

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

THE STREAK REGISTRY

**RON HILL ENDS WORLD'S LONGEST
RUNNING STREAK AFTER 52 YEARS**



Ron Hill

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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)

Alex Galbraith of Houston, Texas on December 22nd

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

John Liepa of Indianola, Iowa on January 2nd
Bill Robertson of Ashland, Massachusetts on February 8th

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

Bill Leibfritz of Midland, Michigan on December 3rd
Frederick Murolo of Cheshire, Connecticut on December 30th
Scott Snyder of Littleton, Colorado on December 31st
Michael Sklar of Dunwoody, Georgia on January 20th

From The Dominators to The Masters (30th anniversary)

Stuart Calderwood of New York, New York on January 21st

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

Jamie Parks of Tinley Park, Illinois on January 1st
K. Tucker Andersen of Warren, Connecticut on February 6th

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

Karen Queally of San Bruno, California on January 1st

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

Martie Bell of Thomasville, North Carolina on December 27th
Harry Warren of Whiteville, North Carolina on December 27th
Joseph Warren of Glade Spring, Virginia on December 28th

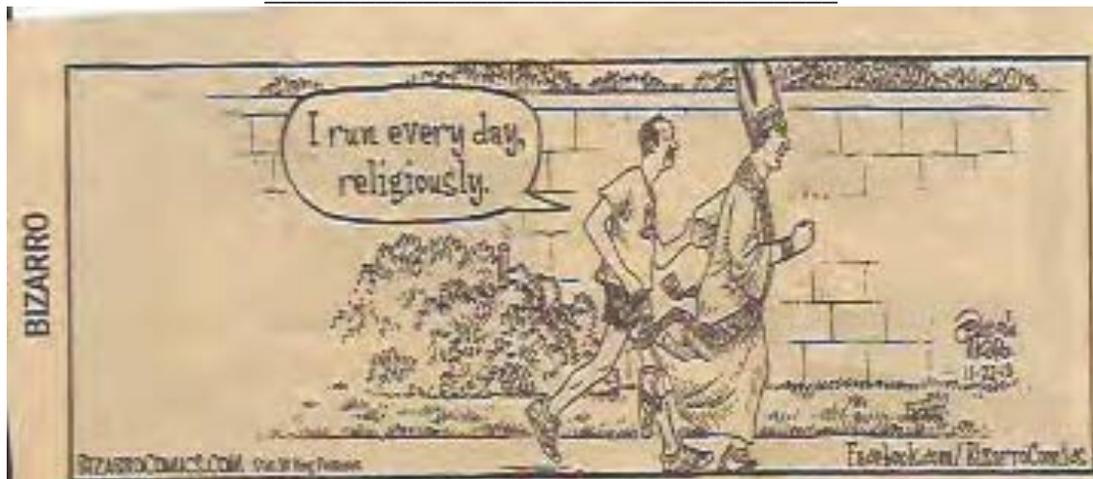
From The Proficient to The Experienced (10th anniversary)

Eric Armel of Greensboro, Pennsylvania on December 10th
Patrick Dunigan of Ponte Vedra Beach, Florida on December 12th
Heather Plummer of Dallas, Texas on December 15th
Dave Nelson of Houston, Texas on December 15th

Heidi Manfred of Altoona, Pennsylvania on January 1st
Stephanie Mera of Berkeley, California on January 1st
Paul Smith of Durham, England on January 1st
Bill Street of Tucson, Arizona on February 10th

From The Neophytes to The Proficient (5th anniversary)

Christopher Bielinski of Littleton, Colorado on December 3rd
Cheech Moore of Wheaton, Illinois on December 26th
Drew Kenny of Fleming Island, Florida on December 27th
Shannon McGinn of Avenel, New Jersey on December 28th
Adam Schwadron of Saint Charles, Missouri on December 29th
Erica Gorman of Kula, Hawaii on December 30th
Jim Larsen of Racine, Wisconsin on December 30th
Jennifer Walt of Huntington Beach, California on December 30th
Chip Akers of Raleigh, North Carolina on December 31st
Robyn Clevenger of West Des Moines, Iowa on December 31st
Michael Kaag on St. Louis, Missouri on December 31st
Angela Fuss of Mont Atlo, Pennsylvania on January 1st
Terry Honn of Hutchinson, Kansas on January 1st
Mike Johnson of Daphne, Alabama on January 1st
Terri Varnadoe of Ocala, Florida on January 1st
Nan Lujan of Chapel Hill, North Carolina on January 3rd
Wendy Berton of Lake Oswego, Oregon on January 18th
Jessica Forte of Ocala, Florida on January 22nd
Steven Modica of Inver Grove Hts., Minnesota on January 25th
Daniel Myers of Milwaukee, Wisconsin on February 1st
Dusty Hardman of Punta Gorda, Florida on February 13th



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Ron Hill

RON HILL ENDS WORLD'S LONGEST RUNNING STREAK AFTER 52 YEARS

By: Mark Washburne

Dr. Ron Hill, 78, an entrepreneur from Hyde, England in the United Kingdom, has ended his five decades long running streak. "It is great sadness that I have to report the end of my streak," said Dr. Hill in an statement to Streak Runners International (SRI). "I have been having heart problems and have been waiting for some time now to have the problem diagnosed and hopefully rectified. 1 Mile runs have not helped and on Saturday 28th January I ran my last 1 Mile. After less than 400 metres my heart started to hurt and over the last 800 metres the problem got worse and worse. I thought I might die but just made it to 1 mile in 16 minutes and 34 seconds. There was no other option but to stop. I owed that to my wife family and friends plus myself."

Started on 21 December 1964, Dr. Hill's running streak lasted 19,032 days (52 years, 39 days) and was the longest running streak ever recorded in the world. Besides possessing the longest running streak in the world, Ron Hill is a three time Olympian. In the Tokyo Olympics of 1964, Dr. Hill placed 18th in the 10,000 meters, in a time of 29:53, and 19th in the marathon, in a time of 2:25:34. In the 1968 Summer Olympics in Mexico City, he placed 7th in the 10,000 meters and ironically ran the same time (29:53) as he had run four years earlier in Tokyo. Dr. Hill's final Olympic games was in Munich in 1972, where he placed 6th in the marathon in a time of 2:16:30 at the age of 33.

During Ron Hill's illustrious running career, he set world records for 10 miles (47:02, Leicester, England, April 1968; 46:44, Leicester, England, November 1968), 15 miles (72:48.2, Bolton, England, July 1965), 25 kilometers (75:22.6, Bolton, England, July 1965), and the 26.2 miles marathon (2:09:28, Edinburgh, Scotland, July 1970).

Ron Hill was also the second athlete to break 2:10 in the marathon. In 1970, Dr. Hill ran a personal best of 2:09:28 at the Commonwealth Games in Edinburgh, Scotland. At that point, the only faster marathon time was run by Australian Derek Clayton, who clocked a 2:08:33 in Antwerp, Belgium in May 1969. The Antwerp course, however, was suspected of being short by possibly 500 meters. "The course was measured using five cars and was never able to be remeasured," noted Dr. Hill in a 16 December 2014 email to SRI/USRSA. "The Belgians refused to answer any queries about the course." In July 2009, the Association of Road Racing Statisticians rejected the record set by the Derek Clayton at Antwerp for the course being short and now lists Dr. Hill's 2:09:28 as the world fastest marathon at the time it was set in 1970.

Ron Hill also set a course record for the Boston Marathon. In 1970, he was the victor of the 74th edition of that race in a time of 2:10:30. His 1970 win eclipsed the old Boston Marathon course record set the year before by more than 3 minutes. Ron Hill also won gold medals for the marathon at the European Championships in Athens, Greece in 1969 and, as mentioned before, the Commonwealth Games in Scotland in 1970. During his lifetime, Dr. Hill finished 115 marathons, where he ran 112 of them in under 2:50, 103 in under 2:45, and 29 in under 2:20. His final marathon was the 100th running of the Boston Marathon in 1996, where he completed the historic course in a time of 3:12:46 at the age of 57.

Dr. Hill graduated with a Ph.D. in textile chemistry in 1964 from Manchester University. In 1970, he started Ron Hill Sports, "which pioneered various products including wrap-over shorts, mesh vests, waterproof running jackets and reflective strips." He sold the company in the early 1990s and has since started Hilly Clothing specializing in technical socks and other apparel. Ron Hill was also President of the Road Runners Club from 1987 to 1988.

We here at Streak Runners International wish Dr. Hill a speedy recovery and much success in the future.

For the working man, and more especially the married man, it is not easy to fit in around 100 miles a week without conflict to social and family life. But with careful planning it can be done. . . . The best way to train twice a day is by running to work and back.

- Ron Hill

I wondered what would happen if I went beyond my 120-130 miles per week. Would I reach another plane of fitness and capability? I had to find out . . . But I was never really happy. A lot of the time I felt slightly fatigued and towards the end of this increased training stint I seemed to be doing nothing but changing in and out of running gear.

- Ron Hill



John Liepa

JOHN LIEPA'S STREAK HITS 40 YEARS **By: John Liepa**

One of the most frequently asked questions of those of us on the "Streak Registry" is: Why do you do it? Our answers are as varied as there are runners on the Registry. And, our answers change and evolve as we change physically, emotionally, and mentally.

For me, it started with rehabilitation after a serious knee injury; it was the discovery that this stocky, former rugby player had a VO2 capacity for 5K and 10k road races; it was the discovering, and bonding with, a running community in Ames, Iowa, that led me to accept a challenge to try to finish a marathon shortly after my 30th birthday; it was 18 marathons later, including two Boston's with a 2:41:17 PR that helped "seal the deal" - running is an important part of who I am; it was over 250 road races and being a race director of a major road race for eight years; it was helping create a nationally competitive track club; and most importantly, it was encouraging and supporting a wife, son, and daughter `buy into' my chosen lifestyle and successfully become runners and marathoners.

As I finished my January 1, 2017, run at nearby Lake Ahquabi State Park (Ahquabi is Sauk Indian for "Restful Place,") completing my 40th year and joining the `rarified air' of "The Legends," I couldn't help but reflect on a Christmas gift I received - Peter Wohlleben's New York Times bestseller, *The Hidden Life of Trees*. Although I'm only about half-way through, I've had an epiphany - I've been experiencing one of the main themes of the book for 40+ years: "The woods (i.e., forest, trees, trails, etc.) are alive."

We sense it, smell it, hear it, every time we set out for a run. Not only are they 'alive,' but they dictate to us how we need to adapt to their changing seasons.

Running is a solitary thing, with 99%+ of us racking up those thousands of miles by ourselves. And we seek out 'places of quiet beauty' and self-preservation to maintain our streaks - parks, cemeteries, bike trails, country roads, etc. To you, my urban streaking brothers and sisters who don't often have the choice of 'places of quiet beauty,' I have nothing but admiration and respect for your being able to maintain your streaks.

The first 20-25 years of my running were all about times, mileage, age-group competition, team competition, race organizing, etc., — always pushing the limits and never being quite satisfied. Over the past 15-20 years, I've come to accept that every day enjoying a nine minute per mile, three or four mile, run is a 'gift' most 71-year olds do not enjoy.

To all my fellow "streakers," I'd like to share a quote from one of my favorite philosophers, former baseball Major Leaguer Satchell Paige: "Don't look back, something might be gaining on you."



John Liepa



Bill Robertson

40 Years and Counting

By: Bill Robertson

February 7, 1977. Jimmy Carter had just moved into the White House, Star Wars and the first Rocky were slated for release. "Torn Between Two Lovers" was America's #1 hit song and Tom Brady and Elvis Presley were a half a year away from their respective birth and death. That was the last time I missed a day of running – 40 years of at least three miles every day.

A cast had just been cut off my foot from torn ligaments, the result of landing awkwardly on a hidden curb jumping over a snowbank. The doctor used plaster as he was afraid I might keep running with only a flexible wrap. At the time his attitude seemed a little excessive.

Running in the morning simplifies things. Get up and get out – you can be half done before you wake up, much easier than trying to plan around the events of the day. On work days, it's up at 4:40 and out by 5, sleeping in until 6:30-7 on the weekends. Weather is usually not much of a problem - winter is cold, but not terrible in this locale, probably less than ten days in the single digits or below. Snow and ice are a little more problematic, but plows, shoe traction devices, and avoiding hills when icy make it reasonable. Slush is the worst since your feet are constantly immersed in frozen water, but haven't had that very often. Morning running in the summer gets heat and humidity at the day's lowest plus no excess sun concerns.

Being outside during all four seasons keeps you in touch with nature. It's nice to see the stars on quiet winter mornings, appreciate the spring and fall great weather and views, and get in early summer runs in bright daylight. I do use the treadmill occasionally, but don't count it for the daily three streak miles.

My favorite races are the Boston Marathon and Mount Washington ("Only one Hill!"). Boston for many reasons is the race to run: tradition, qualifying standards and my living only a mile from the course. The first time was as a senior in college in 1974, the last time in 2014. Mount Washington combines the White Mountains and running, great scenery and gentle on your legs, being all uphill – although don't make the mistake of running down! I've done both Boston and Mount Washington 16 times.

My total mileage is over 100,000, with 35-40 marathons (I've lost count). Lots of other distances from the legendary Cambridge Fresh Pond 2.5 up to 50 miles (just one). Race PRs were pretty consistent across all distances, no standouts and no big holes, 12:51 for Fresh Pond, 27:30 for five, 1:16 for the half and 2:45 for the marathon. Some triathlons too, even though my swimming is rock-like.

I'm lucky to have a great group of guys to run and take road trips with including Bill Rodgers. We try to run trails in season and the roads in the winter. They certainly help to keep you honest!

I've had a standard litany of running injuries: torn hamstrings, hamstring tendonitis, plantar fasciitis (just a little), sprained ankles, torn ligaments, broken foot, dislocated shoulder, hip hematoma (bike accident), but when you spread these out over three and a half decades, not all that bad.

The cracked bone in the top of the foot was a nuisance, not caused by running directly, but by tying shoelaces too tight to avoid a perceived heel issue. Running till the foot healed was done with an odd gait at the track – I had to land and push off on the right heel rather than using the forefoot. It was better to run at a track so it would maybe look like doctor's orders, not just some crazy guy lurching around the neighborhood. In my defense, since the injury wasn't caused directly by running, it wouldn't get worse (I figured) by continuing to run.

Unfortunately it happened two weeks before the Boston Marathon in a year I expected to do well. I knew better than to try and do the heel push off thing for 26 miles, but did 10 miles the week before just in case the foot healed and I'd have some training background.

I seem to have sturdy feet in that blisters, black toes and other foot issues don't bother me while running. A couple of years ago in Tampa while running the four Gasapilla races (15k and 5k on Saturday, half marathon and 8k on Sunday), I stepped on a screw in the first race and it went through the sole, creating and continually poking into a puncture wound in the ball of my foot. It wasn't until that night that I noticed the hole and took a look at my shoe to find and remove the screw.

There have been some strange sights on the run. Running towards the beach just before dawn one morning, I sighted a portly gent looking out a low window in the altogether, oddly enough he was also someone I knew from work in Boston! Probably not what's meant by getting to know your colleagues better. And during a predawn run along the same beach I ran past a woman leaning on the seawall railing looking out wearing a cardigan sweater – and nothing else.

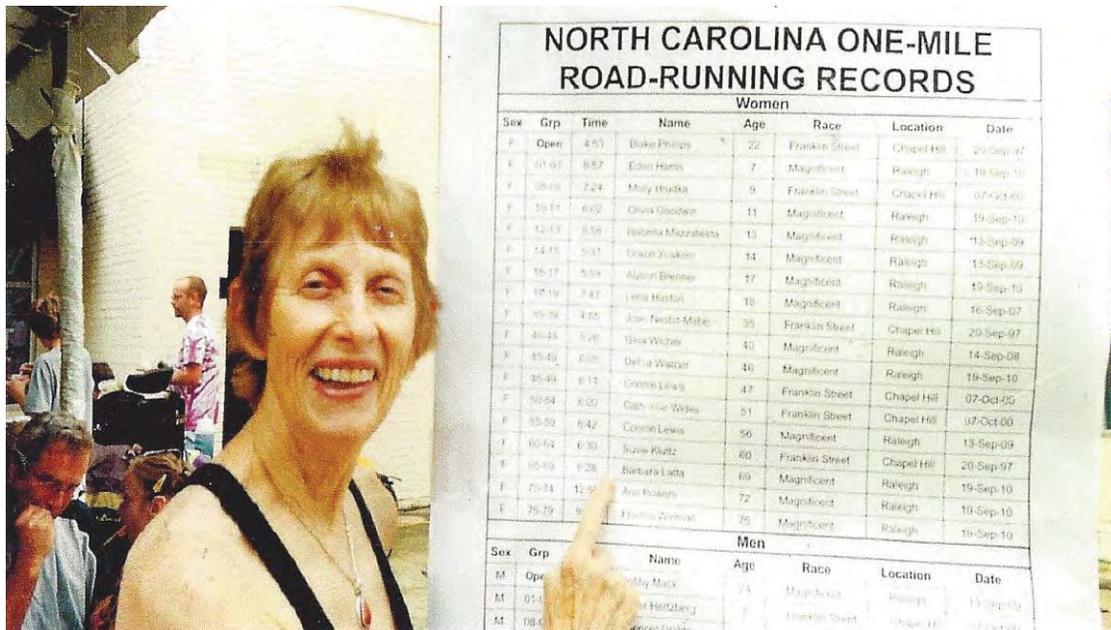
Lessons learned? Everything's relative – unless you're winning Olympic gold or walking backwards in a local 5k, there's always people a lot better or worse than you. Enjoy things and don't get too carried away in either direction.

Be tough on yourself during a race if you want, not before or after. Forget about breathing patterns, stride length, running style. Be generous with new shoes – they are the only real required running expense, but the more expensive the shoe, the more you pay for marketing hype. Race warmups are important, warmdowns not so much. Runners probably never do enough stretching.

I've slowed down the past few years, more than age grade expected – it's been a struggle to break 24 for 5k and 1:50 for the half, but that's OK – you take what your legs give you. I'm very grateful to have been able to run every day these past 40 years and look forward to hopefully many more days in the future. Happy running everybody!



Beth and Bill Robertson



Barbara Latta

YEAR THIRTY-THREE OF MY RUNNING STREAK By: Barbara Latta

On December 5, 1983, I started running every day. I did not know it that day. I did not plan to run every day. It was on a Monday and I thought maybe I could run five days in a row. On Saturday morning I got up and decided to run again and on Sunday also. This made a week of running every day. I was hooked. My mentor, Dr. David Fowle, told me I could take off a day every week if I liked. I was afraid if I missed a day I would not start again.

It is hard to believe that I have run every day for 33 years. There have been so many changes in my family. I have turned seventy-five years old. One son graduated from college and moved away. The second and last child graduated from Seminary and moved away and was married. My father died at age 93. The day he died was the hardest run I ever made. Mother said as I started outside, "You are not going to run today, are you?" With tears rolling down my cheeks I answered, "Yes, I want to run." It was December and the tears were freezing on my face before I decided to come back to the house which seemed like only a half a home. This year my mother died and the loss really has hit me hard. She was 104 years and 9 months old. Her health was good and she was still walking every day. She died in her sleep and the doctor said her heart just gave out. We have added a grandson and a granddaughter to our family. They like my medals.

My husband and I enjoy traveling. We have traveled through all 50 states and I ran in each one. We traveled to all seven continents and I ran in each continent, including Antarctic. In March 2017, my husband and I are booked on a cruise to the Arctic Circle. I hope to run on the cruise ship as I cross the Arctic Circle.

During this thirty-third year I have run fifteen races. In 2007 I ran 30 races during the year. In 2008 I ran 29 races during the year. This year in fourteen of these races I placed first in my age group. In the other race, a half-marathon, I placed second in my age group. I did not do track races this year.

In this thirty-third year I ran eleven 5K races, one 10K race, one ten mile race, and two half marathons. I have decided that I will not run another marathon. I have slowed down too much. I could run the distance but I have lost speed. For one half-marathon I was a PACER. I enjoyed helping others run their first half-marathon. Some in my pace group had run a half-marathon but many years before. We had a terrific group in our PACER team. I plan to be a PACER next year for another half-marathon.

Shortly after starting to run I joined the North Carolina Roadrunners Club. Dr. David Fowle asked me to visit the Club and I remembered thinking: these are runners as I am a runner. I want to be in this organization. I have kept my membership for the thirty-three years.

The question I am asked over and over is: "When do you run?" I get up at 5:00 AM and run then. I started this while I was still working and I have kept this time for me. I am usually up and out of the house before I even stop to think about anything. I like to run in the early morning with just the birds singing and the deer staring at me with their large eyes. I live near Shelley Lake, which is two miles around. I like to do the Lake Greenway trail three times each morning. When there is ice on the ground or it is lightning, I run up and down by two-story house stairs or go to the gym to which I belong. For 18 years of these 33 years, we spent our winters in Florida. It was easy to run every day in Florida. We sold that second home so now I am running every day back in Raleigh, North Carolina.

Most of all I give God the credit for giving me good health. I use my morning run to give thanks that I can still run. I enjoy running more now than I ever have before. I just appreciate the beautiful world in which I am free to run every day.



Barbara Latta



Kai Griebenow

KAI BRIEBENOW JOINS SRI FROM PUERTO RICO

“Some musing on my running. – Chain smoker to ultra runner.”

By: Kai Griebenow

I used to run for fun when I was young – usually 45-60 minutes and done. Never ran a race or kept track of the time. Unfortunately I was also a strong smoker. For about 30 years I smoked up to 3 packs a day. In 2010 I stopped. Lucky me without any irreversible health effects as it seems. Due to metabolic changes and also me reaching the age of 50 my body decided it would be great to add on some fat and my weight increased from 150 to 200 pounds in about 3 years. I was obviously not a happy camper and eventually decided to change my nutrition and give up my sessile sofa bound life style. So, after Christmas of 2014 I started daily exercises (weights, walking, and some running on the treadmill) and over several months I got my weight down to about 175. And than it stopped. No more.

I subsequently talked to my 78-year-old skinny doctor and he told me that I should pick up more running to shed more – and so it started. Since that day I started running nearly daily and at the beginning about 2-3 miles per day. Eventually that led me to actually run a couple 5k races and even a 10k. That is when I met Luigi Dessy, local ultra running legend here in Puerto Rico with several Badwater participations (yes, that ultra marathon in Death Valley). Luigi told me that I was a born ultra runner! He also told me I had the advantage of not having run much so my joints would be all healthy (which is obviously not a true argument as sitting is the worst poison for our joints). My longest ever run at that point in time since picking up running was about 8 miles – never even run a half marathon! So in October I started training for a local race, Las 50 de San Jorge, to run 31 miles (50k). I used a run-walk strategy (25 min running, 5 min walking) and extended my runs more and more. Eventually I reached 30 miles in my training end of November. This made Luigi very happy and he now told me “Kai, you know, you should run 50 miles since 30 miles is no challenge for you anymore.” He didn’t quite include the info there that the race went through the local rain forest and had several long steep climbs in it and 4000 feet altitude gain. Well, I did it. February of 2015 I ran my first 50 mile race and finished it in 12 hours.

The top picture is during the last few miles of the Las 50 de San Jorge 2015 and the bottom picture is my finish there in 2016.



This started my ultra running history. I perhaps should mention that the pain in my calves during running went away after about 1.5 years – I think it took that long to reverse all damage produced by my smoking to my circulatory system! To try 100 miles is the obvious next big step after a 50 miler – and I tried and failed badly in the Keys 100. Too hot, not mentally prepared and ready, not strong enough. After 51 miles in the barbaric heat of the Keys in May I had enough. After a reset with harder training involving more hiking in our mountains I set out to repeat, finished a 50 mile race at Hennepin Canal, and finally got my 100 mile buckle at the Tunnel Hill 100. The second half of the race was like a hike mostly and it took me 27.5 hours – but I finished it in fall of 2015! It took me one year from 8 miles to 100 miles.



Since then I finished another 100 mile race (Daytona 100) and several 50 milers. Obviously I basically ran every day and my weeks typically had 50-80 miles volume in them. This can be a bit tiresome and once in a while one gets some overuse injury. What motivates me to hang in and run as much as I can and every day now are basically three things: fun, friends, and Nature! I hope I can continue this for a long time.

Fun – Friends – Nature



My ultra running friend Bacho Vega suggested to me recently that I should try for a running streak because I would be disciplined enough and anyhow running basically daily already – and so I started in December on this new adventure as a true Neophyte. I am looking forward to a long running streak hopefully staying healthy and not falling off my bike again as in last Fall when I broke my wrist and needed surgery.



Kyle, Ray (2), Clark (newborn), and Elisa Miron

ELIZA MIRON KEEPS STREAK ALIVE THROUGH PREGNANCY AND BIRTH

By: Eliza Miron of Columbia City, Indiana

Another baby, another run. This past September I hit 14 years of running every day. September I was 6 months pregnant with baby 2. Running this second time was actually more comfortable, perhaps because my body was used to it.

I would recommend one of those running harnesses, but I found a scarf tied under the belly did just fine.

I stuck to 20 minutes running and the last month cut it down to 16 minutes. Never do I do just one mile!

Labor began Christmas evening. I ran at 3am the next day while in labor! I wanted to see what it was like to run during contractions. I'd compare it to running through a muscle cramp.

Labor subsided for most of that day so my son wasn't born until around 8pm. He was born at home with a midwife. I was able to rest the entire next day and ran around 8pm. I ran 17 minutes to make sure it was one mile. I may have been running slowly but it wasn't that slow. I was careful to not over exert myself at all. It took a good 7 days to get my pace back.

Now I'm 6 weeks recovered and feel 100% back to where I was...well add on a few pounds. I'd highly recommend exercising during pregnancy, but only to streak runners would I recommend after delivery.

In other news, my husband was diagnosed with brain cancer this past November. He had a streak of five years and 4 months, ending his last day running in the ICU the night before his emergency brain surgery. He never sent in his form to be on the active list so will be a - lifetime - retired stalker.

I mention this because I thought I'd share how important my streak was at a time like this. It was the one thing that made me go outside and connect with nature again. I was escaping from the situation physically, but was able to connect with it emotionally on that day's run. The specifics would have to be another long article, but I found this running everyday thing to show it's value in this time of life. I'm very thankful to be a stalker! Most of the time I don't know why I'm out there running everyday, it's just part of life; but recently, through this, I've remembered what a blessing it is and how much it has helped me in this life.

Update by Kyle Miron:

When I first met my wife I realised she really loves to run. Like really loved to run. She introduced me to something she called THE STREAK. I refer to it as "the measly mile" because there was no way I would run more than a mile. My wife did make sure I ran at least 1.1 miles to be honest about running everyday.

My running streak started one month after I met Eliza and if brain cancer wouldn't have entered my life my streak would still be going. Unfortunately, it ended after 5 years and nearly 4 months.

I ran my measly in 20 states and 7 countries- including the 5 airports I had to run in. My fastest mile was 5:25 and fastest 5k was 19:59. The most I ran was 4 miles and many runs were at 11pm. I will always remember what my groomsmen told me, "Kyle, all you need to do to prove your love to your wife is to RUN everyday." I learned a great deal from committing to run everyday - most important being if I can commit to 1 mile a day I can commit to anything!



Kyle Miron



Jeff Judd with daughter Brianna.

JEFF JUDD'S STREAK HITS 2 YEARS

By: Jeff Judd of Oronoco, Minnesota

On January 18th, 2017, I completed 731 consecutive days of running at least one mile every day. In turn, my 2-year “streakaversary” was the next day on January 19th. This is actually my second running streak, with the first one ending in 2012 after 1,165 days (I earned the comma!) due to an inflamed Achilles tendon. During that streak, I wrote articles on each of the streakaversaries – there just seemed to be a lot of material to cover!

After my first streak ended in September of 2012, I did run a little in 2013 and 2014, being very cautious of the Achilles tendon. I should mention that I’m not a trained or certified medical professional, so I chose to be conservative and heed the advice of such on my Achilles inflammation in order to not risk severing it. As far as my view on our bodies, I tend to side with our late / great running mentor, Dr. George Sheehan, who offered, “We are all an experiment of one.” So you should consider this installment as my experiment of one, version 2.2 (ok, I admit – I am an engineer, but I hear there is therapy for it). My second daily running streak began on January 19th, 2015. I chose January 19th because it is my youngest daughter’s birthday – thus I would have no trouble remembering it! It was also a Monday – how convenient... not to mention Dr. Martin Luther King Day. See, there is always so much to write about!

My streak began as many of yours’ did – with the easy 1-milers. Or should I say 1.04-milers just to be sure that there was a margin of error. Ha! Where are those therapy sessions again? That first week was less than 10 miles total and, as we all know, we work it up from there. Week two was 13+ miles; by week 8, I was close to 20 miles; week 14 was > 25. Many times I took my Golden Retriever, Leo, along on the runs from home. There was a bit of extra challenge in starting a daily running streak in January given that I domicile in Minnesota. There were a lot of really cold days, so I would sometimes run indoors at the health club. I always ran on the indoor track which is 9 laps to the mile – a little painful with so many laps! You might say that I ran circles around all those weight lifters. Ahem. Now that I think about it, I did not do any running on a treadmill during this streak (so far, anyway) – I’m not a big fan of treadmill running. I do have a colleague who runs an hour a day on an indoor treadmill. Dude, are you kidding me? Maybe I need to get him to register his streak!

In March of 2015, I visited my oldest daughter and her family in Arizona – wow that seemed hot. In May, I accompanied a running buddy to his cabin for the really big annual Minnesota event. Nope, not the eelpout festival. Opening of Walleye fishing of course! We might as well have had a treadmill on his pontoon since the fish certainly weren't biting. Maybe we got skunked because we stopped at Culver's on the way and ate a Walleye sandwich. Bad Karma. In June, I took a business trip to Austin, Texas. Wow, that seemed hot (there might be a pattern here). It was very enjoyable seeing the sheer number of runners on the paths at Lake Austin! I was also amazed that my running friend in Austin is back to running again after having an artificial hip. He's lucky that I'm not a trained and certified medical professional or I would need to study HIS experiment of one!

My weekly mileage goal for 2015 settled in at 25-30. I wanted to remain a bit cautious so as to not get injured again. Looking at my spreadsheet, most of my weeks were in that range with only one week exceeding 35 miles. In November of 2015, I flew out to California to see a buddy who I last visited in 2010. Tom is not a runner, but he does live right on an excellent path. Of course that path leads to a winery, but that is a different story! We made a side trip to Yosemite National Park, which I had not been to since 1973. Oops, I just dated myself. Since this was California, I had only brought along summer running clothes (It's December, genius – I should have used my right brain). The morning temperature in Yosemite was 22 degrees – I got a few weird looks as I negotiated the early morning run (EMR), and those were just from the deer that scattered!

In December of 2015, I got new orthotics. First of all, I had money left in my Health Care Spending Account – wahoo! But honestly, my orthotics were made in 1989 so, neglecting the separation anxiety, I was long overdue. Did I just date myself again? If I were a trained and certified medical professional, I would probably weigh in on the science behind shoe technology and skeletal structures and gait and running economy. But again, we are all an experiment of one, and your "mileage" may vary. I will say that I am, well, er, um, a Clydesdale runner – I believe is the politically correct term. Here is a future headline, "Minnesota Runner Ends Daily Running Streak Following Brooks Discontinuing the Beast Shoe!"

Before I knew it, I had run 365 consecutive days and 1094.794 miles. Or just under 1100 miles for the approximarians who have 1-mile days, not 1.04. Not too bad of annual mileage for a Clydesdale. I was somehow able to run very few times indoors and navigate around most of the bad weather days by shifting the time of the run by a few hours. It's very important not to soak your running shoes – this experiment of one only gets about 350 miles on a given pair of Beasts, which amounts to 45.7 cents per mile, approximately. And soaking them can substantially shorten their life due to breaking down the midsole material. But I digress – a seldom occurring event to be sure.

For RSY #2, I was hoping to establish the goal of my shortest run being two miles. I sometimes see similar goalology on the FaceBook SRI site. The other goal I set was to not run on the indoor track unless as a last resort due to weather. As I look at my data for year #2, I only ran on that 9-lap indoor track five times in the 366 days. I'm satisfied with that. I did have far too many 1.04-mile outdoor runs, however. Ugh. We all seem to call those "streak savers." Again in year two, I targeted the same 25-30 miles per week which I was able to maintain enough times. My total mileage for streak year number two was again just under 1100 miles or 1082.073 for the logical left-brainers.

I tend to do my once-weekly longer run as a Saturday EMR. I normally (is there normal running?) meet up with a couple of buddies, one of whom has a ridiculously long daily running streak. In fact, he's very "Covert" about it, if you get my drift. Let's just call him Steve in order to conceal his real identity. Early in my streak we were discussing weight, of which this Clydesdale has plenty. I said that maybe I should go to a trained and certified medical professional in order to get some advice on nutrition. Generic Steve, who is also a Registered Dietician, remarked, "I suspect that you already know WHAT to do, you just aren't DOING it." OK then! On another momentous Saturday outing, the topic of shoes popped up. "Steve" as we are calling him here, is rumored to have a pair of running shoes with a whopping 6000 miles on them. Talk about running economy! Steve and I were striding along, and I began to hear an odd thumping sound, and it wasn't the Clydesdale thundering the tundra! I looked over and 6000 mile Guy had the heel on one of his shoes flopping like a fish on the shore. We stopped at a nearby gas station to stretch and regroup. Steve, very Covertly of course, yanked the heel off the shoe quickly and put it in his pocket as if I didn't see. At this point Steve was 9 miles from home and he lumbered along the entire way on 1.5 shoes. That took a lot of sole. Buh, dump, tsh! Following the incident, myself and the other running buddy wondered whether RD stood for Registered Dietician or Running Disorder! I also wonder if he glued the heel back on the shoe and is still streaking with that pair?!

One thing about being a successful streak runner is the need to plan ahead. You need to always have your running stuff with you. Your car's trunk is not for junk. It's for your towel and seat cover and spare shoes! You might find yourself at Mall of America or snowmobiling or church or a restaurant or the hospital for a family emergency or the Dentist or the grocery store, not that I would ever run from any of those places! In June of 2016, I took a road trip out west and my trunk was adequately stocked – naturally with all the aforementioned running goodies, but also with my subwoofer. Tunes! I had a "conservative" run in Liberal, Kansas, and then a few daily runs in Arizona (but this June, I was already accustomed to the heat). On day one of my return trip, I took a run past a corner in Winslow, Arizona. It's such a fine sight to see! There was a girl, my Lord, in a flat-bed Ford... never mind. And then the next day, I ran past an intersection in Colorado that was a very Grand Junction.

The most challenging run of the two-year span was actually on day 700. I wanted to run the familiar 7.00 miles to commemorate the occasion. But the air temperature that morning was -28 degrees Fahrenheit. It happened to be a Sunday, so I worked in the church sound booth as normal (there's that word again) and then went for the 7-miler – by that time, the air temperature had warmed to a balmy 12 below zero Fahrenheit. Luckily, there wasn't much wind or I would have had to dress warmly or something.

Day 731 was on a Wednesday, and it was raining in January in Minnesota. Yuck! So I decided to move my commemorative 7.31 miler to Saturday and make it 7.34 and, of course, accompanied by the honorable Mr. RD. "Steve" is also renowned for running shirtless anytime the temperature is above 32 degrees. On that run, he mentioned that he had been corresponding with Amby Burfoot (yes, THAT one) about various streak running topics, and Amby wanted a picture of Steve shirtless with snow in the background. When we got to the 7.34 mile point, we realized that it was above 32 degrees. So we finished the run shirtless and sent Amby the picture of the loon-a-tics (a little Minnesota lore for the sharp students). I only have one goal for year three – to earn the comma at 1,000 consecutive days. That will be October 14th if I make it. Streak on!

Traversing the Tundra (In Racing Mode) After 50

By: Steve DeBoer

This is part Two of an article about those of us who continue running daily and racing after age 50. I have received some additional data that missed the first article deadline, so I will record that first:

Duncan Cameron (age 74) – 49,522 total miles since 50th BD (15,821 in 50s with high of 2222; 23,309 in 60s with high of 2626; 9720 in 70s with high of 2554) 561 races since 50th BD (213 in 50s, 279 in 60s, 69 in 70s so far) – just 1 race less than Barb Latta, who has the 2nd highest total after turning 50.

Now we will look at best times submitted for various distances in age groupings of 5 years:

AGE 50-54

Mile: S. Calderwood 4:49; G. Feld 5:05; J. Sinicrope 5:15; R. Wiinanen 5:19; M. Mace 5:30; S. DeBoer 5:40; J. Pearson 5:50 ; B. Kautz 5:55; T. Allen 5:59; D. DeBoer 6:11; G. Church 7:02; D. Nelson 7:11; R. Kerr 8:32; B. Latta 8:47.

5K: M. Courtney 16:47; R. Wiinanen 16:55; S. Calderwood 16:59; G. Feld 17:08; D. Pereira 17:12; J. Sinicrope 18:10; B. Robertson 18:45; M. Mace 18:51; B. Sherman 19:00; J. Pearson 19:03; R. Nelson 19:16; J. Gould 19:17; B. Kautz 19:31; S. DeBoer 19:34; S. Ludwig 19:35; C. Davidson 19:38; J. Pasternak 20:27; M. Washburne 20:30; G. Hancock 20:35; T. Allen 20:56; J. Watts 21:38; D. Nelson 22:12; L. Estilow 23:51; R. Kerr 24:07; L. Bastien 24:17; B. Latta 24:50; K. Johnson 24:56.

8K: R. Wiinanen 27:26; S. Calderwood 27:30; G. Feld 28:43; D. Pereira 28:45; B. Kautz 29:03; B. Robertson 30:23; M. Mace 30:31; S. DeBoer 31:26; J. Sinicrope 31:46; J. Pearson 32:28; J. Pasternack 34:01; W. DeBoer 34:33; M. Washburne 34:54; R. Shealy 35:11; G. Hancock 35:20; T. Allen 35:24; D. Nelson 37:01; G. Church 39:14; E. Dupree 39:46; L. Estilow 40:39; B. Latta 41:52; K. Johnson 45:08.

10K: R. Wiinanen 35:10; J. Hage 35:32; S. Calderwood 36:12; G. Feld 36:19; J. Sinicrope 38:17; M. Mace 38:49; J. Watts 39:34; J. Gould 39:44; S. Ludwig 39:59; D. Pereira 40:08; C. Davidson 40:54; S. DeBoer 41:21; T. Allen 43:26; M. Washburne 43:46; G. Hancock 44:09; W. DeBoer 45:10; R. Shealy 46:18; D. Nelson 46:27; L. Estilow 49:47; G. Church 50:17; L. Bastien 50:58; B. Latta 51:40; K. Johnson 55:34.

10 Mile: S. Calderwood 56:22; R. Wiinanen 58:01; M. Mace 63:41; B. Robertson 64:27; B. Sherman 64:30; J. Pearson 66:40; J. Gould 67:08; C. Davidson 70:33; M. Washburne 73:28; T. Allen 78:22; L. Estilow 79:20; G. Church 84:38; K. Johnson 94:10.

Half-Marathon: S. Calderwood 1:17:11; R. Wiinanen 1:17:42; G. Feld 1:21:44; B. Kautz 1:22:58; J. Gould 1:24:53; M. Mace 1:25:19; B. Robertson 1:27:00; J. Sinicrope 1:28:03; S. DeBoer 1:28:29; C. Davidson 1:31:06; M. Washburne 1:38:28; J. Watts 1:39:08; L. Estilow 1:42:45; T. Allen 1:44:28; D. Pereira 1:45:54; L. Bastien 1:52; G. Church 1:59; K. Johnson 2:01:55; B. Brumaster 2:02:18.

Marathon: R. Wiinanen 2:45:46; M. Courtney 2:46:44; S. Calderwood 2:48; J. Sinicrope 2:57:05; G. Feld 3:02:21; B. Kautz 3:05:19; C. Davidson 3:07:01; J. Gould 3:10:39; K. Young 3:11:59; S. DeBoer 3:16:30; D. Pereira 3:17:11; B. Robertson 3:17:46; S. Ludwig 3:18:23; M. Washburne 3:31:51; R. Shealy 3:37:49; L. Estilow 3:59:30; B. Stark 4:04; L. Bastien 4:11; K. Johnson 4:23:07; R. Kerr 4:41.

AGE 55-59

Mile: Calderwood 4:55; G. Feld 5:20; R. Winanan 5:28; J. Sinicrope 5:41; M. Mace 5:49; D. Pereira 5:54; B. Kautz 6:02; S. DeBoer 6:07; M. Washburne 6:14; T. Allen 6:40; B. Latta 8:48.

5K: S. Calderwood 17:32; R. Wiinanen 18:03; G. Feld 18:22; M. Mace 19:07; J. Pearson 19:10; J. Sinicrope 19:21; B. Sherman 19:24; S. DeBoer 20:26; G. Hancock 20:35; B. Kautz 20:45; M. Washburne 20:48; R. Shealy 21:08; T. Allen 21:50; S. Ludwig 22:09; C. Davidson 22:43; D. DeBoer 22:47; L. Estilow 24:21; D. Nelson 24:56; B. Latta 25:02; E. Dupree 26:28; K. Johnson 26:39.

8K: R. Wiinanen 28:39; S. Calderwood 29:10; J. Pearson 32:10; S. DeBoer 32:10; J. Sinicrope 32:53; M. Mace 33:03; G. Feld 33:05; B. Kautz 33:28; R. Shealy 33:49; M. Washburne 34:20; W. DeBoer 37:04; T. Allen 37:06; K. Johnson 45:43.

10K: J. Hage 37:32; R. Wiinanen 38:55; G. Feld 39:49; M. Mace 40:47; J. Sinicrope 41:06; B. Mortenson 41:24; J. Watts 42:34; J. Pasternak 42:34; M. Washburne 42:53; S. DeBoer 43:14; W. DeBoer 43:37; S. Ludwig 43:41; E. Dupree 44:06; R. Shealy 44:08; C. Davidson 46:18; T. Allen 47:40; L. Estilow 51:32; B. Latta 53:12; G. Church 54:21; K. Johnson 55:34.

10 Mile: S. Calderwood 58:10; R. Wiinanen 61:33; B. Mortenson 67:26; B. Sherman 68:09; M. Mace 68:29; B. Robertson 68:38; J. Pasternak 69:08; S. DeBoer 70:56; M. Washburne 72:30; T. Allen 80:30; R. Shealy 80:30; L. Estilow 81:40; G. Church 87:52; K. Johnson 92:17.

Half-Marathon: S. Calderwood 1:20:58; R. Wiinanen 1:22:03; B. Kautz 1:29:02; B. Mortenson 1:30:46; M. Mace 1:31:50; B. Robertson 1:32; J. Pasternak 1:35:22; S. DeBoer 1:35:36; M. Washburne 1:38:48; L. Shoop 1:40:12; C. Davidson 1:42:12; R. Shealy 1:45:38; T. Allen 1:49:18; L. Estilow 1:50:14; K. Johnson 2:09:23.

Marathon: S. Calderwood 2:49:29; R. Wiinanen 2:53:44; B. Mortenson 2:56:22; B. Kautz 3:05:11; M. Mace 3:16:03; M. Courtney 3:19:22; S. DeBoer 3:26:42; S. Ludwig 3:35:32; M. Washburne 3:35:52; R. Shealy 3:42:58; C. Davidson 3:47:23; L. Estilow 4:09:10; B. Latta 4:37:30; K. Johnson 4:42:08.

AGE 60-64

Mile: G. Feld 5:38; J. Pearson 6:10; M. Washburne 6:35; S. DeBoer 6:40; T. Allen 7:07; B. Latta 8:18.

5K: R. Wiinanen 18:35; G. Feld 19:05; B. Sherman 20:12; M. Courtney 20:23; J. Sinicrope 20:56; M. Washburne 21:28; S. DeBoer 21:50; W. DeBoer 22:19; R. Shealy 22:26; T. Allen 22:40; G. Hancock 22:45; D. DeBoer 23:50; B. Robertson 23:56; S. Ludwig 24:13; C. Davidson 25:43; B. Latta 26:28; G. Church 27:30; K. Johnson 28:08.

8K: R. Wiinanen 30:37; G. Feld 32:35; J. Pearson 32:57; B. Sherman 33:49; B. Mortenson 33:57; M. Washburne 35:19; R. Shealy 36:03; S. DeBoer 36:20; W. DeBoer 37:11; T. Allen 38:18; G. Hancock 38:43; B. Robertson 38:52; K. Johnson 49:00; G. Church 50:57.

10K: R. Wiinanen 38:11; G. Feld 40:21; J. Pearson 42:07; B. Mortenson 42:42; M. Washburne 44:18; E. Dupree 44:47; S. DeBoer 45:40; W. DeBoer 45:40; R. Shealy 47:21; S. Ludwig 47:22; T. Allen 48:45; D. DeBoer 50:03; G. Hancock 50:36; C. Davidson 51:36; B. Latta 54:30; G. Church 61:20; K. Johnson 63:06.

10 Mile: G. Feld 69:46; J. Pearson 70:00; B. Mortenson 71:41; S. DeBoer 75:05; T. Allen 81:40; J. Sinicrope 89:31; J. Pasternak 92:59; G. Church 97:18.

Half-Marathon: R. Wiinanen 1:26:41; M. Courtney 1:32:25; J. Pearson 1:35:16; S. DeBoer 1:40:18; M. Washburne 1:40:21; B. Mortenson 1:40:28; R. Shealy 1:42:23; G. Feld 1:45:03; N. Spitzig 1:50:43; B. Robertson 1:53:11; C. Davidson 1:57:21; J. Watts 2:07:26; T. Allen 2:08:40; K. Johnson 2:20:49.

Marathon: B. Mortenson 3:28:00; K. Young 3:33:16; M. Courtney 3:33:22; S. DeBoer 3:39:56; M. Washburne 3:46:19; B. Robertson 3:53:50; R. Shealy 4:08:12; S. Ludwig 4:16:00; T. Allen 4:23:08; C. Davidson 4:36:46; K. Johnson 5:10:27.

AGE 65-69

Mile: G. Feld 5:59; J. Pearson 6:48; B. Latta 8:42.

5K: G. Feld 20:54; R. Shealy 22:57; J. Sinicrope 23:11; W. DeBoer 23:11; J. Pearson 23:56; B. Latta 28:03; E. Dupree 29:24; K. Johnson 31:30.

8K: G. Feld 35:35; W. DeBoer 37:30; R. Shealy 45:32; B. Latta 49:30; K. Johnson 53:32; E. Dupree 54:40.

10K: G. Feld 44:26; W. DeBoer 49:51; B. Latta 60:41; D. Nelson 62:22; E. Dupree 65:39; K. Johnson 69:29.

10 Mile: G. Church 99:23.

Half-Marathon: C. Mather 1:38:40; J. Pearson 1:46:52; R. Shealy 1:47:01; K. Young 1:53:10; B. Latta 2:20:26; K. Johnson 2:37:25.

Marathon: B. Mortenson 3:43:38; J. Pearson 3:52:46; T. Allen 4:28:08; B. Latta 5:25.

AGE 70-74

Mile: G. Feld 6:29.

5K: G. Feld 22:53; B. Latta 27:34; K. Young 28:35; E. Dupree 29:33; K. Johnson 32:22.

8K: G. Feld 36:56; E. Dupree 58:08; K. Johnson 59:31.

10K: G. Feld 49:53; B. Mortenson 50:21; B. Latta 62:00; K. Young 62:18.

10 Mile: B. Mortenson 1:19:47; G. Feld 1:32:00; K. Young 1:37:31; K. Johnson 2:05:24.

Half-Marathon: B. Mortenson 1:44:29; K. Young 2:04:54; B. Latta 2:22:54.

Marathon: K. Johnson 5:35:35.

Age 75-79 Geza Feld: Mile 8:29, 5K 28:20, 8K 48:15; Ken Johnson 5K 36:38, 10K 1:21:08.

Age 80-84 Geza Feld: Mile 9:03, 5K 30:58, 8K 56:14, 10K 71:35 (oldest to finish 5K, 8K and 10K).

Age 85-89 Wendell DeBoer: Mile 14:16 (oldest to finish 1 mile race).

Racing ultras is not as common among our group, but 8 runners reported they have done so, as follows:

George Church – 41 mile hike/run – 4 times (last at age 68).

Herb Fred – 11 ultras after 50 BEST 50K – 5:14:38; 50 mile – 7:36:45; 100K – 9:50:19; 100 mile – 17:02:03; 24 hour – 117.9 miles (last ultra (and last race) age 56, setting a national record for 50K, 100K, 100M, and 24 hours in the process).

Ken Johnson – 22 ultras after 50 BEST 50K – 6:33:25; 50 mile – 15:16:27 (last ultra age 71).

Brad Kautz – 1 ultra 50K – 4:27:33.

Scott Ludwig – 31 ultras after 50 – includes 2 24-hour runs, no times listed (last ultra age 61).

Matthew Mace – 3 ultras after 50 BEST 50K – 4:59; 50 mile – 7:33 (last ultra age 56).

Dan Pereira – 1 ultra 50K – 5:19:24 (course was 1 mile long and got stung by 3 yellow jackets!).

Ken Young – at least 4 ultras after 50 BEST 50K – 4:20:19; 40 mile – 8:15:56; 50 mile – 7:21:08; 100K – 8:48:50 (last ultra 59 yr. 359 d.).

As for the oldest age certain races have been run, many in their 50s and 60s are still racing, so current age often listed. Geza Feld and Wendell DeBoer, as noted above, finished races in their 80s. For the longer races, Ken Johnson last finished a ten-mile and half-marathon at 74, while his last marathon was at age 72. Ken Young's last half-marathon was at 74 yrs. 175 d.

AND ONE MORE PIECE OF STREAK RUNNING TRIVIA: who have had the longest running streaks and completed a marathon or Ultra:

Steve DeBoer	2016	45 year streak
Richard Westbrook	2016	42 year streak
Jim Pearson	2010	40 year streak
Stephen Reed	2016	39 year streak
Craig Davidson	2016	38 year streak
Scott Ludwig	2016	38 year streak
Mark Courtney	2016	36 year streak
Bill Finkbeiner	2016	36 year streak
Julie Maxwell	2009	30 year streak (only woman who has completed marathon after running daily for at least 30 years).

PS. I went to Four Corners, New Mexico in December and survived 4 marathons (lots of trail running, and I didn't even fall once!) in 4 states (Arizona, Utah, Colorado & New Mexico) in 4 days. My fellow streak running friend, Brad Kautz (who now lives in NM), convinced me to try it, but this was definitely a once in a lifetime experience. Brad, despite starting with a sore hamstring (it felt better each day), finished 2nd overall, and I was 3rd (but first in the 60 and over age group!). This makes me the first dietitian from MN who has run every day for 45 years and finished 4 marathons in 4 states in 4 days! However, with all the ice in MN, I managed to fall 4 times in January!!

Very sorry to hear that Ron Hill's 52-year running streak came to an end on January 28, 2017, wishing him many more years of running after getting good treatment for his heart condition. Coincidentally, that is the day I was honored by the Rochester Track Club, as my wife posted on Facebook 1-29-17:

"Steve was taken by surprise when he was honored last night by the Rochester Track Club as their 2016 Runner of the Year. He was recognized for his many running and track club related activities as well as over 45 years of daily runs and 100,000 miles since moving to Rochester in 1987. Proud of my husband!"



Steve DeBoer

The 70,000 Mile Club

By: Steve DeBoer

A large number of streak runners (at least 128 that I have been able to confirm) have accumulated over 70,000 miles running in their lifetime. Here is an update of their total and streak mileage. Herb Fred has run more miles than any other person with verified records that I am aware of.

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

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

Don Ritchie, British ultra runner, who is not a streak runner, logged 208,100 miles from 1962 to 2011. His still standing track and absolute 100K world record (6:10:20, set 40 years ago) was achieved in a track 100K race. Ritchie's halfway split in that race was under 3 hours, the first time anyone had run that fast for 50K as a split in a longer race. But that's not the best part of the story. When British ultra historian Andy Milroy was asked why Ritchie unnecessarily risked running so fast for his first 50K (the 100K world record that he was shooting to beat was 6:25), explained, "He had no choice. It was a very competitive race and he had to try to keep contact with the 2 men who were still in front of him until that point!" Ritchie's 100K, now 40 years later, remains the longest standing world record in all of Track & Field.

With Darryl, Dallas and Don, there are 131 runners now mentioned, though only 128 are part of the streaker "Club."

Name	Age	12/31/15 miles	1 2/31/16 miles	streak miles
Darryl Beardall**	(80)	290,184	292,999	
Herbert Fred	(87)	252,386	253,010	139,536
Dallas Robertson**	(60)	229,771	237,281**	
Paul Ladniak	(70)	205,553	207,046	
Craig Davidson+	(63)	202,100	204,800 (\$120)	202,387(\$9,641)
Carolyn Mather*	(68)	195,047	202,261	
Jon Sutherland	(66)	192,880	193,946	189,836
Don Slusser	(65)	190,782	192,116	175,258
Dave Dial*	(56)	176,200	181,860	
Roger Urbancsik	(59)	168,588	173,840	153,764
Bruce Mortenson	(73)	170,858	173,030	
Jim Pearson	(72)	171,138	172,721	162,721
Ron Hill	(78)	161,166	162,277	136,850
Mark Covert	(66)	159,623	159,623	149,791
Reno Stirrat	(61)	154,872	158,147	
Steve DeBoer	(62)	152,760	156,605	154,285
George Brown	(64)	152,400	154,800	147,300
Bob Hensley	(62)	152,219	154,200	137,349
Steve Morrow	(53)	148,732	151,933	150,477
Stuart Calderwood	(58)	145,804	148,800	88,991

Scott Ludwig	(62)	140,913	144,162	143,922
Ken Young	(75)	139,536	141,242	131,575
Barbara Elia (F)*	(72)	135,300	139,000	
Gary Jones	(64)	134,786	135,625	128,069
Craig Snapp	(66)	129,109	131,964	81,390
Jim Hage*	(58)	128,780	131,380	108,380
Barbara Latta (F)	(75)	128,281	131,223	131,073
Bill Moreland	(70)	128,556	130,725	117,483
Robert Kraft	(66)	125,649	128,629	122,867
Jerry Caine	(66)	125,082	127,508	80,128
Steve Kohorst*	(66)	124,277	126,687	
Joel Pasternack	(66)	124,915	125,461	22,372
Bruce Dern*	(80)	124,500	124,800	
Timothy Masters	(66)	122,949	124,134	107,611
Larry Baldasari	(66)	120,870	123,142	87,229
Sherry Case (F)	(57)	119,094	122,935	18,677
John Liepa	(71)	121,447	122,819	112,819
Bob Ray	(79)	122,000	122,000	100,000
Barry Abrahams	(65)	121,816	121,816	118,599
Al Gilman	(70)	118,766	121,427	10,744
Paul Case	(59)	116,630	120,660	23,442
Mike Holsteen	(68)	115,403	118,059	91,079
Harvey Simon	(74)	113,611	113,611	109,611
Bill Shires	(52)	109,950	112,800	110,800
Alex Galbraith	(66)	109,994	112,155	102,166
Kenneth Roth	(61)	111,600	112,000	89,800
Steve Gathje	(61)	110,114	111,921	110,720
Doug Suker	(65)	108,015	110,456	5,369
Syl Pascale	(68)	109,438	109,438	
Amby Burfoot*	(70)	108,100	109,400	
Randy Wiinanen*	(61)	105,402	109,365	
Ron Jackson	(71)	108,800	109,100	108,600
Jim Behr	(69)	106,079	107,535	106,535
Bill Stark	(69)	105,000	107,400	97,400
Frank Clarke	(80)	106,168	107,121	102,866
Michael Fanelli	(60)	105,035	106,549	8,852
Matthew Mace	(56)	102,940	105,494	82,279
Al Colonna	(73)	104,300	105,000	104,950
William Benton	(67)	101,540	103,050	82,920
Bill Robertson	(64)	99,145	100,901	90,601
Dink Taylor*	(51)	98,834	100,523	55,100
Bruce Sherman	(62)	97,500	100,000	97,000
George Hancock	(63)	98,066	99,974	93,981
Rick Rayman	(70)	96,200	98,500	
Homer Hastings	(73)	98,000	98,000	79,550
Thad Childs, Jr	(69)	96,425	97,791	96,043
Mark Courtney	(60)	95,600	97,400	94,100
Tammy Slusser (F)	(51)	93,585	96,496	10,993
Terrell Worley	(57)	93,338	95,931	86,125
Lauren Estilow (F)	(56)	92,244	95,410	49,126
Norm Spitzig*	(66)	93,163	95,263	
Frank Russo*	(64)	92,788	95,231	
Rich Holmes	(67)	91,210	95,127	
Bill Leibfritz	(60)	92,760	95,119	86,310
Brad Kautz	(59)	92,040	95,067	23,828
John Chandler	(61)	92,466	94,283	76,275
Rick Porter	(63)	92,362	93,832	93,736
John King	(65)	90,797	93,006	93,006
Fred Murolo	(60)	88,520	92,500	90,500
Gary Rust	(70)	90,136	92,184	72,184
Roger Nelson	(66)	90,178	92,105	84,681
Bob Aby	(71)	90,955	91,500	77,962

Diana Nelson (F)	(70)	87,735	91,031	89,654
Ken Birse	(56)	90,600	91,000	58,650
Mike Heller	(74)	89,166	90,710	70,275
Jim Bates	(60)	88,528	90,000	34,500
Brian Casey	(58)	88,534	89,791	89,791
Bill Finkbeiner	(61)	87,941	89,000	88,000
Tim Woodbridge	(59)	87,386	88,196	78,196
Grant Woodman	(43)	84,575	87,298	64,064
Stephen Reed	(69)	86,400	87,000	80,000
Doug Holland	(55)	86,500	86,900	
Rick Kerr	(61)	83,778	85,689	53,089
Jeff Gould	(52)	81,700	85,250	54,853
Brian Short	(66)	84,494	84,494	76,525
Woody Woodburn	(56)	79,465	84,147	46,998
Ward Crutcher	(77)	81,710	83,766	73,493
Rob Zarambo	(69)	83,200	83,200	74,181
Steven Way	(66)	81,524	83,060	43,060
Lenworth Williamson	(58)	81,400	82,600	45,600
Roger Carlson	(73)	81,300	82,300	60,800
Tucker Andersen	(74)	80,005	82,201	52,477
Ron Shealy	(70)	80,510	82,096	43,904
Wayne Roberts*	(68)	79,746	81,905	76,851
Dave Melissas	(56)	80,498	81,607	65,158
Jack Johnson	(64)	78,978	80,300	51,339
Grant McAllister	(53)	78,114	80,292	77,705
Dave Hamilton	(62)	79,540	80,283	73,283
Pat Foley	(68)	79,503	80,000	50,200
John Watts	(61)	78,066	78,934	60,434
Joe Raffa	(66)	76,800	78,300	63,300
Tom Allen	(64)	76,349	78,051	71,219
Norm Grimmett	(79)	77,768	77,768	55,933
Richard Wright	(65)	76,280	77,705	52,388
George Church	(70)	75,799	77,665	49,089
Mark Misch	(44)	74,062	77,424	38,278
John Roemer, IV	(56)	74,588	76,526	73,556
Fred Winkel	(72)	75,000	75,000	72,000
Bill Etter	(74)	75,000	75,000	69,900
Pete Gilman	(41)	75,000	75,000	36,000
Charles Holmberg	(68)	73,812	74,176	74,176
Tom Andrews*	(62)	73,300	73,800	
Marty Winkel*	(72)	73,300	73,700	45,000
Jeremy Murphy	(48)	72,021	73,700	5,619
Dave Baskwill	(57)		73,077	5,720
Ben Freed	(69)	71,200	72,828	71,628
Debbie Brassfield (F)	(56)	70,455	72,639	49,639
Dave DeBoer	(60)	70,197	72,560	
Joe Hyder	(65)	72,000	72,000	71,000
Hal Gensler	(70)	70,490	71,379	67,988

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

** Not streak runners.

+ Money found in 2016 and since his streak began – has found money every day since 1983!

Those with most miles in 2016 were Dallas Robertson (7510) & Carolyn Mather (7214). Those with most miles who have a current running streak in 2016 were Dave Dial (5660) & Roger Urbančik (5252). I probably did not get everyone who qualifies. Please send your data if you have surpassed (or will this year) 70,000 running miles, at (deboer.stephen@mayo.edu), and I'll include you in the next update.

SRI/USRSA
10,000 Streak Days
as of 12/31/16
Compiled by Roger A. Urbancsik

	Streak days	Streak years	# of streaks	Active streak?	
1	Ron Hill	19,004	52.03	1	Y
2	Jon Sutherland	17,387	47.60	1	Y
3	Jim Pearson	17,121	46.87	1	Y
4	Kenneth C. Young	16,769	45.91	3	Y
5	Steve W. DeBoer	16,645	45.57	1	Y
6	William J. Benton	16,503	45.18	2	Y
7	Alex T. Galbraith	16,447	45.03	1	Y
8	Mark Covert	16,437	45.00	1	
9	Steve Gathje	16,169	44.27	1	Y
10	Jon A. Simpson	15,991	43.78	1	
11	David L. Hamilton	15,965	43.71	1	
12	Nick Morganti	15,806	43.27	2	
13	Gary C. Jones	15,788	43.23	2	
14	Richard Westbrook	15,709	43.01	1	Y
15	Ronald Kmiec	15,557	42.59	3	Y
16	Robert R. Kraft	15,341	42.00	1	Y
17	John Liepa	15,281	41.84	2	Y
18	Jim Behr	15,264	41.79	1	Y
19	William S. Stark	14,723	40.31	1	Y
20	Bill Anderson	14,706	40.26	1	Y
21	Stephen D. Reed	14,649	40.11	1	
22	John King	14,587	39.94	2	Y
23	Bill Robertson	14,572	39.90	1	Y
24	Brian Casey	14,482	39.65	1	Y
25	Frank Clarke	14,389	39.39	1	Y
26	Samuel F. Johnston	14,373	39.35	1	Y
27	Rick Porter	14,274	39.08	1	Y
28	John T. Carlson	14,251	39.02	1	Y
29	Timothy C. Masters	14,249	39.01	1	Y
30	Timothy P. Woodbridge	14,182	38.83	1	Y
31	George A. Hancock	14,161	38.77	2	Y
32	Bruce A. Sherman	14,110	38.63	1	Y
33	Bob Hensley	14,085	38.56	4	
34	Jay Kammerzell	14,042	38.44	5	Y
35	Julie Maxwell	13,976	38.26	2	Y
36	C. David Todd	13,959	38.22	1	Y
37	Charles E. Lindsey	13,957	38.21	1	Y
38	John C. Roemer, IV	13,941	38.17	1	Y
39	Craig A. Davidson	13,937	38.16	1	Y
40	Scott Ludwig	13,912	38.09	1	Y
41	Robert J. Zarambo	13,911	38.09	1	
42	Rick Rayman	13,902	38.06	1	Y
43	Don Slusser	13,887	38.02	4	

44	Robert C. Ray	13,884	38.01	1	
45	Jon Kralovic	13,880	38.00	1	Y
46	Thad Childs, Jr.	13,817	37.83	1	Y
46	Walter O. Byerly	13,817	37.83	2	
48	Ed Sandifer	13,637	37.34	1	
49	Charles Holmberg	13,539	37.07	1	
50	Benjamin M. Freed	13,535	37.06	1	Y
51	S. Mark Courtney	13,527	37.03	1	Y
52	William G. Finkbeiner	13,515	37.00	1	Y
52	Layne C. Party	13,515	37.00	1	Y
54	Lois Bastien	13,407	36.71	1	Y
55	Leslie J. Shoop	13,397	36.68	1	Y
56	Geza Feld	13,371	36.61	3	
57	Ed Goff	13,290	36.39	1	Y
58	John C. Roemer, III	13,262	36.31	2	
59	John Watts	13,238	36.24	1	Y
60	Barry Abrahams	13,174	36.07	2	
61	Ward D. Crutcher	13,155	36.02	1	Y
62	George G. Brown	13,144	35.99	1	Y
63	Bill Beach	13,131	35.95	1	
64	Michael Halloran	13,059	35.75	1	Y
65	John R. Chandler	12,929	35.40	1	Y
66	Ben Dillow	12,918	35.37	1	Y
67	Steve Morrow	12,873	35.24	3	Y
68	Bill Leibfritz	12,813	35.08	1	Y
69	Michael Heller	12,789	35.01	2	Y
70	Frederick L. Murolo	12,786	35.01	1	Y
71	Scott D. Snyder	12,785	35.00	1	Y
72	William Moreland	12,769	34.96	2	Y
73	Roger H. Nelson	12,766	34.95	2	Y
74	Michael G. Sklar	12,765	34.95	1	Y
75	Diana Nelson	12,723	34.83	2	Y
76	John L. Tillman, Jr.	12,721	34.83	1	Y
77	Ron Jackson	12,694	34.75	1	
78	Joseph J. Wojcik	12,630	34.58	1	
79	Charles Groseth	12,604	34.51	1	Y
80	Harvey B. Simon	12,594	34.48	1	
81	Dick Vincent	12,581	34.44	1	
82	Grant McAllister	12,545	34.35	1	Y
83	John W. Morgan	12,494	34.21	1	
84	Ralph Edwards	12,422	34.01	3	Y
85	J. Patrick Growney	12,344	33.80	3	
86	Ken Birse	12,241	33.51	1	
87	Gary Rust	12,236	33.50	1	Y
88	Dave Melissas	12,219	33.45	1	Y
89	Doug Holland	12,206	33.42	2	Y
90	Al Colonna	12,203	33.41	1	Y
91	Barbara S. Latta	12,081	33.08	1	Y
92	Bob Kimball	11,883	32.53	1	
93	Charles Brumley	11,739	32.14	1	

94	Paul N. Christian	11,719	32.08	3	Y
95	Sue S. Favor	11,700	32.03	1	Y
96	Joseph Raffa	11,694	32.02	1	Y
97	Leonard Bruckman	11,648	31.89	1	Y
98	William A. Etter	11,608	31.78	1	
99	Timothy M. Osberg	11,499	31.48	2	Y
100	Dwight A. Moberg	11,456	31.36	1	
101	Milton Magness	11,424	31.28	1	Y
102	Matthew M. Mace	11,417	31.26	1	Y
103	Kenneth D. Brown	11,375	31.14	1	Y
104	Judy Mick	11,365	31.12	1	Y
105	Ralph McKinney	11,323	31.00	1	Y
106	Roger A. Urbancsik	11,292	30.92	1	Y
107	Margaret O. Blackstock	11,251	30.80	1	
108	Alicia Brophey	11,149	30.52	1	
109	Ronald N. Dennis	11,144	30.51	1	Y
110	Brian P. Short	11,141	30.50	2	
111	Neil Scott	11,096	30.38	2	Y
112	William Shires	11,032	30.20	1	Y
113	Lawrence E. Sundberg	10,957	30.00	1	
114	Stuart X. Calderwood	10,938	29.95	1	Y
115	Timothy Bailey	10,822	29.63	1	Y
116	Mark Sutherland	10,737	29.40	1	
117	Joseph Sinicrope	10,703	29.30	1	
118	James Scarborough	10,594	29.00	1	
119	Roger B. Carlson	10,580	28.97	2	Y
120	Michael L. Holsteen	10,563	28.92	1	Y
121	Herbert L. Fred	10,479	28.69	10	
122	Tom Allen	10,452	28.62	1	Y
123	George M. Church	10,382	28.42	1	Y
124	K. Tucker Andersen	10,342	28.31	2	Y
125	Larry Baldasari, Sr.	10,313	28.24	1	
126	Kenneth Korosec	10,244	28.05	1	
127	Lenworth "Kip" Williamson	10,227	28.00	1	Y
128	Christopher M. Graham	10,122	27.71	1	Y
129	Fred Winkel	10,082	27.60	1	
130	Joseph B. Hyder	10,023	27.44	1	
131	Richard Carroll	10,015	27.42	2	
132	Steven H. Way	10,006	27.39	1	Y

Averages 13,022 35.65 1.41

10K Streak Day members with an Active streak 69%

10K Streak Day members with multiple streaks 24%

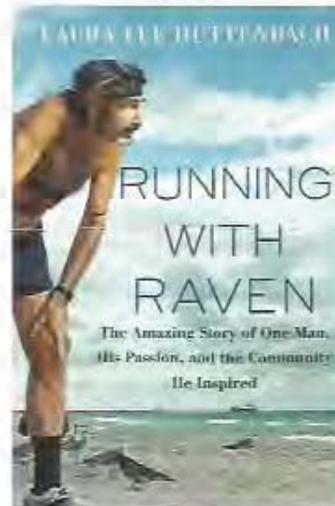
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**IT'S NOT A RACE. IT'S A PURPOSE.
A COMMUNITY. A LEGACY.
RUNNING 8 MILES
EVERY DAY, WITHOUT FAIL
FOR 40 YEARS**

**- RUNNING WITH RAVEN: The Amazing Story of One Man,
His Passion and the Community He Inspired by Laura
Lee Huttenbach to be released April 25, 2017 -**

"Sure, Tiger Woods has won seven PGA tournaments in a row.
And yes, Roger Federer dominates tennis.
But there's an athlete in South Florida whose commitment to sport
can hardly be surpassed...His dedication has earned him an iconic
status." – Shannon Novak, NPR



In 1975, Robert "Raven" Kraft, a high school dropout, lonely outcast and aspiring Country songwriter with a drinking problem, made a New Years' Resolution to run eight miles on South Beach every day, without exception. Over forty years, 125,000 miles, seven hurricanes, chronic back pain and several hospitalizations later, he hasn't missed a single day.

Raven's unbroken running streak is an amazing accomplishment, but his true legacy is the community that has built around him. Raven has become a uniquely iconic figure, determined and inspirational to some, oddly compelling to others. And over the years, more than two thousand people from every American state and 80 different nations have met Raven at 5:30 pm at the Fifth Street lifeguard stand to add their footprints to 8 miles of sand on Miami's beach.

What began as one man's obsession has become an inspiring story about authenticity, acceptance and community. Raven's knack for drawing out the uniqueness in everyone has allowed a community to build around his implacable otherness.

Running next to Raven for more than a thousand miles, writer Laura Lee Huttenbach has heard him recite a people's history of Miami Beach – tales of the hobos and the homeless, miscreants and ne'er-

-more-

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do-wells, fallen aristocrats and rising entrepreneurs, lifeguards and unsung heroes who made a permanent mark in Raven's memory. To tell the story of Raven's personal journey, Huttenbach also tells the stories of the people whose lives he has touched – as well as a story of Miami, an urban history in which ordinary people are rescued from the margins and placed at the center of the narrative.

Raven has been featured on ESPN, HBO Real Sports, Univision, Fox News, and Globo, as well as in *Runner's World*, the *Wall Street Journal*, and the *Miami Herald*. In January 2014, Laura Lee Huttenbach wrote a cover story on Raven for Southwest/AirTran's inflight magazine. Two million passengers read the article and 200 of them went to run with Raven. This is the first book-length narrative chronicling Raven's personal journey and the lives he has touched.



ABOUT THE AUTHOR

Laura Lee "White Lightning" Huttenbach, a 33-year-old graduate of the University of Virginia, has been a serious athlete since her older brothers taught her how to slide tackle in soccer when she was four years old. In high school as a four-sport star, she was named Female Athlete of the Year for the state of Georgia. She moved to South Beach in 2011 after finishing her first book—*The Boy is Gone* (Ohio University Press, 2015), the life story of a Kenyan independence leader whom she met while backpacking in Africa. During her evening runs in Miami Beach, she would pass Raven and quickly became curious about his story. Through Raven, she learned Miami Beach history and met characters of the past and present who were unlike any she'd ever known. And the Beach started to feel like a place to call home.

Visit Laura Lee online at
www.LLHuttenbach.com

RUNNING WITH RAVEN

By Laura Lee Huttenbach

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MEMBER UPDATES – SPRING 2017



Teresa Roche

TERESA ROCHE'S STREAK HITS 3 YEARS

November 28, 2016 marks the third year completed of my running streak. I celebrated with my anniversary race, an 8-mile Turkey Trot, on the 24th. It was a lovely sunny day and I ran my fifth PR of the season.

2016 wasn't all sweetness and light, though. I learned some very hard lessons about training and setting priorities... mainly that if you sign up for a tough trail 50 miler, you need to train on those same technical trails. A lot. And running three hard trail races the month before the big one is NOT a great training plan. You may, for instance, go into the big race with four toenails that are already painful, black and ready to go. Needless to say, it was not a great day for me.

But then I set my sights on my marathon, and really was hoping to BQ.

I only run one a year, and hoped two months would be long enough to recover. It was, and I was doing great for the first 9 miles... until I tripped and fell on uneven road on a steep downhill. I was very lucky. I windmilled for a split second, trying not to fall, and had just enough time to choose where I would fall, and roll, concentrating on not landing on my wrists or knees. Two people stopped to help me, everyone was very kind. I finished the race and didn't DNF but had to spend some time in the medical tent afterwards (a first!) and of course my time goals went completely out the window.

I ran many other races, though, a total of 12 for the year. I set PRs in the 5-mile Resolution Run, road 10 mile, trail 10 mile, a ski slope 5K and the 8 mile turkey trot.

It wasn't a great year for regular road 5Ks. I may have set a PR during one but the timing mat froze and the results were lost. Another 5K posted the times online and mine was great... until they corrected it and added 2 minutes. Then in a third, new volunteers directed some of the runners to the wrong route. Everyone ran different distances; no awards ceremony then either!

In September I was asked by a friend to help coach a middle school cross country team. It was my first experience with coaching and it was great. We had a wonderful group of 16 kids and there were 2 other coaches to share the workload during practices and meets. They were a lot of fun to run with.

I wear my "Streak Started 11/28/13" jacket to a lot of races and people frequently run up and say "Do you really run EVERY day? Are you still doing it?" Yes!

Teresa Roche
Grants Pass, Oregon

MEMBER UPDATES – SPRING 2017

CHRIS FOLCHI'S STREAK HITS 3 YEARS

Thank you for checking in. Yes, my streak is still alive and well. It's funny, I started my streak on the Wednesday before Thanksgiving in 2013. I feel a bit cheated that my 3-year anniversary isn't until Sunday [27 November 2016]. =)

I have run several more marathons since my streak began (13 more in these 3 years for a total of 21), and I do believe that forcing myself to run at least a mile the day after a race, and the day after that and so on has greatly reduced my recovery time. I look forward to continuing my streak.

Chris Folchi
Montgomery, New York

PHILLIP HAWLEY'S STREAK HITS 17 YEARS

Seventeen years done and no serious injuries. My streak is now older than eight countries, all in Africa.

My average milage is just under five miles a day. My best run this year was a 5k on a very hilly course in a downpour in 17:02.

While there hasn't been a close call in years, the days that get me a little nervous is when it's raining and I keep delaying to hope to run outside or watching kids and waiting to be relieved. Coincidentally the last close call I had was when I was in a bicycle crash and needed plastic surgery that ended at 10:30 pm and I was able to run about 9 years ago. I am now an analyst at that hospital.

Phillip Hawley
Zionsville, Indiana

KIM HOWARD'S STREAK HITS 3 YEARS

Today [27 November 2016] marked 3 years since the start of my streak. In 1097 days, I have run 6279.7 miles. I ran 25 marathons in that time, and 105 races. Had to run a few times when I was sick, or hurting, but I didn't want to let my friends who were following me down. I hope to continue my streak for several years to come.

Kim Howard
Mineral Springs, Arkansas

BARRY BRITTON'S STREAK HITS 17 YEARS

My streak continues. Two miles or more every day. I thank God for continued good health. Thank you for your support.

Barry Britton
Roscoe, Illinois

PATRICK FOLEY'S STREAK HITS 5 YEARS

Still going strong.

Patrick Foley
Grand Rapids, Michigan

CHARLIE HART'S STREAK HITS 8 YEARS

My streak is alive and well. Eight years completed today [28 November 2016].

Charlie Hart
Noblesville, Indiana

MEMBER UPDATES – SPRING 2017



Steve Parker's leg.

STEVE PARKER'S STREAK ENDS AFTER 372 DAYS

Unfortunately, on January 8, 2016 after 372 consecutive days my streak ended due to tears in the patellar tendon of my left knee. It had been aggravating me for at least two months and finally got too painful to continue per my doctor's orders. Since, I received a PRP injection in my knee and rehabbed with PT at Results Physiotherapy in Mt Pleasant, SC. Attached is a photo of my leg in stem therapy.

That said, I was super happy to be part of a great community of committed "streak" runners for the period I was, and hope to be back in the mix again one day. Good luck and good health to each of you continuing on the journey.

Steve Parker, Jr.
Charleston, South Carolina

ANN HANSON'S STREAK HITS 8 YEARS

It is great to know that someone, besides me, remembers that today is my 8-year anniversary. I turned 65 in June, and though I am still streaking, my age has caused me to have more aches & pains & to run slower.

I do at least 2 miles a day, running, but try to get to 10,000 total steps. I was in the ER once, after my birthday for vertigo, which started in the early morning but corrected itself by the evening, so my streak was able to continue.

I continue to do ALL my runs outside, no matter the wind chill, low temps, rain or blizzard. I also do my run the first thing in the morning, even before my shower. Some mornings it is difficult to get out of bed, because I know what I have to do, before I can really start my day!! But because I have this streak, that I don't want to break it—so I get out of bed & I go for it, eventually!

Going for year #9!!!

Ann Hanson
Mundelein, Illinois

ERIC JACKSON'S STREAK HITS 2 YEARS

Still plugging away. I see where I've got the sixth longest streak in Arkansas. But I'm the leader in my age division (65 and up).

Frankly, the streak itself has become the motivation to keep going every day.

Eric Jackson
Hot Springs, Arkansas

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John Hartenburg

JOHN HARTENBURG'S STREAK HITS 3 YEARS

Three years into my running streak and things are going quite well. As many of you know, running is a great way to see the world, and running every day has become a fantastic way to see new cities and learn new things. Over the past 3 years I have been blessed to visit many cool places and meet some great people. Running every day is key to that happening.

I'm looking forward to racing more marathons and continuing to see improved speed gains over the next few years. Hopefully in 2017 I can make it down to Miami and do a Raven Run with fellow streak runner "The Raven."

If you see me out there be sure to say hello. For any streak runner that wants

to meet up sometime and do some LSD look me up and we can put something together.

In the end, all this is made possible by my loving wife who doesn't quite understand all this stuff about running, but lets me do it anyway! Keep on Rockin!!!

John Hartenburg
Perrysburg, Ohio

JOANN LYCETT'S STREAK ENDS AFTER 932 DAYS

Streak officially ended on day 932. Sunday 11/27/16. Too many emotions (and tears) to make this a long post. I have a drainage pouch still hanging from an incision. Apparently, I'm still pretty sick according to medical personnel. Streak On.

Joann Lycett
Largo, Florida

STEVE ALLEN'S STREAK HITS 3 YEARS

Running streak alive and well. I am having a pretty good running season. Setting Personal Records in the 5k in October and taking several minutes off of my personal records for the 10-mile, Half Marathon, and 10k in November. I am trying to run a race in every county in Texas as kind of a lifetime goal. There are 254 counties and I am at 64 different counties right now. Ran a race in England and one that started in the US and crossed into Mexico.

Steve Allen
Huntsville, Texas

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Radley Reist

RADLEY REIST JOINS USRSA

My streak started out of desperation. I had been consistently injured, missed my goals in a couple races, and knew that there was no way I was going to be able to finish the marathon on who's starting line I stood. I struggled mightily to get through the half marathon mark, and called it a day.

Just a few days later, Thanksgiving 2011, I went out and ran the 1.2 mile loop around my neighborhood. I ran a 1.2 mile course each day that week. It seemed crazy, but if I could keep up this consistency, just maybe I could finally stay healthy. If I made it through a week when I started my streak, it would have been the most consecutive days I had ever run. I especially didn't think I would make my full goal of Thanksgiving Day through New Years Day, but I was determined to give it a shot. I didn't even keep a running log then, as I didn't think it would last. Yet somehow, here I am, five years later, and still not having missed a day.

In those years, I've set new PRs in every distance from the mile to the marathon, and even ran my first 50K. I qualified for and ran my first Boston

Marathon. I've run in blizzards, heat waves, at 11:45 at night, and even with strep throat. But I still run, sometimes just more than a mile, but I'm healthy, happy, and don't have a plan to stop any time soon!

Radley Reist
Wilmington, Delaware

MATT GRINNELL'S STREAK HITS 3 YEARS

Thanks for the notification of 3 years! In some ways it feels like a very long time ago, but in other's it's just become a matter of when I am going for my run, and not if.

This streak year included a 50 ultra marathon in February and October, and a 50 miler in November. These races brought my total number of 50k's completed during the 3 year streak to 4, and a total of three 50 milers.

I had sights on my first 100 miler this year, but my wife and I were blessed with our third child in May, which took priority over extra mileage. I still hope to tackle a 100 miler in the next couple of years, and hope to knock off a 100k in 2017.

My streak began on Thanksgiving Day in 2013 with a co-worker to see if we could run everyday between Thanksgiving and New Year's, and has turned into one of the more personally meaningful things in my life. There aren't many troubles or worries that can't be cured with a nice run in the woods.

Three year streak data: 5,001 total mileage, with a 4.5 mile average per day. Long live the streak!

Matt Grinnell
Ashburn, Virginia

MEMBER UPDATES – SPRING 2017



Matthew Montain

MATTHEW MONTAIN JOINS USRSA

I started really running after I finished high school, when a marathon was on my bucket list. Once I did my first one I just wanted to keep going. My lifelong goal is a marathon in all 50 states and on all 7 continents.

My family has a bunch of runners, my father runs every weekend around Minnesota doing anything from a 5k to 1/2 marathon. The reason I started streaking was my sister (Mandy Colten) who asked if I wanted to do it when she started 800+ days ago. At the time I told her no, but a year later wished I would have started earlier.

Matthew Montain
Centerville, Minnesota

HAL GENSLER'S STREAK HITS 27 YEARS

I just got in my run for today [3 December 2016] – in Isabella, MN – and I believe that is the first time I have not hit the completion of a streak year in Arizona since 2003.

Hal Gensler
New River, Arizona

HAL GENSLER'S STREAK ENDS AT 27 YEARS, 1 DAY

Yesterday [4 December 2016] will be the last day of my running streak - 27 years and one-day. I fell down the stairs at 8 last night and broke my left ankle. My foot was at a 90-degree angle. About 2 hours after I got to St Luke's Hospital in Duluth, where they did a brief procedure and straightened it out. I will be having surgery later this afternoon and then will be on crutches for about 6 weeks. Ugh!!

Hal Gensler
New River, Arizona

BILL STREET'S STREAK HITS A DECADE

Yes, my streak is absolutely still active! I'm excited to have moved up to 'experienced.' :)

Bill Street
Tucson, Arizona

STACEY SMITH'S STREAK HITS 5 YEARS

My streak remains intact...five years and counting.

Stacey Smith
Detroit Lakes, Minnesota

MEMBER UPDATES – SPRING 2017



Joshua Moulthrop

JOSHUA MOULTHROP JOINS USRSA

I was never a runner or athletic in any way up to the age of 36. By that time I was out of shape, overweight, unhealthy, and only getting worse as time went by. Having never run a mile in my life, I decided to do something drastic and signed up for a half marathon about 3 months away. My hope was that out of fear of dying while trying to cover 13.1 miles on foot this would force me to eat better, train somewhat, and just get into better shape overall. I never imagined nor intended to make this something that I would want to do on a regular basis. During those 2hrs 30mins it took me to complete my 1st 13.1 at Rock ‘n’ Roll San Diego 2011 I fell in love with running and racing. Not only the feeling of accomplishment I felt but even more seeing the 40,000 people around me who have worked so hard to accomplish this amazing achievement. I went home and registered for 3 more races that very day and have never looked back.

Over the next couple years I ran as many races as I could getting fitter and collecting medals. I eventually also started racing triathlons and worked my way up to a few Half Ironman races. I

was never very fast at either running or triathlons but I always have fun and just wanted to go longer and longer. Then I found trail, mountain, and ultra running. The last couple years I have gone completely away from road running and triathlon and focus exclusively on ultra running. I have run many ultras up to completing two 100 mile races. I just love trails, mountains, and the ultra running community.

I am enjoying this run streak because it does not give me a choice to put off a training run. There is never a thought “am I going to run today?” The answer is yes, no choice. I also seem to work very well with ultra running where you MUST get used to running for long distances on tired legs. I call it building my “bulletproof legs.”

PRs

100mile: 29:50 Javelina Jundred 2014
100k: 14:25 Nanny Goat 2016
50mile: 10:51 Pirates Cove 2016
50k: 5:54 Lake Hodges 50k 2013
26.2: 3:55 Boston Marathon 2014
13.1: 1:43 Orange County Half
Marathon 2013
Half Ironman: 5:34 Ironman 70.3
California

Joshua Moulthrop
Escondido, California

Update from Joshua Moulthrop: Just a quick update to the profile I sent you a few weeks ago. Yesterday [30 December 2016] I earned my third 100 mile buckle with my 1st sub 24hr hundo at 23hrs 20mins and a total of 101.4 miles in 23hrs 45mins at Across The Years ultra marathon in Arizona. Not the fastest for sure but it is a 6hr 30min personal best for me. I just got home after a 6hr drive home and ran my streak mile of course. By far the most painful of my 394 days so far, and totally worth it!

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Christopher Bielinski

CHRISTOPHER BIELINSKI'S STREAK HITS 5 YEARS

I am happy to report my streak continues as I move into the Proficient category now after 5 years. A few of the highlights:

- Ran 3 more marathons including one in Anarctica (the second half was the worst conditions I have ever run in), The Boring Marathon (Boring, OR) and The Havana Marathon in Cuba.

- Completed my first ever triathlon (an Olympic distance) and then followed it up several months later by completing the Ironman in Boulder, CO (see picture).

- I am on pace to run about 18-1900 miles this year which is lower than the last few as I spent time learning how to swim and bike.

Christopher Bielinski
Littleton, Colorado

BRIAR ANDRESEN'S STREAK ENDS AFTER 374 DAYS; STEVEN BECK'S STREAK ENDS AFTER 366 DAYS

Oh my--I am so sorry to be so late in sending this, but need to update you on two ended streaks. From FEBRUARY. (I'm going to blame my gmail junk mail inbox, but it's really obviously my fault.) In any case, both Steve Beck and I (Briar Andresen) ended our streaks on March 1, 2016. I hope to streak again one day. Thanks for the updates and maintaining this list, and sorry that we were included for so long when we shouldn't have been!

Briar Andresen
Minneapolis, Minnesota

TED SABINAS' STREAK HITS 26 YEARS

Thanks for the congrats on 26 years. Not much has changed in the past year except now retired from teaching and coaching. Additionally all runs for the 26 years have a minimum distance of 3.1 miles per day. (Nothing less to keep streak alive.)

Ted Sabinas
Cedar Springs, Michigan

CHRIS WHITE'S STREAK HITS 8 YEARS

My streak is still active! And everyone who knows me stills thinks I'm nuts and will attest to it! :P Cheers,

Chris White
Toronto, Canada

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RICK SCHULZ'S JOINS USRSA

Having moved from the flatlands of Orange County to the foothills of the Sierra Nevada Mountains, I have found it difficult to walk out the door and face hill runs every time I was ready for a run. I needed motivation to keep my training going on a regular basis. One day when I was browsing running sites, I came across the website www.runeveryday.com, a site dedicated to "Streak Running," (running a minimum of one mile every day). I knew this was something I had to try. I immediately joined The United States Running Streak Association and on December 5, 2015, I challenged myself to run every day.

I did have a few concerns. Even though I have been running regularly since 2005, starting to run every day at the age of 68 might not be the smartest choice, especially since I had been recently diagnosed with Adult Onset Asthma. Always one to accept a challenge; however, I decided to at least give it a try. I took it easy for the first month, only averaging 2 miles a day. But I was hooked and decided to go all in. I set the personal goal of running every day for a year AND attempting to run at least 1,000 miles.

Starting in December was not exactly the optimum time weather wise to begin this challenge. I spent many days running in temperatures that were in the mid 20's. I ran in rain and ice; 30 mile-an-hour winds; and zero-visibility fog. I also had to "work" through problems associated with Runner's Knee, Plantar Fasciitis, and Piriformis, as well as a 2 day stretch when I ran with a 100.3 temperature. By limiting my miles and slowing down my pace, I was able to run through all of these "speed bumps."

Early on, I joined 2 separate Facebook groups devoted to streak running. The second best decision that I made! I start out every day reading the posts of fellow Streakers in England, Spain, Germany, Norway, Australia and all states east of California. Duly inspired, I'm fully ready for my morning run every day now.

Looking back over my 10-year running career, I want to thank Coach Bob Gamez of A Snail's Pace Running Store in Brea for talking me into taking that first step. Also to Coach Julie Payn (No Payn – No Gain!) who convinced me to take a few more! A big thank you to all my friends in my Orange County running club, Brea Runners. I still remember with fondness all the hours and miles that we spent together on the trails, streets, and sidewalks of Southern California. Karen and I will be in SoCal during Christmas, and my plan is to join you on one of your training runs. I'm looking forward to seeing as many of you as I can!

Karen asked me early on in this endeavor what I would do once I completed 1 year of running every day. There's an easy answer: Start year 2! (And I got my 1,000 miles in! 1,006.7 miles to be exact!)

Rick Schulz
Coarsegold, California

RICK RAYMAN'S STREAK HITS 38 YEARS

It was a tough year!! I only ran 9 marathons due to a pretty bad knee injury. I still managed to keep my streak intact. As of tomorrow [10 December 2016], I will be at 38 years and 340 marathons. Run strong.

Rick Rayman
Ontario, Canada

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Natalie Brunson

NATALIE BRUNSON JOINS USRSA

I have been running off and on for my whole life. It is my favorite thing to do. As a child I infuriated my uncle who loved to ride bikes cause all I wanted to do was run. I used to make my friends sit around whilst I ran around goal posts over and over.

I kickboxed as a young adult and running was required as a part of training. Later as an adult I had gotten away from it, was smoking heavily, and gained a great deal of weight and was suffering from severe depression.

In the spring of 2005 I woke up with an intense desire to run. I thought I would just wait for the feeling to go away. It did not go away and got worse and worse like an itch on my skin. Finally I gave into it and that first mile was awful. I felt my own ass smacking me in the back of the leg. (SMACK SMACK SMACK). But I began to feel better and I kept doing it.

My depression got better and I cleared all the negativity and negative people out of my life. I ended a bad relationship, moved to the United States, and I quit smoking. I got married and I had 2 more kids. Doctors told me this was impossible. On the 9th year anniversary of my quitting smoking I ran my first 50k.

I currently serve on the board of my local running club and our youth running cross-country team. (All my kids participate). I am a trail race director and I run every single day. I am currently training for my first 50-mile trail race. I encourage everyone I meet to run because it gave me everything and changed my entire life.

I am a married, homeschooling mother, and foster parent. I am a biological mother to 3 and a foster mother to many (numbers change currently is at 3). I am also a pet parent to a dog, several cats, and 5 birds. I currently have 5 kids in my house and 1 in college.

I am on the board of my running club the Rockford Road Runners and our youth cross-country, the Rockford Wildcats. All of my kids run on our youth cross-country team and my whole family are active members of our local running in volunteering and running races and race directing. My husband does not run but is an avid run and race supporter and never complains about all my shoes and various other gear or running "field trips."

I love trail running and after many years of running I finally bought my very first treadmill so that nothing impedes keeping my streak going. I also lift weights 5 times per week.

Natalie Brunson
Rockford, Illinois

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Dave Nelson and Heather Plummer

DAVE NELSON'S & HEATHER PLUMMER'S STREAKS HIT A DECADE

My daughter, Heather Plummer (formerly Nelson), and I began our streak on December 15th, 2006 - ten years ago. She was 15 and new to running and I was 42 and had run my entire life. We ran into fellow stalker Ken Johnson at a race (no surprise - he has run hundreds of them). He told us about the USRSA, and we decided to run every day for as long as we could.

Like all of our fellow streakers, life happened during the streak - especially for Heather - she continued to run every day while completing high school, college, starting her career in another city and getting married.

At the beginning, she and I ran together almost every day and ran many races - mostly on trails. It was an amazing way for a father and teenage daughter to connect and bond.

Over the last few years, we run separately most of the time - but we frequently touch base and compare running notes. However whenever we

are together the first thing we do is lace up our shoes and head for a run and catch up.

We will be together this holiday season in Colorado, and we are looking forward to some high altitude runs together!

We continue to enjoy streaking, and hope to stay healthy so we can keep it going as long as possible.

Dave Nelson
Houston, Texas

PAT FERRY'S STREAK HITS 4 YEARS

When friends and acquaintances learn that my daily running streak has reached four years they find such a thing hard to believe. When I mention that this only qualifies as a novice in the United States Running Streak Association they think that I jest. If all goes well for another year, I look forward to advancing in rank. In the mean time, I continue to enjoy a bit of a "run-aissance." The past year included some of my best races in a long while including a 3:31 at the Lakefront Marathon in Milwaukee in October. My wife, Tammy, had a fabulous 3:54. Together we look forward to the 2018 Boston Marathon.

The greatest joy of my streak thus far is that several folks in my broader circle have taken notice and followed suit. They figure, "If he can do it, certainly I could myself." I am aware of six or seven who are well into streaks of their own. Some will probably be joining the USRSA in the very near future.

Here is to hoping that my final year as a novice is steady and strong.

Pat Ferry
Mequon, Wisconsin

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Josh McCleary

JOSH MCCLEARY JOINS USRSA

I ran cross-country and track in high school at at NCAA DII Emporia State (1994-1999). PRs at that time were 1:54 (800), 3:57 (1500), 4:13 (indoor mile) and 15:32 (5K).

I essentially took more than 16 years off from 1999 to 2015, only running sporadically. The only major running I did was completing my one and only marathon, out of shape in 2006 (4:13). Each time I attempted a comeback, it resulted in injury.

In November 2015, I reached out to a friend of mine that had success with the consistency of running every day. After my 4-year-old daughter said that it looked like I had a “baby in my belly,” I decided to start my streak on the Friday after Thanksgiving 2015. At the time I weighed 180 lbs (5’6”) and ran my first run...a mile at around 11:30 pace. I rapidly dropped weight with some diligence with my diet and running every day. I also kept my HR under 145 when possible.

After I hit 100 days, I added some faster workouts and spent the remainder of 2016 getting faster. I dropped 30 lbs and set post-college PRs of 18:41 (5K - overall masters winner) and 38:38 (10K - 2nd in age group). I am planning my first half-marathon in the spring. It’s great to be back at it and I have the running streak to thank. :)

Josh McCleary
Lawrence, Kansas

BRIAN JONES’ STREAK HITS 9 YEARS

Still going strong after 9 years, not a day or mile missed. Keep me in registry. Not bad for a busy cardiologist!!

Brian Jones
Baton Rouge, Louisiana

JILL JONES’ STREAK HITS 9 YEARS

Streak is still going strong!! Made it through a sprained ankle and worst tooth ache ever!! My husband and I both have the Streak going. So it helps to keep each other going.

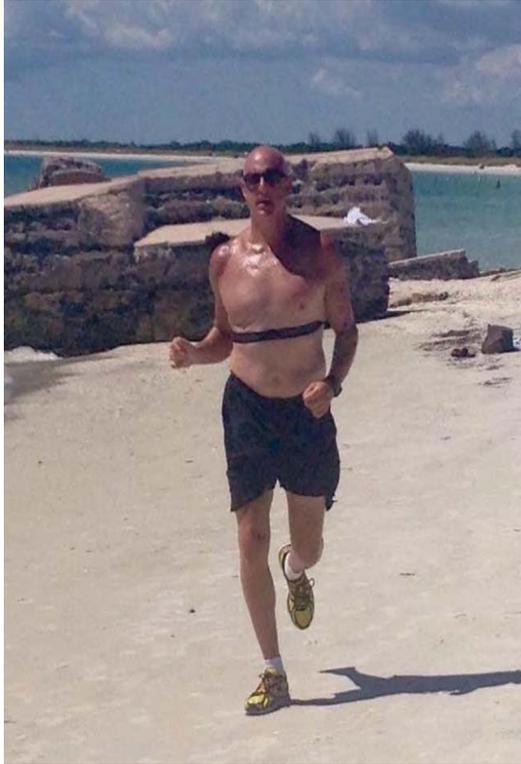
Jill Jones
Baton Rouge, Louisiana

TERI WOODY’S STREAK ENDS AT 654 DAYS

My streak ended Sept. 27 with a broken toe. My husband, John Woody, is still going strong! The 22nd [December] is his 2year.

Teri Woody
Goodyear, Arizona

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Troy Weaver

COACH TROY WEAVER JOINS USRSA

My Original Goal was to do a 5K everyday for the my 50th year (I turned 50 in June). It has evolved into encouraging others to run (my 15 year old set a goal to do 100 of them with me; she is at 92 as of today) and to find fun locations and in time run a 5k in all 50 states. My 365-day challenge will continue as a streak at a minimum until I hit all 50 states. More details are on my website coachtroyweaver.com

Current Run Streak Stats

1. 354 days
2. 354 5Ks complete
3. 96% to goal
4. 1151.4 miles
5. 184:50:36 h.m.s
6. Avg. pace 9:10
7. 56 different running partners
8. 40 different towns
9. 11 different states

My locations include a 5K in Disney World, Universal Studio Island of Adventure, Typhoon Lagoon, ESPNs Wide World of Sports. My ultimate goal is to do as many different locations/towns as possible and do a 5K in every state. I want to add running partners too. It's becoming an amazing adventure for me and my family.

Troy Weaver
Pasadena, Maryland

ALEX GALBRAITH'S STREAK HITS 45 YEARS

My streak is ongoing. I had a good 6-mile run today [22 December 2016]. Houston has mild weather at the moment, 70 degrees and moderately humid. Not a bad day to get in an anniversary run. I hope I can make it to 50 and beyond. Congratulations to all of our fellow streakers who are also celebrating their run streak anniversaries.

Alex Galbraith
Houston, Texas

MARK COURTNEY'S STREAK HITS 37 YEARS

My streak is alive and well at 13,516 days and counting. Boston streak still alive too with 37 in a row.

Mark Courtney
Grove City, Pennsylvania

ERIC ARMEL'S STREAK HITS A DECADE

I'm still going strong, Thanks for the follow up and keep me active, please...

Eric Armel
Greensboro, Pennsylvania

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PATRICK DUNIGAN'S STREAK HITS A DECADE

The streak is alive and kicking!

The streak is a gift, it is humbling, it is grounding, and to me it is:

Never Too

I am Never Too Tired
I am Never Too Great

It is Never Too Early
It Is never Too Late

I am Never Too Lazy
I am Never Too Busy

It is Never Too Hard
It is Never Too Easy

I am Never Too Sick
I am Never Too Healthy

It is Never Too Much
It is Never Enough

I am Never Too Important to miss the mile
It is Never Too Powerful to make me give up

Streak on!

Patrick Dunigan
Ponte Vedra Beach, Florida

Note from Patrick Dunnigan on source of poem: An unpublished work from an unknown author/poet...that would be me. The poem is something that I constructed in my mind, over many runs, and finally put in writing this morning. It goes to show that streaking is so much more than running it is a reflection of life.

CHAD HUTCHINSON'S STREAK HITS 8 YEARS

My running streak is still going strong. Two-mile minimum is what I have continued. I now live in Cherokee, Oklahoma where I am assistant principal and continue to coach cross-country, track and basketball at Cherokee HS. In 2015, Cherokee HS completed a school wide building project that includes an awesome sports complex and one of the top track and field track surfaces for a HS in the nation.

My wife, Stacy, and I just celebrated our 26th wedding anniversary; oldest daughter, Baleigh, 22, graduated from Oklahoma State Univ.; son, Corbin, 19, sophomore at OSU; and daughter, Haley, 14, 8th grader at Cherokee.

Chad Hutchison
Cherokee, Oklahoma

DUNG NGUYEN'S STREAK HITS 6 YEARS

Yes, confirming that the streak is still alive.

Dung Nguyen
Smyrna, Georgia

GARY SCOTT'S STREAK HITS 11 YEARS

Still running a mile plus outside (no treadmill for this Kansas guy).

Gary Scott
Olathe, Kansas

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JOHN FAZ'S STREAK HITS 26 YEARS

Yes, my streak is still alive. Only thing I would like to mention is that this year I registered and ran the Lincoln 1/2 marathon. That was a first for me. I personally never ran one before because to me the title 1/2 marathon implies that you are only half done.

Having run over a dozen full marathons including 5 Marine Corps Marathons I thought I was pretty much done with these runs. Reason being that every time I ran a marathon my goal was to PR. Attempted my last one in 2005 after having been re-activated from early retirement back into "full active duty" with the Marines.

I don't know if I have ever shared my story with you and the group. If I have, you are welcomed to edit this portion out, hate to be "that old guy that keeps repeating the same stories."

I retired from active duty at the end of August 2001 having completed 17 years 4 month with the Marines. I was able to do so as I had 3 years of active duty previously with the US Army as an MP. That gave me total time of 20 years 4 months. The reason for the 4 months was that I was promoted to Gunnery Sergeant with only 16 months remaining in service. In order to retire at the higher rank and associated pay grade, the military require 2 years "time in grade/rank" to receive the higher retirement pay. So of course, I extended my contract for 4 months to retire as a Gunnery Sergeant.

We retired to Lincoln, NE as my son had been recently hired with the Lincoln Police Dept. He had two very young sons and worked the night shift 11-7 which is common for rookies. His wife was a Special Ed teacher so of course

worked teacher hours. This meant he would get home just after 0700 hrs and she would be walking out the door to teach.

We, my wife Pam and I, decided to retire to Lincoln and help them out. Pam being an RN and grandmother making her the perfect babysitter. She would arrive as our son was getting off work and his wife was leaving for school. So she would provide a tax deductible wage (for them) that was adequate compensation (she would have done it for nothing if they didn't have the tax incentive).

I was sleeping in at our new home when the phone rang on 11 Sept. 2001. Wife called and asked me if I had the TV on. I said no, that I was sleeping. She told me to turn on the TV. I did in time to watch the 2nd plane hit the World Trade Center.

By early October the Lincoln Airport Authority published that they were increasing their police force by 5 officers. I applied and was hired as a uniformed, armed, with arrest authority, LAAPD Officer. I settled in to a nice job. That was until November of 2004.

As with most retired Marines, receiving retirement pay knowing there was a war going on, I felt guilty not being able to join the cause. So I did what a lot of us did, I would log on to the Official United States Marine Corps web page. I would do this about once a month, usually after receiving my monthly retired pay.

When I logged on in November of 2004 I noticed immediately a change to the homepage. A "posty note" covering a quarter of the page announcing "retired Marines willing to re-activate, call this number." I recognized the prefix as the Washington DC area. I called the number and was ordered back to full active duty status with the Marines to

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report to Guantanamo Bay Cuba to assist the Pentagon mission named “The Office for the Administrative Review of the Detention of Enemy Combatants, OARDEC.”

So, what does this have to do with running. Well, embarrassingly, after having retired from the Marines in 2001, I continued my Streak but allowed my weight to increase by about 15 lbs a year. I looked at this opportunity to get back in shape, lose weight and RUN.

I arrived on GTMO in early December, deplaned to 97 degrees and 90% humidity. GTMO comprises over 40 square miles of the perfect training environment. Paved and off road trails with more than enough hills.

My training quickly revolved around John Paul Jones Hill. Almost 500 ft climb in less than a quarter mile. I started my repeats, endurance runs (flat) and “speed work” (track).

Within 4 months I had lost over 80 lbs which put me in line with a weight I hadn’t had since a sophomore in high school. That allowed me to train at sub six mile pace. So I registered and ran my last competitive full marathon, then retired “again.”

I didn’t PR, but that’s another story. I have been able to almost retain my current weight for which I am extremely grateful to the Marine Corps.

My three-mile minimum outsides, still stands - never a treadmill. Why three miles? That’s the twice a year physical fitness test, PFT, required by the Marines.

John Faz
Lincoln, Nebraska

MICHAEL STEGURA’S STREAK HITS 4 YEARS

Streak is still active. Could I update my location to Philadelphia, PA? [Editor’s note: Yes, city/state was updated on our list.] Completed first 50-mile race this year. Along with a 50K, and 3 marathons. Looking forward to a 100-mile race in 2017!

Michael Stegura
Philadelphia, Pennsylvania

ROBERT BUIKEMA’S STREAK HITS 2 YEARS

Today [24 December 2016] I celebrated two years of streaking with a five mile slush run around my neighborhood, giving me a cumulative total of 3000 streak miles. In my second streak year I managed 5k and 25k PR’s, and hoping for more improvement in 2017.

Robert Buikema
Holland, Michigan

JEFFREY’S SHUMWAY’S STREAK HITS 7 YEARS

My running streak continues! My wife’s streak (Diane Shumway) is 3500 days beyond mine. Together our combined streak (2558 + 6058) totals 8616 consecutive days including today [12 December 2016]. We are wondering which other couples run together every day, and how our combined streak compares.

Jeffrey Shumway
Provo, Utah

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Christie Jacobs

CHRISTIE JACOBS JOINS USRSA

I had moved to a new town and noticed they had a walkway .25 mile from my house. To walk this walkway it was 3.1 miles. So, I always wanted to be able to run a 5k. So, I was determined to be able to do this. Within a year, I had accomplished this, signed up for a 5k and was hooked.

I had joined some running pages on Facebook and just happened to get invited to the Streak Runners International page. I started my streak on November 5th 2015 thinking I would never complete a whole year of running everyday. Well, I am happy to say I have completed one year and still going strong...

Christie, Jacobs
Lewisburg, Tennessee



Matt Henslee with daughters Kaydence, Leigha, Alivia, and Gracie.

MATT HENSLEE'S STREAK HITS 5 YEARS

The fourth year of my running streak kicked off with a 100 mile run at the Snowdrop 55 Ultra in Sugar Land, Texas, but the remainder of the year was a battle to maintain the mileage from previous years as a full time pastor, seminary student, and father of four! While the mileage dropped off a bit, my streak didn't. Nor did my marathon streak or waffle streak! I'm looking forward to what my 5th year of streaking will bring me, but I'm sure it'll be more of the same; fun, friends, and well-earned food!

Matt Henslee
Grand Prairie, Texas

ERIC LOVE'S STREAK'S HITS 8 YEARS

I just started [email dated 28 December 2016] my 9th year!

Eric Love
Erie, Colorado

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CLIVE START'S STREAK HITS 2 YEARS

Yes, I am still active and still run every day.

I run ultras so maintaining a streak before and immediately after an ultra does take a bit of work. Active recovery I call it. With the exception of 2 days immediately after my first 100km event, when I only did the minimum mile, I do a minimum of 2km per day.

I completed 2015 miles in 2015, and didn't quite make 2016 miles this year (Strava does say as of 29 December I was at 3062km for 2016 (no, I am not going to make 180km in 3 days). I will again aim for 2017 miles in 2017. That averages out at nearly 9km per day.

I ran my first marathon in May 2013. Since then, I have done more than 20 marathons (mostly road) and more than 15 ultras (mostly trail), while continuing my streak. Mostly formal events, but several informal. All my running so far has been in New Zealand.

I initially started my streak with a 100-day goal. During those first 100 days, I did 3 ultra runs (60km, a 100km, and 60km at Relay for Life). As I got close to those 100 day I had to decide what to do. I had enjoyed myself so much, I decided to carry on to a year.

I set myself a goal of 3000km for 2015, and when I achieved that with about a month to go, somebody suggested I aim for 2015 miles. I went for that, meaning about another 250km. I was and still do average between 50km and 100km per week so another 230 in 5 weeks wasn't going to be too difficult. I did still have about 30km to go with 3 days left so the end of the year was a bit more challenging than it should have been.

I do love the streak because I believe it helps both physically and mentally. I do not get sick or injured anywhere near as much as I did before starting the streak. I have learned to always be ready to run, and "comfortable" running on tired legs. I have learned to run soon after eating, and yes, have even run after quite a bit of alcohol!

I am a good mate of Colin Young who is also here in NZ and we have run together a number of times. Colin is up over 1000 days already.

I find the running community to be so friendly and supportive. I run both road and trail and am probably heading towards more trail and less road.

I do have a dedicated Facebook page for my running exploits <https://www.facebook.com/clivestartathlete/>

I do have a coach (Squadrun) and belong to a great many running groups.

I do already have a SRI singlet.

Clive Start
Lower Hutt, New Zealand

MIKE HELLER'S STREAK HITS 28 YEARS

The Heller streak is still alive, averaging 4 miles a day over the last year. I'm running mostly 9 minute miles these days, part of the inevitable slowing that goes with heading to my 75th year. Just happy to be able to get out there every day.

Mike Heller
Marlborough, New York

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Jill Wofsey

JILL WOFSEY'S STREAK HITS 1 YEAR

Hi! I'm Jill Wofsey, and I just passed my 1-year running streak. I started on 12.22.15, and reached one year on 12.21.16. It's going so well I am continuing on with it.

I had no idea how my body would take to running every day. As it's turned out, I'm doing better with my running than before I started streak running. I have learned many things through every day running, such as learning how to handle balancing longer run days with "rest" days (i.e. 1-2 miles), gaging how much sleep I need, managing my pace day to day, and working through aches and pains as they occur. It also aids in decreasing general stiffness and soreness. The most amazing thing I've learned is that I can actually jog at least 1 slow mile the day after a marathon or ultra.

In 2015, I ran 2,193.49 miles. From

1.1.16 through today (12.30.16), I just passed the 2,600-mile mark, running 2,602.38 miles. I cannot believe how much stronger I am as a result of streak running.

I ran 12 races this year, everything from 5K to 50K. Of those 12 races, I won Female Masters 4 times, Female Grandmasters 3 times, and placed in my age group twice. I ran a 24:53 5K in the blazing heat and humidity, and recently, I ran a 20-minute PR on a 50K (time of 5:24:15). On the 50K, I placed 2nd overall female (Female Masters award), and came in 5th overall out of 41 seasoned ultra runners. This was my racing high point of the year.

I'm looking forward to 2017 bringing even more happy streak miles into my life, including my third running of the Boston Marathon.

Dr. Jill Wofsey
Alford, Florida

MIKE ORRICO'S STREAK HITS 4 YEARS

Thanks so much for reaching out and for the congratulations! I am still excited and blessed to be able to run every day and I feel like I am very fortunate to be part of such an inspiring group of people.

Not sure I have much to update. After logging over 3,000 miles each of the first 3 years of my streak my overall mileage took a hit this year. I took over as President for our local St. Louis Track Club, a running group that was started in 1970 and has over 1,000 members in the area. Between that, a day job and 2 young boys running has had to take a back burner a bit.

Mike Orrico
St. Charles, Missouri

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Joseph and Rich Glass

RICH GLASS' STREAK HITS 2 YEARS

As I crossed 2 years I had the pleasure of welcoming my son Joseph to the club. We retraced his RSD1 route on RSD366. I ran in over a dozen states this year, including 7 in 7 days, and completed my first ultra, the Cowtown 50K.

Rich Glass
Dallas, Texas

RICK CORBIN'S STREAK HITS 22 YEARS

Yes, my streak is still active and thank you for the recognition...today [31 December 2016] completed my 22nd year..

Rick Corbin
Savannah, Georgia

SCOTT SNYDER'S STREAK HITS 35 YEARS

Yep, my streak is still going and tomorrow [30 December 2016] is 35 years. I've had some running successes and a coronary artery stenting (again) within the last year though I'm not sure what (if any of it) is pertinent.

I'm not much for "Look at me, I'm Sandra Dee" if you take my drift.

Scott Snyder
Littleton, Colorado

RAVEN KRAFT'S STREAK HITS 42 YEARS

Yes, tomorrow [31 December 2016] my streak will be 42 years (15,341 consecutive days) and a total of 122,867 miles (123,000 on Jan.17th). I've only gone under 8 miles a hand full of times and never less than 5.5 miles and never less than 90 minutes.

All I can say for 2017 is make a goal and keep it. Run Long, Run Strong, Run Free, Run Everyday and pick up a copy of *Running with Raven* being released on April 25th. Streak Runners will enjoy it. Good Health and Running to all in 2017.

Raven Kraft
Miami Beach, Florida

KANDICE ERWIN'S STREAK HITS 4 YEARS

Still going strong with the streak! 4 years and counting.

Kandice Erwin
Fayetteville, Arkansas

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JENNA HELLER JOINS USRSA

In the fall of 2014, I found myself feeling out of shape again. I had previously done a running streak to try to get back in shape, and I decided to try to beat my previous streak of about 50 days. My daily run soon became my anchor habit. 50, 60, 70 days passed and I kept running each day.

When I was sick, stressed, overwhelmed, it didn't change that I went out for at least a 1 mile run every day.

During the brutal Phoenix summers it can be tough to run – though my motivation flagged, I kept up with my mile each day.

It has become an important part of my physical and mental health. It's shown me I always can make time to run, that I can always go at least one mile, and that discipline is important for all types of goals. I've become an advocate of doing something habitual for oneself every single day.

Jenna Heller
Phoenix, Arizona

MEREDITH BICKELL JOINS USRSA

I am a CrossFitter and since I started over four years ago, I have learned to be a better runner. I have only been doing CrossFit workouts mostly six days per week and no less than four days. Each September, October and November, I run a 5K race. Last November, I ended up running two 5Ks.

In high school and college, I ran track, specifically hurdles and running

anything longer than 400 meters was a challenge.

Running a mile each day in 2017 sounded like a fun idea and paying the membership fee will keep me committed.

Meredith Bickell
Cheyenne, Wyoming

ZACH KILBURN JOINS USRSA

I've been running at an amateur level for over a decade, participating in races here and there, but mostly for general exercise and health-related purposes. I've been a competitive rower and rowing coach for middle school and high school athletes, but I was always drawn to the simplicity and freedom of running. Nothing beats lacing up your shoes and heading out to find new routes and explore.

I started my active running streak on January 1, 2016 to focus more on my running technique, and to challenge myself with a long-term goal. During my first streak year, I learned a lot about injury prevention, and about how to run smart. I trained for and completed my first marathon, and I'm already planning my goals for year two.

I currently live in Tulsa, Oklahoma, where I was born and raised. I have a wife, young daughter, and two dogs. My Australian Shepard joins me on many of my daily runs, and I haven't found a distance yet that is too far for her to keep up. I'm looking forward to many more years of streak running, and I'm incredibly excited to be a USRSA member!

Zach Kilburn
Tulsa, Oklahoma

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Nan Lujan

NAN LUJAN'S STREAK HITS 5 YEARS

I am excited that my streak has made it to five years! I'm still going strong. My mileage total for the streak sits at 9,677mi with an average of 5.3mi a day.

This year's highlight was definitely the PR I set of 4:48:20 at the Shamrock Marathon in Virginia Beach in March.

My 2016 goal was to run fewer races -- there is something so appealing about races when you run every day. I think it's the fact that I don't have to plan where, when, how far, etc. I am running. The downside to running so many races is that they are expensive, so this year I planned out sixteen fun runs to complete throughout the year involving the number sixteen or the year 2016.

I ran for sweet sixteen donuts, Chinese New Year, our sixteenth president, Leap Year, March Madness, for sixteen hours (off and on), for the Queen on her 90th

birthday, in honor of Sixteen Candles, for National Parks, from a human size chess board, to celebrate the Olympic Games, in honor of our 16th state, a 16.2 challenge of a 5k on Saturday and a half marathon on Sunday, for election day, for Tolerance, and for the anniversary of the Boston Tea Party. It was a lot of fun.

I am looking forward to celebrating the streak tomorrow with a five mile run with some of my running buddies and working on my 2017 goal of running every day and cross-training at least two times per week with a special workout on the 17th of each month.

Nan Lujan
Chapel Hill, North Carolina

SCOT DEDEO'S STREAK HITS 3 YEARS

The third year of my streak brought a lot of firsts. I ran my first Boston Marathon this past April, I ran my first 100K (TARC 100K) in October, and ran 3000 miles in a year for the first time. The highlight of the year came in September when I ran the 24 mile option of the Coast to Cure NF bike ride raising over \$2500 for Neurofibromatosis research. Looking forward to year 4 where I will be tackling my first 100 mile race (Hennepin 100 in October). Streak on.

Scot DeDeo
Belmont, Massachusetts

THOMAS WELCH'S STREAK HITS 19 YEARS

No change in streak running status. Thanks for checking.

Thomas Welch
Victoria, Minnesota

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Hopkins' family goes feet first.

EMILY HOPKINS' STREAK HITS 4 YEARS

It was an exciting milestone and I'm so grateful to have made it to four years. I continue to run every day and have managed to gather a wonderful group of friends to keep me company in the wee hours of the morning. The most exciting day of my run streak this year was running on my wedding day with my future husband and our dogs. I've included a photo of our last run before we became the Hopkins family. I also enjoyed many wonderful runs in Belize, where we spent our honeymoon.

Cheers to many more years of running!

Emily (Williams) Hopkins
Boise, Idaho

JIM WOOLAM'S STREAK HITS 2 YEARS

I just finished my daily run and now begin year number 3. Obviously, compared to most others this is indeed a modest streak - but I plan to keep on keeping on. I began my streak on January 1, 2015 to celebrate our 50th wedding anniversary and more than 40 years of sobriety recovering from

alcoholism. But as the year was coming to a close I realized there was no way I would voluntarily bring the streak to an end. So on I go - One day at a time - the same strategy that I use for staying sober.

I began running 36 years ago and have had the good fortune to run on all seven continents and most of the major cities of the world. At my age (84) I long ago gave up on PRs. I am forever grateful to be still out on the roads. With times a thing of the past, I try to find new challenges. This past year one challenge was to run a minimum of 100 miles a month 1200 for the year. I am happy to report I exceeded my goal.

During the year I ran in airports and did some juggling to keep my own minimum of 2 miles per day. I guess one of the most difficult was while my son and I attended the Masters Golf Tournament. We left our motel (100 miles from Augusta - accommodations were near impossible) at 5am and did not get back to our room until 10:30 pm. I put on my running clothes and my son asked what I was doing. I told him I am going to run laps in the parking lot for two miles. He said we walked seven miles on the golf course over the course of the day. Doesn't that count. I replied with a smile and of course said no. We both had a good laugh. By the way my son is a runner and we have run marathons and triathlons together.

Jim Woolam
Ft. Myers, Florida

LAYNE PARTY'S STREAK HITS 37 YEARS

My streak continues so no changes there.

Layne Party
Towson, Maryland

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Roger Crossley

ROGER CROSSLEY JOINS USRSA

I ran my first mile (ever) on August 21, 2010 at the age of 56 (two days shy of my 57th birthday) & my first running streak began on December 8, 2010. That streak ended at 310 days after a bout of runner's hematuria.

After one day off I began my current streak. The minimum daily mileage for my current streak is 3 miles, but I typically run 6.5 miles a day (my daily average is over 6.2 miles over the past 5 plus years). Embedded in the current streak is a minimum 4-mile a day streak of 1,040 days and a minimum 6 mile a day streak of 491 days.

Over the course of the current streak I've run with two broken toes, a kidney infection, pneumonia, the flu and several bouts of runner's hematuria. I've run two

hours after a colonoscopy and an hour after getting out of the hospital after an 18-hour afib episode as well (most think there's something seriously wrong with me and sometimes I'm inclined to agree).

A majority of my running is on a treadmill especially in the winter months, but I'd rather run outside whenever possible (who wouldn't?). I also run on a 1/6th of a mile track at a local club mostly during the winter months.

To date I've participated in 59 races with the vast majority being 5Ks (I've only done one 10K, a 5 miler and a 4 miler). My personal best for a 5K is 24:43 achieved in May of 2012. I hope to run as long as humanly possible.

I'm married with two children and three grandchildren (soon to be four grandchildren). My son is responsible for getting me into running. I was walking 6 miles a day after quitting smoking after thirty years when he said, "why don't you start running; it'll take less time." Obviously I took his advice.

I'm sort of a lone wolf when it comes to running. I do most of my running in the wee hours of the morning when it's dark (to me the best time to run is outside where there's barely enough light to see the road or trail).

I wish I could say I love to run, but that wouldn't be truthful. Most of the time it's a daily chore like any chore that requires physical exertion (like raking leaves or mowing with a push mower). However, there are days when I do enjoy it and the benefits are just too great to consider slowing down or stopping (both for mental and physical health).

Roger Crossley
Lindenhurst, Illinois

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Tim DeSantis

TIM DESANTIS' STREAK HITS 2 YEARS

I am touching on my therapeutic approach to therapy because it relates to my running. Somatic Experiencing is a type of therapy that can help heal, manage or reduce symptoms of PTSD, trauma, anxiety and other problems related mental and physical health. Somatic means “relating to the body, especially distinct from the mind.”

Here is an idea: maybe it is not a mental health issue - maybe it is a physical issue. For example; an environment or abuse that was abrasive on the individual's central nervous system.

Can people change their lives? Can we manage symptoms of anxiety, distress, depression, ADHD, addiction, or get motivated to accomplish hopes and dreams?

Yes, yes, and yes. If you struggle with any of the above disorders think about all the energy expended on the distress you have experienced related to these problems. Maybe you can understand it is not your fault that you have had these struggles. Maybe there is a possibility of converting that negative distress into positive energy.

Wow! What a year 2016 was. Lot of hardship, but lot of accomplishments. My private practice as a therapist started this year (specializing in trauma), resigning from a clinical supervisor position in a community agency that I love. Studying Somatic experiencing I want to keep my body, mind and spiritual life running in good order.

When I engage in running I tend to reflect, meditate and listen to my body. Running/jogging helps me cope, feel, reason and dream. It has been outward expression of an inward journey that I have had for many years in my spiritual, physical, and emotional life. I will have 30 years of sobriety at the end of January, made it from an 8th grade dropout to a master's level clinician. So much over 30 years it would be hard to capture everything but the point is **slow, disciplined, and persistent change brings huge results over time!**

2015 I did a minimum of a mile every day with two marathons and a grand total of 1267 miles for the year (average 3.47 mi per day). 2016 I did two miles every day minimum, two marathons again with a grand total of 1619.7 miles for the year (average 4.4 miles per day).

2015 I had a painful tear in my calf probably from increasing mileage to fast. I taped up my calf and ran just a mile for a couple days and increased slowly. The amazing and sort of funny thing is I had dislocated rib. I fell on the trail the previous year never knew it was dislocated until I had chest pains with

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one of my ribs pressing against my sternum. I had no pain when I was running but when I was in bed my chest hurt. Went to my doctor (VA Boise Medical Center) and she said your rib is pressing against your sternum. She reset it and then my side felt bruised for a couple of weeks but my chest was fine; she did some fascia relocating and manipulation in my ankle as well; she did an amazing job even though she made me cry twice. 2016 I had no running injuries!

I have hopes and dreams of doing three marathons and a minimum of three miles per day totaling 2000 miles for 2017 - God willing. I will listen to my body and push it to the limit guarding against injury as my journey continues. Don't know if I will make it. What I do know is I will try, and anything is possible when I trust God, listen to mind, body, and spirit. What I have learned from life and my running experience is ask for help when I need it, and offer help just because.

People who have deep hurt and pain can rebound from life's struggles and learn to excel. It may not be easy but with courage and help you can experience the journey you are meant to be on. Live life to the fullest and enjoy the ride-anything is possible. Happy New Year and may 2017 be a journey to good health and happiness!

Tim DeSantis
Boise, Idaho

CORY VERRILL'S STREAK ENDS AFTER 501 DAYS

My streak ended May 15, 2016 due to a tibial stress fracture.

Cory Verrill
Stetson, Maine

JUSTIN WENSELMAN'S STREAK HITS 2 YEARS

My streak is still going strong. Over the past year, I've had to run some miles at weird times of the day (2am before a flight to Vegas stands out!) as well as completed my second half marathon. As a new challenge for 2017, I'm going to try to up my runs to 2 miles a day.

Justin Wenzelman
Dubuque, Iowa

JOHN LIEPA'S STREAK HITS 40 YEARS

As of 4:30 PM, January 1, 2017, with a lovely run in the woods, I completed my 40th year to earn the plaque you so kindly sent to me last week

John Liepa
Indianola, Iowa

PAULA HARKIN'S STREAK HITS 8 YEARS

Still going on my streak!! Calculated my miles and had to run 71.9 miles last week in order to reach 2500 for the year!! Crazy how these goals make us do things we cannot imagine!!

Paula Harkin
West Linn, Oregon

ANDREW JACKSON'S STREAK ENDS AFTER 732 DAYS

Just to let you know my streak has ended. The last day I ran was 1st January 2017.

Andrew Jackson
Hull, England, U.K.

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SCOTT DONALDSON'S STREAK HITS 3 YEARS

Yes, my streak is still active! I had a very busy 2016! I finished the following races:

Half Marathons

Panther City Half
Jalapeño Half
Wild Fire Half
Hottest Half
Harbor Half

Full Marathons:

Austin
Cowtown
Garmin-Land of OZ
Oklahoma City Memorial
Kansas City
Bryan/College Station

I also completed the Franklin Mountain 50K Sky Race which was one hell of an experience!

I am currently registered for the following 2017 races:

Houston Marathon
Austin Marathon
Woodlands Marathon
SLO Marathon
Jalapeno Half
Chicago Marathon

Looking forward to another great year!

Scott Donaldson
Fort Worth, Texas

STEVE COLLIER'S STREAK HITS 2 YEARS

My streak of running every day continues into 2017. In two years I have

run 6858 km with 102515 meters climbing. The mean distance per day was 9.3 km. This took about 806 hours or 4.6% of my life. I feel this is a tiny amount in relation to the rewards and benefits it gives. It is the people that don't exert themselves physically who are the extremists, not us!

In 2016 I ran about 3300 km with about 50000 meters climbing, mostly trails. Norway is a great place to do this, even though the hours of darkness seem long in the winter. In daylight there are unending trails in the forests and around lakes to explore.

The most memorable part of the year was July when I took part in a six-day guided run round France's Mont Blanc, on the course of the famous race. It was a fantastic holiday but led to a knee injury. This shouldn't have surprised me since I ran 520 km that month, and in one week peaked at about 170 km, with over 10000 meters climbing – ten times my normal amount. So in August to November I dropped the mileage drastically. Previously I had been doing a minimum of 5 km a day in my streak, but I sank to 2 km per day for nearly the whole of October.

The knee began to settle down in the latter part of the year, and after a while I realised the remaining problem was unaffected by how much I ran. So I began to increase mileage again, leading to about 300 km in December and about 100 km in the last week of the year, which incidentally let me pass the year's goal of 2016 miles.

Now, I have begun training for Boston marathon in 2017 and the streak continues. I'm looking for a new adventure this July that involves running!

Steve Collier
Halden, Norway

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WILLIAM ROWLEY'S STREAK HITS 3 YEARS

I am proud to say my streak is still alive and I am looking forward to another year of running in 2017. Year 3 was probably the easiest of the 3 so far. My usual minimum is 2 miles and I very rarely run less than that -- maybe 3 or 4 times in 2016. My average run is probably 3 or 3.5 miles.

I live in NYC with my wife and two girls (4 y.o. and 1.5 y.o) and do most of my runs in Central Park or along the East River and on the treadmill if I have to. Would not have been able to get to three years without a supportive and understanding wife and tough kids. We run as a family when we can. And the girls come with me in a double jog stroller fairly often -- especially when their mom is traveling for work.

Only one memorably bad run this year: late at night, in pitch black and pouring rain on Martha's Vineyard. Some of the best were a bunch of 2-3 mile runs on Fire Island with a friend and his daughter and my younger daughter. Got our short run in. Got the girls asleep in the double stroller while we ran. Then retired to bar on the water and drank a few cold beers while they slept.

William Rowley
New York, New York

JON O'SHEA'S STREAK ENDS AFTER 1,002 DAYS

With apologies for the late notice, I thought I had already emailed you but clearly I did not! My first streak came to an end on 17 September 2016 after 1002 days due to injury.

Streak 2 started yesterday 31/12/16. Hopefully I will have my name back on

the list on 31/12/17. It's been a great experience and it is a great group. Keep up the good work.

Jon O'Shea
Chigwell, England

BO GRIST'S STREAK HITS 4 YEARS

The streak is alive and healthy and I continue to look forward to running everyday. Living in the beautiful mountains of Virginia is a quite a treat and certainly facilitates both the continuation of streaking and a love of running.

Bo Grist
Charlottesville, Virginia

SUE CRABTREE'S STREAK HITS 9 YEARS

I love my streak. It has become a integral part of each day that I look forward to and thoroughly enjoy. I plan to write a story for my 10-year mark. Have a great new year and run strong!

Sue Crabtree
Lynchburg, Virginia

TERRI VARNADOE'S STREAK HITS 5 YEARS

It's a great journey and I treasure every bit of it. Hard to believe it's been 5 years! Everyone is so inspiring & supportive.

Terri Varnadoe
Ocala, Florida

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Scott Hendren

SCOTT HENDREN'S STREAK HITS 9 YEARS

I am pleased to report my streak is intact. 2016 was a good year for the 9th year of my streak. In April, after getting the disappointing news that I didn't win the New York City Marathon Lottery a dear friend encouraged me to run as a charity runner for the Bone Marrow Foundation in honor of her amazing daughter, Kayla, who had undergone a bone marrow transplant earlier in the year in her fight against leukemia. Doing so would mean raising lots of money for a great cause, training hard, running a bucket list marathon and then, six days later, running a 50 mile race that I was already signed up for. But how could I say no?

So after a long summer of raising thousands of bucks for the Foundation on behalf of Team Kayla, and training harder than I have in years, I had a

great race at New York, finishing nearly an hour faster than my most recent prior marathon.

Then, thanks to some supportive friends and the inspiration of a girl that never quits and never complains, Team Kayla headed to Southern Illinois for the Tunnel Hill 50 Miler. Somehow, on tired legs, I managed to PR the 50 miler by over two and half hours and still keep my streak alive in the days that followed.

I ended the year with 1701 miles for my best annual total in years. I'm looking forward to an even better 2017 and finishing my 10th year of streaking.

Scott Hendren
St. Joseph, Illinois

CRAIG KUGLAR'S STREAK HITS 2 YEARS

I celebrated my two-year streak running anniversary by running a 4 miler with my 71-year old father. That run gave him 1200+ miles for 2016. Pretty darn good considering he takes 1-2 days a week off and battled some injuries. I continue to enjoy running every day and can't wait for my 2 and 1/2 year old to get old enough to get out of the jog stroller and lace up along with me.

Craig Kuglar
Atlanta, Georgia

CHUCK ROBB'S STREAK HITS 21 YEARS

The streak continues. I hope and plan to continue for at least 19 more years to a 40 year streak at age 80 but we will see what the future holds.

Chuck Robb
Lee's Summit, Missouri

MEMBER UPDATES – SPRING 2017



Ryan Fletcher

RYAN FLETCHER'S STREAK HITS 6 YEARS

The Streak lives on. I only ran 2 races this year. The 1st race was a hilly local 2 miler that benefited the elementary school. I won the race in 12:07 with my closest competitor 30 seconds behind me.

The second race was Ironman Louisville. I started training in February. It made for a very regimented year of training. Lots of time on the road and in the pool. I had lots of support throughout training. Ironman Louisville was an amazing experience. I had a great support crew on race day and I enjoyed every moment of the race. I finished the swim in 1:09. My bike time was 6:23. I ran the marathon in 4:27. Total time, with transitions, was 12:37:15.

I ran 1.5 miles the next couple days then back to my 2-mile minimum on Wednesday.

I spent the rest of the year taking it easy and enjoying daily 3 and 4 mile runs. I celebrated my 6 year Streakaversary with an easy 3.72 mile (6k) run. I am looking forward to another year of streaking.

Ryan Fletcher
Georgetown, Indiana



Kelly Nelson

KELLY NELSON JOINS USRSA

I started my streak on 10-28-15 and in the first year logged just over 500 miles. Goal is to double that this year. Here's a picture of me Christmas Eve. I discovered Yak Tracks this winter and, while the treadmill is lonely, I am loving the outdoor winter runs!

Kelly Nelson
Kasson, Minnesota

MEMBER UPDATES – SPRING 2017



Ellen Kendall

ELLEN KENDALL'S 2ND RUNNING STREAK HITS 1 YEAR

My second running streak has officially hit 1 year. My first streak, of nearly 2 years, ended due to surgery. I took two weeks off and was right back at it Thanksgiving 2015. Running continued to be part of my daily routine and 2016 was a good year with PRs at the Eau Claire Half Marathon and Twin Cities 10 Mile. I'm excited that my streak is official again and don't plan to stop any time soon.

Ellen Kendall
St. Louis Park, Minnesota

JOHN CARLSON'S STREAK HITS 39 YEARS

Thank you for the streak anniversary "kudos".....one more year to the BIG 40. I don't run much.....often only a mile per day. I run 600-700 miles per year. I haven't competed seriously for quite a few years,.....have run a few trail type events and low key road races, but do not train for anything anymore. I have taken up some martial arts training in the past few years ...Tae Kwan Do and Brazilian Jiu Jitsu...so that keeps me "competitive"...have to be to keep from getting smashed and worked over by younger athletes.

John Carlson
Indianapolis, Indiana

RICHARD HORVITZ'S STREAK HITS 2 YEARS

My running streak is still intact - 2+ years and counting. Finding new ways to challenge myself every day. I have now realized that running every day has helped to heal minor injuries, recover faster and make head-colds get better faster. After 2 years I have also noticed that regardless of running 3 miles or 10 miles, the next day there is no "recovery period," I just go out and run whatever I want. My body has assimilated to the every day running routine. In the past year I have run in London, Turks & Caicos, NY, Maine, Florida, California and home in Newton. I ran a 50k race in April of this year, a fete I never thought I'd attempt, but I survived and felt great. The group on Facebook has been inspiring and fun and I look forward to hitting my 1,000th day this year to EARN my comma. Thank you and happy streaking.

Richard A Horvitz
Newton, Massachusetts

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MARK WILLIAMS JOINS USRSA

I'm a world-class middle distance track and field athlete specializing in 800/1500/mile distances. I have held several national track and field championship titles since becoming a masters athlete at 40 in 2012. In 2014 I was a member of the relay team who set the world record for the indoor 4x800 (M40-49). That same year I placed 3rd in the 1500 at the indoor track and field world championship in Budapest, Hungary. This past July, I qualified to compete in the Masters Invitational 1500 at the Olympic Trials. I'm currently preparing to compete in the 800 and 1500 at the indoor masters track and field world championships in Daegu, South Korea at the end of March.

Mark A. Williams
Columbia, New Jersey

HOUSTON WOLF'S STREAK ENDS AT 1,045 DAYS

After the Mississippi Blues Marathon cancellation, I should have run on the hotel treadmill before leaving town but I didn't, thinking I would catch a few miles later when I got home.

I got home much later than I expected and just couldn't get myself to go out in the dark and single-digit temps. It was a conscious decision. Punishment, if you will, for poor decision-making earlier in the day.

There must be a price paid. It's not the worst thing that could happen.

Houston Wolf
Cordova, Tennessee

LISA MILLAM'S STREAK HITS 6 YEARS

Thank you for the Anniversary Wishes! I am still streaking! I am grateful that I can get up every morning, put my shoes on and go for my run. Some days I go for 1 mile, others much more. I am hoping to keep the streak going as long as I can! Happy Running!

Lisa Millam
Coon Rapids, Minnesota

KARL DAVENPORT'S STREAK HITS 3 YEARS

My streak is still going! I have moved to Loveland, OH.

Karl Devenport
Loveland, Ohio

DUNCAN CAMERON'S STREAK HITS 11 YEARS

Thanks for the notice about my running streak. I attained 4,000 days in a row last November and eleven years in December. As I start my 12th year, I am still going strong, with weekly mileage between 40 to 50+ miles. My only set back during 2016 was being tripped by a dog on a leash and falling. Luckily there isn't any permanent damage, just a scar on my knee to show for it. I should be able to attain 50,000 lifetime miles this March or April at the age of 74. Thanks again for the notice.

Duncan Cameron
Palm Harbor, Florida

MEMBER UPDATES – SPRING 2017



Joyce Young

JOYCE YOUNG JOINS SRI FROM CANADA

In 2004 my first race was muggy with a warm monsoon-like downpour. The rain felt appropriate. It was a baptism into a new life.

Running has completely transformed my life. I was an overweight pack-a-day smoker when I started who suffered debilitating episodes of depression. Throughout my depressive episodes, I starved myself, tried to kill myself and cut my arms.

My depression is gone and my former bad habits replaced with good habits. I have run close to 42 races in the almost 13 years I have been running. My races have ranged from 5K's to 25K trail races.

I started my streak December 31, 2015. At that point I was up to running 5 days a week and this was going very well. I didn't believe that my 47-year-old body could handle running every day.

The first week felt good. And then the first month flew by. I fully credit foam rolling every morning for making the streak doable. Since the first day of the streak I have journeyed through a very difficult year. The company I worked for closed. In the summer my father was hospitalized 3 times in 3 months. I terminated the relationship with my mother, a life long alcoholic. My father is now deemed no longer able to make his own decisions or live in his home ever again. My husband and I are cleaning out his house, the 115 year old school house I grew up in. We are preparing to move our lives out of this city where we have both lived for 30 years back to the country school house. In the last 365 days I have been infinitely grateful for the gift of running. It has given me sanity and peace in days when there was none.

As a happy bonus in the four races I ran this year I had two first place age group finishes and two personal bests. My 8K time was reduced by six minutes and my 10K by seven minutes. I fly now! I joined the Oiselle Volee team this year and their motto is "Heads Up, Wings Out."

Joyce Young
Kitchener, Canada



Joyce Young

MEMBER UPDATES – SPRING 2017



Jon-Paul Correira

JON-PAUL CORREIRA JOINS USRSA

I never ran, ever at all, until I was just about 30 and applying to become a Special Agent. I realized that there was a physical abilities test and knew I had to get into shape. I therefore used the "walk, the run between telephone poles" method to work myself up to consistent running. Ironically, I found I was good at it and enjoyed running.

When I went to my 12-week basic training course, I ran the 1.5 mile test in 9:20. I had no idea what that meant or that it was somewhat fast. While down there, I participated in my first 5k, and realized I liked racing. When I returned, I ran a few races here and there, but basically fell into the habit of running on my lunch hour every other day and taking the weekends off.

When I turned 44, I participated in a 5k that got me going again. It was a PR at 20:28, and I got the bug. I signed up for a Spartan race that year, and began running more consistently, but never more than 5 miles at a time.

In early 2013, a friend asked me to participate in a half marathon that spring. We trained and I remember thinking as I crossed the finish line, "I can't imagine doing that twice over!" That year, I completed several halves, and by the end of 2013, I was ready to sign up for my first marathon, Vermont City marathon in May 2014. I finished that marathon and went on to complete 3 more, with the most recent one, Baystate Marathon in October 2016, being a PR of 3:30:55. I am registered for Boston this spring. I am now 48 years old and have completed 4 marathons, 13 half marathons, and lots of races with lesser distances, all since 2013 when I turned 45.

Jon-Paul Correira
Rayham, Massachusetts

KENNY MILLER'S STREAK HITS 8 YEARS

The streak is still active. Nothing has really changed with the streak, still running everyday!! I will be turning 40 this year and to celebrate I am planning on running at least 40 races!! Most will be destination type races to me!!

My goals are to continue the streak, run more miles than last year (2,540.85) and PR in the marathon (2:50:32).

Kenny Miller
Maryville, Missouri

ROBERT HILL'S STREAK HITS 9 YEARS

Yes, it is still active. My wife keeps telling me it will probably kill me if I have to stop.

Robert Hill
Malvern, Arkansas

MEMBER UPDATES – SPRING 2017



Roni Harrison (wife), Chris Harrison, Suzi Harrison (mom), Jim Harrison (dad)

CHRIS HARRISON'S STREAK HITS 2 YEARS

Excited to report my streak continues! On 12/31/16 I wrapped up my second streak year with 2,401 total miles. The year culminated with a nice 18-mile long run with my daughter as we train for her first marathon.

This second streak year went well running at least two miles per day, and racing in a couple of marathons and ultras. Had a few tricky days of running in Alaska on a fishing trip and even had a couple of cross-over days which are awesome!

This coming year, I am pulling back to just one mile a day so I can get some recovery time while training for races. Had a long difficult Arizona summer, training for a 100 miler in October...had to pull the plug at 100km but still had a good race.

Big thanks to my wife and parents for crewing for me and the "Team Harrison" shirts- I am so blessed with such a great family and friends. And, always inspired

by local Grand Master Craig Davidson who always asks me when I see him..."did you get your one mile in today?"

Chris Harrison
Paradise Valley, Arizona

CHEECH MOORE'S STREAK HITS 5 YEARS

I'm just confirming that I'm still happily running and keeping my streak alive, every day.

To commemorate my 5th year of running every day, I merged two of my daily obsessions -- running and the 1SE app. Using the 1SE app (One Second Everyday), I recorded ~1s of my daily runs and mashed them into a roughly seven minute video. I uploaded it to YouTube and thought this community would appreciate seeing the daily effort - - and occasional monotony -- of running every day. Here's a link to 1s of me running, which begins as I wrap up my 4th year and continues through completion of my 5th year of running every day: <http://goo.gl/gJ0Kkm>.

Happy trails!

Cheech Moore
Wheaton, Illinois

SARAH WOODS' STREAK ENDS AFTER 740 DAYS

I am really bummed to tell you that my streak ended at Day: 740. I injured my foot & need to stay off it for awhile in order for it to heal properly.

Sarah Woods
Phoenix, Arizona

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Julie Taylor

JULIE TAYLOR'S STREAK HITS 2 YEARS

I just completed my second year of running every day, today January 18th!!!

I run 4 miles 5 days a week and about 1 1/2 miles 2 days a week usually at 530 in the morning on the greenway in my neighborhood! I have to watch out for deer, and rabbits the most, rarely do I see any one else on the greenway at that hour!

It had been an awesome year running and an exciting accomplishment for me!

My husband and kids are so supportive and that is what keeps me going as well as Gods grace!

Julie Taylor
Cheyenne Wyoming

STUART CALDERWOOD'S STREAK HITS 30 YEARS

I made it to 30! Today's run (20 January 2017) I completed the thirtieth year, although the "anniversary" is tomorrow. My run today made the local NYC Fox News morning show, even though I told them that I'm only number 63.

Update to follow after the celebratory party at New York Road Runners' new Run Center tonight. Keep it up--

Stuart Calderwood
New York, New York

EVAN BARNHART'S STREAK HITS 6 YEARS

I actually moved to Northern California in the Bay Area. I haven't stopped running daily but I now live in Castro Valley, CA and am an international student director. California is much easier to maintain the streak than freezing Michigan!

Evan Barhhart
Castro Valley, California

BRET NELSON'S STREAK HITS 2 YEARS

Two years down and only God knows when I will stop. As most of you know, some days are easy and some days are really tough. Traveling, hard days at work, and sickness were some of the things that tried to keep me from running this year. Thank you to my wife and my kids for baking me cakes for 500 and 700 days.

Bret Nelson
Hutto, Texas

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Ken Johnson & Vincent Attanucci

VINCENT ATTANUCCI'S STREAK HITS 14 YEARS

2016 was an eventful year of running for me and I passed a couple of long chased milestones along the way. The year was shaped by my working travel schedule as I ran my year through Thailand and Kazakhstan and Scotland and England. A long sought milestone was reached on a dark cool morning in Aberdeen Scotland, where I met up with a dear friend and ran across the 5000 day threshold. I still hold a goal of 10,000 days and this was a meaningful accomplishment along the journey. I continue to race 2-3 times per month including four marathons during the year. A great highlight was my first ever trip to Toronto to run the Scotiabank Marathon in October. What an incredible city and joyful race. My son Mike and I traveled and toured the area, and ran together. I was able to complete 3122.6 miles for the year and 42,908 for my streak.

I also reached a local milestone with completion of my 200th Run The Woodlands, a local 5K race that is run each month on the 2nd and 4th Saturday; costs a dollar. Some of my longest known and best running friends are there and it is a regular part of my running life. The best part of running and streaking are the people you meet and great friends you make. Picture with the great streak runner and racer Ken Johnson.

Vincent Attanucci
The Woodlands, Texas

MELISSA ROY'S STREAK HITS 1 YEAR

Yep, I completed my one-year streak today [12/23/2016] with an average daily run of 6+ miles and a minimum of 3.1 miles/day and plan to continue on.... Thank you for being the keeper of the stats!

Melissa Roy
Alexandria, Virginia

MELISSA ROY'S STREAK ENDS AT 391 DAYS

Just to let you know that while on my run on Monday, I tripped and fell and broke my toe. Fortunately (or unfortunately) I am not one to run through this sort of injury so my current streak ended at 391 days on January 16, 2017. I'll let you know when I start over!

Melissa Roy
Alexandria, Virginia

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Paul Hymers

PAUL HYMERS JOINS SRI FROM DUBAI, UNITED ARAB EMERATES

Growing up in the North East of England, my first sporting love was football, but running was a close second with Steve Cram an early hero. My teeth throb when I think back to my childhood 'diet' in the 80s, so aged 17 in an attempt to shift a bit of weight I started running. That year I completed my first half marathon, the Great North Run and loved it. I promised myself I would run it every year (I haven't run it since 2004). Each year my time improved (despite all the Guinness at university), but my running Holy Grail was always to run a marathon in less than 3 hours.

My first attempt was the London Marathon. At mile 18 I realised just what the marathon is all about. After 8 miles of sheer agony I swore never again. I've since tried a few more times but never really got close. Looking back, my training plans have always been a disaster. Just as I'd start to get some consistency and increase my mileage I'd pick up an injury. I eventually convinced

myself I wasn't built to run more than 30 miles (or 3 times) a week.

In 2009 I moved to Dubai, which offers perfect running conditions for 8 months of the year and hellish conditions for the other 4. My streak was born out of boredom with my own running preconceived notions, with a modest aim of 30 days. Since then I've not looked back. It has been like falling in love with running again.

Paul Hymers
Dubai, United Arab Emirates

JIM JANKER'S STREAK ENDS AT 6012 DAYS

My streak ended with 602 days on 1/16/2017. It was a good ride averaging 5 miles a day. I got a little over a mile when my left foot gave out. I went to a good orthopedic doctor who said it was a legitimate tear or a stress fracture. I will be back but I will only go 3 miles a day. It was great ride.

Jim Janker
Wheatfield, New York

HUNTER NOFFSINGER'S STREAK HITS 2 YEARS

I am beyond excited to have been running everyday for 2 full years. The time has really flown right by, but I am still active in my run streak and I am absolutely loving it! I had a few struggles this year with finding the right shoe for my stride, but thankfully I've finally found the right one! Other than a few minor struggles the year was great. I ran my first 10k in 3 years and it felt amazing to be racing again. I look forward to another year of running!

Hunter Noffsinger
Chesapeake, Virginia

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Sara Sharpe

SARA SHARPE'S STREAK HITS 1 YEARS

I finally did it! I reached my 1-year mark! I attempted a run streak in 2015 and it was cut short by a terrible case of the flu. This time I was determined to complete at least a year come hell or high water.

I ran through medical procedures and wrist surgery. I also ran several mile streak savers in jeans and a t-shirt because I was too tired to change, ran streak savers barefoot, and even ran some in a bikini so I could jump in the hot tub immediately after.

This past year also found me completing my first ultra (31-miles run completely on roads/sidewalks) and getting to meet Bart Yasso... it was insane!

When I started my RunStreak, I had 3 goals in mind: 1) run every day for a year, 2) run 750 miles, 3) complete an ultra. I am happy to announce that I completed every single one of them!

I'm not sure how long I'll keep this streak up; but for now I am content with continuing my streak, taking it day by day and seeing where this amazing journey takes me.

Sara Sharpe
Eagle River, Alaska



Runner's World's Bart Yasso
and Sara Sharpe

ROBERT CROSBY'S STREAK HITS 9 YEARS

It wasn't an easy year but my streak was never in jeopardy. I wanted to do a lot more but life got in the way more than I'd like. Still hope to get in shape to do another 100-mile race one of these days. Just had my vitals checked for the first time in a long while and my heart rate was a shockingly low 37, which I won't complain about. There were some inspiring feats by older runners in the past year which I found inspiring since I plan on running till I'm at least 120. Run on brothers and sister!

Robert Crosby
Summerville, South Carolina

MEMBER UPDATES – SPRING 2017



Vicki Fredericksen

VICKI FREDERICKSEN'S STREAK HITS 1 YEAR

It's been a great first year of streaking!!! I've attached a picture of me. Not too big of an update for me.

I'm still in Nashville and continuing on with my streak. Around my 6 month mark I gave up road running and began only trail running. It's taken me to some of the most beautiful places! My goals for year 2 are to run several trail races and run my first ultra trail race. My current Streak mileage is 1,335.53 as of RSD 394.

Thats about it! Hope you are well!

Vicki Fredericksen
Nashville, Tennessee

ASHLEY GUTERMUTH'S STREAK HITS 2 YEARS

My steak continues! My streak has taken me through another move. I relocated from DC to Dover, Delaware in July 2016.

Delaware has beautiful trails and Cape Henlopen is a marvelous state park with an extensive path system that I would recommend to any runner. I plan to explore the state more soon and hope to get to run on the beach in the spring. I was excited to read the fabulous article "Traversing the Tundra as more Women Become Streakers" by Steve DeBoer as he had unearthed that Delaware has never had a female streaker. I am pleased to be the first woman with a running streak in the First State!

Ashley Gutermuth
Dover, Delaware

JOHN DANIELSON'S STREAK HITS 8 YEARS OUTSIDE

2016 just flew by. I ran The Cullen Run & Fish Day 5. Weather was the big Story in Wisconsin.

I ran in England & Ireland, 6 States, 25 Cities with temps from -4 to 93 degrees, with only 2 days below zero. Ran on 2 Continents and 2 States in the same day.

I have a new weekend running partner Dave, also ran with Dan, Kurt, Kevin, Randy, Mike & Michael this year. Finally, Congratulations to our DSHA 4X800 Team, 16th place at State, new School record, 9:34.89. Millie, Meghan, Anna & Libby great job ladies. Coached cross-country for the first time. Our team finished 7th at State, Libby 10th place and Meghan, State Champion.

Good Luck to all streak runners in 2017.

John Danielson
Wauwatosa, Wisconsin

MEMBER UPDATES – SPRING 2017



David Greenwood

DAVID GREENWOOD JOINS SRI FROM NEW ZEALAND

It was New Zealand's longest active streaker, Steve Bayliss (9 years+), who gave me the idea of running every day. He spoke at our work conference. I'd never heard of streak running before.

I was a "weekend warrior," and had run about 10 halves and eight full marathons. This was something new and I started four days later on 1 December 2015. I'd never run a full week before, let alone a month or a year. I honestly never thought I'd do it. Injury or apathy was bound to prevail. I swear I would've run those last days or weeks on broken legs if I had to.

On my 366th (leap year) run, I was joined by family and friends on top of Auckland's Mt Eden where we toasted my achievement with champagne at sunrise. I would've stopped there but decided a calendar year would be a good achievement too. When I made that, 400 was definitely going to be the end. I'm still going and while I certainly won't be the next Dr. Ron Hill (what a

legend!) I'm enjoying it – well, mostly – while it lasts.

I'm lucky living on Auckland's North Shore; within five minutes of home I can be running on the harbour edge alongside New Zealand's busiest motorway or, alternatively, on dirt trails amongst native bush and wetlands without a building in sight.

So far my streak has taken me to many New Zealand regions; Auckland, Wellington, Wairarapa, Otago, Marlborough Sounds and the Central Plateau and internationally to Sydney, Australia and some fantastic USA locations including Los Angeles, Las Vegas, Death Valley and Yosemite National Park. My most recent event was the 'Tussock Traverse,' a 26km offroad race which traverses between two volcanoes in New Zealand's Tongariro National Park. I'm sure when you read this I'll still be running every day and wish everyone the best of luck for their own personal streaking achievements.

David Greenwood
Auckland, New Zealand

DAVID KWONG'S STREAK HITS 2 YEARS

Finished the second year of my running streak and still going! 1698 miles....400 miles shy from my first year, but I got faster this year. Some memorable runs were in Aruba (7 days!) and of course, my annual 3 legs at Reach the Beach NH. My knee problems still come and go, and there are days where my streak is in jeopardy of ending, but this has been a true test of passion. Still a dream being able to run everyday.

David Kwong
Bolton, Massachusetts

MEMBER UPDATES – SPRING 2017



Reza Saputra

REZA SAPUTRA JOINS SRI FROM CANADA

I started the 10k/day running streak on September 18, 2015. At the time, I saw it as a challenge. I wanted to know how many days I could go. The first few weeks were excruciating. I remember on day 41, my left knee was injured. I thought it was over. I decided to bear the pain and I managed to complete a 10k run. The next few months were more bearable, although sore legs were common. I got injured again in January. This time, it was my left groin. I still kept going.

I became more ambitious. I entered a few races, including Waterloo Marathon in April 2016. My best running moment was during the SF Marathon in July

2016 with the elevation gain over 1000 ft. My body was screaming but I felt intoxicated. I thought I was invincible. For the last 10k, I had nothing but willpower. I gave all I had and I managed to finish with a PR of 3:41. In total, I ran three marathons and a 6-hour ultra in 2016. That year was the best year in my life.

Running gave me self-esteem. I was once a small and skinny kid in high school, but I am now proud to tell people I am an endurance runner. Running has changed my daily life. Every morning, without a second thought, I lace my shoes and go for a run. For at least one hour every day, I have time just for myself, away from distractions.

502 days later, the streak is still alive. I did not expect I could go this far. I do not have much motivation, it is just discipline. Running has taught me that I can achieve something if I consistently work hard. I am also working on avoiding injuries. I decided to be more patient, have a concrete training plan, and run easy runs easy. I know a lot of possibilities are in front of me. I still have many years of running. For the future, I like to imagine myself running a sub 3-hour marathon and completing a 24-hour ultramarathon. I want to know what my limit is.

Reza Saputra
Waterloo, Canada

JIM CRISP'S STREAK ENDS AFTER 1,397 DAYS

My streak ended on 1st February 2017. Unfortunately I haven't got any good reason apart from getting too busy doing other things.

Jim Crisp
Brough, England

MEMBER UPDATES – SPRING 2017



Erica Gorman

ERICA GORMAN'S STREAK HITS 5 YEARS

My running streak is still going strong although there are more 1 mile days in there than I would like. As each year passes, new challenges emerge and I am finding that being a mom to an 8, almost 9, year old with budding passions takes a lot of time and commitment.

As of December 30, 2016, the 5 year anniversary of my running streak (and to think I was trying to see if I could make it a year!), I have run 7,757 streak miles. I am not the fastest runner, nor the runner with the greatest distance, but I am learning to accept myself and my running streak for what it is. An incredible blessing from God and a way to show my daughter that yes, someday you may not do your best, some days may be better, but you never regret getting out and doing it. I have added in an almost daily cross training regimen too and I feel this is allowing me to be better balanced and continue to grow stronger as I move through my 40's and into the next 5 years of my running streak. But most importantly, I am happy to know that my daughter is

learning from what I do and is applying these essential health and fitness lessons to her own passion - horseback riding.

Erica Gorman
Kula, Hawaii

THAD CHILDS' STREAK ENDS AFTER 13,827 DAYS

It is with regret and sadness that on January 10, 2017 I ended my running streak. My runs on the early mornings of January 3rd - January 10th were with chest pains which I was convincing myself was a lung problem that I could run through. On January 10th at 7:30 PM I had a major heart attack and was taken to the emergency room of the Medical Center Hospital in Macon, Georgia by my wife. I had a 100% blockage of the LAD (widow maker) artery and had an emergency stent placement procedure done to unclog the artery.

I am pleased to say that I ran my first run after the heart attack on January 26th and now have a new streak through today February 7. I feel good and am thankful that my Lord and Savior has allowed me to see the sunrise each morning and enjoy my run each morning.

STREAK: Started March 5, 1979 and ended January 10th 2017-13,827 days (37 years 10 months, 6 days) - total streak miles was 96,078. My total running miles is 97,830 and I'm working toward hitting 100,000 mark.

Thanks to everyone for all the encouragement and motivation you have provided me during the years of running.

Thad Childs
Gray, Georgia

MEMBER UPDATES – SPRING 2017



Eric (husband), Meredith,
and Jaden (son) Bickell

MEREDITH BICKELL JOINS USRSA

In 2012, at the age of 43, I started CrossFitting and have been in love ever since. My husband and then 12 year-old son soon followed suit. Instead of rehashing our day over the dinner table, it happens over a CrossFit workout.

I was an athlete in high school and college, running short hurdle races. Running anything longer than 400 meters was a challenge. I even detested running any longer distance. Through CrossFit, I have learned to be a better runner. I have learned that a positive attitude and lengthening my stride makes for a better run. Even though running in Wyoming can be a challenge, I am learning to leverage our treadmill. Now, each September, October and November, I run a 5K race with my family.

I doubt that I will ever consider myself a runner, but having the goal of running a mile each day for 2017 will keep me going and overall, make me a better athlete.

I'm just a CrossFitter on a running streak.

Meredith Bickell
Cheyenne, Wyoming

TUCKER ANDERSEN'S STREAK HITS 25 YEARS

My streak continues, today is 25 years one day at a time. It seems a little overwhelming when I look back at it.

In the past year I completed my lifetime 43rd and 44th marathons, NYC in November and Kiawah Island in December. Also managed to be one of the relatively few survivors (about half the usual number of finishers) who completed the 18-mile Long Beach Island, N.J. race (my 42nd) despite the driving rain and incredibly strong headwinds for the whole race. Thus my persistence paid off and I came home with a silver age group medal, since only one other competitor in my age group didn't give in to the weather and have enough common sense to leave the course and seek shelter before the finish. I turn 75 in June so look forward to hopefully continuing the streak as I enter a new age group with even fewer competitors, since my persistence and longevity now offset my lack of speed.

The other highlight was during two summer cruises my streak included runs for the first time during stops in England, Ireland, Scotland, Norway, and Montenegro, in addition to return visits to Italy, Sicily and Croatia. Forgot to count the number of bridges that I crossed in Venice. Finally, I celebrated the third anniversary of my prostate cancer surgery, a hurdle which I managed to overcome with a slow shuffle for a few days during the streak, with an undetectable PSA. So that's my story, and I look forward to hearing about the varied and inspirational accomplishments of my fellow streakers.

Tucker Andersen
Warren, Connecticut

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Zach Kilburn with daughter Sage.

ZACH KILBURN JOINS USRSA

I've been running at an amateur level for over a decade, participating in races here and there, but mostly for general exercise and health-related purposes. I've been a competitive rower and rowing coach for middle school and high school athletes, but I was always drawn to the simplicity and freedom of running. Nothing beats lacing up your shoes and heading out to find new routes and explore. I started my active running streak on January 1, 2016 to focus more on my running technique, and to challenge myself with a long-term goal. During my first streak year, I learned a lot about injury prevention, and about how to run smart. I trained for and completed my first marathon, and I'm ready to tackle year two with a new set of goals.

I currently live in Tulsa, Oklahoma, where I was born and raised. I have a wife, young daughter, and two dogs. My Australian Shepard joins me on many of my daily runs, and I haven't found a

distance yet that is too far for her to keep up. I'm looking forward to many more years of streak running, and I'm incredibly excited to be a USRSA member!

Zach Kilburn
Tulsa, Oklahoma

JOHN DAVIS' STREAK HITS 8 YEARS

My streak is alive and well. Looking forward to finishing year #8.

John Davis
Desoto, Texas

JOHN DAVIS' STREAK ENDS AT 2,983 DAYS

I am sad to report that my Active Streak ended on February 6, 2017 after 2,983 days of streaking. I had envisioned streaking until I drew my last breath or the date when I was unable to remember where I left my running shoes. Life has a way of confronting us with reality. I had been experiencing some minor discomfort in my chest for about four months. I finally relented and had a CT scan done, followed by a stress test with echocardiogram and now a soon to be angiogram. On the advice of my tennis partner cardiologist, I have ended my streak until after the angiogram and the high probability that I will need a stent. I was told by my cardiologist that my situation would have been much more serious if my heart had not been so strong from my running. So streak on my friends and be sure to listen to what your body is telling you. Please add my name to the Retired Streaking List. Streak #2 begins in about three weeks.

John Davis
Desota, Texas

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TIAGO BANDEIRA DE LIMA'S STREAK HITS 3 YEARS

Streak is still alive and going strong.

I ran 4005 miles in the last 3 years and ran in 13 different countries!

My wife is Diana Alcobia who had her 3 year anniversary yesterday and she has run in 12 different countries too!

Many thanks and good running!

Tiago Bandeira De Lima
Nottingham, England



Heinz Kabutz

HEINZ KABUTZ JOINS SRI FROM GREECE

Greece? Zorba the Greek? Yessir, here I am in front of the beach that Anthony Quinn immortalized in that famous movie. I live 3km down the road.

I run every day. It makes my life easy. I don't have to think. I just put my shoes

on and go. Often it's a 3.4 km run "around the circuit": First down our dirt road driveway, then up a slight slope past a flock of sheep, turn left at the Y, then past a dog on a rope that likes to jump over the gate and almost hangs himself, left at a defunct water fun park, then down towards the sea, past some goats and a nudist beach (out of view) until we hit the bottom of the run, another slight incline, past a biological aloe plantation with turkeys guarding it, then some fig trees and an olive grove and I'm home. It is so beautiful, I could run it every day for the rest of my life and I would not get bored. A special treat is running in the middle of the night with a flashlight strapped to my head or just the full moon as my light.

I am physiologically the least likely person to don running clothes. I'm a chubby 107 kg, 1.88m, my legs are too short and calves a hefty 17.5 inches of solid muscle. I should not be running. Wrestling perhaps. I always hated running as a kid. I had no talent. No, I *have* no talent. I will probably never enter a race. I will certainly never win anything.

And yet, I discovered in 2016 to my astonishment, that I LOVE running. I ran every day in February 2016. Ok, it was February, the shortest month of the year, but it was a leap year! After a stupid fall on the 31st of July, I was forced to take a break, but as soon as I was healed, I started again. I am on a 65 day streak. Not enough to earn a name on your list, but only 300 days to go. Piece of cake :-)

I am thrilled to discover a whole gaggle of madmen out there, doing exactly what I am :-) Hope to get to know you and learn some clever tricks from you.

Heinz Kabutz
Chania, Greece

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Jeremy Matteson

JEREMY MATTESON JOINS USRSA

My running career began in 1980 in the 5th grade when my dad entered me in a 5 mile run. My friends and I began training the night before. We made it through the first ½ mile before walking the rest of the way. Since then, I ran track in high school, and NCAA Div 1 at Long Beach State as an intermediate hurdler.

My passion for running, however, began after college when my father-in-law challenged me to complete a marathon. I fell in love with the training, the racing, and the sport.

I have run at least 5 races a year totaling nearly 200 since my first marathon in Long Beach. I have run 10 marathons, 15 half marathons, and countless 5ks and 10ks.

My highlights include qualifying for and running in the 2014 Boston Marathon, winning the Masters division at the 2012

Disneyland Half Marathon, winning my age group on a regular basis from age 25 to current, and currently qualifying for this prestigious association!

None of those things mean as much to me as running in and of itself. Running has been the one consistent thing in my life since I was 10 years old. It has been rewarding, demanding, challenging, comforting, uplifting, frustrating, and endearing. My life wouldn't be what it is without it.

Lately, I have backed off of my running volume, and supplement that reduction on the mountain bike in an effort to prolong my running career. My cross training days always end in a 1 mile cool down run!

I currently reside in Orange County California, and am now in my forties. I have a beautiful wife, and two beautiful daughters. I graduated from Long Beach State University in California in Physical Therapy in 1996. I own two private practice Physical Therapy clinics specializing sports injuries, specifically running related injuries. Life is busy, but good.

Jeremy Matteson
Aliso Viejo, California



Jeremy Matteson

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Paul Foster

PAUL FOSTER JOINS SRI FROM ENGLAND

I started running in June 1990 so I have been running for approximately 25 years!

My personal records are as follows:

1mile: 4-49 (1996)
5km: 17-55 (2012)
5 miles: 30-17 (2012)
10km: 34-49 (1993)
10miles: 57-46 (1993)
Half-Marathon: 77-14 (1993)
20 miles: 2-03-09 (2003)
Marathon: 2-46-04 (2003)

I enjoy running overseas. I have taken part in 19 foreign races, including:

Boston Marathon,
Kuching Marathon,
Rotterdam Marathon,
Walt Disney, Florida Marathon (1st O50),

Bangkok Half-Marathon,
Norman Tamanaha 15km,
Hawaii Hot Chocolate 15km,
Philadelphia (1st O50),
Les 21Virages - Alpe d'huez, France,
NYRR Midnight Run (4miles in Central Park, NYC),
Townsville, Australia 10km (1st O50).

I usually run about 40/45 miles each week.

I was fortunate enough to be able to run in the National Lottery 5 miles Olympic Park Run in March 2012, the race finishing on the track in the Olympic Stadium.

I have run in many countries in the world including:

Australia, New Zealand, America, France, Spain, Italy, Fiji, Canada, Puerto Rico, Holland, Finland, Greece, Malaysia, Thailand, Singapore, Dubai, Vietnam, Hong Kong, Portugal, Monaco, Vatican City, Scotland, Northern Ireland & England.

Throughout my running career, I have run a variety of distances; shortest run has been 3 miles; longest run being marathon distance of 26.2 miles.

Paul Foster
Sunderland, England

MIKE HOLSTEEN'S STREAK HITS 29 YEARS

I am happy to say that my running streak is still in tact. As of January 31, 2017 I have completed 29 years. My running streak miles is now 91,320 miles and my lifetime running miles is 118,300 miles.

Mike Holsteen
Ridgedale, Missouri

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Kevin & Lois MacFarland

KEVIN MACFARLAND JOINS USRSA

I have been an occasional runner for over 20 years. When I was working at Ford Motor Company, I would run at lunch to help adjust my attitude to cope with my very high-stress job. I retired on June 30, 2014 and my wife and I moved to Tampa, Florida from Detroit, Michigan. Now that I have the time, I have really gotten the bug to run.

Since retiring, I have run 3 full marathons, 12 half marathons, dozens of 5ks, 10ks, and 15ks. I am also a triathlete in training, completing my first sprint-level triathlon in October of 2016. I plan to do a half Ironman in 2017 and continuing my road racing career also.

Running still helps me to keep the crazies away. I have lost 20 pounds since retiring and have greatly improved my health. I owe a lot of that to streak running. People say I am crazy but I just love it!

My wife, who is also a runner, but not a streaker, and I have been married for 27 years. We are the proud parents of 4 active duty military personnel. They are stationed all over the world and we have not all been together at once in over 10 years. They are all physically active and fit as the military requires. We have 3 beautiful grandchildren.

My 96-year-old mother lives with us in Tampa. She goes with us to the gym every day and works out with a personal trainer 2 days a week. There is nothing wrong with her except the high mileage, so I am hoping to take after her and keep streaking!

Kevin MacFarland
Tampa, Florida

AIMEE DENDRINOS' STREAK ENDS AFTER 1,442 DAYS

I am writing to tell you that I have retired my running streak. My last consecutive run day was February 3, 2017, and I did not run on February 4th.

No injury, no illness. I just realized I was avoiding doing other things like snow shoeing and skiing in order to fit the run in. Since retiring the streak I have enjoyed several long snowshoe hikes, and a few long days of skiing with my husband.

I am sure I will be back. I love running and streaking. But, for now a break and to discover other passions!

Aimee Dendrinis
Steamboat Springs, CO
(formerly of Cheyenne, WY)

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Penelope McCormick

PENELOPE MCCORMICK JOINS USRSA

My running streak began with a *Runner's World* challenge in 2013. I started the streak and enjoyed it so much I decided to go forward and continue my streak.

I have run in many states and under many conditions. Living in Northern Wisconsin can be both exciting and challenging. Running in below zero 30 degrees was glorious as I am blessed with the right equipment....Snowcross running shoes by Salomon make running on ice and snow safe thus allowing me out in many conditions. When I travel, it is exciting to find that perfect route! I have had success in the 5K races I have run...age certainly is on my side (I am 70 and it is definitely a plus). My plan is to start each day with a run and give that 'time' to me.

Penelope McCormick
St. Germain, Wisconsin

MICHAEL BUERKE'S STREAK HITS 6 YEARS

Year number 6 is complete, on to year 7 for me. It was a fairly uneventful year. My overall mileage was down from previous years but I still enjoyed getting out there most days.

Two highlights for the year for me - the first was completing Grandma's Marathon in Duluth, Minnesota. I grew up in Duluth and as a non-athlete, I hated the marathon because of all the traffic and tourists on my local roads. 2016 was Grandma's 40th anniversary run, and it occurred just days before I turned 40 myself, so I figured it was meant to be conquered! It was horrible - hot and humid, proof that Duluth's weather is fickle and unpredictable. My finishing time was dreadful, but I finished under a "black flag" weather advisory, so I'll take it!

The second highlight wasn't mine - it was that my wife Annalisa began her run streak in 2016. Beginning on January 1st, she's now 13 months into her own streak and claims she's enjoying it. :-). My annual goal will now always be to make sure she never catches up to me.

It's always good to have goals - my current goals are to get to day 3,000 and then get to year 10. As far as performance goals, my race days (while never very active in the first place) are on hiatus because of busy work and family schedules. My long term goal is either an ultra race or an Ironman, but they both feel a long way off!

Happy and privileged to be able to run everyday, that'll do for now!

Michael Buerke
Fridley, Minnesota

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Jenna Heller

JENNA HELLER JOINS USRSA

I'm a Registered Dietitian living in Phoenix, AZ with my cats. I had run with clubs and school groups off and on since about age 13 – my brother and dad were runners, so I wanted to do it too!

In the fall of 2014, I found myself feeling out of shape again. I had previously done a winter break running streak to try to get back in shape, and I decided to try to beat my previous streak, which had lasted about 50 days. 50, 60, 70 days passed and I kept running each day. When I was sick, stressed, overwhelmed, it didn't change that I went out for at least a 1 mile run every day. During the brutal Phoenix summers it can be tough to run – though my motivation flagged, I kept up with my mile each day.

The streak has shown me I always can make time to run, that I can always go at least one mile, and that discipline is essential for success in any endeavor. There are so many days that I go out and run a "struggle mile" – I remind myself that if it weren't for my streak, I wouldn't have run that day at all. Running has become my anchor habit

and I am so grateful to have it in my life for the physical and mental health benefits! Honestly it helps balance out the burritos and beer too!

Jenna Heller
Phoenix, Arizona



Lon McCurdy

LON MCCURDY JOINS USRSA

In the mid-1990's, I committed myself to a regular workout routine that included running. By the 2000's I was running almost daily. While my goals centered on personal health, I realized a consistent program was beneficial in many other ways. The streak started without any announcement by me to anyone. As the first year neared an end, I decided to see how long I could go. Highlights of the streak included runs and races in New York City with my daughter. The streak ended due to a back sprain incurred while walking. I still find that ironic considering the aches I ran through for 8 plus years. A regular workout including a run is still part of my daily routine.

Lon McCurdy
Boise, Idaho

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Tim Scheidt

TIM SCHEIDT JOINS USRSA

I have been running since August of 1995. I got into running through conditioning for basketball in high school and college. I started with a simple two-mile run that I really enjoyed doing. Once, I finished playing basketball I knew I needed to continue to be active and running was the activity I enjoyed the most. I thoroughly enjoy the challenge of running and the opportunity to compete against myself.

I am generally content to just go for a run on my own, but I have done a number of races over the past twenty years. I have participated and finished races ranging from a 3k all the way up to a 52-mile ultra marathon. My favorite distance and the one that provides me with the greatest challenge is the Marathon. I have finished 29 marathons so far and I want to continue running

them as long as I can. My marathon personal best is 3:10:52. That time qualified me for the Boston Marathon in which I ran in 2015.

I decided to start my running streak after hearing about it on an episode of Marathon Training Academy podcast. My running streak started January 1, 2016. I have run at least two miles everyday since then. I hope to continue the streak as long as I can.

Tim Scheidt
Omaha, Nebraska

STEPHEN BARDSLEY'S SECOND STREAK HITS 2 YEARS

I am very happy to report the successful completion of the second year of my streak on Jan. 30, 2017 (No.641 on the Active Streak list).

I must be honest. I was more excited to reach 416 days than the two-year mark. You see, I am also on the Retired Streak list (415 days, No.449). That streak ended with an emergency appendectomy.

This current streak was all about getting to, and passing 415 days. Now each day, including the two-year mark is a new personal best.

I did set a goal this year of completing the year without any of the Streak runs being on a treadmill. I can tell you I accomplished that on some cold, and really hot days, all outdoors. Except for some "Sports induced asthma," I physically feel good and look forward to day no. 1000, and the three-year mark!

Stephen Bardsley
Stevensville, Maryland

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Matt Kane

MATT KANE'S STREAK HITS 2 YEARS

My name is Matt Kane. I am 50 years old. I have 4 children, some in college some still in high school, and live with my wonderful wife in a suburb of Buffalo, NY. I have a 2 year running streak going, running mostly outside (although I do have a Sole treadmill for really bad weather days), even down to the snowy and cold early mornings.

I started casual running in college a long time ago and over the years have run 4 marathons (never broke 4 hours but had fun). I like the streak running mostly for stress relief and my hobby of Astronomy where the early morning running gives me a great view of planets and stars on clear sky mornings.

I have to say I enjoy cold weather running much more than hot, and with the right clothing it can be a lot of fun. I am an Electrical Engineer and Engineering Manager for a Systems Integration group and enjoy my job and hobbies of electronics and astronomy.

Matt Kane
Tonawanda, New York

BILL ANDERSON'S STREAK HITS 40 YEARS

Sorry for taking so long to respond to your request for an update on my situation.

Since my 40th running anniversary, I've visited enumerable waiting rooms and spoken with a parade of doctors. They are telling me that I have metastatic prostate cancer and Parkinson's disease. Both of these afflictions are slowing me down but not stopping me, particularly not my running streak.

Most of the physicians I've spoken with glibly suggest that exercise is one of the best things I can be doing. When I mention to them that I haven't missed a day running in over 40 years that familiar (to us) sense of disbelief typically flashes across their faces and the unspoken "Yea, right." is uttered under their breaths. That's normally when my wife jumps in with the often retold story about my keeping my streak alive through an appendectomy, soliciting another unspoken, "BS."

I've never missed crossing the finish line in any race or run I've undertaken. This go-around may be a little bit more difficult.

I intend to keep popping out my front door, turning right at the street, and heading to the duck pond for a one-mile or more run...every day until the doctors suggest I stop. And then I'll probably put up an argument.

That's about it. I'll continue to thrive on the "Keep it up mister's" and the challenge of finding a way to run every day.

Bill Anderson
Fort Worth, Texas

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Ashley Stover

ASHLEY STOVER JOINS USRSA

I have always wanted to run a marathon and decided in January 2014 that I was going to start running. I signed up for my first race ever, a half marathon, giving myself only 3 months to train. I really had no idea at the time what I was doing or getting myself into. On April 6, 2014 I ran my first half marathon, with my longest run up to that point being 6 miles. My father has run 9 marathons, and later told me that he did not want to say anything but he had been worried that I was not going to be able to finish the race. I will never forget how I felt when I crossed that finish line 2hrs and 24mins later; I realized I had fallen in love with running.

I have now done 10 half marathons, a 12 hour challenge, a handful of 10ks, and countless 5ks. I plan to Run my first marathon in October 2017.

Running is what keeps me balanced and going in my hectic schedule. Running has become a part of who I

am. I have yet to do a running streak but was intrigued when I recently came across an article about the world of streak runners. I could not wait to become involved and was wishing I had heard about it sooner. As the end of the year is approaching I have decided to begin my running streak on January 1, 2017. I am looking forward to the next year of running.

Ashley Shover
Westampton, New Jersey



Rae-Anne Hovanetz

RAE-ANNE HOVANETZ JOINS USRSA

My name is Rae and I am a relatively new runner. I started running seriously in undergrad but it wasn't until vet school that I started entering races...and I've been hooked ever since. My hubby and I moved to Colorado a year ago and I started trail running. I completed my first ultra (50 miles) last September and I am currently training for my first 100 miler this Sept. I work as a vet and I love my job- but I'd rather be running. =)

Rae-Anne Hovanetz
Colorado Springs, Colorado

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Magnus Warvik

MAGNUS WARVIK JOINS SRI FROM NORWAY

I started my running career back in 2010. The karate club I was training at started weekly intervals, and I thought: «why not?». At school I would always do okay when we had running tests, and I wanted to see if I could do better. The guy who was responsible for the workouts said I had talent for it, and said that I would get a time under 40 minutes at the 10K if I joined the race in June of 2011. I didn't believe him, but joined, and got a time of 39:41.94. That time, down to the decimals is burned into my memory.

I continued with running being a side sport, with a couple of races a year, until I started focusing more on running in 2014. Since then I have continuously increased my daily mileage, and joined more and more longer races. Last year I did my first 24h, ran across Norway in the span of two days (80 miles), ran my third marathon, a couple halves, and a few shorter ones. I'm not the fastest guy, so everything above half marathons suits me perfectly.

I started my first streak in November 2014, which lasted 150 days. Then I took a couple days break, before I started my current streak. When I am studying, it's just nice to know that I have to get up and out every day, and away from the computer. I am approaching two years now, with a daily average of right over 7 miles. There has been some close shaves, like a couple of runs at 11:50PM, or the one time I was running outside the airport with my luggage, just in case of delays (which saved my streak). I'm doing one day at a time, but have no intentions of stopping anytime soon.

Magnus Warvik
Trondheim, Norway

ANGELA BLOSS JOINS USRSA

After my cross-country running days in high school, I didn't lace up my shoes until after I had my two boys. Then it was time to hit the pavement again. What started as a few 2 mile runs here and there, wearing obnoxiously colored and nonfunctional running clothes, has turned into something I would have never imagined.

I have the privilege of running my races and daily runs with some wonderful women. We started our racing career with a 10K. That was just the beginning of so many more races. Through the snow, ice, wind and heat we have completed multiple 5K's, 10K's, 10 mile races, half marathons, and 2 full marathons. In addition we have added trail races to our running resume. We have completed many races in costume – from super heroes to Sesame Street characters. For our second marathon we were honored to dedicate our 26.2 miles to Jacob – someone very special who will forever hold close to our hearts. #jacobshope

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It's important to know that my running career is certainly not about the number of races I have completed or the times I achieved during those races, it's about so much more for me – mental clarity, good health and beautiful friendships.

Friendships strengthened through running are nothing short of amazing. We show up for each other, even when we might not be feeling it. Sometimes we run in tears, sometimes we run in silence, but most often we run with laughter. Through the many miles we listen, offer advice, celebrate milestones and show support for one another.

This running streak has been so rewarding. It is now part of my daily routine and I enjoy my daily runs. I am blessed with good health and the most amazing running partner around.

Angela Bloss
Champlin, Minnesota



Chris Herman

CHRIS HERMAN JOINS USRSA

About Me (Running): I logged my first “run” on May 20, 2014 – 1.75 miles at a 20:00/mile pace. I had found a “Couch to 5k” app on my phone and decided that I would give it a try. I still remember coming home on Week 1, Day 1 after having to run for just 60 seconds at a time thinking there was NO WAY I could do this, and running a 5k wasn't something you'd ever see me doing.

Since those early days, I have now completed numerous 5ks, a couple 10ks and longer races, 7 half marathons, 2 marathons and a 50k ultra marathon. I am approaching 500 days of a run streak, and am currently training for my first ever 100 mile ultra marathon this coming September. I represented Fleet Feet Sports Rochester as a member of the Brooks Racing Team in 2016 and am currently running as a member of Team RWB this year. I have raised just shy of \$800 for I'mME as they fight to break the orphan cycle in Haiti, and have organized a Christmas Day charity run which, in its 3rd annual running this year, saw approximately 40 runners and walkers show up to help the House of Mercy in Rochester NY fight homelessness in our community by dropping off 50-100 bags of food, clothing, toiletries, toys and more on Christmas Day morning.

As I saw running taking on a larger part of my daily routine, I launched www.WillRunFor.com where any runner anywhere in the world is welcome to submit a blog, article, race recap or anything else running related. If it's running related, I'm interested in hearing about it or trying it myself. My running streak is one of the things I am most proud of and there are 4 or 5 run streaks in my community that have been started as a result of following mine.

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Personal: Currently residing in Avon, NY. I have a 12 year old son, Jackson and live with my girlfriend Ann Marie and her 8 year old son Aiden. I started the run streak, and continue to push myself to further distances to show my son Jackson that he too can do anything he sets his mind to, just like his father, a former fatty-turned-runner does on a daily basis. I have been lucky enough to share nearly all of my running accomplishments with Jack as he was there when I completed my first ever half marathon and was the first to congratulate me at the finish line of my first marathon.

I am also lucky to have a wonderful training partner in my girlfriend Ann Marie. She's been there for it all. The early morning training runs. Riding a bike alongside me when she hadn't reached the mileage yet to do those long runs. My first 5k, half marathon, marathon and ultra. She's waken me up at 11:45 pm to go get my run in before midnight and encouraged me on days I really didn't want to run.

I am truly blessed to have these three wonderful people in my life and owe them so many thanks for both putting up with this new lifestyle and encouraging it. I love you all.

Chris Herman
Avon, New York

JAMIE PARKS JOINS USRSA; STREAK HITS 25 YEARS

I have done 274 races pushing Lynn in a wheelchair since July 1991. We completed the first 17 years with a regular hospital wheelchair and the last 9 years with a racing chair donated to us. We have run over 26,000 miles and 4 marathons.

Our first marathon was Chicago in 1996 when we ran 2:57:07. I BQ'd in Toronto in 2007 and ran Boston in 2008.

In 2002, we carried the Olympic Torch in Chicago. In 2005, we organized the Katrina Relief 5K and raised \$5,000 for the Red Cross for victims of the hurricane.

We were also named one of *Runner's World's* Heroes of Running in 2007. We have made several TV appearances, including Oprah twice. We have also done many interviews in newspapers, magazines, radio, and podcasts. Lynn and I also appeared in the award winning documentary "Marathon Love" shot in 2007 and 2008 as we prepared for and ran Boston. This year we are running the Chicago Marathon again.

In 1999, daughter Annalyn joined our team. She did the first training run while strapped to Lynn's chest at 3 weeks old and first race 3 weeks later. She has now completed 53 races and 4,000 miles on her Mom's lap.

At age 8, Annalyn ran her first 5K and won an age group award. In middle school, she ran cross-country and joined us for the Ragnar 200 mile relay in 2011. At age 13, she ran a half marathon in 2:11:59. In high school, Annalyn ran cross-country and track. She starts college in the fall and wants to be a pastry chef.

Jamie Parks
Tinley Park, Illinois

PAUL MILLER'S STREAK HITS 7 YEARS

Still going strong... most recent long run was NYC Marathon November of '16.

Paul Miller
Medfield, Massachusetts

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Jonathan Kay

JONATHAN KAY'S STREAK ENDS AT 500 DAYS

As I reflect on the season leading up to retiring my running streak, my mind points fingers at the external factors that would be easy to blame: my best friend since 2004, Precious Campbell, and I had recently tied the knot in late May and we were looking forward to starting a new season of life together. We were both in Indianapolis, IN at the time and about to move to DC; our impetus being that she was accepted to American University for a graduate degree program beginning in mid-August. I started the process of transferring with my workplace and was given the "green light," when in the few weeks leading up to the move the transfer was denied (due to unforeseen circumstances).

Having already turned in our notice with our apartment complex, and with my employment being our sole source of

income, this news left us scrambling. In trying to make the best of a not-so-great situation, we looked at every angle available: do I quit my job and move with her to DC and try to find employment; do I stay behind and support us while we are apart from one another; does Precious defer her grad program for a year until we can both be there together? Ultimately, the most congruent choice was for me to stay behind, live with a friend in the area, and support us while Precious moved to DC.

In a season of great joy followed swiftly by tumultuous disappointment, where was my running? My daily mile was on the back burner. Most days I'd remember to get out there and push through it, but there were many evenings when I was about to crawl under the covers to find respite in my sleep when Precious would ask, "Have you run your mile today babe?" With this meaningful support, I would find the energy to slog through a mile in order to keep the streak going. That's when the self-reflection began.

Looking inward, was it really just to keep a streak going? Was this enough? Where was the joy that was present during those many previous months of daily runs? What fulfillment do I get out of this? What was my goal with this? Did I even have a goal? This was around Day #470 and over the next few days I asked myself these and many other questions until I came to realize that I didn't want to keep forcing myself out the door for no other reason than to add another number to a stack of numbers. When I struck on this, and decided to run through Day #500, I felt relief and a different sense of happiness in my running: something to shoot for, something I could quantify, some sense of a purpose or goal, and also, something with an end in sight.

MEMBER UPDATES – SPRING 2017

In closing, I don't know how much of it was the external factors versus the internal; I'd like to think it was some odd mixture of both. I can say with surety that this has been the hardest season of my life and that running has helped me process it (just not the "I have to get out there and force myself to do this" running). My advice to those out there still running-on-the-daily, and those considering it: have fun & don't take it too seriously; also, as with any pursuit in life, set a goal and revise it whenever necessary and/or desired.

Jon Kay
Indianapolis, Indiana



Steve Read

STEVE READ JOINS SRI FROM ENGLAND

My name is Steve Read. I was born in 1967 and before I started running at 21, I was an overweight, heavy drinking, smoker. Running introduced me to new friends and a new lifestyle

that had such an impact. I was totally hooked and have run ever since.

As a member of Enfield and Haringey Athletic Club in the UK, I worked hard and was rewarded with a County title over 10km on the road and a personal best of 31'52" in 1993, as the most memorable highlight.

Whilst I had the guidance of an excellent coach on Tuesdays and Thursdays, the rest of the time I created my own sessions and effectively self coached, experimenting with all sorts of methods and combinations of training techniques.

It is only recently, as I approach 50, that I felt inspired by the great Ron Hill to start a running streak which commenced 01/01/2016. I think the longer we have been running we start to look for more and more ideas to self motivate and bring some variety to running. Streaking captured my imagination because of the way that it provides more and more motivation the longer it goes on as opposed to a lot of goals that, once achieved, lose their power. I'm on a self imposed minimum of 3 miles a day as an extra challenge for 2017 but I am aware of all the risks and am starting from a sound base and can always drop back to the qualifying mile if need be.

I coach athletes now and mini streaking - a few days, a week, month or whatever is relevant to the individuals starting point has sparked enthusiasm and camaraderie within the group. Some have just finished their first full month and flushed out all the mental challenges that their first 4 week streak identified and have continued into February and, I guess like all streakers, are now riding the bus for as long as it journeys.

Steve Read
Dunmow, England

MEMBER UPDATES – SPRING 2017



Chip Akers (1990)

CHIP AKERS' STREAK HITS 5 YEARS

Year 5 is in the books for me, and as always I feel fortunate to have completed another year of running. Many races, many miles, and the opportunity to coach many people of all ages and abilities. Life is good — on to Boston again this year! I look the same as in my previous pictures so I thought I would entertain you with a shot of me from 1990 at the start of a race here in NC. I might grow my hair out again, but I would never wear those shorts. . .

Chip Akers
Raleigh, North Carolina

PAUL MCLELAND'S STREAK HITS 6 YEARS

Thankfully I am still going strong.

Paul McLeland
West Chicago, Illinois

BRADLY RATZOW'S STREAK ENDS AT 1,170 DAYS

Today [9 February 2017] is my run streak day 1170 - 1 day past the amount of days that Forest Gump ran. I am retiring my streak today.

The last few days I've run with roughly 20 running friends who have helped me keep the streak going over the last 3+ years, and who I have helped find the love for running. I have one more group going tonight, and then that's it. This run streak of 3yrs, 2 months and 15 days will be history! It's been an amazing adventure, and awesome to be part of this community! Streak ON!!

Bradly Ratzow
Watertown, Wisconsin

TIM STEARMAN'S STREAK HITS 2 YEARS

I'm still greatly enjoying running each day and don't plan on ending any time soon. Nothing has really changed since I began this current streak except for maybe I've been better at planning out when I'm going to run each day so I don't forget to run a day like I did two years ago. This would have been my 3-year streakiversary instead! Oh well, can't dwell on it.

Getting ready for the Mt. Taylor Quadrathlon, which I'm pretty excited for. Completed the Mt. Taylor 50k last October which was really fun. No real other goals in site other than to keep running. Take care and streak on.

Tim Stearman
Albuquerque, New Mexico

MEMBER UPDATES – SPRING 2017



Cathy Van der Schans

CATHY VAN DER SCHANS' STREAK ENDS AFTER 692 DAYS

Sorry- you have to take me off your list as of the end of November. I finally quit the streak due to a double over cough- lasted more than a month! The streak was a joy while it lasted! I learned that I could get in a run with proper shoes and top- no need for lots of gear! Anywhere and anytime! My last day of running was November 22nd.

Cathy Van der Schans
Minnetonka, Minnesota

MARY ANN HILL-PITTS' STREAK HITS 8 YEARS

My update is that I hope to be able to do this until I can't! I am grateful to have the supportive people to cheer me on, especially my husband Michael. Run on.

Mary Ann Hill-Pitts
Pawling, New York

KIMBERLEY ROBINSON'S STREAK ENDS AT 1,981 DAYS

It is with profound sadness that I advise you that I have had to end my running streak due to a rather serious back injury. My last day of running was 06 February 2017.

Wishing you and all the other streak runners out there all the best of good health.

Kimberley Robinson
Bepton, England

SRI/USRSA SINGLET, PULLOVERS & SHIRTS ARE NOW AVAILABLE

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



SRI Women's Singlet



USRSA Women's Long Sleeve



USRSA Men's Singlet



Optional "Streak Started" Date

Official U.S.A. Active Running Streak List
As Certified to the United States Running Streak Association, Inc.
March 1, 2017

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 66
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 72
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 62
4.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 66
	The Legends (40+yrs)		
5.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 61
6.	Richard Westbrook	12/29/73	Jonesboro, GA, Teacher, 70
7.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 66
8.	James Behr	03/19/75	Trinity, FL, Educator, 69
9.	William S. Stark	09/10/76	St. Louis, MO, Professor, 69
10.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 72
11.	John Liepa	01/02/77	Indianola, IA, Professor, 72 *
12.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 64
	The Grand Masters (35+yrs)		
13.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 67 *
14.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 58
15.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 75
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, 66
23.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 57
24.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 63
25.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 62
26.	Jon Kralovic	01/01/79	Delanson, NY, Retired Football Coach, 70
27.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 69
28.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 61
29.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 61
29.	Layne C. Party	01/01/80	Towson, MD, Manager, 57
31.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 80 (F)
32.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 68
33.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 73
34.	John I. Watts	10/04/80	Nampa, ID, Pastor, 61
35.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 77
36.	George G. Brown	01/06/81	Richlands, VA, School Principal, 64
37.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Management, 69
38.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 61
39.	Ben Dillow	08/20/81	Redlands, CA, Retired, 76

40.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 60
41.	Frederick L. Murola	12/30/81	Cheshire, CT, Attorney, 60
42.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 61
43.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 74
	The Masters (30+yrs)		
44.	John L. Tillman, Jr.	03/05/82	Palm Coast, FL, Business Owner, 68
45.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 58
46.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 53
47.	Gary Rust	07/03/83	Desert Hot Springs, CA, Retired, 70
48.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 56
49.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 73
50.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 75 (F)
51.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 49 (F)
52.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 66
53.	Leonard Bruckman	02/10/85	Granite Bay, CA, Consultant, 69
54.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 64
55.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 56
56.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 67
57.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 58 (F)
58.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 71
59.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 59
60.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 71
61.	William Shires	10/19/86	Charlotte, NC, Software Architect, 52
62.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 58
	The Dominators (25+yrs)		
63.	Timothy Bailey	05/17/87	Owingsville, KY, XC & Track Coach, 59
64.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 68
65.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 64
66.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 70
67.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 74 *
68.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Manager, 58
69.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 52
70.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 66
71.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 66
71.	John H. Wallace, III	12/31/89	East Lansing, MI, Website Developer, 40
71.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 60
74.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 65
75.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 65
76.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 67
77.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 59
78.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 64
79.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 63
80.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 60
81.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 66
82.	Jamie Parks	01/01/92	Tinley Park, IL, Mailman, 55
83.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 74 *

	The Highly Skilled (20+yrs)		
84.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 54 (F)
85.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 60
86.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 75
87.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 61
88.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 61
89.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 66
90.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 31
91.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 60
92.	Richard Corbin	01/01/95	Savannah, GA, Sales, 62
93.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 74
95.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 61 *
95.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 61
96.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 70
97.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 64 (F) *
	The Well Versed (15+yrs)		
98.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 66
99.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 34
100.	Debbie Brassfield	09/10/97	San Jose, CA, Flight Attendant, 56 (F)
101.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 43 *
102.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 60
103.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 68
104.	Lauren Estilow	10/15/99	Elkins Park, PA, Administrative Assistant, 57 (F)
105.	Phillip Hawley, Jr.	10/23/99	Zionsville, IN, CPA, 31
106.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 57
107.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 59
108.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 65
109.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 66 (F)
110.	Diane Shumway	05/27/00	Provo, UT, Retired, 61 (F)
111.	Lee Berg	06/02/00	Torrance, CA, Business Development, 57
111.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 61 (F)
113.	Ronald W. Shealy	04/01/01	Lexington, SC, Retired, 70 *
114.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 46
115.	Jim Merritt	10/29/01	Buford, GA, Retired, 69
116.	Martie Bell	12/27/01	Thomasville, NC, Professor, 61 (F)
116.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 64
118.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 70
	The Experienced (10+yrs)		
119.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 69 *
120.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 64
121.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 58
122.	George A. Hancock`	06/22/02	Windber, PA, Education, 63 *
123.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 31 (F)
124.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 41
125.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 63
126.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 56
127.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 38 *

128.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 35 (F)
129.	Carmen Baxter	08/11/03	Fairfield, CA, Physician, 36 (F)
130.	David Max	08/28/03	Alexandria, VA, Pilot, 41 *
131.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 39
132.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 60
133.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 44
134.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 39
135.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 70 *
136.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 46
137.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 37 (F)
138.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 61
139.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 58 (F)
140.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 62
141.	Craig Oslin	05/23/05	Mora, MN, Business Owner, 63
142.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 54 (F)
143.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 57
144.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 63
145.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 47
146.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 66
147.	D. Scott Cyphers	08/29/05	San Diego, CA, Software Engineer, 56
148.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 44
149.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 74
150.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 49
151.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 66
152.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 49
153.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 52
154.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 46
155.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 49
156.	Heather Plummer	12/15/06	Dallas TX, Teacher, 25 (F)
156.	Dave Nelson	12/15/06	Houston, TX, Waste Industry, 52 *
158.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 36 (F)
158.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 28 (F)
160.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 49
	The Proficient (5+yrs)		
161.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 35
162.	Grant Nelson	03/17/07	Denver, CO, CPA, 34
163.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 53*
164.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 49 (F)
165.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 43 (F)
166.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 50 (F)
167.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 66 *
168.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 58
168.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 68
170.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 62 (F) *
171.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 36
172.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 70 (F) *
173.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 55
174.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 48

175.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 44 (F)
176.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 74 *
176.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 35
178.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 45
179.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 58 *
179.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 50
179.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 51
179.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 64
183.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 52 (F)
184.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 37
184.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 36
186.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 56
187.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 43 (F)
188.	John King	01/21/08	Naples, FL, Education Administrator, 66 *
189.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 27
190.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 53
191.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 46
192.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 57
193.	Kelly Luck	08/26/08	Louisville, CO, Therapist, 29 (F)
193.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 50
195.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 33
196.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 72
197.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 61 (F)
198.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 58 (F)
199.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 45
200.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 65 (F)
201.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 43
202.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 34
203.	Carla Herbig	12/22/08	Fredericksburg, TX, RN, 56 (F)
204.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 63
205.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 53
205.	Chad Hutchison	12/24/08	Cherokee, OK, Teacher/Coach, 45
207.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 57 (F)
208.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 39
209.	Eric V. Love	12/27/08	Erie, CO, Attorney, 50
210.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 42 (F)
210.	Michael L. Johnston	12/29/08	Portland, OR, Sales, 65
212.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 70
212.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 38
212.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 51 (F)
212.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 58 (F)
212.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 38 (F)
217.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 40
218.	Vince Nardy	01/27/09	Solon, OH, Management, 58
219.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 37
220.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 70 *
221.	Mitch Kronenfeld	04/12/09	Bellerose Manor, NY, Sales Manager, 65
222.	Rodger Kram	04/23/09	Nederland, CO, Professor, 55
223.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 64

224.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 73 *
225.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 62 (F) *
226.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 21
227.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 30
228.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 48 (F) *
229.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 27
230.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 18
231.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 55
232.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 34
233.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 75 *
234.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 39
235.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 59
235.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 47
237.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 48 (F)
238.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 24
239.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 63 *
240.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 31
241.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 41
241.	Shana Brown	01/01/10	Dutch Flat, CA, Teacher, 46 (F)
241.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 51
241.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 38
241.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 65
246.	Paul Miller	02/10/10	Medfield, MA, Marketing, 56
247.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 52 *
248.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 48
249.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 38
250.	William Middlebrook	03/31/10	Colorado Springs, CO, 74 *
251.	Matt Flynn	04/27/10	Burnsville, MN, 26
252.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 29 (F)
253.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 47 (F)
253.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 60 (F)
255.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 42
256.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 31
257.	Stephen Pretak	07/04/10	Fort Collins, CO, Client Analyst, 32
258.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 42
259.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 64
260.	Doug Holland	08/03/10	Tucson, AZ, Retired H. S. Principal, 55 *
261.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 54
262.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 64
263.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 25 (F)
264.	Addison Sullivan	09/04/10	Brooksville, FL, Sales, 38
265.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 46
266.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 56
267.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 51
268.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 59
269.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 40
269.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 56 (F)
269.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 40
272.	Justin Fogarty	01/01/11	Los Gatos, CA, Marketing, 43

272.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 60 (F)
274.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 53
275.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 59 *
276.	Evan Barnhart	01/17/11	Castro Valley, CA, Int'l Student Director, 31
277.	Michael Buerke	02/02/11	Fridley, MN, Church Administrator, 40
278.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 55
279.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 56
280.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 42
281.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 37
282.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 41
283.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 62
283.	James Holt	05/01/11	Centerville, UT, Regional Manager, 58
285.	Vivian Wilson	05/03/11	Chatham, NJ, Physician, 57 (F) *
286.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 39 (F)
287.	Mark Williams	05/15/11	Columbia, NJ, Project Manager, 46
288.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 55
289.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 59
290.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 58 (F) *
291.	Jordan Trump	06/10/11	Orlando, FL, Database Administrator, 29
292.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 40
293.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 30
294.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 41
295.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 61 *
296.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 60
297.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 33
298.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 29
299.	Barclay Key	08/01/11	Little Rock, AR, History Professor, 40
299.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 35
299.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 48
302.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 17
303.	Steve Tant	08/13/11	Fort Mill, SC, Custom Signs, 56
304.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 73
305.	Ellis Hamilton	08/23/11	Hillsboro, OR, Quality Manager, 50
306.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 40 (F)
307.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 49
308.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 62 *
309.	James Wisler	09/15/11	Wake Forest, NC, Physician, 35
310.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 35 (F)
311.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 37
312.	Roger Crossley	10/15/11	Lindenhurst, IL, Engineer, 63
313.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 37
314.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 35
315.	Thomas Cosgrove	11/18/11	Langhorne, PA, IT Officer, 58 *
316.	Adam Schiff	11/19/11	Palm Beach Gardens, FL, Finance Professional, 36
317.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 36
317.	Radley Reist	11/24/11	Wilmington, DE, Volunteer Coordinator, 30
319.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 47
320.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 44
321.	Patrick Caron	11/30/11	Needham, MA, Student, 19

322.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 49
323.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
324.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 50
325.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 41 (F)
326.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 36
327.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 44 (F)
327.	Jim Larsen	12/30/11	Racine, WI, Manager, 51
327.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 53 (F)
330.	Chip Akers	12/31/11	Raleigh, NC, Running Coach, 56
330.	Robyn Clevenger	12/31/11	West Des Moines, IA, 38 (F)
330.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 36
333.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 38 (F)
333.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 52
333.	Mike Johnson	01/01/12	Daphne, AL, 44
333.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 57 (F)
337.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 36 (F)
338.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 56 (F)
339.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 36 (F)
340.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 49
341.	Daniel Myers	02/01/12	Milwaukee, WI, Professor, 50
342.	Dusty Hardman	02/13/12	Punta Gorda, FL, 48 (F)
	The Neophytes (-5yrs)		
343.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 65 (F) *
344.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 30
345.	Christopher George	04/27/12	Mobile, AL, Attorney, 57
346.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 62
347.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 30
347.	Keziah Wilde	05/13/12	Arlington, MA, Student, 14 (F)
349.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 40
350.	Brian Baker	05/25/12	Seattle, WA, MBA Candidate, 27
350.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 50
352.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 34 (F)
353.	Chris May	05/29/12	Snohomish, WA, Director Engineering, 44
354.	Mathew Arnold	06/02/12	Longmont, CO, Ph.D. Student, 35
355.	Klare Case	06/17/12	Richfield, MN, Dental Hygienist, 27 (F)
356.	Sue Borchardt	06/19/12	Hillsboro, WI, Nurse Practitioner, 46 (F)
357.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 59 *
358.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 68 *
359.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 38
360.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 34
360.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 37
362.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 41 (F)
363.	John Winowiecki	07/31/12	San Diego, CA, Interactive Designer, 37
364.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 49
365.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 48
366.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 54 (F)
367.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 37
367.	Samuel Lathrop	10/01/12	Ardmore, PA, Internal Auditor, 34

369.	Adam Ailabouni	10/27/12	Northfield, MN, Physician, 40
370.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 36 (F)
371.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 63
372.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 37
373.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 55 (F)
373.	Jason Young	11/20/12	Saxonburg, PA, Police Officer, 41
375.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 35
375.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 38 (F)
377.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 60 (F)
378.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 39
379.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 55
380.	Patrick Ferry	12/20/12	Mequon, WI, University President, 57
380.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 52
382.	Michael Stegura, Jr.	12/21/12	Philadelphia, PA, Consultant, 26
383.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 42 (F)
384.	Paul Christian	12/25/12	Rochester, MN, Journalist, 67 *
384.	Kandice Erwin	12/25/12	Fayetteville, AR, Human Resource Director, 39 (F)
384.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 49
387.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 43
387.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 40
389.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 30
390.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 33
391.	Mike Orrico	12/31/12	St. Charles, MO, Banker, 38
391.	Diantha Velasquez	12/31/12	Dexter, NY, Teacher, 49 (F)
391.	Zachary Watson	12/31/12	Wind Lake, WI, Investigator, 26
394.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 42
394.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 41
394.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 38 (F)
394.	Emily Hopkins	01/01/13	Boise, ID, Client Service Manager, 31 (F)
394.	Patricia Montana	01/01/13	Hampton, NH, Sales Associate, 58 (F)
394.	Basim Nasr	01/01/13	OR, Project Manager, 43
394.	Vicki Newcomb	01/01/13	Bolivar, MO, Teacher/Coach, 45 (F)
401.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 29 (F)
402.	Jeremy Duehring	01/07/13	Arlington, VA, U.S. Navy, 40
403.	Joel Andrade	02/02/13	Forensic Social Work, 43
403.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 48
405.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 58 *
406.	DeWayne Key	03/19/13	Moulton, AL, Retired Educator, 68
407.	Diane Washburne	03/21/13	Mendham, NJ, Marketing Executive, 54 (F)
408.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 54
409.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 47
410.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 49
411.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 31
412.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 50 (F)
413.	Emily Osinski	05/06/13	San Marcos, TX, Violinist, 33 (F)
414.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 58
415.	Peggy Hubbard	05/16/13	Los Alamos, NM, 59 (F)
416.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 53
417.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 49

418.	Sadie-jo Kobussen	05/26/13	Woodbury, MN, Teacher's Aide, 43 (F)
419.	Dan Donald	05/27/13	Ocala, FL, Registered Nurse, 42
419.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 40 (F)
421.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 43
422.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 50
423.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 45
423.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 44 (F)
425.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 44 (F)
425.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 15
425.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 12
428.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 53 (F)
429.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 44 (F)
430.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 36
431.	Carlos Lopez	07/06/13	Miami, FL, Sales, 51
432.	Bethann Wolfe	07/18/13	Bayville, NY, Professor, 44 (F)
433.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 47 (F)
434.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 43 (F)
435.	Thomas Comer	07/28/13	Denver, CO, Retired, 55
436.	Kathy Chase	08/05/13	La Luz, NM, Zoo Support Facility Asst., 56
437.	Clint Stevens	08/08/13	Houston, TX, Vending, 35
438.	Andrew Olson	08/13/13	Ave Maria, FL, Graduate Student, 30
439.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 48 *
440.	Eric Thompson	08/26/13	Bismarck, ND, M.D., 46
440.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 35
442.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 32
443.	Richard Jones	09/13/13	Ames, IA, Retired, 70
444.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 43 (F)
445.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 17
446.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 48
447.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 46 (F) *
448.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 47
449.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 46 (F)
450.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 62
451.	Kristen Kinnear-Ohlmann	11/02/13	Bloomington, MN, 41 (F)
452.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 41
453.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 45
454.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 56 (F)
455.	Katherine Jones	11/14/13	Las Vegas, NV, Stay-At-Home Mom, 28 (F)
456.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 48
457.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 45
458.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 40 (F)
459.	Janna Chernetz-Taylor	11/26/13	Scotch Plains, NJ, Lobbyist, 40
459.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 51 (F)
461.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 40
461.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 44 (F)
461.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 55
464.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 37
464.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 38 (F)
464.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 43

464.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 35
464.	Amy Katz	11/28/13	Irvine, CA, Accountant, 46 (F)
464.	Ericka Kimball	11/28/13	Portland, OR, Professor, 42 (F)
464.	Penelope McCormick	11/28/13	St. Germain, WI, Retired Teacher, 70 (F)
464.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 49 (F)
464.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 41 (F)
473.	Robert Magner	11/29/13	Littleton, MA, Consultant, 67
474.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 44
474.	Robin Lentine	11/30/13	Plymouth, MN, Student, 18 (F)
476.	John Hartenburg	12/01/13	Perrysburg, OH, Self Employed, 45
477.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 37
478.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 57
479.	Christopher Bosken	12/13/13	Cary, NC, Product Manager, 37
480.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 42 (F)
480.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 49
480.	Jamie Rheäume	12/25/13	Marion, IL, Educator, 56 (F)
480.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 75 *
484.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 46
485.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 39
486.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 29 (F)
487.	Karl Davenport	01/01/14	Loveland, OH, Retired, 62
487.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 36
487.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 37
487.	Jason Finger	01/01/14	Cottonwood, AZ, Physical Therapist, 45
487.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 28 (F)
487.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 46
487.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 61 *
487.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 26
487.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 21 (F)
487.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 34 (F)
487.	William Rowley III	01/01/14	New York, NY, Internet Executive, 49
498.	Heather Kolbo	01/02/14	Portland, OR, Artist/Entrepreneur, 34 (F)
499.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 41 (F)
500.	Rachel Barnhill	01/13/14	San Diego, CA, Student, 14 (F)
501.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 45 (F)
502.	Julie Wright	01/21/14	Westminster, MA, Nurse Practitioner, 55 (F)
503.	Daree Selby	02/10/14	Wyoming, MN, Computer Consultant, 55 (F)
504.	Frederick Fye	02/14/14	Columbia, MO, Auto Damage Appraiser, 57
505.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 65 *
506.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 35 (F)
507.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 58
508.	Randall Buikema	03/08/14	Fulton, IL, HR Manager, 57
509.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 53 *
510.	Meghan Jacobs	03/10/14	Milford, MI, Student, 22 (F)
511.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 46 (F)
511.	Kirk Wilbur	03/20/14	Sacramento, CA, Lobbyist, 31
513.	Michael Davis	03/29/14	Fort Worth, TX, Self Employed, 46
514.	Ian Russell	03/30/14	Missouri City, TX, Student, 12
515.	Garren Hamby	03/31/14	Minnetrsta, MN, Sales Manager, 37

516.	Rick Larson	04/02/14	Bloomington, MN, Financial Advisor, 59 *
517.	Leann Fadroski	04/08/14	Menominee, MI, Hospital Registration, 36 (F)
517.	Martin Knight	04/08/14	Centreville, MD, Financial Advisor, 56
517.	Michael Lesko	04/08/14	Frisco, TX, Sales, 35
520.	Dylan Russell	04/09/14	Missouri City, TX, Attorney, 43 *
521.	Raymond Stone	04/10/14	Garland, TX, Self Employed Restoration, 50
522.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 51
523.	Kathy Maloney	05/01/14	Andover, MA, Administrative Asst., 50 (F)
523.	Robert Nelson	05/01/14	Tarpon Springs, FL, Self-Employed, 42
525.	Chulwon Park	05/03/14	Helena, AL, Practice Administrator, 34
526.	Laura Smith	05/07/14	Sheffield, MA, Teacher, 43 (F)
527.	Stacy Spikes	05/08/14	New York, NY, CEO, 49
528.	Joseph Finley II	05/23/14	Roxbury, MA, Transportation Supervisor, 36
529.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 50
529.	Nannette Taylor	05/25/14	Shirley, MA, Dental Hygienist, 49 (F)
531.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 41 (F)
531.	Conni Miller	05/26/14	Greencastle, PA, Registered Nurse, 46 (F)
531.	Cassandra Noble	05/26/14	Bozeman, MT, Data/Reseach Analyst, 27 (F)
534.	Scott Church	05/27/14	Eagan, MN, Wound & Ostomy Nurse, 47
535.	Yanira Vazquez	05/31/14	Miami, FL, Assistant, 39 (F)
536.	Mark Allen	06/01/14	Chesapeake, VA, Safety Manager, 34
537.	Sherry Broom	06/03/14	Columbia, MS, Nurse, 43 (F)
538.	Chad Merritt	06/14/14	Murrieta, CA, Engineer, 42
539.	Kate Freed	06/15/14	Pittsburgh, PA, Nonprofit Executive, 41 (F)
540.	John Schuerzinger	06/16/14	Latham, NY, Administrative Assistant, 47
541.	Robert Schneider	06/24/14	Titusville, FL, IT Professional, 54
542.	Susanne Strachota	06/26/14	Edina, MN, Doctoral Student, 29 (F)
543.	Jeff Blumenthal	06/27/14	Oklahoma City, OK, Financial Advisor, 57
543.	Shane Naisbitt	06/27/14	Grass Valley, CA, Sales, 47
545.	Peter Gibson	07/01/14	Princeton, NJ, Business Owner, 52
546.	Tammy Roether	07/04/14	Long Beach, CA, Management, 42 (F)
547.	George Cressy, III	07/19/14	Mishawaka, IN, Law Student, 25
548.	Kyle Kiepke	07/31/14	Holyoke, MA, USAF Contracting, 50
549.	Kyle Anne Nelson	08/01/14	Fort Collins, CO, College Professor, 42 (F)
550.	Stephen Dye	08/02/14	Cut Off, LA, Information Security Officer, 37
551.	Roger Raymond	08/07/14	Marco Island, Fl, Athletic Director, 66 *
552.	Brad King	08/12/14	Cincinnati, OH, Orthopedic Surgeon, 29
553.	Angela Schingeck	08/16/14	Menominee, MI, Lead Infant Teacher, 28 (F)
554.	Tom Drake	08/24/14	North Grafton, MA Software Engineer Mgr., 40
555.	Cheryl Lentz	08/31/14	Bonner Springs, KS, Project Manager, 39 (F)
556.	Deborah Johnson	09/04/14	Littleton, CO, Retired, 65 (F)
557.	Mandy Colten	09/09/14	Saint Paul, MN, Analyst, 29 (F)
558.	John Saucedo	09/15/14	Albuquerque, NM, Manager, 46
559.	Christine Petrone	09/18/14	South Jordan, UT, Retired RN, 64 (F) *
560.	Sabrina Fowler	09/22/14	Phoenix, AZ, Paralegal, 39 (F)
561.	Sandra Monday	09/28/14	Brentwood, MO, Project Manager, VP, 37 (F)
562.	Amy Blalock	09/29/14	Indian Wells, CA, Retired, 57 (F)
563.	Matthew Silva Sa	09/30/14	Littleton, CO, Laser Engineer, 30
564.	Roxanne Lorenz	10/01/14	Benson, MN, Stay-at-home Mom, 36 (F)

565.	Antonio Cipollone	10/03/14	Pomna, NY, CPA, 53
566.	Katie Raab-Reed	10/08/14	Copiague, NY, Medical Records Director, 34
567.	Jennifer Anderson	10/11/14	Poquoson, VA, Periodontist, 36 (F)
568.	J. Michael Kane	10/16/14	Scottsdale, AZ, Commercial Realtor, 56
569.	Ed Seaman	10/26/14	Dayton, OH, Encourager, 55
570.	Jose Medina	10/29/14	Pembroke, FL, Owner Mining-Export Co., 48
571.	Doug Suker	10/30/14	Edina, MN, Retired, 66
572.	Donna Moran	11/04/14	Willis, TX, Retired, 60 (F)
573.	David Dudley	11/06/14	Plymouth, CT, Consultant, 65
574.	Keith Decker	11/11/14	Exeter, NH, CEO, 50
575.	Jenna Heller	11/13/14	Phoenix, AZ, Dietitian, 28 (F)
576.	Bruce Sackinger	11/17/14	Fairbanks, AK, State Lands Manager, 46
577.	Barbara Schwentor	11/22/14	Hudsonville, MI, Rehab Manager, 61 (F)
578.	Timothy Durbin	11/24/14	Aptos, CA, VP Strategy, 34
579.	Nathan Adams	11/25/14	Miami Shores, FL, Pastor, 33
579.	Sherri Schultz	11/25/14	Cologne, MN, Paramedic, 51 (F)
581.	Ruth Beveridge	11/26/14	Lynchburg, VA, Professor, 37 (F)
581.	Sarah Wood	11/26/14	Lancaster, PA, Veterans Affairs, 44 (F)
583.	Jonathan Arnold	11/27/14	Issaquah, WA, Stay-At-Home Dad, 47
583.	Staci Jones	11/27/14	New Market, MD, Nonprofit Director, 45 (F)
583.	Matt Ryerson	11/27/14	Cleveland, TN, Nonprofit Admin., 45
583.	Jennifer Ryiter	11/27/14	Marysville, WA, Teacher, 42 (F)
583.	Lisa Surowiec	11/27/14	Beverly, MA, Mechanical Engineer, 45 (F)
588.	Christine Crooke	11/28/14	Downingtown, PA, Teacher, 58 (F)
589.	Eric Jackson	11/30/14	Hot Springs, AR, Management, 66
590.	Harald Tomesch	12/14/14	Bayside, WI, Professor, 60
591.	Vanessa Antoine	12/21/14	Forney, TX, Coach, 38 (F)
592.	Harvey Lewis	12/22/14	Cincinnati, OH, H.S. Social Studies Teacher, 40
592.	John Woody	12/22/14	Goodyear, AZ, Teacher/Coach, 47
594.	Melissa Heiser	12/23/14	Auburn, NH, HR Manager, 42 (F)
595.	Robert Buikema	12/24/14	Holland, MI, 43
596.	Randy Fuerst	12/26/14	Medina, OH, Development, 50
596.	Justin Knapp	12/26/14	Overland Park, KS, Pharmacy Tech, 35
598.	David Kwong	12/28/14	Bolton, MA, Network Engineer, 38
598.	Andreas Stresemann	12/28/14	Riverdale, NY, Architect, 58
600.	Teresa Amundson	12/29/14	Arlington, VA, Attorney, 45 (F)
601.	Michael Bagazinski	12/31/14	Chicago, IL, Banker, 46
601.	Natalie Brunson	12/31/14	Rockford, IL, Homeschooling Parent, 40 (F)
601.	Craig Kuglar	12/31/14	Atlanta, GA, Attorney, 42
604.	Kirsten Bartlett	01/01/15	Eugene, OR, Homemaker/Run Leader, 56 (F)
604.	Brian Beerman	01/01/15	Pittsburgh, PA, CPA, 53
604.	Dana Blumberg	01/01/15	Green Valley, AZ, Retired Teacher, 58 (F)
604.	Amy Brock-Hon	01/01/15	Signal Mountain, TN, Professor, 40 (F)
604.	Ann Chen	01/01/15	Dallas, TX, Optometrist, 39 (F)
604.	Eugene Chen	01/01/15	Dallas, TX, Optometrist, 40
604.	Tim DeSantis	01/01/15	Boise, ID, Counselor/Therapist, 54
604.	Kristen Foote	01/01/15	Ipswich, MA, Clinical Research Supervisor, 47 (F)
604.	Rich Glass	01/01/15	Dallas, TX, Attorney, 52
604.	Maria Gorton	01/01/15	Newport News, VA, Veterinarian, 45 (F)

604.	Chris Harrison	01/01/15	Paradise Valley, AZ, Home Builder, 53
604.	Richard Horvitz	01/01/15	Newton, MA, Accountant, 47
604.	Lenora James	01/01/15	Bend, OR, 53 (F)
604.	Jonathan Jennings	01/01/15	Southampton, NY, Golf Course Superintendent, 53
604.	Barton Lane	01/01/15	Los Altos, CA, Retired Doctor, 74
604.	Eric Linn	01/01/15	Pittsburgh, PA, Consultant, 61
604.	Andy Lohn	01/01/15	Dayton, MN, DBA, 43
604.	Luke Martinez	01/01/15	Austin, TX, Process Design, 38
604.	John McDonnell	01/01/15	Boston, MA, Managing Director, 55
604.	Teresa Morris	01/01/15	San Antonio, TX, Self-Employed, 55 (F)
604.	Bret Nelson	01/01/15	Hutto, TX, Manufacturing Estimator, 38
604.	Ray Ortman	01/01/15	Chanhausen, MN, Clergy, 55
604.	Alexandra Sevillano	01/01/15	Clearwater, FL, Lawyer, 35 (F)
604.	Justin Wenzelman	01/01/15	Dubuque, IA, Insurance, 36
604.	Laustin Woods	01/01/15	Phoenix, AZ, Accountant, 43
604.	Kevin Wool	01/01/15	Quincy, MA, Territory Sales, 58
604.	Jim Woolam	01/01/15	Fort Myers, FL, Retired, 84
631.	Bridgett Petzoldt	01/03/15	Omaha, NE, Manager, 43 (F)
632.	Christopher Swenson	01/04/15	Cheyenne, WY, USAF Emergency Manager, 38
633.	Matthew Kane	01/05/15	Tonawanda, NY, Engineer, 50
633.	Matthew Lohmeyer	01/05/15	Lynchburg, VA Building Restoration, 37
633.	Mike Thorson	01/05/15	Fergus Falls, MN, Sales, 37
636.	Olivia Robertson	01/07/15	Columbia, MD, Social Worker, 34 (F)
637.	Julie Taylor	01/18/15	Cheyenne, WY, Teacher, 47 (F)
638.	Jeff Judd	01/19/15	Oronoco, MN, Engineering Manager, 59 *
639.	Hunter Noffsinger	01/24/15	Chesapeake, VA, Student, 21
640.	Ashley Gutermuth	01/26/15	Dover, DE, Voice Over Actress, 30 (F)
641.	Stephen Bardsley	01/31/15	Stevensville, MD, ILA Clerk, 52 *
642.	Michael Taricani	02/11/15	Burlington, CT, Sales Manager, 63
643.	Tim Stearman	02/12/15	Albuquerque, NM, Air Force, 35 *
644.	Gary Circosta	02/22/15	Rutland, MA, Dentist, 69
644.	Billy Singletary	02/22/15	Cleveland, TN, Teacher, 34
646.	Brandon Walker	02/28/15	Wamego, KS, Scientist, 41
647.	Vicky Douglas	03/01/15	Shoreview, MN, Director, 48 (F)
648.	Richard Decker	03/02/15	Oceanside, CA, Retired Engineer, 60
648.	Tom McMullin	03/02/15	Onset, MA, Health Care, 24
650.	Kyle Bode	03/03/15	Ham Lake, MN, Firefighter, 34
651.	Todd Vitols	03/06/15	Burnsville, MN, Engineer, 54
652.	Rodney Vellinga	03/14/15	Holland, MI, Health Insurance, 47
653.	Matthew Baumgartner	04/01/15	Temple, TX, Pastor, 34
654.	Cynthia Devesly	04/04/15	Toms River, NJ, SAHM, 47 (F)
655.	Robert Montana	04/10/15	Hampton, NH, Retail Manager, 59
656.	Huy Nguyen	04/18/15	Greensburg, PA, Medical Student, 26
657.	Scott Isgett	04/21/15	Rockaway, NJ, Pilot, 47
658.	Kurt Whitman	04/28/15	North Hollywood, CA, Attorney, 41
659.	Paula Adams	05/01/15	Cat Spring, TX, Homemaker, 52 (F)
659.	Morgen Young	05/01/15	Portland, OR, Historian, 33 (F)
661.	Julie van Amerongen	05/07/15	Portland, OR, Event Producer, 50 (F)
662.	Brian Funk	05/09/15	Minneapolis, MN, Deputy Chief Oper. Officer, 38

663.	Lucas Henderson	05/22/15	Orlando, FL, Teacher, 38
664.	Travis English	05/23/15	Fountain Valley, CA Engineer, 43
665.	Chris Kartschoke	05/24/15	Prior Lake, MN, Risk Analyst, 48 *
666.	Tracy Kulwicki	05/25/15	Granger, IN, Enrollment Counselor, 33 (F)
666.	Tiffany Lambert	05/25/15	Alexandria, VA, Air Force, 28 (F)
666.	Kevin MacFarland, Sr.	05/25/15	Tampa, FL, Retired, 57
666.	Robert Malyszek	05/25/15	Moorpark, CA, Consulting, 52
666.	John Miller	05/25/15	Macon, GA, Financial Representative, 36
671.	Danielle Giltner	05/26/15	Indianapolis, IN, Attorney, 33 (F)
672.	Adam Hornick	05/31/15	Waikoloa Village, HI, Healthcare Research, 32
673.	Daryl Brubaker	06/01/15	Timberville, VA, Project Manager, 35
673.	Jessica Viana	06/01/15	Summit, NJ, Athletic Trainer, 36 (F)
675.	Helen Frees	06/02/15	Clark, NJ, Art Teacher, 36 (F)
676.	Jennifer Humble	06/03/15	Knoxville, TN, Pharmacy Technician, 26 (F)
677.	Tarang Saluja	06/08/15	Roslindale, MA, Student, 17
678.	Megan Leeds	06/12/15	Denver, CO, Administration, 30 (F)
679.	Kevin Braman	06/14/15	League City, TX, Engineer, 37
680.	Chuck Morehouse	06/15/15	Saint Petersburg, FL, Teacher, 49
680.	Ian Saarmann	06/15/15	Mashpee, MA, Fitness Director, 46
682.	Melissa Wacker	06/20/15	Chicago, IL, Dental Assistant, 34 (F)
683.	Renate Tomesch	06/21/15	Bayside, WI, IT Director, 57 (F)
684.	Todd Kane	07/01/15	Plainsboro, NJ, Active Volunteer, 65 *
684.	James Unger	07/01/15	LaGrange, KY, Retired Financial Mgr., 61
686.	Benjamin Labovitz	07/02/15	St. Louis, MO, Nurse, 31 *
687.	Michelle Corbett	07/04/15	Rancho Santa Margarita, CA, Soc. Worker, 35 (F)
687.	Elizabeth Storey	07/04/15	Corona, CA, Mom, 42 (F)
689.	Brian Daniels	07/06/15	Minneapolis, MN, Manager, 28 *
690.	Lon Flaud, Jr.	07/22/15	Lancaster, PA, Factory, 44
691.	Kathleen Maloney	07/23/15	Wilton, CT, Professional Counselor, 50 (F) *
692.	John Brackney	07/28/15	Centennial, CO, Director of Public Policy, 50
693.	Christopher Dodrill	08/01/15	Bay Village, OH, Lawyer, 39
694.	Michael Lett	08/09/15	Farmington Hills, MI, Nurse, 24
695.	Earl Wacker	08/15/15	Crown Point, IN, Executive, 63
696.	Paul Seibert	08/20/15	Fort Mitchell, KY, Software Developer, 53 *
697.	Debi Lowery	09/08/15	Greer, SC, Kindergarten Teacher, 42 (F)
698.	Annette Rapp	09/27/15	Santee, CA, Information Systems Analyst, 60 (F)
699.	Christopher Herman	10/04/15	Avon, NY, Retails Operations Manager, 38
700.	Gerard Eldering	10/11/15	Oak Hill, VA, Entrepreneur, 53
701.	Bridget Fox	10/17/15	Takoma Park, MD, Analyst, 47 (F)
702.	Katie Wojnoonski	10/20/15	Berkeley, CA, General Manager, 38 (F)
703.	Angela Bloss	10/26/15	Champlin, MN, Parent Involvement Spec., 42 (F)
704.	Jim Meulendyke	10/27/15	Brookfield, WI, Director National Sales, 28
705.	Kelly Nelson	10/28/15	Kasson, MN, Banking, 37 (F)
706.	Betsey Goering	10/30/15	Wichita, KS, Teacher/Coach, 37
707.	Danielle Meyers	11/03/15	Kingsbury, TX, Tower Lighting Technician, 27
708.	Christie Jacobs	11/05/15	Lewisburg, TN, Director Medical Records, 42 (F)
709.	Matthew Montain	11/11/15	Centerville, MN, Agricultural Consultant, 31
710.	Matt Millard	11/13/15	Altoona, IA, IT System Admin Senior, 41
711.	Ellen Kendall	11/26/15	St. Louis Park, MN, Business Analyst, 49 (F) *

711.	Jeremy Matteson	11/26/15	Aliso Viejo, CA, Physical Therapist, 47
713.	Josh McCleary	11/27/15	Lawrence, KS, Entrepreneur, 40
714.	Dustin Krystowiak	11/30/15	Sheboygan, WI, Clergy, 33
715.	George Schroeder	12/01/15	Norman, OK, Journalist, 48
716.	Ramsey Bentley	12/04/15	Laramie, WY, Geologist, 64
716.	Joshua Moulthrop	12/04/15	Escondido, CA, Property Inspector, 42
718.	Rick Schulz	12/05/15	Coarsegold, CA, Retired Police Officer, 69
719.	Carter Benge	12/16/15	Fayetteville, NC, Divinity Student, 25
720.	Brian Orth	12/18/15	Boise, ID, Software Engineer, 37 *
720.	Toni Orth	12/18/15	Boise, ID, Compliance Coordinator, 38 *
722.	Jill Wofsey	12/22/15	Alford, FL, Musician, 53 (F)
723.	Stacey Dunn	12/24/15	Polson, MT, Biologist, 35 (F)
724.	Gary Lundeen	12/27/15	Orono, MN, Retired Accountant, 73
725.	Adam Trifiro	12/29/15	Cleveland Heights, OH, Teacher, 32
725.	Michael Ward	12/29/15	Albuquerque, NM, Air Force, 38
727.	Charles McGechie II	12/31/15	Tulsa, OK, Quality Analyst, 34
727.	Petie Russo	12/31/15	Evanston, IL, Art Teacher, 60 (F)
729.	Annalisa Buerke	01/01/16	Fridley, MN, Professor, 42 (F)
729.	Kevin Duban	01/01/16	Bloomington, MN, Price/Cost Analyst, 31
729.	Vicki Fredericksen	01/01/16	Nashville, TN, CAN, 46 (F)
729.	Rachel Gibson	01/01/16	Washington, DC, Peace Corp, 49 (F) *
729.	Joseph Glass	01/01/16	Dallas, TX, Student, 18
729.	Rae-Anne Hovanetz	01/01/16	Colorado Springs, CO, Veterinarian, 35 (F)
729.	Zach Kilburn	01/01/16	Tulsa, OK, Account Executive, 31
729.	Chris Radmonovich	01/01/16	Lawrence, NJ, Water Polo Coach, 40
729.	Les Russo	01/01/16	Evanston, IL, Accountant, 62
729.	Tim Scheidt	01/01/16	Omaha, NE, Teacher, 42
729.	Beth Thorson	01/01/16	Fergus Falls, MN, Mom, 38 (F)
729.	Jenna Thorson	01/01/16	Fergus Falls, MN, Student, 9 (F)
729.	Lauren Thorson	01/01/16	Fergus Falls, MN, Student, 6 (F)
729.	Natalie Thorson	01/01/16	Fergus Falls, MN, Student, 10 (F)
729.	Oliver Thorson	01/01/16	Fergus Falls, MN, Student, 12
729.	Catherine Vitols	01/01/16	Burnsville, MN, 52 (F)
729.	Randy & Chief Weaver	01/01/16	Mequon, WI, CPA-CFO, Dog, 59
729.	Troy Weaver	01/01/16	Pasadena, MD, Tri Coach, 50
747.	Jon-Paul Correira	01/03/16	Rayham, MA, Federal Agent, 48
748.	Sara Sharpe	01/06/16	Eagle River, AK, USAF, 34 (F)
749.	James Thomson	01/08/16	Golden Valley, MN, Attorney, 69
750.	Nick Alongi	01/25/16	Glen Allen, Virginia, Information Security, 27
751.	Steven Davidson	02/22/16	Glendale, AZ, Computer Programmer, 49

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

Official International Active Running Streak List
 As Certified to the Streak Runners International
 1 March 2017

	The Grand Masters (35+yrs)		
1.	Frank Clarke	10Aug77	Kloof, South Africa, Retired, 80
2.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 70
	The Dominators (25+yrs)		
3.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 53
	The Experienced (10+yrs)		
4.	Douglas Dixon	23May04	Ontario, Canada, Retired, 65
5.	Paul Smith	01Jan07	Durham, England, Local Gov't Officer, 54
	The Proficient (5+yrs)		
6.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 49
7.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 36
8.	Paul Foster	01Jan09	Sunderland, England, Retired Headteacher, 55
8.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 53
10.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 60
11.	Joel Benton	01Jan11	Bepton, England, Video Games Agent, 45
	The Neophytes (-5yrs)		
12.	Vanessa Oshima	11Sep12	Tokyo, Japan, 46 (F)
13.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 50 (F)
14.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 44
15.	Paul Yeoman	13Jul13	Coventry, England, Personal Trainer, 42
16.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 44
17.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 39 (F)
18.	Gillian Selman	17Oct13	Bromley, England, Nurse, 44 (F)
19.	Brian Andres	12Nov13	London, England, Analyst, 33
20.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 42 (F)
21.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 42
22.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 42 (F)
23.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 32 (F)
24.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 39 (F)
25.	Diana Alcobia	04Feb14	Nottingham, England, PhD Student, 27 (F)
26.	Tiago Bandeira De Lima	05Feb14	Nottingham, England, Research Fin. Officer, 31
27.	Stuart Ainsworth	26Apr 14	Huntingdon, England, Compliance Officer, 54
28.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 53
29.	Henry Law	01Jul14	Folkestone, England, Golf Professional, 32
30.	Paul Theron	15Jul14	Houghton, South Africa, Asset Manager, 50
31.	Lynn Burnet	03Aug14	Falmouth, Canada, 42 (F)
32.	Hiroaki Yoshida	27Aug14	Yokohama, Japan, Translator, 45
33.	Myong Eiselstein	22Sep14	Hanoi, Vietnam, Teacher, 39
34.	Diane Trites	30Nov14	Riverview, Canada, 54 (F)
35.	Clive Start	30Dec14	Lower Hutt, New Zealand, Mob. Tech Support, 54

36.	Stephen Collier	31Dec14	Halden, Norway, Research Scientist, 59
37.	Stavroula Nicholls	01Jan15	Cammeray, Australia, Administrator, 42
37.	Bill Wilson	01Jan15	Lichfield, England, eCommerce Manager, 42
39.	David Munro	13Jan15	Milton, Canada, Business Analyst, 39
40.	Stephanie Dolrenry	02Feb15	Langata, Kenya, Director, 38 (F)
41.	Matthew Johnson	16Feb15	Guadalajara, Spain, Primary Teacher, 45
42.	Klaus-Dieter Schnabel	26Mar15	Igersheim, Germany, Engineer, 49
43.	Emma Furness	29Apr15	Ely, England, Farm Secretary, 44 (F)
44.	Magnus Warvik	03May15	Trondheim, Norway, Student, 22
45.	James Oatway	11Jul15	Oakville, Canada, Wine Agent 48
46.	Ben Timbers	23Jul15	Keighley, England, Civil Engineer, 40
47.	Steven Nielsen	05Sep15	Farsoe, Denmark, Estate Agent, 52
47.	Bjarne Ostergaard	05Sep15	Nordborg, Denmark, 45
49.	Reza Saputra	18Sep15	Waterloo, Canada, PhD Student, 27
50.	Martin Fall	04Oct15	Faversham, England, Warehouse Person, 37
51.	Mia Strand	29Oct15	Vasta Frolunda, Sweden, Department Head, 48 (F)
52.	David Greenwood	01Dec15	Auckland, New Zealand, Analyst, 45
53.	Joseph Helten	03Dec15	Edmonton, Canada, Firefighter, 39
54.	Joyce Young	31Dec15	Kitchener, Canada, Writer, 48 (F)
55.	Joao Carlos Pijnappel	01Jan16	Rio De Janeiro, Brazil, Translator, 63
56.	Steven Read	01Jan16	Dunmow, England, Running Coach, 49
57.	Paul Hymers	24Jan16	Dubai, U.A.E., Regional Director of Finance, 38

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

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Official U.S.A. Retired Running Streak List
As Certified to the United States Running Streak Association, Inc.
March 1, 2017

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, MT *	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.	Thad Childs, Gray, GA	03/05/79 – 01/10/17	13,827 days (37 yrs 312 days)
10.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
11.	Charles Holmberg, Modesto, CA	03/20/79 – 04/12/16	13,539 days (37 yrs 024 days)
12.	Walter O. Byerly, Dallas, TX *	11/05/74 – 01/31/11	13,237 days (36 yrs 088 days)
13.	Bill Beach, Macomb, MI	10/28/79 – 10/09/15	13,131 days (35 yrs 347 days)
14.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
15.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
16.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
17.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
18.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
19.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
20.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
21.	Ken Birse, Amherst, NH	04/22/82 – 10/26/15	12,241 days (33 yrs 188 days)
22.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
23.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
24.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
25.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
26.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
27.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
28.	John King, Crystal Lake, IL *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
29.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
30.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
31.	Alicia Brophay, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
32.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
33.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
34.	Mark Sutherland, Rancho Murieta, CA	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
35.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
36.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)

37.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
38.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
39.	Kenneth Korsek, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
40.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
41.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
42.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
43.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
44.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
45.	Doug Holland, Tucson, AZ *	08/01/83 – 08/01/10	9,863 days (27 yrs 001 days)
45.	Hal Gensler, New River, AZ	12/04/89 – 12/04/16	9,863 days (27 yrs 001 days)
47.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
48.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
49.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
50.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
51.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
52.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
53.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
54.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
55.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
56.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
57.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
58.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
59.	William Chatman, Brooksville, FL	07/23/91 – 09/08/15	8,814 days (24 yrs 048 days)
60.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
61.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
62.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
63.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
64.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
65.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
66.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
67.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
68.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
69.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
70.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
71.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
72.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
73.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
74.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
75.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
76.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/19/04	7,755 days (21 yrs 085 days)
77.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
78.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
79.	David N. Potter, Ashland, OH	01/01/92 – 07/20/11	7,141 days (19 yrs 201 days)
80.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
81.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)

82.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
83.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
84.	Deborah Ciccat, San Diego, CA	04/01/98 – 04/08/16	6,583 days (18 yrs 008 days)
84.	Craig Snapp, El Cajon, CA *	04/01/98 – 04/08/16	6,583 days (18 yrs 008 days)
86.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
87.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
88.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
89.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
90.	Murray Collette, Naples, FL	09/27/79 – 04/17/97	6,413 days (17 yrs 203 days)
91.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
92.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
93.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
94.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
95.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
96.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
97.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
98.	Tom Whitely, Fair Lawn, NJ *	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
99.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
99.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
101.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
102.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
103.	Mercedes Murolo, Santa Rosa, CA * (F)	05/04/02 – 11/01/15	4,930 days (13 yrs 182 days)
104.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
105.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
106.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
107.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
108.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
109.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
110.	Joel Pasternack, Clifton, NJ	10/31/04 – 01/05/16	4,084 days (11 yrs 067 days)
111.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
112.	Prince Whatley, Birmingham, AL	07/01/04 – 07/21/15	4,038 days (11 yrs 021 days)
113.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
114.	Roger Raymond, Marco Island, FL *	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
115.	Ed Reid, Bradenton, FL	05/27/04 – 02/26/15	3,927 days (10 yrs 275 days)
116.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
117.	Daniel Mansueto, Los Angeles, CA *	07/17/05 – 10/14/15	3,742 days (10 yrs 090 days)
118.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
119.	Sonny Hunter, Kingston, TN	06/10/04 – 07/02/14	3,675 days (10 yrs 023 days)
120.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
121.	James Bates, Hampton, VA *	06/04/06 – 06/07/16	3,657 days (10 yrs 004 days)
122.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
123.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
124.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
125.	Thomas McDow, IV, Rock Hill, SC	11/24/06 – 04/18/16	3,434 days (9 yrs 147 days)
126.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
127.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days (9 yrs 036 days)

128.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
129.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
130.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
131.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
132.	Charles Fox, Portland, OR	01/01/07 – 07/31/15	3,134 days (8 yrs 212 days)
133.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
134.	Lon McCurdy, Boise, ID	12/26/06 – 04/03/15	3,021 days (8 yrs 099 days)
135.	John Davis, Desota, TX	12/08/08 – 02/06/17	2,983 days (8 yrs 061 days)
136.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
137.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
138.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days (7 yrs 266 days)
139.	Nick Morganti, Carlsbad, CA *	03/25/09 – 11/06/16	2,784 days (7 yrs 227 days)
140.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
141.	James Koch, Kenosha, WI	11/21/07 – 05/25/15	2,743 days (7 yrs 186 days)
142.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days (7 yrs 151 days)
143.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
144.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days (7 yrs 127 days)
145.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
146.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
147.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
148.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
149.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
150.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
151.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
152.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
153.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
154.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
154.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
156.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
157.	Debra Dilling, Rochester, MN (F)	03/01/10 – 07/15/16	2,329 days (6 yrs 137 days)
158.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days (6 yrs 066 days)
159.	Carol Bancroft, Safety Harbor, FL (F)	10/20/09 – 11/26/15	2,229 days (6 yrs 038 days)
160.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
161.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
162.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
163.	John Albert, Jr., Cold Spring Harbor, NY	10/18/10 – 10/06/16	2,181 days (5 yrs 355 days)
164.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
165.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
166.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
167.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
168.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
169.	Lawrence LeDuff, Norfolk, VA	02/28/09 – 09/21/14	2,032 days (5 yrs 206 days)
170.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
171.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
172.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
173.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
174.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)

175.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
176.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
177.	Michael Glassburn, St. Cloud, FL	06/14/10 – 09/17/15	1,922 days (5 yrs 096 days)
178.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
179.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
180.	Reno Stirrat, Rockaway, NJ *	06/11/83 – 06/11/88	1,828 days (5 yrs 001 days)
180.	Jay Frank, Oak Park, CA	03/21/11 – 03/21/16	1,828 days (5 yrs 001 days)
182.	Eric Lacey, Fort Worth, TX	10/02/10 – 10/01/15	1,826 days (5 yrs 000 days)
183.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
184.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
185.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
186.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
187.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days (4 yrs 301 days)
188.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
189.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
190.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
191.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
192.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
193.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
194.	Chris Kartschoke, Prior Lake, MN *	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
195.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
196.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days (4 yrs 102 days)
197.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
198.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
199.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
200.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
201.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
202.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
202.	Todd Kane Plainsboro, NJ *	12/28/10 – 02/24/15	1,520 days (4 yrs 059 days)
204.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days (4 yrs 044 days)
205.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days (4 yrs 042 days)
206.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
207.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
208.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
209.	Aimee Dendrinis, Steamboat Springs, CO	02/23/13 – 02/03/17	1,442 days (3 yrs 346 days)
210.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
211.	Anne Treadwell, Burlington, VT (F)	11/11/11 – 08/31/15	1,390 days (3 yrs 294 days)
212.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
213.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
214.	Courtney Carter, Liverpool, NY (F)	11/21/12 – 08/22/16	1,371 days (3 yrs 276 days)
215.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
216.	Ethan Lubin, La Quinta, CA	11/14/12 – 08/01/16	1,357 days (3 yrs 262 days)
217.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days (3 yrs 251 days)
218.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
219.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
220.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days (3 yrs 244 days)
221.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
222.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
223.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)

224.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
225.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
226.	Christopher Pilotti, Binghamton, NY	12/31/11 – 07/15/15	1,293 days (3 yrs 197 days)
227.	Tammy Slusser, Monroeville, PA (F)	11/22/12 – 05/26/16	1,282 days (3 yrs 187 days)
227.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
229.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days (3 yrs 184 days)
230.	Gary Jones, Troy, MT *	04/12/12 – 09/15/15	1,252 days (3 yrs 157 days)
231.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days (3 yrs 150 days)
232.	David Shannon, Shoreview, MN	12/26/12 – 05/23/16	1,245 days (3 yrs 150 days)
233.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
234.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
235.	Jonathan Reid, Bradenton, FL	11/25/11 – 04/11/15	1,233 days (3 yrs 137 days)
236.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
237.	Justin Martin, San Diego, CA	05/04/12 – 08/31/15	1,215 days (3 yrs 120 days)
238.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
239.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
340.	Brett Galley, Orland Park, IL *	12/06/11 – 03/18/15	1,199 days (3 yrs 103 days)
241.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
242.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
243.	Bradly Ratzow, Watertown, WI	11/28/13 – 02/09/17	1,170 days (3 yrs 074 days)
244.	Leo Hammond, Plano TX	01/01/08 – 03/13/11	1,168 days (3 yrs 072 days)
245.	Jeff Judd, Oronoco, MN *	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
245.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days (3 yrs 069 days)
247.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
248.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
249.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
250.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days (3 yrs 044 days)
251.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
252.	Thomas Cosgrove, Langhorne, PA *	05/12/08 – 06/12/11	1,127 days (3 yrs 032 days)
253.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
254.	Shannon Bol, Montgomery Village, MD (F)	09/15/12 – 10/08/15	1,119 days (3 yrs 024 days)
255.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
256.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days (3 yrs 012 days)
257.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days (3 yrs 004 days)
258.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
259.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
260.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days (2 yrs 359 days)
261.	Gordy Strickland, Rochester, MN *	11/11/13 – 10/25/16	1,080 days (2 yrs 350 days)
261.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
263.	Harry Owens, Beacon, NY	05/30/13 – 04/30/16	1,067 days (2 yrs 337 days)
264.	Houston Wolf, Cordova, TN *	02/27/14 – 01/06/17	1,045 days (2 yrs 315 days)
265.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
266.	Christine Lousias, Herreid, SD (F)	01/01/13 – 10/21/15	1,024 days (2 yrs 294 days)
267.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
268.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
269.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
270.	Dan Harris, Liberty, MO	11/09/12 – 08/22/15	1,017 days (2 yrs 287 days)
270.	Dylan Russell, Missouri City, TX *	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
270.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)

273.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
274.	James Clisset, Yuma, AZ	11/17/12 – 08/14/15	1,001 days (2 yrs 271 days)
275.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
275.	Thomas Griglock, Tualatin, OR	01/01/13 – 09/27/15	1,000 days (2 yrs 270 days)
275.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
278.	Dario Mirski, Randolph, NJ	05/25/13 – 02/10/16	992 days (2 yrs 262 days)
279.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days (2 yrs 250 days)
280.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
281.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
282.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
283.	Brian Orth, Boise, ID *	03/28/13 – 11/03/15	951 days (2 yrs 221 days)
284.	Toni Orth, Boise, ID (F) *	03/29/13 – 11/03/15	950 days (2 yrs 220 days)
284.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
286.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
287.	Joann Lycett, Largo, FL (F)	05/11/14 – 11/27/16	932 days (2 yrs 201 days)
288.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
289.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
290.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
290.	Will Jones, Grove, OK	03/18/11 – 09/28/13	926 days (2 yrs 195 days)
292.	Elizabeth Gilman, Byron, MN (F)	12/01/12 – 06/07/15	919 days (2 yrs 189 days)
293.	Gary Lundeen, Orono, MN	01/01/85 – 06/23/87	904 days (2 yrs 174 days)
293.	Michele Arnold, Issaquah, WA	11/26/13 – 05/17/16	904 days (2 yrs 174 days)
295.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
296.	Jonathan Green, Brooklyn Center, MN	03/01/13 – 08/11/15	894 days (2 yrs 164 days)
297.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days (2 yrs 146 days)
298.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
299.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
300.	Kyle Rizzo, Berkeley, CA	01/01/13 – 05/03/15	853 days (2 yrs 123 days)
301.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
302.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
303.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
304.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
305.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
306.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
307.	Norman Grimmatt, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
308.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
309.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
310.	Lisa Hancock, Geneva, IL (F)	02/17/14 – 05/11/16	815 days (2 yrs 085 days)
311.	Simon N. Falcon, Bellevue, NE	12/15/08 – 03/08/11	814 days (2 yrs 084 days)
312.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
313.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
313.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
315.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
316.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days (2 yrs 063 days)
317.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
318.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
319.	Chris Brelage, Fishers, IN	08/06/13 – 09/24/15	780 days (2 yrs 050 days)
320.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)

321.	Matt Miller, Huntington, WV	03/17/14 – 04/22/16	768 days (2 yrs 037 days)
321.	Thomas Whitely, Fairlawn, NJ	08/22/14 – 09/27/16	768 days (2 yrs 037 days)
323.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days (2 yrs 033 days)
324.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
325.	Kathleen Maloney, Wilton, CT (F) *	06/27/13 – 07/21/15	755 days (2 yrs 025 days)
325.	Amber Travsky, Laramie, WY (F)	11/21/13 – 12/15/15	755 days (2 yrs 025 days)
327.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
327.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
329.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days (2 yrs 019 days)
330.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
331.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
332.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
332.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
332.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
335.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
336.	Sarah Woods, Phoenix, AZ (F)	01/01/15 – 01/09/17	740 days (2 yrs 009 days)
337.	Rachel Gibson, Washington, DC (F) *	12/19/13 – 12/24/15	736 days (2 yrs 006 days)
337.	Susan Rattenbury, Oakland, CA	04/07/14 – 04/11/16	736 days (2 yrs 005 days)
339.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
340.	Lucy Hines, Smithfield, VA (F)	12/31/12 – 12/31/14	731 days (2 yrs 001 days)
340.	Rebecca McCauley, Cynthiana, KY	01/01/10 – 01/01/12	731 days (2 yrs 001 days)
342.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
343.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days (1 yr 351 days)
344.	Ellen Kendall, St. Louis Park, MN (F) *	11/28/13 – 11/12/15	715 days (1 yr 350 days)
345.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
346.	Dwayne Hawkins, Murfreesboro, TN	01/01/14 – 12/13/15	712 days (1 yr 347 days)
347.	Patty Hengel, Glen Burnie, MD (F)	11/27/13 – 11/07/15	711 days (1 yr 346 days)
348.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
349.	Cathy Van der Schans, Minnetonka, MN (F)	01/01/15 – 11/22/16	692 days (1 yr 327 days)
350.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
351.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days (1 yr 320 days)
352.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
353.	Jeannette Slattery-Wandler, Stevensville, MT (F)	07/25/14 – 05/29/16	675 days (1 yr 310 days)
354.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
355.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
356.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
357.	Theresa Woody, Goodyear, AZ (F)	12/14/14 – 09/27/16	654 days (1 yr 289 days)
358.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days (1 yr 288 days)
359.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
360.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
361.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days (1 yr 278 days)
362.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
363.	Don Brown, Munhall, PA	01/11/15 – 09/19/16	618 days (1 yr 253 days)
364.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
365.	Christine Petrone, South Jordan, Utah (F) *	12/31/12 – 09/03/14	612 days (1 yr 247 days)
366.	Dawn Skirpan, Washington, PA (F)	05/26/14 – 01/24/16	609 days (1 yr 244 days)
367.	Charles Brown, Pikesville, MD	11/27/14 – 07/20/16	602 days (1 yr 237 days)
367.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
367.	James Janker, Wheatfield, NY *	05/26/15 – 01/16/17	602 days (1 yr 236 days)

370.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
370.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
370.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
373.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days (1 yr 234 days)
373.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
375.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
376.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
377.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
378.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
379.	Geza Feld, Farmingdale, NY *	11/04/14 – 06/06/16	581 days (1 yr 216 days)
380.	Benjamin Labovitz, Baltimore, MD *	11/28/13 – 06/30/15	580 days (1 yr 215 days)
380.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
382.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
383.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days (1 yr 212 days)
384.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
385.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days (1 yr 208 days)
386.	Paul Seibert, Fort Mitchell, KY *	11/01/13 – 05/26/15	572 days (1 yr 207 days)
387.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
388.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
389.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
389.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
391.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days (1 yr 187 days)
392.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
393.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
393.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
395.	Aron Cole, Olean, NY	04/12/14 – 10/09/15	546 days (1 yr 181 days)
396.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
397.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
397.	Cindi Harris, Lake Forest, CA (F)	07/01/14 – 12/20/15	538 days (1 yr 173 days)
399.	Angeline Pace, Draper, UT (F)	08/24/14 – 02/07/16	533 days (1 yr 168 days)
400.	Cynthia, Almudevar, Pittsford, NY (F)	10/28/13 – 04/11/15	531 days (1 yr 166 days)
400.	James Summers, Coronado, CA	11/24/13 – 05/08/15	531 days (1 yr 166 days)
402.	Chris Myers, Chanhassen, MN	12/24/13 – 06/06/15	530 days (1 yr 165 days)
403.	Gayle Kearney, Ballwin, MO (F)	12/05/13 – 05/12/15	524 days (1 yr 159 days)
404.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
405.	David Wilson, Glenside, PA	12/29/13 – 05/19/15	507 days (1 yr 142 days)
406.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
407.	Cory Verrill, Stetson, ME	01/01/15 – 05/15/16	501 days (1 yr 136 days)
408.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
408.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
408.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days (1 yr 135 days)
408.	Scott Cockerham, Houston, TX	01/06/15 – 05/19/16	500 days (1 yr 135 days)
408.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
408.	Jonathan Kay, Indianapolis, IN	04/10/15 – 08/12/16	500 days (1 yr 134 days)
414.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days (1 yr 134 days)
415.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
416.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
417.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
417.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)

417.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
420.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
421.	Pavni Patel, Lutherville, MD	09/06/14 – 12/31/15	482 days (1 yr 117 days)
422.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
423.	Brett Galley, Orland Park, IL *	03/20/15 – 07/09/16	478 days (1 yr 112 days)
424.	Michael deLeon, San Francisco, CA	12/31/10 – 04/13/12	470 days (1 yr 105 days)
425.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days (1 yr 103 days)
426.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days (1 yr 097 days)
427.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
428.	Dominic Archibeque, West Valley City, UT (D)	05/14/15 – 08/09/16	454 days (1 yr 088 days)
429.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
430.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
431.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
432.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
432.	Cliff Pinckard, Mentor, OH	01/01/15 – 03/20/16	445 days (1 yr 080 days)
434.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
434.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
436.	Ted Green, Lee's Summit, MO	06/03/14 – 08/17/15	441 days (1 yr 076 days)
436.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
436.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)
439.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
439.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
439.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
442.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
443.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
444.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
445.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
446.	John Miller, Macon, GA *	01/01/14 – 03/05/15	429 days (1 yr 064 days)
447.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
448.	Emily Foster, Lake Oswego, OR (F)	05/27/14 – 07/26/15	426 days (1 yr 061 days)
449.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days (1 yr 060 days)
449.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
451.	Tim Stearman, Albuquerque, NM *	12/15/13 – 02/10/15	423 days (1 yr 058 days)
452.	Steve Surratt, Roanoke, VA	06/28/14 – 08/23/15	422 days (1 yr 057 days)
453.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
454.	Stephen G. Bardsley, Stevensville, MD *	01/01/07 – 02/19/08	415 days (1 yr 050 days)
455.	Brian Daniels, Minneapolis, MN *	01/12/14 – 02/26/15	411 days (1 yr 046 days)
456.	Chad Roberts, Bermuda Run, NC	01/01/15 – 02/14/16	410 days (1 yr 045 days)
457.	Jennifer Myer, Rochester, MN (F)	01/04/14 – 02/16/15	409 days (1 yr 044 days)
458.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
459.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
459.	Reno Stirrat, Rockaway, NJ *	11/01/14 – 12/12/15	407 days (1 yr 042 days)
461.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
462.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
462.	William Thomas, Woodstock, GA	12/27/14 – 02/02/16	403 days (1 yr 038 days)
464.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
465.	Bradley Shackelford, Redding CA	08/21/14 – 09/24/15	400 days (1 yr 035 days)
465.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
467.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)

468.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
469.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
470.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
471.	Melissa Roy, Alexandria, VA (F)	12/23/15 – 01/16/17	391 days (1 yr 025 days)
472.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
473.	Cherry Wnek, Randolph, NJ (F)	06/30/15 – 07/19/16	386 days (1 yr 020 days)
474.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
475.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
475.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
477.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
478.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days (1 yr 014 days)
479.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
480.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
480.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
480.	Briar Andresen, Minneapolis, MN (F)	02/22/15 – 03/01/16	374 days (1 yr 009 days)
483.	Angelica Allen, Albuquerque, NM (F)	03/10/15 – 03/16/16	373 days (1 yr 007 days)
484.	Steve Parker, Jr., Charleston, SC	01/02/15 – 01/08/16	372 days (1 yr 007 days)
485.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
485.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
485.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
488.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
489.	Laurie Omodt-TeBrake, Shakopee, MN (F)	08/06/14 – 08/08/15	368 days (1 yr 003 days)
489.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
489.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
489.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
493.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
493.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
493.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
493.	James Janker, Wheatfield, NY *	04/16/13 – 04/17/14	367 days (1 yr 002 days)
493.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
493.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
493.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
493.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
493.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
493.	Herbert Fred, Houston, TX *	04/20/15 – 04/20/16	367 days (1 yr 001 days)
493.	Kimberly Brown, Randolph, NJ (F)	02/17/14 – 05/11/16	367 days (1 yr 001 days)
493.	Kyle Bancroft, Chilton, WI	01/04/16 – 01/04/17	367 days (1 yr 001 days)
505.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
505.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
505.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
505.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
505.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days (1 yr 001 days)
505.	Justin Andes, Ellicott City, MD	06/13/14 – 06/13/15	366 days (1 yr 001 days)
505.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
505.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
505.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
505.	Steven Beck, St. Paul, MN	03/02/15 – 03/01/16	366 days (1 yr 000 days)
515.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
515.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)

515.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
515.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
515.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
515.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
515.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
515.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
515.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
515.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
515.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
515.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)
515.	Rick Larson, Bloomington, MN *	06/07/99 – 06/05/00	365 days (0 yr 365 days)

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

Official International Retired Running Streak List As Certified to Streak Runners International 1 March 2017

1.	Ron Hill, Hyde, England, U.K.	21Dec64 – 28Jan17	19,032 days (52 yrs 039 days)
2.	Marlene Prentice, Gold Coast, Australia (F) *	12Mar07 – 27Oct15	3,152 days (8 yrs 230 days)
3.	Pranjal Milovnik, Bratislava, Slovakia	15Jun08 – 08Jun16	2,916 days (7 yrs 360 days)
4.	Kimberley Robinson, Bepton, England (F)	06Sep11 – 06Feb17	1,981 days (5 yrs 154 days)
5.	Simon Scarfe, Manchester, England	02Jan12 – 28Sep16	1,732 days (4 yrs 271 days)
6.	Jim Crisp, Brough, England	07Apr13 – 01Feb17	1,397 days (3 yrs 301 days)
7.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days (3 yrs 235 days)
8.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
9.	Ignacio Rodriguez Ameller, Madrid, Spain	01Jul13 – 14May16	1,049 days (2 yrs 319 days)
10.	Jonathan O'Shea, Chigwell, England	21Dec13 – 17Sep16	1,002 days (2 yrs 272 days)
11.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days (2 yrs 175 days)
12.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days (2 yrs 114 days)
13.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days (2 yrs 023 days)
14.	Andrew Jackson, Hull, England	01Jan15 – 01Jan17	732 days (2 yrs 001 days)
15.	Martin Ainsworth, Leeds, England	31May14 – 09Mar16	649 days (1 yr 284 days)
16.	Grant Cameron, Brisbane, Australia	22Dec09 – 14Aug11	601 days (1 yr 236 days)
17.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
18.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days (1 yr 136 days)
19.	Grahame Lloyd, Waterford, Australia	01Jun15 – 02Oct16	490 days (1 yr 124 days)
20.	Nancy Tavares, Toronto, Canada (F)	01Jan15 – 21Mar16	446 days (1 yr 081 days)
21.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)
22.	Angela Martland, York, England (F)	24Oct15 – 24Oct16	367 days (1 yr 001 days)
23.	Fredrik Gustafsson, Sollentuna, Sweden	26Apr15 – 25Apr16	366 days (1 yr 000 days)
24.	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.

George Hancock – Johnstown (Pennsylvania) Tribune - Democratic
http://www.tribdem.com/news/in-the-spotlight-scalp-level-man-passes--mile-mark/article_ba5eca52-df84-11e6-9936-c7f1b6ee4f80.html

George Hancock - Daily American
http://www.dailyamerican.com/news/local/somerset/hancock-motoring-miles-and-beyond/article_b0683001-1ba2-5185-8bc5-649a41c6da94.html?utm_medium=social&utm_source=facebook&utm_campaign=user-share

Steve DeBoer – Runner's World
<http://www.runnersworld.com/maximizing-success/what-does-it-take-to-run-100000-miles>

Dan Myers – Milwaukee Journal Sentinel
<http://www.jsonline.com/story/sports/2017/02/05/chin-up-marquettes-dan-myers-and-five-years-5ks/97399854/?hootPostID=3890fc65de81ee5b3e4bb708db6c9f1b>

Mark Washburne – WRNJ Radio
<https://wrnjradio.bandcamp.com/album/rob-jennings-at-large>

Ron Hill – Runner's World
<http://www.runnersworld.com/general-interest/longest-run-streak-ends-at-52-years-39-days>

Ron Hill – Washington Post
https://www.washingtonpost.com/news/to-your-health/wp/2017/01/30/the-longest-running-streak-ever-ended-saturday-at-19032-days/?utm_term=.13b29454dc14

Ron Hill – Boston Globe
http://www.bostonglobe.com/sports/2017/01/30/ron-hill-ran-every-day-for-years-until-sunday/jsylCpdsV5jtULT1KakQSL/story.html?s_campaign=bostonglobe%3Asocialflow%3Atwitter

Ron Hill – BBC
<http://www.bbc.com/news/uk-england-lancashire-38810882>

Ron Hill – Reuters
<http://www.reuters.com/article/us-athletics-hill-streak-idUSKBN15F2SK>

Ron Hill – Sports Illustrated
<http://www.si.com/extra-mustard/2017/01/30/ron-hill-ends-running-streak-52-years-39-days>

Ron Hill – Rocket News

<http://www.rocketnews.com/2017/01/olympian-ron-hill-ends-52-year-running-streak/>

Ron Hill – Business Insider

<http://www.businessinsider.com/78-year-old-ron-hill-ends-streak-of-running-1-mile-per-day-for-52-years-2017-1>

Ron Hill – Channel News Asia

<http://www.channelnewsasia.com/news/sport/ron-hill-s-incredible-running-streak-ends-after-52-years/3482228.html>

Ron Hill – Fox Sports

<http://www.foxsports.com/buzzer/story/ron-hill-ends-running-streak-52-years-39-days-013017>

Ron Hill – Eurosports

http://au.eurosport.com/athletics/ron-hill-s-incredible-running-streak-ends-after-52-years_sto6043733/story.shtml

Ron Hill – ESPN

http://www.espn.com/sports/endurance/story/_/id/18599987/england-ron-hill-ends-longest-run-streak-52-years-39-days

Ron Hill – Times of India

<http://timesofindia.indiatimes.com/sports/rio-2016-olympics/news/athletics/ron-hills-incredible-running-streak-ends-after-52-years/articleshow/56905773.cms>

Ron Hill – Jersey Evening Post

<http://jerseyeveningpost.com/news/uk-news/2017/01/31/ron-hills-daily-running-streak-comes-to-an-end-after-marathon-19032-days/>

Ron Hill – Blue Ridge Outdoors

<http://www.blueridgeoutdoors.com/go-outside/worlds-longest-running-streak-ends/>

Ron Hill – NBC Sports

<http://olympics.nbcsports.com/2017/02/01/ron-hill-running-streak-days-ends/>

Ron Hill – UK Bullentin

<http://theukbulletin.com/2017/01/31/olympian-ron-hill-ends-52-year-running-streak/>

Ron Hill – Daily Mail

<http://www.dailymail.co.uk/wires/pa/article-4176898/Ron-Hill-s-daily-running-streak-comes-end--marathon-19-032-days.html>

Ron Hill - Guernsey Press

<http://guernseypress.com/news/uk-news/2017/01/31/ron-hills-daily-running-streak-comes-to-an-end-after-marathon-19032-days/>

Ron Hill – Chicago Tribune

<http://www.chicagotribune.com/sports/international/ct-longest-running-streak-spt-20170130-story.html>

THE FINISH LINE

By: Mark Washburne

The month of December and the beginning of the New Year always brings a flurry of activity for our streak association but this quarter felt like a hurricane had hit us. Obviously, the big news story for our streak association this quarter (and maybe this millennium) was the announcement by Dr. Ron Hill that his streak ended on 28 January 2017 after 19,032 consecutive days of running every day (see our story on page 4). Dr. Hill notified our streak association on Monday, 30 January, with the following email:

Ron Hill

To: 'Mark Washburne' Jan 30 at 7:32 AM

Dear Mark, It is great sadness that I have to report the end of my streak. I have been having heart problems and have been waiting for some time now to have the problem diagnosed and hopefully rectified. 1 Mile runs have not helped and on Saturday 28th January I ran my last 1 Mile. After less than 400 metres my heart started to hurt and over the last 800 metres the problem got worse and worse. I thought I might die but just made it to 1 mile in 16 minutes and 34 seconds. There was no other option but to stop. I owed that to my wife family and friends plus myself.

Hopefully after a medical procedure I am awaiting I will run again.

I don't mind if you make this news public.

With kindest regards,
Ron.

We, of course, wish Dr. Hill a speedy recovery. After receiving his email, I pieced together an announcement for our members and the "streak running" press – media outlets that contacted me in the past about our association and/or a specific streak runner. I heard back directly from reporters from the *Washington Post* and *Runner's World*. The story of the end of Dr. Hill's streak was soon picked up by the press from around the world including the *BBC*, *Reuters*, *Sports Illustrated*, *ESPN*, *Times of India*, *Jersey Evening Post*, *NBC Sports*, *Eurosports*, *Chicago Tribune* and many more (see "SRI/USRSA Online" on page 126). I also posted a note about his streak retirement on the Facebook page for Streak Runners International and received 1.9K likes and hearts. Others also shared my post on their Facebook pages over 150 times.

Dr. Hill's 52+ years running streak is truly one of the great athletic accomplishments for the ages. I was interested to know, therefore, how long it would take for some of the others on our active list to match his 19,032 running streak days. Fortunately, our streak association has such a calculator for determining the number of days between dates that we primarily use for our retired list. I put in the dates for the top three athletes on our active list and learned that Jon Sutherland (streak started 26 May 1969) would match Dr. Hill's record of 19,032 consecutive running days on 3 July 2021, Jim Pearson (16 February 1970) on 26 March 2022, and Steve DeBoer (7 June 1971) on 15 July 2023. I also calculated my own running streak (31 December 1989) for the date when I would reach 19,032 days. While I am proud of my 27+ years streak, I would not reach Dr. Hill's record until 7 February 2042.

It is safe to conclude that Dr. Hill does not have to worry about me passing his total days. With some luck and a lot of determination, however, someone from our active list might pass his awesome record someday in the distant future. In that regard, I find it amusing as a history professor to ponder the possibility of American Jon Sutherland surpassing the record with 19,033 days by England's Dr. Hill on the 4th of July, 2021 – the 245th anniversary of the United States declaring its independence from Great Britain. Good luck to Dr. Hill, Coach Sutherland, and all of you as we each run the roads and trails – every day!



The Streak Registry

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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