

**BADGERLAND**  
**STRIDERS**



# Newsletter September 2022

[Strider Website](#) | [Official Facebook](#) | [Race & Event Calendar](#) | [Join the Striders](#)

From the editor--[Scott Kasten](#)

Fall racing season is here. While it's a little different than what most of us anticipated, we can either think about what might have been, or...get out there, trust our training, and smash our goals. Wherever you run your 26.2, stand tall on that Start Line and be proud of what you have accomplished this summer.

Now...go get it!

## ***2022 Badgerland Striders Race Calendar***

***Glacial Trail***

***Sunday, October 9***

***Lakefront Discovery Run***

***Saturday, October 29***

***Turkey Trot***

***Sunday, November 6***

***Strider PR***

***Sunday, December 4***

## ***2022 Lakefront Discovery Run***



It's back and it's better than ever. The world-famous Lakefront Discovery Run takes to Milwaukee's beautiful lakefront on October 29. Find a costume (or reuse the one from last year) and get ready to run! Stick around after the race for a post-race party inside a heated tent with some food and, of course, beverages. We'll still have your typical snacks at the Finish Line and aid stations out on the course. Since it's Halloween weekend, those aid stations will be stocked full of candy. No circus peanuts or those gross peanut butter things in the orange and black wrappers. This is the good stuff.

**Rally your running crew and sign up today!**

**Saturday, October 29**

**9:00 am-15k**

**9:15 am-5k**

**Veteran's Park  
1010 N Lake Drive  
Milwaukee, WI**

**15k**

**\$35 for Strider Members**

**\$40 for Non-Strider Members**

**RACE DAY REGISTRATION: \$50 for everyone!**

**5k**

**\$25 for Strider Members**

**\$30 for Non-Strider Members**

**RACE DAY REGISTRATION: \$35 for everyone!**

**Sign Up and Get Candy!**

## ***Milwaukee Lakefront Marathon Refund Update***



We are devastated that we cannot be putting on a fantastic race this weekend. For those of you who were signed up, we wanted to provide a quick up on your refunds.

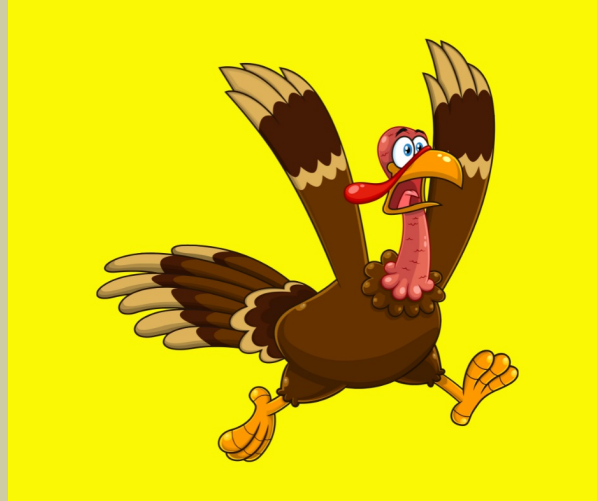
A vast majority of the refunds have been processed by our team of volunteers. There are just a few more steps to work through with the various financial

institutions and Race Roster, which is the website that was used for registration. Once those have been completed, registered runners will see their refunds.

---

## ***Turkey Trot***

**Registration Opens Soon!**



## ***Don't Forget to Fun Run!***

Our fantastic themed Fun Runs are a great way to get out and explore area parks, hang out with other runners, and enjoy some delicious treats! No paces, no races, just runners in great places. Join us each Wednesday! Keep an eye on our social media for updates and more information.





## Winter Fun Run Schedule Coming Soon!



### ***Glacial Trail 50***

#### **Glacial Trail 50 – Wisconsin's Fall Ultra**

#### **Important Information**

**Race**

October 9, 2022

**Next Price Increase**

August 31 (next fee increase Sept. 1)

**Online Registration Closes**

October 3 at Noon (Race day registration will be available)

**Start Times**

6am-50 Mile  
7am-50K

Location

Greenbush Town Hall  
N6644 Sugarbush Road  
Greenbush, WI 53023

Packet Pickup

Race day at the start/finish beginning at 5am

Important Links

Race Details <https://glacialtrail50.blogspot.com/>

Registration <https://glacialtrail50.blogspot.com/p/limited-entry-total-entrants-for-both.html>

Course Map <https://glacialtrail50.blogspot.com/p/course-map.html>

Aid Stations <https://glacialtrail50.blogspot.com/p/aid-stations.html>

Contact Info

Robert Wehner, Race Director  
rwehner@hotmail.com  
262-370-7270

Race Specifics

The Glacial Trail Run has 50 kilometer and 50 mile distances, with both courses following the Ice Age trail in the Northern Kettle Moraine unit. The 50 mile race starts at 6:00 am, and has a 12 hour time limit. A light will be needed for this race, as the first 40 minutes or so will be in the dark. The 50 kilometer event starts at 7:00 am, and has a 10 hour time limit.

The course consists of rolling hills with rocks, roots, and other normal trail obstacles, with a short section of road at the start and finish (both races are “out and back”). Aid stations are located from 4 to 7 miles apart, so runners should carry a fluid bottle or pack with them. The aid stations will have a variety of foods and fluids; Hammer Nutrition is a sponsor, so we will have HEED, Hammer Gel, and Endurolytes as well. There will be 1 drop bag location for both races at the Butler Lake AS (mile 13.3), which you will also go past on your way back (mile 36.7 50M race, mile 17.7 50K race).

[Register Here](#)

---

***Striders on the Street***



If you've attended any Badgerland Strider events in the last four decades, chances are that you've run into Richard Dodd. In his prestigious running career, he has finished in the top 10 at the Lakefront Marathon an amazing 7 times; including his PR of 2:19:38. Richard is also an 8-time Boston Marathon finisher including a 2:21:40 in 1983. That's not to mention the countless hours that Richard has dedicated as a Strider volunteer. Even if you haven't ever met Richard in person, but you've run the Lakefront Marathon, you'd recognize his voice as he typically welcomes runners to the Finish Line as the race announcer. In 1979, Richard also co-founded one of the Strider's most popular races, the Firecracker Four!

Now known as Coach Dodd, Richard has spent many years as the cross country and track coach at area high schools. He is currently the head cross country coach and assistant track coach at Franklin High School.

To say that the man needs no introduction would be an understatement. Well, last week, Richard Dodd was inducted into the inaugural class of the Whitnall High School's Athletic Hall of Fame. Congratulations to a man who has made significant contributions to the running community and continues to touch lives as both a coach and mentor to countless high school athletes.



Being a member of the Badgerland Striders means that you are part of an organization that values the positive impact that running has on one's overall health and the social benefits that come with being a part of the Strider running community. Please encourage others to join you at Strider events and show them some of the benefits that come with Badgerland Strider membership. Click on the link below to join us!

*Join the Badgerland Striders!*

KEEP PACE WITH THE STRIDERS



Badgerland Striders | 12650 W. Arden Place, Butler, WI 53007

[Unsubscribe blstriders@gmail.com](mailto:blstriders@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [badgerlandstrider@gmail.com](mailto:badgerlandstrider@gmail.com) powered by



Try email marketing for free today!