

**STREAK RUNNERS INTERNATIONAL  
UNITED STATES RUNNING STREAK ASSOCIATION**

**THE STREAK REGISTRY**

**SRI/USRSA SINGLETS NOW AVAILABLE  
“THE LUCK OF THE IRISH”**



Diane Naughton and Mark Washburne

**VOLUME FOURTEEN  
NUMBER THREE  
FALL 2014**

# THE STREAK REGISTRY

## Fall 2014- 55th ISSUE

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## **STREAKING ANNIVERSARIES**

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

### **From The Dominators to The Masters (30<sup>th</sup> anniversary)**

Randolph Read of Las Vegas, Nevada on September 1<sup>st</sup>

### **From The Highly Skilled to The Dominators (25<sup>th</sup> anniversary)**

Steven H. Way of Walnut Creek, California on August 10<sup>th</sup>

### **From The Well Versed to The Highly Skilled (20<sup>th</sup> anniversary)**

Henry Lengkeek of Lakewood, California on June 5<sup>th</sup>  
Ivan Fink of Arcola, Illinois on July 11<sup>th</sup>

### **From The Proficient to The Experienced (10<sup>th</sup> anniversary)**

Neil Scott of Seattle Washington on June 2<sup>nd</sup>  
Sonny Hunter of Kingston, Tennessee on June 10<sup>th</sup>  
Mark Bonney of The Woodsland, Texas on June 12<sup>th</sup>  
Prince Whatley of Birmingham, Alabama on July 1<sup>st</sup>  
Veronica V. Rust of Palm Springs, California on July 22<sup>nd</sup>  
Robbie McLendon of Bishopville, South Carolina on August 29<sup>th</sup>

### **From The Neophytes to The Proficient (5<sup>th</sup> anniversary)**

Roger B. Carlson of Stillwater, Minnesota on June 5<sup>th</sup>  
Karen Wallace of Ishpeming, Michigan on June 16<sup>th</sup>  
J. Patrick Growney of Lavallette, New Jersey on June 19<sup>th</sup>  
R. Christopher Read II of Las Vegas, Nevada on June 21<sup>st</sup>  
Braxton Fonville of Williamsburg, Virginia on June 30<sup>th</sup>  
Klint A. Rose of Alviso, California on July 3<sup>rd</sup>  
Carroll L. Wright of Choctaw, Oklahoma on July 5<sup>th</sup>  
Skylar Glandon of Kearney, Nebraska on August 20<sup>th</sup>  
Bradley Blaszyński of Annville, Pennsylvania on August 30<sup>th</sup>



Lois Bastien

**LOIS BASTIEN JOINS USRSA;  
FROM PINELLAS PARK, FLORIDA;  
STARTED STREAK IN 1980;  
HAS LONGEST KNOWN ACTIVE FEMALE STREAK IN WORLD  
By Lois Bastien**

I started running in 1979 after being encouraged by my husband Ron. On April 18, 1980, my streak started. I had run 100 days before I realized I had not missed a day and just kept going from there.

I have run 300 to 400 races that were 5Ks and 10Ks. I used to run the Gasparilla 15K in Tampa every year. I have run three marathons including the New York City Marathon in 1988. I also have run a number of half-marathons.

I am originally from Canada. I became an American citizen in 1972. When visiting my mother during the winter months, I ran in the snow – that was hard. I don't think I would have a streak if I lived there.

I have been married to Ron for fifty-eight years. Ron has started running streaks three different times. Six years is as far as he has gotten and then gets an injury. He now walks every day. We have a son and a daughter. We also have two grandsons and a great-granddaughter.

I am still running every day.



Sue Favor

## **Reflecting on almost 30 years of streak running**

### **By: Sue Favor**

I ran my first run – a 1.5-miler – in March, 1982, when I was 14 years old. But I didn't start my running streak until December 20, 1984. Now here I am, three decades later, on the verge of 30 years of everyday running at age 47.

I didn't see this coming, because I didn't set out to begin a running streak. Instead, my need for all the things running brought to my life evolved into everyday running.

1984 had been a rough one for me. I'd become depressed, sick, and had stopped running regularly. I had quit the track team that spring. I was lost, and was craving some type of stability and structure. And I knew from experience that running would get me some inner peace. It was out of this desire for order that I laced up my shoes and hit the road again on that dark, winter day.

I ran twice around Skinner Butte, by my house in Eugene, Ore., which was good for 2.5 miles. It was a run I'd taken many times, but when I got done that night, I felt better. I ran it again the next day, and the next, and the next.

It might sound strange, but I'm not even sure when I realized that I had a streak. I was too caught up in experiencing my body's adjustment process, weaving running back into my daily schedule, and attuning to how it was affecting me mentally.

I remember after a road race in June, 1986, thinking that it was almost a year and a half that I'd been running every day. I thought, "cool!" and didn't think more of it after that, which was the right approach for me at the time. Heavy expectations made me buckle under pressure.

It was my initial commitment to make running a part of my life, and my usual steadfast approach to see through any undertaking, that quickly resulted in my Buddha-like “nothing special” mind set about running each day. I also grew up around runners, both world-class and otherwise, in Eugene. There are more people out for a run there on Christmas Day than I see in Los Angeles, where I live now, in a year. It’s just what we do in Eugene.

Because of this ordinary-ness, I’ve been trying to figure out what to write about my running streak for the USRSA publication for a couple of years. One thing I do know is that markers don’t mean much to me anymore. I have nothing left to prove to myself.

I ran one marathon, in 1988. The last half marathon I ran was in 2001, and in fact, that was my last formal run. I don’t care about road races. I don’t care about times or mileage, and I don’t keep track of the number of days I’ve run unless I get a wild hair to count it up.

I don’t care that I’m not nearly as fast as I was when I was younger. Nor do I run with other people; I prefer to run alone and work out all my issues along the way, while listening to music.

I don’t feel the need to challenge myself running anymore, as I have plenty of other challenges in other areas of my life. One of my physical challenges, beginning 17 years ago, was adding weight training into my regimen. That has been phenomenal, and I have a well-balanced physique that I didn’t have when I first began running.

Last year I began practicing yoga – primarily to attain balance and maintain flexibility. It was humorous to me to suddenly be a “beginner” at something again. I hadn’t been a beginner at any sport or activity since 1997, and I’d forgotten what it was like. But that is the essence of growing older gracefully, is being open to new things and open to change.

As far as running is concerned, it’s automatic – an example of the human function of adaptation. I just know that every day starts out with a run. Anywhere from 40-45 minutes, and I’m good for the day.

What I appreciate about my running streak, just as much as the daily process, is that it’s allowed me to see places up close and personal when I travel. I’ve run in 112 cities in the U.S., Canada and Mexico, and there’s no real seeing a place until you’ve run through it.

The personality, vibe and characteristics of a city or place are up close and personal and not on the other side of a car window when you’re running. I have been panhandled while running on the streets of San Francisco, and stunned running along the rim of the Grand Canyon. I’ve run through the streets of New York City, and along the country roads of Tennessee. I am very blessed to have had those experiences.

I am grateful to see the sun rise most mornings of the year when I run. Sunrise, to me, is a sacred time. In morning prayer afterwards, I thank Divine Spirit for my ability to run, and for the day, among other things. Running has a way of putting things in perspective.

Running is also a great stress reliever and an amazing mood-booster. I tell people running has saved my life, and I do mean literally. I would have been in the nuthouse long ago if it weren’t for my daily jaunts. I don’t understand how people can NOT run.

As I approach 30 years of streak running, I am going to continue to take it one day at a time. If I had any goal, it would be to run in some new places.

I can hear more cities calling my name.

## **40,000 FINDS IN THE MONEYED TUNDRA**

### **By: Craig Snapp**

We belong to USRSA, (The Streak Organization), so we have a P.H.D. in O.C.D., and we belong to The Darkside Running Club, so we sport The Wackadoo Tattoo. This combination prepared us for our Moronic Hobby of picking up all money found, and preserving it in jars. Project Preservation has hit 40,000.

Before being jarred, each find is identified by denomination-and-date, and that data is entered onto a spreadsheet. (About 3% have unreadable dates, and they are called "Unknown Soldiers," a term coined by Darksider Gary Griffin.) Then each find is put in its appropriate jar, on the bookshelves, right beside my Running Trophies. (Alley-Oops! I don't have any Running Trophies! Delete "right beside," and insert "in place of"!)

Here are some Numbskull Numbers:

The most frequently-found is the 2007 penny, with 1,309, while the 1917 penny has a grand total of 1.

There are 80 years of pennies represented, with 76 of those consecutively. There are 67 years of nickels, 58 of dimes, and 50 of quarters.

There are 153 dollar bills, with 87 of them being "ones," and 1 being a "one-hundred."

The largest single-site find was in a wash-bay at a self-service car-wash, totaling 359.

The largest day's total included the above, and hit 414. The second largest was 276, which consisted of 129 pennies, 38 nickels, 48 dimes, and 61 quarters. There have been 54 days over 100.

There are 346 foreign coins, representing 48 countries.

There are 212 "trolley coins," which have been flattened, battered, bruised, and abused.

The largest finds in value were two wallets, (without I.D., or change), with \$202, and \$170.

There have been finds during races, ranging from half-marathons to an 8-hour event. (While pacing Darksider Scott Ludwig for portions of a marathon, there was a 4-mile "rest interval," during which there were 53 finds.)

Currently, there's a money-finding streak of 1,123 days.

There are 99, (okay, ... actually, ... there's a lot more than that!), other numbers that could be shared, yet, won't be. For now.

To Be Continued.

**Traversing the Tundra 20 Years Later**  
**(What's happened to the Runners on the First Running Streak Listing Part 3)**

**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 Spring 2014 issue of the Streak Registry. I have been able to get in contact with most of these runners, all but one, Joseph Wojcik, are still living. In this article, I will give an update on the 17<sup>th</sup> through 33<sup>rd</sup> 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?**
12. **Do you have any advice for someone considering beginning or ending a running streak?**

**17. Allan Field** of Columbia, MD, whose retired running streak of 22.5 years is the 53<sup>rd</sup> longest. For more about Allan, see the Summer 2003 *Streak Registry*. He mentions switching to mountain biking as his main form of exercise. Allan is 66 years old.

(1) I began running in 1977. Cold turkey quit smoking from 2+ packs per day and was concerned about gaining weight. Running was the only thing I could find to do that there was no excuse for not doing. I started a streak one year after starting running but lost it 9 months later due to a stress fracture. This was my only other streak.

(3) I ran 44,989 miles. I raced distances including 1 mile, 5K, 4 miles, 5 miles, 6 miles, 10K, 8 miles, 15K, 10 miles, ½ marathon, 20 miles, marathons and 1 50-miler.

(7) The streak ended due to spinal fusion surgery and arthritic left knee. Once, following hydrocele surgery when the run on the following day caused a bleed and extended recovery, I thought I would have to end the streak. In the morning after, I had made peace with giving up the streak. By the evening, the intense pain had become manageable and I went out for 1 mile. The streak was a positive for mental health. There were 2-3 times during the streak where it was not beneficial for recovery from physical ailments."

**18. Bob Reininger** of Shelocta, PA, whose retired running streak of 17.4 years is the 69<sup>th</sup> longest. Bob is 56 years old and lived in Douglasville, PA in 2008. I found a couple mentions of a Bob Reininger competing in bicycle races, so I assume he is finding other ways to keep fit.



**19. Joseph Sinicrope** of East Granby, CT, whose retired running streak of 29.3 years is the 25<sup>th</sup> longest. Joe is 72 years old. In the Summer 2011 *Streak Registry*, he wrote that he had an enlarged spleen, associated with lymphoma. His doctor told him to stop running before his spleen exploded, and the treatments had been successful. He was hoping to begin another running streak, but he has not yet registered a second one.

**20. Roger Nelson** of Colleyville, TX, whose retired running streak of 25.6 years is the 40<sup>th</sup> longest. His active streak of 7 years is currently #197. Roger is 63 years old. See Summer 2008 *Streak Registry* for more about end of his first and beginning of his second streak.

(1) I began running in **1978** and began running daily in **August 1981**. **3 miles was my minimum until 2007 when my first streak ended. Since that time, I have set the minimum at 1 mile; but seldom run just one mile unless I am trying to recover from injury.**

(2) I heard about George Hancock's effort to make a list of all streak runners in the US in **one of the national running magazines. I can't remember specifically which one.**

(3) I was running **60-65 miles/week and knew no other streak runners.**

(5) My mileage has **decreased dramatically. However, now I cycle and Elliptigo daily for about 1 hour on each. My weekly running average is 25-30 miles per week. The running pace has decreased even more significantly. My training pace was usually 6:45-7:00 mile--now I have a difficult time breaking 7 minutes for one mile. My usual pace is in the 8:30-9:00 minute range. Oh to be young and fast....heck, I'd settle for just one of those!!**

(6) Biggest challenge has been **injury rehab.**

(7) I ended my streak on **February 27, 2007. I compressed a nerve in the right side of my back/hip sliding across the seat of a car to pick something up off the floor on the passenger's side. I was unable to stand on the leg for 3 days. Current streak started 8/18/2007.**

(10) At the time, I thought 1 mile was a little ridiculous. I reasoned that **ANYONE** could go out and run one mile as long as they were alive. The one-mile provision has allowed my streaks to continue while I have recovered from broken toes, torn knee ligaments, torn ankle ligaments, broken ribs, sciatica, plantar fasciitis, and SI dysfunction. I had always argued that there should be a **SPEED** requirement as opposed to a mileage requirement. For example, your daily run had to be at a **10:00 per mile pace. Others argued that many people could never run that fast; and, that some folks (disabled members of the Achilles Track Club) "run" marathons at a pace of 50+ minutes/mile. My reasoning did not prevail; and, my streak survived some days because there was no speed requirement.**

(12) It becomes a way of life--not something that dominates your life. Don't bring it up in conversations unless someone inquires about the streak. And remember, everybody stops at some time.

**21 Bill Leibfritz** of Midland, MI, has the 47<sup>th</sup> longest active running streak of 32.7 years. He is 57 years old.

(1) I began running regularly in 1976 as a college sophomore. I ran sporadically in younger years, but not enough to call myself a real runner. As a college sophomore, I was encouraged by my swim coach to increase my endurance as he was trying to convert me from a sprint swimmer to a distance swimmer. He had me begin to run with some of the cross-country runners. Also, a few of my friends were former high school cross-country runners, so they helped instill an interest in regular running.

A buddy of mine, Gary Hoovler, (we both lived in Mansfield, OH at the time) had a three year streak going at the time I started mine (3 Dec 1981). He got me thinking about trying to run for a period of time without missing a day. I got three months in, then on 2 Dec 1981, my first child and only son was born. I missed that day, but didn't really think anything of it. I ran the next day (3 Dec 1981) and haven't missed a day since. So when I get my run in this coming 2 December, my son's 32 birthday, my streak will also be 32 years long. It makes it that much more special. I can't say for sure, but I think Gary made me aware of the Streak Association.

(2) I am not sure when I got my data to George. Being a mathematics education professor, I've always kept tons of data about different aspects of my life, but especially so of my running.

(3) In 1994, I was averaging 50-60 miles a week though.

(4) I knew Gary Hoovler, who had by 1994 discontinued his running streak. At that time (1994) I was living in Midland, MI (as I currently do) and had been a professor at Central Michigan University for three years (as I still am). I met, at some point during that time, another streaker, John Metevia, who happened to live in the same town. We saw each other a few times a year and always did a check that the other was still "streaking." John's streak ended in February of 2010 due to a very serious injury to his ankle due to stepping in a hole while running. I sent him a sympathy card!

(5) As I get older, my weekly mileage is now more consistently in the 40-45 mile range. As of January of 2012, I have gotten back into swimming regularly to supplement my running. It's allowed me to run a little less but keep my aerobic levels up without as much pounding. I ran my 51st marathon a few weeks ago. I've found that swimming seems to keep me marathon ready.

(6) Crossing my fingers (and anything else I can cross), I would almost say I have fewer challenges. I can't go as fast, but that's no shock. Now that my wife and I are "empty nesters," I have more freedom of time to get my run (& swims) in.

(8) I started my streak while living in my home town of Mansfield, OH. Since then, I've also lived in Westerville, OH (1987-1990) and my current location, Midland, MI (1990-present).

(10) Yes, I find the 1-mile reasonable. I rarely do that, but as I get older, on the day after a marathon, it's nice to know, if I need to, a mile will do. I've set a minimum of 3-miles for myself.

(12) For streak starters: Running daily is not an option for me. It's just part of what I do. I can't imagine not doing it. Don't make it a big deal. Just make it a part of your life.

For those considering ending it: Don't!! Unless that's what you want! I've noticed that many who have quit recently have chosen when. Part of me likes that. But I already know I'll go down fighting. Runners in general handle discomfort well. I just don't want a little un-comfortableness to end my streak. I coach track at our local high school (distance kids). I tell them regularly: "Pain and discomfort are temporary, quit lasts forever!" That is never more true than to someone's running streak!! (I will now climb off my soapbox☺)

**22 Jim Hage** of Boston, MA, has not certified his running streak of 32 years, which would be the 55<sup>th</sup> longest if it was registered. He is 55 years old.

(1) I began running daily August 16, 1982, to maintain consistent training for the 82 NYC Marathon, where I ran 2:20:09. Minimum distance is two miles.

(2) Kroemer and Layne Party are long-time friends of mine.

(3) Mileage has decrease as I got older.

(6) Biggest challenges are injuries, travel and family responsibilities.

(9) I have not registered my streak because it always felt personal and of minimal interest to others. Since I've passed 30 years, I feel less this way.

(10) The one-mile minimum seems reasonable, if a tad wimpy.

(12) I'll add my voice to the chorus: DON'T DO IT (EITHER BEGINNING OR ENDING A STREAK).

**23 Ken Vercammen** of Edison, NJ has two retired streaks of 16.3 and 7.2 years, which are the 74<sup>th</sup> and 106<sup>th</sup> longest. He is 55 years old.

(1) I started running in 1973 high school. I first started running daily as it was required for the track team, minimum was 3 miles.

(3) I was averaging 5 miles per day.

(4) I knew Ron Hill, who ran the 1977 Maryland marathon.

(6) I have had heel surgery and then two knee surgeries.

(10) I agree with the 1-mile minimum.

(11) I limit running but bike/swim/ exercise minimum 80 minutes per day.

(12) Run every day - after the first block, it becomes easy.

**24. Kevin Simons** of Hampton, MA, whose retired streak of 24.8 years is the 44<sup>th</sup> longest. He is 64 years old. I have no information about him since his streak ended.

**25. Thomas Bates** of Independence, MO, has not certified his running streak, which now could be 31.9 years and the 56<sup>th</sup> longest if it was registered. He is 62 years old.

We know he was still running daily in 2010, when the local newspaper reported the following:

*Tom Bates, the longtime St. Mary's cross country and track and field head coach, was honored Thursday at the school for recently completing his 10,000th consecutive day of running with a proclamation from Independence Mayor Don Reimal deeming April 1, 2010 as Tom Bates Day in the city. Bates, who was also presented with one of his running shoes dipped in bronze, said he prefers morning runs, but because of his schedule he usually takes them at night.*

*"I run mostly in the evenings," he said. "I get up and I do my routine. I love running in the mornings – that's my favorite time to run – but I usually end up running between 7 o'clock and midnight during the school year."*

*The streak, Bates said, had an inauspicious beginning. "My goal was to run for 30 days way back in '82," he said. "My goal was to run for 30 days without missing a day because I never did that in high school. Then after 30 days, I thought I might as well go for 60. After 60, my goal was to go for six months and after six months my goal was to go for a year.*

*"After I went a year I thought, 'That went by pretty fast, I'll just keep going.' Since I've been married (36 years), I've only had to go see a doctor three times and I've never been sick enough where I couldn't run."*

Read

more:

<http://www.examiner.net/article/20100402/News/304029757#ixzz36A9aGGcX>

**26. Ken Korosec** of Chesterland, OH, whose retired streak of 28 years is the 29<sup>th</sup> longest. He is 70 years old. See Winter 2014 issue of *Streak Registry* for more about Ken.

(1) Started running in spring of 1982, as my daughter was running as well. She ran in several AAU and NCAA regional track meets in 800, 1600, and 3200, qualifying and nationals and medaling in most all. She ran cross-country in high school and college, along with innumerable 5k, 10k road races, usually finishing 1st in age group and/or overall winner. Consequently, I decided to assist in her development. I would ride a bike behind her, as I was 40 lbs. overweight, as well as being a smoker. So the 1st time I "ran," I couldn't even run 100 yds. But, gradually, I was able to lengthen the time. Since I was so bad, I ended up running every day starting in October, 1982, just to try to get in better shape. Stopped smoking, and got weight down by 50+ lbs., a little underweight. Once that started, I would have a minimum of 1 mile, then 1.5, then 2, then when I started running races, to be a minimum of 30 minutes, which usually was 4+ miles. That continued, with 90% of the runs being 5 miles or longer, regardless of time. Then, I noted that I had been running every day, pretty much without noticing it, for 7+ years, so

I began consciously to keep track. I believe the different starting dates came from the definition of a "streak run." My own "rule" in spring of 1982 was that very short runs did not "count," since the streak association was not known at the time. When I hooked up with the association, there was no definition of run, so I used my own, which was 30 minute minimum. Given that, I started on 10/16, because I ran only 15 minutes on my birthday, 10/15. However, when the "rule" of one mile was promulgated by the association, the start of that was 10/11 for me, as I ran over a mile from that date.

(2) I read *Runner's World* and *Running Times* to look for major races to go run in, during this time as well. In mid-90s, an article appeared identifying George Hancock's efforts to keep track of "streakers." I had really not thought of that until my 10-year running anniversary, that I was one.

(3) During this time, my minimum stayed at 40 minutes. I was so "A" personality, that, I pooh-poohed any races less than 5 miles, opting to run 10ks, and 1/2 marathons. If I couldn't find one and "had" to run a 5k race (usually in the 19-20 minute time) I would turn around and run the race course again, to get the minimum. Consequently, I was running hard every day, not hard-easy-hard-easy. Average weekly mileage for most of my career was 50-60 miles, then 40-50 miles.

(4) I didn't personally know other streakers, but I was acquainted by face with many of them, seen at races.

(5) My mileage started slipping in the early 2000s, and I would run races and not go back out, but I still maintained a 30 minute minimum. Toward the very end, it slipped to 2 miles.

(6) The greatest challenge was and is, the pain and chronic pain that goes with the way I ran, plus my different goals: continue streaking, running different towns, counties, states, countries, running every day hard, running 1/2 and full marathons in states, etc., which combined, is conflicting. The other challenge was fitting in a run when I would be in court (I am a lawyer) or at hearings, etc., or with clients for all day. Or, I can remember several plane trips where I would run close to midnight and worry that I would not get it in (in Minneapolis, running in the terminal when a TV commercial was being shot and running inadvertently through the set 2-3x-Yellowstone, running after dark and being pursued by moose, and many more). Weather did not hinder me. I ran in 10 below - blizzard of 1988, and of 92, and in 100+ - Grand Caymans, Puerto Vallarta and others - only mad dogs and Englishmen (and me) run in the midday sun. I ran on live TV when a 22" snow on 3 successive days, 69" for weekend, and I ran in thunderstorms (Dallas Marathon and all the local runners quit, but not me).

(7) I stopped running as the chronic pain was just too much. I have been diagnosed with increasing scoliosis, 4-5 herniated and ruptured discs, arthritis in many joints, and in discs, tinnitus, foot deformities of bunions at big toe 90 deg. off axis, plus 3 hammertoes and most recently, Parkinson's disease. Have had the steroid shots, the shots into joints, and surgery to my foot which was supposed to solve the foot problem but actually increased the disc problems. Back surgery would require pins from the cervical area through the thoracic, down the lumbar and to the sacrum-in short, no bend at all. Cleveland Clinic neurosurgeons recommend no surgery because the cure is worse than the disease, as the foot surgery proved. University Hospital neurosurgeons want

increased cortisone shots and medication, plus correcting only sacrum with pin to relieve a little pain. So, therefore, nothing at all now, which also hurts.

(8) I have always lived in Chesterland, Ohio. What I got interested in doing after a few years of running, in part because my children started college, would be to run in different areas of the USA-starting with the towns they were at while attending school. This fairly quickly became an obsession to me. Then, it became interesting to run races out of town. All the time, I maintained my minimum mileage. This led to me running 2-3 times per day to get more counties. So, I would run, fly to the race city, run a couple of times per day, run the race, run later in the day, etc. Then, running all the 50 states became a goal, followed by running all the state capitals. As long as I could find a \$99 airfare, I would pack up and go - for as many as 40 weekends each year. There are countless stories, of course, attached to most of these travels. I have run and raced in all 50 states, all 50 state capitals, and more than 20 different countries, including 20+ of the 38 states of Mexico, I have run in every village, city and township of 25 of the 88 counties of Ohio, all the counties in over 18 states, and a majority of counties in most states, over 1,200 counties run (out of 3163 total) of the USA. My regret is that, as the pain increased, my desire ebbed - I would have loved to run all the counties..... And, I would say that accomplishing those type A statistics were far more satisfying than the streak.

(10) I agree with 1 mile. This did not come up until I was on the declining part of my personal streak, so my minimum for me to "count" as a run was always 40 minutes, 5 miles, etc. A truly diligent streaker would run most of his/her runs at over a mile anyway - this is a minimum, not a goal.

(12) To be honest, don't start a streak. Take days off. That, or get an analysis of your body structure, full "mayo clinic executive physical" first (some of the arthritis, disc problems, scoliosis, and toe issues were hereditary in my case). I should not have been a competitive runner or streaker anyway. But, I can look back on all the mega-races I have run, the local races, all the cities and states of this great country I have seen, all the tales I can tell, and maybe, just maybe, it was worth it..... Sorry for my running on and on (pun fully intended).

**27. Donald Aycock** of Fairbanks, AK (moved there in 1999). We do not know if he continues to run daily or not. He must still be running, as his name comes up as a finisher at the Marine Corps Marathon every year. In 1997, his time was 4:24:51; in 2013 he finished is 5:46:07. He is 62 years old.

**28 John Strumsky Jr** of Millersville, MD, whose retired running streak of 25.7 years is the 37<sup>th</sup> longest. He is 74 years old. Read more about John (Founder Emeritus of the USRSA) in Summer 2009, Spring 2011, and Winter 2012 issues of *Streak Registry*.

(1) Ran for fun, off and on, in junior high and high school, but not on a cross country or track team. Ran for four years in the Marine Corps from 18 to 21. Did not run again until age 42 (November 1982); began daily running streak on May 23, 1983; minimum of 1 mile, but averaged 5 miles.

(2) Heard of the list in 1994 from Bob Ray. Submitted data in December, 1994.

(3) Weekly average then was 35 – 40 miles.

(4) Knew Bob Ray since late 1982.

(5) Streak ended February 9, 2009, but 5-mile average held through end of 2007.

(6) Ruptured Achilles tendon. No running since then.

(8) Millersville, Maryland, but ran in all 50 states and over 300 towns and cities.

(10) Agree, otherwise having and tracking running streaks is pointless.

(11) Walk almost daily and use medium weights two to five times weekly.

(12) Enjoy the challenge, but listen to your body.

**29. Len Burton** of Hot Springs Village, AR, whose retired streak of 21.2 years is the 59<sup>th</sup> longest. Len had a serious urinary infection after being evacuated from his Peace Corps location in Southeast Asia, losing 20 lbs., requiring hospitalization, which ended his streak. He is 85 years old. See Winter 2005 *Streak Registry* for more about Len.

**30. John Flahie** of Monclova, OH, whose retired streak of 15.3 years is the 76<sup>th</sup> longest. John continues to run and race, finishing the Wearing of the Green 7K in 39:41 on March 16, 2014 in Toledo, OH. He is 65 years old.

**31. David Biersmith** of Kansas City, MO, whose retired streaks of 17.7 years and 3.7 years are the 69<sup>th</sup> and 156<sup>th</sup> longest. David wrote the following in the Summer 2012 *Streak Registry*: "Bad news. I ended my second streak on March 16, 2012. I am having a second bovine aortic valve inserted via open-heart surgery. They said I blew it out during a 24-miler two weeks ago. It was supposed to last 15 years or longer. Medicine still hasn't adapted to athletics." He is 77 years old.

**32 Lawrence David Rinker** of Brevard, NC, whose retired streak of 13.6 would be the 82<sup>nd</sup> longest if he had registered it. He is 59 years old and wrote the following:

*Sorry for the delay in getting back to you. My streak ended on March 23rd, 1998. I was the junior team coach for the USA World Cross Country team in Morocco in 1998. I actually ran every day when we were there, but we left very early in the morning (3:00 am) to fly back, when my family picked me up at the airport there was so much excitement - I forgot that I still needed to run. I went to bed late and then actually woke up at 1:00 am the next day with a start realizing that I had not run - but the day was done and so was my streak. Since then I run very sporadically, exercise bike some - but basically I do very little. I did not keep track of how many miles I ran during my streak, but actually ran an 8k cross country PR two years into the streak at the age of 30 (my previous PR was when I ran in college - I was very mediocre to say the least). I ran at least 2 miles every day during the streak and did get up to 80 miles on some weeks.*

**33 Marty Winkel** of Titusville, FL, whose retired streak of 20.8 years would be the 61<sup>st</sup> longest if he had registered it. He is 70 years old (twin brother of Fred Winkel)

(1) Actually, I've always run. As a normal kid growing up in the 50's and very early 60's and being athletic, I played sports year round and ran. Joined the Marine Corps out of high school and obviously kept running. But I was not a Runner. I officially started running at 22 years of age. I began running daily after being recently honorably discharged from the Marine Corps, married for 4 months, and had gained 15 pounds. Minimum was 1 mile, averaged about 10K per day.

(4) I knew my brother Fred and Geza Feld.

(6) Biggest challenges were always injury related.

(7) Had to stop when I got a stress fracture in my left foot at the 2005 Las Vegas Marathon and could not run the next day. But I did return to running and still run 4-6 times per week.

(8) During the streak, I have lived in Titusville, FL.

(9) I did register (he must be referring to contact with George Hancock, as there is no record he registered with the Streak Association after it was established).

(10) I agree with one mile. A distance needs to be established and 1 mile is reasonable. HOWEVER, everyone has a right to determine their minimum distance.

(12) If you're looking for consistency with your running, a running streak will do it for you. You will know when to end your streak.

More from Steve DeBoer:

*July 4th was the 40<sup>th</sup> anniversary of the Langford 2 & 4 miles races (in St. Paul). Besides me, there were active (Paul, Sherry and Clare Case) and retired (brother Dave) streak runners participating. Also Wendell DeBoer was there in spirit. The race director, John Magnuson, is also on the retired list, and he talked about Dad before the race began. Brothers Bob and Dave played their trumpets, while sister Sharon & I led the singing of America the Beautiful. Then we took off. The family award was won for the 23<sup>rd</sup> time by the DeBoers (14<sup>th</sup> in a row), as we had 16 family members run or walk plus 2 of Mom & Dad's great-grandkids being pushed in a stroller. The family award has now been named the Wendell J DeBoer Family Award in Dad's honor. I should also mention all 3 sons (Dave, Bob & I, the only ones running who did the first race back in 1974) failed to run as fast as Dad did when he ran the race at our ages in the 1970s and 80s. We'll try again next year!*



**SRI/USRSA**  
Marathon PRs\*  
Compiled by: Roger Urbancsik

		Time	Pace	
1	Ron Hill	2:09:28	04:56.3	1970 British Commonwealth Games
2	Amby Burfoot	2:14:28.8	05:07.7	1968 Fukuoka Marathon
3	Jim Hage	2:15:51	05:10.9	1992 Columbus Marathon
4	Bob Hensley	2:16:25	05:12.2	1988 Virginia Beach Marathon
5	Don Slusser	2:17:43.7	05:15.2	1980 Olympic Trials
6	Bruce Mortenson	2:19:59	05:20.3	1972 Boston Marathon
7	Pete Gilman	2:20:57	05:22.6	2006 Chicago Marathon
8	Mark Covert	2:21:00	05:22.7	
9	Dallas Robertson	2:21:59	05:24.9	1987 Las Vegas Marathon
10	Jim Pearson	2:22:32	05:26.2	1975 Portland Marathon
11	Syl Pascale	2:24:54	05:31.6	1982 Dallas White Rock Marathon
12	Patrick Reed	2:25:00	05:31.8	
13	Joel Pasternack	2:25:03	05:31.9	1974 Boston Marathon
14	Brad Kautz	2:25:40	05:33.3	1993 Grandma's Marathon
15	Kenneth C. Young	2:25:41	05:33.4	1974 Boston Marathon
16	Michael Fanelli	2:25:57	05:34.0	1980 Nike OTC Marathon
17	Ted Corbitt	2:26:44	05:35.8	1958 Philadelphia Marathon
18	William J. Benton	2:27:06	05:36.6	1981 Boston Marathon
19	Steve Gathje	2:27:30	05:37.5	1978 City of Lakes (Minneapolis) Marathon
20	Craig A. Davidson	2:28:14	05:39.2	1982 North Dakota Marathon
21	S. Mark Courtney	2:28:48	05:40.5	1990 Chicago Marathon
22	Darryl Beardall	2:28:53	05:40.7	1970 Pacific AAU (Petaluma, CA) Marathon
23	John Watts	2:29:09	05:41.3	1984 Avenue of the Giants Marathon
24	Al Gilman	2:29:25	05:41.9	1974 Land of Lakes (Minneapolis) Marathon
25	George G. Brown	2:29:37	05:42.4	1981 (or 1980) New York City Marathon
26	Paul Ladniak	2:30:15	05:43.8	1968 Cherry Blossom Run (Fairmount Park, Philadelphia)
27	David L. Hamilton	2:32:27	05:48.9	1979 Nike Marathon
28	Jerry Caine	2:33:48	05:52.0	1969 Culver City Marathon
29	Homer Hastings	2:34:10	05:52.8	1980
30	Jon Sutherland	2:34:25	05:53.4	1971 Culver City Marathon
31	Bruce A. Sherman	2:34:45	05:54.1	1984 Boston Marathon
32	Roger A. Urbancsik	2:35:33	05:56.0	1985 Boston Marathon
33	William Shires	2:36:00	05:57.0	
34	Stuart X. Calderwood	2:36:56	05:59.1	
35	J. Patrick Gowney	2:37:00	05:59.3	1978
36	Tammy Slusser	2:37:14	05:59.8	1994 Pittsburgh Marathon
37	John R. Chandler	2:37:37	06:00.7	1984 Milwaukee's Lakefront Marathon
38	Timothy P. Woodbridge	2:38:00	06:01.6	1979 Israel
38	John T. Carlson	2:38:00	06:01.6	1982
40	Paul Case	2:38:06	06:01.8	1995 Grandma's Marathon
41	Timothy C. Masters	2:38:34	06:02.9	1978 Boston Marathon
42	Bill Leibfritz	2:38:43	06:03.2	1985 Columbus Marathon
43	Ron Jackson	2:39:06	06:04.1	1986 Emerald City Marathon
44	Thad Childs, Jr.	2:39:20	06:04.6	1981 Middle Georgia (Macon) Marathon

45	Jim Behr	2:40:14	06:06.7	1979 Boston Marathon
47	Dink Taylor	2:40:45	06:07.9	1999 Huntsville Marathon
48	Roger H. Nelson	2:40:56	06:08.3	1988 Twin Cities Marathon
49	Grant McAllister	2:41:11	06:08.9	1983 Champlain Valley (NY) Marathon
50	John Liepa	2:41:17	06:09.1	1979 Boston Marathon
51	Daniel Sullivan	2:41:39	06:09.9	
52	Larry Baldasari	2:41:42	06:10.0	1978 Boston Marathon
53	Dave Melissas	2:42:11	06:11.1	1996 Boston Marathon
54	Steve W. DeBoer	2:42:20	06:11.5	1989 Twin Cities Marathon
55	Craig B. Snapp	2:42:24	06:11.6	1981 Fiesta Bowl Marathon
56	Stephen D. Reed	2:43:19	06:13.7	1991
57	Todd Kelleher	2:44:00	06:15.3	1993 Chicago Marathon
58	Rick Porter	2:44:30	06:16.4	1980 Huntsville (Rocket City) Marathon
58	William Moreland	2:44:30	06:16.4	1981 Philadelphia Independence Marathon
60	Kenneth J. Roth	2:44:58	06:17.5	1984 Boston Marathon
61	Neal Lucas	2:45:00	06:17.6	
62	Bill Robertson	2:45:10	06:18.0	1980 Newport (R.I.) Marathon
63	Stan Shatenstein	2:46:52	06:21.9	1992 Mohawk Hudson Marathon
64	Rick Rayman	2:47:00	06:22.2	
65	Steve Kohorst	2:47:46	06:23.9	1980 North Dakota Marathon
66	Brian P. Short	2:48:00	06:24.5	1982 City of Lakes (Minneapolis) Marathon
66	Stephen C. Moosbrugger	2:48:00	06:24.5	
68	George A. Hancock	2:48:02	06:24.5	1981 Greater Johnstown YMCA Marathon
69	Jim Lindley	2:48:32	06:25.7	1983
70	Mark Jasper	2:48:34	06:25.8	2012 Tucson Marathon
71	Scott Ludwig	2:48:41	06:26.0	1988 Jacksonville Marathon
72	Fred Winkel	2:48:46	06:26.2	
73	Jay Kammerzell	2:49:00	06:26.7	1975
73	Tom Andrews	2:49:00	06:26.7	1987 Omaha Marathon
75	Joel Pearson	2:49:40	06:28.3	
76	Ray Lorden	2:51:03	06:31.4	1998
77	Norm Spitzig	2:51:30	06:32.5	1982 America's (Chicago) Marathon
78	Sherry Case	2:51:31	06:32.5	1988 Twin Cities Marathon
79	Gary Rust	2:52:05	06:33.8	1984
80	Patrick J. Foley	2:52:10	06:34.0	1986 Grandma's Marathon
81	Mark Wigler	2:52:39	06:35.1	1996
82	Ronald Kmiec	2:53:26	06:36.9	1978
83	John C. Roemer, IV	2:53:49	06:37.8	1979
84	Ronald W. Shealy	2:54:05	06:38.4	1983 Washington DC Marathon
85	Terrell Worley	2:54:08	06:38.5	1998
86	Robert Aby	2:54:18	06:38.9	1989 Carolina (Columbia, SC) Marathon
87	William G. Finkbeiner	2:54:49	06:40.1	1983 California International Marathon
88	Scott D. Snyder	2:54:55	06:40.3	1980
89	Jim Crisp	2:55:10	06:40.9	2003 London Marathon
90	Barry Abrahams	2:56:16	06:43.4	1985
91	Al Colonna	2:56:33	06:44.0	1977 Nassau County Marathon
92	Andrew Lauer	2:56:48	06:44.6	2012 Detroit Free Press Marathon
93	Richard Wright	2:57:00	06:45.1	Columbus Marathon
94	Prince Whatley	2:57:20	06:45.8	2013 Chicago Marathon
95	Mark K. Hall	2:58:00	06:47.3	1978

96	Alex T. Galbraith	2:59:11	06:50.1	1974 American National (Galveston) Marathon
97	Woody Woodburn	3:02:00	06:56.5	1982 Santa Barbara Marathon
98	Fred Kameny	3:02:10	06:56.9	1983
99	Geza Feld	3:02:21	06:57.3	1981
100	Robert J. Zarambo	3:02:28	06:57.6	1976
101	Allan S. Field	3:03:00	06:58.8	1985
102	Ken Birse	3:04:00	07:01.1	1988 Philadelphia Independence Marathon
103	Brian Casey	3:04:18	07:01.8	1981 New York City Marathon
104	Paul Boyette	3:04:20	07:01.8	1977
105	James R. Scarborough	3:04:33	07:02.3	1985
106	Anne Bliss	3:06:00	07:05.6	2011 Boston Marathon
107	Jon Janes	3:08:00	07:10.2	
108	Robert C. Ray	3:08:04	07:10.4	1983 Harrisburg Marathon
109	Herbert L. Fred	3:08:07	07:10.5	1974 Dallas White Rock Marathon
110	Harvey B. Simon	3:08:12	07:10.7	1980 Twin Cities Marathon
111	Douglas Schiller	3:09:00	07:12.5	Grandmas Marathon
112	Michael Scott	3:09:25	07:13.5	2013 Indianapolis Monumental Marathon
113	Scott Fodstad	3:10:00	07:14.8	
114	Joseph Beyer	3:10:06	07:15.0	1997 Bay State Marathon
115	Kenneth Korosec	3:10:17	07:15.5	1985
116	Timothy Dunne	3:10:25	07:15.8	2012 San Francisco Marathon
117	Robert M. Crosby, Jr.	3:11:11	07:17.5	1979
118	Robbie McLendon	3:11:44	07:18.8	
119	Shannon McGinn	3:12:56	07:21.5	2014 Pocono Marathon
120	Steve Cox	3:14:45	07:25.7	1998 Marine Corps Marathon
121	Richard Rusch	3:15:00	07:26.2	1984
121	Charles E. Lindsey	3:15:00	07:26.2	1988
123	Josh Dehlinger	3:15:22	07:27.1	2014 Pocono Marathon
124	Frederick L. Murolo	3:16:52	07:30.5	2001 Hudson-Mohawk Marathon
125	Kevin Brunson	3:18:02	07:33.2	2007 Sacramento CowTown Marathon
126	Dwight A. Moberg	3:18:30	07:34.3	1985
127	Richard Holmes	3:18:34	07:34.4	1986 Southwest Oklahoma Marathon
128	Tom Allen	3:18:45.7	07:34.9	1992 Long Island Marathon
129	Steven R. Morrow	3:20:14	07:38.2	1985 Longest Day (Brookings) Marathon
130	John W. Morgan	3:21:00	07:40.0	Las Vegas Marathon
131	William S. Stark	3:21:16	07:40.6	1987 Heart of America Marathon
132	John Strumsky	3:22:18	07:43.0	1983
133	Duncan Cameron	3:23:07	07:44.8	1997
134	Mark Washburne	3:23:13	07:45.0	2004 Steamtown Marathon, Scranton, PA
135	Ben Emmons	3:24:19	07:47.6	2014 Walt Disney World Marathon
136	Larry Albertson	3:25:02	07:49.2	1990
137	Lauren Estilow	3:29:30	07:59.4	1984 Philadelphia Independence Marathon
138	Jeffrey Sider	3:30:00	08:00.6	1982
139	Ralph Edwards	3:31:00	08:02.9	1986
140	Bill Anderson	3:32:28	08:06.2	1983
141	Edwin N. Dupree	3:33:28	08:08.5	1981
142	David Haase	3:33:42	08:09.0	2014 Red Rock Canyon (NV) Marathon
143	Chip LeDuff	3:36:11	08:14.7	2013 Shamrock Marathon, Virginia Beach
144	Roger Raymond	3:36:19	08:15.0	2004
145	Kevin Simons	3:37:01	08:16.6	1990

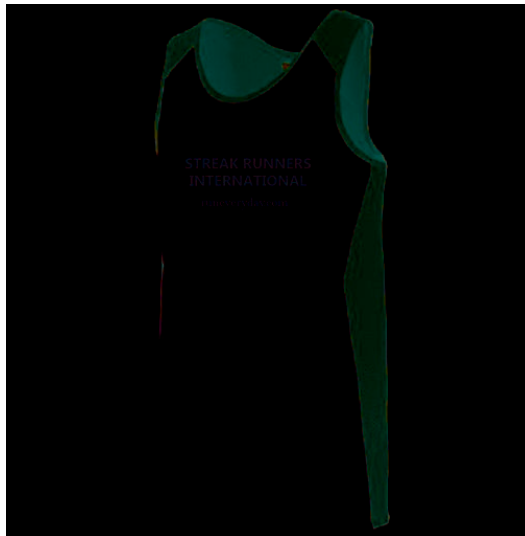
146	Stacey Brooks	3:39:49	08:23.0	2012 Vermont City Marathon
147	Brian Clevon	3:44:34	08:33.9	2010 Green Bay Marathon
148	Robert Stack Jr.	3:44:49	08:34.5	2001 Austin Marathon
149	Ronald Landrum	3:47:16	08:40.1	1999
150	Debbie Brassfield-Zoltie	3:47:47	08:41.3	2009 St. George (UT) Marathon
151	Norm Grimmett	3:48:02	08:41.8	1988 Dallas White Rock Marathon
152	Len S. Burton	3:49:00	08:44.1	1982
152	Robert L. Bartz	3:49:00	08:44.1	1981
154	Christopher George	3:52:02	08:51.0	2013 Chicago Marathon
155	Howard P. Feldman	3:52:40	08:52.4	1988
156	John King	3:53:00	08:53.2	1980 Grandma's Marathon
157	Amy Lawrenson	3:55:39	08:59.3	2014 London Marathon
158	John Wallace III	3:58:59	09:06.9	1992
159	John Metevia	4:00:02	09:09.3	1984
160	Margaret Sherrod	4:03:37	09:17.5	2009
161	Bob Kimball	4:05:43	09:22.3	1983
162	William Spencer	4:07:00	09:25.2	198X Penn Relays Marathon
163	Erica Gorman	4:10:18	09:32.8	2013 Honolulu Marathon
164	Derek Long	4:10:39	09:33.6	2013 Pittsburg Marathon
165	Michael DeMint	4:11:40	09:35.9	1997 Bayshore (Traverse City, MI) Marathon
166	Nancy L. Harmon	4:12:17	09:37.3	2009 Steamboat (Scranton, PA) Marathon
167	Pat Steele	4:16:00	09:45.8	1993
168	Russell Beaver	4:18:16	09:51.0	2014 Grandma's Marathon
169	Luis Gomez	4:20:32	09:56.2	2011
170	Jay Schrader	4:22:00	09:59.6	1992
171	Ken Johnson	4:23:07	10:02.1	1993
172	Carroll L. Wright	4:32:33	10:23.7	2010 Memphis Marathon
173	Debbie Ciccati	4:35:00	10:29.3	
174	Barbara S. Latta	4:37:30	10:35.0	2000
175	Ronald N. Dennis	4:40:30	10:41.9	1995
176	Richard J. Kerr	4:41:46	10:44.8	2008 Indianapolis Monumental Marathon
177	Therese Savona	5:00:16	11:27.1	2012 Walt Disney World Marathon
	Median Marathon PR	2:55:10	06:40.9	
	Average Marathon PR	3:05:54	07:05.4	

\*Official finishing times

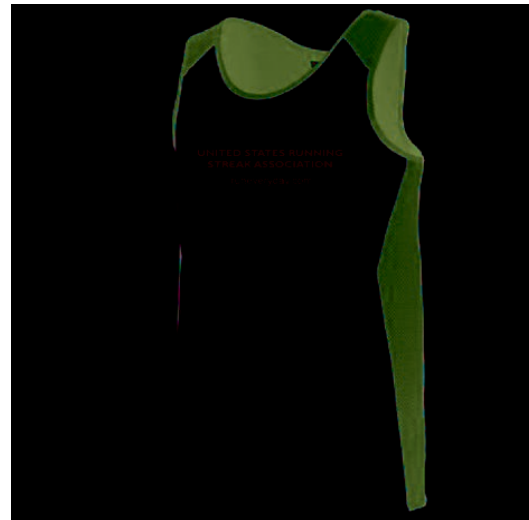
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**SRI Men's Singlet**



**USRSA Men's Singlet**



**SRI Women's Singlet**



**USRSA Women's Singlet**



Rea Sutton

## REA SUTTON JOINS SRI

I am a 32 year old Fashion Designer from England currently living in Brussels, Belgium. I'm a Scorpio with a cat named Elvis.:-)

At Christmas my gorgeous boyfriend proposed to me, and this has given me the motivation to get fit, and loose a few pounds (like so many brides to be before me). I am a huge fan of UK Elle magazine and it is in here that I came across a column by British journalist Amy Lawrenson. Every month when my Elle arrived her page was the one I flipped to first to see how she was getting on. One day just in passing I said to Andrew, you know I would love to do this, run every day. He laughed, but the idea never quite went away. After a few months deliberating, I decided to go for it.

I have to say even though I am only 2 weeks and a bit in, it has been one of

the best decisions of my life. Not only do I feel better within myself, I also feel the motivation running daily is giving me is rolling out into other areas of my life too. I feel much happier, and feel a daily sense of achievement. I have also already lost 7lbs (woo).

I know some days I won't want to do it, and some days I will struggle, but seeing all the people in the Facebook group for SRI really spurs me on, and I know it will continue to do so. I have also decided to raise money for Cancer Research UK, just to give myself some extra motivation. :-) It is such a good cause, and I really feel like by taking part in a Run Streak, I can make a difference to my own life and also help others then its defiantly a winner. :-)

Rea Sutton  
Brussels, Belgium

## JOHN ROEMER III'S SECOND STREAK ENDS AFTER 8,695 DAYS DUE TO CATARACT SURGERY

I sit here three days after a broken 22-year streak because of cataract surgery. I'm already essentially blind in one eye; the surgery was in the other, and the doctor says that running too soon after surgery could wreck the good eye. My earlier 14 year streak was broken for a month in 1992 by prostate surgery.

My last day of my second streak was May 21, 2014. In a week or two I'll start streak number three.

If I live long enough, maybe I'll get the record for the largest number of substantial streaks:)

John Roemer III  
Parkton, Maryland



Craig Stroud

## **CRAIG STROUD'S STREAK HITS 7 YEARS**

I am married to a wonderful wife, Peggy, with whom I have 5 children - 3 boys and 2 girls - ages 27, 22, 19 and twin 16 year old girls.

I've always been an active person participating in baseball, soccer and basketball in my youth. In high school it was football, basketball and baseball and in college I was fortunate enough to play baseball. Running was not my sport of choice as it was used as a main tactic by various coaches to get me better conditioned for games so I thought of running as torture.

Today [June 17, 2014] as my streak reaches 7 years, I've come to embrace running as one of my joys of everyday life. I truly look forward to it and my runs usually always make me feel better. In the earlier years of my streak, my runs would average 3.5 to 4 miles a run. Due to four knee surgeries two on both knees, from injuries incurred during my high school football and college baseball days, I'm without the ACL ligament in both knees, some cartilage in the left knee and all cartilage is missing in my right knee. I also haven't been able to run distances longer than 5 miles. For the past two years my runs have averaged more in the 2 to 3 mile range. My streak has had to endure other obstacles as well, 2 cataract surgeries, a bout with diverticulitis (on this day, I felt so bad during my run, I knew something was wrong and I headed to the ER about an hour after I completed the run) and medical procedures.

To help my knees (and I truly believe my streak would not have lasted this long without it), I am on a daily regimen of glucosamine chondroitin and fish oil. I go to the gym 3-4 days a week doing mostly squat work to help strengthen the muscles around the knee, and this has also been super beneficial in keeping the streak going. I'll keep my streak going for as long as I can and take it one day at a time. I know one day the streak will end and I will deal with that when it comes. I doubt I will start up another streak as I will allow my body to rest more in between runs.

I am in awe of all streak runners as I know what dedication it takes to keep a streak going. I congratulate you all and may all your runs be safe and injury free.

Craig Stroud  
St. Charles, Missouri





Teresa Roche

## **TERESA ROCHE JOINS USRSA**

I was never athletic, in school or young adulthood. I was a “five times a week on an elliptical in the gym to maintain basic cardio” kind of person, but I maintained a healthy weight and was in pretty good shape.

Then in 2010, at age 43, after the kids were older and more self-sufficient, I took a class in Iaido, traditional Japanese swordsmanship, at the Y with my son. He wasn’t ready for all that self-discipline, but I was - and I’ve never left. I began to challenge myself, both physically and mentally, with tougher workouts and complicated kata. I went from attending just the Beginning class to Intermediate and Advanced as well, and progressed in rank.

So when my best friend emailed me out of the blue in September of 2011 and said “There’s a 5K in town in a month, I dare you to run it with me,” I took her up

on it. We have a trail along the irrigation ditch behind our house, and I went out that night in my daughter’s DC skater shoes for my first run.

My first realization was that I really liked it; my second that I needed real running shoes. I began running 4-5 days a week and completed my first race, a local 5K, a month later in 27:49. I was hooked; in my first year, I ran 14 races, from more 5Ks to a 10K and half marathon.

My next season began well, with a local Resolution Run on January 1st, then a 10K and a half. But the day after the Pear Blossom 10 mile in April, I fractured my foot during sword class. I had also been having hip pain since using treadmills a lot during January; I thought it was an IT problem, but it was my lower back. After limping on that fractured foot for 2 weeks, I severely wrenched my back in late April, again in sword class.

Months and months of pain and sleepless nights followed. I walked/ran Granite Man, a 10.5 mile trail race (see photo), then sat out another due to smoky skies... plus my PT forbade me to compete. I had been to several doctors, a chiropractor and a orthopedist and had acupuncture too. We finally determined that I had a degenerated L5-S1 disc and pinched nerve, along with scoliosis and spinal osteoarthritis. My entire trunk had become twisted, from my shoulders to my hips. But I found a good physical therapist, and after just a month of treatment, her stretches and exercises put me on the road back to functionality.

I had signed up for my first marathon before I was injured, but of course this scattered all my plans to the wind. I took my Hanson schedule off the fridge door and put the book away. I walked, fast and long, and then ran a little when I could. The month before the marathon, I



could only run 2-4 miles at a time. I showed up at my starting gate unsure if I could even finish.

It turned out to be one of the best experiences of my life. I met wonderful, helpful people along the route, enjoyed the bands and entertainment, and wound up running over half of the course. I finished in 6:13, and signed up for the following year the next day. I had also damaged a tendon in my left shin, so I was back to sitting out class and started all over with walking and then running after a few weeks off. I ran a 5K in late October, did just fine, and alternated running 4-5 days a week with sitting out when my back went out again. Slowly, though, running began to bother me less than sword class did.

On Thanksgiving day 2013, I ran an 8 mile Turkey Trot, and started the *Runner's World* holiday running streak. Through the end of the year, I ran 1.5 - 3 miles a day, even through snow. My weekly mileage stayed under 20 until I began a 6 week fitness challenge in May and set 150 miles/150 minutes stretching/1500 push ups as my goal. I began running 3.5 - 4 miles a day.

On Monday, 6/2, I began the Hanson marathon training program, starting at 25 miles a week. I've now completed two weeks of the program and finished this year's Granite Man yesterday, on day 200 of my running streak. I'm back in sword class and making progress there, too.

My goals now are to maintain my streak, complete Hanson and run a faster marathon. I'd like to finish at 5:13 to knock a whole hour off last year's time... then next year, BQ at 3:55. I have my work cut out for me!

Teresa Roche  
Grants Pass, Oregon

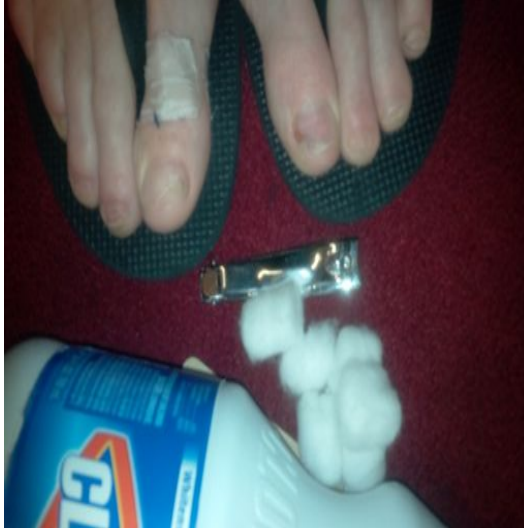


Brian Cleven

## **BRIAN CLEVEN'S STREAK HITS 4 YEARS**

July 2nd marks the 4-year anniversary of my running streak! 2014 has been a stellar year for training and racing and so far injury free! Last fall I decided to really work on my running so I focused on improving my diet along with improving workouts and overall mileage. The results have paid off with gradual weight loss and strong results in my events. So far 10 races (5Ks, 10 mile, Duathlon, and 3 Triathlons) in 2014 and have finished in the top 10 overall in all of them, even winning 2 of the races! My personal highlight is winning my 3<sup>rd</sup> consecutive U.P. Northwoods Sprint Triathlon in Iron Mountain, MI on June, 30<sup>th</sup> completing the 5K portion of the triathlon with my best ever 5K time of 17:55! Overall the most exciting and important development is that in January 2015 my wife Amy and I will be having our first child so we are both super excited! Happy running to all! It's been great to be a part of such a motivated and dedicated group of people!

Brian Cleven  
Marinette, Wisconsin



Jim Bates' toes and his onychomycosis treatment kit.

## JIM BATES STREAK HITS 8 YEARS

Thanks for remembering the anniversary of the start of my streak. It's odd. My birthday seems to come around all too quickly these days but adding another year of streaking seems to take forever. This year, like most years now as I pass through my fifties, I've suffered through some annoying--but not streak-threatening--injuries like a calf strain, hamstring pull, and halitosis--though my friend advised me that the latter has been ongoing for years. As of June 4, 2014 I've completed 83 marathons, 559 organized runs over 3 miles, and recorded 86,033 miles of running in my log book. All in all, I feel blessed to have avoided major illnesses and/or injuries through it all (except for that one knee surgery that ended my previous 5-year streak.)

There is one malady though that has persisted even longer than my current running streak--my toenail fungus. However, galvanized by my streaking success, I'm now applying this same type of steely determination to rid myself of this irritancy, known medically as

onychomycosis. To heck with Lamisil and its potential kidney-related after effects, I have now fully embraced a three-phased treatment plan. First, I use Clorox bleach as a topical ointment. Since it works wonders ridding the mold (a form of fungus) from the stucco walls of my townhouse, I reason that it might work just as well for my toenail fungus. So I've been soaking my feet for fifteen minutes a night in a mixture of bleach and scalding hot water. When my toes turn bright red and I start feeling a chemical burn and painful itch, then I know it's time to start soaking and start rinsing.

Secondly, I trim my toenails just about every day to weaken the fungus's highly sophisticated defense mechanisms reasoning that less toenail begets less toenail fungus. Then about four times a day, I use a cotton ball soaked with pure bleach and apply this directly to my toenails.

Lastly, I've taken to wearing sandals as often as possible, not so easy to do in a work environment. Before going to the office, I'll wrap white medical tape around my big toe to indicate recent trauma. When the curious take a close up look they then nod and offer condolences. They don't realize that my toes have always looked this bad and that the white medical tape is a in a way a placebo. I keep an old pair of dress shoes in the office in case I have to brief one of the senior managers.

From what I understand it takes about a year to fully replace a nail; which means that I won't know the results of this last-hope, treatment plan for many months. I suspect you won't be holding your breath, but I'll be sure to give you an update next year about this same time nonetheless.

Jim Bates  
Hampton, Virginia



Roger Carlson

## **ROGER CARLSON'S STREAK HITS 5 YEARS**

Not much has changed. Run every day. Don't see not running but things could change outside of my control. Happy running to all.

Roger Carlson  
Stillwater, Minnesota

## **RAIDA RUS JOINS SRI FROM PARIS, FRANCE**

I've started running when I was 17 years old. First it was a way to run away from my troubled family life and to prove myself that I could be the "sporty" girl that my mom thought I wasn't. Then it became a need and a passion even if running still remained the best way to overcome the tough moments.

In 2009, when I started, I thought I won't be able to run 1km. In 2010 I ran my first

10km and it was one of the happiest moments of my life. In 2012 I've run my first marathon, hopefully not the last one. Now, I need a new challenge and when I heard about the run streak I immediately knew that I wanted to join in. I fight everyday for being stronger and healthier and joining the run streak seems the best thing to do in order to achieve my goals!

Raida Rus  
Paris, France

## **ENGLAND'S PIP NICHOL'S STREAK ENDS AFTER 753 DAYS**

Just to let you know that I ended my streak. My last run was 25th June 2014 - 753 days I think. I have calcaneal bursitis, and even with icing and anti-inflammatories and only running a mile a day for the past two months, its getting worse. It was definitely time to stop.

I'm very sad, but at the same time, I started the streak two years ago based on having accidentally run 7 days in a row and wondering how long I could keep it up for. In that time, I've gone from running my first ever 10k race and hating every second of it, to running 3 marathons (2 of them 5 weeks apart) in the past two years and discovering a intense love of middle distance (half-full marathon) running. I've also ended up getting heavily involved in my local running club, which has been an amazing experience.

Running every day has changed my life in so many amazing ways. I doubt I'll do another streak, but I know I'll always be running regularly.

Pip Nichol  
Newcastle, England





Mark Wigler

## **MARK WIGLER'S NEW STREAK HITS 2 YEARS; PACEMAKER TEMPORARILY INTERRUPTED STREAKING**

Every day for nearly 20 years, I had gotten in a run of at least 3 miles, beginning July 7, 1992. Included were scores of marathons and even a 50-miler in Vermont. I estimate I've covered more than 60,000 miles in my 23 years of running. I began at 42 and will be 66 in November.

But not long after running my 21st Boston Marathon in April 2012 something just didn't seem right. I felt winded early and I was having a tough time running three miles.

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

Maybe the feeling would just go away and pushing the streak to 20 years "was getting to be a goal in the last couple of months."

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

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

Doctors told me that possibly I could be back running by July 1, so I worked out with plenty of 5-mile walks. I resumed streaking on July 1, 2012 and just completed my second year of the new streak. Subsequently, I've added two Bostons (3:52 and 4:00), a couple age group marathon wins in the Fort Lauderdale A1A Marathon and a 3:40 at Baystate last October to complete my 56<sup>th</sup> marathon.

Mark Wigler  
Hubbardston, Massachusetts

## **CHRIS MAY STREAK HITS 2 YEARS**

It all started with a *Runner's World* Challenge in 2012. Run a mile a day every day from Memorial Day to July 4<sup>th</sup>. I thought I could do that, even though I started the day after Memorial Day in 2012. I *needed* to do it . . . I *needed* to lose some weight, and get more exercise.

That challenge wasn't easy, but I did it. Then I thought I might as well go for 100 days. Then it was six months, etc. I learned about the United States Running Steak Association courtesy of Google. With a new goal of joining the USRSA at my one year mark, I stepped up commitment. I managed to lose 50 pounds along the way.

After a year I decided to run a marathon. Then I went after some PRs in the half, 10k and 5k. I am not fast, but I manage to get better. After two years of running, I am hoping to make some diet improvements to eke out a few more PRs.

I told someone I was hitting a two year mark of running. They commented that they had not done anything for two years. I think it is pretty cool to do things that others don't do.

My goal is 3 years, 2 months, and 14 days. I intend to run that last day sporting a Bubba Gump hat.

As I celebrate 2 years I would like to say thanks. Like all good things that happen to a person, it is about everyone that made it possible. I thank God for my health and some crazy commitment. I thank my kids for inspiring me, and I thank my wife for supporting me. I thank the wind in my face, but even more, I thank the wind at my back. It is good to be a runner.

Chris May  
Littleton, Colorado

## **MARGARET SHERROD'S STREAK HITS 14 YEARS**

As a member, (seated with black cap/blue shirt) of the Baltimore Pacemakers Running Club under the direction of Bob Hilson, (seated with the black cap) it gives me great pleasure to

have completed 14 years of running at least one mile everyday. The individuals in the photo are just a small number of our members who gather every Saturday morning for our distance runs. Having so many in our running family and most importantly the support of my husband has made this challenge possible. My short term goal is to move up to the Well Versed category and complete a triathlon next year. I'm currently working on the swim component and will continue to run daily and bike one or more times each week.

I'd like to thank my friend and Founder Emeritus, John Strumsky, for inspiring me to take up this challenge.

Margaret Sherrod  
Millersville, Maryland



Margaret Sherrod (seated with cap in the back middle - husband standing over her) with friends from the Baltimore Pacemakers Running Club



Scott Nelsen

## **SCOTT NELSEN JOINS USRSA**

I began my first streak – which lasted 331 days until I was in a car accident – in early August 2012. I had just finished my first half marathon and was looking for something to keep me motivated before training for a 10k that October. My goal was to run every day until I hit 200 miles. Once I hit mile 200 I kept going. My car accident on July 2, 2013 sidelined me for two days with a concussion. I started my current streak on July 5, 2013 and haven't stopped since.

I've run four half marathons, two 20ks, three 10ks and numerous 5ks. Honestly

I like racing but nothing beats a good run by yourself. I will never be accused of being fast but my 5k PR is 27:54, my 10k PR is 1:00.58 and my half marathon PR is 2:32.23.

I spent the majority of this past winter prepping for my first marathon, which was to be the Fargo Full in May. That proved to be the hardest day of my running career as I had to drop at mile 15 due to feeling ill and I had quit sweating. Turns out I just had to use the restroom. Tough mistake. The next morning I flew through my mile to keep the streak alive.

I started running seriously in December of 2011 when I weighed 411 pounds. It's changed my life. I love the accountability that the runstreak forces me to have. It wasn't until my first 20k (which was my third career race in 2012) that I officially bought into running. Now I'm all in. My twitter account (@nelses1) is littered with running tweets and I'm an active member of the #runchat community.

I've had a pretty mixed reaction about my streak. My family thinks it is amazing, which is awesome. My wife is extremely supportive of it but she can't really understand why I'd want to continue beyond a year but that's understandable. Most of my close friends think it's pretty cool but also pretty crazy. I have some family and friends that don't get why I run or would want to run every day but you can't really explain it to them until they experience running themselves. To those people I say this: we all have vices, most of us many. My main vice is running, and if that's a bad thing, then so be it. But I'd rather take my vice of running at least a mile a day over your worst vice any day.

Scott Nelsen  
Mankato, Minnesota





(From left to right.) Kate Galley, Mike DiMiele, and Brett Galley. "[T]his is one of Brett Galley (also over 2 year running streak) myself [Mike Dimiele] and Brett's wife running in Nowata Oklahoma as 1 of the 8 states we ran in during our RV trip. The background is Chris Barbee's Bowling Ball Yard Art stop on our adventure."

## **MIKE DIMIELE'S STREAK HITS 2 YEARS**

Still going strong with my streak. It really is a way of life especially trying to combine it with a full workout. I have altered my strategy to complete runs in the morning compared to night runs and that has really given me more daily energy.

The most interesting thing I have done over the last year was an RV trip to Arizona for spring training, to see the White Sox. During that trip my friends and I ran a 5k in every state we crossed in addition to the streak. That was some experience.

I may have to have my gallbladder out which will be interesting in how I keep the streak alive. It's an outpatient surgery, but tough none the less.

Looking to celebrate the 9th with my running streak buddy Brett Galley with an attempt at my fastest mile ever.

Mike DiMiele  
Alsip, Illinois



Carroll Wright

## **CARROLL WRIGHT STREAK HITS 5 YEARS**

So excited to get to my 5 year anniversary date. Have completed 10,040 miles in that time. I tried to have a goal of running 2000 miles a year. I have a few big races coming up this fall- 50 miler (Mark Twain End Run), a 12 hour run in Oklahoma City and a marathon in Tulsa. My hips are getting a little more acky as I age, but very thankful to be able to run everyday.

Carroll Wright  
Choctaw, Oklahoma



Prince Whatley

## **PRINCE WHATLEY STREAK HITS A DECADE**

Thanks for the email regarding my ten year anniversary as a streak runner. The day came and went without a lot of fanfare. I had planned a seven-mile run that day, and then changed it to ten to commemorate the occasion.

Streak running has become so popular that now with a meager ten year streak, I may be in the position of offering insight to over half of our members. That's pretty cool. I think about the streak every day, and yet I go weeks without giving it a single thought.

I have a job that allows me to work from a home office, and requires a good bit of travel, so I have a very irregular schedule, and I am always thinking about when and where I will run. However, the concept of running every day is so ingrained that I rarely think of it as a streak. Most of my focus is on trying to get faster PR's. At 45 years old, I am still getting faster. I credit the streak with keeping me consistent in my training, and never falling too far out of shape until recently.

In March, I went on a snow skiing trip in

Breckenridge CO (high elevation) three weeks after running my fourth sub three hour marathon, which was at the end of a pretty aggressive race season (for me). Since this was the first time I'd been snow skiing in about ten years, I did some hill and trail running (albeit slow and low mileage) to try to prepare for the skiing. I probably should have focused on recovering from the race season.

On the second day of skiing my back and knee started hurting pretty bad. Within a few days of returning home I went on an 18 mile hilly training run that pretty much did me in. After that I felt like I was about four days after a hard marathon for almost three months. My legs just felt dead on every run.

I think my main problem is that I'm just getting older, and taking longer to recover from hard efforts, but a part of me wonders if what I really needed at some point in there was a day off from running. Most likely I just combined several factors, and I think the high elevation while I was in need of recovery may have been the biggest factor. But it did make me wonder about the benefits and possibly costs of running every day.

Right now there is too much good in it for me to really consider stopping. But it did make me think. So that's what's going on with me. Since my race times are the main thing I focus on, here are a few of my current PR's:

100 mile: 23:40:21 Pinhoti Nov 2009  
Marathon: 2:57:20 Chicago Oct 2013  
Half Marathon: 1:25:30 Apr 2011  
10K: 37:48 Nov 2009  
5K: 17:33 Sept 2011

This year I am hoping to get PR's in all of these distances.

Prince Whatley  
Birmingham, Alabama





Jessica Higgins

## JESSICA HIGGINS JOINS USRSA

My current streak began on January 1, 2013. But, my running habit began more than 9 years ago.

Prior to that, I had run occasionally and had even completed a few 5Ks. Then, in June 2005, I was reading an article about how it takes 21 days to form, or break, a habit and, impulsively, I decided to test this with running. So, on June 21 -- a date arbitrarily chosen -- I started a conscious challenge to make running a routine part of my life. And, it stuck.

Over the next few years, I ran often and raced everything from the 5K to the marathon. In late 2008, I found out I was pregnant with my first child (two days after a home pregnancy test confirmed it, I ran the Palm Beach Half Marathon). When I went in for my first appointment with my doctor, however, she told me not to run during my

pregnancy on the grounds that she "didn't like it." This crushed me, but after thinking about her advice, and then searching what I knew of myself, I confirmed that running had transformed from merely a habit to a part of my identity. So, I happily ignored my doctor and ran throughout my pregnancy, had a healthy pregnancy, delivery, and recovery.

When my daughter, my first born, was still a baby, I learned about streaking through a fellow running friend, and I decided to give it a "go" -- once more putting the "21 day habit" logic to a test - - and my first streak was born: 100 days. I quit, though, because I was pregnant with my second child, my son, and in the first trimester, I was too sick and exhausted to continue streaking. I still ran during my pregnancy with him, as I had done with his sister, but I couldn't maintain that original streak.

In 2012, two years after my initial 100 day streak, I again took up streaking, and again, made it to 100 days. This time, I quit because I'd had a frustrating string of illnesses, including a 10 day bout with the flu, that zapped any energy I would've reserved for running. That was in October of 2012, and after I had fully recovered from illness, I decided that 2013 would be a good time for a fresh start and a fresh streak.

So, beginning on January 1, 2013, I laced up and ran day #1 of my current streak, which has currently surpassed 555 days. Guess it's more than a "habit" now!

I chronicle both my streak and my life as a running mom on my blog, "21 Days," at:

<http://twentyonedayhabit.blogspot.com>

Jessica Higgins  
Winston-Salem, North Carolina



John Mayan:

"On cooler days I can be found running with my two English Mastiffs!"

## **JOHN MAYAN JOINS USRSA**

My name is John Mayan and I am a 55-year old electrical engineer living in Westminster, MD.

I have always run as a way to stay in shape in order to be able to perform well as a martial artist. Some of the past 35 years was spent in martial arts classes where cardio is tested on a regular basis. Running has kept me in shape for that level of competition.

I ran 5k races from age 22-42 years old, consistently running mid-6 minute miles for sub-20 minute 5k times. I've never won a 5k race!, but my times were good enough to get age group placements, which I'm proud of since I'm a 195-pound man. But at the age of about 42 years, my knees felt the damage from 20+ years of running as a heel-striker. At the age of 52, I had knee surgery in an attempt to run again. The surgery was counter-productive, in that the

resultant scar tissue left my knee with much less flexibility. But I have learned to run barefoot, and since then, I'm back to my ideal weight, having lost 65 pounds, because I can run again!

My times are coming down to mid-8-minute levels over the 5k distance. I hope to dip back into the 7s in upcoming races. I try to convince myself that times are unimportant, and what's important is that I'm back in the game. But I'm still working on getting faster!

I am a true barefooter, in that I run all my races without shoes, and now I prefer to be barefoot on a day-to-day basis. That started with my reading of *Born to Run* about 4 years ago.

I love the streaking concept because, as it's been said over and over again on the FB page, it's not a matter of IF I run, but WHEN, and I like that.

Peace. Run. Barefoot.

John Mayan  
Westminster, Maryland

## **DANNY SULLIVAN'S STREAK ENDS AFTER 8,398 DAYS**

As I read your nice congratulatory letter it finds me in the hospital recovering from a total hip replacement! My last day of my running streak was July 8th. I ran (more of a hobble) a mile and a half and had my hip replaced on July 9th. I made the decision the week before. The doctor told me it would not take place until mid September or early October. He called me the next day and said there had been a cancellation, so I took it.

Danny Sullivan  
San Carlos, California



Skye Russell with son Ian.

## **SKYE RUSSELL JOINS USRSA**

Hi! My name is Skye Russell. I am a 40 year old Stay At Home Mom of 3 boys who decided to have a run streak just like my husband and 9 year old. I thought, if my 8 y/o (at the time) could do it, then I could too.

I was in the gym 5-6 days a week for 2 years taking HIIT classes before I committed to running every day, MORE than a mile. Once I added more mileage, I quit the gym. Running became my workout of choice.

I HATED running. I still can't believe I am a runner. BUT now, if I'm driving and see someone running, all I want to do is stop my car and join them. I used to be #3 in my household when it came to streaking. But, when my "18 year old" husband tore his ACL showing our sons what Tarzan looks like when swinging from a grapevine, his 1st streak ended at day 1017.

Then our now 9 y/o lost his streak when his little league schedule got hectic ending his 1st streak at 291. Poor guy was so devastated.

Today July 21, 2014, I've been running every day, no less than a mile, for 1 year and currently hold the #1 streak spot in my house. There was no doubt in my mind that I couldn't do this. When I'm committed to something, I'm extreme. I love the look on people's faces when they ask what do I do to stay fit and I say, "STREAK", then I explain and tell them about USRSA, [runeveryday.com](http://runeveryday.com). They ask, "why", and then I say..."WHY NOT?!"

We are a competitive bunch. And here is a little story about my 1st race, Girls On The Run - 5k. I ran with a friend. Our husbands were waiting for us at the finish line. My friend's husband asked mine if he had a clue when we would be finished. Of course, I'd only run 2 times before this and less than a 5k. My husband's guess was about 45-50 minutes. Well, 24:56 minutes later we came flying around the corner. I showed him!

My next fastest race was on 10-5-13 for the Houston Komen Race - 1st in my age group/women, 23:26. We run the Komen race every year in honor of my sister, a survivor.

I don't really like competing because I put too much pressure on myself. I've won a few 1st place & 3rd place medals. I also wanted to see if I could run, noncompetitively, a half marathon in under 2 hours and I did. I say I run fast because I'm half Native American (other half is Filipino) and it's in my blood. My husband loves it when I say that then also says, "not as fast as me."

Skye Russell  
Missouri City, Texas





Conrad Walt

## **CONRAD WALT, 12, JOINS USRSA**

I'm Conrad from Huntington Beach, California; AKA Surf City, USA. My streak started as something to do for the summer of 2013, but I obviously continued it farther than that. I've run up at least 15% inclines at 10,000 feet; in hiking boots after eating three pancakes, a six ounce steak, and two eggs; at a sleep away camp; and in dumping snow after visiting the Baseball Hall of Fame in Cooperstown, New York. My favorite place to run is by the water, barefoot, and then jumping in afterwards. Doing the streak has led me to competitive running like track, where I posted a 5:55 mile, and running club, when I got the fastest time of anyone in the club for a half-marathon because of the Jeff Galloway run/walk (run a mile, walk a minute) method. Next year I plan to do cross country as well, and I will try to get a sub twenty for my local Fourth of July 5k. if I don't get hurt, knock on wood (knock, knock) I'll keep up this

streak. I hope by doing this I'll inspire kids to get in shape, and maybe even start a streak of their own.

Conrad Walt  
Huntington Beach, California



Nolan Walt

## **NOLAN WALT, 10, JOINS USRSA**

I have been running every single day since Summer Solstice of 2013, when I was 9 years old, and I plan to keep my streak up for many years to come. My mom suggested I streak for the summer, but now it's second nature. I only run a mile every day, but usually run more on the weekends. July 27 will be my 402<sup>nd</sup> Streaking Day and I am running my first half marathon in Eugene, Oregon. I've been training for this with my parents and my brother since early April. On July 4, I ran my fastest 5k yet, in 25:09.

Nolan Walt  
Huntington Beach, California



Tammy Jones with children.

## **TAMMY JONES JOINS USRSA**

I began running 5K and 10K races in 1997. Over the past 14 years I have become an avid runner. I completed my first marathon in Miami in 2006. In 2007, I completed my second marathon 9 weeks postpartum after a C-section birth. That was my most challenging marathon. To date I have completed four marathons, six half marathons, and several 5 and 10K races. In April 2013, I decide to run for 30 consecutive days. On July 1, 2013 I set a goal of running 100 consecutive days. Following the completion of my 100-day streak I extended my goal to a year. I have continued running everyday and my goal is to extend my streak to 5 years. I am a homeschooling mother of three, Oliver (age 7), Oscar (age 5) and Charlotte (age 3). Running is my therapy. When I run there are no emails, text messages, or little people asking for a snack. It is just my feet, the sand and miles to run. Running makes me a happier person and a better wife and mommy.

Tammy Jones  
Miami Beach, Florida

## **CHAD MERRITT JOINS USRSA**

I started running in July of 2009 after developing CAD symptoms. I come from a long line of coronary artery disease. My Grandfather passed at the age of 43 from a massive heart attack (Mom's side). His son (my uncle) had his first heart attack at the age of 39. My father had his first stents put in at the age of 53 followed by open heart surgery and more stents, you get the idea. So, I went in and had some tests run along with a DNA study. Of course the results were not good and all the doctors I saw would only recommend statins and different medications. Nothing that would halt and regress the disease nor did they go into any details as to what could have prevented it or caused it (other than bad genes).

I turned to different books, websites, and others for answers. My research led me to two things. Running and a plant based diet. I started running, cleaned up my diet and began the transition to a 100% whole foods plant based diet essentially eliminating all animal products, processed foods and processed oils from my diet. Within just a few weeks I was able to cut my cholesterol in half, lose some added pounds and began to feel better without the aid of any medications. I kept this up and continued to improve my fitness and lipid levels. My family doctor was so inspired by my progress that he also started a plant based diet and started seeing the same results.

After 6 or so months of heavy running (approx. 35-40 miles a week) I began to experience knee pain. I went through the google searches, trying different shoes, etc etc. This led to me reading several books and articles on bare foot running. I slowly started making the transition and worked my way up to a

comfortable 3 miles barefoot without any blisters. Then I slide on a pair of vibram five fingers and have never looked back. Since then I average 30 miles a week for the most part. I hardly ever experience any soreness or pain and when I do it's due to either running too far or too hard. I let my feet be my guide on how hard I'm striking the ground and how far I should be running. If they are sore I know to cut back on either the distance or intensity.

This year my running has been too sporadic and I happen to come across the website 1095miles.com which is a challenge to run at least 3 miles a day, every day for an entire year. So far I am on day 34, today will be my 35<sup>th</sup> run of at least 3 miles and I'm looking forward to many, many more.

Cheers!

Chad Merritt  
Murrietta, California

### **DAVE HAMILTON BECOMES LIFETIME MEMBER OF SRI/USRSA**

Currently I am doing about 30-40 miles per week with 4-5 exercise bike workouts per week. My ankle has definitely started to improve.

After a year and a half of dealing with an ongoing ankle injury which finally got to the point of sharp occasional pains, constant aching and routine limping, I decided to see a therapist. I got a recommendation from a friend of mine of one in Portland who contracts with Nike and has treated the likes of Rupp and Farah. He immediately diagnosed the problem and treatment.

Of course like any normal runner I had

avoided going in to see anyone fearing that he would tell me what things were broken, how many surgeries I would have to have, and how I should then take up needlepoint. Better to suffer forever than hear anything like that, right? Instead I simply have a minor weakness in two minor muscles which run up the lower leg and can be easily treated with regular theraband exercises and I needed new orthotics for a minor supination issue.

Yes, at least a year of pain probably could have been reduced or avoided. But then I wouldn't have had a chance to try my own treatments which included doubling my mileage at one point, hoping I could scare the injury away, and also aggressive ice therapy which gave my ankle near frostbite conditions for several months. Anyone that tells you runners are sane is probably one themselves! Also I found that drastically lowering my mileage (which is already wretchedly poor), for a week helped immeasurably. Don't tell anyone I admitted to that!

Good Running. I will keep you posted.  
Cheers!

Dave Hamilton  
Vancouver, Washington

### **DOUGLAS SCHILLER ENDS SECOND STREAK AFTER 691 DAYS**

Sadly another interruption. My second streak commencing 8/17/12 ended on 7/8/14 due to hip replacement surgery. My prior streak ended after 6 years 7 months. Hope to resume once the hip allows it!

Douglas Schiller  
Ellenton, Florida



Dan Miller

## DAN MILLER JOINS USRSA

Prior to streaking I don't have a real running history. I ran as part of workout routines but lacked goals and looked at it only as obligatory cardio. In 2010 I met current 4.5+ year streaker Barry Sacket (Okoboji, IA) while in grad school at the University of Minnesota. A group of us were looking for reasons to get together post-graduation and running was a perfect excuse. In August 2012 we started running the Great River Ragnar Relay. This August will be our third #RagnarGR. Heading into 2013's I decided to run streak as a way to get into shape. I ran my first "streak" mile July 4, 2013. 45 days later I was PRing distances during Ragnar. A year plus later I don't foresee a time where I'm not streaking.

I take a lot of Minnesota pride in every mile having been outside, even during the polar vortex where temps with wind chills reached -65 degrees. I've also transitioned from "regular" running

shoes to the barefoot style, while changing my stride to strike midfoot, and have not looked back. I'm logging more miles than ever before and have had zero injury issues. I've also registered for the Twin Cities Marathon in October. This will be my first 26.2 and I'm very much looking forward to it with the hopes that it's the first of many marathons to come.

Dan Miller  
Forest Lake, Minnesota

## JENNIFER EMCH'S STREAK ENDS AFTER 1,174 DAYS

On Sunday July 13th I woke up with sudden, severe vertigo, nystagmus, vomiting, and sweating. I was so dizzy I couldn't walk by myself. My husband took me to the ER where these severe symptoms continued for over 12 hours; they were finally able to control the vomiting with promethazine, after Zofran didn't work. The nystagmus (involuntary eye movements) became less severe after 12 hours, but lasted more than 30 hours.

After an EKG, CT scan, and MRI to rule out MI, stroke, or MS, I was admitted and put on a heart unit to continuously monitor my heart, which showed I had tachycardia. The cardiologist said to follow up with a cardiologist and the neurologist said he thought it was an inner ear problem and suggested an ENT Dr.

I saw my regular Dr. yesterday and she did lavage on my ears to get rid of excess wax to see if that helps, but she said to follow up with the neurologist. I still have vertigo and can't drive so that's where I'm at with that right now. It would take A LOT for me to miss my run, and that was A LOT. I couldn't even keep my eyes open because the room was



spinning out of control, so I wasn't even allowed out of bed without assistance because I was at risk for falling.

The last day I ran, for my streak of 1174 days, starting on April 26th, 2011, was on Saturday July 12th. That was 3 years and 78 days. The 1st day of my new streak was July 14th, very slowly on my treadmill at 9:30 pm a few hours after I got home from the hospital. I walked holding on to the rails to see if I could do it at first and I was still very off balance, but I started to run carefully with my arms hovering over the rails, in case I needed to grab them. I made it 1.05 miles continually without grabbing them....and a new streak began! I'm grateful that this group exists and best wishes to all the streakers!

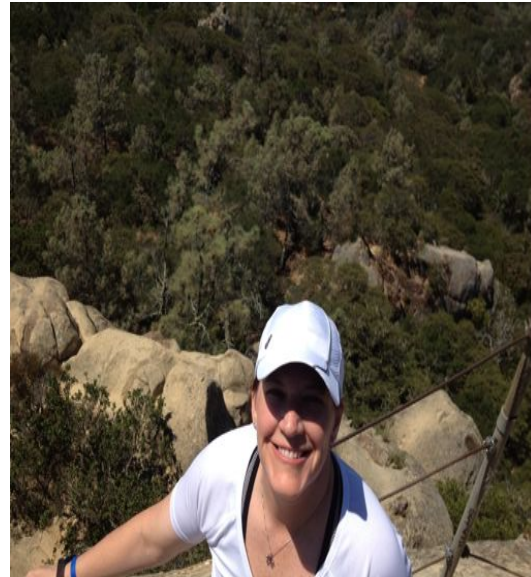
Jennifer Emch  
Phoenix, Arizona

### **ANDREW LAUER'S STREAK HITS 3 YEARS**

It has been a particularly hectic time on the work front. I've been plugging along with the running streak through my 3rd year despite a couple normal wear and tear injuries. Assuming I stay healthy and run through my fourth year I would be happy to give an update then. I love seeing the facebook updates from the far more accomplished streak runners on facebook as well. It has been a great community to follow and be a part of. I will say that when I first began the streak, my family was rather skeptical and unsure but they have really embraced the streak and are right there in support.

I look forward to keeping in touch and another year building on the streak with everyone.

Andrew Lauer  
Waterville, Ohio



Theresa Broussard

### **THERESA BROUSSARD JOINS USRSA**

I am very excited to join this group. I have been an off and on runner since moving to Houston in the early 2000's. I say runner but I would be called more of an off again, on again person who participated in races. I have completed several half marathons since 2005. One year, I decided to knock out 4 half marathons in a year, met the goal. Set a goal when I turned 40 was to complete a full marathon and accomplished that goal as well.

Now begins the streak. A co-worker has been on the running streak for some time now and we talked about why I should do it. Almost a dare if you will. So, I began my journey on the streak July 2013. I have run in many cities in the United States. Ran in Kazakhstan, Kuwait, Brazil, Bangladesh, Playa Del Carmen, Mexico and a FPSO (floating production storage and offloading) vessel. Been a great year and looking forward to the next.

Theresa Broussard  
Houston, Texas





**Bill and Ruth Gorman**

## **BILL AND RUTH GORMAN'S STREAKS END AFTER 5+ YEARS**

Sorry to say my wife, Ruth Gorman, 67, and I, Bill Gorman, 67, had to end our running streaks of over 5 years. Happily we were able to make it the "Proficient" category on the active streakers list. Ruth ended her streak on May 12, 2014, and I on July 23, 2014. Medical surgeries for each of us, which were not related to our running, put an end to our current running streaks. My primary medical care Doctor (who is also a runner) gave me a good analogy "When you have a car with over 250,000 miles on it, parts break down and parts wear out." We have already begun our next streaks with fixed parts. We wish all active streakers continued success on their journey.

Bill and Ruth Gorman  
Bellevue, Florida

## **CHRIS MYERS JOINS USRSA**

I started running in 2007 when my best friend decided to run the Twin Cities Marathon. Until then, I was under the illusion that marathons were only for super skinny jocks. But Steve showed me that just about anyone could do it.

I ran my first 5K in November 2007 (Minneapolis Turkey Trot). In May 2008, I ran my first half marathon, the Fargo Half. My first full came 5 months later at the Des Moines Marathon.

When I ran the Fargo Marathon in May 2009 and beat my previous finish time by 27 minutes, I was all of a sudden hooked on marathons. I became obsessed! I ran 2 more that year.

In 2010, I became a Marathon Maniac to support my addiction. I ran another 3 that year. I also set a goal to run 50 marathons by the time I turned 50 in 2022. I ran seven in 2012 and eight in 2013.

The end of 2013 saw me start my running streak. On December 24<sup>th</sup>, I started my streak as a way to keep running strong through the winter and also as a way to become a faster, stronger runner.

I got the idea of becoming a stalker from David Shannon, who started a streak a year before me. Thanks Dave!

The year 2014 is all about getting faster! I'm sticking to half marathons as I work on my speed. Hopefully, it will all pay off next year as I attempt to qualify for Boston.

Chris Myers  
Chanhassen, Minnesota



Ron Hall

## RON HALL JOINS USRSA

I started running to merely lose a little weight and get in shape, like everyone else. I was only running 3 miles at a time and losing interest every couple of weeks when a friend, Fred Von Cannon, asked why I didn't run a little farther. He told me about marathons and the training he was doing and I was horrified. The thought of running all out for 26 miles was stupid! However Fred asked me to try and run 6 while his training partner and he ran 10. I accepted and was hooked. They ran at a pace that we could talk and laugh and enjoy each other's company. I signed up for a marathon and the rest is history.

Being a PGA Golf Professional, my job means I work weekends when most races occur. Therefore, I only train for one race a year and have mainly stuck to marathons. I started the running streak as a way to keep me running, instead of only talking about running. I didn't think I would make it a year, but once it reached 3 months I was committed. My neighbor started one 2 weeks after me; I didn't let anyone know

about my idea until I had a head start. I'm pretty competitive that way!

I would love to run Boston, like everyone else, as a qualifier. When I turned 45, the times were changed. I have run a 3:30 marathon and thought it was achievable when I reached 45, that 5 minutes dashed that idea. I expect the times to change again when I reach 50, but if they stay the same and my streak is still going, who knows.

My rules for my streak are currently to run at least 2 miles a day, 21 miles per week, and 100 miles per month. On July 7<sup>th</sup> my streak hit 1 year (1404 miles). I was originally planning on stopping, I reached a goal I didn't think I would do. However, the last few weeks leading up to the year anniversary kind of rekindled my desire to keep it going. Kevin Godwin, my neighbor will reach his year on July 22<sup>nd</sup>, and my two other great friends, Mike White and Fred Von Canon started their own streak on July 1<sup>st</sup>. I figure we can all keep each other going for at least a couple more years!!

Ron Hall, Jr.  
Sanford, North Carolina



Ron Hall



Stacey Brooks

## STACEY BROOKS' STREAK HITS 2 YEARS

On August 9th, I celebrated my the completion of my 2nd year of streaking by competing in a local 10K, which I posted a PR of 47:06.

I'm currently doing a minimum run of 5 miles per day, though my overall mileage has dropped a little in the second half of the year (just over 1500 for January through June), due to training for October 12th's Mohawk Hudson Marathon and then the New York City Marathon.

It's been a great 2nd year of streaking and I'm hoping for an even better year #3!

Stacey Brooks  
Plattsburgh, New York



John Chandler

## JOHN CHANDLER'S STREAK HITS 33 YEARS

The 33<sup>rd</sup> Anniversary passed rather uneventfully; I just ran a little 6.6-miler (had to make it a multiple of 33 somehow), solo. Actually, if not for The (silly) Streak, I might not have run at all, as I had some blood in my urine after a little 3-miler the prior day, so was a little worried about that. Concluded that the new shoes I wore for that little, short "Streak Run" were too tight, and caused some bleeding in my feet.

At any rate, threw caution to the wind on Sunday, and sallied forth in the old, tried-and-true pair of "the exact same shoe," and had a great 14-miler, with the last 5 miles all right at 8:00-pace – I've been putting in once-weekly longer runs to prep for Milwaukee's Lakefront Marathon on 10/5.

John Chandler  
Whitefish Bay, Wisconsin





Ed Goff

## **ED GOFF'S STREAK HITS 34 YEARS**

My streak is still intact. I ran my usual 3.4-mile loop this morning and tomorrow I'll start year thirty-five running the same course.

As a teacher overseas for thirty-seven years, most of my streak was done in foreign countries. Some of my most memorable runs were done in such places as Russia, Egypt, Australia, Japan, New Zealand, England, Spain, Germany, Denmark, Poland, and many more.

Having lived on the island of Kwajalein in the Marshall Islands for many years I have many "crossing the International Date Line" stories especially the day the Date Line was moved from east of Kwajalein to west of the Atoll. That caused one day to disappear from the local calendar. I considered flying to another island to preserve my streak but instead decided to do a mini-ultra run. I

started my run about 11:30 PM on the day before the missing date and finished one hour later at 12:30 AM two calendar days after I started. Got that???

I still do a few races just to motivate myself to keep my distances up. Since I retired in Florida in 2007, I have done the Tampa Bay Gasparella 15k, which is a major event. Over the years my times have deteriorated but I've managed to do well in my age group and finished 3<sup>rd</sup> this past February in the 70-74 division.

I have been fortunate to not have any medical issues that prevented me from running. The closest one was when I had cataract surgery. I made a deal with the doctor in which I got up and ran early and then was his first surgery of the day. The next day I went back for a post-surgery checkup and got the go-ahead to run later that evening. The doctor cautioned me about "taking gentle steps" after the surgery so I spent several days practicing before the surgery. I can't imagine what I must have looked like but it was worth it to keep the streak going.

Running in Florida can be a challenge because of the heat and humidity, especially the humidity. My advice for anyone who has to run under these conditions is to hydrate first, wear a white wicking tank top, run early, and avoid running in direct sunlight. I'm working on an invention that may make it easier to run under these conditions.

So far I have not used a treadmill for any of my runs but have run in some challenging conditions such as during a typhoon in the Philippines and in snow up to my knees in Germany. I could go on but just wanted to let you know that old guys can still run but not quite so fast.

Ed Goff  
Bradenton, Florida



John Winowiecki

## **JOHN WINOWIECKI'S STREAK HITS 2 YEARS**

I'll be running this evening to round off my second full year of running everyday! Hard to believe it's already been two years and grateful I've been able to keep going everyday. Its become a natural part of every day for me now, and I would love to make it to the five year mark and join the proficient group.

Thank you again. It continues to be a great honor to be a part of this community!

John Winowiecki  
Bloomfield, Michigan

## **JEANNETTE SLATTERY- WANDLER JOINS USRSA**

I began running after a stillbirth in 2010. I didn't plan on being a "runner"; I wanted to get fit and find an outlet for my sorrows. One thing led to another. Three months after I started running I ran in my first 5K. The entry fee included a spruce tree, which I love watching grow!

My first ½ marathon was about 5 months after I started running. It was a non-technical trail climbing over 500 feet and at times was at an elevation of 5,600 feet. I didn't know you weren't supposed to do things like that! I had never heard of "building a base" or "taper." Training was that I put on my shoes and ran a little further each day.

I've run 5 5Ks, one 10K trail run, and 3 half-marathons. My third half was and unofficial make-up race after the actual race was cancelled due to forest fire smoke...I still got a medal and a t-shirt, and ran 13.1! Count it!

Now I run with my Italian Greyhound Mix, Emmett. I have opted out of "racing" because I tend to want to run fast as I can and that tends to aggravate a knee injury I got hiking. However, short distances help me stay fit. Honestly, racing was bringing out a side of me that I didn't like in comparing myself to others.

One thing I have struggled with not racing is consistency when I don't have a "goal." The idea of a "streak" is perfect!

I run in the mountains a lot now. It's something I do for the Zen of it...to smell the fresh air, to hear my feet crunching along, and to see Emmett trotting along beside me as if we are on an adventure. The idea of trying to

capture that every single day...lucky me!

I have been married 5 years and an educator for nearly 10. I have many interests outside of running. My husband and I enjoy hiking, hunting, fishing, atv riding, and vegetable gardening together. I also enjoy creating mixed-media art, reading, and spending time with extended family. We have 4 dogs, 2 cats, 2 horses, 4 sheep, 2 turkeys, 5 ducks, and a bunny!

Jeannette Slattery-Wandler  
Stevensville, Montana



Joe Beyer

## **DR. STEPHEN REED COMPLETES 25<sup>TH</sup> CONSECUTIVE BOSTON MARATHON**

Wanted to inform you that I completed my 25<sup>th</sup> consecutive Boston Marathon and am now an official member of the Quarter Century Club along with about 50 others. It was one of the most difficult things I have ever done with this bad hip (osteoarthritis) and a tremendous sense of achievement. I'm not ready yet to have surgery and relinquish my daily streak. One day at a time!

Dr. Stephen Reed  
Wiscasset, Maine

## **JOE BEYER'S STREAK HITS 4 YEARS**

Today, August 15th completed 4 years!  
- 1,461 days.

Over the last year I ran:  
- A minimum of 3 miles/day  
- 2,171 Total Miles  
- 5.95 mile/day average  
- 18 official Marathons + 2 official 50Ks

A great year completed! Now to kick off the new year with a 50K tomorrow.

Joe Beyer  
Concord, Massachusetts

# Official U.S.A. Active Running Streak List

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

September 1, 2014

	<b>The Coverts (45+yrs)</b>		
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 63</b>
	<b>The Legends (40+yrs)</b>		
2.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Marysville, WA, Retired, 70</b>
3.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 59</b>
4.	<b>Jon A. Simpson</b>	<b>08/30/71</b>	<b>Memphis, TN, Retired Dentist, 76</b>
5.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 63</b>
6.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 59</b>
7.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 59</b>
	<b>The Grand Masters (35+yrs)</b>		
8.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	Miami Beach, FL, Songwriter, 63
9.	<b>James Behr</b>	<b>03/19/75</b>	Trinity, FL, Educator, 66
10.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	Wiscasset, ME, Doctor, 67
11.	<b>William S. Stark</b>	<b>09/10/76</b>	St. Louis, MO, Professor, 67
12.	<b>Bill Anderson</b>	<b>09/27/76</b>	Fort Worth, TX, Retired, 69
13.	<b>John Liepa</b>	<b>01/02/77</b>	Indianola, IA, Professor, 69 *
14.	<b>Bill Robertson</b>	<b>02/08/77</b>	Ashland, MA, Systems Analyst, 61
15.	<b>William J. Benton</b>	<b>04/23/77</b>	Farmington Hills, MI, Accountant, 64 *
16.	<b>Brian Casey</b>	<b>05/09/77</b>	Paramus, NJ, Finance Manager, 56
17.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	Naples, FL, Retired, 72
18.	<b>Rick Porter</b>	<b>12/03/77</b>	Decatur, GA, Developer, 61
19.	<b>John T. Carlson</b>	<b>12/26/77</b>	Indianapolis, IN, Classroom Teacher, 60
20.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	Dearborn, MI, Sales, 64
21.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	Allentown, PA, Banker, 57
22.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	Shaker Heights, OH, Exercise Physiologist, 59
23.	<b>C. David Todd</b>	<b>10/14/78</b>	Matthews, NC, Home Builder, 62
24.	<b>Charles E. Lindsey</b>	<b>10/16/78</b>	Canyon Country, CA, Educator, 63
25.	<b>John C. Roemer, IV</b>	<b>11/01/78</b>	Parkton, MD, Consultant, 54
26.	<b>Craig A. Davidson</b>	<b>11/05/78</b>	Phoenix, AZ, Retail/Educator, 60
27.	<b>Scott Ludwig</b>	<b>11/30/78</b>	Peachtree City, GA, Operations Manager, 59
28.	<b>Chester A. Tumidajewicz</b>	<b>12/25/78</b>	Amsterdam, NY, Security Supervisor, 60
29.	<b>Jon Kralovic</b>	<b>01/01/79</b>	Delanson, NY, College Football Coach, 68
30.	<b>Thad Childs, Jr.</b>	<b>03/05/79</b>	Gray, GA, Banking, 67
31.	<b>Charles Holmberg</b>	<b>03/20/79</b>	Modesto, CA, CEO, 65
	<b>The Masters (30+yrs)</b>		
32.	<b>Bill Beach</b>	10/28/79	Macomb, MI, Cross Country Coach, 66
33.	<b>Benjamin M. Freed</b>	12/12/79	Clarion, PA, Retired College Teacher, 67
34.	<b>S. Mark Courtney</b>	12/20/79	Grove City, PA, Physician Assistant, 58

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



	<b>The Highly Skilled (20+yrs)</b>		
81.	Hal Gensler	12/04/89	New River, AZ, Retired, 68
82.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 63
82.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 38
82.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 58
85.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 62
86.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 74
87.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 63
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, 58
94.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 64
95.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 43
96.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 64
97.	Jon Janes	12/19/91	Topeka, KS, TV News, 66
98.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 52 (F)
99.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 58
100.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 73
101.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 58
	<b>The Well Versed (15+yrs)</b>		
102.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 58
103.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 64
104.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 28
105.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 58
106.	Richard Corbin	01/01/95	Savannah, GA, Sales, 59
107.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 71
108.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 63
109.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 59 *
110.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 67
110.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 58
112.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 67
113.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 62 (F) *
114.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 32
115.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 54 (F)
116.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 40 *
117.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 57
118.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 59 (F)
118.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 64 *
120.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 66
121.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 55
	<b>The Experienced (10+yrs)</b>		
122.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 54 (F)
123.	Phillip Hawley, Jr.	10/23/99	Indianapolis, IN, CPA, 29

124.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 54
125.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 56
126.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
127.	Diane Shumway	05/27/00	Provo, UT, Retired, 59 (F)
128.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 59 (F)
129.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 68 *
130.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 43
131.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 66
132.	Martie Bell	12/27/01	Thomasville, NC, Professor, 59 (F)
132.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 62
134.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 67
135.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 67 *
136.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 61
137.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 63 (F) *
138.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 55
139.	George A. Hancock`	06/22/02	Windber, PA, Education, 61 *
140.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 28 (F)
141.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 39
142.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 61
143.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 54
144.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 33 (F)
145.	David Max	08/28/03	Alexandria, VA, Pilot, 38 *
146.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 25
147.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 37
148.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 57
149.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 41
150.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 37
151.	Ed Reid	05/27/04	Bradenton, FL, Builder, 55
152.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 68 *
153.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 64
154.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 43
155.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 45
156.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 34 (F)
157.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 59
	<b>The Proficient (5+yrs)</b>		
158.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 36
159.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 64
160.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 55 (F)
161.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 59
162.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 33 (F)
163.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 501(F)
164.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 55 *
165.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 54
166.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 61
167.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 45
168.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 53
169.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 41
170.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 39

171.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 71
172.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 47
173.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 64
174.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 47
175.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 58 *
176.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 50
177.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 57
178.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 72
179.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 43
180.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 47
181.	Heather E. Nelson	12/15/06	Houston, TX, Student, 23 (F)
181.	William D. Nelson	12/15/06	Houston, TX, Business, 49 *
183.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 48
183.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 33 (F)
183.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 25 (F)
186.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 46
187.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 33
188.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 54 (F)
189.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 31
190.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 51 *
191.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 47 (F)
192.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 58 (F)
193.	Craig Stroud	06/17/07	St. Charles, MO, Systems Engineer, 52
194.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 41 (F)
195.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 47 (F)
196.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 64 *
197.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 55
197.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 65
199.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 60 (F) *
200.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 34
201.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 67
202.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 53
203.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 46
204.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 42 (F)
205.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 50
206.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 71 *
206.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 33
208.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 43
209.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 56 *
209.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 47
209.	Leo Hammond	01/01/08	Plano, TX, Student, 28
209.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 48
209.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
209.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 61
215.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 50 (F)
216.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 35
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, 27 (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, 31
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, 63 (F)
233.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 40
234.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 53
235.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 32
236.	John B. Davis	12/08/08	Desoto, TX, Consultant, 71
237.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 60
238.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 51
238.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 42
240.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 55 (F)
241.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 37
242.	Eric V. Love	12/27/08	Erie, CO, Attorney, 48
243.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 39 (F)
243.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 63
245.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 68
245.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 35
245.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 49 (F)
245.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 56 (F)
245.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 35 (F)
250.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 37
251.	Vince Nardy	01/27/09	Solon, OH, Management, 56
252.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
253.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
254.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
255.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 57 *
256.	Rodger Kram	04/23/09	Nederland, CO, Professor, 53
257.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
258.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 71 *
259.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 59 (F) *
260.	J. Patrick Gowney	06/19/09	Lavallette, NJ, Retired, 71 *
261.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 19
262.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 28
263.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 35 *
264.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 45 (F) *
265.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 24
266.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 15
	<b>The Neophytes (-5yrs)</b>		

267.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 52
268.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 32
269.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 30 (F)
270.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 73 *
271.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 54 (F)
272.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 36
273.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 56
273.	Barry S. Sackett	11/04/09	Okobojo, IA, Attorney, 45
275.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 46 (F)
276.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 61 *
277.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 39
277.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 48
277.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 35
280.	Paul Miller	02/10/10	Medfield, MA, Marketing, 53
281.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 49 *
282.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 55 (F)
283.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 61
284.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 45
285.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 36
286.	William Middlebrook	03/31/10	Colorado Springs, CO, 72*
287.	Amy Shimonovich	05/03/10	Monroeville, PA, Teacher Visual Impaired, 27 (F)
288.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 44 (F)
288.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 57 (F)
290.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 40
291.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 39
292.	Brian Clevon	07/02/10	Marinette, WI, Exercise Physiologists, 29
293.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 40
294.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 62
295.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 51
295.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 37
297.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 61
298.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 22 (F)
299.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 45
300.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 58
301.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 41
302.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 43
303.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 49
304.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 57
305.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
305.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 38
307.	Angela Fuss	01/01/11	Mont Atlo, PA, Phys. Ed. Teacher, 356(F)
307.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 58 (F)
309.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 51
310.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 57 *
311.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 29
311.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 43
313.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 38
314.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
315.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 54

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.	James Holt	05/01/11	Centerville, UT, Regional Manager, 55
322.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 54 (F) *
323.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 37 (F)
324.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 42
325.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 40 (F)
326.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 53
327.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 39
328.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 57
329.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 55 (F) *
330.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 26
331.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 37
332.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 28
333.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 39
334.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 59 *
335.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 57
336.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 67 (F) *
337.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 30
338.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 26
339.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 45
340.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 14
341.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 70
342.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 48
343.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 37 (F)
344.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 51 *
345.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 47
346.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 59 *
347.	James Wisler	09/15/11	Wake Forest, NC, Physician, 32
348.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 32 (F)
349.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 34
350.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 34
351.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 32
352.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 46 (F)
353.	Michael Scott	11/23/11	Greencastle, IN, Manager, 41
354.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 51
355.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 13
356.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 45
357.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 42
358.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 47
359.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 39
360.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
361.	Zachary Novitske	12/25/11	Milwaukee, WI, U.S. Army, 30
362.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 42
363.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 47
364.	Shannon McGinn	12/28/11	Avenel, NJ. Therapist, Running Coach, 38 (F)



365.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 34
366.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 41, (F)
366.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 50 (F)
368.	Chip Akers	12/31/11	Raleigh, NC, Dad, 54
368.	Robyn Clevenger	12/31/11	West Des Moines, IA, 35 (F)
368.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 34
368.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. - Law Firm, 52
372.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 33
372.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 50
372.	Mike Johnson	01/01/12	Daphne, AL, 42
372.	Brian McAllister	01/01/12	Chandler, AZ, Engineering Manager, 45
372.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 55 (F)
377.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 34 (F)
378.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 53 (F)
379.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 34 (F)
380.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 46
381.	Daniel Myers	02/01/12	South Bend, IN, Professor, 48
382.	Dusty Hardman	02/13/12	Punta Gorda, FL, 46 (F)
383.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 63 (F) *
384.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 36
385.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 28
386.	Gary Jones	04/12/12	Troy, Montana, Retired, 62 *
387.	John Metevia	04/19/12	Midland, Michigan, Retired, 567*
388.	Christopher George	04/27/12	Mobile, AL, Attorney, 55
389.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 59
390.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 28
390.	Keziah Wilde	05/13/12	Arlington, MA, Student, 12 (F)
392.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 38
393.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 48
394.	Chris May	05/29/12	Littleton, CO, Director Engineering, 42
395.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 46
396.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 65 *
397.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 31
397.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 35
399.	Vladimir Costescu	07/10/12	Arlington, VA, Student, 23
400.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 35
401.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 47
402.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 46
403.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 47 (F)
403.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 51 (F)
405.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 35
405.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 31
407.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 42
408.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 39
409.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 52 (F)
410.	Michael Duffy	11/22/12	Elicott City, MD, HS Athletic Director, 40
410.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 32
410.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 49 (F)
413.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 57 (F)

414.	Elizabeth Gilman	12/01/12	Byron, MN, Physician, 34
415.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 53
416.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 49
417.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 23
418.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 40 (F)
419.	Paul Christian	12/25/12	Rochester, MN, Journalist, 64 *
419.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 47
421.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 37
421.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 56
423.	Bennjamin Griffin	12/28/12	Pittsfield, MA, H/R, 28
424.	Christine Petrone	12/31/12	South Jordan, UT, Teacher/Coach, 62 (F)
425.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 40
425.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 34
425.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 39
425.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 36 (F)
425.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 50 (F)
425.	Patricia Montana	01/01/13	Hampton, NH, Retired, 56 (F)
431.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 26 (F)
432.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 45
433.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 38
434.	Jonathan Green	03/01/13	Brooklyn Center, MN, Software Engineer, 36
435.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 55 *
436.	Diane Naughton	03/21/13	Mendham, NJ, Marketing Executive, 51 (F)
437.	Brian Orth	03/28/13	Boise, ID, Software Engineer, 35
438.	Toni Orth	03/29/13	Boise, ID, Program Coordinator, 35 (F)
439.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 45
440.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 46
441.	Robert Bannan	04/18/13	Decatur, GA, Seminary Student, 32
442.	Emily Osinski	05/06/13	Laredo, TX, Musician, 30 (F)
443.	John Mayan	05/12/13	Westminster, Maryland, Electrical Engineer, 55
444.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 51
445.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 50
446.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 40
447.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 42
448.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
449.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 42 (F)
450.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 13
451.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 10
452.	Hanju Wang	06/29/13	Randolph, NJ, Nurse Practitioner, 50 (F)
453.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 41 (F)
454.	Matt Learo	07/04/13	Liverpool, NY, Sr. Account Manager, 41
454.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 34
456.	Scott Nelsen	07/05/13	Mankato, MN, Commercial Lender, 33
457.	Ronald Hall Jr.	07/08/13	Sanford, NC, Head Golf Professional, 46
458.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 44 (F)
459.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 41 (F)
460.	Chris Brelage	08/06/13	Fishers, IN, Sales, 44

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

- Official International Active Running Streak List

- As Certified to the Streak Runners International

- September 1, 2014

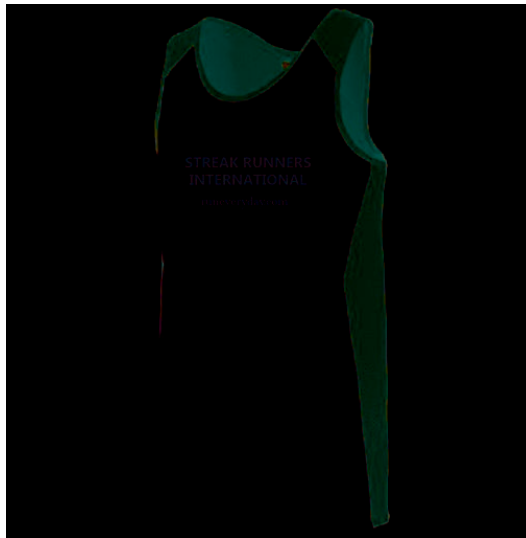
	<b>The Grand Masters (35+yrs)</b>		
1.	<b>Rick Rayman</b>	<b>10Dec78</b>	Ontario, Canada, Dentist & Professor, 67
	<b>The Masters (30+yrs)</b>		
	<b>The Dominators (25+yrs)</b>		
	<b>The Highly Skilled (20+yrs)</b>		
2.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 50
	<b>The Well Versed (15+yrs)</b>		
	<b>The Experienced (10+yrs)</b>		
	<b>The Proficient (5+yrs)</b>		
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
	<b>The Neophytes (-5yrs)</b>		
7.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
8.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 32
9.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 47 (F)
10.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 41
11.	Jim Crisp	07Apr13	Brough, England, Plumber, 42
12.	Amy Lawrenson	14Apr13	Sutton, United Kingdom, Writer, 29

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

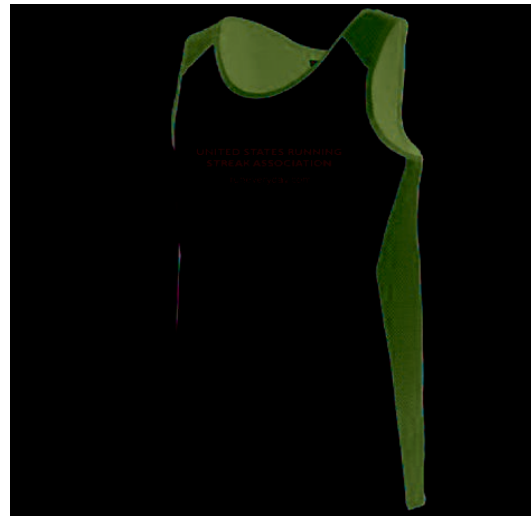
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**USRSA Men's Singlet**



**SRI Women's Singlet**



**USRSA Women's Singlet**

# Official U.S.A. Retired Running Streak List

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

September 1, 2014

1.	<b>Mark Covert, Lancaster, CA</b>	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	<b>Kenneth C. Young, Petrolia, CA *</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	<b>Gary C. Jones, Troy, Montana *</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	<b>Robert J. Zarambo, Whitehall, PA</b>	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
5.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
6.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
7.	<b>Walter O. Byerly, Dallas, TX *</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
8.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
9.	<b>Barry Abrahams, Lincoln, NE *</b>	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
10.	<b>Ron Jackson, Seattle, WA</b>	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
11.	<b>Joseph Wojcik, Claremont, CA (D)</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
12.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
13.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
14.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
15.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
16.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
17.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
18.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
19.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
20.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
21.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
22.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
23.	<b>Alicia Brophey, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
24.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
25.	<b>Brian P. Short, Minneapolis, MN *</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
26.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
27.	<b>James R. Scarborough, Rancho Palos Verdes, CA</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
28.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
29.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
30.	<b>Kenneth Korsek, Chesterland, OH</b>	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
31.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
32.	<b>J. Patrick Growney, Lavallette, NJ *</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
33.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
34.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)

35.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
36.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
37.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
38.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
39.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
40.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
41.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
42.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
43.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
44.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
45.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
46.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
47.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
48.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
49.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
50.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
51.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
52.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
53.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
55.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
55.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
56.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
57.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
58.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
59.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
60.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
61.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
62.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
63.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
64.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
65.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
66.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
67.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
68.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
69.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
70.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
71.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
72.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
73.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
74.	Stephen Gurdak, Springfield, VA	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
75.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
76.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
77.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
78.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
79.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)



80.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
80.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
82.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
83.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
84.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
85.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
86.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
87.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
88.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
89.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
90.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
91.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
92.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
93.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
94.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
95.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
96.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
97.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
98.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
99.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days ( 9 yrs 029 days)
100.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
101.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
102.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
103.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
104.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
105.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
106.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
107.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
108.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
109.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days ( 7 yrs 066 days)
110.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
111.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)
112.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
113.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days ( 6 yrs 247 days)
114.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
115.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
115.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
117.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
118.	David L. DeBoer, Manchester, MO * (D)	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
119.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
120.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
121.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
122.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days ( 5 yrs 247 days)
123.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days ( 5 yrs 228 days)
124.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days ( 5 yrs 217 days)
125.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)

126.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
127.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
128.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
129.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
130.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days ( 5 yrs 156 days)
131.	James C. Bates, Hampton, VA *	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
132.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
133.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
134.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
135.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
136.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
137.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days ( 4 yrs 311 days)
138.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
139.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
140.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
141.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
142.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)
143.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days ( 4 yrs 145 days)
144.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days ( 4 yrs 111 days)
145.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
146.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days ( 4 yrs 090 days)
147.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
148.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
149.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
150.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
151.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
152.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days ( 4 yrs 033 days)
153.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
154.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days ( 3 yrs 320 days)
155.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
156.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
157.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
158.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
159.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days ( 3 yrs 246 days)
160.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
161.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
162.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
163.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days ( 3 yrs 218 days)
164.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
165.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days ( 3 yrs 198 days)
166.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
167.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
168.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
169.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
170.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
171.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
172.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
173.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days ( 3 yrs 078 days)

174.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
175.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
176.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
177.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
178.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
179.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
180.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
181.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
182.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
183.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
184.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
185.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
186.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 288 days)
187.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days ( 2 yrs 287 days)
188.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days ( 2 yrs 286 days)
189.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
190.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
190.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days ( 2 yrs 269 days)
192.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
193.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
194.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
195.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
196.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
197.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days ( 2 yrs 197 days)
198.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
199.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
200.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
201.	Wendell J. DeBoer, Falcon Heights, MN * (D)	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
202.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
203.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
204.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
205.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days ( 2 yrs 096 days)
206.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
207.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days ( 2 yrs 093 days)
208.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days ( 2 yrs 089 days)
209.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
210.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days ( 2 yrs 077 days)
211.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
211.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days ( 2 yrs 070 days)
213.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
214.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
215.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
216.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
217.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
218.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
218.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
220.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
221.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)

222.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
222.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
222.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
225.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
226.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
227.	Wendell J. DeBoer, Falcon Heights, MN * (D)	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
228.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
229.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days ( 1 yr 347 days)
230.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)
231.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days ( 1 yr 326 days)
232.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
233.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
234.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days ( 1 yr 302 days)
235.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days ( 1 yr 300 days)
236.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
237.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
238.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
239.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
240.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days ( 1 yr 236 days)
241.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
241.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
241.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
244.	Paul Temple, Germantown, TN	12/31/11 – 08/20/13	599 days ( 1 yr 233 days)
245.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days ( 1 yr 226 days)
246.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
247.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
248.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
249.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
250.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
251.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
252.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
253.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
253.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
255.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
256.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
256.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)
258.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
259.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days ( 1 yr 173 days)
260.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
261.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
262.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days ( 1 yr 135 days)
262.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days ( 1 yr 135 days)
262.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
265.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
266.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
267.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
267.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days ( 1 yr 122 days)
267.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
270.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)

271.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days ( 1 yr 114 days)
272.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
273.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days ( 1 yr 090 days)
274.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days ( 1 yr 083 days)
275.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
276.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days ( 1 yr 081 days)
277.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
278.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
279.	Edward Monsour, Laguna Niguel, CA	10/24/11 – 01/06/13	441 days ( 1 yr 075 days)
279.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
281.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
281.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
281.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)
284.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
285.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
286.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
287.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
288.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
289.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
290.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
291.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
292.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
293.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
294.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days ( 1 yr 041 days)
295.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
296.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
297.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
298.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
299.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days ( 1 yr 033 days)
300.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days ( 1 yr 032 days)
301.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
302.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days ( 1 yr 020 days)
303.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
303.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
305.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
306.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
307.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
307.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days ( 1 yr 009 days)
309.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)
309.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
309.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
312.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
313.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
313.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days ( 1 yr 003 days)
313.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
316.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
316.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days ( 1 yr 002 days)
316.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days ( 1 yr 002 days)
316.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)

316.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
316.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
316.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
316.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
324.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
324.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
324.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
324.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
324.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
324.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
324.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days ( 1 yr 000 days)
331.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
331.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
331.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
331.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
331.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
331.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
331.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
331.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)
331.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
331.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
331.	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

September 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.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days ( 2 yrs 023 days)
5.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days ( 1 yr 150 days)
6.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days ( 1 yr 040 days)

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



## THE FINISH LINE – “THE LUCK OF THE IRISH”

By: Mark Washburne

“I can't help it if I'm lucky,” noted Bob Dylan in his 1974 hit song *Idiot Wind*. While 1974, the year the song was written, was a memorable year for me in many ways – I graduated from high school, Richard Nixon resigned from office, and I even saw Bob Dylan in concert at Madison Square Garden in New York City that year – I never could relate to the sentiment of Dylan's song about being lucky until this summer when I journeyed, in the words of my grandfather, William O'Toole, “across the pond” to the “old sod” of Ireland.

With a last name like O'Toole, you might be able to guess that I am of Irish descent on my maternal side and you would be correct. As a side note, my grandfather always told me the name was just Toole in Ireland. He said that his father and my great-grandfather, Dennis, however, added the “O” to the name when Dennis came to America because he “owed everyone in Ireland.”

Given my Irish roots, it was always my dream to travel to Ireland so I talked Diane, my girlfriend and fellow streak runner, into going with me. As I was teaching summer classes at my college in New Jersey until late July, we booked our trip for the first week of August. After booking the trip, I received an email from the Rock 'n' Roll race organizers announcing that they were staging a half marathon in Dublin the same time that we planned on being in that city. I gingerly broached the topic of us running the race on our vacation to Diane and she “very kindly” gave her consent. I then signed us up for the race.

A couple of weeks after signing up for the Dublin half marathon, I received a note from one of the organizers of the race. Unknown to me at the time, the Rock 'n' Roll people were holding a contest for those who registered when we did and I was the grand prize winner. The prize included two round trip tickets to Dublin, three nights in a hotel, Dublin sight seeing passes, and VIP passes following the race. Finally, in the words of Bob Dylan, I can say, “I can't help it if I'm lucky.”

My real luck, however, was being able to run the race with my best friend and love and then take a tour with her throughout Dublin and the western part of Ireland. We also saw two rainbows while visiting the Emerald Isle. I am very fortunate and “lucky” to have Diane in my life.

Not only did we have a “lucky” vacation but we were able to channel some of that Irish luck to one of my siblings. On the same day as the Rock 'n' Roll Dublin Half Marathon (4 August 2014), my sister, Karen House, from Northbrook, Illinois, playing in a golf tournament and using a green bag with shamrocks on it, shot a hole-in-one. Shooting a hole-in-one, of course, is a rare occurrence but this was the second time Karen has aced a hole while playing links. Now that is truly, “The luck of the Irish.”

Speaking of lucky, I was also fortunate to find a company who could handle singlet orders for our running streak association. One of my goals when I joined the management team at USRSA and continued when we expanded into SRI, was to find such a company. In the past, I was able to find companies that would print shirts for us but were reluctant to collect the money and distribute the clothing to our members. As we are an all-volunteer organization with members from around the world, it was a daunting task to handle those parts of the business by ourselves. As luck would have it, just before leaving for Ireland I met with Randi, the representative from Clearly Branded, who was printing some jackets for our local New Jersey running club, the Do Run Runners. In our discussion, I mentioned the streak association and she said that could handle the money collecting and distribution of shirts for us. Great news! We thought we would start off with SRI/USRSA singlets and, if successful, expand into other clothing items with our association's name on it. In that regard, I hope to see many of you wearing the proud SRI/USRSA shirts at races in the years to come and, as always, good luck – “Irish luck” - to all as we each run the roads and trails – every day!



## *The Streak Registry*

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Send all news, articles, correspondence, notes and photographs to:

Mark Washburne, Editor  
SRI/USRSA  
31 Galway Drive  
Mendham, NJ 07945  
or  
USRSA@yahoo.com

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### ADVERTISING RATES

Per issue:

Business Card (3 1/2 x 2")	\$25.00
Quarter-Page (3 1/2 x 5")	\$40.00
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Whole Page (7 x 10")	\$135.00

Send all camera-ready advertisements to the editor, or e-mail at [USRSA@yahoo.com](mailto:USRSA@yahoo.com).

Advertisements should deal with running or affiliated health-related topics.

### MEMBERSHIP—DUES

Membership in Streak Runners International and the United States Running Streak Association, Inc. is open to all interested individuals.

SRI/USRSA dues are \$20.00 annually or \$250.00 lifetime. Credit for one-half of all previously paid dues will be applied to the payment of lifetime dues. Once lifetime membership status is achieved, no further dues will be assessed.

A completely filled out and signed membership application must accompany the dues payment. Applications may be downloaded from our website at [www.runeveryday.com](http://www.runeveryday.com), or will be mailed upon request.

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### STREAK CERTIFICATION

Once a running streak reaches a year in duration it is eligible for listing by SRI/USRSA. Listing of one's active or retired running streak requires a fully completed and signed streak certification form, which may also be downloaded from the SRI/USRSA site or mailed upon request. Although membership is not a requirement for listing, the SRI/USRSA appreciates all contributions to its cause.

"The race is not always to the swift, but to those who keep on running."  
- Author Unknown

"Don't be sad it's over, be happy that it happened."  
- Dr. Seuss

# **STREAK RUNNERS INTERNATIONAL**

## **UNITED STATES RUNNING STREAK ASSOCIATION**



Website: [www.runeveryday.com](http://www.runeveryday.com)  
Steve Morrow, Webmaster  
Melissa Ortiz, Assistant Webmaster

E-mail: [USRSA@Yahoo.com](mailto:USRSA@Yahoo.com)

Facebook: United States Running Streak Association  
<http://www.facebook.com/groups/95577453452/>

Yahoo Group: <http://sports.groups.yahoo.com/group/USRSA/>

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