

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

THE STREAK REGISTRY

**CRAIG DAVIDSON SURPASSES
200,000 LIFETIME MILES**



Craig Davidson

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STREAKING ANNIVERSARIES

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

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

Ed Goff of Bradenton, Florida on August 13th

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

Richard Wright of Pittsburgh, Pennsylvania on August 3rd
John Wolff of Spotsylvania, Virginia on September 1st

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

Richard Kerr of Kokomo, Indiana on July 30th

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

Margaret Sherrod of Millersville, Maryland on June 2nd

From The Proficient to The Experienced (10th anniversary)

Susan Ruzicka of Harrison City, Pennsylvania on July 9th
Daniel Mansueto of Los Angeles, California on July 17th
Timothy Eshelman of Roanoke, Indiana on July 24th
Peter Eshelman of Columbia City, Indiana on July 27th
Jason Morgan of Marietta, Georgia on August 14th
Lawrence Dooley of Grapevine, Texas on August 25th
D. Scott Cyphers of Bedford, Massachusetts on August 29th

From The Neophytes to The Proficient (5th anniversary)

Michael Glassburn of St. Cloud, Florida on June 14th
Brian Cleven of Marinette, Wisconsin on July 2nd
Nicholas Weide of Whitefish Bay, Wisconsin on July 20th
William Callahan, Jr. of Wyndmoor, Pennsylvania on July 21st
Joseph Beyer of Concord, Massachusetts on August 16th
Stephen Davis of Rochester, Michigan on August 18th
Zoe Schultz of Timonium, Maryland on August 31st



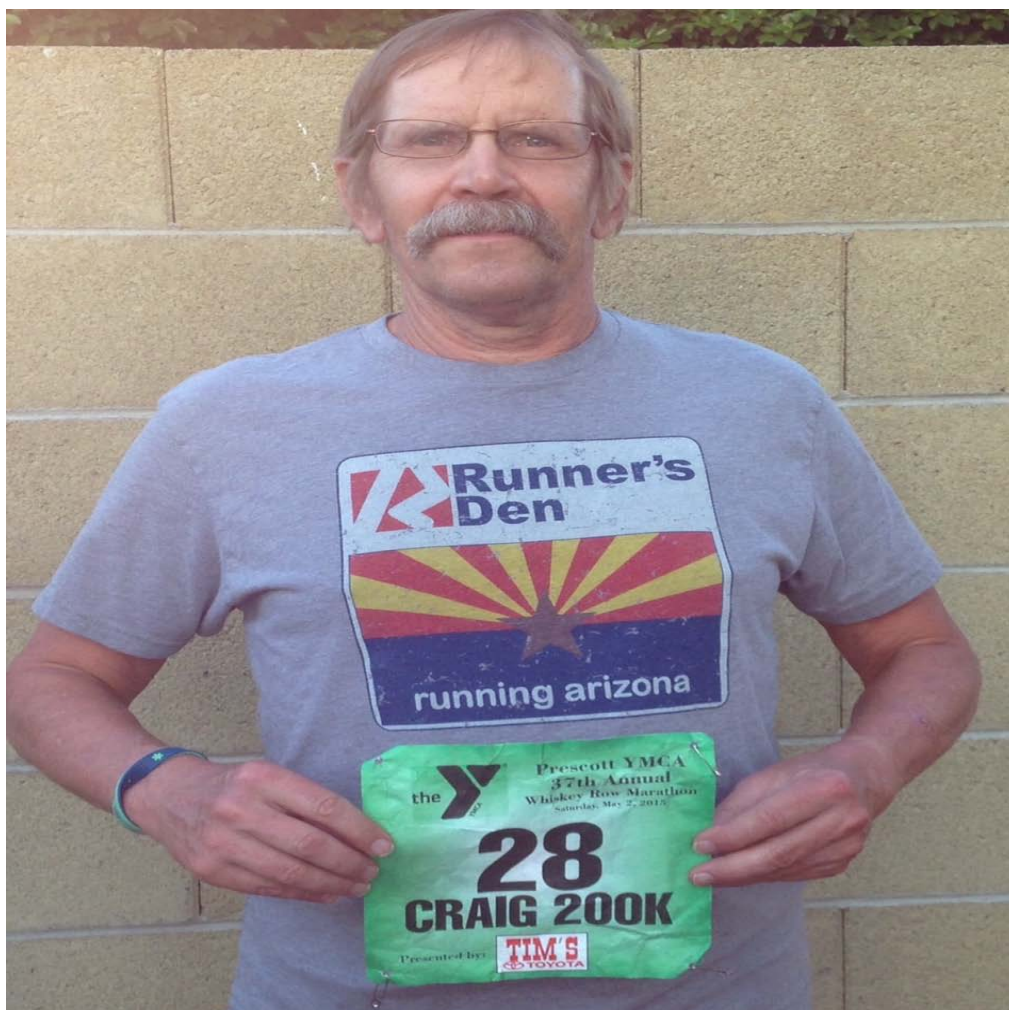
Dr. Jon Simpson

**DR. JON SIMPSON'S RUNNING STREAK ENDS AFTER 43+ YEARS;
HAD 5TH LONGEST ACTIVE RUNNING STREAK IN THE WORLD
By: Mark Washburne**

Dr. Jon Simpson, 77, a retired dentist from Memphis, Tennessee, has ended his four decades long running streak. "On June 10, 2015, my 43 year running streak ended," said Dr. Simpson in an August 7, 2015, letter to Streak Runners International (SRI) and the United States Running Streak Association (USRSA). "I had polio at age 16 and have spent the rest of my life seeking ways to strengthen my weak right leg. About half of my high school days I spent on crutches. If I hadn't started running, I would be in a wheelchair by now. In 1971, after running regularly for many years, I resolved to go the rest of the year without missing. That year called for another and another, and soon I was 'off and running' to accumulate a long streak. But, alas, at the end of my run on June 10, 2015, my weak leg buckled on me, and I careened off the pavement into the roadside gravel. At that time I didn't realize I had injured my eye [detached retina]. The next day the Retina Institute advised immediate surgery. 'It would be weeks before I could even consider running,' they told me."

Dr. Jon Simpson remains active after his eye injury. "I have . . . maintained my 'personal streak' by continuing to 'walk' the same route," continued Dr. Simpson in his letter to SRI/USRSA. "At age 77 after being basically crippled in my youth, it has been encouraging to have accomplished an athletic achievement."

Started on August 30, 1971, Dr. Simpson's running streak lasted 15,991 days (43 years, 285 days) and was listed by SRI/USRSA as the fifth longest active running streak in the world when it ended. Only the active running streaks of 1. Ron Hill (Hyde, England; December 21, 1964), 2. Jon Sutherland (West Hills, California; May 26, 1969), 3. Jim Pearson (Maryville, Washington; February 16, 1970), and 4. Stephen DeBoer (Rochester, Minnesota; June 7, 1971) were longer than Dr. Simpson. The retired Memphis dentist now has the second longest retired running streak in the world after Mark Covert (Lancaster, California; July 23, 1968 - July 23, 2013; 16,437 days).



Craig Davidson

CRAIG DAVIDSON SURPASSES 200,000 LIFETIME MILES

“From 100 yards to 200K”

By: Craig A. “Spike” Davidson

What started innocently enough November 1, 1977 has turned into an achievement that I still cannot comprehend. That was the day I ventured out of my house in Salem, Oregon that began a journey that has continued to this day. After I graduated from Oregon College of Education in June 1976 my collegiate tennis career came to an end. I had been fairly active until that time, but it came to a sudden halt. Fast forward 16 months to November 1977 I had gained 35 pounds & was eager to look at a rapid weight loss plan. Unfortunately the first day I set to go running it was raining & I debated whether or not to venture from my porch. I used the logic that if I waited for it to NOT rain in Oregon, it would perhaps be YEARS before I started my running career!

When I started that first day I made it 4 house lengths before I started a brisk walk. Knowing my initial goal was to make it 3 miles, I plugged along Market Street to the freeway & back. Having decided that 3 miles was a massive distance, I took the next day off to recover. I ran every other day for a few weeks until I was persuaded to run the

First Annual Governor's Run, a ½ marathon that included a free finisher's t-shirt to those that completed the course. Lee Fields then suggested I tackle the Trail's End Marathon in Seaside, Oregon at the end of February. That first marathon was 3:29:18 & started my love affair with the marathon distance. One month later, I ran the Birch Bay Marathon in Bellingham, Washington & ran 3:35. I figured if I train I could run faster. The end of July I ran 3:54 in the Schlitz Light Seattle, Washington & stumbled across the finish line.

The following month my wife Irene & myself moved to Fergus Falls, Minnesota where I attended Lutheran Brethren Schools Seminary. I met a runner (Galen Youngsma) who convinced me that I should run "at least" a 20 mile run in training, so I ran a couple before the City of Lakes Marathon (now Twin Cities Marathon). Much to my amazement I ran 2:59:49 & was hooked. I went to Brookings, South Dakota a month later & ran the Longest Day Marathon on November 5, 1978. That day is the start to the now "infamous running streak" that has continued to this day.

Before I go any further, there is a distinct disadvantage of being a "first born." They are notorious for being perfectionists, as well as making lists. I am no exception, so I started logging my mileage on two 3 X 5 post cards for two months. I then "graduated" to taping 2 pieces of typewriter paper to document the mileage for 1978. In 1979 I hit the "big time" when I purchased my first Jim Fixx Running log to record my mileage. I have been using it ever since. The cover stays the same, although in the early years I had a blue cover for one of the years. I painstakingly recorded the daily mileage (plus the money I have found), updating it on a weekly basis.

Living in Minnesota has it's disadvantages for running during the winter months. I was able to connect with a group of runners that held us accountable to each other to run consistently. I was the only one to run every day, but was able to persuade someone to run with me during the bleakest conditions. Having a partner during the sub zero weather makes it easier to get out the door. I then went to the "other" extreme of living in Arizona. I've run in temps of 120 above in Phoenix & 40 below (& -96 with wind chill) in Minnesota.

In the early days of the streak, my sister Karen got married in Tempe, Arizona. We flew down for the wedding & there just "happened" to be a marathon in Tucson the following day. Looking at the logistics, I figured we could go to the wedding & then make the trip to Tucson. I was approaching 100 consecutive days of running & thought it would be a huge milestone to hit triple digits. It was a great change from the winter running in Minnesota.

As the days piled up, it wasn't the streak that mattered, only that I got out every day to run. It wasn't till I started to approach 1 year that I thought it was going to be special. The years started piling up & then before I knew it, I realized that there was something special that I was to be a small part.

As with any runner, there are milestones that we achieve in our running careers. The first would be my 50th Marathon that I completed in Los Angeles in 1992. The next milestone was running my 100,000th mile at the Saint George Marathon in 1993. Four years later I ran my 100th marathon at Saint George & 2003 marked my 150th marathon in Tucson. The marathons started piling up & in 2010 I ran my 200th at Saint George. A special part of that was my parents drove up from Humboldt, Arizona to surprise me. I had no idea that Irene & my parents were planning this for the past 6 months without my

knowledge. It was a special time for us to share that special moment as a family. The following May in Prescott I ran the last marathon that my parents would see me run. It was a bittersweet time, as they were moving to Salem, Oregon a short time later. They have been so instrumental in my running, encouraging me (for the most part) & at the same time, wondering what kind of son would still be running at his age with all the youngsters. This past July 24 I finished my 234th marathon.

As we age, there are issues that come up that starts to limit our physical ability, & I am no exception. In my early years of running I was rarely injured, albeit I would have the normal aches & pains associated with running every day. I was piling the marathons up in order to run my 100th at Saint George in 1997, so I added the Silver State Marathon in Reno in August of 1996. I ended up cracking my patella (broken kneecap) at the tail end of the race. Not knowing it was broken, I continued to run for a month before it was x-rayed. When I got the news, my first concern was the marathon I was supposed to run the following weekend. Although I didn't get the Doctors blessings, he just told me "not to fall or get hurt" more than I already am! I ended up running 2:55 at the race & the following year managed a 2:48 for my 100th.

Every "streaker" has their challenges to keep their streak alive. Whether it's getting that mile in as midnight draws near or dealing with an ailment that could potentially end the streak. I am no exception. I have dealt with cracked ribs (falling), being hit by a mountain biker with the same result, as well as having a torn hip flexor & torn piriformis. No one said running would be a non contact sport! I have been very fortunate to only do the minimum a handful of times during the last 36 plus years. It has never occurred to me that I will NOT run, it's only the thought "how much will I run!"

I jokingly say that there are three streaks that I will be known for. The first & most important streak is my marriage to my wife Irene. We were married July 13, 1974. The 2nd is the "running streak" that started November 5, 1978 & the 3rd is my "money finding streak," that dates back to April 4, 1983. I think that is the most unique streak. I have found OVER \$9,400. This is the one I have the most time believing. What started as a joke has become a legend on the streets of Phoenix. My biggest find was a \$100 bill on two separate occasions, as well as a \$50 gold coin that is worth over \$1,700. This "streak" would rank in the top 60 of the USRSA running streaks! I have also found clothes, tools & in the early years used to pick up discarded cigarette packs & redeemed the proof of purchases to get free gifts from them as well. It was VERY lucrative until the promotions were done away with. Now I'm content with picking up the Powerade & Coke lids. I continue to get calls, emails or posts on Facebook when runner's find stuff on the roads & want to share their stories with me.

Being consistent with running also has the advantage of seeing improvement over the years. By running every day we build endurance, as well as confidence so when we get to the race we know that we will perform at the best of our ability. I have been very fortunate to have been successful over my running career. I won the North Dakota Marathon Championships (Grand Forks) in 1982 with a 2:28:14, which is my PR in the marathon. I also have run seventy-nine sub 3-hour marathons, which does not include my sub 3-hour splits in 50 mile races. In 1986 I won the Palm Springs 50 with a time of 5:37:22, which was the 4th fastest time in North America that year. I am amazed that I was able to run that well at those distances. As with time & maturity (some may call it age) I now run for the social aspect of the race & compete from within.

Having a group to run with makes it much more enjoyable. I have been running with the same Saturday morning running group (Mummy Mountain Runners) since February 1983. What started out with 4 runners has blossomed into a group that is well over 160 (IF all would show up). We typically have between 15-20 runners who meet to run the 10, 15 or 20 mile loop. Throughout the years we have runner's from all over the United States who have joined us to run the paved hilly loop through the streets of Scottsdale & Paradise Valley. I call the group "my extended family," as we have grown to love and appreciate the group, as well as welcoming "newcomers" who have joined us over the past 32 plus years. Nearly every weekend we have someone join us for the first time, whether a visitor or someone looking for a group to run. Having someone to meet & count on every week for the long run makes the time go by much quicker, in spite of the 100+ heat that sometimes greets us as we finish. To top it off, we gather at an Einstein's for breakfast in the parking lot where we meet. As you increase your mileage, it's critical to find someone who has the same like goals as you have. It also makes it much more enjoyable!

As the miles piled up over the years, I welcomed each 1000-mile milestone. In my wildest dreams, I had NO plan to run 100K when I first started. As it planned out, I hit 100K at the Saint George Marathon in 1993. At the end of 2014 I was looking at my mileage, & realized if I pushed it a little I could hit 200K at the Whiskey Row Marathon in May. This race has a special place in running career, as this would be my 28th marathon in Prescott, plus running the ½ twice. It was great to share the experience with the runners that came up for the race. Laura Winniford-Hodgins, the race director, had a poster made that commemorated the event, & had runners sign the poster as they finished. This will be displayed in our house in the near future. It was also special, as my wife Irene, daughter Jennifer, her husband Mikol & their 2 kids Jaden & Emma, were at the finish. The 2 kids ran across the finish line, having NO idea as to the significance of the event. I was also honored the night before the race as the recipient of the Al Clark Memorial award, who was a fixture in the early years of the marathon.

As I look back on the past 36 plus years of "the streak" I would be remiss if I did not mention individuals who have supported & encouraged me over the years. First & foremost my wife Irene & daughter Jennifer, who have "tolerated" this streak for so many years. Some days my wife would just "shake her head" & turn the other way as I hobbled out of the house for my daily run. In the early years when I was much faster, it was fun to pick up awards & be on the way home shortly after I finished the event. Now we are one of the last ones to leave! Also my parents Allen & Bernice have played a big part throughout the years, encouraging me in the early years of my running. My dad passed away in November of pancreatic cancer, which he first got in 2005. Not a day goes by where I think of how he was thrilled to see me run.

Having worked at Runner's Den since November 1983 has given me an opportunity to spread the "gospel" of running for so many years. I'm very grateful for the chances I have daily to share my love of running & insights to those customers who come into the store to purchase shoes. I would also say a big thanks to Asics for supporting me since 1984.

In everyone's life there is an individual who comes along early as an encourager, & I am no exception. In August of 1979 I ran a 20K race in Brooklyn Center, Minnesota & introduced myself to Alex Ratelle, a top master runner from Edina. He immediately took a liking to me & we ran the race together until the last few miles before I pulled ahead. A

month later I ran a 14 minute PR in the marathon & Alex finished 4 minutes ahead of me. What started as an informal meeting led to a 30-year plus relationship. He saw something in me that I didn't see & made me become the runner I am today. If it weren't for Alex, I would not have run as well as I did in the early years. There are individuals in our life that come along side of us when we need them & give us the confidence & boost that we need at the time. I want to be that "Alex" in other runner's lives to make them become better. With my coaching XC & track at Northwest Christian, I am able to encourage runners who are embarking on their running careers at an early age & hopefully will continue for a lifetime.

Where my running will lead to in the future, I don't know. Looking forward, I am hoping to hit 200K lifetime "streak" miles in early 2016. As of the middle of August I am less than 1,500 miles away from that milestone. To me the numbers seem amazing, but as the days & miles add up I'll be getting closer every day. The key now is to STAY HEALTHY!

As the streak continues, I think I can speak for all of us who run every day. I can't think of a descriptive word to describe how fortunate we are to continue this streaking. So many factors can end the streak at any given day. Never take your streak for granted. It can end as quickly as it started. We all deal with adversity, but we all can overcome it. Thanks again for your support to all those in the USRSA! I appreciate it. It's a treat to meet you throughout the years! HAPPY STREAKING. At least this kind is "legal."



Craig Davidson with grandson Jaden Martin



Rich Wright (hands up) at Baldwin Stadium.
Photo taken by Randy Jarosz for Trib Total Media.

RICH WRIGHT'S STREAK HITS 25 YEARS

By: Rich Wright
Pittsburgh, Pennsylvania

On Sunday August 2nd, I completed my 25th year of running everyday. I was graced by nearly 100 of my present and past Cross-Country team members and families. It was a very special run. We loved having all the kids that have meant so much to my wife Kathy and myself. Our son Jim was there as were a great many friends.

After the mile plus run, we enjoyed cookies and water and then said our goodbyes. I was off and headed to our campgrounds where the streak all started. I again ran a mile and a half - thinking of all the years, miles, and crazy things I had done to keep the streak alive!

On August 3rd, I started year 26 at the campgrounds (9131 days and 54,407 streak miles). I'm very honored to move into the Dominators class and to be in the top 90 in the USRSA and world. It's been a challenge with many hard days, including difficult circumstances with kidney stones.

I'm very proud to be involved with our Pittsburgh Marathon and other huge races. People are amazed at the streak. Big time runners are awed and I have received many congrats when they come back to see me. The number one question I am asked, "Is the streak still going?" My wife and sons, Rick and Jim, as well as my grandson Ricky see the work and worry about my health but support me 100%.

Thanks for the club and letting us be part of such a wonderful group of dedicated athletes. As a coach of PA State Champions and All American athletes, I know of the challenges ahead. I will do my best to keep it going .

As I close I must also mention that today [14 August 2015], I received a congratulation letter from our State Senator Jim Brewster! What an honor from him & all those who cared to join me on Aug. 2, 2015.



Rich Wright (center) at Baldwin Stadium.
Photo taken by Randy Jarosz for Trib Total Media.



John Watts

Two Days in June

By: John Watts

Something happened on Saturday, June 13, that I don't expect will ever happen again. I won a race. Not just my age group. I was actually the first runner to cross the finish line.

If that has ever happened to you, you know it's quite a thrill. It has happened to me maybe a dozen times in my life. The last time was 9 years ago at the annual Mosquito Festival in Paisley, Oregon. I entered a 10K expecting to just take it easy, but was surprised to find myself in first place in the early going. That was not what I had in mind. That meant I had no choice but to run way harder than I wanted to the rest of the way in order to hold off any possible challengers!

This time was different. It was a 5K, not a 10K. I went out as quickly as possible given my 59-year-old body. I was maybe in 7th place through much of the first mile. I didn't speed up but I didn't slow down either. One by one the runners started coming back to me. I didn't take the lead until I had a little more than a mile to go. I never could open a comfortable lead on the guy behind me. I could always hear him back there. That made me nervous. But what I was hearing was some very labored breathing. That made me feel a little better. (Though it's a wonder I could hear him over my equally labored breathing.)

I won the race at 7:00 per mile pace. Yes, I know. That means no one any good showed up! Few races short of 100 miles are won at a pace that slow. It was a benefit run for "Imagine No Malaria," a cause my church supports. It was part of our Annual Conference in Salem, Oregon. Most of the 160 participants were walkers. So it really wasn't that huge an accomplishment, but still it felt real good!

That was my best day in June. Five days later was my worst. On Thursday, June 18, I was getting some outside projects done around my house. One project involved cleaning the insect debris from an outside light fixture we have in our entry way. It's a 12-foot ceiling. The only ladder I have that reaches that high is my orchard ladder. I've used it many times without incident, even on hard surfaces which I know is not recommended. This time, with both hands in the air doing my work, the single leg on the ladder slid across the concrete and I was on my way down. It was a very hard landing. I

managed to get on all fours, crawl to my lawn, and lie on my back. Then I tried to get up and realized I couldn't.

Neighbors were there immediately. They called an ambulance, my first ambulance ride. They had me on a backboard and wearing a neck collar. The CT scan showed 3 broken ribs, one of which was more shattered than broken. I was very lucky that was the only injury of significance. I recalled Brian Linn, a good high school friend who I ran with in track and cross-country. He died when he fell from his ladder. But, of course, going through my mind was more than just how lucky I was. I was also thinking about the end of my almost 35 year running streak.

I had run that morning. By the time I got home it was almost midnight. That meant I had 24 hours before the streak would officially be over. But I wasn't planning to even try. You don't run on broken ribs. I knew that before I broke them. Now I knew for sure.

In 2008 I had decided to end my streak after my fourth attempt to get my mile in had failed. My back would seize up on me every time. It was 11 pm. My 11-year-old son, Collin was with me. He encouraged me to give it one more try. It was the world's slowest mile ever, but I did it.

Now once again, it was family members who saved the streak! My wife Helen and daughter Kelsey had independently given me the same advice. They encouraged me to try running after midnight while my system was still full of the morphine from ER. That way if I was successful, I would have 48 hours to figure out how to do it again.

I thought it was a dumb idea. But I figured I'd may as well try. I'd know right away that it wasn't possible. So out I went into the dark, all by myself. I walked very slowly to the place where the attempt would begin. I was not at all optimistic.

I began with a shuffle of my feet. It was ridiculously slow. And it hurt. Even with the morphine. But it was doable. I assumed the pain would eventually escalate off the charts and I would have no choice but to give in, but that moment never came. If anything, it got a little easier once I'd established a rhythm. When I crossed the finish line after my one mile, it was a feeling of euphoria not unlike what I had experienced five days earlier. But I wouldn't call it a runner's high.

As it turned out, I didn't wait 48 hours. The next day I went for another super slow midnight run. This time Helen went with me. She said she liked my new pace. She could keep up with me for once. The next day it was an evening run, this time with Helen and my running buddy, David Barrett. After that run I pretty well knew that broken ribs were not going to end the streak after all.

I did two miles at 8 minute pace with David last Sunday. That was five-and-a-half weeks after the injury. So I'm healing quickly. One funny memory though was the day that first week when I was still so slow. I was sharing the middle school track with an elderly woman who was walking. She passed me.

So my high and my low for the summer were five days apart. When I hit my low, I hit it hard. Everybody else just shakes their heads when I tell them the streak is still alive. Which is why I wanted to write this article for my fellow streakers. I knew you would understand!



Neil Scott

Eleven Years Running; Double Digit Streak Number Two By Neil Scott

*when my daily run
was done today
my heart was full of memories
11 years deep
and thousands of miles wide*

Mile by mile, step by step. They add up to 11 years running.

This is my second streak of consecutive running days...the first one ending after over 17 years and a non-running surgery that sidelined me for 12 days during which my girlfriend at the time, Cindy, ran each of those 12 days for me. Of course they don't count, except to me. It was the best gift she ever gave me! Together we have been running over 28 years, even if it doesn't count as one continuous streak by USRSA standards. We are no longer together . . . but the running continues.

I now have two streaks of double digit years, joining only George Hancock as runners with such distinction, at least by my count.

The years have been kind to my knees. And my knees have been kind to my feet. I am not as fast as I used to be; some would say that I am half-fast, which seems somehow fitting, especially when said quickly!

Nearly all the thousands of miles have been in the comfort of Brooks shoes (I still miss the Brooks Chariot!) and each mile has made me a better person, a more focused and disciplined person, and one who has quietly gone about the pleasure of running - one mile at a time, enjoying every single one. Or at least most of them. There was that blinding blizzard in Cleveland and the monsoon in New York! Oh yeah, and the scorching temps in Palm Desert. But overall, it has been a gigantic unending love affair!

I have done a half dozen marathons over the many miles. Four NYC Marathons, one Boston and my first marathon, which was in Seattle. You never forget your first!

There has only been one injury. It happened during my last NYC Marathon in 2001. I developed a pain in my left knee early on. A sane runner would have pulled out to run another day. Not me. I had more guts than brains. I was determined to finish that race. Nearly six hours later (it took me longer to complete that marathon than the time it took to fly from Seattle to NYC) I crossed that finish line, victorious in my completion, but hurting like crazy.

I flew home and had an MRI, which revealed a grade 3 tear in the medial meniscus, with surgery advised. My friend Steve Kelley, columnist for the *Seattle Times*, did a column about my streak and impending surgery. During this time, I was still able to eke out a mile or two, albeit slowly.

<http://community.seattletimes.nwsources.com/archive/?date=20010105&slug=kell05>

A woman saw the column and contacted me, asking if I had ever considered magnets. I told her that I loved magnets. They were all over my refrigerator, holding up pictures of my kids! She brushed aside my lame attempt at humor and advised medical magnets. At the time, I was covering the Seattle Supersonics basketball team. After a game one night, I asked the trainer, Frank Furtado, what he thought about magnets. He said that half the team used them, and for some people they seem to work well, for others they don't. He said the worst that would happen is that nothing would happen. So, dreading surgery, and wanting to quiet this woman who kept badgering me about magnets, I skeptically opted for one disc-shaped magnet in a sleeve on my knee and magnetic insoles in my running shoes. And I continued my slow, careful daily runs. About three weeks later, I realized the pain seemed to be gone. I increased my mileage, then my speed. No pain. And from there, I just kept on running.

I never started out to be a runner... in fact, I was always last in high school track, which I hated. "You better give up those cigarettes, young man," he'd yell at me. That really pissed me off, since I never smoked.

When I started my daily runs, I was just a young man who wanted to take better care of himself. I was not in great shape (or even in good shape, now that I think of it). I ran from my house to the corner and was out of breath, and the next day I ran to the corner plus a mailbox, then several blocks the following day, and I was suddenly on my running way, day after day, mile after mile.

I mostly run alone. Time spent is serenity purchased. It's my time. Plain and simple;

each day, every day.

It's a barometer of sorts. When I finish my daily run, I know that all the cylinders of my health, life and time are still firing.

I've run in a driving rain, blinding blizzards, and on busy days and quiet nights. I've run at all times, in all conditions and in countless cities and towns. I've put one foot in front of the other and repeated as needed in The U.S., Canada and Mexico, as well as various cities in Russia and Europe.

When my run of runs is finally over I will celebrate with sadness and joy. However, hopefully I will run on the day that I die, allowing people to accurately say, "He ran himself to death!" What a way to go!

I've run barefoot and I've run naked (in the Bare Buns Run). I've been chased and chased others. I've run in storms of sadness, and in true celebrations of life.

I've fallen a few times, always scampering back on the path, none the worse for the wear, except for bruised pride. I've run in the California desert and in the mountains of Utah. I've even run with President Clinton during one of his Seattle visits (told by the secret service: "just don't pass him!").

Why do I run? For one thing, it's harder to hit a moving target. For another, it's for the love of being alive and celebrating that gift with myself. A gift from me, to me.

What was my most memorable run? Today's run! Same answer on each new day. One day at a time, one mile at a time. No matter where I am, there I go!



Neil Scott

iFind iLike the iWatch when iRun

By: Ben Dillow

I surely didn't need it, but they bought it anyway.

I retired from the University some 10 years ago and got a nice little desk clock for my 45 years of service. I didn't quite hear the qualifying adjective but it sounded like finely...I believe that is a correct spelling, and the kids thought, none-the-less, clock or no clock, I deserved a watch.

Like I say, I didn't need it.

I bought my K-Mart Special Edition Casio for \$20 bucks about a millennium ago. I've replaced several bands, but I don't ever recall replacing the battery. It does everything I need. Offers me time of day, day of the week, month of the year. It has a stop watch function and it's waterproof, so I can shower or swim with it without concern, and should I give a rip, and want to know the time in the middle of the night, a nice little touch of the night light reveals a lighted dial with easy to read numbers.

It's indestructible; I've dropped it on every surface known to man. It just keeps on doing its thing.

I love it! It's like a good friend: dependable, consistent and non-demanding.

But the kids thought it looked a bit tacky and bought me a nice retirement watch, made by a company that sounds like codex. No light feature, no stop watch, not waterproof, with numbers and a dial that can only be seen under perfect light and then only with a magnifying glass. And, and way, far too handsome to run with even were it able to measure a run. Besides, the fear of losing it, or dropping it, scratching it, or being mugged and having it taken away, precludes regular wear, so I keep it locked away in a safe free from harm.

Or use.

I wear my Casio, rhymes with pistachio, both satisfy my taste.

Now I come to my 75th birthday, and though my collection of watches is more than a man needs, the kids think, "Dad needs a watch." I tried to dissuade them...I came out one morning with watches on both wrists--and borrowed grandson Carson's Disney teal green plastic for good measure, all this because I overheard one of them observe, "Dad would love an iWatch!"

I told them I deeply appreciated their generous thoughts, but a skinny double Starbuck's latte would be more in keeping with my real needs.

They don't listen any better when I'm 75 than when I was 45...so on June 13 I received this lovely package. Truth be told, the package itself would have been a gracious gift. It had the heft of oak, the polish of ivory, the look of a fine piece of art. It's neither wood nor cardboard, but something in between. It's beautiful just to hold or feel. That's the

box! Narrow and about a foot long (well 13 inches to be precise.) It weighs about ten pounds, and offers protection beyond the needs of shipping eggs.

But that's just the start.

Inside the box? Another box.

To call, however, the oblong Apple ivory white plastic affair a “box” is to insult for honestly, it is a stunning work of art.

I wanted just to hold it, for it felt so “perfect” and elegant. I may buy a stand for it and display in the front room, or perhaps hang it on a wall somewhere, properly lit of course.

Then, and finally, inside? The watch. Scuze me, the iWatch.

It looked a little disappointing really after “the box.” Kind of like my Casio on steroids. A more robust rubbery band, a bigger glossy dial, (a tad too large, I thought) that registered...well nothing! It was blank; or at least I thought so since with no amount of encouragement did it reveal anything. Son Cary said, “You have to hold it up to your iPhone and let them converse before it springs (whoops, no spring) jumps to life.” “Of course,” I replied, “I should have thought of that. My phone has to talk to my watch.”

Well, they bonded quickly. Seriously...you just hold them together and they bond. We're it so easy for us!

Now my troubles begin.

An idiot can make sense of the Casio, which may explain my affection for it. They don't even give you an instruction manual with the iWatch. It's all on line—and I thought “Houston, we got a problem.”

Listen, when my Casio displays 1:35 it means, well, it's 1:35. The only thought required is to supply the AM or the PM, and even I can figure that out most days. With good eyesight the iWatch dial looks like the home page on my iPhone, or a watch dial with measles! All over the face are these tiny little icons which you can touch, expand, move around. Perfect for folks with fingers the size of a five year old.



Tap an “application” then wipe one way things happen; swipe another, different things happen. Stand on one leg, turn around, whistle Dixie, tap once, and the face changes, tap twice different things happen.

Sit too long it will tell you to stand. Intimidated with the tap? Push the button and say “Siri...” And some little digital maiden whips into action and tells you where you can find that latte you need, how far it is away and how long it will take to get there given current traffic, and should you wish, you can use the iWatch to pay for the latte at the counter.

At a glance I can discern the temperature, the date, the

phase of the moon, the time of course, and how much of the battery I have used. Swipe one way I get my heart rate, another, the calories I've burned.

Now that my watch and phone have talked, they have this deal: someone calls and both watch and phone signal you. The watch is also a phone! Ask me how stupid I feel answering my wrist like Dick Tracy!

It's awful! I used to be able to leave my computer, phone and email at home.

Accessed them when I want.

Now a little wrist vibration tells me every time I get a new email. Or call. When I'm trimming the roses, or in the middle of a run, do I need to know Bill has written? Or Larry is calling, or (gasp) Kershaw has a perfect game thru 6? That's right...ESPN has its own direct link to your arm.

And.

And, worst of all? It's precise.

God how I hate precision.

I'm more poet than physicist.

I used to complete my run and mom would ask, "So, how far did you go?" I'd say, "About 10." Now the dang iWatch says, "9.95."

Now in theory I have two choices--I can round up or run another .05, but what "runner" in the universe do you know rounds up? And pace? Yesterday I would do the math in my head: 10 miles, an hour fifty two...ah about 11 minute miles...not getting any faster.

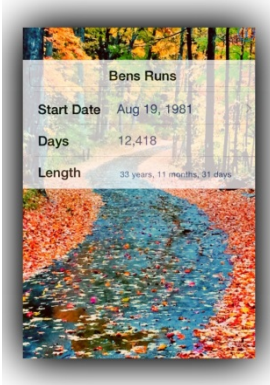
Now the iWatch removes the ambiguity...112 minutes = 10 miles, that the iWatch tells me, yields a 11.22222222 minute mile—on average: nice job Slugo!

I have kept a running journal for years...always always record a distance, typically the time, summarize weekly, monthly, annual and career totals; plenty of opportunity for some addition or transposing errors there.

The Tracker obliterates human error. It says well you can see what it says.

I used to have lots of fun each August 18. I didn't run on the 18th of August. In 1981. Last day for which I can make that statement.

Every day since, every day, I have run at least a mile, truth is the average has been 5 miles a day, 2000 miles a year, always at least a mile run each day. Now, at 75, I mix running and walking, but always there is that mile.



So, I debate with myself...on August 18...have I completed the last day of my previous year's streak, or the first day of my next?

The Tracker, nasty little precision devil it is, should solve this, but take a look! August 18, 2015. 33 years, 365 days. Give me a break will you? Isn't that awfully darn close to 34 years?

Guess I'll have to run tomorrow to see—probably use my Casio.

And yet?

The seductive call of the iWatch lures like Lorelei.

I charge it on the counter each night, not far from where the Casio rests, content with its original battery.

I could grab either each morning, like the paths in Frost's poem, each both equally lay...but more and more I choose the iWatch. I wore it today when I completed day 12,418 of "my streak." Pretty close now to 34 years I thought.

I didn't pay all that much attention to the pace anymore, well I do, but the pleasure of the completed run outweighs the chagrin of the pace.

13 minute miles? Good enough! 15? No problem, the course was hilly, the day hot.

I take some modest pleasure, not pride, in the cumulated 62,000 plus miles which equals almost 2.48985—oh what the heck, make it two and a half trips around the world!

I'm lucky!

Twisted ankles were not prohibitive, stress fractures not that sever. Intercontinental travel a simple puzzle to solve: when to run. And weather? I live much of the year in SoCal. A bad day means cloud cover.

I spent my life in the Academy, so part of my fringe benefits was a flexible schedule.

And God has been gracious; sickness has come on little cat's feet, like the fog...not roaring in like a tiger.

All of this could end in an eye blink of course.

Be not proud I tell myself, be thankful.

Tonight my wonderfully talented and athletic 17 year old grandson lies in a hospital bed—and will move only in a wheelchair for 3 months. He hit a pothole, blew a tire, fish tailed, and with exquisite timing was T-Boned by an oncoming car. Airbags and seat belts saved his life even as the crash crushed his body.

Today he cannot choose to run.

Or walk.

I can.

Today.

So I did.

With luck? Tomorrow as well. With my new iWatch friend Siri I suppose.

No doubt slower this year than last, for my IWatch allows no doubt, but with pleasure that remains undiminished by the slowing, for I know that the pleasure cannot be calibrated in numbers, nor can grace and good fortune be quantified by a watch no matter how smart.

Tell me Siri, how beautiful is this day? What do you mean, you do not understand? Beauty Siri, beauty is at the heart of being human.

Come Siri, let us take a run, and let me speak to you of beauty.

And great good fortune.

You ready Siri? Oh by the way—hold the phone calls will you?



Ben Dillow

MICHAEL FRIEDL'S STREAK HITS 2 YEARS

By: Michael Friedl

I've been a runner for my entire adult life – my running log start date is during the Carter Administration – and I have explored nearly everything the sport has to offer. Short races, marathons, track events, trail races – I've done it all. In early 2013, coming off knee surgery, my fitness was at low ebb. On the cusp of turning 50, I was at a bit of a crossroads. The bombings that ruined the 2013 Boston Marathon inspired me to qualify and earn a spot in the race I'd run in each of the three previous decades. In choosing to go from out-of-shape to BQ-ready, I elected to commence a streak, something I'd used to good effect in years past.

Along the way, I decided to attempt two items on my running 'bucket list' – to streak for an entire year (I'd completed five 180+ day streaks in the past, topping out at 315 days) – and to run the granddaddy of all ultras – the 56-mile Comrades Marathon in South Africa - the only ultra with a history as rich as Boston.

My streak commenced 5/18/13 with a 5k, which I completed in 21:17, one of the slowest of all my years of running. It was a start. My target marathon was September's Akron Marathon, which didn't exist when I left Northeast Ohio for Southern California after college. It afforded a visit to my parents and alma mater (Kent State University). My BQ target was 3:30, and while at that time had been streaking for 120+ days, I hadn't run anything longer than 12 miles. (On my 50th birthday, however, I did complete a Beer Mile in 7:45!).

Race day was perfect. I overachieved by running 3:15:19, taking the 5th and final 50-54 award in the final half mile. (BTW, I highly recommend the Akron Marathon – top notch organization, amenities and value) Unfortunately, 2014 Boston had sold out days previously. I would have to wait until 2015.

Meanwhile, Comrades loomed.

In the run up to Comrades, I continued racing nearly monthly with my club, South Coast Roadrunners. On Day 365, I ran the same 5k in Newport Beach as I had on marked Day 1 – I improved to 18:43, even though my legs were dead from a 40-mile training run two weeks before. Proof positive that streaking was working for me!

Comrades was June 1st, and en route I ran two miles in London's Heathrow Airport to keep my streak alive. The race itself was an incredible experience – 90 years of history; 15,000 runners. It was BY FAR the hardest athletic thing I've ever done.



It was exhilarating to enter the stadium and hear over the PA, "...finishing is Michael Friedl from U.S.A!" –truly my 'Olympic Moment.'

The race is a top-quality event but the jetlag from 20+ hours of flying really affected me. Anyone interested in my race report on can find it on my occasional blog:

<http://www.chickeeandmike.com/2014/06/random-thoughts-comrades-edition.html>

2014 continued, and became my first 2000-mile year. My 5k came down to 18:01, I broke 1:30 in the half for the first time in years.

And then came Boston.

Rain. Headwind. Cold.

Worst. Conditions. Ever.

Despite all that, my race was AMAZING!

Negative splits. 1:36:04/1:34:50 – finishing time of 3:10:54 – my fastest marathon in 19 years! Even faster than I ran in my first Boston way back in 1985!

Along the way I've run in 10 countries – US, England, South Africa, Peru, Paraguay, Brazil, Chile, Canada, Costa Rica & Australia. Indeed, I'm writing this on a flight bound for my 11th – Ecuador.

In my 'regular' life, I'm an entrepreneur trying to get a startup medical products business off the ground – and I'm a proud husband and father to the best wife and kids a guy could want. My children are young – 5-7-10 – and their support has been critical. One real highlight has been pacing my 10-year old during her first couple of 5ks. I'm excited and proud of her.

Today (6/22/15) was day 766, and though I've dropped my mileage recently to hopefully get through some Achilles issues, I'm very proud to be a member of the USRSA. I'm inspired by and grateful for the friends I've met via the Facebook group, and am particularly happy to reconnect with Bruce Sherman, who was 4 years into his streak when he was my PE instructor back in '82. He's recently passed 37 years!

I streak to help my training and racing. It's very clear that in my case that has worked well. I plan to continue as long as it remains that way. Streak on, friends!



Average, Minimum & Maximum Daily Mileage when Traversing the Tundra Daily 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. Here are responses to the first 4 questions:

1. During your running streak of over 15 years, what has been your average daily mileage?

2-4 miles	4-6 miles	6-8 miles	8-10 miles	>10 miles
Ward Crutcher	William Benton	Tom Allen	Jerry Caine	Scott Ludwig (10.4)
Ronald Dennis	Ken Birse	Jim Behr	Stuart Calderwood	Barbara Latta (10.9)
Dave Hamilton	Deb Brassfield-Zoltie	Brian Casey	Mark Covert	Jon Sutherland (11.1)
Matthew Ketterman	Brent Burmaster	Thad Childs	Steve DeBoer	John King (11.6)
Ken Korosec	George Church	Alex Galbraith	Jim Hage	(10.8 with 2 nd streak)
Milton Magness	Sue Favor	Steve Gathje	George Hancock	Steve Morrow (11.7)
Judy Mick	Michael Halloran	Jeff Gould	Mike Holsteen	(includes all 3 streaks)
John Morgan	Jack Johnson	Pat Growney	Ron Jackson	Darryl Beardall (12.1)*
Jon Simpson	Barbara Latta	Mike Heller	Raven Kraft	Craig Snapp (12.4)
Joe Sinicrope	Henry Lengkeek	Charles Holmberg	Bill Moreland	Roger Urbancsik (13.5)
Michael Sklaar	Joe Raffa	Rick Kerr	Jim Pearson	Don Slusser (13.6)
Lenworth Williamson	John Strumsky	Bill Leibfritz	Larry Sundberg	Herb Fred (14.6)*
Ed Dupree	David Todd	John Liepa	Grant Woodman	Craig Davidson (14.8)
	Mark Washburne	Matthew Mace	Terrell Worley	Dallas Robertson (15.9)*
	Steven Way	Grant McAllister		
	John Wolff	Fred Murolo		
	Tim Woodbridge	Roger Nelson		
		Rick Porter		
		Rick Rayman		
		Bill Robertson		
		Gary Rust		
		Bruce Sherman		
		Brian Short		
		Bill Stark		
		Rich Wright		
		Ron Hill		

*Average over their years of running, whether had running streak or not. Almost half of Herb's miles were not during streaks.

2. What has been your shortest run and how many times?

1-<2 Miles (1-5x)	1-<2 M (6-10x)	1-<2 M (11-25x)	1-<2 M (26-99x)	1-<2 M (100 or more)
Craig Davidson	William Benton	Ken Birse	Tom Allen	Stuart Calderwood
Steve DeBoer	Sue Favor	Bill Moreland	John Chandler	George Church
Ronald Dennis	Bill Leibfritz	Jerry Caine	Steve Gathje	Ward Crutcher
Lauren Estilow	Milton Magness	Brian Casey	Brad Kautz	Dave Hamilton
Alex Galbraith	Ken Young	Mark Covert	Judy Mick	Michael Hollaren
Charles Holmberg		Ron Jackson	Joe Sinicrope	Mike Holstein
Dallas Robertson		Ken Korosec	Jon Sutherland	John Liepa
Ron Shealy		Barbara Latta	Grant Woodman	Matt Ketterman
Roger Urbancsik		John Morgan	Rich Wright	Matthew Mace
			Jim Pearson	Bill Stark
				John Strumsky
				David Todd
				John Watts
				Tim Woodbridge
				Ed Dupree

2-<3 M (1-5x) 2-<3 M (6-10x) 2-<3 M (11-25x) 2-<3 M (26-99x) 2-<3 Miles (100 or more)

Mike Heller	Jim Hage	Rick Porter	Jeff Gould	Rick Kerr
Henry Lengkeek	Jack Johnson	Larry Sundberg	Fred Murolo	Michael Sklaar
Gran McAllister	Terrell Worley		Roger Nelson	
			Joe Raffa	
			Brian Short	

3-<4 M (1-5x) 3-<4 M (6-10x) 3-<4 M (11-25x) 3-<4 M (100 or more)

Bruce Sherman	Scott Ludwig	Craig Snapp	Jim Behr
Don Slusser			Deb Brassfield-Zoltie
Steven Way			Brent Burmaster
			Thad Childs
			John King
			Rick Rayman
			Bill Robertson
			Mark Washburne
			Lenworth Williamson
			John Wolff

Raven Kraft is the only runner whose minimum run has been 4 miles or more during his streak, having run 5.5 miles 6-10x.

3. What has been your longest run and how many times?

1-5 Miles	26.2 Miles	26.2 Miles	27-39 Miles	40 miles or more*
Jon Simpson	Ken Birse	Barbara Latta	George Hancock (27)	Scott Ludwig (134.4)
	Deb Brassfield-Zoltie	Judy Mick	Henry Lengkeek (28)	Craig Davidson (101)
6-10 Miles	John Chandler	Grant McAllister	Rich Wright (29)	Thad Childs (100)
Ed Dupree (10)	George Church	Rick Porter	John Leipa (29)	Matthew Mace (100)
David Todd (10K)	Ward Crutcher	Ron Shealy	William Benton (30)	Fred Murolo (100)
	Ronald Dennis	Michael Sklaar (127x)	Brent Burmaster (30)	Ken Young (100)
11-15 Miles	Lauren Estilow	Bill Stark	Brian Short (30)	Jerry Caine (70+)
Milton Magness (12)	Sue Favor	Larry Sundberg	Steve Gathje (31)	Bill Leibfritz (70)
Joel Pasternak (13.1)	John Faz	Roger Urbancsik	Ron Jackson (31.1)	Brian Casey (67)
Joe Slnicrope (<15)	Patrick Growney	Mark Washburne	Steve DeBoer (31.5)	Jim Pearson (64)
Bill Moreland (15)	Michael Halloran	John Watts	Stuart Calderwood (32)	Dave Hamilton (63)
	Mike Heller	Lenworth Williamson	Alex Galbraith (32)	Dallas Robertson (54)
16-25 Miles	Charles Holmberg	John Wolff	Roger Nelson (32)	Mark Covert (52)
Jeff Gould (23)	Jack Johnson	Terrell Worley	Grant Woodman (33)	John Strumsky (52)
Mike Holsteen (16)	Rick Kerr		Ken Korosec (34)	Tom Allen (50)
Raven Kraft (16)	Matt Ketterman		Larry Sundberg (34)	Jim Hage (50)
Joe Raffa (20)			Brad Kautz (37)	Rick Rayman (50)
Bruce Sherman (19)			Don Slusser (37)	Gary Rust (50)
			Steven Way (37)	Craig Snapp (50)
				Bill Robertson (47)
				Jon Sutherland (41)
				Tim Woodbridge (40)

*Some of those who ran 40 miles or more, walked part of the mileage

4. At what age did you begin and end (if retired) your longest running streak?

Begin	<10 Joel Pearson	10-19 Brian Casey Mark Covert Steve DeBoer Sue Favor Steve Gathje Dave Hamilton Bob Hensley Gary Jones Grant McAllister Jon Sutherland	20-29 Jim Behr William Benton Ken Birse <u>Stuart Calderwood</u> John Chandler Craig Davidson Alex Galbraith Jim Hage George Hancock Matt Ketterman John King Raven Kraft Paul Ladniak Bill Leibfritz Scott Ludwig Matthew Mace Judy Mick Fred Murolo Jim Pearson Rick Porter Bill Robertson Dallas Robertson Bruce Sherman Don Slusser Bill Stark David Todd Roger Urbancsik John Watts Tim Woodbridge Grant Woodman Ken Young	30-39 Tom Allen Deb Brassfield-Zoltie Brent Burmaster Thad Childs John Faz Pat Growney Michael Halloran Charles Holmberg Mike Holsteen Ron Jackson Jack Johnson Ken Korosec Henry Lengkeek John Liepa Milton Magness Bill Moreland John Morgan Roger Nelson Joe Raffa Rick Rayman Brian Short Jon Simpson Joe Sinicrope Michael Sklaar Larry Sundberg Mark Washburne Steven Way Lenworth Williamson John Wolff Rich Wright	40-49 Walt Byerly Jerry Caine Roger Carlson George Church Ward Crutcher Ronald Dennis Stephen Gould Mike Heller Rick Kerr Barbara Latta Craig Snapp John Strumsky 50-59 Ed Dupree
End	40-49 George Hancock Bob Hensley Matt Ketterman Paul Ladniak Don Slusser	50-59 Gary Jones John King Roger Nelson	60-69 Roger Carlson Mark Covert Pat Growney Ron Jackson Jack Johnson Ken Korosec Bill Moreland Brian Short Joe Sinicrope John Strumsky Larry Sundberg Ken Young	70-79 John Morgan	80-89 Walt Byerly

Streak runners vary quite a bit in the number of miles they run lifetime, yearly, and even daily. Before the one mile daily minimum was voted on in 2001, some had runs of less than 1 mile, and one streak runner who often did short runs, Kurt Kroemer, never did certify his streak after the minimum was agreed upon. For those with 1 or 2-mile minimum runs, I list the top 40 or so. For other distances, I included those who have a streak close to 20 years or more. Note that the only individuals with current 4 and 5-mile minimums of over 18 years are Raven Kraft and Roger Urbancsik.

Daily minimum of 1 mile (as of 9/1/2015)

1. Ron Hill	Dec 1964-current 50y 8m
Jon Sutherland	May 1969-current 46y 3m
Jim Pearson	Feb 1970-current 45y 6m
Mark Covert	Jul 1968-Jul 2014 45y
Steve DeBoer	Jun 1971-current 44y 3m
Jon Simpson	Aug 1971-current 44y
Alex Galbraith	Dec 1971-current 43y 8m
Dave Hamilton	Aug 1972-current 43y
Steve Gathje	Sep 1972-current 42y 11m
Richard Westbrook	Dec 1973-current 41y 8m
11. Ken Young	Jul 1970-Jan 2012 41y 6m
Raven Kraft	Jan 1975-current 40y 8m
Jim Behr	Mar 1975-current 40y 5m
Gary Jones	Apr 1972-Jan 2012 39y 9m
Stephen Reed	Jun 1976-current 39y 2m
Bill Stark	Sep 1976-current 39y
Bill Anderson	Sep 1976-current 38y 11m
John Liepa	Jan 1977-current 38y 8m
Bill Robertson	Feb 1977-current 38y 6m
William Benton	Apr 1977-current 38y 4m
21. Brian Casey	May 1977-current 38y 4m
Rob Zarambo	Jun 1976-Jul 2014 38y 1m
Samuel Johnston	Aug 1977-current 38y
Bob Ray	Apr 1967-Apr 2005 38y
Rick Porter	Dec 1977-current 37y 9m
John Carlson	Dec 1977-current 37y 8m
Tim Masters	Dec 1977-current 37y 8m
Tim Woodbridge	Mar 1978-current 37y 6m
Ed Sandifur	Apr 1972-Aug 2009 37y 4m
Bruce Sherman	May 1978-current 37y 3m
31. David Todd	Oct 1978-current 36y 10m
Charles Lindsey	Oct 1978-current 36y 10m
John Roemer IV	Nov 1978-current 36y 10m
Craig Davidson	Nov 1978-current 36y 10m
Scott Ludwig	Nov 1978-current 36y 9m
Rick Rayman	Dec 1978-current 36y 8m
Chester Tumidajewicz	Dec 1978-current 36y 8m
Jon Kralovic	Jan 1979-current 36y 8m
Thad Childs Jr.	Mar 1979-current 36y 6m
Charles Holmberg	Mar 1979-current 36y 5m
41. Walt Byerly	Nov 1974-Jan 2011 36y 3m

Daily Minimum of 3 Miles (as of 9/1/2015)

1. Raven Kraft	Jan 1975-current 40y 8m
Jim Behr	Mar 1975-current 40y 6m
Alex Galbraith	Dec 1971-Jul 2011 39y 6m
Bill Robertson	Feb 1977-current 38y 6m
Gary Jones	Apr 1972-Aug 2010 38y 4m
Bob Ray	Apr 1967-Apr 2005 38y
Bruce Sherman	May 1978-current 37y 3m
Scott Ludwig	Nov 1978-current 36y 10m
Rick Rayman**	Dec 1978-current 36y 8m
Thad Childs	Mar 1979-current 36y 6m
11. Stephen Reed	Jun 1976-2011+ 35y+

Daily minimum of 2 miles (as of 9/1/2015)

1. Raven Kraft	Jan 1975-current 40y 8m
Jim Behr	Mar 1975-current 40y 5m
Alex Galbraith	Dec 1971-Jul 2011 39y 6m
Bill Robertson	Feb 1977-current 38y 7m
Gary Jones	Apr 1972-Aug 2010 38y 4m
Bob Ray	Apr 1967-Apr 2005 38y
Rick Porter	Dec 1977-current 37y 9m
Bruce Sherman	May 1978-current 37y 3
Scott Ludwig	Nov 1978-current 36y 9m
Rick Rayman	Dec 1978-current 36y 8m
11. Thad Childs Jr.	Mar 1979-current 36y 6m
William Benton	May 1978-Aug 2014 36y 3m
Walt Byerly	Nov 1974-Jan 2011 36y 3m
Nick Morganti	Jun 1973-Feb 2009 35y 8m
Stephen Reed	Jun 1976-2011+ 35y+
Joe Wojcik	Jun 1977-Jan 2012 34y 7m
Mark Covert	Jul 1968- 2002 34y+
Fred Murolo	Dec 1981-current 33y 8m
Grant McAllister	Aug 1983-current 33y
Jim Hage	Aug 1983-current 33y
Jon Sutherland	May 1969-2002 33y+
21. Ron Jackson	Nov 1978-Jan 2011 32y+
John King	Jan 1977-Dec 2007 31y
Margaret Blackstock	Oct 1979-Jun 2010 30y 10m
Charles Holmberg	Mar 1979-Nov 2009 30y 8m
Larry Sundberg	Jan 1977-Dec 2006 30y
Steve DeBoer	Jun 1971-Apr 2001 29y 10m
Brian Short	Dec 1980-May 2010 29y 5m
Steve Morrow	Aug 1981-May 2010 28y 9m
Ken Korosec	Oct 1982-Oct 2010 28y
31. Roger Urbancsik	Dec 1987-current 27y 8m
Pat Growney	Jan 1980-Jun 2007 27y 5m
Don Slusser	Jan 1972-Jun 1999 27y 5m
Barry Abrahams	Jan 1978-Early 2005 27y+
Mike Heller	Dec 1988-current 26y 8m
Len Williamson	Jan 1989-current 26y 8m
Chris Graham	Apr 1989-current 26y 4m
Tim Osberg	Jun 1985-May 2011 26y
Steve Way	Aug 1989-current 26y
Mark Washburne	Dec 1989-current 25y 9m
41. Roger Nelson	Aug 1981-Feb 2007 25y 7m
Tom Allen	May 1988-Jan 2014 25y 7m

Daily Minimum of 4 Miles (as of 9/1/2015)

1. Raven Kraft	Jan 1975-current 40y 8m
Gary Jones	Apr 1972-Aug 2010 38y 4m
Bob Ray	Apr 1967-Apr 2005 38y 0m
Jim Behr	Mar 1975-Sep 2011 36y 6
Alex Galbraith	Apr 1981-Jul 2011 30y 3m
Bruce Sherman	May 1978-Jan 2007 28y 8m
Grant McAllister	mid 1988-mid 2014 26y+
Mike Holsteen	Jan 1988-Sep 2012 24y 7m
Michael Sklaar	Jan 1982-mid 2005 23y 6m
Roger Urbancsik	Sep 1995-current 20y
11. Ken Korosec	Oct 1982-2002 ~20y

Ron Jackson	Nov 1978- 2011	32y+
John King	Jan 1977-Dec 2007	31y 0m
Pat Growney	Jan 1980-Jun 2007	27y 5m
Don Slusser	Jan 1972-Jun 1999	27y 5m
Len Williamson	Jan 1989-current	26y 8m
Grant McAllister	mid 1988-mid 2014	26y+
Steven Way	Aug 1989-current	26y 0m
Mark Washburne	Dec 1989-current	25y 9m
Roger Nelson	Aug 1981-Feb 2007	25y 8m
John Wolff	Sep 1990-current	25y 0m
Ken Korosec	Oct 1982-Oct 2007	25y 0m
John Faz	Dec 1990-current	24y 8m
Mike Holsteen	Jan 1988-Sep 2012	24y 7m
George Hancock	Feb 1978-May 2002	24y 3m
Michael Sklaar	Jan 1982-mid 2005	23y 6m
Brent Burmaster	Mar 1993-current	22y 6m
Barbara Latta	Dec 1983-2006	22y+
Roger Carlson	Jan 1988-May 2009	21y 4m
Pete Lefferts	Jan 1981-Feb 2002	21y 0m
Mark Wigler	Jul 1992-May 2012	19y 11m

Daily Minimum of 5 Miles (as of 9/1/2015)

1. Raven Kraft	Jan 1975-current	40y 8m
Gary Jones	Apr 1972-Aug 2010	38y 4m
Jim Behr	Mar 1975-Sep 2011	36y 6m
Bruce Sherman	May 1978-Jan 2007	28y 8m
Roger Urbancsik	Dec 1996-current	18y 8m

** Rick Rayman runs a minimum of 3 miles or 30 minutes, whichever comes first, so some of his slower runs may be less than 3 miles.

Postscript: In response to Mark's congratulations on reaching the 44th anniversary of daily mile runs, June 7th was a pretty normal 11.5 mile jaunt before church, run on the slow side, having raced a 5K the day before. But personally, July 20th, is more significant, as that is when I made it to the 45 year mark of Traversing Tundra every day, though many of those days were less than one mile the first 10 ½ months. Since many of you know I am into details, it will not surprise you that I have a list of all my anniversary runs, since that 2-miler with brother Dave in 1970, in St. Paul, the city where I grew up. We had just returned from vacation, and I had not run the previous month while recovering from strep throat. Of course, if there had been an association back then, I would most certainly have kept running the minimum one mile or more during that stretch and the streak would have begun in February 1970.

Of my 45 anniversary runs, the 2 shortest were that 2-mile in 1970 and a 4-mile in 1971. The 2 longest have been an 18.5 miler in 1991 and a 21.5 miler in 1996, run with friends that get together on Saturday mornings. I've run with brother Dave 2 times and Dad (Wendell) 2 times, but the majority (32) have been run alone. I have been accompanied by son Nathaniel 5 different times for parts of the runs, though in 1993, he was ahead of me all 7 miles, since I was pushing him in a running stroller.

Rochester has been the location for 23 of those runs and St. Paul for 10. This year, I ran at Cedar Point Lodge, near Vermillion Bay, Ontario, for the 2nd time, where my wife's family goes fishing every July. I went out at 6 AM to traverse 12 miles, covered with 40% DEET to combat the mosquitos and biting flies, enjoying a temperature in the mid-50s. I have been recovering from a hamstring injury, aggravated by competing in too many races, so, not surprisingly, I had my slowest anniversary run, reaching 1 mile in 11:48 and 2 miles in 22:30. I did get under 10:30 pace after 5 miles. My last of 3 stops to stretch and drink was at 9 ½, where I also ingested 10-15 wild blueberries growing on the side of the road. Those extra anti-oxidants must have been the key, as I ran 10:04 and 9:43 the last two miles, the fastest I had gone since my last race on July 4th, when I and 17 other family members ran or walked our way to capture our 24th Family Award (15 in a row) at the Langford 2 and 4 mile races in St. Paul.

The Most Popular Days to Begin and End a Running Streak (Update Since Spring 2011)

Back in February 2011, I analyzed what days are most popular for the start and the end of running streaks. Not surprisingly, 58 of the 405 (15%) Active and Retired streaks at that time began on January 1st, beginning with Raven Kraft back in 1975. Stopping is often less under a person's control, but 7 ended their streakruns on December 31st. The most popular length for ending streaks were 7 at 365 days and 5 at 366 days.

As of May, 2015, the same trend is seen, as 112 of 810 Active/Retired streaks have begun on Jan 1, or 14%. Fifteen individuals have now seen the demise of their streaks on December 31st. Length-wise, 12 ended at 365 days, 7 at 366, and 7 at 367.

But looking at a specific day, Thanksgiving Day, November 28, 2013, was apparently quite motivating for newer streak runners. Previously, the record for one day was 11 starting on January 1, 2008. Second was January 1, 2013, when 10 began streaking. But on November 28, 2013, a total of 12 persons chose to commence daily runs, a new record. And if we look at an 8-day period, 18 got started between December 25, 2012 and January 1, 2013; 19 began between December 26, 2011 and January 2, 2012. But the highest number was 23 in that time around Thanksgiving 2013, between November 23, 2013 and November 30, 2013!

I decided to look at the start dates of our longest streak runners and found others who began on most of those dates – Ron Hill, Mark Covert, Bob Ray, Ted Corbitt, Jon Simpson, Alex Galbraith, Dave Hamilton, Richard Westbrook (at least 8 others have started on December 29th, Richard's anniversary). For Jon Sutherland, it was only this year that 2 women started on his anniversary (May 26th), and not until this Spring, we learned of Rick Larson's 365 day streak back in 1999 that began on Steve DeBoer's 28th anniversary, Rick being a fellow Minnesotan. Of those who have run daily for 40 years or longer, Jim Pearson, Steve Gathje and Ken Young remain the only ones who began streaking on February 16th, September 25th and July 6th, respectively.

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired . . . You've always got to make the mind take over and keep going."

- General George S. Patton (1885-1945), U. S. Army General
and 1912 Olympian

"On Saturday night, I said to myself, 'Are you ready to deal with a victory?' I decided I was."

-Joan Benoit Samuelson on her thoughts prior to the 1984 Olympic Marathon

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MEMBER UPDATES – FALL 2015



Paul Seibert

PAUL SEIBERT'S STREAK ENDS AFTER 572 DAYS

I'm sad to report that I failed to run yesterday (Wednesday, May, 27th, 2015). The last day of my streak was Tuesday, May 26th, 2015 (at 572 days), so please move my name to the retired streak list.

I was planning to run after a long day of working, an MRI, a funeral and dinner and then feel asleep on the couch and woke up after midnight. I couldn't believe I let that happen after 572 days!

It's been a lot of fun and I plan to start back up soon and get one of those chronic streaker asterisks next to my name on a future active streaker list!

Thanks and Streak On!

Paul Seibert
Fort Mitchell, Kentucky

JANNA CHERNETZ-TAYLOR JOINS USRSA

It was 1992 and I was a junior in high school. I didn't make varsity soccer and was totally devastated. So, this soccer reject joined the cross country team. With thick thighs, old sneakers and never having run more than 1 mile in my life, I showed up for my first practice. I automatically made the team as cross-country welcomed everyone, something I would eventually come to learn about the running community in general. I ran my first ever 5K that day with my coach by my side the whole time. After practice, he took me to our local sporting goods store and bought me my first official pair of running shoes: Saucony. And that was the birth of this runner.

I ran my first road race in 1993 and according to Athlinks, I've run 49 races and 530 race miles. But I know there's more, trust me, the proof is hanging in my kitchen. Included in my race portfolio are over a dozen half marathons, 2 half Ironmans, 3 marathons and 3 adventure races. I've placed in my age group a few times (local races only). I am current Chapter Co-Leader of the Union County, NJ Moms RUN This Town and it's so far the highlights of my running career. I've met and been inspired by hundreds of amazing women, one of whom encouraged me to start my streak!

I've never been the one to log my runs (I post on Facebook most days, use my Garmin, but nothing in one place) so I have no idea how many career miles I have under my belt. But I do know that every mile has helped shape who I am and that's all that matters. A glimpse of what I can be and at the same time a reminder of who I currently am.

Jana Chernetz-Taylor
Scotch Plains, New Jersey

MEMBER UPDATES – FALL 2015



Jennifer Fitzharris-Funk and Ruby

JENNIFER FITZHARRIS-FUNK JOINS USRSA

I began running in 2000 while in graduate school and like most people who start running as adults, I ran as a way to stay active and reduce stress. In 2004 I competed in my first race - which wasn't a 10k or even a 5k – it was a triathlon. For 10 years, I have continued to swim, bike and run by participating in a handful of triathlons, duathlons and road races every year.

In 2014, to mark my 10 years in triathlon, I became a part of Team SOAS Racing as a brand ambassador (SOAS designs women's specific triathlon apparel and encourages women to join the sport of triathlon). In addition to joining SOAS Racing in 2014, I started streaking.

The streak was innocent enough, part of the *Runner's World* Summer Streak challenge, 99 days of running (Memorial Day to Labor Day). Not able to let the streak die after 99 days, I completed my one-year streak on May 25th 2015 and plan to continue streaking for as long as I am able.

Managing a regime that includes weekly swims, bikes, runs and strength training sessions can be a handful, so the 1 mile

daily runs are key to the success of my streak. I am looking forward to adding more running miles in 2015 as I trained for my first marathon (Twin Cities Marathon) just weeks prior to my 40th birthday!

Jennifer Fitzharris-Funk
Minneapolis, Minnesota

BILL PRUITT JOINS USRSA

The summer of 1999, a friend challenged me to give her two weeks to train me to run. She swore I would get that high and never stop running. I would turn 39 that coming November. At 2 weeks, I did not have it and hated running. She begged for one more week. On the first day of the 3rd week, nothing...hated it! On the second day between mile 3 and 4, my heart rate dropped, my breathing leveled and, I felt I could run all day. I was hooked! The next year, on my 40th birthday, I ran 20 miles for the first time ever just because I felt like it.

In 2006 work took me to a new city with colder winters and less active people. I lost my motivation. In 2011 work brought me back to Austin, TX. I got right back into the groove but, recently have hit a roadblock. Nothing could get me out of it until – I saw a PBS report on a Streak Runner that had been running for many decades. This was the fire that I needed. I started my streak only two days ago, May 26, 2015. What is amazing is that it is so easy to say "I need to go run my mile" because it is only 1 mile. Having run many half marathons since 1999, 1 mile really is nothing. Stopping at 1 mile is the hard part.

Bill Pruitt
Austin, Texas

MEMBER UPDATES – FALL 2015



Chris Tennant

CHRIS TENNANT JOINS USRSA

Profile: 54 years of age, Male, Living in Pullman Washington. Father of 5, Grandfather of 2, Police Commander at Pullman Police Department where I've been employed for 33 years (and counting).

Started running at the FBINA (Federal Bureau of Investigations National Academy) in 2004. I've completed a dozen 1/2 marathons, 3 marathons, and one 50K.

Starting a streak in 2014 and running every day was more of a mental challenge than a physical one. The streak took me outside in blizzard sub-zero temperatures, in blazing summer heat, and everything in-between.

Making excuses to run was an interesting turn of events. The most challenging was finding a place to run every day while on a High Cascade 7-

day high country backpack deer hunt. Running around a 7000 ft. lake bed in a pair of hiking boots and shorts would have turned some heads....if anyone else was up there!

Chris Tennant
Pullman, Washington



Brian Flaspohler

BRIAN FLASPOHLER'S STREAK HITS 2 YEARS

No big updates from me – just running every day. My current training plan has me aiming at the St. Louis Ultrarunners 6 Hour run on Labor Day weekend. Hopefully I'll get a bit farther than last year's 32.5 miles. Then a fall marathon with my wife and a spring marathon somewhere in Europe while we celebrate our 25 years of marriage.

1000 days will be the next big milestone!

Brian Flaspohler
Cesterfield, Missouri

MEMBER UPDATES – FALL 2015



Mark Allen

MARK ALLEN JOINS USRSA

I am 32 years old, married, and have three children (8, 9, and 7 months!). I played baseball and football growing up but never was a runner. I actually despised it! That changed about 5 years ago when I started running as a way to lose weight and get into shape. It has since become a huge part of my life, and has changed who I am as a person. I was the partying type, staying up all night, and being lazy with everything else! I decided to make a healthy change in my life, not only for myself but to be a positive example for my children to follow.

Starting out I couldn't even complete a mile through my neighborhood without stopping! Gradually I increased the miles and with each new accomplishment I gained more love for the sport. Since then I have run 10 half marathons, 2 full marathons, 2 sprint triathlons, and many other shorter distance races.

Over these years I have had nearly every running injury you can think of from shin splints, IT band syndrome, to hip issues! I learned from each injury, and although I grew as a runner, I didn't really feel like I was progressing like I should.

In early 2014 I read an article about a guy who had run a mile every day for nearly 40 years, and looked into the U.S. Running Streak Association. I decided to start a streak of my own to stay consistent and build strength. I had a goal of going at least 50 days, and I made it to 50... barely! I was again having hip issues and had to quit the streak. On the "easy" one-mile days I was pushing hard thinking, "it's only a mile," when I should have been using these days to recover!

On June 1st, 2014, I started my current streak with a renewed focus and more knowledge of when to take it easy. Today is day 367 and I'm still going strong!

In the past year I have achieved PR's in every distance, and even some age group awards. My legs are stronger than ever and I now swear by streak running!

I celebrated day 365 by completing my first 50k Ultramarathon distance trail run! I'm very excited to compete in my first Ultra race someday soon! Future goals also include the Boston Marathon (me? what??) and a full Ironman!

Through all of this I enjoy sharing my running experiences with friends on Facebook and out at races/events. I love the encouragement and recognition I receive but I also love knowing that I have inspired someone else along the way to live a healthier life and get involved in the running community.

Mark Allen
Chesapeake, Virginia

MEMBER UPDATES – FALL 2015



Jim Bates

JIM BATES' STREAK HITS 9 YEARS

I am still alive and so is my running streak. If possible I'd like these two to run parallel for the rest of my life. I wanted to keep my 9 year anniversary unnoticed since my real goal is at least ten years. However, my pals must read the Streak Registry because someone called me out in front of my running club for acknowledgement. (No doubt, we have a quite a few potential USRSA members here in Seoul, Korea.) The Vice-President then gave me a strong bear hug as a way to congratulate me and I immediately wailed out in fake pain, "Oh my God, my back just gave out. I won't be able to run tomorrow." Everyone laughed at my attempt at humor but the fact is that we never know how long our streaks or our lives for that matter will hold out. I am very grateful for the nine years of consecutive running, which not coincidentally, corresponds to nine years of good health. Here's to another nine years, and another nine years after that, and then another nine....

Jim Bates
Seoul Korea

KYLE RIZZO'S STREAK ENDS AFTER 853 DAYS

Unfortunately, my streak came to an end on May 3, 2015. I twisted my ankle back in February after being accosted by a little white demon dog, and wasn't recovering fully even with keeping my weekly miles at a minimum. Anyway, the ankle is now almost 100%, and I'm planning to do a half marathon in August. Being a streak runner taught me a lot and I really loved it, especially the many health benefits running has to offer. I may start a streak again at some point, but for the time being will take a rest day every now and then. Thanks so much for all that you do and best of luck to you and all of the streak runners!

Kyle Rizzo,
Berkeley, California

HENRY LENGKEEK'S STREAK HITS 21 YEARS

Thanks for the note of congratulations on 21 years. I don't have any updates other than to say I am still averaging about 5 miles a day. They are not as fast as I would like but so far no injuries. I don't have any goals other than keep on running.

Henry Lengkeek
Lakewood, California

CHRIS MYERS STREAK ENDS AFTER 530 DAYS

I'm sad to report my running streak came to an end on June 6. It was a very difficult decision to make that had to be made unfortunately. I plan on starting a new streak when possible!

Chris Myers
Chanhassen, Minnesota

MEMBER UPDATES – FALL 2015



Chad Merritt

CHAD MERRITT'S STREAK HITS ONE YEAR

I started this streak because my running was slipping in a big way. Having 2 boys, commuting ~3 hours every day and a stressful job can easily put running/health on the back-burner. I started with the intention to run 30 days and get back into a routine which turned into a 100 day goal and then finally a year!

Along the way I've run a total of 1452 miles, discovered the beauty of trail running and completed an ultra marathon. I've met and made some of the most awesome friends that I would have never met if it wasn't for running trails and ultra marathons. Ultra running is a family of like minded folks and just awesome people.

I have future plans to pace a good friend the last 50 miles of his 100 mile Tahoe Rim Trail Endurance Run in July, a 50k in Aug, a 50 miler in Sept and if all goes as planned I'll make my first attempt at a 100 MILE RUN on Nov 7 at the Rio Del Lago 100 Mile Endurance Run.

A HUNDRED miles! There is nothing that one cannot conquer if you put your mind to it. I have no intentions to stop my streak and will continue to run every day as long as my legs are willing to take me.

Chad Merritt
Murrietta, California

JENNIFER DINTINO JOINS USRSA

I love running. I've been running since HS track (long distance). I am an active mom of 2 boys and continue to squeeze in running time (approximately 10 miles a week). I would like to be an Associate member of your organization because I want to make running a daily priority. If I say I'm going to do something, I will do it!

I ran a half marathon a few years back in 2 hours. I run the New York State Parks summer series and LOVE to run.

Jennifer Dintino
Oceanside, New York

JAMES JANKER JOINS USRSA

My name is James Janker and I am 69 years old. I ran every day from 4/16/2013 to 4/17/2014 at 5.5 to 7 miles each day. I have a log of each day of my route, weather conditions and my running time. I live between Buffalo and Niagara Falls NY. Some days it wasn't easy but I did it. On my 68 birthday (2/17/2014) it was -7 degrees and I went 7 miles that day. I was not aware of your association until I saw CBS news about Jon Sutherland. I still run alot but take 2 days off every month.

James Janker
Wheatfield, New York

MEMBER UPDATES – FALL 2015



John Schuerzinger

JOHN SCHUERZINGER JOINS USRSA

I am a weight-loss success turned runner. Over the course of a year-and-a-half, I dropped close to 100 pounds to reach my ideal weight on 9/8/11. I did not use running as part of my weight-loss as I didn't even discover running until about eight months after reaching my ideal weight, at the age of 43.

I had a primary goal of running a 5K within the next 3-4 months after taking up running, with a secondary goal of finishing in under 30:00. When I realized that the one-year anniversary of me reaching my ideal weight would be on a Saturday, I checked to see if there were any 5Ks that day. On 9/8/12, I ran my first 5K and was ecstatic with my finish time of 27:14.

To this day, I am still very happy with that finish time, and probably even happier that it was on the one-year anniversary of the end of my weight-loss journey. Since then, I've worked my way up through the ranks, completing a number of 10Ks, half-marathons and marathons.

In 2014, I took up 12-hour races and 24-hour races. 2014 was also the year I began my running streak, which started on 6/16/14.

My personal biggest accomplishment in my running career is completing 53.8 miles in a 12-hr race. In May 2015, I ran a 72-hr race, and this coming September, I'll be running my first 100-miler. I'm very proud of how far I've come in my 3 years of running, and I'm happy to be the newest member of the United States Running Streak Association.

John Schuerzinger
Latham, New York



Meb Keflezighi & John Schuerzinger

MEMBER UPDATES – FALL 2015



Mitch Kronenfeld
(Photo by Ira Cohen)

MITCH KRONENFELD JOINS USRSA

I started running in 1978. I run a few times a week and usually run between 3 and 5 miles.

In 1988 I was training for the NYC Marathon and 12 days before the race I suffered a stress fracture to the sesamoid bone in my left foot. I was told by a few doctors that a fractured sesamoid bone was a very common injury for runners and dancers, and that I would never be able to run again.

I'm an extremely holistically oriented person and refused to accept that my body wouldn't be able to heal itself. I did many things to try to heal my injury including eating extremely well, taking lots of great supplements, stretching and massage.

After about 3 months I started doing some speed walking and after about 6 months I resumed running and, I'm happy to say, that my sesamoid hasn't bothered me since the initial injury. I finally ran the NYC Marathon in 1999 and had lots of fun doing it!

My only other running streak of significance before the one that I am

currently on happened in 2000 when I ran every day from March 7th to December 29th for a total of 297 days. There was a huge snow storm on December 30th and my plan was to get up early and run before the snow really kicked in, but when I got up I saw that there was already plenty of snow on the ground, I took it as a sign that I should end my streak.

Even though, I felt like I had some unfinished business, because I was really hoping to get my streak up to at least a year, I said to myself that I would never be silly enough to start another long streak again.

That all changed on June 18th, 2009. At that time I had run 67 days in a row and wasn't very invested in my streak. Usually, back then, I would run very early in the morning before I drove my daughter, Samantha who was in 9th grade at that time, to the train in Queens so she could get to High School in Manhattan, and then I went straight to work. There was a torrential downpour happening that morning, so I decided that I would run after work. My wife and I were meeting Samantha in Manhattan that night to see a revival of The Wiz and when I got home from work it was still raining, so I was concerned about getting to the show on time, and decided not to run and that my streak was over.

At the intermission for the show Samantha asked me if I had run after work and I told her that I hadn't run and that my streak was over. She said to me "Dad we will be home before 12am. Go for a run when we get home." We were home by about 10:50pm and by 11:15pm I was on a run.

When I returned from my run, I decided that I was going to keep my streak intact as long as I could, so Samantha either gets the credit or the blame for my streak.

MEMBER UPDATES – FALL 2015

All of my runs during the streak have been between 3 and 4 miles and only 1 of them has been indoors. Thank goodness, that there are 24 hours in a day!

Mitch Kronenfeld
Bellerose Manor, New York



Chuck Morehouse (#215)

CHUCK MOREHOUSE JOINS USRSA

My love for running began as a freshman in high school in 1981. Baseball tryouts were months away, I was too short and skinny for basketball, and we did not have a football team. So, I headed to the sports department looking for something to hold me over until baseball season. One of the coaches took a look at me and thought cross-country would be a good match.

So that Saturday I was crammed into a van with a bunch of other teenagers headed for Van Cortlandt Park in the Bronx. One run up Cemetery Hill and I was hooked!

Then came indoor and outdoor season and the mile became my specialty. I completely forgot about baseball and running became my choice of sports. Over the summers I competed in 5K and 5 mile road races and eventually met my sports hero Bill Rodgers when I was 15 years old (I then met him again at the WDW Marathon 30 years later). I had to work in my senior year of high school so unfortunately my competitive running career came to a sharp halt.

Fast forward 25 years later...overweight and out of shape. Now married with two children I found I did not have much time to dedicate to sports. And it hurt a lot just to run a half mile. Luckily running found me once again. I registered for my first marathon and I started to train again. Since I have returned to running I have competed in over 70 races, from the mile to the marathon. Running has made me a better person, father, and husband. And I have met so many excellent people through running. I plan to run for as long as I can.

Chuck Morehouse
Saint Petersburg, Florida

DAVID WILSON'S STREAK ENDS AFTER 507 DAYS

I regret to say my 1st streak ended 05/19. That is to say my last run was on 05/19. Total duration was from 12/29/13 – 05/19/15. I'll start a new one soon but wanted you to know.

David Wilson
Glenside, Pennsylvania

MEMBER UPDATES – FALL 2015



Michael & Valerie Perez

VALERIE & MICHAEL PEREZ'S STREAKS HIT 2 YEARS

We both began our streaks on June 15, 2013 and haven't missed a day yet. We are looking forward to year three and we begin training for the Marine Corps Marathon this month. Streak on!!!

Valerie & Michael Perez
Lithia, Florida

EDMOND LIU, 18, JOINS USRSA

I started running track in eighth grade. I ran sprints in eighth grade, but in the following years I ran distance, mainly the 800 meter run. I did not start cross-country until I was a sophomore in high school and competed in 5ks. I did both cross-country and track till I graduated.

Currently, I am a freshman in college and I am involved in the running club at the University of Nebraska-Lincoln. The club is called UNL Running Club and the club joined the NIRCA division. NIRCA is the National Intercollegiate Running Club of America and I competed this past season. There were only two races, but they were both 8ks. I plan on competing in the following years as well. As of this year, 2015, I made a goal to run 2,000 miles by the end of the year. In late September, I will be running a half marathon and plan on achieving a time less than two hours. This will be my first half marathon that I will run in.

Edmond Liu
Gering, Nebraska

JEFF BLUMENTHAL'S NEW STREAK HITS FIRST YEAR

I started my original streak on September 5, 2011 after reading an article about Run Every Day in *The Wall Street Journal*. My original goal was to run every day for a year, which I accomplished. My next goal was to run for 1,000 days. Shortly after achieving that goal, I got sick with the usual body ache, what was for me a high fever, and general feeling pretty weak and lousy. Since my next goal was so far off (5,000 days), I decided I felt too bad to run, so I stopped my streak on June 18, 2014, after 1,018 days.

I thought I made the right decision considering how bad I felt, but after a few days when my illness passed, I started regretting my decision to stop. So... on June 27, 2014 I started running again. I just completed my "second" 1-year Run Every Day anniversary and look forward to achieving my next goal of my "second" 1,000 day anniversary!

Jeff Blumenthal
Oklahoma City, Oklahoma

MEMBER UPDATES – FALL 2015



Brian and Natasha Clevin

BRIAN CLEVIN'S STREAK HITS 5 YEARS

July 2nd, 2015 marked my 5-year Anniversary of running at least 1 mile every day since July 2nd of 2010! Absolutely a wonderful 5 years!

Looking back, over that time period I finished 101 races ranging in distance from 2 miles to Ironman (140.6 miles) winning 9 of them, ran 5,688 miles (average of 3.11 miles per day), biked 53,895 miles, and swam 161 miles!

So many great memories with a few of the best being the birth of my daughter Natasha this year, getting married to my wife Amy in 2011, building our house, and lots of great adventures with awesome friends and family that included skydiving and whitewater rafting! I feel truly blessed to have had the opportunity, support, and health to accomplish running at least 1 mile a day for 5 straight years!

Brian Clevin
Marinette, Wisconsin

TIM OSBERG'S SECOND STREAK HITS 4 YEARS

I'm sorry for my delayed response! It was due to a trip to Texas to present my psychological research.

Thanks so much for the recognition of my streak! It is much appreciated. This 4-year streak is my second listed for the USRSA, as you know. My first lasted from June 4, 1985 to May 19, 2011 when I had to have hernia surgery. A 5-week hiatus to heal intervened before the current streak started. The key thing I learned in the transition between streaks is this: It is not so much about the streak as it is about running every day of your life that you are physically able. I plan to do this! Thanks again! I admire all of the streaking runners!

Timothy M. Osberg, Ph.D.
Grand Island, New York

SONNY HUNTER'S STREAK ENDS AFTER 3,675 DAYS

Streak stopped. Last day I ran was July 2, 2014. Thanks! Good running.

Sonny Hunter
Kingston, Tennessee

CHUCK GROSETH'S STREAK HITS 33 YEARS

Yes, my streak is still active. I rise at 3:20 AM each morning and run on either a 3.5 route or 4.8 route depending on my schedule. Aside from shin splints and a sore back at times I'm pretty healthy. Thanks for following up. I appreciate your leadership of this unique group.

Chuck Groseth
Allen, Texas

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Vanessa Oshima

VANESSA OSHIMA JOINS SRI FROM JAPAN

Name: Vanessa Oshima
Date of Birth: 20 March 1970
Start of Streak: 11 September 2012
Born: Matamata, New Zealand (A very small town now famous as "Shire" in Lord of the Rings Series)
Lives: Shibuya, Tokyo, Japan (Tokyo 2020 Olympics hub)
Occupation: Vice President, Strategy and Insights, Coca-Cola Japan Company
Mother: (Zachery 21yrs, Jordan 18yrs)
Married: Yasuhiro Oshima (Director, Japan Athletic Association of Federations)

I started my streak run as a promise to a friend. She had been diagnosed with Cancer and was struggling. She said my "running posts" made her feel energetic. And so I promised to run everyday. I promised to run until she was well again. She is doing really well but is still taking pills every day and so I continue to run every day.

I have my own self imposed rules which are that I run outdoors (no treadmill

running – cancer has bad days and so my running also takes on the bad weather days). I also run 5km minimum (3-miles). I have lost 22pounds, and in 2014 I got fast enough to qualify for Boston Marathon in my age group. I am trying to run all 6 major marathons and so far have completed Tokyo, New York, and Boston. I will run Chicago in October.

On day 1000, Caroline (my friend with cancer) flew from New Zealand to Tokyo to run with me. My running club held a special event to celebrate the 1000 days. We had not seen each other since High School (over 20 years) and so it was so very special that she was well enough to run with me. We have been raising awareness and funds for Cancer and would love it if all the streak runners dedicate a run on August 28 (Cancer day – wear yellow and do a "Run or Hike for Hope") ... If we can have everyone donate just \$1 we will certainly make our targets.

Hardest runs:

Snow run in Tokyo2014. Running in powder snow up to my knees. Hardest 5km was a 3am run in New York (outdoors) before having to get on an airplane to fly from NYC to Tokyo (15 hour flight + 2 hours in the airport + 1 hour customs + 2 hours back home from Tokyo Airport ...means it is a run before you get on the plane an run straight after getting off!) Typhoon running – those winds!!

See the links and my facebook for additional information!

<http://www.cocacolacompany.com/coca-cola-unbottled/what-would-inspire-you-to-run-281-days-in-a-row>
<https://challengeyourself.everydayhero.com/nz/caroline-vanessa-s-1000-days-of-fight>

Vanessa Oshima
Tokyo, Japan

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Jodi Stilp

JODI STILIP JOINS USRSA

Eight years ago, I was an overweight, exhausted mom raising four little kiddos. My husband and I decided to take charge of our health and fitness and committed to running three times per week.

We were SLOW and had no stamina, but little improvements gave us the courage to keep at it. Three months later, even though I'd never run more than six consecutive miles, I ran every step of a half marathon. That race changed my life!

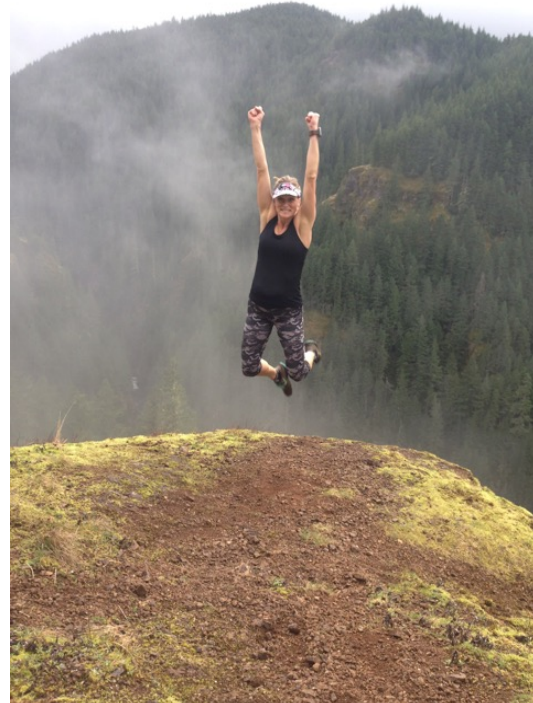
Three months later I ran the 2007 Chicago Marathon - the hot one that got shut down halfway through the race. I stayed ahead of the busses, crossed the finish line, and haven't stopped running since.

Six full marathons, eighteen half marathons, a handful of 10k and 5ks, a couple of relays, and even a few triathlons later, I still can't get enough time on the run. I am so thankful to God

for health to run often and for the friendships that emerge from time on the run. I'm looking forward to this new challenge of running every day."

Have an awesome day.

Jodi Stilip
Newberg, Oregon



Jodi Stilip

WILLIAM FELL'S STREAK HITS 2 YEARS

Sorry about taking so long to get back to y'all. I just wanted to let you know that my streak is still going. My minimum is 3 miles. I finished my 2nd Boston Marathon in April and am doing New York in November. That'll complete the American "Majors" for me. Still working on Berlin, London, and Tokyo. Just trying to keep the miles up through the Southern summer heat.

William Fell
Baton Rouge, Louisiana

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Paul Theron

PAUL THERON JOINS SRI FROM SOUTH AFRICA

I'm based in Johannesburg, South Africa. I run with a group of friends in the Parkview area. We call ourselves the Tyrone Harriers.

I have tracked my first year of streak running on Strava:

<https://www.strava.com/athletes/4721217>

I have completed 5 Comrades Ultra Marathons, and quite a number of regular marathons over the years. After many years of regular running, I decided to go steady with a daily streak!

In the last 365 days I covered 3,853 km (2,394 miles), which works out to an average distance of 10.56 km per day. My longest run during the year was the Two Ocean Ultra Marathon in Cape Town (56 km completed in 4h39).

My goals for the year ahead are to complete another year of running every day. I also hope to run a sub 1h30 half marathon and a sub 3 hour full marathon.

Paul Theron
Houghton, South Africa

IVAN FINK'S STREAK HITS 21 YEARS

I made it another year. The past year was probably the most trying of any of the prior 21 years and maybe even the past 38 years of my running regularly.

With a medical problem that popped up unexpectedly, as they do, I was fully prepared to give up the streak on 3 occasions without any regret. I didn't think I would even get out of bed but my wife encouraged me to give it a try on the treadmill and watched me lumber through 2 miles on those 3 occasions. One day at a time as they say. Looking for 22.

Ivan Fink
Arcola, Illinois

SKYE RUSSELL'S STREAK HITS 2 YEARS

I was very excited to run today [21 July 2015]. Two years is a great accomplishment for me since I still can't believe I am a runner. I am the third member of my family with an active streak; my husband and 10 year-old are active members as well. We are waiting on our 6 year-old to give us the OK for when he is ready to begin his streak. I truly am happy to be a part of a great group and I look forward to continuing my journey of running every day, for life!

Skye Russell
Missouri City, Texas

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Chris Pilotti and Catherine Farrell

CHRIS PILOTTI'S STREAK ENDS AT 1,293 DAYS

I'm writing to report that I recorded 0 miles running yesterday, on Thu., 7/16, therefore my streak is retired on Wed., 7/15/15.

Short story long, I've been doing really well with training and races for distances up to the half. In addition to 10K and half PR's this year, I had jumped into a 5K purely for speed work for training and without rest and missed a PR by a few seconds. However I continue to get injured when I ramp up to marathon training. My hamstrings are a mess right now.

The coach I'm working with suggested 2 weeks total rest from running, especially no longer my mile minimum, then we'll start to build again. He understood a very difficult pill for me to swallow and left that entirely to me. I think it's the right thing to do. I've hobbled through too many 10-minute 1 mile runs.

The picture is of my girlfriend, Catherine Farrell, and me taken before the famous Utica, NY Boilermaker 15K this past Sunday on 7/12, with 14,000 runners. Catherine and I both ran to raise money for the Make-A-Wish Foundation of Central New York. I've been a Wish Granter and fund-raiser for MAW for over 20 years. It was my 9th consecutive Boilermaker, 3rd with a charity bib for MAW.

I very much appreciate the camaraderie this organization provided me and your kindness to me as well. I may be back some day! Best of luck to you and your own streak going forward. I am out.

Chris Pilotti
Binghamton, New York

MATTHEW SCHAUF'S STREAK HITS 12 YEARS

I wish I had something to report, but at this stage no news is almost good news. I had an Achilles flare-up this spring but after a few weeks of extra attention and a few ultrasound treatments the problem dissipated.

I try not to think of the streak, but when to fit in my daily 4+ mile run so as to help elevate stress, break up the day, or get away to reflect.

My first streak started back in 1999 after reading an article about some guys with 20+ and 30+ year streaks; I thought it would be great to see if I could go a year but internally I really wanted to get to 5 years. A couple of collapsed lungs ended my first two streaks just after two years, but things have been good since surgery and right now I'm just going day-to-day/year-to-year.

Matthew Schauf
Menomonie, Wisconsin

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Jim Koch

JIM KOCH'S STREAK ENDS AFTER 2,743 DAYS

It is with great regret that I must inform you that my running streak has ended. My last day of consecutive running days was May 25, 2015. It was my 2743rd consecutive day. Prior to the start of my running in 2007, I had a pretty long streak that was ended by having my left hip replaced. This streak was ended by having my right hip replaced. I thought I might be able to keep my streak alive by running the morning of the surgery, and then slowly limping a mile a day, after the surgery. That worked for a couple of weeks, but when it was determined my hip was infected during surgery, I have been in and out of the hospital every day since.

I apologize that it has taken me so long to notify you. You will now have to move me to the retired list. My streak of 2743 is 111 days longer than Cal Ripken's consecutive games streak of 2632 games.

Jim Koch
Kenosha, Wisconsin

ANDREW LAUER'S STREAK HITS 4 YEARS

This past year of my streak was probably the most personally challenging for a number of reasons. Professionally, my work schedule was becoming very time consuming with typical weeks in office exceeding 70 hours. Many of my runs were being run at 4am just to get them in. Physically, I was having some real pain in my hips. After multiple x-rays and an MRI it was confirmed I had a number of injuries including several stress fractures of the pelvic bones. I had to really cut my daily mileage back to 3mi a day for a period of time and take it easy.

I was lucky to not have a far more serious issue result from the stress fractures and healed rather quickly. The past two months I have been regaining some fitness and form getting back to a typical weekly mileage of around 80-85mi. Work is still crazy as ever, but I am fairly optimistic about getting back to racing but will hold off until likely late winter or early spring.

I think the big take away from this past year, that I am sure those who have held their streak longer than I can agree, is that it is very important to listen to your body. I could have been forced to abandon my streak if not for catching the problem and cutting back on miles when I did. In addition, I have been putting much more time into strengthening the adductors, hips, back and core muscles. At a younger age it was easier to get away with not addressing these deficiencies. I'm looking forward to continuing on and reaching the five-year mark next July and getting back to road and trails races in the not too distant future.

Andrew Lauer
Waterville, Ohio

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Kathleen Maloney and family after running the New Haven 20K.

KATHLEEN MALONEY JOINS USRSA; STREAK ENDS AFTER 755 DAYS

Ugg! I waited until 2 years before registering my streak!! Yesterday [22 July 2015] I broke it! :(Just completely spaced. So sad! Anyway, I love to streak so I will begin again today ... but I have to be removed from the list ... you will hear from me again next summer!!! Streak ON!!

PROFILE FOR KATHLEEN MALONEY

I am a proud mom of 4 teenagers! Married 20 years this fall. I run for fun not speed. This is my second streak attempt.

Started Jan 1 2013 and made it to Jun 25th 2013....just forgot!

Started again on Jun 27th and made it to July 22...forgot again..

I am getting my graduate degree and summer classes are the straw that overflows my life leading to a missed run. That's what happened in June 2013 and now July 2015.

I'm turning 49 this December. Streaking has been a good thing for me in many ways. Several years ago I had Lyme's disease. I am better now but it was a hellish year being sick and trying to recover. As a result I developed a reluctance to be outdoors. Although I log a ton of treadmill miles, my streak always encourages me to go for a run outside.

Looking forward to becoming an active member on the registry again in July 2016!!!

Kathleen Maloney
Wilton, Connecticut

RICK KERR'S STREAK HITS 20 YEARS

Yes, I still am on my streak and, as of 7/30/15, I hit the 20 year mark - 7305 days with 50,224.8 streak miles and 82,924.4 life time running miles. Half of my streak miles (25,476.9) have been run on treadmills. My streak has humbled me over the last 20 years. I have gone from training at 6:30-7:30 pace to 8:40-9:30 pace. My 5k times of 17-18 minutes have slowed to the 25-minute range. One thing running has done for me has been to help me age gracefully. Mick Jagger sings "What a Drag It Is Getting Old." I disagree with him, I say what an adventure it is getting old.

Rick Kerr
Kokomo, Indiana

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Raven Kraft, Ed Reid,
and Jonathan Reid

ED REID'S STREAK ENDS AFTER 3,928 DAYS

I am sad to report that my running streak officially ended 02/26/2015 at 10-3/4 years. I came down with the flu but kept running and 2 weeks later I had pneumonia and could not continue. Once recovered, I ran sporadically for 2 months but then realized I need to run everyday to feel good. I will do this unless it jeopardizes my health.

On a brighter note, this weekend we were in Miami and my son and I had the opportunity to run with Robert "The Raven" Kraft. We thoroughly enjoyed running with the Raven and it was an honor running with the legend that he is.

Ed Reid
Bradenton, Florida

JONATHAN REID'S STREAK ENDS AFTER 1,234 DAYS

I am also sad to say that I have ended my running streak on 4/11/2015 after a little under 3 years and 5 months. I went to a church getaway for the weekend and was unable to run. I still run most days and have since upped my mileage since I'm running more miles each day. I

don't feel the pressure to remember to run every day but I still feel that I need to run at least 5 to 6 days per week. I've also enjoyed running longer distances, instead of usually limiting myself to 1 or 2 miles. I will miss being able to say that I run every day though.

Jonathan Reid, 14
Bradenton, Florida



Tom Comer

TOM COMER'S STREAK HITS 2 YEARS

I ran 5 miles today [28 July 2015] for my two year anniversary day and worked it out so my total would land on 3000. The streak is still going strong, though earlier this spring a cracked rib threatened to end it. After about 5 weeks of 1 and 2 milers I am back to full speed. My daily average took a bit of a hit, but it's still a nice 4.10 mi per day.

During my streak I've done three half marathons. I did three full marathons and seven half m's pre-streak.....haven't taken on the challenge of another marathon during the streak- we'll see. I like Halfs better. But I tell runners if they've never done a Full they owe it to themselves to take that challenge.

Tom Comer
Denver, Colorado

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Prince Whatley

PRINCE WHATLEY'S STREAK HITS 11 YEARS

Thanks again for the reminder of my streak anniversary. Just kidding, a little. I had mentioned it to a couple of people in the week leading up to it, but I completed my runs on June 30 (the day that I completed 11 years of running) and again on July 1 (my anniversary run) without thinking about it once. I kind of like it that way. It takes the pressure off.

A little over a month ago I had a scare with the streak that has not completely gone away. I have learned the hard way that you can get a running injury by biking too much.

I am signed up for my very first (and most likely last) triathlon, Ironman Chattanooga on September 27. I sorta kinda started cross training over the winter, swimming 15-20 minutes in a hotel pool when I could find one, and doing some stationary biking, again, only about 15-20 minutes at a time.

I was doing good to cross train three times a week. You see, I didn't want to "do too much too fast" so I was starting

out conservatively.

Well sometime around March, shortly after getting clip pedals and those special shoes for my new (used) road bike, I decided to sign up for a 150-mile charity ride in May. I signed up for one-century ride three weeks before it as a training ride, and completely abandoned my swimming. I fell in love with road biking, especially the century rides on the country roads here in Alabama. I won't be giving up running anytime soon, but I've found a great cross training activity in the summer.

From late April to late June, I did four centuries. Near the end of that time I started doing brick workouts (running off the bike). Brick workouts are the reason I'm pretty sure I won't do another triathlon after Chattanooga.

In my opinion, running off the bike pretty much takes all the fun out of running. And I like running!

So getting to the point of my close call. I think that quick ramp up on the bike, combined with the brick runs have caused an overuse injury in my left knee.

A little over a month ago, about a mile and a half into a three mile run, I had a stabbing pain in my knee that almost made me fall down with each step. I walked it in. The close call was the next few days when my runs started out like that.

Most of my runs since then have been one mile walk, one mile jog/hobble/pray-I-don't-fall-down, and then one mile walk. So far so good.

I've managed to get at least one continuous mile of running in each day. I've run longer a few Saturdays with my Team In Training group. Today [email dated 11 July 2015] I made it 7.7 miles,

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but walked the last 2. Recently I "dove" in to swimming, working up to 35 minutes, and my knee is slowly getting better.

This experience has really made me think about the streak. Is it really a good idea? Does it benefit my running? Probably not always, but what I've decided is that most of the time when I'm going through a running injury like this, a little easy running may actually stimulate the healing process. But I'm also pretty sure that I've run that one - mile when it most likely delayed healing.

Over the past 11 years I'd say the times I ran when it was questionable, but helpful, far outnumber the times when it was damaging. So it's still worth it to push through those painful days, as long as I'm pretty sure I'm not doing any permanent damage.

This year I ran another sub three hour marathon (my fifth) here in Birmingham in February. A month later I completed my sixth hundred-mile race.

I feel pretty good about getting my knee better enough to finish the Ironman, but I've tossed out any competitive ambition for it. I'm planning to treat that race, the Chicago Marathon that I'm running two weeks later with TNT, and the New York Marathon three weeks after that, all like training runs.

I've already started thinking about my goals for next year. Another sub three - hour marathon at Mercedes in Birmingham, a 5K PR (it's been a while), and another 100 mile finish, returning to my local favorite, Pinhoti in November.

So that's my eleven year update. I hope I have a shorter one next year, without all the excitement.

Prince Whatley
Birmingham, Alabama

PRINCE WHATLEY'S STREAK ENDS AFTER 4,038 DAYS

Bad news. Another one bites the dust. The last day of my run streak was July 21.

In my streak anniversary update I sent you a few weeks ago I gave a little background about some knee pain I've been having that started earlier this year. After that email it got worse with every run. In the last couple of weeks I was only "running" (hobbling) one mile in each of my daily three-mile runs, walking the rest. And with each run, the run portion was getting more and more painful.

In the last week I was limping the rest of the day just walking around. Every run was a mystery as to whether I'd make a whole mile without falling down. I am fairly certain I have a torn meniscus. I have an appointment next Wednesday with the orthopedic surgeon who operated on my knees 24 years ago.

Ending the streak was tough. It was like saying goodbye forever to an old friend. I think I am experiencing physical withdrawals too.

Within a couple of days I came down with the worst cold I've had in years. About the time my cold went away, I experienced a muscle spasm in my neck/back, and that is taking its sweet time resolving.

I don't know if I'll start another streak. There is a good chance that in another month or so I'll be a guy with four knee surgeries.

I haven't given up on doing Ironman Chattanooga on September 27, but I'm now just training to finish. I'll wait until my doctor's appointment next week to

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decide for sure, but if I continue with it, I'll most likely just walk the marathon portion of the race, and then have the surgery afterward.

I've been walking the past few days, and other than making a lot of clicking and crunching sounds, there's no (not much?) pain anymore. I have no idea what it'll feel like after 112 miles on the bike.

I'd like to offer some words of wisdom to all of those streak runners out there with less than 11 years and 21 days of consecutive running, but all I can think of is this.

Congratulations! You've just moved up the list! And enjoy every run. It's a blessing and a gift.

Prince Whatley
Birmingham, Alabama

JOHN CHANDLER'S STREAK HITS 34 YEARS

Yesterday [9 August 2015], I did not run 34 miles, nor 34k, nor even 34 laps on the track, but did go "3" + "4" = 7 miles.

Actually didn't feel very good – probably cuz I went 9 on Saturday for a 42-mile week. Plus, the Dewpoint was a tad high . . .

All in all, a good year.....ran Boston in April (ugh—slowest ever: 3:50), turned 60 in May, still volunteer-coaching Girls High School Cross Country & Track.

Another year in the books! Onward & Upward!

John Chandler
Whitefish Bay, Wisconsin



Tammy Jones

TAMMY JONES' STREAK HITS 2 YEARS

I am STILL running and continuing my streak. Total mileage to date is 3,565. My second year of streaking was more challenging than the first because 37 weeks I ran pregnant. I am currently 38 weeks pregnant and running on average 1.25 miles per day to keep the streak alive. I purchased a treadmill two months ago which has also helped me get a daily run. I look forward to continuing my streak as I welcome baby later this month.

Tammy Jones
Miami Beach, Florida

JAMES SUMMERS' STREAK ENDS AFTER 531 DAYS

My streak ended May 8th, 2015 (the day before Mother's Day). It has been a great challenge.

James Summers
Coronado, California

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Jonathan Green at the Mustache Run Half Marathon in November 2013 in Minneapolis.

JONATHAN GREEN'S STREAK ENDS AFTER 894 DAYS

Yesterday [August 11, 2015] my run streak ended. The last day of my streak was August 11, my 37th birthday. It was day 894 (March 1, 2013 to August 11, 2015). For a while I've felt like it was time to end my streak. I was back and forth on it for a couple weeks (or more), but I feel okay about it today. On March 1, 2013 I started my streak as part of my effort to lose 35lbs by my 35th birthday (which I did) and then I figured I would run every day until at least 1 year. And then I kept going for another year. And then a few more months...

Part of my decision to stop my streak is my right ankle. It has been sore off and on the whole time I've run, but I twisted it pretty badly our first week in Auckland (running in the dark on unfamiliar sidewalks). It has been bugging me more than usual since. I also have a bad back and losing weight and running have helped strengthen it, but running after I've hurt my back is pretty

miserable. I hurt my back a few days ago (in the midst of moving lots of stuff into our new house and sleeping on a different bed, etc.) and yesterday I also had to change a flat tire and spend over half an hour cleaning up water in the garage from our washing machine (user installation error - i.e. I screwed up). After that, my back and legs were so tired that it seemed like confirmation that it really was okay to not run.

However, aches and pains aside, the main reason that I ended my run streak is that it was a commitment to living a more active lifestyle in Minnesota (where I found it easy to just hibernate in the winter and be pretty inactive in general). I am now living in Auckland, New Zealand and have been more active and also eating healthier. So, overall, I am going to be more active/healthy here than I have been historically. My wife and I are also trying to just have one car so I am planning to ride my bike to work regularly. Regular bike rides combined with running seems like a pretty good activity level!

Also, my wife and I are heading into the hospital tomorrow to have our third kid and it seems like a good day to not be thinking "but I need to get my run done, I need to get my run done..." even if my lovely wife would be totally okay with that!

So many people have encouraged me in my commitment to health (and my run streak as part of it) and I want to thank you for that!

I was hesitant to write this here (since I didn't get hit by a car or break my leg or something that would (possibly) stop most of you), but I really wanted to thank you all and tell you to Streak On friends!

Jonathan Green
Auckland, New Zealand
(formerly Brooklyn Center, Minnesota)

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BARCLAY KEY JOINS USRSA

My father succumbed to the 1970s running craze, so I have been around the running scene in varying degrees since birth. I completed my first race in the spring of 1982 – a two-mile fun run that accompanied an annual 10K in my small Alabama hometown. The race was named in honor of Olympic great Jesse Owens, who was born nearby.

As I grew older, I never cared much for running but still participated occasionally in short races while my father ran the longer ones. In eighth grade, I joined the cross-country team to get in shape for basketball season. A close family friend became the cross-country coach the next year, and I became competitive by Alabama standards. I led the team to state championships during my junior and senior years and won several races along the way.

I was recruited by numerous college teams but settled for a regional university near home. My distaste for running never quite subsided, however. I stopped running track after my sophomore year of high school and only lasted one season at the college level.

Over the past twenty years, my training regimen has waxed and waned. I've completed seven marathons but only trained seriously for the first one in 2001, when I broke three hours. In the spring of 2002, I completed a half-Ironman triathlon but since that time, personal and professional responsibilities have prevented me from pursuing athletic goals.

My running streak began on August 1, 2011, when I decided to run at least two miles a day for a while to get back into shape. I didn't intend to begin a streak, but a story about Robert Kraft inspired

me to run every day for a while. I've maintained that two mile minimum for nearly four years now.

Barclay Key
Little Rock, Arkansas

BARCLAY KEY'S STREAK HITS 4 YEARS

There is nothing new to report. The streak continues at 2 mi/day for me.

Barclay Key
Little Rock, Arkansas

DAVID HAMILTON'S STREAK HITS 43 YEARS

My streak is continuing and my mileage has increased and the weight has decreased. Seems like those two always go hand in hand.

I'm very consistent around 45 miles a week. Better than before as my ongoing (nearly 5 year) ankle issue has gotten better. It's still there but I'm continuing to do rehab style exercises and wearing a light brace running and walking, which has helped a great deal. However anything fast or beyond 1-1/2 hours is still a problem.

I found out as the years have rolled on that I have had to get much more serious with my diet, but I've created a system which works pretty well and I'm now going in the right direction, running faster and farther (relatively speaking) than before. I'll keep you posted.

Cheers and good running!

David Hamilton
Vancouver, Washington

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ZACHARY WATSON JOINS USRSA

I began running competitively when I was a freshman in high school. During high school, I played football, swam, and ran track and field. I was a 400-meter runner, an 800-meter runner, and I also pole-vaulted.

After high school, I attended the University of Wisconsin-Milwaukee where I studied criminal justice and death investigations. In my free time during my college years, I loved to run and workout to stay in shape.

I made a goal for myself to run a half marathon after my freshman year of college. I was then successful in completing this goal by running the Madison Half Marathon. I loved this distance but wanted to push myself further. The following year I ran the Madison Full Marathon.

I have run races from a simple 400 in high school all the way up to a full marathon. I usually finish races at the top of my age group and I usually am able to finish in the top 10 overall. My lifetime personal bests are as follows:

5K – 17:29 (12/6/14)
4 Miler – 23:33 (8/3/13)
10K – 40:00 (11/24/11)
15K – 58:08 (10/26/13)
Half Marathon – 1:22:23 (6/15/13)
Marathon – 3:26:52 (10/6/13)

I decided on December 31, 2012 that I wanted to run every day in 2013. On January 9, 2013, I had my ultimate test to see if I would be able to fully complete my goal of running every day. On that day, my daughter Chloe was born and I was a few minutes away from missing her birth because I was out on a run. I knew from that day forward I would not miss a day of running no

matter what and to this day in 2015 I have not missed a day of running. My average miles per day for the last few years are 3.744 miles.

Zachary Watson
Wind Lake, Wisconsin

ELLIS HAMILTON'S STREAK HITS 4 YEARS

I can't believe 4 years have passed since I started this craziness (that's what my wife calls it). I'm looking forward to getting year 5 behind me and finally breaking into the *Proficient* ranks. Hope all is well with you, and happy running!

Ellis Hamilton
Hillsboro, Oregon

ROBERT CROSBY'S NEW STREAK SURPASSES OLD STREAK

This is just a short milestone note of sorts. I am delighted to have now passed my retired streak of 2777 days with my active streak.

Robert M. Crosby Jr.
Summerville, South Carolina

CARMEN BAXTER'S STREAK HITS 12 YEARS

Still going, no real update except that my family has moved to Fairfield CA now. Still running daily, just in better weather!

Carmen Baxter
Fairfield, California

MEMBER UPDATES – FALL 2015

STUART AINSWORTH JOINS SRI FROM ENGLAND

I have been running 'seriously' for 5 years. I had previously run for fitness, particularly during my time in the Royal Air Force, but I had let lots of excuses get in the way so I stopped active running. I picked it up again as a challenge from my sister as I approach 50. My initial target was to achieve a 10k run – a genuine couch to 10k. Things, however, then developed further to a half marathon and last year I completed my first marathon in Inverness, Scotland. I started my run streak as a challenge with my brother-in-law. He stopped after 100 days but mentioned he had a friend doing the full year so I thought why not? After a year, it has become part of the daily routine.

I have also become a fan of the *Parkrun* - a free to enter 5km run held at 0900 every Saturday morning, in over 400 locations in the UK and about 10 other countries. I participate as a runner and as a volunteer helping setup and clear the event. I have recently qualified as part of the 50 event club for runners and 25 helper club for volunteers.

I am fortunate to travel widely for work and through my trusty Sportswatch, I have a good geographical record of where and when I have run as well as a daily log of activity. I have run in over 12 different countries during my current streak and before that in another 5. My run streak has included a marathon, 4 half marathons, and numerous 10k events. My aim each day is to complete a minimum of 7k, which is 1/3 of a half marathon or 1/6 of a full, so I am competing at least full marathon distance each week.

Stuart Ainsworth
Huntingdon, England, United Kingdom

MARTIN AINSWORTH JOINS SRI FROM ENGLAND

I ran at school when I was around 14 to 16 years old. This was mainly cross-country and 800m track races and was briefly a member of Preston Harriers my local running club. I remember running a 5-minute mile when I was 16 and having a PR of 2 minutes 3 seconds for the 800m. I didn't run again until late 2002 when I was 29.

I entered my first 10K race which I completed in less than 40 minutes and then I carried on running and training until I completed the 2005 London Marathon in 3 hours 14 minutes and 13 seconds. I didn't run much after this and completely stopped running from the end of 2006 until I started again at the age of 40 in 2013.

As well as the marathon I've completed ten half marathons, eight 10K races and ten 5K races. I've also recently raced in the BUPA Westminster Mile race in London where I finished in 5:23. I also completed the family mile race with my eight-year old son in around 8 and ½ minutes.

Since May 31st 2013 I've been running every day. Some days I run with my 4 year-old Labrador retriever Mia, normally we do between 1 and 3 miles together. I do my longer runs without her.

My lifetime PRs are:

5k 18:04
10k 38:13
Half Marathon 1:29:14
Marathon 3:14:13

Martin Ainsworth
Leeds, England, United Kingdom

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[Editor's note: While sharing the same last name, coming from the same country, and starting their running streaks just 35 days apart in 2014, Stuart Ainsworth and Martin Ainsworth do not know each other and, as far as they know, are not related. I asked and was please that it led to a mini-history lesson for me on the Ainsworth name.

"As far as I am aware we are unrelated although the name is not that common so I am sure a few generations back there will be a connection," wrote Stuart. "The family name can be linked to the Norman Conquest in 1066 and is derived from the Germanic Ein Feld or 'One Field.' It has North England roots and there is a small town in Lancashire called Ainsworth which is certainly closer to Martin's current location than mine!"

Martin adds: "I am originally from Lancashire and my family still live in Lancashire. My Grandad was born in Burnley, which is even nearer to Ainsworth. I've never heard that history for the Ainsworth name before. Worth is a common suffix for place names that means enclosure in Old English. Another coincidence is that I once did live just out side Huntingdon in Fenstanton, and this was whilst I was working for the MOD at RAF Wyton"]

KELLY LUCK'S STREAK HITS 7 YEAR

Yes, my streak is still active. Thanks for checking about the occupation. I am no longer a student and am now a therapist.

Kelly Luck
Louisville, Colorado



Joe Beyer

JOE BEYER'S STREAK HITS 5 YEARS

It's been another good year. Over the last 365 days I have:

- ° Run a minimum of 3 miles/day. (Total 1,611 consecutive \geq 3 mile days).
- ° Averaged 5.88 miles/day. (2,145 total miles).
- ° Run 17 official marathons. (one of these was a 50k).

Running this Summer has been a joy but last Winter ... not so much. The two most difficult and memorable runs were:

- 1.) Lumbering through 18 inches of unplowed snow the morning after the 2015 blizzard in the Boston area.
- 2.) Running with a swollen foot the morning after dropping a tablet on it (Dohhh!)

Looking forward to another good and hopefully healthy year.

Joe Beyer
Concord, Massachusetts

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CINDI HARRIS JOINS USRSA

My name is Cindi and I am a wife, mother of three grown children, and now someone who has completed the first year of her running streak. I hit 365 days on June 30th with 1002 miles. During the year, I finished the NYC Marathon and the Tri Cities Challenge in Orange County, California, which consists of completing 3 half marathons within 12 months.

I don't know my total miles as a runner because I have run on and off over the years. In 2005 and 2006, I completed my first and second marathons – Long Beach Marathon and Catalina Island Marathon. I have completed 5 other half marathons and numerous 5Ks and 10Ks over the years.

While running is not something I am gifted at (in any way), it has become my discipline and link to fitness. My goal for year #2 is to approve fitness and improve my times rather than focus on distance race.

All glory goes to God for completion of my first year and special thanks to my husband and fellow streak, Rob Harris.

Cindi Harris
Lake Forest, California

TED GREEN'S STREAK ENDS AFTER 441 DAYS.

Streak ended on August 17, 2015. It's a terribly boring story. Literally just forgot I hadn't run.

Ted Green
Lee's Summit, Missouri



Dwayne Hawkins

WAYNE HAWKINS JOINS USRSA

Glad to be a part of this elite group. I am a retired US Marine, currently working at the VA hospital in Murfreesboro, TN.

I've been married for 25 years and have two daughter (the youngest is also a runner).

I have been running for 20 years and have completed 1 ultra (50k), 9 full marathons and many half-marathons. My church has a running group, which keeps me motivated to run and always have a running partner. This fall I am planning on running another ultra (60k) and 2 full marathons.

Dwayne Hawkins
Murfreesboro, Tennessee

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CARLOS LOPEZ JOINS USRSA

I run an average of 6 miles per day but at times I do the minimum of 1 to 2 miles per day when I've been ill just to keep my streak going. I started the streak on 07/06/2013.

I have been running on and off all of my life. I truly enjoy running for the pleasure of just running. I am not a competitor, and have only been in a few marathons. I have run 26.2 miles on my own on a few occasions. My average distance is about 20 mile run on the weekends.

I work for a car dealership in Miami FL. I am married and have three children: a boy (18), a girl (20), and a girl (25). I have been married for 25 years. My dream would be to one day run an Ultra Marathon.

Carlos Lopez
Miami, Florida



(the sign has the secret)

Steve Davis

STEVE DAVIS' STREAK HITS 5 YEARS

RSD 1826 / 365 = 5 years!!!!

FINALLY crossed the time line of running

EVERYDAY Outside for 5 years graduating from "Neophyte" to "Proficient" in the United States Running Streak Association!

What a great organization filled with the most awesome people I've ever encountered.

This is not a finish line but a checkpoint along the way on this great life experiment!

I can't believe it.. pinch me!

15,190 miles and 1826 days, averaging 8.3 miles per day with a 2 mile minimum (5K minimum since 10/13) and 27 mile maximum ...and today, nothing is sore!

Since all runs were outside, mostly in Michigan, I ran in temperatures from +95 degrees to windchill -38 degrees. I ran in rain with storm sirens and lightening and I ran in heavy blowing snow. I ran in NC, VA, WV, OH, MI, IL, KS, MO, TX, FL, ON, MB, Switzerland, Germany and Italy.

I had "mini-streaks" like running a 10+ mile run each day for 118 days or a half marathon everyday for 13 days. I ran feeling great and feeling sick. I ran with sore muscles and stiff legs. But most runs were great and experiences priceless. I can't wait for the next "wow" moment.

Steve Davis
Rochester, Michigan

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SCOTT CHURCH JOINS USRSA

Like many streakers, my running background was initially spotty. I ran a little in middle school, got more into it in high school, but my running career came to an abrupt halt when I partially tore my right anterior cruciate ligament right before the start of my senior year in high school. Being very naïve, I wound up continuing to try and run periodically – without any regards to any sort of rehab program for it – with predictable results of re-injuring it (total of 10 times) and starting all over on crutches and a brace.

I did manage to run but one race the summer after my senior year in high school – the *Cascade Run-off*. The run is a 10km race in Portland, Oregon over some absolutely gorgeous scenery.

Unfortunately, while I would run intermittently over in Europe (I was a foreign exchange student for a year.) and then intermittently in college, my knee would always act up and I would soon give up.

Fast track 20 years after college and my running was never quite a priority – three kids, work, and any other excuse I could think of as to why I couldn't run. Finally one day, my wife pointed out that I was so stiff that I could only bend over and barely touch my shins – I was so tight. So I began working out with a trainer and at about the same time I heard from my wife's cousin about this streaking concept and group.

Ben Emmons truly got me hooked – now I have no excuse why I can't run daily only a mile! I have run a 5 km race and am thinking about what will be my next race now that I finally have my knees back!

As of July 1, 2015, my wife and I have been married 20 years. As I write this, I am struck by what has occurred in that time frame. I try to look at both the positive and negative aspects of what has transpired.

On the negative side: One apartment fire that destroyed our place and many others, two of our cars were totaled, my wife developing H.E.L.P. syndrome with our first son and nearly dying, later my wife had thyroid storm and again almost died, and finally myself last week [letter date 3 June 2015] being diagnosed with a brain tumor.

On the positive side: We have a beautiful home, and have three wonderful boys, my wife survived both life-threatening events and now works as a NICU nurse, and learning that my *Tectal Glioma* tumor is a slow growing tumor and may never need to be dealt with medically. Oh, and of course, completing one year running streak. (I also recently completed an 840-day geocoaching streak but that is a whole other story!)

All in all – it's been a hell of a ride and I'm glad I found the right person to bring along for this trip!

Scott Church
Eagan, Minnesota

PAUL TEMPLE'S STREAK HITS 2 YEAR

I'm glad to report that the streak is still alive! I'm looking forward to many more years of streaking. :)

Paul Temple
Germantown, Tennessee

MEMBER UPDATES – FALL 2015

BILL CALLAHAN'S STREAK HITS 5 YEARS

I began my running streak in July of 2010. Events then caused me to lace up my shoes and get out and run a mile or so. And I did the same thing the following day, and the day after that. So the streak began and continues, just by never stopping. Then I was in my late 50s, and although I had run a bit when younger and although I had played soccer actively until I was over 40 years of age, I had a family and the house and the mundane routines. I was in good health and relatively good condition, but I had become sedentary and I noticed. There seemed to be a lot of huffing and puffing.

One day in late spring of 2010 a very close friend suffered a severe stroke. He was on his way to an appointment when he collapsed. A passing physician saw him, recognized the symptoms and called for an ambulance. My friend survived but was totally paralyzed in his left side, and thus dependent forever on a wheelchair.

I visited him shortly after his release from the hospital, and to cheer him I took him for a drive into the countryside. On a quiet backwoods road we passed a jogger, and my friend said under his breath to himself, "Run yah bastard! You don't know how lucky you are."

I began running the next day. And every day thereafter. I have run through Pennsylvania blizzards, and through a major hurricane, in the desert of Nevada and in the mountains of Sweden. I have run in the dark and at sunrise and at midday, I have run before leaving for trips and in the middle of journeys. I have run on roads and pavements, and beaches and in forests. I have occasionally run on treadmills when circumstances required. I have run

when feeling well and I have run through bouts of illness. I confess that I have shuffled slowly through a few hang-overs (that's the the worst!).

I do not run races. I do not run with music. I never run with anyone else, for it is a moment for me.

Now I have completed the fifth year. I did nothing special to mark the day. It was just another day to go for a run. And I have a simple answer for when people ask me why I do it: I run because I can and that gives me joy.

Bill Callahan
Wyndmoor, Pennsylvania

BRUCE MORTENSEN'S STREAK HITS 4 YEARS

I did make it to four years and hope to continue as long as possible although my pace gets slower all the time. This is the longest streak I have had in 56 years of running.

I have been hitting about 40-42 miles a week over the four years and have gone at least two miles each day. I did have to run on the deck of a boat when we took a Danube River cruise last fall but otherwise my running has been divided between Oregon where we have a second home and here in Minnesota where I continue to help coach a high school team.

A big thanks to Steve DeBoer who keeps all us in Minnesota up to date. Fun to see that Steve and Steve Gathje, who I coached in high school, have such long streaks going - truly amazing streaks!

Bruce Mortenson
Minnetonka, Minnesota

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ROBERT GEARY JOINS USRSA

Running in high school and college was always just a means to stay fit for other sports. After college I moved to New York City and decided to join the New York Road Runners Club, more in an effort to meet people but also to get the discounts on the many races they sponsored which I found myself entering.

I particularly enjoyed the Five Borough Half Marathon series and twice completed the cycle. This led to daily runs in Central Park and on occasion pacing / guiding some of the blind Achilles Club members.

I ran my first NYC Marathon in 1998 and have been running NYC on and off (the lottery is cruel mistress) since; looking forward to my ninth this Fall. One year I added the 60K Knickerbocker to the mix.

On Memorial Day of 2014, my girlfriend mentioned that she was participating in the *Runner's World* Streak Run...40 Days (through July 4th). I readily agreed to join her. July 4th came around and we both decided that streaking to Labor Day would be fun.

During the summer we added triathlons to the mix so the daily running was the least of our issues. Labor Day came and went and we kept running. Unfortunately her streak ended in December at close to the 200 day mark, pneumonia will do that.

Right about now our tame, as yet, New England winter took a very sharp turn for the worse; snow, sleet, insta-freeze ice, wind, negative temps, rain, more snow, etc. For some reason, I ran through it all. Sometime around now, my mindset shifted from IF I was going to run, to WHEN I was going to run (wording stolen from another streaker, whose name I wish I could remember). There were definitely some mornings, days, evenings and nights where staying inside seemed the logical (sane) idea, but whoever said any of us was sane.

All said, I made it back around to Memorial Day and see no reason to stop now. As others have mentioned, the positives far outweigh the negatives.

The scheduling has mandated I organize my days making me more productive. The early morning and late night runs bring with them a peace and a calm that only nature and solitude and offer.

For me, this is not about distance, it is about health, endurance, strength, commitment and stamina.

Robert Geary
Fairfield, Connecticut

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Vivien O'Hare

VIVIEN O'HARE JOINS SRI FROM NEW ZEALAND

I started running in 2009 after reading a book called "Run Fat Bitch Run" by Ruth Field and being inspired into starting my own running journey.

I have since lost nearly 30kg and average around 35kms per week. I have entered a number for small triathlons and 10km races. My most recent achievement was completing a half marathon in Hanmer Springs in May and I have signed up to complete in the Queenstown Marathon in November.

I saw an article on Streak Running online and thought that it was another achievable goal that I would like to start on today!

Vivien O'Hare
Temuka, New Zealand

HIROAKI YOSHIDA JOINS SRI FROM JAPAN

My name is Hiroaki Yoshida. I live in Yokohama, Japan. I started running in 1993 after graduating from a university. Since then I had been a lazy weekend-runner for more than a decade until I moved from Tokyo to Yokohama and came across a running team operating in my neighborhood, named "TR²EC."

I joined the team in 2011, which has changed my running life drastically. Members gather at 4 or 5 am every Saturday on Tsuzuki Green Road, which goes around our residential area and extends about 14km (9 miles), and run from 5 to more than 42km (3-26 miles) depending on his or her fitness.

Soon I found myself enjoying running more than ever. My mileage increased month by month. Last year I noticed some runners were pursuing streak records. Impressed with them, I also started running streak.

At the beginning of this year I happened to read an article in the *Wall Street Journal* mentioned about the U.S. Running Streak Association. That's how I knew it. Since then I had kept running every single day in order to have my name on the active streak list.

As for race experiences, I have run eight marathons until now. My personal record is 3:11:30 (Yokohama Marathon 2015). Now I run everyday aiming for a sub-three-hour marathon.

My running log is on the web (Unfortunately it is written in Japanese but hopefully you can read numbers).

<http://www.travel-db.net/runners/blog/yoshidapipio/>

Hiroaki Yoshida
Yokohama, Japan

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

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 64
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 71
	The Legends (40+yrs)		
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 60
4.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 64
5.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 60
6.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 60
7.	Richard Westbrook	12/29/73	Jonesboro, GA, Teacher, 68
8.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 64
9.	James Behr	03/19/75	Trinity, FL, Educator, 67
	The Grand Masters (35+yrs)		
10.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 67
11.	William S. Stark	09/10/76	St. Louis, MO, Professor, 68
12.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 70
13.	John Liepa	01/02/77	Indianola, IA, Professor, 70 *
14.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 62
15.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 65 *
16.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 57
17.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 73
18.	Rick Porter	12/03/77	Decatur, GA, Developer, 62
19.	John T. Carlson	12/26/77	Indianapolis, IN, Classroom Teacher, 61
20.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 65
21.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 58
22.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 60
23.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 63
24.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 64
25.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 55
26.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 61
27.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 60
28.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 61
29.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 69
30.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 68
31.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 66
32.	Bill Beach	10/28/79	Macomb, MI, Cross Country Coach, 67
33.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 68
34.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 59
35.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 59
35.	Layne C. Party	01/01/80	Towson, MD, Manager, 55
37.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 78 (F)

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

81.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 59
84.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 64
85.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 64
	The Highly Skilled (20+yrs)		
86.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 65
87.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 57
88.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 63
89.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 62
90.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 59
91.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 65
92.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 65
93.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 73 *
94.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 53 (F)
95.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 59
96.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 74
97.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 59
98.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 59
99.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 65
100.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 29
101.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 59
102.	Richard Corbin	01/01/95	Savannah, GA, Sales, 60
103.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
104.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 60 *
	The Well Versed (15+yrs)		
105.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 59
106.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 68
107.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 63 (F) *
108.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 65
109.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 33
110.	Debbie Brassfield	09/10/97	San Jose, CA, Flight Attendant, 55 (F)
111.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 41 *
112.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 58
113.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 60 (F)
113.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 65 *
115.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 67
116.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 55 (F)
117.	Phillip Hawley, Jr.	10/23/99	Zionsville, IN, CPA, 30
118.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 55
119.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 57
120.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 64
121.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 65 (F)
122.	Diane Shumway	05/27/00	Provo, UT, Retired, 60 (F)
123.	Lee Berg	06/02/00	Torrance, CA, Business Development, 55
124.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 60 (F)
	The Experienced (10+yrs)		
125.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 69 *

126.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 44
127.	Jim Merritt	10/29/01	Buford, GA, Retired, 67
128.	Martie Bell	12/27/01	Thomasville, NC, Professor, 60 (F)
128.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 63
130.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 68
131.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 68 *
132.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 62
133.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 64 (F) *
134.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 56
135.	George A. Hancock`	06/22/02	Windber, PA, Education, 62 *
136.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 29 (F)
137.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 40
138.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 62
139.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 55
140.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 36 *
141.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 34 (F)
142.	Carmen Baxter	08/11/03	Fairfield, CA, Physician, 34 (F)
143.	David Max	08/28/03	Alexandria, VA, Pilot, 39 *
144.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 38
145.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 58
146.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 42
147.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 38
148.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 69 *
149.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 44
150.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 35 (F)
151.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 60
152.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 65
153.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 56 (F)
154.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 60
155.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 34 (F)
156.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 52 (F)
157.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 56 *
158.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 55
159.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 62
160.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 46
161.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 64
162.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 54
	The Proficient (5+yrs)		
163.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 42
164.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 72
165.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 48
166.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 65
167.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 48
168.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 59 *
169.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 51
170.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 58
171.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 73
172.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 44

173.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 48
174.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 24 (F)
174.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 50 *
176.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 49
176.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 34 (F)
176.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 26 (F)
179.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 47
180.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 34
181.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 32
182.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 52 *
183.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 48 (F)
184.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 42 (F)
185.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 48 (F)
186.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 65 *
187.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 56
187.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 66
189.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 61 (F) *
190.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 35
191.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 68 (F) *
192.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 54
193.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 47
194.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 43 (F)
195.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 72 *
195.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 34
197.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 44
198.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 57 *
198.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 48
198.	Leo Hammond	01/01/08	Plano, TX, Student, 29
198.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 49
198.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 62
203.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 51 (F)
204.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 36
204.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 35
206.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 54
207.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 41 (F)
208.	John King	01/21/08	Naples, FL, Education Administrator, 64 *
209.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 25
210.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 52
211.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 44
212.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 55
213.	Kelly Luck	08/26/08	Louisville, CO, Therapist, 28 (F)
213.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 48
215.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
216.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 71
217.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 59 (F)
218.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 56 (F)
219.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 43
220.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 64 (F)
221.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 41

222.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 33
223.	John B. Davis	12/08/08	Desoto, TX, Consultant, 72
224.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 61
225.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 52
225.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 43
227.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 56 (F)
228.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 38
229.	Eric V. Love	12/27/08	Erie, CO, Attorney, 49
230.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 40 (F)
230.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 64
232.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 69
232.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 36
232.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 50 (F)
232.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 57 (F)
232.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 36 (F)
237.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 38
238.	Vince Nardy	01/27/09	Solon, OH, Management, 57
239.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 36
240.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 69 *
241.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 35
242.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 58 *
243.	Mitch Kronenfeld	04/12/09	Bellerose Manor, NY, Sales Manager, 64
244.	Rodger Kram	04/23/09	Nederland, CO, Professor, 54
245.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 63
246.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 71 *
247.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 60 (F) *
248.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 20
249.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 28
250.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 36 *
251.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 46 (F) *
252.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 25
253.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 16
254.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 53
255.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 33
256.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 31 (F)
257.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 74 *
258.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 55 (F)
259.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 37
260.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 57
260.	Barry S. Sackett	11/04/09	Okobojo, IA, Attorney, 46
262.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 47 (F)
263.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 23
264.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 62 *
265.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 30
266.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 40
266.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 49
266.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 36
266.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 63
270.	Paul Miller	02/10/10	Medfield, MA, Marketing, 54

271.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 50 *
272.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 56 (F)
273.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 46
274.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 37
275.	William Middlebrook	03/31/10	Colorado Springs, CO, 73 *
276.	Matt Flynn	04/29/10	Burnsville, MN, 25
277.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 28 (F)
278.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 45 (F)
278.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 58 (F)
280.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 41
281.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 40
282.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 30
283.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 41
284.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 63
285.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 52
286.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 62
287.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 23 (F)
	The Neophytes (-5yrs)		
288.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 46
289.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 59
290.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 44
291.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 55
292.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 50
293.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 58
294.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
294.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 55 (F)
294.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
297.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 59 (F)
298.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 52
299.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 58 *
300.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 30
300.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 44
302.	Michael Buerke	02/02/11	Fridley, MN, Church Administrator, 39
303.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
304.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 55
305.	Will Jones	03/18/11	Grove, OK, Athletic Director, 41
306.	Jay Frank	03/21/11	Oak Park, CA, CEO, 61
307.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 41
308.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 36
309.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 40
310.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
310.	James Holt	05/01/11	Centerville, UT, Regional Manager, 56
312.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 55 (F) *
313.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 38 (F)
314.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 54
315.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 58
316.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 56 (F) *
317.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 27

318.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 38
319.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 29
320.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 40
321.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 60 *
322.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 59
323.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 31
324.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 27
325.	Barclay Key	08/01/11	Little Rock, AR, History Professor, 39
325.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 33
325.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 46
328.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 15
329.	Steve Tant	08/13/11	Fort Mill, SC, Custom Signs, 54
330.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 71
331.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 49
332.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 38 (F)
333.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 48
334.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 60 *
335.	James Wisler	09/15/11	Wake Forest, NC, Physician, 33
336.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 33 (F)
337.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 35
338.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 35
339.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 33
340.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 47 (F)
341.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 35
342.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 46
343.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 43
344.	Patrick Caron	11/30/11	Needham, MA, Student, 18
345.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 48
346.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 40
347.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 55
348.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
349.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 48
350.	Shannon McGinn	12/28/11	Avenel, NJ. Therapist, Running Coach, 39 (F)
351.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 35
352.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 42, (F)
352.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 51 (F)
354.	Chip Akers	12/31/11	Raleigh, NC, Dad, 55
354.	Robyn Clevenger	12/31/11	West Des Moines, IA, 36 (F)
354.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 35
357.	Angela Fuss	01/01/12	Mont Alto, PA, Phys. Ed. Teacher, 37 (F)
357.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 51
357.	Mike Johnson	01/01/12	Daphne, AL, 43
357.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 56 (F)
361.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 35 (F)
362.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 54 (F)
363.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 35 (F)
364.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 47
365.	Daniel Myers	02/01/12	South Bend, IN, Professor, 49
366.	Dusty Hardman	02/13/12	Punta Gorda, FL, 47 (F)

367.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 64 (F) *
368.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 29
369.	Gary Jones	04/12/12	Troy, MT, Retired, 63 *
370.	Christopher George	04/27/12	Mobile, AL, Attorney, 56
371.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 60
372.	Justin Martin	05/04/12	San Diego, CA, Air Traffic Controller, 35
373.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 29
373.	Keziah Wilde	05/13/12	Arlington, MA, Student, 13 (F)
375.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 39
376.	Brian Baker	05/25/12	Seattle, WA, MBA Candidate, 25
376.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 49
378.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 32 (F)
379.	Chris May	05/29/12	Highlands Ranch, CO, Director Engineering, 43
380.	Mathew Arnold	06/02/12	Longmont, CO, Ph.D. Student, 34
381.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 58 *
382.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 66 *
383.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 36
384.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 32
384.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 36
386.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 40 (F)
387.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 36
388.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 48
389.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 47
390.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 48 (F)
390.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 52 (F)
392.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 36
392.	Samuel Lathrop	10/01/12	Ardmore, PA, Internal Auditor, 32
394.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 35 (F)
395.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 61
396.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 43
397.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 40
398.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 35
399.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 53 (F)
400.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
401.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 33
401.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 36 (F)
401.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 50 (F)
404.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 58 (F)
405.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 38
405.	Elizabeth Gilman	12/01/12	Byron, MN, Physician, 35
407.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
408.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 50
409.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 24
410.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 41 (F)
411.	Paul Christian	12/25/12	Rochester, MN, Journalist, 65 *
411.	Kandice Erwin	12/25/12	Fayetteville, AR, Human Resource Director, 38 (F)
411.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 48
414.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 41
414.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 38

414.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 57
417.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 29
418.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 31
419.	Zachary Watson	12/31/12	Wind Lake, WI, Investigator, 24
420.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 41
420.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 35
420.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 40
420.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 37 (F)
420.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 51 (F)
420.	Patricia Montana	01/01/13	Hampton, NH, Retired, 57 (F)
420.	Emily Williams	01/01/13	Boise, ID, Mental Health Professional, 29 (F)
427.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 27 (F)
428.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 46
429.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 39
430.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 56 *
431.	Diane Washburne	03/21/13	Mendham, NJ, Marketing Executive, 52 (F)
432.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 53
433.	Brian Orth	03/28/13	Boise, ID, Software Engineer, 36
434.	Toni Orth	03/29/13	Boise, ID, Program Coordinator, 36 (F)
435.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 46
436.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 47
437.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 30
438.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 49 (F)
439.	Emily Osinski	05/06/13	San Marcos, TX, Violinist, 31 (F)
440.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 56
441.	Peggy Hubbard	05/16/13	Los Alamos, NM, 58 (F)
442.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 52
443.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 48
443.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 51
445.	Dan Donald	05/27/13	Ocala, FL, Registered Nurse, 40
445.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 38 (F)
447.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 41
448.	Harry Owens	05/30/13	Beacon, NY, IT Director, 57
449.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 49
450.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 43
450.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
452.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 43 (F)
452.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 14
454.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 11
455.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 51 (F)
456.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 42 (F)
457.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 35
458.	Carlos Lopez	07/06/13	Miami, FL, Sales, 50
459.	Bethann Wolfe	07/18/13	Bayville, NY, Professor, 42 (F)
460.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 45 (F)
461.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 42 (F)
462.	Thomas Comer	07/28/13	Denver, CO, Retired, 54
463.	Chris Brelage	08/06/13	Fishers, IN, Sales, 45
464.	Clint Stevens	08/08/13	Houston, TX, Vending, 34

465.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 47 *
466.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 34
467.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 30
468.	Richard Jones	09/13/13	Ames, IA, Retired, 69
469.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 42 (F)
470.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 16
471.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 47
472.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 45 (F) *
473.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 45
474.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 45 (F)
475.	Cynthia Almudevar	10/28/13	Pittsford, NY, Pastor/Writer, 55 (F)
476.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 60
477.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 39
478.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 43
479.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 55 (F)
479.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 68 *
481.	Katherine Jones	11/14/13	Fort Dix, NJ, Stay-At-Home Mom, 27 (F)
482.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 47
483.	Amber Travsky	11/21/13	Laramie, WY, Wildlife Biologist, 59 (F)
484.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 43
485.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 39 (F)
486.	Michele Arnold	11/26/13	Issaquah, WA, Physician, 41 (F)
486.	Janna Chernetz-Taylor	11/26/13	Scotch Plains, NJ, Lobbyist, 39
486.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 49 (F)
489.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 39
489.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 43 (F)
489.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 54
492.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 36
492.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 37 (F)
492.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 41
492.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 34
492.	Amy Katz	11/28/13	Irvine, CA, Accountant, 45 (F)
492.	Ellen Kendall	11/28/13	St. Louis Park, MN, Business Analyst, 48 (F)
492.	Ericka Kimball	11/28/13	Portland, OR, Professor, 40 (F)
492.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 38
492.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 48 (F)
492.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 40 (F)
502.	Robert Magner	11/29/13	Littleton, MA, Consultant, 66
503.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 43
503.	Robin Lentine	11/30/13	Plymouth, MN, Student, 16 (F)
505.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 35
506.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 55
507.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 41 (F)
507.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 48
507.	Jamie Rheume	12/25/13	Marion, IL, Educator, 54 (F)
507.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 73 *
511.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 44
512.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 38
513.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 28 (F)

514.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 60
514.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 35
514.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 36
514.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 27 (F)
514.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 44
514.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 59 *
514.	Dwayne Hawkins	01/01/14	Murfreesboro, TN, Ret. Marine/VA Employee, 51
514.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 24
514.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 19 (F)
514.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 32 (F)
514.	William Rowley III	01/01/14	New York, NY, Internet Executive, 48
525.	Jennifer Meyer	01/04/14	Rochester, MN, Travel Associate, 47 (F)
526.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 40 (F)
527.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 44 (F)
528.	Lisa Hancock	02/17/14	Geneva, IL, Social Worker, 47 (F)
529.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 64 *
530.	Houston Wolf	02/27/14	Cordova, TN, IT Support Analyst, 52 *
531.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 34 (F)
532.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 56
533.	Randall Buikema	03/08/14	Fulton, IL, HR Manager, 56
534.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 51 *
535.	Matt Miller	03/17/14	Huntington, WV, Sales Manager, 40
536.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 44 (F)
537.	Michael Davis	03/29/14	Fort Worth, TX, Self Employed, 44
538.	Ian Russell	03/30/14	Missouri City, TX, Student, 10
539.	Garren Hamby	03/31/14	Minnetrissa, MN, Sales Manager, 36
540.	Rick Larson	04/02/14	Bloomington, MN, Financial Advisor, 58 *
541.	Leann Henden	04/08/14	Blair, WI, Stay-at-Home Mom, 34 (F)
541.	Martin Knight	04/08/14	Centreville, MD, Financial Advisor, 55
541.	Michael Lesko	04/08/14	Frisco, TX, Sales, 33
544.	Dylan Russell	04/09/14	Missouri City, TX, Attorney, 41 *
545.	Raymond Stone	04/10/14	Garland, TX, Self Employed Restoration, 48
546.	Aron Cole	04/12/14	Olean, NY, Teacher, 44
547.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 50
548.	Chulwon Park	05/03/14	Helena, AL, Practice Administrator, 32
549.	Stacy Spikes	05/08/14	New York, NY, CEO, 47
550.	Joann Lycett	05/11/14	Largo, FL, Assistant State Attorney, 59 (F)
551.	Joseph Finley II	05/23/14	Roxbury, MA, Transportation Supervisor, 34
552.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 48
553.	Nannette Taylor	05/25/14	Shirley, MA, Dental Hygienist, 47 (F)
554.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 39 (F)
554.	Conni Miller	05/26/14	Greencastle, PA, Registered Nurse, 44 (F)
556.	Scott Church	05/27/14	Eagan, MN, Wound & Ostomy Nurse, 46
556.	Emily Foster	05/27/14	Lake Oswego, OR, Homemaker, 43 (F)
558.	Mark Allen	06/01/14	Chesapeake, VA, Safety Manager, 32
559.	Sherry Broom	06/03/14	Columbia, MS, Nurse, 41 (F)
560.	Chad Merritt	06/14/14	Murrieta, CA, Engineer, 42
561.	Kate Freed	06/15/14	Pittsburgh, PA, Nonprofit Executive, 40 (F)
562.	John Schuerzinger	06/16/14	Latham, NY, Administrative Assistant, 46

563.	Jeff Blumenthal	06/27/14	Oklahoma City, OK, Financial Advisor, 55
564.	Shane Naisbitt	06/27/14	Grass Valley, CA, Sales, 45
565.	Steve Surratt	06/28/14	Roanoke, VA, Rehab. Tech. Spec., 56
566.	Cindi Harris	07/01/14	Lake Forest, CA, VP Account Executive, 46 (F)
567.	Tammy Roether	07/04/14	Long Beach, CA, Management, 41 (F)
568.	Kyle Anne Nelson	08/01/14	Fort Collins, CO, College Professor, 40 (F)
569.	Stephen Dye	08/02/14	Cut Off, LA, Information Security Officer, 36
570.	Laurie Omodt-TeBrake	08/06/14	Shakopee, MN, Educator, 55 (F)

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

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USRSA Men's Singlet



Optional “Streak Started” Date

Official International Active Running Streak List
As Certified to the Streak Runners International
September 1, 2015

	The Hills (50+yrs)		
1.	Ron Hill	21Dec64	Hyde, England, Runner, 76
	The Grand Masters (35+yrs)		
2.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 69
	The Highly Skilled (20+yrs)		
3.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 52
	The Experienced (10+yrs)		
4.	Douglas Dixon	23May04	Ontario, Canada, Retired, 64
	The Proficient (5+yrs)		
5.	Paul 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
	The Neophytes (-5yrs)		
11.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 34
12.	Vanessa Oshima	11Sep12	Tokyo, Japan, 45 (F)
13.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 48 (F)
14.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 42
15.	Jim Crisp	07Apr13	Brough, England, Plumber, 43
16.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 43
17.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 37 (F)
18.	Gillian Selman	17Oct13	Bromley, England, Nurse, 42 (F)
19.	Brian Andres	12Nov13	London, England, Analyst, 32
20.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 40 (F)
21.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 41
22.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 41 (F)
23.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 46
24.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 30 (F)
25.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 37 (F)
26.	Stuart Ainsworth	26Apr 14	Huntingdon, England, Compliance Officer, 53
27.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 52
28.	Martin Ainsworth	31May14	Leeds, England, IT Consultant, 42
29.	Henry Law	01Jul14	Folkestone, England, Golf Professional, 30
30.	Paul Theron	15Jul14	Houghton, South Africa, Asset Manager, 48
31.	Lynn Burnet	03Aug14	Falmouth, Canada, 41 (F)
32.	Hiroaki Yoshida	27Aug14	Yokohama, Japan, Translator, 44

* 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.

September 1, 2015

1.	Mark Covert, Lancaster, CA	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	Jon Simpson, Memphis, TN	08/30/71 – 06/10/15	15,991 days (43 yrs 285 days)
3.	Kenneth C. Young, Petrolia, CA *	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
4.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
5.	Robert J. Zarambo, Whitehall, PA	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
6.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
7.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
8.	Walter O. Byerly, Dallas, TX *	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
9.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
10.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
11.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
12.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
13.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
14.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
15.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
16.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
17.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
18.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
19.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
20.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
21.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
22.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
23.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
24.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
25.	Alicia Brophay, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
26.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
27.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
28.	Mark Sutherland, Rancho Murieta, CA	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
29.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
30.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
31.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
32.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
33.	Kenneth Korsek, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
34.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)

35.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
36.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
37.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
38.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
39.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
40.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
41.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
42.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
43.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
44.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
45.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
46.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
47.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
48.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
49.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
50.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
51.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
52.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
53.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
54.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
55.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
56.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
57.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
58.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
59.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
60.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
61.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
62.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
63.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
64.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
65.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
66.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
67.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
68.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
69.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
70.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
71.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
72.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
73.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
74.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
75.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
76.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
77.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
78.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
79.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)

80.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
81.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
82.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
83.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
84.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
85.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
86.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
87.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
87.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
89.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
90.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
91.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
92.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
93.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
94.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
95.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
96.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
97.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
98.	Prince Whatley, Birmingham, AL	07/01/04 – 07/21/15	4,038 days (11 yrs 021 days)
99.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
100.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
101.	Ed Reid, Bradenton, FL	05/27/04 – 02/26/15	3,927 days (10 yrs 275 days)
102.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
103.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
104.	Sonny Hunter, Kingston, TN	06/10/04 – 07/02/14	3,675 days (10 yrs 023 days)
105.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
106.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
107.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
108.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
109.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
110.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days (9 yrs 036 days)
111.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
112.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
113.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
114.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
115.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
116.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
117.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
118.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days (7 yrs 266 days)
119.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
120.	James Koch, Kenosha, WI	11/21/07 – 05/25/15	2,743 days (7 yrs 186 days)
121.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days (7 yrs 151 days)
122.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
123.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days (7 yrs 127 days)
124.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)

125.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
126.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
127.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
128.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
129.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
130.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
131.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
132.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
133.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
133.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
135.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
136.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days (6 yrs 066 days)
137.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
138.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
139.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
140.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
141.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
142.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
143.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
144.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
145.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
146.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
147.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
148.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
149.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)
150.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
151.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
152.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
153.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
154.	Reno Stirrat, Rockaway, NJ	06/11/83 – 06/11/88	1,828 days (5 yrs 001 days)
155.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
156.	J. Patrick Gowney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
157.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
158.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
159.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days (4 yrs 301 days)
160.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
161.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
162.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
163.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
164.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
165.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
166.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
167.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
168.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days (4 yrs 102 days)
169.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
170.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
171.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
172.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)

173.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
174.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
174.	Todd Kane Plainsboro, NJ	12/28/10 – 02/24/15	1,520 days (4 yrs 059 days)
176.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days (4 yrs 044 days)
177.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days (4 yrs 042 days)
178.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
179.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
180.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
181.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
182.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
183.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
184.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
185.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days (3 yrs 251 days)
186.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
187.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
188.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days (3 yrs 244 days)
189.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
190.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
191.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
192.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
193.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
194.	Christopher Pilotti, Binghamton, NY	12/31/11 – 07/15/15	1,293 days (3 yrs 197 days)
195.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
196.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days (3 yrs 184 days)
197.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days (3 yrs 150 days)
198.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
199.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
200.	Jonathan Reid, Bradenton, FL	11/25/11 – 04/11/15	1,233 days (3 yrs 137 days)
201.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
202.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
203.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
204.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
205.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
206.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
206.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days (3 yrs 069 days)
208.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
209.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
210.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
211.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days (3 yrs 044 days)
212.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
213.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
214.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
215.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days (3 yrs 012 days)
216.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days (3 yrs 004 days)
217.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
218.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
219.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days (2 yrs 359 days)
220.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
221.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)

222.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
223.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
224.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
225.	Dylan Russell, Missouri City, TX *	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
225.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)
227.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
228.	James Clisset, Yuma, AZ	11/17/12 – 08/14/15	1,001 days (2 yrs 271 days)
229.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
229.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
231.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days (2 yrs 250 days)
232.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
233.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
234.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
235.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
236.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
237.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
238.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
239.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
240.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
241.	Jonathan Green, Brooklyn Center, MN	03/01/13 – 08/11/15	894 days (2 yrs 164 days)
242.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days (2 yrs 146 days)
243.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
244.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
245.	Kyle Rizzo, Berkeley, CA	01/01/13 – 05/03/15	853 days (2 yrs 123 days)
246.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
247.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
248.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
249.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
250.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
251.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
252.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
253.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
254.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
255.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
256.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
257.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
257.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
259.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
260.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days (2 yrs 063 days)
261.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
262.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
263.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
264.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days (2 yrs 033 days)
265.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
266.	Kathleen Maloney, Wilton, CT (F)	06/27/13 – 07/21/15	755 days (2 yrs 025 days)
267.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
267.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
269.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days (2 yrs 019 days)

270.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
271.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
272.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
272.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
272.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
275.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
276.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
277.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
278.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days (1 yr 351 days)
279.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
280.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
281.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
282.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days (1 yr 320 days)
283.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
284.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
285.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
286.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
287.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days (1 yr 288 days)
288.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
289.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
290.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days (1 yr 278 days)
291.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
292.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
293.	Christine Petrone, South Jordan, Utah (F)	12/31/12 – 09/03/14	612 days (1 yr 247 days)
294.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
295.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
295.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
295.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
298.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days (1 yr 234 days)
299.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
300.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
301.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
302.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
303.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
304.	Benjamin Labovitz, Baltimore, MD	11/28/13 – 06/30/15	580 days (1 yr 215 days)
304.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
306.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
307.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days (1 yr 212 days)
308.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
309.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days (1 yr 208 days)
310.	Paul Seibert, Fort Mitchell, KY	11/01/13 – 05/26/15	572 days (1 yr 207 days)
311.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
312.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
313.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
313.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
315.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days (1 yr 187 days)
316.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
317.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
317.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)

319.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
320.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
321.	James Summers, Coronado, CA	11/24/13 – 05/08/15	531 days (1 yr 166 days)
322.	Chris Myers, Chanhassen, MN	12/24/13 – 06/06/15	530 days (1 yr 165 days)
323.	Gayle Kearney, Ballwin, MO (F)	12/05/13 – 05/12/15	524 days (1 yr 159 days)
324.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
325.	David Wilson, Glenside, PA	12/29/13 – 05/19/15	507 days (1 yr 142 days)
326.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
327.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
327.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
327.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days (1 yr 135 days)
327.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
331.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days (1 yr 134 days)
332.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
333.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
334.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
334.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
334.	J. Patrick Gowney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
337.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
338.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
339.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
340.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days (1 yr 103 days)
341.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days (1 yr 097 days)
342.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
343.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
344.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
345.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
346.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
347.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
347.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
349.	Ted Green, Lee's Summit, MO	06/03/14 – 08/17/15	441 days (1 yr 076 days)
349.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
349.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
352.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
352.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
352.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
355.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
356.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
357.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
358.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
359.	John Miller, Macon, GA	01/01/14 – 03/05/15	429 days (1 yr 064 days)
360.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
361.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days (1 yr 060 days)
361.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
363.	Tim Stearman, Albuquerque, NM	12/15/13 – 02/10/15	423 days (1 yr 058 days)
364.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
365.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
366.	Brian Daniels, Minneapolis, MN	01/12/14 – 02/26/15	411 days (1 yr 046 days)
367.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)

368.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
369.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
370.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
371.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
372.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
373.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
374.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
375.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
376.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
377.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
378.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
379.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
379.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
381.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
382.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days (1 yr 014 days)
383.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
384.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
384.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
386.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
386.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
386.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
389.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
390.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
390.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
390.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
393.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
393.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
393.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
393.	James Janker, Wheatfield, NY	04/16/13 – 04/17/14	367 days (1 yr 002 days)
393.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
393.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
393.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
393.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
393.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
402.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
402.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
402.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
402.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
402.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days (1 yr 001 days)
402.	Justin Andes, Ellicott City, MD	06/13/14 – 06/13/15	366 days (1 yr 001 days)
402.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
402.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
402.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
411.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
411.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
411.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
411.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
411.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
411.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)

411.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
411.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
411.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
411.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
411.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
411.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)
411.	Rick Larson, Bloomington, MN *	06/07/99 – 06/05/00	365 days (0 yr 365 days)

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

Official International Retired Running Streak List

As Certified to Streak Runners International

September 1, 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.

MEMBER UPDATES – FALL 2015

BEN LABOVITZ'S STREAK ENDS AFTER 580 DAYS

With great pride, I want to inform you that my first running streak ended on June 30, after 580 days of consecutive running. I did not run on July 1st.

I started my second streak on July 2nd.

I am so proud of what I have done, and I hope to beat my personal record of my first streak!

This was a journey I never thought I would be able to do, and I proved myself wrong. I am so grateful to have accomplished what I have done. This group is such a great source of encouragement.

I hope to email you next July 2nd!
Have a great day!

Ben Labovitz
Baltimore, Maryland

SRI/USRSA ONLINE

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

Outside Magazine

<http://www.outsideonline.com/1980131/are-you-streaker>

Peter Nieman – *Avenue Calgary*

<http://www.avenuecalgary.com/City-Life/Peter-Nieman-Is-a-Streaker-and-Its-Not-What-You-Think/>

Ellen Runnoe – *Wausau Daily Herald*

<http://www.waow.com/story/28263718/2015/03/04/Wausau-teacher-has-run-a-mile->

Jon Sutherland – *Easy Reader News*

<http://www.easyreadernews.com/100463/village-runner-to-honor-running-legends-at-22nd-4th-of-july-5k/>

Steve DeBoer – KTTC TV

<http://www.kttc.com/story/29685265/2015/07/31/rochester-man-pushes-daily-running-streak-to-45-years>

Rich Wright – *Pittsburgh Tribune-Review*

<http://triblive.com/sports/otherlocal/8853186-74/baldwin-wright-streak#axzz3i4ErNgpw>

Raven Kraft – *Trail Runner*

<http://trailrunnermag.com/people/profiles/1841-ravens-way>

Dr. Jon Simpson – *Runner's World Magazine*

<http://www.runnersworld.com/general-interest/running-streak-ends-after-more-than-43-years>

If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And---which is more---you'll be a Man, my son!

- Rudyard Kipling (1865-1936) from his poem *If*.

THE FINISH LINE

By: Mark Washburne

It was another record-breaking quarter at your running streak association. We earned our comma and expanded to a four-digit number of the now active and retired streaks listed. In other words, we now have over one thousand (1,034 to be exact) running streaks appearing on our website and in our newsletter. We also now have over 600 active streaks and over 430 on the retired side when we combine the United States only list with our International list. In addition, on 1 June 2015, Chulwon Park of Helena, Alabama became our 800th member to join SRI/USRSA. The addition of Mr. Park comes exactly six months and a day after Reno Stirrat of Rockaway, New Jersey became our 700th member on the last day of 2014.

While our overall numbers are mushrooming, it is still rare that someone on the top ten on our active list ends their streak. In fact, prior to this summer, there had only been three athletes whose streaks were broken from that elite group since I joined the management team in April 2011. The first two from the Mighty Ten to retire their streaks under my watch happened in quick succession. On 25 January 2012, Ken Young, from Petrolia, California, who had the fourth longest streak on our American only list at the time, ended his streak after 15,179 days (41 years, 204 days). Three days later, on 28 January 2012, Gary Jones, from Troy, Montana, who had just moved up to 7th on the American list, ended his streak after 14,536 days (39 years, 292 days). The third amazing streak to end during my tenure was that of Mark Covert from Lancaster, California. Coach Covert ended his streak of 16,437 days (45 years, 1 day) of consecutive daily running on 23 July 2013. Coach Covert had the longest American streak and the second longest streak in the world after Ron Hill of England at the time.

As I am sure you already know, another one of our long time athletes ended his streak this summer. On 10 June 2015, Dr. Jon Simpson, 77, a retired dentist from Memphis, Tennessee, ended his four decades long running streak after 15,991 days (43 years, 285 days). Dr. Simpson's streak was listed by SRI/USRSA as the fifth longest active running streak in the world when it ended. The retired Memphis dentist now has the second longest retired running streak in the world after Mark Covert. We wish Dr. Simpson much happiness and health in his post-streak running life.

The other significant running event among our members recently was the surpassing of 200,000 lifetime miles by Craig Davidson, 61, of Phoenix, Arizona. While his lifetime miles are a couple of round trips short of running the circumference of the earth at the equator (24,901 miles) by Herb Fred, from Houston, Texas, who surpassed 250,0000 lifetime miles in 2014 (please see Spring 2014 issue of TSR for Herb Fred's story), it is still an awesome achievement. Moreover, Mr. Davidson, who began his running streak on 5 November 1978, has averaged 14.8 miles per day during the course of his running streak.

In comparison to Mr. Davidson's and Mr. Fred's out-of-this-world lifetime and average daily totals, I had my own more humbling victory in August. At age 59, I set a personal best for most miles run in a seven-day period - 70.1 miles. My previous seven-day record was 63.59 miles set from 27 September to 3 October in 2009. While I have completed 29 marathons, including the last 11 consecutive Boston Marathons, I have never been one to run really long weekly distances for fear of getting injured and ruining

my now 25+ year running streak. My first successful attempt to reach an average of 10 miles per day for a seven-day stretch has led to a greater appreciation by me for athletes like Mr. Davidson and Mr. Fred, who log in the large daily miles week after week, month after month, and year after year.

This last quarter was also memorable for me for another reason. In July, I married the love of my life and my best (running and otherwise) friend Diane Naughton. As some of you might recall from previous *The Finish Line* columns, a computer at eHarmony matched Diane and me on the 4th of July 2012. After communicating online for three weeks, we finally met at the finish area after we both ran the Westfield (New Jersey) 5K Pizza Run on the 25 July 2012.

After meeting, Diane joined the running club I founded, the Do Run Runners (DRR), out of Randolph, New Jersey, and began competing for the DRR race team. In 2014, Diane's 50s women's team placed first and my 50s men's team also finished first in the team competition for the USA Track & Field - New Jersey (USATF-NJ) race series. Diane also began her own running streak and has not missed a day of running since 21 March 2013.

Less than one month after Diane started her running streak, on 15 April 2013, I finished my 9th consecutive Boston Marathon in a time of 3:50:17. I crossed the finish line at 2:14 p.m. Diane was a spectator for the race and was a couple hundred yards from the finish line. Our plan was for Diane to wait on Boylston Street near the finish line until I called her. It took me 21 minutes – I later checked my cell phone records - to pickup my bag and medal and call Diane. Unknown to us, we only had minutes to spare before tragedy struck where Diane was standing.

As I walked back to our hotel, I heard two very loud booms around 2:50 p.m. – 36 minutes after I finished the marathon. I was on Huntington Avenue, the next street over from the finish line, when I heard the explosions. Diane and I met at the Sheraton Hotel (located just off Boylston) about 10 minutes after the explosions. While Diane sensed something was wrong, she said that she had left the finish line area on Boylston Street by cutting through Lord & Taylor and did not hear the bombs. While Diane did not even hear the blasts, my heart skipped a beat by the media coverage on the next Thursday night when news reports said that the police had video surveillance of the suspects that was taken by the cameras at Lord & Taylor. The tragic events of April 2013 brought Diane and me closer together.

I proposed to Diane at the finish line area of the Chicago Marathon on 12 October 2014. The 2014 Chicago Marathon was Diane's first marathon. She just missed qualifying for the Boston Marathon by 99 seconds.

We were married on 25 July 2015 - exactly three years from the day we both met at the Westfield 5K Pizza Run. Our wedding ceremony ended with the officiant (my nephew Tom) telling the guests, "What therefore an eHarmony computer [and I might add streak running] hath joined together, let not man put asunder."

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



The Streak Registry

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

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

STREAK CERTIFICATION

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

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SRI Women's Singlet



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Optional "Streak Started" Date

"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