

THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

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

From The Grand Masters to The Legends (40th anniversary)

Steven Gathje of South Minneapolis, Minnesota on Sept. 25th

From The Dominators to the Masters (30th anniversary)

Kenneth Korosec of Chesterland, Ohio on October 16th

From The Well Versed to The Highly Skilled (20th anniversary)

Gabrielle Cohen of Petrolia, California on November 10th

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

Debbie Brassfield-Zoltie of San Jose, California on Sept. 10th
Grant Woodman of Ithaca, Michigan on November 6th

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

Eliza Eshelman Miron of Columbia City, Indiana on Sept. 21st
Roger Raymond of Marco Island, Florida on November 15th

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

Kevin Brunson of Reno, Nevada on October 6th
Everette Doffermyre of Atlanta, Georgia on October 6th
Steve Bayliss of Bloomington, Indiana on November 3rd
Ellen S. Runnoe of Wausau, Wisconsin on November 3rd
James Koch of Kenosha, Wisconsin on November 21st
Luis Gomez of Frisco, Texas on November 24th



STEVE GATHJE CELEBRATES 40TH STREAK ANNIVERSARY

By: Steve Gathje

A small group gathered here in Minneapolis to celebrate my 40th anniversary with me: Steve DeBoer, some other local streak runners (Phil Munson, David Haase, and Michael Buerke), and a friend (KC Reed) who I ran HS cross country with. We ran a very pleasant 4 miles!

I've pretty much retired from racing (and certainly from serious training). I did run the Ragnar Great River relay for the 3rd year in a row. It is a 198-mile, 12 person relay. This year's team included my sister and 3 of her children! In April I also ran a 5K (22:46) finishing 2nd in the over 50 age group.

Finally, in June, I had a milestone of a different sort as my wife Laurie and I celebrated 30 years of marriage.

[Please see page 63 for more pictures of 40th anniversary run.]



The Hamiltons

DAVE HAMILTON'S RUNNING STREAK HITS 40 YEARS

"Feels Like Far"

By: Dave Hamilton

Hmm, 40 years is it? Yea, I guess the math does make it that long. Sometimes it seems like just yesterday that a brash 17 year old kid decided that he had missed his last day of running and it was never going to happen again! Other times it seems like.... Well, before I get into that, something very important needs to be mentioned. August of this year, around the end of the first week, I received a mysterious and very heavy package in the mail. At first I thought it must be a book but I couldn't remember ordering anything and it was too heavy. Too bad the return address was almost completely smudged. Then it hit me. What meaningful event - well at least to a few others and me - was happening next week on August 14th? Why the big 40 year running streak anniversary. Of course!

Resisting the temptation to open the parcel early, and seeing how it was almost midnight and I had just gotten home from work, and seeing as how I was only 10 days away from my last term final in a 4 term one year intensive IT college course, and knowing I had to get up by 7 AM the next morning for school, I kept it sealed and on the kitchen bar.

So, fast forward ahead to the 14th and not being in the best of shape due to sleep deprivation, school, work, house, family, etc. I decided to celebrate with a solo 40 minute run. Not the most glamorous and certainly about as anonymous as they come, nonetheless, it was my only celebration. When I returned I opened the package and there was one of the most beautiful black and gold plaques I had ever seen, proclaiming this day to officially be my 40th year running streak.

Wow, it really made the day and myself feel special. So...Thank you so much to Mark Washburne and everyone at the USRSA for such a nice award and for being thoughtful to take the time and expense to mark the occasion. I can't tell you how much it meant to me. Because you see the streak is a private thing to me. Outside of my two sisters, one long time friend, and my wife and her brother, absolutely no one else even knows I run. Except of course for the USRSA world.

No it's not intentional, but its just that I messed up my hamstring pretty good back in the 80's and one foot has a neuroma, which has to be tended to and basically won't let me do the kind of training I need to race properly. So I do all my runs solo except for our little dog who tags along for a couple miles sometimes. I haven't raced in a very long time. Consequently I've lost touch with almost all of my old running community. Don't get me wrong, if somehow the subject came up with any of my friends, I wouldn't hide the fact that I run and everyday. But since that is something that just doesn't occur, well I've never mentioned it. Come to think of it, I might be shy to give an ordinary civilian pause to consider me certifiable!

I, of course, told my wife, but she being from Vietnam and speaking almost no English, really doesn't understand that this may be a big deal in the states. Believe me she had never heard of such a thing until she met me. When I was over there in Vietnam a few years ago, you are thought of as a totally crazy to want to go out and run in the sweltering heat for fun. No, I actually met her later here in America, grist for a later story.

So here's my very brief bio. I started racing seriously when I was 14. My first marathon and race longer than a 1.8-mile cross-country race was when I was 15 years old. I ran 3:19:54, which was a school record for many years. PR now is 2:32:27 at age 24 years. Ran and lettered 4 years in high school and college. I ran a 200 mile week at age 17 and a 216 mile week (PR) at age 25. My 15 km PR is 1:25 and change. In 1974, I ran the fastest time in the nation for a junior (age 19) for 30 km at 1:45:04. In 1975, I was part of 4-man, 24 hour world record team, where I did 63 miles at a 6:39 average pace. My lifetime mileage is around 84,000. (I bought a new house in 2010 and the records are in a fire safe; project pending for exact figure.) I have run 124 races with the last few in 1985.

I tore my hamstring in a martial arts class in 1985 and it still hurts regularly to this day. Flares up especially when doing any real speed work. I currently run 3-6 miles most days with 20-30 minutes on the exercise bike 4 days a week. With immediate school done, I plan to up my running mileage ASAP.

I work full time but I am changing careers to the IT field. So apparently this Internet deal is going to be around for awhile! My 4-year degree in Psychology doesn't seem to have them lining up at my door.

In my lifetime, I have competed in many individual sports and have always been active outdoors. I have one beautiful, wonderful wife (married two years), no kids, one small dog, one motorcycle. I am a competitive and award winning brewer of beer and mead. I am also a nationally certified active beer judge (BJCP). Have done some writing and have had a couple articles published in a national beer magazine (Zymurgy).

So what about the streak? Well when I was 17 I was training for the upcoming high school cross-country season and running in local road races. I was also doing some swimming to enter my first biathlon. I ran in the 1972 Seaside 7 mile beach run and I foolishly did not wear any socks (too much weight) and of course scraped up the tops of my toes pretty good. Remember how they say don't try anything for the first time during a race? So I did well in the race but the biathlon was the next day and I looked at my toes and decided that the race and doing a workout was not in their best interest. So I gave everything a day of rest. However, the following day I reflected how I had trained fairly diligently, swimming 5 days a week for months. Now that the race was past, I felt I had taken a day off that really was unnecessary. A few Band-Aids and tape would have easily made my feet road/water worthy. So I was ticked off at myself and made the decision that this would never happen again, ever! Nothing ever again was going to prevent me from doing the thing I loved doing the most. And that's how it all began.

When I first started the streak, my minimum day was 1 mile but, since I usually went 1-1/4 miles just as insurance, I decided in 1982 to make it 2 miles. In 1983, I increased my minimum to 3 miles and in 1984, I increased my minimum to 4 miles. I decided not to up the ante anymore and had a 16-year minimum 4 miles a day streak until 2000 when I tore the meniscus and partial MCL in my knee. After a year of limping along, I very reluctantly cut back to 1-1/4 as my minimum and there it has stayed.

The streak is really just a by-product, in many ways, of the fact that I run daily or many times twice daily, and that is what I love to do. Please, no, it's not an addiction (look up that word in the dictionary, not a good thing), simply a passion, a blessing, a healing gift.

You see I've always been a runner and have known that I am a runner. When I was 7 years old and it was a mile to school, I found myself running instead of walking because, well, why wouldn't you? Too bad I didn't start the streak then!

Do I always feel good every run? No, sometimes crummy (especially after 3-1/2 hrs. of sleep). But I'm always glad I got out there and invariably as the run progresses I feel better. So it's simply one of those things that truly define who I am.

Yes, it's kind of a kick to see your name towards the top of a list, but I also remember that my mileage is far less, daily than some of the Coverts, Sutherlands, Krafts, etc. True, I have run my share of some truly memorable 'death marches,' sick as a dog, 'bared teeth gritting into the wind injured,' etc. in which I had the streak in my mind. But usually it patiently, and quietly remains silent. I guess it's more akin to having a 'silly superpower.' One that no one knows about, only you, but sometimes makes you mentally smile. So it, like my running is very private and personal. However, I did have a

big party for 30 years as at that time I was still a member of a couple of running clubs, and I wouldn't be adverse to something similar in the future. Guess I would need to start running with other people first. We'll see.

I think it is important to realize that each day is a blessing for the streak runner. Yes, determination, discipline, and grit are factors but so also are luck and grace. For example, 2 days before the big 40 I was out doing a run on a street I had never been on before. I was on the sidewalk looking ahead to determine where to turn. I took my eyes off the ground and didn't notice that the big trees lining the road had raised large sections of the sidewalk. My toe connected hard with one piece of concrete and down I went. Both knees and hands hit pretty solid. Fortunately I was able to bounce back up and continue on and even though I had sweatpants on (I wear them 100% of the time), I managed to gouge one knee pretty bloody and bruise my hands. But it could have easily turned out much worse and that illustrates my previous thought. So I consider myself more blessed than any other factor.

Well, thanks for your indulgence in my meandering musings. Perhaps the special life of the streak runner with its routine trials and tribulations, delights and joys, and life changing explorations is similar to a movie, which coincidentally came out in 1972, by Sydney Pollack. This movie, starring Robert Redford and Will Geer, has always stuck in my mind. At least one particular scene has. Jeremiah Johnson was supposedly based on a real life figure that back in the days of the post civil war was a soldier returning to become a trapper living in the wilderness. The trapper (Jeremiah) meets an Indian girl who he marries but later she is killed by an opposing tribe. He swears vengeance on the entire tribe and for many years he learns how to live off the land in extremely harsh conditions and become a fearsome warrior, never defeated. One of his mentors was a tough old man named Lapp. The scene takes place after many years apart from his friend until one day he meets him on the trail. Lapp having heard about the legend of Jeremiah and his war with the Indian tribe knows he has survived many battles. Lapp and Jeremiah share a meal and catch up on each others life, although both are men of very few words.

Lapp: "You've come far pilgrim."
Jeremiah: "Feels like far."
Lapp: "Were it worth the trouble?"
Jeremiah: "What Trouble?"

"We search too much for false prophets. Some runners believe that they must move to a running mecca like Boulder, Colorado, or Eugene, Oregon. Other runners believe that they need a new coach. Still others believe that they need expensive heart-rate monitors or, perhaps, regular visits to an exercise physiology laboratory. These runners believe, in other words, that they are most likely to find success by discovering baubles in the physical world outside themselves. I disagree. I think these baubles are almost always false prophets. Success comes from within. It comes from consistent dedication to core principles and values."

- Amby Burfoot in his book "The Runner's Guide to the Meaning of Life" (pages 88-89)



John Strumsky holds 2nd place trophy.

TEAM STRUMSKY PLACES 2nd IN WALKING CONTEST

By: John Strumsky

Team Strumsky had 100 people join the team, but only 87 walked or ran. Those 87 covered 11,081 miles during the contest, the 30 days of September. And the picture of me attached to this email is with our second place trophy.

The first place team had 173 participants who walked or ran a total of 12,706 miles. Many of those on this team were from the track clubs coached by one lady's son in Virginia. They only did 1,600 miles more than us with twice as many walkers or runners.

As your captain I am proud of what each of you contributed to the cause, and am content with our finish.

Thanks for joining me in this effort.

Results of 2012 Walking Challenge for Team Strumsky

John Strumsky	626.7 miles	20.89 mile daily average
Craig Snapp	484.0 miles	16.13 mile daily average
John King	464.0 miles	15.47 mile daily average
Roger Urbancsik	464.0 miles	15.47 mile daily average
Scott Ludwig	334.1 miles	11.14 mile daily average
Steve DeBoer	329.5 miles	10.98 mile daily average
Hal Gensler	308.9 miles	10.30 mile daily average
Margaret Sherrod	250.5 miles	8.35 mile daily average
Robert Kraft	241.2 miles	8.04 mile daily average
Heidi Walter	240.0 miles	8.00 mile daily average
Frank Young	237.5 miles	7.92 mile daily average
Debbie Ciccati	233.0 miles	7.77 mile daily average
Jody Walter	226.5 miles	7.55 mile daily average
Mike Holsteen	206.0 miles	6.87 mile daily average
Fran Wode	201.0 miles	6.70 mile daily average
Carroll Wright	198.1 miles	6.60 mile daily average
George Church	183.0 miles	6.10 mile daily average
Amie Kreppel	182.5 miles	6.08 mile daily average
John Roets	180.0 miles	6.00 mile daily average
Gretchen Walter	178.5 miles	5.95 mile daily average
Linda Wolf	177.0 miles	5.90 mile daily average
Denise Eberhardt	174.4 miles	5.82 mile daily average
Mary Evans	172.7 miles	5.76 mile daily average
Steve Gathje	168.2 miles	5.61 mile daily average
Ken Lyons	156.0 miles	5.20 mile daily average
Mark Washburne	154.1 miles	5.14 mile daily average
Mark Covert	152.0 miles	5.07 mile daily average
Scott Hendren	149.9 miles	5.00 mile daily average
U'tonna Sherrod	130.7 miles	4.36 mile daily average
TEAM AVERAGE	127.4 miles	4.25 mile daily average
Nicki Heigerer	127.3 miles	4.24 mile daily average
Steven Tursi	126.8 miles	4.23 mile daily average
Kyle Nelson	125.4 miles	4.18 mile daily average
Paul Ladniak	124.0 miles	4.13 mile daily average
John Davis	119.9 miles	4.00 mile daily average
Kathy Hobart	114.8 miles	3.83 mile daily average
Martin Buker	114.4 miles	3.81 mile daily average
Gloria Cook	114.0 miles	3.80 mile daily average
Barbara Latta	112.7 miles	3.76 mile daily average
Bill Middlebrook	108.7 miles	3.62 mile daily average
Marge Timmel	107.3 miles	3.58 mile daily average
Jenna Baldi	106.0 miles	3.53 mile daily average
Mary Jane Jaymont	105.0 miles	3.50 mile daily average
John Watts	101.0 miles	3.37 mile daily average
Neil Scott	98.0 miles	3.27 mile daily average

Tom Moore	91.5 miles	3.05 mile daily average
Lorraine Crouch	91.0 miles	3.03 mile daily average
Art Chenoweth	90.3 miles	3.01 mile daily average
Everette Doffermyre	89.0 miles	2.97 mile daily average
Robert Jones	87.5 miles	2.92 mile daily average
Dick Barnes	85.2 miles	2.84 mile daily average
Glenn Young	75.9 miles	2.53 mile daily average
Betty Brown	75.0 miles	2.50 mile daily average
Claire Walter	72.5 miles	2.42 mile daily average
Carolyn Roeder	69.0 miles	2.30 mile daily average
Thelma Roeder	69.0 miles	2.30 mile daily average
Jim Hobart	68.2 miles	2.27 mile daily average
Robert Evans	67.7 miles	2.26 mile daily average
Dawn Strumsky	67.5 miles	2.25 mile daily average
Sondra Tucker	60.2 miles	2.01 mile daily average
Charles Tucker	60.0 miles	2.00 mile daily average
Linda Barnes	59.0 miles	1.97 mile daily average
Joy Gould	57.6 miles	1.92 mile daily average
Ronald Kmiec	57.1 miles	1.90 mile daily average
Marvin Cook	57.0 miles	1.90 mile daily average
Erin Stevens	53.6 miles	1.79 mile daily average
Seldra Funk	51.1 miles	1.70 mile daily average
Janie Baldi	50.0 miles	1.67 mile daily average
Michael Valeika	48.3 miles	1.61 mile daily average
Nancy Balkowski	48.0 miles	1.60 mile daily average
Margaret Hanna	44.5 miles	1.48 mile daily average
Linda Penn	43.7 miles	1.46 mile daily average
Susan Schultz	42.0 miles	1.40 mile daily average
Carol Raschka	39.5 miles	1.32 mile daily average
John Raschka	38.0 miles	1.27 mile daily average
Joseph Durken	35.4 miles	1.18 mile daily average
Roger Michel	35.0 miles	1.17 mile daily average
Gabrielle Cohen	32.0 miles	1.07 mile daily average
Sharon Penland	27.0 miles	0.90 mile daily average
Kate Michel	26.0 miles	0.87 mile daily average
Bill Bonarrigo	25.0 miles	0.83 mile daily average
Bill Davis	24.2 miles	0.81 mile daily average
Jennifer Tillett	21.4 miles	0.71 mile daily average
Dan McLeod	20.7 miles	0.69 mile daily average
Josh Cochran	18.7 miles	0.62 mile daily average
Dave Graham	17.1 miles	0.57 mile daily average
Teri Michel	14.0 miles	0.47 mile daily average
Addie Hobart	10.0 miles	0.33 mile daily average
Team Strumsky Total	11,080.8 miles	369.36 mile daily average

The Mother-Son Running Streak Club

How I bonded with my nine-year-old son
by running a mile with him every day for a year

Nancy Shohet West

“Nothing Much to Say About It.”

By: Nancy Shohet West

Just a little less than three months ago, on August 15, I passed the five-year mark of my daily running streak. Shortly after that date, Mark Washburne of the United States Running Streak Association contacted me to ask if I wanted to write something about meeting this milestone for the quarterly magazine.

"When's the deadline?" I asked. At that moment, I couldn't think of a single thing to say about hitting the five-year mark.

He told me it was mid-November. That sounded far away, a whole season away, the difference between summer vacation and the middle of the fall semester for the kids, the distance between watching the sun set long after an outdoor cookout and commuting home at 5 p.m. in the dark.

But, as so often happens, it was here before I knew it. And I still don't really have anything.

I'm accustomed to writing on deadline. Weekly articles, monthly newspaper columns, my twice-weekly blog, regular assignments for a medical website: having to produce copy, whether or not I have anything important to communicate, is truly second nature for me.

Except for this time. Five years of daily running? I just can't think of a thing to say about it.

I know that may sound improbable. Yes, there's been some challenging weather, of both the frigid and scorching variety as well as snowstorms and hurricanes. Yes, there have been a couple of migraines and stomach viruses through which I had to run. Early days, late nights, pre-dawn running. High altitude, unfamiliar neighborhoods, hotel parking lots.

But when you run every day, it all kind of blurs together. As I've said before, I don't think about running any more than I think about taking a shower. Which is to say now and then I have to set my alarm extra early or push myself to fit it in, but most of the time, it's just an inevitable part of my day, one that happens without conscious thought.

A few weeks ago, I came across this passage on a blog called The Logic of Long Distance. It summarized my feelings about running better than I could.

Running doesn't offer a coherent plan or life strategy; it doesn't pretend to completeness or offer the secrets to a well-lived life. What it gives us is a way out of the plans and meanings and senses that have begun to seem virtual and hollow. A run gives life no meaning. It simply reminds us that beyond the sense that life makes, there is so much more life.

Yes. Maybe the reason I don't have anything to say about my five-year running streak anniversary is that there just isn't really anything to say. It has no special meaning. It's just....running. For the sake of running. And in a way that I can't explain, that's reason enough.

Nancy Shohet West lives in Carlisle, Massachusetts, and blogs at www.nancyshohetwest.com/lifes-a-streak-run.php. Her 2010 memoir, "The Mother-Son Running Streak Club," is available on Amazon.



Hopper Pearson

HOPPER PEARSON'S RUNNING STREAK HITS 3 YEARS

By: Jim Pearson

On September 12, 2012, Hopper Pearson hit the three year mark of his running streak, not an earth shaking accomplishment considering there are 281 runners with more consecutive days than that on the active running streak list and another 138 on the retired list, but for Hopper the event may have had ramifications far more important than getting his name on this rather unique list.

It's not that Hopper even wanted to achieve that goal. In fact, he was adamant about not getting involved in anything like a running streak. The pressure, he said, was something he just couldn't handle. He fairly well knew what it would take to run every day. His father, Jim, is now past 42 years and third on the USRSA list, his younger brother Joel, 27, hit 18 years during the summer, his sister, Paige, is on the retired list at just short of three years, and his Uncle Don recorded just over three years in a streak which continued for some time beyond that, but he stopped recording his mileage.

Hopper, a two-time Greco-Roman national champion as a youth wrestler and a four time state placer in high school wrestling, including an undefeated senior season, had run cross country well enough for his father's team at Ferndale High School in Northwest Washington state to earn all conference honors as a sophomore. Though he didn't continue active running as an adult, he would occasionally join in with his dad for an easy three mile run.

It was Joel who first broached the idea of his brother starting to run every day. "If you can run every day for a year, our family will have more streakers than any other." Hopper, of course, did not bite but did continue to run three to five days a week with Jim.

Where this story becomes interesting stems from a serious wrestling accident where the ball of his left humerus ended up in his pectoral area with several chunks of bone torn off the ball, the axillary nerve severed, and two other major nerves damaged. Further use of the arm appeared doubtful. High doses of oxycodone did little to ease the pain.

On the bright side, the axillary nerve grew back together which gave him use, though limited, of his left arm. Two years later, going against his physician's demands, Hopper wrestled a season for a community college team where he split 50/50 in matches against NCAA Division I opponents. His problem is that when his left arm became controlled, he was controlled. A wrestler can't go too far without two effective arms.

As the pain in his shoulder continued, Hopper began prescribing his own pain medication which led him into the field of illegal drugs, trouble with legal authorities, and an immune system that led him to the hospital emergency room on numerous occasions. It didn't take long for a young man who at times had cut more than ten pounds to make his 141 pound wrestling weight had depleted his body down to a gaunt 129 pounds. Several of his friends had died of drug overdoses. This is where he was when the streak started.

On September 13, 2009, with an ample supply of heroin available, Hopper opted not to use his drugs and on the same day went on another run with his father with no intention of running the next day. When the 14th rolled around, he ran again as his stash remained in a drawer. The rest is USRSA history. He has yet to miss a day of running and has not used illegal drugs again in spite of having a supply available for several years before being tossed.

On his 365th consecutive day of running and freedom from drugs, Hopper ran the Skagit Flats marathon. Though coming off the flu and running the first ten miles 15 minutes faster than projected, he fought through a great deal of pain and the pouring rain to finish.

Though running cannot actually take the credit for his return to a normal existence, it did supply for him a sense of pride, something that had slipped away over the drug years. Today he merely goes out for a run each day. He expresses a bit of surprise that he does not experience the pressure that he had thought would go along with a running streak. The daily run is something he actually looks forward to. He is annoyed, however, when he feels he has run a day (back pain made a couple of runs difficult) just to keep the streak alive, but those days are few and far between. More importantly, though, is his family's thankfulness that Hopper is still alive and is again a productive and caring member of the family.

The Pearson family has spread out since the latest issue of The Streak Registry. Jim, Barbie, and Hopper have moved south to Marysville, Washington, while Paige has remained in Bellingham where she is a baker and occasional runner. Joel has moved across the country to Greensboro, North Carolina, where he is the head cross country coach and assistant track coach at North Carolina A & T State University.



Mark Wigler

Running: After heart surgery ends streak, beat goes on for Wigler

By: John Conceison

Just over a month ago, the streak was snapped. Today, another one is set to begin.

Every day for nearly 20 years, **Mark Wigler** of Hubbardston got in a run of at least 3 miles, beginning July 7, 1992. Included were scores of marathons and even a 50-miler in Vermont. He estimates he covered more than 54,000 miles.

But not long after running his 21st Boston Marathon in April, something just didn't seem right. "I felt winded early," the 63-year-old Wigler said. "I was having a tough time running three miles."

His 2012 Boston time was 5:06, and a slow recovery from that could be attributed to the 88-degree weather that Patriot's Day. He thought possibly the discomfort had something to do with a thyroid medication he was taking.

Maybe the feeling would just go away, thought Wigler, who said that pushing the streak to 20 years "was getting to be a goal in the last couple of months."

Wigler ran on the morning of May 30, but by the afternoon, he was in the emergency room with a second-degree heart blockage. Circulation in the heart's upper and lower chambers was not in sync. For the next five days, he was in the cardiac intensive care unit at St. Vincent's Hospital.

"The doctors wouldn't even let me walk eight feet to the bathroom and surely would not entertain my request to do eight laps around the hospital atrium to keep the streak going," he said. "Something about liability."

A pacemaker was implanted, Wigler was walking the next day, and today he's feeling fine. Doctors told him he possibly could be back running by July 1, so Wigler worked his way up to plenty of 5-mile walks. Since the surgery, he has walked more than 100 miles.

Wigler, a die-hard member of the North Medford Club, admitted he should have checked himself into the hospital earlier. "I should've been in there the Friday before Memorial Day weekend," he said. "As you get up in age, you can't think you're Superman. You've got to have these things checked out."

There was a time patients with pacemakers weren't even allowed to drive. Today, pacemakers are a little larger than a silver dollar and can be adjusted to accommodate a person's lifestyle.

"I can continue being active," Wigler said. "I can't really go out and play football; contact sports are kind of out. I do have to be careful on the trails. The last thing I want to do is wind up back in surgery."

The doctors have given him the green light to run today, and he's expected to go between 3 and 6 miles with his usual running buddies, **Marty Ellowitz** of Hubbardston and **Julie Wright** of Westminster, through some trails in the Williamsville section of Hubbardston.

Wigler, the race director of the Hubbardston Library 5K that is set for Sept. 8, hopes to be back running the Boston Marathon next April — he has a qualifying time for that — and another marathon within 15 months to set a Boston qualifier for when he turns 65.

"I hope that goal's not too off-the-wall," he said.

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Don Slusser
Slusser Ends Fifth Streak
By: Don Slusser

On August 1 Don Slusser visited a local surgeon with the intent of scheduling knee replacement surgery later in the fall. Where upon the topic of running with knee replacement was discussed and the Surgeon pointed out it would be unwise to continue running on knee replacements. Suggesting instead other options, including NOT running every day. The next day Slusser ended his fifth and current streak at 590 days. (Only four recognized as Streak # 3 is 361 days). His other streaks are:

Dates	# days	Avg day	week	year	Total miles
Streak #1 1-3-1972 to 6-10-1999	10,021	13.62	95.37	4976.3	136,532.5
Streak #2 2-14-2000 to 11-5-2003	1359	10.80	75.64	3947.0	14,686
Streak #3 12-18-03 to 12-12-04	361	8.1	55.9	2965.1	2933
Streak #4 9-10-05 to 12-6-10	1908	8.85	61.9	3231.7	16,882
Streak #5 12-20-10 to 8-2-12	590	6.63	44.4	2314.7	3739

This was the first streak NOT ending with a surgery, and Slusser has no plans to start another lengthily streak as both knees cause him to walk with a very noticeable limp. Slusser has a life- time total of 188,389 miles (January 10, 1967 to September 30, 2012) with 1685 races (to October 10, 2012), 132 races were in the marathon.

Genetics might have some role in Slusser developing knee problems as his Father has experienced three knee replacement, a younger sister has also had knee replacement, and a younger brother suffers from knee problems, none are runners. Prior to developing knee problems, Slusser turned in some decent performances especially at the Marathon distance. His first Marathon was as a 19 year old running the 1971 Boston Marathon in 2:37.46, good for 51st place. (note Boston did have a 3:30 qualifying time, but in the early days Boston would accept a 1:05 – 10 miler or 1:45 – 15 mile time, note also the 1971 Boston entry fee was \$2.00 and all the Beef stew you could eat). Slusser's best placing at Boston was in the 1976 Race, commonly called 'The run for the Hoses' as temperatures hit 96 degrees, still Slusser placed 9th. Slusser set a then PR at the 1979 NYC Marathon with a 2:21:34, qualifying for the 1980 US Olympic Trials in Buffalo N.Y. where he lowered his PR to 2:17:43, placing 31st. He continued running well at a local/regional level until his right knee became bone on bone. Running his final 'healthy' marathon in 1998 at age of 46/47 where he won open or Master's prize money at each of his three marathons: Pittsburgh 2:43:27, Hartford 2:43:39, and Almost Heaven with a 2:42:40. In 1999 his right knees were bone on bone, eventually requiring a Tibial Ostomy of the right knee (Cutting a wedge out of the upper bone below the knee, and then realigning the joint space of the knee. Screws are placed in the bone to hold alignment until healing occurs). Running would be 'limited' as there is no cartilage on the inner knee; still Slusser managed six consultative sub 3:00 marathons after turning Fifty, with a 2:54:44 50-54 age group record at Myrtle Beach in 2002.

By 2004 his right arch collapsed and major ligament to the greater toe ruptured, requiring another Ostomy on the heel and transferring a ligament from the second to greater toe. Running resumed in 2005, but again slightly slower, but without any real foot/ankle problems. By June of 2010, the left knee deteriorated (likely from ten years for compensating). Now walking especially stairs is painful.

The only two goals for 2012 were to continue running Pittsburgh Marathon and Pittsburgh Great Race 10K that is completed. The same goal will be set for 2013. Slusser has run every Great Race since its 1977 beginning with a 29:49 best in 1979. The same perfect record at the Pittsburgh Marathon, it starting in 1985, but missing from 2004-2008. Slusser's wife Tammy is a two-time winner of the Pittsburgh Marathon. Her 1994 winning time of 2:37:14 is her Personal Best.

DON SLUSSER MILEAGE BY MONTH JANUARY 1967 TO DECEMBER 2011

YEAR	J	F	M	A	M	J	J	A	S	O	N	D	Total	Avg	week	Days Run
1967	84	112	155	150	75	24	155	186	180	201	165	169	1656	4.54	31.8	?
1968	155	145	217	210	147	60	210	372	300	310	180	186	2492	6.81	47.7	?
1969	248	308	372	270	120	16	210	322	250	240	150	155	2461	6.74	47.2	?
1970	62	84	124	185	202	230.5	326.5	258.5	250	270	200	220	2412	6.61	46.6	?
1971	180	200	290	270	70	165	279	343	280	240	220	376	2913	7.98	55.9	?
1972	342	341	344.5	356	366.5	285	341	352	355	409	325	519	4336.5	11.8	82.9	364
1973	456.5	500	392	275	342.5	311	356	377	426	493	285	165	4380.5	12.0	84.0	365
1974	314.5	462	453	540	575	458	426	481	457	487	397	476	5525.5	15.1	105.9	365
1975	460	451	512	424	501	431	470	481	495	453	377	560	5634	15.4	108.1	365
1976	504	542	535	394	473	356	540	518	500	442	443	419	5676	15.5	108.6	366
1977	476	444	462	352	356	378	419	400	423	446	404	602	5162	14.1	99.0	365
1978	620	296	398	433	442	383	411	391	347	325	350	429	4825	13.2	92.5	365
1979	491	345	327	496	432	467	572	497	512	425	453	573	5590	15.3	107.3	365
1980	642	585	541	524	468	440	602	482	502	485	449	517	6237	17.0	119.29	366
1981	594	539	604	473	435	507	533	524	472	439	506	637	6263	17.1	120.11	365
1982	550	477	518	478	499	474	338	512	471	513	414	503	5747	15.7	110.2	365
1983	553	531	518	432	456	487	554	501	397	535	539	581	6083	16.7	116.66	365
1984	592	516	470	522	470	439	470	416	473	485	405	496	5754	15.8	110.1	366
1985	256	312	456	394	384	497	481	452	500	416	413	475	5036	13.8	96.6	365
1986	439	398	451	435	458	431	438	417	418	456	435	454	5230	14.3	100.3	365
1987	425	415	499	452	375	392	401	451	401	372	385	441	5009	13.7	96.1	365
1988	414	401	397	362	400	291	336	306	327	372	373	410	4353	11.9	83.5	366
1989	420	377	403	415	372	374	422	417	382	393	370	367	4712	12.9	90.4	365
1990	420	301	339	365	356	352	385	383	312	326	341	400	4300	11.8	82.5	365
1991	403	347	390	384	364	400	436	412	387	413	410	417	4763	13.1	91.4	365
1992	283	365	400	372	399	402	387	390	376	349	420	448	4588	12.5	87.8	366

1993	309	330	357	333	389	335	366	373	345	325	327	408	4221	11.6	80.9	365
1994	363	367	370	309	383	340	362	395	310	351	330	435	4315	11.8	82.8	365
1995	443	350	357	366	358	334	368	335	333	353	380	444	4420	12.1	84.8	365
1996	339	322	355	261	368	372	417	338	320	372	369	391	4224	11.5	80.8	366
1997	396	373	451	334	333	349	335	337	347	335	337	422	4351	11.9	83.4	365
1998	423	357	407	317	346	347	402	370	348	348	362	373	4400	12.05	84.4	365
1999	300	236	236	300	207	92	195	154	171	156	0	0	2041	5.58	39.1	277
2000	0	53	171	212	250	262	323	338	304	332	330	357	2932	8.01	56.1	322
2001	346	292	379	356	303	386	407	396	339	332	280	436	4252	11.65	81.5	365
2002	418	296	357	349	336	324	336	333	347	331	317	432	4166	11.41	79.9	365
2003	342	288	344	312	295	335	354	379	339	307	124	183	3606	9.87	69.1	339
2004	200	228	212	257	272	236	308	240	254	256	272	69	2804	7.66	53.6	347
2005	0	0	0	0	97	169	238	99	105	163	232	280	1383	3.78	26.5	205
2006	280	256	289	243	241	266	284	287	278	278	271	345	3318	9.09	63.6	365
2007	336	311	265	271	267	280	321	301	303	247	256	315	3473	9.5	66.6	365
2008	318	300	270	279	280	278	293	298	290	236	262	303	3407	9.3	65.1	366
2009	332	264	292	265	264	272	295	291	294	246	265	337	3417	9.3	65.5	365
2010	300	263	263	253	293	196	174	193	188	131	176	106	2559	7.01	49.09	352
2011	200	182	205	198	203	205	232	238	223	217	170	158	2431	6.66	46.6	365
Total miles 186,844 avg. day: 11.37/ avg. week: 79.62/ avg. month 346.22 avg. year 4154.7																
RUNNING: January 10, 1967 to December 31, 2011 (16,426 days) 45 years																

Race Walk Miles:

	J	F	M	A	M	J	J	A	S	O	N	D	Total Miles	Avg day	Avg week	Days RW
2000	70.9	84.1	117	117.5	67.5	31.5	1	0	0	0	0	0	489.5	1.34	9.4	?
2005	0	0	95.7	233.3	204	120	169	130	209	205	137	162	1665	4.56	31.9	288
2006	156	120	137	116	135	110	88	106	125	132	90	148	1461	4.0	28.0	365
2007	132	116	80	86	107	101	129	110	86	95	65	83	1190	3.26	22.8	365
2008	85	77	66	79	107	74	90	104	93	97	83	108	1063	2.9	20.3	366
2009	114	116	113	101	96	111	104	115	85	106	88	129	1278	3.5	24.5	365
2010	133	86	106	104	114	114	131	148	100	125	141	63	1351	3.7	25.9	358
2011	100	103	109	78	113	97	102	123	85	110	122	86	1228	3.3	23.6	363

DON SLUSSER MARATHONS

#	DATE	AGE	RACE	TIME	PLACE/DIVISION
1.	1971 APRIL 19	19y 5m	BOSTON	2:37:46	51
2.	SEPT 1	19y10m	PITTSBURGH (SOUTH PARK)	2:46:14	1
3.	1972 MAY 31	20y 7m	NAIA NATIONALS BILLING MT	3:02:00	6 Temp 90+
4.	JUNE 19	20y 7m	GLASS CITY TOLEDO	2:36:51	4
5.	1973 MARCH 4	21y 4m	ATHENS (OHIO)	2:27:14	2
6.	APRIL 16	21y 5m	BOSTON	2:31:25	27
7.	MAY 23	21y 6m	NAIA NATIONALS ARKAD. AK	2:34:01	6
8.	JUNE 17	21y 7m	GLASS CITY TOLEDO	2:38:30	4
9.	SEPT 1	21y 10m	PITTSBURGH	2:44:00	1 Temp.90+
10.	NOV 25	22y 0m	PHILADELPHIA	2:41:24	6
11.	1974 JUNE 16	22y 7m	GLASS CITY TOLEDO	2:30:30	3
12.	1975 APRIL 21	23y 5m	BOSTON	2:25:19	60
13.	JUNE 15	23y 7m	GLASS CITY TOLELO	2:28:19	1
14.	1976 APRIL 19	24y 5m	BOSTON	2:26:38	9 Temp.90+
15.	JUNE 20	24y 7m	GLASS CITY TOLEDO	2:26:44	1
16.	1979 MAY 20	27y 6m	CLEVELAND	2:24:40	8
17.	OCT 21	27y 11m	NEW YORK	2:21:34	30 12 USA
18.	NOV 4	28y 0m	MARINE CORPS WASH DC	2:25:28	18
19.	DEC 2	28y 1m	JERSEY SHORE	2:27:36	8
20.	1980 MAY 20	28y 6m	US OLYMPIC TRIALS	2:17:43	31 5:15.1pace
21.	JUNE 15	28y 7m	GLASS CITY TOLEDO	2:22:36	1 CR
22.	OCT 26	28y 11m	NEW YORK	2:21:29	44
23.	NOV 16	29y 0m	COLUMBUS	2:25:32	
24.	DEC 7	29y 1m	MARYLAND BALTIMORE	2:27:57	8
25.	1981 MAY 24	29y 6m	CLEVELAND	2:36:39	30

26.	OCT	11	29y	11m	COLUMBUS	2:34:10	45		
27.	1983 FEB	27	31y	3m	SPRING THAW NORTH PARK	2:39:42	4		
28.	SEPT	3	31y	10m	GLASS CITY TOLEDO	2:42:37	6		
29.	1984 NOV	11	33y	0m	HARRISBURG	2:32:55	5		
30.	1985 MAY	5	33y	6m	PITTSBURGH	2:38:50	32		
31.	OCT	27	33y	11m	NEW YORK	2:38:25			
32.	1986 MAY	18	34y	6m	PITTSBURGH	2:40:54	55	Temp.89	
33.	1987 MAY	3	35y	6m	PITTSBURGH	2:38:50			
34.	NOV	8	36y	0m	HARRISBURG	2:41:16	7		
35.	1988 MAY	1	36y	6m	PITTSBURGH	2:34:54	10		
36.	1989 MAY	7	37y	6m	PITTSBURGH	2:34:02	18		
37.	OCT	29	37y	11m	CHICAGO	2:52:45			
38.	1990 MAY	6	38y	6m	PITTSBURGH	2:52:29			
39.	JUNE	23	38y	7m	GRANDMA'S DULUTH MN	2:38:37	33		
40.	JUNE	30	38y	8m	SALMON RIVER IDAHO	2:55:25	5	Elev4000'+	
41.	OCT	28	38y	11m	CHICAGO	2:34:34	49		
42.	NOV	11	39y	0m	COLUMBUS	2:40:25	135		
43.	1991 MARCH	16	39y	4m	SHAMROCK VIR BEACH	2:38:17	19		
44.	MAY	5	39y	6m	PITTSBURGH	3:00:24	74		
45.	JUNE	22	39y	7m	GRANDMA'S DULUTH MN	2:39:00	87		
46.	OCT	13	39y	11m	ISTANBUL TURKEY	4:50:36	189	Dysentery	
47.	1992 MARCH	21	40y	4m	SHAMROCK VIR BEACH	2:50:18	50	10	
48.	MAY	3	40y	6m	PITTSBURGH	2:48:51	58	11	
49.	JUNE	20	40y	7m	GRANDMA'S DULUTH MN	2:37:35	74	5	
50.	OCT	11	40y	11m	COLUMBUS	2:42:50	59		
51.	1993 JAN	9	41y	2m	CHARLOTTE NC	3:02:08	81	13	
52.	MARCH	20	41y	4m	SHAMROCK VIR BEACH	2:43:28	12	2	
53.	MAY	2	41y	6m	PITTSBURGH	2:43:30	35	6	
54.	JUNE	19	41y	7m	GRANDMA'S DULUTH MN	2:35:25	46	44	8
55.	JULY	3	41y	8m	SALMON RIVER IDAHO	2:44:05	2	1	
56.	JULY	11	41y	8m	CALGARY CANADA	2:43:59	8	3	2
57.	OCT	24	41y	11m	COLUMBUS	2:50:26	133	8	
58.	1994 JAN	8	42y	2m	CHARLOTTE NC	2:45:08	15	3	2
59.	MARCH	19	42y	4m	SHAMROCK VIR BEACH	2:56:05	39	36	9 7
60.	MAY	1	42y	6m	PITTSBURGH	2:45:05	57	51	6 5
61.	JUNE	18	42y	7m	GRANDMA'S DULUTH MN	2:51:58	114	13	12
62.	NOV	13	43y	0m	HARRISBURG	2:43:43	3	1	
63.	1995 MARCH	18	43y	4m	SHAMROCK VIR BEACH	2:42:23	17	4	
64.	MAY	7	43y	6m	PITTSBURGH	2:52:44	80	65	12 9
65.	JULY	9	43y	8m	CALGARY CANADA	2:46:53	11	3	
66.	1996 FEB	10	44y	3m	COLUMBIA SC	2:52:44	6	2	
67.	MAY	5	44y	6m	PITTSBURGH	2:44:02	30	27	4
68.	1997 MAY	4	45y	6m	PITTSBURGH	2:45:42	45	40	6 1
69.	MAY	21	45y	6m	VERMONT CITIES BURL.VT	2:41:31	20	3	1
70.	JULY	13	45y	8m	SAN FRANCISCO CALIF	2:51:46	23	4	3
71.	OCT	18	45y	11m	HARTFORD CT	2:53:54	46	40	14 5
72.	NOV	9	46y	0m	COLUMBUS	2:53:29	111	27	11
73.	1998 MAY	3	46y	6m	PITTSBURGH	2:43:27	52	50	4 1
74.	OCT	10	46y	11m	HARTFORD CT	2:43:39	10	10	3 1
75.	DEC	6	47y	1m	ALMOST HEAVEN W.VA.	2:42:40	5	5	2 1
76.	1999 May	2	47y	6m	PITTSBURGH	3:25:16	281	285	68 15
77.	2000 May	7	48y	6m	PITTSBURGH	3:16:17	99	95	25 8
78.	Oct	14	48y	11m	HARTFORD CT	2:56:21	34	27	5 4
79.	Dec	3	49y	1m	MEMPHHIS TN	2:59:47	19	16	7 1
80.	2001 Feb	17	49y	3m	MYRTLE BEACH SC	2:55:51	16	15	6 3
81.	May	6	49y	6m	PITTSBURGH	3:11:14	124	107	29 9

82.	June	2	49y	7m	GOD'S COUNTRY PA	3:06:07	17	15	6	4
83.	Oct	13	49y	11m	HARTFORD CT	3:00:33	45			4
84.	Nov	10	50y	0m	RICHMOND VA	2:58:48	55	53	14	1
85.	Dec	2	50y	1m	RALEIGH NC	2:58:47	22	21	4	1
86. 2002	Feb	9	50y	3m	MYRTLE BEACH SC	2:54:44	27	26	9	1
87.	Mar	16	50y	4m	SHAMROCK VA	2:56:58	14		6	1
88.	May	5	50y	6m	PITTSBURGH	2:55:58	65	54	8	1
89.	Aug	3	50y	9m	BEND OREGON	3:00:24	11	10	9	3
90.	Oct	12	50y	11m	HARTFORD	3:08:30	79-	68-	18-	2
91.	Nov	9	51y	0m	RICHMOND	3:02:25	63-	56-	19-	4
92. 2003	Feb	22	51y	3m	MYRTLE BEACH	3:11:51	49-	47-	? -	2
93.	Apr	6	51y	5m	XENIA OHIO	3:22:26	11-	-5	-1	
94.	May	4	51y	6m	PITTSBURGH	3:08:50	94-	86-	15-	3
95.	May	25	51y	6m	BUFFALO	3:07:50	25-	24-	10-	1
96.	Oct	12	51y	11m	STEAMTOWN	3:07:07	103-	94-	25-	2
97.	Nov	15	52y	0m	RICHMOND	3:21:56	302-	274-	102-	9
98. 2004	Feb	21	52y	3m	MYRTLE BEACH	3:22:07	74-	70-	30-	5
99.	May	30	52y	6m	BUFFALO	3:19:01	? -	84-	? -	5
100.	Oct	10	52y	11m	STEAMTOWN	3:13:42	163-	152-	42-	7
101.	Nov	13	53y	0m	RICHMOND	3:28:03	437-	374-	? -	19
102. 2005	Oct	16	53y	11m	COLUMBUS (Race Walk)	4:59:26	4 -	2 -	2 -	1
103.	Nov	12	54y	0m	RICHMOND	3:36:02	? -	? -	? -	33
104. 2006	May	21	54y	6m	CLEVELAND (Race Walk)	4:55:41	1			
105.	May	28	54y	6m	BUFFALO	3:45:26	130-	110-	55-	8
106.	July	16	54y	8m	BANGOR Maine	3:28:27	23-	23-	? -	5
107.	Oct	15	54y	11m	COLUMBUS (Race Walk)	4:46:41	1			
108.	Nov.	11	55y	0m	RICHMOND	3:18:53	113-	97-	24-	2
109. 2007	March	18	55y	4m	SHAMROCK	3:42:56	409-	332-	131-	7
110.	May	6	55y	6m	FREDERICK	3:21:05	61-	59-	25-	1
111.	July	8	55y	8m	CALGARY STAMPEDE	3:25:21	64-	57-	34-	2
112.	October	6	55y	11m	STREAMTOWN	3:33:00	304-	? -	? -	6
113.	October	21	55y	11m	COLUMBUS (Race Walk)	4:39:33	1			
114.	Nov.	10	56y	0m	RICHMOND	3:26:28	393-	333-	127-	6
115. 2008	March	16	56y	4 m	SHAMROCK	3:35:28	? -	? -	? -	31
116.	May	4	56y	6m	FREDERICK MD	3:29:42	78-	68-	6-	1
117.	October	12	56y	11m	STEAMTOWN	3:26:26	301-	? -	? -	8
118.	October	19	56y	11m	COLUMBUS (Race Walk)	4:27:47	1			
119.	Nov.	15	57y	0m	RICHMOND	3:32:54	237-	197-	9-	1
120. 2009	Feb.	14	57y	3m	MYRTLE BEACH	3:47:54				
121.	Mar.	29	57y	4m	KNOXVILLE TN	3:42:18	87/63/8/5			
122.	May	3	57y	6m	PITTSBURGH	3:35:35	505/423/38/11			
123.	Oct.	11	57y	11m	STEAMTOWN	3:44:28	751///31			
124.	Oct.	18	57y	11m	COLUMBUS (Race Walk)	4:26:46	1			
125.	Nov.	14	58y	0m	RICHMOND	3:44:38	878/686/88/14			
126. 2010	Mar.	28	58y	4m	KNOXVILLE	3:49:29	/1			
127.	May	2	58y	6m	PITTSBURGH	3:39:22	543/464//14			
128.	Oct.	17	58y	11m	COLUMBUS (Race Walk)	5:09:47	4/2/1			
129.	Nov.	14	59y	0m	HARRISBURG (Race Walk)	4:52:19	1			
130. 2011	May	15	59y	6m	PITTSBURGH	3:55:20	1119/882//19			
131.	Nov.	13	60y	0m	HARRISBURG (Race Walk)	5:11:40	1			

Ending Daily Tundra Traversing After 20 Years or More (Part Two) By: Steve DeBoer

As written in the last issue of the streak registry, I surveyed runners who had to end running streaks lasting 20 years or longer. I received responses from 23 of the 47 tundra traversers I contacted. Please refer to the Fall 2012 Issue for the list of questions I asked. I will be including replies to Questions 4-6 in this article.

Question #4: I asked them whether their 20 year+ streak was their 1st, 2nd or 3rd streak that qualified for inclusion on the USRSA list (365 days or longer, minimum of 1 mile). It was the first for all but four. It was the second for Ron Kmiec (he had a previous streak of 19 months, then missed 11 days), Jay Kammerzell (a 4.7 year streak, then missed 4 years), and Bob Hensley (he accidentally missed one day in 1974 running at 12:30 AM that night, which makes his 1974-1994 streak his second), though one could argue it was all the same streak, with a lapse of 30 minutes that kept it from being "official." Pat Foley had 2 previous streaks of 2 and 4 years, then missed 6 months before his longest began.

If we extend our survey to those with 10 year running streaks, John Roemer III had a 12.5 year streak from 1977-1990. He missed 1 month and then started daily runs again, and has now surpassed 22 years. Eileen Rountree had 2 4-year streaks before her longest from 1986-2000. Mercedes Murolo's 1st streak from 1993-2002 didn't reach 10 years, but her second one was up to 10.5 years by December 2012.

Question #5: So what caused all those streaks to end? Here is a brief synopsis, gleaned from the Streak Registry archives (Note only 15 of 57 ended their streaks prior to 12/31/2006):

Ken Young – tear of adductor muscle	01/25/2012
Gary Jones – 4 months after torn meniscus repair	01/28/2012
Bob Ray – stop on 68th BD (100,000 streak miles) – knee replaced 2008	04/07/2005
Ed Sandifer – colleague reported he had surgery	08/10/2009
Walt Byerly – eye surgery	01/31/2011
Nick Morganti - abdominal muscle injury	02/05/2009
Joe Wojcik – pancreatic cancer surgery	01/10/2012
Dick Vincent – ruptured Achilles tendon	10/01/2009
Julie Maxwell – broken ankle	12/10/2011
Chuck Brumley – death from heart attack later the day of his last run	02/20/2010
Ron Kmiec – heart attack during race but ran daily til wife sent him to MD	11/26/2007
Bill Etter – it was time	01/18/2012
Dwight Moberg – heart valve replacement	02/15/2011
John King – broken ankle	12/28/2007
Geza Feld – bicycle accident	07/27/2007
Margaret Blackstock – no longer enjoyed running	06/28/2010
Alicia Brophey – heart surgery	06/01/2011
Lawrence Sundberg – stopped at 30 years as planned	12/31/2006
Brian Short – knee and Achilles surgery	05/27/2010
Joe Sinicrope – enlarged spleen caused by lymphoma	08/10/2010
Jim Scarborough – blood clot in lungs	07/09/2008

Larry Baldasari - physical and mental health	04/03/2006
Fred Winkel – knee replacement surgery	07/27/2007
J. Patrick Growney – peritonitis caused by ruptured colon	06/23/2007
Joseph Hyder - knee meniscus repair surgery	09/11/2006
Don Slusser - knee surgery	06/10/1999
William Moreland – prostate surgery	02/11/2009
Timothy Osberg - hernia surgery	05/19/2011
Diana L. Nelson – in hospital with gangrene/leg infection	10/02/2007
John Strumsky, Jr. – ruptured Achilles, sciatic nerve pain	02/09/2009
Mike McAvoy - ruptured Achilles during trail run	01/21/2007
Richard Carroll – prostate surgery	11/17/2011
Roger Nelson – impinged nerve in hip/back	02/27/2007
Robert Bartz – stopped on 70th birthday (inflamed tendons)	08/22/2004
Lou Galipeau – chose date to stop due to knee pain and arthritis	12/31/2009
Paul Christian - back injury, pinched nerve, surgery	06/29/2009
Kevin Simons – medial meniscus tear	06/24/2007
George Hancock – right knee overuse injury	05/24/2002
Robert Aby – prostate surgery	01/03/2007
Norman Grimmett – skiing accident broke 5 ribs	03/21/2002
Kenneth Roth – no response	05/28/2005
Bill Bonarrigo – wife’s death after auto accident	08/28/2008
John Metevia – avulsion fracture of foot	02/13/2010
Paul Ladniak - pneumonia	02/14/1996
Jay Kammerzell – kidney stone operation	01/10/2006
Allan Field – spinal fusion surgery, arthritis in knee	03/28/2003
Richard Patterson – stress fracture to foot	09/24/2008
Roger Carlson – stent placement surgery for blocked artery	05/22/2009
Jay Schrader – hip pain – hip replacement 2 months later	04/16/2011
Homer Hastings – medical problems	12/31/2005
Len Burton – UTI after Peace Corps evacuation, lost 20 lbs.	09/17/2004
Peter Lefferts - appendectomy	02/18/2002
Mark Wigler – heart blockage, pacemaker surgery	05/30/2012
David Potter – sore foot	07/20/2011
Bob Hensley - back injury	06/02/1994
Pat Foley – colon cancer & nerve injury	03/14/2010
Syl Pascale - surgery	06/17/1997

As you can read, there are almost as many reasons for ending daily runs as there are individuals. I ended up with 27 different categories, including 3 that listed surgery/medical problems but did not specify type. If 2 reasons were listed, that counted as ½ for each. The most common were knee (6 ½), cancer (6), foot/ankle (5), decided it was time (5), heart/blood clot (5), back/sciatic nerve/spinal fusion (4 ½), and Achilles (3).

However it is interesting to note that 3 of those who chose a special date to stop had physical problems that were contributory. For example, Bob Ray stopped running entirely within the year and then had knee replacement surgery. At least 2 (Margaret Blackstock & Larry Baldasari) mentioned no longer enjoying it/mental health.

Question #6 Many mentioned situations they thought the streak might have ended earlier: Geza Feld – found a way to sneak a run in before midnight, sometimes in incredible places, under unbelievable circumstances all over the world

Roger Nelson – traveling required planning, luck and improvisation – in motels, airports, etc.

Syl Pascal – Pneumonia, fractured medial malleolus (ankle), numerous injuries

Ken Young – fell and broke wrists but got run in before going to hospital

Gary Jones - In May of 2011, I tore a meniscus in my left knee. I fought with it for several months and on Sep 27th 2011 had arthroscopic surgery to cut out the torn meniscus, clean up the joint etc. The orthopedic surgeon for the Seattle Seahawks did the surgery and told me he was sorry this would end my running streak. Well, I did not miss a day and he just shook his head. Since then however it has just gotten more and more difficult and painful to keep up the mileage. I have seen 3 doctors and all of them have told me running was causing the pain and swelling.

Joe Sinicrope – 12:01 AM run to avoid running in hurricane

Rich Patterson – many close calls, closest when I was in ICU overnight

John Strumsky – allergy attacks, swollen ankles, serious falls, torn rib muscles, pneumonia, flu

Nick Morganti – right before and after long flights to Asia and Australia

Tim Osberg – long labor when son born, ran in hospital scrubs; hobbled for several days after arthroscopic surgery

Margaret Blackstock – wanted to end it for several years but my husband, who was also a runner, kept after me to continue. Even after his death in 2006, I kept running as I knew he wanted me to do so. But over time, I lost interest and determination.

Don Slusser – knee pain, but eventually it stopped me

Bill Bonarrigo – went to track at midnight if knew the next day would be difficult; bad fall cut up face and knee – my wife screamed when she saw me and took me to the hospital. After an x-ray, the doctor gave me crutches and told me not to put weight on my knee for 3 days. My wife said, sarcastically, “Oh, he’ll be out running again tomorrow, he’s nuts!” She was right!! But the closest call was a torn cartilage in my right knee – the surgeon told me it would never heal on its own & set me up for surgery in two weeks. I figured I would keep running until surgery, though it hurt and I could barely hobble one slow mile. However, after a week, it seemed to be improving, so I cancelled the surgery. The pain gradually went away; my knee feels fine to this day.

Pete Lefferts – attended a Phillies game that ended at 11, so stopped at a track on the way home and just managed to get my 3 miles in before midnight

George Hancock – knee swelling/discomfort for 2 weeks before actually quit on a day I experienced sharp pain. Even that day, I ran ¼ mile, but consciously made decision to just walk rest of the way and end my streak. I thought it was a serious injury, but in hindsight, could have continued on the local flat, cushioned high school track. I actually ran every day until the start of my next streak 4 weeks later but didn’t count the ¼, ½ and 1 mile runs as streak worthy.

Bob Bartz – morning before and after hernia surgery; 104 degree temperature with Asian flu was damned hard

John King – scheduled minor surgeries so I could run prior to procedures; have run in motel rooms and airport corridors

Larry Sundberg – sprained ankles, bad winter weather; decided to end streak at 30 years the beginning of my last year (At that time, he had second longest retired streak, after Bob Ray)

Larry Baldasari – none mentioned

Allan Field - ran day after hydrocele surgery, which caused a bleed and intense pain. Next day I made peace with giving up the streak. By evening the pain was manageable & I ran 1 mile.

Julie Maxwell – bronchitis during first 12 years of streak – ran very slowly & used asthma inhaler

Roger Carlson – never

Dwight Moberg – never

Paul Christian – plantar fasciitis but doctor gave me a shot and that “cured” it overnight

Ron Kmiec – attacked by neighbor, resulting in facial fractures, one broken rib and 54 stitches in his scalp

Joe Hyder - Once before, back in 1996, I experienced an excruciating pain in the same knee. I could barely walk and I wondered how in the world I was going to run 2 miles. All day long, I tried to hobble down the aisle in my office and it wouldn't loosen up. I took a half bottle of Advil and had ultra-sound--still no luck. By nightfall, I had given up. I figured it was over. I drank a few beers with a running buddy and headed home. On the way home, I decided that I would not let my streak stop without one more try. I drove to a local park that has a half mile, lighted path around a small lake. I started a slow trudge still wearing my blue jeans. Luck was on my side this time. After about 400 meters, I somehow became numb to the pain (beer and Advil), and I looped the lake 4 times in 19 minutes. I ran through the pain during the next 2 weeks and it finally went away. No such luck in 2006.

Diana Nelson – I had 3 fractures in my back in 2006 and was in severe pain, but was able to run short distances and they gradually healed and pain decreased. When my streak ended, I was running a cross country race, which included running through water up to my neck. I hit a log and cut my leg. I developed gangrene and had to be hospitalized. The doctor almost amputated the leg up to my hip, but cut a hole in my leg first and scooped out the infection. I was too weak to get out of bed the next day, but started running again after 8 days in the hospital and 13 days on crutches.

Many almost ended daily runs because of scheduling issues, but when the end appeared likely, they were able to rearrange their life to fit it in (and often felt better mentally because they did). Others experienced injuries that were streak-ending for others – hernia surgery, broken ankle, knee pain, broken ribs – but not for them. Many may have read how Bill Anderson (#14 on the active list) ran outside the hospital after his appendectomy; Pete Lefferts could not. Jim Pearson (#3 on active list), with the help of his son, got in a mile run a few years ago while being hospitalized for a heart condition; several on the retired list could not.

Still have a few questions to go, so I guess this will be a 3-part article. So until next Spring!

PS Another racing season over for me. After setting 8 PWs (personal worsts) in a row, my last 3 races were not! Julie Maxwell (who has the longest documented daily running streak by a woman) informs me that after breaking her ankle last December, she is back to running daily and should reach the one-year mark in March 2013.

November 8, 2012



Lai Tsz Yin

LAI TSZ YIN JOINS SRI FROM HONG KONG

My streak start on 29 Aug 2012.

Reason for running:
Keep fit and healthy body

I start running on 6th Aug 2011. Before my daughter's 1 year old birthday, I cannot endure my fat body shape. After baby born, I was quite fat and I dislike my body shape. It really makes woman sad and cannot imagine any more.

The quickest way to burn the fats is Aerobic exercise. Running is the most easiest way to do so, no team work, no fixed playground, no time control. I only need to wear the sportswear and running shoes, then, I can run in the morning before my husband and daughter wake

up. After running three months, I become slimmer and no more running nose!!

"Running" into my life

- Keep running every 3-5days per week.
- Enjoy reading books about running topics
- Browse Taiwan or Hong Kong Running topics forum in the internet
- Listening to the radio chapter about sports, like cycling, hiking, swimming...
- While travel overseas, I also bring my running shoes together.

I cannot imagine I will love "sports" topics!!

All above activities are related to running and I love to do it.

Till now, I run 2 times half-marathon, 2 times 10K competition.

Reason for joining this club

I read one of the Taiwan book, Page 191, one of Taiwan's runner share he likes reading overseas website. He mentioned "United States Running Streak Association" which encourages people running on every calendar day. Then, I promise myself to join this club and running everyday.

Lai Tsz Yin
Hong Kong

JERRY CAINE'S STREAK REACHES 22 YEARS

Today [October 1, 2012] is day #8036 for the streak. Total miles for the streak alone now is 72,511 miles [63.16 avg./wk.] and since about 1966 it is 119,908 miles. So far this year I have covered 1714.2 miles or 43.9 avg./wk.

Jerry Caine
Santa Rosa, California

MIKE BURLINGAME STREAK ENDS AFTER 1,635 DAYS

My name is Mike Burlingame (#233 on the active list) and I have a running streak registered. Unfortunately, due to injury, my running streak has ended on July 26th with 1,635 days.

Mike's story:

Try as I might, I cannot do it. I tried 5 different times today to knock out one mile and the pain kept me at bay at around 200-300 yards at less speed than a hobble and pain I could not overcome.

Many of you know that I have struggled occasionally with bursitis in my left knee and plantar fasciitis in my right foot (now cropping up in the left sporadically). My body has been treated very aggressively and poorly, quite frankly, by me over the years.

I have streaked for 1,635 days through everything you have; sun, rain, 106 degrees (yesterday and much of July in KC), the flu, many colds (coughing, groggy, gunky eyes, coughing, phlegm, etc.), colonoscopy, people's attitudes that "just don't get it," vacations, altitudes (Winter Park, Breck, Keystone, Copper, etc - different every year), hangovers (many), cruise ships, sore muscles, broken toe, sick, beaches, snow, ice, sleet (did I mention I live in Kansas City?), races, business trips and just when I didn't really freakin' want to.

I'm not a "runner." Everyone that's been here a while knows that about me. I started because of a simple challenge from a friend of 30 + years, Young1 (Darrin D. Young - 142 on the USRSA retired list). So, I took the challenge reluctantly and here I am. Much of my streak is made up of one milers. But a streak it was.

The horrible part is that my body is failing me. I've tried 5 times today and cannot physically do it. I am heartbroken. I am broken down. I have tried and retried and my body will not succumb. My knee is a sissy.

I don't know what will happen after this...not sure I will have the fortitude to start over. Time will tell.

Even with my dislike for running there are two great things that have come of this journey of mine, okay, three (well, four or five);

1. Having this great group to share trials, tribulations, encouragement and successes ("A Mile A Day" group at RunningAhead.com - <http://www.runningahead.com/groups/mileaday/>)
2. Young1 (Darrin Young) and I have stayed somewhat closer due to our accomplishments in running (mostly him encouraging me).
3. Jeff (Jeff Donahue - 214 on the USRSA active streak list) - you are friend as well and a really good leader of this group...stay after it!

These are the REALLY neat ones:

1. My 13 year old (now 14) seeing what commitment means and appreciating the hard work. He went with me twice tonight to back me up on my own (failed) challenge of trying to run a mile. He (Peyton) has become a good CC runner with a PR of a 19:20 5K. I am proud of his inner drive and NO QUIT! He is outperforming many juniors and seniors at high school soccer conditioning camp in running exercises (lots of running). He is officially not even a freshman yet.

By the way, he won Rookie State wrestling in the 115 lb class this year too...NO QUIT! Oh yeah, he also set the middle school record for the Pacer at 139...he knows NO QUIT!

2. My wife (Kelly) has never run a day in her life until recently (former cheerleader (they don't run, they date athletes. :-))) We ran a 5k together a couple of months ago finishing around a 27 something. Also, she texts me 2 to 4 times a week that she just finished a 2 mile run and is "so proud." The reality is that I AM SO PROUD! She LOVES running!

Truth is that I went to the treadmill just now to give it one more go before midnight. I just bumped all of of my "4 tries today" to 5. I failed again. I have an appointment with an orthopedic next Friday, which is what I've needed to do for years. Blessing in disguise? I don't know. Now I am rambling. I am crushed. It is over. Streak on.

Mike Burlingame
Lees Summit, Missouri

RICHARD WRIGHT INDUCTED INTO PITTSBURGH RUNNING HALL OF FAME

Had a great year. Was inducted into the Pittsburgh running Hall of Fame. Great year coaching top boy who ran a 9:10 in the 3200. Ran thru kidney stones (that was hard). I don't race anymore but am on the Pittsburgh Marathon Staff, Steeler 5K, Brentwood Firecracker (1950 ran), Do senior games, Kids mile and kids Tri. I try very hard to give to our running community. My team helps at events so its great. Love what you do and very

PROUD to be a member of a club of such dedicated and talented athletics.

Rich Wright
Pittsburgh, Pennsylvania

BILL BEACH'S STREAK HITS 33 YEARS

Everything is going great. Retired from teaching and doing my dream job coaching cross-country. Winter running is much easier by spending the winters in Florida instead of Michigan.

Run Forever.

Bill Beach
Macomb, Michigan

CRAIG DAVIDSON FINDS \$9,000 ON THE RUN

Hit a major milestone this morning [September 8, 2012] on my run. Needed 16 cents to hit \$9,000 in picking up spare change on my daily runs. Ended the run with "finding" \$1.85. Career earnings now stands at \$9,001.69. The next milestones will be hitting \$10,000 & 200,000 career running miles (currently around 191,600). I'm guessing I'll hit the mileage mark within a couple years & the \$10,000 mark in 5 years. It's been a pretty dry couple last years (money wise)...

Craig Davidson
Phoenix, Arizona

BEN DILLOW' STREAK HITS 31 YEARS

Been another year of numbers here in Redlands.

Well, sort of.

700 consecutive days of three digit heat!
[Not really, but it sure feels that way!]

In June, mom [Darla] and I celebrated our 50th wedding anniversary. When we were in our 20s, my folks celebrated their 50th and we thought they were very, very old at the time—doesn't seem quite the same on this side of 50! Our oldest grandson entered high school this fall; last we looked he was four!

And on the 19th of August the anniversary of The Streak popped up on the calendar—I embraced it, ran early, smiled and had a Venti Starbucks in celebration and retreated to a juicy huge biography which had me in its grips.

Course I **always** celebrate a morning run with a Starbucks while dipping into whatever inviting print I find near, so nothing extraordinarily special on the 19th of August 2012. And therein lies a bit of a metaphor—nothing special really. The day dawns, I slip on the shoes, take a run and give thanks for a host of blessings that continue to flow. Life is good and I pray that I may continue to say that for another day or 365!

I guess there is no "right" way to deal with these sorts of things. The topic of the Republican Vice Presidential candidate's misstatement about his marathon time drew a lot of attention, but not for me. I was reflecting on that with a buddy who couldn't believe that I could not remember, to the second, my marathon times. I told him I record them, I don't memorize them. I would have to look in my journal to know that 31 years means

more than 12,000 days, and that across that many days I've likely logged more than 61,000 miles (the journal knows, I don't!) The journal's exact; precise; I don't have to be.

Oh, I think it's fair to say that I could recall whether I ran 3 hour marathons or 4 hour marathons, but I'm not even certain, without looking it up, just how many I've run. I'm not of the mind this is the way to "do" running, it's just my way and I'm comfortable now, with a slight nod to a cranky knee, with mixing in some walks with my daily run (Anal Al always gets at least his requisite running "mile.") and if I forget to wear a watch? Well, guilt is nowhere to be found.

Running daily continues to be a rare pleasure, but it's a gentle servant and not the master.

I think—

Ben Dillow
Redlands, California

BILL HOWES' NEW STREAK HITS 1 YEAR!

Yes, I'm proud to say it is !! Ran an 8 mile race Saturday around an island up in Northern Michigan and ran a short recovery run yesterday. Working on the 2nd year of it today [September 10, 2012]. It looks like streaking is really becoming popular as I can't even crack the top 350 anymore!

Bill Howes
Royal Oak, Michigan



Eric Lacey

ERIC LACEY'S STREAK REACHES 2 YEARS

To be honest, I almost forgot myself that this is the 2-year anniversary because I have so many things going on. I am single divorced dad with two active boys 7 and 8. I have my boys 50% of the time. They keep me very busy. I have been through difficult financial times recently... had to walk away from my house (Chapter 7). Could not afford it anymore... remnant of divorce 4 years ago. Just recently moved my boys and I into a 3-bedroom townhouse and we are now settled in to our new home.

It's been the running every day that has pulled me through tougher times. I would say that I started running every day to feel better (fight feelings of depression). Running every day is almost like a medication... for me it is like taking a daily dose of "feel good." No matter how I am feeling beforehand... the running always seems to make me feel better afterwards. Based on that, it seems like a no brainer

to run every day.

Also for me, I associate the running to my faith. I keep a running streak log posted on a kitchen cabinet and there I reference scripture... Hebrews 12:1-12 Here is the text for the first verse and a partial of v2....

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And **let us run with perseverance the race marked out for us**, fixing our eyes on Jesus, the pioneer and perfecter of faith.*

I have been training for my first marathon! The Milwaukee Lakefront Marathon is October 7th. Last weekend I ran 23 miles as my last long training run. It's hard to believe I was not a runner before the running streak. Running every day has been a huge positive in my life and continues to be so.

Eric Lacey
Muskego, Wisconsin



Eric Lacey with sons

EVERETTE DOFFERMYRE'S STREAK HITS 5 YEARS

I will indeed finish my fifth year this afternoon [October 5, 2012]. My usual run is 3 miles but today is beautiful in Atlanta and I will run 4 or 5 to celebrate the anniversary.

I injured my back playing golf last October and then again, more seriously, in January. When I went in for my appointment after the MRI, I was prepared for the bad news, certain that the doctor would tell me that I had to give up my daily running. But the doctor said that I could keep running, that it did me a lot of good in other ways, and would not make the spinal stenosis (the condition I was diagnosed with) any worse. So the streak has continued and will continue until something happens that makes it impossible...like John Strumsky. (I did enjoy being a part of John's team for the September mileage event).

Everette Doffermyre
Atlanta, Georgia

DR. BRUCE SHEPHARD'S STREAK HITS 4 YEARS

I would like to have celebrated the fourth year anniversary of my streak by doing a delivery but the patient scheduled that day for a cesarian birth (due to breech presentation) somehow managed to convert to vertex (headfirst position) at the last minute so the case was cancelled and as of now she is still pregnant.

The time span of four years, interestingly, is also associated with the terms of high school and college, the Olympics, leap year intervals as well as U.S. Presidential elections among other entities. One of the things about running I enjoy most is the opportunity to engage in lively, often controversial conversations that are a regular feature of my weekend long runs

with my friends. It's never dull as the topics morph from politics to health care to the latest book someone has read. Since this is an election year, I will say that most of my running friends are pretty sick of election year politics. As a group we are more concerned about the long-term effects of not solving our budgetary deficits, healthcare, and entitlement problems than specifically who gets elected president. I will say, none of us buys into either of the extreme positions that inundate the airwaves but as a group, I believe we are more likely to be Obama supporters. Now that should generate some mail!

Bruce Shephard, MD
Tampa, Florida

ROBERT "RAVEN" KRAFT ON BRAZILIAN TV

I was just on Global T.V. in Brazil on their biggest show *Fantastico* [letter dated October 12, 2012]. I even wrote a song of 10 lines for the show in 10 minutes time. I thought it would be the worst part and it turned out the best. They had me singing and put music to it.

While many runners enter races, I entered a pull-up contest last week and came in 5th out of 35. No one else was older than 46 besides me. I'm very proud of that – 25 pull-ups.

Doing OK considering 62nd birthday on 17th [of October]. Hope we get a big turn out. Record for my birthday is 54 runners.

Wishing you good health and to keep running every day – its never easy.

Robert "Raven" Kraft
Miami Beach, Florida



John Wolff

JOHN WOLFF KEEPS 22-YEAR STREAK ALIVE THROUGH TORN MENISCUS SURGERY

I finished my 22nd year of consecutive running on August 31 and started on year 23 the following day. In January, I had surgery on my torn meniscus on which I had been running for 3 months. I ran myself imposed minimum requirement of 3 miles four hours before the surgery and then 12 hours after the surgery (the following morning) I did another 3 miles – albeit much, much slower than my normal 7 minute pace. Whatever it takes to keep the streak alive!

John Wolff
Spotsylvania, Virginia

WALT BYERLY STARTS NEW STREAK AT AGE 82

I am Lifetime member #25. I am currently on the retired running streak list (No. 5). I resumed my daily running on July 4, 2011, and have run 2 miles per day ever since that date through today.

I have completed my 2 eye operations and have healed. This allowed me to start running again on July 4, 2011. I had both eyes operated on for Fuch's Dystrophy, and the doctor would not let me run until I healed properly.

It feels great to be on the active list again at age 82 (as of August 3, 2012).

I do motivational speaking, and I use my running record as an example of my commitment. This allows me to get the attention of the group to which I am speaking.

Walt Byerly
Dallas, Texas

THERESE SAVONA'S STREAK HITS 3 YEARS

Three years...where has the time gone?! I'm happy to say that I've kept my streak alive even through sicknesses, injuries, and traveling. I completed my first full marathon this January and I'm looking forward to training for and completing the Disney Princess Half Marathon in February. It's such a great feeling to know that I have continued running for the past 3 years. Here's to keeping the streak alive!

Therese Savona
Tallahassee, Florida



Chris Kartschoke

CHRIS KARTSCHOKE JOINS USRSA

I began my running career as a freshman at Marquette University High School in Milwaukee and was lucky enough to be on two state championship cross country teams. I continued to run in college at the University of Wisconsin La Crosse. At La Crosse, our team twice finished second at cross country nationals, and several times we won track nationals.

Following graduation, I moved to Minneapolis and continued to run with the Run n Fun racing team. I am very lucky in that I work for General Electric, and we have a fitness center on site.

On most workdays, I work out from work on my lunch hour. It is great because I

don't think that I would have the ability to run like I do without that convenience. I mix up the distances and routes daily, but my baseline workload is 70 miles per week.

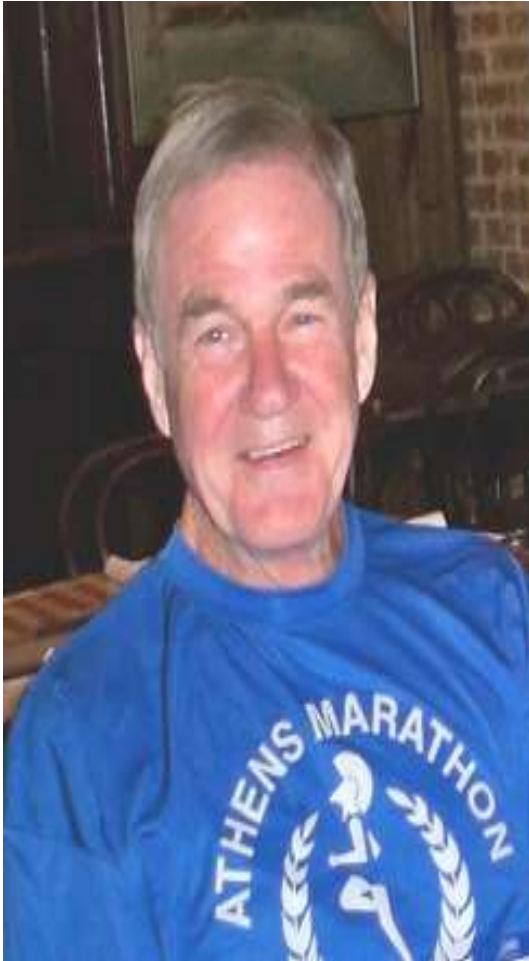
I have three children, and my time at home is largely focused on them and their activities. I continue to race, although my race performances continue to decline, and I am almost embarrassed by how slow I have become - I fear it will only get worse.

My oldest child is in seventh grade, and he is now running for our local cross country team. It will be a very short period of time before he starts to beat me.

I am convinced that Minnesota is populated with eccentrics, which partially explains that amount of streak runners from our state. I previously had two examples occasions where I had over 365 consecutive days of running.

One of those streaks was ended by a construction project on which I was working with my father in law and the other was ended by injury. My current streak almost came to an end in July when I ran on a rough backcountry trail in Glacier National Park. I went down very hard and was barely able to limp back to the lodge. I was bloodied and my left knee and ankle took the brunt of the impact. The first thing that my wife said was, "There is no way you are running tomorrow." So, I took that as a challenge and slogged through an ugly 40 minute run the next day, and it slowly got better, but it did bring home the point of my fragility as well as the determination to keep the streak going. Now, I am back to being injury free, and I hope to remain so for the long term.

Chris Kartschoke
Prior Lake, Minnesota



Ken Johnson

KEN JOHNSON'S NEW STREAK REACHES 3 YEARS

Today [October 18, 2012], I completed 3 years on my 4th streak, with a 6.55 mile run on the roads in Huntsville, Texas. During my current streak, I have overcome several injuries, including hamstring pulls in both legs and a tear in one. However, during the 3 years, I ran 180 races, to include one 50-miler, five 50K's and 35 marathons. I am awed and inspired by the accomplishments of our USRSA members. Everyone keep up the good work.

Ken Johnson, Age 71
Huntsville, Texas



Jeff Blumenthal

JEFF BLUMENTHAL JOINS USRSA

I have been running pretty regularly since college, running moderate distances 4 to 5 days a week for around 30 years. I read about the USRSA last fall in the Wall Street Journal, which inspired me to have the goal of running every day first for one month, then three months, then one year. I proudly achieved that goal on September 5, 2012 and plan to continue my streak for as long as possible. My next "formal" goal is to run every day for 1000 days - just under 3 years.

Jeff Blumenthal
Oklahoma City, Oklahoma



Ron Shealy

RON SHEALY ON “MIDWEST VACATION RUNNING”

After running in Kansas, Nebraska and Iowa in August, I only have three more states to have run in all 50.

My wife and I also ran/walked in Missouri. I had run in Missouri in the mid 80's, but my wife can now add that state to the ones she has run and/or walked in.

We flew into Kansas City, MO and did our first morning run near our hotel before heading over to Topeka, KS. In Topeka, we exercised on the rather large acreage, which contains the Kansas governor's house and several miles of running and hiking trails.

Nebraska was next where we ran along the Missouri River in Omaha. We also went across the Missouri River via the Bob Kerrey Pedestrian Bridge, which links

Nebraska with Iowa (but this was not our Iowa run).

We overnighted in Des Moines where we got our walk/run in on some bike trails, which sort of paralleled the interstate—the scenery and shade were nice, but the interstate traffic was noisy.

Our last two nights were back in Kansas City, MO where we had early morning runs on the streets and in a park in the Westport section of that city.

Other than exercise, we visited Leavenworth, KS, the Topeka Zoo, Old Town Omaha, the Iowa State Fair, and the World War I Memorial and Crown Center in Kansas City.

On our last evening in Kansas City, we went to see the Royals beat the Chicago White Sox 9-4.

I reached 74K career miles this month and am still on track to reach 75K by my 67th birthday in March 2013. And, of course, the streak continues at 11 years, five months at this writing.

Ron Shealy
Lexington, South Carolina

CORDELL KIRK STARTS NEW STREAK

I am excited and happy to report that I am back among the active streak runners. Back in July 2011, I was forced to retire my 1,311 days running streak to repair a herniated disc in my neck. I started running again on September 3, 2011 and have just recently completed my one-year anniversary. My hope and prayer is that I will be able to continue my current streak indefinitely.

Cordell Kirk
Blue Springs, Missouri



Kevin Brunson

KEVIN BRUNSON'S STREAK HITS 5 YEARS

Five years recorded in the log today [October 5, 2012]. Happy to move from Neophytes to Proficient on the list! Total miles for the streak are 10,066.

Kevin Brunson
Reno, Nevada

ELIZA ESHELMAN'S STREAK REACHES 10 YEARS

I celebrated by doing the same thing that I have done every "runaversary"--Run. I just recently got married so if you could change my name to be: Eliza Eshelman Miron, occupation: yoga and Ayurveda teacher. My husband, Kyle has just

finished his first year at the streak. He will send in his application soon.

Now I have a streak with my brother (retired), father, uncle and husband. I also motivated a few friends (Valerie, Stephanie, Matthew, Nancy) to start their streak...they retired a little over a year and called me crazy and even cursed my name on a few painful runs. I also recruited an athlete that I coached in Maine to run everyday, and she is the true streaker. She says she will run everyday as long as I am doing it. I will have to get her to submit an application. Guess we are a special breed!

Ten years are [not] a big deal, mostly because it is just another run. I was more excited celebrating my third year than I was this year...just glad to still be alive and able to run!

Eliza Eshelman Miron
Columbia City, Indiana

BARRY SACKETT'S STREAK REACHES 3 YEARS

I did a half marathon with my loyal running partner, Dave Rettig, this morning [November 4, 2012] to commemorate the occasion. This has been a great year in the streak, from September 29 through October 21 I ran a double marathon, a 50K and a marathon, with the marathon being a PR for a sanctioned race. I love the Facebook updates on all of the other members. I especially would like to know about Paul Case who started his streak the same day as I did.

Barry Sackett
Okoboji, Iowa

CHRISTOPHER BRACKMAN JOINS USRSA

I had run very sporadically since college when in August 2011 I read a Wall Street Journal article about Jon Simpson's 40 year streak and the USRSA. I thought "There's no way I'd ever make 40 years, but I could probably try for at least a year."

Wanting to get back in shape, I mapped out a couple of 1-3 mile routes, bought some decent shoes, and started running on September 6, 2011. Aware of the USRSA criteria, I added one more for myself personally. All runs had to be outside no matter what the weather.

About a month in, I decided to dedicate a certain dollar amount per day to the Wisconsin Lutheran Seminary scholarship fund to help train future pastors. This was an added incentive to keep me going.

Like most everybody else, I've had some obstacles to overcome. Running with the stomach flu was probably the hardest! I've run through, rain, snow, sleet, wind, and fog. Temperatures have been from 0 degrees to 104 degrees with colder wind chills and hotter heat indexes. Through it all I've become physically fitter and mentally tougher.

This has been a good journey for me and one that I hope will continue for a long time. I was always one of those kids picked near the end for sports teams growing up and, at 45, I've finally found an activity that I can do well at.

I'll never be the fastest or go the longest and that's OK. I'm happy right where I'm at. I'm thankful to the Lord for giving me the ability and health to run and to all the other streak runners out there along with the USRSA for inspiring me to do something I had previously never thought possible.

Christopher J. Brackman
Delafield, Wisconsin

CRAIG SNAPP'S MONEY- FINDING UPDATE – (WACKADOO REDUX)

Team Debbie-And-Craig has a Running Streak of 5,328 Days, writes down the daily mileage in a logbook, and records weekly/monthly/yearly totals. Some folks ask, "Have you heard of 'Obsessive-Compulsive Freakin' Disorder'!?"

Team Debbie-And-Craig picks up every coin-or-bill they see on the ground, catalogs them by denomination-and-date, and records it all on a spread-sheet. Some folks ask, (See Question Above!)

The Top Ten Random Notes On Sickness Number Two:

Total Finds is 17,666, the Ginormous Majority having been found since 01-01-11, and the daily finds have been recorded by denomination-and-date since that same date.

Total Monetary Value is only \$1,150.76, so, obviously, this ain't a scheme-for-getting-quick-riches! All of the finds are in glass jars, (41 of 'em!), and will never be spent, anyway.

There are 56 coins that were found-near-trolley-tracks, which have been flattened, smashed, squished, battered, beaten, and badly abused. Each has "Unique Beautiful Deformities"!

There is only 1 1938 Nickel, and there are 629 2007 Pennies. Those are the Extremes on the Bar-Graph, (with the 2005 Penny closing strong in recent

months to become The Alpha Copper!)

The Biggest Daily Totals have been 276, 189, 170, 156, 150, and 6 others above 100. (Note To Self: Besides always carrying a plastic bag, make sure Bag Numero Dos ain't too far away!)

The Biggest Monetary Finds have been \$201, and \$80. The former was in a wallet, in the middle of the street, with no Driver's License. The latter consisted of 4 individually-crumpled-up \$20 bills, in the middle of a driveway, leading into a Shopping Center.

The Strangest Find recently was a 2007 George Washington Dollar-Coin, with the date etched on the edge. Didn't even know such an animal existed!

The Percentages, (in round numbers), are: Pennies – 80%, Nickels – (almost) 5%, Dimes – 10%, Quarters – (almost) 5%, and Bills – (almost) 1%.

The Streak Of Finding-At-Least-One-Coin-Every-Day is at 476 Days. (Fellow USRSA/ SRI member, Craig Davidson, has this same brand of Streak, approaching 30 Years!)

The Average Daily Find for 2012 is 24.92. (Note For Statisticians: There has never been a single day where the total was 24!)

Well, that's (More Than!) enough for now!

Life is all about Makin' Memories, and Havin' Fun, and this OCD provides both!

Craig Snapp
El Cajon, California



Joel Pasternack

JOEL PASTERNAK'S STREAK REACHES 8 YEARS

Thanks for the update on my streak. I have run at least 3 miles everyday for the last 8 years. My total mileage in that period has been 16,832 miles for 2,915 days, which works out to 5.7 miles per day. My career total for mileage in my 48th year of running is 119,370. Some of the things I'm most proud of in my running career is coming back from 5 right knee surgeries between 1990-2003, placing 28th in the 1974 Boston Marathon with a time of 2:25.03 (that time in 1974 ranked me 35th fastest American that year), placed 25th in the 1st NYC 5-borough marathon in 1976 in a time of 2:27.37, came in 2nd in the 1972 Yonkers marathon with a time of 2:32.06, placed 2nd in the Jersey Shore Marathon in 1973 in 2:25.08, and doing full time coaching for the last 12 years in colleges, high schools, town recreation programs, running clubs, and individual runners. I also have my own website at joelrun.com.

Joel Pasternack
Clifton, New Jersey



Pete Gilman

PETE GILMAN'S STREAK REACHES 7 YEARS

I "celebrated" with a nice 8+ mile run. The first of my buildup for my next marathon this upcoming spring. My running has slowed a bit over the last few seasons. At 37 I still would love to dip under 2:25 in the marathon. I have 11 straight seasons of a 2:30 or under that I would like to extend as long as possible. I always enjoy reading about other streakers. Please keep them coming.

Pete Gilman
Rochester, Minnesota



John Roemer with Hereford XC Teams

JOHN ROEMER IV'S STREAK REACHES 34 YEARS

2011 was great, with nearly 65 miles a week during the summer and a minimum of 10K all year. I ran my first race in nine years (a 38-miler in New Zealand in 2003), doing an October 5K in 18:04 despite feeling poor for a couple of weeks. It turned out I had Lyme Disease and was in for a long recovery.

Training as best I could this year with the high school team I coach, I was on schedule for a ~5:05 mile, but despite good interval work, worsening hamstrings compromised things quite a bit and I wound up getting slower every race. Today [November 4, 2012] I hopped 5 miles of cross country at an 8-minute pace, by far my worst race ever. I did win it, though, because everyone in front of me ran off course despite my loud protests!

The attached photo shows the Hereford varsity boys and girls cross country teams, which have been Maryland 3A champions the last two years. The 25 index fingers added to my ten signify the beginning of my 35th streak year.

John Roemer IV
Parkton, Maryland



Laura Jack

LAURA JACK JOINS USRSA

I am a runner. It has taken years for me to say that. Both my brother and I ran briefly in high school and sporadically since, but I never considered myself a runner.

My Dad - now he was a runner. He was a sprinter and ran competitively well into his 70s. When he passed away I think running became a coping method for me. By doing something he loved, it made me feel like I was closer to him and then I fell in love with it. It started with a 10k, and then the next year a 10k and a half marathon. The following year, I ran three half marathons and an assortment of other distances. Last year I ran two marathons and four half marathons.

Then I came across the Running Streak Association and thought, I wonder if I could do this. As I write this [e-mail dated October 18, 2012] it is day 398 and I can finally say I am a runner!

Laura Jack
Washington, D.C.

MARK COVERT STARTS BLOG

I get many emails each month asking about the streak and if there is anyway people can follow what I am doing. With that being said and with help from my kids, I have started a blog that I will try to post on each week. I am not going to do a whole lot of writing. I will try to do most everything with a video. Pass the word the address is www.markcovertnevermiss.com.

I was lucky enough to be in Santa Barbara this morning and had a great run through Shoreline Park that over looks the Pacific. A big difference from where I live here in the high desert. Hope all is good with you.

Mark Covert
Lancaster, California



Ronald Whittemore completes jump

RONALD WHITTEMORE TAKES UP LONG AND TRIPLE JUMPING

All Streaks must end sometime, but everyone wants it to end on their own terms. Well as all streakers know, it doesn't always happen.

In a previous volume of THE STREAK REGISTRY, I told of MY RUNNING JOURNEY (WINTER 2008) and how it ended. I tried a few times to start again, but it never worked out. Three heart attacks (one is a race) ended any thought of it. Now with Asthma I had to do something else. I never was a fast distance runner but I ran the Boston Marathon and I am happy for that. I ran the 5K and 10K in the Senior Olympics. Never that good, and never even got a ribbon. They give medals to 1st 3 in each age group, then ribbons for 4 to 8.

Thank goodness for other things to do. At age 65 I took up the Long Jump, and at age 70 the Triple Jump. It was the best thing I could have done. This year I jumped 3.85 meters at Dartmouth Relays

which placed me in 6th place in the Nation for Masters Indoor track and field rankings in my age group 70-74. I am very proud of this.

This year is the qualifiers for the National Senior Games to be held in Cleveland in 2013. In the Vermont qualifiers I jumped 3.9 meters. That is about 12' 9". It is my best jump ever.

My next meet was the New Hampshire qualifiers. In the Triple Jump I jumped 7.84 meters - about 25' 8 ½". That ranked me number 7 in the nation in Outdoor track and field. Last year in the Houston National Senior games I received a Bronze medal for my 3rd place finish in the Triple Jump.

Remember just because a running streak ends there are other options open to you. Stay active. Keep training and good things could come your way. Don't just give up. All my accomplishments are documented on FACEBOOK for those who are interested.

Ron Whittemore
Claremont, New Hampshire



Ronald Whittemore receives medal



Todd Taylor & Rhonda Wegner

ALASKA RUNNERS RHONDA WEGNER & TODD TAYLOR END STREAKS AFTER 548 DAYS

My long-term partner and I ended our year and a half of streak running this summer. Rhonda finished her streak on July 1, 2012 while I finished mine on July 2, 2012.

Towards the end, we had been looking for a significant milestone to mark the final run, and while on vacation in Las Vegas, NV due to some extreme heat (anything over 90 is extreme heat to Alaskans) we decided the 18-month mark was right for us. Rhonda had started her streak one day before I started mine, so I ran one extra day to keep us even.

I had the pleasure of finishing with a 105-degree run just off the Las Vegas strip which was in stark contrast to our Alaskan running weather. Our coldest run of the year had occurred on January 16 on a -19 degree night so that final run gave our streak a 124 degrees temperature range. The streak had also taken us through a

record-breaking 400+ inch snowfall year in Valdez, and we had added our own condition which required every run to be made outside and every mile had to be recorded on my Garmin 305.

One of the things I enjoy most when reading the Streak Registry is seeing that I'm not alone in my love of "running numbers." We have attached a photo from the 2011 Summit to Sound Challenge which is annual adventure race in Valdez every May that starts with a cross country ski up in the mountains followed by a bike race down Thompson Pass to a kayak race across Port Valdez and finally ends with a 5-mile run along Mineral Creek. We'd love to see some fellow run-streakers there next year!

Todd Taylor
Valdez, Alaska

ELLIS HAMILTON JOINS USRSA

I have been a sporadic runner since Junior High School. The inspiration to take up this infrequent activity is long forgotten. An ineptitude at sports in general comes to mind.

Still, I remember my very first attempt at distance running back in my hometown in Southwest Florida. At 14 years old, I decided to run all the way to my sister's house clear across to the other side of the Manatee River – a distance of approximately 2 miles. I managed the run without stopping. When my sister opened her front door she exclaimed, "How in the world did you get here?" "I ran!" said with a big grin. Secretly, I was happy for the ride back home she gave me.

Years later, living in Oregon approaching my 45th birthday, I found myself seeking something to rejuvenate my running. I ran

the Portland Marathon as well as the Hood-to-Coast Relay a few years earlier. Upon completion of these runs, my running routine had fallen into a bit of a funk.

I remembered reading something about local runner/race organizer/blogger Paula Harkin who started a "running streak." Curiosity set in. I searched the Internet and 'ran' across the USRSA site. One mile a day! "I can do that," I thought.

Another inspiration: Late author and running guru Dr. George Sheehan. He returned to running at the age of 45 after having been a talented runner in college. At the age of 50 Dr. Sheehan ran the mile in 4:47 - a world record for that age group at the time. I doubt I will ever equal Dr. Sheehan's achievements, but as a role model for this older runner, I couldn't do better.

Ellis Hamilton
Hillsboro, Oregon

SHANNON MEGLATHERY JOINS USRSA

I've been running since I quit cheerleading in 6th grade and joined my middle school cross-country team. It turned out to be the best decision I have ever made. I am a rising senior at Mainland Regional High School, and am currently enjoying summer training with my cross-country team. This will be my 4th year of running varsity. I have run in one mud run (on the day of my junior prom), a handful of 1 mile fun runs, more than fifty local 5K races, and two 10 milers. I would love to run a half-marathon before the end of my senior year of high school.

When I'm not running, I love to read, go to the beach, try other sports, hang out with friends, tweet, crochet and eat. Running has completely transformed my life for the better. It is the ultimate stress-reliever and

gives me the mental and physical strength to balance school, sports, babysitting, clubs, community service, family and friends. While I am very proud of the time goals I have achieved, to me they're just numbers and are not adequate proof or reasoning for why I continue running. The first two weeks of streaking were a struggle, but now I truly can't fathom a day without a run!

Shannon Meglathery
Northfield, New Jersey

DEBBIE BRASSFIELD-ZOLTIE JOINS USRSA

My name is Debbie – aka – RunRnut. My daughter Brianna was born on 9/3/97. I ran early that morning and had a c-section at 2:17 p.m. I took 6 days off and my streak began on 9/10/97 with a painful, slow 5 miles in Los Gatos, California. I have not missed a day since.

I average 45-50 miles a week. I have been a flight attendant now for 28 ½ years with United Airlines. When I have a check-in at 4:45 a.m. at SFO, I run from home at 1:15-2:15 a.m. on the streets. I run on all of my layovers and it is such an adventure.

I have completed 19 marathons – 18 during my streak. I have completed the Boston marathon 5 times. My plan is to run the Phoenix RnR on January 20, 2013, for my 20th marathon. Whoo Hoo!

I always claimed that I was going to run 20 marathons and run every day for 20 years. Now that this is becoming a reality, I plan to just keep going like the Energizer Bunny.

"There is no finish line."

Debbie "RunRnut" Brassfield –Zoltie
San Jose, California

WILLIAM SPENCER JOINS USRSA

Last August (2011) I read in the local paper about the Streak running organization. I have been running since the early 1970's but not consistently.

In the mid-1980's I ran the Penn Relays Marathon (4 hrs 7 minutes), the Treivara Two Mile Twosome and at least one other 5 mile race. I ran almost everyday at lunch with a few other people in Somerville NJ. While the next period was less consistent, I have been running for at least 30 years in California, Philadelphia and other places I have lived.

When I started running last August, I started at around 1-1.5 miles and have continued to run on a daily basis 2-3.5 miles (2.4 miles at home is my normal run). I have run in 15 states (NC, CA, ME, NJ, IA, KY, IN, OR, VA, NY, CT, FL, ID, MO, IL (in that order), the District of Columbia, Tokyo and Toronto. Obviously Tokyo was the most difficult since I had to run Saturday before I left and Sunday afternoon when I arrived.

I also like to backpack, but since my kids got married and moved away there is less of that. I have hiked about 800-900 miles of the AT, and also the Cascades. I have hiked or backpacked in over 20 states. My wife and I have also taken a bike trip through Sweden.

William Spencer
Raleigh, North Carolina



Ellen Runnoe (back row) with students

ELLEN RUNNOE STREAK HITS 5 YEARS

Thanks for the note of congratulations on my five year running streak! I celebrated by running 5 miles and buying myself a nutribullet to start my day with a healthy drink. I still teach second grade. It is my 37th year! On my recess duty day, I play soccer with the kids and when the bell rings we race back to our line. I do not always win. I am very thankful to USRSA. It has kept me feeling great. At 58 I can still squat down, sit in little chairs and sit on the floor with my students. Thank you!!!! I hope to be a member for a long time!!!

Ellen Runnoe
Wausau, Wisconsin

EDWARD MONSOUR COMPLETES 1 YEAR STREAK ON 3RD ATTEMPT

Finally completed 1 year. This completion was my 3rd attempt to run 1 year daily.

First attempt ended in New Orleans. After running 7 months daily, I missed a day from partying. I woke up at 1 a.m. – 1 hour past deadline. Lesson learned – run early.

My 2nd attempt ended after surgery. I had a hernia operation, after which my doctor forbid running for a month after. Ha – she was not a runner, so really what did she know!? Still, she seemed serious, so I took off a month.

This attempt (and completion) was full of adventures and a few stressful situations. Ever run at sea? I did a week cruise. Around, around, and around I went late night on a moon lit deck.

Also after flying 23.5 hours to Malaysia. I jumped into my running shoes. I ran around the top level of the airport parking lot to finish with 5 minutes to spare from the midnight deadline.

Still running daily and looking for more adventures. What a life adventure streaking has started.

Edward Monsour
Niguel, California

Lagune

AIR FORCE OFFICER JARED OSTROSKI JOINS USRSA

I have been running since college and have used it as my main workout to stay in shape for the US Air Force. I have trained for 2 full marathons and a half, as well as run countless number of 5K and 10K races.

I enjoy running as a way to unwind after a long day and use that time to think and clear my head. I also like going on runs whenever I travel with the family or for business. I have run all over the country and even in Germany, Afghanistan, and Iraq (where I did run a 10K one year).

I tried to run every day for a year once before but around the 3 week mark I ended up getting sick and was bedridden for a couple of days. From then I put off the goal for a while.

Last year, I decided to try it again. I started the day before my birthday with an easy run. The next day I ran 4 miles and just kept going each day.

I thought my legs would get fatigued too much and that would be the biggest challenge but, running long or short, I was able to manage my fatigue by just running my miles and not depending on how I felt.

I moved from a 9 minute mile, which was where I've been most of my life, to now running 7:30 to 8:00 minute miles, even for longer runs. I've set PRs for my 5K and 10K runs and even ran a mile under 7 minutes.

Now that I've completed my year long goal, I'm going to keep going to see how long I can last and improve my times over this year and every year afterwards.

Jared Ostroski
Albuquerque, New Mexico

Official U.S.A. Active Running Streak List

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

December 1, 2012

	The Legends (40+yrs)		
1.	Mark Covert	07/23/68	Lancaster, CA, Teacher/Coach, 62
2.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 62
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, 62
7.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 58
8.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 57
	The Grand Masters (35+yrs)		
9.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 62
10.	James Behr	03/19/75	Trinity, FL, Educator, 65
11.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 64
11.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 65
13.	William S. Stark	09/10/76	St. Louis, MO, Professor, 65
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, 60
17.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 62 *
18.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 54
19.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 70
	The Masters (30+yrs)		
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, 55
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, 70
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, 67
32.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 57
33.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 58
34.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 66
35.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 65
36.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 64

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

82.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 54
83.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 47
84.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 62
85.	Hal Gensler	12/04/89	New River, AZ, Retired, 66
86.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 61
86.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 36
86.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 56
89.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 60
90.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 72
91.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 74 *
92.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 61
93.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 61
94.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 62
95.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 54
96.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 60
97.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgt(R), 59
98.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 56
98.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 59
100.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 62
101.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 41
102.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 63
103.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 63
104.	Jon Janes	12/19/91	Topeka, KS, TV News, 65
105.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 50 (F)
	The Well Versed (15+yrs)		
106.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 56
107.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 71
108.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 72
109.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 56
110.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
111.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 27
112.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 56
113.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 57
114.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 70
115.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 61
116.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 57 *
117.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 65
117.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 56
119.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 66
120.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
121.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 60 (F) *
122.	Troy A. Copus	05/19/97	Evansville, IN, Athletic Trainer, 30
123.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 49
124.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 38 *
	The Experienced (10+yrs)		
125.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 56
126.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 54

127.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 57 (F)
127.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 62 *
129.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 53
130.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 48
131.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 52 (F)
132.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 54
133.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 61
134.	Steve Scales	12/25/99	Newtown Square, PA, Sales Executive, 53
135.	Diane Shumway	05/27/00	Provo, UT, Retired, 57 (F)
136.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 57 (F)
137.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 60
138.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 66 *
139.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 41
140.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 31 (F)
141.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 65
142.	Martie Bell	12/27/01	Thomasville, NC, Professor, 57 (F)
142.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 60
144.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 66
145.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 65 *
146.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 60
147.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 62 (F) *
148.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 54
149.	George A. Hancock`	06/22/02	Windber, PA, Education, 59 *
150.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 27 (F)
151.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 61
	The Proficient (5+yrs)		
152.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 37
153.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 59
154.	David Max	08/28/03	Alexandria, VA, Pilot, 37 *
155.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 23
156.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 56
157.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 40
158.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 35
159.	Ed Reid	05/27/04	Bradenton, FL, Builder, 53
160.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 66 *
161.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 62
162.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 41
163.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 44
164.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 32 (F)
165.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 57
166.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 34
167.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 62
168.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 53 (F)
169.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 58
170.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 31 (F)
171.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 49 (F)
172.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 53 *
173.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 52

174.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 59
175.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 43
176.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 52
177.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 40
178.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 37
179.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 69
180.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 62
181.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 45
182.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 56 *
183.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 44
184.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 48
185.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 55
186.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 70
187.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 41
188.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 45
189.	Heather E. Nelson	12/15/06	Houston, TX, Student, 21 (F)
189.	William D. Nelson	12/15/06	Houston, TX, Business, 47 *
191.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 44
192.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 46
192.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 31 (F)
192.	Stephanie Mera	01/01/07	Redlands, CA, Student, 24 (F)
195.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 44
196.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 52 (F)
197.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 49 *
198.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 45 (F)
199.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 56 (F)
200.	David Baskwill	06/17/07	York, PA, Podiatrist, 53
201.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
202.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 46 (F)
203.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 62 *
204.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 53
204.	Everette Doffermeyre	10/06/07	Atlanta, GA, Attorney, 64
206.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 45
206.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 58 (F) *
208.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 65
209.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 51
	The Neophytes (-5yrs)		
210.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 51
211.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 44
212.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 40 (F)
213.	B. J. David	12/27/07	Covington, KY, Self-Employed, 38
213.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 48
215.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 70 *
215.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 31
217.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 41
218.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 43
218.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 54 *
218.	Leo Hammond	01/01/08	Plano, TX, Student, 27

218.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 47
218.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
218.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 60
224.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 48 (F)
225.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
225.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
227.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 52
228.	John King	01/21/08	Chatham, NJ Education Administrator, 61 *
229.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 62
230.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 23
231.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 41
232.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 53
233.	Kelly Luck	08/26/08	Boulder, CO, Student, 25 (F)
233.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 45
235.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 29
236.	Steve Jones	09/10/08	Parker, CO, Editor, 45
237.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 68
238.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 56 (F)
239.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
240.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 40
240.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 57
242.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 61 (F)
243.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 38
244.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 51
245.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 30
246.	John B. Davis	12/08/08	Desoto, TX, Consultant, 69
246.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 65
246.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 65 (F)
249.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 59
250.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 49
250.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 41
252.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 53 (F)
253.	Eric V. Love	12/27/08	Erie, CO, Attorney, 46
254.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 38 (F)
254.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 61
256.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 66
256.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 33
256.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 47 (F)
256.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 54 (F)
256.	Erin E. Stevens	01/01/09	Brooklyn, NY, Physician, 34 (F)
261.	Christy M. LeDuff	01/05/09	Norfolk, VA, Teacher, 32 (F)
262.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 35
263.	Vince Nardy	01/27/09	Solon, OH, Management, 54
264.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 33
265.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 32
266.	William McCarty	03/06/09	San Francisco, CA, Consultant, 65
267.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 56 *
268.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 61 *
269.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 54 *

270.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 52 (F)
271.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 60
272.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 69 *
273.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 25
274.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 57 (F) *
275.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 69 *
276.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 17
277.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 26
278.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 55
279.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 33 *
280.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 44 (F) *
281.	Paul Christian	07/19/09	Rochester, MN, News Reporter, 61
282.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 21 (F)
283.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 13
284.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 43
284.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 30
286.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 29 (F)
287.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 71 *
288.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 55
288.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 43
290.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 43
291.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 44 (F)
292.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 59 *
293.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 37
293.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 47
295.	Paul Miller	02/10/10	Medfield, MA, Marketing, 52
296.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 59
297.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 34
298.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
299.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 43 (F)
300.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 83 *
301.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 49 *
302.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 37
303.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 38
304.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 35
305.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 59
306.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 20 (F)
307.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 43
308.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 56
309.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 39
310.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 47
311.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 55
312.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 36
312.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 36
314.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 56 *
315.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 34 (F)
315.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 56 (F)
317.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 55 *
318.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27

318.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 42
320.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 36
321.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 52
322.	Will Jones	03/18/11	Grove, OK, Athletic Director, 38
323.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 21
324.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 38
325.	Jay Frank	03/21/11	Oak Park, CA, CEO, 58
326.	John Corretti, Jr.	04/15/11	Killeen, TX, Army Officer, 26
326.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 33
328.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 37
329.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 41 (F)
330.	James Holt	05/01/11	Centerville, UT, Regional Manager, 54
330.	John McCown	05/01/11	Chatanooga, TN, Attorney/Educator, 43
332.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 53 (F) *
333.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 35 (F)
334.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 51
335.	Melissa Malinowski	05/13/11	Mahtomedi State, MN, HR Manager, 40 (F)
336.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 29
337.	Scott Caldwell	05/23/11	Great Falls, MT, Computer Programmer, 58
338.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 51
339.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 37
340.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 55
341.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 36
342.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 26
343.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 37
344.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 57 *
345.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 66 (F) *
346.	Walter Byerly	07/04/11	Dallas, TX, Motivational Speaker, 82 *
347.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 29
348.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 25
349.	Victoria Gomez	08/16/11	Frisco, TX, Student, 17 (F)
350.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 46
351.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 35 (F)
352.	Shannon Meglathery	08/31/11	Northfield, NJ, Student, 17 (F)
352.	William Spencer	08/31/11	Raleigh, NC, Marketing Research, 66
352.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 54
355.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 49 *
356.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
357.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 45
358.	William Howes, Jr.	09/10/11	Royal Oak, MI, Sales Representative, 57 *
359.	James Wisler	09/15/11	Wake Forest, NC, Physician, 30
360.	Edward Monsour	10/24/11	Laguana Niguel, CA, Professor, 57
360.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 33
362.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 31
363.	Anne Bliss	11/11/11	Burlington, VT, Freelance Editor, 44 (F)

Indicates listing on both active and retired running streak lists.

Official International Active Running Streak List

As Certified to the Streak Runners International

December 1, 2012

	The Highly Skilled (20+yrs)		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 49
	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., 33
3	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 49
4	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 38

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

Official International Retired Running Streak List

As Certified to Streak Runners International

December 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)

Official U.S.A. Retired Running Streak List

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

December 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.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
45.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
46.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
47.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
48.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
49.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
50.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
51.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
52.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
53.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
54.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 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.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
72.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
73.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
74.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
75.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
76.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
77.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
78.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)

79.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
80.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
81.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
82.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
83.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
84.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
85.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
86.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
87.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
88.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
89.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
90.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
91.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
92.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
93.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
94.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
95.	Douglas Schiller, Ellenton, FL	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
96.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
96.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
98.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
99.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
100.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
101.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
102.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
103.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
104.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
105.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
106.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
107.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
108.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
109.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
110.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
111.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
112.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
113.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
114.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
115.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
116.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
117.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
118.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
119.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
120.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
121.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
122.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
123.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
124.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
125.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)

126.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
127.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
128.	Diana Nelson, Dixon, IL *	11/23/07 – 06/28/11	1,314 days (3 yrs 218 days)
129.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
130.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
131.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
132.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
133.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
134.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
135.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
136.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
137.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
138.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
139.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
140.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
141.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
142.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
143.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
144.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
145.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
146.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
147.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
148.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
149.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
150.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
151.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
152.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
153.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
154.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
155.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
156.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
157.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
158.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
159.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
160.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
161.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
162.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
163.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
164.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
165.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
166.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
167.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
168.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
169.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
170.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
170.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
172.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
173.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)

174.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
175.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
176.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
177.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
178.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
179.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
180.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
181.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
182.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
182.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
184.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
185.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
186.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
187.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
188.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
189.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
190.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
190.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
192.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
193.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
193.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
195.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
196.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
197.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
198.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
199.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
200.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
200.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
202.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
203.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
204.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
205.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
206.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
207.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
207.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
209.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
210.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
211.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
212.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
213.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
214.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
215.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
216.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
217.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
218.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
219.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
220.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
221.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
222.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)

223.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
223.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
225.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
226.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
226.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
228.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
228.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
230.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
231.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
232.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
232.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
232.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
232.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
232.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
237.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
237.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
237.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
237.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
237.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
237.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
243.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
243.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
243.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
243.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
243.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
243.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
243.	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.

USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK

To view and/or join our new USRSA Yahoo group, please visit our website at:
<http://sports.groups.yahoo.com/group/USRSA/>

To view and/or join the USRSA Facebook group, please visit our website at:
<http://www.facebook.com/group.php?gid=95577453452>

For updated information on USRSA and running streak lists, please visit the association's website maintained by our Webmaster Extraordinary, Steve Morrow, from Eagle Lake, Minnesota. USRSA website can be found at:
<http://www.runeveryday.com/>

STEVE GATHJE 40TH STREAK ANNIVERSARY



THE FINISH LINE

By: Mark Washburne

The summer and fall of 2012 were noteworthy for two more streak runners passing the 40th year streak milestone. In August, David Hamilton of Vancouver, Washington reached the mark and in September, Steven Gathje from South Minneapolis, Minnesota did the same. Besides these two new "Legends," six other active streak runners can make that same claim of 40 years plus: Mark Covert from Lancaster, California; Jon Sutherland from West Hills, California; Jim Pearson of Bellingham, Washington; Steve DeBoer from Rochester, Minnesota; Jon Simpson from Memphis, Tennessee; and Alex Galbraith from Houston, Texas. On the retired side, only Kenneth Young of Petrolia, California can make the claim to this elite 40 plus streak years club. Unless some unknown prolific streak runner registers his or her streak with our association, these elite nine will remain alone in "The Legends" club until the last day of 2014 when hopefully Robert "Raven" Kraft from Miami Beach, Florida will be the 10th runner to achieve 40 years. Right behind Raven is another Florida runner – Jim Behr from Trinity – who will hopefully reach 40 years in March 2015.

Besides celebrating the accomplishments of our latest athletes to reach 40 years, the last quarter has been a relatively quiet one. On our Active list, there was no change in the standings for the top 122 runners on our list. For those further down on the Active list, most people will find that their ranking had not changed by more than 3 places in either direction except for our newest streak runners who just went over the one year mark. On our Retired list, a similar pattern emerged. There was no change in standings for the top 114 on the list and only a few streaks retired after that point.

While the Active and Retired standings remained relatively stable last quarter, our streak association continues to grow in size. We now have over 400 people on our association's Facebook page. This is a jump of 60 people alone since I reported in our last newsletter that 340 people had joined our Facebook page. Moreover, as late as April 2011, we only had a little over 30 people as Facebook friends.

The online interest in running every day has led to more people to try streak running and to join our association. In November 2011, we welcomed Paul DeNunzio from Ironia, New Jersey as the 400th person to become a member of USRSA. One year later and after inviting international runners to join our association in early 2012, we now have 468 members in SRI/USRSA.

Paul DeNunzio, by the way, recently completed his first year of streak running on his 31st birthday (November 10th) and enters our Active list at number 362. He is now second from the bottom of the Active list just ahead of Anne Bliss of Burlington, Vermont, who started her streak on the very lucky day of 11/11/11 and, of course, is number 363 on the list. Hopefully, by next newsletter, we will be able to report over 365 athletes on our Active list – one streak runner for every day of the year we all run.

As for me, I have been busy running and racing this year for the Do Run Runners located in Morris County, New Jersey. Our club participates in a competition sponsored by USA Track & Field – New Jersey consisting this year of 16 races ranging in distance from a 5K to a half marathon. There are age and gender divisions so not all the races apply to all team members. I am, however, the team captain so I made all the races except one Women's Masters 10K Championship this year scheduled on the same weekend I was running the Boston Marathon. The Do Run Runners were founded in March 2010 so we are competing against some clubs that are 30 years and older. Still, with two races remaining in the 2012 season, our club is solidly in 6th place out of 14 running clubs in the Garden State. In 2010 and 2011, our club placed in 10th place both years in the overall standings. I love to race and being part of a team has enhanced that enjoyment for me.

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