THE STREAK REGISTRY

TIM WOODBRIDGE’S STREAK
HITS 45 YEARS

Tim Woodbridge

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STREAKING ANNIVERSARIES

From The Legends to The Coverts (45th anniversary)

Timothy P. Woodbridge 1978-03-05 Allentown, PA, US

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


From The Dominators to The Masters (30th anniversary)

Brent Burmaster 1993-03-13 Dallas, TX, US

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

Dukhwan Ko 2003-03-01 Chumgju-si, KR 55

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

Zach Steele 2008-03-16 Des Moines, IA, US
Davey Cagle 2008-04-27 Scottsdale, AZ, US
Carolee N Luther 2008-05-03 Columbus, GA, US

From The Proficient to The Experienced (10th anniversary)

Ann Davenport 2013-03-01 Minneapolis, MN, US
DeWayne Key 2013-03-19 Moulton, AL, US
Shaun M. Brennan 2013-03-23 Memphis, TN, US
Eric M Nickels 2013-04-01 Los Angeles, CA, US
Emily Osinski 2013-05-06 Sugar Land, TX, US
Jeff Lanners 2013-05-13 South Saint Paul, MN, US
Peggy Hubbard 2013-05-16 Los Alamos, NM, US
Adam Freeman 2013-05-19 Ludham, Norfolk, GB
Jack C Hamilton 2013-05-26 Sedalia, CO, US
Sarah Miller 2013-05-27 Des Moines, IA, US
John W Saunders 2013-05-28 Fall River, Nova Scotia, CA
Jay Marshall 2013-06-01 Richmond, IL, US
Laurie D Roberts 2013-06-01 Meridian, ID, US

From The Neophytes to The Proficient (5th anniversary)

Andrew James Parker 2018-03-01 Philadelphia, PA, US
Gareth John 2018-03-01 Merstham, Surrey, GB
Molly K Beal-Bofia 2018-03-02 Waterville, ME, US
Martin Burger 2018-03-03 Bönnigheim, CI
Blake Grimes 2018-03-07 Mabank, TX, US
Tyler J Weyer 2018-03-08 Madison, WI, US
Rav Billan 2018-03-09  Leicestershire, GB
Ann Hanson 2018-03-09  Mundelein, IL, US
Bjarne Ostergaard 2018-03-11  Nordborg, DK
Marita Sers 2018-03-11  Västerås, SE
Russ Harris Leaprot 2018-03-18  Clayton, NC, US
Mike Tomaszewski 2018-03-22  Hoffman Estates, IL, US
Clint Dwayne Stevens 2018-03-22  Houston, TX, US
Marco Fischer 2018-03-22  Osnabrück, DE
Xenofon Gogouvitis 2018-03-23  Birmingham, West Midlands, GB
Nicholas Anderson 2018-03-24  Hawick, Scottish Borders, GB
Johan Lundeqvist 2018-03-24  Åkersberga, SE
Heather Williams 2018-03-24  Las Vegas, NV, US
David Wong 2018-03-25  Farmington Hills, MI, US
Micah D Saxton 2018-03-28  Somerville, MA, US
Ankush Oberoi 2018-04-01  Springfield, VA, US
Geoff Osbaldestin 2018-04-03  Congleton, Cheshire, GB
Apples Sano 2018-04-08  Yamanashi, JP
Matt Bloesch 2018-04-09  Vacaville, CA, US
Xiuxiu He 2018-04-09  Lilburn, GA, US
Tyler Dawkins 2018-04-10  South Pittsburg, TN, US
Cameron Miller 2018-04-12  Ormond Beach, FL, US
Viktoria Nikolaenko 2018-04-14  Kozhanka, UA
R. Whitemarsh-Wilson 2018-04-16  Leander, TX, US
Kellie A Newman 2018-04-20  Elgin, IL, US
Chris Lewis 2018-04-23  Fort Worth, TX, US
Subir Sengupta 2018-04-28  Mumbai, Maharashtra, IN
Amy Madsen 2018-05-01  Appleton, WI, US
Rodney I Kraner 2018-05-01  New Haven, IN, US
Isabella K Knutson 2018-05-02  Fergus Falls, MN, US
Tressa M Farnam 2018-05-04  Phoenix, AZ, US
Christian Arnsberg 2018-05-06  Ascheberg, DE
Carly M Miron 2018-05-07  Gallatin Gateway, MT, US
Mikael Engborn 2018-05-07  Västerås, Vastmanland, SE
Margaret Rohde 2018-05-07  Seezle, DE
Michael J James 2018-05-12  Kaukauna, WI, US
Kenny Raley 2018-05-16  Sonoina, AZ, US
Freddy Reyes 2018-05-18  New Orleans, LA, US
Stanley Ekulund 2018-05-19  Gothenburg, SE
Ruben Aguilar 2018-05-20  Fort Hancock, TX, US
Patty Veikley 2018-05-23  Inver Grove Heights, MN, US
Melissa Ann Derr 2018-05-26  Orefield, PA, US
Stephanie N Hoang 2018-05-28  Fort Worth, TX, US
Colleen Werner 2018-05-28  Sylvania, OH, US
Nathaniel A Morgan 2018-05-28  Clinton Township, MI, US
Cheryl Squares 2018-05-28  Quinton, VA, US
Brian Adams 2018-05-28  Burlington, Ontario, CA
Christine Shearman 2018-05-28  Merrimack, NH, US
“Running can help you lose 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.”

TIM WOODBIDGE’S STREAK
HITS 45 YEARS
By: Tim Woodbridge
Allentown, Pennsylvania

Thanks for the 45th anniversary wishes from the USRSA! I always enjoy getting the annual e-mail from you!

I have to admit – been really looking forward to this date and getting to celebrate 45 years – and hitting “The Covert” category! Also glad to have hit Steve’s 70,000 mile club a few years ago – with 93,969 miles as of March 4, 2023. In some ways it doesn’t seem possible that it’s been that long – then again - also seems like it’s been “forever ago” - that I started the streak!

Just as a reminder, back in 1978 – Jimmy Carter was President, (and I was sad to hear that he is in hospice), Movies (...think Animal House and Grease...), TV shows (...Cagney and Lacey was the top show) and Music, (“Love is Thicker than Water” by Andy Gibb was the Number 1 Song on the Radio); The first Star Wars Action Figure ever was released; Everyone was playing “Space Invaders”; Those things were certainly a lot different back then (well except records and bell bottoms have made a comeback)!

March 5, 1978 – was actually the start of my 2nd streak as I had close to a 100-day streak before this one. I had started the streak idea as I played basketball in college and always felt like that was a great workout. My college didn’t have a track team, so I was my own coach, and had to run unattached at local meets, although I was lucky enough to train with some of Great Boston Track Club guys. I ran an indoor track meet, thinking I was in great shape, but absolutely died the last lap. I decided after that race, even if I had a game or practice, that I would still run at least a couple of miles each and every day. Due to an issue with my car breaking down, I missed a day on March 4th, but I vowed that next day – March 5th - that this new streak would last this time!

The track to road racing switch for me started right at the same time as well. I was a miler in High School and college, but got a chance to run in a Division 1 (I was at a Division III college) mile race at Boston University, subbing for a friend of mine who had gotten injured. I actually thought I was going to win, but even though I broke 4:10, I went from first to last over the last 100 yards! Found out real quick that those guys had a gear I didn’t have! While I should have been thrilled running that kind of time, I put my shoes in my bag and went home knowing that was the last time I was going to run competitively at college. Funny thing though, the Sunday Boston Globe ran a “last train” to Boston article, with one local marathon left before the cutoff. I got inspired and thought, I’m a Junior going to college in Boston area, I should give it a shot! So I ran a 15 miler that day and a 16 miler the next Saturday and went to my first marathon thinking, it can’t be that hard to just run slow for 26 miles. I led for almost 22 miles... then basically walked the last 4 miles – but ran 2:59 and qualified for my first Boston Marathon and changed my whole running philosophy!

I almost stopped the streak when I hit 25 years. I had run through some serious injuries and had the flu a couple of times that year, so I made the decision to stop the craziness - but I looked at my watch at 11:30 p.m. and decided, I’ll just let the streak stop when I just can’t run anymore!
Shortly after that decision, the local paper here in the Lehigh Valley found this publication, which listed both Bob Zarambo’s streak (his streak was almost 2 years longer than mine at that point) and mine. They interviewed us about our running streaks and how we keep going. About 2 minutes into the interview, I knew where they were going... I tried then to be very specific in talking to them about important “rest” was to me as a streak runner. I explained that I did a couple of 1-mile days each week, as I knew how important it was to keep from getting injured as a long time runner. I even said to the reporter, “you get up and go to the fridge to get a beer or soda every day - right? Because me running a mile is probably about the same effort as that is for you. There are days I don’t even put running clothes on, as I’m not even going to sweat jogging a mile. When I was younger and didn’t have a streak, and I would tweak something in the middle of a workout, I would still finish that workout, knowing worst case I’d have to take a couple of days off! Now, I tweak something, I stop the workout and go home, knowing I have to run tomorrow! So which deal makes more sense?!” But they really creamed us in the article, making us sound like idiots, quoting all these local high school and college coaches saying that what we were doing was harmful and crazy. While they probably had a couple of “valid points” as I’ve run through some torn muscles, a broken arm, a broken “face” from black ice (which also included a concussion), flu, COVID, etc. etc. While those issues definitely took me longer to recover from, because of the streak. I’ve never felt I was putting my actual health in jeopardy, as I always was able to find a way to still be comfortable running, even with some injuries.

Again, still glad I can lace them up and go out and keep the streak alive!
I did want to note that I always appreciate the quarterly newsletters! It is amazing to me how much this group has grown over the last few years – it’s crazy how long it takes to read now!! Reading those updates from the streaks that are longer than mine (i.e., seeing Rick, John and Tim all hitting 45 years before I got there), sure keeps me motivated! But I admit – think it’s as much fun reading those updates from those that are hitting their one- or two-year streaks – to see how much fun they are having!

I’ve had a lot of great memories during the last 45 years:

- Running the Boston Marathon - almost every year - from 1978 – back when I started in the top 1,000 corral - until 2008, my last year, when I was seeded in the top 23,000! The marathon was such a part of our dating during college years – that it actually became the spot I asked my wife to marry me! As I stood in my corral in 1980, I asked her to “think” about marrying me, that she had almost 3 hours to decide! She thought I was kidding until at the finish line, when I kneeled and pulled out the ring and made the proposal official. (It didn’t quite go as planned as it was supposed to be perfect day (cloudy and 50), but the front shifted and it was sunny and 68 and I was so dehydrated and sick – that it wasn’t a pretty scene – as the minute I asked her – I got so sick... But lucky for me she said yes!)
My wife and later, my kids, were my “pit crew” for all those years!
“Where’s Waldo” BAA Starting line picture!
• Running home from college in 1979 (Quincy, MA to Gainesville FL - 1,350 miles in 34 days), which lead to my highest mileage year of 4,526 miles.

(One of our newest association members, Dave McGillivray, the long time Boston Marathon race director, was instrumental in my doing this East Coast Run. I was planning this run my Junior year, but then my parents moved from Rochester, NY to Gainsville, Florida. So I decided there was no way I am doing that, as it was going to have to run 40 miles instead of 20 a day to make it work. But he helped me figure out all the logistics and helped me believe that I could do it!)

• Doing my annual birthday “run” – up to age 34 – it was all running – but I’ve had to change the rules – i.e. this year ran 13 miles + biked 52, to keep this tradition going!
As we all know – each year brings its own challenges. I did have COVID this year, (although I didn't know I had it, my wife had it first and I had to get tested to go back to work, I was actually out running an 8 miler when I got the text from CVS that I tested positive!) Grateful to have had a very “calm” year except for that! Hoping and praying that’s a good sign for the coming years, as at this point, my goal would be to hit 50 years! I think all of us, no matter where we fall on the streak list, understand that you are blessed to be able to do what you do each day! No matter what happens, you have to enjoy what you do on the road each day, for as long as that lasts! We just need to be happy and proud of what has been accomplished! While I must admit, I’ve had to switch to pool running, biking and swimming a lot more the last few years, nothing is better than getting outside to run, or in some cases, on the deck of a cruise ship!
While this is a definitely a bit of a “lone wolf” sport most of the time, it certainly can’t be done on your own! I always say – each day is by the Grace of God – and the support of my wife Cathleen. She still travels up to Boston with me each year, virtually every year since 1978, both when I ran it and now volunteering as part of the Pro Fluid Operations! But she was my pit crew at the Boston Marathon for all those years with most of those years toting up to 4 kids along for the ride! I would say that it “Takes a Village” to keep a streak going – my family was a huge part of keeping the streak going as well! They could tell you stories about having to sit in the van in some parking lot at 11:45 p.m. while I jumped out to get my streak saver mile in...

Again – thanks to the association for keeping up on all the streaks! Keep up the great work – and may everyone be able to keep on running!
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 in the Spring 2023 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 almost 6100 individuals world-wide (4023 being from the US, as of 4/17/23) who have certified active and/or retired running streaks, 112 have run more than 100,000 miles in their lifetime. 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). Claimed 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). Claimed 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 walked a significant amount of their training miles.


Douglas Alistair Gordon Pirie (b. Feb. 10, 1931 – d. Dec. 7, 1991). Claimed 216,000 miles by 1981, and over 250,000 before he died. But John Bryant, who knew him during his prime, thought that amount was inflated, whereas Jon Sutherland believed he ran 90-100 miles/week most of his adult life. I will go with 200,000, using 90 miles per week, except 70 miles per week his first decade of running.

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

Bill Emmerton (b. Nov. 12, 1920 – d. Jul. 10, 2010). Claimed 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.

Some of these past distance runners kept records of their running mileage, but I have not been able to find a website anywhere where their logs are available 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 2023, the nearest perigee was 221,562 miles on Jan 21st. 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 six miles shorter. That calculates out to 216,513 miles from Everest to the lunar surface if you happened to reach the moon on that day (Jan 21, 2023).

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/yr for the next eight years, I would have about 209,000 miles at age 76. In looking over the mileage of fellow streak runners, Dr. Herb Fred and Carolyn Mather were the only ones who kept over 3500/yr after age 70, so I don’t know how good my odds are of duplicating that. But in 2022 Bjorn Suneson, Craig Snapp, and Raven Kraft all traversed over 3000, Bjorn going over 4000, so it may be possible. If I could average 3000 miles/yr for the following three years, I would be at 217,000 before my 79th birthday. My dad stopped running at age 85 ½, so genetics may be in my favor. After achieving that, I could focus on my other long term goal, completing a marathon at age 90!

Running around the earth at the equator is a goal of 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 warmup and am heading straight to lunacy, I mean the tallest lunar crater.

Streak runners who recently have or are most likely to reach the moon and when:

Carolyn Mather now 246,500; averages 7000 per year, reached the moon 2019, age 71
Craig Davison now 219,200; averages 2500 per year, reached the moon 2021, age 68
Dave Dial now 214,200; averages 5000 per year, will reach moon 2023, age 63
Paul Ladiak now 214,000; averages 1000 per year, will reach moon 2025, age 79
Roger Urbancsik now 206,600; averages 5000 per year, will reach moon 2025, age 68

Based on their average running mileage over the last three years, here are other streak runners who should surpass 195,000 miles by the end of 2030:

Don Slusser (will be age 79) averaging 1700 miles per year. 201,800 end 2022
Jon Sutherland (will be age 80) averaging 900 miles per year. 200,470 end 2022
Eric Morse (will be age 65) averaging 4000 miles per year. 173,640 end 2022
Bruce Mortenson (will be age 87) averaging 1800 miles per year. 185,250 end 2022
Steve Morrow (will be age 67) averaging 3200 miles per year. 171,130 end 2022
Reno Stirrat (will be age 75) averaging 2500 miles per year. 176,670 end 2022
Michael Georgi (will be age 78) averaging 3000 miles per year. 172,050 end 2022
Simon Laporte (will be age 79) averaging 2800 miles per year. 172,770 end 2022
George Brown (will be age 78) averaging 2800 miles per year. 172,670 end 2022

Of this group, Don Slusser, Eric Morse, and Steve Morrow are most likely to reach the moon by age 80.

There are three recent long-distance runners who have enough running miles to have circled the equator once before going lunar, two of whom are NOT streak runners. One, Dallas Robertson of IA, had run over 254,000 miles when he died at age 65 in Oct 2021. He would have reached the moon in 2014 at the age of 58.

Darryl Beardall, age 86 of CA, was listed on one web site 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 294,000 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. However, in April 2018, he sustained an L-4 pinched nerve and has not run since.

That brings us to Dr. Fred, of TX, who I earlier mentioned. He kept meticulous records of his daily runs, switching to exclusively treadmill running after being hit by a car running outdoors in his mid-50s. He retired from running in October 2016, age 87, with a total running mileage of 253,010. His last daily streak ended when he was 86, the oldest documented active streak runner ever (though Lois Bastien will surpass him if she continues daily runs into July 2023). 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. Herb was born Jun 11, 1929 and died Dec 30, 2018.

Besides the 112 streak runners who have surpassed 100,000 miles, over 100 non-streakers on Amby Burfoot’s www.100klifetimemiles.com web site have covered that distance while running. Broken down by state (with those who lived in more than one state getting credit for each state they lived in), there are only 11 states with at least ten. MN has 36, CA has 30, NY and MA have 19, PA has 15, FL and GA have 14, CO has 13, TX has 12, NJ has 11, and OH has 10. MN is an unique outlier in this running realm, possibly because one needs to run more miles there in the winter before being warmed up.
ATTENTION STREAK RUNNERS WHO LIKE TO RACE

SRI/USRSA and Steve DeBoer are compiling a list of streak runners who have run more than 500 races over the years. If that is you, we want to hear from you to recognize the outstanding racers among our running streak community.

Races, for the purpose of our list, are events that are solely running or where running is part of the competition (triathlons count), and is timed for a specific distance or for the distance you can run for a specific time (for example, a 24-hour race that measures how many miles or kilometers you can run during that time period).

NO GUESSING! Only athletes who have accurately recorded their lifetime running races in their log books, or who have saved their race bib numbers, or who can verify races run through an online website like Athlinks should submit their lifetime race totals to us.

Please send total lifetime races run, the year of your first race, and the year of your most recent race if you are no longer competing to Steve DeBoer at stephen.william.deboer@gmail.com.
ANN DAVENPORT’S STREAK HITS A DECADE

Yesterday, 2/28/23, marked my 10 year “Streak-aversary” and I was honored to have my husband and some of my best friends join me for my miles on what turned out to be a lovely MN evening.

It is amazing to think I've logged at least a mile every day for the last 10 years, and at the same, it has become such a normal part of my life that it doesn't feel like that big of a deal.

I rounded out 10 years with a total of 13,935 miles, an average of 3.8 mi/day.

Choosing to pursue a running streak has made me very grateful that everyday I'm able to get up and out the door. I'm incredibly thankful for my health and the community that running has brought me.

I've logged many a mile with my Northstar Running teammates and look forward too many more.

Ann Davenport
Minneapolis, Minnesota

MIKE RIGGLESFORD’S STREAK HITS A DECADE

Thank you for your interest. Still plodding the same early morning daily route, just like Caribou.

As I pass 10 years, I think back on when I ended my last streak and thought that to equal it I would be over 70 years old. Well here we are proving what your parents always told you about how, as you age, time accelerates! Yours in running and successfully aging!

Mike Rigglesford.
Brantford, Ontario, Canada

STEVE BONETTI’S STREAK ENDS AFTER 596 DAYS

Injury / Surgery on 2/17/23.

Steve Bonetti
Harrisburg, Pennsylvania

DONNA ISLEY’S STREAK ENDS AFTER 941 DAYS

Retired due to injury.

Donna Isley
Neptune, New Jersey

MITCHELL DECKER’S STREAK ENDS AFTER 2,274 DAYS

Forgot to run.

Mitchell Decker
San Diego, California
DEEPAK SINGHAL'S STREAK HITS 2 YEARS

Fellow Solemates!! As I look back on my two years of runstreak journey, I am totally amazed at myself. While I was a regular runner for nearly thirty years, I learned of runstreak a few years back and decided to take it on for the rest of my life two years ago.

These two years have seen me run at an airport, the streets of Paris, a resort in Kyrgyzstan, and at 11:30 PM after nearly a day-long flight. Lacing up my running shoes first thing every morning has become a habit and I feel fitter and better each day.

Looking forward to keeping in step with runstreak community. Wishing zillions of safe and happy running miles to one and all. Cheers!

Deepak Singhal
Mumbai, India

STEVE MORROW'S STREAK HITS 9 YEARS

Thanks for the congrats. It’s been a long winter, but I have my first 5K of the year coming up soon [message dated 8 March 2023].

I also became a first-time grandfather in December and got to spend some extended time with my new granddaughter in Boston in January.

Steve Morrow
Eagle Lake, Minnesota

ZOLTAN FELEDY’S STREAK ENDS AFTER 795 DAYS

Torn calf at the Tokyo marathon.

Zoltan Feledy
Centerport, New York

MELISSA MALINOWSKI’S STREAK ENDS AFTER 742 DAYS

I was not able to run after the Tokyo Marathon. My leg hurt too bad.

Melissa Malinowski
Mahtomedi, Minnesota

PAUL WICHMANN’S STREAK HITS 16 YEARS

Streak is still alive.

Paul Wichmann
Minneapolis, Minnesota

JESSICA REDIS’ STREAK HITS 3 YEARS

Still going!!

Jessica Redis
Gloucester, Massachusetts
Dave McGillivray

DAVE MCGILLIVRAY’S
STREAK HITS 2 YEARS

OK, I do thrive on setting my mind to doing something, committing to it, earning the right to do it and accomplishing it. However, this can certainly get me into deep trouble sometimes.

Two years ago I decided to see if I could run at least 3.5 miles every day (and all outside, not on a treadmill) for one year without taking a day off. Maybe Coach Belichick’s directive to his team “No Days Off” resonated in my head.

A year ago, I accomplished that. Done. But then the next day I just did what I usually do...went out for a run. Well, today [14 March 2023] is now 2 years without a day off. Sure, it isn’t 5 years, or 10, or 20, or 30 like many others have done which is mindboggling but since I only started this 2 years ago, I can’t go any faster...2 years is 2 years.

Has it been “easy”? Maybe not easy but not overly difficult. Why? Because I love to run! It’s easier to get out the door than it is not to and then sulk about how and why I didn’t run that day.

Ron Hill (my idol) ran for over 52 years! So, I’ve got 50 more years to go...which will bring me to age 118. Think I still got a shot at his record?? And, today was a wonderful day to run here in North Andover, MA with a Nor’easter hammering us! Should I take tomorrow off???

Dave McGillivray
North Andover, Massachusetts

Derrick Lindstrom
Bloomington, Minnesota

DERRICK LINDSTROM’S
STREAK HITS 3 YEARS

In the past 3 years of my streak I have tallied 7,325.2 miles for a daily average 6.69 miles. Only 5 days have been on a treadmill. Otherwise, I have braved all the weather Minnesota can throw at you. I have run 3 marathons during the streak and multiple other races. Most mornings start with my run. I have been fortunate to spend many runs with family or friends.

As this winter has been especially difficulty, I am in a bit of a rut which I will snap out of it when Spring actually arrives. I am glad I finally listened to fellow stroller David Haase and gave run streaking a try. No plans to stop at this time.
RICHARD BLAIR’S STREAK HITS 3 YEARS

Three years can fly by, especially considering I never intended to keep this going so long.

To commemorate various milestones along the way, my friends and I have opted for different types of running. Days 100 and 200 saw us turning The Streak into...streaking for a single mile, in the wee hours of the morning, on a fairly secluded road in our public park.

The Streak’s first anniversary had a large group of runners logging 1.5 miles each hour for a full day to raise money (over $40,000!) for our local homeless shelter. And we even ran a “bonus mile” at midnight the next day to keep The Streak alive and give me a bit of recovery time.

For Comma Day, I logged a total of twenty miles over three runs while raising funds, supplies, and awareness for a local urban renewal ministry.

So, it seemed appropriate that to mark The Streak’s third anniversary I would run a mundane three-ish miles along a fairly flat path often frequented by retirees-turned-walkers. But for Gump Day...well, we’ve got something planned for Gump Day. See you in a couple months.

Attached is a photo of some friends on Day 1000 holding up their commemorative shirts with a drawing my daughter, Elly, did of me. I believe she was seven years old when she did the drawing. We ran in Mill Creek Park in Youngstown, OH, that day.

Richard Blair
Youngstown, Ohio

CHUCK SCHWAB’S STREAK HITS 3 YEARS

After 3 years of running every day outside in whatever weather it is, I can assure you I still hate running. Yeah, I said it! Ya’ll can bash me for it too. Even worse? I still freaking do it every damn day!

As they say, the true definition of insanity is doing the same thing over and over again expecting different results. Well, let’s see if after 4 years my opinion on running changes! But to everyone who goes out every day and runs, you are awesome with your dedication and drive. And if you pass another runner cursing and whining, it’s probably me, still hating running but still streaking.

Keep your laces tight and your eyes down the road.

Chuck Schwab
Mount Joy, Pennsylvania
TONY KELLY’S STREAK HITS 17 YEARS

St. Patrick's Day marks the 17th year of my running streak. Little did I know 17 years ago, when I selected the 17th of March to start my streak, that it would last for more than one year.

Over the last 17 years, I have had the privilege to run in 20 states, China, Scotland, Ireland, England, Canada, The Dominican Republic, and Mexico. I have also thrown in a few marathons, half marathons, and Oregon's famous Hood-to-Coast multi-day stage races.

Like many of us that have longer streaks, I have had to deal with running while sick. I had Covid-19 three times, Swine flu, several bouts of pneumonia, pulled groin, a few sprained ankles, and your typical knee and hip issues. None of these ailments stopped the streak.

So, after I finished my daily 5k on the 17th of March, I had my traditional Guinness to celebrate and toasted all of my fellow (crazy) streak runners!

Tony Kelly
Lake Oswego, Oregon

KYLE LAWRENCE’S STREAK HITS 3 YEARS

On March 16th 2023 I completed 3 years of streak running. I started it during Covid as a thanks for good health and have kept it up since then. Mostly done outside as well, regardless of the weather!

Kyle Lawrence
Memphis, Tennessee

KEITH GILBERTSON’S STREAK ENDS AFTER 1,389 DAYS

I did not run on March 16th due to pain.

Keith Gilbertson
Lorain, Ohio
BLAIR JARVIS’ STREAK HITS 4 YEARS

I started running 4 years ago on 3/16/19 and just had my streak anniversary this week—1462 runs in 1462 days!

I have a minimum rule of 2 miles for any run but need to average 2.75 to reach 1000 miles each year.

My goal is 25,000 miles in 25 years—running around the earth!

Blair Jarvis
New York, New York

TROY HORNER’S STREAK HITS 3 YEARS

I just hit my 3-year run streak anniversary on March 17, 2023. I have run 4 full marathons, a 50k trail race, and logged nearly 6,000 miles.

I am grateful for my health and honestly look forward to running every day. It is a release that clears my mind and no matter how the run goes I always feel better when my run for the day is complete!

The attached photo of me is with Bart Yasso and Deena Kastor prior to the Wineglass marathon Oct 22.

Troy Horner
Biglerville, Pennsylvania

SUSAN WALDSTEIN’S STREAK HITS 2 YEARS

I can't believe it's been 2 years. When you have a very busy work and home life running has become my time. It's just for me. I’m ready for the next year.

Susan Waldstein
Compond, New York
BRENT BURMASTER’S STREAK HITS 30 YEARS

I started running every day on January 1, 1992, and after 14 months I came down with the flu. My mother-in-law convinced me that I should not run that day – March 12, 1993. I felt worse about not running that day than the effects of the flu. On that day, I was determined that nothing was going to stop me. So, I started my new streak on March 13, 1993.

I have broken my ribs twice, the flu many times and various other injuries during the 30 years of running. My worse injury was plantar fasciitis. It felt like running on glass. I thought I was going to have surgery but when I went to the doctor, she prescribed me some orthotics which I was skeptical whether it would fix the Plantar fasciitis. But it did, and I wear orthotics all the time now.

I would characterize my running into 2 phases. My first 15 years was chasing the demon or probably the demon chasing me. You can listen to the 2017 Runner World podcast about me:
https://www.runnersworld.com/runners-stories/a20855304/episode-21-twenty-four-years/

I finally got sober in 2007 and started an inner journey of prayer and meditation for the last 15 years. I now run and take notice of God’s beautiful playground that I can enjoy on my run. I have the inner peace that the booze was supposed to deliver – but it never did.

I run a minimum of 5K (3.1 miles) each day for a total of 65,290 miles during my streak or over 2.5 times around the planet Earth. For the last 7 years, I have tried to average 40 miles a week. I have run in parking garages, airports, and some very bad sections of towns.

I want to thank God for allowing me to run every day. Also, all the dogs I have run with over the 30 years: Kensington, MacGregor, Angel, Conan, Boomer, Sooner, Junior, Mudslide and Avalanche. I want to also thank my son, Kevin, who stuck with me and my demons and has run with me several times over the last 30 years. FYI, my son streak is still going strong since January 18, 2021. Proud of you, my son.

I have attached a picture of me finishing a Turkey Trot with my 2 Great Pyrenees dogs at that time – Mudslide and Avalanche. I hope to continue this streak for a long, long time.

Brent Burmaster
Dallas, Texas

CARL-ADAM TORBJORNSSON’S STREAK ENDS AFTER 1,342 DAYS

Injury: herniated disk.

Carl-Adam Torbjornsson
Linkoping, Sweden
ADRIAN GUNN’S STREAK HITS 3 YEARS

Enjoying 3 years of run streaking since the lockdown on 20/03/2020!

Adrian Gunn
Piccadilly, United Kingdom

DAWNA GARZA’S STREAK HITS 3 YEARS

My streak continues! Some fun figures are: during my streak, so far I have run 10 marathons, one 50 miler (it was my first ultra), one 54K, and one 50K. My minimum was 4 Miles until a foot injury in June 2022 forced me to do 3.2 miles and in September a new low of 1.6 miles due to excruciating pain - same foot injury that plagued me for over 6 months. My daily average for the streak currently is 6.5 miles.

I plan to run my 45th marathon on April 1 [email received 20 March 2023] collecting my 30th Marathon State! I have no plans to stop, but do plan to do more shorter days (1.5 or 2 mile runs - I haven't decided) for recovery purposes and to help push the pace! Happy Streaking!

Dawña Garza
Spring Hill, Kansas

AUDRIUS GRINYS’ STREAK HITS 2 YEARS

Hey there! So, the first time I heard about a “run streak” was on the social network Clubhouse. I checked the ratings and realized that no Lithuanians had done it yet, but the idea of running for a whole year sounded both challenging and exciting to me.

A few months later, my son Joris was born, and people kept telling me that time would fly by. But I didn't want time to just pass me by - I wanted to take control and make something meaningful happen for myself to celebrate Joris' arrival.

Since we use the metric system in Lithuania, I decided to run a minimum of 2 kilometers every day for a year. My plan was to stop after one year and celebrate with a 12-hour run. But when I reached that milestone, I didn't want to stop. I decided to keep going for at least 500 more days, and now it's been over 730 days!

My next goal is to reach 1000 days, but I might consider stopping once I hit the 3-year mark. Who knows what the future holds - I'll just have to wait and see!

Audrius Grinys
Vilnius, Lithuanian
Today [22 March 2023] indeed was consecutive day No. 1,095 with a run, which means 3-years with no days off!

I track my morning runs (all outdoors) with the Nike Run Club app, and it tells me I recorded 2,850 miles in this 3-year streak. Living in Michigan and recording all these runs outdoors, plus turning 66 this weekend, I feel like this is an accomplishment worth celebrating. Margarita? Yes, please!

Mark Farlow
Royal Oak, Michigan

The week prior to my milestone I tweaked a nerve moving furniture; the pain got worse as the 3-year anniversary approached. My body was telling me to rest, so I did yesterday [23 March 2023]. Always tomorrow! That sure was fun.

Mark Farlow
Royal Oak, Michigan
CAITLIN BURKE JOINS USRSA

This current streak is my second and longest streak so far. I run because, as a teacher, it benefits both my physical and mental health. It amazing to come home after a rough day in the classroom and take it all out on a run and feel rejuvenated when I get back.

The majority of my miles are put in outside in Wisconsin - that means a lot of cold and snow. I’m super proud to finally be part of this community. Long live the streak!

Caitlin Burke
Beloit, Wisconsin

GLANVILLE RETIEF’S STREAK HITS 3 YEARS

3 years of running every day celebrated in the Stellenbosch mountains with special friends and a flask of red wine 😊!

The streak has managed to survive a few injury niggles, tough trail races and the Comrades Marathon and I’m looking forward to challenging myself to keep it going.

What a privilege to be healthy and able to explore beautiful places doing something we love!

Glanville Retief
Bellville, South Africa

LANCE SWENSON’S STREAK ENDS AFTER 1,027 DAYS

I want to let you know my streak ended last Friday (3/17/23) - I have a tibia plateau fracture.

I’ll let you know when I am a year into my next streak!

Lance Swenson
North Kingston, Rhode Island

RICK RUSSELL’S STREAK HITS 2 YEARS

This is my second streak and am still going strong - 2 years of at least a 5k every day!

Rick Russell
Huntsville, Alabama
MICHAEL WINCKLER’S STREAK HITS 2 YEARS

To all fellow streak runners! My career as a long-distance runner started at the age of 13 when I joined an orienteering club in Mannheim, Germany and also started to compete in regional races, mostly 5k and 10k.

In the last 40+ years I competed in all kinds of events from the Swiss mountain marathon (KIMM, MIMM, SIMM; 20 participations) over orienteering races (more than 200) to regular marathon and half-marathon (try Heidelberg Half-marathon!) and a bunch of triathlons (Olympic distance and sprint mostly).

For the most part I am an amateur and my training ranged from 1500 to 2000 km/year.

When we got our first family dog in 2006, a hunter-chaser dog of mixed breed, I also got a devoted training companion. This was totally new to me since 95% of my training sessions where solo. With "Bandit" that all changed: Still, 95% of my training are without other human runners, but Bandit was with me almost on any training.

After Bandit came Luna, another hunter-chaser and at least as dedicated to running as Bandit was. When I get my running shoes from the basement, she is already waiting at the door - every time!

The company of our dog helped us tremendously during the pandemic - both as a hiking/running partner during the lock-downs and also mentally, a positive companion when times were rough.

In 2021, I stumbled over a newspaper article on streak running. As I had tried out all sorts of training structures, from free training with monthly distance goals to strict training plans to prepare for half-marathons, this hooked me as something I would have never dared to try out. Can it really work? Will my knees keep up with the streak. As I do not have a runner’s typical body (190cm, 106 kg, fit, but with heavy muscles), I was not so sure.

Now two years have passed. Today [24 March 2023] I am at 738 days - and going strong. I run at least 3k, at least 20 minutes per day and my body is in good shape.

I joined a parkrun group and attend their events every once in a while. Our youngest daughter (11y) joined a track-and-fields club and beats me on all distances below 2k.

Last week I improved my PB on parkrun to 26:26 (5k) - not impressive compared to my all-time-bests, but we are all getting older.

I intend to bring my streak to 1000 days ... and then we will see if I keep it up or have some new goals and motivations.

Keep on running!

Michael Winckler
Ladenburg, Germany
JAMES HITER’S STREAK HITS 3 YEARS
“Streaking with Lung Cancer”

On March 25, 2020, seven weeks after surgery to remove most of my right lung, I started my most recent of three running streaks. The two previous streaks were cut short for diagnosis and treatments for never-smoker lung cancer.

At age 46, without any symptoms or risk factors, I was "accidentally diagnosed" when a case of the flu lead to a chest x-ray that showed a mass in my lung. Surgery to remove that tumor ended my first streak at 764 days. One year later, the cancer was back.

After a biopsy surgery, my medical team advised me to pursue chemotherapy and immunotherapy infusions every 21 days. That's when I decided to start a new running streak. It continued for 937 days through dozens of chemo sessions. It was hard. It ended when the chemo stopped working and the cancer started growing again. It was time for drastic measures - removing most of my remaining right lung. I wasn't sure I'd be able to run again. Seven weeks after the surgery, with the help of an amazing physical therapist, I started my current streak.

Now, three years later, my health is still stable. While my diagnosis is considered "terminal," I try to remind myself that none of us get out of here alive. In the end, we're all terminal. I am just more aware of the finality of life than some others. I consider my lung cancer diagnosis a blessing. It has allowed me the opportunity to reprioritize and make the most of the time I have remaining. When you have a diagnosis like this, there is so much that is beyond your control. My streak has given me the opportunity to feel like I'm controlling something. That feels good.

Since my diagnosis I've had the opportunity to see both of my bio kids graduate college, see my foster daughter graduate high school, see my daughter get married and my son get engaged, travel to Hong Kong twice, hike the mountains outside of Seattle and Banff, kayak the Shenandoah river, start a nonprofit dedicated to lung cancer advocacy and spend quality time with my wife and our dogs.

I am grateful for my faith community for their support and medical advances that have allowed me to beat the odds and live this long. I consider myself to be a realistic optimist. As such, I keep making plans for the future knowing that this disease will eventually catch up to me. In the meantime, I'll keep living life, advocating and running! No days off until we find a cure! Streak for a Cure is a 501c3 nonprofit. It is an all-volunteer organization with all donations going to the cause of lung cancer education, survivor support and research funding. Find out more at https://streakforacure.com/about.

James Hiter
Harrisonburg, Virginia

MIKE GIBERTI’S STREAK ENDS AFTER 911 DAYS

My current injury has been a challenge to recover from while keeping the streak and I'm seeking a new sense of freedom. It's been a worthwhile 2.5 years, but I need to move on in order to be more in control of my training, recover more efficiently, and maximize my chances to achieve racing goals.

Mike Giberti
Waterbury, Vermont
Pablo Kern

PABLO KERN JOINS SRI FROM GERMANY

Actually, I started streak running without knowing what it is. But I started to love it very quickly. Three years ago I started running.

I'm a father of four, have a job with Leadership responsibilities and traveling and do it is not always very easy to integrate.

Best time for me is to do it in the mornings without having had a breakfast.

So, after running somedays in a row, a former colleague and friend of mine, Christian said; “Pablo you are practicing streak running.” I didn't know what it was and so he explained it to me and recommended that I listen to the book of Wigald Boning, which was running a marathon once a week for one year and also started a streak and describing it in his book. Thanks to those two I continued to run every day.

After running streak for one year I wanted to celebrate the one-year anniversary with a special run. So, I decided to take part on the Paris Marathon 2023 and running a time below four hours.

As everyone who has running streak knows, I also had my tough days and doubts. But it taught me resilience and power to continue no matter what comes.

I want to thank my beloved wife Petra and my kids Kalea, Kanoa, Jona and Lina for being always there for me and stand behind me in any situation and believing in me.

Pablo Kern
Wimsheim, Germany

Meredith Vicente

MEREDITH VICENTE’S STREAK HITS 3 YEARS

I am excited to announce that I have run one or more miles for 3 consecutive years! Mostly all of these runs have been with my dogs. The first 1.5 years my Vizsla, Rocky, accompanied me for about a mile of each run. Sadly, he passed November 2021. My new running partner, Mancha - a border collie, has joined me daily since December 2021 from 1-5 miles each morning! Hoping to keep the streak alive! I look at each day I am able to run as a blessing that I am healthy enough to continue!

Meredith Vicente
Vineland, New Jersey
I celebrated my 3-year streak anniversary this week [message sent 24 March 2023]! I am a Disney fan and got serious about running almost 13 years ago when I learned there was a Disneyland Half Marathon in 2010 - I was hooked and continued to run 1-2 half marathons a year (often at Disney but not always).

I finally bit the bullet and trained for the 2020 Disney World Marathon - I had assumed that I would run one marathon and cross that off my list but to my surprise I loved the marathon and felt great after!

After completing the marathon in Jan 2020, I proclaimed that it was going to be my best year of running and had plans for multiple half marathons in anticipation of my next marathon - and then the world shut down.

I had gotten into a groove where I ran 3-4 days per week and did yoga on my off days but with yoga studios and everything else closing I was at a loss for what to do.

I had heard about streak runners but never thought of it as something I could do but I didn't know what else to do so decided to give it a try and run every day until the world went back to normal - you know like a month or two. Ha, we all know that wasn't the reality and here I am 3 years later.

I set a goal of at least 2 miles every day because I didn't know about the run streak rules and by the time I learned that technically it was at least 1 mile per day, I just decided to stick to the 2 miles.

At the beginning, my son often joined me for my run (and he'd want me to make sure and share that he always beat me) but somewhere along the way he returned to school and turned into a teenager who wasn't interested in getting up early anymore.

There have been challenging days and weeks but I never regret going for the run and am so grateful for every single day that I am able to do this!

I added a second Marathon to my accomplishments in Honolulu in 2021 (run streak day 630) and finally made it back to a Disney race for the Princess Half Marathon last month (run streak day 1,071, photo attached).

This run streak community is amazing and I'm proud to be a part of it. Streak on!

Lacy Bell
Seattle, Washington
GREG NANCE’S STREAK HITS 3 YEARS

Really amped to reach 3 years!

The highlight this year was a 3,156-mile run from the Atlantic to the Pacific for youth mental health.

Supported by an incredible support crew, I began in NYC with a foot in the Atlantic on April 25th — then crossed New York, New Jersey, Pennsylvania, Ohio, Indiana, Illinois, Wisconsin, Iowa, Minnesota, South Dakota, Wyoming, Montana, Idaho and Washington (my home state :-) to reach the Pacific on July 17th. Truly the adventure of a lifetime!

We’re now focused on building Run Far Foundation. We launch after-school running clubs that help youth build a customized toolkit for mental health by developing emotional resilience, healthy habits, setting big goals, and becoming impactful conservationists. The program concludes with a 5-mile fun run and a capstone conservation project.

Our vision is to get 1 million youth running for mental health by 2030. Learn more and get involved at RunFarFoundation.com.

Would also love to connect with more of the amazing Streaker community. Drop me a line on Instagram @GregRunsFar.

Greg Nance
Bainbridge Island, Washington

COLLETTE O’HAGAN’S STREAK HITS 3 YEARS

My running streak is just over 3 years now. My daily distance varies but always complies with the rules with some days only doing the minimum required especially if it is after completing a multi-day challenge.

My marathon total to date [email sent 22 March 2023] stands at 876 marathons. I have completed a 48-hour event and a few 24-hour events, plus two one-hundred miles events.

Next week I travel to the UK to take part in a multiple day challenge of 12 marathons in 12 days in Walton on Thames. Multiple days are my favorite events.

I hope to continue on with my daily run streak. I really enjoy it especially as I age I feel it is important to keep moving forward.

Collette O’Hagan
Dundalk, Ireland

TATIANA MOODLEY’S STREAK HITS 3 YEARS

Celebrating 3 years today [24 March 2024]!

Tatiana Moodley
Umhlanga Rocks, South Africa
I'm happy to join SRI! I have been running for a few years and every year I had a difficult passage. So, I thought it was better to run every day. -)

I love running because I love being outside. It's a great way to breathe a breath of fresh air. It also brings me a form of meditation. I don't do much competition. It is mostly a hobby. I run about 40km per week and every time it's a real pleasure!

Enjoy running :)
Amy Kweskin
Sacramento, California

AMY KWESKIN
JOINS USRSA

In April 2023 I am celebrating 16 consecutive months of a running streak. Prior to the running streak I had no experience or interest in running. But on New Year's Day 2022 I had the inspiration to start running after reading about running streaks in The New York Times and watching a few documentary videos.

At the time, I was on vacation visiting my parents in Connecticut after being separated during the pandemic. Now, at 54, I am loving my daily runs here in Sacramento, California which is my adopted hometown.

A highlight of becoming a runner was participating in a Turkey Trott 5K in November 2022 with my father (80), sister (50), brother (47), and nephew (7) when we were together for Thanksgiving in the DC area.

Amy Kweskin
Sacramento, California

Bonnie Hammers
Charlotte, North Carolina

BONNIE HAMMERS’
STREAK HITS 3 YEARS

Three years today [30 March 2023] of running a 5K every single day!! Going stir crazy during COVID quarantine in March of 2020 with my husband and me and four kids all working and doing school from the house, I had to get out…and haven't stopped!! Here’s to many more!!!

Bill Middlebrook
Colorado Springs, Colorado

BILL MIDDLEBROOK’S
STREAK HITS 13 YEARS

Yes, I am so Blessed that I am able to continue my daily runs of at least 1 mile but normally 2 or 3 miles. Now I am in my 14th year of doing this without missing a day and last August I celebrated my 80th Birthday!!
MATT ZINKUS’ STREAK HITS 3 YEARS

A great feeling to make it three years straight!!! A good runners high today [31 March 2023]. Went 5K through the streets of Paris as I am here to run the Marathon on Sunday. A lot of ups and downs over the three years, but I started during the covid lockdowns as a way to get out of the house for a bit and exercise and, as you can tell, I have not stopped.

Matt Zinkus
Dunwoody, Georgia

RYAN GOOD’S STREAK ENDS AFTER 448 DAYS

Travel difficulties.

Ryan Good
Portland, Oregon

MARIE ALESSANDRA BUSVOLD’S STREAK HITS 2 YEARS

Finally hit the 2-year mark of my streak! I find it amazing that I’ve been able to run outside every day for these 2 years. It’s been awful weather this winter in Norway. I’ve also run through covid and other stuff.

I’ve become a better runner over this 2nd year, a smarter runner. I feel like the streak gives my life so much more purpose. Can’t wait for spring to get here now so that I’m able to run longer distances again. I miss my half marathon fun runs. And I’m excited to continue my streak for as long as I’m able to.

Excited to say that I’ve signed up for a marathon in the fall so this year will be a lot different than my first 2 streak years I think.

Marie Alessandra Busvold
Reistad, Norway
Hi, my name is Ryan and although I am not new to running, I am new to the term “Streak.” I only recently learned this term and about this amazing community.

My journey of running started as a love-hate relationship when I entered the Marine Corps in November of 2002. I never really liked running and the mind games it could play. However, with no option, I was going to run because the Corps wanted me to.

Fast-forward many years, I found myself walking away from an 18-year toxic marriage. Since leaving the Marines Corps I had buried a lot of pain from the war, lost friends, injuries and PTSD. With all that being suppressed and a nasty divorce battle ahead, it brought all my demons full circle. I was in a very dark place and had so much pain. I did not know what to do. I knew I needed to mask that pain with something and the only thing I could think of was to create a bigger pain to make me forget the one I was feeling. I thought maybe I could run myself into a heart-attack type of pain.

Well, I never dropped to my knees that day or collapsed with a failed heart. What I found was I kept stopping because it was hurting. I realized I was weak in my mind and I couldn’t push past the simple pain. However, I felt great after the run and that is how I started my running and that is how I started to build a stronger mindset and learn I can keep pushing past what I think is all I have.

My first couple years, I didn’t log miles, I didn’t have goals, I just ran. I found great inspiration from such motivators as David Goggins and Jocko. The in your face tell it how it is attitude drove me and Goggins made me want to do it every day and keep pushing my limits and what I thought I was capable of.

In 2022 and after several shoes burned through, I bought myself a Garmin watch and started tracking. I have been after it every day since. Running everyday has become my religion, my therapy, the thing that ignites a fire in my each day and makes me feel like a beast.

I was a veteran that was suffering post war and found the courage to leave a toxic marriage and carry on with his three kids. I found a stronger person within this dark time and a tougher mindset thanks to running.

Today my goals are the same, get after it every day. To help give back to those seeking something, I put out monthly video Vlogs on my social media pages to track my journey. Most recently I was invited to speak on a podcast with The Adversity Academy about my journey. Semper Fidelis!

Ryan Bruzek
Montgomery, Minnesota
CHRISTOPHER RYAN’S STREAK HITS 6 YEARS

Just finished my run today [31 March 2023] so that makes six years. I’m 64 years old and I didn’t start running until I turned 50. I never heard of the streak until six years ago so I started right away. I hope to rack up many more years.

On average I run 6 to 7 miles per day: longest run is 26.2 miles and shortest is 1 mile. Pretty competitive age grouper. In any given year I run a half marathon, a ten miler, a 10K and a 5K. I was able to run 6-minute miles until the age of 60.

Christopher Ryan
Washington, D.C.

PAUL ANDERSON’S STREAK HITS 28 YEARS

28 years of one day at a time… while continuing to look ahead. Some great runs with great friends and some great runs out on my own. Some slow runs through injuries and some short runs that maybe should have been total rest days. I’m trying to stay healthy physically, emotionally, mentally, and spiritually. And always, relentless forward progress.

Paul Anderson
Interlochen, Michigan

JOHN WALLACE, JR’S STREAK ENDS AFTER 12,117 DAYS
KAREN WALLACE’S STREAK ENDS AFTER 5,010 DAYS

It is with mixed emotions that we have had to see John’s streak end! We are so blessed that he is returning from his stroke with good goals! Until then it’s going to be a lot of work mainly on speech. I also ended my streak on the same day that John’s streak ended. Our son John 3 still continues his streak.

John and Karen Wallace
Ishpeming, Michigan

DAVID GILLESPIE’S STREAK HITS 8 YEARS

My streak is still active, and I hit 8 years on 3/28/23. Hard to believe it hit 8 years this past week. I celebrated and ran a 10-mile race today [2 April 2023], lol.

Even though my life has changed quite a bit from when I started the streak a while ago, I still have the daily run as a constant in my life and I am grateful for that. I read each edition when it comes out and look forward to it each quarter.

David Gillespie
Stamford, Connecticut

DAVE HANCOX’S STREAK HITS 6 YEARS

I’m still going strong, doing well and this year flew by. Onward and upward to another year ahead.

Dave Hancox
Wilmington, Delaware
Began my run streak shortly after my 55th birthday. I wanted to challenge myself in my 55th year and I hated running so I set a goal to run every day outside for one year.

I live in Alberta Canada so our winters are very extreme. Some days were as low as -40c. with the wind-chill. Each time I thought there is no way, I did it. Here I am at my two-year mark, again all outdoors.

In the past two years I've had Covid, bronchitis, food poisoning. Not always a smart choice to run but I'm stubborn and the further my streak got the more determined I became. I ran through it all.

I've taken several trips: France, England, Scotland, Mexico, USA and Canada. My most memorable run has to be a quick mile on the Tour de France final lap course in Paris the day of the final race. The most enjoyable has to be the desert trails in Arizona.

Most of my runs have been solo but I been joined on occasion by my husband and grandchildren.

I have no plans to end my streak and as long as I'm able the streak will live on.

Jackie Weinkauf
Camrose, Alberta, Canada

Completing four years!

Running is my expression, my blessing, my health, my life. Running every day shows me everything will be all right; I will be all right.

I am happy to see my body changing with the miles and years, keeping the experience and assurance of steady feet.

I hope I can continue for many years ahead. Road work in progress, see you all out there!

Satiro De Oliveira
Los Angeles, California
SAM RICHARDSON’S STREAK HITS 3 YEARS

My run streak began at the beginning of COVID lockdowns and school cancellations in northern Indiana. I was home with my three boys and thought it would be a fun way to stay active and get my boys outside on a daily basis.

The streak evolved into a habit and a way for me to stay mentally balanced and of course physically fit.

My minimum mileage has been 3 miles until a month ago when I woke up with a stomach bug and could only log a mile and a quarter.

I’ve averaged 5 miles a day and run in all kinds of weather from subzero temperatures to over 100 degrees.

I think the most difficult part of the streak now is knowing how to end it or continue it at this point. It has been a great journey and I will continue it until I know what my next challenge is.

Sam Richardson
Goshen, Indiana

BILL ANDREWS’ STREAK HITS 3 YEARS

Yes, my streak is still alive. Thanks for asking for an update. I would call the title of my update “The Power of the Streak.” I’ve been a runner my entire life. My parents entered me in my first 1-mile race when I was 10 years old because all I did all day was run. It was a race at the Los Angeles Athletic Club and it was 10 laps around an indoor track. I ended up lapping third place twice before tying for the win with my identical twin brother. I’ve been competing in endurance races ever since. I am now 71.

In 1983 my father called me up and told me that he had just completed a running streak of 365 days, running a minimum of 2 miles every day. I couldn’t let him outdo me so I ran 366 consecutive days running a minimum of 2 miles every day the very next year.

I learned during that streak that a streak provides a very important psychological health benefit for a person. That is, once you have completed a significant number of consecutive days, you become very fearful of missing a day. If you miss a day than every day you have run so far becomes worthless and you have to dread the idea of having to repeat those consecutive days to get back to where you are. So, you don’t dare miss a day! That’s the benefit of a streak. It motivates you to exercise even when it’s the last thing you feel like doing.

During that first streak I never thought of the health benefits because I was already in great shape. But the streak was a tremendous struggle and I looked forward to being able to reach my goal and stop. So, after 366 consecutive days, and being able to tell my father that I outdid him, I totally quit running. And I totally quit for 3 years!!!
I got terribly out of shape and thought of starting a new streak all the time to help motivate me to get back into serious running. But, I never got further than two days before missing a day.

Instead, after getting myself somewhat back into shape, I started competing in ultramarathons. I was thinking that running a 100-mile race once a month would be just as good for as running 2 miles every day. But, I was wrong. I finished most of my 100-mile races (and Grand Slammed) but I was always out of shape and finished most of the races in dead last place.

At the same time, I couldn’t start a running streak again because I needed to taper for my ultramarathons. But, when Covid first hit China in 2019 I decided that I wasn’t going to run any ultras until the pandemic was over. So, I started a new running streak on January 1st, 2020 while on a cruise ship heading to Hawaii. And, it worked great!!

Unfortunately, I accidentally forgot to run on April 9th, 2020 and the streak ended. That really pissed me off. So, stubbornly, I restarted the streak on April 10th, 2020 which may have been the toughest thing I’ve ever done.

But, I pulled it off and simply remembering my depression after missing April 9th inspired me to never miss another day ever. I even upped my standards beginning April 10th, 2020 by using two wrist GPS’s during every run, making my minimum 2.1 miles (on both GPS’s) every day because of potential GPS errors, and always running outside (no treadmills) even during blizzards in 25 mph winds. I also made a rule for myself that the end of the run always had to be equal or higher in altitude than the start of the run. There were many challenges. In October, 2021 I woke up one day at my cabin in the Sierra Mountains and found that I was snowed in and I was 6 miles away from the nearest other cabin or paved road that would get cleared. So, I dug a 0.1-mile trench and for the next 3 days I ran back and forth in it every day 21 times to get my 2.1 miles.

The thought of missing a day was too overwhelming for me not to run. In September of 2022 I was running cross country (no trail) sprinting down a steep mountain trying to out run a lightning storm that was approaching. After having already completed my 2.1 miles for the day, I tripped, landed on rocks, broke my left wrist, broke my nose, and got a gash in my head that released more blood than I would have liked.

I still was able to run another 2 miles to my car at my cabin and then drive my car 1 hour to the ER at a hospital in Reno, Nevada. They stitched up my head, set my nose and arm, and put a cast on my arm.

Of course, they said take it easy and NO running. They just did not understand how important it was for me to run at any cost. So, the next day I completed my 2.1 mile run in one of the most difficult runs I have ever done. But, I did it and the following days got easier and easier.

The only thing that bugs me about doing a running streak is that no matter how hard I try I cannot gain on the other runners that already have streaks longer than mine. But, because the focus of my biotech company is to cure aging I still believe that someday I will pass them all up. I returned to running ultramarathons in 2022 and learned that I can still always win my age group without tapering before the races. So, in all, I feel like doing a running streak was one of the best things I could have ever done for my health. I feel GREAT!!!
KRIS BRITT’S STREAK
HITS 3 YEARS

I started my current run streak on April 11, 2020, just a couple weeks into a pandemic we all thought would be over by summer.

I run a minimum of 1 continuous mile within each 24-hour day, mostly outdoors and occasionally on a treadmill. I had done a few streaks previously, but only a 30-day challenge or so. When I started this one, I never imagined I could keep it up for a full year, much less THREE!

It is a game sometimes, especially when traveling for work, to determine when I will run my mile that day. Friends and coworkers have asked me the same questions: “what happens when you are sick?” (Run anyway), “what if it’s raining?” (Suck it up and get wet, or run on a treadmill at the gym), “is that even good for you?” (Yes, I believe daily running is incredibly good for me, both physically and mentally), “How long will you keep this up?” (As long as I can).

An injury, major illness, or surgery would probably end my streak. And then, as soon as I recovered I would start a new one. One day I won’t be able to run… Today is not that day. Streak on, friends!

Kris Britt
Roswell, Georgia

EMILIO GIULIANI’S
STREAK HITS 3 YEARS

Three years on and I'm still going! I am planning for my first marathon this year and hope to continue to increase my cross training.

Emilio Giuliani
Scottsdale, Arizona

WILLIAM FELL’S STREAK
HITS 10 YEARS

10 years! The Streak is intact and going strong. I recently completed the Tokyo Marathon after being delayed from 2020 because of COVID (and finally broke 2:50!). I've only London left to complete my six stars.

My daily minimum is still 3 miles, and I still love running (most days). Thanks for keeping the Streak Registry going. Many more happy miles to everyone.

William Fell
Baton Rouge, Louisiana

DAN ERTMAN’S STREAK
HITS 6 YEARS

Still running 3 a day! Getting ready for tri season.

Dan Ertman
Libertyville, Illinois
KIKIN MUTAQIN’S STREAK HITS 2 YEARS

Running every day in a row for two years without interruption has made me feel healthier, fitter and happier than ever before. I want to keep running because it has become a necessity of my life. Greetings from Indonesia for the health of all streak runners wherever you are.

Kikin Mutaqin
Bogor, Indonesia

VENDELA SUND’S STREAK HITS 3 YEARS

Yay! Three year on Runstreak! Feels great. As a priest in the Church of Sweden, my day begins with a funeral service. Afterwards I’m gonna take a long run, and celebrate with Swedish candy and dinner with friends and family.

Vendela Sund
Tullinge, Sweden

JENNY ROGERSDOTTER’S STREAK HITS 4 YEARS

Hi. My 4th year as a Runstreaker! Last week I spend my time in Torremolinos, running in the hills and at the seaside, very nice. Now I’m back in Sweden looking forward to running in the spring, green tree’s, grass, flowers and sunny days after a long dark winter.

Jenny Rogersdotter
Hjortkvarn, Sweden

CHRIS GRAHAM’S STREAK HITS 34 YEARS

Love to get this note. I kept the streak alive this year. No close calls. I had Covid, like everyone, but very mild. I hope you are doing well and also healthy and streaking.

Chris Graham
Norwalk, Connecticut
Ilja Herdt
San Francisco, California

ILJA HERDT’S STREAK HITS 3 YEARS

It’s hard to imagine it’s been already 3 years. I started my daily streak in the beginning phases of the pandemic on 2020-04-21. Some days the run was the only thing that made sense in my constantly changing environment, so I kept holding on to it religiously.

There were a few close calls, especially when it came to international flights and different time zones, but it always worked out in the end.

Some of my fond memories include the time when I had to go to Siberia to take care of my family during the winter time and had to run on average in -20F cold every day for almost two months to preserve the streak (in ski gear!).

Or that one time when I almost missed my run during a night out after the Chicago marathon. We were dining in a restaurant and I excused myself shortly before midnight and ran the mile in full attire, trying not to sweat too much, then returned to my seat and continued enjoying the dinner.

I hope to be able to keep the streak for as long as I can since it added so much to my mental and physical health over the last 1096 days. It has inspired a few people along the way too.

- Total activities 1239 with total of 6611.8mi
- 2020 was the best year with 2570mi
- Avg distance per activity 5.34 mi
- Avg moving time 00:49:15
- Total moving time 1017 h
- Exceeded 26.2mi days 38 times
- Mount Everest climbs 11.4 times
- Trips around the world 0.266

Pete MacFarlane
Albuquerque, New Mexico

PETE MACFARLANE’S STREAK HITS 3 YEARS

Just finished 3 years on April 20, 3 days after turning 76!!! Minimum 1 1/2 miles each day. Almost forgot: every run was outdoors.

Pete MacFarlane
Albuquerque, New Mexico

LARRY GUZY’S STREAK ENDS AFTER 1,128 DAYS

It is with heavy heart that I must inform you that my streak ended 4.19.2023 due to torn meniscus in my right knee. Not running, even daily is certainly disappointing for me. Thanks for the registry.

Larry Guzy
Marietta, Georgia
**JONAS NOREN'S STREAK HITS 2 YEARS**

It's almost hard to believe that I have already passed two years with my run streak. Time flies. But I continue with my philosophy. Run every day (at least a mile of course 😊), but with no other requirements or expectations.

I do not care if it takes 2 hours to run 10 kilometers or if it takes 40 minutes. I am not very interested in running statistics and I never save any data from my runs.

Very often I run with our dog (an English Cocker Spaniel), and he has really taught me to look at running in a very relaxed way. He loves to run but has no conception of time and is very curious, just like a child. If there is an interesting bush along the way, it must be examined, of course.

I live in southern Sweden; the winters are dark and rough. So many times, I have come home from work and it's dark outside, plus 2 degrees Celsius, rain and wind. Even though I know I'll be happier and warmer when I get out and run, it still takes a strong drive and will. I wonder how many days of running it takes for my brain to understand this. Running every day is outstanding.

Jonas Noren
Hollviken, Sweden

**GEORGE HANCOCK'S STREAK ENDS AFTER 1,693 DAYS**

Hello all, I had to retire my 3rd running streak on April 20, 2023. I knew this would happen eventually. I have several herniated lumbar discs that gradually evolved into compressed nerves.

I had minor flare ups throughout 2022. However, days before Christmas 2022 this issue got worse. I was forced into a mile run slow trot. I had previous back surgery in 2018 that worked. I consulted with my neurosurgeon and had an MRI after Christmas. The MRI revealed nerve compression in several areas.

An April 21, 2023 surgery date was set. That surgery happened. I'm currently stiff and sore but walking one hour in 20-minute segments each day.

Running may resume on June 1 if the current rehab works. The future: running again will happen but do face potential future nerve decompression surgery unless this surgery cured that issue. My neurosurgeon did state my daily running program helped this compressed nerve issue from getting worse. And, once able continue running.

George Hancock
Windber, Pennsylvania
Thanks for acknowledging my running streak of five years. You are only one of three people in the world who seem to care. But come to think of it, I'm not so sure about the other two: Steve De Boer and my Mom (the first needs info for a book and the other is only feigning interest). But you and USRSA “get it.”

Besides streaking, I also track the percentage of days that I've run since I started keeping a daily log nearly four decades ago. Over the past 38 years (1984 to 2022), there were 13,879 possible days to run (365 x 29) + (366 x 9) and I ran on 13,188 of those days for a running percentage of 95.02%. Many people ask me if I run every day and I say, “No, of course not. I missed some days about 5 years ago although I do run about 95% of the time.”

I've completed 92 full marathons and would like to get to 100 before I cross that final finish line in the sky. Specifically, I'd like to break 6 hours--when I'm 80 years old.

And I'd like to return to form and finish a 5K or longer distance with an age-graded score of 80% plus, maintain a running log each year for the next 12 years (for a total of 50 yearly logbooks) and last but not least, run one time with the Raven.

I am a member of the Seoul Flyers, a multi-national running club in South Korea whose motto is “A Running Club without Boundaries.” Photo courtesy of David Bremer.

I now have a retired 5-year streak (1,967 days), another retired steak of 10 years (3,657 days) and a current active streak that started on 1 Nov 2017, which I'm hoping to extend to 15 years--a stretch goal at this stage in my life.

Thank you for my inclusion in the USRSA! I didn't even know such a thing existed. I look forward to the newsletter.

Jim Bates
Seoul, South Korea

Steven Holgate
Reading, Pennsylvania
NICK WRIGHT'S STREAK HITS 3 YEARS

On the 29th April 2020, I went out for a run... and little did I know that 3 years later, I would be on a crazy run streak, breaking through 1,000 days, discovering benefits I would have never, ever known.

Next week I will be 47 years old [message dated 28 April 2023]. The run streak has been something of a revelation. My legacy maybe!

I am 'good social runner' - still breaking 18 minutes at 5km (parkrun) and running sub 3-hour marathons. But previously I would have never done more than 3-4 days running in a row. I think the longest streak I'd ever done was a week.

My typical week now is 50km. 25km (usually 5km a day) Monday - Friday, then another 25km over Saturday and Sunday. If marathon training then this will naturally go upwards to 80-90km, but I only do that once a year. Thank goodness!

My week tends to revolve around the Saturday parkrun. This has been the barometer of my run streak 'findings' and successes. I do like data. In fact, I have kept 20 years of daily running / sport activity data in a diary, tracker. Logging injuries, races, training and spotting trends etc.

I was an early adopter of parkrun (5km) way back in 2005 when there were only 20-30 of us at Bushy Park. To be still running as fast as when I was at 28 is all down, in my opinion, to the run streak. Why? Because it encourages consistency, quality and volume. And one of the revelation benefits has not been about 'going fast'... but also about 'going slow' - 5 days out of 7 I go slow - and enjoy the run. Going slow is of great biological benefit; something almost oxymoron to people. It acts as 'your recovery' but also aids your consistency and progression.

The run streak has also spurred me to build a running app called carrot.run. Back in 2014 I was frustrated that there wasn't a method or easy way in which friends could run against each other at different parkrun / 5km locations. So, I created an algorithm; a weekly points game; personal target times which changed based on performance. And Carrot was born. Then during Covid, in May 2020, after being displaced, I turned the spreadsheet into a global free app. It isn't perfect, but it has been an incredible learning; and I continue to develop, improve it and inspire communities.

Observing how user engage with Carrot, it further inspired me to create 'Carrot 100' and 'Carrot Kids.'

Carrot 100 is a one-hundred-day challenge, run, swim, cycle - where the user signs up for a small fee and is encouraged along their journey; with helpful advice, mentor (from me) eventually claiming the Carrot100 t-shirt badge and honour. I am looking to integrate this into the app, as a tracker.
Carrot Kids is a concept, again based on the app experience, but is open, accessible to Schools (PE teachers and volunteers). Its aim is to engage with kids of all abilities, showing them that sport isn’t always about being the fastest - but being involved; and that, with Carrot, with a little effort, everybody can win the Gold medal; and every kid should be able to experience that magical moment. Coming soon...!

When I look back at the run streak there are four key learnings:

1. Conditioning. The run streak trains your body, muscles to be stronger, tougher, more resilient.

2. Breathing. The run streak powers mitochondria and red blood cells, helping you to breathe easier.

3. Mental well-being. How a run streak and creating a routine sets you up for the day ahead.

4. Recovery. You recover quicker and able to bounce back after illness or injury.

It hasn't been without its turbulence and there are many moments when the legs or mind are heavy. I have been run through illness and injury - covid, chest infection, flu; and through injury - hamstring tear, bruised ribs and plantar fasciitis.

During these tough times, I tailor my runs accordingly, either going shorter or lighter interval sessions. The upside has been I have bounced back from injury far quicker than ever before. Continuing running goes against text books, physio advice; but for me it accelerated my recovery. I have loved and continue to love simply going out on my morning run....

No, a run streak (or running) isn't for everyone. But I am determined to help support and drive the notion, that there's a streak for everyone. And the benefits are enormous. Well done everyone who continues on their journey! Pic is of me, on day #002, buggy running with my 'then' 3-year old

Nick Wright
Kingston, London, United Kingdom

LOIS BASTIEN’S STREAK HITS 43 YEARS;
HAS LONGEST FEMALE STREAK IN THE WORLD

I still have my streak going. I have a nice place to run. I run around six every morning if the weather is good. I don’t run if it is lighting, I wait till later in the day. I am still running three miles a day. I just run easy so I don’t get any injuries. Happy running!

Lois Bastien
Pinellas, Florida

MICHELLE KINDER’S STREAK HITS 6 YEARS
Still going strong and happily recruiting others to give it a try :)

Michelle Kinder
Dallas, Texas

ELLIOT ENGELSTEIN’S STREAK HITS 3 YEARS
Three years in and still going strong. I have kept an average of 8 miles a day and never less than a 5k which I did before some races. I hope to continue as long as I can go.

Elliot Engelstein
Great Neck, New York
ERIKA KARLSSON’S STREAK HITS 3 YEARS

Today [30 April 2023] I celebrated the day with a handle marathon in lovely Swedish spring weather, about 10 degrees and sun, but a lot of wind. This year I have my sights set on Stockholm marathon and ultra-running in the mountains. Let’s do this!

Erika Karlsson
Odensvi, Sweden

TOM BARRY’S STREAK HITS 26 YEARS

Same old same old, which is great at my age (soon to be 73). I log 2.5 to 3 miles a day, plus walk at least nine holes of golf most every day. Your association provides more than a little motivation. My streak, now at 26 years, gets me out there, even on days when I’d rather not go running. So, thanks!

Tom Barry
Decatur, Georgia

AINA LINDGREN’S STREAK HITS 3 YEARS

3 years! Aahhh, its April 20th and I made the streak through the winter this year too. Now the good part of being a run-streaker starts.

I think most runners in Scandinavia agree that training is a completely different story without ice on the streets and when the light is enough to see where you put your feet.

This season I prepare for Stockholm half-marathon in September and then for my first abroad marathon experience - Amsterdam in October. But mostly I look forward to the long distance trails around the lakes and woods of Stockholm!

Aina Lindgren
Sundbyberg, Sweden
CRAIG WHITFIELD’S STREAK HITS 7 YEARS

On May 1st I completed my runstreak 7th year anniversary. As long as I remain healthy, I’ll keep going, until I can’t.

I frequently get asked about the origin of my runstreak. Here’s the thumbnail version; in fact, the beginning of my runstreak was quite random and frankly unintentional. A confluence of two events occurred.

First, was the surprising diagnosis I received of a congenital heart defect, now successfully treated, redirected me to a health-based lifestyle.

The second impetus involved adding a bordercollie to my family. It became readily apparent that if I didn't take the bordercollie for a morning run, the homebound cats would be herded mercilessly during the day while I was at work. As one could imagine, this was an unacceptable lifestyle for the cats.

In short, my runstreak was motivated by a weird heart deal, a hyperactive bordercollie and a couple of angry, pissed off cats.

Craig Whitfield
Bothell, Washington

MARYPAT SMITH’S STREAK HITS 3 YEARS

My streak started during Covid as a sanity saver, and just kept going. I’ve run through all sorts of weather, and have never run inside. I’ve run some longer distances, but mostly 1-3 miles, with lots of one-mile streak savers.

I’ve run through the deaths of my Mom, my brother, my children’s grandfather, and our dog. Before he died in April 2022, I’d occasionally take our black lab Carter on runs, and now, our St. Bernard Millie will sometimes accompany me.

I’ve run through Covid and bronchial asthma, nasty coughs/colds, and some aches and pains, but fortunately no serious injuries. I have thought about ending my streak, but just keep plugging on anyway. I think my streak is still saving my sanity, even though my beau says he’s “proud of my dedication but questions my sanity!”

MaryPat Smith
Goshen, New York

CHEE SENG TEE’S STREAK HITS 18 YEARS

Amazing journey of 18 years running streak. Enjoy tons of health benefits, both physical and mental. Streak running also make me become more discipline, patience, tolerant, and grateful. Loving it.

Chee Seng Tee
Singapore
ADAM SHAW’S STREAK HITS 7 YEARS

7 years of running every day... it's kind of hard to rationalise it. I had no idea that I'd be here 7 years later and still running.

I was never much of a runner before. And now I’ve stuck through it having had minor health problems (Covid 3 times, shin splints a couple of times, a few colds etc), but nothing major.

And stuck through it despite work being very demanding at times (stepping out of a meeting to run just before midnight to get the run in during negotiations once).

And despite travel making it difficult (running in an airport between transfers or at 3am before taking a flight).

And some things have been a real joy. Running on vacation is great. It means you end up running in some amazing locations and seeing a city or country in a way you'd never normally see it.

Ones that stand out would be runs I've done in jungles (got my photo taken in one by a motion activated camera looking for jaguars!), islands (one Island, Tobacco Caye, was just under 400m all the way round the outside so I had to run round 6 times to get the distance in), paddy fields (China), and lots of cities. It's been great fun.

Also great to see others on Strava running too and trying to connect with other streak runners. I think I'm following 17 other streak runners now. https://www.strava.com/athletes/173258

Adam Shaw
Richmond, United Kingdom

JACQUELINE WRIGHT’S STREAK HITS 3 YEARS

I just completed the last run of year 3 and looking forward to everything year 4 brings me! I have a half on the schedule for June and the infamous Marathon Du Medoc in September that I have waited to do for years. Congratulations to all the other runners hitting yearly streak milestones!

Jacqueline Wright
Chicago, Illinois
AMY MADSEN’S STREAK HITS 5 YEARS

I could never have imagined when I started this journey on May 1, 2018 that 5 years later I would be where I am today [1 May 2023]! The milestones, the memories, the laughs, the tears and the amazing friendships!!

5 Years of running at least 1 mile every day, from 1 mile to 100 miles, 5ks, 10ks, half marathons (monthly for over 3 years), full marathons, 50ks, 50 milers, 100k and a 100 miler. Trails, roads, snow, freezing temps, rain, heat, hotel hallways, treadmills, around parking lots… and so much more!

I can't say I have washed my hair every day in those 5 years, can't say I even brushed my teeth even every day for the past 5 years… but running, that I can say I did!

Here's to day 1 of year 6! Keep on showing up, lacing up and moving forward!

Amy Madsen
Appleton, Wisconsin

MATTHEW PEPPLER’S STREAK HITS 3 YEARS

I continue streaking! Currently finishing up my 8th grade track season and we learned yesterday [5 May 2023] our 4x400 qualified for the Indiana middle school state track final! Running continues to be a part of my daily rhythm and an excellent outlet for me! Keep on streakin!!

Matthew Peppler
Columbia City, Indiana

MICKEY HEIDT’S STREAK HITS 3 YEARS

It has been a wonderful three years and the streak is alive! Running every single day has instilled a great sense of confidence, health and happiness. It brings me pure joy to run every day and I cannot imagine my life without running.

Mickey Heidt
Beaverton, Oregon
Running has been in my life for 16 years. Throughout the years I’ve completed many marathons, half marathons, and numerous other races.

In 2018 I established a running streak. I was inspired by my sister Amy’s running streak and the joy she found in her daily runs with her dogs, Wrigley and Gracie.

Throughout this journey I’ve learned to appreciate running in a new way. My morning run starts my day off better than before. No longer do I have to decide if I’m going to run that day. What was once a daily decision is now just part of my routine.

My first running streak had to be retired after 606 days due to illness. After a little over a year, I had the desire to begin another streak. I realized I missed the feeling and energy that I got from running each and every day. Starting each day in nature brings me joy and allows me to appreciate the small things in life.

My second and current running streak will hit the 2-year mark in June 2023! I look forward to continuing to grow as a person and runner while on this journey. Thank you to my family for all of their support!

Julie Moses
Chandler, Arizona

I started my first Streak in December 2018, at the age of 62, but after 225 days an injury forced me to stop. During the pandemic, working from home gave me more time to run - after all, I was saving the commute to work. And so on May 1, 2020, a sunny spring day in Germany, I began my second Streak.

My first goal was to run the entire month and set a personal mileage record if possible. Finally, on May 31, I had 356 kilometers to my name.

Since then, running - not always so long and intense - has been part of my daily

Julie Moses
Chandler, Arizona

AXEL EGER’S STREAK HITS 3 YEAR

Axel Eger
routine. The beauty of streaking: you don't look for excuses, you look for ways. And you always find them. A big goal for me in the past three years was to achieve the Six-star-finisher medal. After London 2021, I completed my journey to the six major marathons this spring in Tokyo.

Now the distance goals are getting scarcer. Streaking is like the flight of an interstellar space probe. Shortly after the start, there are many targets to collect. Here the moon, Mars, Jupiter, Saturn - there the first ten days, the first month, the first 100 days, the first half year, the first whole year. Then the dimensions become larger. 1000 days and three years I have managed.

The next goal? 1500 days, then (hopefully) the five-year mark. It's a long way. But it's worth it.

Axel Eger
Erfurt, Germany

**AUGUST MARTENSSON'S STREAK HITS 2 YEARS**

730 days or a two-year run streak completed. The weekly volume has gradually increased in the past year, especially after my sister and I signed up for the Stockholm Marathon. A brief statistical summary up until today's date follows:

Number of running activities: 807.
Total distance: 5,472 km (of which 3,145 km were run in the second year).
Total time: 414 hours and 5 minutes.
Average pace: 4.33 min/km.

I have made a few summary posts along the way and do not intend to repeat myself too much. The first year was mainly about getting back into running after a long break and a lack of motivation. Check that off!

In my summary a year ago, I hoped to achieve actual results comparable to what I had done when I was previously at my best. Now, a year later, I can confirm that I have achieved just that. It has likely been a contributing factor to my continued great commitment. In the past year, I have also spent a lot of time listening to various running podcasts, which have inspired me with ideas for different ways to train.

During my second year, I have achieved personal bests in the 5 km, 10 km, and half marathon distances. In a month, I will be running the Stockholm Marathon (if everything goes well), and there, too, I have high hopes for a good time. I intend to maintain my run streak until then. However, I have decided to break the streak after the marathon and give my body and legs a well-deserved rest. There are no guarantees, but I still feel comfortable with ending it there.

What's next? My physical condition has never been better, and I continue to have great motivation to aim for new records, perhaps mainly in the mile distance. That being said, I will likely have a similar training schedule to what I have now, with workouts more or less every day, but I will be more forgiving towards myself, for example, on weekends if there is something extra fun going on. Then I can skip a training day in favor of leisure.

I remember seeing a post from my friend Magnus, who achieved one year on his run streak on the same day that I started mine. I'm so grateful to have so many from the running community around me. There is always something to pick up that you can learn and be inspired by. I hope that I have also contributed some inspiration. :)

August Martensson
Malmo, Sweden
KERRI DAVIS’ STREAK HITS 3 YEARS

I hit 3 years on May 4, 2023. I am still running and like to vary my routes. I’ve added boxing and light weightlifting, as well as Pliability at night to stretch.

My teen son is doing track and field, and occasionally runs with me; my ten-year-old daughter just joined her lunchtime run club too. I’m very proud that both of my kids are running as well. While I have cut down on organized runs, my son and I did do a 5k Turkey Trot benefiting the Issaquah Food Bank here in Washington State.

Some of the coolest places I have run in the past year: South Rim of the Grand Canyon in the snow; Chicago’s Grant Park; the Santa Monica Pier; Hastings, Michigan; North Hollywood; and down a gravel access road during an ice storm.

I am looking forward to longer days and more opportunities to run outside, especially in new places.

Kerri Davis
Redmond, Washington

MARIE HURTIG’S STREAK HITS 2 YEARS

Two years today [7 May 2023]!

Marie Hurtig
Piteå, Sweden

SUBIR SENGUPTA’S STREAK HITS 5 YEARS

It’s been a pleasure being on this team. I’m glad to report that my Streak is still going strong and hopefully it’ll stay that way.

Subir Sengupta
Mumbai, India
NICOLÒ FILIPPAZZO’S STREAK ENDS AFTER 3,750 DAYS

It's been a bit over 10 years. I have started this streak as a New Year's resolution at the end of 2012. I was just starting school at Adelphi UN in Garden City New York when I started this streak.

Throughout the streak, I had become an All-American track and XC athlete. In 2015, I placed 3rd in the NCAA track 5k and 5th in the 10k. I started my professional career after and in 2016 I had my first sub 14:00 5k ran at the Raleigh Relays in NC. I was working with an agent named Carlos Roa for the following years up till 2020. Together we have raced road races in many other countries.

One accomplishment was a 29:00 road 10k at the 2016 Great Cow Harbour 10k in Long Island, New York. Also won my first marathon at the 2016 Jacksonville Marathon and won an All-American spot in the 2016 USA Half-Marathon championships in Ohio. Sadly after 2020 during the pandemic, we lost our connection due to lack of sponsors, and race suspensions etc. I moved away to Japan to start a new job. I have been keeping my streak for the next few years. On April 8th 2023 marked the last day of my streak as I had to spend 2 nights in the hospital for appendicitis.

I remember every grueling day I had to keep my streak. Some of the memorable days for me were by running on/with/in 1) a broken foot, 2) muscle strains, 3) running that mile even after running 100 mile race for that next day, 4) after winning a marathon, 5) having Covid, 6) in the snow, 7) In 120F heat, 8) Hurricane Sandy, 9) airport terminals, 5 different times, 10) every foreign country I have visited from China to Japan to Italy.

Nicolo Filippazzo
Wantagh, New York

MARC HAYWARD’S STREAK HITS 6 YEARS

I started streaking on July 10th 2010 and went to December 2nd 2014, when my new asthma meds gave me troubles. I started my second streak on March the 25th 2015 and went to March the 13th 2017 stopping because I crashed my Bike on the ice and dislocated my pelvis (apparently its really painful to run with a dislocated pelvis).

I started my current streak on May the 12th 2017 and am really happy to have hit 6 years!! I ran through Covid, head colds and cracked ribs...I am really hoping to make it to 10 years as my local running shop has a plaque on the wall dedicated to 10-year streakers, so far there is only one name on it but a couple of other locals are getting close with 8 and 9 years. This past Saturday [message dated 11 May 2023] I ran a backyard race reaching 20 Yards 134KM and the following days run was a little painfull but I got it done!

Marc Hayward
Lethbridge, Alberta, Canada
KARL DOSTAL’S STREAK HITS 4 YEARS

Cheers to 4 years! I look back and really cannot believe it has been 4 years and wonder why would I choose to do such a thing. But then I think more about it, and then cannot imagine what it would be like to not run every day. So, I guess it is the perfect place for me.

Over the years, you learn what works for you; time to run, how many miles per day, hydration, food, etc. I feel like it has taken me most of my 4 years to figure it out. I have completed marathons and ultra-marathons during the streak but obviously with COVID races took a backseat for a while.

I just completed the Cincinnati Flying Pig Marathon in early May, and despite the heavy thunderstorms and lightening, I was able to run my fastest marathon yet at age 51. So, I thought it might be time to start on a new adventure to keep me focused, running sub 4 marathons in each state. Thanks for letting me be in the group and for sharing my story.

Karl Dostal
Cincinnati, Ohio

JENNY BERGLUND’S STREAK HITS 3 YEARS

Crazy! My friend said that we should test runstreak for 10 days, then 10 to now it just rolls on and I'm hooked! Now it has been 3 years, unimaginable! Running at least 2km a day. It has become like a lifeline, good for both body and soul. :)

Jenny Berglund
Stockholm, Sweden

[Translated from Swedish to English by Google Translate.]

BRAD LINDERT’S STREAK HITS 6 YEARS

Tonight [17 May 2023] I'll go for a run. With that run I'll hit 6 years straight running at least a mile a day.

I'll try to put in more than one but with my allergies and asthma being especially bad this spring we will see how far I go. At least I got out and ran.

Brad Lindert
Louisville, Kentucky

JIM MOUNT’S STREAK HITS 4 YEARS

Today [10 May 2023] I reached 4 years of my run streak. I have run at least 1 mile a day. I usually run more except on days I don't feel good or something hurts. LoL.

Jim Mount
Ankeny, Iowa

MARTIN KNIGHT’S STREAK HITS 2 YEARS

Yes, I am still running—this streak, I decided to make my minimum 2 miles a day—just to make me more disciplined. So far so good!

Martin Knight
Centreville, Maryland

TIM BAILEY’S STREAK HITS 36 YEARS

Thanks already started on number 37!!

Tim Bailey
Owingsville, Kentucky
CAROLEE LUTHER’S STREAK HITS 15 YEARS

I have completed 15 years of a Run Streak! My run streak continues on and hope it goes for many more! At this time my goal for 2023 is to continue to run at least a 5K each day. So far, I have met the goal. Running is my passion, my hobby, my art. I enjoy helping others meet their run goals also. Cheers to more days of running!

Carolee Luther
Columbus, Georgia

LUCAS HENDERSON’S STREAK HITS 8 YEARS

It's hard to believe the streak is up to 8 years. Over 20,000 total miles have been run through all types of weather and temperatures and I still look forward to waking up for my run as much today as I did when the streak first got started.

I was able to improve my ½ marathon time, 1:24:30, this year and I ran a new marathon (for me) in November, Space Coast, which keeps my overall running feeling new and fresh with each training plan put into place.

Lucas Henderson
Orlando, Florida

DOUG DIXON’S STREAK HITS 19 YEARS

Today [23 May 2023] marks the 19th anniversary of the passing of the finest man I was privileged to have known. Minden Lake has never been the same nor shall she ever be. He was my North star, my confidant, and the man who kept my feet on the ground so many years ago when my own life changed.

In his honour I pledged to continue to run every day, a pledge I will always keep. The tree we planted together some 19 years ago thrives and it is his resting place.

It is still hard for me. He keeps me strong and keeps me moving forward. Our song "If" by Bread tells the story of us. It was our anthem, it was our love story.

6939 days ago, I made a commitment to my best friend that I would continue my daily run until the cancer that had invaded his body had left. Sadly, 45 days into my streak, Bill left us. I loved him then and I love him now.

He lives on with me in every stride.

Doug Dixon
Minden, Ontario, Canada
CHRISTINE MAGIERA’S STREAK HITS 9 YEARS

I’m thrilled to be able to celebrate my 9-year run streak anniversary. I started my streak back in 2014, after hearing a friend say she’d run 100 days in a row. My son said, “You can do that, Mom!” And the rest is history.

I’ve run mostly injury-free these last 9 years. I did have hip and hamstring issues that jeopardized my streak in 2020, but through therapy and regular strength training I’m feeling strong once again! After a scary C-1 fracture in 2001, pre-streak, I understand what a gift running every day is.

Christine Magiera
Traverse City, Michigan

GARY KUTSCHER’S STREAK ENDS AFTER 1,917 DAYS

It is with regret that a series of injuries forced me to end my streak back on March 28. I intend to start again and will join again on day 366. Thank you for keeping this registry.

Gary Kutscher
Huntington Beach, California

HEIDI UNDERWOOD’S STREAK HITS 3 YEARS

My run streak is still going strong! I started running as I started to lose weight about 8 years ago. I found it was something I could do at my own pace and ‘race myself.’ As I lost more & more weight, I got stronger and faster.

Three years ago, I started this run streak with the hope of completing 41 days of running in a row. Now I am three years in and I hope it doesn’t end anytime soon.

It has been as much of a mental challenge as it is physical but that is what I love about it. It has become part of my life and something that I plan my day around and I wouldn't have it any other way!!

I’ve included a picture of my comma day Feb 16, 2023.

Heidi Underwood
Saratoga Springs, New York

Heidi Underwood
Saratoga Springs, New York
Hello, my name is Brandon Wicker and I began my run streak on May 26, 2021. The reason I began my streak is because I run for kids who have cancer. In December of 2019 I met a young kid Waylon Baucom who had inoperable brain cancer. From the first time I met him I felt a special bond with him. I wanted to do something to “fight” with him while he fought cancer. So on May 26, 2021 I began my streak of running at least a mile a day. Sadly, Waylon passed away on May 28, 2022 after a courageous fight with cancer. I think of him every day when I run and I miss him terribly. Waylon never complained and was always such a joy to be around.

I have named my streak “Waylon's Run” to honor his memory because I refuse to let him be forgotten. So many kids are fighting cancer and they are my motivation to get up every day even when I don't feel like it.

On days I don't feel like running I think about those kids and think they fight every single day and don't have a choice. As my friend and fellow streaker Tim McBride says “kids don't get a day off from fighting cancer so neither will I.” I hope I'm making you proud Waylon. I love and miss you!! Till we meet again…..

Brandon Wicker
Wingate, North Carolina

DENIS STEPANOV’S
STREAK HITS 6 YEARS

Hi everyone! It's been 6 years of daily running behind. I feel so good when I run - I'm sure all serial runners will understand me. I wish you all good luck and easy legs. I hope that daily jogging will continue in my life.

Denis Stepanov
Moscow, Russia
MICHELE FERRARI’S STREAK HITS 3 YEARS

I hit the three-year mark today [25 May 2023]. I can't believe it because I thought I was going to end the streak on day 1000, but I couldn't.

I have run in seven different countries, in sub-zero weather, at the tail end of a hurricane, and, of course, with Covid.

I started the streak during lockdown to have one thing I felt good about every day and it has been a source of joy in my life. Why give that up?

Michele Ferrari
Cambridge, Massachusetts

GARY RICKETTS’ STREAK HITS 3 YEARS

I am in excellent health and plan on competing in a series of races this summer from the 5k to the half marathon. I run about 55 miles a week and plan to continue my routine as long as I stay healthy!

Gary Ricketts
Shaker Heights, Ohio

KATE PLACE’S STREAK HITS 4 YEARS

As an elementary school principal, at the last day of school assembly, I shared my summer plans—run every day! That was four years ago and I’m proud to still be running strong.

I've run through different weather, several states, and many, many moods. I'm grateful every day for the reminder of what I have and what I can do. My family cheers me on and my friends are true supporters! I love it when others join the streak and celebrate the joy of running!

Happy streaking, friends! #1462

Kate Place
Kansas City, Missouri

RUSS GLORIOSO’S STREAK HITS 4 YEARS

I relocated from Towson, MD to Philadelphia, PA during the summer of 2019. During this transition, I decided to try running 7 days a week instead of my usual 6 with a strict rest day. I liked how my body responded and just told myself I'd take a day off only when necessary.

As we entered the worst of the pandemic, I thought the streak would be in jeopardy, but I managed to avoid any major illnesses. 4 years later, I'm still going strong and enjoy my time running every day.

Russ Glorioso
Penn Valley, Pennsylvania
ATTENTION STREAK RUNNERS WHO LIKE TO RACE

SRI/USRSA and Steve DeBoer are compiling a list of streak runners who have run more than 500 races over the years. If that is you, we want to hear from you to recognize the outstanding racers among our running streak community.

Races, for the purpose of our list, are events that are solely running or where running is part of the competition (triathlons count), and is timed for a specific distance or for the distance you can run for a specific time (for example, a 24-hour race that measures how many miles or kilometers you can run during that time period).

NO GUESSING! Only athletes who have accurately recorded their lifetime running races in their log books, or who have saved their race bib numbers, or who can verify races run through an online website like Athlinks should submit their lifetime race totals to us.

Please send total lifetime races run, the year of your first race, and the year of your most recent race if you are no longer competing to Steve DeBoer at stephen.william.deboer@gmail.com.

Steve DeBoer
### Official World Active Running Streak List
As Certified to Streak Runners International
1 June 2023

#### THE HILLS (50+ years)
- Jon Sutherland, 1969-05-26 — UT, US
- Ken Pearson, 1970-02-16 — WA, US
- Steve DeBoer, 1971-06-07 — MN, US
- Alex Galbraith, 1971-12-22 — TX, US

#### THE COVERTS (45+ years)
- Robert Kraft, 1975-01-01 — FL, US
- Simon Laporte, 1975-11-10 — CA
- Charles Hodge, 1975-11-27 — OR, US
- John Liepa, 1977-01-02 — IA, US
- Bill Robertson, 1977-02-08 — MA, US
- Brian Casey, 1977-05-09 — NJ, US
- Rick Porter, 1977-12-03 — GA, US
- John Carlson, 1977-12-26 — IN, US
- Timothy Masters, 1977-12-28 — MI, US
- Timothy Woodbridge, 1978-03-05 — PA, US

#### THE LEGENDS (40+ years)
- Charles Lindsey, 1978-10-16 — CA, US
- Rick Rayman, 1978-12-10 — CA
- Jon Kravlovic, 1979-01-01 — NY, US
- Jeffery Barros, 1979-06-18 — TX, US
- Matthew Savage, 1979-09-01 — MI, US
- S. Courtney, 1979-12-20 — PA, US
- Ward Crutcher, 1980-12-26 — IN, US
- George Brown, 1981-01-06 — VA, US
- John Chandler, 1981-08-09 — WI, US
- Scott Snyder, 1981-12-31 — CO, US
- John Tillman, 1982-03-05 — FL, US
- Charles Groseth, 1982-06-30 — TX, US
- Grant McAllister, 1982-08-26 — GA, US

#### THE GRAND MASTERS (35+ years)
- Gary Rust, 1983-07-03 — CA, US
- David Melissas, 1983-07-20 — GA, US
- Barbara Latta, 1983-12-05 — NC, US
- Randolph Read, 1984-09-01 — TX, US
- Sue Favor, 1984-12-20 — CA, US
- Randy Rogers, 1985-08-13 — IL, US
- Milton Magness, 1985-09-22 — TX, US
- Matthew Mace, 1985-09-29 — MD, US
- Ken Brown, 1985-11-10 — WV, US
- Judy Mick, 1985-11-20 — VA, US
- Roger Urbanisk, 1986-02-01 — CA, US
- Ronald Dennis, 1986-08-29 — TX, US
- Bill Shires, 1986-10-19 — NC, US
- Stuart Calderwood, 1987-01-21 — NY, US
- Timothy Bailey, 1987-05-17 — KY, US

#### THE MASTERS (30+ years)
- George Church, 1988-07-30 — MD, US
- Chris Graham, 1989-04-16 — CT, US
- John Wallace, 1989-12-31 — OR, US
- Mark Washburne, 1989-12-31 — NJ, US
- Jerry Caine, 1990-10-02 — CA, US
- Daniel Pereira, 1990-11-05 — OR, US
- John Faz, 1990-12-26 — NE, US
- Bob Ovodock, 1990-12-29 — NJ, US
- Jeff Morgan, 1990-12-30 — VA, US
- Tyler Forkes, 1991-01-01 — CA
- David Gulasy, 1992-01-28 — PA, US
- Jamie Parks, 1992-09-29 — IL, US
- K. Andersen, 1992-02-06 — CT, US
- Gabrielle Cohen, 1992-11-10 — CA, US
- Jim Taylor, 1993-01-02 — GB
- Brent Burmester, 1993-03-13 — TX, US

#### THE DOMINATORS (25+ years)
- Jeffrey Sider, 1994-01-01 — NY, US
- Henry Lengkeek, 1994-06-05 — IA, US
- Gary Becker, 1994-07-01 — PA, US
- Ivan Fink, 1994-07-11 — IL, US
- Joel Pearson, 1994-09-03 — WA, US
- John Byrne, 1994-12-26 — VA, US
- Paul Anderson, 1995-04-01 — MI, US
- Matthew Bryant, 1995-12-21 — GB
- Charles Robb, 1995-12-31 — MO, US
- A. DeYoung, 1996-11-08 — CA, US
- Tom Barry, 1997-04-30 — GA, US
- Troy Cupps, 1997-05-19 — AL, US
- Debbie Brassfield, 1997-09-10 — CA, US
- Grant Woodman, 1997-10-06 — MI, US
- Ryan McDavitt, 1997-11-16 — NC, US
- Thomas Welch, 1998-01-01 — MN, US
- Bo Marchione, 1998-01-04 — OH, US

#### HIGHLY SKILLED (20+ years)
- Rick Wallis, 1998-12-12 — FL, US
- Berend Bakker, 1999-04-06 — NL
- Jan Tagens, 1999-04-18 — DK
- Ron McCracken, 1999-07-10 — TX, US
- Paula Gordon, 1999-07-13 — SD, US
- Lauren Siegel, 1999-10-15 — PA, US
- Phillip Hawley, 1999-10-23 — IN, US
- Steve Scales, 1999-11-06 — MI, US
- Peter Briggsman, 1999-11-22 — CT, US
- Barry Britton, 1999-11-27 — IL, US
- Andy Lieberman, 2000-01-01 — CA, US
- Sue Kessler, 2000-01-01 — VT, US
- Diane Shumway, 2000-05-27 — MT, US
- Michael Sclater, 2001-09-12 — TX, US
- Kevin Rison, 2001-09-14 — FL, US
- Daniel Morgan, 2001-10-10 — NJ, US
- Curtis Rajoo, 2001-10-24 — AZ
- Joseph Morris, 2001-12-28 — VA, US
- Ralph Edwards, 2002-04-07 — IA, US
- William Rogers, 2002-04-08 — GA, US
- Scott Fletcher, 2002-09-05 — NJ, US
- Eliza Miron, 2002-09-21 — IN, US
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My Running Odyssey – George A. Hancock
Published by Daily American, 2018
Available at: [www.madeinsomersetcounty.com](http://www.madeinsomersetcounty.com)
### Official World Retired Running Streak List
#### As Certified to Streak Runners International
#### 1 June 2023

**THE HILLS (50+ years)**

- 1 Ron Hill (D)—19,032 days (52.11 years)

**THE COVERTS (45+ years)**

- 2 James Behr—17,380 days (47.58 years)
- 3 Steven Gathje—16,742 days (45.84 years)
- 4 Mark Covert—16,437 days (45.00 years)

**THE LEGENDS (40+ years)**

- 5 Bill Anderson (D)—16,158 days (44.24 years)
- 6 Bruce Sherman—16,004 days (43.82 years)
- 7 Jon Simpson (D)—15,991 days (43.78 years)
- 8 David Hamilton—15,965 days (43.71 years)
- 9 Frank Clarke—15,484 days (42.39 years)
- 10 Kenneth Young (D)—15,179 days (41.56 years)
- 11 Craig Davidson—15,130 days (41.42 years)
- 12 Benjamin Freed—15,130 days (41.42 years)
- 13 Samuel Johnston—15,023 days (41.13 years)
- 14 Bill Homer—14,876 days (40.73 years)
- 15 Stephen Reed—14,649 days (40.11 years)

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

- 16 Ed Goff—14,543 days (39.82 years)
- 17 Gary Jones—14,536 days (39.80 years)
- 18 Bill Leibfritz—14,433 days (39.52 years)
- 19 Frederick Murolo—14,305 days (39.18 years)
- 20 David Todd—14,270 days (39.07 years)
- 21 Ben Dillow—14,248 days (39.01 years)
- 22 Michael Halloran (D)—14,076 days (38.54 years)
- 23 Robert Zarambo—13,911 days (38.09 years)
- 24 Robert Ray—13,884 days (38.01 years)
- 25 Thad Childs—13,827 days (37.86 years)
- 26 William Finkbeiner—13,679 days (37.45 years)
- 27 Ed Sandifer—13,637 days (37.34 years)
- 28 Allen Colonna—13,630 days (37.32 years)
- 29 Charles Holmberg—13,539 days (37.07 years)
- 30 John Watts—13,474 days (36.89 years)
- 31 Wayne Roberts—13,447 days (36.82 years)
- 32 Walter Byerly (D)—13,237 days (36.24 years)
- 33 Bill Beach—13,131 days (35.95 years)
- 34 Nick Morgante—13,022 days (35.65 years)
- 35 Leonard Bruckman—12,918 days (35.37 years)
- 36 Joseph Raffa—12,844 days (35.16 years)
- 37 Barry Abrahams—12,800 days (35.04 years)

**THE MASTERS (30+ years)**

- 38 Ron Jackson—12,694 days (34.75 years)
- 39 Joseph Wojcik (D)—12,630 days (34.58 years)
- 40 Harvey Simon—12,594 days (34.48 years)
- 41 Dick Vincent—12,561 days (34.44 years)
- 42 John Morgan—12,494 days (34.21 years)
- 43 Ken Birs—12,411 days (33.51 years)
- 44 Julie Maxwell—12,212 days (33.43 years)
- 45 John Wallace—12,117 days (33.17 years)
- 46 Bob Kinball—11,883 days (32.53 years)
- 47 Michael Holstein—11,855 days (32.46 years)
- 48 Charles Brumley (D)—11,739 days (32.14 years)
- 49 Ronald Kmiec—11,687 days (32.00 years)
- 50 William Etter (D)—11,608 days (31.78 years)
- 51 Stephen Taylor—11,521 days (31.54 years)
- 52 Dwight Moberg (D)—11,456 days (31.36 years)
- 53 Janette Daley—11,439 days (31.32 years)
- 54 Derrick Spafford—11,348 days (31.07 years)
- 55 John King—11,319 days (30.99 years)
- 56 Geza Feld—11,257 days (30.82 years)
- 57 Margaret Blackstock—11,251 days (30.80 years)
- 58 Victoria Leafgren (D)—11,213 days (30.70 years)
- 59 Alicia Brophy—11,149 days (30.52 years)

**THE DOMINATORS (25+ years)**

- 60 Lawrence Sundberg—10,957 days (30.00 years)
- 61 Brian Short—10,744 days (29.42 years)
- 62 Mark Sutherland—10,737 days (29.40 years)
- 63 Richard Wright—10,736 days (29.39 years)
- 64 Joseph Sincrope—10,703 days (29.30 years)
- 65 James Scarborough (D)—10,594 days (29.00 years)
- 66 Steve Morrow—10,502 days (28.75 years)
- 67 Michael Heller—10,418 days (28.52 years)
- 68 Larry Baldasari—10,313 days (28.24 years)
- 69 Paul Garrett—10,258 days (28.08 years)
- 70 Kenneth Korosec—10,244 days (28.05 years)
- 71 Fred Winkel—10,082 days (27.60 years)
- 72 J. Growney—10,036 days (27.48 years)
- 73 Richard Kerr—10,025 days (27.45 years)
- 74 Steve Way—10,024 days (27.44 years)
- 75 Joseph Hyder—10,023 days (27.44 years)
- 76 Don Slusser—10,021 days (27.44 years)
- 77 William Moreland—9,890 days (27.08 years)
- 78 Doug Holland—9,863 days (27.00 years)
- 79 Hal Ginsler—9,863 days (27.00 years)
- 80 Ted Sabinas—9,852 days (26.97 years)
- 81 Timothy Osberg—9,481 days (25.96 years)
- 82 Diana Nelson (D)—9,396 days (25.72 years)
- 83 John Strumsky—9,395 days (25.72 years)
- 84 Mike McAvoy—9,381 days (25.68 years)
- 85 Richard Carroll—9,349 days (25.60 years)
- 86 Roger Nelson—9,342 days (25.58 years)
- 87 Robert Bartz—9,246 days (25.31 years)
- 88 Karen Queally—9,162 days (25.08 years)

**HIGHLY SKILLED (20+ years)**

- 89 Lou Galipeau—9,131 days (25.00 years)
- 90 Paul Christian—9,048 days (24.77 years)
- 91 Kevin Simons—9,044 days (24.76 years)
- 92 John Nikolic—8,987 days (24.61 years)
- 93 Jack Johnson—8,977 days (24.58 years)
- 94 George Hancock—8,854 days (24.24 years)
- 95 Edwin Dupree (D)—8,848 days (24.22 years)
- 96 William Chatman—8,814 days (24.13 years)
- 97 Robert Aby—8,727 days (23.89 years)
- 98 Norman Grimmell—8,720 days (23.87 years)
- 99 Kenneth Roth—8,706 days (23.84 years)
- 100 Matt Ketterman—8,699 days (23.82 years)
- 101 John Roemer—8,695 days (23.81 years)
- 102 Richard Corbin—8,674 days (23.75 years)
- 103 Bill Bonarrigo—8,591 days (23.52 years)
- 104 John Metevia—8,529 days (23.35 years)
- 105 Jon James—8,508 days (23.29 years)
- 106 Paul Ladniak—8,495 days (23.26 years)
- 107 Stuart Jenkins—8,439 days (23.10 years)
- 108 Jay Kammerzell—8,411 days (23.03 years)
- 109 Danny Sullivan—8,396 days (22.99 years)
- 110 Allan Field—8,225 days (22.52 years)
- 111 Michael DeMint—7,891 days (21.60 years)
- 112 Richard Patterson—7,888 days (21.60 years)
- 113 Lee Berg—7,885 days (21.59 years)
114 Greg Redeker—7,855 days (21.51 years)
115 Roger Cameron (D)—7,813 days (21.39 years)
116 Jay Schrader—7,810 days (21.38 years)
117 Homer Hastings—7,785 days (21.31 years)
118 Len Burton (D)—7,755 days (21.23 years)
119 Heidi van Steenburg—7,708 days (21.10 years)
120 Peter Lefferts—7,694 days (21.07 years)
121 Ronald Shealy—7,654 days (21.00 years)
122 Karl Olson—7,604 days (20.82 years)

WELL VERSED (15+ years)

123 Mark Wigler—7,268 days (19.90 years)
124 Jim Merritt—7,243 days (19.83 years)
125 Carl Jeanson—one—7,228 days (19.79 years)
126 David Potter—one—7,141 days (19.55 years)
127 Bob Hensley—one—7,123 days (19.50 years)
128 Jeremy Doody—one—6,943 days (19.01 years)
129 Paul Krner—one—6,920 days (18.95 years)
130 Patrick Foley—one—6,771 days (18.54 years)
131 Syl Pascale—one—6,753 days (18.49 years)
132 Christine Richards—one—6,732 days (18.43 years)
133 Dan Carlson—one—6,615 days (18.11 years)
134 Deborah Ciccati—one—6,583 days (18.02 years)
135 Craig Snapp—one—6,583 days (18.02 years)
136 Patrick Steele—one—6,582 days (18.02 years)
137 Martie Bell—one—6,564 days (17.97 years)
138 Harry Warren—one—6,504 days (17.76 years)
139 Fred Gilmer—one—6,520 days (17.85 years)
140 Neil Scott—one—6,500 days (17.80 years)
141 Peter Eshtelman—one—6,482 days (17.75 years)
142 David Biersmith—one—6,466 days (17.70 years)
143 Murray Collette—one—6,413 days (17.56 years)
144 Margaret Sheriff—one—6,393 days (17.50 years)
145 Bob Reininger—one—6,338 days (17.35 years)
146 Nancy Kocsis—one—6,297 days (17.24 years)
147 Steve Gurdek—one—6,203 days (16.98 years)
148 Ronnie Shaw—one—6,187 days (16.94 years)
149 Kenneth Vercammen—one—5,963 days (16.33 years)
150 Ray Lorden—one—5,692 days (15.58 years)
151 George Hancock—one—5,670 days (15.52 years)
152 Dave Emmans—one—5,627 days (15.41 years)
153 John Flahie—one—5,571 days (15.25 years)
154 Tom Whiteley—one—5,490 days (15.00 years)

EXPERIENCED (10+ years)

155 Mark Mitch—one—5,429 days (14.86 years)
156 Timothy Eshtelman—one—5,369 days (14.70 years)
157 Scott Fostad—one—5,351 days (14.65 years)
158 John Magnuson—one—5,343 days (14.63 years)
159 Molly Josephson—one—5,268 days (14.42 years)
160 Eileen Rountree—one—5,163 days (14.14 years)
161 Dave Dial—one—5,129 days (14.04 years)
162 Christel Prause—one—5,125 days (14.03 years)
163 Karen Wallace—one—5,010 days (13.72 years)
164 Mercedes Murolo—one—4,930 days (13.50 years)
165 Tyler Renner—one—4,911 days (13.45 years)
166 Ronald Kmiec—one—4,910 days (13.44 years)
167 Ralph Edwards—one—4,839 days (13.25 years)
168 Pete Colazaco—one—4,837 days (13.24 years)
169 Michael Murphy—one—4,775 days (13.07 years)
170 Susan Ruzicka—one—4,694 days (12.85 years)
171 Patrick Sinopoli—one—4,665 days (12.77 years)
172 Bryan Hallman—one—4,670 days (12.51 years)
173 John Roemer—one—4,567 days (12.50 years)
174 Bob Hensley—one—4,541 days (12.43 years)
175 Duncan Cameron—one—4,536 days (12.42 years)
176 Chad Kutta—one—4,519 days (12.39 years)
177 Diana Nelson (D)—one—4,453 days (12.19 years)
178 Mitch Kronenfeld—one—4,418 days (12.10 years)
179 Stephen Moosbrugger—one—4,384 days (12.00 years)
180 Everett Doffeyrmy—one—4,344 days (11.89 years)
181 Corey Escue—one—4,318 days (11.82 years)
182 Gary Scott—one—4,282 days (11.72 years)

PROFITABLE (5+ years)

183 Jason Morgan—one—4,251 days (11.64 years)
184 Heather Plummer—one—4,225 days (11.57 years)
185 Ken Johnson—one—4,210 days (11.53 years)
186 MaryAnn Hill-Pitts—one—4,199 days (11.50 years)
187 Stephanie Mera—one—4,189 days (11.47 years)
188 Michael Neff—one—4,187 days (11.46 years)
189 Bruce Mortenson—one—4,130 days (11.31 years)
190 Richard Anderson—one—4,119 days (11.28 years)
191 Charlie Hart—one—4,097 days (11.22 years)
192 Joel Pasternak—one—4,084 days (11.18 years)
193 Jose Fraile—one—4,064 days (11.13 years)
194 David Lloyd—one—4,038 days (11.06 years)
195 Prince Whately—one—4,038 days (11.06 years)
196 Robert Hill—one—4,038 days (11.06 years)
197 Jeff Gould—one—3,992 days (10.93 years)
198 Susan Jones—one—3,986 days (10.91 years)
199 Roger Raymond—one—3,955 days (10.83 years)
200 Ed Reid—one—3,927 days (10.75 years)
201 Robert Crosby—one—3,879 days (10.62 years)
202 Gordy Strickland—one—3,870 days (10.60 years)
203 Angela Chabot—one—3,857 days (10.56 years)
204 Thomas Fabian—one—3,819 days (10.46 years)
205 Tim O’Neill—one—3,818 days (10.45 years)
206 Roger Nelson—one—3,763 days (10.30 years)
207 William Schroeder—one—3,751 days (10.27 years)
208 Nico Filippazzone—one—3,750 days (10.27 years)
209 John Danielson—one—3,746 days (10.26 years)
210 Daniel Mansuetu—one—3,742 days (10.25 years)
211 Jamie Hopkins—one—3,726 days (10.20 years)
212 Vivian Wilson—one—3,719 days (10.18 years)
213 Michael Rigglesford—one—3,707 days (10.15 years)
214 Stephen Pretak—one—3,681 days (10.08 years)
215 Jeffrey Shumway—one—3,679 days (10.07 years)
216 Sonny Hunter—one—3,675 days (10.06 years)
217 Stephen Gould—one—3,666 days (10.04 years)
218 Michael McGu—one—3,660 days (10.02 years)
219 James Bates—one—3,657 days (10.01 years)
220 Nicole Van Eck—one—3,658 days (10.01 years)

92
NEOPHYES (1-5 years)

489 Jakob Hofverberg — 1,826 days (5.00 years)
490 Eric Linn — 1,826 days (5.00 years)
491 Saniyyah Greene — 1,826 days (5.00 years)
492 Eric Lacev — 1,826 days (5.00 years)
493 Tim Lambrin — 1,826 days (5.00 years)
494 Grant Woodman — 1,823 days (4.99 years)
495 J. Growney — 1,821 days (4.99 years)
496 Kendra Bealnear — 1,819 days (4.98 years)
497 Jennifer Mathiesen — 1,817 days (4.97 years)
498 Alexandra Litwak — 1,816 days (4.97 years)
499 Ken Johnson — 1,811 days (4.96 years)
500 Joseph Glass — 1,806 days (4.94 years)
501 Stephanie Harvey — 1,805 days (4.94 years)
502 Allison Richter — 1,805 days (4.94 years)
503 Ben Timbers — 1,799 days (4.93 years)
504 Roger Nelson — 1,799 days (4.93 years)
505 Joseph Kraft — 1,792 days (4.91 years)
506 David Reynolds — 1,788 days (4.90 years)
507 Debi Carden — 1,788 days (4.90 years)
508 Stanley Bryant — 1,782 days (4.88 years)
509 Nigel Duffett — 1,782 days (4.88 years)
510 Karyn Gallivan — 1,776 days (4.86 years)
511 Thea Cerio — 1,775 days (4.86 years)
512 Martha Shue — 1,774 days (4.86 years)
513 Elisa Hayes — 1,772 days (4.85 years)
514 Harvey Lewis — 1,771 days (4.85 years)
515 Jenni Keagbíne — 1,770 days (4.85 years)
516 John Lee — 1,765 days (4.83 years)
517 Jonny Burger — 1,763 days (4.83 years)
518 Thomas Horner — 1,762 days (4.82 years)
519 John Woody — 1,762 days (4.82 years)
520 Jessica Smith — 1,747 days (4.78 years)
521 Elaine Weigle — 1,742 days (4.77 years)
522 Anthony Horyna — 1,738 days (4.76 years)
523 Jason Degn — 1,733 days (4.74 years)
524 Simon Scarfe — 1,732 days (4.74 years)
525 Jay Camperzelle — 1,720 days (4.71 years)
526 Terry Wombel — 1,715 days (4.70 years)
527 Alex Schneider — 1,715 days (4.70 years)
528 Paul Boyette — 1,710 days (4.68 years)
529 Robert Barkovitz — 1,710 days (4.68 years)
530 Justin Zewkes — 1,709 days (4.68 years)
531 Allegra Barierto — 1,707 days (4.67 years)
532 Max Parney — 1,699 days (4.65 years)
533 Mark Hall — 1,696 days (4.64 years)
534 Keith Shockley — 1,696 days (4.64 years)
535 Karthikayen Nagarajan — 1,694 days (4.64 years)
536 George Hancock — 1,693 days (4.64 years)
537 Kris Damiano — 1,688 days (4.62 years)
538 Howard Feldman — 1,685 days (4.61 years)
539 Lisa Gibson — 1,682 days (4.61 years)
540 Mercedes Murolo — 1,677 days (4.59 years)
541 Enrique Sallent — 1,671 days (4.57 years)
542 Mandy Colten — 1,668 days (4.57 years)
543 Sherry Case — 1,668 days (4.57 years)
544 Katie Davis — 1,662 days (4.55 years)
545 Anki Nordgren — 1,661 days (4.55 years)
546 Lisa Pronovost — 1,660 days (4.54 years)
547 Rhiannon Harry — 1,660 days (4.54 years)
548 Michael Tarcani — 1,659 days (4.54 years)
549 Eileen Rountree — 1,653 days (4.53 years)
550 Jason Taylor — 1,651 days (4.52 years)
551 David Theisen — 1,649 days (4.51 years)
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1452 Mary Martin—633 days (1.73 years)
1453 Nicolas Geiger—633 days (1.73 years)
1454 Drew Capolupo—632 days (1.73 years)
1455 Jim Meulendyke—632 days (1.73 years)
1456 Lawrence Baker—630 days (1.72 years)
1457 Andrea Zmaj—630 days (1.72 years)
1458 Alex Taylor—630 days (1.72 years)
1459 Andreas Sjödin—629 days (1.72 years)
1460 Rachel Morrison—628 days (1.72 years)
1461 Brad Baker—626 days (1.71 years)
1462 Henrik Stenson—625 days (1.71 years)
1463 Torbjörn Öqvist—625 days (1.71 years)
1464 Alfred Fernandes—624 days (1.71 years)
1465 Robert Faenk—624 days (1.71 years)
1466 Julie DeMarco—623 days (1.71 years)
1467 Sarah Woods—621 days (1.70 years)
1468 Doug Suger—619 days (1.69 years)
1469 Mike Horvath—618 days (1.69 years)
1470 Don Brown—618 days (1.69 years)
1471 Laurin Townsend—618 days (1.69 years)
1472 Anders Bergström—617 days (1.69 years)
1473 Davorin Pavlica—617 days (1.69 years)
1474 Andrea Bengtsson Braun—617 days (1.69 years)
1475 Stacey Connors—616 days (1.69 years)
1476 Marian Flinkbaugh—616 days (1.69 years)
1477 Chelsea Mollak—616 days (1.69 years)
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2210 Elin Jonsson—366 days (1.00 years)
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2212 Per Boström—366 days (1.00 years)
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2216 Fredrik Gustafsson—366 days (1.00 years)
2217 Toby Chism—366 days (1.00 years)
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2221 Anna Ovesdotter—366 days (1.00 years)
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2223 Dawn Back—366 days (1.00 years)
2224 Heather Mutter—366 days (1.00 years)
2225 Herbert Fred (D)—366 days (1.00 years)
2226 Max Newman—366 days (1.00 years)
2227 Holly Godley—366 days (1.00 years)
2228 Travis Godley—366 days (1.00 years)
2229 Carl Waring—365 days (1.00 years)
2230 Rick Larson—365 days (1.00 years)
2231 Jonas Lövgren—365 days (1.00 years)
2232 Karen Queally—365 days (1.00 years)
2233 Vanessa Good—365 days (1.00 years)
2234 Thomas Schaller—365 days (1.00 years)
2235 Matthew McGarty—365 days (1.00 years)
2236 Jaelin Mommsen—365 days (1.00 years)
2237 Jerome Sevilla—365 days (1.00 years)
2238 Heather Bagdan—365 days (1.00 years)
2239 Tiffany Brigner—365 days (1.00 years)
2240 Thomas Grassi—365 days (1.00 years)
2241 Nancy Balkowski—365 days (1.00 years)
2242 Meredith Davenport—365 days (1.00 years)
2243 Charlene Patten—365 days (1.00 years)
2244 Gregory Wilber—365 days (1.00 years)
2245 Erika Greene—365 days (1.00 years)
2246 Patrick Greene—365 days (1.00 years)
2247 Gretchen Reed—365 days (1.00 years)
2248 Deborah Gibson—365 days (1.00 years)
2249 Carol Kennedy—365 days (1.00 years)
2250 Sarah Fix—365 days (1.00 years)
2251 Jaya Doshi—365 days (1.00 years)
2252 Kirsty Agnew—365 days (1.00 years)

My Running Odyssey – George A. Hancock
Published by Daily American, 2018
Available at: www.madeinsomersetcounty.com
SRI/USRSA ONLINE

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

Mark Washburne – RunstreakPodden
https://open.spotify.com/episode/4iSsndBfWHvOPBmfdqyBTTo?fbclid=IwAR0a4-yE97pMW28iLjG_XYEUwHr_3su6zUPVuQgyQiD_b2n_Cbrw5YFpqnE

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._
As I write this FINISH LINE in the middle of May, I have racing on my mind. I am a member of the North Jersey Masters 60s men’s team that competes against other running clubs in a series of races from the mile to the half marathon in a yearly competition that is sponsored by USA Track & Field – New Jersey. We have already competed in 4 team races this Spring with many more scheduled for the Summer and Fall.

In general, I enjoy racing and have already competed in 9 races – including my 19th consecutive Boston Marathon - in 2023 and have registered to race in another 8 races between Memorial Day and the 4th of July (two holidays in the USA). My total races I have run as an adult now numbers 916. Not surprising, I am interested to learn whether other streak runners do a lot of racing too so I reached out to our statistics expert on all things running, Mr. Steve DeBoer, to see if he is interested in writing a future TUNDRA column on the prolific racers among us streak runners. Steve graciously accepted the challenge. Thank you, Steve!

In the past, SRI/USRSA kept totals on the number of races our members claimed but gave up keeping track in 2016. One of the reasons we stopped keeping track is that it appeared that people were sending guesses on the number of races they had run and not the actual number they had completed. I know I have completed 916 races as an adult because I wrote down each race I had run in my logbook and saved every race bib and race application I received since I first pinned a number to my shirt in 1984. A tell that we were receiving guesses, however, was the number of very round numbers we received – like 500 – instead of knowing they had actually raced 483 times. Some round numbers are actually accurate counts - The Honorary of Founder of USRSA, George Hancock, decided to end his racing career at number 500 - but many more are just guessing.

Steve and I decided, therefore, that we would only record totals from people who had actually kept track of their races and also use 500 races run as the minimum to make the list so as to make it more manageable for Steve to keep track. [Congratulations, George Hancock - your 500 races finished has earned you a spot on the SRI/USRSA “Races Run” list.]

In order to promote the list, Steve asked me to come up with a promotion so our athletes would contact him about the races they had run. I did but it led to a new dilemma on what should count as a race. In my promotion, I said that only a race “that is organized by an outside party that assigns bib numbers to competitors” would count toward our list. Steve, however, noted: “I have been in several races over the years where bib numbers did not get assigned, such as alumni meets. I have also run in races that I directed. So, I would delete the section.”

Steve, of course, was right and the section was deleted from our “Races Run” promotion but not before a lively discussion among a few via email on what should count as a race. I personally only count races where I received a bib so we discussed that issue. Others also weighed in on Park Runs, that are popular in Europe and Australia, and Virtual races, that became popular during the pandemic. The verdict was to count Park Runs as races (although some considered them only as running events) and NOT to count Virtual runs as races as they are often done alone.

In truth, I don't think we resolved the issue on “What is a race?” as some people wanted to count almost everything as a race and others wanted stricter rules. Some of the other issues to resolve are whether races run as a bandit (you did not pay) count and should you include in your race totals an event where you dropped out, say 13.1-mile mark, in a race scheduled for the marathon distance. Just as our founders in 2001 had to decide on the rules of streak running and whether we should have a minimum distance (one mile), decisions will have to be made on these questions concerning “What is a race?” Let’s continue the discussion in the future and as always, I want to wish all of you good luck as we each run the roads and trails – every day!
“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
Articles and letters to the editor are not only welcomed but strongly encouraged. Permission is hereby granted to reprint any material appearing in this publication provided the source is acknowledged. Permission does not extend to copyrighted material.

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

Mark Washburne, Editor
SRI/USRSA
31 Galway Drive
Mendham, NJ 07945
or
USRSA@yahoo.com

ADVERTISING RATES

Per issue:

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

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

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

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Streak Runners International &
United States Running Streak Association, Inc.

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Deadline next issue: 8/15/2023

MEMBERSHIP—DUES

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

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

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

STREAK CERTIFICATION

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

SRI/USRSA and Steve DeBoer are compiling a list of streak runners who have run more than 500 races over the years. If that is you, we want to hear from you to recognize the outstanding racers among our running streak community.

Races, for the purpose of our list, are events that are solely running or where running is part of the competition (triathlons count), and is timed for a specific distance or for the distance you can run for a specific time (for example, a 24-hour race that measures how many miles or kilometers you can run during that time period).

NO GUESSING! Only athletes who have accurately recorded their lifetime running races in their log books, or who have saved their race bib numbers, or who can verify races run through an online website like Athlinks should submit their lifetime race totals to us.

Please send total lifetime races run, the year of your first race, and the year of your most recent race if you are no longer competing to Steve DeBoer at stephen.william.deboer@gmail.com.