# RANGE SOURCE

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# **Champions** gather for **50th Paavo** Nurmi **Marathon**

■ Wisconsin's oldest marathon runs today from Upson to Hurley

> By JASON JUNO sports@yourdailyglobe.com

HURLEY - Ben Schneider has won more than 1/5 of all the Paavo Nurmi Marathons.

He won 10.

That's how old the Paavo is. The oldest in Wisconsin, the small-town race is big in volunteers and is still going strong with the 50th running scheduled for this morning.

"It's really incredible that the Paavo is in its 50th year," Schneider said. "There's a number of really big marathons that are a lot younger. I'm really happy to be able to take part in a big anniversary.

"I remember spectating the marathon as a kid and I'm proud of being a participant 12 times."

The Friday night torchlighting and today's event itself figured to be a who's who of Paavo history.

The marathon begins this morning in Upson at 7:30. The half-marathon starts at 8 in Gile. The finish line is located on Silver Street in Hurley. Awards ceremonies are planned there for late morning, followed by the Post-Paavo Party and a reunion of past champions at Riccelli Park from noon to 4 p.m.

Ben and his wife Candice - a five-time winner herself – will both planned to run the full marathon again after injuries ended their streaks in 2016 and then kept them out of the 2017 Paavo.

Eight-time winners Mary Bange and Ann Heaslett will both be here with Heaslett also running the half marathon.

The Paavo's first winners – Jay Dirksen in 1969 and Janice Arnez from the first women's race in 1973, are expected to attend.

Rick Stefanovic, who won the marathons in a row, four, before Schneider started running, will also attend and run the full marathon.

Several others are also planning on joining the anniversary celebration.

Mary Bange still holds two Paavo records.

She has the fastest women's time at 2:47:49 from 1979. She is also tied with Heaslett with eight overall wins.

The Paavo was her first



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marathon, her marathon win and her first sub 2:50 time.

All but two of her eight Paavo wins checked in at less than three hours.

But none were quicker than 1979, her third Paavo

"It was a race where everything seemed easy," Bange said. "The weather was good for running. I felt comfortable from the start and do not recall any tough spots during the race."

The tough part came several months earlier when a stress fracture forced her to train on a stationary bike instead of run-

"The challenge was getting in marathon shape," she said. "In retrospect, the forced cross training actually helped me."

Bange still checks peridoically to see if her record still stands.

She's surprised it does as she said there have been women capable of running faster in that time. If and when it does happen, she'll be OK with it.

"I would probably be a little bit sad, but I ran the best I could on that day and if someone runs faster, then she deserves the record," she said.

While it's a tough choice, Bange said she is more proud of the number of Paavo wins than having the time to beat.

"My record time is a very good time. In fact, it was the first time I ran sub 2:50. That could have been a onetime event. But I actually ran close to my record time again in 1983," Bange said. "Having won the additional years showed that I was consistently competitive at a high level for a relatively



Jason Juno/Daily Globe **BEN SCHNEIDER of Min**neapolis won a record 10 consecutive Nurmi Marathons. His wife, Candice, won five straight.

long time."

The Paavo was a special race for her. Besides achieving so many marathon firsts, her parents were able to see several of her wins.

"They were there the year I set the record and the year mile 18 was named in my honor," she said.

The Paavo was also a reunion of sorts for a big part of her running community, part of which she remains in touch with.

She also thanked the many volunteers who make the race a success.

The fact the hilly Paavo is harder than most road marathons actually helped

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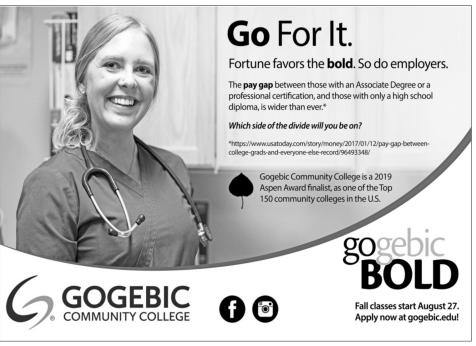
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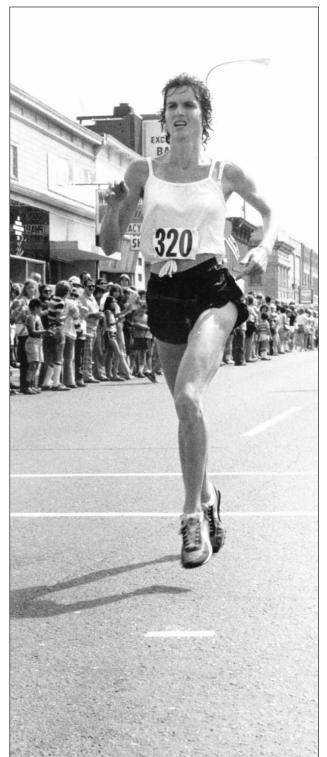
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### RANGE SOURCE





Daily Globe file photo

ANN HEASLETT won a record eight straight Paavos in the 2000s.



MARY BANGE, at left, and Richard Wilde, above center, hold Paavo records for fastest full marathon times. Bange is also tied with Ann Heaslett for most women's victories with eight.

#### Paavo

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Ann Heaslett, for whom mile 15 is named after.

"The endurance training really helped me on the Paavo course, and in turn, my races at Paavo strengthened me for races such as Ironman Wisconsin, which is held in early September, and the World 100K championships, which are usally run in the fall," she said.

Winning eight Paavos in a row is no easy feat with injuries happening so often while training for long-distance events.

Injuries, though, have been hindering Heaslett

more recently. "That's why I haven't been back to the Paavo more often to run one of the races," she said. "I've been doing more trail running-racing because the softer surfaces seem to be a little easier on this aging body."

The long races on the

road tend to bring her foot pain, which is why she chose to run the half instead of the full this year. Heaslett always liked the

small-town feel of the race. "And that I always felt so incredibly welcomed," she

After assisting her husband in directing ultramarathons in southern Wisconsin, she knows how difficult it is to staff all the aid stations and other posi-

tions. "Thus, I marvel at how frequently the aid stations occur in the Paavo, how well-staffed they are, and what a good job the volunteers do of taking care of the runners," she said. "Even the hot years, I felt able to run, rather than walk, most of the race because I was able to get enough fluid and ice to keep my core temperature down. I loved the sponges and little baggies of ice they gave out at the stations on

"A big shoutout and thank you to the volun-

Highway 51.

Richard Wilde's record time of 2:19:10 has stood since 1978.

Jim MacNider came within a minute the very next year. Tom Antczak was also just over 2:20 the year before.

But no one has run it under 2:30 since Todd Sperling in 1993 (2:27). That fast 1978 race was

the only time Wilde, who is from England, ran the Paavo. His memory has faded considerably since

"It proved to be a very enjoyable experience; I'm thinking of the hospitality especially," Wilde said.

Wilde was an accomplished runner in the 1970s, winning the gold medal at the 1970 European Athletics Indoor Championships with a time of 7:46.85 in the 3,000 meter event. That was a world record at the time

Todd Sperling won three straight Paavos from 1986 to 1988 and won his fourth in 1993.

Joe Perske won three in a row twice, from 1990 to 1992 and 1996 to 1998. His first Paavo win came in 1985, for a total of seven.

Rick Stefanovic's run of four straight from 2000 to 2003 was a record for consecutive wins.

Schneider broke that with his fifth in a row in 2010. He then broke

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## Champions

Men's Division 2017 — Gregg Robertson, 47. Duluth. Minn.

- August Pappas, 23, Brighton, Mich., 2:33:19 2015 — Ben Schneider, 31, Minneapolis

2014 — Schneider, 30, Minneapolis, 2:33:01 2013 — Schneider, 29, Minneapolis, 2:35:44 2012 — Schneider, 28, Minneapolis, 2:34:50 2011 — Schneider, 27, Minneapolis, 2:34:55 2010 — Schneider, 26, Minneapolis, 2:39.52 2009 — Schneider, 25, St. Paul, Minn.

2008 - Schneider, 24, St. Paul, Minn.

2007 — Schneider, 23, Rockford, Ill., 2:39:57 2006 - Schneider 22 2:43:07 2005 — Michael Benchina, 22, Chisholm,

Minn., 2:39:26 2004 — John Ofstedal, 41, Walker, Minn.

2003 — Rick Stefanovic, 41, Milwaukee, 2:46:02 2002 — Stefanovic 40 2:44:58

2001 — Stefanovic, 39, 2:41:53 2000 — Stefanovic, 38, 2:41:01

1999 - Scott Kent, 32, Waukesha, Wis., 1998 - Joe Perske, 42, Sartell, Minn.

2:39:54 1996 — Perske, 40, 2:32:26

1995 - T.J. Lentz, 28, Cincinnati, 2:35:05 1994 — Marty Humphrey, 32, Minneapolis,

1993 — Todd Sperling, 33, Eden Prairie, Minn., 2:27:00 1992 — Perske, 36, 2:34:16 1991 — Perske, 35, 2:31:19

1990 — Perske, 34, 2:29:16 1989 — Doug Suker, 38, Minneapolis,

- Sperling, 28, 2:31:53 - Sperling, 27, 2:25:46 1986 — Sperling, 26, 2:28:06

Peter Dodd, 25, West Allis, Wis.

1983 — Jim MacNider, 32, Roselle, III. 1982 — Sean O'Flynn, 25, Richmond, Va.,

2:22:46 - Tom Antczak, 30, La Crosse, Wis. 2:21:52.8 1980 — Paul Mausling, 21, Garvin, Minn.

1979 — Jim MacNider, 28, 2:20:05 1978 - Richard Wilde, 33, Hyde, England,

1977 — Antczak, 26, 2:20:19.17 1976 — Tom Hoffman, 28, Lannon, Wis.

2:24:17.8 1975 — Antczak, 24, 2:26:19.6 1974 — Hoffman, 26, 2:23:50.6 1973 — Lucian Rosa, 29, Ceylon, 2:22:59.5 1972 — Norm Patenaude, 27, Sudbury,

Ontario, 2:35:01 1971 — Bruce Mortenson, 27, Rochester, Minn., 2:23:43 1970 — Mortenson, 26, 2:25:03 1969 — Jay Dirksen, 24, Brookings, S.D.,

Women's Division 2017 — Mary Bolich, 54, Plymouth, Wis. 2016 — Emily Jaehnig, 33, Madison, Wis.,

3:15:45.3 2015 — lis, 3:14:32 Candice Schneider, 30, Minneapo 2014 — Schneider, 29, 3:15:21

2013 — Schneider, 28, 3:15:35 2012 — Schneider, 27, 03:10:12 2011 - Schneider, 26, 03:13:38 2010 - McKenzie Holt, 14, St. Cloud, Minn. 2009 - Anja Jokela, 25, Minneapolis

3:08:06 2008 - Ann Heaslett, 44, Madison, Wis. 3:15:33

2007 — Heaslett, 43, 3:11:41 2006 — Heaslett, 42, 3:10:52 2005 — Heaslett, 41, 3:07:19

2004 — Heaslett, 40, 3:05:24 2003 — Heaslett, 39, 3:16:38 2002 — Heaslett, 38, 3:20:16

2001 — Heaslett, 37, 3:11:35 2000 — Kathy Waldron, 41, Green Bay

Wis., 3:11:08 1999 — Vani Sebesan, 22, Indianapolis

3:21.59 1998 — Heidi Jarecki, 23, Madison, Wis.,

3:37:18 1997 — Sandra Reedy, 31, Kasson, Minn.,

1996 - Paulette Dow, 39, St. Paul, Minn.

3:08:36 1995 Katie McGee, 22, Duluth, Minn. 2:58:19 1994 - Janet Skaalen, 41, Minnetonka

1993 — Sylvia Sanchez, 34, Kihel, Hawaii, 2:49:36

3:00:17

1991 - Anderson, 29, 3:02:04

Sandy Blise, 30, Kenosha, Wis.

3:34:51 Bev Tangen, 27, Minneapolis

 Jean Burke, 41, Minneapolis, 3:23:37 - Lisa Rene Smith, 26, Milwaukee

 Janis Klecker, 26, Hopkins, Minn. 1986 -

2:57:27 1985 Carol Klitzke, 38, St. Paul, Minn., 3:09:32

Mary Bange, 31, La Crosse, Wis.

1983 -Bange, 30, 2:48:36

1982 — Bange, 29, 2:53:02 1981 — Bange, 28, 2:58:35

1980 — Bange, 27, 2:59:03

1979 — Bange, 26, 2:47:49 1978 — Bange, 25, 2:58:57 1977 — Anita Ayers, 18, Fort Dodge, Iowa,

2:55:12

Bange, 23, 3:14:22Lora Cartwright, 13, Muncie, Ind., 3:02:03

1974 - Janice Arnez, 24, St. Paul, Minn.

1973 — Arnez. 23. 3:49:45

3:24:31

Men's Division 2017 - Alan Peterson, 25, Bessemer, Mike Treder, 31, Belleville, Wis.

1:20:20 2015 — Treder, 30, Belleville, Wis., 1:20:30 2014 — Treder, 29, Belleville, Wis., 1:20:47 2013 — Treder, 27, 1:18:51 2012 - Andy Warren, 25, Eau Claire, Wis.

2011 - Paul Kmieck, 57, Middleton, Wis. 1:26:33

2010 — Warren, 23, Minneapolis, 1:15:24. 2009 — Mark List, 17, Lansing, 1:23.11. Women's Division

2017 — Emily Carey, 16, Ironwood, 1:40:00 2016 — Anna Pasternak, 23, Brighton,

1:21:04 2015 — Pasternak, 22, Brighton, 1:21:39 2014 — Pasternak, 21, Brighton, 1:24:22 2013 — Melissa Williams, Chicago, 1:34:13.

2012 — Emmy Tuzee, 27, Ironwood,

2011 - Amy Roberts, 32, Houghton 1:29:11

2010 — Roberts, 31, Houghton, 1:30:24. 2009 — William, 32, Chicago, 1:35.02.

Handcycle Division 2017 — Dean Juntunen, 57, Mass City 2:06:40 2016 - Juntunen, 56, Mass City, 2:08:40

2015 — Dan Stietz, 50, Dover, Minn., 1:24:18 2014 — Stietz, 49, 1:24:44

2013 — Stietz, 48, 1:26:33. 2012 — Stietz, 47, Dover, Minn., 1:37:34

2011 — Juntunen, 51, Mass City, 2:12:01. 2010 — Stietz, 45, Dover, Minn., 1:31.26 2009 — Stietz, 44, Dover, Minn., 1:41:00

2008 - Juntunen, 48, Mass City, 2:01:34 2007 — Stietz, 42, Dover, Minn., 1:58:46 2006 — Stietz, 41, 2:00:12 2005 - Juntunen, 45, Mass City, 2:05:43.5 2004 — Juntunen, 44, 1:58:39

2003 — Tim Marzofka, 39, Rudolph, Wis. 2002 - Juntunen, 42, 2:00:02 2001 — Juntunen, 41, 2:02:36 2000 — Juntunen, 40, 1:53:51

1999 — Juntunen, 39, 1:57.59 1998 — Juntunen, 38, 1:59:11 Wheelchair Division 1997-2017 — no competitors

1996 — Dean Juntunen, 36, Mass City, 2:28:31 Juntunen, 35, 2:41:25 1994 — Juntunen, 34, 2:42:15 1993 — Juntunen, 33, 2:40:31

1992 — Layne Nelson, St. Paul, Minn., 2:20:08 1991 — Gary Weber, 44; St. Paul, Minn. 1990 - Weber, 43, 2:26:34

1989 — Weber, 42, 2:43:14 1988 — Weber, 41, 2:43:29 1987 — Weber, 40, 2:55:01