

THE STREAK REGISTRY, Volume 11, Number 3, Fall 2011

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Fall 2011
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STREAKING ANNIVERSARIES

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

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

Stephen W. DeBoer of Rochester, Minnesota on June 7th
Jon A. Simpson of Memphis, Tennessee on August 30th

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

Stephen D. Reed of Wiscasset, Maine on June 16th
Robert J. Zarambo of Whitehall, Pennsylvania on June 16th

From The Dominators to The Masters (30th anniversary):

John R. Chandler of Whitefish Bay, Wisconsin on August 9th
Ben Dillow of Redlands, California on August 20th

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

Ronald N. Dennis of Marshall, Texas on June 29th

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

Matthew J. Ketterman of Greensboro, North Carolina on July 1st
Danny Sullivan of San Carlos, California on July 12th
William Chatman of Brooksville, Florida on July 23rd

From The Neophytes to The Proficient (5th anniversary):

James C. Bates of Hampton, Virginia on June 4th

“If you want to win a race you have to go a little berserk.”

Bill Rodger

FROM THE STREAK REGISTRY

TEN YEARS AGO: The third issue of USRSA newsletter was published. The 32-page booklet contained an active running streak list of 128 runners and a retired streak list of just 26 athletes. Since its first issue six months earlier in April 2001, USRSA had grown by 15 more active streak runners and listed 10 more retired streaks.

The Fall 2001 issue also contained an article by Joe Henderson, the former West Coast editor of *Runner's World*. In his article called "Speaking of Streaking," Mr. Henderson listed "10 of the best reasons to streak":

1. You keep going because you can. No injury or life obstacle has tripped up your streak, which means that you must be [doing] something right.
2. You keep going because you want to. The dailyness doesn't grow stale when you know that no two days are ever quite the same. You want to explore what's different about them.
3. You never know what kind of day it will be unless you test it out. Each one holds surprises, some good and others not so good, that you must go to work to uncover.
4. You learn to pace yourself. Working too long or too intensely one day would jeopardize the next day's effort, so you do only what lets you recover and repeat within 24 hours.
5. You do something natural, not abnormal. Streaking is no more weird than eating every day. Taking frequent days off is the greater oddity in human history.
6. You do something that's easier to do than not do. It's a habit, and breaking it is more stressful than continuing it.
7. You never have to think, Is this my day to work or not? The plan is utterly simple: This is what you do at a certain time for a certain amount of time each Sunday through Saturday.
8. You work as if you're getting paid for it. You work like a pro, even without collecting wages. To miss a day would be to shortchange yourself.
9. You give yourself at least this one accomplishment every day. No matter what other slights and setbacks that day might hold, you've once more earned the prize.
10. You stay honest with yourself. No one else knows whether you went to work today or not. Bu[t] YOU know and care, so you stay accountable to yourself and keep taking care of business.

USRSA HONORS STEVE DEBOER ON 40th ANNIVERSARY RUN

By: Steve Morrow, Vice President, USRSA

It was my honor and pleasure to represent the USRSA on Tuesday, June 7, 2011 at the 40th Anniversary Run of Steve DeBoer's running streak. Steve now joins 4 others in the US who have reached this prestigious milestone. Steve and I have been conversing through email for the past 10 years and have talked occasionally about meeting and running together, but this is the first time we have met. I traveled to Rochester, Minnesota, to present Steve with this plaque from the USRSA honoring him as the "2011 USRSA Runner of the Year."



Steve was joined by about 10 fellow runners including some with active and/or retired streaks on a lap of the track followed by a run of about 5K along the trails in Rochester on a night when the temperature was still in the mid-nineties. After the run we enjoyed sharing running stories, snacking on watermelon and rehydrating with Gatorade. Congratulations again to Steve DeBoer and best of luck in continuing your streak long into the future.

Best Wishes, Steve Morrow, Vice President USRSA

P.S. I am including a copy of the speech that Steve DeBoer gave at the event. Thanks also to all the runners for joining Steve and making it a special night for him and thanks to KAAL-TV for doing a story on Steve too.



40th ANNIVERSARY SPEECH

By: Steve DeBoer

Thanks everyone for braving this inferno. I've been told it would have to be a hot day in Hades before I would reach 40 years of daily runs. Make that the hottest day in Rochester this year! The high of 101 degrees is the warmest here since July 31, 1988 – at least it has dropped into the 90s for the run. It was June 7, 1971, I ran home 2 miles from the Hamline University Fieldhouse about noon. I can't say it was a special run, as I had been running daily for over 10 months, but sometimes I ran less than 1 mile that first year.

I admit I ran this morning but this will be my first run since I passed the 40-year mark, now being after noon. That makes me the 5th person in the US and probably the world who has run daily this long. The longest we know of in Canada is 32 ½ years. Ron Hill in England reached 46 years last December but ran less than 1 mile a few times. The 4 ahead of me, Mark Covert, Jon Sutherland, Jim Pearson and Ken Young all live on the West Coast and are all over age 60. So, if I can exercise regularly, maintain a healthy weight, not smoke and make healthy dietary choices, I might have a chance of outlasting 1 or 2 of them.

Rochester is the home of streak running in Minnesota. Bruce Mortenson is coaching a track team this evening up in the Cities and sent his regrets, but he began his first running streak January 1970, while living here. He had 4 streaks longer than one year, 2 in Rochester. I lived in St. Paul when I began streaking, as did my brother, Dave, who ran daily from 1972 to 1978. The 4th streak runner in MN was Steve Gathje, also of Rochester. He has kept running daily and is now #10 on the US Running Streak Association active registered streak list, and will reach 39 years in September. He also sent his regrets, as he just started a new job in the Cities yesterday.

Currently there are 12 Minnesotans who have an active streak. Julie Maxwell is with us today from Kasson. This is the first we have met. Julie will reach 33 years of daily runs on July 5th. She is #29 on the list and has the longest running streak for a woman. Paul Christian of Rochester will reach 27 years in September and is #68. He just returned from a trip in Tanzania and sends his regrets. Pete Gilman runs a little faster than most of us, having run the 2008 Olympic Trails marathon and is now at #166, running daily since November 2005. Jeff Judd plans to reach 2 years next month and is #257.

Steve Morrow from the Mankato area had a streak of 28 years 9 months broken last May. He recently reached the 1-year mark of his second streak, in 276th place. There have been streak runners in 47 states (none yet in Rhode Island, New Mexico or Alaska). Though this is the first Steve and I have met, we are the only streak runners to have lived in South Dakota in the 1980s. I just learned that Steve and I both ran the Guiseppi's half-marathon here in 1995

Brad Kautz began his first running streak in 1986. It and his subsequent 5 additional streaks didn't last for a variety of reasons. I hear he has begun another one. He was also present at the Chester Woods Trail race in June 2007, when I stepped in a gopher hole, broke my ankle, and thought the streak was over. Brad drove me to the ER and heard the doctor tell me "weight bearing as tolerated." So I decided to tolerate a 1-mile run the next morning after taping up my ankle.

Though California, has the most active streak runners (30), Minnesota has the highest percentage on a population basis (just over 2 per million) and Rochester has the highest percentage in a town over 10,000 population – Jeff, Pete, Paul and me, or 40 per million. Again, thanks to all in attendance and thanks to KAAL TV for their coverage of the event. Now let's cover a lap on the track to get this underway.

SURVIVING POLIO TO BECOME A LEGEND

By: Jon Simpson

At the end of August, I will join five other in The Legend (40+ years) classification. I am honored to be included with this group; but let me be quick to say, "I'm not even on the same page with these great runners."

I had polio at age sixteen, and have spent the rest of my life seeking ways to strengthen my weak right leg. About half my high school days I spent on crutches. If I hadn't started running, I probably wouldn't be walking today.

I have been running regularly for over 50 years, but on August 30th, 1971, I resolved that if I could run 5 or 6 days a week, perhaps I could go a whole year without missing. That year called for another and another, and soon I was "off and running" to accumulate a long streak.

I joined the USRSA about five years ago and I appreciate so much the official records provided for our members. Someday I hope to meet Mark Covert, Jon Sutherland, Jim Pearson, Ken Young and Stephen DeBoer. These, and many more in the other categories are the real runners of which our association can be proud.

As for me, I have never even run a 5K! It is nice that in the USRSA tent there is room for me. At age 73, and being basically crippled in my youth, it is hard to imagine accomplishing any athletic achievement.

As a dentist, working regular hours, I have been able to plan my schedule so that my running would be consistent. If I had a board meeting or a Bible study at 6:00 A.M., I would simply go to bed early so I could wake up at 3:00 A.M. and run. Through the years I have run in over 40 states and more than a dozen foreign countries. In August 2008, I retired from my dental practice.

Have I had any near misses? No. I had food poisoning many years ago, but that didn't keep me down but a few hours. Other than that I have not been sick or injured. When bone spurs threatened my feet, my doctor resolved this with metatarsal arch supports.

My morning schedule calls for a half dozen "gut buster" floor exercises before I run (usually about 5:30 A.M.). My daily run is about 33 minutes in a flat, grassy well-manicured field next to my home. When I am on vacation in other cities, I appreciate my flat field – especially in places like Seattle and Atlanta.

I want to include a final note of deep appreciation for our wonderful quarterly newsletter. I spend hours reading each article and reviewing the membership notes from the various areas of our country. It is encouraging to read about others with a kindred spirit for running every day.

My heartfelt thanks to John and Dawn Strumsky who edited, printed and mailed the newsletter for so many years. May God bless all of you.

RUNNING EVERY DAY FOR 43 YEARS

By: Mark Covert

First, I would like to thank everyone for their emails congratulating me for reaching 43 years without a miss. All of you know how hard it is to get just one year in, so you all can imagine what its like for 43. I have never written about the streak before as I just don't like talking about it all that much, so read every word because I am not sure this will happen again. As the Streak gets to 43 years I felt like I needed to write about this streak itself. About what has gone on over the last 12 months with the steak, as it has been the hardest year for the Streak and this next year looks to be a challenge from the very start.

Over the life of the Streak it has meant different things to me at different times. As an athlete I was not the fastest or the most talented but I thought if I could out train and out tough everyone I could at least compete. I had no thoughts that I could beat the best of the best, but I did think that if I was tough enough I could compete and on some days knock off some of the good guys. So in the early years of the Streak missing a day would have meant that I was like everyone else and I was not going to be like everyone else. If hurt or sick, I was going to put my shoes on and get something in and on race day that was something I could turn to knowing that I had done something the others on the line had not.

When I stopped racing, training was something that I had grown to love and I did not want to give that up. I knew then and I know now that there is nothing smart about this but something I really liked to do. I saw no reason to stop. Now over the last 10 years or so the competition for me has been not getting the run in everyday because that's easy. It's when I have been hurt and I knowing getting out is not the best thing for me. It's seeing if I can get out when there is no real reason to do it other then I always have. I do this because I am not ready to say enough is enough.

Over the years I have been hurt only a few times where things were really hard, there have only been 5 months where I have totaled less than 100 miles. I have had a broken foot, hemorrhoids, meniscus surgery, rotator cuff surgery and a couple bouts of the flu where things have ever been in question. Over the last year, I have been hurt almost the entire year and it has been a real challenge.

Before I go into last year, everyone must understand that all these problems no matter what I write about in the rest of this piece come back to my feet. My feet have been very flat since I was a kid. There have always been problems but over the years there have been some real bad times with my feet and when you come right down to it all the problems I talk about below all come back to my feet. I have been to the same podiatrist for over 30 years and he had done amazing job in keeping me running over all these years. When doctors see my feet most are surprised that I am still walking let alone having run all these years. Many talk about the need for surgery and all assume

that I will have problems for years to come. This last year may be the start of those problems but that is something we will just have to see as the years go by.

Problems started in May 2010 on a run in Washington DC with my friend Tim Silva. I felt a small pinch in my lower back but thought nothing of it. Over the next few weeks it got to a point of hurting almost all the time except when I ran (but not real hard). I started going to doctors in October and none of them had a real idea about what the problem was. I had a couple MRI's done on my back and they found a cyst growing between my 4-5 lumbers and more than one thought that I should have that removed. When I went to my 2nd orthopedic doctor he thought that physical therapy could help and sent me off to someone that I had not seen before. I was not sure what to think as I had tried this in Sept and got very little results but this would be different. This therapist would poke, bend and hurt me like no other and I felt some relief after one treatment and after a month or so I was feeling much better. During this time I was running about 40-45 miles a week, most days pretty easy, other days (not often) pretty good, and I felt I was on my way back to normal.

During the month of April it is always hard for me to get more than 5-7 miles a day as it is the time of year I have to spend a great deal of time with my track team. We put a lot of meets on at my college so I get out for 40-50 minutes in the morning and call it a day. Feeling healthy I thought I would just keep running my 7-minute miles until the end of my season and then start to try a run a little harder in early May. On the day after Easter, I went out for my normal morning run and about 1 ½ miles into it I felt my back just seize up and I fell on my face. Getting up it was hard to keep running but I did and cut things down to 3 miles that morning, but knew I was in trouble as it took me 20 minutes to get my shoes off after the run. I went to my doctor that morning and he gave me 3 shots of cortisone in my back and that did very little. I saw my physical therapist the next day and that was a little help. For the first few days after I hurt my back the best I could do was a mile each day and had several thoughts of ending things at that point. Since I could stand up and move a little I thought I would give it a try. Much to my surprise by the 3rd or 4th day things were better to the point where I was able to run 3 - 4 miles and only have it hurt a little. This problem slowly went away and within the next few weeks I got back to feeling almost normal and getting my miles moving in the right direction.

During this entire time my podiatrist was working on new orthotics that would help my back. Finally in mid June he had a new pair that he felt would take care of my back problems but was not sure what would happen with my right knee. I started using them and all my back trouble was gone in a few days and I was back to nearly 200 miles for June and had several workouts that were real workouts not just runs. Then after a run in the hills my right knee was very sore so I stopped using the new orthotics and cut back to 30 minutes of jog each day. Then on the morning of July 4 I was out for a easy run. My knee was sore but not any different then the past week when at about 2 miles out I heard a loud pop in my knee. I was in real trouble. I sat down on the curb, rubbed

my knee a little, and then stood back up and found that jogging was not possible. For the first time ever I walked back home.

I had my wife drive me to the Emergency Room where they found no real problems and said that I had a sprained MCL. The next day I was able to get in my mile very slow and saw my doctor. He felt the same, a sprained MCL, but thought I should get a MRI to make sure there was nothing else. When I got the results I was surprised that along with the sprained MCL I had 2 tears in my meniscus. Now the question was what my orthopedic doctor would say. Do I need surgery or can I continue on the way it is? After seeing him, he said that if I could stand the discomfort I could put off surgery until I thought I needed it. The doctor then gave a shot of cortisone to me and sent me on my way.

I am again seeing my physical therapist and running with a brace on my right knee. This morning, July 24, the start towards year 44, I was back up to 5 miles and ran with only a sleeve on my knee and felt pretty good. Until this morning I was running between 2-3 miles a day but I felt better each day. After 43 years, 15,703 days, 146,000+ miles it's ok if I become a 8-10 min a mile guy. I am not happy about it, but I am ok. The main thing for me now is to be able to keep doing something that I have loved to do for all these years, put my shoes and shorts on and go for a run.

I have had meniscus surgery before and was able to get out the next day. I see no reason why I would not be able to do that again. I am not going to worry about that until I have surgery scheduled. Until then I will try to get my miles back up to 6-7 a day and hope I can stay healthy enough to not have surgery. I feel as if I had entered the cool down period of my running career and I hope that it will be a very long cool down.

I have been asked many times in the last year why I keep doing this with all these problems and my answer is always the same. I am not going to give in. I get to do something everyday that I love. At this point I am going to do what I need to do to keep this going. I know that this is not the best thing for me but I knew that 35 years ago when I ran on my broken foot. So that's my story of the last 12 months. It's been a challenge but I have always been up for a challenge. I look forward to this New Year just like I have every year of the streak.

Update from Mark Covert (August 4, 2011): Thought I would give you a short update on my knee problems. I am back up to 5 miles + a day and have been since about July 26. I am almost pain free and for the last 3 days have moved along pretty good. Because of the problems with my feet, I am not sure if I will ever run like I have before this last year: a little over or under 8 minute pace per mile. Not what I am use to but not too bad with all the problems I have had the last year or so. Just thought that I would let you know that the streak is alive and I am feeling just fine.

MARK COVERT'S RUNNING STREAK MILEAGE

Month	1968	1969	1970	1971	1972	1973	1974	1975	1976	1977	1978
Jan.		407	464	522	497	421	427	500	362	527	488
Feb.		341	405	504	523	327	470	461	500	434	401
March		398	454	492	524	354	400	549	536	479	463
April		391	409	511	485	422	514	540	322	437	448
May		269	391	509	617	496	510	519	363	482	460
June		526	450	445	520	366	312	570	292	524	478
July	225	708	461	599	457	474	613	539	412	548	460
Aug.	661	603	513	701	641	602	617	500	511	554	490
Sept.	432	440	517	582	498	472	509	477	497	369	395
Oct.	311	446	521	534	538	478	354	493	522	397	447
Nov.	267	435	416	428	471	436	234	526	453	305	214
Dec	445	437	565	515	560	612	314	591	495	518	112
Total	2341	5401	5566	6342	6331	5410	5274	6265	5265	5574	4856
Month	1979	1980	1981	1982	1983	1984	1985	1986	1987	1988	1989
Jan.	111	319	303	429	194	314	293	255	191	192	245
Feb.	232	300	377	406	252	323	257	285	133	179	219
March	328	301	326	408	277	359	262	223	193	313	315
April	325	371	375	109	350	249	229	199	212	256	308
May	301	355	400	135	323	259	245	236	207	249	247
June	371	333	318	197	329	194	286	314	215	328	227
July	502	428	387	239	322	323	302	402	216	200	246
Aug.	474	424	270	333	425	260	266	310	233	221	285
Sept.	402	442	291	219	302	287	270	349	294	279	242
Oct.	405	356	434	95	329	323	294	309	300	263	294
Nov.	396	276	334	90	361	324	313	261	247	302	277
Dec.	472	467	337	110	426	317	265	214	274	296	169
Total	4319	4372	4152	2770	3890	3532	3282	3257	2745	3078	3074
Month	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
Jan.	207	238	235	214	208	189	232	201	197	177	182
Feb.	159	196	188	215	193	173	172	177	168	172	167
March	115	185	210	179	175	166	186	198	197	196	190
April	130	211	202	125	148	161	166	161	183	179	162
May	116	208	189	184	191	172	158	198	189	165	170
June	162	305	252	222	242	216	188	205	203	178	190
July	187	305	297	246	256	196	198	273	222	122	207
Aug.	189	305	176	233	212	185	208	257	179	199	187
Sept.	221	301	218	206	181	185	177	161	178	182	171
Oct.	272	285	226	216	201	175	200	163	197	172	179
Nov.	289	262	261	286	221	209	198	181	193	195	170
Dec.	288	246	293	245	215	230	218	207	203	201	177
Total	2335	3047	2747	2571	2443	2257	2301	2382	2140	2187	2152

MARK COVERT'S RUNNING STREAK MILEAGE

Month	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Jan	170	183	251	97	196	196	152	200	200	195	155
Feb	146	158	211	116	177	169	94	172	187	204	151
March	180	180	235	123	179	170	159	174	200	202	178
April	172	165	203	137	164	168	166	169	135	180	140
May	192	180	223	144	192	180	168	159	188	150	116
June	170	174	241	164	174	174	181	174	177	183	193
July	186	193	252	183	208	224	191	175	211	182	57
Aug	189	172	203	186	192	169	182	181	202	196	
Sept	189	182	231	180	198	152	160	204	191	179	
Oct	183	227	192	198	188	171	161	197	203	167	
Nov	178	230	149	174	181	198	185	179	187	158	
Dec	183	210	98	197	202	201	203	207	184	170	
	2137	2254	2489	1899	2251	2172	2001	2190	2265	2166	990

Streak Totals at the end of July 23, 2011

Number of Days	15,703	Months	516	Weeks	2243
Total Miles During Streak	146,477	Lifetime Miles	156,280		
Streak Ave. Day	9.3	Ave. Week	65.7	Ave. Month	285.8
Miles During the 60's	7,742	70's	55,202	80's	34,152
		90's	24,361	00's	23,060

10's
3156

Miles in NIKE Shoes 123,521

"We run not because we think it is doing us good, but because we enjoy it and cannot help ourselves . . . The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

- Sir Roger Banister

"Have a dream, make a plan, go for it. You'll get there. I promise."

- Zoe Koplowitz, Achilles Track Club member with multiple sclerosis, who required 24 hours on crutches but finished the 1993 New York City Marathon.

RUNNING WITH JOHN WATTS ON HIS 32nd RUNNING STREAK ANNIVERSARY

By: John Morgan

Allow me to introduce myself, John Morgan of Emmett, Idaho. John Watts [from Nampa, Idaho] is the runner on the right in the picture [see below]. The occasion was John's anniversary of 32 years of running every day. On April 29th, 2011, John was kind enough to come to Emmett and do a little 3 mile run with me and Butch (you can just see Butch on the ground by my right foot). As a side note, John Watts had a nice feature article on his 30-year running streak appear on the front page of *The Idaho Press Tribune* on May 21, 2011.

I just run everyday, but John Watts still stays in competition shape. He recently ran a 9-mile leg in a relay race in the Western Idaho mountains at a 7:25 pace! Over the Memorial Day holiday he ran a 1/2 marathon with his daughter in Bend, Oregon. Ah well, we old timers can still dream, can't we? John Watts is not only a great runner -- he has a 2:29 marathon in his background! -- but a great human being.



JOHN CHANDLER'S STREAK REACHES 30 YEARS

The following sermon was written by Rev. Dr. Scott Stoner to celebrate John Chandler, of Whitefish Bay, Wisconsin, whose running streak reached 30 years on August 9th:

Weekly Words of Wellness

The Rev. Dr. Scott Stoner
Samaritan Family Wellness Foundation
August 11, 2011

"Consistency and Persistency"

Most wellness experts believe that it takes a minimum of thirty days to establish a new habit. Once a person makes a proactive change and does so every day for thirty days, there is a good chance the new habit will become integrated into his or her daily life. Based on this information, I would say there is a pretty good chance my high school friend, John Chandler, is going to stay with his daily habit of running. This is because John has not just been running every day for the last thirty days--he has in fact been running every day for the last thirty years! John has run every day since August 9, 1981, (for reference sake that is two weeks after Diana Spencer married Prince Charles) covering more than 60,000 miles over 10,950 consecutive days.

We recorded John as a guest on our Living Compass Radio Show this week and so we had the chance to interview him regarding this remarkable accomplishment, which of course he is continuing every day. He talked to us about the life lessons he has learned along the way. What he shared can be summed up in two words: consistency and persistency.

John gave a couple of great analogies of how it is only through regular, disciplined commitment that good things happen. In his work as a financial planner, John said he teaches the lessons of consistency and persistency everyday to his clients. He asks rhetorically, "How much good would it do to save for retirement by putting money aside from only one paycheck every couple of years?" Saving for retirement requires consistent and persistent savings over a long period of time. John also talked about being a parent and how if a parent wishes to instill the love of reading in his/her child, they need to read to the child every night, not just every once in a while. I would add that this is true in our relationships as well. Being loving and honest every once in a while won't build a loving and honest relationship.

Another lesson that John has learned along the way is just how important the support of friends is in a person's life. He regularly runs with friends, either very early in the morning before work, or over his lunch hour during the week day. He shared that on many days it was his commitment to run with a friend that kept him disciplined and committed that day. "After all," he said, "if I committed to meet my friend at the corner at 5:30 AM, I wouldn't think of not showing up and leaving him to run by himself." Again, this is true in our relationships as well. We need each other to cheer us on and keep us accountable.

John's running streak is so extraordinary that we may find it hard to relate to in our own lives.

But remember for John, there is nothing extraordinary about his streak--it has become quite ordinary for him, one day at a time he just makes sure he goes running. While we may never relate to that in terms of running every day, we all know ordinary people who do extraordinary things everyday. We know people who serve as a caretaker for a love one--a spouse, a child, a friend or a parent--day in and day out, some for thirty years. We know people who demonstrate extraordinary courage in living with a chronic disease day in and day out. We know people who serve our country and our community in daily acts of selfless service, people who also make the extraordinary look ordinary. We know people with extraordinary spiritual lives who pray and serve others on a daily basis. And we know people who faithfully live out their committed love to their family and friends, day after day, year after year. We all know these people, and we strive to be these people.

When I asked my friend John if he thought his running streak was extraordinary, he said, "No, it's just who I am." I believe that if you asked the people I just listed above the same question, they would give the same response. And that's the true gift when we commit to practicing good habits day in and day out. Over time, through consistency and persistency, these good habits become more than what we do--they become who we are.

"It's elevating and humbling at the same time. Running along a beach at sunrise with no other footprints in the sand, you realize the vastness of creation, your own insignificant space in the plan, how tiny you really are, your own creatureliness and how much you owe to the supreme body, the God, that brought all this beauty and harmony into being."

- Sister Marion Irvine, 2:51 PR and 1984 U.S. Olympic Marathon Trails qualifier

"You can listen to the stream run. You can listen to the birds. Music is my life, but running allows me to appreciate the music of the outdoors."

- Gail Williams, horn-player

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

- Oprah Winfrey

GUINNESS WORLD MARATHON RECORD HOLDER JOINS USRSA By: Yolanda Holder

Completing a marathon is no easy task. Whether you walk or run, it takes perseverance, endurance and dedication to cross that finish line. My name is Yolanda Holder, aka "Walking Diva." In 2010, I broke an eight-year record for the "Most Marathons Run in a Calendar Year" by a woman by power walking 106 marathons.

I'm very proud of my accomplishment for two reasons: I'm a power walker and as a walker we don't get much recognition. The second reason is that I'm 53 years young and I am a member of the new generation of women who are redefining athleticism!

My journey to becoming the Guinness record holder was no easy task. In 2008 I set a goal to complete 50 marathons in 52 weeks and completed 65. I set my sights a bit higher the following year and completed 77 marathons. In 2010 I found myself scheduling races back-to-back and sometimes in different states on the same weekend to attain the record. One of the biggest highlights of my journey was completing four races, in four different states, in 3 days. My goal to becoming the record holder was achieved in 2010 but it pales in comparison to the spiritual growth I have had. Beyond the medals and plaques, I have discovered my inner strength and confidence and began to trust and believe in myself. My hobby has now turned into my serenity and I thank God for the continued motivation.

After breaking the world record my thirst for success forced me to venture out of my comfort zone where I was introduced to streaking. Streaking is running/walking a mile or more daily. I was excited and anxious to engage in this new activity. For two weeks I successfully streaked, logging each mile I completed but missed one day, which forced me to restart. The introduction of streaking and my thirst for success was the perfect foundation for the new goals I was setting for myself. The decision was made one afternoon while listening to *The Marathon Show*. The topic was streak running and at that moment I made the decision to set a world record for the "Greatest Mileage Run Daily in a Year." One of the requirements is that you run a minimum of 25 miles daily consecutively for one year.

June 4th I started my tedious schedule to becoming the record holder. My day consisted of rising at 2:30am and arriving at my local park by 3:30am. I would walk 26.2 miles, which took on average 6 hours to complete my daily regimen. My first week went well. I found, however, that the intensity of my schedule and trying to balance my home life and family was extremely overwhelming and difficult. By day 14 I felt defeated and contemplated abandoning my goal indefinitely. I downgraded from 26.2 miles to 3-4 miles daily.

After a brief break from my rigorous schedule I have returned more motivated than ever in becoming the record holder. I hope to power walk 10,000 miles in 365 days by July 1, 2011.

My mission is to raise awareness about the benefits of power walking, which leads to a healthier and happier lifestyle. I hope to empower, motivate and inspire people to take their health and fitness seriously and help fight obesity through walking. I hope to be an inspiration and leader to all.

You can follow my journey to 10,000 miles on twitter@WalkingDiva365 or my blog: walkingdiva365.blogspot.com

Happy streaking!

Yolanda "Walking Diva" Holder

Editor's note: The United States Running Streak Association (USRSA) currently only lists running streaks. As defined by USRSA, athletes are required "to run at least one continuous

mile within each calendar day . . ." to be eligible. When offered a full refund for her membership fee, Yolanda Holder sent the following response:

"Yes I would love for you to post my story and remain a member. My mission is to inspire and motivate people to get out and run or walk. I hope that the board would consider having a separate streak for walkers. We walkers share the same road as the runners.

"FYI . . . [I hold] four titles:

Guinness World Record, 'Most Marathons Run in a Calendar Year' by a woman
Marathon Maniac of the Year 2010 (3rd year in a row)
Pacific Coast Trail Champion 2010 (age group)
Coastal Trail Blazer Champion 2010 (age group)

"Also, I power walked 40 brutal trails last year and finished before the cutoff time. I even did a 100 miler (107) and finished in under 29 hours.

"I'm just a walker enjoying life and having fun!

"Believe you can!

www.myjourneytoguinness.blogspot.com"

[The picture on the following page is of Yolanda Holder.]



ROBERT “THE RAVEN” KRAFT CHECKS IN

I recently sent John and Dawn [Strumsky] a thank you letter for all the work they've done in the past years. My name is Raven - Robert Raven Kraft officially – but Raven to every one of my friends. My background is I've run everyday since January 1, 1975. I have always run 8 miles a day – never less than 90 minutes; always at the same place - South Beach (Miami, Florida); same time – 5:15 p.m. daylight savings time and 4:15 p.m. standard time. I now always run with someone. Twice in the last 12 years I ran alone. Over 1360 people have done *The Raven Run* at least once. I always run on sand. It used to be soft sand for the first 25 years. So I have the most easy to verify streak. I have run 106,550 miles during my streak.

I don't run to break my time records but just to come back tomorrow. I don't run races. I did one in 1978 the first on the beach. I am fairly slow now with a chronic bad back. I admire USRSA for getting people fit and healthy. Keeping a normal weight these days of couch potatoes is very important.

I also don't use computers. Guess I'm living in another time. They didn't race or even make running shoes when I started. But I have a website: www.ravenrun.net. There are also all kinds of videos on YouTube – check it out.

I've also done pull-ups, push-ups, sit-ups every day – longer than my running streak. I have swam in the ocean 12,500 times after my run – 1/3 of a mile swim. I've always been one for cross training.

I've also been featured on ESPN after I hit 100,000 miles on March 29, 2009. I'm also a songwriter and working on my life story.

**The Rise and Fall and Rise and Fall...
Of Tundra Traversing in Minnesota (1970-1991)
By: Steve DeBoer**

Streak running in the United States didn't really begin until the late 1960s, as has been described on the pages of the Streak Registry newsletter previously (Summer and Fall 2010 and Winter 2011 issues). By 1970, there were only ten active streakers. California was the first state with 2 runners doing it daily. For the purposes of this article, I will consider someone to have an active streak once they had run daily for 6 months before the year 2000 and for 12 months (the USRSA standard) from 2000 and beyond. So Mark Covert and Jon Sutherland were both active by the end of November 1969. Minnesota reached 2 next, in January 1971, by which time Bruce Mortenson* and Steve DeBoer met the standard.

However, on a population basis, Minnesota had the highest rate for a state of 0.53 streak runners per million population. In January 1971, California had their 3rd member, Ken Young, but since their total population was 16,000,000 more than Minnesota, their streak rate was only 0.15 per million. Minnesota was also the second state to have 3 streak runners, but it was a little more complicated. Bruce's first streak ended in June 1972. Dave DeBoer and Steve Gathje reached 6-months in January and March 1973. This meant Minnesota had the first related streakers, as Dave is Steve's brother.

During the 6 months before Dave's streak reached 6 months, brother Steve was the lone Minnesotan who qualified, so Washington, whose population was 400,000 less than MN, took over highest rate of streakers from July 1972 until March 1973. When Paul Ladniak* joined Jim Pearson and Gary Jones sometime in 1974 (we don't have a specific date for his streak), Washington regained the lead, with a rate of 0.88 per million residents, and Minnesota was 2nd at 0.79.

Pennsylvania's first official streak runner was Don Slusser, who reached 6 months of daily tundra traversing in July 1972. He was followed by Park Barner* and Nick Marshall* in 1973. Two of Nick's acquaintances had daily streaks under 2 years that surpassed 6 months by the end of 1974, making that state the first to have 5 active streak runners. However, their large population put their streak rate at 0.42 per million, behind Washington and Minnesota.

Minnesota (MN) became the second state to have 5 active streak runners in November 1977, as it regained the lead for highest streak rate and became the first state to have over one daily runner per million residents (1.27). California added their 5th daily runner in December 1977.

1978 was an eventful year among Minnesotans with daily runs. Wendell DeBoer became the 3rd person in his family to make 6 months in July, one month before son Dave had to end his 6-year streak due to a back injury. This also meant there were 4 streak runners in St. Paul, the most in any one city up to that time. Steve had not quit running but had moved to Ecuador in April to serve in the Peace Corps. So before Dave quit, MN became the first state with 6 doing it daily, if Steve were counted.

Julie Maxwell became the first female streak runner in MN (and in the US) in 1978, though her 6-month anniversary was not until January 1979. At this time, I am not aware of any women in

the US who started daily runs earlier than her. However, Bruce Mortenson's second streak ended in April, and MN was back to 5 streakers (4 without Steve).

In the meantime, California added 4 runners to their total in 1978 and 1979, making it the first state with 7, 8, and 9 active daily runners. When James Scarborough met the 6-month standard in January 1980, California became the first state with ten (a rate of 0.42 per million) and has led the way ever since, reaching 20 in 1991 and 25 in 2008.

Pennsylvania also maintained a large streak contingent. Though Barner and Marshall had ended their streaks by 1979, George Hancock, Timothy Woodbridge, Joel Perlish*, Benjamin Freed, and Mark Courtney were all past 6 months of continuous running by June 1980, becoming the 2nd state with 7 active streakers. It didn't end there, as Leslie Shoop and Bob Reininger started streaks and Marshall began his second one. By the end of 1981, Pennsylvania became the 2nd state with 10 daily runners. This brought their rate up to 0.85 per million residents.

Maryland's (MD) Bob Ray, was the first individual documented to run daily for 3 years or more and had the longest running streak to initially be certified by the USRSA, begun in 1967. But it wasn't until 1976, that Kurt Kroemer* became MD's second member. By May 1979, John Roemer IV put them up to 6 (he and his dad became the second family with 2 streakers). In 1980 and 81, Layne Party, Tim McDermott* and Allan Field were added, giving the state 9 active streak runners, the 3rd state to reach that figure and the first state with over 2 streak runners per million residents (2.13). I do not know exactly when Chuck Brumley moved away, but let's say he was here until Mary Roemer reached 6 months in February 1982. If he was in MD longer, that would have put the state at ten active streakers. Mary also made the Roemers the second family to have 3 streak runners and the only family with 3 active at the time. If not then, MD did become the 3rd state with ten active streakers, when Jim Hage* moved back to MD in May 1983.

Shifting back to MN, in 1980 and 81, Jon Freeman*, Mike Moser* and Brian Short brought MN's total to 8. Steve DeBoer accepted a job in South Dakota in September. Fortunately, Roger Nelson moved to MN from Colorado on October 1st, keeping the contingent at 8 active residents.

However, DeBoer's move dropped MN to #3 on the highest streak rate state list and resulted in a new Number One. Steve Morrow, of Elk Point, SD, had begun running daily in August 1981. So that meant South Dakota (population 690,000) had two streak runners when DeBoer moved there, giving them a rate of 2.90 per million population, far surpassing MD and MN, becoming the second state to exceed 2 streakers per million.

South Dakota (SD) remained on top for two years, until DeBoer left for graduate school in North Carolina in August 1984. By then, MD, with 11 streak runners, had climbed to a rate of 2.61 per million. In July 1983, Bob Aby made MN the 3rd state to surpass 2 streakers per million residents. In April 1984, MN became the 4th state with 10 active members, with the addition of Ross Hamernik. When Paul Christian reached 6 months of daily runs in March 1985, MN retook the lead among streaking states for 11 months.

Paul was the 3rd streak runner from Rochester, though by then, Mortenson and Gathje had moved elsewhere. Mortenson's 3rd running streak reached 6 months in May 1985, making MN the 2nd state (after California) with 12 streakers.

Bill Bonarrigo and Matthew Mace put MD back on top in March 1986. Brad Kautz moved to Rochester from Wisconsin in August 1986 and Sherry Case had compiled a 6 month streak the same month, becoming MN's 2nd woman streaker, giving the lead back to MN. However, MN missed reaching 14 by a couple of weeks, as DeBoer, who had returned to MN for 8 months, decided to take a position back in South Dakota, moving there until the end of July. That made SD the streak rate leader again.

In 1987, MD residents Frank Nowosielski* and Mary Roemer ended their daily runs. DeBoer moved back to MN for good (ending up in Rochester), Roger Nelson moved back to Colorado, and Pat Foley began a second streak, giving MN 14 streakers as the year ended, to 11 for MD. New York became the 5th state with ten active streakers in 1987. Ross Hamernik moved to Rochester in 1989, giving that city 4 active streak runners for the first time (or 56.5 per million).

By January 1991, MN still held the lead, having reached 16 active daily runners, or a rate of 3.66 per million population, the highest documented state rate in streak history. By August, they had been on top for 5 years, surpassing the previous 3 ½ year lead they achieved in 1981. MD held to #2, with 14 active runners when John Roemer III reached the 6 month mark of his 2nd streak in February, giving their state its highest rate, the second highest ever for a state at 2.93.

State with highest rate of daily runners (1971-1991)

Jan 1971-June 1972 MN
 July 1972-Feb 1973 WA
 Mar 1973-mid 1974 MN
 mid 1974 -Apr 1977 WA
 May 1977-Feb 1981 MN
 Mar 1981-Aug 1982 MD
 Sep 1982-Aug 1984 SD
 Sep 1984-Feb 1985 MD
 Mar 1985-Sep 1985 MN
 Oct 1985-Jul 1986 MD
 Aug 1986-Jan 1987 SD
 Feb 1987-Dec 1991 MN

	Jan 1971	Jan 1976	Jan 1981	Jan 1986	Jan 1991	
(# states with Streak runners)	5	11	24	37		
(Streakers Per Million- Top States)	MN 0.53 WA 0.29 CA 0.15	OR 0.42 ND# 1.53 IA 0.35	WA 0.80 MN 0.76 WY 2.16 MT 1.27 ID 1.06	MD 2.67 MD 1.90 WY 2.20 ND# 1.55 SD 1.41	MN 3.66 MD 2.72 ND# 1.57 DE 1.50	

#Jim Lindley is the only streak runner from North Dakota, but he has never certified his streak, which began in 1978.

Minnesota Streak Runners 1970-1991

1. Bruce Mortenson* Jan 70-Jun 72; Nov 76-Apr 79; Nov 84-Oct 85; Feb 88-Mar 89
2. Steve DeBoer Jul 70-Sep 82; Dec 85-Jul 86; Feb 87 –
3. Dave DeBoer Jul 72-Aug 78
4. Steve Gathje Sep 72 – Nov 2001; Oct 2008-
5. John Magnuson May 77-Dec 91
6. Wendell DeBoer Feb 78-Dec 88 (missed 2 days); Jan 2009-Feb 2010
7. Julie Maxwell Jul 78-
8. Pat Foley Dec 79-Jan 81; Jun 87-Feb 91; Aug 91-Mar 2010; Oct 2010-
9. Jon Freeman* 80-91; 95-2006
10. Mike Moser* 80-2000 (moved to Georgia)
11. Brian Short Dec 80 - May 2010; Oct 2010-
12. Roger Nelson Oct 82-Nov 87 (CO 81-82; 87-92; TX Dec 92-2007)
13. Bob Aby Feb 83-Jan 2007
14. Ross Hamernik Oct 83-Nov 92
15. Paul Christian Sep 84-
- 16 Sherry Case Feb 86-Dec 99 (missed 1 day)
17. Brad Kautz+ Feb 86-Mar 89 (missed several days); Sep 89-Nov 91; Aug 06-Nov 09
18. Roger Carlson Jan 88-May 2009; Jun 2009-
19. Steve Morrow May 88-May 2010; (missed 1 day) May 2010-; (1981-May 88 in SD)
20. Hal Gensler Dec 89-2005; (2005-present in AZ)

* running streaks not registered with the USRSA

+ only 3rd streak certified

*Postscript: As has been reported elsewhere, Steve DeBoer became the first Minnesotan and first American east of the Rockies documented to have run at least one mile daily for 40 years on June 7, 2011. It has been suggested that such an event would not occur until Hell froze over. Not knowing exactly how cold it was **there** on the 7th, it is interesting to note that Rochester, MN experienced its warmest day in 23 years (101 degrees F) with the hottest average daily temperature in recorded history for the month of June. Fortunately, no one developed heat stroke during the celebratory run, and there was plenty of sports beverages and watermelon to rehydrate afterwards. Rumor has it that Steve did indeed run without a shirt .*

July 31, 2011

“Coming off the last turn, my thoughts changed from ‘One more try, one more try, one more try . . .’ to ‘I can win! I can win! I can win!’”

- Billy Mills

“Road racing is rock ‘n’ roll; track is Carnegie Hall.”

- Marty Liquori

UPDATE FROM TWO-YEAR MINNESOTA STREAK RUNNER

By: Jeff Judd

I live in Southern Minnesota (near Rochester). I have been running since 1983, and have completed five marathons over the years. I started running every day on July 1, 2009, mostly as a motivational tool to get back into a better state of physical fitness (and at the encouragement of a long-time runner). I don't run as fast or far as I once did, but I'm running every day through thick and thin, good weather and bad. This, in some circles, is referred to as a running streak... not to be confused though with a Ray Stevens streak, or talking a blue streak, or even a window streak. As measured by the U.S. Running Streak Association Inc. (<http://runeveryday.com>), my streak is number 260. That is to say - 259 people have longer duration active running streaks than me. I'm actually kind of surprised that I am that high on the official list. I guess streaking is fairly rare, and I wasn't aware just how rare.

Streaking year number two was fun with of bunch of new experiences as highlighted below. I had a couple of minor injuries, which caused me to reduce mileage here and there, so my annual mileage was slightly less this year versus last year. Here in Minnesota, we had a long, cold, and snowy winter, which was also a factor in the total mileage reduction. And the snowfall was way north of eighty inches. Yes Virginia, there is a Santa Claus.

Highlights of year #2:

> I did have one slip, stumble, and fall on December 11th in the deep snow (only the fourth such crash landing in my running career). During that run, every car that drove past the group of faithful runners (actually only Steve DeBoer and I since everyone else wimped out that day) either honked at us or rolled down their windows to "commend" us for running in the blizzard (ref: talking a blue streak - above).

> I wore out three pairs of Brooks Beast shoes (never mind why the aforementioned daily streak runner would NEED the beefiest running shoes ever made). Rumor has it that some runners have attained 6000 miles on a single pair of shoes. Obviously we are talking about a mathematically challenged situation there.

> Speaking of beefy shoes, last year it was reported that 22 pounds of body weight had been lost (for the statisticians in the audience). Happy to report that the missing poundage has been found again. Phew, that was close!!

> Still haven't found a halfway decent pair of running socks (since I can't find white XL Wright Socks anymore). You might say, that really blisters me. But I digress.

> No emergency pit-stops. None. Zero. Zip. Zilch. Goose egg. Splat. Nichts. Nada. That

alone must be some kind of streak record. Buh, dump, tsh!

> Just a couple trips to the Chiropractor to fix up the minor issues noted above.

> The weekly Saturday morning run from Soldier's Field on September 25th required a detour due to the raging flood waters which had eroded away the path behind Mayo High School. But even more impressive were the Cougar tracks left behind in the resultant silt. Yes, a Cougar in town. My running buddies and I still wish we had gone back after that run and taken a casting of those paw prints. They were huge. Here kitty!

> A thinning out of the Saturday morning running crew... you know who you are. Come back. We miss you. We usually shower, and frequently shave. And we don't require emergency pit stops nearly as often as we once did.

> The retirement of one faithful runner and Boy Scout, who is always prepared... you might say. Ahem. Thankfully, he did not retire from running. But he did look cute (er, I mean suave and debonair) at the Med-City Marathon at the mile 17 water stop in his Boy Scout outfit.

> No frostbite. There were no really cold days on Saturday in year number two. Just lots of snow. Fourth snowiest winter in history which was, in itself, both surprising and enlightening. Bring it on, I'm already tired of the summer heat!

> I won the coveted trophy in the annual Dark Socks running extravaganza in July. The Dark Socks run, however, is not typically won by the fleetest of foot participant. The winner is selected based on a highly secretive set of criteria potentially including, but not strictly limited to: dark socks, loudest Hawaiian shirt, zaniest overall costume, willingness to endure abuse such as running up random steep hills, and the extent to which the participant's real name is not known (the race director thought that the winner's name was Dan Judd, which caused a wonderful flurry of "who dat?" confusion).

> I did the annual supporting run at Med-City Marathon with fellow stalker Steve DeBoer. I ran along with Steve for ~ 9.5 miles this year. I cleverly waited until he had completed 16.25 miles and then I jumped in with him... that way I could keep up with the pace, since he was already gassed. I have pictures protecting my innocence.

> Speaking of Steve DeBoer, he attained 40 years of "officially" running every day on June 7th. "That's a long time," according to one talkative source. Good thing Steve has never like broken an ankle, or he would have had to run through it. Oh wait, that did happen. To commemorate the anniversary, a group of at least a half a dozen friends, family, and fans showed up to heckle the achievement... er, I mean celebrate and congratulate. The local news was there too, lavishly covering the event. A representative from the Running Streak Association, Steve Morrow, was in attendance and he presented Mr. DeBoer with a plaque as we ran around the Soldier's Field track

(and negotiated the whoop-de-dooos thereon). Also, the reigning women's grand master of streak-dom was in attendance (32 years, 11 months... Julie Maxwell is number 29 on the list) - very cool. This was a no expense spared ordeal to be sure. There was even watermelon. Amazingly, Steve's streak is number 5 on the list, meaning that 4 people have longer daily running streaks than 40 years. Are you kidding me? Imagine that self-talk back in 1968. "I think I will run every day for rest of my life." Forrest Gump-esque.

> No runs in lightning storms. Thank you, indoor track!

> Temperature swing of -22 (1/21/2010) to +102 (6/7/2011) degrees Fahrenheit. According to Wikipedia, obviously the source for everything important, the temperature swing in Death Valley, CA is roughly <134 ,15>. As you can see, Minnesota is more extreme climate-wise than Death Valley. You don't have to be crazy to run every day in Minnesota, but it does help. Substantially.

> Interesting places ran from this past year: Pelican Lake, MN, Liberal, KS, Gilbert, AZ, Livermore, CA, Bergland, MI, Two Harbors, MN, Duluth, MN (actually ran on the UMD track and the football field), and of course The Bear's Den in none other than the booming metropolis of Byron, MN!

> and my lovely wife bought me a GPS watch for a 30th wedding anniversary gift. Cool. Thank you, dear!

Most memorable run of year two:

I took my Golden Retriever, Leo, on the "Woodsvie loop," a 4.43 mile (thank you GPS) keyhole-type loop from my house along with daughter Andrea. At 2.5 miles, Leo had a hissy fit and laid down in protest of running any farther. Andrea stayed back to coax Leo into completing his end of the bargain, whilst I sprinted the 2 miles home to get the car and pick them up. I guess maybe Leo wanted to stop for a beverage at Tilly's Grill and Bar?

Until next year - the streak goes on...

"I think there's only one sensible place for a person to be at 5:30 in the morning. That's in bed. And what am I doing? I'm out running."

- Derek Clayton, Australian marathoner, first to break 2:09

A FEMALE RUNNING AT ALMOST SEVENTY

By: Barbara Latta

In THE STREAK REGISTRY volume 10, Winter 2011, I was surprised to see my name in an article by Stephen W. DeBoer. I knew that I was ranked as number 67 in the active running streak list and number 3 among the top women. I had never thought about my age compared with other streak runners. Mr. DeBoer wrote, "Next June, if she continues, Barbara (Stanley) Latta will be our first woman streaker to reach 70."

At this time I am less than six months from being seventy years and I am still running. I am visiting my Mother for the Christmas holidays in Boone, North Carolina. We are in the middle of a snowstorm. As I struggled to get in at least a mile earlier today, I was thinking: Now is an easy time to think if I really want to stay outside in below zero degree temperature and continue my streak. It was a sparkling winter wonderland! I was the only one outside in this beautiful snow covered world. Even the paper man had not been able to deliver the morning paper—this is very rare for him even in these mountains. The ground snow was blowing around me and the new snow was falling from above. I had on boots, which also makes it more difficult to run. Over my tights I wore the coat I wore in Antarctica. It really was not this cold when I was at the South Pole. Wearing an extra heavy coat also made me run more slowly than I usually run. For those of you who do not know about Boone, North Carolina, it is located in the Appalachian Mountains of the Great Smokey Mountains. Every direction is Up! The hills also made it a little more difficult to get in at least the Mile! My ski mask was the best piece of clothing. Only my eyes were exposed to the twenty-mile winds.

Sometimes I thought I was in a "white-out" when you cannot see anything but snow. I knew this was a dangerous time. I must stay aware of my surroundings. Because I was born in Boone I was very familiar with running in this part of the world. However, I have not lived in Boone in forty-six years but I have been here for every Christmas and run in deep snow. The eighteen inches of snow sometimes come over the top of my boot. I am still running. Just as the half-way point in the marathons I have run is a welcome sight, the half-way point in the mile today was a very welcome point. On the way back to the warm house, I knew I must keep running. And I did. God has helped by putting the wind at my back on the way home. For twenty-seven years and twenty-two days I have run at least a mile every day! WOW! It is wonderful to be home!

Now it is June 27, 2011, and I am 70 years and 2 days old. I am still running. I ran 5 miles on my birthday and 6.5 miles yesterday and 6 miles today. The best thing about turning 70 is that when I run the Peachtree Road Race in Atlanta, Georgia, on July 4, I will not have to run as fast as the 60 year-old women. I just have to beat the 70 year old females. I felt very lucky to win in the lottery to get into the 10K race. I do not know if I will be fast enough to win but I am going to have fun. There will be 49,999 other runners there. I plan to wear my North Carolina Road Runners team shirt and hope that someone will yell for the North Carolina people running in Georgia.

RUNNING IN ATLANTA'S PEACHTREE 10K

By: Barbara Latta

I turned 70 years old and I am a streak runner. I believe that I am the only woman who is 70 years old or older in USRSA. I am still running strong and every day.

In March 2011, I applied to run the Peachtree Road Race. They have a lottery and only 55,000 were to be accepted. I was one of the lucky ones to win a place in the race.

As soon as I received the e-mail that I could participate in the race, I started really training for the 10K race. Because I have run marathons, 6.2 miles is really no long run for me. However, as I get older I also get slower so I was trying to lower my time in the 10K.

July 4, 2011, was hot and humid. The announcer said just before we started that it was the hottest Peachtree Race start in 16 years. That did not make me feel any better or cooler. I was in the E group to start 25 minutes after the elite A group began their trek through the streets of Atlanta.

Along the route the volunteers were wonderful. They threw out Frisbees, shirts and handed out water, coffee and cupcakes. It was the most supportive race I have ever run. The water stops at every mile was the most welcomed part of the race. I had on as little clothes as I could have and still run through Atlanta. I still was hot and tried to get in every water spray along the way.

The end of the race was a little downhill and I needed this after running the "cardiac hill" earlier in the race. After finishing we were given our Peachtree Road Race t-shirt. We could not get the shirt before the race. Only the finishers receive a shirt. I am so happy that I did get a shirt.

It was mid-afternoon when the results were posted on the computer. I was almost afraid to look to see how I placed. I really did not want to be last. There were over 60,000 (up from 55,000) runners in the race. There were 124 females in my age group. My son looked on the computer for me. He brought me the computer and told me to look at it. Hurrah! I placed first in my age group! I was the winner of the females who were 70-74! WOW! It was time to celebrate. I thanked God for giving me the will to train and the courage to race!

Running every day must be the key to winning the Peachtree Race. Even though I am 70 years old I can still win. I called my Mother who is 100 years old and told her I won. She said she had walked her mile for the day. Mother is not a Streaker but she does do a walk every day. This has been an exciting time for me. I wish all streakers the best of luck with their races this year and forever.

MONEY-FINDINGS BY RUNNING-STREAKERS!

Snapp

By: Craig

Team Debbie-And-Craig did a three-mile run, (our personal minimum), on April Fool's Day, 1998. We'd taken two days off following Debbie's First Marathon. Although unplanned, (as with most folks), that was the beginning of our Current Streak. We found a penny at the beginning of the run, and saved it. Although unplanned, that was also the beginning of our Money-Finding Career. The next day, we did another three-miler, yet, found no money, so, the Running "Streak" continued, and the Money-Finding "Streak" stopped.

We thought we were a bit odd, (having a Running Streak), for the first five years of it, until we heard about USRSA. We joined immediately! We thought we were a bit odd, also, (for continuing to set aside all Found Money), for another eight years after joining USRSA, until we heard about USRSA Member Craig Davidson. We contacted him immediately!

Craig Davidson started his Still-Current Running Streak over nineteen years before we started ours, therefore, he's now approaching thirty-three years! AND, he started his Still-Current Coin-Finding Streak over twenty-eight years ago!

Here Are Some Stats For Team Debbie-And-Craig :

1. We have 6,118 "finds," (98.9% of them coins!), with a total value of \$459.64. That's an average of 1.2 finds per day.
2. Since 01-01-11, (when we heard about Craig Davidson!), we have 1,189 "finds." That's an average of 5.5 per day. (Inspiration can be an Amazing Accelerant!)
3. We've found 4,809 pennies, which is 78.5% of the Total. (On 01-01-10, we'd found 4,153 pennies, which was 78.3% of the Total. Some Statistical Trends Stay True!)
4. We've categorized each find, by denomination, and date, and only have 353, (6/10ths of 1%), which we call "Unknown Soldiers." (Every so often, we examine this collection, with a magnifying-glass, then a wash-cloth, then a scraping-knife, hoping to give them, and their family, some kind of "Closure"!)
5. We've found at least one penny for every year, from 1959 through 2011, (which is a "Streak" of 53 years!)
6. Our Oldest Coin is a 1940 penny. (I think that's 71 Years Old!)
7. Our "Mode Year" for pennies is 2005, (with 209), and our "Mode Year" for dimes is also 2005. Our "Mode Year" for quarters is 2001. However, our "Mode Year" for nickels is 1964! (Some Statistical Trends Stray False!)
8. We once found 109 coins, during a 4 hour, 12 minute run, at a Gi-Normous Shopping Center, on a Very Rainy Day! (We never did figure that one out!)
9. We once found a "Gold" Sacagawea Dollar-Coin, in the street, and little more than an hour later, found another one, on the sidewalk! (In case they were "related," we placed them in the jar together!)

Here Are Some Stats For Craig Davidson :

1. His Current Money-Finding Streak is over 28 Years, 4 Months!
2. His Money-Finding Total is well over \$8,700.00!
3. His Monetary-Value-Per-Day is well over 80 Cents!
4. His Oldest Coin is an 1893 Barber Dime!
5. His Most Valuable Find is a \$50 Gold Coin, now worth close to \$1,500!
6. His Largest Annual Total is \$440.45, and he's had 9 separate years with over \$365!
7. His Largest Find was close to 1,000, (most of which were pennies), when he found a "Piggy Bank"

that was broken into, (or stolen), on the side of the road!

8. His Largest Issue is that he has over 150 pounds of coins, and the banks WON'T TAKE them because they're classified as "mutilated, or non-current"! The only place that will take them is the Philadelphia mint, where they would melt the coins down, and send him a check! The amount of postage required for that makes that option Beyond Prohibitive!

We realize how WACKADOO all of this is! However, we were hoping that simply by being a member of USRSA, one might have a slight feel for THE WACKADOO WAY! And, hopefully, understand it, partially! (Emphasis on the word "partially"!)

Thank you for having read this far!

Please, continue to Keep-On-Keepin'-On, with your Positive Addiction(s)!



5 Years Later: New Nose, New Country, Same Streaking Habit By Jim Bates

After I've had a great race, I normally don't go out of my way to tell everyone how well I did. But with streak running it's different. I take great pleasure in letting my friends know when I've reached a milestone. After all, streaking is more about conviction and the ability to overcome lame excuses such as hangovers, headaches, nurse surgery, and International Date Line crossings than it is about natural talent. So I am proud to say that I have been streaking for more than 5 years now. My previous streak (5 years and 141 days) ended two days after knee surgery. (I ran the day after the surgery but it hurt so much that I decided that being able to walk was even more important than being able to run.) After some fits and starts, I resumed my consecutive running on June 4th, 2006. Since then I've logged in approximately 18,103 miles (about ten miles a day), 68 different 5K's, 30 each 10K's, 16 Half-Marathons, and 16 Full-Marathons. I did have to overcome some mild adversity. One of the two toughest days I faced was the day I traveled from New York to Korea; after flying for 14 hours and crossing the International Date Line, I only had about an hour to run before the Korea time clock struck midnight. The second hardest time was running the day after nurse surgery when I had to breathe through a nose which had two massive (it felt like I had 16 dimes in there—8 per side) rubber stents lodged within. Other than these two blips, I have been blessed with good health and good luck for the past five years and with that thought I sincerely wish all the other streakers and streaker-wannabees out there the same.



It's the four-year anniversary of my running streak!

By Nancy West

"You're almost at your four-year anniversary!" a friend commented a couple of weeks ago, noting that August 15th would mark the fourth anniversary of when I started my daily running streak. "What are you going to do to celebrate?"

The short answer, of course, is that I'm going to do the same thing every streak runner does to celebrate another year: go running. Because that's how streak running works. We go running (fully dressed, at least in my case: we're streak *runners*; not *streakers*) no matter what day it is or what anniversary we may or may not be celebrating. 365 days a year. No days off.

And as I've said before when people ask me about the mindset of streak running, in my case, I don't think a lot about daily running. I don't plan my daily run with much more thought than I plan my morning cup of coffee. There's just no question in my mind that it's going to be there somewhere. Running every day, I like to say, means never having to decide whether it's a good day to go running.

So yes, it's four years today; and no, I don't have any particular celebration in mind. When my running streak began, my then 9-year-old son also began a running streak, and at his insistence (to which I was more than happy to comply), we celebrated every single month. At least we planned to. The first month we went out for ice cream sundaes. The second month he asked for an Almond Joy. By the third month, all he wanted to mark the date was a bag of salt-and-vinegar potato chips. Even by then, he had the same mindset I do: if you've set your heart on running every day, you just don't think of it as a big enough deal to celebrate.

Still, there have been milestones along the way. On our one-year anniversary, my sister and brother-in-law made us customized t-shirts advertising our streaking success. On our two-year anniversary, my son decided he'd had enough and left it to me to continue the streak. On my one thousandth day of consecutive running, my mother left a beautiful flowering houseplant on my kitchen table while I was out for my run.

So here I am at the four-year mark, with no particular celebration planned. Next year, at five years, according to the U.S. Running Streak Association, I'll officially transcend the ranks, from the category labeled "Neophyte" to the section of the list designated "Proficient." Four years. One thousand, four hundred sixty-five days, as of today, without missing my daily mile-or-more. It's not so much something to be proud of as something to be grateful for. No serious illnesses or injuries. No family emergencies. None of the things that could have made it impossible for me to get out for a run in any given 24-hour period has occurred. I'm grateful. And I'm psyched to continue the streak. Celebrate? Maybe someday. For now, I just want to go running.

MEMBER UPDATES

ED REID HAD SOME CLOSE CALLS WITH STREAK

My streak is still going strong, although over the last 2 years I've had a couple of close calls.

About a year and a half ago I had minor eye surgery (pterygium removal) and ran 1 mile the day after. Later that day my eye swelled shut and looked like I had a black eye, which my wife contributed to my run. I continued my streak and it turns out the medical center injected me and every other patient that day with some defective medicine the day of the surgery. Close call number one.

Close call number two came one month later when I went to the orthopedic to have the pain in my knee checked out and he confirmed that I had torn my miniscus. When I asked if I could run after my surgery he said "absolutely not, your streak is over." When I left there I called another ortho and when I asked the streak question he replied "You are certainly not going to feel like running, but if you do you won't do any more damage to your knee." This is what I wanted to hear.

I had the operation done and the next day when I got up my knee was still numb from the surgery so I ran a mile practically pain free! The 3rd day after surgery the pain and swelling was the worst, but I made it, and it got gradually better from there.

I won't forget the run I had last Friday morning, the 7th anniversary of my

streak [May 27, 2011]. As I was finishing up a 9 miler, I looked ahead and I noticed the man walking towards me looked like he had "skin colored" shorts on. I couldn't see the edges of his shorts. As I got closer, I realized he didn't have any clothes on at all. He was 100% in the buff except for a pair of sunglasses and headphones. This was in the country club at 7.30am during rush hour traffic. I guess if you run long enough you will see a little bit of everything!

Ed Reid
Bradenton, Florida

DAVID HURLBUT STREAK ENDS AFTER 493 DAYS

Unfortunately a severe knee trauma required that I end my streak at 493 days [2-8-10 through 6-15-11].

I enjoyed the challenge.

David Hurlbut
San Deigo, California

DIANE SHUMWAY STREAK REACHES 11 YEARS

May 27, 2011 was not just another morning of running. This is a day of celebration although to the casual observer, the celebration may not look like more than a random tossing of a sun visor. In reality, it is a carefully timed tossing at the 20 minute mark of my run at the predetermined black iron gate where I have celebrated the past 3 years.

Twenty (20) minutes is the minimum my husband and I run every morning as we determined when we began our running streaks over 11 years ago. We typically run 4 to 5 miles daily.

We travel a lot and our running helps us see beautiful and interesting sights. This past year while running on a cruise ship, we watched the beauty of the sun dawn on Lands End at Cabo San Lucas. I credit my running streak for my good health and healthy relationship with my husband, who also has an active running streak of over 500 days.

Diane Shumway
Provo, Utah

JOEL PASTERNAK RAN WITH MARK COVERT IN 1972

I'm proud to say that back in July of 1972 I went to the United States Olympic Trial's with Tom Fleming to watch him run and watch the trials. I met Mark Covert and traveled after the trials with him and Tom back to his house in Burbank, California so I can say that I

ran some miles with Mark when his streak was 4 years along. Who would of thought he would still be at it?

I'm only at 6-1/2 years of at least 3 miles a day, but since starting running in September 1965 have accumulated 116,700 miles.

Joel Pasternack
New Jersey
Clifton,

MARGARET SHERROD TRAINING FOR VENICE MARATHON

I'm still running everyday and recently had an opportunity to be a pacer for the Maryland Half Marathon.

My next big venture is to begin training for the Venice Marathon to be held in Oct. 2011. When I booked my trip to Italy/Greece I didn't realize the Venice Marathon was being run on the day my tour was scheduled to travel to Greece. Once I found out about the marathon I changed my travel plans in order to have an opportunity to participate. My plan is to jog that marathon since I'll be on vacation and attempt to race a marathon in Albany NY a couple of weeks prior to leaving for my trip. My daughter U'tonna will be running both marathons with me:)

Margaret Sherrod
Millersville, Maryland

**RONALD "NED" DENNIS'
STREAK REACHES
25 YEARS**

Twenty-five years and counting. In 1986, I never envisioned a streak lasting this long.

Over the years I have been blessed with good health and much stress relief - benefits we all can receive from regular exercise. A "streak" provides extra motivation to run every day. The excuses we could use for not running do not prevail. We learn to plan each day's activities in advance to insure we have and take the time for our daily run. It becomes a part of who we are and how we live. The benefits are real.

CARPE DIEM! Every day is a great day to run.

Ned Dennis
Marshall, Texas

**ROGER URBANCSIK
JOINS USRSA;
STARTED STREAK IN 1986**

After running 77 miles in April 1978, I ran the 1978 Kentucky Derby Mini-Marathon in 1:26:48. Less than four years later, I had logged nearly 8,000 miles and finished 24th in the Bermuda International Marathon (2:43:36), qualifying me for Boston! (At that time, the Boston Athletic Association's qualifying standard for men under 40 years old was 2:50, and one had to complete the marathon within 4:00 to be listed as a "finisher" in the race results.)

My road racing resume is short, and I

haven't run a race in 20 years. My race PRs are 2:35:33 (Boston '85), 1:12:13 (Philadelphia Distance Run '84), and 33:18 (Beverly Hills 10K '86). In addition, my distance PRs are 6,625 miles (calendar year), 700 miles (month), 210 miles (week), and 35 miles (day).

Having more tenacity than speed, *consistency* became important as I ran 351 days in 1984 and 358 days in 1985. And from February 1, 1986 through August 1, 2011, I have run 9,313 consecutive days (25 years, 182 days), averaging 13.2 miles/day. Moreover, I have 23 consecutive 4,000-mile calendar years, 241 consecutive 300-mile months, and 4,975 consecutive days (totaling 7,331 runs) without a run of less than five miles. And since April 4, 1978, I have run 143,055 lifetime miles, averaging 11.8 miles/day.

Roger Urbancsik
Marina Del Rey, California

**DR. HERBERT FRED IS STILL
STREAKING AT 82;
LIFETIME MILES IS OVER
243,000**

I did read about Walt Byerly, but I would make one correction. I have an active running streak that began on May 11, 2010 and is ongoing. I am presently 82 years old and my total mileage as of June 30th of this year is 243,492.

Dr. Herbert Fred
Houston, Texas

FRANCIS GARROW JOINS USRSA

My streak started on April 24, 2005. I had been playing basketball for 30 years and decided to start running to prevent any further injuries from playing with the twenty-somethings.

I have run at least three miles every day until March 16 of this year. That day I ran only one mile on account of a backache.

I thought 6 plus years and still active would put me up there on the list. I didn't realize that some runners were running 40 plus years.

I don't see anyone from Vermont on the list so I'm excited about joining the club.

It also should be noted that although I do use a treadmill on occasion when I'm on business, I don't have one at home. After last winter, I may have to break down and purchase one.

Francis Garrow
Proctor, Vermont

GARY & VERONICA RUST RUNNING LONG DISTANCE RACES

My wife Veronica is also a member of USRSA and we have started doing some long distant races together. I run beside and coach her. She recently completed a 50K, Marathon, 50 miler and a 24 hour run. In the past year I competed in 11 races and placed first in all 11 in my age division (60-64). They

were 5k, 6k and 10k races run in California and one in Oregon.

I do a lot of my running on the treadmill especially since the summers in Palm Springs can top 120 degrees for long stretches of time. We live at the base of a mountain so we have some great and challenging hill runs. A favorite run of mine is at a local golf course. I go after closing and starting at hole #1 I run all 9 holes. Great fun plus I find a few golf balls. Gotta run!!!

Gary Rust
Palm Springs, California

UPDATE FROM VERONICA RUST

Since I last submitted info to USRSA I have run some long distance races. One 50K in the San Diego area, a 50 miler in Chino that I won the overall race including both the men and women and most recently a 100 miler in Riverside. I completed 74 miles. I also ran my first marathon in Yuma AZ this past January. I am really enjoying the long distance races and I hope one day to qualify for the Death Valley Badwater 135 miler. I heard one runner say about the marathon, "The first half you're afraid you're going to die-the second half you're afraid you're going to live!"

Veronica Rust
Palm Springs, California

**COREY ESCUE FEELS
“SENSE OF ACCOMPLISHMENT”
RUNNING IN CHICAGO’S
WEATHER**

I know starting my fifth year is not much compared to most, but I'm excited!

It has been a journey these past few years. I've been running off and on since I was in the sixth grade, but running every day has been a change, and a challenge.

Running every day outside in Chicago's weather with hot summers and snowy winters adds to the sense of accomplishment.

One thing that I have enjoyed this past year is joining a running group called “Back on My Feet.” Volunteers, along with members of a homeless shelter, join together and go running three times a week. It definitely makes those winter morning runs brighter when you are sharing them with friends.

Corey Escue
Chicago, Illinois

**DAVID BIERSMITH RUNS
THROUGH PROSTRATE CANCER**

No exciting news about me. I have been diagnosed with prostate cancer, so am trying to keep a watch on that. I have noticed the prostate cancer folks are not as energized as Team in Training about their cause, even though the disease is as paramount.

I do all of my running in the early morning. That is my strongest suggestion to any streak runner, make it a part of your day routine.

The best example, and the greatest streak runner in memory, is the Raven.

David Biersmith
Kansas City, Missouri

**WILLIAM “ERNIE” CHATMAN HAS
COMPLETED MARATHONS IN 49
STATES IN UNDER 4 HOURS;
ONLY HAWAII REMAINS**

An update as of today [July 25, 2011]: Just finished my 92nd Marathon in Vermont. This was my 27th marathon on the 2nd go around for the 50 State Club. I also have one marathon left to complete all 50 states in under 4 hours, which will complete the 50 sub 4.

Only Hawaii is left. I think I am going to Hilo in March. I am also going to Washington in September, New Hampshire in October, West Virginia in November, Arizona in December, Texas in January, and Gainesville, Florida in February.

Ernie Chatman
Brooksville, Florida

ED GOFF RETIRES FROM TEACHING BUT NOT FROM 31 YEAR RUNNING STREAK

I had an uneventful 3.4-mile run yesterday [August 12, 2011] to complete year 31. I'll do the same loop today to start year 32.

The only thing that needs to be changed on the list is that I am now retired after 40 years of teaching.

Ed Goff
Bradenton, Florida

PETER ESHELMAN STREAK REACHES 6 YEARS; STREAK RUNNING BINDS ESHELMAN FAMILY

Still running strong. I'm trying to catch up with my brother Tim Eshelman and daughter Eliza Eshelman. This is an activity that binds our family.

Peter Eshelman
Columbia City, Indiana

GEORGE CHURCH STREAK HITS 23 YEARS

I continue to plod along, although I am getting slower with age. (soon to be 65). I have exceeded 2,000 miles per year for the past 5 or six years. I have a few aches and pains but, knock on wood, nothing worthy of mention.

I don't run many races any more other than a few low-key Baltimore Road

Runners Club races. The one annual exception is the Annapolis Ten Miler, which comes up at the end of August. It is a premier race in this area and is limited to 5,500 runners. It's always hot as blazes and I haven't yet figured out why I keep doing it. Yet, I'll be out there on August 28th, just like usual, and trying to keep it under ten minute miles. I have only missed two or three A-10s since 1982.

Also, in the last year, I did the Susquehanna Super Hike, which was a 29 miler in Southern PA. My youngest son, Brian, age 23, went along as well. We probably ran about half and hiked the rest. It was extremely difficult terrain and the verticals were intense and unrelenting.

In May, I also completed my third Hike Across Maryland, which is a 41 mile bi-annual jaunt across the state of Maryland on the Appalachian Trail -- from the Pennsylvania border to Harpers Ferry, West Virginia. I only ran about six miles during the 12 hr, 39 min. trek across the state. I use the term 'ran' loosely, although the last couple of miles was along the C&O Canal Towpath which was nice and flat.

Also, in May, I hiked up the Manitou Incline outside of Colorado Springs. I was out there to attend a ceremony in which my oldest son, Rick, age 41 became the Headquarters Squadron Commander for USAF Space Command. The incline is an old cog-railway bed where just the railroad ties remain. It's at the base of the Barr Trail that goes to the top of Pikes peak. The incline itself is only a mile long but rises

2,000 feet in elevation. I didn't run up but I did run back down to Manitou Springs on the Barr Trail which parallels the incline but includes dozens of switchbacks. The run down was great fun and, of course, all downhill. I also passed a bunch of folks who were running up the Barr Trail, which is also where the Pikes Peak Marathon is run in August each year. (Trust me, you won't catch me running that race – 7, 500 vertical feet over 13 miles in thin air going up, then return.)

My favorite running spot is Loch Raven Reservoir, which is in a beautiful area north of Baltimore. I usually run my long weekend runs there and have been doing so since the mid 70's.

There's not much more to tell. While my streak is not particularly exciting, I very much love the fact that I have been able to continue the streak this long. I have been out there jogging all my adult life and I only regret that I didn't start my streak much earlier. I don't talk much about the streak but every once in awhile, someone will ask, "Don't you ever get sick?" Thus far, the answer has always been "nothing serious enough to keep me from getting in my daily run." I'm pretty sure there's a cause and effect linking good health and running every day. My goal is to keep on truckin' til the day I die, "so long as the good Lord's willin' and the creeks don't rise."

George M. Church
Baltimore, Maryland

JOSEPH WOJCIK STREAK REACHES 34 YEARS

My running streak began innocuously on June 13, 1977, without having given a thought that it eventually might become a streak. After all, I was going out to run two miles for the sake of staying in shape.

Today [June 13, 2011], the streak – my self-imposed criterion is the minimum of two miles outdoors – has reached 34 years. It has included 60 marathons, 63,000 miles, 125 pairs of shoes, 50 of the United States, and 27 countries. I have fallen three times, not including the two times caused by dogs, and have gotten lost once.

Since all-good things must come to an end, I often think about the end of the streak. Being a control freak by nature, I have thought of just picking a convenient milestone and deliberately ending the streak, thus being in control of the situation and ending it on my own terms.

Or, I could let fate or injury or illness or even death decide the end of the streak. Come to think of it, that's what I'll do.

As I reflect, I didn't give a thought to starting the streak, so why should I think about how it should end? I'm going with fate to determine the outcome. No matter the outcome, I've been fortunate to have done this.

Joseph Wojcik
Claremont, California

NICK WEIDE JOINS USRSA

I started running my freshman year in College (for fun and to stay in shape, since my baseball career came to an end). In (roughly) October of 1992, I started a running streak that lasted until May of 1996. I blew out my ankle, and still tried running on the air cast. Something happened and I could not get back into running.

Last July, my Mother was passing away from a 17 year fight with breast cancer. I needed some outlet, something I enjoyed doing to help me escape from the painful reality. Running in the 90s was always good for me. So, I started running really slowly again. On July 20, 2010, I ran 1.2 miles. By my Mother's passing on July 29th, I was up to 2 miles a day.

From August 4, 2010, I have run a minimum of 3 miles every day. In October of 2010, I ran my first race – a 15K (1 hour, 21 minutes). In May of 2011, I ran my first half marathon in Green Bay, Wisconsin (1 hour, 47 minutes).

On July 20, 2011, I have run every single day for a year. That includes one of the worst snowstorms to hit Milwaukee, Wisconsin in decades. I ran around a parking lot, due to the fact that all the streets were covered in snow and all inside tracks were closed due to the weather.

As I write this [July 21, 2011], its 105 degree heat index outside. I still managed to run 4.5 miles this morning. I hope my streak lasts longer than my first one, because running to me is my

spirituality. It completes my day and me every day.

Nick Weide
Whitefish Bay, Wisconsin

RICHARD WRIGHT'S STREAK HITS 21 YEARS: "LOVE TO RUN AND BE AN AMBASSADOR OF THE SPORT"

No real changes. I don't race any longer because of my work with races. I'm finish line coordinator for our Pittsburgh Marathon and Co-Director of the Steeler 5K, I also work at least 5 or 6 big races.

As a coach, we put on 3 of the biggest cross-country events. And I work our district finals. We do all indoor meets and work the state meet. And outdoor I work or we put on all invites.

So I just keep my streak alive. Its been hard at times. I had 38 kidney stones, 6 broken ribs, etc. and running was tough but I'm still at it.

I ran last night with some of my 2011 team and some of my past runners. I try to make each anniversary special. Love to run and be an ambassador of the sport. I am the ambassador for Nike in our area.

Richard Wright
Pittsburgh, Pennsylvania

AL COLONNA'S STREAK NOW 28 YEARS

I am really amazed with myself. Just finished my 3-mile run. The only thing that's changed is that lately I pray while I run.

Al Colonna
Dix Hills, New York

KEVIN BRUNSON IS NOT SLOWING DOWN

Hey guys! I started 1332 (October 6, 2007) days ago and have accumulated 8,003.3 miles, which works out to 42.059 per week. My last four weeks [dated May 30, 2011] have been 60, 62.3, 64.2, 65.7. I have logged six Marathons since the streak began; the last on 05/01/2011.

What is intriguing about the journey is I started the streak at age 48 because I reasoned it would give me the opportunity to run less (and run fewer marathons - {about 1 a year} as I age) and still allow me motivation to run consistently. The ironic thing, is I'm running more miles (by a lot), and this year I have completed two marathons already and am planning to run two more this year. So much for slowing down with age. For me streak running has been a desirable adventure!

Kevin Brunson
Reno, Nevada

CHUCK GROSETH JOINS USRSA STARTED STREAK IN 1982

My name is Chuck Groseth and I have had a continuous running streak from 6-

30-1982 through today. I rise each day 3:20 each morning and without stretching I run a route of 4.5 miles, which takes me roughly 40 minutes.

I don't run competitively but all who know me know about the streak. The running writer Debbie Fedderman of the *Dallas Morning News* wrote a column on my streak during the summer of 2007 when I passed the 25-year mark.

Running clears my head, allows me to plan for the day and has helped me keep weight off when many in my age group bulked up.

I've had hernia surgery and ran the morning for the surgery and the end of the day following surgery with my hand pressed on the incision area.

I recently fell off a ladder, got a concussion and got a hairline fracture on my right tibia and went to the emergency room in an ambulance but the streak continues even with the pain the leg is currently in.

I've been bit by dogs, slipped and fell multiple times on ice, and fell, and ran several times when the air temperature was about -30 degrees but was never compelled to stop. My knees and hips are in good shape and I feel like this streak can continue of another 10 years.

Chuck Groseth
Allen, Texas

CHUCK GROSETH STREAK CONTINUES AFTER FALLING FROM LADDER

The streak continues. I fell off a ladder in my garage about 12 weeks ago, was knocked out and taken to the emergency room. I had run that morning prior to my fall and ran each day since it occurred. I recovered but have dealt with a hairline fracture on my right tibia, which is difficult to heal with my daily run. I haven't missed a day over the last 29 years and am generally running about 4.5 miles daily.

Chuck Groseth
Allen, Texas

ROBERT ZARAMBO'S STREAK NOW 35 YEARS; RAN OVER 72,000 MILES

On June 15, 2011, I completed 35 years of running without missing a day. Over that time I have run 12 marathons and over 400 shorter races.

I don't compete much anymore as the years have taken a toll on my joints. I ran over 72,000 miles during my streak and averages just about 5.7 miles per day over that span. I still can't believe that my last few 5K race paces have been slower than my marathon racing pace back in the late 70's.

I have many stories over the years but nobody really gives a rat's behind but myself. What is important is the competition and friends that I've experienced over those years. These I

will never forget.

I think there is not a nicer bunch of people anywhere that can compare to the comradeship of a group of people gathering for a race or a fun run.

I really believe that if the world leaders would get together for a fun run, many problems would be solved. It's hard to run a good pace carrying a gun!!

Finally, I am forever grateful to my beautiful wife for putting up with this nonsense for 35 years. Thanks Babe!

Rob Zarambo
Whitehall, Pennsylvania

ROBBIE MCLENDON JOINS USRSA

Started running due to sugar diabetes (exercise is the best way to control blood sugar). I had been a competitive runner in the 80s. After a few weeks, my desire to race returned. I have not missed a day since. My PRs are 5K 18:15, 10K 39:20, 12K 47:09, half marathon 1:28:50, marathon 3:11:44. Went from 2 insulin shots a day to no medicine at all. My weight also dropped from 242 pounds to 158 pounds. Since 2004, I have run over 18,000 miles averaging 7.36 miles per day.

Robbie McLendon
Bishopville, SC

TOM WATKINS' STATISTICS

Here are some of my stats for the year:

Total Mileage - 1,165

Average of 3.19 miles per day

Longest run and only race - Rock N Roll Half Marathon, Virginia Beach

Most frequent place to run - First Landing (formerly Seashore) State Park in Virginia Beach

States run in - Virginia, North Carolina, Georgia, Florida, Maryland, Delaware, New Jersey, New York, Vermont

Streak running has been lots of fun! Very healthy too; one day with a slight fever, no change in weight

Tom Watkins
Virginia Beach, Virginia

TIM OSBERG STREAK ENDS JUST SHORT OF 26 YEARS

Sadly, I must report that my running streak ended on May 20th, the day after I had surgery for an inguinal hernia. I have run through illnesses and injuries many times before, as we all have. However, despite my many questions and pleas, my doctor strongly advised against trying to keep my streak going after the surgery (or risk complications)

and I heeded his advice. My last run was May 19th, the day of my surgery.

I had run at least 2 miles a day since June 4, 1985. I fell just over two weeks short of 26 years. I was very sad when I realized the streak would come to an end. Even the day after surgery I entertained the idea that I still might try a light jog to keep the streak going, but I gave in to my better judgment.

On a more positive note, I was cleared to begin walking on a treadmill yesterday [June 2] and put a mile in. I am planning a 2-miler today. Within another month I hope to start a new running streak. My goal will be to beat my old one. I'll need to keep running every day until I am 82, but then again stranger things have happened.

Tim Osberg
Grand Island, New York

KEN YOUNG STREAK REACHES 41 YEARS

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

Ken Young
Petrolia, California

CARROLL WRIGHT FIRST SOONER IN USRSA

I am very happy to have reached my 2-year Anniversary and want to continue on. My running is still going great. I ran over 2100 miles last year, with my goal this year being 2500. I started training last month for my first 50-miler, which will take place here in Oklahoma in October. I ran 4 marathons and one half marathon from October 2010 to May 2011.

I am also a member of the Oklahoma City Running Club and the Oklahoma Trail Runners Association. I am most proud to be an active member of the USRSA, especially since I am the only member/and female member from the state of Oklahoma (unless someone new has joined)...

Carroll Wright
Choctaw, Oklahoma

CHAD HUTCHISON JOINS USRSA SECOND SOONER IN USRSA

My name is Chad Hutchison. I have run off and on most of my teenage life. I have been a high school coach in Oklahoma for 15 years. In December of 2008, I watched an HBO special about an older coach who had maintained his own running streak. This inspired me to start my own, which I did on December 24, 2008. I decided to set a two-mile minimum for my streak.

During my streak, I have coached high school teams to state championships in

track and cross country. We were runner-up in track, third place finish in cross country, and also won two state tournaments in basketball. I also began and recently finished my Master's degree in Education Administration. During this time, I have also trained for and completed two full marathons and one half marathon.

My wife recently completed a marathon relay along side my fourteen-year-old son. My youngest daughter, 8, completed the kid's marathon. My oldest daughter, 17, is an accomplished runner. She was All State in cross country two times in Oklahoma and has won six state championships in track – all this during the streak as well.

Continuing the streak takes much dedication and planning. When planning around athletic events, I may wake up at 4:00 a.m. or come home and run very late to keep the streak in tack. When coaching in the state basketball tournament, or at the state tract meet, I would wake up early and get my run in from the hotel. Several times on vacation, while on the road, I would run along the highway while my family trailed behind in the vehicle. I have run in all types of weather conditions and terrain. My family's preference and mine is to run in the mountains of Colorado the most.

Chad Hutchison
Lamont, Oklahoma

Sooner -- Refers to the Oklahoma Land Run of 1889 when settlers, seeking free land, made their way to Oklahoma to stake their claim to tracts of open territory. One of the few rules to claiming a lot of land was that all participants were to start at the same time, on the boom of a cannon. All settlers who started then were labeled as "Boomers" and the ones who sneaked in ahead of time were called "Sooners." The University of Oklahoma named its athletic teams the Sooners in 1908 to pay homage to the cheating claim jumpers of the land rush. [Definition taken and abridged from Urban Dictionary]

DR. VIVIAN WILSON'S STREAK ENDS AFTER 6 ½ YEARS

Dear fellow streakers: I have ended my 2nd streak which began on October 11, 2004 and ended sadly on April 21, 2011 due to a stress fracture, torn muscle and severe plantar's fasciitis. Mark Washburne, the current president of this club, was the catalyst for my crazy obsession with streak running.

As I was preparing for the Boston Marathon this year, I had been training quite hard with many miles, hills, and speed-work as well as keeping up the streak. I ran a training race 2 weeks prior to Boston where I experienced excruciating pain. Being a prior victim of plantar's fasciitis, I knew what to do and since I was in my taper I continued to

run the minimum.

As I prepared to run Boston, I went out for my pre-race run down Boylston and the pain was back after a mere mile! I had to make the decision to run 26.2 miles and possibly jeopardizing my running career so I opted out and instead to watch my 4th Boston marathon from the sidelines.

Driving home, I knew I made the right decision and continued to run a few miles when I realized something was just not right. I went to the orthopedist and after the MRI, he told me that I needed to be booted and absolutely no activity or I may never run again!

To a stalker or any runner, this was a death sentence. So for 2 weeks I was going out of my mind. So with the help from my physical therapy group and behaving, they let me advance quicker than the surgeon's recommendations.

So needless to say, by May 1st I began another streak! People have been applauding that I had finally broken my streak so this is not public knowledge. I think once a stalker always a stalker.

So here we go again!

Vivian Wilson
Short Hills, New Jersey

DAVE POTTER'S 19 ½ YEAR-OLD STREAK IS FINISHED IN FINLAND

Have appreciated the new info format and streak updates of my streaking peers.

Alas, as I closed in on my 20th year in a row, my streak limped to an end while in Finland. Had run a 1/2 marathon there followed by an easy run the following day with no problem. The next morning I woke to a very sore foot, gutted out 2 miles and felt horrible. Next day was worse, staggered a mile plus and decided that is it. I am definitely making this worse. Ended my 19 year 6 month plus streak the next day. My last run was on July 20th in Pirkkala, Finland.

Have run only 3 days in the last several weeks, but lots of biking and I swam 1000 yards yesterday [August 9, 2011]. Currently have over 30 years of some kind of cross training daily. At least right now Doctors are encouraging me to cross train and give my frame a break. So I'll keep the cross training streak alive and see how I feel next spring [about starting another running streak].

Will continue to follow all my streaking friends and wish them the best.

Dave Potter

Ohio

Ashland,

RON SHEALEY CHECKS OFF THREE MORE STATES AND A COUNTRY TO PLACES WHERE HE HAS RUN

After running in Minnesota, Wisconsin and Michigan this summer, there are only six more states to be “conquered” before all 50 are done.

My wife and I enjoyed our exercise session—I run, she mostly walks but throws in some running from time to time—in the Hyland Park Preserve in Bloomington, MN. It was a great place to run, but watch out for the cyclists! Our run at Boom Lake in Rhinelander, WI was not quite as nice, but it met the objective.

Then it was on to Manistique, MI where our run on the “boardwalk” by Lake Michigan was fantastic. When we arrived in Sault Ste. Marie, MI that afternoon, the timing was perfect for us to drive across the International Bridge and pick up a few kilometers at Bellevue Park in Sault Ste. Marie, Ontario, Canada. Neither of us had ever been in Canada.

Back in the U.S., the next morning we had an excellent run on an exercise path which started on the campus of Lake Superior State University and went on for who knows how far—we turned back at three miles. We had two nice runs in Mackinaw City -- some on horse/snowmobile trails and some through the town.

Our last run in Bay City, MI found us exercising near the hotel on city streets

and in a big box store parking lot before the sun came up.

We didn't do as many "touristy" things this year as last year, but we were fascinated with seeing the large ships being lowered/raised 22 feet at the Soo Locks in Sault Ste. Marie, enjoyed a day on Mackinac Island, and saw some incredible views of three of the great lakes. And traveling through Michigan's Upper Peninsula we learned what a pasty is. Oh, we did go by the Mall of America in Bloomington.

On a different note—If anyone is rummaging through those ancient copies of Runner's World and Running Times you have squirreled away in the attic, I sure would like to have a copy of the Letter to the Editor I had published in late 1993 or early 1994—I believe it was in RW. It was about streak running. Thanks.

Ron Shealy
Lexington, SC

DAVE HAMILTON'S STREAK HITS 39 YEARS

My streak continues, of course, but I don't really celebrate much except for the 5 year time frames and maybe a little more for the 10 year ones. (I'll have to think of something a little special for 40!). I didn't even get around to mentioning it to my beautiful wife yesterday!

I have been consistently running about 5-6 miles a day (pitiful), with doubles at least 4-5 days a week. I really like doubles, always have. But I am slowly

upping my mileage to get back up to a level I won't be ashamed to talk about.

I got married last September and 2 weeks later moved into a just finished, new house. We also completely furnished it with everything new. So moving from where I had lived for 21 years across the river to Vancouver (from Portland, Oregon) was a major lengthy effort.

I'm also going to be going back to college next month for a year to get a specialty license in a new career and when I get that completed I'll send the newsletter an update. (Remember the olden days when a BS degree was all you needed?!)

I'm still a regular and active national beer and mead judge and also enter competitions with my home brews. I study that everyday as well, as I'm preparing to take the national test again with the hopes to reach the next designated level, which is definitely harder to achieve. Another field of daily study is the Vietnamese language, which I'm about at the 5th or 6th grade level. My wife is Vietnamese and she is also learning to speak English. It is much harder for her as she works long hours, which leaves only the weekends for studying. I have other interests but won't bore you further. Good running,

Dave Hamilton
Vancouver, WA

Official U.S.A. Active Running Streak List

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

September 1, 2011

	The Legends (40+yrs)		
1.	Mark Covert	07/23/68	Lancaster, CA, Teacher/Coach, 60
2.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 60
3.	Jim Pearson	02/16/70	Bellingham, WA, Retired, 67
4.	Kenneth C. Young	07/06/70	Petrolia, CA, Software Developer, 69
5.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 56
6.	Jon A. Simpson	08/30/71	Memphis, TN, Dentist, 73
	The Grand Masters (35+yrs)		
7.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 60
8.	Gary C. Jones	04/12/72	Troy, MT, Retired, 59
9.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 56
10.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 56
11.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 60
12.	James Behr	03/19/75	Trinity, FL, Educator, 63
13.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 63
13.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 63
	The Masters (30+yrs)		
15.	William S. Stark	09/10/76	St. Louis, MO, Professor, 64
16.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 66
17.	John Liepa	01/02/77	Indianola, IA, Professor, 66 *
18.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 58
19.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 61 *
20.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 53
21.	Joseph J. Wojcik	06/13/77	Claremont, CA, Retired, 70
22.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 69
23.	Rick Porter	12/03/77	Decatur, GA, Developer, 58
24.	John T. Carlson	12/26/77	Indianapolis, IN, Athletic Director, 57
25.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 61
26.	Barry Abrahams	01/01/78	Lincoln, NE, Teacher, 60 *
27.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 54
28.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 56
29.	Julie A. Maxwell	07/05/78	Kasson, MN, Attorney, 60 (F)
30.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 59
31.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 60
32.	Harvey B. Simon	10/31/78	Newton, MA, Physician, 69
33.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 51
34.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 57
35.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 56
36.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 57

37.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 65
38.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 62
39.	John W. Morgan	04/29/79	Emmett, ID, Business Owner, 69
40.	Bill Beach	10/28/79	Macomb, MI, Teacher, 63
41.	Benjamin M. Freed	12/12/79	Clarion, PA, College Teacher, 64
42.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 55
43.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 55
43.	Layne C. Party	01/01/80	Towson, MD, Manager, 51
45.	William A. Etter	04/08/80	Ferndale, CA, Woodworker, 68
46.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 63
47.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 67
48.	John I. Watts	10/04/80	Nampa, ID, Pastor, 55
49.	Alica Brophrey	11/22/80	Mashpee, MA, Attorney, 63 (F)
50.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 72
51.	George G. Brown	01/06/81	Richlands, VA, School Principal, 59
52.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 56
53.	Ben Dillow	08/20/81	Redlands, CA, Retired, 71
	The Dominators (25+yrs)		
54.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 55
55.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 54
56.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 56
57.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 68
58.	Bob Kimball	02/03/82	Pensacola, FL, Professor, 68
59.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 51
60.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 53
61.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 48
62.	Kenneth D. Korosec	10/16/82	Chesterland, OH, Attorney, 67
63.	Gary Rust	07/03/83	Palm Springs, CA, Executive Director, 64
64.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 51
65.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 50
66.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 67
67.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 70 (F)
68.	Paul N. Christian	09/21/84	Rochester, MN, News Reporter, 61
69.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 64
70.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 57
71.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 58
72.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 51
73.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 62
74.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 66
75.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 54
76.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 66
	The Highly Skilled (20+yrs)		
77.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 62
78.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 53
79.	Robert E. Nash	06/18/87	Olney, IL, Physician, 64
80.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 63
81.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 59

82.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 64
83.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 46
84.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 61
85.	Hal Gensler	12/04/89	New River, AZ, Retired, 65
86.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 60
86.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 35
86.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 55
89.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 59
90.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 71
91.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 73 *
92.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 60
93.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 60
94.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 53
95.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 59
96.	John L. Faz	12/26/90	Lincoln, NE, Police Officer, 58
97.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 55
97.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 58
99.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 61
100.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 40
101.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 61
102.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 61
	The Well Versed (15+yrs)		
103.	Mark T. Wigler	07/07/92	Hubbardston, MA, Director, 62
104.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 49 (F)
105.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 55
106.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 70
107.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 71
108.	Jeffrey Sider	01/01/94	Plainview, NY, Orthopedic Surgeon, 55
109.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 25
110.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 55
111.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 56
112.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 68
113.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 60
114.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 56 *
115.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 64
	The Experienced (10+yrs)		
116.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 64
117.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 55
118.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 59 (F) *
119.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 29
120.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 37 *
121.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 54
122.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 53
123.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 56 (F)
123.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 61 *
125.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 52
126.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 47

127.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 60
128.	Diane Shumway	05/27/00	Provo, UT, Retired, 56 (F)
129.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 56 (F)
130.	Susan L. Jones	01/01/01	Boys Ranch, TX, Administrative Assistant, 47 (F)
131.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 59
132.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 65 *
	The Proficient (5+yrs)		
133.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 40
134.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 30 (F)
135.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 63
136.	Martie Bell	12/27/01	Thomasville, NC, Professor, 56 (F)
136.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 59
138.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 64
139.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 64 *
140.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 60 (F) *
141.	George A. Hancock`	06/22/02	Windber, PA, Education, 58 *
142.	Eliza Eshelman	09/21/02	Columbia City, IN, Student, 25 (F)
143.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 60
144.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 36
145.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 58
146.	David Max	08/28/03	Sheppard AFB, TX, Pilot, 35 *
147.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 22
148.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 38
149.	Joseph K. Booth	05/03/04	Bothell, WA, Land Planner, 34
150.	Ed Reid	05/27/04	Bradenton, FL, Builder, 52
151.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 65 *
152.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 40
153.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 42
154.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 31 (F)
155.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 56
156.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 33
157.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 61
158.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 52 (F)
159.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 56
160.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 30 (F)
161.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 48 (F)
162.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 51
163.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 58
164.	Jason Morgan	08/14/05	Bradenton, FL, Human Resources, 42
165.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 50
166.	Karen J. Wallace	09/26/05	Ishpeming, MI, Clerical, 56 (F) *
167.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 36
168.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 68
169.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 61
170.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 55*
	The Neophytes (-5yrs)		

171.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 47
172.	David McMMain	11/11/06	Brandon, MS, Claims Adjustor, 54
173.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 40
174.	Heather E. Nelson	12/15/06	Houston, TX, Student, 20 (F)
174.	William D. Nelson	12/15/06	Houston, TX, Business, 46 *
176.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 43
177.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 45
177.	Stephanie Mera	01/01/07	Redlands, CA, Student, 22 (F)
179.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 43
180.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 51 (F)
181.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 48 *
182.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 44 (F)
183.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 55 (F)
184.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 38 (F)
185.	Geza Feld	08/01/07	Farmingdale, NY, Retired, 77 *
186.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 44 (F)
187.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 61 *
188.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 52
188.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 62
190.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 44
190.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 57 (F) *
192.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 49
193.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 50
194.	Cordell M. Kirk	12/19/07	Blue Springs, MO, Project Manager, 48
195.	B. J. David	12/27/07	Covington, KY, Self-Employed, 37
196.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 68 *
196.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 30
198.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 40
199.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 42
199.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 53 *
199.	Travis Dickey	01/01/08	Miami, FL, Student, 29
199.	Leo Hammond	01/01/08	Plano, TX, Student, 25
199.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 45
199.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 39
199.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 58
199.	Christopher M. Robinson	01/01/08	Meridian, MS, Jet Pilot, 26
207.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 47 (F)
208.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
208.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 31
210.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 50
211.	Mikel J. Burlingame	02/04/08	Lee's Summit, MO, Real Estate Appraiser, 43
212.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 60
213.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 21
214.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 40
215.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 51
216.	David L. Biersmith	07/18/08	Kansas City, MO, Business Owner, 74 *
217.	Kelly Luck	08/26/08	Boulder, CO, Student, 24 (F)
217.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 44
219.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 28

220.	John S. Jones	09/10/08	Parker, CO, Editor, 43
221.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 67
222.	Jay Kammerzell	11/10/08	Everett, WA, Firefighter, 54
223.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
224.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 37
225.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 50
226.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 29
227.	John B. Davis	12/08/08	Desoto, TX, Consultant, 68
227.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 64
227.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 64 (F)
230.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 48
231.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 39
232.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 52 (F)
232.	Timothy Hart	12/25/08	Shorewood, WI, Dentist, 59
234.	Eric V. Love	12/27/08	Erie, CO, Attorney, 45
235.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 36 (F)
235.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 60
237.	Douglas S. Daeffler	12/30/08	Waterloo, NY, Safety Coordinator, 54
238.	Jacob Yurek	12/31/08	Silver Lake, MN, Student, 30
239.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 65
239.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 32
239.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 46 (F)
239.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 53 (F)
239.	Lee F. Jantzen	01/01/09	Kingman, AZ, Superior Court Judge, 50
239.	Charles J. Lucero	01/01/09	Kingman, AZ, Dentist, 42
239.	Erin E. Stevens	01/01/09	Miles City, MT, Physician, 32 (F)
246.	Christy M. LeDuff	01/05/09	Nacogdoches, TX, Teacher, 31 (F)
247.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 34
248.	Lawrence D. Le Duff	02/28/09	Nacogdoches, TX, Hospital Corpsman, 31
249.	William McCarty	03/06/09	San Francisco, CA, Consultant, 63
250.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 54 *
251.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 60 *
252.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 52 *
253.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 51 (F)
254.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 59
255.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 67 *
256.	Kyle L. Nelson	06/13/09	Flint, MI, Events Manager, 37
257.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 23
258.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 68 *
259.	Robert A. Coltman	06/21/09	Ponte Verda Beach, FL, Physical Therapist, 40
260.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 54
261.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 32 *
262.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 42 (F) *
263.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 20 (F)
264.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 12
265.	William Hutchison	09/13/09	Wauwatosa, WI, Contractor, 41
265.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 29
267.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 27 (F)
268.	David L. DeBoer	10/11/09	Manchester, MO, Field Compliance, 55 *

269.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 70 *
270.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 53
270.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 42
272.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 43 (F)
273.	Timothy S. Dean	12/07/09	Morrison, FL, Law/Business, 44
274.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 58 *
275.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 36
275.	Donald S. Cuppy	01/01/10	Phoenix, AZ, Investment Manager, 43
277.	Caroline Hwang	01/17/10	New York, NY, Writer, 41 (F)
278.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 58
279.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
280.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 82 *
281.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 47 *
282.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 36
283.	William W. Howes, Jr.	06/30/10	Royal Oak, MI, Sales Representative, 56
284.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 37
285.	Karen Walker	08/01/10	Orlando, FL, Insurance Broker, 47
	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 34

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

USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK

In order to find new and different ways for our membership to interact directly with each other, we recently established a Yahoo group and Facebook page for USRSA where you can now ask questions or share your running story directly with other streak runners by posting a message to the members. Your message is then sent out in e-mail form to others in the group.

To view and/or join our new USRSA Yahoo group, please visit our website at:
<http://sports.groups.yahoo.com/group/USRSA/>

To view and/or join the USRSA Facebook group, please visit our website at:
<http://www.facebook.com/group.php?gid=95577453452>

For updated information on USRSA and running streak lists, please visit the association's website maintained by our Webmaster Extraordinary, Steve Morrow, from Eagle Lake, Minnesota. USRSA website can be found at: <http://www.runeveryday.com/>

Official U.S.A. Retired Running Streak List

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

September 1, 2011

1.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
2.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
3.	Walter O. Byerly, Dallas, TX	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
4.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
5.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
6.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
7.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
8.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
9.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
10.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
11.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
12.	Brian P. Short, Minneapolis, MN	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
13.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
14.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
15.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
16.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
17.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
18.	J. Patrick Growney, Lavallette, NJ	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
19.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
20.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
21.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
22.	Timothy M. Osberg, Grand Island, NY	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
23.	Diana L. Nelson, Dixon, IL (F)	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
24.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
25.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
26.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
27.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
28.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
29.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
30.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
31.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
32.	Norman Grimmatt, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
33.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
34.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
35.	Sue S. Favor, Downey, CA (F)	12/20/84 – 05/03/08	8,536 days (23 yrs 136 days)
36.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)

37.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
38.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
39.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
40.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
41.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
42.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
43.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
44.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
45.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
46.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
47.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
48.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
49.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
50.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
51.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
52.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
53.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
54.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
55.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
56.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
57.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
58.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
59.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
60.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
61.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
62.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
63.	Mercedes M. Murolo, Santa Rosa, CA (F) *	12/25/91 – 04/28/02	3,778 days (10 yrs 125 days)
64.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
65.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
66.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
67.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
68.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
69.	Sherry Case, Richfield, MN *	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
70.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
71.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
72.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
73.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
74.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
75.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
76.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
77.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
78.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
79.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)

80.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
80.	Vivian Wilson, Short Hills, NJ, (F)	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
82.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
83.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
84.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
85.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
86.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
87.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
88.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
89.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
90.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
91.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
92.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
93.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
94.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
95.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
96.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
97.	Sherry Case, Richfield, MN *	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
98.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
99.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
100.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
101.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
102.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
103.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
104.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
105.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
106.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
107.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
108.	Brad Kautz, Rochester, MN	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
109.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
110.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
111.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
112.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
113.	Beth Casavant, Shrewsbury, MA	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
114.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
115.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
116.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/18/09	1,030 days (2 yrs 299 days)
117.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
118.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
119.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
120.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
121.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
122.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
123.	Stephanie Kammerzell, Everett, WA	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
124.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
125.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
126.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)

127.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
128.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
129.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
130.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
131.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
132.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
133.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
134.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
135.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
136.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
137.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
138.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
139.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
140.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
141.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
142.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
143.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
144.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
145.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
146.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
147.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
148.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
149.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
150.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
151.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
152.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
153.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
154.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
155.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
156.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
157.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
157.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
159.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
160.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
161.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
162.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
162.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
164.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
165.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
166.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
167.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
168.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
169.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
170.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
171.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
172.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
173.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
173.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
175.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)

176.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
177.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
178.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
179.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
179.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
179.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
182.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
182.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
182.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
182.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
182.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
182.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
188.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
188.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
188.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
188.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
188.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
188.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
188.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)

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

IF

By: Rudyard Kipling [abridged]

If you can keep your head when all about you
 Are losing theirs and blaming it on you;
 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.

“That’s all, folks!”

- Epitaph for Mel Blanc (1908-1989)
- Trademark line of cartoon character Porky Pig, whose voice was provided by Mel Blanc for many years.

THE FINISH LINE

By: Mark Washburne

Streak running is an every day occurrence and I am learning that the same can be said about keeping track of all the streak runners in the country. I continue to be amazed and grateful for all the efforts by John and Dawn Strumsky over the last decade. They really put our association on a sound foundation and I wish them both much happiness in their retirement years.

While the Strumskys established a firm foundation for USRSA, we have continued to build on their success over the summer. One noticeable change is that the active list on our website is now continuously updated with the current number of streak days an athlete has run. This change was initiated by one of our Vice Presidents, John Wallace III, who proposed the change to our other Vice President and webmaster, Steve Morrow. The two of them working together made the new continuously updated streak days possible and they also updated the retired list on the website too.

This summer we have also witnessed rapid growth in the number of people joining and posting on our USRSA Facebook page that was again established by John Wallace III. Since April, over one hundred new people have joined USRSA on Facebook and now that site is a popular destination for the latest news on running and streaking.

While we have seen less activity on our Yahoo group (probably because of the ease and comfort of posting on Facebook), it also has been an important source of information to our members. All the streak anniversaries from the active list have been added to the Yahoo calendar. With over 280 members with active streaks, hardly a day goes by when we don't receive a notice by e-mail that someone is celebrating a streak anniversary.

We have also seen an uptick in the number of our members who have been featured by the media. When I first assumed control of USRSA, the news was covered in a *USA Today* article. A few weeks later, Mark Covert and I were the guests on an Internet radio program called *The Marathon Show* hosted by Joe Taricani. Shortly after that appearance, a cable company, AT&T U-verse, made a documentary film about the amazing 43-year-old running streak of Mark Covert. Others featured in the news in conjunction with their streak anniversaries were Steve DeBoer (40th), Jon Simpson (40th), Stephen Reed (35th), John Watts (32nd) and John Chandler (30th).

Besides my work on USRSA, I have also been busy this summer running races and activities associated with my New Jersey based running club the Do Run Runners. Right now many of us Do Run Runners are doing weekly long runs together and building up our mileage to run a fall marathon. I am signed up for two upcoming marathons: The Steamtown Marathon in Scranton, Pennsylvania in October and the Philadelphia Marathon in November.

In closing, I want to thank everyone for the many kind wishes and support I have received in my new position at USRSA. My new duties have brought a lot of joy in my life and I am grateful for the opportunity to interact with so many incredible athletes in our streak running community. Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!