



THE REC

Close-to-home competitors

Q&A with local Bellin Run participants

In just two weeks, runners will come from far and wide to participate in the 47th annual Bellin Run 10K and 5K. Some runners, though, don't have to come from far and wide.

Get to know some of the Bellin Run's local racers:



▲ Noah Jahnke

Noah Jahnke

Where are you from?
Green Bay, Wisconsin.

What years have you participated in the Bellin Run?

I have participated in three Bellin Run Races, but two of them were virtual races during the COVID-19 pandemic, so the 2022 race was my first chance to experience what the Bellin Run is all about.

Do you have any goals for this year's race?

Unfortunately, I will not be racing the Bellin this year due to a stress reaction that I have in my left femur, but I hope to be back next year!

What advice would you give to new runners or first-time Bellin Run participants?

To any new runners and first-time Bellin Run participants, I would say really just try to take it all in and enjoy it. Of course you want to get to the starting line as fit and as fresh as possible in order to give yourself the best chance of having a good race, but after the race, there are so many activities to enjoy, such as live music.

How do you stay motivated to run?

My personal motivation for running comes from a variety of sources. For example, staying committed to running keeps me on the path to live a healthy lifestyle. In addition, I love the sense of freedom when I am out on the roads or trails and the sense of accomplishment once I have completed my workout. I also just love the process of training and racing and trying to push myself beyond my previous performances.

Do you listen to music while you run?

When I run, I very rarely listen to music; I like to stay in the present moment with nothing but my own thoughts and the sound of the surrounding world to keep me company.



▲ Matt Cooper

Matt Cooper

Where are you from?
Green Bay (Ashwaubenon, more specifically).

What years have you participated in the Bellin Run?

Just this past year (2022).

What advice would you give to new runners or first-time Bellin Run participants?

Take the race one mile at a time. If you experience a rough patch, stay patient and feed off of the crowd's energy. If it's a hot day, run through any sprinklers set up by Green Bay locals!

How do you stay motivated to run?

I always try to keep a growth mindset within the sport of running — looking for new challenges and participating in races that excite me.

Do you listen to music while you run? What's at the top of your playlist?

Yes, I enjoy listening to music and podcasts while running. Right now, Zach Bryan is at the top of my playlist.



▲ Erin Moldenhauer

Erin Moldenhauer

Where are you from?
Ripon, WI.

What years have you participated in the Bellin Run?

2018 and 2022.

Do you have any goals for this year's race?

My goal is to have fun at the Bellin Run because I am racing Grandma's Marathon the following weekend.

What advice would you give to new runners or first-time Bellin Run participants?

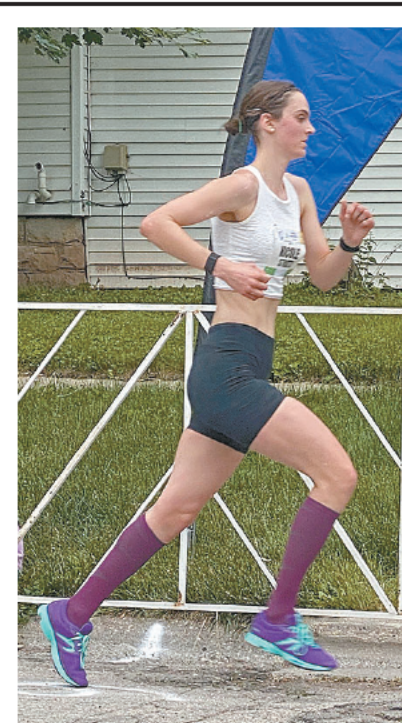
Enjoy the crowds and embrace the energy off of the other runners.

How do you stay motivated to run?

Honestly I don't need motivation. Running is my passion.

Do you listen to music while you run? What's at the top of your playlist?

On training runs, I listen to Twenty One Pilots, Fall Out Boy and Imagine Dragons, but on race day I don't listen to music.



▲ Nicole Strutz

Nicole Strutz

Where are you from?
Two Rivers, WI.

What years have you participated in the Bellin Run?

2011-Present-running 13th Bellin in 2023.

Do you have any goals set for this year's race?

Break 39 minutes at Bellin.

What advice would you give to new runners or first-time Bellin Run participants?

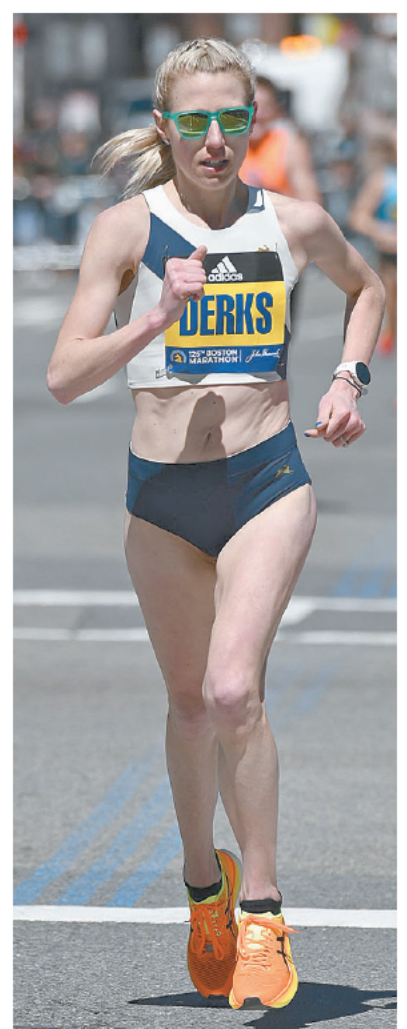
Take it easy for the first mile or two of the race, it will be congested. The real race of Bellin starts at mile four after you see the Packers alumni cheering for you.

How do you stay motivated to run?

I always find new challenges. Last year, I challenged myself to run another 50-mile race. This year? Running more trail races.

Do you listen to music while you run? What's at the top of your playlist?

I normally don't race with music, but a top song I love to listen to during training right now is "Nothing I Can't Do" by Tedashii, Lecrae and Trip Lee.



▲ Kathy VanDehy

Kathy VanDehy

Where are you from?
Greenville, WI.

What year have you participated in the Bellin Run?

2022 was my first time participating!

Do you have any goals set for this year's race?

Yes! I'm looking forward to running Bellin again this year. This is a very well organized event and they do a great job involving all participants and the community! This year I will be using Bellin as my last workout before racing the Grandma's Marathon on June 17. So, my goal is to comfortably lock in at goal marathon pace and kick it the last 1-1.5 miles.

What advice would you give to new runners or first-time Bellin Run participants?

The first two miles of the course is on a steady incline but the rest of the course is a breeze. Focus on effort versus pace on the inclines and know the worst part of the race is over in the beginning! But most importantly, have fun!

How do you stay motivated to run?

Always staying focused on the bigger goal — reminding myself that on the days that it's hardest to get out the door are often more important than the days you can't wait to put on your shoes or you crush a hard workout. Personally, I like racing but I LOVE training and the daily grind — pushing my body and mind to new limits and putting in the work when nobody's watching. Proving to myself first that I can do hard things (training) and then celebrating the progress made at the end of each training cycle (racing)!

Do you listen to music while you run? What's at the top of your playlist?

Music when training but not racing! I have a mixed playlist from '90s country to Blink-182!





▲ Sue Pierson

Sue Pierson

Where are you from?

Waupaca, WI.

What years have you participated in the Bellin Run?

2000-2004, 2008, 2022 and 2023.

Do you have any goals set for this year's race?

Now, as I am getting older, it's to be close to the previous year's time.

What advice would you give to new runners or first-time Bellin Run participants?

The atmosphere has so much energy, soak it up!

How do you stay motivated to run?

I am always looking for that run that just feels perfect.



▲ David Schneekloth

David Schneekloth

Where are you from?

I currently reside in Appleton, WI.

What years have you participated in the Bellin Run?

2007, 2009, 2010, 2014, 2016, 2017, 2019 and 2022.

Do you have any goals for this year's race?

Yes, to break 34 minutes.

What advice would you give to new runners or first-time Bellin Run participants?

You don't need to follow a training plan to perfection to be successful. Listen to your body and how it is feeling and adjust training as necessary. If you enjoy most of your runs, you will be more likely to stick with it.

How do you stay motivated to run?

Running is a nice stress reliever, and I usually feel better when I am running consistently. I enjoy pushing myself and knowing I gave it my best.



▲ Zach Jindra

Zach Jindra

Where are you from?

Born and raised in Green Bay, currently residing in Milwaukee.

What years have you participated in the Bellin Run?

Almost every year as a kid from about 2004-2012, 2016, and then I finally got back up here last year again.

Do you have any goals set for this year's race?

Yes! I'm hoping to best my result from last year and see how close I can get to that top 10.

What advice would you give to new runners or first-time Bellin Run participants?

Soak in the atmosphere from the crowds and let their cheers power you through the home stretch.

How do you stay motivated to run?

I love racing and dream of racing, so I keep the event at the front of my mind on days when I'm not feeling so motivated to train, knowing that getting in consistent sessions is necessary for long term success!

Do you listen to music while you run? What's at the top of your playlist?

I typically only listen to music when I'm on a treadmill. When I am listening during a run, it's typically something with a fast tempo — a lot of hip hop and R&B. My guilty



▲ Riley Siltman

Riley Siltman

Where are you from?

Evansville, WI.

What year have you participated in the Bellin Run?

2022.

Do you have any goals set for this year's race?

I will be participating this year. I am hoping to run around 31 minutes over 10K!

What advice would you give to new runners or first-time Bellin Run participants?

Go out conservative and really push yourself the last half of the race.

How do you stay motivated to run?

I am always seeking ways to better myself, and in running, the more work you put in, the better runner you are!



▲ Paul Gutmann

Paul Gutmann

Where are you from?

Born in Menomonee Falls and currently live in Franklin.

What year have you participated in the Bellin Run?

2022 was my first and only Bellin Run

Do you have any goals for this year's race?

Yes, I am participating in the 10K this year and have a goal to run a lifetime PR (personal record).

What advice would you give to new runners or first-time Bellin Run participants?

Push only so hard that you still enjoy running and will feel good enough to do it again tomorrow.

How do you stay motivated to run?

Running makes me happy through the constant progress towards goals that range from setting PRs, increasing mileage, recovering from injury to exploring new areas.



▲ Sophie Bolich

Sophie Bolich

Where are you from?

Milwaukee.

What years have you participated in the Bellin Run?

My first year was 2010, when I was 11 years old. I've done it a fair handful of times since, including last year.

What advice would you give to new runners or first-time Bellin Run participants?

The spectators at Bellin are a big part of what makes the race so special. Don't forget to look around and take it all in!

How do you stay motivated to run?

Finding time to run with friends and teammates always gives me the motivation I need to get out the door.

Do you listen to music while you run? What's at the top of your playlist?

Sometimes, but not always. I listen to a little bit of everything, but I really like classic music like Vivaldi.



▲ Jason Ryf

Jason Ryf

Where are you from?

Oshkosh.

What years have you participated in the Bellin Run?

A lot, I think I missed a couple years since 1999.

Do you have any goals for this year's race?

Yes, to run faster than last year.

What advice would you give to new runners or first-time Bellin Run participants?

To enjoy the experience of running with so many other runners.

How do you stay motivated to run?

I don't really think about it. I just do it. It's part of my daily routine.

Do you listen to music while you run? What's at the top of your playlist?

I don't, I like to hear things going on around me and my breathing.

