

**STREAK RUNNERS INTERNATIONAL
UNITED STATES RUNNING STREAK ASSOCIATION**

THE STREAK REGISTRY

**RAVEN KRAFT'S CELEBRATES 40TH STREAK ANNIVERSARY
OF RUNNING EVERY DAY AT THE BEACH**



Steve DeBoer presents 40th Anniversary plaque to Raven Kraft.

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THE STREAK REGISTRY

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STREAKING ANNIVERSARIES

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

From The Coverts to The Hills (50th anniversary)

Ron Hill of Hyde, England on December 21st

From The Legends to The Coverts (45th anniversary)

Jim Pearson of Marysville, Washington on February 16th

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

Robert Kraft of Miami Beach, Florida on January 1st

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

Benjamin Freed of Clarion, Pennsylvania on December 12th
S. Mark Courtney of Grove City, Pennsylvania on December 20th
William Finkbeiner of Auburn, California on January 1st
Layne Party of Towson, Maryland on January 1st

From The Dominators to The Masters (30th anniversary)

Sue Favor of Los Angeles, California on December 20th
Joseph Raffa of Manlius, New York on December 26th
Leonard Bruckman of Granite Bay, California on February 10th

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

Hal Gensler of New River, Arizona on December 4th
John Wallace, Jr. of Ishpeming, Michigan on December 31st
John Wallace, III of Seattle, Washington on December 31st
Mark Washburne of Mendham, New Jersey on December 31st

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

John Byrne of Centreville, Virginia on December 26th
Richard Corbin of Savannah, Georgia on January 1st

From The Proficient to The Experienced (10th anniversary)

Nancy Harmon of Berwick, Pennsylvania on January 1st

From The Neophytes to The Proficient (5th anniversary)

Peter Nieman of Calgary, Canada on December 16th
Pat Wylie of Deerfield, Illinois on December 25th
Jeffrey Shumway of Provo, Utah on December 26th
Jamie Hopkins of Bryn Mawr, Pennsylvania on December 31st
J. Wade Baker of Gunnison, Colorado on January 1st
Greg Dawson of Williamsburg, Virginia on January 1st
Ezra Hallam of North Liberty, Iowa on January 1st
Paul Miller of Medfield, Massachusetts on February 10th
Jeff Gould of Gardner, Massachusetts on February 28th
Debra Dilling of Rochester, Minnesota on March 1st

“Running can help you loose weight. Running can build muscle tone. Running can improve your complexion. Running can strengthen your heart and make it work more efficiently. Running can increase your aerobic capacity and lower your blood pressure. Running can relax you, help you quit smoking, and reduce the risk of heart disease. Running can reduce depression and lift your spirits. Running can help you think and make you more creative. Running can make you more athletic and energetic and full of vitality. Running can improve your self-image and make you more self-confident. In short, running can change your entire outlook on life and make a new person of you.”

- Marc Bloom, *The Runner's Bible* (1986)

“Running is the greatest metaphor for life, because you get out of it what you put into it.”

- Oprah Winfrey



Ron Hill

DR. RON HILL COMPLETES 50 YEARS OF RUNNING EVERY DAY

By: Mark Washburne

Congratulations to Dr. Ron Hill, 76, from Hyde, England in the United Kingdom, who on 20 December 2014 completed 50 years of running every day without missing a day. "Mission accomplished at a 5K Parkrun in Manchester's Heaton Park," said Dr. Hill in a statement to SRI/USRSA. "My streak total is 134,531.5 miles. My recorded miles - including pre-streak miles - are 159,962.5 and I intend to reach 160,000 miles on the last day of the year."

In other measures of time, Ron Hill's half a century of daily running amounts to 18,262 days or 2,608 weeks (plus 6 days) or 600 months. Started on 21 December 1964, Dr. Hill has the longest running streak in the world as listed by Streak Runners International (SRI) and the United States Running Streak Association (USRSA).

Besides possessing the longest known running streak in the world, Ron Hill is a three time Olympian. In the Tokyo Olympics of 1964, Dr. Hill placed 18th in the 10,000 meters, in a time of 29:53, and 19th in the marathon, in a time of 2:25:34. In the 1968 Summer Olympics in Mexico City, he placed 7th in the 10,000 meters and ironically ran the same time (29:53) as he had run four years earlier in Tokyo. Dr. Hill's final Olympic games was in Munich in 1972, where he placed 6th in the marathon in a time of 2:16:30 at the age of 33.

During Ron Hill's illustrious running career, he set world records for 10 miles (47:02, Leicester, England, April 1968; 46:44, Leicester, England, November 1968), 15 miles (72:48.2, Bolton, England, July 1965), 25 kilometers (75:22.6, Bolton, England, July 1965), and the 26.2 miles marathon (2:09:28, Edinburgh, Scotland, July 1970).

Ron Hill was also the second athlete to break 2:10 in the marathon. In 1970, Dr. Hill ran a personal best of 2:09:28 at the Commonwealth Games in Edinburgh, Scotland. At that point, the

only faster marathon time was run by Australian Derek Clayton, who clocked a 2:08:33 in Antwerp, Belgium in May 1969. The Antwerp course, however, was suspected of being short by possibly 500 meters. "The course was measured using five cars and was never able to be remeasured," noted Dr. Hill in a 16 December 2014 email to SRI/USRSA. "The Belgians refused to answer any queries about the course." In July 2009, the Association of Road Racing Statisticians rejected the record set by the Derek Clayton at Antwerp for the course being short and now lists Dr. Hill's 2:09:28 as the world fastest marathon at the time it was set in 1970.

Ron Hill also set a course record for the Boston Marathon. In 1970, he was the victor of the 74th edition of that race in a time of 2:10:30. His 1970 win eclipsed the old Boston Marathon course record set the year before by more than 3 minutes. Ron Hill also won gold medals for the marathon at the European Championships in Athens, Greece in 1969 and, as mentioned before, the Commonwealth Games in Scotland in 1970. During his lifetime, Dr. Hill finished 115 marathons, where he ran 112 of them in under 2:50, 103 in under 2:45, and 29 in under 2:20. His final marathon was the 100th running of the Boston Marathon in 1996, where he completed the historic course in a time of 3:12:46 at the age of 57.

Dr. Hill graduated with a Ph.D. in textile chemistry in 1964 from Manchester University. In 1970, he started Ron Hill Sports, "which pioneered various products including wrap-over shorts, mesh vests, waterproof running jackets and reflective strips." He sold the company in the early 1990s and has since started Hilly Clothing specializing in technical socks and other apparel. Ron Hill was also President of the Road Runners Club from 1987 to 1988.

In a recent statement to SRI/USRSA, Dr. Hill said he has no plans to stop his daily running at 50 years. "I'm ticking along at around 25 miles a week with no intention to stop when I reach 50 years," noted Dr. Hill in an email to SRI/USRSA in November 2014. "I'm the same weight I was when I was 20 years old and I find the mental and physical benefits are tremendous."

We here at SRI/USRSA wish Dr. Ron Hill continued success with his running and his now half century year old running streak.

The following are links to stories about Ron Hill's running streak:

Runner's World: <http://www.runnersworld.com/general-interest/ron-hills-running-streak-hits-50-years>

BBC: <http://www.bbc.com/news/uk-england-manchester-30556306>

Ron Hill's Blog: <http://www.hillysocks.com/news/december-blog-2014-two-milestones-achieved>

Independent: <http://www.independent.co.uk/news/people/profiles/ron-hill-the-man-who-keeps-on-running-8395924.html>



Steve

DeBoer present 40th Anniversary plaque to Raven Kraft.

RAVEN KRAFT 40TH ANNIVERSARY RUN SPEECH **By: Steve DeBoer**

Robert “Raven” Kraft was born in Virginia over 64 years ago, but moved to Miami Beach when he was 5. He began running on the beach about 1972 and decided to run every day for one year starting January 1st 1975. He has never had a driver’s license or flown in a plane. Since 1975, he has never traveled further than Ft. Lauderdale. Over the years, as a song writer (with influence from Johnny Cash), he has written over 1600 tunes, 80 of which have been published and about ten recorded (though actually over 20 are on the CD that came with my copy of The Lifeguard Murders, which includes a character reminiscent of Raven).

But I guess that’s not why I am here today. I am here to present to Raven the 2015 Runner of the Year Award from the US Running Streak Association for having run at least one mile daily for 40 years, the 10th person to be so honored. In his case, that running has been on the same sandy beach every single day, usually covering 8 miles (the shortest all those years has been 5.5 miles), running in blistering heat, lightning storms, driving rain, Hurricane Irene in 1989, hailstorms, and even once (Jan 19, 1977) after some snow had melted (I’ve got him beat by about 5000 times on the snow thing). He has dealt with broken bones in his feet, sciatic pain, food poisoning, dog bites, pulled hamstrings, excruciating back pain, and one collision with a pier that left him with 18 stitches in his scalp (not sure how the pier ended up).

Since the US Running Streak Association was founded in 2000, there have been 660 members. After the first 4 founding members, Raven was the first person to join, on December 28, 2000. I was the next. There are currently 480 people who have registered their streaks of 1 year or longer. Raven currently has the 9th longest active one, the longest being Jon Sutherland of California, who has run daily since May 1969, over 45 ½ years.

Raven is the first Floridian to be so honored. Jim Behr of Trinity, FL, will reach 40 years on March 19th, but he lived in New York the first 25 years of his daily runs. So on behalf of Mark Washburne, president of the US Running Streak Association, I present this award to YOU!

[Editors note: Raven Kraft was featured on the front cover of the 31 December 2014 *Wall Street Journal*. Please click here to view article: <http://www.wsj.com/articles/these-streakers-resolve-to-run-every-day-of-the-year-1419986806>]



Steve DeBoer and Raven Kraft



Alex Galbraith

ALEX GALBRAITH'S STREAK HITS 43 YEARS KEPT STREAK ALIVE AFTER THYROID SURGERY

By: Alex Galbraith

The background on my Thyroid surgery is that about 5 or 6 years ago I began to struggle with a running gait dysfunction. Among the numerous tests I underwent was an MRI of my upper spine to determine if the gait issue was neurologically based. The neurologist reported to me that while the MRI did not reveal nerve damage to my spine, it did reveal a mass on my Thyroid gland. Although needle biopsies were unable to detect cancer, it was nevertheless the judgment of the specialists with whom I consulted that Thyroid surgery was warranted.

I was fortunate to be referred to one of the most competent Thyroid surgeons in the Houston area. He had, and has, a reputation of being successful in many respects: in the reduced time I would likely be in surgery, in the minimized injury to surrounding tissue and organs, and in the time needed to recover from the surgery.

I prepared myself for the possibility that my running streak would be at an end following the surgery. In one of my pre-operation consultations with the surgeon he advised me that while he recommended no physical activity for 3 weeks following the surgery, he felt confident that, barring no complications during the surgery, I could be released from the hospital the day after surgery and possibly be walking around later that day.

When he reported this, it occurred to me that there was some slim hope that I might be able to run the day after surgery. I thought that if I was able to walk, then perhaps I could run, however slowly. I prayed about it and I spent considerable time speaking to my wife and family about it.

I then developed and executed a plan. In the days leading up to the surgery I went to a local gym and did roughly 1 1/2 miles of my workout on a treadmill, running at a very slow pace, about 20-22 minutes a mile. It also occurred to me that I would likely have bandages around my neck following surgery so on one day I practiced running on the treadmill with a towel wrapped around my neck.

When the day came for the surgery, I ran early that morning, around 4:00 a.m., because I was due to arrive at the hospital around 6:00 a.m. The surgery began and was concluded within a few hours after I checked in at the hospital. I recall awaking from the surgery later that morning

with what felt like a terrible sore throat. They gave me ice chips for the throat pain and, of course, they had also had given me a heavy dose of other pain medication for the surgery.

In my hospital room the surgeon came to visit me and announced that the surgery had been a success and that I should expect to be discharged from the hospital the following day around noon. That night I got up a couple of times to use the bathroom, and although my legs were really wobbly, I was able to walk. The next day I was discharged around noon as predicted by the surgeon and my wife drove me home. I decided that it would be wise to rest for a few hours before asking my wife to drive me to the gym.

I prayed once more over the task before me. I then made an agreement with my wife: if during the run on the treadmill I experienced severe pain or sensed any bleeding or rupture of the stitches, I would stop running immediately.

When we arrived at the gym I put a towel around my neck in order to avoid being conspicuous and walked slowly to the treadmill. At first I began walking on the treadmill but then gradually I began to run at the same 20-22 minute pace that I had practiced in the days before the surgery. I recall that my legs felt heavy and that it seemed like it took forever to get through the run, but I was able to finish about 1 1/2 miles without stopping and without experiencing severe pain or bleeding or problems with the stitches.

My wife promptly drove me home and I immediately said a prayer of thanks. I slept a long time that night and repeated the same running routine the next day and for the next 5 or 6 days at the gym. After about a week I was able to run very slowly outside, starting with 1 1/2 to 2 miles and gradually increasing the distance every few days afterwards.

I scheduled a postoperative appointment with my endocrinologist a couple of weeks following the surgery. Prior to the surgery, during an office visit with my endocrinologist, I mentioned to her that it was my habit to run every day. At the postoperative appointment I disclosed to her that I had run slowly the day after surgery and in the days following the surgery without any incident. She examined me and told me that notwithstanding my "ill advised running" my recovery from the surgery was proceeding well. I also saw my surgeon for a postoperative visit but, given his orders not to do physical exercise for three weeks following the surgery, I decided not to disclose that I had done so. After examining me, the surgeon confirmed that my recovery was going well and also gave me the good news that no cancer had been found in the postoperative biopsy. Since that time I have been seeing my primary care physician for Thyroid hormones and I continue to remain in contact with the surgeon and endocrinologist.

In summary, I was blessed to have been able to continue my running string after my surgery. It certainly was not easy. Many positive elements came together to make it possible, not the least of which were the skills of the surgeon, the support of my wife and family, and especially the divine assistance I received in answer to my prayers.



John Byrne with daughters Rachele and Melissa

It was Twenty Years Ago Today....

By: John Byrne

Well, actually it was twenty years on December 25, 2014 that I began this streak.

As I look back, the challenges were clearly outweighed by the scenic runs, the ability to enjoy international (14 countries) and domestic (37 states) running and the mission of figuring out when to run--after (or before) a trip-- and logging it all in.

When asked by non-streakers why we do this---there is probably no deep answer. Many of us simply enjoy or feel the need to exercise, so running 30, 60 minutes or longer just seems logical. The follow-up questions usually revolve around what happens if you are sick or how are your knees. Obviously I can't speak for others but running makes you forget if you don't feel well and, at least for me, is the best time to think and come up with creative ideas. My best blogs (a non-running blog dedicated to anti-money laundering) usually come after a nice long run.

Some highlights and favorite running places:

- Sydney, Australia around the Opera House and thru the city;
- Being told to run a different direction by police in Shanghai;
- In the pouring rain with my daughter in Hyde Park (London);
- Along Lake Michigan in Milwaukee, Wisconsin;
- 5am down 5th Avenue in NY to Central Park;
- On the beach on Hilton Head Island where we go several times a year;
- Too many 4am runs in my neighborhood before an early morning flight to somewhere.

Those of us fortunate enough to run everyday need to know we really don't do that alone. Friends, colleagues and family are flexible to honor our daily regimen and that is something we all tend to forget.

Some day the streak will end (and with gallows humor we all know "it is not going to end well") but no matter how long you have gone without missing a day, having a running streak will always be an important part of our lives and we should be proud of that accomplishment.

Keep on Streaking!

"To keep from decaying, to be a winner, the athlete must accept pain – not only accept it, but look for it, live with it, learn not to fear it."

- Dr. George Sheehan (1918-1993)

TRAVERSING THE TUNDRA FAMILY STYLE

By: Steve DeBoer

Over the years, many streak runners have been related, beginning with brothers Steve and Dave DeBoer, whose initial certified streaks began in 1971 and 1972. In the Winter 2015 issue of the Streak Registry, Jim Pearson listed some family combinations and the number of streak years they had combined that he was aware of. I list here a few more, though this list is not exhaustive. In categories with more than 3, I only list the top 3 except Father-Son and Husband-Wife, because there are so many more of them. On the brother-sister list, there is a plus after Paul and Sherry Case, since they have several running streak that have not been registered.

Father-Son

<u>Dec 2000</u>		<u>Dec 2014</u>	
J & J Roemer	44.9 yrs	J&J Roemer	72.4 yrs
W&S DeBoer	40.4 yrs	J&J Pearson	65.0 yrs
J&J Pearson	37.0 yrs	W&S DeBoer	55.5 yrs
J&J Wallace	21.8 yrs	J&H Pearson	50.0 yrs
W&D DeBoer	17.0 yrs	J&J Wallace	49.8 yrs

Father-Daughter

<u>Dec 2000</u>		<u>Dec 2014</u>	
None		J&P Pearson	47.6 yrs
None		J&S Kammerzell	36.5 yrs
None		W&H Nelson	18.1 yrs

Mother-Son

<u>Dec 2000</u>		<u>Dec 2014</u>	
None		V&Y Rust	13.7 yrs
None		N&T West	9.3 yrs
None		J&B Blaszyński	6.3 yrs

Mother-Daughter

<u>Dec 2000</u>		<u>Dec 2014</u>	
None		E&M Runnoe	12.0 yrs
None		S&Z Schultz	11.2 yrs
None		S&C Schultz	8.9 yrs

Husband-Wife

<u>Dec 2000</u>		<u>Dec 2014</u>	
J&M Roemer	28.7 yrs	J&M Roemer	42.2 yrs
None		D&T Slusser	40.1 yrs
None		J&K Wallace	37.4 yrs
None		J&D Shumway	29.5 yrs
None		P&C Lefferts	25.3 yrs

Brother-Brother

<u>Dec 2000</u>		<u>Dec 2014</u>	
F&M Winkels	37.4 yrs	S&D DeBoer	51.7 yrs
S&D DeBoer	35.6 yrs	F&M Winkels	48.4 yrs
J&D Pearson	33.9 yrs	J&D Pearson	47.9 yrs

Brother-Sister

<u>Dec 2000</u>		<u>Dec 2014</u>	
F&M Murolo	26.0 yrs	F&M Murolo	54.0 yrs
P&S Case	20.0+yrs	P&S Case	30.0+yrs
None		J&P Pearson	23.0 yrs

Sister-Sister

<u>Dec 2000</u>		<u>Dec 2014</u>	
None		Z&C Schultz	6.4 yrs
None		None	
None		None	

TRAVERSING THE TUNDRA IN GEORGIA, FLORIDA, ALABAMA, AND MISSISSIPPI By: Steve DeBoer

We Minnesotans love our winter climate. So it took a significant amount of arm twisting to get Gail and our two kids, Nate & Becca, to take a road trip to the Deep South after Christmas. ☺

As usually happens when traveling during what we fondly call the “No Road Construction” season, we drove the first few hours on snow-covered roads, it having snowed about 4 inches the previous night. My pre-departure run had resulted in 3 falls, as I chose not to wear my ice cleats (bad choice!). I did bring them along but am happy to report I never had to use them on the trip.

By central Iowa, the roads were clear, and our recently tuned-up 2005 Ford Focus wagon, displaying 200,000 miles on the odometer and sporting two new front tires traversed smoothly along to our first night’s destination in Paducah, KY. Next morning, I was able to run shirtless,

with Nate accompanying me the last two miles. We stopped for a few hours in Nashville, TN, before reaching our next stop, Calhoun, GA. On December 29th, I ran for the first time in Georgia, the 47th state I have traversed in that manner. After a late breakfast with friends in Marietta (I had not seen them since finishing grad school in 1986), we drove to Senoia, where we met fellow streak runner, Scott Ludwig. While Scott and I talked nonstop during a 3-mile jaunt together (he having just completed the Jacksonville Marathon the previous day), the rest of my family and his grandson toured the area where some of the Walking Dead TV series has been filmed. Then it was on to Macon for the night, followed by travel next day to St. Augustine, FL. I had run in Florida before, so my list of states held at 47, but I had a very pleasant run the morning of December 31st, before we headed for Miami.

Why Miami, you ask? Well, there is this guy who lives near the beach and traverses 8 miles of sandy beach tundra there and has been doing it for 40 years. Robert "Raven" Kraft has become a celebrity on that stretch of Miami Beach. He ran alone the first seven years after his initial New Year's Resolution to run daily for 365 days, but since 1982, he has had over 2250 people (on his ravenrun.net web site, I am listed as #2242) join him on his runs and swims (he used to swim in the ocean after each run and there were a few the two days I was there who did swim after the run). Even more amazing is that he records the name, birthdate and hometown of every person who has completed a run or swim with him and then gives them each a nickname. He has had runners join him from all 50 states and 81 countries with all birthdates covered as well, including February 29th. So when Mark Washburne asked if I would like to present a Runner of the Year plaque to Raven, I accepted the offer. As we got closer to Miami, I told my family some things I knew about Raven and played a CD of his music, which came from a book I got a few years ago, "The Lifeguard Murders," that features a character who runs every day on the beach, which is too weird to be based, even loosely, on a real person.

After checking into our motel, we headed for the beach. But the traffic slowed us down and we missed Raven speaking about the last day of his 40th year of daily runs. Fortunately, I asked someone where Raven was and she pointed south, where I saw a huge group running or jogging less than ½ mile away. She also had planned to run with him, so we took off and gradually closed the gap. As we talked (her nickname is Platano), I learned Raven had inspired her enough that she now had run over 200 days in a row and was planning to run a marathon in January. We caught up to the group of 150 people as Raven runs a comfortable 13-15 minutes per mile pace – the sand slows runners by 1-2 minutes per mile, depending on how soft it is. I was told later about 120 did the entire 8 miles, the second most ever, the most being when he completed his 100,000th mile on March 29, 2009, as ESPN was there to do a story and there was even a police escort for that run. His running routes both that day and the next did not go very far north because of the softer sand there, so we went back and forth a few times, everyone stopping to touch the southernmost point of the beach at the pier, a Raven tradition.

After the first pier-touching, the group headed north and I got close enough to hear the comments Raven was making about various individuals that were running that day. I then moved to about 15-20 feet away at his side. He looked over and recognized me (though it was the first time seeing each other live, he had seen my picture in the Streak Registry before). He proceeded to tell the group about me, including the fact this was the first time he had run with someone who had a longer running streak. He has run with 16 streak runners over the years (I was #15), but there were no others with him the two days I ran (David Biersmith was the first in 2004; all 4 Eshelman streakers have run with him; Eric Armel was #16, running with him a couple of weeks after me). Then he told everyone my nickname, Tundra Star (I had told him before that Star was my nickname in high school, when I was last man on the bench with the basketball team).

We talked some more and then he introduced me to White Lightning, who is in the process of writing about Raven. She spent the next few miles asking me questions about streak runners in general and me in particular. It was dark by the time the Run ended, and we all congratulated Raven on completing 40 years of traversing the beach tundra daily. He invited us back the next afternoon and mentioned that I would be making a presentation to him from the Streak Association. We made sure we left our motel 20 minutes earlier on January 1st, so that even with another traffic jam, we were at the 5th Street Lighthouse station at 4:20 (in the winter his runs begin about 4:30 PM; 5:30 in the summer). I introduced my family to him and he introduced his girlfriend, Miracle, to us. He says it is a miracle that she has stayed with him almost 20 years. The group of runners was smaller (30-40 by my estimate), and I presented Raven with the 2015 Runner of the Year award, which my wife videotaped on her cell phone. My presentation speech can be found elsewhere in this newsletter. A local TV station was also there, and they showed a one-minute clip on the news that night.

During my 2nd "Raven Run," I talked with several runners, including Close Call (he worked at the World Trade Center at the time of 9/11). Raven told stories of some interesting characters that have run with him, including a woman who claimed to be the most famous woman in Italy, having competed as Miss Italy, being an actress, and a TV personality. She also mentioned having relationships with several well-known people, including George Harrison and Eric Clapton. One guy mentioned not liking the song Eric wrote, "Tears in Heaven." She said it was about her son. Raven and others found it hard to believe, but one of them looked it up later on the internet, calling Raven to tell him what she had said was true, hence her name, TrueStory Lory. She has run with Raven 14 times and he just got a call that she would be in Miami in the near future and would like Raven to be in her new movie.

A couple running with us told Raven they had to drop out before the run ended, the woman mentioning she would be competing in the Miss Universe contest in a few weeks as Miss Bolivia, so we all wished her well. As darkness fell on the beach, everyone congratulated Raven on completing 40 years, wishing him success as he attempts to run every day again in 2015. As I said goodbye to him, he gave me one of his black sleeveless Raven Run shirts and a copy of a magazine whose cover showed runners on the beach and contained an article about Raven written by White Lightning. He invited me back for another run, and I reciprocated the offer for him to come run with me in Minnesota. Others suggested he could take a plane to Minnesota after finishing his run, arriving late at night. Then he could run with me in the morning and fly back to Miami in time for his next 4:30 or 5:30 beach run. Will it happen? Unlikely, since Raven has never flown in an airplane! But who knows? When he started his daily beach runs, his goal was every day for one year. No one imagined he would still be going after 40 years!

Postscript: We left the next day, and I traversed the tundra in both Alabama (#48) and Mississippi (#49) on January 3rd, the latter a 2-miler at a rest stop between heavy rain showers. I knew my vacation was over when I went out to run the morning of January 5th and the thermometer read Minus 10 degrees, necessitating 3 layers of clothing – another stretch of shirtless runs had come to an end!

**TRAVERSING THE TUNDRA OF NEWLY RETIRED AND
NEWLY DISCOVERED STREAKERS
By: Steve DeBoer**

From December 2013 to January 2015, the list of active streak runners in the US grew from 415 to 520, pretty amazing since we were at only 221 in January 2010. Susan Mindock was #221 at that time (her 6 year streak now ranks #228). The majority of those who register their streaks and end them have typically been tundra traversing daily for less than 5 years. However, during those 13 months, there were 19 newly registered who had already run for over 5 years and 27 who recorded retirements over 5 years.

In the last few years, there have been several runners with streaks over 30 years, who retired: Julie Maxwell (33) and Walt Byerly (36) in 2011; Gary Jones (39) and Ken Young (41) in 2012; Ron Jackson (34), John Morgan (34), Barry Abrahams (35) and Harvey Simon (34) in 2013. And of course, our previous #1 longest stalker, Mark Covert, retired at 45 years in July 2013. In 2014, the longest retired daily tundra traversers were Danny Sullivan (22), John Roemer III (23), Jack Johnson (24), William Terrell (28), Bob Kimball (32), and Rob Zarambo, who made it 38.1 years, 27 more days than Bob Ray, and now has the 4th longest retired streak after Mark, Ken and Gary.

Newly discovered daily runners included K Tucker Anders (22) William Shires (28), and John Tillman (32). Then there is Lois Bastien, of Pinellas Park, FL, who is now the oldest active stalker, at 78, whose 34 year running streak is longest among woman, ahead of Barbara Latta, who recently completed 31 years of daily runs. It had been over 5 years since we located a daily runner who began before 1978, but Richard Westbrook, of Jonesboro, GA, registered his streak of now 41 years, in November, becoming the 8th longest among active tundra traversers.

It should also be mentioned that our two oldest retired streak runners, Herb Fred (85) and Walt Byerly (84), are hoping to reach one year of new active streaks later this year, joining Wendell DeBoer as the only other who has been on the active list after reaching 84 (they are also the only 3 who have run daily after reaching age 80).

With 520 runners doing it daily, here is an update on which states have the most active and the highest rates per million residents. For the women's rates, WY, DC, VT and SD have only one woman running daily, but their rates are high because their populations are so small.

TOTAL		WOMEN	
CA – 45	MN – 6.59 per million	CA - 11	WY – 3.52 per million
MN – 35	VT – 4.76	PA – 10	DC – 1.62
PA – 32	WY – 3.52	TX - 9	VT – 1.59
TX – 29	DC – 3.24.	FL - 9	MN – 1.51
FL – 27	VA – 2.74	MN - 8	SD - 1.22

MN, VT, WY and DC are the only states to ever have more than 3 streak runners per million residents. The top five totals in January 2010 were MN (2.30), WY (1.88), MD (1.24), MA (1.23) and DE (1.15). WY is the first to have more than 2 women stalkers per million (as their second woman reached 1 year of her streak in November 2013).

THE 70,000 MILE CLUB

By: Steve DeBoer

A large number of streak runners (at least 109 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 2007-2014 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 (20,000 is used as estimate in listing his total mileage).

Don Ritchie, British ultra runner, who is not a streak runner, logged 208,100 miles from 1962 to 2011. With Darryl, Dallas and Don, there are 114 runners now mentioned, though only 109 are part of the "Club."

Name	Age	12/31/13 miles	12/31/14 miles	streak miles
Darryl Beardall	(78)	284,158	287,144**	
Herbert Fred	(85)	249,334	251,215	139,240
Dallas Robertson	(58)	215,154	222,464**	
Paul Ladniak	(68)	202,644	204,117	
Craig Davidson	(61)	195,740	198,900	196,487
Jon Sutherland	(64)	190,095	191,589	187,479
Don Slusser	(63)	188,566	189,446	175,258
Jim Pearson	(70)	168,262	169,579	159,579
Bruce Mortenson	(71)	166,582	168,685	
Roger Urbancsik	(57)	158,014	163,077	143,001
Ron Hill	(76)	158,668	160,000	134,573
Mark Covert	(64)	159,601	159,623	149,791
Reno Stirrat	(59)	147,388	150,831	
Bob Hensley	(60)	147,580	150,019	137,349
George Brown	(62)	146,679	149,679	142,163
Steve DeBoer	(60)	145,220	148,983	146,663
Steve Morrow	(51)	142,646	145,270	141,205
Stuart Calderwood	(56)	139,959	142,459	81,500
Ken Young	(73)	135,911	137,830	127,163
Scott Ludwig	(60)	133,423	137,276	137,036
Gary Jones	(62)	132,778	133,763	127,113
Barbara Elia (F)* +	(70)	127,650	131,665	
Bill Moreland	(68)	123,624	126,196	112,954
Jim Hage*	(56)	123,090	125,758	102,758
Craig Snapp	(64)	118,891	124,633	75,596
Bruce Dern*	(78)	123,700	124,100	
Jerry Caine	(64)	121,570	123,243	75,898

Joel Pasternack	(64)	121,413	123,203	20,659
Steve Kohorst*	(64)	120,630	123,130	
Robert Kraft	(64)	119,747	122,681	116,919
Bob Ray	(77)	122,000	122,000	100,000
Barry Abrahams	(63)	121,816	121,816	118,599
Timothy Masters	(64)	120,390	121,728	105,229
John Liepa	(69)	117,947	119,409	109,409
Larry Baldasari	(64)	117,677	118,794	87,229
Al Gilman	(68)	112,807	115,899	
Sherry Case (F)	(55)	112,069	115,344	11,086
Harvey Simon	(72)	113,611	113,611	109,611
Paul Case	(57)	109,540	112,880	15,662
Mike Holsteen	(66)	109,796	112,739	85,757
Kenneth Roth	(59)	110,100	111,100	89,800
Syl Pascale	(66)	109,438	109,438	
Ron Jackson	(69)	108,600	108,600	108,600
Steve Gathje	(59)	106,993	108,465	107,230
Alex Galbraith	(64)	104,416	107,109	97,120
Bill Shires	(50)	103,000	106,848	104,848
Amby Burfoot*	(68)	105,600	106,600	
Jim Behr	(67)	103,175	104,675	103,675
Michael Fanelli	(58)	101,822	103,518	8,852
Al Colonna	(71)	102,200	103,295	103,245
Bill Stark	(67)	101,000	103,000	93,000
Randy Wiinanan*	(59)	96,582	101,619	
William Benton	(65)	98,400	100,194	80,062
Matthew Mace	(54)	97,100	100,000	80,000
Homer Hastings	(71)	98,000	98,000	79,550
Bill Robertson	(62)	95,844	97,480	87,180
Dink Taylor*	(49)	93,911	96,333	
George Hancock	(61)	94,034	96,037	90,044
Bruce Sherman	(60)	92,500	95,000	92,000
Mark Courtney	(58)	92,000	93,800	90,500
Rick Rayman	(68)	92,000	93,500	
Thad Childs, Jr	(67)	91,683	93,481	92,733
Bob Aby	(69)	89,055	90,055	77,962
Norm Spitzig*	(64)	88,929	91,106	
Bill Leibfritz	(58)	88,539	90,993	82,184
Rick Porter	(61)	88,810	90,888	90,792
Terrell Worley	(55)	88,362	90,772	80,030
John Chandler	(59)	88,836	90,650	72,642
Tammy Slusser (F)	(49)	87,492	90,533	6,641
Ken Birse	(54)	88,850	89,850	57,910
Brad Kautz	(57)	86,877	89,327	17,879
Frank Russo*	(62)	87,779	89,279	
Lauren Estilow (F)	(54)	85,966	89,049	42,765
John King	(63)	86,315	88,703	88,703
Roger Nelson	(64)	86,335	88,281	80,857
Gary Rust	(68)	86,247	88,066	68,066
Mike Heller	(72)	85,775	87,618	67,183
Rich Holmes	(65)	83,435	87,453	
Brian Casey	(56)	85,675	87,215	87,215
Jim Bates	(58)	84,728	86,728	31,947
Tim Woodbridge	(57)	85,581	86,445	76,445
Bill Finkbeiner	(59)	84,614	86,441	85,441
Doug Holland	(53)	85,500	86,000	

Stephen Reed	(67)	83,500	85,000	78,000
Diana Nelson (F)	(68)	81,699	84,649	83,272
Brian Short	(64)	84,435	84,494	76,525
Fred Murolo	(58)	81,342	84,494	82,494
Rob Zarambo	(67)	82,847	83,101	74,181
Rick Kerr	(59)	79,476	81,739	49,130
Grant Woodman	(41)	78,505	81,458	58,124
Dave Melissas	(54)	78,278	79,399	62,950
Pat Foley	(66)	77,703	78,703	50,200
Ron Shealy	(68)	76,631	78,698	40,506
Jeff Gould	(50)	74,840	78,200	47,803
Dave Hamilton	(60)	76,815	78,097	71,097
Ward Crutcher	(75)	75,477	77,640	67,319
Norm Grimmett	(77)	77,068	77,468	55,933
John Watts	(59)	75,423	76,903	58,403
Grant McAllister	(51)	73,812	75,989	73,402
Rich Wright	(64)	73,900	75,017	49,700
Fred Winkel	(70)	75,000	75,000	72,000
Bill Etter	(72)	75,000	75,000	69,900
Joe Raffa	(64)	73,000	75,000	60,000
Woody Woodburn	(54)	70,422	74,433	37,529
Tom Allen	(62)	71,721	74,159	67,326
John Roemer, IV	(54)	70,640	72,512	69,572
Marty Winkel*	(70)	71,500	72,500	45,000
Tom Andrews*	(60)	71,500	72,500	
Charles Holmberg	(66)	70,754	72,470	72,470
Joe Hyder	(63)	72,000	72,000	71,000
George Church	(68)	69,086	70,917	45,341
Dave DeBoer	(58)	67,246	68,680	
Debbie Brassfield-Zoltie (F) (54)		65,034	67,231	45,231

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

** not streak runners.

*** Note from Rob: Ran only 254 miles in 2014. Ended over 38 year streak on 7/17/2014. No regrets enjoyed the journey. It was time both my miles and pace were awful. After over 400 races and over 83,000 miles my knees feel MUCH better that it ended. Took up cycling outside weather permitting and doing inside spin classes during the winter.

+ had run 494 ultras and marathons as of Feb 10, 2015.

Good Luck to all the current streakers

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.

“I have to give up so many things, make so many personal sacrifices to perform at my level, that I cannot even contemplate losing.”

- Sebastian Coe

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Judy Mick

JUDY MICK'S STREAK HITS 29 YEARS

November 20, 2014, marked the 29th anniversary of my running streak! My streak started on that day in 1985. Sometimes it's hard for me to believe that I'm that old – let alone have been running every day for that long! But, as I'm in my late 50's – I realized that I've been streaking over half my life! And, running for over 35.

I'm lucky to have a family that has always encouraged me in my running. Before my Dad died, I was in the ER with him late one night and it was getting to be about 11:30. He wanted to be sure that I had gotten my run in for that day – he didn't want me to break my streak!

And, my husband is absolutely the best! He understands my running and my streak - and doesn't say a word if I get up at 3 or 4 in the morning to get a run in before a long and busy day. He also is so supportive when I plan my little long week-end mini vacations for races. What makes it even more special is that he is not a runner and is that supportive.

Due to taking care of my Dad before he died and taking care of my Mom when she was going through some medical issues, the last few years saw my daily mileage drop. But, I was still out there every day. And, everyone knows that running helps you to cope with so many things. I still go to my Mom's house 2 or 3 nights a week to do chores for her – but, she likes to sleep in, so it's no problem getting a nice run in before doing things for her!

This year, I was able to start getting my mileage back up – even with working some 12-hour days at our restaurant. I just got up super early and then put in the time at work. What I was really happy about – was that I was able to do a marathon this fall. I've been able with everything to get a few half marathons in the last few years – but, I knew that I didn't have the time to commit to training for a marathon. So, I was really happy to get this marathon under my belt. It was the first one that I've been able to do in about 7 years! I'm getting back on track!

Once you've been running and streaking for this long – you really don't think about it anymore. It's just something that you do. You get up in the morning, lace up the shoes and head out the door.

Judy Mick
Roanoke, Virginia

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Mark Jasper

MARK JASPER'S STREAK HITS 5 YEARS

I've been enjoying a great year of running, the best part is staying injury free, with the normal soreness. I'm on pace for over 6000 miles this year. It's been a challenge not so much running the miles but finding the 2.5 hours everyday to run. Thankfully I have a good routine of morning running, I get up at 3:30 every morning to get my miles in (earlier if I have something going).

This year I did my first Boston Marathon. It was a wonderful experience, I wish all runners could experience that. I finished in the top 3 percent with a 2:51. The day before the Marathon I got to meet another streak runner Barry Sackett. We went on a run together and got almost 8 miles in. I hope as my streak continues I get to meet more streak runners from

around the country. I feel after 5 years, my journey has just begun! We are all on different stages of this journey TOGETHER!

Mark Jasper
Menominee, Michigan



Gordy Strickland

GORDY STRICKLAND JOINS USRSA

I came to running late. Didn't really get started until 1979 when I was in my early 30's. My high school in Cedar Rapids, IA didn't offer either track or cross-country and, by the time I was finished with college, running was the farthest thing from my mind. By then I had a family to raise and was beginning my career in the wood window industry.

Over the years I had jogged from time to time in an attempt to lose some weight, but never really stuck with it. My brother Bob, however, who's 3-1/2 years younger than me, started running in the mid-70's and had gotten pretty good at

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it. Being a "little bit" competitive, I decided if he could do it so could I. We raced for a couple of years before I could come close to him and then I held him off for a few more. He continues to inspire me with his ability to still run fast times while I just enjoy keep on running.

During my prime years, I ran some pretty decent times with 10ks in the low 35s, 5Ks in the 17-18 range and half-marathons in the low 1:20s (with a PR just over 1:21).

My first streak was unintentional. I was just enjoying running so much I couldn't see a reason not to run. It ran from 04/04/81 to 02/17/83 (580 days) and ended as the result of some overtraining issues.

Second streak started on 10/21/85 and ran to 01/30/90 (1563 days). That one ended a bit suddenly with emergency surgery to remove a blocked kidney stone. Started running again shortly after the surgery and went for 3+ weeks until I had more surgery to correct the cause of the stone and prevent reoccurrences.

I started my third streak on 03/16/90 and it ran until 10/18/2000 (3867 days). Basically in the middle of 2 nice streaks I lost about 14 days to recovery or I could have had 5467 consecutive days. My last significant streak ended the day following surgery to repair some knee damage from a worker's comp injury. It was one of those injuries that significantly impacted my ability to run competitively. I could still run (more or less), but not to the standards I wanted so I decided to end the streak so I could be competitive again.

After meeting Steve DeBoer and learning there was a group that actually tracked such streaks, I decided to start my 4th one last year on the 11th of November. In as much as my

Granddaughter Shannon has become an exceptional young runner, I hope I can inspire her to continue pursuing excellence by showing the determination to keep my current streak going.

I run almost exclusively outdoors. From the heat and humidity of Nebraska and southern Illinois summers to the brutal cold and biting winds of the upper Midwest winters (Iowa, Wisconsin and Minnesota) I would much rather be outside than in.

I'm as committed to running as is possible. It's not just a lifestyle, it's a major part of my life. My license plate reads "I RUN" and right below my pacemaker medic alert tattoo I have another that says "NOT RUNNING IS NOT AN OPTION !"

Hopefully the future will permit me to continue running every day. If not, I intend to run as often as possible for as long as possible.

Gordy Strickland
Rochester, Minnesota

CRAIG STROUD'S STREAK ENDS AFTER 2708 DAYS

I'm sending this to inform you that my running streak ended last Friday, November 14th, 2014. I always thought it would be a knee issue that would end the streak but it ended up being a compressed disc in the lower back causing intense sciatica pain down the left leg. I was able to work through it for a few runs but after my run on November 13th, my left calf cramped up and my entire left foot went numb. The leg felt even worse on Friday and I knew I had to stop the streak at 2708 days.

Craig Stroud
St. Charles, Missouri

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Michael Duffy

MICHAEL DUFFY'S STREAK HITS 2 YEARS

This past week [email sent on November 21, 2014] has been a difficult one to get through. Badly turned my ankle on a trail run and running after a minor medical procedure has made getting to 2 years all the more rewarding.

Michael Duffy
Ellicott City, Maryland

BARRY BRITTON'S STREAK REACHES 15 YEAR

My streak continues! 15 years is a goal I have been looking forward to. I plan to celebrate with dinner out this evening [26 November 2014].

Barry Britton
Roscoe, Illinois



Corinne Wright-MacLeod

CORINNE WRIGHT-MACLEOD JOINS USRSA

I am an attorney living in Minneapolis, Minnesota, where I enjoy running around the city lakes and along the Mississippi River. I grew up in South Portland, Maine where I was the slowest member of my middle school cross-country team. I gave up cross-country for soccer (where again I was the slowest kid on the team) and did not start running with any regularity until I was an adult in my late thirties.

Corinne Wright-MacLeod
Minneapolis, Minnesota

CHARLIE HART'S STREAK HITS 6 YEARS

My streak is still alive and well at 6 years. My only change from last year is that my profession has changed from recruiter to teacher.

Charlie Hart
Noblesville, Indiana

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Elaine Weigle

ELAINE WEIGLE'S STREAK HITS 2 YEARS

Celebrating my 2-year Streakaversary on 11/27/14 with 1516.37 miles (3011.95 total streak miles!)...4.15 miles per day...including 4 5Ks, 1 10K, 1 15K, 1 10 Miler, 15 Half Marathons (one being the Sloppy Cuckoo...a Half Marathon followed by a 10K followed by a 5K), a Duathlon (2 mile run/16 mile bike/4 mile run), and 4 Marathons.

I ran through freezing rain, snow storms, intense heat and humidity, in a trail marathon where it rained for the 1st 4 hours leaving inches of mud to trudge through, in costume as She-Ra, and one of the greatest honors...in the Marine Corps Marathon.

When I started this streak 2 years ago, I never imagined this day...I only started running every day to stay consistent.

In some ways this year was a lot harder than the 1st year as I battled sciatica and recurring pain in my right hip and leg and occasional weakness in my right leg. And I want to be honest, there were some days the F-word was flying right and left because I really did NOT want to run...mostly on those days when I wasn't able to run in the morning and had to run after work.

On those days, my commitment to my streak was the ONLY thing that got me running. And I also need to confess that each day I add to my streak adds a little stress that I will mess up my streak...even experiencing one night where I jumped out of bed from a deep sleep with a near panic attack because I had forgotten to run...until I remembered that I had run 8 miles in the morning!

Running...or streak running...is part of the fabric of my life now...and has introduced new challenges like qualifying for Half Fanatics and Marathon Maniacs...and has opened my life up to SO many great people so on this Thanksgiving streakaversary, I am thankful for a body that allows me to run...for the strength to just keep pushing through...and for all of the wonderful friends I have gained!

Elaine Weigle
Ewing, New Jersey

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Liz And Pete Gilman

PETE GILMAN'S STREAK ENDS AFTER 3,323 DAYS

December 11th was my last day running. Knee injuries have become too severe to continue. The MRI revealed three different injuries in my right knee. The cause of the other two issues is the most important.

I have a bowed right leg. This misalignment combined with high mileage has sped up the inevitable knee issue I am now left with. My meniscus is also damaged. I also have very little cartilage remaining on the medial side of my knee. I have no doubt the doctors will be able to repair my knee enough to walk normally again.

I considered attempting to run for a while longer, albeit just a mile. My daily life has now been affected. I will never be able to run the way I used to. Hopefully stopping daily running will allow me a few more pain free steps. Stopping was a tough decision. My wife Liz and I are running together in the picture. Liz is a current streaker.

Pete Gilman
Byron, Minnesota

LIZ GILMAN'S STREAK HITS 2 YEARS

My streak is still going strong. This is my first winter back in MN after 3 years in Arizona, so it's been a challenge to get good miles in with the early winter we're having, but I'm still out there every day. I frequently run with my 9-year streak husband, Pete, which makes it easier.

Liz Gilman
Byron, Minnesota

STEVE BICKFORD'S STREAK HITS 2 YEARS

The streak is going strong. I have set a goal of a minimum of a 5k/day as opposed to 1 mile. This has been working for me in 2014. I averaged 5.3 miles per day in 2014 and my miniature Schnauzer accompanied me on almost every run. She is such the ball of fire. Our 10k PR together is 46:20. She cannot stand to have anyone in front of her. I know my times will slow down but pray that my discipline does not. I am a follower of Ken Johnson, who is the father of streakers here in Huntsville. At 73, he still sets the bar.

Steve Bickford
Huntsville, Texas

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Heather & Dave Nelson

DAVE & HEATHER NELSON'S STREAKS HIT 8 YEARS

My daughter, Heather, and I have been “streaking” since December 15th, 2006. It was my 42nd birthday. Heather was 15. Today is my 50th birthday.

I had been running since I was a boy, when I ran with my dad. I actually had a 2-year running streak in High School. I didn't know anyone else who had a streak. I just decided that I wanted to run every day, and I would have kept going a lot longer if it hadn't been for a hospital visit that required an overnight stay. I have continued to run most days ever since. I ran because I loved to run, and would run periodic marathons and other races along the way to keep it interesting.

When Heather was 15 years old, I was recovering from Plantar Fasciitis following a trail 50K that I didn't properly recover from, and I was limping through short runs in the hot Houston summer evenings. She asked if she could join me. She was a High School cheerleader, and wanted to get in good shape. We started slowly and ran

together most days. Gradually my injury improved and Heather's conditioning improved. In December of that year, Heather and I ran a 5K in Willis, TX (north of Houston). After the race, we met Ken Johnson. He recognized the race shirt I was wearing from a half marathon that he had organized many years earlier. We struck up a conversation, and during that talk he told us about the US Running Streak Association. Heather and I were amazed to hear about his personal streaks and his stories of other streakers.

On the way home from that race, we decided that we would try to run together every day. The first year was the hardest. But we learned that, barring injury, a little creativity was the key to maintaining the streak. We have run during every hour of the day and night. We've run when sick. We've run in an airport. We've run in several countries. We've run on frozen roads at 9,000 feet, when it was 115 degrees, on a cruise ship, on the side of the highway on a long trip, and through minor and somewhat major injuries. The best part, though, were the conversations we had. You learn a lot about a person 2 hours into a long run. Special stuff for a father and a teenage daughter. After the first year, we never looked back.

During our first year, we trained for and then ran Heather's first marathon. She was 16. For her High School graduation (3 years into the streak), we ran a midnight marathon in Nevada. We've also run dozens of trail races, including a 50K, and just this weekend ran another marathon together to celebrate our 8th streak anniversary.

For four years of our streak, Heather was in college. She was able to maintain her streak, while experiencing college life – sorority, academics, social life. But she kept running. We got her a

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dog to keep her safe. Periodically, Heather and I would meet and run races – typically in the trails around Austin.

Heather graduated and has become an outstanding elementary school teacher. We've been fortunate that we have been able to run every morning at 5am before we go to work for the last two years. It has been a great time for us to talk and prepare for our day. Heather is now engaged, and she will be moving to Dallas and into the next phase of her life, but we plan to continue our streak, and meet for long runs and races, as we always have. More to come...

Dave Nelson
Houston, Texas

DUNCAN CAMERON'S STREAK HITS 9 YEARS

I started this year with a fractured middle toe and was able to run only one mile for a bit. My foot soon stopped hurting when I ran so, of course, I added on more mileage. Near the end of January, my yearly mileage was 86 miles. Exactly ten months later I hit 2100 in yearly mileage. I should end 2014 with about 2323 miles. I only ran 18 races so far this year, with one more on tap. I placed fourth in age in one race and second in another. The others were all age group wins. There was one 5K run where there was a start/finish line, but no clock or awards. The proceeds went to prostate cancer research and the guest of honor, a cancer survivor, was Bill Rodgers. I was able to have him sign my 100th Boston Marathon bib and to sit and talk to him for about an hour. What a super guy and a great running ambassador. I'm looking forward to reaching my tenth year of my running streak.

Duncan Cameron
Palm Harbor, Florida



Kim Howard

KIM HOWARD JOINS USRSA

I began running in 1995, and ran my first race in 1997. I run about 30-35 races over year, and 8-10 marathons per year. I was formerly the Arkansas RRCA State Rep from 2005-2008. I am President of the Melonvine Striders Running Club out of Hope, Arkansas. I compete in the Arkansas Grand Prix Series of Races. I usually can place in the Grand Master division. I have run Boston 3 times: 2004, 2005, and 2013. Memphis will be my next marathon. My PR is 3:14:27 back in 2005. I ran my last one in 3:44:44.

Kim Howard
Mineral Springs, Arkansas

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Nan Lujan

NAN LUJAN UPDATE

At the time of this update [16 December 2014] I am currently on day 1,080 of my running streak. I am currently at 1995.8 miles for the 2014 year and am well on my way to the 2014 I had set at the beginning of the year as my goal. In 2013, my goal was to run 13 miles by running twice a day on at least 30 days for at least 3 miles a run with at least four hours between runs. In 2015, I am planning to run a minimum of 15 miles at least 15 times throughout the year.

This year I only did that five times so it will be a good challenge going into the year and one that will take me the entire year to get through.

My favorite days of running this year were the ones during RunBuds where I serve as a group leader, the Massacre Marathon relay a group of us did in February, a couple point to pint runs ending in you guessed it, pints at Tyler's Taproom, the Merge 25k, back to back halves in April, my first marathon in May, meeting Meb, hosting a run club at Lululemon, the Spring Triple Crown series, Running of the Bulls (Durham Bulls) with my kids, seeing my kids do a

running program in Durham, the 26.2 for my birthday, the Carolina Godiva Track Club summer track series, fun runs at Bull City Running Company, the Tuna 200 Run relay from Raleigh to Atlantic Beach, going Across the Chesapeake Bay bridge, setting PRs in Norfolk for Harbor Lights, serving as a Girls on the Run coach, and a few holiday lights runs.

I love reading all of your updates, keep running!

Nan Lujan
Chapel Hill, North Carolina

JUSTIN MARTIN JOINS USRSA

Been running most of my adult life as I'm in the military and we're required to...haha As far as streaking, well that didn't come into play until May of 2012 when a friend of mine and former Marine invited me to join a group, 100 miles in 100 days...I needed to drop some poundage and was up for the challenge...Needless to say, 100 turned to 200, turned to 300 etc...next thing you know I hit a year and the thought of quitting made me sad...So, I've just kept going ever since...I've run sick, injured, after leaving the ER, the sides of dark highways, rest stops, truck stops, hotel parking lots, every southern state except Alabama, in the freezing cold, and summer swelter...My job is pretty sedentary so running keeps me active. Been married over 13 years and my wife and two boys are very supportive of the streak, which I'm grateful for. It's great to be a part of something bigger than me and the daily running community is some of the most passionate and supportive folks I know. I think that about sums it up. Streak on!

Justin Martin
San Diego, California

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Jay Eiteljorge

JAY EITELJORGE JOINS USRSA

I love basketball. I tried very hard to make the basketball team in high school. One thing I thought would help me to do that was to participate in the OPTIONAL workout program, which consisted mainly of running. We would run 2-3 miles every day after school under the leadership of a varsity basketball player. My school also held a walk-a-thon every year for the students to raise money for the school. Walking took too long, so I always ran it. Six miles, no training. Basketball tryouts for the season also started that day right after the walk-a-thon. I was always proud of myself for being one of the first few to be ready for tryouts. I never thought about running track or cross-country. I was too focused on basketball. That was over 20 years ago.

A friend of mine asked me to run the Indianapolis Mini Marathon in 1998. Ever since then I've run it every year (missing one year due to a water leak at home). I had no concept of training back then. It was just something to do, so I did it. Then I started running other

races of varying distances. I knew I could improve, so I actually started to train. At age 40, I have PR'ed 3 times in the half marathon and twice in 5k distances. I have run every Geist Half Marathon; this will be the 8th year.

I truly believe in streaking as a benefit. You just have to be careful and pay attention to your body. My fastest races are at age 40! Now, I am focused on the Dopey Challenge at Disney World in January 2015. Now that is an event perfectly designed for streakers and is a great physical and mental challenge!

Jay M. Eiteljorge
Fishers, Indiana

KENT SCHMITZ'S STREAK HITS 7 YEARS

Nothing new to report. Chugging along, 1-3 miles daily usually. Family is good, health is good, streak is good. Take care!

Kent Schmitz
Nauvoo, Illinois

PAUL KIRNER'S STREAK ENDS AFTER 6,920 DAYS

It is a sad day that I write to tell you my running streak ended at 6,920 days. On Dec. 10 at 9:00 a.m. I ran my last run and was in surgery at 1:30 p.m. having my gall bladder removed. I will restart my streak again in about 15 days. But for now, please retire me from the active members to the retired list of members.

Paul T. Kirner
Parma, Ohio

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John Faz

JOHN FAZ'S STREAK HITS 24 YEARS

I retired my full time position as a Police Officer. I did return as a part time officer available "on call" only. That made my work schedule very flexible and allows me to work off-duty, uniform, armed at local hospitals. I really enjoy this change.

Anyway, I recently paid a visit to my doctor asking if I had arthritis in my second toes as they are starting to bend up at the second joint. He said no, it was "hammer toe." He referred me to a podiatrist who said that it was caused by bunions on my big toes, which were forcing my big toes to curl inward forcing my second toe to push up. The only cure was to break the joints on the big toes and realign them. That would mean no running for 4 weeks. So my decision was common to streak runners, "no thank you." Easy decision for now as I don't have any pain so far. Maybe at some point in time that will change.

Looking forward to starting year 25 tomorrow and enjoying the weather while I can. Plan is to return to Lincoln, NE on the 2nd of Jan. Just got an idea, I'm going to check Facebook so to see if we have any Streak runners close by.

John Faz
Lincoln, Nebraska

DAVID SHANNON'S STREAK HITS 2 YEARS

On Christmas day today I hit my two year mark. The first year I set a minimum of one mile per day. I hit a 5.2 miles per day average for 1904 miles for that first year. In this second year, I upped it to a two mile per day minimum, and I hit a 5.8 miles per day average for 2134 miles for this second year. So my total streak miles are at 4038 so far.

I suspect my streaking has reduced the overall aches, pains and minor injuries too. Since my streak began, I've run races with greater frequency than prior to streaking. I've completed thirty-eight races over this two-year span. Included in this total were twelve races shorter than marathon distance, twenty-one marathons, three 50k's, one 50 miler and one 100k.

I'm also close to hitting another goal. I ran the St. Jude Memphis Marathon in early December of 2014. This was the forty-ninth state in which I've completed a marathon or longer race, so I've just one left to go.

I head for Maui in January to put the icing (or maybe lava) on the cake to run my fiftieth state marathon. Looking ahead I see no reason to quit streaking. I plan to continue to race, but hope to run more local races.

I'd like to complete a 100-mile race in the not too distant future or maybe run an international marathon on my way to hitting 100 total marathon or longer races (only 18 more to go as of this writing).

The best thing about this past year was that I became a grandfather.

David Shannon
Shoreview, Minnesota

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Neil Borchers

NEIL BORCHERS JOINS USRSA

Hi, my name is Neil Borchers and have recently become a USRSA member by completing my 1-year running streak. I began running in high school and ran off and on for a few years after graduation. In 2008, I made a New Year's Resolution to run a half-marathon and have been hooked ever since. Throughout the years I have run many 5Ks and 10Ks, a few half-marathons, and completed nine marathons.

I began my running streak on Thanksgiving Day, 2013, as a part of the *Runner's World* Challenge to run until the New Year. I researched running streaks and figured I might as well keep going. And here I am!

I average about three miles per day and am not picky about where I get my run in. I'll run inside on the treadmill, hit the trails, or run around town. My two favorite places to run are Lake Loramie State Park, which is near the small town

of Fort Loramie, Ohio, where I live. Another favorite place is wherever I am when I'm on vacation. Running on vacation always feels so good and gets me out and about to see fun or interesting things I may not have seen otherwise. I typically run by myself, but do enjoy the company of my wife, Kaye, who has been super supportive of my streaking!

I love to run because of how great it makes me feel; it always seems to put me in a better mood. I feel accomplished after every single run and less guilty about eating whatever I want. I feel the best I ever have and credit a lot of that to running... everyday! Streak on!

Neil Borchers
Fort Loramie, Ohio

TIM BEAGEN ENDS STREAK "ON MY OWN TERMS" AFTER 1,280 DAYS

I'm officially retiring my running streak today (12/2/14). I ran 1,280 straight days of running 3.5 miles or more. An enjoyable experience that started with a goal to run 30 days in a row back on June 1st 2011 and somehow just kept going. The streak included many cold Chicago mornings, a couple of marathons, the birth of our 2nd son and a lot of patience from Courtney Beagen (thank you!). The daily hurdles are what made the streak a fun hobby and a powerful motivator. I'm proud to say I'm ending it on my terms and simply because it is time for a change and perhaps other challenges. Thank you streakers----you all are an inspiration. I pass the torch to my sister Molly McManus who is working toward 1 year.

Tim Beagen
Wilmette, Illinois

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Chris Pilotti

CHRIS PILOTTI'S STREAK HITS 3 YEARS

To say this group is an inspiration to me would be an incredible understatement. I had a very uneventful 5 miler at 6am this morning, 26 degrees and a light dusting of snow in upstate NY with a close friend, to complete 3 years.

I remember 3 years ago today a fellow member of our Triple Cities Runners Club committed to a Facebook group who would run every day for the month of January 2012. Having never streaked before, and knowing my worst runs invariably followed any occasion of missing 2 days in a row, I thought perhaps my best runs will come from missing no days. No time like the present, my streak started the next day, 12/31/11.

My intentions were for that month of January like the rest in that Facebook group, but I kept on streaking. With my 3-year anniversary upon me, my

girlfriend insists I reward myself with a USRSA shirt and I agree.

Racing this year was a tale of two cities with several very good races and a couple not so good. My Triple Cities Runner's Club has an annual Grand Prix in which completion of at least 5 of any of the club's Grand Prix races and at least one volunteer duty at another race qualifies you for the Grand Prix championship, points assigned by finishing time of your best 5 races. This year my Grand Prix races were uniquely all different distances, in chronological order: 10K, 15K, half marathon, 5K and 5 miler. I finished in 2nd place in the Veteran's (50+) division for the Grand Prix championship.

Other highlights of my year include my 8th consecutive Boilermaker 15K in Utica, NY, quite possibly the finest 15K race in the country and my favorite event, in part due to a great post race party with free, ice cold Saranac beer (OK, that's a big part!). For the past 2 years since they started charity bibs I've been privileged to run the Boilermaker on behalf of the Make-A-Wish Foundation and raise money toward granting Wishes for children with life-threatening illnesses. I don't mind mentioning here that my girlfriend, Catherine Farrell, won her age group at this year's Boilermaker among 388 women in that group (12,000 total finishers) and started her own streak around that time. Still intact today, she hopes to register her streak next summer.

A new half marathon for me this year was the gorgeous Palio in Saratoga Springs, NY, highly recommended to any who enjoy a scenic run in a beautiful city.

My most important goals for 2015 are my first Cooper Bridge Run 10K in Charleston, SC; a BQ marathon sub

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3:30; Boilermaker #9; and to complete year 4 of streaking. In addition to all the inspiration this group provides me, I also get a little bit more by looking up www.runeveryday.com to find that my fellow runners who share my streak date with me are still there: Chip Akers, Robyn Clevenger and Michael Kaag.

Happy Streaking!

Chris Pilotti
Vestal, New York



Benjamin Kimball

BENJAMIN KIMBALL JOINS USRSA

I started running in May of 2011 after watching my daughter and wife run many races, and I wanted to be part of their fun. I used the Couch to 5K program to start, and I ran my first race at the end of June. I was then hooked on running. Since then, I have run many different race lengths, and in 2014, I ran 3 half marathons in 3 different states (ND, MN, and OR). I plan on running a half-marathon in each of the 50 states and District of Columbia.

On January 6th, 2013, I started to run every day. However, it was on November 4th of 2013 that I maintained a minimum of 1 mile each day. I have been fortunate to avoid any injury and have been quite healthy during the streak. Streaking has become such a part of my life that I cannot imagine not running every day.

Benjamin Kimball
Portland, Oregon

KIP WILLIAMSON'S STREAK HITS 26 YEARS

My streak is still going. This year was fairly uneventful.

Some info about me:

Married 28 years.

Father of 3, Daughter-24, Son-23, Son-22.

Reason for Streak = New Years Resolution to run everyday in 1989 and never stopped.

I have 2 Rules, 1. Minimum of 3 miles each run & 2. No excuses.

Interesting fact = Every run has been outside (quite an accomplishment because I live in Massachusetts).

I rotate 5 - 7 pairs of running shoes (try to avoid wearing any pair more than 3 consecutive days).

Keep on running.

Kip Williamson
Saugus, Massachusetts

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Matt Henslee

MATT HENSLEE'S STREAK HITS 2 YEARS

It's hard to believe that what started with a simple shake out run before back to back marathons on New Years Eve and New Years Day will ultimately continue the same...with another shake out run before back to back marathons on New Years Eve and New Years Day. I am a creature of habit, I guess!

In addition to running, I also eat a waffle each day. Although I have gotten lazy over the course of nearly 700 waffles (using pre-made mixes), it started with my own mix that contained the proper ratio of carbs and protein to fuel or recover from my workouts. However, for Christmas my wife gave me three packages of "FlapJacked," a protein-infused mix for pancakes, which will work just fine in the wafflemaker!

Anyhow, over the course of these two years, I have run 5,200 miles, with well over 1,150 miles coming from races ranging from 5Ks to Half Ironmans to my first attempt at a 100 miler. I ran 6 marathons and 4 ultra marathons over the course of my first year of the running streak and have run 9 marathons and 9

ultra marathons over the course of this second year.

As I shared in my welcome write-up, we are foster parents and the arrival of three, their departure, and the arrival of four sisters we call princesses certainly pushed running down on the priority list, but I have still managed to keep it balanced and moving forward. Therefore, I enter the third year thankful and ready to continue to learn how to juggle life, Seminary, work, and hobbies in a way that will encourage others and better myself and my wonderful family.

Matt Henslee
Grand Prairie, Texas

STEVEN COX'S RUNNING STREAK HITS 2 YEARS

As a neophyte, it is probably better for me to just run my legs and not my mouth. My next big milestone is the 1,000 day mark which will (hopefully) be in mid-September. After a mere two (2) years, I stand (run) in awe of everyone on this list: current, retired, 1-year, or 50-years!

Steven Cox
Southlake, Texas

DONNA PERTEL'S STREAK ENDS AFTER 577 DAYS DUE TO FOOD POISONING

I am writing to let you know that the last day of my streak was December 31, 2014. Unfortunately food poisoning got the better of me during a trip to Barcelona on Jan 1. I am back home and have started running again.

Donna Pertel
Brookline, Massachusetts

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Augusta and Chris Kirk

AUGUSTA KIRK JOINS USRSA

I have two people to thank for taking on the challenge of becoming a streak runner.

The first person is my husband Chris. He was the first person that encouraged me to start running. Chris is a marathon runner and thought I would feel better if I incorporated running into my workout routine. With dread over 18 years ago, I hopped on the treadmill and promised myself that I would run for 1 minute and walk a minute. A month later I was running a mile without stopping. Since then I have regularly incorporated running into my regular workout routine.

My decision to start streak running and the second person I need to thank is Brian P. Short (#26 and #313 on the retired USRSA list). He is the President & CEO of the company I work for. While

waiting to meet with him I found myself paging through the Streak Registry that was on the conference table. I had yet to come up with the company wellness program for 2014 and decided I would encourage employees to run or walk at least one mile every day based on Brian P. Short's example (and everyone else listed in the registry). Even though employees could walk a mile, I made the decision that I would run a mile every day with day one beginning on Christmas Day 2013.

Highlights during my first year of streak running include participating in Ragnar, making my husband watch our luggage as I ran at LAX airport and running into a bear cub while visiting my mother in northern Wisconsin.

As funny as it sounds, I have never considered myself a runner. Maybe it is my self-doubt that my average distance is not far enough (1.87 miles a day), my speed is slow (10 minute miles) and the fact that my furthest race is a ½ marathon. But it is time to admit it and change my mantra. I AM A RUNNER. I have run every day since 12/15/13 and have no plans of stopping.

Augusta Kirk
Prior Lake, Minnesota

JON SUTHERLAND ENDS 2014 WITH OVER 191,000 LIFETIME MILES RUN

I finished 2014 with 1494 miles (my first year under 2000 miles per year-ending that streak at 46 years). My streak mileage is 187,479 miles and lifetime mileage 191,589 on 12/31/2014. I'm digging all the Ron Hill press!

Jon Sutherland
West Hills, California

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Tom Barry (right) with friend Fred Galluzzo at college reunion.

TOM BARRY JOINS USRSA

I've run most of my life. In high school, I ran track (half-mile mostly, but also some sprints) and played football (small defensive back). Luckily for me, I attended a small school in an Iowa farming community and was able to play varsity athletics. (Calling all warm bodies!)

Senior year, the two-mile relay team I ran on finished second in the state, which was the high point of my athletic career. Mom noticed but few others did.

I ran steadily into my mid-40s, usually three or four times a week. I also played a lot of soccer and slow-pitch softball in various recreation leagues. If Sports Illustrated ever called, they didn't leave a message.

But as I aged, the impulse to run got weaker and weaker, as I guess it does with most runners. So as I stumbled toward my late 40s, I decided to "force" myself to run regularly by starting a daily streak, which began on April 30, 1997. Not even Mom noticed.

Most days I run three miles, with the occasional four- or five-mile jaunt thrown in, as well as the rare two-mile trek. Even now, at age 64, I enjoy it once the joints warm up, and even though I don't have some of the gears I used to deploy (with not-always-devastating results). In fact, you could call what remains Gear 1.0 and Gear 1.5.

Most folks around here probably think I'm nuts, and who am I to argue? But I prefer to think of myself as the Forrest Gump of Decatur, Ga., although I see a fellow Decaturite on your list has a 37-year streak ongoing. Hat's off to him. Maybe just call me Forrest Lite.

I used to run one or two 5K road races a year, but don't so much anymore. I'm a retired journalist (newspapers and magazines, many obscure), and my day typically starts with a three-mile run followed by lifting weights at the gym. I also usually play nine holes of golf in the afternoon.

I walk. Where I hit 'em, it's a lot of exercise.

Tom Barry
Decatur, Georgia

WARD CRUTCHER'S STREAK HITS 34 YEARS

I have nothing to write about other than my streak is still on going. Happy Trails.

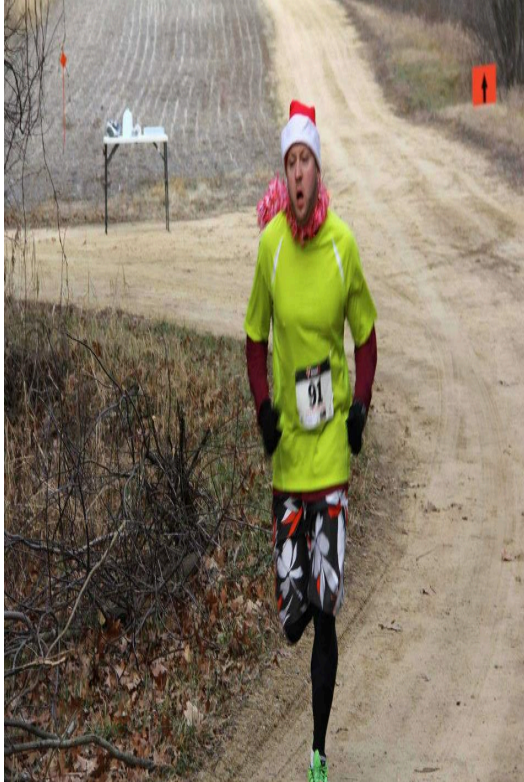
Ward Crutcher
Muncie, Indiana

RALPH MCKINNEY'S STREAK HITS 29 YEARS

I'm still going strong, The streak is still active. Happy New Year!

Ralph McKinney
Wilmington, Delaware

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Vern Weisensel

VERN WEISENSEL JOINS USRSA

In high school I ran a lot. Varsity Cross Country, Varsity Track, running solo during the offseason; but I never identified as a runner. All my runs were just training for competition. Eventually college happened, then full time work happened, and running most definitely did not happen. By the time I was 28, I was drinking too much, eating a terrible diet, watching about 4-6 hours of television a day, and well on my way to becoming overweight. I needed to change myself, and I felt that running was the way to do it.

I decided my first 5k as an adult would be the 2009 Turkey Trot in LaCrosse, WI, where I live. After a summer of training, I ended a ten-year streak of sedentary living and crossed the finish line, without ever walking (a first for me),

in 29:30. The thrill of the finishing sprint, the feel of the ground under my feet, all worked to rekindle the love of competition. I kept doing 5k's, and after a significant life change left me wondering what to do with myself, long runs became my time to straighten out my head. Soon I was running 6-7 miles a day, and a friend suggested I run a Half Marathon.

Training for that Half, and the solace I found in those long runs, started the runner lifestyle I currently enjoy. I now run daily; as a stress reliever, as time to myself, or as time to be with friends. Many runs are training runs; as of 12-31-14 I've run 29 half marathons, 4 marathons (am registered for January 2015 Rock and Roll New Orleans), and two 50ks. Most runs, however, are simply for the joy of running. Streaking is a way to do what I enjoy, stay motivated for the training runs, and of course, I love the bragging rights and the looks on friends faces when they say "You've been running *how long?!?*"

Vern Weisensel, Jr.
Onalaska, Wisconsin

CHUCK FOX'S STREAK HITS 8 YEARS

Yep I'm still at it. Luckily except for a couple of times with a bad back and once with the flu, I have been relatively healthy and injury free.

This year has been a bit slack with an average of 2.3 per day. For next year (2015) my brother and my 78-year old father are going to do the 2,015 miles in 2015 race. This should bump my mileage and motivation up.

Chuck Fox
Portland, Oregon

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Ryan Fletcher

RYAN FLETCHER'S STREAK HITS 4 YEARS

The streak continues. This has been an eventful year. My 11 year old son ran his first Half Marathon in April. My son and I trained together for 3 months leading up to the race. We ran the Kentucky Derby Festival Half Marathon together. We finished in 1:51:03.

In August, I ran and completed the Burning River 100. It was an amazing experience. I was fortunate enough to talk to quite a few fellow runners and hear their stories. I met some wonderful people manning the aid stations. The weather was almost perfect the entire race. It started to rain the last couple miles, but I was having too much fun to notice. The Cuyahoga Valley National Park has some beautiful scenery. It was a great experience and a lot of fun. I finished in 28:01:23 in 82nd place. My

Streak miles in the days following were slow and I was a bit sore, however, I got them done.

I ran the Inaugural Holland - Haven Marathon in Holland, Michigan in September. It was a small but fun race. The start line was a ¼ -mile from a church that let the runners wait inside. That meant there was real and clean bathrooms (we all know how important that is) and comfortable chairs to sit in while we waited for the start. The race itself ran mostly on a paved bike path that was mostly flat. The last mile and a half was run along the shores of Lake Michigan with some beautiful views of the boats and the lighthouse. I didn't finish as fast as I had hoped. I think I was still somewhat recovering from the 100-miler. My time was 3:49:59.

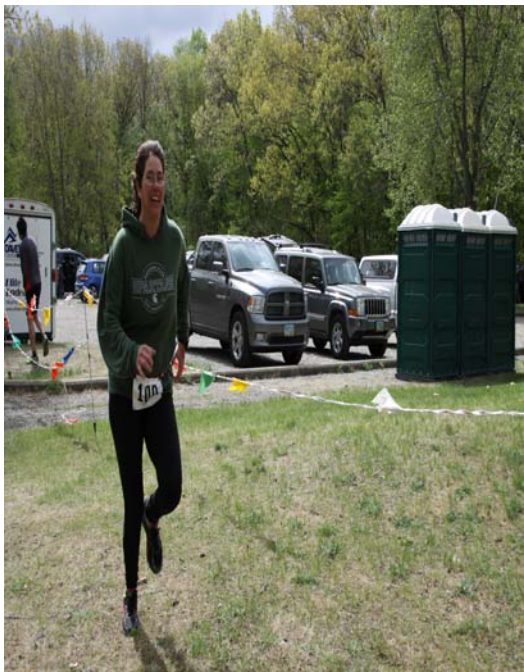
In October I was part of a 12-person team that ran in the Bourbon Chase. It is a 200-mile relay along the Bourbon Trail in Kentucky. It was cold and raining most of the race. I ran the longest and most difficult of the legs. I was in good condition and I ran well. I was fortunate enough to see a lot of friends that were running on other teams. Some I had not seen in a while and we were able to catch up.

One of the great things about the running community is when you meet new people you automatically have something in common. Almost everyone is friendly and helpful. You may only see each other at races or group training runs but you are still friends and you greet each other with a warm handshake and, more often than not, a hug. There is a sense of belonging and a real sense of community.

To all my fellow Streakers: Streak on!
Be happy and be safe. God Bless.

Ryan Fletcher
Georgetown, Indiana

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Christine Lousias

CHRISTINE LOUSIAS' STREAK HITS 2 YEARS

Well, I made it to two years. I'm not sure why I didn't think I would because I'm not a quitter, but I did have a couple of close calls this year.

One was a back injury, which is mundane because my back has hurt since 1978. I highly recommend physical therapy. I was forced to do that this time and now my back feels brand new. Everyone thought I was nuts for running through with back pain, but the truth of the matter was it hurt less when I was running and more when I wasn't moving, so I ran.

The more almost-debilitating incident happened in September. It happened like this: I came home late from work because I had an out-of-town meeting. It was a new moon and about 9:00 p.m. I, of course, needed to get my run in but for my life I could not find my headlamp. No worries, I live in a very rural area and there are places I can run without traffic.

I chose the "cemetery road" (which is gravel) because I am familiar with it and thought it wouldn't be a problem in pitch blackness.

There is an interesting phenomenon running in the darkest of dark...it feels like your body is moving but you aren't going anywhere. Maybe that's why dreams seem so surreal...anyway, so I am just about through with my run and of course I have my Golden Retriever and my Yellow Lab with me (always!). The golden was on my right side keeping up while he was tracking the scents. Something spooked him and he did a sidestep so fast into me that he took me out at the knees like a football tackle.

I went flying straight up into the air about four feet (picture me in a running position floating parallel to the ground). SLAM! Down I came landing in a fetal position on my right side. (Any math wizards out there? $185 \text{ pound broad, four feet from the ground plus the force of gravity equals YIKES!}$) I landed and it took my breath away. I was coherent enough to notice it started raining. I thought to myself, "How funny is that? It had to start raining right this minute and I can't breathe." It seemed a while before I could breathe without gasping but that was probably just my imagination.

My next concern was my right hip, which I had dislocated in 1986 due to an ATV accident. There was excruciating pain and I thought, "oh, boy, I'm done, crippled for life no doubt." As I was still gasping for breath, I slowly, tried to move. "Yep, okay I'm moving," but then I felt my right elbow, which was also throbbing. Wetness...blood...I could tell. (Rats, first time I wore my new long sleeved tech shirt and wouldn't you know it, ripped a hole in it complete with gravel embedded into my elbow!) So I slowly got up to test the waters so to

MEMBER UPDATES – SPRING 2015

speak. I had ambulatory abilities so I finished my run (for the record, the incident happened at mile 1.8). I felt beat up and decided that football players are weirdos for taking that sort of hit every day of their training and season. Why? Why would you do that is my question?

Because I could still function in a manner that could pass as walking, what kept me streaking was the fact that every time I read those quarterly magazines I saw the streak lengths and the trials that a lot of people overcome and I told myself..."you ain't dead yet missy, so get your shoes on and go." And I did and I am fine.

The month of December has been record paces for me. I'm not a fast runner but lately I've been 45-60 seconds at a better pace than what is typical for me. The only thing that is not right concerning the "incident" is that my elbow is still in constant pain...but I don't need my elbow to run so it is a non-issue at the moment.

This past streak year highlights were: The coldest I ran in was -36 degree windchill (January). I only did one Half Marathon, a Sprint Triathlon and a Mudderella obstacle course thingy.

Nothing major, but I was busy with work and that trumps my life. I have a Half Marathon scheduled for this coming May and I'm considering a June one also. I'll see what's coming up. Maybe I'll add more just to mix it up a bit.

Year three...I'm going for it. The next goal is to make it to the five year tier, of course!

May the wind be at your back.

Christine Lousias
Herreid, South Dakota



John Danielson

JOHN DANIELSON EXTENDS STREAK TO 6 YEARS OUTSIDE

2014 just flew by. Weather was the big story here in Wisconsin. I ran in temperatures from -14 to 76 degrees, with 14 days of runs below zero. Ran in 5 States, with 2 runs with the Major and Marathoner in Cincinnati's humidity in July and a nice December Lakefront run with the President of Marquette. Took the Streak for the 1st time out of the Country, to Italy in March, ran through the Streets of Parma and Rome. I also witnessed part of the Rome Marathon as they ran past the Vatican and On March 25th, I ran on 2 Continents. Good Luck to all the Steak Runners in 2015!

John Danielson
Wauwatosa, Wisconsin

BRIAN MCALLISTER ENDS STREAK AFTER 1090 DAYS

I ended my streak on Christmas day 12/25 for a total of 1090 consecutive days. Please move me to the retired streak list.

Brian McAllister
Chandler, Arizona

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Scott Hendren

SCOTT HENDREN'S STREAK REACHES 7 YEARS

On December 31, 2014, I finished year 7 of my streak. It's an accomplishment I proudly share with several others on the active list who share my "streakiversary." But while I have managed to run at least one continuous mile every day, it has been a challenging year, to say the least.

My family has experienced more than its share of tragedy and hardship this year and there have been many days where even sneaking away for the minimum 1 mile has left me feeling a bit selfish. Thankfully, I have a very supporting family that understands or at least accepts how important it is for me to keep the streak alive for as long as I am reasonably able to do it. Even after seven years, I still struggle with bouts of laziness that would turn a missed day into a missed month if I let it, so I am forever grateful for such an understanding and supportive family.

The highlight of my running year was meeting Meb Keflezighi after the Bix7 race in Davenport, IA in July. He is a great ambassador for our sport. The

other highlight of my running year has been witnessing the ever-growing interest in running, including streak-running, through supportive on-line communities like the USRSA's Facebook group, RunJunkEes Run Club, and others.

It is great to see so many people falling in love with our sport and I am proud of how supportive most of the comments from seasoned veterans are. God willing, I will keep this streak going at least another year and into the foreseeable future. There will come a day when I can't do this anymore...but not today.

Scott Hendren
St. Joseph, Illinois



Nan Lujan

NAN LUJAN'S STREAK HITS 3 YEARS

My third year of my running streak is complete. In my third year of running everyday, I racked up 2068.86 miles for a grand total of 5389.13 for all three. Woot!

Nan Lujan
Chapel Hill, North Carolina

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Erica Gorman

ERICA GORMAN'S STREAK HITS 3 YEARS

I was inspired to start my running streak by Shelly Cable, and she is still going strong and I never want to catch up to her! I will never forget that she is the one who got me to consider running every day. She was a mom and making it happen so I figured, why couldn't I? My initial goal was to run every day in 2012. I started on December 30, 2011 and I am still loving my daily runs.

There is something about running every day that makes you stronger. In 2013 I was racing and PR'ing at every single event. I was running on a very happy runner's high. In 2014, my goals were getting higher and I was falling short. It was a year of reflection and discovery.

Ironically, my power word for 2014 was FAITH and I found myself falling back on FAITH so many times but ironically, my goal to have more FAITH in my running developed into me having more FAITH spiritually. I know running daily is a gift from God and I was inspired by another stalker, Michael Scott, to sign up for a buddy through IR4 (I Run for Michael). I signed up in April and four months later I was matched with my buddy - Toby and he has Down syndrome. Running had deeper meaning to me now. For years I have stated I run because it is what my spirit is meant to do. Today this has deeper meaning.

The clock at the end of the race doesn't matter so much anymore. Yes, I still crave to break a 4-hour marathon. Currently my PR is 4:10:18 but if that does or doesn't happen is not what matters the most. I am honored and blessed to run for Toby and Down syndrome awareness. I am blessed to run every day and to spend much of that time reflecting on my spiritual growth. I am blessed to be part of an awesome community of runners who understand why I must lace up and run every single day. I am blessed my six year old daughter gets it...well, she at least understands that I can get a wee bit grumpy if I haven't had my daily run yet.

Running relaxes me and lets me unwind from the stresses of a full-time job, blog writing, social media posting (for my personal blog and full-time job), being a mom, daughter, sister, wife, coach. Running is my time to recharge my battery.

My only sadness is that so many of my miles are logged on a treadmill out of necessity of either when I am running (super dark) or that I am running and being Mommy at the same time. However, my best run stories always involve my darling daughter.

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Just the other day we had no power, roads were closed, so we had to head outside for me to run my mile. I was just going to loop around the house while she played inside but my daughter decided to join me - in jammies, a robe, and slippers by the way. She was in too much of a hurry and too excited to get into running gear. I started the house loops but our lot is super small. I ended adding in some up and down the road segments that kept her in sight. (Please note, we live off a busy, curvy road that is not conducive to taking a child on the road with you as many times, I have to dodge out of the way of a car.) It was the best run ever! I ran a very slow 1.11 miles but frankly, time didn't matter nor did it matter I had planned to run longer that day. I got my daily mile in and I did it with my darling daughter!

Today is day 1,104 of my running streak. It is January 6, 2015 and I haven't run yet...but I will. In fact, I am in my running gear waiting for the sun to come up. Today I am treating myself to a "coffee break" run at work.

Happy Running and God Bless!

Erica Gorman
Kula, Hawaii

BEN FREED'S STREAK HITS 35 YEARS

As of today, 1/3/15, my running streak continues. On 12/11/14 I completed my 35th consecutive year of running.

Here is a little history. I didn't start running at all until my 31st birthday (April 1978). What inspired me was a movie I watched on TV, starring Joanne Woodward, Paul Neuman's widow, an out of shape single mom from Boston, who trained for and ran the Boston marathon. I thought if she could run 26.2 miles, I should be able to run a mile,

which I did. I began keeping a running log on 6/18/78, when I ran 21 laps around a track in 41 minutes and 15 seconds. Over the next 15 months I would run a few days in a row and take off a few days, until gradually stung together 131 days in a row before missing a day on 9/28/79. From that day until I started my current streak on 12/12/79 I only had run 9 days.

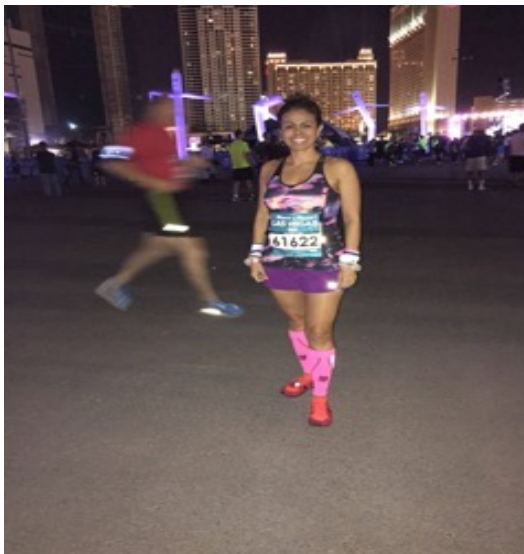
The streak almost came to a screeching halt on 6/14/14, Flag Day. I had just finished a 5 mile run about 30 yards from my house. As I started walking home I passed out. I woke up on the side of the road, blood dripping from my face, legs, and mouth, a few chipped teeth, and a very sore jaw. My wife drove me to the Emergency Room at our local hospital, where a CT scan indicated a fractured jaw, and a blood test and very low heart rate indicated a heart attack. I was life flighted by helicopter to a hospital in Pittsburgh. After stitching up my chin, I was wheeled to the CCU, critical cardiac unit. Luckily further blood tests and an echocardiogram indicated I did NOT have a heart attack. I stayed over night at the hospital, and prior to my release the next day one of my doctors (a runner himself) allowed me to run (it was more like a shuffle) around the halls of the CCU. My daughter ran with me, and her iPhone tracked us at 1.02 miles at a 22 minute/ mile pace. Prior to that day I had never run less than 30 minutes (at least 3 miles). As a side note, it turned out that run was the start of my daughter's streak (over 6 months now and counting).

Back in August 2008 I partially tore my Achilles' tendon. I continued to run but slowed down my pace and running time (30-40 minutes per day) for about 8 months. The only other time I ran less than 40 minutes a day was at the start of my streak.

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Let me end with just a few other comments. I have run more than 2,000 miles a year in 31 of the 35 years of the streak, probably around 72,000 miles. Racing has never been my thing, in the past 35 years I have only run 24 races (one half marathon, eighteen 10Ks, and five 5Ks). When people ask me why I run I say so I can have seconds and even thirds on dessert.

Ben Freed
Clarion, Pennsylvania



Sylvia Russell

SYLVIA RUSSELL JOINS USRSA

I started running back when I was in junior high school where I joined track and cross country. In my early 20's I ran at least 3 to 5 times a week mainly for fitness. I also ran many 5k's over the years to benefit a cause.

As far back as I can remember I have always loved running and have never really stopped for long periods of time. However, about 7 years ago I started working from home full time and realized I was not working out as much as I was used to. It was getting hard to leave my

home mainly because of my job. It was getting even harder during the winter months because that is the busiest time of the year for us at work. Then I heard about the holiday running challenge that *Runner's World* sponsors and I decided to give it a try.

As I was getting close to the end of that challenge I read about USRSA. I was very skeptical at first. It just seemed impossible to be able to run daily for a whole year. I decided to go for it anyway; at least I could say I tried.

Now here I am 406 days later [letter dated 5 January 2015]! I ran my first marathon 7/19/14 in Aspen at age 48. It was awesome and what a great experience. I did not think I could ever run that distance and the more I trained and the longer I ran the more amazed I was.

Now I do not want to stop and I want to run as many races as I possibly can in the years to come. I challenge myself daily to be the best runner I can be and I am so thankful I can run and thankful I found this group!

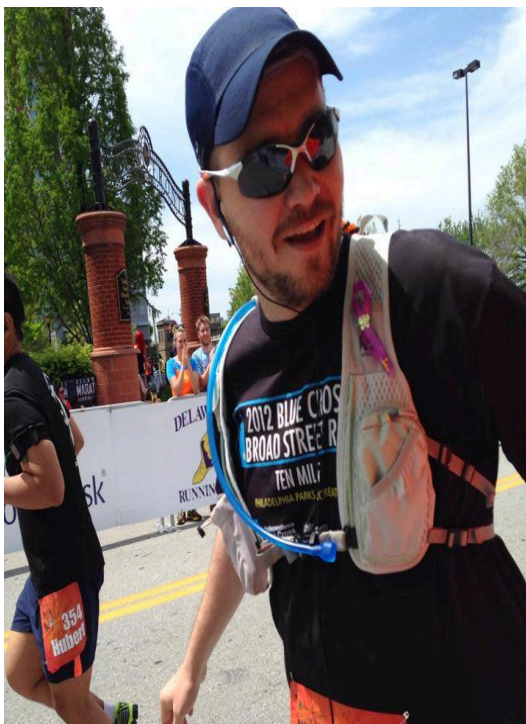
Sylvia Russell
Highlands Ranch, Colorado

GEORGE BROWN'S STREAK HITS 34 YEARS

Thank you for your acknowledgement and yes, my streak is very much alive. As a matter of fact, I had a great year of running. Having patted myself on the back, I should also mention there is absolutely nothing interesting about chronicling an old geezer trotting down the road. Even our colleagues would be quite bored. Maybe the 35th anniversary will be noteworthy.

George Brown
Richlands, Virginia

MEMBER UPDATES – SPRING 2015



Dave Wilson "crossing the finish line of the 2014 Delaware Marathon."

DAVE WILSON JOINS USRSA

I've been running off and on for the past 10 years. I started to help kick a nicotine addiction as well as "try" to maintain my weight.

Initially, the goal was to complete a Marathon. Once accomplished I felt aimless. That's when I read the Nov '13 *Runner's World* article, "A Season to Streak."

My streak started on 12/29/2013. I kept quiet about it since I hate the burden of expectation. I waited until around 180 days to officially confirm I was doing it.

Today, I have the full support of my family as the streak continues into its second year. My wife, Katherine, has started her own streak and my boys occasionally join me for the low mileage days.

Since the streak started I've PR'd my 5K, 5M, 13.1 and 26.2. I've completed 2 marathons and 2 50K's. I've bested my annual mileage in 2014 and hope to improve upon that in 2015. Next year's goals are simple: Expand upon the 50 States idea, complete a 50 miler and "try" to lose that weight.

Dave Wilson
Glenside, Pennsylvania



Paula Harkin

PAULA HARKIN'S STREAK HITS 6 YEARS

My streak is still going! I ran more miles in my 6th year than any other and am still motivated and inspired to run every day. I ran just over 2300 miles in 2014.

I ran the St. George Marathon and the Honolulu Marathon this year and have plans to run Two Oceans Ultra Marathon in Cape Town, South Africa in 2015 for my 50th birthday. I am fighting off a few minor injuries this January but not from running but from playing too much paddle ball in the sand on my vacation!! Anyway, here's to year 7!! Happy New Year!

Paula Harkin
West Linn, Oregon

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Mike and Vince Attanucci

VINCENT ATTANUCCI'S STREAK HITS 12 YEARS

My 12th year of run streaking was positive and largely successful. 10,000 days remains my goal and will approach the halfway milestone in another year.

I finished 2014 with a new mileage record in 2014 at 3376 miles as I was able to stay healthy and manage my job/travel schedule through some great mileage months. Ran close to 30 races throughout the year including 5 marathons. My best time was surprisingly on a hilly Pittsburgh course where I got back under 4 hours.

The absolute highlight though was a trip to Oregon in late July where my son Mike and I ran the Eugene Marathon together on a perfect weekend. It was his 10th completed marathon and the finish at Hayward Field was off the charts. Back at it in 2015 and set to run my 40th marathon (Houston) January. Life is grand.

Vincent Attanucci
The Woodlands, Texas



Jon Janes

JON JANES' STREAK HITS 23 YEARS

Finished 23 years and starting 24th year of jogging. My streak is in danger since doctor says I've worn away most of the cartilage in my left hip....hereditary I'm told. I've had to hold it down to 1 or 1 1/2 miles a day because of that. I'm also told daily jogging on a new hip is not recommended by doctors of orthopedics, since bionic hips will wear out faster, they say.

I still enjoy getting out in the morning even though a Kansas winter run can see -10 wind chills, as my streak picture shows. I still head out just after 6 a.m. and it starts my day with a feeling of accomplishment.

I actually began serious running in 1973 and had streaks of 2103 days (ending in 1983) and 1804 days (ending in 1991) before illnesses stop those streaks. Current streak began in December of 1991. I had hoped to hit 10,000 days but will have to revise that.

I may be hanging it up the streak in February. Good luck to everybody in 2015.

Jon Janes
Topeka, Kansas

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Scott Donaldson

SCOTT DONALDSON JOINS USRSA

My running streak started 01/01/2014. My goal was to run every day and to join the 1000 mile club. I ended the year with 1120 miles! I will be running my first full marathon March 1st and will be running a 50K trail run in April.

I am a police officer and currently work as a Coordinator at a police academy. This gives me the opportunity to run with our rookie classes which helps me maintain the streak.

Scott Donaldson
Fort Worth, Texas

RON HALL ENDS STREAK AFTER 552 DAYS

I am writing to inform you that my running streak ended on Saturday January 10th.

Ron Hall
Sanford, North Carolina



Michael Stegura Jr., with father Michael Sr., after Philadelphia Marathon

MICHAEL STEGURA'S STREAK HITS 2 YEARS

My streak is indeed still active.

Update: Completed my first two official marathons in this year, looking forward to more in 2015 and possibly even ultras. Setting a goal of 2,015 miles in 2015.

Michael Stegura
Macungie, Pennsylvania

MICHAEL SCOTT ENDS STREAK AFTER 1140 DAYS

Just wanted to let you know I ended my streak on Jan 5, 2015. I ran a 100-mile race this past weekend and suffered a tibial stress fracture around mile 80 of the race. I still finished the race. I did go out on Jan 5 and ran a mile that day but decided not to run on Jan 6 because I need to get healed in time to run the Boston Marathon so I decided in order not to prolong the injury just end the streak and get healthy.

Michael Scott
Greencastle, Indiana

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Dana Formon

DANA FORMON JOINS USRSA

Before taking up running, I was a semi-professional modern and ballet dancer; however, once I retired, I lacked that outlet for exercise and felt as though a part of me was missing. Dance had been something that I did fairly well and I enjoyed knowing that I was capable of doing something few could, and after retiring I lost that feeling of accomplishment.

I began running in 2011, running for 15 and 20 minutes on a treadmill a few times a week. I never ran for fun. I ran for fitness and nothing more.

I registered for my first half-marathon in the spring of 2012 for a challenge, and then shortly after registered for three more and had officially been bitten by

the “running bug.” I had found something that not only kept me healthy, but kept me inspired and challenged.

In 2013 I moved to Huntsville, TX to get my Ph.D., which is when I met the best running community in the Seven Hills Running Club. Five club members were streakers, which inspired me to give streaking a try on January 1, 2014.

In the past year I have not only found ultimate joy in running, but a family in the streaker community, and have taken my running and racing to new heights in qualifying for the Half Fanatics.

By the end of 2015 I hope to finish my first full marathon, finish my first half-marathon double, and have streaked for two full years! I’m setting and achieving goals I never before would have thought possible, and all thanks to the help and support of my running club, my equally encouraging husband, my dog (and running partner), and definitely the USRSA. Streak on, friends - oh the places you’ll go!

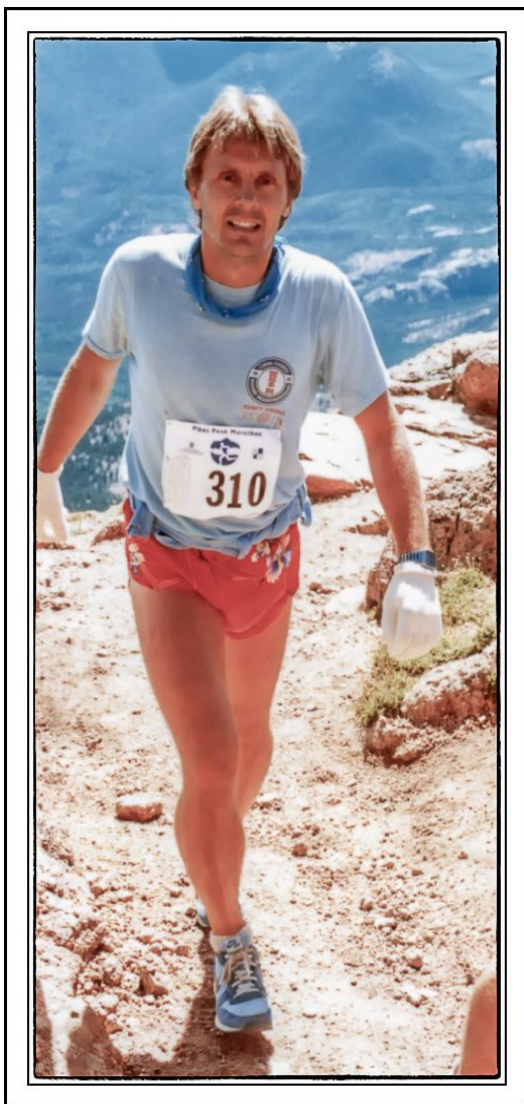
Dana Formon
Huntsville, Texas

DREW KENNY’S STREAK REACHES 3 YEARS

I successfully sailed through the 3 year mark on Dec 27th, and hit 1100 days on Dec 31st. I ran approximately 2400 miles during 2014, coming up a few miles short due to reduced daily mileage at the end of Dec to manage some minor knee pain following a ski trip. With no intention of stopping anytime soon, I hope to run 2500 miles in 2015. Plans this year include a Ragnar Relay and at least one marathon. Thanks for the support from USRSA.

Drew Kenny
Fleming Island, Florida

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Gary Iverson “at the top of Pikes Peaks at the turn around for the marathon in 1983.”

GARY IVERSON JOINS USRSA; REGISTERS RETIRED STREAK FROM THE 1980S

My running started in the 1970's in order to lose weight. I quickly became friends with a noon hour group and running became very social. I don't see these runners often but I still consider them among my closest friends.

I stopped running in 2004 while living in Florida. It was hot and humid so I switched to spinning classes although guilt from not running remains with me.

Beginning in 1978, I have run 39 marathons and ultra marathons with the last one in 1993. One of the more interesting marathons was at the Stillwater Minnesota State Prison while I was President of the Twin Cities Marathon.

I was involved with the Twin Cities Marathon for many years, which included six years on the Board and President of the Board for the 1988 and 1989 marathons. Unfortunately, being on the Board prevented me from running the marathon.

Having a running streak was always personal. Folks had different minimums and mine was 2 miles a day. The idea of a streak seemed to come as part of New Year's resolutions. Given my profession and the cold Minnesota winters, I found it a challenge extending my streak to the end of January. For many years, I was at a client's location in Northern Minnesota during late January. One of my evening runs had a temperature of minus 48 degrees. With the wind chill, it was minus 80 degrees!

My 599-day streak started before 1983 with the last day of the streak at the Pikes Peak Marathon on August 19, 1984. I sprained my ankle twice on the downhill portion of the race. After crossing the finish line, I visited the medical tent. The Doctor and my wife thought I was crazy when I asked whether this would end my streak.

Gary Iverson
Santa Fe, New Mexico

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Jessica Higgins with daughter Norah (5) and son, Caleb (3).

JESSICA HIGGINS' STREAK REACHES 2 YEARS

I celebrated my 2 year streakaversary on Jan 1, 2015 with a unique midnight run wherein I began my run shortly before midnight and literally ran into the new year! Even though I ran at least 1 mile after midnight, I opted to run again on New Year's Day to further commemorate the occasion.

Since then, I have continued the streak and plan to do so as long as I can, and I'm looking forward to 2015 by aiming to run several fun races and to log 2,015 miles along the way.

Jessica Higgins
Winston-Salem, North Carolina

STEVE GURDAK'S NEW STREAK HITS 1 YEAR "PALOOKA RUNNING – THE SEQUEL"

After the broken heart (literally) which ended the incredible 17-year run (pun intended) of Palooka running, I'm back.

What better cardiac rehab than to return to streak running. January 1, 2015 completes one year and puts the Palooka Runner back as a misfit in this already very odd kind of club. You see the Palooka runners like me sport no medals, run for no school, team, or recognized sports organization, past, present or likely in the future.

No AAA, no gold, silver or even aluminum is associated with my running accomplishments. I'm more likely to hear "are you crazy" [to run in this weather] than I am "the winner is!"

My running started as a counter measure to a growing paunch, became a habit and ended up being a streak. My Palooka running was a decade in before I discovered this particular organization. I did have to read the qualifications and looked real hard for the fine print that should have excluded anyone like me who runs are selfish personal possessions. Until that becomes an association amendment consider me back in the club.

My "bucket list," and believe me after a heart attack you start taking bucket lists more seriously, is to have run in all 50 states. I'm $\frac{3}{4}$ of the way there now. I'll stop now before I start running on (pun intended again)...

Steve Gurdak,
Springfield, Virginia

MEMBER UPDATES – SPRING 2015



Eric Klein

ERIC KLEIN JOINS USRSA

I was always a runner and in good shape through my early years, but I only ran on the weekends typically. After my Dad died of Leukemia, I pretty much just gave up. I stopped running as well and I gained a lot of weight.

In July of 2012, I decided to make a change. Since then, I have dropped a ton of weight and run in a dozen or so half marathons, and ran in 3 relay races. My biggest accomplishment of all was finishing the Portland Marathon!

I didn't even know that this running streak group existed until I stumbled upon it on-line. I have run 910 out of the last 918 days. I would have never taken a day off if I had known about the USRSA! I'm sure I could have figured out how to get a mile run in while at Disneyland!

My typical running day is a 4 ½ mile run around my neighborhood. Maybe once a week I run 6 to 8 miles. Obviously, when I am training for a half or a full marathon, I run longer distances.

When people ask me how often I run and I tell them EVERY DAY, they typically give me one of two reactions. They either think I am not being honest with them or they tell me that running every day is dangerous and I should stop. It's nice to know that there is a group that understands exactly what running every day is all about. :)

Eric J. Klein
Portland, Oregon

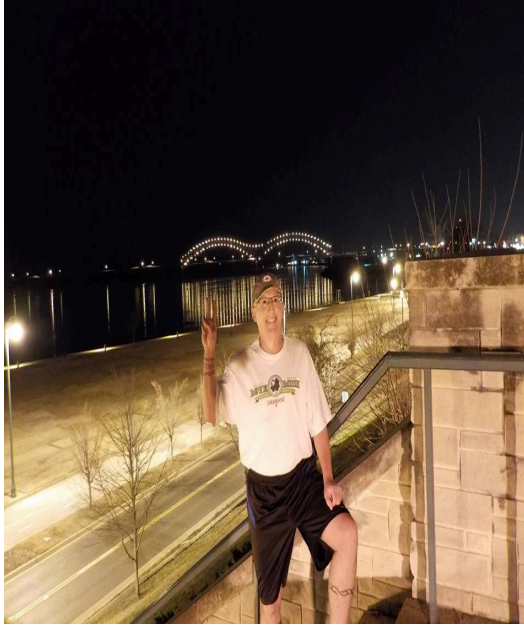


Steve Davis

STEVE DAVIS RUNS THROUGH MICHIGAN WINTER

Maybe the registry readers would like an example of running in Michigan winter with a beard? This was from today's [December 30, 2014] 10 mile run in 15° with windchill 7°.

Stephen Davis
Rochester, Michigan



Shaun Brennan

SHAUN BRENNAN JOINS USRSA

Streakers, Staying Healthy & Saving Lives. On New Year's Day (01/01/15), I completed my 650th morning jog in a row without missing a day in downtown Memphis, TN. I've been doing my morning jogs for 17 to 18 years now, minimum of two miles per jog, averaging over 300 a year.

I've run in over a dozen 5Ks and three St. Jude Half Marathons in Memphis (1 hour 45 minutes, 1 hour 48 minutes, 1 hour 45 minutes).

After my 650th jog, I then headed to the American Red Cross in Jonesboro, AR, a 170-mile round trip, where I was able to make my 353rd donation of lifesavin' blood/platelets/plasma, donating two more units/pints of platelets. This has always been a two-pronged approach for me, makes it so much more worthwhile.

Shaun Brennan
Memphis, Tennessee



Matthew Grinnell with children
Bethany (5) and Caleb (3).

MATTHEW GRINNELL JOINS USRSA

I have been running since 8th grade, and began my streak as part of the *Runner's World* Holiday Streak Challenge with a co-worker. We ran every day, at least one mile from Thanksgiving to New Years. After New Year's I decided to keep the streak alive, and now am approaching almost 400 days of running at least 1 mile [email dated 18 January 2015].

I have completed each run during the streak outdoors, in all types of weather conditions from sub-zero temps, to 100 - degree heat waves. During this streak, I have competed in 16 races ranging from 5ks to marathons. I even completed my first ultra-marathon at the JFK 50 Miler in November 2014.

Running every day seemed like a chore early in the streak, but now the question is not WILL I go for a run, but WHEN I will get outside and run. I look forward to continuing the streak as long as my body is willing and able, and will (and have) enjoy(ed) every single mile.

Matthew Grinnell
Ashburn, Virginia



Bo Grist

BO GRIST'S STREAK HITS 2 YEARS

My streak is still on and I am having a great time being part of the group. I did a 10K, a 10 miler a Half Marathon and a 5K last year along with a run/swim/run race. PR in the Half, 6 seconds off of PR on the 10K and actually won my age group in a VERY small 5K (also a PR in the 5K).

Still running barefoot and injury free. Looking forward to another year and wishing you well with your streak.

Bo Grist
Charlottesville, Virginia



Chip Akers

CHIP AKERS' STREAK HITS 3 YEARS

Year three is in the books! Lots of miles and I am fortunate enough to be heading to Boston again this April.

I am still in awe of those in front of me on the Streak list, and feel such a kinship with those behind me. I have noticed that Streaking is becoming more popular. It's kind of like standing in line at an amusement park – I don't feel like I am getting closer to the front, but it's nice to have a crowd behind me. On to the next!

Chip Akers
Raleigh, North Carolina



2011 Maguire Gilner Angel Day 5K Run
(& Titus's Tot Trot)

Gary Scott

GARY SCOTT'S STREAK HITS 9 YEARS

My streak is still going. I have done at least one mile OUTSIDE plus when needed for training I have gone to gym and added a few in summer heat on Dreadmill. Ran 2014.14 miles in 2014. Best year was 2009 with 3350.32 miles. Least year was 2007 (when I started recording daily runs on a calendar) was 1534.1 miles. The eight-year (not streak total) that I have recorded is 16,424.97 miles. In 2006 I know that I did over 700 miles but did not keep records. Have done 6 half marathons plus seven marathons in the time 2008-2014 plus numerous 5Ks and 10Ks.

I am retired HS football and basketball coach who thought that runners were nuts. When my wife became ill with breast cancer my college roommate suggested that I run as a stress reliever. What GREAT advise and maybe a lifesaver for me.

Gary Scott
Olathe, Kansas

MIKE HELLER'S STREAK HITS 26 YEARS

The streak continues. It has now passed 26 years. As you surely know, for a streak runner, no news is good news. My 26th year featured no close calls, physical problems or wondering if I should continue. I do, however, think of each day's run as a blessing. As routine as doing the same thing every day for 26 years seems, I have yet to take it for granted.

Mike Heller
Marlborough, New York

TOM HORNER'S STREAK ENDS AFTER 1762 DAYS

Hello from Chambersburg, PA! I deeply regret to inform you that my running streak, which started 17 Mar. 2010, ended on 11 Jan. 2015.

I was blindsided by a severe cold and cough, the likes of which I hadn't experienced in years. Even after running just a mile, I would get a bad coughing spell and felt that it was in my best interest, health wise, to end it. My total number of days of my running streak was 1762! I would love to have reached five years but it was not meant to be.

My daily run had become a part of my everyday routine and gave me a strong sense of accomplishment. I will probably start a new one once I've recovered from this cold. It's been a honor and privilege to belong to an organization of dedicated individuals!!

Tom Horner
Chambersburg, Pennsylvania



Carmen Baxter with Bella.

**DR. CARMEN BAXTER,
CAPTAIN, USAF,
JOINS USRSA**

Began running in 1993 on my Junior High CC team. Almost quit after 2 days but my dad made me stay through at least the week. I didn't consider quitting after that week. I ran track and CC every year but was not good. In 1996 I started improving and made JV/varsity on my CC team, which was currently rated 10th in the country (Beavercreek High School, Dayton, Oh). I ran the Ohio State CC State meet twice.

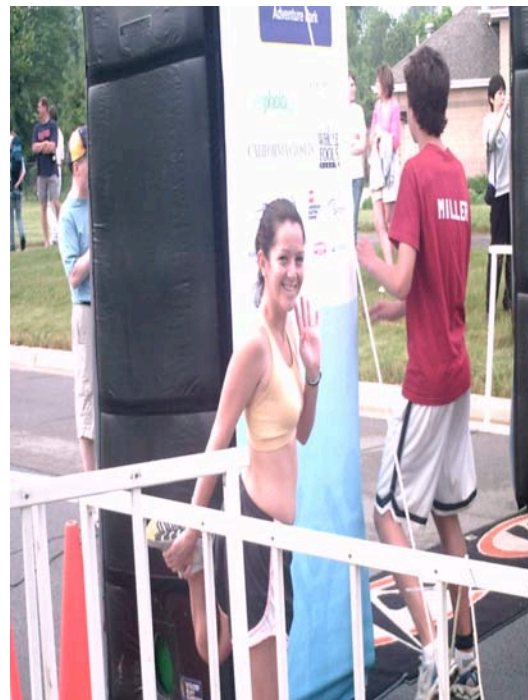
In 1999 I walked onto the Indiana University CC team. Unfortunately this was following a summer dealing with my first injury and I lost a lot of fitness. Worked hard and got back in shape but was essentially asked to not come out for indoor track as I wasn't needed. I

thought my running was over. However in 2001 I transferred to a D2 school in WV called Wheeling Jesuit University and thought maybe I could hang with that team. Made varsity and narrowly missed 1st place in my conference meet. I decided that day I would stay for a 5th year which I did in 2004 and set 4 school records (3K, 5K, 10K and steeple). I also placed 9th at D2 Nationals in the Steeple.

It was my final year in CC that my coach told me that I didn't need a day off from running if I just ran 1 or 2 miles that was essentially like a day off. I didn't realize this was the start of a running streak. I didn't know what a streak was.

Since then running has had to take a back seat to other goals. But I did count to PR in the 5K and 10K. I run road races and tried out a few 1/2 marathons. I haven't had the guts to try a marathon... yet.

Dr. Carmen Baxter
Suffolk, Virginia



Carmen Baxter



Brian Flaspohler with his “current running buddy” Brody.

BRIAN FLASPOHLER JOINS USRSA

I ran competitively in high school. I was a decent runner but no world beater so as soon as high school was done, I was done. I didn't run for twenty years. But one day, after climbing a set of stairs, I was out of breath and decided I needed to get back into shape. So I started running a little bit to get back in shape. My brother found out and challenged me to run a half marathon with him. We ran the Country Music Half Marathon in 2008 and I was hooked again.

Since then I've run over a hundred races from one mile to 56 miles,

including 19 marathons and ultras. Two years ago I found that I was more sore after rest days than after running days so I started running (almost) every day. I found out from a Facebook friend of mine that she was running every day and there was a group dedicated to running every day. So on May 25, 2013, I ran 14 miles and I've run every day since.

My running goals – run a marathon or ultra in every state and on six continents (screw Antarctica!), start a park run in the St. Louis area, and continue having a great time racing and if I can occasionally still PB a distance, all the better!

Brian Flaspohler
Chesterfield, Missouri



Brian Flaspohler (back - white shirt) and brother Jason (yellow shirt), “after running the Comrades Marathon in South Africa in 2010 (my greatest running experience so far).”



Fiona Rayner with daughter Breanna.

FIONA RAYNER JOINS SRI FROM NEW ZEALAND

Greetings from New Zealand. My name is Fiona and I live in a lovely little suburb of Christchurch with my son Kody, who is 9yrs old, and my daughter Breanna, who is 13yrs. I currently hold an Administrative position in the Water Services Team at a local Council based in Rolleston.

As a child I was always very active with sports (softball, badminton, table tennis) but only really got into running in the last few years. Previously I have competed in the Tauranga Half Marathon in 2012 & 2013 but I had never heard of run streaking until December 2013 when I attended my daughter's end of year assembly. Co-incidentally fellow SRI member Leanne Brown happened to give a speech in which she told us of

her run streaking. I was really inspired by her speech and thought that I would challenge myself for 2014. My original goal was to complete a minimum of 3km every day for the whole year. It was not until I was well over day 300 that I bumped into Leanne again and I learned of www.runeveryday.com and that the minimum requirement was only 1 mile (1.6km). However I'd come this far so I continued on with my daily 3km and ended with a 3.65km run on day 365 to complete the whole year with a total of 1150km (714 miles).

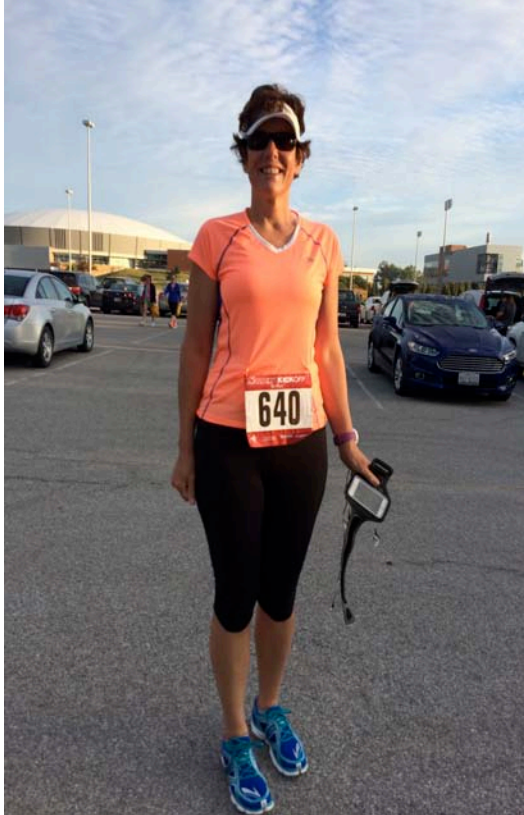
1st Jan 2015 - was I going to stop as I'd reached my initial goal or do I keep going????? Well let's face it, it wasn't really a question was it..... I've kept going and I now proudly identify myself as a run streaker (it certainly makes for a great conversation starter).

This year my daughter is also streaking with me and so far she's doing great. In April I will be holidaying in Tauranga again and will compete in the Half Marathon for the 3rd time hoping finally for a sub 2hr time – my best time previously was 2hrs 4 mins. I also plan on finally competing in the Christchurch Half Marathon. It only seems right to finally compete in my hometown Half Marathon and it's particularly special this year as it's the first time the course route goes through the central city since the tragic earthquakes in 2011 devastated our city.

I have to say I definitely have a renewed enthusiasm for running, it's certainly no longer a chore and I look forward to getting out each day. As an asthmatic I've also seen a huge difference in my health. I plan on keeping my streak alive for years to come.

Kia Kaha!

Fiiona Rayner
Christchurch, New Zealand



Jamie Rheaume

JAMIE RHEAUME JOINS USRSA

I am excited to be a member of the United States Running Streak Association. I am 54 years old. I did not start running until I was 50 years old. Prior to that I had never run one single day in my life!

I have in the last four years completed 15 1/2 marathons, countless 5k's and I have had the privilege to run the 80 mile River to River Relay here in Southern Illinois 3 times. That is a 7-member relay team that runs from the Mississippi to the Ohio River! My team is aptly named The Late Bloomers-we all came to running after the age of 45! Running keeps me sane and I often wonder how I survived without it.

I teach at a boys prison which is a stressful job. A fellow teacher of mine, Scott Bevis, had started streaking and he encouraged me to do the same.

Tomorrow [28 January 2015] will be day 400 for me and I am blessed beyond measure. Running is my alone time, my prayer time, my me time! Thank you for letting me be a part of this group!

Jamie Rheaume
Marion, Illinois

JORDAN STONE'S STREAK ENDS AFTER 1,503 DAYS

My streak came to an end on December 19. I ran knowing I was coming down with the flu on December 18. The next day I had a fever of around 103 all day, and it wouldn't respond to any medications to bring it down. Sadly, running was simply not possible that day, so my streak ended at I think 1503 days.

Please move it over to the retired list. I look forward to reaching a year again so I can get back on it!!!

Jordan Stone
Farmington, Missouri

CHEECH MOORE'S STREAK HITS 3 YEARS

I'm still at it! My initial goal of maintaining a running streak for one year is now continuing into my fourth year. My family thinks I'm a little crazy, but they also support me and I wouldn't have been able to keep up my streak without their support.

Cheech Moore
Wheaton, Illinois



Jay Marshall

JAY MARSHALL JOINS USRSA

I did not really start running until the late Summer of 2008. I was a bicyclist that had really gotten into long endurance cycling. I was a member of Randonneuring USA and had completed several 200, 300, 400, and even a 600 km ride (382 miles).

I started running because my school asked me to coach the Cross Country Team. I was in good shape and started running with my kids and kept up. I was coaching Jr. High.

I started running with a local running club on Saturday mornings in 2009, but I was still a bike guy. In fact I completed a Century a Month in 2009 and earned the Larry Schwartz Award from the Ultra Marathon Cycling Association. But the local running group, The Chain-o-Lakes Pace Makers, had me running in the late Summer again and on Labor Day

weekend I heard talk of an upcoming half marathon. I said I could never run that far. I had never even run 10 miles. I was convinced to try running 10 miles on Labor Day and if I could do that, then I would be fine in the half marathon. So I did, and I did, and the next thing I knew I was signed up for my first marathon in November. I ran the Monumental Marathon in Indianapolis with a friend that had done some training with me. She still is very proud of the fact that she got me off the bike and into running.

Flash forward a few years and quite a few Marathons. I became a Marathon Maniac in 2010. I was up to about 10 Marathons including Boston in 2012. Unfortunately, I had a tibia stress fracture in the Fall of 2012 and did not run for 100 days – literally the entire Fall Season. I was able to start running again on Christmas Day 2012. If USRSA were better known to me at that time it would have been a great time to start a streak, but I was able to ease back in to some workouts and in the long run it was probably better that I was not running every day at that time. I had a goal to return to marathons in September so I was taking it easy in the first half of 2013. May is a busy month for me because I am a Track and Field official and I was actually very disappointed when I only ran two days in the entire month. I resolved to run every day in June and that was what started my streak.

Originally it was only going to be the month of June. I liked my rest days on Friday and thought I needed them. A friend and fellow stalker heard about my June challenge and said to keep it going. We saw each other during Ragnar from Madison to Chicago, and I decided that I would give it a try. Tracy Harrington still lets me know that her streak is longer than mine, but I thank her for getting me in to this lifestyle.

Running every day has been great because I no longer had an excuse to "move around my rest day." I run every day and there is no decision to make about running or not. I just have to plan when I will get it in. Running every day has made me a better runner. I am stronger, faster, healthier, and overall superior to the runner I was before. I don't miss the rest days.

In 2014, I ran a marathon every month except January, and from September of 2013 to January of 2015 I ran 20 races including 16 marathons, two 50Ks and my first 100 mile Ultra. I set personal records in the Marathon three times going from 3:15 to 3:09 to 3:04 to 3:03:45 in Chicago. I set a PR in the 5K on the 4th of July with an 18:59. Streaking has made my recovery faster, and has allowed me to continue to improve.

My goals for 2015 include running another 100 mile race and running a sub 3 hour Marathon. My current streak is at 605 days as of 1/28/2015 and I have run 4266 miles or an average of just over 7 miles per day.

Jay Marshall
Richmond, Illinois

KATHRYN AND TOD O'DONNELL END STREAKS TOGETHER

My husband, Tod O'Donnell, and I ended our streak yesterday [21 January 2015]. We started this together and we decided to end it together. Our bodies, minds and spirits need some time to heal. It has been such an inspiration being part of this group.

Kathryn O'Donnell
Fort Mills, South Carolina

MICHAEL BUERKE'S STREAK HITS 4 YEARS

The running streak is going well. Completed year #4 on 2/1/15. When the anniversary was approaching, I noticed I was also approaching 5000 streak miles, so I made sure that with my last run of year 4, I hit 5000 right on the nose for an average of 3.4 miles per day.

The year of running itself was rather uneventful. It's amazing how running has become just a thing I do. I rarely have to think about it other than when I'll run, not if I'll run. I luckily ran basically injury free the entire year. Had some fun at some races this year. I did achieve a PR in the 5K and placed in my age group, which was a goal I wanted to achieve. In my next 5K, I *really* surprised myself by actually finishing first overall, even though it wasn't a PR. (not bad for a 38 year old who didn't start running until age 34). It was a really cold and windy day with lots of snow and ice underfoot, so I think running everyday in all sorts of Minnesota weather challenges probably helped.

I also ran a few half-marathons including one that I host and organize (4th annual will be this September). I'm planning on opening up the invite to any Minnesota/area streakers that want to join me and my non-streaking friends. It's a great time and I even have finisher's medals.

Heading out the door for my first run of year 5 today. Looking forward to finally being considered "proficient" at this streak running business.

Michael Buerke
Fridley, Minnesota



Scott Nelsen

SCOTT NELSEN ENDS STREAK AFTER 573 DAYS

I ended my streak this past Wednesday [28 January 2015] on day 573. It was time. Ended it on my terms.

My first streak (which last 331 days before a car accident in 2013) began as a challenge - every day until I got to 200 miles - but I kept going. After taking two days off for a concussion following that streak, I decided to start back up and made it to 573 days. Honestly, if you would have asked me on day 571 if I was close to quitting the streak, I would have said no chance in hell, but I woke up on 573 with a peace knowing that it was time for it to end. Since starting my streak, I plateaued on my weight between 273 and 287. Which is fine, considering in Dec. of 2011 I weighed 411, but two of my major goals this year are to get under 250 and to finish a full marathon. I know to do both, my body will need a rest day and I'm throwing in some weights as well to mix it up.

This won't be the last you hear from me. Once my wife and I adopt (we are in the process, yet to be matched, but everything that needs to be done on our end, is) and we get established into the routine of a new family, and I've reached my two goals, I can see myself starting a streak back up. Its too addicting not to.

Thanks to all for the encouragement along the way, and I'll pay close attention to the Facebook page and the mailers to monitor everyone else's success.

Happy running & embrace YOUR pace -

Scott Nelsen
Mankato, Minnesota

EVAN BARNHART'S STREAK REACHES 4 YEARS

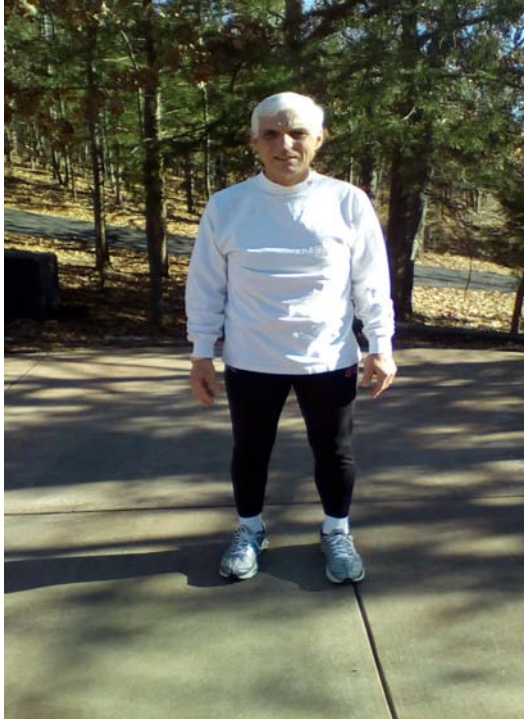
I continue to run every day. I just celebrated my 4th year by running a 100k on the day of my 4-year anniversary!

Evan Barnhart
Lynchburg, Virginia

JOHN WRIGHT ENDS STREAK AFTER 2,257 DAYS

I have to inform you that my running streak ended on Feb 2 2015 due to illness. It was fun while it lasted (2,257 days). I'll get back to running in the next few days to start training for the Buffalo Marathon (or at least the Half). Best wishes and perhaps I will start another streak soon.

John C. Wright
Amherst, New York



Mike Holsteen

MIKE HOLSTEEN'S STREAK HITS 27 YEARS

My running streak is still alive. As of January 31, 2015 my total streak miles is 86,013 miles and my total running miles is 112,995 miles. I am still doing great shooting for 30 years. I have really been blessed to have great health during this running streak.

Mike Holsteen
Ridgedale, Missouri

BRIAN DANIELS JOINS USRSA

Growing up I never enjoyed running. For some reason, I decided I was going to train for the 2013 Twin Cities Marathon and raise money for clean water projects in Africa. In the middle of training, I got really sick and injured my back, which meant that I was unable to run the marathon.

After a few months of not exercising at all, I decided that I needed to get back into shape. I had heard about streak running from someone at church and decided that streaking was exactly what I needed. I can simply walk out of my front door, or wherever I might happen to be, and run. Since starting, I haven't look back and hope to keep my streak active for as long as possible.

Brian Daniels
Minneapolis, Minnesota

CHRISTINA RICHARDS JOINS USRSA

I live in a lovely town called Longview, Washington. The "Jewel" of Longview is a picturesque lake in the middle of town. The distance around the lake is 3.57 miles, which I do every day when I am in town. I run but don't race. I am just steady. For years, my family was going to sign me up for this group but I decided to finally just do it myself.

In the past, I have had many streaks – from 1 ½ years to 6 years but this is my longest one [current streak started 6 May 2000]. I had to pull out my running logbooks dating back to the 80s to see my other streaks and this one as well.

My husband and I have jogged all over the world whenever we travel. I have been known to jog in airports when I was losing a calendar day because of time changes. It is wonderful outlet for clearing my mind on a daily basis. Our entire family and now grandchildren are running with us.

A Turkey Trot on Thanksgiving in our hometown is a "must" for all the relatives that gather in our home for the holiday. What can I say, I just love running.

Christina Richards
Longview, Washington



Ben Labovitz

BEN LABOVITZ JOINS USRSA

I had been running since high school, but only considered myself a 'serious' runner after graduating from college. I ran numerous 5K's and loved racing them - against myself and my own times.

After a 5K a friend encouraged me to train and run for a half marathon. I thought she was crazy, "I'll *never* be able to run that far!" But I trained, proved myself wrong, and had fun while doing so. At my second half marathon, I watched the marathon runners cross the finish line. I was impressed with their pride and sense of accomplishment. I decided that I have to do that too. With much hesitation and fear, I signed myself up for a full marathon!

I remember thinking during the marathon, who would be **stupid and crazy** to do this twice - this is worse feeling! Oddly enough, three days after my first marathon, I was signing myself up for a second marathon! I was hooked on running!

Before Thanksgiving 2013, I read an article about the Winter Holiday Streak. The cold months are the most difficult time for me to run, but if I ran *every day* between the holidays, I would have overcome a difficult task. Little did I know that there would be LOTS of snow and a polar vortex! But I ran through all of that - just to keep my streak on! During that time, I learned about the USRSA and learned that if I continue this craziness for at least a year I could get on the Streaker's Hall of Fame. I was going for the Hall of Fame and continued to streak! Thanksgiving 2014 I completed my first year. An accomplishment that I am proud to celebrate!

Ben Labovitz
Baltimore, Maryland

BILL FINKBEINER'S STREAK HITS 35 YEARS; ENDS STREAK OF COMPLETING THE LEADVILLE TRAIL 100 MILER AFTER 30 CONSECUTIVE FINISHES

My streak (1-1-80 to present) is still active. Unfortunately, my 30-year streak of consecutive Leadville Trail 100 miler finishes came to an end last August when I injured my left knee one week before the 2014 event. I had finished the event from 1984 through 2013.

Bill Finkbeiner
Auburn, California



Sarah Girotti

SARAH GIROTTI JOINS USRSA

I began running on 02-June-2013, after reading an article in [The Boston Globe](#) about a streak runner. Having never run before, I thought it sounded like an interesting challenge and thought I'd try it for a month.

I ran my first race around day 118. It was a memorial race for a friend who was killed in the attacks in Benghazi (www.glendohertyfoundation.org). I was so happy that I could participate in what was such a moving day...and so fun!

My streaking continued when we moved overseas this past fall. It gets me outside to see new parts of the world in a totally different light. Venice at daybreak? Check! Icelandic glaciers and rivers? Yes! The one-mile panic run close to midnight through the streaks of Barcelona? Oh yeah!

Sarah Girotti
Winchester, Massachusetts

STACEY SMITH'S STREAK HITS 3 YEARS

My streak continues. Highlights from 2014 include running in four different countries on four consecutive days. The "four day international streak" started in the United States (Texas) followed by Germany, Kuwait and finally Afghanistan. I was concerned that the streak might end due to uncertain arrival/departure times but in the end I was able to keep the streak intact.

Stacey Smith
Detroit Lakes, Minnesota

DIANN SCIALDO'S STREAK ENDS AFTER 2,823 DAYS

After 7 years, 8 months, 9 days, and 21,459.2 miles, my streak ended on Monday [9 February 2015]. I fell at the very end of my run and broke a bone in my shoulder. Then I had a bad reaction to the pain meds and ended up with an iv for dehydration. Rough couple days. So, I guess I will have to start over when I am healed and healthy.

I am bummed though. I really wanted to try running one mile yesterday, but I was just too sick and hurting. I will be back.

Diann Scialdo
Albany, New York

TUCKER ANDERSEN JOINS USRSA; STREAK AT 23 YEARS

My streak continues, including 4 miles today [9 February 2015]. So, day 3 of year 24 was successfully completed.

Of note, my calendar 2014 miles totaled 2347, the most since 2003. (All my records are kept on a calendar basis for historical consistency, since they begin in 1973 and are still in notebooks and annual diaries and not on computers or other automated record keeping devices.)

My other major accomplishment was that after recovering from my 2013 prostate cancer surgery I slowly completed my 38th and 39th lifetime marathons in November and December of 2014, after getting the bronze medal in my age group at the Long Beach Island 18 mile race in October (admittedly there were only 3 finishers but as you get older showing up and being able to complete 18 miles is often enough of an achievement).

Tucker Andersen
Warren, Connecticut

KARL DAVENPORT JOINS USRSA

I am currently 60 years of age. I started running seriously at age 55 when a friend challenged me to run a half marathon. I ran that half marathon (Disney 2011), and also ran a Ragnar Relay across central Florida in October 2010 as I was training. I've since run many halves (1:48 PR), 3 fulls, including NYC, many 15ks, 10ks and 5ks. My 5k PR is 21:32, when I was still in the 55-59 AG.

I started my current streak on 1/1/2014, and I established 2 nonstop miles as my minimum daily run for the year. I plan to continue to streak, but I will adjust my minimum to be consistent with the USRSA minimum on January 1. I think rest days are an important part of a training program, and a one mile day is a better rest day. Additionally, when I've been sick, 2 miles is too much!

Karl Davenport
Dunnellon, Florida

NANCY TAVARES JOINS SRI FROM CANADA

I have thought of becoming a stalker in the past and this year I am ready for the challenge. I've decided to retire or take an extra long sabbatical from being a Les Mills International BodyStep Instructor after 11 years of teaching. The reason for that is I work full-time as a Learning and Development Manager for an Asset Management Company and am attending University taking 2 courses per term and learning/memorizing choreography has become very challenging to schedule. Something had to give, even something I love so much in order to achieve other goals. A running streak will be a great goal to keep consistent with my fitness during a busy schedule.

My running accomplishments include:

- Half marathon in 2008 - 2:15:30:2 - chip
- CN Tower Stair Climb 2013 - 0:17:08:4 - chip
- Full marathon in 2011 - 4:41:15:9 - chip

Nancy Tavares
Toronto, Canada



Paul Smith

PAUL “LORDSMYTHE” SMITH JOINS SRI FROM ENGLAND

Inspired by 3 times Olympian, clothing apparel guru, king of the runstreak (he's recently celebrated 50 years of his runstreak) and friend having met and ran with him several times in recent years, Dr. Ron Hill, I began my own runstreak on January 1st 2007. Here I am 8 years 28 days [letter dated 28 January 2015] down the line still at it, running every day.

Proud of my achievements and nicknamed LordOfTheStreak, I take great pride in being able to motivate runners, by regularly posting my runstreak exploits on social media. If I can inspire, along with raising a smile and perhaps an eyebrow, then I am happy.

My own runstreak rules: Must be outdoors – treadmills are the Devil's work; must wear running kit; and minimum run is 15 minutes - although these are few and far between judging by my weekly, monthly and annual mileages recorded.

I feel to keep the streak alive and healthy it's paramount to keep it fresh and by no means allow daily running to become a chore. This is achieved by never “just ticking over” with boring daily minimum runs but always setting personal goals and targets by setting oneself crazy running challenges that require having the need to train. The word r*st is confined to the same trash can as treadmill, along with the “I” word.

The running phenomenon, Parkrun - the free, weekly timed 5k run every Saturday throughout the UK and expanding globally - is a huge part of my runstreak. I completed my 200th Parkrun on Christmas Day and currently have run 207. Races of all distances and the Cross Country Harrier League, all help to keep me motivated and competitive.

An example of aforementioned personal challenges listed below:

July 27th 2012 – running ALL 5k Parkrun venues in North East Of England in one day - 11 in total and totaling 34.1miles.

Completing my 2,012 miles in 2012 with a 20.12 mile run on 20th day of the 12th month 2012, commencing at 20:12 hours from Hartlepool to Durham.

Set myself the challenge of running to and from work every day for a week to complete 100miles over 7 days, completed the final 3mile with a Parkrun 5k on Saturday, March 17th, St. Patrick's Day, dressed as the great Irish patron saint himself including sandals.

December 21st 2013 - The Longest Day
– Longest Run setting off at midnight I
ran North East football (soccer)
stadiums Newcastle United's St James
Park, Sunderland's Stadium Of Light,
Hartlepool United's Victoria Park.

Middlesbrough's Riverside returning to
Hartlepool's Victoria Park in time for kick
off a total of 61miles.

June 21st 2014 – The Shortest Day –
Longest Run attempted to run 100 miles
on athletics track managed to run
90.11miles that's 358 laps of the track
on November 11th 2014 Armistice Day
aka Remembrance Day - War Memorial
Run visiting 100 memorials throughout
County Durham 67miles raising funds
for Poppy Appeal & Help For Heroes

Currently on runstreak day 2,950 and
March 19th 2015 will see me record
3,000. Don't worry I have something
planned to celebrate in style - watch this
space!

Paul "LordSmythe" Smith
aka LordOfTheStreak
Durham, England



Ron Hill and Paul Smith



Dusty Hardman

DUSTY HARDMAN'S STREAK HITS 3 YEARS

My continuous mile running streak is
going strong despite rotator cuff surgery
to repair two ruptured tendons. Running
was not recommended for three months
post surgery but I did it anyway and I'm
glad I did. Getting out and moving while
wallowing in large amounts of pain and
pity gave me a reason to move and
shower on a daily basis. Doing a mile a
day also gave me a nice base fitness
from which to start running again.

I began a walking streak of a mile a day
on February 13, 2010 because I was
very grateful that I could walk after a
stress fracture in my hip. In 2012,
encouraged by Steve Tursi, I started
running a mile a day. It's been an
excellent experience.

Dusty Hardman
Punta Gorda, Florida



Bret Nelson

BRET NELSON JOINS USRSA

I started running in 2003 after my son Christian was born. I was a cyclist before and I no longer had time to put in the long miles. I started with the 5k and worked my way up. I was never fast but I always had the desire to go longer.

After my first marathon in 2008 I read there were races that were even farther, that's when I decided to do ultras. I love ultra-running: I love the people, the scenery and the laid back approach to running and life.

In the winter of 2013 during the Rocky Raccoon 50 miler I pulled my hamstring. Over the next 10 months I took it easy and started feeling like my goals were in the past. I needed something to get me

off my butt and out there running on a regular basis again, that's where streak running entered.

Being on my streak gives me something to work towards. It's a day-to-day goal for me, a reason to get out and run without excuses. I don't know how long the streak will last, that's in God's hands, but I do know I will enjoy the ride.

Bret Nelson
Hutto, Texas

JAMES SUMMERS JOINS USRSA

Running Career:

- Vista Middle School, Ferndale, Washington
- track distance
- Ferndale High School Cross Country Team 1991 (Coach Jim Pearson)
- Joined United States Navy in July of 1997.
- Rock-n-Roll San Diego, First Marathon June 2, 2013
- Super SEAL, Coronado, CA
- First Triathlon March 16, 2014

James Summers
Corondo, California

JENNIFER HIENTON JOINS USRSA

I ran my first race in December 2007 and my first marathon in November 2009. I can't even remember why I started streaking initially in April 2012. In September 2012, I was injured (not running related) and had to take about a month off. I started again in October 2012 and have been streaking ever since.

Jennifer Hienton
Chicago, Illinois



Tim Stearman

TIM STEARMAN ENDS STREAK AFTER 423 DAYS; FORGOT TO GO FOR RUN

My streak unfortunately ended when I had a busy day at work and just completely forgot to go for my run. I had a plan to work, come home for dinner and run, and then go back to work where I wouldn't get home till after midnight. Came home to chaos and running skipped my mind. Didn't realize it till I woke up the next morning thinking about when I was going to do my run. I'm back at it though beginning another streak the day after losing my first.

The picture was taken by my wife who thought I looked absurd. We were traveling and I travel light so all I had were my running shoes. I didn't want to spend the day walking around in wet shoes so I ran barefoot to spare my feet later that day.

Tim Stearman
Albuquerque, New Mexico

BRIAN ANDRES JOINS USRSA

I started my run streak on November 12, 2013, as a way to increase my base mileage through the winter before training for the Cleveland Marathon in spring 2014. I had a vague notion in the back of my mind that I'd like to keep going for a full year, but that wasn't really the original intent.

On November 24, 2013, my streak faced its first challenge as my wife and I made our way to Asia for vacation. After a 14 hour flight, we got to our friends apartment in Seoul, South Korea about 11:30 p.m. I threw on running shoes and got out the door about 11:45 to put in 2 miles in a cold rain. By the time our two week vacation had ended, I had experienced amazing running in Hong Kong, Singapore, and Bangkok, but more importantly I still had an intact streak. It was at this point that I knew I was hooked and wanted to see just how long I could keep going,

Looking back I'm proud of what I've accomplished, averaging 4.5 miles per day and never running less than 2 miles. I kept going and going; through the worst Central Ohio winter in 20-years, and through vacations in Colorado and the UK. I had a terrific day at the Cleveland Marathon in May 2014 and set a new PR that I know was a result of the streak.

I'm looking forward to the challenges ahead of me in 2015 as my wife and I will be moving to London, UK to live and work for the next 3+ years. I don't know how exactly I'll manage to keep a streak going during an international move, but if the last year has taught me anything it's that I'll certainly find a way.

Brian Andres
Dublin, Ohio



Pat Wylie

PAT WYLIE JOINS USRSA

I started my running career in middle school. I spent the majority of my early running career towards the back of the pack and finished last frequently. When I entered high school I was discouraged from joining the cross-country team because I was tired of losing. Thankfully my mom convinced me to go out for track, which changed my life. I started out as a middle distance runner running mostly 800m and 400m races. Later in my career I expanded to the 1600 as well and continued on to cross country.

By the time I reached my senior year track season I was running the 4x800, 800, 1600, and 4x400 in almost every meet. I culminated my high school career by taking 3rd place in the class 3A 800m with a time of 1:53.84 (a personal best). Other personal bests include a 4:24 1600m, and a 49.7 400m (both run in the same meet a few minutes apart).

I went on to run a year in college at The University of Pittsburgh, but left the team after not seeing eye to eye with my coach on my running streak (amongst other reasons). I continued to run throughout college for pleasure and to preserve the streak.

My streak started my senior year of high school after a bout of swine flu. Once I finally recovered I was feeling sorry for myself about being out of shape, but decided I was going to make a goal to run every day for 5 years. I eclipsed that mark this past Christmas. I ran through many illnesses and injuries to preserve the streak and I'm glad I did.

Fun fact: Besides streak running I have been known for another strange ability; running in jeans. While wearing jeans I once ran a 54.4 400m and a 4:43 1600m after being challenged to do so by former teammates. I also maintain a streak of years having run at least one sub 5:00 mile, which stands at 7 years.

Pat Wylie
Deerfield, Illinois

KIRK BUCKLEY ENDS STREAK AFTER 980 DAYS

To every thing there is a season, and a time to every purpose under heaven.

Over 2 years ago I heard of runners taking on an interesting challenge: to run at least one mile every day for a year. On a whim I took up the challenge some time later with the intent to run until I either grew bored with it or necessity required me to stop. The season has turned and the purpose has run its course; yesterday, I brought an end to my streak through both desire and necessity.

The days and miles have touched my life and that of my family and we'll never again be the same. I've dreamed new dreams, lost my way running around the block and found it again on the long open road, and even had strangers become friends become family. Most importantly, I've lived these days and miles with a smile in my heart.

The life of my streak:
First Run - June 18, 2012
Final Run - Feb 22, 2015
5847.76 Total Miles
980 Total Days
5.97 Miles per Day Avg

Kirk Buckley
Las Vegas, Nevada



Nick Morganti

NICK MORGANTI BECOMES LIFETIME MEMBER OF SRI/USRSA

I am about to finish year 6 of my second streak (1st one lasted 35 years) and begin year 7. My training is going well. I am planning to run 2 races in March.

2014 saw a variety of race distances. I ran a street mile race last year and finished in 6:15. I also ran a 1/2 marathon in 98:22. My last race was a 5K where I finished in 20:53. I like the variety of distances. However, I have not run a marathon since 2003.

Running has been very good to me. I have been able to stay healthy, and running every day keeps me fit and controls my weight. It is a great outlet for me, and even though I live just 5 miles from the beach, I tend to run there only once per week. Most of my workouts are close to home.

It is great to be part of this group and part of the running community at large. I congratulate the other club members for their streaks and wish them well.

Nick Morganti
Carlsbad, California

GREG NEALE'S STREAK ENDED IN 2011 AFTER 1,100 DAYS

Unfortunately this email is long overdue. I had to give up my running streak a few years back, actually. I made it 1100 days. The last day of my streak was January 4th, 2011. I hope to begin a new streak again soon.

Greg Neale
Centennial, Colorado

TODD KANE'S STREAK ENDS AFTER 1520 DAYS

This is to let you know that my running streak ended with my last run being Feb 24, 2015 after 1520 consecutive days. I'll be out of commission for about 6 weeks but plan on returning then.

Once a runner, always a runner.

Todd Kane
Plainsboro, New Jersey

Official U.S.A. Active Running Streak List
As Certified to the United States Running Streak Association, Inc.
March 1, 2015

	The Coverts (45+yrs)		
1.	Jon Sutherland	05/26/69	West Hills, CA, Writer, 64
2.	Jim Pearson	02/16/70	Marysville, WA, Retired, 70
	The Legends (40+yrs)		
3.	Stephen W. DeBoer	06/07/71	Rochester, MN, Dietitian, 60
4.	Jon A. Simpson	08/30/71	Memphis, TN, Retired Dentist, 76
5.	Alex T. Galbraith	12/22/71	Houston, TX, Attorney, 64
6.	David L. Hamilton	08/14/72	Vancouver, WA, Sales, 60
7.	Steven Gathje	09/25/72	South Minneapolis, MN, Actuary, 59
8.	Richard Westbrook	12/29/73	Jonesboro, GA, Teacher, 68
9.	Robert R. Kraft	01/01/75	Miami Beach, FL, Songwriter, 64
	The Grand Masters (35+yrs)		
10.	James Behr	03/19/75	Trinity, FL, Educator, 67
11.	Stephen D. Reed	06/16/76	Wiscasset, ME, Doctor, 67
12.	William S. Stark	09/10/76	St. Louis, MO, Professor, 67
13.	Bill Anderson	09/27/76	Fort Worth, TX, Retired, 70
14.	John Liepa	01/02/77	Indianola, IA, Professor, 70 *
15.	Bill Robertson	02/08/77	Ashland, MA, Systems Analyst, 62
16.	William J. Benton	04/23/77	Farmington Hills, MI, Accountant, 65 *
17.	Brian Casey	05/09/77	Paramus, NJ, Finance Manager, 56
18.	Samuel F. Johnston	08/26/77	Naples, FL, Retired, 73
19.	Rick Porter	12/03/77	Decatur, GA, Developer, 61
20.	John T. Carlson	12/26/77	Indianapolis, IN, Classroom Teacher, 60
21.	Timothy C. Masters	12/28/77	Dearborn, MI, Sales, 64
22.	Timothy P. Woodbridge	03/05/78	Allentown, PA, Banker, 57
23.	Bruce A. Sherman	05/16/78	Shaker Heights, OH, Exercise Physiologist, 59
24.	C. David Todd	10/14/78	Matthews, NC, Home Builder, 62
25.	Charles E. Lindsey	10/16/78	Canyon Country, CA, Educator, 64
26.	John C. Roemer, IV	11/01/78	Parkton, MD, Consultant, 55
27.	Craig A. Davidson	11/05/78	Phoenix, AZ, Retail/Educator, 61
28.	Scott Ludwig	11/30/78	Senoia, GA, Operations Manager, 60
29.	Chester A. Tumidajewicz	12/25/78	Amsterdam, NY, Security Supervisor, 60
30.	Jon Kralovic	01/01/79	Delanson, NY, College Football Coach, 68
31.	Thad Childs, Jr.	03/05/79	Gray, GA, Banking, 67
32.	Charles Holmberg	03/20/79	Modesto, CA, CEO, 66
33.	Bill Beach	10/28/79	Macomb, MI, Cross Country Coach, 67
34.	Benjamin M. Freed	12/12/79	Clarion, PA, Retired College Teacher, 67
35.	S. Mark Courtney	12/20/79	Grove City, PA, Physician Assistant, 59
36.	William G. Finkbeiner	01/01/80	Auburn, CA, Landscaper, 59
36.	Layne C. Party	01/01/80	Towson, MD, Manager, 55

	The Masters (30+yrs)		
38.	Lois Bastien	04/18/80	Pinellas Park, FL, Retired, 78 (F)
39.	Leslie J. Shoop	04/28/80	Sarver, PA, Retired, 67
40.	Ed Goff	08/13/80	Bradenton, FL, Teacher, 71
41.	John I. Watts	10/04/80	Nampa, ID, Pastor, 59
42.	Ward D. Crutcher	12/26/80	Muncie, IN, Retired, 75
43.	George G. Brown	01/06/81	Richlands, VA, School Principal, 62
44.	Michael Halloran	04/01/81	Jacksonville, FL, Wealth Mangement, 67
45.	Richard Rusch	08/03/81	Wauwatosa, WI, Retired, 64
46.	John R. Chandler	08/09/81	Whitefish Bay, WI, Financial Planner, 59
47.	Ben Dillow	08/20/81	Redlands, CA, Retired, 74
48.	Bill Leibfritz	12/03/81	Midland, MI, Professor, 58
49.	Frederick L. Murolo	12/30/81	Cheshire, CT, Attorney, 58
50.	Scott D. Snyder	12/31/81	Littleton, CO, Emergency Physician, 59
51.	Michael G. Sklar	01/20/82	Dunwoody, GA, Professor, 71
52.	John L. Tillman, Jr.	03/05/82	Sanford, FL, Business Owner, 66
53.	Ken Birse	04/22/82	Amherst, NH, Data Sales Manager, 54
54.	Charles Groseth	06/30/82	Allen, TX, Chief Operating Officer, 56
55.	Grant McAllister	08/28/82	Atlanta, GA, Sales Manager, 51
56.	Gary Rust	07/03/83	Palm Springs, CA, Retired, 68
57.	David Melissas	07/20/83	Marietta, GA, IT Project Manager, 54
58.	Doug Holland	08/01/83	Tucson, AZ, College Athletic Director, 53
59.	Al Colonna	08/05/83	Dix Hills, NY, Retired, 71
60.	Barbara S. Latta	12/05/83	Raleigh, NC, Retired, 73 (F)
61.	Randolph Read	09/01/84	Las Vegas, NV, Executive
62.	Sue S. Favor	12/20/84	Los Angeles, CA, Teacher/Coach, 47 (F)
63.	Joseph Raffa	12/26/84	Manlius, NY, V.P. & G.M., 63
64.	Leonard Bruckman	02/10/85	Granite Bay, CA, Consultant, 67
	The Dominators (25+yrs)		
65.	Mark Sutherland	04/28/85	Rancho Murieta, CA, P. E. Teacher, 60
66.	Milton Magness	09/22/85	Houston, TX, Psychotherapist, 62
67.	Matthew M. Mace	09/29/85	Arnold, MD, Attorney, 54
68.	Kenneth D. Brown	11/10/85	Huntington, WV, Farmer/Coach, 65
69.	Judy Mick	11/20/85	Roanoke, VA, Business Owner, 56 (F)
70.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 70
71.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 57
72.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 69
73.	William Shires	10/19/86	Charlotte, NC, Software Architect, 50
74.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 56
75.	Robert E. Nash	06/18/87	Olney, IL, Physician, 67
76.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 66
77.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 62
78.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 68
79.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 72 *
80.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Analyst, 56
81.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 50
82.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 64
83.	Hal Gensler	12/04/89	New River, AZ, Retired, 68

84.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 64
84.	John H. Wallacee, III	12/31/89	Seattle, WA, Website Developer, 38
84.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 58
	The Highly Skilled (20+yrs)		
87.	Tomas Loughhead	07/07/90	Huntsville, AL, Engineer, 74
88.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 63
89.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 63
90.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 65
91.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 57
92.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 62
93.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 61
94.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 58
95.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 64
96.	Matthew J. Ketterman	07/01/91	Greensboro, NC, Business Owner, 43
97.	William E. Chatman	07/23/91	Brooksville, FL, Teacher/Coach, 65
98.	Jon Janes	12/19/91	Topeka, KS, TV News, 67
99.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 72 *
100.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 52 (F)
101.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 58
102.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 73
103.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 59
104.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 59
105.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 64
106.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 29
107.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 58
108.	Richard Corbin	01/01/95	Savannah, GA, Sales, 60
	The Well Versed (15+yrs)		
109.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
110.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 59 *
111.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 59
112.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 68
113.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 62 (F) *
114.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 64
115.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 32
116.	Debbie Brassfield-Zoltie	09/10/97	San Jose, CA, Flight Attendant, 54 (F)
117.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 41 *
118.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 58
119.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 60 (F)
119.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 64 *
121.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 66
122.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 55 (F)
123.	Phillip Hawley, Jr.	10/23/99	Indianapolis, IN, CPA, 29
124.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 55
125.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 57
126.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 62

	The Experienced (10+yrs)		
127.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 64 (F)
128.	Diane Shumway	05/27/00	Provo, UT, Retired, 59 (F)
129.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 59 (F)
130.	Ronald W. Shealy	04/01/01	Lexington, SC, Field Supervisor, 68 *
131.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 44
132.	Jim Merritt	10/29/01	Buford, GA, Retired, 67
133.	Martie Bell	12/27/01	Thomasville, NC, Professor, 59 (F)
133.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 63
135.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 68
136.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 67 *
137.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 62
138.	Mercedes M. Murolo	05/04/02	Santa Rosa, CA, Artist/Ad Executive, 64 (F) *
139.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 56
140.	George A. Hancock`	06/22/02	Windber, PA, Education, 61 *
141.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 29 (F)
142.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 39
143.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 61
144.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 54
145.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 33 (F)
146.	Carmen Baxter	08/11/03	Suffolk, VA, Physician, 34 (F)
147.	David Max	08/28/03	Alexandria, VA, Pilot, 39 *
148.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 37
149.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 58
150.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 42
151.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 37
152.	Ed Reid	05/27/04	Bradenton, FL, Builder, 55
153.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 68 *
154.	Sonny Hunter	06/10/04	Kingston, TN, Parks & Recreation, 64
155.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 44
156.	Prince Whatley	07/01/04	Birmingham, AL, Sales, 46
157.	Veronica V. Rust	07/22/04	Palm Springs, CA, General Manager, 35 (F)
158.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 59
159.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 64
160.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 56 (F)
	The Proficient (5+yrs)		
161.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 60
162.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 33 (F)
163.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 52 (F)
164.	Daniel Mansueto	07/17/05	Los Angeles, CA, Attorney, 55 *
165.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 55
166.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 61
167.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 45
168.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 64
169.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 54
170.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 42
171.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 72
172.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 47

173.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 64
174.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 47
175.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 59 *
176.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 50
177.	David McMMain	11/11/06	Brandon, MS, Claims Adjustor, 58
178.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 73
179.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 44
180.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 47
181.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 23 (F)
181.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 50 *
183.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 48
183.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 34 (F)
183.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 26 (F)
186.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 47
187.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 33
188.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 32
189.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 51 *
190.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 47 (F)
191.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 41 (F)
192.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 48 (F)
193.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 64 *
194.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 56
194.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 66
196.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 60 (F) *
197.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 34
198.	James Koch	11/21/07	Kenosha, WI, Retired College Wrestling Coach, 67
199.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 68 (F) *
200.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 53
201.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 46
202.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 42 (F)
203.	Kent Schmitz	12/27/07	Nauvoo, IL, 48, Retired Army/LPN, 50
204.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 72 *
204.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 33
206.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 43
207.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 56 *
207.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 48
207.	Leo Hammond	01/01/08	Plano, TX, Student, 29
207.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 49
207.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 62
212.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 50 (F)
213.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 35
213.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 34
215.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 54
216.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 41 (F)
217.	John King	01/21/08	Chatham, NJ Education Administrator, 64 *
218.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 25
219.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 44
220.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 55
221.	Kelly Luck	08/26/08	Louisville, CO, Student, 27 (F)

222.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 48
223.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
224.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 70
225.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 59 (F)
226.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 56 (F)
227.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 43
228.	Ann Hanson	12/01/08	Deerfield, IL, Retired HS PE Teacher, 63 (F)
229.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 41
230.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 32
231.	John B. Davis	12/08/08	Desoto, TX, Consultant, 71
232.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 61
233.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 51
233.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 43
235.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 55 (F)
236.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 37
237.	Eric V. Love	12/27/08	Erie, CO, Attorney, 48
238.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 40 (F)
238.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 63
240.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 68
240.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 36
240.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 49 (F)
240.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 56 (F)
240.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 36 (F)
245.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 38
246.	Vince Nardy	01/27/09	Solon, OH, Management, 56
247.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 34
248.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 67 *
249.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 33
250.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 58 *
251.	Rodger Kram	04/23/09	Nederland, CO, Professor, 53
252.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 61
253.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 71 *
254.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 60 (F) *
255.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 19
256.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 28
257.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 35 *
258.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 46 (F) *
259.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 25
260.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 16
261.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 53
262.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 32
263.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 31 (F)
264.	Ken Johnson	10/19/09	Huntsville, TX, Human Resources, 73 *
265.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 55 (F)
266.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 37
267.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 57
267.	Barry S. Sackett	11/04/09	Okoboji, IA, Attorney, 45
269.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 46 (F)
270.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 22

271.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 61 *
272.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 29
273.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 39
273.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 49
273.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 36
273.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 63
277.	Paul Miller	02/10/10	Medfield, MA, Marketing, 54
278.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 50 *
279.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 56 (F)
	The Neophytes (-5yrs)		
280.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 46
281.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 36
282.	William Middlebrook	03/31/10	Colorado Springs, CO, 72*
283.	Amy Shimonovich	05/03/10	Monroeville, PA, Teacher Visual Impaired, 27 (F)
284.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 45 (F)
284.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 58 (F)
286.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 40
287.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 40
288.	Brian Clevon	07/02/10	Marinette, WI, Exercise Physiologists, 29
289.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 40
290.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 62
291.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 52
292.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 62
293.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 23 (F)
294.	Eric Lacey	10/02/10	Fort Worth, TX, Print Production Planner, 45
295.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 58
296.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 44
297.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 49
298.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 57
299.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
299.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
301.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 58 (F)
302.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 51
303.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 57 *
304.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 29
304.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 44
306.	Michael Buerke	02/02/11	Fridley, MN, Stay-At-Home Dad, 38
307.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
308.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 54
309.	Will Jones	03/18/11	Grove, OK, Athletic Director, 40
310.	Jay Frank	03/21/11	Oak Park, CA, CEO, 60
311.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 40
312.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 35
313.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 39
314.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
314.	James Holt	05/01/11	Centerville, UT, Regional Manager, 56
316.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 55 (F) *
317.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 37 (F)

318.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 53
319.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 57
320.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 56 (F) *
321.	Jordan Trump	06/10/11	Decatur, IL, Database Administrator, 27
322.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 38
323.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 28
324.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 39
325.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 59 *
326.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 57
327.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 31
328.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 27
329.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 46
330.	Yeraj Rust	08/12/11	Palm Springs, CA, Student, 15
331.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 71
332.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 48
333.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 38 (F)
334.	Cordell Kirk	09/03/11	Blue Springs, MO, Project Manager, 51 *
335.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 47
336.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 60 *
337.	James Wisler	09/15/11	Wake Forest, NC, Physician, 33
338.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 33 (F)
339.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 35
340.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 35
341.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 33
342.	Anne Treadwell	11/11/11	Burlington, VT, Freelance Editor, 47 (F)
343.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 34
344.	Jonathan Reid	11/25/11	Bradenton, FL, Student, 14
345.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 45
346.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 42
347.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 47
348.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 39
349.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 53
350.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 42
351.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 48
352.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 39 (F)
353.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 34
354.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 42, (F)
354.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 51 (F)
356.	Chip Akers	12/31/11	Raleigh, NC, Dad, 54
356.	Robyn Clevenger	12/31/11	West Des Moines, IA, 36 (F)
356.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 34
356.	Christopher Pilotti	12/31/11	Vestal, NY, Dir. Of Admin. – Law Firm, 52
360.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 36 (F)
360.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 50
360.	Mike Johnson	01/01/12	Daphne, AL, 42
360.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 55 (F)
364.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 34 (F)
365.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 54 (F)
366.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 34 (F)

367.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 47
368.	Daniel Myers	02/01/12	South Bend, IN, Professor, 48
369.	Dusty Hardman	02/13/12	Punta Gorda, FL, 46 (F)
370.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 63 (F) *
371.	Ryan Floyd	03/08/12	Denver, CO, Real Estate Broker, 36
372.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 28
373.	Gary Jones	04/12/12	Troy, MT, Retired, 62 *
374.	John Metevia	04/19/12	Midland, MI, Retired, 58 *
375.	Christopher George	04/27/12	Mobile, AL, Attorney, 55
376.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 60
377.	Justin Martin	05/04/12	San Diego, CA, Air Traffic Controller, 34
378.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 28
378.	Keziah Wilde	05/13/12	Arlington, MA, Student, 12 (F)
380.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 38
381.	Brian Baker	05/25/12	Denver, CO, Non-profit Management, 25
381.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 48
383.	Chris May	05/29/12	Highlands Ranch, CO, Director Engineering, 42
384.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 66 *
385.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 32
385.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 35
387.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 39 (F)
388.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 35
389.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 47
390.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 46
391.	Shannon Bol	09/15/12	Montgomery Village, MD, Managed Care, 47 (F)
391.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 52 (F)
393.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 35
393.	Samuel Lathrop	10/01/12	Ardmore, PA, Practice Admin. Exec., 32
395.	Jennifer Hienton	10/31/12	Chicago, IL, Finance, 34 (F)
396.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 61
397.	Dan Harris	11/09/12	Liberty, MO, Ministry/Education, 43
398.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 40
399.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 35
400.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 53 (F)
401.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
402.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 33
402.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 49 (F)
404.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 58 (F)
405.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 37
405.	Elizabeth Gilman	12/01/12	Byron, MN, Physician, 34
407.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
408.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 50
409.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 24
410.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 40 (F)
411.	Paul Christian	12/25/12	Rochester, MN, Journalist, 65 *
411.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 47
413.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 41
413.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 38
413.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 56

416.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 28
417.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 31
418.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 40
418.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 34
418.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 39
418.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 36 (F)
418.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 50 (F)
418.	Patricia Montana	01/01/13	Hampton, NH, Retired, 56 (F)
418.	Kyle Rizzo	01/01/13	Berkeley, CA, Epidemiologist, 27
425.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 27 (F)
426.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 46
427.	Aimee Dendrinios	02/23/13	Cheyenne, WY, Lawyer, 39
428.	Jonathan Green	03/01/13	Brooklyn Center, MN, Software Engineer, 36
429.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 56 *
430.	Diane Naughton	03/21/13	Mendham, NJ, Marketing Executive, 52 (F)
431.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 52
432.	Brian Orth	03/28/13	Boise, ID, Software Engineer, 35
433.	Toni Orth	03/29/13	Boise, ID, Program Coordinator, 36 (F)
434.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 45
435.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 47
436.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 29
437.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 48 (F)
438.	Emily Osinski	05/06/13	Laredo, TX, Musician, 31 (F)
439.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 56
440.	Peggy Hubbard	05/16/13	Los Alamos, NM, 57 (F)
441.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 51
442.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 47
442.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 51
444.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 41
445.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 48
446.	Sarah Jones Girotti	06/02/13	Winchester, MA, Product Manager, 43 (F)
447.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 43
447.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
449.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 42 (F)
449.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 13
449.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 10
452.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 51 (F)
453.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 42 (F)
454.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 34
455.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 45 (F)
456.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 41 (F)
457.	Thomas Comer	07/28/13	Denver, CO, Retired, 53
458.	Chris Brelage	08/06/13	Fishers, IN, Sales, 44
459.	Clint Stevens	08/08/13	Houston, TX, Vending, 33
460.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 46 *
461.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 33
462.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 30
463.	Richard Jones	09/13/13	Ames, IA, Retired, 69
465.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 15

465.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 46
466.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 44 (F) *
467.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 44 (F)
468.	Cynthia Almudevar	10/28/13	Pittsford, NY, Pastor/Writer, 55 (F)
469.	Paul Seibert	11/01/13	Fort Mitchell, KY, Software Developer, 51
470.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 39
471.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 43
472.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 54 (F)
472.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 68 *
474.	Brian Andres	11/12/13	Dublin, OH, Analyst, 31
475.	Katherine Jones	11/14/13	Fort Dix, NJ, Stay-At-Home Mom, 26 (F)
476.	Amber Travsky	11/21/13	Laramie, WY, Wildlife Biologist, 59 (F)
477.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 43
478.	James Summers	11/24/13	Coronado, CA, United States Navy, 39
479.	Kirstyn Jovanovich	11/25/13	Burke, VA, Town Manager, 32 (F)
479.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 38 (F)
481.	Michele Arnold	11/26/13	Issaquah, WA, Physician, 41 (F)
481.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 49 (F)
483.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 38
483.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 42 (F)
483.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 53
486.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 35
486.	Neil Borchers	11/28/13	Fort Loramie, OH, Associate, 34
486.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 36
486.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 41
486.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 33
486.	Amy Katz	11/28/13	Irvine, CA, Accountant, 44 (F)
486.	Erica Kimball	11/28/13	Portland, OR, Professor, 40 (F)
486.	Benjamin Labovitz	11/28/13	Baltimore, MD, Registered Nurse, 29
486.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 38
486.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 47 (F)
486.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 39 (F)
497.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 42
497.	Robin Lentine	11/30/13	Plymouth, MN, Student, 16 (F)
499.	Gayle Kearney	12/05/13	Ballwin, MO, Teacher, 49 (F)
500.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 35
501.	Corinne Wright-MacLeod	12/14/13	Minneapolis, MN, Attorney, 41 (F)
502.	Chris Myers	12/24/13	Chanhassen, MN, Bus Driver, 42
503.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 40 (F)
503.	Jamie Rheame	12/25/13	Marion, IL, Educator, 54 (F)
503.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 73 *
506.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 44
507.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 37
508.	Dave Wilson	12/29/13	Glenside, PA, Service Director, 37
509.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 27 (F)
510.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 60
510.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 34
510.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 35
510.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 25 (F)

510.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 44
510.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 59 *
510.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 24
510.	John David Miller	01/01/14	Macon, GA, Financial Representative, 34
510.	J. Shimon Rubinstein	01/01/14	North Miami Beach, FL, Chiropractor, 33
519.	Jennifer Meyer	01/04/14	Rochester, MN, Travel Associate, 46 (F)
520.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 40 (F)
521.	Brian Daniels	01/12/14	Minneapolis, MN, Com. Support Specialist, 26
522.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 43 (F)
523.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 63 *

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

Official International Active Running Streak List

As Certified to the Streak Runners International

March 1, 2015

	The Hills (50+yrs)		
1.	Ron Hill	21Dec64	Hyde, England, Runner, 76
	The Grand Masters (35+yrs)		
2.	Rick Rayman	10Dec78	Ontario, Canada, Dentist & Professor, 68
	The Highly Skilled (20+yrs)		
3.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 51
	The Proficient (5+yrs)		
	Paul "LordSmythe" Smith	01Jan07	Durham, England, Local Gov't Officer, 52
4.	Marlene Prentice	12Mar07	Gold Coast, Australia, Fin. Controller, 52 (F) *
5.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 47
6.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 35
7.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 51
8.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 58
	The Neophytes (-5yrs)		
9.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 33
10.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 48 (F)
11.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 42
12.	Jim Crisp	07Apr13	Brough, England, Plumber, 43
13.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 42
14.	Gillian Selman	17Oct13	Bromley, England, Nurse, 42 (F)
15.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 40 (F)
16.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 46

17.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 30 (F)
18.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 37 (F)

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

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SRI Women's Singlet



USRSA Women's Long Sleeve



USRSA Men's Singlet



Optional "Streak Started" Date

Official U.S.A. Retired Running Streak List

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

March 1, 2015

1.	Mark Covert, Lancaster, CA	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	Kenneth C. Young, Petrolia, CA *	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
3.	Gary C. Jones, Troy, Montana *	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
4.	Robert J. Zarambo, Whitehall, PA	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
5.	Robert C. Ray, Baltimore, MD	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
6.	Ed Sandifer, Newtown, CT	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
7.	Walter O. Byerly, Dallas, TX *	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
8.	Nick Morganti, Carlsbad, CA *	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
9.	Barry Abrahams, Lincoln, NE *	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
10.	Ron Jackson, Seattle, WA	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
11.	Joseph Wojcik, Claremont, CA (D)	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
12.	Harvey Simon, Newton, MA	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
13.	Dick Vincent, Palenville, NY	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
14.	John W. Morgan, Emmett, ID	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
15.	Julie Maxwell, Kasson, MN (F) *	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
16.	Bob Kimball, Pensacola, FL	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
17.	Charles Brumley, Saranac Lake, NY (D)	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
18.	Ronald Kmiec, Carlisle, MA *	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
19.	William Etter, Ferndale, CA	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
20.	Dwight A. Moberg, Manhattan Beach, CA	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
21.	John King, Chatham, NJ *	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
22.	Geza Feld, Farmingdale, NY *	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
23.	Margaret O. Blackstock, Atlanta, GA (F)	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
24.	Alicia Brophey, Mashpee, MA (F)	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
25.	Lawrence E. Sundberg, Farmington, CT	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
26.	Brian P. Short, Minneapolis, MN *	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
27.	Joseph Sinicrope, East Granby, CT	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
28.	James Scarborough, Rancho Palos Verdes, CA (D)	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
29.	Steven R. Morrow, Eagle Lake, MN *	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
30.	Larry Baldasari, Sr., Hamilton Square, NJ	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
31.	Kenneth Korsec, Chesterland, OH	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
32.	Fred Winkel, Glen Hood, NY	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)
33.	J. Patrick Growney, Lavallette, NJ *	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
34.	Joseph B. Hyder, Black Mountain, NC	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
35.	Don Slusser, Monroeville, PA *	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)

36.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
37.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
38.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
39.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
40.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
41.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
42.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
43.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
44.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
45.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
46.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
47.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
48.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
49.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
50.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
51.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
52.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
53.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
54.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
55.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
56.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
57.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
58.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
59.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
60.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
61.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
62.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
63.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
64.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
65.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
66.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
67.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
68.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
69.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
70.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
71.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
72.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
73.	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
74.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)
75.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
76.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
77.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
78.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
79.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)

80.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
81.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
82.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
83.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
83.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
85.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
86.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
87.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
88.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
89.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
90.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
91.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
92.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
93.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
94.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
95.	Roger Raymond, Marco Island, FL	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
96.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
97.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
98.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
99.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
100.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days (9 yrs 334 days)
101.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days (9 yrs 148 days)
102.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days (9 yrs 113 days)
103.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days (9 yrs 036 days)
104.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days (9 yrs 029 days)
105.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days (9 yrs 022 days)
106.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days (8 yrs 343 days)
107.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days (8 yrs 233 days)
108.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days (8 yrs 118 days)
109.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days (8 yrs 037 days)
110.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days (7 yrs 300 days)
111.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days (7 yrs 266 days)
112.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days (7 yrs 220 days)
113.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days (7 yrs 151 days)
114.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days (7 yrs 137 days)
115.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days (7 yrs 107 days)
116.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days (7 yrs 069 days)
117.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days (7 yrs 066 days)
118.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days (7 yrs 057 days)
119.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days (7 yrs 002 days)
120.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days (6 yrs 300 days)
121.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days (6 yrs 291 days)
122.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days (6 yrs 247 days)
123.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days (6 yrs 224 days)
124.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days (6 yrs 193 days)
124.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days (6 yrs 193 days)

126.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days (6 yrs 150 days)
127.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days (6 yrs 066 days)
128.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days (6 yrs 034 days)
129.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days (6 yrs 015 days)
130.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days (6 yrs 009 days)
131.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days (5 yrs 318 days)
132.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days (5 yrs 247 days)
133.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days (5 yrs 228 days)
134.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days (5 yrs 217 days)
135.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days (5 yrs 207 days)
136.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days (5 yrs 196 days)
137.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days (5 yrs 179 days)
138.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days (5 yrs 174 days)
139.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days (5 yrs 157 days)
140.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days (5 yrs 156 days)
141.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days (5 yrs 141 days)
142.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days (5 yrs 104 days)
143.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days (5 yrs 088 days)
144.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days (5 yrs 025 days)
145.	Reno Stirrat, Rockaway, NJ	06/11/83 – 06/11/88	1,828 days (5 yrs 001 days)
146.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days (4 yrs 362 days)
147.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days (4 yrs 360 days)
148.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days (4 yrs 350 days)
149.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days (4 yrs 311 days)
150.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days (4 yrs 301 days)
151.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days (4 yrs 259 days)
152.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days (4 yrs 235 days)
153.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days (4 yrs 207 days)
154.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days (4 yrs 192 days)
155.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days (4 yrs 173 days)
156.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days (4 yrs 145 days)
157.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days (4 yrs 111 days)
158.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days (4 yrs 103 days)
159.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days (4 yrs 102 days)
160.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days (4 yrs 090 days)
161.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days (4 yrs 088 days)
162.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days (4 yrs 086 days)
163.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days (4 yrs 078 days)
164.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days (4 yrs 072 days)
165.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days (4 yrs 059 days)
165.	Todd Kane Plainsboro, NJ	12/28/10 – 02/24/15	1,520 days (4 yrs 059 days)
167.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days (4 yrs 044 days)
168.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days (4 yrs 042 days)
169.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days (4 yrs 039 days)
170.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days (4 yrs 033 days)
171.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days (4 yrs 000 days)
172.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days (3 yrs 320 days)
173.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days (3 yrs 286 days)

174.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days (3 yrs 282 days)
175.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days (3 yrs 265 days)
176.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days (3 yrs 251 days)
177.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days (3 yrs 248 days)
178.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days (3 yrs 246 days)
179.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days (3 yrs 244 days)
180.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days (3 yrs 242 days)
181.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days (3 yrs 235 days)
182.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days (3 yrs 226 days)
183.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days (3 yrs 215 days)
184.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days (3 yrs 198 days)
185.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days (3 yrs 186 days)
186.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days (3 yrs 184 days)
187.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days (3 yrs 150 days)
188.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days (3 yrs 148 days)
189.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days (3 yrs 148 days)
190.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days (3 yrs 121 days)
191.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days (3 yrs 118 days)
192.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days (3 yrs 107 days)
193.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days (3 yrs 082 days)
194.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days (3 yrs 078 days)
195.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days (3 yrs 069 days)
196.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days (3 yrs 055 days)
197.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days (3 yrs 053 days)
198.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days (3 yrs 048 days)
199.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days (3 yrs 044 days)
200.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days (3 yrs 040 days)
201.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days (3 yrs 025 days)
202.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days (3 yrs 020 days)
203.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days (3 yrs 004 days)
204.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days (3 yrs 000 days)
205.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days (2 yrs 360 days)
206.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days (2 yrs 359 days)
207.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days (2 yrs 349 days)
208.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days (2 yrs 295 days)
209.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days (2 yrs 289 days)
210.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days (2 yrs 288 days)
211.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days (2 yrs 287 days)
212.	Dylan Russell, Missouri City, TX	03/20/11 – 12/30/13	1,017 days (2 yrs 286 days)
212.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days (2 yrs 286 days)
214.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days (2 yrs 272 days)
215.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days (2 yrs 270 days)
215.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days (2 yrs 269 days)
217.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days (2 yrs 250 days)
218.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days (2 yrs 243 days)
219.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days (2 yrs 237 days)
220.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days (2 yrs 228 days)
221.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days (2 yrs 219 days)
222.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days (2 yrs 212 days)

223.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days (2 yrs 200 days)
224.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days (2 yrs 197 days)
225.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days (2 yrs 196 days)
226.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days (2 yrs 169 days)
227.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days (2 yrs 146 days)
228.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days (2 yrs 141 days)
229.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days (2 yrs 124 days)
230.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days (2 yrs 111 days)
231.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days (2 yrs 107 days)
232.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days (2 yrs 105 days)
233.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days (2 yrs 103 days)
234.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days (2 yrs 102 days)
235.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days (2 yrs 096 days)
236.	Norman Grimmatt, San Antonio, TX *	12/16/04 – 03/20/07	825 days (2 yrs 095 days)
237.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days (2 yrs 093 days)
238.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days (2 yrs 089 days)
239.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days (2 yrs 084 days)
240.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days (2 yrs 077 days)
241.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days (2 yrs 071 days)
241.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days (2 yrs 070 days)
243.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days (2 yrs 066 days)
244.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days (2 yrs 052 days)
245.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days (2 yrs 050 days)
246.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days (2 yrs 041 days)
247.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days (2 yrs 033 days)
248.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days (2 yrs 029 days)
249.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days (2 yrs 022 days)
250.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days (2 yrs 021 days)
251.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days (2 yrs 018 days)
252.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days (2 yrs 015 days)
253.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days (2 yrs 013 days)
253.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days (2 yrs 012 days)
253.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days (2 yrs 012 days)
256.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days (2 yrs 011 days)
257.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days (2 yrs 001 days)
258.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days (1 yr 361 days)
259.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days (1 yr 351 days)
260.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days (1 yr 347 days)
261.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days (1 yr 342 days)
262.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days (1 yr 326 days)
263.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days (1 yr 320 days)
264.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days (1 yr 312 days)
265.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days (1 yr 306 days)
266.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days (1 yr 302 days)
267.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days (1 yr 300 days)
268.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days (1 yr 286 days)
269.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days (1 yr 282 days)
270.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days (1 yr 278 days)
271.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days (1 yr 271 days)

272.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days (1 yr 250 days)
273.	Christine Petrone, South Jordan, Utah (F)	12/31/12 – 09/03/14	612 days (1 yr 247 days)
274.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days (1 yr 236 days)
275.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days (1 yr 235 days)
275.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days (1 yr 235 days)
275.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days (1 yr 234 days)
278.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days (1 yr 234 days)
278.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days (1 yr 233 days)
280.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days (1 yr 226 days)
281.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days (1 yr 226 days)
282.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days (1 yr 222 days)
283.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days (1 yr 218 days)
284.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days (1 yr 214 days)
285.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days (1 yr 213 days)
286.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days (1 yr 212 days)
287.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days (1 yr 210 days)
288.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days (1 yr 208 days)
289.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days (1 yr 204 days)
290.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days (1 yr 201 days)
291.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days (1 yr 192 days)
291.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days (1 yr 192 days)
293.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days (1 yr 187 days)
294.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days (1 yr 184 days)
295.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days (1 yr 183 days)
295.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days (1 yr 183 days)
297.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days (1 yr 177 days)
298.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days (1 yr 173 days)
299.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days (1 yr 157 days)
300.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days (1 yr 138 days)
301.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days (1 yr 135 days)
301.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days (1 yr 135 days)
301.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days (1 yr 134 days)
304.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days (1 yr. 128 days)
305.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days (1 yr 123 days)
306.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days (1 yr 122 days)
306.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days (1 yr 122 days)
306.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days (1 yr 121 days)
309.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days (1 yr 118 days)
310.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days (1 yr 114 days)
311.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days (1 yr 105 days)
312.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days (1 yr 090 days)
313.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days (1 yr 083 days)
314.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days (1 yr 082 days)
315.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days (1 yr 081 days)
316.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days (1 yr 080 days)
317.	Matt Learo, Liverpool, NY	07/04/13 – 09/20/14	444 days (1 yr 079 days)
317.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days (1 yr 078 days)
319.	Edward Monsour, Laguana Niguel, CA	10/24/11 – 01/06/13	441 days (1 yr 075 days)
319.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days (1 yr 075 days)

321.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days (1 yr 075 days)
321.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days (1 yr 075 days)
321.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days (1 yr 074 days)
324.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days (1 yr 073 days)
325.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days (1 yr 070 days)
326.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days (1 yr 069 days)
327.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days (1 yr 064 days)
328.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days (1 yr 062 days)
329.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days (1 yr 060 days)
329.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days (1 yr 060 days)
331.	Tim Stearman, Albuquerque, NM	12/15/13 – 02/10/15	423 days (1 yr 058 days)
332.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days (1 yr 053 days)
333.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days (1 yr 050 days)
334.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days (1 yr 043 days)
335.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days (1 yr 042 days)
336.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days (1 yr 041 days)
337.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days (1 yr 038 days)
338.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days (1 yr 037 days)
339.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days (1 yr 034 days)
340.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days (1 yr 034 days)
341.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days (1 yr 033 days)
342.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days (1 yr 032 days)
343.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days (1 yr 030 days)
344.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days (1 yr 023 days)
345.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days (1 yr 020 days)
346.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days (1 yr 018 days)
346.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days (1 yr 018 days)
348.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days (1 yr 016 days)
349.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days (1 yr 009 days)
350.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days (1 yr 009 days)
350.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days (1 yr 009 days)
352.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days (1 yr 006 days)
352.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days (1 yr 005 days)
352.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days (1 yr 005 days)
355.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days (1 yr 005 days)
356.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days (1 yr 003 days)
356.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days (1 yr 003 days)
356.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days (1 yr 002 days)
359.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days (1 yr 002 days)
359.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days (1 yr 002 days)
359.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days (1 yr 002 days)
359.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days (1 yr 001 days)
359.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days (1 yr 001 days)
359.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days (1 yr 001 days)
359.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days (1 yr 001 days)
359.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days (1 yr 001 days)
367.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days (1 yr 001 days)
367.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days (1 yr 001 days)
367.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days (1 yr 001 days)

367.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days (1 yr 001 days)
367.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days (1 yr 000 days)
367.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days (1 yr 000 days)
367.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days (1 yr 000 days)
374.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days (1 yr 000 days)
374.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days (1 yr 000 days)
374.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days (1 yr 000 days)
374.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days (1 yr 000 days)
374.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days (1 yr 000 days)
374.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days (1 yr 000 days)
374.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days (1 yr 000 days)
374.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days (1 yr 000 days)
374.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
374.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days (1 yr 000 days)
374.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days (1 yr 000 days)
374.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days (1 yr 000 days)

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

Official International Retired Running Streak List

As Certified to Streak Runners International

March 1, 2015

1.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days (3 yrs 235 days)
2.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days (2 yrs 357 days)
3.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days (2 yrs 175 days)
4.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days (2 yrs 114 days)
5.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days (2 yrs 023 days)
6.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days (1 yr 150 days)
7.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days (1 yr 136 days)
8.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days (1 yr 040 days)

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

THE FINISH LINE

By: Mark Washburne

The last quarter here at the running streak association was one for the record books. The top headline for the period, of course, was Ron Hill of Hyde, England in the United Kingdom reaching 50 years of running every day on 20 December 2014. Another major 5-year milestone was accomplished by Jim Pearson of Marysville, Washington, who on 15 February 2015 became only the fourth person in the world (after Ron Hill, Mark Covert, and Jon Sutherland) to have his running streak reach 45-years. A special 5-year anniversary was also accomplished by Robert "Raven" Kraft of Miami Beach, Florida, who hit 40 years of consecutive running on the beach on 31 December 2014.

As noted in the "Streaking Anniversaries" section of this newsletter (page 2), Dr. Hill, Coach Pearson, and Raven are not the only athletes celebrating special 5-year anniversaries. In total, 26 runners have reached new 5-year streak categories this quarter with a record 16 of them moving into new categories in the twenty years plus brackets. Congratulations to everyone who celebrated a special streak anniversary this winter.

"Streak Anniversaries" were not the only highlights from this quarter. Our running streak association also reached some other milestones during the last quarter. On 5 January 2015, I updated the SRI/USRSA Facebook page about three of those milestones:

- 1. We now have 500 athletes listed on the United States Running Streak Association (USRSA) active list with Karl W. Davenport, from Dunnellon, Florida, occupying the 500th spot. As we only list running streaks of one year or more on the SRI/USRSA website, Karl, who started his running streak on New Year's Day last year, also has the distinction of being our first active stalker listed from the year 2014 to make the ledger.*
- 2. We now have 700 athletes who have become members of SRI/USRSA with running legend Reno Stirrat, from Rockaway, New Jersey, becoming our 700th member.*
- 3. We now have 2,000 athletes who have joined this SRI/USRSA Facebook group with Don Manfria, from Nutley, New Jersey, becoming our 2,000th member.*

From these early January milestone numbers, the rapid growth of our running streak association continued during the first two months of 2015. We close this quarter listing 542 active streaks from around the world and 393 retired streaks. One year ago, the Spring 2014 issue of this newsletter listed just 448 active

streaks and 314 retired streaks from around the world for a yearly increase of 21% in active listings and 25% in retired listings.

We have also seen a spike in our SRI/USRSA membership. We now list 744 athletes on our membership roles. Just one year ago on 1 March 2014, we welcomed Hanju Wang from Randolph, New Jersey (now living in Gurnee, Illinois) as our 600th member for a yearly increase of 24% in new members. In the last quarter alone, an additional 67 members joined our association.

The SRI/USRSA Facebook page also continues to skyrocket in posts and membership. In *The Finish Line* of our Spring 2014 issue, I noted, "On February 8, 2014, Dario Mirski became the 1,000 'friend' to join the SRI/USRSA Facebook page." As I write this column, we now have over 2,140 members on our Facebook page for a yearly increase of 113%.

We, of course, could not have reached all these milestone numbers without you and all the other streak runners from around the world. Thank you for your support and good luck to all as we each run the roads and trails – every day!