

THE STREAK REGISTRY

Summer 2014- 54th ISSUE

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Table of Contents

Streaking Anniv. p. 2

From the Streak Registry p. 2

Rick Rayman p. 3
The Gormans p. 5
Wendell DeBoer p. 7

Traversing the Tundra
By: Steve DeBoer p. 11

Member Updates:

Shannon Bol p. 20
Nick Morganti p. 21
Grant Nelson p. 21
Dusty Hardman p. 22
Ann Hanson p. 22
Elisa Hayes p. 22
Ryan Albrecht p. 23
Julie Maxwell p. 23
Allen Weddle p. 23
David Leverick p. 24
Diann Scialdo p. 24
Yvette Faris p. 25
Charles Holmberg p. 25
Debbie Dilling p. 25
Bill Shires p. 26
Bill McCarty p. 26
Adam Marcus p. 27
Tim Woodbridge p. 27
Duncan Cameron p. 28
Ryan Pett p. 28
Jim Crisp p. 29
Ron Shealy p. 29
Brian McAllister p. 30
Chris Kartschoke p. 30
Travis Wheeler p. 31
Craig Snapp p. 31

Jim Behr p. 31
Michael Bell p. 31
Nick Caperna p. 32
Wil Valovin p. 33
Audra Laking p. 33
Jay Frank p. 34
Chris Graham p. 34
Phillip Hawley p. 35
Les Shoop p. 35
Chris George p. 36
Casey Coppedge p. 36
Todd Kelleher p. 37
Johnny Paradise p. 37
Evelyn Smith p. 38
Scott Carter p. 38
Amy Shimonovich p. 38
Russ Beaver p. 39
Andrew Swan p. 39
Raven Kraft p. 39
Brad Holt p. 40
Anna Sterbova p. 40
Ben Emmons p. 41
Emily Osinski p. 42

New Asst. Webmaster
By: Melissa Ortiz p. 43

USA Active p. 45
International Active p. 55
USA Retired p. 56
International Retired p. 63

The Finish Line
By: Mark Washburne p. 64

STREAKING ANNIVERSARIES

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

From The Legends to The Coverts (45th anniversary)

Jon Sutherland of West Hills, California on May 26th

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

Thad Childs, Jr. of Gray, Georgia on March 5th

Charles Holmberg of Modesto, California on March 20th

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

Christopher M. Graham of Wilton, Connecticut on April 16th

From The Proficient to The Experienced (10th anniversary)

Kenny Booth of Kirkland, Washington on May 3rd

Ed Reid of Bradenton, Florida on May 27th

From The Neophytes to The Proficient (5th anniversary)

Nick Morganti of Carlsbad, California on March 25th

Roger Kram of Nederland, Colorado on April 23rd

Thomas R. Watkins, Jr. of Virginia Beach, Virginia May 27th

FROM THE STREAK REGISTRY

TEN YEARS AGO: The fourteenth issue of USRSA newsletter was published for the summer of 2004. The 52-page booklet listed 110 active and 24 retired running streaks. Both the active and the retired lists added one more person from the previous issue in the spring of 2004, where 109 active and 23 retired streaks were posted.

The issue also contained lists for “Total Streak Miles R[u]n” and “Total Number of Races Completed.” The top three on the streak miles list for June 2004 were Jon Sutherland at 161,036 miles, Don Slusser at 151,218 miles, and Craig Davidson at 142,942. The top three on the races completed were Ralph McKinney at 1,553 races, Mark Courtney at 1,406 races, and Don Slusser at 1,347 races.



Rick Rayman

**RICK RAYMAN JOINS SRI FROM CANADA;
STARTED STREAK IN 1978;
“And the running man runs”
By: Andrea Mus**

Rain or shine, sleet or snow (and the occasional ice storm), Torontonians Rick Rayman has not missed a day of running since December 10, 1978. That's 35 years, 5 months and 3 days of pounding the pavement daily, the longest running streak in Canada. And we're not talking a quick jog around the block. Rayman, a 67-year-old assistant professor at the University of Toronto's School of Dentistry, runs a minimum of 30 minutes or three miles, whichever comes first.

He admits it's a bit obsessive, but it comes with the territory. Oddly enough, his advice to those thinking about taking up running is: "Don't be a streak runner. Give yourself days off." But streak running isn't his only athletic feat. Rayman has run an astounding number of marathons: 307 and counting. The bedroom he shares with his wife of 41 years, Marsha, is adorned with marathon medals from all over – New York, Miami, Amsterdam and his hometown of Toronto – and the collection keeps growing.

With a personal best time of two hours and 47 minutes in the 1980s, Rayman has slowed down his clock time. It's less about his time now and more about the rush of finishing a marathon, camaraderie and the marathon culture.

After the birth of his two children, Rayman was looking for a way to stay active. He started running two to three miles daily, gradually increasing the mileage. He ran his first marathon in August 1978. The streak running started when broadcaster Brian Williams pointed out that Rayman hadn't missed a run in 270 days back in 1979.

What exactly does it take to be a streak and marathon runner like Rayman? "Put one foot in front of the other and keep going. Train diligently and, most importantly, have a supportive family."

His wife Marsha is his biggest champion, and Rayman credits her unwavering encouragement. Marsha has been at the finish line for almost every single marathon Rayman has completed. "I did my first trail marathon north this past summer, jumping over trees, running over rocks and through mud," he said. "I had to walk the last 28 kilometres. It took nine hours to finish, and she was there."

Rayman knows his running streak will have to end, but he doesn't want to think about it just yet. "I don't worry too much about the future. I love living for today and doing what I can do while I can do it," he says. Rayman's next marathon is Buffalo on May 25, 2014.

Rick Rayman Quick Facts

1. Favourite marathon: New York
2. Favourite runners: Larry Macon, Bruce Purdy, Wally Herman
3. Repeat offender: Has run Grandfather Mountain Marathon 10 times.
4. Yes, he's a maniac – a Marathon Maniac. Membership number 636.
5. No retirement from running or work in sight: Still works five days a week.



Rick Rayman



Ruth and Bill Gorman

THE GORMANS' STREAK HITS 5 YEARS

By: Bill Gorman

First let me explain the picture and dispel any myths. The picture depicts a component of our current running journey. Yes, my wife, Ruth, and I are "streakers," we are not the clothes less variety, but the "run at least a mile a day kind." Needless to say, streaking is a part of our running program and, God willing, when you read this we will have surpassed 2000 days in a row. Streaking may be somewhat compulsive, but for the last 5 1/2 years it has helped us stay injury free while enjoying our running.

Each runner's journey has a different beginning. Our running began as a cross training program to improve our racquetball game in the early 80's. When our state of the art racquetball facility in Ocala, Florida mysteriously burned to the ground, we were forced to find a new athletic outlet and, as you would surmise, it was running. Now 32 years after our 1st road race, we are still pounding the pavement with the same passion we had for that 1st competition - just a might slower.

There have been many changes in running during our journey. First of all, runner demographics have changed. In the early 80's, women made up only 20% of the field in the Jacksonville River Run. This year (our 19th running now called Gate River Run), women outnumbered men 54% to 46%. How about entry fees? If you chose to run the Marine Corps Marathon in 1988 your entry fee was only \$17.00. Today, if you can get into the NYC marathon it will cost you over \$250.00. The bling has gotten bigger and better. To name two, Space Coast and Mercedes have awesome marathon medals. Let us look at running apparel; there are now endless choices in color and style compared to the limited primary colors of the 80's and the 1.5" inseam running shorts. Shoes are now feather light with weights down to 5 oz.

compared to the 16-20 oz. clunkers we wore. I have also observed that carbs are out and protein is in although I should check with Nancy Clark on today's running diet.

There are some running aspects that could be improved. Running needs a mentor, another Dr. George Sheehan. He was the running guru, philosopher of the late 70's. He was able to inspire, guide runners and all athletes with his ability to tell how to experience the oneness of mind and body through running. Amby Burfoot would be a good candidate. Our sport also needs better press for our top runner athletes especially in promoting marathoners. We don't have the runner heroes that other sports produce through the media. Thirty years ago everyone knew and followed "Joanie" and "Boston Billy," along with Grete Waitz, Ingrid Kristiansen, Alberto Salazar, and Frank Shorter to name just a few. I hope after Boston this year that the runners out there will recognize the names "Meb" and "Shalane" for the world-class marathoners that they are because of good press.

Through our journey some things have not changed. Over the years Ruth and I have had a lot of different running partners. We still train with a couple of the originals. After spending countless hours and running endless miles in their company, some conclusions can be drawn. Runners are people we want to be around. Runners are mentally tough; they are goal oriented, determined, and intelligent, generally reserved and have the ability to plan. We have always trained with a group throughout our journey, and for the last half dozen years we have run with the "Ocala Turtles Running Club." As you would guess by the name this is not a hardcore training group, but is made up of runners of all abilities. But this group continues to inspire and motivate us. Why else would we be out running in the dark at 5:00 am 3 days a week? We count runners as some of our best friends and you really, really, get to know someone if you have trained together for a marathon. Two of our good friends and members of our running group also happen to be streakers and belong to the USRSA. As of this writing, Terri Varnadoe has completed 838 days and Jessica Forte, who is also the photographer of our picture, has run 817. Another aspect of our running journey that has not changed is our love for racing. Some of our runner friends have stopped running because they can no longer compete at their "PR" level. But your best times don't have to stop when you have passed your prime. Today you can level the playing field of your current times using age graded percentages and equivalent times for your age. Speaking of PR's, I have always liked this quote from the past, but unfortunately cannot remember the author for proper credit. "Your Personal Record (PR) is one of running's greatest treasures it gives every runner a way to win." The thing I like about road races is that they are not subjective; no official is going judge you on arm swing, midfoot strike, or stride length. It is just you and the clock. In it's truest form your race performance is based on the planning and training you put into it. Race times are as varied as the genetic ability of the race runners, so you should not compare yourself against other runners, but compare against your own goals.

Ruth and I feel very fortunate that our running journey continues. We have always looked at running as a gift not a right or some entitlement, and are thankful for each day that we are able to run and compete. We plan to extend our running streak. We are currently working on achieving the USATF 2014 Phidippides award for the 5th consecutive year. We will continue to strive to meet the Masters All American Standards of excellence for Long Distance Running. So far we have attained the award in the 5k distance.



Wendell DeBoer (left) leads sons Steve, Dave, and Bob. The timer is John Magnuson.

**“Remembering Dad”
Wendell J. DeBoer (1924-2014)
By: Steve DeBoer**

Wendell James DeBoer was born June 16, 1924, in Aberdeen, South Dakota, and grew up on farms near Pollock and Huron, South Dakota. He served in the US Army from 1946-1948, being part of the US Occupation Forces in Japan. He met Marjorie Rockwell while attending South Dakota State University, and they married in Brookings, SD, on August 12, 1951. After teaching high school vocational agriculture for 4 years, he moved to St. Paul, MN, where he attended graduated school at the University of Minnesota, receiving his PhD in 1959. He then worked at the University until his retirement in 1993.

Wendell was never much of an athlete. In his autobiography, he wrote, “My only sport in high school was track in my freshman year. Since they didn’t have a mile or two mile race at that time, there was no hope for me.” But, with the encouragement of his 2 oldest sons (he and Marjorie had 3 sons and 2 daughters), Steve and Dave, he started running in October 1972, at the age of 48. So began his 40-year “love affair” with running that covered over 66,000 miles. When he learned there would be a race at Langford Park (in St. Paul) on the 4th of July in 1974, he decided to run the 4 mile event with all 3 of his sons. He finished first among those 50 and over and would go on to run over 100 other races, including a total of 33 times at Langford. Dave won the four mile that year, Steve was second and youngest brother, Bob, won the 2 mile in the 15 and under category.

His best time for the four mile was 27:42 at age 54. His kids thought it would be no problem to beat it when they got older, but they were wrong. Dave ran 27:31 at age 53, but his 27:52 the next year was ten seconds too slow. Steve was able to do it, with a 27:24 the next year but needed a strong finishing kick. Bob has already predicted he won't beat it when he turns 54 in 2015. Wendell held the 60-64 age record for the Langford race until last year and his 65-69 mark still is the best. After his bypass surgery in 1992, he switched to running the 2-mile and has the top 3 times for 70-74, 75-79 and 80-84. He is the only person to run age 80 or above, the last time being at age 85. In 2004, at age 80, he received a special plaque at the race, a caricature of him and his 3 sons, which was written about in the Fall 2004 issue of the Streak Registry. After getting a compression fracture in his back, he had to quit running, but still walked the 2 mile course at age 88, helping the DeBoer team win their 22nd Family Award (based on number of participants), which now includes 13 years in a row.

Steve and Dave were running every day in the mid-70s, so Wendell decided to try it too. Of course, a lot of men & women have taken up running in their 40s, 50s, 60s and 70s. But when he decided in 1978 that he might as well run every day, he was the first person over 50 to accomplish it. Since Dave & Steve already had running streaks, that made them the first family with 3 or more members who were "streaking." From 1978 to the end of 1988, Wendell only missed two days, also becoming the first 60-year-old to run every day. From 1989 to 2008, he missed 1 to 5 days each year. At age 84 ½, he started another streak, which ended when he suffered the compression fracture in February 2010 at age 85 years 7 months, putting him first again to run daily among those 80 and over. He then continued to walk almost daily until developing pneumonia in August 2012.

The Streak Association has only certified streaks from 5 individuals born in 1930 or earlier. Ted Corbitt (1919-2007) had a 15-year streak that ended in 1968, so he was 49 at the time. Ted was 88 years and 10 months old when he died, making him the second oldest streak runner after Wendell. Herb Fred will reach 85 years of age on June 29, 2014, and has had 9 different streaks, the most recent ending in March 2014, at age 84 years 8 months, so his latest one ranks second to Wendell for age at streak's end. Len Burton will be 85 on August 12, 2014, and his 21-year streak ended in September 2004. Walt Byerly will be 84 on August 3, 2014. He has the longest streak by an 80-year old, which lasted 36 years, ending when he was 80 years old, but he also had a second streak that ended February 2013, making him 82 years 6 months and the 3rd oldest individual ever to have an active running streak. Walt also ran another 172 days in a row just recently, but had to stop on April 3, 2014 when he pulled a hamstring. At this time, Wendell, Herb and Walt are the only persons who have run daily in their 80s, and there is currently no one age 80 or above with an active streak.

Wendell had a second serious bout with pneumonia at the end of February this year, so he was unable to attend Marjorie's memorial service. She had died February 8th.

He did go back home and appeared to be getting stronger. Bob had been staying overnight with him. On the evening of April 22nd, after giving him a nebulizer to help his breathing (which was part of his daily routine), Bob left for a couple of minutes.

When he came back into the room, Wendell had already left to be with Marjorie, at the age of 89 years and 10 months. As it turned out, his last two races at age 85 were videotaped, so excerpts were played during his memorial service on May 19th.

A SURPRISE 80TH BIRTHDAY GIFT

By: Steve DeBoer

[Editor's note: The following essay originally appeared in the Fall 2004 issue of *The Streak Registry*.]

July 4, 2004 was the date. St. Paul, MN was the setting. The event was the 30th Annual Langford Park 2 & 4 mile races. Being a few weeks after my dad, Wendell's, 80th birthday, we decided to do something special for him.

After I got him started running, in 1972, he ran his first race at the inaugural running of the event in 1974, as did his 3 sons, Bob, Dave, and me. Dave won that first race, while I finished second. Since then, the event has been an annual tradition. Including this year, Dad, Dave, and I have each run 27 of the 31 races while Bob has competed 20 times.

Dad had some fairly impressive times over the years, including a 27:42 at age 54, 29:05 at age 60, and 30:41 at age 66 (the latter being equivalent to 24:30, according to the World Masters Association web site, adjusting to a 25-year old). In 1992, at age 68, he had double bypass surgery, but soon returned to running. Since age 72, he has stuck with the 2-mile event.

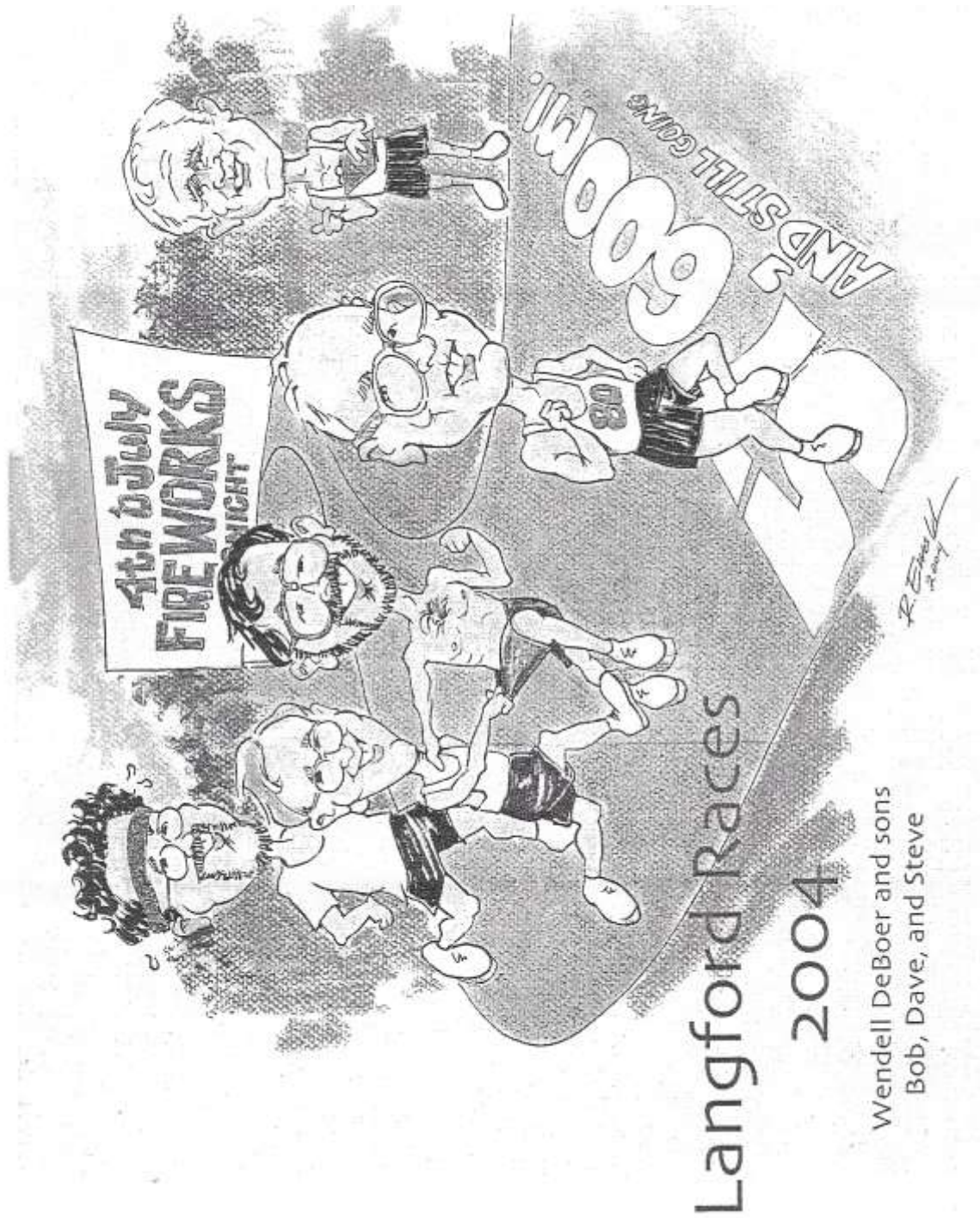
Since that first event, as we sons married and started families, our children and wives have also taken part, helping us to capture the family trophy 12 times in the 25 years that prize has been offered. This year was no exception as we sent 15 family members to the starting line, including 3 who chose to walk the event. Our dad generously paid for all our 50 cent entry fees (a rate that has remained constant the entire 30 years). Everyone receives a finisher's certificate and (almost) all the watermelon you can eat.

As I mentioned, we three sons decided to do something special. We hired a caricaturist to draw the 3 of us finishing behind Dad in the race. The plan was to present him with the 16x20 color drawing at the awards ceremony. The race director, who had actually first come up with the idea, had us present Dad's award first. A smaller black and white version was then given out to all the other participants.

Dad had no clue what was going on until the director called him and his 3 sons to come up after he discussed the race's history and how all 4 of us had competed in that inaugural race. He was more than pleasantly surprised when the framed drawing came out of the bag and was placed in his hands! Our family spent the rest of the day discussing the race details, reminiscing about past Langford races, and reloading fluids, carbs, and calories at a local buffet restaurant.

The caricature correctly predicted the race outcome this year, as Wendell finished the 2—mile in 22:11 (14:11 age-adjusted), 2 minutes ahead of Steve, 5 ahead of Dave, and 12 ahead of Bob (who confessed to very little training), as we all ran the 4-mile event. We all know where we will be next July 4th and pray that Dad will line up with us once again.

Note: Steve DeBoer's brother, Dave, and father, Wendell, both have had 6 year running streaks in the past and have now been added to the retired streak list.



**Traversing the Tundra 20 Years Later
(What's happened to the Runners on the
First Running Streak Listing Part 2)
By: Steve DeBoer**

George Hancock of Windber, PA, published the first known listing of runners who were running every day in December 1994. That list was republished in the last issue of the Streak Registry. I have been able to get in contact with most of these runners, all but one of whom, Joseph Wojcik, are still living. In this article, I will give an update on the top sixteen individuals on that list & their responses to 12 questions:

1. When did you begin to run and why did you start running every day?
2. How did you hear about the running streak list and got on it?
3. What was your average weekly mileage at the time?
4. Did you know any other streak runners at that time or before?
5. How has your weekly mileage changed since then?
6. What have been the biggest challenges to maintaining your streak?
7. If you ended the streak you had in 1994, when and why?
8. Please list the towns you have lived in during your streak.
9. If you did not register your streak, why not?
10. Do you agree or disagree with the 1-mile daily minimum requirement?
11. If you stopped running completely, when was that, and do you continue to do other forms of exercise? What and how often?
12. Do you have any advice for someone considering beginning or ending a running streak?

#1 – Bob Ray of Baltimore, MD, whose retired running streak of 38 years is the 4th longest. Bob is 77 years old. Bob is the first person identified who ran every day for more than 20 years, choosing to end his only running streak on April 4, 2005, on the 38th anniversary of running at least one mile every day, having run exactly 100,000 miles in that time. He ran almost 14 years before that and covered 122,000 total lifetime miles on the run. Bob wrote about ending the streak in the Summer 2005 Streak Registry.

1. I began regular runs December 18, 1953 and began the streak April 4, 1967 as a woman I worked and ran with mentioned she had run every day for a couple of weeks, so I decided to try it.
2. George was aware of my streak and contacted me about the project.
3. My weekly mileage varied if training for a marathon but I usually ran at least 4 miles a day.
4. I knew John Roemer, Chuck Brumley, John Strumsky, Ray Lorden, and a few others who preferred to keep their streaks private.
5. My mileage always varied, but would say it was roughly the same until I retired the streak in 2005.
6. Biggest challenges were related to finding time when dealing with other life stresses such as working overtime, divorce.
7. I chose to end the streak in 2005, having completed 100,000 miles during the streak. I continued to run a few times each week until December 18, 2005, making it 52 years of regular running. Since then I have done a variety of other exercises.

8. I have lived in Baltimore since I began running and streaking, and still live here.
9. N/A
10. Concerning minimum mileage, I say, "To each his own."
11. I walk, use Exercycle, and go to gym several times per week. After having knees replaced (2008) I was back to walking a mile within a week.
12. Be sure you know where the end of the road is if you want to start a running streak.

#2 – Don Slusser of Monroeville, PA, whose retired running streak of 27.5 years is the 33rd longest. Don is 62 years old. More on Don can be found in the Spring 2012, Winter 2013 & Winter 2104 Streak Registry.

1. I began running high school track in Jan 1967, ran off season in both HS & College, often 3-6 months without missing. Jan. 1972 was the start of my first official streak.
2. Guess late 80's, knew George from races & his work with *Runners Gazette*.
3. Close to 100 miles per week.
4. Yes, Mark Courtney, Rich Wright, George Hancock locally. I knew several 'names' from around the country, Ken Young for one. Local guys never made a big deal of the streak.
5. My first streak ended in June 1999 (knee surgery) with 10021 days averaging 95.37 mpw. I've had 4 other streaks since (# 3 streak officially does not count at 361 days) - 1359 days with 75.64 mpw, 361 days with 55.9 mpw, 1908 days with 61.9 mpw and 590 days with 44.3 mpw. All ending with knee surgery.
6. I have not since last surgery 11-5-2012. I hope to run again, but doubtful more than a few times per week.
7. Knees completely shot after 188,566 miles.
8. All Pittsburgh area, but officially Forest Hill until 1979, then Wilkins Township (Turtle Creek post office) 1979 to 1989, 1989 to present in Monroeville PA.
9. I did register streak. A good friend will hit 6 years but he prefers to keep it a personal thing.
10. One mile a day is too low to count as training. The only reason a runner would run only ONE mile is to keep the streak alive. In 1994 I rarely ran under 70 mpw. Even before a marathon would run 3-4 miles, 6 or more the day after. I figure 20-30 minutes MINIMUM to count as a work-out, so one mile not really training (running). I'm sure early streaks low total was 3 miles and that a rare day.
11. I have NOT run since last major knee surgery in November 2012 (Tibial Osteotomy). I'm actually worse off after this surgery. Did try to run several times but too painful. I will have total knee replacement 11-18, but still HOPE to run again. Day after being released from the hospital, I began use of Airdyne and shortly got to 120-180 minutes per day. As soon as cleared to use the Elliptical, I substituted some Airdyne time for Elliptical. I added race walking every day 42-48 mpw, as well as biking a few times a week and kayaking. The kayaking will be done 4-7 hours per day (on vacation) then only a few times a week, none in winter. I race walk many of the races Tammy runs, including Pittsburgh Marathon.
March 20, 2014 e-mail update: Yes, I did try to run. This morning I ran 4 miles, my highest since knee replacement. I've been mixing running with race walking. Right now it is about 3 times as much race walking. The doctor does not want me to run, but he says race walking is OK.
12. Consistent training more important than a streak. I believe at times the Streak controlled me by feeling I had to run when injured. Tammy is 'smarter' than me and

will run every day UNLESS wise NOT to run (injury or extreme soreness).

#3 Walt Byerly of Dallas, TX, whose retired streak of 36.3 years is 6th longest. Walt is 83 years old. More on Walt can be found in the Winter 2010, Summer 2011 and Winter 2013 Streak Registry.

1. Start of Streak #1, 11/5/1974, ended 1/31/2011. My goal was to improve my physical fitness. I attempted to run 2 miles for 365 consecutive days, which I accomplished, then wanted to determine the maximum consecutive days I could run a minimum of 2 miles.
2. George Hancock contacted me several years before the streak registry was established. He had heard about me somewhere.
3. I sent in my date as soon as I heard of the registry, eventually running 4 miles per day (for 17 years).
4. I did not know any other streak runners at that time.
5. In 1999 I changed from 4 to 2 miles per day (at age 69) due to entering new business of real estate.
6. My biggest challenges have been 3 eye operations plus another required surgery.
7. My streak ended in 2011 due to my first eye surgery. I resumed streak running after each of 4 operations. During that time I had a streak of 1 year and 212 days. As of 12/15/2013, I have now had 172 days of streak running (at age 83).
8. I have always lived in Dallas, Texas, during my streak running.
9. I have been registered from the beginning of the Streak Registry.
10. I feel that a 2 miles minimum would be better for the Registry.
11. I have not stopped running completely, and do not intend to. Several days a week I also do aerobic exercise (push-ups, etc.).
12. DO RUN for some distance for as long as possible.

I have been the oldest person on both Active and Retired lists from the beginning of the Registry (now age 83). My heart doctor tells me that my physical characteristics are those of a man 15 years younger than I. Dr. Ken Cooper, of the Aerobics Institute in Dallas, declares that I have the physical characteristics of a man 10 years younger than I. It has been said that any exercise that gets your heart rate up for 30 minutes each day adds minutes to your life span. Running pays off big time!

I need to mention that I pray while I am running. I prayed for approximately 400 persons this morning. I have done this for many years, and it has been very satisfying to me, and I trust that this has been helpful for others. It helps make running a pleasure.

#4 Bill Robertson of Ashland, MA, whose active streak of 37.2 years is currently 15th longest. Bill is 61 years old. More about Bill can be found in the Spring 2012 Streak Registry.

1. I started running in HS in 1969 - one season of indoor track. Feb 1977 was start of running every day; I just sort of fell into it – made it easy to have a consistent goal. Had done 165 days earlier and stopped when I was too tired one day. Streak started when I got a cast off my foot for torn ligaments - minimum distance is 3 miles.
2. I think I saw a reference to it in *Runner's World*.
3. Not sure on date I submitted data. Varied based on training goals but usually 50-70 miles.

4. Only streaker I was aware of was Ron Hill – probably knew of him around the same time.
5. Yes, streak has continued – average weekly mileage in the high 30s.
6. Occasional injuries; sprained ankle hamstring tendonitis; dislocated shoulder; cracked bone in top of foot.
8. Lynn, Framingham and Ashland MA.
10. Don't disagree with 1 mile, but it would be nice to know everybody's minimum.
12. Morning running makes it relatively mindless and simple – get up and get out and don't have to plan day around running.

#5 Bill Benton of West Bloomfield, MI, whose active streak of 37 years is currently 16th longest. Bill is 64 years old. In the Summer 2012 Streak Registry (also see Fall 2012 issue), Bill wrote when he reached 35 years:

"Many of these streak stories sound so much alike: injuries overcome, sickness, near misses. If one does anything over 35 years, there are bound to be bumps and disruptions along the way, and my experiences are no exception! I've had abscessed teeth, sicknesses, sprains, fractures and yet, the band played on!

"My first streak started after a teammate of mine (University of Detroit cross country team) decided to begin his own streak. I was reading a book on Joe DiMaggio and his 56-game hitting streak. My teammate, Dwight Hullm, saw the book and decided to see how many he could run without a miss. I told him that this was crazy, but a week or two later, I, too, was on a streak. Dwight's ended at around 100 days and mine, which started 03-09-1970 would end of 09-03-1975, after fighting plantar fasciitis. Though not intentional, the month and day dates are transposed. We accountants love this kind of stuff!!

"After 18 months, I began a new streak on April 23, 1977. Within that span, I ran seven marathons from 1979 and 1981 with times ranging from 2:27:06 to 2:30:52, the fastest at 1981 Boston. Then, nagging injuries and, yes, overtraining, took their toll. My last marathon was in Detroit at the age of 41, in 2:45:09, which qualified me for my 10th Boston, but I never made it there. After that, I decided to just run for health and pleasure.

"I would enjoy running with or without the streak. The one thing the streak does is connect me with my running past. For now, I run in the early morning for the quiet time, prayer time, and as a way of getting ready for the day. Winter mornings can be rough in Michigan, but you can't beat the orange predawn sky. I now compare my running to the Voyager spacecraft, which, after exploring the outer planets, just continues on a path out of the solar system for who knows how many years!"

#6 Joseph Wojcik of Claremont, CA, whose retired streak of 34.6 years is 10th longest. Joseph died in July of 2012 at the age of 71. In Fall 2011 Streak Registry, Joseph wrote,

"My running streak began innocuously on June 13, 1977, without giving a thought that it eventually might become a streak. After all, I was going out to run two miles for the sake of staying in shape. On June 13, 2011, the streak – my criterion is the minimum of two miles outdoors – has reached 34 years. It has included 60 marathons, 63,000 miles, 125 pairs of shoes, 50 of the United States, and 27

countries. I have fallen three times, not including the two times caused by dogs, and have gotten lost once.

“Since all good things must come to an end, I often think about the end of the streak. Being a control freak by nature, I have thought of just picking a convenient milestone and deliberately ending the streak, thus being in control of the situation and ending it on my own terms. Or, I could let fate or injury or illness or even death decide the end. Come to think of it, that’s what I’ll do. I didn’t give a thought to starting the streak, so why should I think about how it should end? No matter the outcome, I’ve been fortunate to have done this.”

In the Spring 2012 issue, he wrote, “This is to inform you my streak ended January 10, 2012. There is irony in this, since I recently wrote and speculated about how my streak might end. That speculation is no longer necessary, as I underwent surgery for pancreatic cancer on January 11th. I am now recovering and look forward to my daily one mile walk.”

In the Fall 2012 issue, his son, Joseph Jr., wrote, “I wanted to let you know that my father passed away on July 31, 2012, of pancreatic cancer. During his lifetime, he ran 60 marathons and covered 63,140 miles. He was proud of his accomplishment, and we are proud of him.”

At the time Joseph’s streak ended, the original 1994 group still running daily dropped from ten to nine that have been certified (plus 3 that never registered but are still running daily).



George Hancock

#7 George Hancock of Windber, PA, whose retired streak of 24.3 years is 45th longest. George is 61 years old. More about George can be found in the Fall 2010 Streak Registry, including the origins of the Streak Association.

1. Began running in Junior High - 1966 - as preseason conditioning for football, ran through high school for football and track - 1967 to 1971. Road running began in 1973 during college years, road racing began in 1976.

7. Streak stopped on May 24, 2002 due to a right knee overuse injury - no structural damage just tremendous swelling and discomfort - in hindsight after ending the streak - I thought there was a serious injury but no - could have kept that streak going by driving to local flat, cushioned high school all-weather track - there is a good one just 2 miles away. Oh well! And of course, started another daily running streak on June 22, 2002.

8. Born & raised in the Greater Johnstown, PA region - have always lived here.

10. That one-mile minimum no doubt originated with me because in the Greater Johnstown, PA Area when growing up, the distance most sports people considered serious running/training was a mile run. This standard was further tweaked, redefined by John Strumsky and myself through numerous discussions.

11. If I could not run anymore - would walk, stretch & lift weights.

#8 John Roemer IV of Parkton, MD, whose active streak of 35.5 years is currently 26th longest. John is 54 years old.

1. I was 8 in 1968 at a YMCA mile run, and did a 2-miler a couple of weeks later. I ran a little bit in 5th grade, but truly began running at 14 for indoor track. My streak began as a freshman in college shortly after a season of soccer – I realized there was no chance to get any school records if I didn't run seriously every day. For the first few months I ran a minimum of a mile, but soon went to 3, except for two months of 2 a day during the 2nd year when I rode my bicycle across the country. 4 has been the minimum for decades except for two weeks of 3 a day when I had back spasms from a nasty cough.

2. I think I read about it in *Runner's Gazette*. I sent the data to him shortly before he published the first list, I believe.

3. I was running about 45 per week.

4. I knew my father and Chuck Brumley, classmate Jeff Bickart, Bob Ray and Ron Hill. My dad and Chuck started a year before I did. I brought the list to my father's attention, but because in 1990 he had to interrupt his first streak (12.5 years) for surgery, he probably thought he'd run up another decade or so before submitting his name.

5. The average mileage is roughly the same. I did 70+ per week last summer, and typically do 35-50 the rest of the year.

6. Maintaining the streak requires no thought and fits my lifestyle well. Lyme Disease, getting rear-ended by a cell-phone-texting driver, and sore hamstrings slowed me down temporarily during the last two years, and there have been innumerable minor physical impediments, but I don't dwell on them. Until something utterly incapacitates me I can't see stopping. Some days I forget that I ran, but oddly this is always after a very long race.

8. I have lived in Parkton MD and environs, Philadelphia PA suburbs, Baltimore, MD near Johns Hopkins University.

10. Chuck Brumley astutely got to the nub of it when he wrote "Make up your own rules and get back to me in 5 years," but 1 mile is simple and is enough to make a person commit to lacing on a pair of running shoes. Using the marquee-racing unit of the US measuring system seems reasonable.

12. A running streak is likely to be your most rewarding frivolous undertaking.

#9 Scott Ludwig of Peachtree City, GA, whose active streak of 35.5 years is currently 28th longest. Scott is 59 years old.

1. I started running while I was in graduate school at the University of Florida. Running daily didn't start until the fall of 1978 (I started running earlier that same year). I was trying to rack up aerobic points early on; three miles has always been my minimum (although my daily average for 35 years is slightly more than 10.4 miles).

2. I can't remember how I heard about it—most likely from a friend who knew I had been running every day. I submitted my streak to him the minute I heard what he

was up to.

3. My average at that time was around 60 miles a week (from 1994 through 2010 I was averaging over 90 miles per week).

4. I only knew of other streakers in the USA from George's list. I also knew about Ron Hill of England.

5. My average weekly mileage the past three years has declined slightly—but still well over 70 miles a week.

6. Keeping this almost 59-year-old body going on 5 1/2 hours of sleep a night. As I get older it feels like more sleep is needed (but who has that kind of time?).

8. I have lived in Gainesville, Florida; Jacksonville Beach, Florida; Rex, Georgia; Peachtree City, Georgia.

10. I'm fine with one-mile minimum, but I'm sticking with my minimum of three miles.

11. I started doing yoga three months ago—a 20-minute routine that has now become a second 'streak.'

12. Don't start a streak; I understand your body needs 'rest days' to heal/recover (I personally don't know that to be true; it's just something I've always heard).

#10 Jim Lindley of Fargo, ND, whose retired running streak of almost 30 years was never registered. Jim is 74 years old and now lives in Plainfield, IN. He was the first streak runner in ND. Recently we have learned of a 2nd streaker in that state as Mike Holsteen lived in Fargo in 1991 and 1992. Jim ran on crutches for 7 weeks in 1994, so his streak might not count officially if he had registered it. I contacted him a few years ago and he told me the following:

"My last run was 2/22/08. I used crutches for several weeks (June 4-July 24, 1994) after knee surgery. I am of the opinion that if you count running on a treadmill, then using crutches should be allowed - it is much harder work on crutches than on a treadmill. I practiced before surgery to make certain that I could do it. Before I agreed to surgery, the surgeon had told me that I might not have to use crutches. The bone had died in a prime bearing area and not as simple as expected.

"I moved from Fargo to Ames, IA in June 2003, later to Indianapolis, IN, and now in Plainfield, IN. I now walk on the treadmill 30 minutes almost every day. As for mileage, I logged 55324 miles from 1975 to 2008 averaging 2400 miles per year. I would estimate I have another 8000 miles. I logged each run by time and converted to miles. I ran 35 marathons, with Grandmas June 1983 being my fastest in 2:48. My favorite marathon was London, 4/23/89, 2:58. I ran Boston, 4/20/87; 3:04. My last marathon was the North Central Trail, 11/27/93, 4:07."

#11 Paul Lee of Santa Maria, CA. Not known if his running streak ended or continues. He never replied to George Hancock so was dropped from subsequent streak lists. I found a Paul Lee, acupuncturist, in Nipono, CA (who had previously worked in Santa Maria), but he never returned my phone call. On Nov 23, 2000, a Paul Lee ran an 8-mile race in the area at age 39, in 52:51, finishing in 15th place. Paul is 52 years old.

#12 Jim Scarborough of Rancho Palos Verdes, CA, whose retired streak of 29 years is the 26th longest. Jim is 80 years old. In the Fall 2008 Streak Registry, Jim wrote about ending his streak:

"Things beyond our control can happen, and this is how my streak ended. As

runners, we develop many clever ways to make sure we get our daily run in. I found one thing that stopped my streak . . . A DEATH – MINE!

“Four days before my 29th anniversary day, I woke up and discovered that the slightest movement caused me an extreme shortness of breath – each day getting worse. I would take a deep breath and exhale slowly through pursed lips to get the maximum oxygen. It was a real struggle, but I did finish a mile on my anniversary.

“The next day, I went to see a specialist. As I was being led into the exam room, things suddenly went gray and began to whirl. When I awoke later, they told me my heart had stopped. I was really lucky to have been in a doctor’s office, as I would almost certainly be history now had I been on the road. After 2 ½ days in the ICU, the cause was found to be pulmonary occlusions, or, in layman’s terms, blood clots in the lungs. I spent 3 more days in the hospital and took a brief walk the day after being discharged, and have been walking almost daily since then. I have no intention of starting another streak but do intend to exercise at least 6 days a week.”

#13 Margaret Blackstock of Atlanta, GA, whose retired running streak of 30.5 years is the 21st longest. She was the first woman recognized as having a daily running streak. For more about Margaret, see the Fall 2010 Streak Registry. Margaret is 69 years old.

1. I started running daily September 9, 1979 to see if I could.
2. I did not know other streak runners and HAD NO IDEA THERE WAS SUCH A THING AS A RUNNING STREAK!
3. I averaged about 5 miles per day.
7. I wanted to end my streak for several years, but my husband wanted me to continue. Over time, after his death, I lost interest and determination and no longer enjoyed it, stopping in 2010.
8. I have lived in Atlanta since 1969.
10. I agree with the 1-mile minimum, but, frankly, have always thought the minimum should be two miles.
11. I now walk on a regular basis.
12. To listen to your body! And, possibly, this varies from runner to runner, not run through injuries.

#14 Murray Paul Collette of Hudson, OH. Not known if his running streaks has ended or continues. He never replied to George Hancock so was dropped from subsequent streak lists. I found a Murray Collette in Hudson, who founded the Oak Rubber Company, but he never returned my phone call. In 1982, a Murray Collette ran the Volcano Run at Mt. Hood in 8:56:56. Murray is 66 years old.

#15 Dwight Moberg of Manhattan Beach, CA, whose retired running streak of 31.4 years is the 18th longest. For more about Dwight, see the Winter 2005, Summer 2008 & Summer 2011 Streak Registry. Dwight is 82 years old.

1. I started running in July 1975, daily October 6, 1979, with 1 mile the minimum.
2. I was told about it by president of South Bay Running Club, Sherman Schapiro.
3. I averaged about 30 miles/week.
4. I did not know other streakers at the time.
5. I completed my streak Feb 15, 2011, day before heart valve replacement. Mileage

had gradually decreased for several years.

7. No longer running as I have COPD.

8. I have only lived in Manhattan Beach

10. I agree that 1 mile seems to be a reasonable daily challenge.

11. I now walk the trails 1 miles every Saturday morning.

12. Advise wife what she's in for. Don't stop because of minor injury/illness. Regard your streak miles as an investment.

#16 S. Mark Courtney of Grove City, PA, whose active streak of 34 ½ years is currently 35th longest. Mark is 58 years old.

1. Started running in March 1978 at the end of my senior year in college. No goal in mind except to run the Boston marathon before I was 40. As it turned out, I ran Boston 17 times before age 40, and the Boston Streak continues with 34 in a row.

2. I live in Western PA and saw his articles in *Runner's Gazette*.

3. I averaged about 50 miles a week for the first 25+ years of the streak.

4. Don Slusser was the main streaker I knew of. I was chronically 7 years behind him until he had to break his first streak at 25+ years.

5. It was about the same until the last few years. Now running mileage is in the low 30's, mostly because of lack of motivation, lack of time, and heavy legs (no joint pain).

6. The first step out the door.

7. The streak continues, and I have now covered about 90,000 miles.

8. I have lived in Grove City, Pennsylvania, but have run races around the world, including the Millenium Marathon in New Zealand (first sunrise of the new millenium on 1/1/00) as my 100th career marathon.

10. I agree with a one-mile minimum.

12. Advice - Do as I say, and not as I do.

More from Steve DeBoer:

I managed to miss 5 or 6 sub-zero runs by taking a 10-day vacation in February, which included a couple of runs while visiting the New Mexico resident with the longest current running streak (only 2 New Mexicans have ever had certified running streaks), Brad Kautz, who is a pastor in Dulce, NM (formerly of Rochester MN – interesting how the state abbreviations are reversed). On the way home, we drove through AR, where I got a 2-mile run in at an information center, and now have run in 46 states!

Marjorie Joan DeBoer was not a streak runner but is one of only a few women who had both a husband and at least 2 children who were (Mrs. Pearson and Mrs Eshelman being the others). She died February 8, 2014, in St. Paul, MN, at the age of 82. An avid writer (6 published historical romance novels) and musician (piano, violin, harp, voice) with a strong Christian faith, she did enjoy walking and the outdoors in MOST of the Minnesota seasons.

Wendell James DeBoer was a streak runner, being the first one identified over 50, 60 & 80 years old and currently holds the record for being the oldest person running daily, when he ended his last streak in February 2010 at the age of 85 years and 7 months.. He died April 22, 2014, in St. Paul, MN, at the age of 89 years and 10 months



Karyn Gallivan and Shannon Bol "at the end of the Surftown Half on September 15, 2013, which was our one year streakaversary."

SHANNON BOL JOINS USRSA

My sister and I just finished our first year of streaking...here's some random thoughts on making it through my first year of streaking...I apologize in advance for a long post.

How it started – I was visiting my sister and made an innocent comment about how amazing those people were that ran every day for years and years...followed by my saying I could never do that. That led to my sister challenging me to run every day until Thanksgiving. We decided on a 15 minute minimum. Thanksgiving came and went and we are still streaking.

Lesson number 1 - it doesn't matter how old you are if your sibling offers up a

challenge you do it....can't let them win!

Why we continue streaking...cause we can! And because it works for me.

What I learned...I can run in rain, ice, snow, stifling heat & humidity and freezing cold. I can run when injured, super tired, sick and at odd times, including stopping during a road trip cause a trail looks cool and I hadn't yet run that day. All reasons why I wouldn't have run pre-streak.

I'm still a relatively low mileage runner (usually 20-25 miles per week) but I've run more miles in the last year than I probably did in the previous 5 years combined.

I ran my first half marathon in May 2012. In the last 5 months I've run 5 half marathons.

It's bittersweet that I have achieved these goals without my husband. Dave was my running partner and I miss him so much. He would be so proud of me. The t-shirts my sister & I have on in the picture I posted the other day say "No Regrets" (and "Dave" on the back). We wear those shirts when we run races in honor of Dave. I have to admit the comments we get wearing those shirts are great!

My sister rocks! Not only is she my long distance streaking partner but she has been there for me no matter what. Not sure how I could've gotten through the last couple of years without her.

And lastly (and a very important thing) - having this group give advice and provide motivation and inspiration has been a big part of our streak. Thank you so much!

Shannon Bol
Montgomery Village, Maryland



Nick Morganti

NICK MORGANTI'S STREAK HITS 5 YEAR

Thanks for checking in. My 5-year streak is intact, and I have been running well and staying healthy. I have been racing a few times per year to stay competitive. In the last year I have raced a mile, several 5K's, two 10K's, and 1 half marathon. The variety of distances keeps it interesting, and knowing that I always have a race coming up pushes me to train.

Living in California makes this streak much easier than my original one where I spent so many years in Pennsylvania, where I had to deal with cold, ice, and snow in the winters. Except for short trips to Spain, Vermont, and Pennsylvania, the balance of my running in the past 5 years has been in sunny California.

I look forward to the next 5 years and what it has to offer. Thanks again.

Nick Morganti
Carlsbad, California



Nick Morganti

GRANT NELSON'S STREAK HITS 7 YEARS

Not too many changes on my streak. Still alive and well. Had a couple of close calls due to international travel but still have made a run every day since 2007. I now reside in Phoenix and have had to adapt to morning only runs June 1-August 30.

Grant Nelson
Phoenix, Arizona



Dusty Hardman: "I did a relay with my friend Scott Krouse around Lake Okeechobee. The lake is in the background."

DUSTY HARDMAN'S STREAK HITS 2 YEARS

Thanks for the congratulations. What I've done is nothing compared to so many in USRSA. The only thing I can add to my status is that I met one of my idols, Fred Murlo, this year! I just keep on keepin on!

Dusty Hardman
Punta Gorda, Florida

ANN HANSON KEEPS STREAK ACTIVE DESPITE EYE SURGERY

I just wanted to let you know that I couldn't end my running streak! I

thought I was prepared mentally to end it on day #1919, before my 2 eye surgeries, so I ran 1.191 miles that day. And the entire time, I kept telling myself that I couldn't stop. So, I ran the next day, before my Mohs surgery to remove some basal cells from my lower eyelid.

After talking with my Mohs surgeon, he said that nothing would happen from my running, after his surgery, other than some bleeding. And his response was "If you were a hockey player (which he was) & you had a cut that needed to be stitched, the medical team would stitch you up & send you back out on the ice!" So, the following day, I ran a mile, early before my reconstructive eye surgery & eyelid lift. My next run occurred almost 36 hrs after surgery, at 11pm the next day, with my husband by my side. So, I have continued my streak & today was #1925. I guess you can say that I am addicted.

Ann Hanson
Deerfield, Illinois

ELISA HAYES ENDS STREAK AFTER 1772 DAYS

My running streak came to an end as of 3/20/14. My last run was on 3/19/2014 for a total of 1772 days and 6492.5 miles. I always said that I would never give up a run for an excuse such as "I'm too tired" or "It's too cold," but if I got so sick that I couldn't run, my streak would end. Thus, after a bout of vomiting and barely being able to get out of bed, my streak came to an end. I am proud of what I accomplished, and will still run, but I could never start again. It's been a pleasure being a member.

Elisa Hayes
Wrentham, Massachusetts



Ryan Albrecht

RYAN ALBRECHT ENDS STREAK AFTER 448 DAYS

Unfortunately, I'm going to have to move from Active to Retired. My streak ended on 12 Feb (last run was on 12 Feb). I had surgery and just couldn't get up and out for a mile. I'd read stories about runners doing that and am so impressed with such dedication. So, please move me to the retired list. Hopefully I'll get another streak started again soon.

Ryan Albrecht
San Antonio, Texas

JULIE MAXWELL'S NEW STREAK HITS 2 YEARS

Thank you so much for the anniversary greetings!!! I successfully began year 3 on snowy trails, with hidden ice. The winter here in MN has been awful with countless days of minus 0 temperatures, snow, and wind. There were several

mornings when I deeply questioned this whole streaking thing. Fortunately, my dog insisted that we run each day so we went out even in the worst of windchills!! We are looking forward to safer trails and warmer temperatures.

Julie Maxwell
Kasson, Minnesota



Allen Weddle

ALLEN WEDDLE'S STREAK HITS 3 YEARS

Thanks for the e-mail. March 1 completes 3 years of daily running. I want to thank God for the health and willpower to keep going. Thanks, USRSA for the encouragement of your members. I completed a 200 mile team relay from Cumberland Md. to Washington DC in October of 2013.

Happy running,

Allen Weddle
Chesapeake, Virginia



David Leverick

DAVID LEVERICK JOINS SRI FROM ENGLAND

I've been running regularly for 20 years but have only recently tried a running streak. Before then I'd always been told that you had to have rest days in between runs. I no longer believe that!

I run every day as an act of defiance against external forces. No matter what happens in my life, no matter what thoughts and moods might form, I will still leave the house each morning and run my 5 miles.

Without fail, I always return feeling better than I did when I left my house.

I live with my wife and two boys in South London, near Wimbledon so my routes

are pretty urban, mostly on concrete. Having said that, I make sure that I run with a soft heel strike so I don't get injured. It seems to work for me.

I've found the whole community at USRSA unbelievably supportive, and I like the fact everyone knows that what they're doing is great.

Thanks for your inspiration and I feel honoured to be part of a wonderful group of running freaks!

David Leverick
Carshalton, England

DIANN SCIALDO RUNS ON VACATION

I am closing in on year 7 of my running streak. I ran last year in Paris, Normandy, & Brittany France. Then I ran in London, England. This year it was in Rome, Italy and Athens & Delphi Greece! You see so many more things when you are running as compared to being on a bus. I traveled to Europe with a group of high school kids who were amazed that I have a streak going almost 7 years. First they didn't believe me, then they asked every day if I ran. I ran on a ferry when we were traveling from Italy to Greece. It was early morning on the top level of this huge ferry. Bright blue sky, sun shining and we were close to the coastline of Greece. It was amazing. I ran in circles on the top deck but it was so pretty I hardly noticed. This winter in upstate NY has been tough. Not the snow so much, but the ice. I have managed to keep up the miles and not fall, an amazing feat in itself. So on it goes! Here's to making it to 7 years.

Diann Scialdo
Albany, NY



Yvette Faris

YVETTE FARIS' STREAK HITS 7 YEARS

Yes, I have survived another year of streaking. Lucky number 7? Or maybe the seven year itch? I have had thoughts that this craziness (aka compulsiveness) might be my last year, but am still hanging in there. To celebrate 7 years, I did a very cold and windy 7 miler.

My husband and I are now both retired (yippee!), so that opens up more time for runs, and to be more flexible with the logistics of running during a very tough and long winter. I resorted only once to the "dreadmill" this winter. It has been

almost 3 months since I have been able to run on trails, which is where my running heart longs to be. There has been this perma-glacier-like thing that makes running impossible on the trails, even with Yak-trax, or spikes, or snowshoes. I am hoping by summer this all melts!

No changes in running status. Total streak miles to date [March 19, 2014] – 7373.

Happy running!

Yvette Faris
Wallingford, Connecticut

CHARLES HOLMBERG'S STREAK HITS 35 YEARS

Ran 6 miles today [March 20, 2014] on my 35th anniversary...pedometer now at 71,220 miles for the streak. I guess this moves up to the Grand Masters category!

Charles Holmberg
Modesto, California

DEBBIE DILLING'S STREAK HITS 4 YEARS

I continue my running streak, so nothing great to report. This winter has been a bit challenging as we have just recorded the 5th coldest winter in Rochester. Along with the cold, we have an abundance of snow, so the roads are narrower and very slick. Thank goodness for Yaktrax! Looking forward to some nice spring, summer and fall running!

Debbie Dilling
Rochester, Minnesota



Bill Shires

BILL SHIRES JOINS USRSA; STARTED STREAK IN 1986; OVER 104,000 LIFETIME MILES RUN

In '83 on a dare from my basketball coach, I ran our home town 10k. My only running was during school and I finished 22nd overall. I was still unsure about this running "thing," but a couple of races later, I won a trophy. This literally turned me into a runner because it was my first real athletic accomplishment.

After a race a couple of years later, I was sitting in my college dorm room. The race from early in the day was still being played over in the back of my mind. I knew I could run faster but how. There was one thought that kept rising to the surface. Running more leads to running better and faster. The date was October 19th 1986, and I have been running every day since.

I went on to run 10k in the 33s, halves in 1:14, and 2:36 for the marathon. Since becoming a master, I ran some halves in the 1:16s and several marathons under 2:40.

When I was younger, I enjoyed the feeling and the freedom that running gave me. They both continue to provide the same motivation heading out the door now.

Bill Shires
Charlotte, North Carolina

BILL MCCARTY ENDED STREAK IN 2011 AFTER 823 DAYS

There is quite a story behind the buildup to stopping my running streak! I broke my arm just below the shoulder on mile 28 of the Silver State 50K Trail Race in Reno. I refused immediate aid and walked to the finish to complete the race and get my medal. I had already signed up for the Nanny Goat 24 Hour event (on Memorial Day weekend) and the Newport Marathon the following week. I did not have surgery on my arm. My arm was in a sling. I completed 71 miles in the Nanny Goat 24 Hour event and I completed the Newport Marathon in my slowest marathon time ever. Both were run with my sling on!

The Race Director of the Nanny Goat 24 Hour event upon seeing me in my sling at the registration table for bib pickup said: "If that doesn't beat all!!"

A few days later I had a scheduled appointment with my Orthopedist. He was concerned that the break would not set properly and the bones be in alignment if I did not stop running. So that is how my streak ended.

Bill McCarty
San Francisco, California



Adam Marcus, right, with Lt. Col. Aaron Weiss at the finish of Ragnar DC, in October 2013.

ADAM MARCUS' STREAK REACHES 4 YEARS

My streak is still alive, despite the vicious winter in the Northeast having done its best to keep me off the streets. Highlights from the year included several 200-mile relays, including one with Operation Giveback, which raises money for the families of deceased soldiers. Our team included a number of amputees, whose determination and refusal to quit makes even the longest running streak look like a trip to the beach.

Adam Marcus
Montclair, New Jersey

TIM WOODBRIDGE'S STREAK HITS 36 YEARS

Thanks for the anniversary wishes from the USRSA! March 5, 2014 – I have really come to appreciate this date more

each and every year - As I've said before - I probably get more "Happy Anniversary" e-mails texts and phone calls than on my wedding anniversary! While my wife used to get a little upset at that – she's now always the first one wishing me "Happy Anniversary!"

I remember starting this 36th year pretty excited - as I finally hit Steve's 75,000 mile club (I had hit mile 75,001 on 12/31/2012). I did have my worst mileage year ever (580 miles in 2013) – but I'm continuing to run in the therapy pool (30 meter pool with 4 ft. of water) with 8 lanes to run laps in – actually spent 5,309 minutes in that pool this last year! Not real exciting - but this type of training still allows me to get out and run a couple of ½ marathons and 5K's throughout the year... Although it did take me all year to get over my plantar fasciitis – but finally able to get in some longer runs the last couple of months – despite the tough winter we've had here in Allentown...

I continue to be involved with the Boston Marathon (the Elite Runners Fluid Stations), so we have had to make some major changes after last year's terrible events. I think I mentioned last year that the events of the day certainly had a life changing impact on both me and my family as one of my wife's cousins (who was at the finish line waiting for her husband along with her 3 teenage girls) were injured by the 2nd explosion – which went off very close to them... While they only had minor burns, shrapnel + hearing loss – the force of the explosion knocked them all over and my wife's cousin actually broke her leg as well. I'm very happy to say that they all recovered fully with no issues and her Cousin is coming back to run the marathon with her husband as a statement that nobody can take away this event from all the runners from all over the world!

I still do my birthday “run” each year - it’s now a triathlon though – i.e. This year – I swam a mile, biked 45, and then ran 10. So got my 56 miles in – just have had to change the rules - but found that’s a great mantra at this stage of my life – “my game – my rules!”

Do appreciate getting the newsletter each quarter and catching up with all the different streak anniversaries! So keep up the great work – and keep on running!

Timothy P. Woodbridge
Allentown, Pennsylvania

DUNCAN CAMERON KEEPS STREAK ALIVE DESPITE FRACTURED TOE

As 2013 was ending and I had just passed my eight-year anniversary of running every day, I checked my mileage for the year and where I could be on December 31. If I ran 6 miles on December 28 and 29 and 5 miles on December 30 and 31, my yearly total would be 2222, which seemed like a nice number to close out the year.

I went to a local park and ran the first 6 miles with no problems; however I tripped on the way back to my car from a rest room visit. No harm seemed to have occurred. The next day, I did another 6 miles from my house as it was raining very hard. Still no problems were evident. On the 5 mile run the next day, the top of my left foot began to ache. I thought it was a crease in my sock and after a couple of adjustments, I made it home without much pain. The next morning, however, my foot felt much worse. I ran a mile and rested in an attempt to do the last remaining 4 miles. No such luck. I settled for 2218

for the year.

New Years Day was the same with only one mile run. The next day, my foot felt better so I ran 3 miles. Next came 4 miles, 4 miles, 5 miles, and then 6 miles. I had called the foot doctor on January 2 and the first appointment I could get was on January 16. It turns out that my left middle toe was fractured and I was told not to run for two months. I was not giving up an 8 year streak that easy and I told the doctor (also a runner) so. I was put in a soft cast with a boot to use when I was up and about.

I continued my streak by running one mile each day for the next week when I had another doctor appointment. As X-rays showed my toe healing, I ran 4 to 5 miles and did a 10K race February 1. How could I pass running in “The Best Damn Race?” Three weeks later I ran in a 15K race on day 3,000 of my streak and although I finished with a slow time, I was still 4th in my age group. I wore a sign on my back stating it was day 3,000 and received some nice comments.

I am able to run without pain, although not as fast as I would like, and am building up my weekly mileage so that I can exceed 2,000 miles for the 14th consecutive time, this time at age 72. Thanks for listening.

Duncan Cameron
Palm Harbor, Florida

RYAN PETT’S STREAK ENDS AFTER 808 DAYS

My running streak is no longer active. It ended at 808 days (June 3, 2013), the day after my first 100k.

Ryan Pett,
Thompsons Station, Tennessee



Jim Crisp

JIM CRISP'S STREAK HITS ONE YEAR

I did it! I celebrated by doing the Hardmoors Wainstones Marathon today [April 6, 2014] and got a 7th position finish. I have averaged 10 miles a day over the last 365 days

Jim Crisp
Brough, Hull, United Kingdom

RON SHEALY'S STREAK HITS 13 YEARS

In addition to completing 13 years of streak running on March 31st, my lifetime miles total for 36 years of running reached 77,000 a couple weeks earlier. In the 13th year of the streak, I ran 2025 miles which is a little above average. I had some tough months early on in April and May 2013 when I

experienced back soreness and averaged just 135 miles a month. But that problem went away, and I was able to average more than 180 miles per month for the last five months.

Thinking back over the past 13 years of streak running, I added Peru, Costa Rica, Puerto Rico, and Canada to my "countries run" list. Prior to this streak, I had run in Vietnam, Germany, France, Spain, Greece, China (Hong Kong), Australia, Japan, Korea, and the island of Guam. I was able to run in these pre-streak countries as a part of a 25-year career in the U.S. Air Force, the last 15 years of which I was a serious runner (including a three-year seven-month streak).

Those years in the Air Force also allowed me to run in about half of the 50 states. With the states I have added since, I am still missing three states: New Jersey, Washington, and Alaska. Ironically, my first Air Force assignment was at McGuire AFB, NJ, but I was not running then. Also, when I ran in Portland, OR, I ran across the Columbia River Bridge into Washington, but I probably only ran one quarter mile--one half mile at the most--in Washington, not enough for me to say I ran in that state. Unfortunately, at that time 17 or 18 years ago, I wasn't thinking about trying to run in all 50 states.

I am thankful to have a wife and family who support my streak. My wife is an avid walker and has walked—as I ran—in many of these states and countries; my daughters and sons-in-law always ask "Have you run yet?" as a part of planning any family activity later in the day.

I am looking forward to continuing the streak for as long as possible.

Ron Shealy
Lexington, South Carolina



Brian McAllister

BRIAN MCALLISTER JOINS USRSA

I never really considered myself a runner until recently. Prior to 2006, I only ran if I was being chased. I began training for my first ever sprint triathlon in late 2006. At that point, I couldn't run a full mile without walking. I completed my first triathlon in early 2007 and was hooked after that.

Over the next 4 years, I completed 19 triathlons, including Ironman Arizona twice. My PR for Ironman was in 2009 with a 12:52:00. My marathon time in that race was 5:10:45. After my second Ironman, I lost the desire for triathlons and decided to take a break.

In late 2011 some friends decided to do a one year running streak of at least a mile a day. There were probably a

dozen of us that agreed to do it. After one month I was the last person in the group still streaking. At the end of the first year I didn't see a reason to stop streaking.

In 2012 I had my 1 mile PR with a 6:42 and my 5k PR with a 21:13. In 2013 I had my 10k PR with a 48:55, my 15k PR with a 1:14:00 and my half marathon PR of 1:43:38. Since being on the running streak, I have hardly had any injuries or illness.

I have run the beaches of Waikiki, the strip in Las Vegas, the beaches in San Diego, the mountains in Arizona and countless streets and sidewalks in dozens of cities in the Southwest.

I look forward to my runs every day. The best part of my streak is that my wife and son have found a love for running as well. We frequently enter races together and enjoy pushing each other to be our best.

I have also attached a picture. It is from a 52k I attempted a few months ago.

Brian McAllister
Chandler, Arizona

CHRIS KARTSCHOKE ENDS STREAK AFTER 1572 DAYS

I regret to inform you that my streak is at an end. My last streak day was March 9th, 2014. I suffered a pulmonary embolism and was in the hospital. While I was in the hospital, the doctors would not let me run.

I am back at it now with 12 consecutive days [email dated March 31, 2014], so I will hopefully be back on the list within a year.

Chris Kartschoke
Lake Prior, Minnesota



Travis Wheeler

TRAVIS WHEELER'S STREAK HITS 3 YEARS

Just got back from a one-miler to cement year three [email dated April 12, 2014]. Some challenges this year: a four week trial and marathon training (filled off days with one milers). Did a half in Folly Beach in February and will kick off year four tomorrow with my first marathon in Raleigh (right before my fortieth on Tuesday).

Travis Wheeler
Columbia, South Carolina

CRAIG SNAPP'S STREAK HITS 16 YEARS

Thanks for the Streakiversary Shout-Out! In the last year, I was lucky enough to sneak my Streak Daily-Average to a footstep beyond 12 miles, (trying to "channel" Roger U., #69 on The Current

List). I'd had a Streak of A-Minimum-Of-10-Miles-Each-Day, (inspired by Scott L., #28, and Prince W., #155), but it was broken last Summer, just past the 5-Year Mark. Soon after, I started a new Streak, (Same-Title), and it's gone a whopping 250 days. Cal Ripken's Playing-Streak was 16 1/4 seasons, so, 16 1/4 years sounds like a Fun Goal for me. As my Grampa Dementia says, "IT'S ALL ABOUT HAVIN' FUN, AND MAKIN' MEMORIES! ... (OR, ... SOMETHING LIKE THAT!)"

Craig Snapp
El Cajon, California

JIM BEHR'S STREAK HITS 39 YEARS

Streak still exists...today's run [March 19, 2014] was the start of year 40...whew!...ran today in the town of Yountville, in Napa Valley in Cal....my son, Sean ran today's workout with me...I do a one mile warmup...run three miles...then a one mile cool down...on weekends usually stretch the run to four or five miles.

Jim Behr
Trinity, Florida

MICHAEL BELL'S STREAK ENDS AFTER 446 DAYS

Sadly, I have to report that the last day of my streak was on March 22, 2014 (446 days). My streak ended due to an unexpected and very painful surgery. As I recover, I hope to start another streak and see where that road leads. You have no idea (maybe you do) how depressing it is, to have surgery and have your streak end at the same time.

Michael Bell
Malvern, Pennsylvania



Nick Caperna

NICK CAPERNA JOINS USRSA

My own personal streak began as a distraction. I was an average athlete in high school and college. My sports were soccer and lacrosse. As a middy and halfback, running was a prerequisite but certainly nothing I found any enjoyment in. I ran to play the sport. Beyond that I preferred to spend my training time in the gym building muscle and agility. My physique certainly reflected that. Barely scratching 5.9 at 210 lbs I was carrying a rather stocky build.

After college, I spent my recreational time in social soccer and football leagues. Rarely missing a day at the gym, but still very focused on strength over endurance and edging towards 220. At 27 I had a rather disappointing personal experience. My plans for the future were abruptly changed. Sadly, a little heartbroken and dazed I was in need of a task to keep my mind from wandering. I began making a second trip to the gym each day. I would lift and run a few miles each morning and then return for a second run each evening.

I can only describe that first year as torturous. My body and brain were just not cultivated for endurance. Still, I found such solace and relief from my rather depressed daily demeanor. The goal of pushing myself each day, the fresh challenge every morning and afternoon became a great comfort to me. My body reshaped itself into a more efficient and aerodynamic machine - as light as 120lbs.

As I built endurance strength, my times improved steadily. The "turn" into the fourth segment of each session became less of a distant marker and more like a signal flag to push a little harder into that fourth quarter. Around the end of my second year I decided to try to combine the 2-a-days into a long early morning session. As a small business owner my schedule is very flexible, but I found unneeded stress in having to plan my evening cardio. If I could shave a little more time off I could fit the entire 15 miles into one long morning session.

The transition was not as difficult as I expected. The great relief of completion each morning overrode any physical difficulties. Freeing up the remainder of my day for work and a bit of social time made all the difference. The reduction in stress in the evenings allowed me to sleep better and wake refreshed and ready.

The technical addition a year later of an iPad changed my world, allowing me to complete the majority of my office work in the 3 hours I was on the mill in the morning. This opened up the remainder of my day for even more productive work.

My current program is little changed. Early lifting and abs, 3 hour 15-miler (whilst doing the office work), off to the rest of the day by 9am with so much already accomplished.

As wonderful as this all makes me feel, I have found that streak running is certainly not without its detractors. I am single and self employed, so this gives me free reign over my time. So many people don't have that type of flexibility, which makes a running streak list so amazing. If I had had children or a typical nine to five my task would be much more difficult. Holidays and special events are difficult. Finding a gym to accommodate my consistency is tough as well. I keep memberships at two different facilities should one be closed for weather or Christmas. (I'm also lucky to have been given a key for real emergency situations - i.e. this year trudging through 3ft of snow at 4am to get to the gym.)

As far as an end game... People frequently ask, "what are you training for?" My answer is "tomorrow." And as long as I expect there to be a tomorrow, I will train for it.

I really don't see any expected end to my streak. Of course, there is always the chance of an unexpected streak ending event. But so far I've been lucky.

As all streak runners can verify, some days are easier than others. I've run through a few minor bone breaks, stitches in my shin and knee, a separated shoulder, minor illness. Thankfully nothing has been able to shut

me out as of yet.

For me the clearest self-verification is attained daily regardless of the pain, discomfort or inconvenience. Before, during and after each run I have absolutely certainty... there is no place I would rather be spending those hours each morning.

I look forward to becoming a member of your group,

Nick Caperna
Baltimore, Maryland

WIL VALOVIN'S STREAK ENDS AFTER 1,333 DAYS; "SLIPPED MY MIND"

Unfortunately I need to declare my running streak retired. Just plan slipped my mind yesterday. Swam, cycled, then didn't run. Lot on my mind of late.

Wil Valovin,
West Yorkshire, England

AUDRA LAKING ENDS STREAK AFTER 667 DAYS

It is with mixed emotions that I send this message. After a health scare, I have been temporarily benched by my physician. No running, no boot camp, no strenuous activity...NADA. So, I must retire my current streak at 667 days and 1,587.56 miles. I knew this day would come eventually but didn't think at only 667 days. I will run again!

Audra Laking
Prattville, Alabama



Tahoe Frank

JAY FRANK'S STREAK HITS 3 YEARS

My name is Tahoe Frank and I run every day with my papa. It's a bit tough because I would like to go out really early and my papa Jay doesn't get out of bed until 5:30am. I'm ok with that, but then he says he needs to perform his "morning constitutional" - whatever that is! All I know is that we don't seem to get out the door until between 6-6:30am! What a waste of good outdoor running time!

We live about 1/2 mile from many trailheads. On most days we get into a trail and I want to go one way, but he'll pull me another way. It does get a little irritating some times. And for some reason when I see a coyote (which I seem to spot way before my papa), I like to ramp up the speed to catch the damn thing, but my papa is always leashing me back. Sometimes I've broken loose of him and have chased coyotes for more than a mile with my papa frantically trying to catch-up (that's a good cardio workout I'm told). He's a decent runner, but he's really not very fast. Then, when I finally come back to him he's really angry at me - no idea what his problem is! Everyone knows that you have to run really fast to catch one of those things. Once I did, but

that's another story.

Can you believe that he blames me for dislocating his pinky finger (squirrel sighting) during a run? And blaming me for straining his shoulder and hamstring?? Sometimes I think he's a wimp - even though he's supposedly run over 50 marathons, about the same in 1/2 marathons and many trail races. I don't believe him! Same with my Mama. She sometimes joins us, but says because of me she's a bit sore too. Running is fairly easy (and fun). You just put your nose down for picking up any great scents and then get moving.

We usually do about 4 to 7 miles a day. Sometimes my papa seems tired, but I always remind him that there's nothing better than being outdoors in the early morning hours and running around the neighborhood. It's a true treasure and I don't know why other people & dogs don't do it!

I'm not the smartest pup in the neighborhood - even though I did graduate (with honors) from Petco-U (see attached picture). But I do know that running has helped both of us stay happy and feel healthy - at least if my papa doesn't keep getting injured...

Thanks for listening... I've got a lot of other "tales," but I've got to go... Its time for another run! Happy Trails!

Tahoe Frank
Oak Park, California

CHRIS GRAHAM'S STREAK HITS 25 YEARS

Yes. Streak is still alive and well. No changes. I have done at least 2 miles every day.

Chris Graham
Wilton, Connecticut



Phillip Hawley

PHILLIP HAWLEY JOINS USRSA

I started running in sixth grade. In 7th grade the High School Coach Al Williams came to the middle school to practice with us. He brought running logs in folders with loose leaf papers and handed them out. Over the course of the next 4 months I filled out the sheets each day and got a 63-day streak. I felt really bad on the day I missed and shortly after that challenged myself to see how many days in a row I could run. I haven't missed a day since. I ran Cross Country and Track in middle school and high school as well as college at Butler University.

I have run about 470 races during the streak and have won about 200. My longest day was 33 miles during a 6 hour trail run which I stopped shortly after the 5 hour mark. I have run at least 1 mile every day continuously. The

last day I ran under 2 miles was 723 days into the streak. The last day I ran under 3 miles was 1,479 days into the streak. My fastest mile was 4:32 and my fastest 5k was 16:02. The most I have run in a 365 day period is 3,333.5 miles.

The hardest days were the day I had a sprained ankle from flag football, and the day I flipped over my bicycle during a snow storm at 8 PM and needed 10 stitches over my eye and started my run at 11 PM. I have traveled to Europe a few times and made sure to run at least once each day based on local time as well as Indiana time. I give a lot of thanks to my wife, parents and friends who have been very accommodating with their schedules.

Phillip Hawley
Indianapolis, Indiana

LES SHOOP'S STREAK HITS 34 YEARS

Not only am I retired as the little blurb says about me, but I am retired as a teacher of 34 years at Punxsutawney HS and Knoch HS both in Pennsylvania. I was also the head boys basketball coach at both schools and started cross country teams at both schools. At Knoch I was the head boys track coach for ten years as well. One of the motivators to keep my streak alive is every once in a while I will run into one of my former athletes who will ask me if my streak is still alive and I don't want to tell them it's not. It is humbling to be part of this unique group. As I look at the achievements of the other runners it makes me realize how pale in comparison my achievements are compared to them, but with that noted I will go out and get another run in today.

Les Shoop
Sarver, Pennsylvania



Chris George and daughter Ashley.

CHRIS GEORGE'S STREAK HITS 2 YEARS

When I started my streak a couple of years ago, I decided I wanted to run at least 2 miles per day. I am proud to say I have done that and more.

I have averaged just under 4 miles per day (an average which was boosted greatly by the 4 month training program my son and I completed in preparation for the Chicago Marathon last year). Although I did not make my goal time in that marathon, I did complete it in 3:52:02. The 2 mile run that day after was painful.

I did not know when I started my streak how long it would last. It's funny how motivating the streak can be. It is like an invisible, ever present force that pushes you to run on the days you really don't feel like running. Now I find myself

asking why can't it last forever. Time will tell.

Chris George
Mobile, Alabama

CASEY COPPEDEGE JOINS USRSA

I've been a runner since high school. I did not run cross-country, but I did run track. I ran shorter distances, and never over 880yds. I've tried to run regularly since that time, but laziness has tended to give me a large number of multi-month breaks in the last twenty years. I would generally get back into it when I started to feel lousy.

Almost five years ago I told myself I would run without stopping. I had no idea that such a group as this existed, or that daily running was a thing. I had that streak going until I caught a cold one day. I probably caught the cold from my infant daughter. I was the only doctor scheduled to be in the practice the next day, and I was terrified of going through the day with a cold that I had made worse by running. I took the day off. I did not run again for weeks. Over the next several months of sporadic running I decided to try to get back into it again.

I started on June 1st, 2010. I averaged almost five miles a day until my son was born, and then my miles went down. It has not been easy sometimes what with frequent head colds and multiple stomach bugs (both kids are in daycare), but I have kept it up thus far. Today is May 2nd, 2014. My minimum distance is 1.67 miles, and almost every run is a multiple of this: 1.67 or 3.33 or 5 for example. I do not run races, at least not yet.

Casey Coppedge
Brooksville, Florida



Todd Kelleher

TODD KELLEHER JOINS USRSA

My running life started when I was 13-years old. Inspired by the accomplishments of Eric Heiden (speed skater) and the U.S. Olympic Hockey team's gold medal winning performance at the 1980 Olympics, it was a dream of mine to become an Olympian. I was always one of the faster kids in gym class, so I decided in February 1980 that running would be my path to the Olympic Games.

My high school career included racing in two state of Ohio cross country championships, and PRs of 4:23 for 1600m and 2:00 for 800m. I went on to compete in both cross country and track at a Division III college, and competed in many road races post collegiately, including a dozen marathons (2:44 PR at the 1993 Chicago Marathon).

Although I never fulfilled my dream of becoming an Olympian, running has brought me more rewards than I ever imagined. I met my wife, Amanda, whom I've been married to for over 26 years, at a running camp when we were both juniors in high school. We have two children, both accomplished runners at the high school and collegiate level

(in recognition of this family trait, our license plate reads "4RUNRS"). Our dog Rocky, a Sheltie, often joins us in our daily runs.

My running streak began in January 2006 with the simple goal of running at least a mile every day for a year. I was looking for a new challenge, and this seemed like a great goal for me. After the first year, I decided there was no reason to stop. Through sickness, injury, family vacations, and terrible weather, I've managed to keep the streak alive. Like eating and sleeping, running every day is part of who I am, and I love it.

Todd Kelleher
Hilliard, Ohio

JOHNNY PARADISE'S STREAK HITS 3 YEARS

In my thousand plus days of running every day I've learned one golden rule: Run. Run. Run. That's it. Run. Got a stomach flu? I don't care. Run. Work a 16-hour day 1500 miles from home? Don't care. Run. Wife left you and the world seems to have fallen out from under you? Sorry, don't care. Run. Play 3 soccer games, running up and down for 4 hours, and can barely move? Sorry, you didn't bother to run first. Run. My body has become a temple and the run I must take every day is the sacrifice I make to keep that temple going. Conversely though, that temple protects me, it shields me, and it keeps the despair and distraught away. Every day that I can pay homage to the temple is a day that the temple will pay homage to my longevity and peace of mind. What I never thought possible has instead become what I never want to be impossible.

Johnny Paradise
Lawrence, Kansas



Evelyn Smith

EVELYN SMITH'S STREAK ENDS AFTER 479 DAYS

The reason my running streak ended is embarrassing. On 4/21/14, the day after Easter, I had the day off. From 3/16/14 to 4/19/14, I had run 8 marathons and one 12 hour ultra. I had an appointment on 4/21/14 at noon and planned to run after the meeting. It was raining and I really wanted to run outside. I eventually went home, skipping my Zumba class, with the plan to run on the treadmill later as it was still raining. The next time running entered my mind was 4/22/14 at 4:21am and I was in shock for hours. I can only blame my streak ending because of too much free time!

Evelyn Smith
Rockford, Illinois

SCOTT CARTER JOINS USRSA

I started running a little over 4 years ago. We have a local 5K race every year around the first of April called the Mule Day 5K. I always wanted to run in it, but never entered until 2010. I have to say that I have been hooked on running since that day.

I got faster and then I started placing in races and that kept my interest in running going. I have run in 30 or so races ranging from a 5K to a marathon. I ran a half-marathon in 2011, and then a full marathon in 2012.

I felt like once I reached my goal of running the full marathon, I needed another motivation to keep going. This is when I found your website, runeveryday.com. My goal was to get my name on the list and become a member. This has motivated me to keep running!

My run streak is up to 385 days now, and I hope I can continue it as long as I can! (I also may run another full marathon one of these days- never say never!)

Scott Carter
Columbia, Tennessee

AMY SHIMONOVICH'S STREAK HITS 4 YEARS

I was able to continue my streak and celebrate the following day by running the Pittsburgh Half Marathon for the 3rd time. My current mileage is 7,675 miles.

Amy Shimonovich
Monroeville, Pennsylvania



Russ Beaver

RUSS BEAVER JOINS USRSA

I began minimal running in February 2009 and only did it sporadically. I ran my first race in May 2009, a 5K. In August 2011, I began running on a regular basis in an attempt to lose a large amount of weight. I wanted to improve my fitness and have more energy for my family. I'm married with two children, ages 11 and 8. In 9 months I was able to lose nearly 90 pounds. I realized I could handle distance running and really enjoyed getting out most every day. I've done 36 more races including 14 half marathons. I'll run my first full marathon in June 2014. Since May 28, 2013, it has been a daily ritual for me with no end in sight! I hope to be able to run marathons in all 50 states during my lifetime.

Russ Beaver
Maple Grove, Minnesota

ANDREW SWAN ENDS "JOGGLING" STREAK AFTER 2,043 DAYS

Andrew Swan here. Sadly reporting the end of my running (Joggling – running while juggling 3 balls) streak. I ended it on October 12, 2013, on what would have been my brother's Mike's birthday. He died on December 6, 2010.

My downfall was a bad right hip that was extremely painful to run with. Hopefully, I will start another streak after successful rehab! I certainly enjoyed my streak, which became a world record for Joggling. Fun! Fun! Fun! Best wishes to all my fellow streakers. Long may you run.

Andrew Swan
North Highlands, California

RAVEN KRAFT REMEMBERS HIS EARLY DAYS

It is always good to receive the latest issue of *The Streak Registry*. Well, I finally got a computer and joined Facebook. I read some of the posts and have to think back to when I started my streak and how different everything was.

I didn't know about the "Streak" as much as I did about running everyday. I had no support. I had no shoes for the first two years and no races for the first three years. I did not get my first Runner until 1977 and my second Runner came in 1981. I now have had 2,038 Runners join me for one of my daily runs.

I ran in soft sand for 25 years. Shorts were shorter – mine still are. Runners on the beach were Boxers or a couple of old guys slowly moving on the shoreline. Almost no women ran back in the early

days, of the Stone Age or dinosaur era of running.

So now I have reached 39 years and 4 months. I can't believe I'm still going despite pain. I would've bet against myself around Christmas time but one day at a time I'm still moving forward and running 8 miles a day.

The pain is still intense but at times there seems to be a slight improvement. It is tough enough to run everyday but to do it everyday in severe pain is the real story.

I did a TV show recently titled, "Wake Up Call," that starred the "Rock." I had to motivate a guy named Kevin to exercise and have a life and community. It is supposed to air on TNT in October.

My next milestone is 115,000 streak running miles on May 7 [letter dated April 3, 2014]. I take nothing for granted and am grateful for everyday running. I am even more grateful for everyday running without pain or less pain I should say. Keep running, everyday!

Raven Kraft
Miami Beach, Florida

BRAD HOLT'S STREAK HITS 3 YEARS

When I started this little trek 3 years ago, I didn't really give much thought to how long it would last. What began as a challenge from my son to just give it a try has become the most consistent part of my day. I have to admit, there are more days of just one mile than I would prefer, but I haven't wavered. In the meantime, I have run many 5 and 10k's, 4 half marathons, and last November I ran the Chicago Marathon.

I am committed to keeping the streak alive. I have recently begun augmenting my running regimen with another exercise routine that I have also become obsessed with . . . Pure Barre. I encourage everyone to Google it. The one thing I noticed (when running was my only exercise) was that my flexibility was impaired to the point where I couldn't straighten my legs. I was horrible about doing before or after stretches, and it really limited my range of motion.

My first sessions with Pure Barre were grueling. I couldn't perform many of the basic moves. Now, after 100 sessions, I have excellent flexibility and can even do the splits!

I'm very happy that I started the streak, and I don't see any reason to think it won't continue for many years to come. I feel great. I look great (well, for a 55-year old anyway). Congratulations to everyone who is sharing this journey with me. Never give up!

Brad Holt
Centerville, Utah

ANNA STERBOVA JOINS SRI FROM ENGLAND

While with breaks, I have been running for over 6 years now. I raced a couple of 10Ks and half marathons but mostly just enjoy going out, clearing my head, and breathing. A couple of months ago, I had a knee injury and am only slowly getting back to running. I believe 1 mile per day is exactly what I need as a challenge now.

Anna Sterbova
London, England



Ben Emmons

BEN EMMONS JOINS USRSA

Runstreaking to me is synonymous with my healthy living. In 2007 I weighed in at over 321lbs & knew something had to change or I would die at a young age. I began eating healthy, researching, & even made some sad attempts at working out. Once I had lost about 50lbs I began running. Over the course of a year I lost 131lbs & was dreaming about the ½ marathon. I ran several shorter races and was instantly hooked. I still despised running, but because of my love for triathlons I decided to focus on strengthening my running.

Fast forward two years after my life change. The settings of Paris, France & the Seven Hills of Edinburgh, Scotland “the Streak” had begun! December 26th, 2008, I fell in love with running! I can’t describe it & have NO IDEA how it happened, but on that day I simply said to myself... “I bet you can run everyday for the next year.” I’ll never forget New Years Eve 2009 saying, “You got

another year left in ya!” I’ve done the same over the past five New Years. I am now eagerly approaching day 2,000 thinking you’ve got another 2,000 in ya!

During the streak I’ve completed two half-ironmen, seven marathons (3:24 pr), nine ½ marathons (1:32 pr), & many shorter races. Thankfully because of the streak I have no idea what it feels like to run a marathon & take the next day off!

Streakers run through sickness, injuries and other obstacles. Many of us believe running encourages recovery. During my streak I’ve run in Paris, Scotland, Israel, Alaska, Mexico, Bahamas, Canada & all over the US. The streak encourages me to explore new places & unknown territories. This is something I pray can continue long into the later stages of my life!

Ben Emmons
Springfield, Virginia



Ben Emmons



Emily Osinski

EMILY OSINSKI JOINS USRSA

I didn't really start running until I had my second child in November 2012, with the sole purpose of losing weight. I had just moved to Georgia from New York at 27 weeks pregnant and immediately joined a group called Stroller Strong Moms. They had intense workouts 6 days a week and I mostly walked and tried to keep up. I was so inspired by the fitness level of these moms that I knew I wanted to be like them.

Three weeks after my daughter was born I started Couch to 5K. In March 2013 I ran my very first 5K race, which was followed by a couple 5k mud races. I was dropping weight fast and loved it so much, I did a google search: "Is it safe to run every day?" Of course I came across all the articles that recommend rest days, but there was an article on CNN about Mark Covert, the leader of the United States Running Streak list at that time.

I had never in my life heard of a person running every day for a whole week, much less 44 years! Then I saw the list and realized there was a whole community of people doing this.

I started my streak the next day, trying to make my 1-mile time as fast as possible each day and quickly got to the point where every mile was under 7 minutes. A friend suggested I run 2 miles a day, so I did that instead for a while. Exactly a year after my first 5K race, I ran my first half marathon.

Now living in Texas, always on the go, run-streaking has brought me an enormous sense of peace and ritual and I cannot express enough the gratitude I have for the ability to do this.

Emily Osinski
Laredo, Texas



Emily Osinski



Melissa Ortiz

MELISSA ORTIZ JOINS SRI/USRSA AS NEW ASSISTANT WEBMASTER; ENDS RUNNING STREAK AFTER 538 DAYS

I never (really, never) thought injury would stop me from streaking, but here I am, ending my first streak after 538 days.

I have been dealing with a knee injury for months now, while marathon training. ITBS turned into PFPS, which got so bad that, after all that work, and being geared up to solidly run a sub-4:00, I had to make the choice to forfeit the race entirely. It was a very tough decision, but necessary. I couldn't even walk up and down the stairs in my house; running a marathon would have been lunacy.

I spent the last five weeks trying to slowly rehabilitate myself. A mile a day for weeks, then two a day. Strength work, stretching, foam rolling like crazy. I was really making progress, so it seemed. I thought I was finally getting back on track. Then, a week ago, my lower back started hurting. I thought it was minor, a sharp accidental twist of the waist that would correct itself. But it only got worse. In fact, it got so bad that my husband had to help me get dressed for a few mornings.

I was still pounding out a mile for my streak every day, though, until Day 539. I awoke at 4:00 AM and couldn't fall back asleep. In those wee hours, thinking alone in the dark, I decided no more. I ran through horrible weather of all extremes and I ran through fever and sickness, but I could not, cannot, run through this. My streak was now a burden instead of a joy, and that's not how it's supposed to be. I was in pain, everywhere, and I needed rest. The decision was made with total confidence and a clear and happy heart.

I love the streakers I have met through the Facebook group and I appreciate all the support I have received along the way. This has been quite a journey - and it ain't over yet. I'll be back out there flying with a smile on my face soon enough; I at least have faith in that. I will have to walk for a while before I run again, but I will get there.

In the meantime, I will continue to be involved with SRI/USRSA in my new role as Assistant Webmaster. I am grateful to Mark Washburne and Steve Morrow for allowing me to be of service. Happy running, fellow Streakers. I look forward to being back in the active list as soon as I am able!

Melissa Ortiz
Fort Worth, Texas

“Give it hell down the hills! Give it hell down the hills!”

- Race Director Jock Semple to Amby Burfoot, en route to Burfoot's 1968 Boston Marathon win.

Official U.S.A. Active Running Streak List

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

June 1, 2014

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 63
	The Legends (40+yrs)		
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 70
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 59
4.	Jon A. Simpson	08/30/71	Memphis, TN, Dentist, 76
5.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 63
6.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 59
7.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 59
	The Grand Masters (35+yrs)		
8.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 63
9.	James Behr	03/19/75	Trinity, FL, Educator, 66
10.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 66
10.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 66
12.	William S. Stark	09/10/76	St. Louis, MO, Professor, 66
13.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 69
14.	John Liepa	01/02/77	Indianola, IA, Professor, 69 *
15.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 61
16.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 64 *
17.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 55
18.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 72
19.	Rick Porter	12/03/77	Decatur, GA, Developer, 61
20.	John T. Carlson	12/26/77	Indianapolis, IN, Classroom Teacher, 60
21.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 64
22.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 56
23.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 59
24.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 62
25.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 63
26.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 54
27.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 60
28.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 59
29.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 59
30.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 67
31.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 67
32.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 65

	The Masters (30+yrs)		
33.	Bill Beach	10/28/79	Macomb, MI, Cross Country Coach, 66
34.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 67
35.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 58
36.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 58
36.	Layne C. Party	01/01/80	Towson, MD, Manager, 55
38.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 66
39.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 70
40.	John I. Watts	10/04/80	Nampa, ID, Pastor, 58
41.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 74
42.	George G. Brown	01/06/81	Richlands, VA, School Principal, 61
43.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Mangement, 66
44.	Richard Rusch	08/03/81	Wauwatosa, WI, Retired, 63
45.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 59
46.	Ben Dillow	08/20/81	Redlands, CA, Retired, 73
47.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 57
48.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 57
49.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 59
50.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 71
51.	Bob Kimball	02/03/82	Pensacola, FL, Professor, 70
52.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 54
53.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 55
54.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 50
55.	Gary Rust	07/03/83	Palm Springs, CA, Retired, 67
56.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 54
57.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 53
58.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 69
59.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 72 (F)
	The Dominators (25+yrs)		
60.	Randolph Read	09/01/84	Las Vegas, NV, Executive
61.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 47 (F)
62.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 63
63.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 61
64.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 53
65.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 65
66.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 56 (F)
67.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 69
68.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 56
69.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 69
70.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 65
71.	William Shires	10/19/86	Charlotte, NC, Software Architect, 49
72.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 56
73.	Robert E. Nash	06/18/87	Olney, IL, Physician, 67
74.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 65
75.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 61
76.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 66
77.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 55
78.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 49

	The Highly Skilled (20+yrs)		
79.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 63
80.	Hal Gensler	12/04/89	New River, AZ, Retired, 67
81.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 63
81.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 38
81.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 58
84.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 62
85.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 73
86.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 75 *
87.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 62
88.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 63
89.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 64
90.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 56
91.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 62
92.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 61
93.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 57
94.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 64
95.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 42
96.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 64
97.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 64
98.	Jon Janes	12/19/91	Topeka, KS, TV News, 66
99.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 51 (F)
100.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 57
101.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 73
102.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 58
	The Well Versed (15+yrs)		
103.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 58
104.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 64
105.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 28
106.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 58
107.	Richard Corbin	01/01/95	Savannah, GA, Sales, 59
108.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 71
109.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 62
110.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 59 *
111.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 66
111.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 58
113.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 67
114.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 62 (F) *
115.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 32
116.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 54 (F)
117.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 40 *
118.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 57
119.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 59 (F)
119.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 63 *
121.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 66
122.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 55

	The Experienced (10+yrs)		
123.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 54 (F)
124.	Phillip Hawley, Jr.	10/23/99	Indianapolis, IN, CPA, 29
125.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 54
126.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 56
127.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
128.	Diane Shumway	05/27/00	Provo, UT, Retired, 59 (F)
129.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 58 (F)
130.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 68 *
131.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 43
132.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 66
133.	Martie Bell	12/27/01	Thomasville, NC, Professor, 58 (F)
133.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 62
135.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 67
136.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 66 *
137.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 61
138.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 63 (F) *
139.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 55
140.	George A. Hancock`	06/22/02	Windber, PA, Education, 61 *
141.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 28 (F)
142.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 38
143.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 60
144.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 54
145.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 32 (F)
146.	David Max	08/28/03	Alexandria, VA, Pilot, 38 *
147.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 25
148.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 36
149.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 57
150.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 41
151.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 37
152.	Ed Reid	05/27/04	Bradenton, FL, Builder, 55
	The Proficient (5+yrs)		
153.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 68 *
154.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 63
155.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 43
156.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 45
157.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 34 (F)
158.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 59
159.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 36
160.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 63
161.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 55 (F)
162.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 59
163.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 33 (F)
164.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 501(F)
165.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 55 *
166.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 54

167.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 60
168.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 45
169.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 53
170.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 41
171.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 39
172.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 71
173.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 47
174.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 63
175.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 47
176.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 58 *
177.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 50
178.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 57
179.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 72
180.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 43
181.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 46
182.	Heather E. Nelson	12/15/06	Houston, TX, Student, 23 (F)
182.	William D. Nelson	12/15/06	Houston, TX, Business, 49 *
184.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 48
184.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 33 (F)
184.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 25 (F)
187.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 46
188.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 33
189.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 54 (F)
190.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 31
191.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 51 *
192.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 47 (F)
193.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 58 (F)
194.	Craig Stroud	06/17/07	St. Charles, MO, Systems Engineer, 52
195.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 41 (F)
196.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 47 (F)
197.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 63 *
198.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 55
198.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 65
200.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 60 (F) *
201.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 33
202.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 66
203.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 53
204.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 46
205.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 41 (F)
206.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 49
207.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 71 *
207.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 33
209.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 42
210.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 55 *
210.	Leo Hammond	01/01/08	Plano, TX, Student, 28
210.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 48
210.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
210.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 61
215.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 49 (F)

216.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 34
216.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 34
218.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 53
219.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 40 (F)
220.	John King	01/21/08	Chatham, NJ Education Administrator, 63 *
221.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 24
222.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 43
223.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 54
224.	Kelly Luck	08/26/08	Louisville, CO, Student, 26 (F)
224.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 47
226.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 30
227.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 70
228.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 58 (F)
229.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 55 (F)
230.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 42
230.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 59
232.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 62 (F)
233.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 40
234.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 52
235.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 32
236.	John B. Davis	12/08/08	Desoto, TX, Consultant, 70
236.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 67
236.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 66 (F)
239.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 60
240.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 50
240.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 42
242.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 54 (F)
243.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 37
244.	Eric V. Love	12/27/08	Erie, CO, Attorney, 47
245.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 39 (F)
245.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 62
247.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 68
247.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 35
247.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 49 (F)
247.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 56 (F)
247.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 35 (F)
252.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 37
253.	Vince Nardy	01/27/09	Solon, OH, Management, 55
254.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
255.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
256.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
257.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 57 *
258.	Rodger Kram	04/23/09	Nederland, CO, Professor, 53
259.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
	The Neophytes (-5yrs		
260.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 70 *
261.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 26
262.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 59 (F) *

263.	J. Patrick Gowney	06/19/09	Lavallette, NJ, Retired, 71 *
264.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 18
265.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 27
266.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 35 *
267.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 45 (F) *
268.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 15
269.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 52
270.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 31
271.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 30 (F)
272.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 73 *
273.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 54 (F)
274.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 36
275.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 56
275.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 45
277.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 45 (F)
278.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 61 *
279.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 39
279.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 48
279.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 35
282.	Paul Miller	02/10/10	Medfield, MA, Marketing, 53
283.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 55 (F)
284.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 61
285.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 45
286.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 36
287.	William Middlebrook	03/31/10	Colorado Springs, CO, 71*
288.	Amy Shimonovich	05/03/10	Monroeville, PA, Teacher Visual Impaired, 26 (F)
289.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 44 (F)
289.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 57 (F)
291.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 40
292.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 39
293.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 29
294.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 40
295.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 61
296.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 51
296.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 37
298.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 61
299.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 22 (F)
300.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 45
301.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 58
302.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 40
303.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 43
304.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 49
305.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 57
306.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
306.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 38
308.	Angela Fuss	01/01/11	Mont Atlo, PA, Phys. Ed. Teacher, 35 (F)
308.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 57 (F)
310.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 56 *
311.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 28

311.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 43
313.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 37
314.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
315.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 53
316.	Will Jones	03/18/11	Grove, OK, Athletic Director, 40
317.	Jay Frank	03/21/11	Oak Park, CA, CEO, 60
318.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 40
319.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 35
320.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 39
321.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 43 (F)
322.	James Holt	05/01/11	Centerville, UT, Regional Manager, 55
323.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 54 (F) *
324.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 36 (F)
325.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 42
326.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 40 (F)
327.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 53
328.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 39
329.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 57
330.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 55 (F) *
331.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 26
332.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 37
333.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 28
334.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 38
335.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 58 *
336.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 57
337.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 67 (F) *
338.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 30
339.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 26
340.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 45
341.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 14
342.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 70
343.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 47
344.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 37 (F)
345.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 55
346.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 50 *
347.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
348.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 46
349.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 59 *
350.	James Wisler	09/15/11	Wake Forest, NC, Physician, 32
351.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 32 (F)
352.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 34
353.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 34
354.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 32
355.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 46 (F)
356.	Michael Scott	11/23/11	Greencastle, IN, Manager, 41
357.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 51
358.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 13
359.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 45
360.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 42

361.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 46
362.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 38
363.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
364.	Zachary Novitske	12/25/11	Milwaukee, WI, U.S. Army, 30
365.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 42
366.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 47
367.	Shannon McGinn	12/28/11	Avenel, NJ. Therapist, Running Coach, 38 (F)
368.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 33
369.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 41, (F)
369.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 50 (F)
371.	Chip Akers	12/31/11	Raleigh, NC, Dad, 54
371.	Robyn Clevenger	12/31/11	West Des Moines, IA, 35 (F)
371.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 33
371.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. - Law Firm, 51
375.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 32
375.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 50
375.	Mike Johnson	01/01/12	Daphne, AL, 41
375.	Brian McAllister	01/01/12	Chandler, AZ, Engineering Manager, 45
375.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 54 (F)
380.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 33 (F)
381.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 53 (F)
382.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 33 (F)
383.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 46
384.	Daniel Myers	02/01/12	South Bend, IN, Professor, 48
385.	Dusty Hardman	02/13/12	Punta Gorda, FL, 45 (F)
386.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 63 (F) *
387.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 36
388.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 28
389.	Gary Jones	04/12/12	Troy, Montana, Retired, 62 *
390.	John Metevia	04/19/12	Midland, Michigan, Retired, 567*
391.	Christopher George	04/27/12	Mobile, AL, Attorney, 54
392.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 59
393.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 28
393.	Keziah Wilde	05/13/12	Arlington, MA, Student, 11 (F)
395.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 38
396.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 47
397.	Chris May	05/29/12	Littleton, CO, Director Engineering, 42
398.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 45
399.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 31
399.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 35
401.	Vladimir Costescu	07/10/12	Arlington, VA, Student, 23
402.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 34
403.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 47
404.	Douglas Schiller	08/17/12	Ellenton, FL, Consultant, 76 *
405.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 46
406.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 47 (F)
406.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 51 (F)
408.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 35
408.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 31

410.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 42
411.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 39
412.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 52 (F)
413.	Michael Duffy	11/22/12	Elicott City, MD, HS Athletic Director, 40
413.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 32
413.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 49 (F)
416.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 57 (F)
417.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 53
418.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 49
419.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 23
420.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 39 (F)
421.	Paul Christian	12/25/12	Rochester, MN, Journalist, 64 *
421.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 47
423.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 37
423.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 55
425.	Bennjamin Griffin	12/28/12	Pittsfield, MA, H/R, 28
426.	Christine Petrone	12/31/12	South Jordan, UT, Teacher/Coach, 61 (F)
427.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 40
427.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 33
427.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 38
427.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 50 (F)
427.	Patricia Montana	01/01/13	Hampton, NH, Retired, 55 (F)
432.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 26 (F)
433.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 45
434.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 38
435.	Jonathan Green	03/01/13	Brooklyn Center, MN, Software Engineer, 35
436.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 55 *
437.	Diane Naughton	03/21/13	Mendham, NJ, Marketing Executive, 51 (F)
438.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 45
439.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 46
440.	Robert Bannan	04/18/13	Spartanburg, SC, Church, 31
441.	Emily Osinski	05/06/13	Laredo, TX, Musician, 30 (F)
442.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 50
443.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 40

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

SRI/USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK

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

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

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

Official International Active Running Streak List

As Certified to the Streak Runners International

June 1, 2014

	The Grand Masters (35+yrs)		
1.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 67
	The Highly Skilled (20+yrs)		
2.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 50
	The Well Versed (15+yrs)		
	The Experienced (10+yrs)		
	The Proficient (5+yrs)		
3.	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 51 (F) *
4.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 46
5.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 34
6.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 50
	The Neophytes (-5yrs)		
7.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
8.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 32
9.	Ketan Salamon Nadar	24Apr12	Mumbai, India, Software Programmer, 30
10.	Phillippa Nichol	03Jun12	Newcastle, England, Project Mgr., 33 (F)
11.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 47 (F)
12.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 41
13.	Jim Crisp	07Apr13	Brough, England, Plumber, 42
14.	Amy Lawrenson	14Apr13	Sutton, United Kingdom, Writer, 29

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

"My whole feeling in terms of racing is that you have to be very bold.
You sometimes have to be aggressive and gamble."

- Bill Rodgers

Official U.S.A. Retired Running Streak List

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

June 1, 2014

1.	Mark Covert, Lancaster, CA	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	Kenneth C. Young, Petrolia, CA *	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
5.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
6.	Walter O. Byerly, Dallas, TX *	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
7.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
8.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
9.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
10.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
11.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
12.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
13.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
14.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
15.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
16.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
17.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
18.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
19.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
20.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
21.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
22.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
23.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
24.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
25.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
26.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
27.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
28.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
29.	Kenneth Korsek, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
30.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
31.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
32.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
33.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)

34.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
35.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
36.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
37.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
38.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
39.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
40.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
41.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
42.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
43.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
44.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
45.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
46.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
47.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
48.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
49.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
50.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
51.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
52.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
53.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
54.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
55.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
56.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
57.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
58.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
59.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
60.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
61.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
62.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
63.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
64.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
65.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
66.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
67.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
68.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
69.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
70.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
71.	Stephen Gurdak, Springfield, VA	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
72.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
73.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
74.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
75.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
76.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
77.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)

77.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
79.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
80.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
81.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
82.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
83.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
84.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
85.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
86.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
87.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
88.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
89.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
90.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
91.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
92.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
93.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
94.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
95.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
96.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
97.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
98.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
99.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
100.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
101.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
102.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
103.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
104.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
105.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
106.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
107.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
108.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
109.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
110.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
111.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
111.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
113.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
114.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
115.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
116.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
117.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
118.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
119.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
120.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
121.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
122.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
123.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)

124.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
125.	James C. Bates, Hampton, VA *	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
126.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
127.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
128.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
129.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
130.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
131.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
132.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
133.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
134.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
135.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
136.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
137.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
138.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
139.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
140.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
141.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
142.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
143.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
144.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
145.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
146.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
147.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
148.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
149.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
150.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
151.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
152.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
153.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
154.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
155.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
156.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days (3 yrs 218 days)
157.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
158.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
159.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
160.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
161.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
162.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
163.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
164.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
165.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
166.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
167.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
168.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
169.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
170.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
171.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)

172.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
173.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
174.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
175.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
176.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
177.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
178.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
179.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
180.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
181.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
181.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
183.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
184.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
185.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
186.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
187.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
188.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
189.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
190.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
191.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
192.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
193.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
194.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
195.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
196.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
197.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
198.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
199.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
200.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
201.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
201.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
203.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
204.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
205.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
206.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
207.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
208.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
208.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
210.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
211.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
212.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
212.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
212.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
215.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
216.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
217.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
218.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
219.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)

220.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
221.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
222.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
223.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
224.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
225.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
226.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
227.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
228.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
229.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
230.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
230.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
230.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
233.	Paul Temple, Germantown, TN	12/31/11 – 08/20/13	599 days (1 yr 233 days)
234.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
235.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
236.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
237.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
238.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
239.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
240.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
241.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
242.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
242.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
244.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
245.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
245.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
247.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
248.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
249.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
250.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
251.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
251.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
251.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
254.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
255.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
256.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
256.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
256.	J. Patrick Grownney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
259.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
260.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
261.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
262.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
263.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
264.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
265.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
266.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
267.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
268.	Edward Monsour, Laguna Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)

269.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
270.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
270.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
270.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
273.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
274.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
275.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
276.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
277.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
278.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
279.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
280.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
281.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
282.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
283.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
284.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
285.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
286.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
287.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
288.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
289.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
290.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
291.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
291.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
293.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
294.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
295.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
296.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
296.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
296.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
299.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
300.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
300.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
302.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
302.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
302.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
302.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
302.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
302.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
302.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
309.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
309.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
309.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
309.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
309.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
309.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
309.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
316.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
316.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)

316.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
316.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
316.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
316.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
316.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
316.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
316.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
316.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
316.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)

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

Official International Retired Running Streak List

As Certified to Streak Runners International

June 1, 2014

1.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days (3 yrs 235 days)
2.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
3.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days (2 yrs 175 days)
4.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
5.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)

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

SRI/USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK

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

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

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

THE FINISH LINE

By: Mark Washburne

On April 21, 2014, I had the honor of running the 118th edition of the Boston Marathon. Given the tragic events of last year's marathon, this year's race was filled with emotion for many, including me. In last summer's edition of *The Streak Registry*, I recounted running the 2013 Boston Marathon. As I mentioned in that earlier newsletter, I crossed the finish line at 2:14 p.m. for that April 15th, 2013 race. My girlfriend, Diane Naughton, was a spectator for the race and was a couple hundred yards from the finish line when I completed my 26.2-mile journey. Our plan was for Diane to wait on Boylston Street near the finish line until I called her. It took me 21 minutes – I later checked my cell phone records - to pickup my bag and call Diane. Unknown to us, we only had minutes to spare before tragedy struck where Diane was standing. As I was walking back to our hotel, I heard two very loud booms around 2:50 p.m. – 36 minutes after I finished the marathon. While Diane sensed something was wrong, she said that she had left the finish line area on Boylston Street by cutting through Lord & Taylor and did not hear the bombs. While Diane did not even hear the blasts, my heart skipped a beat by the media coverage on Thursday night (April 18, 2013) when they said that they had video surveillance of the suspects that was taken by the cameras at Lord & Taylor. This was the same store that Diane had cut through just minutes before the explosion to meet me back at the hotel. While it was a close call for Diane and me, many people were not as lucky. Over 260 people were injured and three were killed in the 2013 Boston Marathon bombings.

As I prepared for this year's Boston Marathon, I did not know what to expect or how I would feel. My most touching moment came the day before the marathon when Diane and I attended the "Boston Marathon Legends" hosted by *Runner's World Magazine*. This year's panel included running greats such as Bill Rodgers, Amby Burfoot, Jack Fultz, Greg Meyer, and Kathrine Switzer. All of these past Boston Marathon champions had interesting stories to tell but the person who received the loudest and longest standing ovation at the seminar was the Boston Marathon race director Dave McGillivray.

In his presentation, Mr. McGillivray recounted his experiences on that tragic day. Like us, Mr. McGillivray is a streak runner but his streak involves running consecutive Boston Marathons that usually begins after the ceremonies end for the winners. In 2013, Mr. McGillivray said he was near the marathon start line in Hopkinton preparing to run his 41st consecutive Boston Marathon when he received a call about the bombings at the finish line. The police then rushed him to the finish line, where he experienced the chaos of that day. At one point, he tried to get closer to where the bombings took place but was prevented by a police officer. Mr. McGillivray explained to the officer that he was the race director and that he should be allowed access as it was his marathon. In a chilling comment, the officer said that it was not Mr. McGillivray's marathon any more. Mr. McGillivray concluded his emotional remarks by telling the audience that the next day, at the 2014 race, we would be taking back Boylston Street and the Boston Marathon for the runners and spectators. Many in the audience were crying (including me) and he received a sustained standing ovation from the crowd that lasted several minutes.

I wish I could tell you that I went out and ran my fastest Boston Marathon in 2014 after being inspired by the race director and others but that would not be truthful. Actually, I caught the flu a few days before the race and had my PW (Personal Worst) marathon time at 4:19:35, as I struggled mightily to finish the 26.2-mile course. Still, as a streak runner, my main goal is to run every day and, on that Patriot's Day in particular, finish my 10th consecutive Boston Marathon. I am happy to report that both goals were accomplished.

I am also happy to report that my girlfriend, Diane, who started her own running streak on the first day of spring in 2013, has now joined the USRSA active list. In Diane's case, this has not been an easy task as she is a busy marketing executive for a major book publisher in Manhattan with a two hour commute each way from and to our home in New Jersey. As you can imagine, I am very proud of her and all of you streak runners from around the world. Good luck to all as we each run the roads and trails – every day!