

Around Town: Resolutions aplenty at New Year's Day Dash



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SAMARA KALK DERBY — State Journal

About 450 people took part in the 7th annual "Fleet Feet New Year's Day Dash" Sunday at Quaker Steak & Lube in Middleton. Most who had made New Year's resolutions tied them to running.



New Year's resolutions are something that go in one year and out the other.

Most people out at the Fleet Feet New Year's Day Dash on Sunday had New Year's resolutions related to running, and almost no one could remember what resolutions they made the year before and how long they kept them.

"I've got a ton of them actually," said Peter Verstegen, 29, of Madison, who did the race dressed as Baby New Year, wearing only a giant diaper, oversized pacifier and a top hat on a blustery morning with temperatures in the 20s.

"The main one is to stop putting things off - I've already started that," said Verstegen, who works as a trainer at Supreme Health & Fitness and is also a massage therapist.

About 450 people participated in the seventh annual 5-mile run at Quaker Steak & Lube in Middleton. There was also a 2-mile walk and 1-mile kids run. Part of the proceeds will benefit the Huntington's Disease Society of America.

"It's the first and fastest thing you can do to start New Year's," said race director Ryan Griessmeyer, 36, of Madison. "It's only 11 hours into the new year and you're off to a good start."

Griessmeyer said he was too busy putting the race on this year to come up with any resolutions, but last year he vowed to get back into racing and physical competitions, and succeeded by participating in three triathlons and three running races.

Cory Hayden, 27, of Madison, who teaches science in Beloit, won the race in 26 minutes and 58 seconds.

Hayden didn't remember his resolution from a year ago, but this year he vows to cut down on clutter, "evaluate what I need and don't need" and "get rid of a lot of stuff that I don't use."

Henry Morgan, 49, of Madison, who works at UW-Madison, said his resolution is the same as it is every year: "not to make a New Year's resolution."

"Every day is a good day to start making better choices," said Morgan, who was snacking on french fries and hot chocolate at 11 a.m., while his wife did the run. "It shouldn't just happen on one day of the year."

Scott Stanley, 51, who works in human resources at American Family Insurance, said his only resolution is to stay alive. "I like to set the bar low. That way there's no disappointment," he quipped.

Amy Bird, 35, of Madison, who works as a clothing designer for Jockey, wants to lose 20 pounds. "That's really the only one," she said.

She agreed that a 5-mile race on the first day of the new year was a good way to begin accomplishing her goal.

"I don't know about the beer and wings afterward," she said.

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