

THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

Happy anniversary to the following streak runners who are celebrating special “mile”stones:

From The Masters to The Grand Masters (35th anniversary):

William Benton of Farmington Hills, Michigan on April 23rd.
Brian Casey of Paramus, New Jersey on May 9th.

From The Dominators to The Masters (30th anniversary):

Ken Birse of Amherst, New Hampshire on April 22nd.

From The Experienced to The Well Versed (15th anniversary):

Troy Coppus of Evansville, Indiana on May 19th.

From The Proficient to The Experienced (10th anniversary):

Ralph Edwards of Des Moines, Iowa on April 7th.
Karl Olson of San Francisco, California on April 12th.
Mercedes Murolo of Santa Rosa, California on May 4th.

From The Neophytes to The Proficient (5th anniversary):

Yvette Faris of Wallingford, Connecticut on March 15th.
David Kissel of Lake Bluff, Illinois on March 18th.
Denise Eberhardt of Yorkville, Illinois on May 4th.
Diann Scialdo of Albany, New York on May 20th.

“I don’t go looking for hills, but when I come to one, I run it.”

- Jack Mahurin

FROM THE STREAK REGISTRY KEN YOUNG'S AMERICAN RECORD FOR 40 MILES ON A TRACK TURNS 40

TEN YEARS AGO: The sixth issue of USRSA newsletter was published. The 24-page booklet listed 90 active and 15 retired running streaks. This was the second issue published following the new requirement that all athletes submit a streak certification form in order to be included on the active and retired lists.

The issue contained an interview with Ken Young of Petrolia, California conducted by USRSA founder John Strumsky. At the time, Young was listed fifth on the active list starting his streak on July 6, 1970. His 41+ years streak just ended on January 25, 2012. In the interview, Young talked about breaking the US record for a 40-mile track race.

"A racer is always in search of the perfect race," said Young to Strumsky in 2002. "One where everything goes perfectly well beyond your expectations. The perfect race is rare. [I had one] while I was still living in Chicago. [The race] was a 40 mile track race that I helped set up as an assault on the then US record of 4:33, which had been run by Ted Corbitt some years earlier. I had a marathon PR at that time of 2:35:50 and felt that a sub-4:30 was possible. We had a two-hour run in conjunction with the 40-mile so there was company for the first half of the race and good pace setters. I went through 20 miles in 1:57 and the marathon in 2:37, not much off my PR. At 30 miles my 3:03 was under the old US record, as was the 50K in 3:09. I ran the last ten miles in 65 minutes to finish 25 minutes under Corbitt's old mark, recording a 4:08:31. This mark put me number eight on the all-time world list at the time and still not has been broken by an American runner on the track."

American Ultra Distance Records*

Distance	Record	Athlete	Location	Date
40 mi	4:08:30.2	Ken Young (IL)	Chicago	May 14, 1972

* Source: http://www.angelfire.com/electronic/ultramentor/records_running.html

2012 Update from Ken Young: "As far as I know, no American has ever bettered my time for 40 miles on a track. Not that it is an overly popular event but I am in regular contact with a fellow in Wales who conducts the Barry 40, a 40 mile track race and who keeps details on 40 mile performances. That was probably the best performance of my life; I went thru the marathon distance in a time equal to my marathon PR at the time (2:35:50) and ran the last 10 miles around 65 minutes. I am back to running decently. A week ago, I ran a half marathon in 2:08:40 (Avenue of the Giants), placing 2nd in my age division (70-74)."



Bill Anderson with daughter Barb

Close Call By: Bill Anderson

This came very close to being a story about involuntarily retiring my 35 year + running streak. Fortunately, instead, it's a story about a very close call.

There I was, minding my own business, when out of the blue I was struck with appendicitis...me?...age 67?... appendicitis. No way. I had been experiencing some discomfort in my stomach, certainly not pain, but it was persistent. My primary care physician recommended that I go to the local emergency room to get it checked out.

We were getting ready to go over to the ER when my wife asked me if I was going to run. At first I said "No." but then thought better of it when we realized that we could be late getting back home. At that point we had not contemplated appendicitis, I just had a sore belly. I ran a slow, uneventful mile...fortunately! That was Friday.

Long story short, in the ER they diagnosed a ruptured appendix with immediate surgery needed. We had mentioned my streak to the surgeon before my operation and the first words out of his mouth to my wife afterwards were "His running streak is over. Blah. Blah. Blah." I later overheard my wife speaking to a friend on the phone that the doctor "Didn't know who he was talking about."

By the way, the surgery was done laprascopically so I didn't have any major cuts...just three small incisions...glued shut.

It was the day after surgery and I had not run. A second physician, a patient consultant specialist, had a different opinion about keeping the streak alive. He obviously appreciated the negative psychological impact of missing a day, so he gave the nurses the go ahead for me to run, if I wanted to. Trust me. I wanted to.

My younger daughter, Barb, arrived on the scene that day. She seemed to be every bit as committed to my streak as I am. She went out and carefully plotted out a course in the hospital's meditation garden and double measured the length to make sure it would be legal for the USRSA...30 laps per mile...how boring.

That night, Saturday, Barb and I went out and ran a mile in the garden. What a sight...me in my hospital gown...she pushing an IV pole for the entire mile. (I'm not sure that on one of my best days I could run a mile pushing an unwieldy IV stand.)

I had done it...I didn't miss the day after surgery!

The next thing I knew, the press showed up and wanted to do a story about this crazy guy in Texas who runs every day. The story "leaked out" beyond the local area; we heard back from family and friends as far away as California, South Dakota, and Virginia about how this all happened. I was having my fifteen minutes of fame though I wasn't seeking it out and certainly didn't need it.

Interestingly, the most difficult running day was NOT the day after surgery but the following days. I stayed in the hospital for 8 days and needed to run each of those days also. With the press coverage, my streak had somehow shifted from "mine" to "ours." It was a bit of an uncomfortable feeling. I had to run, people were counting on me.

During that period, my other daughter, Becky, visited and helped count those interminable laps and give me encouragement. My surgery had left my stomach temporarily bloated so getting enough breath was a challenge. It was easy to try to run too fast. I had to get along at barely a shuffle in order to keep going. But I did shuffle...Sunday...Monday...Tuesday....etc.

So, that's it. My streak goes on, following a bump in the road. I could not and would not have been able to have accomplished this without my extraordinary support group. Running streaks almost by definition are personal things. We are out there alone early in the morning and late in the evening. I deeply appreciate the sacrifices my support group makes to help me do my thing...specifically my wife, two daughters, and their families.

[Editor's note: As an interesting side story about Bill Anderson is that he is the older brother of Bob Anderson, the founder of *Runner's World Magazine*. "Bob is one of my younger brothers," said Bill to SRI/USRSA. "I'd like to say that I taught him all that he knows about running...but it wouldn't be true. He's on some kind of quest to participate in 50 races this year to celebrate his 50 years of running. I think he just finished first in his age-group in a half marathon...not bad."]



Col. Robert Stack (2nd from left) with military team at the 2009 finish of the Bataan Memorial Death March Marathon at the White Sands Missile Range

US ARMY COLONEL ROBERT STACK JOINS USRSA

By: Robert Stack

I am proud to be added to the United States Running Streak Association as a member. I have recently completed my first year as a streak runner and am excited to continue, hopefully for many years.

I think a running streak is an awesome way to keep a consistency and pace to the complexity of modern living. I love the health benefits of running and running every day, even for just 1 mile, reinforces the importance of exercise.

My name is Bob Stack, I am 51 years old, live in Fort Worth, Texas with my family although I've been mobilized or deployed in the US Army Reserve for nearly a year and a half in the past two years.

I first started running as a discipline when I was in 9th grade. I used to run for 2 miles on Sunday nights because I found it made me more ready for basketball practice the following day. I continued to run somewhat sporadically through college but never as a discipline until I was in my early 30's.

I took up running marathons at the coaxing of my neighbor when I moved into my first house in 1993. In that time I've run marathons in Dallas (4), Fort Worth (6), San Antonio (1), Austin (2), Washington DC (3), White Sands NM (3), Waco (1), and Oklahoma City

(1). The marathon count is 21. My best time is a 3:44 in Austin. I think four of my marathons are under 4 hours.

Please note: I also try to vary my exercise and I enjoy free weight strength training and Cross Fit work outs in combination with daily running.

I started running as a streak in May of 2011. I had returned from mid-tour leave and was stationed at the US Embassy in Baghdad, Iraq. I decided it would be a good way to mark time by counting up for every day run and counting down for the days until departure. My morning runs were the best way to stay clear headed and relaxed for the day ahead.

Since my streak began a year ago I've run in the countries of Iraq and Kuwait and the US States of Georgia, Texas, Massachusetts, Mississippi, Florida, Oklahoma, and Pennsylvania. In my first year I logged approximately 1343.5 miles, running on average 25.83 miles per week and 3.67 miles per day.

I enjoy running in nature when I can. In my career I've enjoyed the excitement of running up on elk, deer, and in one week, two mountain lions. While in Iraq I've been stopped in my tracks by the whistle of a too close rocket attack. Generally, running is not a dangerous activity, and that is a good thing. I hope to run every day, one day at a time, for as long as I can.



Col. Robert Stack runs 2011 5K race
at US Embassy in Bagdad, Iraq



Col. Robert Stack (left) runs 2010
Miracle Marathon in Waco, Texas



Tim Woodbridge

TIM WOODBRIDGE STREAK REACHES 34 YEARS

By: Tim Woodbridge

March 5, 2012 – My day started with my wife wishing me “Happy Anniversary,” then over the next 30 minutes, my 3 kids at the breakfast table gave me the same greeting. (My oldest daughter is married and lives about 40 miles away – later sent me a text with that greeting as well.)

They’ve been living with this date for 34 years. As you all know – it’s not a normal anniversary – it’s the “Streak Anniversary.” They’ve all been a part of it – pulling into a rest stop off some interstate at 11:45 p.m. so that Dad can keep the streak alive; watching me tape myself together so I can still run even with a broken bone; or torn muscles; or even with the flu; etc. Certainly not normal stuff – but something they have come to understand and I think even somewhat appreciate over the years!

The last time I really wrote about the streak it was my 30th anniversary. At that point I was very close to hitting 70,000 total miles during the “streak.” Today I’m starting year 35 at 74,481 miles, not nearly as impressive as I would have liked it to be. I have to

admit, I've have some issues that have changed my routine quite a bit. Right after my 30th anniversary, I ran my 30th Boston (after carefully scheduling the orthopedic appointment for 3 days after Patriots Day - as I was having significant knee pain trying to train...), knowing it would probably be my last Boston... And it was... Which was even hard for my wife and kids to know that I was done. I proposed to my wife at the beginning of my 3rd Boston Marathon and told her she had 2 ½ hours to think about it! Lucky for me she said yes as she was my pit crew for the next 27 years!

I did keep the doctor's appointment – she said she had good news, “its only arthritis”... The good news did have some real “downside” as she said that basically I would have to deal with this the rest of my life. That said, if I was willing to totally change up my routine and cut way back on my mileage, I could keep up a decent amount of running. As I mentioned as I started this note – my wife – who's been my very understanding partner in this journey – handed me a one-week pass for her gym! This was actually a pretty key point to my streak – as her gym happens to have a running pool (30 meter pool with 3 - 4 ft. of water) and 8 lanes to run laps in. So I have become that “2 mile a day” runner, who spends another hour each day running in “slow motion” through water, or out on the roads getting a 20 mile bike ride in. All that so that I can still run the Caesar Rodney ½ Marathon in Delaware and the Allentown ½ Marathon, as well as some local 5K's! This has been a real game changer for me though in terms of overall fitness as I have lost 12 pounds since switching to this form of exercise (and I would certainly highly recommend it!). Just wish I could figure out how to compute to a real mileage figure all those laps so that my annual running total (780 miles in 2011) doesn't look so lame! However, I certainly like to believe that my dedication to keeping the streak alive has been a real positive in staying in good overall shape now that I'm hitting that AARP age category! Have to admit - I didn't take the AARP application too hard – but the local funeral home sending me the “early payment discount” did shake me up a bit!

My “speech” has also changed a bit! For example, when people asked me in the past, “What will it feel like to not run one day?” My standard answer was, “I won't really know because the casket will be closing on top of me at that point.” Now it does not flow off the tongue quite so freely! I have to admit I have read with some “fear and trepidation” the Streak Registry this year as some of the names in front of me have ended their streaks. It has brought some new appreciation to the fact that things can certainly happen well outside our control! My other line to my 4 children “Any Distance, Any Time, Anywhere” also has had to change. Most of them can now take me unless I specified the distance, time and location!

Another positive thing that's come out of these last few years was I used to run a mile for every year on my birthday but gave that idea up at age 35. As I thought about this when I hit 50, however, I decided to take up a new mantra – “my game – my rules!” So I now do my birthday run as a triathlon - i.e. this year I swam 1 mile, biked 40, and then ran 13. So got my 54 miles in – just changed the rules of the game. I plan on using that mantra in a few more areas of the life as well!



Mercedes Murolo

A DECADE ON THE RUN

By: Mercedes Murolo

I have been trying to attain my ten year status for almost 20 years! Yes -- on a beautiful, sunny & breezy afternoon in 2002, I rounded the lighthouse in my former hometown of Mattapoisett, Massachusetts and gazed out to sea. My foot landed on one of seven billion tiny pebbles, my ankle turned and I retired my 8 and a quarter year streak. That is the nature of the streak-beast. Six days later, I declared my high ankle sprain better and began my current streak on May 4, 2002. The Streak just turned ten.

I am a very casual runner. Unlike my twin brother, Fred Murolo (not actually twins), I never keep a log, nor do I pay much attention to how far I have run or the conditions. I know I have run approximately 25,000 miles during the past ten years. I know I run for at least 70 minutes a day and that I seriously increase time, hence mileage building up to marathons or simply when I find the time. I know that I wait for the very worst weather of the day (& this just seems to happen repeatedly!)... And I know that I LOVE TO RUN.

I don't recommend running to non-runners. I don't particularly like talking about running. I don't like defending streak running (but do frequently). I don't care if anyone else loves to run -- I just love to run. It's good for ME. I am super grateful to the universe for providing a healthy and meditative outlet for me. Even more, I'm grateful to my twin brother for turning me on to running and streak running. I attribute my tenacious spirit to him.

Some fun facts:

I drove across the ol' USA three times during the past decade. Every morning I got up and ran in some crazy, weird, funky area -- it drove my husband mad. One day I woke on the Utah-Nevada border and decided to run up to the top of a butte I could see from the hotel room window. It got really lonely, really fast -- just me and the snakes & wildcats -- but I was determined to continue. Pretty soon an old school bus pulled up to the end of a trail and 30 prisoners from a nearby jail got out and began to hike up to the top. We shared the trail. I guess they were clearing sagebrush. I was very scantily clad as is my nature -- I hate to get too hot. I felt a little vulnerable, but just spoke to the guys as if they were my students (I used to teach art to guys like them) and soon everything was just magnificent. We all left with a story to tell -- they had met a crazy runner in the wilderness.

The hardest running day of the decade was the day after Election Day of 2004. I wanted to stay under the covers and shake for four more years, but I ran it off.

The lion's share of my 20 marathons has also taken place during the past ten years. I ran Big Sur, Boston, Wine Country, Santa Rosa and numerous Humboldt Redwoods & Avenue of the Giants marathons. I cannot say I loved every minute of every one, but it sure feels good when they are over -- best part of a marathon? The finish line. Oh The finish line...

A few years back I took up wearing Vibram 5 Fingers -- it adds to my mystique too! I run the roads around Sonoma County in KSO's with thin soles. I love them. I am not from the Copper Canyon, but I do like to feel connected to the road. I ran the last marathon on Sunday in PureConnects. Perfect.

My husband's Dutch and we went to Holland a few years ago. Last thing before leaving San Francisco I went for a long-ish run (8 or 9). First thing at the end of my 11 hour flight and a couple of hours connecting, I went for a long-ish run in Amsterdam. I felt like a time traveler.

I could go on and on. There are endless anecdotes. I guess that the main thing is that we streakers share a love of freedom and health and movement -- a love of RUNNING. The Streak Rules.



Ed Dupree

ED DUPREE RUNS IN ALL 100 NORTH CAROLINA COUNTIES

By: Ed Dupree

I had decided to run at least a mile in each of North Carolina's 100 counties before former USRSA editor Dawn Strumsky sent out a questionnaire several years ago.

By the time I submitted my numbers for The Streak Registry's 2009 edition, which included a variety of our members' personal records, I had run in 70 of my state's 100 counties. That would have ranked me third behind the amazing Kenneth Korosec, who had run in all 88 Wisconsin counties, and Ken Johnson, who had run in 74 Texas counties. However, sportswriters traditionally have poor handwriting. That's why tape recorders were invented, in order for sportswriters to be able to interview athletes and coaches without losing half of their notes. Mrs. Strumsky interpreted my 70 counties to be only 20. That dropped me down to 15th on the list.

I did rank in a tie for third with 99 towns and cities in which I had run in my home state. Far ahead of me were Korosec with an incredible 991, and John Strumsky with 254 in his home state of Maryland.

North Carolina, thank goodness, does not have as many counties as Texas (a whopping 254) and some other large states, but 100 is enough. I finally achieved my goal on October 31, 2010, in the town of Bakersville, the county seat of Mitchell County in western North Carolina. I reached my goal by running in 26 counties during 2010. Those counties included Currituck, which borders Virginia in the northeastern corner of the state, to Mitchell, bordering Tennessee, about 500 miles to the west. I ran in 16 counties in a span of four days.

I ran in my first Tar Heel county, Orange, in Chapel Hill in 1960, long before I was a streaker. I was a walk-on member of the University of North Carolina freshman indoor track team. Mike Folk, a star middle distance scholarship runner, talked me into joining the team after he found out I had run track at Frankfurt American High School in Germany. Folk had starred in both track and basketball at another American school in Germany.

I ran in only one meet in January or February that season in the old Tin Can at UNC. It was the Big Five freshman meet and there were 15 runners entered in the mile, three each from UNC, Duke, Wake Forest, N.C. State and a fifth school, which was either High Point or Davidson.

Folk took the lead early in a race that took 11 laps on the boards. Duke runners were in second and third, while I was fourth most of the way. I realized that I was capable of passing the third-place Duke runner with about three laps to go and made my move. Before I could catch him, a spectator sprinted across the track and knocked the poor Duke runner sprawling off the track. I crossed the finish line in third place out of 15 runners. I was a pretty proud walk-on miler. However, officials awarded that Duke runner third place. Maybe all you streak runners with college and high school experience can tell me if you've seen that happen before. As a sportswriter who covered track and cross-country for 35 years, I've never seen a runner who did not cross the finish line get credit for a place.

I became a regular runner in my home county, Rowan, in 1971. I ran in 22 other counties between 1973 and 1982, before starting my streak of almost 19 years in 1993. During my time as a streak runner, I ran in one new county in 1994, four in 2000, one in 2002, three in 2003, 14 in 2005, 13 in 2006, three in 2007, eight in 2008, and three in 2009. I finished strong with the 26 counties in 2010.

I had originally decided to run at least a mile on Mount Mitchell, the highest peak east of the Mississippi at 6,684 feet, to finish my quest for 100. Unfortunately, I realized that Mount Mitchell is in Yancey County, so my strategy changed. After I had run in 99 counties, Mitchell was the only one left.

Along the way, I also found that Plymouth is the county seat of Washington, that Washington is the county seat of Beaufort, that Beaufort is the county seat of Carteret, that Franklin is the county seat of Macon, that Franklinton is the county seat of Franklin, that Hertford is the county seat of Perquimans, and that Winton is the county seat of Hertford.

I decided to run in county seats when I got down to the final 30 or so counties, so I wound up parking at or near courthouses and seeing a lot of monuments to war veterans and reading many historical markers. Being a retired sportswriter, one of my favorites was the Jim "Catfish" Hunter Memorial in the small town of Hertford. Hunter was inducted into the Baseball Hall of Fame in 1987.

I'm not quite finished, because I missed 20 county seats along the way. I'll try to hit some or all of those eventually. So, I may be the only USRSA member who has run in 100 percent of a state with at least 100 counties. I've run in 157 towns and cities plus rural areas. I have also run a marathon from one of the state's biggest cities, Greensboro, to another big city, Winston-Salem. That marathon no longer exists. I'm also attempting to play 300 different North Carolina golf courses and 400 different counting all states. I'm now at 259 within my state and a total of 299. Yes, I have run on some of those golf courses.



Ed Dupree with daughter Allison

MDS ISN'T STOPPING ED DUPREE'S STREAK

By: Ed Dupree

Most streak runners log their daily runs, and the letters MDS could easily refer to mileage, date and speed. For me, that abbreviation means much more. MDS stands for myelodysplastic syndromes, which are a group of diseases in which the bone marrow does not make enough healthy blood cells. MDS was referred to as preleukemia before the terminology changed in 1974.

Normally, the bone marrow makes blood stem cells (immature cells) that develop into mature blood cells over time. A blood stem cell may become a myeloid stem cell or a lymphoid stem cell. The lymphoid stem cell develops into a white blood cell. The myeloid stem cell develops into one of three types of mature blood cells: Red blood cells that carry oxygen and other materials to all tissues of the body; white blood cells that fight infection and diseases; and platelets that help prevent bleeding by causing blood clots to form.

There are five sub-types of MDS. Mine is sub-typed as refractory anemia with ringed sideroblasts (RARS), and my problem is with red blood cells. The average life expectancy is three to five years but some patients live more than a decade. God willing, I plan to be one of those that make it 10 or more years. Only 5 percent of patients within my sub-type develop leukemia.

Although I had been slightly anemic back in 2010, my hemoglobin count did not cause my family doctor a lot of concern until late March of 2011. My oncologist, Dr. Mark Wimmer of Salisbury, N.C., diagnosed my MDS in early April. The diagnosis came after a bone marrow biopsy, which was definitely more painful than any of my 13 marathons.

It was in June of 2009 that I started a streak of 91 straight weeks of 20 or more miles – not big mileage for a lot of our USRSA membership – but consistent. But the daily runs, usually three or more miles, started getting more difficult, with the worst three-mile time hitting 42:43 in March of 2011.

As a 40-year runner and former 13-year coach of youth runners, there was a time I did not think it was actually possible to run at a 14-minute pace. The only people I passed on the YMCA track were walkers. I thought old age (almost 70 at the time) had caught up with me. My last three-mile run came on March 22. My daily run after that was usually only one mile.

The first step in my MDS treatment by my oncologist was Procrit (epoetin alfa). EPO gained notoriety in 1998 when cyclists in the Tour de France got caught in possession of it. EPO increases the red blood cell count, causing more oxygen to be delivered to muscle tissues. Sadly, those shots for two months didn't bring up my hemoglobin count. A count of approximately 14 is normal for males.

The next step, starting in August of 2010, was chemotherapy with Vidaza (azacitidine), the first drug approved by the US Food and Drug Administration for the treatment of MDS. About one in three patients who are treated with Vidaza no longer need blood transfusions. Vidaza consisted of two injections in the stomach for seven straight days (excluding Saturdays and Sundays).

Red blood cell, white blood cell and platelet counts all drop during the first month of treatment. Dr. Wimmer warned that, if I got an infection during that time, I would be hospitalized and my 18-year running streak would end. Fortunately, I did not get an infection.

When my hemoglobin count dropped below 8.0, I received my first (and hopefully last) blood transfusion. My counts immediately started rising, and my running got faster. I continued the monthly chemo treatments through early February of 2012. My hemoglobin count reached 12.5 at one point.

How much did the chemo help my running? I keep a 10-week average of my mileage. My weekly average was at 25.9 in late 2009. The average dropped to 8.5 by June of 2011, with several 7-mile weeks. I was back to a 21.8 average by January of this year.

My daughter Allison helped me along the way. A two-time All-State cross country runner in high school and Catawba College's only conference champion, male or female, in history, she was training for her second marathon. She paced me to a 5K time of 29:33 on a fast course in Concord, N.C., in November of 2011. I won the 70 & over age group because I was the oldest male runner in the race.

I also had four training runs of four or five miles and ran a slow 8K time of 58:08 last January. It was slow because I had strained a hamstring during the fast 5K race and re-injured it early in the 8K on a hilly course.

I was also allowed to take a break from chemotherapy of almost three months before starting the monthly treatment again in April. During those three months, my daily runs started getting slower and slower, with the hemoglobin count dropping from 12.5 to 9.6.

Chemotherapy will be with me for the rest of my life. There are only two side effects --- some nausea and faster running. Obviously, fighting a blood disease and reaching the age of 71 in May, I will never again run a 3:32 marathon. However, I will continue streaking. My streak reaches 19 years in June. Some of my reachable goals are a 20-year streak, 20,000 miles during my streak, 50 years of running and 40,000 total miles. And, if I'm still hanging around and running at the age of 80, I'll probably be the oldest or at least one of the oldest USRSA members with a streak of about 30 years. I'll let you know then how I am coping with MDS.

"To keep from decaying, to be a winner, the athlete must accept pain – not only accept it, live with it, learn to fear it."

- Dr. George Sheehan

"In the last 50 yards, my body had long since exhausted its energy but it went on running just the same."

- Sir Roger Bannister



Yvette Faris (middle) with two running friends.

YVETTE FARIS' STREAK HITS 5 YEARS

By: Yvette Faris

In many ways, it is still a feat that I can't imagine, not for me anyway. I feel so lucky in so many ways to be able to run every day, so I truly celebrate and appreciate every running day and milestone that I can get. And lucky for me, I have many supporters that help make these special events even more special. Here is how my 5th anniversary (and 5400 miles) went down. It was just perfect.



Two of my trail running friends and I, took the afternoon off for our planned celebration. It was the most glorious of days – sunshine galore and one of those most awesomely and unseasonably warm days, where on March 15th we were able to wear shorts and short sleeves (in CT). My plan was for a beer trail run with a celebratory beer toast at every mile. I made nice little sleeves to cover the beers, each nicely identified with a year of my streak (see picture) The previous night, my husband helped me to hide the beers.



With the unusually warm weather, we had to find cold brooks to keep them nice and cool, and out of site of causal hikers. So, the three of us set out for the trails, with visions of ice-cold libations greeting us at every mile. Now that is motivation. You could consider it carbo-loading. Truth be told, we shared the beers. In any case, it was a ball. As it turned out, I was also reaching a milestone of 5400 miles, if I completed 5 miles on my anniversary. We had a very special toast to 5 years, and 5400 miles. Glorious weather, great friends, awesome beer lined trails – life doesn't get sweeter than that. We then came back to a luxurious hot tub, followed by a campfire where we were joined by a few more friends for continued celebration of a cake with "5400" candles and champagne. My husband had a very special trophy made for me, along with a very nice running girl sapphire necklace. It was unbelievable how so many of my friends and family support, recognize and celebrate my accomplishment. What the heck will they do for 10, 20, 30! It was a very, very special day.



KEN YOUNG IS RUNNING EVERY DAY AGAIN AFTER 41+ YEAR STREAK ENDED By: Ken Young

I wouldn't count 40+ days as a streak. It would not be a streak until it reaches at least one year. It is more of a habit and a good way to keep my mileage up for training purposes. Here is a chronology covering that period.

Sunday, Jan 22- 5.0 miles at 10:44 per mile, relatively easy run.

Monday, Jan 23- 3.5 miles at 16:24 per mile, left groin very bad.

Tuesday, Jan 24- 1.5 miles at 33:54 per mile, left groin extremely bad.

Wednesday, Jan 25- 1.1 miles at 51:47 per mile, left groin double plus extremely bad, barely able to walk.

Thursday- Jan 26, no run, saw my physical therapist after stopping at a medical supply store to get crutches. I had been using a long-handling "sweep" broom as a crutch to get around the house. A friend drove me to town (50 miles). I suppose it was a rather weird sight seeing someone using a broom as a crutch to get around. My physical therapist diagnosed the tear and pinpointed the location at the attachment to one of the adductor muscles in the left groin area.

Jan 27-Feb 03- no runs, on crutches, getting used to having the extra time from not running. I received a glimpse of how "normal" people live, (e.g., not having to figure out how to get a run in when meetings and such come up). One could get used to this easy life. Discovered that it is difficult to carry anything when using crutches. Resorted to putting things in boxes and pushing the box with the crutches. Standing is OK, walking is not.

Feb 04-Feb 12- no runs, walking is possible and the groin is improving steadily. Trip to physical therapist on Friday, February 10th. Drove myself and managed to run some errands as well.

Monday, Feb 13- 1.1 miles very easy at 29:28 per mile. Felt OK.

Tuesday, Feb 14- 1.5 miles, 26:16 per mile. Still OK but can feel the muscle is still not fully healed.

Wednesday, Feb 15- no run, testing my ability to "not run" as I know I can run.

Thursday, Feb 16- no run, back to the physical therapist

Friday, Feb 17- 1.1 miles, 24:03 per mile

Saturday, Feb 18- 1.1 miles, 21:43 per mile, determined to be conservative and let the muscle really heal before testing it.

Sunday, Feb 19- 1.1 miles, 19:56 per mile, finally, back down to a normal walking speed.

Monday, Feb 20- 1.5 miles, 18:53 per mile, will try 1.5 miles @day for a while

Tuesday, Feb 21- 1.5 miles, 17:58 per mile.

Wednesday, Feb 22- 1.5 miles, 16:07 per mile.

Thursday, Feb 23- 1.5 miles, 15:42 per mile, time to bump up the mileage.

Friday, Feb 24- 2.0 miles, 14:52 per mile, felt OK.

Saturday, Feb 25- 2.0 miles, 14:20 per mile, still feels OK, will try bumping the mileage again.

Sunday, Feb 26- 2.5 miles, 13:40 per mile, still feels OK. There is a 10-mile race that I entered on March 11th. It is possible to still run that although I will be lucky to break two hours (12:00 per mile).

Monday, Feb 27- 3.5 miles, 13:16 per mile, now I know I can break two hours for 10 miles, two weeks from now, barring any relapse.

Tuesday, Feb 28- 3.5 miles, 13:04 per mile.

Wednesday, Feb 29- 3.5 miles, 12:37 per mile- only 28.9 miles for the entire month of February, lowest month since May 1968 and broke my streak of 100+ mile months that start in February 1969.

Thursday, Mar 01- 1.1 miles, trip to physical therapist, dropped the mileage to test my ability to cut back and allow the body to heal. Physical therapist amazed at how quickly I am healing.

Friday, Mar 02- 3.5 miles, 12:08.3 per mile.

Saturday, Mar 03- 3.5 miles, 11:49 per mile, time to bump up the mileage again

Sunday, Mar 04- 4.5 miles. 11:44 per mile.

Monday, Mar 05- 4.5 miles, 11:27 per mile.

Tuesday- Mar 06- 5.0 miles, 11:03 per mile.

Wednesday, Mar 07- 5.0 miles, 11:17 per mile.

Thursday, Mar 08- 5.0 miles, 10:56 per mile, now I know I am ready and should be able to run under 11 min/mile.

Friday, Mar 09- 2.5 miles, 12:49 per mile, easy, visit to physical therapist, OK to go on Sunday.

Saturday, Mar 10- 2.5 miles, 12:28 per mile, easy, hope weather won't be like last year's race (strong winds, rain).

Sunday, Mar 11- 10.0 miles (certified) 1:46:38 (10:39 per mile), very nice weather, won my age group (as the only one in the age group) I'm back.

I should point out that I have been doing a lot of physical therapy work on the adductor muscle myself, breaking up the scar tissue as it forms so that the muscle will heal strongly. The presence of scar tissue weakens the muscle and can lead to another year at that same location.

Sunday, April 1, I ran an hour run on the track (a race) in Arcata, hoping to break 10 min/mile. After a 10:08 first mile, the next mile was 9:44 and all the miles after that were under 9:30. I averaged 9:33 per mile which is basically where I was before the incident in January.

I don't plan to not run every day but it is no big deal. I will just see how it goes. My primary goal now is to get back to decent times again and get much more competitive in my new age group (70-74).



**DOUG SCHILLER'S CONSECUTIVE RUNNING STREAK ENDS
DUE TO BACK SURGERY ON NOVEMBER 20, 2011
By: Doug Schiller**

On April 11, 2005, I started a consecutive running streak running every day without a missing day. When I moved to Florida in January 2005, I found that long distant running, including half marathons and marathons, would be a thing of the past. Recent surgery and the heat of Florida left me without the endurance to run and complete long distance races. My goal of 50 marathons was cut short at 48. This included dozens of New York and Boston marathons.

Running became an obsession due to my son Dane. Dane called me in the spring of 1978 from his Texas residence and said "Dad I am in training for the Austin Marathon."

"A marathon," I asked, "what is a marathon?"

He replied, "That's 26 miles."

This skin and bones was going to run 26 miles, go on? He trained diligently every day. My two children during those years visited me in Long Island for the summer. I gave up dating women and became a propriety father devoting every living minute with em'. Everyday Dane would go out and run 4 miles. Finally 'Macho Dad' said well maybe I will try to run with him - "a bonding thing." So I laced my tennis shoes and prepared for the run with the kid! He stated that I needed running shoes! No the tennis shoes will do! After leaving the parking lot at the condo I sat on a curb and told Dane to run ahead and I will catch him on the return. So much for Macho Dad!

Those days, as a department store buyer in the Bronx, New York, my boss had a relationship with Corner Distributors. (A mafia operation that also stocked sporting goods.) I picked up a pair of Adidas SL-72 running shoes, and they did not charge me for them! It was an offer that I could not refuse! (I still have them.) So my running career began.

Every day we ran for at least two miles and could not get up this particular hill. One day, however, it happened. That evening we picked up some applications for a 7.2 miler taking place in Setauket, Long Island, one day prior to my son's return to Texas. Also that evening we attended a movie and watched a trailer that described the Falmouth 7.1 mile road race. They had runners of all ages and abilities. That moment I decided that this sport was for me. I still run the Falmouth race every year.

We trained everyday day for the Setauket 7.2 race. The week prior to the event I received a call from my Tennis partner that her attractive single sister from Pennsylvania was visiting and how about a blind date. Well it was the night prior to race. I promised the kids that I would be back prior to midnight and not to drink! So off to the 2000 Disco and Pat was beautiful. After drinking wine spritzers for three hours, I turned to Pat saying, "I have to leave." She never understood why I had to leave so early. When I got home, however, the kids were sitting in their bed with their arms folded. "Where were you?" This was a role reversal in its truest form.

Well we awoke to a raging rain storm including a sighting of a tornado in Plainview, Long Island. This never happens in Long Island. So I said well it is raining so let's go back to sleep. My son said, "No way, Dad they run in any condition." Shoot! So I laced my running shoe and off to the _____ en race.

It was raining so hard that they did not issue running bibs (paper those days). Instead they wrote our numbers on our arms with magic markers. The politicians dispensed with their speeches and the race began. At certain points the rain was so hard that it was difficult staying

on your feet. At the 5-mile marker I could barely get up a hill. I told Dane to go ahead and I will catch up later. He said, "No Dad we are doing this together."

At the top of the hill there was an aging couple clapping and encouraging, "come on you can do it." Well we kept going and way ahead there was three girls in sight! "Let's catch them," Dane said. Well we caught them just prior to the finish chute. We finished arm in arm together. I broke down and Macho Dad cried. This was the first event that I had ever completed with my son! What an experience. He left for Texas the next day and found a 10K to run the next weekend and finished that in 41:14. That started my running career for good. I ran and completed the Long Island Marathon later that year.

After that, we agreed to run the 1981 NYC Marathon together and started a training program in our own domiciles. Eight weeks prior to the marathon, my ex-wife (the so and so) told Dane that he was not going to New York. So he ceased his training. Two weeks prior she relented and told Dane that he could go. While he was not in marathon shape, however, his tenacity was still there. I had a seeded blue number and Dane had a red number for first time marathoners and the women. He insisted running with the women and in the back of the pack. I later noticed through Brooklyn that his feet were landing flatfooted and noted that there was going to be trouble ahead! Sure enough at the 12 mile mark he stopped at a first aid and had his foot wrapped. He persevered and entering in Central Park I told him to perk up as the photographers were up ahead. After the photographers, it was downhill (actually up hill). His eyes were rolling up in his head. A runner with his family was leaving the park and came up and took one of Dane's arms and I took the other until we reached 59th Street when another runner with a strange accent took over carrying Danes other arm. We struggled until 100' feet before the finish. He then broke free and ran the balance on his own through the chute and proceeded to collapse. After recovering in the Medical tent, his first words were, "What am I going to tell my friends back in Texas." "No problem," I replied, "you just stepped in a NYC pothole."

The next day back in my office I received a call from a vendor who I did business with and he said, "Well I found your name in the NY Daily News Marathon finisher's list and you were in the next to the last column of finishers." Then he turned the phone over to a person that had the same strange accent as the person who helped us to the finish the day before. He was from South Africa and was an ultra marathoner. However he was injured and his doctor had advised him not to run the NYC Marathon when he was visiting on his business trip. He elected not to heed his doctor's orders, stuffed cotton balls in his shoes and decided to run the race. There is a custom in South Africa that when you come upon a runner in difficulty you sacrifice your own run and render assistance. He had run the 75-mile Comrades Marathon many times in South Africa and that was the custom. What a coincidence!

Since then I have run countless races, too many to elaborate. The best were the Pikes Peak Ultra, Boston 100th (at that race I had run 10% of the Boston marathons) and Grandmas with my PR of 3:09. My son in later years discovered that one leg was slightly longer than the other which ultimately curved his spine. He now has two steel rods in his back therefore ending his

running career. So now he enjoys kayaking, biking (centuries), and mountain climbing. Like his Dad, he pushes his limits. His last climbing experience was Extupla in Ecuador at 22,500 feet.

In addition to the daily running, I have been very committed to the sport encouraging as many as I could to join its ranks. As event coordinator for the Arthritis Foundation, I directed five running events annually including the Jingle Bell Run which just peaked at 3,100 runners last December. In addition to directing races, I try to run at least 3-4 every month. After running for 35 years up North, I had two trophies to my credit. Since moving to Florida and reaching the 65 year plateau, I have a bureau full of trophies. I like to think that it is the competition and not the declining numbers of older athletes.

There are two Interesting notes along the way concerning my streak. In 2008, I attended a convention in Las Vegas and had a pick up a cab at 4:30 am to get to the airport. So here I was running the Strip in Vegas at 3:00 am to keep the streak going. The other instance occurred when I had experienced some chest pains and was rushed to the hospital. After being assigned a room and waiting for the tests results, my thoughts were focused on finding dark corridor to run when no one was looking. Fortunate the tests were negative and I was released that day. My first priority was to do a quickie training run to keep the streak intact.

During the last two years I have been experiencing pain in my right leg. There were all types of diagnosis; Siatica' Bursitis, Getty's Syndrome, Tibur Lumbar issues, etc. After several ensuing MRI's and tests, it seems that I had rather severe back issues with my L-3, and L-4 compressing the nerves causing right leg pain. I went in for streak ending surgery last November and the follow-up two weeks ago. The right leg pain is now gone and after three months of healing I will commence another streak.

All that is now in the past and Mother Nature is now pushing against me instead of pushing my big behind. Running is still an obsession! It is, however, sometimes an effort but I still enjoy it.

NUMBERS NERDSTER UPDATE – THE FASTEST MARATHONS IN HISTORY

By: Craig Snapp

If someone did a Marathon at 4:49.1 pace, they would NOT make The Top 100!

In The Top 100, 62 are by Kenyans, 28 are by Ethiopians, and 6 are by Moroccans.

When Bill Rodgers did a 2:09:27 at Boston '79, it was the 4th Fastest Ever! It now ranks as the 1,202nd Fastest!



George Hancock

STREAK NOTES – SUMMER 2012

--George A. Hancock

runnergah@comcast.net

What is the growing threat that could end your running streak? Most people would proclaim that an injury or a health issues is the main threat. This is the primary reason why many streak runners end their daily streak. However, that is not the only answer.

A growing threat that could end your running streak is our severe weather pattern. The devastation and destruction wrought by these numerous weather events is mind boggling. Sadly, numerous individuals have perished in these severe weather storms.

Tornadoes, hurricanes, flooding, extreme snow events, wild fires, and droughts have pummeled our country. The Southwest, the far West, the Atlantic and Gulf coast, Alaska even the Middle Atlantic states have experienced nasty weather patterns.

How do you get your streak run in when floodwaters cover the roads? A tornado rips through your community destroying all within its path. What do you do? Snow is piled higher than your roof. Municipalities have no more room for that deposited snow. What do you do? Or, an out of control wild fire is moments away from your property. What do you do?

Of course, getting out of harm's way and protecting your loved ones is your number one priority. It's silly and downright dangerous to consider mundane activities like daily running when faced with life and death decisions. Yet, we do these things.

How many times have you read about or heard stories about individuals that escaped structures fires only to reenter that burning structure to retrieve something? Or read stories about individuals driving their vehicle through deep swift flowing waters?

Grab your loved ones and move quickly out of harm's way. This insures that you and your family lives another day. Objects can be replaced. New memories are created by living breathing individuals. However, there is something we can all do to minimize this stressful situation. Severe weather experts advise having a bag packed and ready to go containing vital materials. This bag would contain necessary items needed to maintain or sustain our lives. This packed bag is in addition to those supplies that experts believe all individuals should have stockpiled for extreme weather or natural emergencies.

These supplies include: bottled water, blankets, batteries, matches, light resources, portable radio, canned foods, meals ready to eat, can opener, eating utensils, cooking source like a small grill with fuel and season ready clothing. A sharp ax is also nice. These ideas work best for those living in suburban and rural regions. Urban dwellers need to adapt their survival gear to their immediate surroundings. Developing a survival plan is the key for all.

Now, I think streak runners can tweak this idea. Streak runners can have an emergency running bag packed and ready to go. This bag would include seasonable running gear, shoes and whatever else is needed to continue the running program. One never knows when and why one may be forced to evacuate at a moment's notice. Preparation and a plan are extremely important when faced with dire consequences.

Recent natural disasters illustrate most individuals are on their own until the government or relief agencies are mobilized to deal with the situation. This downtime is critical. The ability to survive without water, electricity or other resources under dire conditions is often monumental. The prepared runner with a game plan lives to run another day. Of course, the average runner believes his or her locale is safe. Mother Nature would never strike in their neighborhood. Their municipality is ready, equipped and staffed to deal with weather emergencies. This can't happen on my watch. Well folks it does.

On July 19, 1977, a normal Western Pennsylvania thunderstorm was forecasted for the Greater Johnstown region. However, Mother Nature had different plans late that evening. The thunderstorms circled and circled the same areas for hours. The Southern section of Cambria County was severely drenched. The rainfall exceeded 12 inches. The end result was massive flooding that killed 78 people and created \$200 million in damages.

The local landscape was scarred. Roads, buildings were destroyed. This runner ran by heart wrenching sights. The Pennsylvania National Guard was patrolling my normal running routes. Water, electricity was unavailable for days. Stores could not open due to the power loss. These were difficult days.

Preparation helps one through these trying times. Developing a plan also helps. And now, having your bags packed is an important notion. Severe weather may never happen in your neighborhood. But, if it does.....

SUSPECTUS RUNNERUS

By: Dr. Knows Itall (A.K.A. Geza Feld)

Submitted to the Annual symposium on Obsessive Compulsive Behavior. A short excerpt from my anthropological study on a new genus: Suspectus Runnerus.

While studying the genus "Runnerus" in North America an interesting subspecies came to my attention. They call themselves 'Streakers' and occupy an extreme end of the spectrum of the above-mentioned genus 'Runnerus.' Maybe because of their small numbers they mostly avoided detection and research performed on the well-analyzed and documented species like 'Runnerus.'

They are far more extreme in the pursuit of their goals than ordinary runners. For some unknown reason they all insist on running every day regardless of circumstances and obstacles. According to established scientific classification their activities fall into the category of Obsessive Compulsive Disorder (OCD). Some symptoms listed below will justify this observation: Increased perspiration, elevated heart rate, free flow of adrenaline, anxiety in the face of threats to their streak, sense of uniqueness and an unusual sense of well being; all signs of OCD. They also insist that their behavior is completely normal. Clearly grounds for suspicion. The gratification of accomplishment or the lack of it creates bipolar 'high' or 'low' extremes in their life.

The subjects studied were mostly kind, well mannered, and displayed almost normal behavior with only a mild disposition of irritability turning to aggressive behavior as time passed and they were in danger of missing their daily fix. Scientific studies observed similar behavior in case of addicts. Their addiction is also clearly demonstrated by their lack of concern for their own safety. Analysis of available data showed that temperatures exceeding 100 F. arid desert like or hot, humid jungle like conditions or below zero, snowy, icy environs, high altitude or Death Valley like depths, daylight or night, dogs, catcalls or cheers do not alter their behavior and deter them from the pursuit of their single minded goal of running at least a mile a day.

They are less concerned about the location of their addictions. Some run on beaches, some on track, some choose the tundra's or icy places like Minnesota. The smarter ones prefer southern locations but they can be found in any part of the country. They are classified from 'Neophytes' through 'Highly skilled' to 'Legends' depending on the length of their streak. In spite of sometimes decades long running few shows ill effect on their physics. *Au contraire*. Strangely, they demonstrate surprising resilience strength and stamina aside from some occasional limping. Even those, who are excluded from the group of 'active' streakers claim higher quality of life, extended life span and counter intuitive as it sounds are mostly yearning to rejoin and reborn with a new streak.

In case of injury or other reasons that might put their streak in jeopardy, they go through the Kubler-Rossian steps of Denial, Anger, Bargaining, Depression and Acceptance. They deny or ignore injuries, angry at failing parts of their bodies, bargain by reducing mileage and/or speed, and get depressed if they are forced to acceptance. While they consider themselves part of a group many of them prefer solitary runs. Their obsession is genetically contagious. Family members are known to succumb to the same addiction.

In spite of the fact that there is no known way to prevent the addiction from spreading from the U.S. to other continents, authorities so far have shown no concern about their obsession. They consider them harmless and legally on parole in the custody of their families.

April 1, 2012
Did I fool you?



Steve DeBoer and William Stark

#1 MINNESOTA STREAKER MEETS #1 MISSOURI STREAKER

By: Steve DeBoer

I had decided to visit my brother Dave, a former (with 2 retired streaks) and future streak runner, in Manchester, MO (west suburb of St. Louis) the first weekend in March. Since I did not plan to end my running streak while there, I thought it would be fun to run with streak runners in the area. I contacted 3 who lived near St. Louis and heard back from Bill Stark. We arranged to meet at Dave's home and then run at nearby Queeny Park. Dave regretted not being able to join us. He was still doing some therapy for his injury and had been advised not to run for a few more weeks.

It was in the upper 40s with sunshine when Bill and I got out of his car a little before noon on March 3rd, he in sweats, me shirtless with gloves and a headband. We got lost running on the trails, some blacktop, some gravel, some quite hilly, enjoying the conversation about running, racing, streaking, and aging. We stopped and asked a couple out hiking where the parking lot was. It turned out to be less than 1/4 mile away, hidden by the woods, so we traversed 3.66 miles of tundra by the time we reached his car. Bill did have GPS on his phone in case we had needed to use it.

Turns out Bill went to graduate school in Madison, Wisconsin, a few years before my brother did, though in a different field of study. When we got back to Dave's house, he took a few pictures of us to commemorate the first meeting/run of the individuals with the longest official running streaks from MN and MO, #4 and #13 on the Active List. Our combined consecutive days running added up to about 76 years and 3 months at the time. Of course, Mark Covert and Jon Sutherland have beaten that amount a few times and will again on Mark's anniversary run in July, when their combined total will be over 87 years.

Wife Gail, daughter Rebecca, and I had a nice time visiting family and friends, but hit a snowstorm on the way home the following day and had to stop at a small town motel in southern Iowa after sunset, not wishing to risk injury or the end of a running streak. I did wear a t-shirt the next morning. The weather had cleared, but the air temp was about 20 degrees as I ran about an hour on the snow-covered roads. We had the last laugh as we drove back to MN, counting almost 20 vehicles in the ditches the first hour of our trip!

Traversing the Earthly Tundra to the Lunar Surface

By: Steve DeBoer

Long-time streak runners have accumulated an impressive number of streak and lifetime miles, as can be seen on the USRSA web site on the Other Members Lists page – 70,000 Mile Club. The mention of having run the equivalent of once around the world at the equator (24,902 miles) elicits responses of, “Amazing!”, or “Incredible!” from our non-runner friends and acquaintances. But to those of us who have been running at least 10-20 years, a more envied goal is to have traversed 100,000 miles of tundra.

Among the 450 individuals who have certified active and/or retired running streaks, 34 have run over 100,000 miles in their lifetime. Amby Burfoot has a web site listing at least 50 others who have reached that milestone at www.100klifetimemiles.com

For those looking for a greater challenge, the next round figure is 200,000 miles. Has anyone in the past run that many miles? Unfortunately we don't have written records of the mileage of most of the individuals listed below, but here is speculation about their total mileage.

- Charles Walter (Charlie) Hart (b. 1866 – d. Sep. 11, 1954) Claims over 750,000 miles. If he ran 65 years at 4,000 miles/yr he would have run 260,000. Did not run long distance the first 10 years of his career, begun in 1883.
- Arthur F H Newton (b. May 20, 1883 – d. Sep. 7, 1959) Claims 102,735 miles by 1935. If he ran 500 miles per month for the next ten years and 70 miles per week for the next 10 years, his total would be about 200,000 miles. Back then, however, ultra runners walked a significant amount of their training miles.
- Earl Linwood (Lin) Dilks (b. Sep. 20, 1894 – d. Nov. 8, 1982) Claims 195,855 miles by 1977. If he ran 3 more years, he might have done 200,000.
- Ken Baily (b. 1911 – d. Dec. 10, 1993) Claims 157,295 miles by 7-9-75. If he ran 10 more years, he might have done 180,000.
- Ted Corbitt (b. Jan. 31, 1919 – Dec. 12, 2007) Claims 200,000 miles but mostly walking mileage the last 20 years, so running total under 175,000.
- Bill Emmerton (b. Nov. 12, 1920 – d. Jul. 10, 2010) Claims over 130,000 miles by 1978. If he ran 10 more years, he might have done 160,000. Switched to walking the last 20 years of his life.
- Douglas Alistair Gordon Pirie (b. Feb. 10, 1931 – d. Dec. 7, 1991) Claims 216,000 miles by 1981, over 250,000 miles before he died. John Bryant, who knew him, however, feels that the amount is inflated whereas Jon Sutherland believed he ran 90-100 miles per week most of his adult life.

Some of these past distance runners kept records of their running mileage, but I have not been able to find a record anywhere of it being listed for public review. And before anyone gets crowned the all time running mileage champion, some sort of record review needs to be done by an unbiased group. Personally, I have a rather optimistic, possibly unattainable mileage goal. Even before I reached 100,000 miles, I asked myself would it be possible to run the distance to the moon?

The distance from the earth to the moon is about 238,000 miles but it varies by 20,000, depending on the time of month. The perigee (closest approach to Earth) occurs 12-13 times per year. For 2012, the nearest perigee was 221,822 miles on May 5th. Keep in mind that runners are only trying to go from surface to surface, so we need to subtract the radius of each sphere (1080 miles for the moon and 3963 miles for Earth). Of course, if you started your run from Mount Everest, it would be about 6 miles shorter. That calculates out to 216,774 miles from Everest to the lunar surface if you happened to reach the moon on that day (May 5, 2012).

As we know, very few human beings have traveled by spaceship to the moon and only 12 have actually walked on the surface, with Neil Armstrong being the first in 1969 and Harrison Schmitt the last in 1972. Based on my incomplete data of past distance runners, only Charlie Hart might have covered enough miles to have reached the surface. However, in viewing the videotape of a 20 mile run he did at age 83, it appears he was walking towards the end, so I am a little suspect of the estimate I made of his total running mileage.

So what are my chances of making it? If I can average 3000 miles/yr for the next 15 years, I would have about 183,000 miles at age 72. In looking over the mileage of fellow streak runners, Herb Fred is the only one who kept over 3000/yr after age 70, so I don't know how good my odds are of duplicating that. If I could average 2500 miles/yr for the following 10 years, I would be at 208,000 when I reach 82. My dad stopped running at age 85 ½. If I could make it to 87, running 2000 miles/yr, I would have 217,300 end of August, 2041, enough to reach the surface at the closest approach to the moon on September 9th of that year (216,816 miles). Then I could focus on my other long term goal, of completing a marathon at age 90!

Among current streak runners, there are 3 (Craig Davidson, 58, Don Slusser, 60, and Jon Sutherland, 61) who have a good chance of reaching the moon in the next decade. Projecting their current annual mileage, Craig would get there first, averaging 4000 miles per year, in the year 2018. Don and Jon have been averaging over 2500 miles yearly, and would reach the lunar surface in 2025. Others in our organization have quite a ways to go, so it is hard to predict. But Roger Urbancik ran over 7,800 miles last year. If he could average 4,500 for the next 16 years, he should get there when he turns 70 in 2028. Other potential moon tundra traversers include Steve Morrow and Stuart Calderwood, possibly before 2040.

I have also recently learned of another former streak runner, Paul Ladniak, age 65, who had run 199,684 miles as of the end of 2011. He ran 1300 miles in 2011. If he averages 1200 per year for the next 14 years, he would reach 216,500 by the end of 2025 and touch ground sometime in 2026. Many high mileage runners talk about how many times they have run around the equator (24,902 miles), with 4 times around being almost 100,000 miles. For me, I probably need to use all the mileage in my legs just to reach the moon, so take note I skipped the equatorial distance warmup and am heading straight to lunacy, I mean the tallest lunar crater.

There are a couple of current long distance runners who have enough running miles to have circled the equator once before going lunar. Darryl Beardall, of California, is listed on one web site in 2010 as having run nearly 300,000 miles in his lifetime. Another article from 2000 said he was close to 300,000 miles even back then, having averaged 20 miles 6 days per week from 1959 to 1993, and then decreased to 12-15 miles/day with a job change.

Amby Burfoot recently met and interviewed him. He and Darryl came up with some yearly mileage estimates. Unfortunately, he has not found his training logs to verify how close those estimates are to reality, as his deceased wife packed them away. So until those are discovered, Amby and I have agreed to reduce that estimated running mileage by 10%, since we tend to estimate up rather than down. This would give Darryl about 270,000 miles, enough to have run around the earth and made it to the moon. Even if he chose to traverse the lunar tundra's circumference once, he is now heading back to earth.

That brings us to Dr. Fred, who I have alluded to before. He keeps meticulous records of his daily runs, even though it has been exclusively treadmill running since being hit by a car running outdoors over 20 years ago. As of December 31, 2011, his total running mileage was 244,950. If he ran once around the Earth before leaving our atmosphere, he would have reached the moon on February 19, 2011 and covered 2,455 of the 6,783 miles around the moon's circumference by the end of last year. He should complete his run around the moon in 2013 and then start the long trip home!

Postscript: Two states have had an incredible surge in registration of active streak running in the last 6 months. Rhonda Wegner and Todd Taylor from Valdez, Alaska, became the first 2 streak runners registered from that state, causing the rate of streak running in that state to jump from 0 per million population (50th place) to 2.76 (2nd place). Meanwhile, after the end of Julie Maxwell's 33 ½ year record-breaking female running streak last December, Minnesota has registered 6 additional streakers, giving them 18 active, the most they have ever had at one time (previous high of 17 in 1991 and 1999). Since that state already had the highest rate of daily tundra traversers, their place remained the same, but their per million number vaulted from 2.25 to 3.37.

CRAIG DAVIDSON IS STILL RUNNING FOR CHANGE

Here are my final totals for 2011:

Pennies: 3818

Nickels: 665

Dimes: 601

Quarters: 271

Total coins: (not including bills) 5355

Daily coin pick up: 14.67

Daily find average: 53.84 cents a day....

Money total for the year: \$196.52

Miles run: 4150

Off to a bad start for 2012. \$14.73 as of 2/21

Ran marathon # 210 Sunday in Apache Junction (Lost Dutchman) in 4:16:38. Was pleased with the effort, as being in Wisconsin for 2 weeks cut back on the training & money finding totals.

Craig Davidson
Phoenix, Arizona

MIKE BUERKE JOINS USRSA; CREDITS STREAK WITH SHEDDING 60 POUNDS

Other than a brief stint with a summer baseball team, I've never been the athletic sort. Throughout my teens and young adult years, I became a certified Couch Potato.

In the late fall of 2010, at the age of 34, I decided to do something about it, so I started toying with the idea of running and other aerobic exercise. I hated it. Winter in Minnesota is not for the faint hearted. I quit.

In late January 2011, I met with an old friend that I hadn't seen in a few years. I arrived at the restaurant first, and when he arrived, I didn't recognize him! He had become a streak runner, near the 2 year mark. I decided on the spot that I would give

it a go. I realized that what I was doing last fall was the same, tired lack of discipline that had brought my weight up to 240.

On February 2, 2011 (Groundhog's Day), I started my own streak. I researched and bought the right shoes for my feet, and on a treadmill I had received free a few weeks prior, I set out to run one mile.

I barely made it! The next morning, legs screaming in protest, I grunted through another mile. And the next day, and the next, forcing myself to move my feet. They were 11+ minute miles, but they were miles!

After 2 weeks, I began to feel strength building my legs. After 2 months, I began to up the pace and mileage. After 6 months, I was averaging a 5K per day. And when I hit my 1-year mark this past February, I was down 60 pounds, able to run 13+ miles, and feeling fantastic.

I have no plans to stop. I absolutely love it.

Mike Buerke
Fridley, Minnesota

KEVIN BRUNSON FOCUSED ON WEIGHT TRAINING

Have been focused more on weight training these days, now that I'm 53 years old and ran five marathons in 366 days last year.

So I'm doing short runs... mainly 1.10 miles daily. Did do a 2 miler this morning [February 29, 2012]!! It's been a fun new adventure.

Kevin Brunson
Reno, Nevada



Margaret Sherrod

MARGARET SHERROD RUNS MULTIPLE MARATHONS

Starting in October 2011, I completed three marathons in slightly over on month. I ran Mohawk Hudson, (Albany New York) on 10/9/11; Venice, (Italy) on 10/23/11 and Richmond, (Virginia) on 11/12/11.

The Venice Marathon was a phenomenal experience due to running it beside my daughter U'tonna for the entire 26.2 miles. As we approached the final portion of the marathon, we traversed 14 small bridges and ended in the fabulously picturesque waterfront of St. Mark's Basin.

I participated in the Glass City Half Marathon on Sunday April 22, 2012 in Toledo Ohio. The weather was perfect for my running needs with a temperature of 39 degrees at the start and pretty much the

same at the end. My goal time was 2hrs. but with the conditions and a bit of luck I was able to achieve a time of 1:54:38 and placed 2nd/55 in my age category of 55-59 yrs. young : >)

Currently I'm preparing to be a pacer for the Maryland Half Marathon on 5/6/12. Last year was my first time ever pacing; along with members of my running club The Baltimore Pacemakers. I found it to be a gradifying experience and a way to give back just a little.

Margaret Sherrod
Millersville, Maryland

JIM BEHR'S STREAK REACHES 37 YEARS

37 years...whew! Daily running is 3 and half miles a day (Monday - Friday) plus 5-7 miles on both Saturday and Sunday. I do a half-mile warm-up and warm down and usually a mile (or more) on the elliptical.

One thing I've promised myself is "No more marathons." I ran 26 New Yorks and 10 Bostons (pr 2h 38m 41s) plus at least another 20 or so (Jersey Shore, Earth Day etc.). Tired legs! Now an occasional 5k, 5 mile or 10k is the racing norm.

Unrelated to running I got my Doctorate from Drew in October 2001. The evening classes at Drew were great and I recall them fondly.

Jim Behr
Trinity, Florida

TRAVIS DICKEY'S STREAK ENDS AFTER 1,549 DAYS

Well, a couple things because I know its going to be a while until I start again. First, for the record, I have now moved from Miami, Fl and I am now living in Salem, Or working as an attorney. That's just for posterity sake as I know my name and that info will be on the scrolls.

Second, as much as it pains me to say it, my streak is now over. My last day running was March 28, 2012 as I missed running on March 29, 2012. By my calculations that's an odd number of 1549 days, but I'll take it.

Starting my streak was a day I will never forget, and continuing it through injury and bad weather is something that has made me physically and mentally stronger. But, alas, all things come to an end, and it was time. I started the streak to make sure I got out and did something every day and to lose weight. Both of those problems are now behind me so too is the streak.

I thank you for all the support and work that the USRSA/SRI is doing. Thank you again, and maybe I'll streak again.

Travis Dickey
Salem, Oregon

CHIP LEDUFF STREAK HITS 3 YEARS

Yesterday's run [February 27, 2012] felt particularly clunky to me. My legs were heavy and I could feel my feet slapping the ground as I moved across the E. 26th St. Bridge. My legs did feel heavy, but a huge contributing factor to the clunky feeling is just the fact that I have big hobbit feet. Some days are better than others when you run every day. Some days are better than others when you don't run every day. It wasn't a bad run, but it wasn't my best. Days like yesterday make up the majority of

my running days. Not particularly great and not particularly terrible. This is good because you can really appreciate it when you have a good day. And when you have a really bad day, you can appreciate the good ones even more. And of course, even the worst day of running is better than not being able to run at all when you have functional legs.

So after my run yesterday, I came home to log my run into my computer. My Garmin watch wirelessly sends the info into Garmin Training Center, which is then uploaded to RunningAhead where I keep my entire history of running. While I was waiting for the info from the watch to send, I opened my e-mail. I received an e-mail from Mark Washburne congratulating me on reaching three years with my running streak.

Three years of running every day! Until yesterday when I received his e-mail, I had forgotten about it. A few weeks ago, I vaguely remember remembering it. But I didn't remember it on the day. There was a question in *The Streak Registry*, the official quarterly publication of The United States Running Streak Association, Inc., that asked when one's streak year becomes official - the day before you started or the day that you started. To me, I guess it makes sense that it would be the day before you started because that would be one's 365th day of running. Either way, today was my 1,096th day of running - 3.001 days according to the Active USA Streak List. I'm number 257 and Christy is 254 as of today.

So how does someone run every day? Isn't it tough on the bones, joints, and muscles? Well...yes...it is. There's definitely give and take with running every day. Things that are taken from me are in the forms of sleep and soreness. Some days, it's hard to find time for even the obligatory mile. When I work three 12-hour shifts, especially on the third day, it's really tough to muster up the energy to move for a mile. When I put in a hard run or a long run, I'm expectedly sore and tired the next day. Most runners will

embrace their next day of rest. But for a streak runner, a slow mile is a rest day.

But being a streak runner gives more than it takes. The number one thing that it gives me is consistency. It's been my observation that people jump on the running bandwagon for one of three reasons (in no particular order): 1.) New Year's resolution 2.) lose weight 3.) the idea of racing. Just like going to the gym, New Year's resolutions die hard. People fall off the bandwagon because they didn't approach it with the mindset of making a lifestyle change and because it's near impossible for most people to start running for the first time ever when it's cold outside. Much like the gym scene, the roads and trails are back to normal by February 1st.

People tend to not realize that running and most other forms of exercise done by people who are not training to be Olympians does very little for weight loss...especially if not done consistently. Neglecting diet and quantity of food makes running almost useless if one's goal is weight loss.

And then, the idea of racing or being a runner. Plenty of people like the *idea* of being a runner, but don't want to put in the work for it. Having all the fancy clothes or toys for golfing or fishing doesn't make someone a golfer or a fisherman. Fisherperson? Being a streak runner brings consistency to my craft, and it allows me to not dread doing it.

It also gives me, even if only for a few minutes each day, a way to let go of everything else and just move. freely. We spend a lot of time in front of computers at work. Lots of time inside. When working days, it's rare to see the sun because we get there before the sun comes up and leave after it's set. Running every day lets me break out of the 5'9" tall by 20" wide bubble and stretch myself in forward motion. I usually run before work to pump myself up before the day...or night. In my current situation, it's nights.

Since starting on February 28th, 2009, I've run 3,014.5 miles. Amount of time spent running: 405 hours, 2 minutes, 49 seconds. Naturally, my next goal will be to reach four years. But really, my long term goal is to reach five years. Why? On the active streak list, if you've been a run streaker for less than five years, you're considered a Neophyte. Once you've reached five years, and up through ten years, you fall into the category of The Proficient. It's always good to have a goal.

I wish everyone currently with an active streak and anyone working on their initial streak happy running.

Chip LeDuff
Norfolk, Virginia

DAVID BIERSMITH ENDS SECOND STREAK AFTER 1,337 DAYS

Bad news, I ended my second streak on Friday March 16, 2012. I am having a SECOND bovine aortic valve inserted, via open heart surgery, this Thursday. They said I blew it out during a 24 miler two weeks ago. It was suppose to last 15 years or longer. Medicine still has not adapted to athletics.

David Biersmith
Kansas City, Missouri



Snapp

Craig

THE 2ND ANNUAL WEST-COAST VERSION OF "THE DARKSIDERS RUNNING CLUB" 8-HOUR RUN

We had a starting field of The Fine Nine, and all did the entire Great Eight. (We had competition for entrants with a Trail 50-Miler, and a Triathlon. The latter was two miles from our site, and had three thousand folks). There were four Darksiders, which is the largest collection of members in a San Diego race since Mr. Ludwig brought a posse here seven years ago.

Again, we used the One-Mile Loop Course, seen by East-Coast Darksiders at The National Championship 12/ 24-Hour Race in '04, and '05. It's 99 and 44/100% flat. An extremely mild incline lasts for all of about 26.2 yards. (One person whined that the incline increased after the seven-hour mark. I told myself to shut up.)

The weather cooperated, giving us a couple hours of "May Gray" at the beginning. We received some shout-outs of encouragement from an organized, (read "Gotta pay for it"), training group, doing their last 20-miler before a marathon. We also

had continuous comments of positivity from Robyn, our Fantastic Famous Photographer.

Of the seven who had done this last year, four exceeded their previous distance, one equaled it, and two came within a mile. Everyone said that they had gone further than they thought they could. Not willing to wait a whole year to meet again, there is already talk of a 26.2-miler on this course next month.

When our "Defending Champion" was asked how he was able to go from a longest-run-in-the-last-year of 12 miles to his amazing 42.5 miles, he answered, "YOU JUST GOTTA GO OUT AND WACKA-DOO IT!"

Craig Snapp
Ell Cajon, California

KEN BIRSE'S STREAK HITS 30 YEARS ON EARTH DAY

My streak began on on Earth Day 1982. I was a college student, who a few days earlier had run the Boston Marathon. I had no idea of the journey I was about to embark on.

After 30 years of running every day all I can say is that it's somewhere between a healthy addiction and an affliction of neuroses. Running helps us keep sane, calms our nerves, strengthens our heart, ruins our knees and can wreck marriages. Personally I've put my body through a lot, and not just with distance running. It's amazing this streak has lasted.

Recently I received my 5th degree black belt in Uechi-Ryu Okinawan karate. That is another strain on the body (lots of pounding and impact). By rights, I probably shouldn't be standing. Still, running is my first love and I'll do it as long as the body holds out.

This streak has seen me through a severed finger, a broken forearm, two knee scopes, three kidney stones, and countless other ailments. When I was hospitalized for kidney stones once I awoke on the MedSurg floor at Lowell General at 11PM that night to the horror that I had not run that day. With an IV in tow and wearing only a jonnies, I ran up & down the dark hallways of the hospital for 40 minutes before midnight until the nurses and security guards stopped me. BUT, this ensured that I got the 2-mile minimum in for the DAY. Obsessive compulsive? Absolutely!

Of course, at 51 years old I no longer have the speed I did when I started this at 22. Back then I averaged below 5:15 per mile. Now there is no way I could run one mile in 5:15. But that's really not why we run now, is it?

Still, my hat is off to each & everyone one of my fellow streakers. You crazy kids...keep it up!

But, it's also to our family and friends. They're the true saints for putting up with us.

Ken Birse
Amherst, New Hampshire

MERCEDES MUROLO HITS 10 YEARS & 20 MARATHONS IN SAME WEEKEND

I am about to hit 10 years and 20 marathons -- all on the same weekend: 10 years on 5/4 & 20 marathons when I run The Avenue of the Giants again on 5/6. What a glorious weekend. Of course my beloved brother,

Fred Murolo, has ten 100 mile ultras and 31 years, so I never feel terribly accomplished, but always extremely motivated and delighted for him.

Mercedes Murolo
Santa Rosa, California

FIREFIGHTER JAY KAMMERZELL'S 1,243 DAYS STREAK ENDS AFTER RESCUING WOMAN FROM 3RD FLOOR APARTMENT

Just wanted to send a message regarding the end of my current streak. This streak was just getting a good start at a little over 3 years long. It went from November 10, 2008 to April 5, 2012.

How did this one come to an end? Well I'm a firefighter and we were out on a call. A woman had managed to break her leg and she was in a 3rd floor apartment. We carried her down the three flights of stairs to the stretcher at the base of the stairs. By the time I got back to the fire station I was having a hard time bearing weight on my right knee. I did not complete my shift.

The doctor thinks it may be patello-femoral syndrome but a scheduled MRI is needed to reveal if more damage is done. All I know is it hurts. I will take some time off and hopefully return soon to running.

I admire those who can continue on decade after decade. It does get harder as one gets older. There is simply more opportunity for illness or injury.

Jay Kammerzell
Everett, Washington



John Morgan with Butch

JOHN MORGAN CELEBRATES 33RD STREAK ANNIVERSARY

It was a glorious, sun-drenched Sunday morning, a cool 37 degrees, but no wind! Left the home place at precisely 8:03 am and proceeded west on my little 3 miler.

I had invited John Watts (USRSA Chaplin) but he had pastoral duties. I had invited Kenny Keene, IBA World Champion at cruiser weight class, also an Olympian in boxing. Kenny has a professional record of 54-3 with 26 by knockouts. Kenny is retired but still runs and keeps in super shape. He declined, so I ran with Butch, my dog.

We were intercepted about 1/2 way where my friend Suzi shot some frames. It was a nice little outing. I actually tried to pick it up on the return, remembering my training days of "speed play." Pick 2 power poles and pick up the pace, then recover the next 2 power poles.

I refer to my running pace today as "SLOG": slow, laborious, outrageous, gait. So, if any of you streakers want to go "SLOGGING" with me, come ahead on.

All I can do these days is remember back in the day when I ran 36:35 for 10K and a 3:21 for a marathon. Ah well, yesterday. So, where do we go from here? I'm blessed to have exceptionally good health and the freedom as a self-employed businessman to generally set my own schedule. Running first thing in the morning has been a habit developed over the last 34 years, so why change now.

Overseas travel sometimes throws a monkey wrench in that plan, but the thing about runners is they always seem to adjust. I go east to the U.K. at least once a year and ditto to Shanghai to the west at least once a year. So it's already tomorrow when you get there. Beyond the travel fatigue, your thoughts are primarily on getting to the hotel and going for a run. But, you know, after even a pathetic 2-mile run...you ALWAYS feel better. That is the remarkable thing about this sport, whether you're a sub 3 hour marathoner or a SLOGGER, you always feel better for the physical effort and the mental aspects.

John W. Morgan
Emmett, Idaho



Brian Caniglia

BRIAN CANIGLIA JOINS USRSA

Profile

Height: 5" 6'

Weight: 155lbs

Age: 25

Hometown: Omaha, NE

Live: Paradise or Tempe, AZ

Races: None besides PE and Police physical tests.

Best runs: Mile - 5 min 55 seconds high school / mile and a half 9 min 55 seconds

Sports: Baseball, wrestling, kickball, softball, and flag football.

Hello fellow runners. I do not have much of a running background. My exercise induced asthma has inhibited me from doing any long running over the years. In high school and college I

wrestled and played baseball. I have always been a sports nut and play kickball, softball, baseball, and flag football in my spare time now. Running has always been fun for me but my lungs say otherwise when I go long distance. I am a sprinter and pride myself on being faster than anyone on the field.

I wanted to do streak running to overcome my asthma and prove I can run like I have always wanted to. Currently I am up over two miles on week days and a little over a mile on weekends. I am going to start running 5k races in the valley of the sun (Phoenix, AZ) where I live. One thing I will always do is push myself to get better so I can keep on putting one foot in front of the other.

Brian Caniglia
Phoenix, Arizona

REPORTS THAT STUART CALDERWOOD'S STREAK ENDED "HAVE BEEN GREATLY EXAGGERATED"

[Editors note: The June 2012 edition of *Runner's World Magazine* reported the following about Stuart Calderwood: "The age group champion in the 25K and 30-K from New York City recently ended a 25-year daily running streak."]

To paraphrase Mark Twain, "The reports of my [streak's] death have been greatly exaggerated."

Stuart Calderwood
New York, New York

RUNNER'S WORLD CLARIFIES ERROR

I'm the Articles Editor at *Runner's World* magazine. One of the columns I edit is our Back Story Q&A. In the June issue we featured Stuart Calderwood. Due to an editing error that wasn't caught in our fact-checking process, we incorrectly stated that he'd ended his 25-year running streak, when in fact he was celebrating the 25th anniversary of said streak. In fact, one of the questions he answered that we didn't have room to include was:

RW: 25 more?

SC: I will keep it going until I can't run.

We are preparing a correction that will run in our next issue, but in the meantime it's been brought to my attention that you're planning on updating the readers of *The Streak Registry*. I wanted to make sure you were aware of the error so the correct information can get out there.

Thanks for your time and consideration. If you have any questions I'd be happy to answer them.

Debra Witt
Runner's World

RON JACKSON JOINS USRSA; STARTED STREAK IN 1978; 106,000 LIFETIME MILES

I ran track in high school and college as a sprinter. After graduation from Vanderbilt in 1967, I spent the next 5 years as a Navy pilot and my exercise routine (such as it was) did not include running.

By the time I started graduate school in Seattle in 1974, I was in terrible running shape and overweight. I decided to start running again when, upon taking a physical

fitness test, I couldn't even run a mile without stopping. So I started running 4-to 5 miles per week, a mile or two at a time. I gradually built up to 3 miles per day, losing weight and feeling much better.

I decided to run my first 10K in 1977. I started training harder, increasing my miles and adding speed work. I entered road races of varying distances with the goal of running a marathon under three hours.

My first marathon was in Seattle in November 1978 when my current running streak started. I went out too fast, hit the wall, and did terribly. Trying to qualify for the Boston Marathon, I changed my training routine and my marathon times started improving. I finally qualified by running a 2:58 marathon in Portland, Oregon, in September 1979. I was recovering from pneumonia when I ran Boston the next year and ran slowly on that hot day.

My marathon times really started improving as I approached my 40th birthday. In 1986, I ran a 2:39:06 winning the Emerald City Marathon's Masters division and a 2:39:09 as a member of the winning team at the TAC Masters Marathon Championship in Olympia, Washington.

I've run road races of between 5K and 20K, 28 marathons, and two ultra-marathons (50K). I stopped racing in 1992 and enjoy running daily for health and peace of mind.

Ron Jackson
Seattle, Washington



Brian Casey

BRIAN CASEY'S STREAK HITS 35 YEARS

Like most of us Running-Streakers, I remember Day 1 as if it were yesterday. May 9, 1977 –The end of my Freshman year at Seton Hall University, South Orange NJ. Baseball Season had just ended and I was heading home for the summer.

Before leaving campus I ran the old baseball team “Loop” which was 1.2 miles long but seemed like a Marathon course to us baseball players. I had no reason to think that this anonymous run was to be the start of 12,881 consecutive days of running.

For the past 32 years I have lived in Bergen County NJ and commute to work in NYC.

By necessity, I run early in the morning – 4:45am is an average start time. It is early, it is dark – but it is MY TIME. There will be traffic jams, work deadlines and family decisions to be dealt with, but this quiet hour is mine.

I play little head games with myself. Can I pass the High School before the lobby lights are on? Will I pass Mr. Brown's house before he gets the paper off the lawn?

Sometimes I look down at my running watch and cringe at my pace – but its mine and that's ok.

As the first house lights come to life in my neighborhood, I pull into my driveway, another run completed.

I am now “on the clock,” the rest of the world gets their say now – but that's ok – I have had my run!

As of May 9th, 2012 – 83,116.2 miles.

I have been married to my wife Kathy for 27 years and we have four children (Jennifer 24/ Shannon 22/ Ryan 20/ Sean 20). They all inspire me.

I am the Finance Manager for a large electrical contractor in New York.

I am also the General Manager of a Summer College Baseball team in the ACBL.

Thank you to the USRSA for doing such a great job.

Brian Casey
Paramus, New Jersey



Karl Olson (center) in front of San Francisco's Ferry Building with some friends on the 10th anniversary of his running streak.

RUNNING BY THE DOCKS OF THE BAY FOR 10 YEARS STRAIGHT

My running streak – now at 10-plus years – had humble origins. I had previously managed several 60-plus day streaks. When I didn't go running on April 12, 2002, because of a court appearance and a client lunch, it snapped a 65-day running streak. The next day I started another one. A couple of months later, when I tied and then broke my old streak record, I figured it would be a shame to stop, because it was hard just to run two months in a row. The rest is history. Once you've run every day for a year, you don't want to stop. You make every effort to keep it going.

Like everyone in the U. S. Running Streak Association, I've been lucky enough to ward off injuries that would have ended the streak. When I twist my ankle a bit, I sort of run through it. When my hamstring bothers me, I take it easy and baby it. The biggest problem was a softball injury – I got hit in the foot with a line drive about two or three years ago and could barely walk. It was

hard to start running the next day, but once I started, I was OK.

My "minimum" run is two miles, twice the U.S.R.S.A.'s stated minimum, but my typical run is three or four miles. A San Franciscan, my most common runs are a lunchtime run along the Embarcadero from near the Ferry Building to AT&T Park and back during the week, or a weekend run along the Great Highway near Ocean Beach.

Speed has suffered somewhat during this streak. When I started, just short of age 50, I probably ran an eight-minute mile during training runs and could race a 5K at maybe a 7:20 pace. Now, about six months shy of my 60th birthday, I probably run 8:30 or 9 minute miles on my typical run, although as recently as a couple years ago I could still do a 7:30 pace in a 5K race.

The streak is a major part of my life. Running keeps me sane and healthy and reduces the stress of practicing law. It gets me outside and helps me enjoy the beautiful scenery of San Francisco and the Bay Area. It's a social thing; as I go running with my sons Mark Olson and Jack Olson (who've caught the running habit), go at lunch with wonderful friends like Jim Poindexter, Larry Siskind, Jordan Eth, Kirk Boyd and Alica Del Valle, and in the morning and on the weekend with Jim Hannawalt and Craig Edwards. I'll keep the streak going as long as I can, although I'll never approach the incredible 40-year streaks of some U.S.R.S.A. members. To paraphrase Otis Redding, I feel lucky to keep running by the docks of the Bay.

Karl Olson
San Francisco, California

HEATHER KOKKO JOINS USRSA

At age 28 I realized I could no longer eat a hot fudge sundae everyday and not weigh 200 pounds. I decided if I wanted to continue to eat the good things in life, I had to find a balance with exercise. My requirements were to have an easy work out plan that did not require equipment and a gym. I also quickly found out that I hate working out inside. Running seemed like a great choice.

At some point I began to LOVE running and I decided to run a marathon. I ran my first marathon in 2008 in Atlanta on Thanksgiving day. I finished JUST shy of 5 hours.

Afterward, I made a commitment to my first "streak" of sorts: to run at least one marathon per year. In 2009, I ran the Las Vegas Marathon. In 2010, it was the OuterBanks Marathon. In 2011, I ran the first Charleston Marathon and so far in 2012 I have run the Charleston Marathon again. I have also participated in several shorter races from 5 and 10Ks and two Rugged Maniac Races.

When I travel, running is a fantastic way to see the sights of the city. There is nothing like running by the Eiffel Tower or running through Central Park.

All these events have made me love the running community. Most runners are extremely nice, willing to offer advice and help and all committed to pushing themselves beyond whatever "normal" is. Running has become my meditation in motion.

The running streak is a fun way to keep pushing myself. I look forward to one day far in the future to saying "I have run EVERY DAY since May 6th, 2011."

I spent the first "birthday" of my running streak by going on a wonderful run through Central Park in New York City and then having a delicious lunch at the Russian Tea Room. It was a wonderful day and hopefully the first of many birthdays to come for my running streak!

Heather Kokko
Charleston, South Carolina

RON SHEALY STREAK HITS 11 YEARS

I celebrated completing the 11th year of my Streak (3-31-12) by running 11 miles. My son-in-law ran with me so it wasn't as difficult as it might have otherwise been. Eleven miles is about two times what I average each day.

My per-day average during the 11 years was 5.45 miles, down .05 miles from the 10-year average. I hope to reverse that trend in 2012. My total career mileage reached 73K in February. I've set a goal to reach 75K career miles not later than my 67th birthday on March 15, 2013.

I haven't run a race in about a year. I still work 40 plus hours a week and because Saturday is one of the days I normally work, it's difficult to get off to run races (even if I were more motivated to do them).

My last two races were a marathon in February 2011 (4 hours 8 minutes) and a 5K in April 2011 (22 minutes and 57 seconds).

I continue to be thankful for having the ability and the motivation to run every day.

Ron Shealy
Lexington, South Carolina



David Haase

DAVID HAASE JOINS USRSA

My first experiences with running were in grade school, when we had to run around the perimeter of the school property. I can still remember the pride I felt when I was one of the few kids who didn't walk when we were behind the building where the teacher couldn't see.

I started running on my own in high school, a six-mile circuit out on the gravel roads in west-central Minnesota. I was never on a track or cross-country team--I just loved to be out there at dusk, watching for deer coming out of the corn as the sky turned purple, listening for pheasants calling to each other.

I ran my first marathon in 2002—Grandma's Marathon in Duluth, 2 months before I was married. I was naïve, slow, and happy.

In 2003, I entered again, but was undertrained and went out too fast, and keeled over at 20 miles.

In 2004 I did 2 halves instead—Fox Cities in Appleton, Wisconsin and the Green Bay half, finishing with a trot through Lambeau Field.

In 2005 I completed Grandma's a second time, much faster, having actually trained semi-seriously.

Since then I had surgery for a Jones fracture in my 5th metatarsal and took some time off from running. Did some road biking. Gained weight. Then I read the Wall Street Journal one day in late 2008 about Harvey Simon and his 30 years of streaking. It inspired me.

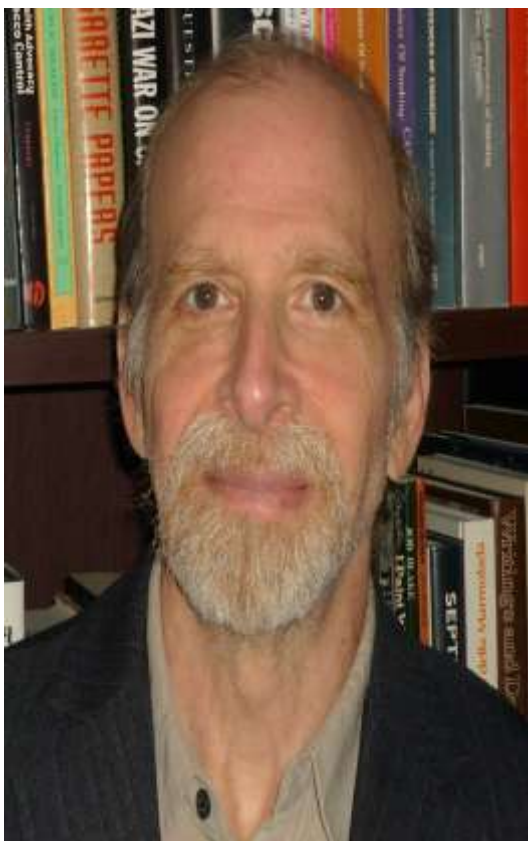
I started my streak Feb 7th, 2009, a month after my daughter was born. Three years and 5600 miles in, I'm loving every minute. I don't plan on stopping. I'd like to marathon again, but might wait a few years, until I'm done with an MBA and my kids are old enough to travel. Then I'll go do Big Sur in California, maybe.

David Haase
Shakopee, Minnesota

WILLIAM ETTER ENDS 31+ YEARS RUNNING STREAK

I'm tardy with an update. As of January 18, 2012, I've retired my streak. No reason except it was time. I'm still on the road – on a bike this time, logging 170+ miles per week. To those still active – Keep it up.

William Etter
Ferndale, California



Stan Shatenstein

**CANADIAN RUNNER STAN
SHATENSTEIN
ENDS STREAK
AFTER 405 DAYS;
FORMER FREELANCE WRITER
FOR
RUNNER'S WORLD
MAGAZINE**

I'd always admired marathon runners - Abebe Bikila was one of my first and greatest sporting heroes as a kid - but I didn't give running a first real try until 1980 when, as a freelance writer, I wrote some pieces *for Runner's World*.

The first one was a cover interview of Jacqueline Gareau who won the Boston Marathon in course-record fashion, and then endured with grace and dignity the

saga of the cheater - whose name I do not wish to mention - who stole her moment of finish-line glory. My other prominent assignment was a feature on the extraordinary Terry Fox, who ran a special running 'streak' across Canada that same year.

For myself, I went back fairly quickly to my first sporting love, cycling, but began running seriously in 1984, completing my first marathon in my hometown, Montreal, in 3h57-flat, not long after turning 30.

I pushed myself hard for several years, racing many distances and in duathlons, eventually getting to the point where I went routinely sub-3hrs for the marathon, culminating in my only sub-2h50, sub-4min/km race, a 2h46:52 at the 1992 edition of the Mohawk Hudson Marathon that runs from Schenectady to Albany, NY.

I kept running, eventually slowed by a number of injuries (and age!) but was never a streaker - it had never really occurred to me. In early-2010, however, I was knocked flat for a few months by a mystery illness, never definitively diagnosed.

I started coming back to fitness in the summer, the health issues resolved as mysteriously as they began. Early in 2011, I realized I'd gone quite a few weeks without missing a day and, largely in appreciation of being again as fit and healthy as I was, I made the conscious decision to see if I could keep it going.

I started the streak on December 12th, 2010 and, just after reaching my first milestone, Day 365, Dec. 11, 2011, and still even more keen on the upcoming Day 385, Dec. 31st, which would mark a full calendar year, my ultimate goal. I learned I would be attending a conference in Singapore in March 2012 that would have left me a day where my only opportunity to run would be in Heathrow Airport. I quickly determined that I was not an airport runner and, for me, reaching the calendar year goal was good

enough. I decided I would voluntarily end the streak rather than be forced to on a day not of my choosing. I settled on January 20th, giving me a modest 405-day streak - the full year of 2011 bookended by 20 days in 2010 and another 20 in 2012.

Just weeks after giving up the streak, I ran into a couple of relatively small but real injuries and I've taken quite a number of days off since January, more appreciative than ever of being able to go even that long without a break. I am full of admiration for the extraordinary efforts made by so many of you to keep your streaks alive. I hope you all keep going as long as you can, as long as you wish to, and hope we all enjoy running until we run out of road...

Stan Shatenstein
Montreal, Canada

WILLIAM BENTON'S STREAK HITS 35 YEARS

Many of these streak stories sound so much alike; injuries overcome, sickness, near misses and the like. If one does anything over 35 years, there are bound to be bumps and disruptions along the way and my experiences are no exception! I've had my share of everything from abscessed teeth, sicknesses, sprains, fractures to even a minor broken bone and yet, the band played on! I'll focus, instead, on why I do what I do.

My first streak started on a lark after a teammate of mine decided to begin his own streak. We were on the University of Detroit Cross Country team and as I am a baseball fan, I was reading a book on Joe DiMaggio and his 56 game hitting streak. My teammate, Dwight Hullm, saw the book and decided to see how many days he could run without a miss. I told him that this was crazy, but a week or two later I, too, was on

a streak. Mr. Hullm's streak ended at around one hundred days and mine, which started 03-09-1970 would end on 09-03-1975 after fighting plantar fasciitis. Though not intentional, the month and day dates are transposed. We accountants love this kind of stuff!

After 18 months, I began a new streak on April 23, 1977, which just recently reached 35 years. Within that span would occur my best times at all distances. My favorites are seven marathons from 1979 to 1981 - all within a range between 2:27:06 and 2:30:52. The fastest was in Boston in 1981. After that, there was a real decline in racing quality, which was attributable to more than mere aging. Nagging injuries and, yes, overtraining took their toll. My last marathon took place in Detroit at the age of 41; a 2:45:09 effort, which qualified me for my 10th Boston though I never made it there. Since I knew that serious training was futile, I decided to just run for health and pleasure.

I've long admired those who overcome adversity, as well as those who are steady and consistent. At the age of 10, I saw Abebe Bikila run the marathon at the Rome Olympics and was fascinated with a race that took place on the streets instead of a track and decided that one day I would like to run a marathon. Of course, a 10 year old has no idea what this involves!

Mr. Bikila would later become injured in an auto accident thus ending a brilliant career, which brought fame to his poor nation of Ethiopia. He took the injury with a grace few could muster. His picture is the first thing I see in my running log.

Another favorite of mine was Wilma Rudolph, the American sprinter who overcame polio to win three gold medals at that same Olympics. From baseball there was Lou Gehrig, for his decency and consistency, and Jackie Robinson for his strength in the face of hate.

Finally, England's Ron Hill was a long time

favorite. He was at the top of his game as I was getting started in running and of course he was probably the first well-known daily runner.

I would enjoy running with or without the streak. The one thing the streak does is to connect me with my running past when I could perform fairly well.

For now, I run in the early morning for the quiet time, prayer time, and as a way of getting ready for the day. Winter mornings can be rough in Michigan, but you can't beat the orange predawn sky!

Speaking of the sky, I now compare my running to the Voyager spacecraft, which after exploring the outer planets just continues on a path out of the solar system for who knows how many years!

A few notes: I retired from accounting in 2006 after 34 years at the same job (Kind of figures, doesn't it?)

I now work part time at the city of Farmington Hills with seniors with Alzheimer's / Dementia as well as with the rec. center there.

Bill Benton
Farmington Hills, Michigan



Will Jones

WILL JONES JOINS USRSA

My wife had trained for and completed a marathon 11 months after our first child in May of 2004 and that motivated me to take up running. I completed my first marathon in 2006 and my second in 2007, both at the Oklahoma City Memorial.

I came across the United States Running Streak Association while training for my first marathon. I instantly thought that I would like to become a streak runner and vowed to one day make it happen. In March of 2011, I decided that it was time to give it a shot. It was quite a journey. I was able to keep my streak alive through a vicious stomach virus, a rollover wreck, and the death of my father. Being a streak runner takes commitment, dedication and toughness. Because of this, being on the active streak runners list is one of my finest achievements.

Will Jones
Grove, Oklahoma



Thomas Rash

THOMAS RASH JOINS USRSA

Hello and thank you for the opportunity to join the United States Running Streak Association, Inc.

Background: I have been running on and off for several years of my life (currently age 51) although never considered the challenge of running consecutive days streak until last year starting on March 14, 2011.

Typically for the past 5-8 years I have run starting in mid-March and ended approximately at the end of November when the winter season is upon us here in Minnesota. At that point I play about 40+ pick-up hockey games from December through February.

In recent years I have had consecutive run streaks of 105 days, 239 days and 267 days last year.

Due to the unseasonably warm winter we

had this past year in Minnesota, hockey got off to a late start. At that point I was near 300 consecutive runs (of 3 miles average per day) and decided to challenge myself to one consecutive year.

It was at about that time that I came across your website featured in an article written by the Star Tribune (Minneapolis' newspaper). I thought it would be both an honor and fun to be included on the website's Active List, as I have now qualified for Premier Membership (running 3 miles average per day consecutively since March 14, 2011).

My active streak is still ongoing having run today [March 27, 2012] before I composed this letter. Excited to hit the 400 mark soon!

Additionally, I thank you for the great motivation to keep my consecutive day running streak ongoing by having my name posted on the website Active List.

In general, I have a philosophy about running as a form of self-motivation. I do not belong to any running clubs and very seldom run with groups or enter races. Not that I do not want to. Simply that everyone's schedule is not conducive to my own. I also believe that armed solely with self-motivation and a good pair of running shoes anyone can start a program to better health and a better life.

I can attest too much-improved physicals at the doctor's office as well as having met some nice folks along the way.

Additionally, Minneapolis, Minnesota has many very beautiful options for a run. Probably my most fun aspect to pass along is that every one of my runs in the current Active Streak has been outdoors.

Braving the elements for better or worse is part of it and brings good stories of nature experienced. Bald Eagles, coyotes, foxes, fish, turtles and packs of humans to name a few.

Severe storms, extreme heat and cold, the colorful fall leaves as well as the ever changing freeze - thaw of the lake are all part of the parallel cycle taking in the sights, sounds and smells as I run.

I like the idea of not being "wired" to anything for the 24-45 minutes each day I run. My run is the best and most anticipated part of each day.

Times may vary on conditions. Typically my three mile run takes from 24-25 minutes.

My fastest time recorded during my current Active Streak is 22:38 for three miles. My goal is to break 22:00 for three miles this summer.

Finally, my current running streak has followed me on vacations as I have run in some of our nation's most beautiful areas including Denver, Salt Lake City, Lake Tahoe, San Francisco, Portland and Boise as well as stops in between.

Seems there's always something interesting to discover along the way. Peacocks, horses and snakes to name a few!

Good running and good luck to all with their running streaks!

Thomas Rash
Minneapolis, Minnesota

DEBBIE CICCATTI'S & CRAIG SNAPP'S STREAKS REACH 14 YEARS

Team Debbie-And-Craig thanks you for your kind message on our 14th Anniversary.

We've been Very Lucky to have reached this point, and if it ends tomorrow, it's been a Helluva Buzz!

We've been Lucky enough to have sneaked in 55 Marathons, and 2 Ultras during it. (We plead The Fifth, re: providing Full Disclosure about Our Pace!)

More Numbers: I've been fortunate enough to have averaged a bit over eleven-and-a-half miles per day, and Debbie, (the only one of us who works), has averaged only slightly less than that.

Because of a Wackadoo Challenge by fellow member Prince Whatley, (#154 in your Program), I also have a Minimum of Ten-Miles-Each-Day Streak of 1,421 Days. If that ends tomorrow, I'll drink a few cowboy pops in honor of Prince, then attempt to learn how to be satisfied by stopping at 9.9!

Craig Snapp
El Cajon, California



Mark Wigler

MASSACHUSETTS STREAKER WINS AGE GROUP IN FLORIDA MARATHON

Approaching 20 years daily on July 7th, I recently headed to warmer climes to compete in the A1A Marathon in Fort Lauderdale on February 19th. I captured an age group award on a day that tied temperature records in South Florida, topping off at 89 degrees. Race temperatures at the 6 AM start time hovered in the mid-seventies; a far cry from sub-teen Boston Marathon training runs in January and early February. A total of 650 runners competed in the Marathon.

Running in my 50th marathon, I captured the 60-64 year age group title with a time of 3:52:50 and an overall finish of 112th.

Mark Wigler
Hubbardston, Massachusetts

ROGER URBANCSIK HAS AVERAGED 15 MILES A DAY SINCE 1997

I averaged 21.5 miles per day in 2011!

My "minimum of ten miles each day" streak is at 304 days [March 10, 2012].

I began a "minimum of five miles *each run*" streak on 12/18/97 that is now at 7,697 runs over 5,196 days totaling 78,002 miles. During this streak, I averaged 15 miles per day and 10.1 miles per run.

In 2009, I had a 102-day streak (and 166 of 167 days) of running either a 17- or 18-miler each day.

In 2011, I finished August with a 17-day "minimum of 31 miles each day" streak (including a 10-day "either 35 or 36 miles each day" streak!), and I finished the year with a 75-day "minimum of 21 miles each day" streak.

Current streaks include 51 consecutive 500-miles per month, 72 consecutive 400-miles per month, and 248 consecutive 300 miles per month. I have also run 23 consecutive 4,000-miles per year, eight consecutive 5,000-mile year, and four consecutive 6,000-miles per year.

I'm glad that you guys like numbers; my wife has no interest in this stuff!

Roger Urbancsik
Marina Del Rey, California



Ken Johnson

**KEN JOHNSON, 71,
RAN 26 MARATHONS IN LAST
TWO YEARS;
SETS GOAL
AT 100 MARATHONS
(18 TO GO)**

My streak is still alive, but I have been through a year of pulled and torn hamstrings on both sides. I still managed to get in 6 slow and painful marathons or longer this Texas season (October - April). Last year, I did 20, including a 50-miler, during the same 6-month period. My goal is to complete 100 (18 to go). I turned 71 on May 23, so I figure I have plenty of time to reach my goal.

Appreciate all the work ya'll do, especially

with the newsletter. I really enjoy reading about the experiences of other streakers. My blog is at:
<http://kenstreaker.blogspot.com/>

Ken Johnson
Huntsville, Texas

**DAVE & HEATHER NELSON
SHARE FATHER-DAUGHTER
STREAK EXPERIENCE**

My daughter and I have been proud members for over 5 years, and I am impressed with the changes recently – such as the Facebook page, welcoming international streakers and changes to the quarterly newsletter. We look forward to many more years. Every quarter we are excited when the newsletter comes in the mail.

Heather is in college now, so we don't get to run together much, but it is still our special father-daughter bond. On a regular basis, we are in contact to share stories about our streak adventures, work and school challenges, international travel complications, managing time with family and friends, training for races, sharing our crazy workout ideas, and just reminiscing about past streak stories.

Last night [letter dated May 6, 2012] I was out to dinner with some friends. We were sitting outside and there was a beautiful full moon. Suddenly I received a text from Heather (who is in Waco, Texas for college) and she said, "Every time I see a full moon, I think of you and our race. I miss you!" She was referring to a midnight marathon we ran together in the desert of Nevada a few years ago. It was one of the adventures of our streak and it was a special father-daughter experience that we will never forget.

I assume all streakers have their stories and their poweverful and personal reasons for streaking. We all love to run but running every day is something special.

William “Dave” Nelson
Houston, Texas

**THAD CHILDS, JR.
JOINS USRSA;
STARTED STREAK IN 1979**

Start date of active running streak: March 5, 1979

33 Years
12,000 days
88,000 miles
7.29 miles per day

5K – 16:58 (September 1986)
10K – 34:49 (September 1982)
Marathon – 2:39:20 (November 1981)

Ultras:
50 miles – 6:30:05 (December 1982)
100K – 8:57:20 (December 1984)
12 Hours – 72 miles 350 yards (September 1991)
Wester States 100 Miles – 22 hours 34 minutes (July 1984)

Thad Childs, Jr.
Gray, Georgia



Dave Wooley

**DAVE WOOLEY
JOINS USRSA**

I graduated from Cloverleaf High School in 1996, where I played football, basketball and ran track (sprints).

I graduated college from Case Western Reserve University in 2001, where I was a 3 year starter on the football team at Wide Receiver and Punt Returner, and I currently hold the school record for most receiving yards in a game at 222 yards in November of 1997.

After college it took a few years but I started to really enjoy running. In the summer of 2009, I decided that I was going to train for the 2010 Cleveland Marathon. At that point I had just come home from vacation where my career long 67 day running streak came to an end.

I began training and ended up putting together a streak of 144 days that came to an end on a trip to Las Vegas with some friends.

I got home from Vegas on March 22, 2010 and began my current streak the next day.

My goal at the time was to run 1,000 days in a row, but I now do not plan on stopping there.

Here are some interesting facts about my current streak:

I have run a full marathon and two half marathons. I have kept up an average of over 4 miles per day (currently at 4.16 miles/day).

The streak has made it through 2 trips to Las Vegas with friends, and I currently have run in 4 different states during the streak (Ohio, Michigan, Indiana and Nevada).

The toughest day so far to extend the streak was the day after I ran the full marathon.

My body was very sore, but I was still able to get a slow 1.8 mile run in.

The streak has definitely changed my life for the better!

Dave Wooley
Lakewood, Ohio

DONALD CUPPY'S STREAK ENDS AFTER 832 DAYS

Regretfully, I ended my running streak on April 11, 2012. It began on 1/1/10, so I ran 832 days in a row. A few weeks ago, I developed some severe pain on the outside of my right ankle. Shutting down the streak seemed like the prudent thing to do.

Donald Cuppy
Phoenix, Arizona

TOM ALLEN'S STREAK REACHES 24 YEARS; HITS 66,666.7 LIFETIME MILES ON STREAK ANNIVERSARY

Two running milestones completed yesterday [May 20, 2012]. My running streak completed 24 years, and my lifetime total ended up at 66,666.7 miles, 2/3 of the way to 100,000. And had a decent race at Run for Rachel (5K). I think I'll run again today.

Tom Allen
Upper Montclair, New Jersey

Official U.S.A. Active Running Streak List

As Certified to the United States Running Streak Association, Inc.

June 1, 2012

	The Legends (40+yrs)		
1.	Mark Covert	07/23/68	Lancaster, CA, Teacher/Coach, 61
2.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 61
3.	Jim Pearson	02/16/70	Bellingham, WA, Retired, 68
4.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 57
5.	Jon A. Simpson	08/30/71	Memphis, TN, Dentist, 74
6.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 61
	The Grand Masters (35+yrs)		
7.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 57
8.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 57
9.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 61
10.	James Behr	03/19/75	Trinity, FL, Educator, 64
11.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 64
11.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 64
13.	William S. Stark	09/10/76	St. Louis, MO, Professor, 64
14.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 67
15.	John Liepa	01/02/77	Indianola, IA, Professor, 67 *
16.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 59
17.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 62 *
18.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 53
	The Masters (30+yrs)		
19.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 70
20.	Rick Porter	12/03/77	Decatur, GA, Developer, 59
21.	John T. Carlson	12/26/77	Indianapolis, IN, Athletic Director, 58
22.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 62
23.	Barry Abrahams	01/01/78	Lincoln, NE, Teacher, 61 *
24.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 54
25.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 57
26.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 60
27.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 61
28.	Harvey B. Simon	10/31/78	Newton, MA, Physician, 69
29.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 52
30.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 57
31.	Ron Jackson	11/26/78	Seattle, WA, Social Worker, 66
32.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 57
33.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 57
34.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 65
35.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 65

36.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 63
37.	John W. Morgan	04/29/79	Emmett, ID, Business Owner, 70
38.	Bill Beach	10/28/79	Macomb, MI, Teacher, 64
39.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 65
40.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 56
41.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 56
41.	Layne C. Party	01/01/80	Towson, MD, Manager, 52
43.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 64
44.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 68
45.	John I. Watts	10/04/80	Nampa, ID, Pastor, 56
46.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 72
47.	George G. Brown	01/06/81	Richlands, VA, School Principal, 59
48.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Management, 64
49.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 57
50.	Ben Dillow	08/20/81	Redlands, CA, Retired, 71
51.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 55
52.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 55
53.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 57
54.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 69
55.	Bob Kimball	02/03/82	Pensacola, FL, Professor, 68
56.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 52
	The Dominators (25+yrs)		
57.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 53
58.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 48
59.	Kenneth D. Korosec	10/16/82	Chesterland, OH, Attorney, 68
60.	Gary Rust	07/03/83	Palm Springs, CA, Executive Director, 65
61.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 52
62.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 51
63.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 68
64.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 70 (F)
65.	Randolph Read	09/01/84	Las Vegas, NV, Executive
66.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 65
67.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 58
68.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 59
69.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 51
70.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 63
71.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 67
72.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 54
73.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 67
74.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 63
75.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 54
	The Highly Skilled (20+yrs)		
76.	Robert E. Nash	06/18/87	Olney, IL, Physician, 65
77.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 63
78.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 59
79.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 65
80.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 53

81.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 47
82.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 61
83.	Hal Gensler	12/04/89	New River, AZ, Retired, 65
84.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 61
84.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 36
84.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 56
87.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 60
88.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 71
89.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 73 *
90.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 60
91.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 61
92.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 54
93.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 60
94.	John L. Faz	12/26/90	Lincoln, NE, Police Officer, 59
95.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 55
95.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 58
97.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 62
98.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 40
99.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 62
100.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 62
	The Well Versed (15+yrs)		
101.	Mark T. Wigler	07/07/92	Hubbardston, MA, Director, 63
102.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 49 (F)
103.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 55
104.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 71
105.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 71
106.	Jeffrey Sider	01/01/94	Plainview, NY, Orthopedic Surgeon, 56
107.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
108.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 26
109.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 56
110.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 57
111.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 69
112.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 60
113.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 57 *
114.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 64
114.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 56
116.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 65
117.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
118.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 60 (F) *
119.	Troy A. Cippus	05/19/97	Evansville, IN, Athletic Trainer, 29
	The Experienced (10+yrs)		
120.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 38 *
121.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 555
122.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 54
123.	Debbie Ciccatti	04/01/98	San Diego, CA, Educator, 57 (F)
123.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 61 *
125.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 53

126.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 48
127.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 61
128.	Diane Shumway	05/27/00	Provo, UT, Retired, 57 (F)
129.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 56 (F)
130.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 59
131.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 66 *
132.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 41
133.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 31 (F)
134.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 64
135.	Martie Bell	12/27/01	Thomasville, NC, Professor, 56 (F)
135.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 60
137.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 65
138.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 64 *
139.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 59
140.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 61 (F) *
	The Proficient (5+yrs)		
141.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 52
142.	George A. Hancock`	06/22/02	Windber, PA, Education, 59 *
143.	Eliza Eshelman	09/21/02	Columbia City, IN, Student, 26 (F)
144.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 61
145.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 36
146.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 58
147.	David Max	08/28/03	Sheppard AFB, TX, Pilot, 36 *
148.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 23
149.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 39
150.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 35
151.	Ed Reid	05/27/04	Bradenton, FL, Builder, 53
152.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 66 *
153.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 41
154.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 43
155.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 32 (F)
156.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 57
157.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 34
158.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 61
159.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 53 (F)
160.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 57
161.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 31 (F)
162.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 49 (F)
163.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 53 *
164.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 52
165.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 58
166.	Jason Morgan	08/14/05	Bradenton, FL, Human Resources, 43
167.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 51
168.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 39
169.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 37
170.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 69
171.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 61
172.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 45

173.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 56 *
174.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 43
175.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 48
176.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 55
177.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 41
178.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 44
179.	Heather E. Nelson	12/15/06	Houston, TX, Student, 21 (F)
179.	William D. Nelson	12/15/06	Houston, TX, Business, 47 *
181.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 44
182.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 46
182.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 31 (F)
182.	Stephanie Mera	01/01/07	Redlands, CA, Student, 23 (F)
185.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 44
186.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 52 (F)
187.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 49 *
188.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 45 (F)
189.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 56 (F)
	The Neophytes (-5yrs)		
190.	David Baskwill	06/17/07	York, PA, Podiatrist, 52
191.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
192.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 45 (F)
193.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 61 *
194.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 53
194.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 63
196.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 45
196.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 58 (F) *
198.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 50
199.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 51
200.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 44
201.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 39 (F)
202.	B. J. David	12/27/07	Covington, KY, Self-Employed, 37
203.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 69 *
203.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 31
205.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 40
206.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 43
206.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 53 *
206.	Leo Hammond	01/01/08	Plano, TX, Student, 26
206.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 46
206.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 40
206.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 59
212.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 47 (F)
213.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
213.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 32
215.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 51
216.	John King	01/21/08	Chatham, NJ Education Administrator, 61 *
217.	Mikel J. Burlingame	02/04/08	Lee's Summit, MO, Dad, 44
218.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 61
219.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 22

220.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 41
221.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 52
222.	Kelly Luck	08/26/08	Boulder, CO, Student, 24 (F)
222.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 45
224.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 28
225.	Steve Jones	09/10/08	Parker, CO, Editor, 44
226.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 68
227.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
228.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 40
228.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 57
230.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 60 (F)
231.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 38
232.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 50
233.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 30
234.	John B. Davis	12/08/08	Desoto, TX, Consultant, 68
234.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 65
234.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 64 (F)
237.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 58
238.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 48
238.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 40
240.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 52 (F)
241.	Eric V. Love	12/27/08	Erie, CO, Attorney, 45
242.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 37 (F)
242.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 60
244.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 66
244.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 33
244.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 47 (F)
244.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 54 (F)
244.	Erin E. Stevens	01/01/09	Brooklyn, NY, Physician, 33 (F)
249.	Christy M. LeDuff	01/05/09	Norfolk, VA, Teacher, 31 (F)
250.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 35
251.	Vince Nardy	01/27/09	Solon, OH, Management, 53
252.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 32
253.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 31
254.	William McCarty	03/06/09	San Francisco, CA, Consultant, 64
255.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 55 *
256.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 61 *
257.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 53 *
258.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 51 (F)
259.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 59
260.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 68 *
261.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 24
262.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 57 (F) *
263.	J. Patrick Gowney	06/19/09	Lavallete, NJ, Retired, 69 *
264.	Robert A. Coltman	06/21/09	Ponte Verda Beach, FL, Physical Therapist, 40
264.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 16
266.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 25
267.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 55
268.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 33 *

269.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 43 (F) *
270.	Paul Christian	07/19/09	Rochester, MN, News Reporter, 61
271.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 20 (F)
272.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 13
273.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 42
273.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 29
275.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 28 (F)
276.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 71 *
277.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 54
277.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 43
279.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 43
280.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 43 (F)
281.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 59 *
282.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 37
282.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 46
284.	Paul Miller	02/10/10	Medfield, MA, Marketing, 51
285.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 59
286.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 34
287.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
288.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 42, (F)
289.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 82 *
290.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 48 *
291.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 37
292.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 38
293.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 35
294.	Stephen Davis	08/18/10	Durham, NC, Chemist, 59
295.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 20 (F)
296.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 43
297.	Patrick Foley	10/04/10	Northfield, MN, Retired Teacher, 64 *
298.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 56
298.	Allen Gilman	10/18/10	Rochester, MN, Health & Wellness Specialist, 65
300.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 38
301.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 47
302.	Don Slusser	12/20/10	Monroeville, PA, Teacher, 60 *
302.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 55
304.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 36
304.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 36
306.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 56 *
307.	Michael deLeon	12/31/10	San Francisco, CA, Project Manager, 48
308.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 34 (F)
308.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 55 (F)
308.	Rhonda Wegner	01/01/11	Valdez, AK, Athletic Director, 50 (F)
311.	Todd Taylor	01/02/11	Valdez, AK, Marine Science Technician, 42
312.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 54 *
313.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27
313.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 41
315.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 35
316.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics
317.	Will Jones	03/18/11	Grove, OK, Athletic Director, 38

318.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 20
319.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 38
320.	Jay Frank	03/21/11	Oak Park, CA, CEO, 58
321.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 33
322.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 41 (F)
323.	James Holt	05/01/11	Centerville, UT, Regional Manager, 53
323.	John McCown	05/01/11	Chatanooga, TN, Attorney/Educator, 43
325.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 52 (F) *
326.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 34 (F)
327.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 51
328.	Melissa Malinowski	05/13/11	Mahtomedi State, MN, HR Manager, 39 (F)
329.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 29

Indicates listing on both active and retired running streak lists. *

Official International Active Running Streak List

As Certified to the Streak Runners International

June 1, 2012

	The Highly Skilled (20+yrs)		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 48
	The Well Versed (15+yrs)		
	The Experienced (10+yrs)		
	The Proficient (5+yrs)		
	The Neophytes (-5yrs)		
2	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 32
3	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 48
4	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 37

Indicates listing on both active and retired running streak lists. *

Official U.S.A. Retired Running Streak List

As Certified to the United States Running Streak Association, Inc.

June 1, 2012

1.	Kenneth C. Young, Petrolia, CA	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
2.	Gary C. Jones, Troy, Montana	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
3.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
4.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
5.	Walter O. Byerly, Dallas, TX	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
6.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
7.	Joseph Wojcik, Claremont, CA	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
8.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
9.	Julie Maxwell, Kasson, MN (F)	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
10.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
11.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
12.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
13.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
14.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
15.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
16.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
17.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
18.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
19.	Brian P. Short, Minneapolis, MN	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
20.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
21.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
22.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
23.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
24.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
25.	J. Patrick Growney, Lavallette, NJ	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
26.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
27.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
28.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
29.	Timothy M. Osberg, Grand Island, NY	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
30.	Diana L. Nelson, Dixon, IL (F)	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
31.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
32.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
33.	Richard Carroll, Foxboro, MA	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)

34.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
35.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
36.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
37.	Paul Christian, Rochester, MN,	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
38.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
39.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
40.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
41.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
42.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
43.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
44.	Sue S. Favor, Downey, CA (F)	12/20/84 – 05/03/08	8,536 days (23 yrs 136 days)
45.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
46.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
47.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
48.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
49.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
50.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
51.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
52.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
53.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
54.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
55.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
56.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
57.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
58.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
59.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
60.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
61.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
62.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
63.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
64.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
65.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
66.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
67.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
68.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
69.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
70.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
71.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
72.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
73.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
74.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
75.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
76.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)

77.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
78.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
79.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
80.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
81.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
82.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
83.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
84.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
85.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
86.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
87.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
88.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
89.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
90.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
91.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
92.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
93.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
94.	Douglas Schiller, Ellenton, FL	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
95.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
95.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
97.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
98.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
99.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
100.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
101.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
102.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
103.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
104.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
105.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
106.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
107.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
108.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
109.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
110.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
111.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
112.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
113.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
114.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
115.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
116.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
117.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
118.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
119.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
120.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
121.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
122.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
123.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)

124.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
125.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
126.	Cordell Kirk, Blue Springs, MO	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
127.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
128.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
129.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
130.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
131.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
132.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
133.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
134.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
135.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
136.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
137.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
138.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
139.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
140.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
141.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
142.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
143.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
144.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
145.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
146.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
147.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
148.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
149.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
150.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
151.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
152.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
153.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
154.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
155.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
156.	Norman Grimmatt, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
157.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
158.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
159.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
160.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
161.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
162.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
163.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
164.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
165.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
166.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
167.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
168.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
169.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
170.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
171.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)

172.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
173.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
174.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
175.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
176.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
177.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
178.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
179.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
180.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
181.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
182.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
183.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
183.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
185.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
186.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
187.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
188.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
189.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
190.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
191.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
191.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
193.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
194.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
195.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
196.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
197.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
198.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
199.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
200.	William H. Howes, Royal Oak, MI	06/30/10 – 09/07/11	435 days (1 yr 070 days)
201.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
202.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
203.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
204.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
205.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
206.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
207.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
208.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
209.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
210.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
211.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
212.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
212.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
214.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
215.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
216.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
216.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
218.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
219.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
220.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)

220.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
220.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
223.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
223.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
223.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
223.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
223.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
223.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
229.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
229.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
229.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
229.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
229.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
229.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
229.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)

*Indicates multiple listings on either active and/or retired lists.

Official International Retired Running Streak List

As Certified to Streak Runners International

June 1, 2012

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
2.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)

THE FINISH LINE

By: Mark Washburne

Compared to last quarter when Streak Runners International was founded and several long time streaks came to an end, the Spring of 2012 was relatively quiet. Among the top 150 people on our active list, the only person to announce the end of his streak this quarter was William Etter of Ferndale, California (4/8/1980-1/18/2012). Mr. Etter's streak lasted 31+ years (11,608 days) and he is now listed as having the 12th longest running streak on our retired list.

We did have one addition to the top 150 and that is Ron Jackson of Seattle, Washington, who registered his streak with our association in April. Started on November 26, 1978, Mr. Jackson's streak comes in as the 31st longest streak on our active list. As Mr. Etter left the active list at 42nd, few of you in the top 150 will see any change in your ranking from last quarter.

Speaking of the top 150, you now have to be streaking for more than 8 years to be in that group. To make the top 100, your streak has to be over 20 years. The top 50 requires a 30-year streak and to make the top 25 you have to be running daily for more than 34 years. Finally, you needed to have run 37 years without missing a day to make the top 10.

While we did not see as many people retire their streaks as last quarter, we did have some close calls. The most amazing streak save came from Bill Anderson of Fort Worth, Texas, who kept his 35+ years streak going after surgery for a ruptured appendix (see his amazing story on page 4). While not as dramatic as Mr. Anderson's situation, I also had my closest call to ending my 22-year old streak last quarter. The following is my Facebook post (edited) from February 26th explaining my close call to ending my running streak:

"Someday I will not be able to run but today was not that day. Today, however, was by far the hardest day I ever had in trying to maintain my 22+ years running streak. On Saturday, I had scheduled a 16-mile run with the Do Run Runners in Randolph, New Jersey in preparation for the Boston Marathon and the Spring racing season. The run was going well until mile ten. We were running on a downhill trail when I stumbled on a rock/root and was heading face first toward the ground. By some miracle, I was able to catch my balance at the last minute but in doing so I felt my hamstring pop. Ouch! Of course, we were at the farthest point from our cars and even taking a short cut I had 4 miles ahead of me. At a very slow pace, I jogged the whole way back to my car.

"After spending the rest of Saturday on the couch icing my injury, I awoke this morning in pain knowing that my daily run awaited me. Not wanting to wait, I started on my journey at a little after 8 in the morning. The first step is always the hardest and I immediately felt my hamstring tighten but I was not going to let that stop me nor the headwind - Did I mention that, of course, today was another windy day? – from completing my run.

"My first goal was to make it to a mile without stopping - the minimum mileage required by Streak Runners International (SRI) and the United States Running Streak Association (USRSA) to be an official run. In a personal worst time to that point, I completed my mile in a less than a smoking time of 13:48. Little did I know that it would be my fastest mile of the day, as I did not stop at the streak association's minimum mileage. You see I have always run three miles a day since starting my running streak on December 31, 1989, so my journey continued. In pain, I made it to mile two in a new personal worst of 14:23 but even topped that with a time of 15:05 for my final mile. My total time for all three miles was 43:17. In comparison, I ran a 4 mile race on Superbowl Sunday (February 5, 2012) in a time of 27:04. By the way, the Super Bowl race was my fastest 4-mile race since 1992 - 20 years and 30 4-mile races later. How quickly the running fates can turn on you?! With today's run, my running streak now stands at 8,093 consecutive days. Someday I will not be able to run but today was not that day."

In the weeks that followed, my hamstring improved and I was able to keep alive my 3-mile minimum streak. I also competed in the 116th edition of the Boston Marathon on April 16th. The running fates, however, were not smiling on us on that day in Boston with record high temperatures in the upper 80s. Given the heat, it became a survival contest trying to make it from one-water stop to the next. I heard one person say on the course that he had never seen so many quality runners walking a Boston Marathon. I was among those who walked part the course and finished in a personal worst Boston time of 4:07:15. Still, given the conditions, I was happy to finish my 8th consecutive Boston Marathon and my 23rd overall marathon. As I am sure all of you can confirm with your own streaks, running every day has taught me to persevere even under unfavorable conditions and helped me get through some trying times lately with injuries and adverse weather conditions.

Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!