

# THE STREAK REGISTRY

FALL 2013- 51<sup>ST</sup> ISSUE

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## **STREAKING ANNIVERSARIES**

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

### **From The Legends to The Coverts (45<sup>th</sup> anniversary)**

Mark Covert of Lancaster, California on July 23<sup>rd</sup>

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

Gary Rust of Palm Springs, California on July 3<sup>rd</sup>

David Melissas of Marietta, Georgia on July 20<sup>th</sup>

Doug Holland of Tucson, Arizona on August 1<sup>st</sup>

Al Colonna of Dix Hills, New York on August 5<sup>th</sup>

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

George Church of Cockeysville on July 30<sup>th</sup>

### **From The Well Versed to The Highly Skilled (20<sup>th</sup> anniversary)**

Edwin Dupree of Faith, North Carolina on June 23<sup>rd</sup>

### **From The Experienced to The Well Versed (15<sup>th</sup> anniversary)**

Weldon Burton of Fort Walton Beach, Florida on July 14<sup>th</sup>

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

Woody Woodburn of Ventura, California on July 7<sup>th</sup>

Cori Brindle of Mechanicsburg, Pennsylvania on August 2<sup>nd</sup>

David Max of Alexandria, Virginia on August 28<sup>th</sup>

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

Qraig R. deGroot of New York, New York on July 1<sup>st</sup>

Dave Rabe of Chesterfield, Missouri on July 2<sup>nd</sup>

Kelly Luck of Louisville, Colorado on August 26<sup>th</sup>

Nicholas Martinez of Claremont, California on August 26<sup>th</sup>



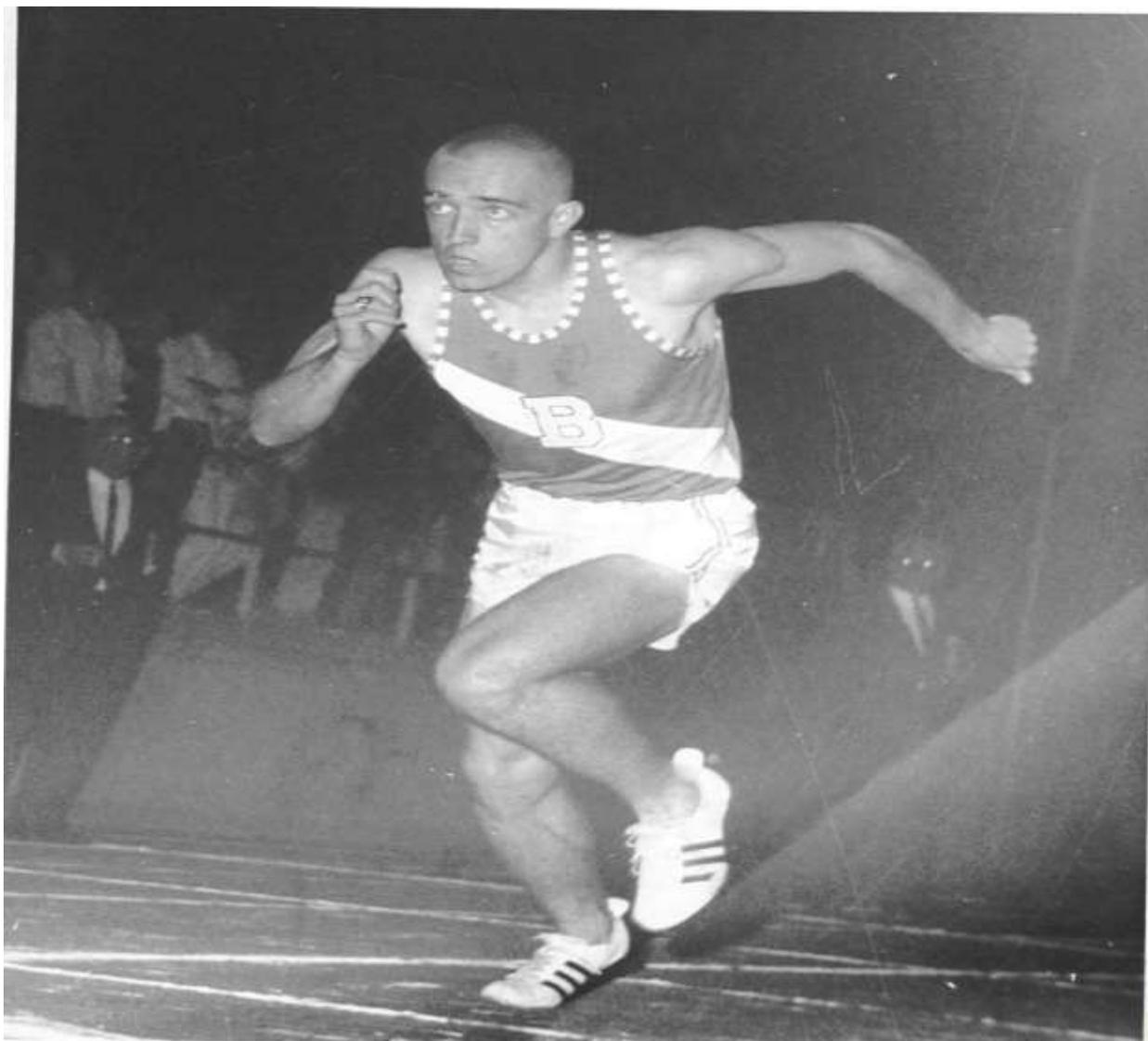
Mark Covert

**MARK COVERT'S STREAK ENDS AFTER 45 YEARS (16,437  
DAYS)  
"The Streak"  
By: Mark Covert**

With my streak now over, for the first time I can look back on these past 45 years. I find it hard to put into words all the events that have taken place in my personal life. When the streak started on July 23, 1968, I was 17 years old and just out of High School. I had run track but had not been recruited by a college and was headed for a community college, a move that would change my life forever.

In High School, I was an OK distance runner having run 4:26 and 9:27, but nothing very special. I was lucky to have run for what I think was the greatest HS program in the country - running for Frank Kallem and Burbank High School. BHS was one of the best programs around for 20 years and I was part of the early years. Kallem made things fun and made me want to train to become one of the best. When I left High School, I was the best on my team but I was not close to being one of the better runners in Southern California but that would change in the next few years.

When I left high school, I went from a 40-50 mile a week guy to a 140-200 mile a week guy all in a matter of 1 day. The day after I graduated I moved my miles to 10 in the morning and 10 in the evening because that is what I had read that my heroes were doing. I had read everything I could about Clarke, Bedford, Hill, Ryun, and the rest of them and they were doing big miles and lot of them were hard. With that in mind, I was going to do the same.



Mark Covert at Burbank High School

That first summer was hard but I kept plugging away even when I was on vacation with my parents. The last day I missed was July 22, 1968, and that was because we were in the car from morning to late at night and I just didn't want to go out after sitting in the car for 15 hours. On July 23<sup>rd</sup>, we finally got home in the early afternoon and I went out for 15 miles. For the next 13 days, I would run 15 miles in the morning and 15 in the evening for 210 miles a week. The streak had started.

My running over the next 15 years was much of the same. Most weeks over 100 and most of the miles being run hard. There was no one there to tell me not to do it and I loved doing it. I did not really compete a lot after 1980 as I was coaching and had started a family. However, even with that I was training pretty good up through the mid 90's. After about 1995, although I was still running a couple thousand miles a year, the intensity was not really there anymore and my running became very much for fitness. I still would run hard once or twice a week and would still try to get a longer run in on the weekends but the days of being able to crank out 100 mile weeks were over.

By the time we got to 2010 I was just hoping to keep my fitness from going the other way. My feet were starting to give me lots of problems and it was becoming harder to really run and not hobble around. In November of 2013 I had a real battle with a kidney stone and that was really hard to get out each day but I did. Once the stone was gone, my ability to run and not hobble was just about gone. I was ready to end things at the first of the year, but my wife and kids talked me into trying to get to 45 years. That was not going to be easy. Being a track coach at a school that hosts a lot of meets, I would have to get through the track season and that meant getting through 6 home meets and a couple high school meets that we host. But the big challenge was the Regional Prelims and Finals that we were hosting, 12-15 hour days on my feet. I was not sure if I could do that and run the day after those meets. It was very difficult on those 2 Sundays after those meets. Once they were past, however, I knew that I could get to 45 but then it had to end, and it did.

Over all these years, I have been very lucky to have had a pretty good racing career. I was able to set a couple National Community College records in the 6 mile and was a member of a National Community College record setting 4x1 Mile relay team. Once I left LA Valley College, I continued my running and won the Div II NCAA Cross Country Championship. I was a 6 time Div II All American. I was Cal State Fullerton's 1<sup>st</sup> Div I All American in any sport. Finished 7<sup>th</sup> in the US Olympic Trials Marathon and raced pretty well until I was about 30. But those were just the running things going on in my life over these 45 years.



Mark Covert at LA Valley College

Over the years I have had all the problems that everyone else has had plus a few others. First, I was born with extremely flat feet. Those flat feet would end the streak. I have had colds, flu, hemorrhoids, knee surgery, shoulder surgery, planter fasciitis, 7 stress fractures, and a broken 5<sup>th</sup> metatarsa.

During the course of the streak both my parents passed away. I met my wife in a running class I was teaching and she has forever changed my life. We have 4 great kids who at one time or another all ran. I have been a teacher and a coach for 40 of these 45 years and this has given me the chance to touch and have an impact on so many people's lives. But other than my family, the most important thing that has come out of this is all those who have passed through the streak in one way or another.

Over the years because of the streak, people have looked at me as something special. People have said that I am an inspiration because of my toughness, my dedication, my ability to stick with this running every day. Many people have been touched by the streak. I am not sure why but they have. I received emails, letters, and phone calls from all across the country that I have had an impact on their lives. That has meant so much to me. And yet, all I have done is put on my shoes and socks and head out the door. Every day!

I guess for those of you that don't know me I would like you to understand that for me it has always been about the training. The streak was born due to this training and it was a plus! The days when I was sick or hurt were my test days. Could I get out and run and I did. I always wanted to end the streak when I wanted it to end and that's what I did. There was no longer any reason for me to keep going out day after day when I was not really training. I was just keeping the streak going for another day.

So, on July 23, 2013, I brought the streak to an end with one last run. But for me the training has just started all over again. I have taken up cycling and I am now able to train again. Over the last several months I have started riding a little more each week. The first week after the streak ended I rode for 171 miles for my biggest week. I was also able to take my longest ride of 50 miles building towards a 100-mile ride in November. For the first time in years, I am getting better at what I do and that makes the riding a lot of fun for me.

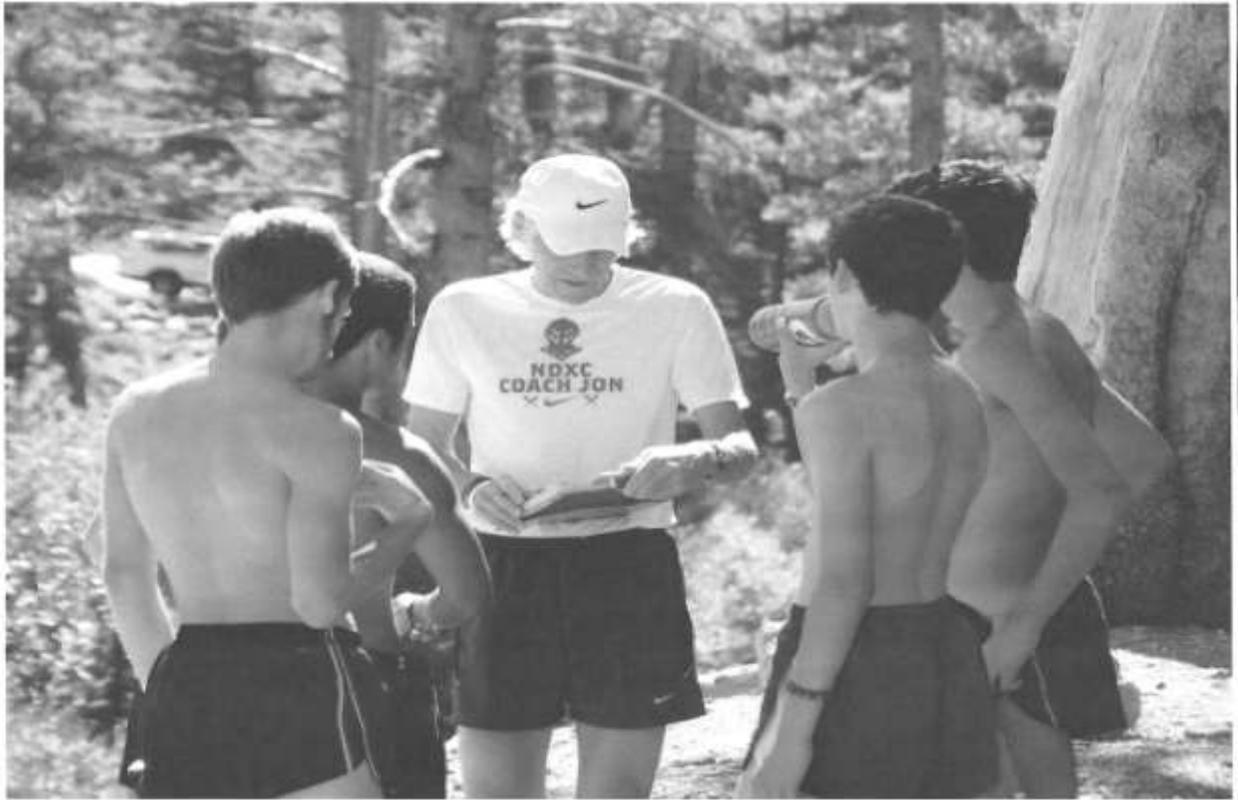
Have I missed the running at all after the streak ended? The answer is no. Since I am able to train again on the bike, I have not had one thought of putting my shoes on and going out for a run. My goal is to work out every day until I have surgery on my feet. I am hoping to put that off until next summer or later if possible. For me, I know that the streak is over, but it was never about having a streak. It was about being able to train. For me, the streak does go on. I hope it will go on until I want this new part of the streak to end.

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“I will not last forever. But I am damn well going to know I have been there.”

- Dr. George Sheehan (1918-1993)



Coach Jon Sutherland (middle) with team.

## **REFLECTIONS ON #44**

**By: Jon Sutherland**

*I was stunned when I read Mark Covert's announcement that he was ending his streak after forty-five years. I felt like I was punched in the stomach but as I read on I sensed the peace Mark found with his decision. Why go through all the pain when there is another way to stay fit and push like he must. I would not have a running streak if it weren't for Mark Covert. We were teammates from 1968-1970 at LA Valley College, training on a State championship team under Coach Laszlo Tabori. In the summer of 1969 my family moved to Las Vegas and I spent a summer in hell running massive mileage trying to catch up with my teammates who ran in high school. I didn't, I played baseball. I wrote letters to all my friends back in the valley trying to keep in touch. I remember one letter that Mark mentioned he had run every day for a year. I asked 'you ran on Christmas, New Year's, and your birthday?' He wrote back, 'Every day!' I thought, 'I'm going to try that.' I'd come off a horrible injury, intense shin splints and a stress fracture and had run every day for a couple of months and I was on my way. On May 26<sup>th</sup>, 1970 I completed my first year but nobody really knew about streak running in those days. When Ron Hill hit five years I started seeing little articles and mentions made in running magazines about this insane infatuation we all have. I went to all of Mark's celebrations and had a few of my own. It's been one hell of a journey, with so many memories. Here are my reflections on forty-four years, let's see if I can make it to forty-five. My eternal thanks go to Mark Covert who has been a huge inspiration for so many years. God Bless you my friend!*

The past forty-four years has been an adventure. I came out of Granada Hill High School, went to LA Valley College, then graduated from CSUN (California State University Northridge). I wrote a book when I was eleven, was published by the *LA Times* when I was twelve, and started writing for real with *Runner's World*. My first story was about the marathoners at Cal State Fullerton and Mark Covert in 1970. I've written four books, been the editor of two national rock magazines and have sold stories to over sixty music magazines world-wide and interviewed nearly every rock band I ever wanted too. There's a book about the LA metal scene in the 1980's called *Bang Your Head* and it's dedicated to me. I was the author's mentor. I was probably the top heavy metal journalist in the US for a decade. Lars Ulrich of Metallica gave me my best compliment when he said, "Every time you told me a band was good you were right, you never let me down." I've gone to over one thousand rock concerts including 179 in 1991! People ask me what I did in the music business and I say, "Everything except making money and doing drugs!" One day I got fed up, threw my rolodex in the trash and went back to school and running. I started coaching all over again and let the music go. I answered an ad for a distance coach at Calabasas High School and they hired me as the head coach. I left three years later for Notre Dame High School, a Catholic school in the middle of the San Fernando Valley west of Los Angeles. I'm entering my eighth year there and it's the best job I've ever had-I love the kids and have always loved to run.

Oh yeah, and I ran every day, over 184,000 miles worth!

My streak began modestly when I got the clearance to run. I went to a grass field at CSUN and ran circles around the practice football fields barefoot constantly wondering if my shin was going to hurt again. When I woke up the next morning without any pain I threw myself back into heavy mileage. Before I met Laszlo my biggest mileage week was 58 miles. In my second week with Laszlo I went over 100 miles and averaged that pace for over twenty years. I went and looked back at my training diary and I ran over 100 miles a week 1128 times! The fewest miles I have had in one week is 18 miles, the most was 210 but 105-110 was normal for me. Now if I get 50 in I'm happy. Like John Lennon said, "Some kind of happiness is measured out in miles."

My fondest memories in the 190,000 plus miles I've run, are all the amazing people I have run with. I did most of my running at LAVC with Mark Covert and our teammates. At CSUN I ran a ton with Dave Babiracki, Guy Arbogast, Jeff Clenard, John Brenneman, Ed Chaidez, Ray Cook, Brian Hammer, and Don Ogiela. Through the years I've had a chance to run with Steve Prefontaine, Frank Shorter, Gordon Pirie, Ron Clarke, Peter Snell, Jim Ryun, Ron Hill, Dave Bedford, Jos Hermens, Rod Dixon, John Walker, Dick Quax, Garry Bjorklund, Bill Rodgers, Tom Fleming, Don Kardong, Craig Virgin, Marty Liquori, Alberto Salazar, Lasse Viren, and many, many, more but in the end I have run the majority of my miles alone. Now I'm content to go up on the old Ahmanson Ranch that overlooks the San Fernando Valley, which has been my home since 1954. I'm on my third running dog: Lemmy, Sadie and now Puck. I've been blessed to have been healthy all my life. I've never spent the night in a hospital but I've had my share of injuries, two arthroscopic knee surgeries, an avulsion fracture of my pelvis, six broken ribs (from falls while running), shin splints, tendonitis, plantar fasciitis, all the normal ones and a few oddities as well, but I kept on running.

I've run a few races (615) won some (325) but I rarely put on racing shoes anymore. I have some shiny PRs - 13:51 5K, 28:51 10K - but regret that I never ran a great mile or marathon. I've run in a lot of US National Championships and medaled at a couple but

when I look back at forty-four years of non-stop running my fondest memories were runs that were unusual. John Walker and I got lost in a fern forest in New Zealand and I found our way home. I out-sprinted Dave Bedford in a friendly ten mile time trial. While I raised my arms in celebration of beating a world champion Dave pulled my shorts down to my ankles in front of a hundred spectators in the park. When I reached down to pull my shorts up he pushed me forward and I lost my shorts all together. That was a tough hundred yard run to the locker room only wearing my shoes! I found the greatest trail I've ever run after the Midnight Run with Mark Covert and Jon Anderson in Woodside, California on New Year's Day in 1973. I celebrated my 25<sup>th</sup> streak anniversary by running twenty five miles and having twenty musicians jam all night at a local club (we broke the bar record).

One night while we were in college, several California track teams put on together a 'midnight eight man two mile nude beer drinking relay.' Each runner had to run one lap naked on a track at midnight drinking a full can of beer during their lap and holding another one as a baton. Two minutes before 12:00 a.m. we only had seven runners. Covert said to me, "Sutherland, this is your stupid idea and you get to run two laps." Just then two of our friends, Steve Acuff and 'Chardo' West, showed up. Mark Kennedy stood up and yelled, "Which one of you is going to run and which one of you is queer and came to watch?" Steve raised his hand, "I'll run!" We had the fastest time of all the schools that competed.

Dave Babiracki and I ran from my house to the beach in Santa Monica, 26.5 miles in 2:38! A 2:35 marathon for a workout! Our girlfriends met us there where we were going to see Wilt Chamberlain play in a volleyball tournament. Wilt used to call me 'big man.' He saw our cooler and asked for a drink. He drank a whole two-liter bottle Dr. Pepper in one shot!

Another time Dave and I were warming down after an indoor meet in Long Beach. I won the three mile and Dave crushed the two mile field. We saw Wilt walking down the hallway and waved at him, he was a huge track fan. He said, "Nice run fellas!" Babiracki mumbled that the times were slow because the track was too tight (13 laps to the mile). Wilt grabbed both of us by the shoulder and looked back and forth saying "It's a win baby, it's a win!" Whatever you say Wilt!

I was looking for my girlfriend at a Nike party after a big LA indoor meet and I found her sitting on a bed with Steve Prefontaine draped all over her. I had a hard time convincing Pre to let her go! I've run a lot with John Walker and Rod Dixon-the two best runners I have ever trained with. John was so powerful and fast, Rod, cunning and so versatile. I admire them both enormously and work with Rod in his Kid's Marathon program coaching high school kids that inspire young runners. Rod is doing God's work encouraging fitness and fighting obesity to a generation of children who need it.

The last time I was in Dublin (2009) I wanted to run from my hotel to Philo's grave, that's Phil Lynott of Thin Lizzy-my favorite rock band. I had a general idea where it was and took off up the coast running north. I was happy that my GPS watch worked and I'd been told that the cemetery was about five miles away. After ten miles I still hadn't found it. I ran into a bank at a roundabout and walked up to the teller, completely soaked in sweat and slid a map to the cemetery under the glass shield. Then it occurred to me 'she probably thinks I want to rob the bank.' Before she got too scared I said, "I'm looking for

Finnery's cemetery." She was quite relived and said "It's only a kilometer up that road." Well my 'ten mile' run turned out to be twenty-two miles!

When I got back to the hotel I saw Brian 'Robbo' Robertson, one of Thin Lizzy's best guitar players and he nodded at me over a crowd of admirers standing in the lobby and said "Come on back for a drink."

I rushed up to my room showered and went back to the restaurant bar I'd just passed. I was starving so I ordered a big meal and a pint of Guinness. Two girls came over and sat in my booth and started chatting me up. After a couple of minutes I interrupted the girls and asked, "Who do you think I am?" "Brian said you were Roger Waters of Pink Floyd." I smiled, I've been asked for Roger's autograph before and I looked over at Brian's table. He laughed, held up his pint, and said, "Got ya mate!"

A few months later I was in an airport coming back from the Stanford Invitational with the Notre Dame's boys cross country team and there was Rolling Stone magazine with Roger Waters profile facing straight up and it was haunting how close it resembled what I see in the mirror. I picked up the magazine and said to my captain, "Hey, look Buzzy, I'm on the cover of Rolling Stone!" Buzzy and Shawn snatched the magazine out of my hand and for two seconds they thought it was me too. Then they chucked it back at me, "Nice try Coach!"

I have so many great stories from back in the day and I love to hear new ones when I get together with old buddies. This journey hasn't been a long series of races and running jokes. There have been some lean and sad times that I learned hard lessons from. I lost my parents, combined they only saw five of my races. One of my college roommates committed suicide. I had to walk away from the best paying job in my life because I thought I was going to get killed. I was managing a band signed to a major label that I later found out had serious gang connections. Still I ran on. Running has kept my spirit up and sanity intact no matter where I've been.

October 19, 2010 was the worst day of my running life. I was standing at the corner of our 800- meter dirt oval in Van Nuys Sherman Oaks Park. From there I can look over to the northwest baseball field where I pitched an eleven inning fifteen strike-out no hitter and lost back in 1969! The cross-country runners of Notre Dame high school train there now, as do many other local schools. We do an easy two mile warm-up, some shake-ups and then intervals three times a week. A few of the runners were usually late because of on-campus tutoring and I was fine with that. I'd wait a few more minutes to make sure everybody got their workout in.

I saw my boss, Dana Vasquez, running straight at me. I joked to the runners standing around me, "I don't know what I did but it's been fun coaching you all." I was convinced I was fired. I couldn't imagine what for but I knew something was wrong. Dana pulled me aside and said "Conor Lynch was killed crossing the street on the way to practice." I was absolutely horrified and started to lose my composure when I caught myself. I can't cry; this team will fall apart. The boys were rated #1 in the State and the girls were coming on. We had our biggest team ever. Conor was right in the middle of the JV, a typical runner who made a lot of friends. I decided I had to tell everybody.

I gathered the team together and said, "Conor was killed crossing Woodman." I saw girls' knees buckle and some of them screamed and ran away crying. I'm teary-eyed

now writing about it. I was devastated. A local news station was reporting that a cross-country runner from Notre Dame high school was killed at practice! My cell phone was ringing constantly with parents frantically calling me. The whole team, including some runners from rival schools, walked back to campus and straight into the chapel (Notre Dame is a devout catholic school).

We huddled and I met with the AD, principal, and priests who rushed in to help. The campus shut down and I felt horrible. How could this happen, was it my fault? I tore myself up. I went home and did not sleep. My phone rang constantly, the LA Daily News, our local paper wanted desperately to quote me. I couldn't do it. The entire ND family spent the next two days in church grieving and I was losing it. I ran in a stupor and stopped eating. I read a couple of e-mails but didn't answer my phone until I saw the caller ID say; 'Mark Covert.' I said to myself, "I'll take that call."

Mark was direct, "You're living every coach's nightmare, be strong." Those were tough and honest words and I needed them. It was fate that our paths had crossed so many times.

Our most important race of the year was three days away, the Mt. Sac Invitational. It's the biggest cross country meet in the world. They start a race every ten minutes for three days! As the top rated team in the D4 we had to run. Our AD wanted us to stay home. I refused 'this is what we do!' We won our race the year before and I'd entered our team in the Sweepstakes competition which is a high profile all-star event. When we showed up at the meet we passed out Conor stickers to anyone who wanted one. Jacqueline Hansen who was coaching the girls with me sent a picture of Conor to the meet directors and they put it up on the Jumbotron and had a moment of silence for our fallen teammate. Teams from all over were coming by to offer their condolences but I was falling apart and had a team to coach. The girls ran great getting 4<sup>th</sup> and moved up in the rankings. The boys ran the best race in the history of the school and were dominant victors! It was such an emotional day and at year's end our race was voted the 'Race of the Year' by the LA Daily News. Erik Boal wrote, "No race was as meaningful and inspiring as the performance delivered by Notre Dame three days after teammate Conor Lynch was hit by a car and killed."

The healing was slow and emotional. Jeri Dye-Lynch, Conor's mother decided to put a race together 'In Honor of Conor' at VNSO. We had 1,500 runners the first year and more than 2,000 runners and walkers the second time. I heard about a race honoring Conor in Antelope Valley and I decided to run and found that the race was put together by Mark & Debi Covert's daughter who teaches at a Pinecrest School that the Dye family owns. I was delighted to see Mark and Debi setting up the timing. I was limping because of my knee injury and got 4<sup>th</sup>. The next year I came back and got 2<sup>nd</sup>. I really wanted to win but some high school kid showed up at the last minute and I was denied. You can't win much these days at 6:45 pace! I had to joke when I crossed the finish line, "Hey Mark, did I win my age group?"

Now I spend my days running, coaching, teaching, and writing. I had some fun last year and wrote a handbook for the runners on the Notre Dame High School cross-country team. I call it Coach's Guide to Distance Running. Every couple of paragraphs I threw in an inspirational quote from a famous runner, coach, or philosopher that highlights the chapter's theme. As I was putting the book together it opened the floodgates to my running past. I want to write more. I have an offer to write my rock memoirs so that's on

the table. A screenwriter friend of mine wants to take one of my stories and write a script with me. I have five more books in my head and I want to get them out.

I'm proud that I have run every day for forty-four years and I'm healthy enough to think forty-five is attainable. Looking at the USRSA streak list and if I make it I could have a few new teammates to follow.

There are a few running goals I think I can achieve. I'd like to run 200,000 miles. I'm about four-five years away. I want to win one more race. It may never happen but I continue to believe I can find a race small enough that I can steal a victory. I want to do another one hundred mile week; the last one was in 2008 when I was fifty-seven. To do that at my age I'd have to run over two hours every day. This has been such an incredible ride and I'm still having fun. I want to keep it going.

Every time I look at the list of the streak runners it amazes me how many there are now. We joke about how nuts we all are but it takes a lot of resolve and determination to get out and run when you know it's going to suck, but the good days have always outshone the bad ones for me. So the journey will continue.





John Morgan and running companion

**JOHN MORGAN'S STREAK ENDS AFTER 34 YEARS  
"TWELVE THOUSAND FOUR HUNDRED NINETY-FOUR DAYS"  
By: John Morgan**

Forty-eight thousand and three miles. Beginning of streak: April 29, 1979. End of streak: July 13, 2013. Ran in every state in the U.S.A. exclusive of Alaska. Ran in U.K., Canada, Mexico, Australia, New Zealand, Taiwan, and China.

I always enjoyed the end of every run except the last one on Friday, July 12, 2013. That one was misery. My left ankle was so swollen it nearly collapsed during the pathetic 1 mile outing. Your body doesn't lie to you. I knew the streak was over. Confirmed next day at the ER. Time to pull the plug baby! It wasn't really as devastating as I always thought it would be. I mean, you can't do what your body simply won't allow you to do. Some might argue this point. We've all run when we're so sick we should have stayed in bed. I ran once in Shanghai at the tail end of a typhoon. You literally couldn't stand up. So hey, run into the wind! As streakers, we GOTTA get the run in. Now, on the outside looking in, my advise to you is...Be pragmatic.

My girlfriend, Suzi, posted a message on Facebook regarding the end of my streak. Oh my goodness, the responses she has been reading to me! A couple of people wrote, "you have been running longer than I've been alive." Really nice, thank you all very much. I sincerely appreciate your thoughts. Your official U.S.R.S.A. Chaplin, my friend John Watts in nearby Nampa, Idaho told me in a telephone conversation, "when your ankle has healed, and you are running again (which it will & I will), let's go for a run." You betcha! We will too.

It was a year ago last winter that the longest streak by a female runner as certified by the U.S.R.S.A., one Julie A. Maxwell's streak, had ended. I was devastated for her. I got her email address and we exchanged some notes. I finally called her with condolences. She had fallen and *broken* her ankle. A compound fracture! Her attitude was incredible. She said, "what was I to do, the foot was just hanging there."

No, she didn't fall while running. I guess the message I got was there are some things of which we have no control. I've carried her attitude and composure with me as I passed through 34 years on April 29, 2013. But even then the left ankle was hurting and not improving. I cut back from a normal 3 miles a day to 2. No improvement. Then on the evening of July 10<sup>th</sup> I'm carrying some stuff from my car to my house. The dogs are racing around the yard. I whistle for them and the puppy, a 9 month old German Short Hair, comes crashing into me, takes my legs out, and very properly rolls my left ankle under me. Finally, now there's a reason for the ankle to hurt. It's damaged! I know, I know, shoulda, coulda, woulda. I should have put the dogs in the house, **then** got the stuff from the car.

I'm gonna take a page from Mark Covert's book. He's been planning to end his streak, the longest streak listed in the Registry, on it's anniversary, July 23, 2013. It will be an astounding **45 years!** He's already taken up the bicycle. You know what? I'll bet he'll be competitive too. I'm gonna take up the bicycle too. Start with a mountain bike and graduate to a road bike. I have no thoughts about racing. I'll run again AND bike. Maybe get in good enough shape to take that run with John Watts.

Now all I do is elevate my left leg, ice my ankle, and try to stay off my feet. My girlfriend Suzi & I have horses. As soon as the ankle will allow, we'll throw some rigs on the horses and start doing some riding. Good way to see the countryside and get some fresh air. During this downtime and healing time, I've had some thoughts about all the training and racing during the streak years. I think a lot of the races, my last marathon, New York City, my PR marathon, Las Vegas (3:21) and my best week. I did the Los Angeles Marathon on a Sunday (3:30 & change) and came back the very next Saturday with a PR 10K, 36:35. Finished 2<sup>nd</sup> in age category and 20<sup>th</sup> overall out of a thousand. After I got thru the chutes, I ripped off my racing flats and ran thru the grass like a little kid! We've all had these moments haven't we? You know, when you really accomplish something. It's a good feeling. So, 34 years, 2 months and a handful of days. I'll run again, but I'll do it smarter this time, take a day off now and then. Now, my last word for you. **Control!** We all think we're in control don't we? Certainly in running and racing you better be in control of yourself, or you'll crash and burn. But the thought came to me Sunday morning, July 14<sup>th</sup>, I'm **not** in control of my life, God is! It is actually very comforting knowledge. So I guess I won't be seeing you out on the roads. But persevere, I'll be thinking about you...a lot!

## **“A Personal Account of the Boston Marathon Bombing”**

### **By: Bruce D. Shephard, MD**

I approached my 9<sup>th</sup> consecutive Boston Marathon with the usual mix of excitement and trepidation. I hoped I was ready after months of training supervised by coach, Joe Burgasser, Tampa Bay’s well-known running guru. Still, runners always wonder about lots of things that now seem far less important: the weather, wind conditions, cramping up....

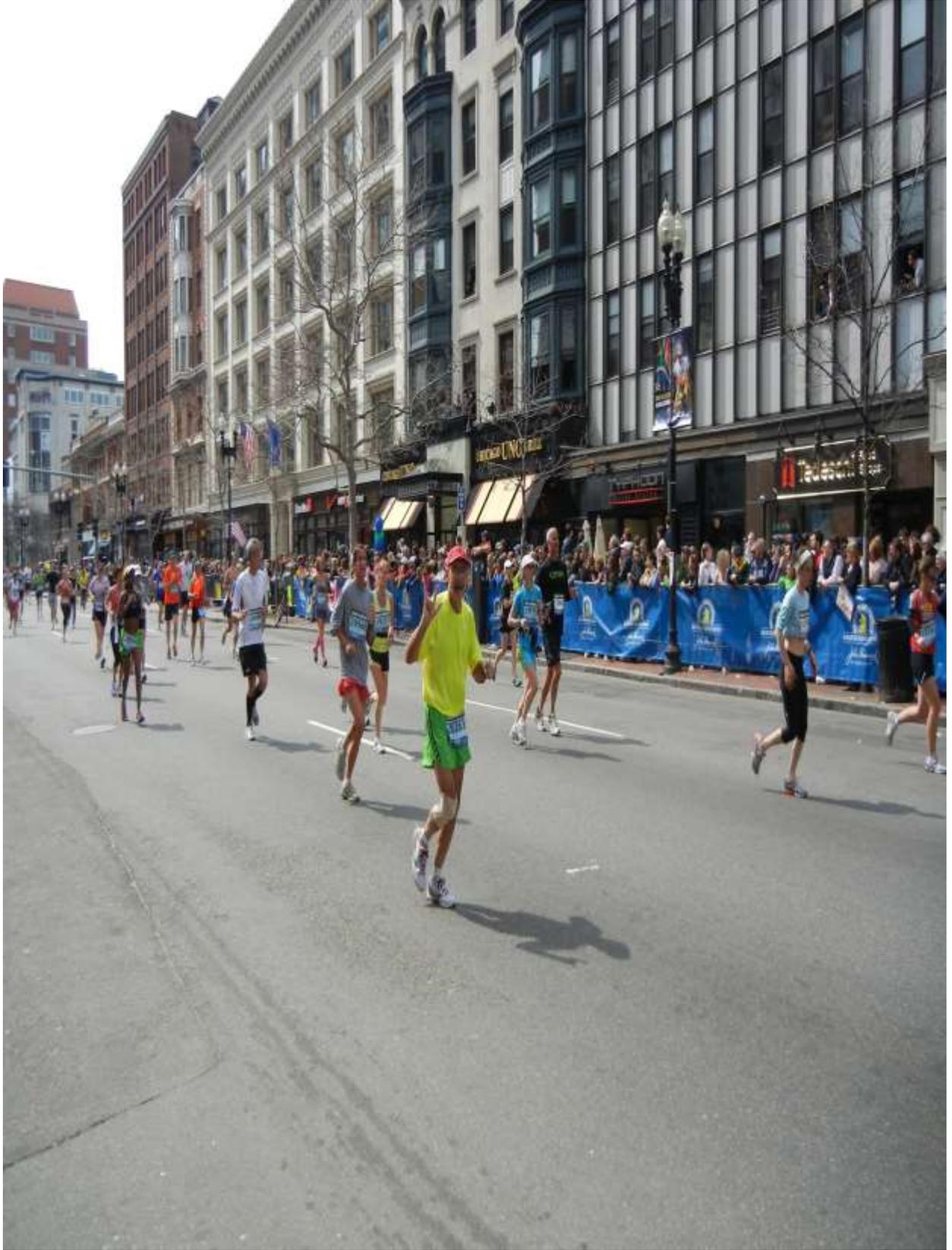
While “qualifying for Boston” is every runner’s dream, the event, which is held on Patriots’ Day, is also an extraordinary experience for the entire Boston community. This statewide civic holiday, which commemorates the opening battles of the American Revolution was established in 1894. The Boston Marathon, inspired by the 1896 Summer Olympics held in Greece, began just three years later in 1897. Together, the two events symbolically link the Athenian and American struggles for liberty. Today, the Boston Marathon attracts 500,000 spectators, becoming New England’s most widely viewed sporting event. To boot, the Red Sox always play an early day game at Fenway on this day, just steps from the final miles of the racecourse.

April 15, 2013 was a picture perfect day. Clear skies. Temperatures in the mid 50’s with a slight headwind from the east for a nice cooling breeze. The race is a straight shot west to east, from Hopkinton to Boston. Around 9am, 26,839 of us gathered under a big tent called Athletes Village waiting to assemble into our corrals. As I rested, thinking about my race strategy and meeting up with my partner Coleen at the finish line, I never imagined what would happen later that day.

I ran out a bit too fast reaching the halfway point in just under two hours. My goal was around 4 hours, but my pace fell back in the second half which ultimately turned out to be important. As I crossed onto Boylston street and mile 26, my watch showed 4hours and 8 minutes. Two tenths of a mile to go. Boylston street on marathon day is closed for traffic, giving the runners a wide boulevard to complete the race with an iconic view of the colorful finish line directly ahead.

It was seconds after I crossed the 26 mile marker when the first bomb went off. It was like a scene from a movie-this loud cannon and towering flume of smoke some 200 yards ahead of me. My initial reaction was one of shock and uncertainty. Seconds later, the second blast triggered fear and an immediate flight reaction. All of us started running back the way we’d come. Looking down at the ground at manhole covers, I wondered if a third blast would come roaring up from under the street. In seconds the well-organized 117<sup>th</sup> Boston Marathon became a complete melee.

I darted into the first open building, a furniture store filled with other runners and spectators. A few had cell phones but no one could get through due to cell traffic overload. Even a land line at the store only went to voice mail as I tried to call Coleen, worried about her safety as I knew she was to watch me come through at the finish line



Bruce Shephard finishing the 2011 Boston Marathon.

I was lucky. Lucky not to run my usual pace which could have put me closer to the bombs instead of 200yards away from them. Lucky that Coach Joe, who had been tracking my times, told Coleen shortly after 4:00pm that I had probably finished the race and to watch the rest from our hotel room overlooking the finish line instead of down on the crowded street. Luckily, she did so, and heard the initial blast from the elevator of the Lennox, 100yards away but in safety. Only I didn't know that at the time. It would be two hours before I could reach her.

After a few minutes those of us inside the furniture store ventured outside amidst a cacophony of sirens and screaming police officers who directed everyone to leave as quickly as possible. At this point shortly after the first bomb at 2:50pm, about 17,000 runners had finished the race leaving nearly 5,000 on the course. Most of them were still before the turn onto Boylston street and unable to see what was happening. Basically you had several thousand dehydrated, exhausted runners who were told to stop dead in their tracks and not knowing why. It was very chaotic.

After leaving the furniture store, I, like other runners, was becoming cold and unsure what I would do next. I was fortunate to come upon a Courtyard Marriott hotel, just off Boylston where a most attentive staff provided me and other runners who drifted in with some water and sandwiches.

Meanwhile, Coleen had been evacuated from our hotel, due to its location on the finish line. They emptied the multistory edifice in minutes with guests grabbing a few valuables and leaving all else behind. When Coleen and I did make cell phone contact we discovered we were only two blocks apart, but had to wait inside another hour as the police were keeping the streets free of pedestrians. Finally with the help of some Boston friends, we left the area by car, arranged for a hotel at the airport, and flew back to Tampa early the next morning.

So my 9<sup>th</sup> Boston, the one with my "best time" and the only one I didn't finish was also the most tragic Boston Marathon in history. Tragic mostly for so many innocent bystanders who were the principal victims. As it turns out, we, the runners, were the fortunate ones in this race. All my colleagues from Tampa who ran it made it back safely. Many of us will be back to Boston next year. I know I will.

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"In facing life, no one knows exactly what is going to happen, what is going to be needed, where the search for the Grail will lead. The best we can do is be prepared. Running makes you an athlete in all areas – trained in basics, ready for whatever comes, ready to live each day, fill each hour and deal with the decisive moment."

- Dr. George Sheehan (1918-1993)



Duncan Cameron

## **RUNNING IN FRANCE AND MONACO**

### **By: Duncan Cameron**

My wife and I decided to take a vacation to celebrate our birthdays and my retirement. We went to France and, although the weather was cold and rainy at times, we enjoyed our group tour trip. Our tour guide, Sandrene, was quite the history of France expert and during the tour would enrich our sightseeing with detailed history. We visited the Eiffel Tower, Notre Dame, the Louvre, Montmartre and took a short river boat cruise on the Seine. Later in the week, we went to Versailles, tasted wine in Burgundy, saw the Palace of the Pope, Provence and Monte Carlo.

I was able to continue my run-every-day streak, running in Paris and other towns on our tour to the south. We flew from Tampa to Miami late Saturday morning, April 27, 2013. I, of course, had run five miles at home earlier that day. At 3PM Saturday, we flew to Paris, arriving Sunday morning local time. After checking in at the hotel (less than half a kilometer from the Eiffel Tower) I ran along the Seine at 2:45PM local time. It was still chilly and I had not packed much in the way of warmer clothes, but I joined many runners out enjoying themselves and managed to get a five mile run in before returning to the hotel where we were to meet our tour guide and group for dinner. Garmin watches do not adjust the time automatically. After dinner, a short bus ride around town to view Paris as darkness was falling.

Monday morning arrived and I went out to run five miles at 5:30AM local time before our day's activities started. It was still cold out. I ran by the Eiffel Tower, through a small park and over the Seine before heading back to the hotel. On Tuesday morning, I again went out to run at 5:30AM local time, but kept to the main road by the Seine. I only ran three miles as we had an early bus departure from Paris. Wednesday morning, May 1, 2013, I went to run in Beaune, but it was cold with a hard rain and I only had brought one pair of running shoes with me. Later that same day we arrived in Nimes where I had time to get in a four mile run before dinner. I was given directions to a park in which to run. I ran in the park and then back to the hotel. There was a lot of dog poop on the sidewalks, so careful running was required. Thursday morning I went out early to run in the park again, but it was locked shut, so I ran down the main road and found a nice, long promenade on which to run 3 before returning to the hotel.

Friday morning still in Nimes, it again rained so I waited until we pulled into Aix-en-Provence to run in the late afternoon (5:15PM local time). I was given directions at the hotel to a park, but it turned out to be a single trail which quickly became overgrown with weeds. I turned back to the hotel and went back for a second loop to get in three miles. Early Saturday morning, 5AM local time, I went to do the loop again, but the hotel gates were closed and locked. I ran around and around the hotel, until I noticed someone leaving so out I went. I did a loop and when I returned to the hotel the gate was again locked. I located an intercom to the front desk and was let back in after my three mile run. Our bus then went to Nice and then to Monaco (not part of France unless there is no male heir to the throne) where we wrapped up our trip with a visit to Monte Carlo, the home of very expensive cars. Sunday morning May 5, 2013, I ran in Monaco at 4:30AM local time opting to run by the marina for safety reasons and to look at the really big boats. We were driven to the Nice airport where we flew to Heathrow, then JFK and finally on to Tampa. We arrived home just before midnight our time Sunday night. I unpacked some of the suitcases, went out for a Palm Harbor Monday morning three mile run at 12:30AM and then to sleep with my running streak still intact, closing in on seven and a half years of running every single day.

I highly recommend France for a vacation, but not as early as we went due to weather. Au revoir.

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“As long as it’s the other guy drinking it.”

- Jim Fix (1932-1984), when asked if beer was good for marathoners.



Dave Hamilton

### **'Steaking In the Mekong Delta' By David Hamilton**

In the night the vampires had attacked en masse with a brutal vengeance. I had fought valiantly to defend myself but even though I was armed with the latest in scientific know how and weaponry, the violent and ruthless terror had penetrated all my defenses. By morning as the rising sun saved me, I awoke from a nearly sleepless night to survey the destruction they had wrought upon my devastated body. But I digress. Let me explain what led up to the bloody, or should I say now, bloodless carnage which had been visited upon me in this wild and exotic land.

I arrived in Saigon (now called Ho Chi Minh City) Vietnam several days before the Asian New Year. Throughout Asia this is the major celebration for entire year. I was travelling with a native family, friends of mine, who were returning to their homeland, which is the tradition for this time of year known as Tet to visit relatives and pay homage to their deceased ancestors. After a 17-hour red eye flight and later that day to be 42 hours without sleep, I was greeted by a humid and sultry 88 degrees with over 80% humidity, which would never change more that a few degrees for the remainder of my 1-month sojourn, day or night. The throngs of humanity held back by airport security were a precursor of the human logjams that I was to experience over and over in a city with an official population over 6 million but by everyone else's account certainly exceeding 9 million.

I had started my day in the U.S. with my usual run. I then maintained my U.S. time when we arrived at our destination in the rural farmlands of Go Cong ('Gaw Cawm') and eventually the rice farm where I spent the first 2 weeks. The taxi trip from the airport was a mind warping picture postcard every 30 seconds of strange, exciting, and beautiful scenery. Some of the scenes in this massive city seeming to be right out of a post-apocalyptic scenario interspersed with amazing beauty. The 2-hour ride being interrupted by a quick meal at a local restaurant. In keeping with custom the taxi driver was invited to eat with us and his meal was also paid for. The only trouble I had was in order to get in my run before it hit midnight in the states, we still had to get to our destination in the next 2-1/2 hours but in my adrenaline charged state let me tell you it was going to happen! We arrived with about 75 min. to spare and custom and polite etiquette demanded I partake of the feast that they had prepared for the visiting family to welcome us and toast the New Year. This included a few shots of the V.S.O.P. brandy we had brought with us courtesy of the duty free shop during our brief layover in Taipei, Taiwan. Despite the food and drink and bleary eyes I knew I had to get going. So I somehow made it clear that I needed to 'stretch my legs.' My friend, the only one who spoke any English, was convinced I would get lost and who knows what else might happen to me in this unknown jungle environment if left on my own. So he insisted on accompanying me on a bicycle down the narrow dirt road amidst the rice paddies and beautiful lush foliage. After about a mile the road forked right and a small green very military looking hut appeared with a flagpole displaying a solid red flag with a single gold star. This is the flag of this country controlled by the communists since 1975. I remember thinking you're definitely 'not in Kansas' anymore. After another 1/2 mile I turned around and headed back. 3 miles under the time limit, mission accomplished and tired or not, I felt very at home in this strange and beautiful land. There is nothing like a run to put oneself in touch with a different environment.

From then on, our days and nights were a whirlwind of coffee shops, restaurants, relatives, and neighbors, who all insisted we visit, drink the local rice wine liquor and eat as much as possible. It seemed that everybody had the goal to eat and drink as much as possible to celebrate the New Year. Of course I wasn't complaining because the food was all fresh and even though quite different, very delicious. I decided no matter what, I would eat the same things that my hosts did, which included unusual items such as goat, mud fish and fresh goat testicles cooked right at your table in one of the restaurants. In this case, we were also sampling the many kinds of medicinal rice wines, which have creatures and herbs soaking in the bottle. My favorites included the seahorse and the baby cobra, that often held a real scorpion in its mouth. I brought back several bottles when I returned as souvenirs. Each of the wines is supposed to be good to cure a

particular ailment. The goat testicles were consumed with, of course, goat testicle wine. As the guest of honor it was up to me to cut and eat the first one before anyone else.

In the farmlands, people often take 2-4 weeks off so nobody seemed to be working. Travel is all done on older small 50-100cc motorcycles, with old 60's era Honda 50cc models being most prized. Of course I rode on the back. Most of it on footpaths about 3 feet wide or on a few narrow dirt roads. Only one paved road, which was loaded with bad potholes, existed, and it led to the downtown and then 30 miles or so further into Saigon. Even though I have a much larger motorcycle, which I've ridden for years in the U.S., only once did I convince them to let me take one of theirs down the dirt road by the rice warehouse where my friends were playing cards and gambling, for a mile and back. This one was a model made in Korea and seemed more like a toy, but my friends were sure I was going to end in disaster. Sure enough, just as I was turning around after reaching a top speed of about 25, here comes my friend's dad on another motorcycle to make sure I made it back ok!

In this village, one had to travel about 4 miles to go into town, which had a population of about 150,000 people. It was apparent that seemingly no one had ever seen an American in person, as this town and my village were well off any tourist stop. I was constantly approached by people who wanted to talk, look at, or often touch this odd visitor. Compared to everyone else, even though I'm just 5'9" I often towered above most of the natives. But the people were equally very friendly and welcoming as they were curious. My days started early and so I would run 5-7 miles down to the dirt road, which paralleled the South China Sea River. The road took me past huge banana trees, grazing water buffalo, endless rice paddies, thatched roof huts made from palm fronds, and brightly painted fishing boats. The scenery was surreal and amazingly beautiful and the heat and humidity were unabated no matter what hour of the day or night. After a while I became more of a local fixture and people would wave and say hello, most somehow knew my name and bid me to stop and eat or drink. The majority of the people made their living farming and so even though many were poor monetarily most seemed very happy and especially liked to have guests visit. Believe me, no one here ran for any reason related to recreation or health and most thought you quite crazy to do so. So here when I ran only the kids would run after me thinking it a new game.

What was amazing was how the people treated me. My friend would tell me that everyone thought that most Americans were millionaires and I felt like that and a rock star and sports hero all rolled into one. If I walked into a restaurant or store, people would point and everyone seemed to have a sister, cousin, etc, they wanted me to meet. At times it would even be a little unnerving. A typical example was one day after my run I walked down the road a short ways to cool off and stopped at one of the numerous little shops that were in front of most of the palm frond houses where people would sell just about anything to bring in a little more income when they weren't farming. Here they sold some food, odd goods and bottled drinks. The ever-present tiny plastic stools and kindergarten sized table sat in front of this 10 by 10 foot thatched roof hut. I asked if they had any bottle water. Most days one of my main missions was to find bottled water and I think I bought up most all that was available. Drinking the local water was a sure way to get sick. The storeowners were certainly happy for the extra business and after awhile began to order more just so they could accommodate me. My daily intake in this hot climate usually ran around two gallons or so. But in this case they had none so a sweet warm orange soda would have to suffice. Literally in 5 minutes the 6 people that were sitting at this shop became 16 as anyone walking on the road stopped to look at

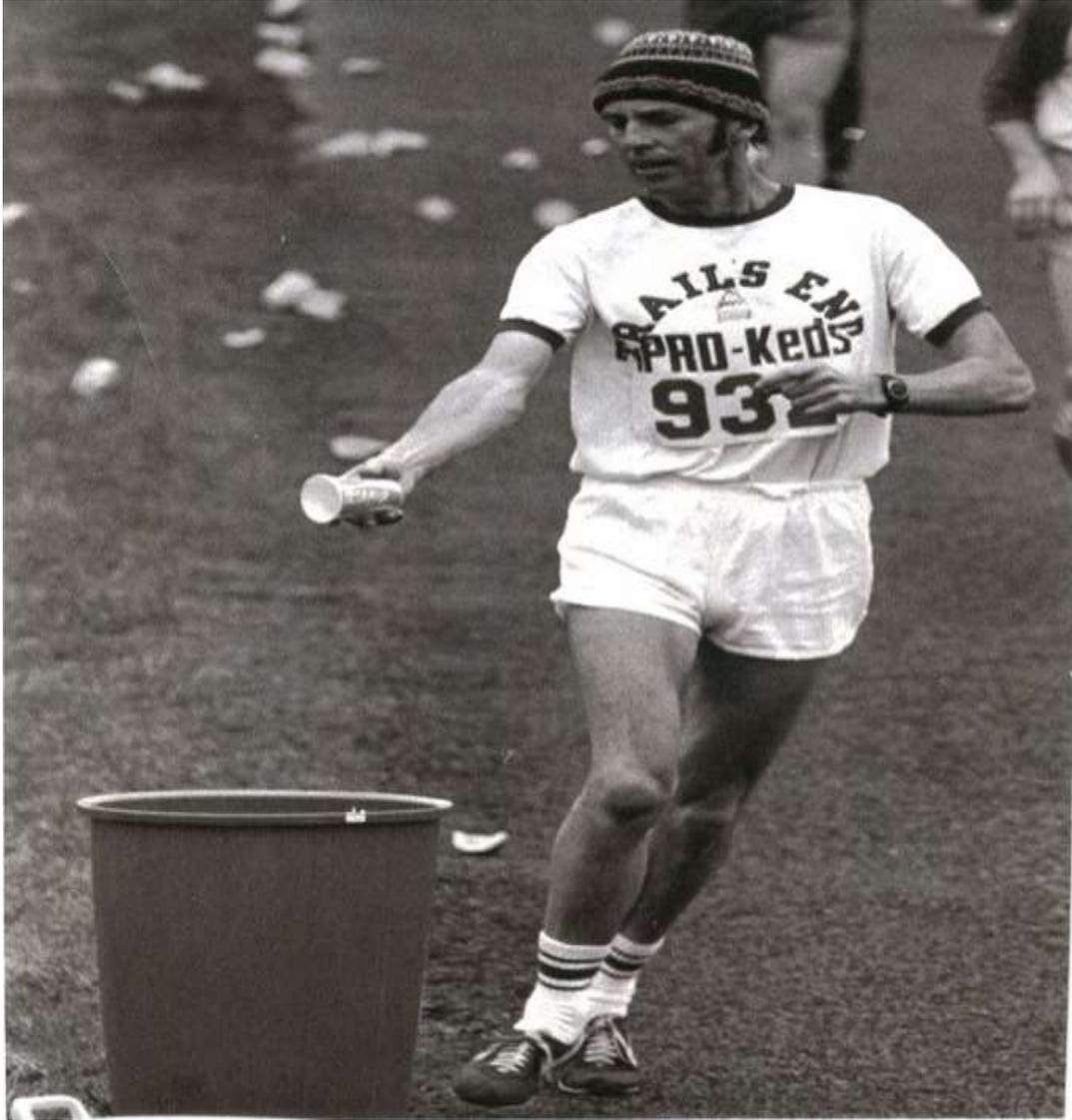
this odd light skinned alien being. At this point in my language development I was probably about a 4<sup>th</sup> grade level so it was always difficult for me to understand what they were asking especially when spoken full speed. The owner insisted on me meeting his sister and two other people had a girl they wanted me to meet as well. I tried to field questions in rapid fire with my most certainly inadequate Vietnamese language and accent. As always I became overwhelmed by the genuine, kind, and heartfelt nature of these special people.

My two weeks in this village were a delight. The tropical paradise afforded me many memorable runs and I would often think that perhaps no one had ever run on these roads as I did for fun, sport, sightseeing and of course streaking. Perhaps during the war there may have been a soldier who was a runner and visited this town although there was no way to know. In this town and during visits to others I had many adventures. The narrow dirt roads and paths were only crossed by the ever present tiny motorcycles, bikes and foot traffic. The main road into town was always full of traffic. I spent much time on the back seat of motorcycles riding elbow to elbow, barely missing a disastrous crash by inches, or so it seemed. Yet such mishaps appeared to rarely happen although one day on the main road we came upon a crash and later found out it had claimed one life. This mode of travel is definitely not for the faint of heart.

I certainly treasured the fact that as a runner I could experience this country in a way that a non-runner would not and I was able to include many sights and sounds that I would have otherwise missed. Although my hosts constantly feared my losing my way or worse, I knew my runner's sense would always bring me home. My fearless attitude and sense of adventure of this completely unknown land seemed to always baffle my native friends. But here I treated it no more differently as when I run in any other strange city in the U.S. where the best way to explore was with two legs. Of course I had done many months of due diligence study of the country, including the inherent dangers, and listened with that in mind to whatever warnings were passed on to me by those who knew.

After my stay in Go Cong I spent the next two weeks in Saigon. This was a whole other world of experiences and adventure. I stayed in a clean modest hotel with many amenities and maintained my streak with more difficulty due to the extremely crowded and non-runner friendly streets. I decided in order to avoid having the local constables stopping me and possibly detaining me (I had been warned to be careful about this), and deciding that running pell mell through crowded city streets was unwise, I came up with an ideal solution. There was a hallway in the hotel that could give me a small loop. I measured out what I was sure was a mile and then I doubled it. At a certain time in the morning this worked out well to get in a short but 'legal and then some' run in. Only just before I was to return to the states did I find out there was a suitable park I could have taxied to and back for my run. These two weeks in the big city were an amazing adventure unto themselves and will have to wait for a later article for brevity's sake. My memories of this trip, especially of my runs in the farmlands of the Mekong Delta shall forever burn bright in my soul.

Oh yes, the vampires, I almost forgot! These were the huge Vietnamese mosquitoes with double the normal length needle noses, which have a ravenous appetite for American streak runners!



Jack Watts, father of author John Watts, in 1977

## **REMEMBERING MY DAD**

**By: John Watts**

My introduction to running came early. When cabin fever would strike at home and it was time to get some fresh air and burn off a few calories, some families would go to the city park. My family would go to the high school track. We would take turns seeing how fast we could run a lap. There were three of us children. For some of us, just running that far without stopping was hard enough. But we each made progress with each trip. My dad would do the timing and the recording of the times on a scrap of paper he would keep in his wallet. It was kind of like those pencil marks on the wall at home that monitored how tall we were getting. Those times would monitor our advancement toward physical fitness.

The older I get the more grateful I become for the unusual family I grew up in. And the more I realize how unusual it was. It was my dad who set the tone.

He grew up with a love for the mountains and for pushing his limits on his wilderness adventures. The first mountain he climbed he climbed solo. He chose one (Three-Fingered Jack) with terrifying exposures. But his main concern was not getting to the top or even getting back down safely. It was his elapsed time.

When he proposed to my mom, there was a pre-nuptial agreement. It had nothing to do with finances. My mom had to agree that she would accompany him on his frequent trips to his mountain playground. And of course, when children came along, we went along, too.

Before we could walk, we would ride on his specially designed packboard. It must have been a relief when all three of us were self-ambulatory and he only had to carry the food, water, and sleeping bags. Every summer would include multiple extended trips to the Cascades Mountains. We climbed every mountain of significance in Oregon. We saw spectacular natural beauty our friends never knew was there. We also had a few close calls and more times when we wondered if we would ever live to see adulthood. Dad was our fearless leader. He got us into some tough spots, but he always got us out.

The climbing part of it appealed to me and my brother more than to my sister and mom. We were the ones who accompanied him on some of his more outrageous feats of endurance. Like climbing three 10,000-foot peaks (The Three Sisters) in one day. My brother especially got the bug. He went on to become a world-renowned rock climber. He is the second most famous Alan Watts! I am proud to be related to the father of sport climbing in the United States. He'll be the first to tell you he never would have done what he did without our dad.

I don't remember my dad timing himself on those quarter miles at the track. Running was not really his thing until his late 40's. By then, I was into running with the same single-minded determination that Alan gave to his climbing (though not with similar results.) I like to think I was the one who got my dad into distance running, though I know I never would have gotten into it without him.

It started with Bill Bowerman's book Running. He would follow the program day by day adding more running and less walking. (He started a diary about that time that began as a running diary but morphed into a record of pretty much everything he did every day of his last 40 years. We have a lot of reading ahead of us!) Soon he was entering races and doing pretty respectably. He went on to run 10 marathons. His best time was 3:19. His time and mine combined were the fastest for a father and son at the 1976 Trail's End Marathon in Seaside, Oregon. He qualified for Boston in 1978 and we ran it together. He was running times when he was in his 50's that I have been unable to equal in my 50's.

One day he came home from the high school track and breathlessly told me that I should hurry down there if I wanted to meet Steve Prefontaine. I did and I ran with "Pre" twice the following day, just the two of us. This was two months before his tragic death.

Dad never ran every day. He cautioned me that he wasn't sure it was such a great idea when I started. (My first running streak, by the way, ended with an out of control slide

down a steep snow field while descending from one of our mountain climbs. I wrenched a knee.)

Running for my dad ended prematurely with a hip problem. He got a mountain bike and quickly was racking up the miles. He told me he never could quite reach on his bike that state of utter exhaustion that he craved while running. His trips into the mountains with my mom continued into his 80's. Then Alzheimer's began its gradual onslaught and with it came physical as well as mental deterioration.

One of the coolest things near the end was his friendship with his physical therapist, Trevor Groves of Madras, Oregon. Trevor, who is also a runner, would give him a weekly workout and Dad would rise to the occasion. On the exercise bike or with a belt around his waist running in place while Trevor held him, it was as if he were the same Dad who used to run up mountains.

My dad, John Morton (Jack) Watts, died on Sunday evening, May 5, 2013. He was 89. He was home. The whole family was with him. Above his bed was the plaque he had won for the fastest father-son marathon time. Early in the day his breathing sounded like he was running a race. Then he drifted into sleep. Before he stopped breathing, he was breathing like the race was over. He had earned his rest.

Among the tributes that came in were some from our friends who told us they were jealous as they grew up that we had a dad like ours. He gave us some great adventures and some wonderful memories. At the time, he was just our dad. Looking back we can see how lucky we were to have such a terrific, unique, and unusual dad.

For example, I'm quite sure no one else has this as a New Year's Eve memory. We had a very strange tradition. If Dad wasn't the instigator, he certainly was a willing participant. As the clock would approach midnight, Dad, Alan, and I would dress for a run. We would wear shoes and running shorts. Nothing else. The colder it was outside the better, and typically it was well below freezing. While the rest of the world was blowing horns, sipping champagne, and kissing, we would bolt out the front door and run a celebratory loop that included a half-mile stretch down Main Street. Happy New Year! I don't remember ever seeing another runner out. The drivers probably thought we were drunk. In a way, I suppose we were. Drunk on life.

Not a bad way to live. Thanks Dad.

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“A teacher is never too smart to learn from his pupils. But while runners differ, basic principles never change. So it's a matter of fitting your current practices to fit the event and the individual. See, what's good for you might not be worth a darn for the next guy.”

- Bill Bowerman (1911-1999), American track and field coach and co-founder of Nike.



Steve DeBoer

## **Traversing the Tundra in All 50 States + DC (Part Two)** **By: Steve DeBoer**

Since the publication of *Traversing the Tundra in All 50 States + DC*, in the 50<sup>th</sup> edition of *The Streak Registry* (Summer 2013), I have received additional data, resulting in some changes, as follows:

State #1 NY – Ted Corbitt's first running streak began December 1, 1953.

State #4 CA – With Mark Covert's retirement July 23<sup>rd</sup>, Jon Sutherland now has the longest current streak, begun May 1969.

State #7 MN – Besides being the only state to have 4 active streak runners per million population, the state recently surpassed 5 per million, though a few have yet to submit their data to the USRSA.

State #10 AZ – Ken Young moved there in September 1974, so AZ is now the 15<sup>th</sup> state to identify a streaker.

State #13 CO – Ken Young lived in CO June 1973 to September 1974, so he is now first certified in CO (Paul Driskill never certified his 35-year streak).

State #26 ND – Mike Holsteen, of Ridgedale, MO, is #78 on the Active list and has lived in several different states while streaking, including ND from 1991-92, so he is first and only one certified there.

State #34 IL – Ken Young lived in Chicago in July 1970, so he is first in two states, and IL moves to #10. He and Elaine Rountree are the only runners first in 2 states.

State #50 NM – Jared Ostroski reached 1 year in 2012, which is also the centennial for the state of New Mexico – coincidence?

Steve DeBoer has never managed to be the first streak runner in any state but was #2 in MN, IL (worked there in 1977) & SD and #3 in NC (grad school 1984-86). However, he also streaked (or “struck”?) when in the Peace Corps in Ecuador from 1978-80, so until Streak Runners International receives a certification form from someone who did it before 1978, Steve claims the #1 spot there, under his Spanish name of Esteban Guillermo Campesino Piedrapozo!

The last article listed when each state had their first recognized and certified tundra traverser. Here is a chart showing the growth in the number of states over the decades, the first number being total and the number in parentheses being active:

	MEN	WOMEN
1970	11 (8)	0
1975	16 (16)	0
1980	28 (28)	4 (4)
1985	38 (36)	9 (8)
1990	40 (38)	11 (9)
1995	42 (41)	12 (9)
2000	43 (42)	14 (11)
2005	44 (41)	15 (12)
2010	48 (45)	29 (24)
2013	51 (47)	36 (29)

As you can see, most states had male representation by 1985 (75%), whereas female representation has grown 140% in just the last 8 years.

Going back over the data, we see that 18 states have had at least one person running daily past the age of 70, while 25 states have at least one age 20 or less. Among those on the Active list, the 3 oldest men are Herb Fred (84), Jon Simpson (75), and John Roemer (75), while the 3 oldest women are Barbara Latta (72), Ruth Gorman (66), and Mercedes Murolo (63 in October). Though, no longer active, our oldest living certified streaker, Wendell DeBoer, recently celebrated his 89<sup>th</sup> birthday. Youngest females are Victoria Gomez (18), Zoe Schultz (21), and Mary Runnoe (22), with the youngest males being Jonathan Reid (12), Yeraj Rust (13), and Bradley Blaszyński (14).

By decade, here are the first certified:

	Male	Female
Under 10	Joel Pearson 1994	None
10-19	Mark Covert 1968	Sue Favor 1984
20-29	Amby Burfoot 1966	Eileen Rountree 1977
30-39	Ted Corbitt 1954	Margaret Blackstock 1979
40-49	Herb Fred 1970	Barbara Latta 1983
50-59	Wendell DeBoer 1978	Barbara Latta 1991
60-69	Wendell DeBoer 1984	Barbara Latta 2001
70-79	Len Burton 1999	Barbara Latta 2011

Of course, the numbers are always changing, but as of April, 2013, there were 321 active plus 127 retired Certified men (448 total) and 63 active plus 31 retired Certified women (94 total), which means at least 542 individuals have registered running streaks.

In the course of our 60 year history of verified streak running in this country, we have had only 3 men and 3 women who have held the longest position:

Ted Corbitt	Dec 1953 – July 25, 1968	Elaine Rountree	Oct 1977–April 10, 1982
Bob Ray	Jul 1968 – April 7, 2005	Julie Maxwell	April 1982-Dec 10, 2011
Mark Covert	Apr 2005 – July 23, 2013	Barbara Latta	Dec 2011-Current

Interesting that Mark began his running streak, which is the longest ever recorded of 45 years, on July 23, 1968, the day before Ted Corbitt encountered a dog, which ended his first streak. Ted had been training for the 52.5 mile London to Brighton race and ran almost 1000 miles that July. But on the 24<sup>th</sup>, while running 20 miles home from work, a vicious dog attacked. He jumped to avoid the animal's teeth and finished the run. But the next day there was pain in his right pelvis and he could not run a single step. After 20 days without improvement, he started trying a variety of hot and cold therapies plus lots of stomach exercises. After a month he was able to jog ½ mile. He kept pushing himself and 6 weeks later ran 30 miles but still had pain and did not go to London. John Chodes, in his book, "Corbitt" discussed the incident and recovery in more detail.

Jon Sutherland, Mark's teammate at LA Valley Community College, is our new leader among males, with a streak that reached 44 years on May 26<sup>th</sup>, only the second person in the world who has run at least 1 mile for that long (3<sup>rd</sup> if you count Ron Hill, who had a few runs that were less than 1 mile).

As for the aging of streak runners, in 1980, there were 72 men on the Active list and their average age was 31.5 years. By the end of 2010, there were 282 Active males, but the average age had jumped to 52.0 years. Since there were only 4 women active in 1980, I don't think it is a fair sample, but their average age was 31.3 years. In 1990, there were 10 females, and the average was 39.3 years. That number soared to 49 by the end of 2010, but the average age only went up 4 years to 43.8 years. So streak women are 8 years younger than the men, and, since women tend to live longer than men, we could potentially end up with many more stalker widows than widowers. Among those who have registered their streaks, 3 have departed this life, all men:

Ted Corbitt	1919 – 2007
Charles Brumley	1939 – 2010
Joe Wojcik	1941 - 2012

One last note of interest: of the 15 Streakers Named Steve, 6 of them live in MN. 5 of the 10 (50%) currently active are Minnesotans. I'm not sure what it means, but I don't plan to change my name!

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"When I first started running, I was so embarrassed, I'd walk when cars passed me. I'd pretend I was looking at the flowers."

- Joan Benoit Samuelson  
**Traversing the Mega-Marathoning Tundra**  
**By: Steve DeBoer**

I recently found a web site that lists (though probably incomplete) all those individuals who have reported running at least 300 marathons and ultramarathons in their career. The North American coordinator is Walt Prescott. The site is <http://www.worldmegamarathonranking.com>. As of January 1, 2013, the top 5 are Christian Hottas (age 56 - 1,951, Germany), Horst Preisler (age 77 - 1,806, Germany), Sigird Eichner (age 72 - 1,741, Germany – first among women), Kalevi Saukkonen (age 69 - 1,571, Finland), and Hans-Joachim Meyer (age 72 - 1,448, Germany). A total of 303 persons have finished 300 or more events.

Jim Simpson (10<sup>th</sup> place, age 71, 1,000) and Larry Macon (11<sup>th</sup> place, age 68, 980) are the top Americans, having last year surpassed Norm Frank (now 14<sup>th</sup> place, age 81, 965). Norm became top American after passing Sy Mah in 1994. Sy ran 524 marathons/ultras from 1967 to 1988, finishing his last ultra 2 months before dying of leukemia. Sy went ahead of Ted Corbitt on the “most completed” list in 1981. Ted is the USRSA’s first identified streak runner, who ran 197 long distance races. Before Ted, Mike O’Hara had the record of 131 finishes, which Ted broke in 1969. Before Mike, Clarence DeMar (famous for winning 7 Boston Marathons and winning the bronze medal in the 1924 Olympics) held the record of 96.

It could be argued that many of these individuals after Sy Mah have been “running,” rather than “racing” most of their marathons/ultras. There is also a list of those who have run a marathon under 4 hours in all 50 states ( <http://www.50sub4.com/> ) – 40 persons currently on that list.

I thought it would be interesting to ask some of our higher mileage runners, how many races of those distances they had run. **The only streak runner on the list is Rich Holmes, age 63, who ranked #40 in North America, having completed 373 races.** Before I list others who are over 98, I will mention those who rate

**honorable mention (25-49)**

John Chandler  
Mike Fanelli (won 3 marathons & 3 ultras)  
Alex Galbraith  
  
Norm Grimmett  
Brad Kautz  
  
Mark Washburne  
John Watts (won 1 marathon)

**most honorable mention (50-98)**

Barry Abrahams  
  
Steve DeBoer (won only ultra, as others all dropped out due to rain/snow/slush)  
Herb Fred (won 2 Ultras)  
Fred Murolo (includes 36 Ultras – 3 were 72 hours, 1 was 314 miles)  
Brian Short

Those with 99 or more are listed with their totals:

Rick Rayman (Canada)	280
Scott Ludwig	250 (50 Ultras)
Craig Davidson	220
Ted Corbitt	197 (50 Ultras – won 12 marathons & 19 ultras)
Mark Courtney	150+ (won 5)
Craig Snapp	143 (6 Ultras) – has never won or gotten an age group award
Don Slusser	133 (won 5)
Ken Young	131 (44 Ultras – won 16 marathons & 25 ultras)
Bob Aby	128
Ron Hill	115 (112 under 2:50, 103 under 2:45, 29 under 2:20)
Jim Pearson	103 (99 finished, won 19 marathons & 10 ultras, including an American record 5:12:40.1 on a certified 50-milecourse)

Tammy Slusser 99 (3 Ultras – won 13 marathons and 2 ultras, beating all men in 1 ultra)

Al Gilman ran 15 marathons and won 2 of them. Pete Gilman has run 20 and won 5. Pete participated in the US Marathon Olympic Trails in 2008.

Jerry Caine wrote the following: Hand full of each BUT that amount includes probably what few others have accomplished which is two six day runs: One was first place with 362 miles and the other was 2nd place with 401 miles...the winner had 405 miles.

Herb Fred has had good success in 100 mile runs, as he wrote: 100-Mile-Runs – I've won 2 of them. 1980 – National Athletics Congress 100-Mile Run, Houston, Texas (Time: 19:10:19) – National Age (50) Record

1981 – Gulf Association National Athletics Congress 100-Mile Run, Houston, Texas (Time 18:45:11) – National Age (51) Record

In 1983, I came in 3<sup>rd</sup> in the Gulf Association TAC 100-Mile Run, Houston, Texas (Time: 17:02:03) – National Age (53) and Age-Group (50-54) Record

Jon Sutherland might have had our group's fastest marathon, outside of Ron Hill, except for some difficulties the last mile, as he reports: Steve-I got out of the marathon game quickly. I think I ran five of them early in my racing days and my best was only 2:34:25 which I ran on December 5, 1971 at the Culver City marathon. I tried once again in December 1977 at Culver City on a whim went by ten miles in 50:18 and twenty in 1:42-ish, 25 in 2:08 something and completely bonked and didn't finish-hell I couldn't have passed the drunk test I was weaving so badly. I lost 19 pounds in two hours and Tom Sturak (Jacqueline Hansen's husband and Nike guy) called me the world's tallest raisin. I don't think I was built for the distance being 6'4" and 160 pounds and a power runner. I was much more comfortable running 10Ks.

Even though Roger Nelson did not quite meet the criteria for Honorable Mention, we did have the following e-mail exchange and are committed (or probably should be committed) to running the Twin Cities Marathon together in 2050. Anybody else is welcome to join us!

Greetings Steve-

Only 14 marathons for me. Last one in 1988 (Twin Cities), and still trying to recover....I couldn't break 2:40, so I started to focus on the duathlon. Maybe a final marathon when I turn 100. Good health! Roger

Thanks, Roger. So I was also a participant in your last marathon! It was my 13<sup>th</sup>!! Let me know when you decide on the event, and I promise I will try to run that final one with you!!! Steve

Twin Cities—October, 2050...it's a date - Roger

I'll start training today! Steve

Oh Oh.....

Now that I've made the commitment I'll really have to "put up"....

If anyone wants to join our training group, they are welcome to participate. We will call ourselves the 2050 bunch.....probably a finishing time to shoot for also—20:50 R

To go along with this, Roger Urbancsik has put together a list of best marathon times for many of our members. Others are encouraged to submit their marathon PRs to him at [RUrbancsik@aol.com](mailto:RUrbancsik@aol.com)

[Editor's note: Roger Urbancsik's marathon data for the "The 70,000 Club" follows this article. Due to space constraints, the notes for his data appear on page 78.]

The Roger Urbancsik spreadsheet originally on pages 32 to 37 of this issue is not currently available on web version.













Joe Beyer

## **JOE BEYER JOINS USRSA**

Running streak day #1 was August 16, 2010, I waited until I logged over 1,000 days before joining USRSA.

Although my 1 mile/day running streak started August 16, 2010 I have run a minimum of 3 miles/day every day since March 19, 2011, 800+ consecutive days, and every one of these runs has been outdoors.

Since August 16, 2010 I have averaged approximately 6 miles/day.

My hobby is running Marathons. Last year I ran 15 officially and this year I hope to do better than that. My best Marathon time is 3:10:06 at the Bay State Marathon in 1997 but these days, having turned 50 last Fall, I battle 4 hours (losing more often than I care to

admit). My best time recently was 3:50:09 at the Maine Coast Marathon. I have officially run 175+ Marathons. My longest current successive Marathon streak is Nipmuck Trail where I've run the last 14 years.

Because I run Marathons, my running "in-shapeness" seemed to vary wildly from season to season. In Marathon season, Spring and Fall, I would be in good running form while out of season, Summer and Winter, I was unpleasantly unfit. I started running every day to balance this and be in better shape year round.

I have no trouble going a few miles the day after a Marathon, 50K, snowstorm or hurricane but it sure is painful trying to log my miles when I'm sick. Fortunately I don't get sick often (knock on wood).

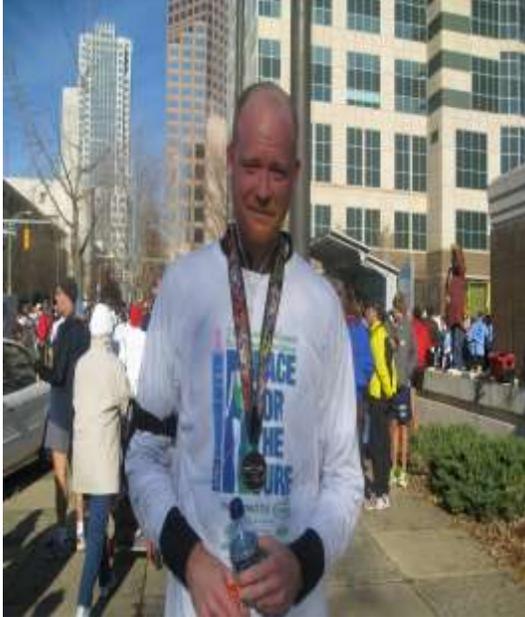
Given that my streak started when I was almost 48, I acknowledge I will never be anywhere near the leaders on this list. Congratulations to all "The Legends" (40+ Years).

Joe Beyer  
Concord, Massachusetts

## **BJ DAVID'S STREAK ENDS AFTER 1931 DAYS "I SIMPLY FORGOT."**

It is with great regret that I'm emailing to inform the association that my streak ended on April 10th, 2013. After a relatively normal day with the typical stresses of work and hurried family schedule, I simply forgot. I actually went to bed and it never occurred to me. Maybe it wasn't actually a normal day.

BJ David  
Covington, Kentucky



Todd O'Donnell

## **TOD O'DONNELL JOINS USRSA**

If you interviewed individuals that knew me only from high school and asked them if I was a runner, they would most probably laugh. I quit the high school basketball team because I hated running; oh and I wasn't very good either. When I moved to Charlotte, NC in 2000, I befriended a runner, Rob, and became intrigued. I was a bit overweight and had noticed knee pain when standing after sitting on the floor. This could not be a good sign for someone only 30 years old. I will never forget the first time Rob and I ran together. I showed up in a pair of Vans skateboarding shoes and Rob quickly noted that I needed to get some running shoes.

My first 5k was about a year later and it took everything in my power not to quit. The sense of achievement was overwhelming and extremely addictive. I have gone on to run numerous races,

which include two half-marathons and the Cooper River Bridge Run in Charleston, SC. Whenever I travel the first thing that comes to mind is where can I run. Highlights include the Seattle, Santa Monica and San Diego waterfronts, Central Park, the Brooklyn Bridge, Mt. Royal in Montreal, Casey Key FL, Mirror Lake in Lake Placid NY, and Washington Park in Denver. My favorite annual event is the Charlotte SouthPark Turkey Trot 8k.

My wife Kathryn is also a streak runner and I feel guilty bumping her a spot since I began my streak about a week before she committed. I had heard about streak running and decided to start my own streak because I became tired of somehow justifying why I could not run on a given day. Now I have no excuses and my wife and I enjoy sharing this accomplishment each and every day. An added benefit is that other than an upper respiratory infection that my wife suffered early in her streak, which she managed to run with and does not recommending doing, neither one of us has been ill in the 2+ years we have been running every day.

A run a day keeps the doctor away.

Tod O'Donnell  
Fort Mill, South Carolina

## **TOM WATKIN'S STREAK HITS 4 YEARS**

I have nothing special to report for this year. No races, no runs longer than 8 or shorter than 2.35 miles, no injuries, no illness, no medication taken. A vast majority of runs were on trails in First Landing State Park in Virginia Beach. Total miles: 1,312.5. My goal this year was to make my runs enjoyable and stress-free, and I succeeded. Running has become routine but not mundane.

Tom Watkins  
Virginia Beach, Virginia



John Metiva

## **JOHN METIVA STARTS NEW STREAK**

Just a quick update, as of April 19 I am now eligible to be listed on the active streak again after ending my 23 year plus streak in February of 2010 due to a broken foot. I took 5 months off to heal, then ran 4-5 days a week until 4-19-12, when my current streak began. I am currently averaging about four miles per day, and racing a few times per month (5k-half marathons), with no major complications. Not sure how long this streak will last, probably not 23 years, but we will see what God allows.

Today (Saturday 6/29/13) I went for a seven mile easy run around Lake Cadillac. My wife Tammy and I are camping at Mitchell State Park in Cadillac, Michigan, about seventy miles north of our home in Midland. It was a perfect day for running, about 65 degrees, partly cloudy, and breezy. Shortly after starting my clockwise loop I began to see several runners wearing race bibs running in the opposite direction. It turns out the Lake Cadillac Marathon and Team Relay was taking place this morning. I actually saw a friend of mine from our local running club (Bay Area Runners Club). I

reversed direction and ran with him a while. It made for a very nice run encouraging the racers all the way around the lake. One of my favorite things to do is to go for a run while we are camping at various campgrounds throughout Michigan and the surrounding states.

I have been running and racing for over 36 years. In that time I have competed in over 500 races from one mile and up, including several marathons. I have also completed several triathlons, duathlons, snowshoe races, Nordic ski races, even a couple road bike races. My total miles run over is 38,000. I have a current daily running streak of 436 days (since 4/19/12). I had a previous streak of over 23 years (10/19/86-02/13/10), that streak was ended when I broke a bone in my right foot while running (avulsion fracture caused by severely twisting my ankle). I also had a streak of over 500 days ending in December 1981.

I am very active in The Bay Area Running Club as a past board member and current race director for a series of winter road races, along with assisting at several other events each year. I am a semi-retired small business owner, working part-time for the Great Lakes Loons minor league baseball team. My wife Tammy and I live in Midland, Michigan, and we will be celebrating our 25<sup>th</sup> wedding anniversary on July 16<sup>th</sup> of this year.

I do not know how long my current streak will last. I have been blessed with very good health, and an understanding wife and plan on running ever day as long as I can. I may not make 23 years again. I am 56 years old and would be over eighty by then, but who knows. Today was a good day to run, I think tomorrow will be also. Thank you to everyone involved with the USRSA for all the hard work. Keep running.

John Metevia  
Midland, Michigan



PRINCE WHATLEY

## PRINCE WHATLEY STREAK HITS 9 YEARS

Thanks for the congratulations email on my running streak anniversary. My run on June 30 (yesterday) which completed nine years of running every day was a 25.6 mile run with my younger brother who has just started running in the last couple of years and is progressing very quickly. We did that run as training for his first hundred this November, the Pinhoti 100 from Heflin to Sylacauga AL. Yesterday I was focused on doing this run with my brother so much that it didn't even occur to me that it was my streak anniversary until I got your email later in the afternoon. At this point, the streak for me is more about running every day

than accumulating numbers of days and years.

Here are a few stats on my running career, which started with my first marathon in 2002:

77 marathons (39) and ultras (38)  
Includes 4 hundred mile races.

### PR's:

5K September 2011 – 17:33  
10K November 2009 – 37:48  
15K April 2011 – 1:01:27  
Half Marathon April 2011 – 1:25:30  
Marathon October 2012 - 2:59:26  
50K November 2007 – 3:57:55  
50 mile March 2009 – 8:39:28  
100 mile November 2009 – 23:40:21

Lately my training focus is on improving my marathon PR, with a secondary goal of improving my time at the Pinhoti 100, and a tertiary goal of getting a new 5K PR. I credit my running streak with providing a consistency in my training that has allowed me to make steady progress throughout these nine years. However, I spend a lot more time thinking about my race time goals and training plans than the streak.

With three exceptions, I have run at least three miles every day. The two days after my first hundred mile race I did one and two miles respectively. The other exception was a one-mile day when I had a stomach bug.

In the fall of 2006 when my younger daughter was diagnosed with leukemia, I thought I would end the streak. That first night I found myself at home alone, locked out of the house, trying to sleep in a rental car. When the dashboard clock signaled midnight (a new day), I did what I do. I ran about ten miles in the dark, bawled like a baby, and prayed ferociously. Throughout my daughter's treatment I was prepared to end the streak if necessary, but everybody was very supportive. I think they all realized

it was helping me to “keep it together.” The following year I signed up for a Team In Training (TNT) event, raising funds for the Leukemia & Lymphoma Society. Later I became a TNT Run Coach. Now I run almost every Saturday with my TNT group and am currently doing my sixth fund raising event, the Chicago Marathon this October.

<http://pages.teamintraining.org/vtnt/chicago13/pwhatley>

Thanks again for the note. I hope to get another one from you next year. Gotta Run...

Prince Whatley  
Birmingham, Alabama



Keziah Wilde

**KEZIAH WILDE, 11,  
JOINS USRSA;  
1<sup>ST</sup> STREAK RUNNER  
BORN IN 21<sup>ST</sup> CENTURY**

Hi, my name is Keziah Wilde. I started running a mile a day when I was 9 years old. My mom read about the streak in *Runner's World* magazine and my whole

family was very interested in it. My mom lasted 10 days and my older brother lasted 8 months before forgetting to run one day in the winter.

Sometimes it has been hard to do the run. Once we were hiking the Presidential range in the White Mountains and my brother and I ran a mile at Lake of the Clouds hut, just below Mt. Washington. Another time I ran a mile at Carter Notch (also in the White Mountains) in the middle of winter in the snow.

I also really like running a mile every day; it makes soccer and running sports a whole lot easier and sometimes I will see amazing wildlife, like once I was running on a trail by a river and saw 3 deer.

For the most part I have loved doing the streak and hope that I can continue doing it for the next 45 years.

Keziah Wilde  
Arlington, Massachusetts



Keziah Wilde and her brother, Isaac Wilde, before her first race (2.7 miles) when she was 5.



Phillippa Nichol

## **PHILLIPPA NICHOL JOINS SRI FROM UNITED KINGDOM**

I originally began running as part of my training as a competitive rower. When I quit rowing, I continued running on and off, but was beset by injuries. Finally, I had to quit running (and pretty much everything else) completely because a morton's neuroma rendered me unable to walk. Desperate to do *something*, I

took up trapeze (which I still do) and one day someone noticed that I was running barefoot in the warm-ups. I hadn't noticed.

On the back of reading a lot about barefoot running, I put on some cheap plimsolls and ran around the block. My calves seized but my foot felt okay. Gradually, the 500m jog around the block was replaced with longer, more frequent runs, and the shoes were changed to minimal running shoes. I ran my first 10K race in May 2012 and hated it passionately. A week later I signed up for a marathon.

I started my running streak in June 2012 accidentally. I'd been running every day on holiday with my fiance (who is 6 months ahead of me on his streak) and vaguely wondered how long I could keep it up for. I almost quit at 100 days, but for some reason, I didn't. I think I'm just going to end up running until I can't.

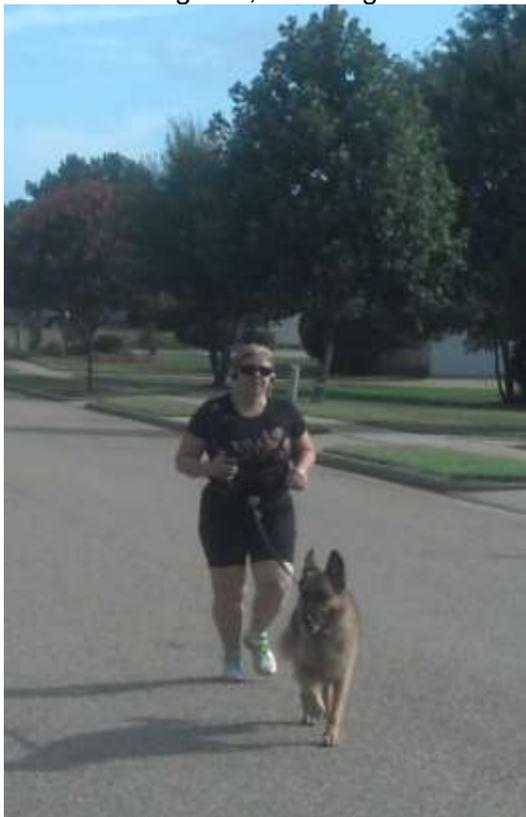
After turning down surgery on my foot, joining an amazingly supportive running club, running a few half marathons and doing lots and lots of winter training, I ran London and Edinburgh marathons this year. I have no idea how long this streak will be, and I'll never be a race-winner but I know without a doubt that running will now always be part of my life. Streak running has been both physically and mentally life-changing for me.

Phillippa Nichol  
Newcastle, United Kingdom

## **SARAH BOX'S STREAK ENDS AFTER 872 DAYS**

I am writing to let you know that my Streak has ended on May 21<sup>st</sup>, 2013 due to a stress fracture. Thanks for everything and I plan on getting back to it once healed! Cheers!

Sarah Box  
Bellingham, Washington



Audra Laking

## **AUDRA LAKING JOINS USRSA “NEVER SAY NEVER”**

In July 2010, I finally graduated from college with my Bachelor's Degree in Accounting. Who cares that I was on the 20+ year plan? I was tired and out of shape. I had made half-hearted attempts to take charge of my health before but I swore I would NEVER run unless the devil himself were chasing me.

In August 2010, after having about a month of down time during which I received news that my mother and other close family members were diagnosed with diabetes, I decided it was time to stop making excuses and do something

to take control of my health. I started toying with the idea of running because several friends were runners and had shed a great deal of weight through running and healthy eating. After finding an eight week plan that began with alternating 1 minute run and 1 minute walk for 30 minutes, I got up one morning, strapped on the shoes, grabbed the dog, and snuck out of the house. (I had not told anyone what I was up to in case I quit.) That first walk/run WAS HORRID. It took me 30 minutes to make it about 1.4 miles. I stuck to the schedule and after 2 weeks, started sharing with family and friends. At that point, there was no turning back. At the end of the 8 weeks, I could run a slow 30 minutes averaging around 14 minutes/mile.

I continued to run sporadically after the eight week training period and added a twice-weekly boot camp style workout to my routine. However, I found it very easy to put off my run “until tomorrow-Friday-Monday-I’ll get back to it next week.” Before I knew it two weeks has passed between runs and it was like starting over. In May 2012, I read a *Runner's World* article about streak running and joined the RW Challenge to run at least 1 mile per day from Memorial Day to Independence Day. I thought this would give me the accountability I so obviously required.

July 4<sup>th</sup> arrived and I had run every day and accumulated 82.08 miles! Prior to that time my monthly average was a paltry 12 miles. I decided to continue the streak through my birthday on September 27<sup>th</sup>. After my birthday, the goal became through December 31<sup>st</sup>. As I reached each goal, another one was established.

Since I began running, I have lost approximately 60 pounds and 3 or 4 dress sizes. During the 365 days of my first streak year, I accumulated 808.21

miles. This included my first half marathon in January 2013, my first 10K in March 2013 as well as three 5K races. In January 2013, I upped the goal to include one organized race per month for the year. The rest of 2013 includes at least seven more races, including a twilight 10K and a color run in November! Not too shabby for someone who swore to *NEVER* run!

Audra Laking  
Prattville, Alabama



Andrew Lauer with mother Paula Lauer after Detroit Free Press Marathon.

## **ANDREW LAUER'S STREAK REACHES 2 YEARS**

I appreciate the kind words and am proud to have continued to build my streak. I will be celebrating with a 5K tomorrow morning [July 13, 2013] before I run back to my home from the event to make it a long run!

The past two years have been very personally rewarding for me as I can say I've finally become a "runner" so to speak. While I have only done 3 marathons in that time, I was able to go from 3:14 to 3:08 down to 2:56 at the Detroit Free Press Marathon this past October and finally ran a BQ time.

Running and training has really been the stable aspect for me during a period where I have moved twice and changed careers. I keep a fairly detailed training log to help me along the way since I really only began any running 6-7 years ago. I hope to fit another marathon in this fall before partaking in the Boston Marathon next April.

As far as future goals, I see no reason to cease my streak having run through the flu, food poisoning, and colds even if it was not fun. Alongside the streak, I hope to make the leap to ultramarathons in the next calendar year starting with a 50mi trail and see if I am able to make that physical and mental jump. I also would like to run a marathon or ultra in each of the states. I have many more to go but hope to tick a few more off before my next anniversary. It has been very rewarding being seen as a "runner" by family and friends now and am proud to be a part of the USRSA group even if I am only getting started as far as my streak goes.

Through today the 12th of July I have logged 6,712.7 miles, 9.18 average daily. I attached a log to support that and a picture after the Detroit Marathon 2012. I've backed off the stop watch details the past couple months and ball-parked times to focus on endurance a bit more, but in preparing for a fall race I plan to get back on the details.

I enjoy receiving the quarterly newsletter and always find a good bit of knowledge or a great story.

Andrew Lauer  
Waterville, Ohio



Jim Bates

## **JIM BATES' STREAK HITS 7 YEARS**

Thanks for your taking note of my seven years of streaking. I now get a sudden rush of good feelings as soon as my daily run exceeds one mile knowing that THE STREAK LIVES for yet another day.

Although my fastest running times are behind me, I find it comforting to know that I can still pursue running goals, these ones based upon consistency, not speed. For instance, I'd like to run at least **one** 100 mile race, streak for at least **10** years, complete **100** Marathons, finish **750** organized races (that have distances of 3 miles or more), run at least five miles a day for more than **10,000** days, and exceed a lifetime running total of **100,000** miles. Yes, I might run out of life beforehand but I

figure it is better to fall short of goals than to have none at all.

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

I hope that USRSA and I can be pen-pals for the next three decades to come. My wish is that each year around June, I receive a congratulatory email acknowledging my continuance of the streak. I'm not that good at chess but I'd sure love to be known as a "Grand Master."

Jim Bates  
Seoul, Korea

## **KEN YOUNG STARTS NEW STREAK AFTER 41+ STREAK ENDED LAST YEAR**

There really is nothing to update. I just do the same things that I have been doing for years. The 8th annual All-Mattole Food Festival that I coordinate is coming up on the last Sunday in September so if anyone happens to be visiting Humboldt county around that time, this is a good way to see how us "country folk" live, not to mention that the Mattole is one of the most beautiful places in the world.

Ken Young

Petrolia, California



Chris Bielinski

## CHRIS BIELINSKI JOINS USRSA

This is a brief summary of my running hobby:

- I have been running for 20 years doing various distances and races. I have completed 19 marathons so far and am signed up for 3 more this year.
- I ran the 2012 Boston Marathon and it was the second slowest marathon I have ever run due to the heat and humidity.
- I started my run streak on 12/3/2011. My goal was originally 1.50 miles every

day for a week but now 2 miles is the minimum.

- I was inspired to start this by *Runner's World* and their holiday run streak and I just never stopped. It might be tough the day after a marathon but I still get my miles in.
- In addition to running I strength train 5-6 days a week.
- In addition to running races I also do obstacle course races like the Spartan races and Tough Mudder.
- I travel extensively for work so there are times where I am traveling all day and will have to find a place to run at night to keep the streak alive.
- I log my miles on a daily basis on my Twitter account @cbielinski
- Weirdest place I have run to keep the streak alive: on a treadmill on a boat in the Galapagos Islands.

Chris Bielinski  
Littleton, Colorado

## GEORGE CHURCH'S STREAK HITS 25 YEARS

I have always been a back of the pack guy. I'm still hitting 35-40 miles per week but I'm slowing down (42,674 streak miles over 25 years). I am running the Annapolis 10 miler at the end of August and my goal is to still break ten-minute miles. I am cautiously optimistic. My body parts are holding up pretty well and I rarely get sick and nothing serious (knock on wood). Realistically, I suppose sooner or later something will cause the streak to end but until then, I plan to keep on streakin.'

George Church

Cockeysville, Maryland



Jim Merritt

## **JIM MERRITT BECOMES LIFETIME MEMBER OF USRSA**

Having been a member of USRSA for 5 years, I am ready to commit to a lifetime membership.

As I approach the 12<sup>th</sup> anniversary of my running streak, I am still amazed that I have been able to pull this off. I didn't start running until I was 50 years old. It was almost 15 years ago this month [Letter received July 2013] that I gave up a 30+ year addiction to cigarettes.

A couple of months after that, I was beginning to put on a little weight and knew I was going to have to do something to try to control it. I started out walking but within a few days I decided that I just couldn't do that. That's when I gave running a try. I was hooked right away. I ran my first race in

the spring of 1999. I was running 5 or six days a week for about three years. I had never heard of streak running but in the fall of 2001 I was running every day of the week except Sunday. On Sunday, October 28, 2001, I decided that I would add Sunday and see how many days in a row I could go before I missed. I never dreamed it would go this far.

I have had a few challenges along the way. I have fallen many times – once when I was running backwards. I fell backwards off my roof in October 2009 and suffered a mild concussion.

I am so blessed as a 65-year-old man to have had nothing serious enough to keep me from my minimum mile for 4277 consecutive days as of today 7-14-13.

I just had a thorough physical a few months ago and the only thing they could come up with was my cholesterol was borderline.

I have been really into trail running for the past few years. I try to run in every trail race in my area. I have been the Xterra Georgia Trail Run Series champion for the 65-69 age group for 2012 and 2013.

I am so honored to be part of the streak association and hope to stay on the active streak list for many years to come.

I noticed in the last *Streak Registry* that I hold the enviable title of Georgia's oldest ever stalker. I like it!

Jim Merritt  
Buford, Georgia



Theresa Flora

### **THERESA FLORA JOINS USRSA**

I started my running streak on 09/09/09, the day my fourth and last child started kindergarten. I had just sent my first child off to college the week prior, and I was starting to have a little extra time for myself. I had been running pretty consistently over the previous two decades, but was never able to maintain a streak while being pregnant and having young children. In fact, I ran every day up until my fifth month of pregnancy with my last child.

Truthfully, I didn't even know there was a US Running Streak Association until I found it by accident one evening when I was doing a Google search about people who run every day.

I don't really have a racing career, having only run one half marathon this past June, and a 5k a few years ago. Before those, the last time I raced was in college in the early 80s.

I was thrilled to come in under two hours at the half in June. I found that I'm stronger and faster for having run every day for almost four years. I also think being out in the elements has improved my running. I don't use a treadmill; all my miles are on the road. I run for pure pleasure and for the freedom it gives my mind, body and soul.

I'm running a 10k in New York City in September, and I'm running in the Lisbon Rock & Roll half marathon in October! We have family there, so I figured why not combine a visit with an amazing run.

Thanks for considering my application into the United States Running Streak Association. It's an honor to be counted among such a group of determined, strong willed individuals.

Theresa Flora  
Mt. Kisco, New York

### **KAREN SWANN JOINS USRSA**

I began running as a way to get healthier, and along the way I have gone from an overweight couch potato to a half marathoner who is starting to train for my first marathon. I belong to a small running club in N.E. Ohio called the Ashtabula Distance Runners. I participate in many area races. I began my running streak on my 47<sup>th</sup> birthday and hope to continue it for many years to come.

Karen Swann  
Pierpont, Ohio



Front of "Raven Run" t-shirt.

## RAVEN RUN T-SHIRTS NOW AVAILABLE

Enclosed is your Raven Run t-shirt. [Editor's note: I bought a t-shirt from streak running legend Raven Kraft.] Hope you like it. [Editor's note: I like it very much.] Colors and numbers change with every 100 t-shirts I sell so they become collector's items.

Speaking of collectors, I am featured in the collector series "Yellow Rose." It is also pretty cool that actress Eva Longoria has picked my photo for a short film.

The 8 miles is getting tougher.

Just got the 50<sup>th</sup> edition of the Streak Registry - Crazy thing about the bombing in Boston. We had one-woman runner in a port-a-john when it happened. She thought it was a celebration. A lifeguard was waiting on his wife to finish. She missed the

bombing by 4 minutes and they had both been on the news often.

Last, we have a runner named "Close Call." His office was at the World Trade Center on the 83<sup>rd</sup> floor on 9-11. He ran a marathon the day before, didn't feel well, and didn't come to work that day. Thus, the nickname "Close Call." Well his daughter ran Boston and just finished by minutes before the bombing. Close calls run in his family.

Run Long, Run Strong and Run Pain Free.

Raven Kraft  
Miami Beach, Florida



Back of "Raven Run" t-shirt



John Winowiecki

## **JOHN WINOWIECKI JOINS USRSA**

Regarding my running career, I'm afraid there isn't much to detail. At least not at this point. I played soccer and basketball on high school teams, and casually through college. After a ACL tear in my right knee while playing soccer, I was inactive for a few years and decided to give running a try. Odd at the time because I allowed myself to loathe the running part of soccer and basketball conditioning. I was young and naive of course.

After a few years of not playing sports, I decided to have my ACL repaired, hoping to be able to play sports again casually. At the very least to be able to be active with my children in the future should that day come. The rehabilitation was more challenging than I expected, and as a result I have been avoiding reflexive action sports that put the ACL at risk. So I run.

My surgery was in 2009, if I remember correctly (without digging up my health records). I began casually running again in 2011. Over the course of a year I began running more consistently and actually tracking my runs using Nike Plus. It was something I'd never done before, and as an interactive designer I was somewhat naturally drawn to the game like approach the Nike Plus application gave running. I began challenging my personal bests, achieving trophies, and trying to out run my friends.

In August of 2012 I decided to try running every day. I made it. And somewhere along the way I came across information about SRI/USRSA. Armed with the knowledge there are people out there who run everyday, I figured I would see if I could join the ranks. Looking back, the worst part so far, hands down, was dealing with winter weather. Surprisingly not as bad as I expected, but mostly due to the heavy layering that became a daily practice through the worst months. And now, typing this on my day 365, I don't see myself stopping anytime soon.

I am not currently part of a running club and have only run 1 race. That was the Mackinac Bridge race, Labor Day weekend 2012, with my wife. It was a beautiful run. We're currently paying off our school loans, aiming to climb out of debt essentially. So for now we often avoid races due to the fees attached. Our big splurge this year is the Detroit Marathon, which we're training for and I'm really hoping it doesn't derail my streak. So far so good. Regarding running clubs, we haven't looked into them at this point, though we're a part of a big group that will be running the Detroit marathon.

John Winowiecki  
Bloomfield Hills, Michigan



Mark Jasper

## MARK JASPER JOINS USRSA

I started running in middle school, by high school I was respectable (4:34) miler. I also set the school record for the high jump 6' 4 1/2". I did not run after high school, and then when my daughter was about 6 she took an interest to running so at 31 I decided to try a comeback to competitive running. So I called my coach from high school to see if he would train me and he said he would. He trained me under the pavvo system for about the first year of my comeback. This year I have set PR's in the 5k 15:31 and 10k 34:21. I also ran a 2:48:34 marathon.

I'm totally addicted to running now; the mere thought of not being able to run makes me anxious. My streak started October 24, 2009. When I started running I never thought about running everyday I just wanted to run competitively again. But after a few hundred days in a row I realized I didn't

ever want to end my streak. In 2009 I ran 146 miles. In 2010 I ran 2,601 miles. In 2011 I ran 3,293 miles. Last year I ran 3,666 miles. And this year I'm on pace to do over 4,000 miles. I plan on doing my first ultra marathon (50 miles) on October 26.

Mark Jasper  
Menominee, Michigan



Mark Japer

## ERNIE CHATMAN'S STREAK HITS 22 YEARS

Other than keeping the streak going in this Florida HEAT, which is not easy, I am in the process of completing my final State, Hawaii, in the 50 State sub 4 club in December. I am also seeking to run 4 more marathons under 4 hours to reach a total of 100. I need 13 more states to finish the 50 States twice.

Ernie Chatman  
Brooksville, Florida



Judy Mick

## **JUDY MICK JOINS USRSA STARTED STREAK IN 1985**

I started running in college in 1978 in an effort to get rid of the weight that I had put on during the first two years I was there. On a side note, my roomie had a crush on a member of the cross-country team – so we thought running could help with both. She married the team member and I'm still running – so it was Win, Win!

Throughout the rest of college and for several years afterward, I continued to run whenever I had a chance. In my hometown, I met up with a couple of other runners and we founded a local running club. One day, a few of us just decided to start a running streak. So, on November 20, 1985 – my streak started.

I've never been a particular fast runner – though in my younger years – I did put in some decent times and have numerous age group awards. But, as I get older, I'm more interested in getting my runs in every day and running longer distances. The only races that I run now are 10-milers and above.

I feel that having my running streak has kept me motivated to run through the years on some of those days when I may not have hit the roads. My running (and the streak) has kept me healthy, mentally strong and always in a good mood and positive.

I am passionate about helping other runners to stay motivated with their running and to want to keep running for life. I have a blog at [www.thestreakrunner.com](http://www.thestreakrunner.com), where I give running tips and tell my running story. I am also scheduled to take classes to become a certified running coach so that I can help all runners. Running has been a large part of my life – and always will be!

I would like to talk a little bit about how important it is to have family support if you are a runner – and especially so if you are a stalker. My husband has been absolutely wonderful through the years and understanding that my run has to happen no matter what. He supports me in so many ways. He is understanding of the wet running clothes always hanging on a drying rack, has no problems with taking me to out of town races, happily holds my “stuff” during races and is there at the finish line with my Pepsi!

He understands when we are going out of town and I have an extra piece of luggage, which is just my running clothes. Also, that I'll be getting up early on vacation to run. He is also alright with the fact that we have pasta at least once a week – and helps me to find the “perfect” Italian restaurant the night before an out of town race. I just wanted to share that – and that my wish is for everyone to have the great support of their loved ones.

Judy Mick  
Roanoke, Virginia



Ivan Fink

## IVAN FINK JOINS USRSA

I started running in the summer of 1976 just for health reasons. In 1972, I weighed 230 pounds and was down to around 150 pounds in 1976. My goal was to run 2 or 3 miles every other day just to keep the weight off and I have.

Then in the spring of 1977 I read an article in the local newspaper that a running club was being formed and that caught my attention. I attended their meeting, joined the club and started taking running a little more seriously.

During the summer of 1977, the club, Kennekuk Road Runners of Danville, IL, had a program of running at least 500 miles in 100 days. I did it and was "hooked," and have been running ever since.

Over the years, I have run probably 1,000 races, I didn't keep very good track in the beginning. I've made a lot of good friends from running that I wouldn't

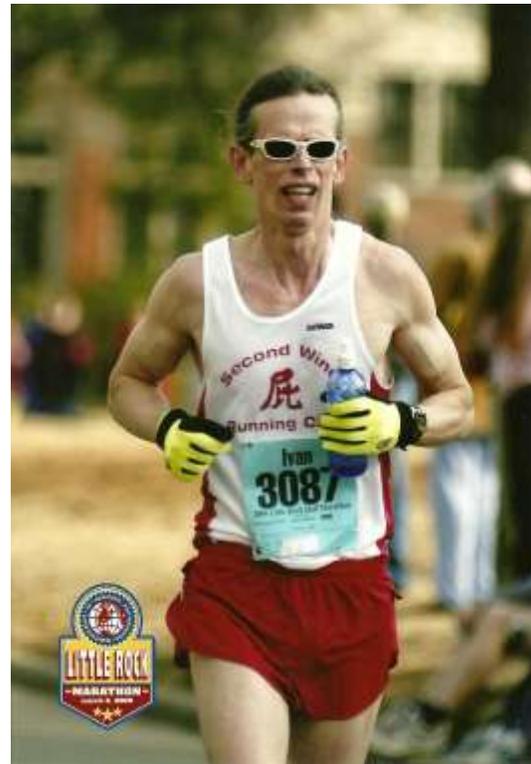
have come in contact with otherwise. Running is probably the only sport where we all get along and encourage others, no matter what level they might be.

As with most "Streakers," I have run through injuries, joy and sorrow, births and deaths. It keeps me going and my mind clear. No earphones for me.

During the past 36 years, I would say my most proud accomplishment was in 2006 when I won my age division at the Little Rock Half Marathon and the Tulsa Route 66 Half Marathon, both in the same year.

Will my streak stop? Yes. Will I ever stop running? Probably. But short of not being able to get out of bed in the morning, I can't see the running coming to an end. Too many good miles ahead!

Ivan Fink  
Arcola, Illinois



Ivan Fink



Katie Robinson

### **KATIE ROBINSON JOINS SRI FROM NEW ZEALAND**

Katie is from Auckland, New Zealand and works as a part-time writer for a fitness magazine and also a consultant for a wellness company in New Zealand. Katie went for her first run at the age of 23 and ran her first marathon a couple of years later. Although she enjoys training for and competing in running and multisport events, she finds she has little time these days to do these events justice, whilst balancing family and work commitments. She loves the discipline and focus maintaining a run streak gives her. Her family is an active one - her husband is an ultra-distance runner in New Zealand. Cheers!

Katie Robinson  
Auckland, New Zealand

### **RICH WRIGHT'S STREAK HITS 23 YEARS**

It is truly an honor to belong to a club with a group of people that goes above and beyond. For me with my busy life, I race no more; just coach and work the big races here in Pittsburgh: Marathon, Firecracker (July 4<sup>th</sup>), and Steeler 5K, and this week [letter received August 10, 2013] our Liberty Mile (the USATF Masters Championships). Coaching brings a lot of joy. We put on the biggest cross-country & track meets in western Pennsylvania, maybe the state. And the sport keeps growing.

As I start my 24<sup>th</sup> year, it's over the top of what I set out to do but I still enjoy going out and putting in 2 – 6 each day. I passed 8,400 days and was able to run at our camp to finish off and start the 23<sup>rd</sup> & 24<sup>th</sup> years where it all started back in 1990 so it was special. The mileage is nearing 50,000 and I am looking forward to moving into the dominators group in 2 years.

Rich Wright  
Pittsburgh, Pennsylvania

### **DAVE HAMILTON'S STREAK HITS 31 YEARS**

Not too much to update. Running about 4-7 daily due to minor sore Achilles in left foot. Usually my daily doubles will include 20-30 min. good effort on the exercise bike but prefer a second run. But post run ice works well. I don't celebrate the in between years. Sometimes I will on a notable year but last party was for 30. Just note it in my running log. Looking forward to upping my mileage soon. One of these years got to throw a bash of some sort. Keep streaking mates!

Dave Hamilton  
Vancouver, Washington

## **CHRIS MAY JOINS USRSA**

I started my running streak because I read about a *Runner's World* challenge to run a mile a day between Memorial Day and the Fourth of July. After I finished that period, I said to myself that I should go to 100 days. Then it was 200 days, 300 days, and now a year. I joke that I want to run for 3 years, 2 months, and 14 days to be like Forest Gump. With persistence, luck, and support from my family, especially my wife, I might make it.

Chris May  
Littleton, Colorado

## **MICHAEL MARCUS JOINS USRSA**

My running streak began on May 25, 2012 and of the date of this letter [May 25, 2013], I have run at least one continuous mile in accordance with the running streak definition for 366 days.

During high school, I ran cross-country and throughout the years since then I've been motivated periodically to run on somewhat of a regular basis. However, I was never really able to remain motivated for any extended period of time. It wasn't until I learned of this association in a book, *Long May You Run* by Chris Cooper, that I was finally able to find the motivation to run every day. I became inspired and decided to make running an integral part of my life.

Every mile that I've logged has been outdoors (having never run on a treadmill) regardless of the weather, the time of day or night, or location. No matter what, I always managed to find time to run. At first, this seemed to be somewhat challenging, but I made no excuses about being able to find time to get in at least one mile. Running quickly became something I looked forward to

doing not just for the physical benefits but probably even more for the therapeutic effects and the great sense of accomplishment.

My children, friends, and coworkers have all been very supportive in my running endeavors. I am thankful for this association and look forward to becoming a member.

Michael Marcus  
Newtown, Pennsylvania

## **AMY LAWRENSON JOINS SRI FROM UNITED KINGDOM**

I am fairly new to running. Back in 2010 I signed up for the Royal Parks half marathon in London. I had never run before. But after 5 months of training (and worrying) I completed it in 2:17 hours. Since then I have run another half marathon (around beautiful Richmond Park) and a 10K with Nike and ELLE magazine in East London, which I managed in 49:56 minutes. It was while training for the 10K that I stumbled across the United States Running Streak Association and decided to give Streak Running a go. I have stuck with it for 50+ days now (as I write I'm on day 52) and am dedicated to reaching a year and beyond... Most days I manage just over a mile, which is a loop around the block from and to my flat. Other days I'll run a 5 or 10K to the next village, and beyond.

Streak Running has given me the reason to get out and do a little (or a lot of) exercise every day, plus I'm fiercely competitive so having the goal of reaching a year and getting my name on the list is extremely motivating.

Amy Lawrenson  
Sutton, Surrey, United Kingdom



Woody Woodburn

## WOODY WOODBURN'S STREAK HITS 10 YEARS

I celebrated my 10-Year "Streakiversary" on July 6, 2013 with a 16.2-mile run (10 miles plus a 10K in honor of the "10" milestone theme that seemed called for).

The tenth year of my Streak was memorable for a number of reasons, perhaps most warmly because I learned about and joined the USRSA. Indeed, after feeling like I was Streaking alone for nine years, I suddenly felt I had countless similar-minded and dedicated friends who "get it" and this has been a

real joy. I encourage all Streakers to join the USRSA's Facebook page to "meet" some inspiring people.

While I continue to battle a stubborn case of plantar fasciitis in both heels that has kept me from racing for two years, distance does not seem to bother it (as long as I watch my pace) so in 2012 I actually set my PR for total mileage at 4,802 miles and achieved my goal of averaging a half-marathon a day. It was fun to have a "challenge" to replace the race clock though I hope to get back to chasing PRs soon.

My totals on my 10-Year Streakiversary were:

3,653 Days

3 Miles Minimum Per Day (I didn't know about the USRSA and the 1-mile minimum! But there's no turning back now I guess.)

31,430 Total Streak Miles

8.6 Mile Daily Average

3,143 Mile Yearly Average

Lastly, joining the USRSA inspired me to add a chapter on my Streak (it also features a couple more chapters on distance running) to the book I just completed which will be published this September: ***WOODEN & ME: Life Lessons from My Two-Decade Friendship with the Legendary Coach and Humanitarian to Help "Make Each Day Your Masterpiece."*** (Signed copies are available at my website [www.WoodyWoodburn.com](http://www.WoodyWoodburn.com))

Thanks to all my fellow Streakers for their inspiration,

Woody Woodburn  
Venture, California

## **CRAIG SNAPP ENJOYS RUNNING**

I'm one of those Lucky ones who truly DOES enjoy the act of Running, so, that by itself is enough to keep me going. My Father had his first heart attack at 50, and I'll be 63 this month, so, Health is another reason I keep doing this. I'm in my 37th Year Of Running, and I've NEVER won a single Trophy, Plaque, Certificate, Ribbon, Coffee Mug, Key Chain, or Klondike Bar, so winning awards is NOT why I'm still rolling along! Beyond all that, I do have some Statistical "Goals/ Carrots" :

Debbie and I have that Running Streak of 15 Years, 3 Months, 1 Day, (5,571 Days). I'm the one that's Retired, so I've been able to sneak in 67,072 miles during it, for a Daily Average of 12.04. According to that National Streak Organization, we're ranked #125 in the country. ... GOALS : To keep The Streak going. To keep the Daily Average above 12. To make it into The Top 100.

Streak-Within-A-Streak #1 : I've done a minimum of 10 miles EACH day for 5 Years, 1 Month, 1 Day, (1,857 Days), with a Daily Average of 15.90. ... GOALS : To keep This Streak going. To keep the Daily Average above 15. To make it to 6 Years.

Streak-Within-A-Streak #2 : I've done a minimum of 100 miles EACH week for 3 Years, 1 Week, (157 Weeks), with a Daily Average of 15.98. ... GOALS : To keep This Streak going. To keep the Daily Average above 15. To make it to 4 Years.

I've done 137 Marathons, and 6 Ultras. ... GOALS : To do 150 Marathons. To do 10 Ultras.

I've done 116,109 Career Miles, ... GOAL : To do 125,000.

## TIME GOALS :

Would like to do 1 mile in 6:40. Recently, at Lake Murray, did a 6:46.

Would like to do 10 miles, at Sub-8:00. Recently, at Lake Murray, did 6 at 7:47.

Would like to do 13.1 miles at Sub-8:30. Recently, at "Rock 'N' Roll," did 8:44.

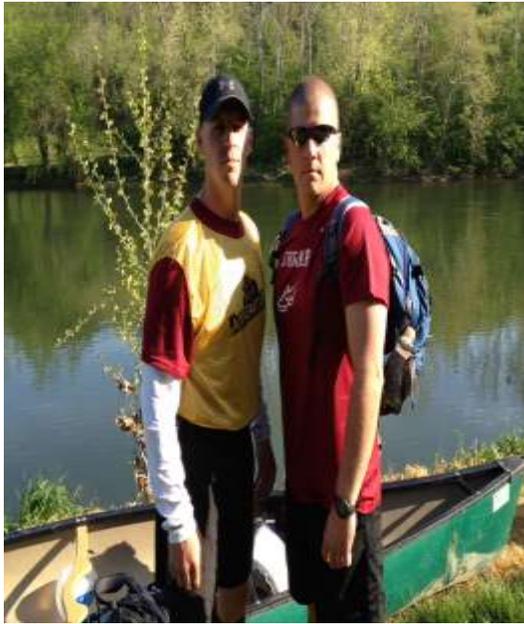
I know this doesn't answer all of your questions, yet, it's the best I can do. I hope that it answers your Basic Question : "WHY DO YOU STILL DO THIS CRAZY/ STUPID STUFF!?"

Craig Snapp  
El Cajon, California

## **DAN MYERS, VP & ASSOC. PROVOST AT NOTRE DAME, JOINS USRSA**

Although I've been a casual runner for about 15 years, a running streak never occurred to me until I started in my current position. The hours required were really eating into my exercise time—and I was beginning to feel considerably “out of shape.” So, I decided to run every day “for a couple of weeks” to get myself back in the groove and figure out a better way to work running into my life. A couple of weeks, turned into a month, 2 months, 6 months, and before I knew it, 1 year had passed. I've never had a specific goal in mind, but the streak has developed its own momentum—there have definitely been days when I would not have run if it weren't for wanting to keep that streak alive! I've now run every day for over a year and a half, averaging about 4.7 miles a day.

Dan Myers  
South Bend, Indiana



Joe Call & Preston Giet

## **PRESTON GIET & JOE CALL STARTED STREAK AFTER READING ABOUT MARK COVERT**

As I was thinking about Mark Covert's streak and his plans to end it, I couldn't help but to reflect a little. My friend, Joe Call, and I coach high school football. Early in January of 2008 we were on our way to Orlando to see one of our players play in an all-star game. During the trip we started talking about an article we had just seen in a magazine about "some guy in California that runs all of the time."

As we rode along talking, we started thinking about running. Both of us played football in college and were never really runners. But, feeling fat from the holidays and inspired by the article, we both agreed to get started as soon as we returned from the trip.

On January 7th of 2008, we started with a 1.5-mile run. Now, over 5 1/2 years later we have run marathons, competed

in adventure races ranging from Sprint races of 8 hours to Epic races of 72 hours, and will run our first Ultra on August 24th.

This all started with that article about Mr. Covert, and we are eternally grateful.

Preston Giet  
Summerville, South Carolina

## **JESS FORTE JOINS USRSA**

My name is Jessica Forte, however, I simply introduce myself as Jess. I live in Ocala, Florida, and have the most incredible support from my husband and two children to pursue my love for running. Well, truth be told, my love for racing . . . Err, better yet, my love for completing a race, receiving a medal, and saying, "I just did that!" That's where my passion lies. Not in training, not in the number of miles per week, but simply in the fact that I have boasting right.

There are not many people in the world that would peg me as a runner upon first glance. I have had to work really hard at being a runner. I'm not long and lean, and it's not always easy. But I thank God everyday that I have *this* ability. I am able to accomplish more than what people say I should be able to accomplish, more than what I have even told myself at time.

I began running in the fall of 2009 when I was introduced to a group of really inspiring people. There have been good days and bad days, weeks of barely running since beginning my streak on January 22, 2012. Yet reflecting back on all of those days, good or bad, they have led me to today – a day that I get up and run.

Jess Forte  
Ocala, Florida



Melissa Malinowski

## **MELISSA MALINOWSKI ENDS STREAK AFTER 752 DAYS**

My running streak ended on June 2<sup>nd</sup>, 2013 after 752 days, 4,567 total miles or averaging 6 miles a day. Included in that number is 5 marathons including Chicago (2011), Fargo (2012), San Francisco (2012), Twin Cities (2012) and London (2013). I did not take too long off and started my second streak on July 1, 2013. However, I have been logging less and slower miles than before since I'm dealing with an injury.

On June 2<sup>nd</sup>, in the Minneapolis Half Marathon, I finally pulled my hamstring. I had been having hamstring and IT

issues for a while but was going to PT and was managing the issues and the pain however, the 1/2 was too much. The next day, I was not able to even lift my legs up enough to run. I managed to get a slow walk in, however, I couldn't run. It was truly a sad day for me. However, I'm hoping to come back stronger than before. I'm bowing out of the Twin Cities Marathon this year and am planning on signing up for Boston next month. I have a qualifier and hope to make that a good race. Until then - run on!

The included pictures are from the London Marathon in April.

Melissa Malinowski  
Mahtomedi State, Minnesota



**STACEY BROOKS  
JOINS USRSA**

I started running sporadically in 1997, doing a few 5k's and some sprint triathlons, which continued through about 2007. I completed my 1<sup>st</sup> half marathon (Lake Placid/North Elba Half Marathon) and marathon (Green Mountain Marathon) in 2008 and became hooked on marathoning. Since then I've done at least 2 marathons a year and usually at least one half.

In 2010, after allowing my weight to creep up on me and suffering through a summer of plantar fasciitis, I decided to stop messing around and concentrate more on consistent training and losing some weight. For 2011, I dropped 50

pounds, totaled over 2000 miles and set 2 marathon PR's on consecutive weekends on opposite sides of the country.

In 2012, I ran on 363 of the 366 days, letting my then longest streak of 133 days get washed away by a cancelled evening sprint triathlon (I should have run that morning, but biked into work instead). I totaled over 3000 miles, completed 4 marathons, lowering my PR by 5 minutes to 3:39:49 and took 13 minutes off my half marathon PR.

Currently, my daily run usually consists of a three to six mile morning run to work; some days I run home also. I typically do a long run on Sundays, depending what, if anything, I am training for. I'm on pace to hit my goal of 2600 miles for this year. It took me several months to get used to being an everyday runner, but now that I have, I can't imagine a day without it.

Stacey Brooks  
Plattsburgh, New York  
**JOE BEYER'S STREAK  
HITS 3 YEARS**

A very good running year!  
- Over the last year I've averaged 5.9 miles/day  
- Minimum run 3 miles  
- 15 marathons (14 official) + one 50K

I'll be celebrating my streak-aversary running a 50K on Saturday [August 17, 2013]. Only 42 more years to catch the leaders! (Medical advances need to pick up the pace.)

Joe Beyer  
Concord, Massachusetts

**RON EASTMAN  
JOINS USRSA**

I started running as a kid in the late 70's for fun. I ran on and off since then. I permanently have been running for 3.5 years to burn calories, watch the blood pressure, and most importantly enjoy life. I run daily at Lynn, Mass and Nahant, Beach in Massachusetts. I had been gradually building up days and miles. So the June 13 running streak started naturally and honestly by accident. My favorite race has been Race Against the Tide in Nahant. The

beach area is flat and beautiful and everyone friendly. I shoot for 9 miles but nothing is etched in stone. Just every step in awesome, that is the real goal here. Best wishes to everyone.

Ron Eastman  
Lynn, Massachusetts

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

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

September 1, 2013

	<b>The Legends (40+yrs)</b>		
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 62</b>
2.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Marysville, WA, Retired, 69</b>
3.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 58</b>
4.	<b>Jon A. Simpson</b>	<b>08/30/71</b>	<b>Memphis, TN, Dentist, 75</b>
5.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 62</b>
6.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 58</b>
7.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 58</b>
	<b>The Grand Masters (35+yrs)</b>		
8.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	<b>Miami Beach, FL, Songwriter, 62</b>
9.	<b>James Behr</b>	<b>03/19/75</b>	<b>Trinity, FL, Educator, 65</b>
10.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	<b>Wiscasset, ME, Doctor, 64</b>
10.	<b>Robert J. Zarambo</b>	<b>06/16/76</b>	<b>Whitehall, PA, Retired, 65</b>
12.	<b>William S. Stark</b>	<b>09/10/76</b>	<b>St. Louis, MO, Professor, 66</b>
13.	<b>Bill Anderson</b>	<b>09/27/76</b>	<b>Fort Worth, TX, Retired, 68</b>
14.	<b>John Liepa</b>	<b>01/02/77</b>	<b>Indianola, IA, Professor, 68 *</b>
15.	<b>Bill Robertson</b>	<b>02/08/77</b>	<b>Ashland, MA, Systems Analyst, 60</b>
16.	<b>William J. Benton</b>	<b>04/23/77</b>	<b>Farmington Hills, MI, Accountant, 62 *</b>
17.	<b>Brian Casey</b>	<b>05/09/77</b>	<b>Paramus, NJ, Finance Manager, 55</b>
18.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	<b>Naples, FL, Retired, 71</b>
19.	<b>Rick Porter</b>	<b>12/03/77</b>	<b>Decatur, GA, Developer, 60</b>
20.	<b>John T. Carlson</b>	<b>12/26/77</b>	<b>Indianapolis, IN, Athletic Director, 59</b>
21.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	<b>Dearborn, MI, Sales, 63</b>
22.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	<b>Allentown, PA, Banker, 56</b>
23.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	<b>Shaker Heights, OH, Exercise Physiologist, 58</b>

	<b>The Masters (30+yrs)</b>		
24.	<b>C. David Todd</b>	10/14/78	Matthews, NC, Home Builder, 61
25.	<b>Charles E. Lindsey</b>	10/16/78	Canyon Country, CA, Educator, 62
26.	<b>John C. Roemer, IV</b>	11/01/78	Parkton, MD, Consultant, 53
27.	<b>Craig A. Davidson</b>	11/05/78	Phoenix, AZ, Retail/Educator, 59
28.	<b>Ron Jackson</b>	11/26/78	Seattle, WA, Social Worker, 67
29.	<b>Scott Ludwig</b>	11/30/78	Peachtree City, GA, Operations Manager, 58
30.	<b>Chester A. Tumidajewicz</b>	12/25/78	Amsterdam, NY, Security Supervisor, 59
31.	<b>Jon Kralovic</b>	01/01/79	Delanson, NY, College Football Coach, 67
32.	<b>Thad Childs, Jr.</b>	03/05/79	Gray, GA, Banking, 66
33.	<b>Charles Holmberg</b>	03/20/79	Modesto, CA, CEO, 64
34.	<b>Bill Beach</b>	10/28/79	Macomb, MI, Cross Country Coach, 65
35.	<b>Benjamin M. Freed</b>	12/12/79	Clarion, PA, Retired College Teacher, 66
36.	<b>S. Mark Courtney</b>	12/20/79	Grove City, PA, Physician Assistant, 57
37.	<b>William G. Finkbeiner</b>	01/01/80	Auburn, CA, Landscaper, 57
37.	<b>Layne C. Party</b>	01/01/80	Towson, MD, Manager, 53
39.	<b>Leslie J. Shoop</b>	04/28/80	Sarver, PA, Retired, 65
40.	<b>Ed Goff</b>	08/13/80	Bradenton, FL, Teacher, 69
41.	<b>John I. Watts</b>	10/04/80	Nampa, ID, Pastor, 57
42.	<b>Ward D. Crutcher</b>	12/26/80	Muncie, IN, Retired, 74
43.	<b>George G. Brown</b>	01/06/81	Richlands, VA, School Principal, 61
44.	<b>Michael Halloran</b>	04/01/81	Jacksonville, FL, Wealth Mangement, 49
45.	<b>Richard Rusch</b>	08/03/81	Wauwatosa, WI, Retired, 62
46.	<b>John R. Chandler</b>	08/09/81	Whitefish Bay, WI, Financial Planner, 58
47.	<b>Ben Dillow</b>	08/20/81	Redlands, CA, Retired, 73
48.	<b>Bill Leibfritz</b>	12/03/81	Midland, MI, Professor, 57
49.	<b>Frederick L. Murolo</b>	12/30/81	Cheshire, CT, Attorney, 56
50.	<b>Scott D. Snyder</b>	12/31/81	Littleton, CO, Emergency Physician, 58
51.	<b>Michael G. Sklar</b>	01/20/82	Dunwoody, GA, Professor, 70
52.	<b>Bob Kimball</b>	02/03/82	Pensacola, FL, Professor, 70
53.	<b>Ken Birse</b>	04/22/82	Amherst, NH, Data Sales Manager, 53
54.	<b>Charles Groseth</b>	06/30/82	Allen, TX, Chief Operating Officer, 55
55.	<b>Grant McAllister</b>	08/28/82	Atlanta, GA, Sales Manager, 50
56.	<b>Kenneth D. Korosec</b>	10/16/82	Chesterland, OH, Attorney, 69
57.	<b>Gary Rust</b>	07/03/83	Palm Springs, CA, Retired, 66
58.	<b>David Melissas</b>	07/20/83	Marietta, GA, IT Project Manager, 53
59.	<b>Doug Holland</b>	08/01/83	Tucson, AZ, College Athletic Director, 52
60.	<b>Al Colonna</b>	08/05/83	Dix Hills, NY, Retired, 69
	<b>The Dominators (25+yrs)</b>		
61.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 72 (F)
62.	Randolph Read	09/01/84	Las Vegas, NV, Executive
63.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 46 (F)
64.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 62
65.	Leonard Bruckman	02/10/85	Granite Bay, CA, Business Owner, 66
66.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 59
67.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 60

68.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 53
69.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 64
70.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 55 (F)
71.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 68
72.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 56
73.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 68
74.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 64
75.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 55
76.	Robert E. Nash	06/18/87	Olney, IL, Physician, 66
77.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 65
78.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 61
79.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 66
	<b>The Highly Skilled (20+yrs)</b>		
80.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 55
81.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 48
82.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 63
83.	Hal Gensler	12/04/89	New River, AZ, Retired, 67
84.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 62
84.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 37
84.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 57
87.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 61
88.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 73
89.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 75 *
90.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 62
91.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 62
92.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 63
93.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 55
94.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 61
95.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 60
96.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 57
96.	Patrick L. Steele	12/30/90	Adel, IA, Vice President, 60
98.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 63
99.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 42
100.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 63
101.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 63
102.	Jon Janes	12/19/91	Topeka, KS, TV News, 65
103.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 51 (F)
104.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 57
105.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 72
	<b>The Well Versed (15+yrs)</b>		
106.	Stanley Weissman	09/30/93	Miami Beach, FL, Retired, 73
107.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 57
108.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 57
109.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 63
110.	Joel Pearson	09/03/94	Kennesaw, GA, 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, 62
115.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 58 *
116.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 66
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, 63 *
127.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 54
	<b>The Experienced (10+yrs)</b>		
128.	Andrew S. McPherson	08/16/99	Palatine, IL, Business Owner, 49
129.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 53 (F)
130.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 53
131.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 55
132.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
133.	Diane Shumway	05/27/00	Provo, UT, Retired, 58 (F)
134.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 58 (F)
135.	Patrick W. Sinopoli	01/26/01	Turtle Creek, PA, Construction Manager, 61
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, 58 (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, 66 *
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	Minnetonka, 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, 38
151.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 60
152.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 53
153.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 32 (F)
154.	David Max	08/28/03	Alexandria, VA, Pilot, 37 *
	<b>The Proficient (5+yrs)</b>		
155.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 24

156.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 56
157.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 40
158.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 36
159.	Ed Reid	05/27/04	Bradenton, FL, Builder, 54
160.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 67 *
161.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 63
162.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 42
163.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 44
164.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 33 (F)
165.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 58
166.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 35
167.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 63
168.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 54 (F)
169.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 58
170.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 32 (F)
171.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 50 (F)
172.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 54 *
173.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 53
174.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 60
175.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 44
176.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 52
177.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 40
178.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 38
179.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 70
180.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 63
181.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 46
182.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 57 *
183.	Thomas Hritz	06/17/06	Pittsburgh, PA, Dietitian, 45
184.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 49
185.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 56
186.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 71
187.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 42
188.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 46
189.	Heather E. Nelson	12/15/06	Houston, TX, Student, 22 (F)
189.	William D. Nelson	12/15/06	Houston, TX, Business, 48 *
191.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 47
191.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 32 (F)
191.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 24 (F)
194.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 45
195.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 32
196.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 53 (F)
197.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 30
198.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 50 *
199.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 46 (F)
200.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 57 (F)
201.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 39 (F)
202.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 46 (F)
203.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 63 *

204.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 54
204.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 64
206.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 59 (F) *
207.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 66
208.	Luis H. Gomez	11/24/07	Frisco, TX, Architect, 51
209.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 52
210.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 45
211.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 41 (F)
212.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 49
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, 42
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, 55 *
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, 49 (F)
223.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 34
223.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
225.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 52
226.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 39 (F)
227.	John King	01/21/08	Chatham, NJ Education Administrator, 62 *
228.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 62
229.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 24
230.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 42
231.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 53
232.	Kelly Luck	08/26/08	Louisville, CO, Student, 26 (F)
232.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 46
	<b>The Neophytes (-5yrs)</b>		
234.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 30
235.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 69
236.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 57 (F)
237.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 54 (F)
238.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 41
238.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 58
240.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 62 (F)
241.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 39
242.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 52
243.	Elliot J. Friedman	12/05/08	Southfield, MI, Banker, 31
244.	John B. Davis	12/08/08	Desoto, TX, Consultant, 70
244.	Bill Gorman	12/08/08	Belleview, FL, Contractor, 66
244.	Ruth Gorman	12/08/08	Belleview, FL, Retired, 66 (F)
247.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 59
248.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 50
248.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 41

250.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 54 (F)
251.	Eric V. Love	12/27/08	Erie, CO, Attorney, 47
252.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 38 (F)
252.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 62
254.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 67
254.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 34
254.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 48 (F)
254.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 55 (F)
254.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 34 (F)
259.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 36
260.	Vince Nardy	01/27/09	Solon, OH, Management, 55
261.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
262.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
263.	William McCarty	03/06/09	San Francisco, CA, Consultant, 65
264.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 56 *
265.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 53 (F)
266.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
267.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 69 *
268.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 25
269.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 58 (F) *
270.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 70 *
271.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 18
272.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 26
273.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 34 *
274.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 44 (F) *
275.	Mary G. Runnoe	07/30/09	Wausau, WI, Student, 22 (F)
276.	Bradley Blaszyński	08/30/09	Anncville, PA, Student, 14
277.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 51
278.	William Hutchinson	09/13/09	Wauwatosa, WI, Contractor, 43
278.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 31
280.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 29 (F)
281.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 72 *
282.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 35
283.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 55
283.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 43
285.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 44
286.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 45 (F)
287.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 60 *
288.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 38
288.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 47
288.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 34
291.	Paul Miller	02/10/10	Medfield, MA, Marketing, 52
292.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 54 (F)
293.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 60
294.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 44
295.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 35
296.	William Middlebrook	03/31/10	Colorado Springs, CO, 71*
297.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 43 (F)

298.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 84 *
299.	Steve Morrow	05/13/10	Eagle Lake, MN, Systems Analyst, 49 *
300.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 38
301.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 39
302.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 50
302.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 36
304.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 60
305.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 21 (F)
306.	Eric Lacey	10/02/10	Muskego, WI, Print Production Planner, 44
307.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 57
308.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 40
309.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 42
310.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 48
311.	Kevin Walsh	12/20/10	Coto De Caza, CA, Marketing, 56
312.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 37
312.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 37
314.	Mike Fanelli	12/30/10	San Anselmo, CA, Real Estate Broker, 57 *
315.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 57 (F)
316.	Brad Kautz	01/15/11	Rochester, MN, Pastor, 56 *
317.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 28
318.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 42
319.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 37
320.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 52
321.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 53
322.	Will Jones	03/18/11	Grove, OK, Athletic Director, 39
323.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 22
324.	Dylan Russell	03/20/11	Missouri City, TX, Attorney, 39
325.	Jay Frank	03/21/11	Oak Park, CA, CEO, 59
326.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 39
327.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 34
328.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 38
329.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 42 (F)
330.	James Holt	05/01/11	Centerville, UT, Regional Manager, 54
331.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 53 (F) *
332.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 36 (F)
333.	Robert Stack, Jr.	05/07/11	Fort Worth, TX, Army Reserve/Sales, 52
334.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 41
335.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 30
336.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 39 (F)
337.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 52
338.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 38
339.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 56
340.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 54 (F) *
341.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 25
342.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 36
343.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 27
344.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 38
345.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 58 *

346.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 66 (F) *
347.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 29
348.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 25
349.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 44
350.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 13
351.	Victoria Gomez	08/16/11	Frisco, TX, Student, 18 (F)
352.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 69
353.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 47
354.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 36 (F)
355.	William Spencer	08/31/11	Raleigh, NC, Marketing Research, 67
355.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 55
357.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 50 *
358.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
359.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 46
360.	William Howes, Jr.	09/10/11	Royal Oak, MI, Sales Representative, 58 *
361.	James Wisler	09/15/11	Wake Forest, NC, Physician, 31
362.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 33
363.	Edward Monsour	10/24/11	Laguana Niguel, CA, Professor, 58
363.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 33
365.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 31
366.	Anne Bliss	11/11/11	Burlington, VT, Freelance Editor, 45 (F)
367.	Bettina Shepard	11/21/11	Brick, NJ, Admin. Asst., 47 (F)
368.	Michael Scott	11/23/11	Greencastle, IN, Manager, 40
369.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 50
370.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 12
371.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 44
372.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 41
373.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 46
374.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 38
375.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
376.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 37 (F)
377.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 33
378.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 40, (F)
379.	Chip Akers	12/31/11	Raleigh, NC, Dad, 53
379.	Robyn Clevenger	12/31/11	West Des Moines, IA, 34 (F)
379.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 33
379.	Paul Temple	12/31/11	Germantown, TN, Business Owner, 45
379.	Jennifer Walt	12/31/11	Huntington Beach, CA, Mom, 49 (F)
384.	Richard Carroll	01/01/12	Foxboro, MA, Information Technology, 55 *
384.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 32
384.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 49
384.	Mike Johnson	01/01/12	Daphne, AL, 41
384.	Drew Kenny	01/01/12	Fleming Island, FL, Pilot, 46
384.	Joe Meadows	01/01/12	Cleveland, OH, Mgr. Digital Clev. Browns, 31
384.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 54 (F)
391.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 33 (F)
392.	Amber Hegland	01/16/12	Shakopee, MN, Teacher, 37 (F)
393.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 52 (F)

394.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 33 (F)
395.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 45
396.	Daniel Myers	02/01/12	South Bend, IN, Professor, 47
397.	Dusty Hardman	02/13/12	Punta Gorda, FL, 45 (F)
398.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 62 (F) *
399.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 35
400.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 27
401.	Gary Jones	04/12/12	Troy, Montana, Retired, 61 *
402.	John Metiva	04/19/12	Midland, Michigan, Retired, 56 *
403.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 58
404.	Keziah Wilde	05/13/12	Arlington, MA, Student, 11 (F)
405.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 37
406.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 47
407.	Audra Martin Laking	05/27/12	Prattville, AL, Exec. Asst., 45 (F)
408.	Chris May	05/29/12	Littleton, CO, Director Engineering, 41
409.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 45
410.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 34
411.	Kenneth Young	07/27/12	Petrolia, CA, Retired, 71 *
412.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 34
413.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 46
414.	Douglas Schiller	08/17/12	Ellenton, FL, Consultant, 75 *

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

## Official International Active Running Streak List

As Certified to the Streak Runners International

September 1, 2013

	<b>The Highly Skilled (20+yrs)</b>		
1	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 49
	<b>The Well Versed (15+yrs)</b>		
	<b>The Experienced (10+yrs)</b>		
	<b>The Proficient (5+yrs)</b>		
2	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 51 (F) *
3	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 46
	<b>The Neophytes (-5yrs)</b>		
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, 39
8	Katie Robinson	19Aug11	Auckland, New Zealand, Consultant, 46 (F)

9	Phillippa Nichol	03Jun12	Newcastle Upon Tyne, UK, Project Mgr., 33 (F)
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Indicates listing on both active and retired running streak lists. \*

## Official International Retired Running Streak List

As Certified to Streak Runners International

September 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. \*

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

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

September 1, 2013

1.	<b>Mark Covert, Lancaster, CA</b>	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	<b>Kenneth C. Young, Petrolia, CA *</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	<b>Gary C. Jones, Troy, Montana *</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
5.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
6.	<b>Walter O. Byerly, Dallas, TX *</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
7.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
8.	<b>Barry Abrahams, Lincoln, NE</b>	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
9.	<b>Joseph Wojcik, Claremont, CA</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
10.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
11.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
12.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
13.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)

14.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
15.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
16.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
17.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
18.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
19.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
20.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
21.	<b>Alicia Brophay, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
22.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
23.	<b>Brian P. Short, Minneapolis, MN</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
24.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
25.	<b>James R. Scarborough, Rancho Palos Verdes, CA</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
26.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
27.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
28.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
29.	<b>J. Patrick Grownay, Lavallette, NJ</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
30.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
31.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
32.	William Moreland, Ocean City, NJ	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
33.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
34.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
35.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
36.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
37.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
38.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
39.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
40.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
41.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
42.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
43.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
44.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
45.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
46.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
47.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
48.	John Metevia, Midland, MI *	10/19/86 – 02/13/10	8,519 days (23 yrs 118 days)
49.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
50.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
51.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
52.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
53.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
54.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
55.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
56.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
57.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)

58.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
59.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
60.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
61.	Patrick J. Foley, Northfield, MN	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
62.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
63.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
64.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
65.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
66.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
67.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
68.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
69.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
70.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
71.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
72.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
73.	Ted Corbitt, Bronx, NY	12/01/53 – 07/25/68	5,351 days (14 yrs 238 days)
74.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
75.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
76.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
77.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
78.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
79.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
80.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
81.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
82.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
83.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
84.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
85.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
86.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
87.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
88.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
89.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
90.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
91.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
92.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
93.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
94.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
95.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
96.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
97.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
98.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
99.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
100.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)

101.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
102.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
103.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
103.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
105.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
106.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
107.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
108.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
109.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
110.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
111.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
112.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
113.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
114.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
115.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
116.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
117.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
118.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
119.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
120.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
121.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
122.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
123.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
124.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
125.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)
126.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
127.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
128.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
129.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
130.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
131.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
132.	Stephen R. Minagil, Las Vegas, NV	12/27/94 – 01/24/99	1,490 days ( 4 yrs 029 days)
133.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
134.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
135.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
136.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
137.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
138.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
139.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
140.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
141.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days ( 3 yrs 218 days)
142.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
143.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
144.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
145.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
146.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
147.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)

148.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
149.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
150.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
151.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
152.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
153.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
154.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
155.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
156.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
157.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
158.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
159.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
160.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
161.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
162.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 289 days)
163.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
164.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
165.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
166.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
167.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
168.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
169.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
170.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
171.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
172.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
173.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
174.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
175.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
176.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
177.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
178.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
179.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
180.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
181.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
182.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
183.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
184.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
185.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
186.	Melissa Malinowski, Mahtomedi State, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
187.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
188.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
189.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
189.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
189.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
192.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
193.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
194.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)

195.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
196.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)
197.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
198.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
199.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
200.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
201.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
202.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
203.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
203.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
203.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
206.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
207.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
208.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
209.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
210.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
211.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
212.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
213.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
213.	Klint Rose, Alviso, CA	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
215.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
216.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
216.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)
218.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
219.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
220.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
221.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
222.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
223.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
224.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
224.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
226.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
227.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
228.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
229.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
230.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
231.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
232.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
232.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
232.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)
235.	William C. Middlebrook, Colorado Springs, CO	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
236.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
237.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
238.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
239.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
240.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
241.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
242.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)

243.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
244.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
245.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
246.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
247.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
248.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
249.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
250.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
250.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
252.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
253.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
254.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
255.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)
255.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
255.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
258.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
259.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
259.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
261.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
261.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
261.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
261.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
261.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
261.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
267.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
267.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
267.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
267.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
267.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
267.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
273.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
273.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
273.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
273.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
273.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
273.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
273.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
273.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)

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

**NOTES FROM THE 70,000 CLUB\***  
**By: Roger Urbancsik**

- (1) Running streak not certified by the United States Running Streak Association.
- (2) Streak miles include the 10 ½ months he ran every day before meeting the minimum 1 mile standard of the USRSA.
- (3) Ended his 38-year running streak at 100,000 streak miles on his 68<sup>th</sup> birthday.
- (4) Stopped running in 6/97 following knee surgery.
- (5) Streak miles and streak miles/day calculation are for current streak only.
- (6) Ted Corbitt (1/31/19 – 12/12/07)
- (7) Streak runner Don Slusser's wife.

- Notes are from pages 32-37.

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“Quit? Retire? Hell, no. Next year I’m really gonna train.”

- Marty Liquori, 1977



Diane Naughton

## **DIANE NAUGHTON JOINS SRI/USRSA AS NEW TREASURER**

Please accept my annual dues for acceptance into the United States Running Streak Association. While I'm only 150 days into my "streak," I have a very accomplished "mentor" in the streak world that I hope will continue to inspire me as he has been doing since we met over 365 days ago.

Diane Naughton  
Mendham, New Jersey

[Editor's note: Diane is the girlfriend of this editor. She began her running streak on March 21, 2013. She is currently training to run three half marathons in the fall: The Newport Liberty Half Marathon in Jersey City, New Jersey on September 22, the Wineglass Half Marathon in Corning, New York on October 6, and the Philadelphia Half Marathon on November 17. In preparing our taxes this spring, the accountant for SRI/USRSA suggested that a Treasurer be appointed to our association. Diane, who is a Vice President at HarperCollins Children's Books in New York City, volunteered for the position. Thank you Diane!]

## **THE FINISH LINE**

**By: Mark Washburne**

It was on May 23<sup>rd</sup> when I received the startling announcement from Mark Covert: “On July 23<sup>rd</sup>, 2013, after 45 years, I have decided that my Streak will end.” (Please see Mark Covert’s story on p. 3 of this issue.) I had just received the Summer 2013 issue of *The Streak Registry* back from the printer so it was too late to cover the announcement in that newsletter. After receiving permission from Coach Covert, I hurriedly put together an announcement to send to our membership. Quite frankly, I wish the news was not true and that he would change his mind before the actual day occurred. Mark had led our active list with the longest streak since April 2005 when Bob Ray of Baltimore, Maryland, surprised our association that he had ended his streak after 38 years (13,884 days) and 100,000 miles logged. During his 8 plus years as head of our active list, Mark Covert became the face and voice of our association as media from around the world flocked to cover his amazing story of running every day for over 40 years. Our membership soared as people heard his story and decided to give streak running a try. Coach Covert will be missed but I think I speak for our entire membership that we wish him much success and happiness in all his future endeavors. Moreover, we are grateful to all of the many contributions Mark has made to streak running and our association throughout the decades. We are also reminded of the words of Dr. Seuss, words that will eventually apply to the end of all of our running streaks someday, “Don’t be sad it’s over, be happy that it happened.”

Missed in all the news of Mark Covert’s retirement from streak running, another long time streak also ended in July. On July 12<sup>th</sup>, John Morgan of Emmett, Idaho ran the last day of his streak that spanned 34 years and some 12,494 consecutive days. John, whose streak ended due to an ankle injury, joins our retirement list in the 12<sup>th</sup> position. (Please see John’s story on p. 13.) Together, Mark Covert and John Morgan represent some 79 years or 28,931 days of streak running. The month of July 2013, therefore, comes in second behind January 2012 for lengths of streaks ended in a particular month. In January 2012, Ken Young of Petrolia, California ended his streak on the 25<sup>th</sup> of that month after 41 years, 204 days (15,179 consecutive days) and Gary Jones of Troy, Montana ended his streak 3 days later (January 28, 2012) after 39 years, 292 days (14,536 consecutive days). Ken Young’s and Gary Jones’s streaks, therefore, spanned over 81 years or 29,715 consecutive days. Wow! The good news is that both Ken Young (new streak started on July 27, 2012) and Gary Jones (new streak started on April 12, 2012) decided they missed streak running and both are now listed again on our active list.

With Mark Covert’s streak retired, we have some changes to announce in the Board for USRSA. Mark Covert, who now has the longest retired streak on our list, changes from “Chair Active Male” to “Chair Retired Male.” Jon Sutherland, who now has the longest active streak (please see his story starting on p. 7), becomes our new “Chair Active Male.” Ken Young, who was our “Chair Retired Male,” has agreed to stay on our Board as one of our at-large members. Thank you to Mark, Jon, and Ken for agreeing to serve on our Board.

In preparing our taxes this spring, the accountant for SRI/USRSA suggested that a Treasurer be appointed to our association. Diane Naughton, who started a running streak on March 21<sup>st</sup> of this year and who is also a Vice President at HarperCollins Children’s Books in New York City, volunteered for the position. (Please see Diane’s story on p. 79.) Thank you Diane!

Diane, as many of you know from my story about the Boston Marathon Bombing in the Summer 2013 issue of *The Streak Registry*, is also my girlfriend. As I mentioned in that story, Diane and I met through the Internet dating site eHarmony in July 2012. While our first date was at a 5K race on July 25<sup>th</sup>, our profiles were matched up earlier on the 4<sup>th</sup> of July. As we would later learn in a strange coincidence when we finally did meet, we both participated in the same 4-mile race in Cranford, New Jersey on that 4<sup>th</sup> of July in 2012. This year we returned to run the Cranford

Firecracker 4 Miler together. Thanks to another outstanding race by Diane, I am happy to report that we won the couple's division in this year's 4<sup>th</sup> of July race.