

THE RUNNING READER

THE OFFICIAL NEWLETTER OF THE UW-RUNNING CLUB

Weather spares Jingle Bell runners

by Anita Fernandez (grad)

There are people who think that running a winter road race in Wisconsin is unabashed lunacy. But for the twelve hundred participants in December's Jingle Bell Run, it was a great chance to get some fresh air and a workout.

Unseasonably warm weather favored us on the race day with sunny skies and above freezing temperatures. In fact, I could hardly tell that it was a Wisconsin winter until the wind blew. Even the bitter wind was only troublesome during the waiting time before the races started. Once we were off, I was almost instantly overheated and regretted wearing a long-sleeved shirt.

I associate Vilas Park races with small, community events that attract

just a few local runners. Not so with the Jingle Bell Run. The way we were packed together at the start line, it could have been the Madison Marathon: The throngs of energetic people fidgeting shoulder to shoulder, the feeling of not knowing exactly where the start line is, the painfully slow starting pace. The 5K and the 10K races started together at the Vilas Park shelter. We ran westward behind the Edgewood campus, and then split up upon reaching Monroe Street. At this point, the 5K course ran around Vilas Park via the stately neighborhoods surrounding it. 10K runners proceeded to the Seminole Highway entrance to the arboretum and ran around Lake Wingra. Both races finished back in

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Details of jogger's murder emerge slowly

by Travis Gordon (junior)

On the afternoon of August 7, 1999, Erik Kraemer set out on what should have been a normal training run. He was at the peak of his summer training, getting ready for his senior year of wrestling and track at Turtle Lake High School. The path he took was a regular one for him that day. It was a five mile course that went around Pipe Lake near his home in Comstock, WI.

When Erik didn't return within a couple of hours, his father grew concerned. He called his friend's

houses to see if he was visiting, but no one had seen him. Concern went to devastation when the police came see the Kraemer household that night.

A driver passing by found Erik's body in a ditch. He was shot three times less than a mile away from his home and safety. The mysterious murder shocked the population around the lake. People were told not to walk or run alone. Parents kept their children inside. Families that had fled the troubles of big cities were now faced with violence in their own backyards.

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OFFICIAL JINGLE BELL RUN RACE RESULTS

Date: December 11, 1999

Time: 1 p.m. start time

Weather: Race time temp 34 degrees, wind NW at 15mph

<u>Results</u>	<u>Time</u>	<u>Place</u>
10K		
Scott Fitzgerald	40:13	46
Alexis Cirilli	41:41	61
Anne Jensen	43:35	95
Becki Walz	43:41	98
Katherine Himes	45:23	132
Heather Endres	50:21	232
Lindsay Eysnogle	55:22	372
Alison Dwyer	55:24	373

5K		
Warren Kist	17:10	3
Udo Seybold	21:06	39
Brian Forney	22:23	67
Dan Haave	23:49	102
Travis Gordon	25:22	151
Sarah Walker	26:43	207
Carrie Bock	27:15	236
Natalie Fuller	27:17	238
Nicole Diliberti	27:53	261
Anita Fernandez	30:05	357

***sorry if we missed anyone, can't be perfect all the time*



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Races

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DA QUOTE

"There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium."

- Martha Graham

Jingle/ UWRC runners put in excellent showing

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Vilas Park.

Much as I enjoyed the 5K, I think the race course was a little too cramped to accommodate 600 runners. We were supposed to stick to the sidewalks for most of the run so it got pretty cozy. Since a 5K is so short, the race never spread out that much: At peak times there were over 60 runners per minute crossing the finish line. The 10K course could handle the crowds a little better. At least two thirds of it was on open roads where runners could spread out more. In addition, being a longer course, there is more time for runners to recover from a slow start and spread out a bit.

There are several advantages to

running large road races, however. For instance, the Jingle Bell Run had the best post-race spread that I've ever seen. There were copious volunteers who did a great job of managing the race. And regardless of the conditions, fellow participants were friendly, polite, and undaunted by the crowds. It's good to see so many people who share an interest in running and to see the Arthritis Foundation get so much support.

Many of the UW running club's members participated in the Jingle Bell Run. Of special note is Warren Kist, who came in third overall in the 5K with a time of 17:10. Congratulations to the UWRC runners who participated in this fun outing.



We're all winners here: One of the many teams that ran the Jingle Bell Run for the Arthritis Foundation. They call themselves the Freak Nasties. From left to right: Udo Seybold, Anita Fernandez, Mr. Canney, Nicole Diliberti, Travis Gordon.

Cold weather running tips

by Marci Hafemeister (special)

Wear Layers—Coolmax or other moisture wicking material first. This goes for your hands and feet too. Cover your face and lips with petroleum jelly to prevent severe chapping. Mmmmm. **Shoes**—The new running shoes have spikes in them to prevent winter spills.

You can make your own by inserting hex head screws in a pair of older shoes. If your shoes get wet, stuff them with newspaper and prop against a wall to help shoes retain their shape. **Accessories**—Bring along a flashlight for slippery areas as well as to help motorists see you.

Glacial Drumlin State Trail West

Trail Facts ~ ~

Distance: 53 miles one-way from Cottage Grove to Waukesha including a 4-mile on-road connection near Jefferson, (the 35 miles between Cottage Grove and Sullivan are shown below).

Trailhead locations: In Cottage Grove at the Glacial Drumlin State Trail parking lot on County N; in Sullivan at the Glacial Drumlin State Trail parking lot, two blocks south of Hwy. 18 on County E.

On-route Attractions: Aztalan State Park, lake and stream crossings, pleasant small towns, farm scenery.

Fees: Daily or annual State Trail Pass for persons age 16 and over.

by Marci Hafemeister (special)

Tired of doing the Arb, Picnic Point and Lake Monona? Why not try the trails for some variety—the bike trails that is. Madison had two of them jutting out from the city's sides. Glacial Drumlin (described below) and Military Ridge will soon be united to form one "Capital City Trail."

This is the drumlin end of the Glacial Drumlin Trail. Here it winds among teardrop-shaped hills that were formed under the great continental ice sheet. Streams and rivers poke their way around the hills as well. The trail crosses the meandering Koshkonong Creek five times. The larger Crawfish and Rock Rivers are crossed on impressive, stressed iron bridges, and the views from the Rock Lake causeway are wonderful.

Just two miles north of the trail along the Crawfish is Aztalan State Park, once the site of a fortified Native American town that flourished for hundreds of years, but was abandoned by the time of Columbus. It was tied to the Middle Mississippian Culture, a vast trading network of settlements radiating from its namesake river. Pyramid-shaped ceremonial mounds similar to those at Aztalan were a hallmark.

Between London and Lake Mills you may also spot another sign of the past—a herd of buffalo grazing north of the trails. Deerfield has the most accessible downtown along the trail. The attractive town centers of Lake Mills and Cambridge are a bit off-trail, but well worth a visit. *Details taken from Wisconsin 98/99 Biking Guide.*

Kraemer/ Teen's murder stuns a community and confuses authorities

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For months, authorities have been perplexed about what led to Erik's death. His record was clean, and drug and alcohol involvement was almost immediately dismissed. He was well liked at his school, making this murder even more tragic. Hundreds of leads poured into the police, but none were strong enough to solve the case. As more and more time passed, attention focused toward a random act of violence. This definitely didn't ease the nerves of the people in that community, or any of the people in the upper Midwest who had heard of this news

and, like Erik, enjoyed being outdoors.

Unfortunately, a life was tragically cut short last August. Erik had planned on going to college, possibly using his athletic ability to earn a scholarship. His future was bright, who knows what he could of done. We will never know.

Almost three weeks ago, the case surfaced again with a strange twist. Apparently, the police had been focusing their investigation on a 19-year old man who had bragged about shooting a jogger to his friends. These same friends tipped the police to the information. But before police could apprehend the suspect for questioning,

he committed suicide. Reports say that the suspect found out about the police investigating him for the murder and panicked.

If the story ends here, it is a tragic tale of two young lives cut too short. Erik would now only be a few months away from graduation. He would be getting ready to break the school record for the 400-meter run, a record he set just last spring. Our regards go to his family and friends. *Reports and details taken from the Milwaukee Journal Sentinel Online, located at www.jsonline.com.*