

# THE STREAK REGISTRY

Spring 2014- 53rd ISSUE

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## Table of Contents

Streaking Anniv. p. 2

From the Streak Registry p. 3

Herb Fred p. 4  
Rick Porter p. 11  
Karen Queally p. 14  
Jessica Forte p. 16  
Cynthia Almudevar p. 19

The 70,000 Mile Club  
By: Steve DeBoer p. 21

Traversing the Tundra  
By: Steve DeBoer p. 24

Member Updates:

Judy Mick p. 29  
Barry Britton p. 29  
David Jenkins p. 29  
Mary Horan p. 30  
John Danielson p. 30  
Bettina Shepard p. 31  
Ken Young p. 31  
Barbara Latta p. 32  
Leanne Brown p. 33  
Asherah Wilowe p. 33  
Michael Scott p. 34  
Michael DeMint p. 35  
Duncan Cameron p. 35  
Luis & Victoria Gomez p. 36  
Steve Gurdak p. 37  
John Carlson p. 37  
Derek Long p. 38  
Ryan Albrecht p. 38  
Patrick Foley p. 39  
Elaine Weigle p. 40  
Matt Carpenter p. 41  
Kevin Slagle p. 41  
Michael Stegura p. 42  
Stacey Smith p. 42  
Angela Chabot p. 42  
Roger Urbancsik p. 42

Christopher Pilotti p. 43  
Kent Schmitz p. 43  
Mike Johnston p. 44  
Paula Harkin p. 45  
Scott Snyder p. 45  
Erica Gorman p. 47  
Drew Kenny p. 47  
Jennifer Walt p. 48  
Todd Carter p. 49  
Gary Whorwood p. 49  
Ryan Fletcher p. 49  
Nancy Harmon p. 50  
Patrick Steele p. 50  
Robert Stack p. 50  
Tim Masters p. 51  
Peter Nieman p. 52  
Caitlin Schultz p. 53  
Zak Novitske p. 53  
Evan Barnhart p. 54  
Michael Sklar p. 54  
Jonathan Reid p. 54  
Steve Modica p. 55  
Bo Grist p. 56  
Evelyn Smith p. 56  
Dave Melissas p. 57  
Patricia Montana p. 57  
Gary Scott p. 58  
Mike Buerke p. 58  
Bob Kimball p. 58  
Steve Tursi p. 59  
Michael Holsteen p. 59  
Kimberly Dierwechter p. 60  
Jim Crisp p. 60  
Christine Lousias p. 61  
Rodger Kram p. 61  
David Shannon p. 62  
Dylan Russell p. 62  
Tammy Slusser p. 63  
Steve Cox p. 63  
Brian Short p. 64  
Kevin Barber p. 65  
Amy Shimonovich p. 65  
Traci Rodney p. 66  
Katie Robinson p. 66  
Scott Ludwig p. 67  
Chip Akers p. 68  
Tom Hritz p. 69  
Steve Morrow p. 69

USA Active p. 70  
USA Retired p. 80  
International Active p. 87  
International Retired p. 87

The Finish Line  
By: Mark Washburne p. 88

## **STREAKING ANNIVERSARIES**

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

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

Chester A. Tumidajewicz of Amsterdam, New York on December 25<sup>th</sup>  
Jon Kralovic of Delanson, New York on January 1<sup>st</sup>

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

Barbara S. Latta of Raleigh, North Carolina on December 5<sup>th</sup>

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

Lenworth “Kip” Williamson of Saugus, Massachusetts on January 1<sup>st</sup>

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

Jeffrey Sider of Woodbury, New York on January 1<sup>st</sup>

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

Ted Neff of Edmonds, Washington on December 15<sup>th</sup>  
Michael W. Bergquist of Medical Lake, Washington on December 31<sup>st</sup>

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

Michael J. Murphy of Wyalusing, Pennsylvania on December 2<sup>nd</sup>  
Mark Mosher of Antioch, California on December 4<sup>th</sup>  
Elliot J. Friedman of Englewood, New Jersey on December 5<sup>th</sup>  
John B. Davis of Desoto, Texas on December 8<sup>th</sup>  
Bill Gorman of Belleview, Florida on December 8<sup>th</sup>  
Ruth Gorman of Belleview, Florida on December 8<sup>th</sup>  
Christopher White of Toronto, Canada on December 8<sup>th</sup>  
Keith Osborne of Scottsdale, Arizona on December 23<sup>rd</sup>  
John W. Danielson of Wauwatosa, Wisconsin on December 24<sup>th</sup>  
Chad Hutchison of Lamont, Oklahoma on December 24<sup>th</sup>  
Susan Crabtree of Lynchburg, Virginia on December 25<sup>th</sup>  
Eric V. Love of Erie, Colorado on December 27<sup>th</sup>  
Angela Chabot of Ashburnham, Massachusetts on December 29<sup>th</sup>  
Michael L. Johnston of Austin, Texas on December 29<sup>th</sup>

John Anderson of Atherton, California on January 1<sup>st</sup>  
Matthew Fisher of Austin, Texas on January 1<sup>st</sup>  
Paula Harkin of West Linn, Oregon on January 1<sup>st</sup>  
MaryAnn F. Hill-Pitts of Dover Plains, New York on January 1<sup>st</sup>  
Alastair Russell of Edinburgh, Scotland on January 1<sup>st</sup>  
Erin E. Stevens of Billings, Montana on January 1<sup>st</sup>  
Kenny Miller of Maryville, Missouri on January 8<sup>th</sup>  
Vince Nardy of Solon, Ohio on January 27<sup>th</sup>  
David Haase of Shakopee, Minnesota on February 8<sup>th</sup>  
Chip Le Duff of Norfolk, Virginia on February 28<sup>th</sup>

## FROM THE STREAK REGISTRY

*TEN YEARS AGO:* The lucky thirteenth issue of USRSA newsletter was published. The 44-page booklet listed 109 active and 23 retired running streaks. It also listed the names of the first 109 athletes to become members of USRSA.

The top feature in this Spring 2004 issue was “Bob Ray’s Golden Anniversary of Running: A Half-Century of Athletic Achievement” written by Dawn Strumsky. The article noted:

*“Bob Ray of Baltimore, Maryland – holder of the longest active running streak in the United States – celebrated the 50<sup>th</sup> anniversary of his running career on December 18, 2003.*

*“He dates the start of his regular running from December 18, 1953, when he entered and won his first track meet as a high school sophomore at Kennard-Dale High School in Fawn Grove, Pennsylvania. According to several of those who remember him from back then, Bob was ‘the fastest kid in the school.’ The then 16-year old Ray won that first mile race in 4:44.*

*“The now 66 Ray ran about 22,000 miles over the next 13 years, until April 4, 1967, when he started his continuous day running streak.*

*“Bob has now racked up close to 119,000 overall miles, the last 96,939 without missing a day. Obviously his next goal is to log 100,000 streak miles.*

*“Happy anniversary to an awesome runner and a sterling human being. You go, Bob!”*

Editors note: Bob Ray did reach 100,000 streak miles on April 7, 2005 – his 68<sup>th</sup> birthday. On that same day, Mr. Ray chose to end his longest-in-the-nation running streak after 38 years, 4 days (13,884 consecutive days). Mr. Ray’s running streak is currently listed as the fourth longest on the SRI/USRSA retired streak list.



Dr. Herb Fred

## **On Approaching A Quarter Million Miles By: Dr. Herb Fred**

In 1966, at age 37, I took up running as part of my restructured lifestyle. Now, at age 84, I'm still running, having covered over 249,300 miles in the interim—over 10 laps around the earth. Selected aspects of that journey form the basis of this report.

When my running career started, I was a full-time medical educator on the faculty of Baylor College of Medicine in Houston. Across the street from my office was the 440-yard track of Rice University. Because of my busy work schedule, I chose to sacrifice my lunch hour so that I could run 3 miles a day on that track. Starting my run at noon became a habit that I maintained for the next 21 years.

As my daily mileage grew, I needed more than the lunch hour to complete my workouts. Arranging my teaching activities around my running took care of the problem most of the time, but when it didn't, I simply ran for an hour at noon, and ran again after work. For the first year or so, I trained solely on the Rice track. On the weekends, I sometimes entered a two-mile cross-country race.



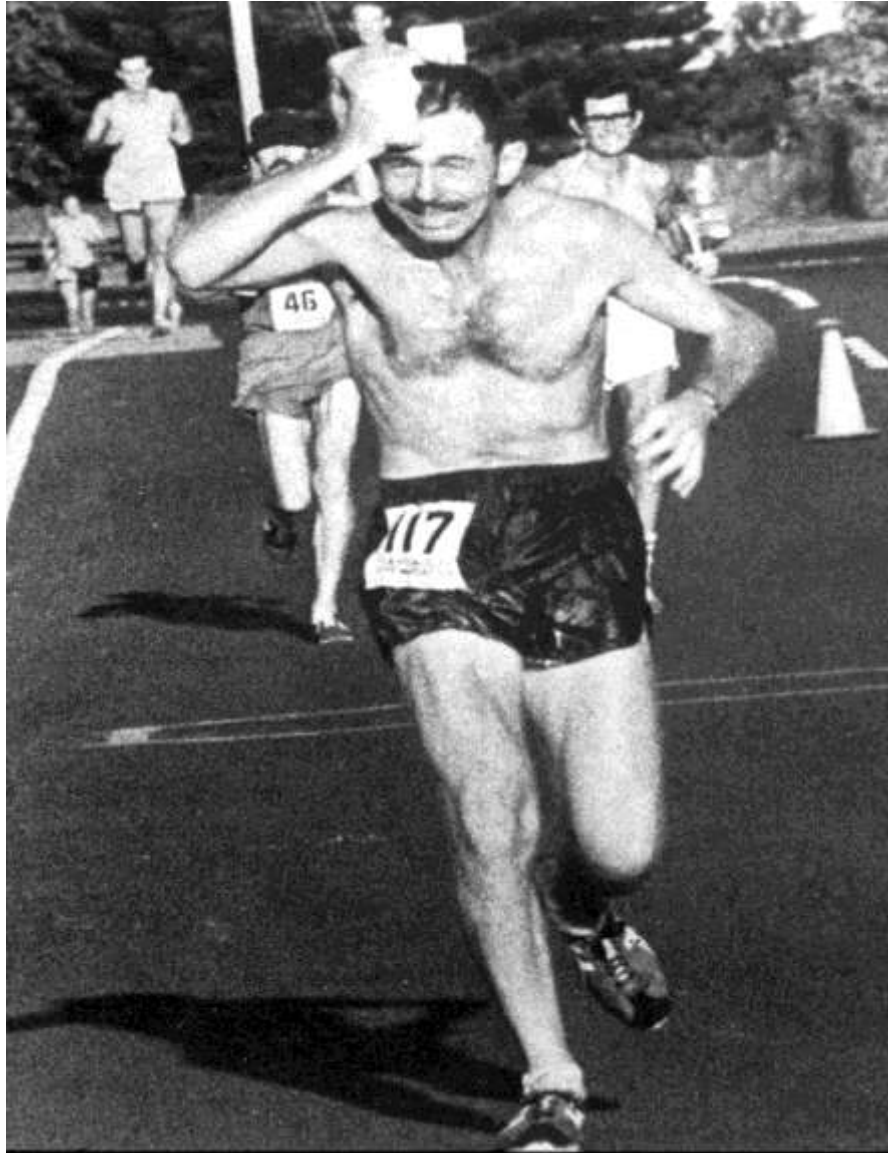
Herb Fred takes 2nd place in a two-mile cross-country run in 1968.

When my daily distance had increased to 8 miles a day, I quit the track altogether and turned to the streets of Houston where I ran everyday (or night) in rain or shine, and in scorching heat or bitter cold. I typically ran alone, always on the left-hand side of the street facing traffic.

Over a three-year period, I gradually increased my runs from 8 miles a day to 16 miles a day, reaching at times 22 miles a day. When preparing for a marathon or ultra-marathon, I would sometimes run 30 miles on Saturday and 40 miles on Sunday.

In the late 60s and early 70s, there were only a handful of runners who trained on the streets of Houston. And since I ran farther, more often, and for longer periods than any of them, I soon became known as the “village idiot.” By the 80s, however, when running had become popular all over America, my image changed from that of idiot to eccentric.

My routine of running daily on Houston’s streets served me well when I traveled elsewhere. No matter where I was—Oslo, Stockholm, Edinburgh, London, Paris, Shanghai, Beijing, Ottawa, Montreal, Geneva, Rome, Munich, Copenhagen, or many American cities—I ran in areas where tourists never go and saw things that tourists never see. This was particularly true in China. I also completed 41 marathons, almost as many ultra-marathons, and established age or age-group records (now all broken) in the 100-km, 100-mile, and 24-hour runs.



Herb Fred In the middle of the pack in the 1974 Honolulu Marathon.

On 4 June, 1987, after I had covered approximately 130,000 miles, my street-training came to an abrupt end. It happened during the afternoon rush hour as I was crossing a busy downtown intersection about to finish a 16-mile run. I had crossed that intersection countless times; my new office was on that corner and I ran from that point and back every day. The green light was in my favor and the "Walk" sign was on. But as I reached the middle of the intersection, a young motorist coming from my left ran a red light and hit me. The next thing I knew, I was lying on the street looking skyward, noting the clouds rolling around and around at a rapid pace.

Witnesses said that the collision bent the car's front bumper and right front fender and that my head shattered the car's windshield. I clearly recall the moment of impact; it was painless. Seconds later, however, my head, neck, left shoulder, right rib cage, and left foot began hurting—and for good reason. Studies showed that I had sustained two skull fractures, a blood clot on my brain, and fractures of my left foot, left shoulder-blade, and right rib cage, along with numerous cuts and bruises.

I spent 11 days in the hospital and 4 months at home recovering. When I finally was able to resume running—and feeling lucky to be alive—I decided to buy a treadmill so that I could run in my office without fear of ever being struck down again by a car. Now, 27 years after making that decision, I have reeled off almost 120,000 miles on the treadmill. I wore out three top-of-the-line home treadmills before realizing that commercial treadmills—the kind you see in health clubs—are the only ones that can withstand the wear and tear of my long daily workouts.

For my purposes—running far and long every day or night—the treadmill offered a number of advantages over street running.

First, and foremost, I could run worry-free—no cars, motorcycles, or bicycles to contend with; no unmerciful weather to prepare for; no dogs or suspicious-looking strangers to be concerned about; and no need to search for toilet facilities or water.

Second, convenience. I have a bathroom, kitchen, telephone, television, and radio nearby at all times. In addition, I don't have to spend time driving to a place to run or gearing up for the weather outside (it is always 72° F with low humidity in my office).

Third, the running surface is always smooth, even, and flat, reducing my chances of tripping, falling, or twisting a knee or ankle. Moreover, I can change the incline or initiate various work-out programs by simply “turning the dial.”

Fourth, darkness is never a problem, and I can run whenever my schedule permits. I formerly worked in the mornings and evenings and ran all afternoon. Now, I still work all day as a full-time medical educator, but I begin running at 6 or 7 pm, sometimes finishing after midnight. Since I eat only one meal a day (after my run) and require only 3 hours of sleep, this schedule suits me fine. (Incidentally, I have a loving, understanding, supportive wife and 7 tolerant adult children).

Fifth, boredom is never a concern. Although some people can read while running on a treadmill, I can't. But I do listen to the radio or watch television and frequently stop to write myself reminders or make and answer important phone calls. I can also run while using my cell phone without endangering myself or anyone else.

Sixth, my running shoes last longer. In fact, they look brand new even after they have traveled a thousand miles or more. That's because they don't get exposed to drenching rain, body sweat, street dirt, or the rock-hard, irregular, abrasive surface of asphalt and cement.

Seventh, injuries are rare, presumably because the indoor conditions do not promote slipping or sliding, the running surface is always smooth and flat, and there are no distractions that can force a sudden change in one's running technique. By contrast, injuries from running outdoors are common, and I've had just about all of them, from blisters to tendinitis to muscle tears to bloody urine, as well as numerous basal cell and squamous cell carcinomas of the skin. Fortunately, I haven't had a malignant melanoma, the most serious of sun-related skin cancers. I've also suffered from penile frostbite that resulted from a long run against a strong wind in sub-freezing temperatures.

Certain drawbacks of treadmill running merit attention. The first is price. A good, highly reliable treadmill built to withstand prolonged daily usage will cost at least several thousand dollars. I paid \$13,000 for the one I currently use; some of the newer models sell for up to \$20,000.

If you prefer to run with someone and still want to do so on the treadmill, your best bet is to join a health club. There, you can usually find several treadmills and lots of runners, but only during posted hours.

Finally, treadmill running robs you of enjoying Mother Nature. But Mother Nature is not always kind. She sometimes fashions icy terrains, blizzards, freezing temperatures, miserable heat and humidity, and drenching rain with lightning—natural phenomena I don't feel sorry to miss. Such dangers are never encountered on a treadmill.

In conclusion, how far, how long, how fast, and how often one runs is a personal matter. And whether one runs along city streets, or county roads, in the park or around a track, or over trails or on a treadmill is a personal matter, too. Running is what counts.

For your records, I supply the following information as of December 31, 2013:

- 1) My total mileage for 2013 = 2,192
- 2) My total lifetime mileage = 249,333
- 3) My current running streak began on 5/11/10 and is still intact.
- 4) I am currently 84 ½ years young.

God willing, I will reach 250,000 miles about Easter of this year [e-mail sent January 4, 2014].



Awards won by Dr. Fred



## Summary of Important Running Achievements Dr. Herbert Fred

### A. “Most Mileage” Category

- 1) Lifetime (as of December 31, 2013) – 249,333
- 2) One day – 117 miles, 1691 yards (April 29, 1984)
- 3) One week – 258 (November 1-5, 1986)
- 4) One month – 761 (May 1972)
- 5) One year – 7,661 (1982)

### B. Fastest Times:

<u>Distance:</u>	<u>Time:</u>	<u>Age:</u>	<u>Year:</u>
Mile	5:27	42	1972
Marathon	3:08:07	44	1974
50 miles	6:51:47	44	1974
100 km	9:50:19	49	1979
100 miles	17:02:03	53	1983
117.9 miles	24 hours	54	1984

C. **Number of years running 2000 miles or more:** 46

D. **Number of years running 3000 miles or more:** 42

E. **Consecutive days of 1 mile or more:** 2,857 (7 years, 300 days)

F. **Number of foreign countries run in:** 11

# HERBERT L. FRED, M.D.

## Total Running Mileage Per Year

AGE	YEAR	MILEAGE	AGE	YEAR	MILEAGE
37	1966	720.0	62	1991	5,946.0
38	1967	1,825.0	63	1992	6,255.0
39	1968	2,920.0	64	1993	6,049.0
40	1969	4,015.0	65	1994	6,054.0
41	1970	3,415.5	66	1995	6,124.0
42	1971	4,911.5	67	1996	5,781.0
43	1972	7,638.0	68	1997	5,304.0
44	1973	6,851.0	69	1998	4,619.0
45	1974	5,127.0	70	1999	4,596.0
46	1975	5,338.0	71	2000	4,812.0
47	1976	6,028.5	72	2001	4,786.0
48	1977	5,982.0	73	2002	4,773.0
49	1978	6,369.0	74	2003	4,644.0
50	1979	6,458.0	75	2004	3,973.0
51	1980	7,300.0	76	2005	5,288.0
52	1981	7,540.0	77	2006	5,220.0
53	1982	7,661.5	78	2007	4,018.0
54	1983	7,580.0	79	2008	5,138.0
55	1984	7,492.0	80	2009	4,917.0
56	1985	7,221.0	81	2010	3,301.0
57	1986	6,595.0	82	2011	2,886.0
58	1987	4,630.0	83	2012	2,192.0
59	1988	5,492.0	84	2013	2,192.0
60	1989	5,568.0		<b>TOTAL</b>	<b><u>249,333</u></b>
61	1990	5,787.0			



Plaque reads: "Primo 100-mile UltraMarathon; Honolulu, Hawaii; May 26-27, 1979; Herbert L. Fred; 6th Place; 22 HR: 21 Min: 39 sec."

## **A STREAK GEEK**

**By: Rick Porter**

On December 3, 2013, I celebrated my 36 year streak anniversary. My streak is alive and well, I've been thinking about submitting an update, but the motivation has eluded me until today [February 14, 2014]---based on a couple of occurrences. It's 30 degrees today with sleet and snow in Atlanta. Well, I can't even pretend to understand how some of you guys keep a streak going up north, but even us wimps in the south get some tough weather periodically. I hit the road this morning, as normal. The ice was not solid so it really was not too bad, but I saw only one other runner along the way. And, lo and behold, it was Grant McAllister, who is 10 years younger than me and not too far behind me on the list. As an aside to us introverted runners, Grant and I live about a mile apart and had to be introduced through a mutual friend---we had no idea we both had a streak going!! We don't always cross paths, but I took it as a signal when I saw him today to put my thoughts on paper. But not just a streak update. Don't get me wrong, I enjoy reading about your streaks, but I think it's time to move beyond updates. Mark Washburne has taken the Strumskys' concept and moved us forward with more members and more exposure. If we are going to legitimize this noble activity, I decided it's time for the streak geeks to document the essentials that any runner needs to keep a streak going. Not the things we lucked into, like genetics, but the nuances we have picked up through the years that aspiring streak runners might not have thought of yet. The tricks of the trade. The tools of the profession. I'm not anointing myself as the knower of all the right things, but I'm willing to get it started and encourage you other streakers to jump in. Grant will take my place one day as the 'hood streaker, and he's probably thought about these things. But, whoever takes Grant's place might not have. Just

like folks have legitimized other running activities, like how to run a faster marathon or how to run trails, sooner or later one of you will take all these ideas and write book on how to run every day for 30 years. Here we go.

1. Concede the speed. Sorry, but you're not going to be fast forever. I was never very fast, but figured out at about 20 years that if I kept trying to run fast, I was going to stay hurt. Slow is a gradual process, and will be embarrassing as one day you time yourself in disbelief. But, you probably will have to choose. Few can run fast and everyday for a long time.

2. Cross train. Most of you know a lot more than me about physiology, but in simple terms, running strengthens everything down the backside and leaves the front side to fend for itself. Do other stuff to help. Also, inevitably, you will not be running the mileage you ran as a youngster. And just like speed, you'll try to keep the mileage up unless you do something else to satisfy the drive. I took up biking about 15 years ago, and now do about 40 miles a week on the Airdyne to compliment 40 miles a week of running. Three days a week I do some light-- very light -- weights.

3. Invest in a good treadmill. As I said above, there are just some days, even in Atlanta, and especially on ice. I can do a good many things at 60 that I could do at 30, but falling isn't one of them. And balancing is a pretty close second. But, besides the weather, treadmills can be great for running through injury. I'm running through a hamstring issue right now, and I might do 4 miles outside and 2 inside, or some other combination. The smooth predictability of the treadmill is better than stepping up and down off curbs and sidewalks. But, don't wear it out. It's a tough way to spend a hour on a regular basis.

4. If it's bigger and/or faster, it always has the right of way. Especially if it has four wheels. But even if it has two legs. Like many of you, I've had a couple of close encounters that could have made for a bad day. You will never win that battle, so don't pick a fight. Smile, wave, and let it go.

5. Wear mittens instead of gloves. I use this figuratively to say, know your weak spots and take care of them. And for me, it's my hands. Mittens are far superior to gloves below about 40 degrees, two pair of gloves between 40-48, and one pair from 48-55. I often wear gloves when I don't need a shirt. I figured out a long time ago that if my hands got cold, I was miserable. Further, get some water resistant mittens to go over your warm mittens. You've got a weak spot as well, so acknowledge it and take care of it. Running every day is hard enough without adding a fight that you don't have to fight. Know your demon and neuter it.

6. Don't expect a runner's high every day. The only thing good about some runs is stopping. Accept it. Don't get mad, or wish it wasn't so, or pretend. Do your run and stop. Tomorrow will be better.

7. Accommodate your system. I run on empty. But for all the years I can remember, I carry a folded up paper towel with me stuck in the side of my running shorts. I run in a fairly urban environment, but I have a heavily wooded respite on every route. I'll spare you the details, but talk about miserable!! I stop and deal with it when I have to, and paper towel is better than leaves. Don't, and you'll stop running---or start!!

8. Use Vaseline, or something like it, liberally. Toes, groins, nipples, anywhere else you can reach. You're going to have some black toes, and a hot shower will burn raw nipples, but you can control most of the irritation with lubrication. And don't laugh at the stains on the front of my shirt. I know what it looks like.

9. Run hurt. I wish you didn't have to, but you do if you're going to have a long streak. Pay close attention to your body, study what other's have done, experiment with solutions, and you'll surprise yourself that you can heal while running. It might take a while. And what once took days will take weeks, and what took weeks will take months. But, you can heal while running. We will all probably know when the big one comes along---which it will---but you can work through a lot more things than you realize.

10. Drink water. More than you ever thought you would need, especially as you get older. It's hard to recover from a hard, hot run in 24 hours. I'm not telling you I've solved this puzzle, and the heat can take its toll on even a hydrated runner. But hydration is a critical piece of the solution. And, if you stay dehydrated, you won't keep a streak alive, or yourself.

11. Rest after a work out. Even if it's just 10 minutes. I know---we've all got things to do. I've owned my own business the entire time I've been running. We have two college aged sons that have been very active, and I'm proud I missed very little. I get up very early some days to make the run work. And, some days I have to go straight from running to the shower and set out into the day. But, the majority of my days, I sit down and have breakfast with a newspaper after running. You'll be surprised at the refreshment of 15 to 30 minutes of relaxation.

12. Celebrate your accomplishment. Even if it's just with yourself. I know all about the neurosis and Type A stuff, and I'm sure there's some devil in the drive somewhere. But a running streak is cool. It's a worthwhile endeavor. Now, it might only be understood by the readers of this journal, but that's okay. Enjoy the challenge, because it is a challenge, and it comes around every day. So every day you get to celebrate!

13. Make Shoe Goo art. Pick up loose change when your running. Bark at your favorite dogs. Yell at the wind. Cuss mother nature. When you can, run somewhere you're going. In other words, play with your running. It's just something you do everyday.

14. Accommodate those that love you. Because they sure accommodate you, and don't forget it. I've run every day for 36 years, and my wonderful wife has tolerated a burden not of her own choosing. I'm not being dramatic, but you'll need some serious understanding to keep a streak going, and you need to give it to get it.

So, there's my list. When you write in with your update, add to the list. I've probably only got one chance to have a 36 year running streak---just sayin'. I can, though, help someone else have a 36 year streak, and so can you. Those of us who've been fortunate and ornery enough to have a long streak need to start documenting those things that we learned on the road. In doing so, we pass the torch to the next generation and legitimize a noble activity. And become a streak geek.



Karen Queally at Indianapolis Marathon in November 2013.

## **Reflections on Completion of 17 Years of Streaking By: Karen Queally**

New Year's Eve, 2013, with 17 years of not missing a day – completed this morning with a 6-miler. It has been quite the journey... I clearly recall my now nearly 18-year-old twins as babies howling and depriving me of sleep while I

was also working full time. They were 10 months old and it was New Year's Eve of 1996... I made a New Year's Resolution that next day to run every day in 1997.... And I have not missed a day since. Meanwhile I am a Marathon Maniac and 50-Stater with 41 states completed! And since I started to run marathons in 1984, I now have 131 marathons completed. No record-breaking stats for me, but stats I am proud of...

I remember thinking, back in 1996, – “My life is pretty out of control with two babies on different sleep schedules. I am trying to work full time to support our family. These twin babies get ear infections, my four year old wants attention... YIKES. Events control me, not vice versa.” So I thought of the one thing I could control. At least I knew I COULD fit in a run every day.. And so it was that I started “the streak.”

It was not until much later that I read in Runner's World Magazine about Mark Covert who ran every day, like me, just for many years longer. And so I joined our Association. It is wonderful knowing that all of our members out there don't decide each day IF they will run. They (we) all know we will. It is only a matter of WHEN to run. So I run after I wake up and before going to work. That way it is done and I don't have to worry about when I can fit it in... At this point there is no excuse good enough to NOT run. 6am flight? Up 230, run 3-4am and to airport by 430!

In 2005 I had breast cancer (YEAH!!! - I am a survivor). The surgeon thought I was crazy but agreed that I could run the day after a mastectomy, as long as I didn't “go too fast or too far” and I was to keep my “arms close to [my] body.” I ran every day even through chemo. It was slow, but I persevered. Always remembering that the ONE THING I could control was that I run daily, no matter what else was happening with my cancer treatment.

Again, in 2008, I went through a very difficult time - a divorce. Being in a position to be the sole support of my three young children, I took on extra jobs (three of them) on weekends. No matter what, I kept on running every day. The stress of three teenage girls, and working full-time plus – running is like my natural anti-depressant!!!

My daily run is my most free, happiest, lightest time of each day. It is also the time when I do my best thinking, planning and especially, stress relief. When people ask me WHY I run every day, I tell them that it is my happiest time of the day. The usual questions: “What if you're sick?” – Answer: “I run anyhow.”; “What if the weather is bad?” – Answer: “I run anyhow.”; “What if you are tired?” – Answer: “I run anyhow.” Again I appreciate all of you out there who answer the question the same way I do, every day – “I RUN ANYHOW.” Thanks to you all, Happy Running to you all, and enjoy your run tomorrow.



Jessica Forte at Marine Corp Marathon 2013.

## **A Beautiful Grace** **By: Jessica Forte**

In this group of prestigious and elite runners, I must confess I feel as if I am the misfit of the bunch, the odd man out. But you see, there in lies the beauty. I will explain.

Upon first glance, not many people would make the assumption that I am a runner. (Except for the beaming 26.2 sticker on the back of my car!) My physical stature, well, let's just say I am *not* long and I am *not* lean. In fact, my physical stature is what actually motivated me to begin my streak.

I was in a moment of desperation (more like disgust) with the extra weight I began to



absorb do to an insatiable appetite and lack of physical activity. Strange thing is that I had run a marathon only a few months prior to this weight surge.

So there I was wallowing in major self-pity, in need of motivation to get me back on track and then I remembered my sweet, dear friends. The couple who have just recently completed their fifth year streaking and another friend who began her streak just weeks before I committed to mine. So in the late night hours of January 22, 2012, I began my streak. The words “I was made for more” seemed to resound in my mind as I sloshed through my mile on the treadmill. This was it; the motivation I needed to get back on track. I will run every day. Yes! Accountability. Yes! I will run every day and I will make progress.

So, this is the part of the story where I am supposed to proclaim victory, right? Hallelujah, streaking saved me. And it did, just not yet. I’ll continue.

Have you ever had a goal in mind, something great you wanted to accomplish and then felt like there were magical forces beyond your control preventing you from accomplishing your goal? (Who am I kidding, I am talking to an insane bunch of streakers – of course not!) But, for my benefit, I will pretend that you are nodding your head in full agreement and can relate to every detail of this story.

My goal was to begin living a healthier lifestyle. However, just a few short weeks into this new, healthier lifestyle, my addiction to soda and candy and chocolate and all things UN-healthy began to entice me once again. So, while I did accomplish my daily mile, I unfortunately increased my food intake, which is a really sorry combination. Major revelation, I know.

Fast-forward a few months and the streak is still alive. Ugly, but alive. I had a marathon scheduled in the fall of that year that conflicted with a wedding of a very dear friend, so I knew early on that I would not be running in that race. Insert Oreos and ice cream.

The sum of that story is that I actually completed my first full year of streaking and gained weight through the entire process. I hit my anniversary and I had nothing to show for it, or at least not in the way I had anticipated.

I will pause for a moment to explain that this was something I was definitely not proud of; it’s just a fact. It’s what actually happened. I was able to maintain my mile a day for a full year and instead of having feelings of elation and accomplishment, I had shame. Shame because I truly was “made for more”; however, I was denying myself the opportunity to prove it.

Thankfully, I had another great awakening. A serious, convicted jolt. Another moment of self-pity recharged and refueled. This time was going to be different. Why? Because it had to be! I was miserable and embarrassed and unfulfilled. So, I decided to take it day by day, just like my miles.

I made the major adjustments of everyone who has ever wanted to lose weight makes: cut calories and increase physical activity. Namely, I eliminated any form of soda and sweet tea. (Soda was my kryptonite.) The habit of doing something on a daily basis, in part, helped me overcome my cravings. Because after a while, why

would you quit...I mean quit streaking. After you have run everyday for three weeks, why would you choose to stop only to have to start all over again? Applying that principle, if it had been three weeks since my last soda pop, why would I want to begin to drink it now, and face the struggle (think addiction) to quit all over again? Enter progress. Enter weight loss and feeling good and motivation! Hallelujah, streaking saved me!

Progress truly meant feeling good and feeling good meant running...better, longer, stronger. I think back to my first year of being a streaker and I am so thankful I at least had my mile a day. Even though it wasn't a record-breaking year of miles logged, it sustained me. I survived. It could have been so much worse.

So this is the beautiful part of the story. There is no actual "profile." Each new day we are all given a set of 24 hours to steward. We each have made the decision to spend part of those 24 hours in our running shoes. Some spend more hours on the pavement than other, but this is who we are. It is what we do and I think it's beautiful. I am a runner saved by grace! I have successfully maintained running a minimum of a mile for a full two years. It wasn't always pretty. More bad days than good, but I have come through, yes, victorious. So, I call this story beautiful grace. Grace for the ability to be a runner. Grace because I know I was "made for more" and I have breath in my lungs to live out my purpose. God has given me the ability to run and running has given me life. I am so thankful that I get to run everyday!

There may be many who are unable to relate to my roller-coaster story of weight gained and lost, or with being the person who probably has the least amount of miles logged, but there might be one. One person who has stayed in the shadows because of shame or frustration. Or for others, the struggle might not be the same, but it has derailed your progress nonetheless or stolen your joy or peace or happiness. Well, to you I say you were made for more. I pray that you are able to breathe in deep of God's grace and live on purpose (and run), day by day.



Image 1: Jessica Forte, husband Sean, son Brayden and daughter Ella at Disney Marathon 2011; Image 2: Jessica Forte and sister, Joy McNaughton, at Marine Corp

Marathon 2011; Image 3: Jessica Forte at Marine Corp Marathon 2013.



Cynthia Almudevar

**CYNTHIA ALMUDEVAR JOINS USRSA  
By: Cynthia Almudevar (Pittsford, New York)**

The year was 1979 and my father was the only person I actually knew who ran just for the sake of running. He was a gritty and stubborn Yorkshire man who would pull up his blue polyester pants and lace up his cheap sneakers and run every day. When he would burst through the back door, sweaty and exhausted, he would

immediately stumble to the little desk in the corner of the kitchen and write down his stats. At nineteen I barely gave his running a thought.

Wherever my father went, he ran. Conferences and holidays would find him exploring new roads and neighborhoods. When he went home to England to preach for a couple of weeks, he ran through the Yorkshire lanes while people stared. Running as a lay-sport was still relatively unheard of. Still, he ran.

My mother fretted that he was getting too thin and growing too extreme. No one in our family or circle of friends understood the way that running can get into the very fiber of a person. I knew that he ran alone but now that I run, I also know that he ran lonely. There is a difference.

I was 48 when the urge to run stirred in me, the exact age my father was when he began in 1979. I had volunteered to hand out water at a 5K and realized, as the runners streamed by me, that I had no business standing on the sidelines. I promised myself that I would run a 5K and, six months later, I did. Although I was not yet running very often, fast, or far, I was hooked on the feeling that running gave me and I began to understand my father a little more.

Fast forward to the year 2010. My father was in the last stages of Alzheimer's and it was necessary to move him into a specialized facility. It fell to me, the eldest daughter, to sift through the lifetime of belongings. His home was as jumbled as his mind had become and I was constantly confronted by past and present balled up together in bags and tattered boxes. At the end of the third day of this dreadful task, I came upon his running journals. As I opened the first page, I allowed my legs to slowly slide me down to the floor and I became lost in the pages, still and silenced, until the darkness fell around me and my eyes grew blurry with tears.

The shuffling old man who had walked trembling into the Alzheimer's ward a few days earlier was not my father. My father was here, pressed between the covers of these journals, full of courage and tenacity and humor. I could see his eyes sparkling again with his need to compete, especially against himself. I could hear him panting as he reached the top of the hill that he had promised to conquer, raising his hands and roaring for no one at all to hear. As I sat there, I held the pages to my heart and told him how sorry I was for never asking about his running and not once thinking of watching or joining him. He ran lonely.

When I was home, I began to keep a journal. Although I was not yet streaking, I was committed to run a few times a week. I could not expect my father to share in my accomplishments. Alzheimer's had robbed him of memory and speech at this point, but I still told him. He grew more and more silent. I still shared the stories of the hills I conquered and the rainstorms I ran through. And then January 21st, 2012, he died.

Now that I have been streaking for 80 days [letter dated 1/15/2014], I can assure you that, although I run alone, I never run lonely. Under the blue canopy of sky, under God's watchful eye, I am certain at times I feel my father beside me, cheap sneakers and polyester pants, cheering me on as I never once did for him. "You can take that hill Cynthia!" And so I do.

## The 70,000 Mile Club

### By: Steve DeBoer

A large number of streak runners (at least 97 that I have been able to confirm) have accumulated over 70,000 miles running in their lifetime. Here is an update of their total and streak mileage. Herb Fred has run more miles than any other person with verified records that I am aware of.

Darryl Beardall had run an estimated 280,000 miles by the end of 2012 but has not been able to locate all his running logs to verify his total. He has only confirmed his 2007-2013 mileage. He does not run on Sundays, so is not a streak runner. He ran the Olympic Marathon Trials in 1960, 1964, 1968 and 1972 and still races over 50 times per year (usually 2-3 marathons).

Dallas Robertson is also not a streak runner. He ran between 20-25,000 miles before 1980, when he began recording his mileage. From January 1, 1980 through December 31, 2013, he has covered 195,154 miles, 6,832 of them this past year.

Don Ritchie, British ultrarunner who is not a streak runner, logged 208,100 miles from 1962 to 2011. With Darryl, Dallas and Don, there are 100 runners now on the list.

Name	Age	12/31/12 miles	12/31/13 miles	streak miles
Darryl Beardall (77)		281,000	284,158**	
Herbert Fred (84)		247,142	249,333	138,769
Dallas Robertson (57)		208,322	215,154**	
Paul Ladniak (67)		201,174	202,644	
Craig Davidson (60)		192,600	195,750	193,337
Jon Sutherland (63)		188,090	190,095	185,985
Don Slusser (62)		188,566	188,566	175,258
Jim Pearson (69)		167,219	168,262	158,262
Bruce Mortenson (70)		164,457	166,582	
Mark Covert (63)		158,800	159,601	149,791
Ron Hill* (75)		157,370	158,670	
Roger Urbancsik (56)		153,401	158,014	137,938
Barbara Elia (F)* (69)		147,900	153,100	
George Brown (61)		142,566	146,679	139,163
Bob Hensley (59)		144,476	146,365	137,349
Steve DeBoer (59)		141,400	145,220	143,620
Steve Morrow (50)		137,744	142,646	141,205
Stuart Calderwood (55)		137,149	139,959	79,000
Ken Young (72)		134,270	135,911	125,217
Scott Ludwig (59)		129,687	133,423	133,183
Gary Jones (61)		131,902	132,778	126,128
Bruce Dern* (77)		123,300	123,700	

Bill Moreland (67)	120,834	123,624	110,382
Jim Hage* (55)	120,251	123,090	100,090
Bob Ray (76)	122,000	122,000	100,000
Barry Abrahams (62)	121,446	121,816	118,599
Jerry Caine (63)	120,217	121,570	74,225
Joel Pasternack (63)	119,661	121,413	18,870
Steve Kohorst* (63)	117,682	120,630	
Timothy Masters (63)	118,729	120,390	103,891
Robert Kraft (63)	116,812	119,747	113,985
Craig Snapp (63)	112,933	118,891	69,854
John Liepa (68)	116,531	117,947	107,947
Larry Baldasari (63)	115,389	117,677	87,229
Harvey Simon (71)	113,111	113,611	109,611
Al Gilman (67)	110,610	112,807	
Sherry Case (F) (54)	109,008	112,069	7,811
Kenneth Roth (57)	109,100	110,100	89,800
Mike Holsteen (65)	106,840	109,796	82,814
Paul Case (56)	106,420	109,540	12,322
Syl Pascale (65)	109,438	109,438	
Ron Jackson (68)	108,000	108,600	108,600
Steve Gathje (58)	105,350	106,971	105,770
Amby Burfoot* (67)	104,600	105,600	
Alex Galbraith (63)	101,790	104,416	94,427
Jim Behr (66)	101,666	103,175	102,175
Al Colonna (70)	101,100	102,200	102,150
Michael Fanelli (57)	100,212	101,820	8,852
Bill Stark (66)	99,000	101,000	91,000
Homer Hastings (70)	98,000	98,000	79,550
Bill Robertson (61)	94,103	95,844	85,544
George Hancock (60)	92,081	94,034	88,041
Dink Taylor* (48)	91,600	93,600	
Bruce Sherman (59)	89,900	92,500	89,500
Mark Courtney (57)	90,300	92,000	88,700
Rick Rayman* (67)	90,000	92,000	
Thad Childs, Jr (66)	90,238	91,683	90,935
Bob Aby (68)	87,384	89,055	76,962
Norm Spitzig* (63)	86,704	88,929	
Ken Birse (53)	87,750	88,850	56,910
John Chandler (58)	87,037	88,836	70,828
Rick Porter (60)	86,752	88,810	88,714
Terrell Worley (54)	85,332	88,362	80,030
Tammy Slusser (F) (48)	84,404	87,492	3,600
Frank Russo* (63)	85,554	87,004	
Brad Kautz (56)	84,466	86,877	15,429
Bill Leibfritz (57)	84,399	86,629	77,820
Roger Nelson (63)	84,677	86,335	78,911

John King (62)	83,500	86,315	86,315
Brian Casey (55)	84,095	85,675	85,675
Tim Woodbridge (56)	85,001	85,581	75,581
Doug Holland (52)	85,000	85,500	
Lauren Estilow (F) (53)	82,075	84,966	38,546
Jim Bates (57)	82,018	84,728	29,947
Bill Finkbeiner(58)	83,200	84,700	83,200
Brian Short (63)	83,503	84,435	76,466
Stephen Reed (66)	82,000	83,500	76,500
Rich Holmes (64)	79,697	83,435	
Rob Zarambo (66)	81,844	82,847	73,927
Diana Nelson (F) (67)	78,809	81,699	80,312
Fred Murolo (57)	77,687	81,342	79,342
Rick Kerr (58)	76,628	79,476	46,867
Dave Melissas (53)	78,034	79,172	62,623
Grant Woodman (40)	75,400	78,505	58,376
Pat Foley (65)	76,705	77,703	49,200
Norm Grimmett (76)	76,653	77,068	55,933
Dave Hamilton (59)	75,776	76,815	70,815
Ron Shealy (67)	74,699	76,631	38,439
John Watts (58)	73,902	75,423	56,923
Fred Winkel (69)	75,000	75,000	72,000
Bill Etter (71)	75,000	75,000	69,900
Grant McAllister (50)	71,559	73,812	71,225
Joe Hyder (62)	72,000	72,000	71,000
Tom Allen (61)	68,636	71,721	64,889
Marty Winkel* (69)	70,000	71,500	45,000
Tom Andrews* (59)	70,000	71,500	
Charles Holmberg (65)	68,740	70,754	70,754
John Roemer, IV (53)	68,284	70,640	67,700
Woody Woodburn (53)	66,289	70,422	33,518

\* Have not had their running streaks certified by the US Running Streak Association.

\*\* Not streak runners.

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

Many of us do some cross training, but I'll just mention a few who gave me mileage in their backup event: Mark Covert – 4633 cycling; Roger Nelson – over 5000 cycling and 4200 Elliptigo (send him an e-mail if you want to know more about that outdoor riding contraption); Tim Woodbridge 350 miles water running (saving his knees); Bill Leibfritz 233.5 miles freestyle swimming (used to do triathlons).

Then there is Syl Pascale, who had to quit running after knee surgery in 1997. Since then he has cycled over 250,000 miles. His highest yearly total was 2009, when he covered 23,245 miles on bike.

## **Traversing the Tundra 20 Years After George Hancock's Original Streak Runner List By: Steve DeBoer**

Roger Nelson, active streak runner from Colleyville, TX, continues to suggest topics for articles for ME to write for the Streak Registry, making it more difficult to find time to RUN. But since his birthdate (June 7) coincides with the date I began my running streak, and since he also used to run in MN, I agreed to write an update on George's first listing of streak runners.

In 1993, George Hancock began the first effort to tabulate all the runners in the United States who run every day, 7 days per week, 365 days per year. He contacted 140 running groups and associations throughout the US, as well as the major runner publications. He knew he had not found everybody. But after 13 months, in December 1994, this original list of 51 individuals was first published in *Runner's Gazette*. Fifty were men, ranging in age from 20 (Phillip Stuart) to 65 (Len Burton), the only woman being Margaret Blackstock, who until 2007 was believed to have the longest running streak by a female. They resided in 21 different states, with the most living in PA, MD, OH and TX (5 each). Ages were missing for John Flahie, Ray Lorden and Mark Hall, but they have been added to this list.

George wrote, "I asked streak runners to keep me informed of their streak progress or ending and to contact me after their streak anniversary date - in order to inform me of what was occurring with their streak. Unfortunately, many stopped responding, others did not want their running streaks publicized." There were a few errors in the start dates, and I have noted the correct date in parentheses.

James Raia wrote an article in the Summer 1998 RRCA magazine, *Footnotes*, entitled, "Doing the Streak." It mentioned several active streakers, 4 of whom had not been on the original list (Bill Finkbeiner, Steve DeBoer, Mark Covert, Ken Young), as well as Bob Ray and George. George published an updated list April 22, 1999, on the Ultramarathon Web Site, run by David Blaikie of Canada. As a result, George heard from many others within the next month, which led to another revision in October.

The April list had 66 names from 28 states and Germany with only 35 remaining from the original list (10 were never heard from again, four had retired their first streaks and one, John Faz, got lost when he moved to California, but got back on after the US Running Streak Association was formed). Mark Hall and Ken Vercammen were still on the list, though it was learned later their daily runs had already ended, so only 34 were technically still active. Margaret was still the only woman on the list. Update #3 in October 1999, had 87 runners from 31 states listed, including the second woman, Debbie Ciccati, though her streak was only 7 months long at the time. Thirty-two of the originals were still doing it daily.

The next, December 2000, update coincided with the formation of the US Running Streak Association. That list had 113 individuals from 35 states. In December 2002, the Active list (when the minimum of 1 continuous mile daily was instituted) included 24 of the originals, some deciding not to certify their streaks, others having discontinued theirs. Fast forward to December 2013. At that time, 12 of the 1994 streakers that we know of were still active (though three of them, Jim Hage, Bill Roger & Dave Molnar, never certified their streaks), with 7 of them (Ludwig, Courtney, Leibfritz, Roger, McKinney Molnar & Loughhead) still residing in the same town, though three others (Robertson, Benton & Roemer) only moved short distances within their states.



Looking back on the project now, George made the following comments: “And here's the answer to a question I'm never asked about this entire running streak project. Am I surprised how this entire running streak phenomenon grew, blossomed in our running culture? The answer is No! I believed even back in 1994 that running streaks were very common and a natural progression for the daily runner. Running every day is no big deal. Running every day or making the time to run every day is a simple process. The missing puzzle piece was simply letting streak runners know they are not alone.” Obviously George was right, since, in the last 20 years, we have located about 200 others who were running daily before December 1994 (98 certified on active list & at least 85 certified on the retired list) and the current active list has 428 names on it!

I thought it would be interesting to find out what has happened to all of them in those 20 years, so I sent out a survey to those I had contact information for and heard back from many. Survey responses will be found in future issues of the Registry. But here is that original list and what we know about their streaks:

## George Hancock's Original Running Streak List

December 1, 1994

#	Name	Age	Location	Start Date/End Date
1.	Bob Ray	56	Baltimore, MD	04/04/67- 04/04/2005
2.	Don Slusser	42	Monroeville, PA & neighboring towns	01/03/72- 06/10/1999  02/14/2000- 1/05/2003  09/10/2005- 2/06/2010  12/20/2010- 8/01/2012
3.	Walter O. Byerly	64	Dallas, TX	11/05/74- 01/31/2011  07/04/2011-

				2/02/2013
4.	Bill Robertson	41	Framingham, MA & neighboring towns	02/08/77-continues
5.	William J. Benton	44	West Bloomfield, MI	04/23/77-continues
6.	Joseph J. Wojcik	53	Claremont, CA	06/12/77- 01/10/2012 (06/13/77 corrected)
7.	George A. Hancock	41	Windber, PA	02/26/78- 05/24/2002 06/22/2002-continues
8.	John C. Roemer IV	34	Hampstead & Parkton, MD Philadelphia, PA Baltimore, MD	11/01/78-continues
9.	Scott Ludwig	39	Gainesville & Jacksonville Beach, FL Rex & Peachtree City, GA	11/30/78-continues
10.	Jim Lindley	54	Fargo, ND Ames, IA Plainfield, IN	12/26/78- 02/22/2008
11.	Paul Lee	33	Santa Maria, CA	01/29/79-unknown
12.	Jim R. Scarborough	60	Rancho Palos Verdes, CA	07/09/79- 07/09/2008
13.	Margaret O. Blackstock	49	Atlanta, GA	09/09/79— 6/28/2010
14.	Murray P. Collette	46	Hudson, OH	09/27/79-unknown
15.	Dwight A. Moberg	62	Manhattan Beach, CA	10/06/79- 02/15/2011
16.	S. Mark Courtney	37	Grove City, PA	12/20/79-continues
17.	Allan S. Field	46	Columbia, MD	09/20/80- 3/28/2003

18.	Bob Reininger	36	Shelocta, PA	03/01/81-07/07/98	
19.	Joseph J. Sinicrope	51	East Granby, CT	04/22/81-08/10/2010	
20.	Roger H. Nelson	43	Englewood, CO (81-82) Columbia Heights, MN (82-87) Littleton, CO (87-92) Colleyville, TX (92-current) Solon Springs, WI (07-current) partial year resident	07/31/81-02/27/2007 (08/01/81 corrected)	
21.	Bill Leibfritz	38	Mansfield, OH (81-87) Westerville, OH (87-90) Midland, MI (90-current)	12/02/81-continues (12/03/81 corrected)	
22.	Jim Hage	35	Boston, MA Washington, DC MD	Near Lanham, MD	08/17/82-continues uncertified
23.	Kenneth A. Vercammen	34	Metuchen, NJ Brunswick, NJ	New	09/15/82-01/06/99 (09/10/82 corrected) 03/04/99-05/21/2006
24.	Kevin S. Simons	44	Hampden, MA		09/20/82-06/24/2007
25.	Thomas C. Bates	42	Independence, MO		10/03/82-unknown
26.	Kenneth D. Korosec	50	Chesterland, OH		10/11/82-10/27/2010
27.	Donald J. Aycock	42	Wareham, MA		10/28/82-unknown
28.	John J. Strumsky, Jr.	54	Millersville, MD		05/23/83-02/09/2009
29.	Len S. Burton	65	Springfield, MO		06/28/83-9/17/2004
30.	John P. Flahie	45	Toledo, OH		03/14/84-06/14/99

31.	David L. Biersmith	57	Kansas City, MO	06/08/84- 05/22/2002 (09/08/84 corrected)  07/18/08- 03/15/2012
32.	David Rinker  (Lawrence David Rinker)	39	Brevard, NC	08/15/84- 03/23/98 uncertified
33.	Marty Winkel	49	Titusville, FL	03/21/85- 12/04/2005 uncertified
34.	John Metevia	37	Midland, MI	10/09/85- 02/13/2010 (10/9/86 corrected) 04/19/2012- continues
35.	Guy Gordon	35	Newton, NJ	12/25/85- 03/12/2005 uncertified
36.	Ronnie Shaw	40	Arlington, TX Worth, TX  Ft.	01/01/86- 12/09/2002 (01/01/82- 01/18/84 previous)
36.	Ralph McKinney	48	Wilmington, DE	01/01/86-continues
38.	Dink Taylor	29	Huntsville, AL	06/08/86- 06/28/2003 uncertified
39.	Bill Roger, Sr.	55	Levelland, TX	11/02/86-continues uncertified  (11/12/86 corrected)
40.	David Molnar	42	Windber, PA	08/29/87-continues

				uncertified (08/30/87 corrected)
41.	Mark A. Schafer	34	Lebanon, OR	12/21/87-unknown
42.	Ronald Whittemore	56	Claremont, NH	01/02/89- 02/28/1996
43.	Ray Lorden	40	Baltimore, MD	10/31/89- 05/31/2005
44.	Mike Wittlich	51	Belleville, IL	06/09/90-unknown
45.	Tomas E. Loughead	53	Huntsville, AL	07/06/90-continues (07/07/90 corrected)
46.	Charlie Luchsinger	46	Westerville, OH	08/07/90-unknown
47.	Dennis Jensen	46	Las Vegas, NV	12/21/90-unknown
48.	Stephen R. Minagil	42	Las Vegas, NV	06/17/91- 01/24/1999 (10/27/94 corrected)
49.	John L. Faz	41	Lemoore, CA  Millington, TN  Iwakuni, Japan  San Diego, CA  Lincoln, NE  Guantanamo, Cuba	12/26/91-continues (12/26/90 corrected)
50.	Phillip Stuart	20	Holland, OH	01/01/92-unknown
51.	Mark K. Hall	36	Memphis, TX  Dallas, TX	12/27/92- 08/18/1997  05/17/2001- 8/10/2005

# MEMBER UPDATES – SPRING 2014



Judy Mick

## **JUDY MICK'S STREAK REACHES 28 YEARS**

I am really excited to be celebrating 28 years of my Running Streak! During the last 3-4 years, I haven't been able to put in the weekly mileage that I'm used to. I was helping to take care of my Dad before he passed away – and then everything that you have to deal with afterward.

But, the streak stayed alive – and I know that the time that I spent on the roads running helped me to deal with Daddy's death. (I was a 50+-year-old Daddy's girl – and only child.) Running helps us in so many ways besides physical health.

In the next year, I plan on getting back on track with my mileage. I've missed doing marathons - so next year, I have already scheduled a fall marathon and several half-

marathons. It will be good to get the mileage back up there again.

I've also recently passed my certifications and am now an "official" running coach! I'm excited to help others start and maintain a running program. Who knows – maybe I can help newbie runners start their own streaks!

Judy Mick  
Roanoke, Virginia

## **BARRY BRITTON'S STREAK REACHES 14 YEARS**

My streak continues. I have run a minimum of two miles every day throughout the 14 years. During that time, I ran on the deck of a cruise ship, with dolphins swimming along next to the ship. I crossed paths with wildlife, including: countless deer, a red fox (who almost ran right into me), a black bear, eagles, vultures, ravens, peregrine falcons, rabbits, raccoons, and groundhogs. One morning I was challenged by a bull elk during the rut; needless to say, I turned around and ran the other way from him.

The most uncomfortable situation occurred when I stayed in a hotel in downtown Dallas. The only place to run there was in the streets, which made it necessary to step over sleeping homeless people. Greetings to all.

Barry Britton  
Illinois  
Roscoe,

## **DAVID JENKINS' STREAK REACHES 2 YEARS**

Nothing really interesting to report from this past year other than the streak continuing. Have a great New Year!

David Jenkins  
Upper Arlington, Ohio



Mary Horan

## MARY HORAN BECOMES FIRST TO JOIN SRI FROM IRELAND

I am delighted to be the first streak runner from Ireland to join SRI and am enjoying the challenge so far! I have been streak running since 2nd Dec. [2013]. I have not done much running previously and am excited to take on the challenge of running a mile every day.

I have only run in two fun-runs in the past, but look forward to taking part in some more races once my fitness improves, maybe even a marathon one day!

Mary Horan  
Dublin, Ireland



The Danielsons  
12/31/13 picture from left to right: Mary,  
Mark, John, Mike, Molly & Powell

## JOHN DANIELSON NOW PROFICIENT

WOW, I never thought I would make 5 years running everyday outside. Six of us ran 2 ½ miles, in 14 degrees, on 12/31 to commemorate my 5 straight years, then off to Club Tap, Wauwatosa, WI, to celebrate. Kept a running log for the first time this year (Thanks to my daughter's Christmas present in 2012). Ran in temperatures from -6 to 79 degrees. Ran in the states of IA, NE, MN (11 days), MO, NY (NYC - Great city runs), MD (Baltimore Inner Harbor run; Rose and I then watched the Packers beat the Ravens 17-16, Outstandingly Stupendous Day). Ran The Hair Pin, 5K, Fish Creek, WI, 7/4 with The "Major" Tom. Ran on my 50<sup>th</sup> Birthday, on 7/23, and dedicated my run to Mark Covert. Keep up the great work fellow Streak Runners.

John Danielson  
Wauwatosa, Wisconsin



Bettina Shepard

## **BETTINA SHEPARD'S STREAK ENDS AFTER 456 DAYS**

The last day I ran for my previous streak was February 18, 2013. There was no specific reason why it ended. I just felt it was OK to take a day off on that day so I did. No regrets and I am happy with that decision.

My new streak is now in its 29<sup>th</sup> day [November 24, 2013]. I had no intention of starting this streak when I did. I ran the Marine Corps Marathon on October 27<sup>th</sup> (start day) with fellow streaker Ron Martin. We actually met online via *Runner's World* (and then the FB streaking page) as we both began streaking in November 2011. We met up for the first time in real life at the race and ran every step of it together. Makes for fun conversation with others as we were running..."Yes we met online on a streaking board!" J In any case I was so impressed that he was still streaking from our original date that I thought I would start again. And so it begins.....

Thanks for the well wishes. Running is and has always been in my blood. Even when I was not streaking I was running at least 6 days a week anyway.

Bettina Shepard  
Brick, New Jersey

## **KEN YOUNG'S NEW STREAK ENDS AFTER 487 DAYS; PREVIOUS STREAK WAS OVER 41 YEARS**

I had to end my latest streak due to acute appendicitis. I ran a very slow 2.5 miles on Monday (25 November) but had a slight pain on the right side of my abdomen. By evening, the pain was worse and I went to bed after getting something to eat around 7 pm. By 3:30 am, the pain was severe and I called a good friend who drove me the 40 miles to the nearest emergency room. The first 30 miles are rough, mountain roads and he had to drive rather slowly to keep from bouncing me around too much. As it was, I wasn't sure I could make it. They had me on the operating table by 10 am and found the appendix was perforated which means it was leaking bacteria into my abdominal cavity which is not a good thing. They kept me in the hospital for two days on antibiotics.

I came home yesterday (Thursday) and will be on antibiotics for another week. I was strongly advised to not run (walking is encouraged) because the jogging motion would disrupt the healing process and probably lead to an abscess in the abdominal cavity. So, no running until the last week in December. This will really kill my annual mileage.

Ken Young  
California  
Petrolia,





Barbara Latta

## **BARBARA LATTA'S STREAK HITS 30 YEARS; LONGEST ACTIVE FEMALE STREAK IN WORLD**

It seems like only a week or two that I began running. I have to think twice that it has really been 30 years. For most of that time I did not know a Running Streak existed. It was only when I read about a Running Streak in the WALL STREET JOURNAL did I realize I had a running streak and the log books to prove it.

Running every day has become such a habit to me that I do not even stop to think about it. I am outside and running before I stop to know it. Running is so exciting and a thrill every day. I enjoy the nature and seeing the animals. I listen for the sound of the birds and the running stream.

The change in seasons in North Carolina is beautiful. I like the yellow-green leaves in the spring, the beauty of the green lush summer, the colorful leaves in the fall and

an occasional snowfall in the winter. God has created a beautiful world in which I run.

This year I have run 18 races and will run two more this month. I have 16 first places and 2 second places out of the 18 races. I have raced distances from The Magnificent Mile to the City of Oaks Half Marathon. Most of the races are 5K races.

There are no real changes in my running this year except for getting a little slower. I still enjoy running as much as I ever did. I hope to continue 30 more years. My Mother came 200 miles to visit me at Thanksgiving. She is 102 years old and still walking well. If I can do as well as she I should be able to make it.

Barbara Latta  
Raleigh, North Carolina



Barbara Latta being interviewed by WRAL-TV in Raleigh



Leanne Brown

## **LEANNE BROWN JOINS SRI FROM NEW ZEALAND**

Having been involved in many triathlons over a number of years, a 65km road bike race for three years and just completing a 7-hour team adventure race, I was looking for another way to challenge myself. I used to enjoy running as a teenager but was finding it very difficult to do in my triathlete events – most times my goal was just to run the run section without stopping! I love being fit and have enjoyed the challenge of being able to run for a decent length of time.

My run streak breaks no records, some days I run more, although the most I have run is only 5.5km, and other days I only manage 2kms. I am getting faster and stronger. For me, it's about the discipline of running every day no matter what the weather. I'm in this for the long haul so it's a slow build-up to longer distances and faster times. I am the turtle – slow and steady. I keep a personal diary of my run times and

distances. Maybe one day I'll run a marathon, but at present it's a focus on short term so that I don't put too much pressure on myself which would otherwise make me want to give up.

I have four children who are very sporty. I like being active with them so that they can see how important it is to be fit and healthy no matter what your age. My husband and I are very involved in our children's sports – netball, swimming, triathlons, rugby, soccer, tennis. I am the Chairman of the local primary school board, President of the local netball club, and Treasurer of the netball golden oldies club. I have just returned from organising a trip taking a group of teenagers to experience the culture of Samoa through netball and school connections. My husband and I also run our own transport business and I do some part-time teaching. There is never a dull moment in our household!

Leanne Brown  
Christchurch, New Zealand

## **ASHERAH WILOWE JOINS USRSA**

Seven months after quitting smoking I went for my first run on October 16, 2012. Since then I've come to enjoy running and I've lost about fifty pounds to boot! I'm up to running four days a week with a focus on building my distance. After deciding to do a Thanksgiving to New Year's Day running streak, one thing led to another and I'm here to sign up at what I hope is the beginning of a streak.

Asherah Wilowe  
Silver Spring, Maryland



Michael Scott

## MICHAEL SCOTT'S STREAK HITS 2 YEARS

The streak is still going strong. I started running on May 11, 2011 as a way to loose some weight and really started liking it and the pounds started coming off. I have lost 60 lbs from running.

On November 23, 2011 I started my running streak as part of the *Runner's World* Holiday Challenge and just never stopped. It was supposed to go from Thanksgiving through New Years but I just never stopped and here I am, 2 years later still going strong.

I started streaking to keep me motivated to

stay at it and saw it as a challenge. All my miles have been run outside.

During my 2 year streak I have run and finished 10 half marathons, 15 full marathons with 5 of them being ultra's including a 100 mile ultra at the Indiana Trail 100. It took me 29 hours and 31 minutes to finish the 100 miles in less than favorable conditions. I was unsure since my 100-mile run started on Saturday and didn't end till Sunday if the run would only count for Saturday or not so when I got home Sunday evening I went out and ran 1 mile just to be sure it counted.

On October 19, 2013 I ran the Indianapolis Marathon with a time of 3:14:41 and qualified for Boston for the very first time. The very next day on October 20 I ran the Columbus Marathon and finished with a time of 3:32:19. Two weeks later I ran the Indianapolis Monumental Marathon on November 2, 2013 and qualified for Boston once again with a time of 3:09:25.

During my streak I have run 4485 miles (6.1 miles per day average). My next race is on December 28 at the Huff 50k.

*Runner's World Magazine* recently interviewed me for an upcoming article concerning their holiday streak that led to my streak starting. I mentioned this organization in it and I hope they include it in the article.

I really feel that streak running has changed my life and I am so lucky to be a part of such a great organization.

Michael Scott  
Greencastle, Indiana



Michael DeMint

**MICHAEL DEMINT  
JOINS USRSA;  
STARTED STREAK  
IN 1998**

I started running on November 25, 1996. My weight had gotten to over 200 lbs. and I started running to lose weight. I kept a log of my runs and weight as I knew the best way to stick with something was to keep a log. By Memorial Day 1997 I had dropped my weight to 165 lbs. and at the age of 49 was able to run the Bayshore marathon in Traverse City, Michigan in a time of 4:11.40. I rarely run competitively, but I have run the "Crim" in Flint, Michigan a few times, and the homecoming run at my Alma mater Olivet Nazarene University a few times.

I have found that the distance that seems to fit me best is six miles plus a warm up and cool down each day. Occasionally I do a shorter run of 1-3 miles. My first calendar

year I logged 1566 miles. My miles per year gradually increased until I peaked at 2264 in 2005. I now log a little over 1800 each year. Most days are still 6 miles plus the warm up and cool down. Since beginning running I have logged over 33,700 miles.

My running streak began on June 28, 1998. The streak just kind of happened. I noticed in the middle of July that I had not missed any days and missing a day became unthinkable. I enjoy running very much and do not ever think of not running.

My boys bought me a Garmin watch and that has made it very easy to keep track of my miles. In the early years I would have to drive the car or use the computer to determine my running route and mile marks. With the Garmin I just run.

Michael DeMint

Michigan

Gregory,

**DUNCAN CAMERON'S STREAK  
HITS 8 YEARS**

Thanks for e-mailing me on my streak anniversary. It was a quiet year for me. I retired and am enjoying having less stress in my life. As of June 5, 2013, our second grandchild was born who has enriched our lives. I have only run 18 races so far this year (I ran 34 last year). I had a sinus infection and a flare-up of plantars, but managed to keep the streak going. I still look forward to my daily run and now that Florida has cooled off a bit, the runs are that more enjoyable. Thanks, again.

Duncan Cameron  
Palm Harbor, Florida



**Luis and Victoria Gomez**

**LUIS AND VICTORIA GOMEZ  
(FATHER/DAUGHTER)  
END STREAKS TOGETHER**

**11/24/2007 – 7/28/2013  
(2,074 Days)  
8/16/2011 – 7/28/2013 (713  
Days)**

We did not start our streaks at the same time, but for different reasons we ended them together.

My streak started in November 2007 (it was actually my second attempt to streaking – the first one ended at 103 days on the day of my gallbladder surgery). Victoria's (my daughter) streak began in August 2011; after quitting her high school cross country team because of class conflicts. We had a lot of great runs together – I will always treasure my long runs with her.

Running everyday became easy to do. We always knew we were going to run, whether it was early morning or really late at night. Like every stalker, we ran in the rain, cold, snow, heat, there was never an excuse.

I had been an on-and-off runner since my high school days, but the streak allowed me to always stay in shape. During my streak I ran my second half marathon and my first marathon (which was the start of the end). My goal was to run the marathon without stopping; the goal was accomplished back in December 2011. Although not a great time (4:20.32), it was below my 10 minute per mile pace goal. Just like every runner I've known, I thought I could have done better, so I started to train in August 2012 for my second marathon – that's when the end of the streak started. During my 8-mile training run in September 2012, I injured my left IT band. So, I lowered my mileage and tried to keep the streak alive as long as possible but the knee never got better so I started thinking about ending the streak.

In the meantime, my daughter was approaching her 2 year anniversary and completed two half marathons, so I did not want to tell her about my plans to end my streak. But on July 26<sup>th</sup> (Friday), she came to me and said "Daddy, I need to talk to you." I said "Okay." She told me she didn't think she was going to be able to continue her streak once she got to college. She was thinking about ending her Streak, so I said "Let's end it this Sunday."

Our plan was to run as far as we could on the last day of our streaks; but at 1 ½ miles Victoria's nose started bleeding and we had to stop – that was the end. The walk back home was great; we had a Good Father / Daughter talk on our way back.

My daughter just completed her First Semester of College and I am on day 100 of my NOT running streak. I am going to see an orthopedist after the New Year (2014) and hope to join the stalkers one more time.

When we were streaking it was not a big deal, but since our streaks ended we now realize how special the streaks were. We appreciate our streaks a bit more.

All good things must come to an end. The streaks were great while they lasted; they were like best friends that were there during the good and the bad times. Enjoy and appreciate your streak, running every day is definitely not an easy task.

Luis H. Gomez and Victoria E. Gomez  
Frisco, Texas

### **STEVE GURDAK'S STREAK ENDS JUST SHORT OF 17 YEARS**

My running streak sadly ended Nov 14th when chest pain resulted in immediate bypass surgery. I plan to start a new streak as soon as I heal. I thank God for the 17 years mine lasted.

At the 15 year mark I wrote about being a "palooka runner" and not an athlete with trophies and awards, but just a guy who found a way to get out and run everyday for quite awhile. Below are my thoughts at the streak's end:

#### **Palooka Runner's Teen Years Blues...**

The teen years can be cruel and for this palooka runner down right tragic. At 17 the heartbreak, both figuratively and literally, of the end of a streak seems a daunting blow. On November 15 the literal heartbreak of bypass surgery ended my everyday runs in the 17<sup>th</sup> year. The gloom, despair and agony soothed only by the same drugs soothing a chest having been ripped open, a heart repaired, and sewn shut again.

Humor aside, I have known a friend who

died on the running trail. I won't joke about my thanks, praise and prayers to God that I'm still on the green side of the grass. Introduction to Coronary Heart Disease sometimes knocks on your door very softly, but woo is he who fails to answer. Thankfully I did. I'm not sure if I'll start another streak, although I'm now 3 days in, I do think I'll finish my "bucket list" of running in all 50 states. I think I have 10 left. Move my name to the prior streak list because I have immense pride that I had found a way to run each and every day for those 17 years. That cannot be taken away...

Steve Gurdak,  
Retired Detective and  
Retired Streak Holder.  
Springfield, Virginia

### **JOHN CARLSON'S STREAK HITS 36 YEARS**

Jogged a mile yesterday and 2 today [December 26, 2013]. Not much to report. I don't have any good stories lately as the other runners do. I just get up in the morning and go out and jog around the neighborhood. Two miles a day average, times 365 days, a year means that 750 miles per year is a good yearly mileage goal.

John Carlson  
Indianapolis, Indiana

### **DEREK LONG JOINS USRSA**

Steve Prefontaine, arguably the greatest runner ever, said, "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.'"

Some people love to run because it helps





Patrick Foley: "Picture of me on run today [January 1, 2014] at -10 degrees Fahrenheit."

## **PATRICK FOLEY'S STREAK HITS 2 YEARS**

Today [November 26, 2013] marked the second full year that I've run at least a mile every day. 731 days. That puts me at #366 on the Official USA Active Running Streak List.

I started my streak on 11/27/2011, but my motivation for committing to it came a couple of days later when my uncle Frank called to tell me he couldn't run with me as planned, because he was at the hospital. I decided right then that I would run every day until he could join me. Frank ended up being diagnosed with cancer and was never able to run with me again. I decided to keep my promise as long as I can anyway, and I think about him and others I miss every day at the beginning of my run.

Recently, my aunt Betty gave me some of Frank's cold-weather running things, and I'm happy to get some more use out of them. I was warmer today than I would have

been otherwise, thanks to Frank (and Betty).

It's strange how and why we grow close to people. My mom was one of 13 kids, so I have a lot of aunts and uncles on that side of the family. I'm closer to some than others. I wasn't particularly close to Frank until 2006, when I started running longer distances. Our family reunion was always at my grandma's rustic cabin in the Upper Peninsula of Michigan, which was about 7 miles from Lake Michigan. Every year, Frank would run to the lake. Everybody thought he was crazy, but not me. After crossing the 7 mile threshold earlier that year, I couldn't wait for the reunion to join him on that run.

As it happened, the day before the reunion, I told Paula I was filing for divorce, so a 3-year-old Gus and I went up and camped together. I was unbelievably raw and on the verge of a breakdown, but the love of my whole family held me up and kept me going. Frank and I connected on that run in a way I never expected. He prayed for me and opened up to me and became my friend. Before long, he was my best running buddy, and he even gave me coaching that helped me to a great marathon run a couple of months later.

The infusion of love that Frank and my big family gave me that weekend in the summer of 2006 convinced me to love my way through the challenges in my marriage, and miraculously, we kept our little family together. One Day At A Time.

Frank and I ran often until that day he called me a couple of years ago. God I miss him, but I'm so happy that we got to know each other. I will keep that memory going a mile at a time for as long as I can put one foot in front of the other.

We just lost my aunt Mary, and we lost Barb a couple of years ago as well. I'll see the rest of my aunts and uncles and numerous cousins over the holidays, and I'll hug them



and wish I knew them a little better.

Patrick Foley  
Grand Rapids, Michigan



Elaine Weigle

## **ELAINE WEIGLE JOINS USRSA**

Celebrated my 1-year Streakaversary on 11/27/13! 365 days of running at least 2 miles a day...1495.58 miles total...including since July 4th, 2 5K's, 2 10K's, 1 15K, 1 20 Miler, 4 Half Marathons (qualifying for Half Fanatics by completing 3 Half Marathons in 43 days!), and 1 DNF at mile 18 of a Marathon due to illness...through wind,

bitter cold, snow, darkness, killer heat & humidity, and the wonderful cool days of spring and fall...through occasional vertigo, a groin injury for 6 weeks during months 4-5, and the toughest test of all, a severe reaction to an antibiotic which left me on the couch for the last 2 weeks...and gaining SO many new running friends!

I have been a runner off and on for 30 years until 11/28/12 when I decided to run every day. What started as a way to stay consistent...it is easy for 1 rest day to become 2 then 3 and then weeks...became an ABSOLUTE and the ONE constant in my days.

My streaking has made me a stronger runner...achieving a 5k PR of an 8:40 pace over my 2008 8:56 pace...and a Half Marathon PR of a 9:59 pace over a 2001 11:46 pace...and a stronger person.

I know being 56 years old my kids sometimes think I'm losing it...laughing at me dragging myself outside or upstairs on the treadmill with injuries or sick as a dog...often telling me I need to rest...and lately that I will get a break when my Streakaversary is reached (they don't realize it DOESN'T STOP at 1 year...LOL)...but with this year of streaking, I know more than ever that we are SO much stronger than we realize...capable of reaching goals and overcoming obstacles...if we just believe...and if we follow the plan...set a goal, break it into small goals, and EVERY DAMN DAY JUST DO IT!

Elaine Weigle  
Ewing, NJ



Matt Carpenter

## **MATT CARPENTER JOINS USRSA**

Matt Carpenter started running with his dad and brother just before his freshmen year in high school. He joined the Hudson High School cross country team where he competed all four years. He ran on the track team as well because it was a "necessary evil" for cross country success. Carpenter went on to run at Spring Arbor University, earning Academic All-American status in the 1999 cross country season.

Soon after college Carpenter returned home to teach social studies at Hudson High School and Middle School. After two years as an assistant coach, he took the reins of the boy's varsity cross country program. Now in his 12 year with the program, his teams have qualified for the state finals nine times and finished as high as second. Ironically, he strongly encourages his runners to run only six days each week.

Carpenter's running streak began somewhat accidentally. Looking at his

running log one day he noticed that he had run for ten days straight. He never looked back. Unlike many running streaks, Carpenter runs at least two miles everyday. He considered a one mile minimum, but it "just didn't seem far enough."

In recent years his focus has shifted toward longer distance and trail races. Carpenter has completed three 50 mile ultras, and on four different occasions ran a 38 mile trail run in the Sangre de Cristo Mountains of New Mexico.

In addition to teaching at the secondary level, Carpenter serves as an adjunct professor at Spring Arbor University, teaching rock climbing and other classes in the Recreation and Leisure Management department. He has worked numerous summers at camps, most notably working as a wilderness guide at Philmont Scout Ranch in Cimarron, New Mexico. He has also spent several summers working on a family farm in Kansas.

Matt Carpenter  
Hudson, Michigan

## **KEVIN SLAGLE'S STREAK HITS 6 YEARS**

In the past year, I have started running almost every day with my dog, Ella, a Rhodesian Ridgeback. There are days where my run is just too long for her. She is also only 3, so I had to almost wait until her bones had developed more. In September, my wife had our first child, Jacob. He will not be ready to run for a while.

Kevin Slagle  
Erie, Pennsylvania



Michael Stegura

**MICHAEL STEGURA  
JOINS USRSA**

Michael has always enjoyed running, and started running seriously in 2011 to lose weight and stay healthy. In December 2012 he started a run streak for health of mind and body. Goals for the upcoming year include lots of speed work and upping mileage considerably. Hopefully race a few marathons and even look into ultra marathons. Michael's inspiration for running is his older sister.

The picture is after finishing 26.2 miles on December 8<sup>th</sup>, 2013. The Dallas Marathon and Michael's flight to Dallas were canceled so he stayed in Philadelphia and ran solo. Nothing better than a beer and a cigar at the finish line.

Michael Stegura  
Macungie, Pennsylvania

**STACEY SMITH'S STREAK HITS  
2 YEARS**

The streak continues...

My first year of streak running went relatively well. No injuries or illnesses. Year two brought a couple of challenges. This summer I nursed a sore left knee for nearly a month. A back injury the week before my second year anniversary came closest to threatening the streak but I was able to grind out 1.1 miles on the treadmill under duress. On a positive note, this past year I had enjoyable runs in Canada, Mexico and eight states (AR, CA, IA, MN, MO, MT, ND and WI). I did not participate in any races. My wife started to run this summer and while she is not interested in streak running it got me thinking...are there any married streak runners on the active/retired list?

Stacey Smith  
Detroit Lakes, Minnesota

**ANGELA CHABOT'S  
STREAK HITS 5 YEAR**

Yay! It's been 5 awesome years!

Angela Chabot  
Ashburnham, Massachusetts

**ROGER URBANCSIK  
RUNS 135,540 MILES  
IN 10,000-DAY STREAK**

Recent highlights include running 135,540 miles during the first 10,000 days of my streak as well as logging my 25<sup>th</sup> consecutive 4,000-mile year. All the best,

Roger A. Urbancsik  
Marina Del Rey, California



Chris Pilotti (far right) at  
Returning Warrior 10-miler

## **CHRISTOPHER PILOTTI'S STREAK HITS 2 YEARS**

My streak has meant a lot more to me since joining USRSA and registering my streak. It's very interesting and encouraging to follow the Facebook updates from our members. I enjoy posting my own milestones there as well. It's also very humbling to be a Neophyte on the registry among the incredibly long streaks ahead of us, such as your own.

The cancellation of the 2012 NYC Marathon ended a short marathon streak for me, every year since 2007. Plantar fasciitis prevented a 2013 marathon but the running streak survived with a few painful low mileage weeks while I healed. After setting PR's in all events through ages 49-50 starting with the 2011 Wineglass Marathon and through 2012, my highlight of 2013 was pacing my girlfriend through her first half marathon in Gettysburg, PA, in October. She's an accomplished 5K runner often winning her age group but without many longer distances under her belt. We agreed on an 8:00 minute pace for her first half. We came in at an overall 7:57 pace for a 1:44, an apple pie prize for winning her age

group, and the North defeated the South to take home bragging rights for the year.

Starting to return to form I finally had a decent race at my own race pace in November, a Returning Warrior 10-miler fund-raiser for a veteran's support group. I just missed an age group award that only went 2 places deep. I look forward to continuing my streak through 2014 and beyond, getting back to my running form of 2011 and 2012, selecting a marathon to target a BQ, and enjoying my 8th consecutive Boilermaker 15K in July.

Chris Pilotti  
Vestal, New York

## **KENT SCHMITZ'S STREAK REACHES 6 YEARS**

Not much new to report. Plugging away usually 1-3 miles per day. Had a semi close call last summer. I think I must have gout in my left foot and it flared for the first time. Anyone who has gout can relate. You can hardly walk, yet alone run. I offered up my pain to the souls in purgatory and ran that mile each day.

My wife Pam and I are heading out from Illinois to Baltimore MD in a few weeks to see my daughter, Amanda, graduate from nursing school. Am hoping to run in DC, Virginia, West Virginia, Pennsylvania, Ohio and Indiana on the way back. This would bring my total number of states run to twelve.

Best of luck to everyone out there. We are cheering for Robert Kraft especially as he nears his milestone.

Kent Schmitz  
Nauvoo, Illinois



Mike Johnston

## **MIKE JOHNSTON'S STREAK HITS 5 YEARS**

It was in October of 2008 that I first learned about the USRSA. My wife arranged a dinner with a woman she just hired and invited her husband to join us. They were a much younger couple, but we had running in common. He mentioned that he had just completed a year of "running every day" and had yet to register his streak. I was immediately intrigued, so he gave me the [runeveryday.com](http://runeveryday.com) website, and fortunately it was easy to remember. I used to see how many days I could go in a row in an effort to re-establish the running habit. This was back when I would lose interest in how far or fast I could run. I never once thought of just doing it every single day.

I decided that I would start on New Year's Day of 2009 - but instead I counted back 1000 days from my 60th birthday - it turned out to be a few days earlier. My goal was simply to run every day until that birthday. I just turned 62 and will soon hopefully pass the 2000 day mark. The five year anniversary was never a goal, although I'm glad to finally be Proficient. I always looked

at it as one day at a time, and get up every morning trying to "convince" myself that I'm lucky to get to do this another day. I can't always maintain that grateful attitude - sometimes it honestly feels like a curse until I cross the finish line that is really the start to my day.

It's the first thing I do every morning, and I always get everything ready to go the night before (as if I might forget). I like to run in the dark - it's very peaceful. I also used to do some organized runs, plus speed and distance work, but now I'm content with a couple of miles every morning followed by some stretching, sit-ups, and push-ups. We just drove 3,000 miles over the holidays and so every morning in a different bed was a little more challenging, including some cold weather runs that I'm not used to in Austin, Texas.

There's another runner here in Austin that is two days behind me - we've never met, but I can feel him trying to catch up. Hopefully, I can continue to avoid injuries and keep my lead. The now friend who introduced me to the USRSA still has yet to register his one year streak, but he has certainly changed my life and remains someone that I can always share my accomplishment with, that continues to grow every day.

Thank you for allowing me to share my story - I always enjoy reading about others with a similar daily disorder.

Happy New Year to all and to all a good run.

Mike Johnston  
Austin, Texas



Paula Harkin finishing the  
2013 Boston Marathon

## **PAULA HARKIN'S STREAK HITS 5 YEARS**

I made it to the 5 year mark and am proud of accomplishing my goal! I am proud of being PROFICIENT! The streak seems to become more and more personal as time goes on and many people ask me if I will continue and of course I can't imagine not running each day so moving past the 5 year mark seems only natural. I ran through some crazy times this year including being at the Boston Marathon and witnessing the explosions and dealing with the aftermath until Dave and I were able to leave Boston.

I had also pneumonia and a hamstring injury and a heel injury that I worked through this year, mostly by increasing my core strength, but really had a great year of running and competing. I set a goal for 2013 to run a race per month and I did mostly that minus October but ran two events in November including the Lithia Loop Trail Marathon (Ashland, OR.) which was my most challenging marathon to date climbing to 5K feet in the first 10 miles but it was fun and I checked it off of my bucket list.

<http://runwithpaula.blogspot.com/>

I started my first day of my 6th year with a

5K on the track near my house. It was just me and my headset and my achy body but it felt great! Thanks for all you do, the USRSA inspires me to keep going and motivates me to keep entering my mileage into my log. I am excited to be on the list of those having run 5 years or longer.

Paula Harkin  
West Larkin, Oregon

## **SCOTT SNYDER'S STREAK HITS 32 YEARS**

Had an interesting summer. I completed all five runs in the Rocky Mountain Slam. The RM Slam consists of the Hardrock 100m Trail Run, the Bear 100m Trail Run and two of the three following runs: the Bighorn 100m Trail Run, the Leadville Trail 100m Trail Run and the Wasatch Front 100m Trail Run. Roughly fifty runners have completed four of the five races but Hans Dieter-Weisshaar and myself are the only runners to have completed all five. The cumulative ascent of these five races is 108,000 feet with a similar amount of descent. Lowest elevation is 4400 feet (start of Bighorn), highest is Handies Peak 14,058 feet (mile 37 of Hardrock).

The most obvious obstacle to completing the RM Slam is the Hardrock lottery. The race only accepts 140 runners per year and regularly has a thousand or more apply. I have had extraordinary and unexplained luck there. Either by getting picked as a starter or placing high enough on the wait list I have been eligible to start five years in a row beginning in 2009. I hesitate to speak to my ultrarunning friends about this streak of luck as they tend to become hostile. The Wasatch Front also has a lottery but gaining entrance there is far less daunting. I was selected in both lotteries for 2013.

My first attempt to finish the Slam in 2009 was aborted three weeks before the Hardrock start date due to a ruptured disc in

my back. Major disappointment.

I started Hardrock in 2010 and managed a 46:50 finish (admittedly slow but a finish nonetheless). I subsequently DNF'd (Did Not Finish) at Leadville five weeks later and since I hadn't finished Bighorn that year I couldn't complete four of the five runs and the slam attempt was over.

I learned my lesson in 2010 and entered the 2011 Bighorn. I took a long leaping stride over a rock somewhere around mile 5 and tore a portion of my left calf muscle and achilles tendon. DNF'd there but started Hardrock four weeks later hoping for a miracle. I was forced to DNF by pain and weakness in that leg at 55 miles.

The 2012 season started off promising with a 32:30 finish at Bighorn. Problems started almost immediately at Hardrock however, when I realized I was experiencing an excessive breathlessness above treeline on the first major climb. Forced out by exhaustion at mile 62 I followed up with my doctor.

I have a history of heart disease and have two stents in my coronary arteries; this was the obvious concern. Cardiac testing proved normal but I was found to have a deep anemia and extremely low iron levels due to gluten sensitivity. I started supplemental iron and the anemia corrected itself.

With my anemia issues resolved, I started and subsequently finished the 2013 Bighorn. Four weeks later Hardrock went well and I managed a mid-pack finish; overall I'd say having normal red blood cell levels at high altitude races is a good thing. Five weeks later Leadville was a bit of a slog but again I managed a finish.

Things started looking up. I had been picked in the Wasatch lottery but intended to use it only as a back up to a failed Bighorn or Leadville attempt. Three weeks had elapsed since Leadville and I felt well

enough to start Wasatch. I rolled the dice. I figured this set of circumstances was unlikely to ever happen again. I got a finish at Wasatch mostly because I was able to survive the heat; it was 100 degrees at mid-afternoon of the second day.

I've got two Badwater finishes and have learned how to cope in much greater heat. Three weeks later my finish at Bear was more coping. Freezing temperatures and icy trails at night gave way to miles of mud slickened trails when the sun warmed the ground the following day. Finishing Bear and completing the five race RM Slam is a definite highlight of my running career.

A few other thoughts. I realize many, many runners could achieve the five finish Slam if their luck in the lotteries holds out. I was lucky both to be able to start and to finish. Most of them would also complete the Slam much faster than me.

Several years ago my then coach and now good friend and I were discussing my ultrarunning ambitions. After considerable discussion and with a pained look on his face he said to me "Well, you have no talent but you suffer as well as anyone I know." I think I can now say to him "Apparently, suffering can replace talent." Happy trails,

Scott Snyder

Colorado

Littleton,



Erica Gorman at the Honolulu Marathon on 12/8/13.

## **ERICA GORMAN'S STREAK HITS 2 YEARS**

Erica Gorman ran a nice and easy 1.09 miles on December 31, 2013. This marked day 733 of her active running streak bringing her to 1,785 miles in 2013 (up from 1,460 miles in 2012). She has logged 3,253 streak miles and is excited to see where each day's run brings her.

In 2013 Erica ran five road races: one 8K, one 10K, one half marathon, and two marathons. She set personal records at each race except the marathon in September. However, come December she squashed her three-year goal to break a 4:20 marathon with a time of 4:10:18 - a 23 minute PR and more than 29 minutes faster than the September race.

Erica continues to blog about her journey at Life as a Running Mom and her next race is as a "pacer" when her 5-year old daughter runs her third race ever - a mile long keiki race to support the revitalization of

Hawaiian Fish Ponds.

Erica Gorman  
Kula, Hawaii

## **DREW KENNY'S STREAK REACHES TWO YEARS**

When I first joined the USRSA at the end of 2012, I figured it was easiest to keep track of my streak beginning Jan 1st. As I unexpectedly cruised through 2013 without missing a day, I decided to check my online log (on the *Runner's World* website) and discovered that my streak actually started on Dec 27, 2011. I have no idea why I didn't run on Dec 26th that year, but going forward I will consider Dec 27th my streak anniversary date.

For the duration of my streak, I have averaged a little more than 6 miles per day. In 2013, my lifestyle as a pilot enabled me to run in 28 different states and 6 different countries. My favorite run in the US was in Rockefeller State Park in NY. I get back there every few months. My favorite run outside the US was in Sao Paulo, Brazil, in a park in the center of the city (similar concept to Central Park in NY) packed with lunchtime runners. I am transitioning to a larger aircraft this year and look forward to running in many more international locations.

Like most streakers, I have worked my way through a few minor aches and pains, but for the most part have been fortunate enough to be physically sound and major illness free. Thanks for the opportunity to provide an update. Streak on!

Drew Kenny  
Fleming Island, Florida





Jennifer Walt with family.

## JENNIFER WALT'S STREAK HITS 2 YEARS

During my first year of streaking, my goal was just to run every day. This past year, I decided to up my mileage, by setting monthly goals—i.e. beat the monthly mileage of the previous year. That really helped keep me going, and I proudly exceeded 2,000 miles this past year.

My two sons (age 12 & 9) began streaking in June. What began as “let’s see if we can run a mile every day all summer,” has turned into almost 200 days of running. I am so very proud of them. While most of the time they only run a mile, my 12 year old plans to run a half marathon with me on my upcoming 50<sup>th</sup> birthday. We will incorporate

1-minute walk breaks to make sure he doesn’t get hurt.

Running with my boys has been great bonding for us, as well as a great way to add extra miles to my streak. Their goal is to make “the book” (aka the Streak Registry). On those days that one of them is not motivated, reminding them of the Registry usually helps, or reminding them that the other brother is going running helps even more. Streaking is definitely more fun as a family affair.

Jennifer Walt  
Huntington Beach, California



Jennifer Walt: “In the middle of the Sierras at about 10,000, in my hiking boots. This was taken during a 4-day backpacking trip in September [2013].”



Todd Carter

### **TODD CARTER JOINS USRSA**

I have been running since 2009 when I got out of college. It at first started out as cross training for biking but then after a bike accident, I decided to have running be my full time fitness program. I have done anywhere from a mile to a half marathon and am currently training for a trail 50k. I have run both road and trail/cross country races but am now leaning more towards trail. This past year, I got first place in my age group for road races, and second place in cross-country. Besides from running, I am also a RRCA and NFHS coach and training to become a USATF Level 1 coach.

Running also serves as mental health "medicine" for me.

Todd Carter  
Olney, Maryland

### **GARY WHORWOOD JOINS SRI**

### **FROM NEW ZEALAND**

I started running in 2008 when I got a new dog who needed to be walked anyway. Whilst I have been enthusiastic about entering races over this period, I haven't been as good at sticking to regular training. Starting a daily running streak on 31 December 2012 has really helped with this because it means that I have to find ways to get around the normal excuses for skipping a run.

I live in Auckland, New Zealand, which has a pretty mild, runner-friendly climate, but is pretty hilly. One of my favourite local races is the Arthur Lydiard Half Marathon, which follows the same scenic hilly route on which the famous coach used to train his Olympic champions.

Cheers,

Gary Whorwood  
Auckland, New Zealand

### **RYAN FLETCHER'S STREAK HITS 3 YEARS**

"The Streak" continues. On November 13th of 2013 I completed 1 year of at least 2 miles everyday. As of my 3rd Anniversary [December 29, 2013], I have run 4152.95 streak miles, which averages out to 3.789 miles per day. My 3rd year of streaking was good. I set PR's in every distance from 2 miles through the marathon. Looking forward to another year of streaking.

Ryan Fletcher  
Georgetown, Indiana



Nancy Harmon

### **NANCY HARMON'S STREAK HITS 9 YEARS**

I have been running for 9 years and its been a good 9 years. It is hard to maintain the streak when you go on vacation but I do it. This year on vacation I had to run in a Ford parking lot and at a truck stop. Love the GPS watches. Did 10 marathons and 30 1/2 marathons races. My total miles are 22,380. Just want to keep running and have good health.

Nancy Harmon  
Berwick, Pennsylvania

### **PATRICK STEELE'S STREAK ENDED IN 2009 AFTER 18 YEARS**

Sorry about the delay in getting back to you. My running streak came to an end on January 5, 2009 when I had hip

replacement surgery. I did run one mile the morning of my surgery, however. I am occasionally running now, once or twice a week. I miss the running every day and after 18 years it was hard to end the streak.

Patrick Steele  
Adel, Iowa



Robert and Courtney Stack

"This is my daughter Courtney and me before my longest run ever. It is the 50K El Scorcho Ultra in Fort Worth TX. This happened during the streak in July 2012."

### **US ARMY COLONEL ROBERT STACK'S STREAK ENDS AFTER 827 DAYS**

I need to report that my running streak ended at 827 days and 2900 miles. Streak ended as a result of knee pain and I now must run less frequently and shorter distances. I was having real soreness after longer runs. A knee operation many years ago, taking out some meniscus, is the likely cause.

Robert Stack  
Fort Worth, Texas



Tim Masters

## **TIM MASTERS' STREAK HITS 36 YEARS**

Just a brief description of my 36-year running streak as follows:

I began my running streak from the inspiration of an Ann Arbor runner named Peter Hallop who was an All American cross country runner from Oakland University (Michigan). I had heard he had a 6 year streak and was amazed by the enormity of it at the time (1977). I decided to see if I could run the entire year of 1978 without missing a day and began the venture on Dec 28, 1977. My goal was 365 consecutive days and 4001 miles of which both were achieved.

From that point, I began to see how long I could continue without missing and only concerned myself with the philosophy of "I ran today, and I plan on running tomorrow!" This attitude kept my streak alive for (now) over 36 years. I had run 16,405 miles, 5-6 days per week for the previous 6 years, so my running streak foundation was pretty solid.

I also had pretty decent race times for a baseball player with a non-running

background: 26.2---2:38:00 (Boston); 13.1--1:15:00: 10 mi---54:00: 5K---14:59. I had pretty decent speed and upper body strength which also allowed me to run a 2:40:00 in Detroit with only training 7 miles per day.....so much for long training runs in preparation for 26.2!! I was also able to run 7:45 mile pace for 35 miles on my 35th birthday on only 7 miles per day of daily training.

I guess there are several interesting milestones during my running streak career which include: running a 1/2 marathon, 365 days in a row between ages 54 and 55: as of today's writing (12/31/2013) averaging exactly 8.00 miles per day in my streak of 13,153 days; keeping my streak intact when I fractured 5 vertebrae in my back in 2005 when I slipped on the ice while running: 2 dislocated left ankles in the 20th and 25th year of my streak: keeping the streak with the distractions of 5 children and 1 wife; and becoming a father of the 5th when my wife and I were 45 & 46 respectively (can any Old Testament fans say, "Abraham and Sarah?" I also set the unofficial over 60-world record for consecutive non-stop military pushups at age 61 (2011) with 244 push ups in 2 min and 44 secs.

At age 63, and ranked #21 on the streak list, I realize I now only move up the ladder upon "death, dismemberment or disability" to my fellow streak runners. Very few streakers go quietly into that sweet, sweet night retiring upon their own choice and decision. I am now down to 5 mile runs as the drive for mileage no longer excites me as it once did, and is admittedly no longer physically attainable. Perhaps the 'drive' has somewhat been abated by the fact that we have a German Shorthaired Pointer who runs 15-18 miles per day with me on a bicycle which translates into +100 miles per week of biking.....and I don't even like riding a bike, especially in Detroit's frigid winter temperatures.....

Interestingly, I can now see an end to my running streak somewhere out on the

horizon of which I could not envision in the past. I always admired the way Margaret Blackstock of Atlanta ended her streak just shy of 31 years: she simply got up one day and said she didn't feel like running today and that was it.....very admirable.

Good running to all,

Tim Masters  
Dearborn, Michigan

## **CANADIAN PETER NIEMAN'S STREAK HITS 4 YEARS**

I am honored to say that my streak is intact. Today [January 8, 2014] is day 1485. My next race is in Houston (marathon number 88).

My worst year ever in my running career was 2013.....I almost ended my streak.

In Toronto I injured a hamstring and its a pest of an injury at my age (57) yet I took lots of painkillers and did what I could at a much slower than usual pace. Even renowned sport med docs could not help. Time healed me. I was hoping for a miracle but it never happened yet I learned a valuable lessons: be patient; be wise; do what you can instead of quitting or doing nothing; and never allow setbacks to derail you---persist .....but do it wisely

My goal is not to break fast times anymore but simply to run till the very last day I breathe. I see it as a time to make my own medicine (exercise if it ever was in a pill would be viewed with suspicion....too good to be true)

As a result of the injury I could not do the Calgary marathon. Instead I volunteered at the finish line and it was fun to give rather than receive this time. I got inducted into the Hall of Fame for the Calgary Marathon---it is the oldest in Canada and this year it is 50 years old. Looking forward to it.

Meanwhile I am dedicating all my marathons now to raise money for Team World Vision. The cause is to prevent kids in poor parts of the planet to die from hunger. For more info see [www.drnieman.com](http://www.drnieman.com) and click on Team World Vision.

It is truly my privilege to write this to you as an update. Thanks for all you do. Lets aim to inspire many to get busy making their own medicine daily.

Dr. Peter Nieman  
Calgary, Alberta, Canada



Peter Nieman



Caitlin Schultz

### **CAITLIN SCHULTZ JOINS USRSA**

My name is Caitlin Schultz and I recently completed my first year running everyday for at least a mile! I was inspired to run because my mother (Susan Ritter-Schultz 6 yrs.), uncle (George Church 25.5 yrs.), and sister (Zoe Schultz 3.5 yrs.) have been streak runners for many years now. I began my streak on my mom's 5th anniversary. Prior to my streak, I struggled to find a balance between work and exercise. Since my streak began, I have felt more energized, confident, and productive. I also completed my first sprint triathlon this summer! I plan to continue to run throughout the 2014 year and would like to train for more triathlon's to participate in this summer.

Caitlin Schultz  
Timonium, Maryland



Zak Novitske and daughter Alyssa.

### **ZAK NOVITSKE'S STREAK HITS 2 YEARS**

I'm still going strong after two years of running every single day! Some days are tougher than others. The drives from Milwaukee to New York City make it hard to find the time. However, I got to run part of the Appalachian trail during my latest drive. Only made it up the <= 9% grade 1.75 miles before I had to turn around. The days following my twisted ankle during a cross country run weren't so fun. As were the days I had major food poisoning and finally let my brother beat me in a Turkey Day 5k. All in all, it's been a great experience. I haven't lost the weight because I eat like a pig, but I did set a new half-marathon PR 3 times last year.

Zak Novitske  
Milwaukee, Wisconsin



Evan Barnhart (51)

### **EVAN BARNHART'S STREAK REACHES 3 YEARS**

I really have enjoyed the challenge of running on a daily basis. My current city of Lynchburg, VA has changed to Dongguan, China. I moved a year and a half ago but have yet to miss a day of running in the past three years. I have run in Spain, France, England, Belgium, China, Hong Kong, Malaysia, Australia and New Zealand (as well as the United States). It has been an amazing journey and adventure and I am looking forward to the fourth year.

Evan Barnhart  
Dongguan, China

### **MICHAEL SKLAR'S STREAK HITS 32 YEARS**

Thanks for the reminder. As in previous years, I forgot about this anniversary until I heard from you. The streak of 4 miles a day has not been broken. It isn't much of an inconvenience. A few years ago I stopped another streak of a marathon a month (127

months) and am very happy to be done with that one. Thanks again for the reminder.

Michael Sklar  
Dunwoody, Georgia



Jonathan Reid

### **JONATHON REID'S STREAK HITS 2 YEARS**

Jonathan is still running everyday just as he has since November 25, 2011! He is one of the younger streakers, who at age 13, enjoys running most of his miles with his dad who has had a streak going since May of 2004. Jonathan recently completed a couple of 5k's and ran well with his middle school cross country team. Along with running, Jonathan also enjoys playing competitive basketball. Jonathan sees no end to his streak, it has become a part of who he is and is a part of his daily routine. Run Happy!

Joni Reid (mom)  
Bradenton, Florida



Steve Modica

### **STEVE MODICA'S STREAK HITS 2 YEARS; RAN 5,015 MILES IN 2013**

Last year I joined the Reddit "Runnit" challenge for 2013. Reddit is a website for various forums and the Runnit challenge was put on by the Running group.

I started out running 18 miles on the first day and decided I wanted to win the challenge. This led me to running twice a day, almost every day and finishing 2013 with 5015 miles run. These miles were all done barefoot or in Vibrams. About half the miles were outside and the other half were on my treadmill (mostly during Jan-Feb and Nov-Dec). To hit 5000, I had to up my mileage around mid-August and start running 8 miles twice a day (I had been averaging 6 miles twice a day).

Luckily for me, I have a cousin that's a dietician. She told me I was not eating enough protein. I started eating a lot more greek yogurt, meat and eggs (not before runs, but after).

On Christmas, I crossed the 5000-mile marker. I finished the competition in first place (by about 1800 miles) and I finished 8th place over all on Dailymile. I had to overcome a number of challenges along the way (including scheduling things while running 3 hours day).

I don't think I'll ever run that far again in a year, but I'll find some other challenge. Perhaps it's time to run some marathons barefoot. For now, I'm running 1 mile a day to rest and recover. I'm just starting to get back to feeling 100%.

Steve Modica  
Inver Grove Heights, Minnesota







Bo Grist (far left; no shoes)

## **BO GRIST, BAREFOOT RUNNER, JOINS USRSA**

I began running as a Peace Corps Volunteer while stationed in Papua, New Guinea in the early 90s as I was no longer able to cycle because of lack of roads. I lived on a beautiful island off of the north coast and the running was spectacular. I continued running when I returned to the US and began racing triathlons in the 2000s. I have finished 3 Ironmans and 5 Ultramarathons along with many other shorter races.

In 2011, I began running completely barefoot and all of my old injuries have thankfully disappeared. I still race about 3-4 times a year, mostly half-marathons, where I answer the same series of questions over and over about barefoot running to my fellow racers! No, it doesn't hurt. No, I don't have huge calluses on my feet. No, I do not step on glass. No, I do not like those toe-shoe things. Yes, I read that book. No, my mother does not approve.

I met a man while pacing my brother-in-law

at the Leadville Ultramarathon in 2003, who told me he had run every day for over 20 years and I just could not believe it. I was amazed at his accomplishment and wanted to try for a solid year myself but never made it past 60 days until this year when I decided to have a "real" try.

I began on Christmas Day 2012 and vowed to enjoy every single run no matter how long or short, cold or hot. My greatest streaking accomplishment was that I did in fact find something beautiful and inspiring on every run. I look forward to getting out there every day and the streak has given me great pride and a sense of accomplishment that I will always value. Most importantly, that confidence, discipline and grit helps in all areas of my life. The RunEveryDay Community has been really inspiring and I greatly appreciate the encouragement from the membership.

Bo Grist  
Charlottesville, Virginia

## **EVELYN SMITH JOINS USRSA**

I began running in January 2004. My first race was a 10 miler in April 2004. I ran my first half marathon in May 2004, my first marathon (Las Vegas) in May 2008, and my first ultramathon (50K) in May 2010.

At this time, I have run 138 marathons or ultras. I also completed 50 states at 50. At one time, I was a couch potato and weighed 296 pounds (2002).

Evelyn Smith  
Rockford, Illinois



From left to right: Craig, Dave and Grant Melissas.

## DAVE MELISSAS' STREAK HITS 30 YEARS

On July 20, 2013 I hit 30 years of consecutive days of running and I celebrated it by running at our families' favorite running spot, Kennesaw Mountain National Battlefield Park in Kennesaw Georgia, with my two sons Craig and Grant, who both have run competitively.

Craig is a senior at Emory University in Atlanta where he runs on the Cross Country and Track teams. Grant is a freshmen at NYU and ran 4 years of Cross Country and Track for the local high school.

Dave Melissas  
Marietta, Georgia

## PATRICIA MONTANA JOINS USRSA FROM

## NEW HAMPSHIRE

I began running in 2004 because my son was a runner at the time. He was about 12. I had always cheered him on in his running races from the age of 7. I thought if he could do it, I could do it.

In 2011, I met up with some women from my hometown who ran weekly and that's when I really began my running. Thank God for their support or I wouldn't be a streaker! They introduced me to the Do Run Runners and my running life changed. I loved this group of runners. Everyone was so nice, inspiring and helpful.

Mark Washburne, of USRSA and the Do Run Runners, was the reason for my streaking. I would run with him, when I could keep up, and listen to him talk about streaking and first thought that I could never do that, but then I decided to challenge myself to go for it in 2013.

It was actually a big group run from Mark's house (celebrating one of his big running anniversaries) that got me motivated to begin my streaking. I feel healthier, both mentally and physically, and feel that I am going to make a life-long commitment to streaking. Why not, what have I got to lose?!

Thank you to my running buddies, Do Run Runners, and my family for all of your support over the years.

Note: I have since moved from New Jersey to New Hampshire in 2013 and I am looking for a running group to join. My goal for 2014 is to run my first half marathon.

Patricia Montana  
Hampton, New Hampshire



Gary Scott

## **GARY SCOTT'S STREAK HITS 8 YEARS**

Still running. Have done at least one plus miles outside each day. Goal is 10 years at least.

Gary Scott  
"Beautiful" Olathe, Kansas

## **MIKE BUERKE'S STREAK REACHES 3 YEARS**

Not much new for me. Obviously still running everyday. This has been an exceptionally tough winter for running in Minnesota with historic cold and lots of snow. I don't have a treadmill or ready access to one, so it's layers, layers, layers for me! So far I've managed but I'm definitely ready for spring to arrive. I did

smash my previous "coldest run" record - it was previously -9°F set on my 2-year streakiversary (2/2/13), now it's a cool -19°F with strong winds making it feel like -55°/-60°. With my warmest run (to date) being 102° late last summer, that gives me a 121° spread :-). Whenever I think about trying to find an indoor place to run, I remember the many other northerners that (probably) have already finished there run for the day, and I head out.

Some of my toughest runs haven't been weather related. I ran my first full marathon last October (the Twin Cities Medtronic), which was an absolute blast. I finished under 4 hours, which I'm told isn't too bad for my first attempt. The next week was ridiculous though, barely finishing one-mile runs with a bad case of DOMS and a nasty cold/flu thing. It was the closest I've come to giving up the streak, but sure am glad I made it through that.

Other than that, I'm looking forward to another year. I don't have much planned for organized races, but I still enjoy every single run (or at least, I never regret it after I'm finished). Just think, in 2 more years I won't be a neophyte anymore! Looking very much forward to finally being considered "proficient" at streak running. Love it.

Mike Buerke  
Fridley, Minnesota

## **BOB KIMBALL'S STREAK HITS 32 YEARS**

Streak continues but nothing particularly notable about the past year.

Bob Kimball  
Pensacola, Florida



Steve Tursi

## **STEVE TURSI'S STREAK HITS 3 YEARS**

The third year of my running streak got off to a bad start, where on its fifth day (Jan 2) I sprained my ankle on a bosu ball during a boot camp class. Thankfully, I had already run that day. The next day's run - 1.06 miles in 16:19 - was not very pretty, and probably not very smart - though in hindsight I still would have done it. Recovery lasted months, and the ankle is still not 100%. It's toll was apparent:

In 2013, I didn't set any PRs, DNF'd my "A"

race, and my mileage is down, but regardless, this year \*feels\* like one of my best ever in running. Highlights included the San Francisco 50-miler in August where I had the most enjoyable day on one of the most beautiful courses I've ever been on in my 13:55 finish, and the NJ 24-hour in November where I pushed through the night and achieved 77 miles.

I have nothing but optimism for 2014 and the fourth year of my streak as I'm going into the year feeling strong and ready to go.

Steve Tursi  
Suffern, New York

## **MIKE HOLSTEEN'S STREAK REACHES 26 YEARS**

I am pleased to say that my running streak is still intact at 26 years. I am truly blessed to have been healthy for those 26 years. All of my running has been outside in the elements. It consists of running in 46 states and virtually all of my running has been early in the morning in the dark. I found early when I started running that the one way to ensure I got the run in was to get up very early before going to work. Because I traveled a lot working for the railroad I had to get up at 2 or 3 AM and run in the dark in a lot of new and unfamiliar locations. I have now exceeded 110,000 miles since starting to keep track of my miles in 1978. My streak miles that makes up the 26 years which began on January 31, 1988 is 83,042 miles. In addition to running I also ride an exercycle regularly and play pickleball 3 days a week. I will continue with this streak as long as I can.

Mike Holsteen  
Ridgedale, Missouri

## **KIMBERLY DIERWECHTER JOINS USRSA**

I've never been athletic, and I certainly don't look like a runner. A number of years ago, I

made a goal to run a 5K before I turned 30. At some point I got serious and started the couch to 5K program. It took me a long time but I got there and ran my first 5K about one month before my 30<sup>th</sup> birthday.

A few years, a second baby, and a couple minor health issues later, running was no longer a priority. Between working full-time and raising two young children, I was having trouble finding time to run for 3 miles at a time. Then a friend started talking about a running streak on Facebook and I was intrigued. The idea of just one mile a day removed my excuses. No matter how busy I am, I can always find 10-12 minutes a day. So I vowed to run daily for a year, beginning Christmas Day 2012.

I've gotten some flak from well-meaning friends who tried to tell me it's unhealthy to run every single day and I did deal with a couple of groin injuries along the way. But while, they were healing, I just kept it to one-mile minimum and ran very slowly and carefully.

I can't believe my year is over, but I have no intention of stopping now. This consistent daily run has been so beneficial to me physically, mentally, and spiritually. This running streak has quite honestly saved my life. So I may not look like a runner and I'll never win a race but I am consistent and determined. I'm proud of running streak accomplishment so far.

Kimberly Dierwechter  
Mechanicsburg, Pennsylvania

Update from Kimberly Dierwechter: Unfortunately I need to officially retire my streak for a bit. I hate to do that, but I have a badly injured knee and I promised my doctor today that I would stop running for a bit. So my last day was yesterday, 1/26/2014, day 398. I'll be back at it, as soon as I can.

## **JIM CRISP JOINS SRI FROM BROUGH, ENGLAND**

I first started running in 1999 at age 28. At the time, I smoked 40 cigarettes a day and was about 14 stone. I really did feel in bad shape. For some unknown reason, I decided to go out for a jog. After about 100 meters, my heart felt as if it was going to burst out of my chest.

I continued running every day and, after a couple of years, I was running around 100 miles a week. My times were 16:08 for a 5K, 34:08 for a 10K, and 78 minutes for a half marathon. I ran the Dublin Marathon in 2002 in 2 hours and 56 minutes and the London Marathon in 2003 in 2:55:10. I had a go at the East Hull Harriers 24 hours track race and failed badly at 77 miles.

I then had a few good years of not running as I took up guitar playing in its place. On 7<sup>th</sup> April 2013, I started running again. I have run every day since, usually 10 miles a day. The worst day was last summer. I came down with sickness and diarrhea and still went out running and collapsed. I called my work mate and he collected me from the woods in a wheelbarrow.

Jim Crisp  
Brough, England, United Kingdom



Christine Lousias

## **CHRISTINE LOUSIAS JOINS USRSA**

I started running in 2003 six months before my 40<sup>th</sup> birthday. I began running because I was getting a little “spongy” and I didn’t really like that especially with 40 right around the corner. My first run, two weeks after I decided to start running, was the Quad City Half Marathon. If you do the math, you should wonder how I did it. I still wonder! But I did finish and considering the amount of training I had I came in at 2:30:10.

After that first impetus into the running world, I have since then completed five marathons: St. Louis, New Orleans, Detroit, Chicago and most recently Bismarck, ND. As fillers, I have done 5k’s, 10k’s, 20k’s, a 25k, the Bix 7 (twice) and two Half Ironman events (plus a smattering of other tri-events)

just to mix it up a bit in the 10 years since my running genesis.

It was a 2012 Christmas gift that enticed me to go for the running streak desideratum. A friend got me a running log that mentioned the USRSA, so of course I just HAD to try to accomplish this. I didn’t think I could do it because I really liked “rest” days (mostly because I am innately lazy!) The fact that one mile was legal got me through those times.

Now that I got through the one year requirement, it’s hard to just give it up. I’ve not had any injuries and most of all I can’t really think of a legitimate excuse NOT to keep going. I am compelled to come up with more challenges just to keep my interest at a peak. I believe I’ve found it. Because of the Facebook group, I’ve heard about the Dopey Challenge...

Christine Lousias  
Herreid, South Dakota

## **RODGER KRAM JOINS USRSA**

I began running seriously in 1975 as I entered North Hills High School in Pittsburgh, Pennsylvania. Thanks to my coach, John Wilkie, I got the most out of my ability.

My personal bests were 4:30.56 for the mile and 26:30 for a 5 mile road race. I ran only a few times competitively in college and then in graduate school I recorded PRs of 33:30 for 10km and 56:50 for 10 miles. As a professor, I scientifically study the biomechanics of physiology of running.

Rodger Kram  
Nederland, Colorado



David Shannon running Grandma's Marathon in 2011

## **DAVID SHANNON JOINS USRSA**

After twenty-five years of on-and-off smoking, I finally got motivated to quit. So I made a deal with the devil in 1997. I'd sell my smoking soul to him for a pair of running shoe soles. I thought I might live longer and save money. I may live longer, but the cost of shoes, race fees and travel are adding up.

Like most addictions, my running addiction started innocently. It took a couple of weeks to be able to run a mile and eventually a few miles. Then some short races. But the slippery slope was getting muddier. Within a year I signed up for a marathon. Then I ran two per year. I just couldn't satisfy the cravings. Next I heard about Boston. Made it after eleven attempts. Thought I might be

done. But wait, my first eleven marathons were all in Minnesota and my twelfth was in Massachusetts. So I better run the other forty-eight. So running two per year wasn't good enough. I ran four, then five in a year.

Along the way I found more enablement by joining a local running club populated with similar OCD folks like me. Like sharing needles we could sometimes travel together to these races to save money.

The next straw in my fall into the gutter came when I joined Marathon Maniacs. They are a group of runners that prioritize quantity over quality. (Although some of them are pretty fast.) Some of these maniacs were also running every day. They called it streaking.

Now sixteen years into my addiction, I should note that I too have been streak running since December 26, 2012. The only thing to push me farther into the final abyss would be to join a running streak group. Wait a minute! I think I just did.

David Shannon  
Shoreville, Minnesota

## **DYLAN RUSSELL'S STREAK ENDS AFTER 1,017 DAYS**

ACL surgery on 1/22. I'll keep everyone posted on how it goes, when I start running again, and when I start a streak again. My son and wife are going to keep their streaks going in my honor. I made a deal with my 5 year old that he'd start one once I can run every day again. He said yes. J

Dylan Russell  
Missouri City, Texas



Tammy Slusser

## **TAMMY SLUSSER JOINS USRSA**

Tammy Slusser joins husband Don in the USA Streak Association. Tammy is a six time NCAA division II All-American and the 1986 NCAA Division II National Champion at 10,000 meters (33:44). She has a lifetime best of 16:30 at 5K, 33:30 in the 10K, 1:13:46 at the half marathon and a 2:37:14 Personal Best in the marathon.

Tammy competed at the 1992, 1996 and 2000 Olympic Trial Marathons. She has 6 sub 2:40 marathons, winning 13 marathons. Her US wins include: Shamrock 1990 and 1991, Pittsburgh 1994 and 2000, Fox Cities 1996, Memphis 2000, and Richmond 2004. Her international wins include: Marrakech Morocco 1993, Bermuda 1994, Sydney Australia 1994, Jamaica 1996 and 1997, and Trinidad 2001.

Tammy also represented the USA at the 1993 World Cup Marathon in San Sebastian Spain, as well as running in Japan in 1992 as part of the USA Marathon Relay. To date she has 100 marathon and three Ultra Marathons.

Tammy is currently running in the 3000 mile per year range and a top Female Master's runner, with recent Master's wins at: Pittsburgh 2011 and 2013, Columbus 2011, Knoxville 2012, Raleigh 2013.

Don Slusser  
Monroeville, Pennsylvania

## **STEVEN COX JOINS USRSA**

Although I have been active in various sports as long as I can remember, I did not take up "running" until the end of college. I immediately fell in love with solitude of the training, the competition of the racing, and the support of the running community. Although my speed may be diminishing as the miles roll the odometer, my passion for running continues to grow year after year. I appreciate the gift given to me each and every time I am able to lace up my shoes and head out the door for a run.

I am an 18 time marathoner, including 13 finishes at the Marine Corps Marathon, with a personal best of 3:14:45 at the 1998 Marine Corps Marathon.

I enjoy races of any distance and look forward to experiencing new races like ultra-marathons and relays in the near future. I am a USA Track & Field Level 1 Certified Coach and a proud member for the Marine Corps Marathon Runner's Club (10 Year).

Until 2012, I did not keep detailed records of my running. In December of 2011, I set a goal of covering (i.e., running or walking) 2,012 miles in calendar year 2012. I failed miserably, and subsequently concluded that my inconsistency was the primary culprit. I read about the United States Running Streak Association and believed committing to a streak in 2013 would propel me to successfully cover 2,013 miles. I have never been more wrong, but I have also never been happier to be wrong.



Running every day did not help me run more miles, but it did help me run more meaningful miles because every day I had a purpose to my run. I plan to continue this purpose through 2014.

Steven Cox  
Southlake, Texas



Brian Short: "It was one of the first Twin Cities Marathons. I would say the mid-1980's."

## **BRIAN SHORT ENDS SECOND STREAK AFTER 397 DAYS**

Unfortunately, I now have 2 retired streaks. On January 15, as I was completing a 2.2 mile run, I felt some pain in my lower back. As I showered and got ready for work, the pain increased significantly and I found I could not walk without assistance. I climbed into my truck and drove to the office. I participated in an hour & a half conference call and then found I could not stand without assistance. I started eating lunch portion amounts of all the pain relievers, which I could find in the office (all legally obtained and consumed). I spent the rest of the day going from one office to another using gold umbrellas we had around here for assistance.

I went in to see my Ortho, the guy who had performed my back surgery 2 years ago, the next day on January 16. After an x-ray, he strongly suggested that my running career, certainly as a streak runner was over. He described the disks in my lower back as "shot" (apparently a new medical term).

The pain had been caused in his opinion when 2 vertebrae squeezed the remaining disk and struck each other. He said it was like a shotgun going off in my back (another medical term).

In any event, shortly after that I bought a bike and have started riding it when I am in Florida. I am up to 20-miles a day when I am in Florida. However, when I am home in Minnesota, I have not found a suitable alternative yet. At noon, my former running time – I sit at my desk and stare out the window and, unfortunately, go grab a handful of M&M Peanuts.

So my streak number 2 started on 12/15/2012 and my last day of running was on January 15, 2014. 22-pages on my Garmin Connect tracking software.

Remind all of your fellow streakers to value their running. You can never tell when you might lose it. However, I am committed to trying to find something, which will let me achieve the level of fitness I once had – age adjusted, of course.

Brian Short  
Minneapolis, Minnesota



Kevin Barber (carrying torch): "This is a picture of me and my coworker running our schools Olympic torch in -12 degree weather."

**KEVIN BARBER  
JOINS USRSA**

I have never considered myself a runner. I would run in order to keep in shape for all the other sports I did. Prior to 2008 I had competed in 5 marathons and a couple of half marathons. In 2008 I was diagnosed with Chondromalacia patella and had to take about a year and a half off. I ran a couple of miles in May of 2012, and my knees felt good. This led me to continue to run. As the days went on I began to increase my miles, when I got to 5 miles a day, I began to run twice a day. I currently am running 3 times a day totaling anywhere between 80 and 100 miles a week.

There are a few small accomplishments that I have had throughout the streak. These accomplishments are mostly challenges I make for myself just to keep it interesting. For instance I ran 1 mile every hour for 24 hours, and completed 100 miles for 6 straight weeks. As for races, I have run only 1 during the streak. It was a half marathon in Shelburne, VT. I typically do not race, but I was quite amazed with my

finishing time of 87 minutes.

Kevin Barber  
Essex Junction, Vermont



Amy Shimonovich

**AMY SHIMONOVICH  
JOINS USRSA**

I started my running streak on May 3, 2010. Halfway through college, I started running on my own to get in better shape. I enjoy racing in the Pittsburgh area in half marathons and other mid-distance races. However, for me it's being about to get out there every single day. The biggest challenge for me hit this year with our negative 9-degree temperatures. My next goal is returning to the Pittsburgh Half Marathon, after a year off, which will fall the day after my four-year running streak anniversary. Some of my personal bests are ½ marathon in 1:43:14, 10 Miler in 1:09:23, and a 10K in 43:03.

Amy Shimonovich  
Monroeville, Pennsylvania

**TRACI RODNEY  
JOINS USRSA**

My running career started during a 3-Day Breast Cancer Training run. I would see runner's out jogging and said, "I can do that!" So I signed up for my first marathon, the Nike Women's Marathon in San Francisco, and started training.

I joined Grapevine Runners & Walkers (GRAW) club to help with support to keep me focused. When I needed a change in scenery, I joined the Dallas Running Club and Ft. Worth Running Club. I also trained with Luke's Locker (a local running store) during the last two seasons.

In addition to switching up my training with the running clubs, I attended Jeff Galloway's running camp each year at Lake Tahoe, Nevada and get some serious altitude training.

My favorite distance is 26.2 miles. I've run 12 marathons to date in Canada, California, Texas, Indiana, and New York. I enjoy trail running in the spring and fall, breaking up the pounding my knees get running on the streets of Dallas, Texas.

I have run countless half marathons. I completed 13 half marathons in 2013 reaching my goal on 12/8/2013, at the Dallas Marathon.

I have run very few (half a dozen) 5Ks. If the drive to the start is longer than the race, I doubt you would see me there. Not that there is anything against 5Ks or 10Ks. They are just not a favorite of mine.

My vision for 2014 is to become a USRSA member, complete Big Sur International Marathon (I got in within the 59 minutes before it sold out), and continue on this wonderful journey of running for my soul.

Traci Rodney  
Grapevine, Texas



Katie Robinson

## **KATIE ROBINSON'S STREAK ENDS AFTER 906 DAYS**

Yesterday [February 9, 2014] was day 906 of my run streak. Today I am stopping as I've been advised that I need to let my backrest and try to actually heal. I've been running through the lower back pain for months now and it's getting worse not better.

I've gone down to very low miles to try and let it heal but no good. I'm really devastated to be ending my streak today. I figure, I'd like to be running when I'm 70 and this is the short-term pain I need to go through for the long term gain.

Katie Robinson  
Auckland, New Zealand

## **SOTT LUDWIG IS "STICKING WITH IT" FOR 35 YEARS**

I ran 10 miles this morning [November 29, 2013] at 5:30 a.m. with my friend Al. It was

26 degrees when we started running and just as cold when we stopped, but nowhere near as cold as it was a dozen or so years ago when we ran 20 miles with a temperature that only needed to be measured with a single digit.

But I've come to expect the running conditions this morning—and some a whole lot worse over the course of the past 35 years, because during this time I have run every single day. Twelve thousand seven hundred and eighty-four days consecutive days of running and 133,184 miles means I've averaged slightly more than 10.4 miles a day since a time when Jimmy Carter was President, *Dallas* debuted on national television and Donna Summer's *MacArthur Park* (remember disco?) was the number one song in the nation.

Some might argue that my running is an obsession; others that its an addiction. I'm not so sure either one is accurate, because I simply love to run. That's not to say I don't have an obsessive gene, however. I once did sit-ups every day for three years, with a daily minimum of 100 and some days doing as many as 300. I also once wrote a letter to someone close to me every day for 27 months, primarily for his emotional support but in all probability for mine as well. I've been doing my yoga regimen every day now for almost two months, but it's too early to say if this will develop into another obsession (addiction?).

I've had the pleasure of competing in almost 800 races, including 12 Boston Marathons, 27 Atlanta Marathons and 36 consecutive Peachtree Road Races. In my younger (early 40's, an age I now consider 'young') days at Peachtree, I had the privilege of starting at the front of the race, literally rubbing elbows with the front-running Kenyans for several years (once the race started they always managed to leave me in their rear view mirrors). One year recently I started at the very back of the 60,000-runner field to see what I had been missing out on. (Not much, I discovered; if you're not

the lead dog the view never changes.) While I never won the Peachtree Road Race (or as many non-runners said to me more times than I care to remember: 'You've run Peachtree 36 times and you've never won?'), I did manage to win five races of varying distances, from 5 kilometers to 50 kilometers (3.1 miles and 31 miles, respectively) in my career. (Some might say I was versatile in being competitive at both short and long distance events; others might argue I didn't have any competition in the races I won. I know the truth, but I'm not saying.)

Running gave me the opportunity to run in some amazing places, such as Death Valley, the mountains of the Sierra Nevadas, Berlin, South Africa, Honolulu and St. George, Utah. Running has also taken me—and Cindy (she always appreciated some of the destinations my race schedule took me) to some amazing vacation spots: Boston, Washington D.C., Tybee Island, Callaway Gardens, New York, Mobile and Knoxville (she's been with me to Berlin, Honolulu and St. George as well).

I've run as early (late?) as midnight and on one occasion as late as 11:30 p.m., barely squeezing in my minimum of three miles before the end of that particular day. I've run in the coldest of cold and the hottest of hot (133 degrees in Death Valley; case closed). I've run in the wettest of wet (monsoon-variety rains) and the driest of dry (again, Death Valley; case closed). I've run in hailstorms, lightning storms and windstorms. I've run when I was as healthy as a horse and when I was as sick as a dog. I've run when I was 24 years old and when I was 58 years old—and haven't missed a day in between.

Tomorrow is another day. It will be November 30, 2013 for everyone else; for me it will be the first day of my 36<sup>th</sup> year of... Running. Every. Single. Day.

Have I mentioned I love to run?

Scott Ludwig  
Peachtree City, Georgia

## CHIP AKERS' STREAK HITS 2 YEARS

Two years of running! I could name the day I'm on, and total up the miles pretty quickly, and possibly even bore you to tears with some marathon splits, but that's not the good stuff.

Running a ten miler with my 14 year old daughter recently while she's training for her third half marathon, hitting the treadmill with my son on cold winter mornings while he's cutting weight for high school wrestling, and putting in some miles with my wife when her work allows – that's the good stuff!

Also getting to the last miles of a 22 miler and knowing how bad you're hurting and that you could coast in and get the job done, but instead powering home and hurting even more. That's good stuff too.

I like it when people ask if I run everyday and I'm able to, without any explanation, simply say "Yes." On to the next. . .

Chip Akers  
Raleigh, North Carolina



Chip Akers: "Enjoying the festivities in the medical tent after the Kiawah Island (SC) marathon. My wife (who never misses a good photo op) moved my head a little so the Red Cross emblem would be visible. Also note the classic bloody nipple. Ain't running grand?"

## TOM HRITZ'S STREAK ENDS AFTER 2,623 DAYS

Sorry it took so long to get this information to you, but my running streak ended several months ago due to the need for an inguinal hernia repair.

I have no intention of starting another streak. I'm taking this opportunity to work weightlifting into my routine (4 days a week running, 3 days a week lifting). It's a balance I've wanted to achieve for some time, but haven't had the energy to do since my focus was on maintaining my running streak.

Tom Hritz  
Pittsburgh, Pennsylvania

**STEVE MORROW,  
USRSA VICE PRESIDENT AND  
WEBMASTER,  
ENDS SECOND STREAK AFTER  
1,342 DAYS**

My prostate cancer was discovered back in late August of last year when I went in for my 50-year checkup. Thankfully my wife (a nurse) makes me go to the doctors every 10 years whether I want to or not. They did a biopsy at that time and found 1 of the 16 samples had cancer. They thought they caught it very early and prostate cancer is usually very slow to grow or spread.

The last day of my 2nd streak was Jan. 13, 2014, the day of my surgery for prostate cancer. I had robotic surgery, so they only made 5 small incisions on my belly and right below it.

They also did more biopsies the same time as the surgery and they came back clear with no cancer detected outside of the original location, so they are fairly certain the cancer is gone and didn't spread. For

the next 2 years I have to go back every 3 months for a psa check to make sure everything remains clear.

It will be 4 weeks since I ran on Monday the 10th. They say I have to take 6 to 8 weeks off, so am hoping by the beginning of March I will be able to start another streak.

I actually haven't missed running as much as I expected. The last 2 weeks I have been walking 2 or more miles a day, so at least I have been up and moving around.

Steve Morrow  
Eagle Lake, Minnesota

Editors note: All of us here at SRI/USRSA wish Steve Morrow a quick and full recovery from his prostate cancer. In August 2004, almost a decade ago, Steve volunteered to update and redesign the website for Dawn and John Strumsky, the founders of USRSA, and has been our webmaster ever since that time. If you registered your running streak after 2005 (as is the case with more than half of our current members on the active list), Steve played a part in adding your name and streak to our website. Steve was also the first person I contacted when I considered adding international streak runners to our association in 2012. Steve readily agreed and even created a Paypal account so that athletes from around the world could become official members. As Steve recovers from his illness and other times when he is busy, we are now looking for an assistant webmaster to help Steve. If you have good computer skills and wish to help, please contact me (Mark Washburne) at [USRSA@yahoo.com](mailto:USRSA@yahoo.com).

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

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

March 1, 2014

<b>The Legends (40+yrs)</b>			
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 63</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, 59</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, 63</b>
6.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 59</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>	Miami Beach, FL, Songwriter, 63
9.	<b>James Behr</b>	<b>03/19/75</b>	Trinity, FL, Educator, 66
10.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	Wiscasset, ME, Doctor, 66
10.	<b>Robert J. Zarambo</b>	<b>06/16/76</b>	Whitehall, PA, Retired, 66
12.	<b>William S. Stark</b>	<b>09/10/76</b>	St. Louis, MO, Professor, 66
13.	<b>Bill Anderson</b>	<b>09/27/76</b>	Fort Worth, TX, Retired, 69
14.	<b>John Liepa</b>	<b>01/02/77</b>	Indianola, IA, Professor, 69 *
15.	<b>Bill Robertson</b>	<b>02/08/77</b>	Ashland, MA, Systems Analyst, 61
16.	<b>William J. Benton</b>	<b>04/23/77</b>	Farmington Hills, MI, Accountant, 64 *
17.	<b>Brian Casey</b>	<b>05/09/77</b>	Paramus, NJ, Finance Manager, 55
18.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	Naples, FL, Retired, 72
19.	<b>Rick Porter</b>	<b>12/03/77</b>	Decatur, GA, Developer, 60
20.	<b>John T. Carlson</b>	<b>12/26/77</b>	Indianapolis, IN, Classroom Teacher, 59
21.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	Dearborn, MI, Sales, 63
22.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	Allentown, PA, Banker, 56
23.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	Shaker Heights, OH, Exercise Physiologist, 58
24.	<b>C. David Todd</b>	<b>10/14/78</b>	Matthews, NC, Home Builder, 61
25.	<b>Charles E. Lindsey</b>	<b>10/16/78</b>	Canyon Country, CA, Educator, 63
26.	<b>John C. Roemer, IV</b>	<b>11/01/78</b>	Parkton, MD, Consultant, 54
27.	<b>Craig A. Davidson</b>	<b>11/05/78</b>	Phoenix, AZ, Retail/Educator, 60
28.	<b>Scott Ludwig</b>	<b>11/30/78</b>	Peachtree City, GA, Operations Manager, 59
29.	<b>Chester A. Tumidajewicz</b>	<b>12/25/78</b>	Amsterdam, NY, Security Supervisor, 59
30.	<b>Jon Kralovic</b>	<b>01/01/79</b>	Delanson, NY, College Football Coach, 67
<b>The Masters (30+yrs)</b>			
31.	<b>Thad Childs, Jr.</b>	03/05/79	Gray, GA, Banking, 66
32.	<b>Charles Holmberg</b>	03/20/79	Modesto, CA, CEO, 65
33.	<b>Bill Beach</b>	10/28/79	Macomb, MI, Cross Country Coach, 66
34.	<b>Benjamin M. Freed</b>	12/12/79	Clarion, PA, Retired College Teacher, 66
35.	<b>S. Mark Courtney</b>	12/20/79	Grove City, PA, Physician Assistant, 58
36.	<b>William G. Finkbeiner</b>	01/01/80	Auburn, CA, Landscaper, 58
36.	<b>Layne C. Party</b>	01/01/80	Towson, MD, Manager, 55
38.	<b>Leslie J. Shoop</b>	04/28/80	Sarver, PA, Retired, 66
39.	<b>Ed Goff</b>	08/13/80	Bradenton, FL, Teacher, 70

40.	<b>John I. Watts</b>	10/04/80	Nampa, ID, Pastor, 58
41.	<b>Ward D. Crutcher</b>	12/26/80	Muncie, IN, Retired, 74
42.	<b>George G. Brown</b>	01/06/81	Richlands, VA, School Principal, 61
43.	<b>Michael Halloran</b>	04/01/81	Jacksonville, FL, Wealth Mangement, 66
44.	<b>Richard Rusch</b>	08/03/81	Wauwatosa, WI, Retired, 63
45.	<b>John R. Chandler</b>	08/09/81	Whitefish Bay, WI, Financial Planner, 58
46.	<b>Ben Dillow</b>	08/20/81	Redlands, CA, Retired, 73
47.	<b>Bill Leibfritz</b>	12/03/81	Midland, MI, Professor, 57
48.	<b>Frederick L. Murolo</b>	12/30/81	Cheshire, CT, Attorney, 57
49.	<b>Scott D. Snyder</b>	12/31/81	Littleton, CO, Emergency Physician, 58
50.	<b>Michael G. Sklar</b>	01/20/82	Dunwoody, GA, Professor, 71
51.	<b>Bob Kimball</b>	02/03/82	Pensacola, FL, Professor, 70
52.	<b>Ken Birse</b>	04/22/82	Amherst, NH, Data Sales Manager, 53
53.	<b>Charles Groseth</b>	06/30/82	Allen, TX, Chief Operating Officer, 55
54.	<b>Grant McAllister</b>	08/28/82	Atlanta, GA, Sales Manager, 50
55.	<b>Gary Rust</b>	07/03/83	Palm Springs, CA, Retired, 67
56.	<b>David Melissas</b>	07/20/83	Marietta, GA, IT Project Manager, 53
57.	<b>Doug Holland</b>	08/01/83	Tucson, AZ, College Athletic Director, 52
58.	<b>Al Colonna</b>	08/05/83	Dix Hills, NY, Retired, 69
59.	<b>Barbara S. Latta</b>	12/05/83	Raleigh, NC, Retired, 72 (F)
	<b>The Dominators (25+yrs)</b>		
60.	Randolph Read	09/01/84	Las Vegas, NV, Executive
61.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 46 (F)
62.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 63
63.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 59
64.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 61
65.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 53
66.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 64
67.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 55 (F)
68.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 69
69.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 56
70.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 68
71.	William C. Terrell	09/14/86	LaGrange, GA, Senior Director, 65
72.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 55
73.	Robert E. Nash	06/18/87	Olney, IL, Physician, 66
74.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 65
75.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 61
76.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 66
77.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 55
	<b>The Highly Skilled (20+yrs)</b>		
78.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 49
79.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 63
80.	Hal Gensler	12/04/89	New River, AZ, Retired, 67
81.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 63
81.	John H. Wallace, III	12/31/89	Seattle, WA, Website Developer, 37
81.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 57
84.	Jack W. Johnson	03/24/90	Shelbyville, IN, Teacher, 61
85.	Tomas Loughead	07/07/90	Huntsville, AL, Engineer, 73
86.	John C. Roemer, III	08/01/90	Parkton, MD, Education, 75 *
87.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 62



88.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 62
89.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 64
90.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 56
91.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 61
92.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 60
93.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 57
94.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 63
95.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 42
96.	Danny Sullivan	07/12/91	San Carlos, CA, Restaurateur, 64
97.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 64
98.	Jon Janes	12/19/91	Topeka, KS, TV News, 66
99.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 51 (F)
100.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 57
101.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 72
102.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 58
	<b>The Well Versed (15+yrs)</b>		
103.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 58
104.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 63
105.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 28
106.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 57
107.	Richard Corbin	01/01/95	Savannah, GA, Sales, 59
108.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 71
109.	Larry Albertson	06/09/95	Ballwin, MO, Production Technician, 62
110.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 58 *
111.	Paul T. Kirner	12/31/95	Parma, OH, Magistrate/Attorney, 66
111.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 58
113.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 67
114.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 61 (F) *
115.	Troy A. Copus	05/19/97	Evansville, IN, Athletic Trainer, 31
116.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 53 (F)
117.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 40 *
118.	Thomas B. Welch	01/01/98	Eden Prairie, MN, Portfolio Manager, 57
119.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 59 (F)
119.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 63 *
121.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 65
122.	Weldon K. Burton	07/14/98	Fort Walton Beach, FL, Retired, 55
	<b>The Experienced (10+yrs)</b>		
123.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 54 (F)
124.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 54
125.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 56
126.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62
127.	Diane Shumway	05/27/00	Provo, UT, Retired, 58 (F)
128.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 58 (F)
129.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 67 *
130.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 43
131.	James R. Merritt	10/29/01	Buford, GA, Delivery Driver, 66
132.	Martie Bell	12/27/01	Thomasville, NC, Professor, 58 (F)
132.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 62
134.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 67
135.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 66 *

136.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 61
137.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 63 (F) *
138.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 55
139.	George A. Hancock`	06/22/02	Windber, PA, Education, 60 *
140.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 28 (F)
141.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 38
142.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 60
143.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 53
144.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 32 (F)
145.	David Max	08/28/03	Alexandria, VA, Pilot, 38 *
146.	Andrew Feravich	10/21/03	Cedar Springs, MI, Student, 25
147.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 36
148.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 57
149.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 41
	<b>The Proficient (5+yrs)</b>		
150.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 36
151.	Ed Reid	05/27/04	Bradenton, FL, Builder, 54
152.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 67 *
153.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 63
154.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 43
155.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 45
156.	Veronica V. Rust	07/22/04	Palm Springs, CA, Retail Manager, 34 (F)
157.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 58
158.	Howard Kaplan	10/11/04	Madison, WI, Philosopher, 35
159.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 63
160.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 55 (F)
161.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 59
162.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 32 (F)
163.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 501(F)
164.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 54 *
165.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 54
166.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 60
167.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 44
168.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 53
169.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 41
170.	Pete Gilman	11/06/05	Rochester, MN, Correctional Sergeant, 38
171.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 71
172.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 63
173.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 46
174.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 58 *
175.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 49
176.	David McMain	11/11/06	Brandon, MS, Claims Adjustor, 57
177.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 72
178.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 43
179.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 46
180.	Heather E. Nelson	12/15/06	Houston, TX, Student, 22 (F)
180.	William D. Nelson	12/15/06	Houston, TX, Business, 49 *
182.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 47
182.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 33 (F)
182.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 25 (F)
185.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 46

186.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 32
187.	Yvette Faris	03/15/07	Wallingford, CT, IT Director, 53 (F)
188.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 31
189.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 50 *
190.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 46 (F)
191.	Diann T. Scialdo	05/20/07	Albany, NY, Teacher, 58 (F)
192.	Craig Stroud	06/17/07	St. Charles, MO, Systems Engineer, 52
193.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 40 (F)
194.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 47 (F)
195.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 63 *
196.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 55
196.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 65
198.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 59 (F) *
199.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 66
200.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 52
201.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 45
202.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 41 (F)
203.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 49
204.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 71 *
204.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 32
206.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 42
207.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 55 *
207.	Leo Hammond	01/01/08	Plano, TX, Student, 28
207.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 48
207.	Gregory S. Neale	01/01/08	Centennial, CO, Advertising Executive, 41
207.	Michael Neff	01/01/08	Buffalo, NY, Accountant, 61
212.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 49 (F)
213.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 34
213.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 33
215.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 53
216.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 40 (F)
217.	John King	01/21/08	Chatham, NJ Education Administrator, 63 *
218.	Andrew Swan	03/10/08	North Highlands, CA, Circus Owner, 63
219.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 24
220.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 43
221.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 54
222.	Kelly Luck	08/26/08	Louisville, CO, Student, 26 (F)
222.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 476
224.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 30
225.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 69
226.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 58 (F)
227.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 55 (F)
228.	Charlie Hart	11/29/08	Noblesville, IN, Recruiter, 42
228.	John C. Wright	11/29/08	Amherst, NY, Commercial Banker, 59
230.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 62 (F)
231.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 40
232.	Mark Mosher	12/04/08	Antioch, CA, Business Owner, 52
233.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 31
234.	John B. Davis	12/08/08	Desoto, TX, Consultant, 70
234.	Bill Gorman	12/08/08	Belleview, FL, Contractor, 67
234.	Ruth Gorman	12/08/08	Belleview, FL, Retired, 66 (F)
237.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 60

238.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 50
238.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 42
240.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 54 (F)
241.	Eric V. Love	12/27/08	Erie, CO, Attorney, 47
242.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 39 (F)
242.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 62
244.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 67
244.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 35
244.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 48 (F)
244.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 55 (F)
244.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 35 (F)
249.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 37
250.	Vince Nardy	01/27/09	Solon, OH, Management, 55
251.	David Haase	02/08/09	Shakopee, MN, Medical Sales, 34
	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
252.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
	<b>The Neophytes (-5yrs)</b>		
253.	William McCarty	03/06/09	San Francisco, CA, Consultant, 66
254.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 57 *
255.	Rodger Kram	04/23/09	Nederland, CO, Professor, 52
256.	Elisa Hayes	05/13/09	Wrentham, MA, Pharmacist, 53 (F)
257.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
258.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 70 *
259.	Warren Nastivar	06/15/09	Honolulu, HI, Student, 26
260.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 59 (F) *
261.	J. Patrick Growney	06/19/09	Lavallette, NJ, Retired, 70 *
262.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 18
263.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 27
264.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 34 *
265.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 45 (F) *
266.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 15
267.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 52
268.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 31
269.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 30 (F)
270.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 72 *
271.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 54 (F)
272.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 36
273.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 56
273.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 44
275.	Christopher Kartschoke	11/19/09	Prior Lake, MN, Risk Analyst, 45
276.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 45 (F)
277.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 60 *
278.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 38
278.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 48
278.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 35
281.	Paul Miller	02/10/10	Medfield, MA, Marketing, 53
282.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 55 (F)
283.	Thomas J. Horner	03/17/10	Chambersburg, PA, Retired, 61
284.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 45
285.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 35
286.	William Middlebrook	03/31/10	Colorado Springs, CO, 71*

287.	Amy Shimonovich	05/03/10	Monroeville, PA, Teacher Visual Impaired, 26 (F)
288.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 44 (F)
289.	Herbert L. Fred	05/11/10	Houston, TX, Physician, 84 *
290.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 39
291.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 28
292.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 39
293.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 61
294.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 51
294.	Casey Funk	08/16/10	Virginia Beach, VA, Civil Engineer, 37
296.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 61
297.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 22 (F)
298.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 44
299.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 57
300.	Jordan Stone	11/07/10	Farmington, MO, Teacher/Coach, 40
301.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 43
302.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 48
303.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 56
304.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
304.	Steven Tursi	12/29/10	Suffern, NY, Computer Programmer, 37
306.	Angela Fuss	01/01/11	Mont Atlo, PA, Phys. Ed. Teacher, 35 (F)
306.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 57 (F)
308.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 56 *
309.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 28
309.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 43
311.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 37
312.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 52
313.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 53
314.	Will Jones	03/18/11	Grove, OK, Athletic Director, 39
315.	Ryan Pett	03/19/11	Thompson Station, TN, Student, 22
316.	Jay Frank	03/21/11	Oak Park, CA, CEO, 59
317.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 39
318.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 34
319.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 38
320.	Jennifer Emch	04/26/11	Phoenix, AZ, Student, 43 (F)
321.	James Holt	05/01/11	Centerville, UT, Regional Manager, 55
322.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 54 (F) *
323.	Heather Kokko	05/06/11	Charleston, SC, Pharmacist, 36 (F)
324.	Tod O'Donnell	05/16/11	Fort Mill, SC, Operational Risk Consultant, 42
325.	Andy Fagan	05/21/11	Arlington, TX, Store Manager, 30
326.	Kathryn O'Donnell	05/23/11	Fort Mill, SC, 40 (F)
327.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 52
328.	Tim Beagen	06/01/11	Wilmette, IL, Sales Director, 38
329.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 56
330.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 55 (F) *
331.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 26
332.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 37
333.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 27
334.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 38
335.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 58 *
336.	Diana Nelson	07/02/11	Dixon, IL, Clerk, 67 (F) *
337.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 30
338.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 26

339.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 45
340.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 14
341.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 70
342.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 47
343.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 37 (F)
344.	Tim Williams	08/31/11	Bellevue, WA, Engineer, 55
345.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 50 *
346.	Jeff Blumenthal	09/05/11	Oklahoma City, OK, Financial Advisor, 53
347.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 46
348.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 59 *
349.	James Wisler	09/15/11	Wake Forest, NC, Physician, 32
350.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 32 (F)
351.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 34
352.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 34
353.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 32
354.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 46 (F)
355.	Michael Scott	11/23/11	Greencastle, IN, Manager, 41
356.	Ronald Martin	11/24/11	Warren, PA, Hydro Electric Operator, 51
357.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 13
358.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 44
359.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 41
360.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 46
361.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 38
362.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
363.	Zachary Novitske	12/25/11	Milwaukee, WI, U.S. Army, 30
364.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 41
365.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 47
366.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 38 (F)
367.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 33
368.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 41, (F)
368.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 50 (F)
370.	Chip Akers	12/31/11	Raleigh, NC, Dad, 53
370.	Robyn Clevenger	12/31/11	West Des Moines, IA, 35 (F)
370.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 33
370.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. - Law Firm, 51
374.	Jonathan Garber	01/01/12	Hockessin, DE, Veterinarian, 32
374.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 49
374.	Mike Johnson	01/01/12	Daphne, AL, 41
374.	Joe Meadows	01/01/12	Cleveland, OH, Mgr. Digital Clev. Browns, 31
374.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 54 (F)
379.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 33 (F)
380.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 53 (F)
381.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 33 (F)
382.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 46
383.	Daniel Myers	02/01/12	South Bend, IN, Professor, 47
384.	Dusty Hardman	02/13/12	Punta Gorda, FL, 45 (F)
385.	Julie Maxwell	03/04/12	Kasson, MN, Attorney, 62 (F) *
386.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 35
387.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 27
388.	Gary Jones	04/12/12	Troy, Montana, Retired, 61 *
389.	John Metevia	04/19/12	Midland, Michigan, Retired, 56 *
390.	Christopher George	04/27/12	Mobile, AL, Attorney, 54

391.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 59
392.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 27
392.	Keziah Wilde	05/13/12	Arlington, MA, Student, 11 (F)
394.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 37
395.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 47
396.	Audra Martin Laking	05/27/12	Prattville, AL, Exec. Asst., 46 (F)
397.	Chris May	05/29/12	Littleton, CO, Director Engineering, 41
398.	Kirk Buckley	06/18/12	Las Vegas, NV, Database Administrator, 45
399.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 31
399.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 34
401.	Vladimir Costescu	07/10/12	Arlington, VA, Student, 23
402.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 34
403.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 46
404.	Douglas Schiller	08/17/12	Ellenton, FL, Consultant, 76 *
405.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 45
406.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 51 (F)
407.	Melissa Ortiz	09/26/12	Fort Worth, TX, Engineering Consultant, 38 (F)
408.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 34
408.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 31
410.	Joshua Pedelty	10/13/12	Cedar Rapids, IA, Attorney, 39
411.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 42
412.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 52 (F)
	Ryan Albrecht	11/22/12	
413.	Michael Duffy	11/22/12	Elicott City, MD, HS Athletic Director, 40
413.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 32
413.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 48 (F)
417.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 57 (F)
418.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 53
419.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 49
420.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 23
421.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 39 (F)
422.	Paul Christian	12/25/12	Rochester, MN, Journalist, 64 *
422.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 46
424.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 37
424.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 55
426.	Benjamin Griffin	12/28/12	Pittsfield, MA, H/R, 27
426.	Evelyn Smith	12/28/12	Rockford, IL, School Counselor, 53 (F)
428.	Christine Petrone	12/31/12	South Jordan, UT, Teacher/Coach, 61 (F)
429.	Michael Bell	01/01/13	Malvern, PA, Professor, 57
429.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 39
429.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 33
429.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 38
429.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 49 (F)
429.	Patricia Montana	01/01/13	Hampton, NH, Retired, 55 (F)
435.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 26 (F)
436.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 45
	Aimee Dendinos	02/23/13	Cheyenne, WY, Lawyer, 38

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

Official U.S.A. Retired Running Streak List  
As Certified to the United States Running Streak Association, Inc.

March 1, 2014

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>Ron Jackson, Seattle, WA</b>	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
10.	<b>Joseph Wojcik, Claremont, CA (D)</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
11.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
12.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
13.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
14.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
15.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
16.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
17.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
18.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
19.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
20.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
21.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
22.	<b>Alicia Brophay, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
23.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
24.	<b>Brian P. Short, Minneapolis, MN *</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
25.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
26.	<b>James R. Scarborough, Rancho Palos Verdes, CA</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
27.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
28.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
29.	<b>Kenneth Korsec, Chesterland, OH</b>	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
30.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
31.	<b>J. Patrick Growney, Lavallette, NJ *</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
32.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
33.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
34.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
35.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
36.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
37.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
38.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)



39.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
40.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
41.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
42.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
43.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
44.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
45.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
46.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
47.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
48.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
49.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
50.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
51.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
52.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
53.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
54.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
55.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
56.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
57.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
58.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
59.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
60.	Mark Wigler, Hubbardston, MA,	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
61.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
62.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
63.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
64.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
65.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
66.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
67.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
68.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
69.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
70.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
71.	Stephen Gurdak, Springfield, VA	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
72.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
73.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
74.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
75.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
76.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
77.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
77.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
79.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
80.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
81.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
82.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
83.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
84.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
85.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)

86.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
87.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
88.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
89.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
90.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
91.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
92.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
93.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
94.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
95.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
96.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
97.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
98.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
99.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
100.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
101.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
102.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
103.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
104.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
105.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days ( 7 yrs 066 days)
106.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
107.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)
108.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
109.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days ( 6 yrs 247 days)
110.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
111.	Wendell J. DeBoer, Falcon Heights, MN *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
111.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
113.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
114.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
115.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
116.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
117.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
118.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days ( 5 yrs 247 days)
119.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
120.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
121.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
122.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
123.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
124.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
125.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
126.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
127.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
128.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
129.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
130.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
131.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
132.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
133.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
134.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)

135.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days ( 4 yrs 145 days)
136.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
137.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days ( 4 yrs 090 days)
138.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
139.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
140.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
141.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
142.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
143.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
144.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
145.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
146.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
147.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
148.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days ( 3 yrs 246 days)
149.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
150.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
151.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
152.	Diana Nelson, Dixon, IL * (F)	11/23/07 – 06/28/11	1,314 days ( 3 yrs 218 days)
153.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
154.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days ( 3 yrs 198 days)
155.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
156.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
157.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
158.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
159.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
160.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
161.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
162.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
163.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
164.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
165.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
166.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
167.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
168.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
169.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
170.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
171.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
172.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
173.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
174.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 289 days)
175.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days ( 2 yrs 286 days)
176.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
177.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
178.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days ( 2 yrs 269 days)
179.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
180.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
181.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
182.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
183.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
184.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
185.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)

186.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
187.	Wendell J. DeBoer, Falcon Heights, MN *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
188.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
189.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
190.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
191.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days ( 2 yrs 096 days)
192.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
193.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
194.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
195.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)
196.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
197.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
198.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
199.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
200.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
200.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
202.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
203.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
204.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
204.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
204.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
207.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
208.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
209.	Wendell J. DeBoer, Falcon Heights, MN *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
210.	Tracey McKibben, Xenia, OH (F)	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
211.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days ( 1 yr 347 days)
212.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)
213.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
214.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
215.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days ( 1 yr 300 days)
216.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
217.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
218.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
219.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
220.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days ( 1 yr 236 days)
221.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
221.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
221.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
224.	Paul Temple, Germantown, TN	12/31/11 – 08/20/13	599 days ( 1 yr 233 days)
225.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days ( 1 yr 226 days)
226.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
227.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
228.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
229.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
220.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)
231.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
232.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
233.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
233.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
235.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
236.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
236.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)

238.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
239.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
240.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
241.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
242.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
243.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
244.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
244.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days ( 1 yr 122 days)
244.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
247.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
248.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
249.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days ( 1 yr 090 days)
	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days ( 1 yr 083 days)
250.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
251.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
252.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
253.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days ( 1 yr 075 days)
253.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
255.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
255.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
255.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)
258.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
259.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
260.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
261.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
262.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
263.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
264.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
265.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
266.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
267.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
268.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days ( 1 yr 041 days)
269.	Wendell J. DeBoer, Falcon Heights, MN *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
270.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
271.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
272.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
273.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days ( 1 yr 033 days)
274.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days ( 1 yr 032 days)
275.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
276.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
276.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
278.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
279.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
280.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
281.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)
281.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
281.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
284.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
285.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
285.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
287.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
287.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days ( 1 yr 002 days)

287.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
287.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
287.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)
287.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
287.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
294.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
294.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
294.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
294.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
294.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
294.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
294.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days ( 1 yr 000 days)
301.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
301.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
301.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
301.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
301.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
301.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
301.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
301.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)
301.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
301.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)

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

## Official International Active Running Streak List

As Certified to the Streak Runners International

March 1, 2014

	<b>The Highly Skilled (20+yrs)</b>		
1.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 50
	<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
4.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 34
5.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 50
	<b>The Neophytes (-5yrs)</b>		
6.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 57
7.	Wil Valovin	16Aug10	West Yorkshire, England, Project Manager, 39
8.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 32
9.	Ketan Salamon Nadar	24Apr12	Mumbai, India, Software Programmer, 30

10.	Phillippa Nichol	03Jun12	Newcastle, England, Project Mgr., 33 (F)
11.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 47 (F)
12.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 41

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

## Official International Retired Running Streak List

As Certified to Streak Runners International

March 1, 2014

1.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days ( 2 yrs 357 days)
2.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days ( 2 yrs 175 days)
3.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days ( 1 yr 150 days)
4.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days ( 1 yr 040 days)

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### **SRI/USRSA ON-LINE: NOW ON YAHOO GROUPS AND FACEBOOK**

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

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

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

## **THE FINISH LINE**

### **By: Mark Washburne**

From past experience, I have learned that the first quarter of the year is always the busiest for our streak association. As you might guess, the most popular day to start a running streak is January 1<sup>st</sup>. Some forty-five people on our active list claim to have started their running streaks on the first day of the year. The second most popular day to have started a streak is December 31<sup>st</sup>. Thirteen active running streaks were started on the last day of the year, including my own streak that began in 1989. My holiday season this year, as in the past, therefore, was busy sending congratulatory e-mails to our members celebrating streak anniversaries and receiving in kind updates from them on another year of running every day.

The first quarter is also busy for another reason and it involves receiving totals from some of our members on their yearly and lifetime mileage. I am also busy adding up my own numbers for the year. Back in 1984 for Christmas, I received "The Complete Runner's Day-by-Day Log and Calendar 1985" compiled by author and running legend Jim Fixx by my then boss. Ever since receiving that running logbook, I have kept track of my own yearly and lifetime mileage. I closed 2013 having run 44,315 lifetime miles and having finished 666 (sounds devilish?) races. My yearly totals for 2013 were 2039 miles run and 43 races completed. It was the fifth consecutive year I have run over 2000 miles (2041 miles in 2012; 2058 miles in 2011; 2050 miles in 2010; and 2054 miles in 2009) and the fifth consecutive year I have run over 40 races (56 races in 2012; 53 races in 2011; 64 races in 2010; and 57 races in 2009).

In order to run 2000 miles a year, you have to average a little over 5.47 miles a day. I am always impressed, therefore, when I receive Steve DeBoer's list of "The 70,000 Mile Club" and notice athletes who have averaged over 3000 miles a year (8.2 miles per day), 4000 miles a year (10.95 miles per day), and even 5000 miles a year (13.7 miles per day). All these individuals are truly amazing and exceptional athletes.

As I was reviewing some of the amazing numbers recorded by some of our members over the holiday break, one number stood out for me – Dr. Herbert Fred had ended 2013 having run 249,333 lifetime miles and would surpass the quarter million lifetime miles mark in the spring of 2014. For us mere mortals, it is hard to imagine just how far a quarter of a million miles is in understandable terms. In Earthly terms, the circumference of our planet at the equator is approximately 24,901 miles. Dr. Fred has already traveled 10 times around the world.

In out-of-this-world terms, the average distance from the Earth to the Moon is 238,857 miles. At its closest point, known as the perigee, the Moon is 225,622 miles from Earth. At its most distant point, called apogee, the Moon gets to a distance of 252,088 miles. While Dr. Fred has a few miles to go to reach the apogee, he has already covered the distances of the perigee and the average mileage to the Moon and is on his way back to Earth. Since starting his running streak in 1966 at the relatively older age of 37, Dr. Fred has averaged 5,194 miles per year and an amazing 14.2 miles per day! Wow!

Back to Earth, our association continues to grow in numbers. Last year, 96 new people became members of SRI/USRSA and 22 have since joined our association since the start of 2014. As I write this Finish Line in the middle of February, we now list 595 current and past members of our association. Since I joined the management team in April 2011, we have had 233 new members join for an increase of over 64% in less than 3 years. By far, however, the area we have seen the largest growth has been on the SRI/USRSA Facebook page. On February 8, 2014, Dario Mirski became the 1,000 "friend" to join the SRI/USRSA Facebook page. In comparison, in April 2011, we had less than 40 people who were part of our association's Facebook page back then.

Dario Mirski, by the way, was born in Argentina and now lives in Randolph, New Jersey. He started his running streak on May 25, 2013 and became an official member of SRI/USRSA in August 2013. Dario is also a member of my running club, the Do Run Runners. Thanks Dario for your support and good luck to all as we each run the roads and trails – every day!