

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

# **THE STREAK REGISTRY**

**JIM PEARSON'S STREAK PASSES 45 YEARS**



Jim Pearson placing third at the Trail's End Marathon in 1972.

**VOLUME FIFTEEN  
NUMBER TWO  
SUMMER 2015**

# THE STREAK REGISTRY

## SUMMER 2015- 58th ISSUE

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### Table of Contents

Streaking Anniv. p. 2

Founder's Message  
By: John Strumsky p. 3

Jim Pearson p. 4  
Herb Fred p. 12

Reno Stirrat  
By: Bob Skorupski p. 13

Traversing the Tundra  
By: Steve DeBoer p. 18

Marathon PRs  
By: Roger Urbancsik p. 24

Ron Hill  
By: Allan Field p. 32

Dinosaur Chronicles  
By: Craig Snapp p. 33

Member Updates:

Patrick Caron p. 36  
Jay Kammerzell p. 37  
Adam Marcus p. 38  
David Kwong p. 39  
Debbie Dilling p. 40  
Sara McElheny p. 40  
Tom Allen p. 40  
Lisa Milan p. 41  
Cordell Kirk p. 41  
Shaun Brennan p. 42  
Thomas Lloyd p. 42  
Michele Marx p. 43  
Sarrah Horrigan-Fullard p. 43  
Eliza Miron p. 44  
Todd Vitols p. 44  
John Tillman p. 44  
Elizabeth Saucedo p. 45  
Craig Snapp p. 45

Paul Miller p. 45  
Matt Miller p. 46  
Wes Burnett p. 46  
Michael Halloran p. 46  
Brian Daniels p. 46  
Mike Ernest p. 47  
Dave Hamilton p. 47  
Karl Olson p. 47  
Jon Janes p. 48  
Bryan Sears p. 49  
Travis Wheeler p. 49  
Shimon Rubinstein p. 49  
Kirstyn Jovanovich p. 50  
Marty Knight p. 50  
Tom Barry p. 51  
Jeremy Murphy p. 51  
Harry Owen p. 51  
Teresa Roche p. 52  
Tim Bailey p. 52  
Gregory Pienaar p. 53  
John Metevia p. 53  
Leanne Henden p. 54  
Amy Yorko p. 54  
Mark Sutherland p. 55  
Kent Schmitz p. 55  
Nancy Petrosino p. 55  
Emily Williams p. 56  
Brian Andres p. 56  
Neil Borchert p. 56  
Brian Casey p. 57  
John Mayan p. 57  
Klaus-Dieter Schnabel p. 58  
Matt Ketterman p. 58  
Keziah Wilde p. 59  
Donna Lutes p. 59  
Francis Garrow p. 59  
Joann Lycett p. 60  
Doug Dixon p. 61  
Tom Allen p. 62  
Troy Coppel p. 62  
Olivia Medina p. 62  
John Strumsky p. 63  
Sarah Miller p. 63

USA Active p. 64  
International Active p. 76  
USA Retired p. 77  
International Retired p. 86

SRI/USRSA Online p. 87

The Finish Line  
By: Mark Washburne p. 88

## **STREAKING ANNIVERSARIES**

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

### **From The Grand Masters to The Legends (40<sup>th</sup> anniversary)**

Jim Behr of Trinity, Florida on March 19<sup>th</sup>

### **From The Masters to The Grand Masters (35<sup>th</sup> anniversary)**

Lois Bastien of Pinellas Park, Florida on April 18<sup>th</sup>  
Leslie Shoop of Sarver, Pennsylvania on April 28<sup>th</sup>

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

John Nikolic of Pearl, Mississippi on April 29<sup>th</sup>

### **From The Experienced to The Well Versed (15<sup>th</sup> anniversary)**

Christina Richards of Longview, Washington on May 6<sup>th</sup>  
Diane Shumway of Provo, Utah on May 27<sup>th</sup>

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

Francis Garrow of Proctor, Vermont on April 24<sup>th</sup>  
Alisa Vargas West of New Providence, New Jersey on May 2<sup>nd</sup>

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

Adam Marcus of Montclair, New Jersey on March 20<sup>th</sup>  
Dave Wooley of Lakewood, Ohio on March 23<sup>rd</sup>  
William Middlebrook of Colorado Springs, Colorado on March 31<sup>st</sup>  
Amy Yurko of Monroeville, Pennsylvania on May 3<sup>rd</sup>  
Shelly Cable of Bedford, Pennsylvania on May 10<sup>th</sup>  
Nancy Petrosino of Ontario, New York on May 10<sup>th</sup>  
Casey Coppedge of Brooksville, Florida on June 1<sup>st</sup>

## **MESSAGE FROM USRSA FOUNDER**

**By: John Strumsky  
Catonsville, Maryland**

I would ask that you print this letter in its entirety in the next issue of The Streak Registry.

First and foremost, Dawn and I want to congratulate you on the outstanding manner in which you have guided the USRSA/SRI through various transitions since taking the helm in 2011. We could not have placed the organization in better, more competent or more conscientious hands. We know—as you have since discovered—just how tedious and time-consuming all of the nitty-gritty is to the smooth functioning of the organization. And you have discovered, as we did, that the job is a labor of love that has to be its own reward. You do a marvelous job, Mark, and you have made the group much stronger and more vibrant through all your hard work and leadership. Thank you for all the great guidance and work. Every member owes you a debt of gratitude for your efforts on their behalf.

Next, my heartiest congratulations to Dr. Ron Hill on his awesome running accomplishments. I followed his cross-country, road-running and track careers, and had his books in my running library before we had to downsize to move into our retirement community. He wrote “The Long Hard Road, Part One: Nearly to the Top” in 1981, and “The Long Hard Road, Part Two: The Peak and Beyond” in 1982. Both volumes speak volumes about the man and the athlete, and all aspiring athletes, especially runners, should search them out and read them. They are well worth the effort. I also remember watching him run the old Maryland Marathon back in the ‘70’s. Without running pioneers like him, Bob Ray, Mark Covert and Jon Sutherland streak running would not have gained the popularity it presently enjoys.

Due to old knee and tendon injuries I only rarely run now (my last effort was a half-mile on the track last August) but I continue to do a great deal of walking and maintain a keen interest in track and road-running, watching all the indoor and outdoor running events on TV and occasionally in person. As you may or may not have heard Dawn and I research and host several shows on the private TV channel in our retirement community, and they keep us quite busy. We record every Tuesday at two, and “Tuesdays at Two” are our favorite time of the week. We co-host a show called “Our Charlestown Neighbors.” Additionally, she does shows called “Through the Keyhole” and the “Wacky Weekend Weather,” and I do “Looking Back: Eyewitnesses to History” and the “Joke de Jour.” I just aired one of my most satisfying research efforts for Washington’s birthday with a show entitled, “The Washington Family History – 19 Generations,” where I was able to trace the great man’s family back to Willus de Hertburn habet Wessyngton in England in 1183. So we remain actively engaged and excited about future projects, and very much enjoy our retirement.

Our regards and best wishes to all our old running friends. We mostly wanted to write this because you do not permit yourself enough credit for all your hard work. Thanks again for a job well done.

[Editor’s note: Thank you John for your kind words. There would be no USRSA without you or Dawn so we are all grateful to you both for founding our great streak association.]



Barbie Pearson (far right) with her four streakers: Hopper (over 5 years), Paige (just short of 3 years on the retired list), Jim (over 45 years), and Joel (over 20 years).

## **JIM PEARSON'S STREAK HITS 45 YEARS; HAS SECOND LONGEST RUNNING STREAK IN USA**

**By: Jim Pearson**

My, how the act of running every day has changed. About 46 years ago my summer coach, Keith Gilbertson, Sr., said to me "Jimmy, you need to get more consistent," so I did. What followed was a lot of stretches where I didn't even take a day off. I had one stretch over 100 days, which ended when a crowbar I was using to tear down a shed snapped back and cracked me on the patella. That made me think I needed to take a day off. Later, I had a string of 47 days, which ended on February 15, 1970, a day when I had the flu but still had to spend around 12 hours loading and unloading a pickup so that I could move from Birch Bay 30 miles southeast to Bellingham. Around 11 that night a friend asked if I wanted to join in on a run. I declined. That was the last time I failed to complete at least one daily run.

The ensuing days were recorded in a diary, which became a great motivation. Putting a zero on the page would be a big disappointment. There was no praise or attention, just better times in my races. Somewhere in those early days, probably at one of my first ultras, I met up with Ken Young, the National Running Data Center guy (second on the Running Streak Retired list at 15,179 days; that's 41.5 years). Ken and I talked a bit about training and somehow the number

of years we had each run without a miss came up. Whatever the number, probably about five years, we learned that I was only about four months ahead of Ken. That ended any public mention of the subject until I reached 16 years. To my surprise, I received a call from Craig Smith, a writer for the Seattle Times, who said he had seen my name in a national magazine and wanted to do an interview. I never did learn what the magazine was, but apparently Ken had notified them about our strange activities. This was the first time I got any attention for my string of runs, and it wasn't just something in passing. Craig wrote a long article, which was accompanied by a photo. Then a reporter for Tacoma's Channel 13 who had seen that article called and said that if I and my Ferndale High School runners were going to run in the Seattle St. Patrick's Day race, he would drive up for an interview. Of course, the kids all said they would run, and a short, but nice, television documentary hit the Pacific Northwest. My 15 seconds of fame had come and gone.

Now to jump ahead 45 years from that cold February start. Everything is different. It used to be that those of us who ran a lot of days in a row were distance runners who were doing what we thought was necessary to become better runners. We did not even know as individuals that there was someone else out there running every day. One day I saw a list compiled by George Hancock, which included a fairly large number of guys who had run every day for a significant number of years. Of course, it was incomplete (Jon Sutherland and I were among the many missing who qualified), but it was a start of something new which eventually led to the United States Running Streak Association and Streak Runners International. At first The Streak Registry was just a record of something that had happened in the running world. Eventually, though, it became the reason for many people to become involved in what had become known as streaking. Many have started running every day just to get their names on the list. Then came the chat line which has even drawn non-runners into the activity. Daily I read new names posting things like RSD (running streak day) Number 27. There is a lot of pride evident in these posts. Some of these people because of the chat line and the Registry will find themselves someday winning races. Many of these newcomers will last longer than some of the present day leaders because they will not be training so hard. Instead of merely an historical document, the Registry has become motivational with a pat on the back every five years for our rising into a new category.

All streakers have to be fairly lucky as far as injuries and illness go. I consider myself to be extremely lucky to have been able to continue for so long. Of course, I had a few of the normal problems that most runners have. Noted for having a very low foot carriage, I have fallen several times while running, mostly cuts and bruises, but once I incurred three broken ribs, another time just one broken rib, and once I broke two bones in my right hand. All three were annoying, to say the least, but there was no thought of not running twice each day as I was recovering. The worst injury I've run through dealt with my knee. I have a son who was an outstanding wrestler. I was often his volunteer practice dummy. One

night he came home from a camp and said he wanted to show me what real pain was all about. The move he had learned was called a leg lace. Watch the movie Foxcatcher for an example. When Mark Schultz is being turned by his opponent for points about three consecutive times, the move used is a leg lace. The day after Hopper showed me the move I nearly collapsed during my morning run. He had set me up for a painful summer. Eventually, though, the pain subsided. This injury has recurred several times over the years, never because of running, and the excruciating pain can last for several months. After several years of this annoyance, I had an MRI, which showed a damaged blood vessel, a damaged tendon, a damaged ligament, a torn medial meniscus, arthritis, and necro something or other. Having taught roots and prefixes in my English classes for 36 years, I know that necro means death. Oh, and the ball of the femur is caving in. These things mean that I often have some degree of pain, but after a few hundred yards this pain can usually be mentally blocked out. The specialist told me I could no longer run, but I knew he was wrong since I had gone 4.5 miles that morning.

My worst illness was quite a surprise. I was running down a hill at the start of my morning run (about a 30 degree angle) when I found myself getting out of breath. Things did not improve as I continued slowly through the park. I only ran 2.5 miles, and it was a struggle. After a week of this, I went to the doctor who must have thought I just had the flu. The problem lasted a month, and then I was healed. That is, until a week later when it came back even worse. I returned to the doc who sent me to the imagery place for tests. Before the tests came back, I had traveled across the state to Spokane for the national team championships. I was feeling great the night before the race as I ran over one loop of the three lap 10K course. Race day was 14 degrees with winds up to 50 mph, and the breathing problem was back. The course started with a flat 100 yards in snow and then went 1,000 yards down a gentle hill. I was last at 100 yards and at the bottom a course monitor ran out yelling, "Are you okay." "Yes," I yelled. He then asked again and I again said I was, but I was thinking "If I die, this is going to put a bad name on this race, but if I quit, I'll have to drive 400 miles home and then run again." Then the guy cut across the course and told me that he had a cart coming to get me. At the same time I could see Joel up the hill waiting for me. I told him I was in trouble, but he kept encouraging me to move on. Fortunately for me, one of my teammates had neglected to bring his chip timing device, so I knew we would be disqualified, so when I passed the mile mark, I made an abrupt turn and headed straight to the nearest building. The problem I was to learn a week later: I had numerous blood clots in each lung.

This discovery presented me with maybe my greatest chance to miss a day of running, and this time I was not going to be in charge. Rather than starting my day with a run, I opted to drive to the imagery place to get the test my doctor had requested. I had no idea that the test results would come immediately and that I would be whisked away across the street to the hospital where I immediately had an IV jabbed into my wrist. There I lie with no phone, our only car sitting at the

hospital, and with no one knowing where I was. Eventually, it occurred to me to borrow a phone from a nurse, so I could call home. Hopper and Betty Lue then walked the three miles to the hospital in half a foot of snow, and then their brother Joel showed up with a stack of running books, ready to stay the duration. Just after they arrived, the head nurse, one of my old students came in and announced in a matter of fact way, "I saw Hopper out measuring the hallway for when you go running." That was pretty, but I had already resigned myself to the fact that I would not be able to run. I had already been given the option of giving myself shots every day for a week or staying in the hospital for seven days. I would even miss being home at Christmas, but there was no way I could stab myself with a needle. Joel, adamant that I not miss a day, told the doctor he would give me the shots and then went out and discovered a treadmill in cardiology, which, unfortunately, would be locked up before we took any action. Can you imagine someone hooked up to one of those IV posts out running on a treadmill? As it turned out, because Joel would give me shots, the IV was removed, and just before 11 p.m. Joel and I went for a walk past the nurses' quarters. My former student had gone home, so I still had my gown on until we got to the hallway that we had measured earlier. Out of sight, I slipped off the gown and with my long sleeved shirt covering my identification badges, I looked like a visitor getting in an indoor run. I then spent the night in the hospital and left around noon the next day. Running in the snow was much harder on me than the run in the hospital hallways. As for the shots, Joel hurt me only once in the nine tries. Ironically, the nurses at hospital had punctured me nine times, hurting me only once as well.

Last summer I fell 9.5 feet when my ladder slipped under the loft I was clearing at my rental house in Spokane. I landed on the back of my head and was rushed immediately to the hospital. Though I took 13 staples to the head and 11 stitches to the groin, what worried me was the trauma to my lower legs. Apparently, as the ladder went down, my legs slipped through the rungs and twisted; they looked bad. I called Joel and told him about my mishap, so he arranged for me to stay with Chris Zeller, the coach at Eastern Washington University. That really helped since my planned sleeping quarters were a friend's mobile home, and I don't think I could have managed the first large step. The next few days were painful, and one foot turned black from the internal bleeding, but once again I survived to run another day.

Potential milestones along the way are basically unremembered. At 40 years we had a bunch of friends show up for a group run on two successive days (the end of 40 years and then the anniversary). On the 43rd anniversary, I ran my first marathon in 19 years, so my son Joel held a party, which many old friends attended. The most interesting milestone would have to be my 15,000th consecutive day of running. Joel and I had driven to Seaside, Oregon, where we had made arrangements to meet with the Chamber of Commerce about reviving the Trail's End Marathon. We showed up fairly late at our motel and turned on the TV where we learned that a tsunami from Japan was predicted to hit the



West Coast at just after 7 the next morning. Though not extremely alarmed, I did go to bed with my running attire on. At 5:30 the next morning, we received a call telling us that the city of Seaside was being evacuated. Joel immediately started packing as I slipped on my Nikes and headed out toward the ocean where I found nothing abnormal, just your everyday roaring of the Pacific Ocean. Though I had no intention of staying on the beach, firemen in a patrol vehicle were quick to come my way and order me out of town. Other than the firemen, I saw only one other person as I returned through the city (an old man who I found grumbling that the coffee shop had not yet opened). I stopped and explained that the city had been evacuated and then continued to the motel where I found a nervous Joel sitting in the pickup. As it turned out, the tsunami had dissipated to a mere seven inches by the time it hit Northern Oregon, but we were already on the high road to Washington by then.

What have I gotten out of all this running? Keep in mind that I was a 5:03 high school miler who didn't win his first long run until age 26. After the streak started I won quite a few long races including the Seattle, Portland, and Victoria, BC, marathons as well as second in the Vancouver, BC, marathon. I set an American record while winning the 1975 U.S. 50 mile championship with a 5:12:40.1 clocking and in other national ultra-marathon championships placed second twice, third twice, and several others in the top eight. I also qualified for the U.S. Olympic marathon trials in 1972 and 1976. At age 44 I ran my last ultra, the national Masters 50 mile championship, in 1988 in 5:59:38 to win my age group. In 2013 I was inducted into my high school hall of fame a few years after Chris Pratt, the Guardian of the Galaxy, and in February was inducted into the Western Washington University hall of fame. Three of my kids are avid runners, and one (Joel) is the Director of Track & Field, Cross Country at Cardinal Stritch University in Milwaukee. As you can see, I have no regrets.

Would I suggest to others to start a running streak? Absolutely not, but I would encourage someone to go out for a run today. Tomorrow I would suggest the same. That's all there is to it, really. Just take care of today. I am continually asked when I will end my streak. For that I have no answer. I just hope it won't be today.

The history of my long races:

Marathon	Olympia, WA	Sept. 20, 1964	3:05:31--4 <sup>th</sup> in PNAAU
Marathon	Vancouver, BC	June 20, 1965	2:52:20.8--2nd in BC championship
Marathon	Victoria, BC	July 31, 1965	DNF--ran 26 miles while lost
Marathon	Culver City, CA	December 1965	DNF--quit at 20
Marathon	Vancouver, BC	June 15, 1969	2:55:10--4th in BC championship
Marathon	Birch Bay, WA	April 11, 1970	2:43:40--first; 290 yards short
Marathon	Victoria, BC	May 31, 1970	2:41:05—first
Marathon	Miles City, MT	July 5, 1970	2:52:05--2nd /MT state champs

Marathon	Spokane, WA	Sept. 13, 1970	2:46:16--8th
Marathon	Seaside, OR	Feb. 27, 1971	2:55:11--71st
Marathon	Birch Bay, WA	April 10, 1971	2:34:11--2nd
Marathon	Eugene, OR	June 6, 1971	2:32:11--25th in Nationals
Marathon	Seaside, OR	Feb. 27, 1972	2:25:35--3rd Marathon
Marathon	Birch Bay, WA	April 15, 1972	2:26:26—first
Marathon	Vancouver, BC	May 27, 1972	2:24:16.6--2nd in BC championship
Marathon	Eugene, OR	July 9, 1972	2:29:24--27th in US Olympic trials
Marathon	Sauvies Island, OR	Nov. 25, 1972	2:25:41--first in Portland marathon
Marathon	Birch Bay, WA	April 14, 1973	2:29:18--2nd
Marathon	Seattle, WA	Dec. 1, 1973	2:33:54—first
Marathon	Seaside, OR	Feb. 23, 1974	2:25:57--9th
Marathon	Birch Bay, WA	April 13, 1974	2:31:17--2nd
50 kilometers	Kent, WA	Aug. 31, 1974	3:10:29--5th in AAU nationals
Marathon	Sauvies Island, OR	Nov. 30, 1974	2:30:45--8th
Marathon	Seaside, OR	Feb. 22, 1975	2:28:00--10th
Marathon	Birch Bay, WA	April 12, 1975	2:27:17—first
50 miles	Seattle, WA	Oct. 25, 1975	5:12:41--US champ; US record
Marathon	Sauvies Island, OR	Nov. 29, 1975	2:22:32--3rd; Oly trials qualifier
Marathon	Seaside, OR	Feb. 28, 1976	2:25:25--12th
50 kilometers	Sacramento, CA	Mar. 21, 1976	3:03:39--2nd in US championships
Marathon	Birch Bay, WA	April 10, 1976	2:30:19—first
Marathon	Eugene, OR	May 22, 1976	2:29:33--33rd
Marathon	Birch Bay, WA	April 9, 1977	2:38:00--4th
Marathon	Preston, Eng.	Aug. 6, 1977	2:39:31--15th
50 miles track	Santa Monica, CA	Sept. 10, 1977	6:15:01--8th in AAU nationals
Marathon	Seattle, WA	Nov. 26, 1977	2:29:52--10th
100 kilometers	Miami, FL	Jan. 27, 1979	7:44:40-- 2nd in US champs; too hot
Marathon	Seaside, OR	Feb. 24, 1979	2:36:19--32nd
Marathon	Seaside, OR	Feb. 25, 1978	2:29:04
Marathon	Birch Bay, WA	April 8, 1978	2:34:14--3rd
Marathon	Issaquah, WA	June 24, 1978	2:41:30--4th while pacing
Marathon	Seattle, WA	July 29, 1978	3:20:47--82nd while pacing
50 miles track	Santa Monica, WA	Sept. 9, 1978	DNF--dropped at 40
Marathon	Burlington, WA	Sept. 30, 1978	3:00:20 with Don
50 miles	Sauvies Island, OR	Oct. 29, 1978	5:47:42--first in Oregon AAU
Marathon	Birch Bay, WA	April 14, 1979	2:52:00—first
100 kilometers	Yakima, WA	May 6, 1979	7:15:01—first
Marathon	Seattle, WA	July, 29, 1979	2:35:19--10th
Marathon	Eugene, OR	Sept. 9, 1979	2:35:29--150th
Marathon	Burlington, WA	Sept. 29, 1979	2:49:35--3rd; pacing for 50 mile
50 miles	Seattle, WA	Oct. 13, 1979	5:38:51--3rd in nationals

Marathon	Seattle, WA	Nov. 24, 1979	2:33:57--44th
50 mile track	Santa Monica, CA	Dec. 15, 1979	5:40:49--first (4th best US ever)
100 kilometers	Miami, FL	Jan. 26, 1980	7:51:51--3rd in US champs; too hot
Marathon	Seaside, OR	Feb. 23, 1980	2:33:42
Marathon	Birch Bay, WA	April 12, 1980	2:36:50--2nd
100 kilometers	Yakima, WA	May 4, 1980	7:07:49--first; 3rd best US ever
Marathon	Burlington, WA	Sept. 27, 1980	2:48:08--pacing for 50 mile--4th
50 miles	Chicago, IL	Oct. 5, 1980	5:32:48--5th in US champs
Marathon	Seattle, WA	Nov. 29, 1980	2:38:25--48th
50 miles track	Santa Monica, CA	Dec. 27, 1980	DNF--dropped at 39.7 miles
Marathon	Seaside, OR	Feb. 28, 1981	2:48:14--67th w/Todd Lingbloom
Marathon	Birch Bay, WA	April 11, 1981	2:34:42—first
50 miles	Yakima, WA	May 3, 1981	DNF--dropped at 37.4
Marathon	Burlington, WA	Sept. 26, 1981	2:38:59--3rd
Marathon	Seattle, WA	Nov. 28, 1981	2:38:20--60th
60 kilometers	Corvallis, OR	Jan. 29, 1982	3:49:14--first (4th best US ever)
Marathon	Seaside, OR	Feb. 27, 1982	2:45:14--69th (to 19 with Don)
Marathon	Birch Bay, WA	April 10, 1982	2:35:42—first
100 kilometers	Yakima, WA	April 25, 1982	7:56:18--2nd; too hot
Marathon	Burlington, WA	Sept. 25, 1982	2:39:36--5th
50 miles	Mount Vernon, WA	Oct. 24, 1982	5:42:05--first; started 1:57 late
Marathon	Seattle, WA	Nov. 27, 1982	3:31:24--841st with Todd Boothe
Marathon	Seaside, OR	Feb. 26, 1983	2:50:09--85th
100 kilometers	Yakima, WA	April 24, 1983	7:31:15--2nd
55 miles	Baker to Bellingham	June 4, 1983	6:40:32—first
Marathon	Burlington, WA	Sept. 24, 1983	
Marathon	Birch Bay, WA	Dec. 31, 1983	2:46:49--first tie with Chris Soler
50 kilometers	Seattle, WA	Jan. 7, 1984	3:34:52--12th
Marathon	Seattle, WA	March 18, 1984	2:49:20--79th tie with Bruce Walker
Marathon	North Bend, WA	May 19, 1984	2:37:44--4th; first 40+
Marathon	Olympia, WA	July 29, 1984	2:41:14.4--27th
Marathon	Portland, OR	Sept. 23, 1984	2:40:24--55th
50 kilometers	Mount Vernon, WA	Oct. 20, 1984	3:19:32--first; course record
Marathon	Portland, OR	Nov. 25, 1984	2:40:24--55th
Marathon	Birch Bay, WA	Dec. 30, 1984	3:20:23--first in 10 degree blizzard
Marathon	Seaside, Oregon	Feb. 25, 1985	2:43:27--26th
Marathon	Seattle, WA	April 14, 1985	2:36:47--13th; first 40+
Marathon	Rome, Italy	June 30, 1985	38th; first US; World Vet

Marathon	Birch Bay, WA	Dec. 14, 1985	champs 2:48:41—first
Marathon	Olympia, WA	July 27, 1986	2:41:39--9th National masters
Marathon	Richmond, BC, Canada	Oct. 5, 1986	2:41:18--ninth in World Vet camps
Marathon	Birch Bay, WA	Dec. 14, 1986	2:45:50—first
50 kilometers	Seattle, WA	Jan. 3, 1987	3:32:46--2nd
Marathon	Birch Bay, WA	Dec. 12, 1987	2:48:34—first
50 miles	Columbus, OH	April 10, 1988	5:59:38--first US Masters 40- 44
Marathon	Burlington, WA	Sept. 17, 1988	2:48:22—first
Marathon	Birch Bay, WA	Dec. 10, 1988	2:44:56—first
Marathon	Burlington, WA	Sept. 16, 1989	2:48:13--2nd
Marathon	Birch Bay, WA	Dec. 9, 1989	2:51:30—first
Marathon	Birch Bay, WA	Dec. 8, 1990	3:07:48—first
Marathon	Birch Bay, WA	Dec. 7, 1991	2:53:53--first

#### Yearly Mileage:

1968	1901.0 (42 days unrecorded with comment that several were over five & some missed)				
1969	2,037.1 (many unrecorded days as well)				
1970	4,009.3 (3,771.7 streak miles)				
1971	4,266.3	1972	5,131.4	1973	4,339.6
1974	5,414.8	1975	6,174.6	1976	3,262.5
1977	4,800.5	1978	6,027.7	1979	5,790.0
1980	5,294.3	1981	4,950.0	1982	5,327.6
1983	4,887.5	1984	5,612.8	1985	4,805.6
1986	4,407.5	1987	4,580.4	1988	4,427.9
1989	3,726.4	1990	4,314.6	1991	4,061.6
1992	3,515.7	1993	2,891.3	1994	3,210.6
1995	4,078.9	1996	3,451.8	1997	2,613.6
1998	2,366.1	1999	2,702.3	2000	2,368.1
2001	2,029.9	2002	2,161.7	2003	2,018.9
2004	2,205.5	2005	2,229.6	2006	3,206.8
2007	2,418.6	2008	830.8	2009	1,443.0
2010	1,657	2011	1,012.0	2012	1,429.0
2013	1,042.8	2014	1,306.5		



Jim Pearson



Herb Fred

## **I Have The Heart To Do It**

### **By: Herb Fred, MD**

Just 95 days shy of my 86th birthday, the shortest of my many running streaks ended after 322 days. It ended for medical reasons. Over the past 5 years, I have had progressive stenosis (blockage) of my aortic valve, the valve through which blood leaves the heart for distribution throughout the body. The blockage had reached the point where operative intervention was indicated, even though I had no troublesome symptoms and was able to cover 4 to 6 miles daily during the past year.

As part of the preoperative workup, I had a coronary angiogram, a procedure that uses “dye” to visualize the arteries in the heart. To the surprise of my doctors and me, I had a 90% obstruction in one of the major arteries. Fortunately, the obstruction was relieved by inserting a stent. That event took place on March 9, 2015, the day my latest running streak ended.

On April 8, 2015, I underwent transcatheter aortic valve replacement, referred to in medical circles as TAVR. The procedure is performed under x-ray vision and completed without ever opening the chest. It begins with a catheter being placed in the femoral artery, a large artery in the groin. Through the catheter, a balloon device breaks apart the obstructed valve, making room therein for the new valve. The balloon device is then removed, and the new valve implanted. In my case, the actual operation time was an unbelievable 20 minutes. I went home the next day.

Twelve days after the TAVR, I started a new running streak. As of May 10, 2015, the streak is 21 days old, and my total lifetime mileage is 251,681. I plan to run daily for as long as the good Lord permits, and I have the heart to do it.



Reno Stirrat (#143)

**RENO STIRRAT JOINS SRI/USRSA AS 700<sup>TH</sup> MEMBER;  
HAS RUN SUB-3 HOUR MARATHON IN 5 DIFFERENT DECADES;  
HAS OVER 150,000 LIFETIME MILES**

**By: Bob Skorupski**

Reno Stirrat holds the distinction of being one of only about 34 runners who have run a sub-3:00 for a marathon in five different decades. Of those runners on the list, only one other gentleman from Russia has run faster than 2:45 for each of the five races, making Reno the fastest American on the list.

In 2020, when Reno is 66 years old, he will have the opportunity to become the first person to run a marathon in under three hours in 6 consecutive decades. This unprecedented feat is one of both speed and perseverance.

Need more evidence of tenacity? Reno is the 7th man on the list for the longest span between Sub-3:00 marathons. His most recent effort came a mere 36 years, 158 days after his initial performance.

Mark Washburne, president of the SRI/USRSA, recently asked Reno to submit this article for this publication. Reno felt it would be too difficult to write about his own running career, so I jumped at the chance to conduct this interview. Perhaps the best part for me is that I conducted most of it while on training runs.

**When did you start running?**

The sport I really wanted to play was football. In my freshman year, I was on the team at Morris Hills High School in New Jersey. I was always the fastest boy to finish the warm-up mile prior to practice. The cross-country coach, of course, noticed me, and along with the football coach, they decided to find out how fast I was.

The football coach pulled me off to the side and told me, "We're going to see if you can really run."

The coach let the other boys start running, 30 seconds later, he said, "Let's see if you can catch them." Sure enough, I ran down every last one of them.

**Naturally, you must have run track in the spring season, right?**

I was a sprinter and ran the 440 as a freshman.

**What made you decide to stop playing football?**

In my sophomore year, the other boys had grown but I hadn't. I was playing wide receiver, and could run routes quickly, but I was getting pretty beat up pretty bad, and after few sessions of practice, I realized I wasn't going to be a football player and quit the team. The cross-country coach offered me a spot on the team, and I said sure, why not?

Two days later Morris Hills had a cross-country meet against Blair Academy. I was in the JV race. The coach told me to follow a particular runner who was expected to win the race. I ended up coming in first place. It came that easy. I won the next JV race and I was put on the varsity team after that. I went on to become the New Jersey state sectional champion in cross-country and the mile.

**You attended college for a short while but then dropped out to join the Marines?**

Yes, that is correct. After high school I spent a year at Southeastern Massachusetts University (today it is known as UMass Dartmouth). I ran very well while there, but was not really taking college life seriously. Even though my coaches really wanted me to stay, I decided to leave school and join the Marines.

**One of the more ironic things I have heard you say is that during your time in the Marines, you actually ran the least during your running career. How do you think your time in the in the Military affected your running?**

I still ran while I was with the Marines. I always maxed out on my Physical Fitness Test. I would usually run the three-mile test in around 17:30. It was fast enough for the drill instructor, but a college coach would have wanted me to run faster. Another benefit of my time there is that I developed more balanced fitness, not just running, but strength as well. In my last year in the Marines, I got hardcore about running. It was at this time that I ran my first 100-mile week.

**After the Marines, you returned to school and had a solid career at Iona College?**



Yes, I had matured both emotionally and physically in my time in the Marines. By the time I got out, I was better prepared to do well both as an athlete and as a student. For example, I set the school record for freshmen in the 10,000m with a time of 29:52. I am pretty sure that record still stands at Iona College today.

**I think your most impressive record is that you have run faster than 3:00 in a marathon in five decades. Tell me about your first marathon?**

My first marathon was the Marine Corps in 1976, which was the inaugural running of the race. I ran three ten milers to train for it, and still finished the marathon in 2:44 on only thirty miles a week. I went out with the lead pack and everyone was talking about their last marathon and they asked about me I said it was my first marathon and they all laughed but only a couple beat me. I sort of got the idea that I might have some natural talent for the marathon because I was able to do so well with such limited training.

**Is the marathon your favorite distance?**

No, my favorite distance is the half marathon. I like the marathon well enough, and I have had success, but the time it takes to recover from running one is so long. You can run a half marathon, and be back to training within a couple weeks.

I am from an era when 10Ks were far more prevalent than they are now. There were hardly any 5K-road races. So a 10K was considered a short race. There were a lot more 10-mile races, too. I like the half marathon better than these shorter races because there is a lot more discipline required to running that race. It is a much more tactical race than a 5K or a 10K.

It is funny, because having these shorter races now has really changed a lot of people's mind set about training. We never thought about how many miles we had to run in order to train for a particular race distance. We approached training by trying to find out how far we could push ourselves.

**Do you have a particular race that stands out in your mind? Perhaps there was a "bad beat" where you thought you had the race won only to have lost, or a race where you managed to pull out a win?**

My favorite race was my half marathon PR when I'm running sub 5 minute miles and running in the lead pack with some Kenyans. With a mile to go there were 5 of us and I ended up 2nd.

**What has been your biggest challenge as a runner?**

None really. My last injury, which lasted about 9 months, has been a challenge. I had been running on a rainy day, and was sort of stepping side to side to avoid these puddles because I couldn't tell how deep they were. The next day, my piriformis muscle had locked up on me. I kept trying to run, and eventually tried physical therapy, but nothing seemed to help. So I just had to take time off from running. Just when the piriformis seemed to be resolved, my hamstrings were locking up on me. In 45 years of running I have never been injured for longer than a few weeks. I love the racing and the competitive part of running. Having that taken away was difficult.



**You are a streak runner. You ran on consecutive days for 5 years and 1 day starting in 1983. Detractors of streak running would argue that this practice is bad for training purposes, and that recovery days are an important part of training. Your continued success would seem to contradict this notion. What are your feelings on streak running as it pertains to your training?**

I don't feel there are any negative effects of running everyday, unless there is an injury that is affecting one's performance or goals. I could have struggled through a mile a day during my piriformis injury, but doing that would have delayed my injury recovery and ultimately my return to competitive racing. Recovery days can be active and appropriately adjusted with speed and distance. Every run should have a purpose, even easy runs.

**Running every day can be a means to an end; would you agree that it can also be an end in itself?**

Some runners have goals to be fast. Some runners have goals to win races. Some runners have the goal to run each and every day. All take dedication. It is no more difficult to win a gold medal at the Olympics than it is to be a streak runner. Look around you at a race. Runners come in so many different shapes and colors and all are part of the running community. Running gives us the freedom and the ability to dream and be.

**Well, you must finally be on the mend, because you have had some pretty solid times recently, including the Miles 4 Music 20K in 1:17:49 and the James Joyce Ramble & USATF Masters Championships (10K) in 37:04. What races do you have on the horizon? Are you planning on running a marathon any time soon?**

I am looking to do well in the USATF National races. There is the 5K Men's Masters Championship in Syracuse. That is in October. The Club Cross-Country Championship will be in San Francisco this year. I am not sure about that one yet. The 5K Masters Cross-Country Championship will be in Saratoga Springs, NY in October, and the National 12K Championship will be in Virginia in November. Aside from those races, I am also looking at the USATF races for the Grand Prix in New Jersey.

I am not really looking to do a marathon any time soon. I want to make sure I am healthy and strong before I tackle that distance. I ran the Boston Marathon in 2014, and I really shouldn't have even started that race. I was just too soon after that injury.

**You also coach runners. From first hand experience I know that you tailor training plans to an individual runners needs. What advice can you give to runners?**

The two big things I would recommend are consistency, which streak runners understand, and quality workouts, which should be done one to two times a week. There is a time to run fast and a time to run slow. We should always vary our speed in training and never get stuck on a certain pace.

**Finally, I would like to ask you about the quotes you post on facebook. Where do you get the pictures, and how do you decide what quotes to use?**

I usually take my own pictures. I rarely use pictures of myself running. I like to take pictures of interesting things I see. I don't just use running quotes. I like to use

inspirational quotes. Some are from runners I know, some from other athletes. I have used quotes from Confucius, Lou Holtz, and Albert Einstein, to name a few.

**That's great. I'd like to share a few of my favorites out of the quotes that you have shared. Thanks for your time!**

*Who insists on running up a slope, is confused and crazy. – Sicilian Proverb.*

*Old age is fifteen years older than I am. – Oliver Wendell Holmes.*

*Do a little more each day than you think you possibly can. – Lowell Thomas.*

*Even if you are on the right track, you'll get run over if you just sit there. – Will Rogers.*

*Run like you're a shooting star fast and bright! – RJS.*

### **Streak Runner Profile:**

DOB: April 19, 1954

Current Streak Start Date: 11/1/2014

Longest Streak: 6/11/83-6/11/88 5 years 1 day.

### **Recent PRs:**

5K: 16:45

10K: 35:04

15K: 54:19

Half Marathon: 1:15:16

Marathon: 2:42:27

### **Lifetime PRs:**

5K: 14:19

10K: 29:21

15K: 45:04

Half Marathon: 1:05:12

Marathon: 2:19:17



Bob Skorupski (author; #1414) a step ahead of Reno Stirrat.



Steve DeBoer and “a photo of the socks I retired after reaching 150,000 [miles].”

## **Traversing the Tundra - the 60% Solution Updated**

### **By: Steve DeBoer**

For those of you not familiar with the most famous fictitious detective, Sherlock Holmes, one of his most well-known quotations was, “The game is afoot!” which obviously refers to the necessity of being very physically fit to work as a private investigator, with running being the fastest form of foot power. Mr. Holmes was also noted for using a 7% solution (of cocaine), when he had no interesting cases going on and got bored playing his violin.

As streak runners, we have less of a propensity for “Coke,” as things go better for us when we experience the 60% solution – that is the attempt to run daily for at least 60% of our lives.

Though Ted Corbitt and Bob Ray were the earliest US streak runners that have been certified, neither of them actually achieved 60% (Bob was at 55.9% when he retired his 38-year streak in 2005). Bob Hensley was the first to reach 60% in 1992. Mark Covert followed in 1995 and Steve DeBoer in 1996. For comparison, Ron Hill, who began his running streak December 1964, at age 26, did not reach 60% until 2005 (he is now at 65.8%). Ten years ago there were only 9 runners in this category in the US. Now there are 32, with 9 more within 2% of that number. In addition, Jay Kammerzell was at 61% when he ended his 4th streak in April 2012. Bob Hensley was also the first to reach 70% in 2006, before his 3rd running streak ended. Now there are six over 70%, including Joel Pearson, who began his streak before his 9th birthday. Here is the list of those who have run at least 1 mile daily (along with their age and years of longest streak) for at least 60% of their life as of June 1, 2015:

<b>NAME</b>	<b>AGE</b>	<b>Longest Streak</b>	<b>% of LIFE</b>
Steve DeBoer	60	44 yrs.	72.70%
Nick Morganti (2 streaks)	58	35 yrs.	71.28%
Jon Sutherland	64	46 yrs.	71.12%
Steve Gathje	60	42 yrs.	71.05%
Dave Hamilton	60	42 yrs.	70.60%
Joel Pearson	29	20 yrs.	70.01%
Mark Covert	64	45 yrs.	69.73%
(dropping, 71.66% highest when he ended his streak)			
Gary Jones (2 streaks)	63	39 yrs.	68.76%
Alex Galbraith	64	43 yrs.	67.20%
Brian Casey	56	38 yrs.	66.98%
William Benton (2 streaks)	65	38 yrs.	66.64%
John Roemer IV	55	36 yrs.	66.12%
Ron Hill	75	50 yrs.	65.78%
Steve Morrow (3 streaks)	51	28 yrs.	65.15%
John Wallace III	39	25 yrs.	64.74%
Robert Kraft	64	40 yrs.	64.54%
Timothy Woodbridge	56	37 yrs.	64.27%
Layne Party	56	35 yrs.	63.73%
Jim Pearson	71	45 yrs.	63.71%
Sue Favor	48	30 yrs.	63.42%
Bob Hensley (4 streaks)	60	19 yrs.	63.31%
(dropping, as currently not running daily)			
Grant McAllister	51	32 yrs.	63.17%
Bill Robertson	62	38 yrs.	61.51%
John Carlson	61	37 yrs.	61.32%
Bruce Sherman	60	37 yrs.	61.05%
Richard Westbrook	68	41 yrs.	60.61%
Rick Porter	62	37 yrs.	60.47%
Scott Ludwig	60	36 yrs.	60.36%
Ken Young (3 streaks)	73	41 yrs.	60.25%
John King (2 streaks)	64	31 yrs.	60.11%
Ken Birse	55	33 yrs.	60.09%
Don Slusser (4 streaks)	63	27 yrs.	59.81%
(dropping, as currently not running daily)			

Those getting close include:

George Hancock (2 streaks)	62	24 yrs.	59.78%
Chester Tumidajewicz	60	36 yrs.	59.78%
Mark Courtney	59	35 yrs.	59.67%
Bill Finkbeiner	59	35 yrs.	59.54%
Craig Davidson	61	36 yrs.	59.52%
Jim Behr	67	40 yrs.	59.46%
Doug Holland	54	31 yrs	58.63%
John Watts	59	34 yrs	58.19%
C. David Todd	63	36 yrs	58.07%

Note that Sue Favor is the only woman to reach 60%. Julie Maxwell, who is on her second streak, is next, at 57.09%.

## Traversing the Tundra At Least 2,000 Miles per Year

### By: Steve DeBoer

At the end of 2014, I sent an e-mail out to nearly 200 streak runners who have current or retired running streak of over 15 years or have run over 70,000 miles in their lifetime, receiving about 80 responses. This survey covered several different topics, which I will address in the next few issues of this esteemed newsletter. Almost all of us have run over 1000 miles for many years, so I chose not to compile that list. But it is surprising how many of us have run over 2,000 miles and the number of times many have done it. There are separate lists for 3000+, 4000+, 5000+, 6000+, and 7000+ miles in a year. These lists are not exhaustive, and I welcome responses from those not on the lists, so I can add you when they are updated in the future.

<b>Name</b>	<b># of years &gt; 2000 mi.</b>	<b>Name</b>	<b># of years &gt;3000</b>
Bruce Mortenson	55	Herb Fred	42
Jon Sutherland	46	Steve DeBoer	40
Herb Fred	46	Stuart Calderwood	40
Alex Galbraith	45	Craig Davidson	36
Steve DeBoer	43	George Brown	36
Stuart Calderwood	43	Bruce Mortenson	35
Don Slusser	43	Reno Stirrat	34
Mark Covert	42	Craig Davidson	33
Larry Baldasari	41	Barry Abrahams	31
Raven Kraft	40	Roger Urbancsik	31
Ken Young	40	Bill Shires	30
Gary Jones	39	Paul Case	30
Bill Moreland	39	Sherry Case	30
Bob Ray	38	Steve Morrow	30
Matthew Mace	38	Scott Ludwig	29
Jim Pearson	38	Bill Moreland	29
Craig Davidson	37	Jon Sutherland	28

George Brown	37	Ron Jackson	28
Bruce Sherman	37	Jim Hage	26
Rick Porter	37	Jim Pearson	26
Bob Hensley	37	Bob Hensley	26
Paul Case	37	Jim Behr	26
Sherry Case	37	Gary Jones	24
Homer Hastings	36	Ken Roth	24
Reno Stirrat	36	Matthew Mace	23
Jim Behr	35	Terrell Worley	21
Roger Urbanicsik	35	Mike Holsteen	21
Scott Ludwig	35	Homer Hastings	21
Tim Masters	34	Bob Aby	20
Steve Gathje	34	Mark Covert	20
Steve Morrow	34	Ken Young	19
Ron Jackson	34	Larry Sundberg	16
Barry Abrahams	34	Dink Taylor	16
Stephen Reed	34	Barbara Latta	16
Stephen Way	34	Larry Baldasari	16
Jim Hage	33	Joel Pasternack	15
John Chandler	32	Fred Winkel	14
Brian Casey	32	Jim Bates	14
Craig Snapp	32	Steve Gathje	14
Larry Sundberg	31	Fred Murolo	14
Bill Leibfritz	31	Craig Snapp	13
Bill Shires	31	Pete Gilman	12
Jack Johnson	30	Bill Benton	12
Bob Aby	30	Tammy Slusser	11
Bill Stark	30	Rich Holmes	11
Joe Raffa	30	Brad Kautz	11
Tammy Slusser	30	Thad Childs, Jr	11
Roger Nelson	29	Jerry Caine	10
Barbara Latta	29	George Hancock	8
John Liepa	29	Roger Nelson	7
Jeff Gould	29	Tom Allen	7
Deb Brassfield	28	Jeff Gould	6
Grant McAllister	28	Steve Way	6
Dink Taylor	28	Tim Woodbridge	6
Jim Bates	28	Bob Ray	5
John Watts	27	Rick Kerr	5
Terrell Worley	27	Ken Birse	4
Ward Crutcher	26	Brian Casey	4
Rick Kerr	26	Grant Woodman	4
Mike Holsteen	26	Jack Johnson	3
Ren Roth	26	Bill Leibfritz	3
Bill Robertson	25	John King	3
Grant Woodman	25	Dave DeBoer	3
George Hancock, Brad Kautz, John Roemer IV	24	Grant McAllister	2
Thad Childs, Joel Pasternack, Tom Allen, Fred Winkel	23	Ron Shealy	1
Brent Burmeister, P Foley, P Gilman, J King, F Murolo	22	Brian Short	1
Wendell DeBoer, Ron Shealy	21	Ward Crutcher	1
Ron Kallinen, Norm Grimmett, Brian Short, R Zarambo	20	Lauren Estilow	1

M. Courtney, S Favor, D Hamilton,	20
D Holland, J Hyder, B Robertson	20
Tim Woodbridge, Bill Benton	18
Gary Rust, Deb Ciccati, Judy Mick	17
Lauren Estilow, Rich Wright	15

Lenworth Williamson	1
Raven Kraft	1

#### # years >4000 mi.

Herb Fred	39
Craig Davidson	33
Don Slusser	29
Roger Urbancsik	26
Jon Sutherland	23
Reno Stirrat	22
Jim Pearson	20
Scott Ludwig	16
Ron Jackson	16
Bob Hensley	15
Bruce Mortenson	15
Steve Morrow	15
Mark Covert	13
Craig Snapp	11
Pete Gilman	9
Joel Pasternack	9
Jerry Caine	9
Stuart Calderwood	8
Bill Shires	6
Jim Hage	5
Larry Sundberg	4
Tim Woodbridge	4
Woody Woodburn	4
Terrell Worley	4
Barbara Latta	4
Bill Benton	3
Thad Childs	3
Steve Gathje	3
Dave Hamilton	3
Rich Holmes	3
Brad Kautz	3
Grant Woodman	3
Steve Way	2
Bob Ray	1
Brian Casey	1

#### # years >5000 mi

Herb Fred	28
Craig Davidson	23
Jon Sutherland	19
Roger Urbancsik	13
Don Slusser	13
Steve Morrow	10
Mark Covert	9
Craig Snapp	9
Jim Pearson	8
Jerry Caine	7
Joel Pasternak	6
Bob Hensley	2
Scott Ludwig	2
Ron Kallinen	1

#### # years >6000 mi

Herb Fred	16
Craig Davidson	14
Jon Sutherland	9
Roger Urbancsik	6
Steve Morrow	5
Jerry Caine	4
Mark Covert	3
Don Slusser	3
Jim Pearson	2
Craig Snapp	1

#### # years >7000 mi

Herb Fred	7
Craig Davidson	4
Jerry Caine	2
Roger Urbancsik	1

For those who have run over 6000 miles, their highest yearly mileages have been:

Craig Snapp	6017
Jim Pearson	6176.5
Jon Sutherland	6206
Don Slusser	6263
Steve Morrow	6570
Jerry Caine	7234

Craig Davidson           7400  
Herb Fred               7661.5  
Roger Urbancsik       7850 (Roger also ran 8170 From July 1, 2011 – June 30, 2012, which I believe is the highest 365 or 366 day total of any in our membership.)

Others who submitted survey answers with years of over 2000 miles are: Jerry Caine (13), Mike Halloran (12), Charles Holmberg (11), John Watts (10), Ken Birse (9), Mark Washburne (7), George Church (7), John Strumsky (5), Henry Lengkeek (5), Ken Korosec (~5), John Faz (~5),

Some recent milestones reached were:

150,000 lifetime miles for Steve DeBoer on March 29, 2015, exactly 47 years to the date he began regularly running. He is the only streak runner over 150,000, who has never run at least 4000 miles in any one calendar year. Steve also does 100 pushups before his runs, surpassing 1.5 million of those back in 2012, which gives him a rather unique record, when combined with his running mileage. He passed 100,000 miles in February 2001.

200,000 lifetime miles for Craig Davidson on May 2, 2015, at the Whiskey Row Marathon, making Craig the 5th American we have identified who has run over 200,000 miles. He passed 100,000 miles on October 2, 1993, while running the St. George Marathon. He should reach the moon in 4-5 years!

Steve has run in 52 pair of shoes, costing \$1675 (including some Shoe Goo, about 2700 miles per pair). He has found about \$75 over the years (at least once every year), so his adjusted total is \$1600. Craig has run in 500 pair of shoes (about 400 miles per pair), which would have cost him \$25,000. But he has been working at Runner's Den in Phoenix since December 1983 and has not had to pay for most of his shoes since then. First 10 years would have cost him about \$4000. But since he has found \$9,395.72 during his runs as of the end of April (every day since April 2, 1983), he still has almost \$5400 to pay for shoes when he retires. Maybe he can split it with Steve, when Steve gets to 200,000! Just heard from Craig, that won't work. He already spent \$3,000 of it taking his wife to Hawaii (of course, he had to run a marathon - Run in the Sun on Maui-while there). ☺

Herb Fred became the second 85-year-old person in the world (Wendell DeBoer was first in 2009) to have a daily running streak of at least 6 months (ended March 9, 2015, at 322 days). Unfortunately, he had to have a stent inserted in a diseased coronary artery on that date, which was followed by an aortic valve replacement in April, which kept him from reaching one year. He plans to try again once he gets the OK to exercise.

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"I find the great thing in this world is not so much where we stand, as in what direction we are moving: To reach the port of heaven, we must sail sometimes with the wind and sometimes against it - but we must sail, and not drift, nor lie at anchor."

-Oliver Wendell Holmes, Sr. (1809-1894)



**SRI/USRSA MARATHON PRs\***  
**Compiled By: Roger Urbancsik**

		Time	Pace	
1	Ron Hill	2:09:28	4:56.3	1970 British Commonwealth Games (World Record)
2	Amby Burfoot	2:14:28.8	5:07.7	1968 Fukuoka Marathon
3	Jim Hage	2:15:51	5:10.9	1992 Columbus Marathon
4	Bob Hensley	2:16:25	5:12.2	1988 Virginia Beach Marathon
5	Don Slusser	2:17:43.7	5:15.2	1980 Olympic Trials
6	Reno Stirrat	2:19:17	5:18.7	1979 Rocket City Marathon, Huntsville
7	Bruce Mortenson	2:19:59	5:20.3	1972 Boston Marathon
8	Pete Gilman	2:20:57	5:22.6	2006 Chicago Marathon
9	Mark Covert	2:21:00	5:22.7	
10	Dallas Robertson	2:21:59	5:24.9	1987 Las Vegas Marathon
11	Jim Pearson	2:22:32	5:26.2	1975 Portland Marathon
12	Randy Wiinonen	2:23:38	5:28.7	1985
13	Syl Pascale	2:24:54	5:31.6	1982 Dallas White Rock Marathon
14	Patrick Reed	2:25:00	5:31.8	
15	Joel Pasternack	2:25:03	5:31.9	1974 Boston Marathon
16	Brad Kautz	2:25:40	5:33.3	1993 Grandma's Marathon
17	Kenneth C. Young	2:25:41	5:33.4	1974 Boston Marathon
18	Michael Fanelli	2:25:57	5:34.0	1980 Nike OTC Marathon
19	Ted Corbitt	2:26:44	5:35.8	1958 Shanahan CC (Philadelphia) Marathon
20	William J. Benton	2:27:06	5:36.6	1981 Boston Marathon
21	Steve Gathje	2:27:30	5:37.5	1978 City of Lakes Marathon, Minneapolis
22	Craig A. Davidson	2:28:14	5:39.2	1982 North Dakota Marathon
23	S. Mark Courtney	2:28:48	5:40.5	1990 Chicago Marathon
24	Darryl Beardall	2:28:53	5:40.7	1970 Pacific AAU Marathon, Petaluma, CA
25	John Watts	2:29:09	5:41.3	1984 Avenue of the Giants Marathon
26	Al Gilman	2:29:25	5:41.9	1974 Land of Lakes Marathon, Minneapolis
27	George G. Brown	2:29:38	5:42.4	1982 New York City Marathon
28	Paul Ladniak	2:30:15	5:43.8	1968 Cherry Blossom Run, Fairmount Park, Philadelphia
29	Stuart X. Calderwood	2:31:06	5:45.8	1994 Grandma's Marathon (1)
30	David L. Hamilton	2:32:27	5:48.9	1979 Nike Marathon
31	Jerry Caine	2:33:48	5:52.0	1969 Culver City Marathon
32	Homer Hastings	2:34:10	5:52.8	1980
33	Jon Sutherland	2:34:25	5:53.4	1971 Culver City Marathon
34	Bruce A. Sherman	2:34:45	5:54.1	1984 Boston Marathon
35	Roger A. Urbancsik	2:35:33	5:56.0	1985 Boston Marathon
36	William Shires	2:36:09	5:57.3	1995 Rocket City Marathon, Huntsville
37	J. Patrick Gowney	2:37:00	5:59.3	1978
38	Tammy Slusser	2:37:14	5:59.8	1994 Pittsburgh Marathon
39	John R. Chandler	2:37:37	6:00.7	1984 Milwaukee's Lakefront Marathon
40	Lawrence E. Sundberg	2:37:44	6:01.0	1981 Boston Marathon
41	David Max	2:37:56	6:01.4	2011 Boston Marathon
42	Timothy P. Woodbridge	2:38:00	6:01.6	1979 Israel (2)
42	John T. Carlson	2:38:00	6:01.6	1982
44	Paul Case	2:38:06	6:01.8	1995 Grandma's Marathon
45	Timothy C. Masters	2:38:34	6:02.9	1978 Boston Marathon

46	Bill Leibfritz	2:38:43	6:03.2	1985 Columbus Marathon
47	Ron Jackson	2:39:06	6:04.1	1986 Emerald City Marathon
48	Thad Childs, Jr.	2:39:20	6:04.6	1981 Middle Georgia Marathon, Macon, GA
49	Jim Behr	2:40:14	6:06.7	1979 Boston Marathon
50	James C. Bates	2:40:40	6:07.7	1997 Berlin Marathon
51	Dink Taylor	2:40:45	6:07.9	1999 Rocket City Marathon, Huntsville
52	Roger H. Nelson	2:40:56	6:08.3	1988 Twin Cities Marathon
53	Michael W. Bergquist	2:41:06	6:08.7	2006 Lincoln Marathon, Nebraska
54	Grant McAllister	2:41:11	6:08.9	1983 Champlain Valley Marathon, NY
55	John Liepa	2:41:17	6:09.1	1979 Boston Marathon
56	Danny Sullivan	2:41:39	6:09.9	
57	Larry Baldasari	2:41:42	6:10.0	1978 Boston Marathon
58	Dave Melissas	2:42:11	6:11.1	1996 Boston Marathon
59	Steve W. DeBoer	2:42:20	6:11.5	1989 Twin Cities Marathon
60	Craig B. Snapp	2:42:24	6:11.6	1981 Fiesta Bowl Marathon, Scottsdale
61	Stephen D. Reed	2:43:19	6:13.7	1991
62	Todd Kelleher	2:44:00	6:15.3	1993 Chicago Marathon
63	Rick Porter	2:44:30	6:16.4	1980 Rocket City Marathon, Huntsville
63	William Moreland	2:44:30	6:16.4	1981 Philadelphia Independence Marathon
65	Kenneth J. Roth	2:44:58	6:17.5	1984 Boston Marathon
66	Neal Lucas	2:45:00	6:17.6	
67	Bill Robertson	2:45:10	6:18.0	1980 Newport Marathon, RI
68	Stan Shatenstein	2:46:52	6:21.9	1992 Mohawk Hudson Marathon
69	Chip Akers	2:46:55	6:22.0	1986 New York City Marathon
70	Rick Rayman	2:47:00	6:22.2	
71	Steve Kohorst	2:47:46	6:23.9	1980 North Dakota Marathon
72	Jordan Trump	2:47:56	6:24.3	2012 Chicago Marathon
73	Brian P. Short	2:48:00	6:24.5	1982 City of Lakes Marathon, Minneapolis
74	George A. Hancock	2:48:02	6:24.5	1981 Greater Johnstown YMCA Marathon
75	Stephen C. Moosbrugger	2:48:08	6:24.8	2000 Twin Cities Marathon
76	Jim Lindley	2:48:32	6:25.7	1983
77	Mark Jasper	2:48:34	6:25.8	2012 Tucson Marathon
78	Scott Ludwig	2:48:41	6:26.0	1988 Jacksonville Marathon
79	Fred Winkel	2:48:46	6:26.2	
80	Greg Dawson	2:48:52	6:26.4	2010 Windermere Marathon, Spokane, WA
81	Charles Brumley	2:49:00	6:26.7	1968 Boston Marathon
81	Jay Kammerzell	2:49:00	6:26.7	1975
81	Tom Andrews	2:49:00	6:26.7	1987 Omaha Marathon
84	Joel Pearson	2:49:40	6:28.3	2005 Birch Bay Int'l Marathon, Blaine, WA
85	Barry S. Sackett	2:49:58	6:29.0	2013 Twin Cities Marathon
86	Ray Lorden	2:51:03	6:31.4	1998
87	Hal Gensler	2:51:08	6:31.6	1992 Twin Cities Marathon
88	Norm Spitzig	2:51:30	6:32.5	1982 America's Marathon, Chicago
89	Sherry Case	2:51:31	6:32.5	1988 Twin Cities Marathon
90	Gary Rust	2:52:05	6:33.8	1984
91	Patrick J. Foley	2:52:10	6:34.0	1986 Grandma's Marathon
92	Kenny Miller	2:52:28	6:34.7	2013 Chicago Marathon
93	Mark Wigler	2:52:39	6:35.1	1996
94	Michael Heller	2:53:01	6:35.9	1981 Jersey Shore Marathon, Asbury Park
95	Dave DeBoer	2:53:24	6:36.8	1977 Paavo Nurmi Marathon, Hurley, WI

96	Ronald Kmiec	2:53:26	6:36.9	1978 Boston Marathon
97	John C. Roemer, IV	2:53:48	6:37.7	1979 Maryland Marathon
98	Ronald W. Shealy	2:54:05	6:38.4	1983 Washington DC Marathon
99	Terrell Worley	2:54:08	6:38.5	1998 Los Angeles Marathon
100	Robert Aby	2:54:18	6:38.9	1989 Carolina Marathon, Columbia, SC
101	William G. Finkbeiner	2:54:49	6:40.1	1983 California Int'l Marathon, Sacramento
102	Scott D. Snyder	2:54:55	6:40.3	1980
103	Jacob Yurek	2:55:07	6:40.7	2006 Twin Cities Marathon
104	Jim Crisp	2:55:10	6:40.9	2003 London Marathon
105	Barry Abrahams	2:56:16	6:43.4	1985
106	William Fell	2:56:22	6:43.6	2014 Chicago Marathon
107	Al Colonna	2:56:33	6:44.0	1977 Nassau County Marathon
108	Andrew Lauer	2:56:48	6:44.6	2012 Detroit Free Press Marathon
109	Richard J. Wright	2:57:00	6:45.1	Columbus Marathon
110	Paul DeNunzio	2:57:08	6:45.4	2013 Steamtown Marathon, Scranton, PA
111	Allen Weddle	2:57:18	6:45.7	1998 Philadelphia Marathon
112	Prince Whatley	2:57:20	6:45.8	2013 Chicago Marathon
113	Mark K. Hall	2:58:00	6:47.3	1978
114	Gordy Strickland	2:58:21	6:48.1	1982 Third Olympiad Marathon, St. Louis, MO
115	John P. Flahie	2:58:45	6:49.1	1985 New York City Marathon
116	Michael Sklar	2:58:50	6:49.2	2012 Soldier Marathon, Columbus, GA
117	Alex T. Galbraith	2:59:11	6:50.1	1974 American National Marathon, Galveston
118	Dave Emmans	2:59:22	6:50.5	1983 California Int'l Marathon, Sacramento
119	Darrin D. Young	2:59:43	6:51.3	2008 Boston Marathon
120	Ed Reid	2:59:57	6:51.8	2004 Kiawah Island Marathon, SC
121	Scott DeDeo	3:00:45	6:53.6	2014 Manchester City Marathon, NH
122	Michael Sewell	3:01:27	6:55.2	2006 OBX Marathon, Outer Banks, NC
123	Geza Feld	3:01:28	6:55.3	1981 Boston Marathon
124	Woody Woodburn	3:02:00	6:56.5	1982 Santa Barbara Marathon
125	James Wisler	3:02:06	6:56.7	2007 Country Music Marathon, Nashville
126	Fred H. Kameny	3:02:10	6:56.9	1983
127	Robert J. Zarambo	3:02:28	6:57.6	1976
128	Jamie Hopkins	3:02:41	6:58.1	2012 Lower Potomac Marathon, Piney Point, MD
129	Allan S. Field	3:03:00	6:58.8	1985
130	Scott Schmidt	3:03:26	6:59.8	2013 Indianapolis Monumental Marathon
131	Jay Marshall	3:03:44	7:00.5	2014 Chicago Marathon
132	Ken Birse	3:04:00	7:01.1	1988 Philadelphia Independence Marathon
133	Jeff Gould	3:04:07	7:01.3	2008 Bay State Marathon, Lowell, MA
134	Brian Casey	3:04:18	7:01.8	1981 New York City Marathon
135	Paul E. Boyette	3:04:20	7:01.8	1977
136	James R. Scarborough	3:04:33	7:02.3	1985
137	Steve Scales	3:05:44	7:05.0	2003 Philadelphia Marathon
138	Anne Treadwell	3:06:29	7:06.8	2011 Boston Marathon
139	Ezra Hallam	3:06:39	7:07.1	2012 California Int'l Marathon, Sacramento
140	Kelly Luck	3:06:42	7:07.3	2014 St. George Marathon, UT
141	John L. Faz	3:07:26	7:08.9	1994 Marine Corps Marathon
142	Kirk Buckley	3:07:29	7:09.0	2013 San Diego Marathon
143	Jon Janes	3:08:00	7:10.2	
144	Robert C. Ray	3:08:04	7:10.4	1983 Harrisburg Marathon
145	Herbert L. Fred	3:08:07	7:10.5	1974 Dallas White Rock Marathon

146	Harvey B. Simon	3:08:12	7:10.7	1980 Twin Cities Marathon
147	Douglas Schiller	3:09:00	7:12.5	Grandma's Marathon
148	Michael Scott	3:09:25	7:13.5	2013 Indianapolis Monumental Marathon
149	Shawn Mastrantonio	3:09:48	7:14.3	2014 Wineglass Marathon, Corning, NY
150	Scott Fodstad	3:10:00	7:14.8	
151	Joseph Beyer	3:10:06	7:15.0	1997 Bay State Marathon, Lowell, MA
152	Kenneth Korosec	3:10:17	7:15.5	1985
153	Robbie McLendon	3:10:20	7:15.6	2013 Myrtle Beach Marathon, SC
154	Timothy Dunne	3:10:25	7:15.8	2012 San Francisco Marathon
155	Kevin Barber	3:10:36	7:16.2	2007 Vermont City Marathon, Burlington
156	Troy Coppus	3:10:48	7:16.6	2012 Illinois Marathon, Urbana-Champaign
157	Chuck Myers	3:11:05	7:17.3	2011 Marine Corps Marathon
158	Robert M. Crosby, Jr.	3:11:11	7:17.5	1979
159	Thomas Damoulakis	3:11:25	7:18.0	1997 Clarence Demar Marathon, Keene, NH
160	Curt Ehlinger	3:11:30	7:18.2	2013 Grandma's Marathon
161	Emily Uhlig	3:12:22	7:20.2	2010 Veteran's Day Marathon, Bothell, WA
162	Shannon McGinn	3:12:56	7:21.5	2014 Pocono Marathon, Pocono Summit, PA
163	Tim Stearman	3:14:17	7:24.6	2014 Duke City Marathon, Albuquerque
164	Kim Howard	3:14:28	7:25.0	2006 Little Rock Marathon
165	Bob Pack	3:14:38	7:25.4	2014 Wineglass Marathon, Corning, NY
166	Steven Cox	3:14:45	7:25.7	1998 Marine Corps Marathon
167	Richard Rusch	3:15:00	7:26.2	1984
167	Charles E. Lindsey	3:15:00	7:26.2	1988
169	Garren Hamby	3:15:02	7:26.3	2015 Tallahassee Marathon
170	Kyle Nelson	3:15:10	7:26.6	2009 Grand Rapids Marathon
171	Michael Friedl	3:15:19	7:27.0	2013 Akron Marathon, OH
172	Josh Dehlinger	3:15:22	7:27.1	2014 Pocono Marathon, Pocono Summit, PA
173	Evan Barnhart	3:15:47	7:28.0	2011 Richmond Marathon
174	Chad Shilson	3:16:32	7:29.8	2012 Twin Cities Marathon
175	Paula Harkin	3:16:41	7:30.1	1999 Portland Marathon
176	Frederick L. Murolo	3:16:50	7:30.4	2001 Mohawk-Hudson River Marathon, NY
177	Kevin Brunson	3:18:02	7:33.2	2007 Sacramento CowTown Marathon
178	Dwight A. Moberg	3:18:30	7:34.3	1985 San Francisco Marathon
179	Richard Holmes	3:18:34	7:34.4	1986 Southwest Oklahoma Marathon
180	Cori Brindle	3:18:39	7:34.6	2010 Harrisburg Marathon
181	Tom Allen	3:18:45.7	7:34.9	1992 Long Island Marathon
182	Cheech Moore	3:18:46	7:34.9	2012 Chicago Marathon
183	Ross Hamernik	3:19:19	7:36.1	2002 Twin Cities Marathon
184	Kevin Tofel	3:19:57	7:37.6	1999 Chicago Marathon
185	Heidi Manfred	3:20:03	7:37.8	2014 Buffalo Marathon
186	Steven R. Morrow	3:20:14	7:38.2	1985 Longest Day (Brookings) Marathon
187	John W. Morgan	3:21:00	7:40.0	Las Vegas Marathon
188	William S. Stark	3:21:16	7:40.6	1987 Heart of America Marathon
189	Brent Galley	3:21:41	7:41.5	2012 Chicago Marathon
190	John Strumsky	3:22:20	7:43.0	1983 Marine Corps Marathon
191	Kevin Slagle	3:23:00	7:44.6	2006 Columbus Marathon
192	Duncan Cameron	3:23:07	7:44.8	1997
193	Mark Washburne	3:23:13	7:45.0	2004 Steamtown Marathon, Scranton, PA
194	Benjamin Emmons	3:24:19	7:47.6	2014 Walt Disney World Marathon
195	Ron Martin	3:24:51	7:48.8	2013 Ann Arbor Marathon, MI

196	Larry Albertson	3:25:02	7:49.2	1990
197	Melissa Malinowski	3:25:26	7:50.1	2010 Twin Cities Marathon
198	Debbie Dilling	3:25:47	7:50.9	2014 Twin Cities Marathon
199	Timothy L. Hardy	3:26:33	7:52.7	2011 Empire State Marathon, Syracuse
200	Vincent Attanucci	3:26:54	7:53.5	2006 Dallas White Rock Marathon
201	John B. Davis	3:26:55	7:53.5	1982 Dallas White Rock Marathon
202	Jeremy Murphy	3:27:36	7:55.1	1989 Dallas White Rock Marathon
203	Eliza Eshelman Miron	3:28:11	7:56.4	2009 Boston Marathon
203	Christopher George	3:28:11	7:56.4	2014 Chicago Marathon
205	Frederick Glass, Jr.	3:28:24	7:56.9	1995 New York City Marathon
206	Maciej "Matt" Pawlowski	3:28:32	7:57.2	2010 Marathon of the Palm Beaches, FL
207	Matthew Grinnell	3:29:10	7:58.7	2014 Marine Corps Marathon
208	Eric Armel	3:29:13	7:58.8	2013 Marine Corps Marathon
209	Lauren Estilow	3:29:30	7:59.4	1984 Philadelphia Independence Marathon
210	Jeffrey Sider	3:30:00	8:00.6	1982
210	Ronald Hall, Jr.	3:30:00	8:00.6	
212	Ralph Edwards	3:31:00	8:02.9	1986
213	Shelly Cable	3:32:20	8:05.9	2004 Johnstown Marathon, PA
214	Bill Anderson	3:32:28	8:06.2	1983
215	Edwin N. Dupree	3:33:28	8:08.5	1981
216	David Haase	3:33:42	8:09.0	2014 Red Rock Canyon Marathon, NV
217	Pete Colaizzo	3:33:58	8:09.6	1998 San Diego Marathon
218	Houston Wolf	3:34:02	8:09.8	2015 Louisiana Marathon, Baton Rouge
219	Christopher Pilotti	3:34:16	8:10.3	2011 Wineglass Marathon, Corning, NY
220	Daniel Miller	3:34:31	8:10.9	2014 Twin Cities Marathon
221	Gerard Fehling	3:34:40	8:11.3	2014 New Jersey Marathon, Long Branch
222	David Shannon	3:34:48	8:11.6	2013 Chicago Marathon
223	Leo Hammond	3:34:52	8:11.7	2010 Dallas White Rock Marathon
224	Henry Lengkeek	3:35:21	8:12.8	2002 New York City Marathon
225	Stephen Davis	3:35:49	8:13.9	2007 Myrtle Beach Marathon
225	Elizabeth Gilman	3:35:49	8:13.9	2013 Twin Cities Marathon
227	Thomas A. Fons	3:36:07	8:14.6	2000 Houston Marathon
228	Chip LeDuff	3:36:11	8:14.7	2013 Shamrock Marathon, Virginia Beach
229	Roger Raymond	3:36:19	8:15.0	2004
230	Dylan Russell	3:36:20	8:15.1	2015 Houston Marathon
231	Kristin Rutkowski	3:36:30	8:15.4	2014 Via Marathon, Allentown, PA
232	Jeff Donahue	3:36:52	8:16.3	2010 Bay State Marathon, Lowell, MA
233	Kevin Simons	3:37:01	8:16.6	1990
234	Jennifer Walt	3:37:33	8:17.8	2000 Long Beach Marathon
235	Amy Katz	3:37:37	8:18.0	2006 Chicago Marathon
236	Carol Bancroft	3:38:31	8:20.1	2010 Gasparilla Marathon, St. Petersburg, FL
237	Paul Seibert	3:38:41	8:20.4	2014 Indianapolis Monumental Marathon
238	Stephanie Mera	3:38:48	8:20.7	2013 Santa Rosa Marathon, CA
239	Stacey Brooks	3:39:49	8:23.0	2012 Vermont City Marathon
240	Michael W. Glassburn	3:39:51	8:23.1	2012 Walt Disney World Marathon
241	Hanju Wang	3:40:25	8:24.4	2008 Philadelphia Marathon
242	Kevin Rison	3:40:47	8:25.2	2012 Walt Disney World Marathon
243	Peter Briggeman	3:40:59	8:25.7	2003 Hartford Marathon, CT
244	Neil Borchers	3:41:04	8:25.9	2011 Pittsburgh Marathon
245	Michael Stegura, Jr.	3:41:24	8:26.7	2014 Philadelphia Marathon

246	Christopher Bielinski	3:41:25	8:26.7	2013 Berlin Marathon
247	Travis Dickey	3:41:33	8:27.0	2011 Portland Marathon
248	Susan Ruzicka	3:42:57	8:30.2	2003 Myrtle Beach Marathon, SC
248	Scott Caldwell	3:42:57	8:30.2	2014 Missoula Marathon, MT
250	Brian Clevon	3:44:34	8:33.9	2010 Green Bay Marathon
251	Robert Stack	3:44:49	8:34.5	2001 Austin Marathon
252	Bettina Shepard	3:44:54	8:34.7	2011 Steamtown Marathon, Scranton, PA
253	Eric Weatherbee	3:46:14	8:37.7	2003 Country Music Marathon, Nashville
254	Ronald J. Landrum	3:47:16	8:40.1	1999
255	Michael Ernst	3:47:46	8:41.2	2014 Colorado Marathon, Ft. Collins
256	Debbie Brassfield-Zoltie	3:47:47	8:41.3	2009 St. George Marathon, UT
257	Norm Grimmett	3:48:02	8:41.8	1988 Dallas White Rock Marathon
258	Harry Owens	3:48:04	8:41.9	1984 Long Island Marathon
259	Jennifer Hinton	3:48:56	8:43.9	2012 Wisconsin Marathon, Kenosha
260	Len S. Burton	3:49:00	8:44.1	1982
260	Robert L. Bartz	3:49:00	8:44.1	1981
262	Jay Frank	3:49:07	8:44.3	2002 Las Vegas Marathon
263	Jordan Stone	3:49:24	8:45.0	2012 Mississippi Blues Marathon, Jackson
264	Chris Myers	3:49:54	8:46.1	2013 Grandma's Marathon
265	Brent Burmaster	3:51:13	8:49.1	2002 Shamrock Marathon, Virginia Beach
266	Doug Hubred	3:51:35	8:50.0	1995 Twin Cities Marathon
267	Sherrie Kautman	3:51:38	8:50.1	2009 Marathon to Marathon, Storm Lake, IA
268	Phillippa Nichol	3:51:50	8:50.5	2013 Edinburgh Marathon, GBR
269	Samuel Cahn	3:51:55	8:50.7	2013 Los Angeles Marathon
270	K. Tucker Andersen	3:52:09	8:51.3	1992 New York City Marathon
271	Howard P. Feldman	3:52:40	8:52.4	1988
272	John King	3:53:00	8:53.2	1980 Grandma's Marathon
273	Joy Chiong	3:54:10	8:55.9	2014 Berlin Marathon
274	Martin Knight	3:54:22	8:56.3	2014 Potomac River Marathon, Carderock, MD
275	James Summers	3:54:48	8:57.3	2013 San Diego Marathon
276	Amy Lawrenson	3:55:39	8:59.3	2014 London Marathon
277	Sarah Miller	3:56:23	9:00.9	2012 Des Moines Marathon
278	Nicholas Weide	3:56:25	9:01.0	2011 Milwaukee Lakefront Marathon
279	Brian Flaspohler	3:56:31	9:01.3	2010 Little Rock Marathon
280	Michael Buerke	3:56:52	9:02.1	2013 Twin Cities Marathon
281	Ethan Lubin	3:57:08	9:02.7	2014 Carlsbad Marathon, CA
282	John H. Wallace III	3:58:59	9:06.9	1992
283	Vern Weisensel	3:59:10	9:07.3	2015 New Orleans Marathon
284	Bennjamin Griffin	3:59:18	9:07.6	2014 XL Center Indoor Marathon, Hartford
285	John Metevia	4:00:02	9:09.3	1984 Breckenridge Marathon, MI
286	Brian Andres	4:01:25	9:12.5	2014 Cleveland Marathon
287	Diane Naughton	4:01:39	9:13.0	2014 Chicago Marathon
288	Paul Wichmann	4:02:56	9:15.9	2009 San Antonio Marathon
289	Kelly Engler	4:03:16	9:16.7	2011 Grandma's Marathon
290	William McCarty	4:03:35	9:17.4	2009 Newport Marathon, OR
291	Margaret Sherrod	4:03:37	9:17.5	2009
292	Mercedes Murolo	4:04:46	9:20.1	1985 New York City Marathon
293	Andy Fagan	4:04:50	9:20.3	2012 Big D Texas Marathon, Dallas
294	Maureen Smith	4:05:31	9:21.8	2014 Circular Logic Marathon, West Lafayette, IN
295	Joanne D'Lugos	4:05:41	9:22.2	2009 Vancouver Marathon

296	Bob Kimball	4:05:43	9:22.3	1983
297	William Spencer	4:07:00	9:25.2	198X Penn Relays Marathon
298	Judy Mick	4:07:07	9:25.5	2003 Shamrock Marathon, Virginia Beach
299	Gregory Heid	4:08:15	9:28.1	2013 Cleveland Marathon
300	Matthew J. Ketterman	4:08:54	9:29.6	2004 Richmond Marathon, VA
301	Thomas Griglock	4:09:13	9:30.3	2011 Miami Marathon
302	Christine Folchi	4:10:00	9:32.1	2014 Potomac River Marathon, Carderock, MD
303	Preston Giet	4:10:10	9:32.5	2013 Charleston Marathon
304	Erica Gorman	4:10:18	9:32.8	2013 Honolulu Marathon
305	Derek Long	4:10:39	9:33.6	2013 Pittsburgh Marathon
306	Michael DeMint	4:11:40	9:35.9	1997 Bayshore Marathon, Traverse City, MI
307	Jim Hutchins	4:11:41	9:36.0	2014 St. George Marathon, UT
308	Joe Call	4:11:49	9:36.3	2013 Charleston Marathon
309	Nancy L. Harmon	4:12:17	9:37.3	2009 Steamtown Marathon, Scranton, PA
310	Falamack Zaltash	4:14:08	9:41.6	2007 Portland Marathon
311	Christine Lousias	4:14:36	9:42.6	2005 New Orleans Marathon
312	Pat Steele	4:16:00	9:45.8	1993
313	Veronica V. Rust	4:16:24	9:46.8	2011 Yuma Territorial Marathon, AZ
314	Sylvia Russell	4:16:37	9:47.3	2014 Aspen Valley Marathon, CO
315	Tom Hritz	4:16:48	9:47.7	2013 Pittsburgh Marathon
316	Emily Williams	4:17:13.8	9:48.7	2014 Salmon Marathon, ID
317	Gary R. Scott	4:17:39	9:49.6	2010 Rock 'n' Roll Arizona Marathon
318	Bret Nelson	4:17:45	9:49.8	2008 San Antonio Marathon
319	Sarah Box	4:17:50	9:50.0	2011 Birch Bay Marathon, WA
320	Russell Beaver	4:18:16	9:51.0	2014 Grandma's Marathon
321	Scott Palm	4:18:25	9:51.4	2005 Charlottesville Marathon
322	Karl Davenport	4:18:28	9:51.5	2011 Air Force Marathon, Dayton
323	Barry Wishon	4:19:19	9:53.4	2008 OBX Marathon, Outer Banks, NC
324	Denise Eberhardt	4:19:40	9:54.2	2008 Quad Cities Marathon, Moline, IL
325	Luis Gomez	4:20:32	9:56.2	2011 Dallas White Rock Marathon
326	Benjamin Labovitz	4:21:16	9:57.9	2011 Marine Corps Marathon
327	Jay Schrader	4:22:00	9:59.6	1992
328	Diann T. Scialdo	4:22:02	9:59.6	2003 Dutchess County Wappingers Falls, NY
329	Corey A. Escue	4:22:52	10:01.6	2001 Chicago Marathon
330	Ken Johnson	4:23:07	10:02.1	1993
331	Enrique Sallent	4:23:49	10:03.7	2014 Chicago Marathon
332	Michael Kaag	4:26:35	10:10.1	2013 St. Louis Marathon
333	Courtney Carter	4:26:43	10:10.4	2013 Baltimore Marathon
334	John Winowiecki	4:26:46	10:10.5	2013 Detroit Free Press Marathon
335	Freddy Reyes	4:27:22	10:11.9	2009 Marine Corps Marathon
336	Bradly Ratlow	4:27:36	10:12.4	2011 Green Bay Marathon
337	Jennifer Meyer	4:27:52	10:13.0	2014 Twin Cities Marathon
338	Dusty Hardman	4:28:29	10:14.4	2006 City of Trees Marathon, Boise
339	William T. Donahoo	4:28:57	10:15.5	2003 Steamboat Marathon, CO
340	Michael Percherke	4:29:53	10:17.6	2011 Heritage Rail Trail Marathon, York, PA
341	Nancy Tavares	4:30:25	10:18.8	2011 Toronto Marathon
342	Gary Whorwood	4:30:41	10:19.4	2014 Lions Rotoroa Marathon, NZL
343	Mike Johnson	4:32:08	10:22.8	2013 Savannah Marathon
344	Carroll L. Wright	4:32:33	10:23.7	2010 Memphis Marathon
345	Christine Petrone	4:33:31	10:25.9	2011 Utah Valley Marathon, Provo

346	Sharmene Syversen	4:33:45	10:26.5	1997 Canadian Int'l Marathon, Toronto
347	Amber Travsky	4:34:31	10:28.2	2005 New York City Marathon
348	Debbie Ciccatti	4:35:00	10:29.3	
349	Heather L. Bagan	4:35:19	10:30.0	2007 San Diego Marathon
350	Dave Wooley	4:36:18	10:32.3	2010 Cleveland Marathon
351	Barbara S. Latta	4:37:30	10:35.0	2000
352	Heather Ausmus	4:37:32	10:35.1	2014 Milwaukee Lakefront Marathon
353	Philip Bangert	4:39:46	10:40.2	2013 Twin Cities Marathon
354	Ronald N. Dennis	4:40:30	10:41.9	1995
355	Matt Henslee	4:40:45	10:42.5	2013 Midsouth Marathon, Wynne, AR
356	Bob Sonsara	4:41:25	10:44.0	2012 Ann Arbor Marathon
357	Richard J. Kerr	4:41:46	10:44.8	2008 Indianapolis Monumental Marathon
358	Lisa Pronovost	4:43:05	10:47.8	2009 Portland Marathon
359	Jay Eiteljorge	4:43:17	10:48.3	2012 Indianapolis Monumental Marathon
360	Elisa Hayes	4:45:14	10:52.7	2008 Denver Marathon
361	Karen Queally	4:45:30	10:53.3	2000 Napa Valley Marathon, CA
362	Eric Klein	4:46:36	10:55.9	2012 Portland Marathon
363	Steven Tursi	4:48:53	11:01.1	2011 Marine Corps Marathon
364	Donald Cuppy	4:49:32	11:02.6	2014 New York City Marathon
365	Tracy Johnson	4:50:57	11:05.8	2006 Portland Marathon
366	Klaus-Dieter Schnabel	4:56:29	11:18.5	2014 Venice Marathon, ITA
367	Jessica Forte	4:58:25	11:22.9	2014 Town of Celebration Marathon, FL
368	Bill Gorman	4:58:44	11:23.6	2010 Kiawah Island Marathon, SC
369	Chris May	4:59:08	11:24.5	2013 Denver Marathon
370	Therese Savona	5:00:16	11:27.1	2012 Walt Disney World Marathon
371	Terri Varnadoe	5:01:15	11:29.4	2002 Jacksonville Marathon
372	Clint Stevens	5:02:26	11:32.1	2010 El Paso Marathon
373	Jared Ostroski	5:03:42	11:35.0	2006 Las Vegas Marathon
374	Ruth Gorman	5:04:50	11:37.6	1999 Disney World Marathon
375	Lisa Millam	5:04:55	11:37.8	2012 Mount Desert Island, Bar Harbor, ME
376	Travis Wheeler	5:10:22	11:50.3	2014 Raleigh Marathon
377	Ellen Kendall	5:15:26	12:01.8	2014 Grandma's Marathon
378	Raida Rus	5:16:22	12:04.0	2012 Paris Marathon
379	Corrine Wright-Macleod	5:18:08	12:08.0	2014 Twin Cities Marathon
380	Joe Meadows	5:19:48	12:11.8	2011 Pittsburgh Marathon
381	James Holt	5:21:01	12:14.6	2013 Chicago Marathon
382	Traci Rodney	5:24:46	12:23.2	2013 New York City Marathon
383	Nevertha R. Brooks	5:31:15	12:38.0	2004 Chicago Marathon
384	Mary Beth Smith	5:32:51	12:41.7	2011 New Orleans Marathon
385	David McMain	5:34:38	12:45.8	2008 Mississippi Blues Marathon, Jackson
386	Keith Osborne	5:42:21	13:03.4	2006 Phoenix Marathon
387	Karen Wallace	5:52:04	13:25.7	2003 Las Vegas Marathon
388	Nan Lujan	5:53:50	13:29.7	2014 All American Marathon, Ft. Bragg, NC
389	Ellis Hamilton	5:53:58	13:30.0	2008 Portland Marathon
Median Marathon PR		3:24:51	7:48.8	
Average Marathon PR		3:31:49	8:04.7	

\*Official finishing times

(1) Unofficially ran 2:28:05 in the 1983 New York City Marathon

(2) Unofficially ran a 2:29 training marathon in Gainesville, FL



## RON HILL AT 1979 MARYLAND MARATHON

By: Allan Field

I found these pictures of Ron Hill coming up Satyr Hill on the old Maryland Marathon course. They were probably taken in 1979 as that was a year I didn't run the race and worked the water stop at the top of the hill and would have been in position to take the picture. I didn't run it in 1977 either but doubt it was that year as I would not have known much about Ron then. And in reviewing the 1979 results program, there is a picture of him wearing the same outfit. Assuming it was 1979 then, at 41-years old he came in 5th place that day in a time of 2:23:37. The first 4 finishers were all in their 20's while the next 40 year old finished in 2:32:48 (Mike Sabino). Out of 1,868 male finishers that year, 322 (17%) came in under 3 hours and 1,488 (80%) came in under 4 hours! Out of 129 female finishers, 3 came in under 3 hours while 67 (52%) came in under 4 hours. You just don't see those kind of finishes these days, eh?! And trust me when I say you'll probably never see a course as tough as that one was. In less than a mile, one went from the lowest point on the course to the highest at mile 18. My memory is the elevation gain was somewhere between 400 and 500 feet and that was Satyr Hill.

Ron Hill





Craig Snapp (#1926) at 1980 Boston Marathon

## **DINOSAUR CHRONICLES – CHAPTER 26.2**

**By: Craig Snapp**

While I was watching The Boston Marathon this morning, I was reminded of how much I LOVE this race! And, I also had a Flashback to the first time I was lucky enough to do it, taking the Way-Back Time-Machine to 19 and 79! Realizing that there was a lot that's the same, yet, also, a lot that's different, I thought I'd share a bit about it, as your Reporter, T.Rex. :

The Entry Fee was Five Bucks. However, that did NOT include a T-Shirt! One had to buy one from one of the 99 vendors selling them on every corner, for up to Three-And-A-Half Bucks!

The Qualifying Time for Men Under-40 was 2:59:59, (which would change the next year, to 2:49:59). The Qualifying Time for Women Under-40 was 3:29:59, (and there were only 296 Women's Overall Official Finishers. This year, that number was 12,022!)

There were no Mile-Markers. We'd been told about "Landmarks," (the railway station at 6.72, the Overpass at 15.29), yet that was it! Except: At one point, there was a guy standing in the back of his pick-up truck, holding up a clock showing Time-Of-Day, in hours-and-minutes, with a sign on his tailgate that said, "10." (For me, IF in fact it was 10 Miles, and IF the clock did read 1:02, and IF the race did start at 12:00, that meant the pace was 6:12. IF all of that was correct, I might be in Big Trouble!)

There were no Crowd-Restraining Ropes, so, for example, when we got to Wellesley College, we were running Single-File, with those Wonderfully-Screaming-Women within an Arm's-Length-High-Five on either side! Towards the end, the crowds were so Ginormous that it was almost, again, Single-File, but never to the point of having to slow at all because of it!

There were no Computer-Chips, so, as we crossed the Finish Line, we were "herded" into "Finish-Chutes," and they did their best to "guesstimate" our time. (This proved to be quite a task, because, for example, between 2:59:00 and 2:59:59, there were 198 folks, which is 3.3 per second!)

The "Finish-Area" was the Underground Parking Garage of The Prudential Building, to which we were sent immediately after exiting the "Finish-Chutes." Obviously, a Parking-Garage is Un-Heated, and this was significant because when the race started it was 42-degrees, and raining, and when I finished, it was 39 degrees, and still raining.

The only Post-Race "Replenishment" was Beef Stew! (No! I'm NOT kidding!) We were allowed to get plastic bowls filled with Hot Beef Stew! (Even if that was not exactly what your body was craving, at least the warmth helped a little!)

Despite the somewhat "Primitive" environment, (by Today's Standards), the Overall Results were pretty impressive:

The Men's Winner was "Boston Billy" Rodgers, in 2:09:27. Not only was that a Course Record, and an American Record, but it was also the 4th Fastest in History! (The Men's Winner this year was Ethiopian Lelisa Desisa, in 2:09:17, which is now only the 1,484th Fastest!)

The Women's Winner was 21-year-old Joanie Benoit, in 2:35:15. That was a Course Record, an American Record, and the 2nd Fastest in History!

Overall, there were 3,031 Sub-Three-Hour performances! (To the best of my knowledge, that is still the record, for any race, 36 years later! This year, there were 2,640.) Since there were only 5,958 Official Finishers, that's 50.8%! (Again, as far as I know, that has only been bettered once, two years later, at this same site! This year, it was 9.7%.)



In the six minutes from 2:53:59 through 2:59:59, there were 903 finishers! That's 2.5 per second!

(On a personal note, of the 12 folks I knew from San Diego – a place that doesn't get a lot of 39-degrees-and-rain days – 8 had PRs, and all broke 3:00! My buddy that I ran with for the first 15-16 miles -- my markerless-best-guesstimate -- finished ahead of my 2:47:25 by "only" 109 seconds, yet there were 175 folks between us! Another friend did a 2:59:46, and there were 1,627 wet warriors separating us!)

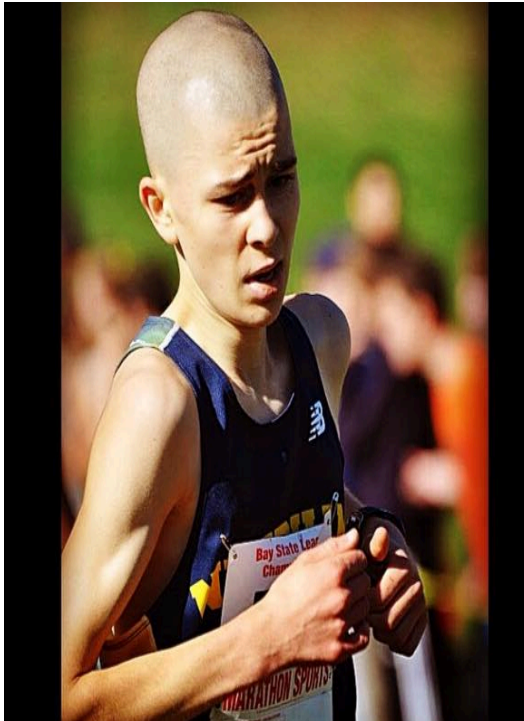
Well, that's My Report. I was lucky enough to do Boston seven more times, and I did better my time, however, this year of 19 and 79 will always be Special. I watch Boston every year, and it's still quite exciting to me! (And, the repeat-intervals down Memory Boulevard are kinda fun, also!)

"There's Only One Boston!"



Craig Snapp

# MEMBER UPDATES – SUMMER 2015



Patrick Caron

## **PATRICK CARON, 17, JOINS USRSA**

Running has had a prominent and empowering presence in the majority of my life. Every since I could stand on my own two feet, I was all over the place... here, there, and everywhere!

I began to explore my town one path and road at a time, and in the 6th grade, I joined the cross-country team, quickly pulling to the top of the ranks. By the 8th grade, I was the lead runner, with the fastest mile in the entire school, and I began to make my name known in the larger running community, competing in local road races as well as trail runs. Now in high school, I compete at the state level in Cross-Country and Indoor and Outdoor Track and Field.

My true passion though lies in the obscure and unexplored... I love speeding around the hairpin bends of hidden dirt trails, focusing on the invigorating sense of freedom

emanating from my body. The splendors of trail running have as much to do with the relative remoteness of the wooded, leaf-covered trails I weave through, as they have to do with its unexplainable ability in transcending oneself. In my solitude, as my feet spring across the soft, fresh earth underneath, I am left with time to think, process, and engage in introspection, experiencing self-awareness and making sense of reality.

Running has taught me about myself as an individual, opening countless windows of opportunity I have been eager to accept. Running has unmasked my limitless potential, giving me a sense of invincibility, and the belief that with the right amount of effort and perseverance, and especially a strong mindset, anything is possible. I run to get the best out of myself, to prove to myself my capabilities and power, and to inspire others to achieve their own dreams in life.

Patrick Caron  
Needham, Massachusetts



Patrick Caron

# MEMBER UPDATES – SUMMER 2015



**Jay Kammerzell**

## **JAY KAMMERZELL STARTS NEW STREAK**

I wasn't sure if I was going to submit my current streak since I have been uncertain if it was going to "stick." The beginning of this streak has a lot of one mile days and I have certainly gotten much slower.

I had the pleasure last week to help my former coach and teacher, and current friend, Jim Pearson. Jim is number 2 on the active list. He was hosting his annual Birch Bay Marathon and I know volunteers are always greatly appreciated. I manned the 7/17 mile aid station, passing out water and Gatorade to the nearly 80 participants. After picking things up afterwards I returned Jim to his home where in the darkness we went for a 2 mile run. Not a big deal since this is something we've both done many times. However this was a bit special since it was also Jim's streaking anniversary. This marked his 45th year without missing a day! Good job! Glad I could be a part of it.

Jim said I should go ahead and submit my current streak despite my misgivings so here it is. I have been running a mile or more since 6-27-2012. Slow. I also retired from the Fire Department at the end of 2013. I recently also took the time to review all of my logbooks. I have not done this before. This was an interesting exercise. I will include some of the statistics. Hope you don't mind.

### **The Streaks**

1st streak---7-17-74 to 3-31-79. 1719 days. 4.71 years. Stopped due to torn Plantar Fascia.

2nd streak---1-1-83 to 1-10-06. 8411 days. 23 years 10 days. Stopped due to kidney stone, removal of stone, inserted stent, days of hematuria.

3rd streak---1-23-06 to 11-06-08. 2 years 223 days. 2.79 years. Stopped due to bleeding following colonoscopy/polyp removal. I would have run but my wife told the doctor I was a runner and he said it would be a really bad idea.

4th streak---11-10-08 to 4-5-12. 1243 days. 3.4 years. Stopped due to sore knee from carrying heavy patient down some stairs. Shortly after this I tore my hamstring. Tore two of the tendons off the ischial tuberosity. This has proven to be the hardest injury to recover from. While it doesn't hurt anymore it still does not feel right.

5th streak---6-27-12 to the present. We'll see how this goes!

### **Personal Records**

440 yard dash-52.6 on 4-17-75.

880 yard dash-1:57.5 on 5-15-75 (high school record).

800 meter dash-1:53.9 on 4-13-78.

1500 meters-4:05.0 on 4-5-78

Mile-4:31 on 3-10-79.

2 mile-10:35 on 4-28-73

5k on the track-16:15 on 7-3-79

10k on the track-34:49 on 7-10-79

5k on the road-17:21 on 4-9-88



# MEMBER UPDATES – SUMMER 2015

10k on the road-35:26 on 5-10-86

25k-1:31:26 on 12-16-78

30k-1:52:19 on 1-14-78

Marathon-2:49 on 11-29-75 (I've completed 15 marathons five of which were under 3 hours.)

## **Other Noteworthy Accomplishments**

Trail run-Ran to the bottom of the Grand Canyon and back. Via the Bright Angel trail down to Phantom Ranch. 20 miles round trip. 1 1/2 hours down. 3 1/2 hours back up. 5000 feet of elevation gain/loss. 11-10-83

Trail run-Enchantment Lakes loop. Started and finished at Snow Lakes trailhead, up to Lake Colchuck, up Aasgard Pass, through the Enchantments, down past Snow Lake and out to the trailhead. About 26 miles with 5000 feet elevation gain and loss. 8-28-92.

Trail run-started at Rainy Pass off the North Cascade Highway, ran-hiked the Pacific Crest Trail, Bridge Creek Trail, Park Creek Pass, down to the finish at Colonial Creek Campground. May have been 45 mile day, not sure. Hardest physical day of my life. Would like to go back someday and measure how far this really was. Elevation gain/loss??? 14 1/2 hours on 7-24-87.

## **Not Running stuff**

Climbed Mt. Baker twice. Once in two days, once in one day.

Carried each of my 4 kids to the top of Mt. Pilchuck. They were each about 2 years old at the time and so not yet too heavy. The elevation gain is about 2300 feet, so it's a pretty good hike.

Completed 4 Seattle to Portland bike rides. 200 miles by bicycle. 2 in 2 days and 2 in 1 day.

For 16 consecutive years I competed in the Columbia Tower Firefighter Stairclimb. This involves climbing 69 stories wearing full firefighter bunker gear and breathing apparatus. 1311 steps, 788 feet of elevation gain.

Yes we are breathing through the face piece. You can't make it on one bottle, so bottle changes occur at the halfway point. The gear weighs about 40 pounds. It is very intense. I describe it as feeling like running the 800 meter dash but lasts as long as a 5k, and much warmer. My best time was 14:30 on 3-5-95.

## **Other running stuff**

Best one day mileage- probably the 45 miles described above, someday I'll measure it.

Best week-105 miles 9-30-74 to 10-6-74.

Best Year-2813.5 miles in 1974.

Total mileage run through 2014 - 64,079 miles.

Well anyway like I said, this has been an interesting exercise going through all my logbooks.

Thanks, and keep on running!

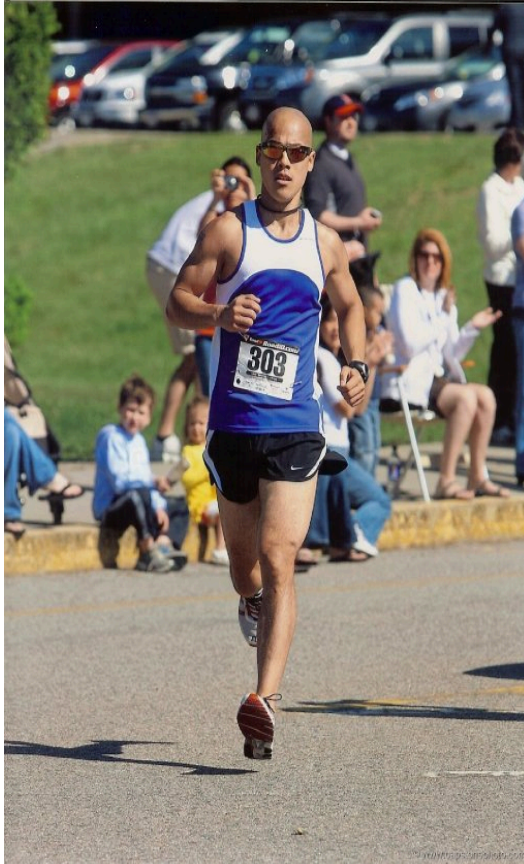
Jay Kammerzell  
Everett, Washington

## **ADAM MARCUS' STREAK HITS 5 YEARS**

My streak is still active, despite a winter that did it's best to keep us streakers off the streets.

Adam Marcus  
Montclair, New Jersey

# MEMBER UPDATES – SUMMER 2015



David Kwong

## DAVID KWONG JOINS USRSA

I was not always a serious runner although I ran XC in high school during my freshman and sophomore years. There were also times in the years since that I used running to relieve myself from stress.

It wasn't until 2008 that I started running again after lifting weights for many years and tearing up my shoulders as a result. A friend convinced me to train for a 5K, which eventually turned into a 10K and then a half marathon, and then a full marathon. I am competitive by nature, so the jump to the new distances and always trying to beat myself up wasn't surprising.

In 2010, I obtained PR's for every distance (some notables ones include a 3:35 full marathon, 1:30 half marathon and 19:20 5K) until November when I tore my meniscus, which required microfracture surgery. I've never been the same ever since but have learned to embrace my slower pace and my new challenge now is to keep this running streak going.

Racing has put a lot of stress on my body but this running streak allows me to run daily (which is already a dream come true) and stay healthy due to the slower pace. My goal while keeping this running streak going is to run MORE than 1 continuous mile everyday.

David Kwong  
Bolton, Massachusetts



David Kwong



# MEMBER UPDATES – SUMMER 2015



Debbie Dilling

## DEBBIE DILLING STREAK HITS 5 YEARS

My running streak continues! I am out every day, no matter what the weather. And the weather can be a challenge in Minnesota! This year I competed in the Great River Ragnar with 11 others. It was a great experience, and the August days were wonderful for the 204 mile run. I also ran the Twin Cities Marathon in October with a time of 3:25. It had been a number of years since I had done a marathon, so it was good to complete one again.

Debbie Dilling  
Rochester, Minnesota

## SARA MCELHENY, 19, JOINS USRSA

I was a high school cross country and distance track runner who began

running seriously my senior year of high school. I hold my school record for the 2000m steeplechase, which was one of my specialty events during track season.

At my peak mileage, I was running 60-mile weeks, and wanted to continue to run in college but was not recruited. I currently run recreationally and participate in road races a few times a year, and my most recent accomplishment has been running in three different Eastern European countries over the span of nine days!

Sara McElheny  
Mount Kisco, New York

## TOM ALLEN'S UNUSUAL STATISTICS

Two more stats that are probably utterly useless:

1. Sub-streak running with other people (ran at least part of a run with someone else every day; started and ended while on vacation in Florida, where hardly anyone seems to run!)

2/12/91 through 2/12/92; 366 days; ran with 179+ different people.

2. Most miles run in a calendar week (Sunday thru Saturday) and still GAINED WEIGHT. (I have a "doctor's scale," aka "physician's beam balance," and if I'm home in NJ on a Sunday, I weigh myself stripped when I get up in the morning and record it.)

Sept. 22 thru Sept. 28, 1991: Ran 82.1 miles that week, gained 1/2 lb.

Tom Allen  
Upper Montclair, New Jersey

# MEMBER UPDATES – SUMMER 2015



Lisa Millan

## LISA MILLAN JOINS USRSA

I started running when I was 40 at the encouragement of my friend Louise. I did it to keep in shape and try something new. I found a whole new circle of friends that kept encouraging me to try that new distance or maybe a tri or two. I don't think any of them thought I would take it as far as I did - 15 marathons, 9 ultra marathons, countless half marathons and various distances.

Running has opened up an entire new world for my husband & I. We travel all over the country with our running buddies doing races. I have covered 28 states so far. I enjoy seeing this great country from the "ground level."

I decided to do the daily mile after one of the men (Brian) on my running team mentioned it on our Friday morning run. Once I got to a year I figured I'd just keep it going. As long as God gives me the strength to get out of bed & put the shoes on, I'm going!

Keep on moving!

Lisa Millan  
Coon Rapids, Minnesota

## CORDELL KIRK'S STREAK ENDS AFTER 1165 DAYS

Unfortunately, my current running streak came to an end on November 10, 2014. I was out for a morning run and felt a sharp pain in my knee. I had been having some knee pain and decided it was finally time to give my knee a rest. I'm back running again but about half of the miles I would normally run. I'm forcing myself to take rest days and forcing myself to not start another steak. My goal is to get my knee healthy again, even if that means surgery, before I tackle my next running streak.

My running streak that just ended was my second attempt to reach that elusive 5 year mark. I started my current streak on 9/3/11 and ended it on 11/10/14 for a total 1165 days and 4059 miles. My retired running streak started on 12/19/07 and ended on 7/21/11 for a total of 1411 days and 4174 miles.

Congratulations to all of the men and women with running streaks exceeding 5 years. It really is incredible the endurance and drive it takes to keep a streak going. I can honestly say that overall my body feels better when I run fewer miles. My knees, my hips and my back certainly feel better without the constant pounding. Not running every day and not logging 100+ miles each month affects me mentally as much as it does physically. I enjoy running every day and I enjoy the challenge of keeping a streak alive. Sometimes the body says to slow down and take it easy. That's where I'm at right now. Hopefully one day soon in the near future I can report the start of Streak # 3.

Many blessings to you and the rest of the Streak Running family.

Cordell M. Kirk  
Blue Springs, Missouri

# MEMBER UPDATES – SUMMER 2015



Shaun Brennan

## **SHAUN BRENNAN'S STREAK HITS 3 YEARS**

All is well here in downtown Memphis, TN and my streak still lives on..

RSD 730/Two Years.....Great Way To Start The Morning.....

Then I made the 170 mile round trip from downtown Memphis, TN to Jonesboro, AR where I was able to make my 358th donation of lifesavin' blood/platelets/plasma at the American Red Cross (two more units/pints of platelets. I truly feel blessed and I've shared my good fortunes along the way. Everything else is pretty much the same in my world, all is good.....

Shaun Brennan  
Memphis, Tennessee

## **THOMAS LLOYD III JOINS USRSA**

My run streak began on August 1, 2011, two months after my son was born. As a lifelong runner, I have always valued my time on the roads and trails.

I was a competitive runner in High School (cross-country, track) and in college (track), but had already once fallen away from running while in law school. Unhappy with my fitness and health, I began running again in my third year of law school. Since then, I had been sporadic – at best – in my running habits.

With the arrival of my son, I foresaw a future (between raising a child and shouldering a busy law practice) in which I would make less and less time to keep running. Desiring most of all to instill in my son the value of living an active lifestyle, I began the run streak without any idea as to where it would take me.

As the months passed, I became active on social media, writing updates on my progress and keeping followers apprised of the streak. Soon, people were approaching me (including the local newspaper) to hear more of my story, and to share their own inspirations.

The run streak became a form of therapy for me, through a series of difficulties in my personal life. Beyond that, however, it helped open a door for me to become a better runner than I had ever been in my adult life.

In 2013, I had the best racing season of my life (so far), taking home hardware at several local races, including a win at the Salmon Marathon in Salmon, Idaho.

I qualified for and ran in the 2014 Boston Marathon, and although 2014 plagued me with a series of injuries, the streak lived and I am looking forward to the next opportunities and a long-lived streak.

Thomas Lloyd  
Boise, Idaho

# MEMBER UPDATES – SUMMER 2015

## **MICHELE MARX JOINS USRSA**

I am not a runner. At least, that is what I said for the first 37 ½ years of my life. Then, after having 4 children, I found that going to the gym was too much of a hassle with little ones and I searched for an exercise that could fit easily into my daily life. Since my knees hurt when I would walk for exercise, I had ruled out running. However, with the encouragement of my husband, the inspiration from a young marathon-running girlfriend, and the lack of a successful alternative, I set out to try the couch-to-5k program. Happily, I found that I could run, albeit slowly, without pain, and as long as I was training for something, I could keep running.

I trained for a half-marathon in warm Houston and ran it on a miserable 39 degree rainy morning in Dallas in December 2011, finishing in a disappointing 2:36. After that, I trained for a 10k in February 2012 then a few 5ks, all with the hopes of getting in better shape. During the summer of 2013, I trained for a 10k in Galveston, TX, and I realized that I was dreading all my training runs. About that time, I read an article in Runner's World about a streaker in Minnesota. I thought it was crazy, but the more I reflected on her habit, it seemed almost appealing... the freedom ... and discipline ... to run just a mile a day – or more if I'd like. I tried it for a week, found I liked it and decided to look up the United States Running Streak Association.

Upon reading the "rules," I realized that that very day I had gone 4 miles with my husband, but did not run one continuous mile, so I decided that the next day, the first day of autumn, I would quietly attempt to begin a streak, with the goal of running every day of autumn. Autumn changed to winter, then spring,

and the goal of one full year appeared on the horizon.

I have so enjoyed running everyday. My mileage averages 50-60 miles per month - not high - but I enjoy the consistency, and my speed has greatly improved – I have even placed 3<sup>rd</sup> in my age group in my last 2 races. I will be attempting another half marathon in April. More importantly, I hope to continue this little running streak for as long as I am physically able. The Facebook group has been a constant encouragement, and I am proud to be a part of it. I am a runner!

Michele Marx  
League City, Texas

## **SARRAH HORRIGAN- FULLARD JOINS SRI FROM ENGLAND**

I have been running a minimum of two miles every day since December 1<sup>st</sup> 2013 with my average distance being around 4 – 5 miles each day. During my running streak, I have completed 4 half marathons, improving my PB from 2:07 to 1:46 as well as seeing my 5k time fall from 30 minutes to 23 minutes. I set up my own running club a year ago, Notts Women Runners (and was elected Club Chair by the members), and it is now a registered Run England Group and England Athletics affiliated club with a group membership of over 500 female runners. I am also a qualified British Athletics Run Leader and have coached over 150 new runners as well as leading runs several times a week with up to 30 runners at each session. I run on my own, with friends, with groups, with my children – I don't mind. I just love running!

Sarah Horrigan-Fullard  
Nottingham, England, U.K.

# MEMBER UPDATES – SUMMER 2015

## **ELIZA ESHELMAN MIRON KEEPS STREAK ACTIVE AFTER GIVING BIRTH**

I passed the biggest milestone of my streak running career on Thanksgiving of this year. I had to endure many sleepless nights and listen to many non-streakers tell me I would not be able to run. But I did it! The streak continued after a forty-hour labor and delivery of a healthy baby boy, Ray.

I may have gotten some strange looks running at nine months pregnant, but it wasn't as bad as I thought. The running helped me stay in shape and feel good. I hope I inspire other young women out there that it is possible to run all through pregnancy and even after delivery. I wouldn't recommend this to anyone else but a streak runner.

Now with the baby here, it is actually harder to get in the run. I have to find someone to hold him while I get in the miles. I am thankful that my family is close by and that they understand the importance of the streak!

Ray ended his streak at 9 months so does not officially qualify, but once he starts walking we will see if he can start one up again ;) Hope everyone has a good run today!

Eliza (and Ray) Miron  
Columbia City, Indiana

## **TODD VITOLS JOINS USRSA**

My running career started in elementary school where it seemed as if everyone had boundless stores of energy and we ran everywhere.

At the Junior and Senior High School level I competed in Track as sprinter where a "long" race for me was 220 (yards) and the 330 (yards) hurdles.

Less formally, I trained for football endurance and conditioning with a combination of sprints as well as long runs averaging about 2 miles. I've never been a long distance runner nor have I ever competed in any kind of race post college football.

My curiosity and discovery of Streak Running was peaked after watching a local Minnesota news program featuring interviews with some of the Minnesota sport members with significant active streaks. These athletes have kept their streak alive through broken bones, medical ailments, surgeries and even giving birth.

At my age, I find that I'm no longer motivated by challenges of being the fastest or the strongest. This endeavor is a challenge through day-to-day consistency – for the long term. I liked the idea of a 1-mile minimum requirement to keep a streak active where additional mileage is optional.

I felt that this was something I could be a part of so I made the decision to apply for membership and begin my streak. Just like the slogan on that orange Home Depot bucket, "Let's Do This!"

Todd Vitols  
Burnsville, Minnesota

## **JOHN TILLMAN'S STREAK HITS 33 YEARS**

Still going strong. A little slower but still on the streak.

John Tillman  
Sanford, Florida



# MEMBER UPDATES – SUMMER 2015



Elizabeth Saucedo

## **ELIZABETH SAUCEDO JOINS USRSA**

Oddly enough, my running journey started out after completing a sprint triathlon with my husband in 2009 despite never having any athletic experience.

Then I decided I wanted to run a half marathon for my 40th birthday. So in January 2011 I tackled my first half marathon. It wasn't until my second half marathon in January 2013 that I realized how much I enjoyed running. My streak began on a beautiful spring day (the first day of spring 2014, to be exact) and I haven't looked back. As of March 22, 2015, I have completed 6 half marathons and 1 marathon. My goal is to complete 1 half marathon every month this year with a goal of completing another marathon in 2016.

I am a mother of 2 grown kids and 1 grandson. I have been married for 22 years to my husband who began his own streak in September 2014.

I am often asked how long I will continue my streak and I always reply, "As long as my body allows." I am inspired daily by everyone on the USRSA Facebook page.

Happy running!

Elizabeth Saucedo  
Albuquerque, New Mexico

## **CRAIG SNAPP'S STREAK HITS 17 YEARS**

Thanks for the Anniversary-Pipes-And-Drums! This last year was the 5th biggest of my 38 years of running, as far as mileage, but perhaps only the 38th best, as far as pace! One day recently, I did a timed-10 miler at 9:09 pace, and afterwards was bent over, trying to stick my lungs back inside of me! Then, a guy jumped out of the bushes, wearing Doctor's Scrubs, took one look at me, and declared, "I'M 'PRONOUNCING,' AT 9:31 A.M.!" Thought I was gonna see Elvis, again, sooner than I'd imagined! But, apparently, I did survive, and, definitely, I have slowed even more. And, that's OKEY-DOKEY! Again, I do appreciate your Shout-Out, and as my Coach, Grampa Dementia says, "IT'S ALL ABOUT HAVIN' FUN, MAKIN' MEMORIES, AND, ... SOMETHIN' ELSE, (WHICH I CAN'T REMEMBER!)"

Craig Snapp  
El Cajon, California

## **PAUL MILLER'S STREAK HITS 5 YEARS**

Still going... working on 6 years now.

Paul Miller  
Medfield, Massachusetts

# MEMBER UPDATES – SUMMER 2015



Matt Miller

## **MATT MILLER JOINS USRSA**

I ran my first 5k in 2003 and was a very casual runner for quite a few years after that running anywhere from 2 to 5 days most weeks. For several years I did not run more than one 5k a year. Then probably about 5 years ago, I picked up that pace to 3 to 5 days most weeks and a few 5ks a year.

I did not run my first 10k until July 2013 but then was running my first half marathon just 3 short months later. Both were very tough races but I ran my first marathon in November 2014 and just completed my 2nd one a few weeks ago at the Tobacco Road Marathon in Cary, NC.

Last year I ran 1314 miles and plan to reach at least 1500 this year. I love to run in new places and last year ran in 13 different states. I absolutely love running everyday and love the way it makes me feel and hope to continue for many years to come!

Matt Miller  
Huntington, West Virginia

## **WES BURNETT'S STREAK HITS 2 YEARS**

I am still running, two years today [1 April 2015]. Thanks for the inspiration and encouragement your site and members provide. I have run 1115 miles for this year with a total for the two (2) years at 2250. I run an average of 3 miles per day and I have completed one half marathon this year. That's probably on the low side of your membership as far as mileage etc but I am currently just running for the pure joy and exercise and feel like the day would be wasted if I did not run. I have been blessed to be injury free. I will work to increase my mileage gradually and hopefully get another half marathon in this year and work toward the full marathon in the future.

As I have heard it said by many run streakers it will be harder to stop the streak than it was to start it. I plan on continuing to run every day.

Wes Burnett  
Andrews, Texas

## **MICHAEL HALLORAN'S STREAK HITS 34 YEARS**

The streak continues. Not going as far or as fast.

Michael Halloran  
Jacksonville, Florida

## **BRIAN DANIELS' STREAK ENDS AFTER 411 DAYS**

Due to a dislocated kneecap, 2/26 was the last day that I completed on my streak.

Brian Daniels  
Minneapolis, Minnesota



# MEMBER UPDATES – SUMMER 2015



Amy and Mike Ernst

## MIKE ERNEST JOINS USRSA

I started running again in February 2008 after not running much since I was in college. Running had always been part of my training for other sports although I did compete in track in Jr. High. I was training for a 10K in July 2008 that was to a Memorial Race for a young man who was murdered. I was the lead investigator and thought I and a number of other officers should attend the race.

My wife had a reoccurrence with cancer in April 2008, her third bout with it. She had surgery on June 20, 2008 and I spent the night in the hospital with her. She was released June 22, 2008 and I began my running streak initially to run for 90 days in her honor. It soon changed to running every day until she went back into the hospital, which never happened. My running streak became my own a few years later.

I ran my first Marathon in May 2009. I have set goals to run the same marathon (Wyoming Marathon) 20 years in a row. This May will be number 7. I also want to run 50,000 miles which is twice around the World. My shortest distance since my streak began is 4 miles. I usually run this distance before and after long races. I have recently begun going on Race Vacations and would like to run in as many different places as I can while I am still able and can afford it. One race and two tragedies changed my life in a very positive way.

Mike Ernest  
Laramie, Wyoming

## DAVE HAMILTON APPEARS ON VANCOUVER, WASHINGTON TV NEWS

The news anchor that contacted me a few weeks ago about doing a story came out a couple times and shot a 30-40 min. interview and some running (real slow/out of shape). It turned out pretty well and I got a good plug and link into the story for USRSA. They got a couple minor things wrong but overall did a great job and were really nice people to work with, very professional, so thanks to them as well,. I put it on the facebook page and people seemed to like it. Good running,

<http://koin.com/2015/03/17/vxr-streak-runner-79k-miles-traveled-so-far/>

Dave Hamilton  
Vancouver, Washington

## KARL OLSON'S STREAK HITS 13 YEARS

My streak is still going!

Karl Olson  
San Francisco, California

# MEMBER UPDATES – SUMMER 2015



Jon Janes

## JON JANES ENDS STREAK AFTER 8,508 DAYS

It finally happened. I didn't run on Sunday, April 5, 2015, thus ending my streak at 8,508 days or 23 years and almost four months. When I started back on December 19, 1991, one of our children was 4, another 1, and our third not even born.

Non-streakers can't comprehend that a streak means every day, cold, hot, lightning, thunder, ice, snow, wind, angry dogs, angry drivers.....nothing kept me from going outside to go at least a mile. Most of that came around 6 in the morning...outdoors.

In the interest of full disclosure, I tell people I haven't been fast for quite a few years. I had some good races in my prime....in mile to marathon distances. But of late, I was a plodder. In fact, when I passed a house equipped with a motion sensor, my slow-moving body did not even set it off, unless I wildly waved my arms.

But I did it every day, more regularly than flossing my teeth. Out of town on vacation, I ran. Holidays I ran. Illnesses I ran. Sore muscles I ran. Had to keep the streak alive.

I would have loved to have hit 10,000 days, but about 3 years ago, I felt an irritating pain in my left hip. It got more irritating and eventually gave me a limp that everybody identified me with. My daily routine and progressed (or regressed) from a run to a jog, to a limp, to a hobble, to a shuffle, and an x-ray in 2012 showed no cartilage in that left hip.

On my final April day, I waited to run till 10:15 p.m., thinking I would have a miraculous recovery that would see replacement cartilage sneak into that old hip. So I did my hobble. Next day I had a lot of pain, and the reality is that's not healthy or smart.

So I'm gone. Got replacement hip surgery set for June 10 at 1 p.m. Doc says he thinks I could jog again, even though a lot of experts say hip replacements should mean no jogging or jumping to keep the new bionics from wearing out faster than they should.

Looking back, those 23 years didn't seem so distant while I was in the streak zone. I just did it, and the streak grew. Talking about trying to beat that record doesn't seem motivating right now because 8,508 days would be a Mt. Everest goal to beat.

My family has been supportive during my adventure, even praising me to their friends, but they also encouraged me to hang it up when they saw my limping grow more pronounced. And for me, the side effects of the popular pain meds were worse than the pains.

So I'm done. It hasn't hit me as badly as I thought it would. But not sure how I can fill that 30 minutes from 6:10 a.m. till

# MEMBER UPDATES – SUMMER 2015

6:40 every day, from donning about 8 layers in the winter to 2 layers in the summer, then a shower, breakfast and off to work.

I now pass the baton and leave my streak to runner #99 in the U.S. Running Streak Association. He takes over #98. My streak now goes to the "retired" category. I'm thankful and glad I got to do it. It kept me mentally sharp and mostly physically fit, and most importantly, it seemed to satisfy my obsessive compulsive personality. Keep up the good work you surviving streakers!

Jon Janes  
Topeka, Kansas

## **BRYAN SEARS JOINS USRSA**

My passion for running started May 9<sup>th</sup>, 2007 at 8:48PM when I set out for my first run. I made it a half mile, tossed my cookies in an unsuspecting neighbor's front yard and walked most of the way home. My running was inconsistent at best for the next 5 years despite finishing two marathons and numerous half-marathons. I did manage to lose more than 50 pounds but was desperately searching to put more time into my favorite "hobby."

On July 6<sup>th</sup>, 2012, I left my job in the technology sector after nearly 17 years. I was determined to create a new path, preferably one that did not involve late nights or a Blackberry going off any or all hours. Truth be told, I really had no idea what I was going to do, but I planned on running ... a lot. Two days later, I committed to running every day.

In that time, I've PR'd at every distance I've attempted, run 6 marathons (PR – 3:20:52, November 2, 2014), a 50K

(4:55:45, March 7, 2015), and countless other distances. Along the way I found the career I was looking for and started designing and building custom furniture as a Woodworker.

My day doesn't start until I get my run in. Wake up and get out. As my Dad once told me, "Starting your day with a run is ideal. It doesn't matter what happens to the rest of your day. At least you accomplished something."

Living on the shores of Lake Erie in Northeast Ohio provides a certain set of challenges in the Winter, but I'm fully committed (committable) to running every mile outdoors. So far, so good.

Lastly, the streak would be impossible without the love and support from my beautiful wife, Jen. She's my biggest cheerleader.

Bryan Sears  
Willowick, Ohio

## **TRAVIS WHEELER'S STREAK HITS 4 YEARS**

My streak is indeed still alive. I wrapped up year four yesterday [12 April 2015] and look forward to graduating from the neophytes next year.

Travis Wheeler  
Columbia, South Carolina

## **SHIMON RUBINSTEIN'S STREAK ENDS AFTER 468 DAYS**

I missed my run on 4/14 and I wanted to inform you that my active streak is over.

Shimon Rubinstein  
North Miami Beach, Florida

# MEMBER UPDATES – SUMMER 2015

## KIRSTYN JOVANOVICH ENDS STREAK AFTER 500 DAYS

I just wanted to let you know that I officially ended my running streak on April 8, 2015 (my last day that I ran) at 500 days. It started when I decided to do the *Runners' World* Holiday Challenge to run every day from Thanksgiving to New Years and then I found USRSA and decided to get to a year.

Once I hit a year, I realized it had become a habit and just decided to keep going until I was done, whenever that was. During that time, I've run in many, many road races ranging in distances from 5K to 10 miles and most recently ran my fourth half marathon.

My most notable runs included a 4 mile trail run on my wedding day and every single run that I took on our honeymoon in the Dominican Republic. I planned vacations and conferences in a way that would allow me to get my run in - all the while with my fantastic husband's support and encouragement.

I am ending it because it's time. I have signed up for my very first full marathon for February 2016 and between now and then I am going to focus on doing the very best I can while building strength and speed. I enjoyed every single minute of my streak and I am astonished and encouraged by all of the streak runners out there. It has been a wonderful journey and I appreciate the USRSA community for the unwavering support and encouragement. Who knows, maybe I'll feel the pull of the streak again and start anew at some other point in life. Thank you and good luck!

Kirstyn Jovanovich  
Burke, Virginia

## MARTY KNIGHT JOINS USRSA

My running "career" didn't actually start until I was 51 years old. I am a retired Captain from the Maryland State Police and have always been in pretty good shape. When I was 21 in the police academy, however, they virtually ran us to death and for the longest time I did not enjoy running. You might say they burnt me out on running.

In 2011, I was challenged to run a 5K race at my local gym. With no advance training, I showed up and ran the 3.1 miles and thought I was going to collapse. It was embarrassing to say the least. I started actively training by running after that race since I was so distressed at how out-of-shape I actually was.

One 5K led to another, and then a 10K, and then half-marathon, and now I've completed 4 full marathons. I'm scheduled for two more marathons this summer [letter dated 9 April 2015]: the Delaware Beach Marathon on May 3 and Pikes Peak in Colorado on August 16<sup>th</sup>. Those two marathons would give me a marathon in 5 different states and I am contemplating setting my goal for all 50. But we'll have to see.

My streak started last April 8<sup>th</sup> [2014] after I read an article on the club and thought that this was an awesome goal to pursue. It was difficult this winter as our area was hit with some very cold weather but knowing the streak is on the line really gets you out of bed regardless of the snow and below zero temperatures. I am proud to be joining your organization and hope to stay streaking for a long time.

Marty Knight  
Centreville, Maryland

# MEMBER UPDATES – SUMMER 2015

## **TOM BARRY'S STREAK HITS 18 YEARS**

Ellen DeGeneres once said, "My grandmother started walking five miles a day when she was 60. She's 97 now, and we don't know where the hell she is."

By contrast, I run daily in a big circle — usually a three-mile loop — and always return to my starting point, so at age 65 (almost), I haven't gotten lost yet. My running streak is now at 18 years, and I'm grateful for good health, (mostly) strong joints, reasonably smooth roads/sidewalks and solid fences that keep the dogs at bay. Several canines in my neighborhood have been anxious to make my acquaintance for years.

Occasionally, I run indoors at the local YMCA, and now and then at a nearby high school, which has a splendid new rubberized track that is easy on the old chassis. There I can pretend I'm back in my high school track days, at least until reality (the clock) intrudes. If I'm feeling seriously delusional, I'll replay the soundtrack from "Chariots of Fire" in my head as I run. After all, I could have been an Olympic runner, too, except for the fact that I didn't have the great speed and/or the great stamina. About the only thing I had was the great shoes. Delusion has been very, very good to me.

What impress me are the many folks on your list who have running streaks far longer than mine, including someone from the same small Atlanta suburb (Decatur, pop. 20,000) where I live. Rick Porter is closing in on 38 years, and I'd like to tip my moldy old running cap to a fellow Decaturite. That's one gold-plated streak. I'd like to meet Rick one day, if he ever slows down enough for me to catch up with him.

Aside from a bit of arthritis in my right knee, I'm good to continue running for what I hope is a long spell to come, buoyed by the fact that there are many runners on your list who are even older than I am. If they can keep on well into the golden years, why can't I? After all, I have the shoes.

Tom Barry  
Decatur, Georgia

## **JEREMY MURPHY JOINS USRSA**

From 1984-86, I ran cross-country and from 1982-86 track for Norfolk Catholic High School in Norfolk, Nebraska. Overcoming asthma, in 1988, I ran my first full marathon in Dallas. In 1989, I ran a minute faster in Dallas, notching my PR marathon. Since then, I have run 13 full marathons in Lincoln, Denver, New York City, and Omaha. On Nov. 19, 2013, I began my current run streak. In October 2014, I ran my first ultra-marathon, the Market-to-Market 50K in Lincoln, Nebraska.

Jeremy Murphy  
Lincoln, Nebraska

## **HARRY OWEN JOINS USRSA**

I have been running and racing since high school. My first race was in 1972. To date, I have run over 900 races, everything from 100 yards to marathons. I competed in college for Fordham University (1976-1979). I started road racing in 1979 and have competed for corporate teams (Philip Morris, Ogilvy & Mathers, Draft Inc.). I currently belong to the Orange Runner's Club and run about 30 races a year.

Harry Owen



# MEMBER UPDATES – SUMMER 2015

Beacon, New York



Teresa Roche with Pepper

## TERESA ROCHE SETS 4 PERSONAL RECORDS

After beginning to run in September of 2012 and starting my run streak on Thanksgiving 2013, 2014 was my first full calendar year running every day. It was a remarkable year; I was in better shape and enjoyed myself more than ever before, ran a full dozen races from 5Ks to a 13+ mile hillclimb to a marathon, and had fewer injuries than ever before in my (admittedly short) running career. I also set 4 PRs.

Now I'm training for my first ultra, a trail 50K in late July, with a program from competitor.com. My weekly mileage has increased but I have a solid base and it's been fine so far. I had a road 10 mile race in my first couple of weeks of the program and was worried because I was running so much more than usual; despite wind and rain and worn-out shoes and not nearly enough sleep, I set a PR.

I run on the trail off my driveway with

Pepper four or five days a week; it has a couple of steep roads great for hill training. This program includes lots of hill and core work. I use roads or trails around town for long runs.

This year's race schedule will include several 5Ks, a 5-mile, a 10K, a 10-mile, a half, a marathon...and that 50K. I can't wait!

Teresa Roché  
Grants Pass, Oregon

## TIM BAILEY JOINS USRSA STARTED STREAK IN 1987

I started running in the 6<sup>th</sup> grade when our county had the annual field day that was really a track meet. This was my introduction to running along with the President's Physical Fitness test. President Kennedy came up with it. It had a 600-yard run in it with some other things. I remember running around the football field. We didn't have a track. My first race against people was the field day. It was the 220 and I learned that I was not a sprinter.

By high school I knew XC and track were my sports. In XC, I was #1 or #2 man most of the time. In track, we had a powerhouse so by the time my main event came around the meet was sowed up. The track team was state champs in 1972, placed 3<sup>rd</sup> in 1973, 4<sup>th</sup> in 1974, and 3<sup>rd</sup> in 1975.

In May of 1975, I just missed going to the state in the 2-mile. At the time being mad, I said I was going to run the rest of my life. I didn't really know if I meant it, but glad I did. If I had placed 2<sup>nd</sup> in place of 3<sup>rd</sup>, I may have never have hit the roads. At the time, I was not happy even setting the school record in the race – a record that still stands today! We don't have to add as they changed from yards

# MEMBER UPDATES – SUMMER 2015

to meters in 1979. So the 2-mile will always be mine unless we change back. I like records as most all streakers do. My coldest wind-chill run is -42. My coldest temperature is -9. My hottest heat index is 114. My hottest temperature is 101.

My coldest temperature could have been broken twice this winter at -22 and a -11 were recorded in February. When I was younger maybe I would have hit it but the old treadmill was used and I was lazy.

I have 3 road races I have never missed since they started: the Honey 10K in Jackson, Kentucky, the Run by the River 5K/10K in Russell, Kentucky, and the Bluegrass 10K. Those years are 38, 38, and 39. I even got married in the Bluegrass 10K at the 5.5-mile mark. We do a charity run every December to buy toys for our county children. Its only a 50 miler but we are looking to run across Kentucky.

I have other records and bucket list things planned. God willing and the creek don't rise I will get to them. Glad to be part of a small group of crazy people. I told everyone around here I wasn't the only one. Hey, if it was easy, everyone would do it (my words of wisdom). Keep running!

Tim Bailey  
Owingsville, Kentucky

## **GREGORY PIENAAR JOINS SRI FROM SOUTH AFRICA**

Many years of running in the 80's and 90's. Best result was a 2:49:22 Marathon in 1990. Since then many injuries have curtailed the running. However, after a successful knee

operation it was possible to start running again, albeit a lot slower and a lot less mileage. Recent pr for 5km: 22:30. Had many mini-streaks in the early days of running, but the one starting on 5 May 2014, has been the longest by far.

Gregory Pienaar  
Boksburg, South Africa



John Metevia

## **JOHN METEVIA'S STREAK ENDS AFTER 1,107 DAYS**

My running streak of just over three years ended today. I strained a calf muscle 10 days ago, and have been running a mile or two per day since then. I thought it was getting better so I tried to do three miles yesterday, I pulled up lame after two miles. I wrapped it up today and tried, but only made it about three steps before limping back to the house. I will be taking a couple of weeks off, then see what comes next. I have been very blessed to be able to have two streaks listed (one over 23 years, and one over 3 years). Not sure if I will start a new streak or not. Happy Running.



# MEMBER UPDATES – SUMMER 2015

John Metevia  
Midland, Michigan



Leann Henden

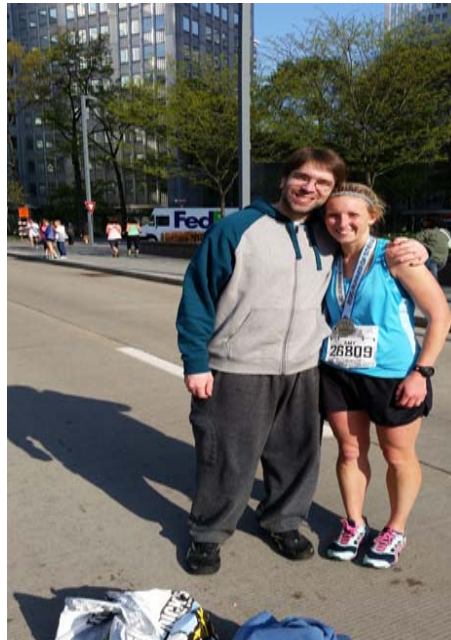
## LEANNE HENDEN JOINS USRSA

I have been running on and off since I was 14 (20 years). But I did not really get serious about my running until I started my streak. It started as a small challenge.... Can I run a mile for 7 days? Then I just kept going.... 14 days, 30 days, 60 days.... Can I really do a year? And I did. The streak itself held me accountable. I didn't want to let it go. I still don't. Then I found different online running groups and realized what an incredible group of people I was becoming a part of. Runners are people who encourage others, celebrate the accomplishments of others, perpetuate positivity and are proud of each other. -- Good advice was given to me when I was just a girl and that was to 'surround yourself with good quality people.' I've finally done just that.

I have not run any races yet. That will come in time. For right now I am content with simply running for me. I run for my health, to show my daughters what dedication is by example, to clear

my head and work out the stresses of life and finally just the pure joy of being able to do it. Running has made me a better wife, a better mom and a better more understanding person in general. I have my streak to thank for all of that.

Leann Henden  
Blair, Wisconsin



Joe and Amy Yurko

## AMY YURKO'S STREAK HITS 5 YEARS

I reached my 5-year running streak on May 3rd 2015. The best part was that my 5-year running streak fell on the same day as the Pittsburgh Half Marathon. What a great way to celebrate! In addition, I achieved a new record during the race with a time of 1:35:39 and a pace of 7:17. I placed 26th in my division. In addition, I am very grateful that my husband Joe and my dad were there to cheer me on! My current mileage is 10,899. I'm looking forward to seeing what the next year brings! Streak On Runners!

Amy (Shimonovich) Yurko

# MEMBER UPDATES – SUMMER 2015

Monroeville, Pennsylvania

## **MARK SUTHERLAND'S STREAK ENDS AFTER 10,737 DAYS**

[Editor's note: The following has been abbreviated from a much longer version mailed to SRI/USRSA.] I have been asked how I was able to run hundreds of times with tachycardia. I just didn't let anything get in the way of running every day. I wanted to run every day until I died. Well, the doctor and I agreed that I might die sooner than much later if I don't do an ablation. My heart rate was crazy some nights when sleeping. I was getting all kinds of different heart rhythms.

On September 19, 2014, I was scheduled for an ablation procedure. I went out early in the morning to run what may be my final run after over 29 years. The sky was clear as I ran around our lake. The sun was up in the east but as it peaked over the top of the hill it was a giant red fire ball as a major local forest fire burned nearby. A huge full moon was setting in the east with its reflection glowing in the lake water below. It was beautiful and ominous as I ran. Naturally during the middle of the run, my heart raced with another episode of tachycardia. I hoped this was my last episode.

I was hopeful for a quick and easy surgery. It was anything but that! I spent over 7 hours in surgery as my experienced cardiologist surgeon and his team had to abate not 1 or 2 but 4 heart arrhythmias and couldn't find the fifth one. Upon waking, I learned that I set a record for the most arrhythmias in one operation for my age. This is a record to be happy about. I went back into tachycardia several hours later.

The next day with no sleep, I struggled

to get out of bed. It was several hours to just make it to the bathroom. Later in the day, I walked slowly a couple of hundred of yards down a hallway to meet with family.

There was no way to physically jog any distance let alone a mile. The doctor said that if I did I might bleed internally to death. He recently had a young patient that went through a long ablation surgery and tried to play competitive basketball several days later. He died bleeding.

Yes, this became the end of my running streak. I always told myself that if I was faced with living or dying if running and had a choice, I would chose living. I was asked that night if it was a relief not to worry about running every day. I said no that it will be a relief when I can run again streak or no streak.

Mark Sutherland  
Rancho Murieta, California

## **KENT SCHMITZ'S STREAK ENDS AFTER 2,684 DAYS**

My running streak ended yesterday 5-3-15. I last ran 5-2-15. Simply put, it was time.

Kent Schmitz  
Nauvoo Illinois.

## **NANCY PETROSINO'S STREAK HITS 5 YEARS**

The streak is still continuing! There were a few challenges this year, including a stomach bug that nearly killed the streak and a couple of 17 below zero days that caused me to question my sanity, but other than that, all is good!

# MEMBER UPDATES – SUMMER 2015

Nancy Petrosino  
Ontario, New York



Emily Williams and her mother,  
Deb Williams

## **EMILY WILLIAMS JOINS USRSA**

I started running in college as a budget friendly way of staying in shape. I began training for my first half marathon in 2007 with the intention of running the race with my mother. Weeks before the race date, my mother was diagnosed with stage 4 colon cancer.

On race day, we stood together at the starting line together of the Seafair Half Marathon in Seattle; her, having just finished her first round of chemotherapy, and me, carrying a backpack full of water and fuel for her. We hobbled across that finish line together and I knew that running would be a part of my life forever. After that race I trained for a few half marathons through college and grad school, always stopping and starting my running passion.

Finally, I became fed up with starting over each time. I read about a local Boise runner, Tom Lloyd, who was more than a year into his run streak and

impulsively decided a one-year run streak was my next challenge. That one-year streak is one of the most influential changes in my life and the benefits greatly outweighed the challenges. So I continue to run.

Last year I had the privilege of completing my first marathon, along with many other races - one of which was a half marathon with my healthy, happy mother. It's been an amazing ride so far and I'm honored to call myself a runner.

Emily Williams  
Boise, Idaho

## **BRIAN ANDRES MOVES TO LONDON; SWITCHES TO SRI LIST**

I am listed on the Active US Streak list, but recently moved to London, UK. Since I'll be here for quite some time and wouldn't want to disrupt the integrity of your list, I think I should probably be moved over to the Active International Streak list. My streak from Nov 12, 2013 is still alive and well!

Brian Andres  
London, England, U.K.

## **NEIL BORCHERS' STREAK ENDS AT 499 DAYS**

I am a little late with sending you this message. My name is Neil Borchers from Fort Loramie, OH. I am 34 years old and was added to the USRSA streak list last year. I wanted to inform you that my streak ended on April 11th, 2015. My last day of running was April 10th. Should have been right at 500 days [editor's note: the streak ended at 499 days]. Thanks for taking care of everything you do for this great group. I had a blast while it lasted!

# MEMBER UPDATES – SUMMER 2015

Neil Borchers  
Fort Loramie, Ohio



Brian Casey

## BRIAN CASEY'S STREAK HITS 38 YEARS

Finished my 38<sup>th</sup> consecutive year of running on May 9<sup>th</sup>, 2015- with 87,700 cumulative miles. Currently running 30-35 miles a week and have begun a swimming regimen (2-3 miles per week) to take some miles off my legs. As age now hunts me – I take no day for granted.

I take inspiration from all of the USRSA members. Knowing that there are "*others out there*" makes me feel better. I really enjoy the Member updates.

When I'm not running or working– I enjoy being the General Manager of a Summer Collegiate Baseball Team – the North Jersey Eagles of the Atlantic Collegiate Baseball League. Several of my players have been drafted by MLB and I enjoy the interaction with these student-athletes.

I am now 3 days into my 39<sup>th</sup> year and so far so good.....

Brian Casey  
Paramus New Jersey



John Mayan's injured leg

## JOHN MAYAN'S STREAK HITS 2 YEARS

I am so happy to report that I made it through the 2nd year, but not without drama! Above is a picture of my leg taken yesterday [11 May 2015], day #730 of my streak!

I was running a 5k, and in the last 25 paces, a girl sped up to pass me. I surged ahead to hold my lead, but was stopped in my tracks by a muscle strain. I hobbled across, knowing that I might be in trouble.

I ran the next morning, at 2.1 - 2.3 mph, with a 175 cadence. And the next day I was able to do the same.

I think I'm out of the woods! So, it is with extreme exuberance that I proclaim, Streak On!!



# MEMBER UPDATES – SUMMER 2015

John Mayan  
Westminster, Maryland



Klaus-Dieter Schnabel at  
Venice Marathon (2014)

## KLAUS-DIETER SCHNABEL JOINS SRI FROM GERMANY

I started jogging/running over long distances at the end of the 1980s when I attended a 20 km cross-hill race. There was a simultaneously a marathon distance race with “old” runners. This was the starting shot for training/running for at least 42 km.

After that experience, I ran over 100 cross-races. But after nearly 10 years, I became older and started a family. Result: I joined only 10 km races or half marathons.

Last year, I restarted with the marathon-events (on streets). In Germany, I finished 2 races and by the end of October I did my 1<sup>st</sup> Venice Marathon (and will repeat in 2015). In March, I finished the Barcelona-Zurich Marathon, the 3<sup>rd</sup> biggest in Europe.

I read an article about your association and I was full of energy to try this crazy competition to run day by day without

any interruption. I cross my own fingers that it works.

Is it really true that I am the first streak runner from Germany? [Editor's note: Not sure if there are some unregistered streak runners from Germany but you are the first athlete from your home country to join SRI.]

My life motto: “One who wants to move the world, has to move him/herself first.” (Sokrates)

Klaus-Dieter Schnabel  
Igersheim, Germany



Klaus-Dieter Schnabel at  
Barcelona Marathon (2015).

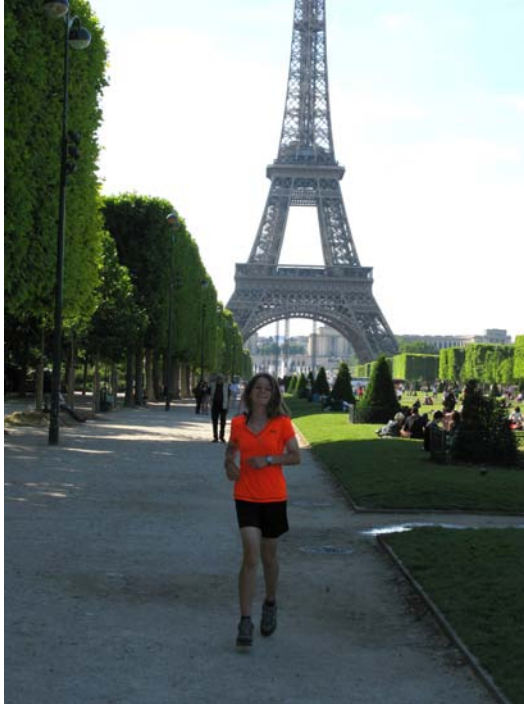
## MATT KETTERMAN ENDS STREAK AFTER 8,699 DAYS

I officially retired my running streak after an 8 mile run Friday, April 24, 2015.

[http://www.news-record.com/blogs/wooten\\_running\\_shorts/update-days-matt-ketterman-ends-his-running-streak/article\\_67fa51c4-ea8e-11e4-aacd-0baee6674cb0.html?mode=jqm](http://www.news-record.com/blogs/wooten_running_shorts/update-days-matt-ketterman-ends-his-running-streak/article_67fa51c4-ea8e-11e4-aacd-0baee6674cb0.html?mode=jqm)

# MEMBER UPDATES – SUMMER 2015

Matt Kettermann,  
Greensboro, North Carolina



Keziah Wilde

## KEZIAH WILDE'S STREAK HITS 3 YEARS

Still running every day and loving it! My parents think I'm crazy.

Keziah Wilde  
Arlington, Massachusetts

## DONNA LUTES JOINS USRSA

I was never a runner in school. In 2009 a co-worker asked me if I wanted to train for the Flying Pig Half Marathon. I had never run a 5k and wasn't even sure how long a half marathon was...but I agreed to do it anyway! We trained off and on for about 5 months to get ready for it. I fell in love with running, although it was a struggle for me. I was overweight and an unhappy person in general. I ran my first half very slowly

but got it done! After that I started training with a local running group.

In 2012 I set a goal to run 1000 miles in the year. Then in November, I saw the *Runner's World* challenge to streak from Thanksgiving to the New Year. I decided that was a great way to end 2012 and ensure my 1000 mile goal! I finished out the year and then just kept going! I'm now just over 900 days and finally decided to join the United States Running Streak Association.

Since 2009 when I started running I have ran 4 full marathons and 34 half marathons. Still going strong and still setting new goals!

Donna Lutes  
Cincinnati, Ohio

## FRANCIS GARROW'S STREAK HITS A DECADE

I never thought I would make it to 10 years!!! I'm working in Minneapolis this week so I wasn't able to hit the 10 year mark in my home state of VT. My plan is to continue running everyday and run in every state. The streaking stories are an inspiration to me and a reminder to "never give up."

During the streak I have run in the following states:

Maine, New Hampshire, Vermont, Mass., Conn., Rhode Island, New York, New Jersey, Maryland, West Virginia, Virginia, North Carolina, Alabama, Florida, Texas, La., Ohio, Iowa, Nebraska, Kansas, Mo., Kentucky, Tennessee, Colorado, California, Oregon.

Washington DC

Canada. Mexico and Antigua

# MEMBER UPDATES – SUMMER 2015

Francis Garrow  
Proctor, Vermont



Joann Lycett

## JOANN LYCETT JOINS USRSA

I was tricked into running on March 31, 2009 when I was 53 years old. I am an unlikely runner. I had never previously run in my life. I am 5'8", in the upper range of the healthy weight range for my height and I have flat feet. Two much younger coworkers were running in a local park after work, they kept trying to get me to come along. Finally, they said they needed my help. Since I was a fast walker, could I come to the park with them and help them speed up during the walk portions of their runs? So, being a nurturing person that always wants to help, I did. They made me run with them in between the walk breaks. Initially, I couldn't breathe and thought I was going to pass out. I also had on MBT sneakers so I felt like I was running with weights on my feet. And, so it began...

My first race was May 2, 2009 in that same park. It was a 5K to help abused, neglected children, a cause close to my heart. I am an Assistant State Attorney who does Child Welfare or dependency law. I ran almost the whole way and

finished in a little over 40 minutes. I was hooked.

Since that time I have run about 34 races and 2 Ragnar Relays. Each race is special for many reasons. I have completed 2 marathons in 2011 and 2013 and I was blessed to win a lottery entry into the NYC marathon this November.

I am not a fast runner but an enduring one. I am unable to fully express all the benefits running has brought into my life. It has taken me to places and given me experiences I would have never otherwise had. It validates how strong I have become.

In the summer of 2013 I was hospitalized for a ruptured appendix while I was training for a marathon. I lost weeks of training. I'm slow to begin with. I went to Atlantic City. I spoke beforehand to the racing director. While I finished outside the race limit, the director called me to make sure I received my medal. That is just one example of the caring racing community spirit.

In closing, I started my streak on Mother's Day 2014 out of anger. I had surgery on my right knee for a torn meniscus in February. The surgery flared the arthritis. My knee hurt. I was limping. I decided to try and just do the minimal mile to start. I did a Police Memorial 5K in October. Then I registered for the Diva Half in December.

I fell hard twice during a long training run in November. I know this sounds crazy but since that fall most of the knee pain is gone. Because of the Streak, I did not give up. The gift of running every day has brought peace and joy to my life.

Thank you for the opportunity to join.



# MEMBER UPDATES – SUMMER 2015

Joann DeCaro Lycett  
Largo, Florida



Doug Dixon

## DOUG DIXON JOINS SRI FROM CANADA

I have been a runner most of my life commencing in high school where I was a miler with a 4:17 mile P.B. I also ran cross country winning many competitions in my district.

I continued to run after high school for my health but started training for marathons in my thirties running my first in Detroit and seven more since then. My P.B. is a 3:07 and last year at the age of 63 I qualified for Boston with a time of 3:39 beating my qualification time by 31 minutes.

My streaking started on May 23, 2004, the day my best friend was diagnosed with a brain tumour. I told him I would continue to run each day until he recovered. Unfortunately he died 45 days later and my pledge to him continues.

At the 10<sup>th</sup> year anniversary of my continuous running (May 2014) I was joined by my three children and their partners in a 4 kilometre fun run....a day and event that I shall treasure for the rest of my days.

Upon reaching my 11<sup>th</sup> year milestone of continuous running (May 5, 2015) I rededicated my commitment to my friend to run for another 10 years and then to run to the age of 100.

My further goals include running in 25 marathons and to place in the top 5 in my age bracket. Last year my time in Toronto of 3:39 ranked me twelfth in my bracket and I am training hard to finish top 10 this year and then top 8 in Boston in 2016.

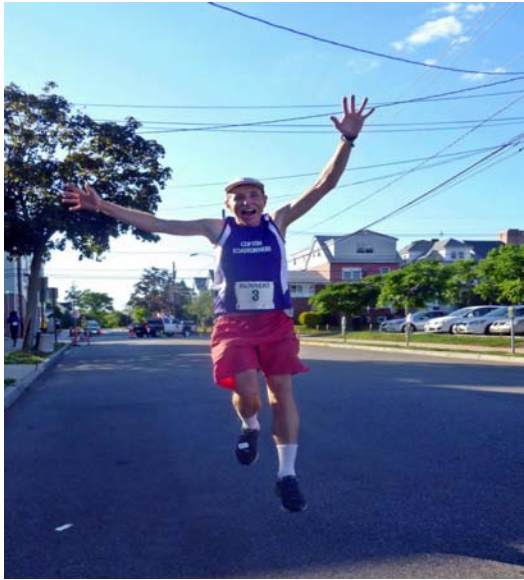
Running is my passion and it has been such a joy to have continued this passion daily for the last 11 years and I look forward to the next 10 years.

Doug Dixon  
Minden, Ontario, Canada



Doug Dixon

# MEMBER UPDATES – SUMMER 2015



Tom Allen

## **TOM ALLEN'S STREAK HITS 27 YEARS**

68264.4 streak miles.  
Average 2528.3 miles per year.  
6.9227 miles per day.  
9861 days.

Tom Allen  
Upper Montclair, New Jersey

## **OLIVIA MEDINA JOINS USRSA**

In 1995, a middle school coach convinced me to try out for the track team. It was then that I discovered a passion for running long distance. I ran cross-country in high school. After graduation, I left my hometown to attend college and took a hiatus from running.

In 2010, I ran my first marathon in San Francisco, California. It was then that I set the goal to run a marathon in all 50 states before I turn 45; so far I've completed 11. I am a member for Marathon Maniacs and have run one ultra.

On January 1, 2014, I decided I would run a mile a day. I have not been able to stop since.

Olivia Medina  
Albuquerque, New Mexico



Jim Crisp

## **JIM CRISP'S STREAK HITS 2 YEARS**

Everything is going amazing and for the first time in my life, at the age of 43, I have been able to consistently run over 100 miles a week. I've done 9 weeks now of over 100 a week and have set personal bests for me over 40 (3k 9.45 and 5k park run in 16.49).

Jim Crisp  
Brough England

## **TROY COPPUS' STREAK HITS 18 YEARS**

As of this morning (May 18, 2015), the streak is still active, making it a full 18 years.

Troy Coppus

# MEMBER UPDATES – SUMMER 2015

Evansville, Indiana

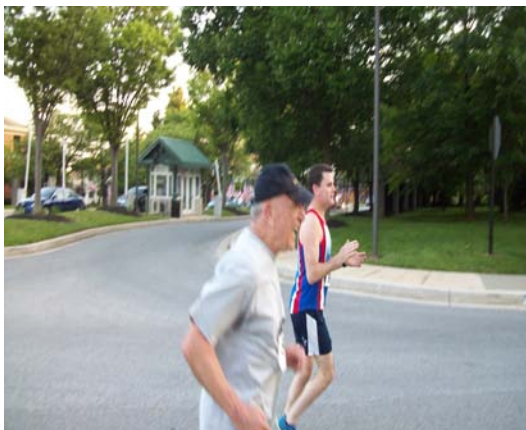


John Strumsky

## **USRSA FOUNDER JOHN STRUMSKY, 75, RUNS FIRST RACE IN A DECADE**

At three weeks past my 75th birthday and over 10 years since my 644th race, I finally ran my 645th on May 22, 2015. Participants ranged from 14 upward, and I was far and away the oldest at 75. I was the Male Resident Winner for the Charlestown Retirement Community, and the male winner of the 70 to 79 age group.

John Strumsky  
Catonsville, Maryland



John Strumsky

## **SARAH MILLER JOINS USRSA**

I started running in Junior High in track, doing sprints and relays, in Marysville, KS. In High School I was a member of Cross Country and Track teams for all four years. My freshman year I went to state as an individual in Cross Country but did not place. In track, I typically competed in the 1 and 2 miles, as well as the 4X400 and 4X800.

I didn't start running again to any extent until I decided on a whim to try the Dam2Dam 20K race in Des Moines, IA in June of 2010 and I've been hooked ever since. Did my first marathon in October of 2010 (Des Moines IMT Marathon). Started my streak in May of 2013, and I can't stop. I've done many more races since then. In fall of 2013, I did two half marathons on back-to-back weekends. And then in the fall of 2014, I did back-to-back marathons in two days – it was the first year for the I35 Challenge, run KC on Saturday and Des Moines on Sunday. Loved it, but never gonna do that again!

I currently live in Des Moines with my husband, two kids and three dogs. I'm really enjoying my running streak and looking forward to continuing with this membership!!

Sarah Miller  
Des Moines, Iowa

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

	<b>The Coverts (45+yrs)</b>		
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 64</b>
2.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Marysville, WA, Retired, 71</b>
	<b>The Legends (40+yrs)</b>		
3.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 60</b>
4.	<b>Jon A. Simpson</b>	<b>08/30/71</b>	<b>Memphis, TN, Retired Dentist, 77</b>
5.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 64</b>
6.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 60</b>
7.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 60</b>
8.	<b>Richard Westbrook</b>	<b>12/29/73</b>	<b>Jonesboro, GA, Teacher, 68</b>
9.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	<b>Miami Beach, FL, Songwriter, 64</b>
10.	<b>James Behr</b>	<b>03/19/75</b>	<b>Trinity, FL, Educator, 67</b>
	<b>The Grand Masters (35+yrs)</b>		
11.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	<b>Wiscasset, ME, Doctor, 67</b>
12.	<b>William S. Stark</b>	<b>09/10/76</b>	<b>St. Louis, MO, Professor, 67</b>
13.	<b>Bill Anderson</b>	<b>09/27/76</b>	<b>Fort Worth, TX, Retired, 70</b>
14.	<b>John Liepa</b>	<b>01/02/77</b>	<b>Indianola, IA, Professor, 70 *</b>
15.	<b>Bill Robertson</b>	<b>02/08/77</b>	<b>Ashland, MA, Systems Analyst, 62</b>
16.	<b>William J. Benton</b>	<b>04/23/77</b>	<b>Farmington Hills, MI, Accountant, 65 *</b>
17.	<b>Brian Casey</b>	<b>05/09/77</b>	<b>Paramus, NJ, Finance Manager, 56</b>
18.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	<b>Naples, FL, Retired, 73</b>
19.	<b>Rick Porter</b>	<b>12/03/77</b>	<b>Decatur, GA, Developer, 62</b>
20.	<b>John T. Carlson</b>	<b>12/26/77</b>	<b>Indianapolis, IN, Classroom Teacher, 61</b>
21.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	<b>Dearborn, MI, Sales, 65</b>
22.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	<b>Allentown, PA, Banker, 57</b>
23.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	<b>Shaker Heights, OH, Exercise Physiologist, 60</b>
24.	<b>C. David Todd</b>	<b>10/14/78</b>	<b>Matthews, NC, Home Builder, 63</b>
25.	<b>Charles E. Lindsey</b>	<b>10/16/78</b>	<b>Canyon Country, CA, Educator, 64</b>
26.	<b>John C. Roemer, IV</b>	<b>11/01/78</b>	<b>Parkton, MD, Consultant, 55</b>
27.	<b>Craig A. Davidson</b>	<b>11/05/78</b>	<b>Phoenix, AZ, Retail/Educator, 61</b>
28.	<b>Scott Ludwig</b>	<b>11/30/78</b>	<b>Senoia, GA, Operations Manager, 60</b>
29.	<b>Chester A. Tumidajewicz</b>	<b>12/25/78</b>	<b>Amsterdam, NY, Security Supervisor, 60</b>
30.	<b>Jon Kralovic</b>	<b>01/01/79</b>	<b>Delanson, NY, College Football Coach, 68</b>
31.	<b>Thad Childs, Jr.</b>	<b>03/05/79</b>	<b>Gray, GA, Banking, 68</b>
32.	<b>Charles Holmberg</b>	<b>03/20/79</b>	<b>Modesto, CA, CEO, 66</b>
33.	<b>Bill Beach</b>	<b>10/28/79</b>	<b>Macomb, MI, Cross Country Coach, 67</b>
34.	<b>Benjamin M. Freed</b>	<b>12/12/79</b>	<b>Clarion, PA, Retired College Teacher, 68</b>
35.	<b>S. Mark Courtney</b>	<b>12/20/79</b>	<b>Grove City, PA, Physician Assistant, 59</b>
36.	<b>William G. Finkbeiner</b>	<b>01/01/80</b>	<b>Auburn, CA, Landscaper, 59</b>
36.	<b>Layne C. Party</b>	<b>01/01/80</b>	<b>Towson, MD, Manager, 55</b>

38.	<b>Lois Bastien</b>	<b>04/18/80</b>	Pinellas Park, FL, Retired, 78 (F)
39.	<b>Leslie J. Shoop</b>	<b>04/28/80</b>	Sarver, PA, Retired, 67
	<b>The Masters (30+yrs)</b>		
40.	<b>Ed Goff</b>	08/13/80	Bradenton, FL, Teacher, 71
41.	<b>John I. Watts</b>	10/04/80	Nampa, ID, Pastor, 59
42.	<b>Ward D. Crutcher</b>	12/26/80	Muncie, IN, Retired, 75
43.	<b>George G. Brown</b>	01/06/81	Richlands, VA, School Principal, 62
44.	<b>Michael Halloran</b>	04/01/81	Jacksonville, FL, Wealth Mangement, 67
45.	<b>Richard Rusch</b>	08/03/81	Wauwatosa, WI, Retired, 64
46.	<b>John R. Chandler</b>	08/09/81	Whitefish Bay, WI, Financial Planner, 60
47.	<b>Ben Dillow</b>	08/20/81	Redlands, CA, Retired, 74
48.	<b>Bill Leibfritz</b>	12/03/81	Midland, MI, Professor, 58
49.	<b>Frederick L. Murolo</b>	12/30/81	Cheshire, CT, Attorney, 58
50.	<b>Scott D. Snyder</b>	12/31/81	Littleton, CO, Emergency Physician, 60
51.	<b>Michael G. Sklar</b>	01/20/82	Dunwoody, GA, Professor, 71
52.	<b>John L. Tillman, Jr.</b>	03/05/82	Sanford, FL, Business Owner, 66
53.	<b>Ken Birse</b>	04/22/82	Amherst, NH, Data Sales Manager, 55
54.	<b>Charles Groseth</b>	06/30/82	Allen, TX, Chief Operating Officer, 56
55.	<b>Grant McAllister</b>	08/28/82	Atlanta, GA, Sales Manager, 51
56.	<b>Gary Rust</b>	07/03/83	Desert Hot Springs, CA, Retired, 68
57.	<b>David Melissas</b>	07/20/83	Marietta, GA, IT Project Manager, 55
58.	<b>Doug Holland</b>	08/01/83	Tucson, AZ, College Athletic Director, 54
59.	<b>Al Colonna</b>	08/05/83	Dix Hills, NY, Retired, 71
60.	<b>Barbara S. Latta</b>	12/05/83	Raleigh, NC, Retired, 73 (F)
61.	<b>Randolph Read</b>	09/01/84	Las Vegas, NV, Executive
62.	<b>Sue S. Favor</b>	12/20/84	Los Angeles, CA, Teacher/Coach, 48 (F)
63.	<b>Joseph Raffa</b>	12/26/84	Manlius, NY, V.P. & G.M., 63
64.	<b>Leonard Bruckman</b>	02/10/85	Granite Bay, CA, Consultant, 68
	<b>The Dominators (25+yrs)</b>		
65.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 62
66.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 54
67.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 66
68.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 57 (F)
69.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 70
70.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 57
71.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 70
72.	William Shires	10/19/86	Charlotte, NC, Software Architect, 50
73.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 57
74.	Timothy Bailey	05/17/87	Owingsville, KY, XC & Track Coach, 58
75.	Robert E. Nash	06/18/87	Olney, IL, Physician, 68
76.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 66
77.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 62
78.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 68
79.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 72 *
80.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 56
81.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 50
82.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 64



83.	Hal Gensler	12/04/89	New River, AZ, Retired, 68
84.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 64
84.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 39
84.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 59
	<b>The Highly Skilled (20+yrs)</b>		
87.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 74
88.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 63
89.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 64
90.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 65
91.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 57
92.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 63
93.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 62
94.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 58
95.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 65
96.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 65
97.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 72 *
98.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 52 (F)
99.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 58
100.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 74
101.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 59
102.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 59
103.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 65
104.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 29
105.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 59
106.	Richard Corbin	01/01/95	Savannah, GA, Sales, 60
107.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
	<b>The Well Versed (15+yrs)</b>		
108.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 60 *
109.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 59
110.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 68
111.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 63 (F) *
112.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 64
113.	Troy A. Coppel	05/19/97	Evansville, IN, Athletic Trainer, 33
114.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 55 (F)
115.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 41 *
116.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 58
117.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 60 (F)
117.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 64 *
119.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 67
120.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 55 (F)
121.	Phillip Hawley, Jr.	10/23/99	Indianapolis, IN, CPA, 30
122.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 55
123.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 57
124.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 64
125.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 64 (F)
126.	Diane Shumway	05/27/00	Provo, UT, Retired, 60 (F)

	<b>The Experienced (10+yrs)</b>		
127.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 59 (F)
128.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 69 *
129.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 44
130.	Jim Merritt	10/29/01	Buford, GA, Retired, 67
131.	Martie Bell	12/27/01	Thomasville, NC, Professor, 59 (F)
131.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 63
133.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 68
134.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 67 *
135.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 62
136.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 64 (F) *
137.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 56
138.	George A. Hancock`	06/22/02	Windber, PA, Education, 62 *
139.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 29 (F)
140.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 39
141.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 61
142.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 55
143.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 36 *
144.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 33 (F)
145.	Carmen Baxter	08/11/03	Suffolk, VA, Physician, 34 (F)
146.	David Max	08/28/03	Alexandria, VA, Pilot, 39 *
147.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 37
148.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 58
149.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 42
150.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 38
151.	Ed Reid	05/27/04	Bradenton, FL, Builder, 56
152.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 69 *
153.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 64
154.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 44
155.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 46
156.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 35 (F)
157.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 60
158.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 64
159.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 56 (F)
160.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 60
161.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 34 (F)
	<b>The Proficient (5+yrs)</b>		
162.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 52 (F)
163.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 56 *
164.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 55
165.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 61
166.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 46
167.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 64
168.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 54
169.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 42
170.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 72
171.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 48



172.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 64
173.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 48
174.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 59 *
175.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 51
176.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 58
177.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 73
178.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 44
179.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 47
180.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 24 (F)
180.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 50 *
182.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 49
182.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 34 (F)
182.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 26 (F)
185.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 47
186.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 34
187.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 32
188.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 52 *
189.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 48 (F)
190.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 42 (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, 56
193.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 66
195.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 61 (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.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 68 (F) *
199.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 54
200.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 47
201.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 42 (F)
202.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 72 *
202.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 34
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.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 62
210.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 50 (F)
211.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 35
211.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 35
213.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 54
214.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 41 (F)
215.	John King	01/21/08	Naples, FL, Education Administrator, 64 *
216.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 25
217.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 51
218.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 44
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, 48
222.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
223.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 71
224.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 59 (F)
225.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 56 (F)
226.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 43
227.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 63 (F)
228.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 41
229.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 33
230.	John B. Davis	12/08/08	Desoto, TX, Consultant, 71
231.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 61
232.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 51
232.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 43
234.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 55 (F)
235.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 38
236.	Eric V. Love	12/27/08	Erie, CO, Attorney, 48
237.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 40 (F)
237.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 63
239.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 69
239.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 36
239.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 50 (F)
239.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 57 (F)
239.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 36 (F)
244.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 38
245.	Vince Nardy	01/27/09	Solon, OH, Management, 56
246.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 34
247.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
248.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
249.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 58 *
250.	Rodger Kram	04/23/09	Nederland, CO, Professor, 54
251.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
252.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 71 *
253.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 60 (F) *
254.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 19
255.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 28
256.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 36 *
257.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 46 (F) *
258.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 25
259.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 16
260.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 53
261.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 32
262.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 31 (F)
263.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 74 *
264.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 55 (F)
265.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 37
266.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 57
266.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 46
268.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 46 (F)
269.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 23

270.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 62 *
271.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 30
272.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 40
272.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 49
272.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 36
272.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 63
276.	Paul Miller	02/10/10	Medfield, MA, Marketing, 54
277.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 50 *
278.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 56 (F)
279.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 46
280.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 37
281.	William Middlebrook	03/31/10	Colorado Springs, CO, 72*
282.	Matt Flynn	04/29/10	Burnsville, MN, 24
283.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 27 (F)
284.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 45 (F)
284.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 58 (F)
286.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 41
	<b>The Neophytes (-5yrs)</b>		
287.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 40
288.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 30
289.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 41
290.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 62
291.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 52
292.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 62
293.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 23 (F)
294.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 46
295.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 59
296.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 44
297.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 54
298.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 50
299.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 58
300.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
300.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 55 (F)
300.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
303.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 58 (F)
304.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 51
305.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 57 *
306.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 29
306.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 44
308.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 38
309.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
310.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 54
311.	Will Jones	03/18/11	Grove, OK, Athletic Director, 41
312.	Jay Frank	03/21/11	Oak Park, CA, CEO, 61
313.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 41
314.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 36
315.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 40
316.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61

316.	James Holt	05/01/11	Centerville, UT, Regional Manager, 56
318.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 55 (F) *
319.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 37 (F)
320.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 54
321.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 58
322.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 56 (F) *
323.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 27
324.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 38
325.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 29
326.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 39
327.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 59 *
328.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 57
329.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 31
330.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 27
331.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 33
331.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 46
333.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 15
334.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 71
335.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 48
336.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 38 (F)
337.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 47
338.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 60 *
339.	James Wisler	09/15/11	Wake Forest, NC, Physician, 33
340.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 33 (F)
341.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 35
342.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 35
343.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 33
344.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 47 (F)
345.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 35
346.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 14
347.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 46
348.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 43
349.	Patrick Caron	11/30/11	Needham, MA, Student, 18
350.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 47
351.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 39
352.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 55
353.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
354.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 48
355.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 39 (F)
356.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 34
357.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 42, (F)
357.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 51 (F)
359.	Chip Akers	12/31/11	Raleigh, NC, Dad, 55
359.	Robyn Clevenger	12/31/11	West Des Moines, IA, 36 (F)
359.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 34
359.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. – Law Firm, 52
363.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 36 (F)
363.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 51
363.	Mike Johnson	01/01/12	Daphne, AL, 42

363.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 55 (F)
367.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 34 (F)
368.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 54 (F)
369.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 34 (F)
370.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 47
371.	Daniel Myers	02/01/12	South Bend, IN, Professor, 49
372.	Dusty Hardman	02/13/12	Punta Gorda, FL, 46 (F)
373.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 64 (F) *
374.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 29
375.	Gary Jones	04/12/12	Troy, MT, Retired, 63 *
376.	Christopher George	04/27/12	Mobile, AL, Attorney, 55
377.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 60
378.	Justin Martin	05/04/12	San Diego, CA, Air Traffic Controller, 35
379.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 29
379.	Keziah Wilde	05/13/12	Arlington, MA, Student, 12 (F)
381.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 39
382.	Brian Baker	05/25/12	Denver, CO, Non-profit Management, 25
382.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 48
384.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 32 (F)
385.	Chris May	05/29/12	Highlands Ranch, CO, Director Engineering, 43
386.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 58 *
387.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 66 *
388.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 36
389.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 32
389.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 36
391.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 39 (F)
392.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 36
393.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 48
394.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 47
395.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 48 (F)
395.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 52 (F)
397.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 36
397.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 32
399.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 34 (F)
400.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 61
401.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 43
402.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 40
403.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 35
404.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 53 (F)
405.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
406.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 33
406.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 36 (F)
406.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 50 (F)
409.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 58 (F)
410.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 38
410.	Elizabeth Gilman	12/01/12	Byron, MN, Physician, 35
412.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
413.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 50
414.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 24

415.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 40 (F)
416.	Paul Christian	12/25/12	Rochester, MN, Journalist, 65 *
416.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 48
418.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 41
418.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 38
418.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 56
421.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 29
422.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 31
423.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 41
423.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 34
423.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 39
423.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 37 (F)
423.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 51 (F)
423.	Patricia Montana	01/01/13	Hampton, NH, Retired, 56 (F)
423.	Kyle Rizzo	01/01/13	Berkeley, CA, Epidemiologist, 28
423.	Emily Williams	01/01/13	Boise, ID, Mental Health Professional, 29 (F)
431.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 27 (F)
432.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 46
433.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 39
434.	Jonathan Green	03/01/13	Brooklyn Center, MN, Software Engineer, 36
435.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 56 *
436.	Diane Naughton	03/21/13	Mendham, NJ, Marketing Executive, 52 (F)
437.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 52
438.	Brian Orth	03/28/13	Boise, ID, Software Engineer, 35
439.	Toni Orth	03/29/13	Boise, ID, Program Coordinator, 36 (F)
440.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 46
441.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 47
442.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 29
443.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 49 (F)
444.	Emily Osinski	05/06/13	Laredo, TX, Musician, 31 (F)
445.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 56
446.	Peggy Hubbard	05/16/13	Los Alamos, NM, 57 (F)
447.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 51
448.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 47
448.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 51
450.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 38 (F)
451.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 41
452.	Harry Owens	05/30/13	Beacon, NY, IT Director, 57
453.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 48
454.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 43
454.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
456.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 42 (F)
456.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 13
456.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 11
459.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 51 (F)
460.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 42 (F)
461.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 35
462.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 45 (F)
463.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 41 (F)



464.	Thomas Comer	07/28/13	Denver, CO, Retired, 53
465.	Chris Brelage	08/06/13	Fishers, IN, Sales, 45
466.	Clint Stevens	08/08/13	Houston, TX, Vending, 34
467.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 46 *
468.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 33
469.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 30
470.	Richard Jones	09/13/13	Ames, IA, Retired, 69
471.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 41 (F)
472.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 15
473.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 46
474.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 44 (F) *
475.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 45
476.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 45 (F)
477.	Cynthia Almudevar	10/28/13	Pittsford, NY, Pastor/Writer, 55 (F)
478.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 60
478.	Paul Seibert	11/01/13	Fort Mitchell, KY, Software Developer, 52
480.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 39
481.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 43
482.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 55 (F)
482.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 68 *
484.	Katherine Jones	11/14/13	Fort Dix, NJ, Stay-At-Home Mom, 27 (F)
485.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 46
486.	Amber Travsky	11/21/13	Laramie, WY, Wildlife Biologist, 59 (F)
487.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 43
488.	James Summers	11/24/13	Coronado, CA, United States Navy, 39
489.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 38 (F)
490.	Michele Arnold	11/26/13	Issaquah, WA, Physician, 41 (F)
490.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 49 (F)
492.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 38
492.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 42 (F)
492.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 53
495.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 36
495.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 36 (F)
495.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 41
495.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 34
495.	Amy Katz	11/28/13	Irvine, CA, Accountant, 44 (F)
495.	Ellen Kendall	11/28/13	St. Louis Park, MN, Business Analyst, 47 (F)
495.	Ericka Kimball	11/28/13	Portland, OR, Professor, 40 (F)
495.	Benjamin Labovitz	11/28/13	Baltimore, MD, Registered Nurse, 29
495.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 38
495.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 47 (F)
495.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 39 (F)
506.	Robert Magner	11/29/13	Littleton, MA, Consultant, 65
507.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 43
507.	Robin Lentine	11/30/13	Plymouth, MN, Student, 16 (F)
509.	Gayle Kearney	12/05/13	Ballwin, MO, Teacher, 50 (F)
510.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 35
511.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 55
512.	Chris Myers	12/24/13	Chanhassen, MN, Bus Driver, 43

513.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 41 (F)
514.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 48
514.	Jamie Rheaume	12/25/13	Marion, IL, Educator, 54 (F)
514.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 73 *
517.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 44
518.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 37
519.	Dave Wilson	12/29/13	Glenside, PA, Service Director, 37
520.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 27 (F)
521.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 60
521.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 34
521.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 35
521.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 25 (F)
521.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 44
521.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 59 *
521.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 24
521.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 19 (F)
521.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 32 (F)
530.	Jennifer Meyer	01/04/14	Rochester, MN, Travel Associate, 47 (F)
531.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 40 (F)
532.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 43 (F)
533.	Lisa Hancock	02/17/14	Geneva, IL, Social Worker, 47 (F)
534.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 64 *
535.	Houston Wolf	02/27/14	Cordova, TN, IT Support Analyst, 51 *
536.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 33 (F)
537.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 56
538.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 51 *
539.	Matt Miller	03/17/14	Huntington, WV, Sales Manager, 40
540.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 44 (F)
541.	Ian Russell	03/30/14	Missouri City, TX, Student, 10
542.	Garren Hamby	03/31/14	Minnetrista, MN, Sales Manager, 35
543.	Leann Henden	04/08/14	Blair, WI, Stay-at-Home Mom, 34 (F)
543.	Martin Knight	04/08/14	Centreville, MD, Financial Advisor, 55
543.	Michael Lesko	04/08/14	Frisco, TX, Sales, 33
546.	Aron Cole	04/12/14	Olean, NY, Teacher, 43
547.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 50
548.	Joann Lycett	05/11/14	Largo, FL, Assistant State Attorney, 59 (F)
549.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 48
550.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 39 (F)

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

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# Official International Active Running Streak List

As Certified to the Streak Runners International

June 1, 2015

	<b>The Hills (50+yrs)</b>		
1.	<b>Ron Hill</b>	<b>21Dec64</b>	<b>Hyde, England, Runner, 76</b>
	<b>The Grand Masters (35+yrs)</b>		
2.	<b>Rick Rayman</b>	<b>10Dec78</b>	Ontario, Canada, Dentist & Professor, 68
	<b>The Highly Skilled (20+yrs)</b>		
3.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 51
	<b>The Experienced (10+yrs)</b>		
4.	Douglas Dixon	23May04	Ontario, Canada, Retired, 64
	<b>The Proficient (5+yrs)</b>		
5.	Paul "LordSmythe" Smith	01Jan07	Durham, England, Local Gov't Officer, 52
6.	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 53 (F) *
7.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 48
8.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 35
9.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 51
10.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 58
	<b>The Neophytes (-5yrs)</b>		
11.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 33
12.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 48 (F)
13.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 42
14.	Jim Crisp	07Apr13	Brough, England, Plumber, 43
15.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 42
16.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 37 (F)
17.	Gillian Selman	17Oct13	Bromley, England, Nurse, 42 (F)
18.	Brian Andres	12Nov13	London, England, Analyst, 32
19.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 40 (F)
20.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 41
21.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 40 (F)
22.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 46
23.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 30 (F)
24.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 37 (F)
25.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 52

\* 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.

June 1, 2015

1.	<b>Mark Covert, Lancaster, CA</b>	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	<b>Kenneth C. Young, Petrolia, CA *</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	<b>Gary C. Jones, Troy, Montana *</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	<b>Robert J. Zarambo, Whitehall, PA</b>	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
5.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
6.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
7.	<b>Walter O. Byerly, Dallas, TX *</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
8.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
9.	<b>Barry Abrahams, Lincoln, NE *</b>	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
10.	<b>Ron Jackson, Seattle, WA</b>	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
11.	<b>Joseph Wojcik, Claremont, CA (D)</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
12.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
13.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
14.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
15.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
16.	<b>Bob Kimball, Pensacola, FL</b>	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
17.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
18.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
19.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
20.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
21.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
22.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
23.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
24.	<b>Alicia Brophey, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
25.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
26.	<b>Brian P. Short, Minneapolis, MN *</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
27.	<b>Mark Sutherland, Rancho Murieta, CA</b>	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
28.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
29.	<b>James Scarborough, Rancho Palos Verdes, CA (D)</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
30.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
31.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
32.	<b>Kenneth Korsec, Chesterland, OH</b>	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
33.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
34.	<b>J. Patrick Growney, Lavallette, NJ *</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)

35.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
36.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
37.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
38.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
39.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
40.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
41.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
42.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
43.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
44.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
45.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
46.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
47.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
48.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
49.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
50.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
51.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
52.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
53.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
54.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
55.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
56.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
57.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
58.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
59.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
60.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
61.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
62.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
63.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
64.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
65.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
66.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
67.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
68.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
69.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
70.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
71.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
72.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
73.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
74.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
75.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
76.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
77.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
78.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
79.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)

80.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
81.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
82.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
83.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
84.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
85.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
86.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
86.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
88.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
89.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
90.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
91.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
92.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
93.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
94.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
95.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
96.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
97.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
98.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
99.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
100.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
101.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
102.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
103.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
104.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
105.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
106.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days ( 9 yrs 036 days)
107.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days ( 9 yrs 029 days)
108.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
109.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
110.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
111.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
112.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
113.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
114.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days ( 7 yrs 266 days)
115.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
116.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days ( 7 yrs 151 days)
117.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days ( 7 yrs 137 days)
118.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days ( 7 yrs 127 days)
119.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
120.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
121.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days ( 7 yrs 066 days)
122.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
123.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days ( 7 yrs 002 days)
124.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)



125.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
126.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days ( 6 yrs 247 days)
127.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
128.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
128.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
130.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
131.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days ( 6 yrs 066 days)
132.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
133.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
134.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
135.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
136.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days ( 5 yrs 247 days)
137.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days ( 5 yrs 228 days)
138.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days ( 5 yrs 217 days)
139.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
140.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
141.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
142.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
143.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
144.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days ( 5 yrs 156 days)
145.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
146.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
147.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
148.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
149.	Reno Stirrat, Rockaway, NJ	06/11/83 – 06/11/88	1,828 days ( 5 yrs 001 days)
150.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
151.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days ( 4 yrs 360 days)
152.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
153.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days ( 4 yrs 311 days)
154.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days ( 4 yrs 301 days)
155.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
156.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
157.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
158.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
159.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)
160.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days ( 4 yrs 145 days)
161.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days ( 4 yrs 111 days)
162.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
163.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days ( 4 yrs 102 days)
164.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days ( 4 yrs 090 days)
165.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
166.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
167.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
168.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
169.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
169.	Todd Kane Plainsboro, NJ	12/28/10 – 02/24/15	1,520 days ( 4 yrs 059 days)
171.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days ( 4 yrs 044 days)
172.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days ( 4 yrs 042 days)

173.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days ( 4 yrs 039 days)
174.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days ( 4 yrs 033 days)
175.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
176.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days ( 3 yrs 320 days)
177.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
178.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
179.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
180.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days ( 3 yrs 251 days)
181.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
182.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days ( 3 yrs 246 days)
183.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days ( 3 yrs 244 days)
185.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
185.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
186.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
187.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
188.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days ( 3 yrs 198 days)
189.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
190.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days ( 3 yrs 184 days)
191.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days ( 3 yrs 150 days)
192.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
193.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
194.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
195.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
196.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
197.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
198.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days ( 3 yrs 078 days)
199.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
200.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days ( 3 yrs 069 days)
201.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
202.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
203.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
204.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days ( 3 yrs 044 days)
205.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
206.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
207.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
208.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days ( 3 yrs 012 days)
209.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days ( 3 yrs 004 days)
210.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
211.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
212.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days ( 2 yrs 359 days)
213.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
214.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
215.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
216.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 288 days)
217.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days ( 2 yrs 287 days)
218.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days ( 2 yrs 286 days)
218.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days ( 2 yrs 286 days)
220.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
221.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)

221.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days ( 2 yrs 269 days)
223.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days ( 2 yrs 250 days)
224.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
225.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
226.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
227.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days ( 2 yrs 219 days)
228.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
229.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
230.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days ( 2 yrs 197 days)
231.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
232.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
233.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days ( 2 yrs 146 days)
234.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
235.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
236.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days ( 2 yrs 111 days)
237.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days ( 2 yrs 107 days)
238.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
239.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
240.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
241.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days ( 2 yrs 096 days)
242.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
243.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days ( 2 yrs 093 days)
244.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days ( 2 yrs 089 days)
245.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
246.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days ( 2 yrs 077 days)
247.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
247.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days ( 2 yrs 070 days)
249.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
250.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days ( 2 yrs 063 days)
251.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
252.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
253.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
254.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days ( 2 yrs 033 days)
255.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
256.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
256.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
258.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days ( 2 yrs 019 days)
259.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
260.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
261.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
261.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
261.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
264.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
265.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
266.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
267.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
268.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days ( 1 yr 347 days)
269.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)

270.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days ( 1 yr 326 days)
271.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days ( 1 yr 320 days)
272.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
273.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
274.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days ( 1 yr 302 days)
275.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days ( 1 yr 300 days)
276.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days ( 1 yr 288 days)
277.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
278.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
279.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days ( 1 yr 278 days)
280.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
281.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
282.	Christine Petrone, South Jordan, Utah (F)	12/31/12 – 09/03/14	612 days ( 1 yr 247 days)
283.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days ( 1 yr 236 days)
284.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
284.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
284.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
287.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days ( 1 yr 234 days)
287.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days ( 1 yr 233 days)
289.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days ( 1 yr 226 days)
290.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
291.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
292.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
293.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
294.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
295.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days ( 1 yr 212 days)
296.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
297.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days ( 1 yr 208 days)
298.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
299.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days ( 1 yr 201 days)
300.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
300.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
302.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days ( 1 yr 187 days)
303.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
304.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
304.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)
306.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
307.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days ( 1 yr 173 days)
308.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
309.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
310.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days ( 1 yr 135 days)
310.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days ( 1 yr 135 days)
310.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days ( 1 yr 135 days)
310.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
314.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days ( 1 yr 134 days)
315.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
316.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
317.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
317.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days ( 1 yr 122 days)

317.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
320.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
321.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days ( 1 yr 114 days)
322.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
323.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days ( 1 yr 103 days)
324.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days ( 1 yr 097 days)
325.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days ( 1 yr 090 days)
326.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days ( 1 yr 083 days)
327.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
328.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days ( 1 yr 081 days)
329.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
330.	Matt Lero, Liverpool, NY	07/04/13 – 09/20/14	444 days ( 1 yr 079 days)
330.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
332.	Edward Monsour, Laguna Niguel, CA	10/24/11 – 01/06/13	441 days ( 1 yr 075 days)
332.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
334.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
334.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
334.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)
337.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
338.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
339.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
340.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
341.	John Miller, Macon, GA	01/01/14 – 03/05/15	429 days ( 1 yr 064 days)
342.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
343.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days ( 1 yr 060 days)
343.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
345.	Tim Stearman, Albuquerque, NM	12/15/13 – 02/10/15	423 days ( 1 yr 058 days)
346.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
347.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
348.	Brian Daniels, Minneapolis, MN	01/12/14 – 02/26/15	411 days ( 1 yr 046 days)
349.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
350.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
351.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days ( 1 yr 041 days)
352.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
353.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
354.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
355.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
356.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days ( 1 yr 033 days)
357.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days ( 1 yr 032 days)
358.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
359.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days ( 1 yr 023 days)
360.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days ( 1 yr 020 days)
361.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
361.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
363.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
364.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days ( 1 yr 014 days)
365.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
366.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
366.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days ( 1 yr 009 days)

368.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)
368.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
368.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
371.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
372.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
372.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days ( 1 yr 003 days)
372.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
375.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
375.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days ( 1 yr 002 days)
375.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days ( 1 yr 002 days)
375.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
375.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
375.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
375.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
375.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
383.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
383.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
383.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
383.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
383.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days ( 1 yr 001 days)
383.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
383.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
383.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days ( 1 yr 000 days)
390.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
390.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
390.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
390.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
390.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
390.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
390.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
390.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)
390.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
390.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
390.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
390.	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.

## SRI/USRSA ON YAHOO GROUPS AND FACEBOOK

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

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

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



## Official International Retired Running Streak List

As Certified to Streak Runners International

June 1, 2015

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)
9.	Carol Kennedy, Dubai, United Arab Emirates (F)	06Apr14 – 05Apr15	365 days ( 1 yr 000 days)

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

## SRI/USRSA SINGLETS, PULLOVERS & SHIRTS ARE NOW AVAILABLE

Please go to <http://www.clearlybranded.com/showrooms.htm> and then click SRI/USRSA logo to order your singlet, pullover, 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**



**Optional “Streak Started” Date**

## SRI/USRSA ONLINE

The following are links to some of your favorite streak runners that have been recently featured online.

Jon Sutherland on CBS Evening News:

<http://www.cbsnews.com/videos/california-man-holds-incredible-running-streak/>

Comments from Jon Sutherland: "Thanks for being so proactive and getting the news out on the CBS story. The producer told me they had 14,000 views that night and she said that was huge. I was a Heavy Metal PR guy back in my rock days and fought off a bunch of wankers who wanted to interview my bands. For USRSA I do all interviews because of Covert and what we all have accomplished. On my 46th anniversary I will run with a friend, Gary Valle, who has an incredible website about his ultra races and his observations about life and nature. I'll send a link when we're done. Love to write a story about 'no man's land,' which is where I'm going! All the best! I'm so proud to be a part of the USRSA team."

Steve DeBoer, Steve Gathje and Thomas Welch on KARE-TV in Minneapolis/St. Paul:

<http://www.kare11.com/story/news/local/land-of-10000-stories/2015/03/01/steak-running-association-list/24231899/>

Bill Stark on FOX-2 news in St Louis:

<http://fox2now.com/2015/05/14/move-over-schwarzenegger-slu-professor-is-real-running-man/>

John Watts, Toni Orth, and Brian Orth on KTVB in Boise:

<http://www.ktvb.com/story/news/local/2015/04/23/running-streak-treasure-valley/26231041/>

Judy Mick on WDBJ in Roanoke:

<http://www.wdbj7.com/news/local/roanoke-county-woman-has-run-every-day-for-nearly-30-years/32428006>

Mark Washburne on Miles Not Included Podcast:

<http://milesnotincluded.com/wp/?p=138>

Matt Ketterman in Greensboro News & Record:

[http://www.news-record.com/blogs/wooten\\_running\\_shorts/update-days-matt-ketterman-ends-his-running-streak/article\\_67fa51c4-ea8e-11e4-aacd-0baee6674cb0.html](http://www.news-record.com/blogs/wooten_running_shorts/update-days-matt-ketterman-ends-his-running-streak/article_67fa51c4-ea8e-11e4-aacd-0baee6674cb0.html)

Paul Smith in *Newcastle Chronicle*:

<http://www.chroniclelive.co.uk/news/north-east-news/durham-man-who-been-running-8857823>

Ron Hill in *Runner's World*:

<http://www.runnersworld.com/general-interest/ron-hills-running-streak-hits-50-years>

Dave Hamilton on KOIN in Vancouver, Washington:

<http://koin.com/2015/03/17/vxr-streak-runner-79k-miles-traveled-so-far/>

## **THE FINISH LINE**

### **By: Mark Washburne**

With so many athletes from our association celebrating new 5-year anniversaries and with special focus on Ron Hill's 50<sup>th</sup> anniversary and Robert "Raven" Kraft's 40<sup>th</sup> anniversary, this newsletter failed to highlight in the Spring edition the equally impressive 45<sup>th</sup> streak anniversary of Jim Pearson, of Marysville, Maryland. Coach Pearson, who began his streak on 16 February 1970, currently has the third longest running streak in the world. Among athletes from the United States, only Jon Sutherland, whose streak began on 26 May 1969, has a longer active running streak and Coach Sutherland's streak is less than 9 months longer than Jim Pearson's streak. In this Summer edition, our hope is to correct that shortfall by featuring Coach Pearson on our cover and publishing an extended update from him on his many running accomplishments.

During the winter, we also welcomed Reno Stirrat, from Rockaway, New Jersey as our 700<sup>th</sup> member of our running streak association. Last year, Reno moved back to New Jersey from New England to take care of his elderly mother. As someone who lives in the Garden State, I had the pleasure of meeting Reno last summer when he showed up at a group run sponsored by my running club, the Do Run Runners. Over the years, Reno achieved some outstanding personal records including running a 14:19 in the 5K and a 2:19:17 in the marathon. Now in his 60s, he is also among a select group of gifted athletes that have run a sub 3-hour marathon across five different decades. Reno, who has run over 150,000 lifetime miles, is also a streak runner with a retired 5-year streak from the 1980s and a current streak that began on 1 November 2014. The team captain for the Do Run Runners, Bob Skorupsky, interviewed Reno for this issue.

The other important news from this quarter is that SRI/USRSA now has pullovers and different colored short-sleeve shirts for purchase to add to our growing line of clothing. In this year's Boston Marathon, I wore a singlet with my streak date of 31 December 1989 on the back and received several compliments from fellow runners. Seeing my singlet during the marathon, I met and ran with Mark Wigler, from Hubbardston, Massachusetts, with a 19+ retired streak, before Mr. Wigler left me in the dust.

Speaking of the Boston Marathon, a verdict was reached on the sentence for one of the men involved in the 2013 bombing of that race as I prepare this issue for publication. As I have mentioned before, I was a participant in the 2013 Boston Marathon having finished about a half hour before the bombs went off, with my then girlfriend (now my fiancée and soon to be wife) Diane leaving the finish line area a scant 15 minutes before the attack. Both Diane and I were lucky that day. I was reminded just how lucky we were when I ran this year's marathon. As I was about 20 yards from the finish line on Boylston Street for my completion of the 2015 race, the announcer asked for a moment of silence at the exact moment the bombs exploded two years earlier. The timing of my finish this year was surreal and, of course, I was filled with questions of what might have been the fate for Diane and me if I finished the 2013 race at the same time I completed the 2015 Boston Marathon. In any case, the whole episode makes me sad and I only hope the victims find some comfort in the recent decision by the jury

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



### *The Streak Registry*

Is the official publication of  
Streak Runners International  
&  
United States Running Streak  
Association, Inc.

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Deadline next issue: 8/15/2015

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Mendham, NJ 07945  
or  
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### ADVERTISING RATES

Per issue:

Business Card (3 1/2 x 2")	\$25.00
Quarter-Page (3 1/2 x 5")	\$40.00
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](mailto:USRSA@yahoo.com).

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

### MEMBERSHIP—DUES

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

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

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

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### STREAK CERTIFICATION

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

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

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

# 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**



**USRSA Men's Singlet**



**Optional “Streak Started” Date**