

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

# **THE STREAK REGISTRY**

**KEN YOUNG  
RUNNING STREAK LEGEND  
PASSES AT 76**



**Ken Young**

**VOLUME EIGHTEEN  
NUMBER ONE  
SPRING 2018**

# THE STREAK REGISTRY

Spring 2018 – 69th ISSUE

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## STREAKING ANNIVERSARIES

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

Rick Porter	12-03-1977	Decatur, GA
John T. Carlson	12-26-1977	Indianapolis, IN
Timothy C. Masters	12-28-1977	Dearborn, MI

### From The Dominators to The Masters (30<sup>th</sup> anniversary)

Michael L. Holsteen	01-31-1988	Ridgedale, MO
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### From The Well Versed to The Highly Skilled (20<sup>th</sup> anniversary)

Thomas B. Welch	01-01-1998	Victoria, MN
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### From The Experienced to The Well Versed (15<sup>th</sup> anniversary)

Chuck Myers	01-01-2003	Indianapolis, IN
Vincent Attanucci	01-08-2003	The Woodlands, TX

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

Timothy L. Hardy	12-13-2007	Marietta, NY
Brian P. Jones	12-18-2007	Baton Rouge, LA
Jill P. Jones	12-24-2007	Baton Rouge, LA
Ronald Kmiec	12-28-2007	Carlisle, MA
Kevin Slagle	12-28-2007	Erie, PA
Jeff Donahue	12-31-2007	Melrose, MA
Robert M. Crosby, Jr.	01-01-2008	Summerville, SC
John Devereaux	01-01-2008	Hudson, MA
Scott Hendren	01-01-2008	St. Joseph, IL
Michael Neff	01-01-2008	Santa Barbara, CA
Susan Schultz	01-03-2008	Timonium, MD
Joe Call	01-07-2008	Charleston, SC
Preston Giet	01-07-2008	Summerville, SC
Robert L. Hill	01-12-2008	Bella Vista, AR
Katie Carter	01-15-2008	Geneva, OH
John King	01-21-2008	Naples, FL

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

Steve Bickford	12-05-2012	Huntsville, TX
Christopher Marañá Malenab	12-10-2012	Sacramento, CA
Patrick Ferry	12-20-2012	Mequon, WI
Bryan Harris	12-20-2012	Charlotte, MI
Michael Stegura, Jr.	12-21-2012	Philadelphia, PA
Donna J Freeman	12-24-2012	Huntsville, TX
Paul Christian	12-25-2012	Rochester, MN

Kandice Thompson	12-25-2012	Round Rock, TX
Bo Grist	12-25-2012	Charlottesville, VA
Michael Ehrenfeucht	12-26-2012	Westminster, CO
Jared Murphy	12-26-2012	South Glens Falls, NY
Bennjamin Griffin	12-28-2012	Pittsfield, MA
Matt Henslee	12-30-2012	Mayhill, NM
Mike Orrico	12-31-2012	St. Charles, MO
Diantha Velasquez	12-31-2012	Dexter, NY
Zachary Watson	12-31-2012	Wind Lake, WI
Gary Whorwood	31-12-2012	Auckland, NZ
Mark P. Garcia	01-01-2013	Chicago, IL
Rob Hansen	01-01-2013	Corona, CA
Jessica Higgins	01-01-2013	Winston-Salem, NC
Emily Hopkins	01-01-2013	Boise, ID
Patricia Montana	01-01-2013	Hampton, NH
Basim Nasr	01-01-2013	Bend, OR
Vicki Newcomb	01-01-2013	Bolivar, MO
Brittany Broderick	01-01-2013	Canandaigua, NY
Caitlin Schultz	01-03-2013	Timonium, MD
Jeremy Duehring	01-07-2013	Arlington, VA
Joel Andrade	02-02-2013	
Dan Chasteen	02-02-2013	Snyder, TX
Patrick Fariss	02-22-2013	Georgetown, TX

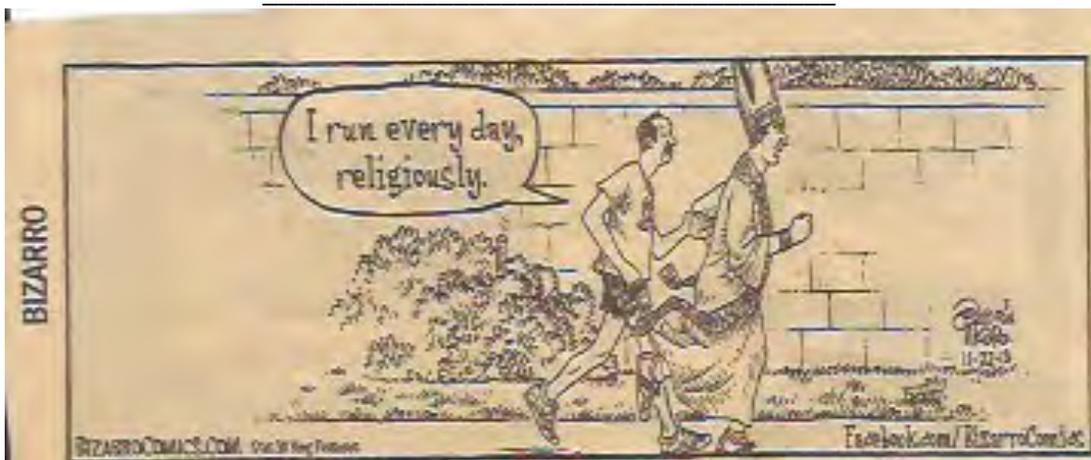
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“Running is the greatest metaphor for life, because you get out of it what you put into it.”

- Oprah Winfrey



Reprinted with permission from artist Dan Piraro.



Ken Young

## **RUNNING STREAK LEGEND KEN YOUNG DIES**

[Editor's note: SRI/USRSA is sad to report the passing of streak runner Ken Young. Ken was a member of our running streak Board and had the longest retired streak in the world at 15,179 days (41.56 years) when it ended in 2012. His streak is now listed as the fourth longest retired running streak in the United States and fifth longest in the world. After his long streak ended, Ken continued to run every day and would record two more streaks. His third streak ended on 19 December 2017 after surgery to remove a tumor in his brain. Ken was 76 at the time of his passing and will be missed. Below are some of the posts about Ken's streaks through the years.]

## **KEN YOUNG STREAK REACHES 41 YEARS [Fall 2011 TSR]**

Same-o, same-o. The streak continues. I hardly notice anniversaries.

Ken Young  
Petrolia, California

## **KEN YOUNG'S RUNNING STREAK ENDS AFTER 41+ YEARS [SPRING 2012 TSR]**

Kenneth C. Young, 70, a software developer from Petrolia, California, finally ended his running streak after 15,179 consecutive days (41 years, 204 days) on Wednesday, January 25, 2012. Started on July 6, 1970, Young had the fourth longest active running streak in the country as listed by Streak Runners International (SRI) and the United States Running Streak Association (USRSA) when his streak ended. He now has the longest retired running streak as listed by those same running associations.

"I regret to report that I had to end my streak on January 26th (final day of running was 25 Jan 2012)," said Young in a statement to SRI/USRSA. "I have suffered a bad tear in one of the adductor muscles near my left groin. I presently need crutches to 'walk' and running is out of the question. It will take three to four weeks to get it healed. In the meantime, I don't have to figure out how to get my run in each day. I have no plans to start another streak. I could never come close to this again so there seems to be no point in it. It ended because I simply was physically not able to run a step due to an injury. It was very sudden, as I had been training very well, getting some workouts of 5 to 6 miles under 10 minutes per mile. When the problem arose, I backed off to 3.5 miles, then to 1.5 miles, and 1.1 miles, getting to a pace much slower than a walk and it kept getting worse. My physical therapist was able to locate the muscle tear. I'll get back to running and racing but no need for streaking. I've done that."

**FROM THE STREAK REGISTRY  
KEN YOUNG'S AMERICAN RECORD FOR  
40 MILES ON A TRACK TURNS 40  
[SUMMER 2012 TSR]**

*TEN YEARS AGO:* The sixth issue of USRSA newsletter was published. The 24-page booklet listed 90 active and 15 retired running streaks. This was the second issue published following the new requirement that all athletes submit a streak certification form in order to be included on the active and retired lists.

The issue contained an interview with Ken Young of Petrolia, California conducted by USRSA founder John Strumsky. At the time, Young was listed fifth on the active list starting his streak on July 6, 1970. His 41+ years streak just ended on January 25, 2012. In the interview, Young talked about breaking the US record for a 40-mile track race.

"A racer is always in search of the perfect race," said Young to Strumsky in 2002. "One where everything goes perfectly well beyond your expectations. The perfect race is rare. [I had one] while I was still living in Chicago. [The race] was a 40 mile track race that I helped set up as an assault on the then US record of 4:33, which had been run by Ted Corbitt some years earlier. I had a marathon PR at that time of 2:35:50 and felt that a sub-4:30 was possible. We had a two-hour run in conjunction with the 40-mile so there was company for the first half of the race and good pace setters. I went through 20 miles in 1:57 and the marathon in 2:37, not much off my PR. At 30 miles my 3:03 was under the old US record, as was the 50K in 3:09. I ran the last ten miles in 65 minutes to finish 25 minutes under Corbitt's old mark, recording a 4:08:31. This mark put me number eight on the all-time world list at the time and still not has been broken by an American runner on the track."

American Ultra Distance Records\*

Distance	Record	Athlete	Location	Date
40 mi	4:08:30.2	Ken Young (IL)	Chicago	May 14, 1972

\* Source: [http://www.angelfire.com/electronic/ultramentor/records\\_running.html](http://www.angelfire.com/electronic/ultramentor/records_running.html)

2012 Update from Ken Young: "As far as I know, no American has ever bettered my time for 40 miles on a track. Not that it is an overly popular event but I am in regular contact with a fellow in Wales who conducts the Barry 40, a 40 mile track race and who keeps details on 40 mile performances. That was probably the best performance of my life; I went thru the marathon distance in a time equal to my marathon PR at the time (2:35:50) and ran the last 10 miles around 65 minutes. I am back to running decently. A week ago, I ran a half marathon in 2:08:40 (Avenue of the Giants), placing 2nd in my age division (70-74)."

**KEN YOUNG STARTS NEW STREAK  
AFTER 41+ STREAK ENDED LAST YEAR  
[Fall 2013 TSR]**

There really is nothing to update. I just do the same things that I have been doing for years. The 8th annual All-Mattole Food Festival that I coordinate is coming up on the last Sunday in September so if anyone happens to be visiting Humboldt county around that time, this is a good way to see how us "country folk" live, not to mention that the Mattole is one of the most beautiful places in the world.

Ken Young  
Petrolia, California

**KEN YOUNG'S NEW STREAK ENDS AFTER 487 DAYS;  
PREVIOUS STREAK WAS OVER 41 YEARS  
[Spring 2014 TSR]**

I had to end my latest streak due to acute appendicitis. I ran a very slow 2.5 miles on Monday (25 November) but had a slight pain on the right side of my abdomen. By evening, the pain was worse and I went to bed after getting something to eat around 7 pm. By 3:30 am, the pain was severe and I called a good friend who drove me the 40 miles to the nearest emergency room. The first 30 miles are rough, mountain roads and he had to drive rather slowly to keep from bouncing me around too much. As it was, I wasn't sure I could make it. They had me on the operating table by 10 am and found the appendix was perforated which means it was leaking bacteria into my abdominal cavity which is not a good thing. They kept me in the hospital for two days on antibiotics.

I came home yesterday (Thursday) and will be on antibiotics for another week. I was strongly advised to not run (walking is encouraged) because the jogging motion would disrupt the healing process and probably lead to an abscess in the abdominal cavity. So, no running until the last week in December. This will really kill my annual mileage.

Ken Young  
Petrolia, California

## **JIM PEARSON PAYS TRIBUTE TO KEN YOUNG**

The first time I ever received any mention or recognition for my running streak came when I got a call from the *Seattle Times*. The reporter had seen mention of it in some running magazine. I never did know which magazine, but the source was Ken Young. The information probably came out during a conversation at a 50-mile race that both Ken and I ran, and he went home and recorded the details.

I also hold a rather obscure position of having won the same marathon more times than anyone else in the whole wide world. How do I know this? Of course, Ken Young. If there could be a number attached to a running fact, it appeared in a list in Ken's data base.

The last time I saw Ken was when he stopped by my house in Mead, WA, during one of his tours to investigate marathons in his data base to ensure accurate measurement, all this at his own expense. We had an enjoyable run together.

Ken passed away last month. I lost an old friend. We lost an amazing statistical treasure. He will be missed.

Jim Pearson  
Head Coach  
Cross Country / Track & Field  
Harrier Track Club  
Marysville, Washington

## **ANDY MILROY PAYS TRIBUTE TO KEN YOUNG**

Ken Young leaves a truly remarkable legacy. Whilst other legendary figures like John Jewell and Ted Corbitt originated and disseminated calibrated bicycle measurement, it was Ken Young with his academic background in statistics and atmosphere physics who sought to make road running a sport that was comparable, laying down the basic criteria on downhill and wind assistance that enabled road records be both credible and valid. These simple criteria- no more than one metre per kilometre decrease in elevation and the start and finish points no more than 30% of the race distance of each other – were the basis for the development of US Road Records. Ken oversaw this through his body, the National Running Data Center.

It was when for political reasons, the IAAF decided to change these criteria when setting up their own road records, potentially undermining the essential comparability of Road Records, that ARRS was founded. It was founded to safeguard the credibility of road records. Since 2003, ARRS has grown, filling the void that had previously existed in the documentation and promotion of long distance running.

Below is a brief biography of Ken written by Ultrarunner and writer Davy Crockett.



Ken Young (hat) at unidentified meeting.

## **Passing of ultrarunning legend Ken Young**

### **By: Davy Crockett**

Ken Young, of Petrolia California, was an accomplished runner. But he impacted running in America far more by collecting running results and creating running statistics. He grew up in Pasadena, California and attended high school in Phoenix, Arizona. As a youth he loved running and math. He ran a 10:10 two-mile in high school. In college he quit the cross-country team after one year because of his heavy course load. But in the late 1960s after reading an article about the benefits of running on health, complete with numbers and statistics, it struck a chord with him and he started to run while attending Arizona State University.

Ken ran his first marathon in 1969 at the National Junior AAU Championships in Redfield, Iowa. He finished in 3:21. He ran his first ultra in 1970, a 50-miler at the National AAU Championships in Rocklin California with a time of 6:20.

While working on his Ph.D at the University of Chicago, Ken joined the school's track club where he met Ted Haydon who was twice an assistant coach on the USA Olympic team. He asked Ken to help him with statistics for a race to introduce the idea of handicapping. That started Ken's lifelong computer work with runner data. He could compare results from various distances to determine who the faster runners were.

In 1971 he began a daily running streak of at least one mile a day that lasted nearly 42 years. In 1972, Coach Haydon set up a race to see if Ken could break an indoor world marathon record. He set the World Record in Chicago of 2:41:29. Later that year he made his mark running a 100-miler. He ran in Camelia Festival at Sacramento on a road course and finished 1<sup>st</sup> with an amazing time of 14:14:39. That same year on an outdoor track, he set an American Record for 40 miles of 4:08. Also that year on a track he ran 50K in 3:08 for an American record that would stand until 1977. Ken had serious speed.

But Ken's main concentration was running marathons and he raced several per year. In 1974 he ran his marathon best at Boston in 2:25.

In 1973 he received his Ph.D. in geophysics, with a minor in statistics, from University of Chicago. He then went to work at University of Arizona, in Tucson, where he taught and researched atmospheric physics.

Starting in 1975, Ken started running on various trails around Tucson. In 1976, he and a training partner set themselves a goal to run up and down the four highest peaks around Tucson, including 9,156-foot tall, Mount Lemmon. They had a rough go of it with overgrown brush and a blizzard, but they survived. Ken then had the idea to have organized races on the trails. Various small races were put together starting in 1977, including a challenging race, "Multiple Mt. Wrightson Massacre" to run from trailhead to summit as many times as you could during daylight. Ken established a series of races making up a "triple crown" and a grand prix circuit. More races were established in the 1980s including track and road ultras in Tucson.

Ken traveled thousands of miles to libraries across the US and Canada and collected running data from their archives. He later founded the National Running Data Center in 1973. He eventually became associated with the USATF Long Distance Running Committee, where he was their official record keeper from 1979 to 1988. He also got involved with early official course certifications. In the early 1990s Ken started publishing a newsletter, Analytical Distance Runner.

In 2003 he banded together with other like-minded statisticians to establish the Association of Road Racing Statisticians (ARRS) which maintains a large runner website on the Internet at arrs.net. Andy Milroy, another founding member of ARRS said "Ken and the ARRS have revolutionized the way road running is tracked, both researching records back 100 and more years, and also going global. Ken is the conduit that keeps the data flowing." By 2016 the ARRS database included more than 1.1 million performances from 214,000 races.

In 1981 when Alberto Salazar and Allison Roe set World Records in the New York Marathon, Ken pushed to certify the course distance. No one paid attention until three years later and it was determined that the course was 157 yards short. ARRS doesn't recognize their records, nor Grete Waitz' several fastest-ever marathon records on the same course. Ken determined that courses that were short one meter per kilometer gave runners an advantage, and he could show that with statistics.

Starting in 1994 at the age of 54, Ken started to run in American River 50 for several years and performed well with a best time 7:21. He would also run the roads at Jed Smith 50K and 100K in Sacramento.

In 1999, at age 59, Ken, lived in a small rural community near the Pacific coast in Northern California where he wanted to get away from the city. He was still running 50-55 miles a week and trying to regain his speed. He had recently run a 3:07 marathon. Small injuries had kept him from running ultras. He was maintaining a system that ranks the elite runners worldwide for head-to-head competition. Race directors were using that to determine which runners to invite to their races. Ken was asked why it seemed like runners were not as fast as they were years ago. He replied, "Last year three or four Americans broke 2:15 in the marathon. Years ago 23 did it in one race. I think they're avoiding the Kenyans. And I don't think they are doing the training. (UR 1/1999 28)

In 2012, Ken's running streak ended because of an injury and he ran his last marathon in 2013. His last ultra was run in 2001. But in 2013 he started a daily running streak again. He was very meticulous about distances. For his mile run, he would start with a 20 yard out and back at the end of his driveway. He explained, "I wanted a course that finished at the driveway, with mile splits accurate to within a meter." In 2015 at the age of 73, he was running 2:10 half marathons but one day fell, broke a rib, twisted a knee, and hasn't had the speed since then.

Ken served as an unpaid running coach at area schools and volunteered with the local historical society and community center. In the 1960s he served two years in the US Air Force as a meteorologist in Okinawa. He has a lifelong fascination with the Japanese culture and has Japanese-themed tattoos covering about a quarter of his body. He also recorded his personal running statistics and comments in Japanese.

By the end of 2016 Ken had run more than 141,000 miles, which included 4,500 miles during high school and college. He raced about 90 marathons. But more importantly over about a 40-year period, he sorted through running data for more than 40 hours per week. Ken said, "The world is full of so much chaos, and I'm a born planner, an organizer. I try to make sense out of things and look for an underlying structure." On February 3, 2018, Ken passed away at the age of 76.



Ken Young



Rob Porter

## **40 YEARS AND COUNTING**

**By: Rob Porter**

December 3, 1977 was not a remarkable day. I was visiting my sister in Savannah, Georgia. We were going boating and I didn't run that morning. I had started a regular running program earlier in 1977 that coincided with a fairly significant change in my diet and loss of weight. I had also started a log of miles, diet and weight---sort of an after college get my act together.

Serendipity placed a photo from that day in a memory box—the girl in the picture is the girl I'm married to still and has always been good at keeping photos. What did we do without cell phones? I didn't know at that time I was starting a streak, but after it got started I did have a log of my last non-running day. Years later I came across the photo and realized what I had. So, here's what 95,000 miles on the pedometer looks like!!

Streak is still intact. These 5-year milestones take on more meaning because there's not many left. My challenge is not a major obstacle, but "streak death by a thousand injuries." It's hard to keep the little things in check---popliteus, meniscus, hamstring, and so on.

Running has always been satisfying and the streak tagged along. We'll all face the question, "Will the satisfaction of the streak be enough as running becomes less satisfying?" I'll let you know.

Good luck.

Go run.



Jim Pearson and John Wallace III

## **JIM PEARSON'S STREAK HITS 48 YEARS**

**By: Jim Pearson**

It's January 1 as I start to write this, and 2018 presents more challenges than I've had to face in the past 47 years. For years I have ignored the fact that I am allergic to almost everything I eat. I merely eat what I like and then cough crud out of my lungs until they are clear. A few months ago I coughed much too hard and caused myself an inguinal hernia. Now, I'm sure I could just live with it. My 96 year old mother has several hernias, but since I'm only 73 and very active even beyond my running, I scheduled a January 11 surgery, more than likely ending my streak just short of 48 years. The major restriction put on me by the surgeon was: "No running for ten days." That would leave me stuck at 17,497 consecutive days—not even a round number like 17,500.

Upon hearing of this edict a friend who teaches USATF Level 1 classes and holds an EMM in nursing sent me a cummerbund [that's not how we pronounce it, but this is the correct spelling; I am a retired English teacher] to hold my innards intact. I have an odd stride pattern, which barely gets my feet off the ground, so possibly I can defy the surgeon's orders and find a way to get around this. He said walking was okay, and I'm not a bouncer. A *Runner's World* writer once described me as having a "silky smooth stride." I know I'll put on the belt and head toward the door, but I do not plan on jeopardizing my health for the rest of my abnormal life just to continue the streak. If things don't feel right, I know I can pack it in and wait a few weeks to start a new streak. I'm not at all worried about pain, but I am concerned about having the surgery be a success. I'll add the conclusion to this part of my writing on the last paragraph, though the headline should be a give-away as to whether the streak goes on.

A substreak endangered by the surgery is my 56 straight months of running more than 100 miles a month. That seems pretty meager from a guy who once averaged 100+ miles a WEEK for 11.5 years, but I am goal oriented, and that seems to be a good number for allowing my body to run every day without exacerbating the many problems that accrued during the years I acted as the

practice dummy for my middle son who wrestled all over the country for 11 years. I'm off to a good start on that run, having put in 5.6 today. Even if those ten days end up as zeroes, I can stack the mileage into the other 21 days. Now I wish I had waited for surgery until summer when the days are longer and warmer.

There were a couple of highlights during the year. In February I was hired as head men's track coach at Everett Community College. It was delightful to run a team again. Then in April I took 43 year old Camille Shiflett, coached by my son Joel who had his Cardinal Stritch University at the NAIA indoor track nationals, to the USATF national 50 kilometers championship on Long Island. I survived the 14 degree temperature and the 20 mile per hour winds blowing off Long Island Sound as Camille won the national title.

Back in April, my son Hopper ended his streak at 2,761 days (7.56 years). That's pretty lengthy for a guy who felt that having a running streak would cause a lot of stress. He wanted nothing to do with this streak business. What he learned was that he really liked running, so for those years the two of us went out and ran together on almost all the runs. He never did a run "just to keep the streak alive." It became something he enjoyed doing every day. He and I were listed as having the fifth longest combination of consecutive running days. This may not last long, especially if I end my streak.

My daughter Paige and I hold the largest combined number of days in the father and daughter category which will last quite a while. Second in that group is Jay Kammerzell (ran for me in seventh grade and then all four years of high school) and his daughter Stephanie. Jay has something like five running streaks, the longest being 23 years. Paige and Stephanie are now on the retired list. My brother Don and I are second on the brothers list. If I end up missing a day, that would leave just Joel at 23 years on the Active List. These thoughts go through my head at this time. We will be sitting ducks in most of these groups if I'm no longer adding my one day at a time. There are just too many of these little artificial goals floating around out there to give in without a fight. As the poet wrote: "Do not go gentle into that good night." Well, actually Dylan Thomas was writing about death, so in a few years I will add the next lines to my story: "Old age should burn and rave at close of day; Rage, rage against the dying of the light." I think this attitude is reflected in most of my running streak friends.

The conclusion to the story: First of all, I definitely had some control over the 100 miles a month streak. I ran 49.9 miles in the ten days prior to surgery and 3.1 the morning of surgery. That took care of Day 1, which would leave me with 12 days to get in 47 miles, even if I missed the next nine days. Day 2 was a bit uncomfortable mentally as I shuffled over a carefully laid out flat course with .5 and .6 as the turning points. Though I planned the longer, I got nervous and turned at the earlier mark. I ran with very little pain but was glad to finish. After that, each day became increasingly longer. The running streak continues after 48 years, and January added to the 100 miles a month streak at 111.0 miles.

Since I was so certain that my streak would end, I announced the impending surgery on several of the sites to which I am a member. The response was amazing. Hundreds made comments. A rather normal friend who has never been involved in running expressed with a little concern that rather than cautioning me about trying anything insane, they were almost unanimously encouraging me to keep running. Even my mother expected it. I was the only one who had any doubts. The strangest "encouragement," if that's what I can call it, came from John Wallace III who at age 21 (around seven years into his streak) had an appendectomy and continued running.

Though my thought process has always been to just "go out and run today," I just may be thinking a little about the future as the thought of making it to the 50 year mark seems rather intriguing. With funerals for old friends becoming more frequent and the old body falling apart, I see it as a challenge worth facing.

Thank you to everyone who has encouraged and supported me in my strange lifestyle.



George Hancock

**RUNNING EVERY DAY**  
**--George A. Hancock**  
[runnergah@comcast.net](mailto:runnergah@comcast.net)

People frequently ask me a question. I never tire of answering that question. Someone asking me questions is a nice change of pace. I'm a writer. I usually ask the questions or conduct the interview.

The question is simple. Are you the guy that started the running streak thing? Well no, running streaks have been around for some time. My involvement began with my running streak research back in 1993.

The November, 1993 issue of the old *Running Times Magazine* published a letter from a runner named George Messenger. Messenger had a running streak going and inquired whether anyone was tracking these unique running practices. I was intrigued with Messenger's question.

I was employed by the University of Pittsburgh at Johnstown in 1993. I was also since 1986 a feature writer for the *Runner's Gazette* running newspaper. I wrote poetry, running articles, a monthly column and covered road races for the *Runner's Gazette*.

The *Runner's Gazette* is a monthly running newspaper based in Lewisburg, Pa. The newspaper's first edition was published in September of 1976. Editor and Publisher Freddi Carlip covers the running scene across the Middle Atlantic States. Today the

*Runner's Gazette* also has a Facebook page and a limited online presence. The *Runner's Gazette* can be found here <http://www.runnersgazette.com/>

I started my initial running streak research before the end of 1993. I had a rather unique way of obtaining running streak information. One needs to remember this research project began before Facebook, email, Twitter and other social media outlets. One of my then recent running magazines printed an ad featuring running clubs, organizations and associations across the United States complete with a mailing address. I composed a letter, copied it and mailed the letter to initially over 50 of these running groups.

I also wrote a letter and mailed it off to the *Running Times Magazine*. The editor's were also interested in running streaks. *Running Times* published my letter requesting information, leads, etc about running streaks. The running streak request for information went out during the early months of 1994.

The response back was incredible. I received valuable information from streak runners. I created a news article and running streak list based on this supplied information. This list and article appeared on page A-8 of the December 1994 *Runner's Gazette*.

My initial running streak list had 51 runners in 50 spots. Two streak runners had the same January 1, 1986 start date. I listed one before the other based on when the information was received via the mail. Bob Ray was the undisputed streak runner in first place. Ray's well documented running streak began on April 4, 1967. The second closest running streak was my running friend Don Slusser from Monroeville, PA. Slusser's running streak began on January 3, 1972. I was on the list in 7<sup>th</sup> place with my February 26, 1978 running streak. An interesting fellow named John Strumsky, Jr had the 28<sup>th</sup> position with his May 23, 1983 streak. Strumsky later became the first president of the United States Running Streak Association (USRSA).

My article opened the flood gates. Running streaks and streak runners were no longer toiling along in anonymity. The media spotlight was now shinning on this running subculture.

And yes, several streak runners were not thrilled with the publicity. Running every day was a personal point for several streak runners. These streak runners wished to remain anonymous. I respected that request. I never wrote about those runners. Several of these streak runners had lengthy running streak and lived in my Western Pennsylvania region.

During the late 1990's my running streak research, lists and articles began appearing on David Blaikie's Ultramarathon World web site. Placing running streak lists, articles and stories on the web was huge. The response was immediate. Running streak information was really flowing now. This web site arrangement lasted for several years before the site folded.

Meanwhile, John Strumsky was busy incorporating, establishing a legitimate running streak organization. Strumsky and I conferred numerous times over what directions this organization should take. The United States Running Streak Association (USRSA) was formulated during the spring, 2000 time frame. The response was phenomenal. Today this group is worldwide with runners from every background attempting to run every day for as long as possible. These stories are enlightening.

But why? Why do runners attempt to run every day? The quick easy answer is because they can run every day. The more complex response is because running every day is another challenge. Runners love a challenge. Can I run to the top of that hill, ridge or mountain? How fast can I run a 10K? And of course, how long can I run every day?

My first running streak began on February 26, 1978. The main reason was because I could run every day. I started road running in 1973. My road racing career began three years later in 1976. I played football and ran track in school. I had an athletic background.

Running was always easy for me. I was a fast runner and knew how to hold a pace. I was a perfect fit for road running. I was always lean and short in stature. Plus, several other tangible elements lead to my lengthy running streaks.

I was almost 25 years old on February 26, 1978. My birthday falls on March 18. I was also single with no children. Many local runners continually pointed out that I could run every day because I had no wife and children. There is some truth in that point.

Unlike many of my classmates and neighborhood friends I did not get married until 1989. Most of my friends were married with children several years after high school graduation. A family is an emotional, time and financial commitment. I was the single runner working full-time with a good income running every day. I had the time. I could run every day.

My first running streak lasted from February 26, 1978 to May 24, 2002. I ran every day for 24 years and 88 days. The streak ended due to a terrible case of runner's knee. It was an overuse injury that progressively got worse. I really thought my knee had structural damage. But no, the injury was a basic repetitive motion or an overuse injury. The injury was slow in healing. Traces of the injury still remained in January of 2003.

Amazingly, my first running streak was never tested. I never had an issue threatening my daily streak until the May, 2002 runner's knee issue.

Once the initial pain and stiffness disappeared I carefully began another running streak. My second running streak dates to June 22, 2002. This second running streak lasted to December 29, 2017. That running streak totaled 15.52 years.

And once again the second streak was never threatened until the end of 2017. The second streak ended due to several herniated disc issues. I had some lower back stiffness for a year or so that was directly attributed to the herniated discs.

I reported the back stiffness to my doctor. Now, here's an interesting scenario. I'm a serious competitive runner. The injury was treated as a recreational running injury. My doctor could not get a MRI approved. X-rays were not showing the extent of the injury. The MRI was not approved until days before Christmas 2017.

The approved MRI revealed several herniated discs. One disc had nerve compression. This was the troublesome disc causing the issues.

I scheduled an appointment with a neurosurgeon at Allegheny General Hospital in Pittsburgh. The appointment due to the holidays and other factors was not until mid-January of this year.

I was encouraged to run every day. Easy movement could help the issue. I was running several easy relaxed miles every morning. However, on both December 30 and December 31 I could not run. There was some intense pain in my left hip and left quad region. I did not run on those two days avoiding possible serious damage.

January 1, 2018 dawned cold. I was able to run that morning. I ran a mile along the Berwick road located not far from my home. I was able to run two miles by that Friday January 5 morning. I ran two miles every morning without issue. In fact, my stride, my pace was growing stronger.

My appointment with the Pittsburgh neurosurgeon at Allegheny General Hospital was slated for Wednesday afternoon January 24, 2018. I was seeing Dr. Hae-Dong Jho the eminent neurosurgeon with the Jho Institute for Minimally Invasive Neurosurgery.

However, by that date I was not experiencing any pain or discomfort. There was lower back stiffness in place but no pain. Stretching, running and heat treatments were helping my lower back region.

Dr. Jho and his assistant conducted several movement tests. Dr. Jho asked me numerous questions about my daily routine. The verdict or diagnosis was not expected by me. I was positive that surgery was in my immediate future. However, Dr. Jho believed something was going on in my back area. Since there was no pain or discomfort present surgery was not needed at this time.

Dr. Jho did stress I was a candidate for possible future surgery. Dr. Jho recommended that I continue with my running program. He also stated there was no need for any organized therapy since my daily program was working. The wife was not thrilled with that point. Brenda was positive the doctor would recommend stop running.

And so running streak number three is underway. I have run every day this year. Can I run every day in 2018? That is a good question. Once again, I do have the time. I am retired now. The lower back stiffness is easing. The doctor did recommend eliminating road racing and heavy training. This request is easy to fulfill. I want my lower back to heal so I will not race. Plus road racing is very expensive these days. I'll save a lot of money.

So, can an individual run every day? Sure, a runner with the right shoes, clothing and mindset can run every day if they choose. I choose to run every day. Despite the two running streak stops an interesting point is evident. I have missed only 16 running days since August 1, 1976.

I run every day because I can. My 65<sup>th</sup> birthday is nearing as you read this article. My advice is simple. Listen to your body. Run according to those dictates. If you can run every day, well that's great! If you run every day for a year register your running streak at <http://runeveryday.com/>.

Also, if a serious injury or some medical issue means ending your running streak than by all means do so. Death on the run is not pleasant. Heal and resume running every day if you wish. Our running journey continues.

Run well, run smart folks.



George Hancock:  
This picture is "me crossing the finish line in race #500 last October 21, 2017."



Johnstown Running Club

## Traversing the Tundra – Lunar Option

### By: Steve DeBoer

Long-time streak runners have accumulated an impressive number of lifetime running miles, as can be seen elsewhere in this issue of *The Streak Registry*, entitled “The 70,000 Mile Club.” The mention of having run the equivalent of once around the world at the equator (24,902 miles) elicits responses of, “Amazing!” or “Incredible!” from our non-runner friends and acquaintances. But to those of us who have been running at least 20 years, a more envied goal is to have traversed 100,000 miles of tundra.

Among the 1500+ individuals who have certified active and/or retired running streaks, over 60 have run more than 100,000 miles in their lifetime. Amby Burfoot has a web site listing others who have reached that milestone at [www.100klifetimemiles.com/](http://www.100klifetimemiles.com/)

For those looking for a greater challenge, the next round figure is 200,000 miles. Has anyone in the past run that many miles? Unfortunately we don't have written records of the mileage of most of the individuals listed below, but here is speculation about their total mileage.

Charles Walter (Charlie) Hart ( b. 1866 - d. Sep. 11, 1954) Claims over 750,000 miles. If he ran 40 years at 4,000 miles/year and 15 years at 3,000, he would have run 205,000. He did not run long distance the first 10 years of his career, begun in 1883, so if he did 15,000 those 10 years, total would be about 220,000.

Arthur F H Newton (b. May 20, 1883 - d. Sep. 7, 1959) Claims 102,735 miles by 1935. If he ran 500/month next ten years and 70/week the next 10 years, his total would be about 200,000. But back then, ultra-runners was a significant amount of their training miles.

Earl Linwood Dilks (b. Sep. 20, 1894 – d. Nov. 8, 1982) Claims 195,855 miles by 1977. If he ran 3 more years, he might have done 200,000.

Ken Baily (b. 1911 – d. Dec. 10, 1993) Claims 157,295 miles by 7-9-75. If he ran 10 more years, he might have done 180,000

Ted Corbitt (b. Jan. 31, 1919 – Dec. 12, 2007) Claims 200,000 miles, but mostly walking mileage the last 20 years, so running total under 175,000.

Bill Emmerton (b. Nov. 12, 1920 – d. Jul. 10, 2010) Claims over 130,000 miles by 1978. If he ran 10 more years, he might have done 160,000. He switched to walking the last 20 years of his life.

Douglas Alistair Gordon Pirie (b. Feb. 10, 1931 – d. Dec. 7, 1991) Claims 216,000 miles by 1981, over 250,000 before he died. But John Bryant, who knew him during his prime, feels that amount is inflated, whereas Jon Sutherland believed he ran 90-100 miles/week most of his adult life. 210,000, using 90 miles per week.

Some of these past distance runners kept records of their running mileage, but I have not been able to find a record anywhere of it being listed for public review. Before

anyone gets crowned the all-time running mileage champion, some sort of record review would need to be done by an unbiased group.

Personally, I have a rather optimistic, possibly unattainable mileage goal. Even before I reached 100,000 miles, I asked myself would it be possible to run the distance to the moon?

The distance from the earth to the moon is about 238,000 miles but it varies by 20,000, depending on the time of month. The perigee (closest approach to Earth) occurs 12-13 times per year. For 2018, the nearest perigee was 221,681 miles on February 19<sup>th</sup>. Keep in mind that runners are only trying to go from surface to surface, so we need to subtract the radius of each sphere (1080 miles for the moon and 3963 miles for Earth). Of course, if you started your run from Mount Everest, it would be about 6 miles shorter. That calculates out to 216,632 miles from Everest to the lunar surface if you happened to reach the moon on that day (February 19, 2018).

As we know, very few human beings have traveled by spaceship to the moon and only 12 have actually walked on the surface, with Neil Armstrong being the first in 1969 and Harrison Schmitt the last in 1972. Based on my incomplete data of past distance runners, only Charlie Hart might have covered enough miles to reach the moon's surface. However, in viewing the videotape of a 20-mile run he did at age 83, it appears he was walking towards the end, so I am a little suspect of the estimate I made of his total running mileage.

So what are my chances of making it? If, God willing, I can average 3500 miles/year for the next 10 years, I would have about 195,000 miles at age 73. In looking over the mileage of fellow streak runners, Herb Fred is the only one who kept over 3500/year after age 70, so I don't know how good my odds are of duplicating that. If I could average 3000 miles/year for the following 7 years, I would be at 216,000 when I reach 80. My dad stopped running at age 85 ½, so genetics may be in my favor. IF I could cover 2500 miles of tundra during my 81<sup>st</sup> year, I would be over 217,600 miles by Labor Day 2035, enough to reach the surface at the closest approach to the moon on September 9<sup>th</sup> of that year (216,816 miles). Then I could focus on my other long term goal, of completing a marathon at age 90!

Running around the earth at the equator is a great goal for many high mileage runners. For me, I probably need to use all the mileage in my legs just to reach the moon, so take note I skipped the equatorial distance warm-up and am heading straight to lunacy, I mean the tallest lunar crater.

Streak runners most likely to reach the moon and when:

Carolyn Mather now 210,000; averages 7000 per year, will reach moon 2019, age 71.  
Craig Davison now 207,500; averages 3000 per year, will reach moon 2021, age 67.  
Dave Dial now 187,400; averages 5000 per year, will reach moon 2023, age 62.  
Paul Ladniak now 208,500; averages 1450 per year, will reach moon 2024, age 77.  
Roger Urbancsik now 179,100; averages 5000 per year, will reach moon 2025, age 66.

Based on their average running mileage over the last 3 years, here are other streak runners who should surpass 180,000 miles by end of 2027:

Jon Sutherland (will be age 77)  
averaging 1200 miles per year; 193,500 end 2017; 205,950 end 2027

Don Slusser (will be age 76)  
averaging 1000 miles per year; 192,100 end 2017; 202,100 end 2027

Bruce Mortenson (will be age 84)  
averaging 2200 miles per year; 175,250 end 2017; 197,250 end 2027

Reno Stirrat (will be age 72)  
averaging 3000 miles per year; 161,000 end 2017; 191,000 end 2027

Jim Pearson (will be age 83)  
averaging 1400 miles per year; 174,000 end 2017; 188,000 end 2027

George Brown (will be age 75)  
averaging 2800 miles per year; 157,850 end 2017; 186,000 end 2027

Steve Morrow (will be age 64)  
averaging 3000 miles per year; 154,000 end 2017; 184,000 end 2027

Scott Ludwig (will be age 73)  
averaging 3500 miles per year; 147,600 end 2017; 182,600 end 2027

There are three recent/current long distance runners who have enough running miles to have circled the equator once before going lunar, 2 of whom are NOT streak runners. One, Dallas Robertson of Iowa, has run 221,389 miles since keeping a record of his mileage, starting in 1980. He estimates having run 20,000-25,000 miles the previous 4 years. Using the lower estimate, that puts him at over 241,000.

Darryl Beardall, of California, is listed on one website in 2010 as having run nearly 300,000 miles in his lifetime. It mentioned he had averaged 20 miles 6 days per week from 1959 to 1993, then decreased to 12-15 miles/day with a job change. Amby Burfoot met and interviewed him several years ago. He and Darryl came up with some yearly mileage estimates. Unfortunately, he has not been able to find his training logs before 2007 to verify how close those estimates are to reality. So it has been agreed to reduce that estimated running mileage before 2007 by 10%, since we tend to estimate up rather than down. This would give Darryl about 290,000 miles, enough to have run around the earth and make it to the moon. Even if he chose to traverse the lunar tundra's circumference once, he is now heading back to earth. After breaking his hip in January 2017, he put in a lot of miles walking/jogging with a walker and by July was back to running again.

That brings us to Dr. Fred, who I have alluded to before. He has kept meticulous records of his daily runs, even though it has been exclusively treadmill running since being hit by a car running outdoors almost 30 years ago. He retired from running in October 2016, age 87, with a total running mileage was 253,010. His last daily streak ended when he was 86, the oldest documented active streak runner ever. If he ran once around the Earth before leaving our atmosphere, he would have reached the moon on February 19, 2011 and completed his run around the moon in 2013 and now is drifting somewhere outside of the moon's atmosphere!

*PS With the new, improved Streak Runners International/US Streak Association website, the number of active and retired daily runners has increased significantly, as of January 25, 2018. In the last 8 weeks, the active lists have grown from 851 to 1013 individuals. The number of registered retired streaks has risen from 624 to 661. The top 3 states have not changed, but here are revised numbers for them:*

<b>State</b>	<b># streak runners</b>	<b># women streak runners</b>	<b># active/registered</b>
<b>MN</b>	<b>136</b>	<b>46</b>	<b>75</b>
<b>CA</b>	<b>124</b>	<b>33</b>	<b>68</b>
<b>TX</b>	<b>108</b>	<b>30</b>	<b>60</b>

*These are the only states at or over 100, 30 and 50 in those categories.*

*PPS It has been a little nippier than usual this winter in southern MN. Starting the last week in December, the temperature was 0 degrees F or lower for 18 out of the next 23 mornings when I ran (with -21 being the coldest). I thought it would be interesting to look back at comparable cold stretches (0 or less) and came up with the following for me: 17 of 28 in 1972; 15 of 15 in 1974; 21 of 29 (and 26 of 42) in 1976-77; 18 of 31 in 1978; 25 of 40 (and 39 of 60) in 1982; 14 of 24 in 1983; 18 of 34 in 1994; 19 of 36 in 1996; 16 of 25 in 1997; and 14 of 17 in 2007. This means this winter was the first that I had 18 "cold" runs in the least number of consecutive days, though I did experience colder runs than -21 in the other winters I mentioned. J*



Steve DeBoer and Steve Morrow in 2014

## The 70,000 Mile Club

### By: Steve DeBoer

A large number of streak runners (at least 135 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 2007-2017 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

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 over 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. It remains the longest standing world record in all of Track & Field.

With Darryl, Dallas and Don, there are 138 runners now mentioned, though only 135 are part of the streaker "Club".

Name	Age	12/31/16 miles	12/31/17 miles	streak miles
Darryl Beardall**	(81)	292,999	294,223	
Herbert Fred	(88)	253,010	253,010	139,536
Dallas Robertson**	(61)	237,281	241,389**	
Carolyn Mather (F)*	(69)	202,261	210,021	
Paul Ladniak	(71)	207,046	208,478	
Craig Davidson+	(64)	204,800	207,500 (\$244)	205,087(\$9,885)
Jon Sutherland	(67)	193,946	195,164	191,064
Don Slusser	(66)	192,061	192,924	175,258
Dave Dial*	(57)	181,860	187,387	
Roger Urbancsik	(60)	173,840	179,107	159,031
Bruce Mortenson	(74)	173,030	175,250	
Jim Pearson	(73)	172,721	174,019	164,019
Ron Hill	(79)	162,277	162,400	136,950
Reno Stirrat	(62)	158,147	160,770	
Steve DeBoer	(63)	156,605	160,438	158,118
Mark Covert	(67)	159,623	159,623	149,791
George Brown	(65)	155,000	157,860	150,360
Bob Hensley	(63)	154,200	156,000	137,349
Steve Morrow	(54)	151,933	154,926	153,470
Stuart Calderwood	(59)	147,300	149,081	89,272
Scott Ludwig	(63)	144,162	147,587	147,347

Ken Young	(76)	141,342	143,035	133,368
Barbara Elia (F)*	(73)	139,000	142,600	
Gary Jones	(65)	135,625	136,275	128,069
Craig Snapp	(67)	131,964	134,811	84,329
Jim Hage*	(59)	131,380	134,158	111,158
Barbara Latta (F)	(76)	131,223	134,142	133,992
Bill Moreland	(71)	130,725	132,726	119,484
Robert Kraft	(67)	128,629	131,609	125,847
Steve Kohorst*	(67)	126,687	129,306	
Jerry Caine	(67)	127,508	128,660	81,280
Sherry Case (F)	(58)	122,935	126,493	22,235
Joel Pasternack	(67)	125,461	126,402	22,372
Larry Baldasari	(67)	123,142	125,644	87,229
Timothy Masters	(67)	124,134	125,290	108,767
Bruce Dern*	(81)	124,800	125,000	
Paul Case	(60)	120,660	124,580	27,362
John Liepa	(72)	122,819	124,259	114,259
Al Gilman	(71)	121,427	123,684	13,001
Bob Ray	(80)	122,000	122,000	100,000
Barry Abrahams	(66)	121,816	121,816	118,599
Mike Holsteen	(69)	118,059	120,215	93,235
Bill Shires	(53)	112,800	116,117	114,117
Alex Galbraith	(67)	112,155	114,839	104,850
Steve Gathje	(62)	111,921	113,893	112,692
Harvey Simon	(75)	113,611	113,611	109,611
Randy Wiinanen*	(62)	109,365	113,543	
Doug Suker	(66)	110,456	112,501	5,569
Kenneth Roth	(62)	112,000	112,000	89,800
Amby Burfoot*	(71)	109,400	110,400	
Syl Pascale	(69)	109,438	109,438	
Ron Jackson	(72)	109,100	109,350	108,600
Bill Stark	(70)	107,400	109,065	98,265
Jim Behr	(70)	107,535	108,980	107,980
Michael Fanelli	(61)	106,549	108,481	8,852
Matthew Mace	(57)	105,494	108,069	84,854
Frank Clarke	(81)	107,121	107,980	103,725
Drew Rogers	(58)	103,985	107,688	61,354
Al Colonna	(74)	105,000	106,500	106,450
William Benton	(68)	103,050	104,525	84,395
Victoria Leafgren *(F)	(58)	101,954	103,954	73,954
Jack Ankrum	(65)	101,614	103,617	4,036
Bill Robertson	(65)	100,901	102,675	92,375
Mark Courtney	(61)	100,000	102,315	99,015
Bruce Sherman	(63)	100,000	102,250	99,250
Dink Taylor*	(52)	100,523	102,158	55,100
George Hancock	(64)	99,974	101,702	95,709
Rick Rayman	(71)	98,500	101,013	
Tammy Slusser (F)	(52)	96,496	99,127	13,800
Rich Holmes	(68)	95,127	99,047	
Thad Childs, Jr	(70)	97,791	98,617	96,869
Lauren Estilow (F)	(57)	95,410	98,555	52,271
Terrell Worley	(57)	95,931	98,526	88,720
Brad Kautz	(60)	95,067	98,297	27,058
Homer Hastings	(74)	98,000	98,000	79,550
Bill Leibfritz	(61)	95,119	97,400	88,591

Norm Spitzig*	(67)	95,263	97,350	
Frank Russo*	(65)	95,231	97,107	
Fred Murolo	(61)	92,500	96,935	94,935
John Chandler	(62)	94,283	95,839	77,831
John King	(66)	93,006	95,436	95,436
Rick Porter	(64)	93,832	95,258	95,154
Dennis Durbin	(66)	92,750	94,929	6,604
Gary Rust	(71)	92,184	94,322	74,322
Roger Nelson	(67)	92,105	94,066	86,642
Diana Nelson (F)	(71)	91,031	92,961	91,584
Jim Bates	(61)	91,634	91,926	34,500
Mike Heller	(75)	90,710	91,848	70,688
Bob Aby	(72)	91,500	91,800	77,962
Brian Casey	(59)	89,791	91,051	91,051
Ken Birse	(57)	91,000	91,000	58,650
Bill Finkbeiner	(62)	89,000	90,000	88,000
Jim Lombardi*	(75)	88,350	89,900	
Grant Woodman	(44)	87,298	89,864	66,630
Tim Woodbridge	(60)	88,196	89,233	79,233
Jeff Gould	(53)	85,250	88,850	58,453
Woody Woodburn	(57)	84,147	87,830	50,681
Stephen Reed	(70)	87,000	87,500	80,000
Rick Kerr	(62)	85,689	87,340	54,740
Doug Holland	(56)	86,900	87,300	
Ward Crutcher	(78)	83,766	85,848	75,575
Deb Dilling F	(59)	82,900	85,000	
Wayne Roberts	(69)	81,905	84,740	79,686
Brian Short	(67)	84,494	84,494	76,525
Steve H. Way	(67)	83,060	84,446	44,446
Tucker Andersen	(75)	82,201	84,235	54,511
Ron Shealy	(71)	82,096	83,819	45,627
Kip L. Williamson	(59)	82,600	83,600	46,600
Rob Zarambo	(70)	83,200	83,200	74,181
Dave Melissas	(57)	81,607	82,702	66,253
Grant McAllister	(54)	80,292	82,468	79,881
Jack Johnson	(65)	80,300	81,757	51,339
Dave Hamilton	(63)	80,283	81,053	74,053
Mark Misch	(45)	77,424	80,755	41,609
Roger Carlson d. May '15, age 71		80,500	80,500	59,000
Tom Allen	(65)	78,051	80,077	73,245
Pat Foley	(69)	80,000	80,000	50,200
George Church	(71)	77,665	79,610	51,034
John Watts	(62)	78,934	79,605	60,966
Joe Raffa	(67)	78,300	79,500	64,500
Richard Wright	(66)	77,705	79,082	53,765
John Roemer, IV	(57)	76,526	78,770	75,800
Norm Grimmett	(80)	77,768	77,768	55,933
Jeremy Murphy	(49)	73,700	75,985	7,904
Fred Winkel	(73)	75,000	75,000	72,000
Bill Etter	(75)	75,000	75,000	69,900
Pete Gilman	(42)	75,000	75,000	36,000
Debbie Brassfield (F)	(57)	72,639	74,864	51,864
Ben Freed	(70)	72,828	74,389	73,189
Charles Holmberg	(69)	74,176	74,176	74,176
Dave DeBoer	(61)	72,560	74,013	

Tom Andrews*	(63)	73,800	74,000	
Marty Winkel*	(73)	73,700	74,000	45,000
Dave Baskwill	(58)	73,077	73,642	5,720
Joe Hyder	(66)	72,000	72,000	71,000
Hal Gensler	(71)	71,379	71,391	67,988
John Magnuson	(68)	68,701	70,611	4,000

**\* have not had their running streaks certified by the US Running Streak Association**

**\*\* not streak runners; Darryl broke his hip in January 2017 and also did 636 miles with a walker before he was able to run again in July (those miles are not included in his total).**

**+ money found in 2017 and since his streak began - has found money every day since 1983!**

The person with the most miles in 2017 was Carolyn Mather (7760). Those with the most miles who have a current running streak in 2017 were Dave Dial (5527) & Roger Urbancsik (5267).

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](mailto:deboer.stephen@mayo.edu)), and I'll include you in the next update.

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“Running can help you loose weight. Running can build muscle tone. Running can improve your complexion. Running can strengthen your heart and make it work more efficiently. Running can increase your aerobic capacity and lower your blood pressure. Running can relax you, help you quit smoking, and reduce the risk of heart disease. Running can reduce depression and lift your spirits. Running can help you think and make you more creative. Running can make you more athletic and energetic and full of vitality. Running can improve your self-image and make you more self-confident. In short, running can change your entire outlook on life and make a new person of you.”

- Marc Bloom, *The Runner's Bible* (1986)

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“Running is the greatest metaphor for life, because you get out of it what you put into it.”

- Oprah Winfrey

# MEMBER UPDATES – SPRING 2018



Jeff Smith

## **JEFF SMITH JOINS USRSA**

I have been running sporadically since my mid-twenties, but began serious running right around when I turned 40 in 2011. My son, our third child, was born the day after I turned 40 and I decided I wanted to be in better health with a goal of knowing HIM when he was 40.

Coincidentally, at about that same time I fell in with a running group here in Erie, CO called Mile High Runners. We are a close group, not large, but all take their running seriously. Some of us are slow, some are fast, a bunch in between. We meet three times a week on average with two days of speed and speed endurance training and one long run on the weekend. We are early risers usually meeting at 5:30am year round during the week so that we can all get to work after our workout.

I have been consistently running with Mile High Runners for about 6 years now, and during that time have completed three marathons, 12 half marathons and numerous races at shorter distances, plus a few Ragnar relays. During this time my speed has increased significantly just through dedication and perseverance. It is one of the benefits of not starting to run seriously until your 40s that you get to set PRs frequently!

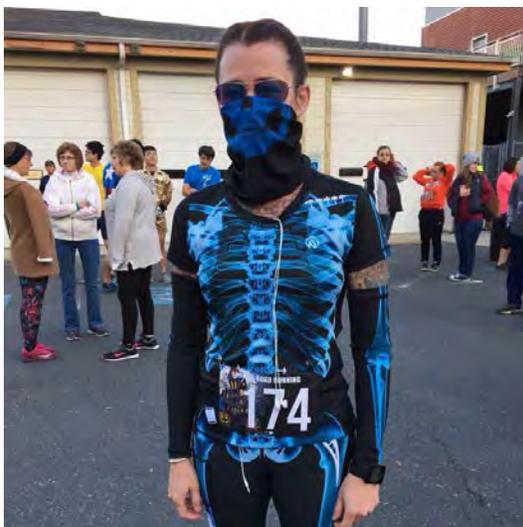
As for a run streak, I began mine on Feb 7, 2016 while on vacation in Mexico. I was running about 5 days a week at the time and it began with just wanting to run a bit every day for the week on vacation, but when I got back, I just kept going. Two of my running buddies in MHR had been about a year into a streak (one has since ended his) at the time and I thought I would just see how long I could handle it, not thinking it would last more than a month or two. I felt great and my nagging aches and pains seemed to be much less with a run every day.

In September 2016 I ran my third marathon, and while I did PR, I fell short of my goal due to severe leg cramps. I woke up the next day and felt the urge to get in a mile to keep the streak going, so I did. It was likely the toughest mile of the streak, but after that, I felt like it was going to take a lot to get me to stop. We will see where this goes, but I generally feel great running every day.

Outside of running, I am an architect in Denver. I am married to Stephanie and have three kids: Sawyer (13), Campbell (11) and Beckett (6). We spend a lot of time driving to and from soccer practices and games!

Jeff Smith  
Erie, Colorado

# MEMBER UPDATES – SPRING 2018



Sarah Wood

## **SARAH WOOD'S STREAK HITS 3 YEARS**

I'm still plugging away! I recently I did the Haunted House Half Marathon (Harrisburg, Pa), and the OBX Marathon. I think that is about it for this season.

Normally I would do the Hands on House Half Marathon (Lancaster, Pa), Bird in Hand Half Marathon, and Hershey Half but my work schedule (I work 12 hr shifts and rotate from days to nights every 90 days) always seems to clash with the races I want to do and the last time I tried to run right from work, it was a disaster, a funny story but a disaster!

I tried to qualify for Boston at my last Marathon but I fell short by about four minutes! I blame my training, my longest run was 17 miles.....on my treadmill. So I am going to attempt to blow away the 3:51 time at the Shamrock Marathon this year! Wish I had more to report.

Sarah Wood  
Lancaster, Pennsylvania

## **ELLEN RUNNOE'S STREAK HITS A DECADE**

I am so thankful for this Streaker program!!! I am also so proud to have reached one decade!!! My husband and I went out to eat to celebrate! I have 5 children who are also very proud of me!

In this cold weather I usually run on the treadmill. We leave to our house in Florida right after New Years Day and do not have a treadmill there so I have to run outside. Only had to run in the rain once last year! We come back right before Easter. It is awesome!

I hope to continue for a couple more decades!!! Thank you for this great program!! Love,

Ellen Runnoe  
(retired teacher having taught 40 years  
of second grade!)  
Wausau, Wisconsin

## **MATT GRINNELL'S STREAK ENDS AFTER 1,447 DAYS**

Unfortunately my running streak ended on 11/14/2017, after 1,447 days of running at least one mile. After a 50-mile trail ultra on 11/11/17 I noticed a sharp pain under the ball of my right foot, and after seeing a doctor was given the news no "streaker" wants to hear, "no running for 2 weeks." So with a walking boot on my foot, my streak dutifully ended. I truly enjoyed the streak, with a total 8,625 miles run, for a 4.75 mi/day average. Much respect for those with streaks of 10, 20, 30 years! Truly amazing and inspiring, and best of luck to all active streakers!

Matt Grinnell  
Ashburn, Virginia

# MEMBER UPDATES – SPRING 2018

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

My streak continues. At 66 years old, I feel blessed to be able to keep going.

During this past year, I had two bouts of ankle tendonitis. I fought through both times and was able to run my two miles per day, though I was slower than usual. (At my age I am not sure what "fast" looks like anyway.)

Also, I have found that downtown hotels present a real challenge. The surrounding neighborhoods are usually not very safe, and there are often no parks or bike paths to run. A few years ago I spent four days in a downtown Dallas hotel and had to run outside in the streets at 3:00 a.m. I literally had to step over homeless people sleeping on the sidewalks. A few weeks ago I found myself staying in a downtown Cincinnati hotel. This time I found a totally empty parking garage next to the hotel! It was a perfect place for an early morning run.

Barry Britton  
Roscoe, Illinois

## **MATT MCGUIRE'S STREAK HITS 4 YEARS**

My streak is still alive and kicking!

Matt McGuire  
Tyne Valley, Prince Edward Island,  
Canada

## **LISA STEVENSON'S STREAK HITS 4 YEARS**

The streak is still alive.

Lisa Stevenson  
State College, Pennsylvania

## **MARY ELLEN DAVIS' STREAK HITS 9 YEARS**

I think back on the morning I went for a run because I couldn't sleep and was feeling very anxious about my son leaving for Parris Island Marine boot camp. I wasn't a runner but I went out to walk/run and pray for his success and safety. After putting in 5 years (and a tour to Afghanistan) he was out.

My daughter met (and married) a Marine and is still in so I continue running for the Marine Corps.

In the 9 years of daily running 2 of my 3 children have gotten married and given us 4 beautiful grandchildren (thus the move to Virginia!). I feel so blessed (and healthy) to be able to continue my streak.

Still running!

MaryEllen Davis  
Williamsburg, Virginia

## **RUSS BEAVER'S STREAK ENDS AFTER 1,580 DAYS**

I ended my running streak after 1,580 consecutive days, with my final streak run on September 23, 2017. There was no injury involved. I just decided it was time to shift gears with my training.

It was a very challenging and rewarding experience and I'm grateful for the new friendships made along the way.

I look forward to rooting the active streakers on!

Russ Beaver  
Maple Grove, Minnesota

# MEMBER UPDATES – SPRING 2018



Relay team members Keven Bogart (front), Paul Friese (left), Teresa Roche (center), Terri Koberstein (next over), Barbara Rodgers (far right).

## **THERESA ROCHE'S STREAK HITS 4 YEARS**

This last year of streak running was a real challenge. In January, I was unable to run two races I'd registered for because I was snowed in, then my September marathon was cancelled (after I finished those 20 milers!) due to hazardously smoky air. Since I skipped several fun trail races to concentrate on road training, it was a double disappointment. I also only set two PRs, as opposed to last year's four, and lost my beloved running partner, Pepper.

But it had bright moments too. I continued my streak, for one thing, and ran several new and fun events including my first-ever relay. It was the 218-mile Wild Rogue Relay and that's part of my team in the photo. Even though my three legs were hot afternoon, foggy midnight and challenging trail and beach, the sleep deprivation was the toughest, surprisingly. It was a completely

different experience since all my racing has been pretty much solo.

After a 5K next month, I will have run 16 races this year and I plan for that many if not a few more in 2018, including a new 25K. I now have a new running buddy, Dexter the boundlessly energetic yellow Lab adopted from our local shelter. He's more than happy to help me train!

Teresa Roche  
Grants Pass, Oregon

## **CHRISTINE CROOKE'S STREAK HITS 3 YEARS**

This past year streak was a bit of a challenge. I had to deal with some injuries and health issues. There were many one mile streak savers during the summer. I only raced a few 5k's and Philly Broad Street 10 miler. I plan to continue my streak. I hope I can make it another year. I have a few running goals for the year. First, I plan to run the Philly Broad Street 10 Miler, as my running group does this every year to raise money for local families dealing with cancer. I am looking to do another half as well. I will be entering a new age group, sixty to sixty-nine, so I plan to reset my PR's for post sixty PR's. I am looking forward to continuing my streak and to see how long I can go. Thanks for the support.

Christine Crooke  
Downingtown, Pennsylvania

## **CHARLIE HART'S STREAK HITS 9 YEARS**

My streak is alive and well.

Charlie Hart  
Noblesville, Indiana

# MEMBER UPDATES – SPRING 2018

## **ZAK NOVITSKE'S STREAK HITS 2 YEARS**

Two years into my second streak and only 108 more days until I match my previous streak interrupted by some infamous Army training. During the last two years I've dealt with numerous things trying to break my streak. My two kids are growing and getting harder to push in the stroller on those fair weather days. I completed my first graduate degree and recently started on my second. I changed jobs a few times within the Army and moved from beautiful Colorado to not so beautiful Ohio.

The Army sent me to Germany for six months where I discovered some of the most gorgeous trail runs imaginable, and beer, some good beer. All that equals not enough time to do what I need to do, spend time with family, and run. As always, much thanks to my wife for covering down those 30-60 minutes I'm off in my own world, running.

There were also quite a few running firsts for me. I ran my first trail half-marathon, which also happened to be my first official international race (Germany). I also had the opportunity to run a half-marathon in Luxembourg where the pre-race packet came with a full bottle of champagne. I ran in torrential downpours in Germany, a foot of snow in freezing temperatures in Colorado, and upwards of 105 degrees in Kansas while driving to Ohio.

I also PR'd more times than I can count. I made new marks in the 5k, 10k, and half-marathon. I was able to run in both the Army 10-Miler and the Air Force Half-Marathon. It's all great, until I realize these are probably my peak years and I should stop eating the way I do.

Like most people doing this streaking thing, I had my fair share of injuries and hiccups along the way. Twisted ankles, strained muscles, not enough sleep, too much sleep, all of it. Got through it all, somehow.

A really fun one was catching my flight back to the states...started the day with a 2:30 am run and first thing when I got back home, ran. I haven't really met any people during this streak...because that's not my aim.

Running is the only time I can be with myself. It's my relax time. I'm not worrying about my job or my schoolwork, just putting one foot in front of the other.

Zak Novitske  
Kettering, Ohio

## **ERYN SINCLAIR'S STREAK HITS 2 YEARS**

Still going strong everyday celebrating with a turkey trot! Can't believe it's two years this weekend what a journey it is and will be!

Eryn Sinclair  
Fanwood, New Jersey

## **BRUCE SACKINGER'S STREAK HITS 3 YEARS**

The streak survives. Got to run Boston this year, and will be doing it again this spring. I've had a few minor injuries along the way, but slow running for up to a month seems to set me right.

Bruce Sackinger  
Fairbanks, Alaska

# MEMBER UPDATES – SPRING 2018

## SCOTT LUDWIG'S STREAK HITS 39 YEARS

This morning (November 29) marked the 39th anniversary of my running streak. My total lifetime mileage is now 147,276 and my goal is to run my 150,000th mile in the neighborhood of my 40th anniversary in 2018. I don't race like I did in 'my youth' (my 30's, 40's and 50's) but I did manage to run my 39th consecutive Peachtree Road Race on the 4th of July and tallied 118 miles at the Senoia 60 last October, which was good enough to win the event. Not bad for a 63-year old that doesn't know when to say when.

Last year my first book of fiction, *Best Foot Forward* was published. While intended for a younger audience, it's received good reviews from parents and grandparents as well. It was written with the intent to inspire the younger generation to lace up a pair of shoes and get outside, similar to the effect *Jim Fixx's Complete Book of Running* had on me almost 40 years ago. My 13th book, *Running Out of Gas: A Lifelong Runner's Take on Slowing Down* will be published by Meyer and Meyer in January 2018. In my free time I write a weekly column for the *Newnan Times-Herald* and a monthly column for the *Running Journal*. Somehow I still manage to squeeze in 60 - 70 miles a week and yes, I still have my day job.

Scott Ludwig  
Senoia, Georgia

## SOTT MORGAN'S STREAK ENDS AFTER 4,251 DAYS

My streak ended on April 3, 2017 due to an unfortunate foot injury.

Jason Morgan  
Marietta, Georgia

## STEVE BICKFORD'S STREAK HITS 5 YEARS

I am usually tight lipped, but WOW! Five years! I have kept up my streak within a streak, averaging 7 miles/day, for five years. At 56 years old and a former couch potato, I am proud of this accomplishment.

Huge thanks to Ken Johnson here in Huntsville for being my inspiration. He is like the energizer bunny, he just keeps going and going. I may reduce my average now and concentrate on injury prevention, but this one is in the books.

Steve Bickford  
Huntsville, Texas

## KIM HOWARD'S STREAK HITS 4 YEARS

November 27 marked my 4-year anniversary of running at least a mile a day. I have run 8186.5 miles during the streak, including 25 marathons.

I had a few interesting runs to continue my streak. Our Christmas Party was on a Friday night and I had to be at a race 2 hours away the next morning at 4 to help set up. I left the party and got to Little Rock at 11:30. I waited till 12:01 AM and ran a mile, then slept a few hours. Also, I was called in early one morning to work to unlock a door. I showered, put on my uniform and went to work. I unlocked the door and ran a mile in my uniform in the parking lot. Thank God it was a chilly morning. I regularly have people ask me about my streak. It does motivate me each morning to run.

Kim Howard  
Mineral Springs, Arkansas

# MEMBER UPDATES – SPRING 2018



Rick Schulz

## **RICK SCHULZ'S STREAK HITS 2 YEARS**

On December 4, 2017, I reached 2 years of running every day! This second year has had its difficulties. However, I've gotten smarter in dealing with these physical "speed bumps." Shorten the distance, slow down the pace. That thinking has gotten me to where I am today. I didn't run as many miles as I wanted this year (1,006 in year 1; 716 in year 2) but I'm still running! Tomorrow, I will start year 3 with my next big goal coming in August 2018 when I will hit 1,000 days & "earn my comma."

Rick Schulz  
Coarsegold, California

## **ROBIN LENTINE'S STREAK HITS 3 YEARS**

I'm in college now at UW-Eau Claire, so I had to find out a new place to run since I've always run around the same place since my freshman year of high school. I also got really sick within the first few months of being at college, but I still ran that day, just very slowly. Towards the beginning of college, I actually contemplated stopping my streak, as I

have to set time aside every day from classes, homework, and friends. I always remind myself, however, that if I just stop, then why did I run all those days when I was sick, injured, busy, or in bad weather.

Having a running streak is still one of my proudest accomplishments, and I feel like it's one of the most interesting things about me. It's really cool to be able to say "yeah I've been running a mile every day for the past couple of years." It's really helpful for when I'm at a group event and they ask us to go around and say something about ourselves and I'm panicking because I can't think of anything.

Additionally, I would have never started streak running if it wasn't for my high school gym teacher, Mr. Dave Emmans. When he talked to us about his 11 year streak at the time, I was inspired to start my own. Thank you again very much!!

Robin Lentine  
Plymouth, Minnesota

## **RICK RAYMAN'S STREAK HITS 39 YEARS**

It was a tough year, a few injuries and some bad colds, but as we all do, I ran through adversity. I only ran 12 marathons this year, but hope to do more next year. My daily minimum is still 30 minutes. Next marathon is Miami on Jan. 28th. I am very blessed that I can run everyday and still finish 26.2 miles. No matter how bad I feel before I go out to run, I always feel so much better when I finish my run. We are all so lucky that we are part of this wonderful group of "streak runners."

Rick Rayman  
Ontario, Canada

# MEMBER UPDATES – SPRING 2018

## **BARBARA LATTA'S STREAK HITS 34 YEARS**

The thirty-fourth year of my running streak had few if any changes. I set no PRs. However less than a month before the end of the year 34, I set a North Carolina State Record for an 8K race in my age group of 75-79. Probably no one was more surprised than I. It had been a long time since I had run an 8K. Before running this race I looked up to see exactly how far I needed to run to finish. From what I could determine, an 8K is between 4.8 and 4.9 miles. [Editor's note: 8k is 4.971 miles.] I knew that mileage would not be a problem because my usual run is 6.5 miles in the mornings. I had also run a Half Marathon earlier in the month so I just registered for the 8K and ran it.

At the end of 34 years I am enjoying running more than ever. I have realized that I will never set another PR but that does not concern me anymore. My habit of getting up and running first thing in the morning is the best habit I have formed about running.

During this year I have had neither pains nor aches caused by running or anything. I have stayed very healthy. Once a year I go to the doctor for an annual check up. He always says "Keep doing what you are doing!" My doctor is also a marathon runner which is great. In fact, I met him when he spoke to the NC Roadrunners Club of which I was a new member. After he spoke I asked if he were taking new patients. He told me to call his office and tell them he had met me at the Roadrunners Club. I made my first appointment and have returned yearly for my examination. One time I had an extra visit when I was attacked while running by a dog. I had bites on my arm, side and butt. I couldn't run fast enough to get away from the dog. My

doctor gave me an extra tetanus shot even though I had had a tetanus shot four years before. I survived and have no scars to show.

Most of my runs have been from my home in Raleigh, NC. I am 1/4 mile from Shelley Lake. It is two miles around on a Greenway (paved trail). I run three times around and return home the 1/4 mile. It has a couple of hills including one which is steeper than any race hill I have encountered. I really enjoy running around the lake. There are geese, ducks, and herons on the lake and sometimes I see the fish jumping in the water. There is a plethora of squirrels and rabbits running across the Greenway Trail. The animal I like the best are the deer. When it is still dark the only thing I can see are the eyes of the deer. The very bright eyes can be seen from far away. The deer watch me as I run past. When it gets daylight the deer will often run away so quietly that I can never see where they are. The deer blend into the woods.

In March of this year, my husband and I took a trip to the Arctic. We flew to Norway and boarded a cruise ship. We sailed past the Arctic Circle all the way to the top of the world. We toured Hammerfest, Norway, which is the Northern most city of the world. We saw many reindeer which can only be owned by the Sami people who live there. We saw the Ice Hotel and I ran through it. This was a wonderful trip. While I was traveling for these 15 days I did my run on a tread mill on the top level of the ship. Usually I avoid the tread mill because I like to run outside. On this trip it was too cold to run outside in the mornings and too crowded to run later on the decks. It was a great trip but I was happy to be running back on the ground and around the Lake.

During this thirty-fourth year of racing I have run 16 races. If I am in the age

# MEMBER UPDATES – SPRING 2018

group 70 and above, I have not always won first place. If I am running in the age group, which is 75 and above, then I have placed first in each race. I am 76 years old.

One interesting run I did in June of this year was the Flip-Flop Run. It was not a race. We were trying to get in the Guinness Book of records for having the most people run in Flip-flops in a run. We did break the record and now we are recorded by the Guinness Book of World Records. The run was less than a mile but that is far enough running in Flip-flops with little support. It was a real Run Run!

Most of the races I have run this year have been 5K Races. I have run eleven 5K races, one 8K race, one 10K race, one 10-mile race and two Half Marathons. The longest run that I did myself was an 18-mile run. This is the second year I have not run 26.2 miles since 2000. I am much slower and it takes me too long to run a marathon any more. In my younger days I participated in four marathons and placed first in my age group in three of the four.

Many people ask me how I run without being injured. I give God the credit for keeping me well and healthy. I also wear good shoes when I run. I have not a special brand except when I run the Half Marathons I run in my HOKA shoes. These have the most cushioning. I like New Balance for my every day six mile runs. I also have Saucony, Asics and Brooks in which I run sometimes.

It has been a great year for me. I was elected to the North Carolina Road Runners Board in Raleigh. This has been an informative experience. I have learned more about getting a race to the starting line. I realize how difficult it is to get sponsors, select shirts that please the majority of runners and to get enough volunteers to help with the race.

I volunteer at least three races a year. After being a volunteer I appreciate the volunteers even more. I would rather be running in the rain than standing still in the rain and/or cold weather. I enjoy running to keep up my streak. I hope to continue for a long time.

Barbara Stanley Latta  
Raleigh, North Carolina

## **PENNY MCCORMICK'S STREAK HITS 4 YEARS**

My running streak is going strong as I completed my 4th year on November 27, 2017 and the 5th year started bright and shiny with a snowy run on Lake Content in Northern Wisconsin. As I came off my road onto the lake I noticed a running companion, a gorgeous coyote was running across the lake! It was a beautiful sight with the sun just rising. These are the experiences that make my running streak so exciting.

This year I have run in many states in all types of weather. I feel blessed to be able to run every day and will continue to do so. Kudos to all my fellow 'streakers.'

Penny McCormick  
St. Germain, Wisconsin

## **SYLVIA RUSSELL'S STREAK HITS 4 YEARS**

I am still streaking...been sick since Thanksgiving so only running the one mile to keep my streak going...very happy it's now 4 years!

Sylvia Russell  
Highlands Ranch, Colorado

# MEMBER UPDATES – SPRING 2018

## **KATIE BROWN JOINS USRSA**

As a Freshmen in college, I started running just for exercise on a treadmill. Before then, I was a softball player who was one of the faster ones on the team and had a brother who was a sprinter.

I decided to sign up for my first race ever, the Watchung Spring 2017 Half Marathon with the NJ Trail Racing Company that would take place on June 4th 2017. I had already been running everyday since December 10th, but never outside until I had to begin my training for this race. Since the start of the training for that race I have not looked at a treadmill since!

For my first half marathon and race ever I completed this trail race in 2 hours and 4 minutes! Since then I have completed several races! I ran the Cranford 4 Mile Fire Cracker on July 4th 2017 and placed 3rd in my age group! I then went on to run in the Washington Crossing 15k in August 2017 and placed 1st in my age group and 4th for women!

When I returned to college, my first race ever in Delaware was the Deer Park Tavern Goes Pink 5k and to my surprise I placed 1st Overall for women and got the incredible opportunity of cutting the tape! I then competed the Caffe Gelato 10 Miler and placed 4th in my age group and 10th overall for women!

My most recent races were the Westfield Turkey Trot where I took first in my age group and the Reindeer Run and Romp for the Special Olympics 5k where I PRed, placed fourth in my age group and 12th overall for women!

I would have never expected a year ago for my running career to grow in such a way and for me to complete a streak consisting of running at least 2 miles

every day for a whole year! I can't wait to see what this year of running brings me as I am signed up to run the Delaware Marathon in April of 2018!

Katie Brown  
Westfield, New Jersey

## **PATRICK DUNIGAN'S STREAK HITS 11 YEARS**

11 years in the books as of this morning...

Faced some headwinds and enjoyed some tailwinds, ran up hill grinds and down hill glides, enjoyed long flat runs and some short fast ones. One stride, one mile, one day at a time!

4018 Days  
12474 Miles

Patrick Dunigan  
Ponte Vedra Beach, Florida

## **TED SABINAS' STREAK ENDS AFTER 9,852 DAYS**

My streak (Ted Sabinas # 73 on the list) has now ended on Nov. 27th 2017. I broke my ankle and could not continue.

Ted Sabinas  
Cedar Springs, Michigan

## **ERIC ARMEL'S STREAK HITS 11 YEARS**

Still going strong, thanks and happy running.

Eric Armel  
Greensboro, Pennsylvania

# MEMBER UPDATES – SPRING 2018



“Me [Jim Merritt] and my good friend Ken sharing a golden moment. Me (65-69) Ken (70-74).”

## JIM MERRITT'S STREAK HITS 16 YEARS

Back in early August I injured my left knee in a non-running activity. I am really embarrassed to admit what I did, but considering that it might help someone not to repeat my stupidity I'm going to tell on myself. While loading material in the back of a pickup truck I decided the best way to get down when finished was to jump. For a man a few months away from 70 years old that is not an acceptable way to exit the back of an F-250.

I have been paying for that mistake for nearly 4 months on a daily basis. I never went to a doctor to see what the problem was for fear of having to end my streak. After many weeks of pain and struggle I am happy to report that my left knee is as good as it was prior to my fateful jump. My running is now physical therapy for my left knee.

Just prior to my injury I had made a decision to make 2017 the most mileage year of my running streak. I was going to have to beat my 2015 total of 1277 to make that happen. I discovered that if I could get to 1390 the total mileage for my running streak would hit exactly 20,000 miles on 12-31.

With 3 weeks to go I am right on track to make that happen. Since I am 70 years old now I think 1,000 miles per year going forward would be something I should consider. I was hesitant to cut back that much because I wanted to keep my streak average above 5K.

On 12-31 my streak average will be 3.385. I did the math and if I can manage 1,000 miles per year it will take 12 years before it pulls it below 5K. I suppose that it really won't be a tragedy if at the age of 82 my streak average for my 28 year-old running streak falls a bit below 5K.

Jim Merritt  
Buford, Georgia

## MARGARET SHERROD'S STREAK ENDS AFTER 6,393 DAYS

My streak ended 12/2/17 on the date of the birth of my first grandchild. I was so excited about my daughter being in labor, (21 hrs) and the birth that I completely forgot to run my mile. I stayed at the hospital for two days and realized I hadn't run about 1hr after midnight. It was a great 17.5 years but now it's over. I might start a new streak but not certain yet.

Thanks for all you do to make this a successful association.

Margaret Sherrod  
Millersville, Maryland

# MEMBER UPDATES – SPRING 2018



Stephen, Pat, & Andrew Ferry

## **PAT FERRY'S STREAK HITS 5 YEARS**

On December 20, 2012 my son Andrew and I went for a run. To mark the fifth anniversary of that date--and all of the consecutive days running in between--Andrew, once again, along with my son Stephen helped launch another year of running. In the past year I ran a couple of marathons (Colfax in Denver and New York), and a number of shorter races. My only injury was a hamstring playing football in the backyard (never again). A few days were touch and go, but the hamstring did not leave me hamstrung.

Pat Ferry  
Mequon, Wisconsin

## **RICK WALLIS' STREAK HITS 19 YEARS**

Streak is still going.

Rick Wallis  
Port Orange, Florida

## **STEVE DAVIS' STREAK ENDS AFTER 2,682 DAYS**

On December 21, 2017 my streak came to an end. Throughout my 7 years, 4 months and 3 days streak I had on and off atrial fibrillation. When it occurred it would usually go away in hours. Beginning September it stayed 24/7. I had a cardioversion (they knock you out for a couple minutes and shock the heart) late October. I was able to keep the streak alive and had good runs until the A-Fib returned just 3 days later. After the cardioversion I developed atrial flutter where the heart races 24/7. Running November and December was difficult with the heart beating 130's whether sleeping or running. On December 20th I ran at midnight and then that day spent 6 hours on the operating table with catheters up both sides inside the heart to ablate the heart and vein walls to destroy electrical sites causing the problems. After that procedure I had no lung power to run a mile and was advised not to run to allow vein and heart healing.

This was the best Christmas present to look forward to decent running again in 2018!

Streak: 2682 days, 21,815 miles and an average of 8.2 miles per day. Started when I was 57.

Since A-Fib is sometimes called the endurance runner's disease, I wonder how many streakers had A-Fib. Maybe Steve DeBoer could figure that out! (My A-Fib is definitely genetic as both parents have it).

Steve Davis  
Rochester, Minnesota

# MEMBER UPDATES – SPRING 2018

## **ROOSTER ROSSITER'S STREAK HITS 2 YEARS**

The Run Streak continues strong. Here is a little update for ya:

What a journey....2 years of at least one mile, outside, under 11 minutes, everyday.... grateful for the opportunity and the ability. I have learned so much about myself and others along the journey. Having documented my lessons along the way, I met with a publishing company last week and will be sharing these lessons in a book during 2018.

Meanwhile, Ainsley's Angels of America continues to make an impact in the lives of so many through running experiences across the Nation. The reflection time associated with every day of my Run Streak has contributed to the success of both Ainsley's Angels of America and the upcoming book. I am so very grateful!

As I am scheduled to retire from active duty in late 2018, this next year of Run Streaking is full of promise. Semper Fidelis!

Major Kim "Rooster" Rossiter, USMC  
Virginia Beach, Virginia

## **PAUL BOYETTE'S STREAK ENDS AFTER 1,710 DAYS**

I wanted to let you know my streak ended on 11-14-17. My last day running was 11-13-17. That was 1710 days. I fell at work and injured both feet.

Paul Boyette  
Chesapeake, Virginia

## **CARTER BENGE'S STREAK HITS 2 YEARS**

I have had an incredible two years of running every day. Some of the more interesting moments in my streak thus far have been when I came down with an awful virus from my younger cousins just a few weeks after starting my streak, a couple streak saving runs in airport terminals, and at the end of the day while being a youth camp counselor.

Some of the most memorable moments of my streak have been running up to the top of the Grand Teton with my college teammate Derek, running my age (26) on my birthday with my friends Gavin and Brady, and beginning to coach high school cross country. I have now successfully completed my Master of Divinity and will begin teaching high school math and coaching cross-country at Harnett Central High School. Happy Streaking!

Carter Bengé  
Fayetteville, North Carolina

## **JEFFREY SHUMAY'S STREAK HITS 8 YEARS**

We celebrated the completion of my 8th year of running streak this morning in our usual manner -- throwing our hats and gloves into the air at the 20 minute point. My streak continues! My wife Diane and I are 3500 days apart, so it's easy to know what day we are at. Me at 2,922 and her at 6,422. We are proud to be part of this great worldwide group of streak runners!

Jeffrey Shumway  
Provo, Utah

# MEMBER UPDATES – SPRING 2018



John and Pam Faz

## **JOHN FAZ'S STREAK HITS 27 YEARS**

This year was indeed one of my most challenging ones. My wife of 49 yrs was diagnosed with lung cancer in March of last year. She was fully functional during her treatment until Nov of 2016. While visiting our daughter, she had some balance and other mental issues. When we got home, the doctors found that the cancer cells had invaded her spinal fluid. Attempts to treat that were unsuccessful, the chemo overwhelmed her system.

The reason I tell you this is that it challenged my streak. She required 24/7 care and oversight. So in order for me to be able to run, my son, a uniformed local police officer would stop by mid-afternoon after his shift and sit with his mother while I ran my daily three miles. Other times when he was not available because he was off, I would wait until she was asleep and I would do one mile loops to check on her every 10 minutes. She was placed on Hospice care and lasted for 3 weeks.

I had a lot of support from mine and her families that enabled me to continue my

streak. She passed away on March 19th 2017. She would often ride her bicycle while I ran, I sure miss her.

John Faz  
Lincoln, Nebraska

## **JUSTIN KNAPP'S STREAK HITS 3 YEARS**

My running streak is still going strong. Thank you for reaching out to me. Over the 3 years of streaking I have been through hip issues, knee issues, bells palsy, plantar fasciitis, and life.

I start each day at 5am with a run and that usually sets the pace for the rest of my day. With 3 kids and a wife its really the only time I have to myself. I think my wife has finally accepted the fact that if I don't run I am very cranky LOL! So she makes sure I can fit it in if I wake up late.

Running has made a positive impact on my life. I started a Running group in my area. So I can spread the word about running and its positive side effects. We currently have 20 members and still growing. I want to show people that no matter how far or fast they run they are still runners. There is no body type or age group that embodies running. I started when I was 30 years old. All you have to do is make that first step out the door. See where the road (or trail) takes you.

Justin Knapp  
Overland Park, Kansas

## **ALEX GALBRAITH'S STREAK HITS 46 YEARS**

My streak continues.

Alex Galbraith  
Houston, Texas

# MEMBER UPDATES – SPRING 2018



Bo Grist

## **BO GRIST'S STREAK HITS 5 YEARS**

My streak is still alive and well and I am thrilled to graduate to Proficient status. I turned 50 this year and raced the Badwater Cape Fear 50 miler to mark the milestone (image attached), which was fabulous.

I would like to also congratulate my Streak Day compatriots, Kandice Thompson and Paul Christian, who moved with me past the 5 year mark. Whenever I check the list, I always hold my breath hoping that we are all three intact and moving forward. I hope everyone is doing well and I look forward to writing a similar email to you next year marking year 6!

Bo Grist  
Charlottesville, Virginia

## **SKYE RUSSELL'S STREAKS ENDS AFTER 1,570 DAYS**

I just felt like it was a good time to stop. I still run and work out, but I decided to focus on other aspects of my physical health and fitness too.

Skye Russell  
Missouri City, Texas

## **MARTIN FALL'S STREAK ENDS AFTER 815 DAYS**

My streak ended due to chest infection and bad asthma.

Martin Fall  
Faversham, United Kingdom

## **HOWARD FELDMAN'S STREAK ENDS AFTER 1,402 DAYS**

On December 20<sup>th</sup>, I ended my current streak at 1402 days. I had the flu and didn't feel up to continuing. I calculate that 4959 miles were covered in the streak, an average of 3.5/day.

Howard Feldman  
Houston, Texas

## **ANGELA CHABOT'S STREAK HITS 9 YEARS**

My streak has not ended, it is going strong! I run between 5-6 miles per day. I accepted a new job this past August and I find that all the running I do has allowed me to transition to a much more active career than I previously had!!

Angela Chabot  
Ashburnham, Massachusetts

# MEMBER UPDATES – SPRING 2018

## **BENN GRIFFIN'S STREAK HITS 5 YEARS**

Today marks Day #1,827 in a row of at least a mile a day. There's been a lot of ups and downs along the way as any stalker is sure to understand. This year has been exceptionally trying with a nagging knee injury in the winter that forced me back to 1-2 mile days. Despite the injury and a persistent knee clicking, I maintained my streak and still managed to finish 7 marathons and ultras this year.

I just finished 5 miles to mark 5 years of streaking. Air temperature was -3F out. So far I am at 13,685.886 miles of streaking, average of 7.49 miles / day. I hope to get back to 3,000 miles for next year and have some big races planned. If everything goes as planned I will be very close to hitting my 100th marathon/ultra this coming year!

Highlight of running this year was on November 1st. My xc kids and I traveled from western MA to Putney, VT for the league championships. Last year my girls lost 2nd place by 2 points on their home course. This year they were undefeated all season going into the last race.

My boys lost 2 of their top 5 runners in the last 8 days of the season to unexpected medical issues, and I am pleased to say they ran with all their hearts. Our top boy beat the top runner in the league and took the league championship by :20 seconds. Boys hung on the hard way and earned second place by 1 single point.

Our girls persisted all the way through the end (in a bone chilling 32 degree temperature - the first cold day of the year). They didn't know until the awards ceremony that they had won the championships and taken the

undefeated season banner with it by a total of 2 points. It made my heart so happy to see my young runners working towards something and persisting and seeing hard work pay off.

I had two of my runners that started running streaks during my streak. One quit just after a year. Another forgot to run one day but started back up and I think he is approaching 1.5 years right now.

Here is to more years of streaking. It has been a lot of fun and this past year I was able to run in a new state, California, for my sister-in-law's wedding. Los Osos National Park is quite impressive.

Thank you for reaching out to see how I am. I am looking forward to finally getting a treadmill delivered this afternoon (perfect gift for 5 year anniversary). It's been 5 weeks of broken and returned and out of stock fiascos, but today I should have a new treadmill in place! The last one quit after 7,000 miles of use. Hopefully this one will last for just as long!

Be well fellow stalkers! And if you see a Pontiac Vibe from MA with the license plate "GUMP" on it, that's me! Say hello!

Benn "double n" Griffin  
Pittsfield, Massachusetts

## **SOPHIE CZELUSTA JOINS USRSA**

I'm a teacher, a coach, a dog mom of three, and a run stalker! Running everyday has taught me about dedication, motivation, and what is really tough and who I can be.

Sophie Czelusta  
Houston, Texas

# MEMBER UPDATES – SPRING 2018

## **JENNIFER WALT'S STREAK HITS 6 YEARS**

I reached my milestone 6-year streak on December 29. I have logged over 10,500 miles in that time. I run mainly in the morning, as I find that is when my body wants to run, without it being a chore. I have my share of aches and pains (achilles and PF), but 1 mile "streak saver" days have helped alleviate those so far.

The exception to AM running was also my biggest running challenge this year – 3 weeks of hiking the John Muir Trail (10-14 miles per day, 220 miles total) and then running a mile at the end of each day, at up to 12,000' in hiking boots. A mile never felt so long! Of course the other backpackers thought we (my 13 year old son and I) were crazy. I find that I don't count days anymore. Streaking is simply a way of life. I love it!

Jennifer Walt  
Huntington Beach, California

## **CHRIS BIELINSKI'S STREAK HITS 6 YEARS**

I continued my run streak and ran several races in 2017:

Little Rock Marathon, Little Rock, AR  
Colfax Marathon - Denver, CO  
Big Five Marathon - South Africa  
Maine Marathon, Portland, ME

I had some foot issues after the Big Five Marathon from running it in road shoes when I should have had trail shoes. For awhile I thought I might have to stop just to recover but wearing HOKAs helped a great deal and I feel as good as ever.

Chris Bielinski  
Littleton, Colorado

## **SCOTT SNYDER'S STREAK HITS 36 YEARS**

Streak still going, nothing new to report.

Scott Snyder  
Littleton, Colorado

## **THOMAS WELCH'S STREAK HITS 20 YEARS**

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

Thomas Welch  
Victoria, Minnesota

## **JOEL BENTON'S STREAK HITS 7 YEARS**

Streak still going strong. Miserable UK weather notwithstanding!

Joel Benton  
Bepton, England, UK

## **CHRIS RADMONOVICH'S STREAK HITS 2 YEARS**

My streak is still going strong and I am enjoying it everyday. I have multiple races scheduled for 2018, including a 24 hour event, 12 hour event and an ultra swimrun. I am looking forward to each day I get to head out for a run.

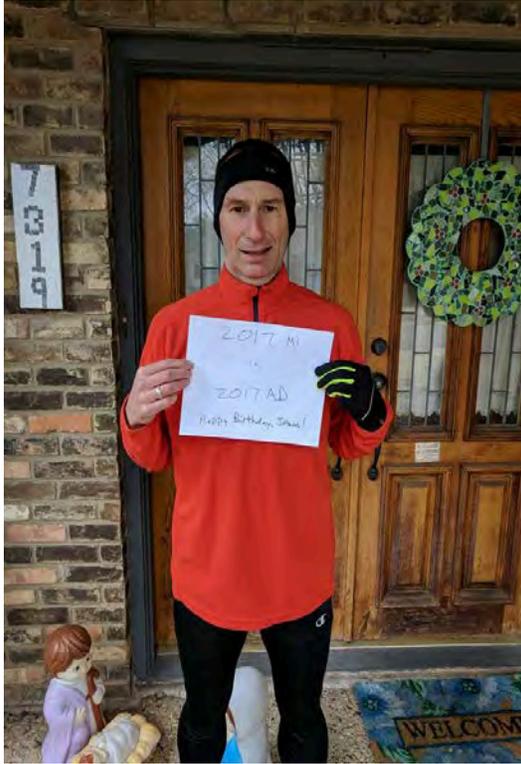
Chris Radmonovich  
Lawrence, New Jersey

## **ROBERT BUIKEMA'S STREAK HITS 3 YEARS**

I'm still streaking.

Robert Buikema  
Holland, Michigan

# MEMBER UPDATES – SPRING 2018



Rich Glass

## **RICH GLASS' STREAK HITS 3 YEARS**

The Year 2017 was one of my most memorable running years ever since I started running regularly in the 1990s. I finished my first (and last) 50 milers, winning the Masters Division at the Hachie 50 in May. Then, I earned my comma in September. In November, my daughter Becky, son Jon and I ran a 10K (I got first in 50-54). In early December, I saw Jon finish his first marathon in Dallas. Finally, I finished Year 3 with my son Joseph, who finished his Year 2. I ran 2,017 miles for the year on top of all that.

Happy Birthday, Jesus! And thank you, Lord, for the gift of running injury-free, (mostly) pain-free all these years!

Rich Glass  
Dallas, Texas

## **GEORGE HANCOCK'S 2<sup>ND</sup> STREAK ENDS AFTER 5,670 DAYS**

Sad to report that the lower back stiffness & left hip issue was a more involved injury, first experienced & reported to my doctor last May, but my doctor could not get an MRI approved until recently, was attending physical therapy sessions which helped a bit but the MRI results show herniated discs with nerve compression in one, no doubt creating my months of discomfort, mileage was reduced down to two miles a day since the Sunday before Thanksgiving, however this past Friday the nerve compression got worse, could not run Saturday or today, so my second running streak ends with my last run Friday December 29, 2017, all my records and test results are with a good neurosurgeon, now waiting for that appointment and review, have no idea how a runner gets herniated discs, no falls, no collisions ??, oh well, looking for improvement in 2018.

George Hancock  
Windber, Pennsylvania

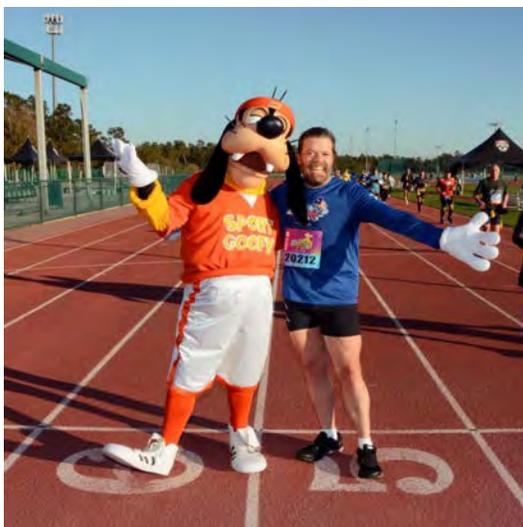
## **LUKE MARTINEZ'S STREAK ENDS AFTER 731 DAYS**

I had meant to follow-up last year but never got around to it. My streak ended on December 31st 2016 (2 complete years).

Thinking about starting a new one January 1st so you may see me back on the list with a fresh streak this time next year but for now you can go ahead and mark my previous one as retired.

Luke Martinez  
Austin, Texas

# MEMBER UPDATES – SPRING 2018



Ray Ortman with Goofy.

## RAY ORTMAN'S STREAK HITS 3 YEARS

I have now completed RSD# 1096, and I have run a total of 6750 streak-to-date miles. All weather running, all outside, with a equal length sub-streak of 5K minimum run every day. Of course, I don't know what 2018 will bring, but I will be out running again every day (so long as I am able). It's what I do. It makes me smile. I hope to focus a bit more this year on speed work (and perhaps less on total mileage), in order to try to help keep pace with getting a little older. And I hope to pick up races in some more new states this year, on my way (I hope) to a 50-state sweep someday.

Ray Ortman  
Chanhassen, Minnesota

## CHUCK ROBB'S STREAK HITS 23 YEARS

The streak continues. Nothing of note to report.

Chuck Robb  
Lee's Summit, Missouri

## JASON FINGER'S STREAK HITS 4 YEARS

Yes, the streak is still alive for me. This year, my mileage was much less than I had hoped for and just under 800 miles but still intact despite a few injuries and illness. I have logged 3647 total miles in my 4-year streak.

This time last year, I was certain that I was walking away from the streak and finally taking a break, yet, I found myself sneaking out of the house the next day to get in a quick run. At this time, I do not know when my streak will end, but I hope it is on my terms and not because of an injury.

Jason Finger  
Cottonwood, Arizona

## RAVEN KRAFT'S STREAK HITS 43 YEARS

I completed my 43 years. What was very unique was I ended last year with 2,980.0 miles and this year the exactly the same amount down to the tenth 2,980.0. The difference was 366 days in 2016 and 365 in 2017. My streak miles are now at 125,847 miles and about 130,000 total miles.

Raven Kraft  
Miami Beach, Florida

## KEVIN DUBAN'S STREAK HITS 2 YEARS

My streak is still alive, though I haven't put on many miles this year due to having 2 kids under 2. Hoping to pick up a few more miles in 2018.

Kevin Duban  
Bloomington, Minnesota

# MEMBER UPDATES – SPRING 2018



Sydelle & Chris Harrison

## CHRIS HARRISON'S STREAK HITS 3 YEARS

Excited to report my streak continues! On 12/31/17 I wrapped up my third streak year with a nice trail run out in the Phoenix Mountain Preserve. Logged 1,481 miles this year using my faithful Nathan Training Log and stayed pretty healthy all year. I didn't race much this past year (busy at work) but plan on ramping things up this year.

My daily runs continue to be a great source of energy and keep me focused on staying healthy. Earlier in the year, I had the honor of running with daughter as she completed her first marathon. We had a blast and it reminded me how much I enjoy running. Looking forward to year 4!

Chris Harrison  
Paradise Valley, Arizona

## LAYNE PARTY'S STREAK HITS 38 YEARS

My streak is still intact. I'm striving to reach 100K streak miles in my 40th year. I need to maintain ~45miles per week over the next two years.

Layne Party  
Towson, Maryland

## JON-PAUL CORREIRA'S STREAK HITS 2 YEARS

My streak is still active. I had a setback this year when I had a medical issue at mile 20 in Boston and had to drop out. I then decided to train smarter and completed Hartford in the fall with my second fastest finishing time. I am currently training for Boston again.

Jon-Paul Correia  
Raynham, Massachusetts

## SCOT DEDEO'S STREAK HITS 4 YEARS

During year 4 running became an adventure again. I made it to California for the Ruck a Chuck 50k, ran my second Boston Marathon, completed the Pemigewassat Loop in New Hampshire's White Mountains, and finished my first 100 miler at the Hennepin in western Illinois. In addition to running, we were able to raise over \$16,000 for Neurofibromatosis research and I published a book about my endurance adventures, *"The Multisport Maniac: An Endurance Enthusiast's Guide to Tackling Events of all Distances."* Looking forward to what 2018 has to offer.

Scot DeDeo  
Belmont, Massachusetts

# MEMBER UPDATES – SPRING 2018



Michael Stegura

## **MICHAEL STEGURA'S STREAK HITS 5 YEARS**

My streak is still active. This year, I completed my first 100 mile race (Canal Corridor 100). Looking forward to a 24 hour endurance race in 2018!

Michael Stegura  
Macungie, Pennsylvania

## **ZACH KILBURN'S STREAK ENDS AFTER 730 DAYS**

I would like to let you know that I, willingly ;-), ended my streak with the last day run on December 31, 2017. My original goal was a year, and I took it to 2! It was a great experience, I wish you and all the streak running community the best!

Zach Kilburn  
Tulsa, Oklahoma

## **MICHELLE RAMSDELL'S STREAK HITS 2 YEARS**

My streak is still going but I don't have much else to update. I'll keep it up until I either can't or have day where not running is more appealing than running!

Michelle Ramsdell  
Burke, Virginia

## **RACHEL GIBSON'S STREAK HITS 2 YEARS**

Thank you for checking in. I'm happy to report that my streak continues and I tell people about the USRSA all the time. =)

My personal minimum has been 2 miles per day since 1/1/16 and I hope to keep that record going. I also reached my goal of 1,000 miles for the second year in a row.

Streak on!

Rachel Gibson  
Washington, D.C.

## **CRAIG KUGLAR'S STREAK HITS 4 YEARS**

Another great year of running every day is in the books. At this point everyone around me (co-workers, friends, family) know that at some point in the day I will put on my shoes and disappear for an hour. My streak is alive because of their love and support. Thanks to Dylan, Corbin, Olli, Beth, mother, Pa, sister, Beth, Ms. Helen and the rest of Team Kuglar. With their continued help I will keep on truckin'...

Craig Kuglar  
Atlanta, Georgia

# MEMBER UPDATES – SPRING 2018



David Kwong, James Walker, and Christopher Coffin

## DAVID KWONG'S STREAK HITS 3 YEARS

2017 marks my 3rd year and around 2300 miles. I am still very grateful for being able to keep the streak alive. This year, I ran my first marathon since getting injured way back in 2010 (the photo was taken moments after finishing - I am on the left). I also took to the trails and am following an ultra-marathon training schedule to see if I can really push my limits. Running everyday has helped in so many ways. I'd love to share my running experiences with you and if you will, please join me on Youtube and search for 'Runtagious.' Enjoy every mile and happy running. PEACE!

David Kwong  
Bolton, Massachusetts

## JOHN CARLSON'S STREAK HITS 40 YEARS

Thank you for the congratulations.....40 years simply means I'm getting old.

Running right now is pretty low key for me.....a mile or two a day with a little longer trail run on the weekends....meet up with some old training partners and friends and we jog through the woods. I also do some martial arts training so between that and some running, I don't feel as old as I probably should.

Retirement is coming closer and closer and that may be the time to give running and maybe some racing one more shot.....

John Carlson  
Indianapolis, Indiana

## RICHARD HORVITZ'S STREAK HITS 3 YEARS

I finished my third year this past week and on to year 4. Year 3 was a challenge, January started with a record for me (200+ miles) and then in February it caught up to me and I needed to get orthotics. The rest of the year was managing this "injury" while still running.

In August I had the pleasure of traveling to Greece and upon arrival realized the hotel was 2 hours away and it was already 10:30PM. The cab driver was nice enough to stop seaside and let me run in a parking lot with my wife for my most memorable run yet.

The year finished up feeling a lot better but still healing and showing promise for year 4 to be even better. Watching other people in the news feeds and being in contact with some around the world has been great. Maybe year 4 is when I may meet some of my fellow streakers?

Richard Horvitz  
Newton, Massachusetts

# MEMBER UPDATES – SPRING 2018



Palma & Erica Gorman

## **ERICA GORMAN'S STREAK HITS 6 YEARS**

My 6th year in my running streak was probably one of the toughest streak years and one of the toughest years in my life. To be completely transparent, I was diagnosed with PTSD/PASS and battled depression and anxiety for the better part of the second half of the year. The final quarter was a pure act of determination and fight to “get back to me” without the aid of medications.

There were times I thought about stopping my streak but knew deep down inside, it was not what I wanted to do. My daughter, who is now nine, was my champion and did a great job of keeping me focused on the fact that I **COULD** do just a mile and being slow was okay. As she challenged herself in her riding lessons, I challenged myself to not give up even though I felt the weight of chains on my legs.

2017 was my lowest mileage year since my streak started on December 30, 2011 but those 1,071 miles still exceeded my mileage in pre-streak years. That is pretty cool. And as of December 30, 2017, I have logged 8,830 streak miles and that makes me happy. I am not the fastest runner. I do not run the longest or most but in 2017 I learned one important lesson - I am tough and stronger than I think. I have the strength to keep going when it is tough and deep down inside. I think being a streak runner helped me push through the emotional challenges of 2017.

I am happy to say I am still running every day and as of December 26, 2017, my running vibes returned and I am getting to feel more like me each and every day. I look forward to writing my summary of 2018 in a year and, God willing, I will be able to tell you about how joy-filled 2018 was in terms of running and fitness.

Thank you to all who responded to my posts when things were going tough and giving such amazing support and encouragement. Thank you to those who shared in my 6-year celebration on Facebook as well. It was not unnoticed and truly means the world to me.

Erica Gorman  
Kula, Hawaii

## **LISA MILLAM'S STREAK HITS 7 YEARS**

Thank you for the well wishes on my running streak. I am still going strong and hopefully be able to keep on going for another year. This truly is a gift I never take for granted! Keep on running!

Lisa Millam  
Coon Rapids, Minnesota

# MEMBER UPDATES – SPRING 2018



John Danielson

## JOHN DANIELSON'S STREAK HITS 9 YEARS OUTSIDE

2017 just flew by. I ran The Cullen Run & Fish Day 5. Weather was the big story in Wisconsin, added Canada & Maine to the list, ran in 8 States (3 States in the same day) 30 cities including Snake Alley, Burlington, IA, with temps from -2 to 84 degrees, with 2 days below Zero. Ran 3 Bridge Run, Sturgeon Bay with the Major, Plus Oak Brook 3! Ran with Andy, Dan & The Dasher's this year.

Finally, Congratulations to Millie, qualified for State Track Meet in the 1600, & Jadin, State Champion in those 300 Hurdles, helped out with Cross Country, team finished 7<sup>th</sup> at State, Meghan was 5<sup>th</sup>.

Good luck to all Streak runners in 2018.

John Danielson  
Wauwatosa, Wisconsin

## MIKE HELLER'S STREAK ENDS AFTER 10,418 DAYS

Unfortunately, my streak ended on July 7, 2017 with a 2.1 mile run.

Streak mileage for 2017: 413.2  
Total streak mileage: 70,688.6  
Total lifetime mileage: 91,847.7

The day my streak ended I was hospitalized with what was later diagnosed as babesiosis, along with Lyme disease. I remained in the hospital for 3 weeks on quinine and a number of antibiotics.

I wasn't able to run again until August 20. Although I have managed to run every day since, I no longer consider myself a streak runner. Now I just try to run every day. I'm still a bit slower than I was, and average 3 instead of 4 miles a day but I'm still getting out every day. I feel fine, and am glad the docs figured out the problem before it was too late. I guess when they started giving me blood transfusions things got pretty close.

I was proud of my streak and knew it would end some day. At least I know the end of my streak wasn't a matter of will.

Mike Heller  
Marlborough, New York

## BILL ROWLEY'S STREAK HITS 4 YEARS

The steak lives. Did the run to close out year #4 in my USRSA singlet.

Bill Rowley  
New York, New York

# MEMBER UPDATES – SPRING 2018



Susan, Josh,  
Jacob (6), Mason (3), Ben (9) Meyer

## JOSH MEYER JOINS USRSA

I am extremely excited and proud to join the ranks of the USRSA. Although I grew up loving sports, I was never much of a runner, especially not for long distances.

A few years ago, my wonderful wife, Susan, and I started taking Crossfit classes to get in shape. It was there that I discovered I was much stronger on the roads than under the barbells. I began to love running and spending time outside, piling up the miles.

In 2015, at age 36, I ran more than 425 miles and completed my first half marathon. In 2016, I managed 1,075 miles and completed two marathons – with the first being my hometown race, the Blue Ridge Marathon in Roanoke, Va. I began to feel much better on days I ran than on days I did not.

I learned about run streaks and decided to make that my goal for 2017. Susan started her own exercise streak, focused on rowing, and we supported each other to both make it through the whole year! I ended 2017 with about 2,180 miles and two more marathon finishes, including a PR under 4 hours at the Marine Corps Marathon. I am interested in attempting some ultramarathon races now.

The most rewarding part of streaking has been the way it has inspired our family to be healthy. In addition to Susan and myself, two of our sons Ben (9) and Jacob (6), started streaks of their own. They both were more than six months into run streaks as of January 2018. Our youngest son, Mason (3), loves to go along for long runs in the jogging stroller, so he may join us soon. I am eager to see how far we will go.

Josh Meyer  
Roanoke, Virginia



Ben (9), Josh, Susan  
Mason (3), Jacob (6), Meyer

# MEMBER UPDATES – SPRING 2018



Josh Foor

## JOSH FOOR JOINS USRSA

Name: Josh Foor

Age: 34

Location: Lafayette, IN

Occupation: Sergeant First Class/  
Career Counselor, U.S. Army

Years Running: for as long as I can remember.

How did you get into running: I've played sports my entire life and surrounding myself with others who enjoy running.

Favorite pre/post-race food: Ucan Superstarch with Protein before and during a race and pizza or lasagna afterwards.

Greatest running accomplishment: Completing four 50Ks, running a 3:35 marathon, and running 102 miles in three days during the 2017 Indiana Run For The Fallen.

Streak Start Date: October 26, 2014

Josh Foor  
Lafayette, Indiana

## SARA SHARPE'S STREAK HITS 2 YEARS

Well, I did it. I hit 2 years. I didn't really know what to expect during this second year. I knew I had a lot going on as I found out my dad was diagnosed with Stage IV lung cancer at the end of last year. I didn't hit my mileage goal this year and I had to do A LOT of 1 mi streak savers over the past year... BUT, the important thing is I was able to keep the streak alive!

With TDYs and many trips home to see my dad, I was able to run and complete races in Alaska, Mississippi, Alabama, Oklahoma, Ohio, Texas and Arkansas over the past year.

I ran races in -3\* real feel temperatures, 90\* temps, completed a triathlon and a couple of trail races.

I ran my fastest 5k this year and I placed 1st, 2nd and 3rd in my A/G (several times) as well as not only 1st female overall but also 1st finisher overall in a 5k race on base. I also was able to complete 2 races with my son this year. He ran a 4 mile race (his longest distance to date) and a 2.5k race with me. He also ran a 1 mi trail race and came in 2nd overall with a 7:27/mi time beating 60 other kids. Super proud mom moment and I'm hoping for many more runs with him over the next year.

Sadly my father passed away 26 Oct 2017; but I continue to run every day because I know he was proud of my streak and honestly I don't know what I'd do if I didn't have running to fall back on.

Best wishes to everyone no matter where they are on their journey.

Sara Sharpe  
Eagle River, Alaska

# MEMBER UPDATES – SPRING 2018



Chip Akers

## **CHIP AKERS' STREAK HITS 6 YEARS**

Year Six of the streak may have been my best one yet. Lots of miles and lots of races, and I get to go back to Boston in April. I still chase the elusive "runners high," but getting to experience it with the runners I coach is an added bonus. On to the next . . .

Chip Akers  
Raleigh, North Carolina

## **DUNCAN CAMERON'S STREAK HITS 12 YEARS**

My running streak is still going strong, with twelve years completed. Now, I'm a month into my thirteenth year having now attained the age of 75.

During 2017, I ran 2400 miles and seventeen races. It was also my seventeenth year of running at least 2000 miles. I did have a slight hamstring issue during the year, but was able to run the minimum for a short time to keep the streak going.

In 2017, I attained 50,000 miles lifetime in April and ended the year with just over 28,000 streak miles. I should hit 30,000 in 2018.

I was also able to run a "eclipse run" with a friend in a nearby park this past July (it turned darker but without any eye stress problem) and to run on September 11th as hurricane Irma sped through Florida. I went out after the worst had passed by. With so much tree debris from the hurricane, I had to run later in the day and the next week so that I could run and not trip over the tree limbs and debris in the dark.

I am looking forward to continuing my streak in 2018- and beyond. I love running outside in the morning. It's a great way to start a day. Keep well.

Duncan Cameron  
Palm Harbor, Florida

## **CHRIS KATO'S STREAK HITS 4 YEARS**

My streak is still going strong. 2017 was my strongest year yet. I logged 2400 miles and managed to run an average of 6.9 miles per day.

I'm looking forward to another big year and I'm eager to add my fifth year to the streak.

Chris Kato  
Kalamazoo, Michigan

# MEMBER UPDATES – SPRING 2018



Jeff Petsche

## **JEFF PETSCHÉ JOINS USRSA**

Here is a photo of me running and today [7 January 2018] was day 33 of the Streak.

So far I've run close to 70 miles and I'm starting my 12 week training routine for my first 1/2 marathon.

I've completed a total of 6 5K fun runs and mud runs and just got into the streak running.

My additional fitness workouts include cross training through Orange Theory and LAFitness.

I'm 51 years old, retired police officer turned real estate Broker for past 15 years.

I'm a single dad to two beautiful daughters, Courtney and Nicole, and I'm in a dating relationship with a wonderful

woman, Amy, who has two great kids, Thomas and Julia.

Jeff Petsche  
Yorba Linda, California

## **PAUL FOSTER'S STREAK HITS 9 YEARS**

I have enjoyed another year's running despite struggling with a fairly chronic problem with my left Achilles & an ankle/lower leg injury on my right side. However, focusing on one day at a time, I have managed to keep my streak going!

The highlights of my year are the 5 foreign races that I was fortunate enough to run. I managed two marathons in the USA, Disney in January & New York in November.

I also ran the Ice Cream 10 km on Roosevelt Island in New York where I finished first in my age category & the famous Falmouth road race on Cape Cod.

In addition to these races in America, I also took part in the first Rome Peace half-Marathon in the Holy City.

I averaged 44 miles per week during 2017.

Up to & including 7th January 2017, I have run approximately 21,021 during my streak.

My aim for 2018 is to try & continue the streak & average around 40 miles per week.

I am also hoping to complete the Boston Marathon for the second time in April.

Paul Foster  
Sunderland, England, United Kingdom

# MEMBER UPDATES – SPRING 2018



Toni Orth

## TONI & BRIAN ORTH'S STREAKS HIT 2 YEARS

Brian's and my streaks are still going strong! We ran a couple of races in 2017 and managed our daily runs during the "Boise Snowpocalypse" by taking advantage of running loops in large, plowed parking lots. Happy New Year!

Toni Orth  
Boise, Idaho



Brian Orth

## RAMSEY BENTLEY'S STREAK ENDS AFTER 370 DAYS

I underwent hernia surgery and was forced to stop running. I now practice doing some physical activity outdoors every day possible.

Ramsey Bentley  
Laramie, Wyoming

## JOSE MORENO'S STREAK HITS 2 YEARS

I just wanna say that I'm still doing my streak, and thank God for allowing me to stay active running.

I want to mention that this Sunday 14<sup>th</sup> of January I'll be running my 7<sup>th</sup> consecutive Houston marathon. So far I have had completed 3100 miles in this past two years.

Jose Moreno  
Huntsville, Texas

## RYAN FLETCHER'S STREAK HITS 7 YEARS

The Streak lives on. I ran 7 miles to celebrate 7 years. I averaged a little over 5 miles a day. My longest run being 18 miles and my shortest run being 2 miles.

I ran a few races this year. Mostly just for fun. 2 half marathons, a 10 miler, two 10Ks, two 5Ks, and a sprint distance triathlon. It was an enjoyable year of running. Streak on!!

Ryan Fletcher  
Georgetown, Indiana

# MEMBER UPDATES – SPRING 2018

## DAVID MURRO'S STREAK HITS 3 YEARS

Hello fellow run streakers! As of writing this I completed my 3 year run streak today. Most of my friends and family think I'm completely bonkers but I always say to them I'm a mere amateur (neophyte) compared to most the rest of the ladies and gents at Streak Runners International! Still another 2 full years of running every day before I become "Proficient!"

It's been another really fun year with runs completed in Canada (where I live), the UK (where most of my family is), and the US. The highlight of the running calendar for me was the Ragnar Cottage Country Trail Run at Horseshoe Valley, ON which was a day and overnight tag team style race through forest trails with head torches. It was pretty hard going but a fantastic experience I would highly recommend if you get the chance. I also ran a couple of half marathons, one at Niagara Falls and one in Oakville, ON, plus the Peatchtree 10k in Atlanta GA.

I'm happy to report that I've been pretty much injury free this year. The plantar fasciitis that I suffered a lot with in year 2 seemed to go away of it's own accord for some reason. I have decreased my mileage a little and average around 5k per day.

I have also experimented a bit with some different nutrition regimes including a ketogenic diet and some intermittent and extended fasting. I never would have thought I could run a 5k after 4 days of nothing but water and find it so amazing the things we can do that we wouldn't think were possible.

I'm very grateful for having a super supportive wife who asks me every day how my run was and puts up with my

obsession (I call it dedication). As you will know, occasionally we have to abandon whatever we're doing and just get out and get the run done. This year we moved to a new house and having not got my run done in the morning I had to do it at the end of the day and abandon her with all the moving boxes and chaos.

Another time we had friends coming over in the evening and I was out doing some errands. I knew I wouldn't get my run in later that day so just parked my car in a lay-by and ran 20 minute out-and-back along the road I was driving on in my jeans and shirt - luckily I had my running shoes on so all was good.

Well that's all from me. All the best for 2018 and happy streaking everyone! Cheers!

David Munro  
Milton, Ontario, Canada

## DREW KENNY'S STREAK HITS 6 YEARS

On Wednesday, Dec 27th, 2017 I hit the 6-year mark. 2017 was a good year as I remained mostly injury free, logged 2,028 miles and ran in 25 different states, Puerto Rico and Mexico (being a pilot has its perks).

My streak average hovers around 6 miles per day. I plan to add more tempo and speed work, and race various distances in 2018 which is something I haven't done in a long time. I started the year off on a positive note by winning my age group (I'm 51) at a local 5K.

I'm proud to be associated with this group and wish everyone a very happy new year!

Drew Kenny  
Fleming Island, Florida

# MEMBER UPDATES – SPRING 2018



Emily Hopkins (Bottom row, 2<sup>nd</sup> from left; being pointed at) & CrossFit friends.

## EMILY HOPKINS' STREAK HITS 5 YEARS

Thanks for the celebratory note. It's exciting to have made it 5 years! I think people are starting to accept that this run streak might stick around.

To celebrate this day, my CrossFit community programmed a special workout in my honor. Even the rep scheme matches my number in days! Picture is attached.

I'm excited to keep running for another year!

Emily Hopkins  
Boise, Idaho

## STEVE ALLEN'S STREAK HITS 1500 DAYS

My streak is still going. Hit 1500 yesterday [7 January 2018]. Dealing with PF right now, may have to let it end to deal with it, but for now the streak is still alive.

Steve Allen  
Huntsville, Texas

## MIKE MURPHY'S STREAK HITS 9 YEARS

My streak is still very much intact.

Mike Murphy  
Wyalusing, Pennsylvania

## JOSEPH MORRIS' STREAK HITS 16 YEARS

I am 72 now and still going. Working on year 17. I am a recently retired optometrist from Virginia. I have been able to compete in several 3k,6k @half marathons and fortunate enough to win a few. I am most proud to have my children and grandchildren also running.

Joseph Morris  
Glade Spring, Virginia

## RODNEY WALKER'S STREAK HITS 2 YEARS

Just wanted to say that all is well and my running streak lives on. I celebrated 2 years on December, 24, 2017. Hoping to be able to "earn my comma" this year.

Love keeping up with all the streakers. I was able to plug our club of streakers in my local running club newsletter. They do a monthly feature called "Run a mile with..." and I was featured in the January newsletter. Our club has over 900+ members, so you never know, maybe a few will join us.

Good luck to all, have a marvelous year!!!

Rodney Walker  
Cocoa, Florida

# MEMBER UPDATES – SPRING 2018



Bill Kelly

## **Bill KELLY JOINS USRSA**

I've enjoyed long distance running as far back as elementary school - now 50. I've run 8 marathons, the most recent being this fall in Toronto for my brother who was recently diagnosed with leukemia. In 2006 I had knee surgery after getting very close in 2004 to qualifying for the Boston Marathon. After surgery I've run occasionally, adding various runs but struggling mentally to really commit again.

My girlfriend started a running streak after reading about it in *Runner's World*. I was still worried about my knee and long distances, not sure another marathon would ever be in the cards again.

On one run my girlfriend fell and received a concussion. She had to end her running streak that had reached

over 700 days and stop running altogether until health returned, hopefully, as there were heart concerns.

Right then I thought, "What am I doing? I can do this!!" I have the health why wait any longer to continue to enjoy what running offers. I started streaking in support for her health and the inspiration she gave.

I'm glad to say, she is back to running every day with me and it's fantastic. There have been challenges along the way: sprained ankle, marathon recovery - yes marathon recovery :-), weather, running in work cloths and my brothers leukemia diagnosis.....RSD#616 and counting. Streak on!!

Bill Kelly  
West Danville, Vermont

## **KRISTEN SPENDLOVE'S STREAK ENDS AFTER 379 DAYS**

My goal for 2017 was to run every single day, which I did and it felt amazing! Its a new year now and along with that comes new running goals for me. I knew if I didnt stop early in the year I might never stop streaking. :) Two of my friends are now doing runstreaks and I'm glad I could share the joy.

Kristen Spendlove  
Sandy, Utah

## **TIM SCHEIDT'S STREAK HITS 2 YEARS**

My running streak is still active. I have run at least two miles everyday since January 1, 2016. It has been a lot of fun. I hope to keep it going.

Tim Scheidt  
Omaha, Nebraska

# MEMBER UPDATES – SPRING 2018

## **STEVE WAY'S STREAK ENDS AFTER 10,024 DAYS**

My running streak ended with my last day of running on Wednesday, January 18, 2017 at 3 AM when I completed my 30 minutes minimum of running. (My personal goal has always been to run at least thirty minutes each day.)

Since the surgery was elective, a TURP due to BPH, I wanted to be over the 10,000 days mark at the time of surgery. My chronological calculator indicated that January 18 was 10,024 consecutive days of running. By running at 3 AM I left open the possibility of running the next day.

In December, I reached out to our over 10,000 days runners for input and was pleased to get a substantial response with advice from those who had reached that milestone either as active or retired. A number of them had prostate surgery, or other surgery that left continuous running the next day problematic. The substantial majority advised caution, but a few thought I should go for a run the next day, if at all possible. Two of our runners in our "Run Every Day" group had continued to attempt a run the day after prostate surgery, one successfully, the other ended up with complications that set forth not long after and ending the streak within the same year.

One amusing reply. I had attempted to email all males in the group, but at least one person was actually female. Her reply was funny, "Sorry Steve, can't help you here as I was born without a prostate." J

All in all, we have a great group, very supportive of whatever decision I reached after weighing the advantages and disadvantages. My surgeon was opposed, but had a sense of humor too.

He replied, "well, if you do run with a catheter, could you please do that when I am not on call."

My wife was of course opposed to going against the docs advice. While tempted to run the next day, Thursday afternoon, I elected to stop my streak.

I have started anew and my current streak is 342 days.

Well, it is good news for all those in line behind me, who now move up a notch in the ranking.

Steve Way  
Walnut Creek, California

## **NANNETTE TAYLOR'S STREAK ENDED IN 2016 AFTER 705 DAYS**

Sorry for the delay in this. I retired my First Running streak because of an abnormal EKG. I was advised to stop running and Marathon training for marathon 1 month away! 705 days with a total of 2220.65 miles.

Nannette Taylor  
Shirley, Massachusetts

## **ROGER NELSON'S STREAK ENDS AFTER 3,763 DAYS**

Herniated lumbar discs prevented running on December 6, 2017. Recovery still ongoing. No running as of date, or expected for another 4-6 weeks. Attempting to avoid surgery. Ironic that this past summer I became a lifetime member of USRSA. I am planning to start another streak (number three).

Roger Nelson  
Colleyville, Texas

# MEMBER UPDATES – SPRING 2018



Vincent & Mike Attanucci

## VINCENT ATTANUCCI'S STREAK HITS 15 YEARS

2017 was a notable year of running for me. I traveled throughout the year and had the opportunity to run in some memorable places. Amsterdam in the springtime was just stunning! In May I traveled to Lisbon, Portugal for the first time and was amazed by the beauty and history of the city. On my second morning in Lisbon I ran to the top of a local hill right at dawn, and I was met with the top of the Edward VII park esplanade, with a view all the way down to the sea. That is why we run every day; for moments like this. In July, I traveled across the world with my colleague and great friend. We ran to the harbor and past the Sydney Opera House. A day later, we ran on the other side of the country on the Swan River in Perth, and high up into Kings Park. We ran and ran and chased carrots when we could.

I continue to race 2-3 times per month and enjoy the challenges to compete across all distances. There were many

5 and 10K's, along with a 5 miler, a 10 miler and half marathon to mix it up. The spring and fall racing seasons in Houston are always a highlight. In July, I ran the Atlanta Peachtree 10K Classic once again with my oldest son and his family. And I raced four marathons during the year (Houston, The Woodlands Texas, Pittsburgh and Dallas in December). December marked a special milestone as I returned to Dallas (my first marathon in 2003) to complete my 50<sup>th</sup> race at the marathon distance. My youngest son Michael raced also and he completed his 17<sup>th</sup> marathon; nearly all of these with me. Picture attached with Mike at the Dallas finish. We had a great weekend.

I completed 2662.2 miles for the year and now 45,571 miles total for my streak. On my streak anniversary (January 7<sup>th</sup>) I reached the 15-year milestone healthy and happy and was grateful for that. My legend running friend Ken Johnson surprised me with a cake; what a nice surprise. Remember that the best part of running and streaking are the people you meet and great friends you make. Life is grand!!

Vincent Attanucci  
The Woodlands, Texas

## PATRICK GROWNEY BECOMES LIFETIME MEMBER OF SRI/USRSA

My streak ended July 7 2016 and I really miss running, but my hip says no more. I am in the gym 6 days a week --- my wife says no more of this every day stuff. I will be a runner the rest of my life, just not an active one. I will stay a member forever.

Patrick Growney  
Lavallette, New Jersey

# MEMBER UPDATES – SPRING 2018



Tandy Wilson

## TANDY WILSON JOINS USRSA

I am excited to be part of this inspirational group. I started running in December of 2014 right after I turned 50 years old. 3 years earlier I had finally decided that I should get up and join my husband at bootcamp a few times a week. It really made a huge difference for me. I lost 20+ pounds, felt better and was stronger than I ever had been. We ran for our warm ups but never more than a mile. In 2014 someone in our class decided we should do a 5k together, so a couple of weeks before the 5k I decided I better see if I could even run that far. I ran around the neighborhood right around my birthday, and I did it. At the 5k, I ran, it felt great and I was reminded how much I like doing competitive stuff. I was hooked.

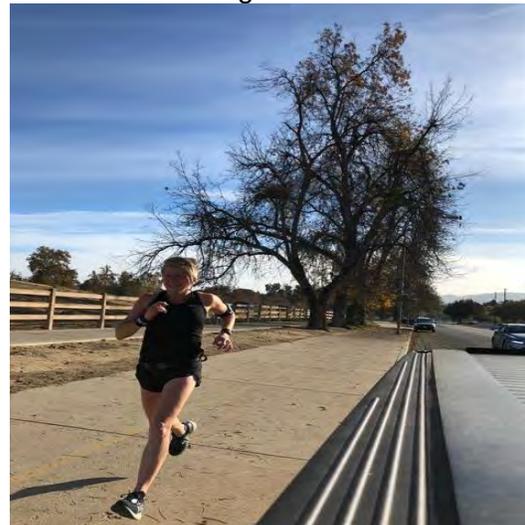
We decided that as a group we should run a 5k each month. We didn't really make that goal because I started training for a half marathon and ended up doing one that July. I didn't race each month but did run 12 races that year, placed a few times in my age group and finished 2 half marathons. By 2016 I had started training for a marathon and did 2

that year. I also found the wonderful world of Ragnar and started by captaining a team. At the end of 2016 I found out about the RW Run Streak between Thanksgiving and New Year's and decided to give it a try. I had run the day before that streak officially started so my streak start is November 23, 2016. I am not sure why I didn't stop on New Year's but I think running has helped me be mentally and physically stronger. It allows me to give time to myself. The run streak means that the run gets a priority that I should have been giving myself my whole life.

I barely squeaked a 1000 miles in 2016, for 2017 I almost made 1500. I still do bootcamp, now 5 times a week and I run everyday and I love it. It is really hard to do the day after a marathon and when you have the flu, but I have found I recover faster when I make sure I run. I have completed 5 marathons and 3 Ragnars. In January I will race in my 49th race. My only regret is that I didn't find running until 50.

I know that someday I will not be able to run, but since today is not that day, I WILL run.

Tandy Wilson  
Northridge California



Tandy Wilson

# MEMBER UPDATES – SPRING 2018



Julie Taylor

## **JULIE TAYLOR'S STREAK HITS 3 YEARS**

January 18, 2018 was the anniversary of my "Three Year Running Streak" for me, Julie Taylor of Cheyenne Wyoming. I have been able to keep my running streak alive and run in some pretty incredible places this year. I was able to run in seven different states and in the mountains of Mexico. I had a sweet little friend in Mexico join me in my running, she was 9 years old, and thought it was great fun to run with me every day. While we ran she would try to improve my Spanish.

I have made it my goal to run in all fifty states of the United States as well as run every day of the year. So this year I was able to run in Tennessee, Alabama, Georgia (Tybee Island on the ocean, my favorite!), New Mexico, Mexico, Texas, Oklahoma, Montana and of course Wyoming. God has blessed me with the health to enjoy the wonderful creation He has made and the opportunity to enjoy it while I run daily.

I am looking forward to another year of running!

Julie Taylor  
Cheyenne, Wyoming

## **JACK ANKRUM'S STREAK HITS 2 YEARS**

I didn't race again in 2017. But with a second full year of not missing a day running (plus 19 days in 2018) my running streak is at 749 days.

I did make my goal of running 2000 miles in 2017; barely, with 2003 miles. This makes 36 years (since 1982) of logging at least 2000 miles a year.

Hard to believe that for 15 years I regularly ran 3600 – 3900 miles (never quite made it to 4000). Overall mileage as of 12/31/2017 is 103,617.

Jack Ankrum  
Vadnais Heights, Minnesota

## **SARA MCELHENY'S STREAK HITS 4 YEARS**

I still can't believe that I've been running for four years straight - it seems like a long time, but also pales in comparison to some of the active and retired streaks I read about in The Streak Registry.

I've been lucky in avoiding injuries, and running has never really felt like a chore. Some days I get only a little over a mile in, other days more (like when I completed my first half marathon in the fall of 2016!), but I always feel better at the end.

I'm looking forward to many more years of running ahead, hopefully while still maintaining my streak. Thanks to all the other runners out there (streakers or not) who inspire and support me!

Sara McElheny  
Mount Kisco, New York

# MEMBER UPDATES – SPRING 2018

## **JOHN LIEPA'S STREAK HITS 41 YEARS**

"Don't Look Back, Something Might Be Gaining" - Satchell Paige

On January 1, dressed looking like the "Pillsbury Doughboy," I headed out into a 2 degree F (wind chill -19 degrees F) day to complete my 41st year streak. Not surprisingly, I had my newly discovered favorite trail all to myself, except for a small group of deer bedded down along some railroad tracks to get out of the wind. As I was finishing my run, I thought to myself: This isn't so bad, when I was younger, I ran in much colder temps, with wind chills around -50 F; and my streak "compatriot," Steve DeBoer, has to survive Minnesota winters.

Although my daily, weekly, and yearly mileage pales in comparison to when I was running competitively, I've tried to compensate by spending more time in my local "Anytime Fitness," putting in quality time on a rowing machine and using a half dozen different upper body strength stations. In addition, and weather permitting, I've put a lot of miles on my bike over the past 15 years.

Devoting my past almost 50 years to teaching history - college students for 40 years and now adults, mostly retirees, I couldn't help but take a look back to when it all began: 1977.

My 6-month old son, now 41, has three children, three degrees, a high level communications job in a federal science agency, and is a marathoner; my daughter, who came along in year 5 of my streak, worked seven years for the Secretary of Education, traveled the world, was a Division I athlete, and is a marathoner; and my wife of 46 years, completed a 33 year career working for a US Senator, has found a second

career as an accomplished artist, and is also a marathoner.

Taking another look back when it began for me: Jimmy Carter was about to become our 39th President and would immediately pardon Viet Nam draft evaders; Cincinnati's "Big Red Machine" had just beaten the NY Yankees 4 games to 0 in the World Series, with MVP Johnny Bench; George Lucas' first "Star Wars" film is about to be released; Alex Haley's "Roots" becomes all-time highest rated tv program; and "Annie Hall" wins Best Picture; KLM 747 collides with Pan Am 747 in the Canary Islands killing 583 - world's worst airline disaster; Oakland Raiders defeat Minnesota Vikings in Super Bowl XI, 32-14.

And finally, John Liepa, almost 32, set out on a life-long journey, not quite knowing where it would take him, and yes, he, too, is a marathoner.

John Liepa,  
West Des Moines, Iowa

## **PAUL HYMERS STREAK HITS 2 YEARS**

I'm delighted to report that the streak is still going strong. My year 1 target was to average 8k per day, which I increased to 9k per day in year 2. This year I'm aiming for 10k per day. Plus, this year I'd like to have a go at a few more races. Pre-streak racing seemed to cause me to pick up injuries, so I've been reluctant to race and instead I've been focused on better consistency. I'm loving my running and of being a part of this group. I'm so inspired by reading of the achievements of fellow streakers.

Paul Hymers  
Dubai, United Arab Emirates

# MEMBER UPDATES – SPRING 2018

## **JOHN KING'S 2<sup>ND</sup> STREAK HITS A DECADE; RETIRED STREAK WAS 30.99 YEARS**

Over 40 years ago I made a decision to make major changes in my life including devoting myself to a healthier life style. An acquaintance of mine who I would see on a regular basis mistook me for someone else and would ask "How's your running going?" After about three or four occurrences I figured that this must be an omen so I started running. I was living by a city lake so I began by running from one park bench to another, huffing and puffing in between until finally after a month or so I put enough park benches together to get around the entire lake.

Now, forty marathons and eight ultras later plus enough miles logged to circumnavigate the world three plus times I am still putting my miles in every day. The body does not respond like it once did and I do not run as far or as fast but I do see running as a part of my daily exercise regime. I have often been asked why I run every day and my answer and philosophy have always been the same. The first day I don't run, it becomes much easier the next day not to run. Retired and living in Florida and warm weather makes it a lot easier to get in a daily run. I hope to keep running until the body says "No Mas!" and hope to continue a streak as long as some of the senior members of the USRSA who are great role models.

Thanks to all the folks and runners who keep us out there every day running and living a healthy life style.

John King,  
Naples, Florida

## **JEFF JUDD'S STREAK ENDS AFTER 1,082 DAYS**

Unfortunately, I am sidelined with a strained left knee LCL. I tried to run through it, but I came to the conclusion that I would be risking long-term injury or, worse yet, an artificial joint later in life. Ugh. The last day I ran was 1/4/2018, or my RSD #1,082. The good news is that I don't have any cartilage degradation or other signs of arthritis.

Jeff Judd  
Oronoco, Minnesota

## **ANN HANSON'S STREAK ENDS AFTER 3,340 DAYS**

I am afraid my streak ended on Monday January 22, 2018 at 3338 days. I got up in the morning & is my routine, ran 2 miles, then drove to the hospital & had hip replacement surgery due to osteo-arthritis & reduction of cartilage in my hip.

Because I had continued my streak these past months, I was in good shape, so that I was home within 48 hrs & did not have to take narcotics, just Tylenol to manage the pain.

When I was contemplating surgery, and my surgeon was aware of my running streak, he said that once I had recovered that I could start my streak again! So, I am looking forward to April, when I will start a new streak. Of course, to match my 9+ years of running, I will be 75....so we will see how it goes!

Ann Hanson  
Mundeline, Illinois

# MEMBER UPDATES – SPRING 2018

## **MICHAEL BUERKE'S STREAK HITS 7 YEARS**

Year 7 seemed to fly by without much fanfare for me, although I made some serious progress on one of my streak goals - to run in every state at least one streak mile.

Over the last 12 months I was able to sneak in 3 road trips and I added 10 states - Alabama, Florida, Georgia, Tennessee, Kentucky, Virginia, West Virginia, both Carolinas, and Kansas - doubling my total to 20 of 50. Not bad after not adding any new states in 2016. I'm looking forward to a northwest coast swing hopefully this summer to pick up a few more.

No races for me this year, I've just enjoyed the therapy of the run, even in the tundra of MN. 100% of my running is outdoors - some days it takes longer to get dressed to not freeze than it takes to complete a quick mile! It's also really great to have another streak runner in the house that understands the 'crazy' - my wife Annalisa just completed year 2 a few weeks back and is working on year 3. It's sometimes ridiculous to figure out how to balance 2 full time demanding jobs and 2 school aged kids and both get a run in, but we've been able to.....find our stride. (sorry for the dad joke). Happy running!

Michael Buerke  
Fridley, Minnesota

## **MATT HENSLEE'S STREAK HITS 5 YEARS**

The streak that keeps on ticking, it seems. As I near the 1,900-day mark, I'm reflecting on nearly 13,000 miles of

running through the rain, extreme heat or cold, snow, a tornado, ice, and more than my fair share of superb weather.

I now find myself near the top of the Sacramento Mountains in the Lincoln National Forest in Southern New Mexico and while I haven't explored everything these mountains have to offer, I have finally adjusted to the altitude and the demands of pastoring a church, raising four beautiful daughters we adopted in 2015, and taking my wife on as many runs as possible.

2017 brought with it a lot of change as I moved from San Antonio to Mayhill, New Mexico to pastor Mayhill Baptist Church and in the middle of the move, I graduated with my Master of Divinity from Southwestern Baptist Theological Seminary. I only ran one or two marathons in 2017, due in large part to the move and the remoteness of where we moved, but I have recently been ramping up the mileage again, logging 203 miles in January, the biggest month for me since February 2017. I plan to keep the streak plugging along and am grateful for the support of the streak community.

Matt Henslee  
Mayhill, New Mexico

## **JULIE WRIGHT'S STREAK ENDS AFTER 1460 DAYS**

Streak ended 1/19/18. I am in the hospital, S/P right total knee replacement. I gave it everything I had, running to the hospital the morning of the surgery.

Julie Wright  
Westminster, Massachusetts

# MEMBER UPDATES – SPRING 2018



Ramon Mario Medina

## RAMON MARIO MEDINA JOINS USRSA

I have been actively running since 2003. My story begins at age 31, when I experienced a cardiac incident, weighed 220 pounds and was diagnosed with keratoconus (a rare cornea disease). I started running in 2003 to lose weight and better myself.

I ran my first marathon in 2005, the first Phoenix Rock 'n' Roll Marathon. I weighed in at 180 pounds. After being hit by a car while training for my second marathon, I took some time off.

I started running again in 2009 when I started losing my eyesight from the cornea disease, and in 2010 I was legally blind. During that time I used running as my stress reliever, running 5 more marathons, 4 during the time I had lost my sight. I would not let a disease I could not control take charge of my life.

I had bilateral corneal transplants in 2011/2012 and now I am able to see. I ran my 7th marathon on November 5th, 2017 in Raleigh North Carolina, my first full marathon since regaining my sight.

I also started my quest to run every day in 2017! I achieved that goal running 1,711 miles. The streak continues....

I live in New York City with my future wife/running partner and I am an active member of the New York Road Runners. I have run many races since moving to NYC in July of 2017 including one full marathon and 3 half marathons. 2018 is off to a great start! I will be running the United Airways NYC Half Marathon, the Popular Brooklyn Half Marathon and the TCS NYC Marathon along with several other races throughout the year.

26.2 PR 3:56:14 (2012) Holualoa Tucson Marathon, Tucson AZ .

13.1 PR 1:47:22 (2018) Manhattan Half Marathon, New York, NY.

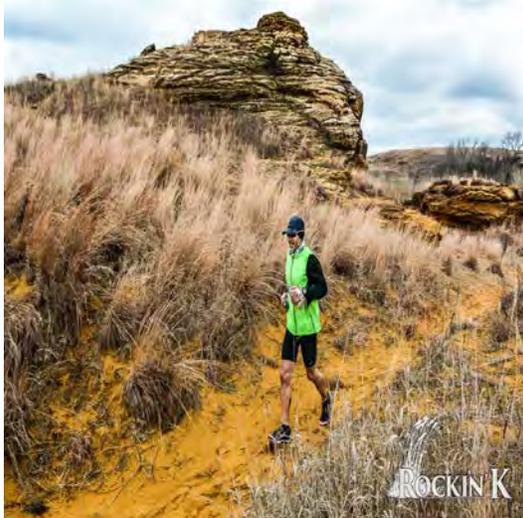
Current Streak 402 Streak Miles 1850.

Ramon Mario Medina, Jr.  
New York, New York



Ramon Mario Medina

# MEMBER UPDATES – SPRING 2018



Jonathon Goering

## JONATHON GOERING JOINS USRSA

I began running my freshman year of college to loose weight. I played football and participated in track throughout high school and HATED running outside of what I did in those sports. I considered running nothing short of torture.

Post high school, I continued to play football at a small college where I found myself gaining far too much weight (225 pounds) during the spring semester. My clothes no longer fit.

Frustrated, I decided to start running and began in April - a half mile the first day - which about killed me. I decided the only thing to do was run a mile the next day. And the next. I got up to three miles a day, and by the end of that summer I'd lost more than 50 pounds.

I ran off and on throughout the next 10 years and began consistently running in the mid 2000s. Since then I've raced about every distance from a mile to a 50-miler. I prefer trail running, where nature never fails to remove all the stresses and strains of daily life.

I began my running streak several months after my wife began hers, and it was the best running decision I've ever made. Sure simplifies things.

Miles run in 2017: 3021 - all outside, all unplugged.

Minimum miles run in a day: 3.

Races run: 9.

Jonathon Goering  
Wichita, Kansas



Jonathon & Betsey Goering

## MIKE HOLSTEEN'S STREAK HITS 30 YEARS

My streak miles as of Dec. 31, 2017 was 93,231 miles. My streak miles for Jan. 2018 which completes 30 years of running without missing a day was 156 miles. That makes my running streak 93,387 miles. My lifetime miles as of Dec. 31, 2017 was 120,215 miles. With the Jan. 2018 miles of 156 my lifetime miles is now 120,371 miles.

Mike Holsteen  
Ridgedale, Missouri

# MEMBER UPDATES – SPRING 2018



Matt Schauf

## **MATT SCHAUF'S STREAK HITS 14 YEARS**

The year that was will stand as a special mile stone within my current 14+ year running streak. I began the year, continuing to build upon my weekly running totals every few months in hopes of reaching the 6K mile mark by the end of the 2016-2017 fiscal year. As May and June progressed, I realized that I was on pace for well over 7K in a single year (2017) if I could maintain my health and pace.

In July, I received the SRI/USRSA's document of running achievements. Seeing the unique accomplishments of so many fellow streakers helped me to maintain my focus and motivate me to continually find ways to add minutes to my daily running. As the fall progressed, I found myself taking things one day at a time as my monthly running totals reached and surpassed 900 miles and occasional discomforts sprung up. By, December I found myself on track to surpass 9,000 miles for 2017. The cold, snow and ice made for an interesting final climb but I ended the year with 9,432 miles.

I have no plans to ever surpass that 365 day mark, but am currently maintaining a streak of 100 mile weeks. In closing, I would like to thank the association and its members efforts as it was your feats that helped provide me with the strength to carry on through the ups and downs of the year.

Matt Schauf  
Menomonie, Wisconsin

## **DIANE BRYANT'S STREAK HITS 2 YEARS**

Happy to say my streak is going strong!!! I've had so many milestones this past "streak" year!!! I ran my first Ultra marathon distance on 2/26/17. I celebrated PR's in 3 different distances. The 5k on 3/13/17 of 24:59, the 10k on 10/29/17 of 52:18 and the half marathon on 4/22/17 of 2:01:43. I also ran my first "Major" marathon in Chicago this past year on 10/8/17. I have also had the highest mileage ever in one single month, which was in December 2017 for a total of 202.60 miles. I have been extremely blessed this past year.

Diane Bryant  
Fort Worth, Texas

## **RICKY BRYAN'T STREAK HITS 2 YEARS**

My run streak is still going strong. Ran my first ultra in February of 2017 in Fort Worth at the Cowtown Marathon. I am doing the Cowtown Ultra again for 2018. My wife Diane and I completed the 2017 Chicago Marathon in October. I have my first 50 miler scheduled in April up in Oklahoma.

Ricky Bryant  
Fort Worth, Texas

# MEMBER UPDATES – SPRING 2018



Joe Avallone

## **JOE AVALLONE JOINS USRSA**

My enjoyment of running began in my junior year of high school, while training for high school football. I began running a 4 mile loop that would prepare me for the grueling double session practices ahead and discovered I really enjoyed running. A couple years later as a sophomore in college, while training for a half Ironman triathlon with a friend, I again really took to the running portion of the event. I learned about pushing through obstacles during that training which I still reflect and build upon today.

For a number of years I ran on and off, training for races here and there, but not on consistent basis. In my late 20s after switching jobs, I joined the company's running team. For 4 years we ran together in a number of races and missed qualifying for the Milrose Games in NYC by only one place. During that time I also ran individually in a number of races including the NYC Marathon.

I ran on and off in the years that followed, occasionally entering races for motivation, but in the summer of 2014, just a few months after knee surgery (meniscus tear not related to running), I joined a 30 day running challenge. I wound up pushing well beyond the 30 day challenge (about 5 months) and later did another streak on my own of 6 months. I really enjoyed the streak running as it took the guesswork out of the nagging question whether to run or take the day off. I found that taking one day off turned into a couple days or even longer.

On December 18, 2016, I began my current running streak. I started then with no real streak length in mind, but just wanted to motivate myself to keep in shape over the long NJ winter. As a public accountant I work long days, typically 7 days a week during the winter and early spring, so staying physically active is part of my goal. I really value my long Sunday afternoon run during the winter, which clears my head for the long work-week ahead.

I vowed to run everyday throughout the winter, but then entered for a half marathon in May, which motivated me to continue the streak a little further. I then applied for a couple more half marathons during the fall, which extended my streak even longer. At this point it has become part of my daily ritual, even running through a fairly recent bout with bronchitis.

# MEMBER UPDATES – SPRING 2018

I try to change up mileage, routes, etc. to keep it the streak evolving. I wish I had started my running streak years ago as I found streaking to be the best way to stay consistent. Although I have been running for years, I was not consistent in my earlier years letting life get in the way too often. Although I also enjoy biking, golfing, weights, etc., there is no one better exercise than running. A 30-minute run provides the greatest cardiovascular benefits in the least amount of time and provides meditative benefits as well.

Joe Avallone  
Whippany, New Jersey



Michael Taricani

## **MICHAEL TARICANI'S STREAK HITS 3 YEARS**

I recently hit the three-year mark in my streak. I realize this achievement pales to the multi decade streakers in this group. I started running 8 years ago to get healthy and it quickly became an obsession.

Any type of running is enjoyable to me but trails are my real favorite. Now that I'm hitting the mid 60's I am more selective on the trails based on difficulty. The days of running very technical trails and races are over due to the possibility of falling. Lucky for me I live in an area with great roads, "rails to trails" paths, and woodland trails. The variety is wonderful and never boring.

I belong to several running groups. One, the "Run 169 Town" group, has a goal to run in every town in Connecticut. We run mostly road races and have fun doing it.

Another group is the "CT Trailmixers" which is mostly trail running. The group strives to offer highly technical and also easy trail outings. They also sponsor a few local trail races. Between these groups and my neighborhood I have options for running adventures everyday.

Michael C. Taricani  
Burlington, Connecticut

## **TIAGO BANDEIRA DE LIMA'S STREAK ENDS AFTER 1,461 DAYS**

I have now stopped my streak. The last day I ran was the 04/02/2018 (4 years running streak).

Out of interest, I ran 6,780 miles, in 13 different countries. I ran the Tour de France (2,223 miles in 83 days) during that time.

My wife Diana Alcobia (already on your database) is still continuing hers.

Tiago Bandeira de Lima  
Nottingham, U.K.

# MEMBER UPDATES – SPRING 2018



Craig Whitfield with Megan

## **CRAIG WHITFIELD'S STREAK NEARS 2 YEARS**

My streak will reach 2 years on May 1st. The notion of running everyday, indefinitely, was prompted after being diagnosed with having a hole in my heart (PFO)...Offered surgery vs a lifetime on blood thinners, I chose the latter. It could be worse. At that time I also chose getting back into running as the BEST medicine to optimize my health.

I love to run and enjoy the self competition of continuing my streak. My 5 year old Border Collie, Megan, is my most loyal running companion, who needs to run daily, ever reminding me that she has a job to do, and getting me to hit the road is one of them.

Despite the ups and downs associated with streak running, best of luck in accomplishing your goals!!

Craig Whitfield  
Mill Creek, Washington

## **DALE MATTSON JOINS USRSA**

I started running at age 36. I wanted to qualify for Boston, which I did at the 1976 City of Lakes Marathon in Minneapolis at a time of 2:55:56.

I have run 34 marathons. My best is 2:34:48. I have also run one 100k and many 5Ks, 10Ks, and 10 milers.

I continue to run but only 2-miles a day.

I used to measure and certify courses from 5Ks to the Edmond Fitzgerald 100K in Duluth, Minnesota.

I ran the first London Marathon in 1981 in 2:35:38. Dick Beardsly won it.

Dale Mattson  
Bloomington, Minnesota

## **SUSAN RATTENBURY'S STREAK ENDS AFTER 560 DAYS**

My latest streak ended Monday, January 22nd. My last run was on Sunday 1/21/18.

I have arthritis in my hip, which I've had for some time, but it recently became painful to run regardless of pace or distance.

The diagnosis is moderate to severe arthritis with a pending hip replacement. I'm quite heartbroken.

Thanks again for everything you do. Streak running really made life great.

Susan Rattenbury  
Oakland, California

# MEMBER UPDATES – SPRING 2018



Joyce Young

## **JOYCE YOUNG'S STREAK REACHES 2 YEARS**

Two years after beginning the experiment of a running streak I am still running strong.

I started my streak December 31, 2015, the day after I lost my job due the closure of the company I worked for. Life has challenged me greatly in the last two years. My dad became ill and was hospitalized three times in three months with severe mental health issues. We moved him into a retirement home and made the decision to move back into my childhood home. My husband and I moved from Kitchener-Waterloo Ontario, a community we lived in for nearly thirty years, to the township of Perth South outside Stratford Ontario. The house is a 116 year old school house we have been renovating. Both parents were hoarders. Lots of work, lots of surprises with the house!

Running has been my constant, my stabilizing influence. Every morning I went out and was able to re-charge, contemplate and ponder. The simple act of one foot in front of the other during this time of transition has been such a gift.

I have been running for almost 14 years but I have received the most benefit from running daily.

We moved out here in July. My runs on country roads are the best. We live close to Wildwood Conservation Area and I run to the lake three times per week. On my runs I regularly see deer, turkey vultures, eagles and other wildlife.

I also run on the trails in the park.

The weather out here is more extreme: there is more snow, ice, rain, wind. I also now carry dog spray with me due to an attack with a local dog in December. New routes demand more planning but are rewarding. The only thing I miss about running in the city is my two favourite trails.

Running has been such a blessing in my life. I hope to continue my run streak for a long time!

Joyce Young  
St. Marys, Ontario, Canada

## **NICK ALONGI'S STREAK ENDS AFTER 740 DAYS**

Unfortunately, my running streak ended on 2/2/2018.

Nick Alongi  
Glen Allen, Virginia

# MEMBER UPDATES – SPRING 2018



Paul Manuel

## PAUL MANUEL JOINS SRI

Kia ora from beautiful Aotearoa/New Zealand! I am a Canadian ex-pat who had enough of cold Prairie winters so my wife and I decided to move “Down Under.” My running career started with me participating in an office “biggest loser” competition. After realising that I could run for an hour on a treadmill I thought maybe I should try a half-marathon. After running seven half-marathons, I decided to run my first full marathon and I completed this in beautiful Queenstown, NZ in November 2017.

My motivation to run now is my newborn son. I have pledged to be healthy and become stronger so I can keep up with him as he (and hopefully his future sibling) grows up. I look forward to the challenge of establishing a legitimate running streak to help with preparation for future marathon races.

I work in health care and my wife and I enjoy hiking and traveling. All the best to everyone in their running pursuits!

Paul Manuel  
Masterton Wellington, New Zealand



Paul Manuel

## PETER ELLERKAMP’S STREAK HITS 2 YEARS

The streak is alive and well and I am proud of myself for reaching two years! My most recent year was run entirely in the state of California, despite my first year covering Washington, California, Nevada, Massachusetts, New Hampshire, and New York. I enjoy running in the sun, it seems! I have only run in two races (both Turkey Trots) on my streak, and I have never run more than 13.4 miles during the streak. I usually do a 5k run to my local coffeeshop at 5:33am with my dog Ninkasi Magnolia Dark Star Pick ‘n Roll (Kasi for short) before I head to work, and do my long runs on the weekends. No injuries, particularly tough days, or anything else to report.

Looking forward to checking in around this time next year!

Peter Ellerkamp  
Groton, Massachusetts

# MEMBER UPDATES – SPRING 2018



Patric Ljung

## **PATRIC LJUNG JOINS SRI FROM SWEDEN**

I was born to run at the age of 44, six years ago, too many things in life felt out of control and getting out running was at first a good way to have control of something and focus solely on the running. It was good therapy and quickly became a habit.

Ironically, I always hated running, ever since middle school, as I am quite competitive by nature I pushed myself beyond the reasonable — and my PE teacher did a lousy job guiding us to healthy running. I remember lying on the grass after a 2.5K and just wanting to die.

In the summer of 2012 I ran the same 2.5K trail after I had completed the 5K as well, my victory and vindication was complete, I triumphed! And I loved running.

My running started in 2012, at the time I lived in Princeton, NJ, and I fell in love with running by the Delaware & Raritan Canal each Saturday as my kids had activities in Lambertville. It was pure bliss. I moved back to Sweden late in 2013 and continue running and learned to deal with the cold winters.

My streak began in August of 2015, more like a realization that I just had six days of running in a row and remembered my friend Mats Uddin telling me about the whole concept a month earlier, so I just continued.

I quickly picked up minimalist shoes, like the Merrell Trail Glove, Luna Sandals, Five Fingers and today tried my new Vivobarefoot Primus Trail (Firm Ground). Since over a year I have been trying the MAF concept (Maximum Aerobic Function) to run with a low heart rate.

My longest distance is 56K but my plan is to do a 90K this summer and hopefully next year the shortest of the Ultra Trail Mont Blanc, the OCC, next year.

Patric Ljung  
Linkoping, Sweden



Patric Ljung

# MEMBER UPDATES – SPRING 2018

## **ANGELA POZYWAK JOINS USRSA**

I am 39 years old and I started running in September 2015. Until that time, running was never even on my radar. I'm a mom of three and after the birth of my twins in 2014, I felt the need to become more active and focused on my health.

I joined a powerful group of women here in Amherst, OH called The Sole Sisters Run Club. I've since completed many 5k races and two half marathons.

Running has become quite the family affair. My husband, both of my sisters, my cousins and aunts have all joined in on the fun.

I started my run streak on 11/23/17 as part of the *Runner's World* 40-day challenge from Thanksgiving to NYD. I honestly never dreamed I'd be capable of running at least 1 mile per day, every day, but here I am and now I'm hooked!

I love all of the people I have met by starting this streak. I still consider myself a beginner next to all of the amazing runners I am now networked with and truly enjoy learning new things about my sport from them every day. I can honestly say I have never felt as encouraged by a group of people as I do in the running community.

Angela Pozywak,  
Amherst, Ohio

## **TIM STEARMAN'S STREAK HITS 3 YEARS**

Thanks for the congratulations on my 3 year running streak! No changes or updates to my running streak. I'm still very much enjoying my daily runs and

glad that I'm continuing it without injuries. Just finished the Mt. Taylor Quad again this year making it a Doubler by having completed the Mt. Taylor 50k in the fall as well. Such a great race. Hope all is well and looking forward to another year of running.

Tim Stearman  
Albuquerque, New Mexico

## **PATRICK FARISS' STREAK HITS 5 YEARS**

Thanks so much for your email. Thankfully my running streak is still going strong, and I'm excited to hit the 5-year mark. My daily minimum since the beginning has been 2 miles, however, I've maintained a 5K minimum since Dec. 16th of 2017.

Patrick Fariss  
Georgetown, Texas

**Official U.S.A. Active Running Streak List**  
**As Certified to the United States Running Streak Association, Inc.**  
**March 1, 2018**

**THE COVERTS (45+ years)**

1	Jon Sutherland	05-26-1969	West Hills, CA, 67	Writer
2	Jim Pearson	02-16-1970	Marysville, WA, 73	College Track Coach
3	Stephen W. DeBoer	06-07-1971	Rochester, MN, 63	Dietitian
4	Alex T. Galbraith	12-22-1971	Houston, TX, 67	Attorney
5	Steven Gathje	09-25-1972	South Minneapolis, MN, 62	Actuary

**THE LEGENDS (40+ years)**

6	Richard Westbrook	12-29-1973	Jonesboro, GA, 71	TeacherCoach
7	Robert R. Kraft	01-01-1975	Miami Beach, FL, 67	Songwriter
8	James Behr	03-19-1975	Trinity, FL, 70	Educator
9	Bill Anderson	09-27-1976	Fort Worth, TX, 73	Retired
10	John Liepa	01-02-1977	West Des Moines, IA, 73	Professor-retired
11	Bill Robertson	02-08-1977	Ashland, MA, 65	Systems Analyst
12	William J. Benton	04-23-1977	Farmington Hills, MI, 68	Accountant
13	Brian Casey	05-09-1977	Paramus, NJ, 59	Finance Manager
14	Samuel F. Johnston	08-26-1977	Naples, FL, 76	Retired
15	Rick Porter	12-03-1977	Decatur, GA, 64	Developer
16	John T. Carlson	12-26-1977	Indianapolis, IN, 63	Classroom Teacher
17	Timothy C. Masters	12-28-1977	Dearborn, MI, 67	Sales

**THE GRAND MASTERS (35+ years)**

18	Timothy P. Woodbridge	03-05-1978	Allentown, PA, 60	Banker
19	Bruce A. Sherman	05-16-1978	Shaker Heights, OH, 62	Exercise Physiologist
20	Charles E. Lindsey	10-16-1978	Canyon Country, CA, 67	Educator
21	John C. Roemer, IV	11-01-1978	Parkton, MD, 58	Consultant
22	Craig A. Davidson	11-05-1978	Phoenix, AZ, 64	RetailCoach
23	Scott Ludwig	11-30-1978	Senoia, GA, 63	Operations Manager
24	Jon Kralovic	01-01-1979	Delanson, NY, 71	Retired Football Coach
25	Benjamin M. Freed	12-12-1979	Clarion, PA, 70	Retired College Teacher
26	S. Mark Courtney	12-20-1979	Grove City, PA, 62	Physician Assistant
27	Layne C. Party	01-01-1980	Towson, MD, 58	Manager
28	Lois Bastien	04-18-1980	Pinellas Park, FL, 81	Retired
29	Leslie J. Shoop	04-28-1980	Sarver, PA, 70	Retired
30	Ed Goff	08-13-1980	Bradenton, FL, 74	Retired
31	Ward D. Crutcher	12-26-1980	Muncie, IN, 78	Retired
32	George G. Brown	01-06-1981	Richlands, VA, 65	School Principal
33	Michael Halloran	04-01-1981	Jacksonville, FL, 70	Wealth Mangement
34	John R. Chandler	08-09-1981	Whitefish Bay, WI, 62	Financial Planner
35	Ben Dillow	08-20-1981	Redlands, CA, 77	Retired
36	Bill Leibfritz	12-03-1981	Midland, MI, 61	Professor
37	Frederick L. Murolo	12-30-1981	Cheshire, CT, 61	Attorney
38	Scott D. Snyder	12-31-1981	Littleton, CO, 62	Emergency Physician
39	Michael G. Sklar	01-20-1982	Dunwoody, GA, 74	Professor
40	John L. Tillman, Jr.	03-05-1982	Palm Coast, FL, 69	Business Owner
41	Charles Groseth	06-30-1982	Allen, TX, 59	Chief Operating Officer
42	Grant McAllister	08-28-1982	Atlanta, GA, 54	Sales Manager

**THE MASTERS (30+ years)**

43	Gary Rust	07-03-1983	Desert Hot Springs, CA, 71	Retired
44	David Melissas	07-20-1983	Marietta, GA, 57	IT Project Manager
45	Al Colonna	08-05-1983	Dix Hills, NY, 74	Retired
46	Barbara S. Latta	12-05-1983	Raleigh, NC, 76	Retired
47	Sue S. Favor	12-20-1984	Los Angeles, CA, 50	Teacher/Coach
48	Joseph Raffa	12-26-1984	Manlius, NY, 67	V.P. & G.M.
49	Leonard Bruckman	02-10-1985	Granite Bay, CA, 70	Consultant

50	Milton Magness	09-22-1985	Houston, TX, 65	Psychotherapist
51	Matthew M. Mace	09-29-1985	Arnold, MD, 57	Attorney
52	Kenneth D. Brown	11-10-1985	Huntington, WV, 68	Farmer/Coach
53	Judy Mick	11-20-1985	Roanoke, VA, 59	Business Owner
54	Ralph McKinney	01-01-1986	Wilmington, DE, 73	Consultant
55	Roger A. Urbancsik	02-01-1986	Marina Del Rey, CA, 60	Consultant
56	Ronald N. Dennis	06-29-1986	Marshall, TX, 72	Attorney
57	William Shires	10-19-1986	Charlotte, NC, 53	Software Architect
58	Stuart X. Calderwood	01-21-1987	New York, NY, 59	Writer
59	Timothy Bailey	05-17-1987	Owingsville, KY, 60	XC & Track Coach
60	Robert Nash	06-18-1987	Olney, IL, 70	Physician
61	Michael L. Holsteen	01-31-1988	Ridgedale, MO, 69	Retired

#### THE DOMINATORS (25+ years)

62	Tom Allen	05-21-1988	Upper Montclair, NJ, 65	Consultant
63	George M. Church	07-30-1988	Cockeysville, MD, 71	Attorney
64	Kip L. Williamson	01-01-1989	Saugus, MA, 59	Engineering Manager
65	John H. Wallace, Jr.	12-31-1989	Ishpeming, MI, 67	Photographer
65	John H. Wallace, III	12-31-1989	East Lansing, MI, 41	Website Developer
65	Mark Washburne	12-31-1989	Mendham, NJ, 61	Professor
68	Richard J. Wright	08-03-1990	Pittsburgh, PA, 66	Track & Cross Country Coach
69	John Wolff	09-01-1990	Spotsylvania, VA, 66	Banker
70	Jerry Caine	10-02-1990	Santa Rosa, CA, 68	HS History Teacher
71	Daniel Pereira	11-05-1990	Portland, OR, 60	Self-Employed
72	John L. Faz	12-26-1990	Lincoln, NE, 64	Marine GySgt
73	Jeff L. Morgan	12-30-1990	Reston, VA, 61	IT Trainer
74	Ronald J. Landrum	01-01-1991	San Jose, CA, 67	Zoologist
75	Jamie Parks	01-29-1992	Tinley Park, IL, 56	Mailman
76	K. Tucker Andersen	02-06-1992	Warren, CT, 75	Consultant
77	Gabrielle Cohen	11-10-1992	Petrolia, CA, 55	Theatre Production

#### HIGHLY SKILLED (20+ years)

78	Brent Burmaster	03-13-1993	Dallas, TX, 61	Homeless Shelter
79	Jeffrey Sider	01-01-1994	Woodbury, NY, 62	Orthopedic Surgeon
80	Henry Lengkeek	06-05-1994	Lakewood, CA, 62	Minister
81	Ivan Fink	07-11-1994	Arcola, IL, 67	Accountant
82	Joel Pearson	09-03-1994	Milwaukee, WI, 32	College Track Coach
83	John J. Byrne	12-26-1994	Centreville, VA, 61	Executive Vice President
84	Richard Corbin	01-01-1995	Savannah, GA, 63	Sales
85	John Nikolic	04-29-1995	Pearl, MS, 75	Real Estate Manager
86	Richard J. Kerr	07-30-1995	Kokomo, IN, 62	School Bus Driver
87	Charles Robb	12-31-1995	Lee's Summit, MO, 62	Chief Financial Officer
88	A. F. DeYoung	11-08-1996	Woodland Hills, CA, 71	Photographer
89	Karen Queally	01-01-1997	San Bruno, CA, 65	Physical Therapist
90	Tom Barry	04-30-1997	Decatur, GA, 67	Retired Journalist
91	Troy A. Coppus	05-19-1997	Evansville, IN, 35	Athletic Trainer
92	Debbie Brassfield	09-10-1997	San Jose, CA, 57	Flight Attendant
93	Grant Woodman	10-06-1997	Ithaca, MI, 44	Guidance Counselor
94	Ryan C. McDevitt	11-18-1997	Durham, NC, 38	Professor
95	Thomas B. Welch	01-01-1998	Victoria, MN, 61	Investment Manager

#### WELL VERSED (15+ years)

96	Michael DeMint	06-28-1998	Gregory, MI, 69	Retired Teacher/Coach
97	Rick Wallis	12-12-1998	Port Orange, FL, 60	Courier
98	Lauren Estilow	10-15-1999	Elkins Park, PA, 58	Administrative Assistant
99	Phillip Hawley, Jr.	10-23-1999	Zionsville, IN, 32	CPA
100	Steve Scales	11-06-1999	Newtown Square, PA, 58	Sales Executive
101	Peter Briggeman	11-22-1999	Manchester, CT, 60	Mechanic
102	Barry W. Britton	11-27-1999	Roscoe, IL, 66	Hospital Chaplain
103	Christina Richards	05-06-2000	Longview, WA, 67	Registered Nurse
104	Diane Shumway	05-27-2000	Provo, UT, 62	Retired
105	Lee Berg	06-02-2000	Torrance, CA, 58	Business Development
106	Ronald W. Shealy	04-01-2001	Lexington, SC, 71	Retired
107	Jeremy Doody	06-04-2001	Howell, MI, 34	Clinical Information Analyst
108	Kevin Rison	09-14-2001	Orlando, FL, 47	Human Resources Manager
109	Jim Merritt	10-29-2001	Buford, GA, 70	Retired
110	Martie Bell	12-27-2001	Thomasville, NC, 62	Professor

110	Harry Warren	12-27-2001	Whiteville, NC, 66	Museum Director
112	Joseph R. Morris	12-28-2001	Glade Spring, VA, 71	Optometrist
113	Ralph Edwards	04-07-2002	Des Moines, IA, 70	Assistant Principal
114	Drew Rogers	04-08-2002	Gainesville, GA, 58	Teacher )
115	Karl Olson	04-12-2002	San Francisco, CA, 65	Lawyer
116	Eliza Eshelman Miron	09-21-2002	Columbia City, IN, 32	Yoga Teacher
117	Chuck Myers	01-01-2003	Indianapolis, IN, 42	Accountant
118	Vincent Attanucci	01-08-2003	The Woodlands, TX, 64	Engineer

#### EXPERIENCED (10+ years)

119	Woody Woodburn	07-07-2003	Ventura, CA, 57	Writer
120	Matthew Schauf	07-26-2003	Menomonie, WI, 39	CC/TF Coach
121	Cori Brindle	08-02-2003	Mechanicsburg,, PA, 36	Social Worker
122	Carmen Baxter	08-11-2003	Fairfield, CA, 37	Physician
123	David Max	08-28-2003	Wichita Falls, TX, 42	Pilot
124	Matthew Carpenter	11-19-2003	Hudson, MI, 40	Teacher
125	Ted Neff	12-15-2003	Edmonds, WA, 61	Innovation Consultant
126	Michael W. Bergquist	12-31-2003	Medical Lake, WA, 45	Triathlete
127	Kenny Booth	05-03-2004	Kirkland, WA, 40	Land Planner
128	Neil Scott	06-02-2004	Seattle, WA, 71	Sports Reporter
129	Mark Bonney	06-12-2004	The Woodlands, TX, 47	Financial Management
130	Veronica V. Rust	07-22-2004	Desert Hot Springs, CA, 38	General Manager
131	Robbie McLendon	08-29-2004	Bishopville, SC, 62	YMCA
132	Nancy L. Harmon	01-01-2005	Berwick, PA, 59	Fitness Director
133	Francis Garrow	04-24-2005	Proctor, VT, 63	Federal Railroad Inspector
134	Craig Oslin	05-23-2005	Mora, MN, 64	Business Owner
135	Susan Ruzicka	07-09-2005	Harrison City, PA, 55	A/R Specialist
136	Timothy J. Eshelman	07-24-2005	Roanoke, IN, 58	Sales
137	Peter T. Eshelman	07-27-2005	Columbia City, IN, 64	Insurance
138	Lawrence Dooley	08-25-2005	Grapevine, TX, 67	Health Care Sales
139	D. Scott Cyphers	08-29-2005	San Diego, CA, 57	Software Engineer
140	Mark Misch	09-26-2005	Colorado Springs, CO, 45	XC & T&F Coach
141	Duncan Cameron	12-06-2005	Palm Harbor, FL, 75	Compliance Officer
142	Todd Kelleher	01-01-2006	Hilliard, OH, 50	Environmental Scientist
143	Tony Kelly	03-17-2006	Lake Oswego, OR, 50	Real Estate
144	Scott J. Palm	09-09-2006	Chaumont, NY, 53	Army Civilian
145	Jay A Harris	11-13-2006	Romeo, MI, 57	Construction
146	Eric Armel	12-10-2006	Greensboro, PA, 47	Deputy Warden
147	Patrick Dunigan	12-12-2006	Ponte Vedra Beach, FL, 50	
148	Heather Plummer	12-15-2006	Dallas, TX, 26	Teacher
148	Dave Nelson	12-15-2006	Houston, TX, 53	Waste Industry
150	Tyler Renner	12-29-2006	Cheyenne, WY, 28	Attorney
151	Stephanie Mera	01-01-2007	Berkeley, CA, 29	Teacher
151	Heidi Manfred	01-01-2007	Altoona, PA, 37	Pediatric Mobile Therapist
153	Bill Street	02-10-2007	Tucson, AZ, 50	Computer Consultant
154	Paul Wichmann	03-05-2007	Minneapolis, MN, 36	Sound Engineer
155	Grant Nelson	03-17-2007	Denver, CO, 35	CPA
156	David Kissel	03-18-2007	Lake Bluff, IL, 54	Marketing
157	Denise Eberhardt	05-04-2007	Yorkville, IL, 50	Marketing Research
158	Corey A. Escue	07-15-2007	Chicago, IL, 44	Missionary
159	Nancy S. West	08-15-2007	Carlisle, MA, 51	Journalist
160	Kevin Brunson	10-06-2007	Reno, NV, 59	Insurance Agent
160	Everette Doffermyre	10-06-2007	Atlanta, GA, 69	Attorney
162	Dave Dial	11-01-2007	Groveton, TX, 57	Cattle Ranch Foreman
163	Ellen S. Runnoe	11-03-2007	Wausau, WI, 63	Teacher
164	Nicolas Caperna	11-09-2007	Lutherville, MD, 37	Business Owner
165	Jeff Rushall	11-19-2007	Flagstaff, AZ, 57	mathematician
166	Diana Nelson	11-23-2007	Dixon, IL, 71	Clerk
167	Timothy L. Hardy	12-13-2007	Marietta, NY, 56	Soldier
168	Brian P. Jones	12-18-2007	Baton Rouge, LA, 49	Medical Doctor
169	Jill P. Jones	12-24-2007	Baton Rouge, LA, 45	Occupational Therapist
170	Ronald Kmiec	12-28-2007	Carlisle, MA, 75	Concert Pianist
170	Kevin Slagle	12-28-2007	Erie, PA, 36	Mail Carrier Server
172	Jeff Donahue	12-31-2007	Melrose, MA, 46	Accountant
173	Robert M. Crosby, Jr.	01-01-2008	Summerville, SC, 59	Special Education Teacher
173	John Devereaux	01-01-2008	Hudson, MA, 51	Infrastructure Engineer
173	Scott Hendren	01-01-2008	St. Joseph, IL, 52	Healthcare
173	Michael Neff	01-01-2008	Santa Barbara, CA, 65	Accountant
177	Susan Schultz	01-03-2008	Timonium, MD, 53	Project Manager

178	Joe Call	01-07-2008	Charleston, SC, 38	H.S. Football Coach
178	Preston Giet	01-07-2008	Summerville, SC, 37	Teacher/Coach
180	Robert L. Hill	01-12-2008	Bella Vista, AR, 57	Teacher
181	Katie Carter	01-15-2008	Geneva, OH, 44	Mom/Coach/Teacher
182	John King	01-21-2008	Naples, FL, 66	Education Administrator

**PROFICIENT (5+ years)**

183	Davey Cagle	04-27-2008	Lakeside, AZ, 28	Student
184	Michael Ernst	06-22-2008	Laramie, WY, 54	Support Staff
185	Thomas Frank Sisulak	06-23-2008	Riverside, IL, 70	Teacher Coach
186	Daniel H Westfahl	06-26-2008	Menomonee Falls, WI, 46	Educational Administration
187	Qraig R. deGroot	07-01-2008	New York, NY, 47	Writer
188	Dave Rabe	07-02-2008	Chesterfield, MO, 58	
189	Nicholas A. Martinez	08-26-2008	Claremont, CA, 51	Sales
190	Kevin H. Rapp	09-06-2008	Washington, DC, 34	Government Relations
191	Bruce D. Shephard	09-21-2008	Tampa, FL, 73	Physician
192	Mary Ellen Davis	11-16-2008	Williamsburg, VA, 62	Librarian
193	Susan C. Mindock	11-27-2008	Playa del Rey, CA, 59	Aerospace Engineer
194	Charlie Hart	11-29-2008	Noblesville, IN, 46	Teacher
195	Michael J. Murphy	12-02-2008	Wyalusing, PA, 44	Teacher
196	Elliot J. Friedman	12-05-2008	Englewood, NJ, 35	Banker
197	Carla Herbig	12-22-2008	Fredericksburg, TX, 57	Registered Nurse
198	Keith Osborne	12-23-2008	Scottsdale, AZ, 64	Physician
199	John W. Danielson	12-24-2008	Wauwatosa, WI, 54	Sales Representative
199	Chad Hutchison	12-24-2008	Cherokee, OK, 46	Teacher/Coach
201	Susan Crabtree	12-25-2008	Lynchburg, VA, 58	Instructional Tech
202	Benjamin Emmons	12-26-2008	Springfield, VA, 40	Pastor
203	Eric V. Love	12-27-2008	Erie, CO, 51	Attorney
204	Angela Chabot	12-29-2008	Ashburnham, MA, 43	Teacher
204	Michael L. Johnston	12-29-2008	Portland, OR, 66	Sales
206	John Anderson	01-01-2009	Atherton, CA, 71	Car Dealer
206	Matthew Fisher	01-01-2009	Austin, TX, 39	Software Engineer
206	Paula Harkin	01-01-2009	West Linn, OR, 52	Race Organizer
206	MaryAnn F. Hill-Pitts	01-01-2009	Dover Plains, NY, 59	Dental Assistant
206	Erin E. Stevens	01-01-2009	Billings, MT, 39	Physician
211	Kenny Miller	01-08-2009	Maryville, MO, 41	Accountant
212	Shelley Cook	01-21-2009	Gurnee, IL, 43	Accountant
213	Vince Nardy	01-27-2009	Solon, OH, 59	Management
214	David Haase	02-08-2009	Kerkhoven, MN, 38	Farmer
215	William Moreland	02-13-2009	Ocean City, NJ, 71	Retired Teacher
216	Mitch Kronenfeld	04-12-2009	Bellerose Manor, NY, 66	Sales Manager
217	Rodger Kram	04-23-2009	Nederland, CO, 56	Professor
218	Thomas R. Watkins, Jr.	05-27-2009	Virginia Beach, VA, 65	Real Estate Broker/Atty
219	Karen J. Wallace	06-16-2009	Ishpeming, MI, 63	World Adventurer
220	Christopher Read, II	06-21-2009	Las Vegas, NV, 22	Student
221	Braxton Fonville	06-30-2009	Williamsburg, VA, 31	Investment Management
222	Carroll L. Wright	07-05-2009	Harrah, OK, 49	Office Administrator
223	Skylar Glandon	08-20-2009	Kearney, NE, 28	Retailer
224	Bradley Blaszyński	08-30-2009	Anncville, PA, 19	Student
225	Theresa Mazzaro-Flora	09-09-2009	Mt. Kisco, NY, 56	Registered Nurse
226	Ken Johnson	10-19-2009	Huntsville, TX, 76	U. S. Army Retired
227	Jayson Meyer	10-22-2009	Indianapolis, IN, 35	Graphic Designer
228	Mark Jasper	10-24-2009	Menominee, MI, 40	Real Estate Investor
229	Barry S. Sackett	11-04-2009	Okoboji, IA, 48	Attorney
229	Paul Case	11-04-2009	Richfield, MN, 60	Truck Driver
231	Amie Kreppel	12-01-2009	Gainesville, FL, 49	Professor
232	Jeffrey Shumway	12-26-2009	Provo, UT, 64	Professor
233	Jamie Hopkins	12-31-2009	Bryn Mawr, PA, 32	Professor
234	J. Wade Baker	01-01-2010	Gunnison, CO, 42	Healthcare Administrator
234	Shana Brown	01-01-2010	Dutch Flat, CA, 47	Teacher
234	Greg Dawson	01-01-2010	Williamsburg, VA, 52	Navy
234	Ezra Hallam	01-01-2010	North Liberty, IA, 39	Physician
234	Bob Sonsara	01-01-2010	Jackson, MI, 66	Real Estate Broker
239	Patrick Wylie	01-27-2010	Deerfield, IL, 25	Musician
240	Paul Miller	02-10-2010	Medfield, MA, 57	Marketing
241	Jeff Gould	02-28-2010	Gardner, MA, 53	Electrician
242	Adam Marcus	03-20-2010	Montclair, NJ, 49	Journalist
243	Dave Wooley	03-23-2010	Lakewood, OH, 39	Project Manager
244	William Middlebrook	03-31-2010	Colorado Springs, CO, 75	

245	Matt Flynn	04-27-2010	Burnsville, MN, 27
246	Amy Yurko	05-03-2010	Monroeville, PA, 30 Teacher of Visually Impaired
247	Shelly Cable	05-10-2010	Bedford, PA, 48 Office Manager
247	Nancy Petrosino	05-10-2010	Ontario, NY, 61 Librarian
249	Casey Coppedge	06-01-2010	Brooksville, FL, 43 Optometist
250	Jane L Dial	06-16-2010	Moscow, PA, 47 School Counselor
251	Brian D. Cleven	07-02-2010	Marinette, WI, 32 Exercise Physiologist
252	Stephen Pretak, IV	07-04-2010	Fort Collins, CO, 33 Client Analyst
253	Nicholas Weide	07-20-2010	Whitefish Bay, WI, 43 Real Estate Broker
254	William Callahan, Jr.	07-21-2010	Wyndmoor, PA, 65 Self-employed
255	John Hogan	07-30-2010	Washington Twsp., NJ, 52 Information Technologist
256	Doug Holland	08-03-2010	Tucson, AZ, 56 Retired H.S. Principal
257	Joseph Beyer	08-16-2010	Concord, MA, 55 Software Engineer
258	Zoe Schultz	08-31-2010	Timonium, MD, 26 College Student
259	Addison Sullivan	09-04-2010	Brooksville, FL, 39 Sales
260	Chad Shilson	11-14-2010	Maple Grove, MN, 47 Financial Advisor
261	Bruce Dosier	11-15-2010	Aliso Viejo, CA, 57 IT Director
262	Dung Nguyen	12-11-2010	Smyrna, GA, 52 Art Teacher
263	Ryan Fletcher	12-29-2010	Georgetown, IN, 42 Fire Fighter/EMT
263	Lisa Millam	12-29-2010	Coon Rapids, MN, 58Accounting
263	Steven Tursi	12-29-2010	Mahwah, NJ, 41 Computer Programmer
266	Justin Fogarty	01-01-2011	Los Gatos, CA, 44 Marketing
266	Judy Lawrence	01-01-2011	Milton, MA, 61 Marketing Consultant
268	Paul McLeland	01-10-2011	West Chicago, IL, 54 Teacher/Coach
269	Brad Kautz	01-15-2011	Dulce, NM, 60 Pastor
270	Evan Barnhart	01-17-2011	Castro Valley, CA, 32 nternational Student Director
271	Michael Buerke	02-02-2011	Fridley, MN, 41 Church Administrator
272	Allen Weddle	03-01-2011	Chesapeake, VA, 56 Firefighter
273	Thomas Rash	03-14-2011	Minneapolis, MN, 57 International Logistics
274	Travis Wheeler	04-13-2011	Columbia, SC, 43 Attorney
275	Johnny Paradise, II	04-24-2011	Lawrence, KS, 42 Engineer
276	Jimmy Eastham	05-01-2011	Atlanta, GA, 63 Teacher
276	James Holt	05-01-2011	Centerville, UT, 59 Regional Manager
278	Vivian Wilson	05-03-2011	Chatham, NJ, 58 Physician
279	Heather Easterling	05-06-2011	Charleston, SC, 40 Pharmacist
280	Mark Williams	05-15-2011	Columbia, NJ, 45 Project Manager
281	Tim O'Neill	05-30-2011	Byron, MN, 56 CPA
282	Philip Munson	06-02-2011	Eagan, MN, 60 Owner Insurance Firm
283	Sherry Case	06-05-2011	Richfield, MN, 59 Transportation Specialist
284	Jordan Trump	06-10-2011	Orlando, FL, 30 Database Administrator
285	Viktor Korthals	06-13-2011	Lititz, PA, 41 Digital Artist
286	Shawn Seppanen	06-17-2011	Berlin, NJ, 31 Teacher
287	David Reynolds	06-19-2011	Sherwood, AR, 42 Clergy
288	Timothy Osberg	06-24-2011	Grand Island, NY, 62 Professor
289	Mark Lavner	06-26-2011	Fairport, NY, 61 ED Administrator
290	Eric Weatherbee	07-10-2011	Maryville, TN, 34 Healthcare Finance
291	Andrew Lauer	07-13-2011	Waterville, OH, 30 Financial Analyst
292	Barclay Key	08-01-2011	Little Rock, AR, 41 History Professor
292	Thomas Lloyd, III	08-01-2011	Boise, ID, 36 Attorney
292	Bob Pack	08-01-2011	Purcellville, VA, 49 Engineer
295	Yeraj Rust	08-12-2011	Desert Hot Springs, CA, 18 Student
296	Steve Tant	08-13-2011	Fort Mill, SC, 57 Custom Signs
297	Bruce Mortenson	08-21-2011	Minnetonka, MN, 74Retired Coach
298	Ellis Hamilton	08-23-2011	Hillsboro, OR, 51 Quality Manager
299	Laura Jack	08-30-2011	Hamilton, NY, 41 VP for Communication
300	Christopher Brackman	09-06-2011	Delafield, WI, 50 Financial Planner
301	William Howes, Jr.	09-10-2011	Royal Oak, MI, 63 Medical Sales
302	James Wisler	09-15-2011	Wake Forest, NC, 36 Physician
303	Mary Beth Smith	10-01-2011	Astoria, NY, 36 Communications
304	Josh Dehlinger	10-04-2011	Cockeysville, MD, 38 Professor
305	Roger Crossley	10-15-2011	Lindenhurst, IL, 64 Engineer
306	Jared Ostroski	10-24-2011	Albuquerque, NM, 38 Air Force Officer
307	Paul DeNunzio	11-10-2011	Ironia, NJ, 36 Analyst
308	Paul Herman	11-11-2011	Spring, TX, 58 Software
309	Thomas Cosgrove	11-18-2011	Langhorne, PA, 59 IT Officer
310	Adam Schiff	11-19-2011	Palm Beach Gardens, FL, 37 Finance Professional
311	Andrew Bradt	11-24-2011	Lake in the Hills, IL, 37 VP of Global Sales
311	Radley Reist	11-24-2011	Wilmington, DE, 31 Volunteer Coordinator
313	Patrick A. Foley	11-27-2011	Grand Rapids, MI, 48Consultant
314	Stacey Smith	11-29-2011	Detroit Lakes, MN, 45 Physician

315	Patrick Caron	11-30-2011	Needham, MA, 20	Student
316	Christopher Bielinski	12-03-2011	Littleton, CO, 50	Business Owner/Consultant
317	Cheech Moore	12-26-2011	Wheaton, IL, 45	Consultant
318	Drew Kenny	12-27-2011	Fleming Island, FL, 51	Pilot
319	Shannon McGinn	12-28-2011	Avenel, NJ, 42	Therapist, Running Coach
320	Adam Schwadron	12-29-2011	Saint Charles, MO, 37	Business Owner
321	Erica Gorman	12-30-2011	Kula, HI, 45	Data Analyst - Run Blog Author
321	Jim Larsen	12-30-2011	Racine, WI, 52	Manager
321	Jennifer Walt	12-30-2011	Huntington Beach, CA, 54	Mom
321	John Hoffman, Jr	12-30-2011	Wesley Chapel, FL, 33	Teacher
325	Chip Akers	12-31-2011	Raleigh, NC, 57	Running Coach
325	Michael Kaag	12-31-2011	St. Louis, MO, 37	Finance
327	Angela Fuss	01-01-2012	Mont Atlo, PA, 39	Phys. Ed. Teacher
327	Mike Johnson	01-01-2012	Daphne, AL, 45	
327	Adam Resosky	01-01-2012	New Eagle, PA, 41	
327	Terri Varnadoe	01-01-2012	Ocala, FL, 58	HR Director
327	Terry Honn	01-01-2012	Wichita, KS, 53	I/T
332	Nan Lujan	01-03-2012	Chapel Hill, NC, 37	Teacher
333	Wendy Berton	01-18-2012	Lake Oswego, OR, 57	Program Director
333	Jake Alexander Lockett	01-18-2012	Cave Creek, AZ, 20	Student
335	Jessica Forte	01-22-2012	Ocala, FL, 37	Graphic Designer
336	Steven Modica	01-25-2012	Inver Grove Heights, MN, 50	Chief Technical Officer
337	Daniel Myers	02-01-2012	Milwaukee, WI, 51	Professor
338	Dusty Hardman	02-13-2012	Punta Gorda, FL, 49	Unemployed
339	Julie Maxwell	03-04-2012	Rochester, MN, 66	Attorney
340	Brian Caniglia	04-02-2012	Phoenix, AZ, 31	Banker
341	Christopher George	04-27-2012	Mobile, AL, 58	Attorney
342	Samuel Cahn	05-13-2012	Anaheim, CA, 31	Teachers Aide
342	Keziah Wilde	05-13-2012	Arlington, MA, 15	Student
344	Michael Cohoon	05-16-2012	Lake View, NY, 41	Teacher
345	Brian Baker	05-25-2012	Seattle, WA, 28	MBA Candidate
345	Michael Marcus	05-25-2012	Newtown, PA, 51	Program Management
347	Travis Farland	05-26-2012	Phoenix, AZ, 34	Finance
348	Maureen Smith	05-28-2012	Mount Prospect, IL, 35	IT Support Analyst
349	Chris May	05-29-2012	Snohomish, WA, 45	Director Engineering
350	Mathew Arnold	06-02-2012	Longmont, CO, 36	Ph.D. Student
351	Klare Case	06-17-2012	Richfield, MN, 28	Dental Hygienist
352	Sue Borchardt	06-19-2012	Hillsboro, WI, 47	Nurse Practitioner
353	Jay Kammerzell	06-27-2012	Everett, WA, 60	Retired Fire Fighter
354	Mark Wigler	07-01-2012	Hubbardson, MA, 69	Director
355	Bryan Sears	07-08-2012	Joshua, TX, 39	Woodworker
356	Mike DiMiele	07-09-2012	Alsip, IL, 35	Analyst
356	Joseph Schneider	07-09-2012	St. Paul, MN, 38	Economists
358	Amanda Gosek	07-27-2012	Clayton, NC, 42	Math Teacher
359	John Winowiecki	07-31-2012	San Diego, CA, 38	Interactive Designer
360	Stacey Brooks	08-10-2012	Plattsburgh, NY, 50	Sales
361	Kevin Barber	09-03-2012	Essex Junction, VT, 49	Teacher
362	Vernon Heavner	10-01-2012	Winchester, VA, 38	Electrical Coordinator
362	Samuel Lathrop	10-01-2012	Ardmore, PA, 35	IT Auditor
364	Adam Ailabouni	10-27-2012	Northfield, MN, 41	Family Physician
365	Jennifer Hienton	10-31-2012	Chicago, IL, 37	Fiance
366	Barry Wishon	11-07-2012	Raleigh, NC, 64	Sales
367	Rodman Gilardi	11-18-2012	Holland, PA, 38	Operations Manager
368	Lisa Pronovost	11-20-2012	Milwaukie, OR, 56	H/R
368	Jason Young	11-20-2012	Saxonburg, PA, 42	Police Officer
370	Derek Long	11-22-2012	Pittsburgh, PA, 36	Teacher
370	Donna Lutes	11-22-2012	Cincinnati, OH, 39	Business Analyst
372	Lance Nelson	12-01-2012	Ashburn, VA, 40	Manager
373	Steve Bickford	12-05-2012	Huntsville, TX, 57	Safety Officer
374	Christopher Malenab	12-10-2012	Sacramento, CA, 38	Soccer Coach
375	Patrick Ferry	12-20-2012	Mequon, WI, 58	University President
375	Bryan Harris	12-20-2012	Charlotte, MI, 53	Automotive Engineer
377	Michael Stegura, Jr.	12-21-2012	Philadelphia, PA, 27	Consultant
378	Donna J Freeman	12-24-2012	Huntsville, TX, 43	Teacher
379	Paul Christian	12-25-2012	Rochester, MN, 68	Journalist
379	Kandice Thompson	12-25-2012	Round Rock, TX, 40	HR/Operations Manager
379	Bo Grist	12-25-2012	Charlottesville, VA, 50	Ecommerce
382	Michael Ehrenfeucht	12-26-2012	Westminster, CO, 44	Accountant
382	Jared Murphy	12-26-2012	South Glens Falls, NY, 41	School Bus Driver
384	Bennjamin Griffin	12-28-2012	Pittsfield, MA, 31	TeacherXC Coach

385	Matt Henslee	12-30-2012	Mayhill, NM, 34	Pastor
386	Mike Orrico	12-31-2012	St. Charles, MO, 39	Banker
386	Diantha Velasquez	12-31-2012	Dexter, NY, 50	Teacher
386	Zachary Watson	12-31-2012	Wind Lake, WI, 27	Investigator
389	Mark P. Garcia	01-01-2013	Chicago, IL, 32	Buyer
389	Rob Hansen	01-01-2013	Corona, CA, 42	Deputy Sheriff
389	Jessica Higgins	01-01-2013	Winston-Salem, NC, 39	Teacher
389	Emily Hopkins	01-01-2013	Boise, ID, 32	Client Service Manager
389	Patricia Montana	01-01-2013	Hampton, NH, 60	Sales Associate
389	Basim Nasr	01-01-2013	Bend, OR, 44	Project Manager
389	Vicki Newcomb	01-01-2013	Bolivar, MO, 46	Teacher/Coach
389	Brittany Broderick	01-01-2013	Canandaigua, NY, 33	Mental Health Counselor
397	Caitlin Schultz	01-03-2013	Timonium, MD, 30	Elementary Educator
398	Jeremy Duehring	01-07-2013	Arlington, VA, 41	U.S. Navy
399	Joel Andrade	02-02-2013	UNK, 43	Forensic Social Work
399	Dan Chasteen	02-02-2013	Snyder, TX, 49	Chiropractor
401	Patrick Ryon Fariss	02-22-2013	Georgetown, TX, 40	Sales

### NEOPHYTES (1-5 years)

402	DeWayne Key	03-19-2013	Moulton, AL, 69	Retired Educator
403	Diane Washburne	03-21-2013	Mendham, NJ, 55	Marketing Executive
404	Shaun Brennan	03-23-2013	Memphis, TN, 55	St. Jude's Hospital
405	Eric M Nickels	04-01-2013	Los Angeles, CA, 31	Physician
406	Scott Carter	04-08-2013	Columbia, TN, 50	Shipping Clerk
407	William Fell	04-13-2013	Baton Rouge, LA, 32	Attorney
408	Falamack Zaltash	05-05-2013	Covina, CA, 51	Dentist
409	Emily Osinski	05-06-2013	San Marcos, TX, 34	Violinist
410	John Mayan	05-12-2013	Westminster, MD, 59	Electrical Engineer
411	Peggy Hubbard	05-16-2013	Los Alamos, NM, 60	
412	Brian Flaspohler	05-25-2013	Chesterfield, MO, 50	Manufacturing Engineer
413	Sadie-jo Kobussen	05-26-2013	Woodbury, MN, 44	Teacher's Aide
414	Dan Donald	05-27-2013	Ocala, FL, 43	Registered Nurse
414	Sarah Miller	05-27-2013	Des Moines, IA, 41	Business Analyst
416	Jay Marshall	06-01-2013	Richmond, IL, 51	Teacher
417	Michael Perez	06-15-2013	Lithia, FL, 46	Marine Pilot
417	Valerie Perez	06-15-2013	Lithia, FL, 45	Teacher
419	Tracy Johnson	06-21-2013	Eureka, CA, 45	Mom
419	Conrad Walt	06-21-2013	Huntington Beach, CA, 16	Student
419	Nolan Walt	06-21-2013	Huntington Beach, CA, 13	Student
422	Cory Carl Bomberger	06-28-2013	Portland, OR, 28	Engineer
423	Hanju Wang	06-29-2013	Gurnee, IL, 54	Nurse Practitioner
424	Tammy Jones	07-01-2013	Miami Beach, FL, 45	Teacher
425	Daniel Miller	07-04-2013	Forest Lake, MN, 37	Banker
426	Elaina Wild	07-07-2013	Saint Louis Park, MN, 31	
427	Bethann Wolfe	07-18-2013	Bayville, NY, 45	Professor
428	Thomas Comer	07-28-2013	Brooklyn, NY, 56	Retired
429	Kathy Chase	08-05-2013	La Luz, NM, 57	Zoo Support Facility Asst.
430	Andrew Olson	08-13-2013	Ave Maria, OR, 31	Graduate Student
431	Paul Temple	08-22-2013	Germantown, TN, 49	Business Owner
432	Eric Thompson	08-26-2013	Bismarck, ND, 47	M.D.
432	Vern Weisensel, Jr.	08-26-2013	Onalaska, WI, 36	Bar Manager
434	Gregory Heid	08-27-2013	Baltimore, MD, 33	Teacher
435	Richard Jones	09-13-2013	Ames, IA, 71	Retired
436	Matthew Gerety	09-17-2013	Charleston, SC, 31	Pilot
437	Michelle Marx	09-22-2013	League City, TX, 44	Homeschooling Mom
438	Andrew Rifkin	09-24-2013	Barrington, IL, 18	Student
439	Brett Johnson	10-01-2013	Eureka, CA, 49	Engineer
440	Tracey McKibben	10-07-2013	Dayton, OH, 47	Technical Writer
441	Sharmene Syversen	10-17-2013	Brighton, MI, 47	Engineer
442	Susan MH Tyrrell	10-29-2013	Lawton, OK, 48	professor
443	Lindsey Martin	11-01-2013	Salem, OR, 63	Commercial Real Estate Broker
444	Kristen Kinnear-Ohlmann	11-02-2013	Bloomington, MN, 42	
445	Thomas LaPlante	11-10-2013	Fiskdale, MA, 46	Sales
446	Mary Ellen Chardavoyne	11-11-2013	Glenmont, NY, 57	Teaching Assistant
447	Katherine Jones	11-14-2013	Las Vegas, NV, 29	Stay-At-Home Mom
448	Noel R Shafer	11-18-2013	Peru, IN, 50	Small business
449	Jeremy Murphy	11-19-2013	Lincoln, NE, 49	Self Employed
450	David L Eicken	11-22-2013	Golden, IL, 67	Retired
451	Bill Jordan	11-23-2013	Blacklick, OH, 46	Attorney

452	Kristin Rutkowski	11-25-2013	Bethlehem, PA, 41	Teacher/Fitness Instructor
453	Jana Chernetz-Taylor	11-26-2013	Scotch Plains, NJ, 41	Lobbyist
453	Sylvia Russell	11-26-2013	Highlands Ranch, CO, 52	Manager
455	Gerard Fehling	11-27-2013	Mendham, NJ, 41	IT Executive
455	Christine Folchi	11-27-2013	Montgomery, NY, 45	Self Employed
455	Kim Howard	11-27-2013	Mineral Springs, AR, 56	Supervisor
458	Joy Chiong	11-28-2013	Forked River, NJ, 39	Physical Therapist
458	Jay Eiteljorge	11-28-2013	Fishers, IN, 44	Customer Service Rep
458	Ericka Kimball	11-28-2013	Portland, OR, 43	Professor
458	Penelope McCormick	11-28-2013	St. Germain, WI, 71	Retired Teacher
458	Teresa Roche	11-28-2013	Grants Pass, OR, 50	Graphic Design
458	Lisa Stevenson	11-28-2013	State College, PA, 42	Psychology Instructor
458	Jimmy Wilson	11-28-2013	Florence, SC, 52	Bank Loan Officer
465	Robert Magner	11-29-2013	Littleton, MA, 68	Consultant
466	Steve Allen	11-30-2013	Huntsville, TX, 45	IT Professional
466	Robin Lentine	11-30-2013	Plymouth, MN, 19	Student
468	John Hartenburg	12-01-2013	Perrysburg, OH, 46	Self Employed
469	Morgan O'Brien, III	12-07-2013	Fairfax, VA, 38	Diplomat
470	Robert Harris	12-08-2013	Lake Forest, CA, 58	Real Estate Appraiser
471	Christopher Bosken	12-13-2013	Cary, NC, 38	Product Manager
472	Augusta Kirk	12-25-2013	Prior Lake, MN, 43	HR Director
472	John Ogden, Jr.	12-25-2013	Cedaredge, CO, 50	Media Services Coordinator
472	Jamie Rheäume	12-25-2013	Marion, IL, 57	Educator
475	Todd Parker	12-26-2013	Swarthmore, PA, 47	School Principal
476	Steven Q. Riddick	12-28-2013	Woodstock, GA, 40	Project Manager
477	Marc Owen	01-01-2014	Lake Forest, CA, 44	
477	Karl Davenport	01-01-2014	Loveland, OH, 63	Retired
477	Scot DeDeo	01-01-2014	Belmont, MA, 37	Software Engineer
477	Scott Donaldson	01-01-2014	Fort Worth, TX, 38	Coordinator
477	Jason Finger	01-01-2014	Cottonwood, AZ, 46	Physical Therapist
477	Dana Leigh Formon	01-01-2014	Huntsville, TX, 29	Graduate Research Asst.
477	Steve Gurdak	01-01-2014	Springfield, VA, 62	Retired Detective
477	Chris Kato	01-01-2014	Kalamazoo, MI, 31	Teacher/XC Coach
477	Samuel Kovach-Orr	01-01-2014	Metuchen, NJ, 27	Student
477	Sara McElheny	01-01-2014	Mount Kisco, NY, 22	Student
477	Olivia Medina	01-01-2014	Albuquerque, NM, 35	Control Room Operator
477	William Rowley, III	01-01-2014	New York, NY, 50	Internet Executive
489	Heather Kolbo	01-02-2014	Portland, OR, 35	Artist/Entrepreneur
490	Kara Lavaux	01-06-2014	Highlands Ranch, CO, 43	Health Inspector
491	Brooks Cone	01-09-2014	Chelsea, MI, 53	Pilot
492	Rachel Barnhill	01-13-2014	San Diego, CA, 15	Student
493	Annielaurie Shelton	01-19-2014	Phoenix, AZ, 46	Judicial Officer
494	Theresa Leeds	02-01-2014	Las Vegas, NV, 46	WifeMomRealtor
495	Frederick Fye	02-14-2014	Columbia, MO, 58	Auto Damage Appraiser
496	Matthew James Honzik	02-15-2014	Manitowoc, WI, 26	Accounting Specialist
497	Keith Jordan Shockley	03-01-2014	Blowing Rock, NC, 28	BankerGym Owner
497	Kaitlin Wright	03-01-2014	Lafayette, IN, 36	Music Instructor
499	Randall Buikema	03-08-2014	Fulton, IL, 58	HR Director
500	Steve Morrow	03-09-2014	Eagle Lake, MN, 54	Sr. System Analyst
501	Meghan Jacobs	03-10-2014	Milford, MI, 23	Student
502	Elizabeth Saucedo	03-20-2014	Albuquerque, NM, 47	Homemaker
502	Kirk Wilbur	03-20-2014	Sacramento, CA, 32	Lobbyist
504	Michael Davis	03-29-2014	Fort Worth, TX, 47	Self Employed
505	Ian Russell	03-30-2014	Missouri City, TX, 13	Student
506	Garren Hamby	03-31-2014	Minnetrista, MN, 38	Sales Manager
507	Rick Larson	04-02-2014	Bloomington, MN, 60	Financial Advisor
508	David Darian Muresan	04-03-2014	Jersey City, NJ, 43	Engineer
509	Leann Fadroski	04-08-2014	Menominee, MI, 37	Hospital Registration
509	Martin Knight	04-08-2014	Centreville, MD, 57	Financial Advisor
509	Michael Lesko	04-08-2014	Frisco, TX, 36	Sales
512	Dylan Russell	04-09-2014	Missouri City, TX, 44	Attorney
513	Raymond Stone	04-10-2014	Garland, TX, 51	Self Employed Restoration
514	Enrique Sallent	04-22-2014	Passaic, NJ, 52	User Experience Designer
515	Kathy Maloney	05-01-2014	Andover, MA, 51	Administrative Asst.
515	Robert Nelson	05-01-2014	Tarpon Springs, FL, 43	Self Employed
517	Chulwon Park	05-03-2014	Helena, AL, 35	Practice Administrator
518	Laura Smith	05-07-2014	Sheffield, MA, 44	Teacher
519	Stacy Spikes	05-08-2014	New York, NY, 50	CEO
520	Joseph Finley, II	05-23-2014	Roxbury, MA, 37	Transportation Supervisor
521	Robert Geary	05-25-2014	Fairfield, CT, 51	Advertising Sales

522	Jennifer Fitzharris-Funk	05-26-2014	Minneapolis, MN, 42	Corporate Trainer
522	Conni Miller	05-26-2014	Greencastle, PA, 47	Registered Nurse
522	Cassandra Noble	05-26-2014	Bozeman, MT, 28	Data/Research Analyst )
525	Scott Church	05-27-2014	Eagan, MN, 48	Wound & Ostomy Nurse
526	Yanira Vazquez	05-31-2014	Miami, FL, 40	Assistant
527	Mark Allen	06-01-2014	Chesapeake, VA, 35	Safety Manager
527	Paul Bishop	06-01-2014	Lawrenceville, GA, 50	Banker
529	Sherry Broom	06-03-2014	Columbia, MS, 44	Nurse
530	Chad Merritt	06-14-2014	Murrieta, CA, 44	Engineer
531	Kate Freed	06-15-2014	Pittsburgh, PA, 43	Nonprofit Executive
532	John Schuerzinger	06-16-2014	Latham, NY, 48	Administrative Assistant
533	Robert Schneider	06-24-2014	Titusville, FL, 55	IT Professional
534	Susanne Strachota	06-26-2014	St. Petersburg, FL, 30	Doctoral Student
535	Jeff Blumenthal	06-27-2014	Oklahoma City, OK, 58	Financial Advisor
535	Shane Naisbitt	06-27-2014	Grass Valley, CA, 48	Sales
537	Peter Gibson	07-01-2014	Princeton, NJ, 53	Business Owner
538	Tammy Roether	07-04-2014	Long Beach, CA, 43	Management
539	George Cressy, III	07-19-2014	Mishawaka, IN, 26	Law Student
540	Matthew Lysiak	07-24-2014	Selinsgrove, PA, 40	Writer
541	Kyle Kiepke	07-31-2014	Holyoke, MA, 51	USAF Contracting
542	Stephen Dye	08-02-2014	Cut Off, LA, 38	Information Security Officer
543	Roger Raymond	08-07-2014	Marco Island, FL, 66	Athletic Director
544	Brad King	08-12-2014	Cincinnati, OH, 30	Orthopedic Surgeon
545	Kriste Joy	08-15-2014	Greenfield, MA, 45	Finance
546	Angela Schingneck	08-16-2014	Menominee, MI, 29	Lead Infant Teacher
547	Tom Drake	08-24-2014	North Grafton, MA, 41	Software Engineer Mgr.
548	Laura E Clark	08-29-2014	West Branch, MI, 50	Social Worker
549	Cheryl Lentz	08-31-2014	Bonner Springs, KS, 40	Project Manager
550	Deborah Johnson	09-04-2014	Littleton, CO, 66	Retired
551	Mandy Colten	09-09-2014	Saint Paul, MN, 30	Analyst
552	Raymond Anair	09-14-2014	Royalston, MA, 49	Police Officer
553	John Saucedo	09-15-2014	Albuquerque, NM, 47	Manager
554	Christine Petrone	09-18-2014	Greensboro, GA, 65	Retired Registered Nurse
555	Sabrina Fawler	09-22-2014	Phoenix, AZ, 40	Paralegal
556	Sandra Monday	09-28-2014	Brentwood, MO, 38	Project Manager, VP
557	Amy Blalock	09-29-2014	Indian Wells, CA, 58	Retired
558	Matthew Silva Sa	09-30-2014	Littleton, CO, 31	Laser Engineer
559	Roxanne Lorenz	10-01-2014	Benson, MN, 37	Stay-At-Home Mom
560	Antonio Cipollone	10-03-2014	Pomona, NY, 54	CPA
561	Katie Raab-Reed	10-08-2014	Copioque, NY, 35	Medical Records Director
562	Jennifer Anderson	10-11-2014	Poquoson, VA, 37	Peridontist
563	J. Michael Kane	10-16-2014	Scottsdale, AZ, 57	Commercial Realtor
564	Ed Seaman	10-26-2014	Dayton, OH, 56	Encourager
564	Josh Foor	10-26-2014	Lafayette, IN, 34	US Army Career Counselor
566	Jose Medina	10-29-2014	Pembroke, FL, 49	Owner Mining-Export Co.
567	Michael Hammond	11-01-2014	Pottersville, MI, 56	Graphic Designer
568	David Dudley	11-06-2014	Plymouth, CT, 66	Consultant
569	Jenna Heller	11-13-2014	Phoenix, AZ, 29	Dietitian
570	Bruce Sackinger	11-17-2014	Fairbanks, AK, 47	State Lands Manager
571	Barbara Schwentor	11-22-2014	Hudsonville, MI, 62	Rehab Manager
572	Timothy Durbin	11-24-2014	Aptos, CA, 35	VP Strategy
573	Natham Adams	11-25-2014	Miami Shores, FL, 34	Pastor
573	Sherrri Schultz	11-25-2014	Cologne, MN, 52	Paramedic
575	Ruth Beveridge	11-26-2014	Lynchburg, VA, 38	Professor
575	Sarah Wood	11-26-2014	Lancaster, PA, 45	Veterans Affairs
577	Jonathan Arnold	11-27-2014	Issaquah, WA, 48	Stay-At-Home Dad
577	Staci Jones	11-27-2014	New Market, MD, 46	Nonprofit Director
577	Matt Ryerson	11-27-2014	Cleveland, TN, 46	Nonprofit Admin.
577	Jennifer Rytter	11-27-2014	Marysville, WA, 43	Teacher
577	Kristen Rae Sigman	11-27-2014	Pikeville, NC, 31	Domesticated Engineer
582	Christine Crooke	11-28-2014	Downingtown, PA, 59	Teacher
583	Harald Tomesch	12-14-2014	Bayside, WI, 61	Professor
584	Vanessa Antoine	12-21-2014	Forney, TX, 39	Coach
585	Harvey Lewis	12-22-2014	Cincinnati, OH, 41	H.S. Social Studies Teacher
585	John Woody	12-22-2014	Goodyear, AZ, 48	Teacher/Coach
587	Melissa Heiser	12-23-2014	Auburn, NH, 43	HR Manager
588	Robert Buikema	12-24-2014	Holland, MI, 44	
589	Randy Fuerst	12-26-2014	Medina, OH, 51	Development
589	Justin Knapp	12-26-2014	Overland Park, KS, 36	Pharmacy Technician
591	Crystal Clark	12-28-2014	Mesa, AZ, 41	CRNA

591	David Kwong	12-28-2014	Bolton, MA, 39	Network Engineer
591	Andreas Stresemann	12-28-2014	Riverdale, NY, 59	Architect
594	Teresa Amundson	12-29-2014	Arlington, VA, 46	Attorney
595	Samuel Engelman	12-30-2014	Brooklyn, NY, 42	Tech
596	Breanna N Barnett	12-31-2014	Midland, MI, 29	teacher
596	Michael Bagazinski	12-31-2014	Chicago, IL, 47	Banking
596	Natalie Brunson	12-31-2014	Rockford, IL, 41	Homeschooling Parent
596	Paul Kirner	12-31-2014	Hinckley, OH, 70	Attorney
596	Craig Kuglar	12-31-2014	Atlanta, GA, 43	Attorney
596	Kyle David Seibert	12-31-2014	Bay City, MI, 37	
602	Mark A Russell	01-01-2015	Sea Ranch Lakes, FL, 61	Chief Financial Officer
602	Dana Blumberg	01-01-2015	Green Valley, AZ, 59	Retired Teacher
602	Amy Brock-Hon	01-01-2015	Signal Mountain, TN, 41	Professor
602	Ann Chen	01-01-2015	Dallas, TX, 40	Optometrist
602	Eugene Chen	01-01-2015	Dallas, TX, 41	Optometrist
602	Tim DeSantis	01-01-2015	Boise, ID, 55	Counselor/Therapist
602	Jennifer Emch	01-01-2015	Phoenix, AZ, 47	Registered Nurse
602	Kristen Foote	01-01-2015	pswich, MA, 48	Clinical Research Supervisor
602	Rich Glass	01-01-2015	Dallas, TX, 53	Attorney
602	Maria Gorton	01-01-2015	Newport News, VA, 46	Veterinarian
602	Chris Harrison	01-01-2015	Paradise Valley, AZ, 54	Home Builder
602	Richard Horvitz	01-01-2015	Newton, MA, 48	Accountant
602	Jonathan Jennings	01-01-2015	Southampton, NY, 54	Golf Course Superintendent
602	Barton Lane	01-01-2015	Los Altos, CA, 75	Retired Doctor
602	Eric Linn	01-01-2015	Pittsburgh, PA, 62	Consultant
602	Andy Lohn	01-01-2015	Dayton, MN, 44	DBA
602	John McDonnell	01-01-2015	Boston, MA, 56	Managing Director
602	Teresa Morris	01-01-2015	San Antonio, TX, 56	Self-Employed
602	Bret Nelson	01-01-2015	Hutto, TX, 39	Manufacturing Estimator
602	Ray Ortman	01-01-2015	Chanhassen, MN, 56	Clergy
602	Alexandra Sevillano	01-01-2015	Clearwater, FL, 36	Lawyer
602	Justin Wenzelman	01-01-2015	Dubuque, IA, 37	Insurance
602	Laustin Woods	01-01-2015	Phoenix, AZ, 44	Accountant
602	Kevin Wool	01-01-2015	Quincy, MA, 59	Territory Sales
602	Jim Woolam	01-01-2015	Fort Myers, FL, 85	Retired
602	Matthew D Verley	01-01-2015	Greenville, SC, 32	Bank Manager
602	Scott Howard	01-01-2015	Manalapan, NJ, 50	Administrative Patent Judge
629	Christopher B Dowd	01-04-2015	Hoboken, NJ, 39	Compliance Manager
629	Christopher Swenson	01-04-2015	Cheyenne, WY, 39	USAF Emergency Manager
631	Matthew Kane	01-05-2015	Tonawanda, NY, 51	Engineer
631	Matthew Lohmeyer	01-05-2015	Lynchburg, VA, 38	Building Resotation
631	Mike Thorson	01-05-2015	Fergus Falls, MN, 38	Sales
634	Olivia Robertson	01-07-2015	Columbia, MD, 35	Social Worker
635	Julie Taylor	01-18-2015	Cheyenne, WY, 48	Teacher
636	Hunter Noffsinger	01-24-2015	Chesapeake, VA, 22	Student
637	Mark Sands	01-25-2015	Webster, NY, 44	Sheriff's Deputy
638	Ashley Gutermonth	01-26-2015	Dover, DE, 31	Voice Over Actress
639	Stephen Bardsley	01-31-2015	Stevensville, MD, 53	ILA Clerk
640	Scott Sounart	02-01-2015	Arvada, CO, 52	Civil Engineer
641	Michael Taricani	02-11-2015	Burlington, CT, 64	Sales Manager
642	Tim Stearman	02-12-2015	Albuquerque, NM, 36	Air Force
643	Gary Circosta	02-22-2015	Rutland, MA, 70	Dentist
644	Brandon Walker	02-28-2015	Wamego, KS, 42	Scientist
645	Vicky Douglas	03-01-2015	Shoreview, MN, 50	Director
646	Tom McMullin	03-02-2015	Onset, MA, 25	Health Care
647	Kyle Bode	03-03-2015	Ham Lake, MN, 35	Firefighter
648	Scott Tonneson	03-05-2015	St. Paul, MN, 44	Portfolio Manager
649	Todd Vitols	03-06-2015	Burnsville, MN, 55	Engineer
650	Todd Thompson	03-08-2015	Columbia, MO, 53	IS Manager
651	Sharon Stewart	03-10-2015	Sprankle Mills, PA, 55	Radio Announcer
652	Rodney Vellinga	03-14-2015	Holland, MI, 48	Health Insurance
653	Marlene Saldana Petrell	03-19-2015	Huntington Beach, CA, 36	Food Server
654	Laura S Hast	03-26-2015	Dudley, MA, 58	Controller
655	Sarah Girotti	04-01-2015	Winchester, MA, 46	Product Owner
655	Suzanne P. Manuel	04-01-2015	Lusby, MD, 47	Veterinary Technician
655	Matthew Baumgartner	04-01-2015	Temple, TX, 34	Pastor
658	Cynthia Devesly	04-04-2015	Toms River, NJ, 48	SAHM
659	Robert Montana	04-10-2015	Hampton, NH, 60	Retail Manager
660	Kurt Whitman	04-28-2015	North Hollywood, CA, 41	Attorney
661	Paula Adams	05-01-2015	Cat Spring, TX, 53	Homemaker

661	Morgen Young	05-01-2015	Portland, OR, 34	Historian
663	Julie van Amerongen	05-07-2015	Portland, OR, 51	Event Producer
664	Kyrstin Clodfelter	05-09-2015	Satellite Beach, FL, 34	Dietitian
664	Brian Funk	05-09-2015	Minneapolis, MN, 39	Deputy Chief Operations Officer
666	Justin Strausser	05-13-2015	Virginia Beach, VA, 30	Navy Pilot
667	Elizabeth Bricken Wilson	05-17-2015	Memphis, TN, 42	Investor
668	Lucas Henderson	05-22-2015	Orlando, FL, 39	Teacher
669	Travis English	05-23-2015	Fountain Valley, CA, 44	Engineer
670	Tracy Kulwicki	05-25-2015	Granger, IN, 34	Enrollment Counselor
670	Tiffany M Lambert	05-25-2015	Colorado Springs, CO, 29	Air Force
670	Kevin MacFarland, Sr.	05-25-2015	Tampa, FL, 58	Retired
670	Robert Malyszczek	05-25-2015	Moorpark, CA, 53	Consulting
670	John Miller	05-25-2015	Macon, GA, 37	Financial Representative
670	Gaurav Chauhan	05-25-2015	West New York, NJ, 34	Software Developer
676	Danielle Giltner	05-26-2015	Indianapolis, IN, 34	Attorney
677	Katie G Roehlk	05-27-2015	Roswell, NM, 34	Attorney
678	Adam Hornick	05-31-2015	Waikoloa Village, HI, 32	Healthcare Research
679	Daryl Brubaker	06-01-2015	Timberville, VA, 36	Project Manager
679	Jessica Viana	06-01-2015	Summit, NJ, 37	Athletic Trainer
679	Jennifer Starr Suarez	06-01-2015	Miami, FL, 36	Executive Manager
682	Helen Frees	06-02-2015	Clark, NJ, 37	Art Teacher
683	Jennifer Humble	06-03-2015	Murfreesboro, TN, 27	Pharmacy Technician
684	Tarang Saluja	06-08-2015	Roslindale, MA, 18	Student
684	Teresa Vincent	06-08-2015	Haydenville, MA, 47	
686	Sarah Madaio	06-09-2015	Parrish, FL, 48	Veterinarian
687	Megan Leeds	06-12-2015	Denver, CO, 31	Administration
688	Kevin Braman	06-14-2015	League City, TX, 38	Engineer
689	Chuck Morehouse	06-15-2015	Saint Petersburg, FL, 50	Teacher
690	Melissa Wacker	06-20-2015	Chicago, IL, 34	Dental Assistant
691	Renate Tomesch	06-21-2015	Bayside, WI, 58	IT Director
692	Michele A Krantz	07-01-2015	Valparaiso, IN, 52	Target Guest service
692	Todd Kane	07-01-2015	Plainsboro, NJ, 67	Active Volunteer
692	James Unger	07-01-2015	LaGrange, KY, 62	Retired Financial Mgr.
695	Bruce Campbell, Jr	07-02-2015	Somerville, MA, 31	
695	Benjamin Labovitz	07-02-2015	St. Louis, MO, 32	Nurse
697	Michelle Corbett	07-04-2015	Rancho Santa Margarita, CA, 36	Social Worker
697	Elizabeth Storey	07-04-2015	Corona, CA, 43	Mom
699	Karen S Austin	07-05-2015	Franklin, TN, 65	Attorney
700	Jodi Stilp	07-09-2015	Newberg, OR, 43	Photographer
701	Lon Flaud, Jr.	07-17-2015	Lancaster, PA, 45	Factory
702	Kathleen Maloney	07-23-2015	Wilton, CT, 51	Professional Counselor
703	John Brackney	07-28-2015	Centennial, CO, 51	Director of Public Policy
704	Joyce Weber	08-01-2015	Atmore, AL, 40	Mom
705	Michael Lett	08-09-2015	Farmington Hills, MI, 25	Nurse
706	Earl Wacker	08-15-2015	Crown Point, IN, 64	Executive
707	Lisa Dawn Florack	08-19-2015	Durham, NC, 44	Sr. Project Manager – Construction
708	Paul Seibert	08-20-2015	Fort Mitchell, KY, 54	Software Developer
709	David Hacek	09-07-2015	Albany, OR, 54	Transportation maintenance coordinator
710	Debi Lowery	09-08-2015	Greer, SC, 43	Kindergarten Teacher
711	Donald Bennett	09-26-2015	Cleveland, TN, 65	Minister
712	Annette Rapp	09-27-2015	Santee, CA, 61	Information Systems Analyst
713	Paul Russo	10-02-2015	BROOKLYN, NY, 51	Software
714	Christopher Herman	10-04-2015	Avon, NY, 39	Retail Operations Manager
714	David Theisen	10-04-2015	Brooklyn Park, MN, 49	Teacher
716	Gerard Eldering	10-11-2015	Oak Hill, VA, 54	Entrepreneur
717	Lew Harter	10-13-2015	El Dorado, KS, 55	Network Administrator
718	Bridget Fox	10-17-2015	Takoma Park, MD, 48	Analyst
719	Katie Wojnoonski	10-20-2015	Berkeley, CA, 39	General Manager
720	Angela Bloss	10-26-2015	Champlin, MN, 43	Parent Involvement Specialists
721	Kelly Nelson	10-28-2015	Kasson, MN, 38	Banking
722	Betsey Goering	10-30-2015	Wichita, KS, 38	Teacher/Coach
723	Elizabeth Gilman	11-01-2015	Byron, MN, 37	Physician
724	Valor Foy Jones	11-02-2015	Newport News, VA, 54	
725	Danielle Meyers	11-03-2015	Kingsbury, TX, 28	Tower Lighting Technician
726	Christie Jacobs	11-05-2015	Lewisburg, TN, 43	Director of Medical Records
727	Matthew Montain	11-11-2015	Centerville, MN, 32	Agricultural Consultant
727	Jeff Thomas	11-11-2015	Concord, NC, 42	Process Technician
729	Matt Millard	11-13-2015	Altoona, IA, 42	IT System Admin Senior
730	Zak Novitske	11-18-2015	Kettering, OH, 34	U.S. Army
731	Leslie Anne Dupuy	11-19-2015	Conroe, TX, 52	HR

732	Christopher Chadwick	11-25-2015	Reno, NV, 37	Tutoring Specialist
733	Amy Jensen	11-26-2015	Gretna, NE, 48	Office Administrator
733	Ellen Kendall	11-26-2015	St. Louis Park, MN, 50	Business Analyst
733	Eryn Sinclair	11-26-2015	Fanwood, NJ, 39	Recreation
736	Dustin Krystowskiak	11-30-2015	Sheboygan, WI, 34	Clergy
737	Andrew Gray	12-01-2015	Marengo, IA, 31	Pastor
738	Joshua Moulthrop	12-04-2015	Escondido, CA, 43	Property Inspector
739	Rick Schulz	12-05-2015	Coarsegold, CA, 70	Retired Police Officer
740	John Magnuson	12-10-2015	Saint Paul, MN, 68	Sports Timing - Owner Mtec
741	Melissa B Macke	12-13-2015	Fort Thomas, KY, 38	Report Analyst
742	Carter Benge	12-16-2015	Fayetteville, NC, 26	Divinity Student
743	Brian Orth	12-18-2015	Boise, ID, 38	Software Engineer
743	Toni Orth	12-18-2015	Boise, ID, 39	Compliance Coordinator
745	Charles D. Thomas	12-24-2015	Portage, MI, 46	Psychotherapist
745	Stacey Dunn	12-24-2015	Polson, MT, 36	Biologist
745	Rodney Walker	12-24-2015	Cocoa, FL, 53	Retired
748	Kim 'Rooster' Rossiter	12-25-2015	Virginia Beach, VA, 41	US Marine
749	Jess K Knutson	12-26-2015	Fergus Falls, MN, 37	
750	Jason Holzapfel	12-27-2015	Wellston, OH, 42	
751	Adam Trifiro	12-29-2015	Cleveland Heights, OH, 33	Teacher
751	Michael Ward	12-29-2015	Albuquerque, NM, 39	Air Force
753	Cindy Sullivan	12-30-2015	Guilford, CT, 36	Accountant
753	Jessica M Caldwell	12-30-2015	Walnut, MS, 35	Home maker
755	Charles McGeachie, II	12-31-2015	Tulsa, OK, 35	Quality Analyst
755	Petie Russo	12-31-2015	Evanston, IL, 61	Art Teacher
757	Jonathon P Goering	01-01-2016	Wichita, KS, 43	marketing
757	Mary Sarafolean	01-01-2016	Saint Paul, MN, 60	
757	Ed Gildersleeve	01-01-2016	Scottsdale, AZ, 45	
757	Jack Ankrum	01-01-2016	Vadnais Heights, MN, 65	Retired
757	Annalisa Buerke	01-01-2016	Fridley, MN, 43	Professor
757	Kevin Duban	01-01-2016	Bloomington, MN, 32	Price/Cost Analyst
757	Vicki Fredericksen	01-01-2016	Nashville, TN, 46	CAN
757	Rachel Gibson	01-01-2016	Washington, DC, 49	Peace Corp
757	Joseph Glass	01-01-2016	Dallas, TX, 19	Student
757	Rae-Anne Hovanetz	01-01-2016	Colorado Springs, CO, 36	Veterinarian
757	Les Russo	01-01-2016	Evanston, IL, 63	Accountant
757	Tim Scheidt	01-01-2016	Omaha, NE, 43	Teacher
757	Beth Thorson	01-01-2016	Fergus Falls, MN, 39	Mom
757	Jenna Thorson	01-01-2016	Fergus Falls, MN, 10	Student
757	Lauren Thorson	01-01-2016	Fergus Falls, MN, 7	Student
757	Natalie Thorson	01-01-2016	Fergus Falls, MN, 11	Student
757	Oliver Thorson	01-01-2016	Fergus Falls, MN, 13	Student
757	Catherine Vitols	01-01-2016	Burnsville, MN, 53	
757	Randy & Chief Weaver	01-01-2016	Mequon, WI, 60	CPA-CFO; Dog
757	Troy Weaver	01-01-2016	Pasadena, MD, 51	Tri Coach
757	Vincent Willging	01-01-2016	Fredericksburg, VA, 54	CT/MRI Tech
757	Roy Peterson	01-01-2016	Grafton, WI, 60	University Administration
779	Michelle Ramsdell	01-02-2016	Burke, VA, 50	Parish Administrator
780	Jon-Paul Correira	01-03-2016	Raynham, MA, 49	Federal Agent
781	Sara Sharpe	01-06-2016	Eagle River, AK, 35	USAF
782	Jose Moreno	01-08-2016	Huntsville, TX, 56	Mechanic
782	Jim Thomson	01-08-2016	Golden Valley, MN, 70	Attorney
784	Andi Thomas	01-19-2016	Stamford, CT, 50	Manager
785	Michael W Maddock, Jr	01-27-2016	Fairfax, VA, 49	
786	Diane Bryant	01-30-2016	Fort Worth, TX, 46	Social Worker
786	Ricky Bryant	01-30-2016	Fort Worth, TX, 46	Utility Supervisor
788	Melissa S Thigpen	02-01-2016	Fort Sill, OK, 46	
788	Jennifer Jean Coletti	02-01-2016	Bedford, NH, 34	Teacher
790	Jeffrey Smith	02-07-2016	Erir, CO, 46	Architects
791	Peter Ellerkamp	02-13-2016	Groton, MA, 24	
792	Steven Davidson	02-22-2016	Glendale, AZ, 50	Computer Programmer
793	Miles Christiansen	02-24-2016	Osage Beach, MO, 50	
794	Andy Reagan	02-26-2016	Schutesbury, MA, 28	Data Scientist
795	Maxine Manz	03-05-2016	Aliso Viejo, CA, 52	Senior Salesforce Analyst
796	Kym Blanchard	03-12-2016	Rockford, IL, 40	Teacher
797	Jennifer Mathiesen	03-14-2016	Fergus Falls, MN, 38	Children's Ministry
798	Gordon Pitt	03-17-2016	Morristown, NJ, 57	Software Developer
799	Grant Flora	03-30-2016	Botkins, OH, 12	Student
799	Aleah Young	03-30-2016	Saxonburg, PA, 17	Student
801	Junichiro Kono	04-05-2016	Houston, TX, 51	Professor

802	Chris Buchheit	04-10-2016	Marysville, OH, 48	Marketing
803	Valerie Moore	04-14-2016	Tewksbury, MA, 26	Actuary
804	Michael Beck	04-28-2016	Dayton, KY, 47	Director of Dining
804	Michele Beck	04-28-2016	Dayton, KY, 48	Dentist
806	Gordon Steven Christie	05-01-2016	Katy, TX, 48	
806	Steve Schoon	05-01-2016	Grand Rapids, MI, 49	Software Developer
806	Craig Whitfield	05-01-2016	Bothell, WA, 57	Physician Assistant
809	William Raymond Kelly	05-09-2016	West Danville, VT, 50	Financial Director
810	Michael Myers	05-11-2016	Syracuse, NY, 46	Sales & Marketing Mgr.
811	Jodie R Smith, IV	05-17-2016	Montgomery, AL, 54	College Athletics
812	David Hamilton	05-19-2016	Vancouver, WA, 63	Sales
813	Nick Marsh	05-21-2016	Hudson, OH, 37	Regional Sales Manager
814	Mandy Couey	05-22-2016	Kathleen, GA, 42	Homemaker
814	Scott Johnson-Yasufuku	05-22-2016	Springfield, MA, 40	Nurse
816	Elisabeth Evertsz	05-27-2016	San Jose, CA, 52	Patent Agent
817	Nigel Duffett	05-30-2016	Clearwater, FL, 56	Hotelier
817	Michael Duffy	05-30-2016	Ellicott City, MD, 44	Educator
819	Daniel Bruce	06-01-2016	East Montpelier, VT, 52	Pianist/Conductor
820	Katherine Bacon	06-02-2016	Charlotte, NC, 16	Student
821	Joseph Wolf	06-05-2016	Grand Island, NY, 33	Promotion Manager
822	Jackson Baker	06-06-2016	Gunnison, CO, 13	Student
823	Kevin C Tofel	06-10-2016	Harleysville, PA, 48	Freelance futurist
824	Garrett Lawton	06-12-2016	Indianapolis, IN, 30	Attorney & Coach
825	Jared Connell	06-16-2016	East Syracuse, NY, 28	Quality Assurance Tester
825	Vicki Gottardi	06-16-2016	Austin, TX, 52	
827	Nathan E Palmer	06-21-2016	Fredericksburg, VA, 13	Student
828	Tim Mathiesen	06-27-2016	Fergus Falls, MN, 38	Director of Communications
829	Max Parney	06-28-2016	Rochester, MN, 12	Student
830	Christina Furco	06-29-2016	Rochester, NY, 32	Registered Nurse
831	Gina Nidasio	07-13-2016	Yorktown, VA, 40	USAF
832	Matt Miller	07-15-2016	Barboursville, WV, 43	Sales Manager
833	Karl Dostal	07-31-2016	Cincinnati, OH, 46	CPA/Partner
834	Christina Nelson	08-01-2016	Marion, NY, 41	Childcare Provider
834	Daniel Forino	08-01-2016	Oakdale, NY, 33	Engineer
836	Edward Robert Collins, Jr.	08-16-2016	Greensboro, NC, 60	Engineer
837	Lori Branin	08-17-2016	Wasilla, AK, 48	Child Protection
838	Charlotte Lawson	08-18-2016	Puyallup, WA, 52	Information Strategist
838	Mercedes M. Murolo	08-18-2016	Santa Rosa, CA, 67	artist advertising exec
840	Sarah Welt	08-22-2016	Brooklyn, NY, 36	Propety Valuation Modeler
841	Kyle Sather	09-13-2016	Savage, MN, 25	Social Worker
841	Melissa Jacobson	09-13-2016	Montrose, MN, 35	Photographer
843	Jim Gottardi	09-17-2016	Austin, TX, 51	Sales Executive
844	Matthew Kennard	09-18-2016	Dayton, OH, 38	
845	Katie Bierman	09-20-2016	Decatur, GA, 39	Teacher
846	Benjamin Rosa	09-30-2016	Ewing, NJ, 57	Brand Manager
847	Steven L Gress	10-01-2016	Mokena, IL, 40	School Administrator
848	Edmond Liu	10-02-2016	Gering, NE, 21	
849	Jeff Hynes	10-03-2016	Melrose Park, IL, 48	VP Higher Education
850	Kathryn Marley	10-11-2016	Zellienople, PA, 43	Professor
851	Marcelo Silveira	10-12-2016	Miami, FL, 51	
852	Tina M Rees	10-15-2016	Ozark, MO, 56	RN - Supervisor
853	Bram Arrington	10-16-2016	Ellicott City, MD, 44	Dental Office Manager
854	Sophie M Czelusta	10-18-2016	Houston, TX, 13	Student
855	Nate Nichols	10-24-2016	Columbus, IN, 41	Teacher
856	Jean Berkmeier	10-27-2016	Mason, OH, 48	Homemaker
857	Crystalee R Modica	10-28-2016	Round Rock, TX, 30	Executive Assistant
858	Suzanne Nuccitelli	11-06-2016	Austin, TX, 48	Triathlon Coach Personal Trainer
859	Eric Corey Duncan	11-10-2016	riverdale, GA, 48	U.S. Navy (RET)
860	Heather Ryerson	11-14-2016	Cleveland, TN, 38	Professor
861	Khristina F Gonzalez	11-19-2016	Princeton, NJ, 35	College dean
862	Paul D Reich	11-20-2016	Winter Park, FL, 43	
863	Elizabeth Devine	11-22-2016	Shutesbury, MA, 37	Registered Dietitian
863	Andy Swanson	11-22-2016	Machesney Park, IL, 26	Fitness Specialist
865	Tandy R Wilson	11-23-2016	Northridge, CA, 53	artist
866	Carrie Chisholm	11-24-2016	Pittsburgh, PA, 39	Marketing
866	Ursula Edginton	11-24-2016	Pope Valley, CA, 57	
866	Nicole R Ingraham	11-24-2016	Navarre, FL, 38	
866	John Ambrose	11-24-2016	New Brighton, MN, 38	
866	Dustin R Krueger	11-24-2016	SANFORD, NC, 38	USAF
866	Olivia Christensen	11-24-2016	Lime Springs, IA, 37	
866	Spencer Christensen	11-24-2016	Lime Springs, IA, 8	

866	Sarah Parker-Scanlon	11-24-2016	Rockford, IL, 40	Non-Profit Executive Director
866	Jeanette Westrup	11-24-2016	O Fallon, MO, 36	
866	Allisondra Nietering	11-24-2016	Valparaiso, IN, 25	
866	Chad A Blakey	11-24-2016	Nixa, MO, 32	Accountant
877	Zach Lavelly-Planisek	11-27-2016	Berea, OH, 32	Pharmacist
877	Dale Mattson	11-27-2016	Bloomington, MN, 77	Retired
879	Jennifer L Starks	12-01-2016	St. Louis, MO, 43	Therapist
880	Joseph Kraft	12-05-2016	Monticello, MN, 32	
881	Kelli Rowles Davis	12-06-2016	Decatur, GA, 40	Teacher
882	Tristan Trexler Schmidt	12-09-2016	Emmaus, PA, 14	
883	Katherine Brown	12-10-2016	Westfield, NJ, 19	Student
884	David Jennings	12-13-2016	Wilmington, DE, 41	CPA
885	Mark Manz	12-16-2016	Durham, NC, 32	teacher
886	Joe Avallone	12-18-2016	Whippany, NJ, 51	CPA
887	Regina J Diefenderfer	12-21-2016	Danielsville, PA, 58	Hiring and Onboarding Manager
888	Shea van Butler	12-22-2016	Portland, OR, 16	Student
889	Justin Simonitsch	12-24-2016	Virginia Beach, VA, 36	
889	Nirpa Desai	12-24-2016	VOORHEES, NJ, 45	
891	Yen Peng Kao	12-25-2016	Santa Clara, CA, 38	Engineer
892	John Bailey	12-27-2016	Houston, TX, 29	
892	William C Whelan	12-27-2016	North Las Vegas, NV, 40	
894	Rylan Flint	12-29-2016	Williamsburg, VA, 18	
895	Mike E. Crowder	12-30-2016	Indianapolis, IN, 53	Equity Fund manager
896	Cari Masek	12-31-2016	Dayton, OH, 39	Quality Engineer
896	Josh Meyer	12-31-2016	Roanoke, VA, 39	
896	Elizabeth Kinsey	12-31-2016	Littleton, CO, 53	Mortgage Consultant
896	Miranda Beck	12-31-2016	Minneapolis, MN, 30	Physical Therapist
896	Nathan Isaacs	12-31-2016	Santa Rosa Beach, FL, 24	Air Force Officer
901	Kimberly Dayana Castro vasquez		01-01-2017	Lillington, NC, 14
901	Dane Clark	01-01-2017	Rochester, MI, 56	Information Technology
901	Carissa C Christenson	01-01-2017	North Mankato, MN, 27	Creative Manager
901	Jacob Wesoky	01-01-2017	Sterling, VA, 13	Student
901	Megan Christine Nelson	01-01-2017	Moscow, ID, 29	PhD Student
901	Sara Hildebrandt	01-01-2017	McKinney, TX, 33	
901	Shane Morrison	01-01-2017	Baton Rouge, LA, 42	Quality Manager
901	Vincent LoProto	01-01-2017	Cedar Grove, NJ, 34	Teacher
901	Elizabeth A. Gallagher	01-01-2017	Katy, TX, 52	
901	Dorothy Hedican	01-01-2017	Mason, WI, 34	Entrepreneur
901	Michael Gaetano Ribaudo	01-01-2017	Arlington, VA, 27	Finance
901	Sheila Augustine	01-01-2017	Chanhassen, MN, 51	Real Estate Investments
901	Serena Retterath	01-01-2017	Bremerton, WA, 37	Sahm
901	Peter Lloyd Lemke	01-01-2017	Katy, TX, 32	Data Philosopher
901	Lesley Brooke Dorsey	01-01-2017	Kailua, HI, 37	Physician Assistant
901	Douglas A Richardson	01-01-2017	Lancaster, NH, 41	Teacher
901	Matt Piszczek	01-01-2017	Auburn Hills, MI, 32	
901	Rebekah S Longsine	01-01-2017	Oak Creek, WI, 34	
901	Ellen Renate Knaus	01-01-2017	Neenah, WI, 20	Student
901	Michelle Jacobson-Kwok	01-01-2017	Oakland, CA, 38	
901	Michael J Sturwold	01-01-2017	Cincinnati, OH, 36	Data Warehouse Developer
901	Judy Anne Sherman	01-01-2017	Crystal lake, IL, 56	Self
901	Rachel Morrison	01-01-2017	Nederland, TX, 17	Student
901	Jessica Nash Hampton	01-01-2017	Signal Mountain, TN, 34	Retail management
901	Molly Ruth Hampton	01-01-2017	Signal Mountain, TN, 8	Student
901	Michael Hollis Hampton	01-01-2017	Signal Mountain, TN, 37	Business Planning
901	Reed Hollis Hampton	01-01-2017	Signal Mountain, TN, 10	Student
901	Michael E. Walston	01-01-2017	San Antonio, TX, 32	Medical Student
901	James Fitzpatrick O'Keefe	01-01-2017	Yarmouth, ME, 54	AttorneyFirefighter
901	Joshua Simmons	01-01-2017	Greer, SC, 31	
901	Patty Szczepanski	01-01-2017	Kalamazoo, MI, 24	Copywriter
901	Meredith Bickell	01-01-2017	Cheyenne, WY, 49	Deputy CIO
901	David S Sutherland	01-01-2017	Coventry, CT, 55	Science Teacher
901	Wayne B Roberts	01-01-2017	Sandusky, MI, 70	retired PE Instructor and XCTrack Coach
901	Randolph A Welch	01-01-2017	Enterprise, AL, 54	Pilot
901	Karlin E Warner	01-01-2017	Lincoln, NE, 33	Organic Certification
901	Tony Cooper	01-01-2017	Suwanee, GA, 34	IT
901	Anna M Case	01-01-2017	Richfield, MN, 27	nurse
901	Kim A Case	01-01-2017	Richfield, MN, 56	nurse
901	Ramon Mario Medina, Jr	01-01-2017	New York, NY, 47	
901	Marylou Cayetano Thelmo	01-01-2017	Toms River, NJ, 53	
901	Paul Zavadil	01-01-2017	Montgomery, NY, 40	
901	Neil Binette	01-01-2017	Dover, NH, 43	Therapist
944	Carissa Donahoo	01-02-2017	Lakewood, CO, 23	Social Worker
945	Wendy E Morgan	01-03-2017	Waycross, GA, 36	Human Resources
946	Kyle A Coddington	01-04-2017	Chicago, IL, 27	Accountant
947	Kass L Gregory	01-08-2017	Carbondale, IL, 39	Healthcare

948	Amy L Sautter	01-13-2017	Yuma, AZ, 38	USPS
949	Stephanie G Daniels	01-15-2017	Boswell, PA, 45	Homemaker
950	Ryan Steele Raposo	01-18-2017	Miami, FL, 35	Coach
951	Blake Reinke	01-23-2017	Lakewood, OH, 24	Engineer
952	Mike Rhinehart	01-25-2017	Carmel, IN, 35	
953	Sarah M Cureton	02-02-2017	Bealeton, VA, 34	Teacher
954	Doug Suker	02-15-2017	Edina, MN, 67	Retired
955	Matthew Craig Schleder	02-21-2017	Raleigh, NC, 23	Software Engineer

## Official International Active Running Streak List As Certified to the Streak Runners International 1 March 2018

### THE LEGENDS (40+ years)

1	Frank Clarke	10-08-1977	Kloof, ZA, 81	Retired
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### THE GRAND MASTERS (35+ years)

2	Rick Rayman	10-12-1978	Ontario, CA, 71	Dentist & Professor
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### THE DOMINATORS (25+ years)

3	Tyler Brett Forkes	01-01-1991	Ontario, CA, 54	Alumni Exec. Director
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### EXPERIENCED (10+ years)

4	Douglas Dixon	23-05-2004	Ontario, CA, 66	Retired
5	Paul Smith	01-01-2007	Durham, GB, 55	Local Gov't Officer
6	Steve Bayliss	03-11-2007	Auckland, NZ, 50	Marketing

### PROFICIENT (5+ years)

7	Christopher White	08-12-2008	Toronto, CA, 38	Sales Performance Mgr.
8	Paul Foster	01-01-2009	Sunderland, GB, 56	Retired Headteacher
8	Alastair Russell	01-01-2009	Edinburgh, GB, 54	Company Director
10	Peter Nieman	16-12-2009	Calgary, CA, 61	Pediatrician
11	Joel Benton	01-01-2011	Bepton, GB, 46	Video Games Agent
12	Stuart Macfarlane	30-07-2011	Glasgow, GB, 64	Retired
13	Mark V Segarra	31-07-2011	Calgary, CA, 37	
14	Tom Blennerhassett	19-06-2012	Kildare, IE, 50	I. T. Manager
15	Vanessa Oshima	11-09-2012	Tokyo, JP, 47	
16	Mairead Blennerhassett	01-10-2012	Kildare, IE, 49	Baker/Confectioner
17	Leanne Brown	19-10-2012	Christchurch, NZ, 51	Mother/Teacher
18	Gary Whorwood	31-12-2012	Auckland, NZ, 45	Accountant

### NEOPHYTES (1-5 years)

19	Colin Young	09-08-2013	Hamilton, NZ, 45	Bank Manager
20	Ellen Westfelt	04-09-2013	Vallentuna, SE, 40	Founder Pace on Earth
21	Gillian Selman	17-10-2013	Bromley, GB, 45	Nurse
22	Brian Andres	12-11-2013	London, GB, 34	Analyst
23	Joanne D'Lugos	26-11-2013	Grande Cache, CA, 43	Teacher
24	Matt McGuire	28-11-2013	Prince Edward Island, CA, 44	Civil Servant
25	Sarah Horrigan-Fullard	01-12-2013	Nottingham, GB, 43	Learning Designer
26	Fiona Rayner	01-01-2014	Christchurch, NZ, 40	
27	Peter Daly-Dickson	11-01-2014	Coventry, GB, 49	
28	Diana Alcobia	04-02-2014	Nottingham, GB, 28	PhD Student
29	Stuart Ainsworth	26-04-2014	Huntingdon, GB, 56	Compliance Manager

30	Gregory Pienaar	05-05-2014	Boksburg, ZA, 54	Psychologist
31	Henry Law	01-07-2014	Folestone, GB, 33	Golf Professional
32	Paul Theron	15-07-2014	Houghton, ZA, 51	Asset Manager
33	Lynn Burnet	03-08-2014	Falmouth, CA, 43	
34	Dave A Radcliffe	15-10-2014	North Bay, CA, 60	Principal
35	Diane Trites	30-11-2014	Riverview, CA, 55	Baker
36	Clive Start	30-12-2014	Lower Hutt, NZ, 55	Mobile Tech Support
37	Stephen Collier	31-12-2014	Halden, NO, 60	Research Scientist
38	Stavroula Nicholls	01-01-2015	Cammeray, AU, 43	Administrator
38	Bill Wilson	01-01-2015	Lichfield, GB, 43	eCommerce Manager
38	Sasha Watson O'Neill	01-01-2015	Newcastle, GB, 35	Group Head of Marketing
41	David Munro	13-01-2015	Milton, CA, 40	Business Analyst
42	Stephanie Dolrenry	02-02-2015	Langata, KE, 39	Director
43	Matthew Johnson	16-02-2015	Guadalajara, ES, 46	Primary Teacher
44	Klaus-Dieter Schnabel	26-03-2015	Igersheim, DE, 50	Engineer
45	Mats Uddin	26-04-2015	Linkoping, SE, 48	Consultant
46	Emma Furness	29-04-2015	Ely, GB, 45	Farm Secretary
47	Magnus Warvik	03-05-2015	Trondheim, NO, 23	Student
48	Lis Bentham	31-07-2015	Chorafakia, GR, 53	Fitness instructor & villatourism Manager
49	Patric Ljung	17-08-2015	Linkoping, SE, 49	Senior Lecturer
50	Steven Nielsen	05-09-2015	Farsoe, DK, 53	Estate Agent
51	Reza Saputra	18-09-2015	Waterloo, CA, 28	PhD Student
52	Marga Roffel	08-10-2015	Wijchen, NL, 40	Service Manager
53	Mia Strand	29-10-2015	Vasta Frolunda, SE, 50	Department Head
54	David Greenwood	01-12-2015	Auckland, NZ, 47	Analyst
54	Victor Thompson	01-12-2015	Halesowen, GB, 41	Business Owner
56	Joseph Helten	03-12-2015	Edmonton, CA, 40	Firefighter
57	Joyce Young	31-12-2015	St. Marys, CA, 49	Writer
58	Joao Carlos Pijnappel	01-01-2016	Rio De Janeiro, BR, 64	Translator
58	Steven Read	01-01-2016	Dunmow, GB, 50	Running Coach
60	Paul Hymers	24-01-2016	Dubai, AE, 39	Regional Dir. of Fin.
61	Julie Atkinson	01-04-2016	Broxburn, GB, 45	Pensions Consultant
62	Jonathan Paul Hancock	24-04-2016	Grimsby, GB, 47	Director
63	Jeff Reilly	29-04-2016	Toronto, CA, 34	Paramedic
64	Michael Jones	01-05-2016	Cambridge, GB, 49	Treasurer
64	Adam Shaw	01-05-2016	Richmond, GB, 49	Ginvestor
66	Therese Konstig	12-05-2016	Katrineholm, SE, 34	
67	Natasha Brunec	30-05-2016	Kranj, SI, 48	Education & Art
68	Tone Yvonne Killengreen	20-06-2016	Oslo, NO, 44	Document controller
69	Sandra Orlando	07-07-2016	Bridlington, GB, 70	Retired
70	Dianne Hollidge	21-07-2016	Exeter, GB, 45	Nurse
71	Sally Harris	29-07-2016	Kinver, GB, 45	Trimmer
72	Yisroel Kisilevich	10-08-2016	Melbourne, AU, 28	Sound Engineer
73	Tobias Knaack	03-09-2016	Hamburg, DE, 42	special education teacher
74	Catharina Henriksson	15-09-2016	Perstorp, SE, 48	
75	Mark Opie	19-09-2016	Worcester Park, GB, 33	
76	René Martien Leuring, Sr.	26-11-2016	Søborg, DK, 44	Manager
77	Ronnie Glen	01-12-2016	Perth, GB, 47	Engineer
77	Heinz Kabutz	01-12-2016	Chania, GR, 46	Computer Scientist
79	Simon Jam Wall	07-12-2016	McKellar, AU, 51	Data Manager
80	Endre Székely-Benczédi, Jr.	10-12-2016	Budapest, HU, 40	Information Security
81	Jim Smith	11-12-2016	Bath, GB, 40	Senior sampler
82	Anna Kathryn Nekola	23-12-2016	Calgary, CA, 33	
83	David Robertson	24-12-2016	Maryville, AU, 36	Physiotherapist
84	Richard Weiler	29-12-2016	London, GB, 42	Doctor & physical activist
84	Matt D Roberts	29-12-2016	Main Beach, AU, 46	Transport
86	Joe Smith	30-12-2016	Ottawa, CA, 53	IT Consultant
87	Studney J Kirby	31-12-2016	Wellingborough, GB, 53	Financial Adviser
88	Jeffrey Kloosterman	01-01-2017	Keswick, CA, 29	Engineer
88	James Chalklen	01-01-2017	Essex, GB, 15	Student
88	Paul Murphy	01-01-2017	Auckland, NI, 49	Landscape Architect
88	Martin Cleary	01-01-2017	Auckland, NZ, 28	Self Employed
88	Brad Manor	01-01-2017	Windsor, CA, 45	
93	Edward Sablan Dela Cruz, Jr	03-01-2017	Saipan, MP, 26	Research Assistant
94	Duncan Rutherford	09-01-2017	Bristol, GB, 46	Business Analyst
95	Bipul Kumar	01-02-2017	Bangalore, IN, 27	Language Specialist
95	Yeruva Srinivasareddy	01-02-2017	Guntur, IN, 26	Telecom engineer
97	Ciaran Ryan	08-02-2017	Dublin, IE, 36	Stonemason
98	Sandra Mannes	11-02-2017	Munich, DE, 44	Assistant

**Official U.S.A. Retired Running Streak List**  
**As Certified to the United States Running Streak Association, Inc.**  
**March 1, 2018**

**THE COVERTS (45+ years)**

1	Mark Covert	07-23-1968	07-23-2013	Lancaster, CA	16,437 days ( 45 years)
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**THE LEGENDS (40+ years)**

2	Jon Simpson	08-30-1971	06-10-2015	Memphis, TN	15,991 days ( 43.78 years)
3	David Hamilton	08-14-1972	04-29-2016	Vancouver, WA	15,965 days ( 43.71 years)
4	Kenneth Young	07-06-1970	01-25-2012	Petrolia, CA	15,179 days ( 41.56 years)
5	William Stark	09-10-1976	06-02-2017	Saint Louis, MO	14,876 days ( 40.73 years)
6	Stephen Reed	06-16-1976	07-24-2016	Wiscasset, ME	14,649 days ( 40.11 years)

**THE GRAND MASTERS (35+ years)**

7	Gary C. Jones	04-12-1972	01-28-2012	Troy, MT	14,536 days ( 39.8 years)
8	David Todd	10-14-1978	11-07-2017	Matthews, NC	14,270 days ( 39.07 years)
9	Robert J. Zarambo	06-16-1976	07-17-2014	Whitehall, PA	13,911 days ( 38.09 years)
10	Robert C. Ray	04-04-1967	04-07-2005	Baltimore, MD	13,884 days ( 38.01 years)
11	Thad Childs	03-05-1979	01-10-2017	Gray, GA	13,827 days ( 37.86 years)
12	William Finkbeiner	01-01-1980	06-13-2017	Auburn, CA	13,679 days ( 37.45 years)
13	Ed Sandifer	04-10-1972	08-10-2009	Newtown, CT	13,637 days ( 37.34 years)
14	Charles Holmberg	03-20-1979	04-12-2016	Modesto, CA	13,539 days ( 37.07 years)
15	John Watts	10-04-1980	08-24-2017	Nampa, ID	13,474 days ( 36.89 years)
16	Wayne B Roberts	01-01-1980	10-24-2016	Sandusky, MI	13,447 days ( 36.82 years)
17	Walter O. Byerly	11-05-1974	01-31-2011	Dallas, TX	13,237 days ( 36.24 years)
18	Bill Beach	10-28-1979	10-09-2015	Macomb, MI	13,131 days ( 35.95 years)
19	Nick Morganti	06-13-1973	02-05-2009	Carlsbad, CA	13,022 days ( 35.65 years)
20	Barry Abrahams	01-01-1978	01-16-2013	Lincoln, NE	12,800 days ( 35.04 years)

**THE MASTERS (30+ years)**

21	Ron Jackson	11-26-1978	08-27-2013	Seattle, WA	12,694 days ( 34.75 years)
22	Joseph Wojcik	06-13-1977	01-10-2012	Claremont, CA	12,630 days ( 34.58 years)
23	Harvey Simon	10-31-1978	04-23-2013	Newton, MA	12,594 days ( 34.48 years)
24	Dick Vincent	04-23-1975	10-01-2009	Palenville, NY	12,581 days ( 34.44 years)
25	John W. Morgan	04-29-1979	07-12-2013	Emmett, ID	12,494 days ( 34.21 years)
26	Ken Birse	04-22-1982	10-26-2015	Amherst, NH	12,241 days ( 33.51 years)
27	Julie Maxwell	07-05-1978	12-10-2011	Rochester, MN	12,212 days ( 33.43 years)
28	Bob Kimball	02-03-1982	08-16-2014	Pensacola, FL	11,883 days ( 32.53 years)
29	Charles Brumley	01-01-1978	02-20-2010	Saranac Lake, NY	11,739 days ( 32.14 years)
30	Ronald Kmiec	11-26-1975	11-26-2007	Carlisle, MA	11,687 days ( 32 years)
31	William A. Etter	04-08-1980	01-18-2012	Ferndale, CA	11,608 days ( 31.78 years)
32	Dwight A. Moberg	10-06-1979	02-15-2011	Manhattan Beach, CA	11,456 days ( 31.36 years)
33	John King	01-01-1977	12-28-2007	Naples, FL	11,319 days ( 30.99 years)
34	Geza Feld	10-01-1976	07-27-2007	Farmingdale, NY	11,257 days ( 30.82 years)
35	Margaret O. Blackstock	09-09-1979	06-28-2010	Atlanta, GA	11,251 days ( 30.8 years)
36	Alicia Brophy	11-22-1980	06-01-2011	Mashpee, MA	11,149 days ( 30.52 years)
37	Lawrence E. Sundberg	01-01-1977	12-31-2006	Farmington, CT	10,957 days ( 30 years)

**THE DOMINATORS (25+ years)**

38	Brian Short	12-27-1980	05-27-2010	Minneapolis, MN	10,744 days ( 29.42 years)
39	Mark Sutherland	04-28-1985	09-19-2014	Rancho Murieta, CA	10,737 days ( 29.4 years)
40	Joseph Sinicrope	04-22-1981	08-10-2010	East Granby, CT	10,703 days ( 29.3 years)
41	James Scarborough	07-09-1979	07-09-2008	Rancho Palos Verdes, CA	10,594 days ( 29 years)
42	Steve Morrow	08-10-1981	05-11-2010	Eagle Lake, MN	10,502 days ( 28.75 years)
43	Michael Heller	12-29-1988	07-07-2017	Marlborough, NY	10,418 days ( 28.52 years)
44	Larry Baldasari, Sr.	01-08-1978	04-03-2006	Hamilton Square, NJ	10,313 days ( 28.24 years)
45	Kenneth Korosec	10-11-1982	10-27-2010	Chesterland, OH	10,244 days ( 28.05 years)
46	Fred Winkel	12-20-1979	07-27-2007	Glen Hood, NY	10,082 days ( 27.6 years)
47	J. Patrick Growney	01-01-1980	06-23-2007	Lavallette, NJ	10,036 days ( 27.48 years)
48	Steve H. Way	08-10-1989	01-18-2017	Walnut Creek, CA	10,024 days ( 27.44 years)
49	Joseph B. Hyder	04-04-1979	09-11-2006	Black Mountain, NC	10,023 days ( 27.44 years)
50	Don Slusser	01-03-1972	06-10-1999	Monroeville, PA	10,021 days ( 27.44 years)
51	William Moreland	01-15-1982	02-11-2009	Ocean City, NJ	9,890 days ( 27.08 years)

52	Doug Holland	08-01-1983	08-01-2010	Tucson, AZ	9,863 days ( 27 years)
52	Hal Gensler	12-04-1989	12-04-2016	New River, AZ	9,863 days ( 27 years)
54	Ted Sabinas	12-08-1990	11-27-2017	Cedar Springs, MI	9,852 days ( 26.97 years)
55	Timothy Osberg	06-04-1985	05-19-2011	Grand Island, NY	9,481 days ( 25.96 years)
56	Diana Nelson	01-11-1982	10-02-2007	Dixon, IL	9,396 days ( 25.72 years)
57	John J. Strumsky, Jr.	05-23-1983	02-09-2009	Millersville, MD	9,395 days ( 25.72 years)
58	Mike McAvoy	05-17-1981	01-21-2007	Duluth, MN	9,381 days ( 25.68 years)
59	Richard Carroll	04-14-1986	11-17-2011	Foxboro, MA	9,349 days ( 25.6 years)
60	Roger H. Nelson	08-01-1981	02-27-2007	Colleyville, TX	9,342 days ( 25.58 years)
61	Robert L. Bartz	05-01-1979	08-22-2004	Phoenix, AZ	9,246 days ( 25.31 years)
62	Lou Galipeau	01-01-1985	12-31-2009	Huntsville, AL	9,131 days ( 25 years)

#### HIGHLY SKILLED (20+ years)

63	Paul Christian	09-21-1984	06-29-2009	Rochester, MN	9,048 days ( 24.77 years)
64	Kevin Simons	09-20-1982	06-24-2007	Hampton, MA	9,044 days ( 24.76 years)
65	Jack Johnson	03-24-1990	10-20-2014	Shelbyville, IN	8,977 days ( 24.58 years)
66	George A. Hancock	02-26-1978	05-24-2002	Windber, PA	8,854 days ( 24.25 years)
67	Edwin Dupree	06-23-1993	09-12-2017	Faith, NC	8,848 days ( 24.22 years)
68	William Chatman	07-23-1991	09-08-2015	Brooksville, FL	8,814 days ( 24.13 years)
69	Robert Aby	02-12-1983	01-03-2007	Worthington, MN	8,727 days ( 23.89 years)
70	Norman Grimmett	05-07-1978	03-21-2002	San Antonio, TX	8,720 days ( 23.87 years)
71	Kenneth J. Roth	07-28-1981	05-28-2005	Del Mar, CA	8,706 days ( 23.84 years)
72	Matt Ketterman	07-01-1991	04-24-2015	Greensboro, NC	8,699 days ( 23.82 years)
73	John C. Roemer, III	08-01-1990	05-21-2014	Parkton, MD	8,695 days ( 23.81 years)
74	Bill Bonarrigo	02-20-1985	08-28-2008	Parkville, MD	8,591 days ( 23.52 years)
75	John Metevia	10-09-1986	02-13-2010	Midland, MI	8,529 days ( 23.35 years)
76	Jon Janes	12-19-1991	04-04-2015	Topeka, KS	8,508 days ( 23.29 years)
77	Paul Ladniak	11-12-1972	02-14-1996	Seattle, WA	8,495 days ( 23.26 years)
78	Jay Kammerzell	01-01-1983	01-10-2006	Everett, WA	8,411 days ( 23.03 years)
79	Danny Sullivan	07-12-1991	07-08-2014	San Carlos, CA	8,398 days ( 22.99 years)
80	Allan S. Field	09-20-1980	03-28-2003	Columbia, MD	8,225 days ( 22.52 years)
81	Richard B. Patterson	02-20-1987	09-24-2008	El Paso, TX	7,888 days ( 21.6 years)
82	Roger B. Carlson	01-01-1988	05-22-2009	Stillwater, MN	7,813 days ( 21.39 years)
83	Jay Schrader	11-28-1989	04-16-2011	Springdale, PA	7,810 days ( 21.38 years)
84	Homer Hastings	09-08-1984	12-31-2005	Newcastle, WY	7,785 days ( 21.31 years)
85	Len S. Burton	06-28-1983	09-19-2004	Hot Springs Village, AR	7,755 days ( 21.23 years)
86	Peter Lefferts	01-26-1981	02-18-2002	Naples, FL	7,694 days ( 21.07 years)

#### WELL VERSED (15+ years)

87	Mark Wigler	07-07-1992	05-30-2012	Hubbardson, MA	7,268 days ( 19.9 years)
88	David N. Potter	01-01-1992	07-20-2011	Ashland, OH	7,141 days ( 19.55 years)
89	Bob Hensley	12-02-1974	06-02-1994	Port St. Luci, FL	7,123 days ( 19.5 years)
90	Paul Kirner	12-31-1995	12-10-2014	Hinckley, OH	6,920 days ( 18.95 years)
91	Patrick J. Foley	08-31-1991	03-14-2010	Northfield, MN	6,771 days ( 18.54 years)
92	Syl Pascale	12-22-1978	06-17-1997	San Carlos, CA	6,753 days ( 18.49 years)
93	Deborah Ciccati	04-01-1998	04-08-2016	San Diego, CA	6,583 days ( 18.02 years)
93	Craig Snapp	04-01-1998	04-08-2016	El Cajon, CA	6,583 days ( 18.02 years)
95	Patrick Steele	12-30-1990	01-05-2009	Adel, IA	6,582 days ( 18.02 years)
96	Fred Gilmer	07-07-1979	05-12-1997	Greenville, SC	6,520 days ( 17.85 years)
97	Neil Scott	08-05-1986	05-21-2004	Seattle, WA	6,500 days ( 17.8 years)
98	David L. Biersmith	09-08-1984	05-22-2002	Kansas City, MO	6,466 days ( 17.7 years)
99	Murray Collette	09-27-1979	04-17-1997	Naples, FL	6,413 days ( 17.56 years)
100	Margaret Sherrod	06-02-2000	12-02-2017	Millersville, MD	6,393 days ( 17.5 years)
101	Bob Reininger	03-01-1981	07-07-1998	Shelocata, PA	6,338 days ( 17.35 years)
102	Nancy Kocsis	05-04-1986	07-30-2003	Concord, NH	6,297 days ( 17.24 years)
103	Steve Gurdak	11-21-1996	11-14-2013	Springfield, VA	6,203 days ( 16.98 years)
104	Ronnie O. Shaw	01-01-1986	12-09-2002	Fort Worth, TX	6,187 days ( 16.94 years)
105	Kenneth Vercammen	09-10-1982	01-06-1999	New Brunswick, NJ	5,963 days ( 16.33 years)
106	Ray Lorden	10-31-1989	05-31-2005	Parkville, MD	5,692 days ( 15.58 years)
107	George A. Hancock	06-22-2002	12-29-2017	Windber, PA	5,670 days ( 15.52 years)
108	Dave Emmans	06-06-2002	10-31-2017	Minnetonka, MN	5,627 days ( 15.41 years)
109	John P. Flahie	03-14-1984	06-14-1999	Sylvania, OH	5,571 days ( 15.25 years)
110	Tom Whiteley	01-16-1998	01-16-2013	Fair Lawn, NJ	5,480 days ( 15 years)

#### EXPERIENCED (10+ years)

111	Ted Corbitt	12-01-1953	07-25-1968	Bronx, NY	5,351 days ( 14.65 years)
111	Scott Fodstad	04-12-1995	12-04-2009	Crystal, MN	5,351 days ( 14.65 years)

113	John Magnuson	05-15-1977	12-30-1991	St. Paul, MN	5,343 days ( 14.63 years)
114	Eileen Rountree	06-17-1986	08-04-2000	Sparks, NV	5,163 days ( 14.14 years)
115	Mercedes M. Murolo	05-04-2002	11-01-2015	Santa Rosa, CA	4,930 days ( 13.5 years)
116	Ralph Edwards	06-20-1988	09-18-2001	Des Moines, IA	4,839 days ( 13.25 years)
117	Pete Colaizzo	06-28-1998	09-24-2011	Hyde Park, NY	4,837 days ( 13.24 years)
118	Patrick Sinopoli	01-26-2001	11-03-2013	Turtle Creek, PA	4,665 days ( 12.77 years)
119	John C. Roemer, III	12-27-1977	06-28-1990	Parkton, MD	4,567 days ( 12.5 years)
120	Bob Hensley	07-02-1994	12-06-2006	Port St. Luci, FL	4,541 days ( 12.43 years)
121	Stephen C. Moosbrugger	12-31-1994	12-31-2006	Edina, MN	4,384 days ( 12 years)
122	Gary Scott	01-19-2006	10-09-2017	Olathe, KS	4,282 days ( 11.72 years)
123	Jason Morgan	08-14-2005	04-03-2017	Marietta, GA	4,251 days ( 11.64 years)
124	Joel Pasternack	10-31-2004	01-05-2016	Clifton, NJ	4,084 days ( 11.18 years)
125	David T. Lloyd	12-11-1991	12-11-2002	Fort Worth, TX	4,039 days ( 11.06 years)
126	Prince Whatley	07-01-2004	07-21-2015	Birmingham, AL	4,038 days ( 11.06 years)
127	Susan Jones	01-01-2001	11-30-2011	Boys Ranch, TX	3,986 days ( 10.91 years)
128	Roger Raymond	11-15-2002	09-12-2013	Marco Island, FL	3,955 days ( 10.83 years)
129	Ed Reid	05-27-2004	02-25-2015	Bradenton, FL	3,927 days ( 10.75 years)
130	Gordy Strickland	03-16-1990	10-18-2000	Rochester, MN	3,870 days ( 10.6 years)
131	Roger H. Nelson	08-18-2007	12-05-2017	Colleyville, TX	3,763 days ( 10.3 years)
132	Daniel Mansueto	07-17-2005	10-14-2015	Los Angeles, CA	3,742 days ( 10.25 years)
133	Jeffrey Shumway	10-09-1999	11-03-2009	Provo, UT	3,679 days ( 10.07 years)
134	Sonny Hunter	06-10-2004	07-02-2014	Kingston, TN	3,675 days ( 10.06 years)
135	Stephen Gould	04-30-1994	05-12-2004	Camden, ME	3,666 days ( 10.04 years)
136	James C. Bates	06-04-2006	06-07-2016	Hampton, VA	3,657 days ( 10.01 years)
137	Thomas Damoulakis	01-01-1990	12-31-1999	Wilbraham, MA	3,652 days ( 10 years)

### PROFICIENT (5+ years)

138	Daniel R. Sheeran	12-23-1986	11-20-1996	Orange, CA	3,621 days ( 9.91 years)
139	Fred H. Kameny	07-23-1995	12-16-2004	Chapel Hill, NC	3,435 days ( 9.4 years)
140	Thomas McDow, IV	11-24-2006	04-18-2016	Rock Hill, SC	3,434 days ( 9.4 years)
141	Sherry Case	02-05-1986	05-28-1995	Richfield, MN	3,400 days ( 9.31 years)
142	Ann Hanson	12-01-2008	01-22-2018	Mundelein, IL	3,340 days ( 9.14 years)
143	Pete Gilman	11-06-2005	12-11-2014	Rochester, MN	3,323 days ( 9.1 years)
144	Jeff Gould	07-04-1997	08-01-2006	Gardner, MA	3,316 days ( 9.08 years)
145	Ross Hamernik	10-23-1983	11-13-1992	Eyota, MN	3,310 days ( 9.06 years)
146	Kelly Luck	08-26-2008	09-08-2017	Louisville, CO	3,301 days ( 9.04 years)
147	Howard Feldman	01-13-1998	12-21-2006	Houston, TX	3,265 days ( 8.94 years)
148	Terrell Worley	04-03-1993	11-21-2001	Rancho Cucamonga, CA	3,155 days ( 8.64 years)
149	Charles Fox	01-01-2007	07-31-2015	Portland, OR	3,134 days ( 8.58 years)
150	Mercedes M. Murolo	12-25-1993	04-28-2002	Santa Rosa, CA	3,047 days ( 8.34 years)
151	Lon McCurdy	12-26-2006	04-03-2015	Boise, ID	3,021 days ( 8.27 years)
152	John B. Davis	12-08-2008	02-06-2017	Desota, TX	2,983 days ( 8.17 years)
153	Terrell Worley	05-05-2002	06-10-2010	Rancho Cucamonga, CA	2,959 days ( 8.1 years)
154	Herbert L. Fred	08-01-1970	05-27-1978	Houston, TX	2,857 days ( 7.82 years)
155	Diann Scialdo	05-20-2007	02-09-2015	Albany, NY	2,823 days ( 7.73 years)
156	Nick Morganti	03-25-2009	11-06-2016	Carlsbad, CA	2,784 days ( 7.62 years)
157	Robert M. Crosby, Jr.	12-22-1999	07-29-2007	Summerville, SC	2,777 days ( 7.6 years)
158	Hopper Pearson	09-13-2009	04-04-2017	Bellingham, WA	2,761 days ( 7.56 years)
159	James Koch	11-21-2007	05-25-2015	Kenosha, WI	2,743 days ( 7.51 years)
160	Craig Stroud	06-17-2007	11-14-2014	St. Charles, MO	2,708 days ( 7.41 years)
161	Yvette Faris	03-15-2007	07-29-2014	Wallingford, CT	2,694 days ( 7.38 years)
162	Kent Schmitz	12-27-2007	05-02-2015	Nauvoo, IL	2,684 days ( 7.35 years)
163	Stephen Davis	08-18-2010	12-20-2017	Rochester, MI	2,682 days ( 7.34 years)
164	James E. Lawson	04-18-1984	08-02-1991	Clarkson, MI	2,663 days ( 7.29 years)
165	Kenneth Verammen	03-14-1999	05-21-2006	New Brunswick, NJ	2,626 days ( 7.19 years)
166	Thomas Hritz	06-17-2006	08-21-2013	Pittsburgh, PA	2,623 days ( 7.18 years)
167	Ronald Whittemore	01-02-1989	02-28-1996	Claremont, NH	2,614 days ( 7.16 years)
168	Michael Heller	12-06-1981	12-07-1988	Marlborough, NY	2,559 days ( 7.01 years)
169	Richard Holmes	07-29-1998	05-23-2005	Durham, NC	2,491 days ( 6.82 years)
170	Ken Johnson	12-28-2002	10-14-2009	Huntsville, TX	2,483 days ( 6.8 years)
171	Jane Hefferan	10-27-2001	06-30-2008	Nashville, TN	2,439 days ( 6.68 years)
172	Kevin Walsh	12-20-2010	08-14-2017	Laguna, CA	2,430 days ( 6.65 years)
173	Douglas Schiller	04-11-2005	11-20-2011	Ellenton, FL	2,415 days ( 6.61 years)
174	Vivian Wilson	10-11-2004	04-21-2011	Chatham, NJ	2,384 days ( 6.53 years)
174	Wendell J. DeBoer	06-22-1980	12-31-1986	Falcon Heights, MN	2,384 days ( 6.53 years)
176	Ben Zappa	12-09-1987	05-07-1994	Ridgeway, PA	2,342 days ( 6.41 years)
177	Debra Dilling	03-01-2010	07-15-2016	Rochester, MN	2,329 days ( 6.38 years)
178	John Wright	11-29-2008	02-02-2015	Amherst, NY	2,257 days ( 6.18 years)
179	Carol Bancroft	10-20-2009	11-26-2015	Safety Harbor, FL	2,229 days ( 6.1 years)
180	David L. DeBoer	07-10-1972	08-12-1978	Manchester, MO	2,225 days ( 6.09 years)
181	Paul Boyette	06-02-2002	06-16-2008	Chesapeake, VA	2,207 days ( 6.04 years)
182	Ralph Edwards	02-14-1982	02-22-1988	Des Moines, IA	2,200 days ( 6.02 years)
183	Roger B. Carlson	06-05-2009	05-27-2015	Stillwater, MN	2,183 days ( 5.98 years)
184	John Albert, Jr.	10-18-2010	10-06-2016	Cold Spring Harbor, NY	2,181 days ( 5.97 years)

185	Mary Roemer	08-01-1981	06-14-1987	Parkton, MD	2,144 days ( 5.87 years)
186	Mark Sirois	10-20-2011	08-14-2017	Southgate, MI	2,126 days ( 5.82 years)
187	Luis Gomez	11-24-2007	07-28-2013	Frisco, TX	2,074 days ( 5.68 years)
188	Bill Gorman	12-08-2008	07-23-2014	Bellevue, FL	2,054 days ( 5.62 years)
189	Andrew Swan	03-10-2008	10-12-2013	North Highlands, CA	2,043 days ( 5.59 years)
190	Ronald K. Kallinen	01-24-1999	08-17-2004	Katy, TX	2,033 days ( 5.57 years)
191	Lawrence LeDuff	02-28-2009	09-21-2014	Norfolk, VA	2,032 days ( 5.56 years)
192	David Baskwill	06-17-2007	12-29-2012	York, PA	2,023 days ( 5.54 years)
193	William J. Benton	03-09-1970	09-03-1975	Farmington Hills, MI	2,005 days ( 5.49 years)
194	Richard J. Kerr	12-25-1986	06-15-1992	Kokomo, IN	2,000 days ( 5.48 years)
195	Doug Hubred	12-23-2006	05-27-2012	Golden Valley, MN	1,983 days ( 5.43 years)
196	Ruth Gorman	12-08-2008	05-12-2014	Bellevue, FL	1,982 days ( 5.43 years)
197	Kyle Miron	06-21-2011	11-12-2016	Columbia City, MO	1,972 days ( 5.4 years)
198	James C. Bates	11-18-2000	04-07-2006	Hampton, VA	1,967 days ( 5.39 years)
199	B.J. David	12-27-2007	04-09-2013	Covington, KY	1,931 days ( 5.29 years)
200	Michael Glassburn	06-14-2010	09-17-2015	St. Cloud, FL	1,922 days ( 5.26 years)
201	Robyn Clevenger	12-31-2011	04-02-2017	West Des Moines, IA	1,920 days ( 5.26 years)
202	Don Slusser	09-10-2005	12-06-2010	Monroeville, PA	1,914 days ( 5.24 years)
203	Jillian Farland	05-26-2012	06-27-2017	Phoenix, AZ	1,859 days ( 5.09 years)
204	Bob Hensley	11-06-1969	11-30-1974	Port St. Luci, FL	1,851 days ( 5.07 years)
205	Jay Frank	03-21-2011	03-21-2016	Oak Park, CA	1,828 days ( 5 years)
205	Reno Stirrat	06-11-1983	06-11-1988	Rockaway, NJ	1,828 days ( 5 years)
207	Eric Lacey	10-02-2010	10-01-2015	Fort Worth, TX	1,826 days ( 5 years)

#### NEOPHYTES (1-5 years)

208	Grant Woodman	09-02-1992	08-29-1997	Ithaca, MI	1,823 days ( 4.99 years)
209	J. Patrick Growney	06-16-2009	06-10-2014	Lavallette, NJ	1,821 days ( 4.99 years)
210	Ken Johnson	12-30-1997	12-14-2002	Huntsville, TX	1,811 days ( 4.96 years)
211	Karyn Gallivan	09-15-2012	07-26-2017	Bristol, RI	1,776 days ( 4.86 years)
212	Elisa Hayes	05-13-2009	03-19-2014	Wrentham, MA	1,772 days ( 4.85 years)
213	Thomas Horner	03-17-2010	01-11-2015	Chambersburg, PA	1,762 days ( 4.82 years)
214	Elaine Weigle	11-28-2012	09-04-2017	Ewing, NJ	1,742 days ( 4.77 years)
215	Jay Kammerzell	07-16-1974	03-31-1979	Everett, WA	1,720 days ( 4.71 years)
216	Paul Boyette	03-10-2013	11-13-2017	Chesapeake, VA	1,710 days ( 4.68 years)
217	Mark K. Hall	12-27-1992	08-18-1997	Dallas, TX	1,696 days ( 4.64 years)
218	Sherry Case	05-30-1995	12-22-1999	Richfield, MN	1,668 days ( 4.57 years)
219	Eileen Rountree	10-01-1977	04-10-1982	Sparks, NV	1,653 days ( 4.53 years)
220	Mikel Burlingame	02-04-2008	07-25-2012	Lee?s Summit, MO	1,634 days ( 4.47 years)
221	William Hutchinson	09-13-2009	02-04-2014	Wauwatosa, WI	1,606 days ( 4.4 years)
222	Russell Beaver	05-28-2013	09-23-2017	Maple Grove, MN	1,580 days ( 4.33 years)
223	Chris Kartschoke	11-19-2009	03-09-2014	Prior Lake, MN	1,572 days ( 4.3 years)
224	Skye Russell	07-21-2013	11-06-2017	Missouri City, TX	1,570 days ( 4.3 years)
225	Steve Jones	09-10-2008	12-21-2012	Parker, CO	1,564 days ( 4.28 years)
226	Gordy Strickland	10-21-1985	01-30-1990	Rochester, MN	1,563 days ( 4.28 years)
227	Stephen R. Minagil	10-27-1994	01-24-1999	Las Vegas, NV	1,551 days ( 4.25 years)
228	Travis Dickey	01-01-2008	03-28-2012	Salem, OR	1,549 days ( 4.24 years)
229	Mark K. Hall	05-17-2001	08-10-2005	Dallas, TX	1,547 days ( 4.24 years)
230	Fred H. Kameny	10-03-1981	12-19-1985	Chapel Hill, NC	1,539 days ( 4.21 years)
231	Geza Feld	08-01-2007	10-11-2011	Farmingdale, NY	1,533 days ( 4.2 years)
232	Todd Kane	12-28-2010	02-24-2015	Plainsboro, NJ	1,520 days ( 4.16 years)
232	Eileen Rountree	04-18-1982	06-15-1986	Sparks, NV	1,520 days ( 4.16 years)
234	Michael Friedl	05-18-2013	07-06-2017	Laguna Hills, CA	1,511 days ( 4.14 years)
235	Michael Sewell	05-27-2000	07-09-2004	Camden Wyoming, DE	1,505 days ( 4.12 years)
236	Jordan Stone	11-07-2010	12-18-2014	Farmington, MO	1,503 days ( 4.11 years)
237	Casey Funk	08-16-2010	09-23-2014	Virginia Beach, VA	1,500 days ( 4.11 years)
238	Jeff Gould	04-01-1986	05-03-1990	Gardner, MA	1,494 days ( 4.09 years)
239	Carlos Lopez	07-06-2013	07-25-2017	Miami, FL	1,481 days ( 4.05 years)
240	Carrie Cunningham	12-30-2013	01-09-2018	Bonita Springs, FL	1,472 days ( 4.03 years)
241	Karen Queally	01-01-1991	12-31-1994	San Bruno, CA	1,461 days ( 4 years)
242	Julie Wright	01-21-2014	01-19-2018	Westminster, MA	1,460 days ( 4 years)
243	Kenneth Young	12-25-2013	12-19-2017	Petrolia, CA	1,456 days ( 3.99 years)
244	Matthew Grinnell	11-28-2013	11-13-2017	Ashburn, VA	1,447 days ( 3.96 years)
245	Aimee Dendrinis	02-23-2013	02-03-2017	Steamboat, CO	1,442 days ( 3.95 years)
246	Clint Stevens	08-08-2013	07-04-2017	Houston, TX	1,427 days ( 3.91 years)
247	Herbert L. Fred	05-11-2010	03-26-2014	Houston, TX	1,416 days ( 3.88 years)
248	Howard Feldman	02-18-2014	12-20-2017	Houston, TX	1,402 days ( 3.84 years)
249	Anne Treadwell	11-11-2011	08-31-2015	Burlington, VT	1,390 days ( 3.81 years)
250	Amy Katz	11-28-2013	09-14-2017	Irvine, CA	1,387 days ( 3.8 years)
251	Howard Feldman	03-28-2009	01-07-2013	Houston, TX	1,382 days ( 3.78 years)
252	Christy LeDuff	01-05-2009	10-12-2012	Norfolk, VA	1,377 days ( 3.77 years)
253	Courtney Carter	11-21-2012	08-22-2016	Liverpool, NY	1,371 days ( 3.75 years)

254	Don Slusser	02-14-2000	11-05-2003	Monroeville, PA	1,361 days ( 3.73 years)
255	Serena Retterath	01-01-2013	09-18-2016	Bremerton, WA	1,357 days ( 3.72 years)
255	Ethan Lubin	11-14-2012	08-01-2016	La Quinta, CA	1,357 days ( 3.72 years)
257	Jim Hutchins	03-02-2014	11-09-2017	Ogden, UT	1,349 days ( 3.69 years)
258	Tod O'Donnell	05-16-2011	01-21-2015	Fort Mill, SC	1,347 days ( 3.69 years)
259	Patrick J. Foley	06-11-1987	02-13-1991	Northfield, MN	1,344 days ( 3.68 years)
260	Steve Morrow	05-13-2010	01-13-2014	Eagle Lake, MN	1,342 days ( 3.67 years)
261	Kathryn O'Donnell	05-23-2011	01-21-2015	Fort Mill, SC	1,340 days ( 3.67 years)
262	David L. Biersmith	07-18-2008	03-15-2012	Kansas City, MO	1,337 days ( 3.66 years)
263	Freddy Reyes	01-01-2007	08-23-2010	Sinking Springs, PA	1,331 days ( 3.64 years)
264	Ronald W. Shealy	07-15-1989	02-25-1993	Lexington, SC	1,322 days ( 3.62 years)
265	Philip Bangert	11-28-2013	07-09-2017	Centerville, MN	1,320 days ( 3.61 years)
266	Cordell Kirk	12-19-2007	07-21-2011	Blue Springs, MO	1,311 days ( 3.59 years)
267	Daree Selby	02-10-2014	08-28-2017	Wyoming, MN	1,296 days ( 3.55 years)
268	Mary Runnoe	07-30-2009	02-12-2013	Wausau, WI	1,294 days ( 3.54 years)
269	Christopher Pilotti	12-31-2011	07-15-2015	Binghamton, NY	1,293 days ( 3.54 years)
270	Paul Boyette	04-29-2009	10-31-2012	Chesapeake, VA	1,282 days ( 3.51 years)
270	Tammy Slusser	11-22-2012	05-26-2016	Monroeville, PA	1,282 days ( 3.51 years)
272	Tim Beagen	06-01-2011	12-01-2014	Wilmette, IL	1,280 days ( 3.5 years)
273	Theresa Broussard	07-19-2013	01-13-2017	Houston, TX	1,275 days ( 3.49 years)
274	Gary C. Jones	04-12-2012	09-15-2015	Troy, MT	1,252 days ( 3.43 years)
275	K. Tucker Andersen	12-30-1977	05-28-1981	Warren, CT	1,246 days ( 3.41 years)
276	David Shannon	12-26-2012	05-23-2016	Shoreview, MN	1,245 days ( 3.41 years)
277	Peter Leferts	03-08-2002	08-02-2005	Naples, FL	1,244 days ( 3.41 years)
278	Jay Kammerzell	11-10-2008	04-05-2012	Everett, WA	1,243 days ( 3.4 years)
279	Wesley Burnett	04-02-2013	08-25-2016	Andrews, TX	1,242 days ( 3.4 years)
280	Jonathan Reid	11-25-2011	04-10-2015	Bradenton, FL	1,233 days ( 3.38 years)
281	David S. Duncan, III	06-03-2006	10-01-2009	McKenzie, TN	1,217 days ( 3.33 years)
282	Justin Martin	05-04-2012	08-31-2015	San Diego, CA	1,215 days ( 3.33 years)
283	Karen J. Wallace	09-26-2005	01-21-2009	Ishpeming, MI	1,214 days ( 3.32 years)
284	Paul Christian	07-19-2009	11-02-2012	Rochester, MN	1,203 days ( 3.29 years)
285	Brett Galley	12-06-2011	03-18-2015	Orland Park, IL	1,199 days ( 3.28 years)
286	Brad Kautz	08-20-2006	11-09-2009	Dulce, NM	1,178 days ( 3.23 years)
287	Jennifer Emch	04-26-2011	07-12-2014	Phoenix, AZ	1,174 days ( 3.21 years)
288	Bradly Ratzow	11-28-2013	02-09-2017	Watertown, WI	1,170 days ( 3.2 years)
289	Leo Hammond	01-01-2008	03-13-2011	Plano, TX	1,168 days ( 3.2 years)
290	Jeff Judd	07-01-2009	09-07-2012	Oronoco, MN	1,165 days ( 3.19 years)
290	Cordell Kirk	09-03-2011	11-10-2014	Blue Springs, MO	1,165 days ( 3.19 years)
292	Patrick Reed	01-01-2008	02-24-2011	San Luis Obispo, CA	1,151 days ( 3.15 years)
293	Herbert L. Fred	03-05-1981	04-26-1984	Houston, TX	1,149 days ( 3.15 years)
294	Christopher M. Robinson	01-01-2008	02-17-2011	Beaufort, SC	1,144 days ( 3.13 years)
295	Michael Scott	11-23-2011	01-05-2015	Greencastle, IN	1,140 days ( 3.12 years)
296	Roxanne Carnicom	11-22-2014	12-31-2017	Stafford, VA	1,136 days ( 3.11 years)
296	Don Pearson	01-01-1978	02-09-1981	Lake Stevens, WA	1,136 days ( 3.11 years)
298	Steven Cox	01-01-2013	02-04-2016	Southlake, TX	1,130 days ( 3.09 years)
299	Thomas Cosgrove	05-12-2008	06-12-2011	Langhorne, PA	1,127 days ( 3.09 years)
300	Kyle Anne Nelson	08-01-2014	08-29-2017	Ft. Collins, CO	1,125 days ( 3.08 years)
301	William T. Donahoo	01-01-2007	01-25-2010	Aurora, CO	1,121 days ( 3.07 years)
302	Shannon Bol	09-15-2012	10-08-2015	Montgomery Village, MD	1,119 days ( 3.06 years)
303	Herbert L. Fred	09-29-1997	10-18-2000	Houston, TX	1,116 days ( 3.06 years)
304	John Metevia	04-19-2012	04-30-2015	Midland, MI	1,107 days ( 3.03 years)
305	Gregory Neale	01-01-2008	01-04-2011	Centennial, CO	1,100 days ( 3.01 years)
306	Beth Casavant	12-26-2006	12-25-2009	Shrewsbury, MA	1,096 days ( 3 years)
307	Herbert L. Fred	02-12-2004	02-06-2007	Houston, TX	1,091 days ( 2.99 years)
308	Brian McAllister	01-01-2012	12-25-2014	Chandler, AZ	1,090 days ( 2.98 years)
309	Jeff Judd	01-19-2015	01-04-2018	Oronoco, MN	1,082 days ( 2.96 years)
310	Michael McDonell	07-01-2006	06-14-2009	Seattle, WA	1,080 days ( 2.96 years)
310	Gordy Strickland	11-11-2013	10-25-2016	Rochester, MN	1,080 days ( 2.96 years)
312	Donna Moran	11-04-2014	10-06-2017	Willis, TX	1,068 days ( 2.92 years)
313	Harry Owens	05-30-2013	04-30-2016	Beacon, NY	1,067 days ( 2.92 years)
314	Lisa Surowiec	11-27-2014	10-11-2017	Beverly, MA	1,050 days ( 2.87 years)
315	Houston Wolf	02-27-2014	01-06-2017	Cordova, TN	1,045 days ( 2.86 years)
316	Paige Pearson	08-28-2002	06-17-2005	Bellingham, WA	1,025 days ( 2.81 years)
317	Christine Lousias	01-01-2013	10-21-2015	Herreid, SD	1,024 days ( 2.8 years)
318	Darrin D. Young	06-24-2006	04-08-2009	Columbia, MO	1,020 days ( 2.79 years)
319	Jay Kammerzell	01-23-2006	11-06-2008	Everett, WA	1,019 days ( 2.79 years)
320	Jeff Blumenthal	09-05-2011	06-18-2014	Oklahoma City, OK	1,018 days ( 2.79 years)
321	Dylan Russell	03-20-2011	12-30-2013	Missouri City, TX	1,017 days ( 2.78 years)
321	Dan Harris	11-09-2012	08-22-2015	Liberty, MO	1,017 days ( 2.78 years)
321	Ronald Martin	11-24-2011	09-05-2014	Warren, PA	1,017 days ( 2.78 years)
324	Jacob Yurek	12-31-2008	09-28-2011	Silver Lake, MN	1,002 days ( 2.74 years)
324	Kirsten Bartlett	01-01-2015	09-28-2017	Eugene, OR	1,002 days ( 2.74 years)
326	James Clisset	11-17-2012	08-14-2015	Yuma, AZ	1,001 days ( 2.74 years)
327	Timothy Hart	12-26-2008	09-21-2011	Shorewood, WI	1,000 days ( 2.74 years)
327	Thomas Griglock	01-01-2013	09-27-2015	Tualatin, OR	1,000 days ( 2.74 years)

327	Mike Fanelli	12-30-2010	09-24-2013	San Anselmo, CA	1,000 days ( 2.74 years)
330	Dario Mirski	05-25-2013	02-10-2016	Randolph, NJ	992 days ( 2.72 years)
331	Kirk Buckley	06-18-2012	02-22-2015	Las Vegas, NV	980 days ( 2.68 years)
332	Richard Decker	03-02-2015	10-31-2017	Oceanside, CA	975 days ( 2.67 years)
333	Emily Uhlig	08-03-2006	04-02-2009	Renton, WA	974 days ( 2.67 years)
334	Terrell Worley	08-03-1990	03-27-1993	Rancho Cucamonga, CA	968 days ( 2.65 years)
335	Herbert L. Fred	02-09-2007	09-24-2009	Houston, TX	959 days ( 2.63 years)
336	Brian Orth	03-28-2013	11-03-2015	Boise, ID	951 days ( 2.6 years)
337	Toni Orth	03-29-2013	11-03-2015	Boise , ID	950 days ( 2.6 years)
337	Jonathan Garber	01-01-2012	08-07-2014	De Pere, WI	950 days ( 2.6 years)
339	Richard Holmes	07-23-2005	02-19-2008	Durham, NC	942 days ( 2.58 years)
340	Joann Lycett	05-11-2014	11-27-2016	Largo, FL	932 days ( 2.55 years)
341	Stephanie Kammerzell	09-08-2008	03-26-2011	Everett, WA	930 days ( 2.55 years)
341	Drew Rogers	09-07-1999	03-24-2002	Gainesville, GA	930 days ( 2.55 years)
343	Tim Williams	09-01-2011	03-16-2014	Bellevue, WA	928 days ( 2.54 years)
344	Will Jones	03-18-2011	09-28-2013	Grove, OK	926 days ( 2.54 years)
344	Richard Holmes	11-14-1995	05-27-1998	Durham, NC	926 days ( 2.54 years)
346	Elizabeth Gilman	12-01-2012	06-07-2015	Byron, MN	919 days ( 2.52 years)
347	Gary Lundeen	01-01-1985	06-23-1987	Orono, MN	904 days ( 2.48 years)
347	Michele Arnold	11-26-2013	05-17-2016	Issaquah, WA	904 days ( 2.48 years)
349	Sherrie Kautman	12-27-2006	06-13-2009	Cedar Rapids, IA	900 days ( 2.46 years)
350	Jonathan Green	03-01-2013	08-11-2015	Brooklyn Center, MN	894 days ( 2.45 years)
351	Michael Sewell	12-30-1997	05-25-2000	Camden Wyoming, DE	878 days ( 2.4 years)
352	Justin Gino Giacomo	04-01-2015	08-24-2017	Winchester, MA	877 days ( 2.4 years)
353	Sarah Box	01-01-2011	05-21-2013	Bellingham, WA	872 days ( 2.39 years)
354	Brian Beerman	01-01-2015	05-12-2017	Pittsburgh, PA	863 days ( 2.36 years)
355	Wendell J. DeBoer	02-18-1978	06-20-1980	Falcon Heights, MN	854 days ( 2.34 years)
356	Kyle Rizzo	01-01-2013	05-03-2015	Berkeley, CA	853 days ( 2.34 years)
357	Vladimir Costescu	07-10-2012	10-28-2014	Virginia Beach, VA	841 days ( 2.3 years)
358	Zak Novitske	12-25-2011	04-10-2014	Kettering, OH	838 days ( 2.29 years)
359	Charles Lucero	01-01-2009	04-15-2011	Kingman, AZ	835 days ( 2.29 years)
360	Doug Suker	10-30-2014	02-09-2017	Edina, MN	834 days ( 2.28 years)
361	Kyle L. Nelson	06-13-2009	09-23-2011	Flint, MI	833 days ( 2.28 years)
362	Donald Cuppy	01-01-2010	04-11-2012	Phoenix, AZ	832 days ( 2.28 years)
363	Robert Stack	05-07-2011	08-10-2013	Fort Worth, TX	827 days ( 2.26 years)
363	Eric Jackson	11-30-2014	03-05-2017	Hot Springs, AR	827 days ( 2.26 years)
365	Norman Grimmett	12-16-2004	03-20-2007	San Antonio, TX	825 days ( 2.26 years)
366	William McCarty	03-06-2009	06-06-2011	San Francisco, CA	823 days ( 2.25 years)
367	Andy Fagan	05-21-2011	08-17-2013	Arlington, TX	820 days ( 2.25 years)
368	Lisa Hancock	02-17-2014	05-11-2016	Geneva, IL	815 days ( 2.23 years)
369	Simon N. Falcon	12-15-2008	03-08-2011	Bellevue, NE	814 days ( 2.23 years)
370	Jerome Gist	10-22-2015	01-07-2018	Paramus, NJ	809 days ( 2.21 years)
371	Ryan Pett	03-19-2011	06-03-2013	Thompsons Station, TN	808 days ( 2.21 years)
372	Thomas A. Fons	11-10-2006	01-18-2009	Katy, TX	801 days ( 2.19 years)
372	Joe Meadows	01-01-2012	03-11-2014	Cleveland, OH	801 days ( 2.19 years)
374	Scott Schmidt	01-01-2009	03-07-2011	Knoxville, TN	796 days ( 2.18 years)
375	Billy Singletary	02-22-2015	04-25-2017	Cleveland, TN	794 days ( 2.17 years)
376	Matthew Schauf	04-15-2001	06-16-2003	Menomonie, WI	793 days ( 2.17 years)
377	Chris Dodrill	08-01-2015	09-21-2017	Bay Village, OH	783 days ( 2.14 years)
378	David L. DeBoer	10-11-2009	12-01-2011	Manchester, MO	782 days ( 2.14 years)
379	Dave Nelson	09-01-1979	10-20-1981	Houston, TX	781 days ( 2.14 years)
380	Chris Brelage	08-06-2013	09-24-2015	Fishers, IN	780 days ( 2.14 years)
381	Keith Decker	11-11-2014	12-24-2016	Exeter, NH	775 days ( 2.12 years)
382	Carina Radmonovich	01-01-2016	02-10-2018	Lawrence, NJ	772 days ( 2.11 years)
383	Lee Jantzen	01-01-2009	02-10-2011	Kingman, AZ	771 days ( 2.11 years)
384	Matt Miller	03-17-2014	04-22-2016	Barboursville, WV	768 days ( 2.1 years)
384	Tom Whiteley	08-22-2014	09-27-2016	Fair Lawn, NJ	768 days ( 2.1 years)
386	Michael Duffy	11-22-2012	12-24-2014	Ellicott City, MD	763 days ( 2.09 years)
387	Herbert L. Fred	10-20-2000	11-17-2002	Houston, TX	759 days ( 2.08 years)
388	Scott Isgett	04-21-2015	05-16-2017	Rockaway, NJ	757 days ( 2.07 years)
389	Ben Kimball	11-04-2013	11-29-2015	Portland, OR	756 days ( 2.07 years)
390	Amber Travsky	11-21-2013	12-15-2015	Laramie, WY	755 days ( 2.07 years)
390	Kathleen Maloney	06-27-2013	07-21-2015	Wilton, CT	755 days ( 2.07 years)
392	Douglas Daeffler	12-30-2008	01-20-2011	Waterloo, NY	752 days ( 2.06 years)
392	Melissa Malinowski	05-13-2011	06-02-2013	Mahtomedi, MN	752 days ( 2.06 years)
394	Matthew Schauf	02-23-1999	03-13-2001	Menomonie, WI	750 days ( 2.05 years)
395	Ronnie O. Shaw	01-01-1982	01-18-1984	Fort Worth, TX	748 days ( 2.05 years)
396	Stephen Gould	08-30-2004	09-13-2006	Camden, ME	745 days ( 2.04 years)
397	Kevin R. Corizzi	01-01-2008	01-12-2010	Dumont, NJ	743 days ( 2.03 years)
397	Robert Coltman	06-21-2009	07-03-2011	Ponte Verda Beach, FL	743 days ( 2.03 years)
397	Scott Caldwell	05-23-2011	06-03-2013	Great Falls, MT	743 days ( 2.03 years)
400	Don Brakebill	09-29-2006	10-09-2008	Bakersfield, CA	742 days ( 2.03 years)
401	Sarah Woods	01-01-2015	01-09-2017	Phoenix, AZ	740 days ( 2.03 years)
401	Nick Alongi	01-25-2016	02-02-2018	Glen Allen, VA	740 days ( 2.03 years)
403	Rachel Gibson	12-19-2013	12-24-2015	Washington, DC	736 days ( 2.02 years)

403	Susan Rattenbury	04-07-2014	04-11-2016	Oakland, CA	736 days ( 2.02 years)
405	Bridgett Petzoldt	01-03-2015	01-06-2017	Omaha, NE	735 days ( 2.01 years)
406	Tim West	08-15-2007	08-15-2009	Carlisle, MA	732 days ( 2 years)
407	Lucy Hines	12-31-2012	12-31-2014	Smithfield, VA	731 days ( 2 years)
407	Rebecca McCauley	01-01-2010	01-01-2012	Cynthiana, KY	731 days ( 2 years)
407	Luke J Martinez	01-01-2015	12-31-2016	Austin, TX	731 days ( 2 years)
407	Zach Kilburn	01-01-2016	12-31-2017	Tulsa, OK	731 days ( 2 years)
411	Wendell J. DeBoer	01-02-1987	12-27-1988	Falcon Heights, MN	726 days ( 1.99 years)
412	Tracey McKibben	12-22-2007	12-07-2009	Dayton, OH	717 days ( 1.96 years)
413	Ellen Kendall	11-28-2013	11-12-2015	St. Louis Park, MN	715 days ( 1.96 years)
414	Victoria Gomez	08-16-2011	07-28-2013	Frisco, TX	713 days ( 1.95 years)
415	Dwayne Hawkins	01-01-2014	12-13-2015	Murfreesboro, TN	712 days ( 1.95 years)
416	Patty Hengel	11-27-2013	11-07-2015	Glen Burnie, MD	711 days ( 1.95 years)
417	John Corretti	04-15-2011	03-22-2013	Killeen, TX	708 days ( 1.94 years)
418	Nannette Taylor	05-25-2014	04-28-2016	Shirley, MA	705 days ( 1.93 years)
419	Cathy Van der Shans	01-01-2015	11-22-2016	Minnetonka, MN	692 days ( 1.89 years)
420	Douglas Schiller	08-17-2012	07-08-2014	Ellenton, FL	691 days ( 1.89 years)
421	Gordy Strickland	04-04-1981	02-17-1983	Rochester, MN	685 days ( 1.88 years)
422	Terrell Worley	06-18-2010	04-29-2012	Rancho Cucamonga, CA	682 days ( 1.87 years)
423	Duncan Cameron	12-03-2002	10-09-2004	Palm Harbor, FL	677 days ( 1.85 years)
424	Jeannette Slattery-Wandler	07-25-2014	05-29-2016	Stevensville, MT	675 days ( 1.85 years)
425	John Liepa	03-01-1975	12-31-1976	West Des Moines, IA	672 days ( 1.84 years)
426	Audra Laking	05-27-2012	03-24-2014	Prattville, AL	667 days ( 1.83 years)
427	Richard Carroll	01-01-2012	10-27-2013	Foxboro, MA	666 days ( 1.82 years)
428	Jessica Wind-Abolafia	11-08-2015	08-27-2017	Brooklyn, NY	659 days ( 1.8 years)
429	Theresa Woody	12-14-2014	09-27-2016	Goodyear, AZ	654 days ( 1.79 years)
430	Sarah Girotti	06-02-2013	03-16-2015	Winchester, MA	653 days ( 1.79 years)
431	Caroline Hwang	01-17-2010	10-29-2011	New York, NY	651 days ( 1.78 years)
432	Howard Feldman	04-01-1996	01-07-1998	Houston, TX	647 days ( 1.77 years)
433	Brian Daniels	07-06-2015	04-09-2017	Minneapolis, MN	644 days ( 1.76 years)
433	Jeremy Matteson	11-26-2015	08-30-2017	Aliso Viego, CA	644 days ( 1.76 years)
433	Tracey McKibben	01-01-2012	10-05-2013	Dayton, OH	644 days ( 1.76 years)
436	David M. Woodson	06-25-2007	03-22-2009	Newport News, VA	637 days ( 1.74 years)
437	Jim Meulendyke	10-27-2015	07-19-2017	Brookfield, WI	632 days ( 1.73 years)
438	Don Brown	01-11-2015	09-19-2016	Munhall, PA	618 days ( 1.69 years)
439	David Max	03-20-2000	11-24-2001	Wichita Falls, TX	615 days ( 1.68 years)
440	Lee Berg	08-24-1980	04-27-1982	Torrance, CA	612 days ( 1.68 years)
440	Christine Petrone	12-31-2012	09-03-2014	Greensboro, GA	612 days ( 1.68 years)
442	Mark Sands	12-31-2012	09-01-2014	Webster, NY	610 days ( 1.67 years)
443	Dawn Skirpan	05-26-2014	01-24-2016	Washington, PA	609 days ( 1.67 years)
444	Charles Brown	11-27-2014	07-20-2016	Pikesville, MD	602 days ( 1.65 years)
444	William Spencer	08-31-2011	04-23-2013	Raleigh, NC	602 days ( 1.65 years)
444	James Jancker	05-26-2015	01-16-2017	Wheatfield, NY	602 days ( 1.65 years)
447	Allen Gilman	10-18-2010	06-08-2012	Rochester, MN	600 days ( 1.64 years)
447	John McCown	05-01-2011	12-20-2012	Chattanooga, TN	600 days ( 1.64 years)
447	Ken Johnson	01-01-1992	08-22-1993	Huntsville, TX	600 days ( 1.64 years)
450	Gary Iverson	12-30-1982	08-19-1984	Santa Fe, NM	599 days ( 1.64 years)
450	Paul Temple	12-31-2011	08-20-2013	Germantown, TN	599 days ( 1.64 years)
452	Jill Wofsey	12-22-2015	08-06-2017	Alford, FL	594 days ( 1.63 years)
453	Amber Hegland	01-16-2012	08-29-2013	Shakopee, MN	592 days ( 1.62 years)
454	Don Slusser	12-20-2010	08-01-2012	Monroeville, PA	591 days ( 1.62 years)
455	Drew Rogers	07-06-1991	02-12-1993	Gainesville, GA	588 days ( 1.61 years)
456	Karen J. Wallace	01-01-2004	08-09-2005	Ishpeming, MI	587 days ( 1.61 years)
457	Eileen Dibler	02-02-2002	09-07-2003	Columbia, MD	583 days ( 1.6 years)
458	Gary Lundeen	12-27-2015	07-30-2017	Orono, MN	582 days ( 1.59 years)
459	Geza Feld	11-04-2014	06-06-2016	Farmingdale, NY	581 days ( 1.59 years)
460	Benjamin Labovitz	11-28-2013	06-30-2015	St. Louis, MO	580 days ( 1.59 years)
460	Walter O. Byerly	07-04-2011	02-02-2013	Dallas, TX	580 days ( 1.59 years)
462	Ronald Kmiec	04-18-1974	11-16-1975	Carlisle, MA	578 days ( 1.58 years)
463	Donna Pertel	06-03-2013	12-31-2014	Brookline, MA	577 days ( 1.58 years)
464	Patrick J. Foley	10-04-2010	04-30-2012	Northfield, MN	575 days ( 1.57 years)
465	Scott Nelsen	07-05-2013	01-28-2015	Mankato, MN	573 days ( 1.57 years)
466	Paul Seibert	11-01-2013	05-26-2015	Fort Mitchell, KY	572 days ( 1.57 years)
467	Bob Hensley	01-09-2008	07-31-2009	Port St. Luci, FL	570 days ( 1.56 years)
468	Robert Bannan	04-18-2013	11-04-2014	Decatur, GA	566 days ( 1.55 years)
469	Susan Rattenbury	07-11-2016	01-21-2018	Oakland, CA	560 days ( 1.53 years)
470	Huy Nguyen	04-18-2015	10-27-2016	Greensburg, PA	559 days ( 1.53 years)
471	Klint Rose	12-22-2007	07-01-2009	Alviso, CA	558 days ( 1.53 years)
471	Daniel Mansueto	12-22-2003	07-01-2005	Los Angeles, CA	558 days ( 1.53 years)
473	Shawn Mastrantonio	10-10-2013	04-19-2015	Athens, PA	557 days ( 1.52 years)
474	Ronald Hall, Jr.	07-08-2013	01-10-2015	Sanford, NC	552 days ( 1.51 years)
474	Ian Saarmann	06-15-2015	12-17-2016	Mashpee, MA	552 days ( 1.51 years)
476	Carroll L. Wright	01-01-2008	07-03-2009	Harrah, OK	550 days ( 1.51 years)
476	George Schroeder	12-01-2015	06-02-2017	Norman, OK	550 days ( 1.51 years)
478	Rhonda Wegner	01-01-2011	07-01-2012	Valdez, AK	548 days ( 1.5 years)

478	Todd Taylor	01-02-2011	07-02-2012	Valdez, AK	548 days ( 1.5 years)
480	Aron Cole	04-12-2014	10-09-2015	Olean, NY	546 days ( 1.49 years)
480	Frederick M Glass	01-01-2014	06-30-2015	ATLANTA, GA	546 days ( 1.49 years)
482	Terrell Worley	09-05-1982	02-28-1984	Rancho Cucamonga, CA	542 days ( 1.48 years)
483	Melissa Ortiz	09-26-2012	03-17-2014	Fort Worth, TX	538 days ( 1.47 years)
483	Cindi Harris	07-01-2014	12-20-2015	Lake Forest, CA	538 days ( 1.47 years)
485	Leah Brown	01-13-2016	06-30-2017	Spencerport, NY	535 days ( 1.46 years)
486	Angeline Pace	08-24-2014	02-07-2016	Draper, UT	533 days ( 1.46 years)
486	Chris Kartschoke	05-24-2015	11-06-2016	Prior Lake, MN	533 days ( 1.46 years)
488	Cynthia Almudevar	10-28-2013	04-11-2015	Pittsford, NY	531 days ( 1.45 years)
488	James Summers	11-24-2013	05-08-2015	Coronado, CA	531 days ( 1.45 years)
490	Chris Myers	12-24-2013	06-06-2015	Chanhassen, MN	530 days ( 1.45 years)
491	Gayle Kearney	12-05-2013	05-12-2015	Ballwin, MO	524 days ( 1.43 years)
492	Rene G. Burgess	01-03-2007	06-07-2008	Boiling Springs, PA	522 days ( 1.43 years)
493	Lenora James	01-01-2015	05-27-2016	Bend, OR	513 days ( 1.4 years)
494	Dennis Durbin	09-11-2013	02-01-2015	Martinez, CA	509 days ( 1.39 years)
495	David Wilson	12-29-2013	05-19-2015	Glenside, PA	507 days ( 1.39 years)
496	Liz Schecter	12-03-2006	04-18-2008	Kinnelon, NJ	503 days ( 1.38 years)
497	Cory Verrill	01-01-2015	05-15-2016	Stetson, ME	501 days ( 1.37 years)
497	Dennis Durbin	09-14-1984	01-27-1986	Martinez, CA	501 days ( 1.37 years)
499	Joshua Pedelty	10-13-2012	02-24-2014	Cedar Rapids, IA	500 days ( 1.37 years)
499	Charles Lauller	10-22-2010	03-04-2012	Lakeway, TX	500 days ( 1.37 years)
499	Kirstyn Jovanovich	11-25-2013	04-08-2015	Burke, VA	500 days ( 1.37 years)
499	Scott Cockerham	01-06-2015	05-19-2016	Houston, TX	500 days ( 1.37 years)
499	Shannon Meglathery	08-31-2011	01-11-2013	Northfield, NJ	500 days ( 1.37 years)
499	Jonathan Kay	04-01-2015	08-12-2016	Indianapolis, IN	500 days ( 1.37 years)
505	Neil Borchers	11-28-2013	04-10-2015	Fort Loramie, OH	499 days ( 1.37 years)
506	David L. Hurlbut	02-08-2010	06-15-2011	San Diego, CA	493 days ( 1.35 years)
507	Ellen S. Runnoe	04-06-2006	08-06-2007	Wausau, WI	488 days ( 1.34 years)
508	Kenneth Young	07-27-2012	11-25-2013	Petrolia, CA	487 days ( 1.33 years)
508	Craig Snapp	12-22-1978	04-21-1980	El Cajon, CA	487 days ( 1.33 years)
508	J. Patrick Growney	12-23-2007	04-22-2009	Lavallette, NJ	487 days ( 1.33 years)
511	Michael Peterson	09-13-2008	01-08-2010	McCordsville, IN	483 days ( 1.32 years)
512	Pavni Patel	09-06-2014	12-31-2015	Lutherville, MD	482 days ( 1.32 years)
513	Evelyn Smith	12-28-2012	04-20-2014	Rockford, IL	479 days ( 1.31 years)
514	Brett Galley	03-20-2015	07-09-2016	Orland Park, IL	478 days ( 1.31 years)
515	Terrell Worley	05-23-2012	09-06-2013	Rancho Cucamonga, CA	472 days ( 1.29 years)
516	Michael deLeon	12-31-2010	04-13-2012	San Francisco, CA	470 days ( 1.29 years)
517	J. Shimon Rubinstein	01-01-2014	04-13-2015	North Miami Beach, FL	468 days ( 1.28 years)
518	Lance Wheeler	07-04-2016	10-12-2017	Gillette, WY	466 days ( 1.28 years)
519	Corinne Wright-MacLeod	12-14-2013	03-20-2015	Minneapolis, MN	462 days ( 1.26 years)
520	Josh McCleary	11-27-2015	02-28-2017	Lawrence, KS	460 days ( 1.26 years)
521	Bettina Shepard	11-21-2011	02-18-2013	Brick, NJ	456 days ( 1.25 years)
522	Dominic Archibeque	05-14-2015	08-09-2016	West Valley, UT	454 days ( 1.24 years)
523	Ryan Albrecht	11-22-2012	02-12-2014	San Antonio, TX	448 days ( 1.23 years)
524	Ronald W. Shealy	04-23-1988	07-13-1989	Lexington, SC	447 days ( 1.23 years)
525	Michael Bell	01-01-2013	03-22-2014	Malvern, PA	446 days ( 1.22 years)
526	Perry Romanowski	01-15-2007	04-03-2008	Chicago, IL	445 days ( 1.22 years)
526	Cliff Pinckard	01-01-2015	03-20-2016	Mentor, OH	445 days ( 1.22 years)
528	Matt Learo	07-04-2013	09-20-2014	Liverpool, NY	444 days ( 1.22 years)
528	Ronnie O. Shaw	05-15-2007	07-31-2008	Fort Worth, TX	444 days ( 1.22 years)
530	Ted Green	06-03-2014	08-17-2015	Lee's Summit, MO	441 days ( 1.21 years)
530	Edward Monsour	10-24-2011	01-06-2013	Laguana Niguel, CA	441 days ( 1.21 years)
530	Patty Duarte	12-31-2011	03-15-2013	Atlanta, GA	441 days ( 1.21 years)
533	David Kissel	01-01-2006	03-16-2007	Lake Bluff, IL	440 days ( 1.2 years)
533	David A. Peterson	01-18-2009	04-02-2010	Las Vegas, NV	440 days ( 1.2 years)
533	Owen Barwell	01-02-2012	03-16-2013	Alexandria, VA	440 days ( 1.2 years)
536	William Middlebrook	12-29-2008	03-11-2010	Colorado Springs, CO	438 days ( 1.2 years)
537	William Howes, Jr.	06-30-2010	09-07-2011	Royal Oak, MI	435 days ( 1.19 years)
538	James G. Rabe	06-10-2008	08-17-2009	Portland, OR	434 days ( 1.19 years)
539	Nevertha R. Brooks	03-08-2007	05-10-2008	Chicago, IL	430 days ( 1.18 years)
540	John Miller	01-01-2014	03-05-2015	Macon, GA	429 days ( 1.17 years)
541	David Max	12-31-2001	03-02-2003	Wichita Falls, TX	427 days ( 1.17 years)
541	John Wood	03-11-2016	05-11-2017	Apex, NC	427 days ( 1.17 years)
543	Emily Foster	05-27-2014	07-26-2015	Lake Oswego, OR	426 days ( 1.17 years)
544	Kevin C Tofel	01-01-2011	02-29-2012	Harleysville, PA	425 days ( 1.16 years)
544	Eric Klein	07-09-2012	09-06-2013	Portland, OR	425 days ( 1.16 years)
546	Tim Stearman	12-15-2013	02-10-2015	Albuquerque, NM	423 days ( 1.16 years)
547	Steve Surratt	06-28-2014	08-23-2015	Roanoke, VA	422 days ( 1.16 years)
548	Jennifer Meyer	01-04-2014	02-27-2015	Rochester, MN	420 days ( 1.15 years)
549	Mike Fanelli	12-17-2004	02-07-2006	San Anselmo, CA	418 days ( 1.14 years)
550	Stephen Bardsley	01-01-2007	02-19-2008	Stevensville, MD	415 days ( 1.14 years)
551	Brian Daniels	01-12-2014	02-26-2015	Minneapolis, MN	411 days ( 1.13 years)
552	Chad Roberts	01-01-2015	02-14-2016	Bermuda Run, NC	410 days ( 1.12 years)
553	Cindy Lefferts	03-05-2003	04-15-2004	Naples, FL	408 days ( 1.12 years)

554	Anna French	05-07-2012	06-17-2013	Plymouth, MN	407 days ( 1.11 years)
554	Reno Stirrat	11-01-2014	12-12-2015	Rockaway, NJ	407 days ( 1.11 years)
556	Michael Percherke	11-22-2012	01-01-2014	Enola, PA	406 days ( 1.11 years)
557	William Thomas	12-27-2014	02-02-2016	Woodstock, GA	403 days ( 1.1 years)
557	Wendell J. DeBoer	01-01-2009	02-07-2010	Falcon Heights, MN	403 days ( 1.1 years)
559	Michael J. Dallas	08-07-2006	09-12-2007	Norwich, UK	402 days ( 1.1 years)
560	Bradley Shackelford	08-21-2014	09-24-2015	Redding, CA	400 days ( 1.1 years)
560	James Rockwell	06-06-2011	07-09-2012	Atlanta, GA	400 days ( 1.1 years)
562	Herbert L. Fred	11-19-2002	12-22-2003	Houston, TX	399 days ( 1.09 years)
563	Kimberly Dierwechter	12-25-2012	01-26-2014	Mechanicsburg, PA	398 days ( 1.09 years)
564	Brian Short	12-15-2012	01-15-2014	Minneapolis, MN	397 days ( 1.09 years)
565	Dario Mirski	05-25-2016	06-23-2017	Randolph, NJ	395 days ( 1.08 years)
565	Karen Walker	08-01-2010	08-30-2011	Orlando, FL	395 days ( 1.08 years)
567	Jeff Drobik	01-06-2017	02-02-2018	Pompton Plains, NJ	393 days ( 1.08 years)
568	Melissa Roy	12-23-2015	01-16-2017	Alexandria, VA	391 days ( 1.07 years)
569	Tamsen Conner	07-20-2013	08-11-2014	Austin, TX	388 days ( 1.06 years)
569	Stephanie Hall	04-01-2016	04-23-2017	Baltimore, MD	388 days ( 1.06 years)
571	Cherry Wnek	06-30-2015	07-19-2016	Randolph, NJ	386 days ( 1.06 years)
572	Jimmie Markham	06-30-2013	07-19-2014	Keller, TX	385 days ( 1.05 years)
573	Craig Snapp	11-30-2016	12-17-2017	El Cajon, CA	383 days ( 1.05 years)
573	Peter T. Eshelman	12-15-2006	01-01-2008	Columbia City, IN	383 days ( 1.05 years)
573	Micheal Bazan	01-01-2016	01-17-2017	Roeland, KS	383 days ( 1.05 years)
573	Patrick J. Foley	12-23-1979	01-08-1981	Northfield, MN	383 days ( 1.05 years)
577	Darrin D. Young	01-01-1997	01-16-1998	Columbia, MO	381 days ( 1.04 years)
578	Kristen Spendlove	12-31-2016	01-13-2018	Sandy, UT	379 days ( 1.04 years)
578	Houston Wolf	01-01-2013	01-14-2014	Cordova, TN	379 days ( 1.04 years)
580	John Mosby	09-03-2011	09-11-2012	Barrington, RI	375 days ( 1.03 years)
581	Aimee Williams	01-02-2013	01-10-2014	Bellevue, WA	374 days ( 1.02 years)
581	Briar Andresen	02-22-2015	03-01-2016	Minneapolis, MN	374 days ( 1.02 years)
581	John Zall	10-14-2016	10-22-2017	Lynn, MA	374 days ( 1.02 years)
581	Barry Abrahams	12-20-1976	12-28-1977	Lincoln, NE	374 days ( 1.02 years)
585	Angelica Allen	03-10-2015	03-16-2016	Albuquerque, NM	373 days ( 1.02 years)
586	Steve Parker, Jr.	01-02-2015	01-08-2016	Charleston, SC	372 days ( 1.02 years)
586	Britny Aklik	12-28-2016	01-03-2018	Edina, MN	372 days ( 1.02 years)
588	Cara Young	01-01-2008	01-05-2009	Walnut Creek, CA	371 days ( 1.02 years)
588	Neal Lucas	12-28-2010	01-02-2012	San Marcos, TX	371 days ( 1.02 years)
588	Amanda Deverich	11-21-2011	11-25-2012	Williamsburg, VA	371 days ( 1.02 years)
591	Matthew A. Root	12-01-2008	12-05-2009	Richmond, IN	370 days ( 1.01 years)
591	Ramsey Bentley	12-04-2015	12-07-2016	Laramie, WY	370 days ( 1.01 years)
593	Laurie Omodt-TeBrake	08-06-2014	08-08-2015	Shakopee, MN	368 days ( 1.01 years)
593	Timothy Dean	12-07-2009	12-09-2010	Morrison, FL	368 days ( 1.01 years)
593	J.J. Mitchell	08-01-2013	08-03-2014	Olathe, KS	368 days ( 1.01 years)
593	Jennifer Vandenberg	12-23-2011	12-24-2012	Skamokawa, WA	368 days ( 1.01 years)
597	James Janker	04-16-2013	04-17-2014	Wheatfield, NY	367 days ( 1 years)
597	Tammy M. Root	01-01-2007	01-02-2008	Richmond, IN	367 days ( 1 years)
597	Curt Ehlinger	12-30-2012	12-31-2013	Dubuque, IA	367 days ( 1 years)
597	Chris Hanes	01-01-2013	01-02-2014	Ocala, FL	367 days ( 1 years)
597	Chris J. DeLeon	07-03-2007	07-03-2008	Wichita, KS	367 days ( 1 years)
597	Jamie Long	09-19-2007	09-19-2008	Jackson, GA	367 days ( 1 years)
597	Matthew Hubbell	07-04-2011	07-04-2012	Denver, CO	367 days ( 1 years)
597	Jacob Mosby	09-10-2011	09-10-2012	Barrington, RI	367 days ( 1 years)
597	Timothy Dunne	01-01-2012	01-01-2013	San Francisco, CA	367 days ( 1 years)
597	Kimberly Brown	06-30-2015	06-30-2016	Randolph, NJ	367 days ( 1 years)
597	Kyle Bancroft	01-04-2016	01-04-2017	Chilton, WI	367 days ( 1 years)
597	Herbert L. Fred	04-20-2015	04-20-2016	Houston, TX	367 days ( 1 years)
609	Peter Boumgarden	01-01-2017	01-01-2018	Grand Rapids, MI	366 days ( 1 years)
609	Jack B Villada	01-01-2017	01-01-2018	Austin, TX	366 days ( 1 years)
609	Dennis A Barry	01-01-2017	01-01-2018	Loveland, OH	366 days ( 1 years)
609	John Granger	01-01-2005	01-01-2006	Port Hadlock, WA	366 days ( 1 years)
609	Chuck Licata	01-01-2017	01-01-2018	Marietta, GA	366 days ( 1 years)
609	Teri Davison	08-04-2006	08-04-2007	Leander, TX	366 days ( 1 years)
609	Matthew D. Benelli	01-01-2007	01-01-2008	Newfields, NH	366 days ( 1 years)
609	Janet Blaszynski	08-30-2009	08-30-2010	Anncville, PA	366 days ( 1 years)
609	Chris Tennant	01-01-2014	01-01-2015	Pullman, WA	366 days ( 1 years)
609	Justin Andes	06-13-2014	06-13-2015	Ellicott City, MD	366 days ( 1 years)
609	Carol Cawley	07-26-2016	07-26-2017	Atlanta, GA	366 days ( 1 years)
609	Matthew Shoaff	06-17-2007	06-16-2008	Boston, MA	366 days ( 1 years)
609	Kelly Engler	03-12-2011	03-11-2012	Elgin, MN	366 days ( 1 years)
609	Steven Beck	03-02-2015	03-01-2016	St. Paul, MN	366 days ( 1 years)
609	Herbert L. Fred	01-01-1988	12-31-1988	Houston, TX	366 days ( 1 years)
624	Rick Larson	06-07-1999	06-05-2000	Bloomington, MN	365 days ( 1 years)
624	Karen Queally	01-01-1986	12-31-1986	San Bruno, CA	365 days ( 1 years)
624	Heather L. Bagan	12-31-2006	12-30-2007	Los Angeles, CA	365 days ( 1 years)
624	Tiffany A. Brigner	01-01-2007	12-31-2007	Lakeland, CO	365 days ( 1 years)
624	Thomas L. Grassi	06-11-2008	06-10-2009	Dumont, NJ	365 days ( 1 years)

624	Nancy Balkowski	01-06-2009	01-05-2010	Milwaukee, WI	365 days ( 1 years)
624	Meredith Davenport	01-01-2010	12-31-2010	Birmingham, AL	365 days ( 1 years)
624	Charlene Patten	05-07-2010	05-06-2011	Cincinnati, OH	365 days ( 1 years)
624	Gregory Wilber	07-11-2012	07-10-2013	Fairfax, VA	365 days ( 1 years)
624	Erika Greene	01-01-2013	12-31-2013	Farmville, NC	365 days ( 1 years)
624	Patrick Greene	01-01-2013	12-31-2013	Farmville, NC	365 days ( 1 years)
624	Gretchen Reed	01-01-2013	12-31-2013	Olathe, KS	365 days ( 1 years)
624	Deborah Gibson	10-11-2013	10-10-2014	Oakland, CA	365 days ( 1 years)

## Official International Retired Running Streak List As Certified to Streak Runners International 1 March 2018

### THE HILLS (50+ years)

1 Ron Hill 21-12-1964 28-01-2017 Hyde, GB 19,032 days (52.11 years)

### PROFICIENT (5+ years)

2 Marlene Prentice 12-03-2007 27-10-2015 Gold Coast, AU 3,152 days (8.63 years)  
3 Pranjali Milovnik 15-06-2008 08-06-2016 Bratislava, SK 2,916 days (7.98 years)  
4 Kimberley Robinson 06-09-2011 06-02-2017 Bepton, GB 1,981 days (5.42 years)

### NEOPHYTES (1-5 years)

5 Simon Scarfe 02-01-2012 28-09-2016 Manchester, GB 1,732 days (4.74 years)  
6 Paul Yeoman 13-07-2013 13-07-2017 Coventry, GB 1,462 days (4 years)  
7 Tiago Bandeira de Lima 05-02-2014 04-02-2018 Nottingham, GB 1,461 days (4 years)  
8 Jim Crisp 07-04-2013 01-02-2017 Brough, GB 1,397 days (3.82 years)  
9 Wil Valovin 16-08-2010 07-04-2014 West Yorkshire, GB 1,331 days (3.64 years)  
10 Myong Hwan Eiselstein 22-09-2014 22-09-2017 Hanoi, VN 1,097 days (3 years)  
11 Lyndon Murphy 27-10-2004 18-10-2007 Merthyr Tydfil, GB 1,087 days (2.98 years)  
12 Ignacio Ameller Rodriguez 01-07-2013 14-05-2016 Madrid, ES 1,049 days (2.87 years)  
13 Hiroaki Yoshida 27-08-2014 31-05-2017 Yokohama, JP 1,009 days (2.76 years)  
14 Jonathan O'Shea 21-12-2013 17-09-2016 Chigwell, GB 1,002 days (2.74 years)  
15 Katie Robinson 19-08-2011 09-02-2014 Auckland, NZ 906 days (2.48 years)  
16 Ketan Nadar Salamon 24-04-2012 15-08-2014 Mumbai, IN 844 days (2.31 years)  
17 Martin Fall 04-10-2015 26-12-2017 Faversham, GB 815 days (2.23 years)  
18 Phillippa Nichol 03-06-2012 25-06-2014 Newcastle, GB 753 days (2.06 years)  
19 Andrew Jackson 01-01-2015 01-01-2017 Hull, GB 732 days (2 years)  
20 James Oatway 11-07-2015 25-05-2017 Oakville, CA 685 days (1.88 years)  
21 Bjarne Ostergaard 05-09-2015 15-06-2017 Nordborg, DK 650 days (1.78 years)  
22 Martin Ainsworth 31-05-2014 09-03-2016 Leeds, GB 649 days (1.78 years)  
23 Grant Cameron 22-12-2009 14-08-2011 Brisbane, AU 601 days (1.65 years)  
24 Marlene Prentice 07-04-2003 03-09-2004 Gold Coast, AU 516 days (1.41 years)  
25 Amy Lawrenson 14-04-2013 27-08-2014 Sutton, GB 501 days (1.37 years)  
26 Grahame Lloyd 01-06-2015 02-10-2016 Waterford, AU 490 days (1.34 years)  
27 Ben Timbers 23-07-2015 21-11-2016 Keighley, GB 488 days (1.34 years)  
28 Nancy Tavares 01-01-2015 21-03-2016 Toronto, CA 446 days (1.22 years)  
29 Stan Shatenstein 12-12-2010 20-01-2012 Montreal, CA 405 days (1.11 years)  
30 Mary Horan 31-12-2013 01-01-2015 Dublin, IE 367 days (1 years)  
30 Angela Martland 24-10-2015 24-10-2016 York, GB 367 days (1 years)  
32 Scott William Hayden 10-09-2016 10-09-2017 Newport, GB 366 days (1 years)  
32 Fredrik Gustafsson 26-04-2015 25-04-2016 Sollentuna, SE 366 days (1 years)  
34 Carol Kennedy 06-04-2014 05-04-2015 Dubai, AE 365 days (1 years)

## SRI/USRSA ONLINE

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

Mark Washburne – Runner's World

[https://www.runnersworld.com/newswire/why-are-so-many-runners-getting-into-politics?utm\\_content=2018-01-26&utm\\_campaign=Rundown&utm\\_source=runnersworld.com&utm\\_medium=newsletter&smartcode=YN\\_0001652734\\_0001653029&sha1hashlower=011b9583145b69ed3379e34876a61e35cd1e77b2&md5hash=0baf7879028ec13bb54ca993b18dfe9](https://www.runnersworld.com/newswire/why-are-so-many-runners-getting-into-politics?utm_content=2018-01-26&utm_campaign=Rundown&utm_source=runnersworld.com&utm_medium=newsletter&smartcode=YN_0001652734_0001653029&sha1hashlower=011b9583145b69ed3379e34876a61e35cd1e77b2&md5hash=0baf7879028ec13bb54ca993b18dfe9)

Mark Washburne - Morristown Daily Record

<https://www.dailyrecord.com/story/news/local/morris-county/2017/11/08/mendham-runner-ccm-professor-challenging-frelinghuysen/836695001/>

Mark Washburne - Patch.com

<https://patch.com/new-jersey/mendham-chester/longtime-mendham-runner-now-running-congress>

Mark Washburne - Newark Star-Ledger (NJ.com)

[http://www.nj.com/morris/index.ssf/2017/11/man\\_who\\_runs\\_every\\_day\\_is\\_running\\_for\\_congress.html](http://www.nj.com/morris/index.ssf/2017/11/man_who_runs_every_day_is_running_for_congress.html)

Mark Washburne – PBS NJTV

<https://www.njtvonline.org/programs/on-the-record/democratic-candidates-for-11th-congressional-district-ooypha/>

Mark Washburne – *NJ Herald*

<http://www.njherald.com/20180220/democrat-running-on-issues-not-on-money#//>

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

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

## THE FINISH LINE

### By: Mark Washburne

As noted on our cover and our lead story, we lost Ken Young, one of the great streak runners of all time, on 3 February 2018, from brain cancer at 76. Ken was a member of our SRI/USRSA Board and had the longest retired streak in the world at 15,179 days (41.56 years) when it ended in 2012. His streak is now listed as the fourth longest retired running streak in the United States and fifth longest in the world. After his long streak ended, Ken continued to run every day and would record two more streaks. His third streak ended on 19 December 2017 after surgery to remove a tumor in his brain.

While Ken Young had many noteworthy running accomplishments, the one I remember the most is his American record of having the fastest time for 40 miles on the track set on 14 May 1972 in Chicago. In May 2012, I actually stumbled on the record while reading an old interview of Ken by the USRSA Founder, John Strumsky, in the Summer 2002 issue of TSR. In the 2002 interview, Ken described this 40-mile track run as his “perfect race” and noted that his time of 4:08:30.2 was still the American record.

For me, Ken’s story had special meaning in 2012 because the record was nearing 40 years and I wanted to know if an American athlete had ever broken his 40-mile record on the track. Of course, I contacted the number one expert in the world on running records, Mr. Kenneth Young, who confirmed that he still held the American record for that distance. While normally I would have waited for the next TSR to share this news, I sensed a bigger story. Therefore, on 14 May 2012, the 40<sup>th</sup> anniversary of the race, I sent an email to streak runners and posted on social media that Ken’s 40-mile American record on the track was still unbeaten after 40-years.

At the time, my post received a lot of attention and Ken even received an acknowledgement in the August 2012 *Running Times Magazine*: “40 years ago Ken Young, *Running Times*’ statistician, ran 40 miles on a track in 4:08:30. It’s an American record that still stands.” In 2018, Ken Young still has the American record for 40 miles on the track (source: [http://www.arrs.net/RecProg/RP\\_USAT.htm](http://www.arrs.net/RecProg/RP_USAT.htm)). Ken was one of a kind and will be missed by all.

Speaking of records, in December we finally automated our website and our running streak association grew by leaps and bounds and smashed several records in the process. Among the membership records set include the most new members for a quarter - 89 (1 December 2017- 26 February 2018) and most new members for a month - 46 (January 2018) .

SRI/USRSA also added more active streaks during this quarter than any other quarter in our association’s history. The Winter 2018 TSR listed 789 active running streaks in the United States plus 62 active international streaks for a total of 851 active streaks in the world. This Spring 2018 issue of TSR lists 955 active streaks in the United States plus 98 international streaks for a total of 1,053 active streaks worldwide. In comparison, it would take 9 years (Spring 2009 issue of TSR) for our association to post an active list with over 200 runners that matches the 202 additional streak runners added just this quarter! Wow!

As for me, I also had a good running year winning my 60-64 age group in three statewide yearly contests sponsored by USA Track & Field-New Jersey in 2017. These three racing contests were Mini 1 (best 9 races from 1 mile to 4 miles); Mini 2 (best 7 races over 4 miles to - but not including - 12K); and Mini 3 (best 5 races 12K and longer). My new racing/running club, the North Jersey Masters, also named me “Newcomer of the Year” for 2017. I am also still running for the United States Congress. The Primary in New Jersey is 5 June 2018. Please follow my campaign at <https://washburneforcongress.com>. Good luck to all of you as we each run the roads and trails – every day!



## *The Streak Registry*

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### ADVERTISING RATES

Per issue:

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

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

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

### MEMBERSHIP—DUES

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

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

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

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### STREAK CERTIFICATION

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

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

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

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