI
2614	BOB WACHENDORF	M	51	WAUKESHA	WI	2655	SHARRI ZACH	F	40	MADISON	WI
2613	BARB WACHENDORF	F	50	WAUKESHA	WI	2656	BECKY ZANGE	F	35	MARION	IA
2615	NANCY WACHHOLZ	F		POYNETTE	WI	2657	TAMI ZEPNICK	F		MADISON	WI
2616	DAVID WADE	M	43	MADISON	WI	2658	JOHN ZERBE	M	75	MADISON	WI
2617	MARCIA WAGNER	F	51	MADISON	WI	2659	SUSAN ZIMBRIC	F	50	WAUSAU	WI
2619	Sherrill Wagner	F	53	Madison	WI	2661	MARY ZIMMERMAN	F	53	EVANSVILLE	WI
2618	Paul Wagner	M	55	Madison	WI	2660	JANE ZIMMERMAN	F	42	SUN PRAIRIE	WI
2620	JANET WALDBURGER	F	49	STOUGHTON	WI	2702	PAT ZMUDA	F	57	WAUSAU	WI
2621	JILL WALKER	F	22	MADISON	WI	2662	TELLE ZOLLER	F		POYNETTE	WI
2622	MARIAH WALKER	F	27	MADISON	WI	2663	DANA ZURBUCHEN	F	29	MADISON	WI
2679	Ellis Waller	M	64	Madison	WI	2664	DEAN ZWEIFEL	M	63	WHITEWATER	WI



# 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.

**Temperature** is a critical factor. Significant heat injury may occur at all temperatures, but particularly above 60° F, wear only light athletic clothing (shorts, t-shirt or tank top). As the temperature increases above 60° F, your pace should be reduced. For example, at 80° F, beginning runners should run at least 1 minute per mile slower.

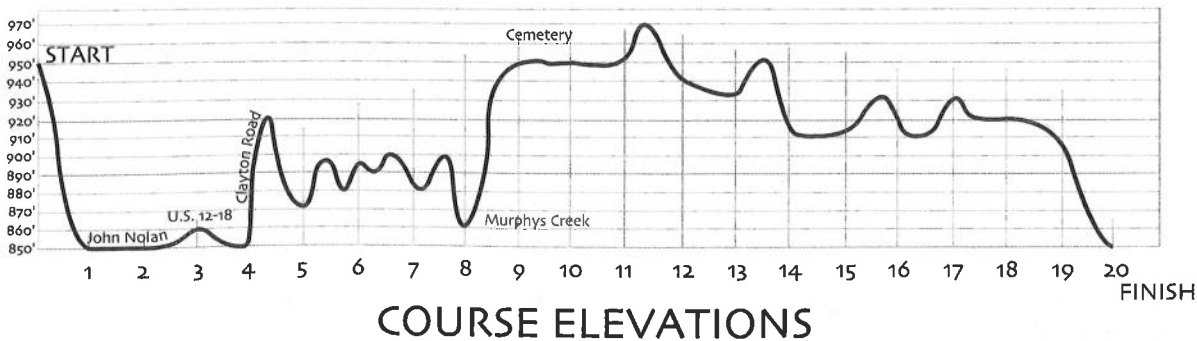
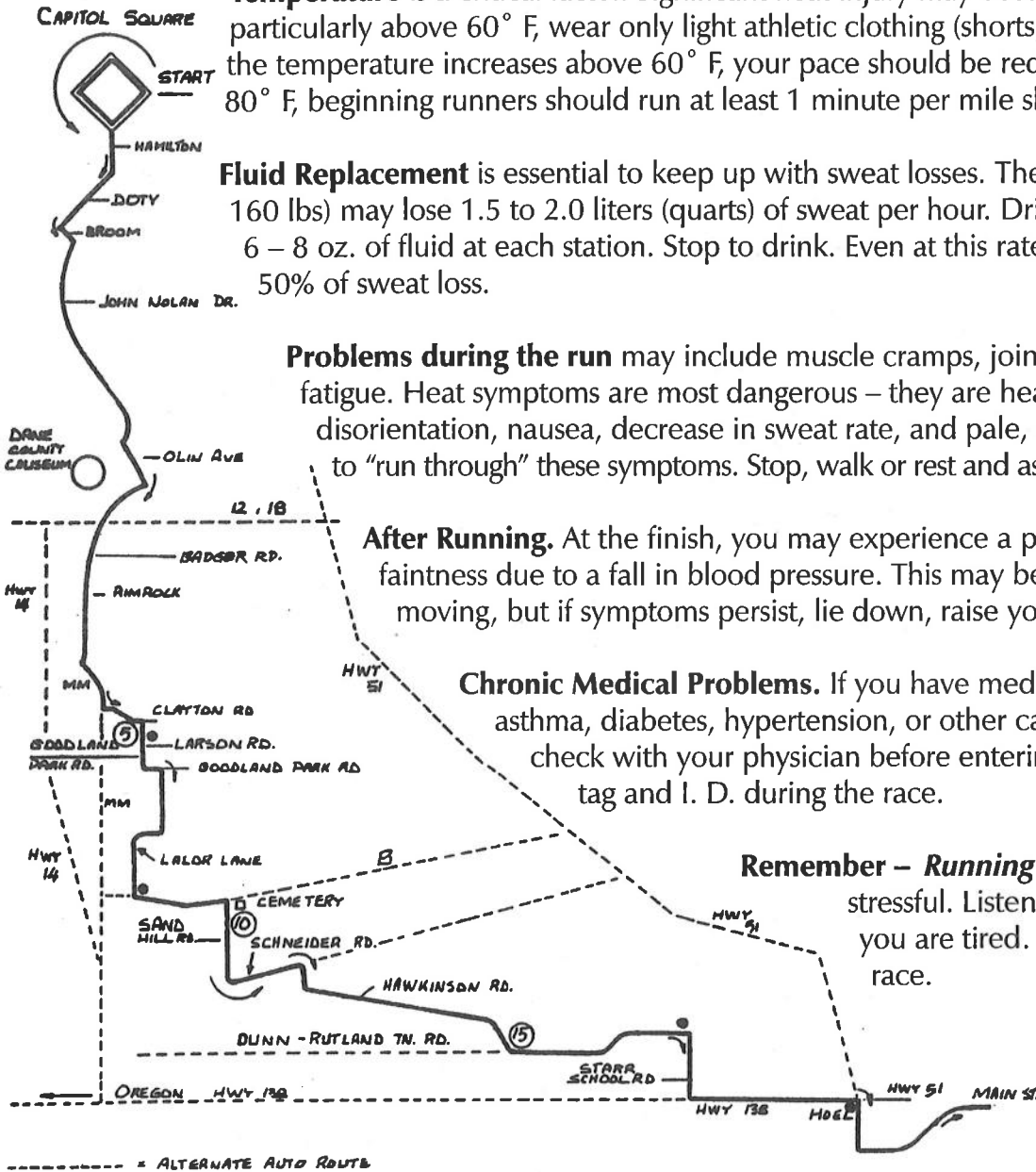
**Fluid Replacement** is essential to keep up with sweat losses. The average size male (140 – 160 lbs) may lose 1.5 to 2.0 liters (quarts) of sweat per hour. Drink 6 – 8 oz. of fluid at each station. Stop to drink. Even at this rate you may only replace 50% of sweat loss.

**Problems during the run** may include muscle cramps, joint pains, blisters and fatigue. Heat symptoms are most dangerous – they are headache, dizziness, disorientation, nausea, decrease in sweat rate, and pale, cold skin. Do not attempt to “run through” these symptoms. Stop, walk or rest and ask for help.

**After Running.** At the finish, you may experience a period of dizziness or faintness due to a fall in blood pressure. This may be prevented if you keep moving, but if symptoms persist, lie down, raise your legs and call for help.

**Chronic Medical Problems.** If you have medical problems such as asthma, diabetes, hypertension, or other cardiovascular problems, check with your physician before entering. Wear a “Medic Alert” tag and I. D. during the race.

**Remember – Running is Fun.** But it can also be stressful. Listen to your body. Walk when you are tired. There is always another race.



## WHERE IS STOUGHTON, ANYWAY?

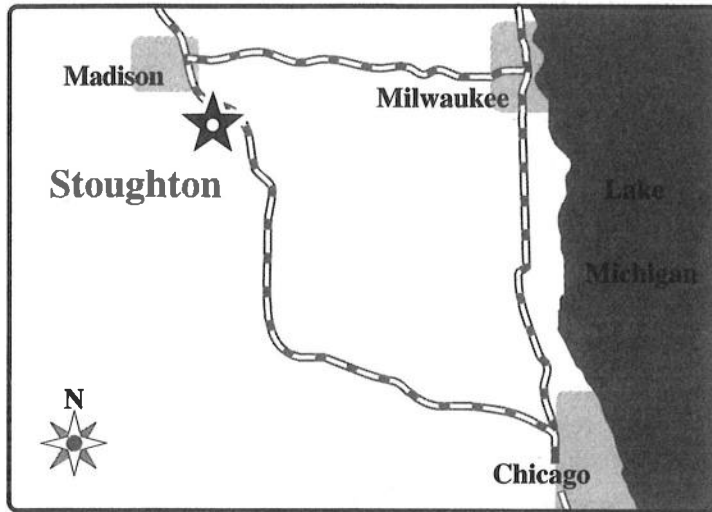
Stoughton is located in southeastern Dane County, Wisconsin, 20 miles southeast of Madison, on U.S. Hwy 51.

### **Directions from Chicago and northern Illinois:**

Follow I-90 west through Rockford, Beloit, and Janesville, WI. Continue on I-90 to the Stoughton exit, Exit # 156, onto U.S. Hwy. 51. Follow U.S. 51 for 6 miles into Stoughton.

### **Directions from Milwaukee:**

Follow I-94 west to the Sun Prairie / Cottage Grove exit, Exit # 244. Follow County Hwy. N to and through Cottage Grove, and continue on Hwy. N approximately 11 more miles to U.S. Hwy. 51 at the eastern edge of Stoughton. Turn right onto Hwy. 51.



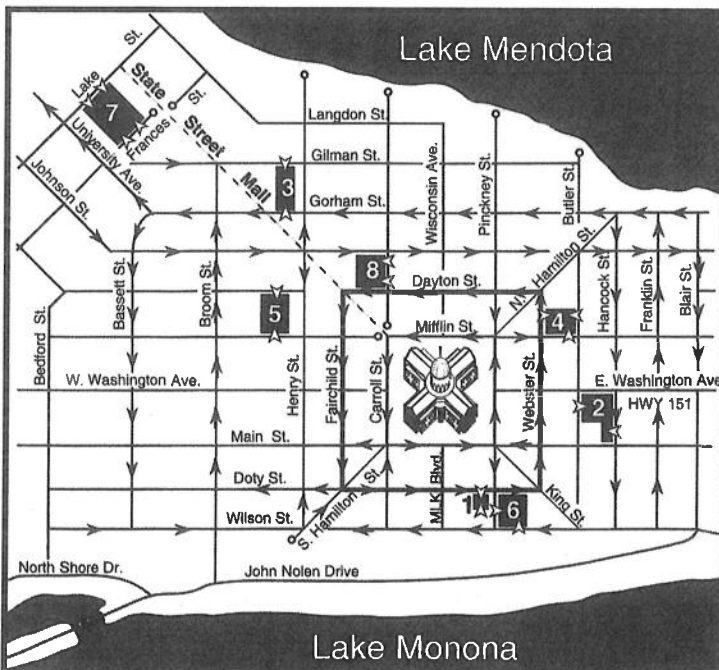
### **Directions from Madison—three possible routes:**

1. Take I-90 east (south) toward Chicago, and take the Stoughton exit, Exit #147. Turn right onto County Hwy. N and follow it 6 miles to U.S. Hwy. 51 at the eastern edge of Stoughton. Turn right onto Hwy. 51.  
—OR—
2. Take U.S. Hwy. 51 (Stoughton Road) south through McFarland approximately 13 miles into Stoughton.  
—OR—
3. Take U.S. Hwy 14 (Park St.) south to Oregon, to the Stoughton exit, and then turn left onto Hwy. 138. Follow 138 for 6 miles to U.S. Hwy. 51 at the western edge of Stoughton. Turn right onto U.S. 51.

## Lodging Accommodations

- **Chose Family Inn** 608/873-0330
- **Coachman's Golf Resort** 608/884-8484
- **Comfort Inn** 608/877-9000 or 888/386-8814
- **Naeset-Roe Bed & Breakfast** 608/877-4155

## Downtown Map and Parking



### **PARKING LOTS (Metered):**

1. Block 88
2. Brayton Lot
3. Buckeye Lot

### **PARKING RAMPS (Cashiered):**

4. Capitol Square North Ramp
5. Civic Center Ramp
6. Government East Ramp
7. State Street Campus Ramp
8. State Street Capitol Ramp



## Contact Information

**Race Info:** 608/438-7912, 608/873-7912 or 888/873-7912 (9 a.m. to 5 p.m. Mon–Fri.)

**Fax:** 608/873-7743

**e-mail:** syttendemai17@yahoo.com

**Web site:** [www.stoughtonwi.com/mairun.htm](http://www.stoughtonwi.com/mairun.htm)

**Register on-line:** [www.active.com](http://www.active.com)

### **“Wanna-Be” Syttende Mai Runner/Walkers,**

Free seminar, February 25, 2003. Call 873-2356 for reservations. See front cover for more information.

## Other events throughout the weekend of May 16, 17 & 18:

**Friday:** Opening Ceremonies, Canoe Race, Open Houses, Rosemaling Exhibit, Hardanger and Quilt Show, Various Demonstrations at downtown businesses, Village Players Production and Street Dance.

**Saturday:** Lil' Run, Arts & Crafts Fair, Viking Encampment, Norwegian Bunad Style Show, Youth Parade, Norwegian Dancers Performances, Open Houses, Rosemaling Exhibit, Hardanger and Quilt Show, Village Players Production, Music Performances by various groups and Norske Stomp.

**Sunday:** Open Houses, Rosemaling Exhibit, Hardanger and Quilt Show, Arts & Crafts Fair, Viking Encampment, Norwegian Parade, Norwegian Dancers Performance.

For a full schedule of events with times and locations please go to our website [www.stoughtonwi.com](http://www.stoughtonwi.com) or contact the Stoughton Chamber of Commerce office at 608/873-7912 or 1-888/873-7912.

## 31st Annual Syttende Mai RUN and 17th Annual Syttende Mai WALK

The Syttende Mai run is a 20-mile race from Madison to Stoughton, and the walk is a noncompetitive 17-mile walk. The same route is used by both runners and walkers, and is on rolling blacktopped roads. The walk follows in the tradition of Europe's popular "volks marches." (See map on previous page.)

### GENERAL INFORMATION FOR BOTH RUNNERS & WALKERS

**REGISTRATION:** Mail entries to **Syttende Mai Run, 532 E. Main St., Stoughton, WI 53589** or register on-line at [www.active.com](http://www.active.com). No telephone or fax registrations.

**ENTRY FEE:** \$25.00 for entries received by May 1; \$30.00 for entries received May 2-May 15; \$40.00 for entries received May 16 or day of race. All entries must be turned in by noon on Friday, May 16 or you must register at the starting line. Make checks payable to Syttende Mai Run. Payment must accompany entry form. **NO REFUNDS.**

**ENTRY CONFIRMATION:** This year we would like to email people their confirmation instead of sending postcards, so please include your email address on your entry form. If we do not have an email address for you, you will receive a postcard. Your notification with additional run/walk information will be mailed around May 7, 2003. Receiving the email or postcard indicates that you are registered. If you are entered in the wrong event email us at [syttendemai17@yahoo.com](mailto:syttendemai17@yahoo.com) or call us at 608-438-7912.

**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. The bus will be on S. Hamilton for the run, bring your own bag. For the walk ask the people at registration where to put your bag.

**TRANSPORTATION:** Buses will be available for runners and walkers from Mandt Park in Stoughton to Madison starting at 5:45 a.m. The last bus will leave Stoughton at 7:15 a.m. Return buses from Mandt Park in Stoughton to Madison will depart beginning at 11:00 a.m., with the last bus at 1:00 p.m. Cost is \$2.00 per person per trip; please pay when boarding bus.

**AID STATIONS & TOILETS:** Water provided at miles 3, 5, 8, 10, 12, 15, 17, 18, and finish. Gatorade provided at alternate stations. Fruit and refreshments will be available at the finish line until 1 p.m. (*Paid participants only please!*) Portable toilets will be available along the course.

**REMINDER:** Mile markers start at the run, so walkers subtract 3 miles to know where you are.

**RESTRICTIONS:** Absolutely no support vehicles, animals, bicycles, baby joggers, skateboards, roller skates, in-line skates, roller skis or other wheeled vehicles will be permitted on the race course (Except course marshals.) Runners receiving aid from any of the aforementioned will be subject to disqualification. You must walk/run 2 abreast, and stay on the left side of the road. Syttende Mai officials reserve the right to disqualify any participant for inappropriate actions or behavior — including littering. *Please note: The last few years we have not had any problems in the Town of Dunn, we want to keep it that way, so we will be strictly enforcing the 2 abreast rule and staying on the left side of the road rules. Please help us be good neighbors and be courteous.*

**FINISH AND AWARDS:** The finish is at Mandt Park on S. Fourth St., Stoughton. Be sure to enter the proper gate. **T-shirts will be awarded only to those who finish by 1 p.m.** Wearing your T-Shirt will gain you admission to most Syttende Mai events on Saturday and Sunday. Results, including official times for run, will be published in a souvenir booklet and mailed in January, 2004, to all registered participants.

**MASSAGES:** Oak Knoll Neuromuscular Therapy (873-5437), Debra Hamilton, will provide 10 minute complementary massages to athletes in pain. Sign up after you cross the finish line, walkers 9:30-10:30 a.m. and runners 10:30-1 p.m.

### RUN INFORMATION

**DAY OF REGISTRATION:** 6:30 - 7:30 a.m. In front of **Inn on the Park**, on S. Carroll St., Madison.

**PACKET PICK-UP:** You must pick up your race number and chip the morning of the race. They will be available starting at 6:30 a.m. in front of Inn on the Park, S. Carroll St., Madison. Allow sufficient time to pick up your packet.

**START:** **Madison's Capitol Square at 8:00 a.m. near S. Hamilton St.**, water will be available at the start. Please use the port-a-potties located East of Walgreens near King Street.

**RACE TIMING:** Sports Management Associates, Inc. using the ChampionChip will time the run. You must wear the chip in order to be timed - no exceptions. You must also wear the provided race number on the front of your body to identify you as an official participant. Your chip will be given to you with your number and must be returned after the race. Failure to return the chip will result in the assessment of a \$30.00 fee. Splits read at miles 1, 2, 3, 4, 5, 10, 15, and Finish. No times after 12:00 Noon.

**AWARDS:** **Awards ceremony at 11 a.m. at Mandt Park in Stoughton.** Hand painted Rosemaled plates given to top 3 in each age division.

**RESULTS:** Results will be posted at the finish line. Complete results will also be available on our website by the Tuesday after the race. A postcard with your finish information will be mailed to you.

### WALK INFORMATION

**DAY OF RACE:** 5:45 - 6:45 a.m. **Badger Bowl** Parking Lot, 506 E. Badger Road, Madison.

**PACKET PICK-UP:** Numbers may be picked up starting on May 12, Monday - Thursday from 9 a.m. - 5 p.m. Friday, May 16 until Noon or Wednesday evening from 6-7 p.m. at the Stoughton Chamber of Commerce office or picked up the morning of the walk. They will be available starting at 5:45 a.m. on May 17. You must wear the provided race number on the front of your body to identify you as an official participant. (It is ok to pickup friends numbers with their consent.)

**START:** **Walkers may start walking between 6:00 a.m. - 7:00 a.m. from Badger Bowl, 506 E. Badger Road, Madison.** (Parking is available behind Badger Bowl.) **Please Note: The course will be manned at 7:00 a.m., there will be no aid stations or police controlled intersections before 7:00 a.m. This is not a timed walk, no prizes are awarded.**

# 2003 Syttende Mai Run & Walk Official Entry Form May 17, 2003

## Run & Walk Entry Fees

by May 1: \$25  
May 2-May 15: \$30  
May 16 or day of: \$40

**REGISTER EARLY  
to avoid the price  
increase!**

Make Checks payable to:  
Syttende Mai Run  
532 E. Main Street  
Stoughton, WI 53589  
or register online at  
[www.active.com](http://www.active.com)  
**NO REFUNDS!**

Please print clearly and legibly!

(Address labels work well)

1. Please sign me up for the:  Run or  Walk

2. \_\_\_\_\_  
Last Name First Name MI

3. \_\_\_\_\_  
Address

4. \_\_\_\_\_  
City State Zip

5. \_\_\_\_\_  
Sex

6. \_\_\_\_\_  
Age as of 5/17/03 (must have for the run)

7. (\_\_\_\_) \_\_\_\_\_  
Phone Number

8. \_\_\_\_\_  
Champion Chip # (If you have your own chip, must start w/ a letter)

9. e-mail address (needed for confirmation) \_\_\_\_\_

10. Amount Paid \$ \_\_\_\_\_

11. To help us plan, please indicate if you will need a bus ride (\$2.00 upon boarding the bus.)

\_\_\_\_\_ Stoughton to Madison before event starting at 5:45 a.m.

\_\_\_\_\_ Stoughton to Madison after event starting at 12:00 p.m.

12. Number of years previously participated: Run \_\_\_\_\_ Walk \_\_\_\_\_

## 13. **\*\*Important! Please Read!**

### Release of Claims

In consideration of the acceptance of my entry in the Syttende Mai Run or Walk held on May 17, 2003, I release the Stoughton Chamber of Commerce, Syttende Mai Committee, it's members and officers, the City of Stoughton, Dane County, City of Madison, Town of Dunn, Town of Madison, the various event sponsoring organizations, and other individuals or entities who are in any way connected to the event, including any volunteers assisting with the event from any liability or claims for injury or illness that I might sustain during my participation in these events or that is in any other way related to these events.

I understand that this release applies to myself and my personal representatives, heirs and assigns. I know that running or walking is a potentially hazardous activity, but represent that I am trained adequately and am medically able. I assume all risks associated with running or walking, including but not limited to falls, contact with other participants, effects of weather including high heat and/or humidity, traffic and the conditions of the roads. Further, I grant full permission without compensation to the Syttende Mai Committee to use any photographs, videotapes, motion pictures, recordings or any other reproduction of my participation in any event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian if under 18:

T-Shirt Size  
 S  L  
 M  XL