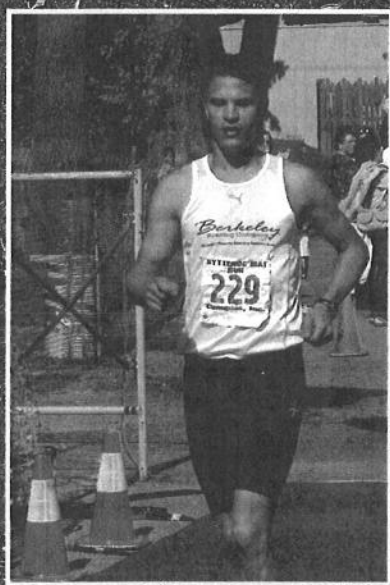


Syttende Mai

2008 Results Book



Joe Kurian
1:54:42

May 17, 2008

Molly-McClimon
Watcke
2:10:37





**MOLLY WATCKE – 2008 Syttende Mai
First Place Female Winner**

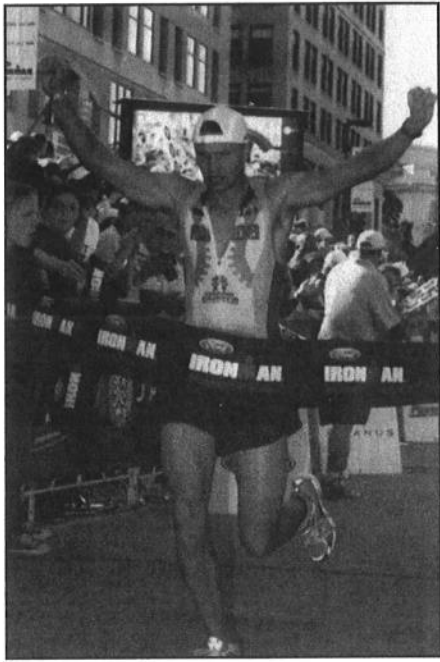
Molly Watcke made it five Syttende Mai Run victories in six years last May. Not that it should be at all surprising. Watcke is a former Olympic track and field trials athlete and has completed four marathons. She came in second among female runners in the Columbus (Ohio) Marathon in October. Her finishing time of 2:54.44 easily qualified her for the 2009 Boston Marathon on April 20, an event that will likely keep her out of this year's Syttende Mai Run.

Running the Boston Marathon is a longtime goal for Watcke. The three-week turnaround just might be too demanding, she said.

But she does plan to be back in Stoughton in the future. "Great crowds," she said of competing in the Syttende Mai Run. "The walkers that take off earlier are always a big help. They cheer a lot!"

She calls coming to Stoughton every year a new family tradition. Watcke and her brother have made a habit of running together every year.

"We try and hang with each other as much as possible," she said. "At least the first 10 miles."



**JOE KURIAN – 2008 Syttende Mai Run
First Place Male Winner**

Joe Kurian described his 2008 Syttende Mai Run much like the course's topography: up and down.

Kurian bought new shoes for the race, and developed a blister by mile two.

Luckily, he had the same bike escort as he had in 2005, and as is the case for so many Syttende Mai Run participants, he had the support of the many walkers along the route. They lifted his spirit, and helped him along to victory. "Thank you, walkers!" Kurian said.

Kurian calls the Syttende Mai Run a "classic running event" and said at times he almost forgot he was in a race.

"I've noticed that just as everybody is Irish on St. Patrick's Day, all runners are Norwegian at the Syttende Mai Run," he said. "That sense of camaraderie is beyond what you'd typically find at a distance running event."

So long as his legs are up to the challenge, Kurian said he will be back. Even if he's not running, Stoughton has grown on him.

"At least as a volunteer," he said of returning in 2009.



Run & Walk

We would like to take this opportunity to congratulate and thank everyone who participated in the 2008 Syttende Mai 20-mile run or 17-mile walk. While our numbers have been declining, no doubt due to the challenging nature of this event, we still totaled just under 1000 entrants this past spring with 374 competitors completing the run and 500+ participants in the walk. Kudos to our 2008 individual champions who are both repeat winners from years past; Joe Kurian and Molly McClimon Watcke. Congratulations to everyone who gave their best effort and accomplished remarkable feats on a wonderful spring day. We hope the 2008 event was memorable for you, and we encourage you to join us again in 2009 with new goals and ambitions.

Thank you to the many groups and individuals who volunteered their time this year to help make this event possible. We definitely couldn't do it without them. The volunteers are truly what make the run / walk an event rather than just a race! Stoughton is a unique city, with strong traditions and great people. This event is a one-day celebration of our great community, and we are proud to play a small part in it.

We hope you enjoyed the run / walk, and look forward to seeing you again this May.

Jason Enke & Marc Soderbloom

2008 Credits

Run Directors/Finish Line Coordinators	Jason Enke & Marc Soderbloom
Walk Director and Start Coordinator	Donna and Randy Olson
Run Registration	Becky Kraft and Myra Hajny
Finish Area	Cole Miller
Aid Stations Coordinator	Tom Luttig
Aid Stations Staffed by:	
Mile 3	Hash House Harriers - Tom Aten John Tomczak
Mile 5	Steve Van Steenderen
Mile 8	Evergreen State Bank
Mile 10	Movin Shoes - Madison
Mile 12	Guaranty Bank - Stoughton Branch
Mile 15	Jerry & Shari Buskager & friends
Mile 17	Jeff & Kim Vale & friends
Mile 18	Cummins Filtration Employees
Awards	Doris Barry & Stoughton Rosemalers
Finish Line Workers	SHS Track and Field Athletes
Food/Drink Tent	Watershed Church
Finish Line Announcer	Paul Selbo
Medical Director	Linda Schaefer
Medical Supplies	Stoughton Hospital Association & American Red Cross
Safety EMT's	Madison, Stoughton and Dane County
Run and Walk Bib Numbers	Nelson Foundation
Split Timing Coordinator	Dave Selbo
Computer Timing & Results	Sports Management Associates
Photographs	Luttig Imaging & Photography - Tom Luttig, Stoughton Courier Hub - Rick Hummel



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
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
2003	David Williams	1:47:35	Molly Watcke	2:07:43
2004	Patrick Schneider	1:55:01	Molly Watcke	2:07:28
2005	Joe Kurian	1:51:36	Molly Watcke	2:04:57
2006	Matt Hooley	1:53:56	Molly McClimon-Watcke	2:12:19
2007	Nathan Weiland	1:55:27	Cassie Hintz	2:00:09
2008	Joe Kurian	1:54:42	Molly McClimon-Watcke	2:10:37

* COURSE record and MALE record ** FEMALE record *** Seven Mile Course (1973)

2008 Age Group Winners

MALE			FEMALE		
Age Group	Time	Name	Age Group	Time	Name
Open*	1:54:42	Joe Kurian	Open*	2:10:37	Molly McClimon Watcke
-24	2:00:37	Ben Knapp	-24	2:29:30	Melanie Rawlings
25-29	2:24:32	Adam Johnson	25-29	2:33:55	Jenny Meyer
30-34	2:12:08	Travis Grossen	30-34	2:20:56	Amy Bares
35-39	2:08:19	James Reardon	35-39	2:31:35	Tammy Lifka
40-44	2:10:25	Michael Pajewski	40-44	2:33:39	Kate Wienkes
45-49	2:11:53	Chip Cheney	45-49	2:21:57	Mary Bolich
50-54	2:18:15	Paul Kmiecik	50-54	2:39:01	Andriette Wickstrom
55-59	2:19:33	John Selbo	55-59	3:19:35	Peggy Brooks
60-64	2:44:58	David Skavdahl	60-64	4:01:57	Karen Arne
65-99	2:55:46	Jerry Hewitt	65-99	3:43:49	Sue Fafard
Stoughton	2:00:37	Ben Knapp	Stoughton	2:37:23	Betsy Taamallah

* First Male & Female, regardless of age

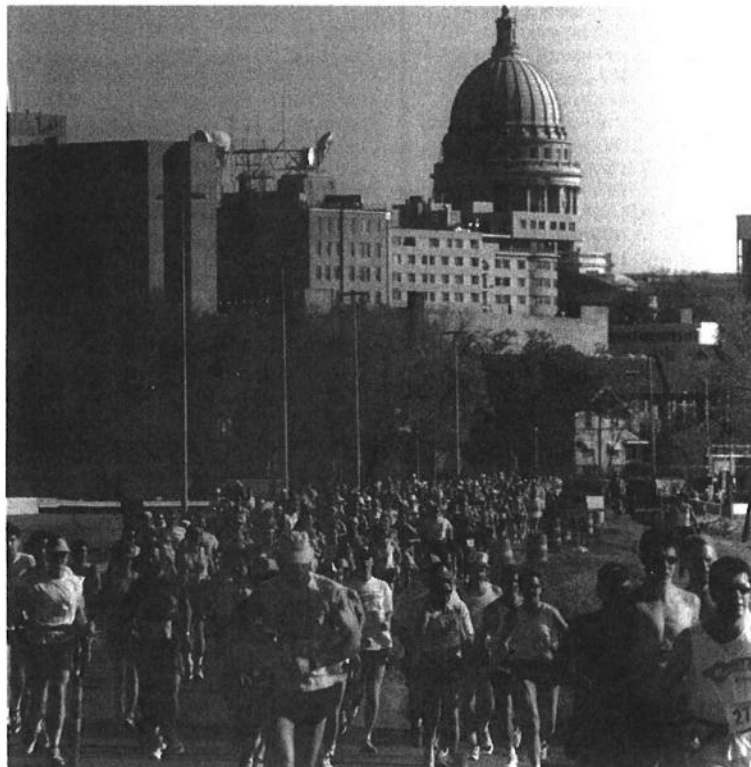


1973 - 2007 Record Holders Male

<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

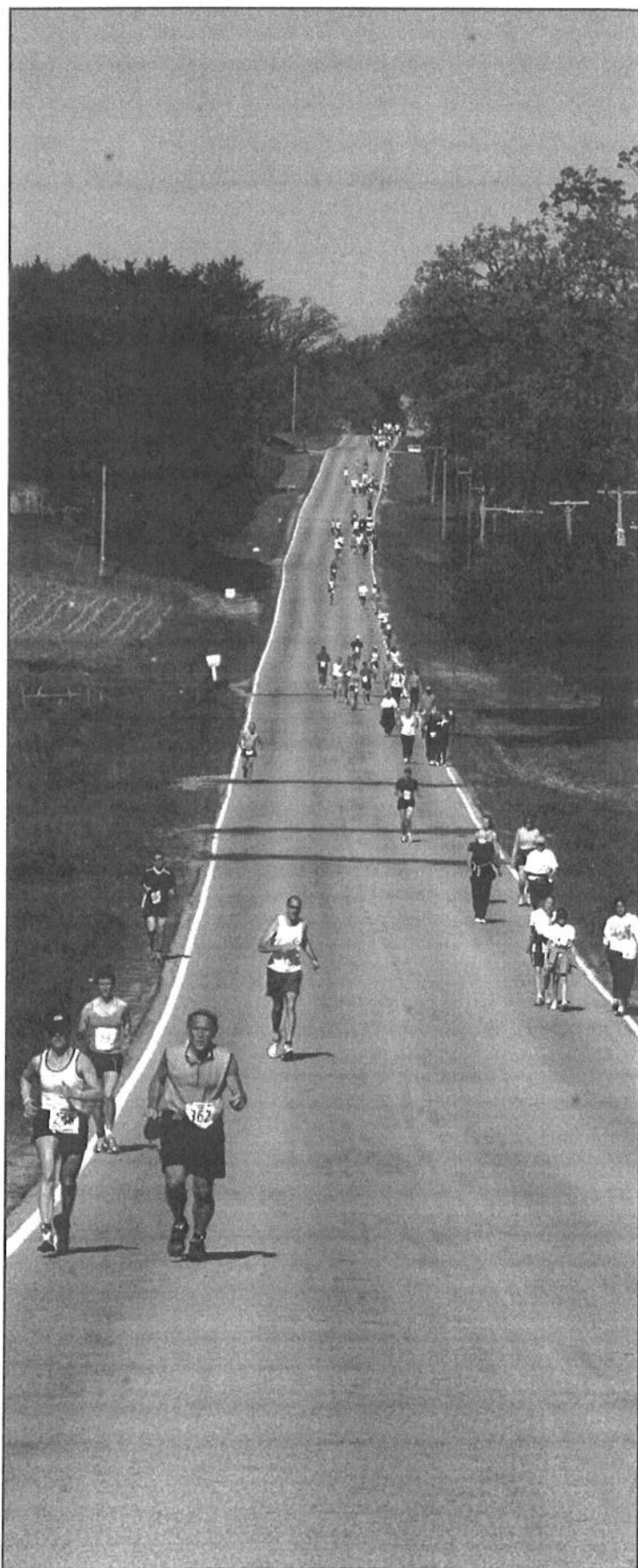
<u>Division</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Year</u>
-24	1:55:36	Lorraine Miller	24	1980
25-29	2:00:44	Lorraine Miller	25	1981
30-34	2:04:12	Mary Bange	30	1983
35-39	2:11:18	Kris Guderyon-Goetz	37	1991
40-44	2:14:35	Kris Guderyon-Goetz	43	1997
45-49	2:15:52	Monica Theis	47	2004
50-54	2:27:55	Kristine Guderyon-Goetz	51	2005
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





2008 Race Results

PLACE	NO.	NAME	CITY	DIV	DIV	TIME
313	86	KATHLEEN BRAUN	OREGON WI	15	F4044	3:41:04
314	132	KEVIN EHLE	WACONIA MN	33	M4044	3:41:43
315	138	SUSAN FAFARD	VERONA WI	1	F6099	3:43:49
316	259	TIM MCCUNE	STOUGHTON WI	34	M4044	3:44:16
317	66	LAURIE BEARDSLEY	MADISON WI	11	F4549	3:45:17
318	111	ANNE CUTTS	PORTAGE WI	25	F3539	3:45:20
319	375	NAOMI STUESSER	MADISON WI	11	F2529	3:46:02
320	67	PAUL BECK	BOSCOBEL WI	27	M5559	3:46:39
321	90	DAVID BRILES	MADISON WI	28	M5559	3:46:42
322	127	SCOTT DONOHUE	MCFARLAND WI	33	M4549	3:47:10
323	128	TRACY DONOHUE	MCFARLAND WI	16	F4044	3:47:11
324	404	ANDREA WEINSTOCK	SUN PRAIRE WI	16	F3034	3:48:14
325	126	EILEEN DONNELLY	SAINT PAUL WI	17	F3034	3:48:14
326	237	SONJA LEPINE	NASHOTAH WI	18	F3034	3:48:14
327	51	MIKE ANDERSEN	STOUGHTON WI	36	M5054	3:48:51
328	26	GRAY WILLIAMS	MADISON WI	12	M6064	3:48:53
329	169	KAT HAWKINS	SUN PRAIRE WI	19	F3034	3:50:39
330	239	SAMANTHA LIGGETT	STOUGHTON WI	9	F0124	3:50:55
331	99	BARBARA CASAS	BARABOO WI	20	F3034	3:50:55
332	376	DIANE STUTIKA	LIBERTYVILLE IL	12	F4549	3:52:28
333	295	BRADLEY ORVIS	MILFORD DE	14	M0124	3:54:08
334	198	SETH JOHNSON	STOUGHTON WI	15	M0124	3:54:20
335	264	RICK MCQUILLAN	BOSCOBEL WI	29	M5559	3:55:43
336	433	RICHARD OPIE	CLEVELAND WI	34	M4549	3:57:06
337	73	MICHAEL BETTILYON	STOUGHTON WI	37	M5054	3:57:32
338	435	BRYAN LANG	MADISON WI	21	M3034	3:58:15
339	64	BRUCE BARRETT	MADISON WI	35	M4549	3:58:45
340	196	LAURA JOHNSON	MONTICELLO WI	17	F4044	3:58:49
341	244	AMY LYNAUGH	VERONA WI	10	F0124	4:00:32
342	83	CHARLIE BOYD	OREGON WI	36	M4549	4:01:49
343	55	KAREN ARNE	MADISON WI	2	F6099	4:02:04
344	449	DOUGLAS MORRISON	PRAIRIE DU SAC WI	30	M5559	4:02:45
345	434	ROB MEISTER	SAINT PETERS MO	22	M3034	4:02:52
346	223	SCOTT KRALL	WAUNAKEE WI	23	M3034	4:03:01
347	222	CHRISTINE KRALL	WAUNAKEE WI	21	F3034	4:03:01
348	77	BRAD BLANKENSHIP	STOUGHTON WI	34	M3539	4:03:45
349	53	SHELLY ANDERSON	SAN DIEGO CA	13	F4549	4:03:45
350	301	ROBIN PEDERSON	MILW/WEST ALLIS WI	14	F4549	4:04:58
351	417	MARY WYSOCKI	MUSKEGO WI	9	F5054	4:05:24
352	258	R BRAD MCCONNOHIE	BELGIUM WI	38	M5054	4:06:15
353	69	ROBERT BELL	OAK PARK IL	3	M6599	4:06:16
354	106	JOHN COURCHANE	MADISON WI	16	M0124	4:06:35
355	107	MARK COURCHANE	MADISON WI	37	M4549	4:06:40
356	79	KENNETH BOBCO	CHICAGO IL	13	M6064	4:09:11
357	171	ANGELA HELLENBRAND	WINDSOR WI	12	F2529	4:09:13
358	170	ANDREA HELLENBRAND	WINDSOR WI	13	F2529	4:09:13
359	224	DOUGLAS KRAMER	MADISON WI	14	M6064	4:09:26
360	325	JEAN REICHE	DEFORREST WI	22	F3034	4:09:29
361	49	ROB ALLEN	DEFORREST WI	39	M5054	4:09:30
362	455	JOHN COFFMAN	SEYMOUR IN	35	M4044	4:10:26
363	339	CURTIS RUSTON	LACROSSE, WI WI	4	M6599	4:12:36
364	163	REBECCA HANSON	WAUKESHA WI	23	F3034	4:12:36
365	74	DON BILLARDELLO	MADISON WI	5	M6599	4:17:11
366	281	KATY NICKOLS	MADISON WI	24	F3034	4:18:56
367	115	BILL DECKER	WAUPACA WI	6	M6599	4:20:31
368	445	DON SHEMEL	COLDWATER MI	40	M5054	4:25:32
369	320	RAUL RAMIREZ	SACRAMENTO CA	38	M4549	4:37:47
370	307	BERNHARD PIEPER	CALEDONIA MN	7	M6599	4:37:47
371	17	ERIK HENDRICKSON	MADISON WI	35	M3539	4:40:22
372	184	ALAN HUTTON	RACINE WI	31	M5559	4:40:53
373	367	KATHLEEN SODERBLOOM	STOUGHTON WI	3	F6099	4:42:09
374	231	BEVERLY LAMPE	MADISON WI	4	F6099	4:45:17
375	230	MARIAN LAMOUREUX	MOUNT HOPE WI	10	F5054	4:56:53



2008 Walk Participants



NAME	SEX	CITY	STATE	NAME	SEX	CITY	STATE
MARKIE DEGNER	F	WEST BEND	WI	JENNIFER CHELLEVOLD	F	JANESVILLE	WI
DIANE AAROEN	F	MC FARLAND	WI	CATHARIN CHENOWETH	F	STOUGHTON	WI
KENNETH ACKERMAN	M	MADISON	WI	MEEI-JU CHIOU	F	MADISON	WI
RENEE ADES	F	WYOCENA	WI	ABBEY CHRISKE	F	MADISON	WI
STACEY L AHRENS	F	STOUGHTON	WI	SHERRI CLEASBY	F	ALBANY	WI
ANN ALBERT	F	SUN PRAIRE	WI	JOLYNN CLEVELAND	F	OREGON	WI
MICHAEL ALESCH	M	MCFARLAND	WI	KRISTI CLIFF	F	DEFORREST	WI
SARA J ALEXANDER	F	STOUGHTON	WI	BEVERLY COATS	F	MADISON	WI
ANJU ALI	F	MADISON	WI	MICHAEL COHEN	M	MADISON	WI
MARK K ALLEN	M	MADISON	WI	SUSAN COHEN	F	MADISON	WI
PAULA ALT	F	MADISON	WI	AMY CONNELL	F	STOUGHTON	WI
KARI A ANDERSON	F	MADISON	WI	JANE CONNELL	F	SHENANDOAH	IA
MARY ANDERSON	F	MINERAL POINT	WI	MATTHEW CONNELL	M	STOUGHTON	WI
TRESSA ANDERSON	F	STOUGHTON	WI	JODIE COOK	F	STOUGHTON	WI
LYNN ANNIS	F	MERRILL	WI	DAWN COPLIEN	F	SKOKIE	WI
HEATHER ASBJORNSON	F	WAUNAKEE	WI	LYNN M COREY	F	WATERFORD	WI
MARY ASCHLIMAN	F	DODGEVILLE	WI	CARLA CORWITH	F	MADISON	WI
ELIZABETH ATWELL	F	MADISON	WI	JOHN COTTER	M	MADISON	WI
JANE BAILEY	F	MADISON	WI	JULIA COUDRAY	F	DEFORREST	WI
GREGORY BAKER	M	MARSHALL	WI	JENNIFER COULTER	F	JANESVILLE	WI
STACY J BAKKUM	F	MADISON	WI	SUZANNE COVOLOSIE	F	MADISON	WI
MARIA BALDAUF	F	CAMBRIDGE	WI	JUDY CRAIGHEAD	F	SUN PRAIRE	WI
ALICE BANNIER	F	MIDDLETON	WI	DAN CRANDALL	M	STOUGHTON	WI
MARCIA A. BARRON	F	MILWAUKEE	WI	SARAH CROAK	F	MADISON	WI
REBECCA BASS	F	VERONA	WI	KIM D CURTIS	F	GILMAN	WI
ROGER BASS	M	VERONA	WI	KAREN CZEBOTAR	F	MC FARLAND	WI
DEBBIE A BATES	F	BELOIT	WI	MANDE DAGLE	F	WARREN	IL
JANIS BATES	F	STOUGHTON	WI	SHARON DAHLBERG	F	COTTAGE GROVE	WI
NICOLE BATES	F	STOUGHTON	WI	SONNENBERG DEBORA	F	SUN PRAIRE	WI
PAM BAUER	F	WYOCENA	WI	JON DEEGAN	M	BROOKLYN	WI
LISA BEAR	F	STOUGHTON	WI	MARTHA DEGNER	F	EVANSVILLE	WI
JOHN C BECKER	M	MADISON	WI	JOANNE DEIPIZZO	F	STOUGHTON	WI
CAROL BENTZLER	F	STOUGHTON	WI	DIANE DENNIS	M	MOUNT HOREB	WI
ERIN BERGE	F	CAMBRIDGE	WI	GARY DEVOSE	M	SAINT PAUL	MN
PRENTICE BERGE	M	MADISON	WI	RUTH DEVOSE	F	SAINT PAUL	WI
JANNA BERGUM	F	RIO	WI	APRIL DICHRAFF	F	MADISON	WI
NATHAN BETHEL	M	MADISON	WI	LAURIE DIGMAN	F	VERONA	WI
THERESE BETHEL	F	MADISON	WI	LISA DIGMAN	F	PLATTEVILLE	WI
CHERI E BIBRO	F	EDGERTON	WI	CARMELA DIOSANA	F	MADISON	WI
MIKE BIE	M	VERONA	WI	KATTI DOMINGUEZ	F	MILWAUKEE	WI
DAVID BIRCHLER	M	MADISON	WI	LINDA DOSTAL	F	CAMBRIDGE	WI
MELISSA BJERKE	F	MADISON	WI	RUTH DOUTHITT	F	GREEN BAY	WI
KRISTI BLANKENSHIP	F	STOUGHTON	WI	TOM DOYLE	M	MARSHALL	WI
LYNNE BLINKENBERG	F	BRODHEAD	WI	CARLEY DUERST	F	MAZOMANIE	WI
KRISTIN K BLOOMER	F	BELLEVILLE	WI	ERIC DUNDEE	M	SUN PRAIRE	WI
JERI BODEN	F	CAMBRIDGE	WI	JAMES DUPOR	M	MC FARLAND	WI
TERI BOEHMER	F	DELAFIELD	WI	CHERYL EIKLAND	F	FORT ATKINSON	WI
STEPHANIE BONDOW	F	MADISON	WI	JACK EISELE	M	MINERAL POINT	WI
ZAK BONSALE	M	JANESVILLE	WI	MARY ELORANTA	F	PEWAUKEE	WI
BARBARA BORDE	F	MADISON	WI	AMIE ENDRES-SABROF	F	WAUNAKEE	WI
LINDA BORTON	F	ARLINGTON HEIGHTS	IL	STEVE ENSTROM	M	MADISON	WI
JESSICA BOUZIANE	F	JANESVILLE	WI	MICHELLE ESSER	F	CROSS PLAINS	WI
JEFF D BOWLES	M	FITCHBURG	WI	MARY EWANOWSKI	F	MADISON	WI
EMILY BOYD	F	WAUNAKEE	WI	SIGGA FAGAN	F	MILTON	WI
JANICE BOYER	F	MIDDLETON	WI	NICOLE FAUST	F	FITCHBURG	WI
JAN M BREISATH	F	BROOKLYN	WI	PATRICIA L FAUST	F	FITCHBURG	WI
MARLIN BRENDSEL	M	NEW BRAUNFELS	TX	MARY FELDMAN	F	MADISON	WI
JANE BRIEHL	F	SPRING GREEN	WI	SUE FELIO	F	STOUGHTON	WI
JESSA BROCKMILLER	F	STOUGHTON	WI	MARTHA FILLINGER	F	OKAUCHEE	WI
CATHERINE BROOME	F	STOUGHTON	WI	ROSIE FISCUS	F	OREGON	WI
PAULA BROWN	F	FORT ATKINSON	WI	PATI FITZGERALD	F	JEFFERSON	WI
CAROL BUECHNER	F	MIDDLETON	WI	DEANNA FLEMING	F	STOUGHTON	WI
SHERRY BUECHNER	F	COTTAGE GROVE	WI	CHRIS FLESSERT	F	FORT ATKINSON	WI
BARBARA BUHROW	F	EDGERTON	WI	LARRY FLESSERT	M	FORT ATKINSON	WI
MARY BURMEISTER	F	MC FARLAND	WI	CAROL FLOYD	F	MADISON	WI
LEIGH BURNETT	F	MADISON	WI	ELIZABETH FOLBERG	F	MADISON	WI
BETTY I BURRESS	F	STOUGHTON	WI	CINDY FORSYTHE	F	WAUPUN	WI
BILL BURT	M	STOUGHTON	WI	FRED FOSDAL	M	MIDDLETON	WI
MARY BUTLER	F	MADISON	WI	TINA FRAILEY	F	MADISON	WI
KIM CABELKA	F	JANESVILLE	WI	KRIS FRANCE	F	STOUGHTON	WI
KARI CARDEN	F	BARNEVELD	WI	NICOLE FRANJEVIC	F	ELKHORN	WI
KEVIN CARLSON	M	SAINT PAUL	WI	THERESA FRANKIEWICZ	F	STOUGHTON	WI
SUSAN CARPENTER	F	MADISON	WI	BETH FREEMAN	F	MADISON	WI
JENNY CASSENS	F	VERONA	WI	PAM FRENCH	F	MADISON	WI
KIRSTIN CATLIN-FRIE	F	JANESVILLE	WI	CHARLY FRIEDRICH	M	JANESVILLE	WI
MARIANNE CAVNESS	F	IXONIA	WI	SIERRA FRISCH	F	STOUGHTON	WI
THOMAS CHARKOWSKI	M	MADISON	WI	KELLY J FRYDENLUND	F	COTTAGE GROVE	WI
JANET CHELLEVOLD	F	STOUGHTON	WI	NANCY FUHRMAN	F	STOUGHTON	WI



2008 Walk Participants

NAME	SEX	CITY	STATE	NAME	SEX	CITY	STATE
PETER GANDER	M	STOUGHTON	WI	BOB HURLEY	M	BELOIT	WI
STEPHANIE GANSER	F	OREGON	WI	JUANITA L HURLEY	F	JANESVILLE	WI
ERIC GARLAND	M	MC FARLAND	WI	CAROL HUSTAD	F	MOUNT HOREB	WI
RACHEL A GAULKE	F	WAUKESHA	WI	STEPHANIE IMHOFF	F	MADISON	WI
CATHERINE GAUTHIER	F	STOUGHTON	WI	BETH INGRAHAM	F	MAUSTON	WI
GORDON GAVIN	F	CAMBRIDGE	WI	BRAD INGRAHAM	M	MAUSTON	WI
RAGAN GECK	F	NAPERVILLE	IL	COLLEEN INCWELL	F	DARLINGTON	WI
BETH GENTILLI	F	MADISON	WI	LYNN JACOBSON	F	STOUGHTON	WI
JULIE GERIG	F	ONALASKA	WI	KURT JAEHNIG	M	MADISON	WI
NANCY GERRY	F	VERONA	WI	MARGARET JAMISON	F	STOUGHTON	WI
MARY ANN GOSDA	F	MADISON	WI	KIMBERLY JANSEN	F	MC FARLAND	WI
VICKI GOULD	F	BELLEVILLE	WI	MICHELE JASIK	F	MADISON	WI
JEANNE GRADOWSKI	F	MADISON	WI	CHARLES JEFFERS	M	BANGOR	WI
CAROL GRAWIE	F	HAZEL GREEN	WI	MICHAEL JEFFERS	M	MADISON	WI
GREG GRENIER	M	VERONA	WI	DEB JENNINGS	F	JANESVILLE	WI
LORIE GRUENKE	F	MADISON	WI	LAURENCE JENSEN	M	MADISON	WI
STACY GUERRERO	F	MIDDLETON	WI	ANN MARIE JOHNSON	F	MADISON	WI
ANDREA GUNN	F	WHITEWATER	WI	BONITA JOHNSON	F	MINNEAPOIS	MN
BO GUNN	F	JANESVILLE	WI	DAVID JOHNSON	M	LAKE MILLS	WI
LISA GUTCHE	F	STOUGHTON	WI	DWAYNE JOHNSON	M	CAMBRIDGE	WI
DIANE HAAS	F	JEFFERSON	WI	TRICIA JOHNSON	F	MINERAL POINT	WI
HOPE HAGUE	F	MADISON	WI	CONNIE JOHNSTON	F	MADISON	WI
BRENDA HALVERSON	F	STOUGHTON	WI	ANGELA JUSTMAN	F	SUN PRAIRE	WI
BETSY HAMBRICK	F	MADISON	WI	DIANE KAISER	F	AVOCA	WI
JOHN HAMPER	M	SAINT PAUL	MN	HOLLY KANGAS	F	RACINE	WI
JACQUELYN HANK	F	MADISON	WI	COLLEEN G KASS	F	COTTAGE GROVE	WI
PHYLLIS HANKE	F	FORT ATKINSON	WI	DAVID KEMP	M	JANESVILLE	WI
JANE HANS	F	OREGON	WI	MARCY KEMP	F	STOUGHTON	WI
BERTA HANSEN	F	STOUGHTON	WI	MICHAEL KEMP	M	STOUGHTON	WI
BRENDA HANSON	F	MADISON	WI	CARY KENDALL	M	MADISON	WI
KRISTIN HANSON	F	CHICAGO	IL	KRISTINA KENYON	F	CROSS PLAINS	WI
PAULA HANSON	F	STOUGHTON	WI	JOE KETARKUS	M	MADISON	WI
RANDI J HANSON	F	MADISON	WI	BETH KINDERMAN	F	MADISON	WI
SETH A HANSON	M	MADISON	WI	COLLEEN KINGSTON	F	SO MILWAUKEE	WI
PAM HARNESS-HANSON	F	RICHLAND CENTER	WI	KATE L KINGSTON	F	LODI	WI
PENNY HART	F	CROSS PLAINS	WI	LAURA KINGSTON	F	OAK CREEK	WI
BRITTANY L HARTWIG	F	SOUTH WAYNE	WI	SHAWN KIPPLEY	F	BELLEVILLE	WI
CARLA HARTWIG	F	DEFORREST	WI	JACKIE M KITTEL	F	MADISON	WI
TERRI HARTWIG	F	DEFORREST	WI	JENNIFER KLAWAITER	F	VERONA	WI
THERESA L HARTWIG	F	SOUTH WAYNE	WI	LINDSAY KLEMP	F	CAMBRIDGE	WI
KIMBERLY HARTZEL	F	BARRINGTON	IL	APRIL M KLINKNER	F	MAZOMANIE	WI
ERIN M HARVEY	F	MADISON	WI	AMY KLUBERTANZ	F	MONROE	WI
WAYNE C HARVEY	M	STOUGHTON	WI	KAREN KNAPP	F	STOUGHTON	WI
ANDREW HAUGEN	M	ONALASKA	WI	BARBARA KOEHLER	F	DEFOREST	WI
ERIN HAUGEN	F	ONALASKA	WI	MARK KOERNER	M	HASLETT	MI
SUSAN HAUGEN	F	MADISON	WI	LYNETTE KOLB	F	MARSHALL	WI
AMY HAUSEN	F	STOUGHTON	WI	MANDI KORNHOFF	F	MADISON	WI
RANDY HEBERLEIN	M	MIDDLETON	WI	BECCA KOSCIK	F	MADISON	WI
SUE HEDDING	F	EDGERTON	WI	JILL KOSHOLLEK	F	STOUGHTON	WI
DEB HELWIG	F	PORTAGE	WI	ELLIOT KOSMICKI	M	MADISON	WI
DARCY HENRIKSEN	F	WATERTOWN	WI	SUSAN KOSMICKI	F	STOUGHTON	WI
MICHAEL HENRIKSEN	M	WATERTOWN	WI	TOM KOSMICKI	M	STOUGHTON	WI
TAMI HERBST	F	DARLINGTON	WI	JUDITH KOZMINSKI	F	MADISON	WI
AMY HEREK	F	MADISON	WI	DIANE KRAEMER	F	PLAIN	WI
ROBERT HESS	M	ROCKFORD	IL	MARY KRAEMER	F	PLAIN	WI
ASHLEY HILBY	F	SOUTH WAYNE	WI	WILLIAM KRAMER	M	MADISON	WI
PHYLLIS HILDRETH	F	MINNEAPOIS	MN	KRISTEN KRAUSE	F	MADISON	WI
DENNIS HILGENDORF	M	STOUGHTON	WI	JULIE A KRAUTKRAMER	F	MADISON	WI
JANE HIPKE	F	EVANSVILLE	WI	ERIN KREGER	F	MADISON	WI
SCOTT HIPKE	M	EVANSVILLE	WI	JANET KROYER	F	STOUGHTON	WI
JON HISGEN	M	MIDDLETON	WI	ROBIN KRUEGER	F	SUN PRAIRE	WA
DOUG HOBSON	M	STOUGHTON	WI	LAURA KUNKEL	F	OREGON	WI
GERI HODGE	F	VERONA	WI	NICOLE LACY	F	STOUGHTON	WI
JENNY HOFFMAN	F	STOUGHTON	WI	MARGO LAFASH	F	BROOKLYN	WI
LORI HOFFMAN	F	SPRING GREEN	WI	KELLI LAMBERTY	F	MADISON	WI
KELLY HOGAN	F	LONE ROCK	WI	DIANE R LAMPE	F	DUBUQUE	IA
JULIE HOGLAND	F	DANE	WI	KARIN J LANGSDORF	F	MADISON	WI
KATHY HOLE	F	MONROE	WI	TERESA LATHROP	F	JANESVILLE	WI
JOEY HOLVERSON	M	STOUGHTON	WI	ALICE LAURANT	F	STOUGHTON	WI
TAMMY HOLZWARTH	F	MADISON	WI	CIANO LAURIE	F	POYNETTE	WI
BRIAN HOMMEN	M	CAMBRIDGE	WI	KIM LAWRENCE	F	LA CROSSE	WI
HEATHER HUDSON	F	SUN PRAIRE	WI	SARAH K LEADLEY	F	MADISON	WI
GERALDINE HUEMMER	F	MADISON	WI	ELIZABETH LEARN	F	EDGERTON	WI
ANITA HUFFMAN	F	MONROE	WI	ED LEDWIDGE	M	MADISON	WI
HEATHER HUFFMAN	F	MADISON	WI	JOAN LEFFLER	F	MADISON	WI
KATHY HUNCOSKY	F	MADISON	WI	MARY LEHRER	F	MONONA	WI
KAREN HUNDLEY	F	MADISON	WI	BRENDA LEIN	F	EDGERTON	WI
NINA B HURD	F	ARLINGTON	VA	JANE LEMON	F	MADISON	WI

2008 Walk Participants



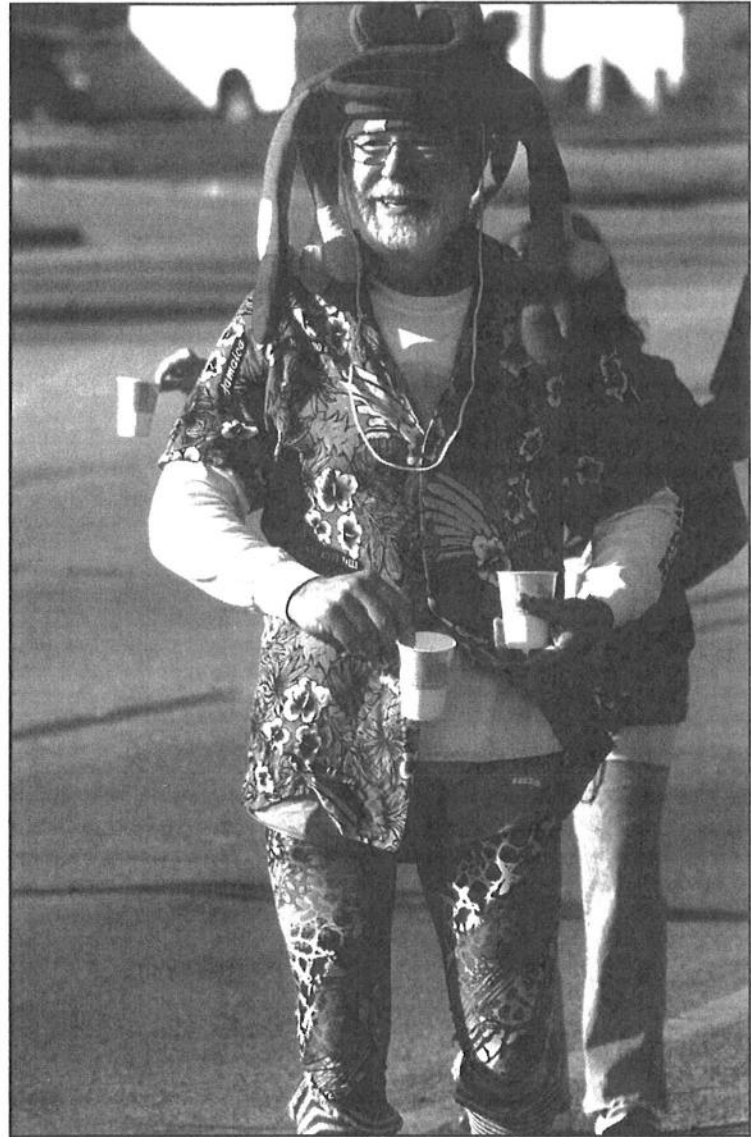
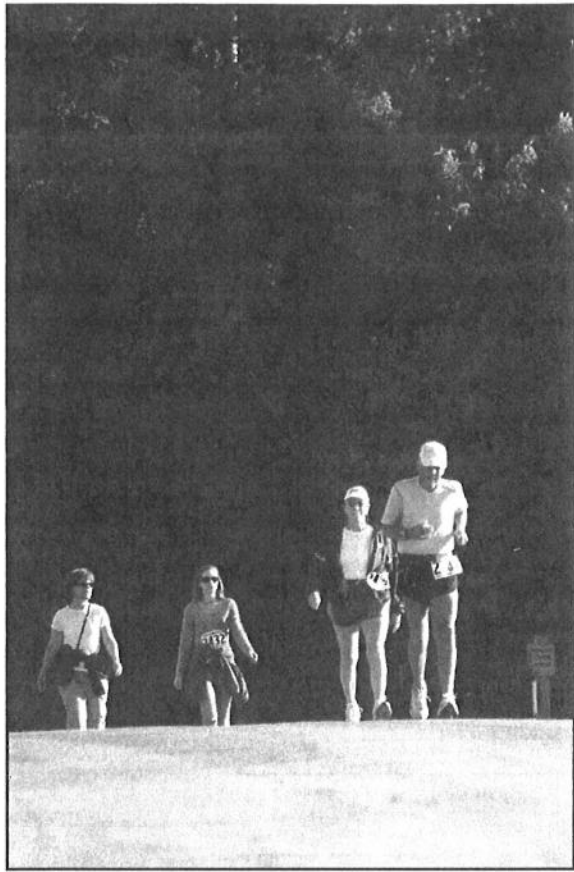
NAME	SEX	CITY	STATE	NAME	SEX	CITY	STATE
KAREY LEONARD-BERG	F	MADISON	WI	ELISE OLSON	F	ROCKTON	IL
MARY LIEBIG	F	WINDSOR	WI	JOHN OLSON	M	STOUGHTON	WI
JESSIE LINDEMANN	M	MADISON	WI	NATHAN OLSON	M	STOUGHTON	WI
TERRI LINS	F	SPRING GREEN	WI	SUSAN L OLSON	F	STOUGHTON	WI
KATHY LIPPS	F	STOUGHTON	WI	PAMELA OMALLEY	F	SAUK CITY	WI
TIFANY LOEFFLER	F	MADISON	WI	PATTY ONSRUD	F	STOUGHTON	WI
DEBRA LOHR-FOSTER	F	CROSS PLAINS	WI	JAMES B ORVICK	M	OREGON	WI
LOWELL LUND	M	CAMBRIDGE	WI	SARA A ORVICK	F	OREGON	WI
KATY MACKESY	F	COTTAGE GROVE	WI	DIANE ORVILLE	F	DULUTH	MN
JOANN B MACKLIN	F	MADISON	WI	REX OWENS	M	MARSHALL	WI
KISHA MAHONE	F	MADISON	WI	GRETCHEN L PALLARDY	F	MONONA	WI
CHRIS MAHVI	F	MIDDLETON	WI	CARL PALM	M	MADISON	WI
HEATHER MAIN	F	STOUGHTON	WI	ANNA PALMER	F	MADISON	WI
ROBIN MAIN	F	STOUGHTON	WI	PAMELA PARSONS	F	OREGON	WI
BRIDGET MALESYTCKI	F	MADISON	WI	STACEY PARSONS	F	CHICAGO	IL
BEV MANSFIELD	F	STOUGHTON	WI	DENA PATENAUDE	F	MADISON	WI
ANN MAPES	F	MINOCQUA	WI	LEANN PAULL	F	VERONA	WI
DONALD MARTINSON	M	COTTAGE GROVE	WI	CHAR PAULSON	F	NEW GLARUS	WI
LAUREN MATHIE	F	MADISON	WI	SHANNON PAULSON	F	NEW GLARUS	WI
TERRY MATZKE	F	MIDDLETON	WI	TARYN PAULSON	F	MADISON	WI
DAVID MAUEL	M	COTTAGE GROVE	WI	TONYA PAULSON	F	MADISON	WI
STACEY MAVES	F	STOUGHTON	WI	MICHELE PAWLOWSKY	F	PARDEEVILLE	WI
CHRISTINE MAXWELL	F	MADISON	WI	ZACHARY PENNYCOOK	M	MADISON	WI
GINA MAYER	F	GERMANTOWN	WI	JAYNE A PERRIN	F	MADISON	WI
LINDA MAYFIELD	F	STOUGHTON	WI	MARY K PETERSEN	F	CAMBRIDGE	WI
SHEILA MCCABE	F	MADISON	WI	CATHERINE PHILLIPS	F	HASLETT	MI
ROLLIN MCCONNAHIE	M	BELGIUM	WI	DENISE PIGARELLI	F	STOUGHTON	WI
JENNA MCCONNOHIE	F	BELGIUM	WI	JEAN L PIPER	F	MADISON	WI
KAITLYN MCCONNOHIE	F	BELGIUM	WI	THOMAS PLUMB	M	VERONA	WI
PRIYA MCCONNOHIR	F	BELGIUM	WI	BARB POPHAL	F	MERRILL	WI
ANNE MEGAN MCCORMIC	F	EAST TROY	WI	LISA PORTER	F	MILTON	WI
CAROLINE MCCOURT	F	SUN PRAIRIE	WI	GREG PREM	M	SPRING GREEN	WI
CYNTHIA V MCEAHERN	F	MADISON	WI	DEBRA PROLOST	F	STOUGHTON	WI
DARCI MCGINNIS	F	JANESVILLE	WI	ALICIA PULVER	F	BROOKLYN	WI
DANIEL MCLEVIGE	M	DAVIS	WI	JEANNE PULVERMACHER	F	MADISON	WI
SHAWN MCLEVIGE	M	DURAND	IL	DOLLY QUARNA	F	JANESVILLE	WI
JANET MCNALL	F	MOUNT HOREB	WI	LISA A QUAM	F	STOUGHTON	WI
VIVIAN MCQUILLAN	F	BOSCOBEL	WI	LISA RADAWITZ	F	SUN PRAIRE	WI
ANDREA MEIER	F	MADISON	WI	JEFF RAMSAY	M	OSHKOSH	WI
MICHELLE MELOY	F	SUN PRAIRE	WI	SCOTT RAMSAY	M	NEW ALBIN	IA
SUE MERITZ	F	MONONA	WI	DANIEL RAMSDEN	M	COTTAGE GROVE	WI
ELENA MEYER	F	MADISON	WI	DAVID RAMSDEN	M	STOUGHTON	WI
MEGAN MICHEL	F	STOUGHTON	WI	NEIL REAMER	M	MADISON	WI
BARBARA J MILLER	F	EVANSTON	IL	JULIE REIERSON	F	SUN PRAIRE	WI
CHANDA MILLER	F	MADISON	WI	BARBARA RETZLAFF	F	MC FARLAND	WI
JILL MILLER	F	WATERFORD	WI	CHRISTY RHODES	F	DARLINGTON	WI
KELLY MILLER	F	FITCHBURG	WI	ASHLIE RICHMOND	F	LAKE MILLS	WI
NICHOLAS MILLER	M	NEENAH	WI	CAROLYN RIDGELY	F	MADISON	WI
KAREN L MISKIMEN	F	MADISON	WI	ANNE RIENDL	F	WAUKESHA	WI
BRENDA MOC	F	EVANSVILLE	WI	JIM RIESENBERG	M	MADISON	WI
MEGAN L MOLINE	F	EDGERTON	WI	STEPHANIE RINTALA	F	APPLETON	WI
GOREL MOLLOY	F	MINNEAPOLIS	MN	COURTNEY RIPP	F	CROSS PLAINS	WI
DARCY MOLTZAU	F	SUN PRAIRIE	WI	MARY RIPP	F	CROSS PLAINS	WI
SARAH L MORAN	F	CASTLE ROCK	CO	RACHEL RIPP	F	CROSS PLAINS	WI
DAN R MOWRY	M	MIDDLETON	WI	CAITLIN ROBERTS	F	ROCKFORD	IL
JAMIE G MOWRY	F	MIDDLETON	WI	JULIE ROBERTS	F	ROSELLE	IL
LAURA L MOYER	F	STOUGHTON	WI	BARBARA ROBINSON	F	GREEN BAY	WI
NANCY MUELLER	F	MC FARLAND	WI	KATE ROGERS	F	STOUGHTON	WI
RON NACKER	M	EAST TROY	WI	CHERYL L ROSTOWFSKE	F	STOUGHTON	WI
LORI J NEILITZ	F	MADISON	WI	JEAN RUDE	F	STOUGHTON	WI
BRIAN NELSON	M	EVANSVILLE	WI	PEGGY RUDOLPH	F	WHITEWATER	WI
MELINDA NELSON	F	WAUNAKEE	WI	LISA RUHLAND	F	PLAIN	WI
NANCY NELSON	F	MADISON	WI	SUSAN RUNNING	F	EDGERTON	WI
PAM NELSON	F	ROSE CREEK	MN	TIFFANY R RUSCH	F	MILTON	WI
ANGELA NIHLES	F	STOUGHTON	WI	BILL RUSSELL	M	MADISON	WI
JIM NISLEY	M	MADISON	WI	WILLIAM SACHSE	M	EDGERTON	WI
MARY I NOLAN	F	HANOVER	IL	HIRAM SANCHEZ	M	SUN PRAIRIE	WI
ROBERT A NOLAN	M	HANOVER	IL	RAQUEL V SANCHEZ	F	SUN PRAIRIE	WI
PHILLIP NUGIER	M	POYNETTE	WI	LORI SANDERS	F	BELOIT	WI
VICKI NUGIER	F	POYNETTE	WI	DEEPA SANWAL	F	MADISON	WI
DANYELLE NUGIER-BRO	F	LODI	WI	BRIAN E SASS	M	SUN PRAIRIE	WI
DAVE O'BRIEN	M	HALES CORNERS	WI	LORI SCHAFFER	F	HOUSTON	MN
CINDY O'CONNOR	F	STOUGHTON	WI	JEAN SCHENK	F	MADISON	WI
ERIN R OGDEN	F	MADISON	WI	RACHEL SCHENKENBERG	F	STOUGHTON	WI
HEATHER OLIVER	F	BRODHEAD	WI	CHRIS SCHEY	F	MADISON	WI
ELLEN OLSEN	F	MARSHFIELD	WI	JENINE SCHIMDT	F	STOUGHTON	WI
JACKIE M OLSEN	F	PARDEEVILLE	WI	JOHN SCHLIMGEN	M	STOUGHTON	WI
VICTORIA OLSEN	F	STOUGHTON	WI	PAUL SCHLOUGH	M	MAZOMANIE	WI



2008 Walk Participants

NAME	SEX	CITY	STATE
KAYLA SCHMALLE	F	STOUGHTON	WI
PETER SCHMIDT	M	MIDDLETON	WI
TED SCHMIDT	M	STOUGHTON	WI
JAIME L SCHMIED	F	MADISON	WI
CANDICE M SCHNEIDER	F	WAUANKEE	WI
PAUL SCHNEIDER	M	WAUANKEE	WI
STEPHANIE SCHOENBER	F	SUN PRAIRE	WI
AARON SCHOENHERR	M	WOODBURY	MN
CATHERINE SCHOENHER	F	WOODBURY	MN
JOHN SCHOENHERR	M	WOODBURY	MN
TERESA SCHOENTHAL	F	STOUGHTON	WI
KAREN SCHORR	F	MADISON	WI
DEBORAH SCHROEDER	F	MARSHALL	WI
KATHY SCHULTZ	F	JANESVILLE	WI
LISA J SCHULTZ	F	MADISON	WI
CHRIS SCHULTZ-BUECH	F	MIDDLETON	WI
CHRISTINE SCHULZ	F	CROSS PLAINS	WI
AARON SCHUMACHER	M	NAPERVILLE	IL
RACHEL SCHWARTZLOW	F	JANESVILLE	WI
MIKE SCHWEIGER	M	MADISON	WI
JENNIFER SCHMIDT	F	MIDDLETON	WI
CHERYL SCOTT	F	ORFORDVILLE	WI
LAURA SEAHOLM	F	MADISON	WI
BREANNA J SEEHAVER	F	JEFFERSON	WI
TARA SEHMER	F	STOUGHTON	WI
BONNIE SELJE	F	CAMBRIDGE	WI
DAWN SHAW	F	OREGON	WI
SARA SHEARER	F	STREAMWOOD	IL
KAREN SHELTON	F	SPRING GREEN	WI
LISA SHERMAN	F	EDGARTOWN	MA
SUSAN SHULTZ	F	MILTON	WI
KATHERINE A SIEGMAN	F	MCFARLAND	WI
HOLLY N SILBAUGH	F	STOUGHTON	WI
WARREN L SILBAUGH	M	STOUGHTON	WI
RACHEL SIMONS	F	MONONA	WI
JENNY SIMPLOT	F	OREGON	WI
ROCHELLE SKAAR	F	MOSINEE	WI
ROSIE SKIBBA	F	COTTAGE GROVE	WI
JESSICA SMITH	F	PARDEEVILLE	WI
KATHY C SOEHNLEIN	F	JANESVILLE	WI
DEB SONDAY	F	MCFARLAND	WI
PJ SPEARS	F	EVANSVILLE	WI
TIFFANY C SPILDE	F	OREGON	WI
MIA SPOONER	F	MADISON	WI
SHERRI JO ST. JOHN	F	SKOKIE	IL
AMY STJOHN	M	BELLEVILLE	WI
LUKE STACEY	M	STOUGHTON	WI
PAUL STACEY	M	STOUGHTON	WI
SUE STAMM	F	EVANSVILLE	WI
JACOB O STAMPEN	M	WAUNAKEE	WI
AMANDA A STANTON	F	SUN PRAIRIE	WI
PAUL STATZ	M	MADISON	WI
DENISE A STENKLYFT	F	CAMBRIDGE	VT
JANET STEVENS	F	SUN PRAIRE	WI
JENNIFER STEVENS	F	MADISON	WI
JULIE A STOCKINGER	F	WAUKESHA	WI
CATHERINE STOENHERR	F	SAINT PAUL	WI
JOHN STOENHERR	M	SAINT PAUL	WI
LISA M STONE	F	BELLEVILLE	WI
HEATHER STRAND	F	SKOKIE	IL
RENEE SUTKAY	F	STOUGHTON	WI
ASTRID SWAIN	F	BLUE MOUNDS	WI
MICHELLE SWAIN	F	MINERAL POINT	WI
ELLEN T SWEENEY	F	NEW GLARUS	WI
ERIN B SWEENEY	F	MADISON	WI
SHERRY L SWEENEY	F	EDGERTON	WI
SUSAN SWEENEY	F	MADISON	WI
SUE SWOBODA	F	WHITWATER	WI
MARGARET TADDER	F	EDGERTON	WI
HARLEY TATARSKY	M	HENDERSONVILLE	TN
RON TAUCHEN	M	OREGON	WI
JOANNE TAYLOR	F	MADISON	WI
CYNTHIA TESKE	F	MILW/WAUWATOSA	WI
HEATHER THEEL	F	EVANSVILLE	WI
LORI L THIEDE	F	MADISON	WI
KRIS THIELEN	F	SUN PRAIRE	WI
DANIELE S THOMPSON	F	STOUGHTON	WI
PAUL THOMPSON	M	MADISON	WI

NAME	SEX	CITY	STATE
JENNY THORNGATE	F	MADISON	WI
KRISTIN M THYSSE	F	OREGON	WI
KITTY TOBIAS	F	STOUGHTON	WI
MARY TREMAINE	F	MADISON	WI
KATHLEEN S TRUE	F	BROOKFIELD	WI
STEPHANIE TURNER	F	MADISON	VI
GENE TURNIPSEED	M	MADISON	WI
MARY TYRRELL	F	MILWAUKEE	WI
KIM M UJKE	F	MCFARLAND	WI
MELINDA USELMANN	F	MADISON	WA
HEATHER N VAIL	F	MADISON	WI
TERESA VAN HORN	F	MADISON	WI
KRISTIN R VAN ITEN	F	DEFOREST	WI
KATHY VIKE	F	CROSS PLAINS	WI
BRIGID VINCENT	F	MILW/SHOREWOOD	WI
DANIELLE VOKAL	F	MADISON	WI
JULIE VOLLA	F	STOUGHTON	WI
CARROL VOLLMER	F	OREGON	WI
HOLLY VOLLMER	F	MCFARLAND	WI
ANGELA VOLSCH	F	EDGERTON	WI
MARCIA WAGNER	F	MADISON	WI
BENITA WALKER	F	MADISON	WI
KIM WALKER	F	STOUGHTON	WI
STUART WALKER	M	STOUGHTON	WI
LESLIE WALSH	F	FARMINGTON	MN
THERESA WALSKIE	F	MADISON	WI
JOE WARNEMUENDE	M	MADISON	WI
CARRIE WASCHITZ	F	WEST BEND	WI
ARLENE K WELCHER	F	STOUGHTON	WI
LINDA WENDT	F	JANESVILLE	WI
ROSE WENGER	F	MOUNT HOREB	WI
ANN WERNER	F	LA GRANGE	IL
KATHERINE WERNER	F	MADISON	WI
AMY WESSEL	F	MADISON	WI
DEB WHALEN	F	MADISON	WI
DEE WHALEN	F	ROSE CREEK	MN
LYNN WIESER	F	STOUGHTON	WI
RANDA WILBERG	F	OREGON	WI
DAWN WILD	F	MADISON	WI
ELISE WILEMAN	F	EDGERTON	WI
MEGAN WILEY	F	MADISON	WI
WILLIAM WILKENING	M	STOUGHTON	WI
DONALD WILLIAMS	M	POPLAR GROVE	IL
GUY WILLIAMS	F	VERONA	WI
KAREN WILLIAMS	F	VERONA	WI
KEN WILLIAMS	M	JANESVILLE	WI
TAMMY WILLIAMS	F	JANESVILLE	WI
JERRY WILSON	M	STOUGHTON	WI
PAM WILSON	F	STOUGHTON	WI
STEVE WILSON	M	MC FARLAND	WI
TAMMY WISE	F	STOUGHTON	WI
PEG WOLFE	F	DANE	WI
KAREN WOLLIN	F	MADISON	WI
BETH WOODS	F	STOUGHTON	WI
AMY WOODSTOCK	F	EVANSVILLE	WI
BETH ANNE WORKMASTE	F	MADISON	WI
HEDY WOYAK	F	MADISON	WI
ALEXANDRA WRIGHT	F	MADISON	WI
CARLA WUENNENBERG	F	MADISON	WI
KAREN WYDEVEN	F	MCFARLAND	WI
MARILYN YEATES	F	MADISON	WI
JON YTTRI	M	MADISON	WI
STEVE YTTRI	M	MADISON	WI
JAMES R ZAHN	M	MADISON	WI
CHARLES ZASTROW	M	MADISON	WI
JOHN ZERBE	M	MADISON	WI
MARY R ZIMMERMAN	F	EVANSVILLE	WI
ERICKA ZUEHLKE	F	FITCHBURG	WI
DANIELLE ZUTTER	F	MADISON	WI



2009 Syttende Mai Run & Walk Official Entry Form May 16, 2009

Run & Walk Entry Fees

by May 1: \$25 Run Start: 7:30 a.m.
 May 2 - May 14 \$30 Walk Start - Rolling Start: 6-7 a.m.
 Must register by 5 PM on 5/14 otherwise at the starting line
 Race Day: \$40

Make Checks payable to:
 Syttende Mai Run
 532 E. Main Street
 Stoughton, WI 53589
 or register online at
www.active.com
NO REFUNDS!

Please print clearly and legibly! (Address labels work well)

T-Shirt Size
 Circle One

S	L
M	XL

1. Please sign me up for the: Run or Walk
2. _____
Last Name First Name MI
3. _____
Address
4. _____
City State Zip
5. _____ 6. _____
Sex Age as of 5-16-09
7. () _____ 8. _____
Phone Number Champion Chip # (If you have your own chip, must start w/ a letter)
9. email address (needed for confirmation): _____
(Not given out to others) Please Print Clearly!
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 5:30 a.m.
 _____ Stoughton to Madison after event starting at 11:00 a.m.
12. Number of years previously participated: Run _____ Walk _____
(needed for results book)

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 16, 2009, 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 of injury or illness that I might sustain during my participation in these events or that is in any other way related to these events.

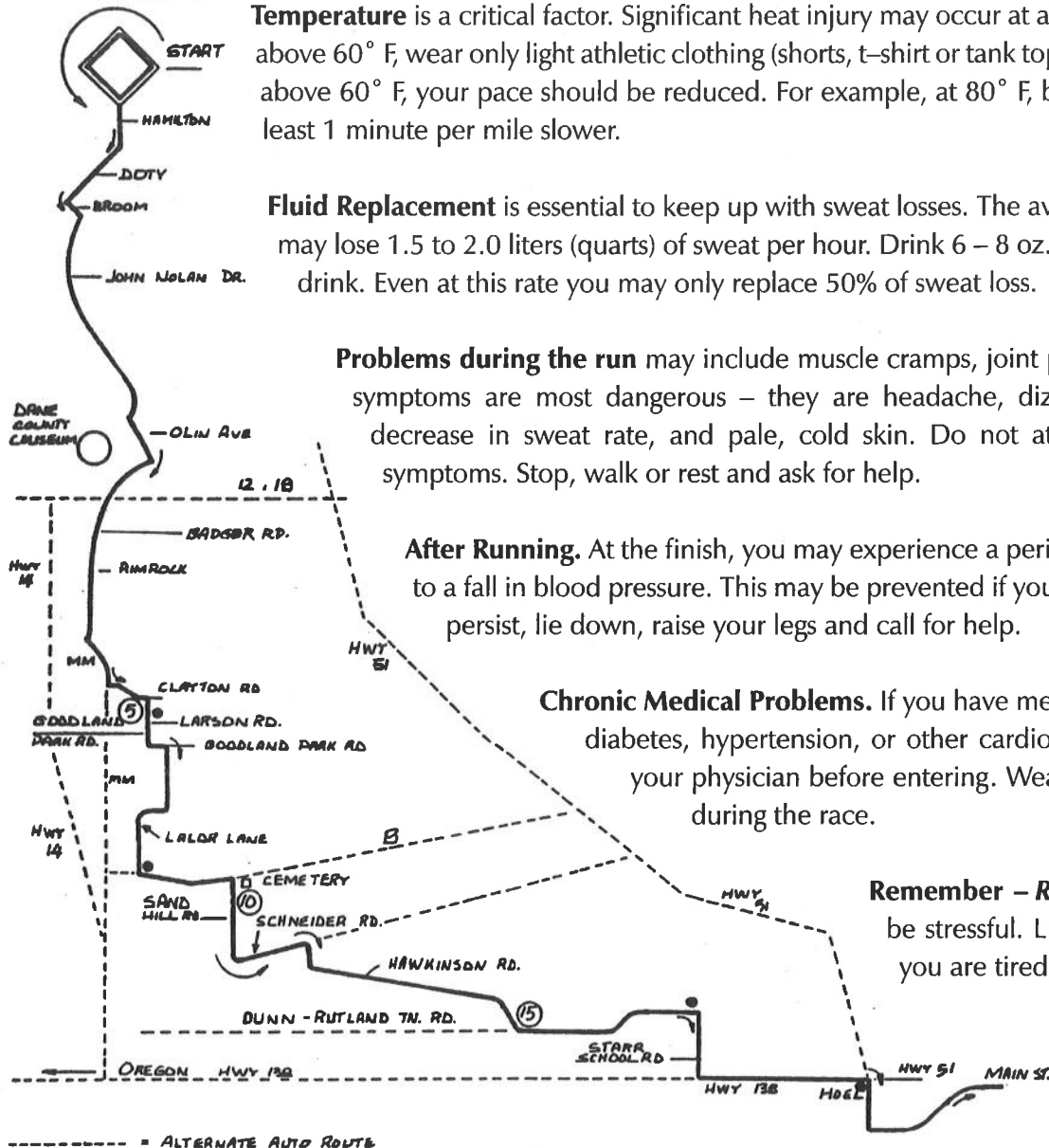
I understand that this release applies to myself and my personal representatives, heirs and assigns. I know that running or walking is a potentially hazardous activity, but represent that I am trained adequately and am medically able. I assume all risks associated with running or walking, including but 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:

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.

CAPITOL SQUARE



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.

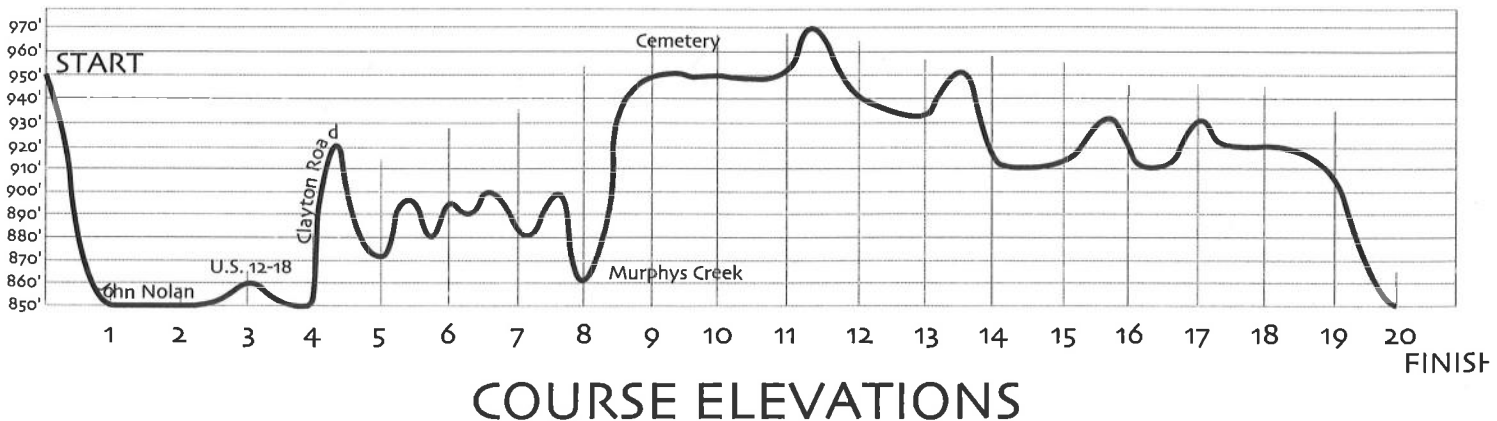
Fluid Replacement is essential to keep up with sweat losses. The average size male (140 – 160 lb) may lose 1.5 to 2.0 liters (quarts) of sweat per hour. Drink 6 – 8 oz. of fluid at each station. Stop to drink. Even at this rate you may only replace 50% of sweat loss.

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. C. 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.

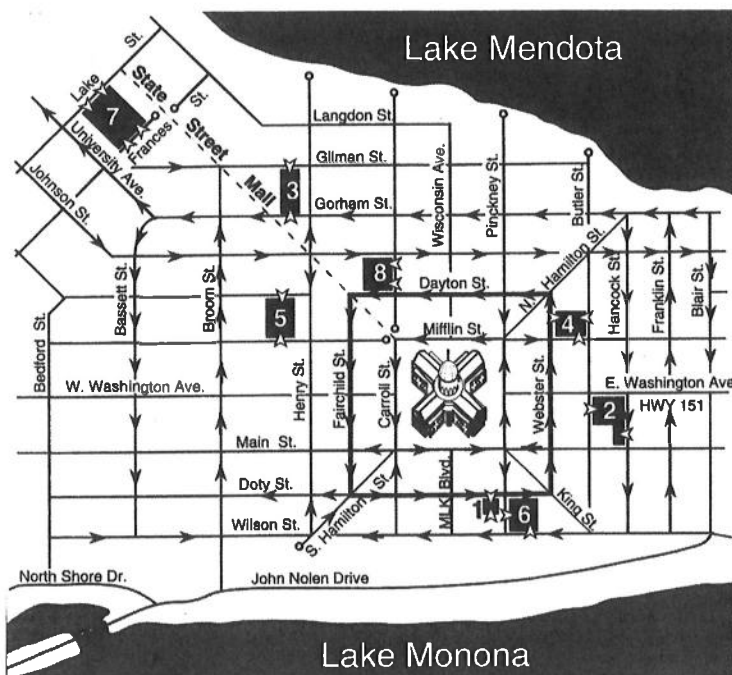
—OR—

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 Accomodations

- **Stoughton Inn** 608/873-0330 www.stoughtoninn.com
- **Coachman's Golf Resort** 608/884-8484 www.coachmans.com
- **Comfort Inn** 608/877-9000 or 888/386-8814 www.comfortinn.com/hotel/wi75
- **Naeset-Roe Inn (Bed & Breakfast)** 608/877-4150 www.naesetroe.com
- **Altemus Corners House (Bed & Breakfast)** 608/695-0693

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

CITY OF MADISON PARKING INFORMATION

<http://www.cityofmadison.com/parking/downtownmap.html>

Contact Information

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

Fax: 608/873-0104

E-Mail: syttendemai@gmail.com

Website: www.stoughtonwi.com

Register Online: www.active.com

Other events throughout the weekend of May 15, 16 & 17:

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, Norwegian Bunad Style Show, Youth Parade, Norwegian Dancers Performances, Open Houses, Rosemaling Exhibit, Hardanger and Quilt Show, Village Players Production, Dancing, and Music Performances by various groups.

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

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

37th Annual Syttende Mai RUN and 23rd 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. No telephone or fax registrations.

ENTRY FEE: \$25.00 for entries received by May 1; \$30.00 for entries received May 2-May 14. NOTE: If not registered by 5PM on 5/14, you must register at the starting line; \$40.00 for entries received day of race. Make checks payable to Syttende Mai Run. Payment must accompany entry form. NO REFUNDS.

ENTRY CONFIRMATION: We like to email people their confirmation instead of sending postcards, so please include a valid 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 after May 7, 2009. Receiving the email or postcard indicates that you are registered. If you are entered in the wrong event email us at syttendemai@gmail.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 at the registration area, 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 5:30 a.m. The last bus will leave Stoughton at 7:00 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 need to 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: In order to have a safe route & to avoid traffic concerns, 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, 2010, to all registered participants.

RUN INFORMATION

DAY OF REGISTRATION: 6:00 - 7:00 a.m. Corner of Main St. & Martin Luther King Jr. Blvd., Madison

PACKET PICK-UP: You must pick up your race number and chip the morning of the race. They will be available starting at 6:00 a.m. at the registration area. Allow sufficient time to pick up your packet.

START: Madison's Capitol Square at 7:30 a.m. near the registration area (Main St., & MLK Jr. Blvd.), water will be available at the start. Please use the port-a-potties located near the registration area.

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 10:30 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 Tuesday after the race. An email or postcard with your finish information will be sent to you.

WALK INFORMATION

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

PACKET PICK-UP: Walk numbers are to be picked up the morning of the walk. They will be available starting at 5:45 a.m. at the walk start/registration area in the Badger Bowl parking lot. There will be plenty of volunteers available to help with number pick up process. You must wear the provided walk number on the front of your body to identify you as an official participant.

START: Walkers may start walking between 6:00 a.m. - 7:00 a.m. from Badger Bowl, 506 E. Badger Rd., 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. Please be careful!! This is not a timed walk; no prizes are awarded.