

# Kenosha Running Club Newsletter

[www.kenosharunningclub.org](http://www.kenosharunningclub.org)

August/September 2010



## Upcoming KRC Events

### Upcoming KRC Meetings:

#### **Fun Run at 6PM & Dinner / Meeting at 7PM**

Tuesday, August 10th - Southport Beach House - 7825 1st Avenue, Kenosha, WI **Please bring a dish to pass, main dish will be provided.**

Tuesday, September 14th - Mark's House for pizza and packet stuffing

Tuesday, October 12th - Southport Beach House For "Terry & Mark's Meat O Rama" **Please bring a dish to pass, main dish will be provided.**

#### **Saturday Morning Fun Runs - Coffee, Conversation & Fun**

Meet us at "Common Grounds" on Kenosha's harbor front to run at 7:30 am. Year round runs in the sun, rain, thunder, snow- you name it, we will be there.

#### **Tuesday Night Runs at Pets**

Hit the hills on Tuesday nights at Petrified Springs Park. Groups normally depart around 5:30 pm.

**With regard to all of our weekly runs ... stay tuned to  for details on pace groups and times.**

#### **Thursday Morning Runs**

Meet at Mark Maurer's house to run along the lakefront at 6 am. Email Mark ([maurertool@sbcglobal.net](mailto:maurertool@sbcglobal.net)) for more details.

#### **Early Morning Runs**

If you like to get up early and get your run in, there is a small group that meets 3 or more mornings a week at Starbucks on Hwy 50 in front of Target for a 6 mile out and back loop usually finishing prior to 6 a.m. Contact me Kris [klhamelink@yahoo.com](mailto:klhamelink@yahoo.com) or Missy [missylonergan@wi.rr.com](mailto:missylonergan@wi.rr.com) for more information.

#### **Harvest Moon Run - September 22nd**

KRC's September Race - Harvest Moon - is coming up. Volunteers are needed. Attend the August meeting to learn how you can help. Contact Brian Falcone @ [bfalhome@yahoo.com](mailto:bfalhome@yahoo.com) or 262/515-8700.

## A Letter From The President

### Here We Are In The Month Of August Already...

The unofficial final month of summer. The Dog Days as they're known. A time

when school kids begin to realize their lazy days are numbered and their parents are starting to utter those evil words "shopping for school supplies". I also notice that the daylight is beginning to wane and nature's relentless march to fall and dare I say it winter, continues on.

Another indicator of the changing season is the maturing of the fall marathon training schedules. With the mileages piling up some are starting to nurse the all too common overuse injuries while the healthy others are dreaming of upcoming PRs.

Whatever our individual running situations are it's been a great summer so far. From the wonderful Saturday morning runs along the lakefront, to the Pets trail run and pizza Tuesdays. Many of us have enjoyed the weekly gabfest over coffee on CG's deck or traveling together to races. It's quite evident we enjoy each others company and it's no surprise we continue to grow.

But, we will be shrinking by one member soon. Our fellow runner and my dear friend Diane Wood will be busting out of K Town and relocating to the Denver area. Goodbye to the flat farmlands of Wisconsin and hello to the mountains of Colorado. As you know Diane is our membership committee chairperson and has enthusiastically promoted our Club over the years. She also plans our Annual Christmas/Winter Party. Taking it from a casual get together, to a nice dress up, sit down dinner and dance evening. Tough act to follow indeed. We will miss you Diane, your passion for fitness and all you've done for our club, fare thee well.

*Mark Maurer*

President, Kenosha Running Club

## Upcoming Races

### August

8/1 - Badgerland Striders Cudahy Classic 10 Mile

8/21 - Madison Mini Marathon 13.1 Run, 5k Run

### September

9/12 - Ironman Wisconsin/Triathlon - Madison

9/18 - Aid Africa's Children Walk/Run - Pleasant Prairie

9/19 - Fox Cities Marathon - Appleton

9/22 - Harvest Moon - Pleasant Prairie

### October

10/3 - Lakefront Marathon - Milwaukee

10/10 Chicago Marathon - Chicago

10/9 - Al's Run 8K - Milwaukee

## Race Results

### Chicago Rock n' Roll Half Marathon - August 1st

Dave Michielli 1:22:45, Brian Falcone 1:28:20, Alan Eppers 1:34:30, Diane Wood 1:40:04, Andrew Archilla 1:43:19, Jeff Weiss 1:45:51 and Kathy Boone 1:53:57

### Badgerland Striders Cudahy Classic 10 Miler - August 1st

Missy Lonergan 1:27:11, Maritza Adams 1:31:07, Kris Hamelink 1:31:07

### SportsFest 5k Walk/Run - July 24th

Andy Archilla placed 6th overall and 2nd in his age group with a time of 20:01:00 - Great job Andy!

### Antioch Run For Freedom 5k - July 4th

Dave Michielli - placed 3rd in age group with a time of 17:49, Brian Falcone 19:07, Diane Wood placed 1st in age group with a time of 21:48, Andy Archilla 21:20, Alan Eppers placed 2nd in age group with a time of 19:44, Missy Longergan placed 2nd in age group with a time of 25:21, Dominic Ruffalo 26:15

### Racine Lighthouse Run - June 19th

### 10 Mile Race

Dave Michielli 1:01:27, Shawn Burwell 1:06:18, Brian Falcone 1:08:24, Elizabeth Brothen 1:09:53, Alan Eppers 1:13:50, Mark Maurer 1:18:38, Tom Devroy 1:20:01, Amy Greiner 1:19:28 1st Age Group, Ann Brothen 1:20:10 2nd Age Group, Jeff Weiss 1:22:31, Steve Zicarelli 1:23:44, Steve Brinkman 1:25:27, Elizabeth Kiefer 1:28:46, Donald Hawes 1:33:51, Dominic Ruffalo 1:36:19, Jen Horn 1:52:52, Liz Bower 2:05:02; Manny Lopez 2:27:44

### 4 Mile Race

Emil Newhouse 22:46, Andy Swetlik 26:44, Kris Hamelink 35:00, Maritza Adams 36:13, Nicole Scanlon 37:41

Congratulations everyone on all the great race efforts!

## Upcoming Birthdays

Everyone likes to be remembered on their birthday, so here are a few that are coming up:

### August Birthdays

John Campbell 8/1, Andy Archilla, Kenton Burki & Arlene Martin 8/8, Turia Smith 8/13, Patricia Wolff 8/18, Carl Bryant 8/19, Melissa Haag 8/23, Bill Vande Voort 8/25, Sheri Hall 8/29

### September Birthdays

Jeffrey Bispo 9/7, Gail Foreman 9/10, Andrea Mueller 9/16, David Brandt 9/18, Kris Hamelink 9/22, Aaron Butler 9/24

*We apologize if we forgot anyone's birthday (some of you don't like to tell us on the Club application).*

## Club Gear

### T-Shirts

New Member? Pick up your 100% cotton t-shirt at an upcoming meeting or at an upcoming group run. Size preference S, M, L, or XL.

Interested in ordering a different shirt with the KRC logo? Maybe to advertise our Club when traveling for a race.. any shirt can be printed and discounts are offered when ordering 4 or more shirts. Just drop of your shirts with Brian @ Super Sports - 3206 80th Street.

### Warm-up Jackets

We have an embroidered logo you can have placed on a jacket of your choice (or other clothing item). The embroidered logo is approximately \$8. Previously ordered KRC jackets from Super Sports through [www.hollowayusa.com](http://www.hollowayusa.com) using Men's #9043 or Women's #9346. Hooded pullovers are #9042. Jackets are approximately \$50. Get one with your name on it for an additional \$5. If you're interested, please talk to Brian @ Super Sports. All styles and colors are subject to change.

## Awareness Event

### National RUN@WORK Day is September 17, 2010

The goal of National **Run@Work Day**, the third Friday of every September, is to raise awareness about the importance of daily physical activity for adults. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, and individuals nationwide are encouraged to plan fun runs and walks with their employers. Run@Work Day events are community based events that promote and provide the opportunity for individuals to learn how to incorporate at least 30-minutes of exercise into their daily routine.

[Learn how to plan your Run@Work Day event today.](#) Get [FREE promotional posters](#) for your Run@Work Day event.

If you organize a RUN@WORK on September 17th or you are a part of a run someone else organizes, please tell us about it; we'll post it in the next newsletter. You can also post any

information on our facebook page - you may get others to join you in your endeavor.

Find us on Facebook 

## KRC Officers

President - Mark Maurer - [maurertool@sbcglobal.net](mailto:maurertool@sbcglobal.net) - 652-9046

Vice President - Jen Horn - [jenhorn82@gmail.com](mailto:jenhorn82@gmail.com)

Treasurer - Tom DeVroy - [tdevroy@fastmail.fm](mailto:tdevroy@fastmail.fm) - 553-5391

Secretary - Ann Brothen - [abrothen@kUSD.edu](mailto:abrothen@kUSD.edu) - 639-6322

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