

THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

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

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

Barry Abrahams of Lincoln, Nebraska on January 1st

From The Highly Skilled to The Dominators (25th anniversary)

Michael Holsteen of Ridgedale, Missouri on January 31st

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

Thomas Welch of Eden Prairie, Minnesota on January 1st
Thomas Whitely of Fairlawn, New Jersey on January 16th

From The Proficient to The Experienced (10th anniversary)

Chuck Myers of Indianapolis, Indiana on January 1st
Vincent Attanucci of The Woodlands, Texas on January 8th

From The Neophytes to The Proficient (5th anniversary)

Timothy Hardy of Marietta, New York on December 13th
Brian Jones of Baton Rouge, Louisiana on December 18th
Jill Jones of Baton Rouge, Louisiana on December 24th
B. J. David of Covington, Kentucky on December 27th
Kent Schmitz of Nauvoo, Illinois on December 27th
Ronald Kmiec of Carlisle, Massachusetts on December 28th
Kevin Slagle of Erie, Pennsylvania on December 28th
Jeff Donahue of Melrose, Massachusetts on December 31st
David Baldwin of No. Richland Hills, Texas on January 1st
Robert Crosby, Jr. of Summerville, South Carolina on January 1st
Leo Hammond of Plano, Texas on January 1st
Scott Hendren of St. Joseph, Illinois on January 1st
Gregory Neale of Centennial, Colorado on January 1st
Michael Neff of Buffalo, New York on January 1st
Susan Schultz of Timonium, Maryland on January 3rd
Joe Call of Charleston, South Carolina on January 7th
Preston Giet of Summerville, South Carolina on January 7th
Robert Hill of Malvern, Arkansas on January 12th
John King of Chatham, New Jersey on January 21st



Marlene Prentice - Day 1860 – Marathon Des Sables - April 2012

MARLENE PRENTICE IS FIRST AUSTRALIAN TO JOIN SRI

By: Marlene Prentice

I started running in 1999 after I was told to stop long distance cycling. After cycling the Paris-Brest-Paris 1200km race, I temporarily lost the use of my hands and I could not stand the inactivity that the doctors recommended. My husband, Glenn, was then already a keen runner and I decided to start running. I started in March 2000 with a 10k race, and then decided that I would try to qualify for the Comrades 90km ultra in Durban 3 months later. I had no running experience but once I qualified with the Slowmag marathon in April, I decided to enter. I ran the 2000 Comrades and only just finished it in time, but that was when I realized I wanted to run. I may not be fast, but I have endurance and I love the challenge of running all over the world in amazing races, but the best of all is that I can do it with Glenn.

2004 was a great running year for me, participating in a 6-day circuit race in Johannesburg. This was only possible due to my first running streak, which forced me to stay fit, even when I didn't want to. My streak stopped when we immigrated to Australia in 2004, and my running became non-existing. However, when I started my current streak in March 2007, my running took shape again. 2012 was a momentous year for me running the Sahara desert marathon in Morocco, followed 6 weeks later by my 4th Comrades in South Africa, the Gold Coast marathon 4 weeks after that and topped by the Kokoda 96km trail run 2 weeks after.

I have continued my streak and I credit all my running ability and motivation to the streak. I am now on day 2104 [December 13, 2012].



Marlene Prentice - Day 1253 –
Tan 12h race in Melbourne – Aug
2010



Marlene Prentice – Day 1792 -
Holiday in Phuket running along the
beach - Feb 2012



Marlene Prentice – Bayside
Marathon – Michigan – 2001



Peter Nieman

**DR. PETER NIEMAN JOINS SRI
FROM CALGARY, CANADA
“Our very own Forest Gump”
By: Grant Molyneaux (Dr. Nieman’s Coach)**

Peter first hired me in 1997 because he wanted to qualify for the Boston marathon. Back then he wasn’t running much, perhaps 30-50kms a week, and followed a traditional approach to training by running hills, some intervals, and long runs on the weekends. We began by testing his aerobic threshold, defining his training zones, and setting up a plan to increase his volume and build his base.

I explained the value of training aerobically along with the need to increase his volume and decrease his weight. We slowly cranked up his mileage to over 100kms a week and went to work on nutrition by reducing his sugar consumption. Peter’s weight came down, his aerobic speed greatly improved, and a year later he qualified for Boston. His marathon times fell by over half an hour and, in short, he accomplished his goal to run the marathon most runners set as their ultimate goal - and he did it twice!

Since then running has become a lifestyle and a personal passion. With a family of four and a busy practice as a pediatrician, he fits his runs in during the early morning hours around Glenmore reservoir. He often comments on the beauty of the sunrise - after all, he sees it every single day! If you're out there between the hours of 5-7am you'll see him on the paths.

Peter has gone on to complete 83 career marathons and is well on his way to achieving his goal of 100 marathons by age 60. But that's not the whole story...

In fact, I think his latest quest is truly remarkable. An interesting transformation occurred a few years ago: Peter is working on his first book examining the value of consistency. He's the kind of guy that walks the talk. Now, to remain authentic to his advice, on December 16, 2009, he started a running streak. No, he doesn't run naked through the streets of Calgary at 5am; he simply commits to run every day. That's a running streak! Peter is now listed on the international running streakers' association web page as one of the select few that run every day.

What this means is that for almost three years straight he's run every single day. Yes, every single day, he hasn't missed a single step. On a few occasions when a busy day has slipped by and his wife has woken him up from a slumber on the couch at 10pm, he's donned his running gear, leashed up his dog, and headed out for his daily jaunt - now that's commitment! Why you ask? Peter has a passion for living life large and going after his goals. He wants to inspire others through action and show that dreams can be achieved. He's also living proof that you can be active every day of your life.

In his own words:

"I can honestly say that a huge part of these accomplishments are due to Grant's philosophy of Effortless Exercise, it has helped me stay injury-free. Every run has been a joyful experience, especially when one follows the philosophy of harmonizing ones breathing and mind with one's body rhythms and moods, rather than making each workout a 'killer' event.

"Over the years, as I am getting older I also appreciated the advice Grant gave me regarding lowering your carbohydrate consumption to stay lean. Even with 90-100kms of running per week I can gain weight if I do not carefully monitor my carbohydrates and consume foods with higher glycemic intakes. Go figure!"

So if you have a chance to get out onto the paths around Glenmore reservoir between the hours of 5-7am there's a very strong chance you'll bump into Peter celebrating life by adding to his 1100 day of consecutive running, witnessing the sunrise, and basically walking (in this case running) the talk! Forest Gump move over, you have serious competition!

January 19, 2013, update from Peter Nieman: "Just back from a great run with my wife. A week ago we ran in Houston. It was marathon number 85 for me. She ran the 1/2. Great to be alive! I attached a photo taken at the Memphis Marathon (Dec 2012) running along Beale Street ---thus the Blues sign! Hope we both can run until we are 100 yrs at least...and then more."



Alastair Russell and Nick Dunk

STREAK RUNNING IN SCOTLAND

“At the crossroads of OCD and wannabe sportsman”

By: Alastair Russell

In my mind I'm Seb Coe circa 1984. All graceful elegance and effortless speed as I start another seven-miler. I try to catch my reflection in a shop window so I can see my prancing gait and marvel at the athletic demi-god.

In reality, I'm a semi-obsessive 49 year old in an ancient cycling jacket and budget shorts, plodding his way down Marchmont Road – chalking off another day. Keeping up the streak.

Eyes front. One hour to go. Why do I do it? Raging against the dying of the light? Possibly. Raging against the expanding of the waistline? Probably.

I started running every day on 1st January 2009. I'd had a very “Scottish” New Year's Eve and asked my friend who was staying over, if he fancied joining me on a “punishment” run of 4 miles. Since it was the first day of the year, I mentioned that I'd like to give it a go running every day that year. And so I just fell into it really and now it's become a habit that's hard to break.

That first year I was pretty gung-ho and managed over 3000 miles. Since then it's settled to be 2500 a year, and I try to do over 200 a month. It's all little targets that keep up the motivation and stop me from baling out. Most of my friends don't believe me when I say I'm one of the laziest people I know, but in truth, if I didn't have the tyranny of the streak, I'd always find a reason not to run. More than that, I'd be snacking it up on the sofa watching re-runs of Family Guy. Looking more like Peter Griffin every day and putting it down to my bad genes.

I only ran one race this year. That was mainly down to a lack of courage – I just know what's involved in getting close to my PR. But I did take on my 12 year old son over 5K and beat him by a minute. In your face! Other highlights include a day spent on the hills in the Lake District of Northern England. We covered 17 miles over every kind of terrain imaginable. But at the end I still had to do my 20 minutes of uninterrupted streaking.

So good luck to all of you in your personal battle with the streak monster. Tame that sucker and I'll see you tomorrow – OCD permitting.



Left to right - Sandra Macdougall, Nick Dunk (retired streak of a year), Susan Gallagher, Alastair Russell, Phil Owen, Andrew Davies.



Left to right – Alastair Russell, Andrew Davies, Susan Gallagher, Sandra Macdougall, Ian Smith



Jeff Judd with daughter Brianna

JEFF JUDD'S STREAK ENDS AFTER 1,165 DAYS

"Lessons from the Road"

By: Jeff Judd

Background and introduction

Over the years, I befriended streak runner Steve DeBoer (#4 on the Official U.S.A. Active Running Streak List) here in Rochester, Minnesota. We have had many long Saturday runs during which a large number of the world's problems have been discussed. OK, that was a small fib. If you know Steve, then you know that he is obsessed with running trivia – things like how many streak runners per capita reside in each state of the U.S., and how age-adjusted finishing times are an important consideration. Entertaining material for the runs, nonetheless. But I digress.

I began my most recent running streak on 7/1/2009 (please refer to Steve for how that changed the Minnesota streak running statistics in 2009, and how many people actually started their streak in a different state, etc.). My streak did end after 1165 consecutive days due to an injury in my left Achilles tendon – I made it to #276 on the list. I do plan to restart my daily running again as soon as I can – running has always been an important part of my life. For Steve's benefit, if I just could've made it 661 more days, then I would've improved my status from "Neophyte" to "Proficient" on the list – that is, of course, neglecting all other factors that the Mayans never thought of. Meanwhile, Mark Washburne asked me to write an account of my streakage for an upcoming newsletter. You may or may not find it enlightening, but here goes...

I can think of two areas of learning during my active streak that fellow runners might find noteworthy. One is the extent to which daily running can noticeably improve a body's overall health, as measured by common factors such as the vitals and blood characteristics. The other topic pertains to what injury has taught me as I look back on various treatments and therapies. I should mention that I am not a medical doctor, so my words are really just my opinions of what I have noticed about my own body. As George Sheehan M.D. always said, "We are all an experiment of one."

Running as a tool to improve overall health

In terms of daily exercise (running being a popular form of such), I'm really just an average runner. I do have a larger frame than many runners (6'-1", and 200+ pounds), so I need to pay careful attention to matters such as shoe beefiness and total shoe mileage (addressed in more detail below in the injuries reflections section).

I had a complete physical examination in 2007 at age 50 – lots of pokes and prods; I will spare you the details. One area that draws special attention in my case is liver function. I have always had an elevated level of liver enzymes – AST and ALT for the medical professionals in the audience. At my age 30 physical exam, the situation was characterized by a condition known as Gilbert's Syndrome as I recall. At age 50, there was not much change really. Liver function was again a bit high, cholesterol a bit high, but nothing to raise a red flag – so no concerns that needed focus until the age 55 re-check.

As a tool to lose some weight and also to get back into better physical shape, I decided to start a daily running streak on July 1, 2009 (and did I mention with a wee bit of encouragement from Steve DeBoer?).

In 2012, it was time for that 5-year follow-up physical exam to ensure that nothing had popped up that needed further investigation. I have to admit that I was nervous. Although I had run every day for exactly 948 consecutive days, I had not been following a strict diet. When I got the results from my Primary Care Physician (PCP), I was shocked. Absolutely every measure of vital statistics or blood analysis was almost exactly dead center in the range. Even liver function was normal, much to my astonishment – never before. I actually thought that the Mayo Clinic had gotten the wrong test results for me!

Judging from my "experiment of one," I can only attribute that level of health to one and only one factor. Daily running is a complete exercise that burns off the bad stuff and

flushes it from the body. Again quoting our beloved, late running mentor Dr. George Sheehan, “sweat cleanses from the inside.” The benefits of the daily workout are clear to me, and also substantiated by clinical data, at least in my case.

Reflections on running injuries

Mark Washburne specifically asked me to expound on what happened that ended my active running streak after 3 years and 69 days. As mentioned above, I am very careful about shoes. I do wear orthotics. But my feet actually measure 13-1/4, so it is quite challenging to find properly fitting running shoes given that most are about ½ size small, and that is further exacerbated by wearing orthotics. Whatever size 14 shoe I try on, just does not fit correctly. There is one model of size 13 shoe that fits as though it were made exclusively for my feet – the Brooks Beast, and they are beefy enough to endure the abuse of a Clydesdale runner. Even so, I do keep two pairs of Beasts at the same time and alternate every day – I have experienced that technique to maximize shoe longevity. I can typically get about 350 to 400 miles out of a pair of Beasts, which I consider adequate. I have heard rumors of certain runners getting 6000 miles out of a pair shoes? Really? Do they walk on water too?

In August of 2012, I began to notice that I had a slight soreness in my Achilles tendons. That usually occurs as my shoes are starting to lose it. So I checked my spreadsheet, and each pair of Beasts had less than 300 miles accumulated since March (actually for USRSA, Inc. statistician Steve DeBoer: pair #1 = 287.12 miles, and pair #2 = 290.44 miles). I figured that I had better get new Beasts regardless, just to be safe. Problem. No retailer had Beast size 13 in stock. I contacted Brooks and they were on backorder from the manufacturer. Panic. I ran for several days at only about 2-3 miles per day while trying to figure out the solution to the shoe debacle. I finally located a pair of Brooks Addictions in size 13. Whew – I had used them before and they are almost as good as Beasts, just don’t last as long. Unfortunately it was too late – the damage was done. As I ran daily for the next couple of weeks, my left Achilles tendon got worse and worse – even with the new shoes. Normally we runners just run through minor pain and that is what I was trying. But I had known people that ran through an inflamed Achilles tendon and ended up severing it. Ugh. So I went to Sports Medicine and it was like I went fishing – they casted me! And then they gave me the boot (air cast)! Buh, dump, tsh!

My left Achilles tendon was simply too sore to run – it was a very deep pain, nothing like the minor soreness that goes away as we warm up on the daily run. So given that my daily running streak was over, I wore that air cast religiously – only removed it to sleep and shower. What I did not anticipate is how wearing one cast on one leg will screw up your spinal alignment – the difference in height and weight presented a major problem to my “experiment of one.” After wearing the air cast for 40 consecutive days (and maybe there is something significant here about the forty days and forty nights), the sciatic nerve and muscles surrounding it in my RIGHT leg went into an all-out assault on their owner’s body – mine unfortunately. It was unimaginable. On a scale of 1 to 10, the pain was like 1000. I would not wish that episode on Satan himself.

I still can’t believe that the human body would do to itself what mine did to me. The prognosis is that somewhere in the neighborhood of L4 or L5 in spinal terminology, I have a bulging disc that is pinching on nerves. In turn, I still have numbness on the sole of my right foot and very little strength in my right calf muscle. According to my PCP, the

typical recovery period is measured in months, and mine could be a year. It may recover and heal fully, but the extent will be known with time. It has been 10 weeks [profile written January 4, 2013] since the sciatic assault I seem to get a little better each week. And unfortunately above all, my left Achilles tendon is still about as sore as it was 4-1/2 months ago. I have tried to run a couple of times, and things just aren't working properly, so I will have to be patient (so that is where the medical usage of the term patient comes from?).

Lessons learned (or would that be learnt?)

So what did I learn through all of this, you might ask?

1. Always keep at least one pair of spare running shoes in the closet.
2. Know your body. If your skeletal structure is prone to getting out of alignment and locking in there (as mine is), then be very wary of treatments that may accentuate the problem.
3. Some things are better treated as non-weight-bearing (i.e. crutches) as opposed to immobilization (walking cast). Know what is best for you. My instinct told me that I should have opted for crutches, but that seemed like more of an inconvenience at the time. Oops.
4. Inspect your running shoes DAILY. It isn't much fun to have to buy two pairs of \$130 shoes before you were expecting to, but the alternative can be far worse.
5. The benefits of daily rigorous exercise are probably higher than you might think. Your mileage may vary.
6. Keep track of other things besides shoe mileage in your log. For example, if you suddenly get a sore knee or ankle, it might be useful to know whether it was the same joint as previous soreness or a new problem.
7. Your "experiment of one" is your greatest asset. But also rely on other sources of information such as peers and medical professionals.
8. Inflamed Achilles tendons take months to heal – try to avoid that in the first place.
9. Knowledge is accumulated from life's experiences. Wisdom is found at the intersection of the two.

"You must listen to your body. Run through annoyance but not through pain."

"I will not last forever. But I am damn well going to know I have been there."

- Dr. George A. Sheehan, M.D. (1918-1993)



David Haase

DAVID HAASE'S STREAK HITS 4 YEARS

By: David Haase

On February 8th, 2013, I celebrated 4 years of running every day. Total Streak Miles = 7458. Daily average of 5.1 miles. I have watched with amazement as running has grown from a quirk to a habit to an obsession. I can honestly say that my running streak has been one of the greatest and most personally defining achievements of my life. Year 4 has been a year of transformation for me.

Highlights from Year 4:

- After watching my weight creep up slowly, year after year, I had had enough. On March 23, 2012, I embarked on a weight loss program of tracking calories through MyFitnessPal.com, and also an 'ups' routine—push-ups, sit-ups, pull-ups. I lost 25-30 pounds and got toned. I'm back to my high school weight and look the best I have in my life.
- My pace sped up significantly. My cruising pace for a normal run went from 8:30/mile previously into the 7:00-7:30 range. I kept 5 miles as my base run, but added an 8-mile run to the mix and do that more often.
- My mileage increased as well from an average of 5.05 miles/day in 2011 to 5.7 miles/day in 2012. Those 8-milers really help with that.
- On Monday, Sept 10, I saw a mountain lion about 3 miles into my 8 mile run. She was up in some tall weeds on a tall ditchbank, about 20 yards from me. It was 9:45pm and I only caught a glimpse in the streetlight as she got up and turned away, but man I ran fast after that!
- Miles in May – Sept 2011 looked like this: 169, 147, 147, 167, 143. May – Sept 2012 was this: 177, 211, 198, 213, 165.

· I ran 3 half marathons this fall, one a trail run and two road races. For the trail half (the Trail Loppet, www.lopeet.org/traillopeet/), I cut my time by 24 minutes and came in 17th out of 600 runners. In the smaller road race (177 runners), I hit 1:26:15 and came in 4th. In the larger race (Minnesota Monster Dash, 6031 runners) I set my PR at 1:26:10 and placed 50th overall.

After 4 years, I have come to realize a lesson about habits. Life is made up of a string of days, and every day we make thousands of choices. I realize now that **I am what I do, every day.**

Running every day has taught me that I can take a huge goal and break it into an every-day task, and I can accomplish it. We are capable of so much more than we usually can imagine. We have within us the potential for “High Achievement.” Victory in the mundane means victory overall. It takes a little belief, a little faith that you can do it, to even start. But hey, it’s only a mile, right? Anyone can get in just one measly mile!

So when my 3-year-old daughter suggested I get a tattoo, I started thinking what could I possibly get that would symbolize and commemorate this lesson and this defining aspect of my life? I ran all summer with my shirt off, and every day I thought about it. I came up with a design, and in September when the weather changed, I got this tattoo. A man sprinting, silhouetted against a rising sun. The sun rises every day, and every day I run, unlocking a bit more of my potential.





George Hancock

MOVING UP

By: George A. Hancock

runnergah@comcast.net

Jack Wilson is a streak runner. Streak runners are a rare breed. These unique athletes run every day. These runners get the daily run in without excuse. Seasonal obstacles never block their paths.

Streak runners have a daily minimum. Streak runners must complete that minimum in order for their run to count. The bare minimum for most is a one-mile run.

Streak runners run through driving rains. Streak runners run through blinding snowstorms. Streak runners run through Summer's hot muggy weather. And of course, streak runners run through some of the most beautiful weather imaginable.

Streak runners are an incorporated group. These hearty male and female runners have their own international running organization. The United States Running Streak Association (USRSA) was formed to honor and promote streak running. This running organization was formed in 2000.

A serious streak runner and competitive runner John Strumsky from near Baltimore, Maryland created this running group. Strumsky organized the USRSA based on the research of another veteran streak runner from near Johnstown, Pennsylvania. This running writer created a running streak list in 1994 that eventually evolved into the USRSA. Today this running group is an international association known as Streak Runners International.

Streak running is very common among roadrunners. Perhaps this activity is associated with running's competitive nature. Running is not always about beating that other runner to the finish line. Running involves competing with Mother Nature, with the course, with Father Time and most importantly with oneself.

Streak runners often wonder how long can I run every day? How long can I keep my daily run going? Streak runners eventually reach the point when they have run every day for a year. The question then becomes, can I run every day for two years? Or perhaps, can I run every day for 5 years or even 10 years? Many streak runners do. Their daily streak through hard work, persistence, dedication and effort eventually amounts to a lengthy running streak.

Jack Wilson is an excellent example. Wilson's daily streak recently surpassed the 23-year mark. Jack Wilson began his daily streak on April 15, 1990. Wilson like most runners daydreams or mulls various issues during the daily run. Wilson often pondered the question why did I begin running every day? The significance of that April 15th start date was more happenstance than what most individuals believe. The streak had nothing to do with taxes.

Jack Wilson is a tenured Political Science professor at the University of Pittsburgh at Johnstown (UPJ). Wilson began his teaching career at UPJ in 1987. Wilson and his wife Beth moved to Johnstown from the Pittsburgh suburbs. Beth is a high school mathematics teacher specializing in advanced math. Beth had no problem finding a high school teaching position. Beth was hired by the Richland Township School District. The Wilson's move to Johnstown has proved fortuitous and financially rewarding.

Jack Wilson became a serious runner in college. Wilson never competed on the collegiate level. He did train with several university runners. Wilson eventually became a serious road racer. Wilson constantly placed well in his age group divisions. Wilson never became an elite local runner. However, Wilson was always a top age group finisher.

The UPJ Cross-country course was quiet. An occasional songbird warbled a melodic tune. Perhaps those early tunes announced to his various bird friends that this May Monday shows promise. The sun was warm, inviting. The time was near 7:30 AM.

Jack Wilson ran from the old stony dirt path onto the UPJ sports fields. Jack was heading for the rolling UPJ cross-country course. Jack trotted past the field house. He noticed a green golf cart parked near a side door. The cart contained several black garbage bags.

Ron, one of the UPJ groundskeepers, emerged from the door. He tossed another black bag onto the cart.

Jack waved and yelled, "Good Morning Ron!"

Ron peered around his cart and saw Jack running past.

“Hey JW, how ‘ya doing today? It’s a great morning for a run!”

Jack was called JW by most faculty and staff members. Nearly everyone knew Jack was a serious daily runner too.

“A perfect Monday Ron,” replied Jack. He waved and continued his run.

Jack’s plan was a brisk 5-mile run on the UPJ course. Jack felt good this morning. He decided to push the pace on the grassy hills.

Jack heard a cardinal in full tune. Jack smiled and whispered “nice song little buddy.” Jack headed for the rear loop. He charged into the woods.

Jack ran down the hard trail. He glanced up eying that short steep hill. The hill was perhaps 50 yards long. But it had a significant leg burning grade. Jack reached the base and started his climb. His breathing now came in pursed gasps. His legs were feeling that intense grade.

Jack tried to relax. He knew the crest was just a short distance away. Jack muttered and gasped out loud, “It’s really quiet back here. Where did all the birds go?”

Jack ran around the old tree root. That raised root had tripped many unsuspecting runners. Jack cleared the hill crest. There was a slight climb left before the flat.

Jack was sweating now. He wiped his forehead. Sweat stained his back.

“Wow!” exclaimed Jack to no one. He trotted on.

Suddenly something flew past his left shoulder. He turned but saw nothing.

“What was that? What kind of bird was that?” said Jack.

Jack slowed his pace. He scanned his horizon. There was nothing there. He continued on.

Within seconds Jack was slammed by a powerful blow. Something had smashed into his chest. Jack was staggered by that blow. He looked down at a non-descript arrow protruding from his chest. The arrow had yellow feathers.

Intense pain seized Jack throttling his senses. Jack wobbled and fell onto the grassy trail. He shuddered and slipped away. Jack’s final thought was never spoken. He wondered what happened.

Jack Wilson was a streak runner.

Thirty five yards away a solitary figure emerged from the trees holding a bow. He stared at Jack's lifeless body. Jack was not moving. Jack was gone.

The man gazed at his surroundings. The trail was quiet. This section was somewhat isolated. Someone on the distant baseball field could not see this trail. The man smiled and slipped back into the tree line.

Bob is a streak runner. Bob with Jack's demise climbs higher on the running streak list. A cruel fact exists about that running streak list. A streak runner cannot catch the runner ahead of him unless that runner stops running every day or dies.

Bob followed the old tram road deep into the campus woods. Bob was wearing running shoes. Bob was not making a sound nor leaving visible tracks.

Bob stopped a mile from the cross-country course. He had left his backpack near an old tree. Bob carefully buried his bow in a shallow grave. He covered the spot with leafy debris. The spot quickly blended into the surroundings.

Bob changed into his hiking clothes. He resumed his trek towards his parked car on the Berwick Road. Bob became another hiker exploring the UPJ hillsides.

Bob reached his car. He placed his backpack into his trunk. The road was quiet. The birds were singing. Bob was all alone.

Bob got in the car and started the engine. Bob smiled and said, "I'm finally moving up. It's time to go home."

Bob turned on his radio and drove towards Scalp Avenue. Bob quickly reached the Berwick Road and Scalp Avenue intersection. The morning traffic was heavy in both directions. Bob had his left turn signal on.

The Terlyn Road traffic light eventually slowed the traffic flow. Bob tried inching his car out onto the highway.

A young lady stopped and flagged him out. Bob smiled and waved back. Bob made the left turn onto Scalp Avenue.

Bob never saw the fully loaded coal truck barreling along in the passing lane. The coal truck slammed into Bob's car at full speed. Bob was crushed, pulverized in his car. He died instantly.

Bob was a streak runner. Once again everyone moves up a spot.

The moral of this tale is simple: never, ever cheat Mother Nature. Work hard, play hard, run well but never take that shortcut. Mother Nature is always watching.



Mark Covert

MARK COVERT ENDS 2012 WITH 158,900 LIFETIME MILES

By: Mark Covert

I have attached my streak totals through Dec 31, 2012. As you can see, this has been my lowest total miles ever and there are reasons for it. My right foot keeps getting worse all the time. As some of you may remember or know, my feet have always been very flat and over the last several years have started to collapse and twist more then ever before. Because of this, my foot no longer lands normal but twists pointing to the far right. This has caused me to drag this foot when I walk and when I run. I have taken several pretty hard falls when running because of this, but lucky for me I have not hurt myself bad enough not to run.

Then this past month I had a battle passing a Kidney stone and that was very hard to get out on those days but I did.

I know that this will all be coming to a end sometime sooner rather than later but that day has not come yet. I hope that I can push it back for a while longer before the streak comes to an end. I still look forward to putting my shoes on and going out everyday so I see no reason to not keep moving forward.

I hope that all of you have a great New Years [e-mail dated December 31, 2012] and there are only 232 days until July 23rd and the 45-year anniversary of the streak. Hope I can keep it going until then.

MARK COVERT'S LIFETIME STREAK MILES

Month	1968	1969	1970	1971	1972	1973	1974	1975	1976	1977	1978
Jan.		407	464	522	497	421	427	500	362	527	488
Feb.		341	405	504	523	327	470	461	500	434	401
March		398	454	492	524	354	400	549	536	479	463
April		391	409	511	485	422	514	540	322	437	448
May		269	391	509	617	496	510	519	363	482	460
June		526	450	445	520	366	312	570	292	524	478
July	225	708	461	599	457	474	613	539	412	548	460
Aug.	661	603	513	701	641	602	617	500	511	554	490
Sept.	432	440	517	582	498	472	509	477	497	369	395
Oct.	311	446	521	534	538	478	354	493	522	397	447
Nov.	267	435	416	428	471	436	234	526	453	305	214
Dec	445	437	565	515	560	612	314	591	495	518	112
Total	2341	5401	5566	6342	6331	5410	5274	6265	5265	5574	4856
Month	1979	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989
Jan.	111	319	303	429	194	314	293	255	191	192	245
Feb.	232	300	377	406	252	323	257	285	133	179	219
March	328	301	326	408	277	359	262	223	193	313	315
April	325	371	375	109	350	249	229	199	212	256	308
May	301	355	400	135	323	259	245	236	207	249	247
June	371	333	318	197	329	194	286	314	215	328	227
July	502	428	387	239	322	323	302	402	216	200	246
Aug.	474	424	270	333	425	260	266	310	233	221	285
Sept.	402	442	291	219	302	287	270	349	294	279	242
Oct.	405	356	434	95	329	323	294	309	300	263	294
Nov.	396	276	334	90	361	324	313	261	247	302	277
Dec.	472	467	337	110	426	317	265	214	274	296	169
Total	4319	4372	4152	2770	3890	3532	3282	3257	2745	3078	3074
Month	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
Jan.	207	238	235	214	208	189	232	201	197	177	182
Feb.	159	196	188	215	193	173	172	177	168	172	167
March	115	185	210	179	175	166	186	198	197	196	190
April	130	211	202	125	148	161	166	161	183	179	162
May	116	208	189	184	191	172	158	198	189	165	170
June	162	305	252	222	242	216	188	205	203	178	190
July	187	305	297	246	256	196	198	273	222	122	207
Aug.	189	305	176	233	212	185	208	257	179	199	187
Sept.	221	301	218	206	181	185	177	161	178	182	171
Oct.	272	285	226	216	201	175	200	163	197	172	179
Nov.	289	262	261	286	221	209	198	181	193	195	170
Dec.	288	246	293	245	215	230	218	207	203	201	177
Total	2335	3047	2747	2571	2443	2257	2301	2382	2140	2187	2152

Month	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Jan	170	183	251	97	196	196	152	200	200	195	155
Feb	146	158	211	116	177	169	94	172	187	204	151
March	180	180	235	123	179	170	159	174	200	202	178
April	172	165	203	137	164	168	166	169	135	180	140
May	192	180	223	144	192	180	168	159	188	150	116
June	170	174	241	164	174	174	181	174	177	183	193
July	186	193	252	183	208	224	191	175	211	182	94
Aug	189	172	203	186	192	169	182	181	202	196	151
Sept	189	182	231	180	198	152	160	204	191	179	161
Oct	183	227	192	198	188	171	161	197	203	167	168
Nov	178	230	149	174	181	198	185	179	187	158	149
Dec	183	210	98	197	202	201	203	207	184	170	155
	2137	2254	2489	1899	2251	2172	2001	2190	2265	2166	1811
	2012										
Jan	156										
Feb	147										
March	150										
April	138										
May	147										
June	151										
July	169										
Aug	155										
Sept	152										
Oct	151										
Nov	112										
Dec	71										
	1699										

Streak Totals at the end of Dec 31, 2012

Number of Days 16,232 Months 533 Weeks 2318
 Total Miles During Streak 148,997 Lifetime Miles 158,900
 Streak Ave. Day 9.1 Ave. Week 64.2 Ave. Month 279
 Miles During the 60's 7,742 70's 55,202 80's 34,152 90's 24,361 00's 23,060

 10's
 5,676

 Miles in NIKE Shoes 125,207



Steve DeBoer

Ending Daily Tundra Traversing After 20 Years or More: Part Three **By: Steve DeBoer**

As promised, this article will answer Questions 7-10 of the survey I sent to runners whose daily streaks ended after 20 years or longer. I received 23 responses but have gleaned a few additional comments made by others in the Streak Registry.

Question #7 – Effect on physical or mental health – Paul Christian concisely wrote what the overwhelming majority said – Positive, by far!

WALT BYERLY – check up at age 81 showed I am in perfectly good health, which I attribute to running and other body building exercise. As for mental health, running helped overcome stress and strain of managing a business for 30 years. I also now pray for over 300 persons while I run, giving me much satisfaction.

GEZA FELD – helped in so many ways, I cannot even describe them all.

ROGER NELSON – In some instances, I may have run when I should have taken time off to heal injuries more quickly, such as broken bones in my foot.

SL PASCALE – I looked forward to my run every day.

JOHN STRUMSKY – nothing but a positive experience. Every day added to what I considered a masterful personal accomplishment, especially after a 20 mile run or marathon.

NICK MORGANTI – it (in the morning) always makes me feel better, eager to go when I got to work.

TIM OSBERG – being a streak runner has been part of my identity, positive for emotional health.

Margaret Blackstock – both positively. I was never sick, it gave me time to think through things to handle them better and kept me reasonably sane raising 3 sons close together in age.

DON SLUSSER – consistency of training helped my racing, which was my higher priority but now question whether streaking was wise for me, given my severe knee pain.

BILL BONARRIGO – pros far outweigh the cons. The main negative was occasional inconvenience to me or family if we had to go somewhere, and I hadn't run yet. But I never had a single headache or even a cold when I was running regularly. Another benefit is meeting a lot of wonderful people.

BOB BARTZ – was quoted in *Arizona Republic* "Running brought life to a higher plane of experience!"

JOHN KING – only positive for my physical, mental and spiritual health. It has taught me discipline, enhanced my thinking process, and kept me mellow and relatively stress free.

LARRY BALDASARI – mostly positive, giving a feeling of indestructibility and enjoyed the compliments and feedback I received. But sometimes it felt like a monkey on my back.

ALLAN FIELD – positive for mental health. There were 2-3 times when it was not beneficial for recovery from physical ailments.

DWIGHT MOBERG – Physical – kept weight down, improved muscular fitness; Emotional – reduced stress, maintained goal-oriented attitude.

ROGER CARLSON – Always positive. When my wife became terribly ill with cancer and through her death, I never would have made it without running. It kept me sane, being the only thing that made sense in those trying, nightmarish times and continues to help with the grief to this day.

JULIE MAXWELL - Has always been an emotional and physical blessing. Going right away in the morning, I knew I had done something good for myself already that day. When I started adding a second run in the afternoon training for longer races, the run almost always improved my mood, running off the "badness" of the workday.

Question #8 After the streak ended, did you consider beginning another one? Question #9 If so, how was it different? Of the 24 respondents, 15 wanted to start another streak and 13 managed to do so. The other 9 did not, mainly because the condition that caused the streak to end was not conducive to beginning another one. If we expand the answer to all 57 qualifying individuals, I note that 10 of them are listed as having certified streaks after the 20 year one. I am aware of at least 3 others that are in the process of reaching certification level, which works out to 26 of 57, or 46%. Many of the others have switched to walking or bicycling, as the following responses indicate: (Ken, Gary, and Walt first, since they all made it over 36 years.)

KEN YOUNG – No, not much point to it, as I would never be able to match 40 years. *Despite Ken's comments, I have learned he ran the last 158 days of 2012 (so started daily runs within 6 months of ending his 41 year streak, the longest retired one in US). When I pointed this out to him, he commented, "Running every day is the easiest way to keep my mileage up where I want it!"*

GARY JONES - I found out the worst decision in my life was to stop running (January 2012, with a streak of 39 years 9 months). Doing weights (which I have always hated) and the elliptical just could not take the place of running. I started my new streak on the same day I started my old one, April 12th. So now I have run daily since then. I am the kind of guy who has all my dental work done with no pain meds of any kind, and same with endoscopies, and colonoscopies, so I can tolerate pain. I would say that each time I strike my left foot on the ground during a run, it's a 7.5 on the 1-10 pain scale. Not fun, but mentally I have to do it. So, I will continue to go forward with this as long as I can limp along. Running now at just about a 10 minute mile pace, but at least doing it - probably averaging 3 miles a day.

Jan 2013 update: Not like the good old days though. The run is a struggle every day with pain, and it does not get better. Good news is it does not seem much worse, so I just keep plodding along.

WALT BYERLY – Once I got OK from doctor after two eye surgeries for Fuch's Dystrophy (an inherited condition), I was very anxious to begin another streak, as I was healthy and able to do it. Now at age 82 ½, some days it is not as much fun as it used to be.

GEZA FELD – I considered the end of my first streak as just a temporary interruption (4 days). Now after the end of my second streak (4 yrs.), I am not sure. I have osteoarthritis in my right hip & have tried everything, short of a witch doctor, but nothing helps. If I need hip replacement, hope I can start a new streak, but it is possible I may not be able to run – don't want to think of that!

SYL PASCALE – No. Doctors told me I would destroy my knee by time I was 60 if I continued to run. I am now a cyclist, and, at first had a streak of over two years, however, since weather is more of a factor for cycling, I now miss 10-20 days per year.

JOE SINICROPE – No, have hip problem, which I would have run through if streak was still alive. Since the streak is over, I choose not to risk worsening the hip by resuming running.

JOHN STRUMSKY – For the first 6-8 months, I was determined to get back to daily running, but age and exuberant overuse caught up with me. My lungs and heart are much stronger than my knee caps, tendons and ankles. So now I walk long distances, often over 10 miles per day.

MARGARET BLACKSTOCK – No, no longer interested in running, but I do fast walking almost every day and occasionally run a few steps.

BILL BONARRIGO – I don't have the motivation anymore. At my age (72), I'll never be able to come close to where I was before. When I retire in 3 years, I plan to run often but probably not daily.

BOB BARTZ – I have been 8 years getting rid of inflamed ligaments and dealing with neuropathy pain. I have just started walking modest distances and hope to begin modest running, having lost nearly 20 lbs. on a low carb diet.

F/U e-mail from Bob Jan 2013:

Steve: I've learned a little more about my left foot "plantar fasciitis" type problem since we last communicated. I've found that the fasciitis pain I experience is triggered by a sensitivity to sugars and carbohydrates. So with dietary control under a diabetic diet of low sugars and carbohydrates the pain levels have been considerably reduced. With further consumption of a Neu Remedy vitamin B1 supplement, pain levels are now only 20% of what they were with my former normal diet. So the problem has become "manageable." But the pains are still there. I've attempted running but the muscles over the left foot arch go into spasms which last for hours. The podiatrist thinks this may be a potential permanent injured nerve condition due to age (I'm 78) and wear. He's attempting to "rebuild" the damaged nerve with vitamin B complex injections, which have shown little success so far. I swim (3 times per week) and work out on the elliptical for cardiac conditioning...I really miss running!

LARRY SUNDBERG – No, hard to beat 30 years. Running has changed to walking and ½ hour swim. I still walk almost every day – missed 1 or 2 days in 2011.

LARRY BALDASARI – No, I never considered starting another one. I enjoy the freedom of knowing I have a choice to take days off or just take a bike ride – probably miss 1 or 2 days a month.

DWIGHT MOBERG – I might begin another streak when I am capable – still recovering from surgery.

DON SLUSSER – Yes. *See Winter 2013 issue of Streak Registry for more details, but "he did plan to go back to streak running after his first 4 streaks ended with surgeries (and he did), though none matched the length of his first streak. With the end of his 5th streak on August 2, 2012, he no longer has that goal, since both knees now cause him to walk with a noticeable limp."* I had tibial ostomy (knee replacement) surgery on November 5, 2012, and have been told to not try any running until at least March.

PAT FOLEY – Yes, I was diagnosed with colon cancer in May, 2010. Had surgery in August 2010 and I have been cancer free since that time. However, it seems that the tumor, which was enormous, was pressing on my femoral nerve and may have damaged it. So I lift my right leg very little when I run. I have been putting up with this, in one form or another, for over 3 years now (started daily runs again in October 2010). I have simply gotten tired of it & decided to retire my latest (4th) streak April 30, 2012. I may get back into it, but for right now I am just walking every day. *Jan 2013 update – Pat reports doing a mix of walking and jogging daily.*

JAY KAMMERZELL – *After the end of Jay's second (longest) streak in 2006 due to a kidney stone operation, he started his 3rd streak 13 days later.* In Winter 2009 issue of Streak Registry, he said, "I have always said I would not run if it meant jeopardizing my health." He had polyps removed from his colon and developed excessive bleeding, necessitating a second surgery. The surgeon (himself a runner) told him not to run for at least several days. "If I did not, additional surgery might be needed, requiring a much longer recovery time." *So Jay missed 3 days and then began his 4th streak of daily runs. In Summer 2012 issue, he explained that his right knee began to hurt after carrying a woman down 3 flights of stairs (he is a firefighter), which ended his latest tundra traversing. He has been diagnosed with patella femoral syndrome. I suspect he will be back to running daily when he is able.*

Roger Nelson, Rich Patterson, Nick Morganti, Tim Osberg, Pete Lefferts, George Hancock, John King, Ron Kmiec, Julie Maxwell, Roger Carlson, and Paul Christian all went back to daily runs and felt no real difference, just lower on the Active List. It is part of their routine, a positive addiction. Roger Carlson mentioned he was more blasé about the second streak but doesn't know why. Roger Nelson wrote the next one will probably be easier to break, because it is not as long, but if it lasted another 20 years, it would be more difficult to discontinue.

Question 10: If you currently have an active streak, do you have plans to end it or will it end due to something beyond your control?

Though a few of this group planned the end of their 20-year streak, those with subsequent active streaks have no such plans.

JULIE - I hope to be running well into my 80s. Only another act of God will end my running.

WALT – I have absolutely no plans to stop and see no reason to.

ROGER N – The end will be random.

RICH P – Will likely end as first one, because of health or death.

NICK – It will end because I am unable to run.

TIM – I will keep on as long as I can.

PETE (after ending 2nd streak) – No plans for 3rd streak. One of my neighbors, Sam Johnston, has a very long streak. I streak vicariously through him, and yell, "The streak is alive!" every day I see him. It was a good addiction.

PAUL – No plan to end; can still run and feel blessed to do so.

JOHN K – It will be beyond my control, hopefully not till death.

BOB B – This is a strange question, since you already know that streak running is usually a manifestation of a compulsive personality. So most of us won't consider stopping until forced to.

ROGER C – All my friends cautioned me years ago that all that running was wrecking my feet, ankles, knees, hips, back, and nauseam. When I asked my doctor what he thought, he said, "You'll quit someday." That is my mantra – don't know when, have no plan, but I will quit someday.

I just learned that Paul Christian's second streak ended in November due to a torn hamstring. So there are now only 10 with 20-year retired streaks who are currently traversing the tundra daily: George Hancock, Nick Morganti, Steve Morrow, Roger Nelson, Roger Carlson, Tim Osberg, Julie Maxwell, Ron Kmiec, J. Patrick Gowney, and Diana Nelson.

Those whose longest streak ended before age 60 could conceivably get another 20 year streak, as we have had 3 streak runners over age 80. A 30-year streak would be more difficult, and, as Ken Young stated, "No way can I manage another 40-year streak starting at age 70." Ken, however, has active streak again. Bob Hensley's streak ended at age 40 – he only made it 12 years on his next one. Don Slusser was 48 but surgeries and genetics will prevent him from reaching 20 again.

So here are those who are currently active who might achieve double 20 year streaks:

STEVE MORROW – 28 years, missed 1 day, started next streak May 2010, age 47
GEORGE HANCOCK – 24 years, missed 1 month, started next June 2002, age 48
NICK MORGANTI – 35 years, missed 6 weeks, started next March 2009, age 52
TIM OSBERG – 25 years, missed 5 weeks, started next June 2011, age 55
ROGER NELSON – 25 years, missed 6 months, started next August 2007, age 57

The person most likely to surpass his longest streak (of at least 15 years or more), had less than 20 years:

NEIL SCOTT – 17.8 years, missed 2 weeks, started next streak June 2004, age 58, so theoretically he could exceed it in 9 years (April 2022). But don't hold your breath, figuratively or otherwise, to find out if he makes it!

On September 3, 2012, John Mosby became the first documented streak runner in Rhode Island, followed by Jacob Mosby on September 10th. Unfortunately, Jacob ended his streak the same day and John one day later.

Welcome to Jared Ostroski, who on October 24, 2012, reached the 1-year mark of his streak, being the first to do so in New Mexico. Now all 50 states and D.C. have had at least one recognized stalker since George Hancock began compiling his first List in 1994.

Congratulations to Julie Maxwell, who on March 4, 2013, reached the one-year mark of a new certified streak, after an ankle break ended her first, 33-year, longest ever, running streak by a woman!

Also a welcome to two pre-teenagers, who have joined in the last 6 months – 12 year olds Yeraj Rust & Jonathan Reid, the first two certified streak runners born in the 21st century. Actually Yeraj just turned 13. Yeraj's parents and Jonathan's dad are actively streaking as well.

The 70,000 Mile Club

Compiled by: Steve DeBoer

A large number of streak runners (at least 83 that I have been able to confirm) have accumulated over 70,000 miles running in their lifetime. Here is an update of their total and streak mileage. **Herb Fred has run more miles than any other person with verified records that I am aware of.**

Darryl Beardall has run an estimated 280,000 miles but has not been able to locate all his running logs to verify his total. I talked to him recently. At that time, he was only able to confirm his 2007-2012 mileage. He does not run on Sundays, **so is not a streak runner**, but I am including him here because of his high total. He ran the Olympic Marathon Trials in 1960, 1964, 1968 and 1972 and still races over 50 times per year (usually 2-3 marathons).

Don Ritchie, British ultrarunner, logged 208,100 miles from 1962 to 2011.

Name	Age	12/31/11 miles	12/31/12 miles	streak miles
Darryl Beardall	(76)	278,045	281,000**	
Herbert Fred	(83)	244,950	247,142	136,577
Paul Ladniak	(66)	199,684	201,174	
Craig Davidson	(59)	188,800	192,600	190,187
Don Slusser	(61)	186,844	188,566	175,258
Jon Sutherland	(62)	186,021	188,090	184,132
Jim Pearson	(68)	165,790	167,219	157,219
Bruce Mortenson	(69)	161,844	164,457	
Mark Covert	(62)	157,101	158,800	148,997
Ron Hill*	(72)	155,916	157,370	
Roger Urbancsik	(55)	146,893	153,401	133,325
Bob Hensley	(58)	142,976	144,476	137,349
George Brown	(60)	138,816	142,566	135,050
Steve DeBoer	(58)	137,637	141,400	139,800
Steve Morrow	(49)	132,213	137,744	136,303
Ken Young	(71)	132,658	134,270	123,712
Stuart Calderwood	(54)	132,628	134,128	73,170
Gary Jones	(60)	131,102	131,902	125,252
Scott Ludwig	(58)	125,845	129,687	129,447
Bob Ray	(75)	122,000	122,000	100,000
Barry Abrahams	(61)	119,242	121,446	118,231
Bill Moreland	(66)	118,404	120,834	97,250
Jim Hage*	(54)	117,493	120,251	97,251
Jerry Caine	(62)	118,194	120,221	72,872
Joel Pasternack	(62)	117,815	119,661	17,123
Timothy Masters	(62)	117,677	118,729	102,230
Steve Kohorst*	(62)	114,450	117,682	
Robert Kraft	(62)	113,870	116,812	111,050
John Liepa	(67)	114,960	116,531	106,531
Larry Baldasari	(62)	112,906	115,389	87,229
Harvey Simon	(70)	111,111	113,111	109,111
Craig Snapp	(62)	106,989	112,933	63,896
Al Gilman	(66)	110,000	110,610	
Kenneth Roth	(56)	107,800	109,100	89,800
Sherry Case (F)	(53)	105,885	109,008	4,750
Ron Jackson	(67)	106,000	108,000	108,000
Paul Case	(55)	103,380	106,420	9,194
Steve Gathje	(57)	103,550	105,350	104,149

Amby Burfoot*	(66)	103,600	104,600	
Alex Galbraith	(62)	100,038	101,790	91,801
Jim Behr	(65)	100,340	101,666	100,666
Al Colonna	(69)	100,000	101,100	101,050
Michael Fanelli	(56)	98,105	100,212	7,244
Bill Stark	(65)	97,000	99,000	89,000
Homer Hastings	(69)	98,000	98,000	79,550
Bill Robertson	(60)	92,276	94,103	83,803
George Hancock	(59)	90,102	92,081	86,088
Dink Taylor*	(47)	90,000	91,500	
Mark Courtney	(56)	88,600	90,300	87,000
Bruce Sherman	(58)	87,200	89,900	86,900
Thad Childs, Jr	(65)	88,058	89,490	89,490
Ken Birse	(52)	86,750	87,750	55,810
Bob Aby	(67)	85,375	87,384	75,291
Rick Porter	(59)	84,730	86,752	86,656
Norm Spitzig*	(62)	84,500	86,704	
John Chandler	(57)	84,008	86,037	69,029
Dave Hamilton	(58)	84,300	85,800	79,800
Frank Russo*	(62)	83,004	85,554	
Doug Holland	(51)	84,500	85,000	
Roger Nelson	(62)	82,990	84,677	77,253
Brad Kautz	(55)	81,622	84,466	13,018
Bill Leibfritz	(56)	82,160	84,383	75,590
Brian Casey	(54)	82,554	84,092	84,092
John King	(61)	80,355	83,500	83,500
Brian Short	(62)	83,308	83,503	75,496
Bill Finkbeiner	(57)	81,700	83,200	81,700
Terrell Worley	(53)	82,030	83,030	69,940
Lauren Estilow (F)	(52)	79,353	82,075	35,655
Jim Bates	(56)	79,056	82,018	27,246
Stephen Reed	(65)	80,500	82,000	75,000
Rob Zarambo	(65)	80,844	81,844	72,924
Rich Holmes	(63)	75,530	79,697	
Diana Nelson (F)	(66)	76,020	78,809	77,422
Dave Melissas	(52)	76,811	78,034	61,585
Fred Murolo	(56)	74,020	77,687	75,687
Pat Foley	(64)	75,877	76,705	49,200
Norm Grimmett	(75)	75,653	76,653	55,933
Rick Kerr	(57)	73,659	76,628	44,020
Tim Woodbridge	(55)	74,400	75,001	75,001
Fred Winkel	(68)	75,000	75,000	72,000
Ron Shealy	(66)	72,780	74,699	36,507
John Watts	(57)	72,472	73,902	55,402
Joe Hyder	(61)	72,000	72,000	71,000
Grant McAllister	(49)	69,331	71,559	71,559

* have not had their running streaks certified by the US Running Streak Association

** estimate, which may be higher than actual mileage

I probably did not get everyone on the list who qualifies. Please send your data if you have surpassed (or will this year) 70,000 running miles, at (deboer.stephen@mayo.edu), and I will be sure to include you in the next update.

March 2013 Current Category Leaders (More Ups than Downs in MN Tundra Traversing) Compiled by: Steve DeBoer

As written in the Winter 2012 issue of *The Streak Registry*, Minnesota streak running has been going up and down and up and ... From June 2009 to June 2010, MN dropped from 13 to 7 streak runners. By June 2011, it was back to 13. At the end of 2011 Jacob Yurek and Julie Maxwell (33 years) stopped, but Brad Kautz and Al Gilman reached the 1-year mark about the same time. So the active list remained at 13.

However, the 13-month period from February 2012 to early March 2013 has been an even wilder rollercoaster, as 5 streaks ended, but 16 others were discovered (13 certified so far), the most ever in a year for this area of frozen tundra. With 24 active (Julie Maxwell reached 1 year again on March 4th), MN has far surpassed its previous record of 17, a rate of 4.52 streakers per million population, the first time a rate over 4.5/million has been reached, as well as the most women at one time in the state (4)! When Amber Hegland notified me of her streak reaching one year on January 16, 2013, that was first time any state had reached a rate of 4 per million (22 active in MN). Of course it won't be official until she, Bob Aby and Kraig Lungstrom get certified!

So, as of March 5th, here are the top states by rate & total number:

TOTAL RATE	TOTAL NUMBER	WOMEN RATE	WOMEN NUMBER
#1 MN 4.52 (3.95)	CA 43	#1 DC 1.66	CA 8
#2 DC 3.32	FL 26	#2 VT 1.59	MA 5
#3 VT 3.17	TX 24	#3 DE 1.11	PA 5
#4 DE 2.22	MN 24 (21)	#4 MA 0.76	MN 4 (3)
#5 MA 1.98	PA 22	#5 MN 0.75	IL 4
#6 WI 1.93	NY 16	#6 HI 0.72	FL 4
#7 IN 1.85	VA, MA 13		

NOTE that DC, VT, DE & HI have high rates due to their low populations, all having 2 active tundra traversers, 1 of which is a woman. TX has the biggest age range, with 1 17-year old, Victoria Gomez, and octogenarian Herb Fred (83 ½).

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/>



Ron Jackson with grandson

RON JACKSON'S STREAK HITS 34 YEARS

This morning's run [November 26, 2012] makes my streak officially at 34 years. It's been an uneventful year, gladly, as concerns my running streak - no illness, injuries, travel or other such potential impediments. I'm hoping this next year will be equally uneventful as far as running goes. I'm looking forward to moving up to the Grand Masters' division on this day next year.

I'm retiring as Executive Director of my non-profit agency at the end of this year after 33 years in that position but will continue teaching at the University of Washington's School of Social Work just enough to keep out of trouble.

Here's a picture of me running with our youngest grandson who was then about two years old. He's five now and wouldn't fit in this buggy. We had a great run that day in 2009 and he's still a happy boy, much to my great pleasure even if he, his mom, dad and older

sister live in Ithaca, NY. We wish they lived closer. Oh, well.

Ron Jackson
Seattle, Washington

PAUL BOYETTE'S 2ND STREAK ENDS AFTER 1,282 DAYS

With sadness I report my 2nd running streak has ended with an easy 2 mile run at 3:00am just a few hours before surgery on Halloween day 10-31-2012. As of November 1st running was out of the question and the recovery from a long overdue surgery for an infection in my stomach and a hernia repair started. If I could have run I would of, but with infection draining out of my stomach for two weeks and an open incision running about six inches down my stomach it was out of the question. I made it 1282 days but failed to break my old record of 2207 days. I will start again when able and am happy to report I broke 20:00 minutes for a 5K just the month before surgery so my streak of breaking 20:00 every year since I turned 50 is still going. Thanks,

Paul Boyette
Chesapeake, Virginia

BARRY BRITTON STREAK HITS 13 YEARS

I continue my streak without interruption. Between 2 and 2-and-a-half miles every day. At age 61, I am slow, but I get the job done. I am grateful for continued good health.

Barry Britton
Roscoe, Illinois

**ROGER URBANCSIK
RUNS PERSONAL BEST
8,170 MILES
IN FISCAL YEAR;
AVERAGES 22.3 MILES
PER DAY**

One recent highlight was reaching 150,000 lifetime miles on the day after my 55th birthday. Another was running 8,170 miles (22.3 miles/day) during the fiscal year ending 6/30/12, a summary of which follows:

Running Summary
7/1/11 – 6/30/12

	Miles	Days	Miles/day
Jul '11	700.0	31	22.6
Aug '11	936.0	31	30.2
Sep '11	630.0	30	21.0
Oct '11	726.0	31	23.4
Nov '11	753.0	30	25.1
Dec '11	821.0	31	26.5
Jan '12	517.0	31	16.7
Feb '12	534.0	29	18.4
Mar '12	602.0	31	19.4
Apr '12	627.0	30	20.9
May '12	648.0	31	20.9
Jun '12	676.0	30	22.5
Total/avg.	8,170.0	366	22.3

More importantly, on Christmas Day, my wife and I celebrated our 10,000th consecutive day of marriage!

Roger A. Urbancsik
Marina Del Rey, California

**BILL LEIBFRITZ'S STREAK
HITS 31 YEARS**

Thanks for the recognition of another year of my streak. Here's a little info from this past streak year:

- 2213 miles for year 31, about my average.
- My total overall miles went over 84,000 miles recently.
- Ran 4 marathons, my overall total is now up to 46.
- Ran my son's first marathon with him. I have now run each of my kids' first marathons with them - oldest daughter in 2008, youngest daughter in 2011, and my son in 2012. Of all the running accomplishments I've ever had (or will have), I am by far most proud of these!
- Added swimming to my workout schedule this year. I'm a former collegiate swimmer and triathlete, so I have a swimming background. But I haven't swum regularly for years. As I get older I wanted to add an aerobic activity that would allow me to reduce my total running miles. Getting back in the pool has been wonderful!
- My wife and I, and a few friends ran across the Grand Canyon, twice. Went from South rim to North rim on one day, spent a day on the North rim, then the next day, ran back, from North rim to South rim (23.5 miles each way). After the aforementioned first marathons with each of my kids, this may be the most memorable running thing I've ever done. A real bucket list item that I would recommend to any runner.

Good things always,

Bill Leibfritz
Midland, Michigan

**CHARLIE HARTS' STREAK
REACHES 4 YEARS**

My streak is still going. In 2012, I completed my first half marathon.

Charlie Hart
Noblesville, Indiana



Ann Hanson

ANN HANSON'S STREAK HITS 4 YEARS

Thanks for recognizing that today [November 30, 2012] was my 4 year anniversary, (day #1460). All of my running has been outside. Today, was a great day to run, for November, in Chicago, with the temps in the high 30's. One of the hardest days was 2 years ago, when we had the Chicago blizzard. I had to run in the snow plow tracks! At least no one else was out.

Now that I have the app, Map My Run, on my phone, it has been easier to determine my mileage. In the past, I have had to drive my car to figure out some of my routes.

My favorite place to run is Alaska, where we live March to October. I almost always run first thing in the morning. That is hard to do, when we leave the house at 3:30am, to go salmon fishing. Several times, when I was running early, in the dark, my husband had to follow me in his truck, to be sure that a bear didn't find me appetizing!

I have found that running in the Chicago humidity is not fun, particularly after running in the clean, clear air of Alaska! Over the years I have progressed from running a couple of miles, to 3 miles. My pr pace per mile, this year is 15:23. Not very fast, but for a 61 year old woman who is running for the joy of it, not too bad.

I loved looking at the Facebook blog about everyone's streak, particularly the woman who likes running in the fall, so she can hear the crunch of acorns under her feet. I prefer being a solo runner, as that is when I have my best quiet time.

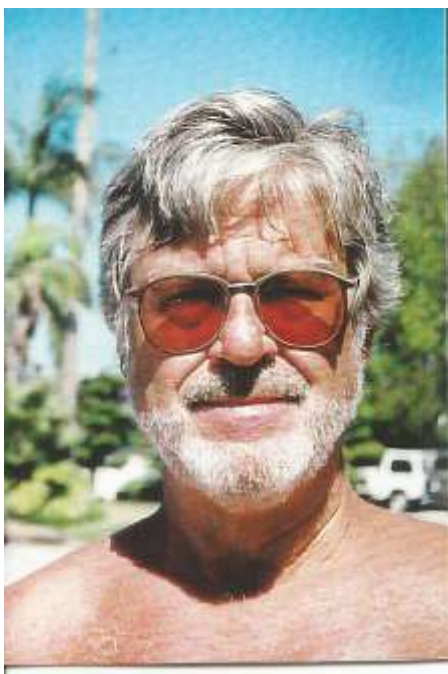
Again, thank you for cheering on my streak! My next goal is 1500 days, not too far off. Then 1600 days....1700 days...5 years.....

Ann Hanson
Deerfield, Illinois

TED SABINAS'S STREAK HITS 22 YEARS

Nothing new for my running streak except I am now a retired teacher but still coaching. Streak consists of a minimum of 3.1 miles per day with most days at the 3.1.

Ted Sabinas
Cedar Springs, Michigan



Craig Snapp

CHALLENGES TO THE STREAK

The Streak is at 14 Years, 8 Months, and has had Many, Many Challenges!

One time, I almost caught a cold! (Okay, well, actually, this was before The Streak started, yet, just thinking about it during The Streak gives me the chills!)

Another time, I was looking up the word "meniscus" in my dictionary, the humongous tome slipped out of my hands, and my "Funk & Wagnall's" landed on my ... well ... "groin-proximity!" My knee felt okay, yet, not so much my "lap-dance-arena!"

And, yet, another time, I suffered a "Sarcasm-Spasm To The Lower Medulla-Oblongata!" This was The Biggest Challenge Of All! (Obviously, I recovered from it!)

I'm very grateful that I've been lucky enough to overcome these Challenging Challenges, and only hope that I can be

blessed enough to run today! (Wait! I already ran today! Okay, ... make that read "tomorrow"!)

Smiles To All!

Craig Snapp
El Cajon, California

A RABBIT'S TALE – (CHAPTER NUMBER EIGHT)

I became a "Rabbit," (or, a "Pacer"), fairly early on in my running career, and I can't remember now how it all started. Mayhaps, it was because I grew up near "Briarpatch Elementary School." Whatever the Zip-A-Dee-Do-Dah reason, I jumped into that role with Thumper-like Enthusiasm!

Here is one of my more memorable experiences of being "Peter Cottontail!" :

A buddy asked me If I could pace a buddy of his, (whom I'd never met), for the first ten miles of a local marathon. He wanted to qualify for Boston '82, three months away, which required a 2:49:59 for Men-Under-40, (6:28 pace). A few weeks before, I'd done my marathon PR of 2:42:24, (6:11 pace), had no desire to do the full marathon again, so doing the first ten miles sounded like fun.

We met about a half-hour before the start, and talked about pacing. I suggested we do between 6:20 and 6:25 for the beginning, aiming for a ten-mile time of 63:20-64:10. He strongly disagreed! He insisted that he needed a 6:12 pace, a time of 62:00! Since my car had been parked the day before at my stopping point, I didn't really care to argue with him, because I was getting out then, regardless of whether his plan was less-than-optimal.

The miles flowed by easily, and we were

very close to what he'd wanted. I was doing my normal stride-and-a-half-ahead-calling-out-split-times-advising-about-turns-and-terrain job. He seemed okay with that. The tenth mile was a slight uphill, and he slowed slightly because of that.

We hit The Ten-Mile Marker, and I called out, "62:08!" I thought he'd be pleased. Wrong! He was as mad as a March Hare, and dropped the S-bomb, the D-bomb, and the Q-bomb! (I hadn't even known that there was a "Q-bomb!") Since my "Bomb-Shelter," (otherwise known as my "Toyota"), was only a block away, I didn't really care too much about his "expletives-undeleted!" I should have simply let it go. I didn't.

"Bud," said I, (since I couldn't remember his name!), "you've got 16 miles to go, and you're wasting a lot of energy getting upset about missing your goal by a FREAKIN' EIGHT SECONDS!"

Then, I hopped off the course, before he could reply, (slipping between Floppsy and Moppsy), and dived into my Hatch-Back Hutch! I drove around the course, looking for folks I knew, and delivering Positive Shout-Outs to them. The weather was wonderful, and those that I shouted to looked pretty good. Eventually, I went to The Finish Area.

When I finally found my buddy who'd asked me to be "The Pacer," I asked where his buddy was, (knowing that he had to have finished already), so I could congratulate him. My buddy shook his head. My buddy said, "No!" My buddy said, "You don't want to talk to him! He did a 2:50:07, and missed his Qualifying-Time by a FREAKIN' EIGHT SECONDS!"

OOPS!

Craig Snapp
El Cajon, California

STEVE BAYLISS'S STREAK HITS 5 YEARS; MOVED TO NEW ZEALND

I've now completed 5 years membership and delighted to have finally graduated from 'neophyte' to a marginally better sounding 'proficient.' It sounds like a more modest achievement by title than it did by commitment... but then you look up the list at The Masters and above and realize there's a long way to go. To be fair, more distance than I suspect I'll have knee cartilage. But we live with optimistic hope, and a more immediate goal. That being my ten-year 25,000km streak mile goal. I'll hit that first then wonder about how much further I'll go before having a wee rest.

The second update is location based. Reading the renewal form you'll see I'm still in New Zealand, and this looks like the place I'll stay. So I guess I'm best, and most honest, switching from USRSA to the Streak Runners International list. On the upside for members, please feel welcome to drop a note if you're ever heading to New Zealand. I'd be delighted to host you for a run – relaxed pace – and an adult malt beverage somewhere around the beautiful Auckland Bays.

Steve Bayliss
Auckland, New Zealand

DANIEL PEREIRA'S STREAK HITS 22 YEARS

Thank you for congratulating me on 22 years of running. The last day I missed I was stuck in Narita airport and the Japanese had Uzi's so I did not feel running was a good idea.

Daniel Pereira
Portland, Oregon

BARBARA LATTA'S STREAK HITS 29 YEARS

This year has been a great year for me. Sometimes I think, if you can livelong enough you will just outlast the runners and you can always get first place. I have not done that yet.

The first three months I spent in our Florida home. I did four 5K races during this time. On January 15, I did JFS 5K Race in 29:06 and won first place. On February 4, I did Run/walf for Wishes in 29:03 and won first place. On February 12, I did I Care, I cur, I Can 5K in 29:18 and won first place. On March 11, I did Cooper City 5K in 30:04 and won first place. All of these are first in my age group.

I returned to our North Carolina home in April. I placed first in Spring Fling, Race of Grace and Run for Life. These three were 5K races.

This Fall I started the Second Empire Grand Prix Series. We have 10 races to run and points are given for how well each person did compared to the first place over-all. I have two races left in this series. On 9/8 I ran North Hills and placed first. On 9/16 I ran Magnificent Mile and placed second. I lost by 4 seconds. On 9/29 I ran Run for Healthier Babies and placed first. On 10/13 I ran Triangle Run for Autism and placed first. On 10/28 I ran Monster Dash 5K and placed first. On 11/3 I ran Free to Breathe and placed first. On 12/1 I ran Jingle Bell 5K and placed first in 30:35. Second place was 31:30 and Third place slower. I do not win by a great deal but I manage to win most of my races. Now I am first place in the Series.

Also this Fall I ran City of Oaks Half Marathon and placed first in my age group on 11/4. On 11/11 I ran Fall

Festival 10K and placed first in my age group. I have another series race left to do on 12/8 [E-mail dated December 5, 2012]. I did not race the race on 11/22 because I spent Thanksgiving with my Mother in Boone, NC. My last race of the year will be on 12/15.

I have been helping my 10-year old neighbor learn to run and run fast. She wants to be able to race a 5K and we will try. I will be with her all the way to encourage and help her keep going. She has watched me run for years and now she said she wanted to "race and win medals." Our goal will be for her to finish her first 5K and maybe win her age group. I have enjoyed helping her improve in the running skills. It has been challenging to get her to do "hill work." I really want her to enjoy our race and be a runner for life.

It has been a wonderful year for me. God has given me the strength to keep running. I give God the credit for allowing me to run for 29 years. I thank my brother for giving me my first pair of running shoes. I feel great and I want to continue running for a very long time. My times are so much slower but I think I do not need to run as fast as I did to win a first in my age group. Life is the best early in the morning when only the birds, squirrels, and rabbits and deer are out on the Greenway.

Barbara S. Latta
Raleigh, North Carolina

DOUG HUBRED'S STREAK ENDS AFTER 1983 DAYS

I am sad to say my streak ended May 27th. I will be starting over soon.

Doug Hubred
Golden Valley, Minnesota

ERIC ARMEL'S STREAK HITS 6 YEARS

Comparatively speaking I feel somewhat embarrassed to write anything about my streak, when considering the length of some of our streakers 10, 20, 30, 40 years....

It's been 6 good years, probably the best years of my life. I am a morning runner and would not be able to survive the anticipation of an afternoon run, wondering if some life tragedy or work, or other event would somehow get in the way of running.

I celebrated today [December 9, 2012] by kissing my wife and daughter and notifying them on the way out the door that today was 6 years straight. I left with little fan fare as only streak runners could understand the magnitude of today.

My family has grown to support, accept and adjust their schedules as needed to allow me to continue with this blessing that I've been so lucky to have been given. My family has accompanied me to several marathons where we've managed to make a family adventure out of the events.

Good health for the most part has been accompanying me throughout the past 6 years, I've had a few episodes of the flu in which I've managed to gut out 2 miles mostly outside or on the treadmill, if absolutely necessary, and then collapse on the couch only to get up and do it again the next day.

Honestly, I would really like to thank the "Raven" for his motivation. If it was not for a small article in the back of a *Runner's World* magazine, I would have never known or thought about the streaking thing.

I hope that GOD continues to bless me with the ability and the peace to continue. Winter in Pennsylvania makes it even more challenging in the morning. On a clear day staring up at the constellations, however, you realize just how insignificant you are.

If I could offer a piece of advise to my fellow morning runners, invest in a good LED light. It will keep the "close calls" to a minimum at 4 am when nobody expects to see some nut running down the side of the road.

I think as I look back my most memorable time was in 2009, flying with some fellow soldiers to Kuwait, wondering how in the world I could keep this thing going. I thought, hey if I jog in place in the aircraft's lavatory for 20 minutes I could count that as 2 miles and it would continue. Well I did exactly that, and was satisfied. Later on, on that long day we had landed in Kuwait, and I managed to make it to the Gym in just enough time to crank out 2 miles on the treadmill before midnight. I'm sure others can appreciate the satisfaction of this run.

Congratulations to the other streakers on keeping the pedal to the medal. We are blessed with the ability and health to keep this thing going and for that we are grateful.

I learned one thing or at least committed something to memory from reading *Ultra Marathon Man*, by Dean Karnazes: "hard work, dedication, commitment and sacrifice are the secrets to success no matter what we attempt in this short life." I have used those four character traits as the centerpiece of several speeches and wanted to pass them along to my fellow streakers... Keep it going, and stay motivated!

Eric Armel
Greensboro, Pennsylvania



Duncan Cameron

DUNCAN CAMERON'S STREAK HITS 7 YEARS

I lived the first 49 years of my life in Bergen County, NJ. Next time I come up, I'll let you know. Maybe we can run together. I wrote a small update of the past couple of weeks of my running experiences.

December 2012

The month was very active for me and with some careful planning, quite enjoyable. December 1st was my 70th birthday (no, I did not participate in any planning for this). As it fell on a Saturday, I wanted to run a race on that date. Looking at all of the races I have run, I planned to run it as my 500th career race. And who better to join me in this endeavor, but my daughter in Tallahassee. She said she would be delighted to run, so I signed us up. The race was a five/ten mile event. She did the five and I did the ten. To my

surprise, and joy, she had some shirts made for us and her friends who also were going to run. The shirts were bright lime-green: on the front was part of my e-mail address-duncan runs fast-and on the back was 70th birthday and 500th race lifetime. We were quite the talk of the other participants. I did win my (new) age group.

On December 5th I completed seven years of running at least three miles every single day. Before the end of the month, I will reach 40,000 lifetime running miles and twelve years of running at least 2,000 per year. On December 31st, I am retiring and will then have the time to get serious about running.

Duncan Cameron
Palm Harbor, Florida

SCOTT LUDWIG'S STREAK HITS 34 YEARS

A quick update:

1. Will hit 130,000 lifetime miles in January 2013.
2. Will run lifetime marathon #200 in Honolulu on 12/9/12 (the trip to Oahu also serving as a 35th wedding anniversary present to wife Cindy).
3. Will concentrate on getting healthy in 2013.
4. Recently published 4th book (*in it for the long run: a decade with the Darkside Running Club*), which chronicles the first 10 years of my Darkside Running Club.
5. My 3rd book *a few degrees from hell* was bought by Meyer and Meyer publishing (who publishes Jeff Galloway's books) and will be released in December 2012.

Scott Ludwig
Peachtree City, Georgia



Joe Raffa

JOE RAFFA'S STREAK HITS 28 YEARS

2012 just flew by but the streak is totally intact. Even with the foot of snow we had last night [e-mail dated December 27, 2012], my wife and I were able to get 21+ minutes in this morning. 20 minutes has been my minimum over the last 28 years. A fellow employee, who also spends a lot of time outside snowshoeing said, "There's no such thing as bad weather, just bad clothing." My wife and I have run in 50 degrees below zero with the wind chill and kind of enjoyed the challenge of it. We call those days our adventure runs. It was fun running an hour with my son and daughter-in-law over the holiday. The family that runs together stays together. Have a great New Year and I look forward to seeing my name on the list at the next update. Thanks again for the congrats.

Joe Raffa
Manlius, New York

BARRY SACKETT INSPIRED TO STREAK BY NANCY SHOHET WEST

The following message was sent to Nancy Shohet West by Barry Sackett:

Nancy: Just got my USRSA quarterly and saw your article. Congratulations on five years and I liked your words, it is for nothing more than the joy of running each day. The reason I am writing is because you are the reason I am a streaker (11/4/2009). I heard your interview on The Story as I was returning home from a meeting with my pregnant wife and two year old son. I had run for years and the idea of running every day had always intrigued me, but something about your story made it possible. I went home and sent my brother and sister an email with a link to www.runeveryday.com and challenged them to join me. My brother made it three weeks and my sister a month, I think the difference between my streak and theirs is either I heard your story or I am just crazy enough to believe running each day for the sake of running each day makes perfect sense. I have now run everyday of my daughter's life. It will be fun to say that for awhile. Thank you and your son for sharing your story.

Barry Sackett
Okoboji, Iowa

TED SABINAS'S STREAK HITS 22 YEARS

Nothing new for my running streak except I am now a retired teacher but still coaching. Streak consists of a minimum of 3.1 miles per day with most days at the 3.1.

Ted Sabinas
Cedar Springs, Michigan



Steve Jones with children

STEVE JONES' STREAK ENDS AT 1564 DAYS

Please mark my streak as ended on Dec 21, 2012, the last day I ran consecutively for one mile a day. That should be 1564 days for Steve Jones, currently #234 on the active list.

Thursday, December 27, 2012
The End of a Streak

I stopped running last Friday.

After 1564 days, I reached a point where it didn't work in my life. I was on vacation with the family, we'd skied all day, it was late, kids were hungry, and I needed to cook some dinner. I was thinking to take 20 minutes out of the late afternoon and run, but the hotel where we had booked a week didn't have an exercise room. It was icy outside, which felt too dangerous to me for a run there.

I could have driven over to a local health club, but interrupting every afternoon, especially when I'd worked hard on the mountain, just didn't seem worth it. Delaying dinner was even a worse idea, to me. So I made the decision to stop,

and move on with life. I knew this streak would end in 2013 with a week long scout trip on a sailboat, so I was prepared.

Putting aside my streak, I went to the store, bought groceries, cooked dinner and called it an easy night with the family. No fanfare, no complaints, not even a note to my wife that night. I just stopped running, cooked dinner and went on with life.

And I was OK with it. It felt a little weird not to run, but I was tired from skiing and my body didn't miss the exertion. The rest of the week I skied hard, not worrying about saving anything for a run and enjoyed the time off. As of today, it's been 6 days since I've run, though I'll run today.

I was 234 on **the active streak list** that day, and ending at 1564 puts me at #114 on **the retired list**. I sent in my note today that I was done.

I may start another one, but not right now. I do want to aim for exercise every day, but I'd like to try a few new things. My wife has wanted to try hot yoga, and I'd like to give that a go. I am aiming for some swimming, more weight lifting, and perhaps even back into martial arts along with the skiing, baseball, volleyball, and of course, running.

I've collected a little data along my journey. This streak, a little over four years of my life, has encompassed:

1. 1564 days
2. 2810.4 miles
3. 754 miles in 2011
4. 2 countries (US, UK)
5. 15 US states
6. 5 pairs of running shoes (due for 2 new ones now)

7. using **Nike +**, **MapMyRun**, and **Runmeter** technologies for tracking
8. used 2 iPod Nanos (1 died), an iPhone 3, 3GS, and 4 across 4 years.
9. a low outside temp of 8F
10. a high outside temp of 110
11. an early run of 4:15am at a hotel near Heathrow before a flight
12. a late run of 11:40pm at night, after a long day

There have been some fun memories like **Day 1000**, which was celebrated late because of bad data. There were two great **#sqlrun's** in Seattle with large groups at the PASS Summit. I have had great runs before SQL Saturdays and SQL Connections, along with other events.

My middle son has the most runs with me, probably 40-50, but the person with the second most runs, and some of very enjoyable ones, is a member of the **#SQLFamily, Allen White**. Allen and I ran in Cleveland, Las Vegas, Chicago, Seattle, and Liverpool, UK. I always enjoy seeing him, and look forward to more runs in the future, and perhaps even a marathon some day.

I'll still be running, but mixing in other exercise more often. Throughout this streak I've played baseball, snowboarded, practiced karate, and played volleyball, but I've limited some other exercise I'd like to try more. I believe that taking care of your health is an important part of life, and exercise is one way I do that. I'd encourage all of you to find some way to ensure you are using your body, and not just your mind as you move through your career.

Steve Jones
Parker, Colorado

BJ DAVID'S STREAK HITS 5 YEARS

No change in status. Still running.

It's hard to believe it's been 5 years. I never even participated in a 5k before I started my streak or ran for more than a couple weeks. I still really want to add more miles and run a full marathon. My work schedule is close to "allowing" me to dedicate to proper training. I really look forward to this and the further health benefits I will receive. My streak has been an important part of my life the last 5 years. I plan for the same over the next five.

BJ David
Covington, Kentucky

RICK CARROLL COMPLETES 1 YEAR OF NEW STREAK

Re-started my daily running about 6 weeks after prostate surgery (the running is much easier than the walking workouts I was doing at 10-15% inclines!) beginning on January 1, 2012. I've completed a full year now and am submitting my form to get "re-listed." My goal is to exceed my previous streak (9349 days) by one day.....think I can make it?

Rick Carroll
Foxboro, Massachusetts

CHUCK ROBB'S STREAK HITS 17 YEARS

The streak continues but I really have nothing else to report.

Chuck Robb
Lee's Summit, Missouri



Jennifer Vandenberg

JENNIFER VANDERBERG'S STREAK ENDS AT 368 DAYS

I have attached a picture of me finishing the Disneyland Half Marathon. Here are some highlights of my running year.

Along with my streak I:

Completed the Goofy Challenge at the 2012 Walt Disney World Marathon - Finished the half marathon on Saturday and the full marathon on Sunday.

Completed the Marine Corp Historic Half Marathon in May in Fredericksburg, VA.

Completed the Disneyland Half Marathon in September. I also earned the Disney Coast to Coast medal for doing a half marathon in both Disney parks in one year.

I am now training for the Lake Havasu half marathon happening on April 13, 2013 and have plans to run two more half marathons this year.

My life goal is to finish a half marathon in every state. So far I have raced in 5 states and I will check off three more states this year. Good running to you.

Jennifer Vandenberg
Skamokawa, Washington

NANCY HARMON'S STREAK HITS 8 YEARS

This is my 8th year of my streak. I ran 1725.5 miles for this year and finished 25 races. My total miles in 8 years are 20,705.5 miles with 350 races. I have been blessed with good health to keep running

Nancy Harmon
Berwick, Pennsylvania

JOHN DANIELSON'S STREAK AT 4 YEARS

In 2012 I ran in 8 states, with the most days being in The State of Alabama, with runs in Huntsville, Montgomery and Gulf Shores, where the "Skies are so Blue." Dedicated runs to Tom "The Major" Lehmkuhl, Coach Benson, my Girls Track Team at DSHA, countless others who have crossed my path over the years, and of course the students and teachers at Sandy Hook Elementary School. Keep up the good work Streak Runners in 2013.

John Danielson
Wauwatosa, Wisconsin



Steve Tursi

STEVE TURSI'S STREAK HITS 2 YEARS; STARTED STREAK AFTER 100 MILE RACE

My running streak just completed its second year with a nice relaxing 3.25 mile lunchtime run with some coworkers. In the last 731 days I've run and walked 3198.3 miles, averaging 4.4 miles per day, running continuously at least one mile on each of those days. The streak started at a three-day race called Across the Years where I, after several failed attempts, for the first time successfully ran 100 miles in a single event. Since then I've completed one standard marathon, one Ironman Triathlon, and ten ultras, including five that were 100 miles in length or longer. I also have new PRs in every single distance I competed in. Streaking is not for everyone, but it sure works wonders for me.

Steve Tursi
Suffern, New York

TIMOTHY DUNNE JOINS USRSA; ENDS STREAK AFTER 367 DAYS

I was big my whole life - big and not very active at all. But in 1999, I changed my life for the first time. I promised to do some sort of exercise everyday and within 365 days, I had lost just shy of 100lbs and was training for my first marathon. I never felt stronger and more confident in my life. Then a series of major transitions/events in my life took me off the road and back on the couch. I gained all of my weight back and put all my running gear in a box, deep in the back of a closet. I was devastated but more than that, I felt defeated.

Then, in 2011, I bought a new pair of Asics (my weapons of choice) and started it all over again - ultimately changing my life for the second time.

In 2012, I ran multiple races ranging from 10Ks to a couple of half marathons. In addition, I ran a relay from Calistoga to the mountains of Santa Cruz with a handful of friends (we came in 10th out of a couple hundred teams!). It was an amazing adventure eclipsed by only one thing: the completion of my first marathon (SF marathon), which I finished in 3:10:25. Yet there was one more objective I had in 2012: my streak.

On January 1st, 2012, I ran the Golden Gate Bridge and started my yearlong streak.

On January 1st, 2013, I ran that same bridge then went home and rested after running ~2,829 miles within those 365 days.

Timothy Dunne
San Francisco, California



Scott Hendren

SCOTT HENDREN'S STREAK HITS 5 YEARS

I was thrilled and more than a little humbled to complete my 5th year of streak running at the close of 2012. My goal since completing year one was to keep the streak alive for at least 4 years, 7 Months, 15 days to pass the retired and unreported streak of my good friend and running mentor Marc Reddy who has inspired me in my running for 20+ years now, as well as being a great friend. I was not only able to pass Marc's streak, but to do so with Marc present at a Kennekuk Road Runners fun run.

Since starting this streak, I have lost 45 pounds, resolved my chronic Achilles issues, and recaptured my love of running and racing. This year was my best mileage year (1,700) and my fastest 5K and marathon times in 16 years. My goal for 2013 is to PR the

marathon and 5k, and of course, to run at least a mile a day, every day, for yet another year.

Scott Hendren
St. Joseph, Illinois

DAVID JENKINS JOINS USRSA

David Jenkins 52, grew up in and still lives in Upper Arlington, Ohio. Thirty-year veteran of Columbus, Ohio Police Department.

Began running cross-country my senior year of high school due to being too small for football. Had success and participated in track that senior year, experiencing even greater success. After graduation have continued running to some extent my entire adult life.

The last 15 or so years have been a constant struggle with running injuries. I had experienced chronic ankle problems, which resulted in having surgery in March of 2011.

On December 12, 2011, I went on my first continuous run since the surgery. This was a 2.68-mile run in 25:01. Since then I have run a minimum of 2 miles every day.

At some point in early 2012 I discovered the United States Running Streak Association and made the goal to qualify to be listed on the Active Running Streak list. During my streak I have participated in four races ranging from 5K to ½-marathon.

My goals for 2013 are to continue my streak, compete in more races and complete the 2013 Columbus Marathon.

My typical training week consist of a hill or track workout on Tuesdays, tempo

run on Thursdays, and a long run on Sundays. The other days are easy runs. My favorite workout is a ladder workout on the track consisting of 2x(400, 300, 200, 100, 100, 200, 300, 400) with a recovery jog of the same distance as the interval.

Personal Records:

5K-15:47
5M-26:04
10K-33:01
½-marathon-1:14:28

David Jenkins
Upper Arlington, Ohio

PAUL KIRNER'S STREAK HITS 17 YEARS

I must say I am proud to be able to run 6211 days in a row [e-mail dated December 30, 2012]. I just finished running a 1.1 mile snowy road here in Cleveland. My goal when I started 12-31-95 was to run at least one mile every day for one year. This was my New Year's resolution. I am now 23,250 mile down that 17 year New Year's resolution. Yes, and on my 67th birthday on 7-1-14, I will have run 24,901.55 total miles in 6758 days without missing one day.

Why 24,901.55 miles? That's once around the world without missing one day running. It's a goal, which started with a New Year's resolution.

I must say I am proud of your organization that currently ranks "compulsive" runners and lists me as 117th longest running streak but I brag that I have the 3rd longest running streak in the Great State of Ohio.

This trek has not been easy. Two years

ago I was stricken with cancer and during the chemotherapy treatments running was difficult. I lost 40 pounds and struggled. Now I have Parkinson's disease and that has affected my ability to run my pre-disease 9+ minute miles. Not bad for a 65+ senior runner.

So there are no changes in my running streak except to say who is that guy Charles Robb who claims (after I had the starting date on the USRSA registry) the same starting date. On 12-31-95 I was up at 9:00 am and finished my first mile by 9:30 am. If he says he completed his mile before then he rightfully should claim the 117th longest running streak but if it was after 9:30 a.m. then I claim the sole right to be 117. (Just kidding - after all I am an obsessive compulsive about this venture of mine.)

Paul T. Kirner
Parma, Ohio

JON JANES' STREAK REACHES 21 YEARS

Huge mile mark was Sunday, December 18, 2012, when I hit 21 years of running, without missing a day. And that became 7,683 consecutive days at the end of 2012.

It was a tough year for me. I have had some slight ache in my left hip for a couple of years - nothing bad. But soon after I finished my 51,000th career mile, left hip pain radiated to my quad and sometimes my hamstring area. I told the Doc and got an x-ray. He told me I have minor arthritis in my back and moderate in my left hip. He gave me some stretching exercises.

My speed has disappeared, but I get a lot of thinking and mental problem solving done on those slow, 6 a.m. runs in 10-degree winters. Always motivated

to keep the streak going, slow as it is. I would like to find some reliable joint pain meds that would ease the achiness on my runs.

I ran most of the year in the Asics Nimbus 13, the most cushioned shoe I could find. I finished with the Nimbus 14.

At year's end, my **career running is 51,307 miles and 13,753 career running days** since I began serious running in 1973. Once around the world is 24,901 miles, according to some experts, so twice would be 49,803. That's a good career workout. But if I were a car, I'd need some new tires. Unfortunately for streakers, putting on new tires is a heck of a lot easier than putting on a new hip.

I again finished a year with no sick days. Even slow, it keeps the bugs away from me...knock on wood. I consider myself to be in excellent health as I now start on my 22nd consecutive year of running...no treadmills but outside...every day.

Jon Janes
Topeka, Kansas

PAULA HARKIN'S STREAK HITS 4 YEARS

The streak is marching on hoping for 5 years without too much trouble, the streak has been so much fun for me and I have enjoyed the challenge. This year I ran 2116.75 miles, which is an average of 5.8 mile per day. Not bad for almost tearing my hammie off the bone in July!! :)

Paula Harkin
West Linn, Oregon



Joe Meadows

JOE MEADOWS JOINS USRSA

I first took the challenge to run a 5k back in 2008. Ever since then I have gone on to race in distances ranging from the 1 mile to 50k and throwing in a few triathlons and stair races. I have done big races and small races both locally around the world (Completed the 2010 Kosice Peace Marathon in Slovakia). In 2012 I set the goal for myself rather than continuing to run races simply for the reason of getting another T-shirt that I would start a running streak to challenge myself to run every day. On December 31, 2012, I completed my goal of running all 366 days of 2012 with a 3.66 mile run. Now on to 2013 to keep my streak growing and maybe get a little faster in addition to just being consistent.

Joe Meadows
Cleveland, Ohio



Michael Fanelli

MIKE FANELLI PASSES 100,000 MILES

Recorded mile number 100,000 during the Philadelphia Marathon on 11/18/12 between miles 13 and 14 according to my training logs...planned to dovetail the milestone with this event which I first ran 40 years prior as a 16 year old in 1972 (my first ever marathon).

Started recording training as a high school frosh in 1970. My goal was not to ever create such an enormous tally but

instead to gauge training and fitness to compete. That very first marathon was 3:36 and eventually improved to 2:25 at 1980 Nike OTC Marathon in Eugene, Oregon. Other bests range from 14:37 5000 meters, 30:53 10,000 meters, 3:05 50K and 16:40 100 miles (On the track!). While I have slowed substantially, I never really took any time away from the sport - always trained to compete at the best level that I could - hence the training diaries. While I managed lots and lots of 90+ mile weeks in the late 70s and early 80s, these days I am typically averaging just over 40 miles a week. I train every day (haven't missed a day in the past two years) with a longish run of about 10 -12 miles, a hard tempo type run and one interval session most weeks. All other days are active recovery jogs of 4 - 7 very slow miles.

I still love track and field and, now that my final marathon is thankfully behind me, I shall focus on my true love of 800 meters and the mile. I recently qualified for National Seniors Games at the 800/1500meters and intend to compete there in Cleveland in July 2013.

What a long strange trip it has been.

Mike Fanelli
San Anselmo, California

CHRISTY LEDUFF'S STREAK ENDS AFTER 1377 DAYS

My name is Christy LeDuff, and I am currently listed on the active running streak list. I was put in the hospital on bed rest for my pregnancy in October, so the last day of my running streak was October 12.

Christy LeDuff
Norfolk, Virginia



Woody Woodburn at
Santa Clarita Marathon

WOODY WOODBURN JOINS USRSA

Woody Woodburn, Running Bio:

As a ranked junior tennis player I always ran for fitness, but it was not until a back injury ended my collegiate career that I really took up *running*. Two years later, at age 21, I ran my first road race ever: the 1982 Santa Barbara Marathon. Before chip timing, my official time was 3:02 – but my personal clock time was 2:58:30 as I was late getting to the start from the stadium bathroom.

To this day, I regret not running another marathon for more than 10 years and trying to get an official sub-3. Instead, I just ran for fitness and fun, almost daily and about 50 miles a week. I have now done 14 marathons, including Boston in 2009, but the closest I have come to sub-3 is 3:11 in 2010.

As for “Streaking,” mine started in 2003 after I was rear-ended and nearly killed by a drunk driver going 65 mph. I required disk-fusion surgery in my neck and three months later the neurosurgeon, a marathoner himself, finally gave me clearance to jog 1 mile – I gingerly ran 3 miles instead. That was July 7, 2003, and I have run at least 3 miles (this became my self-imposed minimum as I had not heard of SRI/USA and its 1-mile rule) every day since.

In 2012, I set out for a streak within my streak by running at least 11 miles (10 miles seemed like a rounded-off distance) every day for the entire Leap Year. I succeeded and actually averaged a half-marathon per day with a PR yearly total of 4,802 miles. I am humbled and inspired by all “Streakers” ahead of me and behind.



Woody Woodburn at Boston Marathon

Woody Woodburn, Non-Running Bio:

Woody Woodburn has been a newspaper sports columnist for more than two decades in Southern California, with *The Ventura County Star* and *The Daily Breeze* in Torrance; and is now back with *The Star* as a general interest essayist. He has won numerous national writing awards, including first place for Column Writing by the Associated Press News Executive Council; Copley News Service's "Columnist of the Year" and recipient of its prestigious James S. Copley "Ring of Truth" award; and in 2003, was inducted into the Jim Murray Memorial Foundation's Journalists Hall of Fame.

Woodburn's writing has been featured in *The Best American Sports Writing 2001* anthology, *Runners On Running*, numerous *Chicken Soup For The Soul* editions, *The Los Angeles Times* and *The Sporting News*. He is currently working on two books, including a personal collection of running essays.

Woody lives in Ventura, California with his wife Lisa: the couple has two adult children, daughter Dallas, who ran track and cross country in high school; and son Greg, a former distance runner and team captain for the University of Southern California's Track & Field Team and who created the non-profit organization Give Running (www.GiveRunning.org).

Lifetime miles (since 1980): **62,289 miles**

Streak miles (7/7/2003-12/31/2012): **29,386**

Number of races: 14 marathons

Woody Woodburn
Ventura, California

AMANDA DEVERICH JOINS USRSA

Streaking has been a personal journey to prove to myself I could do something I ask of my clients everyday- change. I did not consider myself a self-disciplined person so I set out to streak and found that like the Lion, the Tin Man, and the Scarecrow, I had it in me all along.

Before starting the streak I was exercising (not competitively running) five days a week, so it was simple to add one mile each day to my work out routine. Streaking was surprisingly easy. Habit carried me a long way as running each day became like brushing teeth or showing up for work.

My streak is over now. I have proved to myself I can change. I intend to apply this new found skill of self-discipline in other areas of my life. My new athletic goals are time related so, though the streak is over, the adventure in running continue.

I am a licensed Marriage & Family therapist in Williamsburg, Virginia. I am a member of [Ironbound Gym](#) and the local running club, [Colonial Road Runners](#). Occasionally, I blog on the HuffingtonPost.com. You can read my post about ending my streak here: http://www.huffingtonpost.com/amanda-deverich/run-streak_b_2162601.html

My first foray into running was the 1990 Marine Corps Marathon when I was lieutenant in the United States Air Force. It was ugly- but complete. There was a long hiatus from running when I got married in 1992 and began a family. I am now widowed and am raising two daughters on my own.

Amanda Deverich
Williamsburg, Virginia



Ryan Fletcher at Nashville Ultra 50 Miler

RYAN FLETCHER STREAK HITS 2 YEARS

The Streak continues. I ran the ING NYC Marathon in 2011, which was a wonderful experience and lots of fun!! The NYC marathon is a race everyone should experience at least once. I enjoyed running throughout NYC before and after the marathon. I was able to see a fair amount of Brooklyn and Manhattan just from running.

In November of 2012 I ran and completed the Nashville Ultra-Marathon

50 miler. It was awesome. It was my first Ultra. Training for the 50 miler was a task which I thoroughly enjoyed. It gave me an excuse to spend lots of time running, which is my favorite thing to do. The race was hard but enjoyable. My wife paced me the last 19 miles and all 4 of my kids ran with me at different points. I finished in 12th place with a time of 9 hours 5 minutes and 31 seconds.

The hardest run I have done in my streak was the day after the 50 miler. I ran 1 1/4 miles. It took a little over 9 minutes but I did it. Since I have started The Streak I recover from races faster than I did before the streak. I am looking forward to the many years of streaking to come.

Ryan Fletcher
Georgetown, Indiana

DR. STACEY SMITH JOINS USRSA

I run for enjoyment and to practice what I preach to my patients. I do not recall what I was searching for on the internet when I stumbled across the USRSA website 13 months ago. I do recall believing that it was an achievable goal and so began my quest on 11/29/11. I have had no close calls or significant issues to speak off. My initial goal was one year and everyday thereafter is gravy.

Stacey Smith, MD
Detroit Lakes, Minnesota

GARY SCOTT'S STREAK REACHES 7 YEARS

Still trudging along.

Gary Scott
Olathe, Kansas



Bettina Shepard at
Steamtown Marathon

BETTINA SHEPARD JOINS USRSA

My name is Bettina Shepard and I am, and have always been, a runner. I have been running virtually my entire life! My love affair with the sport began when I was a little girl in elementary school. It developed further as I navigated my way through my teen years, high school and college.

I set a goal for myself in my early 20's to run a marathon by the time I was 30. Well sure enough I crossed the finish line of the New York City Marathon for the first time at the age of 29. Wow! That seems like so long ago. Since then I have completed 7 more marathons – the icing on the cake was qualifying for and then running the Boston Marathon in 2011.

I enjoy racing and try to compete in distances ranging from 5 miles to ½ marathons on a regular basis. Recently I discovered the beauty of trail running and log at least one or two runs a week on the trails.

I love running long distances, always have. My weekly average falls in the 55 – 60 mile range. I have been streaking since November 22, 2011. I plan to continue for as long as I can.

In addition to running I enjoy biking with my husband. I am also a (very!) proud Mom to our 10 year old son.

Bettina Shepard
Brick, New Jersey

TERRI VARNADOE JOINS USRSA

Today [December 31, 2012] is completion of my 1st year of streaking! I'm so excited and proud of the accomplishment.

I began this journey on Jan. 1, 2012. My running friends, Bill and Ruth Gorman, who have just completed 4 years of streaking, inspired me. Before I started mine, I remember Bill telling me since they started streaking this is the longest they've gone with least illness and injuries. I absolutely agree with this.

I have run for more than 30 years and most consistently for past 13 years. This year has been the best. I not only finished streaking but also completed 4 marathons, 1 half, and numerous 5Ks. I also started a boxing class, which has helped increase endurance and body strength. Also, I've donated 5 units of blood!

Going forward I will continue my streaking and have made this a lifetime goal. Thanks to all streakers who have inspired me.

Terri Varnadoe
Ocala, Florida



Michael Neff

MICHAEL NEFF CELEBRATES 60 WITH “NEW KIND OF STREAK”

I decided to do something special to mark my 60th birthday, which I celebrated this year. Being a streak runner and a “numbers guy” I came up with a new kind of streak - a half marathon every month for all of 2012.

I achieved my goal when I completed my December half marathon - “Santa to the Sea” in Oxnard, CA. Some of the races have been tiny like the Camarillo Half with 188 entrants. Some of the races have been fairly large like the Hollywood Half and San Diego’s “World’s Finest City Half Marathon.” An unexpected challenge of this endeavor was the logistics. Finding and getting to a race each month was just as challenging as running 13.1 miles. I’m fortunate that I now live in Southern CA where there are so many half marathons. None of the races required airline travel and only four involved an overnight stay.

There were many highlights during this “streak.” One was encountering the generosity of a stranger who transferred her race registration to me when I missed a registration deadline and thus she kept my streak alive. Another highlight was unexpectedly winning the Masters Award for The Southern CA Half Marathon Series which awarded points based on a weighted scale taking into account the number of races run and place within age group. I don’t run fast, but I did accumulate the highest number of points simply by running often. I was presented with a trophy at the Santa Barbara Half Marathon award ceremony in November. But best of all was running with my daughter and son. My daughter traveled to Lompoc, CA from Philadelphia to join me for my September race, and my son came to San Luis Obispo, CA from Portland, ME to join me in October.

One of the problems with starting a streak is that I just don’t want to let it go. December 8th is my twelfth and final half for 2012 [letter sent December 5, 2012], but I just registered for another one in January. I’m thinking now that 24 consecutive months is a nice round number to end this new streak on!

Michael Neff
Santa Barbara, California



Michael Neff’s Medals



Yeraj Rust

YERAJ RUST JOINS PARENTS IN STREAK RUNNING; BECOMES 1ST ATHLETE BORN IN 2000 TO JOIN USRSA

This is a picture of my son Yeraj Rust. He is a member and his streak started August 12, 2011. He completed 8 races last year and the picture is of him at the Tinman Triathlon. This was his first Tri but not to be his last. He is in the seventh grade and plans to keep his streak going for many years.

Yeraj plans to participate in at least 10 road races this new year. He is looking forward to seeing his name in the Streak Registry along with the other streakers. He is encouraging some of his friends at school to start their own running streak.

Submitted by his dad and mom who are streakers of soon to be 30 years and 9 years. We are a streaking family. When

we tell people this we get some pretty strange looks. Of course we quickly add that we do it while wearing running clothes.

Gary Rust
Palm Springs, California

HOWARD FELDMAN'S STREAK ENDS AFTER 1,382 DAYS

Just wanted to report that my most recent streak ended in early-January. 1382 days, 3559 miles. I started another streak a couple of days later.

We were traveling in Patagonia and I was tired from hiking. Plus my right heel has been sore for some time, so I figured this would be a good time to rest for a couple of days.

Over the past 15 years, I've had running streaks of about 9 years, nearly 4 years, and just under 2 years. I've come to see the streaks as a mixed blessing. They give me a sense of accomplishment that all "streakers" understand. But they also can be a somewhat unhealthy obsession. Again, all "streakers" can understand this. I didn't dwell on the decision to end the latest streak or lose sleep over it.

Howard Feldman
St. Louis, Missouri

BOB KIMBALL'S STREAK HITS 31 YEARS

Nothing extraordinary to report this year. Ran 1845 miles in 2012 and hoping to exceed 1900 this year. Don't plan on anything special on my 70th birthday in July.

Bob Kimball
Pensacola, Florida



Chip Akers with daughter Izzy
at her first race in 2007.

CHIP AKERS JOINS USRSA

Like many of you who run every day, I've logged thousands of miles, run in hundreds of races, and accumulated a lifetime of running stories. But the details around my current streak are a little out of the ordinary.

In the last mile of the Charlotte (NC) Observer Marathon in 2003, the muscle in my right calf pulled and I limped to the finish. I was disappointed but figured I would be back on the roads soon. When I resumed my training and started to get back in racing form, the muscle pulled again. This was the beginning of a four-year stretch of doctor visits, physical therapy, and finally the conclusion that the muscle would continue to pull whenever I ran fast (under 7:00 pace). Since I loved to race and wasn't interested in running without competing, I moved on to other activities.

In 2007 my seven-year old daughter convinced me to go out and run a mile with her, and she was hooked! As we ran together and trained for 5k's, she started getting faster and sure enough the muscle pulled again during the last half mile of a 5k (6:50 pace). I needed to get this injury healed and I was in luck. In 2010 I had a procedure known as PRP (platelet rich plasma), where my own blood was injected into the microscopic tear in my calf and it seemed to work.

My daughter and I have run many races together including two half marathons, and I have started racing again on my own. She runs the mile this year for her middle school, and I'm heading back to Boston for the marathon in 2014. Thanks for giving me the opportunity to share my current story.

"There will be a day when I can no longer run. Today is not that day."

Chip Akers
Raleigh, North Carolina



Chip Aker with daughter Izzy at
Miami Beach Halloween Half Marathon
in October 2012.

"Yes I am wearing a tutu in that picture."



Wendy Berton

WENDY BERTON JOINS USRSA

Having moved from New York years ago to Oregon in search of a healthier lifestyle & environment, I found it by incorporating my love of all types of fitness with running being my favorite! I presently lead my running group, RUN 4 UR Life!, which has been together for 5 years after starting as a fitness class for Portland Parks and Recreation. I am also a Water Fitness Instructor for the Aqua Exercise Association (AEA) and a Master Personal Trainer for the United States Water Fitness Association (USWFA). Members of Run 4 UR Life! have completed various marathons, half marathons, 15Ks, 12Ks, 10Ks, and 5Ks, while enjoying amazing group runs weekly all over beautiful Oregon!

I also work for a premiere running company, Foot Traffic, where I am the Program Director for the new walking

and running program I started. I also teach barre fitness at Lake Oswego Academy of Dance in a program called BarreBodies as well as personal train there. I feel cross training, humor and socializing are all important aspects of great health as well as a positive attitude and lifestyle!

I am also a contributing writer for Walkabout Magazine and AQUA Magazine. I am a cancer survivor and advocate for the cancer community and serve on the board of National Charity League. I try to incorporate a charitable element in all my activities. I am married to Mark Handwerger and have a daughter Sam who attends college. I also enjoy walks and runs with my adorable Pug Starr daily.

Wendy Berton
Lake Oswego, Oregon

SOUTHWEST COMMUNITY CENTER

Run 4 UR Life!

NEW CLASS!!!

STARTS APRIL 3RD

Learn how to run the right way. This class for beginning runners will take you through the beautiful outdoors of Gabriel Park. Incorporating both strength building activities and flexibility training.

Instructed by
WENDY

Meet in the lobby
Thursdays 10:00am - 11:00am



Nan Lujan

NAN LUJAN JOINS USRSA

I started running for the first time on July 12, 2010. It was shortly after my second son was born and I used a program called "four weeks to a mile" by personalrunningtrainer.com.

The program started with just four 45 second runs over the course of 20 minutes of walking. I moved on from that to a 8 weeks to a 5k and then 8 weeks to a 10k program.

I have developed a love of running, which is a constant surprise to me as I never in a million years thought I would be a runner. I've lost 50+ pounds and three dress sizes. I've raced in everything from a 5k to a half marathon.

I joined a women's running group called RunBuds in January 2011. It's been a great asset to my running and my life. The friendships I have made there are the best in my life.

I started my running streak on January 3, 2012. I've been sick a couple times and have had a couple of nagging injuries, but nothing to stop me yet. I love running every day -- I love that I am making something I enjoy doing a priority in my life. Here's to many more runs.

Nan Lujan
Chapel Hill, North Carolina



Nan Lujan



Rick Sinopoli

RICK SINOPOLI'S STREAK HITS 12 YEARS

It was a tough year for me but I kept the streak alive. I experienced back pain every day but stretching and cross training has it on the mend. I found out about two years ago I broke a pars bone at L-4 (unknown to me at the time) and it healed incorrectly putting pressure on my sciatic nerve. Having a streak was the only thing that kept me running. Since the beginning of 2013 the pain has eased at least 60%. I am actually looking forward to my daily runs again!

As of today [January 25, 2013] (12 years and counting), I've logged 26,403 miles during this streak. My best mileage year was 2005 (3078 miles) and the worst 2012 (859). My average daily miles are 6.02. I've completed 16 marathons. I try to do all of my runs outdoors and am guessing less than 1% of my runs have been on a treadmill or indoor track. The coldest temperature I've run in was 21 F below zero and the warmest 103 F.

Rick Sinopoli
Turtle Creek, Pennsylvania

BRAD KAUTZ'S STREAK HITS 2 YEARS

Two years is both a modest and significant achievement. In 34 years of running, this is the third time I have reached two years. Time will tell if this streak will be the second to reach three years.

Two things to note in this past year:

First, I ran my first ultra, a 50k that was made up of three loops of the same 10 mile trail course where legendary streak runner Steve DeBoer twisted his ankle so badly that his streak nearly ended. At the ER with Steve that afternoon I heard the doctor say "Weight-bearing as tolerated" and I knew the streak was on. While I did take a wrong turn once on the course and recorded a DNF it was well after doing the minimum distance for the streak.

Secondly, I did something that is only understood by streak runners, and perhaps those who are married to one, such as my dear wife. Due to weather conditions and a missed connection we were stranded at Keflavik Airport in Iceland for 8 hours, putting our arrival in London 12 hours behind schedule and very close to the witching hour for my streak. So I emptied my pockets of all except my passport, tightened the laces in the old running shoes I was wearing and went outside to run a mile in my jeans. Entering an airport such as Keflavik without luggage arouses the suspicion of security, to which I responded that, "I just needed a bit of fresh air."

We'll see what challenges and delights the next year holds.

Brad Kautz
Rochester, Minnesota



Shannon Meglathery (left) with friends at 10K Mudrun.

SHANNON MEGLATHERY STREAK ENDS AT 500 DAYS

My original goal when I started streaking was to only do it for a year. I know that is nothing compared to some of those who have streaked for decades, but it was a hefty goal for myself.

The year flew by. I had no reason to stop after my one-year anniversary passed, so I decided to continue until I felt like stopping. Towards the end of December I was losing motivation, due to a busy schedule, a lack of daylight hours and overall fatigue. I was at 485 days when I knew the end was near, and I decided to tough it out until day 500 for a nice even number.

I knew it was time. I don't feel as though I gave up or quit. It's not that I couldn't keep running, it's just that I didn't want to anymore. I would be very regretful if I

ran so much that I sustained a permanent injury or lost my love for the sport entirely.

I am so incredibly fortunate for the experience because it taught me a dedication that could not be learned any other way. I look forward to training for my first half-marathon in the spring after several weeks of rest!

In the picture attached, I am the runner on the left. I participated in a 10K mudrun on the day of my junior prom in June, 2012.

Shannon Meglathery
Northfield, New Jersey

MICHAEL KAAG JOINS USRSA

My running career, if you could call it that, began on a whim a few years back when I signed up for the Army 10-miler in Washington, DC. Prior to that race, the longest I had ever run at one time was 5 miles, which was in a 5-mile race the weekend before heading down to Washington.

I ran off and on for the next few years and got a little more serious during my second year of business school at Duke when I signed up and ran the Tar Heel 10-miler in Chapel Hill.

My first job after business school took me to St. Louis, where I met a fellow stalker and my current boss. I was determined to undo the two years of gluttony that accompanied business school and committed to eating better, drinking less, and being more active. Within a few months of arriving in St. Louis, I was working out daily at work and playing the Irish sports of hurling and Gaelic football several days a week.

As January 1st rolled around, I learned in conversation that my boss had been running daily for over four years – no small accomplishment given he told me of the ongoing streak as he was confined to a walking boot. The idea of running every day resonated and I embarked on my streak on December 31st, 2011.

I managed to keep the streak alive during a bachelor party in Vegas, during a hurling tournament in Philadelphia despite playing six games in two days, and during a weeklong ski trip to Jackson Hole, where I learned the joy of running on snow in single degree temps. I completed two half marathons during year one and I am now training for a full marathon in April.

I wasn't sure whether to continue the streak after reaching the first year, as I figured it would only get harder to stop. Much to my wife's chagrin, the streak lives on and I look forward to the challenges that year two might bring.

Michael Kaag
St. Louis, Missouri

MICHAEL SKLAR'S STREAK HITS 31 YEARS

Once again, I forgot about this streak until getting your email. Nothing new to report – grace of God I'm still able to do the 4 miles and still haven't missed.

Last week [e-mail dated January 19, 2013] we drove 12 hours (Chicago to Atlanta) and THEN I had to do the 4 miles, but it continues to get done.

Michael Sklar
Dunwoody, Georgia

TOM WHITELY ENDS STREAK ON 15TH ANNIVERSARY AT 5,480 DAYS

It brings me great sadness to end my streak on January 16, 2013, my 15th year anniversary. After 5 months of painful 1-mile runs, I can no longer continue.

The pain stems from a number of different issues in my right leg. My right hip has degenerated and needs to be replaced. My right foot is numb due to a condition called peroneal neuropathy. Throw in stenosis and a herniated disc and you got yourself one miserable leg. I guess after 40 years of nonstop activity my leg and body have had enough.

You see, I have not only been an avid runner but a competitive weightlifter, construction worker, physical education teacher and a football coach of 30 years. My body has never had any time to mend. But that's who I am and why I am the way I am now. Wouldn't have done it any other way.

I've thoroughly enjoyed being apart of this daily challenge and this exclusive club. Who else in their right mind would run a mile or more every day under so many deterrent conditions?

I want to thank my wife Shari and another stalker Jon Kralovic for their support.

I've continued to streak by doing a mile of cardio each day and plan to do so on the day my hip is replaced. One streak ends and another begins. Good luck and be smart to all of you still able to run that mile a day.

Tom Whitely
Fair Lawn, New Jersey



Mike Buerke:

"The picture [above] is what winter running in Minnesota looks like! Taken 2/4/13 after a 4 mile run through slushy snow, air temp 9° above zero."

MIKE BUERKE'S STREAK HITS 2 YEARS

Just got in from my daily run [e-mail dated February 1, 2013]. What a wonderful way to finish out year # 2 with a brisk, sunny run - with the air temp at my house as I left at a "balmy" -10 deg F. That's Negative 10. Ten Below. Or, for perspective, that's 112 degrees colder than my warmest run back in July.

What an adventurous place to live and run outdoors, crazy Minnesota.

I'm still in a bit of disbelief that not only was I able to run everyday for 2 years, but that my total mileage is enough to have arrived in Acapulco, Mexico today, had I never turned around. :-) Not bad for a 240 pound guy (when I started), who barely lugged out a treadmill mile on a cold day in February 2011. And then another mile the next day, and the next.... It took me almost 3 months before I was physically able to complete a 3 mile run!

Now I've run half marathons, I've shed 85 pounds, and I'm registering for my first full marathon tomorrow - the Twin Cities Medtronic, to celebrate my streak reaching the 2-year milestone.

My total mileage is 2350, for an average run distance of 3.2 miles - that's a 5K per day. Modest numbers for some of the long distance streakers that are seriously inspiring (and a whole 'nuther level of crazy), but for this guy that could barely run a mile, never played any sports, rarely got off the couch and is closing in on age 40 real fast - not too shabby. :-)

Coldest run: today! -10F

Hottest run: July 2012: 102F

Most Awesome-est run: 9/25/12 group run, 4 miles listening to great story-telling alongside streakers Steve Gathje (40 year run), Steve DeBoer (41+ years), David Haase (4 years), and Phil Munson (1.5 yrs)

What is my plan to celebrate reaching 2 years? Go for a run, of course. And the next day, and the next day....

Mike Buerke
Fridley Minnesota



Erica Gorman

ERICA GORMAN JOINS USRSA FROM HAWAII

My passion for running fully bloomed after the birth of my daughter and was further ignited by the loss of my father. At that point, I realized life was too precious to not push yourself to achieve goals. At that time, my ambitious goal was to run a marathon.

I have been documenting my running career since October 2009 and ran my first half marathon in 2010. I ran my first marathon in 2011 and two more marathons in 2012. In total, I have run in 25 road races.

After successfully completing my first marathon I increased my running goals to run daily in 2012 and started my running streak on 12/30/11. To date (January 15, 2013) I have run 1,535 miles and have no plans on abandoning my running streak.

Further goals include running an ultramarathon.

I blog about my running journeys at Life as a Running Mom,
<http://lifeasarunningmom.blogspot.com>.

I detail my running streak on Daily Mile,
<http://www.dailymile.com/people/EricaGorman#ref=tophd>

I am the middle child out of three daughters. I was born in Michigan but grew up in Texas.

I played soccer throughout elementary, junior high, and high school and never imagined running for the sake of running would become so enjoyable.

I am married to John Gorman and together we have one daughter, who is about to turn 5.

One of my non-running goals is set an example for my daughter on living an active, healthy life style.

My personal mission is "inspiring women to believe in themselves, to be active, and to run strong in life!"

Erica Gorman
Kula, Hawaii



Jonathan and Ed Reid

JONATHAN REID, 12, BECOMES 2nd ATHLETE BORN IN 2000 TO JOIN USRSA

I started my streak on November 25th, 2011, because of my Dad, Ed Reid, who has a streak of a little more than 8 years. It seems like I've been running forever, which I actually have been. My parents used to run with me in a stroller when I was a baby.

I love running and do it everywhere. I ran track in elementary school for 3rd, 4th, and 5th grade. I ran the 400m and got 6th, 3rd, and 4th place overall out of all Manatee County schools. Then, in 6th grade (this year), I ran cross-country and was the 3rd best at my school, top 21 in both meets. I love running!

Jonathan Reid
Bradenton, Florida

DREW KENNY JOINS USRSA

I have been an active runner since high school. I continued to run while attending the United States Naval Academy. I also enjoyed running races of all distances up to and including marathons throughout my 20-year naval career. Following my retirement from the Navy, I began a career as a corporate pilot, which affords me the opportunity to travel to many interesting places. I have run in nearly every US state and many other countries.

Following a few injuries in 2009 and 2010 (incurred while engaged in sports other than running), I set my sights of running 2,011 miles in calendar year 2011. While I fell short of that particular goal, 2011 paved the way for me to run more frequently and take fewer days off. At the start of 2012, I set a goal to run 2,012 miles. Although I did not intend on running every day, I stayed healthy and (mostly) injury free and really looked forward to my daily run.

Traveling quite a bit for work also helps break up the monotony of running the same routes every day, and I usually find group runs to join in many cities throughout the country. My favorite is the odd cast of characters joining Raven on his daily 8 miles in South Beach in Miami.

I successfully ran every day in 2012, logged approximately 2,300 miles and found out about this association while reading an article in *Runner's World*. I intend to keep running as long as I am healthy, and am fortunate to have a supportive family and coworkers who help make sure I complete my daily run. Streak on!

Drew Kenny
Fleming Island, Florida



John Byrne (center) with daughters.

JOHN BYRNE'S STREAK IS AT 18 YEARS & COUNTING; STREAK AND TRAVELING, THE CONSTANT CHALLENGE

When I first joined the USRSA, I mentioned that my professional career has given me both the opportunity to travel and the challenge to make sure I complete my daily run. As I passed my 18th year, the day after Christmas, those "fun" issues continue.

Having had the great experience of running in 38 states and 19 foreign countries, I feel very fortunate. (Of course, the less than exhilarating experience of running at 4am when you

have an early flight and you know that running when you arrive is next to impossible, is also the price one pays for the streak.)

Some highlights include running in:

- Sydney, Australia passing the Opera House
- In Ecuador, being chased by street dogs
- San Diego, clearly the best place to run for me
- Milwaukee in January by Lake Michigan, where the paths have already been shoveled by 8am!
- On cobblestone streets in Amsterdam, tough on the legs but still memorable
- Up to Coit Tower in San Francisco

There were other locations that seemed less safe, so I opted for the treadmill but I try running outside whenever possible. One clear sign is when you check in and ask for suggestions on running and the front desk looks at you like you are crazy.

Weather, of course, challenges all of us and cold rain for me remains the worst. So, you have to be disciplined to check the weather before packing for any trip.

In the past 18 years, much has changed for runners. Early on I ran in silence, but now I enjoy podcasts to keep me occupied. (Note: We should start a conversation on USRSA's Facebook page on podcasts---I would imagine there are a number of folks with some interesting recommendations.) Certainly shoes and running apparel have changed as well but the goal remains the same---get your run in today!

John Byrne
Centreville, Virginia



John King

JOHN KING'S STREAK HITS 5 YEARS

When Mark Washburne reminded me that January 28th was the fifth anniversary of my current running streak I must admit that I was caught completely by surprise. I am usually pretty good at remembering important anniversaries however; running fits into a completely different category.

For the last thirty-six years running has been a part of my daily life and something that is as natural to me as breathing. I had a thirty-one year running streak going until I fractured my ankle five years ago and the month that I could not run, I thought about running and what I was missing every day.

Running is a part of who I am and has played a critical role in helping me get here.

When I was twenty-five, I started running primarily to lose weight, and still do to keep it off. I was an overweight ex-smoker who wanted to get healthy. I was living by a lake and I started by running from one park bench to another huffing and puffing in between. I kept doing this every day trying to add another park bench to my daily total until I finally made it around the entire lake.

After that it was off to the races. Completing the three miles around that lake was my "Rocky" moment and motivated me to start running races, upping my miles and eventually committing to my first marathon. I have since finished forty marathons and eight ultras.

My wife always asks me "Do you have to run today?" One thing I know about myself is that the first day I don't do something (like run) the next day it becomes that much easier not to. So, I decided that if I wanted to become a runner I needed to discipline myself to run every day. I needed to create an environment that made it impossible for me not to run. So far it has worked.

Running has been one of the healthiest things I have ever done for myself. In addition to the weight control, keeping me illness free, and clearing out my lungs it also cleared out my head. Running reduces the stress in my life and has allowed me to do some of my best thinking. I actually worked through my doctoral dissertation on my daily runs and still use that time to think through many of the challenges I face on a daily basis. Running has also helped me build many long and close relationships. I have had many running partners throughout the years and have had the honor of meeting many wonderful people through my

participation in races and running clubs like the Do Run Runners.

This anniversary reminds me that I am getting older and have a few more miles on my shoes, not to mention my body, and I am not as fast or as dapper as I once was. I am however, just as much enamored with running as I always have been and am proud to be a streak runner.

I still get excited about running events. Just this week I was at a business meeting at the NY Armory which is a first class track and field venue. I was meeting with a couple of Olympians, in fact one was a gold medal winner and I got so excited by all of our talk about running that I had to go home that evening and go for a run. My goal is to maintain that level of excitement and passion for running, keep on strapping on my shoes every morning and keep those endorphins flowing as long as I can.

John King
Chatham, New Jersey

KATHRYN O'DONNELL JOINS USRSA

I have been running every day since May 23, 2011. I read an article in the *New York Times* about a man that had been running every day for over 25 years. I was impressed. I decided to run every day for one week. After that week, I decided to run every day for a month. Then I just couldn't stop. After 628 days (as of today) [Application dated February 8, 2013], I still see no end in sight. I feel like I am a good example to my kids and my health has benefited tremendously. The best part is my husband also runs every day.

Kathryn O'Donnell
Fort Mill, South Carolina

MICHAEL BELL JOINS USRSA

I have been running for nearly 40 years. I have participated in more road races than I can count and I have not kept but a few records or logs of my running. My wife and children, as well as my career always seemed more important. Running was just something that I did each day. Who keeps a log of brushing your teeth or keeps track of the number of cups of coffee you have each day?

I started running during the "running boom" of the 1970s. I was young and it felt good to me. Over the years, like Forest Gump, I just kept going.

I have coached junior high school, high school, and working my way up to collegiate cross-country and track teams. I have considered various approaches to maximizing each of my athlete's potential as a runner and racer. I have used long slow distance, fartlek, high intensity, low intensity, cross training, running in water for recovery, high levels of speed work, hill training - you name it, to find the key to unlocking the potential of each runner.

Personally, I have always had trouble with "breaking down" and suffering injuries. I have made every mistake a runner can make in their training - several times. Yet, starting a running streak seems to be a good fit and provides a reason to "hit the road" each day. I like to think that I am running toward the next chapter in my life on the road. What lies ahead is anyone's guess, but I will never know unless I get out there each day and make the discovery for myself.

Michael Bell
Malvern, Pennsylvania



Mike Holsteen

MIKE HOLSTEEN'S STREAK HITS 25 YEARS

I have been very blessed to be able to run every day for 25 years. I started running in 1978 and ran five or six days a week until January 31, 1988. I have logged over 105,000 miles since I started running.

I had a real scare last year. On September 5, 2012, I was water skiing on Table Rock Lake and went down hard. I immediately knew that I was in trouble. I injured my right knee.

The following day I saw an orthopedic surgeon and he told me I had torn my MCL and PCL. He told me the best therapy was riding an exercycle. He also told me if I worked hard I should be able to recover without surgery. I have spent 220 hours on the exercycle in that time.

I did not want to break that 24 plus year streak that I had going. The first day after injury was the worst. I forced myself to run a mile and did that every day for the first week. It was tough, but

after the first week it slowly got easier.

At the end of two weeks I put in a couple of two-mile runs. At the end of the first month I was running 2 miles every day. It was not easy, but I am pleased to say that for the last month and a half I am back to almost 100% and running 6 to 8 miles every day.

I am thankful for the ability to run every day and look forward to many more. I have about 3 months to decide if I will continue to water ski or just surf behind the boat.

Mike Holsteen
Ridgedale, Missouri

PAUL CHRISTIAN ENDS 2ND STREAK AFTER 1203 DAYS

Well, for the second time I went on the disabled list. Got a few seconds? Here's the deal.

Training for the Twin Cities Marathon last fall, was doing a few wind sprints and felt leg tighten up. A couple of days later I ran 15 miles, and it wasn't pretty. Still continued to run, of course. Leg kept getting worse. At first I thought it was a groin pull.

Was signed up to do the La Crosse Half Marathon the week before Twin Cities but didn't do it. Then didn't do Twin Cities either.

Went to Sports Medicine, and they said a pulled/torn hamstring. And I went to Joe Eischens, the therapist. Nothing seemed to work. Running was painful, like every step. And it didn't get any better during the day. Mileage, if you can call it, was reduced to 15 painful steps.

Finally, I had an injection. Dr. Jay Smith took an MRI and said it was the hamstring was on the severe side. Also said if it got much worse surgery would be required. Then I would be out for months. Well, that got my attention.

Yes, then I stopped. Didn't have much choice. That was November 3.

Injection helped a little and it didn't happen overnight like I thought it would. At first, I thought I would be back by Thanksgiving, but no. I kept going back to PT, and had 12 ultrasounds.

Gradually. Kept going to the RAC, did bicycle and then slow (20 minute mile) on the treadmill. Finally, did a lap around their indoor track. Christmas Day ran outside — again — for 18 minutes. Alternated between treadmill and outside.

Been outside for three straight weeks as of today [January 28, 2013]. Ran for 38 minutes Sunday and 37 today (in the slosh and gunk). There's still some stuff happening in the leg but nowhere like before. And it goes away. Been religious about stretching at the RAC.

So, all in all feel good now. Going to Costa Rica in 11 days and I really wanted to be healthy for that.

Stopping a streak even for the second time is not all that fun. But there was nothing I could do.

Dr. Smith said the hamstring injury was probably years in the making, and I agree. I always thought it was a groin.

So that's my story and I'm sticking with it.

Thanks for listening.

Paul Christian
Rochester, Minnesota

JENNIFER WALT JOINS USRSA

I have been running for about 35 years, following in the footsteps of my parents who help revolutionize the running boom in the early 70s. While I ran competitively (for time and place) throughout school, part of college, and into adulthood, I really just prefer running for distance.

Running is now how I relax and often socialize. The occasional "fast time" is exciting, yet the feeling of accomplishment in training for an event and finishing it is plenty for me.

For the most part I train for marathons. I have 23 in the books including Boston (3), Chicago, Big Sur, Seattle, Portland, San Diego and Catalina (5). Marathon-ing allows me the occasional "girls weekend." I often joke that a normal woman would prefer a spa weekend. On the other hand, it is also fun to simply run to the starting line of my annual Huntington Beach Marathon, thus #24 is scheduled here at home in February 2013.

I am trying to keep running in my family, as my two sons will do the occasional 5K with my husband and me. I want it to be fun for them though. Unfortunately, they will beat me at the short distances before too long. My first year of streaking has impressed my boys, which I am very proud of. It is not always easy to impress your children.

Finally, I will be 50 in 2014, and am looking for something epic, yet reasonable to mark the occasion. Any ideas?

Jennifer Walt
Huntington Beach, California



Dusty Hardman

DUSTY HARDMAN JOINS USRSA

I began running in 2005 so that I could do my first marathon, Grand Teton Races in 2006. I am not a good runner nor a fast runner. I have adrenal insufficiency, hypothyroidism and a distinct lack of talent. I blog about running and my endocrine disorders at: www.addisonssupport.blogspot.com.

Mostly, it's pictures from my runs and rants about adrenal insufficiency.

Despite my challenges and how slow I am, I completed Bear 100 in 2009 (DFL), in 2011 I had the honor of being able to complete Marathon des Sables, Vol State (500k across TN) in 2012 and participated in Barkley Marathons 2012. I love an adventure whether it's being alone in the backcountry of Idaho, riding across the desert of Utah on a mountain bike or running on the roads of Tennessee at 3 am.

In 2010, I got a stress fracture of my femoral neck. I began a walking streak (February 13) as an appreciation of my mobility and health as soon as I was allowed to start walking again. In 2012, I was inspired by Steve Tursi to step it up a notch and start running a mile a day. Here I am, one year later!

Dusty Hardman
Punta Gorda, Florida



Owen Barwell

OWEN BARWELL JOINS USRSA

For 2011 I took a photograph a day to exercise the other side of my brain. Towards the end of that year, as I was reviewing my photo portfolio, I realized that I enjoyed the discipline of keeping the photo-a-day streak going. For 2012, I turned to running as the conduit to continue my streak addiction. Since 2 January 2012, I have run at least a mile-a-day, and reaped many rewards for my efforts – a clearer mind and better health being at least a couple!

Owen Barwell
Alexandria, Virginia

Official U.S.A. Active Running Streak List

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

March 1, 2013

	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, 68
15.	John Liepa	01/02/77	Indianola, IA, Professor, 68 *
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, 71
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, 62 *
	The Masters (30+yrs)		
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, 53
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, 65
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, 57
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, 70
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.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 62
69.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 65
70.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 58
71.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 59
72.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 52
73.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 63
74.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 68
75.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 55
76.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 67
77.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 63
78.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 54
79.	Robert E. Nash	06/18/87	Olney, IL, Physician, 65
80.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 64

	The Highly Skilled (20+yrs)		
81.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 60
82.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 65
83.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 54
84.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 47
85.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 62
86.	Hal Gensler	12/04/89	New River, AZ, Retired, 66
87.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 61
87.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 36
87.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 56
90.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 60
91.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 72
92.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 74 *
93.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 61
94.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 61
95.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 63
96.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 54
97.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 60
98.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgt(R), 59
99.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 56
99.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 59
101.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 62
102.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 41
103.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 63
104.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 63
105.	Jon Janes	12/19/91	Topeka, KS, TV News, 65
106.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 50 (F)
	The Well Versed (15+yrs)		
107.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 56
108.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 71
109.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 72
110.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 57
111.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
112.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 27
113.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 56
114.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 58
115.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 70
116.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 61
117.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 57 *
118.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 65
118.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 57
120.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 66
121.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
122.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 60 (F) *
123.	Troy A. Coppel	05/19/97	Evansville, IN, Athletic Trainer, 30
124.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 52 (F)
125.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 38 *
126.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 56

	The Experienced (10+yrs)		
127.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 58 (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, 53 (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, 42
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, 61
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, 62
152.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 37
153.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 59
	The Proficient (5+yrs)		
154.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 52
155.	David Max	08/28/03	Alexandria, VA, Pilot, 37 *
156.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 24
157.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 56
158.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 40
159.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 35
160.	Ed Reid	05/27/04	Bradenton, FL, Builder, 53
161.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 66 *
162.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 62
163.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 42
164.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 44
165.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 32 (F)
166.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 57
167.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 34
168.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 62
169.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 54 (F)
170.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 58
171.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 31 (F)
172.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 50 (F)

173.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 53 *
174.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 53
175.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 59
176.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 43
177.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 52
178.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 40
179.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 37
180.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 69
181.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 62
182.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 45
183.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 57 *
184.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 44
185.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 48
186.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 56
187.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 71
188.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 42
189.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 45
190.	Heather E. Nelson	12/15/06	Houston, TX, Student, 21 (F)
190.	William D. Nelson	12/15/06	Houston, TX, Business, 47 *
192.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 46
192.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 32 (F)
192.	Stephanie Mera	01/01/07	Redlands, CA, Student, 24 (F)
195.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 44
196.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 31
197.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 52 (F)
198.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 30
199.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 49 *
200.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 45 (F)
201.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 56 (F)
202.	David Baskwill	06/17/07	York, PA, Podiatrist, 53
203.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
204.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 46 (F)
205.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 62 *
206.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 53
206.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 64
208.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 58 (F) *
209.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 65
210.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 51
211.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 51
212.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 44
213.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 40 (F)
214.	B. J. David	12/27/07	Covington, KY, Self-Employed, 38
214.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 48
216.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 70 *
216.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 31
218.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 41
219.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 44
219.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 54 *
219.	Leo Hammond	01/01/08	Plano, TX, Student, 27

219.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 47
219.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
219.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 60
225.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 48 (F)
226.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
226.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
228.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 52
229.	John King	01/21/08	Chatham, NJ Education Administrator, 62 *
	The Neophytes (-5yrs)		
230.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 62
231.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 23
232.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 42
233.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 53
234.	Kelly Luck	08/26/08	Boulder, CO, Student, 25 (F)
234.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 46
236.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 29
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, 41
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, 34
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.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 36
262.	Vince Nardy	01/27/09	Solon, OH, Management, 54
263.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 33
264.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 32
265.	William McCarty	03/06/09	San Francisco, CA, Consultant, 65
266.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 56 *
267.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 52 (F)
268.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 60

269.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 69 *
270.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 25
271.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 58 (F) *
272.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 69 *
273.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 17
274.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 26
275.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 33 *
276.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 44 (F) *
277.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 21 (F)
278.	Bradley Blaszyński	08/30/09	Annaville, PA, Student, 14
279.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 43
279.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 30
281.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 29 (F)
282.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 71 *
283.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 55
283.	Barry S. Sackett	11/04/09	Okobojo, IA, Attorney, 43
285.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 43
286.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 44 (F)
287.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 59 *
288.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 37
288.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 47
288.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 34
291.	Paul Miller	02/10/10	Medfield, MA, Marketing, 52
292.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 60
293.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 44
294.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 34
295.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
296.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 43 (F)
297.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 83 *
298.	Steve Morrow	05/13/10	Eagle Lake, MN, Systems Analyst, 49 *
299.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 37
300.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 39
301.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 36
302.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 60
303.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 21 (F)
304.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 43
305.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 56
306.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 39
307.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 47
308.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 55
309.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 37
309.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 36
311.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 56 *
312.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 34 (F)
312.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 56 (F)
314.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 55 *
315.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27
315.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 42
317.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 36

318.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 52
319.	Will Jones	03/18/11	Grove, OK, Athletic Director, 38
320.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 21
321.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 38
322.	Jay Frank	03/21/11	Oak Park, CA, CEO, 58
323.	John Corretti, Jr.	04/15/11	Killeen, TX, Army Officer, 26
323.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 33
325.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 37
326.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 42 (F)
327.	James Holt	05/01/11	Centerville, UT, Regional Manager, 54
328.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 53 (F) *
329.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 35 (F)
330.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 51
331.	Melissa Malinowski	05/13/11	Mahtomedi State, MN, HR Manager, 40 (F)
332.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 29
333.	Scott Caldwell	05/23/11	Great Falls, MT, Computer Programmer, 58
333.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 39 (F)
335.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 51
336.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 37
337.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 55
338.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 54 (F) *
339.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 36
340.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 26
341.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 37
342.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 57 *
343.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 66 (F) *
344.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 29
345.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 25
346.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 13
347.	Victoria Gomez	08/16/11	Frisco, TX, Student, 17 (F)
348.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 69
349.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 46
350.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 35 (F)
351.	William Spencer	08/31/11	Raleigh, NC, Marketing Research, 66
351.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 54
353.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 49 *
354.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
355.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 45
356.	William Howes, Jr.	09/10/11	Royal Oak, MI, Sales Representative, 58 *
357.	James Wisler	09/15/11	Wake Forest, NC, Physician, 31
358.	Edward Monsour	10/24/11	Laguana Niguel, CA, Professor, 57
358.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 33
360.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 31
361.	Anne Bliss	11/11/11	Burlington, VT, Freelance Editor, 44 (F)
362.	Bettina Shepard	11/21/11	Brick, NJ, Admin. Asst., 46 (F)
363.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 50
364.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 12
365.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 40
366.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 37

367.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 52
368.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 32
369.	Erica Gorman	12/30/11	Kula, HI, Data Analyst - Run Blog Author, 40, (F)
370.	Chip Akers	12/31/11	Raleigh, NC, Dad, 52
370.	Robyn Clevenger	12/31/11	West Des Moines, IA, 34 (F)
370.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 32
370.	Jennifer Walt	12/31/11	Huntington Beach, CA, Mom, 49 (F)
374.	Richard Carroll	01/01/12	Foxboro, MA, Information Technology, 54 *
374.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 31
374.	Mike Johnson	01/01/12	Daphne, AL, 40
374.	Drew Kenny	01/01/12	Fleming Island, FL, Pilot, 46
374.	Joe Meadows	01/01/12	Cleveland, OH, Mgr. Digital Clev. Browns, 30
374.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 53 (F)
380.	Owen Barwell	01/02/12	Alexandria, Virginia, Accountant, 46
381.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 32 (F)
382.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 52
383.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 45
384.	Dusty Hardman	02/13/12	Punta Gorda, FL, 44 (F)

Indicates listing on both active and retired running streak 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/>

Official International Active Running Streak List

As Certified to the Streak Runners International

March 1, 2013

	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)		
2	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 50 (F) *
3	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 45
	The Neophytes (-5yrs)		
4	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 33
5	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 49
6	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 56
7	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

March 1, 2013

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
2.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
3.	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.

March 1, 2013

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.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
68.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
69.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
70.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
71.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
72.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
73.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
74.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
75.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
76.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
77.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
78.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)

79.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
80.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
81.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
82.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
83.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
84.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
85.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
86.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
87.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
88.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
89.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
90.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
91.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
92.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
93.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
94.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
95.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
96.	Douglas Schiller, Ellenton, FL	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
97.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
97.	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)
100.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
101.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
102.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
103.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
104.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
105.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
106.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
107.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
108.	James C. Bates, Hampton, VA *	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
109.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
110.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
111.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
112.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
113.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
114.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
115.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
116.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
117.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
118.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
119.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
120.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
121.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
122.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
123.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
124.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
125.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)

126.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
127.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
128.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
129.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
130.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
131.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
132.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
133.	Diana Nelson, Dixon, IL *	11/23/07 – 06/28/11	1,314 days (3 yrs 218 days)
134.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
135.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
136.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
137.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
138.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
139.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
140.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
141.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
142.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
143.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
144.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
145.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
146.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
147.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
148.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
149.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
150.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
151.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
152.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
153.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
154.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
155.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
156.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
157.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
158.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
159.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
160.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
161.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
162.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
163.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
164.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
165.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
166.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
167.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
168.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
169.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
170.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
171.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
172.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
173.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)

174.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
175.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
176.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
177.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
178.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
178.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
180.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
181.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
182.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
183.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
184.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
185.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
186.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
187.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
188.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
189.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
190.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
190.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
190.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
193.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
194.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
195.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
196.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
197.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
198.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
199.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
200.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
200.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
202.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
203.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
203.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
205.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
206.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
207.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
208.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
209.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
210.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
211.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
211.	J. Patrick Gowney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
213.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
214.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
215.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
216.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
217.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
218.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
218.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
220.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
221.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
222.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)

223.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
224.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
225.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
226.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
227.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
228.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
229.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
230.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
231.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
232.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
233.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
234.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
234.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
236.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
237.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
237.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
239.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
239.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
239.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
242.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
243.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
243.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
245.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
245.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
245.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
245.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
245.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
245.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
251.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
251.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
251.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
251.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
251.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
251.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
257.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
257.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
257.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
257.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
257.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
257.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
257.	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.

THE FINISH LINE

By: Mark Washburne

We close out this 49th issue of *The Streak Registry* with our membership growing and expanding. Since the last quarter, more than 30 new people registered running streaks with us and we now have for the first time more American active streak runners than days in the year. We also had 80 new people join our Facebook page since December and we are just a dozen short of reaching 500 people on that site. Even more important, we close out this spring edition with over 495 members in our association. I hope to report to you that our membership has surpassed 500 people in the 50th edition of this newsletter this summer.

The last quarter was also noteworthy for the addition of two young men to our streak running association. Yeraj Rust, age 13, from Palm Springs, California, began his streak on August 12, 2011. Yeraj continues a family streak running tradition as both of his parents, Gary (July 3, 1983) and Veronica (July 22, 2004) Rust, have active running streaks. Shortly after receiving Yeraj's streak certification form, we received notification from Jonathan Reid, age 12, from Bradenton, Florida, that he began running every day on November 25, 2011. Jonathan's father, Ed Reid (May 27, 2004), also has an active streak. Both Yeraj and Jonathan were born in 2000 and become our first two streak runners to join our association born in the 2000s.

In my original draft of Yeraj's and Jonathan's accomplishments, I headlined that they were our first streak runners born in the 21st century. Technically, however, that is not correct because the new century did not begin until January 1, 2001, as purists noted at the time. (Please Google "When did the 21st century begin?" for explanation of 2001 versus 2000.) Being an historian by profession and knowing the significance of numbers to many in our association, I decided that I best not jump the gun on declaring our first streak runners born in the 21st century just yet. Still, Yeraj and Jonathan are our first streak runners born in the 2000s so they deserve special recognition for that first for our association.

I may be a little sensitive about being historically accurate after seeing a Hollywood movie that fudged the facts on a matter that is near and dear to my heart. The new movie "Lincoln" by Stephen Spielberg mentions a Walter Washburn, who the movie claimed voted "no" on the 13th amendment. There was, however, no Walter Washburn in the 38th Congress that took up the issue of slavery in 1865. Two members of my family were in that Congress: Elihu Washburne from Illinois (the subject of my biography: <http://bookstore.xlibris.com/Products/SKU-0011074002/default.aspx>) and William Washburn from Massachusetts. Both Elihu and William were Republicans and voted "yes" on the amendment.

Hollywood movies aside, our association also had other firsts to boast about last quarter. Marlene Prentice, from Gold Coast, Australia, established a few firsts when she joined Streak Runners International (SRI) on December 13, 2012. Besides being our first streak runner from Australia, Marlene is also our first female athlete to appear on the active streak list and the retired streak list with SRI. Marlene also becomes our first athlete listed from the Southern Hemisphere beating out Steve Bayliss for that first by a mere three days. Steve, who recently moved from Indianapolis, Indiana to Auckland, New Zealand, notified our association on December 16th to switch his listing from USRSA to SRI. Steve, in making that switch, becomes our first athlete from New Zealand and our first male streak runner from the Southern Hemisphere.

While our association experienced many firsts last quarter, the number that personally stood out for me was lucky 56. On December 9, 2012, I ran The Grand Finale 10 Mile run in West Windsor, New Jersey, where I met one of my goals for last year: Born in '56, I ran 56 races last year at the age of 56. Since I first pinned a number to my shirt at the age of 28 in 1984, I have now run 625 lifetime races during 28 years of running races. Half of 56 is 28. I also completed 23 years of running every day on December 30th. The day before this running milestone, I reached 8400 days or the 150th time I have run 56 consecutive days in a row (150 X 56 = 8400). 56 Rules! Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!