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THE STREAK REGISTRY

RON HILL'S RUNNING STREAK NEARS 50 YEARS



3X Olympian & Boston Champ Ron Hill at 75th Birthday race.

**VOLUME FOURTEEN
NUMBER FOUR
WINTER 2015**

THE STREAK REGISTRY

WINTER 2015- 56th ISSUE

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STREAKING ANNIVERSARIES

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

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

Bill Beach of Macomb, Michigan on October 28th

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

Joel Pearson of Kennesaw, Georgia on September 3rd

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

Lauren Estilow of Cheltenham, Pennsylvania on October 15th

Phillip Hawley, Jr. of Indianapolis, Indiana on October 23rd

Steve Scales of Newtown Square, Pennsylvania on November 6th

Peter Briggeman of Manchester, Connecticut on November 22nd

Barry W. Britton of Roscoe, Illinois on November 27th

From The Proficient to The Experienced (10th anniversary)

Joel Pasternack of Clifton, New Jersey on October 31st

From The Neophytes to The Proficient (5th anniversary)

Theresa Mazzaro-Flora of Mt. Kisco, New York on September 9th

Hopper Pearson of Bellingham, Washington on September 13th

Therese Savona of Tallahassee, Florida on September 27th

Ken Johnson of Huntsville, Texas on October 19th

Carol Bancroft of Safety Harbor, Florida on October 20th

Mark Jasper of Menominee, Michigan on October 24th

Paul Case of Richfield, Minnesota on November 4th

Barry S. Sackett of Okoboji, Iowa on November 4th

Amie Kreppel of Gainesville, Florida on December 1st

NO MORE WAITING!

THE STREAK REGISTRY TO GO DIGITAL IN 2015!

IMPORTANT: In order to continue receiving your favorite running streak newsletter in 2015, you have to inform us of a current email address for you that is capable of receiving a large .pdf file. Please contact us with your email address at USRSA@yahoo.com. Please also see “Changes to our Streak Association” by Mark Washburne on page 69 for the reasons why we made this change to the delivery method of our newsletter.

SRI/USRSA SINGLETs & SHIRTS NOW AVAILABLE

Please go to <http://www.clearlybranded.com/showrooms.htm> and then click SRI/USRSA logo to order your singlet, short or long sleeve shirt! For an additional \$5, get your “Streak Started” date printed on the back of your singlet or Shirt!



Traversing the Tundra in England: Dr. Ron Hill at 50 years

By: Steve DeBoer

Former Olympian (or should that be Olympian since once you are one, you always are one?) Ron Hill of England, who started his running streak on 21 December 1964, will, God willing, reach 50 years of consecutive days of running, 26.2 years of which were twice daily, on 20 December 2014.

I actually traversed English tundra in 2004, when my mom, wife, children and I went to visit Mom's ancestral home in Fitzhead a small (264 population) village in the county of Somerset. It has been in existence since at least 1178 AD. Her 8-great grandfather, John Rockwell, sailed for New England in 1634 and never returned home. His parents are buried in the St. James church cemetery there. The Rockwell Family Foundation helped with some church repairs and donated an outdoor bench, which we all got to sit on when I wasn't running.

I contacted Ron to see if we could meet while I was in the country, but he was racing in some foreign country that week, so we never got together. However, I recently contacted him again about his streak and am very happy to report his responses are below:

1. Why did you start Running every day? Did you know anyone else those first few years that ran daily?

I had a disastrous Tokyo 1964 Olympics, 18th in the 10,000metres and 19th in the Marathon, after going there with second fastest marathon in the world and third fastest 6 miles in the world. After the Olympic Marathon, October 21st, I had a total of 8 days off the last day being 20th December. I decided that day that to fully realize my potential I needed to train every day. I did not know of anyone who ran every day.

2. What has been your longest and shortest run?

My shortest run has been 1 mile and my longest has been 28 miles. On the 23rd of December I began a "twice a day, once on Sunday streak, under "Ron Hill Rules," which allowed me on about 5 "special circumstances" occasions to run ½ mile only on my second run of the day. I kept that going for 26.2 years.

3. How many countries have you run in? Raced in? How many lifetime races run?

I have raced in 100 countries and have run but not raced in Haiti and The Bahamas. 2416 lifetime races.

4. How many marathons have you run? How many were run under 2 hours 30 minutes and how many under 3 hours?

I have run 115 marathons plus one in 1962 where I DNF'd. 28 finishes under 2:20; 66 were under 2:30; 114 were under 3:00.

5. Describe any times you thought you might NOT be able to run, the reason why, and how you were able to complete the run.

September 9th 1993 I was in a head-on car crash (not my fault), which broke my sternum in two. Luckily I had run 3 miles that morning. I was hospitalized overnight. I ran 1 mile a day for the next 9 days then began to build up the distance.

6. Please recount a few most memorable/favorite/successful races as well as a few major disappointments, including your analysis of why they went well or poorly.

Winning the English Cross-Country Championships in 1966 and 1968. Cross-Country was my first love starting out. Winning the European Championships Marathon on the original marathon course from Marathon to Athens, 1969. Winning Boston in 1970, the first Briton to win the race and in a course record time on an awful weather day. Winning the British Commonwealth Championship Marathon, Edinburgh, 1970, in a time of 2:09:28, World Record (?) at that time. Disappointments: Olympics Tokyo – too long away from home; Olympics Mexico, in the wrong event, 10,000m., selectors fault, could have had a medal in the Marathon – was in the form of my life. Munich Olympic Marathon, 6th place. Selectors again! I was forced to run a trial which I ran in 2:12:51; trained at altitude beforehand and did the glycogen loading diet to (my) destruction.

7. Do you currently know personally or know of any people who run every day in England and where do they reside?

The only other person I know in the UK who has a streak is a guy who lives in County Durham in the north east of England. His name is Paul Smith and he is on day 2880. He says that I inspired him to begin and he is quite a character. I will email you a recent mail I received from him so you have a contact if you need it. Incidentally, a running apparel business, which I founded in 1970 and for which I am an ambassador has just launched a brand marketing campaign entitled, "RUN EVERY DAY."

8. Any current challenges to continuing your daily runs?

No challenges whatsoever! I'm ticking along at around 25 miles a week with no intention to stop when I reach 50 years. I'm the same weight I was when I was 20 years old and I find the mental and physical benefits are tremendous.

9. How many miles have you run during your streak and how many miles did you run prior to December 20, 1964?

I have recorded in my training logs, which began September 1956 whilst I was still at grammar school (high school), 159,753 miles. 25,427 were before I began my streak; therefore my streak miles are 134,326.

So there you have it. An interview with Ron Hill, the first human being, male or female, in our Solar System, to run every day for 50 years (hope I don't jinx him by publishing this a few weeks before the official anniversary!) Ron is also working on article about his running and streaking, which we hope may be published in the next issue of our newsletter.



Runner's World Chief Running Officer Bart Yasso and Lauren Estilow

MARINE CORPS MARATHON WEEKEND 2014

By: Lauren Estilow

When I began my Running Streak in 1999, it was purely to both continue my love for running, and to preserve my sanity. I never dreamed my Streak would allow me to both correspond with and meet such legends as Bart Yasso and Amby Burfoot. Who knew?!

As the Ambassador of Running, I've met Bart Yasso numerous times, at race expos, and races. I even have a signed copy of his book, which is displayed with honor in my home. Bart is always gracious, interesting, and as curious about my life as I am about his globetrotting adventures. He asks about my Special Needs daughter, and my rambunctious Rottweiler puppy, he remembers everything that you tell him. With the huge number of runners Bart meets, it just shows what a lovely man he is, to be that interested in who he meets.

When I first submitted my Streak to become a member of USRSA, I was thrilled to receive a congratulatory email from Amby Burfoot, winner of the 1968 Boston Marathon, and editor of *Runner's World*. Amby welcomed me to the 70,000 Lifetime Miles Club, an esteemed group of which I'm proud to belong, with my over 88,000 miles to date. I have saved his email, and I feel honored that he took the time to write to me.

I fundraise each year for the Organization for Autism Research, and this year's goal race was the 2014 Marine Corps Marathon. Training started in July, and although I'm always training for some race, my goal was to qualify for the Boston Marathon, I felt ready.

I arrived in Arlington, VA on Thursday, went directly to the race expo, and dropped some serious money there. Don't take me to a mall, I won't last an hour, but put me at an expo and I'm a happy runner!

On Friday night I attended the First Timers Rally, even though it was my second MCM, mainly to see some running friends and to hear Bart Yasso's motivating speech. I saw Bart, we chatted, and I promised I'd join him the following morning for his Shakeout Run around the National Mall. Previously I had tried to join him in Philadelphia for the Shakeout, but Life got in the way! So I owed him one!

The next morning I hopped on the Metro and got off at Smithsonian Station. There I encountered about 35 runners ready to go! I was wearing my USRSA shirt, which attracted some attention and inquiries. A few runners recognized me from Facebook, and it was fun to meet them in person. Bart said a few words, introduced some running celebrities such as Michael Wardian and Amby Burfoot, and then we were off for a fun 2.5 miles around the DC monuments, my favorite place to run! I ran to catch up to Amby, introduced myself, and thanked him for his email. He seemed surprised and happy that I felt so honored to have received such a nice note from him, and we talked about his career and life. He is humble, kind, and just a nice man. We ran together, in a small group, for most of the run, which was over way too soon. I would have loved the opportunity to run longer in such esteemed company. What a wonderful morning I had!

The next morning was M-Day, marathon day. I woke up, went down to get breakfast from the hotel restaurant, and was off to meet my friends to go to the Start with. I gave everyone a laugh in my tartan plaid, too big, thrift store bathrobe that I had bought to keep me warm pre-race. But by 5 am it was already over 60 degrees, so I didn't need it after all. It's a long walk to the Start, but I was hydrating, and having fun with my friends, while starting to rethink my BQ attempt. I felt it would be too warm, but I'd do my best, as always. I ate a gel before the Start, and we were off!

The MCM course is very crowded the first few miles, which helps you from going out too fast. Around mile 5 it opens up a bit, and that's when I began to feel sluggish and nauseous. The weather by now was very warm for a marathon, mid 60's, and dry as a desert with only 26% humidity. I had trained all summer in the heat and humidity of Philadelphia, but we had cooled down the last month. I've run hundreds of races in my 39 years of running, and had never felt that depleted so early in a race. I was taking two cups at every aid station, but they were only half full. I ate an extra gel, and took some candy that kids were giving out along the course, hoping to spike my blood sugar. It was so dry that my clothes, which are normally soaked in any race, were completely dry. My fluids were just being sucked out of me quicker than I could replace them. Not good. The only good things about the arid conditions were no blistering or chafing! A runners

nightmare!

Around mile 11, I saw Bart Yasso standing on a curb, yelling encouragement to all. I stopped, told him I was struggling, and joked about hopping on the nearest Metro back to my hotel. He told me to keep going, take it slow, and he'd see me later on the course. I seriously began to contemplate looking for a Metro stop, at least it distracted me from the nausea I was feeling.

I struggled along, seeing a few people I knew on the Course, no one seemed as bad as I felt. I was analyzing everything I'd done, and I'd made no mistakes that I could tell. Then at Mile 18 I saw Bart again, by this time I was a bit delirious, but I kept going after a quick hello to him.

At MCM, the big conquest, besides finishing, is the Bridge at Mile 20. While on the Bridge, I ran into my friend Michael, who was also struggling, so we helped each other along. I realized that I was usually finished a marathon by this time, and I slowed to call my husband, who was waiting at the Finish, I didn't want him to worry. In my crazed state, I may have yelled about never doing this torture again, but that can't be verified.

The last 10k was a mix of slow running and walking for 30 seconds, whatever I could do. By now it was over 70 degrees, the sun was blazing, a picture perfect day if you weren't running 26.2 miles. Somehow I made it up the last hill and across the Finish line, where my reward for the last 5 hours was a handsome Marine hanging a medal around my neck. Always a great reward!

In the days that followed the reality set in, that I finished over an HOUR slower than ever before. Learning that the medics treated more runners for dehydration than they ever had before was little consolation to me. My reputation, which I've worked hard for, is that I train hard, train smart, and I'm a hardcore runner. No Limits, No Excuses is my motto. So what happened to cause such dehydration, when less experienced runners seemed to be unaffected? I was embarrassed, and a bit depressed, which was silly. I finished another Marathon! I've gone over what happened to me, and can't find one mistake that I made. The conditions just sucked the life right out of me. It was beyond my control. The morning after I woke up with a sore throat and a mild cold which lasted through the week. Maybe that mild virus caused it, who knows? No way to tell. But no excuses! I did my best, that's all I could do. But it wasn't enough this time.

Of course, in the days after, I said, that's it, I'm done with Fulls. But I'm already registered for the Full in Philly, four weeks after MCM, and it's in my hometown, so I may go for it again. I can always run the Half, but I want redemption! I know that BQ is again in my reach!

This crazy running and racing that we do, it's our passion and our fun. But any race is just that, only a race. There are way more important things in Life I should worry about than my embarrassment over getting knocked out by dehydration, right? Even the bad races teach you something, and make you tough. It's times like this, and Streaking, which have taught me so much. I know that if I can get through that, I can handle anything. I need to remember all the wonderful parts of MCM weekend, like meeting Amby, seeing Bart, and running with over 30,000 friends. I love the running community and hope to be on the roads for many more years!



Lauren Estilow with *Runner's World* Editor-at-Large Amby Burfoot



Jim Scarborough before 1985 Catalina Marathon

JIM SCARBOROUGH, A MEMORIAM FOR ONE TOUGH RUNNER
By: Dwight Moberg

Jim passed away on August 25, 2014, causes not mentioned in the announcement of his death. He lived in Palos Verdes, California, and when not running, worked as a spacecraft-servicing technician for TRW, Inc. in Redondo Beach. In that capacity, he was frequently called upon to support launches at the Cape, usually handling the fueling of extremely hazardous propellants into the tanks of rockets soon to be launched. He wore a full body protective suit and heavy gloves, but somehow managed to fulfill his dangerous duties. On one occasion, he was called to the Cape to troubleshoot a problem with an already on orbit spacecraft. Jim solved the problem and saved the mission.

We both ran during the noon lunch hour, coming and going from a locker room on the TRW campus. He almost always ran alone, always in the same running costume: orange shorts, an orange tank top and an orange bandana. Before and after the run, we frequently compared stories about our latest injuries, cures that didn't work, and races we'd done or were about to do. One of our favorite races was the Tetrick Trail Run in Griffith Park, an 8 mile hilly and tough trail run. The attraction was that at several mile markers, and at the finish line, there was a nude model posing with a mile marker sign. Of course, both of us brought our cameras and got a few "selfies" along the way. I believe Jim had gotten into running earlier than I did, and had a 3:05 marathon to his credit. He began his streak 3 months before I did (July 9, 1979 vs. October 6, 1979), so there was always a sense of competition in the air. At the end of our streaks, he had run every day for 29 years and 1 day and I had run 31 years and 133 days. He stopped after he felt extremely short of breath on a run and went to the emergency room where he collapsed on a gurney. His heart stopped for a while, but he was resuscitated. The problem was blood clots in the lung. He was back walking after a few weeks in the hospital, vowing to never start another streak. I stopped after a couple of years of nagging by my cardiologist, who wanted me to get my aortic valve replaced. My last run was on February 15, 2011, and the operation was the next day. I recovered (more or less) and can walk for short distances at present, hoping to begin running again in the future."

Jim was a fixture in that locker room, and was also well known in local racing. As mentioned earlier, he had quite a career in what I know for him was a chance to be at the front end of the space age. RIP Jim!!!



Barbara Latta being interviewed by WRAL-TV in Raleigh

THE JOY OF BEING A PACER

By: Barbara Latta

Brad Broyles and I have been pacers for the City of Oaks Half Marathon for four years. Every time we do this I believe we do a better job and enjoy it more. This 2014 year was the very best.

On Friday evening at packet pick-up we started answering the call to be a Pacer from the people who came to the Pacer Table. I talked to Amy, Beverly, Roosevelt and others who requested our help running on Sunday in the Half Marathon. Some were running a Half Marathon for the very first time. Some were recovering from an injury and needed some encouragement. One woman was running in honor of her son who had died within the last two years. One man had been doing the Galloway runs and felt he might need a group with whom to run and help him stay on pace for three hours.

Brad and I were pacing the three-hour group. Brad is the “leader of the pack.” He has the watch, which beeps to alert him when we should run and when we should walk. After

trial and success, Brad and I decided that if we ran for two minutes and walked for one minute we would arrive back at the Bell Tower within the three hour goal.

We have a great time during the run. Last year we wore hard hats and told anyone who asked, "Why?", we stated we were building an experience. This year we wore turkey hats. My gobbler did not always stay upright. These hats caught lots of attention. People would shout, "Look at the turkeys!" I usually did a "Gobble, Gobble" back to them. Thanks to Kathy Broyles for selecting the hats. We also wore the bright yellow shirts that had PACER on the back.

We also decided to walk through the water stops and strongly encourage each person to take some water and Gatorade if they liked. This has worked well and we even stopped at the first water stop. I bring up the back and noticed that some of our group did not take water. I encouraged them to at least take just a sip. We do not know how long it will take to arrive at the next "watering hole" and it is getting warmer.

We did not stop as a group at the porta pots. We kept going but anyone who needed to stop was allowed to stop. I would fall back to encourage them to "catch up with the group." This year we did not lose anyone to the porta pot. One year we saw a runner go in but she never came out. We lost her somewhere on the route. Maybe we found her this year among several runners who joined our group midway.

During a three hour run it is enjoyable to me to get to know some of the runners. The lady who had lost her son had a sad story, which brought tears to my eyes. I have two sons and I just cannot think of having a son die before I do.

Roosevelt was always running in the front. Several times Roosevelt asked me if I were sure we would make it back to the Bell Tower by three hours. I assured him that we would if he would stay with us and he certainly did. At the very end when he could see the FINISH LINE, Roosevelt took off at a faster pace getting ahead of the group. He did finish with two minutes to spare. He was so happy and I was so happy for him.

At the end of the City of Oaks Half Marathon we all received a medal. This was a very special medal with a turning center. Also this year we received "Finisher" shirts just as they gave us after the race at Peachtree Road Race on the Fourth of July in Atlanta, Georgia. We were more excited about the Finisher race shirt than the one we obtained at registration. This was the first time for "Finisher" shirts at the City of Oaks Race.

The City of Oaks is a well-run race. The Director is the best. The Volunteers are plentiful and seemed happy to provide us with liquid. No volunteer even yelled at us when they were splashed with water as we grabbed for a cup in their hands. I say thanks to the many sponsors who made our City of Oaks Marathon possible. We truly appreciate the sponsors. The Papa John's Pizza servers kept providing the hot pizza. Never has pizza tasted so delicious as when you finish a long race. Thanks also to the parents, children, spouses and other spectators who came to cheer us on during the race. Your presence was a present to us. Thank you very much! I had so much fun that I believe I will do it again next year if Brad is up to it also.



Mike Heller

MIKE HELLER JOINS USRSA STARTED STREAK IN 1988

By: Mike Heller, Marlborough, New York

I wrote the memoir below on the 25th anniversary of my current running streak. This summer an article in The Atlantic tipped me that there are others, many others, who run every day. My streak continues as of this submission, and now (October 8, 2014) approaches its 26th year. I have cut back my mileage from 6 to an average of about 4 miles a day, a reduction occasioned by the findings of the Schwartz study published in the March/April Journal of the Missouri State Medical Association.

The Streak

December 28, 2013

Twenty-five years ago it was 1988. Ronald Reagan was in the last year of his presidency. *Rain Man* won the Oscar for best picture. Prozac was introduced, the 1st laser eye surgery was performed, and we were soon to be introduced to the World Wide Web. Twenty five years ago a gallon of gas cost 91 cents, a dozen eggs 65 cents, and a postage stamp 24 cents.

Twenty five years ago, on December 29, 1988, I began a daily running streak that would eventually stretch to be my longest. I finished that slow five mile run with a sore ankle and thighs, and wondered if I would be able to run the next day. A couple of weeks earlier that question would never have entered my mind. I always ran. Every day. Every day, that is, until I had broken my ankle. That fracture had ended a daily running streak of more than seven years and was the reason I was wondering. Would I be able to run tomorrow?

After the ankle break I had taken a couple of weeks off to allow the ankle time to heal. Fortunately, because the fracture occurred while I was travelling for my employer, the US Military Academy, I was able to use the physical therapy department at the West Point hospital for my rehab. During that time I had tried to keep in aerobic shape on a borrowed rowing machine, but knew I had lost conditioning. An attempt at running two or three miles at Christmas lasted only four days, and I was back to the rowing machine. This time I was ready. Turned out I was able to run the next day, and the day after that. A new streak had begun.

Running *mostly* every day and running every day without exception are two slightly different things, if only because they require different levels of commitment. I run every day because I'm a runner, so that's what I do. When I began to run I didn't know I was a runner, but eventually I figured it out. I started running in July of 1978, catching the tail end of the running boom created when Frank Shorter won the 1972 Olympic marathon. I had given up *some* unhealthy habits but remained overweight and feeling down. I hadn't been in particularly good physical shape since I was a kid. I thought running might help me lose weight and get into shape, so I gave it a try.

The first time I ran, I got about a quarter mile from home, turned around, and jogged and walked my way back. A few days later I ran the same distance, then continued as far as the next telephone pole, then jogged all the way home. I continued to add distance, one telephone pole at a time, until I was able to run for a mile, then two, and so on until I was running five miles. By the end of the year I was running about 25 miles a week and was starting to feel better. I had lost ten pounds or so and was beginning to feel like a runner. Running was something hard but I could do it, and I started to feel better about myself. Some days I even enjoyed my run. No matter what might happen with the rest of my day, if I had run in the morning I had accomplished something. On the tough days, I joked that I was following Mark Twain's instructions to "eat a live frog in the morning and nothing worse will happen to you the rest of the day." Even those days gave me a sense of satisfaction that I had done something that wasn't easy.

I started racing in local ten and five kilometer races and wanted to improve my times, so I added mileage. Eventually I started to believe I could build my mileage enough to run a marathon. After my first marathon I decided to try to run one faster. I began running every day as a way to get in the miles I needed to prepare for marathons. My training plan for marathons required that I put in 60 miles a week for the 8 weeks preceding race day. Dividing that 60 miles by seven days fit into my work schedule better than averaging ten miles a day for six days. That's how the daily run became a habit. Each morning, regardless of the weather, how I felt, or what excuse I might be tempted to generate, I would put on my shorts, double knot the laces on my running shoes, push the start button on my watch, and go for a run.

There were some advantages to running every day. To run or not to run was one question I wouldn't need to answer. I didn't have to wonder if it was too hot, cold, humid, dry, rainy, snowy, or icy to run. I learned from experience that some of the worst days produced the best runs. If I was injured, I didn't need to wonder if my injury or a lack of motivation was preventing me from running. No matter how I felt, I could at least try to run a couple of miles.

The first streak of days without missing started at the end of 1981. By then, the only exception to running every day was that I would take off the day before a marathon. The day before the Jersey Shore Marathon in 1981, I had felt tight and nervous. I decided that in the future I would run at least two miles on the day before a marathon to loosen up and check out the clothing and shoes I planned to wear on race day. That was the day my seven year running streak started, the streak that ended in 1988 with a broken ankle.

Jump ahead from the end of 1988 to December 28, 2013. Twenty-five years have passed and I have just finished an otherwise unremarkable run. I had a running buddy for the first few miles, my golden retriever grand dog Sam. It was 26 degrees and partly cloudy when we left the house at 7:20. Sam and I ran at about an 8 ½ minute pace. Sam stayed with me very comfortably and had no comment when I mentioned to him that today is a milestone day. I dropped him off at home and continued on my own to complete the 6 plus miles a day I like to average. So now I'm home and the run has been logged into the record books, well, at least into my logbook. That marks the official completion of a twenty five year streak without missing a day. I feel a somewhat muted sense of accomplishment. A little like when you awake on your birthday to remember that you are actually only a day older. It feels like it was just another run, not much different from the 9,131 other days I have run since the last day I missed.

Today, I ran the final mile in 8:05. 25 years ago I probably wouldn't have been too pleased with my time. The day I started the 7 year streak I ran 26.2 miles at a 6:37 pace. I'm not nearly as fast as I used to be but that's what happens after passing 40. I read once that a runner slows about 10% each decade after 40. That's been pretty much my experience. Age groups in local races are usually spaced at ten year intervals so I race every 10 years until I find a race small enough that I can win my age group. Then I retire from racing once again. When I was sixty it took me three races before I won my age group. At seventy, I won my age group in the first race I tried. I think that means that the competition is thinning. Seventy and over is pretty much the last category for most local races so my racing days are probably over.

I call myself a runner, although to my neighbors I probably look more like a jogger. I base the distinction not on my speed, or lack thereof, but on the amount of effort I apply to the run. Using a heart rate monitor, I keep my average heart rate near 80% of maximum. 55% to 85% is considered an aerobic target rate, so I stay at the high end of that. Once a week I run a 6 mile measured course time trial to see how fast I can go. I find it hard to break eight minutes a mile over six or more miles, but sometimes I can still do it. I don't push myself more than every other day, allowing for an easy day after a hard day.

There are longer streaks. I read about a North Carolina woman who has not missed in more than 30 years. Of course, I am quick to point out that my 85,000 miles is more than triple her total mileage. A few years ago I read about a guy who works at Penn

State who had logged 100,000 miles, so 85,000 isn't such a big deal. Of course, when you compare yourself to others there will always be someone faster, stronger, smarter, richer, etc. I discount comparisons to other runners, even as I find myself making those comparisons. I find it more productive to test myself against what I think I am capable of doing on any given run.

I know that good fortune is a big part of the streak. The broken ankle of 25 years ago was a fluke. I took one step off the edge of the road and that was it, the end of a 7 year streak. Since I started the current streak there have been a few close calls. I've had some overuse injuries like plantar fasciitis and "runner's knee" (chondromalasia patella). I dropped a fireplace log on my foot once. Another time an 18 wheel tractor trailer, swerving to avoid a turning car, would have nailed me if I hadn't been able to get off the shoulder and up a hill. Each time I was actually injured, I tried to run and found that none of these injuries was serious enough to stop me. Running on icy roads isn't as hard as it sounds. It requires caution: no sharp turns or quick speed changes. That and an old pair of running shoes fitted with metal studs. Once while on a windy cruise, the captain closed the decks to running and that day I used the ship's treadmill, but I usually run outside. I wear bright clothing to be seen by drivers. I've learned how to dress for the weather and so am seldom very uncomfortable.

Clearly, for me, running is an addiction, though not a particularly destructive one. I never missed work to get in a run. Running hasn't caused family problems. None of my friends have ever felt the need for an "intervention." I sometimes think of running the way I think of brushing my teeth. It's just something that I do every day, but hardly the most important thing in my life. That honor goes to the people I love and who love me back.

When I started running, I had an initial period during which I was increasing mileage, speed, and commitment. Then my efforts leveled off. I no longer have the need to run longer, faster, or more often. Running gets an hour a day of my life, but limiting its share and controlling its influence hasn't been a problem. The addiction is psychological, not physical. The physical effect of endorphins flooding my body, sometimes called the "runner's high," is hardly noticeable. I do enjoy the solitude. Sometimes I take advantage of the oxygenated blood flooding my brain to work on particularly difficult issues. Names that were "on the tip of my tongue" often come back to me when I am running. Some days I notice every bird, animal, and person I pass and marvel at each. Other days I finish a run after being so caught up in my thoughts I have difficulty remembering which route I took.

The end of the streak will be significant to me. I want to see how long I can do this, so I'll be disappointed when the streak finally ends. Although I'm not looking forward to that day, I am aware that it is inevitable. Easiest for me would be if the streak were to end the same day I do. If that's not what happens, I expect I'll be thinking about what I will need to do to run again and even to start a *new* streak. For now I can add days to the streak one at a time, and that's what I plan to do, starting tomorrow. Tomorrow, I'll put on my shorts, double knot the laces on my running shoes, push the start button on my watch, and try for day 9,132.



For Immediate Release

**3,650 STRAIGHT DAYS! DARLINGTON MARATHON
PARTICIPANT ROBBIE McLENDON TO ACHIEVE HIS
ULTIMATE GOAL ON AUGUST 29**

Bishopville, S.C. resident has averaged 8.38 miles per day running for 10 straight years

DARLINGTON, S.C. (August 28, 2014) – For most people, the idea of running every day for 10 straight years seems like an insurmountable task.

Not for Bishopville, S.C. resident and Darlington Marathon participant Robbie McLendon.

This Friday, August 29, McLendon will have run every single day for 10 consecutive years, a span of 3,650 days. The avid runner has averaged 8.38 miles per day since 2004 and will have totaled over 30,607 miles ran following his 10-year streak.

“That’s an awful lot of running shoes to go through,” the 59-year old McLendon joked. “I just enjoy running very much. In 2004, I made a decision to want to improve my health and lifestyle. Little did I know I would run for 10 straight years!”

It all began on August 29, 2004. McLendon, who weighed 242 lbs. at the time, left a hospital a few days earlier with doctors diagnosing him with Type 2 Diabetes. At that moment he decided he needed to do something different. So, he started to run. What

began with a three-mile run on August 29 turned into another on August 30 and another on August 31. Before long, McLendon was running every single day with no end in sight.

Now, McLendon weighs approximately 165 lbs. He hasn't taken insulin in many years and continues to have satisfactory blood sugar levels.

"I was 49 years old and had health problems that potentially could have ended my life," he said. "I decided at that point I needed a positive change and thought that running was the best way to get healthy. It started out as just wanting to be a healthier person, but turned into a lifestyle that I truly enjoyed. I've never thought of taking a day off from running to this day."

In the 10 years since, McLendon has competed in 245 races, including 19 this year. He has completed seven marathons and over 20 half-marathon events. He keeps a handwritten daily log of every run, keeping notes on his time and how he feels each day.

He continues to run despite injuries, sickness and harsh weather conditions. If the weather is too much to bear, he runs at the Hartsville Family YMCA, where he serves as a staff member.

McLendon will participate in the Darlington Marathon on Saturday, Sept. 27 in the half-marathon competition. He raced in the full marathon at the track *Too Tough To Tame* last year.

"The Darlington Marathon is a great event for our local community. In fact, it's the only marathon event in our local area," he said. "I'm really looking forward to racing at the track and throughout the city of Darlington on Sept. 27."

What started as a healthy lifestyle change has now turned into an inspirational story for people that are seeking ways to get their own health on track.

"I appreciate the friendships I have made through this experience," McLendon said. "I don't see myself as an inspiration to others. I just chose to work hard to achieve a level of health that was acceptable for me and I encourage others to do the same."

[Edited]

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Traversing the Tundra 20 Years Later
(What's happened to the Runners on the First Running Streak Listing Part 4)
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 of whom, Joseph Wojcik, are still living. In this article, I will give an update on the 34th through 51st 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?

34. John Metevia of Midland, MI, whose 23.4 year retired streak is the 53rd longest. He also began a second series of daily runs in April 2012. He is 57 years old. In the Spring 2010 issue of the Streak Registry, he wrote, "While running yesterday (2/13/10), I felt a pop, followed by a sharp pain in the side of my left foot. X-rays showed I had an avulsion fracture. I will be wearing a walking cast for 4-6 weeks, so obviously no running for now. I'm not sure whether I will start another streak." Obviously he did! I recall feeling a similar pop when I had an avulsion fracture in 2007 – Steve

35. Guy Gordon of Stillwater, NJ, whose 19.3 year retired streak would be the 67th longest if he had registered it. He is 55 years old. Guy wrote the following about how his streak ended:

RUN TOMORROW? - Guy Gordon

That has never been a question for me. Since December 25th 1985, I have not missed a day of running. Lots of people think that running streaks are stupid. Some call it counterproductive to good racing, others call it obsessive. I have run every day because I wanted to. Running for me is my outlet. Running makes me feel good, and if something so positive makes you feel good, why not do it every day. Some people find their Religion in Church or Temple. I have always found mine on the roads. I have also been fortunate that I have been able to combine my running streak with some half way decent marathon performances. I do not believe that my streak has hurt my Road Racing.

About 2 months ago, I began to experience some knee pain, nothing horrible, just nagging. I tried to race thru it, and even got in a hard 20 mile effort 2 weeks ago, in preparation for the Jersey Shore Marathon. The knee got very swollen after that workout, but a combination of ice, Advil, and massage, kept me Running. The knee continued to get progressively worse, and I finally gave in and got an MRI. The result - a torn meniscus.

He was able to return to running a month after surgery but has not returned to daily runs.

In 2012, he developed Type 1 diabetes, and there was an article about his wife, Laurie (Parton) Gordon, herself a former streak runner, running the Shades of Death Half-Marathon that October in Allamuchy, to raise money for Type 1 diabetes research.

36. Ronnie Shaw of Ft. Worth, TX, whose 16.9 year retired streak is the 75th longest (he also had an earlier 2 year streak). He is 60 years old.

37. Ralph McKinney of Wilmington, DE, whose 28.9 year Active streak is the 68th longest. He is 69 years old. He continues to race frequently, in the 5K to 15K range, including a 39:33 5K times in August 2014. He had run 1553 races by July 2001, most of any Streak Association member at that time and is certainly over 2000 by now.

38. Dink Taylor of Huntsville, AL, whose 17 year retired streak would be the 74th longest if he had registered it. He is 49 years old. His response below, including the stroke he had in 2012:

Yes, I ran 17 years plus without missing a day. I had a busy year this year even though I take days off occasionally. I have been running 36 years now. Did 6 marathons (2:58 best at Boston) a 50k, 40 mile, 50 mile, 100 mile and a Half Ironman and Ironman just this year, not to mention the half marathons and shorter races. In 2013, I have run 2311 miles; this is the lowest total since 1985. This was my first year of competing in triathlons. If I add swimming and cycling mileage, I am at 6,105 miles total so far this year.

Back when I started the streak, in June 1986, I was 21 years old. I had a minimum of a 3 mile run per day, my average yearly mileage for the 17 plus year streak was around 3,300 miles, 9 miles per day, 64 miles per week, no tread mill runs. I did not take off a day until the day after Western States 100 miler in June of 2003, if my memory is correct.

The only real streaks I have now are with races. I have run the Strolling Jim 40 mile Run in Wartrace, TN 27 years in a row. I plan to run number 28 the first weekend in May. [He did, finishing in 5th place with a time of 5:27:26.] I have run all 8 of the Mt. Cheaha 50k trail run. February will be 9th Annual. I have run the last 7 Boston marathons too. I have completed one 100 mile run in each of the last 4 years in a row, all different races but I plan to continue to do this. I am entered back into Western States 100 in June. it will have been 9 years since completing that one. (He dropped out after 55 miles.)

I have logged over 90,000 miles running, I should hit 100,000 miles when I turn 50 in June of 2015. I have completed 1,178 races to date (75 marathons, 163 Ultras, 10 Tri's)

One other little thing I forgot to mention, I had a stroke last year on Aug 30, 2012. They thought I might die in the first 48 hours. I spent the first 4 days in ICU and a total of 10

days in the hospital, the first hospital stay of my life. I recovered well and got out of the hospital early. I was in a lot of pain for several weeks. I could not run or work until the end of October. I was able to walk every day. I started jogging at the beginning of November and 3 weeks later completed the JFK 50 mile in 7:40. This sparked the big year in 2013 and the goal to complete an Ironman. The only side effect was ringing in my ears. I have to live with that. I am signed up for another Ironman in 2014, I plan to do one of those per year as well.

39. Bill Roger, Sr. of Levelland, TX, whose 28 year running streak would be 73rd on the Active list if he registers it. He is 75 years old. I reached him by phone and here are his replies:

- (1) Ran every day for a week and decided to try 2 weeks, 1 month, then 1 year, and now I am at 27.
- (2) Saw list advertised in newspaper at a marathon and wrote George.
- (3) Weekly mileage 40 mpw but would build up to 80-85 mpw when training for marathon.
- (4) I knew Larry Bird (not the basketball player, just as I am not the famous marathoner), who is no longer running and never registered his streak.
- (5) I no longer run marathons so don't do high mileage weeks anymore.
- (6) Biggest challenges were prostate cancer surgery, hernia operation, and 2 weeks ago fell and broke 2 ribs. I was able to run 1 mile the following days.
- (8) Have lived entire time in Levelland, TX.
- (9) Thought I did register it (the streak).
- (10) My minimum is one mile but I think if someone has a serious injury and goes out to run ¼ or ½ mile, that streak should not be considered over. I also work out several times per week at a fitness center.
- (12) If you plan to begin a streak, be sure you are doing it for yourself.

40. David Molnar of Windber, PA , whose 27.3 year running streak would be 75th on the Active list if he registers it. He is 62 years old.

Jan 27, 2014 note from George Hancock: *I just spoke to Dave via phone. His running streak is still going strong. Dave's streak dates to 8/30/1987. Dave no longer races. He retired a year or so ago. But, he still is an assistant Boys & Girls Cross-Country coach at the nearby Forest Hills High School. This is his 18th year as a coach. Dave was very excited about the upcoming season - even though its months away - due to the promising girl cross country runners.*

41. Mark Schafer of Lebanon, OR. It is not known whether he still runs daily or not. He was only on the first list. He is 54 years old.

42. Ronald Whittemore of Claremont, NH, whose 7.2-year retired streak is the 110th longest. He is 76 years old.

Ron was the first paid lifetime member of the USRSA on April 2, 2001. He wrote an article, My Running Journey, in the Winter 2008 issue of the Streak Registry. Here are excerpts:

I was 50 years old when I started my streak, but I still hoped for more (than 7 years). When I got the first copy of The Streak Registry, my wife said, "Oh, No, you're not going

to start another streak, are you?" I really thought about it, but after a few weeks decided not to. I first started running on the 1954 winter track team. It wasn't much, and I couldn't do long distance. A mile seemed like a marathon, so I went out for the 30-yard dash.

The one time I did a longer race, my legs gave out when I was still in first place and I fell. So much for winter track! In the spring, I tried for the 220-yard dash. Too far for me – I finished last on our entire high school team. I didn't run again until I was in the Navy, mostly to get out of other duties, but later because I liked it (1 to 3 miles).

Then came the day my brother ran the Boston Marathon. I thought that might be easy and fun to do, because if he could do it, I could too. I trained 3 miles a day, figuring that should be enough. Three weeks before the race, I decided to do 24 miles. I made about 8 miles, then walked the rest of the way. In the 1961 Boston, I ran the first 18 miles in 2 hours and the last 8 in 2 ½ miles, walking all the hills. When I finished, I knew I hadn't trained enough and that the marathon was a lot farther than I had thought.

The next year I joined the Air Force and got married. My wife said, "You look stupid running around the streets," so I gave it up. In 1982, running to help my daughter ride her bike, I couldn't even go 50 yards. I decided to start running again, working up to 10K and longer, including some races. 1989 New Year's resolution decided to run every day, to see if I could, about the same time I joined the Sunshine Striders running club and met Ken Birse. Neither one of us ever talked about our streaks, so I didn't know he ran daily until I saw his name on the Active List.

On February 28, 1996, I went out for a long run but came back early because I had a hard time breathing. When I got back, I felt better and decided to run around the track. About half-way around, I couldn't breathe again and couldn't lift my right arm. Later everything seemed OK. I told my wife that night and she told me to go to the doctor, but when I got up, I felt OK and went to work. Later that morning, I got a call from my doctor and told me to come in as soon as I could. He then admitted me to the hospital before I got my run in.

I now run on the track 3 to 5 days per week and do the long jump, competing in the Senior Olympics (he competed in the 60 meter and 200 meter events in 2010).

43. Ray Lorden of Baltimore, MD, whose 15.6-year retired streak is the 77th longest. He is 60 years old.

Ray got started running daily after starting to train with fellow postal carrier, Bob Ray (#1 on this list, in case you missed it). They met because they lived 5 miles apart and were running in opposite directions. Besides Bob, Ray knew two other streak runners – Tim McDermott (unregistered 20 year streak 1980-2000) and John Roemer III. Bob told him to submit his data to George. His minimum was 4 miles per day, averaging 50-60 miles per week (up to 70-80 when training for the marathon). After 4 knee operations, it became too painful to run every day, so now biking is his main exercise. He still does some running, as the Athlinks web site lists him completing a 5 mile race August 2009 and a 5 kilometer race September 2010 in 25:41. His advice – Don't end it unless you physically can't do it, but you have to love it and be selfish.

44. Mike Wittlich of Belleville, IL. It is not known whether he still runs daily or not. He was only on the first list. He is 72 years old.

45. Tomas Loughhead of Huntsville, AL, whose 24.4 year active streak is the 86th longest. He is 74 years old, making him the 5th oldest currently, of those with active running streaks. In the Fall 2005 Streak Registry, he wrote, "Getting my daily run in is about like brushing my teeth and going to bed."

46. Charlie Luchsinger of Westerville, OH. It is not known whether he still runs daily or not. He was only on the first list. He is 67 years old. He possibly moved to Virginia, as a Charles Luchsinger Jr, of Palmyra, VA, age 54 ran the Shamrock Marathon 8K in 2001 in 42:05, one second behind 9 year old Ashley Luchsinger.

47. Dennis Jensen of Las Vegas, NV. It is not known whether he still runs daily or not. He was only on the first list. He is 66 years old. There is a Dennis Jensen, who finished the Red Rock Canyon Trail Marathon in January 2011, with a time of 5 hours 33 minutes, at age 62, which would have been his age 4 years ago.

48. Stephen Minagil of Las Vegas, NV, whose 4.3 year retired streak is the 148th longest. He is 63 years old. He continues to run, as he finished first in the 60-64 age group in November 2013 at the Butch Cassidy 10K, with a time of 43:45.9.

49. John Faz of Lincoln, NE, whose 24 year active streak is the 93rd longest. He is 61 years old.

I started running distance when I was about 8 years old. I would run to school from the farm cross country. Why, I have no idea, especially since it wasn't even "cool" then. I had read about you crazy people in Runner's World. What got me started running daily was at the time I was training for 5K & 10Ks. My schedule would often prevent me from running as consistently as I needed or wanted to. It was taking longer and longer to get back in good condition. I was going to see if I could run for 30 days straight. It wasn't a huge deal as I was already training 5-6 days per week. My minimum distance has always been 3 miles as that was and still is the Marine Corps Physical Fitness Test (PFT) running portion of the test.

George Hancock called me out of the blue at work. I don't know how he had heard of me as the WWW was in its infancy. I never did ask him. George, how did you know about me? George responded that he heard about John from another runner when he contacted running clubs throughout the country. I was running about 30 miles per week unless I was training for a marathon where it would peak at 100-mile weeks for 2-3 weeks before I would taper. I did not know any other streakers at that time, but I had read about several of them.

(6) Biggest challenges to the streak – 1) Sprained ankle a few years ago in California, rolling it badly on the edge of the asphalt. It was during my 3 daily miles and I still had about 1/2 mile to go. I think I sat there for 15-20 minutes before I could even get up. I hobbled/limped the rest of the way. I was really worried about it around 2am when I tried getting out of bed to use the bathroom. I could not put any weight on it at all. Had to wrap it and overdose on Motrin for a few days. 2) Typhoons in Japan. We were ordered to "lock down." So if anyone would have seen and reported me, I could have gotten into a lot of trouble for disobeying an order.

(7) Towns and states I have lived in during streak: I started on Naval Air Station (NAS) Lemoore, CA. Since then, I have lived at NAS Memphis, Millington, TN, Marine Corps

Air Station (MCAS) Iwakuni, Japan, MCAS Miramar, San Diego, CA, Lincoln, NE, and Guantanamo (GITMO), Cuba. I agree with one continuous mile as standards are necessary if you want to have this type of an organization. Otherwise, anyone could just jog 10-20 feet and call it a daily run.

As for beginning a streak, I always advise runners and non-runners not to do it. If they do it anyway, I would support their decision. As for ending a streak, the advice would be the same - not to do it. As I've said numerous times when I relate my situation, if you are looking for an excuse to NOT run, don't bother me with it. I've heard more excuses than I can count. If you don't want to run, don't run, as it doesn't affect my day at all. I'm always glad to help, until you don't show up or call with an excuse. Just don't ask me again.

As with most of us, I'm certain that we all get asked that ONE question. When are you going to stop? Don't know about anyone else's reply but mine is, "I don't know." I just hope that when that day happens, it is because of my decision and not something I have no control over i.e. accident, illness, injury and such. Death would be OK.

50. Phillip Stuart of Holland, OH. It is not known whether he still runs daily or not. He was only on the first list. He is 40 years old. A Phillip Stuart of Bowling Green, OH ran 40.5 miles at age 26 at the Howl at the Moon 8 hour run in Danville, IL in August 2000.

51. Mark Hall of Dallas, TX, whose 4.6 year retired streak is the 141st longest, and whose second 4.2 year streak is 150th longest. He is 56 years old. He wrote about the ending of his second running streak in the Fall 2005 Streak Registry.

This is not easy to write. I must inform the USRSA that my streak is ended. The pain in my hip had gotten to where I could barely shuffle through a daily run of just one mile. This went on for two weeks when I finally went to the doctor. The x-rays showed no breaks or stress fractures, but his advice was that I should stop running completely. If I continued to run, it would surely develop into a stress fracture. So I decided not to create any further damage and stop running. How depressing! I had run through hernia surgery, cold weather, three months of swollen ankles, and now had to end the streak due to a bad hip. And I don't even know how I hurt it! The doctor feels it was probably an overuse injury.

I spent the summer in California working for my uncle, doing landscaping in extremely hot weather (107 degrees 7 days in a row), and lost 7 lbs. that I did not have to lose. I think that may have weakened my body, causing the injury.

I was going to go into a big explanation on how I have been fighting anorexia for the last ten years, and that I do not even weigh 100 pounds now, although I have gained some of the 7 pounds back. That is too sensitive a subject for me, although I do wish that my voice could be heard, so that no one else allows himself to let his body get into the frail condition I have. I was a college runner (4:24 miler) and soccer player, and after college competed in triathlons. At 5'10" and 132 #s, I was never fat, but I allowed the depression of divorce to affect my eating habits and truly ruin my life. Streaking was a wonderful outlet since I had gotten too slow to compete anymore. At least I could run every day.

This was my second running streak, and I really wanted to break five years. I tried to run a little the last day or so, but the pain is still too severe. At least I am now able to walk

normally again. To be honest, I am not sure that I will start another streak, but I will continue to enjoy reading about you brave and unique souls who continue to run every day. Thank you for your companionship in spirit, and God Bless.

More from Steve DeBoer:

SO there you have what we know about the 51 individuals who constituted the first list of streak runners in this country. If anyone has information about those we were not able to contact, let me know. I see we have recently added two more on the active list who began daily runs before age 13, brothers Nolan (9) and Conrad (11) Walt. This bring to 9, the number who began before reaching 13 ½ years of age. The only other siblings who did it were Joel (8) and Paige (13) Pearson. Nolan now replaces Keziah Wilde as the youngest streak runner currently. The other four who started as preteenagers are Tim West (8), Bradley Blaszyński,(10), Jonathan Reid (11), and Yeraj Rust (11). Paige and Tim have since retired their streaks, but the other 7 continue to run daily.



From left to right: Steve DeBoer, Dawn Strumsky, and John Strumsky



Andrew Bradt with daughter

ANDREW BRADT JOINS USRSA

I've always loved to run. I started when I had a big mouth in a neighborhood of older kids. I broke my ankle in 5th grade and still ran a mile in PE class on crutches. The next year I ran a 5:17 mile as a 6th grader and won the entire race in all age groups. I needed knee surgery in high school from basketball and returned to make state that same spring in 4 events.

After school I went through spurts of running. It wasn't until the fall of 2011 that I noticed I was 25 plus pounds over my weight when I graduated from school. So at the age of 31, on the day of all feasts (Thanksgiving), I set out on a quest to run everyday for a year.

I travel a lot for my job and was going through school and set to have our second child the following March. 366 days later I leaped to my goal in a leap year. I ran through sickness, I ran at every hour of the day, once in an airport. I ran through Times Square and the

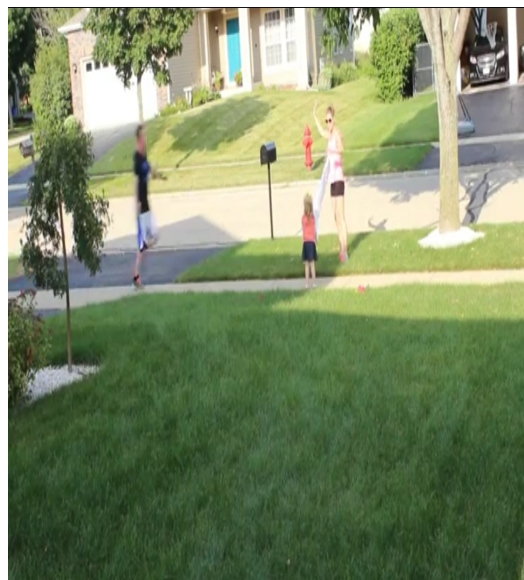
beaches of Miami and California.

The 2nd year I ran through the mountains of Costa Rica and countless hotel treadmills, some nice ones and some ones that a hamster wheel would have been better. I have broken a 5 - minute mile and ran a sub 18 minute 5k.

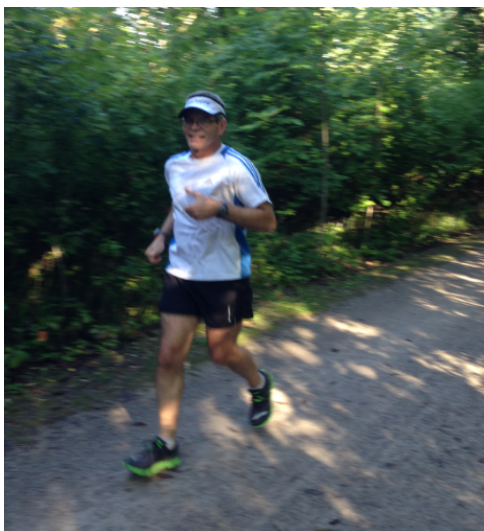
The greatest thing is I get to run with my daughter. I also inspired my wife who recently ran for a year straight and has only missed a few days over the span of the following year. It gives me great joy, not sure if I'll reach 45 years... I only hope my body allows me to do so. For now, I will run my 3-5 miles everyday and do anything in my power to have the moment to reflect and give me balance in my life. The feet hitting the pavement or the walking belt is my escape.

The pictures are of being surprised by my wife and daughter at the end of my 1k days straight with a banner to run through and flowers from my little girl.... loved every minute of it.

Andrew Bradt
Lake in the Hills, Illinois



Andrew Bradt with wife and daughter



Steve Davis

STEVE DAVIS COMPLETES 4 YEARS

Steve Davis of Rochester, Michigan completed 4 years of running every day outdoors on August 17th 2014. His 5th year, the road to proficient, started the following day with a 5 mile run in 50 minutes.

Four years was celebrated by running with his daughter, Haley (visiting from Texas). They ran 4 miles in 44:45 (oops meant all 4's). This was Haley's longest run!

To keep the streak even more fun, Steve included mini-streaks. To celebrate his 61st birthday, he ran a 10+ mile run every day for 61 days. Early in 2014 he ran a half marathon distance every morning for 13 days including one actual race. Three days after completing that challenge, he won his age group in a local 5K race.

This past winter, all runs with a 5K minimum were run outside even in the worst Michigan Winter on record. -40 wind-chill for a 4 mile run was not very pleasant.

During the 4 years, he logged 11,451 miles or 7.8 miles per day. Next Goal? "Proficient" of course!

Steve Davis
Rochester, Michigan

BRUCE MORTENSON'S STREAK HITS 3 YEARS

I believe this is the longest period I have gone without missing a day since I started running in the summer of 1959. Since I can't run or race very fast anymore maintaining the streak has become my main motivation.

I coach high school track and cross-country, which also keeps me going. I also get a lot of variety in my runs as we live in Minnesota but also have a place in Oregon. Trails are my favorite place to run.

I have run at least two miles every day during the streak and have averaged about 45 miles per week. My usual pace is about 8:30 a mile. I feel really blessed to be able to run relatively pain free as I know most the people I ran with in high school and at the University of Oregon are not able to run anymore.

Bruce Mortenson
Minnetonka, Minnesota

BOB KIMBALL'S STREAK ENDS AFTER 32 YEARS (11,883 DAYS)

The onset of old age and its health issues has ended my running streak after 11,883 days.

Best of luck to all y'all.

Bob Kimball
Pensacola, Florida



John Wolff

JOHN WOLFF'S STREAK REACHES 24 YEARS

On August 31, I completed my 24th year of streak running and on the next day, September 1, my streak began its 25th year. I continue to run a minimum of 3 miles per day @ 7:30 pace. Hope to make it at least another 25 years.

John Wolff
Spotsylvania, Virginia

JON GARBER'S STREAK ENDS AFTER 950 DAYS

It is with a little sadness that I'd like to report the retirement of my running streak. My last day of running was August 7th, which made my streak 950 days. Unfortunately, I needed hernia surgery on August 8th so that I could get back to work ASAP. I never wanted my streak to end due to a running injury and so I guess it was some relief that it ended due to a non-running issue.

Jon Garber
De Pere, Wisconsin

CHRIS BRACKMAN'S STREAK HITS 3 YEARS

Thanks for the 3-year reminder. Never in my life did I think I would make it this far when I started, but here I am! I've been blessed with another injury free year so I'm very thankful for that. All my runs continue to be outside which was a bit of a challenge given the cold of this past winter. My personal best (or worst depending on perspective) all time low temperature run was minus 16 degrees back in January. I added my first run overseas back in July with a trip to the Dominican Republic where it was sunny, humid, and in the upper 80's. Quite a bit of a difference from those cold January temps! My oldest daughter has a 4 month streak going so perhaps next year she'll be able to join me on the list. My best wishes to all the other runners out there for good health and many miles. You continue to be an inspiration to me!

Chris Brackman
Delafield, Wisconsin

AMY LAWRENSON ENDS STREAK AFTER 500 DAYS

I hope you're well! Just wanted to let you know I stopped my streak on 26 August. I was on 500 days.

Thanks so much for letting me be part of the streak association. I really enjoyed my run streak as it's led me to train to be a PT in my spare time - part of the reason I'm retiring as I have lots of studying to do. I'm just in awe of everyone who carries on for years and years!

Amy Lawrenson
Sutton, United Kingdom



Theresa Mazzaro-Flora:
 "That's me, #319, running over the
 Brooklyn Bridge in August."

THERESA MAZZARO- FLORA'S STREAK HITS 5 YEARS

Thanks for the congratulatory email for my 5-year Streakaversary. Yes, I'm still running every day; averaging about 8 miles/day, all miles run outdoors. I've run a bunch of races during the last year, mainly with the NY Road Runners, and have run my way into the 2015 NY City Marathon! I'm also traveling to Lisbon this October to run their Rock 'n' Roll full marathon. I ran one trail race, and I will never, ever do another one again! I'm strictly an asphalt runner with zero trail experience, and this particular trail race was one of the most challenging in the area. It was treacherous for someone like me. But I

managed to place first in my age group, probably because I was too dumb to realize how close I was to breaking an ankle. I have a lot of respect for trail runners after that experience. That's about it for this year...

One other thing. I happened upon this group by accident a bit over a year ago, and since then have made some wonderful friends here...Lauren, Woody, Houston, Judy, Deb, Falamack and the list goes on. Another runner, Melissa Ortiz (who ended her streak), and I, have become good friends despite the miles between us. It's amazing all the wonderful things this group has done for my running, my streaking, and my life in general! So thankful and proud to be a part of it.

Theresa Mazzaro-Flora
 Mt. Kisco, New York

DEB BRASSFIELD'S STREAK REACHES 17 YEARS

My streak is still going strong with my 5k minimums.

Deb Brassfield
 San Jose, California

MATT LEARO'S STREAK ENDS AT 444 DAYS

My current running streak has ended due to a hypoglycemic reaction over the weekend. My streak ended on 9/20/2014. I will begin again soon and let you know when I hit another year.

Matt Learo
 Liverpool, New York



Matthew Mace: "The picture from the Half Marathon in Bar Harbor Maine. Still made it under 1:30, but just barely. Not getting any younger, but still running!"

MATTHEW MACE'S STREAK HITS 29 YEARS

Yes, I am still at it – so today (29 September 2014) was 29 years. I continue to run every day and race quite often. I do not have a set run for each day; every day is at least a couple of miles, and although I have not run a 100 recently I am signed up for another 50 miler this Fall.

Matthew Mace
Arnold, Maryland

ZAK NOVITSKE'S STREAK ENDS AFTER 838 DAYS

I just wanted to let you know that my streak ended April 10th, 2014. It was a

good run for me, no pun intended.

My streak came to an end last April due to my wife's and my desire to no longer sire. We decided to focus our affection on the two little ones and didn't want any more to divide our attention! The doc told me I should take at least ten days off, so I grudgingly obliged.

My two plus years of streaking are nowhere near many of the other longevity records. However, I had a great time running 3,584 miles, getting PRs multiple times in the 5k, quarter, and half! I completed my half PR in 1:26:18, which puts me in the top 6.7% according to athlinks.com.

I received plenty of new technical tees for about \$50 on average. Totally worth it.

Ran some small races along gravel paths and big Rock n' Sole races in the city. Found my favorite type of shoe and the optimal number of miles before a replacement was needed. Glad I found the Streakers website and FB page to read about others' adventures.

I tried to revive the streak, and had another couple months under my belt before moving with the Army to Colorado Springs, where the streak ended again when both kids got sick on vacation. Unbeknownst to me, my new job requirements would not have allowed me to continue anyway.

It was a really great experience and I'm eternally grateful to my wife for supporting my efforts, even though she called me crazy numerous times (like when I twisted my ankle on a trail run and continued the streak). Hopefully I'll be back here somewhere down the road. It was a good run.

Zak Novitske
Milwaukee, Wisconsin



Steve Gathje

STEVE GATHJE'S STREAK HITS 42 YEARS

I got my 3 miles in this morning [14 September 2014] so the streak lives for another day and another year.

Every year I get a little slower (or maybe a lot slower). I'm running fewer miles (30 miles a week or so) and I rarely ever run races. Probably the highlight of the past year was running my 4th Ragnar Relay. It's a 12-person relay. There are a number of Ragnar races around the country. I ran the Great River Ragnar which starts in Winona, MN and follows the Mississippi River up to Minneapolis. 205 miles. The reason it was a highlight was that our 12-person team was made up of family. The six-person van I was in was me, my brother, my sister, 2 of my brother's daughters and my sister's daughter. It was just a great family experience!

Steve Gathje
South Minneapolis, Minnesota

PAT GROWNEY ENDS THIRD STREAK AFTER 1821 DAY

Yep, you can put the fork in to check, but I'm done. June 10, 2014 was the last day.

My right hip has been hurting for a while and was getting worse. So I took some time off. In a week or so it felt much better, soooo I went running and the pain came back -- repeat 4 times -- It's official I am finished running.

It started in high school in 1957 and lasted about 57 years 17 marathons and a streak of 27 1/2 years + 2 others and yes, it bothers me every time I see someone running, but at age 71 I guess I wore out.

I am now in the gym 6 days a week --- no streak!!!! and no hip pain.

Pat Growney
Lavallette, NJ

SAM LATHROP'S STREAK HITS 2 YEARS

Two years are completed. I completed my mileage closer to home this year because I am no longer traveling nearly as much. I was able to add Nevada as a new state I have run in and I will be adding Puerto Rico in October. This past go around I have had many days of maintenance one milers. I think this is an effect of being at home, because the alternative to not running 5 miles is going home to see my wife, as opposed to an empty hotel room. I intend to keep going for at least a few more years. I would really like to see my name appear on the 5+ list.

Sam Lathrop
Ardmore, Pennsylvania

GEZA FELD RECALLS 1981 BOSTON MARATHON

I ran the Boston Marathon in 3:01.28 on April 20, 1981. There is a funny story to it, which, I did not find it funny at the time.

My goal was to break 3 hours and I reached a sign on Beacon St. saying 25 mile in 2:49:30, under 7 min. pace. Piece of cake. I'm feeling good. I have more than 10 min. left. No problem.

At that point a spectator in front of an Irish bar held out a paper cup with transparent fluid in it. I needed water, so I grabbed it and gulped it down. Bang. I had to stop. It was gin. I tried to keep going but it was like a punch in the solar plexus. I staggered on, then walked then ran and walked again, ran again. It took almost 12 min. to do the last 1.2 miles. I stopped running marathons. Man plans, gin decides.

Geza Feld
Farmingdale, New York

JERRY CAINE'S STREAK HITS 24 YEARS

The streak still lives. The sun goes up, the sun goes down, and I get my run in...no matter what! Hey, only one more year and I get to move on up in the world to "The Dominators."

My lifetime miles [started in the mid to late 60's while in HS] are almost to the 123,000 level. Totals for the streak alone exceed the 75,000 mark now. Within the next several years I'll finally reach the 10,000 day level and before then my total miles will reach two different milestones: the distance equivalent of 500,000 laps around a track AND also the equivalent of finishing my fifth lap around the equator

of the earth.

Future goals [other than extending the streak, that is, day by day] is by my 100th birthday [Lord willing] to see my total miles exceed the earth to the moon distance and get to the rare atmosphere of at least 250,000 miles [a cool one million laps around a track] and also push the streak up to 60 years. If so, I'm planning on celebrating my birthday then by finishing a marathon and breaking the WR for the only 100 year old ever to finish one...8:25.

Each subsequent birthday will also be celebrated by extending the 'oldest finisher ever' record by one more year. Yes, I do have a whole lot of ambitious goals and objectives in mind but I have found it helps in getting through the day to day miles and keeping me motivated.

My running these days may carry all the excitement of watching grass grow but I see it as an important benchmark of stability and endurance...very important things that money today just cannot buy. To infinity and beyond.

Jerry Caine
Santa Rosa, California

ERIC LACEY'S STREAK HITS 4 YEARS

My streak is still alive. Yesterday's [1 October 2014] was 4 years. (1461 days, 2146 miles) Most runs are a quick late night run for a little over a mile just to keep the streak going.

Lots of changes constantly happening in my life. The running has grounded me mentally. Thanks for checking in on me.

Eric Lacey
Fort Worth, Texas



Ron Martin

RON MARTIN'S STREAK ENDS AFTER 1,017 DAYS

I ended my running streak at 1017 days this past Saturday [September 6, 2014]. I have been battling a hip leg issue for the past couple of months and even just running the minimum it was not getting better. I was getting treatment 3-4 days a week as well. I had my first DNF at the Hallucination 100 mile race this weekend, dropped after 33 miles. I could've ran Saturday for the mile but decided to end the streak and take at least a week off.

My streak ended due to a leg injury that was not getting better. I had some severe pain in my right groin, hip and IT band. I was getting treatment but it really was not helping due to the running streak so I was running the Hallucination 100 mile race in Michigan and told myself going into the race that if I DNF'd I would take a break from the streak and get myself healed up. I made 33 miles of the 100 miles and was in some pretty good discomfort so I made the decision

then to drop from the race and have zero regrets.

During my streak I ran 9144.3-miles which is an 8.99 mile per day average. I completed fourteen marathons, one 50k, one 50 miler, two 100 milers and one 24 hour race in which I completed 110.3 miles in the 24 hours. One of the 100 milers, Skydive Ultra in Florida, I managed to win the race. I got a marathon pr during the streak of 3:24:51 plus I finished all the marathons in well under 4 hours. I also ran many half marathon and shorter races as well. I have only been running for just under 6 years and doing the marathon distance for just under 5 years and started ultras in 2012.

I enjoy racing, love the people, the atmosphere, everything about it. I also enjoyed the running streak and as of today I am on day number 3 of a new running streak with hopes of making this one longer. I plan on taking so easier days during this streak, something I did not really do during the one that just ended. I think this 52-year old body needs it. By the way the day my streak ended was my 52nd birthday, the 100-mile race was a birthday gift to myself. I will be returning to the Hallucination 100 next year for some redemption, it is the only race I have DNF'd so I need some payoff.

I enjoyed the streak and never meant to run this many days in row when I started but I enjoy racing marathons and ultras even more so I had to make a choice. At 52 years old I want to continue racing into my 70's and do not think streaking will be the way to get there. This is such a wonderful group and supportive group of incredible runners and I have really enjoyed my time as part of the group. Streak on!!!!!!!!!!!!!!

Ron Martin
Warren, Pennsylvania



Hopper, Jim, and Joel Pearson

PEARSON FAMILY STREAK TO RECORDS

Two members of the Pearson family reached streaking milestones in September. On the second, Kennesaw State University cross country coach Joel, 28, became the youngest runner ever to join the Highly Skilled category as he completed his 20th year. Ten days later, Hopper, 32, moved into the Proficient group, having completed his fifth year. Needless to say, I am proud of what they are able to do.

For some time now I've been aware of how we are doing versus other families. John Wallace recently contacted me and asked how the Wallaces ranked in the Father/Son category. Of course, Joel and I would be far out in the lead, and I assumed that John and John III were second, but I was in error. Second actually goes to Hopper and me. We lead the Wallaces by eight days. My 40 plus years throw a lot of weight. The Wallace pair is much more balanced as they started together and now have over 9,000 days each. That's impressive. John III, 38, is the youngest to reach the 9,000 day mark on the streak list.

Two more records for which I don't have actual proof (remember the 40 plus comment, though) are the Father/Daughter since Paige compiled 1,025 days before retiring to more occasional running, and the Brothers classification when my streak is added to the 1,136 tallied by Don Pearson. Come to think of it, Joel and Hopper may rank second in that group.

An interesting side note: I never tried to get any of my family members to run. My kids saw me run every day and never thought of it as anything special or abnormal, so becoming runners came naturally to them. When Joel was first told by Hopper that I was nearing the 25 year mark, he was intrigued by the idea and immediately started his streak which in a way is seven days longer than the record shows. On his seventh day, he ran .7, so years later when the Registry decided on a minimum of one mile, he lost that week. Brother Don's streak is also longer. In his case, his mileage was recorded in notebooks that I provided. There came a time when the year ended, and I failed to get him a running diary, so the recording stopped. The actual streak did not.

I know that my streak will some day end, but NOT TODAY.

Jim Pearson
Marysville, Washington

WILLIAM STARK'S STREAK REACHES 38 YEARS

Close call recently. After running, I went to the ER with atria fibrillation and did the minimum the next day with my cardiologists OK.

William Stark
St. Louis, Missouri



John Watts

JOHN WATTS' STREAK HITS 34 YEARS

Another streak anniversary (34 years) and another congratulatory e-mail from Mark Washburne representing USRSA and SRI. Thanks. It feels good to get support and encouragement from my streak running community!

A few days ago I had an older gentleman in church warn me that running isn't good for me. He had been to his doctor who had recommended walking but had specifically advised against running. Just a wild guess, but this doctor probably wouldn't recommend running every day either!

As a variation on the old saw, "I know more old drunks than old doctors." I think I can honestly say that I know more old runners than old doctors. I know a few old runners who are old doctors. And one of these days very soon I can probably lay claim to that title: "old runner."

As I told that older gentleman in church who was trying to be so helpful, running every day is something of an experiment for me. I'm curious how long my body can keep doing this. I learned long ago that the body can heal from just about anything while still running that minimal mile a day. And soon I'm healthy once again and ready for a longer run at a pace just a little faster than what is comfortable.

I run 8 days a week, sort of. I run once Monday through Saturday but twice on Sunday. My Sunday morning 3 miles gives me time to review the sermon I'm about to preach. Then Sunday evening, at 8:30 pm sharp, I meet my ultramarathoning friend David Barrett at Lake Lowell for another 5 miles.

Last night he was in Chicago where he had just run the Chicago Marathon (a short run by his standards). So I was by myself at 8:30 pm. I used my flashlight to navigate the trails. I didn't see another soul. It was a beautiful, brisk evening with an almost full moon to supplement the flashlight. I thoroughly enjoyed every step.

One of the glories of my life is that I am still able to get outside and run to my heart's content. It's a bonus that I get to do it every day.

John Watts
Nampa, Idaho

CAROL BANCROFT'S STREAK HITS 5 YEARS

I enjoyed my streak anniversary! Still running & still loving it. I covered 11,729 miles in my 5 years. Ran four marathons & a bunch of smaller races. Hope to keep on going!

Carol Bancroft
Safety Harbor, Florida



Jim Merritt

JIM MERRITT'S STREAK HITS 13 YEARS

Sitting here thinking that if I can wake up tomorrow [29 October 2014] and do my usual Tuesday 3 miler I will have completed 13 years of running every day. I am less than a month away from my 67th birthday and I still can't believe I have been able to pull this off.

The thought of running had never crossed my mind until I was almost 51 years old. In the middle of July 1998 a doctor's diagnosis to my wife shook me so severely that I quit a 30-year smoking habit cold turkey. A couple of months later when I started to put on some extra pounds I decided I needed to do something about that.

At first I started walking but that didn't last very long. That's when the thought of running crossed my mind. I remember my first run very vividly. It was only about three quarters of a mile and I thought I was going to die. Before too long I was out there in the dark almost every morning putting in 4, 5, or 6 miles before heading off to work.

In those days I was running most every day but never on Sunday. After I had been running for almost 3 years I decided on October 29, 2001 to add Sunday and see how many days I can string together. It never occurred to me that other people might be doing this too.

Anyway here I am on the eve of finishing up 13 years. I haven't had many injuries and not too many accidents that have been streak threatening. One whopping accident about 5 years ago that only by the grace of God am I here to tell about.

A 9-foot fall backwards from my roof was the culprit. I suffered a mild concussion and extreme soreness for about a week but I was still able to get my minimum 1-mile in although it was extremely painful.

Just about all of my running is done in my neighborhood and until my recent retirement in pre-dawn darkness before work. I don't own a treadmill so it is all outside.

I have done a considerable amount of racing over the course of my streak. Since beginning my streak I have run in a total of 235 timed races. Over half of them (167) have been 5Ks and 35 have been 10Ks. The rest have been anywhere from a 1K up to a half marathon.

A good number of these races have been trail races, which happens to be my favorite kind at this point in time. I have mentioned to the race director of most all the trail races that they are the icing on my running cake.

I am a daily visitor to our Facebook page and really enjoy communicating with other streakers from around the country and sometimes the world.

When I first started running I wouldn't dream of running without music, but now I never do. I do believe that my running streak has made me a better person on many levels. I plan to keep it up as long as the good Lord allows me to.

I have a short-term goal as well as a long-term goal when it comes to my running. My short-term goal every day is to finish my run tomorrow. My long-term goal is to run every day for the rest of my life. When I finish my run tomorrow I will have met my short-term goal 4748 times and the long-term goal is still going good at this point. Happy Streaking Everybody!

Jim Merritt
Buford, Georgia

CLINT STEVENS JOINS USRSA

I started running in an effort to alleviate symptoms of an escalating diabetic condition. I became attracted to the idea of long distance running and quickly found myself training for longer distances. The challenge was satisfying to me and was a way I could remain active.

Within a year of starting running, I was so excited about the challenges of distance/endurance running that my next goal was to join the Marathon Maniacs club and I satisfied their requirements by completing the Marathons of Texas Challenge. Overall, I have run twelve road races.

With the birth of my first child, I made a decision to cut back on these longer distances and streak running was always another type of endurance running that was both impressive and outside the bounds of ordinary human will. So, being ready for more physical

activity and ready to test my limits, I set out with the goal of a daily mile run. I have not been fast, but I have been consistent. I currently have no end in sight for the current streak.

Clint Stevens
Houston, Texas

BILL HOWES' STREAK HITS 3 YEARS

My streak has reached 3 years (actually 1142 days as of this writing)! In the last year, I had one close call as I tripped on a branch at the side of the road and took a nice header into the roadbed. Thankfully, I ended up with only some sore ribs for about 2 weeks, which made running quite slow and painful. The streak still averages 2.5 miles daily.

I retired in Sept 2013 and work part time twice a week. I also became a first time Grandpa in June so another couple a days a week is spent with my new grandson AJ!

In the past year, I've raced a 5K, a 10K and just finished the Detroit Free half last week (with a PR of almost 3 minutes).

I've joined a running club that runs every Tuesday in downtown Detroit. We start at a different metro Detroit site and run 4 to 6 miles. After the run we meet for food, drink and interesting conversation. If anybody is ever in Detroit and has some time on Tuesday nights and wants to run with us, let me know. The routes are safe and the group is fun. Our website is detroitdowntownrunners.com. Once again, best wishes and good health to you and all of our fellow streakers.

Bill Howes
Royal Oak Michigan



Yvette Faris

YVETTE FARIS' STREAK ENDS AFTER 7 YEARS

Sorry that this is so late, but I wanted to let you know that after 7 years, 4 months, 4 days, I have ended my running streak. My last streak run was on July 29th, with total of 7838 streak miles.

Basically, I was starting to feel that running everyday had become a chore, and not something that I looked forward to, and was enjoying less and less. I tried giving myself some "days off" (aka – 1 mile), to see if this would help. But that only seemed to make things worse as that short distance was just not worth the effort to dress and get out of the house. So, after many, many hours and sleepless nights deliberating this decision, I made the leap and ended my streak.

The good news is that although I am a bit sad that after 7 years I no longer have the desire and motivation to continue my streak, I am very comfortable and happy with my decision. I am now enjoying my runs much more so, and running when I want to, not because I have to. I have now reintroduced biking into my daily routine, so the mix is a welcome change. I guess it was just time for me to end my streak, and I am good with that.

I wish all current streakers the very best and may all your miles be happy one.

Yvette Faris
Wallingford, Connecticut

JOEL PASTERNAK'S STREAK HITS 10 YEARS

So with 10/31 out of the way I am on to the next level. My total streak miles is 20,343 - that comes out to 5.58 miles per day. My minimum is 3 miles a day. I'm in my 50th year of running and have amassed 122,886 miles. Knees are holding up, but training pace is slowing down. Last February I traveled to Costa Rica with my wife and did my running at 5,500 altitude on some bad dirt roads. During my 10-year streak, the closest I came to missing a day was on a trip through Canada. I was on a train and we had some delays. We got to our cabin in Banff at 9pm. The sun was still up so I got my 4 miles in at 10pm. Also in the 10 years of my streak I have used the treadmill, parking garages, malls, and have done 6 miles on an indoor 200m track. I have continued to do my high school, youth, club and individual coaching in the Essex, Bergen, and Passaic county [New Jersey] areas.

Joel Pasternack
Clifton, New Jersey



Cynthia Almudevar (left) with sister Linda MacMichael.

CYNTHIA ALMUDEVAR'S STREAK HITS ONE YEAR

My streak began, as things often do, quite serendipitously, a lovely word, which means "making a fortunate discovery by accident." Relaxing in the local library, I had picked up an old copy of "Runners World" and opened it up to find an article about streak runners and was immediately intrigued. As a casual runner, I often covered two miles about three times a week, and only once completed a 5K. Could I, at 53, actually run every day? That night I emailed my younger sister, Linda, in Canada, to see if she would be willing to join me and she immediately wrote back to say that she would accept the challenge.

And so it was, a few days later, on October 28th, 2013, that we took our first official streak run, she in Canada and I in Rochester, NY. On that day I huffed and puffed my way through two miles and wrote in my journal, "I wish I didn't get winded so early in my run. I

want my physical body to reflect the joy I feel in my spirit when my feet are carrying me down the road." But day after day I went out and day after day I got stronger and leaner. At the end of the first month my daily run was typically three miles.

By the time my streak was two months old the Upstate NY winter challenged me with her blizzards and ice storms. I am stubborn enough to go out anyway and so I bought a runners mask and winter leggings and headed out day after day. Often I was the only one in sight but I loved it!

Four months into my streak I had to figure out how to run after a colonoscopy procedure, which ended up being a rather nauseous 1 1/2 miles in my neighborhood with my son Jacob running alongside to make sure I made it home. Seven months into my streak, a chest freezer was dropped on my knee and the bruising eventually became a large pocket of water. I had it checked out and, since nothing was broken, I ran my usual miles and put up with the odd sensation of water bouncing as I hit the pavement! The only other challenge occurred when spring arrived and I foolishly added too many miles too quickly and experienced my first bout of real pain. For one week I ran a mile a day and cried while I ran. But the next week I could run two miles a day and by the following week I was back to running the usual routes.

I have experienced the coveted "runners high" a few times, and on those days I amazed myself by covering eight or nine miles as if floating on air, my body finally able to grant the wish I had made on that first day, to reflect the joy I felt within. Eventually I added a weekly long run of six to eight miles and I went from a 33:40 5K finish to a 27:50 race, with energy left over at the finish line!

On October 27th, 2014 my sister drove over the border to join with me in our epic 365th run. We had encouraged each other every day and there was no way we could miss celebrating together. Our run ended with balloons and gifts and red velvet cake, a paper tape to run through and plenty of congratulations. Linda decided to end her streak at the one-year mark. I am crazier than she, and ran with reckless abandon into the first day of year two.

The community of streak runners on the facebook page have become like family to me and the Streak Registry magazine is read cover to cover, more than once. Where else can we talk about running over and over and not have our story grow old? What an amazing thing it is to me, that I have been added to the list of USRSA streakers. What a gift and a blessing to be numbered among those whose discipline and perseverance makes them a rare breed indeed.

Cynthia Almudevar
Pittsford, New York

PHILLIP HAWLEY'S STREAK HITS 15 YEARS

My streak is currently going well. I had two of my worst injuries back in April, but no signs of them remain today. I have been able to maintain my average 5k pace since college 5 years ago but I am apparently losing the ability to process my surroundings at my top speed. In about a third of the races I had a sizable lead but in the end I was either disqualified or lost only because I missed turns that were not marked as well as they should be. I don't blame the organizers because part of the race is knowing where you are going regardless of how well marked the course is, especially if there is a map beforehand.

I will have to drop my mileage down next summer and fall as my wife and I are expecting our second child next May. Our first child was a very easy baby and I still felt exhausted every minute of the day from the time my wife went back to work until Jillian was 8 months old. With the extra responsibilities of being a father, the time of day each run occurs varies greatly but my training pace remains ever constant. It doesn't matter if it is raining, windy, snowing, 100°, or a perfect 65° and partly cloudy. It also doesn't matter if I am wearing the wrong shoes, exhausted, sick, hurt, or healthy. I still easily run 95% of my training miles between a 6:05 and 6:40 pace and at least half of the miles are between 6:18 and 6:25. While I know this will eventually change, right now the smooth form and pace I have run since my last college practice is the only way running is enjoyable. If I try to run over 7:00 pace to taper for a race, I become really drained and don't feel better until I speed up. This is a great mental boost during bad weather but is most concerning when the weather is great.

I will leave you with a cool fact about two of our longest streaking members. While they both have retired their streaks, Don Slusser and Ed Sandifer started their streaks only 98 days apart, but because of the length of time the first streaks lasted, it took Ed Sandifer 5,083 more days to become the 10th longest streaker (Active + Retired) we have than Don Slusser. Don became the 10th longest streaker out of people that have joined USRSA the day he hit one full year on Jan 2, 1972. Don didn't become the new 10th longest streaker until he passed Ted Corbitt's day count on August 28, 1986, over 13.5 years later.

Phillip Hawley
Indianapolis, Indiana



Bill Beach at Big Sur.

BILL BEACH'S STREAK HITS 35 YEARS

Thanks for the shout-out! Another great year of running. Running adventures included running along the Atlantic (AIA Half Marathon) and the Pacific (Big Sur 10.6 miler). Congrats to all the (Streakers) on another year of running. My wife ordered the running streak shirt with the starting date for me. (Great Idea.)

Bill Beach
Macomb, Michigan

GRANT WOODMAN'S STREAK HITS 17 YEARS

My streak is still going strong. I have not run yet today (October 6th), but as I write this, I am about 30 minutes away from going to Cross Country team practice where I will get some intervals

in with my runners. A warm up mile and cool down mile are mandatory for the workout, so the streak is intact. :-) I am planning on increasing my weekly mileage after the season is done to train for an ultra. I haven't decided which one yet, but it will be 50 miles (as I have already completed 3 50k's.). I rolled over 80,000 career miles earlier this fall. Gonna keep going as long as I can.

Grant Woodman
Ithaca, Michigan

RAVEN KRAFT COUNTING DOWN TO 40 YEARS

Thanks for the last edition of *The Streak Registry*. It is always a welcome surprise in the mailbox! I enjoy reading about the fellow streakers and their stories of our bonding with running.

Looks like the 40 years are going to happen. [Editor's note: Robert "Raven" Kraft began his running streak on January 1, 1975.] There is a count down on my website. I'm at 73 days to go [letter dated October 19, 2014]. I made 116,000 miles on September 8th and just made 64 a couple days ago too.

Got a call from Steve DeBoer and he is coming down to do the 40 year run on December 31st. He will be the first person to run with me who has a longer streak and more miles than me.

Been feeling just a little better. My back is still hurting and always will but I am dealing with it best I can with pain pills and a drink of liquid Biocell.

Next week I'll be in a pull up contest. I do plan to win my age group because I'll probably be the only one from my age group entered.

Raven Kraft
Miami Beach, Florida



Sharmene Syversen, Flower City Half Marathon 2011, Rochester, NY.

SHARMENE SYVERSEN JOINS USRSA

Growing up I was never very athletic. I was active but never really into any sports. I first began running in my early 20's during college. My now husband Trevor, was always running and biking in college and I figured maybe some exercise might be good for me too.

I began running with my younger sister Ayesha and we started doing 5 and 10k road races and loved them. We set our sights on the marathon distance and then I got into the cycle of training for a big race and then stop running for months. I repeated this cycle a few times until eventually I completely stopped running and life got busy.

After getting married, finishing my PhD, starting a new job, and having 3 kids, I had not run for almost 10 years but definitely needed to! Luckily I started running again in my mid-thirties and haven't stopped since. I am now in my mid-forties.

All of my miles are run outdoors as I don't own a treadmill. I have always lived in locales famous for snowy, cold winters. I grew up in London, Canada but relocated to the Rochester, NY area for 13 years.

Upstate NY is where I took up running again and is where I have run the majority of my races. I have run more than 25 half marathons and have run 5 full marathons with lots of smaller races in between.

I am now back to the cold, snowy winters. I now reside in Brighton, Michigan, where winter also comes with a vengeance. We have been in Michigan just over 2 years.

I love to run outdoors whatever the weather. Even on the worst days (think snow, ice, freezing rain), I always come back from a run feeling good. I am not a very fast runner but I am so grateful to be able to get outdoors and run!

I have tried doing speed work in the past to try to get faster but I always seem to get injured. Now I am quite content to run at a slower pace and I have been injury free for more than 4 years. My PR's are Marathon 4:33, Half Marathon 2:03, and 5k 27 minutes.

I started a 30-day running streak last fall and have just kept going. I find because the minimum is 1 mile that is doable for me to keep my streak going. I am now starting my second year. I generally run 25 to 30 miles a week and usually once a week I "run" with my friend and former neighbor Jennifer who is in Brockport,

NY. We talk on the headset while she runs our old route in NY and I run here in Michigan.

This running streak has helped me to stay in great shape and motivates me to keep a healthy lifestyle everyday! This spring I am going to help coach the Girls on the Run program at my daughter's school and can hardly wait. I run first thing in the morning most days and I always feel my best days are those that start out with a run. Thanks for reading my story and happy running.

Sharmene Syversen
Brighton, Michigan

CHRISTINE PETRONE'S STREAK ENDS AFTER 612 DAYS

Sad to report that my first streak has ended on day 612. I fell while running and badly fractured my right clavicle. While I may have considered an easy mile on the treadmill for four weeks or so, I will be looking at surgery (2 screws and a plate) within the next 2 weeks. The surgeon thinks I should still be able to run the CIM on Dec 7th which is my goal. I will spare you the x-ray but will begin streak #2 as soon as I can. :)

Christine Petrone
South Jordan, Utah

ROBERT BANNAN'S STREAK ENDS AFTER 566 DAYS

Sadly, my streak came to an end yesterday [5 November 2014] due to a hamstring injury after 566 days. Hopefully I will be back to running soon.

Robert Bannan
Decatur, Georgia

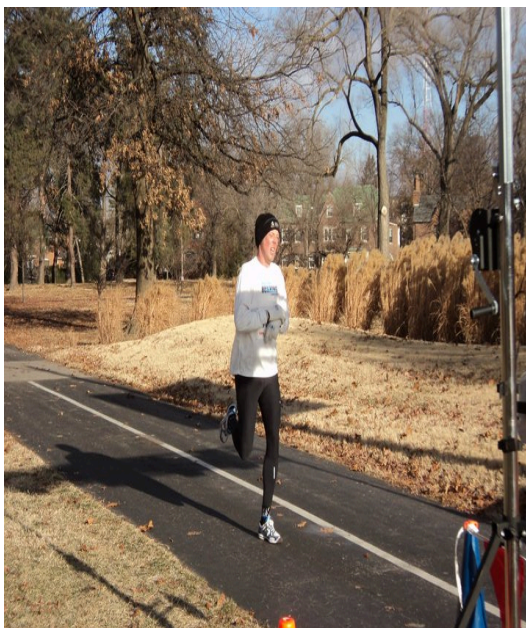


Donna Pertel

DONNA PERTEL JOINS USRSA

Friends and acquaintances ask me what I am training for, what race, what event and are surprised that I say I am not training for anything. Several years ago, I completed a 5K and with that goal achieved, I sat on the couch and did not exercise for the next three months. So, when I began running again with more consistency about ten years ago, the goal I set for myself was to run most days. Slowly this evolved into goals of running ten days or two weeks in a row and then taking a day off or increasing my weekly running from 15 to 20 miles a week. Then I saw an article about the Running Streak Association. Honestly, I was not sure that I could run every day for one year. Now, I can't imagine the day that I stop running.

Donna Pertel
Brookline, Massachusetts



Jordan Sone

JORDAN STONE'S STREAK HITS 4 YEARS

My streak that reached four years today is very much alive.

I started this streak on November 7, 2010. The day before that my girls cross country team had a disappointing eighth place finish at the Missouri State Championships. We were expected to finish third or fourth. After the race I challenged each of the girls to make a pledge to come back the next year and finish the job. One of the things I challenged them to do was to stop taking scheduled days off. If something came up or they were ill, take a day off - but otherwise, run every day.

It occurred to me that if I was going to ask that of my athletes, I better do the same thing myself. I haven't missed a day since. The fun part of the story is that those same girls came back the next season and finished second, and several of them went on to run in college.

As for me, my streak has nearly ended several times, but I have managed to keep it going. Once I went out, inspired by six year old daughter fighting through a tough dance recital when she was sick a few days before, and ran a 14 minute mile in between vomits -- just to keep the streak going. I don't know if I'll continue this as long as possible or if I'll bow out at some point by choice, but it's been fun for sure!

Jordan Stone
Farmington, Missouri



Matt Henslee

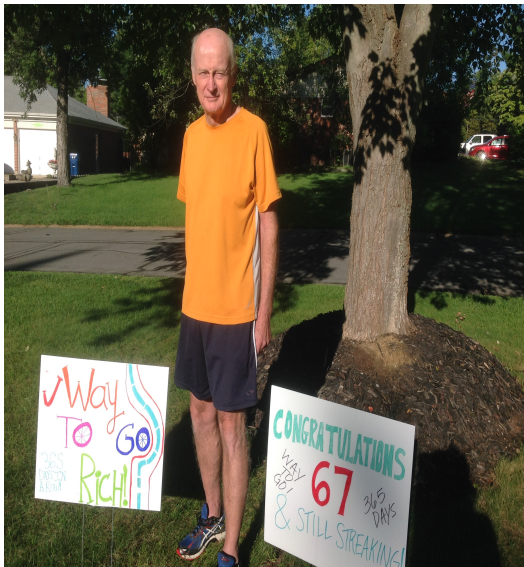
MATT HENSLEE JOINS USRSA

My name is Matt and I am a pastor in the DFW metroplex and have been running for a little over three years. I previously weighed nearly 290 pounds, but started dieting to lose weight and began running when I made it to 250 pounds. Now I weigh around 150 or so pounds and have run well over 60 races, 23 of them being marathons or

longer. Although I love to run trails, most of my daily running is done on the road out of necessity. I don't consider myself fast, but would love to one day qualify for Boston...but until I get ready to do that, I'll keep running Ultras and eating my weight in PB&J sandwiches.

I am married and we are currently fostering four beautiful girls we hope to adopt in December or January. I'm also finishing up my Masters of Divinity at Southwestern Baptist Theological Seminary and hope to graduate sometime before it's time to retire! Because of my busy schedule (understatement), most of my runs begin at 4 AM and my "rest days" (where I'll just run a mile) on Thursday and Sunday are run in my pajamas.

Matt Henslee
Grand Prairie, Texas



Rich Jones

RICH JONES JOINS USRSA

I really like red wine and dark chocolate therefore I must run! I ran track in high

school and then followed a regular running routine for a few years after college. I started running again on a regular basis about 15 years ago mainly for my health. About a year ago I decided it might be easier just to run some every day rather than trying to get back into a regular routine after a few days off. And at my last annual physical all my critical numbers looked good. My blood pressure, cholesterol, and other measures were all within acceptable levels. My doctor told me to keep doing whatever I had been doing regarding exercise, so now I have "doctor's orders" to keep running!

I'm an early morning runner. I'm usually out before sunrise which explains in part why I was surprised to see the signs in the attached picture one morning. We were visiting my daughter just as I was finishing my first year of my running streak, and she and her family had put these signs out sometime during the night along the route I usually follow near their house. I'm also into garage sales so when I saw the first sign in the early morning light I thought it might be a garage sale sign. Imagine my surprise when I then realized what they had done for me.

I also do the RAGBRAI ride across Iowa. It's a week long ride in late July, and if you're into bicycling I'd recommend you check it out. Google RAGBRAI for more info. You just have to get up a little earlier than the other riders so you can get your run in before the day's ride.

In any case, I'm a lucky man to be able to run every day. At my age I don't pass many other runners (okay maybe none), but I feel extremely fortunate to be out there every morning. For me it's a great way to start the day.

Rich Jones
Ames, Iowa



Nicolas Caperna

NICOLAS CAPERNA'S STREAK HITS 7 YEARS

Thank you so much for the recognition. I am very happy to say that, yes, my streak remains intact and unspoiled. Seven years seems like such a long time, until of course, I look at all the incredible names listed above mine. It is, as always, such a joy and inspiration to know that there are others out there with the passion and drive to "streak on." Very little has changed in my daily trek. I have had one important change of finding a running teammate, and for the first time in many years have the ability and pleasure of sharing my running experiences each day with a fellow seeker. My friend is working on her 4th month of a streak and I look forward to nominating her once she passes the first year mark. A few other minor notes that have provided me with a little joy this year... The USRSA singlets are a nice

conversation starter, and the Facebook page has been terrific. Seeing the daily updates of streak runners (sometimes world wide) has been a real treat.

"Being active every day makes it easier to hear that inner voice."

— Haruki Murakami, *What I Talk About When I Talk About Running*

Nicolas Caperna
Baltimore, Maryland



Casey Funk

CASEY FUNK ENDS STREAK AFTER 1500 Days

I decided to end my streak because it was becoming a chore. I started running to get fit. Once I got to the point where it didn't hurt to go out, I looked forward to the run for some quiet thinking time or just to get outside (I work in an office all day).

For the first three and a half years I only ran outside. I ran through some crazy weather: a tropical storm, eight inches of snow (which is a lot in Virginia Beach), really scary lightening storms, and lots of wind and rain. I even ran with the flu twice; those were the hardest two runs I did in four years.

After I fixed the treadmill, I started running inside more and more often. But even with the treadmill, it was starting to get harder and harder to put on the running gear and go. I have three children and they are getting older now, which, even though I did most of my running at night after the kids were in bed, it was getting harder to go. Our schedule is filling up with kid and family stuff, which is increasingly encroaching on my available run time.

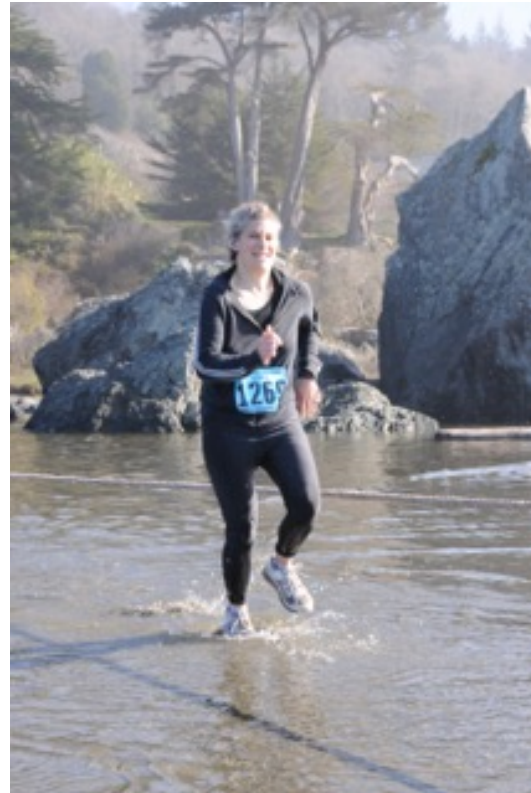
Also, my body was in need of a break. Usually by Thanksgiving my knees would start to get tired but miraculously on Jan. 1st they were fine again! This year I was feeling that in May. My times were getting slower and slower; the miles seemed to be longer and longer. I thought about it (while running of course) for a couple of months before I decided that I would end it.

At first I was concerned that I would stop running all together. The only reason I had run for so long was because of the streak. So I determined that I still need an incentive, a push if you will, to keep running. So now I have set a weekly goal to run at least 10 miles a week. It's not much, but it keeps me out there.

After my streak ended I wondered how I would feel. Would I have that feeling that I just realized that I forgot something? Would I have a sudden "Oh crap" moment? I didn't. My last day was a Tuesday. Ran again on Friday and it felt good. Now I'm running longer distances per run at a faster pace and not dying. I am thinking about signing up

for the next Shamrock half-marathon weekend. I have run four or five halves and several other races, but I took this year off. I'm almost (almost) looking forward to training for a half. Almost.

Casey Funk
Virginia Beach, Virginia



Gaby Cohen

GABY COHEN'S STREAK HITS 22 YEARS

I am still running every day and my streak has not been broken, but I usually only get in a mile or two, as my life has become increasingly busy with my child, myriad jobs, and many volunteer positions. This year I did participate in the Foggy Bottom run in Ferndale California, and the Clam Beach Run in Trinidad California.

Gaby Cohen
Petrolia, California



Paul Seibert

PAUL SEIBERT JOINS USRSA

I started running in 2001 as part of a workout program and to finally quit smoking for good. I was running on a treadmill in the gym at work and some others there invited me to run outside with them during our lunch hour. I agreed to and the rest was history.

I started to really enjoy it and began to push myself to get faster. I started doing races and got hooked on competing with myself.

Someone asked me if I was going to do "The Pig" and I said "Sure, what is it?" Well it turns out that it was the Flying Pig Marathon and I had just committed myself to running it. I trained hard for it and had an unrealistic goal of finishing it in 4 hours. I hit the wall hard after mile 20 and ended up with a 4:15. Thus began my long quest for that elusive 4:00 hour marathon.

At that point I was hooked on marathoning and got involved with several running groups (Jeff Galloway Marathon Training in Cincinnati and Pain By Numbers running group in Newport, Kentucky) where I made great friends and turned marathoning into a hobby and lifestyle.

I finally got that sub-4 marathon in 2012 at Milwaukee Lakefront Marathon and since then have broken 4 hours 5 more times including at "The Pig" this year and this past Saturday at Indy Monumental Marathon where I ran a PR of 3:38:41 for my 50th marathon the day after my first 365 days of streaking. That was quite a weekend!

The greatest thing about running for me is the friends I have made and the health that it brings to my life. Streaking has contributed greatly to this over the past year and I am thrilled to make it a permanent part of my running. I started streaking as a challenge from a running buddy and discovered that I loved it!

Paul Seibert
Fort Mitchell, Kentucky

Official U.S.A. Active Running Streak List
As Certified to the United States Running Streak Association, Inc.
December 1, 2015

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 64
	The Legends (40+yrs)		
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 70
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 60
4.	Jon A. Simpson	08/30/71	Memphis, TN, Retired Dentist, 76
5.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 64
6.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 60
7.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 59
	The Grand Masters (35+yrs)		
8.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 64
9.	James Behr	03/19/75	Trinity, FL, Educator, 67
10.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 67
11.	William S. Stark	09/10/76	St. Louis, MO, Professor, 67
12.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 69
13.	John Liepa	01/02/77	Indianola, IA, Professor, 69 *
14.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 62
15.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 64 *
16.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 56
17.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 72
18.	Rick Porter	12/03/77	Decatur, GA, Developer, 61
19.	John T. Carlson	12/26/77	Indianapolis, IN, Classroom Teacher, 60
20.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 64
21.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 57
22.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 59
23.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 62
24.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 63
25.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 54
26.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 60
27.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 59
28.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 60
29.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 68
30.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 67
31.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 66
32.	Bill Beach	10/28/79	Macomb, MI, Cross Country Coach, 66
	The Masters (30+yrs)		
33.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 67
34.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 58
35.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 58
35.	Layne C. Party	01/01/80	Towson, MD, Manager, 55
37.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 78 (F)
38.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 66

39.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 71
40.	John I. Watts	10/04/80	Nampa, ID, Pastor, 59
41.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 75
42.	George G. Brown	01/06/81	Richlands, VA, School Principal, 62
43.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Mangement, 67
44.	Richard Rusch	08/03/81	Wauwatosa, WI, Retired, 64
45.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 59
46.	Ben Dillow	08/20/81	Redlands, CA, Retired, 74
47.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 58
48.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 57
49.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 59
50.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 71
51.	John L. Tillman, Jr.	03/05/82	Sanford, FL, Business Owner, 66
52.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 54
53.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 56
54.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 51
55.	Gary Rust	07/03/83	Palm Springs, CA, Retired, 68
56.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 54
57.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 53
58.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 69
59.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 73 (F)
60.	Randolph Read	09/01/84	Las Vegas, NV, Executive
	The Dominators (25+yrs)		
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, 62
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 Shires	10/19/86	Charlotte, NC, Software Architect, 49
72.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 56
73.	Robert E. Nash	06/18/87	Olney, IL, Physician, 67
74.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 66
75.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 62
76.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 66
77.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 72 *
78.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 56
79.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 50
80.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 64
	The Highly Skilled (20+yrs)		
81.	Hal Gensler	12/04/89	New River, AZ, Retired, 68
82.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 64
82.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 38

82.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 58
85.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 74
86.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 63
87.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 63
88.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 64
89.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 57
90.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 62
91.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 61
92.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 58
93.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 64
94.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 43
95.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 65
96.	Jon Janes	12/19/91	Topeka, KS, TV News, 67
97.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 52 (F)
98.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 58
99.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 73
100.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 58
101.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 59
102.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 64
103.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 29
	The Well Versed (15+yrs)		
104.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 58
105.	Richard Corbin	01/01/95	Savannah, GA, Sales, 59
106.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
107.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 63
108.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 59 *
109.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 67
109.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 58
111.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 68
112.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 62 (F) *
113.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 32
114.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 54 (F)
115.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 40 *
116.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 58
117.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 59 (F)
117.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 64 *
119.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 66
120.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 54 (F)
121.	Phillip Hawley, Jr.	10/23/99	Indianapolis, IN, CPA, 29
122.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 54
123.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 56
124.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
	The Experienced (10+yrs)		
125.	Diane Shumway	05/27/00	Provo, UT, Retired, 59 (F)
126.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 59 (F)
127.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 68 *
128.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 43

129.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 67
130.	Martie Bell	12/27/01	Thomasville, NC, Professor, 59 (F)
130.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 62
132.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 68
133.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 67 *
134.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 62
135.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 64 (F) *
136.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 56
137.	George A. Hancock`	06/22/02	Windber, PA, Education, 61 *
138.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 29 (F)
139.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 39
140.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 61
141.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 54
142.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 33 (F)
143.	David Max	08/28/03	Alexandria, VA, Pilot, 39 *
144.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 37
145.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 58
146.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 42
147.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 37
148.	Ed Reid	05/27/04	Bradenton, FL, Builder, 55
149.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 68 *
150.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 64
151.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 43
152.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 46
153.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 34 (F)
154.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 59
155.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 64
	The Proficient (5+yrs)		
156.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 55 (F)
157.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 60
158.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 33 (F)
159.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 501(F)
160.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 55 *
161.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 54
162.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 61
163.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 45
164.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 63
165.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 54
166.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 42
167.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 39
168.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 72
169.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 47
170.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 64
171.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 47
172.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 58 *
173.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 50
174.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 57
175.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 72

176.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 43
177.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 47
178.	Heather E. Nelson	12/15/06	Houston, TX, Student, 23 (F)
178.	William D. Nelson	12/15/06	Houston, TX, Business, 49 *
180.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 48
180.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 33 (F)
180.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 26 (F)
183.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 46
184.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 33
185.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 32
186.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 51 *
187.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 47 (F)
188.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 58 (F)
189.	Craig Stroud	06/17/07	St. Charles, MO, Systems Engineer, 53
190.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 41 (F)
191.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 48 (F)
192.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 64 *
193.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 55
193.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 66
195.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 60 (F) *
196.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 34
197.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 67
198.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 53
199.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 46
200.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 42 (F)
201.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 50
202.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 72 *
202.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 33
204.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 43
205.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 56 *
205.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 48
205.	Leo Hammond	01/01/08	Plano, TX, Student, 29
205.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 49
205.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 43
205.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 62
211.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 50 (F)
212.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 35
212.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 34
214.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 54
215.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 41 (F)
216.	John King	01/21/08	Chatham, NJ Education Administrator, 63 *
217.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 25
218.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 43
219.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 55
220.	Kelly Luck	08/26/08	Louisville, CO, Student, 27 (F)
220.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 47
222.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
223.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 70
224.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 58 (F)

225.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 55 (F)
226.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 42
226.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 59
228.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 63 (F)
229.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 40
230.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 53
231.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 32
232.	John B. Davis	12/08/08	Desoto, TX, Consultant, 71
233.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 61
234.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 51
234.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 43
236.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 55 (F)
237.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 37
238.	Eric V. Love	12/27/08	Erie, CO, Attorney, 48
239.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 40 (F)
239.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 63
241.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 68
241.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 35
241.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 49 (F)
241.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 56 (F)
241.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 36 (F)
246.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 37
247.	Vince Nardy	01/27/09	Solon, OH, Management, 56
248.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
249.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
250.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
251.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 58 *
252.	Rodger Kram	04/23/09	Nederland, CO, Professor, 53
253.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
254.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 71 *
255.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 59 (F) *
256.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 19
257.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 28
258.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 35 *
259.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 46 (F) *
260.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 24
261.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 15
262.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 52
263.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 32
264.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 31 (F)
265.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 73 *
266.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 55 (F)
267.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 36
268.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 57
268.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 45
270.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 46 (F)
	The Neophytes (-5yrs)		
271.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 61 *

272.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 39
272.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 49
272.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 36
275.	Paul Miller	02/10/10	Medfield, MA, Marketing, 54
276.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 50 *
277.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 56 (F)
278.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 61
279.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 45
280.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 36
281.	William Middlebrook	03/31/10	Colorado Springs, CO, 72*
282.	Amy Shimonovich	05/03/10	Monroeville, PA, Teacher Visual Impaired, 27 (F)
283.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 45 (F)
283.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 57 (F)
285.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 40
286.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 39
287.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 29
288.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 40
289.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 62
290.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 52
291.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 61
292.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 22 (F)
293.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 45
294.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 58
295.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 41
296.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 44
297.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 49
298.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 57
299.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
299.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
301.	Angela Fuss	01/01/11	Mont Atlo, PA, Phys. Ed. Teacher, 356(F)
301.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 58 (F)
303.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 51
304.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 57 *
305.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 29
305.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 44
307.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 38
308.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
309.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 54
310.	Will Jones	03/18/11	Grove, OK, Athletic Director, 40
311.	Jay Frank	03/21/11	Oak Park, CA, CEO, 60
312.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 40
313.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 35
314.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 39
315.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
315.	James Holt	05/01/11	Centerville, UT, Regional Manager, 56
317.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 55 (F) *
318.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 37 (F)
319.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 42
320.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 41 (F)

321.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 53
322.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 39
323.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 57
324.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 55 (F) *
325.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 27
326.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 38
327.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 28
328.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 39
329.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 59 *
330.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 57
331.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 68 (F) *
332.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 31
333.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 27
334.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 46
335.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 14
336.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 70
337.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 48
338.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 37 (F)
339.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 51 *
340.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 47
341.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 59 *
342.	James Wisler	09/15/11	Wake Forest, NC, Physician, 32
343.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 32 (F)
344.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 35
345.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 35
346.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 33
347.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 46 (F)
348.	Michael Scott	11/23/11	Greencastle, IN, Manager, 41
349.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 34
350.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 14
351.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 45
352.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 42
353.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 47
354.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 39
355.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
356.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 42
357.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 48
358.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 39 (F)
359.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 34
360.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 42, (F)
360.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 50 (F)
362.	Chip Akers	12/31/11	Raleigh, NC, Dad, 54
362.	Robyn Clevenger	12/31/11	West Des Moines, IA, 35 (F)
362.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 34
362.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. – Law Firm, 52
366.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 50
366.	Mike Johnson	01/01/12	Daphne, AL, 42
366.	Brian McAllister	01/01/12	Chandler, AZ, Engineering Manager, 45
366.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 55 (F)

370.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 34 (F)
371.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 53 (F)
372.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 34 (F)
373.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 46
374.	Daniel Myers	02/01/12	South Bend, IN, Professor, 48
375.	Dusty Hardman	02/13/12	Punta Gorda, FL, 46 (F)
376.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 63 (F) *
377.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 36
378.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 28
379.	Gary Jones	04/12/12	Troy, Montana, Retired, 62 *
380.	John Metevia	04/19/12	Midland, Michigan, Retired, 567*
381.	Christopher George	04/27/12	Mobile, AL, Attorney, 55
382.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 59
383.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 28
383.	Keziah Wilde	05/13/12	Arlington, MA, Student, 12 (F)
385.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 38
386.	Brian Baker	05/25/12	Denver, CO, Non-profit Management, 25
386.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 48
388.	Chris May	05/29/12	Littleton, CO, Director Engineering, 42
389.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 46
390.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 66 *
391.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 31
391.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 35
393.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 35
394.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 47
395.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 46
396.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 47 (F)
396.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 51 (F)
398.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 35
398.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 32
400.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 43
401.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 40
402.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 52 (F)
403.	Michael Duffy	11/22/12	Elicott City, MD, HS Athletic Director, 41
403.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 33
403.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 49 (F)
406.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 57 (F)
407.	Elizabeth Gilman	12/01/12	Byron, MN, Physician, 34
408.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 53
409.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 49
410.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 24
411.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 40 (F)
412.	Paul Christian	12/25/12	Rochester, MN, Journalist, 64 *
412.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 47
414.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 41
414.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 37
414.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 56
417.	Bennjamin Griffin	12/28/12	Pittsfield, MA, H/R, 28
418.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 30

419.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 40
419.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 34
419.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 39
419.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 36 (F)
419.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 50 (F)
419.	Patricia Montana	01/01/13	Hampton, NH, Retired, 56 (F)
425.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 27 (F)
426.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 45
427.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 39
428.	Jonathan Green	03/01/13	Brooklyn Center, MN, Software Engineer, 36
429.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 56 *
430.	Diane Naughton	03/21/13	Mendham, NJ, Marketing Executive, 51 (F)
431.	Brian Orth	03/28/13	Boise, ID, Software Engineer, 35
432.	Toni Orth	03/29/13	Boise, ID, Program Coordinator, 36 (F)
433.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 45
434.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 47
435.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 48 (F)
436.	Emily Osinski	05/06/13	Laredo, TX, Musician, 31 (F)
437.	John Mayan	05/12/13	Westminster, Maryland, Electrical Engineer, 55
438.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 51
439.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 50
440.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 41
441.	Donna Pertel	06/03/13	Brookline, MA, Nutrition Consultant, 49 (F)
442.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 42
442.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
444.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 42 (F)
444.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 13
444.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 10
447.	Hanju Wang	06/29/13	Randolph, NJ, Nurse Practitioner, 51 (F)
448.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 41 (F)
449.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 34
450.	Scott Nelsen	07/05/13	Mankato, MN, Commercial Lender, 33
451.	Ronald Hall Jr.	07/08/13	Sanford, NC, Head Golf Professional, 46
452.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 45 (F)
453.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 41 (F)
454.	Thomas Comer	07/28/13	Denver, CO, Retired, 53
455.	Chris Brelage	08/06/13	Fishers, IN, Sales, 44
456.	Clint Stevens	08/08/13	Houston, TX, Vending, 33
457.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 46 *
458.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 30
459.	Richard Jones	09/13/13	Ames, IA, Retired, 69
460.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 46
461.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 44 (F)
462.	Cynthia Almudevar	10/28/13	Pittsford, NY, Pastor/Writer, 54 (F)
463.	Paul Seibert	11/01/13	Fort Mitchell, KY, Software Developer, 51

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

Official International Active Running Streak List
As Certified to the Streak Runners International
December 1, 2014

	The Coverts (45+yrs)		
1.	Ron Hill	21Dec64	Hyde, England, Runner, 76
	The Grand Masters (35+yrs)		
2.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 67
	The Highly Skilled (20+yrs)		
3.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 50
	The Proficient (5+yrs)		
4.	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 51 (F) *
5.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 46
6.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 34
7.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 51
	The Neophytes (-5yrs)		
8.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
9.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 32
10.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 48 (F)
11.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 42
12.	Jim Crisp	07Apr13	Brough, England, Plumber, 43
13.	Gillian Selman	17Oct13	Bromley, England, Nurse, 42 (F)

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

Official International Retired Running Streak List
As Certified to Streak Runners International
December 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.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days (2 yrs 114 days)
5.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days (2 yrs 023 days)
6.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
7.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days (1 yr 136 days)
8.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)

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

Official U.S.A. Retired Running Streak List

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

December 1, 2014

1.	Mark Covert, Lancaster, CA	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	Kenneth C. Young, Petrolia, CA *	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	Robert J. Zarambo, Whitehall, PA	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
5.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
6.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
7.	Walter O. Byerly, Dallas, TX *	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
8.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
9.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
10.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
11.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
12.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
13.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
14.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
15.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
16.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
17.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
18.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
19.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
20.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
21.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
22.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
23.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
24.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
25.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
26.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
27.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
28.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
29.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
30.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
31.	Kenneth Korsek, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
32.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
33.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
34.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
35.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)

36.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
37.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
38.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
39.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
40.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
41.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
42.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
43.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
44.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
45.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
46.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
47.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
48.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
49.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
50.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
51.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
52.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
53.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
54.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
55.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
56.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
57.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
58.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
59.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
60.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
61.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
62.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
63.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
64.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
65.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
66.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
67.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
68.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
69.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
70.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
71.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
72.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
73.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
74.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
75.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
76.	Stephen Gurdak, Springfield, VA	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
77.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
78.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
79.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)

80.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
81.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
82.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
82.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
84.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
85.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
86.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
87.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
88.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
89.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
90.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
91.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
92.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
93.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
94.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
95.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
96.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
97.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
98.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
99.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
100.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
101.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
102.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
103.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
104.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
105.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
106.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
107.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
108.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
109.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
110.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
111.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
112.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
113.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
114.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
115.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
116.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
117.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
118.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
119.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
119.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
121.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
122.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
123.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
124.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
125.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)

126.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
127.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
128.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
129.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
130.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
131.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
132.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
133.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
134.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)
135.	James C. Bates, Hampton, VA *	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
136.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
137.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
138.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
139.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
140.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
141.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
142.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
143.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
144.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
145.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
146.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
147.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
148.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
149.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
150.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
151.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
152.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
153.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
154.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
155.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
156.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
157.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
158.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
159.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
160.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
161.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
162.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
163.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
164.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
165.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
166.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
167.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
168.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
169.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days (3 yrs 218 days)
170.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
171.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
172.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
173.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)

174.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
175	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
176.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
177.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
178.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
179.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
180.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
181.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
182.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
183.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
184.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
185.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
186.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
187.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
188.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
189.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
190.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
191.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
192.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
193.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
194.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
194.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)
196.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
197.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
197.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
199.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
200.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
201.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
202.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
203.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
204.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
205.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
206.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
207.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
208.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
209.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
210.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
211.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
212.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
213.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
214.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
215.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
216.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
217.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
218.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
219.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
220.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
221.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)

221.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
223.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
224.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
225.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
226.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
227.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
228.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
228.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
230.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
231.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
232.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
232.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
232.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
235.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
236.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
237.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
238.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
239.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
240.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
241.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
242.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
243.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
244.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
245.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
246.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
247.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
248.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
249.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
250.	Christine Petrone, South Jordan, Utah (F)	12/31/12 – 09/03/14	612 days (1 yr 247 days)
251.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
252.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
252.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
252.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
253.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
256.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
257.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
258.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
259.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
260.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
261.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
262.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
263.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
264.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
265.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
265.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
267.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
268.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
268.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
270.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)

271.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
272.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
273.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
274.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
274.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
274.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
277.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
278.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
279.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
279.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
279.	J. Patrick Gowney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
282.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
283.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
284.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
285.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
286.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
287.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
288.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
289.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
290.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
290.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
292.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
292.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
294.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
294.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
294.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
297.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
298.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
299.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
300.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
301.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
302.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
303.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
304.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
305.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
306.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
307.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
308.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
309.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
310.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
311.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
312.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
313.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
314.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
315.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
316.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
317.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
317.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
319.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)

320.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
321.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
321.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
323.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
323.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
323.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
326.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
327.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
327.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
327.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
330.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
330.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
330.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
330.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
330.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
330.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
330.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
330.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
338.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
338.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
338.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
338.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
338.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
338.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
338.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
345.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
345.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
345.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
345.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
345.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
345.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
345.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
345.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
345.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
345.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
345.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
345.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)

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

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THE STREAK REGISTRY TO GO DIGITAL IN 2015
RUNNING STREAK DEFINITION REVISED
By: Mark Washburne

Let me begin by saying that I am not a big fan of change. By profession, I am a college history professor. I literally spend my working day thinking about the past and, by all accounts, living in the past. I get three newspapers delivered to my house every day the old fashion way. I love the feel of holding an actual paper in my hands and reading about the major events of the day. I am also a creature of habit. As indicated by my nearly 25-year running streak, when I find something I love to do, I repeat that joy on a daily basis.

From the beginning, I have also loved being a part of this running streak association. As soon as I learned back in the 1990s that George Hancock from Pennsylvania was maintaining a list of streak runners, I made sure I contacted him so that my modest running streak could be added to the rostrum. I was also an early member (the lucky 13th to join) when John and Dawn Strumsky formed USRSA at the start of the 21st century. They did such a great job starting this organization and this newsletter that I was thrilled when they appointed me in 2011 to carry on their work. It is, therefore, with reluctance that I announce the following changes to our running streak association that I hope, in the long run (and nothing beats a nice long run!), will benefit our growing community.

The first change impacting our association concerns this newsletter. This will be the last printed newsletter delivered to our United States readers by the post office. Starting with the Spring 2015 issue, the United States members will join our international members and be sent our newsletter by email with a .pdf file attached. If you would like, therefore, to continue receiving *The Streak Registry*, it is important that you provide us with a current email address that is capable of receiving large attachments. Please send all email address updates to USRSA@yahoo.com.

Quite frankly, our rapid growth in membership, along with the high cost of printing and mailing, make our current delivery system untenable in the long run. We are now spending over \$1,000 an issue to print and mail this newsletter to you and the cost is just a minor concern to the amount of labor involved. Besides the time spent picking up and delivering each issue to the printers and dropping off the final version at the post office, hours are spent putting on labels, sorting for zip codes, and identifying members whose memberships are due for renewal. Moreover, with our membership nearly doubling since I joined the management team in 2011, each issue becomes more labor intense than the one before it and we would be looking at having to hire help in the near future if we continued on the same path we currently travel.

Also, tipping the scale in favor of going digital is the unsatisfactory service we have received from the post office. As not all post offices handle bulk mail, I am required to use a post office not in my town. The process is not always a smooth one and I have come to dread days that I make my quarterly visit to drop off our newsletter. I am usually there close to an hour and literally have to put the newsletters in postal bags for them in the back room. Once I leave, the postal service does not get much better. Since we send the newsletter by bulk mail, we are at the whim of local post offices when they deliver this type of mail. I have heard back from some of you that 2 months or more have gone by before you received your issue. This long delay from when we mail the newsletter to

the time you receive it is unacceptable and will be resolved once we begin emailing the newsletter to you.

Still, this change in how our newsletter is delivered, while necessary, breaks my heart. As I mentioned, I get three daily newspapers delivered the old fashion way and hoped to send *The Streak Registry* in that same tradition for years to come. For those of you like me who are reluctant to embrace the 21st century, you still have the option to print our newsletter from your home printer with the advantage of having the pictures in your copy in color print. For the younger generation, this change will probably have a minimal impact because they are used to getting their news online. For these reasons, please look for the Spring 2015 issue of *The Streak Registry* to arrive at an email address near you on 1 March 2015.

The other change that we made since our last newsletter involves our running streak definition. As some of you have discovered, the streak definition that was on our website has been changed. In late August, I had a discussion with a couple of people with disabilities who were offended by our running streak definition. These people with disabilities, in particular, found offense to the phrase on our website that "Running cannot occur through the use of canes, crutches, and banisters . . ." Of course, I was concerned about their comments and the possible negative press we could get on this issue so I contacted some of the past founders of our association to learn the origins of our running streak definition.

In my discussion with one of them, he said that the "definition originally came about through a polling of the know[n] streak runners back in the late 90s." I looked into the matter and could find no poll in the late 1990s that was taken. I did find a poll that was conducted in the fall of 2001 (and that I was a participant) where the members were asked if they favored a minimum distance. In that poll, 83.6% of the respondents said that there should be a minimum distance and 80.3% said that minimum distance should be one mile. In the past, I have gone through this 2001 poll after being asked the proper interpretation of the word "continuous" in the USRSA streak definition. I found that the word "continuous" was never mentioned in any of the questions asked in the poll nor did anyone mention that the minimum distance should be "continuous" in their answers.

In regards to the issue that came up in August, I found no questions concerning "canes, crutches, and banisters" being asked in the 2001 survey. In reviewing the answers in the survey, two people made reference to crutches in their answers. Jim Pearson, who voted against the minimum mile, said: "Streaking has nothing to do with number of miles. Even the accusations that Ron Hill ran with the assistance of crutches is relevant only whether Hill felt he was running or not." Tim Woodbridge, who voted for the minimum mile, said: "I remember hearing that Ron Hill's running streak was still intact by hopping once around the track on crutches." Based on the 2001 poll, however, there was hardly a mention and certainly no consensus on prohibiting "canes, crutches, and banisters."

I also inquired of our founders the number of people who used "canes, crutches, and banisters" to maintain their streak. "I went through this in two instances while I was at the helm of the USRSA," noted John Strumsky. I, personally, had just one person admit to using crutches since I became acting director in 2011. By all accounts, therefore, this is a very rare method people have used to maintain a streak.

Given that this is a very infrequent occurrence, I am sure some of you might be

wondering why this language concerning “canes, crutches, and banisters” was added in the first place. The wording originates from a debate from the 1990s when the number one streak runner in the world, Dr. Ron Hill of England, was in a car accident in 1993. Dr. Hill, who started his streak on December 21, 1964, and, hopefully will be celebrating his golden streak anniversary soon after you read this column, used crutches after his car accident.

To some running purists, Dr. Hill’s use of crutches ended his running streak. To others, the use of crutches by Dr. Hill did not matter and that his running streak continues to this very day. As we did not accept people from outside the United States at the time, this was, in my opinion, a minor “sports” debate that some had concerning the streak of a far off English runner when our streak association was in its infancy with very few members.

As noted, the issue of “canes, crutches, and banisters” was never asked in the 2001 poll so I can only speculate on how the early membership would have voted on the issue. My guess from talking to streak runners over the years is that there is probably as many (if not more) that supported counting the continuation of Dr. Hill’s streak with the use of crutches (including me) than those who claimed his streak had ended. In either case, this is a debate, in my opinion, that should have been kept as a “sports” discussion among our members and not drifted unto our streak running definition as settled law. The unintended consequences is now we have people who probably never heard about Dr. Hill and his 1993 car accident and who might have serious disabilities thinking that we are personally picking on them when, of course, that was not our intention at all.

Given the small number of people that are actually impacted, to support people with disabilities who might want to join our association, to avoid bad press, and because of the lack of consensus that this wording should have been added in the first place, I decided, as the current acting manager of the association, to update the language of the definition to fit more into our overall mission of our association. In that regard, I see our mission as to be an encouraging force for streak running in the United States and around the world.

In revising our definition, I also removed “continuous” from the wording. As I mentioned, I have gone through the 2001 poll in the past after being asked the proper interpretation of the word “continuous” in the SRI/USRSA streak definition. I found that the word “continuous” was never mentioned in any of the questions asked in the 2001 poll nor did anyone mention that the minimum distance should be “continuous” in their answers. The result of having no prior discussion or consensus on the meaning of this word has led to a host of different interpretations of “continuous” by our members.

The variety of different interpretations of the word was brought home recently on the SRI/USRSA Facebook page in early November when someone asked a simple question on whether a person meets the criteria of one “continuous” mile if they stop and tie their shoes. That simple question led to over 250 responses with people lining up on various sides on the issue. During the often-heated debate, some people resorted to profanity (please be kind and respectful on our Facebook page) and others started posting (I am not making this up) pictures of puppies to calm people down. The discussion quieted down somewhat when I mentioned in my own Facebook post that I had removed the word “continuous” back in August when I revised the definition over the “canes, crutches, and banisters” controversy.

Quite frankly, I think the problem with the word “continuous” is that it does not conform to what people actually did in the real world before there was a running streak association and expensive GPS watches. For example, I started my running streak on the last day of 1989 - about a decade before there was a USRSA and over a score before there was a SRI. Given when I started my streak (and this is also true for the over 120 people still on our active list that started their streaks before 2000), we did not know that we would have to some day comply with a “continuous” one mile run rule.

In that regard, I would stop during my runs for a variety reasons before I knew about the streak association and the “continuous” mile rule. I would stop if I had a pebble in my shoe. I would stop to pickup money on the ground. I would stop if nature called. I would stop if I were running with a four-legged creature that had a nature call. I would stop if a strange four-legged creature began chasing me. I would stop to give someone directions. I would stop to talk to a neighbor. I would stop to help push a car during a snowstorm. I would stop and help someone who was injured on the run. I would stop and look both ways before crossing a busy intersection because that is what my mother taught me. And, yes, I would stop to tie my shoes.

Did others on the streak list also stop for similar reasons before they knew about the “continuous” mile rule? I don’t know but I am guessing that many, if not all, had reasons to stop during some of their runs. I am also guessing that many people on our list today continued to momentarily stop on occasion even after our running streak association was formed at the start of the new millennium.

The whole “literalist” argument promoted during the Facebook discussion about never stopping for any reason reminded me of the running style of an old roommate. When I first graduated from college, I lived in a house with 5 other guys. A few of us liked to run and I had one roommate who did not believe in stopping for any reason during his run. He would often dart in and out of cars as he crossed some busy streets on our run. On more than one occasion, I witnessed cars slamming on their breaks to avoid hitting him. From reading some of the Facebook posts from some of the “literalists” about the “continuous” rule, my old roommate would today be considered a Founding Father and early pioneer on how running one mile should be done.

Even though I have been known to stop on occasion, I tend to be a continuous runner by discipline and nature. Even when I race marathons, I tend to run the entire distance. Moreover, my minimum mileage since I started my streak has always been three miles a day. I, therefore, have not been overly concerned from a personal level on the minimum mileage required. I do, however, find it peculiar that a group of newer streak runners took such a “literalist” view of the “continuous mile” rule that they would start their mile over if they had to stop for any reason.

I find the “start over if you stop” thinking peculiar because it certainly has no historical roots in anything anyone would do or think to do before there was a streak association and the word “continuous mile” was added to the streak definition. As I mentioned, my minimum was three miles a day. Before I had a fancy GPS watch, I would measure the distance by the odometer of my car or my bike. Of course, this did not always work when I was on vacation and I would guess the approximate distance based on the time I ran. While I generally knew the total distance of one of my running routes, I hardly ever knew where any of the mile splits were located. It just would never occur to me that I would have to start over a run because I momentarily stopped somewhere along the route. I

am guessing the same is true for the great majority of people who began their streaks in the 20th century. Yes, many of us now have GPS watches that make it easier to start over if we are momentarily stopped on a run but that was not the case for much of the time many of us have been streak runners. If the “literalists” thinking is to prevail, I am guessing that over 99% of the running streaks begun last century would have to be removed from our list because they did not strictly adhere to the meaning some 21st century athletes would attach to the word “continuous mile” in the definition.

With all that in mind, here is my new simplified definition that can now be found on our Facebook page and website:

The official definition of a running streak, as adopted by the Streak Runners International, Inc., and United States Running Streak Association, Inc., is to run at least one mile (1.61 kilometers) within each calendar day. Running may occur on either the roads, a track, over hill and dale, or on a treadmill.

I felt compelled to act quickly back in late August to avoid any bad press on the matter and, in my opinion, because it was the right thing to do. If I do find there is a demand to return to the old definition, we can always take another poll of our membership to see how you would like us to proceed.

In the meantime, please note that even under this simplified definition you are still required to run – not walk – a mile each calendar day. Except for the “literalists” and a few running streaks on the fringes, nothing has changed from how most of you have maintained your running streaks in the past. In that regard, please use common sense when maintaining your streak. If your shoelace comes undone during a run, please tie it before you trip and hurt yourself. If you are running with your dog and nature calls, please be respectful to your pet and, by all means, pick up his or her poop at the end. And of course, please follow your mother’s advice by stopping and looking both ways before crossing busy streets. As the current manager who adds and removes people from our streak list, I can assure you that I am not in the business of removing people because they tied their shoes, used common sense, and, of course, followed their mother’s instructions when crossing busy roads.

THE STREAK REGISTRY TO GO DIGITAL IN 2015!

IMPORTANT: In order to continue receiving your favorite running streak newsletter in 2015, you have to inform us of a current email address for you that is capable of receiving a large .pdf file. Please contact us with your email address at USRSA@yahoo.com.

THE FINISH LINE

By: Mark Washburne

We had another busy quarter here at the streak association. As noted in the previous article called “Changes to our Streak Running Association,” we have decided to deliver *The Streak Registry* digital in 2015 and we have also revised our streak running definition. As the reasons for these changes are covered in great detail in that essay, I will not add anything further here. I do, however, encourage you to read the article. I also want you to know that no matter how our newsletter comes to you, nothing will change in the area of content. We will continue to post stories of your favorite streak runners worldwide for as long as you send them to us.

This quarter was also busy for the rollout of the SRI/USRSA branded short and long sleeve shirts. As an added feature, you can now get your “Streak Started” date printed on the back of your shirts for just \$5. The “Streak Started” date is also now available for the SRI/USRSA singlets. I have already worn SRI/USRSA singlets in races and received a few compliments on my “Streak Started” date of 31 DEC 1989.

Speaking of racing, Diane and I have been busy this fall running for the Do Run Runners’ race team that competes in a series of races from the one mile to the half marathon against about a dozen other running clubs in New Jersey. There are age and gender divisions and I am happy to report that Diane’s 50s women’s team has repeated as the top 50s women’s team in the Garden State. I am also happy to report that my men’s 50s team improved from 2nd place last year to win the division this year!

Diane and I also ran the Chicago Marathon this fall. It was Diane’s first attempt at the 26.2-mile distance and she had an amazing newbie race by just missing qualifying for the Boston Marathon by 99 seconds. At the end of the race, right near the baggage pickup in Grant Park, we were surprised to see a restaurant with the name “washburne café” on it. As that is exactly how my branch of the family spells Washburne with the “e” at the end, I told Diane we had to go over there to get our pictures taken. While we were there, I went down on one knee and a proposal was made. As the Irish would say, Diane agreed to hang her “washing right next to mine.” Good luck to all as we each run the roads and trails – every day!



"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



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ADVERTISING RATES

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Quarter-Page (3 1/2 x 5")	\$40.00
Half-Page (7 x 5 or 5 x 7")	\$75.00
Whole Page (7 x 10")	\$135.00

Send all camera-ready advertisements to the editor, or e-mail at 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, or will be mailed upon request.

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.

SRI/USRSA SINGLET & SHIRTS NOW AVAILABLE

Please go to <http://www.clearlybranded.com/showrooms.htm> and then click SRI/USRSA logo to order your singlet, short or long sleeve shirt! For an additional \$5, get your “Streak Started” date printed on the back of your singlet or Shirt!



SRI Women's Singlet



USRSA Women's Long Sleeve



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Optional "Streak Started" Date