

THE STREAK REGISTRY

Summer 2013- 50TH ISSUE

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Cover Photo Credit:
John Price

STREAKING ANNIVERSARIES

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

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

Timothy Woodbridge of Allentown, Pennsylvania on March 5th
Bruce Sherman of Shaker Heights, Ohio on May 16th

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

Tom Allen of Upper Montclair, New Jersey on May 21st

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

Brent Burmaster of Dallas, Texas on March 13th

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

Debbie Ciccati of San Diego, California on April 1st
Craig Snapp of El Cajon, California on April 1st

From The Neophytes to The Proficient (5th anniversary)

Andrew Swan of North Highlands, California on March 10th
Davey Cagle of Lakeside, California on April 27th

“When I returned to running some 20 years ago, it had nothing to do with health and fitness. I wanted to relive my competitive years in college. I wanted to feel again that competent, responding body, the excitement of the race, the struggle down the homestretch, neck and neck with an opponent. I wanted once more to be a hero.”

- Dr. George Sheehan from his book “Personal Best” (1989).

“Who are you? Who are you?”

- Japanese official to American athlete Billy Mills after he won the 10,000 meters at the 1964 Olympic Games in Tokyo, Japan.



Shannon McGinn

“Photo from my PR 41.48 mile 6 hour run directed by Broadway Ultra Society in 2013.”

SHANNON MCGINN JOINS USRSA AS 500TH MEMBER
“How I Became a Streaker”
By: Shannon McGinn

In the fall of 1993, I quit running a few weeks into college due to injuries. I spent the next many years having recurrent dreams about footraces. I loved racing, but it hurt to run. I missed running, but it never left me.

On Friday, May 13, 2005, I went to the health clinic because I felt terrible. I had just completed my second year (2L) final exams as a law student. I was exhausted. I told the nurse, “My whole body hurts! I feel like I just ran a marathon!” even though I had never run a marathon. I also mentioned the weird lump I discovered back in March.

I was 29 years old and not high risk for anything serious. My concerns were summarily dismissed by the nurse practitioner, but I was offered an ultrasound. The ultrasound found something odd, which was diagnosed as a benign tumor. I was encouraged to leave it alone since surgery has risks. I did not like the idea of having a tumor so I made an appointment with a surgeon.

After many tests, I was correctly diagnosed with 2 different types of breast cancer, one being a massive amount of Ductal Carcinoma In Situ (so much that I could feel it). The other consisted of two tumors of Invasive Ductal Carcinoma that contained over six times the amount of growth hormone as a normal cell. This meant my cancer was an uncommon high speed version of invasive carcinoma. As a result, my future risk of recurrence was increased by 50% when compared to the “normal”

breast cancer survivor's risk. My surgeon estimated I would have been terminally ill in 2-10 years had not I pursued a second opinion.

I was forced to temporarily withdraw from law school (the main source of my income and healthcare). I had to quit my part-time law clerk position, where I ironically worked to help low-to-no income clients get healthcare and benefits. I was now 29 years old, uninsured, unemployed, and sick. My minimal legal experience helped me advocate for whatever benefits I was eligible for while my supportive family helped me deal with the rest of my life in ways that I cannot be more grateful for or ever repay.

Surviving cancer became my only job. I wanted to be in the best shape I could be in to cope with what was about to consume my life. My plan was to try to run through my treatment as much as I could. I had already been running about 2.5 miles every other day in order to lose the pounds I gained being a sedentary law student. It was because I lost weight that I noticed the lump, which I initially thought was a stubborn fat deposit.

I remember coming home from my first round of chemotherapy and running for 45 minutes as hard as I could. Somehow I thought this would help. Only weeks later, I was bald and trying to circumnavigate the 5 mile Manasquan Reservoir loop in 50 minutes or less. I felt strong and weak at the same time. With each round of chemo my fitness deteriorated. I would run, then run/walk, then walk almost every day. By the final round, just getting out of bed was an ordeal since I had complications and infections from my treatment.

After my second surgery, I began a full year of Herceptin that was infused intravenously every three weeks. Herceptin is not chemotherapy, but one of its side effects includes a small chance of ventricular heart failure. I was born with a minor leaky heart valve that is normally of little concern, but now I was worried. My heart would be tested every few months to make sure it was functioning well. If my Ejection Fraction dipped too low, the Herceptin would be stopped and my heart would repair itself. However, if I did not complete Herceptin, my cancer recurrence risk would remain high. I really wanted to complete that treatment.

Running was the best way I knew to keep my heart strong. I found a Susan G. Komen Breast Cancer 5k a month after I started Herceptin. As I came over that last hill with the finish line in sight, running side-by-side with healthy men and women (none of whom were wearing Pink Bibs like me) something happened to me. My time was not "fast" but it was not "slow" either and I realized that cancer may not have broken me as badly as I thought it would.

From that race onward, I found a 5k almost every weekend and raced my heart out. I registered for my first 10k on Thanksgiving 2006 and my first half marathon in January 2007 in Key West. The Key West half would be the first race I would run after fully completing my cancer treatment. Sidney, my boyfriend then and husband now, paced me through that race to a 2:01 finish. We now make an effort to return each year to celebrate our life.

For years, I raced weekly, sometimes twice a week or even twice a day. There was something about leaving my mark through race results that made me feel like I had a

chance to be remembered if treatment failed. However, every finish line I crossed was my way of telling cancer that if it wanted me it was going to have to catch me and if it caught me I was going to be ready to fight.

By 2008, I had run my first marathon where I ran a BQ. But I knew something was wrong. My hair was falling out, my nails were brittle. Running was hard. I felt terrible, just like when I first went to the doctor in 2005. This time my doctor could feel a lump on my thyroid.

I had already registered for Boston 2009, but my training was poor. My energy was sapped by sleepless nights full of worry while waiting for test after test to come back, all inclusive. Then in March a friend lost his son to a childhood cancer and was putting together a team of 12 runners that would relay a flag through a 24 hour event called the Virginia 24 Hour Ultra Run for Cancer. This race raises money for the American Cancer Society. This race was the same weekend as Boston. I decided to skip Boston and join the team.

Getting to the race would be hard. I was scheduled to give a lecture at NYU the evening before but I felt I needed to be at that race. Sidney selflessly agreed to drive me throughout the night so that I could be at the starting line. We left after he got home from work, close to midnight, to drive from New Jersey to Virginia. We arrived at 6:48 am for a 7:00 am start. I changed my clothes in the car and started running shortly after arriving.

After running one lap as a group, my team decided that we were going to go for the Ultra Relay category. Each of us would run as far as we could in honor of Cody, the little boy who lost his battle. None of us were truly ready for an ultra, but almost all of us ran 50 miles or more that day. We set a new Team Record as Cody's Crew. I logged 100k, finishing as the 3rd place female, only stopping when my feet could no longer carry me. I left New Jersey as a cancer survivor with a possible recurrence. I returned from Virginia feeling like an invincible ultrarunner. My life was forever changed in the hours I spent in the woods during that race.

It was a few weeks later that my mass was surgically removed and finally deemed benign. I responded to this news by immediately registering for a 50k, a 100k, a 100 miler and two 24 hour races, while still racing 5k's as much as I could. On the last day of 2009, I ran 110.67 miles in 24 hours, a run I still cannot believe I was able to accomplish.

Recovering from cancer treatment did not come without a price. Since treatment, I began suffering from an autoimmune disorder which surfaces several times per year.

When I have a flare up of symptoms, I usually end up with hives, rashes, or a swollen face that has sent me to the Emergency Room at least 5 times. When feeling badly, my training and racing suffers. However in the last 7 years, I have learned to roll with it.

One thing that cancer did for me was challenge me to challenge myself in the present. I race more than almost everyone else I know. I have run further than most runners I come across. One thing I always had trouble with was running every day, until I met Mark Washburne at a 5k race in New Jersey.



Shannon McGinn

“Photo taken after completing the 6 hour option of ‘Running with the Devil 2012’ a race up and down a ridiculously steep Black Diamond Ski Slope in New Jersey in July.”



Shannon McGinn at Jimmy D 5K in September 2012.

Mark inspired me. Initially, I believed Streaking was something I could never do. I could run a 24 hour race, 55 races a year, a 3:15 marathon, but I could not imagine running every single day. Like most runners, I believed I needed complete rest from running to recover and to avoid injury. However, during 2010 and 2011, I struggled with Plantar Fasciitis and bad autoimmune system flare ups and liver failure from medication. I was limited in my ability to train. The lower mileage only served to make me feel terrible. I had more running injuries as well.

In October 2011 while running (not well) at the 24 Hour National Championships, I walked some laps with Dr. Lovey. I shared with him how much I have been suffering with fibromas in my arches and terrible foot pain. He shared that he was planning to make that race his last one (which he did not) because he too had terrible pain. Then, as if speaking to himself but I am sure he was speaking to me, he said, "Sometimes I think the best thing to do is to just start over."

Those words resonated with me for months. By December 2011, I decided I had run poorly with terrible race results for too long. It was time to start over. Instead of running too long and needing rest days to recover, I decided to run short pain free runs, twice a day when possible. By getting a short run done in the morning, if I skipped my night run, I still ran that day. I was not thinking about streaking when I started over, but since my new 2012 log counted my streak for me, after a month or so I realized I was doing it. (After reviewing my old 2011 log, my official streak start day is 12/28/11).

As I watched the numbers of my streak days grow, I felt like I was learning a real secret about running that most runners over-look. I was learning how to train to tolerate training, not how to train to tolerate racing. By running just enough each day to ensure I could run again tomorrow, I was able to watch my training volume grow.

As my volume increased without pain, I was on my way to discovering that I could run hard, fast, long races and not break down. By running twice a day most days and logging long slow runs on the weekends, I have been able to get my daily average for my entire streak up to 9.7 miles per day. I used to require a few days of rest after an ultra. Now I can run the next day as long as I keep it short in the morning. By my afternoon/evening run, I feel almost completely recovered.

As a result of my experience with streaking, at 37 years old I finally broke 20 minutes for the 5k (something I believed my asthma would prevent me from ever doing).

Since 2012, I set new Personal Records in almost all distances. My 50k PR is now down to 4:03:28, earning me a 7th place finish at the National Championships. My marathon time has gotten back down to 3:16. I learned that I have become a decent 6 hour racer.

My back-to-back racing has become extraordinary, even to me. Most recently, I was able to run a 50 mile PR of 7:41, just 6 days after running a 3:24 at the Boston Marathon, which was 8 days after running a PR 41.48 mile 6 hour race. I am hoping that streaking will lead me to a new 24 hour PR someday soon. For those interested, all my race reports can be found on my blog here: <http://shannon-creatingmomentum.blogspot.com>.

Despite my multiple degrees and various careers since graduating law school, being a runner is what defines me. In addition to running for myself, I am proud to report

that my high mileage running streak has helped me help others. My streaking was an integral part of what earned me enough attention to collect over \$2400 in donations for One for the Books (a charity in New Jersey aimed to help children access books in hopes of enriching and improving their lives). All the funds were used to create a new library for pediatric oncology patients at Sloan Kettering in NYC.

When I am not racing ultras or road racing with my Do Run Runners Race Team, I am a volunteer assistant coach for a New Jersey Chapter of Team in Training, where marathon runners receive free coaching in exchange for fundraising for cancer research.

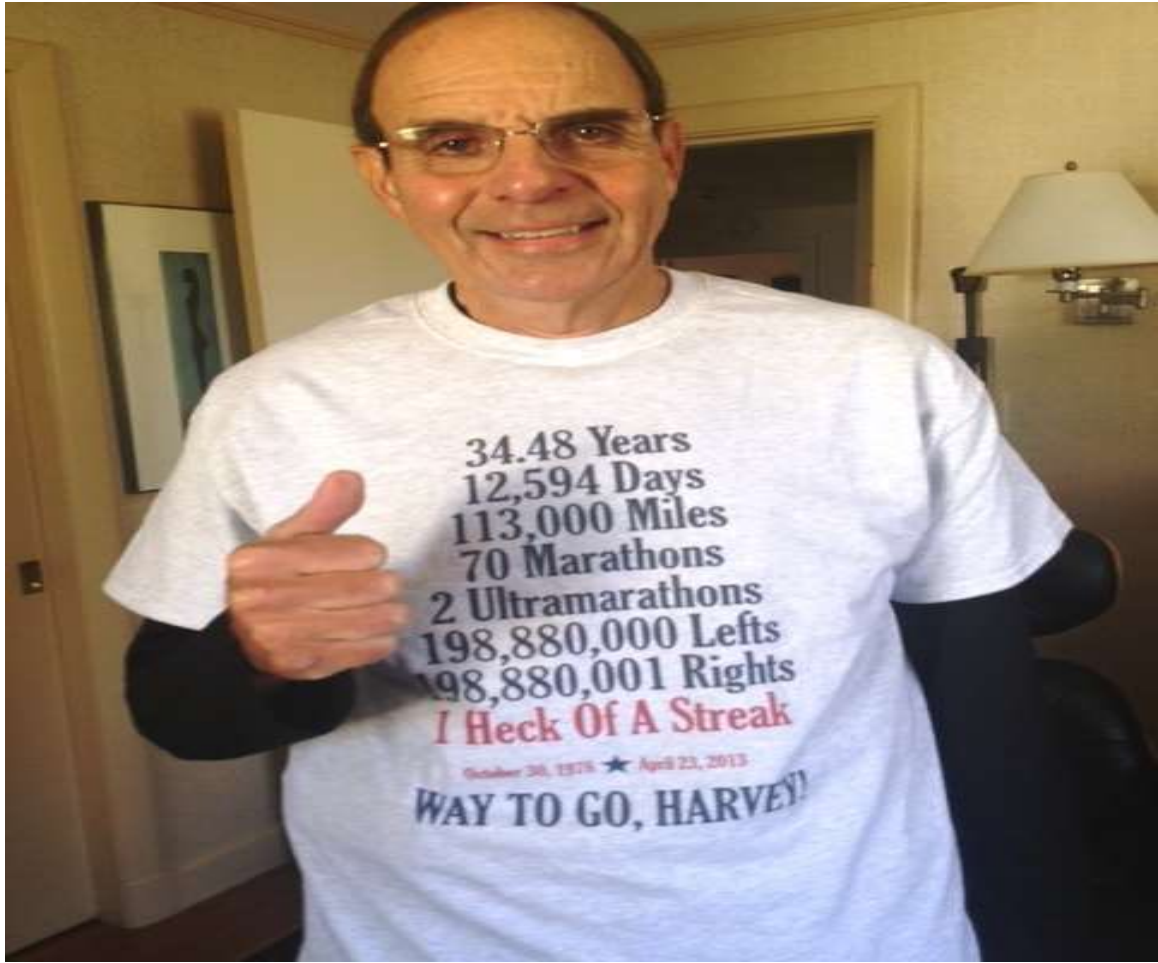
Most recently I have begun a new running group as part of my Recreation Therapy Department at a VA hospital where I will help Veterans use road racing as form of rehabilitation. Finally, I volunteer as an At Home Coach for the Ulman Fund's "Cancer to 5k (CT5K)" where I coach cancer survivors, online, through their own journey. I must also thank Brooks Running for supporting all my efforts to do great things through running by sponsoring me as Brooks ID member.

It took cancer to help me rediscover my identity as a runner and it took streaking to teach me that the secret to good racing is learning how to train to tolerate daily training. Since then my dreams of footraces have diminished as my life has become more focused on sharing my joy of running with as many people as I can reach. Accordingly, I am honored to have this opportunity to share my journey with so many runners who read this Registry, runners I admire and runners I hope to someday emulate by doing all I can to create an amazing streak of my own as long as I can keep on moving.



Shannon McGinn

"Photo taken a North Coast 24 Hour National Championships 2011 in Ohio."



Harvey Simon

RETIRING MY STREAK AFTER 34 YEARS

By: Harvey B. Simon, M.D.

I began my running streak on October 31, 1978; it carried me over more than 113,000 miles during the next 34 ½ years. A mixture of stubbornness, stupidity, good luck, and an understanding wife enabled, or compelled, me to run from 2 to 50 miles a day despite snow storms and hurricanes, back spasms, travel across many time zones, monumental inconveniences, a broken toe, and many other lower extremity indignities. But my streak ended on April 24, 2013, when I underwent glaucoma surgery.

Running has been wonderful for me. I count good health, joyful exercise with my family, extraordinary friendships, interesting travel, and the fun of 70 marathons and 2 ultras among its many benefits. Running has also enhanced my professional life; the things I learned as my body shed 45 pounds and developed unimaginable stamina enabled me to help establish the Harvard Cardiovascular Health Center and to write and lecture extensively on exercise and health. And the streak itself added a delightfully zany touch to all this.

Compared with the threat of visual impairment, the end of my streak is minor indeed. And since I learned that I needed surgery just hours before I learned of the horrific attack that desecrated the 117th Boston Marathon, the end of my streak is truly insignificant.

I will be able to walk and indulge in other low-impact exercise during my recovery, and I expect to run again. But as I near age 71, I won't start another streak. Instead, I'll count on John C. Roemer, IV, a man I know only as the guy who has been a day behind me on the Streak Registry for all these years, to carry on for me.

I am a very lucky, very happy man. Years ago my kids shared some wisdom they learned from Dr. Seuss: don't be sad it ended, be glad it happened. I am very glad indeed.



Harvey Simon (middle with trophy) with family.



The Four Amigas at 5K Resolution Run on January 1, 2013.
From left to right: Pam King, Julie Maxwell, Peggy Morgan, and Kristin Edwards-Giem.

THE FEMALE ATHLETE WITH THE LONGEST RETIRED STREAK IN THE WORLD STARTS NEW STREAK

By: Julie Maxwell

As I had done for nearly 33 ½ years, I checked the forecast for Saturday, December 10, 2011 -- single digit temperatures and wind. I completed my requisite streak run, but wimped out on doing a later training run with my running mates, opting instead to work with the wines we were ageing. I would do the training run on Sunday. I didn't do the training run on Sunday, either. In fact, for the first time in 33 ½ years, I didn't do a run of any length. I was in St. Mary's ER, being treated for a severely broken ankle. A simple misstep at home resulted in both ankle bones breaking, one of which came through the skin. My husband, Brent, told me my foot was facing backwards!! Shock and pain coursed through me as I screamed at the EMT's and the ER staff. I was going to run in the morning!! If they had to strap a skateboard on my foot, I was doing it!!! The ER staff gently convinced me that I was not going to run. I lost all of my bravado as I realized that my status as the top female with the longest streak in the USRSA was gone. I sobbed uncontrollably for over an hour.

They sent me home with a huge cast for stabilization and a pharmacy full of pain meds. Surgery was set for Monday morning since the swelling wasn't too bad. When I came to, my husband was there consoling me. I still couldn't believe this had happened to me. I had never had an injury in all those years. My friends sent their condolences and best wishes, but it was as if there had been a death in my family. The pain in my ankle was awful, but the pain in my soul was worse. After a night of pushing the pain med button, I woke and decided that I couldn't just feel sorry for

myself. I had to get my ankle healed so that I could run once again.

I left the hospital with a cast, pain meds, a knee scooter, absolute NO WEIGHT-BEARING directives from my surgeon, and a “I shall return” attitude!! My husband had been in a very serious truck accident 7 years before and had his right leg amputated because of it. He knew exactly what I was going through and he helped me get used to having only one leg—how to get on my scooter, how to use the elevated seat on the toilet, how to bathe with one leg hanging out of the tub, how to use the walker to get out to the truck for doctor’s appointments. He has a wonderful prosthetic and was able to push me around St. Mary’s. Most importantly, he was my attitude coach. When I got discouraged and frustrated, he reminded me that all of this pain, inconvenience, and mind-numbing boredom would pass.

My surgeon put me on 9 weeks of non-weight-bearing. I applied for short-term disability through my job. I sat in one of the recliners day in and day out. Occasionally, I would ask Brent to drive me to the office so I could touch base with all of my colleagues who had to go the extra mile (pardon the pun) to handle my public defender cases. I was pretty good at scooting down the halls of the office. Lots of colleagues borrowed the scooter to race around the building. In spite of the fact that I wanted to put my foot down and walk, I didn’t. I was not going to do anything that would slow down my recovery. Once the 9 weeks passed, I gingerly walked about our small home, bracing myself against walls and furniture. I tired easily, but kept going. In mid-February, I attended a forensic science conference in Atlanta—without my scooter, just a cane. I was slow, but walked from one end of that huge hotel to the other for 6 days. My foot swelled up each day, which forced me to pile pillows under it to deduce the swelling.

My birthday is March 3. I had been telling everyone that I was going to run on my birthday. So on March 3, 2012, I laced up my Nike Frees, zipped up my running shirt and jacket, grabbed a hat and gloves and set off on a run. Brent accompanied me in the truck because we both knew that I would poop out. It was little more than a shuffle, but I managed to “run” 6 blocks before I ran out of steam. I felt tremendous. I knew then that I would soon start another streak. The next morning, with the same routine as the day before, I attempted run #2. This time, I passed the 6-block mark and continued around my whole 1.06 route. Brent kept signaling me to get in the truck, but I was not going to quit. I made it. The new streak had begun. I WAS BACK!!

My next goal was the Rochester Women’s Race in July. I finished a couple of minutes slower than I had one year before, but my sense of accomplishment was immense. I trained hard for the Twin Cities 10 Mile in October and came in 20 minutes faster than I expected. Since then, I have run several 5K and 10K races with increasingly faster times. In December, I began to do cycling classes twice a week. Personal records are being set each time I race. For the Frozen Goose 10K, I shaved 15 minutes off of my last 10K time in October. My time for the Get Lucky 7K in Minneapolis was 7 minutes faster than the last one I ran!! I have signed up for the Med City Half-Marathon and the Minnesota Tough Mudder tourney. The snow, ice, cold temperatures, and wind can’t keep me from running at least a mile each day. I celebrated the completion of my first year as a streaker on March 4. I am a stronger, faster runner now. All it took was a broken ankle!!

Ted Corbitt
Milestone #1
Most Training Miles Run in 7 Days
312.5 Miles (44.6 miles per day average)
September 1 – 7, 1966
Compiled by: Gary Corbitt (his son)

On four occasions Ted Corbitt completed 300-mile training weeks. The other instances were in September 1964 (303.5 miles), September 1965 (310 miles) and August/September 1969 (302 miles).

History Themes:

*The runners of this era were true amateur athletes with full-time jobs and families.

*This record training was done on a four day work week taking advantage of the three day Labor Day weekend.

*Ted's Manhattan Island (31 mile) runs became legendary. On Labor Day weekend he would run twice around Manhattan totaling 62 miles on three consecutive days.

*Based on my research this is the highest weekly training mileage ever documented in long distance running.

Milestone #46:

Ted Corbitt's longest workout ever was 101.5 Miles done on October 21-22, 1973 in preparation for his first and only 24 Hour race held in London two weeks later. The run took 22 hours, 2 minutes, 30 seconds.

Milestone #50: Revised

Ted Corbitt highest monthly training miles were in July 1969 (1,002.5 Miles) and August 1969 (994 Miles) at age 50. In July 1969 he rested four days while averaging 37 miles a day. He completed over 800 mile training months on four other occasions July 1968 (872), July 1973 (828 miles), August 1973 (817 miles), and January 1968 (806.6). These achievements happened while working full-time as a physical therapist. In July 1968, while averaging 36 miles a day; he was on his way to a 1,000 mile training month but missed 7 days due to an encounter with a dog that resulted in an injury.

Milestone #51:

Ted Corbitt ran two workouts per day for 13 consecutive years from January 1955 to July 24, 1968. During the third workout on this 36 mile July training day (20 miles to work; 3 miles lunchtime; 13 miles to home) Corbitt encountered a dog on the run home that led to an injury. His training diary entry on August 1st reads: "First day no attempt to run token or otherwise since 1953." The December 31, 1955 diary entry reads: "Impression: 2 a day workouts can be made into a routine habit."

Milestone #55:

Ted Corbitt's record mileage during a five day workweek was 207.2 miles done July 9 -13, 1973. This averages to 41.4 miles per day.

Training Record until 1956:

1949	98 Workouts	599.5 miles	
1950	121	1098.25	
1951	194	2604.25	
1952	287	2850.6	
1953	310	2397.3	Ran 271 days
1954	546	5144.55	Ran 365 days
1955	790	5181.85	Ran 365 days
1956	599	5506.55	January thru August - first 8 months. Did not keep updated tally after this.

"I have not totaled mileage per year since 1955 but I run over 5000 miles a year. From 1953 until August 25, 1968 I ran every day. An injury at the latter time made it impossible to run for weeks. Then in December 1968 I was in bed ill with influenza. I've run daily since recovery from that illness."

Based on Ted Corbitt's notes above, he had run at least 98,500 miles by the end of 1970. Since many of those years were probably much in excess of 5,000 miles, I will credit him with 5100 per year, giving him 100,000 as 1970 was completed. Hopefully, someone will be able to go over his records more thoroughly at some time and his total running mileage can be more accurately calculated.

"Man, that cat's late for work every morning."

- Conversation overheard by ultramarathoner Ted Corbitt, who used to run to the subway before work each day.

"Someone called the downgrade before Dale Hill the 'Valley of Shattered Dreams.'"

- Ted Corbitt, on the toughest part of the London-to-Brighton ultramarathon.

Editors note: Ted Corbitt (1919-2007), often called "the father of long distance running," was an ultramarathon pioneer, helping to revive interest in the sport in the United States in the 1960s and 1970s. Corbitt competed in the Marathon at the 1952 Summer Olympics in Helsinki placing 44th. In January 1954, he won the Philadelphia Marathon, the first of his four wins there. In May 1954, he won the Yonkers Marathon, becoming the U.S. National Marathon Champion. At various times, Corbitt held the U.S. track records for distances of 25 miles, the marathon, 40 miles, 50 miles and 100 miles. He remained a nationally competitive runner well into his fifties. In 2003, at 84, Corbitt completed a 24-hour race by walking 68 miles, finishing 17th in a field of 35 athletes.



Steve DeBoer

Traversing the Tundra in All 50 States + DC By: Steve DeBoer

Modern streak (daily) running began in the United States in the 1960s, as documented in previous Tundra articles. Ted Corbitt's son, Gary, has reviewed his father's running logs and verified he ran every day from Jan 1953 to July 24, 1968. He ran twice daily from 1955 to 1968. In 2012, we finally achieved the 50 States + DC goal – a documented streak runner in them all. Only 35 states + DC have had a female running daily. Below is a list of each state, their first documented streaker and some other interesting statistics. Ages of active oldest runners are as of May 15, 2013.

State	1 st Streak Runner	1 st Certified S Runner	1 st C.O.G.* S Runner	Current Male	Current Female	Oldest Ever	Youngest Ever
NY	T. Corbitt (01/53)	J. Behr (03/75)	D. Scialdo (05/07)	Tumidajewicz (12/78)	D. Scialdo (05/07)	G. Feld 77	D. Vincent 23
MA	A. Burfoot (1966)	R. Kmiec (04/74)	A. Brophy (11/80)	B. Robertson (02/77)	N. West (08/07)	H. Simon 70	T. West** 8 ½
MD	B. Ray (04/67)	B. Ray (04/67)	M. Roemer (08/81)	J. Roemer IV (11/78)	M. Sherrod (06/00)	J. Roemer III 75	K. Kroemer 14
CA	M. Covert (07/68)	M. Covert (07/68)	K. Queally (01/86)	M. Covert (07/68)	S. Favor (12/84)	D. Moberg 79	Y. Rust 12
PA	McLanahan (≤1968)	D. Slusser (01/72)	L. Estilow (10/99)	R. Zarambo (06/76)	L. Estilow (10/99)	B. Freed 66	B. Blaszyński 10
CT	B. Hensley (11/69)	B. Hensley (11/69)	Y. Faris (03/07)	F. Murolo (12/81)	Y. Faris (03/07)	J. Sinicrope 68	B. Hensley 15
MN	Mortenson (01/70)	S. DeBoer (06/71)	J. Maxwell (07/78)	S. DeBoer (06/71)	D. Dilling (03/10)	W. DeBoer** 85 ½	S. DeBoer 15

WA	J.Pearson (02/70)	J.Pearson (02/70)	S.Favor (12/84)	J.Pearson (02/70)	S.Box (01/11)	J.Pearson 69	J.Pearson** 8
½MI	W.Benton (03/70)	W.Benton (03/70)	K.Wallace (01/04)	W.Benton (04/77)	K.Wallace (06/09)	W.Benton 63	J.WallaceIV 13
AZ	K.Young (07/70)	K.Young (07/70)	J.Emch (04/11)	C.Davidson (11/78)	J.Emch (04/11)	R.Bartz 70	D.Cagle 18
TX	H.Fred (08/70)	H.Fred (08/70)	H.Nelson (12/06)	A.Galbraith (12/71)	H.Nelson (12/06)	H.Fred** 84	H.Nelson 15
TN	J.Simpson (08/71)	J.Simpson (08/71)	J.Hefferan (10/01)	JSimpson (08/71)	J Hefferan (10/01)	J.Simpson 75	R.Pett 19
CO	P.Driskill (06/72)	R.Nelson (08/81)	T.Brigner (01/07)	S.Snyder (12/81)	K.Luck (08/08)	P.Driskill 70	K.Luck 21
OR	D.Hamilton (08/72)	D.Hamilton (08/72)	P.Harkin (01/09)	D.Pereira (11/90)	P.Harkin (01/09)	D.Hamilton 56	D.Hamilton 17
FL	R.Kraft (01/75)	R.Kraft (01/75)	R.Gorman (12/08)	R.Kraft (01/75)	R.Gorman (12/08)	S.Weissman 73	J.Reid 11
IA	J.Liepa (03/75)	J.Liepa (03/75)	S.Kautman (12/06)	J.Liepa (01/77)	R.Clevenger (12/11)	J.Liepa 68	J.Liepa 30
ME	S.Reed (06/76)	S.Reed (06/76)	None	S.Reed (06/76)	None	S. Reed 65	S.Reed 28
NE	B.Abraham (12/76)	B.Abrahams (12/76)	None	J.Faz (12/90)	None	B.Abrahams 62	S.Falcon 17
NJ	B.Casey (05/77)	B.Casey (05/77)	L.Parton (04/95)	B. Casey (05/77)	A.West (05/05)	J.P.Growney 70	K.Corizzi 16
GA	R.Porter (12/77)	R.Porter (12/77)	M.Blackstock (09/79)	R.Porter (12/77)	None	J.Merritt 65	G.McAllister 19
WY	E.Rountree (10/77)	E.Rountree (10/77)	H.Hastings (09/84)	None	None	H.Hastings 67	E.Rountree 26
IN	J.Carlson (12/77)	J.Carlson (12/77)	E.Miron (09/02)	J.Carlson (12/77)	E.Miron (09/02)	W.Crutcher 74	E.Miron 16
OH	B.Sherman (05/78)	B.Sherman (05/78)	D.Moot (12/06)	B.Sherman (05/78)	None	M.Sklar 70	B.Sherman 23
ND	J.Lindley (12/78)	None	None	None	None	J.Lindley 63	J.Lindley 39
NC	CD.Todd (10/78)	CD.Todd (10/78)	B.Latta (12/83)	CD.Todd (10/78)	B.Latta (12/83)	E.Dupree 72	M.Ketterman 20
ID	J.Morgan (04/79)	J.Morgan (04/79)	None	J.Morgan (04/79)	None	J.Morgan 71	J.Morgan 38
SC	F.Gilmer (07/79)	F.Gilmer (07/79)	H.Koko (05/11)	R.Shealy (04/01)	H.Koko (05/11)	T.McDow IV 71	C.Robinson 25
MO	B.Stark (08/79)	B. Stark (08/79)	None	B. Stark (09/76)	None	D.Biersmith 75	D.Young 30
MT	J.Urbanski (03/80)	G.Jones (07/00)	E.Stevens (01/09)	S.Caldwell (05/11)	None None	G.Jones 61	J.Urbanski 16
WI	M.McAvoy (05/81)	M.McAvoy (05/81)	E.Runnoe (04/06)	R.Rusch (08/81)	E.Runnoe (11/07)	J.Koch 65	M.Runnoe 18
VA	G.Brown (07/81)	G. Brown (07/81)	S.Crabtree (12/08)	G.Brown (07/81)	S.Crabtree (12/08)	J.Morris 66	D.Woodson 20
SD	S.Morrow (08/81)	S.Morrow (08/81)	None	None	None	S.DeBoer 32	S.Morrow 17
LA	C.Matthews (10/81)	B.Jones (12/07)	J.Jones (12/07)	B.Jones (12/07)	J.Jones (12/07)	C.Matthews 60	J.Jones 35
IL	D.Nelson (01/82)	D.Nelson (01/82)	R.Nash (06/87)	R.Nash (06/87)	D.Eberhardt (05/07)	D.Nelson 66	C.Escue 34
NV	E.Rountree (04/82)	E.Rountree (04/82)	S.Minagil (10/94)	R.Read (09/84)	None	R.Read 60	C.Read 14

NH	K.Birse (04/82)	K.Birse (04/82)	N.Kocsis (05/86)	K.Birse (04/82)	None	R.Whittemore 63	K.Birse 21
AL	L.Galipeau (01/85)	L.Galipeau (01/85)	None	P.Whatley (07/04)	None	L.Galipeau 64	D.Taylor 20
WV	K.Brown (11/85)	K. Brown (11/85)	None	K. Brown (11/85)	None	K.Brown 64	K.Brown 36
DE	R.McKinney (01/86)	R.McKinney (01/86)	None	R.McKinney (01/86)	None	R.McKinney 68	J.Garber 30
KS	J.Morgan (12/90)	J.Morgan (12/90)	None	J.Janes (12/91)	None	J.Janes 65	J.Morgan 34
AR	L.Burton (1994)	L.Burton (1994)	B.Stark (2007)	R.Hill (01/08)	None	L.Burton 75	D.Reynolds 35
MS	J.Nikolic (04/95)	J.Nikolic (04/95)	None	J.Nikolic (04/95)	None	J.Nikolic 70	C.Robinson 23
UT	J.Shumway (10/99)	J.Shumway (10/99)	D.Shumway (05/00)	J.Shumway (12/09)	D.Shumway (05/00)	C.Petrone 61	D.Shumway 45
VT	F.Garrow (04/05)	F.Garrow (04/05)	A.Bliss (11/11)	F.Garrow (04/05)	A.Bliss (11/11)	F.Garrow 58	A.Bliss 43
KY	BJ.David (12/07)	BJ.David (12/07)	None	BJ.David (12/07)	None	BJ.David 39	BJ.David 33
OK	C.Wright (01/08)	C.Wright (01/08)	C.Hutchison (12/08)	C.Hutchison (12/08)	C.Wright (07/09)	J.Blumenthal 53	C.Hutchison 37
DC	K.Rapp (09/08)	K.Rapp (09/08)	L.Jack (08/11)	K.Rapp (09/08)	L.Jack (08/11)	L.Jack 36	K.Rapp 25
HI	W.Nastivar (06/09)	W.Nastivar (06/09)	E.Gorman (12/11)	W.Nastivar (06/09)	E.Gorman (12/11)	E.Gorman 41	W.Nastivar 21
AK	R.Wegner (01/11)	R.Wegner (01/11)	T.Taylor (01/11)	None	None	R.Wegner 50	T.Taylor 41
RI	Jo.Mosby (09/11)	Jo.Mosby (09/11)	None	None	None	Jo.Mosby 48	Ja.Mosby 12
NM	J.Ostroski (10/11)	J.Ostroski (10/11)	None	J.Ostroski (10/11)	None	J.Ostroski 32	J. Ostroski 31

*Certified Opposite Gender

** Two youngest (Joel Pearson 8 yr 10 mo; Tim West (8 yr 11 mo) & two oldest (Wendell DeBoer 85 yr 7 mo; Herb Fred 84 yr current) streak runners ever.

MA – Amby Burfoot ran daily for over 2 years but has never certified his streak.

MD – Kurt Kroemer started running daily in 1976 but sometimes ran less than 1 mile per day and never certified a streak. Bob Ray was first American to run daily for 20 & 30 years.

CA – Mark Covert (45 yr) & Jon Sutherland (44 yr) have 2 longest identified streaks ever & are first to run over 40 years. CA has the most identified (62) and most active (42).

PA – Bruce McLanahan ran daily in high school (mentioned in *Runner's World* 1977 article on streak running by Nick Marshall).

MN - Bruce Mortenson never certified his running streaks in the 1970s and 1980s. Steve, Dave and Wendell DeBoer were first family to have 2 and 3 streak runners. Julie Maxwell has longest retired female streak (33 ½ yrs). MN has highest rate (4.71/million).

WA – Joel Pearson began daily running with his dad, Jim. Jim's other children, Paige (youngest F at 13 yr 1 mo) and Hopper, plus brother Don, makes them family with most streakers.

MI – Larry Sutherland began his exactly 30-year streak (1/1/77) before William Benton began his second one. Larry's buddy, Al Kayner, had run every day in 1976 and challenged him to do it. Larry moved to CT in 1997.

AZ – Ken Young lived in Arizona when he began daily runs and has longest retired streak (41 ½ yrs).

TX – Herb Fred is oldest active (84) and has the most certified streaks (7).

CO – Paul Driskill ran daily for 35 years until almost killed by hit & run driver one morning. He survived & returned to running but never certified his streak. He died in 2011 from Hepatitis C, due to a blood transfusion many years before.

OR – Bob Hensley moved to Oregon in August 1972 to attend college, but I do not know if he arrived before Dave Hamilton began streaking.

FL – Robert “Raven” Kraft has run on the same area of beach since his streak began, never run less than 5.5 miles, the highest minimum of anyone who has run daily over 30 years.

IA – John Liepa would have the 10th longest active streak if he had not missed 1-1-1977 after hosting a NY Eve party. He is the only streaker born in WWII settlement camp.

ME – Stephen Reed and Stephen Gould are only certified streak runners from Maine, though Steve retired his last streak before moving there – 100% Steves.

NE – Barry Abrahams would have had the 15th longest active streak end of 2012 if he had not missed 3 days end of 1977. His streak ended January 16, 2013, after having double knee replacement surgery.

WY – Elaine Rountree is only runner to be the first in 2 states (WY & NV), though Bob Hensley might be (CT & OR), if he moved to OR early August 1972. Eileen’s first streak is the oldest for F but not discovered until 2011.

ND – Jim Lindley never certified his streak (only one identified in ND) and moved to Iowa in Feb 2003 – continued to run daily until Feb 2008; now walks 30 minutes daily, missing a day occasionally.

NC – Barbara Latta has current longest F streak (29 ½ yrs) and is oldest F ever (72).

MO – Bill Stark began daily runs in MD, moving to MO in August 1979.

MT – Jeff Urbanski never certified his streak. Gary Jones moved from WA to MT July 2000. Erin Stevens moved to NY in 2012, so currently no active F.

WI – Mike McAvoy moved to MN in 2006. John Chandler’s streak began 6 days after Richard Rusch started his.

SD – Both Steve Morrow & Steve DeBoer lived here in 1980s, so it, like ME, had 100% Steves. None since Steve M. left May 1988.

LA – Charlton Matthews never certified his streak so don’t know if it continued past 2001. No one to keep up with the Joneses.

IL – Diane Nelson 2nd female to be first in a state, now on her 3rd streak.

NV – Elaine Rountree moved to NV between 1st and 2nd streaks. Randy Read moved from CA in early 2000s.

NH – Nancy Kocsis just recently submitted her running streak, which lasted for 17 years.

AL – Dink Taylor never certified his streak which lasted from 1986 into the early 2000s.

WV – Ken Brown is only resident identified who has run daily.

AR – Len Burton moved from MO to AR in 1994. Brenda Stark started daily runs in 2007 but broke streak in less than two months so never certified.

MS – Christopher Robinson moved from MS to SC before his streak ended in 2011, so listed from SC, but youngest in 2 states.

UT – Christine Petrone is oldest current streak runner but will not reach 1 year of her streak until December 2013.

KY – Basheer J David is only resident identified who has run daily.

AK – Rhonda Wegner began running streak 1 day before her boyfriend, Todd Taylor, began his.

RI – John & Jacob Mosby (father and son) each ran daily for 1 year and then retired, 100% Mosbys.

NM – Jared Ostroski reached one year of his certified streak on October 24, 2012, just under 60 years since Ted Corbitt began daily runs.



Christine Petrone

CHRISTINE PETRONE JOINS USRSA

I began running about age 35 and racing shortly before my 40th birthday. At the age of 43 I went back to college and ran for two years on their cross country team. I also earned the Scholar Athlete Award. During my graduate studies at Yale Divinity School I began training for my first marathon (Greater Hartford) in 1997. The following year, June 1998, I ran the inaugural Rock n Roll Marathon in San Diego, CA.

I have coached high school cross country and track and field for 15 years at three different schools.

Shorter races including half marathons filled my time until I was diagnosed with Hodgkin's Lymphoma in 2000. After treatment my running continued. Following a move to UT, I decided to celebrate my 5 year cancer-free anniversary (2006) by again running a marathon and helping to raise funds for

cancer research through the Huntsman Cancer Foundation. Since then I have run a marathon and at least two half-marathons per year. This past December 2012, I ran my 9th marathon at the California International Marathon in Sacramento.

I came across this association in a book on running and decided to attempt a running streak (one day at a time) beginning 12/31/12. I surprised myself and have currently run 62 days in a row [March 2, 2013]. I am currently training for the SLC half-marathon in April 2013 as well as the Utah Valley Marathon in June. I hope to qualify for the Boston Marathon by finishing in less than 4:25.

Christine Petrone
South Jordan, Utah

DEBBIE DILLING JOINS USRSA

I began my running career when I moved to Rochester, MN in 1979. Running was something I could do by myself and I didn't need a special facility to do my sport. I enjoyed it immensely and started doing races; anywhere from 10K to marathon. I even had a couple Grandma's marathons in Duluth, MN where my time was less than 3 hours. That was in my younger days and before I had children. I have always kept up my running, but children and family activities came first. But I would always fit in my run somewhere each day. I have been lucky in that I have not had any major injuries. I enjoy running outside no matter what the weather is like. And in Minnesota one never knows what we will get! Currently, I get up each morning and run before work. It is a great way to start the day! And on weekends I just get to run longer.

Debbie Dilling
Rochester, Minnesota



Joe Call & Preston Giet

PRESTON GIET'S & JOE CALL'S STREAKS HIT 5 YEARS

Joe Call and I are both still going strong with the streak we started back in January of 2008. We have been training for and competing in races, and have had a lot of success in the last year. In June we won the SOAR Highlands Adventure Race. It was a course of about 50 miles that we completed in just a hair under 6 hours. We also ran the Charleston Marathon in December, and just this past week completed the Pangea Sea 2 Sea Adventure Race across the state of Florida. This race is a 72-hour race that combines running, trekking, biking, canoeing, and orienteering. It was a wild, cold, wet and exhausting race, but we had an absolutely amazing time. We have several more races on the schedule for the coming year, and can't wait to see what the year holds for us.

Keep on Running!

Preston Giet
Summerville, South Carolina



Geza Feld

GEZA FELD WAS YOUNG FREEDOM FIGHTER IN THE 1956 HUNGARIAN REVOLUTION

Editor's note: The following message was received from Geza Feld in response to my post in the last issue of *The Streak Registry*: "Born in '56, I ran 56 races last year at the age of 56."

I just read your writing on the significance of 56. As a historian it might interest you about another important reference to 56: the Hungarian Revolution of 1956. I was there as a young Freedom Fighter, fighting the Russians. They gave me my first streak of running 2 consecutive days while dodging bullets at the same street, same corner. That was the first crack in the Iron Curtain and interestingly the Hungarians provided the last one too in 1989 when they allowed East Germans to get around the Berlin Wall by opening their border to Austria. Yes 56 is important for the entire world for more than one reason. Congratulations.

Geza Feld
Farmingdale, New York



Paul Temple

PAUL TEMPLE JOINS USRSA

I am thrilled to be apart of the association. My streak began on New Years Eve (12/31/11) after years of racing and achieving my PR goals in various distances. I was pondering "what now?"

I had already won many age group and masters divisions awards in most of my local races and I had just achieved a 5k goal that I had been trying to achieve for over a year. These were all great accomplishments that I am still very proud of but all of the complexity of the training schedule with the prescribed workouts along with the race related stresses were beginning to completely take the joy out of my love of running. So as I sat there on New Years Eve contemplating "what now?" I knew that I had to have a goal to strive toward, but I also just wanted to be able to return to the simple joy of just putting on my running clothes and shoes and going out for a run for the sheer pleasure of running without having to think about how far and at what intensity so that it would fit into the "training schedule."

I had just read a story in the newspaper about someone with a running streak so I quickly wondered if I could maybe run everyday of the upcoming year. Three hundred and sixty-six days thanks to leap year. So that was my goal. Everyday no matter what.

Well the year quickly came and went and what I thought would be more of a chore - at least some of the days - was actually more refreshing and enjoyable than I had imagined. Don't get me wrong, I wasn't always thrilled to head out the door, especially in a torrential downpour or when I was feeling ill, but there were only a handful of those days and after all I was always glad that I persevered and completed the daily run. And, as the year went on it was not only something that I looked forward to each day but the actual activity of going for a run became as simple as going to the mailbox to get the mail. So simple and enjoyable that the goal went from running everyday of 2012 to running everyday for as long as it's physically possible, which I hope will be a very long time.

Paul Temple
Germantown, Tennessee



Paul Temple



Jack Johnson

JACK JOHNSON'S STREAK HITS 23 YEARS

Thanks for the message on the anniversary of my running streak. I am 60-years old and have been a Type 1 Diabetic since I was 16. I use an insulin pump and sensor and would like to know if there are any more diabetics out there who have running streaks. I have taught music for 39 years and am going to retire at the end of this year. I have taught mostly High School Band which requires a lot of hours after school so most of my running is done early mornings.

I raced a lot when I was younger and have run Boston twice, Chicago twice, New York, and several other Marathons. This will be the 3rd year in a row to run the Indianapolis Mini-Marathon. I ran the first 20 in a row when that race first started.

I have averaged 5.9 miles a day during my streak. I have run over 2000 miles every year of the streak and when I raced more I had 2 years of over 3000 miles a year. I love to run trails and have run to the bottom of the Grand Canyon and back up. This was one of my most favorite runs.

I start every run with the Prayer Of Jabez, The Lords Prayer, and my own prayer list. My running is my time of peace and thought.

I know my running gives me so much strength and helps me better control my diabetes. I hope I'll never have to stop.

Jack Johnson
Shelbyville, Indiana



Jack Johnson

Picture "taken with Channel 6 news in Indianapolis when they did a short feature for my 20th anniversary."



Chip LeDuff

CHIP LEDUFF'S STREAK HITS 4 YEARS

As with every day, I'm amazed that I've been able to go this long. I'm thankful my body has been able to keep up. I'm thankful that my wife is on board with it. (She started it.) I'm thankful for the running partners I've had along the way who have kept me motivated and put in the miles with me. I'm thankful for the quiet reflection the solitary miles have given me...especially since November.

In the past year, I haven't done too many races or run nearly as many miles as I had the previous three years. Hoping to get more miles this year. The biggest running milestone over the past year was the completion of the 50K. Honestly, the only training that I had for that race was the barebones minimum to keep my streak alive. Looking back at the month of December, I ran 65.3 miles for the month - 31 of them were in that race.

So mileage for the past year was 709 miles run over 96 hours, 54 minutes, 59 seconds. Including today's run, I've done 3,727 streak miles over the past 1,462 days of streaking. Even though this is day one of the next year of streaking, I'm looking forward to making it into "The Proficient" category (5+ years) on the Active Streak List.

As always, I'm looking forward to another year of streak running with Brooks Sports as my sponsor. I mean, really, if I'm going to be running every day, I should be running in the best running shoes and attire and spreading the Run Happy Spirit with every run.

Start of year five...go!

Chip LeDuff
Nacadoches, Texas

JOHN CORRETTI STREAK ENDS AFTER 708 DAYS

I am writing to inform you that due to a struggle with runner's knee I have ended my run streak as of March 22nd, 2012. Please take me off of the active list for now.

John A. Corretti
Killeen, Texas

RON SHEALY STREAK HITS 12 YEARS

I ran five miles after church today [March 31, 2013] to "close the deal" on 12 years. I also reached 75k career miles earlier in the month.

Ron Shealy
Lexington, South Carolina



Jay Frank and Tahoe

JAY FRANK'S STREAK HITS 2 YEARS

This past year 99% of my runs have been with my dog Tahoe. And ever so often, my incredible wife Elvia. This dog has guaranteed that I get out every day. He will be on top of our bed by 5-5:30am ready to go - rain or shine, cold or heat!

Our minimum mileage is about 3m and our max has been 8-12m. We run in our neighborhood and on local trails. We've met many wonderful people on our "journeys" and have made new friends - both runners and non-runners.

During the past year I've run 7 half marathons and a few Xterra trail runs as well. In fact I have the Great Race of Agoura 1/2 Marathon coming up on Saturday [email dated March 20, 2013].

I do 99% of my runs in the early morning hours and it energizes me for the day ahead. It's funny... I never thought I'd be able to keep up the daily runs - but now its like an addiction! I'm really miserable if I don't get my run in right away.

Jay Frank
Oak Park, California

TRAVIS WHEELER'S STREAK HITS 2 YEARS

Yes, today [April 12, 2013] wraps up year 2 of the streak. Oddly, I used to have problems with shin splints and occasionally knee pain. Not any more. Sometimes have to go at strange times or places but used to that at well. When I was about 3 months into the streak, I did a 24-hour bike ride. It started at 6:00 pm Friday and ended 6:00 the next day. At midnight, after having ridden about 110 miles, I changed into running shoes and ran about a mile and a half. Went longer than anticipated because it felt so great--loosened up sore cycling muscles and really have me a second wind. At any rate, the streak has been fun, and I have no plans to end it any time soon.

Travis Wheeler
Columbia, South Carolina

BRIAN CANIGLIA'S STREAK HITS 1 YEAR

My streak is still active! Going on a year and 2 days strong [April 3, 2013]. I would like to say my dad lives in Kansas City, Mo and I live in Phoenix, AZ. On my one year my dad could not fly out to run with me so we compromised and I got my headphones in and he got his headphones in and we ran together at the same time while talking to one another. It was 7:30 my time and 9:30 his time at night. We were 1500 miles away but that did not stop him or I running together like he said he wanted to on my anniversary. Also I sprained my ankle and broke my finger in November playing softball but, nothing will keep me from doing my streak!

Brian Caniglia
Phoenix, Arizona



Raymond Stone (middle) with family.

RAYMOND STONE JOINS USRSA

I started running April 1, 2012 to get back in shape for a trip to Cancun, Mexico. I became obsessed with it right away and began to log miles. It was very difficult to even run 5 miles a week in the beginning but the more I ran the more I wanted to run.

As of 1 year later I am running 20 or so miles per week, as little as 1 mile and as much as 13.1. Though I have run 2 5K's, I really only run for the exercise.

I have been running everyday for about 26 days now after reading about it in a recent magazine and am currently going through my first cold (sickness) but getting it done anyway.

Raymond Stone
Garland, Texas

TERRY HONN JOINS USRSA

While growing up, I never enjoyed running, of any kind, at any time, being forced to do so during various sports and other athletic practices. I remember my last tennis practice as a senior in high school and thinking to myself that no one could ever make me run ever again, and how it felt to know that.

In fact, I probably didn't run again, on purpose, until January of 2010. At that time, I began a weight-loss competition at work, and during the course of the next 10 months began running a couple hundred feet a day at 250 lbs, to the process of culminating in October 2010 with a non-stop, no-walk 2:09 half marathon at 185 lbs.

I quit running regularly again until deciding to start again on January 1st, 2012, and realized on January 7th that I had not missed any days, and decided to see how many days straight I could go.

A month or so later, I heard about runeveryday.com and decided to see if I could make it a year, and as of today [April 23, 2013], I'm 478 days in.

I've run distances from one mile and one step, up to ten miles. I hope to be in another half-marathon this year, and perhaps a full one in 2014.

The biggest benefit I've found for the streak is that it gets me out there EVERY DAY. No matter what, I run in all kinds of weather, in all emotions, whether I feel like it or not. And that's no small accomplishment. Thank you for your organization.

Terry Honn
Hutchinson, Kansas



Lindsay Shoop-Defelice & Les Shoop

LES SHOOP'S STREAK HITS 33 YEARS

The greatest gift my running streak has given to me is paying my running forward to my daughter Lindsay. She was never a runner during her high school years. In fact she hated running. I am proud to say she has become quite the runner. She has completed her first half marathon and we are running the Pittsburgh marathon as part of a relay team. She is smart enough though to take a day off unlike her father.

Les Shoop
Sarver, Pennsylvania

JOHN MORGAN'S STREAK HITS 34 YEARS

With the events of Patriots Day in Boston and Copley Square still fresh in our minds, it's a little difficult to get too serious about a streak anniversary. Add to that, 2 simultaneous Church fires

(arson induced) in Emmett, Idaho this last Saturday morning, 4/27/13, and it seems rather trivial to expound on something as trite as a running streak.

Be that as it may, I did my little 3-mile run this morning [April 29, 2013]. Isn't that the way we all handle life's turmoil, troubles and upsets? We just go out and run anyway.

Afterwards, I was interviewed by a reporter from our local newspaper. He shot a few frames of me jogging down a farm road and we talked. He was quite taken by my collection of running logs and shot some pics of them too. I expressed my surprise that in the state of Idaho, 1.5 million population only John Watts & I are listed in the U.S.R.S.A. registry. This is a state of many popular outdoor athletic activities, in which many people participate.

So, after all these years of training, racing and running every day, I find myself with a bit of arthritis. It just started this year, in the wrists and hands but has now migrated to the left ankle. This could be problematic. We all know what the Doc's will say. Stay off it, don't run, ice it, etc. Well, I'm icing it!

Back in the day, when a little "hurt" popped up, we just ran through it. Sure enough, after a while it went away. The V.A. hospital in Boise has things well in hand. They have me on 3 different arthritis meds, all of which make me feel like c*!@. (that means not good).

So? Just like all the little physical problems we have as every day runners, some good days some not so good. We just keep on keeping on don't we?

God bless you all. See ya on the roads.

John W. Morgan
Emmett, Idaho

AL WEDDLE JOINS USRSA

Running continues to be a special part of my life. I started out as a kid in the neighborhood playing games like kickball, tag, football, and basketball. I entered the Marine Corps at eighteen years of age. I continued to run during boot camp, and at various times while in the military.

I left the Marine Corps after 11 years. I began working for U.S. Airways and also enlisted in the Navy Reserve. I recall seeing a fellow reservist out running pretty much every day of our scheduled drill weekends. I asked a few questions about why he ran all the time. He soon roped me into going on a run with him.

I knew very little about running on a (serious) basis. The first few runs were in street shoes. Mike, the friend that coerced me into running, said I needed different shoes. I got my first pair of real running shoes and off I went. That was 1993, and so began the running lifestyle for me.

I eased into the daily runs, and all that goes with it, good and bad. I pushed through the new hurdles: shin splints, stitches, new aches and pains. The new benefits included better cardiovascular health, more energy, better sleep, new friends, and eating all the time with no weight gain.

I ran my first marathon the following year. I finished at about 4 hours and 40 minutes. I swore I would never do another marathon. I did 14 more including Kansas City, Philadelphia, and Boston. It was during this time that I read an article in *Runner's World* that featured Jimmy Behr. This was a guy who had been running every day for a number of years without missing a day.

You really have to admire a person with that kind of dedication. I read how he ran every day no matter what. I thought to myself that I would try this.

On February 6, 1995, I began running every day. I continued this until October of 2000. During this time, I did multiple road races and the streak ended the day after I did an Ironman triathlon in Panama City, Florida.

From then until now, I continued to run consistently, missing only a few days here and there. I saw your website and decided I would start another one. I began running after recovering from hernia surgery two years ago. I've done a couple of half marathons, and am getting ready to sign up for the Ragnar relay, a 200-mile race with teams of 12. Well, that's about it. Sorry it took so long to get this to you.

Al Weddle
Chesapeake, Virginia

RON SHEALY'S STREAK HITS 12 YEARS

March 31st marked the completion of 12 years of streaking. Year 12 was mostly uneventful, except for an extremely sore foot at one point that had me thinking I'd never run (or walk without a limp) again. But we all know how that goes. I was able to tape up, double sock, and Advil out a slow two miles about 10 hours later, and then build back up to my regular mileage by two or three weeks later.

In addition to maintaining the streak, I also reached 75K career miles in March. Best wishes to everyone.

Ron Shealy
Lexington, SC



Yvette Faris completing her 6,000th streak mile.

YVETTE FARIS' STREAK HITS 6 YEARS

Although I had a couple of "Near Streak Death Experiences," I am happy to be able to report that my streak continues and was able to make it to year six. However, this year was very, very close.

Last summer I had a waterskiing accident and my legs did what I call the chicken wishbone split. Although I could barely walk, the next day I somehow found it in me to run/hobble the minimum 1-mile. I can imagine what a site it was to see a woman with bruises up and down her hips/legs, hobbling around a track. It was my first 16-minute mile. I logged a scant 20 miles over the next two weeks, but that allowed me to keep this going.

Then in the fall, I had a battle with a log splitter, and the log splitter won (they always do). Although one would think that an injury to the hand, shouldn't impact the ability to run, trust me when I tell you that nerves crushed from 22 tons of force, will not want to be moved, touched, jarred or even looked at, let

alone bounced around during a run. But, with A LOT of determination and some good pain meds, I was able to slog out another mile by holding my arm up high and swinging across my chest to minimize any jarring. I made it.

But despite some close calls, my health is back to "great." My streak lives on, and I couldn't be happier. The closer you get to losing something, the more appreciative you are for what you have.

Every anniversary, I celebrate with a special run of some sort. This year I celebrated with my husband and brother/sister in-law, with a lovely snow trail run in Vermont, ending with awesome micro-brews stashed in an outdoors sauna. Life is good.

Yvette Faris
Wallingford, Connecticut

BRUCE SHERMAN'S STREAK HITS 35 YEARS

Thanks for marking my 35th anniversary [May 16, 2013]. The official run for the day is "in the books."

Bruce A. Sherman
Shaker Heights, Ohio

BARRY ABRAHAMS' STREAK ENDS AFTER 35 YEARS (12,800 DAYS)

OK, here's the big announcement. My streak ended on January 16th of this year. I had double knee replacement surgery on the 16th. I ran one mile that morning, so that was the last day of the streak.

Barry Abrahams
Lincoln, Nebraska

CHARLES HOLMBERG'S STREAK HITS 34 YEARS

Celebrated my 34th year running in a light rain this morning [March 20, 2013]. I am now at 69,100 miles for my streak. Counting leap days, today was day 12,419 for me or 5.56 miles per day average...only 5,603 more miles to complete my third trip around the earth at the equator...hardest part is when I am running over water...I just step up the pace and have been able to make it!

I retired from my job on New Year's Eve 2012 and one of the projects on my bucket list was to go through my running logs from 1979 forward to see how many places I have run...here are the details:

32 United States and Washington D.C.
219 US Cities
3 Canadian Provinces
4 foreign countries
9 foreign cities

States run in other than my home state of California (where I have run in 115 locations):

Oregon, Colorado, Minnesota, Washington, Utah, Wyoming, Virginia, Arizona, Nevada, Maryland, Tennessee, Pennsylvania, Delaware, Missouri, Louisiana, Texas, Oklahoma, South Carolina, Georgia, Idaho, Florida, New York, New Mexico, Massachusetts, Mississippi, Connecticut, Indiana, Illinois, West Virginia, Hawaii and Wisconsin.

Foreign countries:
Canada (Alberta, Ontario and Quebec)
Mexico
France
Netherlands

My next step will be to create a spreadsheet and enter all of the

locations - maybe I will have that for you on my 35th next year!

Thanks for all that you do in communicating with the group.

Charles Holmberg
Modesto, California

RAVEN KRAFT STREAK RUNS AND SINGS

It has been awhile but as usual enjoyed the spring issue. I am making it but suffering severe back pain. It usually takes 2-4 miles for the endorphins to kick in. I have to take some pain meds but they don't do much. I made 112,000 miles streak running on April 29th and 14,000-days on April 30th.

I have produced a new CD called "Unstoppable." If anyone wants to buy a copy, it is \$12 (including postage) and \$20 for a T-shirt (including postage). I wrote all of the songs except track #6. There is even a song I wrote about myself called "8 Miles Gone (Run Raven Run)" on track #7.

Moving very slow – but moving & running still. Always enjoy reading about the streakers and our common bond "Running." Run Long – Run Strong.

Raven Kraft
Miami Beach, Florida

OWEN BARWELL'S STREAK ENDS AFTER 439 DAYS

I retired my streak with the Rock'n'Roll Nation's half marathon on March 15th, after 439 days and 1,029 miles. What an experience! And, if nothing else, it turned around my health and fitness.

Owen Barwell
Alexandria, Virginia

PATRICK REED JOINS USRSA

I began running 30 years ago just before my 8th grade year. I had been a soccer player and continued to play on traveling teams, but became a full-time (3 season) runner all 4 years at St. Andrew's Episcopal School in Bethesda, Maryland. I enjoyed success during these years earning all-conference accolades each year.

I was recruited to run for Colby College in Waterville, Maine, where I ran one season of cross-country and one season of both indoors and outdoor track. Apparently, I hadn't rid myself of the soccer bug, as I returned to that sport and played soccer my remaining 3 years. I was able to use my running base to earn a starting spot on our varsity team for each of those years.

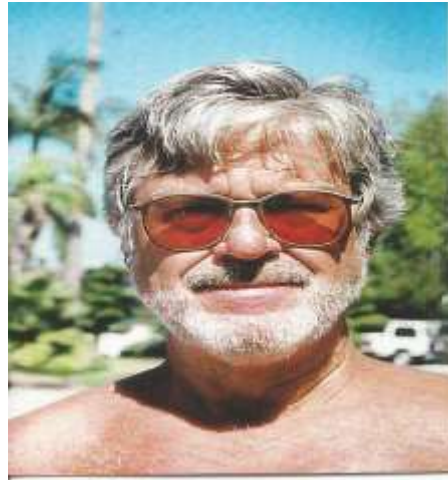
After college, I rediscovered my running passion and began to compete competitively in marathons, eventually seeking an Olympic Trails birth. Though that later goal never came true, I did win a couple of half-marathons including the Santa Barbara Half Marathon, and I placed 3rd in the Philadelphia Marathon (1998) and the Marine Corp Marathon (1997), and 4th at the Vermont City Marathon.

I was a consistent 2:25 marathoner. Eventually, I got my half-marathon PB down to 1:05:42 (every second counts) and was honored by being invited to run in Sendai, Japan, in their renowned half by representing the city of Riverside, California.

My streak began in 2008 when I began my 5K-a-day program. After nearly 3.5 years of that streak, I injured my Achilles and missed a full year. But now I am back to streak running again. I am now 50-days into my streak and not planning

on stopping! I am also the author of the Run5Kaday.com blog. So there's my story. I love to run. And run. And run.

Patrick Reed
San Luis Obispo, California



Craig Snapp

DINOSAUR'S DIARY – PAGE 1979 – (MARATHON PR, AND OTHER LIES!)

In Pterodactyl Ptimes, many Millenniums ago, (or, was it Dec., 1981!?), my Nike shoes "flashed" across the Marathon Finish Line in 2:42:24, my PR. (As a Sign Of The Times, this Arizona race had maybe two-thousand folks, and I did not finish in the Top Hundred.) I had a couple of Marathons afterwards where I had "doable" chances of improving on that, yet, they turned into "don'tables."

Flashing back to April, 1979 : A large group of San Diegans had traveled together to Massachusetts, to do a Marathon, which started on a Monday, at High Noon. Sue Krenn was in our group. At the Starting Line, it was a non-San-Diego-like 42 degrees with light drizzle, and she mentioned that she hadn't brought any gloves. I loaned her

a pair of my socks, she put them over her hands, taped them to her wrists, and she was ready for Showtime.

Her PR was 2:45, set only three months before, yet, she blasted a 2:38:50! She finished third, only three minutes behind Joanie Benoit's American Record performance, and only 28 seconds behind Patti Lyons' huge PR performance! Sue had been Sue-Per Woman!

(I sneaked in a then-PR of my own, "only" eight-and-a-half minutes behind Sue. As Celebratory as I was in the finish area of The Prudential's underground garage, I could not even approach being on the same radar screen as Sue, who appeared to be levitating above the ground, about 2.62 feet!)

Unfortunately, As Life Goes, hers ended only five years later. Of all of the amazing things she achieved in her way-too-short life, that race represents to me a wonderful example of what Sue Could Do!

Now, flashing forward to today: Someone asked me, "What is your Marathon PR!?" Remembering Sue, and her terrific sense of humor, I answered, "Well, ... my SHOES have done a 2:42, but, ... my SOCKS have done a 2:38!"

(When does "Consistency" become "Stuck In A Rut"!?)

NO. OF WEEKS WITH AT LEAST 100 MILES: 143

NO. OF DAYS WITH AT LEAST THREE HOURS OF RUNNING: 164

NO. OF DAYS FINDING AT LEAST ONE COIN: 649

NO. OF DAYS WITH AT LEAST TWO HOURS OF RUNNING: 1,787

NO. OF DAYS WITH AT LEAST THREE MILES OF RUNNING: 5,500

(When does "OCD" become "DOA"!?)

A NUMBER NERDSTER'S COMMENTS ON BEST MARATHON TIMES IN HISTORY (WRITTEN 4-16-13)

34 years ago today, I was lucky enough to do my first Boston. Boston Billy Rodgers won in 2:09:27. Even back then, I was a Stat Freak, and knew that that was the 4th Fastest In History, and the 6th Sub-2:10! Obviously, given my Nerdsterism, I could recite all of the Sub-2:10's, giving time, location, and runner. (And, as my Running Buddies complained, I did that Recitation WAY too often!) So, now, I thought I'd do an update on Best Marathon Times, and how they compare to Those Golden Days! :

When Mister Rodgers blasted that time, The World Record had already lasted a Decade, at 2:08:34, by Derek Clayton. Some experts thought that Record would last for, ... well, ... A Real Long Time! Today, 2:08:34 ranks as, ... (Say It Ain't So!)... #745!

Bill's 2:09:27 would be his Permanent PR, and was The American Record, and The Boston Course Record! Today, that time, (which made me feel Bostonly Blessed to have been on the same course, on the same day!), ranks as, ... (This Hurts To Type!) ... #1,343!

And, A Sub-2:10, (4:57.4 Per Freakin' Mile!), ranks as, ... (Who Could Have Gussed!?) ... #1,778! (And, NO, I can't recite them all!)

I still cherish Those Golden Days! I am in Awe of These God-Speed Days! As someone else said, "The Times – They Are A-Changin'!"

Craig Snapp
El Cajon, California

Official U.S.A. Active Running Streak List

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

June 1, 2013

	The Legends (40+yrs)		
1.	Mark Covert	07/23/68	Lancaster, CA, Teacher/Coach, 62
2.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 62
3.	Jim Pearson	02/16/70	Bellingham, WA, Retired, 69
4.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 58
5.	Jon A. Simpson	08/30/71	Memphis, TN, Dentist, 75
6.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 62
7.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 58
8.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 58
	The Grand Masters (35+yrs)		
9.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 62
10.	James Behr	03/19/75	Trinity, FL, Educator, 65
11.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 64
11.	Robert J. Zarambo	06/16/76	Whitehall, PA, Retired, 65
13.	William S. Stark	09/10/76	St. Louis, MO, Professor, 65
14.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 68
15.	John Liepa	01/02/77	Indianola, IA, Professor, 68 *
16.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 60
17.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 62 *
18.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 54
19.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 71
20.	Rick Porter	12/03/77	Decatur, GA, Developer, 60
21.	John T. Carlson	12/26/77	Indianapolis, IN, Athletic Director, 59
22.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 63
23.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 55
24.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 58
	The Masters (30+yrs)		
25.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 61
26.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 62
27.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 53
28.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 59
29.	Ron Jackson	11/26/78	Seattle, WA, Social Worker, 67
30.	Scott Ludwig	11/30/78	Peachtree City, GA, Operations Manager, 58
31.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 58
32.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 66
33.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 66
34.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 64
35.	John W. Morgan	04/29/79	Emmett, ID, Business Owner, 71
36.	Bill Beach	10/28/79	Macomb, MI, Cross Country Coach, 65

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

82.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 48
83.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 62
84.	Hal Gensler	12/04/89	New River, AZ, Retired, 66
85.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 62
85.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 37
85.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 57
88.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 61
89.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 72
90.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 74 *
91.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 61
92.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 62
93.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 63
94.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 55
95.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 61
96.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgt(R), 60
97.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 56
97.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 59
99.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 63
100.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 41
101.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 63
102.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 63
103.	Jon Janes	12/19/91	Topeka, KS, TV News, 65
104.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 50 (F)
105.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 56
	The Well Versed (15+yrs)		
106.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 72
107.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 72
108.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 57
109.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 57
110.	Joel Pearson	09/03/94	Bellingham, WA, College Track Coach, 27
111.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 57
112.	Richard Corbin	01/01/95	Jacksonville, FL, Sales, 58
113.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 70
114.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 61
115.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 58 *
116.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 65
116.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 57
118.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 66
119.	Stephen J. Gurdak	11/21/96	Springfield, VA, Police Detective, 57
120.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 61 (F) *
121.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 31
122.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 53 (F)
123.	Grant Woodman	11/06/97	Ithaca, MI, College Administrator, 39 *
124.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 56
125.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 58 (F)
125.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 62 *
	The Experienced (10+yrs)		

127.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 54
128.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 49
129.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 53 (F)
130.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 55
131.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
132.	Steve Scales	12/25/99	Newtown Square, PA, Sales Executive, 53
133.	Diane Shumway	05/27/00	Provo, UT, Retired, 58 (F)
134.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 57 (F)
135.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 60
136.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 667*
137.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 42
138.	Jane E. Hefferan	10/27/01	Nashville, TN, Law Student, 32 (F)
139.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 65
140.	Martie Bell	12/27/01	Thomasville, NC, Professor, 57 (F)
140.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 61
142.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 66
143.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 65 *
144.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 60
145.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 62 (F) *
146.	Dave Emmans	06/06/02	Minnnetonka, MN, Teacher/Coach, 54
147.	George A. Hancock`	06/22/02	Windber, PA, Education, 60 *
148.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 27 (F)
149.	Roger D. Raymond	11/15/02	Marco Island, FL, Music Store Owner, 62
150.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 37
151.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 59
	The Proficient (5+yrs)		
152.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 53
153.	David Max	08/28/03	Alexandria, VA, Pilot, 37 *
154.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 24
155.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 56
156.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 40
157.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 36
158.	Ed Reid	05/27/04	Bradenton, FL, Builder, 54
159.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 67 *
160.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 62
161.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 42
162.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 44
163.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail, 33 (F)
164.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 58
165.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 35
166.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 62
167.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 54 (F)
168.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 58
169.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 32 (F)
170.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 50 (F)
171.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 54 *
172.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 53
173.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 59

174.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 44
175.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 52
176.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 40
177.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 38
178.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 70
179.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 62
180.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 46
181.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 57 *
182.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 44
183.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 49
184.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 56
185.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 71
186.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 42
187.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 45
188.	Heather E. Nelson	12/15/06	Houston, TX, Student, 22 (F)
188.	William D. Nelson	12/15/06	Houston, TX, Business, 48 *
190.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 47
190.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 32 (F)
190.	Stephanie Mera	01/01/07	Redlands, CA, Student, 24 (F)
193.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 45
194.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 32
195.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 53 (F)
196.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 30
197.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 50 *
198.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 46 (F)
199.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 57 (F)
200.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
201.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 46 (F)
202.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 62 *
203.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 54
203.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 64
205.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 59 (F) *
206.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 65
207.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 51
208.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 52
209.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 45
210.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 40 (F)
211.	B. J. David	12/27/07	Covington, KY, Self-Employed, 38
211.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 48
213.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 70 *
213.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 32
215.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 41
216.	David Baldwin	01/01/08	No. Richland Hills, TX, Computer Consultant, 44
216.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 54 *
216.	Leo Hammond	01/01/08	Plano, TX, Student, 27
216.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 47
216.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
216.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 60
222.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 48 (F)

223.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 33
223.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
225.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 52
226.	John King	01/21/08	Chatham, NJ Education Administrator, 62 *
227.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 62
228.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 24
	The Neophytes (-5yrs)		
229.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 42
230.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 53
231.	Kelly Luck	08/26/08	Louisville, CO, Student, 25 (F)
231.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 46
233.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 29
234.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 69
235.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 57 (F)
236.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 54 (F)
237.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 41
238.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 58
239.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 61 (F)
240.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 39
241.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 51
242.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 31
243.	John B. Davis	12/08/08	Desoto, TX, Consultant, 69
243.	Bill Gorman	12/08/08	Bellevue, FL, Contractor, 66
243.	Ruth Gorman	12/08/08	Bellevue, FL, Retired, 65 (F)
246.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 59
247.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 49
247.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 41
249.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 53 (F)
250.	Eric V. Love	12/27/08	Erie, CO, Attorney, 46
251.	Angela Chabot	12/29/08	Ashburnham, MA, Early Childhood Care, 38 (F)
251.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 61
253.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 67
253.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 34
253.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 48 (F)
253.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 55 (F)
253.	Erin E. Stevens	01/01/09	Brooklyn, NY, Physician, 34 (F)
258.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 36
259.	Vince Nardy	01/27/09	Solon, OH, Management, 54
260.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 33
261.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 32
262.	William McCarty	03/06/09	San Francisco, CA, Consultant, 65
263.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 56 *
264.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 52 (F)
265.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 60
266.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 69 *
267.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 25
268.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 58 (F) *
269.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 70 *

270.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 17
271.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 26
272.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 34 *
273.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 44 (F) *
274.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 21 (F)
275.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 14
276.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 43
276.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 30
278.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 29 (F)
279.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 72 *
280.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 55
280.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 43
282.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 44
283.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 44 (F)
284.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 60 *
285.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 38
285.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 47
285.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 34
288.	Paul Miller	02/10/10	Medfield, MA, Marketing, 52
289.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 54 (F)
290.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 60
291.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 44
292.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 35
293.	William Middlebrook	03/31/10	Colorado Springs, CO, 70 *
294.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 43 (F)
295.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 83 *
296.	Steve Morrow	05/13/10	Eagle Lake, MN, Systems Analyst, 49 *
297.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 38
298.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 39
299.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 36
300.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 60
301.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 21 (F)
302.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 44
303.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 57
304.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 39
305.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 48
306.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 56
307.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 37
307.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 37
309.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 57 *
310.	Sarah Box	01/01/11	Bellingham, WA, Sales Manager, 35 (F)
310.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 56 (F)
312.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 55 *
313.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 27
313.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 42
315.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 36
316.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 52
317.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 52
318.	Will Jones	03/18/11	Grove, OK, Athletic Director, 39

319.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 21
320.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 39
321.	Jay Frank	03/21/11	Oak Park, CA, CEO, 59
322.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 39
323.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 34
324.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 38
325.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 42 (F)
326.	James Holt	05/01/11	Centerville, UT, Regional Manager, 54
327.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 53 (F) *
328.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 35 (F)
329.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 52
330.	Melissa Malinowski	05/13/11	Mahtomedi State, MN, HR Manager, 40 (F)
331.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 30
332.	Scott Caldwell	05/23/11	Great Falls, MT, Computer Programmer, 58
332.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 39 (F)
334.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 52
335.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 38
336.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 56
337.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 54 (F) *
338.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 36
339.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 27
340.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 37
341.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 57 *
342.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 66 (F) *
343.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 29
344.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 25
345.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 13
346.	Victoria Gomez	08/16/11	Frisco, TX, Student, 18 (F)
347.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 69
348.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 46
349.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 36 (F)
350.	William Spencer	08/31/11	Raleigh, NC, Marketing Research, 66
350.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 54
352.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 49 *
353.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
354.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 45
355.	William Howes, Jr.	09/10/11	Royal Oak, MI, Sales Representative, 58 *
356.	James Wisler	09/15/11	Wake Forest, NC, Physician, 31
357.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 33
358.	Edward Monsour	10/24/11	Laguana Niguel, CA, Professor, 58
358.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 33
360.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 31
361.	Anne Bliss	11/11/11	Burlington, VT, Freelance Editor, 45 (F)
362.	Bettina Shepard	11/21/11	Brick, NJ, Admin. Asst., 46 (F)
363.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 50
364.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 12
365.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 44
366.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 41
367.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 37

368.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
369.	Shannon McGinn	12/28/11	Avenel, NJ. Therapist, Running Coach, 37 (F)
370.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 32
371.	Erica Gorman	12/30/11	Kula, HI, Data Analyst - Run Blog Author, 40, (F)
372.	Chip Akers	12/31/11	Raleigh, NC, Dad, 53
372.	Robyn Clevenger	12/31/11	West Des Moines, IA, 34 (F)
372.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 32
372.	Paul Temple	12/31/11	Germantown, TN, Business Owner, 44
372.	Jennifer Walt	12/31/11	Huntington Beach, CA, Mom, 49 (F)
377.	Richard Carroll	01/01/12	Foxboro, MA, Information Technology, 55 *
377.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 31
377.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 49
377.	Mike Johnson	01/01/12	Daphne, AL, 40
377.	Drew Kenny	01/01/12	Fleming Island, FL, Pilot, 46
377.	Joe Meadows	01/01/12	Cleveland, OH, Mgr. Digital Clev. Browns, 30
377.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 53 (F)
384.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 32 (F)
385.	Amber Hegland	01/16/12	Shakopee, MN, Teacher, 37 (F)
386.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 52 (F)
387.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 45
388.	Dusty Hardman	02/13/12	Punta Gorda, FL, 44 (F)
389.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 62 (F) *
390.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 35
391.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 27
392.	Gary Jones	04/12/12	Troy, Montana, Retired, 61 *

Indicates listing on both active and retired running streak lists.

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/>

Official U.S.A. Retired Running Streak List

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

June 1, 2013

1.	Kenneth C. Young, Petrolia, CA	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
2.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
3.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
4.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
5.	Walter O. Byerly, Dallas, TX *	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
6.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
7.	Barry Abrahams, Lincoln, NE	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
8.	Joseph Wojcik, Claremont, CA	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
9.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
10.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
11.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
12.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
13.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
14.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
15.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
16.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
17.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
18.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
19.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
20.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
21.	Brian P. Short, Minneapolis, MN	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
22.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
23.	James R. Scarborough, Rancho Palos Verdes, CA	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
24.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
25.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
26.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
27.	J. Patrick Growney, Lavallette, NJ	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
28.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
29.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
30.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
31.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
32.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
33.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
34.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)

35.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
36.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
37.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
38.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
39.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
40.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
41.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
42.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
43.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
44.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
45.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
46.	John Metevia, Midland, MI	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
47.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
48.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
49.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
50.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
51.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
52.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
53.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
54.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
55.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
56.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
57.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
58.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
59.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
60.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
61.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
62.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
63.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
64.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
65.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
66.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
67.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
68.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
69.	Ted Corbitt, Bronx, NY	01/01/53 – 07/24/68	5,684 days (15 yrs 206 days)
70.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
71.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
72.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
73.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
74.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
75.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
76.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
77.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
78.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)

79.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
80.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
81.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
82.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
83.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
84.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
85.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
86.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
87.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
88.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
89.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
90.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
91.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
92.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
93.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
94.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
95.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
96.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
97.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
98.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
99.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
100.	Douglas Schiller, Ellenton, FL	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
101.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
101.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)
103.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
104.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
105.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
106.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
107.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
108.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
109.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
110.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
111.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
112.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
113.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
114.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
115.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
116.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
117.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
118.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
119.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
120.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
121.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
122.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
123.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
124.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)

125.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
126.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
127.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
128.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
129.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days (4 yrs 029 days)
130.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
131.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)
132.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
133.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
134.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
135.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
136.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
137.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
138.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days (3 yrs 218 days)
139.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
140.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
141.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
142.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
143.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
144.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
145.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
146.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
147.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
148.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
149.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
150.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
151.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
152.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
153.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
154.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
155.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
156.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
157.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
158.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
159.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 289 days)
160.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
161.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
162.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
163.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
164.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
165.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)
166.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
167.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
168.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
169.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
170.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
171.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
172.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)

173.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
174.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
175.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
176.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
177.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
178.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
179.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
180.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
181.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
182.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
183.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
184.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
184.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
186.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
187.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
188.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
189.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days (1 yr 351 days)
190.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
191.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
192.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
193.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
194.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
195.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)
196.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
197.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
197.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
197.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
200.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
201.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
202.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
203.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
304.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
205.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
206.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
207.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
207.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days (1 yr 192 days)
209.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
210.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
210.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
212.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
213.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
214.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
215.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
216.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
217.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
218.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
218.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
220.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
221.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)

222.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
223.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
224.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
225.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
225.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
225.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
228.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days (1 yr 073 days)
229.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
230.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
231.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
232.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
233.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
234.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
235.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
236.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
237.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
238.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
239.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
240.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
241.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
242.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
242.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
244.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
245.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
246.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
247.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
247.	Lindsay Bilisoly, Norfolk, VA (F)	05/01/12 – 05/06/13	371 days (1 yr 006 days)
247.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
247.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
251.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
252.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
252.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
254.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
254.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
254.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
254.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
254.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
254.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
260.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
260.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
260.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)
260.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
260.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
260.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
266.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
266.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
266.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
266.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
266.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)

266.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
266.	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.

Official International Active Running Streak List

As Certified to the Streak Runners International

June 1, 2013

	The Highly Skilled (20+yrs)		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 49
	The Proficient (5+yrs)		
2	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 51 (F) *
3	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 46
	The Neophytes (-5yrs)		
4	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 33
5	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 49
6	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
7	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 38

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

Official International Retired Running Streak List

As Certified to Streak Runners International

June 1, 2013

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
2.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
3.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)

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



Mark Washburne & Diane Naughton (MarathonFoto)

APRIL AND BOSTON

By: Mark Washburne

April has been an important month in my running life. On April 1, 2001, I became the 13th member of our running streak association. A decade later, on April 4, 2011, I drove to Maryland to meet John and Dawn Strumsky and become the new head of USRSA. I even ran my first race as an adult on an April morning in 1984. I ran the Patriot's Path 10K Run in Morris Township, New Jersey, on April 8, 1984.

As I do for all my races, I saved the race number and application for my first race. The Patriot's Path 10K application said that the pre-entry fee was \$7 and it included a long sleeve shirt. The post-entry was \$4 and it did not include the shirt. The 10K race also gave age group awards with the oldest age group listed as "50 and over." I wrote on my race number that my time was 50:43 and that I came in 163rd place. Since running that first 10K in 1984, I have now finished 636 races including 143 runs at the 10K distance. Despite now being in that "50 and over" age group, my first 10K time of 50:43 is still the slowest time I have recorded for the 10K distance in an organized race.

By a strange coincidence, the 29th anniversary of running my first 10K in 1984 turned out to be an important milestone this April for my running streak. On April 8, 2013, my running streak hit 8,500 days. Started on December 31, 1989, I have run a minimum of 3 miles every day since that New Year's Eve run. I have now run over 42,000 lifetime miles and over 37,000 miles since starting my streak.

The Saturday following my streak anniversary, on April 13, 2013, my girlfriend Diane and I drove to New England to attend another running event. Diane and I had met the previous July as a result of on-line dating by eHarmony. I was sent Diane's profile on July 4, 2012, and, while we did not meet that Independence Day, we both participated in the same Four (miles) on the Fourth race in Cranford, New Jersey. On July 25, three weeks after being matched by eHarmony, Diane and I finally met in person after another race – The Westfield 5K Pizza Run – and have been inseparable since that date. The running event in New England Diane and I attended this April was the 117th edition of the Boston Marathon.

Diane and I arrived in downtown Boston a little after 3 p.m. that Saturday afternoon and immediately went to the Boston Marathon Expo at the Hynes Convention Center to pickup our numbers. Diane had registered to run the 5K on Sunday and I was registered for both the 5K with her and the marathon on Monday. We then did a lap around the Expo, where I bought the

marathon jacket and Diane bought some running items for her wardrobe. When I say a lap, however, I don't mean to imply that it is a short distance because the merchants at the Boston Marathon Expo offer everything imaginable in the running world for sale. I often think that the proper way to train for the Boston Marathon is to skip the 20-mile training runs and instead spend that time going shopping because it is the time on our feet walking around the Expo that will be the deciding factor on how well you will do on Patriot's Day at the marathon. Fortunately, we had booked reservations early and our hotel, the Sheraton, is also connected to the Hynes Convention Center, so we did not have far after the Expo to find our hotel. We quickly checked-in to the Sheraton, went to dinner on Boylston Street near the finish line of the Marathon that Saturday evening, and called it an early night.

The next morning we were up bright and early to run the B.A.A. 5K that started at 8 a.m. I have run every B.A.A. 5K (five total) since the Boston Athletic Association inaugurated their first 5K in 2009. My friends often roll their eyes when they hear I have entered the 5K the day before the marathon. As a streak runner, however, I am going to run anyway so why not join 5,000 other friends in a race that finishes at the same spot as the world famous Boston Marathon. Plus this year I had the added incentive to run the course with Diane. Both of us finished the 5K race in a chip time of 24:07 – a personal record by more than 2 minutes by Diane. My Boston 5K partner, by the way, started her own running streak on March 21, 2013, so I am looking forward to adding Diane to our active list in 2014.

After the 5K race, Diane and I attended a seminar hosted by *Runner's World* and *Running Times* magazines. One of the panelists at the seminar was Tish Hamilton, an Executive Editor at *Runner's World*. Tish lives in the next town over from me in New Jersey and is one of my running friends. I introduced Tish to Diane and we both told Tish how much we enjoyed her presentation at the seminar. I then introduced myself to another panelist, Jonathan Beverly, the Editor-in-Chief of *Running Times*. The April issue of Jonathan's running magazine featured an article entitled, "Streakers Uncovered," about USRSA running streak legends Mark Covert and Barbara Latta. Mark and Barbara, as you probably know, have the longest active male and female running streaks in the country. I thanked Jonathan for the article and encouraged him to write more stories about streak runners. Before leaving the area, we met a third panelist, Jennifer Van Allen, a Special Projects Editor at *Runner's World*. Jennifer was signing copies of her book, "The *Runner's World* Big Book of Marathon and Half Marathon Training," and I bought a copy. While talking to Jennifer, we also met John Brant, author of "*Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon.*" Above all else, I am a fan of running and I was having a great day meeting all of these running celebrities.

After the seminar, Diane and I went our separate ways. I went back to the hotel room for some light reading and rest and Diane returned to the Expo for some more running shopping. She also did some shopping on Boston's Newbury Street, where I am told the professional shoppers congregate. Diane eventually returned and we left for the pasta dinner at Boston's City Hall sponsored by the marathon, where we were meeting a sizable contingent from the Do Run Runners for dinner and last minute strategy. Diane suggested we take a taxi to the pasta dinner but I insisted that we take the Boston subway system as the best way to experience the city. Diane, who is a lot smarter than me, was, of course, right. As we waited in the dingy underground, we could not get on the first train because it was jammed with people whose boyfriends were too cheap to pay for a taxi. We finally did push ourselves onto the next train but were late arriving for the dinner and were only able to meet up with one of our friends. We then ate our pasta dinner outside on a cold and windy night.

On Monday, April 15, 2013, I was up bright and early to complete in the 117th edition of the Boston Marathon. This was the 9th consecutive time I was running the Boston Marathon (2005-2013) and my 25th marathon overall. On the bus ride to the start of the marathon in Hopkinton, I was seated next to a doctor from Oklahoma. One of my joys in running the race is randomly meeting so many interesting people from around the country on the bus ride to the start. As we sat next to each other for over an hour, I was asking this doctor all kinds of questions about his

marathon training and living in Oklahoma. Ironically, one of the subjects we discussed was the bombing of Alfred P. Murrah Federal Building in Oklahoma City that took the lives of 168 innocent people on another Patriot's Day (April 19th) in 1995.

I was in the second wave at the start that began at 10:20 a.m. The first half of my marathon was uneventful and my 13.1-mile split was a respectful (for me anyway) time of 1:44:22. As is always the case for me, the real struggle began in the second half of the race. Around mile 16, my legs started to cramp and I thought about walking. Lucky for me, one of my New Jersey running friends, Zsuzsanna, appeared out of nowhere. While I knew more than two-dozen people in the race, Zsuzsanna was the only person I ran into that day and only briefly. As she ran by me, I mentioned my cramping and she handed me a salt tablet right after the water stop at mile 16. As Zsuzsanna is an elite ultra-distance runner, I figured she probably had to deal with a cramp or two along the way so I bit into the tablet right away. As I had never before tried a salt tablet in training and I had just passed a water stop, this was a mistake on my part. I had to deal with a very salty mouth until I could get a drink at the next water stop. The good news is that my focus on my mouth distracted me from my leg cramps and I did not walk during this time. In fact, my leg cramps disappeared for a time only to come screaming back at me as I descended the hills after climbing Heartbreak Hill around mile 20. Still, even though I was in pain, I kept putting one foot in front of the other and did not walk a step during the entire race. I kept on reminding myself that this was my "uneventful" 9th Boston Marathon and it was unlikely I would remember the pain, let alone the race, once this day was finished. Boy was I wrong on that score.

The finish line for the Boston Marathon is on Boylston Street. The night before, Diane and I plotted out a spot for her to stand to see me finish the race. The spot was on the right-hand side a couple hundred yards from the finish line. As I finished the marathon, however, there were so many people there that I did not see Diane but she was able to spot me and even took a picture of my back as I neared the finish line.

I finished my 9th Boston Marathon in a time of 3:50:17. It was not my fastest Boston time. My fastest time was in 2006 when I finished my 2nd Boston in a time of 3:31:51. It was also not my slowest time. My slowest time, 4:07:15, was last year when the temperatures soared into the high eighties and I had to walk major portions of the course. In fact, in reviewing my Boston Marathon times over the years, 2013 was my Goldilocks year of being right in the middle. Four times were faster (2006 – 3:31:51; 2010 – 3:33:59; 2007 – 3:36:26; and 2011 – 3:38:30) and four times were slower (2009- 3:52:04; 2008 – 3:52:30; 2005 – 3:55:50 and 2012 – 4:07:15) than this year's race.

I crossed the finish line at 2:14 p.m. As I mentioned, Diane was a spectator for the race and was a couple hundred yards from the finish line when I completed my 26.2-mile journey. Our plan was for Diane to wait on Boylston Street near the finish line until I called her. As anyone who has run a big city marathon knows, it usually takes some time to complete the finish line ritual. You first walk to a station to pickup water and Gatorade. You next receive your heat-sheet blanket and a medal. You then go through a food station and finally you walk out to buses to pickup your bag that you had forwarded from the start of the marathon. It took me 21 minutes – I later checked my cellphone records - to pickup my bag and call Diane. Unknown to us, we only had minutes to spare before tragedy struck where Diane was standing.

My first call to Diane went to voice mail but I finally reached her at 2:37 p.m. We discussed whether we should meet at a family reunion area near the finish line or back at our hotel. I suggested the hotel as a better option. Given what was to occur in a few minutes time, this proved to be a fortunate decision on our part.

As I was walking back to our hotel, I heard two very loud booms around 2:50 p.m. – 36 minutes after I finished the marathon. I was on Huntington Avenue, the next street over from the finish line, when I heard the explosions. I had never heard a louder noise in my life. People near me, of course, did not know what had happened. After the first explosion, the person next to me speculated that a helicopter had flown into a building. The loud second explosion, however,

dismissed that theory. Soon I witnessed a mass rush of spectators, some crying, running from Boylston. Many people were on their cellphones and stunned faces were everywhere.

I met Diane at the Sheraton Hotel (located just off Boylston) about 10 minutes after the explosions. While Diane sensed something was wrong, she said that she had left the finish line area on Boylston Street by cutting through Lord & Taylor and did not hear the bombs.

Our original plan was for me to take a shower at the workout center at the Sheraton before departing the city. After seeing the panic faces in the streets, however, I suggested we leave right away. While I was putting on dry clothes in the parking lot below the Sheraton, we heard an announcement over the public address system saying that the police had informed the hotel of “criminal activity on Boylston Street” and that everyone should avoid the area. Soon we were in our car trying to leave Boston but were stuck in traffic as ambulances and police sped past us. It was a chaotic scene and took us a long time to leave Boston. Given the events of the day, however, we both felt very lucky that a traffic jam was the worst of our problems.

As we drove back to New Jersey, we heard from many friends and family worried about us. Our plan was for Diane to drive as I, after all, had just run a marathon. After being deluged with calls, we had to change drivers because my poor texting skills could not keep up with the call demand. We were actually lucky to have left when we did because several friends could not access their cars when they closed public parking lots near the finish line. We also learned later that a few of our friends, including *Runner's World* Executive Editor Tish Hamilton, were on Boylston Street when the explosions occurred. Tish is safe but experienced a close call.

As for me, the full extent of the explosions did not hit me until the next day when I told my story to a few of my classes at the college where I teach. I became very emotional telling my students about Diane leaving the finish line area just minutes before the bombs exploded. I also was interviewed by WABC-TV out of New York City for their 5 p.m. newscast about my experience that day and the student newspaper at my college. While Diane did not even hear the blasts, my heart skipped a beat by the media coverage on Thursday night when they said that they had video surveillance of the suspects that was taken by the cameras at Lord & Taylor. This was the same store that Diane had cut through just minutes before the explosion to meet me back at the hotel. While Diane and I are safe, many people were injured and three were killed in the Boston Marathon bombings. We send our condolences to the victims and their families of this terrible tragedy. While all of us were shaken, we must continue to forge ahead or the terrorists win. I am determined to return to Boston in 2014 to run my 10th consecutive Boston Marathon. In that regard, I have already met my qualifying time and even booked my hotel at the Sheraton again in April 2014 for marathon weekend. Hope to see many of you there as well.



Mark Washburne & Diane Naughton finishing B.A.A. 5K (MarathonFoto)

THE FINISH LINE

By: Mark Washburne

This is the 50th or Golden edition of *The Streak Registry*. Our first newsletter appeared in April 2001 and we have not missed a quarterly publication since that date. On page 1 of our first edition is a "Preamble" signed by George Hancock, Honorary Founder, and John Strumsky, the first President of USRSA. The "Preamble" states the mission of our new running streak association and newsletter: "The United States Running Streak Association, Inc. was organized to recognize the accomplishments of experienced runners, who run or have run, on a daily basis. Our purpose is to promote an awareness and appreciation for the extraordinary commitment of these daily runners, and to celebrate their contributions to the sport of distance running. We envision the Association as the link[,] which focuses on the interests and concerns of running streakers from across our great country." After a dozen years and now 50 newsletters, our mission still remains the same to celebrate your amazing perseverance to run every day no matter what the weather, elements, or other fates might have in store for you.

In reviewing the dates listed when people joined USRSA, there were a dozen people recorded as members of our association when our first newsletter appeared in April 2001. I was not a member yet nor did I even know an association had been formed when I received a complimentary copy of the first newsletter in the mail. I remember seeing my name on the active list and reading the entire newsletter on the first day I received it. I liked *The Streak Registry* so much that I immediately wrote out a check to become a member. My promptness paid off and I became the lucky 13th member of USRSA, with my joining date listed as April 1, 2001. Before April ended, there were 29 members of USRSA and that number would expand to 65 by the end of 2001.

From these humble beginnings, we now have a streak association with members from all 50 states and the District of Columbia represented. Our ranks now also include streak runners from around the world with Streak Runners International being formed from our association in 2012. It is also fitting during this Golden edition of our newsletter that we celebrate our 500th member, Shannon McGinn, from Avenel, New Jersey, who joined SRI/USRSA in the last quarter.

As we are both from the Garden State, I first met Shannon McGinn at a 5K race in Princeton, New Jersey in February 2010. During that Princeton 5K, we kept on passing each other until Shannon suggested that we work together to finish strong. I tried to follow her lead but my younger, female competitor was too much for me and beat me by two seconds: 21:37 versus 21:39. We met after the race and would see each other at other races on the New Jersey long distance running circuit in the months to come. During that time, I persuaded her to join the Do Run Runners' race team, where she is one of the stars on our Open women's team. Shannon's running pedigree goes well beyond the average runner on our team. She is a cancer survivor that has gone on to finish 100-mile races. Added to her amazing long distance running, Shannon started a running streak on December 28, 2011, and just passed her 500th streak day as this column is written. As Shannon represents the new generation of Streak Runners joining our association, I thought it only fitting that our 500th member be our first athlete featured on our cover celebrating the 50th edition of *The Streak Registry*. Our first cover picture is also fitting because it shows Shannon posing for a picture right before this year's Boston Marathon.

Members of our running community and the public in general will not soon forget the events in Boston of April 2013. I was also in Boston that fateful afternoon and I share my story in a feature article in this edition. Many people were injured and three were killed in the Boston Marathon bombings. We send our condolences to the victims and their families, who were impacted by the tragic events of Patriot's Day 2013. While shaken by this tragedy that has impacted our running world, we must continue to forge ahead or the terrorists win. I am determined to return to Boston in 2014 to run my 10th consecutive Boston Marathon. I hope to see many of you there as well.

Happy Golden edition for *The Streak Registry*! Thank you Dawn and John Strumsky for keeping

our newsletter going for over a decade. Good luck to all and I will be thinking of you as we each run the roads and trails – every day!