

THE RUNNING READER

THE OFFICIAL NEWLETTER OF THE UW-RUNNING CLUB

Gettin' Down and Dirty in Illinois

by Megan Mitchell

I can honestly admit that I started the race with a plan. Typical of other race goals of mine, I wanted a decent time, and to finish well among women in my age group. After the start, I realized quickly that my plan went downhill. Then uphill. And then face first into a marsh filled with icy, muddy water twice, the second time within five minutes of the first.

Unless you're a veteran of this race, I wouldn't automatically expect anything spectacular from this crazy experience. Actually, I overheard before the start a few guys talking about previous years saying how every one of these is different. Except for two common factors: mud and hills.

Extra clothes to change into were highly recommended in the registration information. Using an old pair of shoes was the real golden nugget of advice. Nervous for my 3 week-old babies, and not wanting to ruin my everyday running shoes, I requested an old pair out of my closet in my parent's house. I felt guilty about the exorbitant last minute postage price, but I am SO glad my shoes arrived in time. For the first time in my life, I am actually throwing out a pair of shoes.

The course started on a gravel farm road and had I thought about it, I would've moved up closer to the starting line. Doing this, like in any race, as most of you know, saves time dealing with congestion. Instead I jogged the first chunk of the race, but the people in front of me sprinkled that with sudden periods of sudden stopping. Discouraged when one of those moments turned out to be because of a mud hole, I realized it would be only the first opportunity of many to get dirty. So I charged through and my feet tasted their first helping of icy, muddy water.

The course looped around and we finished

along the same route we started. While the entire thing was laden with ankle-injuring terrain, my least favorite parts were in the very beginning and end of the race. This section was a farm field crisscrossed with tractor-tire ruts. Not only were the ruts at an awkward angle for feet to land in; they were also filled with a mixture of mud, water and ice.

The first time through I put

up with it because

I was

so excited about the race. It was also part of the last mile of the race, and by that time I lacked both the energy and desire to go through again. But I did anyway; you had to finish to earn a t-shirt.

As Alex pointed out before the start, the map's several spots labeled water probably weren't aid stations. He was right. They were marshes, bogs (I think), or just plain patches of mud. Oh yeah, and there was tons of manure. You know, when the stuff is frozen, it really isn't that bad. It's the fresh stuff that is yucky. The race registration form mentions a quote about how one participant had eaten mud and other brown flying substances. Well, it WAS a farm, and it did have its fair share of horses, cows, and manure. The odor

wasn't too foul, as I recall, but it did add to the amount of stains covering my clothes.

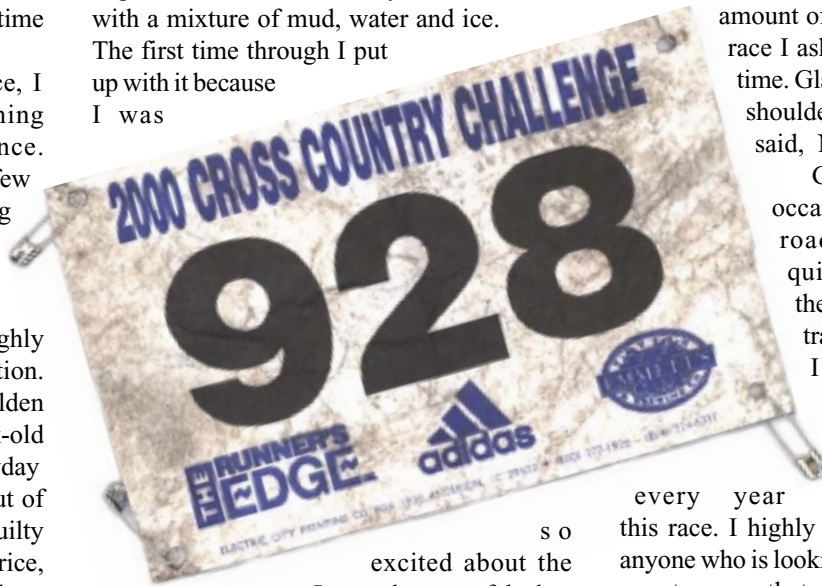
I don't think this is a load of laundry I will try to pass on to my mom. First of all, by the time I'd get it there, my clothes could probably walk themselves, and most importantly, I wouldn't wish this amount of dirt on anyone. After the race I asked Matt if he had a good time. Glancing at me, covered from shoulder to shoe in black dirt, he said, Not as much as you did.

Granted, there were a few occasions I tried to take the road less traveled, but I quickly learned sometimes there was a reason it was less traveled. But how often will I get to run through mud again and enjoy it as much? Right now the answer is at least once

every year until I can no longer do this race. I highly recommend doing this to anyone who is looking for a challenging cross-country race that combines the fun of road races, the dirt of adolescent mud pie days, and the foothills of, in my opinion, the Rockies.

I had warned the guys that the course was hilly. (I had raced at the same place before, but for another mud-filled occasion, and was shocked by the hills' ability to put me in my place. Read: kick my ass) Paul asked where the hills were when we first parked the car. I'm pretty sure he and everyone else found out very quickly where they were.

Overall, I have to say that despite leaving at seven in the morning to race at ten, getting very cold, very wet, and not to mention a tad muddy, I am definitely marking this one on my calendar for next year. I highly recommend you doing the same.



Race Results

Paul Krzesinski

28:39/20th overall/9th age/20th men

Alex Muñoz

32:02/86th overall/6th age/85th men

Matt Jarosz

32:18/95th overall/17th age/95th men

Megan Mitchell

41:32/488th overall/6th age/49th women

1167 runners total, 363 women, 804 men



University of Wisconsin-Madison Running Club

CLUB INFO

President:

Dan Haave 294-6829

Web Page:

www.sit.wisc.edu/~uwrc/

Email:

uwrc@stdorg.wisc.edu
A Division of UW Rec Sports

COMMITTEE HEADS

Publicity/Retention

LISA LANGLITZ
COLLEEN CANNEY

Valentine's 5K

KATHERINE HIMES
LINDSAY EYSNOGLE

Fall 15K

RON CARDA

Communication

TRAVIS GORDON

Running Camp

CARRIE BENEDON

Clothing

EVAN SHUKAN

Races

DAN HAAVE

DA QUOTE

"To describe the agony of a marathon to someone who's never run it is like trying to explain color to someone who was born blind."

- Jerome Drayton

Running Shorts

compiled by Travis Gordon

Clothing Update

Evan and his crew are working hard to get the running club apparel put together. He would always love your input or help with design. Give him an email at iguanaman@visto.com.

Wisconsin Harriers

A quick rundown of the results from the NCAA Cross Country Championships.

Women: 8th team overall, Erica Palmer was 3rd overall with a time of 20:39 (6K). Bethany Brewster completed an outstanding year with a 9th place finish overall and a time of 20:53.

Men: 5th team overall, senior captains Jason Vanderhoof and Jared Cordes led the team with 8th and 21st place showings respectively. Vanderhoof's time was a quick 30:30 (10K), while Cordes was right behind at 30:53. Congratulations to both teams!

Elections for 2000-2001

No electoral colleges here, and hopefully no recounts either. The Running Club is proud to announce their first ever elections for committee heads, treasurer and president. Job descriptions and benefits will be emailed to all members soon. A nomination form will be present at club meetings from mid-December to early February to sign up on. Elections will then be held after the Valentine's race.

Club Meetings

The running club holds monthly business meetings on the first Wednesday of each month. The location is usually the place of the workout, and we try to meet about 45 minutes prior to the workout. All club members are encouraged to attend. We discuss all things club related and would like your input.

Membership Benefits

- Discounts at Movin' Shoes, New Balance Store, Shoe Box.
- Reduced entry fees at club races.
- This newsletter, need we say more?
- Monthly socials with other runners.
- A group of runners to do evil track workouts with.

Congratulations, Good Luck

For some of you, this is the end of the line for you and Madison. If you're graduating in a couple of weeks, or just moving on, the running club has appreciated your efforts given to us. Best of luck to all of you.

Things that make me go %\$#&@!!!

A runner's list of pet peeves

compiled by Megan Rocker

1. Runners at night with dark or non-reflective clothing.
2. People who run or walk on the wrong side of the road.
3. People who run or walk on the wrong side of the road wearing headphones.
4. Drivers who roll through stop signs or fail to look *both* ways when turning right.
5. Chafing!
6. Dogs off leash.
7. Dogs behind "Invisible Fence" (yes, Fluffy may know there's a fence between us, but I certainly don't).
8. Races that say they start at 9 AM, but don't start until 9:20.
9. Races that say they start at 9 AM, but then start at 8:50.
10. Runners who don't return a friendly "hi!"
11. People who shout out "Run, Forrest, run!" as they drive by.
12. People who are offended by the adidas "Runners. Yeah, we're different" campaign.
13. People who take more than their fair share at post-race parties so there aren't any yummy yellow sandwich cookies and beer left for me when I get back from my cool down.
14. Shoe companies that feel they need to "improve" last year's models.
14. Children who line up to start a race at the front.
15. People who lie on their entry blank to get a better start seed.
16. Race participants who wear their numbers on their backs.
17. Injury "time-outs."
18. Unshoveled sidewalks two days after the winter storm.
19. Runners who are having a love affair with their Timex instead of their significant other.
20. Gym teachers who use running as a punishment.

Point/ Counterpoint: Chicago Marathon

Beginners Luck?: Udo does the Marathon



by Alejandro
Munoz Del Rio

As you may know, some of us went to Chicago to run what some call “the stupidest distance known to man”: the marathon.

You don’t know how much fun it was to have Udo around. Not only does

this man break some of the rules of marathoning, he does it with such aplomb and infectious confidence, it’s a joy to behold!

The night before the race, Udo is attaching his champion chip to his shoes, and as he reads the instructions he improvises: “It is very important that the shaft of the chip point forward” ... “because otherwise time will run backwards!” Matt tries to verify this in his instructions; Lisa and I let out a huge laugh.

Now it’s race day:

“Udo, I have some vaseline here in case you need it.”

“Thanks, but I’ve never had a problem.”

“You’ve never chafed?! How about a band aid for your nipples?”

He takes up his \$5 white cotton shirt and shows me his chest and he says, “Look, they’re not big.”

“It’s not about size, you doofus!”

“I’ll take my chances.”

“Udo, do you want to put that stuff in your bag?”

“No, I’m taking this on the course.”

“EIGHT power gels?! What, you’re planning on selling them?”

“No, I might want a strawberry one, or an orange one...”

He stuffs the gels and his camera into his shorts pockets. Mind you, these are red gym

shorts, the same kind our parents might have worn in the 1950s. Forget about nylon, supplex - no siree! Udo is faithful to the fabric technologies of the early 1800s. It’s like the Industrial revolution and “better life through chemistry” never happened. The two deep pockets in his shorts are bulging.

“Udo, you look like you just went into a 7-11 and shoplifted \$15 worth of candy.”

Udo just laughs. Dressed in a white T and red shorts he does look like a tropical version of Santa Claus, with all the toys in his two shorts pockets.

Early morning, 4:30, pre-race breakfast. For me: oatmeal and a bagel and coffee. For Matt, a bagel and some Gatorade. For Lisa: I don’t know, but something “healthy” and tame. For Udo: a ham sandwich and a bottle of CARBONATED water.

I tell myself this guy is taking chances left and right and I hope to be nowhere near him when his bowels explode. Sure, you can gamble with the gods of marathoning, but this guy is on a vendetta. It’s like he read the Ten Commandments of marathoning and put a “DO NOT” right before each one. He might as well paint the concentric white and black circles on his shirt so the gods of marathoning will know who’s been toying with their rules.

We start talking about tapering, that period of reducing mileage the last two or three weeks before the event. We quickly discover Udo has nothing to taper from. He was running two or three times a week. By now I’m no longer raising my eyebrows or rolling my eyes. Of course I wish Udo the best, but nothing surprises me any more and I make a mental note to avoid Stuttgart (Udo’s hometown) if I ever go to Europe.

In fact, I’m calculating the odds of an implosion and by now I’m convinced he might not be much fun on the way back. I mean, he’s bound to hit the wall, but not at mile 20 like most mortals. He’ll get a “special sneak preview” at mile 8, then I’d suspect a crampfest at mile 14 -maybe he can dance to the mariachi band if he’s in Pilsen, if he times his calf cramps just right- and to top it off, he’ll get a full monty “here’s your breakfast” regurgitation at mile 23. By the time he crosses the finish line, he’ll think he was the subject of an alien abduction. I begin thinking where I can find plastic for my car seats, or if he’ll be lucid enough to protest if we just wrap him in the mylar finisher’s blanket and carry him cocoon-like in the trunk. (No, it’s not a hatchback.)

All the while Udo is happy as can be, relaxed, unaware of the chain of sacrileges he’s committing. And a willing heretic he is, because Matt, Lisa and I have become the angelic chorus of common sense, the combined experience of about 25 marathons, 2 ultras, some 30 years of running, and countless hours of “school of hard knocks” behind us. But no, Udo acts like that charming 4-year old that grandpas love to spoil and for whom they bend the rules.

After the race, I shower. In come Matt and Udo, chatty as can be. Matt shook a monkey off his back, ran a 30-minute PR, and is Boston bound. I expect to see Udo brought in a stretcher, with white foam trailing off his lip and his lower limbs convulsing. No, it seems he didn’t run the marathon at all. He’s fresh as a daisy. The little shit ran a 3:19:00 on his first outing. Sure, he had trouble - but only at mile 25. I think he had to scratch his nose, or something trivial like that.

Some folks have all the luck. And me, I get no respect.

IT’S ALL LIES!!! - ok, maybe not all, but I can explain it...



by Udo
Seybold

Now that I got all the congratulations and I was promised the treasured “UWRC member of the month” award, I really feel as if *I* won the marathon, or at least I was UWRC’s fastest runner! Thanks!

Of course, I could write a 10 page report telling the facts about my training schedule, diet, and so on; maybe there would even be somebody to read it, you never know. BUT, here’s the good news, I just want to make some comments on Alex’s e-mail.

First of all: Thanks Alex for writing that. I laughed a lot, and I think you did a great job.

Speaking of “great job”, I think that everybody who ran the marathon did a great job — congrats again! (Alex was too modest to mention his result, but he ran it in 2:52:40, a time most of us don’t even dream of!)

Just for the records: I tried to remember how often I ran more than twice a week. I’m not quite sure, but maybe I did it once in June or July.

Although the interest in them might be pretty low, here’s the top 3 of my personal tips for ‘efficient’ marathon preparation: 1) Go with Karen, LeAnn, and Sarah for one long distance

run on the weekends (they are fun!) 2) Push it on Wednesday night’s workout. 3) Chase the bikers on your way to school and back, but besides of that recover and relax during the rest of the week.

Of course there are much more (un)useful things I can tell you — feel free to ask me. If you do so, you’ll find out that I’m not that much of an marathon anarchist as it may seem, actually I really obeyed some rules!

Finally, I think even Alejandro rolled his eyes when he found out that the only time information I used during the race was the one from the official clocks at the mile markers.

So much for now, take it easy everybody!

Running Route

by Megan Rocker

You can judge the age of a horse by his teeth, and you can judge the type of a runner by the places he runs. Well, maybe not, but every once in a while it is nice to break out of the tried and true running rut (I know you know it...Lace up the shoes, head out the door, mindlessly set off down the same old roads, day after day, always watching the same cars go by, the same leaves fall off of trees, and the same shades being angrily drawn as you try to peek in windows to alleviate the monotony of your own footfalls...er, wait...). But anyway, it is nice, as I was saying, to break out of your own rut and slip into someone else's, so each issue the devoted and tireless staff of UW Running Club newsletter will bring you **FABULOUS NEW AND EXCITING PLACES TO RUN!**

In the future, feel free to submit your own ideas (especially if you have issues with the one printed here. We're trying to help YOU, after all, and there really isn't any better way



Running Route Map, ©Mapquest

to do that than to help you help yourself, now is there?).

The Regent Street Retreat route is so named for its starting point. Begin at the Regent St. Retreat (just after the corner of Charter and Regent) and head up Regent St. to Speedway. Take the bend to your left and continue past the cemetery and the golf course, through the intersection and to the top of the hill just past the church. Turn around and zip back home, enjoying the all down hill finish. Although not too scenic (but a detour through

the cemetery can lighten things up a bit) this route is a favorite simply because it makes you feel good and speedy. A slight uphill all the way out is balanced by an effortless downhill on the way home. If you go to just past the churches and back, it's a touch over four miles. This route can be altered by continuing on Regent at the Speedway intersection and running up and through Hoyt Park and then back for a scenic (there's a great overlook near the top of the park) uphill out/downhill back four and a half to five mile jog.

Chicago Marathon Results

Leann Daniels

4:30:55

Anita Fernandez

5:06:30

Matt Jarosz

3:05:31

Paul Krzenski

2:45:00

Sara LeCloux

3:33:15

Karen Meyer

4:30:54

Alex Muñoz

2:52:40

Evan Shukan

3:36:21

Linda

3:57:37



The most important meal of the day: Alex, Matt and Udo chow down before the big race.



It's over....Why are we smiling?: LeAnn, Karen, Udo, Alex and Matt show off their legs after the Chicago Marathon.

All About Me: UWRC Member Bios

by Megan Mitchell

We all have two things in common, the fact that we all go to UW, and we're members of the running club. But when have you stopped to consider how similar you and another club member may be? While you may not ever be able to know every single member of the club, you may be able to use this to bum a ride home for winter break. Or, you may have the same favorite but obscure pig-out food as someone else, and most importantly, you may discover you have a similar deserted island fantasy as another club member.

Daniel Patience

Age: 28
Major/ Grad. Program: Chemical Engineering
Hometown: Wellington, New Zealand
Years Running: 2+
Years in the club: 1
Favorite Race: Turkey Trot
Favorite Workout: Pyramids
Favorite Running Route: Maple Bluff
Non-Running Hobbies: Kite flying
How I started running: I wanted to do a marathon
Interesting running fact about me: I once ran wearing a Scottish kilt
If I could choose a location for the next club social it would be: Travis house.
Best motivational running/sports song: U2 Where the streets have no name
Same question but movie: Without Limits
If I were stuck on an island, the athlete I would like to be stuck with is: Anna Kournakova
Best post-workout meal: Pop-tarts and coffee

Katherine Himes

Age: 23
Major/ Grad. Program: Masters in Business Administration, Entrepreneurship and Marketing
Hometown: Wayzata, MN
Years Running: I never thought I would run this long, but 9!
Years in the club: 2
Favorite Race: That's a tough question I like some courses better than others, but then have crappy races on those courses. I guess it's a tie between the Dances With Dirt

Run, the Lake Minnetonka Half Marathon and Grandma's Marathon.
Favorite Workout: Bascom Hill workout. Bring on the hills.
Favorite Running Route: The zoo loop with Team Stick or trails anywhere!
Non-Running Hobbies: CC Ski racing, mountain. biking, eating, sleeping
How I started Running: To get in shape for the CC ski season
Interesting running fact about me: I chafe easily
If I could choose a location for the next club social it would be: Olive Garden
Best motivational running/sports song: the opening of Good Times, Bad Times by Led Zeppelin. It's great for track workouts.
Same question but movie: American Flyer (it's about biking, but it works)
If I were stuck on an island, the athlete I would like to be stuck with is? My boy (he's a mountain biker)
Best post-workout meal: Pancakes, hands down!

Evan Shukan

Age: Older than you, sonny!
Major/ Grad. Program: Veterinary Medicine (A real doctor mind you, not some pansy who can only treat one species).
H o m e t o w n : L o n g m e a d o w , Massachusetts
Years Running: Ten
Years in the club: Two
Favorite Race: Big Sur Marathon
Favorite Workout: Anything outside of a three-mile radius of any track.
Favorite Running Route: The

Danger Run . When I was living in Monterey, CA we used to do a run up the side of the mountain on a small twisty road against traffic. There was no shoulder, cars coming at you on one side and a wall of rock on the other side. What's not to like?
Non-Running Hobbies: Are you implying that running is a hobby? Until I went back to school I used to enjoy cross-country skiing, swimming and playing my French horn. I actually have about 10,000 hobbies. Too many interests, I guess.
How I started running: When I moved to California the closest swimming pool was four miles away and I had no car. I also lived on top of a mountain overlooking Monterey Bay (THE most beautiful place on Earth.) and, well, let's call it a sign. Anyone who doesn't run under such circumstances needs to have their head examined.
Interesting running fact about me: I trained for the Dallas Marathon by running only three miles a day in combat boots.
If I could choose a location for the next club social it would be: Anywhere, really? I get to choose?
Best motivational running/sports song: We've got to get out of this place by the Animals. This just seems to be the catch-all song for anyone sentenced to live in Wisconsin.
Same question but movie: Brazil.
If I were stuck on an island, the athlete I would like to be stuck with is? Mia Hamm
Best post-workout meal: Gyros. My dirty little secret.

Web Reviews *by Brian Forney*

Take some time and check out these solid runner's web sites that our club members recommended.

1. [HTTP://DIRECTORY.GOOGLE.COM/Top/SPORTS/RUNNING/](http://directory.google.com/top/sports/running/)
Google's directory of running web sites.
2. [HTTP://DIR.YAHOO.COM/RECREATION/SPORTS/RUNNING/](http://dir.yahoo.com/recreation/sports/running/)
Yahoo!'s directory of running web sites.
3. [HTTP://WWW.ACTIVE.COM](http://www.active.com)
Active.com has race info for many distance sports, including running.
4. [HTTP://RUN-DOWN.COM/](http://run-down.com/)
Run-down is a directory, like Yahoo!, but tailored for running.
5. [HTTP://WWW.HOLABIRDSPORTS.COM](http://www.holabirdsports.com)
Great shoe deals.
6. [HTTP://WWW.RUNNINGMAN.ORG/](http://www.runningman.org/)
Need some inspiration? Robert Garside is attempting a run around the world. If Mr. Garside can dream about running around the world, why can't we all?
7. [HTTP://WWW.WOMENS-RUNNING.COM/](http://www.womens-running.com/)
Women's Running focuses on women's running from getting started to training to diet to gear to racing to interviews.

8. [HTTP://WWW.FAST-WOMEN.COM/](http://www.fast-women.com/)
Coverage of women's professional and amateur running and includes forums to discuss professional and amateur women's running.
9. [HTTP://WWW.ONTHERUN.COM](http://www.ontherun.com)
Tons of links and nifty stuff (check out running delites site in their web ring).
10. [HTTP://WWW.ROADRUNNERSPORTS.COM](http://www.roadrunnersports.com)
Hate their catalog, but there website is pretty cool. Much better deals here, too.
11. [HTTP://WWW.RUNNERSWORLD.COM](http://www.runnersworld.com)
Runner's World is one of the most popular running magazines. It's web site has running news, training tips, gear reviews, and race listings.
12. [HTTP://WWW.MEDIAFARM.NO/FORSOKSGARD/KUKASTER.ASP](http://www.mediafarm.no/forsoksgard/kukaster.asp)
Not running related, but a great time killer.
13. [HTTP://WWW.CBRC.ORG](http://www.cbrc.org)
Quad Cities Area running club with regional info and calendar.

Recipe Corner

Green Chili Stew

From the kitchen of: Brian Forney (bforney@cs.wisc.edu)

(from *Sunset Magazine*, January 1997)

Travis likes it. What else can I say?

prep and cook time: about 30-45 minutes

makes: 4 servings

- 3 thin-skinned potatoes (about 1 1/2 lbs. total), scrubbed
- 2 tomatoes (about 1/2 pound)
- 3 1/2 cups reduced-sodium chicken broth
- 1 can (7 oz.) diced green chilies
- 2 cloves garlic, minced
- 1 pound boneless smoked extra-lean pork chops
- 1 teaspoon salad oil
- hot sauce (like Tabasco or Dave's Insanity Sauce) or jalapeño peppers (chopped)

1. Cut potatoes into 1/2-inch pieces. Core and chop tomatoes. In a 5- to 6-quart pan, combine tomatoes, broth, chilies, and garlic. Bring to a boil over high heat; cover, reduce heat, and *simmer until potatoes are tender when pierced*, 12 to 15 minutes.
2. While potatoes simmer, trim off and discard excess fat from pork. Cut pork crosswise into 1/4-inch-wide strips, then cut strips in half. To a 10- to 12-inch nonstick frying pan, add oil and pork. Cook over medium-high heat, stirring often, until pork is lightly browned, about 7 minutes. (Be careful not to overcook the pork or cook it too quickly; it can become tough if cooked to quickly or for too long. But don't undercook it either. It is pork.) Remove from heat; set aside.

When potatoes are tender, stir in pork; simmer just long enough to warm meat through, about 2 minutes. Add 1 or 2 drops of hot sauce or jalapeños, if desired.

Tator-Tot Hotdish

From the kitchen of: Travis Gordon (tjgordon@students.wisc.edu)

(from many sources, including my mom)

prep and cook time: about 45 minutes

makes: 2 servings

- 1 Chicken breast
- 1 can Cream of Chicken Soup
- 1 can Green Beans
- Tator Tots
- Cheddar Cheese

1. Grill, bake or pan fry chicken. Cube and set aside.
 2. Open cans of soup and green beans. Mix together in oven-proof casserole dish with cubed chicken.
 3. Top with even layer of tator tots. The more the better!
- Bake this creation in a 375 degree oven for about 30 minutes. Baking times may vary. Halfway through baking, sprinkle cheese on top of casserole.

Chicken and Noodle Satay (aka Chicken Noodle Satay)

From the kitchen of: Brian Forney
(from Nina Simonds's *Asian Noodles*)

makes: 6 servings

The ingredients, like fish sauce, rice stick noodles, and lemongrass, may seem exotic, but this is a wonderful dish for anyone's palate. My personal opinion is that everyone should have satay sauce once a week. Hmm... (Note: Madison grocery stores, including Woodman's carry fish sauce and lemongrass. I have made this at least twice in the past eight months, so I know I can purchase the ingredients in Madison. It's been quite the hit at the potluck dinner for the annual computer science department weekend for prospective graduate students.)

This recipe has several parts: a chicken marinade, "bulk" of the dish, and a satay (peanut and coconut) sauce. The satay sauce can be made *en masse* and saved in a refrigerator or freezer for later use.

Satay marinade

1/4 cup fish sauce
2 tablespoons minced fresh lemongrass
1 tablespoon minced garlic
1 1/2 pounds boneless, skinless chicken breasts, cut into 1/6-inch-thick slices

"Bulk" of the dish

3/4 pound thin rice stick noodles (or Italian vermicelli, if thin rice stick noodles unavailable), softened in hot water, cooked until just tender, rinsed under cold water, and drained

5 carrots, peeled and finely shredded or grated
2 1/2 cups thinly sliced Boston lettuce leaves
1 1/2 cups bean sprouts, rinsed and drained
About 1 tablespoon safflower or corn oil
3 tablespoons minced fresh cilantro

1. In a medium bowl, combine the satay marinade ingredients. Add the chicken and toss lightly to coat. Cover with plastic wrap and let marinate for at least 2 hours or overnight in the refrigerator.
2. Arrange the noodles on a serving platter and top with the carrots, lettuce, and bean sprouts, arranging them randomly or in separate concentric circles and reserving room in the center for the chicken.
3. Heat a heavy skillet over high heat. Add 1 teaspoon oil and heat until almost smoking hot. Add the chicken in batches and sear for about 1 1/2 minutes, until firm to the touch and golden brown on both sides, adding more oil to the pan as needed. Arrange the chicken over the noodles and sprinkle the cilantro on top. Satay sauce can be added separately when the dish is served.

Satay sauce (Thai-like)

1 1/4 cup coconut milk, stirred to blend
3/4 cup smooth peanut butter
3 tablespoons fish sauce
3 tablespoons soy sauce
3 tablespoons minced fresh ginger
3 tablespoons light brown sugar
1 teaspoon crushed red pepper

Combine in a food processor with metal blade or in a blender. Process until smooth. Makes 2 1/2 cups.

Liberate Madison from the One-Width Shoe Companies



Men's: AA, B, D, 2E, 4E
Women's: AA, B, D, 2E
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*Many thanks to the diligent crew of
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