

# THE STREAK REGISTRY

Volume 12, Number 3, Fall 2012 - 47<sup>TH</sup> ISSUE

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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 (40<sup>th</sup> anniversary):**

David Hamilton of Vancouver, Washington on August 14<sup>th</sup>

### **From The Masters to The Grand Masters (35<sup>th</sup> anniversary):**

Samuel Johnston of Naples, Florida on August 26<sup>th</sup>

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

Charles Groseth of Allen, Texas on June 30<sup>th</sup>

Grant McAllister of Atlanta, Georgia on August 28<sup>th</sup>

### **From The Highly Skilled to The Dominators (25<sup>th</sup> anniversary)**

Robert Nash of Olney, Illinois on June 18<sup>th</sup>

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

Dave Emmans of Minnetonka, Minnesota on June 6<sup>th</sup>

George Hancock of Windber, Pennsylvania on June 22<sup>nd</sup>

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

David Baskwill of York, Pennsylvania on June 17<sup>th</sup>

Corey Escue of Chicago, Illinois on July 15<sup>th</sup>

Nancy West of Carlisle, Massachusetts on August 15<sup>th</sup>

Roger Nelson of Colleyville, Texas on August 18<sup>th</sup>

## FROM THE STREAK REGISTRY

*TEN YEARS AGO:* The seventh issue of USRSA newsletter was published. The 28-page booklet listed 90 active and 16 retired running streaks.

This Fall 2002 issue featured a story entitled “Welcome Aboard to Jon Sutherland” written by USRSA founding Editor Dawn Strumsky. “The USRSA has received several bits of communication regarding Jon Sutherland and his sudden appearance near the top of the active running streak list in the last issue,” noted Dawn Strumsky. “Many wondered who he was and where had he been all this time. Now for the rest of the story.”

In 2002, Jon Sutherland, a writer from West Hills, California, was listed 3rd on the active list behind Robert Ray (1<sup>st</sup>) and Mark Covert (2<sup>nd</sup>). In 2012, Sutherland has moved up to 2<sup>nd</sup> on the list with only Covert ahead of him. In the 2002 article, Dawn Strumsky informed the streak community about this latest streak runner to be added to the active list:

“Briefly then, this is Jon Sutherland. When his teammate at Los Angeles Valley College, Mark Covert, announced that he had run every day for a year Jon took up the challenge. He came off crutches on May 25, 1969, and the next day began his streak by running eight miles. During his thirty-three years of daily running he has covered over 160,000 miles and has competed in over six hundred races, winning more than half of them. Despite a variety of injuries: nerve damage, sciatica, stress fractures and cartilage tears, Jon has managed to cover a minimum of two to three miles per day, averaging over ninety miles per week for the duration of the streak. One eleven year stretch – from 1976 to 1987 - saw him run at least one hundred miles per week, and one day he even ran forty-five miles!

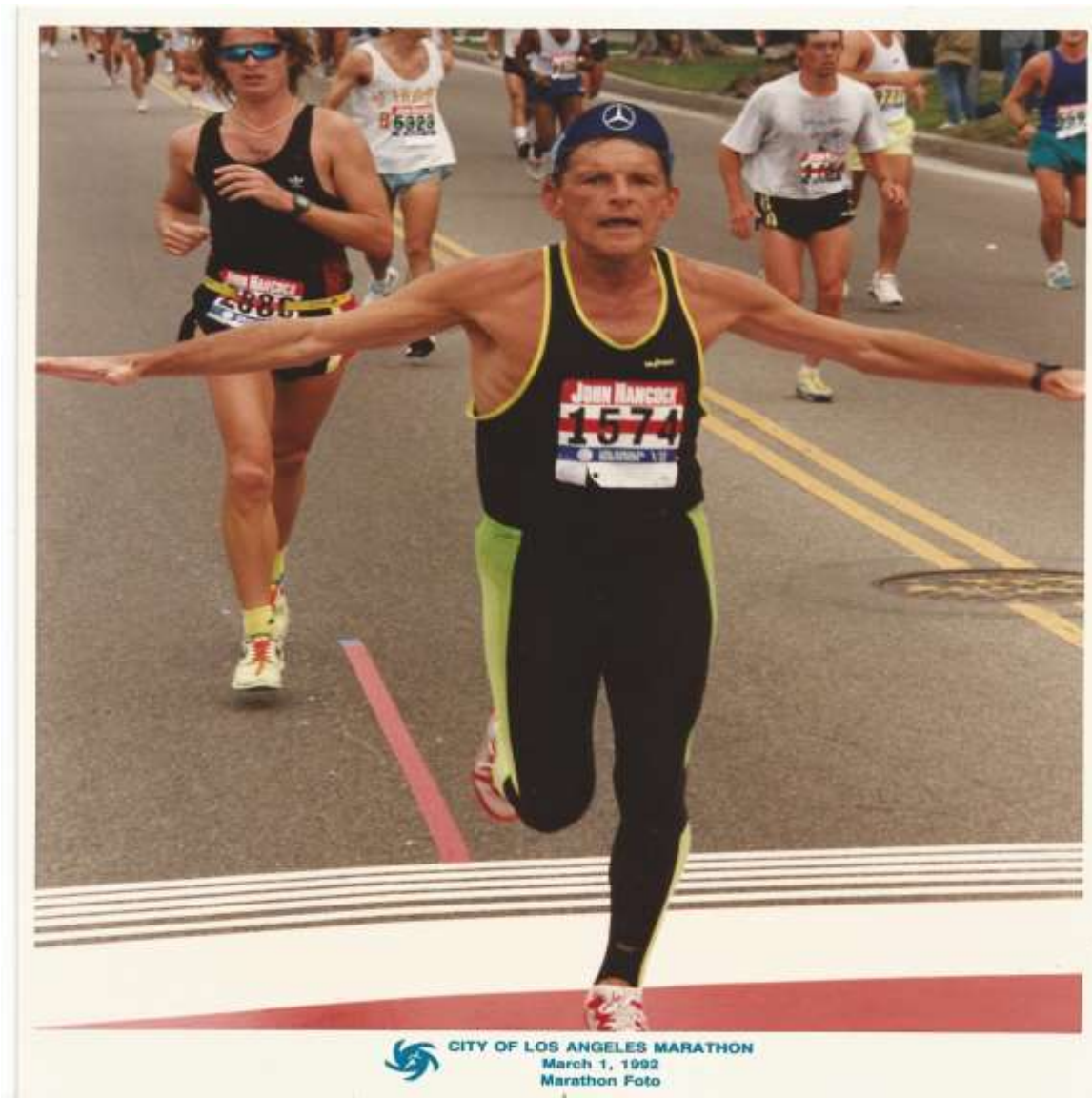
“At one time, Jon held Cal State Northridge records in the 3,000 meters, two-mile, three-mile, 5,000 meters, six-mile and 10,000 meters.

“A journalist and author, Jon has written two books and contributed to over sixty magazines worldwide covering his two favorite topics, running and music. He sold his first story to *Runner’s World* in 1970 (on Mark Covert!) and has been writing ever since.

“Jon confesses, ‘It’s all Covert’s fault that I started this insane pursuit and I’m forever grateful! I was encouraged by Joe Henderson and Kenny Moore to become a writer and my most favorite ever running quote is attributed to Kenny, ‘there is no greater way to feel a part of the earth than to run across it daily.’ My motto is: ‘I can’t run forever but I’m going to try.’

“We’re happy to have you join us Jon.”

Editors note: Thanks to Mark Covert for getting you started on running every day and thanks to you, Jon, for being an active part of USRSA this last decade. We wish you, Mark, and all of our athletes continued success with your running and streak.



Joseph Wojcik, Sr. at the City of Los Angeles Marathon, 1992

## **JOSEPH WOJCIK, SR. (1941-2012)**

It is with great sadness that we report the passing of one of our fellow streak runners. On July 31, 2012, Joseph Wojcik, Sr., 71, from Claremont, California, died from pancreatic cancer. Below is an e-mail that SRI/USRSA received from his son, Joseph Wojcik, Jr., announcing the news. Following this announcement by his son, we reprint the last two posts from Joseph Sr. to our association.

*"I wanted to let you know that my father passed away on 31 July 2012 of pancreatic cancer. He ran every day for 12,628 days and ended his running streak on 10 JAN 2012 before having surgery to try to remove the tumor. During his lifetime, he ran 60 Marathons and covered 63,140 miles. He was proud of his accomplishment and we are proud of him."*

Joseph Wojcik Jr.

## **FROM THE FALL 2011 MEMBER UPDATES:**

### **JOSEPH WOJCIK STREAK REACHES 34 YEARS**

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

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

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

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

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

Joseph Wojcik  
Claremont, California

## **FROM THE SPRING 2012 MEMBER UPDATES:**

### **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



Bill Benton

## **BILL BENTON'S STREAK HITS 35 YEARS**

**By: Bill Benton**

I'm not quite sure what to write since by now many of these streak stories sound so much alike: injuries overcome, sickness, near misses and the like. If one does anything over 35 years, there are bound to be bumps and disruptions along the way and my experiences are no exception! I've had my share of everything from abscessed teeth, sicknesses, sprains, fractures to even a minor broken bone. And yet, the band played on! I'll focus, instead, on why I do what I do.

My first streak started on a lark after a teammate of mine decided to begin a streak of his own. We were on the University of Detroit Cross Country team. As I am a baseball fan, I was reading a book on Joe Dimaggio and his 56 game hitting streak. My teammate, Dwight Hullm, saw the book and decided to see how many days he could run without a miss. I told him that this was crazy, but a week or two later I, too, was on a streak. Mr. Hullm's streak ended at around one hundred days and mine, which started 03-09-1970 would end on 09-03-1975 after fighting plantar fasciitis. Though not intentional, the month and day dates are transposed. We accountants love this kind of stuff!

After about a year and a half, I began again. April 23, 1977 launched a new streak, which just recently reached 35 years. Within that span would occur my best times at all distances. My favorites are seven marathons - all within a range between 2:30:52 and 2:27:06 and which were run from 1979 to 1981. The fastest took place in Boston in 1981. After that, there was a real decline in racing quality, which was attributable to more than mere aging. Naging injuries and, yes, overtraining took their toll. My last marathon took place in Detroit at the age of 41; a 2:45:09 effort, which qualified me for my 10th Boston though I never made it there. Since I knew that serious training was futile, I decided to just run for health and pleasure.

I've long admired those who overcome adversity, as well as those who are steady and consistant. At the age of 10 I saw Abebe Bikila run the marathon at the Rome Olympics and was fascinated with a race that took place on the streets instead of a track. I decided that one day I would like to run a marathon. Of course, a 10 year old has no idea what this involves! Mr. Bikila would later become injured in an auto accident thus ending a brilliant career, which brought fame to his poor nation of Ethiopia. He took the injury with a grace few could muster. His picture is the first thing I see in my running log.

Another favorite of mine was Wilma Rudolph, the American sprinter who overcame polio to win three gold medals at that same Olympics. From baseball there was Lou Gehrig for his decency and consistancy, and Jackie Robinson for his strength in the face of hate. Finally, England's Ron Hill was a long time favorite. He was at the top of his game as I was getting started in running and of course he was probably the first well-known daily runner.

I would enjoy running with or without the streak. The one thing the streak does is to connect me with my running past when I could perform fairly well. For now, I run in the early morning for the quiet time, prayer time, and as a way of getting ready for the day. Winter mornings can be rough in Michigan, but you can't beat the orange predawn sky! Speaking of the sky, I now compare my running to the Voyager spacecraft, which after exploring the outer planets just continues on a path out of the solar system for who knows how many years!

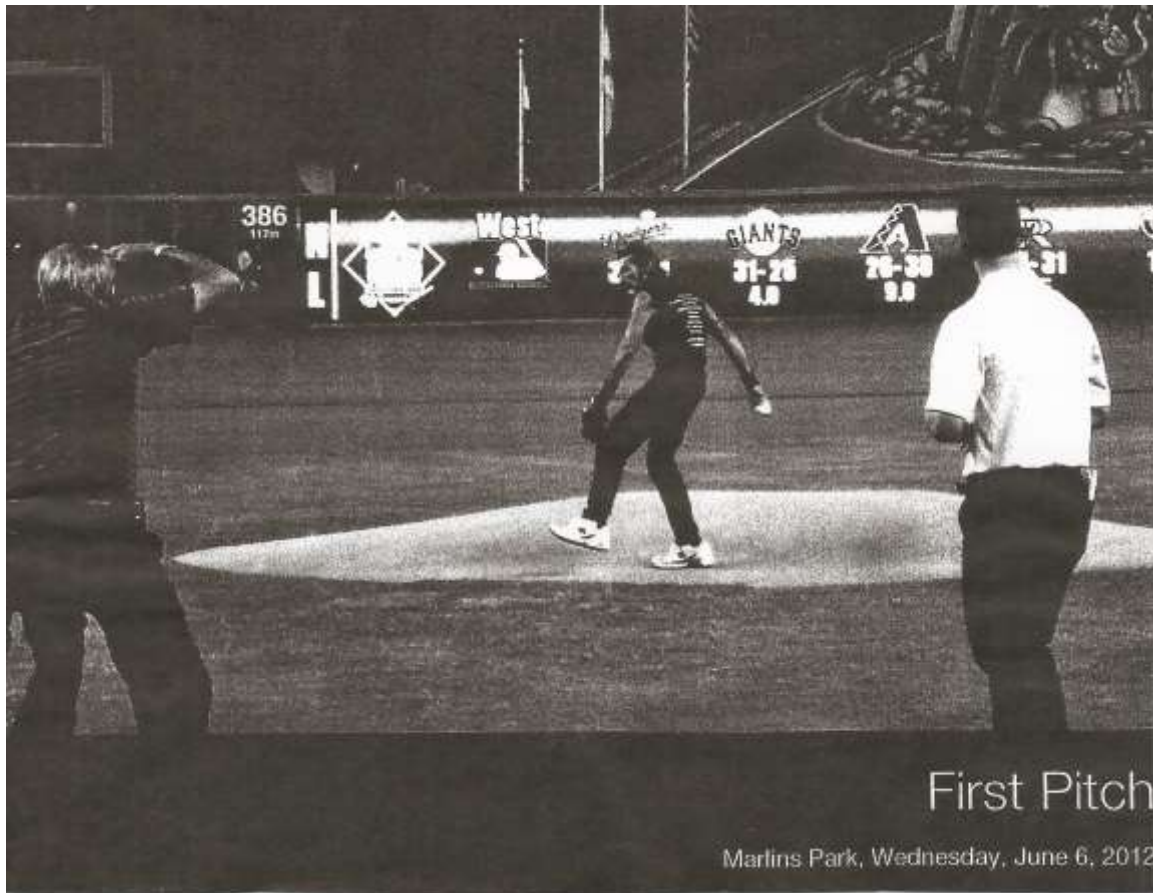
A few notes: I retired from accounting in 2006 after 34 years at the same job. (Kind of figures, doesn't it?) I now work part time at the city of Farmington Hills with seniors with Alzheimer's / Dementia as well as with the rec. center there.

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“Never take the lead unless you really want it, and if you take it, do something with it . . . Once in the lead, you have only two options, either you are going to pick up the pace, or you are going to slow it down. Once in control, a fast pace usually insures the fastest runner will win, a slow pace perhaps the fastest runner will still win but occasionally the race will go to the best kicker.”

- Tom Courtney, 1956 Olympic 800 Champion



## **FIRST PITCH**

**By: Robert “Raven” Kraft**

On March 3, 2012, the Miami Marlins unveiled their new stadium to the public with an event called Fan Fest, where for free the fans enter the stadium, check out the brand new facilities, meet the players, get pictures and autographs. I had always wanted to go to the old stadium but I didn't feel comfortable leaving before the run for such a long 45 minute drive, fearing a car breakdown. With the new stadium so close, however, Priscilla (Miracle) and I went.

The Marlins had a table set up on the field with players such as catcher John Buck, first baseman Gabby Sanchez, third baseman Hanley Ramirez, right fielder Giancarlo Stanton, new closer Heath Bell, new shortstop Jose Reyes, new manager Ozzie Guillen, former Marlin “Mr. Marlin” Jeff Conine and team President David Samson.

People could ask questions from the isles to everyone. Some questions were excellent. Others self-indulging like a kid asking for free tickets. I thought a good question would be if the ballpark would be a hitters or pitchers park, being that the Marlins usually emphasized pitching. Also, if you look at baseball history, pitching always seems to win pennants and, as they say, good pitching beats good hitting. So I directed my question to team President Samson since it wasn't a player question.



When my face appeared on the jumbo screen, he asked if I was the RAVEN. I replied, "Yes, I am." He stopped to tell the 35,000 to 40,000 people there that I'd run more miles in Miami than anyone. He then added that I probably had run more miles than anyone in the world. He noted that I had even run in the hospital. I said, "Yes, 37 plus years and over 109,000 miles. He answered my question by saying it is a pitcher's park, except when Stanton is batting. Good answer.

I sent President Samson a thank you note for recognizing me and invited him to run with me knowing that he has completed an Ironman and was planning a 50-mile run for charity. Being a big baseball fan all my life and, of course, a runner, I thought we would have a lot in common. What better way to bond, moreover, than to talk baseball on the run?!

Philly Rock, one of my runners, found out that June 6<sup>th</sup> was National Running Day. He checked the Marlin's schedule and noticed they were home playing the Atlanta Braves. He thought what a great idea to have me throw out the first pitch for National Running Day. He knew the story that David Samson recognized me at Fan Fest so he sent him an e-mail. Mr. Samson replied that he liked the idea and sent it to his promotion and marketing people. In a few hours it went from a dream to a reality.

Two things worried me about being chosen to throw out the first pitch. My first worry was running at 3 p.m. to get to the stadium by 6 p.m. June can be extremely hot and humid in Miami. Starting at 5 p.m. is a little better but 3 p.m. could be torture. My other worry was throwing a good pitch. I started practicing with some of the runners and Miracle. I pulled out 5 old gloves a few months ago. My main choice was between a 1970 Matty Alou glove or a 1962 Roger Maris glove that my Mom bought me more than 50 years ago. I went with the 1962 Roger Maris glove to use during the game.

We got a group rate for tickets and sold 72 tickets to runners, friends, and family. We also had another 30 or so people who came to the game to see me but were too late in ordering tickets through the group rate. There was a bit of stress with the tickets being late but they all were there by noon when people started showing up at my apartment. Meanwhile, I was warming up with the "Celtic Dealer."

I prayed for rain the day of the first pitch so I would have a cool run. There is no worry of rain out anymore because the Marlins now have a retractable roof. Well there was a slight drizzle earlier but no rain on the run. It was very hazy and overcast, which normally would have been great but there was extremely high humidity. Every time I turned North it was like running into an oven. I was also tired not getting more than 4 hours sleep and running on 20 hours rest rather than my usual 22 hours rest.

I remembered all the runners saying their money was on me to make it, if anyone could, especially given my past history. Well, I did make it but I was literally drained. I had one frozen Gatorade at the lifeguard tower and one more at home. I went to the stadium with Philly Rock, his son Rocco, and photographer Michael Marks, who took Priscilla's (Miracle) place as she was in bed sick.

As we drove across the Causeway and to loosen everyone up, Philly Rock put on one of my favorite Johnny Cash songs, and his four year old Rocco's favorite song, "Ring of Fire." I felt better already and not as tired.

We arrived just on time and found the media entrance. We were then led into the stadium. Everything was spotless and shining. The staff was very friendly and courteous. The security was very tight and I felt like we were going to meet the President rather than going on a baseball field, but it has to be that way.

This was the first time I stepped on to a major league field in my 61 years. I was thrilled. The red dirt infield was like red dirt Georgia clay that I remembered from my traveling to Nashville in 1970. The Braves were finishing batting practice. I called Miracle from the field to tell her I was there and that she was getting a call from a major league baseball field.

A couple of people approached me who knew who I was and mentioned some mutual friends and runners we knew. Another guy came up to me and said he watched me run on South Beach for years and said he also knew my story from ESPN. He later brought over his girlfriend to meet me and introduced me to singer and pop icon Paula Abdul.

Paula was exceptionally nice and wanted to know about how I started running and how I became a songwriter in Nashville back in 1970. We also talked about diet and back pains.



Raven with singer Paula Abdul

After getting some pictures taken with the famous singer, I was given “the ball.” I was going to throw and was given instructions on when and where. I was to either walk to the grass to throw or the mound but not the rubber. I was then introduced but I did not walk. Instead, I ran to the mound, as it was National Running Day after all. The public address announcer read my introduction that Philly Rock wrote that ended with, “run for free.”

The Marlins’ mascot Billy the Marlin was waiting to catch the ball with an oversized glove. I heard he was a college baseball player so it was OK to throw it hard. I was not nervous at all as I gazed around the field and the seats that were quickly filling up. I was only worried that the throw from the mound was longer than I had been throwing in practice but I had to go for it.

I have always thrown sidearm or submarine style since I played. After all the years of doing pull-ups and swimming, my shoulders hurt so I practiced in the sidearm/submarine style of former relievers Dick Hyde, Ted Abernathy, Kent Tekulve, Dan Quisenberry, and Marlins’ own Steve Cishek.

Knowing I had to throw the ball a little farther, I slung my arm more in my follow through and it went off to the left and in the dirt. They gave me the ball with the scuff marks and I got my picture taken with Billy the Marlin.

Michael Marko took a lot of footage as did Philly Rock and the runners in the stands. Some even took their shots of the jumbo screen with the big picture. We were escorted to our seats and kids were reaching out to slap 5 with me.

The Fire Chief on the field was one of my runners known as the “Hitter.” The Head of Concessions also was one of my runners called the “Sausage Man,” who, like Marlins’ President David Samson, has done the Ironman and has the tattoo to prove it.

We had four people we brought to the game who were at their first baseball game ever. Two of these first timers were from France, one was from Russia, and the other person was from Colombia. “Gringo” witnessed his first baseball game live since the 1940s when he saw the Toledo Mudhens when he was a kid. He is 74 now. I also ran into a couple of old friends from the beach I had not seen in 20 or 25 years.

The new stadium is spectacular. It has a great view of the downtown skyline, art work, pictorial view of the old Orange Bowl, a tropical fish tank, a Bobble Head Hall of Fame, and just about every kind of food imaginable. There is also replica of the Cleveland Bar in South Beach, pool and all. The stadium has something for everyone, young and old, families and partiers. There is also a colorful sculpture that has fish jumping, seagulls flying, and water spraying every time a Marlin hits a home run.

Everyone had a great time and wants to do it again, even though the Marlins lost 2-1 to the Braves that night. Maybe a Raven night at the ballpark every year, even if my pitch, as Hall of Fame Broadcaster Bob Uecker would call it, was, “Juuusst a little outside.”



**MATT'S**  
**10K RUN TO**  
**FIGHT HUNGER**

A black silhouette of a runner in mid-stride, positioned to the right of the text.

## **Greensboro Runner Matt Ketterman Uses 21-Year Running Streak to Fight Hunger. By: Timothy Cox**

GREENSBORO, NC (July 24, 2012) – The 2012 Matt's 10K Run to Fight Hunger raised funds for Food Bank of Northwestern North Carolina.

Approximately 200 runners braved the summer heat as they ran along Greensboro's Greenway in support of feeding hungry North Carolina families during the 2012 Matt's 10K Run to Fight Hunger on Saturday, July 7th. Because of the large turnout and high spirits, Ketterman and his business were able to raise enough money to buy 60,000 cans — surpassing their original goal of 50,000 cans. The event raised more than \$5,000 and helped the Piedmont Triad Apartment Association provide cans of food to the Second Harvest Food Bank of Western NC.

Multiple companies came together to help celebrate Matt Ketterman's 21 year running streak and to support Second Harvest Food Bank. Primary sponsor Got You Floored, was joined by Off-n-Running, The Piedmont Triad Apartment Association, Stir Creative, SEO Rocket, Primo Water, Daily Bread and Harris Teeter who all contributed to the success of the event.

"We're proud to support the Second Harvest Food Bank in its quest to provide access to food to those who cannot afford it" said Ketterman. "This run is a wonderful way to raise awareness for Second Harvest and help raise money in a healthy, active way."

"This event is a great opportunity for the the community, companies and vendors to come together and help those who are less fortunate." said Jon Lowder, Executive Director of the Piedmont Triad Apartment Association. "We are grateful for Got You Floored's continued support of the PTAA's commitment to raise money for the Second Harvest Food Bank."

Runners of all ages and abilities, received branded dry-fit running shirts for participating. Along with raising funds for Second Harvest, the event was also an opportunity to build a stronger sense of community and raise awareness about the Food Bank and their important mission.

"Each year, this event provides a stage for us to educate the public about the Second Harvest and how hunger impacts our families," said Ketterman. "It's a great feeling to run in a large group of people who are dedicated to helping others by contributing to filling shelves at Second Harvest. This will put food on the table for a lot of needy families."

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"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle."

- Baron de Coubertin, founder of the modern Olympics, 1890



Jim Bates finishing his 75<sup>th</sup> marathon at the Hot Summer Marathon in Seoul, Korea

## **UPDATE FROM JIM BATES OF THE SEOUL, KOREA CHAPTER OF SRI/USRSA By Jim Bates**

Thanks for your taking note of my six years of streaking. I used to feel that no one cared about it but me. Surrounded by a bunch of military workaholics, I sometimes had to explain that instead of being allowed to eat, I'd rather they let me get my daily run in since I could always catch up on my eating the next day or perhaps the day after that. My current streak is now over a half year longer than my previous streak, which was *cut short* by knee surgery. With this perspective, I now get a sudden rush of good feelings as soon as my daily run exceeds one mile knowing that THE STREAK LIVES for yet another day.

Although my fastest running times are behind me, I find it comforting to know that I can still pursue running goals, these ones based, however, upon consistency and determination. Specifically, I'd like to run at least **one** 100 mile race, streak for at least **10** years, complete **100** Marathons (I'm up to 75), finish **1,000** organized races of 3 miles or more (I'm currently at 529 races to include 144 5K's, 118 10K's, and 45 Half-Marathons), run at least five miles a day for more than **10,000** days, and exceed a lifetime running total of **100,000** miles (I'm over 80,000). Yes, I might run out of life before I run down all these goals but I figure it is better to fall short of goals than to have none at all.

To tell you the truth, I'm nearly as pleased with my running record keeping as I am of my running itself. I've kept yearly logbooks for the past 27 years. If my place was on fire and I only had time to retrieve two types of items, I'd snatch my photo albums and my running logbooks--yeah I suppose the girlfriend too if she wasn't ambulatory. Regarding the logbooks, I simply make an entry of each day's mileage. I'll record the city too if it is out of the ordinary and details about any road races, making special notes about the race name, location, distance, finishing time, finishing place, and which of my rivals (friends) barely beat me and likewise whom I barely managed to beat. This helps my mental preparation for future races. Win, lose, or draw I still love to compete.

I'm also trying to emotionally brace myself for the day that I miss a day or two (God forbid) of running. I'll react by stressing my Consistency Percentage. This is defined as the total number of days run (at least one mile) over a certain period of time divided by the total number of days (including leap days) that occurred during the same period of time. For instance, I currently have a 27 Year Consistency Percentage of 97.32% (9,596 days/9,861 days). Of course I am humbled by those streak runners who have Consistency Percentages of 100% over spans of time from ten to 40 years. Remarkable!

With this in mind, I hope that we can be pen-pals for the next three decades to come. My dream is that each year around June you send me a congratulatory letter (or email) acknowledging my continued streak. I'm not that good at chess but I'd sure love to be known as a "Grand Master."

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## STRATEGY FOR A MARATHON

By: Marnie Mueller

I will start  
when the gun goes off.  
I will run  
for five miles.  
Feeling good,  
I will run  
to the tenth mile.  
At the tenth  
I will say,  
"Only three more  
to the halfway."  
At the halfway mark,  
13.1 miles,  
I will know  
fifteen is in reach.  
At fifteen miles  
I will say,  
"You've run twenty before,  
keep going."  
At twenty  
I will say,  
"Run home."

## **The Power of the Streak**

### **By: Tim Beagen**

Shortly after I challenged myself to run “Everyday in June,” I realized how the power of the streak is more motivating than any other training routine or exercise schedule I had ever subscribed. What started as a personal goal to try and get back into shape and reduce the impact of stress on June 1<sup>st</sup> 2011 quickly turned into an ongoing personal accomplishment too compelling to let go. With each day that I overcame the ordinary hurdles (too tired or too busy or too sore or too rainy) and the occasional extraordinary obstacles (food poisoning, airport delays, 8” snow storms and zero degree temperatures) the quest to keep the streak alive by “any means possible” grew stronger and stronger.

This isn’t to say that when the alarm goes off at 6:30am that my powers of persuasion during this post-REM state aren’t incredibly strong. I often find myself rationalizing why this might be the day the streak dies, or at the very least, negotiating with myself alternative times to squeeze in the run. By no means am I able to pop out of bed with the vigor and enthusiasm to run what some may expect. It is a daily battle, but one that I seem to enjoy conquering and more importantly one that keeps me healthy.

I am blessed with good health and an unbelievable wife who has supported me along the way. We have a 2 ½ year old son who loves to run with me when we can (in the stroller and now sometimes a few blocks in his “running shoes”). We have another child due in August and although I can’t say how long this streak will last, I can say that the power of the streak has propelled me where no other sport, race or exercise routine has ever taken me before.

#### **A bit about Tim and my running career**

I grew up in Birmingham Michigan playing basketball, baseball, football, soccer, and at least tried most of the other “ball” sports at some point. Distance running to me was a necessary evil (conditioning/rehab for ACLx2) not a sport or hobby that particularly interested me in my youth. I graduated from Michigan State University and received my MBA from Babson College (near Boston). It was during my time in Boston that I first took up the habit of running on a semi-regular basis. I completed my first ½ marathon in 2008 (Boston’s Run to Remember) and competed in two sprint triathlons in 2009. Upon moving to Chicagoland in 2011, I was looking for an event to train for to get back into shape. On June 1<sup>st</sup> 2011, a bit stressed-out, lacking focus or commitment to exercise and having not signed up for an event yet, I set a personal goal to run “Everyday in June.” Much to my surprise, I’ve run at least 3.5 miles per day ever since. Along the way I ran a relay in the Detroit Marathon (I did 12 miles) and I plan to run the full Detroit Marathon in 2012. I had no idea the USRSA existed-----or that others had their own streaks until a colleague sent me a video link about Bill Anderson from Texas and asked me if this was going to be me in 35 years. Bill and the others on that list inspired me to complete 1 year (366 days) and although my accomplishment pales in comparison to the other members and their amazing achievements----it will be a great honor to join the club.





Tim Beagen at Marlboro Sprint Triathlon

## DINOSAUR DAYS RE-VISITED

By: Craig Snapp

When I was 14, in June of 1965, my Father and I went to The National AAU Championship Track Meet. It was in our town, in the same stadium where The San Diego Chargers played. (Two months later, I went to My First Concert Ever, at that same stadium, for some group called "The Beatles." Yet, that's Another Wonderful Story, for another time.)

In the Mile Race, the favorite was Peter Snell, who'd won The Olympic Gold Medal less than a year before, at 1,500 Meters, AND 800 Meters! Also in the field was some High-Schooler, by the name of Jim Ryun. My Father and I made a "Friendly Dollar Bet," with him picking The Olympic Champion, and me picking the 17-year old kid.

Cut To The Finish: Snell led the entire way, until The Finish Line, when that 12<sup>th</sup>-Grader leaned, and beat him by one-tenth of one second, with a 3:55.3! Not only did that break The High-School Record, but, that record would last for 36 Years!

Today, (06-02-12), I was at The San Diego Rock 'N' Roll Marathon Expo, and I saw a guy wandering around, wearing running-shoes, walking-shorts, and a back-pack. And, I thought I recognized him! "Excuse me, Sir," said I, "I believe I saw you run a race, in this very town, 47 years ago, this very month!" Said he, "Yeah! ... I think I kinda remember that race!"

My "Conversation-With-THE-Jim-Ryun" probably lasted only 299 seconds! Yet, it was MAGICAL! I think I said something about This Gangly Teenager who actually thought that he could out-run The Double-Oly-Champ, and I think he said something about how RIDICULOUS that kid's thought would have been!

Then, he said something like, "Yeah, ... I had some pretty good luck that night." I offered my humble opinion that a 3:55.3 by a 17-year-old required a little bit more than "LUCK"!

We shook hands, (as he was already late for a Question-And-Answer Appearance), and I thanked him for taking the time to talk to a Lifetime Fan! And, he was very gracious, then said, "It's kinda fun to meet someone that was ACTUALLY there, 47 Years Ago!"

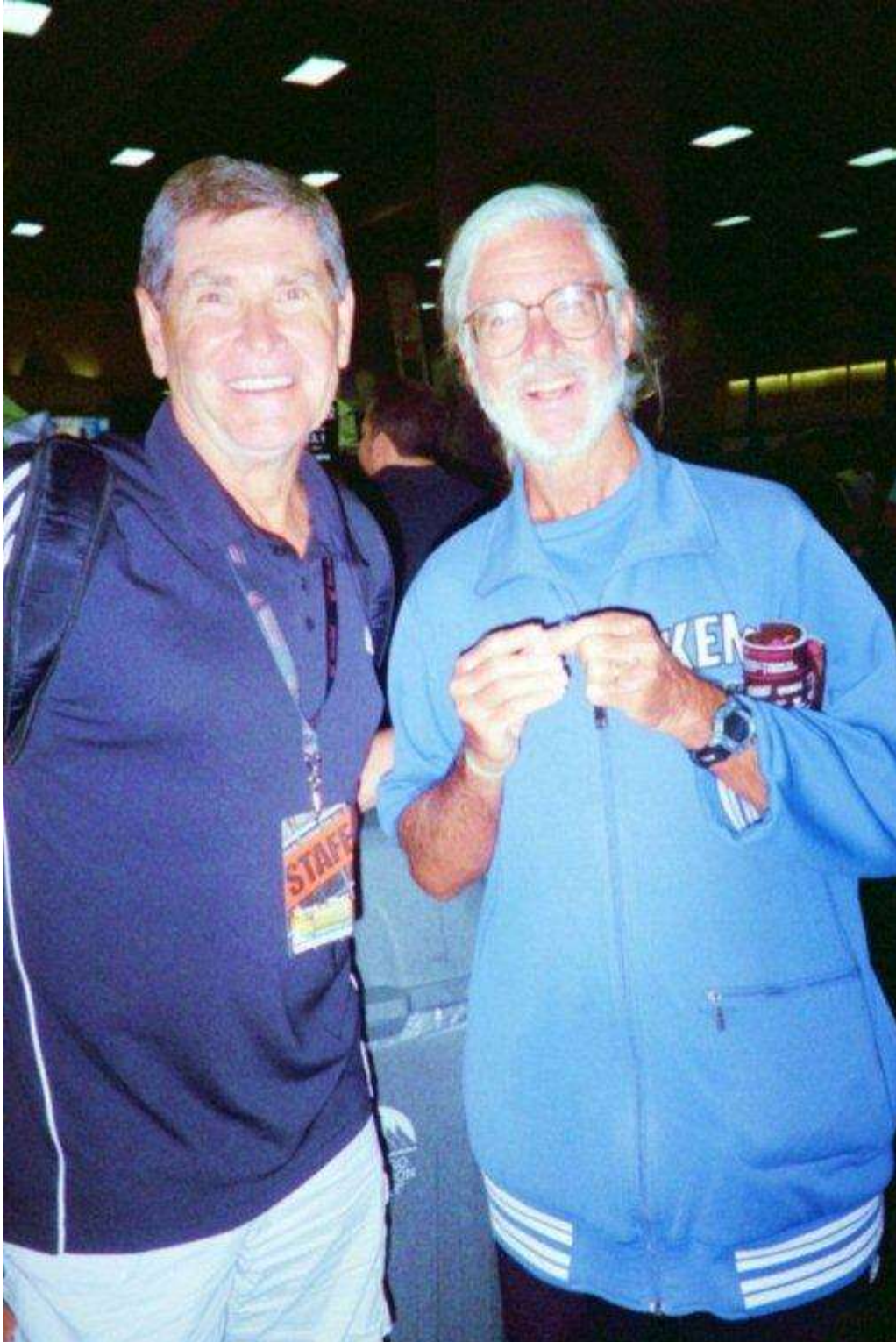
Since "Life is all about Making Memories," if ever we're able to connect to Memories-From-The-Dinosaur-Days, it's All Good! It's Very Special! It's "YABBA-DABBA-DOO!"

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"I ran to get a letter jacket, a girlfriend. I ran because I was cut from the basketball and baseball teams. I ran to be accepted, to be part of a group."

- Jim Ryun



Running legend Jim Ryun (left) with Streak legend Craig Snapp



John Watts

**What John Gave Me**  
**By: Julia Friend**

“You ready?” John Watts asked, his feet planted at the head of the Wilson Greenway Running Trail.

“Ready,” I answered.

“Let’s go,” he said and he started his watch. At the sound of the beep we began to run side by side at a brisk pace. I could already sense that this would be a fast run; faster than I was

accustomed to, but I feared that slowing down would reveal to John my inexperience. It was February, not quite spring, but the sun teased us and all around life sprang, for just the afternoon, from its winter cover. For the first time in four months it was warm enough for me to wear my running shorts. The muddy but glistening creek that ran by the trail flowed steady, dipped into here and there by the still bare and overhanging branches on the banks. The trail was scattered with ducks that had wandered up from the creek, quacking long and loud as we passed through their cluster. A dog barked at the ducks, and at us, and at his owners as they called to him, "Here Benji!"

Most often, when I tell others about my running streak, their brows reflexly furrow in confusion. It seems that they can't understand why I would want to take on such a task, and the truth is, I have wondered the same. Perhaps the genes that flow through me - that my mother gave me - nudge me to a life like hers. A life of cravings, and dependence. A life of extremes. She did not pass on to me her affinity for morphine, but I feel always knee deep in the possibility of addiction. I imagine it was the extremity of a streak that tugged at me in a place that I could not identify. In the back of my mind, even as I began to run day after day I worried that my genetics played a part in the attraction. I wondered if running was my addiction and if having a streak made me like my mother.

As John has said, the line that a stalker runs between certified and certifiable is a thin one. I made the long drive from Logan, Utah to Nampa, Idaho with the hope that he could help me understand how to run the line and not fall, because surely a man with a nearly 32 year streak has a master's level of balance.

Not long into our run my uncontrolled breathing from chatting with John stabbed at me in the form of a side ache. "What do you think drew you to a streak?" I asked him.

"I didn't intend to do one. I didn't even realize it until a month had gone by," he said. "So I guess it's something that happened to me. Rather than something I chose."

I imagined John on the first day of his running streak, October 4, 1980, setting out for a run as he had many times before, perhaps at five o'clock in the morning. Jimmy Carter was president and I would not be born for another two and half years. The sun had not yet risen and autumn dew scattered the grass. The air, forty degrees, made more chill by the darkness of the morning and twenty mile per hour gusts of wind, stung his bare legs as he began. On the route he took in Bend, Oregon - the running capital of the world at the tail end of the 1970s running boom - he passed by many other runners. They smiled and nodded at each other, strangers made kin through their shared affinity. As early as fifth grade John ran around the playground at recess. He remembers that he wasn't running and playing like the other children. He was running laps. It was innate in him, so I imagine that that October morning he settled into a steady rhythm within the first minutes. Perhaps he chose to go for a run because, after taking a break from running after college, he wanted to feel the pounding pavement beneath his soles, the vibration of it in his

bones. Perhaps he was itching for the steadiness of his left, then right, then left again stride. He would have missed the rush of oxygen through his body, missed the feeling of heightened life. He ran without the intent to begin a running streak, but after the first month, when he recognized that one had implanted itself into his life, that it flowed inside him, he got up every morning at five o'clock and continued to run.

I thought of the first day of my running streak, December 26, 2011, just 48 days prior. At three thirty in the afternoon I bundled myself up in fleece and wool and thermal in protection against the thirty-two degree air. I trotted north for half a mile, then turned around and ran another half mile home. When I was finished I began a running log. Day 1: 1 mile. Unlike John, a streak did not happen to me. *I chose it.*

As John and I followed the paved trail, I looked down at my watch: seven minutes and thirty seven seconds. Any second now, I thought. We had been trudging up, and then racing down a few small hills. We had slowed for curves, and pedestrians, and the traffic that twice crossed our path but the rest of the trail we had run fast. Heavy drops of sweat pulsed from my skin and pooled on my forehead and at the small of my back. I was acutely aware of the spasmodic gasps escaping me as my lungs fought for oxygen so I took in one long, deep breath. My heart pulsed hard in my chest, and my muscles burned. But I was glad for the speed because I had learned that the faster I ran the faster a runner's high would come and I was counting on that high to get me through those three miles.

I know now that a runner's high is preceded by a release of endorphins from the pituitary gland. The first half of the word endorphin (endo) comes from the word endogenous meaning internally derived. The second half of the word endorphin (phin) comes from the word morphine, a synthetic drug that acts in the human body exactly like the naturally occurring endorphins do. The chemist who discovered endorphins referred to them as "the morphine within." Which makes sense because I once watched a girl on a documentary wrap a brown rubber band around her bicep, drown a white morphine pill with water in a metal spoon, melt the pill from below with a lighter, draw the hot ambered morphine into a syringe, and inject it into a vein in the crook of her elbow. She said, as she sat in a tattered white t-shirt and torn jeans against the chipped and graffiti wall of an alley, knobby knees pulled up to her chest and bruised arms hugged around her thin shins, that the drug rush felt like hot honey running down her body from the top of her head, over her face and shoulders, until it had seeped into every part of her. And that's exactly how I felt at seven minutes and fifty-five seconds, when the sweet rush of a runner's high came.

I closed my eyes, let out a deep sigh, and remembered many times as a child watching my mother sigh deeply as she swallowed down her morphine. This must have been how she felt; this hot, rushing high. How easy it must have been for her to tip her head back and let the drug overtake her. Now, as I ran alongside John, his shirt neatly tucked into his running shorts, his feet tapping in rhythm with his controlled breath, I thought of the ways that I was like my mother. The

prospect of a high had enticed me. It pulled at a primal inherited urge for that hot rush just as it had my drug addicted mother before me, and her alcoholic father before her. Every day as I set out in the streets for my running streak, I let the morphine within overtake me; how powerless I felt in the face of what my mother had given me.

For the next fifteen minutes John and I eased in and out of conversation. My right knee pulsed in pain as it often did when I overexerted myself. My empty stomach moaned at me and my legs began to feel heavy, begging for more fuel. Towards the end of our run, during a lull in the conversation, I took a heaving breath and said, "I'm not sure what drew me to a streak." John said nothing. "My mother is a drug addict," I offered.

"Oh," he said, perhaps surprised at my honesty.

"I've wondered if my attraction to a streak has anything to do with that." I hoped that my openness would make him feel comfortable enough to talk about his past as well.

"Oh," he said again.

"You know," I said through broken breaths. "Because running can be addicting."

"It can."

I paused to give him time to elaborate but heard only the sound of his measured inhale then exhale. "So, it makes me wonder," I went on, "If I'm drawn to a streak because I have that predisposition for addiction." I glanced over at him; his eyes set forward, his arms pumping in steady rhythm with the tap, tap, tap of his soles on the pavement.

Before my run with John, I had imagined what he would say when I brought up my mother. I wondered if his mother had been an addict too. Or his father. Or his great uncle. I wondered if someone, anyone, in his family or if he himself was drawn to extremes the way that my mother was, the way that I was. I wondered if he'd say, "My father was an alcoholic and now, for some reason, I can't stop myself from running every day." Or, "I was a drug addict before I started my streak." But he didn't. He didn't say either one of those things or anything like them. He listened. He nodded.

Through his silence I understood that not every streaker has a history with addiction. John and I do not share the same genes but at that moment I thought it possible that I was more like him than my mother. I thought of him running laps during recess in fifth grade. I imagined that as he ran, as his heart raced, he closed his eyes, tipped his head back, and let the feeling of heightened life rush over him. I think at that age he must have felt something tug at him in a place he could not identify. But the origin of that tugging was not genetic. John simply loved to run. That evening as I drove away from John, towards home, towards the city where my mother lives, I felt for the first time in 48 days at peace with my streak, and at peace with what my mother has given me.



Rev. John Watts

**"Finish Strong"**  
**By: Rev. John Watts**

I love the Olympics. And when I say Olympics, I don't mean ice skating or gymnastics or water polo. I mean track and field. "Athletics." That's the official Olympic name for track and field, implying that everything else isn't.

It was a thrill to watch Ashton Eaton in the Olympic Trials. One of my daughters was a teammate on his high school track team. Ashton was in the final lap of the 1500 meters, the final event of the decathlon. The announcers had told us he had an outside shot at the world record, but he would have to better his best ever at that distance. Then, with one lap to go, they acknowledged that he had fallen behind the necessary pace. As if he heard the announcers, that's when he kicked it into another gear. With a closing surge rarely seen in decathletes, Ashton Eaton put himself into the record books as the new world record holder!



There were others, great athletes as well, who did not fare as well at the Olympic Trials. Sometimes the early pace takes its toll and when the finish line is in sight and it's time to give it your all, there is nothing left to give. Runners have an expression for that. Dying.

There is actually Olympic precedent for dying at the end of a race. The original marathoner, Phidippides, ran the 25 miles from Marathon to Athens to announce a great victory. And then he fell over dead. That's why I stopped running marathons.

Life has been described as a race. In fact the Bible has many such references (I Corinthians 9:24, II Timothy 4:7, Hebrews 12:1, among others). In life as in running, it's not how you do in the early stages that counts as much as how you do in the latter stages. A good motto for life and for running is this: Finish strong.

But here's the thing: It's so much easier early in the race! When you have fresh legs and the adrenaline of the moment makes you feel invulnerable. You think you could run forever. If anyone were to challenge you, you could heroically and effortlessly hold them off. You hear your pace called out and you know you're running faster than you should. You're at risk of "dying" at the end. But who cares! It feels so easy you throw caution to the wind and keep the pedal to the metal.

Of course the seasoned runners know better. They hold back in the early stages. Sure they could go faster, but they know that the race is won or lost not near the beginning when it's easy but near the end when it's impossibly hard.

It's a secret I don't remember anyone teaching me when I was young. Life gets harder the older you get. Oh, of course, there are many compensations. I think I'm enjoying life more now than I ever have and I hear people far older than I report the same. But there are physical challenges that eventually hit us all. As Paul Harvey used to say, growing old is not for sissies.

I'm 56. If my life were a mile race, I'm probably getting close to the final lap. Of course, we never know. I could be in the home stretch. But even if I live to be 90, I only have a lap and a half to go. Time to start moving!

Some of you know far better than I that it's not easy to be at your best near the end of your race. Sometimes circumstances intervene, and it's impossible. God offers grace, and so do we, when we remember people for what they were like before, not near the end. But I'm just optimistic enough to believe that for most of us, we're going to have a chance to "show them what we've got" at that stage in life when it really counts. I've read Mitch Albom's books about men who accomplished a lot while they were younger but whose finest hours came when they were dying. That's when we saw what they were made of.

And one of the perks of the clergy is that I have witnessed this in person in many, many great saints as they approached their finish line. They finished strong.

## **The End of Traversing the Tundra Daily After Twenty Years**

**By: Steve DeBoer**

I received a suggestion from Roger Nelson of Colleville, TX (by e-mail) that it would be interesting to survey those streak runners who have, for various reasons, ended a running streak of 20 years or longer, since this group is more strongly “dedicated” to streaking and thus, possibly, more likely to go to extreme measures to preserve a streak, as well as feel a greater sense of loss when not running every day.

Many of this group (certified by the US Running Streak Association) have previously written in the Streak Registry about the circumstances that caused THE STREAK to end. As of September 1, 2012, there were 58 individuals (4 women) who had retired streaks of 18.5 years or longer, 36 of them (4 women) over 25 years and 18 (3 women) over 30 years. See Fall 2012 issue of the Streak Registry or USRSA website for all the names. Of these, at least 17 have gone on to resume daily tundra traversing, and I am aware of 5 others who are in the process of reaching the one-year mark again.

Of those 58 Long Retired Streakers (LRS), only 3 of them (Don Slusser 27 years, Bob Hensley 19 years, and Syl Pascale 18 years) ended their streaks before the year 2000, so it is too early to predict how many might record a second streak that lasts at least 20 years. Don has tried 4 times since then, with 3 and 5 years being the longest. Bob’s next streak lasted 12 years (1994-2006), begun 1 month after his previous one ended. It should also be noted that Bob ran daily from 1969-1974 before accidentally missing 1 day prior to the start of his 19 year effort, almost 25years total. Bob and Don also have the fastest marathon times among streak runners: 2:16 for Bob and 2:17 for Don.

Below is the list of questions I put to our distinguished retirees, looking beyond their streaks to motivation, circumstance, etc. that got them running as well as streaking. I had e-mails for 52 of these individuals, but four of those e-mails did not go through. I did not include Steve Morrow, who missed only 1 day due to a family emergency. As of July 30th, I had received replies from 23 of the other 47 LRS, and included information from others gleaned from previous issues of the Streak Registry. **(If anyone else wishes to be included in the 2<sup>nd</sup> part, please send e-mail with answers to the Survey questions below to [deboer.stephen@mayo.edu](mailto:deboer.stephen@mayo.edu) )**

### **STREAK SURVEY**

1. When did you begin running and why?
2. When did you first run every day for 1 year or longer and why?
3. How many streaks of 1 year or longer have you had? How many miles did you run during each of those streaks? Did you race at all? If so, list distances you raced.
4. Regarding your longest daily streak, was it the 1st, 2nd or 3rd streak of 1 year or longer?
5. What caused you to end the longest streak?
6. Prior to ending the streak had there been any times you had expected the streak to end? Why, and how did you manage to keep it going?
7. While running daily, did the streak negatively or positively affect your physical or emotional health in any way? How?
8. After the streak ended, did you consider beginning another one? Why or why not?
9. If answer to #8 is yes, how were any subsequent streaks different in your mind?
10. If you still have an active subsequent streak, do you have any plans to end it or will it end due to something beyond your control?

**In response to when they began to run**, 2 were preteens, 10 were teenagers, 10 in their 20s, 7 in their 30s and 2 in their 40s. The age range was 7 (Bob Bartz) to 42 (Walt Byerly), with Geza Feld a slightly more youthful 41. Bob’s YMCA swimming team ran for conditioning. Many started during their teens going out for track and cross country. John Strumsky never ran for a team because of the uniform/shoes expense but just enjoyed the exhilaration of running fast on his own as a teen. Paul Christian started because his older brother ran.

Others started when they got older and wanted to get in shape, lose weight and/or change their lifestyle. Allan Field and Geza Feld quit smoking at the same time. Bill Bonarrigo wanted to get in shape for softball. Ray Lorden started because softball had gotten too competitive, so he decided to switch to a sport he could do on his own. Gary Jones started after quitting college baseball.

ROGER NELSON: I was playing full court basketball nightly. The gym closed to have the floors refinished, and my wife suggested I run a couple of miles with her instead.

ROGER CARLSON: I had taken a position as business representative with a local union. Dealing with all manner of complaints, grievances and just plain whining from the people I represented put me under a lot of Stress. I had read a couple of books – Positive Addiction and The Work-Stress Connection, both of which stated that repetitive exercise, such as running, helped to relieve stress. I did not want to be one of those sweating, grimacing people I saw but decided, what the heck, it couldn't be worse than the tension I felt. So, I began running, and it worked for me in so many ways.

RON KMIETZ: Driving one day, I accidentally came upon the 1972 Boston Marathon, stopping to watch part of it. Afterwards I decided to set a goal of running it in 1974 and have run it every year since then.

As for the two women I heard from, both of them began their streak the same day they began running.

MARGARET BLACKSTOCK: I had never run a step before but wanted to see if I could run every day. I had no idea there was such a thing as a running streak.

JULIE MAXWELL: I started running to get from my old apartment to my new one. I was redecorating the new one and saw no sense in driving the distance every day. After awhile, I learned I really liked to run, and it became an obsession.

**In response to when the LRS began to run daily**, obviously they were a little older except Margaret and Julie. Bob Hensley was 15, Nick Morganti was 16, and Gary Jones was 19. On the other end of the chronological scale, John Strumsky and Geza Feld were 43, Bill Bonarrigo and Walt Byerly were 44 and Dwight Moberg was 47. Many in the group mentioned starting the streak without realizing it and after several months decided to see if they could make it 1 year or longer. Others were aware of other streak runners and set a goal of running daily for a year or as long as they could. A few people mentioned the word obsession but could not state for certain when daily running became synonymous with that "O" word.

RAY LORDEN: I met Bob Ray in 1988, and began running daily October 31, 1989.

ROGER NELSON: I had been taking one day off per week, then 1 day off per month. I thought, "Why not do 50 days in a row?" That led to 100, then 200, then a year.

JOHN KING: I started running every day almost from the beginning. My philosophy has always been that the first day I do not run will make the next day that much easier not to.

JOE SINACROPE: I saw no good reason to miss a day.

DWIGHT MOBERG: I liked the feeling of accomplishment.

JOHN STRUMSKY: As a New Year's resolution in 1983, I decided to supplement my indoor health club runs with at least one race a month outdoors. By spring, I was running and racing 5 or 6 days per week. It occurred to me I should see how long I could run every day.

ROGER CARLSON: I had read about some guy in New England who had a streak going, and I thought that might be a good challenge. I made a New Year's resolution for a couple of years and finally succeeded in 1988 to run every day.

TIM OSBERG: A friend of mine mentioned that his college advisor had once had a six year running streak. I was struck by that example.

PETE LEFFERTS: The guys in the College of St. Francis athletic department told me, while running one day, that there was a man at nearby Lewis University who had run every day for a number of years. I was single, a marathon runner, and curious to see if it was realistic, so I set out for one year.

LARRY BALDASARI: A friend and I had a bet to see who could go longer without missing a day. He lasted about a month, and I made it over 28 years. (*Larry did not mention what he got for winning that bet!*)

LARRY SUNDBERG: My running buddy, Alan Kayner, and I took up the bicentennial challenge to run 1776 miles in 1976. We both achieved it, but he ran every day and encouraged me to run daily in 1977. He kept his streak going about 20 years, and I made it to exactly 30 years.

**Most of the LRS (39) have had only 1 streak.** Roger Carlson, Allan Field and George Hancock all had run daily for less than 1 year before their longest streak. Ron Kmiec had 1 19-month streak prior to his longest. So only Ron and Bob Hensley had certified streaks prior to their longest one. I will save responses regarding subsequent streaks for Question #8.

Regarding miles run during their longest streaks, the range is from 20,000 to over 100,000. Bob Ray finished right at 100,000 miles. Ken Young had 123,827; Gary Jones had 124,500 and Don Slusser had 136,532. Counting all 3 of his streaks, Bob Hensley ran 137,350. Don ran over 171,000 miles if his 4 retired streaks are put together. It is interesting that several people mentioned having no idea how many miles they ran, so apparently some compulsive runners are not as compulsive when it comes to tracking details of their running.

As for racing during the streak, all who responded have raced. All but Bill Bonarrigo (5K longest), Walt Byerly (5 mile longest), and Margaret Blackstock (1/2 marathon longest) have finished marathons, with several having done ultras. At least 3 have completed over 500 races (John Strumsky at 644, Lawrence Sundberg over 1500, Don Slusser 1615). So it appears running daily has not interfered with running races, and many have mentioned starting to run every day to improved their race times. Not all respondents listed their marathon and beyond race total, but Don Slusser has done 129 and Ken Young 131 (Ken never kept track of all his shorter races).

As I finish this, we are in the midst of the Olympics, so will end now and try to finish it in our next newsletter.

*P.S. Just learned that Walt Byerly, age 82, has passed the 1 year mark of a second certifiable streak, bringing the number of active streak runners over age 80 back up to two (along with 83-year-old Herb Fred).*

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"I'm not going to run this again."

- Grete Waitz after winning her first of nine New York City Marathons



Gary Rust

## **GARY RUST'S STREAK HITS 29 YEARS**

In the past year I have road raced 12 times and won all 12 in the (older than the dirt under the dirt) division. In one race, a hilly golf course 5k in Palm Desert, CA, the other runners were kind enough to let me win the entire race, something that hasn't happened for me in many years. Another one of my races was here in Palm Springs, a tough mountain 6K road run with the reputation of being called the Toughest 6K race in America. The course has a 22% grade and every year I run it I find myself asking the same question, "Where the hell is the finish line?" This year I set a new age group record for 65-69. I also hold the 55-59 age group record for the same race.

Today [July 4, 2012] I celebrated my 29th year of streaking by running a Fourth of July race in Claremont, California and placed first in my age division. My goal is to run at least 2000 miles a year and I have a streak for that as well. I am on target to get 2300 this year. It's safe to say, I want to die doing that which I love best---Running! It feels like I have been running since Moby Dick was a sardine!

My wife Veronica is completing her 8th year as a streak runner and enjoys ultra's while our 12 year old completes his one year anniversary of streaking on August 12, 2012.

To all my fellow streakers out there I say keep it up for we only live once so let's leave exhausted!

Gary Rust  
Palm Springs, California

## **PAT FOLEY'S STREAK ENDS AFTER 575 DAYS**

Unfortunately, there is one less streak runner in Minnesota as my last day of running was April 30. I was diagnosed with colon cancer in May 2010. Had surgery in August 2010 and I have been cancer free since that time. However, it seems that the tumor that was enormous was pressing on my femoral nerve and may have damaged it. So I lift my right leg very little when I run. I have been putting up with this, in one form or another, for over 3 years now. I have simply gotten tired of it. I may get back into it, but for right now I am just walking every day. Also I celebrate being cancer free every day.

Pat Foley  
Northfield, Minnesota



Lauren Estilow wins 3<sup>rd</sup> place age at Bob Potts Marathon

**LAUREN ESTILOW  
JOINS USRSA;  
STREAK STARTED IN 1999;  
OVER 80,000 LIFETIME  
MILES RUN**

I started running in 1975 when I was 15. I usually ran five miles a day, five days a week. I started entering races in 1984 with the Broad Street Run 10 Miler in Philadelphia. My time was 1:06:10 and it was my best race ever. I ran 3 marathons by age 25.

The next 20 years were spent raising 3 daughters. I did not race during this time but continued running even through all three pregnancies.

I resumed running competitively in 2008, when I was able to leave my special needs daughter on race days.

My running streak started on October 15, 1999, when running everyday became the reason I could function each day caring for a child with autism, developmental delays, and OCD.

Since 2008, I have completed 3 more marathons and many other races, I usually place among the winners in my age group, especially in local races. I train hard and I am proud of my accomplishments.

I didn't plan for the streak to begin. Running is just part of my day and my day is not complete without a run.

Lauren Estilow  
Cheltenham, PA

**UPDATE FROM LAUREN ESTILOW:**

Wow, I am so honored to be the number two female on the lifetime miles list with over 80,000 miles run! I hadn't looked at the stats, so I had no idea I was even in the "running"!

Most people don't understand keeping a streak alive. For me, it just sort of happened, and was totally unplanned. Even many runners berate me for not taking a rest day. I do, they are just short, easy runs!

Here is a picture of me at last weeks Bob Potts Marathon, I placed third in my age group, and scored a PR.

Please list my occupation as homemaker, or "domestic engineer", or whatever is politically correct these days! Thank you for including me in such esteemed company. I am truly honored.



Neil Scott

### **NEIL SCOTT'S STREAK REACHES 8 YEARS**

Thanks for the congratulations on 8 years! This is my second long-term streak. My first was interrupted by surgery 8 years ago, that knocked me out of my running shoes for 12 days. During that time, my friend Cindy, who lives in NYC, ran 12 supportive days in a row. I like to say that together, we have run over 26 years! :-)

Unfortunately, that's doesn't qualify for the record books, however. Thus my second streak.

A year ago next week, I was facing that same surgery again and this time, I talked the doctor (a new one, as the first one had retired) into allowing me to try to run a mile the day after the surgery! The first time around, the former doctor said, 'no way,' so I retired for 12 days. Second time around, the new, younger, hip doc was willing to let me try it. I had surgery on a Friday morning at 7AM, and ran that morning at 4AM before heading to the hospital. The next day, packed in ice, a cell phone with my doctor's number on speed dial, and overflowing with determination, I ran a

mile at 6PM, and have kept streak number two intact! I didn't set any PR that day, but I got in a solid mile in, pain be damned!

And I continue to do it. I run, therefore, I go! Day after day, mile after mile, life is good!

Neil Scott  
Seattle, Washington

### **TOM WATKINS' STREAK HITS 3 YEARS**

Another fun year of running. Some facts:

1,344 miles run over 366 days for an average of 3.67 miles per day. Minimum mileage was 2. Maximum was 13.1.

Most mileage run was in Seashore State Park in Virginia Beach. Second most mileage and newest place to run (because of work) was the old 301 bridge across Lake Marion in Santee, SC.

Coldest run was on the slopes at Jay Peak, VT. The temperature was below 0 Fahrenheit, and the wind was howling. I would guess that the wind-chill factor made it at least 20 below.

Two races run: Rock and Roll Half Marathon in VA Beach and Carter Gunn Stressbuster 8k in Seashore State Park (#1 in age group).

The first 60 days of this streak year I was running on a broken/fractured big toe. Other than that there were no injuries. Zero sick days.

Besides Virginia, I ran in NC, SC, GA, TN, MD, DE, PA & VT.

Tom Watkins  
Virginia Beach, Virginia



Mark Wigler

## **MARK WIGLER'S STREAK ENDS AFTER 19+ YEARS**

It is with great sadness that I convey to the association that my near 20 year streak ended on May 30, 2012. I ran that morning but was in an emergency room with a second-degree heart block late that afternoon. I spent the next five days in a cardiac intensive care unit. The doctors wouldn't even let me walk 8 feet to the bathroom and surely would not entertain my request to do 8 laps around the hospital atrium to keep the streak intact - something about liability.

A pacemaker was implanted three days ago and I'm feeling significantly better. I walked 5 miles today [June 7, 2012] and can resume running in July. Guess I am now vindicated for my poor performance in the 2012 Boston Marathon. My time was 5:06 in 88-degree weather as this condition may have been occurring for a while.

Two things:

1. Would be interested to talk to any other streakers who may have pacemakers.

2. Just Run, Fellow Streakers.

Mark Wigler  
Hubbardston, Massachusetts

## **PHIL MUNSON JOINS USRSA**

I started because I was helping my wife train for the Twin Cities Marathon. It was nice helping, and not training myself for a change. I realized that I was enjoying just going out for runs for the sake of running and not adhering to a schedule for a marathon, or other distance. After running for 28 days, the most my journals showed I had run consecutively, I checked the Internet to see if others "streaked." After learning and reading that the answer was yes, I was hooked. Having run for over 30 years, I found that running each day, without a specific pace or distance, was liberating. So here I am at day 371 (a small amount in relation to the 323 ahead of me), enjoying running my 3-6 miles a day more than ever before.

Phil Munson  
Eagan, Minnesota

## **DIANN SCIALDO'S STREAK REACHES 5 YEARS**

Five years and still running. I am out there every morning. Just read the email about the "Raven." That guy is so amazing. If I ever go to Miami Beach, I am running with him for sure.

Looking forward to a great summer of running. It was the best winter I ever had for running here in upstate NY.

Diann Scialdo  
Albany, New York





Margaret Sherrod

## **MARGARET SHERROD IS STILL RUNNING AFTER BIKE ACCIDENT**

Recently I took on the role of pacer for The Maryland Half Marathon. It was nice giving back and trying to inspire and encourage others as so many have done for me.

My next major challenge will be JFK 50 Miler. This will be the third time I've taken on this challenge and each time I've wondered during the training and race Why Did I Decide To Do It. After crossing the finish line the answer was obvious - a sense of accomplishment.

During the next several months I plan to use the Bird-N-Hand Half Marathon, Steamtown and Baltimore marathons as just a few training opportunities.

Additionally I decided to compete or attempt to complete a Olympic Duathlon for the first time.

Now that my training includes biking it brings with it new experiences. One morning recently I did my speed workout knowing that I would be biking in the evening. That evening I met with a group of bikers and decided to do a ride with them on a bike that I had only ridden twice.

Well, let's just say at the ten mile point things got interesting. I applied the brakes too hard, or unevenly and flew over the handle bars. Even though I was a little stunned I got up, stood there a few moments, brushed off my scrapped arm and continued on for an additional 20 miles.

Once I arrived home the pain set in and with each day to come for the next few days I noticed a new bruise, sore spot and discomfort. I still got up the next morning and every day after to run and continue my training. Runners are tough people and we just don't let too much stop us.

Margaret Sherrod  
Millersville, Maryland

## **ED REID'S STREAK HITS 8 YEARS**

Thanks for remembering my 8th year anniversary! I'm still trucking along, Nothing eventful to report. My 11-year old son Jonathan, however, has started a streak of his own and is at the 6 month mark. Hopefully this November I will be sending in his application to the club!

Ed Reid  
Bradenton, Florida



Denise Eberhardt and Raven Kraft

## **DENISE EBERHARDT'S STREAK HITS 5 YEARS; RUNS WITH RAVEN IN MIAMI**

My 5-year streak anniversary was pretty low key. Since it lands on my birthday, I went out for dinner and then ran 5 miles on a country road near my house. There was a small celebration. I got a beautiful bouquet of flowers and a new pair of running shoes from my guys, but my real party was to come a few weeks later...

I was headed to Florida in mid-May to celebrate my godson's Communion. My brother lives about 45 minutes from Miami Beach. My goal was to get to the

beach one of the few days I was out there to run with Raven!!

We chose Sunday. Fortunately that was one of the only days where it did not downpour around the time we would be on the beach. Unfortunately I broke my toe the day before and it was black and I was questioning running 8 miles on the sand!

We gathered up our beach gear and headed out to our destination. My brother and his family enjoyed the ocean while I scouted out the lifeguard station and watched for Raven. When he arrived we chatted briefly and waited for a few 'regulars' to join us. Then we started out.

I got a real sense of community listening to them talk about themselves and also catching up on others they had not seen in awhile. Raven told me that everyone who runs the full 8 miles with him receives a nickname from him, and that there have been over 1600 people who have done this.

The miles ticked off relatively quickly as I enjoyed the ocean view, the banter of the group, and fielding an occasional question and giving an answer. By the end of the run, I was given the name 'Every Data' (due to me having my own streak and my job in a marketing research firm in the Data Technologies and Processing Department).

We said our goodbyes and I promised to join him the next time I was in town. It was a great experience and is definitely one of the top runs of my streak career. I just may have to head out there again to celebrate 10 years!

P.S. – I didn't even feel the toe – more than likely due to runner's high!

Denise Eberhardt  
Yorkville, Illinois

## **PRINCE WHATLEY'S STREAK HITS 8 YEARS**

My streak continues, but I'm thinking about ending it later this year. I have a pilonidal cyst on my tailbone that will require an operation.

I recently had a neighbor tell me that he couldn't make a run because he'd had some dental work done. I replied that if he needed his teeth to run, he's doing something wrong. So I fully understand the inevitable reaction of my fellow streakers at my decision. However, my heart has not been in the streak for the past year or so. I totally love running every day, but I feel like the streak has become an obligation, and I want to break it before it becomes an obsession.

I've mentioned this line of thinking to non-streaking running friends, and they think that 8 years is already obsessive. But compared to those of you in the 20-30 year phase, I've only just begun.

Right now I am running through what feels like a stress fracture in the metatarsals of my left foot. It's been hurting a lot when I step on rocks, and two days ago I got that same kind of shooting pain just running easy on a smooth road. After two miles into my run I had to walk home. I thought I might end the streak then, but decided that instead of spending money on an XRay, I would buy a new pair of shoes. It's getting a little better.

Last January I finally broke 3 hours in the marathon in Houston, running a 2:59:59. What a dramatic day that was for me! At 43 years old I feel like I've still got some more sub three's in me, and some sub 24 hours hundreds too. However, I'm concerned that sticking to a streak could potentially delay healing

an injury and compromise my times.

Right now I've got four upcoming races on my calendar: Tupelo Marathon in September, Chicago Marathon in October, Pinhoti 100 and the Peachtree City 50K, both in November.

After that I will probably have my tail bone surgery. I will run the morning of my surgery, and who knows, I may run the next day too. But right now I'm allowing for the possibility of giving my operation every opportunity for a full recovery, and if that means no running, then the streak will end.

Wish me luck on my upcoming races. I would like to break three hours again in Tupelo and/or Chicago, and I'd like to break my course PR of 23:40 at Pinhoti, and maybe even crack the top 10.

I'll keep you posted,

Prince Whatley  
Birmingham, Alabama

## **MICHAEL DELEON'S STREAK ENDS AFTER 470 DAYS**

I had a year and 4 months ... I'll probably start one up soon again but I'd like to officially get it on the books that my streak ended.

My dad passed away and I had to fly back to the Philippines and it was just more than I could do to try and keep it up.

Thanks... I'll send in when I start up again.

Mike deLeon  
San Francisco California



John Roemer III

### **JOHN ROEMER III'S STREAK HITS 22 YEARS**

The streak goes on, 8 or 9 miles everyday. At age 74, running cons one into believing that he is, if not immortal, at least vaccinated against the ravages of time. But a glance at the watch - was that really only a 12-minute mile? - shatters such illusions. I presume that someday one body part or another will disintegrate, leaving me just another used-to-be; but until then I'll continue to enjoy the aches and pains of being a foolish old man, trotting down the roads and trails.

My first streak, broken for five weeks by prostate infection and surgery, lasted almost 13 years. The current one is twenty-two years. Evidently, I'll never regain the family lead over my son, who's now is at 33 years.

John Roemer III  
Parkton, Maryland

### **JAMES KOCH JOINS USRSA; STARTED STREAK IN 2007**

I was a collegiate wrestler at South Dakota State University. I did a lot of running for training, conditioning and weight control. I was never a competitive runner.

I started my career as the head wrestling coach at the University of Wisconsin – Parkside in September of 1970. An older friend told me the hardest thing he ever did was run 100 consecutive days, so I did that in 1970, and have done every year since that time. During my competitive wrestling season, I would usually take 2 or 3 days off each week.

On August 8, 2007, I had my left hip resurfaced and was not given permission to resume running until November 21, 2007. I have not missed a day since that day. I typically run a minimum of 3 miles per run. In the early days, it took me about 24-25 minutes. Now it is closer to 35 minutes. I have calendars of every year from 1970-2012 indicating the days that I ran.

I retired from coaching in 2011. I am currently in 6 wrestling Halls of Fame.

James Koch  
Kenosha, Wisconsin

### **CHARLES HOLMBERG PLAYS ON AFTER 33 1/3 YEARS**

Today [June 20, 2012] I am officially an LP...a long playing running record at 33 1/3 years and 67,602 miles!

Charles Holmberg  
Modesto, California



David Reynolds

## **DAVID RENOLDS JOINS USRSA FROM ARKANSAS**

Five years ago, a friend suggested we run a marathon together. Having never run anything longer than 2 miles, I thought this seemed a little ambitious, so I counter with an agreement to run a half-marathon. I remember the first time we ran 7 miles in our training (I now run almost 7 miles a day) - what a feeling of accomplishment!

When the half-marathon race day came, I couldn't help but feel envious of all the runners who were going to double my effort that day. It was then that the running bug bit me, and I fell in love with running. My friend and I agreed to sign up for a full marathon and so began my serious commitment to running. Since then I have run 6 marathons in 5 states and, Lord willing, I will complete a marathon in all 50 states.

It was about 15 months ago that I came across the running streak concept. I was fascinated with the determination, discipline and overall love of running

necessary for a successful run streak. I was considering an increase in my running routine anyway, so on June 19, 2011, Father's Day, I went for a 3 mile run, and I have run every day since then.

In some ways, it was much easier than I thought it would be, but, of course, some days were quite challenging - like running in 3 different countries, 3 airports, the day after 2 different marathons, and running twice with the flu. I spent 6 of those 52 weeks in China, so while I was there, I had to keep my watch on CST to make sure I ran at least every 24 hours.

It is one of my proudest accomplishments, and Lord willing, I will continue!

Dave Reynolds  
Sherwood, Arkansas

## **SONNY HUNTER JOINS USRSA FROM TENNESSEE; STARTED STREAK IN 2004**

Started running in the 1970s. Went to several camps over the years with Roy Benson and Arthur Lydiard. Running helps clear my head. I run two to three miles or more every day in the early morning. I have been lucky with no injuries. I am approaching 3,000 days. I will keep it up as long as I can.

Good race tip for beginners: "Start off slow and then taper off." You are a winner in the long run. There is no finish line.

Sonny Hunter  
Kingston, Tennessee

## **JOHNNY PARADISE II JOINS USRSA FROM KANSAS**

I have never had a running or racing career. I started running after I quit smoking about 10 years ago and have picked up soccer too. I run your run of the mill local events. Switching to running every day and Vibrams has dropped a lot of time off my PRs (15 seconds off my mile).

Running every day is one of the best things I have ever done that hits mind, body, and spirit -- a trifecta of goodness. Getting that time to stretch it out every day works the body like a puzzle works the mind. Between switching to Vibrams and running every day (both of which I did in 2011), every day since has been better.

Johnny Paradise II  
Lawrence, Kansas

## **RICHARD RUSCH REGISTERED STREAK STARTED IN 1981**

I have never belonged to a running club. In 1982 I had 2 days of just 1 mile and 4 days of 2 miles. In 1983 I had 3 days of just 1 mile and 3 days of 2 miles. In 1984 and 1985 there was 1 day each of 2.5 miles. Since then I have done a minimum of 3 miles each day. I have completed 21 Milwaukee Lakefront Marathons, from 1982-2002, and 9 Eagle River Journeys Marathons from 2004-2012. My best time was 1984 when I ran 3 hours 15 minutes. I ran Al McGuire's run 24 times, my best time about 30 minutes. I completed 3 "tin man" triathlons between 1984-1986, and

4 shorter triathlons in 1988, 1990, 1991 and 1992. I have run a minimum of 30 miles a week since January 1, 1990. I put 2357.5 miles on my first pair of Saucony shoes.

Richard Rusch  
Wauwatosa, WI

## **TOM LOUGHEAD'S STREAK REACHES 22 YEARS**

Thank you so much for the nice email regarding the anniversary of my 22-year running streak. I feel really fortunate to have been able to keep it going so long -- and also that the minimum distance is a mile! I don't think I can hold a candle to the rest of the folks in the USRSA! I sort of think of it as "running with the big dogs."

Tom Loughead  
Huntsville, Alabama

## **ROB COLTMAN'S STREAK ENDS AFTER 743 DAYS**

Please retire my streak...forgot to do it. Rob Coltman, retired July 4th, 2011. Stopped running on Independence Day...Independence from the Streak. Never again...:) Thank you so much for everything!

Just kidding about the Never Again...

Rob Coltman  
Ponte Vedra Beach, Florida

**SCOTT CALDWELL  
JOINS USRSA;  
RECENTLY MOVED TO  
MONTANA**

It never occurred to me that anyone would run every day until last year when a co-worker showed me an article about someone who did. Given my history of running injuries, I thought the dumbest thing I could do would be to try that.

So I started running every day on May 23, 2011, just to see how long I could go. I thought I'd be ready to stop and rest at the first hint of trouble.

I was also curious about the longest streak I'd ever done before, and after some research, I realized that it was only 16 days back in 2007 and 13 days back in 1995.

I believe I have been able to run injury free this last year because I am taking easy days, which are typically slow and somewhere between 3 and 5 miles. I now believe that my past history of injury was due to not allowing enough time between hard workouts, rather than from running too often. So now I run a twelve day cycle, with 4 workouts that I call hard, and with 2 easy days between each hard workout.

I could not answer a couple of the questions on the membership application. I don't know how many lifetime miles I've run. I know that I've run 3097 times since 1995 for a total of 12,541.928 miles (average of 4.05 miles per run), but I never kept track when I was younger. As for races, I don't know how many, but for the last several years, I've only run a couple.

My current goal is to qualify for the National Senior Games in the 400, 800 and 1500. I've been out of track and

field for quite a number of years now, so this is my attempt at a comeback.

I recently moved to Great Falls, Montana, from Evansville, Indiana. Is it possible that I will be the only streak runner from Montana? I couldn't find anyone else. If so, I am happy to represent the Big Sky state.

Scott Caldwell  
Great Falls, Montana

**DANIEL MANSUETO'S  
STREAK  
HITS 7 YEARS**

The only update concerning my streak that I have as of its 7th anniversary is: it's still alive.

Daniel Mansueto  
Los Angeles, California

**ALLEN GILMAN'S  
STREAK ENDS  
AFTER 600 DAYS**

Please remove me from the active list. My streak ended June 8 at 600 days. A persistent Achillies injury did me in.

Allen Gilman  
Rochester, Minnesota

**MARK COVERT'S  
STREAK REACHES  
44 YEARS**

I want to thank all of you for your emails and for thinking of me. It has been an ok year without many health issues and I hope that I can get another year in to get to 45. Thanks for remembering July 23.

Mark Covert  
Lancaster, California

## **MARY ELLEN DAVIS JOINS USRSA FROM MASSACHUSETTS**

My running career started the day my oldest son left for Marine Corps boot camp. Before this day, my running career had been nearly non-existent. I had decided I would run every day he was in boot camp as a way to stay connected to my son.

As I continued to run daily, I noticed how it had changed my life both physically and mentally. I decided to keep my streak alive and continue running. It has become something I look forward to everyday.

Rain, shine, snow or midnight, and in 19 different states, I have run it all. Most of my daily runs are between 2-4 miles, typically alone. I do enjoy the company of my husband on many of the nasty weather runs. When I started my running journey, I had expected it to end when my son graduated from boot camp, but it continues.

Running has become such a part of my life that I can't imagine starting my days without a run. I use this time every morning to pray. I pray for those in need and the list keeps growing. It has become such an important part of my day and it makes me feel accomplished.

My whole family are runners. It is great to have that in common with them all. We have completed several races together and recently just completed the Reach the Beach Massachusetts Relay with my husband, 2 of my 3 kids, and my daughter-in-law. If my son was not in Afghanistan, I am sure that he would have joined us too.

My son is still in the Marine Corps. I will continue to run until his 6-year commitment is achieved. Whether my

daily streak continues after this, is yet to be determined.

Mary Ellen Davis  
Foxboro, Massachusetts

## **JON JANES JOINS USRSA FROM KANSAS; STARTED STREAK IN 1991**

I began a serious running regimen while in the U.S. Air Force in 1972. I did my first 1,000-mile year in 1973 while finishing a year's tour of duty at Udorn Royal Thai Air Force Base.

Since that time, I have started three streaks. My first ended at 2,103 days in 1983, when I had a serious illness. The second ended at 1,804 days in 1991, again due to illness. My current streak kicked off on December 19, 1991.

I began having right knee problems in 2000, which has kept me in the 2-mile a day range, but I am trying to get back to a 1,000-mile year total.

Since 1973, my career miles are at 51,014 at the end of July of this year. My best year was 1978, when I ran 3,015 miles, for an 8.26-mile average. I have run 11 marathons, with my best time in the 3:08 range, and my last one in 1991. I have no desire to do another marathon.

I don't race any more. I run for physical, and more importantly, mental health, taking the edge off a high stress job in television news management. I did run roughly 50 races between 1973 and 1991. My running has made me a list keeper, from miles on legs, to miles on shoes, to daily meal calorie counting.

Jon Janes  
Topeka, Kansas





Victoria Gomez

## **VICTORIA GOMEZ JOINS FATHER AS USRSA MEMBER**

Running hasn't always been my thing. I've always been the volleyball playing kind of girl. Due to all of the honors classes I took my freshman year (I'm a senior in high school now), I had to quit volleyball and decided to join the sport that my dad did in high school, Cross Country.

I worked hard to get better endurance and even did a half marathon in 2010. Sadly, due to the amount of AP classes I took and my full schedule, I was unable to stay in Cross Country. I knew that if I wasn't going to do a sport, I had to figure out some other way to stay in shape.

My dad, Luis Gomez, started his running streak back in November 2007 and has been able to keep it going. Looking up to him and the accomplishment that he has done, I decided that I wanted to start a running streak of my own back on August 16<sup>th</sup> of last year.

At first, it was tough, but after a few months, running everyday became second nature to me and I'm so happy to say that I've kept my running streak alive for one whole year!

My dad always tells me, "A run is only 10 minutes minimum out of your 24 hour day...you always have time for a run," and he's right. He's my inspiration and I'm ecstatic that he introduced me to the United States Running Streak Association.

Running is a part of my daily routine and I love to run now. I'm so happy to finally be a part of the USRSA, and I plan to keep my streak alive for as long as I can. I guess people can officially call me crazy...

P.S. I wonder if there are other Father / Daughter USRSA members?

Victoria Gomez  
Frisco, Texas

**SHAWN SEPPANEN  
JOINS USRSA  
FROM NEW JERSEY**

I began running sporadically approximately four years ago. I would run for a few months at a time and then stop for one reason or another. At the beginning of the summer in 2011, I found myself at a crossroads. I was graduating college, staring at the beginning of my career, my wedding was fast approaching, and I was 60 pounds overweight. I decided that if I were ever to get in shape, then would be the time.

I began running on June 17, 2011. I was able to run approximately a mile and a half before my legs would carry me no further. I continued to run each day and I built my endurance. Several weeks into my run, I learned of your organization and it became my goal to commit myself to running to the point where I would qualify for membership.

As my daily runs continued, my mile and a half turned into 2 miles, and then into 3 and so on. Currently, I average between 4.5 and 5 miles daily. Most days I run between 3 and 7 miles, with occasional runs of just over one mile to continue my streak when my body needs a rest.

My streak began as a way to improve my health. I have lost approximately 80 pounds so I had not considered running races until very recently.

I am considering entering a 10K or a 10 miler. With long runs of 14-16 miles already under my belt, I am planning on running my first marathon within the next year.

Running has become an extremely important part of my life in the last year and I proudly submit my application for

membership in your organization.

Shawn Seppanen  
Berlin, New Jersey

**PHIL MUNSON  
JOINS USRSA  
FROM MINNESOTA**

I have been a runner since high school, always enjoying distance running as a supplement to basketball. Upon graduating from College in upstate New York, I turned to distance running as a hobby. I ran my first Marathon (Houston Tenneco) in 1982 while residing in Texas. Upon moving to California in 1984 due to a job transfer, I continued and ran the Los Angeles, Ventura, and Santa Barbara marathons, while continuing to run Houston. Once again, my job transferred me. I moved to Minnesota, where I have resided since the 1990s.

Through marriage and children, I have continued to run several distances, including the Twin Cities and Grandmas Marathons over the years. I have also enjoyed coaching track for my daughters' teams.

I began my streak on June 2, 2011, during marathon training for my wife. I decided it would be a great way to continue running while maintaining goals without the stress of specific distance training for marathons.

At 55 years of age, my first year of running has been much more enjoyable than I anticipated. I have maintained a 4 mile average, rarely falling below 3. My interests include fountain pen repair, collecting, and coaching.

Phil Munson  
Eagan, Minnesota

## **KENT SCHMITZ JOINS USRSA FROM ILLINOIS**

I joined the army in November 1987 and retired in November 2007. I returned to my tiny hometown of Nauvoo, Illinois, population 1100, located on a bend, next to the mighty Mississippi River. On a weather map, it can be identified as the area where Illinois, Iowa and Missouri all meet. It is known as "Catfish Bend," due to the excellent catfish fishing that goes on here.

I was on terminal leave from September 2007 until January 2008, and had no real desire to do anything, except hunt and fish, which I did nearly every single day.

A little overweight, cholesterol a little high, I started running again a little in the fall. There is this thing about retiring from the Army: you want to make sure you make it through the first year. Rumor has it, many don't. Although I don't know anyone personally who has died the first year after retiring.

So there I was in Nauvoo in December of 2007, as winter descended on my tiny hometown. Growing ever bored, I was reading ESPN Magazine Online, when I came across the story of Robert Kraft, the gentleman in Florida who has a fantastic streak going. I read it and reread it, wondering if this was something I could do.

December 27<sup>th</sup>, 2007, I decided to start. I had taken my children, Amanda and Michael Schmitz, back to the airport in St. Louis, Missouri, so they could fly back to Baltimore, Maryland. It began snowing heavily on my trip home. I got home and decided I was going to do it. I ran/trudged my way through a foot of snow for one mile on a route I pre-designated and the streak began.

It has not always been easy and it has not always been fun. One Labor Day weekend, after a night out too late, I overslept and barely made it to the Charter Bus to go to Wrigley Field to watch the Cubs play. When we stopped in Joliet, Illinois, so everyone else could eat, I went, running wearing my Cubs shirt and Khaki shorts. I ran about 2 miles and returned to the bus.

One night, I wrecked my Explorer. My airbag exploded in my face and my right knee bounced off the dashboard. I ran the next 3 weeks with a knee the size of a softball. The swelling eventually went down, however, and the knee regained stability.

Another time, I tripped on a crack in the sidewalk and fell and fractured my elbow. I got up, however, and kept running and went to the ER the next day.

My friend, Guy Rex, is about 4 months behind me. God knows I can't quit, because he has vowed that he won't quit until he passes me. So I vow not to quit.

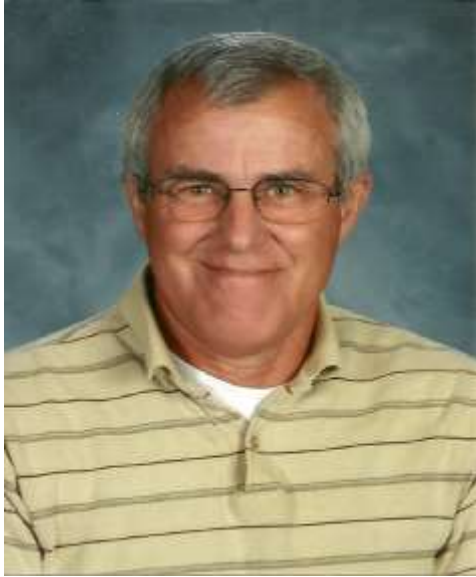
I don't run as many miles, as I once did, yet my streak still continues.

Three years ago, I met my lovely wife Pam and we were married last May. Our lives are very full with Church, family and friends. Even though we both know, every day 15-60 minutes need to be set aside ...

I am eyeing a mile in every county (102) in Illinois...we'll see.

Thank you very much.

Kent Schmitz  
Nauvoo, Illinois



Jerry Caine

**JERRY CAINE  
JOINS USRSA  
FROM CALIFORNIA;  
COMPLETED OVER 119,500  
LIFETIME MILES**

My own journals indicate that today (8/15/12) is day #8089 of the streak within week #1141. The streak hits 22<sup>nd</sup> anniversary this October 2. I have run 119,553 lifetime miles and 72,156 miles during my streak. If blessed with 100 years, I plan on extending the streak to 60 years and attaining the rarified atmosphere of the 250,000 miles mark for lifetime miles.

I am an infrequent racer at present. My best marathon time was 2:33:48 in 1969. I have completed two six day runs with my best distance at 401 miles. I am currently trying to get back in shape to try another 6 day run.

I am an acute historian of the late 19<sup>th</sup> century six day pedestrian races. Would like to write a book about it.

Jerry Caine  
Santa Rosa, California

**ANDREW LAUER  
JOINS USRSA**

I would not consider myself to have an accomplished running career. I have too many goals remaining at this point. I began running only about six years ago after recovering from shoulder surgery and realizing my career in tennis was over. I only ran at first to stay fit and mentally sharp. It became the "get away" from grad-school, work, etc.

I completed my first marathon in December of 2010 on a cold, rainy day in Kiawah, SC. It was physically miserable, but somehow I took 2<sup>nd</sup> in my age group and was hooked on running. After completing grad-school and began working in the financial sector, I needed the running escape more than ever. Getting up and running for an hour before heading to the office became routine. At some point I realized I had accrued 100 days in a row and knew that I would not let this streak break unless some outside force stopped me.

Now my modest streak is almost 400 days. I recently returned to Kiawah to take first place in my age group. I also ran my hometown Glass City Marathon in Toledo, OH, running a marathon PR of 3:08:17. I have already started to plan the next 12-18 months of training and races I want to compete in. I will do Detroit's marathon in October with the goal being to qualify for Boston in 2014. Beyond that, I hope to run 50 and 100-mile courses, as well as run at least a marathon in every state over the course of my running career. That being said, I am a relatively a novice runner and have little to make note about for a career at this point, only goals I am trying to reach.

Andrew Lauer  
Waterville, Ohio

# Official U.S.A. Active Running Streak List

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

September 1, 2012

	<b>The Legends (40+yrs)</b>		
1.	<b>Mark Covert</b>	<b>07/23/68</b>	<b>Lancaster, CA, Teacher/Coach, 61</b>
2.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 61</b>
3.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Bellingham, WA, Retired, 68</b>
4.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 57</b>
5.	<b>Jon A. Simpson</b>	<b>08/30/71</b>	<b>Memphis, TN, Dentist, 74</b>
6.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 61</b>
7.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 57</b>
	<b>The Grand Masters (35+yrs)</b>		
8.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 57</b>
9.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	<b>Miami Beach, FL, Songwriter, 61</b>
10.	<b>James Behr</b>	<b>03/19/75</b>	<b>Trinity, FL, Educator, 64</b>
11.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	<b>Wiscasset, ME, Doctor, 64</b>
11.	<b>Robert J. Zarambo</b>	<b>06/16/76</b>	<b>Whitehall, PA, Retired, 64</b>
13.	<b>William S. Stark</b>	<b>09/10/76</b>	<b>St. Louis, MO, Professor, 65</b>
14.	<b>Bill Anderson</b>	<b>09/27/76</b>	<b>Fort Worth, TX, Retired, 67</b>
15.	<b>John Liepa</b>	<b>01/02/77</b>	<b>Indianola, IA, Professor, 67 *</b>
16.	<b>Bill Robertson</b>	<b>02/08/77</b>	<b>Ashland, MA, Systems Analyst, 59</b>
17.	<b>William J. Benton</b>	<b>04/23/77</b>	<b>Farmington Hills, MI, Accountant, 62 *</b>
18.	<b>Brian Casey</b>	<b>05/09/77</b>	<b>Paramus, NJ, Finance Manager, 54</b>
19.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	<b>Naples, FL, Retired, 70</b>
	<b>The Masters (30+yrs)</b>		
20.	<b>Rick Porter</b>	12/03/77	<b>Decatur, GA, Developer, 59</b>
21.	<b>John T. Carlson</b>	12/26/77	<b>Indianapolis, IN, Athletic Director, 58</b>
22.	<b>Timothy C. Masters</b>	12/28/77	<b>Dearborn, MI, Sales, 62</b>
23.	<b>Barry Abrahams</b>	01/01/78	<b>Lincoln, NE, Teacher, 61 *</b>
24.	<b>Timothy P. Woodbridge</b>	03/05/78	<b>Allentown, PA, Banker, 55</b>
25.	<b>Bruce A. Sherman</b>	05/16/78	<b>Shaker Heights, OH, Exercise Physiologist, 57</b>
26.	<b>C. David Todd</b>	10/14/78	<b>Matthews, NC, Home Builder, 60</b>
27.	<b>Charles E. Lindsey</b>	10/16/78	<b>Canyon Country, CA, Educator, 61</b>
28.	<b>Harvey B. Simon</b>	10/31/78	<b>Newton, MA, Physician, 70</b>
29.	<b>John C. Roemer, IV</b>	11/01/78	<b>Parkton, MD, Consultant, 52</b>
30.	<b>Craig A. Davidson</b>	11/05/78	<b>Phoenix, AZ, Retail/Educator, 57</b>
31.	<b>Ron Jackson</b>	11/26/78	<b>Seattle, WA, Social Worker, 66</b>
32.	<b>Scott Ludwig</b>	11/30/78	<b>Peachtree City, GA, Operations Manager, 57</b>
33.	<b>Chester A. Tumidajewicz</b>	12/25/78	<b>Amsterdam, NY, Security Supervisor, 58</b>
34.	<b>Jon Kralovic</b>	01/01/79	<b>Delanson, NY, College Football Coach, 66</b>
35.	<b>Thad Childs, Jr.</b>	03/05/79	<b>Gray, GA, Banking, 65</b>
36.	<b>Charles Holmberg</b>	03/20/79	<b>Modesto, CA, CEO, 63</b>

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

82.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 54
83.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 47
84.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 62
85.	Hal Gensler	12/04/89	New River, AZ, Retired, 66
86.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 61
86.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 36
86.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 56
89.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 60
90.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 72
91.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 74 *
92.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 61
93.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 61
94.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 62
95.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 54
96.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 60
97.	John L. Faz	12/26/90	Lincoln, NE, Police Officer, 59
98.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 56
98.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 59
100.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 62
101.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 41
102.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 62
103.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 62
104.	Jon Janes	12/19/91	Topeka, KS, TV News, 64
	<b>The Well Versed (15+yrs)</b>		
105.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 50 (F)
106.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 56
107.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 71
108.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 72
109.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 56
110.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 56
111.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 26
112.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 56
113.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 57
114.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 69
115.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 61
116.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 57 *
117.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 65
117.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 56
119.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 65
120.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 56
121.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 60 (F) *
122.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 30
	<b>The Experienced (10+yrs)</b>		
123.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 38 *
124.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 555
125.	Thomas W. Whitely	01/16/98	Fair Lawn, NJ, Physical Education Teacher, 54
126.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 57 (F)

126.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 62 *
128.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 53
129.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 48
130.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 52 (F)
131.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 61
132.	Diane Shumway	05/27/00	Provo, UT, Retired, 57 (F)
133.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 57 (F)
134.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 60
135.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 66 *
136.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 41
137.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 31 (F)
138.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 64
139.	Martie Bell	12/27/01	Thomasville, NC, Professor, 57 (F)
139.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 60
141.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 65
142.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 65 *
143.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 59
144.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 61 (F) *
145.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 52
146.	George A. Hancock`	06/22/02	Windber, PA, Education, 59 *
	<b>The Proficient (5+yrs)</b>		
147.	Eliza Eshelman	09/21/02	Columbia City, IN, Student, 26 (F)
148.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 61
149.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 37
150.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 59
151.	David Max	08/28/03	Alexandria, VA, Pilot, 36 *
152.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 23
153.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 55
154.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 39
155.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 35
156.	Ed Reid	05/27/04	Bradenton, FL, Builder, 53
157.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 66 *
158.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 62
159.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 41
160.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 43
161.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 32 (F)
162.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 57
163.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 34
164.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 62
165.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 53 (F)
166.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 57
167.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 31 (F)
168.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 49 (F)
169.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 53 *
170.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 52
171.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 59
172.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 43
173.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 51



174.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 39
175.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 37
176.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 69
177.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 62
178.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 45
179.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 56 *
180.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 44
181.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 48
182.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 55
183.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 70
184.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 41
185.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 45
186.	Heather E. Nelson	12/15/06	Houston, TX, Student, 21 (F)
186.	William D. Nelson	12/15/06	Houston, TX, Business, 47 *
188.	Doug Hubred	12/23/06	Golden Valley, MN, Teacher, 44
188.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 46
188.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 31 (F)
188.	Stephanie Mera	01/01/07	Redlands, CA, Student, 23 (F)
192.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 44
193.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 52 (F)
194.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 49 *
195.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 45 (F)
196.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 56 (F)
197.	David Baskwill	06/17/07	York, PA, Podiatrist, 52
198.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
199.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 45 (F)
200.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 62 *
	<b>The Neophytes (-5yrs)</b>		
201.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 53
201.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 63
203.	Steve Bayliss	11/03/07	Bloomington, IN, Airline Employee, 45
203.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 58 (F) *
205.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 65
206.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 50
207.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 51
208.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 44
209.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 40 (F)
210.	B. J. David	12/27/07	Covington, KY, Self-Employed, 38
210.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 48
212.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 69 *
212.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 31
214.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 41
215.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 43
215.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 54 *
215.	Leo Hammond	01/01/08	Plano, TX, Student, 26
215.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 46
215.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 40
215.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 59

221.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 48 (F)
222.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 32
222.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
224.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 51
225.	John King	01/21/08	Chatham, NJ Education Administrator, 61 *
226.	Mikel J. Burlingame	02/04/08	Lee's Summit, MO, Dad, 44
227.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 61
228.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 22
229.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 41
230.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 52
231.	Kelly Luck	08/26/08	Boulder, CO, Student, 25 (F)
231.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 45
233.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 29
234.	Steve Jones	09/10/08	Parker, CO, Editor, 44
235.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 68
236.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 56 (F)
237.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 52 (F)
238.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 40
238.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 57
240.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 61 (F)
241.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 38
242.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 51
243.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 30
244.	John B. Davis	12/08/08	Desoto, TX, Consultant, 69
244.	Bill Gorman	12/08/08	Belleview, FL, Contractor, 65
244.	Ruth Gorman	12/08/08	Belleview, FL, Retired, 65 (F)
247.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 58
248.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 49
248.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 40
250.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 53 (F)
251.	Eric V. Love	12/27/08	Erie, CO, Attorney, 46
252.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 37 (F)
252.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 61
254.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 66
254.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 33
254.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 47 (F)
254.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 54 (F)
254.	Erin E. Stevens	01/01/09	Brooklyn, NY, Physician, 33 (F)
259.	Christy M. LeDuff	01/05/09	Norfolk, VA, Teacher, 32 (F)
260.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 35
261.	Vince Nardy	01/27/09	Solon, OH, Management, 54
262.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 33
263.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 32
264.	William McCarty	03/06/09	San Francisco, CA, Consultant, 64
265.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 55 *
266.	Howard P. Feldman	03/28/09	St. Louis, MO, Retired, 61 *
267.	Paul E. Boyette	04/29/09	Chesapeake, VA, Sales Consultant, 53 *
268.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 52 (F)
269.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 60

270.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 68 *
271.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 24
272.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 57 (F) *
273.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 69 *
274.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 17
275.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 25
276.	Jeff N. Judd	07/01/09	Oronoco, MN, Engineering Manager, 55
277.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 33 *
278.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 43 (F) *
279.	Paul Christian	07/19/09	Rochester, MN, News Reporter, 61
280.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 21 (F)
281.	Bradley Blaszyński	08/30/09	Annaville, PA, Student, 13
282.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 42
282.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 30
284.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 28 (F)
285.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 71 *
286.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 54
286.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 43
288.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 43
289.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 44 (F)
290.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 59 *
291.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 37
291.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 46
293.	Paul Miller	02/10/10	Medfield, MA, Marketing, 51
294.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 59
295.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 34
296.	William Middlebrook	03/31/10	Colorado Springs, CO, 69 *
297.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 42, (F)
298.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 83 *
299.	Steve Morrow	05/13/10	Eagle Lake, MN, Computer Consultant, 48 *
300.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 37
301.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 38
302.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 35
303.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 59
304.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 20 (F)
305.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 43
306.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 56
307.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 39
308.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 47
309.	Don Slusser	12/20/10	Monroeville, PA, Teacher, 60 *
309.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 55
311.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 36
311.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 36
313.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 56 *
314.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 34 (F)
314.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 56 (F)
314.	Rhonda Wegner	01/01/11	Valdez, AK, Athletic Director, 50 (F)
317.	Todd Taylor	01/02/11	Valdez, AK, Marine Science Technician, 42
318.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 55 *

319.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27
319.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 41
321.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 36
322.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 52
323.	Will Jones	03/18/11	Grove, OK, Athletic Director, 38
324.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 21
325.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 38
326.	Jay Frank	03/21/11	Oak Park, CA, CEO, 58
327.	John Corretti, Jr.	04/15/11	Killeen, TX, Army Officer, 26
327.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 33
329.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 37
330.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 41 (F)
331.	James Holt	05/01/11	Centerville, UT, Regional Manager, 53
331.	John McCown	05/01/11	Chatanooga, TN, Attorney/Educator, 43
333.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 52 (F) *
334.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 35 (F)
335.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 51
336.	Melissa Malinowski	05/13/11	Mahtomedi State, MN, HR Manager, 39 (F)
337.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 29
338.	Scott Caldwell	05/23/11	Great Falls, MT, Computer Programmer, 57
339.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 51
340.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 37
341.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 55
342.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 35
343.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 26
344.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 37
345.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 57 *
346.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 28
347.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 24
348.	Victoria Gomez	08/16/11	Frisco, TX, Student, 17 (F)

Indicates listing on both active and retired running streak lists.

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## THE RUNNER

**By: Walt Whitman (1819-1892)**

On a flat road runs the well-train'd runner,  
He is lean and sinewy with muscular legs,  
He is thinly clothed, he leans forward as he runs,  
With lightly closed fists and arms partially rais'd.

## Official International Active Running Streak List

As Certified to the Streak Runners International

September 1, 2012

	<b>The Highly Skilled (20+yrs)</b>		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 48
	<b>The Well Versed (15+yrs)</b>		
	<b>The Experienced (10+yrs)</b>		
	<b>The Proficient (5+yrs)</b>		
	<b>The Neophytes (-5yrs)</b>		
2	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 32
3	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 48
4	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 37

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

## Official International Retired Running Streak List

As Certified to Streak Runners International

September 1, 2012

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days ( 2 yrs 357 days)
2.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days ( 1 yr 040 days)

# Official U.S.A. Retired Running Streak List

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

September 1, 2012

1.	<b>Kenneth C. Young, Petrolia, CA</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
2.	<b>Gary C. Jones, Troy, Montana</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
3.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
4.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
5.	<b>Walter O. Byerly, Dallas, TX</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
6.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
7.	<b>Joseph Wojcik, Claremont, CA</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
8.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
9.	<b>Julie Maxwell, Kasson, MN (F)</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
10.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
11.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
12.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
13.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
14.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
15.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
16.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
17.	<b>Alicia Brophay, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
18.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
19.	<b>Brian P. Short, Minneapolis, MN</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
20.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
21.	<b>James R. Scarborough, Rancho Palos Verdes, CA</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
22.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
23.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
24.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
25.	<b>J. Patrick Growney, Lavallette, NJ</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
26.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
27.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
28.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
29.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
30.	Diana L. Nelson, Dixon, IL (F)	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
31.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
32.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
33.	Richard Carroll, Foxboro, MA	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
34.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
35.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)

36.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
37.	Paul Christian, Rochester, MN,	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
38.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
39.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
40.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
41.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
42.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
43.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
44.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
45.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
46.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
47.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
48.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
49.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
50.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
51.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
52.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
53.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
54.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
55.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
56.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
57.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
58.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
59.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
60.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
61.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
62.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
63.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
64.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
65.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
66.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
67.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
68.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
69.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
70.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
71.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
72.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
73.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
74.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
75.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
76.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
77.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
78.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)

79.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
80.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
81.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
82.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
83.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
84.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
85.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
86.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
87.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
88.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
89.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
90.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
91.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
92.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
93.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)
94.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
95.	Douglas Schiller, Ellenton, FL	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
96.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
96.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
98.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
99.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
100.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
101.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
102.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
103.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
104.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
105.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
106.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
107.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
108.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
109.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
110.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
111.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
112.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
113.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
114.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
115.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
116.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
117.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
118.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
119.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
120.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days ( 4 yrs 029 days)
121.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
122.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
123.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
124.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
125.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)



126.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
127.	Cordell Kirk, Blue Springs, MO	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
128.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
129.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
130.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
131.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
132.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
133.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
134.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
135.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
136.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
137.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
138.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
139.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
140.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
141.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
142.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
143.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 289 days)
144.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
145.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
146.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
147.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
148.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
149.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
150.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
151.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
152.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
153.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
154.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
155.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
156.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
157.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
158.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
159.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
160.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
161.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
162.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
163.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
164.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
165.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
166.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
167.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
168.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
168.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
170.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
171.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
172.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
173.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)

174.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
175.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
176.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
177.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
178.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
179.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
180.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
180.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
182.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
183.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
184.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
185.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
186.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
187.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
187.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
189.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
190.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
191.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
192.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
193.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
194.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
195.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
195.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
197.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
198.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
199.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
200.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
201.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
202.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
202.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
204.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
205.	William H. Howes, Royal Oak, MI	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
206.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
207.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
208.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
209.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
210.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
211.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
212.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
213.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
214.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
215.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
216.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
217.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
218.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
218.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
220.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
221.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
222.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)

222.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
224.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
225.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
226.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
226.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
226.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
226.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
230.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
230.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
230.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
230.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
230.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
230.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
236.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
236.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
236.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
236.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
236.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
236.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
236.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)

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

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## USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK

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

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

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

George A. Hancock  
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Dear *Mark:*

Enclosed is a copy of my latest revised (dated 4/22/99) U. S. running streak list. The list contains information on 66 confirmed active running streaks. My list was compiled after several months of intense research.

David Blaikie of Ultramarathon World contacted me in early January of this year about my running streak project. Mr. Blaikie offered his web site as a clearing house for running streak information. Mr. Blaikie has operated the Ultramarathon World web site since 1995. This web site is a great source of running information.

The Ultramarathon World web site can be reached by using the Yahoo Search engine. This site contains a section called Streak Running - located in the left column on the Home Page. I have a major running streak report located here. Please note that future running streak articles and updated streak lists will appear here.

The monthly running newspaper the Runner's Gazette will also feature running streak updates. Thank-you for your interest and input. Please keep me posted on the progress of your running streak. Thanks!

Sincerely,

*George A. Hancock*


## Average mileage important in evaluating running streaks

**UW News**

**Ultramarathon World**

Ultramarathon World

### More on Streaking

 Morristown, New Jersey (UW) - Mark Washburne, a streak runner going on 10 years without missing a day on the roads, says he side with Ron Hill in the debate over the validity of the world's longest streaker -- dating back to December 21, 1964. Hill once used crutches and hopped to complete his daily run for a period of time after injuries in the 1970s.

"Even if Mr. Hill used crutches, I hope that his streak is still noted for the effort he has made to keep it going," Washburne says. However, he believes it would be useful, in tracking the achievements of streakers, to use average daily mileage, and least daily mileage, statistics to give a clearer picture.

"Possibly for the purists, however, you might want to report minimum mileage per day on your web list, to note the special effort of those streakers who never run less than 2, 3, 4, 5, or more miles per day," Washburne says.

"By sheer coincidence I met Jimmy Behr of Staten Island, New York, (No. 8 on your streak list) and was amazed that he had run a minimum of 5 miles per day for close to 24 years. Mr. Behr should be recognized not only for the length of his streak but the minimum mileage he has done each day.

"By the way, the way I met Mr. Behr was a story in itself. Right before this year's New York City Marathon, he was featured in a New York Times article (October 27, 1998; page G5) concerning his streak and the fact he has run the marathon every year since 1975 without missing. Two different people, who knew about my streak, gave a copy of the article to me. The amazing thing was that I knew him but did not know he was a runner (let alone that he had a streak) until I saw the Times article. He was in the same graduate class I was in at Drew University in history that fall and we were in the same class the Spring before. We are both going for our Doctorates at Drew. I would never had known he was a runner unless I saw the story on him. Swiss psychologist Carl Jung would call that Synchronicity.

"I had no idea that their were so many people with much longer running streaks until I saw your web page. Forrest Gump lives! I was also impressed to read about Dominik Machek who has averaged more than eleven miles during his streak.

"In order to give proper credit, we might need three different categories of streakers: length of time, minimum mileage (subsets of people whose minimum mileage is above 2, 3, 4, 5, or more miles), and average mileage during the streak."

*(Ultramarathon World: <http://fox.nstn.ca/~dblaikie>)  
(Mark Washburne: [MWash314@aol.com](mailto:MWash314@aol.com)) (13ma99)*

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# Streak Runners: 1999 United States List

Ultramarathon World



[Detailed Commentary](#)    [More on Streaking](#)

April 22, 1999

 Windber, Pennsylvania (UW) - The following list of streak runners in the United States has been painstakingly compiled by George Hancock of Winber, Pennsylvania, in co-operation with *Ultramarathon World*. While it is the most comprehensive list yet assembled, it is not complete and will be updated regularly as new information becomes available.

"There are many more running streakers in the U. S.," Hancock notes. "Many individuals sent information about other running streakers. However, these 15 to 20 runners could not be located or their streaks verified as still active. Another 10 runners, from my original list, were dropped for the same reasons. These runners could be added later swelling the running streak ranks."

If have additional information, please contact:

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## U.S. Running Streaks

1. Bob Ray	04 Apr 1967	(Baltimore, Md., Retired, 61)
2. Mark Covert	22 Jly 1968	(Lancaster, Ca., College Instructor, 49)
3. Jim Pearson	16 Feb 1970	(Ferndale, Wa., Teacher, 55)
4. Ken Young	6 Jly 1970	(Petrolia, Ca., Software Consultant, 58)
5. Steve W. DeBoer	20 Jly 1970	(Rochester, Mn., Dietitian, 44)
6. Alex Galbraith	22 Dec 1971	(Houston, Tx., Attorney, 48)
7. Don Slusser	3 Jan 1972	(Monroeville, Pa., Teacher, 47)
8. Walter Byerly	5 Nov 1974	(Dallas, Tx., Real Estate, 68)
9. Robert R. Kraft	1 Jan 1975	(Miami, Fl., Songwriter, 48)
10. Jimmy Behr	19 Mar 1975	(Staten Island, NY, Teacher, 51)
11. Dick Vincent,	23 Apr 1975	(Saugerties, NY, Sales Rep, 47)
12. Rob Zarambo	15 Jun 1976	(Whitehall, Pa., Teacher, 51)
13. Stephen Reed	16 Jun 1976	(Wiscasset, Me., Doctor, 51)
14. Geza Feld	1 Oct 1976	(Farmingdale, NY, Computer Man., 65)
15. John Liepa	2 Jan 1977	(Indianola, In., College Prof., 54)
16. Bill Robertson	8 Feb 1977	(Framingham, Ma., Computer Anal., 46)
17. William Benton	23 Apr 1977	(Framingham Hills, Mi., Accountant, 49)

<http://fox.nstn.ca/~dblaikie/streak04.html>

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Streak Runners: 1999 United States List

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18. Joseph Wojcik	13 Jun 1977	(Claremont, Ca., Retired, 57)
19. Larry Baldassari	8 Jan 1978	(Hamilton Square, NJ, State Employee, 48)
20. George A. Hancock	26 Feb 1978	(Windber, Pa., University Employee, 46)
21. Chuck Lindsey	16 Oct 1978	(Canyon Country, Ca., Teacher)
22. John Roemer IV	1 Nov 1978	(Parkton, Md, Consultant, 39)
23. Scott Ludwig	30 Nov 1978	(Peachtree City, Ga., J. C. Penney, 44)
24. Jim Lindley	26 Dec 1978	(Pargo, MD, College Professor, 59)
25. Charles Holmberg	30 Mar 1979	(Modesto, Ca., Software Dev., 50)
26. Wayne Gibbons	15 May 1979	(Hackensack, NJ, Chiropractor, 39)
27. Jim Scarborough	9 Jly 1979	(Rancho P. Verdes, Ca., Eng, 65)
28. Margaret Blackstock	9 Sep 1979	(Atlanta, Ga., Homemaker, 54)
29. Dwight Moberg	6 Oct 1979	(Manhattan Beach, Ca., Retired, 67)
30. Ben Freed	12 Dec 1979	(Clarion, Pa., College Professor, 51)
31. S. Mark Courtney	20 Dec 1979	(Grove City, Pa., Phy. Asst., 43)
32. Fred Winkel	20 Dec 1979	(New York, NY, Market Research, 54)
33. Bill Finkbeiner	1 Jan 1980	(Auburn, Ca., Landscape Cont., 43)
34. Edward Goff	3 Aug 1980	(Germany, Teacher, 55)
35. Allan S. Field	20 Sep 1980	(Columbia, MD., Ex.Director, 51)
36. John Watts	4 Oct 1980	(Portland, Oregon, Pastor, 43)
37. George Brown	6 Jan 1981	(Richlands, Va, Principal, 46)
38. Joseph Sinicrope	22 Apr 1981	(East Granby, Ct., Teacher, 56)
39. Roger Nelson	1 Aug 1981	(Colleyville, Tx., Railroad Exec., 48)
40. Bill Leibfritz	3 Dec 1981	(Midland, Mi., College Professor, 42)
41. Scott Snyder	31 Dec 1981	(Littleton, Co., Doctor, 43)
42. Robert Coleman	3 Feb 1982	(Okemos, Mi, Biochemist, 54)
43. Jim Hage	18 Aug 1982	(Lanham, Md., Attorney, 41)
44. Ken A. Vercammen	15 Sep 1982	(Dayton, NJ, Attorney, 39)
45. Kevin P. Simons	20 Sep 1982	(Hampden, Ma, Manager, 49)
46. Ken Korosec	11 Dec 1982	(Chesterland, Oh., Attorney, 55)
47. Jay Kammerzell	1 Jan 1983	(Everett, Wa, Firefighter, 41)
48. John Strumsky, Jr.	23 May 1983	(Baltimore, Md., Insurance, 58)
49. Len S. Burton	28 Jun 1983	(Hot Springs, Ar., Retired, 69)
50. John Flahie	14 Mar 1984	(Toledo, Ohio, Supervisor, 50)
51. Marty Winkel	31 Mar 1985	(Titusville, Fl., Manager, 54)
52. Matthew A. Mace	29 Sep 1985	(Arnold, Md., Attorney, 38)
53. Guy Gordon	25 Dec 1985	(Newton, NJ, Social Worker, 41)
54. Ronnie Shaw	1 Jan 1986	(Arlington, Tx., Mail Carrier, 44)
55. Ralph McKinney	1 Jan 1986	(Wilmington, De., Consultant, 54)
56. Dink Taylor	8 Jun 1986	(Huntsville, Al., Sales Rep., 33)
57. John Metevia	12 Oct 1986	(Midland, Mi., Store Owner, 42)
58. Bill Roger Sr.	12 Nov 1986	(Levelland, Tx., Retired, 60)
59. Tony Capon	16 Dec 1986	(Ebensburg, Pa., College Prof., 51)
60. David Molnar	30 Aug 1987	(Windber, Pa., 47)
61. Ray Lorden	31 Oct 1989	(Baltimore, Md, Postal Service, 44)
62. Mark Washburne	31 Dec 1989	(Morristown, NJ, College Prof., 43)
63. Tom Loughhead	6 Jly 1990	(Huntsville, Al., Engineer, 58)
64. Mark Wigler	7 Jly 1992	(Hubbardston, Ma., Director, 50)
65. Mark K. Hall	27 Dec 1992	(Memphis, Tx., 40)
66. Joel Pearson	27 Aug 1994	(Ferndale, Wa., Student, 13)

(Ultramarathon World: <http://fox.nstn.ca/~dblaike>)  
 (George Hancock: [gandock@imap.pitt.edu](mailto:gandock@imap.pitt.edu)) (22ap99)

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## THE FINISH LINE

### By: Mark Washburne

The August 2012 edition of *Runner's World* had an interesting article entitled, "Redemption of the Runningman: Was it the greatest hoax in running history? Or did Robert Garside, on his third attempt, really run around the world?" As a runner and a historian, I loved reading Dan Koeppel's account of the controversy surrounding the attempt by Robert Garside to run around the world. Koeppel was doubtful of the claim at first but later concluded that Garside completed the world run between 1997 and 2003. What really made the story interesting to me, however, was the mention of a name I had not heard in a long time. Koeppel noted that Garside's "primary nemesis" was "a Canadian distance running enthusiast named David Blaikie."

For those new to our streak running association, the name David Blaikie might not mean much but he played a key role in the late 1990s and early 2000s in posting news on streak runners. During that time, Blaikie had a website entitled *Ultramarathon World News* where he included the latest United States streak list compiled by George Hancock from Pennsylvania. Today, it seems a little odd that a Canadian, whose primary interest was in runs over 26.2 miles, would include United States streak runners on his website. At the time, however, our daily running was considered "a little out there" so it was natural to be lumped in with runners whose distance running was also considered "a little out there."

After seeing David Blaikie's name again in *Runner's World*, I went through my old 1990s file on streak runners and found some interesting information that I have reprinted in this edition of *The Streak Registry*. On page 60, you will find a letter addressed to me by George Hancock about the United States running streak list. The letter is undated but it appears to be written in 1999 and it makes mention of David Blaikie. On page 61, you will find a 1999 article about streak running on the *Ultramarathon World's* website. Finally, on pages 62 and 63, you will find reprinted the 1999 list of streak runners originally posted at Ultramarathon World. Interestingly, the 1999 list included the names of 66 runners on the active list. Of those 66 runners, 29 still appear on our active list in 2012 with their original streaks still in tacked.

In the last decade, we streak runners have come a long way from the days when we relied on an ultramarathon website to post our news. Today, we have a thriving association and our own website that already has had over 99,000 visitors. (See bottom of page at [www.runeveryday.com](http://www.runeveryday.com) for visitors total). A special thanks to Steve Morrow for all his hard work in maintaining the SRI/USRSA webpage and keeping the many lists on that site current.

In the last couple of years, we have also found new ways for our streak runners to communicate with each other. Probably our biggest growth in the last year has been on the USRSA Facebook page. Back in April of 2010 when I assumed my new position at our streak association, there were a little over 30 people on the site. Less than a year and a half later, the USRSA Facebook page exploded to now over 340 members. What I find interesting about the USRSA Facebook page is that many of the people commenting are new streak runners who are just starting off on their journey of running every day. It is inspiring to me to hear of their triumphs and struggles and reminds me of the time when I started my challenge of running every day back in 1989. Thanks to John Wallace III for starting the USRSA Facebook page and all his work in maintaining the site.

In the last couple of years, we also setup a Yahoo group so that our members could send messages to each other. With only 29 people registered, this method of communication has taken a back seat to our Facebook page. Still, the Yahoo site serves a purpose to our association and members receive nearly daily e-mails of streak anniversaries of all the athletes on our active list.

As always, we love to hear from you on any of our SRI/USRSA communication platforms and appreciate your support. Good luck to all of you and I will be thinking of you as we each run the roads and trails – every day!