

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

THE STREAK REGISTRY

**DR. STEPHEN REED'S STREAK HITS 40 YEARS;
STREAK ENDS ON DAY 14,649 FOR HIP SURGERY**



DR. Stephen Reed

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THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

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

From The Legends to The Coverts (45th anniversary)

Stephen DeBoer of Rochester, Minnesota on June 7th

From The Grand Masters to The Legends (40th anniversary)

Stephen Reed of Wiscasset, Maine on June 16th

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

John Chandler of Whitefish Bay, Wisconsin on August 8th
Ben Dillow of Redlands, California on August 20th

From The Dominators to The Masters (30th anniversary)

Ronald Dennis of Marshall, Texas on June 29th

From The Neophytes to The Proficient (5th anniversary)

Philip Munson of Eagan, Minnesota on June 2nd
Sherry Case of Richfield, Minnesota on June 5th
Jordan Trump of Orlando, Florida on June 10th
Viktor Korthals of Lititz, Pennsylvania on June 13th
Shawn Seppanen of Berlin, New Jersey on June 17th
David Reynolds of Sherwood, Arkansas on June 19th
Timothy Osberg of Grand Island, New York on June 24th
Mark Lavner of Fairport, New York on June 26th
Eric Weatherbee of Maryville, Tennessee on July 10th
Andrew Lauer of Waterville, Ohio on July 13th
Barclay Key of Little Rock, Arkansas on August 1st
Thomas Lloyd III of Boise, Idaho on August 1st
Bob Pack of Purcellville, Virginia on August 1st
Yeraj Rust of Desert Hot Springs, California on August 12th
Steve Tant of Fort Mills, South Carolina on August 13th
Bruce Mortenson of Minnetonka, Minnesota on August 21st
Ellis Hamilton of Hillsboro, Oregon on August 23rd
Laura Jack of Washington, D.C. on August 30th



Dr. Stephen Reed

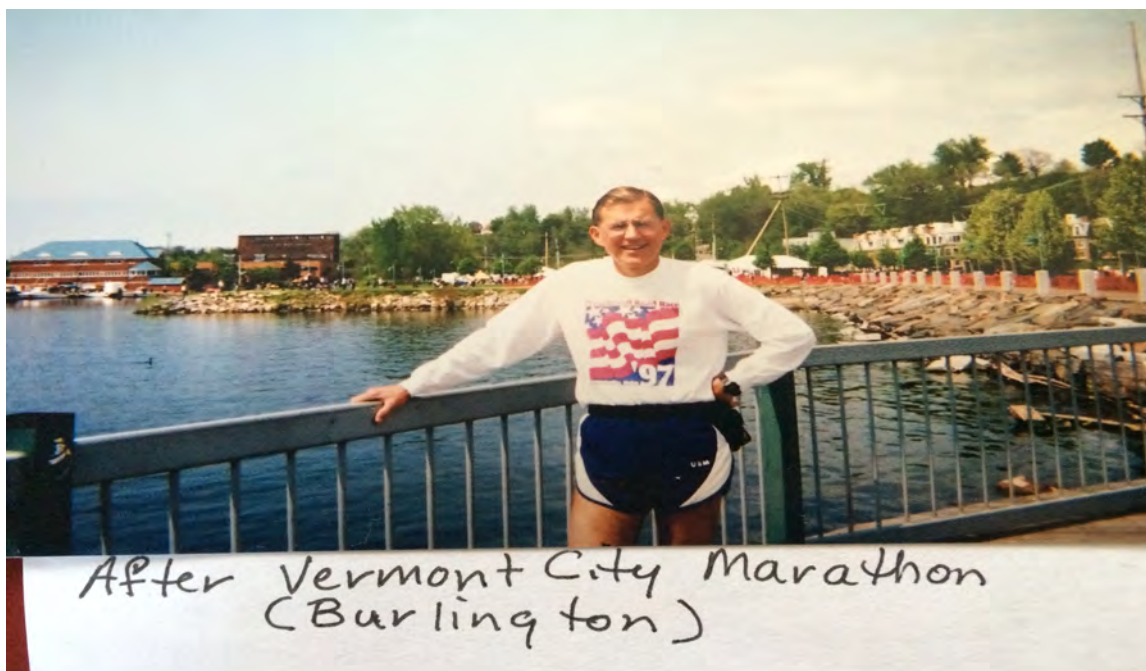
**DR. STEPHEN REED'S STREAK HITS 40 YEARS;
STREAK ENDS ON DAY 14,649 FOR HIP SURGERY
Sent by: Ann Hinck**

Steve Reed was born in Damariscotta, Maine in 1947. He developed a passion for running while in high school at Lincoln Academy where he participated in cross-country and track and was captain of both teams. The track team won the Knox-Lincoln league championship all four years under Coach Williamson. He pursued cross-country and track at Bowdoin College, but shin splints and the quest for a medical career became issues. He obtained his medical degree in 1973 at the University of Vermont and would say that if he was going to be tortured in medical school at least he was in a pretty location. He pursued his postdoctoral training for three years at Maine Medical Center and in 1976 started his Family Practice in Wiscasset. That year he decided to resume his passion for running and began a daily three mile minimum streak which would continue for over 40 years. Somehow he managed to squeeze that into his medical practice schedule, but always said that he was a lucky man blessed with good health and fortune. With running, he discovered an activity with a myriad of benefits: socially, athletically, and emotionally.

During his running career, he logged over 100,000 miles and stated that he had been around the globe at least 4 times. He competed in over a 1,000 races mostly 5ks, 10ks, and marathons and invariably won his age division (sometimes an overall win and said that it was an ego trip to beat the young guys). Along the way he also won his age division at the Chicago Marathon and had a 5th place finish at 50 and 60 in the Boston Marathon. He was selected as Maine Track Club runner of the year in 1999 and was elected to the Lincoln Academy Sports Hall of Fame in 2014. This year he was selected the US Running Streak Association's runner of the year.

He developed degenerative arthritis of the left hip in 2013 and needed to make some decisions about surgery and the running. He gave up the shorter road races and continued his daily streak and Boston Marathon streak, which reached 27 in April. He decided that having reached the 40 year milestone with the daily streak on June 16 and having successfully completed the Boston Marathon in 2016 that he would have a total hip replacement and achieve a better quality of life. Being able to continue to participate officially at Boston as part of the Quarter Century Club and maintain that streak for now is an important thing to him. The surgery was performed on July 25 and thereupon began a new chapter. He is planning on a fervent exercise program after fully healed and will attempt to use some discretion with the hip prosthesis.

Addendum by Dr. Reed: At the present time I am 16 days out from surgery and slowly recuperating [email sent 10 August 2016]. I am trying to be patient with the process. I am up and about with a cane and doing some exercises. Complete healing with bone filling around the prosthesis will be approximately 3 months. I am planning on a future program of biking and running and looking forward to Boston 2017 - number 28 in a row. It should be considerably faster with better training and a new hip. I want to thank you again for your acknowledgement of my achievement and I will savor the 40 year running streak for the remainder of my life. The best to you.



Dr. Stephen Reed



Dave Hamilton

**DAVE HAMILTON'S STREAK ENDS AT 15,965 DAYS
"WAR KID"
(with acknowledgments to Spartacus and Mr. O'Shea)
By: Dave Hamilton- 2016**

"Marching on a dusty road, we are on our way to Rome. Countless fighters we go to war, and we are fighting not alone. On our way so confident, we are carrying missile and spear. The desperation disappears, and victory....is near."

Now the universe, my universe has narrowed to a flat, straight section of road. I am only vaguely aware of the people standing by the side of the road and clapping. I am running fast, smooth, and everything is clicking today. Just a single realm of focus with a narrow slit of light in the middle despite the fact that it is mid-morning. I have become that machine which responds to any request put to it. Physical and mental are merged and working as one. My feet touch briefly down as the asphalt slips quickly behind them. The last mile was 5:28 and next to me is a tough South African and friend who has joined with me as we race together. We ratchet the pace down. 5:26. We are locked in combat and yet together we can push each other faster and we know that. I know I can go faster. I push on the accelerator and the machine responds. Slowly, inexorably I speed up. 5:24. I try to break the elastic band which has been stretching between us. Despite the fact that we can help each other, this is competition, that which we train in solitude for. Tens of thousands of miles and thousands of days. For this one day. For the one day we compete and go to war. To test our limits, fulfill potential, and eliminate

weakness. To reach the moment of truth which exists in each race and face it down. Give in or go on. That is the essence of foot racing. We know that to truly succeed we will hurt, sometimes badly. Both mentally, physically, and perhaps even to our very soul. But it is the brutality of the design that is its beauty. 5:23. That last one did it and I break free, my opponent starts slipping off the back, now with no one to help I continue on alone. But now I feel as if I am penetrating new levels of unexplored worlds. I am close to the red line as I maintain the pace, yet my body responds. I am passing fewer other runners now and know that I will smash my 25KM PR along with anything beyond 15KM. However that thought is only fleeting as I know that I am getting closer to the moment of truth. I have to maintain this pace and focus. Up ahead now is a trio of runners. They are drenched in sweat and they look fast but I am catching them. I recognize one of them as someone I know who has a 10KM PR more than a minute faster than me. I'm definitely having a good day. I'm really starting to hurt now but my body continues to respond and my will is strong. "There is a time for pain, and a time for punishment. There is a time for doubt and a time for dominance. A time for forbearance and a time for fury, and there is never a time for submission!" I wisely decide to tuck in behind them, momentarily and gather for the last couple miles push to the hallowed stadium of Eugene's Hayward field. I reach the moment of truth and I don't give in, I do not submit. I finish strong, with fury and fight, completely spent and only one of those three I had joined finishes ahead of me. I almost get a PR for 15KM enroute and PR's for 20 and 25 KM (1:25:52).

We are warriors and we fight together. This is how we fight and this is how we play. We are the War Kids.

That was the 1985 Nike 25KM held in Eugene, Or.

Also one of the highlights that occurred during my streak, of 43 years 8-½ months, most recently ended due to lifesaving 5 hour major surgery.

Most streakers, I find, are usually very competitive and I think you have to be in order to continue on and maintain one's streak through often times of great adversity and suffering. The competitive fire which burns within us comes out in streaking like it does in racing. This is one of the many aspects that I think are shared among those of us who call ourselves streakers. Meet a streaker and more often than not you'll find someone who races or has raced in the past. I know my own competitive nature has certainly played a role in my now retired streak but also in my new streak that started on 5/19/2016.

To try and condense that period of time into a short article is too much but I'll note a few highs, lows and weirds. Also, you can see the USRSA archives for my 40 year anniversary article: "Feels Like Far" for a bit more background.

The lows of course would be the runs done while injured, sick, exhausted, etc. The 4 mile 'death march' with 104 degree temperature including a double ear and eye infection and respiratory mayhem; untold numbers of runs while sick; a cracked rib; severe pinched nerve in my back (several times); many, many ankle sprains, a few very bad; a torn meniscus with a partial tear in the MCL; torn hamstring (that one still hurts everyday and it dates back to 1985; Neuromas in both feet; bouts of bursitis, tendonitis, groin pulls; ankle with anterior tendon/muscle soreness and pain which for the last 6 years has required icing twice a day and an ankle brace just to keep it manageable; and many

other minor ones I've forgotten about.

The weirds: Going out for a run sometimes just to put in extra miles while waiting for a table at a restaurant. Or once the movie we were at was exceptionally bad and I excused myself and went outside for a quick 3. Sneaking out of the motel room at 11 PM which the college track team was staying at while I was a freshman and thinking the coach would never find out (6 weeks into my streak) and sure enough here comes a car creeping up behind me on a deserted country road with the coach in it. (Caught a little heck but ran OK the next day so I guess it evened out). One other time in college I had the flu and the RA for the dorm happened to be an assistant coach and he told me I was staying in my room no matter what. So I took my running shoes and put them outside my first floor rooms window, wrapped myself up in a blanket and told the coach I was going upstairs for some tea. He was OK with that and so on the 2nd floor two of the guys who were in on it helped me tie a thick rope around my chest and they lowered me out the window to the ground. I quickly tied my shoes and took off (slowly) for a 1- $\frac{1}{4}$ mile trot. Returning I snuck in through the window, wrapped up in the blanket, and wandered out into the hall past the coaches room letting him know I was going back to bed. Luckily he hadn't checked the room thinking I was upstairs. Streak runners are resourceful.

I've run in the picturesque farmlands of Vietnam and while staying in a hotel in downtown Saigon for 2 weeks I marked out a hall and room loop of what I was sure was a mile and then doubled that just to make sure I got in a mile plus minimum. Running in super crowded downtown Saigon is not only nearly impossible but absolutely suicidal as the traffic and crowds of people are not to be believed. Just crossing the street you take you're life in your hands so I, resourceful as always, found another way. Streakers must also be at times creative and ingenious.

The Highs are numerous and several were before my streak started when I was 17 years old. Especially running my first Marathon the 1970 Seaside Trails End when I was 15 and running 3:19 and finishing less than an hour behind a guy named Kenny Moore. A life changing experience. But during my actual streak of 43 years 8- $\frac{1}{2}$ months which started in 1972 I have had many. Most of them are when I have run and trained with friends and family members. When my beautiful bride was laid off she even decided to join myself and our little dog for 2 mile trots around the big block and it turns out she has a beautiful natural stride for someone who had never run in her life. She has never understood what streaking is all about as in her country of Vietnam there are very few recreational runners compared to America. But she has always supported me in every way. That's very important as you know.

Other highs? Running the fastest time in the nation for a junior for 30 Km. at age 19 (1:45:04). Being on the team that broke the 4 man 24 hour relay record and actually having the baton when I crossed the old mark. We ran 225 miles total and I ran 63 miles when one of our teammates dropped out at halfway. Running a 200 mile week when I was 17 and my PR 216 mile week while I stayed in Eugene the entire week for the 1980 Olympic trials. Also meeting and having dinner with Steve Scott (American mile record holder for a number of years.) at same. That week was loaded with great experiences. Doing a 5-mile run with Frank Shorter while I was in Denver as an advisor for the Junior Olympics and later we stopped at a Safeway for a case of, what else, Coors Light and partied with a bunch of talented Colorado distance aces. Being picked up at the San Francisco airport by 24 hour American record holder Don Choi for the Pepsi Light 10KM

and then partying with him and other top runners in the VIP room and the next day sharing a taxi with Bill Rodgers to the race. After graduating college I lived and trained all out for years, with the question never being will I do a double today but will I do a triple. No price was too high to pay and I lived like a professional runner except I worked full time and had a lot less talent. But it didn't matter and I strove to train on the razor's edge between super fit and breakdown. High mileage was a given, up to 160 a week and if I had a week under 120 I felt I had let myself down. Running an interval workout of 40 quarters with the 39th one in 63 and the 40th in 59.2 (on a soft crushed brick track mind you). That was a life changing workout. Doing a Saturday morning run of 20 and then an evening run of 10 and feeling fit and strong throughout both. Running 8 miles to work, 6 miles at lunch and then a solo 20 quarters or 5 x 1 mile as part of the evening workout.

Races were special arenas of testing and courage where ones hard training paid off. A chance to say to your opponent, "Now I will show you what I already know." My philosophy was to run my opponent into the ground then scrape him off the pavement, shake his hand and go buy him a beer. Although many times the situation was reversed! Those were days of thrilling madness.

Receiving the beautiful 35-year streak medal and 40-year streak plaque from the USRSA. Being mentioned in a few of Joe Henderson's Running Commentary ('86,'88, '93) and I was featured in 2 page article in Race Center (Aug./Sep. 2002) with a picture for the 30th year anniversary. We had a great streak party with a bunch of crazed runners for that year. Made the front page once, front of the sports page twice and once front page of the Living section of the Oregonian. I was featured in an article in the Feb. 1986 Running Times magazine with a photo of myself and another guy named Ron Hill (you may have heard of him, I was lucky enough to meet Ron once). Other articles in small newspapers cropped up occasionally. Also was in the ESPN.com E-Ticket article 'Everlasting Run' Dec. 2007. I was also very lucky to have met Steve Prefontaine twice. Meeting Billy Mills at the 1984 LA Olympics, which was another highlight as I stayed for a week on an unlimited budget thanks to a sales award I won from my job at the time. I was proud to race for the Oregon Track Club, Club Northwest, and a few other clubs.

Particularly memorable was last year (2015) when one of the local TV news station anchorpersons contacted me out of the blue and wanted to do an interview and film me running. Well not being in very good shape and slowed way down by an ankle injury I hesitated about putting myself out there at far less than my best. But I said heck how many times will this probably happen in the future (that was prophetic it turns out) and maybe it will give someone a little bit of motivation. They came out to the house twice and except for a couple things off, did a very good job and it aired three times on the evening and late news. It turned out to be quite fun. Here's the link: <http://koin.com/2015/03/17/vxr-streak-runner-79k-miles-traveled-so-far/>

I have had streaks within a streak. My minimum of 1 mile a day became 2 for 18 years, 3 for 17 years, and 4 mile minimum for 16 years, which finally went back to my current 1-¼ due to the knee injury.

The whys are simple. I have always been a runner and I've always loved to run. Starting when I was a 7 year old in 3rd grade and I would run the mile to school and sometimes home simply because it made no sense to me to walk when I could run. Too bad I didn't start my streak then! It also suited my competitive nature as I have participated in many

sports and always taken them to the Nth degree. It seemed like that was just natural. I've always been an 'all or nothing' type of person although I've tried to temper that with wisdom and age. I've never viewed running as a chore or drudgery. Yes I've had tons of difficult runs as we all have but one must differentiate between physical/mental fatigue and pain and the act of running itself. Running has always been simply a gift and a blessing from God and it is who I am. Streak running is also very natural to me as I always would rather run than not. Once you take that first step out the door it's always where I need to be.

My advice is to never give up. Have faith and be relentless in your mind and spirit. You can always push harder and go farther. You can always find a way to overcome any obstacle in your path. Act today with the future in mind in all that you do. Realize also that most things will be known only to you and that is as it should be. Learn from mistakes but don't be afraid to try something new. It's easy to get stuck in a rut mentally and physically so strive to move up the mountain again, and always simply take one more step. And to paraphrase, don't be sorry it's over, be glad that it happened. Now make it happen again.

And the War Kid? Well I've included among the running picture of the license plate on my special 2016, brand new, 148 mile per hour Harley Davidson 'Muscle Rod' and considering I am a bona fide, card carrying Baby Boomer than, yea, I guess I really am a War Kid! Streak on Mates! Cheers!





Charles Holmberg (right) with brothers Lyal (left) and Joe (center).
“We are all runners and have over 200,000 + miles pounding the pavement.”

CHARLES HOLMBERG’S STREAK ENDS AT 13,539 DAYS By: Charles Holmberg

My running streak is over: 37 years and 24 days. Two weeks ago I spent 17 hours in the ER. Around Easter, I started experiencing shortness of breath, first on my daily run and then when I was doing readings to the congregation at church when I noticeably had to stop to catch my breath to continue my reading. I emailed my cardiologist because I had been going through some heart stress tests and he had me get a CT chest scan. He called back with the results and ordered me to go directly to the ER because the scan had shown multiple blood clots (acute pulmonary embolisms...which were acute because that is who I am) and that I had to be put ASAP on IV blood thinners.

Sonograms were performed on my legs but they were negative so that ruled out the clots being the result of deep vein thrombosis. The Chest scan did not find any tumors; a CT scan of my abdomen and pelvis has been ordered to see if that shows anything. Numerous blood tests were also run (14 vials drawn) and I am awaiting an appointment with a oncology hematologist to discuss what was discovered.

At this point, I have gone through Lovenox shots (lovingly administered by my wife the nurse) and am taking coumadin which is a blood thinner designed to get my INR (**International Normalized Ratio** — assays evaluating the [extrinsic pathway](#) of [coagulation](#). This test is also called "ProTime INR" and "PT/INR." They are used to determine the clotting tendency of blood, in the measure of [warfarin](#) dosage) to be between 2 and 3...I began with it at 1.1 and it went as high as 4.0 so the dosage is still being modified to get me within range.

Needless to say, this has been a stressful and scary time for my family. Kathleen and I had to cancel a trip to Minneapolis because the doctor did not want me to travel. I am on "light duty" and on the "sick lame and lazy list" for roll call each morning. While I cannot run until cleared, I am allowed to walk which I am doing at the same time each morning that I ran. I admit that I am envious when I see my fellow runners out and can't stride with them.

My son, Nick, who lives in Illinois, told me when I called with the news that he awoke the morning I was in ER and felt an urge to run...he hadn't for a while...and did 2.5 miles...he said he was pinch running for me. My other son, Lars, said he ran 4 miles that day before hearing about my episode and that he was a surrogate runner for me.

Update 1: Just back from an appointment with the oncology hematologist...all my blood work (14 vials) was normal. With that news, and the CT scans of the chest, abdomen and pelvic areas not finding any oncology issues, it remains a puzzle as to why I had these blood clots and why they came on so quickly.

Good news is that there is no cancer...so-so news is that with an unexplainable reason for the clots, I am at a higher risk to have them recur...this is different from what my brother Lyal experienced because they were able to diagnosis his clots as forming in his legs, detaching and moving to the lungs. Still having blood drawn to determine my INR...they want to stabilize it to be between 2 and 3 so my coumadin dosage keeps getting adjusted.

Still on "light duty" with no traveling or running for at least 4 to 6 weeks (although I am cleared for walking which I have been doing at my usual running time and around my usually running routes...I would certainly be going crazy if I wasn't allowed that activity) or until the INR is stabilized. This is because of the unknown reason for the clots...Will keep you in the loop de loo...take care.

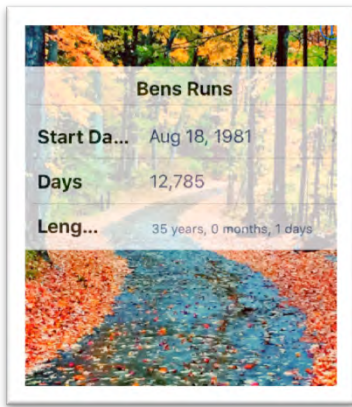
Update 2: Had a follow up CT chest scan yesterday (June 23) and no clots were found (Huzzah!). INR still fluctuating for unknown reasons so the coumadin dosage continues to be adjusted.

“August 18, 2016” By Ben Dillow

By almost any reckoning Thursday, August 18, 2016 dawns strikingly similar to those hot August days here on the edge of Southern California’s desert which have proceeded it and which promise to follow.

Get up, shave—stir some granola into my yogurt, fill my orange juice glass to the top and start the coffee perking. Grab the LA TIMES and rejoice in the glory of the Dodgers rise to the top of the West, and the American’s joyous showing in Rio. Can Simone be of this planet? Is Michael really done, and can anyone catch a Bolt of lightning?

As I graze I absently reach for my iPhone to see what awaits: advertisements aplenty, the weather will remain scorching—better get moving before it really gets inhospitable,



couple notes from family and friends...and then this: the Streak Tracker. Ah yes—the streak Tracker which today reads 12,785 days—said more succinctly, 35 years, 0 months, and 1 day. When I ran today it was day 1 in my streak; but year 36.

I pondered that a bit as I headed up the hill—I was inclined to puff up a bit about the grandeur of it all but then my reading of the past week, among other things, was Stephen Ambrose’s UNDAUNTED COURAGE; a retelling of the Lewis and Clark Expedition framed in the language of Jefferson’s characterization of it.

I have run every single day since the 18th of August, 1981—an aggregate total of 64,370 miles (averaging a whisker over 5 miles a day)—for context that’s more than twice around the earth’s circumference. Surely, somewhere I can find a group of folks that would find this impressive?

But then there’s Lewis and Clark! I mean these guys—a group of 30 or so—set out from St. Louis at the turn of the century--the 19th century!—to chart a course to the Pacific. They took with them what they thought they would need for a two year journey, across the plains of Nebraska and eastern Colorado, the Rockies and the Bitterroots, confronting not only the challenges of the environment and the unknown, but encounters with natives who shared neither language or for that matter basic interests. Lewis spent two years living in the White House with Jefferson preparing himself as botanist, zoologist, doctor, and guide. And on horseback, boats and foot with their livelihoods on their backs they covered more than 4700 miles, some days embracing 35 mile hikes! Without a Nike store in sight!

No, I don’t think I’ll call up Lewis or Clark and gloat. Nor Simone, nor Michael, nor Usain—they would fondle their gold and smile politely. I could say “I’m 41st in active streakers in America; they could say, “Well Ben—see this gold?” And so what to make of all of this? Honesty would say some pride—but not much.

Truth is the pleasure of “the streak” is deeply personal. I have saved no lives, nor for that matter by the running enriched many. No mysteries solved, monuments built,

crusades led, injustices righted. Just a lot of old shoes well-worn to show for my efforts, and now at 76 truth be told my “runs” are often mixtures of walks and runs—this in deference to the inexorable movement of time and the slowed movement of joints.

Always the mile, the uninterrupted requisite continuous mile, but the miles themselves are mixed—and guilt no more reigns.

What do I make of this? Well, at its core is a huge truck load of good luck. Good luck that manifest itself in challenges to the streak that were manageable. I live on the edge of the desert, so a challenging weather day means it’s hot. I’ve run along Lake Superior and Lake Michigan in January when the 20 mark on the thermometer was preceded by a – but then I climbed back on a plane for Redlands and its more hospitable winter climate.

A multiple stress fracture of the tibia, a sliced big toe, a tear in the anterior cruciate ligament, a fall that tore some tendons in my rotator cuff, the many more common place ankle and back sprains—spread these out over 35 years and it isn’t so bad. Any of these could have (and by some reckoning may be should have) cut the streak short—but they didn’t. I’m lucky.

I’m lucky because I was able to *choose* to continue. All of us who “streak” do so with the clear understanding that daily we confront issues which some would feel sufficient to excuse a daily run (we’re tired, hot, busy, not feeling up to snuff) but which we work through, **but**, we also know that one day we will confront one that precludes choice. When by wisdom or physics we simply **can’t** run.

So I rejoice in my good fortune. My good fortune extends to a supportive family who first tolerated my modest discipline (some might call that discipline an obsession) and then began to celebrate it. I hesitate to conjure up the hours my wife has waited on me in this hotel room or that city to “get my run in.”

And I’m lucky that something as good for me as running has ended up being pleasurable. My mom told me lima beans and red beats were good for me; I surely wouldn’t know because I thought them disgusting and have assiduously avoided them forever. I’m lucky because my body has tolerated the running.

A fair number of buddies who were willing to run, who enjoyed running, simply confronted that day when “choice” took leave and they had to stop. They hated it, I hated it, but sometimes we can’t chose to do what we want.

And I’m lucky that sometimes those that I love the most are willing to run with me—I’ve worked my way through my kids, but now ever so often my perfect grandson Carson will accept my invitation for a bit of a run. How cool is that Mr. Lewis?

So I applaud all of you who have found pleasure in running—pleasure which is deeply personal, and pleasure which is not measured let us be clear, in mileage, or days run, or pace. But pleasure which comes from framing a goal—a goal as simple as running. Each day. For at least a mile. And then sticking to it for a year. May Lady Luck be with you as she surely has been with me for a good long time.



Roger Nelson and Steve DeBoer

45th Anniversary Speech By: Steve DeBoer

Hard to believe it was already 5 years ago that a few of you gathered with me to celebrate 40 years of daily runs 1-mile or farther. At that time I mentioned there were 4 runners who had daily streaks longer than mine, but, if I could continue to exercise regularly, maintain a healthy weight (though I have gained $\frac{3}{4}$ lb.), not smoke (since I never have been fast enough to “smoke” a race course) and make healthy dietary choices (though my work colleagues here tonight may question that one!), I might have a chance of outlasting 1 or 2 of them. I DID and I HAVE, as there are now only 2, Jon Sutherland (47 years) and Jim Pearson (46 years), ahead of me.

I started to run March 29, 1968 to get in shape for JR. varsity basketball 7 months later. I still got cut from the team but by then had decided that running wasn't so bad. I started running daily April 9, 1969, but a bad ankle sprain February 19, 1970 (at basketball practice, as I did make the team the next year) stopped me for a few days. Who knows, if there had been a US Running streak association back then, I might have taped the ankle and kept the streak alive, and my streak would be one month longer than Jon Sutherland's. Some would say running with a kidney stone in 2001 and a broken ankle in 2007 were more extreme challenges than the sprain, but I managed a 1 mile minimum run those times.

So, after 45 years of daily runs, I have been asked, how many of those have been the minimum? 3 – I ran 1 mile the day of the kidney stone and 1 mile the two days after the ankle break. Total mileage since I began running is over 154,000, an average of about 9 ½ miles per day. Jon Sutherland is at 194,000 and Jim Pearson is at 172,000, but I am aware of at least 8 other people who have run more than Jon, 5 of whom still run.

Of the people we know about, I was the 11th American to start a running streak (of course most of us did not know each other at the time), and 12th in the world (Ron Hill, who won the 1970 Boston Marathon, has the longest, since December 1964), but not the first from Minnesota, as Bruce Mortenson, who is in Oregon right now and sent regrets having to miss this event, ran daily for a few years, starting in January 1970, when he lived in Rochester. In July 1972, my brother, Dave, started daily runs, which lasted 6 years, followed by another Steve, named Gathje, who began in September 1972 while living in Rochester. Steve has also maintained the daily routine, and after the end of Dave Hamilton's 43 ½ year streak in April due to major surgery, now has the 5th longest in the country.

My dad was also a streak runner, being the first person over age 50, 60 and 80 to run daily, his last streak ending when he was 85 years and 7 months. We have now identified over 1000 persons who have met or exceeded the 365-day, one-mile minimum, and currently MN and CA are tied with the most at 101, even though CA has 8 times as many residents. Make that 103 for MN, as I learned of two more in the past week, though not registered yet! As for women, 2 states have over 20 – CA with 22 and MN with 28! Regarding cities, the top 5 in the country are Houston and Phoenix with 9 each, Minneapolis & St. Paul with 10 each, and Rochester with 14!! Rochester folk are:

Bruce Mortenson	1970-72
Steve Gathje	1972-77
Ross Hamernik	1983-1992
Paul Christian	1984-2009; 2009-2012; 2012-now
Steve DeBoer	1987-now
Brad Kautz	1988-89; 1989-91; 2006-09; 2011-13
Pete Gilman	2005-2014
Al Gilman	2006-08; 2010-12; 2014-now
Jeff Judd	2009-2012; 2015-now
Deb Dilling	2010-now
Liz Gilman	2012-2015
Julie Maxwell	2012-now
Gordy Strickland	2013-now
Jennifer Meyer	2014-15

If we only count those currently running daily, Houston has 8, Rochester 8 (though 2 in Rochester haven't registered yet) and Phoenix 6 of 670, with 181 (27.1%) being women. When the first streak list came out in 1994, there was only 1 woman of 51, less than 2%, so women are on the streak, so to speak. CA has 58 and MN has 57 active and registered, though I know of 6 or 7 others in MN who have not yet registered.

I am the first to admit that this daily running thing does not prevent the inevitable slowdown from aging. When I set my PRs in the 1970s and 80s, I ran the mile in 4:47, the 10K in 33:15, and the marathon in 2:42. As my training pace has slowed from 6 minutes to over 9 minutes per mile, so have the race times – 6:39 mile, 46:10 10K and 3:39:56 marathon. But it is still a joy to get out there, though more aches and pains seem to have developed! My advice is to take it one day at a time, do it because you want to, and, God willing, I hope to give it a try again tomorrow!



Jane Nelson and Steve DeBoer

Traversing the Tundra as More Women Become Streakers

By: Steve DeBoer

The advent of women streakers in the US (I mean the clothed kind) occurred a decade after men started to embrace the concept of daily running – Bob Ray in 1967, Mark Covert in 1968 (with the exception of Ted Corbitt, whose first documented streak began in 1953). Elaine Rountree of WY was first in 1977 and Julie Maxwell of MN was second in 1978. These were the only 2 women who had run daily for at least 1 year as of January 1980, since #3, Margaret Blackstock of GA started in September of 1979. However Margaret was the first to register her streak, having also been the only woman listed on George Hancock's initial US Running Streak list in 1994 (1 of 51 persons or 2%). These streaks have now all ended, as has that of Alicia Brophay of MA, who began her 30 years streak in November of 1980. Her streak lasted 102 days less than Margaret's. They are listed as #26 and #27 longest on the retired list. Julie broke her ankle in December 2011, at 33 years and 159 days, now the longest female retired streak, 18th longest overall. She then returned to streak running in March 2012 and has now run daily for over 4 years.

There are a few other women who have running streaks over 30 years. We thought Barb Latta of NC had the longest streak, begun in December 1983, after Julie broke her ankle, but two years ago, Lois Bastien, from FL, contacted the organization, to tell us that she has been doing daily runs since April 1980. She has now surpassed 36 years and later this year will, God willing, be the first female streaking after age 80. Barb is 74, and is the only other woman over 70 actively streaking. Sue Favor of CA is one year behind Barb, and then comes Judy Mick of VA, who started Nov 1985. Diana Nelson of IL has had some major injuries and almost lost her leg, but at age 69, is now almost 9 years into her second streak, her first lasting from Jan 1982 until Oct 2007. In 2010, Lois, Barb, Margaret, Diana and Ruth Gorman were the only women running daily over the age of 60; there are now 20 females over 60. On the younger side, Rachel Barnhill of CA recently registered her streak, which began January 2014, when she was 11 ½ years old. Other youngsters are Robin Lentine of MN, who began on her 15th birthday, and Paige Pearson of WA, who got her start (since retired) when 13 years 1 month. But the youngest ever is Keziah Wilde of MA, whose 4 year streak began May 2012, at the age of 9 years, 11 months.

Up to January 1990, 13 of 264 streak runners all time (4.9%) were women; by January 2000 there were 16 women of 374 (4.3%); by January 2010 there had been 88 women of 586 (14.9%). As of July 2016, that percentage has risen to 28% (280 of 1000). States that have over 30% female streakers are NH (30%), WA (32%), AK, HI, NM, SD, & VT (33%), NJ (37%), MT (40%), OR (41%), UT (50%) and WY (4 of 5 or 80%)! On the current active and registered list, there are 191 of 679 (28.1%) that are women. That includes 53 of 305 who began their streak 5 years ago or earlier (17.4%) and 138 of 374 with streaks beginning in the last 5 years (36.6%). If we look at those who began in just the last two years, there are 50 of 128 that are women, or 39.1%! Women are more likely to have other family members running daily, as 40 of the 280 women are related to at least one other streaker (14.3%), whereas only 50 of 720 men have daily running relatives (7%).

Barb Latta was our first streak runner at age 40, 50, 60 & 70, since Lois Bastien had not registered yet. Barb is also the only woman listed who has run in all 50 states (and 25

countries). Barb Elia, who had an unregistered streak, has now run over 500 marathons & ultras. As for total lifetime mileage, as of 12-31-2015, several were at or over 70,000 – Barb Elia (135,300), Barb Latta (128,281), Sherry Case (119,094), Tammy Slusser (93,585), Lauren Estilow (92,244), Diana Nelson (87,735), and Debbie Brassfield was close (69,455). The most miles run in one year are 3810 by Debbie Ciccati, 3807 by Nancy Harmon, and 3735 by Sherry Case.

There have been some fast race times in this group. In the marathon, Tammy Slusser has run 2:37:14, Sherry Case 2:51:31, and Debbie Dilling 2:54:05. In the half marathon, Debbie Dilling did a 1:27:07; in the 10K, Margaret Sherrod had a best time of 39:58 & Debbie Dilling ran a 39:44; in the mile Paige Pearson covered that distance in 5:45.

As of July 15, 2016, here are some Stats by State regarding the women. The first column includes those I am aware of who never registered their running streaks. Some are counted more than once if they have lived in more than one state at least 6 months or currently split their residence between 2 different locations.

State	First	Total Ever (Top 6 noted)		Current Active & Registered (Top 6 noted)	
MN	1978	28	5.10 per million (2)	17	3.10 per million (2)
CA	1986	25	0.63	18	0.46
PA	1999	18	1.41	13	1.02
TX	2001	18	0.65	13	0.47
NJ	1995	17	1.90	12	1.35
FL	1980	15	0.74	11	0.54
NY	2007	15	0.76	11	0.55
MA	1980	16	2.34 (5)	11	1.61 (5)
OR	1984	13	3.23 (3)	11	2.73 (4)
IL	1982	12	0.93	9	0.69
VA	1985	11	1.31	7	0.84
MD	1981	11	1.83	7	1.17
WA	1990	10	1.39	2	0.28
CO	1988	10	1.74	6	1.10
NC	1983	6	0.60	5	0.50
MI	2004	5	0.50	5	0.50
WI	2006	5	0.87	3	0.52
AZ	2011	5	0.73	4	0.59
IN	2003	5	0.75	4	0.60
OH	2007	4	0.35	3	0.26
WY	1977	4	6.82 (1)	2	3.41 (1)
MO	2013	3	0.49	2	0.33
IA	2006	3	0.96	2	0.64
TN	2001	3	0.45	2	0.30
NH	1986	3	2.25 (6)	2	1.50 (6)
NM	2013	3	1.44	2	0.96
UT	2000	3	1.00	2	0.67
NV	1982	2	0.69	1	0.35
KS	2013	2	0.68	1	0.34
CT	2007	2	0.56	0	
ID	2013	2	1.21	1	0.60
AL	2010	2	0.41	0	

SC	2011	2	0.41	1	0.20
DC	2011	2	2.98 (4)	2	2.98 (3)
MT	2009	2	1.94	2	1.94
GA	1979	2	0.20	0	
VT	2011	1	1.60	0	
AK	2011	1	1.35	0	
SD	2013	1	1.16	0	
RI	2012	1	0.95	1	0.95
NE	2015	1	0.53	1	0.53
HI	2011	1	0.70	0	
AR	2012	1	0.34	1	0.34
MS	2014	1	0.33	1	0.33
OK	2008	1	0.25	1	0.25
KY	2010	1	0.23	0	
LA	2007	1	0.21	1	0.21

DE, ME, ND, and WV have never had a female streaking daily for 365 days or longer. Most recent additions were MS in June 2014 and NE in Jan 2015. Currently only 38 states + DC have an active woman running daily.

Since so few women ran daily before 2000, I did not feel it necessary to list top 6 states. However, in 2010, the data show this:

TOP 6 Number-Wise		Top 6 Percentage-Wise (Per million residents)	
CA	12	WY	1.76
PA	6	MT	1.01
IL	6	MA	0.76
MA	5	NH	0.76
WA	5	WA	0.74
NJ	4	MN	0.56

Several states have seen huge increases in those 6 ½ years – CO added 7, MD 8, VA 9, OR & MA 11, PA & FL12, CA, NJ & NY 13, TX 15. But the biggest jump, by a large margin, was MN, increasing by 25 (from 3 to 28)!

PS. Besides surviving my 45th Anniversary run on June 7th, I met up with fellow streak runner Roger Nelson (the one they do not call Prince, even though they were both born on June 7th, which, coincidentally is the day my official streak began). He spends time each summer in Solon Springs, WI (where he grew up) less than 4 hours from where I live. I stayed with him and his wife, Jane, a fellow runner, who I learned ran daily from 1988-1991 and was the one that got Roger started running. All 3 of us covered 4 miles of tundra the next morning (July 18), after which Roger rode his Elliptigo cycling machine, while I ran another 4.5 miles. After visiting other friends in MN, I traveled to South Dakota to see some relatives in Pollock, where I ran on July 20th, which was the 46th anniversary of running daily (not official since some runs the first year were less than 1 mile), becoming the 4th person in the world (that we know of) to reach that milestone, behind Ron Hill, Jon Sutherland, and Jim Pearson. However, I would suggest there be another category for those who live in areas where snow covers the ground for over 3 months each year – Minnesotans Steve DeBoer & Steve Gathje would hold first & second place in that category..

SRI/USRSA

Ultra PRs

Compiled by Roger A. Urbancsik

Time Pace

28.4 Mile (trail)

1	Barbara Elia	7:12:58	15:14.7	1993 Quad Dipsea, Mill Valley, CA
2	Karen Queally	8:35:11	18:08.4	1999 Quad Dipsea, Mill Valley, CA
3	George M. Church	8:53:30	18:47.1	2012 Susquehanna Super Hike & Ultra, Airville, PA

47.5K (trail)

1	Ellen Westfelt	6:33:49	13:20.6	2015 Bergslagsleden Ultra, Närke, SWE
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30 Mile (track)

1	Kenneth C. Young	3:01:54	6:03.8	5/14/72 Midwest RR, Chicago, IL--30M split
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30 Mile

1	Ted Corbitt	3:04:13	6:08.4	1959 Road Runners Club 30 Mile, Bronx, NY
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30 Mile (trail)

1	Jim Crisp	5:29:22	10:58.7	2014 Hardmoors 30, Robin Hoods Bay, ENG
2	Timothy L. Hardy	6:17:01	12:34.0	2011 Highland Forest 30 Miler, Fabius, NY

50K (track)

1	Kenneth C. Young	3:08:49	6:04.6	5/14/72 Midwest RR, Chicago, IL--50K split
2	Craig B. Snapp	3:57:08	7:38.0	1979 SDTC 50K/50M, El Cajon, CA--50K split

50K

1	Bruce Mortenson	2:59:36	5:46.8	1988 Edmund Fitzgerald 50K, Finland, MN (Age 44)
2	Jim Pearson	3:03:39	5:54.7	3/76 US 50K Championships, Sacramento, CA
3	Michael Fanelli	3:05:13	5:57.7	2/79 Pacific AAU 50K Championships, Davis, CA
4	Craig A. Davidson	3:26:01	6:37.9	4/89
5	David L. Hamilton	3:32:12	6:49.8	5/80
6	Scott Ludwig	3:44:58	7:14.5	1998 Tallahassee Ultradistance Classic, FL
7	Reno Stirrat	3:57:17	7:38.2	2012 Great Cranberry Isle 50K, Bar Harbor, ME
8	Prince Whatley	3:57:55	7:39.5	2007 Peachtree City 50K, GA
9	Emily Uhlig	4:01:57	7:47.3	2012 Caumsett 50K, Huntington, NY
10	Michael Friedl	4:01:59.9	7:47.4	2014 Jed Smith 50K, Sacramento, CA
11	Shannon McGinn	4:03:28	7:50.2	2013 Caumsett 50K, Huntington, NY
12	Jeff Gould	4:07:15	7:57.5	2003 Nifty 50K, Coventry, RI
13	Robert M. Crosby, Jr.	4:22:36	8:27.1	2005 Salem Lakeshore Frosty 50, Winston Salem, NC
14	James Scarborough	4:30:40	8:42.7	10/83
15	Eric Armel	4:35:26.1	8:51.9	2012 Lt. J.C. Stone 50K, Allison Park, PA

16	Bennjamin Griffin	4:41:36	9:03.8	2014 Lake Waramaug 50K, New Preston, CT
17	Kevin Simons	4:45:00	9:10.4	11/99
18	Jennifer Hinton	4:47:23	9:15.0	2013 George Cheung Memorial, Chicago, IL
19	Bryan Sears	4:55:45	9:31.2	2015 Green Jewel 50K, Rocky River, OH
20	Houston Wolf	4:55:58	9:31.6	2013 Frisco Railroad Run, Willard, MO
21	Brian Flaspohler	4:56:50	9:33.2	2010 Frisco Railroad Run, Willard, MO
22	Barbara Elia	4:58:28	9:36.4	1997 Jed Smith 50K, Sacramento, CA
23	Barry S. Sackett	4:59:01	9:37.5	2012 Market to Market 50K, Lincoln, NE
24	Herbert L. Fred	5:14:38	10:07.6	8/85
25	Nathan Adams	5:18:01	10:14.2	2012 Tallahassee Ultradistance Classic 50K, FL
26	Jeremy Murphy	5:18:12	10:14.5	2014 Market to Market 50K, Lincoln, NE
27	Steven Tursi	5:30:28	10:38.2	2014 Lake Waramaug 50K, New Preston, CT
28	Steve Tant	5:36:16	10:49.4	2013 Charlotte Ultra 50K, NC
29	Jill Wofsey	5:45:44	11:07.7	2013 Tallahassee Ultradistance Classic, FL
30	William McCarty	5:45:49	11:07.8	2011 Jed Smith 50K, Sacramento, CA
31	Michael Taricani	5:59:04	11:33.4	2014 Lake Waramaug 50K, New Preston, CT
32	David Shannon	6:15:20	12:04.8	2012 Great Cranberry Isle 50K, Bar Harbor, ME
33	Chris Tennant	6:18:00	12:10.0	2014 Pullman Winter Ultras, WA
34	Eric Linn	6:26:24	12:26.2	2008 Can Lake 50M, Canandaigua, NY--50K split
35	Richard Westbrook	6:28:03	12:29.4	2014 Swamp Rabbit Trail Urban 50K, Greenville, SC
36	Frederick L. Murolo	6:31:00	12:35.1	2007 Cape Cod, West Barnstable, MA
37	Joe Meadows	7:05:12	13:41.2	2011 Lt. J.C. Stone 50K, Allison Park, PA
38	Charles E. Lindsey	7:12:00	13:54.3	1997
39	Karen Queally	7:31:21	14:31.7	2001 Helen Klein 50K, Sacramento, CA
40	Evelyn Smith	8:10:08	15:46.6	2012 Tallahassee Ultradistance Classic, FL

50K (trail)

1	Dink Taylor	3:45:52	7:16.2	2006 Dizzy Fifties, Huntsville, AL
2	Scott Ludwig	3:48:23	7:21.1	1995 Atlanta Fat Ass 50K, Lithia Springs, GA
3	Scot DeDeo	3:58:23	7:40.4	2014 TARC Spring Classic, Weston, MA
4	Matthew M. Mace	4:05:42	7:54.5	2001 Capon Valley 50K, WV
5	Hal Gensler	4:07:48	7:58.6	1994 Fairfield Trail Ultra, IA
6	Jay Marshall	4:17:09	8:16.6	2013 The HUFF 50K, Albion, IN
7	Darryl Beardall	4:17:37	8:17.5	1985 Skyline 50K, Castro Valley, CA (1)
8	William G. Finkbeiner	4:19:18	8:20.8	2003 Way Too Cool 50K, Cool, CA
9	Patrick Caron	4:26:38	8:34.9	2016 Drummer Hill Trail Race, Keene, NH
10	Grant Woodman	4:27:12	8:36.0	2005 The HUFF 50K, Albion, IN
11	Brad Kautz	4:27:31	8:36.6	2012 Chester Woods Trail Run, Rochester, MN
12	Chris Harrison	4:32:52	8:47.0	2002 Pemberton Trail, Fountain Hills, AZ
13	Michael Scott	4:34:14	8:49.6	2013 The HUFF 50K, Albion, IN
14	Alex T. Galbraith	4:38:04	8:57.0	1997 Sunmart Endurance 50K, Huntsville, TX
15	Cori Brindle	4:40:57	9:02.6	2012 Blues Cruise 50K, Reading, PA
16	Mathew Arnold	4:44:24	9:09.2	2014 Burning Man 50K, Black Rock City, NV
17	Tom Andrews	4:45:46	9:11.9	1996 Sunmart Endurance 50K, Huntsville, TX
18	William Hutchinson	4:45:52	9:12.1	2012 John Dick Memorial 50K, Dousman, WI
19	Kevin Rison	4:46:09	9:12.6	2009 Manasota TC 50K, Sarasota, FL
20	Michael Fanelli	4:48:20	9:16.8	2003 Way Too Cool 50K, Cool, CA
21	Joseph Beyer	4:48:35	9:17.3	2007 Pisgah Mountain, Chesterfield, NH
22	Ron Martin	4:53:00	9:25.8	2014 First Day of Winter 50K, West Portsmouth, OH

23	Steve Scales	4:53:38	9:27.1	2006 Hat Trail Run, Havre de Grace, MD
24	Craig A. Davidson	5:10:14	9:59.1	1993 Crown King Scramble, Phoenix, AZ
25	Houston Wolf	5:14:38	10:07.6	2013 El Scorcho 50K, Fort Worth, TX
26	Matthew Carpenter	5:14:41.2	10:07.7	2012 Trail 50K, Pinckney, MI
27	Doug Holland	5:19:49	10:17.6	1990 Crown King Scramble, Phoenix, AZ
28	Prince Whatley	5:20:42	10:19.3	2005 Atlanta Fat Ass 50K, Lithia Springs, GA
29	Cheech Moore	5:23:00	10:23.8	2013 Frozen Gnome 50K, Crystal Lake, IL
30	Emily Uhlig	5:24:37	10:26.9	2012 Baker Lake 50K, Concrete, WA
31	Timothy L. Hardy	5:27:31	10:32.5	2012 Harbison Forest 50K, Columbia, SC
32	Paula Harkin	5:27:46	10:33.0	2005 Mt. Hood 50K, Clackamas, OR
33	Jim Larsen	5:30:14	10:37.8	2016 Ice Age Trail 50K, La Grange, WI
34	Matthew Grinnell	5:30:41	10:38.6	2016 Mid-Maryland Ultra 50K, Elkridge, MD
35	Tiffany Lambert	5:35:07	10:47.2	2015 Mid-Maryland Ultra 50K, Elkridge, MD
36	Paul DeNunzio	5:41:29	10:59.5	2016 NJ Ultra Trail Festival 50K, Augusta, NJ
37	Barbara Elia	5:45:22	11:07.0	2002 High Desert 50K, Ridgecrest, CA
38	Scott D. Snyder	5:49:28	11:14.9	2014 Greenland Trail 50K, Larkspur, CO
39	Timothy Bailey	5:51:51	11:19.5	2003 Kentucky Ultra Trail Sojourn, Farmers, KY
40	Lawrence "Chip" LeDuff	5:52:36	11:20.9	2012 Seashore Nature Trail 50K, Virginia Beach, VA
41	Dylan Russell	5:52:39	11:21.0	2015 Millican Reserve 50K Trail, College Station, TX
42	Matt Henslee	5:54:44	11:25.1	2014 Rocky Raccoon 50K, Huntsville, TX
43	Paul Boyette	5:54:57	11:25.5	2005 Holiday Lake 50K, Lynchburg, VA
44	Evan Barnhart	5:59:13	11:33.7	2012 Promise Land 50K, Lynchburg, VA
45	Shelly Cable	5:59:33	11:34.4	2012 Hashawha Hills 50K, Westminster, MD
46	Robert Stack	6:00:20	11:35.9	2012 El Scorcho 50K, Fort Worth, TX
47	James Wisler	6:00:43	11:36.6	2005 Germantown 50K, Trail Run, OH
48	Margaret Sherrod	6:01:44	11:38.6	2009 Stone Steps 50K, Cincinnati, OH
49	John H. Wallace III	6:02:06	11:39.3	2005 Mt. Si 50K, Snoqualmie, WA
50	Mark Lavner	6:02:50	11:40.7	2004 Mendon Trail 50K, NY
51	Thomas A. Fons	6:15:12	12:04.6	2016 Brazos Bend 50K, Needville, TX
52	Vern Weisensel	6:16:08	12:06.4	2011 Endurance Challenge 50K-Madison, Eagle, WI
53	Dusty Hardman	6:17:05	12:08.2	2015 Skydive 50K Trail, Clewiston, FL
54	Bryan Harris	6:17:26.9	12:08.9	2013 Dances with Dirt - Hell, Brighton, MI
55	Susan Crabtree	6:21:49	12:17.4	2011 Holiday Lake 50K, Appomattox, VA
56	Christopher Bielinski	6:30:28	12:34.1	2014 Bear Chase Trail Race, Lakewood, CO
57	Robert Schneider	6:30:40	12:34.5	2014 Run 'Til You're Boared, Green Cove Spgs, FL
58	Maria Gorton	6:31:07	12:35.3	2015 Seashore 50K, Virginia Beach, VA
59	Ken Johnson	6:33:25	12:39.8	1999 Sunmart Endurance 50K, Huntsville, TX
60	Joy Chiong	6:33:59	12:40.9	2015 Staten Island Trail 50K, NY
61	Dan Donald	6:36:22	12:45.5	2014 Citrus Trail 50K, Inverness, FL
62	Dwayne Hawkins	6:38:00	12:48.6	2014 Nashville Ultra Marathon, TN
63	Ryan Albrecht	6:40:19	12:53.1	2013 Wild Hare 50K, Warda, TX
64	Bret Nelson	6:42:47	12:57.9	2010 Wild Hare 50K, Warda, TX
65	Justin Fogarty	6:45:38	13:03.4	2015 Ray Miller 50K, Malibu, CA
66	Angeline Pace	6:46:02	13:04.1	2015 Full Moon 50K, Perryville, AR
67	Teresa Morris	6:46:59	13:06.0	2016 Brazos Bend 50K, Needville, TX
68	Bo Grist	6:50:04	13:11.9	2004 Mountain Mist Trail 50K, Huntsville, AL
69	Chad Merritt	6:51:07	13:14.0	2015 Bulldog Trail 50K, Calabasas, CA
70	John Schuerzinger	6:55:28	13:22.4	2014 Thacher Park 50K, Voorheesville, NY
71	Carroll L. Wright	6:57:29	13:26.3	2005 Palo Duro Trail Run, Canyon, TX
72	Michael Stegura, Jr.	6:59:02	13:29.2	2015 Endurance Challenge, San Francisco, CA

73	Chulwon Park	7:01:00	13:33.0	2014 Run for Kids Challenge, Pelham, AL
74	Mike Johnson	7:03:51	13:38.5	2013 Mississippi Trail Run, Laurel
75	Paula Adams	7:13:51	13:57.9	2016 Rocky Raccoon 50K, Huntsville, TX
76	Stephen G. Bardsley	7:24:10	14:17.8	2007 Hat Trail 50K, Havre de Grace, MD
77	David Shannon	7:30:09	14:29.3	2014 Chippewa Moraine, New Auburn, WI
78	Freddy Reyes	7:35:49	14:40.3	2011 Blues Cruise 50K, Reading, PA
79	Matt Ryerson	7:40:48	14:49.9	2015 Fall Creek Falls 50K, Pikeville, TN
80	Evelyn Smith	8:00:33	15:28.0	2009 Rock Cut Hobo Rendezvous, IL
81	Veronica V. Rust	8:01:27	15:29.8	2009 Noble Canyon 50K, Pine Valley, CA
82	Teresa Roche	8:07:38	15:41.7	2015 Siskiyou Out Back 50K, Ashland, OR
83	Richard Holmes	8:22:20	16:10.1	2013 Haliburton Forest Trail Race, Ontario, CN
84	Steven Tursi	8:38:08.2	16:40.6	2009 Vermont 50K, Brownsville, VT
85	Ben Timbers	8:59:57	17:22.8	2016 Haworth Hobble, ENG
86	Olivia Medina	9:16:49	17:55.3	2012 Mt. Taylor 50K, Grants, NM
87	John H. Wallace, Jr.	9:21:00	18:03.4	2013 Rosaryville 50K - Summer, MD
88	Jim Woolam	9:53:57	19:07.0	2014 Guana Back to Nature 50K, Jacksonville, FL
89	Karen J. Wallace	10:53:39	21:02.3	2011 The Bear Chase 50K, Lakewood, CO

51K

1	Kirk Buckley	4:13:55	8:00.8	2013 E.T. Full Moon Midnight, Las Vegas, NV
2	Jennifer Hinton	5:17:52	10:01.8	2012 E.T. Full Moon Midnight, Las Vegas, NV

32 Mile (trail)

1	Prince Whatley	5:26:30	10:12.2	2013 Autumnal Equinox Ultra, Huntsville, AL
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52K

1	Chris Harrison	6:03:36	11:15.2	2014 Coldwater Rumble, Goodyear, AZ
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52.5K (trail)

1	Timothy L. Hardy	8:07:38	14:57.5	2008 Dam Wakely Dam Ultra, Piseco Lake, NY
2	Steven Tursi	10:00:20	18:24.9	2011 Dam Wakely Dam Ultra, Piseco Lake, NY

32.8 Mile (trail)

1	Barbara Elia	9:09:10	16:44.6	2004 Lake of the Sky, Lake Tahoe, CA
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34 Mile (trail)

1	Paul DeNunzio	7:24:00	13:03.5	2015 Lenape Trail Run, Millburn, NJ
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55K (trail)

1	Mathew Arnold	5:41:03	9:58.8	2013 Moab's Red Hot 50+, UT
2	Matt Henslee	7:21:48	12:55.7	2014 Isle du Bois, Pilot Point, TX

56K

1	Frank Clarke	3:58:15	6:50.8	1982 Two Oceans Marathon, Newlands, RSA
2	Marlene Prentice	6:50:21	11:47.5	2001 Two Oceans Marathon, Newlands, RSA

35 Mile (trail)

1	Robert M. Crosby, Jr.	8:57:40	15:21.7	2005 Laurel Valley 35M, Pickens, SC
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36 Mile (trail)

1	Prince Whatley	9:19:00	15:31.7	2014 Race Against the Sun, Ruffner Mtn, AL
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60K

1	Jim Pearson	3:49:14	6:08.9	1/82 Corvallis, OR
2	Shannon McGinn	5:36:07	9:00.9	2013 Knickerbocker 60K, New York, NY
3	Robert Geary	5:40:07	9:07.4	1999 Knickerbocker 60K, New York, NY
4	Richard Holmes	7:19:59	11:48.1	2013 Land Between the Lakes, Grand Rivers, KY
5	Joy Chiong	7:30:03	12:04.3	2013 Knickerbocker 60K, New York, NY
6	Steven Tursi	7:51:33	12:38.9	2011 Knickerbocker 60K, New York, NY

60K (trail)

1	William Hutchinson	8:33:12	13:45.9	2010 Kettle Moraine 60K, Madison, WI
2	Paula Adams	10:01:07	16:07.4	2016 Capt'n Karl's Pedernales Falls, Johnson City, TX

37.5 Mile (track)

1	Craig B. Snapp	4:49:18	7:42.9	1979 SDTC 50K/50M, El Cajon, CA
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37.5 Mile

1	Ted Corbitt	3:48:03	6:04.9	1966 Peekskill-to-Yonkers Handicap, NY
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38 Mile (trail)

1	Cheech Moore	7:37:46	12:02.8	2012 Kettle Moraine, Eagle, WI
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63.3K

1	Andrew Jackson	6:15:15	9:32.4	2015 Connemara Int'l Marathon, Galway, IRL
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40 Mile (track)

1	Kenneth C. Young	4:08:30.2	6:12.8	5/14/72, Chicago, IL (U.S. National Record)
2	Ted Corbitt	4:34:46	6:52.2	1966 Walton-on-Thames, ENG (American Record)

40 Mile

1	Dink Taylor	4:40:15	7:00.4	1998 Strolling Jim 40 Mile Run, Wartrace, TN
2	Scott Ludwig	5:52:17	8:48.4	2003 Strolling Jim 40 Mile Run, Wartrace, TN
3	Shannon McGinn	6:35:59	9:54.0	2014 Strolling Jim 40 Mile Run, Wartrace, TN
4	Timothy L. Hardy	6:52:11	10:18.3	2010 Strolling Jim 40 Mile Run, Wartrace, TN
5	Houston Wolf	7:36:57	11:25.4	2015 Strolling Jim 40 Mile Run, Wartrace, TN
6	Richard Westbrook	7:52:28	11:48.7	2010 Strolling Jim 40 Mile Run, Wartrace, TN

40 Mile (trail)

1	Scot DeDeo	6:05:34	9:08.4	2015 Mt. Mitchell Challenge, Black Mtn, NC
2	Brad Kautz	6:35:31	9:53.3	2013 Mt. Mitchell Challenge, Black Mtn, NC
3	Patrick Caron	6:48:20	10:12.5	2015 TARC Fells Trail Ultra, Stoneham, MA
4	Robert M. Crosby, Jr.	9:07:31	13:41.3	2005 Uwharrie Mountain Run, Ophir, NC
5	Timothy L. Hardy	9:42:30	14:33.8	2010 Enoree Passage 40 Miler, SC
6	John H. Wallace III	10:03:45	15:05.6	2015 Highlands Sky 40 Miler, Davis, WV
7	Shelly Cable	12:05:00	18:07.5	2013 Boyers Furnace 40 Miler, Ft. Valley, VA

40.5 Mile

1	Ted Corbitt	4:23:22	6:30.2	1964 AAU 40.5 Mile, Queens, NY
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42.6 Mile

1	Prince Whatley	7:58:48	11:14.4	2013 Running Dead Ultra, Senioa, GA
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50 Mile (track)

1	Jim Pearson	5:40:49	6:49.0	12/79 Santa Monica, CA
2	Ted Corbitt	5:54:15	7:05.1	1966 Walton-on-Thames, ENG (American Record)

50 Mile

1	Jim Pearson	5:12:40.1	6:15.2	10/25/75 US 50M C'ship, Seattle, WA (American Record)
2	Darryl Beardall	5:18:55	6:22.7	1970 Nat'l AAU 50 Mile, Rocklin, CA (1)
3	Ted Corbitt	5:34:01	6:40.8	1970 Nat'l AAU 50 Mile, Rocklin, CA (American AG Record)
4	Craig A. Davidson	5:37:22	6:44.8	1986 Palm Springs 50, CA
5	Dink Taylor	5:53:12	7:03.8	4/8/95 Pittsburgh, PA
6	Kenneth C. Young	5:58:04	7:09.7	3/11/72 Camellia Festival, Sacramento, CA--50M split
7	William G. Finkbeiner	6:02:23	7:14.9	1985 Jed Smith 50M, Sacramento, CA
8	Michael Fanelli	6:04:19	7:17.2	1989 Jed Smith 50M, Sacramento, CA
9	Mark Jasper	6:21:41	7:38.0	2013 Door County Fall 50, WI
10	Thad Childs, Jr.	6:30:06	7:48.1	1982 Tallahassee Ultradistance Classic, FL
11	Norm Spitzig	6:49:04	8:10.9	1982 Fort Wayne Track Club Ultra, IN
12	Ronald Kmiec	6:49:10	8:11.0	10/76
13	Herbert L. Fred	6:51:47	8:14.1	1974
14	Hal Gensler	7:02:30	8:27.0	1993 Lakeshore 50M, Holland, MI
15	Tom Andrews	7:02:59	8:27.6	1993 Kentucky 50M, Louisville, KY
16	Patrick J. Foley	7:10:05	8:36.1	3/82

17	Scott Ludwig	7:26:58	8:56.4	2003 Tallahassee Ultradistance Classic, FL
18	Shannon McGinn	7:41:52	9:14.2	2013 Lake Waramaug 50M, New Preston, CT
19	Harvey B. Simon	7:58:00	9:33.6	1981
20	Richard Westbrook	8:01:42	9:38.0	2003 Tallahassee Ultradistance Classic, FL
21	Joseph Beyer	8:12:26	9:50.9	2000 Nifty 50, Newport, RI
22	James Wisler	8:14:00	9:52.8	2004 Kentucky 50 Miler, Louisville, KY
23	Michael Friedl	8:23:47	10:04.5	2014 Comrades Marathon, Durban, RSA--50M split
24	Perry Romanowski	8:23:52	10:04.6	2007 Chicago Lakefront 50M, IL
25	Tom Allen	8:26:30.5	10:07.8	1991 Valley Stream 50M, NY
26	Robert M. Crosby, Jr.	8:37:50	10:21.4	1/01
27	Chris Harrison	8:38:27	10:22.1	2009 Running from an Angel 50M, Lake Mead, NV
28	Prince Whatley	8:39:28	10:23.4	3/09
29	Kevin Simons	8:49:00	10:34.8	10/94
30	Frederick L. Murolo	8:50:57	10:37.1	2006 Nifty 50, Newport, RI
31	Barbara Elia	8:52:56	10:39.5	2007 Jed Smith 50M, Sacramento, CA
32	Ron Martin	8:59:26	10:47.3	2013 Beast of Burden - Winter, Lockport, NY
33	Ryan Fletcher	9:05:31	10:54.6	2012 Nashville Ultra Marathon, TN
34	Mark Lavner	9:16:44	11:08.1	2003 Can Lake 50M, Canandaigua, NY
35	Veronica V. Rust	10:01:38	12:02.0	2010 Ayala Park 50M, Chino, CA
36	William McCarty	10:23:06	12:27.7	2013 Ruth Anderson 50M, San Francisco, CA
37	Timothy L. Hardy	10:25:14	12:30.3	2007 Can Lake 50M, Canandaigua, NY
38	Eric Linn	10:32:07	12:38.5	2008 Can Lake 50M, Canandaigua, NY
39	Charles E. Lindsey	10:33:54	12:40.7	1996
40	Viktor Korthals	10:54:06	13:04.9	2012 Keys Ultra 50 Mile, Key Largo, FL
41	Michael Taricani	11:07:32	13:21.0	2015 Lake Waramaug 50M, New Preston, CT
42	Craig B. Snapp	11:25:05	13:42.1	2005 San Diego 1 Day, CA - 12 Hour
43	Bennjamin Griffin	12:12:17	14:38.7	2013 Lake Waramaug 50M, New Preston, CT
44	Bryan Harris	12:59:34	15:35.5	2014 Heartland 50, Cassoday, KS

50 Mile (trail)

1	Dink Taylor	5:55:41	7:06.8	2000 Mississippi Trail 50, Laurel, MS
2	Jim Hage	6:13:10	7:27.8	2002 JFK 50 Mile, Boonsboro, MD
3	Patrick Caron	6:14:39	7:29.6	2016 Pineland Farms 50M, New Gloucester, MA
4	William G. Finkbeiner	6:49:42	8:11.6	1987 American River, Folsom, CA
5	Andrew Lauer	6:50:40	8:12.8	2013 Des Plaines River, Des Plaines, IL
6	Matthew M. Mace	7:18:56	8:46.7	2009 JFK 50 Mile, Boonsboro, MD
7	Paul DeNunzio	7:25:00	8:54.0	2015 Viaduct Trail 50M, Lanesboro, PA
8	Tammy Slusser	7:34:20	9:05.2	2010 JFK 50 Mile, Boonsboro, MD
9	Michael Fanelli	7:37:23	9:08.9	1988 Dick Collins Firetrails, Castro Valley, CA
10	Scot DeDeo	7:38:35	9:10.3	2014 Salomon Trail Festival, New Gloucester, ME
11	Scott Ludwig	8:00:19	9:36.4	2000 JFK 50 Mile, Boonsboro, MD
12	Michael Stegura, Jr.	8:20:28	10:00.6	2016 Dirty German Endurance Fest, Philadelphia, PA
13	William Hutchinson	8:38:34	10:22.3	2011 North Face Endurance 50M, Eagle, WI
14	Richard Westbrook	8:40:44	10:24.9	2005 Sunmart Endurance 50M, Huntsville, TX
15	Cheech Moore	8:42:44	10:27.3	2012 Endurance Challenge 50M-Madison, Eagle, WI
16	Barbara Elia	8:48:18	10:34.0	1995 American River 50M, Folsom, CA
17	Mathew Arnold	9:02:08	10:50.6	2012 The Bear Chase 50M, Lakewood, CO
18	Stephen D. Reed	9:08:22	10:58.0	2006 Vermont 50 Ultra Run, Brownsville, VT
19	Matthew Grinnell	9:21:45	11:14.1	2014 JFK 50 Mile, Boonsboro, MD

20	Timothy L. Hardy	9:24:19	11:17.2	2010 JFK 50 Mile, Boonsboro, MD
21	Jim Crisp	9:26:00	11:19.2	2014 Woldsman 50M, Drifffield, ENG
22	Scott D. Snyder	9:29:24	11:23.3	2006 JFK 50 Mile, Boonsboro, MD
23	Stephen G. Bardsley	9:35:30	11:30.6	2007 JFK 50 Mile, Boonsboro, MD
24	John C. Roemer, III	9:40:12	11:36.2	1990 JFK 50 Mile, Boonsboro, MD
25	Jennifer Hinton	9:42:19	11:38.8	2015 Endurance Challenge 50M-Madison, Eagle, WI
26	Gordy Strickland	9:55:18	11:54.4	1987 Ice Age Trail 50M, Kettle Moraine, WI
27	Tiffany Lambert	9:57:18	11:56.8	2015 North Face Endurance Challenge, Wash., DC
28	Matthew Carpenter	10:18:13.8	12:21.9	2012 Dances with Dirt - Gnawbone, Nashville, IN
29	Margaret Sherrod	10:23:51	12:28.6	2009 JFK 50 Mile, Boonsboro, MD
30	Angeline Pace	10:24:45	12:29.7	2015 Rocky Raccoon 50M, Huntsville, TX
31	Chris Harrison	10:26:35	12:31.9	2002 Crown King Scramble, Phoenix, AZ
32	Matt Henslee	10:27:35	12:33.1	2014 Grasslands 50M, Decatur, TX
33	Richard Holmes	10:31:19	12:37.6	2011 NJ Ultra Trail Festival, Augusta, NJ
34	Thomas A. Fons	10:38:55	12:46.7	2015 Brazos Bend 50 Miler, Needville, TX
35	Mark Wigler	10:51:20.3	13:01.6	2009 Vermont 50 Ultra Run, Brownsville, VT
36	Lance Nelson	10:52:19	13:02.8	2015 North Face Endurance 50M, Sterling, VA
37	Shelly Cable	10:53:31	13:04.2	2012 Bull Run Run 50M, Clifton, VA
38	Bret Nelson	11:10:19	13:24.4	2014 Rocky Raccoon 50M, Huntsville, TX
39	Teresa Roche	11:12:29	13:27.0	2016 Siskiyou Out Back 50M, Ashland, OR
40	George G. Brown	11:19:26	13:35.3	2003 Sauratown Trails Ultra 50M, Pinnacle, NC
41	Prince Whatley	11:25:21	13:42.4	2006 Ouachita Trail 50M, Little Rock, AR
42	Houston Wolf	11:28:05	13:45.7	2013 Mississippi Trail 50M, Laurel, MS
43	John H. Wallace III	11:31:53	13:50.3	2007 Mountain Masochist 50M, Lynchburg, VA
44	Kyle Nelson	12:15:14	14:42.3	2010 North Country Run, Grand Rapids, MI
45	Steven Tursi	12:21:34	14:49.9	2011 Umstead 50 Mile, Raleigh, NC
46	Dusty Hardman	12:37:16	15:08.7	2007 Grand Teton 50 Mile, Alta, WY
47	Scott Hendren	12:51:26	15:25.7	2015 Tunnel Hill 50M, Vienna, IL
48	Kevin Rison	13:40:37	16:24.7	2007 Mt. Disappointment, Mt. Wilson, CA
49	Ryan Fletcher	13:56:59	16:44.4	2015 Tunnel Hill 50M, Vienna, IL
50	Carroll L. Wright	14:13:44	17:04.5	2014 Mark Twain 50 Mile, Berryman, MO
51	Chad Merritt	14:43:50	17:40.6	2015 North Face Challenge, Park City, UT
52	Ken Johnson	15:16:27	18:19.7	2011 Rocky Raccoon 50M, Huntsville, TX
53	David Shannon	15:37:20	18:44.8	2015 Superior Fall Trail Race, Lutsen, MN
54	Ellen Westfelt	17:10:18	20:36.4	2012 Täby Extreme Challenge, Täby, SWE

52 Mile (trail)

1	William G. Finkbeiner	9:35:57	11:04.6	2003 Sierra Nevada, Granite Bay, CA
2	Barbara Elia	11:52:56	13:42.6	1996 Sierra Nevada, Granite Bay, CA

Double-Marathon

1	Kenneth C. Young	6:21:40	7:16.7	3/11/72 Camellia Festival, Sacramento, CA--DM split
2	Michael Friedl	8:57:21	10:14.8	2014 Comrades Marathon, Durban, RSA--DM split
3	Stuart X. Calderwood	9:11:02	10:30.5	
4	John Strumsky	9:42:50	11:06.9	7/84
5	Matt Henslee	9:48:10	11:13.0	2014 New Year's Double, Allen, TX

85K

1	Ted Corbitt	5:38:11	6:25.3	1969 London to Brighton, ENG (American Record)
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85K (trail)

1	Clive Start	14:09:39	16:08.0	2016 Tarawera Ultra Marathon, Rotorua Bay, NZL
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86K

1	Frank Clarke	6:58:00	7:49.3	1983 London to Brighton, ENG
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55 Mile

1	Jim Pearson	6:40:32	7:16.9	6/83 Baker to Bellingham, WA
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55 Mile (trail)

1	Jim Crisp	10:43:30	11:42.0	2014 Hardmoors 55, Guisborough, ENG
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89K

1	Frank Clarke	6:54:00	7:31.6	1980 Comrades Marathon ("Down"), Durban, RSA
2	Frank Clarke	7:10:37	7:49.8	1981 Comrades Marathon ("Up"), Pietermaritzburg, RSA
3	Paul Theron	8:45:13	9:33.0	2010 Comrades Marathon ("Down"), Durban, RSA
4	Michael Friedl	9:37:23	10:29.9	2014 Comrades Marathon ("Down"), Durban, RSA
5	Andrew Jackson	9:40:26	10:33.2	2015 Comrades Marathon ("Up"), Pietermaritzburg, RSA
6	Paul Theron	10:33:58	11:31.6	2005 Comrades Marathon ("Up"), Pietermaritzburg, RSA
7	Brian Flaspohler	10:34:21	11:32.0	2010 Comrades Marathon ("Down"), Durban, RSA
8	Marlene Prentice	10:52:40	11:52.0	2010 Comrades Marathon ("Down"), Durban, RSA

100K

1	Jim Pearson	7:07:49	6:53.1	5/4/1980 Yakima, WA (American Record)
2	Richard Westbrook	7:29:05	7:13.6	1985 Tallahassee Ultradistance Classic, FL
3	Kenneth C. Young	7:51:25	7:35.2	3/11/72 Camellia Festival, Sacramento, CA--100K split
4	Ted Corbitt	7:52:00	7:35.8	1974
5	Dink Taylor	8:27:28	8:10.0	1997 GNC 100K, Pittsburgh, PA
6	Ronald Kmiec	8:54:08	8:35.8	5/78
7	Thad Childs, Jr.	8:57:23	8:38.9	1983 Tallahassee Ultradistance Classic, FL
8	Tom Andrews	8:59:37	8:41.1	
9	William G. Finkbeiner	9:24:57	9:05.5	1992 Jed Smith 100K, Sacramento, CA
10	Herbert L. Fred	9:50:19	9:30.0	1979
11	Hal Gensler	10:09:30	9:48.5	1995 Edmund Fitzgerald, Finland, MN
12	Patrick J. Foley	10:49:22	10:27.0	6/83
13	Paul DeNunzio	11:03:25	10:40.6	2015 Great NY 100K Exposition, NY, NY
14	Barbara Elia	11:11:19	10:48.2	1992 Ruth Anderson 100K, San Francisco, CA

100K (trail)

1	Syl Pascale	10:57:37	10:35.0	1996 Miwok 100K, Stinson Beach, CA
2	William G. Finkbeiner	11:06:06	10:43.2	2003 Miwok 100K, Stinson Beach, CA
3	Shannon McGinn	11:51:41	11:27.2	2009 Green Lakes, Fayetteville, NY
4	William Hutchinson	12:26:42	12:01.0	2012 Kettle Moraine 100K, Madison, WI
5	Houston Wolf	13:43:21	13:15.0	2015 Pumpkin Holler Hunnerd, Tahlequah, OK
6	Timothy L. Hardy	13:44:44	13:16.4	2011 Trail Runner UROC, Vail, CO
7	Barbara Elia	14:38:34	14:08.4	1996 Miwok 100K, Stinson Beach, CA
8	Ryan Pett	14:54:44	14:24.0	2013 Kettle Moraine, Madison, WI
9	Chris Harrison	15:03:11	14:32.1	2012 Miwok 100K, Stinson Beach, CA
10	Clive Start	15:17:01	14:45.5	2015 Tarawera Ultra Marathon, Rotorua Bay, NZL
11	Evan Barnhart	16:17:47	15:44.2	2014 Hong Kong Ultra, Pak Tam Chung, HKG
12	Bret Nelson	19:34:12	18:53.8	2011 Bandera 100K, TX
13	David Shannon	19:41:46	19:01.1	2014 Wild Duluth Races--100K, MN

71 Mile (trail)

1	Shelly Cable	27:19:00	23:05.1	2013 The Ring, Massanutten Mountains, VA
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72 Mile

1	Jennifer Hienton	17:19:18	14:26.1	2013 Tahoe Midnight Express, Lake Tahoe, CA
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100 Mile (track)

1	Ted Corbitt	13:33:06	8:07.9	1969
2	Michael Fanelli	16:40:00	10:00.0	3/91 Empire 24-Hour, Santa Rosa Junior College, CA

100 Mile

1	Darryl Beardall	12:30:00	7:30.0	(1)
2	Kenneth C. Young	14:14:39	8:32.8	3/11/72 Camellia Festival, Sacramento, CA
3	Herbert L. Fred	17:02:03	10:13.2	1983
4	Scott Ludwig	18:23:17	11:02.0	2003 American 100 Mile Championship, Sylvania, OH
5	Michael Scott	19:40:46	11:48.5	2016 Pistol Ultra Run 100M, Alcoa, TN
6	Jay Marshall	20:22:08	12:13.3	2014 Tunnel Hill 100, Vienna, IL
7	Ron Martin	21:32:18	12:55.4	2013 Beast of Burden - Summer, Lockport, NY
8	Scott D. Snyder	22:11:00	13:18.6	1999
9	Frederick L. Murolo	22:48:59	13:41.4	2013 Beast of Burden - Summer, Lockport, NY
10	William McCarty	25:45:30	15:27.3	2013 Run-de-vous 100 Mile, San Martin, CA
11	Jens Zwirner	26:14:44	15:44.8	2015 100Meilenberlin - The Berlin Wall Race, GER
12	Richard Westbrook	26:54:25	16:08.6	2013 Keys Ultra 100 Mile, Key Largo, FL
13	John H. Wallace III	28:30:43	17:06.4	2006 Mother Rod, Arcadia, OK

100 Mile (trail)

1	William G. Finkbeiner	18:11:25	10:54.9	1988 Western States, Squaw Valley, CA
2	Dink Taylor	18:44:00	11:14.4	1996 Arkansas Traveler 100 Mile, Perryville, AR
3	Paul DeNunzio	20:46:03	12:27.6	2016 NJ Ultra Trail Festival 100M, Augusta, NJ

4	Chris Harrison	21:34:00	12:56.4	2007 Kettle Moraine 100, Madison, WI
5	Scott Ludwig	22:31:43	13:31.0	2008 Umstead 100 Mile, Raleigh, NC
6	Thad Childs, Jr.	22:34:00	13:32.4	1984 Western States, Squaw Valley, CA
7	Matthew M. Mace	22:51:41	13:43.0	2000 Vermont 100 Mile, West Windsor, VT
8	Robert M. Crosby, Jr.	22:54:39	13:44.8	2005 Umstead 100 Mile, Raleigh, NC
9	Steven Tursi	23:38:37	14:11.2	2015 Umstead 100 Mile, Raleigh, NC
10	Scott D. Snyder	23:38:54	14:11.3	2004 Vermont 100 Mile, West Windsor, VT
11	Prince Whatley	23:40:21	14:12.2	2009 Pinhoti, Sylacauga, AL
12	Syl Pascale	23:42:52	14:13.7	1996 Western States, Squaw Valley, CA
13	Mathew Arnold	24:08:06	14:28.9	2013 Leadville Trail 100M, CO
14	Houston Wolf	24:46:41	14:52.0	2015 Tunnel Hill 100M, Vienna, IL
15	Frederick L. Murolo	25:15:20	15:09.2	2013 Umstead 100 Mile, Raleigh, NC
16	Shannon McGinn	25:28:19	15:17.0	2009 Ancient Oaks 100 Mile, Titusville, FL
17	Tom Andrews	25:29:00	15:17.4	1996 Kettle Moraine 100, Madison, WI
18	Timothy L. Hardy	26:17:21	15:46.4	2011 Old Dominion 100 Mile, Woodstock, VA
19	John Schuerzinger	26:28:47	15:53.3	2015 Pine Creek Challenge, Wellsboro, PA
20	Barbara Elia	26:45:34	16:03.3	1993 Vermont 100 Mile, West Windsor, VT
21	Ellen Westfelt	27:05:20	16:15.2	2013 Täby Extreme Challenge, Täby, SWE
22	Dusty Hardman	27:48:05	16:40.8	2013 Ancient Oaks 100 Mile, Titusville, FL
23	Ryan Fletcher	28:01:23	16:48.8	2014 Burning River 100, Willoughby Hills, OH
24	Bret Nelson	28:17:59	16:58.8	2012 Rocky Raccoon 100M, Huntsville, TX
25	William McCarty	28:48:47	17:17.3	2013 Beyond Limits Ultra 100M, Mountain Center, CA
26	Richard Westbrook	29:04:00	17:26.4	2006 Ancient Oaks 100 Mile, Titusville, FL
27	William Hutchinson	29:08:23.5	17:29.0	2013 Kettle Moraine 100, LaGrange, WI
28	David Shannon	29:09:05	17:29.5	2015 Lean Horse 100M, Custer, SD
29	Michael Scott	29:31:53	17:43.1	2013 Indiana Trail 100, Albion, IN
30	Angeline Pace	29:46:47	17:52.1	2016 Rocky Raccoon 100M, Huntsville, TX
31	Shelly Cable	34:05:30	20:27.3	2014 Massanutten 100M, Front Royal, VA

166K

1	Andrew Jackson	40:39:09	23:39.4	2013 Ultra-Trail du Mont-Blanc, Chamonix, FRA
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116 Mile

1	Richard Westbrook	28:42:36	14:51.0	2015 Cross Florida Route 40, Yankeetown
2	Dusty Hardman	32:55:06	17:01.6	2014 Cross Florida Route 40, Yankeetown

120 Mile (trail)

1	Scott D. Snyder	45:03:21	22:31.7	2014 Fat Dog 120, Manning Park, BC, CAN
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Badwater 135

1	Timothy L. Hardy	36:08:37	16:03.8	2012 Badwater 135, Death Valley, CA
2	Scott Ludwig	36:32:46	16:14.6	2003 Badwater 135, Death Valley, CA
3	Scott D. Snyder	37:09:49	16:31.0	2008 Badwater 135, Death Valley, CA
4	Barbara Elia	45:09:49	20:04.4	2001 Badwater 135, Death Valley, CA

Arrowhead 135

1	Timothy L. Hardy	55:14:00	24:32.9	2012 Arrowhead 135, International Falls, MN
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156 Mile

1	Marlene Prentice	57:46:56	22:13.4	2012 Marathon des Sables, Sahara, MAR
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314 Mile

1	Richard Westbrook	143:49:59	27:29.0	2014 Volunteer State - Unaided, Dorena Landing, MO
2	Frederick L. Murolo	191:42:46	36:38.0	2011 Volunteer State - Supported, Dorena Landing, MO

2935.8 Mile

1	Richard Westbrook	537:33:04	10:59.2	1992 Trans America Footrace (64 stages)
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3100 Mile

1	Pranjal Milovnik	850:19:49	16:27.4	2010 Self-Transcendence 3100 Mile, Queens, NY
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24 Hour

		Miles	Pace	
1	Ted Corbitt	134.7	10:41.4	1973 Walton-on-Thames, England (American Record)
2	Scott Ludwig	129.1	11:09.4	2002 National Championship, Olander Park, OH
3	Herbert L. Fred	118.0	12:12.4	4/29/84
4	Chad Shilson	113.1	12:43.9	2013 FANS, Minneapolis, MN
5	Shannon McGinn	110.7	13:00.7	2009 Freedom Park New Year's Eve, Charlotte, NC
6	Ron Martin	110.4	13:02.9	2014 Sole Challenge, Fayetteville, PA
7	Brandon Walker	108.8	14:14.3	2016 Black Mountain Monster - 24 hrs, NC
8	Richard Westbrook	101.1	14:14.3	2006 FANS, Minneapolis, MN
9	Craig A. Davidson	100.4	14:20.5	1983 Across the Years, Phoenix, AZ
10	Frederick L. Murolo	96.1	14:59.3	2010 3 Days at the Fair, Augusta, NJ
11	William McCarty	90.5	15:54.7	2013 New Years Eve 24 Hour, San Francisco, CA
12	Paul Smith	90.1	15:58.8	6/21/14 Shortest Day, Longest Run, ENG
13	Barbara Elia	89.7	16:03.2	1998 Greg and Delmar's 24 Hour, Gibson Ranch, CA
14	Hal Gensler	84.3	17:05.5	1995 FANS, Minneapolis, MN
15	Tom Andrews	81.9	17:34.9	2012 FANS, Minneapolis, MN
16	Jim Crisp	76.7	18:46.3	2005 East Hull Harriers 24 Hour, ENG
17	John Schuerzinger	75.0	22:51.4	2015 Montour 24 hours, Danville, PA
18	Matt Henslee	72.1	19:57.8	2013 24 The Hard Way, Oklahoma City, OK
19	Lisa Millam	66.9	21:31.5	2016 FANS, Minneapolis, MN
20	Emily Uhlig	64.9	22:12.3	2012 North Coast - Spring - 24 hour, Cleveland, OH
21	Carroll L. Wright	64.4	22:21.0	2013 24 The Hard Way, Oklahoma City, OK
22	Bennjamin Griffin	64.3	22:23.8	2014 24 Hour Around the Lake, Wakefield, MA
23	Evelyn Smith	62.2	23:09.3	2010 FANS, Minneapolis, MN
24	Joseph Beyer	57.8	24:54.8	2001 Around the Lake - 24 hours, Wakefield, MA
25	John H. Wallace, Jr.	51.6	24:54.8	2013 24 Hour Around the Lake, Wakefield, MA

48 Hour

	Miles	Pace		
1	Barbara Elia	153.6	18:45.0	2002 Across the Years - 48 hrs, Phoenix, AZ
2	Bennjamin Griffin	118.0	24:24.4	2013 Three days at the Fair - 48 hrs, Augusta, NJ
3	William McCarty	111.5	25:49.2	2014 Six Days in the Dome - 48 hrs, Anchorage, AK
4	Steven Tursi	107.0	26:55.0	2015 Three days at the Fair - 48 hrs, Augusta, NJ

72 Hour

	Miles	Pace		
1	Frederick L. Murolo	214.0	20:11.2	2016 Three days at the Fair - 72 hrs, Augusta, NJ
2	Bennjamin Griffin	188.0	22:58.7	2014 Three days at the Fair - 72 hrs, Augusta, NJ
3	Steven Tursi	161.0	26:49.9	2016 Three days at the Fair - 72 hrs, Augusta, NJ
4	John Schuerzinger	142.0	30:25.4	2016 Three days at the Fair - 72 hrs, Augusta, NJ
5	Matt Henslee	126.0	34:17.1	2013 UltraCentric Gold Rush - 72 hrs, Grapevine, TX

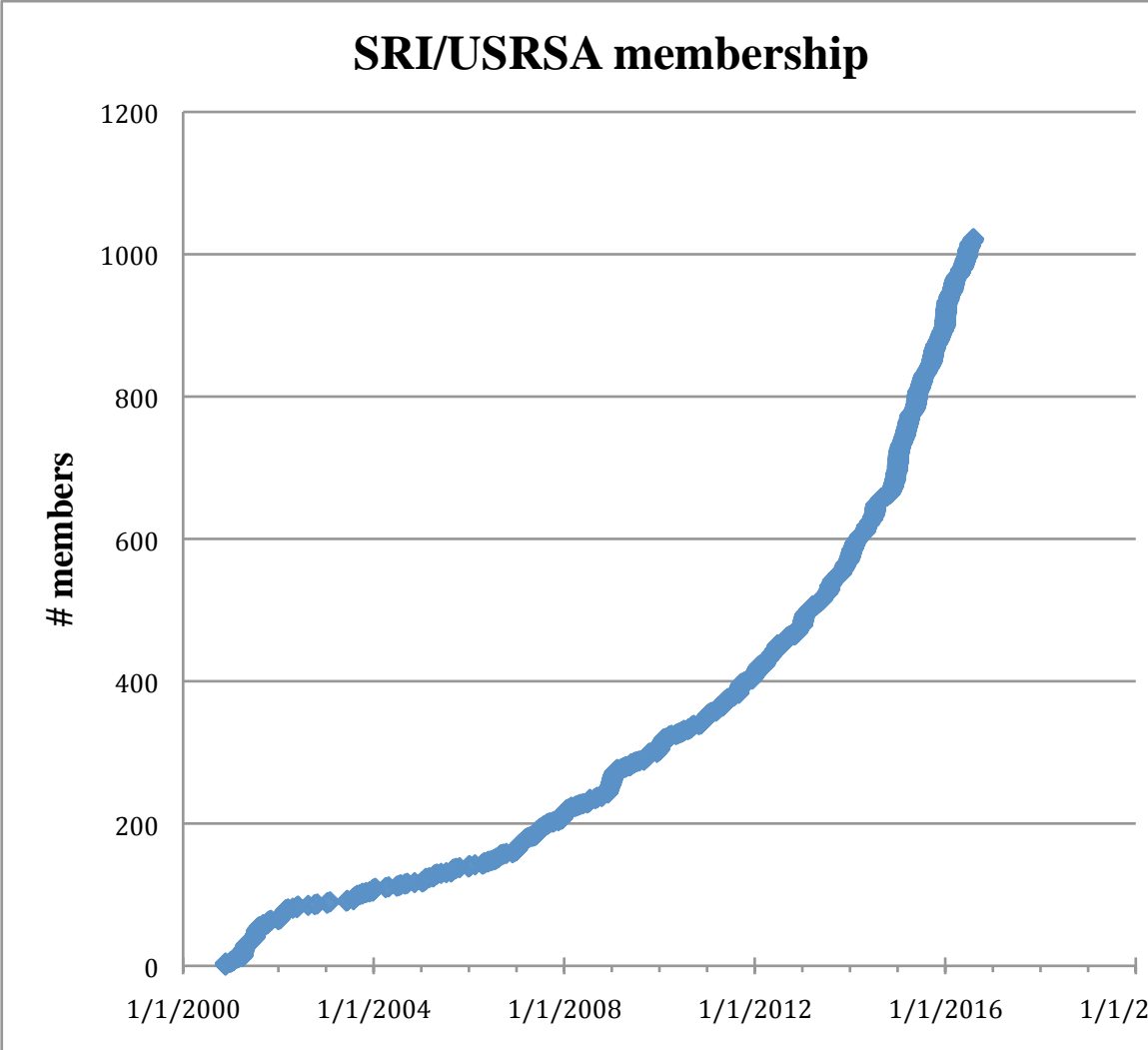
6 Day

	Miles	Pace		
1	Jerry Caine	401.0	21:54.6	
2	John H. Wallace III	278.2	31:05.7	2013 Across the Years, Phoenix, AZ

Ironman Triathlon

1	Dink Taylor	10:44:50	2015 Ironman Chattanooga, TN
2	Ezra Hallam	10:50:29	2006 Ironman Coeur D'Alene, ID
3	Michael W. Bergquist	10:51:16	2008 Ironman Coeur D'Alene, ID
4	Charles E. Lindsey	11:31:30	8/89
5	Mathew Arnold	11:43:05	2010 Ironman Arizona
6	Brian Cleven	11:53:00	2012 Ironman Wisconsin
7	Jennifer Hinton	11:57:14	2016 Ironman European Championship, Frankfurt, GER
8	Andrew Jackson	12:36:18	2010 Ironman France, Gerardmer
9	Kyle Bode	12:49:24	2014 Ironman Wisconsin
10	Brian McAllister	12:52:00	2009 Ironman Arizona
11	Prince Whatley	13:07:55	2015 Ironman Chattanooga, TN
12	Allen Weddle	13:23:49	1999 Ironman Florida, Panama City Beach
13	Bo Grist	13:28:47	2003 Ironman Coeur D'Alene, ID
14	Scott Cockerham	13:52:38	2013 Ironman Texas, Galveston
15	Elizabeth Storey	14:11:39	2011 Vineman Triathlon, Sonoma, CA
16	Joy Chiong	14:45:47	2015 Ironman Lake Placid, NY
17	Steven Tursi	15:13:23	2012 Ironman Florida, Panama City Beach
18	Jeff Donahue	15:15:00	2005 Ironman Florida
19	Tammy Roether	16:16:26	2011 Vineman Triathlon, Sonoma, CA

(1) Not a streak runner



Graph by Roger Urbancsik

MEMBER UPDATES – FALL 2016



Doug Dixon (right) with his son Stephen Dixon, “who ran the 12th year anniversary run with me.”

DOUG DIXON’S STREAK HITS 12 YEARS

On May 21, 2016 I celebrated 12 years of continuous joy...running. I celebrated with a run past the white water that pours into the lake I live upon. I was surrounded by family and of course my Grandson Henry. That evening we enjoyed a wood fired steak, a great bottle of Italian red wine, a bonfire and of course many stories.

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

In the last year I completed over 2000 miles and completed two marathons. I ran Toronto in October 2015 and set a personal best for this Marathon and it qualified me for the 2017 Boston Marathon, beating my qualifying time by 32 minutes.

I also experienced running my first Boston marathon in April 2016. A weekend of dreams fulfilled. Laughter, love, and a pinch of emotional meltdown in a most giving and gracious Boston, accompanied by the family I love. Three generations of hearts beating as one.

Although I am deeply disappointed with my time to run this most honoured and demanding Boston Marathon, I am deeply thrilled to have spent the time with the family I love so much without who this simply would not have been achievable. Having my Grandson Henry to share this with me made it all the more precious and special.

Heartbreak Hill may have broken my heart on this day, but she has instilled in me a lasting reverence and a fire in my belly to take her on again come April 2017. Running down Boylston Street to the deafening roar of the crowd and crossing that finish line will always have a special place in my heart. One shining day in April I shall never forget.

Life teaches us purpose and dedication and a will to accomplish anything in life if we so choose.

Doug Dixon
Minden, Ontario, Canada

MEMBER UPDATES – FALL 2016



Diane Trites

DIANE TRITES JOINS SRI FROM CANADA

I am a late bloomer. My running career started in 2013 when I was 51 years old. My daughter and I started the Couch to 5k program because we wanted to do one of those trendy 5k “marathons.” Sadly we didn’t finish it because she unexpectedly moved 4000 km away.

Without her by my side I lost my motivation and kept restarting C25k, and repeating weeks. Finally finished the program and completed my first 5k at CIBC Run For the Cure in 2013 followed by a 10k and then a Half Marathon.

Since then I have done all of those distances numerous times and currently training for my first full marathon in October at PEI Marathon. Since April 2015 I have logged over 100 miles every month.

One of my favorite parts of running is Being Someone Else’s Inspiration. My daughter eventually moved back home and she ran her first 5k last month. Both of my sons are learning to run. My workplace has allowed me to form a Walking / Running Group which is proving to be very successful.

My Streak started on November 30, 2014 when a member of a Facebook running group challenged the members to do an Advent Run. I only planned to run for the month of December, but then a coworker challenged me to Run One Mile Every Day in 2015.

I changed my challenge on January 1, 2016. My new challenge is to run a minimum of 1.25 miles every day OUTDOORS, regardless of weather. So far, so good. I plan to run every day until I am 100, or die trying.

Happy Trails!

Diane Trites
Riverview, Canada

CHRIS MAY’S STREAK HITS 4 YEARS

Still streaking!

Moved to Snohomish, WA from Littleton, CO. Ran a couple of trail ultra marathons this last year. I may be slow, but I am having fun and hope to continue for another year.

Chris May
Snohomish, Washington

MEMBER UPDATES – FALL 2016



Scott Church

SCOTT'S CHURCH'S STREAK HITS 2 YEARS

For me at least the streak is important to remind me that I'm still alive! Sounds a little melodramatic I won't deny, but last May 21 I went for an MRI to r/o any sort of tumors-both my mother and her mother have/had acoustic neuromas.

The previous April I had experienced two episodes of such severe vertigo that I would literally get sick if I even tried to sit up. The second one landed me in the ED-both times it took six plus hours for it to pass. The first one left so fast that ten minutes after the vertigo left, I got up and did a very slow mile run/jog. Even went out that night and had a beer and pizza with no ill effects.

The reason for me boring you to tears with all of this is the day after I had the MRI, my neurologist called me and told me to come with my wife down to his office. Word of wisdom...if a doc says to get your spouse and come down to

their office without worrying about an appointment we'll be nervous. Turns out I did not have an acoustic neuroma. Rather I had a Tectal Glioma. The difference geographically is one wraps itself around your acoustic nerve and will potentially make you go deaf in one ear. The other is next to your brain stem.

We immediately called for an appointment with a neurosurgeon but was told that since it was Memorial weekend...we would have to wait until the following Thursday! No amount of pleading would change his mind-so I did the one thing I should never have done-I Googled everything on it. So from May 21-May 27, 2015, I thought I was a "dead man" walking. It was the absolute worst week of my life as I didn't know what to do-so I did the only thing I could do-I kept running!

On May 27, 2015 I made a vow that I would go for a run-if the news was as bad as I feared (24-36 months) then all bets were off. If I could somehow get better news then I would keep running.

Well fast forward a year and yup-still running! Turns out my type of tumor is just like me-slow growing and doesn't want to grow into things it shouldn't. Eventually I'll need some sort of a shunt as the tumor will block the spinal fluid from draining. But that could be thirty years from now.

So every May 27, I celebrate just being alive by running and realizing I've lived another year. So the only thing that's changed is my determination to keep the streak alive by running another mile today. Which speaking of running-I better get going!

Scott Church
Eagan, Minnesota

MEMBER UPDATES – FALL 2016



Thomas McDow with his two sons Thomas F. “Dodie” McDow on the left and Randolph W. “Randy” McDow on the right.

THOMAS MCDOW’S STREAK ENDS AFTER 3,434 DAYS

I intended to write this message every days since April 19, 2016. My streak ended April 18, 2016. I had leg pains over the past few months but managed at least a mile a day and averaged about three miles per day, but it was becoming more difficult. Doctors suspected a sports hernia and scheduled a MRI. On Monday, April 18, 2016, I returned to the office after a successful all-day mediation in a family court case, I was getting out of my car when the worst pain I ever experienced shot down my left leg from the hip to end of my toes. I had difficulty getting the few feet to my office. It subsided and about forty-five minutes later, I drove home, about three blocks away. By the time I got home, I was in tears. My wife Lucy took me to the emergency room. We left about midnight with some Percocet and a recommendation to see an orthopedist the next day.

I awoke Tuesday morning, April 19, took a Percocet, and put on my running shorts and shoes. I did not know if I could run but I would not sacrifice my streak if there were any doubt. I ran .11 mile before I stopped. It was all I could do to hobble home. I saw my orthopedist. He found nothing definitive and scheduled tests. He said he knew how important the streak is and gave me his blessing to run if I could. The remainder of the afternoon, I imagined going out to finish my mile. Then I would not have to worry about it again until the next day. Intellectually, I knew the streak had ended but emotionally I remained hopeful. I finally went to bed without running. My greatest fear for several years was ending the streak. It had become both a source of pride and a reason to live. I could not imagine post-streak life. At the end, it was OK. Sad, but OK.

On Friday, April 22, 2016, I was hospitalized for four days for pain management and tests. On Monday, May 16, 2016, I had spine surgery, little of which I understand. One thing which made surgery attractive was my doctor who said his primary recommendation for physical therapy is a lot of walking. Walking may not be running, but it is a start. Today I walked 2.25 miles.

While my active streak is done, I am sending \$20 for my membership renewal, because I intend to begin a new streak. I may never complete another 3,433 days but I can look forward to receiving *The Streak Registry* and looking for my name among the neophytes.

Thank you and the other streakers for inspiring my streak and providing the incentive to start a new one.

Thomas McDow
Rock Hill, South Carolina

MEMBER UPDATES – FALL 2016



Margaret Sherrod

MARGARET SHERROD'S STREAK HITS 16 YEARS

Still maintaining my streak. Trying to run at least a mile in all 50 states. Knocked off two more last week - Utah and Wyoming.

Margaret Sherrod
Millersville, Maryland

ROBERT MALYSZEK JOINS USRSA

I would like to introduce myself to your Association, I am Robert Malyszek, a Consultant living in southern California, and I have been here for 27 years but still consider myself an upstate New Yorker (Binghamton, NY).

I started running to stay in shape during my motorcross career that started in 1980 and ended with a 2 year professional career in 1989. Once my racing career ended my running continued, it would slow then heat up at different periods in my life but it has also been a constant. During law school I ran to relax during finals.

I ran the LA Marathon on a dare from my brother on the Thursday before with zero training. He said "Let's run the LA marathon on Sunday and see how far we can get." We both finished. At the time I was waiting tables during law school and had to go from finishing the marathon and go straight to work waiting tables from 6pm – 12pm. My girlfriend at the time was also a runner and she was impressed when I got home that night. We yada, yada, yada and boy was that an eventful day.

Most of my brothers and sisters run. Every year growing up and still when we are together we have a traditional morning family Thanksgiving day run of 10-12 miles that my father started back in the eighties.

I started a running streak in 2010 that lasted 342 days and ended due to a delayed flight from NY to CA.

Robert Malyszek
Moorpark, California

DIANE SHUMAY'S STREAK HITS 16 YEARS

Jeff and I are still running together every morning.

Diane Shumway
Provo, Utah

SADIE-JO KOBUSSEN'S STREAK HITS 2 YEARS

My streak remains intact and active! Thanks!

Sadie-jo Kobussen
Woodbury, Minnesota

MEMBER UPDATES – FALL 2016



Harry Owen

HARRY OWENS' STREAK ENDS AFTER 1,067 DAYS

On April 24th I ran a 5K in Kingston NY. At about the half-mile mark and only a few minutes in I experienced a real shortness of breath and really felt like stopping. I didn't stop but really pulled back on my pace and basically jogged the rest of the way into the finish line, thereby completing my slowest 5K ever in 29:04.

I ran easy the whole next week up until Thursday. When I went for a run Thursday evening I barely completed a mile and felt really horrible.

The next day I went to an urgent care clinic (my doctor was away) and he diagnosed a sinus infection and prescribed an antibiotic.

Again I ran Friday and Saturday for just a mile and felt really really bad as I had to will myself to complete the distance (mind you I had run a 30K with no problem a few weeks prior).

That Sunday, May 1st, I stopped. I didn't run the next week but felt progressively worse at work and just walking to the train station.

I went back to the clinic on May 7th and found out my heart was in atrial fibrillation plus blood pressure was high and was admitted to hospital with heart failure. The diagnosis after a day and night of tests is that since I have mitral valve prolapse (which I know since my early 20's), the valve had now degenerated to the point where I was experiencing significant mitral valve regurgitation (blood flowing back into the atrium) causing my heart issues.

The net result is I am now scheduled for heart surgery on June 29th to either repair (hopefully) or replace the valve. I am unable to run right now but am hoping after the surgery and healing I can get back on the roads running.

Harry Owens
Beacon, New York

HENRY LENGKEEK'S STREAK HITS 22 YEARS

My streak continues. No big issues this year except a dislocated toe and a couple flu bugs to run through.

Henry Lengkeek
Lakewood, California

DAVE EMMANS' STREAK HITS 14 YEARS

Still rolling. The streak is intact, albeit a few close calls this year. Thanks guys.

Dave Emmans
Minnetonka, Minnesota

MEMBER UPDATES – FALL 2016



Helen Frees

HELEN FREES JOINS USRSA

This is a photo from my very first 50k on June 2nd 2016. I have fallen in love with trail running, but enjoy hitting the pavement too. Most of my daily runs are on pavement, sometimes even on a prep or lunchtime at my job as a middle school art teacher.

I am fortunate to be a part of a Moms Run in my town in Union County [New Jersey], where I have a band of sole sisters who run, train and that I sweat with regularly.

I completed the Philadelphia Marathon this year, my second marathon, with my fellow streaking partner (one day apart in our streakaversary) Jessica.

I also PR'd at the NYM. I ran NYM for Team Boomer Esaison, raising \$14,000 for a cause close to my heart. My husband has cystic Fibrosis. We have a beautiful daughter together, Tegan Raine, and whenever possible we go out for short runs together.

I appreciate the ability to run when for my husband it is no easy feat. I live running and for the past 15 years racing and testing new distances has been a joy. Now I can't go a day without a mile or more. I appreciate greatly my friend and mentor Janna for getting me streaking! Streak on folks!

Helen Frees
Clark, New Jersey

JIM BATES' STREAK ENDS AFTER 3,657 DAYS

After completing ten years of streak running I decided to end the streak to allow my Achilles tendon to heal. The last day that I ran was 7 Jun 2016. After completing ten years of running, I decided to end my streak in an effort to overcome chronic Insertional Achilles Tendinopathy: "Since his heel wouldn't heal, Jim decided to head to the Gym."

I hope to start a new streak when my Achilles is up to it.

Jim Bates
Hampton, Virginia

SCOTT COCKERHAM'S STREAK ENDS AFTER 500 DAYS

Bursitis has forced me to cancel an Ironman and I think that in order to race again I need to heal. The last day I ran was May 19. That should be 500 days. I'm already feeling better and looking forward to starting another streak in the fall.

Scott Cockerham
Houston, Texas

MEMBER UPDATES – FALL 2016



Stephen Pretak

STEPHEN PRETAK JOINS USRSA

My running streak started because I lacked consistency and motivation with my running after college. I remember a few times after finishing a run, I would record a voice note in my phone of my “endorphin-filled-post-run-self” trying to motivate my “don’t-feel-like-running-let’s-go-to-the-bar-with-friends-self.”

This may have worked once or twice, but most of the time it failed. I knew I was a fitter, happier, more productive human when I ran.

On July 4th, 2010, I stopped giving myself the option. Inspired by a close friend, I started a 2-mile a day streak. Since then, it has kept me in good shape both physically and mentally. It has also opened the doors to many new friendships and opportunities.

Just last year I moved to Colorado where I have been running more trails and mountains than ever before. In the beginning of May, I completed my

longest race to date, the Quad Rock 25 mile trail race.

Stephen Pretak
Fort Collins, Colorado



Robert Montana

ROBERT MONTANA JOINS USRSA

I started running by joining a couch to 5k training plan offered by a local church. In 12 weeks I went from the couch to my first 5k.

It was my wife, Pat, who convinced me to start a streak. I started it in 2014 but got a bad flu and stopped in March 2015.

I restarted April 10, 2015 and have not stopped since then. It’s been tough, but my wife pushes me along.

I have run several races and even did a half marathon. Thank you for including me in the *Streak Registry*.

Robert Montana
Hampton, New Hampshire

MEMBER UPDATES – FALL 2016



Cheryl Lentz

CHERYL LENTZ JOINS USRSA

Towards the end of 2012, I joined Weight Watchers and started exercising. I always hated running but soon learned that I could get my daily quota of Weight Watcher activity points a whole lot faster if I ran.

I slowly built up to a 5K and then a 10K before a 2013 injury sidelined me for a while (2 pelvic stress fractures, a damaged labrum, and an impingement requiring surgery in 2014).

Just a few months after returning to running post-surgery, I signed up to be a runner for whoirun4.com (an

organization who matches runners up with individuals who have disabilities). While on the waiting list to be matched up with a buddy, I started my runstreak (31 AUG 2014). On 21 OCT 2014, I got matched with my sweet buddy, Ruby, a 3 year old little girl with GM1 Gangliosidosis. Although she passed away 13 SEPT 2016, I have continued to run for her every single day since! I have even completed 3 full marathons with I Run 4 Ruby proudly written on my arm!

In addition to running for me (because I like to eat) and for Ruby, I also volunteer 3 days a week at Lansing Correctional Facility for a running program called Running Free. This program allows men that are incarcerated in the medium and minimum security units to receive positive direction by setting goals and training to meet those goals. During the regular sessions, we run and/or workout with these men. At least quarterly, we hold an event (5K, 10K, and/or half marathon) where they pay an entry fee to run a race and 90% of the proceeds go to a chosen charity. They have raised thousands of dollars of their own money for various charities since the start of the program 2.5 years ago.

Cheryl Lentz
Bonner Springs, Kansas

MICHAEL GLASSBURN'S STREAK HAS ENDED AFTER 1,922 DAYS

Streak has ended. The last day I ran was September 17, 2015. I was hospitalized with what ended up being side affects to medicine I was taking and the flu.

Michael Glassburn
St. Cloud, Florida

MEMBER UPDATES – FALL 2016



Justin Fogarty

JUSTIN FOGARTY JOINS USRSA

How I got here:

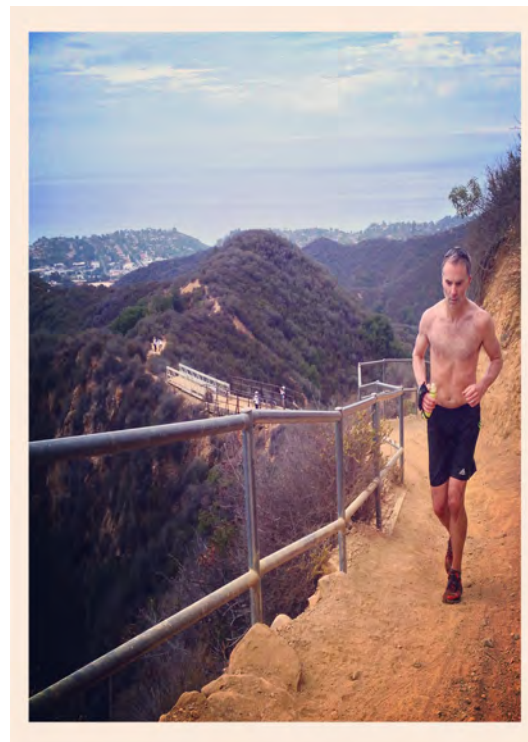
I started running in my late 20s after coming to terms with the fact that I would never become a professional cyclist. I liked the suffering. Intervals. Marathons. Nasty weather. I had a couple sub-3 hour marathons and ran Boston twice. Then one morning while running before a business meeting in Cincinnati, I tripped over a wire and landed hard on my left kneecap. It was fractured and after an awful travel day back home, I had to immobilize it for 4 weeks.

My comeback was rough. I couldn't run far or fast and by the end of that year, I was searching for some other running goal to keep me motivated and honest. It was just before New Year's and I picked up a running magazine in the dentist's office. In an article on resolutions, they list "start a running streak." I figured I'd have a crack at it and started mine on New Year's Day 2011.

I often tell people that a streak is easier to start than to stop. You begin having no idea how long you'll keep it going (a week? a month? a year?). Then before you know it, you have built up a number that's not easy to walk away from. From there, every day you wake up you think, "well, I can run today."

I don't know how the streak ends. But I do know it's given me life experiences on runs that I never would have had otherwise. From seeing bears in Yosemite to swans trying to break through the ice on a Hyde Park pond in London, the cheering co-eds in Wellesley to the less enthusiastic hookers in a Paris park on a sunny afternoon, the streak has given me a lot of amazing memories. I wonder what I'll see tomorrow...

Justin Fogarty
Los Gatos, California



Justin Fogarty

MEMBER UPDATES – FALL 2016



Tom Drake

TOM DRAKE JOINS USRSA

I started to get serious about running on January 1st, 2013 as part of a New Year's health kick to lose weight (204 lbs). I had always viewed running as an efficient form of cardio but never really enjoyed it.

Initially, I used running to quickly drop some pounds but along the way I really started to enjoy it. I got hooked on logging/tracking my runs on RunKeeper and consistently improving my weekly & monthly run totals. For a long time I never worried about running pace but as I continued to lose weight my pace improved.

In April 2014 I ran my first 15k race (at the time this was my longest run ever). In May 2014 I ran my first half marathon (1:48:20). By this point I was running daily with very few days off. Magically the weight just kept coming off and I weighed around 178lbs on August 24th 2014 when my running streak started.

I never planned on starting a running streak but I fell in love with running everyday and the progress I was seeing.

In October of 2014 I ran my 2nd half marathon (1:34:55 - PB for me). In 2015, I set and achieved a goal to run over 2015 miles, including 3 half's and my first full (3:31:52). In 2016, I reduced my mileage goal to 1800 and I am currently training to run Chicago in October.

My long-term goal is to BQ. I live less than 5 miles from the start of the Boston Marathon.

I have 2 streaks within my streak that I am proud of. Since my streak has started I have run at least 30 miles per week (Sat - Sunday) and over 150 miles per month.

My running steak has become my daily vacation. Most days I take this vacation at 6am. Thanks for organizing this great group. I would be honored to be apart of it.

Tom Drake
North Grafton, Massachusetts

WILLIAM FELL'S STREAK HITS 3 YEARS

My running streak is still active.

William Fell
Baton Rouge, Louisiana

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Val and Mike Perez

VAL AND MIKE PEREZ'S STREAKS HIT 3 YEARS

Greetings from sunny Florida!

My husband and myself are still streaking. Thanks for the message, we are thrilled that we made it to 3 years. Neither of us are quite ready to quit now, so onto year number four for us. Here are our stats:

Valerie Perez
Streak year 3- 765 miles
1 marathon
3 half marathons

Michael Perez
Streak year- 925+ miles
2 marathons

Run on!

Val & Mike Perez
Lithia, Florida



Joe Beyer

JOE BEYER'S STREAK NEARS 6 YEARS

* Day #1 of my running streak was August 16, 2010.

* After my run on August 15, 2016 I will have completed:

- 6 years running at least a mile a day, 2192 days.

- Approximately 12,500 total miles logged, averaging ~5.7/day.

- 91 Marathons completed during this streak.

Also, I have run a minimum 3 miles/day, all outside, for the last 1,977 days.

Most notable run over the last year had to be the Burning Man ultra, I can't wait to run it again this year.

Joe Beyer
Concord Massachusetts

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Kristin Rutkowski

KRISTIN RUTKOWSKI JOINS USRSA

Every journey begins with a single step. Mine is no different...yet it also feels so unique to me. I was a 34-year old stay-at-home mom who had just had her 4th child... and while I loved my family, I also missed my career and the little breaks of time in which I was the only person I needed to worry about. I was hopeful that doing something for myself would bring me peace, sanity, and a sense of accomplishment. So, in June 2010, I registered for First Strides, a local women's C25k program. I worked hard and threw myself into the training. My first 5k that fall was really hard. I remember walking often and being tired still the following day...but my eyes still fill with tears when I think of how proud I felt.

And in the six years since that time, I've been thankful for many wonderful opportunities - such as mentoring for First Strides and being a running buddy for the local Girls on the Run chapter. I've run too many races to count and have logged well over 8000 lifetime miles. Just about 6000 of them were

during my streak, which began on November 25, 2013 with the RW fall challenge. But I felt so good; I didn't - or rather couldn't - stop!

This streak, while others don't seem to understand it, has gotten me through some very difficult times. It's made me aware that I am my only limit. That it's ok to be "crazy." That every day, I have something for me to work toward. And that the best way to respect your life is to truly live it.

I sometimes think, "what better lesson can a mom teach her children."

Since my streak started, I've become a stronger runner, my pace has improved, and I'm proud to say I've had numerous PRs... even taking first female in races. With the confidence of knowing I've maintained my streak when it seemed I wouldn't be able to, I have been taking on new challenges. During a period of poor health, this streak kept me moving. I was running with even more determination. I ended up surprising myself by being the first female finisher in a Runner's World trail race and still managed to run the Boston Marathon. (I will go back and run it on my terms in better health one day.) My streak has given me the guts to do things I otherwise wouldn't have had the courage to do - like run my first 50k a few weeks ago...with 2 more on the horizon. And who knows what's next?! But running is really not about the race...it's about the challenge,

the company,
the solo time,
the adventure,
the sanctuary of your favorite place,
the time to think, plan, be,
the ability to come back refreshed and happy to your family.
It truly is about the journey...
the one that when you look back, you can see began with a single step.

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I know not everyone is as fortunate to have this outlet and I'm aware what a gift it is to have a body that allows me to keep moving forward and, for that, I am incredibly thankful. Every.single.day.

Kristin Rutkowski
Bethlehem, Pennsylvania



Susanne Strachota

SUSANNE STRACHOTA'S STREAK HITS 2 YEARS

I am still running, and it's going well. Last week I was in Singapore. The weather was really hot and humid, but I ran everyday there. During my travel to Singapore, I lost a day, so I needed to run at some point during my trip, so I ran in the Tokyo airport (which was the middle of the night in Minnesota). When I arrived in Tokyo I ran and showered, and then continued on to Singapore. Before, I was a little nervous about how it would go, but it worked out well, and I felt great!

I've run a lot of memorable miles in the last two years! I've run to eight U.S. Capitol buildings. I've run on four continents in all different types of weather, ranging from bitter cold in Wisconsin to tropical Singapore. I've run in flat places, like in East Lansing and Bismarck, but also in really hilly places, like Seattle and Idaho. I've run at sea level in Boston, California and Florida, and in really high altitude like in the Cordillera Blanca (15,000 feet) and Cusco (11,000 feet). One of my favorite things about running is that when I visit a new place I can cover a lot of territory and see places that I wouldn't find unless I was exploring on foot.

Susanne Strachota
Edina, Minnesota

CHRIS READ'S STREAK HITS 7 YEARS

Yes, just hit 7 years last Monday [21 June] and going strong (just got back from running today about 2 hours ago).

Chris Read II
Las Vegas, Nevada

JAY KAMMERZELL'S STREAK HITS 4 YEARS

My current streak is still intact! Not very exciting though. Usually run a few miles per day. Pretty slow. Never thought I'd be running 12 minute miles. Had a couple 7 mile days earlier this year. What I really enjoyed was watching my daughter complete her first half-marathon last weekend. Awesome!

Anyway, happy to hear I'm up to four years. Thanks for the reminder.

Jay Kammerzell
Everett, Washington

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Robert Geary

ROBERT GEARY'S STREAK HITS 2 YEARS

Yes my streak is still going strong...two years this week! In the interim I have completed a RAGNAR relay, a Winter Warrior Challenge, a half Ironman (70.3 Timberman), the NYC Marathon and various other races.

One thing I have learned throughout the streak is that I need to be better about separating specific race training from streaking. Too many times, I find that I neglect a race training workout in favor of knocking off my typical 2.5 mile streak run. Either way, the streak has become part of my routine...friends from all over, new and old, inquire each time we meet if I'm still going; some get it, some don't.

Robert Geary
Fairfield, Connecticut



Brian Flaspohler

BRIAN FLASPOHLER'S STREAK HITS 3 YEARS

I'm happy to have made three years! 287 days ago I made my personal minimum 2 miles. 147 days ago, I increased it to 3 miles. 6 days ago I started on a four mile/day minimum. I don't know if I'm fully committed to that but I'm going to try it for a year and see how it works out.

About a month ago I retired from my regular job so I should have plenty of time to keep my streak going. Also, set my marathon PB in early April so streaking doesn't seem to be hurting my marathon speed. One final note. During my streak I've spent approximately 706 hours, 42 minutes, and 28 seconds running!

Brian Flaspohler
Chesterfield, Missouri

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Tammy Roether

TAMMY ROETHER'S STREAK HITS 2 YEARS

I feel very confident having reached two years! You have to earn it!!

I have been a very lucky person my entire life. Grew up with an amazing family who were able to give us everything we needed. But I was taught by my parents that anything pass that - if you want it, you have to earned it. And that's the way I have lived my life.

I've had my challenges- life got tough and times are hard, but I turned it around, got my degree, amazing husband, wonderful home and a great job with corporate America. Things were great and then I was diagnosed with an inoperable 2 inch permanent blood clot on my brain. All of a sudden I realized I wasn't invincible. I got depressed and I got fat. Then I tried to lose the weight and I actually thought Running was NOT helping. I was going to give up on running altogether when I saw a friend post on the streaker's Facebook page and I asked what is this?? She had told me about it and since I had already run the past three days I decided I'm either going to give up running altogether over

the exact opposite and run every single day! Which is what I did!

Three months into my running Streak and going strong, training for my fifth full marathon – my hand went numb. I thought this was strange but it was really hot that day so maybe that was it? But I also thought maybe the clot had moved. I got myself to the doctor and two days before that marathon- I was diagnosed with multiple sclerosis. This was devastating. But thankfully because of this streak, I brushed away the tears and went for a run. It's very difficult to cry and run at the same time and I had some great run therapy. I googled MS when I first found out about it and all the pictures were of people in wheelchairs or crutches and not being able to walk and eventually dying. I don't recommend googling anything when you first get diagnosed! But I decided to fight. I pushed through and I'm continuing to run 1 mile every day at least. The fatigue is tough and a huge side effect of having MS, but usually after I finally get myself outside I feel so much better after a run. I also have to do injections three times a week and every other week I have to inject into my quad. The medicine is much less painful in your fatty areas so as a runner my quad hurts pretty bad for about three days. This has hurt my mileage but I'm still getting it done!! I had thought about stopping after I hit the one-year mark but now I feel if I stop running- I start dying.

Thank you to this group for your unconditional support and for helping me keep going when the days are tough, the pain is high in the fatigue just makes me want to crawl in the bed. I am so thankful that the universe brought this group into my life to keep me fighting to keep me going!! RUN HAPPY!!

Tammy Roether
Long Beach, California

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GARY RUST'S STREAK HITS 33 YEARS

The highlight recently was to run with another Streaker here from England. Thank you for getting the two of us together. Joel Benton and I did a windy uphill 5 miler together.

2070 miles last year and so far this year I have participated in five 5K races and won all 5 in my age division (Dinosaur Division). I am outliving my competition. My most recent race was in Ensenada, Mexico in a time of 18:20.

Gary Rust
Desert Hot Springs, California

CARLOS LOPEZ'S STREAK HITS 3 YEARS

As far as my running streak, it is very much alive. It was a tough third year, but I've managed to put in at least two miles a day. I plan to step up my mileage this upcoming fourth year. It's pretty much clock work now.

It helps me so much when I read all the great stories other streak runners share with us. I've been over all pretty much healthy enough to run every day. I've suffered no injuries in regards to my running since I've started my running streak. In fact, my ankles have become a lot stronger and stable. I used to twist my ankles a lot before I started running every day. I also do not get as sick, and I don't suffer from allergies as much anymore.

Congratulations to all the streak runners out there, keep running Strong.

Carlos Lopez
Miami, Florida

DAVE SHANNON'S STREAK ENDS AFTER 1,245 DAYS

I have to move to retired streak status for a while. A piriformis injury has sidelined me. Thought I'd try something unique to recover. Rest. I'll let you know how that goes as I have three marathons, a fifty mile and a 100 mile race on my calendar.

Dave Shannon
Shoreview, Minnesota

TOM WATKINS' STREAK HITS 7 YEARS

Yes, I am still active. Nothing major to report. All is well and I'm looking forward to another year.

Tom Watkins
Virginia Beach, Virginia

CHUCK GROSETH'S STREAK HITS 34 YEARS

My streak is still in tact. I rise every morning at 3:18 and out the door at 3:30 running between 3-5 miles a day.

Chuck Groseth
Allen, Texas

QRAIG DEGROOT'S STREAK HITS 8 YEARS

My streak is very much alive! I just got back from running a half in training for my first 50 miler in October.

Qraig de Groot
New York, New York

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Peter Gibson (far right) with daughter Katie, wife Margie, son Connor.

PETER GIBSON'S STREAK HITS 2 YEARS

In June of 2014 the trainer at my son's school challenged a number of people to run at least one mile per day for the month of July. I had never run 31 days in a row but with my wife Margie and son Coby, we decided to give it a try. We made it and my wife and son decided to rest on August 1st.

I happened to be turning 50 on August 18th, and August 19th was exactly 50 days in a row so I decided to extend the streak. I haven't stopped and am now in my 3rd year, having finished 731 days on June 30th, 2016.

It is a habit I enjoy and know is good for me and I can't see anything except injury stopping me from continuing!

Peter Gibson



John Hartenburg

JOHN HARTENBURG JOINS USRSA

Running is a great way to see the United States. In my opinion there is no better way to see any city, large or small, than by running it. Running has allowed me to see things and travel to places I normally wouldn't have gotten to see had it not been for running. Even in your own hometown there is always something to find and learn from by running it. I race as well, I do OK. My wife is the one that really makes all this possible, without her I wouldn't be able to do it.

John Hartenburg
Perrysburg, Ohio

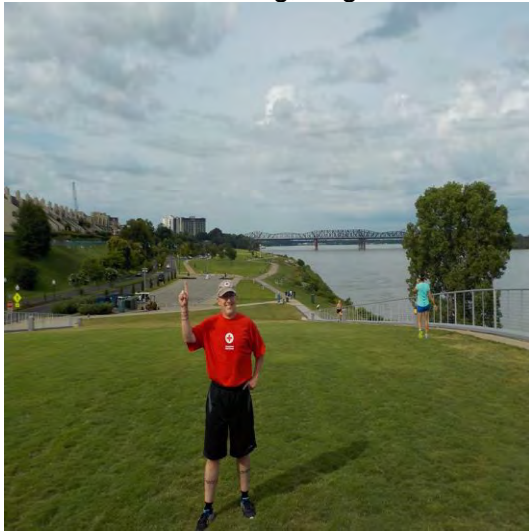
BRAXTON FONVILLE'S STREAK HITS 7 YEARS

Yes- still going. Thanks!

Braxton Fonville

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Williamsburg, Virginia



Shaun Brennan

SHAUN BRENNAN INDUCTED INTO UNITED STATES BLOOD DONATION HALL OF FAME

The American Red Cross informed me this morning [12 July 2016] that they were notified yesterday with the following news:

"CONGRATULATIONS! Your donor, Shaun Brennan, has been selected for induction into the Fresenius Kabi Donation Hall of Fame. We look forward to working with you to recognize Shaun as a celebrated blood donor whose commitment to blood donation has helped save and improve countless lives."

With the incoming Class of 2016, which I'm part of, there will now be a total of 234 Hall of Famers in the Donation Hall of Fame for the United States. I will be going in/inducted under the hat of the American Red Cross who nominated me, and I want to specifically thank two people for believing in me. Thank you to D. Eric Buford (Nurse Rick) of the

American Red Cross Blood Donation Center in Jonesboro, AR and to Gail J. McGovern, President and CEO of the American Red Cross. It has been an absolute honor to be in this lifesavin' position and to be part of your lifesavin' TEAM/Together Everyone Achieves More.

Folks, I don't plan on stopping my Staying Healthy & Saving Lives Endeavor, A Two-Pronged Approach, until the Higher Power lets me know enough is enough. I already have my 389th donation of lifesavin' blood/platelets/plasma, two more units/pints of platelets, scheduled for this week at the American Red Cross in Jonesboro, AR. Also, my running streak has hit RSD 1,207 (3.305 Years) as of today without missing a day (a minimum of two miles run every day). I haven't taken a sick day since November 1985, over 30 ½ years ago. I've done the Big Three, Donate/Share/Promote, to show/encourage/inspire folks that you can live a completely happy/healthy/active/normal lifestyle while still making donations of lifesavin' products.

RSD 1,205 (3.299 Years).....Donation Hall of Famer Day #2.....

Shaun Brennan
Memphis, Tennessee



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Shaun Brennan



Andrew Lauer

ANDREW LAUER'S STREAK HITS 5 YEARS

My streak continues on after 5 years. A demanding job has made it difficult to plan any races, but I have been keeping injury-free and running plenty of miles to keep in top shape. I am not big into 5K races, but took part in a company event in Chicago among 23,000 other runners and took a respectable 65th place overall. I attached a picture from the race as well.

Looking ahead, I am excited to be approaching 20,000 miles in my streak this summer. I am hoping to find a better balance at work to begin plotting a return to road and trail racing. My running career will not feel complete without a 100 mile race on the resume and have long dreamt of qualifying for the most prestigious of those events. I hope to at least have a plan in place by my next anniversary.

Best to all of my fellow streak runners.

Andrew Lauer
Waterville, Ohio

IVAN FINK'S STREAK HITS 22 YEARS

Best I can say is that I made it. Another year down. It was a little challenging this year.

In May my wife and I vacationed in Peru. For the most part it wasn't too difficult running at altitudes of 8,000 to 13,000 feet but I had to be creative on some of the runs. Up and down the street for 30 minutes in front of our hotel in Machu Picchu City probably looked a little strange to some people.

Beside the 22-year mark I hit somewhat of another milestone. In June I hit the 65,000-mile mark of recorded miles.

I started recording my miles on July 1, 1977. I started running regularly a year earlier but thought it was just a fad so I didn't record my miles.

Hopefully, my next correspondence will be July 11, 2017.

Ivan Fink
Arcola, Illinois

NED DENNIS' STREAK HITS 30 YEARS

Thirty years - 10,958 days. Still blessed with good health, the desire to run and the physical ability, even though at a slower pace.

My motto - "Carpe Diem - Every Day is a Great Day to Run."

Running has so many benefits - it has been good for me.

Ned Dennis
Marshall, Texas

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Charles Brown

CHARLES BROWN'S STREAK ENDS AFTER 602 DAYS

After 602 days; 1.65 years; 1,061 miles; 1.76 miles/day average and 157,384 calories burned I am suspending my daily running streak. This is due to an ankle sprain injury that occurred a week ago (day 595). I tried to work through it and continue the streak but it only made matters worst. I will rest and recover and get back to running soon.

Thanks to my family members, friends, running group members and the USRSA Facebook group for all of the words of encouragement, support, "Comments," "Likes" and jokes which helped keep me going the past two years. Hard to believe that what started as a 36 day challenge on Thanksgiving Day 2014 took me this far! However, what I'm most thankful for and proud of are those people I inspired to get more focused on their fitness and health because of my

running streak.

Someone pointed out that the numbers 602 in my run streak days, equate to the number 8 (6+0+2) which biblically represents a "new beginning." Now that is something powerful...to God be the glory!

Charles E. Brown
Pikesville, Maryland

DAN MILLER'S STREAK HITS 3 YEARS

I am still streaking so everything remains intact. For a running update, nothing major on my end. I am proud of the fact that the entirety of my streak has been and continues to be outdoor runs that have included -60 degree wind chills to over 100 degree heat. I run races fairly regularly, including a couple marathons, and always in my USRSA singlet. I have a couple smaller ones on the docket in the coming weeks and am in the processing of deciding when my next 26.2 will be. In short, all is well!

Dan Miller
Forest Lake, Minnesota

DAVE RABE'S STREAK HITS 8 YEARS

My streak is still active at a little over 8 years.

Dave Rabe
Chesterfield, Missouri

TIM ESHELMAN'S STREAK HITS 11 YEARS

Still active and going strong!

Tim Eshelman

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Roanoke, Indiana



Paul Theron and the Tyrone Harriers

PAUL THERON'S STREAK HITS 2 YEARS

Greetings from Johannesburg, South Africa. My streak continues, now with two years done. Onwards with year three! I hope to continue until my dying day.

I run with a group of friends in the Parkview area called the Tyrone Harriers. Picture above!

I continue to record my streak progress on Strava:
<https://www.strava.com/athletes/4721217>

In my second year I covered 4,509 km (2,818 miles), which works out to an average distance of 12.35 km per day. I enjoyed it all!

My goal for the year ahead is still to complete a sub 3 hour full marathon. I managed to get my marathon PB down to 3h11, so I still have some work to do.

Paul Theron
Johannesburg, South Africa

BRANDI JEFFRIES JOINS USRSA

I'm a distance runner turned triathlete and have decided to embark on a running streak, beginning 7/28/16.

I live in Washington State with my hubby, our 5 children and our rescue pitbull, Kimbo.

I am Certified Triathlon Coach and full-time Social Worker in a Skilled Nursing and Rehabilitation facility. I have a Bachelor's of Social Work with a minor in Psychology and I gained my triathlon coach certification through Ironman University.

I am very active in my community, the president of our local triathlon club & our local running club and on social media.

My top races...

1. Black Diamond 70.3 (2015): 7:21:50.1
2. Ironman Boise 70.3 (2015): 07:43:20
3. Wenatchee Marathon (2013): 04:35:41
4. Eugene Marathon (2016): 5:06:55
5. Wenatchee Marathon (2016): 05:16:38
6. Ironman CDA 70.3 (2016): 7:32:03

Brandi Jeffries
Clarkston, Washington

MATTHEW SCHAUF'S STREAK HITS 13 YEARS

No real changes to report. I've had a solid summer of running and in about a month I'll be beginning my 10th year as the Head CC/Assistant TF Coach at the University of Wisconsin-Stout.

Matthew Schauf
Menomonie, Wisconsin

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BARCLAY KEY'S STREAK HITS 5 YEARS

My streak is alive and well, although I don't really have much by way of an update. In March we moved to a house one block south of historic Central High School, near downtown Little Rock, so I've enjoyed creating new routes in the neighborhood and running on our wonderful river trail when opportunities arise. I celebrated last night with friends, none of whom are runners. :-)

Barclay Key
Little Rock, Arkansas

JOHN WINOWIECKI'S STREAK HITS 4 YEARS

Time is beginning to fly. Hard to believe it's already been 4 years, and I'm glad to admit my daily run has become an invaluable part of my days.

My wife and I moved to San Diego in January this year and we've been enjoying the wonderful weather for running. We won't be missing the cold winters of Michigan, though I can admit to missing my hometown every now and again.

I've been able to enjoy some runs in a handful of other locations as well, since my job requires travel now and then. One of my highlights of this past year was enjoying a run around the roughly 6-mile loop in Central Park while in New York City earlier this summer. I considered myself fortunate to have great weather to enjoy that, even if it was a little humid.

The year ahead is calling, and I'm looking forward to joining the ranks of the next level Proficient category this

time next year.

Thanks again for the inspiration and motivation to keep this streak going. I've been considering ways to contribute to the group and hope to put together some designs over the next year to show my appreciation. Keep running!

John Winowiecki
San Diego, California

TOM COMER'S STREAK HITS 3 YEARS

My third year was the toughest of the three with some physical injuries (serious fall) and some peripheral distractions in private life, but to me that's what makes a run-streaker: Running even when it's hurting or not easy. Obviously one can't run with anything catastrophic, but some of my physical issues might have healed faster had I given up the streak- but that was never an option.

All is well now, though. My goals for year #4 is to add a couple more states to my list and do a couple more half marathons.

Tom Comer
Denver, Colorado

CORI BRINDLE'S STREAK HITS 13 YEARS

My running streak is still alive. August 1, 2003 was the last day I skipped a day, so August 2, 2003 should be listed as my start date. Please continue to keep me on the list.

Cori Brindle

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Mechanicsburg, Pennsylvania

JEANNETTE SLATTERY-WANDLER'S STREAK ENDS AFTER 675 DAYS

My last day running was May 29, 2016 for a total of 675 days. That day I ran a one-mile race with my chiweenie, Penny, and we came in 5th with a time of 7:39. We would have been third and closer to 7:00 mm, but my stress fractures (yes, there are two on my Pubic Ramus) hurt so much I just couldn't hold on the last quarter mile. It was a heck of a way to go out, but at least I got to go out with my dog beside me and my husband cheering for me.

I wanted to add, while a foot/form issue may have contributed to my injury, the orthopedic specialist said my low vitamin D3 levels were what did not allow my bone to resurface properly. So you might pass that information along. I did mention it on the Facebook page, but anyone who runs in the northern part of the US especially should ask for their levels to be tested. My calcium tested fine in all blood work I ever had done...and to test Vitamin D you have to ask. Calcium can be normal, but if there isn't enough D3 then it doesn't matter. Also where I live (Montana) I was told I could be outside all day long and never make up for the deficit of sunlight over the course of autumn, winter, and spring. Run happy and healthy!

Jeannette Slattery-Wandler
Stevensville, Montana

BOB PACK'S STREAK HITS 5 YEARS

The streak continues. I can't believe that I've made 5 years.

Bob Pack

Purcellville, Virginia

DOUG HOLLAND'S FIRST RUNNING STREAK ENDED IN 2010 AT 9,863 DAYS; STARTED SECOND STREAK IN 2010 AFTER MISSING ONE DAY

I had an emergency appendectomy August 2, 2010. I missed a complete day, August 2, 2010 and began a new streak August 3, 2010.

As I was in the bed at hospital prior to surgery, on pain killers, the word got out that I was planning to get out for a few miles and I got the "your running will kill you" so I reluctantly watched my streak end.

Always enjoyed the irony that the streak started and ended on the same day...

Doug Holland
Tucson, Arizona

JUSTIN MARTIN'S STREAK ENDS AFTER 1,215 DAYS

I should have emailed you a long time ago. I just wanted to update my streak information. I completed my streak (according to runkeeper) on the 31st of Aug 2015. It was a difficult decision but as you know, sometimes life gets in the way. I think I had a pretty good run. My notes for the day say: Day 1215, 2433.59mi total. Avg HR: 144 BPM 5k RSD 201. I hope to maybe start again in the future. Thanks for always responding and being a great group leader. Cheers and run on.

Justin Martin
San Diego, California

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Woody Woodburn's feet.

WOODY WOODBURN'S STREAK HITS 13 YEARS

I celebrated my 13-Year "Streakiversary" on July 6, 2016 with, of course, a 13-mile run in honor of the milestone theme that seemed called for. This was actually shorter than my daily average for the calendar year 2015 because I decided to try to join the 5,000-Miles In A Year Club.

Actually, I didn't notice I had a shot at 5,000 miles until October at which time I ran a personal record 465 miles for the month. I then ran 507 miles in November, and 580 miles in December (18.7 miles per day that month thanks to 14 consecutive 20-mile days, my two biggest weeks ever. But the struggle was worth it as I reached my goal with a year-end total of 5,032 miles.

I have backed off a little in 2016, but still hope to record my seventh consecutive 4,000-mile year as I try to push the daily average of my Streak to above 10 miles – I am now at 9.52 miles daily. After 13 years, it is difficult and slow to inch it up higher, but challenging goals are more rewarding and fun than easy ones.

I would just like to note that my running has been more enjoyable than ever the past four years since I learned of, and joined, the USRSA. I encourage all Streakers to join the USRSA's Facebook page to "meet" some inspiring and supportive fellow Streakers. Indeed, I have made a number of true friends through the USRSA Facebook page – and hope to run in person with them in the future.

My totals on my 13-Year Streakiversary were:

4,749 Days
3 Miles Minimum Per Day
45,215 Total Streak Miles
9.52 Mile Daily Average
3,478 Mile Yearly Average

Thanks to all my fellow Streakers for their inspiration. Healthy running and onward and upwards, all!

Woody Woodburn
Ventura, California

GEZA FELD'S THIRD STREAK ENDS AT 581 DAYS

I want to inform you that my third streak reached an end due to arthritis. My last day was 6/6/16 after 1 year and 216 days.

My three streak now add up to about 36 and a half years.

I had a hip replacement on my right hip 3 years ago and the next one on the left hip will be probably be done in September, of this year. I'll keep you informed.

Geza Feld
Farmindale, New York

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Matt Johnson

MATT JOHNSON JOINS SRI FROM SPAIN

Hi Everybody! I can't believe I'm finally applying for membership. It's not that I've procrastinated too much (got my year in this Feb. 16th), it's just that in trying to run every day for a year, I've had to follow the old adage "If at once you don't succeed, try, try again." How long have I been trying to get a full year of streaking in? According to my trustworthy Garmin, my first run that was titled "Streak start" was waayyy back in December, 2011! The time between then and Feb 16th, 2015 when my successful streak finally started was filled with, let's just say, an in-depth investigation into my limits, taking care of myself, cross-training, patience... but we're here finally. As the Japanese say, "Fall down seven times, get up eight."

I was really happy when "Streak Runners International" was included in the group's name. I now live in Spain, have been here for over 20 years, and only know of one other Spanish stalker

(Ignacio Rodriguez Ameller-¡hola!). So when the name changed, I felt even more included in the group.

How has the streak helped? I feel it put me back in control of time, and gave me more perspective on distance, but not the way you think.

A lot of things have happened since that first "Streak start," some good, some bad obviously. The streak (attempts) stayed constant, the bad things dribbled through the cracks in the sidewalk and went away, and new good things came around. The streak also helped me realize other things. I am from the land I run on, not necessarily from one country or another.

I'd like to thank the group members past and present for getting their stories out there, be it on the Facebook page, in their blogs, in books they've written, on the news. I bet you didn't imagine where in the world you were inspiring people! You helped me on my way here.

As for my running itself, I haven't got the amazing numbers that people have here. I do have auto-pilot pretty well down pat though; I definitely daydream, solve problems, and plan work when I'm out. Up early in the morning to make sure I get it in. Boy, do I enjoy it though; what a gift. I see we can mention "related accomplishments."

I've made my mind be coherent with my heart to end up here, no easy thing, eh! I wanted to see the world, so I worked and paid my own way. Fell in love with a Spanish girl, so I followed her back to her country. Needed more money to stay here long term, so I went to Teacher's College here. Now I'm proudest that the house rings with our kids' laughter. Streak on, everybody!

Matt Johnson
Guadalajara, Spain

MEMBER UPDATES – FALL 2016

STEVE WAY'S STREAK HITS 27 YEARS

Well, here I am at over 9,860 consecutive running days. Until Mark's email it was not on my mind. My goal is a little different than the association, as my goal is to run at least thirty minutes each day, which I have achieved every day since my last miss on August the ninth 1989.

Someday the streak will end, just not today. In reading the newsletter of other streak runners on how they move from active to retired it is easier to see how the streak will end. Perhaps a serious illness or injury, some medical condition or death itself will end the streak. Genetics and luck, either good or bad, have a huge amount to do with keeping a streak and with enjoying life. Planning is also important. I sometimes travel to Europe or cross time zones as I did when spending February in New Zealand.

For me running first thing in the morning has proved to be an important factor in staying with a continuous running schedule. So far, so good, but we shall see each day what the future will bring.

Steve Way
Walnut Creek, California

ANGELA SCHINGECK JOINS USRSA

When I was in high school, I absolutely hated running! When I graduated and began hanging around one of my neighbors, she would try and convince me to run and I would say no. Then one day she somehow won and I would run here and there beginning in 2007ish.

By 2009, I had gotten another friend into running and we had done our first 5K

(the Turkey Trot). In 2010, I trained and then did my first half marathon. In 2014, I set the goal of running a full marathon on my 26th birthday and completed the task. That race, however, made my running go downhill until I saw Mark Jasper running every day. I figured if I ran every day it would help me with my running rut. August 16th, 2014 was when I began running a mile every day!

Angela Schingeck
Menominee, Michigan

ANGELA SCHINGECK'S STREAK HITS 2 YEARS

This last year was crazy and I still managed to keep my streak going! I have done 5ks, 10k, 15k, and a half marathon within the last year! It's amazing how addicting running can be! Here's to another year!

Angela Schingeck
Menominee, Michigan

CARMEN BAXTER'S STREAK HITS 13 YEARS

Still going strong. Day 4733 today [16 August 2016]. I had forgotten about the anniversary until your email!

Carmen Baxter
Suffolk, Virginia

CHRIS BRELAGE'S STREAK ENDS AFTER 780 DAYS

My streak ended after 780 consecutive running days on Sept. 24, 2015.

Chris Brelage
Fishers, Indiana

MEMBER UPDATES – FALL 2016

IAN SAARMANN JOINS USRSA

I grew up in Byram, New Jersey. (Side note – my Mom worked in the Mendham High School Theater Department in the 80s.) I really started running in high school on the Lenape Valley Regional HS cross country and track teams. My best times were a 17:47 for a 5K and 4:59 in the mile.

I picked up running again at the age of 25 and have been running pretty consistently for the past 20 years running mostly 5Ks and half marathons. I have also completed 3 marathons in that time: Steamtown (Pennsylvania) Marathon in 1999 (4:15), San Diego Rock 'n' Roll in 2001 (4:15), and the New York City Marathon in 2011 (4:00).

I tried streak running twice before several years ago but only made it to 32 and 42 days respectively. After several injuries in 2014, including a serious neck issue (Spinal Stenosis) in which I couldn't lift my left arm (nerve damage) for months while running, I was determined to try again. My buddy Shaun Brennan is a USRSA member and helped motivate me to do it.

I started on June 15, 2015 with a run near my home on the Cape Cod Canal. I have kept it going while traveling to Maine, LA, Bermuda, NJ, and the Dominican Republic. I feel great and cherish every day that I am able to get out for a run!

I recently married my beautiful wife Alissa in May 2016. The run streak continued on our wedding day and honeymoon. I also have an amazing 10-year-old son Evan. My wife and son often come and run with me along the Cape Cod Canal.

For the past 12 years, I have been the fitness director at LIFE Inc., an organization that serves learning disabled adults. We have built one of the biggest Special Olympics programs in the state.

I am the head track & field coach and the program coordinator for all sports including basketball, soccer, tennis, golf, and swimming. We sent 2 athletes to the National Games in Princeton (NJ) in 2014 and the World Games in LA in 2015. I am also the race director for our annual Lovin' LIFE 5K each May, which raises \$ for our Special Olympic programs.

Our athletes are wonderful people and they motivate me every day. I hope my example of the run streak helps motivate them as well.

Ian Saarmann
Mashpee, Massachusetts

YERAJ RUST'S STREAK HITS 5 YEARS

Yeraj still has his streak up and RUNNING!!! He usually does one or two miles a day.

Yeraj is 16 and hopes to be at the top of the streakers list one day. He plans to be a Marine and then a policeman. Currently he is in the Explorer program for youth training for police work.

Yeraj just returned from a week long encampment and says his daily running kept him at the front of the pack during exercise periods.

Gary Rust
Yeraj's (Rusty's) Dad
Desert Hot Springs, California

MEMBER UPDATES – FALL 2016



Kathy Maloney

KATHY MALONEY JOINS USRSA

Until my streak began on May 1, 2014 I had been an on and off runner since 2002. During those twelve years I would run 3-4 times a week for a few months, then stop for several weeks, then start again. I ran a lot of local 5k races and completed 5 sprint triathlons; the Boulder Boulder in Colorado is my favorite race with its many bands, wacky costumes and people offering food along the route.

I started my running streak because I got tired of allowing myself to use vacations or getting a cold as an excuse to break my running routine. I knew a streak would motivate me to keep going. Also, when I started, our family was facing the second cross country move in 3 years and I felt like I needed one thing that would remain constant during the chaos of moving and starting over in a new place with our two kids, two cats and one dog.

Running every day has been the best thing for my peace of mind during the big changes. Not always easy, there have been times I've been out just before midnight to get the run in for the day. We moved to the Boston area just in time for the record breaking winter of 2015 when it snowed 100 inches. With no treadmill or gym membership to back me up, I followed snowplows while wearing four layers of clothing, hiking gators and ice grippers for traction. To keep it interesting, I've just gotten a large map of our town and plan to run every street. I'm also doing my first half marathon in the fall. There's nothing exciting about plodding along every day, but it feels pretty good when the nurse takes my pulse and asks if I'm a runner. I have no plans to stop running every day and will continue as long as I can. Why stop now?

Kathy Maloney
Andover, Massachusetts

PAULA JONES JOINS USRSA

I am a stay at home mom of six who ran a first "fun run" 5K on April 2011 and got hooked! Previously I had done some jogging, walking, bike riding, stroller pushing and generally been an active person but never involved in any real hobbies or sports.

I accidentally started streaking last year and then learned more and decided to keep going. I am currently focused on trail running, ultra distances, with a 60K as my longest so far. I have run a few road marathons, many half's, 5Ks and 10Ks. I enjoy the running community as well as the mental challenge of solo running and training.

Paula Adams
Cat Spring, Texas

MEMBER UPDATES – FALL 2016



Debbie Dilling

DEBBIE DILLING'S STREAK ENDS AFTER 2,329 DAYS

Unfortunately my streak ended on July 15, 2016. I developed some bacterial infection in both feet and have not been able to run since. Hopefully we can get this figured out and I can get running again. Will let you know.

Debbie Dilling
Rochester, Minnesota

RICHARD WRIGHT'S STREAK HITS 26 YEARS

YES MY RUNNING STREAK IS ALIVE & WELL! In fact I began a mini streak of 4 miles every day of 2016. I began 26th year on Aug. 3, 2015 with almost 100 of my former & present Baldwin High School athletes plus family/friends! Senator Jim Brewster sent me a laminated copy of news article by Ray Fisher about "No End to Incredible Streak" in South Hills Record.

Highlights of 26th year: Ran in Delaware with Cross Country Team. Ran last Nov. on cruise ship while going thru Panama Canal. Also ran in Aruba, Venezuela, & Columbia. Ran on largest moving wooden bridge in world in Cicaro Island. In July, I ran 6.5 miles on my 65th birthday in Princeville, Kauai of Hawaiian Islands (one of rainest spots on earth) and yes, it rained during those miles! Also ran in Maui, Boca & Orlando, FL; and Gatlinburg, TN this summer

I began my 27th year (9,500th day) of running streak with my oldest son and 9 year old grandson on August 3, 2016 in hot HUMID weather. Good luck & wishes to all running streak runners, regardless of weather conditions!

Richard Wright
Pittsburgh, Pennsylvania

ED GOFF'S STREAK HITS 36 YEARS

My streak is still intact. I usually run a 3.4-mile loop every day but I bumped that up to 9 miles/day when working up to a 15K. I have done every year for 10 years now.

Ed Goff
Bradenton, Florida

PRANJAL MILOVNIK'S STREAK ENDS AFTER 2,915 DAYS

I'm sorry to announce that my streak has ended on June 8th 2016 after 2915 days. I had to spend a few days in the hospital where I wasn't able to run.

Pranjal Milovnik
Bratislava, Slovakia

MEMBER UPDATES – FALL 2016

CHRISTOPHER BRACKMAN BECOMES LIFETIME MEMBER OF SRI/USRSA

I figured with my 5 year Streakiversary coming up it was a good idea to become a lifetime SRI/USRSA member. If somebody would have told me 5 years ago that I would be where I'm at now I'm sure I would have laughed it off big time and thought there was no way I'd even come close. Yet, by the grace of God, here I am!

My streak started as a way for me to not only get in better shape, but also to fundraise for our seminary (Wisconsin Lutheran Seminary) scholarship fund. I had sporadically run in school and in my 20's and 30's, but nothing really serious. I was inspired by a *Wall Street Journal* article about Dr. Jon Simpson and his streak and decided to give it a shot. The first time I tried to complete a mile I had to stop and walk 4 times. I'm glad nobody was watching! Finally, on a bright sunny day (September 6, 2011) I made it that first mile and the rest, as they say, is history.

All of my runs have been outside by design. The hottest temperature I've run in is 104 and the coldest is 16 below zero. Of course, there have been hotter heat indexes and colder wind chills. I usually average only 2-3 miles per run, which isn't a lot compared to most other folks, but it fits in well with my daily routine. My earliest runs have been at 12:01 a.m. each January 1st for the last 4 years. We always host a New Year's Eve party at our house and I usually have anywhere from 8-10 people join me in getting the year off to a great start. As a bonus, knowing you're going to run really cuts down on the temptation to eat and drink too much! I've been blessed to have been mostly injury free and have had only a handful of brief illnesses to run through. For the

last 3 years or so the vast majority of my running has taken place first thing in the morning when I get up. That way I never forget to run!

Finally, a big thank you to my Lord for giving me the ability to do this, to my family and friends who have supported and run with me, and to all the other streakers out there who continue to provide me with much inspiration. I look forward to reading the *Streak Registry* each quarter and am amazed at what all of you are doing. I'm just glad that my humble little streak allows me to be a member of such an awesome group of people. Here's wishing all of you good health and happy trails!

Christopher Brackman
Delafield, Wisconsin

JIM UNGER JOINS USRSA

My running career started in 1988 as a way to avoid being an overweight corporate manager. During the past 28 years, I have run 9 marathons and logged 31K miles. My goal each year is to run at least 1,000 miles by having a monthly target of 100 miles, and a weekly target of 25. Without these goals, I would never have accomplished what I have done.

Last year (2015) had started out poorly, averaging about 10 miles per month. My streak of 1,000 miles per year was in jeopardy. So on July 1, 2015, I vowed to run every day in July. It grew from there, until yesterday [letter dated 30 June 2016] I reached 365 consecutive days, covering 1,647 miles. Looking back, I'm amazed that I actually accomplished it. From here? Who knows? But I will run today.

Jim Unger
LaGrange, Kentucky

MEMBER UPDATES – FALL 2016



Stephen Davis

STEPHEN DAVIS' STREAK HITS 6 YEARS

I think this is a habit now. Get up, run, start the day... repeat. One thing I have learned in 6 years of daily running is that your body thrives on routine! Give it challenges, and like a puppy, it willingly (or grudgingly) accepts the challenge. Running everyday is one level of challenge. I included other challenges in my streak, which are "mini streaks." How many days can I run 10 mile+ run per day? Last year before my 62nd birthday the answer was 118 consecutive 10+ mile runs including a mini streak within the mini streak of 13 consecutive 13.1+ mile runs!

Last year I asked the body to complete 4000 miles. Did it!! This year I'm just relaxing and continuing a mini streak of 25 consecutive 200+ mile months so far. It's all fun!

August 17, 2016: 6 years averaging 8.4 miles per day... so far...

Photo: 22nd Narathon, first in snow!
Placed 3rd AG.

Streak on my friends.

Stephen Davis
Rochester, Michigan

NANCY WEST'S STREAK HITS 9 YEARS

Thanks for checking in. Yes, the streak is alive and well as I reach the 9-year mark (which coincidentally I was just reminded of myself at a party last night when a friend introduced me as "the stalker"-- I never think about my streak anniversary!).

Couple of milestones this past year: lowest-degree day of running on Feb. 14, though I don't remember offhand the temperature reading; and, more significant to me, earliest run ever, at 2:15 a.m. before leaving for the airport at 3 a.m. in anticipation of a full day of travel. "But why didn't you just wait until you reached your destination and run there?" someone asked me. "Way too risky!" I answered. "What if I end up stuck in the airport for 24 hours?" I think there was a time when it would have been possible to go for a run around the airport, if one was foresighted enough to have one's running apparel and shoes on hand and not in checked baggage, but I'm afraid post-9/11 even that would be problematic....

Anyway, hope all is well with all the other streakers. God willing, I'll hit the ten-year mark a year from now.

Nancy West
Carlisle, Massachusetts

MEMBER UPDATES – FALL 2016



Michael Lett

MICHAEL LETT JOINS USRSA

I am a 24-year-old nurse from Farmington Hills, Michigan. I ran cross-country and track - the 800m and 3200m - all four years in high school. My PR is 16:55 for 5k, 9:37 for the 2 mile and 2:07 for the 800m.

When I graduated high school I stopped running and I gained about 40 pounds. In 2012 I trained for the Detroit Marathon to help me lose weight. I lost about 20lbs and my goal was to run a sub 3:30:00 marathon. The marathon did not go very well and I ran in about 4:05:00. I was disappointed with my time that was due to not running for 3 years.

In January 2015 after gaining another 30 pounds, I knew I needed to start running again to get my weight under control. I started by running 9 miles a week and progressed to 20 miles a week after a few months.

One day while surfing YouTube I stumbled upon a video of a Canadian dentist named Richard Rayman who ran every day for 35 years and who ran over 300 marathons. Inspired I was wondering if it was possible for me to run every day. I typed Google "running everyday streaks" where I stumbled upon the USRSA website. I was amazed there were people who ran for everyday for decades including a man named William Benton who's from the same city as I am from. I then made it my goal to try and run every day at least one-mile for a year, which I started on Aug 9th 2015. And I am proud to say I have achieved. I have lost 40lbs over the past year. I continue on planning on running every day and hope I can reach at least 5 years.

Michael Lett
Farmington Hills, Michigan

BILL MIDDLEBROOK'S STREAK HITS 6 YEARS

Yes, I do continue my running streak and as of this morning, August 19, I have run 2,273 days without missing a day and I have run a total of 5,601 miles. I tell many people about USRSA and the great encouragement that I receive by being a member. Thanks for keeping this 74 year old man (as of August 23) running everyday. I am truly blessed.

Bill Middlebrook
Colorado Springs, Colorado

MEMBER UPDATES – FALL 2016



Ethan Lubin

ETHAN LUBIN'S STREAK ENDS AFTER 1,357 DAYS

My streak ended at 1,357 days with an average of 5.49 miles per day.

Following surgery I was strongly advised not to run for two weeks. Looking back, I'm glad I listened. All is well following the surgery and an added benefit is my foot is nearly healed from a bone spur. Sage advice from a chiropractor and a strict stretching regimen has all but eliminated the pain in my foot.

I am grateful to have started running every other day and I hope to be streaking again very soon.

Streaking has been an amazing part of my life and I am grateful for the friends I have met along the way.

Thanks to all and streak on!

Ethan Lubin
La Quinta, California

BRUCE MORTENSON'S STREAK HITS 5 YEARS

This is my longest streak of my running career. I had two goals for 2016 - first getting the streak to five years and then hitting 2000 miles for the year, which I've done every year since 1960.

My run this morning put me over 1500 for the year so I feel good about reaching 2000. During the last five years I have averaged just over 42 miles a week. There have been about four weeks where I only got in 14 miles due to minor injuries but overall have stayed healthy. Of course my mile pace is closer to nine minutes a mile now. I hope to keep the streak going but will probably back down my total miles next year. As I start my 58th year of running I think my body can use a little more rest!

Bruce Mortenson
Minnetonka, Minnesota

CHRIS FOLCHI'S STREAK HITS 1,000 DAYS

Just wanted to let you know that today [22 August 2016] is my 1000-day! 3 years is right around the corner!

Chris Folchi
Montgomery, New York

TOM DRAKE'S STREAK HITS 2 YEARS

Streak is going strong as I get deep into marathon training for Chicago in October. I am averaging 5.4 miles per day while keeping above 30 miles per week and 150 miles per month for the last 2 years.

Tom Drake
North Grafton, Massachusetts

MEMBER UPDATES – FALL 2016

RAVEN KRAFT IN DOCUMENTARY

A documentary about my life, called “unstoppable,” is now available. It doesn’t have that much about running as it does about songwriting, my life, and my many quirks. I think you will find it entertaining. It does have some running and working out despite the pain to make it inspiring. Anyone in the SRI can buy it for \$10 or rent it for \$3. Please click here for link: <http://www.mbkoeth.com/shop/unstoppabledvd>

Sorry to hear that David Hamilton had to have surgery. I never want to move up that way but life goes on. It will be over for all of us someday but hopefully no time soon.

It was pretty cool to see I’m on the top of the list for 200 miles a month or more for 41 years. If I’d done a few more miles a month I’d been #1 for 250 miles a month and 8.2 miles a day would have given me 3,000 miles a year. Of course, back when I started I wasn’t thinking of all those number I was just thankful and grateful to be able to do it and now even more so.

Run long, run strong, and for guys like us run everyday.

Rave Kraft
Miami Beach, Florida

BRAD KING JOINS USRSA

I started running cross-country and track in high school and then became a recreational runner in college. Since then I largely run for the joy of it and run about 2-3 races each year. More recently I started a residency in orthopedic surgery. It was during this time that my streak started. I never intended to start a streak, but I found that it really wakes me up every morning before working all day, so I haven’t missed a day in 2 years now.

Brad King
Cincinnati, Ohio

LARRY DOOLEY’S STREAK HITS 11 YEARS

Happy to report still going strong and ready to start my 12 th year! My left knee is a little tender but will manage through! Thank you!

Larry Dooley
Grapevine, Texas



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Official U.S.A. Active Running Streak List
As Certified to the United States Running Streak Association, Inc.
September 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, 72
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 61
	The Legends (40+yrs)		
4.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 65
5.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 61
6.	Richard Westbrook	12/29/73	Jonesboro, GA, Teacher, 69
7.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 65
8.	James Behr	03/19/75	Trinity, FL, Educator, 68
	The Grand Masters (35+yrs)		
9.	William S. Stark	09/10/76	St. Louis, MO, Professor, 69
10.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 71
11.	John Liepa	01/02/77	Indianola, IA, Professor, 71 *
12.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 63
13.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 66 *
14.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 58
15.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 74
16.	Rick Porter	12/03/77	Decatur, GA, Developer, 63
17.	John T. Carlson	12/26/77	Indianapolis, IN, Classroom Teacher, 62
18.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 66
19.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 59
20.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 61
21.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 64
22.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 65
23.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 56
24.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 62
25.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 61
26.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 70
27.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 69
28.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 69
29.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 60
30.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 60
30.	Layne C. Party	01/01/80	Towson, MD, Manager, 56
32.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 79 (F)
33.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 68
34.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 72
35.	John I. Watts	10/04/80	Nampa, ID, Pastor, 60
36.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 77
37.	George G. Brown	01/06/81	Richlands, VA, School Principal, 64
38.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Management, 69

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

84.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 66
	The Highly Skilled (20+yrs)		
85.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 74 *
86.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 54 (F)
87.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 60
88.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 75
89.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 60
90.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 60
91.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 66
92.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 30
93.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 60
94.	Richard Corbin	01/01/95	Savannah, GA, Sales, 61
95.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
96.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 61 *
97.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 60
	The Well Versed (15+yrs)		
98.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 69
99.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 64 (F) *
100.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 66
101.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 34
102.	Debbie Brassfield	09/10/97	San Jose, CA, Flight Attendant, 56 (F)
103.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 42 *
104.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 59
105.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 68
106.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 56 (F)
107.	Phillip Hawley, Jr.	10/23/99	Zionsville, IN, CPA, 31
108.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 56
109.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 58
110.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 65
111.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 66 (F)
112.	Diane Shumway	05/27/00	Provo, UT, Retired, 61 (F)
113.	Lee Berg	06/02/00	Torrance, CA, Business Development, 56
113.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 61 (F)
115.	Ronald W. Shealy	04/01/01	Lexington, SC, Retired, 70 *
	The Experienced (10+yrs)		
116.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 45
117.	Jim Merritt	10/29/01	Buford, GA, Retired, 68
118.	Martie Bell	12/27/01	Thomasville, NC, Professor, 61 (F)
118.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 64
120.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 69
121.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 69 *
122.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 63
123.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 57
124.	George A. Hancock`	06/22/02	Windber, PA, Education, 63 *
125.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 30 (F)
126.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 41

127.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 63
128.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 56
129.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 37 *
130.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 35 (F)
131.	Carmen Baxter	08/11/03	Fairfield, CA, Physician, 35 (F)
132.	David Max	08/28/03	Alexandria, VA, Pilot, 40 *
133.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 39
134.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 59
135.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 43
136.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 39
137.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 70 *
138.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 45
139.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 36 (F)
140.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 61
141.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 57 (F)
142.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 61
143.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 53 (F)
144.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 56
145.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 63
146.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 47
147.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 65
148.	D. Scott Cyphers	08/29/05	San Diego, CA, Software Engineer, 55
149.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 43
150.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 73
151.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 49
152.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 66
153.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 49
	The Proficient (5+yrs)		
154.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 52
155.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 45
156.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 49
157.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 25 (F)
157.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 51 *
159.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 35 (F)
159.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 27 (F)
161.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 48
162.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 35
163.	Grant Nelson	03/17/07	Denver, CO, CPA, 33
164.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 53*
165.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 49 (F)
166.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 43 (F)
167.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 49 (F)
168.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 66 *
169.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 57
169.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 67
171.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 62 (F) *
172.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 36
173.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 69 (F) *

174.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 55
175.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 48
176.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 44 (F)
177.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 73 *
177.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 35
179.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 45
180.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 58 *
180.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 49
180.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 50
180.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 63
184.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 52 (F)
185.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 37
185.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 36
187.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 55
188.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 42 (F)
189.	John King	01/21/08	Naples, FL, Education Administrator, 65 *
190.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 26
191.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 53
192.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 45
193.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 56
194.	Kelly Luck	08/26/08	Louisville, CO, Therapist, 29 (F)
194.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 49
196.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 33
197.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 72
198.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 60 (F)
199.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 57 (F)
200.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 44
201.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 65 (F)
202.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 42
203.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 34
204.	John B. Davis	12/08/08	Desoto, TX, Consultant, 73
205.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 62
206.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 53
206.	Chad Hutchison	12/24/08	Cherokee, OK, Teacher/Coach, 44
208.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 57 (F)
209.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 39
210.	Eric V. Love	12/27/08	Erie, CO, Attorney, 50
211.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 41 (F)
211.	Michael L. Johnston	12/29/08	Portland, OR, Sales, 65
213.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 70
213.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 37
213.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 51 (F)
213.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 58 (F)
213.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 37 (F)
218.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 39
219.	Vince Nardy	01/27/09	Solon, OH, Management, 58
220.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 37
221.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 70 *
222.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 59 *

223.	Mitch Kronenfeld	04/12/09	Bellerose Manor, NY, Sales Manager, 65
224.	Rodger Kram	04/23/09	Nederland, CO, Professor, 55
225.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 64
226.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 72 *
227.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 61 (F) *
228.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 21
229.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 29
230.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 47 (F) *
231.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 26
232.	Bradley Blaszyński	08/30/09	Anncville, PA, Student, 17
233.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 54
234.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 34
235.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 32 (F)
236.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 75 *
237.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 38
238.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 58
238.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 47
240.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 48 (F)
241.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 24
242.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 63 *
243.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 31
244.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 41
244.	Shana Brown	01/01/10	Dutch Flat, CA, Teacher, 46 (F)
244.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 50
244.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 37
244.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 64
249.	Paul Miller	02/10/10	Medfield, MA, Marketing, 55
250.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 51 *
251.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 47
252.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 38
253.	William Middlebrook	03/31/10	Colorado Springs, CO, 74 *
254.	Matt Flynn	04/27/10	Burnsville, MN, 26
255.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 29 (F)
256.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 46 (F)
256.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 59 (F)
258.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 42
259.	Brian Clevon	07/02/10	Marinette, WI, Exercise Physiologists, 31
260.	Stephen Pretak	07/04/10	Fort Collins, CO, Client Analyst, 31
261.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 42
262.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 64
263.	Doug Holland	08/03/10	Tucson, AZ, Retired H. S. Principal, 55 *
264.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 53
265.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 63
266.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 24 (F)
267.	Addison Sullivan	09/04/10	Brooksville, FL, Sales, 37
268.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 60
269.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 45
270.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 56
271.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 51

272.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 59
273.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 40
274.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 56 (F)
274.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 40
276.	Justin Fogarty	01/01/11	Los Gatos, CA, Marketing, 42
276.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 60 (F)
278.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 53
279.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 59 *
280.	Evan Barnhart	01/17/11	Holland, MI, History Teacher, 31
280.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 45
282.	Michael Buerke	02/02/11	Fridley, MN, Church Administrator, 40
283.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 55
284.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 56
285.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 42
286.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 37
287.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 41
288.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
288.	James Holt	05/01/11	Centerville, UT, Regional Manager, 57
290.	Vivian Wilson	05/03/11	Chatham, NJ, Physician, 56 (F) *
291.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 39 (F)
292.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 55
293.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 59
294.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 57 (F) *
295.	Jordan Trump	06/10/11	Orlando, FL, Database Administrator, 28
296.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 39
297.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 30
298.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 41
299.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 61 *
300.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 60
301.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 32
302.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 28
303.	Barclay Key	08/01/11	Little Rock, AR, History Professor, 40
303.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 35
303.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 47
306.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 16
307.	Steve Tant	08/13/11	Fort Mill, SC, Custom Signs, 55
308.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 72
309.	Ellis Hamilton	08/23/11	Hillsboro, OR, Quality Manager, 50
310.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 39 (F)
	The Neophytes (-5yrs)		
311.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 49
312.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 61 *
313.	James Wisler	09/15/11	Wake Forest, NC, Physician, 34
314.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 34 (F)
315.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 36
316.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 36
317.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 34
318.	Adam Schiff	11/19/11	Palm Beach Gardens, FL, Finance Professional, 35

319.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 36
320.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 47
321.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 44
322.	Patrick Caron	11/30/11	Needham, MA, Student, 19
323.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 49
324.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 41
325.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 56
326.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
327.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 49
328.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 40 (F)
329.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 36
330.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 43 (F)
330.	Jim Larsen	12/30/11	Racine, WI, Manager, 50
330.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 52 (F)
333.	Chip Akers	12/31/11	Raleigh, NC, Running Coach, 56
333.	Robyn Clevenger	12/31/11	West Des Moines, IA, 37 (F)
333.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 36
336.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 38 (F)
336.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 52
336.	Mike Johnson	01/01/12	Daphne, AL, 44
336.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 57 (F)
340.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 36 (F)
341.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 55 (F)
342.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 36 (F)
343.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 48
344.	Daniel Myers	02/01/12	Milwaukee, WI, Professor, 50
345.	Dusty Hardman	02/13/12	Punta Gorda, FL, 48 (F)
346.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 65 (F) *
347.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 30
348.	Christopher George	04/27/12	Mobile, AL, Attorney, 57
349.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 61
350.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 30
350.	Keziah Wilde	05/13/12	Arlington, MA, Student, 14 (F)
352.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 40
353.	Brian Baker	05/25/12	Seattle, WA, MBA Candidate, 26
353.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 50
355.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 33 (F)
356.	Chris May	05/29/12	Snohomish, WA, Director Engineering, 44
357.	Mathew Arnold	06/02/12	Longmont, CO, Ph.D. Student, 35
358.	Klare Case	06/17/12	Richfield, MN, Dental Hygienist, 27 (F)
359.	Sue Borchardt	06/19/12	Hillsboro, WI, Nurse Practitioner, 46 (F)
360.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 59 *
361.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 67 *
362.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 37
363.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 33
363.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 37
365.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 41 (F)
366.	John Winowiecki	07/31/12	San Diego, CA, Interactive Designer, 37
367.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 49

368.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 48
369.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 53 (F)
370.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 37
370.	Samuel Lathrop	10/01/12	Ardmore, PA, Internal Auditor, 33
372.	Adam Ailabouni	10/27/12	Northfield, MN, Physician, 40
373.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 36 (F)
374.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 62
375.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 36
376.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 54 (F)
376.	Jason Young	11/20/12	Saxonburg, PA, Police Officer, 41
378.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
379.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 34
379.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 37 (F)
379.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 51 (F)
382.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 59 (F)
383.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 39
384.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
385.	Patrick Ferry	12/20/12	Mequon, WI, University President, 57
385.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 51
387.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 25
388.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 42 (F)
389.	Paul Christian	12/25/12	Rochester, MN, Journalist, 66 *
389.	Kandice Erwin	12/25/12	Fayetteville, AR, Human Resource Director, 39 (F)
389.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 49
392.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 42
392.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 39
394.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 30
395.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 32
396.	Mike Orrico	12/31/12	St. Charles, MO, Banker, 37
396.	Diantha Velasquez	12/31/12	Dexter, NY, Teacher, 49 (F)
396.	Zachary Watson	12/31/12	Wind Lake, WI, Investigator, 25
399.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 42
399.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 41
399.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 38 (F)
399.	Patricia Montana	01/01/13	Hampton, NH, Sales Associate, 58 (F)
399.	Basim Nasr	01/01/13	OR, Project Manager, 43
399.	Vicki Newcomb	01/01/13	Bolivar, MO, Teacher/Coach, 44 (F)
399.	Emily Williams	01/01/13	Boise, ID, Mental Health Professional, 30 (F)
406.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 28 (F)
407.	Jeremy Duehring	01/07/13	Middletown, RI, U.S. Navy, 39
408.	Joel Andrade	02/02/13	Forensic Social Work, 42
408.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 47
410.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 40
411.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 57 *
412.	DeWayne Key	03/19/13	Moulton, AL, Retired Educator, 68
413.	Diane Washburne	03/21/13	Mendham, NJ, Marketing Executive, 53 (F)
414.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 54
415.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 47
416.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 48

417.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 31
418.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 50 (F)
419.	Emily Osinski	05/06/13	San Marcos, TX, Violinist, 32 (F)
420.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 57
421.	Peggy Hubbard	05/16/13	Los Alamos, NM, 59 (F)
422.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 53
423.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 49
424.	Sadie-jo Kobussen	05/26/13	Woodbury, MN, Teacher's Aide, 42 (F)
425.	Dan Donald	05/27/13	Ocala, FL, Registered Nurse, 41
425.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 39 (F)
427.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 42
428.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 50
429.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 44
429.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 44 (F)
431.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 44 (F)
431.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 15
431.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 12
434.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 52 (F)
435.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 43 (F)
436.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 36
437.	Carlos Lopez	07/06/13	Miami, FL, Sales, 51
438.	Bethann Wolfe	07/18/13	Bayville, NY, Professor, 43 (F)
439.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 46 (F)
440.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 43 (F)
441.	Thomas Comer	07/28/13	Denver, CO, Retired, 55
442.	Clint Stevens	08/08/13	Houston, TX, Vending, 35
443.	Andrew Olson	08/13/13	Ave Maria, FL, Graduate Student, 29
444.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 48 *
445.	Eric Thompson	08/26/13	Bismarck, ND, M.D., 46
445.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 35
447.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 31
448.	Richard Jones	09/13/13	Ames, IA, Retired, 69
449.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 43 (F)
450.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 17
451.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 48
452.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 46 (F) *
453.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 46
454.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 46 (F)
455.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 61
456.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 40
457.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 44
458.	Mary Ellen Chardavoine	11/11/13	Glenmont, New York, Teaching Assistant, 56 (F)
458.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 69 *
460.	Katherine Jones	11/14/13	Las Vegas, NV, Stay-At-Home Mom, 28 (F)
461.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 48
462.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 44
463.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 40 (F)
464.	Janna Chernetz-Taylor	11/26/13	Scotch Plains, NJ, Lobbyist, 40
464.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 50 (F)

466.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 40
466.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 44 (F)
466.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 55
469.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 37
469.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 38 (F)
469.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 42
469.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 35
469.	Amy Katz	11/28/13	Irvine, CA, Accountant, 46 (F)
469.	Ericka Kimball	11/28/13	Portland, OR, Professor, 41 (F)
469.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 39
469.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 49 (F)
469.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 41 (F)
478.	Robert Magner	11/29/13	Littleton, MA, Consultant, 67
479.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 44
479.	Robin Lentine	11/30/13	Plymouth, MN, Student, 17 (F)
481.	John Hartenburg	12/01/13	Perrysburg, OH, Self Employed, 45
482.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 36
483.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 56
484.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 42 (F)
484.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 49
484.	Jamie Rheume	12/25/13	Marion, IL, Educator, 55 (F)
484.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 74 *
488.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 45
489.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 39
490.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 29 (F)
491.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 61
491.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 36
491.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 37
491.	Jason Finger	01/01/14	Cottonwood, AZ, Physical Therapist, 45
491.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 28 (F)
491.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 45
491.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 60 *
491.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 25
491.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 20 (F)
491.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 33 (F)
491.	William Rowley III	01/01/14	New York, NY, Internet Executive, 49
502.	Heather Kolbo	01/02/14	Portland, OR, Artist/Entrepreneur, 34 (F)
503.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 41 (F)
504.	Rachel Barnhill	01/13/14	San Diego, CA, Student, 14 (F)
505.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 45 (F)
506.	Julie Wright	01/21/14	Westminster, MA, Nurse Practitioner, 54 (F)
507.	Daree Selby	02/10/14	Wyoming, MN, Computer Consultant, 54 (F)
508.	Frederick Fye	02/14/14	Crewe, VA, Auto Damage Appraiser, 57
509.	Lisa Hancock	02/17/14	Geneva, IL, Social Worker, 48 (F)
510.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 65 *
511.	Houston Wolf	02/27/14	Cordova, TN, IT Support Analyst, 53 *
512.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 35 (F)
513.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 57
514.	Randall Buikema	03/08/14	Fulton, IL, HR Manager, 57

515.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 52 *
516.	Meghan Jacobs	03/10/14	Milford, MI, Student, 21 (F)
517.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 45 (F)
517.	Kirk Wilbur	03/20/14	Sacramento, CA, Lobbyist, 30
519.	Michael Davis	03/29/14	Fort Worth, TX, Self Employed, 45
520.	Ian Russell	03/30/14	Missouri City, TX, Student, 11
521.	Garren Hamby	03/31/14	Minnetrista, MN, Sales Manager, 37
522.	Rick Larson	04/02/14	Bloomington, MN, Financial Advisor, 59 *
523.	Leann Fadroski	04/08/14	Menominee, MI, Hospital Registration, 35 (F)
523.	Martin Knight	04/08/14	Centreville. MD, Financial Advisor, 56
523.	Michael Lesko	04/08/14	Frisco, TX, Sales, 34
526.	Dylan Russell	04/09/14	Missouri City, TX, Attorney, 42 *
527.	Raymond Stone	04/10/14	Garland, TX, Self Employed Restoration, 49
528.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 51
529.	Kathy Maloney	05/01/14	Andover, MA, Administrative Asst., 49 (F)
529.	Robert Nelson	05/01/14	Tarpon Springs, FL, Self-Employed, 41
531.	Chulwon Park	05/03/14	Helena, AL. Practice Administrator, 33
532.	Laura Smith	05/07/14	Sheffield, MA, Teacher, 43 (F)
533.	Stacy Spikes	05/08/14	New York, NY, CEO, 48
534.	Joann Lycett	05/11/14	Largo, FL, Assistant State Attorney, 60 (F)
535.	Joseph Finley II	05/23/14	Roxbury, MA, Transportation Supervisor, 35
536.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 49
536.	Nannette Taylor	05/25/14	Shirley, MA, Dental Hygienist, 48 (F)
538.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 40 (F)
538.	Conni Miller	05/26/14	Greencastle, PA, Registered Nurse, 45 (F)
538.	Cassandra Noble	05/26/14	Bozeman, MT, Data/Reseach Analyst, 26 (F)
541.	Scott Church	05/27/14	Eagan, MN, Wound & Ostomy Nurse, 47
542.	Yanira Vazquez	05/31/14	Miami, FL, Assistant, 38 (F)
543.	Mark Allen	06/01/14	Chesapeake, VA, Safety Manager, 33
544.	Sherry Broom	06/03/14	Columbia, MS, Nurse, 42 (F)
545.	Chad Merritt	06/14/14	Murrieta, CA, Engineer, 42
546.	Kate Freed	06/15/14	Pittsburgh, PA, Nonprofit Executive, 41 (F)
547.	John Schuerzinger	06/16/14	Latham, NY, Administrative Assistant, 47
548.	Robert Schneider	06/24/14	Titusville, FL, IT Professional, 54
549.	Susanne Strachota	06/26/14	Edina, MN, Doctoral Student, 29 (F)
550.	Jeff Blumenthal	06/27/14	Oklahoma City, OK, Financial Advisor, 56
550.	Shane Naisbitt	06/27/14	Grass Valley, CA, Sales, 46
552.	Peter Gibson	07/01/14	Princeton, NJ, Business Owner, 52
553.	Tammy Roether	07/04/14	Long Beach, CA, Management, 42 (F)
554.	George Cressy, III	07/19/14	Mishawaka, IN, Law Sudent, 25
555.	Kyle Anne Nelson	08/01/14	Fort Collins, CO, College Professor, 40 (F)
556.	Stephen Dye	08/02/14	Cut Off, LA, Information Security Officer, 37
557.	Roger Raymond	08/07/14	Marco Island, Fl, Athletic Director, 65 *
558.	Brad King	08/12/14	Cincinnati, OH, Orthopedic Surgeon, 28
559.	Angela Schingeck	08/16/14	Menominee, MI, Lead Infant Teacher, 28 (F)
560.	Tom Whitely	08/22/14	Fairlawn, NJ, Personal Trainer, 58 *
561.	Tom Drake	08/24/14	North Grafton, MA Software Engineer Mgr., 40
562.	Cheryl Lentz	08/31/14	Bonner Springs, KS, Project Manager, 39 (F)
563.	Deborah Johnson	09/04/14	Littleton, CO, Retired, 65 (F)

564.	Mandy Colten	09/09/14	Saint Paul, MN, Analyst, 28 (F)
565.	John Saucedo	09/15/14	Albuquerque, NM, Manager, 46
566.	Christine Petrone	09/18/14	South Jordan, UT. Retired RN, 64 (F) *
567.	Sabrina Fowler	09/22/14	Phoenix, AZ, Paralegal, 38 (F)
568.	Sandra Monday	09/28/14	Brentwood, MO, Project Manager, VP, 36 (F)
569.	Amy Blalock	09/29/14	Indian Wells, CA, Retired, 56 (F)
570.	Matthew Silva Sa	09/30/14	Littleton, CO, Laser Engineer, 29
571.	Roxanne Lorenz	10/01/14	Benson, MN, Stay-at-home Mom, 36 (F)
572.	Antonio Cipollone	10/03/14	Pomna, NY, CPA, 53
573.	Katie Raab-Reed	10/08/14	Copiague, NY, Medical Records Director, 34
574.	Jennifer Anderson	10/11/14	Poquoson, VA, Periodontist, 35 (F)
575.	J. Michael Kane	10/16/14	Scottsdale, AZ, Commercial Realtor, 55
576.	Ed Seaman	10/26/14	Dayton, OH, Encourager, 55
577.	Jose Medina	10/29/14	Pembroke, FL, Owner Mining-Export Co., 47
578.	Doug Suker	10/30/14	Edina, MN, Retired, 65
579.	Donna Moran	11/04/14	Willis, TX, Retired, 60 (F)
580.	David Dudley	11/06/14	Plymouth, CT, Consultant, 65
581.	Keith Decker	11/11/14	Exeter, NH, CEO, 50
582.	Bruce Sackinger	11/17/14	Fairbanks, AK, State Lands Manager, 46
583.	Barbara Schwentor	11/22/14	Hudsonville, MI, Rehab Manager, 60 (F)
584.	Nathan Adams	11/25/14	Miami Shores, FL, Pastor, 32
584.	Sherri Schultz	11/25/14	Cologne, MN, Paramedic, 50 (F)
586.	Ruth Beveridge	11/26/14	Lynchburg, VA, Professor, 37 (F)
586.	Sarah Wood	11/26/14	Lancaster, PA, Veterans Affairs, 44 (F)
588.	Jonathan Arnold	11/27/14	Issaquah, WA, Stay-At-Home Dad, 47
588.	Staci Jones	11/27/14	New Market, MD, Nonprofit Director, 44 (F)
588.	Matt Ryerson	11/27/14	Cleveland, TN, Nonprofit Admin., 45
588.	Jennifer Ryiter	11/27/14	Marysville, WA, Teacher, 41 (F)
588.	Lisa Surowiec	11/27/14	Beverly, MA, Mechanical Engineer, 44 (F)
593.	Eric Jackson	11/30/14	Hot Springs, AR, Management, 65
594.	Harald Tomesch	12/14/14	Bayside, WI, Professor, 60
594.	Teresa Woody	12/14/14	Goodyear, AZ, Health Info Mgmt, 45 (F)
596.	Vanessa Antoine	12/21/14	Forney, TX, Coach, 37 (F)
597.	Harvey Lewis	12/22/14	Cincinnati, OH, H.S. Social Studies Teacher, 40
597.	John Woody	12/22/14	Goodyear, AZ, Teacher/Coach, 46
599.	Melissa Heiser	12/23/14	Auburn, NH, HR Manager, 42 (F)
600.	Robert Buikema	12/24/14	Holland, MI, 43
601.	Randy Fuerst	12/26/14	Medina, OH, Development, 50
602.	David Kwong	12/28/14	Bolton, MA, Network Engineer, 38
602.	Andreas Stresemann	12/28/14	Riverdale, NY, Architect, 57 (F)
604.	Teresa Amundson	12/29/14	Arlington, VA, Attorney, 45 (F)
605.	Michael Bagazinski	12/31/14	Chicago, IL, Banker, 46
605.	Craig Kuglar	12/31/14	Atlanta, GA, Attorney, 42
607.	Kirsten Bartlett	01/01/15	Eugene, OR, Homemaker/Run Leader, 55 (F)
607.	Brian Beerman	01/01/15	Pittsburgh, PA, CPA, 52
607.	Dana Blumberg	01/01/15	Green Valley, AZ, Retired Teacher, 57 (F)
607.	Amy Brock-Hon	01/01/15	Signal Mountain, TN, Professor, 40 (F)
607.	Ann Chen	01/01/15	Dallas, TX, Optometrist, 39 (F)
607.	Eugene Chen	01/01/15	Dallas, TX, Optometrist, 39

607.	Tim DeSantis	01/01/15	Boise, ID, Counselor/Therapist, 54
607.	Kristen Foote	01/01/15	Ipswich, MA, Clinical Research Supervisor, 47 (F)
607.	Rich Glass	01/01/15	Dallas, TX, Attorney, 52
607.	Maria Gorton	01/01/15	Newport News, VA, Veterinarian, 45 (F)
607.	Chris Harrison	01/01/15	Paradise Valley, AZ, Home Builder, 52
607.	Richard Horvitz	01/01/15	Newton, MA, Accountant, 46
607.	Lenora James	01/01/15	Bend, OR, 52 (F)
607.	Jonathan Jennings	01/01/15	Southampton, NY, Golf Course Superintendent, 53
607.	Barton Lane	01/01/15	Los Altos, CA, Retired Doctor, 73
607.	Eric Linn	01/01/15	Pittsburgh, PA, Consultant, 60
607.	Andy Lohn	01/01/15	Dayton, MN, DBA, 43
607.	Luke Martinez	01/01/15	Austin, TX, Process Design, 38
607.	John McDonnell	01/01/15	Boston, MA, Managing Director, 54
607.	Teresa Morris	01/01/15	San Antonio, TX, Self-Employed, 55 (F)
607.	Bret Nelson	01/01/15	Hutto, TX, Manufacturing Estimator, 38
607.	Ray Ortman	01/01/15	Chanhassen, MN, Clergy, 55
607.	Alexandra Sevillano	01/01/15	Clearwater, FL, Lawyer, 35 (F)
607.	Cathy Van der Schans	01/01/15	Minnetonka, MN, Manager, 62 (F)
607.	Cory Verrill	01/01/15	Stetson, ME, Engineer, 46
607.	Justin Wenzelman	01/01/15	Dubuque, IA, Insurance, 36
607.	Laustin Woods	01/01/15	Phoenix, AZ, Accountant, 43
607.	Sarah Woods	01/01/15	Phoenix, AZ, Advertising, 42 (F)
607.	Kevin Wool	01/01/15	Quincy, MA, Territory Sales, 57
607.	Jim Woolam	01/01/15	Fort Myers, FL, Retired, 84
637.	Steve Parker, Jr.	01/02/15	Charleston, SC, CEO, 42
638.	Bridgett Petzoldt	01/03/15	Omaha, NE, Manager, 42 (F)
639.	Matthew Kane	01/05/15	Tonawanda, NY, Engineer, 49
639.	Matthew Lohmeyer	01/05/15	Lynchburg, VA Building Restoration, 37
639.	Mike Thorson	01/05/15	Fergus Falls, MN, Sales, 36
642.	Olivia Robertson	01/07/15	Columbia, MD, Social Worker, 33 (F)
643.	Don Brown	01/11/15	Munhall, PA, Investment Manager, 64
644.	Julie Taylor	01/18/15	Cheyenne, WY, Teacher, 46 (F)
645.	Jeff Judd	01/19/15	Oronoco, MN, Engineering Manager, 59 *
646.	Hunter Noffsinger	01/24/15	Chesapeake, VA, Student, 20
647.	Ashley Guteruth	01/26/15	Washington, DC, Voice Over Actress, 29 (F)
648.	Stephen Bardsley	01/31/15	Stevensville, MD, ILA Clerk, 51 *
649.	Michael Taricani	02/11/15	Burlington, CT, Sales Manager, 62
650.	Tim Stearman	02/12/15	Albuquerque, NM, Air Force, 34 *
651.	Briar Andresen	02/22/15	Minneapolis, MN, Lawyer, 43 (F)
651.	Gary Circosta	02/22/15	Rutland, MA, Dentist, 69
651.	Billy Singletary	02/22/15	Cleveland, TN, Teacher, 33
654.	Brandon Walker	02/28/15	Wamego, KS, Scientist, 41
655.	Vicky Douglas	03/01/15	Shoreview, MN, Director, 48 (F)
656.	Steven Beck	03/02/15	St. Paul, MN, Lawyer, 55
656.	Richard Decker	03/02/15	Oceanside, CA, Retired Engineer, 60
656.	Tom McMullin	03/02/15	Onset, MA, Health Care, 24
659.	Kyle Bode	03/03/15	Ham Lake, MN, Firefighter, 33
660.	Todd Vitols	03/06/15	Burnsville, MN, Engineer, 53
661.	Rodney Vellinga	03/14/15	Holland, MI, Health Insurance, 47

662.	Matthew Baumgartner	04/01/15	Temple, TX, Pastor, 33
662.	Jonathan Kay	04/01/15	Indianapolis, IN, Artist, 31
664.	Cynthia Devesly	04/04/15	Toms River, NJ, SAHM, 47 (F)
665.	Robert Montana	04/10/15	Hampton, NH, Retail Manager, 59
666.	Scott Isgett	04/21/15	Rockaway, NJ, Pilot, 47
667.	Kurt Whitman	04/28/15	North Hollywood, CA, Attorney, 40
668.	Paula Adams	05/01/15	Cat Spring, TX, Homemaker, 51 (F)
668.	Morgen Young	05/01/15	Portland, OR, Historian, 32 (F)
670.	Julie van Amerongen	05/07/15	Portland, OR, Event Producer, 49 (F)
671.	Brian Funk	05/09/15	Minneapolis, MN, Deputy Chief Oper. Officer, 38
672.	Lucas Henderson	05/22/15	Orlando, FL, Teacher, 38
673.	Travis English	05/23/15	Fountain Valley, CA Engineer, 43
674.	Chris Kartschoke	05/24/15	Prior Lake, MN, Risk Analyst, 47 *
675.	Tiffany Lambert	05/25/15	Alexandria, VA, Air Force, 28 (F)
675.	Robert Malyszczek	05/25/15	Moorpark, CA, Consulting, 51
675.	John Miller	05/25/15	Macon, GA, Financial Representative, 36
678.	Danielle Giltner	05/26/15	Indianapolis, IN, Attorney, 32 (F)
678.	James Janker *	05/26/15	Wheatfield, NY, Retired Tool & Die, 70
680.	Adam Hornick	05/31/15	Waikoloa Village, HI, Healthcare Research, 31
681.	Daryl Brubaker	06/01/15	Timberville, VA, Project Manager, 35
681.	Jessica Viana	06/01/15	Summit, NJ, Athletic Trainer, 36 (F)
683.	Helen Frees	06/02/15	Clark, NJ, Art Teacher, 36 (F)
684.	Jennifer Humble	06/03/15	Knoxville, TN, Pharmacy Technician, 26 (F)
685.	Tarang Saluja	06/08/15	Roslindale, MA, Student, 16
686.	Megan Leeds	06/12/15	Denver, CO, Administration, 30 (F)
687.	Kevin Braman	06/14/15	League City, TX, Engineer, 37
688.	Chuck Morehouse	06/15/15	Saint Petersburg, FL, Teacher, 48
688.	Ian Saarmann	06/15/15	Mashpee, MA, Fitness Director, 45
690.	Melissa Wacker	06/20/15	Chicago, IL, Dental Assistant, 33 (F)
691.	Renate Tomesch	06/21/15	Bayside, WI, IT Director, 56 (F)
692.	Kimberly Brown	06/30/15	Randolph, NJ, Executive Assistant, 38 (F)
693.	Todd Kane	07/01/15	Plainsboro, NJ, Active Volunteer, 64 *
693.	James Unger	07/01/15	LaGrange, KY, Retired Financial Mgr., 60
695.	Benjamin Labovitz	07/02/15	St. Louis, MO, Nurse, 31 *
696.	Michelle Corbett	07/04/15	Rancho Santa Margarita, CA, Soc. Worker, 34 (F)
696.	Elizabeth Storey	07/04/15	Corona, CA, Mom, 42 (F)
698.	Lon Flaud, Jr.	07/22/15	Lancaster, PA, Factory, 43
699.	John Brackney	07/28/15	Centennial, CO, Director of Public Policy, 50
700.	Christopher Dodrill	08/01/15	Charleston, WV, Lawyer, 38
701.	Michael Lett	08/09/15	Farmington Hills, MI, Nurse, 24
702.	Paul Seibert	08/20/15	Fort Mitchell, KY, Software Developer, 53 *

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

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

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.	David Hamilton, Vancouver, WA	08/14/72 – 04/29/16	15,965 days (43 yrs 260 days)
4.	Kenneth C. Young, Petrolia, CA *	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
5.	Stephen Reed, Wiscasset, ME	06/16/76 – 07/24/16	14,649 days (40 yrs 039 days)
6.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
7.	Robert J. Zarambo, Whitehall, PA	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
8.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
9.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
10.	Charles Holmberg, Modesto, CA	03/20/79 – 04/12/16	13,539 days (37 yrs 024 days)
11.	Walter O. Byerly, Dallas, TX *	11/05/74 – 01/31/11	13,237 days (36 yrs 088 days)
12.	Bill Beach, Macomb, MI	10/28/79 – 10/09/15	13,131 days (35 yrs 347 days)
13.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
14.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
15.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
16.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
17.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
18.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
19.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
20.	Ken Birse, Amherst, NH	04/22/82 – 10/26/15	12,241 days (33 yrs 188 days)
21.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
22.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
23.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
24.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
25.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
26.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
27.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
28.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
29.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
30.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
31.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
32.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
33.	Mark Sutherland, Rancho Murieta, CA	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
34.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
35.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
36.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
37.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)

38.	Kenneth Korsec, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
39.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
40.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
41.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
42.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
43.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
44.	Doug Holland, Tucson, AZ *	08/01/83 – 08/01/10	9,863 days (27 yrs 001 days)
45.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
46.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
47.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
48.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
49.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
50.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
51.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
52.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
53.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
54.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
55.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
56.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
57.	William Chatman, Brooksville, FL	07/23/91 – 09/08/15	8,814 days (24 yrs 048 days)
58.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
59.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
60.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
61.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
62.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
63.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
64.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
65.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
66.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
67.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
68.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
69.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
70.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
71.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
72.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
73.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
74.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/19/04	7,755 days (21 yrs 085 days)
75.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
76.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
77.	David N. Potter, Ashland, OH	01/01/92 – 07/20/11	7,141 days (19 yrs 201 days)
78.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
79.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
80.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
81.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
82.	Deborah Ciccat, San Diego, CA	04/01/98 – 04/08/16	6,583 days (18 yrs 008 days)

82.	Craig Snapp, El Cajon, CA *	04/01/98 – 04/08/16	6,583 days (18 yrs 008 days)
84.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
85.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
86.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
87.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
88.	Murray Collette, Naples, FL	09/27/79 – 04/17/97	6,413 days (17 yrs 203 days)
89.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
90.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
91.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
92.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
93.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
94.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
95.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
96.	Tom Whitely, Fair Lawn, NJ *	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
97.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
97.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
99.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
100.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
101.	Mercedes Murolo, Santa Rosa, CA * (F)	05/04/02 – 11/01/15	4,930 days (13 yrs 182 days)
102.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
103.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
104.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
105.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
106.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
107.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
108.	Joel Pasternack, Clifton, NJ	10/31/04 – 01/05/16	4,084 days (11 yrs 067 days)
109.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
110.	Prince Whatley, Birmingham, AL	07/01/04 – 07/21/15	4,038 days (11 yrs 021 days)
111.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
112.	Roger Raymond, Marco Island, FL *	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
113.	Ed Reid, Bradenton, FL	05/27/04 – 02/26/15	3,927 days (10 yrs 275 days)
114.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
115.	Daniel Mansueto, Los Angeles, CA *	07/17/05 – 10/14/15	3,742 days (10 yrs 090 days)
116.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
117.	Sonny Hunter, Kingston, TN	06/10/04 – 07/02/14	3,675 days (10 yrs 023 days)
118.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
119.	James Bates, Hampton, VA *	06/04/06 – 06/07/16	3,657 days (10 yrs 004 days)
120.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
121.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
122.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
123.	Thomas McDow, IV, Rock Hill, SC	11/24/06 – 04/18/16	3,434 days (9 yrs 147 days)
124.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
125.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days (9 yrs 036 days)
126.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
127.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
128.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)

129.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
130.	Charles Fox, Portland, OR	01/01/07 – 07/31/15	3,134 days (8 yrs 212 days)
131.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
132.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
133.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
134.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days (7 yrs 266 days)
135.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
136.	James Koch, Kenosha, WI	11/21/07 – 05/25/15	2,743 days (7 yrs 186 days)
137.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days (7 yrs 151 days)
138.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
139.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days (7 yrs 127 days)
140.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
141.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
142.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
143.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
144.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
145.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
146.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
147.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
148.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
149.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
149.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
151.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
152.	Debra Dilling, Rochester, MN (F)	03/01/10 – 07/15/16	2,329 days (6 yrs 137 days)
153.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days (6 yrs 066 days)
154.	Carol Bancroft, Safety Harbor, FL (F)	10/20/09 – 11/26/15	2,229 days (6 yrs 038 days)
155.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
156.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
157.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
158.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
159.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
160.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
161.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
162.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
163.	Lawrence LeDuff, Norfolk, VA	02/28/09 – 09/21/14	2,032 days (5 yrs 206 days)
164.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
165.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
166.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
167.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
168.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)
169.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
170.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
171.	Michael Glassburn, St. Cloud, FL	06/14/10 – 09/17/15	1,922 days (5 yrs 096 days)
172.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
173.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
174.	Reno Stirrat, Rockaway, NJ *	06/11/83 – 06/11/88	1,828 days (5 yrs 001 days)
174.	Jay Frank, Oak Park, CA	03/21/11 – 03/21/16	1,828 days (5 yrs 001 days)

176.	Eric Lacey, Fort Worth, TX	10/02/10 – 10/01/15	1,826 days (5 yrs 000 days)
177.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
178.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
179.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
180.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
181.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days (4 yrs 301 days)
182.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
183.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
184.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
185.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
186.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
187.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
188.	Chris Kartschoke, Prior Lake, MN *	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
189.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
190.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days (4 yrs 102 days)
191.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
192.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
193.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
194.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
195.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
196.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
196.	Todd Kane Plainsboro, NJ *	12/28/10 – 02/24/15	1,520 days (4 yrs 059 days)
198.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days (4 yrs 044 days)
199.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days (4 yrs 042 days)
200.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
201.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
202.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
203.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
204.	Anne Treadwell, Burlington, VT (F)	11/11/11 – 08/31/15	1,390 days (3 yrs 294 days)
205.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
206.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
207.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
208.	Ethan Lubin, La Quinta, CA	11/14/12 – 08/01/16	1,357 days (3 yrs 262 days)
209.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days (3 yrs 251 days)
210.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
211.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
212.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days (3 yrs 244 days)
213.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
214.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
215.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
216.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
217.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
218.	Christopher Pilotti, Binghamton, NY	12/31/11 – 07/15/15	1,293 days (3 yrs 197 days)
219.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
220.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days (3 yrs 184 days)
221.	Gary Jones, Troy, MT *	04/12/12 – 09/15/15	1,252 days (3 yrs 157 days)
222.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days (3 yrs 150 days)
223.	David Shannon, Shoreview, MN	12/26/12 – 05/23/16	1,245 days (3 yrs 150 days)
224.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)

225.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
226.	Jonathan Reid, Bradenton, FL	11/25/11 – 04/11/15	1,233 days (3 yrs 137 days)
227.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
228.	Justin Martin, San Diego, CA	05/04/12 – 08/31/15	1,215 days (3 yrs 120 days)
229.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
230.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
231.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
232.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
233.	Leo Hammond, Plano TX	01/01/08 – 03/13/11	1,168 days (3 yrs 072 days)
234.	Jeff Judd, Oronoco, MN *	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
234.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days (3 yrs 069 days)
236.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
237.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
238.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
239.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days (3 yrs 044 days)
240.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
241.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
242.	Shannon Bol, Montgomery Village, MD (F)	09/15/12 – 10/08/15	1,119 days (3 yrs 024 days)
243.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
244.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days (3 yrs 012 days)
245.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days (3 yrs 004 days)
246.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
247.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
248.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days (2 yrs 359 days)
249.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
250.	Harry Owens, Beacon, NY	05/30/13 – 04/30/16	1,067 days (2 yrs 337 days)
251.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
252.	Christine Lousias, Herreid, SD (F)	01/01/13 – 10/21/15	1,024 days (2 yrs 294 days)
253.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
254.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
255.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
256.	Dan Harris, Liberty, MO	11/09/12 – 08/22/15	1,017 days (2 yrs 287 days)
256.	Dylan Russell, Missouri City, TX *	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
256.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)
259.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
260.	James Clisset, Yuma, AZ	11/17/12 – 08/14/15	1,001 days (2 yrs 271 days)
261.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
261.	Thomas Griglock, Tualatin, OR	01/01/13 – 09/27/15	1,000 days (2 yrs 270 days)
261.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
264.	Dario Mirski, Randolph, NJ	05/25/13 – 02/10/16	992 days (2 yrs 262 days)
265.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days (2 yrs 250 days)
266.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
267.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
268.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
269.	Brian Orth, Boise, ID	03/28/13 – 11/03/15	951 days (2 yrs 221 days)
270.	Toni Orth, Boise, ID (F)	03/29/13 – 11/03/15	950 days (2 yrs 220 days)
270.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
272.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)

273.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
274.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
275.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
275.	Will Jones, Grove, OK	03/18/11 – 09/28/13	926 days (2 yrs 195 days)
277.	Elizabeth Gilman, Byron, MN (F)	12/01/12 – 06/07/15	919 days (2 yrs 189 days)
278.	Gary Lundeen, Orono, MN	01/01/85 – 06/23/87	904 days (2 yrs 174 days)
278.	Michele Arnold, Issaquah, WA	11/26/13 – 05/17/16	904 days (2 yrs 174 days)
280.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
281.	Jonathan Green, Brooklyn Center, MN	03/01/13 – 08/11/15	894 days (2 yrs 164 days)
282.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days (2 yrs 146 days)
283.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
284.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
285.	Kyle Rizzo, Berkeley, CA	01/01/13 – 05/03/15	853 days (2 yrs 123 days)
286.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
287.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
288.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
289.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
290.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
291.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
292.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
293.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
294.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
295.	Simon N. Falcon, Bellevue, NE	12/15/08 – 03/08/11	814 days (2 yrs 084 days)
296.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
297.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
297.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
299.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
300.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days (2 yrs 063 days)
301.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
302.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
303.	Chris Brelage, Fishers, IN	08/06/13 – 09/24/15	780 days (2 yrs 050 days)
304.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
305.	Matt Miller, Huntington, WV	03/17/14 – 04/22/16	768 days (2 yrs 037 days)
306.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days (2 yrs 033 days)
307.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
308.	Kathleen Maloney, Wilton, CT (F)	06/27/13 – 07/21/15	755 days (2 yrs 025 days)
308.	Amber Travsky, Laramie, WY (F)	11/21/13 – 12/15/15	755 days (2 yrs 025 days)
310.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
310.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
312.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days (2 yrs 019 days)
313.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
314.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
315.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
315.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
315.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
318.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
319.	Susan Rattenbury, Oakland, CA	04/07/14 – 04/11/16	736 days (2 yrs 005 days)
320.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
321.	Lucy Hines, Smithfield, VA (F)	12/31/12 – 12/31/14	731 days (2 yrs 001 days)

321.	Rebecca McCauley, Cynthiana, KY	01/01/10 – 01/01/12	731 days (2 yrs 001 days)
323.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
324.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days (1 yr 351 days)
325.	Ellen Kendall, St. Louis Park, MN (F)	11/28/13 – 11/12/15	715 days (1 yr 350 days)
326.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
327.	Dwayne Hawkins, Murfreesboro, TN	01/01/14 – 12/13/15	712 days (1 yr 347 days)
328.	Patty Hengel, Glen Burnie, MD (F)	11/27/13 – 11/07/15	711 days (1 yr 346 days)
329.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
330.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
331.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days (1 yr 320 days)
332.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
333.	Jeannette Slattery-Wandler, Stevensville, MT (F)	07/25/14 – 05/29/16	675 days (1 yr 310 days)
334.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
335.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
336.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
337.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days (1 yr 288 days)
338.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
339.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
340.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days (1 yr 278 days)
341.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
342.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
343.	Christine Petrone, South Jordan, Utah (F) *	12/31/12 – 09/03/14	612 days (1 yr 247 days)
344.	Dawn Skirpan, Washington, PA (F)	05/26/14 – 01/24/16	609 days (1 yr 244 days)
344.	Charles Brown, Pikesville, MD	11/27/14 – 07/20/16	602 days (1 yr 237 days)
346.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
346.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
346.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
346.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
350.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days (1 yr 234 days)
350.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
352.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
353.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
354.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
355.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
356.	Geza Feld, Farmingdale, NY *	11/04/14 – 06/06/16	581 days (1 yr 216 days)
357.	Benjamin Labovitz, Baltimore, MD *	11/28/13 – 06/30/15	580 days (1 yr 215 days)
357.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
359.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
360.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days (1 yr 212 days)
361.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
362.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days (1 yr 208 days)
363.	Paul Seibert, Fort Mitchell, KY *	11/01/13 – 05/26/15	572 days (1 yr 207 days)
364.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
365.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
366.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
366.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
368.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days (1 yr 187 days)
369.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
370.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)

370.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
372.	Aron Cole, Olean, NY	04/12/14 – 10/09/15	546 days (1 yr 181 days)
373.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
374.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
374.	Cindi Harris, Lake Forest, CA (F)	07/01/14 – 12/20/15	538 days (1 yr 173 days)
376.	Angeline Pace, Draper, UT (F)	08/24/14 – 02/07/16	533 days (1 yr 168 days)
377.	Cynthia, Almudevar, Pittsford, NY (F)	10/28/13 – 04/11/15	531 days (1 yr 166 days)
377.	James Summers, Coronado, CA	11/24/13 – 05/08/15	531 days (1 yr 166 days)
379.	Chris Myers, Chanhassen, MN	12/24/13 – 06/06/15	530 days (1 yr 165 days)
380.	Gayle Kearney, Ballwin, MO (F)	12/05/13 – 05/12/15	524 days (1 yr 159 days)
381.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
382.	David Wilson, Glenside, PA	12/29/13 – 05/19/15	507 days (1 yr 142 days)
383.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
384.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
384.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
384.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days (1 yr 135 days)
384.	Scott Cockerham, Houston, TX	01/06/15 – 05/19/16	500 days (1 yr 135 days)
384.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
389.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days (1 yr 134 days)
390.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
391.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
392.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
392.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
392.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
395.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
396.	Pavni Patel, Lutherville, MD	09/06/14 – 12/31/15	482 days (1 yr 117 days)
397.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
398.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
399.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days (1 yr 103 days)
400.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days (1 yr 097 days)
401.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
402.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
403.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
404.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
405.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
405.	Cliff Pinckard, Mentor, OH	01/01/15 – 03/20/16	445 days (1 yr 080 days)
407.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
407.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
409.	Ted Green, Lee's Summit, MO	06/03/14 – 08/17/15	441 days (1 yr 076 days)
409.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
409.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
412.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
412.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
412.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
415.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
416.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
417.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
418.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
419.	John Miller, Macon, GA *	01/01/14 – 03/05/15	429 days (1 yr 064 days)

420.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
421.	Emily Foster, Lake Oswego, OR (F)	05/27/14 – 07/26/15	426 days (1 yr 061 days)
422.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days (1 yr 060 days)
422.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
424.	Tim Stearman, Albuquerque, NM *	12/15/13 – 02/10/15	423 days (1 yr 058 days)
425.	Steve Surratt, Roanoke, VA	06/28/14 – 08/23/15	422 days (1 yr 057 days)
426.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
427.	Stephen G. Bardsley, Stevensville, MD *	01/01/07 – 02/19/08	415 days (1 yr 050 days)
428.	Brian Daniels, Minneapolis, MN	01/12/14 – 02/26/15	411 days (1 yr 046 days)
429.	Chad Roberts, Bermuda Run, NC	01/01/15 – 02/14/16	410 days (1 yr 045 days)
430.	Jennifer Myer, Rochester, MN (F)	01/04/14 – 02/16/15	409 days (1 yr 044 days)
431.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
432.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
432.	Reno Stirrat, Rockaway, NJ *	11/01/14 – 12/12/15	407 days (1 yr 042 days)
434.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
435.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
435.	William Thomas, Woodstock, GA	12/27/14 – 02/02/16	403 days (1 yr 038 days)
437.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
438.	Bradley Shackelford, Redding CA	08/21/14 – 09/24/15	400 days (1 yr 035 days)
438.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
440.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
441.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
442.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
443.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
444.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
445.	Cherry Wnek, Randolph, NJ (F)	06/30/15 – 07/19/16	386 days (1 yr 020 days)
446.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
447.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
447.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
449.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
450.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days (1 yr 014 days)
451.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
452.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
452.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
454.	Angelica Allen, Albuquerque, NM (F)	03/10/15 – 03/16/16	373 days (1 yr 007 days)
455.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
455.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
455.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
458.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
459.	Laurie Omodt-TeBrake, Shakopee, MN (F)	08/06/14 – 08/08/15	368 days (1 yr 003 days)
459.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
459.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
459.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
463.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
463.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
463.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
463.	James Janker, Wheatfield, NY *	04/16/13 – 04/17/14	367 days (1 yr 002 days)
463.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
463.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)

463.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
463.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
463.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
463.	Herbert Fred, Houston, TX *	04/20/15 – 04/20/16	367 days (1 yr 001 days)
473.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
473.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
473.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
473.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
473.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days (1 yr 001 days)
473.	Justin Andes, Ellicott City, MD	06/13/14 – 06/13/15	366 days (1 yr 001 days)
473.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
473.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
473.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
482.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
482.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
482.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
482.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
482.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
482.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
482.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
482.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
482.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
482.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
482.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
482.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)
482.	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 SINGLETs, PULLOVERS & SHIRTS ARE NOW AVAILABLE

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

Official International Active Running Streak List
As Certified to the Streak Runners International
1 September 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, 80
3.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 70
	The Dominators (25+yrs)		
4.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 53
	The Experienced (10+yrs)		
5.	Douglas Dixon	23May04	Ontario, Canada, Retired, 65
	The Proficient (5+yrs)		
6.	Paul Smith	01Jan07	Durham, England, Local Gov't Officer, 53
7.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 49
8.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 36
9.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 52
10.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 60
11.	Joel Benton	01Jan11	Bepton, England, Video Games Agent, 45
	The Neophytes (-5yrs)		
12.	Kimberley Robinson	06Sep11	Bepton, England, Administrator, 53 (F)
13.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 35
14.	Vanessa Oshima	11Sep12	Tokyo, Japan, 46 (F)
15.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 49 (F)
16.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 43
17.	Jim Crisp	07Apr13	Brough, England, Plumber, 44
18.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 44
19.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 38 (F)
20.	Gillian Selman	17Oct13	Bromley, England, Nurse, 43 (F)
21.	Brian Andres	12Nov13	London, England, Analyst, 33
22.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 41 (F)
23.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 42
24.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 42 (F)
25.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 47
26.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 31 (F)
27.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 38 (F)
28.	Diana Alcobia	04Feb14	Nottingham, England, PhD Student, 26 (F)
29.	Tiago Bandeira De Lima	05Feb14	Nottingham, England, Research Fin. Officer, 30
30.	Stuart Ainsworth	26Apr 14	Huntingdon, England, Compliance Officer, 54
31.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 53

32.	Henry Law	01Jul14	Folkestone, England, Golf Professional, 31
33.	Paul Theron	15Jul14	Houghton, South Africa, Asset Manager, 49
34.	Lynn Burnet	03Aug14	Falmouth, Canada, 42 (F)
35.	Hiroaki Yoshida	27Aug14	Yokohama, Japan, Translator, 45
36.	Myong Eiselstein	22Sep14	Hanoi, Vietnam, Teacher, 38
37.	Diane Trites	30Nov14	Riverview, Canada, 54 (F)
38.	Clive Start	30Dec14	Lower Hutt, New Zealand, Mob. Tech Support, 54
39.	Stephen Collier	31Dec14	Halden, Norway, Research Scientist, 59
40.	Andrew Jackson	01Jan15	Hull, England, 47
40.	Stavroula Nicholls	01Jan15	Cammeray, Australia, Administrator, 41
40.	Bill Wilson	01Jan15	Lichfield, England, eCommerce Manager, 42
43.	David Munro	13Jan15	Milton, Canada, Business Analyst, 38
44.	Stephanie Dolrenry	02Feb15	Langata, Kenya, Director, 37 (F)
45.	Matthew Johnson	16Feb15	Guadalajara, Spain, Primary Teacher, 44
46.	Klaus-Dieter Schnabel	26Mar15	Igersheim, Germany, Engineer, 49
47.	Emma Furness	29Apr15	Ely, England, Farm Secretary, 43 (F)
48.	Grahame Lloyd	01Jun15	Waterford, Australia, Manager, 48
49.	James Oatway	11Jul15	Oakville, Canada, Wine Agent 48
50.	Ben Timbers	23Jul15	Keighley, England, Civil Engineer, 40

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

Official International Retired Running Streak List As Certified to Streak Runners International 1 September 2016

1.	Marlene Prentice, Gold Coast, Australia (F) *	12Mar07 – 27Oct15	3,152 days (8 yrs 230 days)
2.	Pranjal Milovnik, Bratislava, Slovakia	15Jun08 – 08Jun16	2,916 days (7 yrs 360 days)
3.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days (3 yrs 235 days)
4.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
5.	Ignacio Rodriguez Ameller, Madrid, Spain	01Jul13 – 14May16	1,049 days (2 yrs 319 days)
6.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days (2 yrs 175 days)
7.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days (2 yrs 114 days)
8.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days (2 yrs 023 days)
9.	Martin Ainsworth, Leeds, England	31May14 – 09Mar16	649 days (1 yr 284 days)
10.	Grant Cameron, Brisbane, Australia	22Dec09 – 14Aug11	601 days (1 yr 236 days)
11.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
12.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days (1 yr 136 days)
13.	Nancy Tavares, Toronto, Canada (F)	01Jan15 – 21Mar16	446 days (1 yr 081 days)
14.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)
15.	Fredrik Gustafsson, Sollentuna, Sweden	26Apr15 – 25Apr16	366 days (1 yr 000 days)
16.	Carol Kennedy, Dubai, United Arab Emirates (F)	06Apr14 – 05Apr15	365 days (1 yr 000 days)

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

SRI/USRSA ONLINE

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

Kip Williamson – Itemlive.com

http://www.itemlive.com/news/10000-days-on-the-run-for-saugus-engineer/?utm_source=fark&utm_medium=website&utm_content=link

Mark Washburne – *Morristown (New Jersey) Daily Record*

<http://www.dailyrecord.com/story/life/good-life/health/2016/05/26/running-way-of-life-morris-5k-runners/84327196/>

Shaun Brennan – American Red Cross

<https://www.youtube.com/watch?v=5xteoeTaMTI&feature=youtu.be>

Jim Behr – *Tampa Bay Times*

<http://www.tampabay.com/sports/outdoors/this-guy-has-run-at-least-3-miles-a-day-8212-since-may-19-1975/2280447>

Steve DeBoer – KAAL-TV from Rochester, Minnesota

<http://www.kaaltv.com/news/rochester-runner-hits-45-year-milestone/4163498/>

Raven Krarft – “Unstoppable” Documentary by Mary Beth Koeth

<http://www.mbkoeth.com/shop/unstoppabledvd>

Raven Kraft – Norwegian.com

<http://www.norwegian.com/magazine/features/2016/02/miamis-answer-to-forrest-gump#.V6mHrzjK0A.facebook>

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

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

THE FINISH LINE

By: Mark Washburne

As you might have surmised from our lead stories in *TSR*, this quarter featured some long time streaks that ended. In fact, three newly ended streaks landed in our top ten retired list since we last posted that list in the Spring 2016 issue of this newsletter. Those three new retired streaks belong to Dave Hamilton, from Vancouver, Washington (08/14/72 – 04/29/16; 15,965 days; 43 years 260 days); Stephen Reed, from Wiscasset, Maine (06/16/76 – 07/24/16; 14,649 days; 40 years 39 days); and Charles Holmberg from Modesto, California (03/20/79 – 04/12/16; 13,539 days; 37 years 24 days). Our updated retired list now has Mr. Hamilton's streak in third place, Dr. Reed's streak in the fifth spot, and Mr. Holmberg's streak in the tenth position. Of course, these very long streaks are incredible athletic accomplishments and we wish all three men the best of luck in the future.

Not all the news from the last quarter involved endings. Our running streak association also reached some new milestones during this time. On 21 June 2016, airline pilot Scott Isgett from Rockaway, New Jersey became the 1,000-member to join our running streak association. For the first time, we also close this quarter with over 700 active streaks on our United States list and another 50 active streaks from our International list. We also close the quarter with over 500 retired streak when we combine the United States retired list with our International retired list. By all accounts, our worldwide running streak association is growing and prospering.

During this quarter on a personal note, Diane and I have been busy doing long runs in preparation for the New York City Marathon that we will both be running in November. I also accomplished a personal goal this month by completing my second lap around the world. In that regard, my story begins on New Year's Day 1985 when I started tabulating my running mileage after receiving *The Complete Runner's Day-by-Day Log and Calendar - 1985* by James F. Fixx as a Christmas present. As some of you know, many people credit Jim Fixx, who also authored the 1977 best-selling book *The Complete Book of Running*, with helping to start America's fitness revolution by popularizing the sport of running. Unfortunately, Mr. Fixx died on 20 July 1984 of a heart attack while running at the age of 52 years. Jim Fixx, thus, would never use the 1985 version of his logbook that would have such an impact on my life.

On New Year's Day 1985, I recorded a 7-mile run and I have been keeping track of all my runs ever since that day. According to scientists, the circumference of the Earth at the equator is 24,901.55 miles. The distance to travel twice around the Earth at the equator is thus 49,803.1 miles. On 20 August, during a Saturday group run with the Do Run Runners, I met that mileage goal. For those keeping track, it took me 31 years and 233 days (11,555 days) to travel twice around the world at an average of 4.31 miles run per day. I reached once around the world on 12 May 2004 after 19 years and 133 days (7,072 days) at an average of 3.52 miles per day. My second loop took me 12 years and 100 days (4,483 days) at an average of 5.55 miles per day. Of course, the most important date is 31 December 1989 when I started my 3-miles a day minimum running streak and, thus, hit the twice around the world mileage on day 9,730 of that streak.

As always, good luck to all as we each run the roads and trails – every day!



The Streak Registry

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USRSA@yahoo.com

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 SINGLET & SHIRTS NOW AVAILABLE

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



SRI Women's Singlet



USRSA Women's Long Sleeve



USRSA Men's Singlet



Optional "Streak Started" Date