

THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

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

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

Alex T. Galbraith of Houston, Texas on December 22nd.

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

John Liepa of Indianola, Iowa on January 2nd.

Bill Robertson of Ashland, Massachusetts on February 8th.

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

Bill Leibfritz of Midland, Michigan on December 3rd.

Frederick Murolo of Cheshire, Connecticut on December 30th.

Scott D. Snyder of Littleton, Colorado on December 31st.

Michael G. Sklar of Dunwoody, Georgia on January 20th.

Bob Kimball of Pensacola, Florida on February 3rd.

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

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

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

Karen Queally of San Bruno, California on January 1st.

From The Proficient to The Experienced (10th anniversary):

Martie Bell of Thomasville, North Carolina on December 27th.

Harry Warren of Whiteville, North Carolina on December 27th.

Joseph R. Morris of Glade Spring, Virginia on December 28th.

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

Eric Armel of Greensboro, Pennsylvania on December 10th.
Patrick Dunigan of Ponte Vedra Beach, FL on December 12th.
Heather E. Nelson of Houston, Texas on December 15th.
William Nelson of Houston, Texas on December 15th.
Doug Hubred of Golden Valley, Minnesota on December 23rd.
Charles Fox of Portland, Oregon on January 1st.
Heidi Manfred of Altoona, Pennsylvania on January 1st.
Stephanie Mera of Redlands, California on January 1st.
Bill Street of Tucson, Arizona on February 10th.

FROM THE STREAK REGISTRY

TEN YEARS AGO: The fifth issue of USRSA newsletter was published. The 24-page booklet listed 86 active and 14 retired running streaks. This was the first issue published following the new requirement that all athletes submit a streak certification form in order to be included on the active and retired lists.

The issue contained an interview with Mark Covert of Lancaster, California conducted by USRSA founder John Strumsky. At the time, Covert was listed second on the active list after Robert Ray of Baltimore, Maryland. "My best marks from the stone ages were: 4:09 mile, 8:55 2-mile, 13:41 3-mile, 28:08 6-mile, 48:07 10-mile, 2:21 marathon, and 123 yards short of 12 miles in the hour run," said Covert to Strumsky. "I finished 7th in the 1972 Olympic Trails Marathon after running 3rd for the first 21 miles. I was a six-time Division II All American, and a Division I All American once. I had my moments, but I hardly race any more. I don't do the work to run well, and not being able to compete at a little higher level no longer interests me."

Mark Covert also recalled running under some unusual circumstances: "I have run with a broken foot, the flu and after having wisdom teeth pulled. I've run in a storm while on a cruise ship, in 110 degree heat in the summer and 11 degrees below zero in the winter . . . Dogs, coyotes, cows, and bulls have chased me."

STREAK RUNNERS INTERNATIONAL FOUNDED

The Advisory Board of the United States Running Streak Association (USRSA) is pleased to announce that it is now accepting international runners for membership and listing in our streak running association. World athletes, who have run a minimum of one mile (1610 meters/1.61 kilometers) a day for one year and who have complied with the other requirements as outlined in our running streak definition, will now be listed on the active and retired streak lists on the association's website. The new name for our association is the Streak Runners International or SRI. All current members of USRSA are automatically enrolled as members of SRI.

The interest to keep track of athletes who run every day goes back a couple of decades. The first running streak list was compiled by George Hancock from Windber, Pennsylvania and was published in the December 1994 issue of *Runner's Gazette* Newspaper. The original post listed 51 streak runners and was periodically updated by Hancock. Based on Hancock's compilation, John and Dawn Strumsky, a married couple now residing in Catonsville, Maryland, decided to create "an official repository for running streak records" and founded the United States Running Streak Association in 2000. USRSA now has over 400 members in the United States and lists 300 plus active streaks and another 200 plus retired streaks on its website.

John Strumsky and George Hancock, who are both current members of the USRSA Advisory Board, supported the decision to include international athletes. "Great idea with lots of potential," said Strumsky about including runners from around the world. Hancock added: "The USRSA now faces an interesting situation. Here's some background information: I deliberately kept my original running streak research focused only on US runners. The main reason: I quickly found out streak running is very common among runners everywhere. I realized the project would quickly become unmanageable if runners from across the globe were included. Now remember: this project started with pen and paper, before the widespread Internet, lap top computers, tablets, cell phones and databases. Today our research tools are vastly improved. I have no issue adding international runners to our running streak program."

Interested athletes from America and now around the world are encouraged to visit our website at <http://www.runeveryday.com/>



MARK COVERT FEATURED ON JAPANESE TELEVISION

On Wednesday night, January 11, 2012, streak running was introduced to Asia when Japan's NTV-Gyoten News featured a story on American streak runner Mark Covert, 61, from Lancaster, California. Covert, a track and cross-country coach at Antelope Valley College since 1990, started his running streak on July 23, 1968, and now has the

longest running streak in the United States. During his own college years, Covert was a Division I All-American in cross-country. In 1972, he placed seventh at the Olympic Trials, "securing his place in running (and sports marketing) history by becoming the first runner ever to cross the finish line in a pair of Nike waffle-sole shoes." As of December 31, 2011, Coach Covert has accumulated 157,101 lifetime miles and 147,298 miles during his running streak. He now has not missed a day of running in 15,900+ consecutive days (43+ years) and has averaged an incredible 9.2 miles per day, 65 miles per week, and 282 miles a month.

A special thanks to Tommy House, nephew of Mark Washburne and a principal at an English speaking school in Tokyo, for taping the show. The video, in Japanese, appears in the middle of the screen. Please fast forward the tape to 29:30 to see the streak running story. An actor plays Mark Covert for some of the scenes. The video of Mark Covert can be found at the website:

<http://youtubeowaraitv.blog32.fc2.com/blog-entry-13718.html>

MARK COVERT'S REACTION TO SEEING HIMSELF ON JAPANESE TELEVISION

Thanks for the link. Debi and I have not laughed that hard in a long time. Only wish I knew what they were saying.

Mark Covert
Lancaster, California

MARATHON MANIAC & JAPANESE CITIZEN AYA TAKEICHI INTERPRETS COVERT'S VIDEO

The program was very positive and introduced Mark Covert's accomplishments as someone who was very devoted to running. They talked about his daily run and how he even kept running with a broken foot. The video also contained some funny stories. For example, they said that he always went to sleep at 10 p.m. since he needed to wake up the next morning to get his run in even when all of his family was visiting. Even during his birthday party, when the clock hit the 10 p.m., he said good night to them and left. That's the part the audience was laughing. They finally showed the real person by visiting his house and the ending scene had him going out for another run in the morning. Yes, he is still running every day.

I thought that it was a good show and very positive. The TV hosts were then talking about how often they run, some of them never run. Japanese people tend to value process far more than Americans and sometimes value process more than the result itself. His process of running every day was very inspiring.

Aya Takeichi
Jersey City, New Jersey

THE LONGEST FEMALE RUNNING STREAK ENDS AFTER 33 YEARS -- JULIE MAXWELL PLANS TO START ANOTHER STREAK.

Julie Maxwell, of Kasson, Minnesota, has ended her three-decade-old running streak after being injured in an accident on Sunday, December 11, 2011. Maxwell, who began her running streak on July 5, 1978, has the longest running streak of any female in the country (and probably the world) as certified to the United States Running Streak Association (USRSA). Her running streak lasted for 12,212 days (7/5/78-12/10/11). "It is with a heavy heart that I tell you of the end of my 33+ year streak," said Maxwell to USRSA. "I fell Sunday morning and broke both bones in my right ankle! With my foot facing backwards, I knew I would not be lacing up my shoes for my daily run." Maxwell plans to start another running streak when she recovers from her injury. "I assure you that when I heal, I will begin another streak."

KEN YOUNG'S RUNNING STREAK ENDS AFTER 41+ YEARS

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

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

GARY C. JONES' RUNNING STREAK ENDS AFTER 39+ YEARS

Gary C. Jones, 59, from Troy, Montana, finally ended his running streak after 14,536 consecutive days (39 years, 292 days) on Saturday, January 28, 2012. Started on April 12, 1972, Jones had the seventh longest active running streak in the country as listed by Streak Runners International (SRI) and the United States Running Streak Association (USRSA) when his streak ended. He now has the second longest retired running streak as listed by those same running associations after Kenneth Young of Petolia, California. Ironically, Young's 41+ years running streak ended just three days before Jones' streak ended. It is the first time in the history of SRI/USRSA that two people on the top ten

active list ended their streaks in the same week.

"It is with great regret I must advise you my running streak of nearly 40 years ended Saturday Jan 28th," said Jones in a statement to SRI/USRSA. "In May of last year I tore a meniscus in my left knee. I fought with it for several months and on Sep 27th 2011 had arthroscopic surgery to cut out the torn meniscus, clean up the joint etc. The orthopedic surgeon for the Seattle Seahawks did the surgery and told me he was sorry this would end my running streak. Well, I did not miss a day and he just shook his head. Since then however it has just gotten more and more difficult and painful to keep up the mileage. I have seen 3 doctors and all of them have told me running was causing the pain and swelling. As you may know I live in Montana. I am outside all of the time cutting wood, plowing snow, etc, and the knee was really starting to effect my quality of life in terms of doing the other things I like/need to do. So, I just decided it was 'Time.' Hopefully I can still do some running as time goes by. I will tell you this was the most difficult decision I have ever made in my life."

STREAK RUNNER RICH WRIGHT SELECTED TO THE PITTSBURGH MARATHON HALL OF FAME

The following is an edited version of the announcement of Rich Wright being selected to the Pittsburgh Marathon Hall of Fame:

Dick's Sporting Goods Pittsburgh Marathon Announces Hall of Fame 2012 Class *Induction of Runners to Take Place Race Weekend*

Pittsburgh, PA- January 27, 2012- The Dick's Sporting Goods Pittsburgh Marathon and Hall of Fame Committee is pleased to announce its 2012 class. This year's inductees, which represent the fourth class since the program's inception include, Kevin Gatons, Joe Sarver, Gary Siriano, and Rich Wright. The ceremony will take place during Marathon weekend.

Rich Wright is a Keystone Oaks graduate and is being inducted as a Contributor to the Sport. In the early 1980's Wright began taking on a key role at many of the top local/ Regional races, including the Brentwood race, Steelers' and Senior Games. In 1992, Wright began coaching at Baldwin High School in both Track and Cross Country. Two years later, he lent his expertise to the Pittsburgh Marathon as Finish Line Coordinator. His running achievement is noteworthy, having set his marathon personal best of 2:57 in Columbus. Wright is also a member of the United States Streak Runners Association and hasn't missed a day of running since August 2 1990.

The 2012 class exemplifies the true spirit of long-distance running," stated, Don Slusser, Hall of Fame Member and Chair of the Pittsburgh Hall of Fame Committee. "Everyone in the 2012 class has demonstrated an outstanding commitment as a runner and maintained the same involvement in the sport by giving back and fostering the growth of future stars."

SCOTLAND'S ALASTAIR RUSSELL BECOMES FIRST INTERNATIONAL RUNNER TO JOIN STREAK ASSOCIATION

By: Alastair Russell

First thing's first. I'm not really a runner. I never ran a step until I was 40. Well, obviously, I did the compulsory school cross-country, but having asthma as a child meant I avoided any endurance sports.

But in 1999, while I was watching the London marathon on television with my brother, I was inspired enough to say, "I'm going to do that one year." And he replied, "You won't, you're a fat has-been."

He repeated the jibe every year and so by the time the 2004 race was approaching, I was determined to make my debut and to shut him up in the process. I thought it would be just the one race. I'd collect the sponsorship and shuffle off into middle age.

It was another 20 months before I thought about running again. By then, I'd put all the weight back on but I knew this time, I had to make it stick. So I teamed up with a neighbor and started off doing little 2-mile jogs. And things have built up from there. A colossal lack of talent means I'm never going to be fast but there are plenty challenges in running apart from finishing first.

So, at the start of 2009, I was out on New Year's Day, shuffling off the excesses of the night before and I thought "wouldn't it be a laugh if I just ran every day this year." By the time I'd done a fortnight, I knew I'd keep going. And because I don't tend to get injured, I was able to get to December 31st without incident. I managed a few personal bests in that year and the running streak has developed its own momentum.

Now, I'm just past 1100 days and I can't see myself stopping. Having a successful streak takes a few things. Number 1 is an understanding spouse. Being a bit stubborn is useful. Not running your miles too fast helps. But for me, I like the fact that I know I'm going to be running today. The weather, how I'm feeling, all that - it's not relevant. I only had to make the decision once. And it was a good one.



Alastair Russell



Alastair Russell at Edinburgh Half Sprint.



Scott Ludwig (center in shorts) with University of Florida cheerleaders and mascots.

Go Gator **By: Scott Ludwig**

I'm proud to say I've been a Florida Gator fan for nearly four decades.

I'm proud to say I'm an alumnus of the University of Florida. So is my wife Cindy.

For many years, I was proud to display my license plate of 'G8RFAN'—Gator Fan--while living in the state of Georgia ('deep within enemy territory,' as the saying goes). I ultimately made the mistake of converting my tag to the harder-to-decipher '26MYLZ' (26 miles, the distance of my favorite race). Now I'm once again at peace with my special University of Florida tag issued by (drum roll) *the state of Georgia!*

Cindy and I enjoy making several trips to Gainesville each fall to attend Gator football games and every February to participate in the Five Points of Life races (the marathon for me, the half marathon for her).

Our home has an extensive collection of Gator memorabilia, which we display in what we affectionately call the 'Gator Room.' Soon after our second son Josh moved out, we converted his bedroom into 'Gator Room 2.' Both rooms are covered wall-to-wall in orange and blue.

My truck is custom painted a brilliant Florida Gator blue. Yes, with orange pinstripes.

We have an alligator, the University's mascot in our back yard.

You can find our house by the mailbox. 'Nuff said.

So, factor in all of the above into the equation that is about to follow, and you'll easily understand why November 20, 2011 will go down as one of the greatest days in my life.

Earlier this year a writer for the quarterly University of Florida alumni magazine interviewed me for an article in the fall 2011 issue about active alumni over the age of 50. This exposure opened me up to the University's Athletic Association (UAA), who discovered I would reach my 125,000th lifetime mile in November, the month the alumni magazine would hit the streets. I spoke with Martin of the UAA and told him Cindy and I would be in town for the Furman game on November 19. I half-jokingly (OK, to be honest NOT AT ALL joking) that I could arrange it so I would reach 125,000 miles at the 50-yard line of Florida Field as I led the Gator football team onto the field.

(Aside: For all of you thinking 'well, at least there will be *one* Gator who reaches midfield this year'—it wasn't funny the first 100 times I heard it nor is it now!)

Martin counter-offered to open the stadium up for me on the Sunday after the Furman game for me to reach my milestone moment. I eagerly agreed; after all, I'd been a Gator for almost 40 years, spent 5 ½ years as both an undergraduate and graduate student at the University of Florida, attended countless football games...and had *yet* to step foot on the football field. So we decided on 9:00 a.m. on November 20 as *the moment*.

As I promised Martin, I didn't tell Cindy until 10 p.m. the night before about what would happen the following morning. When I told her she laughed, although I'm not exactly sure why. I told her to meet Martin at Gate 1 at 8:50 and the two of them would walk to midfield where I would arrive at 9:00. I gave her a few reminders on the use of the camera as it would be up to her to capture the moment on film.

I woke up Sunday morning eager to get going. I headed out to run 10 ½ miles—what I needed to reach 125,000 at midfield—and ran a route that took me across campus, down 2nd Avenue through downtown Gainesville and back to the stadium where I found the gate on the south side of the stadium slightly open, just like Martin said. I ran through the bowels of the stadium where a man asked me if I was Scott. I told him I was and he said ‘this way.’ The next thing I knew I was running through the tunnel leading to the field—the same tunnel where I had watched Emmitt Smith, Steve Spurrier, Danny Wuerffel and Tim Tebow make their way onto Florida Field. I was in heaven.

Almost.

I then reached the shadows of the goal posts and looked out towards the middle of the field. Imagine my surprise when I saw cheerleaders and members of the dance team lining both sides of my path towards the large ‘F’ on the 50-yard line, where I saw the University’s mascots, Albert and Alberta awaiting me once I ran the last 50 yards to hit 125,000.

Now I was in heaven.

Here I was, a complete stranger to all of them yet they were all cheering and applauding as if I just scored the winning touchdown to beat the archrival Georgia Bulldogs (OK, maybe not *that* enthusiastically, but still...).

Once I made it to midfield and high-fived Albert and Alberta, everyone gathered around to offer their congratulations and play twenty questions.

Have you really run 125,000 miles?

How many marathons have you run?

Have you had any injuries?

We heard you run ultras; what is an ultra?

Where are some of the unusual places you’ve run?

Did you really run across Death Valley? How hot was it?

What other goals do you have?

To this last question, I told them I wanted to run 200 marathons, and that my goal was to run the Honolulu Marathon in 2012 to mark the occasion. I also told them the trip to Oahu would be a surprise for Cindy (she was out of earshot at the time), so don’t say anything. (I know what you’re thinking: if this is a surprise why

are you putting this in print where Cindy could read this and/or one of us could tell her? For one thing it will take a good two years—taking us well in 2013 before Cindy even *thinks* about reading this and for another I trust all of you. Yes, even you (*you know who you are*). Etc.

Then I turned the conversation in another direction. I started talking about what it was like to be a student of the University of Florida in the 1970's.

- Registering for classes was conducted in the basement of Tigert Hall and was entirely a manual process (now registration is conducted online. I think that's how it's done; I'm pretty certain it's not done telepathically. Yet.).
- Enrollment was 25,000 students and there were no parking spaces to speak of (enrollment is now well over 50,000, and parking lots have sprouted up everywhere).
- The first Publix was built on Archer Road, less than a mile from ABC Liquors, the only other establishment on Archer Road at that time (now Archer Road has a plethora of stores, shops, restaurants, and *two* Publix's—a few hundred yards apart!).
- During graduate school I lived in a trailer park across 34th Street from ABC Liquors (now a Carraba's is located on the site of the trailer park; ABC Liquors is still there, God bless).
- There was only a couple of different style University of Florida T-shirts, and no one wore them to football games (now it's impossible to count the number of different styles, and *everyone* wears orange and blue to the football games).

Then the conversation drifted back towards running, and I fondly recalled several running 'firsts' while I was a student at UF: the first mile I ever *willingly* ran--with my Professor Tom Saine; my first timed mile—a 5:57 on Percy Beard Track; my first race—the five-mile Leonardo's Lap (Leonardo's, a local pizza joint, is a favorite in Gainesville. When it opened in the '70's pizza was 60 cents a slice. Now? About five times that. Toppings extra.); and my first marathon, the now-defunct Florida Relays Marathon. For the latter, I relayed one of my favorite stories about then-UF Cross Country Coach Roy Benson giving this pre-marathon advice to me: '*Don't run marathons.*' As Roy was a fellow-Atlantan for many years, I reminded him of that sage advice. Often.

Alas, November 20, 2011 has come and gone, but the memory will remain one of my fondest.

It's truly great to be a Florida Gator.



Professor John Liepa.

JOHN LIEPA'S STREAK REACHES 35 YEARS **By: John Liepa**

It wasn't even a game! It was a practice – nothing 'attention grabbing,' heroic or memorable – except to me. In the spring of 1970, I was a running back for the Iowa State University Rugby Club, which I played for in its inaugural season of 1969 and 1970. I was a graduate student majoring in Political Science and History and through my course work and working part-time as a bartender, had met a number of foreign students – and a few Americans – who were familiar with, and loved, the game of rugby.

Being a life-long athlete, it didn't take much convincing and a few beers to get me to join up. Our first season we were an interesting mix of inexperience and enthusiasm; a veritable United Nations of Aussies, New Zealanders, Brits, Scots, Irish; a few Americans; and me, a Latvian. I fell in love with the game, played hard and we won most of our games, including upsets over nationally ranked teams.

During a tackling drill, on soft turf, I "cut" at the point of impact/contact with cleats that didn't want to "cut." The result was a shattered kneecap, torn ligaments and tendons, and six months of rehabilitation. It changed my life!

Worried about permanent damage from months in a cast; worried about an atrophied left leg for the rest of my life; worried about my love for sports involvement; I decided to work 'my butt off' to build that damaged left leg back into shape. Remember – this was the early 1970s – that first great wave of the “Jim Fixx long-distance running boom.” I got hooked! I started to run to build up my damaged left leg; got into running longer distances; and soon entered my first 5k and 10k races. Who would have imagined that a stocky, former rugby player could actually become competitive as an age-group long distance runner?

And so it began – my 42-year long love affair with the roads. After a couple of years of getting to know the Ames, Iowa running community, I helped organize the Iowa Prairie Track Club – running together, recruiting top notch runners, organizing races, and competing statewide, and nationally. In 1974, we invited a friend, Joe Henderson of Coin, Iowa and West Coast editor of Runner's World Magazine to speak to our running club. I don't remember most of what he discussed, but a few thoughts and lines have stuck with me all my life.

Joe spoke eloquently and passionately of incorporating running into your daily routine and suggested that we think of it as normal as sleeping, eating or breathing. He said, “It's never a question of if you run, but only how good it'll be that day.” I was already experiencing a “love affair” with running, but Joe's admonition resonated and I decided I'd change my lifestyle and adapt to always incorporating a run on a daily basis as a definition of who I am. Thirty-five years later, I consider myself both lucky and the benefactor of a wonderful choice of lifestyle.

After Joe's inspiring challenge, I decided to train for my first marathon at the University of Kansas Relays in 1975. Although self-coached, I had a great supporting group of hard-core Iowa State University-connected long-distance runners. A running streak wasn't anywhere on my radar as I trained for the first marathon, but I soon realized I'd run 2 ½ years without missing a day. My first marathon was a 3:25 learning experience – I 'ran out of gas' at mile 21, and learned about something called “the wall.” Being a life-long educator who has always advocated a “tough love” philosophy in my classrooms, I begin to understand that to be successful in long-distance racing was the acceptance of some of that same philosophy.

Why did I miss January 1, 1977? My wife and I had hosted a New Year's Eve party from when we met in 1969 to 1977, and the party had grown, both in reputation and size. Our 1977 party was grand – resulting in my deciding to “screw it, I'm not running today.” The next day, however, with no regrets, I ran.

Over the next 35 years, my running took a number of turns. In addition to my streak, I became a race organizer, became a competitive age group runner, got my family into marathoning, and decided it'll take a truck smashing into my kneecap before I ever voluntarily ever stop running again.

Some of the highlights and memories of my 35-year running streak include:

- Having run 18 marathons in Canada and the United States, with 15 under three hours;
- Running the Boston Marathon in 1979 and 1980 with a PR of 2:41:17;
- Running over 400 road races ranging from a mile to marathons from 1971-2002,

- Being Race Director for the Midnight Madness Road Races in Ames, Iowa from 1977-1983 – building it from fewer than 200 runners to 2,500, featuring Olympians and National Champions, including Dick Beardsley, Mark Curp, Lorraine Moeller, Priscilla Welch, Bill Rodgers, and many more;
- Taking an Iowa team to the 1980 Boston Marathon and finishing fourth out of over 100 teams;
- Being on the “support team” as my wife Dianne, ran a marathon in Iowa City; then my son Torey in Minneapolis, and finally, my daughter Hillary in Chicago;
- Exploring exotic places with my Nikes such as Riga, Latvia; Paris; Venice and Lake Garda, Italy; Stavropol and the Caucasus Mountains of southern Russia; Hamburg and Munich, Germany; Amsterdam, and many other wonderful places;
- Being chased by a mother bear with cubs at Leech Lake, Minnesota – probably my fastest ‘unofficial’ mile;
- Winning the Husband/Wife team competition at the first Manitoba Marathon in Winnipeg;
- Logging thousands of miles at Lake Ahquabi (Sauk Indian meaning “Restful Place”) State Park, six miles from my home. Most of the deer and wild turkeys just lift up their heads as I run by;
- Soaking in a hot tub in Flint, Michigan (post-Bobby Crim 10-Miler) with Joan Benoit, Bill Rodgers, Herb Lindsay, Patty Califano, Greg Meyer, and my Iowa teammates;
- Doing workouts with my daughter Hillary when she ran cross-country and track for Iowa State University;
- Discovering the wonderful benefits of cross training, as I became a serious cyclist at the age of 55.

Lots of other wonderful memories are part of this 42-year journey, but as I celebrate my 67th birthday (February 16), my reasons for running are primarily to maintain my health, keep my weight down, and to just enjoy each and every mile.

John Liepa #15



Streak Runner John Liepa.



Rick Porter above.

RUNNING 34 YEARS AND COUNTING

By: Rick Porter

December 3, 1977 was not a remarkable day. I was visiting my sister in Savannah, Georgia. We were going boating and I didn't run that morning. I had started a regular running program earlier in 1977 that coincided with a fairly significant change in my diet and loss of weight. I was keeping a log of miles, diet and weight---sort of an after college get my act together. I ran on December 4th, and the next day, and the next day. I really cannot say I ever consciously started a streak, but every day I ran. I do remember at some point a running buddy and I discussing our logbooks, and he said it would be neat to have an entire shelf lined with logs. Maybe that inspired me. I presume many of us have similar stories about the beginning and evolution of our streaks, but that's how mine started.

I just passed 34 years and 84,000 miles, and my story continues to unfold. I found running after college. I was always athletic, but never a track star. I did get involved in road racing early in my running career. I worked up to a 6:00 pace for a 10K, and was a mid 2:40's marathoner for a few years, but settled in as an average paced runner that wanted to stay fit and maintain my weight. I did run 20 consecutive Peachtree Road Races, but gave that up so we could do some new things for July 4th. I added biking along the way, and today I average 40 miles a week running and 40 miles a week biking, although the biking is all on the Airdyne these days and the workout takes me a bit longer. I've never talked much to anyone about my streak, but had an acquaintance that knew of it, and a few years back he told me about a neighbor who ran everyday. Come to find out, we had been passing on the street with no idea of each other's streak. Grant McAllister is just a few years behind me and is the person that made me aware of the

Running Streak Association. We live less than a mile from each other, both have streaks over 25 years, and did not know it. Small world of introverted streak runners, I guess.

I have found myself talking more about it over the past year, however. Partly because of the job Mark is doing with the organization. An acquaintance I had not seen in 20 years saw one of the national articles about a streak runner, looked up the Association, and found my name. He contacted me and we talked running. He was inspired by the article and has started a streak---along with some road races and such. The conversation sparked the obvious question that most of us never ask, "How do you do it?" Well, you get up every day and you run. We could all tell stories of how we got through food poisoning or a colonoscopy or some injury, but as the old Nike ad said, "You've either run today or you haven't." And we have great support, or at least tolerance, of those close to us. My wife has been running and exercising as long as I have, and while not a streak runner, she has been both supportive and forgiving---believe me, it takes both!! On the serious side of how we do it, I imagine we all have incredible insight into our bodies that is second nature at this point. For instance, I can tell fairly early in my run if I feel better running one side of the crown in the street versus the other. Some days I know why, other days I don't, but I notice. I've been lucky that I've not had to contend with a serious injury or surgery. I've hobbled through some back pain from time to time, a little patella tendinitis and other running stuff, but nothing serious. For my body, I think giving up running for time has been the key. I would have probably had more problems if I pushed harder on a regular basis. And, I've had an exercise room with a treadmill in my home for 15 years or so. I don't use it much, but even Atlanta has a few days a year when it's hard to face darkness and cold.

My streak also came up with a group of parents at my son's school recently. One of them had heard something and asked me, so I told the group how long I had been running. Just a matter of fact statement, but that led to the second obvious question, "Why do you do it?" Well, that's a tougher one to explain, but an easier one to know. I like to finish. Not that I don't like to be in the moment. I've gotten an incredible view of the world on the road---I'm a morning guy that starts many runs in the dark so I get to see the world come to light almost every day. And there's nothing like visiting a new place and learning it while running. But, there's also nothing like finding new things on a route I've run for 10 years. A while back I started hearing an owl in the darkness along my regular route, then actually saw it one morning just as the day was breaking. I'll admit that I took a short break to enjoy. I really like to finish, though, because I've accomplished something that day that I'm proud of. There's a relaxation that comes from the end of a run that I don't experience from many other things, and I get to feel it every day.

I've thought about how to end it, or how it will end. Margaret Blackstock, another Atlanta area streak runner that I don't know, recently chose to stop her streak. Wow, that's pretty powerful. I can't quite decide if I want to stop it on my terms or wait until something happens---so I don't think about it much. I've had a secondary goal of 2000 miles a year for the past 10 years or so, and I might let that one slide just for practice. But, I might not. While many folks probably think we abuse our bodies with the streak, I think I listen pretty closely, so if the message comes I think I'll hear it. I doubt I will ask a shrink about this, though. I might not like the answer.

That's my story so far. I could go on, but most of it is about yesterday, and the road beckons today. I'll be back in a little while.



FROM THE OTHER SIDE OF THE BED By Cherry Porter 12/22/11

Rick and I dated for 12 years. Then we were married for 10 years before we had children. In other words, we lived a lifetime before our sons were born. What did we do? Hobbies. And work. Our first “hobby” was running. We got all caught up in that really fun running scene in the late 1970’s of road races, Phidippides and running clubs. That’s what we did. That’s what a lot of our friends did. Somewhere along the way Rick started running every day. I didn’t really know it. But its like I woke up one day and realized he had to run first thing in the morning. Every day. I joke to people I meet that when my first son was born the worry was not whether we would make it to the hospital. The worry was how was Rick going to fit his run in. The running bag he packed for the hospital was more elaborate that my maternity bag.

Now don’t get me wrong. I admire Rick. I have a tremendous pride in the quiet accomplishment. He told no one that he was doing it. He truly ran every day for himself. I guess everyone found out when I rented a billboard at I-285 and Chamblee Tucker Rd on his 20th running anniversary that shouted: RICK HAS BEEN RUNNING EVERY DAY FOR TWENTY YEARS! But there is another side to his “streak.” He and I both often forget our wedding anniversary- after all we were born together having met in first grade. But he always remembers his running streak anniversary. Whenever we go on vacation

- whether it is Vail or Cayman Islands - as soon as we land we first have to find bananas and second we have to find the running route.

These days we find a running route on line before we book the hotel. And no matter where we are, what day it is, he gets up and stretches and then runs. We have added coffee between the stretching and running to have a little time together. But that is Rick's morning. Every morning. So that is my morning. Every morning. Somehow I did not see my life playing out this way. Every morning based on a daily required activity. In fact, during those twelve years of dating, one time we broke up I think mainly so I could date someone who would go to brunch in the morning. But running defines Rick and I love Rick. And the streak makes him a "star." Something I will never be. Am I a little jealous of his running? I guess a little. Just like some of his other hobbies. He laughingly tells me that I am # 1 in my category: he just happens to have a lot of categories.

Do I think that Rick's running is healthy? Rick was an obese child from a obese family. I remember reading once that anorexics have the same psychological profile as marathon runners. Rick's healthy regimen helps him stay on track. His commitment to running has helped me to have a lifetime commitment to daily exercise. But I definitely think my cross training approach to exercise is much healthier – both mentally and physically – than the repetitive motion of the same muscles day after day. Rick has some injuries he has had for over 15 years. They come and go. I am not ready, at 56, to accept an injury as a permanent injury. If I get plantar fasciatis I change to cycling. When my knee injury from the 1980's flares up, I walk.

Do I sound like I am complaining? When Rick first wrote an article for the streak magazine, it really touched me to read it. First of all I learned some things I never knew about him. Secondly, I was surprised that he described me as supportive. I hope I have been. I never thought I would live with someone who runs every day. Ever. Never entered my mind. But it is so endearing how a 58-year old man who told only a handful of people in his whole life that he runs every day looks forward to the streak magazine. He usually can't even make it upstairs to his reading chair without opening the magazine to see where he ranks that month.

Below is Rick Porter at Boston Marathon start line in 1982.





Tim Hardy at Harbison 50K

TIM HARDY'S STREAK REPORT 2011

BY: Tim Hardy

13 DEC 2007-12 DEC 2011 Statistics.

1460 Days in a row; 8,354 miles run; averaged 5.72 miles per day; 2925 miles in 2011; 9:00 per mile average pace = 75,186 minutes, 1,253 hours, 52.2 days of running time; 270+ days with at least 2 runs; 396 days deployed to Afghanistan NOV'08-DEC'09 with at least 1 run per day; 195lbs on 13 DEC 2007-175lbs today; 60 BPM resting heart rate 2007-37 BPM resting heart rate now; 12 major events (26.2 miles or longer) completed prior to 13 DEC 2007. 34 major events completed during this streak: nine - 26.2 marathons; 25 ultra-marathons: eleven 50Ks; two 40 milers; four 50-milers; five 100Ks; three 100 milers; 1452 racing miles. Climate & weather: coldest temperature run in -28 degrees below zero; hottest temperature-115 degrees; 3 continents; 4 countries; 18 states; 6 different time zones.

Some Lessons Learned:

- Speaking as an average runner and a mid-pack finisher in major races, you can run every day and improve at racing. I've improved in finish positions and time personal bests at every distance from 26.2 to 100 miles in 2011
- Running every day validated my long distance racing lifestyle and created wife and family "buy in."
- Running and training daily created more base mileage that translated directly to racing success at every distance.
- You can run the day after a major event; it's not easy but speeds up the recovery process.

- It is easier to maintain a racing level training daily than to build to a major race, drop off after, build back up, repeat, repeat, repeat...
- Missing 2-3 days of training here and there became harder and harder to re-coop progressively past 40 than to run daily.
- You make great friends all across the running community.
- Dogs are awesome running and training partners.
- Simplify your running log process to what works best for you and stick to it.
- If you're a runner, find a life partner that's a runner.
- 2-4 upper & lower body TRX / TRX Rip Trainer workouts weekly enhance & improve my running and are critical for overall total fitness. I run and I do TRX for PT. Hike too
- I've run during all 1440 minutes of the 24 hours in a calendar day in few 100-mile events.

It only takes between seven to twelve minutes for anyone to simply run a mile; seven minutes if you're really moving, twelve if you're really taking your time. So in the bigger scheme of things, we're talking about an average of nine minutes per day to qualify a running streak with at least a mile on a daily basis. Nine minutes out of one thousand, four hundred and forty we are allocated in twenty-four hours each day. I also am acquainted with a couple other runners maintaining streaks that are sixteen and thirty years long. From that perspective, my four year streak is not a really big deal when I consider what it takes to maintain it and the 1460 days reached in four consecutive years. However, I started my streak in an effort to develop more training discipline, to become a better, more physically fit runner, better able to complete marathon and ultra-marathon distance events. Maintaining my streak has facilitated these goals.

In 2007 I managed to finish four ultra-distance events even though I had an unfocused training plan that usually worked out to three or four days of running each week when I could fit it in. That accumulated about twenty to twenty-five miles a week. Sometimes I'd get in more miles, sometimes less, but I remember a 30-mile week as noteworthy prior to my streak. I re-discovered that I really enjoyed completing longer events, crossing finish lines in longer races as I had completed a total of eight marathons prior to the four ultras in 2007. But that December I failed to complete the Hellgate 100K race due to the simple fact that I was significantly under-trained in terms of what was required to complete that event. My lack of overall training commitment in 2007 was also reflected by the fact that I was coming up well short of my annual goal to reach 1200 miles. Again. After some re-assessment, I decided that I really did want to pursue ultra-marathons and determined to finish out 2007 as well as I could by running every day the rest of that month starting on 13th of December.

Running is now a Lifestyle. I've learned a lot about running during this streak and even more about myself. You can run every day and improve in terms of racing at every distance. Running has become my lifestyle and that has been rewarding on several levels. Prior to starting my streak, running was just something I tried to fit into my family's life and me as best I could. I was lucky in one aspect in that I was in the Army when I started this endeavor, and physical training is a real daily requirement. But, in terms of the extra training required to achieve the marathon and ultra-distance goals I wanted to reach, I did not start to reach 40 to 50 mile training weeks until I started running every day. Even more importantly, my family recognized my commitment when they saw me

running every day in all types of weather. Running and racing then developed into part of our family life even though I'm the only participant besides our dog pack. I've had the opportunity to run in almost every environment; woods, mountains, major urban venues, trails, beaches, roads, desert, deep winter and perfect spring and summer conditions.

At age 46 when I started I weighed right around 195lbs; my average resting heart rate was not terrible, right around 55-60 BPM. Last spring 3.5 years into my streak, my fitness stats had all improved when I underwent my Army retirement physical; 175lbs, and a resting heart rate of 37 beats per minute. My cholesterol was infinitesimal and reduced by over 20 per cent in that period according to the PA as well. I've never had a history of any illness and few injuries even prior to my running streak, but my health has significantly improved. I have maintained this streak through a couple of ankle sprains, a short bout of what I think was food poisoning, and the start of a couple of colds that dissipated. I always feel better physically and mentally after I run, and often do my best thinking while I'm running. I've gotten a lot tougher mentally and physically as a runner and racer over this streak and that shows in my racing results at the end of this document.

I learned to log my running online this year after trying several types of hard copy logs over the past decade. I currently use DailyMile.com and Runningahead.com and this has been by far the simplest and most comprehensive means to log my running efforts. My DailyMile log has also turned into a daily journal of sorts that I always meant to start over the years.

Running makes friends and builds friendships. One of the best side effects, if not the best besides overall health, is all the friends I've made relating to running and physical fitness. I have only had a couple of friends you could define as true training partners for any extended periods of time but have spent time running with a lot of different people in racing and non-racing venues and still maintain most of those relationships. My dogs are my ultimate training partners though and have been throughout this streak; we run together every day that I'm home. Even though Jake and Maui passed 1 ½ and 2 years ago respectively, I've still run many more miles with Jake the Wonder-Dog than anyone else, although that will eventually change. I get Fletcher, Maggie, Daisy, Simon and Gibby out on the trail or on the road every day that I'm not traveling.

Running is training and training is running. Four years later I still do not have a hardened training plan; I just run every day and the mileage builds from there. On days where I feel really good, I expand routes to longer mileage given enough time to do so. Some days I don't feel too much like running and those turn into shorter, rest-type, recovery days. I pick up the pace and run harder two or three days a week and take it easier the remaining days of the week. I discovered that by maintaining as little as 30 to 35 miles per week, I can comfortably complete a marathon on any given weekend or day between 3:55 and 4:10 overall with little to no debilitating effects. 30-35 miles per week is a short week now, and there's seldom a week where I don't get in at least one 10-mile run. When I have a long, long race in my schedule I ramp my training mileage up so I equal that race's mileage distance for a week or two's worth of running within 3-4 weeks out from the race itself. The main training point this streak has taught me is to "listen" to my body. Run further and faster when I feel up to it, and slower and easier when I don't. I have had several highly experienced runners tell me that I'll never have my best race or best event until I stop running every day, and develop a training plan focused on one major event that also incorporates rest by not running every day. I've even had one person volunteer to coach me for free if I agreed to quit my streak. But, I run every day,

including the day after every major event as part of my recovery. Prior to starting this streak, the thought of running the day after a marathon, or even for 3 or 4 days, was incomprehensible. Now, I run every day. And since I started running every day, those daily 9 minute, 1 mile streak qualifiers continually built up into larger and larger numbers. Numbers.

1460 straight days with at least a 1-mile from 13 DEC 2007 to 12 DEC 2011. In that time I've run 8,354 miles, an average of 5.72 miles per day.

My most constant running pace over that period is 9:00 per mile and at that average that's 75,186 minutes of running since December 13, 2007; 1,253 hours or 52.20 complete days of running. As near as I can tell, there have been 270 days in that period where I've run at least twice per day including SEP 2010-AUG 2011 where I commuted to and from work on foot an average of 4 days per week.

I've run in at least 18 different states, 4 countries, and 6 separate time zones. -28 is the coldest temperature I've run in, at 0200 in the morning in Minnesota during my first shot at the Arrowhead Ultra in 2010. 115 is the hottest, June, mid-day in Ali-al Salim, Kuwait in June 2009.

I ran every day for 396 days deployed to Afghanistan in support of Operation Enduring Freedom from NOV 08 to DEC 09. I was highly fortunate that I lived and worked on a Forward Operating Base big enough to run on. Otherwise, I would have been forced to adapt to a treadmill. Incidentally, I've run outdoors every day of my streak.

I've had the opportunity to complete 34 major races over the course of my streak, defining major races as marathons or ultra-marathons. Nine 26.2 marathons including 4 trail 26.2s; Ultra-marathons: eleven 50Ks; two 40 milers; four 50-milers; five 100Ks; three 100 milers. I failed to finish my first three attempts at the 100-mile distance, but finished my last three. I've completed 29 majors since February 2010 - 1452 racing miles during my streak. There are 1440 minutes in each day and due to the 100-mile races, I've run during every minute of the day, and each hour in its entirety. In my opinion, 0200 to 0500 are the toughest hours to run in. I've completed races in twelve states and two countries during my 1460 days. I had my fastest races in almost every distance in 2011 well after my 50th birthday including the 26.2, 50K, 100K and 100-mile distances, including a Boston marathon qualifying run at the Empire State Marathon in October this fall. These improvements are the results of two things; I was never really fast and my earlier race finish times reflect that, but I've also improved a lot as a runner and racer during my streak. I've completed a total of 46 major events in all, 12 prior to starting my streak.

I've been very fortunate in every regard to this streak; I've been healthy and received a ton of support from my wife and family and those things have enabled me to pursue running and racing long distances, the exact things I wanted to pursue when I started my streak. While I still take a lot of pride in reaching the finish line in every distance from 26.2 to 100+ miles and developing those goals, maintaining my streak has evolved into my #1 personal fitness priority regardless of all other racing and running goals. I intend to maintain my streak as long as I am able.

Tim Hardy - Marietta, NY - 27 December 2011 - Day 1473



John Faz at Santa Maria, California Bull Canyon 5K

JOHN FAZ'S RUNNING TRAVELS

By: John Faz

Last year at this time was a bit of a milestone for me when I celebrated 20 years. It was much colder, around 10-15 degrees, when I asked my three Nebraska grandsons to help me celebrate. Each one was asked to accompany me for one mile. Paxton, the oldest at 10, had the hardest time as we ran my usual route through Pioneers Park - a little hilly but nice tree cover. Wyatt, also 10 but 11 months younger, has a distance runner's dream body, all skin and bones. Running is not his sport but he kept up with no problem. Zach, the youngest at 7, ran sidewise and skipped the first half-mile before he settled down to run beside me. For their efforts, I rewarded each one with a \$20 bill as thanks.

Even as I work full time I managed to travel a bit during the year starting out with an early January excuse to visit my dad in San Antonio, Texas. Enjoyed running without an abundant layer of clothing for a few days.

Next trip was in March to Lake Havasu City, Arizona for a sibling get-together visiting my younger brothers new home. Enjoyed a lot of sun boating up and down the river - water sure was cold.

After a few days there we packed up and drove to Pine, Arizona to my sister's cabin. She lives in Chandler. Enjoyed the quick change from the desert to the

cooler wooded area with elk everywhere. I ran a few feet from them and they didn't even look up.

May was a nice trip back to Santa Maria just in time to join up with my California grandson John for his first attempt at a 5K run. We ran the annual Bull Canyon Run. He did fine the first mile then tried finding excuses to stop, like the old "gotta tie my shoelace trick." I kept talking to him trying to encourage him to maintain his pace.

The last mile, of course, was the easiest for him with a dead sprint the last 1/4 as the finish line was in sight. Really felt good running beside him even having to make a little bit of an effort to keep up. Note the photo at the finish line. That's his dad right behind us. We caught him off guard but he did manage to catch up to us in the chute saying it was a matter of pride.

That week included a few nights in San Diego treating the four California grandkids to Sea World and Legoland. Stayed on Pendleton a couple nights to take advantage of reduced military rate while running on the beach.

The family returned to Santa Maria while I stayed behind to lend a hand with the Annual Brotherhood of Marine Corps Riders Poker Run that benefits the Injured Marine program. Helped raise over \$13K in one day not to mention the great fun of meeting up with Marines, many who I only see during this time of year. Yes I am a full-fledged member of that group as well.

In June, the wife and I joined my son's family in Estes Park for a week in a rented house at the top of the steepest hill in town, really.

August is Sturgis Week. I volunteered to be a tour guide/bodyguard for my personal physician as it was his first time going. Rode through a bit of rain on the way up and a downpour on the way back. Nicest temps of the many times I have been there. Made for great daily runs. Even got Doc to join me for his first Hash Run with the Sturgis Big Heads as they ran their annual Sturgis Hash.

October found us back in Santa Maria meeting my youngest grandson, Paul. Yes, I have two children and 9 grandkids. Just when I thought I was going to retire the jogging strollers.

November always finds me at Merritt Dam by Valentine, Nebraska. The four brothers, sons, and now grandsons get together every November for the annual deer hunt getaway. We camp out in canvas tents heated with wood stoves. No plugins allowed. Running is very varied there next to the dam as well as McKelvie Forest, which is mostly grasslands with numbered windmills used as landmarks. Cherry County is the largest county in Nebraska. No deer bagged but enjoyed the runs.



Bill Robertson celebrates his streak reaching 35 years.

12,782 Days and Counting

By: Bill Robertson

February 7, 1977. Jimmy Carter had just moved into the White House, Star Wars and the first Rocky were slated for release. "Torn Between Two Lovers" was America's #1 hit song. Tom Brady and Elvis Presley were a half a year away from their respective birth and death. That was the beginning of my streak - 35+ years of at least three miles a day.

A cast had just been cut off my foot from torn ligaments after landing badly jumping over a snow bank. The doctor put on it only a flexible wrap. Seemed a little excessive on his part at the time.

Running in the morning simplifies things a lot. Get up and get out – you can be half done before you wake up, much easier than trying to plan around the events of the day. Weather here in New England is usually not much of a problem, it gets cold in Winter but not terrible, and there are snow issues pretty much only when you have to fight cars for limited space.

My racing has toned down - as well as slowed down :). Am lucky enough these days to train with "Boston Billy" Rodgers which helps keep things honest. I was a fairly consistent 27 for 5, 2:45 for the marathon type of runner. Now there are occasional races with varying degrees of intensity.



Running legend Bill Rodgers with Bill Robertson.

My favorite races are Boston, the New Bedford Half and Mt. Washington ("Only one Hill!"). Total mileage is closing in on 100k, 35 or so marathons and 16 Bostons.

There have been a somewhat standard litany of running injuries over time, torn hamstrings, hamstring tendonitis, plantar fasciitis (just a little), sprained ankles, torn ligaments, broken foot, dislocated shoulder, hip hematoma (bike accident), but when you spread these out over three and a half decades, all in all fairly injury free.

The broken foot was a nuisance, not caused by running directly but due to tying shoelaces too tight to avoid a perceived heel issue. Running until the foot healed was done with an interesting run-hop gait at a local track to avoid landing on the front of the bad foot. It was better to run there so it would look like doctor's orders rather than looking crazy hopping around the neighborhood – sounded reasonable to me at the time. In my defense, since the injury wasn't caused directly by running, it seemed to be OK to keep going.

The worst part was that it happened two weeks before the Boston Marathon in a year I expected to do well. I knew better than to try and do the hopping thing for 26 miles, but did 10 miles the week before just in case things healed and would have done something more than 3 in the two weeks before the race.

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

Be tough on yourself during a race if you want, not after. If you want to get worked up about how you should have worked that hill, put in a better effort on mile 4, or outkicked that other person at the finish, the time for that is during the race. It's a little too easy to harangue yourself afterwards. Save it for the middle of the next race.

Forget about breathing patterns, stride length, running style. Don't scrimp on new shoes – they are the only real required running expense. Race warmups are important, warmdowns not so much. The more expensive the shoe, the more you pay for marketing hype.

And oh yeah, avoid wearing nylon shorts when running around a lake in 20 degree temperature with a strong wind.



Bill Robertson at the 1980 Newport Marathon.



Craig Snapp

CALIFORNIA RACE REPORT - ZEN AND NOW

(WRITTEN ON 02-10-07) ("THE UPDATE" WRITTEN ON 02-07-12)

By: Craig Snapp

I'm a Numbers Numbskull Nerdaroni, and the following is a result of my Illness:

Yesterday was the 30th Anniversary of my first run, and it put me in that Ol' Rearview-Mirror/Thrilling-Days-Of-Yesteryear mode. So, I decided to do a Compare-And-Contrast Investigation.

San Diego has had a marathon in January for the last 43 years. Since I began, it's always had between 1,100 and 1,600 Official Finishers. (9 years ago, we started having a marathon in June, also. It's called "The Rock 'N' Roll", has 20,000+ participants, and is an Orange in this Apples-To-Apples comparison.) I dug out the results newsletter from the 1979 edition, and put it beside last month's printout. Although '79 had 1,500 Finishers, and '07 had just fewer than 1,200, I don't believe that difference is enough to explain the Amazing Changes. When I showed this report to my Grandpa Dementia, he retorted

"In this millennium, the marathon masses are getting slower than Jemima's molasses!"

	'79	'07
TOP THREE MEN	2:14, 2:18, 2:20	2:31, 2:32, 2:34
	(All Americans)	(All Kenyans)
TOP THREE WOMEN	2:45, 2:45, 2:46	2:56, 3:08, 3:11
	(All San Diegans)	(All Non-San Diegans)

SUB-THREE HOURS	261	14
SUB-FOUR HOURS	1,374	375
SUB-FOUR HOURS, FIFTEEN MINUTES	1,530 (100% of Finishers)	496 (42% Of Finishers)
	(Clock Turned Off Then)	
MID-POINT FINISHER	3:27	4:25
LAST-PLACE FINISHER	4:14	8:34

I did this race in '79, had a then-PR of 2:53, and finished in 157th place, which put me in the top 10.3%. I did not do it this year, (opting instead for a gentle 17-miler, to be nice to my recently-ailing hamstring), yet if someone had done the same time I had done way back then, they would have finished in 9th place, been 6th American, and placed in the top 7/10 of 1%.

So, ... What Does It All Mean!? ... HELL! I DON'T KNOW! ... I'm just The Numbers Nut!
... I will leave any conclusions to all of you out there with A REAL BRAIN!

THANK YOU FOR YOUR TIME!

THE UPDATE

This is the week of the 35th Anniversary of my first run, so I thought I'd look back on what I wrote, (above), on my 30th Anniversary.

The marathon referenced took place two weeks ago, and the number of finishers was only slightly fewer than in '07. Therefore, I compared the Statistics from '07 to those from '12.

Mayhaps I shouldn't have been surprised, yet, in all eight categories the numbers are amazingly/ (disappointingly!?) similar! They have not gotten any closer to those from '79! (On the other foot, they haven't gotten any further away!)

One difference was that this year's edition included a certain "Scott Ludwig," whom I believe is the President of "THE DARKSIDER'S RUNNING CLUB"! There's One Improvement!

If I had to guess, I'd say that 5 more years down the Running Road, the Status of the Stats will be the same.

And may we all still be running. As my Grandpa Dementia says, "IF YOU'RE GONNA BE A BEAR, YOU MIGHT AS WELL BE A GRIZZLY!"

The Female Tundra Traversing Boom

By: Steve DeBoer

In case you have not noticed, there has been a large increase in the total number of active certified streaks in the last few years. There were 113 on Dec 1, 2006. Five years later, that number has almost tripled to 306 (December 2011), with 50 added in 2011 alone! Retired streaks had increased even more dramatically from 45 to 220. States with the most new streaks (some by runners who already had retired streaks) during that time are TX (12), MN (9), FL and CA (8), & WI and MO (7). In March of 2010, CA became the first state with 30 on the active list. TX (January 2010) and FL (June 2010) were the 2nd and 3rd states to reach 20. No other state currently has more than 15.

I suspect our Facebook site is increasing people's awareness of streak running, causing a boost in new streaks, as well as getting former streakers to come out of the closet and register their old ones.

There has also been quite a change in the number of female streak runners. When George Hancock put together his first list of streakers in December 1994, there were 50 names on the list and only 1 woman (2%), Margaret Blackstock. By November, 1999, there were 87 streak runners, on which 2 were female (2.3%) (Margaret and Debbie Ciccati, Craig Snapp's training partner).

When the US Running Streak Association was formed in December 2000, there were 113 on the active list, 3 of them being women (2.6%). When the Association decided to require certification forms in early 2002, running at least 1 mile each day, the total list dropped from 128 to 86, but all 4 women (4.7%) sent in their certifications (Margaret, Debbie, Sue Favor and Gabrielle Cohen). In the Winter 2012 edition of the Streak Registry, Gaby recounted joining the organization after meeting #4 streak runner, Ken Young, as they both live in Petrolia, CA, and how she got in her mile runs - jogging in place in the bathroom in the hospital after having her baby at age 44.

By December 2006, the USRSA was back up to 113 active streakers, but now there were 8 women (7.1%). In December 2011, of the 306 who had run daily of 1 year or longer, 45 were female (14.7%), almost a 6-fold increase, while the number of active men was only 2 ½ times greater compared to 5 years ago.

In terms of state representation, there has been a male streak runner at one time or another in DC and all but 2 states (AK and NM). The SD streakers moved to MN, the WY stalker retired, and the ND individual on George Hancock's original list never certified his streak. There are now 30 states that have had a female running daily for 1 year or more, including the latest representative, 49-year-old Rhonda Wegner, of Valdez, Alaska, the first streak runner, male or female, from that state! Her streak reached one year on 1-1-2012, #307 on the active list as of that date. The Alaska men were not far behind, as Todd Taylor, also of Valdez, registered his streak less than 2 weeks later, having reached 1 year on 1-2-2012. Since Valdez has a population of 3,800, I suspect they might know each other. So when will New Mexico identify their first?

The age range of current women on the list is 19 to 70, Barbara Latta being the first and only female running daily past age 65. Ruth Gorman was the oldest to begin a streak, 3 years ago at age 61, the same day as her husband, Bill. There have been several teenagers, with the youngest being Paige Pearson, who began her 1,025 day retired streak in 2002, at age 13, following in the footsteps of her father and older brother, Jim & Joel. The current age range of active men is 12-82, but if you remove the youngest, Bradley Blaszyński, and oldest, Herb Fred, the range is comparable to the women: 22-75 years of age.

It should be noted that 2 of the 4 women who were on our first certified list have since retired their streaks (Margaret and Sue). Diana Nelson joined in 2007 with a 25 year streak that ended later that year. The three others who have run daily for over 20 years (Julie Maxwell, Alicia Brophey & Barbara Latta) did not certify their streaks until 2008 & 2009. Unfortunately, two of them had to end their streaks in 2011. Alicia Brophey had heart valve surgery last summer, ending her streak at 30 ½ years. Julie Maxwell, who had the longest documented daily 1-mile running streak in the United States, took a misstep out her door and broke her ankle in two places, ending her 33 year 5 month streak on December 10, 2011. This also means MN is without a female stalker for the first time since 1978, though Sherry Case informed me that she reached 6 months of a new streak the week before Julie's ended.

Julie (Winter 2009 issue) and Barbara (Fall 2011 issue) have both had articles published about them in the Registry. But we know very little about Alicia, so I interviewed her recently. She has always lived in MA and started running to exercise her big dog. After a few years, the daily habit "kind of happened" and continued 5 dogs later. She has averaged 5 miles per day (over 60,000 miles total) in 40 states and 5 continents (including almost all European countries). The most challenging runs were in the heat/humidity of Panama, and Saudi Arabia, where she had to run inside, as it was too dangerous to go out. She now splits her time between MA and FL (6 months, after first snowfall in MA).

Alicia first heard about the US Running Streak Association from an article in the Wall Street Journal and registered her streak when it was about 28 years old. On June 1, 2011, she was running and developed pain in her esophagus. She went to the doctor and had emergency surgery that same day. She began daily running again on September 1st and hopes to register her second streak later this year. Julie also hopes to return to daily running once she is allowed to bear weight on her ankle.

MN, which had the highest rate of women streak runners in the 1980s and 1990s, lost that position to UT in 2001. NC took over second place in January 2003. However, during the first decade of the 2000s, Sherry Case had other 1-3 year streaks yet to be certified, which put MN back to #1 a few times. The top 5 states are listed below for 2006 and 2011.

Top States (Women Streakers per Million population)

	Dec 2006	Dec 2011
#1	UT (0.40)	MT (1.01)
#2	MA (0.31)	MA (0.52)
#3	NC (0.23)	MD (0.52)
#4	MN (0.20)	UT (0.36)
#5	MD (0.18)	WI (0.35)

As of Jan 1, 2012, the new leader is Alaska. Due to their small population, 1 female gives them a rate of 1.39 active streakers per million. The states with the most women are CA (7), MA/PA (4 each), and MD/IL/FL (3 each).

In terms of retired streak longevity, Julie (#8), Margaret (#14), Alicia (#15) and Diane (#28) all ran at least 25 years. Barbara Latta is the only active daily tundra traverser who has passed 25 years. Two more have made it beyond 15 years, and 5 are still running daily for 10-15 years. So 8 of 45, or 18%, are at the "Experienced" level or beyond, compared to 131 of 262 active men, or 50%.

Winter running (the northern variety) has returned, but there has been less snow and cold in MN this year. I was interested to read the list of the 25 coldest cities to run in during the winter (with a population of at least 50,000). #1 is Fairbanks, Alaska, a place I have never been. #3 is Bismarck, ND, just north of where my great-great grandparents homesteaded in the 1880s. #6 is Aberdeen, SD, where my Dad was born, and I have run there a few times in the winter. I worked for 2 years in Mitchell, SD, which is an hour west of Sioux Falls, SD (#8), where I was born, and has similar weather. Duluth, MN, is #9, but all my running there has been spring-summer-fall. Rochester, my home for the past 25 years ranks #11, ahead of Minneapolis/St. Paul (#16), where I grew up and spent 25 winters. Does this explain why I run shirtless when the temperature gets up to 32 degrees or higher?

I have been asked to calculate a handicap for those of us who have to run in the snow and cold for several months of the year. However, when I start to think about all the weather (and non-weather) challenges to running – cold, heat, wind, humidity, rain, snow, ice, sleet, hail, hurricanes, tornadoes, floods, earthquakes, dogs, bears, cougars, meteor strikes, famine, minefields, war zones, etc., - it is hard to come up with one measure to balance out the various conditions we run through. Maybe we should just deduct mileage from those who have the luck to run in temperate weather all year long!

P.S Dave DeBoer, of Manchester, MO, ended his second running streak on December 1, 2011, due to foot numbness and leg/back pain, leaving his brother, Steve (who, coincidentally celebrated his 57th birthday on that same day), as the only DeBoer currently running daily. Brad Kautz, of Rochester, MN, certified his second streak (he has 3 streaks in the 1980s and 90s that have not been certified), in January, bringing that city back to 5 active streak runners (6, if Al Gilman's rumored streak is verified and certified). Rochester & St. Paul are the only cities to have 5 streakers on the active list at one time.

February 10, 2012

THE 70,000 MILE CLUB

Compiled by: Steve DeBoer

A large number of streak runners (at least 70 that I have been able to confirm) have accumulated over 70,000 miles running in their lifetime. Here is an update of their total and streak mileage. Herb has run more miles than any other person who has kept records that I am aware of. Ted Corbitt was credited with over 200,000 miles, but that included the walking miles he did the last 20 years of his life.

Name	Age	12/31/10 miles	12/31/11 miles	streak miles
Herbert Fred	(82)	242,064	244,950	134,385
Craig Davidson	(58)	184,650	188,800	186,387
Don Slusser	(60)	184,413	186,844	173,536
Jon Sutherland	(61)	183,529	186,021	182,063
Jim Pearson	(67)	164,778	165,790	155,790
Bruce Mortenson*	(68)	159,700	161,844	
Mark Covert	(61)	155,290	157,101	147,298
Ron Hill*	(71)	154,461	155,916	
Roger Urbancsik	(54)	139,043	146,893	126,817
Bob Hensley	(57)	141,476	142,976	137,349
George Brown	(59)	135,816	137,816	130,300
Steve DeBoer	(57)	133,975	137,637	136,037
Ken Young	(70)	131,010	132,657	123,712
Stuart Calderwood	(53)	131,128	132,628	71,670
Steve Morrow	(48)	127,582	132,213	130,772
Gary Jones	(59)	129,133	131,102	124,352
Scott Ludwig	(57)	121,993	125,845	125,605
Bob Ray	(74)	122,000	122,000	100,000
Barry Abrahams	(60)	116,974	119,242	116,027
Bill Moreland	(65)	115,570	118,404	97,250
Joel Pasternack	(61)	115,884	117,815	15,277
Timothy Masters	(61)	115,509	117,677	101,178
Jim Hage*	(53)	115,000	117,493	94,493
John Liepa	(66)	113,425	114,960	104,960
Steve Kohorst*	(61)		114,000	
Robert Kraft	(61)	110,937	113,870	108,108
Larry Baldasari	(61)	110,759	112,906	87,229
Harvey Simon	(69)	109,050	111,111	107,111
Kenneth Roth	(55)	106,000	107,800	89,800
Craig Snapp	(61)	100,972	106,989	57,952
Sherry Case	(52)	102,731	104,231	
Amby Burfoot*	(65)	103,000	103,600	
Steve Gathje	(56)	101,800	103,549	102,349
Paul Case	(54)	100,365	103,380	6,162
Jim Behr	(64)	98,840	100,340	99,340
Alex Galbraith	(61)	98,757	100,038	90,149
Al Gilman*	(65)	97,000	100,000	
Al Colonna	(68)	98,800	100,000	99,950
Michael Fanelli	(55)	95,896	98,105	5,137
Homer Hastings	(68)	98,000	98,000	79,550
Bill Stark	(64)	95,000	97,000	87,000
Bill Robertson	(59)	90,300	92,276	81,976
Dink Taylor*	(46)	90,000	91,500	
George Hancock	(58)	88,370	90,102	84,109
Mark Courtney	(55)	86,800	88,600	85,300

Bruce Sherman	(57)	84,500	87,200	84,200
Ken Birse	(51)	85,600	86,750	54,810
Bob Aby	(66)	83,374	85,375	75,291
Jim Bates	(55)	81,872	85,056	24,284
Doug Holland	(50)	84,000	84,500	
Dave Hamilton	(57)	83,000	84,300	78,300
John Chandler	(56)	82,004	84,008	67,000
Brian Short	(61)	82,686	83,308	75,496
Roger Nelson	(61)	81,412	82,990	75,566
Frank Russo*	(61)	79,932	83,004	
Bill Leibfritz	(55)	80,207	82,176	73,367
Bill Finkbeiner	(56)	79,700	81,700	80,200
Brad Kautz	(54)	79,024	81,622	10,175
Rob Zarambo	(64)	79,397	80,844	71,924
Terrell Worley	(51)	79,030	80,530	68,440
Stephen Reed	(64)	79,000	80,500	73,500
John King	(60)	77,678	80,355	80,355
Dave Melissas	(51)	75,623	76,848	60,399
Diana Nelson	(65)	73,820	76,020	63,886
Pat Foley	(63)	74,675	75,877	48,915
Norm Grimmett	(74)	74,209	75,653	55,933
Rich Holmes	(62)	72,000	75,530	
Fred Winkel	(67)	75,000	75,000	72,000
Fred Murolo	(55)	70,318	74,020	72,020
Rick Kerr	(56)	70,717	73,659	41,050
John Watts	(56)	70,820	72,472	53,972

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

I probably did not get everyone on the list who qualifies. Please send your data if you have surpassed (or will this year) 70,000 running miles, at (deboer.stephen@mayo.edu), and I will be sure to include you in the next update.

PATIENCE: I've never known a runner who has as much patience as he needed, but any and all amount of this precious quality are invaluable. We runners simply don't get better fast enough to satisfy ourselves. Like the hare, we blast away from the starting line with visions of glory. We should be more tortoiselike. For that's the path to success.

"Every runner gets injured at some time (always the wrong time). Every runner catches a cold or flu just before a big race. Every runner has to deal with marriage squabbles, job pressures, schoolwork, too much travel, or something related to these issues. When the frustrations and obstacles seem too great every runner is tempted to quit.

"This is when you most need patience. This is when you need to tell yourself that tomorrow or next week or next year is soon enough. Distance running requires you to take the long view. It takes weeks and months, at the least, to get in shape. Give yourself time. Don't make hasty and unnecessary mistakes. Remember: You're in it for the long run. Life is a marathon, not a sprint; pace yourself accordingly."

- Amby Burfoot from his book *The Runner's Guide to the Meaning of Life*.

HERBERT L. FRED, M.D.

Total Running Mileage Per Year

AGE	YEAR	MILEAGE	AGE	YEAR	MILEAGE
37	1966	720.0	60	1989	5,568.0
38	1967	1,825.0	61	1990	5,787.0
39	1968	2,920.0	62	1991	5,946.0
40	1969	4,015.0	63	1991	6,255.0
41	1970	3,415.5	64	1993	6,049.0
42	1971	4,911.5	65	1994	6,054.0
43	1972	7,638.0	66	1995	6,124.0
44	1973	6,851.0	67	1996	5,781.0
45	1974	5,127.0	68	1997	5,304.0
46	1975	5,338.0	69	1998	4,619.0
47	1976	6,028.5	70	1999	4,596.0
48	1977	5,982.0	71	2000	4,812.0
49	1978	6,369.0	72	2001	4,786.0
50	1979	6,458.0	73	2002	4,773.0
51	1980	7,300.0	74	2003	4,644.0
52	1981	7,540.0	75	2004	3,973.0
53	1982	7,661.5	76	2005	5,288.0
54	1983	7,580.0	77	2006	5,220.0
55	1984	7,492.0	78	2007	4,018.0
56	1985	7,221.0	79	2008	5,138.0
57	1986	6,595.0	80	2009	4,917.0
58	1987	4,630.0	81	2010	3,301.0
59	1988	5,492.0	82	2011	2,886.0
				TOTAL	<u>244,950.0</u>

STEVE GURDAK'S STREAK REACHES 15 YEARS

Thank you for acknowledging my 15 year streak. I've always been somewhat intimidated and a little shy about being on this list. After all I never read about anyone else on the list other than Division AAAAAAA, Olympic rated, platinum polished gold medal, superstar league, world class, top ranked certified glam runners. I do qualify; I've run over a couple miles each and every day for more than 15 years now. It is just that my kind of streak is far removed from a trophy case. It is more Palooka than glam.

I don't have "trainers" to call on or the latest hi-tech clothing whisking my sweat away. With my on sale cotton t-shirts, dollar store ponchos for rainy days and a pile of shoes at various stages of wearing out no endorsement offers will be coming my way. My blaze orange vest is not much of a fashion statement either but I've known Palooka runners who have been run over. In the neighborhood I'm often described as that guy of questionable sanity they've seen running on days you're advised to stay indoors. My use of Ace bandages and tape qualify me more as an extra in a mummy movie than champion jock.

What I get in return is not trophies or adulation but a few moments every morning that I own 100%. Time no one can take away from me later. An all day stress pill, diet plan and exercise in liberty that has no equal. I own my streak. I own my runs. I choose the music, the dreams or the mental battles of good and evil that will play out over the miles. After that I feel free to share the rest of the day. I don't get upset when others take up my time, after. I don't care how others find way to screw up the rest of the day, after. When friends and co-workers ask, and they regularly do, did you run today? They

wait for my well used response, "did the sun come up!"

For me, having to qualify, categorize, or rank my runs would mean I would not own them anymore. I run fast when it feels good and slow down when it doesn't. No stopwatches allowed. You may consider changing the rules because I'm not sure a Palooka runner like me was someone you intended for this club. I plan to stay a member until you do though.

Steve Gurdak
Springfield, Virginia

JOHN WRIGHT'S STREAK HITS 3 YEARS

Yes, my personal streak continues. The only thing I can add is that I continue to run about 3.0-3.5 miles a day, a little longer on the weekend. I always run first thing in the morning about 5:00 a.m.

Living in the Buffalo area, it can be sometimes challenging in the winter. On those days I switch to a trail shoe that gives me more traction in the snow and ice.

I didn't start off trying to run consecutive days but after a month or so I realized I had not missed a day. For the next few months, the "streak" was in the back of my mind but was not a goal. After six months I started to try to get to a year, then two, then 1,000 days, then three years.

I plan to continue as long as my health allows. Since I started the streak I have lost 20 lbs and am at the mid-point of my BMI category, which was the soft goal when I started.

John Wright
Amherst, New York

THE SHORT & LONG OF LUIS GOMEZ'S STREAK

The Short Version: Running one day at a time.... I forgot my 4-year anniversary on 11/23 until I got Mark Washburne's e-mail congratulating me on my 4 years (Thank You, Mark!). I will be running my First Marathon on 12/4, which will be day no. 1,472 of my Streak. Trying to get my average mileage to 3 miles per day ... I am currently at 2.8 or so. Hope my 16-year-old daughter, Victoria, joins me on the Active List; as of 11/30, she is on day 107.

The Long Version: The Streak has been good to me. I've been running since High School on and off, sometimes not running for a year, getting out of shape then starting all over again. When I turned 40 in 2001, I was having back problems. Doctor told me to stop running and take up walking ... I kept running on and off; still with back issues.

In 2007, I read an article featuring Mark Covert in *Runner's World Magazine* and wondered how many days I could run (had never run more than 6 or 7 days in a row). I started my first streak on 7/15/2007 and at day 75 I learned I had to have my gallbladder removed; asked the doctor if I could extend my streak to 100 days and he allowed me to do that. Completed 103 days (ran the morning of my surgery, just in case I could run the next day); but could not run the next day; so I ended my streak.

I attempted to start a new streak 2 weeks later but still felt pain. I finally started my current streak on 11/24/2007 (just hoping to break my 103 day streak), and the rest is history. My Streak is over 4 years and counting. Had a couple of close calls; running with the swine flu (3 days) ... that was not fun, sprained ankles, etc. But the closest was a bout with food poisoning, attempted to run 3 times on the treadmill

but just could not hold the food down ... finally at 10:30 p.m. I attempted once more and pushed myself to do 1.25 miles to keep the streak alive (this was back in day 160 or so).

The streak has been fun ... now I know I will run every day. I will be running my first marathon on December 4th (Dallas White Rock). Had never run more than 15 miles before that changed with the marathon training.

Since I started the streak, I like to think that somehow I inspired my wife, Soila, and 16-year-old daughter, Victoria to run. My wife used to ask me "Why will anyone run more than 1 mile at a time?" she has completed two half marathons in the last year (she is not a Streak runner - yet). My 16-year-old daughter, Victoria, started her own running streak ... she is over 100 days; her goal is to get to at least a year. Hopefully, one of these days my 13- year-old son, Daniel, will get the running bug. He does not like running but already hit 7:58 in the mile – not bad for someone that does not like running.

I turned 50 back in September and feel better than I've felt in a long time (I know is due to my Streak). As long as these legs keep going, the Streak will be alive. I just can't see myself stopping voluntarily.

Luis Gomez
Frisco, Texs

BARRY BRITTON'S STREAK HITS 12 YEARS

My streak is still going strong. I run at least 2 miles per day, every day. At age 60, I feel very good about that. Best wishes to all those streak runners out there.

Barry Britton
Roscoe, Illinois

TED SABINAS' STREAK REACHES 21 YEARS

Not much has changed in my 21-year streak except that I recently retired from teaching but will continue to coach cross-country and track at Cedar Springs High School in Cedar Springs, Michigan.

A few updates to the streak.

All runs during the 21 years must be a minimum distance of 3.1 miles - anything less would not count. I'm probably one of the most boring runners on the running streak list.

Perhaps the most unique runs would be on the decks of cruise ships or on a sandy beach in the Caribbean or in 100+ degrees in Mexico. I have also run during storms and on the ice roads in Michigan during the winter with at least one fall a year.

One winter I challenged myself to run the entire winter in shorts. Mission accomplished but I have no plans of doing that again.

I've run in knee-deep snowdrifts, freezing rain, and during strong rainstorms. One time I sat in a roadside ditch to avoid the lightning. I was also chased by twin Doberman dogs and I had a pigeon fly 3 feet above my head for over a mile with a stray dog running along my side.

During my runs, I found screwdrivers, hammers, sockets, straps, drill bits and sheets of vinyl soffet along the road.

Have started the next day run at 1 minute after midnight many times knowing that this would be the best time to run for the day.

I am guessing all runners on the streak list have encountered many of the same

experiences. Like many other streak runners, I was featured in articles in my local newspaper.

I have also run with the flu, with a back that needed an emergency room visit, with a knee problem that caused me to limp for the 3.1 mile at slow-slow painful pace for over two weeks.

My wife has a streak of 19 years of walking everyday with a minimum distance of 1 1/2 miles despite having surgery last winter on her foot.

Running seems to be the closest thing that I have found to the fountain of youth.

Ted Sabinas
Cedar Springs, Michigan

BILL LEIBFRITZ'S STREAK REACHES 30 YEARS

I just completed my run today [December 2, 2011], as I do everyday. This one means a little bit more though because it marks the completion of 30 years without missing a day. That alone should be cause to be proud. But today is special for a much more important reason – it is my son Steve's 30th birthday. That is a milestone for most of us, leaving our 20's and venturing further into our adult lives. For every year of my son's life, my run on his birthday completed another year of my running streak. This streak has been pretty important to me, but mainly because it coincides with Steve's birthday. So Happy #30 Steve!! And by the way, Steve and I are going to run together tomorrow. I can't think of anybody else with whom I'd rather begin the 31st year of my running streak. I mean, he's been around for the whole thing!!

Bill Leibfritz
Midland, Michigan

**JACOB YUREK'S
STREAK ENDS
AFTER 1,000 DAYS**

I started out thinking about just running and hitting the year mark. When that was accomplished I found it hard to stop and it got to the point where 1,000 days seemed like a good goal.

This year was tough to keep going, I'm very busy and finding the time to run was sometimes hard. I also started noticing that I was getting burnt out and my body wasn't the happiest camper. My marathon times dropped off pretty well this year and decided I'd rather just train like normal again (and get back to running sub-3 hour marathons) and put the streak to bed.

It was hard to not run that first day-off but I am happy with my decision as I'm no longer burnt out and running much better already only a couple month's after I gave it up. I'm glad I ended it on my decision and not something like an injury because I was too stubborn ;)

Good luck to all the streakers - you 10+ year folks amaze me!! I'm only 30 years old so I'm thinking maybe some day I'll start up another streak when my speedy days are over, who knows.

Jacob Yurek
Silver Lake, Minnesota

**JILL JONES'
STREAK REACHES
4 YEARS**

The last 6 months has been a challenge. I developed plantar fasciitis. Luckily, I had an awesome ortho doc who gave the necessary stretches and told me I could run through it. So, there were several days of 1 mile runs but the PF is 90% better now and I never missed a day of running. Unfortunately,

I'm now having patellar femoral pain in my right knee.

After the foot started feeling better, my husband (also a stalker) and I ran 10 miles in NYC, which was a big jump from my low mileage I'd been doing because of the PF. My knee has been hurting ever since. But, I'm holding steady at 3 miles a day. A local PT is very helpful with "fixing" runners and not telling us to stop running! She understands!! Yay. So, the streak is still alive.

I'm nearing 40 years old so I'm guessing that's why the injuries are beginning to plague my running. But, I will trudge through as long as possible.

It's very helpful and motivational that my husband also runs daily!! His streak is about 6 days longer than mine. We keep each other going!!!!

I'm looking forward to 2012 and Year #5 of the streak. I'm hopeful that I'll be healed and back up to my 30 miles a week!!

Jill Jones
Baton Rouge, Louisiana

**BARBARA LATTA RUNS 5K TO
CELEBRATE 27 YEAR STREAK**

Thanks for the reminder of my Streak Anniversary. On the last day of my 27th year I ran a 5K race and came in first in my age group. I have one more race planned for this year. It doesn't seem as if I have been running this long; yet it seems as if I have been running all of my life.

Barbara Latta
Raleigh, North Carolina

**CORDELL KIRK'S
STREAK ENDS
AFTER 1311 DAYS**

Hello and greetings from the Midwest. Thank you so much for your kind congratulations, but unfortunately, my running streak ended earlier this year.

My running streak ended July 21, 2011 after 1311 days in a row. My family and me were on vacation in Florida when I woke up with some unexpected pain in my right shoulder. After a trip to the emergency room and a prescription for muscle relaxers, things were not great, but tolerable. After returning from vacation I went to see a specialist to have my shoulder checked out. An MRI revealed a herniated disc in my neck. After that diagnosis I went to see a neurologist to get a second opinion. The neurologist confirmed the diagnosis. The herniated disc was pressing on my spinal cord causing numbness in my right hand. The neurologist recommended that I stop running to avoid any further potential damage. Ten days later I had surgery to repair the herniated disc (fusion).

Surgery day was August 1, 2011 and I was out walking again on August 8, 2011. I started my NEW running streak on September 3, 2011. As of today [December 19, 2011], I'm 108 days into my NEW streak. My goal is to keep running. I know I will be off the active list until I hit the magic 365-day number, but that's okay. I guess when that day comes I will be one of the many runners who have streaks on both the "retired" and "active" lists.

Keep up the good work. I always enjoy reading the updates and the stories that go along with these amazing people with amazing streaks. I know how hard it is to keep a streak alive. I'm in awe of the men and women who have

managed to put together these incredible records.

Cordell Kirk
Blue Springs, Missouri

**BJ DAVID'S
STREAK REACHES
4 YEARS**

Another year has come and gone. Four years in the books. I can't believe I have a chance to become Proficient and leave my Neophyte status behind...

My streak has included many 1-mile days. My company's work is very physical and at the end of the day, I've already got a decent workout in. I'm hopefully transitioning over the next couple years into more of a management role. Though my work hours won't decrease hopefully the physical strain will. With that said, the miles will increase and my goal of participating in a full marathon will hopefully be realized.

I really do enjoy running, talking about running, and even watching others run, but my streak isn't so much about the running. My streak is a daily reminder to keep at the marathon that life is. It reminds me to stay focused, diligent, and not get over-zealous about something only to burn out shortly after. So only getting 1-mile in is OK with me for now.

My streak has made a difference in my life. I've even encouraged and gotten 3 others to complete a 1 year streak. One of them is starting his 3rd year this week. Another is starting this week. I appreciate my streak. I look forward to writing many more updates. Happy New Year.

BJ David
Covington, Kentucky

**PATRICK DUNIGAN
JOINS USRSA**

High School and College years.
Running was always dreaded! The only time I was running was when something went wrong: Out of shape for football camp....Run laps. Jump offside's....Run laps. Penalty in a game... Run laps. Someone else screws up.... Run laps.

Early to mid twenties.
Running was for weight management and the parties after the 10ks.

Late twenties to late thirties
Running was non-existent as I turned into a 300 lb couch potato.

Late thirties to today.
All I wanted to do was run like Forrest.... So after a year spent getting in shape, I decided to start the "streak" and hopefully find my Forrest moment. Five plus years later I am not sure I run like Forrest but I have found too many moments to remember them all. Running the day of a "minor" medical procedure, running behind snow plows during blizzards, in a kilt after a polar plunge, 3:00 am runs before a long day started, 1:00 am runs after long previous days, running barefoot because I forgot my shoes. Running with a torn hamstring, sprained ankle, blisters or 103-degree fever. The cold, heat, rain, wind, snow, sleet.... Running. Twenty days in front of my friend who has his own streak... Running. Every day, at least a mile... Running.

During my streak I have completed 3 Ironman events, 5 Half Ironmans, multiple other events always making sure I get a complete mile in the next day.... Running.

Running is no longer dreaded, no longer a penalty. It is not for weight management or parties, not even for accomplishment. Today running is a gift

and my streak is how I honor that gift I have been given.

I thank my wife Amy, children (Connor, Emily and Aidan) and dogs (Wilson and Buck) for their support, encouragement and participation-most of all I would like to thank them for embracing our "streak." I am a runner!

Patrick Dunigan
Brandon Beach, Florida

**LEE JANTZEN'S
STREAK ENDS
AFTER 771 DAYS**

My streak ended February 11, 2011, at 771 days due to a hamstring injury (that still hasn't completely cleared up). I was depressed for a while about it and then forgot to let you know. I apologize for the oversight on my part. My streak is over and I don't plan on starting a new one, but I do hope to get back to running again. It helped me lose more than 100 pounds almost six years ago and I am constantly worried about reverting to old habits. I haven't yet, but being able to run again will keep me on the right path.

Lee Jantzen
Kingman, Arizona

**TIM HART'S
STREAK ENDS
AFTER 1000 DAYS**

I need to report to USRSA that my way-shorter running streak ended at 1,000 due to a broken toe on day 997. So, please archive my streak at your convenience. Thanks!

Tim Hart
Shorewood, Wisconsin

**RHONDA WEGNER'S
KEEPS STREAK
ALIVE IN ALASKA**

It's been an interesting year of running as I'm sure it is for most. I simply can't fathom doing this for 10+ years. My hat goes off to those who have kept their streak going.

At this time I'm still running, but I really don't know for how much longer. My boyfriend and I started our streak last year after he showed me the website and I didn't see anyone from Alaska on it. I thought what the heck...I could be the first Alaskan.

After the first month (I started Jan. 1, 2011) my boyfriend set a new standard above and beyond the regular stipulations. He wanted to do all of his running outdoors. I'm not sure you're aware of Alaska's weather patterns, but this has definitely been a challenge. We live on the southern coast of Alaska and winter here can be long. Snow, wind, and rain are all hurdles we deal with on a daily basis. We rarely see sub zero temperatures, but we are the snowiest city in the U.S. Our average yearly snowfall is 326.3".)

With that said, there have been some very challenging runs in deep, wet snow, but my most difficult run came last summer in Washington state after my boyfriend and I climbed to the summit of Mt. Saint Helens. Literally 30 minutes after we got down the mountain we took off for our run. My legs felt like Jell-O, but we got it done.

I've been competitive all my life, and full of passion and determination, but I must say streak running has definitely tested my will power.

Rhonda Wegner
Valdez, Alaska

**TODD TAYLOR
JOINS USRSA
FROM ALASKA**

After a year of running Rhonda and I are excited to have made the list. Running has been a challenge this past several weeks as Valdez, which is already the snow capital of the country, has been hit with a record breaking snow year. As of today [January 11, 2012], we just passed the 300" mark for the season, and we've still got four months of snow ahead of us. Running outside has become challenging, but we love it.

Although I ran cross-country for several years in my teens, I avoided running for most of my adult life. In 2003 at age 32, I found myself twenty-five pounds overweight and turned back to running to help me lose a few pounds. I unexpectedly found a past time that helped me in many areas of my life. Through running, I lost weight, became healthier, and just all around felt better about myself and the world around me.

Goal setting has always been important to me, and running certainly brings out that aspect of my nature. In 2004, I ran my first marathon (San Diego Rock & Roll Marathon), followed by two half marathons (Rock & Roll marathons in San Diego and Phoenix) in 2005. In 2006 I set and accomplished a goal to run 1000 miles in a year.

I was searching for a new goal when I ran across an article on the United States Running Streak Association and convinced my girlfriend, Rhonda Wegner, to try a year of streak running with me. Unfortunately she beat me to the punch by one day, and I have not caught her since. She started on New Years Day, while I took the day off and started January 2, 2011, a day's rest I have now regretted for a year.

In February 2011, I changed my own rules for my runs and removed the option to run on a treadmill. I also added the requirement to track my miles on my Garmin 305 using Garmin Connect. I have not run without my Garmin since February 18, 2011. With 350 inches of snow expected in a normal year, running outside in Valdez, Alaska can be a challenge and it makes for unique runs. In the winter we run with spikes strapped over our running shoes. But we love it and don't plan on stopping anytime soon.

Todd Taylor
Valdez, Alaska

**SCOTT HENDREN'S
STREAK REACHES
4 YEARS**

My streak is still intact at 4 years today [December 31, 2011]. God willing, it will continue.

For an update, I would say, 2011 was a great year. I kept the streak alive in spite of some knee problems that threw me for a loop in May. I still have some soreness but nothing that keeps me from running every day.

The highlight of my year was the incredible opportunity to run the Quad City Times Bix 7 with an elite runner entry that I could never have earned on qualifying time. I was able to run the first mile of my favorite race shoulder to shoulder with my idol, Bill Rodgers. Just before the first mile mark, Bill dropped back about 10 feet and as I turned to see where he was, he blasted past me and I never saw him again in the race. The heart was willing but the legs couldn't keep up. What a talented runner; a real legend. It was the coolest mile of my 20+ year running career.

I'm hoping 2012 will be another year of streaking and improving. A marathon PR is within sight.

Scott Hendren
St. Joseph, Illinois

**PAUL KIRNER
KEEPS STREAK ALIVE
DURING CHEMOTHERAPY**

Thank you, and yes my running streak is continuing. Last year I was undergoing chemotherapy for my cancer of the spleen and lymph nodes. All summer (2010) I was weak but kept my streak going. I kept remembering:

One day I will not run - today is not the day.

On my 16th anniversary (just three days ago) I reached 22,000 consecutive daily miles in that 16 years. In fact the Podcast "The Thomas Jefferson Hour", honored my last year for my running streak and I mentioned USRSA to them.

Thanks for keeping the USRSA site open for comparisons. I will never make 40 years since I turn 65 this year but I will make it to 24,901.55 miles in less than two years - Once around the world.

Paul T. Kirner
Parma, Ohio

**CHARLES FOX'S STREAK
REACHES 5 YEARS**

I just completed year 5... heading into year 6.

This was a tough year with a lot of traveling... but was still able to get it done each day.

Charles Fox
Portland, Oregon

PRESTON GIET'S STREAK REACHES 4 YEARS

Today [January 6, 2012] completes year number 4 for my good friend Joe Call and I. We started this streak back in 2008 after reading an article about a few of the USRSA members. I wish I had kept that article, or could even remember where we found it. It totally changed the way we approach our day. I enjoy reading about all the stories in *The Streak Registry*. The stories are inspiring, and they help to keep us on track.

Neither of us were really runners before, but the passion for and dedication to running that we read about struck a chord. We decided to get started, and we haven't looked back since. We both played football in college and running provides us with the competition and training that we missed from those days. We have been competing in 5k's, sprint triathlons, marathons, half marathons, and adventure races. We completed our first 24 hour adventure race in July and we have a few more races on the schedule for this spring.

Thank you for all that you do. It is nice to know that there are others out there that are as passionate about running as we are.

Preston Giet
Summerville, South Carolina

MIKE JOHNSON'S STREAK REACHES 3 YEARS

The original article that I wrote for the Registry talked about my initial goal of running for 1,000 consecutive days in anticipation of my 60th birthday. My 60th was on August 27th and my 1000th day was on September 30th.

My birthday was memorable. We had

just arrived in Rome and in trying to get in my miles, I tripped on a cobblestone pathway, apologized to the other tourists that I came close to knocking over, and was able to keep going despite some bumps and bruises. We're all fortunate to escape the type of injuries that could end our streaks.

Three years have now passed and so has 1100 days, as I've vowed to continue running every day for as long as I can. I appreciate the daily updates as others cross their thresholds of accomplishment. Although I'm still a novice at this, my acquaintances still marvel at my perseverance. Hopefully, I've persuaded several of them to start their own streaks. I always tell them about the 30 and 40 year veterans, who always put things in perspective for me.

Years ago, I do remember telling a friend about my 1000 day goal, and he told me about the Marathon Monks of Mount Hiei. I read the book by John Stevens. It's an amazing story of 1000 marathons in a hundred days, with fatal consequences for failure. These Buddhist Monks really put things in perspective, as I go out and do my running each day.

Mike Johnston
Austin, Texas

DAVID DEBOER'S STREAK ENDS AFTER 782 DAYS

Just to let you know my running streak ended on December 1, 2011 (My brother, Steve's birthday). It was due to a nerve injury in my lower back that affects my ability to walk, stand, or run on one of my legs. I haven't been able to run much since.

Dave DeBoer
Manchester, Missouri

**MICHAEL SKLAR'S STREAK
REACHES 30 YEARS OF AT LEAST
4 MILES A DAY**

I knew it was coming up but in the midst of class schedules, had forgotten. Nothing has changed – still working (professor), still doing the daily jog. Tomorrow [January 20, 2012] will be 30 years of at least 4 miles a day.

I had a streak of 127 monthly marathons (more than 10 years), but that ended a few years ago and I don't miss it at all.

It would be amazing if you really believe everyone – that would be very good of you! I'm sorry to say that I find it hard to believe other people literally have not missed once in X years. I know it can be done, since I DO believe me, but I'm embarrassed to say I'm not really sure about others, but of course this reflects on me and not them. I do know there are a lot of compulsive people out there and these streaks require that trait (or flaw). Thanks for the reminder!

Michael Sklar
Dunwoody, Georgia

**DON SLUSSER STARTS
NEW STREAK;
LIFETIME MILEAGE AT
186,844 MILES**

Wish to let the now INTERNATIONAL Streak Association know that I'm back to having an 'official' streak. Started December 20th, 2010, after a knee surgery. So now have the year in to count.

This is my fifth streak (only four count as one is 361 days, again ended with knee surgery). Mileage is lowest of prior streaks. I am only averaging 46.5 mpw in my current streak, a far cry from the 95.37 mpw of my first and biggest streak

(10021 days).

Doubtful this streak will last as knee replacement likely. But will not stop running until there is no other option. . . think even then I'll do some running! Hurts too much not to run (mentally).

My current lifetime miles is at 186,844 miles to 12-31-2011, with 131 marathons and 1658 races.

In other noteworthy news, George Hancock is now severing on the committee of the Pittsburgh Regional Marathon Hall of Fame. I Chair the Committee and George is a great addition to the Committee.

Streaker Rich Wright (Since 8-3-1990) will be among four to be inducted to the Marathon Hall of Fame. Rich was nominated as a Contributor to the Sport for his long history of giving to running.

100% behind going International

Don Slusser
Monroeville, Pennsylvania

**DAVID BIERSMITH RACING
SINCE 1965**

I am a 75 year old runner, who has been racing, at least three times a year, every year, since the Boston Marathon of 1965, which I ran ten times. I was wondering if I have been racing continuously longer than anyone else in the USA? Does anyone know anyone that might have done it longer?

David Biersmith
Kansas City, Missouri

**JOHN KING NEW STREAK
REACHES 4 YEARS;
HITS 80,000 LIFETIME MILES**

Since I joined the US Running Streak Association I have become more focused than ever on improving my running and keeping my streak alive. I logged 2677 miles in 2011 and I am shooting to get over 3000 in 2012.

My current streak is 9524 miles long through December 31st. I have logged 206 miles this year. By my calculations I have logged about 80,355 miles lifetime.

I am anticipating a great running year in 2012. I am over 40 pounds lighter than this time last year and am hoping to become a "Born Again Marathoner." I have submitted my application for the New York Marathon and hope to make the cut in the April lottery.

Unfortunately my Saturdays have been very busy for the past few months however; one of my "To-dos" for 2012 is to make it out to Freedom Park [Randolph, New Jersey] and get in a few runs with the Do Run Runners.

John King
Chatham, New Jersey

**BOB KIMBALL'S STREAK
REACHES 30 YEARS**

Today's the day [February 2, 2012], I completed 30 years -- 10,957 consecutive days of at least 3 miles a day, averaging over 5.

Compared to many of the USRSA members, I've had it easy, with the vast majority of my streak having been done in Georgia (Atlanta and Athens) and Pensacola, Florida. But on Day #690 -- December 24, 1983 -- I was visiting the family in Chicago and had to do 3 miles on its coldest day ever: A high

temperature of -11 accompanied by 30 MPH winds. That was brutal.

I've been remarkably injury-free over the years, though recently I learned why my fellow runners say not to over-wear your running shoes. I'd logged about 4000 miles on a pair of New Balance, not particularly noticing that the right outside heel had worn down by about 3/4 of an inch, resulting in some sort of unpleasant muscle pull.

I initiated 2012 with a painful 3 miles in just over 76 minutes, with a foot-long stride. One of the neighbors saw me and asked if I needed a ride. Another one, a lady in her 80s, passed me with her walker. But I did it!

Getting better now, doing 5 miles a day in about 61 - 63 minutes compared to my normal 52 - 54, and almost pain-free. Hope to be back to my once-a-week 7-mile run in a couple of weeks.

My goal now is to make 15,000 days, which will get the streak to 41 years and leave me 5 months short of my 80th birthday. After that, gee, who knows? Just one day at a time.

Bob Kimball
Pensacola, Florida

**DAVE EMMANS
JOINS USRSA**

I am a running coach and teacher at Wayzata High School in Minnesota. I obviously enjoy the sport and the streak is a lot of fun to maintain. I actually have had a lot of success in motivating people to be more consistent in their exercise habits with the streak.

Dave Emmans
Minnetonka, Minnesota

**MIKE FANELLI
JOINS USRSA;
HAS RUN OVER
98,000 LIFETIME MILES**

Although I have run continuously for in excess of forty consecutive years, I am a relative neophyte to streak running. My lifetime total running mileage exceeds 98,000 but my longest recorded streak is just 418 days (retired)...although my current active streak is just on the verge of conquering new heights.

I began in 1968 as a sixth grader inspired by the Mexico City Olympics but really caught the bug in 1970 as a high school freshman on the cross country team at my Philadelphia high school...and have never stopped running and racing ever since.

As is typical, I began as a middle distance runner in the early '70s and continued to move up in distance. Collegiately I was competitive at 5,000 and 10,000 meters and after school the road races up to the marathon. One thing led to another and the next thing I knew I was racing 50 milers, 100Ks, and eventually even 100 miles...on the track (yikes)!

I managed to record personal bests of 4:16 (mile), 14:37 (5,000), 30:53 (10,000), 2:25 (marathon), 6:03 (50 miles) and 16:40 for 100 miles.

At age 50 I reversed course, went back to my roots and re-invented myself as a miler...managed 4:56 for the distance at the half-century mark.

Today's focus balances trying to race on the track from the one mile to the 10,000 meters while managing an assault on 100,000 miles (tentatively scheduled for November 2012) and this newer passion for "the streak."

It is just SO fun to have added a new twist to my enjoyment of the sport through streaking. Streak running is such a very different sort of challenge at this stage of a long running career . . . more about management mode. Am constantly treading a fine red line between training at high intensity speeds for competition purposes and yet not overstepping those bounds so that I can live to add another day to the streak annals...am having just a crazy great time doing so and love being a beginner amongst this amazing breed of streak stalwarts!

When not out counting miles, professionally I am a broker of fine residential properties in San Francisco and adjacent Marin County. I enjoy spending quality time with my wife Renay and handsome dog Baci at our Sonoma County wine country weekend property. Together we share a passion for reading, cooking, golf, traveling, and bird watching and look forward to conquering Mount Kilimanjaro in the very near future.

Mike Fanelli
San Anselmo, California

**GARY SCOTT'S STREAK
REACHES 6 YEARS**

Still running every day. Since I began, I have run 3 half marathons in Lincoln, Nebraska in 2008, 2009, 2010 and plan to run Lincoln in May 2012. I have also run marathons in Phoenix (January 2010), St Georges (October 2010), Olathe (April 2011), and Sacramento (December 2011). I hope to run Olathe again in April 2012 and Wichita October 2012??

Gary Scott
Olathe, Kansas



From right to left, Dan Baker, Dave Lee, John Danielson, Larry Ditscheit, New Year's Eve Day Run, 12/31/11, Wauwatosa, Wisconsin

JOHN DANIELSON'S STREAK AT 3 YEARS AND COUNTING

On 12/24/11, I completed my 3rd consecutive year of running outside; the winter for running has been great in the upper Midwest. In 2011, I added Arizona, Georgia and Nevada to my list of States I have run in, more than 1/2 way there to 50. I have started my second season of coaching girls track, (Sprints & Relays) at Divine Savior Holy Angles High School in Milwaukee.

John Danielson
Wauwatosa, Wisconsin

ALICIA BROPHEY'S STREAK ENDS AFTER 30 YEARS; HAS 3RD LONGEST RETIRED FEMALE STREAK

I take my running very seriously and traveled extensively on business - so keeping up a streak across 5 continents has been both rewarding and challenging as there are many countries (including our own) - especially early on in the 70's - that were not all that female friendly. It so happens I had to take a 90 day hiatus this summer due to open heart valve surgery but on the 91st day I was back out on the road and have stayed out there every day since then. The doctors told me the years of running had taken months of my recovery time and the strength of my heart contributed to the operation's success.

Alicia Brophey
Mashpee, Massachusetts

DOUG DAEFFLER'S STREAK ENDS AFTER 750 DAYS

I started my outdoor streak on the first of the year. I ran 750 days outdoors. I ended my streak on the day I went to my Dr. He gave me antibiotics for a cold that came back for the third time. I went home (it was about 20 degrees out) ran for 1.1 miles, picked up my antibiotics and went home to sleep off my fever. I was scheduled for some training in the woods for 3 days (USAF) so I wasn't going to be able to run the next month anyhow.

Oh, yes, I forgot, the worst day was about minus 10-degree wind-chill, running in the tire ruts in the town where I work. Most days we ran at lunch.

Doug Daeffler
Waterloo, NY

**ROGER URBANCSIK
RUNS PERSONAL BEST
7,850 MILES IN 2011;
AVERAGES 21.5 MILES
PER DAY**

Good fortune enabled me to run a personal best 7,850 miles (21.5 miles/day) in 2011, which included 4,566 miles (24.8 miles/day) in the last six months. Monthly totals were 563, 510, 553, 549, 513, 594, 700, 936, 630, 726, 753, and 821 miles. My best stretch was 356 miles over the last ten days of August (35, 36, 35, 36, 35, 36, 36, 36, 36, and 35 miles, running twice each day).

I have run in Asics running shoes since 1982, and wore Asics Tigers in the 1985 Boston Marathon. To minimize the added impact of running in worn shoes, I average 180 miles on each pair of Asics Landreth 7s. With continued good fortune, I will reach 150,000 lifetime miles by mid-year.

Roger Urbancsik
Marina Del Rey, California

**STEVE TURSI
JOINS USRSA**

I am an oversized ultra-runner but have finished about 30 races that were marathon or longer, up to 150 miles, all in the weight range of between 280lbs and 325lbs. I am 6'6" tall. After being inconsistent in my training for 15 years, I had entered a 72-hour ultra, which started on December 29, 2010, and haven't missed a day of running since. This forced consistency has had a dramatic effect on my running ability - I set PRs in every distance I ran in 2011, dropping my 5K times by about 4 minutes and my marathon time by over 40 minutes!

For 2012 I plan to enter the world of triathlon, including an Ironman distance race in November - but despite adding the swim and bike training I have no intention of stopping the streak! I see the 2011 PRs as a fringe benefit of streak running that I'm really enjoying, so I will continue as long as I can.

I currently live with my wife and 8-year-old son in Suffern, NY - which is about a half-hour north and west of The Big City. I do most of my runs during my lunch break around where I work in Park Ridge, NJ where we have a full gym and showers. I have a reputation around the office as the guy who never misses a day at the gym.

You can read occasional musings at my blog at: <http://www.tursi.com>.

Steve Tursi
Suffern, New York

**ROBERT CROSBY'
STREAK REACHES
4 YEARS –
FOR A 2ND TIME**

After a month or two into the year I got more motivated to pick my mileage back up, and perhaps finish my illusive 10th 100-mile race. I did pick the miles up considerably compared to the last 4-5 years, kept the streak intact, and waddled through 72 miles of the Burning River 100. I later was also hoping to finish the year with over 2000 miles, but an injury slowed me down a good bit over the last couple of months. I'm looking forward to meeting some more running goals in 2012. Happy New Year to you and good luck with the streaks! Cheers!

Robert Crosby
Summerville, SC



Ronald Kmiec in 2011.



Ronald Kmiec in 2005.

**RONALD KMIEC TO RUN 39TH
CONSECUTIVE
BOSTON MARATHON**

Thanks for the recognition of my 3rd streak. I've attached 2 photos: 1 of me finishing my 30th year in 2005, and yesterday [December 27, 2011], post-2007 heart attack, 6 years later, completing my 4th year at age 69. Now only 28 years to go to surpass my longest streak! April will see the 39th consecutive finish in my Boston Marathon streak, and today is our 37th anniversary-my wife Leslie has been there, believe it or not, for all my "streaks," somehow being able to contend with the OCD-itis many of us in the USRSA share.

Ronald Kmiec
Carlisle, Massachusetts

**JOHN ANDERSON STARTS
MARBLE COLLECTION;
STREAK HITS 4 YEARS**

Nothing special here - just headed out for my weekend 5 Miler. As a sidebar, when I hit 1000 days, my wife (the real runner in our family and a sub 3 hour marathoner) was convinced I had lost my marbles - literally - so she gave me a huge, round, decorative fishbowl with 1000 marbles in it! Every day since then I have thrown a marble in it - smaller ones on weekdays - bigger ones ("shooters") on the weekends. It sits in the middle of our kitchen counter on a Lazy Susan and everyone loves it.

Here's to year #4 and beyond! Happy New Year!

John Anderson
Atherton, California

**DAVID BASKWILL
JOINS USRSA**

I began running in 1975. I even had an initial "Streak" in the 70's of 720 days or so. I improved once I began doing two-a-days, and ended up Pennsylvania Class B Two-mile State Champion in 1977. I then walked on at Penn State and became a minor contributor to a top 4 NCAA Cross Country team 3 of my 4 years there. I lettered in both Track and Cross Country. I continued to run after college at Podiatry School and have continued ever since.

When my racing career was over and I could no longer run longer distances due to several knee surgeries, I began "streaking" as a way of keeping interested. It's good to know there are others out there with the same obsessions and compulsions I have always had.

I now practice podiatry in York, Pennsylvania and run a web site dedicated to Penn State's Track (and XC!) Alumni.

David Baskwill
York, Pennsylvania

**JENNIFER VANDENBERG
JOINS USRSA**

I walked my first race, the Portland Oregon Marathon, in 2002. I trained for months and it was still the hardest thing I had ever done. I was part of a relay walk team for Portland to the Coast in 2004 and then took a break.

In 2008, I walked the Eugene, Oregon Half Marathon, but found I was running part of it so I started learning how to run. I am a slow runner, but in 2009 and 2010 I had fun run/walking the Princess Half Marathon at Walt Disney World. In 2010 I did the Rock 'n Roll Seattle Half

Marathon, but didn't enjoy it as much as the Disney events.

In January 2012, I am doing the Goofy Race and a Half Challenge at the Walt Disney World Marathon. On Saturday I will run the half marathon and on Sunday I will run the full marathon. I have two other half marathons planned for 2012, the Marine Historic Half in Fredericksburg, Virginia, and the Disneyland Half Marathon. While I follow Jeff Galloway's run/walk/run method for my long distances I look forward to continuously running a short distance every day to earn my streak.

I love to run at Disney parks. As I have always been a Disney fan I have started a website to help people visiting the Disney parks have a happy trip. It is found at www.agoofyidea.com. I hope all runners and walkers have a chance to run at a Disney park someday. It is always a fun event.

I am thrilled to be part of your program. It is like nothing I have ever tried. My start date ended up being 12/23/11 instead of January 1, because I was asked to be a streaking buddy by Heather Silva.

Happy running,

Jennifer Vandenberg
Skamoka, Washington

**KYLE NELSON'S STREAK ENDS
AFTER 833 DAYS; STARTS NEW
STREAK**

On 9/23/11, my streak ended at a little over 2 ¼ years. I ran off and on for the next couple months, but have started a new streak on 1/1/12.

Kyle Nelson
Flint, Michigan

**HEIDI MANFRED JOINS USRSA;
RUNS THROUGH PREGNANCIES
AND PNEUMONIA
DURING 5 YEAR STREAK**

On January 1, 2007, I began this running streak. I have been a runner every day of my life since I was in the seventh grade so it only makes sense for me to make it official. As a coach of women's cross country at Penn State Altoona and previously as a high school track coach, I value anything that can show my athletes that running can be fun and interesting part of their lives.

As a student-athlete at Geneva College, I was an NCAA All-American and competed in the NAIA cross country and track meets, graduating with the school record in the 10,000m. More recently, I've been fighting to break 19 minutes in a 5K, which would be my first time after having three children.

To get to the five year mark, I have had to run through the pregnancies and births of my second and third children. It was tricky, but praise God, I was healthy. The boys also were healthy both times and I was able to sneak out the door to run a mile with my husband (my enabler). The first time the nurse thought I was stepping outside for a cigarette!

This fall I thought I might lose the streak when I fainted on a run and discovered I had pneumonia. Though two days of a 104 degree fever I still managed to run a mile at slightly better moments and somehow the streak made it through.

So far keeping this streak has been a joy, even when it was a challenge. Someday there may be a need to end it, but I hope and pray that day never comes. Thank you for a great idea!

Heidi Manfred
Altoona, Pennsylvania

**JOSEPH WOJCIK'S
STREAK ENDS
AFTER 34+ YEARS**

This is to inform you that my streak has ended with my last run having occurred on January 10, 2012.

There is irony in the story because in the last streak registry, I wrote and speculated about how my streak might end. That speculation is no longer necessary--the streak ended because I underwent surgery for pancreatic cancer on January 11th.

I am now recovering from the surgery and look forward to my daily one mile walk--a far cry from the almost 64,000 miles I logged during the streak. As I wrote in the registry, I was fortunate to have done this.

Joseph J. Wojcik
Claremont, California

**MICHAEL HOLSTEEN'S STREAK
REACHES 24 YEARS**

My running streak continues with very little change in the last year. I am still living just outside Branson, Missouri. Still doing virtually all of my running in the dark usually starting at 330 AM. I am still running 8 miles most days. All of my running is outside on neighborhood streets. I feel very fortunate to have been blessed with good health. I have recently started playing pickleball again, after 15 years. In the summer I enjoy time on Table Rock Lake with my wife, daughters and 5 grandchildren. I hope to keep this streak going for several more years, but understand that it could come to an end at any time.

Mike Holsteen
Ridgedale, Missouri



Paula & Dave Harkin

PAULA HARKIN'S STREAK REACHES 3 YEARS

My streak is alive and well. I ran fewer miles in my third year due to an injury of my Achilles tendon but I managed to get on my bike and also swim while recovering with shorter miles. I ran more "one mile" days this year but still averaged over 4 miles per day. I am looking forward to my fourth year being full of fantastic healthy daily runs. In Rome, Italy, I ran at the Coliseum where I literally got off the plane, threw my luggage down, and ran in my jeans and flip-flops. I must have been crazy with jet lag but ran a couple of miles to shake it off and keep my running streak alive.

Paula Harkin
West Linn, Oregon

JORDAN STONE JOINS USRSA

I am a happily married father of two beautiful girls. I have a wonderful adventurous life and have been incredibly blessed. I have a great passion for travel (I have traveled to nearly 20 countries) and music (primarily heavy metal). My first love, however, has always been long distance running, which has dominated my life for 26 years now.

After living for a while in Los Angeles and for several years in New York City, I am currently happily employed as a high school English teacher and a cross-country and track coach near St. Louis, Missouri.

I am an avid road racer (over 500 road races run in my life) and try to race as often as I can. That being said, my first focus these days is on the athletes I coach rather than my own running, but I try to do as much as I can.

I ran one year of division I cross-country at Southeast Missouri State University, and have spent the years since I've been "over the hill" experimenting with longer races, trail running, and currently a running streak. In college, I was coached by Beth Sullivan, a wonderful lady who was just a 24 year old kid when she coached me, but has gone on to become one of the premier track and cross-country coaches in the nation, and is currently the head men's and women's track coach at Penn State University.

Currently I compete for the Big River Running Company White Team based out of St. Louis. Recently the girls I coach placed second at the Missouri State Cross Country Championships.

Jordan Stone
Farmington, Missouri

JAMIE ESTRELLA JOINS USRSA

When I look back at my career as a runner and an athlete, I can't help but to feel an unbelievable sense of pride and accomplishment. It all started May 27, 2006, when I decided after 15 years to quit smoking, cold turkey, to better my health. To supplement and subdue my urges to pick up a cigarette, I instead picked up running.

What started as a fun hobby slowly evolved into a weekly occurrence then into a daily occurrence. In the span of six years, I ran three marathons (two Los Angeles marathons and one Surf City) and two Relay for Life events. In both Relay for Life events, I completed full marathons for the American Cancer Society.

In August, 2008, I joined a running affiliation called the L.A. Leggers. This group has been highly supportive and great to train with for the L.A. Marathon. On January 17, 2011, I began, on my accord, running at least a mile a day with the goal to do this for an entire year. It is my pleasure to announce that on January 17, 2012, I have completed this goal. Although it is done, I plan to continue this streak to see how much further I can run.

As you can see I have grown as a runner, not only through running marathons but also through hard work and determination. By making and meeting these goals, I can proudly say that in the span of one single year, 365 long days, I have run about 610 miles. An accomplishment that I know most people can't say they have done, a goal most people don't even dream of, and a dream I am proud to have accomplished. This made me a better person, bigger than dreams.

Jaime Estrella, Jr.
Burbank, California

RYAN FLETCHER JOINS USRSA

My "Running Career" didn't start until I was 30 years old. I started running in 2006 to get in shape and to feel better about myself. I didn't want to be a statistic – a firefighter who died from a heart attack (number one killer of Firefighters).

I played sports in high school (football, soccer, wrestling, and rowing) and running was always the punishment. I didn't enjoy it back then. I have come to love running now. It is part of who I am. I look forward to my run. I look forward to training and racing.

My favorite race so far was Fast Freddie's Festive Foot Feast on Thanksgiving day this year. It was my 8-year-old son's first race. We ran it together and finished in 42:31. He was the youngest runner and came in 340th out of 800 people.

I have run 3 marathons, including New York City this year, 5 half marathons, and I have lost count of how many 10 milers, 10Ks, 5 milers, and 5Ks that I have run.

Due to my work schedule, 90% (or more) of my runs happen after dark. I find running in the dark peaceful. The world is quiet and generally it is only me, the road, and the deer and owls. I do like running in the day. I just hardly ever get the chance.

My wife thinks I am crazy for running everyday. She does, however, support my running wholeheartedly. She is a runner too, just not the run everyday kind. She likes her rest days. As for me . . . Have shoes, Will run.

Ryan Fletcher
Georgetown, Indiana



Susan and Zoe Schultz.

SUSAN SCHULTZ'S STREAK REACHES 4 YEARS

I have completed the 4th year of my streak and am into my 5th! For me it is a pretty big accomplishment, and then I read the stories of the other members of this club! Here's to you! Thanks for continuing to be an inspiration to me!

What I love most about running is it gives me time to think. I have found I look forward to the serenity running affords me in the middle of the day. I love that my youngest daughter is on a streak now too.

The article in the Fall 2011 Streak Registry about the 10 best reasons to streak helped verbalize everything I feel about running...I could totally relate to each reason for streaking! People are always questioning the daily running streak; when I say I run every day - do I mean *every day*??? "What if you're sick?" they ask. My answer is, well, since I started running I feel like I have been **healthier**, I haven't really been sick. I run every day. Healthier = happier by the way!

I keep running because I can. I have run with stitches in my leg after having melanoma removed. Stitches, smitches! I can still run.

To miss a day would shortchange myself. I run in the middle of the night if that's the only time my schedule allows. I won't miss a day because it matters to me. It's easier to do than not do. So thanks Joe Henderson, for making a list I can point to and say...this is what the streak is about. And then invite someone to run with me. Congratulations to all the runners in the club! I am happy to be part of this fun, interesting, dedicated, amazing group!

Susan Schultz
Timonium, Maryland

SUSAN CRABTREE'S STREAK REACHES 3 YEARS

I am still streaking and thanking God that I can. On my 3-year anniversary I was at 5500 miles. I have set a goal to be at 7500 miles on Christmas Day 2012. I find goals help me stay motivated.

Daily running has become such a part of my routine that I no longer worry whether I will get a run in but rather how many miles do I have time to do.

Susan Crabtree
Lynchburg, Virginia

**JUDY LAWRENCE
JOINS USRSA**

I started running everyday on January 1, 2011. I had always run as part of my workout routine – in fact, working out didn't "count" unless it included a run. I ran between 3-5 miles – sometimes more, sometimes less. I had a couple of half marathons under my belt and had run the San Francisco Marathon many years ago.

I have the luxury of working for myself so my schedule is flexible. I also have a treadmill for those really cold and wet days. I try to run outside when I can and train hard inside (intervals) when I can't.

My personal goal is at least 3 miles every day. My range is 3-5 miles and this year I am keeping track!

I was inspired by someone who posted on a Linked-In group that they were going to start doing this so I decided to give it a try. I don't time my runs. I just run. There have been times that I hated running and times that I felt I desperately needed it to complete my day.

Running every day has been freeing for me – I don't have to ask myself IF I will run. I just know I will do it. Running is part of what I do every day. I no longer put it on my list of things I have to do. I know I am going to do it and there is a great comfort in that.

Judy Lawrence
Milton, Massachusetts

**ANDREW SWAN DEDICATES DAILY
RUNNING TO HIS BROTHER
MICHAEL**

This has been a tough year for me. My younger brother Michael died December

6, 2010, at the age of 58 due to a seizure. He was not only my best friend but also co-owner of Swan Bros. Circus – a two-man clown show for 37 great years. With the philosophy of "the show must go on," I've dedicated my daily running streak to Michael.

I don't know how long my streak will continue but I know I feel better after every run in which I also juggle 3 balls called "joggling." I started my streak on March 10, 2008, and have "joggled" thru sprained ankles, plantar fasciitis, exhaustion, colds, rains, and hip strains. Just enough to really appreciate the "Legends" and all my fellow streakers who do make the extra efforts to keep their streaks going. I salute you.

The closest I came to ending my streak was the day my brother died. Late that evening, another brother, Rick, asked me if I had got my running mile joggle in. I replied no. I had forgotten but went out for my mile run right away. I have 3 electronically lit balls that allowed me to get my "joggle" in at night. The streak went on.

I'm still in a lot of mental pain. I'll miss Michael until the day I die. They say time heals many pains. I hope so.

If I keep the Swan Bros. Circus going for 13 more years, I'll get to 50 years and break the Guinness record for the longest privately owned USA circus, currently owned by the John Strong Circus of 48 years.

Streaks can be great motivators. Long live the Swan Bros. Circus! Long live my fellow running streakers.

Andrew Swan
North Highlands, California



Neal Lucas defies gravity in race.

**NEAL LUCAS JOINS USRSA;
RUNS 2:45 MARATHON PR**

My journey began as a fierce microspore, competing neck-and neck with my competitors to win the race for an opportunity at life. I've been addicted to endurance racing ever since.

Growing up, my parents would allow nothing less than an active lifestyle – not allowed inside on a beautiful day, told to bike to get where I wanted, and given the freedom to play all along the forest preserve trail. With my parents being my biggest inspiration, I watched my father run and train, day after day, to prepare for races like Chicago and Boston marathons. I took the first opportunity in middle school to run cross-country, and enjoyed it more than anything else – running was never a consequence, but rather a way to escape.

While never a standout runner through high school, it was never due to lack of effort. I would train just as hard as the top runners, with no results during races. Going into college I decided to try triathlons (I was also a competitive swimmer in high school) – passing on

collegiate athletics. Making this decision took the pressure out of training everyday, and instead allowed me to train as I pleased.

Triathlons were a blast – with the exception of the cost. So I signed up for my first marathon in Austin – with my only training being one or two 11-mile runs. My goal was to qualify for Boston, and I did, with 10 seconds to spare. Experiencing what was the most pain of my life at the time, I became addicted to distance running.

With some successful marathons under my belt (PR 2:45), I gave ultra-marathons a go. Steve Prefontaine would say it's all about who has the most guts; and in high school I would push myself to the limit, still coming up short. In ultras, it was different; I could endure the same pain, but for a longer time – and usually outlast the competitors.

Training everyday for a year gave me the opportunity to understand how enjoyable running can be – it was never as terrible as my mind made it out to be.

Neal Lucas
San Marcos, Texas

**HERB FRED'S
LIFETIME MILEAGE STANDS
AT 244,950 MILES
AT END OF 2011**

I am 82½ years old, and my total lifetime mileage is 244,950. My latest running streak, which I began on 5/11/10, is still intact.

Hope you and yours are well and that 2012 brings joy and health and good running to all of us.

Herb Fred
Houston, Texas



Susan Jones (#916 above) runs local Turkey Trot.

SUSAN JONES' STREAK ENDS AFTER 10+ YEARS

My decision to end my streak was long, thoughtful and prayerful. My left knee had been bothering me for 6 months or more. I had a constant ache and tight feeling after my runs. My long run had decreased significantly - 6 miles was about all I could handle. So it was obvious, I could keep the streak alive and run my one mile, race a couple 5ks, (I did run a personal best in a 5k this fall)...or get this knee fixed up and move on to my ultimate goal in life.

Qualifying for Boston has been my goal since I was old enough to know what a marathon was! I miss running marathons, half marathons and long run of 15-20 miles. The decision was made to possibly sacrifice the Streak for a more meaningful running career. I did try to run the day after surgery. I waited until about 10:30 at night but it was more of a hop, skip, and jump than a run. I couldn't, however, sustain it.

My youngest daughter was with me, encouraging me. I appreciated her efforts to help me, but when she started

crying I couldn't hold back any more either. So we cried. It ended just like that, on the track right across the street from my house, a chilly night with tears.

My middle daughter called and told me I was a warrior, a true inspiration to so many. Her call warmed my heart. My oldest daughter called and was also crying, she said, "mom, you've been doing this since I was 12" (she is now 23). That rocked me a little bit...I thought wow, that's a long time!

I have received emails, cards, texts from many followers of the Streak. It is wonderful to have so many caring, encouraging friends. My mind is already racing, thinking of a new start date. I want it to be different, fun, and creative. How about starting a new streak on 1/2/12 or 1/12/12, or 1/11/12. I could even wait until October and start on 10/11/12. Oh boy this is a tough one!

The Joy is in the Journey – and I have lots of JOY! Blessings fellow runners!

Susan Jones
Boys Ranch, Texas

MARK COVERT'S LIFETIME MILEAGE STANDS AT 157,101 MILES AT END OF 2011

It was a tough year. My foot, back, and knee problems knocked my miles down to an all time low. Because of my feet, I am now not able to run much faster than 8 minute pace but I am able to go around 50 – 70 minutes each day. I hope to get my miles back up to 170 a month so I could have a shot at 2000 miles again next year. Hope all of you have a happy new years.

Mark Covert
Lancaster, California



Geza Feld

GEZA FELD'S NEW STREAK ENDS AFTER 1533 DAYS

December 7, 1941 - The day that lives in infamy. Certainly, for the Nation, but for my streak and me it was October 11, 2011. That morning I ran 1 mile, went to see a Physical Therapist and listened to his recommendation to stop running. Of course this came after a barrage of doctors, tests, chiropractors and the inevitable Kubler-Rossian stages of denial, anger, and acceptance. To start at the beginning, I had a good 2010. I won 7 of 14 races and finished second in the other seven. My 5K time was 28:20 - slower than I used to jog decades ago but at age 77 it was acceptable. The 20 seconds, however, still bothers me.

I set a goal of breaking 28 and forgot my age. I went back to intervals, hill work and racing. I won a couple of races in the spring of 2011, then disaster. The morning after the second race my right hip, groin and buttock were so sore that I could hardly walk. Due to good old stalker tradition, however, I ignored it and ran a mile, then two, then three - trusting my past experience that it will go away like it always did.

This time it did not. So in came the chiropractor to no avail. In came the doctors also to no avail. I had X-rays, an MRI, and the standard recommendation for hip replacement but I ignored the results. By last Summer, I was down to 7 painfully slow miles per week on the track or grass, limping slowly. My best friend and fellow stalker Fred told me, "This is the slowest and ugliest run I've ever seen you doing." Some friend.

The difference between genius and stupidity is that genius has limits. I did not.

After streaking for 35 years with only a 4 days hiatus once for an accident, running was my addiction and benediction. Even if I did not do anything else, which happens in retirement with 6 Saturdays and 1 Sunday for my week, running gave structure to the days and a feeling of accomplishment. Reliability, however, is sometimes a liability.

Only after stopping one realizes the power the streak has on one's life. The first thing in the morning I still check the weather. I have a portable digital thermometer for travel. It is also a clock with wires extending from it with a sensor at the end. I had to do a lot of explaining to Homeland Security at the airports since 9/11. It is grounded now.

Another thing I used to do in the mornings is to put on a stopwatch. Not anymore. The gym, where I bike and swim now, has clocks and the seconds that don't matter.

Eating? No more "not before the run." I eat anytime now and I put on 10 pounds.

Laundry? No sweat. Once a week is enough instead of the old 2-3 times a week.

Family plans? No problem. I will skip the gym.

Travel? Leave the sneakers, shorts, and t-shirts at home.

My local running store probably thinks I moved away. My faithful confidant, my training diary, must feel like a forlorn lover. At night I used to think where to insert my run in next day's schedule. Now? Whatever.

Convenient? Yes it is. Stinks? Absolutely. It is like listening to silence. Boring.

Running is an art and quantum mechanics all mixed with Voodoo. You are aligned with the Universe. Since there is no real substitute for running in the Universe, the days flow like molasses. In reality, I am on the mend.

The physical therapy and not running is not important. What matters is that the pain is subsiding, the limping is almost gone, and in a few months I hope to return to the roads. After all, as someone said, "I aspire to inspire before I expire." They also said, "Father Time can not be denied," Maybe, but I rather believe dreams don't retire.

Geza Feld
Farmingdale, New York

**RAVEN RUNS WITH
"DART" DENUNZIO**

I met Paul (now known as Dart) DeNunzio, a new streak runner from New Jersey who began daily running on November 10, 2011. Dart is a very nice guy and a good runner too. In the morning, Dart ran the Miami Marathon

and then came to run with me later on in the day. He is only the third runner I know to run the marathon and do 8 more miles with me. Of course, I had one crazy guy named Dizzy that day who kept running from the marathon's end to my run. Dizzy ran from 6:17 a.m. to 6:17 p.m. for a total of 50.5 miles.

I hear from my website that we lost two Top Ten streaks. I've noticed that of the people whose streak ended most had knee injuries. My knees through the years have given me problems but on the sand they seem to recover.

My biggest obstacle is my back. I have very painful sciatica going down both legs. I don't feel right until after 2 to 3 miles. I'm going with my wife/girlfriend (like a wife - 15 years) to the pain doctor this week [letter dated February 5, 2012]. Hopefully, I can get some nerve relief.

Besides terrible headaches from mold and dust and a little shortness of breath, I run on. The challenges get tougher as you get older and put on more miles.

The Travel Channel filmed me a few days ago about the Run and South Beach. They plan to air it sometime between April and May. The show is called "Unpacked." Look for it and tell everyone. It should be pretty cool.

Robert "Raven" Kraft
Miami Beach, Florida

Official U.S.A. Active Running Streak List

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

March 1, 2012

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.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 57
5.	Jon A. Simpson	08/30/71	Memphis, TN, Dentist, 73
6.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 61
The Grand Masters (35+yrs)			
7.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 57
8.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 56
9.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 61
10.	James Behr	03/19/75	Trinity, FL, Educator, 64
11.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 64
11.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 64
13.	William S. Stark	09/10/76	St. Louis, MO, Professor, 64
14.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 67
15.	John Liepa	01/02/77	Indianola, IA, Professor, 67 *
16.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 59
The Masters (30+yrs)			
17.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 62 *
18.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 53
19.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 70
20.	Rick Porter	12/03/77	Decatur, GA, Developer, 58
21.	John T. Carlson	12/26/77	Indianapolis, IN, Athletic Director, 57
22.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 61
23.	Barry Abrahams	01/01/78	Lincoln, NE, Teacher, 61 *
24.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 54
25.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 56
26.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 59
27.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 61
28.	Harvey B. Simon	10/31/78	Newton, MA, Physician, 69
29.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 52
30.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 57
31.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 57
32.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 57
33.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 65
34.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 64
35.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 63

36.	John W. Morgan	04/29/79	Emmett, ID, Business Owner, 70
37.	Bill Beach	10/28/79	Macomb, MI, Teacher, 64
38.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 64
39.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 56
40.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 56
40.	Layne C. Party	01/01/80	Towson, MD, Manager, 52
42.	William A. Etter	04/08/80	Ferndale, CA, Woodworker, 68
43.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 64
44.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 68
45.	John I. Watts	10/04/80	Nampa, ID, Pastor, 56
46.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 72
47.	George G. Brown	01/06/81	Richlands, VA, School Principal, 59
48.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Mangement, 64
49.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 56
50.	Ben Dillow	08/20/81	Redlands, CA, Retired, 71
51.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 55
52.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 55
53.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 56
54.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 69
55.	Bob Kimball	02/03/82	Pensacola, FL, Professor, 68
	The Dominators (25+yrs)		
56.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 51
57.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 53
58.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 48
59.	Kenneth D. Korosec	10/16/82	Chesterland, OH, Attorney, 68
60.	Gary Rust	07/03/83	Palm Springs, CA, Executive Director, 65
61.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 51
62.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 50
63.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 68
64.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 70 (F)
65.	Randolph Read	09/01/84	Las Vegas, NV, Executive
66.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 64
67.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 57
68.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 59
69.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 51
70.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 62
71.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 67
72.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 54
73.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 66
74.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 63
75.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 53
	The Highly Skilled (20+yrs)		
76.	Robert E. Nash	06/18/87	Olney, IL, Physician, 64
77.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 63
78.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 59
79.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 65
80.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 53

81.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 47
82.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 61
83.	Hal Gensler	12/04/89	New River, AZ, Retired, 65
84.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 61
84.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 35
84.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 55
87.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 59
88.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 71
89.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 73 *
90.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 60
91.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 60
92.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 54
93.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 59
94.	John L. Faz	12/26/90	Lincoln, NE, Police Officer, 58
95.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 55
95.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 58
97.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 61
98.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 40
99.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 62
100.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 62
	The Well Versed (15+yrs)		
101.	Mark T. Wigler	07/07/92	Hubbardston, MA, Director, 63
102.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 49 (F)
103.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 55
104.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 70
105.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 71
106.	Jeffrey Sider	01/01/94	Plainview, NY, Orthopedic Surgeon, 56
107.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
108.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 26
109.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 55
110.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 57
111.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 69
112.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 60
113.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 56 *
114.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 64
114.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 56
116.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 65
117.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
118.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 59 (F) *
	The Experienced (10+yrs)		
119.	Troy A. Copus	05/19/97	Evansville, IN, Athletic Trainer, 29
120.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 38 *
121.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 555
122.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 54
123.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 57 (F)
123.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 61 *
125.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 53

126.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 48
127.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 60
128.	Diane Shumway	05/27/00	Provo, UT, Retired, 56 (F)
129.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 56 (F)
130.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 59
131.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 65 *
132.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 41
133.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 31 (F)
134.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 64
135.	Martie Bell	12/27/01	Thomasville, NC, Professor, 56 (F)
135.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 60
137.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 65
	The Proficient (5+yrs)		
138.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 64 *
139.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 59
140.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 61 (F) *
141.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 52
142.	George A. Hancock`	06/22/02	Windber, PA, Education, 58 *
143.	Eliza Eshelman	09/21/02	Columbia City, IN, Student, 26 (F)
144.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 61
145.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 36
146.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 58
147.	David Max	08/28/03	Sheppard AFB, TX, Pilot, 36 *
148.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 23
149.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 39
150.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 34
151.	Ed Reid	05/27/04	Bradenton, FL, Builder, 52
152.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 65 *
153.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 41
154.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 43
155.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 32 (F)
156.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 56
157.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 33
158.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 61
159.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 53 (F)
160.	Douglas Schiller	04/11/05	Ellenton, FL, Consultant, 74
161.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 57
162.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 30 (F)
163.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 49 (F)
164.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 52 *
165.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 52
166.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 58
167.	Jason Morgan	08/14/05	Bradenton, FL, Human Resources, 42
168.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 51
169.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 39
169.	Karen J. Wallace	09/26/05	Ishpeming, MI, Clerical, 57 (F) *
171.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 36
172.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 69

173.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 61
174.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 44
175.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 56 *
176.	Thomas Hritz	06/16/06	Pittsburgh, PA, Dietitian, 43
177.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 47
178.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 55
179.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 41
180.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 44
181.	Heather E. Nelson	12/15/06	Houston, TX, Student, 20 (F)
181.	William D. Nelson	12/15/06	Houston, TX, Business, 47 *
183.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 44
184.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 45
184.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 31 (F)
184.	Stephanie Mera	01/01/07	Redlands, CA, Student, 23 (F)
187.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 44
	The Neophytes (-5yrs)		
188.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 51 (F)
189.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 48 *
190.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 44 (F)
191.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 56 (F)
192.	David Baskwill	06/17/07	York, PA, Podiatrist, 52
193.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 38 (F)
194.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 45 (F)
195.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 61 *
196.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 53
196.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 63
198.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 44
198.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 57 (F) *
200.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 50
201.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 50
202.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 43
203.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 39 (F)
204.	B. J. David	12/27/07	Covington, KY, Self-Employed, 37
205.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 69 *
205.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 30
207.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 40
208.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 43
208.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 53 *
208.	Travis Dickey	01/01/08	Miami, FL, Student, 29
208.	Leo Hammond	01/01/08	Plano, TX, Student, 26
208.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 46
208.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 40
208.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 59
215.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 47 (F)
216.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
216.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 31
218.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 51
219.	John King	01/21/08	Chatham, NJ Education Administrator, 61 *

220.	Mikel J. Burlingame	02/04/08	Lee's Summit, MO, Real Estate Appraiser, 43
221.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 61
222.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 22
223.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 41
224.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 52
225.	David L. Biersmith	07/18/08	Kansas City, MO, Business Owner, 75 *
226.	Kelly Luck	08/26/08	Boulder, CO, Student, 24 (F)
226.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 45
228.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 28
229.	Steve Jones	09/10/08	Parker, CO, Editor, 44
230.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 67
231.	Jay Kammerzell	11/10/08	Everett, WA, Firefighter, 54
232.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
233.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 40
233.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 57
235.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 60 (F)
236.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 38
237.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 50
238.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 29
239.	John B. Davis	12/08/08	Desoto, TX, Consultant, 68
239.	Bill Gorman	12/08/08	Belleview, FL, Contractor, 65
239.	Ruth Gorman	12/08/08	Belleview, FL, Retired, 64 (F)
242.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 58
243.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 48
243.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 40
245.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 52 (F)
246.	Eric V. Love	12/27/08	Erie, CO, Attorney, 45
247.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 37 (F)
248.	Michael L. Johnston	12/30/08	Austin, TX, Sales, 60
249.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 65
249.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 33
249.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 46 (F)
249.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 53 (F)
249.	Erin E. Stevens	01/01/09	Miles City, MT, Physician, 33 (F)
254.	Christy M. LeDuff	01/05/09	Norfolk, VA, Teacher, 31 (F)
255.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 35
256.	Vince Nardy	01/27/09	Solon, OH, Management, 53
257.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 31
258.	William McCarty	03/06/09	San Francisco, CA, Consultant, 64
259.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 55 *
260.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 60 *
261.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 53 *
262.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 51 (F)
263.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 59
264.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 68 *
265.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 24
266.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 68 *
267.	Robert A. Coltman	06/21/09	Ponte Verda Beach, FL, Physical Therapist, 40
268.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 25

269.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 54
270.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 32 *
271.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 43 (F) *
272.	Paul Christian	07/19/09	Rochester, MN, News Reporter, 61
273.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 20 (F)
274.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 13
275.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 42
275.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 29
277.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 28 (F)
278.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 70 *
279.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 54
279.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 42
281.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 43 (F)
282.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 58 *
283.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 36
283.	Donald S. Cuppy	01/01/10	Phoenix, AZ, Investment Manager, 43
283.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 46
286.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 59
287.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
288.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 42, (F)
289.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 82 *
290.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 48 *
291.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 37
292.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 37
293.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 35
294.	Stephen Davis	08/18/10	Durham, NC, Chemist, 59
295.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 20
296.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 42
297.	Patrick Foley	10/04/10	Northfield, MN, Retired Teacher, 64 *
298.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 55
299.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 38
300.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 46
301.	Don Slusser	12/20/10	Monroeville, PA, Teacher, 60 *
301.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 54
303.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 36
303.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 35
305.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 55 *
306.	Michael deLeon	12/31/10	San Francisco, CA, Project Manager, 48
307.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 33
307.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 55
307.	Rhonda Wegner	01/01/11	Valdez, AK, Athletic Director, 49
310.	Todd Taylor	01/02/11	Valdez, AK, Marine Science Technician, 42
311.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 54 *
312.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27
312.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 41

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.

March 1, 2012

1.	Kenneth C. Young, Petrolia, CA	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
2.	Gary C. Jones, Troy, Montana	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
3.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
4.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
5.	Walter O. Byerly, Dallas, TX	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
6.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
7.	Joseph Wojcik, Claremont, CA	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
8.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
9.	Julie Maxwell, Kasson, MN (F)	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
10.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
11.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
12.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
13.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
14.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
15.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
16.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
17.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
18.	Brian P. Short, Minneapolis, MN	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
19.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
20.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
21.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
22.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
23.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
24.	J. Patrick Growney, Lavallette, NJ	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
25.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
26.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
27.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
28.	Timothy M. Osberg, Grand Island, NY	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
29.	Diana L. Nelson, Dixon, IL (F)	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
30.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
31.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
32.	Richard Carroll, Foxboro, MA	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
33.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)

34.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
35.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
36.	Paul Christian, Rochester, MN,	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
37.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
38.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
39.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
40.	Norman Grimmatt, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
41.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
42.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
43.	Sue S. Favor, Downey, CA (F)	12/20/84 – 05/03/08	8,536 days (23 yrs 136 days)
44.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
45.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
46.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
47.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
48.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
49.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
50.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
51.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
52.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
53.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
54.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
55.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
56.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
57.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
58.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
59.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
60.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
61.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
62.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
63.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
64.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
65.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
66.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
67.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
68.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
69.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
70.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
71.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
72.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
73.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
74.	Mercedes M. Murolo, Santa Rosa, CA (F) *	12/25/91 – 04/28/02	3,778 days (10 yrs 125 days)
75.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
76.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)

77.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
78.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
79.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
80.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
81.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
82.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
83.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
84.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
85.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
86.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
87.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
88.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
89.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
90.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
91.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
92.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
92.	Vivian Wilson, Short Hills, NJ, (F)	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
94.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
95.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
96.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
97.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
98.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
99.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
100.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
101.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
102.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
103.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
104.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
105.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
106.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
107.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
108.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
109.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
110.	Eileen Rountree, Sparks, NV *	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
111.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
112.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
113.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
114.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
115.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
116.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
117.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
118.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
119.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
120.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
121.	Cordell Kirk, Blue Springs, MO	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
122.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
123.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)

124.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
125.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
126.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
127.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
128.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
129.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
130.	Beth Casavant, Shrewsbury, MA	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
131.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
132.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
133.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
134.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
135.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
136.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
137.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
138.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
139.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
140.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
141.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
142.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
143.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
144.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
145.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
146.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
147.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
148.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
149.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
150.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
151.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
152.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
153.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
154.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
155.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
156.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
157.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
158.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
159.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
160.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
161.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
162.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
163.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
164.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
165.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
166.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
167.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
168.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
169.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
170.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
171.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)

172.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
173.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
174.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
175.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
175.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
177.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
178.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
179.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
180.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
181.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
182.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
183.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
183.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
185.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
186.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
187.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
188.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
189.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
189.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
191.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
192.	William H. Howes, Royal Oak, MI	06/30/10 – 09/07/11	435 days (1 yr 070 days)
193.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
194.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
195.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
196.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
197.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
198.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
199.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
200.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
201.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
202.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
203.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
203.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
205.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
206.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
207.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
207.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
209.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
210.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
211.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
211.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
211.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
214.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
214.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
214.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
214.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
214.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
214.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
220.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)

220.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
220.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
220.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
220.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
220.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
220.	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.

Official International Active Running Streak List

As Certified to the Streak Runners International

March 1, 2012

	The Highly Skilled (20+yrs)		
1.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 48
	The Neophytes (-5yrs)		
2.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 48
3.	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 37
4.	Stan Shatenstein	12Dec10	Montreal, Canada, Editor, 57

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

Official International Retired Running Streak List

As Certified to Streak Runners International

March 1, 2012

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1087 days (2 yrs 357 days)
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THE FINISH LINE

By: Mark Washburne

Another busy quarter comes to an end here at your running streak association. The big news, of course, is that we expanded our membership to include international runners. Since assuming my new duties at USRSA last April, I have received a handful of requests from international runners to list their running streaks with our association. I had to inform them, unfortunately, that our association was only opened to American runners but did say that they were welcome to join the USRSA Facebook page and/or Yahoo group and post comments about their running streaks. A number of international streak runners did join and I always enjoyed reading their stories and challenges (similar to American streak runners) of running every day.

In the autumn, my attention to all things international peaked when a Japanese television station, hoping to run a story on our association's #1 streak runner, Mark Covert, contacted me. As part of their research, they came to my house in New Jersey on the same morning that the ING New York City Marathon was held. On that Sunday morning, we watched the marathon together and talked about the amazing running streak of Mark Covert. My new Japanese friends, of course, wanted to know if we were ever going to open up our association to other athletes from around the world.

In early January, I heard from my contact at the Japanese television station and was told that Coach Covert's video was going to air on a Tokyo station on the 11th. After hearing the news, I went for a 7-mile run (The best ideas always come to me on the run!) and was thinking what I should include in a press release about one of our own streak runners being featured on Japanese television when it dawned on me that maybe it was time to open up our association to international athletes.

When I returned from my run, I immediately sent an e-mail to our webmaster and Vice President, Steve Morrow, seeking his feedback on going international. As Steve would be the one to update our webpage and add these international runners, I did not want to proceed with the international idea unless he supported it. Steve, however, responded to me immediately that he was in favor of the idea. Steve, by the way, has done a wonderful job making all the changes needed to our website for our association to go international. Please visit our website at www.runeveryday.com to see all the changes Steve has made recently. Thank you Steve!

After Vice President Morrow signed off, I next contacted the members of the USRSA Advisory Board for their input. The Advisory Board was also supportive of the idea but I did receive a suggestion from Honorary Founder George Hancock to change the name. I had originally suggested that we name ourselves the World Running Streak Association and George preferred the name International Running Streak Association. I told George I considered his name but was concerned that our new initials would be "IRS"A and that the acronym was already being used by Internal Revenue Service. Still, if a majority of the Advisory Board preferred International to World, I had no problem with that name.

As the Advisory Board was voting on a new name, Geza Feld suggested that we call ourselves Streak Runners International. "The title of the group is a delightfully delicate question," noted Geza in his January 6, 2012, e-mail to other members of the Advisory Board. "When you have an organization, the words 'Association,' 'Organization,'

'Group,' 'Party,' etc. is kind of implied, it goes with a group automatically. If we drop that 'A', a three-letter abbreviation comes to mind - SRI - Streak Runners International. The plural in Runners also imply a group. Sri in Sanskrit means Lord. It is also used for veneration of deities. No, I do not imply we are anything like that but we do ignore weather, work, (sometimes family), pain and many other obstacles in our focus on the STREAK. Damn it, we are Sri-s. Lords of the road." A majority of the Advisory Board decided to adopt the name Streak Runners International (SRI) for our new worldwide association.

The first new non-American athlete to join Streak Runners International was Scotland's Alastair Russell. Shortly after SRI was formed, Alastair sent in his membership application with a check for 12 Pounds and 90 Pence. Thank you Alastair! Unfortunately, the international check brought news from our association's bank that there is a \$35 processing fee to convert it to American dollars. Ouch! As you can imagine, it makes no sense to pay a \$35 processing fee for a \$20 membership dues. The problem, however, has been addressed as we opened up a PayPal account to accept membership applications and renewals on-line. Now international athletes, along with Americans, can pay dues by visiting our website at www.runeveryday.com. Unfortunately, we will not be able to accept any checks going forward not made out in American dollars.

Since our last quarterly newsletter, we have also received word that some long-time streaks have ended. On the women's side, Julie Maxwell's 33+ years streak ended on December 10, 2010, and Alicia Brophrey's 30+ streak ended on June 1, 2010. Julie now has the longest female retired streak at 12,212 days and Alicia comes in third with 11,149 days. On the men's side, three 30+ years streaks ended in January 2012. Joseph Wojcik's 34+ years streak ended on the 10th, Ken Young's 41+ years streak ended on the 25th, and Gary Jones' 39+ years streak ended on the 28th. Ken now has the longest retired running streak at 15,179 days, Gary is second at 14,536 days, and Joseph is in seventh place at 12,630 days.

As we now have two new athletes with the longest retired male and female streaks, two new positions were created on our Advisory Board to acknowledge Ken Young's and Julie Maxwell's outstanding achievements in running every day. Ken is now our "Chair Retired Male" and Julie is "Chair Retired Female." We also added Barbara Latta, from Raleigh, North Carolina, to our Advisory Board, as "Chair Active Female." Barbara, who started her streak on December 5, 1983, now has the longest female running streak in our association. Congratulations to Ken, Julie, and Barbara. They will hold their positions until such time as another male or female has an active or retired streak that is longer.

As for me, my running streak hit 22 years at the end of December. I closed the books on 2011 having run 2,058 miles and finished 53 races for that year. My lifetime totals at the end of 2011 were 40,235 miles run and 567 races completed. I also ran three marathons in 2011 (Boston, Steamtown, and Philadelphia) and now have run 22 marathons, including the last 7 Boston Marathons. I am currently training for the 2012 Boston Marathon or April 16th. As I am a streak runner, I am also signed up to run the B.A.A. 5K the day before as I have done every year since 2009 when the 5K was added to the Boston Marathon weekend roster.

I am often asked if running every day helps or hurts my racing. I think it helps. As a Baby Boomer with stiff age competition, I never won my age group until I was 51 in 2007. Last year, I won my age group 7 times and even came in 4th place in age at the Steamtown

Marathon. If running every day hurts me, I don't see it. How about you? Has running every day hurt or help your racing? Post your comments on Facebook. Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!