

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

THE STREAK REGISTRY

**BARBARA LATTA'S STREAK HITS 32 YEARS;
HAS SECOND LONGEST ACTIVE FEMALE STREAK IN WORLD**



Barbara Latta

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THE STREAK REGISTRY

Spring 2016 – 61st ISSUE

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STREAKING ANNIVERSARIES

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

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

Ward Crutcher of Muncie, Indiana on December 26th
George Brown of Richlands, Virginia on January 6th

From The Dominators to The Masters (30th anniversary)

Ralph McKinney of Wilmington, Delaware on January 1st
Roger Urbancsik of Marina Del Rey, California on February 1st

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

Ted Sabinas of Cedar Springs, Michigan on December 8th
John Faz of Lincoln, Nebraska on December 26th
Jeff Morgan of Reston, Virginia on December 30th
Tyler Forkes of Ontario, Canada on January 1st
Ronald Landrum of San Jose, California on January 1st
Tucker Andersen of Warren, Connecticut on February 6th

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

Charles Robb of Lee's Summit, Missouri on December 31st

From The Proficient to The Experienced (10th anniversary)

Duncan Cameron of Palm Harbor, Florida on December 6th
Todd Kelleher of Hilliard, Ohio on January 1st
Gary Scott of Olathe, Kansas on January 19th

From The Neophytes to The Proficient (5th anniversary)

Dung Nguyen of Smyrna, Georgia on December 11th
Kevin Walsh of Laguna, California on December 20th
Ryan Fletcher of Georgetwon, Indiana on December 29th
Lisa Millan of Coon Rapids, Minnesota on December 29th
Steven Tursi of Mahwah, New Jersey on December 29th
Joel Benton of Bepton, England on January 1st
Judy Lawrence of Milton, Massachusetts on January 1st
Paul McLeland of West Chicago, Illinois on January 10th
Brad Kautz of Dulce, New Mexico on January 15th
Evan Barnhart of Holland, Michigan on January 17th
Jaime Estrella, Jr., of Burbank, California on January 17th
Michael Buerke of Fridley, Minnesota on February 2nd
Allen Weddle of Chesapeake, Virginia on March 1st

STREAKER LEAP DAY RUNS

13 Leap Days Run - Start 1968

Ron Hill 21Dec64

12 Leap Days Run - Start 1972

Jon Sutherland 05/26/69
 Jim Pearson 02/16/70
 Stephen W. DeBoer 06/07/71
 Alex T. Galbraith 12/22/71

11 Leap Days Run - Start 1976

David L. Hamilton 08/14/72
 Steven Gathje 09/25/72
 Richard Westbrook 12/29/73
 Robert R. Kraft 01/01/75
 James Behr 03/19/75

10 Leap Days Run - Start 1980

Stephen D. Reed 06/16/76
 William S. Stark 09/10/76
 Bill Anderson 09/27/76
 John Liepa 01/02/77
 Bill Robertson 02/08/77
 William J. Benton 04/23/77
 Brian Casey 05/09/77
 Frank Clarke 10Aug77
 Samuel F. Johnston 08/26/77
 Rick Porter 12/03/77
 John T. Carlson 12/26/77
 Timothy C. Masters 12/28/77
 Timothy Woodbridge 03/05/78
 Bruce A. Sherman 05/16/78
 C. David Todd 10/14/78
 Charles E. Lindsey 10/16/78
 John C. Roemer, IV 11/01/78
 Craig A. Davidson 11/05/78
 Scott Ludwig 11/30/78
 Rick Rayman 10Dec78
 Jon Kralovic 01/01/79
 Thad Childs, Jr. 03/05/79
 Charles Holmberg 03/20/79
 Benjamin M. Freed 12/12/79
 S. Mark Courtney 12/20/79
 William G. Finkbeiner 01/01/80
 Layne C. Party 01/01/80

9 Leap Days Run - Start 1984

Lois Bastien 04/18/80
 Leslie J. Shoop 04/28/80
 Ed Goff 08/13/80
 John I. Watts 10/04/80
 Ward D. Crutcher 12/26/80
 George G. Brown 01/06/81
 Michael Halloran 04/01/81
 John R. Chandler 08/09/81
 Ben Dillow 08/20/81
 Bill Leibfritz 12/03/81
 Frederick L. Murolo 12/30/81
 Scott D. Snyder 12/31/81
 Michael G. Sklar 01/20/82
 John L. Tillman, Jr. 03/05/82
 Ken Birse 04/22/82
 Charles Groseth 06/30/82
 Grant McAllister 08/28/82
 Gary Rust 07/03/83
 David Melissas 07/20/83
 Doug Holland 08/01/83
 Al Colonna 08/05/83
 Barbara S. Latta 12/05/83

8 Leap Days Run - Start 1988

Randolph Read 09/01/84
 Sue S. Favor 12/20/84
 Joseph Raffa 12/26/84
 Leonard Bruckman 02/10/85
 Milton Magness 09/22/85
 Matthew M. Mace 09/29/85
 Kenneth D. Brown 11/10/85
 Judy Mick 11/20/85
 Ralph McKinney 01/01/86
 Roger Urbancsik 02/01/86
 Ronald N. Dennis 06/29/86
 William Shires 10/19/86
 Stuart X. Calderwood 01/21/87
 Timothy Bailey 05/17/87
 Michael L. Holsteen 01/31/88

7 Leap Days Run - Start 1992

Tom Allen 05/21/88
 George M. Church 07/30/88
 Michael Heller 12/29/88

Kip Williamson	01/01/89
Christopher Graham	04/16/89
Steven Way	08/10/89
Hal Gensler	12/04/89
John H. Wallace, Jr.	12/31/89
John H. Wallace, III	12/31/89
Mark Washburne	12/31/89
Richard J. Wright	08/03/90
John Wolff	09/01/90
Jerry Caine	10/02/90
Daniel Pereira	11/05/90
Ted Sabinas	12/08/90
John L. Faz	12/26/90
Jeff L. Morgan	12/30/90
Tyler Brett Forkes	01Jan91
Ronald J. Landrum	01/01/91
K. Tucker Andersen	02/06/92

6 Leap Days Run - Start 1996

Gabrielle Cohen	11/10/92
Brent Burmaster	03/13/93
Edwin N. Dupree	06/23/93
Jeffrey Sider	01/01/94
Henry Lengkeek	06/05/94
Ivan Fink	07/11/94
Joel Pearson	09/03/94
John J. Byrne	12/26/94
Richard Corbin	01/01/95
John Nikolic	04/29/95
Richard J. Kerr	07/30/95
Charles Robb	12/31/95

5 Leap Days Run - Start 2000

A. F. DeYoung	11/08/96
Karen Queally	01/01/97
Tom Barry	04/30/97
Troy A. Coppel	05/19/97
Debbie Brassfield	09/10/97
Grant Woodman	10/06/97
Thomas B. Welch	01/01/98
Debbie Ciccati	04/01/98
Craig B. Snapp	04/01/98
Michael DeMint	06/28/98
Lauren Estilow	10/15/99
Phillip Hawley, Jr.	10/23/99
Steve Scales	11/06/99
Peter Briggeman	11/22/99
Barry W. Britton	11/27/99

4 Leap Days Run - Start 2004

Christina Richards	05/06/00
Diane Shumway	05/27/00
Lee Berg	06/02/00
Margaret Sherrod	06/02/00
Ronald W. Shealy	04/01/01
Kevin Rison	09/14/01
Jim Merritt	10/29/01
Martie Bell	12/27/01
Harry Warren	12/27/01
Joseph R. Morris	12/28/01
Ralph Edwards	04/07/02
Karl Olson	04/12/02
Dave Emmans	06/06/02
George A. Hancock`	06/22/02
Eliza Eshelman Miron	09/21/02
Chuck Myers	01/01/03
Vincent Attanucci	01/08/03
Woody Woodburn	07/07/03
Matthew Schauf	07/26/03
Cori Brindle	08/02/03
Carmen Baxter	08/11/03
David Max	08/28/03
Matthew Carpenter	11/19/03
Ted Neff	12/15/03
Michael W. Bergquist	12/31/03

3 Leap Days Run - Start 2008

Kenny Booth	05/03/04
Douglas Dixon	23May04
Neil Scott	06/02/04
Mark Bonney	06/12/04
Veronica V. Rust	07/22/04
Robbie McLendon	08/29/04
Joel Pasternack	10/31/04
Nancy L. Harmon	01/01/05
Francis Garrow	04/24/05
Alisa Vargas West	05/02/05
Susan Ruzicka	07/09/05
Timothy J. Eshelman	07/24/05
Peter T. Eshelman	07/27/05
Jason Morgan	08/14/05
Lawrence Dooley	08/25/05
D. Scott Cyphers	08/29/05
Mark Misch	09/26/05
Duncan Cameron	12/06/05
Todd Kelleher	01/01/06
Gary R. Scott	01/19/06
Tony Kelly	03/17/06

James C. Bates	06/04/06
Scott J. Palm	09/09/06
Thomas McDow IV	11/24/06
Eric Armel	12/10/06
Patrick Dunigan	12/12/06
Heather E. Nelson	12/15/06
William D. Nelson	12/15/06
Charles R. Fox	01/01/07
Heidi Manfred	01/01/07
Stephanie Mera	01/01/07
Paul Smith	01Jan07
Bill Street	02/10/07
Paul Wichmann	03/05/07
Grant Nelson	03/17/07
David Kissel	03/18/07
Denise Eberhardt	05/04/07
Corey A. Escue	07/15/07
Nancy S. West	08/15/07
Roger H. Nelson	08/18/07
Kevin Brunson	10/06/07
Everette Doffermyre	10/06/07
Steve Bayliss	03Nov07
Ellen S. Runnoe	11/03/07
Nicolas Caperna	11/09/07
Diana Nelson	11/23/07
Timothy L. Hardy	12/13/07
Brian P. Jones	12/18/07
Jill P. Jones	12/24/07
Ronald Kmiec	12/28/07
Kevin Slagle	12/28/07
Jeff Donahue	12/31/07
Robert M. Crosby, Jr.	01/01/08
John Devereaux	01/01/08
Leo Hammond	01/01/08
Scott Hendren	01/01/08
Michael Neff	01/01/08
Susan Schultz	01/03/08
Joe Call	01/07/08
Preston Giet	01/07/08
Robert L. Hill	01/12/08
Katie Carter	01/15/08
John King	01/21/08

2 Leap Days Run - Start 2012

Davey Cagle	04/27/08
Michael Ernst	06/22/08
Qraig R. deGroot	07/01/08
Dave Rabe	07/02/08
Kelly Luck	08/26/08
Nicholas A. Martinez	08/26/08

Kevin H. Rapp	09/06/08
Bruce D. Shephard	09/21/08
Mary Ellen Davis	11/16/08
Susan C. Mindock	11/27/08
Charlie Hart	11/29/08
Ann Hanson	12/01/08
Michael J. Murphy	12/02/08
Elliot J. Friedman	12/05/08
John B. Davis	12/08/08
Keith Osborne	12/23/08
John W. Danielson	12/24/08
Chad Hutchison	12/24/08
Susan Crabtree	12/25/08
Benjamin Emmons	12/26/08
Eric V. Love	12/27/08
Angela Chabot	12/29/08
Michael L. Johnston	12/29/08
John Anderson	01/01/09
Matthew Fisher	01/01/09
Paula Harkin	01/01/09
MaryAnn F. Hill-Pitts	01/01/09
Erin E. Stevens	01/01/09
Kenny Miller	01/08/09
Vince Nardy	01/27/09
David Haase	02/08/09
William Moreland	02/13/09
Chip Le Duff	02/28/09
Nick Morganti	03/25/09
Mitch Kronenfeld	04/12/09
Rodger Kram	04/23/09
Thomas Watkins, Jr.	05/27/09
Roger B. Carlson	06/05/09
Karen Wallace	06/16/09
Christopher Read II	06/21/09
Braxton Fonville	06/30/09
Klint A. Rose	07/03/09
Carroll L. Wright	07/05/09
Skylar Glandon	08/20/09
Bradley Blaszyński	08/30/09
Theresa Flora	09/09/09
Hopper Pearson	09/13/09
Therese Savona	09/27/09
Ken Johnson	10/19/09
Carol Bancroft	10/20/09
Mark Jasper	10/24/09
Paul Case	11/04/09
Barry S. Sackett	11/04/09
Amie Kreppel	12/01/09
Patrick Wylie	12/25/09
Jeffrey Shumway	12/26/09
Jamie Hopkins	12/31/09

J. Wade Baker	01/01/10
Greg Dawson	01/01/10
Ezra Hallam	01/01/10
Bob Sonsara	01/01/10
Paul Miller	02/10/10
Jeff Gould	02/28/10
Debra Dilling	03/01/10
Adam Marcus	03/20/10
Dave Wooley	03/23/10
William Middlebrook	03/31/10
Matt Flynn	04/27/10
Amy Yurko	05/03/10
Shelly Cable	05/10/10
Nancy Petrosino	05/10/10
Casey Coppedge	06/01/10
Michael Glassburn	06/14/10
Brian Clevon	07/02/10
Nicholas Weide	07/20/10
William Callahan, Jr.	07/21/10
Joseph Beyer	08/16/10
Stephen Davis	08/18/10
Zoe Schultz	08/31/10
John Albert, Jr.	10/18/10
Chad Shilson	11/14/10
Bruce Dosier	11/15/10
Dung Nguyen	12/11/10
Kevin Walsh	12/20/10
Ryan Fletcher	12/29/10
Lisa Millam	12/29/10
Steven Tursi	12/29/10
Judy Lawrence	01/01/11
Paul McLeland	01/10/11
Brad Kautz	01/15/11
Evan Barnhart	01/17/11
Jaime Estrella, Jr.	01/17/11
Michael Buerke	02/02/11
Allen Weddle	03/01/11
Thomas Rash	03/14/11
Will Jones	03/18/11
Jay Frank	03/21/11
Travis Wheeler	04/13/11
Matt Pawlowski	04/15/11
Johnny Paradise II	04/24/11
Jimmy Eastham	05/01/11
James Holt	05/01/11
Vivian Wilson	05/03/11
Heather Easterling	05/06/11
Tim O'Neill	05/30/11
Philip Munson	06/02/11
Sherry Case	06/05/11
Jordan Trump	06/10/11

Viktor Korthals	06/13/11
Shawn Seppanen	06/17/11
David Reynolds	06/19/11
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Eric Weatherbee	07/10/11
Andrew Lauer	07/13/11
Barclay Key	08/01/11
Thomas Lloyd III	08/01/11
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Christopher Bielinski	12/03/11
Brett Galley	12/06/11
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Cheech Moore	12/26/11
Drew Kenny	12/27/11
Shannon McGinn	12/28/11
Adam Schwadron	12/29/11
Erica Gorman	12/30/11
Jennifer Walt	12/30/11
Chip Akers	12/31/11
Robyn Clevenger	12/31/11
Michael Kaag	12/31/11
Angela Fuss	01/01/12
Terry Honn	01/01/12
Mike Johnson	01/01/12
Terri Varnadoe	01/01/12
Nan Lujan	01/03/12
Wendy Berton	01/18/12
Jessica Forte	01/22/12
Steven Modica	01/25/12
Daniel Myers	02/01/12
Dusty Hardman	02/13/12



Barbara Latta

**BARBARA LATTA'S STREAK HITS 32 YEARS;
HAS 2ND LONGEST ACTIVE FEMALE STREAK IN WORLD**
By: Barbara Latta

This December 4, 2015, marked the end of thirty two years of running every day and not missing even one day. My anniversary is the first week of December. This year my mother, just three months before turning 105 years, died in her sleep. She was buried on December 17. That morning was the hardest morning to run. I almost did not run. Then I remember that I ran the day my Daddy died. I looked at the clock and it was 4:15 AM. It was too early to wake up anyone of the family to cry with me. I decided to just go for my run all by myself and cry if I wanted to cry.

That was the hard part. What have I done the other 364 days? Well, I have run fifteen races. I have raced distances from one mile to the Half Marathon. In twelve of these races I have placed first in my age group. In the Mile Race I placed second. In one of the Half Marathons I placed second and in the other Half Marathon I placed first. In one 5K race I placed second. In the 10K and the other 5K races I placed first. It was a great race season for me.

The best part about this year is that I have not been injured. Some of my friends who are about my age have had many problems with their knees and legs. I feel very blessed to have been running all thirty-two years without a real injury.

One race that I did that was interesting to me was a half marathon. I was a Pacer for the three-hour group. Another runner and I led this group. He was at the front and I was at the end of the three-hour group. Some of the people in our group had never run a half-marathon before. Some had run a Half but over twelve years ago. We included runners from 22 years to over 60 years old. Everyone was young to me because I am 74 years old. One of our runners got lost at the porta johns somewhere. We slowed but she never came back in sight. One person who had never run more than 10 miles had to drop out. Our success was to bring the others to the finish line. The finishers were so thrilled and excited. I was happy to be a small part of helping the runners obtain their goals.

My first year of my streak I ran only six races. I ran four 5Ks, one 5 mile race and one 10K race. In the year 2007 I ran the most races in one year. I ran 30 races this year. I was in the 65-69 year old age group. I had 18 first places, 11-second places and 1 third place. This was my best year. Now I am running fewer races and getting much slower. It just happens that everyone in my age group is getting slower also.

Running is my time alone. I get up early and go for my run by myself. In the summer I run with the Roadrunners Club on Thursday evenings. Other than that I just like to be by myself. I can go at my own speed at my own time. My clock is set for 5:00 AM and I run at that time every day of the year. There are two times that I will delay my run. I do not run when it is lightning and thundering. It has never done that for 24 hours so I am sure to get in my run just a little later. Also, I do not run when there is ice on the ground. I found out the hard way that you can slip and fall in a place where you did not even see ice. I landed on my bottom before I even knew I was falling. Ice and I do not mix well. I do enjoy running in the very first snow of the season. I stick out my tongue to catch a snowflake.

When people ask me when I am going to stop running, I say I have not made that plan. My Mother was still walking every day at age 104. I hope to be running for a long time. I give God the credit for keeping me healthy. I plan to run just as long as I can. It is my favorite habit that I have had for thirty-two plus years.



Barbara Latta being interviewed by WRAL-TV in Raleigh



Benn Griffin

BENN GRIFFIN'S STREAK HITS 3 YEARS

"Tales from a Bearded Neophyte"

By: Benn Griffin

Pittsfield, Massachusetts

My kid brother about eight or nine years ago gave me the best advice before a 15km race in upstate New York. I was nervous, and it showed. "Dude, Benn... Just run man. Just run." I've repeated those words countless thousands of times to my scores of cross country runners, and now myself at least once every day for the last three years. **Just run.** It is after all what all of us here at USRSA have to remember. Nothing else matters. Doesn't really matter what clothes you have on, shoes or no shoes, full belly or empty. The thing that unites us is the fact that we head out that door for at least a mile every day.

Since I started my streak (actually my second streak - first one cut short on account of a badly sprained ankle at about 250 days), I have run in 11 states. I have logged 8,200 miles in the the last 3 years (7.48 miles average per day). I have coached close to 65 young men and women at a public charter school in cross country and am pleased to say my girl's team went undefeated and brought home the championships, despite our team only being 8 strong, only one of which was a high school runner. I have shared laughs, stories, meals, fires, card games, and movie nights with fellow runners. I have taken the leap to being the race director for the Sweltering Summer 8-Hour and Marathon up in Pittsfield, MA (hit me up on Facebook and I'll send you a coupon code!). I have completed 51 of my 63 marathons and ultramarathons during the last three years.

The hardest runs to recover from and keep my streak going over the last few years were 6 indoor marathons in 6 days in 2014 and 2015 as well as two 72 hour races in 2014 (188 miles) and 2015 (175 miles). Next year, I'm going for 200 or bust! Though I have had many nights with the solitary 1-2 miler on the treadmill before I broke it or around the block, and a couple close calls, especially during the summer of 2014 with 9 weddings we attended, I have maintained my streak. It is something I look forward to each and every day I wake up. It helps keep me grounded in the here and now as well as anxious about the incredible potential the future holds.

While streak running, I apparently attract crazy. I have inspired no less than half a dozen of my middle schoolers to successfully complete marathons and 50km races on a course with 4500' elevation gain. They keep me young and I look forward to each and every run I share with them. Several of them have even started their own streaks (currently at about 4-5 months).

This year I am on pace to hit just over 3,000 miles on New Year's Eve. Last year was my previous mileage record for a single year at 2,700, the year before 2,400. I look towards pushing that to 3,333 in 2016, though if I get that milestone early, I suppose I'll have to add at least a couple miles! It is inspiring to see the posts in the newsletter and on the Facebook page day in and day out. We are all on different stages of this journey and we don't really know how long each of us will be on the same road, but the inspiring thing is knowing that there are 600+ members all on that trail at the same time.

I look forward to sharing more successes with you. I look forward to tackling new goals, reading about others' accomplishments, those late night strolls through the woods, as well as last minute streak saver runs. It won't always be perfect. That is something I learned early on in this streak, but over the last 1100 or so days, I've learned to appreciate the opportunity that streak running provides to deepen self-reflection and heighten my perception to this amazing world around us!

Things Streak Running Has Taught Me:

1. There's always time to sneak in a "quick" run.
2. Parking lots are good places to both do a streak saver run, as well as find some loose change for post-run snacks.
3. You can run in virtually any clothing - Oxford shirts, cargo shorts, dress shoes.
4. Your true friends will still call you NUTS for doing this.
5. Always look ahead, never behind, especially if running on trails!
6. If you find joy in the run, everything else will fall into place.
7. You run the same route long enough, you start to blend in with the surroundings.
8. It's never too late (or early) to start a streak.
9. Left foot. Right foot. Left foot. Right foot.
10. Invest in a pair of velcro shoes for those streak saver runs where you just need a little motivation or someone on your side.

Keep on truckin' and remember.... Just run!



Amber Travsky

**AMBER TRAVSKY'S STREAK
ENDS AFTER 755 DAYS
By: Amber Travsky
Laramie, Wyoming**

I had to let it go. I ran 755 consecutive days, covering some 2,022 miles. I was one of three Wyoming runners listed on the U.S. Running Streak Association member list. Alas, now there are only two on the list. I am #285 on the official U.S.A. Retired Running Streak list.

My final week of streaking was not pretty. I shuffled the required one mile minimum just to keep the streak alive and because running first thing in the morning was so ingrained. That was my mode on the morning prior to having arthroscopic knee surgery. Surprisingly I ran mostly pain-free until about two weeks prior to the surgery. As long as I kept my run to less than three miles and on fairly flat terrain, I was fine. It was rotary movement, though, that was my demise. It was likely the 40-plus years of martial arts kicks, 15 years as a downhill ski instructor as well as decades of Nordic skiing that probably contributed more to my knee problems although, certainly, the running didn't help matters.

In reading about streak runners who have not missed a day in more than 40 years, many talked of just gutting it out through injuries. They'd even run with a cane or crutch if that's what it took. Before the surgery, I wondered if I'd pull off something similar.

The first morning after surgery, before there was any snow on the ground, I managed a mile although it was more of a skip and hop mode than a run. Morning two, the snow arrived and I decided to hit the recreation center and see if I could get in a mile on a treadmill – my first streak run indoors. In my mind, I knew running was a bad idea but the pull of the streak was strong. The force was with me.

I gutted out a mile on the treadmill for another four days. It wasn't pretty but I thought if I could just pull through a week of doing one very slow mile – it was taking 20 minutes – the knee would get better and my streak would remain intact, just like those 40-years-and-running streakers.

Alas, what I didn't really grasp until talking with my doctor a few days post-surgery was that my knee was far from being in good condition. The doctor told me "he did what he could" but that my knee was still ailing. The hope was to stave off knee replacement for as long as possible.

That's when I knew I had to let the streak go. Next morning at the recreation center I planned to hop on a stationary bike and officially end my streak. I walked past a treadmill, though, and couldn't resist.

"What would it hurt to just go one slow mile?" I reasoned with myself. So I hopped on, did a very slow and painful mile, and then moved over to the bicycle to finish my workout.

Next morning I realized the only way to break the streak was to avoid the recreation center. If I walked by a treadmill, I knew I'd run. I was like an addict. I couldn't run outside due to the snow and ice, so if I just stayed away from a treadmill, I would break the streak.

I had a doctor's post-op appointment that afternoon and that's when I told him I was going to break my streak that day. He looked at me, dumbfounded.

"You mean you ended it last week, right?" he asked. I responded with silence and he looked at me like I was just out of the looney bin.

What he didn't know was that I had my running gear in the car. If I got even an inkling that running was OK, I figured I'd still stop off at the rec center on my way home and gut out another mile on the treadmill. After the doctor's look of dismay, I knew running was not to be and I drove straight home.

I taught a couple karate classes that evening (not kicking, but just running the class) and was home around 9 p.m. In the back of my head was the little voice, telling me I could still get in a run before midnight.

I ignored the voice and went to bed, officially ending my streak. Next morning, being the first morning in over two years where I didn't get up and head out the door on a run, was incredibly disappointing.

It was harder to quit than I ever dreamed; but I did it. I gave up the run and substituted the bike. At this point it's a stationary bike where I pedal to nowhere but I have rousing music that keeps it entertaining. Before too long, I'll be pedaling outside once my knee can take some added pressure.

I can't say if I'll be streak running again. I can say that, in spite of having to quit, I'm very glad I did it. Thanks to streaking, whenever I was out of town I continually sought out new running routes. During a short trip to California, at the motel I asked if there was a nice running path nearby. The young woman directed me to a lake, just a short drive away, with a path. I ran there two days in a row and it was lovely each morning. If not for the streak, I would never have known the lake was even there.

While not every run was so delightful, many were. In addition to running in nearly every county of Wyoming, in my 755 days I ran in California, Oregon, Colorado, South Dakota, Nebraska, Mississippi, Alabama and Tennessee.

While creating a fitness routine can be hard, once it's ingrained, I can attest that breaking it can be just as difficult. For me the running streak is done, but I have continued on the bike. Today is Cycling Streak Day 32 – and so it starts again where I'm, once again, taking it one day at a time, just in a different mode.

Traversing the Tundra Daily Grows in Popularity

By: Steve DeBoer

Since Ted Corbitt began his habit of running daily in 1953 (the first person we have confirmation of doing so for one year or longer), streak running has been a relatively unpopular activity until very recently. By the beginning of 1980, only 38 persons had had daily runs lasting 6 months or longer (0 women) in the US – at least who were known from George Hancock's 1994 list of Streak runners and various other sources. More recently, we have learned of others and can now list 67 individuals who met those criteria in 1980, including 3 women. In 1990, using those same sources, there had been only 81 streak runners identified, with Margaret Blackstock being the only woman. Again, others have been found since then, so now we know of 159 streak runners, 10 being women. When the US Running Streak Association became incorporated in 2000, there were 113 active or retired, with two women, Margaret and Debbie Ciccatti. As I review the active and retired lists now, plus some who never certified their streaks, that total is 213, including 15 females. Here are the known numbers now, going up to the beginning of 2015:

1980	1990	2000	2005	2010	2015
67 (3 F)	159 (10 F)	213 (15 F)	234 (19F)	315 (47 F)	532 (117 F)

In other words, the number increased 800% from 1980 to 2015, but the number of women went up 4000%!

In 2012, we finally achieved the 50 States + DC goal – a documented streak runner in them all. In November, 2015, we had for the first time an active registered streak runner in all states and DC. Now 44 states + DC have had a female running daily (39 + DC have at least one currently active woman). Below is a list of each state, their first documented streaker and some other interesting statistics. Ages of active oldest runners are as of Feb 15, 2016.

State	1st Streak Runner	1st Certified S Runner	1st C.O.G.* S Runner	Current Male	Current Female	Oldest Ever	Youngest Ever
NY	T.Corbitt (01/53)	J. Behr (03/75)	D.Scialdo (05/07)	J. Kralovic (01/79)	M.Hill-Pitts (01/09)	G.Feld 82	S.McElheny 18
MA	A.Burfoot (1966)	R.Kmiec (04/74)	A.Brophy (11/80)	B.Robertson (02/77)	N.West (08/07)	R.Kmiec 73	T.West** 8 ½
MD	B. Ray (04/67)	B.Ray (04/67)	M.Roemer (08/81)	J.Roemer IV (11/78)	M.Sherrod (06/00)	J.Roemer III 77	K.Kroemer 14
CA	M.Covert (07/68)	M.Covert (07/68)	KQueally (01/86)	J.Sutherland (05/69)	S.Favor (12/84)	D.Moberg 79	N.Walt 9
PA	McLanahan (<1968)	D.Slusser (01/72)	L.Estilow (10/99)	T.Woodbridge (03/78)	L.Estilow (10/99)	B.Freed 68	B.Blaszynski 10
CT	B.Hensley (11/69)	B.Hensley (11/69)	Y.Faris (03/07)	F.Murolo (12/81)	None	K.Anderson 73	B.Hensley 15
MN	Mortenson (01/70)	S.DeBoer (06/71)	J.Maxwell (07/78)	S.DeBoer (06/71)	D.Dilling (03/10)	W.DeBoer** 85 ½	R.Lentine 15
WA	J.Pearson (02/70)	J.Pearson (02/70)	S.Favor (12/84)	J.Pearson (02/70)	M.Arnold (11/13)	J.Pearson 71	JoelPearson** 8 ½
MI	W.Benton (03/70)	W.Benton (03/70)	K.Wallace (01/04)	W.Benton (04/77)	K.Wallace (06/09)	W.Benton 66	J.Wallace IV 13

IL	K.Young (07/70)	K.Young (07/70)	D. Nelson (01/82)	I.Fink (06/87)	D.Eberhardt (05/07)	D.Nelson 69	A.Rifkin 14
TX	H.Fred (08/70)	H.Fred (08/70)	H.Nelson (12/06)	A.Galbraith (12/71)	H.Nelson (12/06)	H.Fred** 84	I.Russell 9
TN	J.Simpson (08/71)	J.Simpson (08/71)	J.Hefferan (10/01)	EWeatherbee (07/11)	A.Brock-Hon (01/15)	J.Simpson 77	R.Pett 19
CO	P.Driskill (06/72)	K.Young (06/73)	T.Brigner (01/07)	S.Snyder (12/81)	K.Luck (08/08)	W.Middlebrook 73	K.Luck 21
OR	D.Hamilton (08/72)	D.Hamilton (08/72)	P.Harkin (01/09)	D.Pereira (11/90)	P.Harkin (01/09)	L.Martin 61	D.Hamilton 17
GA	R.Westbrook (12/73)	R.West. (12/73)	M.Blackstock (09/79)	R.Westbrook (12/73)	None	M.Sklar 72	G.McAllister 19
AZ	K.Young (09/74)	K.Young (09/74)	J.Emch (04/11)	C.Davidson (11/78)	A.Shelton (01/14)	R.Bartz 70	D.Cagle 18
FL	R.Kraft (01/75)	R.Kraft (01/75)	L.Bastien (04/80)	R.Kraft (01/75)	L.Bastien (04/80)	J.Wollam 83	J.Reid 11
IA	J.Liepa (03/75)	J.Liepa (03/75)	S.Kautman (12/06)	J.Liepa (01/77)	R.Clevenger (12/12)	J.Liepa 71	J.Liepa 30
ME	S.Reed (06/76)	S.Reed (06/76)	None	S.Reed (06/76)	None	S. Reed 68	S.Reed 28
NE	B.Abraham (12/76)	B.Abrahams (12/76)	None	J.Faz (12/90)	None	J.Faz 62	S.Falcon 17
NJ	B.Casey (05/77)	B.Casey (05/77)	L.Parton (04/95)	B.Casey (05/77)	A.West (05/05)	J.P.Growney 71	K.Corizzi 16
WY	E.Rountree (10/77)	E.Rountree (10/77)	H.Hastings (09/84)	M.Ernst (06/08)	A.Dendrinis (02/13)	H.Hastings 67	E.Rountree 26
IN	J.Carlson (12/77)	J.Carlson (12/77)	E.Miron (09/02)	J.Carlson (12/77)	E.Miron (09/02)	W.Crutcher 76	P.Hawley 14
OH	B.Sherman (05/78)	B.Sherman (05/78)	D.Moot (12/06)	B.Sherman (05/78)	K.Carter (01/08)	P.Kirner 67	B. Sherman 23
ND	J.Lindley (12/78)	M.Holsteen (1991)	None	E.Thompson (08/13)	None	J.Lindley 63	J.Lindley 39
NC	CD.Todd (10/78)	CD.Todd (10/78)	B.Latta (12/83)	CD.Todd (10/78)	B.Latta (12/83)	E.Dupree 74	M.Ketterman 20
ID	J.Morgan (04/79)	J.Morgan (04/79)	E.Williams (01/13)	J.Watt (10/80)	E.Williams (01/13)	J.Morgan 71	E.Williams 27
SC	F.Gilmer (07/79)	F.Gilmer (07/79)	H.Easterling (05/11)	R.Shealy (04/01)	H.Easterling (05/11)	T.McDow IV 73	C.Robinson 25
MO	B.Stark (08/79)	B. Stark (08/79)	G.Kearney (12/13)	B. Stark (09/76)	S.Monday (9/14)	D.Biersmith 75	D.Young 30
MT	J.Urbanski (03/80)	G.Jones (07/00)	E.Stevens (01/09)	None	E.Stevens (01/09)	G.Jones 63	J.Urbanski 16
WI	M.McAvoy (05/81)	M.McAvoy (05/81)	E.Runnoe (04/06)	J.Chandler (08/81)	E.Runnoe (11/07)	J.Koch 67	M.Runnoe 18
VA	G.Brown (07/81)	G. Brown (07/81)	J.Mick (11/85)	G.Brown (07/81)	J.Mick (11/85)	J.Morris 69	D.Woodson 20
SD	S.Morrow (08/81)	S.Morrow (08/81)	C.Lousias (01/13)	None	C.Lousias (01/13)	C. Lousias 52	S.Morrow 17
LA	C.Matthews (10/81)	B.Jones (12/07)	J.Jones (12/07)	B.Jones (12/07)	J.Jones (12/07)	C.Matthews 60	W.Fell 27
NV	E.Rountree (04/82)	E.Rountree (04/82)	S.Minagil (10/94)	R.Read (09/84)	K.Jones (11/13)	R.Read 62	C.Read 14
NH	K.Birse (04/82)	K.Birse (04/82)	N.Kocsis (05/86)	K.Birse (04/82)	P.Montana (01/13)	R.Whittemore 63	K.Birse 21
AL	L.Galipeau (01/85)	L.Galipeau (01/85)	M.Davenport (01/10)	M.Johnson (01/12)	None	T.Loughead 74	D.Taylor 20

WV	K.Brown (11/85)	K. Brown (11/85)	None	K. Brown (11/85)	None	K.Brown 64	M.Miller 29
DE	R.McKinney (01/86)	R.McKinney (01/86)	None	R.McKinney (01/86)	None	R.McKinney 68	J.Garber 30
KY	T.Bailey (05/87)	T.Bailey (05/87)	None	T.Bailey (05/87)	None	T.Bailey 58	T.Bailey 29
KS	J.Morgan (12/90)	J.Morgan (12/90)	G.Reed (01/13)	G.Scott (01/06)	None	J.Janes 67	J.Morgan 34
AR	L.Burton (1994)	L.Burton (1994)	K.Erwin (12/12)	R.Hill (01/08)	K.Erwin (12/12)	L.Burton 75	B.Key 35
MS	J.Nikolic (04/95)	J.Nikolic (04/95)	S.Broom (06/14)	J.Nikolic (04/95)	S.Broom (06/14)	J.Nikolic 73	C.Robinson 23
UT	J.Shumway (10/99)	J.Shumway (10/99)	D.Shumway (05/00)	J.Shumway (12/09)	D.Shumway (05/00)	C.Petrone 63	D.Shumway 45
VT	F.Garrow (04/05)	F.Garrow (04/05)	A.Bliss (11/11)	F.Garrow (04/05)	None	F.Garrow 61	A.Bliss 43
OK	C.Wright (01/08)	C.Wright (01/08)	C.Hutchison (12/08)	C.Hutchison (12/08)	C.Wright (07/09)	J.Blumenthal 54	W.Jones 36
DC	K.Rapp (09/08)	K.Rapp (09/08)	L.Jack (08/11)	K.Rapp (09/08)	L.Jack (08/11)	L.Jack 39	K.Rapp 25
HI	W.Nastivar (06/09)	W.Nastivar (06/09)	E.Gorman (12/11)	None	E.Gorman (12/11)	E.Gorman 43	W.Nastivar 21
AK	R.Wegner (01/11)	R.Wegner (01/11)	T.Taylor (01/11)	B.Sackinger (11/14)	None	R.Wegner 50	T.Taylor 41
RI	Jo.Mosby (09/11)	Jo.Mosby (09/11)	K.Gallivan (09/12)	J.Duehring (01/13)	K.Gallivan (09/12)	Jo.Mosby 48	Ja.Mosby 12
NM	J.Ostroski (10/11)	J.Ostroski (10/11)	P.Hubbard (05/13)	B.Kautz (1/11)	P.Hubbard (05/13)	B.Kautz 58	J. Ostroski 31

*Certified Opposite Gender

** Two youngest (Joel Pearson 8 yr 10 mo; Tim West 8 yr 11 mo) & two oldest (Wendell DeBoer 85 yr 7 mo; Herb Fred 84 yr) streak runners ever. Herb is back to running daily again, and will be 86 if he completes a full year this spring.

MA – Amby Burfoot ran daily for over 2 years but has never certified his streak.

MD – Bob Ray was first American to run daily for 20 & 30 years.

CA – Mark Covert was 1st to run daily for 40 and 45 years & Jon Sutherland (46 yr) has the longest identified US streak ever. CA has the most identified (94) and most active (56).

PA – Bruce McLanahan ran daily in high school (mentioned in Runner's World 1977 article on streak running by Nick Marshall)

MN - Steve, Dave and Wendell DeBoer were first family to have 2 and 3 streak runners. Julie Maxwell has longest retired female streak (33 ½ yrs). MN has the most women identified (23) & highest rate of active (8.67 per million).

WA – Joel Pearson began daily running with his dad, Jim. Jim's other children, Paige and Hopper, and brother Don, also have or have had streaks, making their family the one with most streakers.

IL – Ken Young is only male runner to be first in 2 states (IL & AZ).

FL – Jim Woolam (age 83), oldest active streak runner; Lois Bastien (35 yr) has the longest identified world streak for women and is oldest woman ever (79).

WY – Elaine Rountree is only female runner to be the first in 2 states (WY & NV). Eileen's first streak is the oldest for women but not discovered until 2011.

AK – Bruce Sackinger reached one year November 2015, first time all 50 states have had an active, certified daily runner, 61 years after Ted Corbitt reached the year mark.

NM – Jared Ostroski reached one year of his certified streak on October 24, 2012, 46 years after Amby Burfoot began his running streak, almost 59 years since Ted Corbitt began daily runs.

PS. Just received an article from lectures Arthur Lydiard gave in 1999, indicating that he began running every day in 1944, though it does not mention how many years he did this. CA and/or MN will soon reach 100 identified streak runners in their states – will be interesting to see which one gets there first, but the majority of MN streakers prefer to begin daily runs during more wintry weather (49% of MN streaks have begun in November, December, January or February).

The 70,000 Mile Club

By: Steve DeBoer

A large number of streak runners (at least 122 that I have been able to confirm) have accumulated over 70,000 miles running in their lifetime. Here is an update of their total and streak mileage. Herb Fred has run more miles than any other person with verified records that I am aware of.

Darryl Beardall had run an estimated 280,000 miles by the end of 2012 but has not been able to locate all his running logs to verify his total. He has only confirmed his 2007-2015 mileage. He does not run on Sundays, so is not a streak runner. He ran the Olympic Marathon Trials in 1960, 1964, 1968 and 1972 and still races over 50 times per year (usually 2-3 marathons).

Dallas Robertson is also not a streak runner. He ran between 20-25,000 miles before 1980, when he began recording his mileage (20,000 is used as estimate in listing his total mileage).

Don Ritchie, British ultra runner, who is not a streak runner, logged 208,100 miles from 1962 to 2011. With Darryl, Dallas and Don, there are 125 runners now mentioned, though only 122 are part of the "Club."

Name	Age	12/31/14 miles	12/31/15 miles	streak miles
Darryl Beardall	(79)	287,144	290,184**	
Herbert Fred	(86)	251,215	252,386	139,240
Dallas Robertson	(59)	222,464	229,771**	
Paul Ladniak	(69)	204,117	205,553	
Craig Davidson	(62)	198,900	202,100	199,687
Jon Sutherland	(65)	191,589	192,880	188,770
Don Slusser	(64)	189,446	190,782	175,258
Jim Pearson	(71)	169,579	171,138	161,138
Bruce Mortenson	(72)	168,685	170,858	
Roger Urbancsik	(58)	163,077	168,588	148,512
Ron Hill	(77)	160,000	161,166	135,739
Mark Covert	(65)	159,623	159,623	149,791 (6612 bike)
Reno Stirrat	(60)	150,831	154,872	
Steve DeBoer	(61)	148,983	152,760	150,440
George Brown	(63)	149,679	152,379	144,863
Bob Hensley	(61)	150,019	152,219	137,349
Steve Morrow	(52)	145,270	148,732	144,667
Stuart Calderwood	(57)	142,459	144,859	83,900
Scott Ludwig	(61)	137,276	140,913	140,673
Ken Young	(74)	137,830	139,536	129,868
Barbara Elia (F)*	(71)	131,650	135,300	
Gary Jones	(63)	133,763	134,786	128,069
Craig Snapp	(65)	124,633	129,109	80,072
Jim Hage*	(57)	125,758	128,780	105,780
Bill Moreland	(69)	126,223	128,556	115,314
Barbara Latta (F)	(74)	126,037	128,281	128,131
Robert Kraft	(65)	122,681	125,649	119,887
Jerry Caine	(65)	123,243	125,082	77,702

Joel Pasternack	(65)	123,203	124,915	22,372
Bruce Dern*	(79)	124,100	124,500	
Steve Kohorst*	(65)	123,130	124,277	
Timothy Masters	(65)	121,752	122,949	106,426
Bob Ray	(78)	122,000	122,000	100,000
Barry Abrahams	(64)	121,816	121,816	118,599
John Liepa	(70)	119,409	121,447	111,447
Larry Baldasari	(65)	118,794	120,870	87,229
Sherry Case (F)	(56)	115,344	119,094	14,836
Al Gilman	(69)	115,899	118,766	8,083
Paul Case	(58)	112,880	116,630	19,412
Mike Holsteen	(67)	112,739	115,403	88,421
Harvey Simon	(73)	113,611	113,611	109,611
Kenneth Roth	(60)	110,100	111,600	89,800
Steve Gathje	(60)	108,464	110,114	108,880
Alex Galbraith	(65)	107,109	109,994	100,005
Bill Shires	(51)	106,848	109,950	107,950
Syl Pascale	(67)	109,438	109,438	
Ron Jackson	(70)	108,600	108,800	108,600
Amby Burfoot*	(69)	106,600	108,100	
Doug Suker	(64)	105,500	108,015	2,918
Jim Behr	(68)	104,675	106,079	105,079
Randy Wiinanen*	(60)	101,619	105,619	
Frank Clarke	(79)	104,664	105,575	101,321
Michael Fanelli	(59)	103,518	105,035	8,852
Bill Stark	(68)	103,000	105,000	95,000
Al Colonna	(72)	103,295	104,300	104,300
Matthew Mace	(55)	100,213	102,940	79,725
William Benton	(66)	100,194	101,540	81,410
Bill Robertson	(63)	97,480	99,145	88,845
Dink Taylor*	(50)	96,653	98,834	55,100
George Hancock	(62)	96,037	98,066	92,073
Homer Hastings	(72)	98,000	98,000	79,550
Bruce Sherman	(61)	95,000	97,500	94,500
Rick Rayman	(69)	94,200	96,200	
Mark Courtney	(59)	93,800	95,600	92,300
Thad Childs, Jr	(68)	93,481	95,245	94,497
Tammy Slusser (F)	(50)	90,533	93,585	9,693
Terrell Worley	(56)	90,772	93,348	80,030
Norm Spitzig*	(65)	91,106	93,163	
Bill Leibfritz	(59)	90,993	92,760	83,951
Rick Porter	(62)	90,888	92,362	92,266
John Chandler	(60)	90,650	92,466	74,458
Lauren Estilow (F)	(55)	89,049	92,244	45,960
Brad Kautz	(58)	89,327	92,040	20,792
Rich Holmes	(66)	87,453	91,210	
Bob Aby	(70)	90,055	90,955	77,962
John King	(64)	88,700	90,797	90,797
Ken Birse	(55)	89,850	90,600	58,650
Frank Russo*	(63)	89,279	90,529	
Roger Nelson	(65)	88,281	90,178	82,754
Gary Rust	(69)	88,066	90,136	70,136
Mike Heller	(73)	87,618	89,166	68,731
Brian Casey	(57)	87,215	88,534	88,534
Jim Bates	(59)	86,728	88,528	33,747
Fred Murolo	(59)	84,494	88,520	86,520

Bill Finkbeiner	(60)	86,441	87,941	86,941
Diana Nelson (F)	(69)	84,649	87,735	86,358
Tim Woodbridge	(58)	86,445	87,386	77,386
Doug Holland	(54)	86,000	86,500	
Stephen Reed	(68)	85,000	86,400	79,400
Grant Woodman	(42)	81,348	84,575	61,341
Brian Short	(65)	84,494	84,494	76,525
Rick Kerr	(60)	81,739	83,778	51,178
Rob Zarambo	(68)	83,101	83,200	74,181
Ward Crutcher	(76)	79,648	81,710	69,381
Jeff Gould	(51)	78,200	81,700	51,303
Steven Way	(65)	80,000	81,524	41,524
Lenworth Williamson	(57)	80,000	81,400	44,400
Roger Carlson	(72)	80,000	81,300	59,800
Ron Shealy	(69)	78,698	80,510	42,318
Dave Melissas	(55)	79,399	80,498	64,049
Dave Hamilton	(61)	78,097	79,540	72,540
Pat Foley	(67)	78,703	79,503	50,200
Woody Woodburn	(55)	74,433	79,465	42,316
Jack Johnson	(63)	77,378	78,978	51,339
Grant McAllister	(52)	75,989	78,116	75,527
John Watts	(60)	76,903	78,066	59,566
Norm Grimmett	(78)	77,468	77,768	55,933
Joe Raffa	(65)	75,000	76,800	61,800
Tom Allen	(63)	74,159	76,349	69,516
Rich Wright	(64)	75,017	76,280	50,963
George Church	(69)	73,917	75,799	47,223
Fred Winkel	(71)	75,000	75,000	72,000
Bill Etter	(73)	75,000	75,000	69,900
Pete Gilman	(40)	75,000	75,000	36,000
John Roemer, IV	(55)	72,512	74,558	71,618
Mark Misch	(43)	70,628	74,062	34,917
Charles Holmberg	(67)	72,470	73,812	73,812
Marty Winkel*	(71)	72,500	73,300	45,000
Tom Andrews*	(61)	72,500	73,300	
Jeremy Murphy	(47)	70,000	72,021	3,940
Joe Hyder	(64)	72,000	72,000	71,000
Ben Freed	(68)	69,485	71,200	70,000
Dave DeBoer	(59)	68,680	70,197	
Debbie Brassfield (F)	(55)	67,231	69,455	47,455

* Have not had their running streaks certified by the US Running Streak Association.

** Not streak runners.

Regarding residences during their streaks, 21 have lived in MN, 18 in CA, 9 in PA, and 6 in MD & NJ. Streak runners with most miles in 2015 were Roger Urbancsik (5511), Woody Woodburn (5032), Craig Snapp (4476), Reno Stirrat (4041), and Fred Murolo (4026).

I probably did not get everyone who qualifies. Please send your data if you have surpassed (or will this year) 70,000 running miles, at (deboer.stephen@mayo.edu), and I will be sure to include you in the next update.

SRI/USRSA
10,000 Streak Days
as of 12/31/15
Compiled by: Roger Urbancsik

		Streak days	Streak years	# of streaks	Active streak?
1	Ron Hill	18,638	51.03	1	Y
2	Jon Sutherland	17,021	46.60	1	Y
3	Jim Pearson	16,755	45.87	1	Y
4	Mark Covert	16,437	45.00	1	
5	Kenneth C. Young	16,403	44.91	3	Y
6	Steve W. DeBoer	16,279	44.57	1	Y
7	William J. Benton	16,137	44.18	2	Y
8	Alex T. Galbraith	16,081	44.03	1	Y
9	Jon A. Simpson	15,991	43.78	1	
10	David L. Hamilton	15,845	43.38	1	Y
11	Steve Gathje	15,803	43.27	1	Y
12	Gary C. Jones	15,788	43.23	2	
13	Nick Morganti	15,495	42.42	2	Y
14	Richard Westbrook	15,343	42.01	1	Y
15	Ronald Kmiec	15,191	41.59	3	Y
16	Robert R. Kraft	14,975	41.00	1	Y
17	John Liepa	14,915	40.84	2	Y
18	Jim Behr	14,898	40.79	1	Y
19	Stephen D. Reed	14,443	39.54	1	Y
20	William S. Stark	14,357	39.31	1	
21	Bill Anderson	14,340	39.26	1	Y
22	John King	14,221	38.93	2	Y
23	Bill Robertson	14,206	38.89	1	Y
24	Brian Casey	14,116	38.65	1	Y
25	Bob Hensley	14,085	38.56	4	
26	Frank Clarke	14,023	38.39	1	Y
27	Samuel F. Johnston	14,007	38.35	1	Y
28	Robert J. Zarambo	13,911	38.09	1	
29	Rick Porter	13,908	38.08	1	Y
30	Don Slusser	13,887	38.02	4	
31	John T. Carlson	13,885	38.02	1	Y
32	Robert C. Ray	13,884	38.01	1	
33	Timothy C. Masters	13,883	38.01	1	Y
34	Walter O. Byerly	13,817	37.83	2	
35	Timothy P. Woodbridge	13,816	37.83	1	Y
36	George A. Hancock	13,795	37.77	2	Y
37	Bruce A. Sherman	13,744	37.63	1	Y
38	Jay Kammerzell	13,676	37.44	5	Y
39	Ed Sandifer	13,637	37.34	1	
40	Julie Maxwell	13,610	37.26	2	Y
41	C. David Todd	13,593	37.22	1	Y
42	Charles E. Lindsey	13,591	37.21	1	Y
43	John C. Roemer, IV	13,575	37.17	1	Y

44	Craig A. Davidson	13,571	37.16	1	Y
45	Scott Ludwig	13,546	37.09	1	Y
46	Rick Rayman	13,536	37.06	1	Y
47	Chester A. Tumidajewicz	13,521	37.02	1	Y
48	Jon Kralovic	13,514	37.00	1	Y
49	Thad Childs, Jr.	13,451	36.83	1	Y
50	Charles Holmberg	13,436	36.79	1	Y
51	John C. Roemer, III	13,262	36.31	2	
52	Geza Feld	13,213	36.18	3	Y
53	Barry Abrahams	13,174	36.07	2	
54	Benjamin M. Freed	13,169	36.05	1	Y
55	S. Mark Courtney	13,161	36.03	1	Y
56	William G. Finkbeiner	13,149	36.00	1	Y
56	Layne C. Party	13,149	36.00	1	Y
58	Bill Beach	13,131	35.95	1	
59	Lois Bastien	13,041	35.70	1	Y
60	Leslie J. Shoop	13,031	35.68	1	Y
61	Ed Goff	12,924	35.38	1	Y
62	John Watts	12,872	35.24	1	Y
63	Ward D. Crutcher	12,789	35.01	1	Y
64	George G. Brown	12,778	34.98	1	Y
65	Ron Jackson	12,694	34.75	1	
66	Michael Halloran	12,693	34.75	1	Y
67	Joseph Wojcik	12,630	34.58	1	
68	Harvey B. Simon	12,594	34.48	1	
69	Dick Vincent	12,581	34.44	1	
70	John R. Chandler	12,563	34.40	1	Y
71	Ben Dillow	12,552	34.37	1	Y
72	Steve Morrow	12,507	34.24	3	Y
73	John W. Morgan	12,494	34.21	1	
74	Bill Leibfritz	12,447	34.08	1	Y
75	Michael Heller	12,423	34.01	2	Y
76	Frederick L. Murolo	12,420	34.00	1	Y
77	Scott D. Snyder	12,419	34.00	1	Y
78	William Moreland	12,403	33.96	2	Y
79	Roger H. Nelson	12,400	33.95	2	Y
80	Michael G. Sklar	12,399	33.95	1	Y
81	Diana Nelson	12,357	33.83	2	Y
82	John L. Tillman, Jr.	12,355	33.83	1	Y
83	J. Patrick Growney	12,344	33.80	3	
84	Ken Birse	12,241	33.51	1	
85	Charles Groseth	12,238	33.51	1	Y
86	Grant McAllister	12,179	33.34	1	Y
87	Ralph Edwards	12,056	33.01	3	Y
88	Bob Kimball	11,883	32.53	1	
89	Gary Rust	11,870	32.50	1	Y
90	Dave Melissas	11,853	32.45	1	Y
91	Doug Holland	11,841	32.42	1	Y
92	Al Colonna	11,837	32.41	1	Y
93	Charles Brumley	11,739	32.14	1	

94	Barbara S. Latta	11,715	32.07	1	Y
95	William A. Etter	11,608	31.78	1	
96	Dwight A. Moberg	11,456	31.36	1	
97	Randolph Read	11,444	31.33	1	Y
98	Paul N. Christian	11,353	31.08	3	Y
99	Sue S. Favor	11,334	31.03	1	Y
100	Joseph Raffa	11,328	31.01	1	Y
101	Leonard Bruckman	11,282	30.89	1	Y
102	Margaret O. Blackstock	11,251	30.80	1	
103	Alicia Brophey	11,149	30.52	1	
104	Brian P. Short	11,141	30.50	2	
105	Timothy M. Osberg	11,133	30.48	2	Y
106	Milton Magness	11,058	30.28	1	Y
107	Matthew M. Mace	11,051	30.26	1	Y
108	Kenneth D. Brown	11,009	30.14	1	Y
109	Judy Mick	10,999	30.11	1	Y
110	Ralph McKinney	10,957	30.00	1	Y
110	Lawrence E. Sundberg	10,957	30.00	1	
112	Roger A. Urbancsik	10,926	29.91	1	Y
113	Ronald N. Dennis	10,778	29.51	1	Y
114	Mark Sutherland	10,737	29.40	1	
115	Neil Scott	10,730	29.38	2	Y
116	Joseph Sinicrope	10,703	29.30	1	
117	William Shires	10,666	29.20	1	Y
118	James Scarborough	10,594	29.00	1	
119	Stuart X. Calderwood	10,572	28.94	1	Y
120	Timothy Bailey	10,456	28.63	1	Y
121	Larry Baldasari, Sr.	10,313	28.24	1	
122	Kenneth Korosec	10,244	28.05	1	
123	Roger B. Carlson	10,214	27.96	2	Y
124	Michael L. Holsteen	10,197	27.92	1	Y
125	Herbert L. Fred	10,112	27.69	9	
126	Tom Allen	10,086	27.61	1	Y
127	Fred Winkel	10,082	27.60	1	
128	Joseph B. Hyder	10,023	27.44	1	
129	George M. Church	10,016	27.42	1	Y
130	Richard Carroll	10,015	27.42	2	
Averages		12,847	35.17	1.39	
Members with Active streak					72%

MEMBER UPDATES – SPRING 2016



Jose Medina

JOSE MEDINA JOINS USRSA

I do not have much of a running/racing background but I have jogged frequently to try to minimize the effects of the many happy hours I have attended over the years! Therefore, it seems so improbable to be writing this to explain why I have been running every day for over year while averaging about 3.5 miles per day (with a minimum daily run of 2 miles).

I did not know it when I started running every day on October 29th of 2014 but as the days turned into weeks, I started to realize that the reason and motivation for my streak actually began with the tragic death of my niece a few weeks

earlier, on September 6th 2014. My inspiration comes from knowing how courageous her parents and siblings are in their everyday lives and how they keep moving forward in spite of the pain and everyday struggles her loss has caused them. Making the “sacrifice” to run every day is nothing in comparison so I just keep their love and strength in mind and remember the life of my niece as I hit the road every day of my life.

In reference to my running, although I am not a competitive or experienced runner I do have an athletic background and was on the 1987 Men’s Division I National Championship Soccer Team at Clemson University. Running was so much more fun then and whole lot easier!!

Jose Medina
Pembroke, Florida

AMIE KREPPPEL’S STREAK HITS 6 YEARS

Still going strong despite food poisoning earlier this month (luckily had already gotten my run in for the day before I got sick).

Amie Kreppel
Gainesville, Florida

BARRY BRITTON’S STREAK HITS 16 YEARS

My streak continues and is going strong. (16 years at 2+ miles per day.) I lost 20 pounds this past year, so I am able to run at a faster pace. At 64 years old I feel lucky to be healthy enough to keep it going.

Barry Britton
Roscoe, Illinois

MEMBER UPDATES – SPRING 2016



Bradly Ratzow

BRADLY RATZOW'S STREAK HITS 2 YEARS

The streak is still alive. Adding the run streak has helped me both recover and get stronger from a couple injuries that happened at the end of 2012, and spring of 2013.

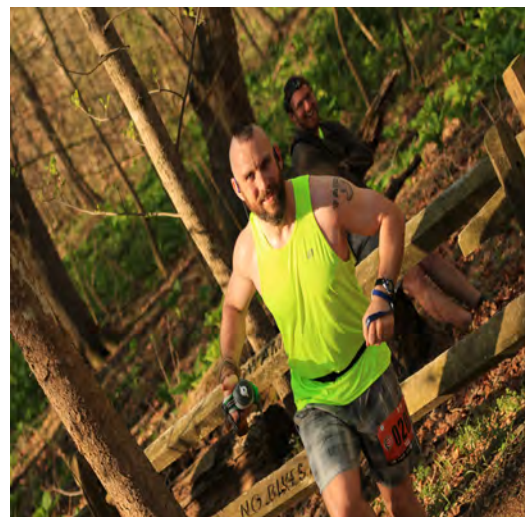
The day after Thanksgiving 2012, I tore my left gastrocnemius warming up to play football with the high school buddies, then after I recovered from that I pulled my right hamstring the following spring playing softball. So in order to build and recover from those, I added the run streak 1 yr after I tore my gastrocnemius (kind of a way to commemorate the injury and also to prove to myself I can overcome).

The streaking community has been a great support to help keep me going, also, I've got about 4 friends that have added a streak to their active life as well!

My mileage has gone up, and my times have gone down, my tempo ranges from the -40 (with wind chills) to 104deg (here in WI). I run in rain, snow, thunderstorms, floods, whatever mother

nature decides to dish out, I have run outside for the last 2 years and 3 days no matter what.

Bradly Ratzow
Watertown, Wisconsin



Lance Nelson

LANCE NELSON'S STREAK HITS 3 YEARS

My streak is still going strong. This year I added ultras to my list of running activities. I completed the North Face Endurance Challenge DC 50 miler, which was also my first trail race. The few weeks after the race were pretty challenging, but I was able to get out and get some nice, slow runs in each day.

Lance Nelson
Ashburn, Virginia

LISA STEVENSON'S STREAK HITS 2 YEARS

The streak is still alive.

Lisa Stevenson
State College, Pennsylvania

MEMBER UPDATES – SPRING 2016



Bill Leibfritz with his 4-year old Grandson Kane.

BILL LEIBFRITZ'S STREAK HITS 34 YEARS

Year #34 posed a few problems that weren't totally unexpected. As I get older, running (and most everything) gets tougher. I've had to resolve myself that while I still plan to run every day, I can't do so as fast or as long. 50+ mile weeks have shortened to 30+ mile weeks. Four or 5 marathons a year shrunk to two this year.

A few years ago, I decided to get back in the water and add swimming to my routine. I swam competitively through college - actually my college coach put me on a running program, which got me into distance running - so swimming again was a nice addition. My swimming got me to a "bucket list" accomplishment this year. On Labor Day of this year (2015), along with about 80 other swimmers, I swam the Mackinac Straits, the connection between Lake Michigan and Lake Huron. The Mackinac Straits separates Michigan's upper and lower peninsulas. The Straits, as the crow flies, is about 5 miles. Due to a strong current and winds, we ended up swimming 9 miles,

being constantly pushed east. I know it's not a running thing, but it is one of the most amazing physical things I've ever done. But bottom line, I'm gonna keep on keepin' on!! Year #35, here we go!!

Bill Leibfritz
Midland, Michigan



Aron Cole with his wife Justine.

ARON COLE'S STREAK ENDS AFTER 546 DAYS

My streak ended at 546 days. 10/9/15 was my streak ending run. It ended mostly due to a couple of injuries that weren't healing. I have an old knee injury that was giving me some major pain, and a foot injury that was also not healing and getting worse. I took a few weeks off and feel pretty good. My knee swelling has gone down and the foot I think is healed at this point. I have started a new streak and will hopefully get back on the active list by next December.

Aron Cole
Olean, New York

MEMBER UPDATES – SPRING 2016



Ellen Kendall

ELLEN KENDALL'S STREAK ENDS AFTER 715 DAYS

Just writing to let you know my streak ended on November 12, 2015 due to a surgery I had to have. I was sad that my streak had to end. In September, I found out that I would have to have surgery. I was in the thick of my marathon training and luckily was able to postpone the surgery until after the Twin Cities Marathon. I had a glimmer of hope that I'd still be able to do my daily mile, but that was not to be. One streak has ended but another streak has begun.

Ellen Kendall
St. Louis Park, Minnesota

ELAINE WEIGLE'S STREAK HITS 3 YEAR

1095 days...3 years...3632.1 miles. Year 3 was a tough one...my Mom had a stroke in December 2014 and suffers severe deficits, I took a couple of big financial hits this year, and then there was the long, cold, dark, black hole of a winter with snow on the ground for 3 months straight putting me in a major mental funk. It is amazing the illnesses

and injuries you can run through, but it is so much harder when the mind is not willing. For most of my 3rd year I've been hanging on to the streak by a thread by running streak-saving miles - waiting for my running mojo to return. As I start year 4, I will continue to dig deep for that inner strength and keep putting one determined foot in front of the other. Streak on!

Elaine Weigle
Ewing, New Jersey

DR. STEPHEN REED'S KEEPS STREAK ALIVE DESPITE HIP OSTEOARTHRITIS; 40TH STREAK ANNIVERSARY IN JUNE

In Florida for the winter – good fit! I am doing well except for having hip osteoarthritis. Need to have replacement sometime, but hate to give up the streak. Looking forward to the 40th anniversary of my streak that was started on June 16, 1976. Doing 5-6 miles every day down here. My 27th consecutive Boston Marathon is in April. Probably going to have to make a choice between the two streaks in the near future.

Steve Reed
Wiscasset, Maine

STACEY SMITH'S STREAK HITS 4 YEARS

My streak continues. Hopefully, one last year of being a neophyte.

Stacey Smith
Detroit Lakes, Minnesota

MEMBER UPDATES – SPRING 2016



Matt Ryerson

MATT RYERSON JOINS USRSA

In 2011, Matt's wife was pregnant with their third child, when their second child jumped in his lap. She gently patted his belly and asked, "Daddy, is there a baby in your belly too?" It was at that moment that Matt realized he had to do something about the 70 extra pounds he had put on in the time he was married. The next day he started running. It was slow at first, painfully slow, but as he added days and mileage, it got easier and more enjoyable.

A small community of runners, self-named, the "Half Warrior" for their enjoyment of running half marathons, supported Matt in his development and growing love of running. On Thanksgiving Day, 2014, Matt accepted the *Runner's World* challenge to run

every day between Thanksgiving and New Year's . . . and he just kept going. Matt (nearly 80 pounds lighter) and his wife (who has also since become a runner) now have four amazing children, all of whom support and inspire him to streak on!

Matt Ryerson
Cleveland, Tennessee

PATRICK DUNIGAN'S STREAK HITS 9 YEARS

Alive and kicking...Just finished a 4 miler!

Patrick Dunigan
Ponte Vedra Beach, Florida

KEVIN WALSH'S STREAK REACHES 5 YEARS

Streak still going strong. It feels good to finally graduate from the neophyte group!

Kevin Walsh
Laguna, California

DWAYNE HAWKINS' STREAK ENDS AFTER 712 DAYS

It is with a heavy heart that I have to end my streak today [13 December 2015]. I've been having ankle issues for the past couple of weeks and feel it would be better to let it completely heal. I thank God, I got to run for 712 straight days, when I'm better I'll start all over.

Dwayne Hawkins
Murfreesboro, Tennessee

MEMBER UPDATES – SPRING 2016



Mike Murphy

MIKE MURPHY'S STREAK HITS 7 YEARS

The streak is definitely still alive and well. I don't have any real stories or anecdotes; I just got the job done every day. I hope to start ramping up my mileage and get back into competition for 2016. I should finish the year with about 1400 miles, which is my shortest year to date.

Mike Murphy
Wyalusing, Pennsylvania

STEVE BICKFORD'S STREAK HITS 3 YEARS

I am enjoying this streak. This is part of me now. I get up every morning and get in my prayers along with my workout in the quiet of my run.

No earbuds, no playlist, just the sound of nature and my footsteps. Unless the coyotes start howling, no sounds to interrupt my thoughts.

My dog runs with me 5 days out of the week. She runs with my wife the other two so she keeps up her streak as well. Injuries here and there have made it difficult occasionally, but I have to do this for myself. Nobody can do it for me. Morning coffee, prayers and run, every single day; for me there is no other way.

Steve Bickford
Huntsville, Texas

HEATHER KOLBO JOINS USRSA

I started running when I was very young. I was extremely active in sports and loved playing outside as a child. In H.S. I played soccer, basketball, golf, ran track, and cross country. I played 4 years NCAA DII women's college soccer.

I've always enjoyed being outside in nature; and have developed a passion for running. I started my running streak as a New Year's resolution to be more active and as a challenge to run everyday for a year. I never realized I was starting a streak.

During that first year my dad had a major surgery to repair his aorta. Little did we know he would wake up paralyzed. After my first year I continued running daily. It's no longer a major challenge but more of a reminder of something I am able to do. Running is peaceful and it's not something I take for granted. Do something daily!

Heather Kolbo
Portland, Oregon

MEMBER UPDATES – SPRING 2016



Susan Rattenbury

SUSAN RATTENBURY JOINS USRSA

My first memory of running is an elementary school race around miniature traffic cones on a softball field. I can distinctly remember how good it felt to run. In high school, our next-door neighbor was a marathoner which was unusual for our neighborhood. He was probably the age I am now and I can remember him doing speed workouts on our street. In college I ran to lose weight, which morphed into running to combat stress and anxiety.

Over the years, races have been a source of motivation to train. Within the last decade, I did a string of half-marathons and saw improving finish times. Unfortunately, at this time I also experienced a series of events that nearly halted my running altogether. I

then had a few years of false starts, complicated by aches and pains, and “rest” days that made it difficult to sustain a regular running pattern.

Then, in the spring of 2014, I read an article in the Hammer Nutrition Newsletter by Grant Woodman. At that time he had run 6,000 consecutive days. I didn’t know anything about running streaks and I didn’t know there was a “US Running Streak Association.”

Armed with this new knowledge that I could run one mile, even slowly, I started the next day and haven’t missed a day since. I’m so grateful for that article. Thank you, Grant!

I’m not a fast runner and I don’t run as far as I used to, but I do run every day. I’ve run through a few injuries I probably shouldn’t have, as well as some serious weather that probably would have been better if I hadn’t. But, like using races for motivation, The Streak gets me out there when it would be easier to stay in. As I head toward age 50, these slower, shorter runs are extremely important to both my mental and physical health. That’s what The Streak has done for me. I don’t even think about it. I just go.

Susan Rattenbury
Oakland, California

TED NEFF’S STREAK HITS 12 YEARS

Yes, my streak is still alive and well! I had a couple of close calls, the last being running through an extremely painful hip/leg! I literally grunted through the entire run for about 4-5 days (It wasn’t an injury per se just excruciating pain).

Ted Neff
Edmonds, Washington

MEMBER UPDATES – SPRING 2016



Matt Grinnell with children Bethany (5) and Caleb (4).

MATT GRINNELL'S STREAK HITS 2 YEARS

My streak is alive and well. Since officially completing year 2 of my streak, I have completed a 50 Mile night race, two 50k trail races, and a couple of road races here and there. For the first 2 years, I have run 3,224 miles for an average of 4.4 miles per day, with all but 3 or 4 of those runs taking place outside in all types of weather. I really enjoy getting out there each and every day, and a good run always makes the day that much better. In 2016 I hope to complete a couple more 50k and 50 Miler trail races, and perhaps my first 100 Miler. Streak on!

Matt Grinnell
Ashburn, Virginia

CINDI HARRIS' STREAK ENDS AFTER 538 DAYS

My streak unfortunately ended on day 538 for your records. I did not run on 12/21/2015.

Unfortunately not a great story to tell. I live in Southern California but work in Buffalo, NY (yes, very long commute). I have been working very long hours and didn't remember to run that day until after midnight. Very sad way to have it end. The travel was making things very tough. I did get over 1,000 miles in my first 365 days. I completed 3 half marathons and the NYC marathon during the streak. :) I'll be back! I will let you know when the next one gets to a notable number.

Cindi Harris
Lake Forest, California

KANDICE IRWIN'S STREAK HITS 3 YEARS

I made it again, to year #3. Most of the time I average 3-4 miles daily.

Kandice Erwin
Fayetteville, Arkansas

CHAD HUTCHINSON'S STREAK HITS 7 YEARS

I do still have my streak intact. For me, it has been a two-mile minimum that I have set for myself. As you know very well, this can be challenging. But very rewarding!

Chad Hutchinson
Cherokee, Oklahoma

MEMBER UPDATES – SPRING 2016



Shaun Brennan

SHAUN BRENNAN BECOMES A LIFETIME MEMBER OF SRI/USRSA

I started my streak on March 23, 2013 and I'm still going strong. As of today [27 December 2015], RSD 1,010, and I plan as usual running again tomorrow morning in downtown Memphis, TN.

I still have done all my runs outside, a minimum of two miles per run, and my mind/body/spirit still feel strong at this point (the 1st pic is a running picture, that you requested, at Tom Lee Park along the Mighty Mississippi this past winter in downtown Memphis, TN).

My Staying Healthy & Saving Lives endeavor, A Two-Pronged Approach, has garnered some fantastic support on a local/regional/national level. In September, I received A Day Of Recognition award from Governor Bill Haslam of Tennessee, "for your outstanding accomplishment and dedication to staying healthy and saving lives." United States Senator Lamar Alexander of Tennessee sent a wonderful card in October "to congratulate you on your achievement with the American Red Cross and your

continued adherence to a healthy lifestyle." Gail J. McGovern, President and CEO of the American Red Cross had a wonderful goody bag waiting for me on Christmas morning when I made my 375th donation of lifesavin' blood/platelets/plasma (two more units/pints of platelets) at the ARC Blood Donation Center in Little Rock, AR. There was a wonderful handwritten card included from Gail congratulating me on earning my "comma," she had been following my countdown journey to RSD 1,000, and thanking me for all my lifesavin' donations.

In November, I hit 30 years without taking a sick day (last time I took a sick day was in November 1985). It went along very well with my Staying Healthy & Saving Lives endeavor.

Shaun Brennan
Memphis, Tennessee



KEITH OSBORNE'S STREAK HITS 7 YEARS

My streak is still active. Thanks!

Keith Osborne
Scottsdale, Arizona

MEMBER UPDATES – SPRING 2016



David Shannon

DAVID SHANNON'S STREAK HITS 3 YEARS

My streak is alive and well. I hit RSD #1095 or three years today (December 25th, 2015). My streak miles have reached 6,210 or a 5.67 mile per day average.

After I bought my first house in Minnesota, my former father-in-law looked at my long driveway and told me "You're going to need two things to shovel that driveway without a snow blower. A strong back and a weak mind!" In the eleven years I owned that house, both held up fine.

Similarly I believe streak running is some combination of discipline, stubbornness, the fortunes of good

health, some stupidity and a lot of luck. I'm happy all those elements of my streak are holding up.

I've had the discipline to run every day, upping my first year one-mile minimum to a two mile minimum for the past two years. I've been stubborn enough to run an average of at least twelve marathon or longer races for each of the past three years. Other than some minor injuries through which I've continued to run, my health fortunes trend positively.

I've been stupid enough to sign up and run a couple of those marathons this year on the day before the race. The luck of the Irish may have kept my streak from being waylaid by the demands of work, family or unforeseen inconveniences.

I've had a few noteworthy highlights this year. In January, my lifetime (not all streaking) mileage surpassed the circumference of the Earth (24,903 miles). The following day I ran a marathon in Maui to complete my goal of running a marathon in all 50 states. In August I completed my first 100 mile race at the Lean Horse 100 in the Black Hills of South Dakota. I ran inside a volcanic crater at 10,000+ feet of elevation in Hawaii and at the bottom of the Grand Canyon in 105f temperatures. Better than the geography was the opportunity to make new friendships and strengthen existing ones during my runs throughout the year.

I look forward to an active year-four of my streak and hope to complete my 100th lifetime marathon or longer race before the year is done. We acquired an energetic puppy this year and he is now old enough to run some miles with me. His exercise needs may help to keep my streak going for many more years.

David Shannon
Shoreview, Minnesota

MEMBER UPDATES – SPRING 2016



David Kwong

DAVID KWONG'S STREAK HITS 1 YEAR

I completed my first year in December of 2015 and for the first time, I was injury free all year. I ran 2095 miles during the streak, which is the most I've ever done in a year.

After battling injuries since 2010, slowing it down and running everyday has made my body stronger and injury free. Some of the things I did a little differently this year to stay healthy? Tons of foam rolling and a bi-weekly sports massage. I did ZERO cross training. Towards the end of the year, I was in the gym lifting less and less. Not exactly something I'd recommend to everyone but it has worked for me...for 2095 miles.

Some of the noticeable running accomplishments this year include (1) 60-mile week and (2) 20-mile runs (that is something really hard to do when you're already averaging 5-7 miles per day!). I logged miles in Massachusetts (my home state), New Hampshire, Pennsylvania, Washington DC, Maine and even outside of the country in Montreal Quebec and Suzhou China.

I wanted to thank everyone for participating in this same effort because a running streak is really for the most passionate of runners, and I am extremely honored to be a part of this special group.

David Kwong
Bolton, Massachusetts

LISA MILLAM'S STREAK HITS 5 YEARS

Yes, my streak is still going! Not much has changed for me. I am grateful each morning I can get up, put my shoes on, harness up my dog and off we go! I'm hoping to stay healthy enough to make it to year #6 and beyond.

Lisa Millam
Coon Rapids, Minnesota

CHRISTINE LOUSIAS' STREAK ENDS AFTER 1,024 DAYS

I ended my running streak on day 1024, October 21, 2015 (Start date was January 1, 2013).

Christine Lousias
Herreid, South Dakota

MEMBER UPDATES – SPRING 2016



Jennifer Walt

JENNIFER WALT'S STREAK HITS 4 YEARS

12/30/15 marks the first day of Year 5, so I celebrated the end of YEAR 4 (RSD 1461) with a brisk early AM 10 mile run by the beach, bringing my 4 YEAR TOTAL to 7,618 miles.

Overall, I took it fairly easy in 2015, running about 1700 miles, 1 marathon, 3 halves and a handful of other races. I wanted to give the plantar fasciitis issue that began in 2014 some time to "heal." I'm happy to say that my foot feels really good right now—hopefully it stays that way.

Even running every day, it is possible to run through aches and pains—we all just need to know when to back off and take some shorter "rest" days. While I've been a runner for about 80% of my life, I'm still amazed how running EVERY DAY has become so second nature.

Some days I feel less motivated, but my streaking sons (Conrad Walt, age 14 and Nolan Walt, 11) certainly help keep me going. They will reach 3 years in June, and I'm so proud of them! I love running with my boys, but usually can't keep up with those speed demons anymore, so often I accompany them on my bike, carrying water for them as well. Most would say we're craaaazy, but I think we're the normal ones, right? Happy New Year to all and keep streaking!

Jennifer Walt
Huntington Beach, California



Jennifer, Conrad, and Nolan Walt

MIKE HELLER'S STREAK HITS 27 YEARS

My current streak's 27th year finished on Monday [28 December 2015] without incident and I began year 28 this morning faced with ice and snow. I finished 5 miles without difficulty, reminded that the streak itself takes away the "Should I or shouldn't I?" internal debate. Streak runners just go out and do it. Saves a lot of angst. Best wishes for a Happy New Year.

Mike Heller
Marlborough, New York

MEMBER UPDATES – SPRING 2016



Ben Emmons with wife Sarah and children (bottom left to right) Kaylee (12), Kadin (3), Kailyn (9).

BEN EMMONS' STREAK HITS 7 YEARS

Christmas is always a special time of the year for me. My Runstreak date is December 26th 2008. So when I run on Christmas I'm not only celebrating the birth of Jesus but my Streakaversary (How awesome is that Christmas Present?)!

The "Streak" is now in it's seventh year and it has kind of taken on a life of it's own. Most of my friends are aware of my streak and it makes for a great conversation piece or encouragement for those who think they can't make room for physical fitness because of their busy schedule.

And hey Streakers, let's be honest any Runstreak is inspiring...Each time I read the Streak Registry Update or look at Facebook and Twitter I am inspired. Whether it's Mark Jaspers blazing speeds, race victories or his

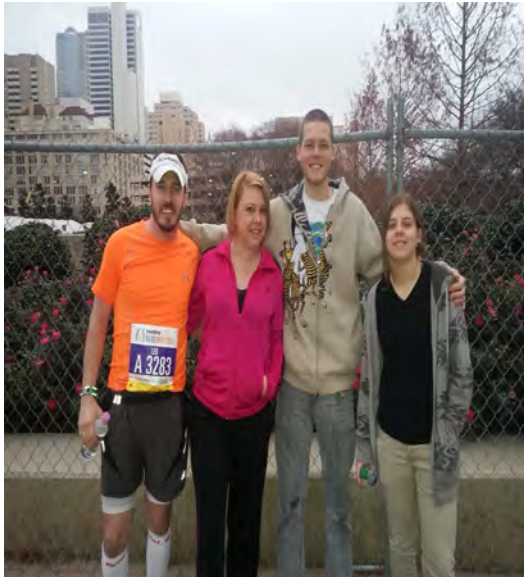
encouraging words, Woody Woodburn's great distance totals and history with running, Brad Kautz life giving words or awe inspiring marathon quests doing both right in the middle of transitioning from working at the Mayo Clinic to being a community leader on an Indian Reservation in the middle of no where New Mexico, or watching you all run in spite of and through chilling temperatures (Those Icebeard pics are AWESOME btw) that were so frigid that even caused Mike James to put on a shirt to keep his streak going...You all have made running everyday a pure joy!!! AND YOU ARE ALL INSPIRATIONAL!!!

One of the greatest joys to runstreaking is seeing others around you catch a passion to run everyday. This past year my nine-year-old daughter ran over 40 consecutive days. Some of my friends have also begun streaking including Joshua Simpson (Gilbersville, PA) who as the day of this writing is on his 1,093rd consecutive day and Matt Baumgartner from Temple, Texas, who is on day 273. My cousin Scott Church (Eagan, Minn) is on day 582 and often runs through feet of snow and ice in ski goggles. My friend Jon Howe also began a streak of his own passing 18 months before deciding to take a day off. Having friends and family that are streak runners and being connecting with others through the use of social media has been both very inspiring and an encouraging tool for me! Hopefully by the time my streak hits 10 years I will have at least 10 friends (not counting social media) runstreaking with me!

As Streakers we are ambassadors and may we continue to pass on our passion and our lunacy for running and our insanity for living life to the fullest! Until next time STREAK ON STREAKERS!!!

Ben Emmons
Springfield, Virginia

MEMBER UPDATES – SPRING 2016



Leo Hammond after the 2014 Dallas Marathon with (left to right) his wife Amanda, brother Nick, sister Sarah.

LEO HAMMOND'S STREAK ENDED IN 2011 AFTER 1,168 DAYS

I regret to inform you that the last day of my running streak was 3/13/11 [email received 31 December 2015]. It has been so long since my streak ended, I had thought that I informed the USRSA that it should be moved to the retired list. I very rarely read all of emails carefully if I don't recognize the sender right away so I guess it just slipped through the cracks. I apologize for that. I guess I unintentionally hold a record for that. But hey, records are meant to be broken right?

Well, to be honest, life just kind of got in the way and I fell out of love with running for a while. I really needed the break. It seemed like I had a race every weekend and after my first marathon in December of 2010, I had so many nagging injuries that I needed time to heal, both body and mind. I really wanted to focus on other aspects of my life and running got put on the

backburner. I would hit the trails occasionally but it started to become fewer and further between runs. During the last 4 years though, I met my wife and began a new career. Life has been great, but eventually I felt the urge to start running again. I started training with the Dallas Running Club again in the fall of 2014 and ran the Dallas Marathon that same year. I am currently training for a spring marathon in 2016. Although a running streak is a great accomplishment, I have learned that it just isn't for everyone and eventually my body (and mind) needs time to rest. It takes a lot of dedication and I applaud everyone that has their name associated with the USRSA and I can honestly say that I am very proud of those 3+ year streak. It definitely was not easy.

Attached are 2 photos before and after the 2014 Dallas Marathon. One of them is of (left to right) Me, my wife Amanda, my brother Nick, and my sister Sarah. The other photo is after the race. My mother held one of the signs upside down as I was crossing the finish line so I took the photo with that same sign upside down as tribute. It was amusing.

Leo Hammond
Plano, Texas



Amanda and Leo Hammond

MEMBER UPDATES – SPRING 2016



Erica Gorman with daughter Palma.

ERICA GORMAN'S STREAK HITS 4 YEARS

Yesterday marked the beginning of year 5 of my running streak and I am so blessed to be able to run every day even if 2015 resulted in less mileage. I did gain more time on the road and that is a blessing in itself. I didn't race as much due to a busier life with a 7 year-old daughter and horse back riding lessons but I did finally race the Kauai Marathon - a race on my bucket list since I ran the half in 2011. The stories about the tough hills were indeed true. I didn't PR (nasty hills) but I placed 2nd in my age group division and what could be better than that!

As of my run today (December 31, 2015), I logged 6,566 streak miles and how I wish I kept pre-streak records and had an idea of my lifetime miles! My first race in 2016 will be January 17th at the Maui Oceanfront Marathon and I am beyond excited as it will be the first time I get to race this particular race. I can dream of a PR but honestly, time is mattering less to me. Being able to run every day is making a magnificent difference in my life and running has deeper meaning than a time on a clock. It is about being true to yourself, falling down and getting back up, and having the courage to do things in all aspects of life that seemed scary.

That is my wonderful daughter, Palma in the picture. She has become the best support team ever!! I had a day the other week when I got off the treadmill and said I just can't run. She ran to my side and asked if I at least did a mile. I told her yes and she said, okay then. You can stop. Your streak is okay and maybe you will feel like running more later.

Happy running to all and may I NEVER catch up to any streak runner in front of me on the list. I pray we all continue to run strong and happy.

Erica Gorman
Kula, Hawaii

THOMAS WELCH'S STREAK HITS 18 YEARS

No change in status, continuing to grind out those daily runs.

Thomas Welch
Victoria, Minnesota

CHUCK FOX'S STREAK ENDS AFTER 3,134 DAYS

Unfortunately my streak ended on July 31, 2015. My brother, father and I are starting again New Year's Day.

Chuck Fox
Portland, Oregon

CHUCK ROBB'S STREAK HITS 20 YEARS

In some ways it is hard to believe 20 years has passed and I do still plan for at least 20 more.

Chuck Robb
Lee's Summit, Missouri

MEMBER UPDATES – SPRING 2016



Scott Hendren

SCOTT HENDREN'S STREAK HITS 8 YEARS

The 8th year of my running streak has been an up and down year. My total mileage was not where I wanted it to be or where it will be in 2016, but I only had two days all year where there was even a passing concern of not at least getting the 1 mile minimum; once because of flight delays and once because of a dear friend in need. Both worked out fine. My spring marathon ended disappointingly at 21.5 miles in a thunderstorm that cleared the course. But I also finished my first 50-mile trail race a week after my 50th birthday. Streak on my friends!

Scott Hendren
St. Joseph, Illinois

EMILY WILLIAMS' STREAK HITS 3 YEARS

It hasn't been my best year of running, but it's been a year of running. And that's all I can ask for. I love being a part of this association and seeing all the inspiring runners in the Facebook group.

Emily Williams
Boise, Idaho



Joe Raffa

JOE RAFFA'S STREAK HITS 31 YEARS

Thanks for the congratulations. 2015 was a memorable year. My wife and I averaged about 35 to 40 miles a week until September 10th. While visiting a customer in Bethel Connecticut, I fractured my tibia on a long steep downhill. I hobbled (both feet were off the ground at the same time) a few miles a day for about a month but the pain was not subsiding.

I knew an Orthopedic Surgeon who is also an Ironman Tri-athlete so if someone could get me through this he could. He had me get an MRI where the "severe fracture" was diagnosed and he suggested running one mile, a day, at a rubberized track with a compression sleeve for a solid month. After that month I went back on the roads and added mileage slowly until I'm running about 25 miles a week. I can still feel some dull pain on occasion but I think I beat this thing.

The Streak is still alive and well and I'm looking forward to upping my mileage in 2016. I wouldn't recommend it to anyone else, but if you put your mind to it you can even run thru a broken leg. Best wishes for a great 2016 and I look forward to completing my 32nd year.

Joe Raffa
Manlius, New York

MEMBER UPDATES – SPRING 2016



Ryan Fletcher

RYAN FLETCHER'S STREAK HITS 5 YEARS

My 5th year of streaking was pretty low key. My race schedule was much less than in years past.

I placed 4th overall and 1st in my age group at the local 2 miler with a time of 11:24. I ran my 1st two triathlons. A sprint distance and an Olympic distance. Both were as hard and as exciting as I had imagined. Triathlons will definitely be on my race schedule in 2016 and in the years to come.

I coached cross country at the local elementary school for the 4th year. My team won all of their regular season meets and placed 2nd in the championships. In October I ran and placed 3rd in an open Cross Country Invitational in Kentucky.

In November I ran the Tunnel Hill 50 miler with my wife. It was her first ultra. The course was flat, a lot of well stocked aid stations and great volunteers. It was a great race.

I celebrated my 5th Streakaversary with a 5 mile run with my sons, a celebratory beer, and some pizza. I am looking forward to another year of streaking. Happy New Year. Streak on!

Ryan Fletcher
Georgetown, Indiana



Bo Grist (#187)

BO GRIST'S STREAK HITS 3 YEARS

My streak is still going strong and I am super happy to report that I remain injury free and excited to be part of the group. Running is such a pleasure and I wish well to everyone in the group. I have included a funny picture from a run in my home town of Charlottesville, VA. I just love the look on the kid's face.

Bo Grist
Charlottesville, Virginia

MEMBER UPDATES – SPRING 2016



Chris Harrison

CHRIS HARRISON JOINS USRSA

As a kid growing up, I did not like to run. However, I played sports so I had to muscle through the training runs at practice. Not until about 16 years ago did I start to really enjoy running. On a business trip, my good friend Chris showed me his color-coded marathon training spreadsheet.... I was hooked. I found this disciplined approach to training just the thing I needed to help bring better consistency to my health and wellness.

At first I did marathons, and then started trail running and doing ultras. I typically run about 30-40 miles a week and try to do a few races- I have completed 27 marathons and 39 ultras. My favorites

are the ultras and particularly the 100 milers...an incredible adventure that really tests your physical and mental strength. Running has taught me to push through adversity knowing that at the top of the hill is a great view and nice downhill section.

I keep track of my daily miles in my training log and found that I was typically running most days. I would build up my mileage in preparation for a race, then taper, do my race and take a week off. Over the years I found that when I am more consistent with my daily running, my weight stays steady and my overall mood is good. I found that the peaks and valleys of weekly total miles were much tougher on me physically and mentally.

After reading a terrific article (These Streakers Resolve to Run Every Day) in the *Wall Street Journal* last year, I discovered the USRSA. What a great idea.... run every day. On January 1, 2015 I started my Streak and just finished my first year with 2,000 total miles for the year...running every day. There have been a few days where it has been difficult to "squeeze in my one-mile" but I made it happen and it's been awesome.

My lovely wife is so supportive of my goals and often runs a little with me. My oldest daughter has started running and we have enjoyed a few races together, which is very special. Most all my runs are in the morning and often filled with great political banter back and fourth with my wingman Westy. My good friend Chris who introduced me to running has moved back to Phoenix, so he has started to join us as well. I wish everyone a happy and healthy New Year...and look forward to reporting next year. Keep on Streaking.

Chris Harrison
Paradise Valley, Arizona

MEMBER UPDATES – SPRING 2016



Rich Glass

RICH GLASS JOINS USRSA

I started seriously running in my late 20s as a stress reliever from law school. I ran my first marathon in 1992 (Houston) and have run a total of 11. Currently, we live in Dallas.

In 2016, I have my sights set on running an ultra and a few more marathons. My 17-year-old son Joseph looks like he will start a streak this year. He has 2 older siblings who ran a half marathon with me a few years back. I would like to try to run in 4 states in a single run (TX-OK-AR-LA).

I am a father of 5, husband of 1 (our marital streak is 26 years), and grandfather of 1 (whom we are in the process of adopting). God has blessed me with so many things, including the desire to run as He intended all humans to do and the ability to do it every day.

I mostly wear Champion products for a few reasons. They are good quality for a good price. The Ch logo reminds me of Christ. And my motto has become: Be the Champion. This means not only winning (however you define it), but also advocating the just and true cause, without fail. We all can and should be

Champions.

I have a couple of running mantras I would like to share. The first one is the 4 rules of streak running:

1. I am a runner.
2. Runners run.
3. A day without running is a day I am not a runner.
4. See rule 1.

It's a great answer to those runners who are aghast that you don't do rest days.

The other is a reminder that I should always be "ripe" for the challenges that running presents:

Resist quitting
Insist on enduring
Persist without exception
Exist to glorify God.

Rich Glass
Dallas, Texas

DUNCAN CAMERON'S STREAK HITS A DECADE

Now that the first ten years have gone by almost easily, I have the next ten (or twenty) to look forward to. Although my age may become an issue at some point in time (I just turned 73), I am well and healthy. This past year, due to the Florida heat and visits with our grandchildren and also a cousins reunion, I opted not to run many races, running only 13 instead of my usual 30 or so, but I did win my age in all of them. My plans are now to run more races and cut my mileage back a bit from my current 50 miles a week. I hope to keep my every day streak going for a long time as well as my 15 years of running at least 2,000 miles a year.

Duncan Cameron
Palm Harbor, Florida

MEMBER UPDATES – SPRING 2016



Paula Harkin

PAULA HARKIN'S STREAK HITS 7 YEARS

I had no idea my streak would last 7+ years and going strong. My current streak mileage is over 15,000 miles so that is fun! My goal is to digitally run the distance around the world. I ran over 2300 miles in 2015 coming in at about 6.4 miles per day. I turned 50 years old in 2015 and am running strong.

I have survived many injuries over the 7 years and dealt with a pinched nerve the final months of this year but managed to run the Chicago Marathon and am registered to run the Boston Marathon this April for the 4th time.

I am starting a volunteer run group with our local homeless shelter, the Union Gospel Mission, hoping to help those in need find the love of running. Our store, Portland Running Company, will be donating shoes/apparel for those that join me.

Attached is a picture of my 2500th day and a collage my husband gave to me for my 7th year streak anniversary.

Paula Harkin
West Linn, Oregon



Paula Harkin

MICHAEL STEGURA'S STREAK HITS 3 YEARS

No major updates, streak is still moving along strong. Completed my first 50KM race this year (North Face Endurance Challenge - San Francisco). Looking forward to my first 50 miler in 2016. Thankful for the support of friends and family.

Michael Stegura
Macungie, Pennsylvania

RON LANDRUM'S STREAK HITS 25 YEARS

My streak is alive and well. Onward to year 26.

Ron Landrum
San Jose, California

MEMBER UPDATES – SPRING 2016



Bill Finkbeiner "at mile 51 of the 2013 Leadville Trail 100 which was my 30th consecutive LT100 finish."

BILL FINKBEINER'S STREAK HITS 36 YEARS

My streak is still active but I have been fighting plantar fascia problems for a year now. My last run that felt like a real run was the Way Too Cool 50k last March. I have had to do a token run every day since without touching my right heel to the ground. I almost always do it before daylight to prevent having an audience. I am hoping to be able to complete the WTC this March. I think that there are only three of us who have finished every year. The race began in 1990 as the Cool Canyon Crawl. My 30 consecutive year streak at the Leadville Trail 100 ended in 2013. The buckle they awarded me is twelve inches wide! I was honored to be inducted into the Sacramento Running Association's Hall of Fame in February 2015.

Primarily for my streaks I joined some ultra marathon champions such as Rae Clark and Tim Twietmeyer as well as 1964 Olympic champion Billy Mills and 20 others in the SRA Hall of Fame. I am very eager to be back on the trail running ultras ASAP. Having just turned 60 last month, I look forward to finishing

the LT100 in my sixties. I have, of course finished in my 20s, 30s, 40s and 50s. I'm sure this type of reasoning is understandable to my fellow streakers.

Bill Finkbeiner
Auburn, California

HEATHER KOLBO'S STREAK HITS 2 YEARS

I look forward to another year of adventures in running. The first year of my streak was a New Year's challenge to see if I could even do it. It was later I found out that there are other streakers out there and found USRSA website and later became a member.

During my first year's streak my dad had a complex surgery that left him paralyzed overnight. In some of our conversations he would make statements about dreams he had: "I have dreams about walking; like the other night I dreamt about just walking around in the back yard." Another time he mentioned if he gained use of his legs again he would become a runner. So my 2nd year of my streak was dedicated to my dad. I felt like sometimes I was running for him and those who don't have that luxury. To me my 2nd year was focused on not taking advantage of the abilities and things that I have. I continued running because I can and I am able.

My family and friends have asked if I would continue running after year 2 and my answer isOf course, it's become part of my life now. Year 1 was a challenge. Year 2 was a commitment. Year 3 will be another chapter and filled with fun new adventures.

Do something daily!

Heather Lee Kolbo
Portland, Oregon

MEMBER UPDATES – SPRING 2016



Robert Crosby

ROBERT CROSBY'S STREAK HITS 8 YEARS; STREAK SURVIVES DESPITE BEING HIT BY A CAR

My streak was jeopardized on September 18th when I got hit by a car while crossing an intersection. I was near finishing a 5-mile run on the sidewalk and while "safely" crossing at a stop sign with apparently plenty of time was struck by an SUV whose driver barely slowed much less stopped at the stop sign. Police came and I did not take an ambulance but later decided to go to the emergency room and found out I had a broken arm. First broken bone ever. First time hit by a car. It was a day of many firsts.

I had some times when it was a struggle to make the 1-mile minimum but recovery has gone well. Had a decent 16-mile run yesterday [3 January 2016].

Here's to none of us getting hit by cars this year!

Robert Crosby
Summerville, South Carolina



Chip Akers

CHIP AKERS' STREAK HITS 4 YEARS

Four years and still at it! I consider myself lucky after each year of streak running, but we all know about luck – that's why we make our own.

Many miles again this year along with many races, and fortunate enough to be headed back to Boston in April.

I am still inspired by those in front of me on the list, and full of encouragement for those behind me. On to the next. . .

Chip Akers
Raleigh, North Carolina

MEMBER UPDATES – SPRING 2016



Ken Birse

KEN BIRSE ENDS STREAK AFTER 12,242 DAYS

Unfortunately I had to end my 33 year running streak on October 27. Both of my knees have been plagued by arthritis for about 20 years. About 10 years ago I had scope surgery but managed to continue my 2 miles (minimum) per day. This past summer my right knee became so painful that I was barely able to stand for more than 15 minutes.

The knee was x-rayed and degenerative arthritis had advance to bone on bone for the right leg and nearly as bad on the left. With sadness I decided to get a total knee replacement on October 26 and will get the left knee replaced in March.

I am now on the mend and walking with no pain. I knew that the streak would end one day, but don't regret one day of running. It has seen me through college life, through adulthood and right into my mid 50s.

I'll start running again in the spring. Maybe I'll start another streak, maybe not.. One things for sure... I'll always be a runner.

KEN BIRSE UPDATE IN 2016

Well, the knee has healed amazingly well. My knee surgeon would not be happy, but I've been out on the roads a few times for short jaunts since the Oct 26th surgery. The prosthetic knee is made of durable materials, it just needs a bit of time to fuse to the bone. At any rate, now my weakest link is the left knee, which is scheduled to be replaced in March.

The streak saw me through kidney stones, severed fingers, broken arms & ribs, seizures, all sorts of calamities. I wish I could have extended the running streak indefinitely, but alas, I am a mere mortal after all ;-)

After both knees are replaced I plan on running 2-3 times per week but won't exceed 3 miles.

Here is a photo of me out & about within 6 weeks of surgery.

Ken Birse
Amherst, New Hampshire

CAROL BANCROFT'S STREAK ENDS AFTER 2,229 DAYS

With a heavy heart & using only my left hand I need to let you know my streak ended on Nov. 27, 2015. I fell while running & broke my shoulder. 6 years 38 days. Sad, but looking forward to starting a new streak in the new year.

Carol Bancroft
Safety Harbor, Florida

MEMBER UPDATES – SPRING 2016



Teresa Morris

TERESA MORRIS JOINS USRSA

I began running in January 2005, and ran my first half-marathon that February. Since that time, I have run numerous races from 5k to 50k in length.

As a life-long Southerner, I've been barefoot most of the time: barefoot at home, but wearing minimalist open-toed footwear when I have to wear shoes (to school, work, church, and formal occasions). My feet could never adjust to wearing close-toed running shoes, however, when I began running. My feet begged to be set free every time I ran. About a year and a half after I began running, I shed shoes altogether and have run completely barefoot ever since. I do about 10 – 15% of my running on the rocky, technical unpaved trails in Central and South Texas; on these trail runs, I wear Leadville Luna huaraches.

Although I haven't a record of the total number of miles I've run since January 2005, I know that I've run 6,871 miles since joining the online activity tracking site Strava (on which my handle is Barefoot Teresa) in July 2012. I started my current running streak on January 1, 2015.

Teresa Morris
San Antonio, Texas



Teresa Morris

JEFF DONAHUE'S STREAK HITS 8 YEARS

My running streak is still active at just over 8 years now.

Jeff Donahue
Melrose, Massachusetts

MEMBER UPDATES – SPRING 2016



Steve Parker

STEVE PARKER JOINS USRSA

Let me share with you some specifics of this commitment to Run a mile a day story.

The first day I put in a mile was January 2, 2015. I walk out of my house. I was pumped to start. It was 48 degrees outside and I stretched a little, and when I took my first step it began to rain. How's that for a welcome to a new commitment? Chilled and wet I finished that mile. Day 1 done! 364 to go.

Over the course of the year I had to put in time to my commitment at all sort of hours of the day 4:30am & 11:50pm and all hours in between. I committed in the cold temperatures (teens and 20s), in extreme heat (101 degrees and 95% humidity). It took me places I never thought to run before. I ran in circles in parking garages at least 18 times. I once paid for a one-month membership

at a gym in Atlanta while traveling for business. I was only there three days but the hotel gym was being remodeled and the only option I had in cold crappy weather in February in Atlanta was this near-by gym. I once ran in jeans. Why? Because I was ready to do my run and that's all I had on me. In October, I ran in JFK airport in New York because as I sat in the waiting area I realized that "on a technicality" should I board my flight to Japan without getting in a run I would miss a day because of the International Date Line. Thank God it was New York. Any other city and people would have looked at me like a crazy person and probably padded me down. In JFK the TSA just looked at me with indifference as I passed for the 5th time in 10 minutes.

All these challenges didn't come without amazing gifts attached. I was able to run in some of the most beautiful places and cities on Earth. The streets of New York City, San Francisco, Nashville, Miami, Charleston SC, Santa Fe NM, Beaverton OR, Washington DC, Paris and Bordeaux France, Tokyo and Kyoto Japan, St. Kitts & Nevis in the West Indies and Reykjavik Iceland among others. Truly a gift as otherwise I would have not had tread ground in these cities the way I did.

Steve Parker Jr.
Charleston, South Carolina

KATIE CARTER'S STREAK HITS 8 YEARS

I am still running. The streak is still going. It was a rough year due to a couple injuries in the last couple months but I did what was needed to keep it alive. Thank you and to all the other streakers who make this possible.

Katie Carter
Geneva, Ohio

MEMBER UPDATES – SPRING 2016



Chris Biekinski

CHRIS BIELINSKI'S STREAK HITS 4 YEARS

I have been busy lately and didn't even notice I was approaching my 4 year streak anniversary until a few days before it (the reminder e-mail helped!).

I will be running my 31st marathon a few days after hitting 4 years but the biggest thing that happened in the past year is I completed all the Marathon Majors back in April when I ran the London Marathon. All of the Marathon Majors except for Chicago were done while I was on my current runstreak. Attached is a picture near the finish in front of Buckingham Palace. Happy Running!

Chris Bielinski
Littleton, Colorado

PAT MONTANA'S STREAK HITS 3 YEARS

I hope to be adding my husband to the list this April! I am training up for a half in early March that was actually cancelled from last winter due to high snow piles. Hope it happens this year.

Pat Montana
Hampton, New Hampshire

CATHERINE VITOLS JOINS USRSA

The theme song "Gonna Fly Now" from the Rocky movie gives me chills every time I hear it. The lyrics are comprised of only 14 words but the composition is among the most compelling and inspiring songs of all time in my opinion. This song runs through my mind when I work out/run; particularly when I feel like I can't lift one more time, or can't run one more block.

I have always been actively involved in sports but running primarily consisted of sprints during softball games. I completed the Medtronic Twin Cities Marathon (ten mile run) a few years ago and survived! I often run on treadmills or in my neighborhood but my favorite place to run is with my husband at a nearby nature center that has winding trails inclusive of a cattail marsh, mixed lowland forest, and restored prairie.

My husband, Todd Vitols, who started his running streak in March 2015, has inspired me to start my running streak. I am proud of his accomplishments and his "let's do this" determination. Combining great music, a running partner, and fortitude, I am excited to start my lifelong streak!

Catherine Vitols
Burnsville, Minnesota

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Andreas Stresemann

ANDREAS STRESEMANN JOINS USRSA

Originally from Germany, I have lived in the New York area since the eighties. As a member of a local running club, I have participated in 200+ races over the years, ranging from 5k's to marathons. After infrequently being side-lined by running injuries, I switch to almost exclusively running and racing on trails or dirt roads.

I started streak running after being inspired by an article about the Raven. My main motivation is staying healthy and getting out into fresh air daily. I work long hours as an architect and most of my runs during the week are at night. I am no longer fast and the jogs have more of a meditative quality. I enjoy discovering new places while "on the run," especially when I am on vacation.

I hope to be streak running for a long time but might not be as heroic as others that have been running through injuries or right after surgeries. I enjoy

being part of the streak runners, which I consider a very special group of dedicated people.

Andreas Stresemann
Riverdale, New York



Bret Nelson running in Yosemite

BRET NELSON'S STREAK HITS 1 YEAR

I finally made it a full year and I'm still going strong. Some days were easy, others more difficult. There were plenty of opportunities not to run: driving halfway across the country to a wedding, starting a new job, feeling under the weather, etc., but I knew those kind of days would come so I had to mentally prepare for them. Even though I feel my worst in the morning, that is when I run, just to make sure that nothing that the day brings will derail my goal. I'm still not sure how long my streak will last, but when it ends, I hope there will be a really good reason for it.

Keep moving forward my friends.

Bret Nelson
Hutto, Texas

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Ray Ortman

RAY ORTMAN JOINS USRSA

Running helped me recover my health, vigor and youthfulness. It has been exactly 5 years since my 2011 New Year's Resolution to lose weight, and running was key to my losing 200 pounds that year. (I placed in the Top 5 nationally in the 2011 Lifetime Fitness 90-Day Weight Loss Challenge.)

Since then, running has become much more to me than merely a weight loss strategy. It has become a joy to me, and a way to continually challenge myself. Running has even become a new prayer form for me. Whether I am caught up in song or entranced by the peaceful cadences of heartbeat, breath and footfall, I am mindful of Isaiah 40:31 — “They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run,

and not be weary; and they shall walk, and not faint.”

For me, to run is to fly and to smile. For this reason, I adopted the Twitter handle @runsmiles, which combines the words “runs miles” and “run smiles.”

I began my running streak as my 2015 New Year's Resolution, and I ran every mile *outdoors* (at least 5K every day): rain or shine; heat, snow or ice.

Looking back, it's amazing how quickly the days and miles raced by: 2190 miles, 365 days, 10 races, 5 pairs of running shoes, 3 new PRs, and one 1st-place (age 50+) finish (Tiki 10K). But my proudest accomplishment was establishing my year-long running streak despite the pain of a foot injury on day 364!

Finally, running has now become a shared family passion. My wife and I love destination running (and racing) together. And now my son has just run off 100 pounds over the past 6 months.

Ray Ortman
Chanhassen, Minnesota

STEVEN COX'S STREAK HITS 3 YEARS

Streak has entered its fourth year and will hit day #1,100 tomorrow (05th January 2016).

I will keep my tradition of not saying too much as I am still a newbie. Nonetheless, best wishes to all streakers - current and retired - for a happy, healthy, & prosperous 2016...I am humbled to be in your company.

Steven E. Cox
Southlake, Texas

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Brian Beerman

BRIAN BEERMAN JOINS USRSA

I am very honored to become a member of the United States Running Streak Association, Inc. and proud that the running streak that I began on January 1, 2015 became one year old. I plan to continue this streak as long as possible.

I began running 19 years ago at the age of 33 in an attempt to get back into shape. Before I knew it, a friend talked me into running the Marine Corps Marathon in 1997 and I haven't looked back since as I have now completed 40 marathons. I have run the past 19 consecutive Marine Corps Marathons and have qualified for Boston, which I ran in 2010. I learned about the Streak Association by listening to the Marathon Training Academy podcast in November 2014 and I decided to start my streak on January 1, 2015. I thought the streak would be a great way to entertain myself on my way to hopefully completing my 50th marathon in a couple of years from now.

I am also very proud of both wife Molly who at the Marine Corps Marathon in October 2015 set a personal best while completing her 11th marathon, and my son Michael who is a fitness and nutrition expert and designs my strength training routine and watches what I eat! Couldn't do his without them.

Brian Beersman
Pittsburgh, Pennsylvania



John Danielson

JOHN DANIELSON'S STREAK HITS 7 YEARS OUTSIDE

2015 just raced by. I ran Al's Run and Pi Phi 5K, at Marquette, again. Weather was the big story in Wisconsin. I ran in 18 Cities, with temps of -4 to 76 degrees, with only 4 days below zero, must be Global Warming. Ran in 6 states, added CO & TX to the Streak List. Two runs in Oak Brook with the Major, a Lakefront I run with Michael, and a foggy early morning run with Dan. Finally, congratulations to Morgan, Millie, Megan and Finola, for helping me thru my Streak and qualifying for the State Track Meet in the 4X800 with a new DSHA school record, 9:36.60. Good Luck to all streak runners in 2016.

John Danielson
Wauwatosa

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Jim Woolam with his granddaughter Olivia Woolam.

JIM WOOLAM JOINS USRSA

I began my running career in April 1981 and have never stopped. Over the years I have run 25 plus marathons. The most recent in December 2014: A 50k Ultra Trail Race with my daughter-in-law Kristin Woolam. I have run on all 7 continents and marathons on 4 of them - distances varying from 5k to 50k. My best estimate of total mileage to be in excess of 50,000 miles (twice around the world.)

I began doing triathlons in 1995 and continue doing them. I have done them with our 2 children and three of our grandchildren. We are definitely a running family. I never tried to get them to run.... Guess they just began to follow me for which I am eternally grateful.

I decided to begin a running streak January 1, 2015 as a "thank you" to God for 50 years of marriage, great physical health, and 42-years of sobriety. I took my last drink as an alcoholic on July 18, 1973. I indeed am blessed and grateful husband, father, and grandfather.

Since I began running I took on a few other exciting challenges - Climbed Mt. Kilimanjaro at age 70 - Sky Dived at age 75 - Hang Gliding in Rio de Janeiro - white Water Rafting on the Gauley River Level V Rapids in West Virginia, and got certified as a SCUBA Diver on the Yucatan Peninsula.

A frustrated writer I published my memoir BLESS ME FATHER...For I Have Sinned a few years ago and published two other books and have just finished two more.

ALL OF THIS HAPPENED AS THE RESULT OF MY RUNNING CAREER. When I finished my first marathon in 1987 I said to myself if you can run a marathon you can accomplish anything!!!

Thanks for letting me ramble on. I feel a bit uncomfortable writing all of this. It feels like I am bragging and that makes me uncomfortable. Let me close by saying all Glory goes to God. He got me sober and is the guiding light in life. Peace.

Jim Woolam
Fort Myers, Florida

GARY SCOTT'S STREAK HITS 10 YEARS

Still running and my mile plus each day has been outside. My daughter Katelynn is running with me now but I have not gotten her to the everyday point as of yet. KSHB TV 41 here in Kansas City did an interview with Charles Robb, the runner from Lee's Summit who hit 20 years at end of December, and me.

Gary Scott
Olathe, Kansas

MEMBER UPDATES – SPRING 2016



Cliff Pinckard

CLIFF PINCKARD JOINS USRSA

I'm 51 years old, an overnight editor / reporter for the Cleveland.com website (associated with The Plain Dealer). I work a third shift, from 9 p.m. to 5 a.m., so that can present some unique challenges every now and then. I've been married to Patty Pinckard for 27 years and have two daughters, Kelsey, 21, and Halle, 18, and both are college students (Kelsey at Capital University in Bexley, Ohio, and Halle at Bowling Green State University in Bowling Green, Ohio).

I've lived in Concord Township for 12 years and in the Cleveland area for nearly 30 years. I'm a University of Toledo graduate and went to high school at Napoleon High School in Napoleon, Ohio.

I've been running since I was 25, but didn't get serious until 2008, when I ran

my first marathon in Cleveland. I've run six marathons overall and my PR is 4:13:50, set at the NYC Marathon on Nov. 1, 2015. My half-marathon PR is 1:46:44, my 10K PR is 47:40, and my 5K PR is 21:44 (the 10K and 5K prs were both set in December).

I'm planning to run the Columbus Marathon in the fall in one more effort to beat four hours. After that I believe I'm going to retire from full marathons.

I'm not sure how long I'll keep my streak going. I decided to give it a shot after reading about running streaks. Originally I targeted just one year, then decided to go for at least 500 days straight. Once I reach that goal I'll have to decide if I want to keep going. I find streaking isn't as tough as I thought it might be ... even on "off" days, it's not too hard to put aside 10 minutes to take an easy jog and keep the streak alive. I thought my legs would ache a lot, but it's been no worse than when I took days off in the past.

The toughest day to keep the streak alive last year was Nov. 2, the day after the NYC marathon. I only ran 1.4 miles, but it felt like I was running the final miles of the marathon once again ... my quads were not happy with me. I think, though, that forcing myself to run helped me get through the usual post-marathon agony a little quicker.

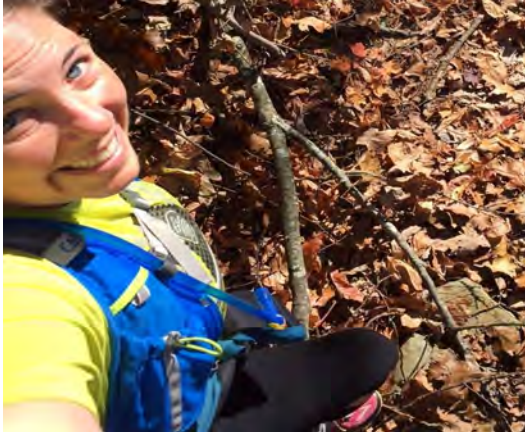
Cliff Pinckard
Mentor, Ohio

CHEECH MOORE'S STREAK HITS 4 YEARS

I'm still streaking...and looking forward to hitting the 5 year mark at the end of 2016! Thanks for checking in.

Cheech Moore
Wheaton, Illinois

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Amy Brock-Hon

AMY BROCK-HON JOINS USRSA

I started my streak on January 1, 2015 after an unsuccessful first attempt a couple of months before. I had asked my running partner Katie Pridemore if she was interested in doing this with me. I had been monitoring the Streak Runners Facebook page and was inspired to attempt running at least 1 continuous mile each and every day for a year.

For the first several weeks, Katie and I checked in on each other making sure we had pictures of each others' red faces to show we had completed our miles. After the habit was formed, that became unnecessary.

Running every day was not all that easy and I had some challenging days such as running at 11:30pm after a long day on the road, through campgrounds at two music festivals, back and forth in a driveway in the woods, and with a cold.

When one year arrived I realized that I had just completed something that I really thought that I would never do...run at least one continuous mile a day for a year...and I haven't stopped. I'm going to keep running until a Dr. tells me that I have to stop.

Running this streak has affected me in ways beyond running. When I have to get something done at work that I've put off, I now just do it. I get it done...just like I get my run done for the day.

My resting heart rate has lowered and I have lost inches off of my waist. Katie has also finished her year and is continuing her streak...we are pretty awesome. J

Thank you to the United States Running Streak Association for the incentive to run the streak and for providing a forum for people to voice their struggles and the ways that they overcome them. Streak on!

Amy Brock-Hon
Signal Mountain, Tennessee

VICKI NEWCOMB JOINS USRSA

As printed on a shirt I own, I run the CRAZY off. This describes who I am. It is my stress relief in life. I started running because I needed something that I could control. I could decide how far and the pace: enjoyable or how bad it would hurt. It was time I needed with friends and fresh air.

My running career is not super impressive because I run for the joy of running. I ran my first marathon to celebrate turning 40 and run races that support causes that tug at my heart. I get very nervous before racing so my joy is in the training and the journey to the start line. I have a close running buddy that I run with most days. She and I like to keep a race on the calendar to keep us motivated to get our long runs in on the weekend.

Vicki Newcomb
Bolivar, Missouri

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Joel Pasternack

JOEL PASTERNAK'S STREAK ENDS AFTER 4,084 DAYS

My streak total for 11 years and 2 months is 22,372. My lifetime total is now at 124,915. Unfortunately I won't be reaching 125,000 till hopefully in May. On Tuesday 1/5/2016 I went in the hospital to have a right knee replacement. Between 1987-2003 I've had five right knee surgeries. Have run pain free the last 11 years, but 2015 has been tough. Too much arthritis and bone on bone. I'll now have a bionic knee to run with.

Here's a little history on my running career. From November of 1987 to June of 2003, I had 5 right knee surgeries due to tearing cartilage in my medial meniscus. The 5th one in 2003 was an OSTEOTOMY to straighten my leg out so I would have less pressure. That held up well for 11 years and then the knee started getting weaker. On advice of my

marathon running orthopedic surgeon, we planned an early 2016 full right knee replacement. He assures me I'll be able to run on it.

My best marathon was in Boston in 1974 running 2:25:03 for 28th place. I also ran 2:25:08 at the Jersey Shore in 1973 placing 2nd to Tom Fleming. My other decent marathons were 1972 Boston 2:34:06 for 53rd place, Yonkers 6 weeks later 2nd place 2:32:06, Canada 2:27:37 5th place and NYC 1976 2:27:39 25th place.

In total, I completed 16 marathons from 1971-1991. Last marathon was 1991 was in October of that year in Vermont placing 5th in 3:07:12 at the age of 41.

My best race of my career in Central Park was 1974 March the Mike Bannon 20 miler. I ran 1:49:32 placing 2nd to Fleming and 7:30 behind.

One of my best career races in New Jersey besides the 73 marathon was the 1972 Long Beach Island 18 miler. I placed 2nd with a time of 1:38:45.

My track times in college at William Paterson were a 4:39 mile, 9:38 in 2-miles and a 3-mile indoors of 14:39 at Princeton. The highlight of my outdoor track was in 1974 when I won the college and state 6 mile track championships, along with running at Penn Relays a 6 miler in 30:10.

My running career began in September of 1965. I've been keeping a mileage diary ever since. As of the last run for me on Tuesday 1/5/2015, when I had my surgery, my career total is 124,929. Hopefully sometime in June I will hit 125,000. Hope I didn't bore you with all these stats. Have a great 2016 and I'll keep you posted on my comeback.

Joel Pasternack
Clifton, New Jersey

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Ashley Gutermuth

ASHLEY GUTERMUTH'S STREAK HITS 1 YEAR

My streak is still active. I live in Washington DC and managed to keep it going through the big snowstorm. Everything is going well, I finished my first half marathon in September (Navy/Air Force Half) and ran through a job move that had me running circles in a gas station parking lot just to get my mile completed. I have really enjoyed it and am grateful to you for putting out the newsletter. I plan on putting some pictures and notes on the Facebook page to introduce myself to the group.

Ashley Gutermuth
Washington, D.C.

ZACH WATSON'S STREAK HITS 3 YEARS

2015 was a good year for me! I ran a marathon, a few halves, and multiple other races. I set a few new PRs for myself and continued to set new goals for myself.

5K 17:29 (12/6/14)
4 mile 23:33 (8/3/13)
10K 37:13 (10/18/15)
1/2 Marathon 1:22:23 (6/15/13)
Marathon 3:14:37 (11/1/15)

Since beginning my streak on 12/31/12 I have logged 4,206.43 miles (as of 12/30/15). I look forward to continuing this streak for many more years to come and I hope to continue running a few races every month.

Zach Watson
Wind Lake, Wisconsin

ROGER URBANCSIK AVERAGES 13.6 MILES/DAY FOR 30 STREAK YEARS

I ran 148,944 miles during my 30-year running streak, an average of 95 miles per week. A summary follows:

Running Summary 2/1/86 – 1/31/16

	Average miles	Average miles/day
January	405.6	13.1
February	377.0	13.4
March	420.2	13.6
April	400.1	13.3
May	418.5	13.5
June	395.5	13.2
July	419.5	13.5
August	418.5	13.5
September	416.1	13.9
October	426.4	13.8
November	418.2	13.9
December	449.0	14.5
	<hr/> 4,964.8	13.6

In addition, on 1/31/16 I logged my 10,125th consecutive run of at least five miles (since 12/18/97), totaling 98,908 miles and averaging 9.8 miles per run during this mini-streak.

Roger A. Urbancsik
Marina Del Rey, California

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Randy Fuerst “with [his] god-niece Megan who ran her first half marathon (Glass City).”

RANDY FUERST JOINS USRSA

For me running was a way to lose weight and get in shape after my sons were born in the mid-90's. I was motivated by the knowledge that preventable health issues led my parents to early deaths. I didn't want my sons to experience that loss early in life. I ran on and off for the next few years pushing myself to do 10-k's until a friend and neighbor convinced me to run a half marathon in 2001. I did my first full marathon in 2003 with 10 more since. The majority of the marathons were done with the Leukemia and Lymphoma Society's Team in Training. When I did my first team race I didn't know that a family member would be diagnosed (and successfully treated) three years later. I'm doing the Flying Pig with them this year!

The streak began as a New Year's Resolution the day after Christmas 2014 and continues. Most runs have been rather ordinary, but in July 2014 I had to work them in during a 5 day canoe trip in Northern Maine. One day I had to run short portage multiple times to get it in!

Randy Fuerst
Medina, Ohio



Stephen Bardsley with son Jacob.

STEPEHN BARDSLEY'S NEW STREAK HITS 1 YEAR

I currently sit at No.392 on the retired streak. That streak ended with an appendectomy. My new streak was started on my Fiftieth Birthday, Jan. 31, 2015. This weekend my family went on an annual ski trip for my Birthday. My 11 year old Son Jacob is my “Streak Manager.” Before hitting the slopes, he joined me for a gorgeous 2 miler to make my streak official!

Stephen Bardsley
Stevensville, Maryland

MEMBER UPDATES – SPRING 2016

SHERRI SCHULTZ JOINS USRSA

I have been running since 2003. I have always wanted to complete a marathon and in 2004 I completed my first one being Grandma's Marathon in Duluth.

I have since run 10 marathons. I have done many half marathons and many, many 5K and 10K runs.

I noticed your streak association and it was always my goal to get into it, and finally did!

I love running. I have since gotten my two daughters into running and we have traveled together running different races. My youngest daughter is in her senior year of college. She has always wanted to run a marathon with me and, now that she will be graduating from college in May, she wanted to run her first marathon with me this next fall.

I have many injuries. My most severe injury was a fall on the ice while running last January. I run at 4:30 in the morning before work when I hit a patch of ice. Both my legs came up and I went down and landed on the back of my head. I did not lose consciousness, thank goodness, but ended up in the ER, had a head CT and x-rays of my spine. I ended up with a fractured scapula.

The next two weeks of running were interesting in that I had to keep my arm tightly at my side due to the pain when I even slightly moved my arm. I only was able to do 1-mile days then.

I had a lesion removed from the side of my knee in August. Before the doctor started I said, "Wait, am I going to be able to run tomorrow?" He said maybe take a few days off so the stitches don't open up. I told him this was not an option. I told him about my streak and

he laughed and pulled out a thicker suture. I ran the next day with no troubles.

Looking forward to more days of streaking.

Sherri Schultz
Cologne, Minnesota

RICK SCHULZ JOINS USRSA

I came to running a little later in life than most people. I'm a retired police officer (35 years) that spent 8 years on a SWAT team. During that time, we were required to pass a physical ability test every 3 months. Part of that test was a timed 3-mile run. I absolutely dreaded that run for 8 years!

After I left the SWAT team, I vowed to never run again! And I didn't for 25 years. However, once I retired, I started to gain weight and needed to get involved in an exercise program.

To make a long story short, I started a class with a local running store and within 3 months I was hooked. I completed their 5K class, 10K class, half marathon & marathon classes and then spent 5 years as a running class instructor for the store.

It's been 10 years now since I started running and I have completed 62 races (including 22 half marathons and the Southern California Ragnar Relay). I read about your organization in *Runner's World* and immediately decided this was definitely something I want to be part of. The streak has started!

Rick Schulz
Coarsegold, California

MEMBER UPDATES – SPRING 2016

CARISSA WYANT JOINS USRSA

I started running when I was about 12. I did cross-country and track for a few years in high school. I was quite good – 3rd in the state my sophomore year in cross-country. However, I have always struggled with my weight and eating disorders, so I stopped running my sophomore year.

I have gotten back into running off and on over the years. I did a half marathon in June 2015. I have lost 80 pounds since March 2014. Now I'm mainly trying to maintain the weight loss and become more fit and a better runner. I'm excited about my run streak – hoping it will last a long time!

I am a wife and mother – married in 2005 and had had my son in 2006. My husband has run with me in the past but is on hiatus right now. Obviously, I enjoy running although competition sometimes stresses me out. Right now I work at a doctor's office (family practice) and I am very active in the local Church.

Carissa Wyant
Harrisburg, Virginia

CRAIG KUGLAR JOINS USRSA

I am very happy to join the active list. My father handed down a love of running to me. As a small business owner, trial lawyer and single father, I was finding it hard to to get a good routine. At the end of 2015, after reading an article on streak running, I decided I would start a streak so as to take the leap from occasional jogger to a real runner.

I did my triathlons/marathons in my 20s and 30s and now run solely to mediate and stop the brain for a little while, so racking up miles wasn't my goal. Nonetheless, I did cover 1,000 miles in my first streak year.

I have inspired my sister and her 11 year-old daughter as well. They started their streaks on July 4 and hope to make the list in the middle of 2016. Keep on truckin!

Craig Kuglar
Atlanta, Georgia

DAVID MUNRO JOINS SRI FROM CANADA

I started running in 2002 at age 24 having just quit smoking and trying to get myself fit again. That first year I ended up completing my first half marathon and was hooked on running! Since then I have run several half marathons in the UK (where I lived at the time) and a few fun runs / 5ks and 10Ks.

I have been running on and off since then, some years more than others. I completed my one and only full marathon in 2010 (Hamilton, Ontario, Canada) but had many injuries during training so reduced my miles quite a lot after that and didn't get back into running seriously until 2015.

In January 2015 I decided to get back to fitness and start a running streak. Starting just with a few K's per day, and gradually building up my fitness and distance. As of writing this I average 8-10KM per day and am really loving it!

David Munro
Milton, Ontario, Canada

MEMBER UPDATES – SPRING 2016



Kenny Booth and Raven Kraft

KENNY BOOTH RUNS WITH THE RAVEN IN MIAMI

My streak continues onward, approaching 12 years this May. I had the honor of being able to fly to Miami in January for a run with Raven. It was a glorious sunny day (cool by Miami standards) for Raven run number 14,999.

Visiting and running with Raven was definitely the highlight of my streak. He embodies so much of the grit and perseverance that makes for a dedicated streak runner. But beyond that, he is a genuine and kind individual. So many people look up to him, some as a fatherly-type figure, and some as a beacon of the local

community. Witnessing first-hand his routine, and the way he interacts with every individual was quite an experience, and something that I won't soon forget.

Thanks Raven, for the amazing afternoon run!

Kenny Booth
Kirkland, Washington

KATY MOSS JOINS USRSA

I started running on Jan. 1, 2013. I began with the couch potato to 5K. In Feb. 2013, I did my first 5K and have been addicted to running ever since.

I started with running about 3-4 days per week. Then when I was pregnant in 2014, I started running everyday because it helped with my nausea. I took about 4 days off when I had my son in Jan. 2015. I ran 6 miles the day before I had him in hopes of getting labor started.

I have run everyday since Feb. 4, 2015 minus about 5 days to rest for races I have done including 4 half marathons, a 10-mile race, and several 5Ks and 10Ks. I haven't yet committed to doing a full marathon but will definitely do more half marathons.

I have completed one half marathon since the birth of my son. I have placed in the majority of the 5K and 10K races and was first in my age group at the 10-miler.

I am completely committed to doing this running streak.

Katy Moss
Gastonia, Georgia

MEMBER UPDATES – SPRING 2016



Gary Lundeen

GARY LUNDEEN JOINS USRSA

My running career began in July 1976 at age 32. I had been having bad headaches for a number of years so my doctor told me that I needed to learn to relax and begin an exercise program. I failed the relaxation techniques but I started jogging outside. I live in Minnesota so I joined an athletic club with a track so I could run inside. Because I ran almost daily I began to meet other runners and some of them suggested that I run races. I started out with 5K and 10K races. My first marathon was in 1983 at Grandma's Marathon in Duluth, MN. I ran it again in 1984, 1985, 1987 and 1988. I ran the Black Hills of South Dakota Marathon in 1989 and 1991. My first marathon time was my slowest at 3 hours 22 minutes while my fastest was 2 hours and 58 minutes. My PR for 5Ks is 17 minutes 47 seconds and my 10K PR is 36 minutes 14 seconds. I have only run one half-marathon and that PR is 1 hour 26 minutes. During the 1980s I was running daily and I know I ran daily from 1/1/85 through 6/23/87 when I had no injuries or illnesses.

In the past five years I have had to avoid running and start cross training because of several injuries including a torn hamstring that occurred when I tripped on a tree branch while running, knee pain from doing weight training leg extensions, and last year developing plantar fasciitis. I hope to be more careful as I run in my 70s to avoid falls. I retired from work three years ago so I am going to try another running streak. I have run daily since 12/27/15. It has been a difficult start because a couple of weeks ago I came down with a two-day stomach flu. Day one of the flu it was hard to get on my home treadmill but I did it at the end of the day and was successful in keeping this short streak alive. Four days ago I came down with an intense backache but that hasn't stopped me either.

It's nice to have a new goal now that I have begun this new running streak and I am looking forward to many more good years of running.

Gary Lundeen
Orono, Minnesota

RAVEN KRAFT'S STREAK HITS 41 YEARS

Well, I made 41 years and finished the year at a streak total of 119,887 miles. I should reach 120,000 miles on the 14th or 15th of January [letter dated 1/1/2016]

I wrote a song titled "Run Free" by Phillip Clarkson (who records most of my songs). It is a personal running song about my way and life of running. There is also an instrumental track.

Raven Kraft
Miami Beach, Florida

MEMBER UPDATES – SPRING 2016



Charles Brown

CHARLES BROWN JOINS USRSA

I'm an avid road cyclist who started running as part of my off-season fitness and cross-training. I've ridden long distance and hill climbing rides in several states and ride over 3,000 miles annually. In 2011 I began competing in Duathlons to incorporate running and cycling in a competitive race setting and ran in some 5K races, but stopped running in 2013 due to a hip problem.

In November 2014 a friend posted about a run streak challenge sponsored by *Runner's World Magazine*. The challenge was to run at least one mile every day from Thanksgiving to New Year's Day (36 days). I participated for the challenge, to get back into running and for off-season cross training and fitness.

I soon learned about the USRSA through a Facebook group. After researching more about run streaking and reviewing the many positive and

motivational comments on the Facebook group, I made a commitment to extend my streak for one year and join the USRSA. I thought it would be a great challenge and significant achievement given my commitment to health and fitness and ideal cross training for cycling, as I remembered that running previously made me stronger on the bike.

I'm a short distance runner, mostly running 1.5 to 3 miles, but ran my first 10K race (Trenton, NJ) this November as one of my year one run streak goals. Other first time events during my streak were a 5K Trail race and the nationally acclaimed Baltimore Running Festival (5K race). I live in Maryland where we have cold and snowy winters, but all runs except six have been outdoors (during Jan/Feb).

I've enjoyed the challenge, commitment and health benefits gained from streak running and have continued my streak beyond a year.

Charles Brown
Pikesville, Maryland



Charles Brown

MEMBER UPDATES – SPRING 2016



Vicki Goode

VICKI GOODE JOINS USRSA

A simple decision to take up running 24 years ago changed my life. My early running years were ignited by my sister. We lived several states apart and began using races across the country as a way to travel, spend time together and explore. My love for running grew and grew and my desire to push myself towards greater mileage rapidly increased as well.

My race history includes 2 marathons, 6 half marathons, 15k's, 4 Army 10 Milers, countless 10k's & 5k's, and RAGNAR's first year in TN (a race I would highly recommend--anywhere).

I prefer to run in solitude especially if I'm trail running however, when I do find myself running with my husband, friends or family I always find myself grateful for that time together. Since I started streaking my love for running has been rejuvenated! I can't wait to see how streaking shapes me and where it takes me!

2016 is slowly filling up with half marathons, the Warrior Dash, Wicked Wine Run, Glow Foam Run and my first trail race as well as my first triathlon. Happy Running, thanks for having me!

Vicki Goode
Memphis, Tennessee



Bill Robertson

BILL ROBERTSON'S STREAK HITS 39 YEARS

[Above] is a picture after completing 39 years on Sunday [7 February 2016]. I also expect to hit the 100,000-mile mark in July. Weather this winter has not been too bad, unlike last year.

Bill Robertson
Ashland, Massachusetts

MEMBER UPDATES – SPRING 2016



Don Brown

DON BROWN JOINS USRSA

I became a soccer referee in 1984. I had to run to stay in shape in order to officiate and ran just enough to pass my annual fitness tests but I was not a distance runner.

In 2014 a friend made a New Year's resolution to run a 5K every month of the year. I told her that she was crazy and wished her well. Like many others, she couldn't complete it

At age 62, I ran my first 5K in 2014, the Myrtle Beach YMCA Turkey Trot, and finished it, slowly. When my friend made the same resolution in 2014, she asked me to join her. I agreed and we planned a race per month. I told other

friends about it and encouraged them to join us. More joined as the year progressed so even though my first friend dropped out, the rest of us carried on.

I successfully completed the 12th race in December, improving my 36 minute time in my first race to under 30 minutes. In January, I progressed to a 5 mile race.

So what does this have to do with streaking?

Like many others, I read the *Wall Street Journal* article and thought that I could do it. It wasn't very physically demanding. Until I tried it. I discovered that it was as much a mental exercise as a physical one.

But I kept at it, bringing my 10-12 minutes times to 8-10 minutes times. Sometimes 1 mile, to keep the streak alive. Sometimes longer. Often as a warmup before my strength training workout. Over 730 miles in 2015. With an artificial hip, my surgeon told me that I shouldn't run any marathons, so I just take it a day at a time. Who knows how long I can go?

Don Brown
Munhall, Pennsylvania

PAVNI PATEL'S STREAK ENDS AFTER 482 DAYS

I regret to inform that while I was traveling in India, I developed severe food poisoning. My health did not permit me to go for a run. I broke my running streak! The last day I ran was Dec. 31st 2015. I am motivated to reach my goal again and be listed on USRSA in the future.

Pavni Patel
Lutherville, Maryland

MEMBER UPDATES – SPRING 2016



Lisa Surowiec

LISA SUROWIEC JOINS USRSA

Lisa is a wife, mother, mechanical engineer, and newbie streaker. She discovered her love of running in 2010 and since has run numerous races up to the marathon length. She started her run streak on Thanksgiving, between taking the dip out of the oven and putting in the pie, thanks to the *Runner's World* Winter Run Streak 2014.

Returning to running post injury, she wasn't sure how her body would respond to running every day. Surprisingly, she finds daily running to improve her recovery time in addition to her mood. Now an avid proponent of daily running, she maintains an updated run streak count both at home and at the office.

Lisa's husband, two children, and iRobot coworkers have been remarkably supportive of her endeavor and have even been known to throw her parties at milestone events. When asked if/when

she's going to stop streaking she simply replies "Nobody stops their run streak at day..." Streak on fellow runners!

Lisa Surowiec
Beverly, Massachusetts

CORRY VERRILL JOINS USRSA

I am a 45 year-old engineer born and raised in the state of Maine and a lifelong resident except one year in Pennsylvania and three in Massachusetts pursuing a career in construction. I have been a recreational cyclist since early childhood. Lately, I have found road cycling to be more dangerous due to poor roads and poorer driver skill and attention so I have turned to running as my primary form of exercise.

In 2014, I joined *Runner's World* run streak from Memorial Day to Labor Day and kept running often through the rest of 2014. I decided to start a run streak at the beginning of 2015. I will continue after the first anniversary for as long as I can keep doing it.

Cory Verrill
Stetson, Maine

LENNY BRUCKMAN'S STREAK HITS 31 YEARS

Streak still going... had to cut back to about 1 1/2 miles in January as I came down w/ pneumonia...made continuing my streak a real "challenge"...feeling better and working "slowly" to get back to my normal routine....up to about 3 miles now...

Lenny Bruckman
Granite Bay, California

MEMBER UPDATES – SPRING 2016



Mike Attanucci, Mebrahtom "Meb" Keflezighi and Vincent Attanucci

VINCENT ATTANUCCI'S STREAK HITS 13 YEARS

My thirteenth year of daily running started out a bit unlucky. After a decent finish at the Houston marathon in January I was finishing up a last hard training run for the Woodlands marathon in late February when I tore up the piriformis in my left leg and severely aggravated my sciatic nerve.

I have been blessed with few injuries during the streak though this hit me hard and I ended up with a DNS at the Woodlands. Felt for a while like I was facing my running mortality. Recovered slowly through March and April and returned to run the Eugene Marathon in early May; what a glorious trip and great if conservative race. It was probably mid-July when I felt 100 percent again which limited my mileage first half of year.

Happy to be healthy I ran well at Atlanta Peachtree and local 10 mile and half

marathon races during the fall. I returned to the marathon at Dallas with my son Mike and although our times were slow we had a great time together.

I finished up with a good second half at 3191 miles for the year and approaching 40,000 miles for the streak. The target in front of me for 2016 is 5000 days and I look forward to that. More importantly I look forward to running every day and blessed to do that; life is good. Picture is my son Mike and I with Meb in Dallas, we chased him down at the hotel, what a great person.

Vincent Attanucci
The Woodlands, Texas

SCOTT DEDEO'S STREAK HITS 2 YEARS

This past New Year's Day I celebrated the 2nd anniversary of my streak with my kids and my wife at my side. My older son was just over a year and a half when I started the streak and I had the luxury (and support) of my wife to cram in a mile on the day my second son was born (this past July). More important than my running streak, my donation streak, where I donate at least a dollar per mile run, passed its third anniversary this past November with 48 separate charities now being covered.

2015 was another solid year with an additional 2652 miles added to the streak (running total now at 5200) spread across the track, the roads, the snow, and the mountains. In 2016, I'll be taking on my first Boston Marathon and then tackling my first 100K this fall.

Streak on.

Scott DeDeo
Belmont, Massachusetts

MEMBER UPDATES – SPRING 2016



Mike Taricani

MIKE TARICANI JOINS USRSA

In 2007 I was 55 years old and having my annual physical. My doctor painted a not so pleasant picture. He said "you're overweight, have high blood pressure, high cholesterol, and are generally in bad shape. If you don't take action soon you will be going downhill fast."

I went home and decided to change my diet and start exercising. I was walking but it soon turned into running. I entered a local 5K and became hooked on running. Since then I increased my mileage and running goals finishing 25 half marathons, 8 regular marathons, and 4 ultramarathons.

Last year was my "extreme" year and ran up Mount Washington, did a 50 mile ultra, had multiple monthly run mileage over 300 miles, and last February started a run streak. I just passed one year of daily runs and decided to join this group.

I love running because it's my way to escape the daily stress of life. Speed and winning are not my goals but I make an effort to be the best I can. I run early each day wherever I am which is frequently in other states since I travel for business. I refuse to use treadmills and run in any weather. My daily runs are from 5-8 miles with long ones on weekends. Joining this group fits perfectly with my habits and goals.

Mike Taricani
Burlington, Connecticut

MIKE HOLSTEEN'S STREAK HITS 28 YEARS

My running streak is still intact. As of January 31, 2016 my streak miles is now at 88,624 miles. My lifetime running miles is at 115,604 miles. In addition to running every day I also play Pickleball about 8 hours a week and ride an exercycle about 4 hours per week.

Mike Holsteen
Ridgedale, Missouri

DREW KENNY'S STREAK HITS 4 YEARS

Been a challenge lately with a piriformas injury, but the streak goes on...

Drew Kenny
Fleming Island, Florida

MEMBER UPDATES – SPRING 2016



Chad Roberts

CHAD ROBERTS JOINS USRSA

When I was in junior high school I auditioned for the high school band (primarily to win the attention of a cute girl). Apparently, my musical abilities were lacking. The band director told me to try track instead. A couple of years later I joined the cross-country team.

For the last twenty-five years I have found much fulfillment, fitness, and improved mental health through running. I was a fair weather runner for most of these years. A running group and another running buddy persuaded me to run in less favorable conditions in more recent times.

In January 2015 I decided I would attempt a daily run of at least two miles. The streak continues. I actually finished the year with ~ 4 mile daily average and reached 1500 on December 31st.

In July (at the age of 41) I set a PR for the 5K at 18:42. It's been challenging at times but mostly rewarding. I've remained healthy and see no reason to stop now.

My closest scare came on day #247 when my wife and I locked ourselves out of our home that evening. I had planned on a late evening run and was now denied access to my home and the things I needed (or certainly preferred) for running. After 45 minutes of attempting to break into our own house, we drove (house key on a different ring) to Walmart and purchased running shorts. I found an old (relegated to yardwork) pair of shoes and managed a two miler around 11pm on a familiar stretch of road. My wife shook her head in disbelief though thankfully she gave me the space to keep the streak alive. We contacted the locksmith later.

Chad Roberts
Bermuda Run, North Carolina

CHAD ROBERTS STREAK ENDS AFTER 410 DAYS

#410 yes. #411 no. The streak is over. The combination of icy conditions, sickness, and a concerned wife resulted in 0 miles yesterday [15 February 2016]. Thanks for the inspiration to have gotten this far. Perhaps I'll try again.

Chad Roberts
Bermuda Run, North Carolina

MEMBER UPDATES – SPRING 2016



Julie Taylor

JULIE TAYLOR JOINS USRSA

My name is Julie Taylor and I began my love for running in the fifth grade. I joined my school's track team at Paxson Elementary in Missoula, Montana and I have been running ever since.

I have run in eight races in Montana, Colorado, Idaho and West Virginia. My family is very gracious to allow me time to run, especially on vacations! I have run in almost all fifty states and look forward to making that my next running goal. I love to run in the rain and snow, and have had many opportunities to see amazing things at 5:00 am, when I run. I have seen some of the most amazing sunrises and a fireball streak through the sky last year from a meteor shower. I could do without the 60 mile per hour winds I endure at times living in Wyoming though. I run no matter the temperature, and at times wear three layers just to stay warm. I love running and will continue running as long as I can.

Julie Taylor
Cheyenne, Wyoming



Angie Pace

ANGIE PACE'S STREAK ENDS AFTER 533 DAYS

My streak ended at 533 days after a bad fall at the Rocky Raccoon 100 that left me with bruised ribs and a twisted ankle that swelled up to double it's size. Not sure whether I had a stress fracture or not, I made the hard, but in my case wise choice to not risk further damage before I could assess the situation.

I am OK with my decision as my goal was to get 365 days and I surpassed that and made running a habit. My ribs are still sore and the swelling in my ankle has gone down. I will start a new streak next week! Here is to a new 365 day goal!

Angie Pace
Draper, Utah

WILLIAM THOMAS' STREAK ENDS AFTER 403 DAYS

I rolled my ankle a few days ago, and I could no longer bear it while I was running. I hope to start again soon.

William Thomas
Woodstock, Georgia

MEMBER UPDATES – SPRING 2016

ROBERT BUIKEMA JOINS USRSA

I'm a fairly average runner – some years I run a lot and some years not so much. I don't really care too much for racing but I've done two marathons (4:00 PR) and some shorter races. I started streaking because I liked the idea of consistency and discipline required to complete a full year with no misses. So far it's worked really well for me.

In the first year of my streak, I achieved 1600 total miles, which, I'm sure, is the highest annual mileage in my running career. I've never kept a logbook before but this year I recorded every run in a *Runner's World* log. I put away my GPS watch and went old school – running by feel and just for fun.

Any runner who goes for a year straight will rack up a few particularly memorable runs. My list includes some especially harsh Michigan winter mornings, two late night deadline-beaters, and runs around various cities I visited for business. I also completed a series of three-milers on Nordic ski trails after snowboarding all day on Spring Break and a one-miler doing late night laps around the local hospital – my only run of less than three miles all year. I also ran a three mile lap around my neighborhood the morning after my father passed away.

Running every day was exactly what I needed this year for reasons that are not quite possible to explain. I don't know how much longer I will keep up the streak but I have not plan to stop. I plan to take a series of restful one-milers from now until New Year's Day [letter dated 23 December 2015] because my feet have been sore. I don't expect to run another 1600-mile year in 2016 but I didn't really expect it this year either.

Happy Streaking!

Robert Buikema
Holland, Michigan

TUCKER ANDERSEN'S STREAK HITS 24 YEARS

Yes, the streak lives and hopefully I will reach the 25-year mark coming into view on the horizon. I see that in an oddity with a year still to go that no one on your registry will proceed me to that goal in the next year.

The big event during the past year for me was that after much deliberation, and after fully recovering from my prostrate cancer surgery in 2014 (during which I continued the streak), that in September I had a procedure to get a stent implanted in my left descending coronary artery to hopefully eliminate the blockage of over 80% that was discovered 3 years ago and had slowed my speed considerably (from moderately slow to back of the pack). Since then, I have completed the NYC and Kiawah Island Marathons, for a total of 42 beginning with my first NYC marathon in 1976, the inaugural 5 borough run. Kiawah completed a string of four, including Boston, within a 365 day period- age 73 thus marking the first time in my life that I completed more than two in a single year.

I thank Ken Cooper for inspiring me to get started running in middle age, and to running for undoubtedly keeping me alive and in great shape despite a family history of male coronary disease leading to many deaths.

Tucker Andersen
Warren, Connecticut

MEMBER UPDATES – SPRING 2016

HOWARD FELDMAN'S NEW STREAK HITS 2 YEARS

I've been putting in the miles on a consistent basis for the past couple of years. It's always great when a special anniversary rolls around. My streaks, in total, sum to more than 15 years. This includes "retired" streaks of nearly 9 years, nearly 4, 1.75, and the current streak of 2 years.

I've been averaging about 3.6 miles/day or about 1300 per year. My total mileage is over 39,000. My longer-term goal is 49,000 so I can say I circumnavigated the Earth 2 times.

Howard Feldman
Houston, Texas

MARY ANN HILL-PITTS' STREAK HITS 7 YEARS

I am still running everyday, with no intent to quit. EVER. Every day is a different experience, which makes it interesting to get out there. The benefits that come with this are overwhelming. I feel strong and powerful, physically and mentally. My best supporter is as always from the start, my husband Michael. And I thank him. So, with this, I am ready to continue my everyday run. Thank you, and peace to my fellow runners.

Mary Ann F. Hill-Pitts
Pawling, New York

TIM DESANTIS JOINS USRSA

I quit using drugs and alcohol in January 1987 but smoked cigarettes heavily for the following five years. In February 1992, I quit smoking and started running immediately.

I was running 5Ks and 10Ks up until 2003 when I decided to play around with half marathons in June 2011 in Newport, Oregon and have been hooked on marathon since.

My running streak was sort of at a whim, "Hey maybe I will run every day this year?" This was the first New Year's resolution I have ever kept. In 2015, I racked up 1,260 miles at a minimum of one mile per day.

My goal for 2016 is to run at least 2 miles per day and a grand total of 1,500 miles for the year. Running helps me stay physically mentally, and spiritually alert. Life is good!

Tim DeSantis
Boise, Idaho

Official U.S.A. Active Running Streak List
As Certified to the United States Running Streak Association, Inc.
March 1, 2016

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 65
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 71
	The Legends (40+yrs)		
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 61
4.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 65
5.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 60
6.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 61
7.	Richard Westbrook	12/29/73	Jonesboro, GA, Teacher, 69
8.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 65
9.	James Behr	03/19/75	Trinity, FL, Educator, 68
	The Grand Masters (35+yrs)		
10.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 68
11.	William S. Stark	09/10/76	St. Louis, MO, Professor, 68
12.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 71
13.	John Liepa	01/02/77	Indianola, IA, Professor, 71 *
14.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 63
15.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 66 *
16.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 57
17.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 74
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, 65
25.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 56
26.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 62
27.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 61
28.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 69
29.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 68
30.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 67
31.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 68
32.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 60
33.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 60
33.	Layne C. Party	01/01/80	Towson, MD, Manager, 56
35.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 79 (F)
36.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 68
37.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 72

38.	John I. Watts	10/04/80	Nampa, ID, Pastor, 60
39.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 76
40.	George G. Brown	01/06/81	Richlands, VA, School Principal, 63
	The Masters (30+yrs)		
41.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Mangement, 68
42.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 60
43.	Ben Dillow	08/20/81	Redlands, CA, Retired, 75
44.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 59
45.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 59
46.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 60
47.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 73
48.	John L. Tillman, Jr.	03/05/82	Palm Coast, FL, Business Owner, 67
49.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 57
50.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 52
51.	Gary Rust	07/03/83	Desert Hot Springs, CA, Retired, 69
52.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 55
53.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 54
54.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 72
55.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 74 (F)
56.	Randolph Read	09/01/84	Las Vegas, NV, Executive
57.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 48 (F)
58.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 65
59.	Leonard Bruckman	02/10/85	Granite Bay, CA, Consultant, 68
60.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 63
61.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 55
62.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 66
63.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 57 (F)
64.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 71
65.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 58
	The Dominators (25+yrs)		
66.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 70
67.	William Shires	10/19/86	Charlotte, NC, Software Architect, 51
68.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 57
69.	Timothy Bailey	05/17/87	Owingsville, KY, XC & Track Coach, 58
70.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 67
71.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 63
72.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 69
73.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 73 *
74.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Manager, 57
75.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 51
76.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 65
77.	Hal Gensler	12/04/89	New River, AZ, Retired, 69
78.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 65
78.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 39
78.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 59
81.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 64
82.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 64

83.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 66
84.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 58
85.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 63
86.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 62
87.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 59
88.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 65
89.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 73 *
	The Highly Skilled (20+yrs)		
90.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 53 (F)
91.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 59
92.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 74
93.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 60
94.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 60
95.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 65
96.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 30
97.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 59
98.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
99.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 60 *
100.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 60
	The Well Versed (15+yrs)		
101.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 69
102.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 63 (F) *
103.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 65
104.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 33
105.	Debbie Brassfield	09/10/97	San Jose, CA, Flight Attendant, 55 (F)
106.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 42 *
107.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 59
108.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 61 (F)
108.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 65 *
110.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 67
111.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 56 (F)
112.	Phillip Hawley, Jr.	10/23/99	Zionsville, IN, CPA, 30
113.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 56
114.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 58
115.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 64
116.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 65 (F)
117.	Diane Shumway	05/27/00	Provo, UT, Retired, 60 (F)
118.	Lee Berg	06/02/00	Torrance, CA, Business Development, 56
118.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 60 (F)
	The Experienced (10+yrs)		
120.	Ronald W. Shealy	04/01/01	Lexington, SC, Retired, 69 *
121.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 45
122.	Jim Merritt	10/29/01	Buford, GA, Retired, 68
123.	Martie Bell	12/27/01	Thomasville, NC, Professor, 60 (F)
123.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 64
125.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 69

126.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 68 *
127.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 63
128.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 57
129.	George A. Hancock`	06/22/02	Windber, PA, Education, 62 *
130.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 30 (F)
131.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 40
132.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 62
133.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 55
134.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 37 *
135.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 34 (F)
136.	Carmen Baxter	08/11/03	Fairfield, CA, Physician, 35 (F)
137.	David Max	08/28/03	Alexandria, VA, Pilot, 40 *
138.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 38
139.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 59
140.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 43
141.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 38
142.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 69 *
143.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 45
144.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 36 (F)
145.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 60
146.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 57 (F)
147.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 61
148.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 34 (F)
149.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 53 (F)
150.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 56
151.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 62
152.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 46
153.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 65
154.	D. Scott Cyphers	08/29/05	San Diego, CA, Software Engineer, 55
155.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 43
156.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 73
157.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 48
158.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 65
	The Proficient (5+yrs)		
159.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 48
160.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 60 *
161.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 51
162.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 74
163.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 45
164.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 48
165.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 24 (F)
165.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 51 *
167.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 35 (F)
167.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 27 (F)
169.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 48
170.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 34
171.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 33
172.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 52 *

173.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 48 (F)
174.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 42 (F)
175.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 49 (F)
176.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 65 *
177.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 57
177.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 67
179.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 61 (F) *
180.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 35
181.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 69 (F) *
182.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 54
183.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 47
184.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 43 (F)
185.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 73 *
185.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 34
187.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 44
188.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 57 *
188.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 49
188.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 50
188.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 63
192.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 51 (F)
193.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 36
193.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 35
195.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 55
196.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 42 (F)
197.	John King	01/21/08	Naples, FL, Education Administrator, 65 *
198.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 26
199.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 52
200.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 45
201.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 56
202.	Kelly Luck	08/26/08	Louisville, CO, Therapist, 28 (F)
202.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 49
204.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
205.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 71
206.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 60 (F)
207.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 57 (F)
208.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 44
209.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 64 (F)
210.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 42
211.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 33
212.	John B. Davis	12/08/08	Desoto, TX, Consultant, 72
213.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 62
214.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 52
214.	Chad Hutchison	12/24/08	Cherokee, OK, Teacher/Coach, 44
216.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 56 (F)
217.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 38
218.	Eric V. Love	12/27/08	Erie, CO, Attorney, 49
219.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 41 (F)
219.	Michael L. Johnston	12/29/08	Portland, OR, Sales, 64
221.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 69

221.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 37
221.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 50 (F)
221.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 57 (F)
221.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 37 (F)
226.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 39
227.	Vince Nardy	01/27/09	Solon, OH, Management, 57
228.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 36
229.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 69 *
230.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 35
231.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 59 *
232.	Mitch Kronenfeld	04/12/09	Bellerose Manor, NY, Sales Manager, 64
233.	Rodger Kram	04/23/09	Nederland, CO, Professor, 54
234.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 63
235.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 72 *
236.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 61 (F) *
237.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 20
238.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 29
239.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 36 *
240.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 47 (F) *
241.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 26
242.	Bradley Blaszyński	08/30/09	Annaville, PA, Student, 17
243.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 54
244.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 33
245.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 32 (F)
246.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 74 *
247.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 38
248.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 58
248.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 46
250.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 47 (F)
251.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 23
252.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 62 *
253.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 30
254.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 40
254.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 50
254.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 37
254.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 64
258.	Paul Miller	02/10/10	Medfield, MA, Marketing, 55
259.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 51 *
260.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 57 (F)
261.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 47
262.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 37
263.	William Middlebrook	03/31/10	Colorado Springs, CO, 73 *
264.	Matt Flynn	04/27/10	Burnsville, MN, 25
265.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 28 (F)
266.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 46 (F)
266.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 59 (F)
268.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 41
269.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 41
270.	Brian Clevén	07/02/10	Marinette, WI, Exercise Physiologists, 30

271.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 41
272.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 63
273.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 53
274.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 63
275.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 24 (F)
276.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 59
277.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 45
278.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 55
279.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 50
280.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 58
281.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 40
281.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 56 (F)
281.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
284.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 59 (F)
285.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 52
286.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 58 *
287.	Evan Barnhart	01/17/11	Holland, MI, History Teacher, 30
287.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 45
289.	Michael Buerke	02/02/11	Fridley, MN, Church Administrator, 39
290.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 54
	The Neophytes (-5yrs)		
291.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 55
292.	Will Jones	03/18/11	Grove, OK, Athletic Director, 41
293.	Jay Frank	03/21/11	Oak Park, CA, CEO, 61
294.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 41
295.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 36
296.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 40
297.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
297.	James Holt	05/01/11	Centerville, UT, Regional Manager, 57
299.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 56 (F) *
300.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 38 (F)
301.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 54
302.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 58
303.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 57 (F) *
304.	Jordan Trump	06/10/11	Orlando, FL, Database Administrator, 28
305.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 39
306.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 29
307.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 40
308.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 60 *
309.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 59
310.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 32
311.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 28
312.	Barclay Key	08/01/11	Little Rock, AR, History Professor, 39
312.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 34
312.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 47
315.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 16
316.	Steve Tant	08/13/11	Fort Mill, SC, Custom Signs, 55
317.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 72

318.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 49
319.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 39 (F)
320.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 48
321.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 61 *
322.	James Wisler	09/15/11	Wake Forest, NC, Physician, 34
323.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 34 (F)
324.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 36
325.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 36
326.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 34
327.	Adam Schiff	11/19/11	Palm Beach Gardens, FL, Finance Professional, 35
328.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 35
328.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 46
330.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 43
331.	Patrick Caron	11/30/11	Needham, MA, Student, 18
332.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 48
333.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 40
334.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 55
335.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
336.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 49
337.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 40 (F)
338.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 35
339.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 43 (F)
339.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 52 (F)
341.	Chip Akers	12/31/11	Raleigh, NC, Running Coach, 55
341.	Robyn Clevenger	12/31/11	West Des Moines, IA, 37 (F)
341.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 35
344.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 37 (F)
344.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 51
344.	Mike Johnson	01/01/12	Daphne, AL, 43
344.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 56 (F)
348.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 35 (F)
349.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 55 (F)
350.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 35 (F)
351.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 48
352.	Daniel Myers	02/01/12	South Bend, IN, Professor, 49
353.	Dusty Hardman	02/13/12	Punta Gorda, FL, 47 (F)
354.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 64 (F) *
355.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 29
356.	Gary Jones	04/12/12	Troy, MT, Retired, 63 *
357.	Christopher George	04/27/12	Mobile, AL, Attorney, 56
358.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 61
359.	Justin Martin	05/04/12	San Diego, CA, Air Traffic Controller, 35
360.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 29
360.	Keziah Wilde	05/13/12	Arlington, MA, Student, 13 (F)
362.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 39
363.	Brian Baker	05/25/12	Seattle, WA, MBA Candidate, 26
363.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 49
365.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 33 (F)
366.	Chris May	05/29/12	Highlands Ranch, CO, Director Engineering, 43

367.	Mathew Arnold	06/02/12	Longmont, CO, Ph.D. Student, 34
368.	Klare Case	06/17/12	Richfield, MN, Dental Hygienist, 26 (F)
369.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 58 *
370.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 67 *
371.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 37
372.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 33
372.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 36
374.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 40 (F)
375.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 36
376.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 48
377.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 47
378.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 53 (F)
379.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 36
379.	Samuel Lathrop	10/01/12	Ardmore, PA, Internal Auditor, 33
381.	Adam Ailabouni	10/27/12	Northfield, MN, Physician, 39
382.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 35 (F)
383.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 62
384.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 41
385.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 36
386.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 54 (F)
387.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
388.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 34
388.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 37 (F)
388.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 50 (F)
391.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 59 (F)
392.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 38
393.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
394.	Patrick Ferry	12/20/12	Mequon, WI, University President, 56
394.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 51
396.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 25
397.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 41 (F)
398.	Paul Christian	12/25/12	Rochester, MN, Journalist, 66 *
398.	Kandice Erwin	12/25/12	Fayetteville, AR, Human Resource Director, 38 (F)
398.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 48
401.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 42
401.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 39
401.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 57
404.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 29
405.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 32
406.	Diantha Velasquez	12/31/12	Dexter, NY, Teacher, 48 (F)
406.	Zachary Watson	12/31/12	Wind Lake, WI, Investigator, 25
408.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 41
408.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 35
408.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 40
408.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 37 (F)
408.	Patricia Montana	01/01/13	Hampton, NH, Sales Associate, 57 (F)
408.	Basim Nasr	01/01/13	OR, Project Manager, 42
408.	Vicki Newcomb	01/01/13	Bolivar, MO, Teacher/Coach, 44 (F)
408.	Emily Williams	01/01/13	Boise, ID, Mental Health Professional, 30 (F)

416.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 28 (F)
417.	Jeremy Duehring	01/07/13	Middletown, RI, U.S. Navy, 39
418.	Joel Andrade	02/02/13	Forensic Social Work, 42
418.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 47
420.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 40
421.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 57 *
422.	Diane Washburne	03/21/13	Mendham, NJ, Marketing Executive, 53 (F)
423.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 53
424.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 46
425.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 48
426.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 30
427.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 49 (F)
428.	Emily Osinski	05/06/13	San Marcos, TX, Violinist, 32 (F)
429.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 57
430.	Peggy Hubbard	05/16/13	Los Alamos, NM, 58 (F)
431.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 52
432.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 48
432.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 52
434.	Dan Donald	05/27/13	Ocala, FL, Registered Nurse, 41
434.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 39 (F)
436.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 42
437.	Harry Owens	05/30/13	Beacon, NY, IT Director, 58
438.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 49
439.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 44
439.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
441.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 43 (F)
441.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 14
441.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 11
444.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 52 (F)
445.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 43 (F)
446.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 35
447.	Carlos Lopez	07/06/13	Miami, FL, Sales, 50
448.	Bethann Wolfe	07/18/13	Bayville, NY, Professor, 43 (F)
449.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 46 (F)
450.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 42 (F)
451.	Thomas Comer	07/28/13	Denver, CO, Retired, 54
452.	Chris Brelage	08/06/13	Fishers, IN, Sales, 45
453.	Clint Stevens	08/08/13	Houston, TX, Vending, 34
454.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 47 *
455.	Eric Thompson	08/26/13	Bismarck, ND, M.D., 45
455.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 34
457.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 31
458.	Richard Jones	09/13/13	Ames, IA, Retired, 69
459.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 42 (F)
460.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 16
461.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 47
462.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 45 (F) *
463.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 46
464.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 45 (F)

465.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 61
466.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 40
467.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 44
468.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 55 (F)
468.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 69 *
470.	Katherine Jones	11/14/13	Las Vegas, NV, Stay-At-Home Mom, 27 (F)
471.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 47
472.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 44
473.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 39 (F)
474.	Michele Arnold	11/26/13	Issaquah, WA, Physician, 42 (F)
474.	Janna Chernetz-Taylor	11/26/13	Scotch Plains, NJ, Lobbyist, 39
474.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 50 (F)
477.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 39
477.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 43 (F)
477.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 54
480.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 36
480.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 37 (F)
480.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 42
480.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 34
480.	Amy Katz	11/28/13	Irvine, CA, Accountant, 45 (F)
480.	Ericka Kimball	11/28/13	Portland, OR, Professor, 41 (F)
480.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 39
480.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 48 (F)
480.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 40 (F)
489.	Robert Magner	11/29/13	Littleton, MA, Consultant, 66
490.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 43
490.	Robin Lentine	11/30/13	Plymouth, MN, Student, 17 (F)
492.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 36
493.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 56
494.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 41 (F)
494.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 48
494.	Jamie Rheau	12/25/13	Marion, IL, Educator, 55 (F)
494.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 74 *
498.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 45
499.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 38
500.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 28 (F)
501.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 61
501.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 35
501.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 36
501.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 27 (F)
501.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 45
501.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 60 *
501.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 25
501.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 20 (F)
501.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 33 (F)
501.	William Rowley III	01/01/14	New York, NY, Internet Executive, 48
511.	Heather Kolbo	01/02/14	Portland, OR, Artist/Entrepreneur, 33 (F)
512.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 40 (F)
513.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 44 (F)

514.	Julie Wright	01/21/14	Westminster, MA, Nurse Practitioner, 54 (F)
515.	Daree Selby	02/10/14	Wyoming, MN, Computer Consultant, 54 (F)
516.	Frederick Fye	02/14/14	Crewe, VA, Auto Damage Appraiser, 56
517.	Lisa Hancock	02/17/14	Geneva, IL, Social Worker, 48 (F)
518.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 64 *
519.	Houston Wolf	02/27/14	Cordova, TN, IT Support Analyst, 52 *
520.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 34 (F)
521.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 57
522.	Randall Buikema	03/08/14	Fulton, IL, HR Manager, 56
523.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 52 *
524.	Meghan Jacobs	03/10/14	Milford, MI, Student, 21 (F)
525.	Matt Miller	03/17/14	Huntington, WV, Sales Manager, 41
526.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 45 (F)
526.	Kirk Wilbur	03/20/14	Sacramento, CA, Lobbyist, 30
528.	Michael Davis	03/29/14	Fort Worth, TX, Self Employed, 45
529.	Ian Russell	03/30/14	Missouri City, TX, Student, 11
530.	Garren Hamby	03/31/14	Minnetrista, MN, Sales Manager, 36
531.	Rick Larson	04/02/14	Bloomington, MN, Financial Advisor, 58 *
532.	Susan Rattenbury	04/07/14	Oakland, CA, Potter, 49 (F)
533.	Leann Henden	04/08/14	Blair, WI, Stay-at-Home Mom, 35 (F)
533.	Martin Knight	04/08/14	Centreville, MD, Financial Advisor, 55
533.	Michael Lesko	04/08/14	Frisco, TX, Sales, 34
536.	Dylan Russell	04/09/14	Missouri City, TX, Attorney, 42 *
537.	Raymond Stone	04/10/14	Garland, TX, Self Employed Restoration, 49
538.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 50
539.	Robert Nelson	05/01/14	Tarpon Springs, FL, Self-Employed, 41
540.	Chulwon Park	05/03/14	Helena, AL, Practice Administrator, 33
541.	Stacy Spikes	05/08/14	New York, NY, CEO, 48
542.	Joann Lycett	05/11/14	Largo, FL, Assistant State Attorney, 60 (F)
543.	Joseph Finley II	05/23/14	Roxbury, MA, Transportation Supervisor, 35
544.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 49
544.	Nannette Taylor	05/25/14	Shirley, MA, Dental Hygienist, 48 (F)
546.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 40 (F)
546.	Conni Miller	05/26/14	Greencastle, PA, Registered Nurse, 45 (F)
546.	Cassandra Noble	05/26/14	Evans, CO, Volunteer Coordinator, 26 (F)
546.	Dawn Skirpan	05/26/14	Washington, PA, Research Coordinator, 37 (F)
550.	Scott Church	05/27/14	Eagan, MN, Wound & Ostomy Nurse, 46
550.	Emily Foster	05/27/14	Lake Oswego, OR, Homemaker, 44 (F)
552.	Yanira Vazquez	05/31/14	Miami, FL, Assistant, 38 (F)
553.	Mark Allen	06/01/14	Chesapeake, VA, Safety Manager, 33
554.	Sherry Broom	06/03/14	Columbia, MS, Nurse, 42 (F)
555.	Chad Merritt	06/14/14	Murrieta, CA, Engineer, 42
556.	Kate Freed	06/15/14	Pittsburgh, PA, Nonprofit Executive, 41 (F)
557.	John Schuerzinger	06/16/14	Latham, NY, Administrative Assistant, 46
558.	Susanne Strachota	06/26/14	Edina, MN, Doctoral Student, 28 (F)
559.	Jeff Blumenthal	06/27/14	Oklahoma City, OK, Financial Advisor, 56
559.	Shane Naisbitt	06/27/14	Grass Valley, CA, Sales, 46
561.	Tammy Roether	07/04/14	Long Beach, CA, Management, 41 (F)
562.	George Cressy, III	07/19/14	Mishawaka, IN, Law Student, 24

563.	Kyle Anne Nelson	08/01/14	Fort Collins, CO, College Professor, 40 (F)
564.	Stephen Dye	08/02/14	Cut Off, LA, Information Security Officer, 36
565.	Roger Raymond	08/07/14	Marco Island, FL, Athletic Director, 65 *
566.	Tom Whitely	08/22/14	Fairlawn, NJ, Personal Trainer, 58 *
567.	Robert Schneider	08/24/14	Titusville, FL, IT Professional, 53
568.	Deborah Johnson	09/04/14	Littleton, CO, Retired, 64 (F)
569.	Mandy Colten	09/09/14	Saint Paul, MN, Analyst, 28 (F)
570.	John Saucedo	09/15/14	Albuquerque, NM, Manager, 45
571.	Christine Petrone	09/18/14	South Jordan, UT. Retired RN, 63 (F) *
572.	Sabrina Fowler	09/22/14	Phoenix, AZ, Paralegal, 38 (F)
573.	Sandra Monday	09/28/14	Brentwood, MO, Project Manager, VP, 36 (F)
574.	Amy Blalock	09/29/14	Indian Wells, CA, Retired, 56 (F)
575.	Matthew Silva Sa	09/30/14	Littleton, CO, Laser Engineer, 29
576.	Roxanne Lorenz	10/01/14	Benson, MN, Stay-at-home Mom, 35 (F)
577.	Antonio Cipollone	10/03/14	Pomna, NY, CPA, 52
578.	Katie Raab-Reed	10/08/14	Copague, NY, Medical Records Director, 33
579.	J. Michael Kane	10/16/14	Scottsdale, AZ, Commercial Realtor, 55
580.	Ed Seaman	10/26/14	Dayton, OH, Encourager, 54
581.	Jose Medina	10/29/14	Pembroke, FL, Owner Mining-Export Co., 47
582.	Doug Suker	10/30/14	Edina, MN, Retired, 65
583.	Geza Feld	11/04/14	Farmingdale, NY, Retired, 82 *
583.	Donna Moran	11/04/14	Willis, TX, Retired, 59 (F)
585.	David Dudley	11/06/14	Plymouth, CT, Consultant, 64
586.	Keith Decker	11/11/14	Exeter, NH, CEO, 49
587.	Bruce Sackinger	11/17/14	Fairbanks, AK, State Lands Manager, 45
588.	Barbara Schwentor	11/22/14	Hudsonville, MI, Rehab Manager, 60 (F)
589.	Nathan Adams	11/25/14	Miami Shores, FL, Pastor, 32
589.	Sherri Schultz	11/25/14	Cologne, MN, Paramedic, 50 (F)
591.	Ruth Beveridge	11/26/14	Lynchburg, VA, Professor, 36 (F)
592.	Jonathan Arnold	11/27/14	Issaquah, WA, Stay-At-Home Dad, 46
592.	Charles Brown	11/27/14	Pikesville, MD, Business Executive, 57
592.	Staci Jones	11/27/14	New Market, MD, Nonprofit Director, 44 (F)
592.	Matt Ryerson	11/27/14	Cleveland, TN, Nonprofit Admin., 44
592.	Jennifer Ryiter	11/27/14	Marysville, WA, Teacher, 41 (F)
592.	Lisa Surowiec	11/27/14	Beverly, MA, Mechanical Engineer, 44 (F)
598.	Eric Jackson	11/30/14	Hot Springs, AR, Management, 65
599.	Teresa Woody	12/14/14	Goodyear, AZ, Health Info Mgmt, 44 (F)
600.	Harvey Lewis	12/22/14	Cincinnati, OH, H.S. Social Studies Teacher, 39
600.	John Woody	12/22/14	Goodyear, AZ, Teacher/Coach, 46
602.	Robert Buikema	12/24/14	Holland, MI, 42
603.	Randy Fuerst	12/26/14	Medina, OH, Development, 49
604.	David Kwong	12/28/14	Bolton, MA, Network Engineer, 37
604.	Andreas Stresemann	12/28/14	Riverdale, NY, Architect, 57 (F)
606.	Michael Bagazinski	12/31/14	Chicago, IL, Banker, 45
606.	Craig Kuglar	12/31/14	Atlanta, GA, Attorney, 41
608.	Kirsten Bartlett	01/01/15	Eugene, OR, Homemaker/Run Leader, 55 (F)
608.	Brian Beerman	01/01/15	Pittsburgh, PA, CPA, 52
608.	Amy Brock-Hon	01/01/15	Signal Mountain, TN, Professor, 39 (F)
608.	Ann Chen	01/01/15	Dallas, TX, Optometrist, 38 (F)

608.	Eugene Chen	01/01/15	Dallas, TX, Optometrist, 39
608.	Tim DeSantis	01/01/15	Boise, ID, Counselor/Therapist, 53
608.	Rich Glass	01/01/15	Dallas, TX, Attorney, 51
608.	Maria Gorton	01/01/15	Newport News, VA, Veterinarian, 44 (F)
608.	Chris Harrison	01/01/15	Paradise Valley, AZ, Home Builder, 52
608.	Richard Horvitz	01/01/15	Newton, MA, Accountant, 46
608.	Jonathan Jennings	01/01/15	Southampton, NY, Golf Course Superintendent, 52
608.	Eric Linn	01/01/15	Pittsburgh, PA, Consultant, 60
608.	Andy Lohn	01/01/15	Dayton, MN, DBA, 42
608.	Luke Martinez	01/01/15	Austin, TX, Process Design, 37
608.	Teresa Morris	01/01/15	San Antonio, TX, Self-Employed, 54 (F)
608.	Bret Nelson	01/01/15	Hutto, TX, Manufacturing Estimator, 37
608.	Ray Ortman	01/01/15	Chanhassen, MN, Clergy, 54
608.	Cliff Pinckard	01/01/15	Mentor, OH, Journalist, 51
608.	Alexandra Sevillano	01/01/15	Clearwater, FL, Lawyer, 34 (F)
608.	Cathy Van der Schans	01/01/15	Minnetonka, MN, Manager, 62 (F)
608.	Cory Verrill	01/01/15	Stetson, ME, Engineer, 45
608.	Justin Wenzelman	01/01/15	Dubuque, IA, Insurance, 35
608.	Laustin Woods	01/01/15	Phoenix, AZ, Accountant, 42
608.	Sarah Woods	01/01/15	Phoenix, AZ, Advertising, 41 (F)
608.	Kevin Wool	01/01/15	Quincy, MA, Territory Sales, 57
608.	Jim Woolam	01/01/15	Fort Myers, FL, Retired, 83
634.	Steve Parker, Jr.	01/02/15	Charleston, SC, CEO, 42
635.	Matthew Kane	01/05/15	Tonawanda, NY, Engineer, 49
635.	Matthew Lohmeyer	01/05/15	Lynchburg, VA Building Restoration, 36
635.	Mike Thorson	01/05/15	Mike Thorson, Fergus Falls, MN, 36
638.	Olivia Robertson	01/07/15	Columbia, MD, Social Worker, 33 (F)
639.	Don Brown	01/11/15	Munhall, PA, Investment Manager, 63
640.	Julie Taylor	01/18/15	Cheyenne, WY, Teacher, 46 (F)
641.	Jeff Judd	01/19/15	Oronoco, MN, Engineering Manager, 58 *
642.	Hunter Noffsinger	01/24/15	Chesapeake, VA, Student, 20
643.	Ashley Gutermuth	01/26/15	Washington, DC, Voice Over Actress, 29 (F)
644.	Stephen Bardsley	01/31/15	Stevensville, MD, ILA Clerk, 51 *
645.	Michael Taricani	02/11/15	Burlington, CT, Sales Manager, 62
646.	Tim Stearman	02/12/15	Albuquerque, NM, Air Force, 34 *

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

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Official International Active Running Streak List

As Certified to the Streak Runners International

1 March 2016

	The Hills (50+yrs)		
1.	Ron Hill	21Dec64	Hyde, England, Runner, 77
	The Grand Masters (35+yrs)		
2.	Frank Clarke	10Aug77	Kloof, South Africa, Retired, 79
3.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 69
	The Dominators (25+yrs)		
4.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 52
	The Experienced (10+yrs)		
5.	Douglas Dixon	23May04	Ontario, Canada, Retired, 64
	The Proficient (5+yrs)		
6.	Paul Smith	01Jan07	Durham, England, Local Gov't Officer, 53
7.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 48
8.	Pranjal Milovnik	15Jun08	Bratislava, Slovakia, CEO, 42
9.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 36
10.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 52
11.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 58
12.	Joel Benton	01Jan11	Bepton, England, Video Games Agent, 44
	The Neophytes (-5yrs)		
13.	Kimberley Robinson	06Sep11	Bepton, England, Administrator, 52 (F)
14.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 34
15.	Vanessa Oshima	11Sep12	Tokyo, Japan, 45 (F)
16.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 49 (F)
17.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 43
18.	Jim Crisp	07Apr13	Brough, England, Plumber, 44
19.	Ignacio Rodriguez Ameller	01Jul13	Madrid, Spain, Computer Engineering, 42
20.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 43
21.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 38 (F)
22.	Gillian Selman	17Oct13	Bromley, England, Nurse, 43 (F)
23.	Brian Andres	12Nov13	London, England, Analyst, 32
24.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 41 (F)
25.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 41
26.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 41 (F)
27.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 47
28.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 31 (F)
29.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 38 (F)

30.	Stuart Ainsworth	26Apr 14	Huntingdon, England, Compliance Officer, 54
31.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 52
32.	Martin Ainsworth	31May14	Leeds, England, IT Consultant, 42
33.	Henry Law	01Jul14	Folkestone, England, Golf Professional, 31
34.	Paul Theron	15Jul14	Houghton, South Africa, Asset Manager, 49
35.	Lynn Burnet	03Aug14	Falmouth, Canada, 41 (F)
36.	Hiroaki Yoshida	27Aug14	Yokohama, Japan, Translator, 44
37.	Myong Eiselstein	22Sep14	Hanoi, Vietnam, Teacher, 38
38.	Clive Start	30Dec14	Lower Hutt, New Zealand, Mob. Tech Support, 53
39.	Stephen Collier	31Dec14	Halden, Norway, Research Scientist, 58
40.	Andrew Jackson	01Jan15	Hull, England, 47
40.	Stavroula Nicholls	01Jan15	Cammeray, Australia, Administrator, 41
40.	Nancy Tavares	01Jan15	Toronto, Canada, Manager of Learning, 36 (F)
40.	Bill Wilson	01Jan15	Lichfield, England, eCommerce Manager, 41
44.	David Munro	13Jan15	Milton, Canada, Business Analyst, 38

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

Official International Retired Running Streak List

As Certified to Streak Runners International

1 March 2016

1.	Marlene Prentice, Gold Coast, Australia (F) *	12Mar07 – 27Oct15	3,152 days (8 yrs 230 days)
2.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days (3 yrs 235 days)
3.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
4.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days (2 yrs 175 days)
5.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days (2 yrs 114 days)
6.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days (2 yrs 023 days)
7.	Grant Cameron, Brisbane, Australia	22Dec09 – 14Aug11	601 days (1 yr 236 days)
8.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
9.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days (1 yr 136 days)
10.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)
11.	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.

Official U.S.A. Retired Running Streak List

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

March 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.	Bill Beach, Macomb, MI	10/28/79 – 10/09/15	13,131 days (35 yrs 347 days)
10.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
11.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
12.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
13.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
14.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
15.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
16.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
17.	Ken Birse, Amherst, NH	04/22/82 – 10/26/15	12,241 days (33 yrs 188 days)
18.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
19.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
20.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
21.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
22.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
23.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
24.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
25.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
26.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
27.	Alicia Brophay, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
28.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
29.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
30.	Mark Sutherland, Rancho Murieta, CA	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
31.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
32.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
33.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
34.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
35.	Kenneth Korsek, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)

36.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
37.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
38.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
39.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
40.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
41.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
42.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
43.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
44.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
45.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
46.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
47.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
48.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
49.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
50.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
51.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
52.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
53.	William Chatman, Brooksville, FL	07/23/91 – 09/08/15	8,814 days (24 yrs 048 days)
54.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
55.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
56.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
57.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
58.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
59.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
60.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
61.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
62.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
63.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
64.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
65.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
66.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
67.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
68.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
69.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
70.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/19/04	7,755 days (21 yrs 085 days)
71.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
72.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
73.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
74.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
75.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
76.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
77.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
78.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
79.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
80.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)

81.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
82.	Murray Collette, Naples, FL	09/27/79 – 04/17/97	6,413 days (17 yrs 203 days)
83.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
84.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
85.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
86.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
87.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
88.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
89.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
90.	Tom Whitely, Fair Lawn, NJ *	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
91.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
91.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
93.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
94.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
95.	Mercedes Murolo, Santa Rosa, CA * (F)	05/04/02 – 11/01/15	4,930 days (13 yrs 182 days)
96.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
97.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
98.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
99.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
100.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
101.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
102.	Joel Pasternack, Clifton, NJ	10/31/04 – 01/05/16	4,084 days (11 yrs 067 days)
103.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
104.	Prince Whatley, Birmingham, AL	07/01/04 – 07/21/15	4,038 days (11 yrs 021 days)
105.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
106.	Roger Raymond, Marco Island, FL *	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
107.	Ed Reid, Bradenton, FL	05/27/04 – 02/26/15	3,927 days (10 yrs 275 days)
108.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
109.	Daniel Mansueto, Los Angeles, CA *	07/17/05 – 10/14/15	3,742 days (10 yrs 090 days)
110.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
111.	Sonny Hunter, Kingston, TN	06/10/04 – 07/02/14	3,675 days (10 yrs 023 days)
112.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
113.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
114.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
115.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
116.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
117.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days (9 yrs 036 days)
118.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
119.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
120.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
121.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
122.	Charles Fox, Portland, OR	01/01/07 – 07/31/15	3,134 days (8 yrs 212 days)
123.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
124.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
125.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)

126.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days (7 yrs 266 days)
127.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
128.	James Koch, Kenosha, WI	11/21/07 – 05/25/15	2,743 days (7 yrs 186 days)
129.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days (7 yrs 151 days)
130.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
131.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days (7 yrs 127 days)
132.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
133.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
134.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
135.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
136.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
137.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
138.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
139.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
140.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
141.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
141.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
143.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
144.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days (6 yrs 066 days)
145.	Carol Bancroft, Safety Harbor, FL (F)	10/20/09 – 11/26/15	2,229 days (6 yrs 038 days)
146.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
147.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
148.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
149.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
150.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
151.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
152.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
153.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
154.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
155.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
156.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
157.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
158.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)
159.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
160.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
161.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
162.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
163.	Reno Stirrat, Rockaway, NJ *	06/11/83 – 06/11/88	1,828 days (5 yrs 001 days)
164.	Eric Lacey, Fort Worth, TX	10/02/10 – 10/01/15	1,826 days (5 yrs 000 days)
165.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
166.	J. Patrick Gowney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
167.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
168.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
169.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days (4 yrs 301 days)
170.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
171.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
172.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
173.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)

174.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
175.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
176.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
177.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
178.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days (4 yrs 102 days)
179.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
180.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
181.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
182.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
183.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
184.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
184.	Todd Kane Plainsboro, NJ	12/28/10 – 02/24/15	1,520 days (4 yrs 059 days)
186.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days (4 yrs 044 days)
187.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days (4 yrs 042 days)
188.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
189.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
190.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
191.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
192.	Anne Treadwell, Burlington, VT (F)	11/11/11 – 08/31/15	1,390 days (3 yrs 294 days)
193.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
194.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
195.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
196.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days (3 yrs 251 days)
197.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
198.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
199.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days (3 yrs 244 days)
200.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
201.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
202.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
203.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
204.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
205.	Christopher Pilotti, Binghamton, NY	12/31/11 – 07/15/15	1,293 days (3 yrs 197 days)
206.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
207.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days (3 yrs 184 days)
208.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days (3 yrs 150 days)
209.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
210.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
211.	Jonathan Reid, Bradenton, FL	11/25/11 – 04/11/15	1,233 days (3 yrs 137 days)
212.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
213.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
214.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
215.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
216.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
217.	Leo Hammond, Plano TX	01/01/08 – 03/13/11	1,168 days (3 yrs 072 days)
218.	Jeff Judd, Oronoco, MN *	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
218.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days (3 yrs 069 days)
220.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
221.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
222.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)

223.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days (3 yrs 044 days)
224.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
225.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
226.	Shannon Bol, Montgomery Village, MD (F)	09/15/12 – 10/08/15	1,119 days (3 yrs 024 days)
227.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
228.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days (3 yrs 012 days)
229.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days (3 yrs 004 days)
230.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
231.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
232.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days (2 yrs 359 days)
233.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
234.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
235.	Christine Lousias, Herreid, SD (F)	01/01/13 – 10/21/15	1,024 days (2 yrs 294 days)
236.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
237.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
238.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
239.	Dan Harris, Liberty, MO	11/09/12 – 08/22/15	1,017 days (2 yrs 287 days)
239.	Dylan Russell, Missouri City, TX *	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
239.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)
242.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
243.	James Clisset, Yuma, AZ	11/17/12 – 08/14/15	1,001 days (2 yrs 271 days)
244.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
244.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
246.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days (2 yrs 250 days)
247.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
248.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
249.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
250.	Brian Orth, Boise, ID	03/28/13 – 11/03/15	951 days (2 yrs 221 days)
251.	Toni Orth, Boise, ID (F)	03/29/13 – 11/03/15	950 days (2 yrs 220 days)
251.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
253.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
254.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
255.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
256.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
257.	Elizabeth Gilman, Byron, MN (F)	12/01/12 – 06/07/15	919 days (2 yrs 189 days)
258.	Gary Lundeen, Orono, MN	01/01/85 – 06/23/87	904 days (2 yrs 174 days)
259.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
260.	Jonathan Green, Brooklyn Center, MN	03/01/13 – 08/11/15	894 days (2 yrs 164 days)
261.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days (2 yrs 146 days)
262.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
263.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
264.	Kyle Rizzo, Berkeley, CA	01/01/13 – 05/03/15	853 days (2 yrs 123 days)
265.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
266.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
267.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
268.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
269.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
270.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)

271.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
272.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
273.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
274.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
275.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
276.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
276.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
278.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
279.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days (2 yrs 063 days)
280.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
281.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
282.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
283.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days (2 yrs 033 days)
284.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
285.	Kathleen Maloney, Wilton, CT (F)	06/27/13 – 07/21/15	755 days (2 yrs 025 days)
285.	Amber Travsky, Laramie, WY (F)	11/21/13 – 12/15/15	755 days (2 yrs 025 days)
287.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
287.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
289.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days (2 yrs 019 days)
290.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
291.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
292.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
292.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
292.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
295.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
296.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
197.	Lucy Hines, Smithfield, VA (F)	12/31/12 – 12/31/14	731 days (2 yrs 001 days)
298.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
299.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days (1 yr 351 days)
300.	Ellen Kendall, St. Louis Park, MN (F)	11/28/13 – 11/12/15	715 days (1 yr 350 days)
301.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
302.	Dwayne Hawkins, Murfreesboro, TN	01/01/14 – 12/13/15	712 days (1 yr 347 days)
303.	Patty Hengel, Glen Burnie, MD (F)	11/27/13 – 11/07/15	711 days (1 yr 346 days)
304.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
305.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
306.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days (1 yr 320 days)
307.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
308.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
309.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
310.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
311.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days (1 yr 288 days)
312.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
313.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
314.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days (1 yr 278 days)
315.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
316.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
317.	Christine Petrone, South Jordan, Utah (F) *	12/31/12 – 09/03/14	612 days (1 yr 247 days)
318.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
319.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)

319.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
319.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
322.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days (1 yr 234 days)
322.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
324.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
325.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
326.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
327.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
328.	Benjamin Labovitz, Baltimore, MD	11/28/13 – 06/30/15	580 days (1 yr 215 days)
328.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
330.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
331.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days (1 yr 212 days)
332.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
333.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days (1 yr 208 days)
334.	Paul Seibert, Fort Mitchell, KY	11/01/13 – 05/26/15	572 days (1 yr 207 days)
335.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
336.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
337.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
337.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
339.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days (1 yr 187 days)
340.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
341.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
341.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
343.	Aron Cole, Olean, NY	04/12/14 – 10/09/15	546 days (1 yr 181 days)
344.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
345.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
345.	Cindi Harris, Lake Forest, CA (F)	07/01/14 – 12/20/15	538 days (1 yr 173 days)
347.	Angeline Pace, Draper, UT (F)	08/24/14 – 02/07/16	533 days (1 yr 168 days)
348.	Cynthia, Almudevar, Pittsford, NY (F)	10/28/13 – 04/11/15	531 days (1 yr 166 days)
348.	James Summers, Coronado, CA	11/24/13 – 05/08/15	531 days (1 yr 166 days)
350.	Chris Myers, Chanhassen, MN	12/24/13 – 06/06/15	530 days (1 yr 165 days)
351.	Gayle Kearney, Ballwin, MO (F)	12/05/13 – 05/12/15	524 days (1 yr 159 days)
352.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
353.	David Wilson, Glenside, PA	12/29/13 – 05/19/15	507 days (1 yr 142 days)
354.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
355.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
355.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
355.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days (1 yr 135 days)
355.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
359.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days (1 yr 134 days)
360.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
361.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
362.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
362.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
362.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
365.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
366.	Pavni Patel, Lutherville, MD	09/06/14 – 12/31/15	482 days (1 yr 117 days)
367.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
368.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)

369.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days (1 yr 103 days)
370.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days (1 yr 097 days)
371.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
372.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
373.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
374.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
375.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
376.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
376.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
378.	Ted Green, Lee's Summit, MO	06/03/14 – 08/17/15	441 days (1 yr 076 days)
378.	Edward Monsour, Laguna Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
378.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
381.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
381.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
381.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
384.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
385.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
386.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
387.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
388.	John Miller, Macon, GA	01/01/14 – 03/05/15	429 days (1 yr 064 days)
389.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
390.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days (1 yr 060 days)
390.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
392.	Tim Stearman, Albuquerque, NM *	12/15/13 – 02/10/15	423 days (1 yr 058 days)
393.	Steve Surratt, Roanoke, VA	06/28/14 – 08/23/15	422 days (1 yr 057 days)
394.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
395.	Stephen G. Bardsley, Stevensville, MD *	01/01/07 – 02/19/08	415 days (1 yr 050 days)
396.	Brian Daniels, Minneapolis, MN	01/12/14 – 02/26/15	411 days (1 yr 046 days)
397.	Chad Roberts, Bermuda Run, NC	01/01/15 – 02/14/16	410 days (1 yr 045 days)
398.	Jennifer Myer, Rochester, MN (F)	01/04/14 – 02/16/15	409 days (1 yr 044 days)
399.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
400.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
400.	Reno Stirrat, Rockaway, NJ *	11/01/14 – 12/12/15	407 days (1 yr 042 days)
402.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
403.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
403.	William Thomas, Woodstock, GA	12/27/14 – 02/02/16	403 days (1 yr 038 days)
405.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
406.	Bradley Shackelford, Redding CA	08/21/14 – 09/24/15	400 days (1 yr 035 days)
406.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
408.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
409.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
410.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
411.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
412.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
413.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
414.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
414.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
416.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
417.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days (1 yr 014 days)

418.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
419.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
419.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
421.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
421.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
421.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
424.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
425.	Laurie Omodt-TeBrake, Shakopee, MN (F)	08/06/14 – 08/08/15	368 days (1 yr 003 days)
425.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
425.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
425.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
429.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
429.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
429.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
429.	James Janker, Wheatfield, NY	04/16/13 – 04/17/14	367 days (1 yr 002 days)
429.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
429.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
429.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
429.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
429.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
438.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
438.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
438.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
438.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
438.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days (1 yr 001 days)
438.	Justin Andes, Ellicott City, MD	06/13/14 – 06/13/15	366 days (1 yr 001 days)
438.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
438.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
438.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
447.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
447.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
447.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
447.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
447.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
447.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
447.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
447.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
447.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
447.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
447.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
447.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)
447.	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.

SRI/USRSA ONLINE

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

Patrick Ferry – Milwaukee (Wisconsin) Journal Sentinel
<http://www.jsonline.com/blogs/sports/359631281.html>

Judy Mick, Mark Washburne - Marathon Training Academy
<http://marathontrainingacademy.com/about-running-streaks#more-7286>

Karen Queally - San Mateo County Times
http://www.mercurynews.com/san-mateo-county-times/ci_29236974/san-bruno-woman-runs-marathon-all-50-states

Mark Washburne – NPR: Here and Now
<http://hereandnow.wbur.org/2015/12/31/run-every-day-mark-washburne>

Chuck Robb, Gary Scott – KSHB TV – Kansas City, Missouri
<http://www.kshb.com/news/local-news/local-man-runs-every-day-for-20-years-but-hes-not-the-only-one-with-a-streak>

Sarah and Laustin Woods – Ahwatukee Foothills New in Arizona
http://www.ahwatukee.com/community_focus/article_f018140e-b3d5-11e5-af2a-13d42778bd6f.html#.Vo1mifXVPjk.facebook

Steve DeBoer, Julie Maxwell – KAAL TV, Minnesota
<http://www.kaaltv.com/article/stories/S4023523.shtml?cat=10151>

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*.



Len Burton

R.I.P. LEN SAMUEL BURTON (1929-2015)

[Editors note: As this newsletter goes into production, we learned from Steve DeBoer that retired streak runner Len Burton had died in Missouri on November 5, 2015, at the age of 86. Len Burton, whose streak lasted 7,755 days (6/28/83 – 9/19/04), was 29th on the original streak runner's listed compiled by George Hancock in 1994 and was also the 38th member to join USRSA in 2001. Below is the last letter USRSA received in 2004 from Mr. Burton on the end to his over two decades long running streak.]

LEN BURTON'S STREAK ENDING LETTER FROM 2004

I regret to inform you of the end of my 21+ year running streak. As you will recall, my wife and I volunteered as English Teachers with the Peace Corps and were assigned to Nepal. On September 12 [2004], we were evacuated from our assignment in Hetauda, Nepal first to Bigunje, then to Katmandu and finally to Bangkok. The Peace Corps closed its entire operation in Nepal, after 42 successful years, because of the threat of violence to its volunteers. Somewhere during the evacuation, I became infected in my urinary tract and lost 20 lbs. I ran on September 19 but try as I may I could not make it on September 20. I was admitted to the hospital in Bangkok that day where I spent 3 days before departing for our home in Hot Springs, Arkansas. I am recovering rapidly but have not run or played tennis yet. I am gradually regaining my weight and strength.

I had always planned to end my streak on my own terms. I found, however, that I could not do that. I planned to end it after 20 years, then after 21 years and more recently, on my 75th birthday, but found that I could not stand to break the streak. But finally, I was forced to break it and I am at peace with that decision. I just wish I had started running earlier.

THE FINISH LINE

By: Mark Washburne

Our first quarter of a new year (that also includes December of the last year) is usually our busiest and this last quarter was no exception. A number of streak association records were broken in the last quarter including the record for most running streaks started on a single day. The new single day record is 1 January 2015 when 31 running streaks were started that made it to the 1-year threshold. Of these 31 streaks, 26 appear on the active list and one on the retired list for USRSA. The other four appear on our International list and includes two streaks from the United Kingdom (England) and one each from Australia and Canada. As some people are slow to register their streaks with our association, we expect this number to climb in the future.

In any case, whether the number grows or not, the 31 streaks already registered from 1 January 2015 shatters the old record of 14 registered streaks from 1 January 2014 (10 now on active list and 4 on retired list). The next popular day to start a running streak was 28 November 2013 when 12 registered streaks started (9 still on the active list and 3 on the retired list). The November 2013 date corresponded with the holiday Thanksgiving in the United States and also a promotion by *Runner's World Magazine* encouraging athletes to run every day between Thanksgiving and New Year's Day.

During the last quarter, we also set a monthly record for most new members joining our running streak association. In January 2016, a record 31 new members joined our association edging out the previous monthly record of 29 from January 2015. The new monthly record from 2016 builds on the progress we made in 2015 when a yearly record of 203 new members joined our association. Our 2015 new membership record shattered the previous yearly record from 2014 when 129 streak runners joined our association. As I write this *Finish Line* near the end of February 2016, we list 948 athletes who have become members of our association since Bob Ray, Margaret Blackstock, George Hancock, and John Strumsky became our first four members on 21 November 2000. Hopefully, in 2016, we will add our 1,000th member and earn the comma for our running streak association.

As for me, I want to thank the many members who reached out to me following my fall at the end of the Richmond Marathon last November. As you might recall from last quarter's *Finish Line*, I somehow tripped on the timing mat and landed face first. I broke my nose and had a concussion from the fall. I was rushed to the emergency room at Virginia Commonwealth University Hospital, where I was given some stitches and much medical help by a great hospital staff. I was discharged from the hospital the next day at 3:30 in the afternoon with my running streak in jeopardy. The doctors advised against running but I was determined to at least try to see if I could make it. I ran three miles (my personal minimum) that day to keep the streak alive. My biggest challenge during the last quarter was trying to maintain the streak after nose surgery on December 17th. It was not easy but I am happy to report that my 3-mile minimum streak is still in tack.

In closing, I am also happy to report that my parents, who are both 93, celebrated their 70th wedding anniversary this February 16th – an unbelievable streak in its own right. Speaking of streaks, good luck to all as we each run the roads and trails – every day!



The Streak Registry

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Articles and letters to the editor are not only welcomed but strongly encouraged. Permission is hereby granted to reprint any material appearing in this publication provided the source is acknowledged. Permission does not extend to copyrighted material.

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

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ADVERTISING RATES

Per issue:

Business Card (3 1/2 x 2")	\$25.00
Quarter-Page (3 1/2 x 5")	\$40.00
Half-Page (7 x 5 or 5 x 7")	\$75.00
Whole Page (7 x 10")	\$135.00

Send all camera-ready advertisements to the editor, or e-mail at USRSA@yahoo.com.

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

MEMBERSHIP—DUES

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

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

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

STREAK CERTIFICATION

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

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

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

SRI/USRSA SINGLETS & SHIRTS NOW AVAILABLE

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



SRI Women's Singlet



USRSA Women's Long Sleeve



USRSA Men's Singlet



Optional "Streak Started" Date