

THE STREAK REGISTRY, Volume 11, Number 4, Winter 2012

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The Streak Registry Winter 2012 Table of Contents for the 44th Issue

Streaking Anniversaries p.
2

From The Streak Registry
p. 3

Founder Wins Walking
Contest
By: John Strumsky p. 4

Raven's Close Call
By: Robert Kraft p. 5

Streak Reaches 35 Years
By: Bill Stark p. 7

Runs Through Pregnancy
By: Gaby Cohen p. 11

Streak Runners
Convention
By: Joel Pearson p. 12

Tundra Traversing in

Minnesota
By: Steve DeBoer p. 14

John King Joins USRSA
By: John King p. 17

A Retired Streak Story
By: Craig Snapp p. 19

Frugality from the Wrong
Coast By: Craig Snapp p.
21

Meeting People While
Running By: Barbara Latta
p. 23

Just Another Runner
By: Bill Anderson p. 25

I'd Like to Boast . . .
By: Ben Dillow p. 27

10th Anniv. Of Streak
By: Jim Merritt p. 32

400th Member Joins
USRSA
By: Paul DeNunzio p. 36

Member Updates p. 33

Facebook Discussion p. 51

Active Running Streak List
p. 52

Retired Running List p. 59

USRSA On-Line: Now on
Yahoo Groups and
Facebook p. 63

The Finish Line
By: Mark Washburne p. 64

STREAKING ANNIVERSARIES

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

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

William S. Stark of St. Louis, Missouri on September 10th
Bill Anderson of Fort Worth, Texas on September 27th

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

William C. Terrell of LaGrange, Georgia on September 14th

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

A. F. DeYoung from Woodlands Hill, California on November 8th
Stephen J. Gurdak from Springfield, Virginia on November 21st

From The Proficient to The Experienced (10th anniversary)

Kevin Rison from Orlando, Florida on September 14th
Jane E. Hefferan of Nashville, Tennessee on October 27th
James R. Merritt of Buford, Georgia on October 29th

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

Scott J. Palm from Chaumont, New York on September 9th
David McMMain from Brandon, Mississippi on November 11th

“When being passed, particularly early in long races, I say, “It’s a long race. I’ll see you guys later.”

- Barbara Anderson-Tomchin

FROM THE STREAK REGISTRY

TEN YEARS AGO: The fourth issue of USRSA newsletter was published. The 24-page booklet contained the results of the first survey conducted by the association. “We had 67 streak runners take part in the survey,” noted the USRSA newsletter. “With 128 runners on the active list and 26 on the retired list for a total of 154 known streakers, this accounts for 43.5% of all known streak runners.” The survey contained 16 questions with questions 1, 2 and 12 being the most important:

1. Do you feel that a minimum distance is, or should be, a minimum requirement of maintaining a daily running streak? Yes or no.

Yes – 83.6% No – 16.4%

2. If yes, what do you believe that distance should be?

One mile – 80.3% 2 or more miles – 9.0% Quarter mile 4.5%
Half-mile – 3.0% One-tenth mile – 1.5%
Dressing in running shoes and shirt and running 1.5%

12. Should there b[e] any type of grandfathering consideration to those who have already run below the minimum distance prior to the establishment of USRSA? Yes or No.

Yes – 20.9% No – 70.1% Undecided 8.9%

“SURVEY ACTIONS: As a direct result of the survey, both the active and retired lists are going to be adjusted to reflect its findings. We will not publish a list in this issue, but will send everyone – members and non-members alike – a streak certification form. No one will be posted on the lists without first certifying the active and retired portions of their streak or streaks.”

“Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and all good things will be yours.”

- Swedish Proverb



John and Dawn Strumsky

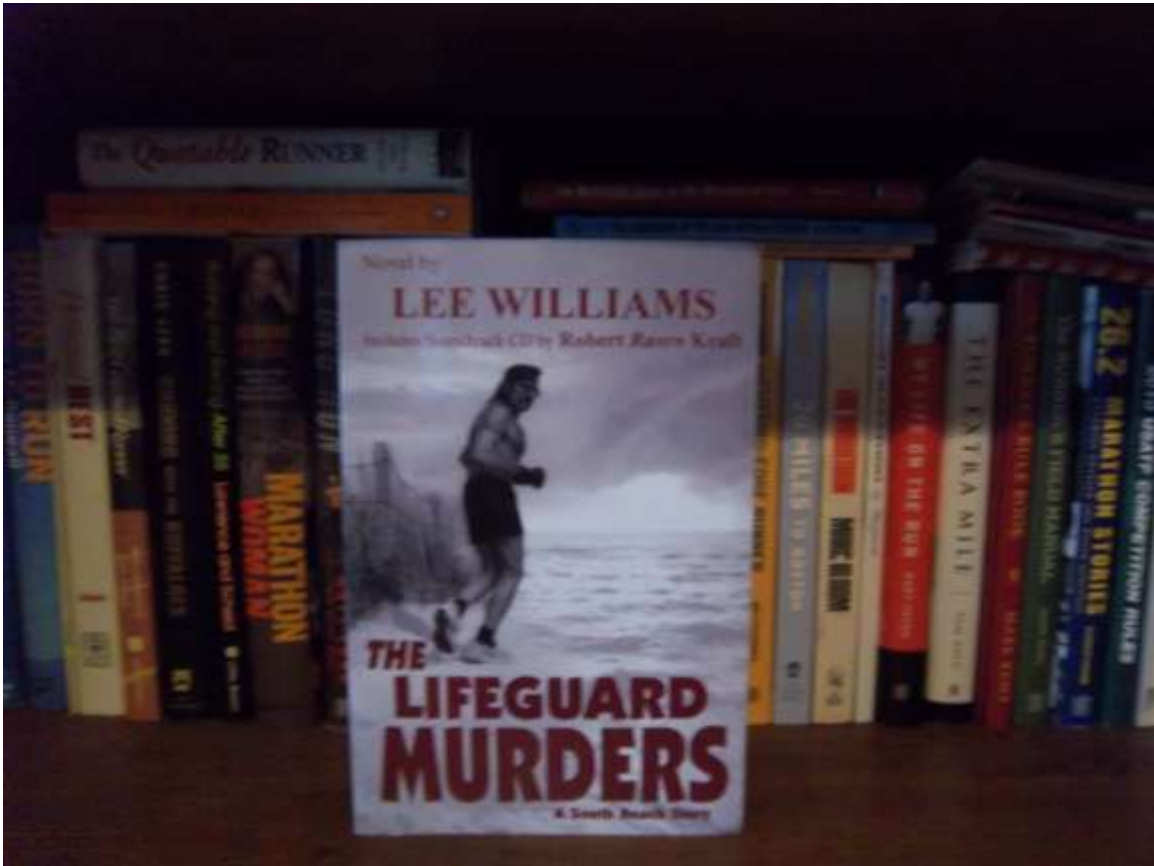
**USRSA FOUNDER JOHN STRUMSKY
WINS WALKING CONTEST FOR RETIREMENT COMMUNITY
By: John Strumsky**

Our retirement community, Charlestown, is one of fourteen Erickson retirement communities across the United States. Erickson pits the communities against each other in a walking contest that covers the entire month of September, and last year Charlestown came in fourth. This year I won by such a large margin for Charlestown that I propelled it to first place overall.

I walked a total of 9,234 minutes during the thirty days of the month, which averaged out to 307 minutes per day, or 5 hours and 7 minutes per day. I never walked less than 3½ hours on any given day, and some days I walked close to 9 hours. So, even though my running days are behind me, I can still do some serious walking!

Dawn and I really miss all the friends we made through the USRSA, and welcome any of you who are so inclined to drop us a line when the mood strikes you. Continued good running to all of you.

John and Dawn Strumsky
719 Maiden Choice Lane, HR303
Catonsville, MD 21228



RAVEN HAS CLOSE CALL WITH STREAK STARS IN HBO SPECIAL By: Robert "Raven" Kraft

I had a very close call last week [letter dated 9/28/11]. I've been having chest pains and shortness of breath. An E.R. Doctor runner/friend thought it might be a heart problem. He set me up with an early morning procedure. Thinking I may have to get a stent in my heart or worse, I ran my mile after midnight. I spent all day in the hospital. They put me under . . . and found nothing. They took out the tubes and I started running the halls for about 2 miles. I then got dropped off at the beach and finished my run. My group was thrilled to see me. The streak continues.

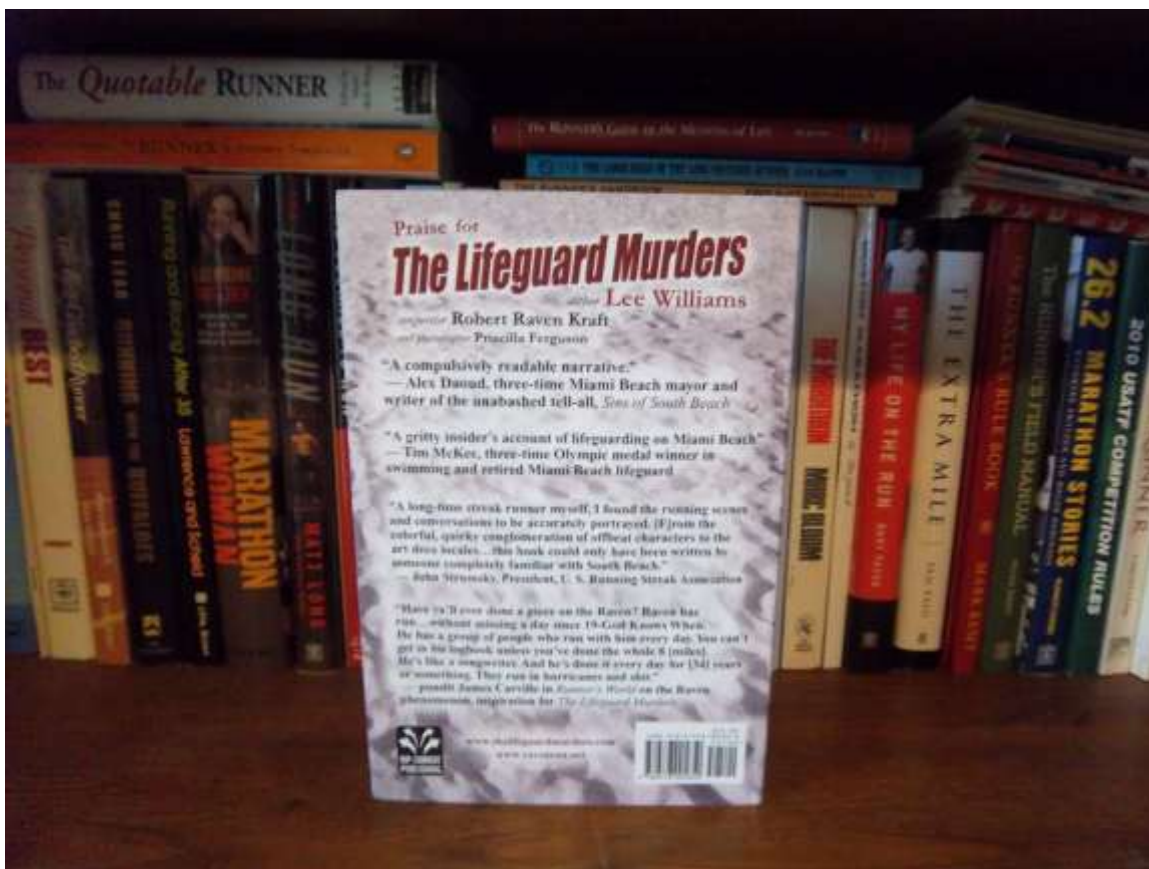
HBO I guess heard about it and called me. They filmed me yesterday and spent the whole day with me. They got me on the run with the group. I'm feeling a little better. They will air the show Oct. 18, Tuesday, on Real Sports – a day after my 61st birthday.

There are other runner stories. I understand I wasn't aggressive enough trying to promote my book and music. I'll try to call them soon to see if they could give me a plug.

Talking of books – here is a copy of *Lifeguard Murders* for you. [Editor's note: Thank you Raven for sending your wonderful book to me.] Being a streak runner, I think you'll enjoy it. Most of the characters are based on real people. He [author Lee Williams] just changed some of the nicknames and all the songs on a CD in the back. I sing on track 19. Hope you like em'!

It will be cool to run with you. Enjoy your time with your parents. My Mom just died last year (May 17th) at age 93. I was her caregiver. She had Alzheimer. So now I have no official family (blood) but the biggest family of all on the run.

It sure has been an interesting life. My goal is to get my story out. Keep running – everyday. Hope you are feeling good and having strong pain free runs.





Bill Stark in the mid-1980s. (David Pulliam, Photographer)

BILL STARK STREAK REACHES 35 YEARS

By: Bill Stark

Well, here I am, age 64 (“Will ya still need me, will ya still feed me?”) and I’ve been running since before I was 30, well more than half my life. My father, and his father, and his father died at 55 of heart attacks. They all smoked. Lots of people smoked when I was in college and graduate school when Dad died. How ironic that he started me in fitness. Fitness was a novel thing back then, but my Dad had a book entitled “Aerobics.” He had his first heart attack at age 49 while water skiing. He dropped dead 6 years later running on a track.

I worked out in college (1965-9), and I got serious about working out in graduate school (1969-1973). Between graduating and my first job as an Assistant Professor, I bought my first Nike shoes (leather Cortez) from one of the 6 (!) stores in the US that sold Nikes. In 1974 and in 1975, I ran in the Maryland Marathon, training with graduate students who were my friends. Even through this period, my fitness was like a yo-yo. I worked out weekdays and overate and drank weekends.

The streak started by accident, a weekend when I had some new shoes I wanted to try. For the first 16 years of my streak, I lived about 3.7 miles from work, and I made jogging to and from work one way of getting miles. For the last 19 years, I mostly did my weekday running before work. On weekends, I take the “scenic route,” usually running half as far and take twice as long.

For instance, I tie a portable hammock between a few trees at the halfway point and watch the river flow.

When I was in graduate school in Wisconsin in the early 1970s, there were serious runners at my gym, and I was not one of them. They ordered special training shoes. I could not imagine spending \$20 for shoes without trying them on even though they told me I should get training shoes. I still wore US Keds, those gym shoes I had worn since grade school with hard rubber soles and uppers of canvas that tore at the ball of the big toe.

In 1973, I went to a conference in Berkeley, and the student serving chow was wearing the kind of shoes those UW runners had. I asked him where he got them and he said at the store around the corner. After I parted with my \$20 for leather Cortez made in Japan, I wrote my name in ink on the outside so that they might not be stolen. They gave me a Frisbee with the locations of the 6 stores in the US that sold Nikes.

I moved to Baltimore and soon ran a Marathon where half the runners were wearing Nike. Even so, I found Nikes hard to find at stores, so, when I found ones in my size, sometimes while away on vacation, I often bought several pairs. Also, before I needed new ones, I would start calling around. Some purveyors of shoes would say they did not carry junk like that and I remarked that mine were up to 1000 miles without a problem. Then I met a person whose Nikes started falling apart 3 weeks after she bought them. I looked inside the tongue and saw that her pair was made in the US.

They kept changing the shoes, and each time I got used to the new style even though I longed for ones like the previous. I liked my shoes loose, tied them one and only one time and slipped them on and off. My children accused me of not knowing how to tie a shoe. The number of stores increased and there were outlets in the 1980s like the one in the Lake of the Ozarks (we had moved to Missouri). I especially liked the Cortez style because I trusted that sole more than any other in ice and snow. Not everybody liked retro styles or huge shoes so I was delighted to buy 2 pairs at \$5 each in the mid 1980s.

Now there are as many stores selling Nike shoes and apparel as there are Starbuck's coffee houses. I've had other brands, but Nikes have carried me over many a road or trail. I witnessed their humble beginnings and, I think, near collapse. I did not plan it this way but I'm wearing Nike Airs while I write this.

Maybe I was made to run, but I doubt it. In 4th grade, while most kids played at recess, I ran around the playground 10 times with a few friends. However, by junior high school, I was one of the two fattest, and unfit, kids in my grade. These were the days when President Kennedy made fitness a matter of national priority, and my gym teacher went all out. It was hard on a boy – chin-ups were done one person at a time in front of the whole class. I couldn't do any while Bob Armen could do 18.

The Labor Day before I left for college, my dad had a heart attack at age 49. Though I went out for crew freshman year, it took only a few months to decide I did not want to be a jock. Meanwhile, as a few years of college went by, my dad started running. It did not help him since he had not given up smoking. He died (on my junior high school's track) at age 55, the ages his father and his grandfather had died. I've already outlived them. But he persuaded me of the merits of running. There was a book called "Aerobics" that he had read. I started to exercise senior year in college.

More on than off, after getting married and going to graduate school in Madison, Wisconsin, I ran. The cold weather discouraged me – at that time I did not know that I could run in the cold. An opportunity was that the jock's gym was made available at the noon hour for the "faculty fitness club" and it was near my work. An arboretum near our home and picnic point near the campus invited extended runs. Jogging in scenic locations graced everyday life and especially vacations (my whole life).

My first faculty job was in Baltimore. My house was 3.7 miles from work, and I soon started to run to and/or from work alternating with the bus or a ride from my wife. (That's also how I commuted from my next home in Columbia, Missouri, a life style covering 18 years.) A year after moving there, a graduate student, Hiram Brownell, said he was going to train for the Maryland marathon -- would I like to join him? I did, we did, big event, 3:47:29. Those were the days of the highly publicized statement that nobody who had completed a marathon had ever died of heart disease. Also, my academic job was one of "publish or perish." I joked that I would either gain immortality or get a posthumous publication. Did it again the following year with another graduate student, Craig Hartley. Both those marathons were before my streak began. Interestingly, I started, but could not finish, the next marathon after my streak began.

That streak began sort of by accident. Before that, my fitness was a yo-yo since I ran weekdays and got fat weekends. At the end of a vacation, I bought some new shoes and was eager to use them Friday Sept 10, 1976, and that weekend.

I really did not specialize in distance. I only did a handful of weeks >60 mi. From February 1976 to January 1979, I ran a 14 mi run every calendar month. That was a challenge for me. I would try to get that run over early in the month if I could. In a bad winter, I waited without luck for the weather to break and then ran over ice-covered sidewalks before the month ended. I wore Nike Cortez for traction on the ice (see "The early days of running shoes" The Streak Registry, 6:3, Fall, 2006). A two-foot snowfall and a bad cold killed that record. I ran a 50 mile week every calendar month September 1984 to August 1996. This was killed by a long and miserable period of about a year where I had two bad knees and a bad ankle. Two ibuprofen in the morning and two at night helped. Treat inflammation! Inflammation is not good. After getting over a bad plantar fasciitis in 1984, I've run 40-mile weeks most weeks (except in that year 1996-1997 when I had to cut back).

People ask, "Don't you ever get sick?" Yes, but not sick enough to stop me. Probably everyone knows what it is like to be too sick to be able to run, and I have been lucky for the duration of the streak. I ran through bad gout attacks. A bike hit me and I needed 15 stitches in my ankle, and the next few weeks were tough. I fell and banged up my knee, and did not cut back. By a week later, the knee was bad and I had to cut back to the minimum for 3 weeks, thankful that I built back up. There was the time I ran Saturday morning, flew across the International Date Line, and then ran as soon as I could, Sunday night. There was the time I left New Delhi at 10 pm and chased the next day around the globe and ran at 10 pm at home after being on the go for 58 hrs.

One time I was in the gym on a Thursday, and a friend asked me, "Running Sunday, Bill." "What's Sunday?" "Heart of America Marathon." "I'm afraid I just got back from a trip and haven't thought about it yet." Later that day, I thought, "Hmmm, no depletion runs, no asking 'why am I doing this?' why not?" Saturday I signed up. Showed my wife the shirt. "You running the 5K with John?" "Look again." "Bill, what's got into you?" Did my best time, 3:21:16, about 7:40 per mile, no particular training.

I guess I've run indoors for one reason or another 30 days in the streak. I may not look hearty, and I think of myself as much stronger and healthier than I look. However, I'm probably outdoors more than anyone I know. I've lived in Baltimore, Columbia, Missouri, and St. Louis, all on the same latitude for the streak's duration with temperatures from 20 below zero to 115. I acclimatize to the seasons fairly well and obviously get out there to enjoy them. Heat is tougher than cold, though below 10, my glasses fog up and below zero, it is hard to get into the groove. Twenty can be ideal, and the ground is frozen, not muddy, on the scenic route.

Mostly I run alone. I hardly ever run races, just a handful of 10Ks and the like. Five marathons over 4 separate decades of my 6 so far. I like to brag that I have done 2 and 2 with the biggest hills, Satyr hill road in Baltimore and Easley hill in Columbia. I had to wait for a freight train in Easley, the MKT (Missouri-Kansas-Texas). For the last few decades, I jog an hour weekdays typically. Weekends, I take what I call the "scenic route," usually half the week day distance, twice the time, visiting a nearby forest or other pleasant location. Putting one foot in front of the other, I've gone probably 3 laps (of the Earth), in the US, also Europe and Asia. A day without running is a day without sunshine. One of my favorite shirts was from Nike, "There is no finish line."

The picture is from the mid 1980's (shot by David Pulliam) that I like. It shows me running alone as I usually do, in a scenic outdoor area, also typical. I wish everyone the good health that allows a streak such as mine to get lost alone in the woods. "It now takes me an hour and 20 minutes to run for an hour."

GABY COHEN RUNS THROUGH PREGANCY & BIRTH OF CHILD

By: Gaby Cohen

I started my streak 19 years ago to get in shape for the tour of a play in which I had to dance a bit, and having OCD, as many of us streakers do, have run ever since.

My most extreme experience was running every day of my pregnancy. I waited until I was 44 to have my child, but was in pretty good shape, so the pregnancy was quite easy. I had finished my daily run and was in the shower when I decided that I should probably think about getting to the hospital in the next few hours. I got there at 6:00 p.m. and was in labor until 9:00 p.m. the next night, when they finally decided that my son was not coming out on his own and I needed a c-section. They started prepping me right away, and all I could think of was how I was going to get my run in for the day, so I excused myself, and jogged in place in the bathroom for a mile, as they stood outside the door saying that we had to get to the operating room. Then, for the next three days in the hospital, I did the same, by excusing myself to the restroom, and completing my mile each day.

I know everyone thinks I am insane, but it does make for a good story, and I am still running at least a mile to this day. I live in Petrolia [California] and joined the USRSA after meeting Ken Young and swapping stories.

(The below picture is of Gaby Cohen)



STREAK RUNNERS' CONVENTION
in Conjunction with
44th Annual Birch Bay International Marathon
Friday, February 17th – Sunday, February 19th
www.birchbaymarathon.com/USRSA
By: Joel Person

Register at: <https://pearsonsathletics.webconnex.com/USRSA>

This February I will be hosting a streak runners' convention in conjunction with the 44th Birch Bay International Marathon (Half Marathon, 10k Included). Both Current/Retired Streak runners are welcomed to attend! This will be held in Ferndale, WA (Welcome Dinner/Party) & Birch Bay, WA (Group Run, EXPO, and Races & Awards). Jim Pearson, my father & 41+ years of streaking, started this marathon in 1969. Dad will hit 42 years the week of this convention. So this weekend is special to me on so many different levels. Ferndale and Birch Bay are both located a few miles north of Bellingham and 100 miles North of Seattle, WA and both have an International Airport. Travel (Flight, Hotel) Information is listed below. The schedule is also below with a very detailed itinerary. You must register for the race and both dinner parties separate. Registration is available on the link posted above. I hope to see you all this February in the Pacific Northwest!!!!

Schedule:

Friday – 17th, 7pm – 10pm:	Streak Runners' Dinner / Welcome
Saturday – 18th, 9am:	Group Run – Birch Bay State Park
Saturday – 18th, 3pm – 10pm:	BBM EXPO (Includes Streak Runners' Booth)
Sunday – 19th, 8am:	Marathon / Half Marathon / 10k Races
Sunday – 19th, 6pm – 10pm:	Streak Runner Party / Conclusion

Event Information:

Streak Runner Dinner: We will start our Convention with welcome Dinner on Friday. The event will start at 6:30pm at the Ferndale Senior Center and go till we are done! I will select 3 guest speakers to speak at our dinner! Group Pictures will be taken! Dinner will consist of Penne Pasta, Caesar salad, Bread and drinks. Cost is \$15. Register at: www.birchbaymarathon.com/USRSA

Group Run: We will be meeting at 9am on Saturday at Birch Bay State Park in Birch Bay, WA. This will serve as the Start/Finish line for Sunday's competitions. This will just be an easy out-back 6 mile total run. Running less is ok! All 6 miles are part of Sunday's course. Group may go to Breakfast/Lunch afterward. I will provide all the info. I will be heading off to the EXPO! J Group pictures taken, again!

EXPO: The Event EXPO is held at Raintree's Sandcastle Hotel (Same place as the Awards Ceremony) on Saturday from 3pm – 10pm. We will have a USRSA booth (Led by Jim Pearson) at the EXPO. Please Show up at least to pick up your Shirt, Custom Bib number, Chip Timing, meet and greet other streak runners and much more!

Birch Bay Marathon: All races (Marathon, Half, 10k) start & finish at Birch Bay State Park in Birch Bay, WA. All races start at 8 am. Awards Ceremony will take place at 12:30 at Raintree's Sandcastle Hotel (Same place as EXPO) Registration is online at www.birchbaymarathon.com Cost for streak runners, to Feb. 5th, is \$40-Marathon, \$20-Half Marathon, \$10-10k.

Streak Runner Party: The Streak Runner Party will take place Sunday evening after the conclusion of the Birch Bay Marathon starting at 6:30 pm. The party will be held at the Ferndale Senior Center. Guest speakers will present some awards. Dinner (Pizza, Salad, Bread, cake, and drinks) served. More Pictures taken with lots of mingle and talking time! Cost is \$15. Register at: www.birchbaymarathon.com/USRSA

Airports:

Bellingham International Airport (Just minutes south of Birch Bay)

4255 Mitchell Way, Bellingham, WA

www.bellingham-airport.com

Seattle-Tacoma International Airport (100 Miles South of Birch Bay)

17800 International Blvd, Seattle, WA

www.portseattle.org/seatac

Hotels:

1. Raintree's Sandcastle Hotel: Very Nice, Pricy, @ EXPO and 2

2. Birch Bay Hostel: Very Cheap! 20%*! 1.5 miles

Miles from Start line! Water View!!! Start of race / 1 mile to EXPO

(866) 371-5225

(360) 371-2180

www.birchbayhostel.org

*Birch Bay Hostel gives 20% discount and lets you shower AFTER marathon

EXPO/Awards: Raintree's Sandcastle at Birch Bay Hotel 7854 Birch Bay Dr., Blaine, WA (866) 371-5225

Group Run: Birch Bay State Park 5105 Helwig Road, Blaine, WA

www.stateparks.com/birch_bay.html

Welcome Dinner/Party: Ferndale Senior Center

1998 Cherry Street, Ferndale, WA (360) 384-5113

Contact: Joel Royal Pearson

360-223-0264 or jrap85@msn.com

The Fall and Rise and Fall and Rise... Of Tundra Traversing in Minnesota (1991-2011)

By: Steve DeBoer

We left off this intriguing tale of Minnesota streak running in the beginning of 1991, when there were 16 active daily runners in the state, or 3.66 streakers per million population, the highest rate ever documented by a state up to the present time. Actually, I just learned of another streak runner in MN, John King, who ran daily while living in the Twin Cities from January 1977 until he moved to Chicago in 2001. This means that there were 17 active in 1991, a rate of 3.89 per million. This also means MN had the highest rate of streak runners an additional 26 months during the 1980s, two steps (or one runner) ahead of Maryland (MD).

However, as you may suspect by the title of this article, that was soon to change. During the year, Pat Foley, Jon Freeman*, Brad Kautz, and John Magnuson, all ended daily tundra traversing. While MN retired 4 streaks, John Roemer III made it to 6 months of a new streak in February. So with 14 in the active category, MD became the highest streak rate state in January 1992 for one month, when Foley brought MN back to 14 active. MD took over again in December with the end of Ross Hamernik's streak, due to hernia surgery, and held it for 2 years, the state's longest reign at the top. With the end of Ed Hewitt's* streak in November 1994, Minnesota regained the lead.

The rest of the 1990s proved fairly uneventful, as the active MN streakers kept getting their runs in daily. By 1998, their number was back up to 17, with the additions of Steve Moosebrugger, Scott Fodstad, and Thomas Welch, as well as a second streak by Jon Freeman*. But then the millenium changed, the US Running Streak Association formed, Sherry Case ended her second streak, and, since Moser* and Freeman* never certified their streaks, they were dropped from the active list. Until Sherry's streak ended, MN had also had the highest rate of female streakers, though it wasn't until Diane Shumway of Utah, reached 1 year daily running May 2001, that MN lost its lead among women. MD dropped to 10 in 2000, as Hage*, Kroemer*, and McDermott* did not certify their streaks. Thus, MN remained on top entering the 21st century, surpassing their previous record time of 5 ½ years in the lead, lasting 15 years, until 2010.

Fortunately, Steve DeBoer ran the day he had kidney stone surgery to reach 30 years of daily runs in 2001, leading the 14-member MN contingent. Steve Gathje made it to 30 years 15 months later, making MN the 3rd state with two 30-year streakers, after California and Washington, though Gary Jones moved from Washington to Montana before he actually reached 30 years. FL became the 6th state with 10 active tundra traversers, 15 years after New York (2002), followed by TX (2005), and IN (2006).

Over the next 9 years, here are additional changes to MN and MD active lists:

MN	MD
2001 Moosbrugger to Russia; Gathje to Kansas; King to Chicago (11)	Margaret Sherrod start (11) - 1 st MD Female
2002/3 Dave Emmans start (12)	Eileen Dibler start & stop; Field stop (10)
2005 Gensler to AZ; Moosbrugger from IL (12)	Ray stop; Lorden stop (8)
2006 Mike McAvoy from WI; Pete Gilman start; Moosbrugger stop (hip) (13)	
2007 McAvoy stop; Aby stop; Kautz restart; Al Gilman start (13 - 5 in Rochester)	
2008 Gathje from KS; Al Gilman stop (13)	Bonarrigo stop (7)
2009 Carlson stop - heart surgery (12); Christian injury(11)	Susan Schultz start; Strumsky stop (7)

Then, from November of 2009 to June 2010, there was an even more rapid spread of streakends throughout the state. Though Jacob Yurek reached the one year mark on December 31st, Brad Kautz (H1N1 virus) and Scott Fodstad (surgery) had already broken their streaks, followed by Wendell DeBoer in February (compression fracture in back), Pat Foley in March (colon cancer surgery), Brian Short (knee surgery) and Steve Morrow (family emergency) in May. This left MN with only 7 runners doing it daily (lowest number since 1983), having fallen to 6th place for the first time since the tracking of streak running rates began in 1971, just ahead of MD.

Montana (MT) had added a second streak runner, Erin Stevens, their first female, getting to one year on January 1, 2010, the same day that Wendell DeBoer's 4th streak reached 1 year. That brought MN's rate to 2.07 and MT to 2.01. When Pat Foley's streak ended on March 14th, MT took the streak lead. When Brian Short stopped his daily runs on May 27th, MN's rate had dropped to 1.32, below the rates of NE (1.64), VA (1.62) IN (1.54), MA (1.52), and MO (1.50)

But Minnesotans are a hardy bunch, and the state made an impressive resurgence. Roger Carlson passed 12 months of a new streak on June 5th at age 65. So after 8 days in 7th place, MN climbed to 5th (1.51). Jeff Judd (July 1st) put MN back in 2nd 25 days later. Paul Christian reached 365 days for his second streak later in July, and Paul Case (November) made it to the year mark of his only certified streak, to give MN the lead back at 2.07. Brad Kautz reached 363 days later in November but had to stop after his daughter was hit by a car. Steve Morrow's second streak was certified in May 2011. Pat Foley (4th streak) was added in October, bringing the MN contingent back up to 13, a few months after Steve DeBoer celebrated his 40 years of daily runs, longest by a runner east of the Rockies.

MT held on to second place, the only other state with a rate higher than 2 per million. Missouri became the 12th state to have 10 active streak runners (MI, MA, and VA reached 10 earlier that year) in October 2010, moving them into 4th place, as Dave DeBoer, reached the 1 year mark of his 2nd streak, 32 years after his first one ended in Minnesota. This is believed to be a record time between one year running streaks.

MD, after having been in the top 5 since July 1977, slid to #9 in January, 2010, with a rate of 1.2 streak runners per million population. A few months later John Watts moved to ID, giving that state 2 streakers and a rate of 1.27, so MD went down another notch. By fall 2011, MD's rate ranked 15th.

MN now has had at least 31 residents who have traversed at least 1 mile daily for a minimum of 365 days since 1971. This includes the most from a state who have run 100,000 miles, tying CA (6). The first 20 were listed in Part One of this article in the Fall 2011 issue of the Streak Registry.

- | | |
|------------------------|--|
| 21. John King | Jan 1977- 2001 then to Chicago and NJ |
| 22. Steve Moosebrugger | Dec 94-Jun 2001; Jul 2005-Dec 2006 (Moscow, Russia & IL between) |
| 23. Scott Fodstad | Apr 95-Dec 2009 |
| 24. Thomas Welch | Jan 98- |
| 25. Dave Emmans | Jun 2002- |
| 26. Pete Gilman | Nov 2005 - |
| 27. Mike McAvoy | Jan 2006-Jan 2007 (May 81-Dec 2005 WI) |
| 28. Al Gilman ** | Sep 2006- Mar 2008 |
| 29. Jacob Yurek | Dec 2008- |
| 30. Jeff Judd | Jul 2009- |
| 31. Paul Case *** | Nov 2009 - |

A few of the state's noteworthy achievements include:

- 4th State to Have a streak runner (SR) of 1 year or longer (Bruce Mortenson January 1971)
- 2nd State to Have a female SR of 1 year or longer (Julie Maxwell July 1979) & longest female streak ever
- State with highest rate of SRs ever (3.89 per million population 1991)
- Most Time with highest rate of SRs (31 ¾ years)
- Most Time with highest rate of female SRs – 22 years+
- Highest rate of SRs with 100,000 miles lifetime – 1.13 per million (6)
- First 50, 60 and 85 year old SR (Wendell DeBoer – 1978, 1984, and 2010)
- First related SRs (Steve and Dave DeBoer – 1973)
- First 3 related SRs (Steve, Dave and Wendell DeBoer – 1978)
- First 3 active SRs in same city (Steve & Dave DeBoer; John Magnuson – 1977)
- First 4 active SRs in same city – St. Paul (Steve, Dave, John & Wendell – 1978)
- Second 4 active SRs in same city – Rochester (Paul, Steve, Brad & Ross – 1989)
- First 5 active SRs in same city – Rochester (Paul, Steve, Brad, Pete & Al – 2007)

State with Highest Rate of Active Daily Runners (1991-2011)

Jan 91 – Dec 91	MN
Jan 92	MD
Feb 92 – Nov 92	MN
Dec 92 – Nov 94	MD
Dec 94 – 3/13/2010	MN
3/14/2010 – 11/3/2010	MT
11/4/2010 -	MN

Top States	Dec 1991	Dec 1996	Dec 2001	Dec 2006	Dec 2011	
(# states with Streak runners)	37	39	36+	37+	45 & DC+	
(Streakers per Million)	MN 3.20 MD 2.93 WY 2.20 ND 1.57 CT 1.52 DE 1.50	MD 2.58 WY 2.11 ND 1.56 CT 1.49 DE 1.38	MN 3.45 WY 2.02 MD 1.51 ND 1.56 DE 1.27 NE 1.17	MN 2.84 MD 1.44 CT 1.43 CT 1.47 DE 1.19 NE 1.13	MN 2.73 MT 2.01 VA 1.87 IN 1.43 IN 1.69 MA 1.68	MN 2.45 VT 1.59 WI 1.58

* streak never certified ** father of Pete Gilman *** brother of Sherry Case + all certified

Postscript: Ken Young contacted me that he didn't become a California resident until 1994, so CA did not become the first state with ten active streak runners until April 1980 (vs. Jan 1980 reported in last issue of the Streak Registry). Also, through Facebook, another pre-1980 female stalker has been found. Eileen Rountree began her first daily streak October 1, 1977, which predates Julie Maxwell's streak by 9 months.

*Steve DeBoer ran his 47th marathon (50th race of 20 miles or longer) at the Twin Cities Marathon October 2, 2011, 40 years after completing his first marathon during high school cross country, October 10, 1971 at City of Lakes Marathon (precursor to Twin Cities). He drank no fluids that first marathon, running the second half 40 minutes slower than the first half, with a time of 3:29:40. He did drink fluid before and during his 47th marathon, running the second half only 2 minutes slower than the first half, with a time of 3:29:40. However, he had to stop at 6 miles for over 1 minute this time, due to **overhydration**, so his running time was faster this year. He passed 92 runners the last 2.2 miles, to reach his goal to be in the top 1000 (998th of 8533 finishers). His finish in 1971 – 27th of 51!*

“Let us run with patience the race that is set before us.”

Hebrews 12:1



Above is John King at a race.

JOHN KING JOINS USRSA

By: John King

I am originally a product of New Jersey. After college I worked in New York for a few years then moved to the Twin Cities in 1975. I began running in 1976 and haven't looked back since. In my 27 years in the Twin Cities I have lived near Lake Calhoun, Cedar Lake, Lake Harriet, Lake Nokomis, the Mississippi River and Woodbury. My two daughters and their families still live in Jordan and Coon Rapids.

I was living in South Minneapolis near Lake Harriet and began my running from park bench to park bench...huffing and puffing to get my breath...then attempting another. I did this for a few months then one day made the entire lake and was off to the races. I lived by 47th and Upton and when I would hit the Pavilion I would fantasize that I was finishing a marathon to motivate me to finish. When I began to run races I would enter most of the local 10Ks especially those around the city lakes although it was always in my plans to run a marathon.

I had a membership to the YMCA out by Southdale and one day asked one of the trainers how

to go about preparing for a marathon. He told me not to do it because I would probably hurt myself. Being a type A personality I sent in my application for Grandma's, back in 1979 when you had to mail in your application the first day they were available or you would not get in, and began to train like an animal. Needless to say the first person I thought of when I crossed the finish line was that SOB trainer.

I have since completed 40 marathons. I ran the last City of Lakes Marathon, the first Twin Cities Marathon and for years would run both Grandma's and Twin Cities. I have also run Big Sur, the San Diego and Phoenix Rock N Roll, Cancun, Fox Cities, and the first few Med Cities marathons. I have also competed in the Ed Fitz Ultra numerous times, five times as part of a two-man team and three times solo.

In the 90s I started running with the "Don't Forget to Breathe" running club and was also on the Board of Directors for the Twin Cities Marathon for a number of years.

In 1971 a job took me to Chicago and I ran in the Chicago Marathon 2003-2004. Blisters obtained at a formal dinner the night before prevented me from running in 2005. Travel, a job change in 2008, and aging slowed down my marathon training and participation, along with a fractured ankle in 2007 (not to mention ending my streak).

Although I have never stopped running, this spring in New Jersey I have become what I refer to myself as a "Born Again Runner." I dropped some excess weight and got serious about putting in the mileage. I am running anywhere from six to eight miles a day and loving every minute of it. I am giving some thought towards a crack at the New York Marathon.

This is probably more than you wanted to learn about me however; it has been good for me to chronicle a bit of my running history. Although I did not start running until I was in my mid 20s, running has defined me to a great extent. Running keeps me healthy, grounded, disciplined and mellow. It is a great time to think, to meditate and to relax. I thought through much of my doctoral dissertation on long training runs. Running marathons and ultras taught me that I could accomplish anything especially when you put it into the perspective that you can do anything for a day. Running also taught me patience for it is all about putting one foot in front of the other and listening to what your body has to tell you. I compete against myself when I run and my philosophy has been that I may not be fast however; I can go further and longer than most. Our running goal in the Twin Cities was to run on both the coldest and hottest day of the year, which got me out of the house on those below zero days. Here's hoping that our streaks continue for years to come. P.S. I got a six-mile run in this morning.

A "RETIRED STREAK" STORY

By: Craig Snapp

The Civil War ended, not long before I started My Retired Streak. Or, so it seems to me now. In the Actual/ Factual, it began in '78, and only lasted 16 months. When I chose to stop it, did something in the back of my diminutive Reptilian Brain know that 31 ½ years later it would be listed as the 166th Longest Retired Streak among USRSA Members!? Um ... let's go with "Sure!" For the ending of it, I sold my Sole to the Devil, and Below lies the Pointed Tale.

I'd been training for a marathon, (which takes place in Massachusetts, on a Monday), and every single thing had been going hunky-and-dory. Then, I strained my left hamstring. This was about a month before the race, and I knew what I SHOULD do: Stop The Streak. Then, take it easy till Race Day and that will improve the chances of having a successful 26.2. That's when I made my Deal.

I contacted The Hades Highness Of Heartbreak Hill, and made him an offer: If he would allow me to CONTINUE the Streak, and STILL have a Good Performance, I promised I would break it the following day. The papers were signed, and filed with The Lawyers, (from whom he'd received a Professional Courtesy Discount).

My pre-injury plan/ hope for the marathon was to sneak under 2:50, (which was The Qualifying Time for Males Under 40), which would automatically qualify me for the following year. ... Cut to The Chase: I went out at the originally planned pace, the hammy didn't whine until 18.6, I ignored it, and slipped across the finish a whopping 64 seconds ahead of The Time.

I took the Dead/ Red-Eye flight back to San Diego, and slept in until Tuesday noon. I'd taken the day off from work, and had no promises to keep. Except one. About mid-afternoon, I was feeling so sore/restless, that I went out for a walk. On the last part of the return portion, it started to rain. Well, I wasn't a big Wet-Head fan. After thinking about it, for six moments, I ran home.

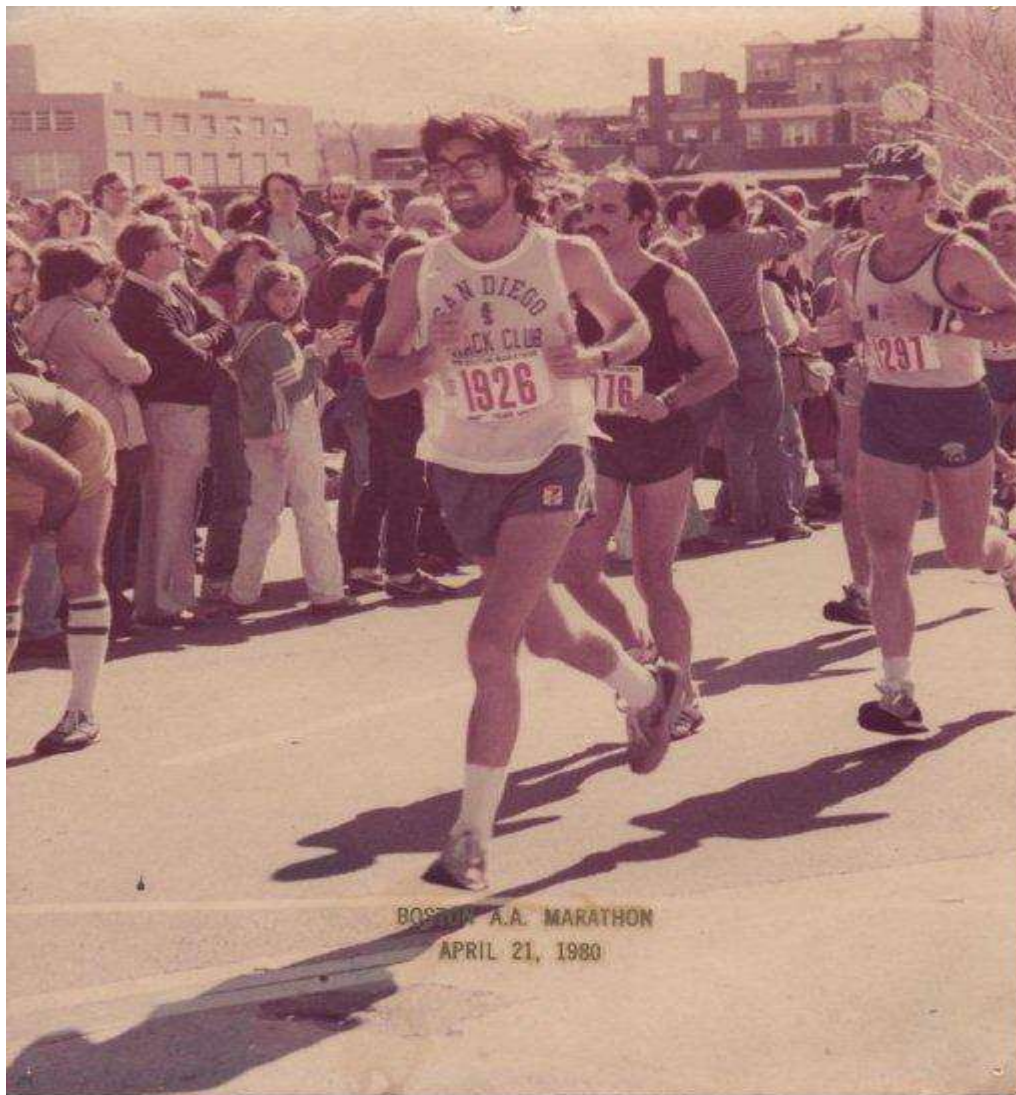
Upon arrival, I thought I heard some noise from my refrigerator's Devil's Food Cake, and Devilled Eggs. I opened the door. I looked at them. I made my case. : "I only ran for 5,279 feet, and anything less than a mile does not count as An Official Run. So, I did not 'run' today. The Streak is broken. Your Side held up your side of the bargain, and I held up mine. So, Go To Hell, for Heaven's Sake."

The following day, I started A New Streak. The day after that, I broke the New Streak. I had quite a few "short streaks" after that, (though none longer than 304 days), until Debbie Ciccati and I started our Current Streak in '98.

My Retired Version is a proud achievement to me, still. And, sources-close-to-the-situation have informed me that Our Current Version will some day switch over to that first-mentioned category. It's all about Makin' Memories, and Havin' Fun. And, I've been Beautifully Blessed to be able to do both.

DAMN! IT'S ALL GOOD!

(The below picture is of Craig Snapp at the 1980 Boston Marathon.)



"FRUGALITY" FROM "THE WRONG-COAST"

By: Craig Snapp

Team Debbie-And-Craig LOVES doing Marathons! They LOVE the Personal Challenge of doing the distance, (Or A Slightly-Super-Sized- Version- Of-Same), that some Famous Figure did, in bringing Victorious News, about some Historical Battle! (The fact that immediately after he delivered his message, he went "Code-Blue," and was "Pronounced" 26.2 seconds later does NOT hit the "Minimize" button on our "Enjoyment" screen!)

However, the subject of Money entered the discussion, a few miles ago. (Full-Disclosure: My "Template" for Race Fees is Boston '79, which was \$5!) So, we decided that if we wanted to do a Measured 26.2 Miles, (which we call a "Marathon"), without paying some Race Management Corporation \$150+, ... well, ... we could!

There is a One-Mile-Loop Course, which has been used for National Championship 12/24-Hour Races. There is a Certified Sidewalk Course, which has markers every ¼-mile, and is 3 ½ miles long. And, there is the Junior College Track, which I first circled as a P.E. student, only 43 years ago.

In the last few years, we have done 17 "Marathons" on them. (Nine on "The One-Mile," seven on "The Sidewalk," and one on "That Magic Track"!) And, every one has been a Wonderful Experience! Even without an Expo, a Swag Bag, or "Featured Celebrities"!

We discovered that the Joy Of The Journey, and the Sense Of Achievement do NOT require a Safety-Pinned Number on a Dri-Fit Shirt! And, the Heart, and the Lungs, (and the Quads!), do NOT know the difference!

We are not suggesting that others do as we have done. (And, in the last few years, we've done "Official Marathons," also! ... Although, sometimes my name has been Linked-In with the word "Bandit"!)

We do not believe that we are going to Bankrupt The Sport Of Marathonning! We've seen how many become "Sold-Out," in a Very Short Time, for a Very Large Fee!

We simply wished to make this Statement/ Confession!

And, we feel So Good having done this, we feel like going out tomorrow morning and doing another So-Cal So-Free Twenty-Six-Point-Two-Two!

**COIN-FINDING TOTALS - 2011
CRAIG DAVIDSON, (AZ), TOM ALLEN, (NJ),
TEAM-DEBBIE-AND-CRAIG, (CA)**

	AZ		NJ		CA	
PENNIES	2,863	76.8%	2,004	74.4%	2,546	78.9%
NICKELS	190	5.1	137	5.1	177	5.4
DIMES	461	12.3	357	13.2	334	10.3
QUARTERS	210	5.6	192	7.1	169	5.2
TOTAL	3,724		2,690		3,226	

(Below is Craig Snapp currently and at the 1979 Boston Marathon)



Meeting Interesting People While Running

By: Barbara Latta

While on a short-term missionary trip to Liberia, Africa, I wanted to continue my running streak. The first morning I awoke in Liberia I looked out the window and saw a beautiful beach and the Atlantic Ocean. What a wonderful place to run I thought to myself. I quickly put on shorts and a running shirt and went outside. The tropical air was fresh and I saw wonderful fruit trees all around. As I ran from the compound where I was staying, I started looking for a way to get to the beach.

As I ran through places to get to the ocean I appreciated the warm air. On the beach I kept noticing men in a squatting position. I thought this must be a ritual with which I am not familiar. It did not take me long to realize that the men were using the sand for a bathroom. Quickly I turned and ran off the beach.

My run continued on the partially paved streets of Liberia. During the Civil War in Liberia most of the streets had been broken and destroyed. I ran about two miles and turned to start back to my temporary house. As I ran I noticed the first two runners I had seen in Liberia. I was in a strange country and I was the only woman running. I decided to slow my pace. I realized that I was still catching up to these two men. They were wearing shorts and running shoes. One was darker skin than the other.

Finally I decided to run past them very quickly. I increased my speed and quickly caught the two men. Just as I was even with the runners one said "Good Morning." Without thinking I replied, "Oh, hi, good morning." The men picked up speed and said, "You are an American. Where are you from?" I answered the question and continued running with the very polite men. The lighter skinned man asked me about President Obama. He seemed to be well informed about the United States. We continued our conversation until I noticed I was near my house. I slowed by pace and stopped in front of the large locked gate. This is where I am staying I told the men. One man said that he would like to continue his conversation with me. I was surprised. The man asked my name and I told him Barbara. He said, "My name is Mansour Abdulla and I am the Ambassador from Lebanon." He told me that he lived in the Embassy with the Lebanon's flag flying that we had just passed. He told me that he would like to show me his garden.

My purpose of being in Liberia was to teach teachers. Because of the Civil War the teachers had very little teacher training. If a teacher had finished fifth grade the teacher could teach from grade five down. The superintendent asked for a person to come to help the teachers. The morning after my early morning run I started my work. As I walked about the mile to the place where I was to teach I did pass the Embassy. I noticed the guards in front and the high fence with barbed wire above it.

The third day after teaching from 8:00AM until 4:00 PM, I was walking back to my place. It was hot and I was hot. I did not look forward to going back to the compound with no air conditioner, no radio, no television, no telephone, no tape player, no refrigerator, no friends. I had my contracted meals with a family near my place. The electricity did come on from 6:00 PM until 9:30 PM. Still I had neither computer nor cell phone that would work.

I walked past the Embassy. I then turned and walked back very slowly. I knew that I had just told him that my name was Barbara. I wondered if he would remember me. I was so hot and thirsty and starved for companionship. I finally looked at the soldiers in front of the Embassy. They neither spoke nor smiled. I went to the one I thought was less scary. I explained how I met the Ambassador and asked if he would tell him that Barbara came to see his garden. He said, "You have to wait here."

I waited and waited. It seemed like a long time that I waited. Finally the soldier returned and said, "Follow me." I followed through the locked gates. I thought to myself, if this doesn't work out right, no one would ever find me. No one will know that I walked behind these gates. My sons will never find me.

I followed the soldier through a beautiful yard and up marble steps. I felt the air conditioner. It was so refreshing. I walked into a room where the Ambassador and another man were talking. I saw a large screen television and it was working. The Ambassador greeted me and introduced me to the other guest. I was served lemon grass tea and cookies from Lebanon. It was a delightful afternoon spent talking and laughing. This made my stay in Liberia much more pleasant. By the way, the Ambassador does not have a garden but he has a yard with fruit trees and a cinnamon tree. You just never know who you will meet while you are continuing your running streak.

Just Another Runner

By: Bill Anderson

Two birds...in a tree...in the park

“Who’s that who just ran by?”

“Just another runner.”

“I think I saw him yesterday...and maybe the day before.”

“He’s just another runner.”

“But I think I’ve seen him running in the park almost every day.”

“Trust me. He’s just another runner.”

“I was talking to some other birds this morning. They say he’s run in all 50 states.”

“Maybe, but he’s just another runner.”

“And forty one different countries.”

“Still, just another runner.”

“And seven marathons.”

‘Look at him. He’s obviously just another runner.’

“But check this out, they say he runs EVERY day.”

“Big deal. He’s just another runner.”

“But everyday for a LONG time.”

“So what, He’s just another runner. I heard that when he was in high school he couldn’t even make the varsity track and cross country teams.”

“Maybe you’re right...but did you see him running in the rain last week?”

“Yes.”

“He only runs outside. Did you see him running in the ice and snow last winter?”

“Yes.”

“And when it was over a hundred degrees last summer?”

“Yes.”

“Does that sound like just another runner?”

“Runners are weird. When you say, “He runs every day” you really mean almost every day, right?’

“No, every day.”

“But if he skips a day, he can make it up by running twice the next day, right?”

“No every single day.”

“What if he is traveling?”

“He runs.”

“How about the day he ran on a Saturday and then flew all the way to Taiwan...and it was 11:00 at night SUNDAY night due to the International Date Line?”

“He went out and ran that Sunday night.”

“How about the day his first granddaughter was born and he had to leave on a business trip to Atlanta very early in the morning?”

“He got up and ran at 3:30 a.m.”

“How about the day he had a surgical procedure done for prostate cancer?”

“He ran early in the morning the day of the procedure and then near the end of the next day.”

“How long has this been going on?”

“They say the last day he didn’t run, the most popular song was *Play that Funky Music*.”

“Wow. That was a long time ago.”

“And Gerald Ford was President.”

“Do you mean he’s run every day since then?”

“EVERY day. The last day he did not run was September 26, 1976.”

“That’s over thirty five years!”

“Right. Here he comes again.”

“That must be some kind of record.”

“Not according to the United States Running Streak Association.” There are fifteen people in the country with longer streaks than his.”

“How about in Texas?”

“Sorry. Alex Galbraith who lives in Houston has a longer streak.”

“How about in North Texas.”

“Until last January, Walt Byerly who lives in Dallas had a longer streak. Walt had to retire his streak do to a medical issue.”

“So this guy has the longest active running streak in North Texas?”

“Yes.”

“What’s his name?”

“I understand it is Bill Anderson.”

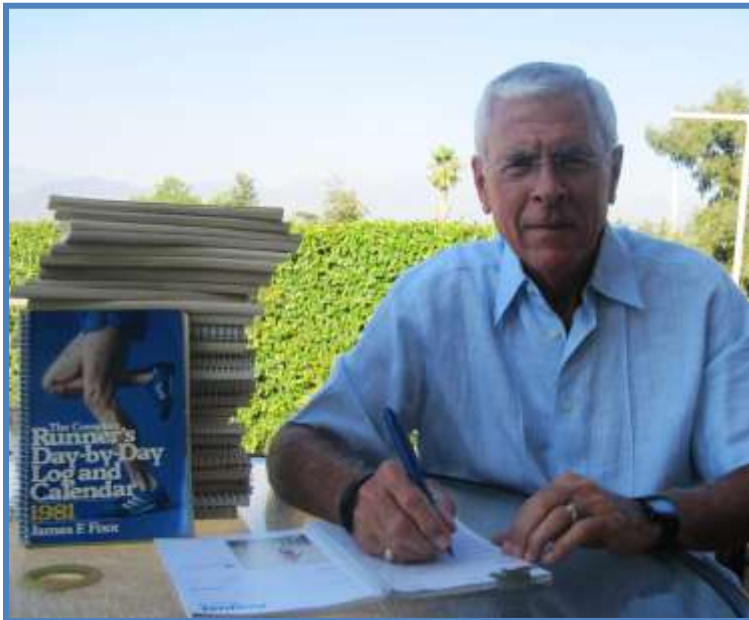
“I wonder how may of the other runners in the park know he’s run every day for over thirty five years?”

“Probably none, I suspect they think he’s just another runner.”

I'D LIKE TO BOAST, BUT WHO'S TO LISTEN?

By: Ben Dillow

Were my audience the local Rotary Club, or a gathering of University colleagues interested in an arcane path to physical fitness, or perhaps even a panel of professionals at the Annual Meeting of the American Psychological Association, these reflections would be easy—or certainly at a minimum—easier.



I could regale my audience with how “the streak” got started; may be even boast a little as I recalled some of the more memorable challenges of circumstance of health and weather which would certainly leave folks with their jaws dropped open in disbelief.

Surely these audiences would delight in my retelling of becoming hopelessly lost in Tokyo one Saturday morning carrying with me no clue as to my hotel name or location—and not the slightest linguistic facility for extricating myself from this circumstance. They would find equally silly the time I allowed myself, mesmerized by the magnificence of an

autumnal New England evening, to journey deep into the countryside—long after dark, New England country dark, largely uninhabited country road country dark, with absolutely no ability (or energy) to retrace my outbound trek.

I could carry on in great detail (as though they cared) of marathons embraced, of average daily mileage of five miles a day chalked up over the course of 11,000 consecutive days of running at least one mile without missing a single day, not one, of accumulating in those 30 years enough mileage to take me around the equator more than twice. I could speak of shoes worn (and worn out), shirts collected, weight lost, stamina gained, self-image elevated, family gatherings delayed—my friends at APA would smile and speak of Narcissus and want me to stop by their laboratories for further research.

Who knows—I might even get a free lunch.

Yes, the “Psyche” folks would smile knowingly, but they’d be fooling themselves, for it is likely the only audience that “knows” of the cost and benefits, and just plain dumb luck, of a running streak are “steakers,” and for them there is nothing that I could write that would be new or news.

Many streakers have run longer, and further, and most run faster. Many have confronted greater challenges of environment, profession and health. Average nearly five miles a day for 30 years? “Double those numbers and then write us,” streakers might say.

Another streaker reaches another milestone. Yes—and the neighbor’s dog barks, and the August sun simmers and politicians argue.

A thirty year streak is a personal milestone of interest to an audience of—?

One?

But the computer’s on, a goal not easily achieved met, and for the audience of one— if not more, I write.

On the 19th of August (or the 18th, depending on how one counts!) I completed a “streak” of running at least a mile a day for thirty straight years.

10,958 days (or so—for it is perfectly possible that I have miscalculated somewhere along the way of adding 1 to a previous number nearly 11,000 times over thirty years!)

And 53,727 miles on foot— (or so—see above caveat.)

Some would say I’m anal, I would say I have been extraordinarily lucky.

I won the parent lottery and with no effort on my part, inherited good genes.

The Achilles tendons have (for the most part) remained pliable, the knees (more or less) resilient—the heart and mind not only willing but enthused and easily pleased—what beyond a grandchild’s smile brings the pleasure of a five mile run?

More than 40 years ago I said “Yes” to a job in Southern California rather than the upper Midwest, and with only marginal thought of the consequence, was gifted largely stunning weather as a fringe benefit.

Okay, in truth, the climate was more than an afterthought—winter in Iowa in 1969 extended well into the Easter Parade.

Even my employment (a college professor and dean) conspired to minimize nettlesome excuses to sloth. If I couldn’t find an hour and a half on a college campus in Southern California to fit in a run—well I simply wasn’t trying very hard.

And so, somewhere around 29 years, 11 months and two weeks ago—without too much foresight of what was in store—I changed a simple question from “**whether**” I was to run (one always has two possible answers to that one) to “**when**” today would I run.” This second question allowed me to fall in step with a wonderful daily companion—The Run.

What a paradox streakers embrace.

We start an exercise program initially with the hope of physical health benefits only to find the primary beneficiary likely to be our souls (spelling intended) instead. We elect to physically exhaust ourselves each day on a run, only to find our energies not only replenished but increased by our effort. We carry angst and challenge to our smelly shoes and return an hour later with perspective found on a trail or hill, in a wood or along a lake, or on a bad day even on a track.

The details streakers share vary a bit in a matter of degree (miles run, pace, etc.) but on a host of issues we share company with folks we've never met. We share our stories only to find others nodding with understanding. We detail our runs challenged by health or weather only to find everyone has done that in spades!

We don't begin running with the expectation of matching Mark Covert's current (and running) streak of 43+ years. Matter of fact, few of us embraced "The Streak" until after "The Streak" had embraced us. But once bitten, we swat away excuses, legitimate excuses really, excuses that would cause many (read most) to take a break, like a mosquito on a humid Midwestern night.

Twisted ankles, tender Achilles, stiff necks, a bit of planter fasciitis, a stress fracture or two, cranky knee cartilage?

Weather or schedule that challenges?

Get creative.

And so, that is what I, and those now reading these words, have done.

Let's be honest: not a lot of people care.

In the great scheme of things what we have done really doesn't count for much.

No diseases eradicated, poverty reduced, justice spread, or children fed. But still—there is that perverse sense of pride that trickles out of our journal entries—and our sense of knowing—that counts for something and pays—to us and to those most close to us—handsome dividends.

We have accepted in part the challenge of the teacher from Ecclesiastes to embrace this life with energy, commitment and joy—and not personally knowing more than a handful of other "streakers" it would be my bet that were I to engage more, I would find the residue of their investment in self-paying dividends similar to mine.

We managed to find joy because we look for it and we expect to find it; and we find it all around us. We find it in the simple blooms and smells and sights of our runs in early spring or late autumn, in the splendid isolation of a long private run and the company of thousands juggling for position at the start of a race; we love the gentle breeze in our face or at our backs, and we delight when the weather howls. An autumn forest delights, but so too a quiet winter scene when only the squeak of our shoes on the new fallen snow disturb the quiet. We find pleasure in the challenge of weather or terrain that many would avoid.

How many times have we been stopped in the middle of a stunningly beautiful run in a heavy rainstorm and been offered a ride? Outside in the rain means you're in trouble; unless you're a runner.

When others stay in, we go out.

"You sure this is good for you," the doorman at my Chicago hotel inquired as I headed out to the lakefront on a January day that would not see the mercury climb above 20 on the south side of zero.

"Yes," I said.

Without hesitation.

Pleasure from running is quintessentially human: we need little other than a pair of shoes.

Most of the time.

And now even those are becoming optional.

We smile more than many for it is difficult to manage both hills and baggage, so we toss the one and embrace the other.

Because we know the value of our private time each day, I suspect we honor that need in others.

Because we come to powerfully know that our "run" which is so important to us, is aided and abetted by its good friends diet and rest—we tend to be wise practitioners of other good health habits.

I suspect we would find in any survey that the habits folks who run share are not just physical.

It is likely that the discipline, order and commitment to run each day finds outlet in our work and in our personal lives and relationships. And I would be stunned if any of long time runner were without examples from their neighborhood or family of folks who are now paying attention to their health born of respect and appreciation, most often unstated, by the runner's example.

So I run a bit.

I did so today and yesterday, and the day before as well. And I hope to do so again tomorrow. Just as I have done since August 19th 1981; and before.

I now run more than a bit slower than I did when I started; but I still run.

I run a bit shorter now than I did when I started this streak; but I still run.

I mix in walking now with my running (never to jeopardize the running streak mind you) but to maintain my desired goal of 40 miles a week, 2000 miles a year on the hoof, I walk a bit.

The walk, in truth, is not as satisfying as the run, but a modest concession to using that very small piece of the brain that still works, albeit marginally, invites me to court Princess Common Sense even if I don't choose to marry her.

I close, as did Stuart Calderwood in the last quarterly of The Streak Registry with awareness that one day my journal entry will be short—"no run today."

It is my hope, however, that visitor will come to my journal no time soon, and I trust I can continue to give my wife the easiest item on her Christmas shopping list to find: a Runner's Journal for the New Year.

Some 2500 years ago, the Greek historian, Herodotus said this: "Neither snow, nor rain, nor heat, nor gloom of night stays these courageous couriers from the swift completion of their appointed rounds."

Some thought he was referencing the Persian mounted postal couriers whom he had observed and held in high esteem, but I'd invite Professor Washburne, himself a historian as I understand by his closing remarks in our last issue of The Registry, to check for sure that old Herodotus wasn't really paying homage to our early brothers in streaking from Greece.

It is becoming increasingly unlikely that anyone would combine the word swift in a description of my running unless it was immediately followed by the verb—"decline."

I'm pretty sure my wife would find a more appropriate word than "courageous" to describe my commitment to the daily run.

But.

But as long as I stay out of Tokyo, I can claim familiarity with my "appointed rounds" and I am blessed to be able to daily, at least for the present, continue to complete them.

May it also be so tomorrow.

And for you as well!

Redlands, California
August, 2011

10th Anniversary of a Streak

By: Jim

Merritt

In July 1998, when I was 50 years old, I gave up a 30-year addiction to cigarettes. Running, not to mention streaking, had never crossed my mind. About two months after I quit smoking I was beginning to put on some weight, so I decided to start walking to try to keep my weight in check. After only a few days of walking I was bored. I just decided to give running a try because I could cover the same distance faster. I became as addicted to running as I had been to smoking which is a good thing. After running for 5 or 6 days a week for a little over 3 years I thought I would see how many days in a row I could go. I basically was only going to have to add Sunday. I never ran on Sunday before I started my streak. I established 7 routes, one for each day of the week, and measured out a 3 and 4-mile distance on each one. I wrote the names of the routes on pecans and dropped them in a "Sobe" drink bottle. I put a label on the bottle that said "Pecan Lottery." Just so you know, I am still using the "Pecan Lottery" every day ten years later. The 1st day of my streak was October 29, 2001.

I decided to run 4 miles on Monday, Wednesday, and Friday and 3 miles on Tuesday, Thursday, Saturday, and Sunday. This gave me 24 miles a week and kept it interesting, as I would go through the 7 routes at random each week. I continued to do this for around 8 years. In October 2009 I took a nasty fall off my roof, backwards, landing on a wood deck about 9 feet below. I was knocked out and suffered a mild concussion. I was taken to the emergency room by ambulance and checked out thoroughly. Nothing was broken inside or out, not even a bruise. I realize that my streak could have very easily ended that day. It was only by the grace of God that I managed to get my minimum mile in over the next week or so. My wife made me run around the yard so she could keep an eye on me for several days. From that point on I eliminated the 4-mile days and have been doing 3 every day since.

During my 10 years of streaking I have accumulated over 12,000 miles with an average of around 3.3 miles a day for that period. Every weekday over the past 10 years I have been getting up at around 4:00 a.m. so I can get my run in before work as I am still working full time. I get to sleep a little longer on weekends, and I enjoy running 5K and 10K races on Saturdays every chance I get. I have recently gotten involved in trail racing, which I thoroughly enjoy. This past July I won first place in my 60-64 age group for a 7-race trail series. I am looking forward to other trail running events next year.

I am so glad to be part of the USRSA family and look forward to being a part of it for many years to come. I would like to thank the Strumskys for starting this fine association and Mark Washburne for continuing to keep it moving right along. May God bless all my fellow streakers. May He protect us from all harm and injury and help us to maintain healthy bodies as we continue to run every day. I enjoy interacting with all of you on the USRSA Facebook page.



Jim Merritt's "Pecan Lottery" System



Paul DeNunzio at Pequannock 5K in New Jersey

**PAUL DENUNZIO BECOMES 400TH MEMBER TO JOIN USRSA
STARTS STREAK ON 30TH BIRTHDAY – 11/10/11
By: Paul DeNunzio**

My running started back when I wanted to be in better shape for myself while also improving my fitness for playing year round volleyball during the February of 2011. I had a \$10 monthly gym membership and running on the treadmill was one of the things I did to stay in shape. Due to the monotony of the treadmill, I knew I needed to get out of the gym and start running outside. It seemed like I wasn't going to be pushing myself looking at the mirror of my tired self.

When the warmer weather came around I took the initiative to use the trail system that was developed in my town a few years back. I would run them in the past years periodically but I would not really take notice of the people on them. Due to a keener eye this year during the summer months I noticed more people who would not normally run together on the trails and thought that they must be in a running group. This sparked my interest, as I knew I needed some company during my fitness runs regardless of running ability. At this time I was playing volleyball about 3-4 times a week.

A few short days later through some research on the Internet I was led to my running group. In a short amount of time I have had the pleasure of running races with this group while also running on my own. The wonderful people that I have met through this endeavor have motivated me to want to unlock my running potential. Their knowledge of running has opened my mind to a new world. The founding member of my running group Mark Washburne is someone who has paved that path before me to follow. Running with Mark has served me well and is an inspirational pleasure each week due to his commitment and excitement for running. My life had now changed to running about 4-5 days a week. I know that run streaking will now become an integral part of my life. I am connected to my running group now and forever. Their stories inspire me, move me and have me thinking differently. This has been an amazing journey thus far and I welcome the future of what is in store for my newfound passion.

“There are many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be.”

- Dr. George Sheehan

“As a breed, runners are a pretty gutsy bunch. We constantly push ourselves to discover limitations, then push past them. We want to know how fast we can go, how much pain we can endure, and how far our bodies can carry us before collapsing in exhaustion.”

- Bart Yasso in his book *My Life on the Run*

MEMBER UPDATES

GEZA FELD CELEBRATES 4TH STREAK ANNIVERSARY

Thanks for the congratulation on my 4th anniversary. I am flattered that you want to have an article on my running, but I think we have to wait with that for a while. The reason for that is that I forgot my age.

I ran 28:20 at a 5K but I was not satisfied. I started to do hills and intervals with intensity not designed for age 78. I developed sciatica so severe that in the last few months I am reduced to run only a mile or two per day, sometimes with severe pain.

I tried everything: pills, doctors, reduced mileage, slow pace and there is some improvement but very slow. I'll try physical therapy and hope it will help.

We should wait to do an article when I am back to real running and have something good to say. Until then, here is a joke for our newsletter:

An old man goes to the doctor. "Doc, my right knee hurts."

"How old are you?"

"I am 97."

"Ninety seven? What do you expect?"

Well, I expect it to be like my left knee, which is also 97 and doesn't hurt at all."

Maybe this will cheer up some of the wounded warriors.

Geza Feld
Farmingdale, New York

SCOTT CYPHERS RUNS IN HURRICANCES

My streak started the morning Katrina came to New Orleans, the remnants of which I had to run in a few days later, and my sixth year finished with running in Irene.

I am near Boston and I run early, so the eye was still near Philadelphia when I ran. I remembered Gloria, so I didn't want to go too far in a hurricane with a similar path. I managed to start when a band of no rain was passing over. The clouds were moving quickly, but on the ground the wind wasn't that bad and helped compensate for the warm humid air. There was quite a bit of debris on the roads, and I tossed some of the bigger chunks to the side. I decided five or six miles would be safe.

About half way through, it started raining hard, and then it let up, some more heavy rain, but nothing bad like lightning or hail. About an hour and a half after I finished, heavy rain was blowing sideways. I don't want to think about what it would have been like if that had arrived when I was 2.5 miles from home. It soon reverted to a windy rainstorm for the rest of the day, as we were spared from the bad parts of the hurricane.

The next day was sunny, cool, and dry, so I am hoping that will be the norm for the next six years, or at least for a few days.

Scott Cyphers
Bedford, Massachusetts

STEVE JONES STREAK HITS 3 YEARS

Today [September 9, 2011] I complete a milestone: Three years of running every day, at least a mile a day. Unlike most of those days, today was a struggle, with me feeling tired, my mind wandering, and unable to get into the zone. Every step was a step to me, and I remember them all. Not a good run.

However I persevered. I wanted to walk a few times, and would plan on walking the next hill, but I never did. I slowed down and kept jogging. I wanted to turn around early, but I didn't. I went my fairly regular route, and added a few more steps on each of the turn-round points (there are two).

One thing I've learned in three years is that I'm a grinder. I work through the stuff that I need to, even when I don't want to. I've learned that I like regularity, with just a very small hint of variation once in awhile.

I've learned I feel healthier with regular exercise, and that running every day is not only possible, but it helps me monitor my energy level, my happiness, and my effort level. Both in life and work, I can tell when stress is getting higher, when I'm pushing too hard.

I've also learned that exercise is my hobby. I sometimes lament that I don't spend enough time playing guitar, or working with wood, but ultimately I realize that my activities (baseball, snowboarding, running, etc.) are a hobby.

Three years, running every day, has taught me about myself, and at the end of every day, I feel like I've accomplished something, no matter what else has happened.

It's been a good three years and I'm not sure how long I'll go, but I've enjoyed the

journey so far.

Steve Jones

Colorado

Parker,

BILL HOWES STREAK ENDS AFTER 435 DAYS

I regret to tell you that my running streak that started on 6/30/2010 came to an end on 9/7/2011. It lasted 435 days and 739.2 miles for an average of 1.7 miles per day. I ran in 7 different states (Michigan, Ohio, North Carolina, Missouri, Florida, Minnesota, and Wisconsin) and also 3 days on the deck of a cruise ship while we vacationed in the Bahamas last December. I felt great all the way through the streak and will be sending in my form to list my current one shortly - 11 days starting 9/10/2011. I hope this one last longer!

Thanks again for all the hard work you guys do keeping this association together.

Bill Howes, Jr.
Royal Oak, Michigan

HENRY LENGKEEK JOINS USRSA

Running has always been part of my life. As a youngster growing up in South Dakota, communities were at considerable distances as well as my friends' homes. So I would often run to the local town or friend's house. This led to competitive running in high school.

Because of my commitment to a scholarship to play college basketball, I was not able to run competitively in college but upon graduation I knew that I needed something to quench my competitive drive so returned to road racing. I did the 10k's for awhile but because of the brutal winter weather and the lack of indoor training equipment, it was primarily a seasonal burst.

In 1982, I moved to California. Because of my career as a teacher, coach, and minister, I had the opportunity to concentrate on running more consistently. Eventually I worked my way up to the marathon level and did Boston in 1992. I had some minimal streaks of 100 days but nothing longer.

In 1994, I moved to Michigan. Initially, the move was a challenge and I dealt with it emotionally by running. Although, I did not have a streak in mind, I did make a commitment to seeing how long I could run without something stopping me.

The months turned into years and now - 17 years later and back in California - I still enjoy the peace of preparing for the day by running a 5 miler. The running has been extremely therapeutic as well and it enabled me to pursue goals, which has let me to apply these teaching lessons to other areas of my life.

Other than a couple sprains, bouts with bronchitis, flu, and the occasional cold, there has not been a serious threat to the streak. So I keep on.

Henry Lengkeek Lakewood,
California

NICK MARTINEZ SUGGESTS STREAK STICKERS

I know most of us have stickers on the back of our cars that say 13.1 or 26.2, etc. How about a streaker sticker? Here are some suggestions:

1.0
1.0~
1.0-1.0
1.0 etc.
1.0 & repeat

I like 1.0~ the most. What do you think?

BTW, I started doing my streak runs (1.16 miles) barefoot. What a difference in my form. When I run longer (in shoes, of course), I truly run better.

Nick Martinez Claremont,
California

ELIZA ESHELMAN STREAK HITS 9 YEARS

I celebrated the streak today [September 22, 2011] by doing what most streakers do...run. It has been a great 9th year and today, the start of the 10th year, will be filled with much adventure and challenge.

Just last spring I had to run with a broken rib. Limping down the roads, I felt like a suffering animal that should have been shot and put out of its misery. But I made it through the pain and am happy to be here on my 9th year.

Hard times such as that only allows me to appreciate running even more and really proves to me why I run. I don't do it for the numbers of mileage or time but I get out there everyday because it gives me freedom from the bounds and restrictions of this suffocating society. I have not lost contact with my body, mind or spirit due to the few moments I take out of each day to RUN. Looking forward to many years down the road...thanks for the support! Happy trails,

Eliza Eshelman
Columbia City, Indiana

STEVE DAVIS JOINS USRSA

The best way to start running is to get a big hyper dog. In the summer of 2002 at age 49, I got Tory, an energetic Shepherd/Lab mix. I was a couch potato. He almost dragged me along the road on walks. To burn off energy, I jogged until out of breath and walked, then repeat.

We had a loop around the neighborhood of about a mile. Before long we were running the whole loop. We gradually increased our distance over the year until 6-8 miles was no problem.

One day at work my colleagues asked if I wanted to run a marathon? I said "sure, how far is that?" In the Fall of 2004, I ran my first marathon thanks to Tory! I was hooked. Tory and I trained more and even ran 26.2 miles together (good doggy).

Running resulted in a total lifestyle change (45 lbs weight loss, habit of running most mornings). After 12 marathons, qualifying and running Boston twice, and missing several due to injuries, I decided to try running uninjured forever.

The concept was simply don't do what I was doing since I was getting injured. I decided to run every day starting August 18, 2010 because I noticed days off left me tight. I stopped stretching because doing short sprints on my runs made me feel more stretched than static stretches. I wore my shoes longer because they felt comfortable (1700 miles on a pair still felt good). I also developed a mid foot strike which really helps prevent injury. I felt great on my first running streak anniversary having ran 2836 miles injury free in 365 days! I am in the process of moving from North Carolina to Michigan. Winter running will be a new challenge! Run on!

Steve Davis
Durham, North Carolina

EILEEN ROUNTREE JOINS USRSA

I started to run October 1, 1977, to improve my endurance for tennis. I competed in statewide tournaments all over Wyoming. The elevation demanded fitness and running provided a way for me to improve my stamina.

I started and never stopped...that is until I delivered two children...a daughter in 1982 and a son in 1986. I wouldn't have missed a day during childbirth except my labor lasted 27 hours for each baby.

After the childbirth ordeal, I needed a renewal which running provided so I was back at it the very next day. It was a "head clearing" activity for me...everything clarified itself during my runs. I ran the same route every day without fail, just like the postman...neither rain nor snow...you know the drill...at home, and away at tournaments, on trips to visit family in Chicago...nothing deterred me. And my sister and children can attest to this daily ritual. I never thought to log my runs...I do not think I had the time either.

I am not affiliated with any groups and have never run a race. I ran alone each morning, usually starting between 4:15-5:00 AM.

I was a physical education teacher for 11 years and an elementary principal for 26 years. Running provided the best time to plan my day, reflect, create and meditate. It also provided a unique opportunity to learn and enjoy life in the early morning which included admiring the moon, falling stars, sunrises, birds, especially owls, coyotes, bunnies, etc. My streaks total over 38,027 miles.

I appreciate the support from my family. My children understood my need to run in the morning and they were very cooperative.

I was a single mother therefore I needed to run close to home...running in half mile circles. The children knew I was not far away. Turning on a light was the signal that I better hurry home. Thankfully they were very healthy and there were no early morning emergencies. I would complete my run and then roust them out of bed.

The holidays were a challenge, as I had to awaken around 3:00AM to play Santa, Easter Bunny, etc. Mom, sister, and significant other, Keith, gave up on convincing me to "take a day off" and rest.

Obsessive I am but my daily running is a source of pride for me. I physically cannot run anymore - flat feet and knee problems, but I still walk 4-5 miles every day.

I also enjoy tennis, golf and lifting...good thing I am now retired! One has to prioritize...I have elected to run on the tennis court and walk each morning. My running and walking total is over 55,440 miles.

Eileen Rountree
Nevada

Sparks,

CHIP LEDUFF SNEAKS IN A RUN AT OFFICER TRAINING

I'm finally done with all the Navy training school that I had to go to this summer. It was tough for a while there to sneak in my initial runs when I got to Officer Development School in Newport, Rhode Island. We arrived on a Sunday and we weren't able to leave the barracks building that we lived in without supervision taking us somewhere until Thursday. After that, we were able to do anything we wanted for exercise. I resulted to sneaking away each of those days to run inside the barracks on the empty fourth floor. Fortunately, there wasn't another company up there, and no one really missed me while I was gone. :)

Chip LeDuff
Norfolk, Virginia

STEVE GATHJE STREAK HITS 39 YEARS

My 4-mile run this morning [September 24, 2011] completed my 39th year of running at least 1 mile everyday. It was a very nice Minnesota fall morning. I was in Rochester, Minnesota visiting my Mom so my run occurred in the same town where the very first run of my streak took place (a 3 mile run). I've averaged just over 7 miles a day (although I'm only running about 30 miles a week currently).

I gave up racing/competitive running about 10 years ago and I nearly always run alone. About a month ago I actually had to see a doctor for the first and only time in my 39 years. Fortunately the doctor I went to is also an avid runner (he has run in 30 Twin

City Marathons in row). I was diagnosed with "runner's butt" and am now going to physical therapy. Running is a bit painful but I don't think the streak is in danger.

Steve Gathje
South
Minneapolis, Minnesota

KEVIN BRUNSON STREAK REACHES 4 YEARS

Streak up-date (start 10/06/2007 – 10/05/2011) for Kevin Brunson, Age 52.
Year 4 = 1461 Days.
Total Miles 9,226.1.

Marathons run during streak:

1. Sacramento CowTown Marathon 10/07/2007 Time: 3:18:02.
2. Redding Marathon 01/18/2009 Time: 3:46:10
3. Bizz Johnson Trail Marathon 10/04/2009 Time: 3:22:07
4. California International Marathon 12/05/2010 Time: 3:24:16
5. Napa Valley Marathon 03/06/2011 Time: 3:29:29
6. Reno's Rock-n-River Marathon 05/01/2011 Time: 3:24:46
7. Lake Tahoe Marathon 09/25/2011 Time: 3:26:20

Future marathons planned: Confirmed Registration for California International Marathon 12/04/2011.

Kevin Brunson
Reno, Nevada

JOHN WATTS STARTS 32ND YEAR OF STREAK RUNNING

I have now started my 32nd year of this running streak. My streak may be unique in that it started after I thought I was done with running. I ran competitively through high school and college and took it very seriously. So seriously, I was frequently injured.

After college, I was sick of running and gladly stopped. The streak began 3 years later as I realized how much I missed running, and I wanted to get back into shape. Interestingly, my propensity to injury seemed to go away once I became my own coach.

It's a rare day I don't enjoy my run, even after all these miles. It's a blessing I know won't always be part of my life, but I'm grateful for each day that it still is.

I'm told I'm the chaplain of this organization. Not quite sure what that means, but I consider it an honor.

I must say I've enjoyed the streak even more since John and Dawn Strumsky and now Mark Washburne have put together this association and made it possible for us to be in touch with each other. Thank you so much! It must be tons of work, but it is really appreciated.

John Watts
Nampa, Idaho

DAVID DEBOER STREAK REACHES 2ND YEAR; RAN AFTER TOE SURGERY

Yes, I did successfully complete 2 years of running every day. It was a challenging year though, having to figure out how I could run after surgery on both little toes at separate times in the winter. I had corn/callus growth on the toes that were causing me pain when I ran or walked which were removed.

I did find I could run with a surgical shoe on one foot if I matched it with a running shoe on the other foot that was about the same height. My surgical shoe foot did get quite cold though especially if the temperatures were below 30 degrees as the shoes just have a Velcro flap. The other key was coming straight down on the foot with no up on the toes stuff. The surgery was successful without any re-occurrence of the problem.

The second challenge was an injured Achilles tendon. I was able to run on it but had to avoid going up on my toes again (which is my normal running style) and running races at a reduced speed. I'm still working through this one and will probably not do any more races until it is fully healed.

Dave DeBoer
Manchester, Missouri

SHELLY CABLE JOINS USRSA

My running life started before I knew I was running. As a child I would spend days running through the trails in the mountains near my childhood home. The miles passed as I lived imaginary lives and created whole worlds. Running was a form of control and escape back then and it remains those things and much more today.

Although I raced shorter distances in my younger running years, my serious love of racing didn't start until I was in my twenties. I never dreamed of going beyond the 10K mark until 2003. That was the year of my first road marathon and the beginning of a passion for longer distances.

I have since run countless shorter distances races: 12 road/trail marathons, 6 trail 50Ks and 1 trail 50 miler. I completed these races while attempting to hold together a full time job, three wonderful kids, a hard working husband and my sanity.

Running every day is a way to show others that daily purposeful movement is achievable and necessary for everyone: busy moms, tired dads, little kids and big ones. No one is truly too busy to simply put one foot in front of the other.

Shelly Cable
Bedford, Pennsylvania

THERESE SAVONA TRAINING FOR HER 1ST MARATHON; RUNNING DISNEY WORLD MARATHON IN JANUARY

I'm running the Disney Marathon in Orlando on January 8th. I still run everyday, even with the Florida summer heat and humidity. Currently, I'm in my 9th week of training [September 27, 2011] for my first marathon in January 2012 and I'm looking forward to the challenge. Should be exciting!

Therese Savona
Tallahassee, Florida

Update from Therese Savona (10/31/2011): My streak and training are still on track. I'm heading into my 14th week of training and haven't skipped a mile. I did a half marathon on Saturday, which is the longest distance I've run so far. I was very happy that I ran it in 2:09:21, my fastest long run to date. Between my streak and my training, I did 28 miles last week and each week it keeps increasing. I'm hoping my tempo runs will pay off so that I can finish the marathon in 5 hours. And of course, on my "rest" days of training, I get at least a mile in to keep my streak alive!

EVERETTE DOFFERMYRE STREAK HITS 4 YEARS

I am currently running with some pain. The injury is getting better, albeit slowly, but I am sure it would heal quickly if I would give up running for a few days. That, of course, I refuse to do. The stories I have read about the legendary streak runners reinforce my determination to keep my streak alive and simply let the muscle pull in my right glut improve over time.

I started running daily on Oct 6 [2007]—three days before the Dow closed at its all time high. I hope I am still running without a “miss” when it sets a new record in the years to come. In the meantime, I can say that running every day through this very difficult period, economically and otherwise, for our country has relieved a lot of stress.

Everette Doffermyre
Atlanta, Georgia

NICK MARTINEZ ASKS, “RUNNING SHORTS OR UNDERWEAR?”

A little background ... I've been a 5am runner for years. Then I started working the graveyard shift (7pm to 7am) for a year. Now, I'm a 4pm runner, which helps me wake up for the night shift. Suddenly I'm moved to Day Shift. Sounds great! But when your body is used to being awake all night and sleeping during the day, your circadian rhythm is totally out of whack. First shift was no problem. With the assistance of my wife

and two alarm clocks, I was up at 5am and completed my run before work.

Second shift, we both slept through the alarm. I woke up at 6:05am ... crap! I threw on the clothes I'd laid out the night before (running clothes) and headed to the station. It wasn't until I opened my locker to put on my uniform that I realized ... crap again! I'm wearing running shorts. I have no underwear!

The Academy taught us to adapt and overcome. Running shorts became incredible comfortable underwear for a day shift of 90+ degree heat under a wool uniform.

To end the day, I was held over for two additional “situations.” I ended up working until 11:30pm and still hadn't completed my run for the day! I simply peeled off my uniform and tied on my running shoes. I ran my streak run from the back door of the station: another run in just under the wire.

Streakers are an incredible group. I know you have had to do incredible and sometimes ridiculous things to get your run in for the day. Email your stories. We'd love to hear your “close calls” and “ridiculous runs.” Maybe there would be enough for a new section in “The Streak Registry.”

Nick Martinez
Claremont, California

ZOE SCHULTZ JOINS USRSA

My name is Zoe and I have just completed the first year of my running streak. I decided to start running last August 31st when I began college at The University of Maryland in College Park.

During the school year, I ran all around the campus grounds and when I was home on breaks I ran throughout my neighborhood. I usually run by myself but sometimes I run with my mom.

I participated in several on campus fund raising events including the Undie Run on May 16th, which collected clothing for needy people.

I also ran in the Cheat River Festival 5K in West Virginia, and the Cool Kids 5K in Lutherville, Maryland.

Throughout the year I ran in several cities and states including Boston, New York City, and Ocean City, Maryland. I average 1 to 3 miles per day and I plan to continue my streak as long as possible.

Congratulations to all the other members of USRSA who have made a commitment to physical fitness through running! Run Every Day!

Zoe Schultz
Timonium, Marland

SUSAN RITTER-SCHULTZ CONTINUES A MARYLAND TRADITION

Please accept this payment on behalf of Zoe Schultz, the second member of our family to decide to make running part of her daily routine.

My own streak was inspired by our close friend and fellow USRSA member, George Church, and in keeping with the tradition he started, I would like to submit the payment for Zoe's first dues to USRSA!

While Zoe does most of her running on campus at The University of Maryland throughout the year, when she is home we enjoy running together. It is a shared experience that has enriched our lives and lifestyle in so many wonderful ways.

Susan Ritter-Schultz
Timonium, Maryland

HARVEY SIMON STREAK REACHES 33 YEARS

Still at it, logging about 40 a week, slow but enjoying every step. My daughter has taken over marathon running for the family.

Harvey Simon
Newton, Massachusetts

JEFF BLUMENTHAL STARTS STREAK AND JOINS USRSA

I have been a pretty regular runner since college, around 1980. I have run about 4 to 6 days a week during that time, usually for 45 minutes. I have run 3 marathons - all in 3 ½ hours or so. My last marathon was the Houston Tenneco Marathon in 1992. I have also run countless 10-K races, although I have not recently run a 10-K. My running logs go back to late 1990.

After reading in the news about the people who run every day for over 40 years, I am looking forward to the challenge of running every day. My first goal is to do so for one year. Let's see what happens from there.

Jeff Blumenthal
Oklahoma City, Oklahoma

RANDOLPH REED JOINS USRSA

I started my running streak on September 1, 1984, in part inspired by the tremendous athletes at the 1984 Olympics in Los Angeles, in part by my coach and running mentor Laszlo Tabori (former World Record holder in the 1,500 meters), and in part by my friend Julie Isphordling (who ran for the U.S. in the first women's Olympic Marathon in 1984 and ran her first race ever with me).

During my streak, I have run in every one of the 50 states, have run on 6 continents, and 40 countries. My coldest running day was - 67 degrees (with the wind chill) and my hottest day was 121 degrees.

I have run for most of my life, as well as having been involved in many other sports. I have competed in numerous races (mostly 10Ks and 5Ks) and have completed one marathon.

Randolph Reed
Las Vegas, Nevada

VINCE NARDY JOINS USRSA

I started running in the fall of 1979 when I took a running class at the University of Toledo. The instructor was the legendary marathoner [Thian K.] Sy Mah [August 2, 1926- November 7, 1986]. (I remember years later when he passed he was on the cover of *Running Magazine* and remembered what a profound impact he had made on me.)

At the time, I was still smoking and put on weight. I was getting a bit pudgy for a 20 year old as the beer and college lifestyle was beginning to take its toll. The first day of class we were timed in a 3-mile run for a benchmark and I remember being exhausted, coughing and being really embarrassed at how badly I had taken care of myself. That day and that class changed my life.

I have been running continuously since 1979 and have only a few days off here and there over the years, as running has not become part of my lifestyle. In fact, now it is an addiction and is an activity that I cherish and look forward to daily.

Like many others who run daily, I will rearrange my calendar to make sure I get a run in even if it is only a 3-mile jog. Typically I run 5 miles per day, every day. When I saw the article in the *Wall Street Journal*, I had to write to part of this prestigious group. My hat is off to those who have done decades of daily continuous running!!

Vince Nardy
Salon, Ohio

DAN MANSUETO JOINS USRSA

I have been running on a more or less regular basis since the fall of 1977 but I did not begin streak running until 2002.

In the early 2000s I increased the frequency of my running to lose weight. Over time I missed fewer and fewer days. Then, over one nine month period in 2002, I jogged every day with the exception of 6 days (3 when I had a cold and 3 when forest fires had so fouled the air where I live (Los Angeles) it was very unhealthy to jog).

During this period, I mentioned to my brother how often I was running and he claimed that once, when he was in his 20s, he ran every day for a full year. That planted a seed. I started what turned out to be my first one year-plus streak on December 22, 2003.

It was some time during the first few months of that streak that, with my brother's claim in

mind, I decided to see if I could do a full year without missing. I was able to do it but my first streak did not live to see its second anniversary. It ended in July, 2005 when I missed 3 days while visiting relatives in Italy.

I started my current streak on July 17, 2005, in Italy while in Montefalcone, which is my father's hometown. My mileage has increased over the course of the streak. Initially my minimum distance was 3.4 miles. I increased it to 6 miles on November 30, 2007. On January 1, 2010 I increased it further, to 8 miles. I have been planning for some time to cut my mileage back to 5 or 6 miles a day, but I have not yet found a sufficient reason to do it.

Personal: I graduated from the University of Chicago with a BA in History in 1981, and from UCLA Law School in 1985. I have been married for 22 years and my wife and I have two children, who are 16-year old twin boys. My 16-year old son Anthony is on the Notre Dame High School JV Cross-Country team, of which Legend Jon Sutherland is the coach (Anthony's twin brother Mark is on the JV football team). My primary other interests are Catholicism and golf.

Dan Mansueto
Los Angeles, California

ELLEN RUNNOE' STREAK HITS 4 YEARS

I did run four miles and had a glass of wine to celebrate the four-year date! I teach second grade and wore running pants and jacket to class. I told them today was a big day for me. I often challenge them to race (about 30 yards) on the playground. Although I am in my late 50's I can still beat a seven year old! Sometimes a child wins but more often than not I win!

Last year I ran the Cellcom Half Marathon in Green Bay. My daughter Mary (20 years old) ran it too. She is also a streaker.

This spring my baby is a senior and will graduate in May. He also won a state track medal in LaCrosse. This May will be busy with track finals and high school ending so I am not planning to run the Green Bay Marathon until 2013. My husband said he'd run it with me. Will be fun!

Ellen S. Runnoe
Wausau, Wisconsin

ANN HANSON JOINS USRSA

I am a latecomer to streak running. I graduated from high school and college before Title IX so I never participated in sports, although I was a Physical Education teacher for 33 years. I have run off and on throughout my life. I have run a couple of 5Ks although nothing note-worthy.

When I retired from teaching in 2006, I joined a health club where I lifted weights and ran on the treadmill. We have a 2nd home on the Kenai Peninsula in Alaska so it was difficult to maintain the same type of health club fitness, as there are no fitness centers in our small Alaska town. I was

doing a lot of walking so I could maintain my weight and fitness level. I also started running.

The first day I completed 20 minutes of continuous running and eventually built up to 45 minutes, all outside. This is about 3 miles as my pace has slowed over the years. I suppose I have logged more that 3000 miles of running. I know if I miss a day that I won't run the next day. Luckily, we spend the hottest Midwest months in Alaska, where it is much more conducive to running.

August 28, 2011 was my 1000 consecutive day. My friends knew about my running streak and took pictures of me. I was also featured in the local bi-monthly paper in the Kenai area. My Nephew sent an article about running streaks from the *Wall Street Journal* and I realized that what I had been doing made me eligible for your club.

Lowlights: aches and pains in my knees and feet, which I have whether walking or running; running after the winter blizzard in Chicago, where we had 15 inches of snow (Since I run outside, I ran in the tracks of the snow plows and in a covered but open parking structure.); running in sub zero wind-chill temperatures (I know how to dress for the weather!); running in an area where bears are prevalent – never seen one but have been near fresh bear scat; and running after minor surgery.

Highlights: personal reflection time; having my husband follow me in the truck when I had run before sunrise to scare off the bears; breathing in the cool crisp air of fall; seeing up close and personal the beauty of Alaska and the beauty of the Midwest; the sense of accomplishment at the end of my daily run; and running in the rain.

Ann Hanson
Deerfield, Illinois

ANNE BLISS JOINS USRSA; STARTS STREAK ON 11/11/11

I've run all my life, but got serious about training and road racing exactly three weeks after the birth of my fourth child, on my 33rd birthday, December 11, 2000. Tired of being large, I was ready to run!

I ran a relay leg in the Vermont City Marathon that following spring and worked up to finishing my first marathon at the Green Mountain Marathon in October 2003, qualifying for Boston by one second.

I have now completed 23 marathons and countless races at shorter distances.

I love to run, but continually seek challenges to motivate myself. For years it was winning races, winning my age group and the pursuit of personal records. I also like the accomplishment of completing a running series, having proudly completed the Cambridge, Mass., Let's Run Series in the summer of 2007 and this year becoming a USA Track & Field New England Ironrunner by completing the seven road races in that series.

I set personal records in the half marathon (1:25 at New Bedford) and the marathon (3:06, at Boston!) this year. I also enjoy helping kids get excited about running as a lifelong sport, and have been involved with the VCM's Many Milers program, Girls on the Run, and my sons' middle school cross-country teams.

But as I age, I continue to look for more ways to motivate myself and the idea of striving to maintain a running streak is very tempting. I was thinking of starting on my 44th birthday and devoting my 45th year to accomplishing a yearlong streak, but as I checked out the USRSA today (spurred by

an item in the book *Long May You Run*, by Chris Cooper), it occurred to me that 11/11/11 was a very auspicious date on which to start a streak.

I am hoping to send in my certification form on 12/11/12, my 45th birthday, detailing a streak that will then be 13 months long! An added bonus is that I have inspired my husband to start his own streak and we now look forward to streaking together!

Thanks to the USRSA for providing an inspiring way to keep setting running goals!

Anne Bliss
Burlington, VT

USRSA FACEBOOK DISCUSSION: ARE STREAK RUNNERS OCD?

Jim Merritt Is it common for a STREAKER to be accused of being OCD? We might well be obsessive & compulsive but I wouldn't hang the disorder tag on it. I would like to think that obsessive compulsive order would be a more appropriate term to describe us. What do you think?

Tom Allen Non-runners tend to say things like that. They are showing their own ignorance. I run every day; it's something I do. I eat every day too, but nobody makes a big deal out of that! (You need to exercise, work up a sweat, every day to maintain a healthy body.)

Frederick Murolo I do run every day, but I don't do other things we associate with OCD. I don't worry about whether I turned the stove off or wash my hands too much. I am not neat and orderly. I just run.

Alastair Russell what does it matter what other people think. Run every day if you want to and it enhances your life. As soon as that's not the case, I'll stop.

Frederick Murolo When they hear that I run everyday, some people, runners and non-runners, subject me to low-end psychoanalysis. They tell me I miss the whole point of running, and I must not really like running because I do it mechanically. All I tell them is that I love to run. That's enough for me. They'll believe what they want to believe.

James Powell OCD - if the D stands for disciplined!

Tom Allen sometimes its jealousy. They don't have the self-discipline to exercise every day, and so they think there's something wrong with those of us who do!

Joel Perlish i've been wondering when this thread might come up... yes, throughout my many years of streaking various folks have scoffed and said things like ocd or being anal or having a difficult childhood... lol... one (former) girlfriend said that if i "loved her" i would break the streak. oh, and many other things... i like the 'd' for 'disciplined', but even better i like the 'd' for 'dedicated' and loyal.... best, joel

Viktor Korthals i've seen some people accused of it. I personally don't feel it's fair for people to label streakers in this way, as we all run for different reasons, not because we "have to." Some do it to stay in shape, and that desire to stay on form trumps rationale thinking sometimes (bad weather). Keep running everyone, the battle is against yourself

Paul DeNunzio More like dedicated and resilient. But hey we're all allowed to look at the half glass of water through our own eyes....

You can join the USRSA Facebook discussion at:
<http://www.facebook.com/groups/95577453452/>

Official U.S.A. Active Running Streak List

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

December 1, 2011

The Legends (40+yrs)			
1.	Mark Covert	07/23/68	Lancaster, CA, Teacher/Coach, 61
2.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 61
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, 57
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, 61
8.	Gary C. Jones	04/12/72	Troy, MT, Retired, 59
9.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 57
10.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 56
11.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 61
12.	James Behr	03/19/75	Trinity, FL, Educator, 64
13.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 63
13.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 64
15.	William S. Stark	09/10/76	St. Louis, MO, Professor, 64
16.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 66
The Masters (30+yrs)			
17.	John Liepa	01/02/77	Indianola, IA, Professor, 66 *
18.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 59
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.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 64
39.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 63
40.	John W. Morgan	04/29/79	Emmett, ID, Business Owner, 70
41.	Bill Beach	10/28/79	Macomb, MI, Teacher, 63
42.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 64
43.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 55
44.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 55
44.	Layne C. Party	01/01/80	Towson, MD, Manager, 52
46.	William A. Etter	04/08/80	Ferndale, CA, Woodworker, 68
47.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 63
48.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 68
49.	John I. Watts	10/04/80	Nampa, ID, Pastor, 56
50.	Alica Brophay	11/22/80	Mashpee, MA, Attorney, 64 (F)
51.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 72
52.	George G. Brown	01/06/81	Richlands, VA, School Principal, 59
53.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 56
54.	Ben Dillow	08/20/81	Redlands, CA, Retired, 71
	The Dominators (25+yrs)		
55.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 55
56.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 54
57.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 56
58.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 68
59.	Bob Kimball	02/03/82	Pensacola, FL, Professor, 68
60.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 51
61.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 53
62.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 48
63.	Kenneth D. Korosec	10/16/82	Chesterland, OH, Attorney, 68
64.	Gary Rust	07/03/83	Palm Springs, CA, Executive Director, 65
65.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 51
66.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 50
67.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 67
68.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 70 (F)
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
77.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 62
	The Highly Skilled (20+yrs)		
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, 47

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, 61
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 Loughead	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, 54
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, 62
102.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 62
	The Well Versed (15+yrs)		
103.	Mark T. Wigler	07/07/92	Hubbardston, MA, Director, 63
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.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
110.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 26
111.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 55
112.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 56
113.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 69
114.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 60
115.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 56 *
116.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 64
116.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 55
118.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 65
119.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
	The Experienced (10+yrs)		
120.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 59 (F) *
121.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 29
122.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 37 *
123.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 55
124.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 53
125.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 56 (F)
125.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 61 *
127.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 52
128.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 47
129.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 60

130.	Diane Shumway	05/27/00	Provo, UT, Retired, 56 (F)
131.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 56 (F)
132.	Susan L. Jones	01/01/01	Boys Ranch, TX Administrative Assistant, 47, (F)
133.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 59
134.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 65 *
135.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 40
136.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 30 (F)
137.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 64
	The Proficient (5+yrs)		
138.	Martie Bell	12/27/01	Thomasville, NC, Professor, 56 (F)
138.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 59
140.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 65
141.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 64 *
142.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 61 (F) *
143.	George A. Hancock`	06/22/02	Windber, PA, Education, 58 *
144.	Eliza Eshelman	09/21/02	Columbia City, IN, Student, 26 (F)
145.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 60
146.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 36
147.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 58
148.	David Max	08/28/03	Sheppard AFB, TX, Pilot, 36 *
149.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 22
150.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 39
151.	Joseph K. Booth	05/03/04	Bothell, WA, Land Planner, 34
152.	Ed Reid	05/27/04	Bradenton, FL, Builder, 52
153.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 65 *
154.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 40
155.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 43
156.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 31 (F)
157.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 56
158.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 33
159.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 61
160.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 52 (F)
161.	Douglas Schiller	04/11/05	Ellenton, FL, Consultant, 74
162.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 57
163.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 30 (F)
164.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 48 (F)
165.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 52 *
166.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 51
167.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 58
168.	Jason Morgan	08/14/05	Bradenton, FL, Human Resources, 42
169.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 51
170.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 39
170.	Karen J. Wallace	09/26/05	Ishpeming, MI, Clerical, 56 (F) *
172.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 36
173.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 68
174.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 61
175.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 55 *
176.	Thomas Hritz	06/16/06	Pittsburgh, PA, Dietitian, 43
177.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 47

178.	David McMMain	11/11/06	Brandon, MS, Claims Adjustor, 54
	The Neophytes (-5yrs)		
179.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 40
180.	Heather E. Nelson	12/15/06	Houston, TX, Student, 20 (F)
180.	William D. Nelson	12/15/06	Houston, TX, Business, 46 *
182.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 43
183.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 45
183.	Stephanie Mera	01/01/07	Redlands, CA, Student, 23 (F)
185.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 43
186.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 51 (F)
187.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 48 *
188.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 44 (F)
189.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 55 (F)
190.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 38 (F)
191.	Geza Feld	08/01/07	Farmingdale, NY, Retired, 78 *
192.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 45 (F)
193.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 61 *
194.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 52
194.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 63
196.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 44
196.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 57 (F) *
198.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 50
199.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 50
200.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 43
201.	Cordell M. Kirk	12/19/07	Blue Springs, MO, Project Manager, 48
202.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 39 (F)
203.	B. J. David	12/27/07	Covington, KY, Self-Employed, 37
204.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 69 *
204.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 30
206.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 40
207.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 42
207.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 53 *
207.	Travis Dickey	01/01/08	Miami, FL, Student, 29
207.	Leo Hammond	01/01/08	Plano, TX, Student, 26
207.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 46
207.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 40
207.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 59
214.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 47 (F)
215.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
215.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 31
217.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 51
218.	John King	01/21/08	Chatham, NJ Education Administrator, 60 *
219.	Mikel J. Burlingame	02/04/08	Lee's Summit, MO, Real Estate Appraiser, 43
220.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 61
221.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 22
222.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 40
223.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 52
224.	David L. Biersmith	07/18/08	Kansas City, MO, Business Owner, 75 *
225.	Kelly Luck	08/26/08	Boulder, CO, Student, 24 (F)

225.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 44
227.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 28
228.	Steve Jones	09/10/08	Parker, CO, Editor, 44
229.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 67
230.	Jay Kammerzell	11/10/08	Everett, WA, Firefighter, 54
231.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
232.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 56
233.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 60 (F)
234.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 37
235.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 50
236.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 29
237.	John B. Davis	12/08/08	Desoto, TX, Consultant, 68
237.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 64
237.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 64 (F)
240.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 58
241.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 48
241.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 40
243.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 52 (F)
243.	Timothy Hart	12/25/08	Shorewood, WI, Dentist, 59
245.	Eric V. Love	12/27/08	Erie, CO, Attorney, 45
246.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 37 (F)
246.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 60
248.	Douglas S. Daeffler	12/30/08	Waterloo, NY, Safety Coordinator, 54
249.	Jacob Yurek	12/31/08	Silver Lake, MN, Student, 30
250.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 65
250.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 32
250.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 46 (F)
250.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 53 (F)
250.	Lee F. Jantzen	01/01/09	Kingman, AZ, Superior Court Judge, 51
250.	Charles J. Lucero	01/01/09	Kingman, AZ, Dentist, 42
250.	Erin E. Stevens	01/01/09	Miles City, MT, Physician, 33 (F)
257.	Christy M. LeDuff	01/05/09	Norfolk, VA, Teacher, 31 (F)
258.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 34
259.	Vince Nardy	01/27/09	Solon, OH, Management, 53
260.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 31
261.	William McCarty	03/06/09	San Francisco, CA, Consultant, 64
262.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 55 *
263.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 60 *
264.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 53 *
265.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 51 (F)
266.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 59
267.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 68 *
268.	Kyle L. Nelson	06/13/09	Flint, MI, Events Manager, 37
269.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 24
270.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 68 *
271.	Robert A. Coltman	06/21/09	Ponte Verda Beach, FL, Physical Therapist, 40
272.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 25
273.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 54
274.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 32 *
275.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 43 (F) *

276.	Paul Christian	07/19/09	Rochester, MN, News Reporter, 61
277.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 20 (F)
278.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 12
279.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 42
279.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 29
281.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 28 (F)
282.	David L. DeBoer	10/11/09	Manchester, MO, Field Compliance, 55 *
283.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 70 *
284.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 54
284.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 42
286.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 43 (F)
287.	Timothy S. Dean	12/07/09	Morrison, FL, Law/Business, 44
288.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 58 *
289.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 36
289.	Donald S. Cuppy	01/01/10	Phoenix, AZ, Investment Manager, 43
289.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 46
292.	Caroline Hwang	01/17/10	New York, NY, Writer, 42 (F)
293.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 58
294.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
295.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 42, (F)
296.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 82 *
297.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 48 *
298.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 36
299.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 37
300.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 34
301.	Stephen Davis	08/18/10	Durham, NC, Chemist, 58
302.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 19
303.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 42
304.	Patrick Foley	10/04/10	Northfield, MN, Retired Teacher, 63 *
305.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 55

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

Official U.S.A. Retired Running Streak List

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

December 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.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
10.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
11.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
12.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
13.	Brian P. Short, Minneapolis, MN	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
14.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
15.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
16.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
17.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
18.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
19.	J. Patrick Gowney, Lavallette, NJ	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
20.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
21.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
22.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
23.	Timothy M. Osberg, Grand Island, NY	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
24.	Diana L. Nelson, Dixon, IL (F)	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
25.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
26.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
27.	Richard Carroll, Foxboro, MA	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
28.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
29.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
30.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
31.	Paul Christian, Rochester, MN,	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
32.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
33.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
34.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
35.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
36.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)

37.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
38.	Sue S. Favor, Downey, CA (F)	12/20/84 – 05/03/08	8,536 days (23 yrs 136 days)
39.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
40.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
41.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
42.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
43.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
44.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
45.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
46.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
47.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
48.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
49.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
50.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
51.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
52.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
53.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
54.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
55.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
56.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
57.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
58.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
59.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
60.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
61.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
62.	Eileen Rountree, Sparks, NV *	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
63.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
64.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
65.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
66.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
67.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
68.	Mercedes M. Murolo, Santa Rosa, CA (F) *	12/25/91 – 04/28/02	3,778 days (10 yrs 125 days)
69.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
70.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
71.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
72.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
73.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
74.	Sherry Case, Richfield, MN *	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
75.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
76.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
77.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
78.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
79.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)

80.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
81.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
82.	Ronald Whittimore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
83.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
84.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
85.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
85.	Vivian Wilson, Short Hills, NJ, (F)	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
87.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
88.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
89.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
90.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
91.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
92.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
93.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
94.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
95.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
96.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
97.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
98.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
99.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
100.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
101.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
102.	Sherry Case, Richfield, MN *	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
103.	Eileen Rountree, Sparks, NV *	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
104.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
105.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
106.	Eileen Rountree, Sparks, NV *	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
107.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
108.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
109.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
110.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
111.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
112.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
113.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
114.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
115.	Brad Kautz, Rochester, MN	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
116.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
117.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
118.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
119.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
120.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
121.	Beth Casavant, Shrewsbury, MA	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
122.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
123.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
124.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/18/09	1,030 days (2 yrs 299 days)
125.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
126.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)

127.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
128.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
129.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
130.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
131.	Stephanie Kammerzell, Everett, WA	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
132.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
133.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
134.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
135.	Norman Grimmatt, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
136.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
137.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
138.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
139.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
140.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
141.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
142.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
143.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
144.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
145.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
146.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
147.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
148.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
149.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
150.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
151.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
152.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
153.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
154.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
155.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
156.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
157.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
158.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
158.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
160.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
161.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
162.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
163.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
164.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
165.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
166.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
166.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
168.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
169.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
170.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
171.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
172.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
172.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
174.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
175.	William H. Howes, Royal Oak, MI	06/30/10 – 09/07/11	435 days (1 yr 070 days)

176.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
177.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
178.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
179.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
180.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
181.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
182.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
183.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
184.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
185.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
185.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
187.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
188.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
189.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
190.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
191.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
191.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
191.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
194.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
194.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
194.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
194.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
194.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
194.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
200.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
200.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
200.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
200.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
200.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
200.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
200.	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.

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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>

THE FINISH LINE

By: Mark Washburne

USRSA hit some major “mile”-stones since our last newsletter in September. On November 10th, Paul DeNunzio of Ironia, New Jersey became the 400th member to join USRSA on his 30th birthday. Paul is also a new member of my New Jersey running club: the Do Run Runners. Recently, I had some extra copies of *The Streak Registry* and gave an issue to him. Paul was so inspired by all your stories that he decided to start his own streak on his upcoming birthday and join our association.

Besides being a new streak runner, Paul DeNunzio has inspired me on how quickly he has taken to racing. On September 25th, Paul ran his first race ever: The Newport Liberty Half Marathon in Jersey City. He liked the experience so much that one week later, on October 2nd, he ran his second race: The Jersey Shore Half Marathon in Sandy Hook. If running two half marathons in two consecutive weekends were not enough for him, Paul ran an even longer race on the following Sunday (October 9th): The Long Beach Island 18 Miler. Wow! Great job Paul!

The day after Paul joined USRSA, I received a membership application from Anne Bliss of Burlington, Vermont. Anne decided to start her running streak on Veteran’s Day: 11/11/11. Hopefully the 11th day, of the 11th month, of the 11th year will prove to be a lucky day for Anne. Congratulations to Paul, Anne, and other new streak runners for taking up the challenge of running every day. We also wish the military members of our association a Happy Veteran’s Day. We are grateful for your service!

Since Paul and Anne just started their streaks, they will not be listed on our active list until their streaks reach one year. When they do reach a year, they will have plenty of company. USRSA now lists over 300 active running streaks and over 200 retired streaks with more people joining every week.

In other USRSA developments, a few of our members were in (or soon to be in) the news. On August 30th, Jon Simpson was featured in *The Wall Street Journal* when he became our 6th person to reach 40 years of streak running. On October 18th, Raven Kraft was featured on the HBO show “Real Sports with Bryant Gumbel.” Finally, in December, our association goes worldwide when Mark Covert becomes the subject on a Japanese TV program called Gyoten News.

As for me, I have also reached some recent “mile”-stones. On November 20th, I ran the Philadelphia Marathon on a near perfect running day in the City of Brotherly Love. Philly was my 3rd marathon of 2011, 22nd lifetime marathon, 50th race of 2011, and 564th lifetime race. A few days later, on November 25th, my running streak reached 8,000 consecutive days. By a weird coincidence, November 25th was also the day I surpassed 40,000 lifetime miles since I first began logging my runs in 1985.

Congratulations also to John Wallace, Jr. and John Wallace, III, who began their running streaks on the last day of 1989 and also reached 8,000 days on November 25th.

My USRSA membership number is “13.” While many might consider that number to be unlucky, I am grateful for all the many great athletes I have met from this association and also for the opportunity to serve streak runners in my new role at USRSA. Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!