

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

# **THE STREAK REGISTRY**

**PRANJAL MILOVNIK JOINS SRI FROM SLOVAKIA;  
TEN-TIME FINISHER OF THE 3,100-MILE  
SELF-TRANSCENDENCE RACE**



Pranjal Milovnik

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# THE STREAK REGISTRY

## Winter 2016 - 60th ISSUE

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## **STREAKING ANNIVERSARIES**

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

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

John Watts of Nampa, Idaho on October 4<sup>th</sup>

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

Milton Magness of Houston, Texas on September 22<sup>nd</sup>

Matthew Mace of Arnold, Maryland on September 29<sup>th</sup>

Kenneth Brown of Huntington, Virginia on November 10<sup>th</sup>

Judy Mick of Roanoke, Virginia on November 20<sup>th</sup>

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

Jerry Caine of Santa Rosa, California on October 2<sup>nd</sup>

Daniel Pereira of Portland, Oregon on November 5<sup>th</sup>

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

Mark Misch of Colorado Springs, Colorado on September 26<sup>th</sup>

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

John Albert, Jr., Cold Spring Harbor, New York on October 18<sup>th</sup>

Chad Shilson of Maple Grove, Minnesota on November 14<sup>th</sup>

Bruce Dosier of Aliso Viejo, California on November 15<sup>th</sup>

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“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)



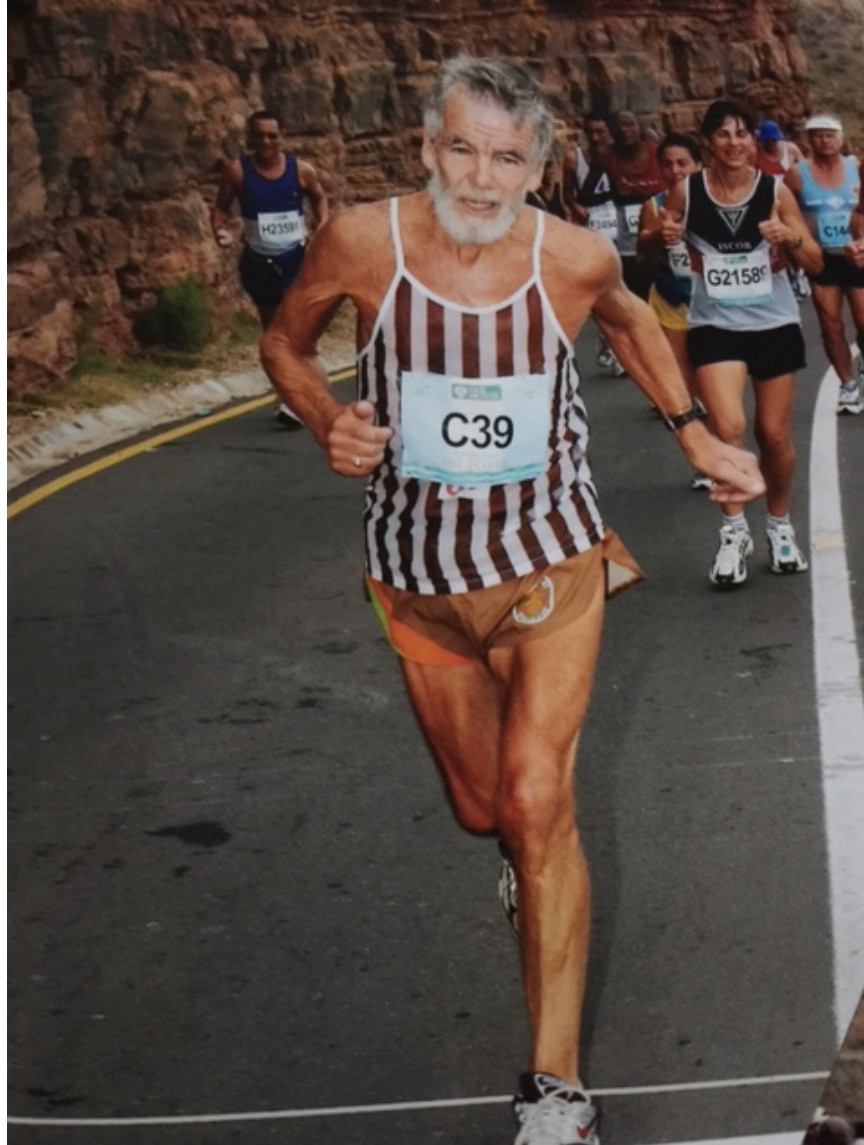
Pranjal Milovnik

**PRANJAL MILOVNIK JOINS SRI FROM SLOVAKIA;  
TEN-TIME FINISHER OF THE 3,100-MILE  
SELF-TRANSCENDENCE RACE**

**By: Pranjal Milovnik  
Bratislava, Slovakia**

I hated running when I was a kid. I have started running in 1994, when I became a student of meditation teacher Sri Chinmoy. A physical fitness is a big part of his teaching. And the easiest way how to stay fit is running. So I started to run. After one year I ran my first marathon and sometime later my first ultra-race. I found out that even though I am not a fast runner I can run a long time. I realized ultra-running was my thing. In spring of 2000 I ran my first multiday race, 10-day race in New York. Then I tried 1000-mile race 4 times. In 2005 I did my first 3100 Mile Race. Since then I did it 10 times. My best is 47 days and 4 hours. This race is for me more a spiritual experience than a running race. You run for 18 hours a day from 6 in the morning to midnight. You have to cover almost 60 miles a day to finish within the cut off time, which is 52 days. You push yourself physically and mentally on the edge. But you touch your limits you found out there is some secret source of power inside us and when you touch this source you realize that nothing is impossible.

So in 2008 after finishing 3100 Mile Race, I said to myself, "Why not to continue running?" So I went back on the track and I ran 2 miles. And since then I run at least 2 miles every single day. It has become part of my life. I realized it's much easier when you have no choice. Doesn't matter how late it is, what the weather is or how tired you are, you know you have to do your 2 miles. Mind is tricky. If you give it a choice it will choose the easier way always.



Frank Clarke

**FRANK CLARKE JOINS SRI FROM SOUTH AFRICA;  
STARTED RUNNING STREAK IN 1977  
By: Frank Clarke**

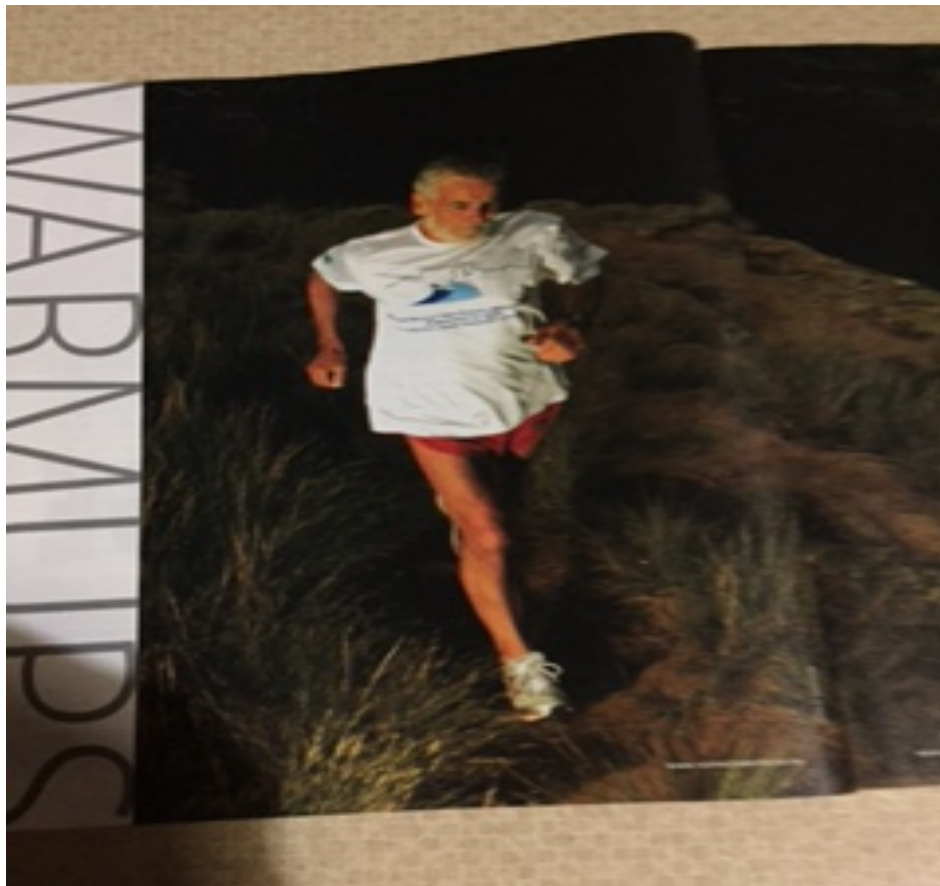
In 1976 I started running as a means to get fit and reduce my weight, which had reached 117kg, the running assisted in achieving my goal weight of 71kg, which I have maintained to this day.

During 1977, and 221 days of 1978, I managed to run a total of 8590kms, however, during this period, 24-days were missed due to injuries. From August the 10<sup>th</sup> 1977 until the present I have not missed a day, regardless of weather and surrounds, from running in -20c degrees in Chicago to +40c degrees in Angola, from city centres to dirt roads, but always outdoors.

Over the years I have had a number of close calls that could have ended my streak, but have been fortunate enough to persevere through injuries, illness and surgeries, even if favouring one leg over the other to ensure no walking or stopping. Naturally when injured, my pace was slower and dictated by the amount of pain experienced. One international trip to the Far East required a stop-over in Mauritius to ensure there was no day missed in the diary through time changes.

An example of some misfortunes have included two micro surgeries on my knee, garden fork through my foot, a piece of glass cutting my foot and requiring 6 stitches, Hepatitis, tick-bite fever, most recently a heart pacemaker being fitted and eye cataracts removed and lenses fitted. These of course were spread out over a number of years. In each case I ran before the procedures then again the following afternoon, ensuring in each instance that I was accompanied by a fellow runner to witness the run of between 5 and 8kms.

I have completed 581 races, varying in distance between 10 and 90 kms, and included 30 Comrade Marathons (+- 88-90kms), 9 of which were completed in silver with a best time of 6hrs 53mins, 33 Two Oceans Marathons (56kms) of which best time achieved of 3hrs 58mins (Silver). Some international marathons have included a New York Marathon completed sub 3hrs, and the London Marathon in just over 3hrs, with 3 London to Brighton Marathons (85kms) averaging 7hrs, I also managed to complete an Iron Man in 9 hours 45mins (Silver) (28km canoe, 90km cycle and 42km run).



Frank Clarke



William Stark

**WILLIAM STARK'S STREAK HITS 39 YEARS  
"JOGGING THROUGH INJURIES"  
By: William Stark**

In the spring of 1980, after two in a row out of town meetings, drinking, and poor diet, I came down with a five-day gout attack, pain in the ball of the left big toe. This was followed by treatment, indomethacin ("side effects bleeding ulcers, hallucinations and death") and colchicine ("take one per hour until you cannot bear the diarrhea"). I don't really remember how my streak survived that, but it did.

In the fall of 1986, while running from the road to a trail, I tripped on some cement mixer washout and hit my knee. I kept running that week, and aggravated the injury. By the end of that week, that knee was greatly swollen. I was going to a meeting in Nagoya Japan by way of Hong Kong. I had to cut way back on my distance. Even without the injury, it was hard to run on this trip: Hong Kong before midnight after crossing the international date line, and Nagoya with its downtown streets. I thought my high mileage was forever decreased, but somehow I recovered after 3 weeks.

This was about 1990, in December. I was running home from work in the dark in the rain. My bad, I did not wear very visible colors, but I rationalized that I could see every car's headlights and get out of the way. Pow! I was on the ground and hurt in 3 places,

ankle, leg and shoulder. A bike had hit me. Turns out it was driven by a drunk guy whose driver's license was revoked for DWI, and he was unconscious. He had a 5 year old daughter in the seat, and fortunately she had a helmet (he did not). She asked to get help for her father. I flagged a car, and eventually emergency responders arrived as he was coming to. I figured I could then finish my jog home. As I removed my socks, I saw my ankle was split open, and I went to the ER for a seamstress. I told him I had a streak. That doctor said I should stay off that leg as he finished the fifteenth stitch and I said "I hear you." Another 3 weeks of reduced miles. Amazing how the body recovers.

It was 1996, and I do not know the cause, but two knees and one ankle hurt for a long time, probably 2/3 of a year. I had to cut back on my mileage, sometimes to 1/3. While recovering, I got back to 2/3 the usual. I managed with 2 advils in the morning and 2 in the evening. My brother said that was not a clinical dose. I replied, "If I forgot the morning dose, I could barely bend to sit in the car, then I took my dose and I was water skiing in the afternoon." The conventional wisdom was that biking was better on your knees than running, so I took to using the exercise cycle or the stepper at the gym because I could not jog enough to feel good. I really did not enjoy that. On Labor Day weekend, I knew I needed to give up my 50 miles one week a month. I was glad I made it through that injury!

This was 2013. "What happened to your leg?" my daughter-in-law (Woodlands, TX) asked Saturday evening. Nobody noticed my Thursday morning injury (home in St. Louis), nor did my wife notice I walked slower than her through the airports. I was climbing over a fence, and my foot got stuck but my body kept going. I stood up a few times and fell right back down. Everything on the back of my right leg from my butt to my calf hurt. I was way out from my car and hitched a ride back to my car. My wife and I have two cars, and one was too uncomfortable for me to sit in for a month. I preferred that she drive because there was a delay as I tried to brake. Most exercise machines at the Y were hopeless because I could not sit on the bench. I had trouble putting on my socks. My friend Judy made a mock face-slapping gesture and said I might have clots after I told her that, of course, I was still jogging (limping) at least the minimum mile to keep the streak going. I found support from friends at the Y. When I said I did not go to the doctor, Dan said that the doctor would just say I should not run on that. Ernie said that keeping the streak going was just the right physical therapy. Well, I made it through that one after several months and was eventually able to clip my toe nails again.

August 2014, atrial fibrillation showed up for the first time (that I know of). With the advice of my athletic son, my wife bought me one of those pulse monitors that you wrap across your chest and wear on your wrist. Then one morning, I strapped it on to go for my jog. What the heck?! My pulse was 150. I started my jog at an easy pace but did not go off the main roads. My pulse did not go down, so I settled for half an hour. Before my wife drove me to the emergency room, I arranged for a substitute since I was to teach the first class of the semester that day. They got me under control and admitted me to the hospital overnight. I could have lost the streak that time if they had kept me for two days.

These are reminders of how resilient the body is and how frail the streak is. I am 68 years old as I write this. There are reminders every now and then as someone high on the streak registry needs to end the streak. And so it will be for me some time. But, until then, every day's opportunity to run is a privilege.





Judy Mick

## **JUDY MICK'S STREAK HITS 30 YEARS**

**By: Judy Mick**

On November 20, 2015, I celebrated the 30th Anniversary of my running streak! Want to know what I did on that day? I ran 30 miles! I have run numerous marathons during my life – but, never anything longer than that. I decided earlier in the year that I wanted to do something special on that day – and running 30 to celebrate 30 was what I came up with.

I had been training all summer for a fall marathon and had several runs of over 20. But, I was still a little worried about the unknown.

It ended up being a beautiful day – except that it was pretty windy in spots. Low 50's. Perfect. The run went well. I got a little sluggish between 24 and 27 miles, but then finished strong. In fact, my 30th mile was my fastest! All in all it was a great way to celebrate!

It really doesn't seem like it's been that long. My running is just something that I do every day – just like brushing my teeth. I get up and run. I didn't even know that there was a Streaking Group until just a few years ago. Running every day was just something that I did and still do.

When I started my streak – a postage stamp was 20 cents, gas was \$1.20/gallon and Ronald Reagan was president. There was a few guys that I ran with and we just decided that we were going to run every day. And, then it just stuck. I don't even remember the last time I didn't run!

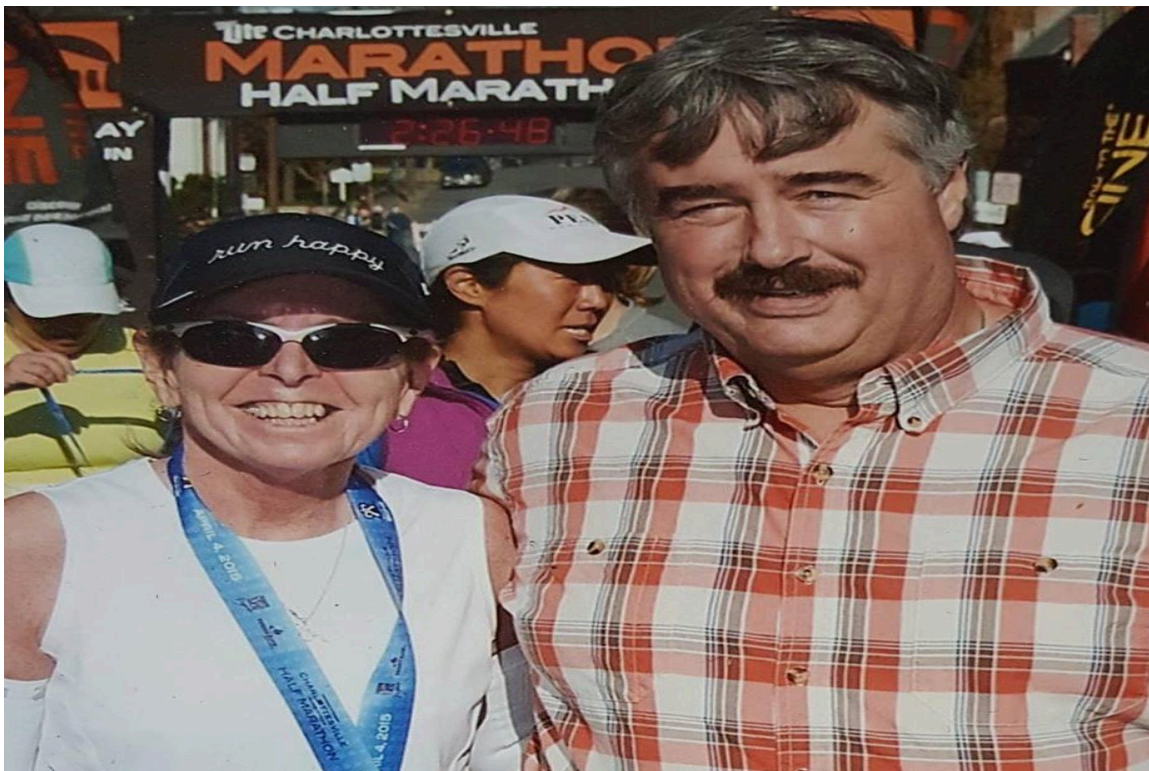
Yes, I started running back in the days of headbands and tube socks. We didn't have fancy GPS watches, cell phones or iPods. No compression gear or fancy clothing. But, you know what – we survived! We measured distances with our cars before a run to be sure we knew the distance. My first GPS was a Timex (hubby bought me) that had a device strapped to your forearm that communicated with a huge watch. It was massive – but, I was in heaven! It is much easier today.

I also enjoyed how easy it was to get into races. I've run Marine Corps Marathon and Disney Marathon both several times. No lottery. Just fill out the form and mail it in. And, you were in the race. I do miss those days!

My minimum mileage day is 2 miles, unless I'm really sick. The worst thing I ever had to run through was the Shingles. They lacked about 2 inches of completely encircling my back. But, I ran a mile every day. In fact, my doctor always thought that I got over the Shingles in a week since I did run every day and sweated them out. Sounds good to me!

I've gotten much slower through the years – my marathon PR is 3:37 and I'll never get close to that again. But, I'm OK with that. I'm alright with getting slower because I'm still out there. So many runners that I've known through the years are not. And, I'm extremely thankful that I am still on the roads!

And, I have to give a shout out to my wonderful hubby! I know that I am blessed to have a husband who totally supports my running. He puts up with my long runs, running on vacation, the mini-vacations that I plan for races, etc. These 30 years would have been much harder without him and his support!



Judy and Bob Mick



Steve DeBoer and Raven Kraft

**Preferred times, Temperature extremes, and Vital Stats  
of Long time Tundra Traversers  
By: Steve DeBoer**

At the end of 2014, I sent an e-mail out to nearly 200 streak runners who have current or retired running streaks of over 15 years or have run over 70,000 miles in their lifetime, receiving about 80 responses. Here are responses to the questions 5-9, which covers the rest of the survey:

5. Have you done any cross training during your running streak?

**NONE**

William Benton  
 Thad Childs  
 Mark Covert (now bikes)  
 Craig Davidson  
 Steve Gathje

Al Gilman

Pat Growney  
 Ken Korosec  
 Milton Magness  
 Jim Pearson  
 Joe Raffa  
 Rick Rayman  
 Jon Simpson

Craig Snapp  
 Bill Stark  
 Larry Sundberg  
 John Watts  
 John Wolff

Terrell Worley  
 Rich Wright

**ROW**

John King (Concept 2)

**BASKETBALL**

Henry Lengkeek

**ELLIPTICAL**

Ron Jackson  
 Bill Robertson  
 Len Williamson

**ELLIPTIGO**

Roger Nelson  
 HIKING  
 George Church

**KAYAK**

Mike Heller

**PICKLEBALL**

Mike Holsteen

**SNOW SKI**

Deb Brassfield-Zoltie

**TAE KWON DO**

Jim Behr (2nd degree black)  
 Ken Birse (5th degree black)

**BIKE**

Tom Allen  
 Deb Brassfield-Zoltie (Spin)  
 Stuart Calderwood  
 Ward Crutcher  
 Steve DeBoer

Dave Hamilton

Mike Holsteen  
 Ron Jackson  
 Jack Johnson  
 Rick Kerr  
 Matt Ketterman  
 Barb Latta  
 John Liepa

Matthew Mace  
 Roger Nelson  
 Rick Porter  
 Bill Robertson  
 Bruce Sherman

Brian Short  
 Don Slusser  
 Len Williamson

**SWIM**

Brian Casey  
 Jack Johnson  
 Matt Ketterman

Raven Kraft  
 Bill Leibfritz  
 Henry Lengkeek  
 Matthew Mace  
 Bill Moreland  
 Bill Robertson  
 Gary Rust (run in pool)  
 Bruce Sherman  
 Brian Short

Tim Woodbridge (run in pool)

**BOWFLEX**

Michael Halloran  
 Rick Kerr

**YOGA**

Jim Behr  
 Charles Holmberg  
 Scott Ludwig  
 Len Williamson

**WEIGHTS/CALISTHENICS**

Tom Allen  
 Ken Birse (bands)  
 Brent Burmaster  
 Stuart Calderwood  
 George Church (+50  
 pushups)  
 Steve DeBoer (+100  
 pushups)  
 Ronald Dennis  
 Sue Favor (+ Stepmill)  
 John Faz (+100 pushups)  
 Alex Galbraith  
 Jim Hage  
 George Hancock  
 Mike Heller (+pushups or  
 situps)

Ron Jackson  
 Gary Jones  
 Matt Ketterman  
 John King (+bands)  
 Raven Kraft  
 (+pullups/pushups)

Bill Leibfritz  
 John Leipa  
 Matthew Mace  
 Grant McAllister  
 Judy Mick  
 Bruce Mortenson  
 Fred Murolo  
 (+pushups/situps)

Roger Nelson  
 Rick Porter  
 Bill Robertson  
 Gary Rust  
 Bruce Sherman  
 Michael Sklar  
 John Strumsky  
 Jon Sutherland  
 Roger Urbancsik (+100  
 pullups/250 pushups)

Mark Washburne  
 Steven Way (circuit)  
 Len Williamson  
 Grant Woodman

**GOLF/WALK DOG**

Joe Sinicrope (less intense x-  
 training)

6. What time of day do you run (if it varies estimate % for each time)?

Not surprisingly, the 76 responses included early times shortly after midnight and late times shortly before midnight. In other words, we run at all times of day and night. 63 of us run in the morning (82.9%), 16 run in the late afternoon (21.1%), 6 run in the evening (7.9%), and 5 run about noon (6.6%). Joe Sinicrope did not specify running more at a specific time, being one of those who has traversed tundra anytime from 12:01 AM to 11:59 PM. The reason the percentages add to over 100, is that many of us run twice daily. In fact, only 4 of the 16 late afternoon group run more than 80% of the time in the afternoon. Two of the noon group and two of the evening group run mornings on weekends.

I was curious how we compare to runners in general. On the *Runner's World* web site, they have compiled times for 177 million people who record on apps, from 30 countries. It showed that 32% run in the morning and 68% in the afternoon/evening. However, this changed on the weekends, when 48% choose the mornings and 52% later in the day. So, at least among the streak runners surveyed, we seem to be "different." Another study found that those who run in the morning are more consistent, which we certainly are, if you call running every single day consistent!

7. What has been the coldest and hottest weather you have run in? For those living in the north, approximately how many miles have you run at 32 degrees or less?

There were many extreme weather comments for this question. Regarding the hottest temp, 80 of 85 of us have run above 90 degrees F (only George Hancock, Mike Heller, Rick Kerr, Joe Raffa & Brian Short have not). 63 of us have run when it was 100 degrees or hotter, 7 of whom ran at 120 or more. Craig Davidson (120), Jon Sutherland (121), Jerry Caine (122), Terrell Worley (122), Bruce Sherman (125), Gary Jones (127), and Scott Ludwig (133) have been fried the most, Scott, during the Badwater Ultramarathon he ran.

On the cooler side, only two of us have not run when the temp has been under freezing, Raven Kraft and Craig Snapp, 37 and 38 degrees being their minimum. 69 of the 85 have run when the thermometer is at 0 degrees or less, 15 of whom survived at -30 or colder. George Church (-30), Dallas Robertson (-30), Grant McAllister (-32), Bruce Mortenson (-34), Steve Gathje (-35), Milton Magness (-35), John Morgan (-35), Roger Nelson (-35), Debbie Brassfield-Zoltie (-38), Steve DeBoer (-39), Craig Davidson (-40), Al Gilman (-40), Rick Rayman (-40), Gary Jones (-47), and Mike Holsteen (-50) have been the most fast frozen, Mike while living in Fargo, ND. Some mentioned wind chill factor, with Steve DeBoer (-75), Mike Holsteen (-90), and Craig Davidson (-96) being chilled the most. Steve and Craig got their experience in Long Prairie and Fergus Falls, MN, in January 1982. Mike was living in Fargo, ND when things were the nippiest for him.

Regarding the range of temps we have traversed in, only Raven Kraft and Craig Snapp have experienced less than an 80 degree difference between coldest and hottest. 71 of the 85 have run in a range over 100 degrees, 36 at least 120 degrees, and 11 at least 140. Al Gilman & Steve DeBoer (140), Steve Gathje & Milton Magness (145), Roger Nelson (146), Scott Ludwig (148), Bruce Sherman (150), Mike Holsteen (152), Deb Brassfield-Zoltie (154), and Craig Davidson (160) have survived quite significant

extremes, but Gary Jones has the largest range, at 174 degrees (-47 to +127). We seem to be recovering just fine, with many having run over 100,000 miles; Craig Davidson and Dallas Robertson being over 200,000.

List of those who have run in temps that vary 120 degrees or more

William Benton	-21 to +117F	Bill Leibfritz	-22 to +108F
Ken Birse	-26 to +100F	Scott Ludwig	-15 to +133F
Debbie Brassfield-Zoltie	-38 to +116F	Matt Mace	-10 to +115F
Brent Burmaster	-20 to +103F	Milton Magness	-35 to +110F
John Chandler	-26 to +104F	Grant McAllister	-32 to +105F
George Church	-30 to +108F	John Morgan	-35 to +104F
Mark Covert	-8 to +116F	Bruce Mortenson	-34 to +102F
Ward Crutcher	-22 to +108F	Roger Nelson	-35 to +111F
Craig Davidson	-40 to +120F	Jim Pearson	-11 to +117F
Steve DeBoer	-39 to +101F	Rick Rayman	-40 to + 97F
John Faz	-17 to +110F	Dallas Robertson	-30 to +108F
Steve Gathje	-35 to +110F	Bruce Sherman	-25 to +125F
Al Gilman	-40 to +100F	Don Slusser	-14 to +117F
Charles Holmberg	-18 to +109F	Bill Stark	-20 to +115F
Mike Holsteen	-50 to +102F	Larry Sundberg	-18 to +102F
Gary Jones	-47 to +127F	Roger Urbancsik	-20 to +109F
Brad Kautz	-25 to +101F	Grant Woodman	-25 to +102F
John King	-24 to + 95F	Rich Wright	-14 to +112F

Of those who responded as to number of miles run at 32 degrees or colder as of the end of 2014, Ward Crutcher is at 8,000; David Todd & Roger Nelson at 10,000; Matthew Mace, Bruce Sherman, Lenworth Williamson & Rich Wright over 10,000; Stuart Calderwood at 13,200; John Watts at 15,000; William Benton, Jeff Gould, Mike Heller, Joe Raffa, Bill Robertson, Grant Woodman at 20,000; Brian Casey at 22,000; Tim Woodbridge at 25,000. I am sure there are others not responding who have been in the 25,000-35,000 range. Steve DeBoer is at 44,600, and Non Streak Runner Dallas Robertson has run over 60,000 of his 222,000 miles when freezing or below.

8. What is your height and weight (list range if it has varied)?

I received 78 complete responses regarding height and weight. The shortest are Judy Mick (5 ft. 2 in.) and William Benton (5 ft. 4 in.). The lightest weights listed were Judy Mick (110 lbs.), William Benton (112 lbs.), Rick Rayman (112 lbs.), and Barb Latta (114 lbs.). The tallest are/were Jon Sutherland and Michael Sklar (6 ft. 4 in.), though Jon mentions he is now down to 6 ft. 2 in. The heaviest weights were Bill Stark (215 lbs.), Michael Sklar (225 lbs.), Jon Simpson (235 lbs.), and John Faz (260 lbs.), though it should be noted they all listed ranges, with John Faz getting as low as 168 lbs. during his running streak.

Of the 78 of us, 57 stand between 5 ft. 8 in. and 6 ft. (73%); 51 have maintained a weight range of 20 lbs. or less (65%). Eleven person had a range of 21-30 lbs., eleven had a range of 31-50 lbs., 5 had weight fluctuations of 50 lbs. or more. Often, the large range has to do with significant weight loss when we began to run and significantly increased mileage. Ken Korosec lost 55 lbs; Jerry Caine lost 70. For others, weight goes up as they have decreased distance and intensity due to aging or seasonally. This is the case for Michael Sklar (40 lbs.), Bill Stark (42 lbs.), Ken Birse (45 lbs.), and John Faz (92

lbs.). John still managed to run at least 3 miles per day at his heaviest, during his reactivation with the Marines, but has worked his way back down to the 185-195 lb. range since then.

As for BMI, the normal range is 19-25. Though some have had BMIs lower and higher than this for parts of their running careers, only Deb Brassfield-Zoltie has always been under (17-18 BMI), and only Ned Dennis (26-28), John King (27) and Jon Simpson (29-31) have always been over. Keep in mind that athletes are often over the normal range because of higher muscle content, which weighs more than fat.

9. Do any other family members run? Have you traversed the tundra with other streak runners?

There were 82 responses to this question and here is the tally: No family members: 26 (32%); 1-2 family members: 38 (46%); 3-4 family members: 13 (16%); 5 or more: 5 (6%). Roger Nelson has 5 running relatives, include son, Grant, who has a registered streak. Ronald Dennis has 6 running relatives (RR) Bill Robertson has 9 RRs (8 siblings plus his dad), and 4 of them have run the Boston Marathon. Steve Gathje has over 9 RRs, including 5 siblings and several nieces and nephews. Steve DeBoer has at least 12 RRs, including a brother and dad who have had registered running streaks, and will be adding his brother's 10-year old grandson soon, as he has recently broken 6 minutes in the mile, which no one else in the family did at that young an age.

Know other streak runners: 37 (45%) 1-2 streak runners (SRs): 25 (31%), 3-4 SRs: 9 (11%), 5 or more: 11 (13%). Brad Kautz with 5, Steve Gathje with 5, Steven Way with 6, Fred Murolo/John Strumsky/Ken Korosec/Don Slusser each with 6-9 (they weren't certain exact number), Mark Washburne with at least 10, Jim Pearson with 14 (4 of them being his brother and 3 children, two of which are still traversing the tundra daily), Raven Kraft with 16, and Steve DeBoer with 54, seem to be the most social of our group of daily tundra traversers. Steve D included those he has raced against, even though they didn't run at the same pace. It should also be noted that several mentioned family members and others who have or had running streaks but never registered them.

PS. Marathon #55 is now history. I ran the Twin Cities Marathon October 4th, with the goal of breaking 3:40. Due to overhydration, I had to make a stop at 12 miles, but my unofficial running time was 3:39:56, so I was pleased. Afterwards, I looked up other streak runners in the results and found that 19 of us ran either the 10-mile or the marathon, with a 20th person, John Magnuson, involved in timing the event. We should have arranged a group photo! In October, MN became the second state (after CA with 57) to have 40 active, registered streak runners at one time, now at 41!

With the passing of Yogi Berra (not a streak runner but a darned good baseball player and manager), here is one of his many quotes that have to do with running, "If you come to a fork in the road, take it." Missouri streaker Bill Stark has been known to revise famous quotes, so here is his: "If you come to a spoon in the road, you might as well take it too." RIP Yogi Berra. Of course, the Craigs (Davidson and Snapp) take a lot of things found on the road, not just forks and spoons, many of which have significant monetary value!

## ALL 50 STATES REPRESENTED ON STREAK LISTS

By: Michael Friedl

If I'm calculating correctly, the recent addition of Eric Thompson of Bismarck marks the first streak entered into the Registry from North Dakota. This means that now all 50 states (plus DC) are represented in some way, which I think is a cool piece of trivia. There are two retired streaks from Alaska, but none currently active. Below is my little Pivot Table.

[Streak historian Steve DeBoer adds: "Looking at the current lists is a little deceptive. We actually reached 50 states + DC in October 2012, when Jared Ostroski reached 1 year in New Mexico. Steve Morrow and I were streak runners in South Dakota in the 80s. Mike Holsteen lived in ND in 1991-92, so he was the first who has officially registered, but since he registered after leaving ND, Mark does not have that info. Also, Jim Lindley had a 25-year running streak, starting in 1978 and lived in ND for most of that time (he is listed in George Hancock's early records). However he quit running daily in the early 2000s and never got around to have his streak officially registered with the USRSA. The Summer 2013 issue of the Streak Registry has the article I wrote about when each state had their first streakers. Currently all but Alaska are represented on the Active list."]

[Editor's note: On 19 November 2015, Bruce Sackinger from Fairbanks, Alaska, registered an active streak with USRSA. All 50 states are now represented on the USRSA Active list.]

States	Active	Streaks by State	
		Retired	Grand Total
CA	56	39	95
MN	40	48	88
TX	37	44	81
PA	35	22	57
FL	32	22	54
NY	36	17	53
NJ	24	17	41
VA	28	13	41
MA	22	17	39
WA	11	19	30
IL	22	7	29
MD	15	14	29
MI	17	10	27
CO	20	6	26
MO	9	17	26
IN	16	7	23
GA	17	6	23
NC	12	11	23
WI	11	9	20
OH	12	8	20
AZ	11	7	18



OR	14	3	17
SC	9	7	16
TN	6	9	15
IA	7	7	14
CT	6	6	12
NV	3	6	9
NM	6	2	8
UT	6	2	8
AL	3	4	7
NE	3	3	6
AR	5	1	6
KS	3	3	6
OK	4	2	6
ID	5	1	6
NH	2	3	5
WY	3	1	4
MT	2	2	4
LA	4	0	4
DE	1	3	4
RI	2	2	4
VT	2	1	3
ME	1	2	3
KY	1	2	3
AK	1	2	3
MS	2	0	2
WV	2	0	2
DC	2	0	2
HI	1	0	1
ND	1	0	1
SD	1	0	1
<b>Total</b>	<b>591</b>	<b>434</b>	<b>1,025</b>

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“Beyond racing, I just love the art form of running, of conceiving new ideas like the 50 Marathons in 50 States in 50 Days. It's the ultimate expression of what I love to do, which is run, and travel, and see this great country.”

- Dean Karnazes

“There are so many things in life that divide us, that separate us and tear us apart, be it race, religion, creed, socioeconomic level, nationality or any variety of other factors. But running is something that we all share in common.”

- Dean Karnazes

# MEMBER UPDATES – WINTER 2016



Steve Surratt

## **STEVE SURRATT'S STREAK ENDS AFTER 422 DAYS**

I developed runner's knee in April and tried to work with it but it never got better. I raced 7 times early in the year and it seems to have gotten worse each race. I tried a list of things as long as my arm but nothing worked. I spent a lot of time running 1 milers really slowly but that still did not work.

But the good news is I have no permanent damage, no arthritis, or any other problem. I'll start back up once I

heal really well. I feel very fortunate to have made it as far as I did. The streak assoc provided a great deal of support and encouragement. Historically I get injured so frequently it's almost a joke. I'm very fragile. I cannot think of any part of my legs, from the hips down, that have not been injured. I've learned a lot of medical terms! J

Enclosed is a picture from my Shamrock Hill race in March. I'm happy to say I won my age group in every race this year and even finished 2<sup>nd</sup> overall in one race.

Hopefully I'll be back at it by the Winter.

Steve Surratt  
Roanoke, Virginia

## **CHRIS BRACKMAN'S STREAK HITS 4 YEARS**

Thanks for the anniversary reminder. Not much new to report this year. I'm just thankful to the Lord for another injury free year of running. All of my runs continue to be outside. My near term goal is to make it to 5 years so I can join the ranks of the Proficient. I continue to be inspired by all the stories in the Streak Registry and wish good health and happy running to all my fellow streakers!

Chris Brackman  
Delafield, Wisconsin

## **CHARLIE HART'S STREAK HITS 7 YEARS**

My streak is alive and well at 7 years.

Charlie Hart  
Noblesville, Indiana

# MEMBER UPDATES – WINTER 2016



Sam Johnston

## **SAM JOHNSTON'S STREAK HITS 38 YEARS**

It was 38 years ago on 26 August 1977, on a cinder track in Lakenheath, England that I started my streak. I had been a hit or miss runner for a couple of years, running a day or two and then maybe taking a week off. I was 35 years old and my weight had hit 225 before I started running. So, on a warm afternoon in August, I decided I would try to run 100 days straight and work on my physical wellbeing. In a pair of Adidas Country shoes which were white with green stripes and a gummy rubber sole that ran all the way up the back of the shoe, I started my odyssey.

Along the way I quit smoking, lost weight, quit drinking, became a vegetarian, put two daughters through college, divorced, remarried, had grandchildren who live close by in Florida with one hold out in New Hampshire, and somewhere in there, I retired when I was 53. I ran one marathon, in 1991 and maybe 25 half-marathons, 10 of those being the Naples half-marathon here in my

hometown, and some 5K races.

Today I would classify myself as a recreational runner. In Florida, in deference to the heat, I run 10K every day during the "winter," November through May, and 8K in the summer because I hate it when my shoes get sloshy. I have determined five miles to be about the slosh-over point.

As you can imagine, I have had one or two injury close calls, but even with the worst one, I was still able to do at least 1.5 miles. Pain always seems to go away when I run. I had a bout with pneumonia in 1980/1981 and the doctor later said it would have been much, much smarter if I had given up the running, but he just didn't understand.

It is a special brand of idiocy that sends you off every day with just one instruction echoing through your head; "alternate your feet as you run." I feel that I run as fast as I did 38 years ago, but my watch tells me a different story. I think it is like everything else. You feel as young as you were when you were 35, but that is not a 35 year-old staring back at you from your mirror in the morning.

I have much happiness and joy in my life and I attribute a lot of my overwhelming feeling of well being to my running. If I had it to do over, I wouldn't change a step. Well, I might change the one where I stepped clumsily on my own foot and fell, finishing the run with blood pouring out of my hand and with a piece of mulch lodged in it that I will take to my grave.

I feel honored to be part of this happy band of OCD runners, any of whom would probably be an excellent subject for a doctoral dissertation. May you all have a long run at this streak thing and prosper. I feel certain you will prosper health wise.

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The photo included was taken on my 2015 streak anniversary during a visit to Oscoda, Michigan, on Lake Huron. A soft misting rain with light winds and a temp of 55 degrees. For me, perfect running weather. Hope to see you on the road for many years to come.

Sam Johnston  
Naples, Florida



Gregory Heid at 2015 Kona Marathon.

## **GREGORY HEID'S STREAK HITS 2 YEARS**

I just finished my run tonight to make 730 days in a row. Over the past two years, I've run a total of 3287.71 miles. The hardest run I did was, by far, the Kona Marathon this year which was turned out to be blazing hot run with little relief from the sun. I plan on celebrating tomorrow by getting two beers on a run with my two best running buddies Tom and Steve. Here's to all fellow streakers! Just keep running!

Gregory Heid  
Baltimore, Maryland



Ellen Westfelt

## **ELLEN WESTFELT'S STREAK HITS 2 YEARS**

I'm still running and will keep doing so for another year :) Celebrated my 2-year accomplishment with a wonderful 48k trail ultra yesterday [5 September 2015] — Bergslagsleden Ultra!

Ellen Westfelt  
Vallentuna, Sweden

## **MARK MISCH'S STREAK HITS 10 YEARS**

Yep I'm still at it!

Mark Misch  
Head Men's Cross Country and Men's  
Middle Distance / Distance Track Coach  
University of Colorado - Colorado  
Springs

# MEMBER UPDATES – WINTER 2016



Bill Howes

## **BILL HOWES STREAK HITS 4 YEARS**

Yes, my streak is now over 4 years and going into the 5th year still nestled in between Christopher Brackman of Wisconsin and James Wisler of North Carolina for 334th place.

I look forward at this time next year when I graduate from neophyte to proficient. Last year I ran about 950 miles and set a goal to run over 1000 this year which I am on pace to do. The streak still averages 2.5 miles daily.

My biggest feat this last year was participating in the Great Lakes Relays back in July. It was a 10-person team event which ran for three days averaging around 90 miles per day (I

ran 27 miles for the 3 days). It started at the top of Michigan's Upper Peninsular and ended in lower peninsular on the third day. It was a blast doing 2 a days through woods, over hills (some were basically mini mountains!) and down country roads. I was 2nd in seniority (I hate the word oldest!) on the team and felt proud I was able to do it without too much difficulty. My main goal was to make sure I could run the Monday after it was done to keep the streak going. I got it done but felt like the tin woodsman from "The Wizard of Oz" running my 2-miler that day. Very stiff!

I have noticed over the years that more people I know seem to have accepted the streak better than they did before. Most thought it just a crazy fad but now it is actually getting a lot of respect. It has now turned into a great conversation starter. Go figure.

Attached is a pic of me finishing the Run, Walk, Boom 5k back in July where I finished 2nd in my age group. (No need to tell anybody there were only six of us!).

I still get a big kick reading the stories of all of our partners in this crazy thing we do everyday.

Well once again, best wishes and good health to you and all of our fellow streakers.

Bill Howes  
Royal Oak Michigan

## **SCOTT PALM'S STREAK HITS 9 YEARS**

Nothing special to update. My Streak is still alive and I'm still trucking away.

Scott Palm  
Chaumont, New York

# MEMBER UPDATES – WINTER 2016



Tom Blennerhassett, Theresa Flora, and Mairead Blennerhassett

## **THERESA FLORA'S STREAK HITS 6 YEARS**

It's hard to believe I'm 6 years in on a run streak that I didn't know was an actual thing until I happened upon the USRSA website a few years ago.

My streak is still active and I've had a great year so far. I've run numerous races with the NYRR, earned the gold Phidippides Award, and ran a half in Dublin, Ireland in August.

And if all goes according to plan, I'll end the year with the NYC marathon on November 1st.

In June I visited a sports MD for help with ongoing groin & buttock pain and learned I have advanced osteoarthritis in my right hip. The doc told me it's not from overuse, but more likely genetic, as my mom has it also. He told me eventually I'll need a new hip, but in the meantime, to keep running because exercise is actually good for arthritis! And truth is, I feel best when I keep

moving. So the streak lives on!

I'm attaching a photo of me (in the middle) and International Streak Runners, Tom & Mairead Blennerhassett after the Rock n Roll Dublin half. They were wonderful hosts at the race, and it was great to finally meet them. Runners are special people, and streakers share a really close bond.

My plan is to return to Dublin next year for the encore.

Theresa Flora  
Mt. Kisco, New York

## **DANIEL PEREIRA'S STREAK HITS 25 YEARS**

At 58 years I have pushed this body hard in a variety of sports and Father Time is trying to convince my mind slowing down may be a better way.

A few weeks ago during a 5 mile run the second mile I threw in a 5:45 mile out of defiance, it was hard.

In 2011 I was running 17 minute 5ks with hopes of seeing 16s, then one morning I woke up not feeling well and have only raced 3 or so times since. My will to push it hard in training and in a race pretty much left that night along with the top gear and a half I used to have.

So, I'll keep ticking miles off everyday in an effort to keep the Peter Pan syndrome at least a close neighbor.

While running I still fume during the rare times I get passed. Good luck to all runners out there, and thanks again for your well wishes.

Dan Pereira  
Portland, Oregon

# MEMBER UPDATES – WINTER 2016



Steve Way

## **STEVE WAY'S STREAK HITS 26 YEARS**

Well, until I received your email I did not even have a passing thought that this was year twenty-six. It was a good year. Travels to Palm Springs, Paris and London among other places. My goal has been to run at least thirty minutes each day, which is now at the twenty-six year mark.

There are the usual challenges; falls when running on icy roads and occasional illness and such. I have been running alone for the past month, despite having run with my dog Jessie for eight years. She had been pulling back from time to time in June and July which set me back on my heels, leading to stone bruises on both heels. I am just about recovered and will need to decide whether to resume having her run with me.

My only day of doubt the last year was Sunday, November 9, of 2014. At 2:15 AM I was in an ambulance with an IV in

my arm and an oxygen mask on my face. My first thought was of my possible demise, but my second thought was "I wonder if this will end my running streak?" However, I was able to request and receive a release from the hospital at a little after 5 AM and by 6:15 was running my thirty minutes covering four miles in about thirty-five minutes. Sometimes as I read the newsletter I wonder how my streak will end. Perhaps an injury, or serious illness, a need for surgery or perhaps death. I know it will end someday, so we shall see.

Meanwhile I very much enjoy the time on the roads with time to be alone, to reflect, to think and to plan.

Steve Way  
Walnut Creek, California

## **MILTON MAGNESS' STREAK HITS 30 YEARS**

I didn't start out to run every day. I have never been much of an athlete and do not have the body of a runner. I don't have any marathon completion medals, have run only a few 10K fun runs, and my longest run has been only about thirteen miles.

However, tomorrow [21 September 2015] I complete thirty years of running without missing a day. For most of the thirty years, I have run three steady miles each morning. Rarely less. Seldom more. I think of myself as a boring runner. Most days, I run the same out-and-back course.

I began running for mental health. I was in a high-stress occupation and one evening as my frustration was at a boiling point, I laced on a pair of shoes and ran as hard and as far as I could. Later I measured the distance and found that I had run a mile.

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What I discovered from that run was that the physical exertion took my stress down to a manageable level. I went out the next day and bought my first pair of dedicated running shoes and that night I slowed my pace and ran about a mile and a half.

To my amazement and for the first time in my life, I was able to run without having a sharp breathing pain in my side. That lifelong stitch had been the impediment for me ever considering running recreationally.

My friend, the local Junior High track coach, offered to go running with me in the evenings on the school track to “teach me how to run.” I thought I knew how to run and didn’t really like the idea of a coach training me. To my amazement, over the next week he held my mileage down to a mile and a half and every few seconds he would tell me to slow down. At the end of these runs, I realized that my stamina had increased and I was not exhausted. Over the next several months I continued running on that track, slowly building my mileage and getting coaching tips several times a week.

Soon, I was running six miles, seven days a week. Then the injuries began; IT band, hip pointers, foot and ankle problems. I resisted taking a rest day as the running magazines suggested. I was afraid that if I missed running for even one day that I would find reason to miss the next.

Slowly healing from my overuse injuries, I cut my mileage down to three miles a day and found that if I stayed with that mileage I could run virtually injury free year round. Every few years, I decide to up my daily mileage but after a few months I realize that I am nursing some nagging injury, sending me straight back to my daily three mile routine.

When I passed 60 years of age, I started slowing my pace significantly. I am clumsy enough that I will have a fall every three to five years. I found that by slowing to a ten minute pace I can usually catch myself if I stumble and thereby prevent a fall. As the years pass, I don’t want to take a chance on an injury that would break my streak.

Very seldom do I run with anyone. I protect my daily predawn runs as a time of reflection and spiritual discipline, and use the time to plan my day. I don’t run to music because I want to listen to my body and let my thoughts wander.

During the past three decades, I have run in 30+ states and 29 countries. Temperatures for my runs have varied from -20 to +110. Most of my runs are from my home in Houston or from my vacation getaway home in Canmore, Alberta. Every run is my favorite run. I know that regardless of what else may happen during the day, it has already been a success because I have completed that day’s run.

There are a few runs that stand out for me: running around the Sydney Opera House, through the Eiffel Tower, around the Washington D.C. Mall, various beaches of the world, around the Sea of Galilee, winding through the many geysers of Yellowstone National Park, on a treadmill (which I loath) while on a cruise ship crossing the North Sea, and others.

Tomorrow I will celebrate my thirty years of daily running by taking a run along the Bow River in Canmore, marveling at the sun rising over the Canadian Rockies, and hoping to get a glimpse of the local elk herd. And tomorrow’s run will be my favorite—until the next day.

Dr. Milton S. Magness  
Houston, Texas



# MEMBER UPDATES – WINTER 2016



Myong Eiselstein

## **MYONG EISELSTEIN JOINS SRI FROM VIETNAM**

Running was never something that I looked forward to, even when I was pretty good at it during the six years that I served in the U.S. Army. But shortly after my daughter was born in 2013, I decided that I wanted to stay on this Earth a little while longer so that I could watch her grow up. I needed to lose weight, so I turned to running.

I began slowly using the Couch to 5K program. At that time, running a 5K every Saturday was my goal (little did I know that it would become my daily average!). But, I soon realized that I wanted to run more often, and an internet search brought me to the Streak Runner's International Facebook page. There, I read about the amazing things people did to keep their streaks alive and I wanted to be a part of it. Just a few days before my daughter's 1<sup>st</sup> birthday, I aimed for a 90 day run streak, but when I hit the 90-day mark, I obviously decided to keep going.

I was told that I am the first runner from Vietnam to be listed on the Streak Runner's International registry. Despite the fact that I am a United States citizen, I am proud of this distinction. The running community here is really growing and I wouldn't be surprised if a Vietnamese runner joins our ranks soon. There are several annual races here in Hanoi and plenty of runners train hard to conquer Tay Ho, a 17 KM lake.

I'm not a gifted runner, but I am determined to run streak as long as I can. I'm very excited to be a part of this amazing association!

Myong Eiselstein  
Hanoi, Vietnam

## **RICH JONES' STREAK HITS 2 YEAR**

I'm pleased to report my running streak recently passed the two year mark. I feel very fortunate to be able to run every day and plan to continue on as long as I can. I was also able to do the bike ride across Iowa again this year (RAGBRAI). One thing I learned from my running every day is that if one of your legs is shorter than the other then even a 1/4 inch heel lift can make a big difference in your overall running ability. Take care and keep on running.

Rich Jones  
Ames, Iowa

## **ANDREW RIFKIN'S STREAK HITS 2 YEARS**

My running streak is still current, thank you for following up with me.

Andrew Rifkin  
Barrington, Illinois

# MEMBER UPDATES – WINTER 2016



Deb Brassfield

## DEB BRASSFIELD'S STREAK HITS 18 YEARS

I am still running every darn day. My minimum is 3 miles and I have only 7 days this year of 3 miles. I would like to say that I am thankful for each and every day I am able to run. I am and have been a flight attendant for 31 years and the best part of my day is my run, where ever and whichever city I am in across the world! I love this group. You guys are the best.

Deb Brassfield  
San Jose, California



Robert Schneider

## ROBERT SCHNEIDER JOINS USRSA

Greetings from the great state of Florida. I am extremely happy to be a part of this running community. I originally began this adventure as a member of the Florida Ultra Runner (FUR) Streakers, I joined the group as part of a challenge which was to run 2 miles a day for 30 consecutive days. Once I reached my initial milestone, I decided to continue the journey by running another 30 days; it was during that second month I discovered the United States Running Streak Association (USRSA) and I decided to see if I could complete a year of running. It wasn't easy, but I reached my goal on June 23, 2015 by logging 1803 miles.

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I began running at the age of 13 to lose weight and to get in shape to play football. I enjoyed it so much that I have continued to run regularly for the past 40 years. My current passion is trail running; I started running trails to help recover from a hamstring injury and I enjoyed it so much I couldn't stop. Running trails makes me feel like a kid again, I love the adventure associated with running trails, being outdoors and experiencing those moments in the woods when all I hear is the sound of nature and the all too occasional animal sightings. In addition, I am extremely fortunate to be married to my wife Jennifer that also enjoys running and is always ready to lace up and head out on an adventure. I've made it my personal goal to see how many days I can run consecutively, it makes life a little more challenging, but it has also made it more rewarding.

Robert Schneider  
Titusville, Florida



Kirk Wilbur

## KIRK WILBUR JOINS USRSA

Inspired by another member of the USRSA, Thomas Lloyd III, I began my run streak on March 20, 2014. When I first began, I merely wanted to have one thing every day that I could feel good about having accomplished. Now it's just habit.

The run streak has been a bit challenging at times. I travel for work quite a lot, so I often have to shoe-horn a few miles in between meetings or events.

I've also struggled with injury throughout much of 2015, which has resulted in a lot of short, painful runs. I try to keep a personal minimum of 2 miles a day, but sometimes I've been forced to go the absolute minimum of 1 mile.

I don't compete in races often. However, I do run the Urban Cow Half Marathon in Sacramento every year, finishing it in an average of 7:35/mile last year.

I ran the California International Marathon last year for the first time (to unspectacular results), and plan to make that a yearly event.

This year I began the tradition of running my age on my birthday, completing my longest run to-date (29 miles) on February 10. I'll shoot for 30 next year. My fastest mile time thus far is 5:50, and my fastest 5k 20:30. I've also become somewhat obsessed with the "beer mile" (drink a 12 oz. beer, run a ¼ mile, repeat three more times), and I'm proud to have set a PR of 7:06.7 at this year's inaugural Beer Mile World Classic in San Francisco.

Kirk Wilbur  
Sacramento, California

# MEMBER UPDATES – WINTER 2016



Patrick Ferry

## **PATRICK FERRY, CONCORDIA UNIVERSITY PRESIDENT, JOINS USRSA**

I just completed my 1000th consecutive day of running and some of our Concordia community helped me to observe. I am in my 19th year as president of Concordia University. We have residential campuses in Wisconsin and Michigan and both places helped me to celebrate the day.

My running streak began the day before the world was scheduled to end (according to the Mayan calendar). Now my goal is to continue until that final day actually occurs. Running regularly became a part of my life when I first began courting my wife over thirty years ago. To catch her I had to chase her. She continues to run, too, but without the need to do so every single day. Together we compete in road races and cross country events of various distances.

Generally speaking, I am at some point in training for a marathon. Last April I ran Boston for the third time (but eighteen years had passed between Boston marathons for me).

I am a few days away [email dated 28 September 2015] from Milwaukee's Lakefront marathon which passes through our Concordia University campus. Concordia's beautiful Lake Michigan setting provides inspiring backdrop, and our students, cheerleaders, and pep band encourage marathoners passing through. Of course, they cheer loudest for Team Concordia as we compete in a friendly collegiate rivalry with the University of Wisconsin-Milwaukee, and this year add Marquette to the mix. Faculty, staff, and students, and alumni run for each school where the goal is not so much to win the traveling trophy as to encourage people to run and fulfill their dream of completing a marathon (but, it is fun to win the trophy).

My racing strategy, whatever the distance, is always the same—"Start out slow, and then back off!" As I get older and my age group thins as fast as my hair, that usually puts me in a pretty good spot.

Patrick Ferry  
Mequon, Wisconsin



Patrick Ferry

# MEMBER UPDATES – WINTER 2016



Dan Harris

## **DAN HARRIS' STREAK ENDS AFTER 1,017 DAYS**

It was actually an injury that brought my streak to an end. I have Hemophilia B, which is a mild blood clotting disorder. I was training for a half-marathon that I was planning on running on 9/11. I believe that on 8/15, during a ten-mile run in preparation for the half-marathon, I tore an abductor muscle in my right leg. The injury was minor, but over the next few days, it started to bleed and by the following Saturday, 8/22, it was pinching the nerve in my right leg. Eventually I had to spend a couple days in the hospital and receive treatments to stop the bleeding. I was sidelined for five weeks, but this morning, 9/26, I did an easy two mile run, and I hope this may be the start of another streak.

Dan Harris  
Liberty, Missouri

## **BILL ANDERSON'S STREAK HITS 39 YEARS**

Thanks for the 39th anniversary note. My streak continues.

Bill Anderson  
Fort Worth, Texas

## **JERRY CAINE'S STREAK HITS 25 YEARS**

For my streak to have ended I would have to be dead.

Jerry Caine  
Santa Rosa, California

## **MATTHEW MACE'S STREAK HITS 30 YEARS**

Yes, still going, with a nice easy run this morning [28 September 2015] to complete 30 years. It doesn't seem that long, but I guess that's because I still look forward to going out each day.

Matthew Mace  
Arnold, Maryland

## **SHANNON BOL'S STREAK ENDS AFTER 1,119 DAYS**

RIP Streak #1. 9/15/12 - 10/8/15. It's been a good run. Wish I could run through this injury but almost 4 weeks later it is not getting better. I will follow the doctor's orders this time...Look for streak #2, if all goes well, beginning in November.

Shannon Bol  
Montgomery Village, Maryland

# MEMBER UPDATES – WINTER 2016



Bradley Shackelford

## **BRADLEY SHACKLEFORD ENDS STREAK AFTER 400 DAYS**

I've been running for as long as I can remember, although I did not start running consistently until about 25 years ago. I turned 40 September of this year. I have never run competitively, aside from the occasional Turkey Trot or local fun run. My running has always been more about "who I am" and "what I do" than about competing against others. To be sure, those races I have run were a lot of fun, but more often than not I found myself looking forward to my next day's run, alone. This does not mean, however, that I don't take times and miles and distance seriously. I incorporate speed work, long runs, and recovery days into my schedule and I keep my finger on the pulse of the professional running community (thanks to Flotrak and iRunFar) as much as possible. This helps to keep my running fresh and interesting. It wasn't until a couple years ago, however, that the idea of a running streak took hold.

As a child, my father would tell me about his older brother, a college football

coach, who completed a running streak of 4 years in Huntington Beach back in the 1980s. I always wondered what it would mean to run this consistently, how it would shape one's health and daily presence in the world. My father also ran regularly, although he never attempted a streak. So in 2012 I decided to try a streak myself, which I would accomplish by running at least 15 minutes every day. The 15 minute time frame would ensure I would get in a mile easily, regardless how slow I needed to run or how busy my day. However, after about 250 days I ran into a host of injuries, which I continued to run through, but it was the ITB issue in the right leg that finally stopped me in my tracks. As you can probably imagine, I was pretty disheartened. But these injuries and the end of this first streak revealed some important lessons. The most important lesson was that I had entered pretty deep into overtraining syndrome. As I looked back, the writing was on the wall. I was growing irritable, having trouble sleeping, my resting heart rate was creeping up, I was losing more weight than was good for me, my job was growing increasingly stressful, and I kept getting those nagging injuries. As I reflected on all of this, I looked back at my running log and noticed that my average days were about 60 minutes (every day) and my recovery days during this streak were not nearly slow enough. A good dose of speed work, long runs, and the stresses of life, and it was just too much.

What helped me recover was finding the book by Dr. Phil Maffetone, *The Big Book of Endurance Training and Racing*. Maffetone has coached hundreds of athletes and several well known elites. Among many other things, he recommends using a heart rate monitor as a biofeedback tool and keeping the heart rate relatively low on most days. After purchasing a heart rate monitor, I was shocked to find that

# MEMBER UPDATES – WINTER 2016

my HR was WAY too high, even while running slow. After months of easing up during my daily runs, eating a more healthy diet (without caffeine, which was exacerbating a lot of my issues), and adding some cross training into the mix, my health returned, my HR went way down during my runs, and I decided to attempt another streak.

My second streak began on August 21, 2014, with a goal of running daily for at least one full year (15 minutes a day again) and an added goal of making it to my 40th birthday, on September 16, 2015. I made both of these goals and decided to stop at the nice even number of 400 days. I broke my streak with a long bike ride with my oldest son. Why stop and not keep going? To be honest, the streak was becoming a bit of a burden and I looked forward to not having to get up and run, just "to get it in."

While mostly smooth, this second streak was not without its problems. Around the end of October 2014, I developed a pretty debilitating hip flexor injury. In order to keep the streak going, I had to resort to the treadmill on several occasions as a way to run through the injury without increasing the problem. I was finally able to run pain free in early January, and I pretty much never looked back.

Having read through numerous stories and statistics in the streak association, I am well aware that the accomplishments of many runners out there far exceed my humble streak. Nevertheless, I am quite proud of my streak, having succeeded in the midst of raising 4 young children, working full-time, and tending to the myriad other responsibilities of simply living life these days. As such, there were a few occasions when I didn't get my morning run in (I almost always run first thing in the morning), I felt sick, the day turned

into night, and I considered throwing the towel in. Somehow, I laced up the shoes, put one foot in front of the other, and I was finished with yet another day. And I am glad I did.

Bradley Shackelford  
Redding, California



Chris Bielinski

## CHRIS BIELINSKI RUNS 30<sup>TH</sup> MARATHON

While this isn't a milestone year anniversary I realized I haven't sent in an update since I first joined. I recently ran my 30th marathon on 9/20/15 but more importantly I completed running all the Marathon Majors back in April when I ran the London Marathon. All of them except for Chicago were done while I was on my current runstreak. Attached is a picture near the finish in front of Buckingham Palace.

Chris Bielinski  
Littleton, Colorado

# MEMBER UPDATES – WINTER 2016



Vanessa Oshima and friends.

## VANESSA OSHIMA CELEBRATES 1,000 DAYS

On June 8, 2015 I hit 1000 days of running. This was also 1000 days of fighting cancer for my dear high school friend. And so a bit of background.

We have known each other since we were kids. Both growing up in the small town of Matamata in New Zealand (now famous as it is Shire in lord of the rings - yes we are from Hobbiton ...and No we do not have hairy feet ...or at least yet!) Like with most small town high school friends - we ended up in different universities and different towns (in our case different countries - Caroline in NZ and Vanessa in Japan).

We hadn't really kept in touch. And then came along Facebook :)... and this is when we got reconnected. On September 11th of 2012, Vanessa posted on her Facebook page a simple message "felt great to get out there a run - it really livens you up" ... a fairly simple "daily FB comment." That evening a message was waiting in Vanessa's messenger box ... It was from Caroline.

Caroline had been diagnosed with Breast cancer one month earlier and had just been through her mastectomy. She was getting ready to start Chemo in October. Her message was simple. "I saw your running message - at the moment I barely have enough strength to walk to the car in the hospital carpark... but you make me want to run and make the effort."

And that was it - the few simple words that started so much. Vanessa messaged Caroline and said ... ok if my running inspires you to go fight this thing ... then I will run ...I will run every day until you are done.

And that is what we have been doing: Caroline fighting cancer every day and Vanessa fighting the weather and schedules to run 5k outdoors everyday. The history looks a little bit like this:

Caroline had Chemo from October to April, Radiation from May to July, Reconstruction in January 2014 and January 2015 has been on Tomoxifen since July 2013 and this will last for the next 5 years.

Vanessa started the "run for the cure" on September 11, 2012. In the space of 6 months and running every day she lost 11kg! She got fit enough to run the Tokyo marathon and then New York and finally fast enough to qualify for Boston.

As with all the other streak runners who pledge to not run the treadmill, she has run in the snow, in the ice, in typhoons, at 3am before getting on a plane and at 10pm getting off a plane. She has run with blisters, sore tendons, once with influenza and more than once with a hangover.

All the while we fight and raise awareness. Vanessa has found many running partners through the years who pledge to run 50 or 100 days with her.



# MEMBER UPDATES – WINTER 2016

On June 8th 2015 we hit 1000 days of fighting and running. Caroline and her daughter Tyler flew to Tokyo and we ran together on day 1000 along and celebrated with 60 people from the Yakitori Running club from Tokyo and a member of the NZ cancer society.

1000 days of fighting ... and running.

The journey though is not over - it would be nice if cancer had an expiry date on it - like "if you fight for 1000 days then I will expire" but it doesn't. So the running and fighting continues. This was made very obvious for me one day while Caroline and I were in Tokyo after a long day, she casually said to me "remind me to take my pills - I have to take them every day."

And that is it - cancer is something you fight every day. So the "outRUN" cancer continues. Vanessa has now pledged to try to run all 6 major marathons as the next part of the challenge - accomplishing the 6 majors is a symbol of "standing up to the major events that cancer does throw at you." Vanessa will be running Chicago Marathon on October 11 - crossing off #4 (Tokyo, New York and Boston already done).

Vanessa Oshima  
Tokyo, Japan



Grant Woodman

## GRANT WOODMAN'S STREAK HITS 18 YEARS

I still have my streak and have no plans to stop it anytime soon. My goal is to get to 50 years... 32 to go and that would put me at age 73. For the past year, I have averaged between 60-65 miles a week, with the constant goal to try and hit 70 miles per week average for the year. In recent years that has been tougher, but from 2001 to around 2010, I averaged 70+ per year.

I am still a guidance counselor at my local high school and I am also the varsity cross-country and track coach for my school so that helps me stay motivated. I am also fortunate to continue to be sponsored by HAMMER nutrition (as you can see from the pics) which helps me maintain fitness through the nutritional aspect of my running.

Grant Woodman  
Ithaca, Michigan

# MEMBER UPDATES – WINTER 2016



Matthew Silva Sa (center) with friends after running the Cape Cod Marathon Clam Chowder Challenge.

## **MATTHEW SILVA SA JOINS USRSA**

I never really considered myself a runner. Even while training for my second marathon, I didn't identify as a runner. Running is a challenge. Running a marathon is a challenge. Streak running is a challenge. And I like challenges. At first I was aiming for a month, then two months, then I was starting another marathon training cycle and decided to see how long I could keep it up. Through negative temperatures, blizzard conditions, scorching heat, the flu, a move across the country to Colorado, and many busy days I managed to squeeze in a couple of miles each day.

For me, the main motivation is pushing myself mentally and physically. Every mile is a test of self-determination and drive. It is always easier to put off the work, to go through your days without challenging yourself in some way.

Running offers me one way to find my limits and learn how to push past them. A lot of times it takes a little more to keep going. Some external support and motivation is needed to get out the door and start the days run, or to stay strong those last couple of miles. Even though most of them think I am crazy, I would not have been able to run as much as I have this past year without the support of friends and family. So it is great when I can convince them to come cheer me on, or even better, if I can convince them to run as well. After all, anyone who runs is a runner.

Matthew Silva Sa  
Littleton, Colorado

## **JOHN WATTS' STREAK HITS 35 YEARS**

I marked the 35th anniversary of my running streak with my wife, Helen, and with friends, John, Susie, and David Morgan. John Morgan is a familiar name to regular readers of this quarterly. He is number 15 on the retired list. He would be closing in on 37 years of daily running if not for a bad ankle that forced him to take a few weeks off in 2013.

We met at a local track and ran 8 laps. Two simple miles. I had great people running with me and cheering me on from the infield. It was a perfect fall day in Nampa, Idaho. I felt blessed.

Didn't think I'd reach this milestone that day in early summer when I fell off a ladder and broke some ribs. That made this even sweeter. I'm proud to be part of this unique group of people bound by the simple fact that running every single day is something we once did or still do.

John Watts  
Nampa, Idaho

# MEMBER UPDATES – WINTER 2016



Cassandra Noble

## **CASSANDRA NOBLE JOINS USRSA**

I have always been a running enthusiast, but streaking has really solidified my passion. I began my streak as a short-term challenge, and quickly became obsessed. During this time I have accomplished many personal feats, including completing my first marathon. Running has taken me to new and astounding locations, and I have pushed myself in ways I had never before imagined.

My ten-year-old, high-energy dog loves to join me on my runs, and we can often be found exploring the mountains and trails nearby. As a west coast native, and newly established Colorado resident, I have plenty around me to still discover. My newest hobby is hiking Colorado's 14ers and completing my daily run on the return down the mountain.

I celebrated my first anniversary of my running streak this past spring, and I look forward to many happy years of running to come.

Cassandra Noble  
Evans, Colorado

## **ERIC LACEY ENDS STREAK AFTER 5 YEARS**

Decided to end my practice of running every day - today... Friday, October 2nd. Started running at least one mile every day on Saturday, October 2nd, 2010. Yesterday was the last day... so that's 1,826 days of running every day at least one mile. Log shows 2,540 miles... so that was a little over 500 miles each year.

Over the last year it felt more like a chore. Running just to keep the streak, rather than the joy of running. Started training at 9 Round - kick boxing training. Need a change from jogging... only limited time in my busy day. My body is changing at 46... need something to engage the upper body and core.

The best part was running the Lake Front Marathon in 2012. Running every day gave me discipline, and strength... and much more. Thank you God for helping me through and teaching me about myself.

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us...

Eric Lacey  
Fort Worth, Texas

# MEMBER UPDATES – WINTER 2016



Mandy Colten

## **MANDY COLTEN JOINS USRSA**

I am happy to say I am finally a premier member of this club! When I first started I never, ever thought I could do it. I decided to try and before I knew it I was 50 days in, then 150, and now 400+ days in a row. I have almost quit a dozen times but somehow found enough motivation to get out there. Running has been a life-long pastime for me and now I use my mile to reflect on all the blessings I have had that day. Sometimes I go further, but the one mile mark is always where I remember how truly fortunate I am to be able to run. It has become my mile of gratitude. Without your health, nothing else matters and I love that this mile is a placeholder for me to remember to be good to my body and mind.

I live in Saint Paul, MN with my husband and we are an extremely active couple. My family has running in its genes. My father hopes to accomplish 800+ lifetime

paces this year (despite the fact he is a type 1 diabetic and stroke survivor) and my brother will complete his 7<sup>th</sup> continent in a few short months. When I am not running or working out I am in the kitchen trying new recipes. As my streak continues, I am looking forward to running more in airports, battling negative temperatures, and watching the sunrise.

Mandy Colten  
Saint Paul, Minnesota

## **EVERETTE DOFFERMYRE'S STREAK HITS 8 YEARS**

My streak continues. Like most of us, I have no intention of stopping unless illness or injury intervenes. I don't think the 8th anniversary merits any notice but will give you a worthwhile report if I make 10.

Everette Doffermyre  
Atlanta, Georgia

## **SAM LATHROP'S STREAK HITS 3 YEARS**

There have been rainy days, there have been tired days, there have been cold and hot days, but for the last three years, there have been no missed days. My streak has survived two changes in career and has provided consistency in my daily life: I know what I'm going to do each day, I will run a minimum of a mile. Only two more years to go until I can escape the Neophyte classification. I am looking forward to running in France in October and potentially Asia in the spring. Keep running guys and girls.

Sam Lathrop  
Ardmore, Pennsylvania

# MEMBER UPDATES – WINTER 2016



Christine Petrone

## **CHRISTINE PETRONE COMPLETES FIRST YEAR OF SECOND STREAK**

My longest streak was from 12/31/12-9/3/14. On that last day during a run I fractured my clavicle and later had a repair with a plate and 8 screws.

My 2<sup>nd</sup> Streak reached 365 days on 9/18/14, with a current average of 4.3 miles per day.

I completed my 15<sup>th</sup> marathon at the St. George Marathon on Oct 3, 2015 with a time of 4:56:25, placing 25/55 women age 60-64. It was far off my BQ goal of 4:25 but I was grateful to be able to run and finish what was a difficult course for me. Looking forward to running the Grand Canyon Half Marathon next May.

Christine Petrone  
South Jordan, Utah

## **ALEXA FREEMAN JOINS USRSA; STARTED RUNNING AFTER QUITTING 2-PACK A DAY SMOKING HABIT**

I started running 40 years ago, when I was 23. My goal was to run around the block. I didn't own a pair of sports shoes so I began with leather tie-up street shoes. With my first injury, I decided to invest in real running shoes. This was in the era before running shoes came in women's sizes. My feet are narrow so I had to wear two pairs of thick socks.

I was a heavy smoker—2 packs a day—and very thin. I ran first thing in the morning before my first cigarette. Despite my smoking habit, I was a fast runner because I was so thin. Eventually I quit smoking, gained 40 pounds, and found running to be very difficult in my “new” body. I started swimming instead.

In due course, I lost 20 pounds, which brought me to a normal weight for my height. I resumed running and have never stopped, although I can't say that I've ever been systematic. I've participated in a few 10 K races but not in recent years.

I knew the moment I came across the idea of a streak that I would try. I'm in my 3<sup>rd</sup> month. I love the idea of not thinking about whether I'm going to run. I just do it, no matter what. Last night, for example, I couldn't get out until midnight! I ran with my dog to be safe, and it wasn't much more than a mile, but I did it. This would never have happened before the streak ambition.

Alexa Freeman  
Kensington, Maryland

# MEMBER UPDATES – WINTER 2016



Sharmene Syversen & daughter Natalie at the Girls on the Run 5k Ann Arbor, Michigan, May 17, 2015.

## **SHARMENE SYVERSEN'S STREAK HITS 2 YEARS**

I just completed my 2 years of running this past weekend and couldn't be more excited. I love running everyday and my 9-year-old daughter Natalie has started running with me when she can. I coached Girls on the Run this spring at my daughter's school and loved seeing the girls of all abilities get excited about running. The GOTR 5k race was awesome.

I am still running 99% of my runs outdoors and try to embrace the changing seasons. Winter is on its way here in Michigan. I love the running streak because I can always find time to run at least 1 mile.

I run 1-3 miles most days with a long run of 10-12 miles once a week. But my long runs have been lacking lately but I will build back up to it.

I like to run first thing in the morning (at least 1 mile) so that if the day gets away from me, my streak is covered. I often will run again in the evening. I am a slow runner but I really do love running. I am excited to keep my streak going for as long as I am able!

Sharmene Syversen  
Brighton, Michigan

## **JOSH DEHLINGER'S STREAK HITS 4 YEARS**

I am happy to say that my streak is still alive and running with no hint of slowing down. I marked the 4 year anniversary on October 4, 2015 (and my 36<sup>th</sup> birthday) by running the Milwaukee Lakefront Marathon.

Josh Dehlinger  
Cockeysville, Maryland

## **JOHN ALBERT'S STREAK HITS 5 YEARS**

Streak is alive. I have to give my thanks to Geza Feld and Fred Winkel, two good friends and former streakers, so much more accomplished than I, but true inspirations.

John Albert  
Cold Spring Harbor, New York

# MEMBER UPDATES – WINTER 2016



Bill Beach

## **BILL BEACH'S STREAK ENDS AFTER 13,131 DAYS**

My running streak of over 35 years ended on October 9, 2015. My running streak ended abruptly with complications from surgery. You never know what bump in the road there may be around the corner. I guess a running streak may also be called a lucky streak. I feel very lucky to have made it 35 yrs. 347 days. This was a big part of my life and is missed very much. I feel very fortunate to have found running as a way of life and will try to continue the adventure. I would like to especially thank my wife who has been so supportive in my quest to run everyday and who was there for me the day I couldn't run.

I would also like to thank Mark and everyone that has been and is currently making the USRSA such a success. Congrats to all the current the Streakers.

Bill Beach  
Macomb, Michigan



Ken Johnson

## **KEN JOHNSON'S STREAK HITS 6 YEARS**

My current running streak reached 6 years today. I have not missed a day running since October 18, 2009. During this 6 years, I completed 395 races, to include 1-50 Miler, 7-50K's, 50 Marathons, 5-25K's and 26 Half Marathons.

I have gotten several more of our Seven Hills Running Club (Huntsville, Texas) into streaking. In fact, we added a Streaker page to our club web site at <http://7hills.us/streakers.htm>

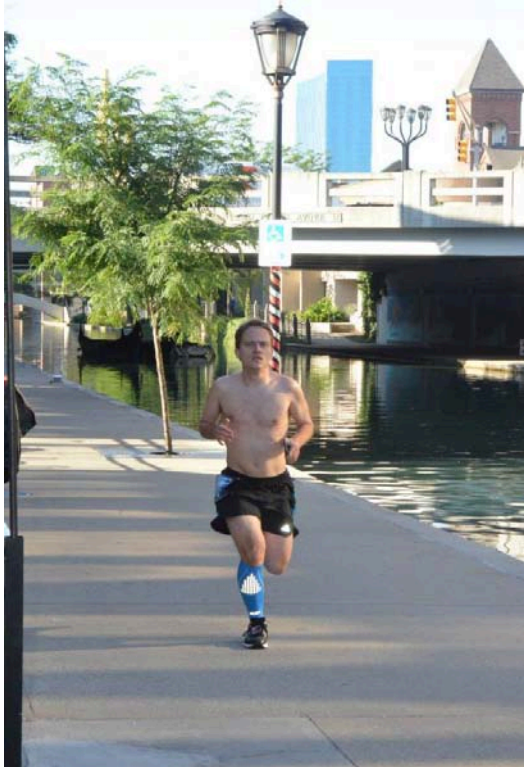
Ken Johnson  
Huntsville, Texas

## **DAVID TODD'S STREAK HITS 37 YEARS**

No changes. Still chugging along.

David Todd  
Matthews, North Carolina

# MEMBER UPDATES – WINTER 2016



Phillip Hawley

## PHILLIP HAWLEY'S STREAK HITS 16 YEARS

My streak is in great health. It is now old enough to drive in most states. For the first time it is older than the median age of 3 countries (Niger – 15.1 years, Uganda – 15.5 years, and Mali 16.0 years). It can also drink in about 25% of the world's countries.

I finally have a basement for my treadmill and a high quality paved trails near my house to make continuing my streak much easier. The location of our "forever home" was determined by access to a range of runner friendly trails and all-purpose sidewalks. In the last year we have moved twice and my wife gave birth to our second child. If the streak survived this year I don't see it ending anytime soon.

Phillip Hawley  
Indianapolis, Indiana



Jennifer Myer receives medal from Marine after finishing the Marine Corp Marathon

## JENNIFER MYER'S STREAK ENDS AFTER 409 DAYS

I ended my streak mainly because of a stabby bunion issue that still isn't fully resolved. I've seen docs and I can run. I'm not doing any further damage, but it hurts. In fact, I ran the Marine Corps Marathon this past weekend – not my fastest time but not my slowest either. Standing in line for 1.5 hours to get through security to the start line did NOT help. But I haven't mustered up to streaking again yet. The ortho doc gave me some bunion shields that helped get me through MCM, and some custom orthotics are on order now so I'm still hopeful!

Jennifer Myer  
Rochester, Minnesota



# MEMBER UPDATES – WINTER 2016



Jim Merritt

## **JIM MERRITT'S STREAK HITS 14 YEARS**

If someone had told me 20 years ago that I would become a runner and that I would do it every day for 14 years, I would have told them they were crazy. I can hardly wrap my mind around this myself. I never ran at all until I was 50 years old and only then after giving up a 30-year cigarette addiction. The only reason I started running was to try to keep my weight in check. I never knew I was trading one addiction for another. The benefits of running are so much more than weight control.

I had been running for almost 3 years before the thought of running every day ever crossed my mind. I would only have to add Sunday to make it happen. On Sunday October 28, 2001 I decided to give it a shot beginning on October 29, 2001. So 5113 days later finds me celebrating the completion of 14 years.

Today [28 October 2015] I decided to celebrate by running 14 miles. With that done I just set a new record for the most miles run in a single day. My previous record was a half marathon. Hopefully my new record will fall a year from today

when I will celebrate 15 years with 15 miles.

I can honestly say that this running streak has made me a better person on many levels. I am better today physically, mentally, emotionally, and spiritually than I was when I started. I would have to say that is great incentive to keep it going for as long as I can. I really enjoy communicating with other streakers on our Facebook page. I so appreciate Streak Runners International for the great job they do in promoting streak running.

Jim Merritt  
Buford, Georgia



John Roemer, IV with students from  
Hereford High School

## **JOHN ROEMER'S STREAK HITS 37 YEARS**

Still going strong. One of the Hereford High School varsity kids I coach forgot to double, so there are only 36 fingers up in this photo.

Today [31 October 2015] I ran 9 with them, and included repeats of the steep hills that helped me a lot in college.

John Roemer, IV  
Parkton, Maryland

# MEMBER UPDATES – WINTER 2016



Deborah Johnson

## DEBORAH JOHNSON JOINS USRSA

I ran for maybe 4 years in my late 40s. I didn't keep any records. I then stopped for 10 years, each year telling myself I would start again, but never doing so. In 2011 my husband and I were turning 60 so we both started running again.

I was not very consistent so decided that streaking would keep me honest and on track, and it has. My husband has since passed from cancer, so I run in his memory. We were going to be the oldest slowest runners out there. Now I will be the oldest slowest runner out there. I run because I can and because it brings me joy.

Deborah Johnson  
Littleton, Colorado



Joel Pasternack

## JOEL PASTERNAK'S STREAK HITS 11 YEARS

My 11-year streak is intact. Had close call a few weeks ago when I got shots in my right knee and finally was able to run at 9pm two miles. I've had five right knee surgeries between 1987-2003. I was sailing along the last 12 years but it's been acting up the last six months. My doctor says I'm a candidate for a knee replacement in the near future. I am trying other therapies to delay it. So for my 11-year streak I've run 22,110 miles - 4007 days with an average of 5.5-miles a day and 38.6 a week. My career total for 50 years of running is 124,653.

Tom Fleming and I talk about what has happened to the quality of marathon runners around. I placed in 1976 at NYC in 25th place. My time would have placed me 21st this year. Tom would have won a lot of money at Boston for his 2:12.04 in 1975. Don't think runners put in the high mileage we did in the 70s and 80s.

Joel Pasternack  
Clifton, New Jersey

# MEMBER UPDATES – WINTER 2016



Marlene Prentice

## **MARLENE PRENTICE FROM AUSTRALIA ENDS STREAK AFTER 3,152 DAYS**

It is with a deep sadness that I have to notify you of the end of my current running streak. It ended on Tuesday 27<sup>th</sup> October 2015 on day 3152. I have unfortunately injured my knee, a meniscus tear that needs surgery, and for the sake of my wellbeing, logic prevailed and I ended the streak. I can however tell you that it took me weeks of wrestling with myself before I could get to this point.

I did go out on a “high” as I managed to run my last mile in a Boeing 747 at 37,000 feet high over the South ocean. I attach a photo of my last run in the aeroplane.

I will still follow the fellow streak runners with keen interest and hopefully soon, I will be able to start my next streak. Streak running has introduced me to so many wonderful people and places and I will always look back on it with the fondest of memories. Good luck to you and all the other SRI's – long live the streak!

Happy streaking!

Marlene Prentice  
Gold Coast, Australia

## **TOM WHITELEY COMPLETES FIRST YEAR OF NEW STREAK**

Completing a year of running at least one mile every day is a rewarding feeling. I completed a year on August 22, 2015 after having had to retire a streak of 15 years on January 16, 2013 due to an impending hip replacement.

Prior to the operation, many people told me that I would never run again. The operation was a success due to a great orthopedic surgeon and patient and progressive rehabilitation.

According to my last check-up, my hip is doing great and my doctor suggested that I could run a 5K. I don't push it. I try to run on flat, soft surfaces as much as possible and continue to strengthen the muscles around the joint.

Hopefully, this message can be of hope to any streak runner with a hip replacement in their future. Glad to be back on the active list. By the way, out of curiosity, are there any total hip replacement active streak runners? Would like to hear your story.

Tom Whiteley  
Fairlawn, New Jersey

# MEMBER UPDATES – WINTER 2016



Toni Orth

## **BRIAN AND TONI ORTH'S STREAKS END AFTER 951 DAYS (BRIAN) & 950 DAYS (TONI)**

I am sad to inform you that the running streaks of Toni and Brian Orth have ended. The last day we ran our mile was November 3, 2015.

I had a hysterectomy later that day and could not manage a <12 minute mile due to the resultant gas pain.

After reading about all the really long-term streakers running after surgeries and such, I figured I would be able to do the same, but the procedure caused a lot of gas in my body cavity, so when I tried to combine running without jostling

to upset the surgical site with the gas causing pain like a really bad side-stitch, I couldn't breathe well enough to run a sub-12:00 mile. So that's why my streak ended, and Brian ended his streak out of the goodness of his heart because our streaks were a "together" project (even though we didn't start on the same day because we didn't coordinate very well).

Now that the streak is broken, I guess I'll take the time to properly recover, but having a streak is still a dream of mine, and I expect to resume my pursuit of that before the year ends!

Thank you for your support. It was fun while it lasted.

Toni Orth  
Boise, Idaho



Brian Orth

# MEMBER UPDATES – WINTER 2016



Elizabeth & John Saucedo

## **JOHN SAUCEDO JOINS USRSA**

I started my running streak a little over 6 months after my wife, Elizabeth, started hers. I wanted to get back into running after an extended break. I worked full time and attended the University of New Mexico and never made the time. After months of asking when I would join her, I laced up shoes and began to run again. I wasn't sure I would continue to run but as days turned into weeks and then months, I found myself enjoying the routine.

To date I have completed 9 half marathons and just completed my first full in October. I have also completed many triathlons.

John Saucedo  
Albuquerque, New Mexico

## **SANDRA MONDAY JOINS USRSA**

I'm a native New Yorker, and have been running on-and-off for the past 15-years, including some shorter streaks, and

completion of a number of organized races.

When I signed up for my first marathon, I decided that the only way my body would be able to physically handle 26.2 miles was if it were conditioned to running as a normal part of life, as if it were breathing or something – something I just did every day. I had no idea that the Running Streak was an actual thing!

I began training for the marathon, running at least 1.12 miles on "Rest Days." I believe it was because of my streak that I ran my first marathon without any issues – I wasn't even sore afterwards! How incredible is that?! After that was done, running every day became such a habit, that I just kept going.

As I got closer to my one-year anniversary, I knew I couldn't stop before September 28, 2015.

I haven't achieved anything spectacular, but my running streak helped me shave 4-minutes off my pace. Seriously, I started running at a 12-to-13 minute pace, and was consistently running between 8:45 and 9:30 at my peak fitness. I've gained a little weight since the marathon training ended, and my daily mileage went down, so my pace has gotten a little slower. But I don't have to start from square one!

I've run while mad, sick, tired, in snow, ice, hail, thunderstorms, extreme heat, extreme cold, and through tornado warnings. I've also run while happy, healthy, awake, and in perfect weather. All those experiences have made me stronger, and more fully appreciate running, and how much I have accomplished over the past year.

Sandra Monday  
Brentwood, Missouri

# MEMBER UPDATES – WINTER 2016



Sabrina Fowler

## **SABRINA FOWLER JOINS USRSA**

I am a 37 year-old mother of three children. I was very active in high school. I played every sport the school provided including volleyball, basketball, softball, and track and field. I loved running track in high school.

I didn't really think about long distance running until a new teacher came to our school. He was a marathoner and wanted some of the students to train with him and run with him. I joined but was not able to finish the training.

After high school, I started running more and longer distances and found that I loved it. Sad to say with full regret that my running journey did not last that long. I stopped running in March 1998 because I got pregnant with my first child. I lost focus and seem to not have enough time to run. Motherhood and school consumed my daily activities.

Fast-forward to 2012 when I saw a friend run a marathon. The atmosphere and environment was amazing and it brought back my love for running. I started running 2 to 3 times a week and

started running in local 5Ks. My goal was to run a full marathon so I started training for it. My goal was to just finish.

I ran my first full marathon in 2014. I was so happy that I finally ran a full marathon. I ran a half marathon within a month of it.

I did not have the money for racing fees so I decided to start a run streak. Other runners on social media inspired and motivated me so I started the streak. That streak, however, ended on Day 103 due to my depression and overwhelming stresses in my life.

I started another streak a month after because I wanted to prove to myself that I am strong and overcome my emotional roller coaster. I ran 2 more full marathons this year and still on my run streak. I love this challenge because I am able to push myself and remind myself that I am strong. I run for me and it helps me in every way – physically and mentally.

Sabrina Fowler  
Phoenix, Arizona

## **AMY BLALOCK JOINS USRSA**

I began running when I turned 40-years-old. I have run approximately twenty 5K races, ten half marathons, and one marathon. I ran the Chicago Marathon in 2004 with my 78-year-old father. It was his last marathon after a career of running 60 marathons including Boston. I ran the Chicago Marathon in 4:27. My Dad came in shortly after me in 4:51. My Dad passed away a few months ago at the age of 89. He was my motivation and inspiration for running.

Amy Hopkins Blaloch  
Indian Wells, California

# MEMBER UPDATES – WINTER 2016



Donna Moran

## **DONNA MORAN JOINS USRSA**

I was never an athlete or runner but decided in 1996 to train with Houston Fit for the Houston Marathon as part of a bet with two other friends. Turned out the 1997 Houston Marathon was the coldest and rainiest anyone could imagine; however, my friends and I finished and I did my first marathon at the age of 41!

Since then I have completed a total of 3 marathons, 15 half marathons and numerous 10 mile and 5K races. It has become part of my husband and my life!

The streak provided a platform to focus my life on exercise and to give me an additional running goal.

During the same period, I accomplished a sprint Tri with my daughter, Cashel, who is now also running marathons. In addition, the whole family participates in 5Ks.

I find our social life revolves around our running friends and love the way this has become a healthy retirement activity.

My future, hopefully holds another Marathon (2017 when I am 60) and more triathlons. I will never be fast but I will finish and truly enjoy the comradery of the running community.

I am a retired nurse and married to my college sweetheart, Mark, for 38 years. I have three children who have all successfully completed college and are happy in their careers.

Shannon, my daughter, ran the LA half marathon with us and even though she is the most qualified due to a track scholarship in college she still does not see why anyone would run more than 400 meters!

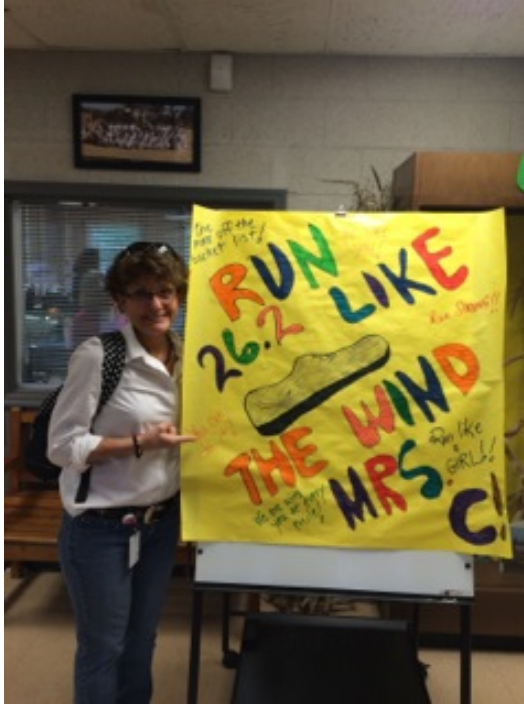
Cashel, my youngest daughter, is my marathoner and now she is hooked on triathlons. She just got married this year and running was her stress management tool with another marathon planned in Jan.

Conor, my son, who played D3 basketball in college has started running and is up to 6 miles and with some gentle prodding from Mom will probably run a half marathon in the near future.

My husband, who has always been athletic and never understood the need to run lots of miles, is now my running partner in all races and is faster than me. He has 6 half marathons in the near future and with some prodding from me will probably be doing a marathon in the nearer future than he thinks!

Donna Moran  
Willis, Texas

# MEMBER UPDATES – WINTER 2016



Mary Ellen Chardavoyne

## **MARY ELLEN CHARDAVOYNE'S STREAK HITS 2 YEARS**

I am so excited about my 2 year anniversary! It has meant the world to me to be a part of this wonderful supportive group!

I started running for the first time in my life in March 2013 when I was 52! I did the couch to 5K program. During that year I competed in several 5K races.

In November I saw an article in *Runner's World*, information on Streak Running. I thought it would be a great way to get through the holidays....Well 2 years later I continue!

This past year has been very eventful. I competed in a few fun 5K and 10K races. I encouraged and ran with a friend who never thought she could do a 5K. I raced in a very hilly 15k, did my second half-marathon and best of all I completed my first MARATHON!

After completing that my life was changed for the better. Every time I now watch any marathon start, I start to cry...the training and time that goes into preparing - the race is really the icing on the cake.

Anyway 2016 hopefully will be injury free. I plan on focusing on half marathons and doing the same full marathon I did this year - The Mohawk Hudson Marathon.

The picture is of a sign that the staff of my elementary school put out in front of the school. All the kids were so encouraging, wishing me the best in my marathon. The attention was humbling!

Streak On Everyone!

Mary Ellen Chardavoyne  
Glenmont, New York

## **JOSE MEDINA JOINS USRSA**

My name is Jose Medina, age 47, and I recently completed running every day for one year starting October 29<sup>th</sup>, 2014. I have continued running at least 2 miles but average about 3.5 miles daily.

I don't have a running or racing background but I did play soccer in college (Clemson University), where our team was the Division I National Champions in 1987.

I don't really know why I started or continued the running streak. I am currently undertaking but perhaps the death of my 13 year-old niece has helped push me and inspired me to work hard again and get in shape. I just keep moving forward.

Jose Medina  
Pembroke Pines, Florida



# MEMBER UPDATES – WINTER 2016



Andrew Bradt

## ANDREW BRADT'S STREAK HITS 4 YEARS

Streak is still active, tomorrow [24 November 2015] will be the BIG 4, still cannot believe I am approaching 1500 days.

The first year was definitely the hardest... but each year is for sure worth celebrating!! I will have inspired the third person to complete a year streaking. My friend Noah Krug will be completing his year on 11/27 this week.

Exciting, who knows when it will end for me but people doing 45 years is most certainly an inspiration.

Andrew Bradt  
Lake in the Hills, Illinois

## CAYCE PAPPAS JOINS USRSA

Weighing 319 pounds, I had bariatric surgery in February 2014. Food had been my drug of choice of 45 years and it was literally killing me,

I joined a local 5K training group in June 2014, and honestly thought I would die after our first mile of running 30 seconds, walking 2 minutes. I stubbornly stuck with it and ran my first half marathon in January 2015.

I've now lost 150 pounds and am happy as a clam. Running has become my new addiction. While I still employ intervals for my longer runs, I am proud to say I run 1 mile without needing breaks.

I'm currently wrapping up our local Road Race Series and am registered for my first FULL MARATHON (cannot believe I just typed that!) in November. Further proof that I've lost my mind comes from my registration for the Disney Dopey Challenge in January 2016.

To date, I've run 2 half marathons, one Navy nautical 10 miler and countless 5K and 10K races. My resolution for 2015 was to run at least one race per month and I've averaged closer to two. I realize I'm very premature in seeking membership here, however, I promise I will succeed! I thrive under pressure and paid goals are kryptonite to me.

As for family, I'm divorced, have wonderful 19 year-old twin sons, and am the mother of a deceased 8 year-old. He was a St. Jude patient and loved running. I know he's proud of my efforts in his absence. My life is charmed, in spite of the obvious hiccups.

Cayce Pappas  
Memphis, Tennessee

# MEMBER UPDATES – WINTER 2016



Eric Thompson

## ERIC THOMPSON JOINS USRSA

I was a runner in high school track for one season and one reason, my girlfriend Stephanie. I chose the 1 mile event, but rarely actually ran. I would either hang out on the mats with the pole vaulters, or occasionally I would start running, a friend would pick me up, we'd have a beer and some cigarettes, and he'd drop me off on the other side of town ( population 600 - so town was not very big). I would "run" back in acting like I had just done a long distance and hit the showers (to get the smoke smell off of me). Obviously, I never did well at the mile event as I did not train.

Once I was disqualified as I wore a choke chain with a padlock around my

neck and forgot the key. They wouldn't let me run with "jewelry." (I'm still a fan of heavy metal but no more choke chains).

I did come in 6th once as there were only 6 runners and that time I was lapped. Track season ended, as did my relationship with Stephanie, and I did not run again.

As a North Dakota farm kid, it was modeled that exercise did not "accomplish" anything, so if you were going to expend energy, you might as well be stacking wood or fixing fence. I preferred playing guitar and Nintendo.

I had seen and heard of 5K races but thought it was a waste of time. Like most young men, I wanted to be "buff" so I did work out in the weight room fairly regularly in college, but no cardio. I smoked on and off again but mostly when I drank. College life in North Dakota (and most places).

Flash forward to 2010. My high school reunion. I weighed 210 lbs and was still smoking. I was having a good time talking to old friends when I was approached by my old flame Stephanie. She was still a knockout and we both fell for each other again. Within the year we were living together. She had been a runner for awhile and had just qualified for Boston 2011 after her first marathon. She was inspirational (and sensational) and ran nearly every day even in 20 below temperatures.

I began to work out with P90X and run occasionally. We signed up for the Men's Health urbanathlon in Chicago 2011. Unbelievably I ran the nine miles without rest and loved it! The obstacles were the most fun for me. She came in 3rd in her age group and I proudly had finished my first "race." It was the beginning of a new and better chapter of my life.

# MEMBER UPDATES – WINTER 2016

As time progressed, I noticed I felt better and looked better having lost 20 lbs. On 12/21/12 I finally quit smoking. I figured if the world didn't end I might as well keep going. I trained for my first half marathon in Fargo and finished in 2:19.

Stephanie stumbled on the streak runners on Facebook, and we thought that was a good idea. My running was on and off for awhile but after my 43rd birthday felt I should get something better going. I started my streak on 8/26/13 and have run at least a mile but often more every day since.

I haven't logged all my miles as I am more a casual than competitive runner. I often run on a treadmill and confess I like to play Xbox while running. I feel lazy if I play Xbox without running. I also do NOT like running outside in 20 below, especially with a 40 below wind chill.

I have now run 7 half marathons and five 5Ks so far. We were married in 2014 and our goal is to run a half marathon in every state. So far just ND, MN, AZ and soon CA at the New Year's race 2016. (after seeing the final Motley Crue concert 12/31/15). My life circled back to find my wife and happiness has been easy since.

I am better physically and mentally for having taken on the challenge. The members of Streak Runners International have been and continue to be a source of inspiration as well. Some of you have run for over 10 YEARS!

I now encourage others to get active and make exercise like a job. We all have days we don't want to go to work, but go anyway. The difference is, after exercise you are ALWAYS glad you did.

Eric Thompson  
Bismarck, North Dakota

## **PATTY HENGEL JOINS USRSA**

My name is Patty Hengel, and I started running the day before Thanksgiving 2013 as a *Runner's World* Challenge. I am a nurse who works the night shift 7pm-7am, so would use the excuse that I was working shifts in a row to not run. However, once I started running daily, that excuse went out the window. I have run 25 half marathons, various 5ks, and the Marine Corps Marathon. I was able to qualify for Boston in October 2014. I primarily run outside, sometimes with friends, in all sorts of weather. I am 46 years old and couldn't imagine not running.

I am divorced with 5 kids and 8 grandkids between my ex-husband and I. We are scattered all over the United States. Our youngest is waiting to go into the Marine Corps. I also currently serve in the US Army Reserve, my ex-husband in a retired Marine.

Patty Hengel  
Glen Burnie, Maryland

## **PATTY HENGEL'S STREAK ENDS AT 712 DAYS**

No run today....streak ended at day 712. Lifted, walked the dog, and used the foam roller. Hurts so good!! I was able to walk a little better after using the roller (should have done that sooner...may have saved my streak). Still not 100%, but walking better. Going to spin class in the morning and see how it feels. Then more foam roller!! :-)) Going to get rid of this knot if it's the last thing I do so I can start again!

Patty Hengel  
Glen Burnie, Maryland

# MEMBER UPDATES – WINTER 2016



Roxanne Lorenz

## **ROXANNE LORENZ JOINS USRSA**

I started running the summer between my junior and senior year in college. I had a roommate that ran, so I ran with her a few times my junior year but didn't start regularly running until that summer.

I lived with her for a couple years after college and she was my running partner for our first marathon (Twin Cities) when we were 23. Not the best time but I have done several since and the times have greatly improved.

I have been running regularly for 15 years with a couple years in there where I seemed to have injury after injury.

In 2002 I did my first race (4 miler) and was hooked. I have done multiple races every summer. Everything from 5k's to marathons. In 2005, I did my first triathlon and really enjoy competing in those too.

I met my husband through mutual friends who knew we were both active. He's been a great running partner but unfortunately we don't get to run together often now that we have kids.

It's so nice having a spouse who supports me in this area of life that I really enjoy.

I first heard of a running streak association a couple years ago when a friend of ours was in his 4<sup>th</sup> (or 5<sup>th</sup>?) year of streaking. I first tried it from Thanksgiving to New Years and thought that that wasn't too bad. So, after our son was born I decided I wanted to try to streak for a year. That brings me to now and I hope to do it for another year!

Roxanne Lorenz  
Benson, Minnesota

## **MERCEDES MUROLO'S SECOND STREAK ENDS AFTER 4,930 DAYS**

Mercedes May Murolo here ~ well my 8.25 streak ended with a twisted ankle 13.5 years ago and now my 13.5 streak is over because of a knee problem. The doc thinks it's minor, but the end of a streak is major. I think I will be benched for about 4 weeks officially. Last streak day was 11/1/2015. I will begin streak #3 ASAP (and I am 65!). It is a bummer but it could be a lot worse I guess. Back with you in a month at the most. I feel like running NOW! XXX

Mercedes Murolo  
Santa Rosa, California

## **JOHN WOLFF'S STREAK HITS 25 YEARS**

My streak continues as I complete my minimum requirement of 3 miles per day @ 7-7:30 pace.

John Wolff  
Spotsylvania, Virginia

# MEMBER UPDATES – WINTER 2016



Bruce Sackinger

## **BRUCE SACKINGER JOINS USRSA FROM ALASKA**

I began running when I was 9, when my Mom let me participate in the Equinox Marathon in Fairbanks, Alaska. It's one of the oldest marathons in the nation (1963) and back in the late 70's it was the only running race we had—a huge community event. I finished it in about 11 hours (well over the cutoff), so it wasn't quite “running,” I suppose. I returned to the race three more times in the 80's, my best finish about 6 hours.

After a hiatus of 20 years, I began running again during law school around 2005; my first “real” race was the 5K “Ambulance Chase” in Salem, Oregon, which I finished in 23:18. I continued to run, but didn't race again until I moved back to Fairbanks in 2009. I ran the Equinox that fall, finishing in 5:35. I've run it every year since, improving to 3:38 and 12<sup>th</sup> place this year.

I occasionally win the smaller winter races here, though I'm perhaps most proud of finishing 2<sup>nd</sup> in the 2012 Chilly Buns Midwinter Run, which, at -49°F, may have been the coldest race ever run.

Since beginning the streak last fall (basically because I didn't see anyone from Alaska on the list), I've set new PR's at every standard distance and managed to run three marathons. I usually only do one per year. I was particularly happy to break 40 minutes on a 10K (39:15 at the “Tok Trot” in April) and to qualify for Boston--by over ten minutes--at the 2015 Portland Marathon in 3:14:05. I hope to break the 548 day “Alaskan streak record” set by Todd Taylor and Rhonda Wegner. After that, well, I'll probably just keep going!

As for my non-running life, it's my own brand of the true Alaskan lifestyle. I live in a beautiful spruce log cabin on the northern outskirts of Fairbanks, just a few miles from the Trans-Alaska Pipeline and, more importantly, the Silver Gulch Brewery.

Though born here, I lived in Oregon for twenty years, and did everything from managing a warehouse to teaching community college English to practicing law. I returned here six years ago to work for the Alaska Department of Natural Resources managing state land (more land than the entire state of California). I don't manage it all by myself, of course! Aside from running, I enjoy tinkering with my 28 year old Jeep and cultivating trees that aren't supposed to grow up here. My daughter, who once competed in the 2004 National Spelling Bee, is now a Reed College graduate living in Oregon and is still one of the smartest people I know.

Bruce Sackinger  
Fairbanks, Alaska

# MEMBER UPDATES – WINTER 2016



Dan Mansueto

## DAN MANSUETO'S STREAK ENDS AFTER 3,742 DAYS

With the accolades received upon passing the 10-year mark still ringing in my ears, I ended my running streak on October 15, 2015 -- 10 years, 2 months and 28 days after it began.

So many have asked me, why Dan? Why? There is no single answer. I can say only that for many reasons the weight of the streak had grown too heavy to bear. I passed the 10-year mark in July 2015. Having done so, no further milestone seemed worth the effort.

My back was starting to ache, my toes were bleeding, and I was growing increasingly tired of the hassle of

“getting my jog in.” The straw that broke the camel’s back was a three-week trip to Italy in October/November, 2015. I was going to be there under circumstances in which jogging, although not impossible (my streak included two previous trips to Italy), would be very awkward. I decided: “This is the time to call it quits.” And so on October 14, 2015, the day that I left for Italy, I hung up my jogging shoes. Actually, I put them in my suitcase. I took them to Italy, as a sort of security blanket, but did not jog once on the entire trip.

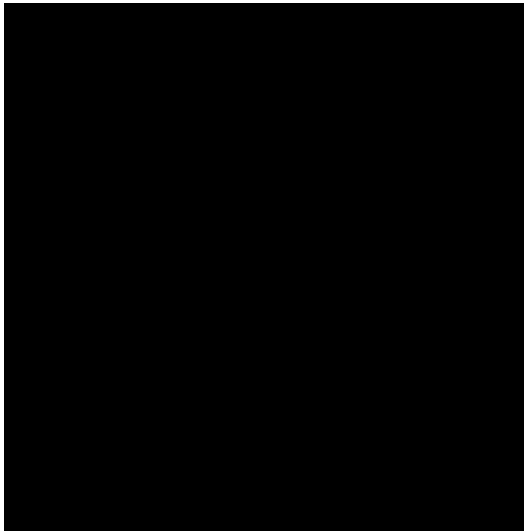
My streak has ended but the memories remain. How can I ever forget the countless times that I rose before 5 a.m. to get a 6 or 8 mile jog in before a business meeting or early morning flight? Or the times I jogged in pouring cold rain before sunrise? Especially memorable were the special efforts to preserve the streak: the time early in my streak that I realized at 10 p.m. that I had forgotten to jog and so went out for a late night jog to keep the streak alive; jogging after international travel; jogging 6 miles in 90 degree heat at noon while still weak from severe food poisoning that had onset at 3 a.m.; and jogging while suffering from a secondary infection that bordered on pneumonia (not recommended; I would have ended the streak the next day but did not only because, in the nick of time, antibiotics dramatically revived me).

Now I am asked, what next? Will you start a new streak now? The answer, in a word, is “no.” I have found that long walks are a more pleasurable form of exercise. So now I jog only a couple days a week and try to take long walks on the days that I don’t jog – and I’m alive to tell the story! So for all you streakers who have thought about giving it a rest but are fearful of whether there is life after your streak, I am here to tell you: Be not afraid!

# MEMBER UPDATES – WINTER 2016

For the record, my minimum was 3.4 miles a day from when the streak started on July 17, 2007 to the end of November 2015. From December 1, 2007 to some point in September 2015, my minimum was 6 miles a day and I did 8 miles a day for over two years. I reduced my minimum back down to 3.4 miles a day for approximately the last month of streak. Before going back down to 3.4 miles a day, I gave some thought to trying to extend the streak at six miles a day to December 2017 so as to establish a 10 year streak with a six mile minimum for the entire streak. I decided though that the wear and tear, both physical and mental, of six miles a day for an additional 2 years, 4 months just wasn't worth it.

Dan Mansueto  
Los Angeles, California



Katie Jones (center in black)

## KATIE JONES' STREAK HITS 2 YEARS

Yes, my run streak is going strong! It's lasted through stomach bugs, sprained ankles, and a move across the country. Now we live in Las Vegas, NV. There's a wonderful running community of awesome ladies here and the weather is

great. I average about 5 miles everyday. Most of my runs are still with my 2 year old and 3 year old in my double BOB stroller.

I've attached a couple of pictures too. In the group photo, I'm the one in the center at the bottom in all black.

Katie Jones  
Las Vegas, Nevada



Jeremy Murphy

## JEREMY MURPHY'S STREAK HITS 2 YEARS

Still runstreaking. 4,078 miles+ in 978 runs since 11/19/13. Thanks for remembering. Also, I became a RRCA certified running coach this year.

Jeremy Murphy  
Lincoln, Nebraska

# MEMBER UPDATES – WINTER 2016



**Cynthia Clarke-Almudevar**

## **CYNTHIA CLARKE- ALMUDEVAR'S STREAK ENDS AFTER 531 DAYS**

I stopped running every day in April. My last streak run being April 11th, 2015 and that was my 531st day. I was enjoying running further rather than frequent so I gave the daily run a rest.

I suppose I can blame it on Jeff Galloway, or at least the book that he wrote to help train runners for their first half marathon. I am not disrespecting Mr. Galloway, but simply explaining how it was that I ended my first streak.

To follow his plan, I would have very long runs followed by total rest days. The consequences of not taking rest days, according to him (especially as a more senior runner), would be injuries that would not heal. And so when I began to train for my first half that June, I obediently stopped my streak. With all

my heart I wish I hadn't.

However, I ran my first half 8 minutes faster than I had hoped for and I was ecstatic. I told myself that I would commit to running longer rather than daily, but something inside me would ache on the days I was not to run. Every time I saw a runner go by, I wanted to chase off after them. But still, I went through the summer sporadically running and enjoying trail running with a friend.

Fast forward to October 12th, eleven days ago. I was getting ready for bed and I was overwhelmed with the desire to begin another streak. I went onto the USRSA facebook page and made the commitment to my fellow fanatics. It was official. The next morning I got up and ran.

I am now 10 days into this new adventure and the old familiar adrenaline rush has come back. A run, every day, is an inner power source for me!

The last time I began my streak there was a lot of fanfare. This time I have kept it quiet, not even telling my best friend or my husband. I am simply running and, like breathing, it is the most natural thing in the world.

I am running at least 30 minutes each day but I am only using a simple watch. Pace isn't the objective this time. The first time, the streak defined me. This time I get to define the streak. Less focus on stats and more on the bliss that I feel when I run. Less music in my ears and more thankfulness in my heart.

So here's to another beautiful run in the morning. No turning back!

Cynthia Clarke-Almudevar  
Rochester, New York



# MEMBER UPDATES – WINTER 2016



Bill Shires

## **BILL SHIRES' STREAK HITS 29 YEARS**

Yes, my streak continues. I kicked the year off by running the Dopey Challenge at Disney with 18-minute time for the 5k, 36-minute time for the 10k, a 1:19 for the 1/2 marathon and 2:50 for the marathon.

Later in the year, I broke the USAT&F-NC 50-54 state age group record with a 1:18 at Races 13.1 in Wrightsville Beach, NC.

If my body stays injury free, I will be targeting the USAT&F-NC 50-54 Age Group record for the Marathon this coming spring.

Bill Shires  
Charlotte, North Carolina

## **GEZA FELD, 82, COMPLETES 1<sup>ST</sup> YEAR OF 3<sup>RD</sup> STREAK**

I am happy to report that as of 11/04/15 I've competed my year of apprenticeship and I am ready to rejoin the ranks of

“the few, the brave, the Streakers.” Capital “S” for the irrepressible, indefatigable fanatics who defy age, snow, rain, heat, and common sense in the pursuit of the “STREAK.”

After my own two streaks, one lasting 31 years and the other 4 more, it is a great joy to return to the “Active” list. On October 11, 2011, a day of infamy, my right hip did not allow me to call my pathetic daily slugging a run anymore and I had to stop running.

The next year and a half I tried everything short of a witchdoctor: cortisone shots, chiropractics, physical therapy and any ointments I could find to avoid surgery. Nothing helped. When even walking became a problem, I gave in. My hip replacement surgery was successfully done in June 2013. With hindsight I can say I should not have wasted all that time on useless remedies. My doctor said if I resume streaking my hip might wear out in 20 years. I told him I'll be glad to return for a replacement at age 99.

By August 2013, I could start slow jogging and by October, on my 80<sup>th</sup> birthday, I won a 5K race. To tell the truth it was a piece of cake since I was the only one in the age group.

By 2014, my 5K time came down to 30:56 and I won the Long Island Grand Prix, a series of races, winning 10 out of the 12 I entered. I'm also on my way to repeat this in 2015.

No pain, no cane, just a miracle of modern medicine. Unfortunately, someone in the hospital stole the springs I used to have in my legs but I am not complaining. After all I went into the hospital on a cane and now I am a STREAKER again.

Geza Feld  
Farmingdale, New York

# MEMBER UPDATES – WINTER 2016



Michele Arnold

## MICHELE ARNOLD'S STREAK HITS 2 YEARS

My backstory: I took up running in my 30s in an effort to lose 'the baby weight,' and I've been hooked ever since! After being told, "you'll never run a marathon with those feet!" by a killjoy salesperson at a running specialty store, I aspired to do just that.

Now with several full marathons, many half marathons, and countless shorter races under my belt, I continue to set PRs into my 'masters years.'

I work as a Physiatrist (Rehabilitation Medicine physician), with sub-specialties in Sports Medicine and Neuromuscular Medicine. I enjoy treating runners' injuries and keeping runners running!

My weaknesses include lemon Oreos, chai tea lattes, and accumulating running and hiking gear. I enjoy downhill skiing, snowshoeing, hiking, 'summit-bagging,' and music. When I'm not working or running (and sometimes when I am!), I might be caught daydreaming about mountains. I live in the Seattle area with my husband and

two daughters.

I started my running streak November 26, 2013, and this year I kept the streak alive and accumulated a total mileage of 1070.93 miles despite a grade 3 left ankle sprain and re-injury 5 months later, which I have now rehabilitated (and continue to work on). Athletic tape and physical therapy were better friends than my physician colleagues, who repeatedly scolded my running streak. I'll admit I was compliant with wearing the prescribed boot...when I wasn't running. As they say, "The physician who treats himself/herself has a fool for a patient."

I am excited to announce that my enthusiasm is contagious; I've recruited my husband, who has maintained his streak since November 27, 2014 and is soon to join USRSA as well!

This year, I also successfully summited my 23<sup>rd</sup> and 24<sup>th</sup> 14-ers (peaks over 14,000'), Maroon and North Maroon Peak, as well as Mt. St. Helens with my 12 year-old daughter. It is a challenge to squeeze in a streak run in desolation wilderness without GPS! "A fifteen minute run should do it, right?" Happy running!

Michele L. Arnold  
Issaquah, Washington

## ELLEN KENDALL'S STREAK ENDS AFTER 715 DAYS

Just writing to let you know my streak ended on November 12, 2015 due to a surgery I had to have. Streak #2 started yesterday! I'll re-register once I hit a year.

Ellen Kendall  
St. Louis Park, Minnesota

# MEMBER UPDATES – WINTER 2016



Dodie, Tom, & Randy McDow at the Florence Fourth 10-K in Durham

## THOMAS MCDOW IV'S STREAK HITS 9 YEARS

As my first day of the streak was Friday, November 24, 2006 (the day after Thanksgiving), today, November 23, 2015, completed nine years and tomorrow morning will start year ten.

Streak is still in tact. Today was Day 3, 286. I never shared this with you. My wife, who I met at the Flopeye Fish Festival 10-K on May 25, 1985, and married seven weeks later on July 13, 1985, is a pretty fair runner but she has never kept a log. My guess is that she has had several streaks of several years or longer but she does not even know because she keeps no records. She saw an article on the USRSA, showed it to me, and asked why anyone would join. I read it and promptly joined.

I hope when you receive a notice that my streak ended, the notice will be my obituary saying "Thomas F. McDow died on \_\_\_ as he finished his morning run, the \_\_\_ th consecutive day of his running streak dating to November 24, 2006.

My runs are getting longer. I usually run about 3.5 miles per day for years, averaging about 1,200 miles per year. I picked it up a little in March of this year. Around Labor Day, I wondered if I could possible run 1,500 miles for the year. In October, I ran 200 miles, the first time I ever averaged more than six miles per day for a month. I am now on pace to get about 1,650 miles for the year. I ran 10.5 Saturday, 7.5 Sunday, and 4.5 this morning (had a family court mediation early morning). Interestingly, my legs feel better with fewer aches and less pain than when I ran less distance.

I wasn't fast as a kid but at 73 I mostly measure my pace with a calendar. I now consider twelve-minute-miles as a goal, a goal I met the last three days.

The streak has become a definite part of my identity and is a boost to my self-esteem. I have run through hamstrings, sprained ankles, and food poisoning but the absolute worst was bronchitis. This Southern boy thought Bexley, Ohio (visiting children and grandchildren), was cold at zero degrees in January until I ran at minus nineteen and minus seventeen degrees in Franklin, Pennsylvania, (taking depositions) in February.

I did not intend to ramble, but I am proud of the streak. Like being in Mensa, the streak is not something I can easily announce to others but you probably understand. Thanks for the work you do providing me a *raison d'etre*.

Thomas F. McDow  
Rock Hill, South Carolina

# MEMBER UPDATES – WINTER 2016



Teresa Roche

## TERESA ROCHE'S STREAK HITS 2 YEARS

This Thanksgiving marked the second anniversary of my running streak and I celebrated with a PR at a local Turkey Trot 5K. This second year has been, amazingly, even better than the first, racing-wise. I tried out a new distance, ran 10 races and set 4 PRs. Oh sure, I made some silly mistakes too - ran too fast on a lovely downhill stretch during the 50K and wound up with horrible blisters, wore a new pair of racing flats for a marathon without wearing them for anywhere near that distance before - but I learned from them all, and still made my PRs.

It wasn't an easy year for me in other ways, though. My mother, who had always been healthy and was still working full time at age 75, was diagnosed with pancreatic cancer in May. She underwent the Whipple procedure operation at the end of the month and was recuperating very well, but then began a very aggressive chemo and radiation treatment regimen in July. I spent a lot of time with her over the summer but lost her on September 28. She was always so proud of my

running. I called her before every race (unless it was too early) and after every one. I really miss her. Running helps, though, like it helps just about everything. It's a good time to just let me mind wander, remember, maybe cry a little. I always feel better afterward.

My season is officially over now, so I go back to an easy 2 - 3 miles a day. I love running in the rain and snow, I just wish the winter days were longer since I can't go out on the trail in the dark.

Next year will hold a January 1<sup>st</sup> "resolution run," a marathon, a half, a 10 mile, 10K, 5 mile and several 5Ks. And of course the SOB trail race, but I have yet to decide on the distance...

Teresa Roche  
Grants Pass, Oregon

## SARAH WOODS JOINS USRSA

My name is Sarah Woods and I have been running daily since January 1<sup>st</sup>, 2015. My husband, Laustin Woods, had thought of the idea of a New Years Resolution to run daily for at least a year. We came across your website.

This past year while traveling on vacations, we've run along the beaches in California and Delaware, as well as Arizona, New Mexico, New Jersey, Maryland, Virginia and Washington D.C.

We started out running 1-2 miles a day, but built up to averaging 3-4 miles. As of November 17<sup>th</sup>, each of us has run over 1,000 miles respectively.

We've run after midnight to make sure we get our run in before an early morning flight, after 11pm (almost forgot!), in the snow, rain, and even in 100 degree weather.

# MEMBER UPDATES – WINTER 2016

While running, we've seen everything from rabbits, coyotes, a rattlesnake, and even a bobcat.

We're not sure when we'll stop, but we sure enjoy. Thank you for motivating us and letting us be part of your organization.

Sarah Woods  
Phoenix, Arizona



Kim Howard

## KIM HOWARD'S STREAK HITS 2 YEARS

So far, I have run 4264.6 miles during my streak. As of my streak anniversary, it should be 4280. I have run 15 marathons during this time. One night when I stayed up watching the World Series, I ran at 12:02 AM that morning to get my run in for the next day. I also got up at 2:00 AM before a race I was helping with to get my run in. This Streak motivates me, and my friends always ask me what day I am on. I run most every morning very early to make sure I get my run in. I hope to continue for a long time!

Kim Howard  
Mineral Springs, Arkansas

## SCOTT LUDWIG'S STREAK HITS 37 YEARS

Today's [29 November 2015] run finished off year #37. Currently at 140,587 miles. Ran 152 miles in an event I created, the Senoia 60 (hour) Running Festival, which may in all likelihood be my 'last big thing.'

I have a new book coming out next spring, 'Running to Extremes: The Legendary Athletes of Ultrarunning' which will be published by Meyer and Meyer. Let the SRI/USRSA members know if they'd like to purchase any of my current 10 books (find all of them on my Amazon page) I'll give them a considerable discount over what they'd pay for them retail. They should let me know which book(s) they're interested in and I'll quote them a reasonable price—if they order soon they can have them for Christmas! If any of the members subscribe to *The Running Journal* and/or *The Georgia Runner*, they know I write a monthly column for both ('Distance Memories' and 'Running through My Mind,' respectively).

Scott Ludwig  
Senoia, Georgia

## ERIC JACKSON JOINS USRSA

Just completed 3.5 miles a few minutes ago [29 November 2015], marking day 365. (Made it to day 249 last year until one of my toes had an unfortunate encounter with a doorframe in the middle of the night). Figure I might as well try to make it to 400 since I've made it this far.

Eric Jackson  
Hot Springs, Arkansas

# SRI/USRSA SINGLET, PULLOVERS & SHIRTS ARE NOW AVAILABLE

Please go to <http://www.clearlybranded.com/showrooms.htm> and then click SRI/USRSA logo to order your singlet, pullover, short or long sleeve shirt! For an additional \$5, get your “Streak Started” date printed on the back of your singlet or shirt!



**SRI Women's Singlet**



**USRSA Women's Long Sleeve**



**USRSA Men's Singlet**



**Optional "Streak Started" Date**

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

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

December 1, 2015

	<b>The Coverts (45+yrs)</b>		
1.	<b>Jon Sutherland</b>	<b>05/26/69</b>	<b>West Hills, CA, Writer, 65</b>
2.	<b>Jim Pearson</b>	<b>02/16/70</b>	<b>Marysville, WA, Retired, 71</b>
	<b>The Legends (40+yrs)</b>		
3.	<b>Stephen W. DeBoer</b>	<b>06/07/71</b>	<b>Rochester, MN, Dietitian, 61</b>
4.	<b>Alex T. Galbraith</b>	<b>12/22/71</b>	<b>Houston, TX, Attorney, 65</b>
5.	<b>David L. Hamilton</b>	<b>08/14/72</b>	<b>Vancouver, WA, Sales, 60</b>
6.	<b>Steven Gathje</b>	<b>09/25/72</b>	<b>South Minneapolis, MN, Actuary, 61</b>
7.	<b>Richard Westbrook</b>	<b>12/29/73</b>	<b>Jonesboro, GA, Teacher, 68</b>
8.	<b>Robert R. Kraft</b>	<b>01/01/75</b>	<b>Miami Beach, FL, Songwriter, 65</b>
9.	<b>James Behr</b>	<b>03/19/75</b>	<b>Trinity, FL, Educator, 68</b>
	<b>The Grand Masters (35+yrs)</b>		
10.	<b>Stephen D. Reed</b>	<b>06/16/76</b>	<b>Wiscasset, ME, Doctor, 67</b>
11.	<b>William S. Stark</b>	<b>09/10/76</b>	<b>St. Louis, MO, Professor, 68</b>
12.	<b>Bill Anderson</b>	<b>09/27/76</b>	<b>Fort Worth, TX, Retired, 70</b>
13.	<b>John Liepa</b>	<b>01/02/77</b>	<b>Indianola, IA, Professor, 70 *</b>
14.	<b>Bill Robertson</b>	<b>02/08/77</b>	<b>Ashland, MA, Systems Analyst, 63</b>
15.	<b>William J. Benton</b>	<b>04/23/77</b>	<b>Farmington Hills, MI, Accountant, 65 *</b>
16.	<b>Brian Casey</b>	<b>05/09/77</b>	<b>Paramus, NJ, Finance Manager, 57</b>
17.	<b>Samuel F. Johnston</b>	<b>08/26/77</b>	<b>Naples, FL, Retired, 73</b>
18.	<b>Rick Porter</b>	<b>12/03/77</b>	<b>Decatur, GA, Developer, 62</b>
19.	<b>John T. Carlson</b>	<b>12/26/77</b>	<b>Indianapolis, IN, Classroom Teacher, 61</b>
20.	<b>Timothy C. Masters</b>	<b>12/28/77</b>	<b>Dearborn, MI, Sales, 65</b>
21.	<b>Timothy P. Woodbridge</b>	<b>03/05/78</b>	<b>Allentown, PA, Banker, 58</b>
22.	<b>Bruce A. Sherman</b>	<b>05/16/78</b>	<b>Shaker Heights, OH, Exercise Physiologist, 60</b>
23.	<b>C. David Todd</b>	<b>10/14/78</b>	<b>Matthews, NC, Home Builder, 63</b>
24.	<b>Charles E. Lindsey</b>	<b>10/16/78</b>	<b>Canyon Country, CA, Educator, 64</b>
25.	<b>John C. Roemer, IV</b>	<b>11/01/78</b>	<b>Parkton, MD, Consultant, 55</b>
26.	<b>Craig A. Davidson</b>	<b>11/05/78</b>	<b>Phoenix, AZ, Retail/Educator, 61</b>
27.	<b>Scott Ludwig</b>	<b>11/30/78</b>	<b>Senoia, GA, Operations Manager, 60</b>
28.	<b>Chester A. Tumidajewicz</b>	<b>12/25/78</b>	<b>Amsterdam, NY, Security Supervisor, 61</b>
29.	<b>Jon Kralovic</b>	<b>01/01/79</b>	<b>Delanson, NY, College Football Coach, 69</b>
30.	<b>Thad Childs, Jr.</b>	<b>03/05/79</b>	<b>Gray, GA, Banking, 68</b>
31.	<b>Charles Holmberg</b>	<b>03/20/79</b>	<b>Modesto, CA, CEO, 67</b>
32.	<b>Benjamin M. Freed</b>	<b>12/12/79</b>	<b>Clarion, PA, Retired College Teacher, 68</b>
33.	<b>S. Mark Courtney</b>	<b>12/20/79</b>	<b>Grove City, PA, Physician Assistant, 59</b>
34.	<b>William G. Finkbeiner</b>	<b>01/01/80</b>	<b>Auburn, CA, Landscaper, 59</b>
34.	<b>Layne C. Party</b>	<b>01/01/80</b>	<b>Towson, MD, Manager, 56</b>
36.	<b>Lois Bastien</b>	<b>04/18/80</b>	<b>Pinellas Park, FL, Retired, 79 (F)</b>

37.	<b>Leslie J. Shoop</b>	<b>04/28/80</b>	Sarver, PA, Retired, 67
38.	<b>Ed Goff</b>	<b>08/13/80</b>	Bradenton, FL, Teacher, 72
39.	<b>John I. Watts</b>	<b>10/04/80</b>	Nampa, ID, Pastor, 60
	<b>The Masters (30+yrs)</b>		
40.	<b>Ward D. Crutcher</b>	12/26/80	Muncie, IN, Retired, 76
41.	<b>George G. Brown</b>	01/06/81	Richlands, VA, School Principal, 63
42.	<b>Michael Halloran</b>	04/01/81	Jacksonville, FL, Wealth Mangement, 68
43.	<b>John R. Chandler</b>	08/09/81	Whitefish Bay, WI, Financial Planner, 60
44.	<b>Ben Dillow</b>	08/20/81	Redlands, CA, Retired, 75
45.	<b>Bill Leibfritz</b>	12/03/81	Midland, MI, Professor, 59
46.	<b>Frederick L. Murolo</b>	12/30/81	Cheshire, CT, Attorney, 58
47.	<b>Scott D. Snyder</b>	12/31/81	Littleton, CO, Emergency Physician, 60
48.	<b>Michael G. Sklar</b>	01/20/82	Dunwoody, GA, Professor, 71
49.	<b>John L. Tillman, Jr.</b>	03/05/82	Sanford, FL, Business Owner, 67
50.	<b>Ken Birse</b>	04/22/82	Amherst, NH, Data Sales Manager, 55
51.	<b>Charles Groseth</b>	06/30/82	Allen, TX, Chief Operating Officer, 57
52.	<b>Grant McAllister</b>	08/28/82	Atlanta, GA, Sales Manager, 52
53.	<b>Gary Rust</b>	07/03/83	Desert Hot Springs, CA, Retired, 69
54.	<b>David Melissas</b>	07/20/83	Marietta, GA, IT Project Manager, 55
55.	<b>Doug Holland</b>	08/01/83	Tucson, AZ, College Athletic Director, 54
56.	<b>Al Colonna</b>	08/05/83	Dix Hills, NY, Retired, 71
57.	<b>Barbara S. Latta</b>	12/05/83	Raleigh, NC, Retired, 74 (F)
58.	<b>Randolph Read</b>	09/01/84	Las Vegas, NV, Executive
59.	<b>Sue S. Favor</b>	12/20/84	Los Angeles, CA, Teacher/Coach, 48 (F)
60.	<b>Joseph Raffa</b>	12/26/84	Manlius, NY, V.P. & G.M., 65
61.	<b>Leonard Bruckman</b>	02/10/85	Granite Bay, CA, Consultant, 68
62.	<b>Milton Magness</b>	09/22/85	Houston, TX, Psychotherapist, 62
63.	<b>Matthew M. Mace</b>	09/29/85	Arnold, MD, Attorney, 55
64.	<b>Kenneth D. Brown</b>	11/10/85	Huntington, WV, Farmer/Coach, 66
65.	<b>Judy Mick</b>	11/20/85	Roanoke, VA, Business Owner, 57 (F)
	<b>The Dominators (25+yrs)</b>		
66.	Ralph McKinney	01/01/86	Wilmington, DE, Consultant, 70
67.	Roger Urbancsik	02/01/86	Marina Del Rey, CA, Consultant, 58
68.	Ronald N. Dennis	06/29/86	Marshall, TX, Attorney, 70
69.	William Shires	10/19/86	Charlotte, NC, Software Architect, 50
70.	Stuart X. Calderwood	01/21/87	New York, NY, Writer, 57
71.	Timothy Bailey	05/17/87	Owingsville, KY, XC & Track Coach, 58
72.	Michael L. Holsteen	01/31/88	Ridgedale, MO, Retired, 67
73.	Tom Allen	05/21/88	Upper Montclair, NJ, Consultant, 63
74.	George M. Church	07/30/88	Cockeysville, MD, Attorney, 68
75.	Michael Heller	12/29/88	Marlborough, NY, Retired HR Director, 73 *
77.	Lenworth "Kip" Williamson	01/01/89	Saugus, MA, Engineering Manager, 57
77.	Christopher M. Graham	04/16/89	Wilton, CT, Attorney, 51
78.	Steven H. Way	08/10/89	Walnut Creek, CA, Business Owner, 65
79.	Hal Gensler	12/04/89	New River, AZ, Retired, 69
80.	John H. Wallace, Jr.	12/31/89	Ishpeming, MI, Photographer, 65
80.	John H. Wallacee, III	12/31/89	Seattle, WA, Website Developer, 39



80.	Mark Washburne	12/31/89	Mendham, NJ, Professor, 59
83.	Richard J. Wright	08/03/90	Pittsburgh, PA, Track & Cross Country Coach, 64
84.	John Wolff	09/01/90	Spotsylvania, VA, Banker, 64
85.	Jerry Caine	10/02/90	Santa Rosa, CA, High School History Teacher, 65
86.	Daniel Pereira	11/05/90	Portland, OR, Self-Employed, 58
	<b>The Highly Skilled (20+yrs)</b>		
87.	Ted Sabinas	12/08/90	Cedar Springs, MI, Teacher/Coach, 63
88.	John L. Faz	12/26/90	Lincoln, NE, Marine GySgtI, 62
89.	Jeff L. Morgan	12/30/90	Reston, VA, IT Trainer, 59
90.	Ronald J. Landrum	01/01/91	San Jose, CA, Zoologist, 65
91.	K. Tucker Andersen	02/06/92	Warren, CT, Consultant, 73 *
92.	Gabrielle Cohen	11/10/92	Petrolia, CA, Theatre Production, 53 (F)
93.	Brent Burmaster	03/13/93	Dallas, TX, Homeless Shelter Director, 59
94.	Edwin N. Dupree	06/23/93	Faith, NC, Retired, 74
95.	Jeffrey Sider	01/01/94	Woodbury, NY, Orthopedic Surgeon, 59
96.	Henry Lengkeek	06/05/94	Lakewood, CA, Minister, 60
97.	Ivan Fink	07/11/94	Arcola, IL, Accountant, 65
98.	Joel Pearson	09/03/94	Kennesaw, GA, College Track Coach, 30
99.	John J. Byrne	12/26/94	Centreville, VA, Executive Vice President, 59
100.	Richard Corbin	01/01/95	Savannah, GA, Sales, 60
101.	John Nikolic	04/29/95	Pearl, MS, Real Estate Manager, 72
102.	Richard J. Kerr	07/30/95	Kokomo, IN, School Bus Driver, 60 *
	<b>The Well Versed (15+yrs)</b>		
103.	Charles Robb	12/31/95	Lee's Summit, MO, Chief Financial Officer, 59
104.	A. F. DeYoung	11/08/96	Woodland Hills, CA, Photographer, 69
105.	Karen Queally	01/01/97	San Bruno, CA, Physical Therapist, 63 (F) *
106.	Tom Barry	04/30/97	Decatur, GA, Retired Journalist, 65
107.	Troy A. Coppus	05/19/97	Evansville, IN, Athletic Trainer, 33
108.	Debbie Brassfield	09/10/97	San Jose, CA, Flight Attendant, 55 (F)
109.	Grant Woodman	10/06/97	Ithaca, MI, Guidance Counselor, 41 *
110.	Thomas B. Welch	01/01/98	Victoria, MN, Investment Manager, 59
111.	Debbie Ciccati	04/01/98	San Diego, CA, Educator, 60 (F)
111.	Craig B. Snapp	04/01/98	El Cajon, CA, Retired, 65 *
113.	Michael DeMint	06/28/98	Gregory, MI, Retired Teacher/Coach, 67
114.	Lauren Estilow	10/15/99	Cheltenham, PA, Homemaker, 55 (F)
115.	Phillip Hawley, Jr.	10/23/99	Zionsville, IN, CPA, 30
116.	Steve Scales	11/06/99	Newtown Square, PA, Sales Executive, 55
117.	Peter Briggeman	11/22/99	Manchester, CT, Mechanic, 57
118.	Barry W. Britton	11/27/99	Roscoe, IL, Hospital Chaplain, 64
119.	Christina Richards	05/06/00	Longview, WA, Registered Nurse, 65 (F)
120.	Diane Shumway	05/27/00	Provo, UT, Retired, 60 (F)
121.	Lee Berg	06/02/00	Torrance, CA, Business Development, 55
121.	Margaret Sherrod	06/02/00	Millersville, MD, Teacher, 60 (F)
	<b>The Experienced (10+yrs)</b>		
123.	Ronald W. Shealy	04/01/01	Lexington, SC, Retired, 69 *
124.	Kevin Rison	09/14/01	Orlando, FL, Human Resources Manager, 44

125.	Jim Merritt	10/29/01	Buford, GA, Retired, 68
126.	Martie Bell	12/27/01	Thomasville, NC, Professor, 60 (F)
126.	Harry Warren	12/27/01	Whiteville, NC, Museum Director, 63
128.	Joseph R. Morris	12/28/01	Glade Spring, VA, Optometrist, 69
129.	Ralph Edwards	04/07/02	Des Moines, IA, Assistant Principal, 68 *
130.	Karl Olson	04/12/02	San Francisco, CA, Lawyer, 63
131.	Dave Emmans	06/06/02	Minnetonka, MN, Teacher/Coach, 57
132.	George A. Hancock`	06/22/02	Windber, PA, Education, 62 *
133.	Eliza Eshelman Miron	09/21/02	Columbia City, IN, Yoga Teacher, 30 (F)
134.	Chuck Myers	01/01/03	Indianapolis, IN, Accountant, 40
135.	Vincent Attanucci	01/08/03	The Woodlands, TX, Engineer, 62
136.	Woody Woodburn	07/07/03	Ventura, CA, Writer, 55
137.	Matthew Schauf	07/26/03	Menomonie, WI, CC/TF Coach, 37 *
138.	Cori Brindle	08/02/03	Mechanicsburg, PA, Social Worker, 34 (F)
139.	Carmen Baxter	08/11/03	Fairfield, CA, Physician, 34 (F)
140.	David Max	08/28/03	Alexandria, VA, Pilot, 40 *
141.	Matthew Carpenter	11/19/03	Hudson, MI, Teacher, 38
142.	Ted Neff	12/15/03	Edmonds, WA, Innovation Consultant, 59
143.	Michael W. Bergquist	12/31/03	Medical Lake, WA, Triathlete, 43
144.	Kenny Booth	05/03/04	Kirkland, WA, Land Planner, 38
145.	Neil Scott	06/02/04	Seattle, WA, Sports Reporter, 69 *
146.	Mark Bonney	06/12/04	The Woodlands, TX, Financial Management, 44
147.	Veronica V. Rust	07/22/04	Desert Hot Springs, CA, General Manager, 35 (F)
148.	Robbie McLendon	08/29/04	Bishopville, SC, YMCA, 60
149.	Joel Pasternack	10/31/04	Clifton, NJ, Running Coach, 65
150.	Nancy L. Harmon	01/01/05	Berwick, PA, Fitness Director, 56 (F)
151.	Francis Garrow	04/24/05	Proctor, VT, Federal Railroad Inspector, 61
152.	Alisa Vargas West	05/02/05	New Providence, NJ, Art Director, 34 (F)
153.	Susan Ruzicka	07/09/05	Harrison City, PA, A/R Specialist, 52 (F)
154.	Timothy J. Eshelman	07/24/05	Roanoke, IN, Sales, 55
155.	Peter T. Eshelman	07/27/05	Columbia City, IN, Insurance, 62
156.	Jason Morgan	08/14/05	Marietta, GA, Human Resources, 46
157.	Lawrence Dooley	08/25/05	Grapevine, TX, Health Care Sales, 64
158.	D. Scott Cyphers	08/29/05	Bedford, MA, Research Scientist, 55
159.	Mark Misch	09/26/05	Colorado Springs, CO, XC & T&F Coach, 43
	<b>The Proficient (5+yrs)</b>		
160.	Duncan Cameron	12/06/05	Palm Harbor, FL, Compliance Officer, 73
161.	Todd Kelleher	01/01/06	Hilliard, OH, Environmental Scientist, 48
162.	Gary R. Scott	01/19/06	Olathe, KS, Teacher, 65
163.	Tony Kelly	03/17/06	Lake Oswego, OR, Real Estate, 48
164.	James C. Bates	06/04/06	Hampton, VA, Logistics Analyst, 59 *
165.	Scott J. Palm	09/09/06	Chaumont, NY, Army Civilian, 51
166.	Thomas McDow IV	11/24/06	Rock Hill, SC, Lawyer, 73
167.	Eric Armel	12/10/06	Greensboro, PA, Deputy Warden, 44
168.	Patrick Dunigan	12/12/06	Ponte Vedra Beach, FL, 48
169.	Heather E. Nelson	12/15/06	Houston, TX, Teacher, 24 (F)
169.	William D. Nelson	12/15/06	Houston, TX, Waste Industry, 50 *
171.	Charles R. Fox	01/01/07	Portland, OR, Third World Housing, 49

171.	Heidi Manfred	01/01/07	Altoona, PA, Pediatric Mobile Therapists, 34 (F)
171.	Stephanie Mera	01/01/07	Berkeley, CA, Teacher, 27 (F)
174.	Bill Street	02/10/07	Tucson, AZ, Computer Consultant, 47
175.	Paul Wichmann	03/05/07	Minneapolis, MN, Sound Engineer, 34
176.	Grant Nelson	03/17/07	Phoenix, AZ, CPA, 33
177.	David Kissel	03/18/07	Lake Bluff, IL, Marketing, 52 *
178.	Denise Eberhardt	05/04/07	Yorkville, IL, Marketing Research, 48 (F)
179.	Corey A. Escue	07/15/07	Chicago, IL, Missionary, 42 (F)
180.	Nancy S. West	08/15/07	Carlisle, MA, Journalist, 49 (F)
181.	Roger H. Nelson	08/18/07	Colleyville, TX, CEO Railroad Consulting, 65 *
182.	Kevin Brunson	10/06/07	Reno, NV, Insurance Agent, 56
182.	Everette Doffermyre	10/06/07	Atlanta, GA, Attorney, 67
184.	Ellen S. Runnoe	11/03/07	Wausau, WI, Teacher, 61 (F) *
185.	Nicolas Caperna	11/09/07	Baltimore, MD, Business Owner, 35
186.	Diana Nelson	11/23/07	Dixon, IL, Clerk, 69 (F) *
187.	Timothy L. Hardy	12/13/07	Marietta, NY, Soldier, 54
188.	Brian P. Jones	12/18/07	Baton Rouge, LA, Medical Doctor, 47
189.	Jill P. Jones	12/24/07	Baton Rouge, LA, Occupational Therapists, 43 (F)
190.	Ronald Kmiec	12/28/07	Carlisle, MA, Concert Pianist, 73 *
190.	Kevin Slagle	12/28/07	Erie, PA, Art Teacher/Track Coach, 34
192.	Jeff Donahue	12/31/07	Melrose, MA, Accountant, 44
193.	Robert M. Crosby, Jr.	01/01/08	Summerville, SC, Special Education Teacher, 57 *
193.	John Devereaux	01/01/08	Hudson, MA, Infrastructure Engineer, 49
193.	Leo Hammond	01/01/08	Plano, TX, Student, 30
193.	Scott Hendren	01/01/08	St. Joseph, IL, Healthcare, 50
193.	Michael Neff	01/01/08	Santa Barbara, CA, Accountant, 63
198.	Susan Schultz	01/03/08	Timonium, MD, Project Manager, 51 (F)
199.	Joe Call	01/07/08	Charleston, SC, H.S. Football Coach, 36
199.	Preston Giet	01/07/08	Summerville, SC, Teacher/Coach, 35
201.	Robert L. Hill	01/12/08	Malvern, AR, Teacher, 55
202.	Katie Carter	01/15/08	Geneva, OH, Mom/Coach/Teacher, 42 (F)
203.	John King	01/21/08	Naples, FL, Education Administrator, 64 *
204.	Davey Cagle	04/27/08	Lakeside, AZ, Student, 26
205.	Michael Ernst	06/22/08	Laramie, WY, Support Staff, 52
206.	Qraig R. deGroot	07/01/08	New York, NY, Writer, 44
207.	Dave Rabe	07/02/08	Chesterfield, MO, Treasurer, 56
208.	Kelly Luck	08/26/08	Louisville, CO, Therapist, 28 (F)
208.	Nicholas A. Martinez	08/26/08	Claremont, CA, Police Officer, 48
210.	Kevin H. Rapp	09/06/08	Washington, D. C., Government Relations, 31
211.	Bruce D. Shephard	09/21/08	Tampa, FL, Physician, 71
212.	Mary Ellen Davis	11/16/08	Foxboro, MA, Librarian, 59 (F)
213.	Susan C. Mindock	11/27/08	Playa del Rey, CA, Aerospace Engineer, 56 (F)
214.	Charlie Hart	11/29/08	Noblesville, IN, Teacher, 43
215.	Ann Hanson	12/01/08	Mundelein, IL, Retired HS PE Teacher, 64 (F)
216.	Michael J. Murphy	12/02/08	Wyalusing, PA, Teacher, 41
217.	Elliot J. Friedman	12/05/08	Englewood, NJ, Banker, 33
218.	John B. Davis	12/08/08	Desoto, TX, Consultant, 72
219.	Keith Osborne	12/23/08	Scottsdale, AZ, Physician, 62
220.	John W. Danielson	12/24/08	Wauwatosa, WI, Sales Representative, 52

220.	Chad Hutchison	12/24/08	Lamont, OK, Teacher/Coach, 44
222.	Susan Crabtree	12/25/08	Lynchburg, VA, Instructional Tech, 56 (F)
223.	Benjamin Emmons	12/26/08	Springfield, VA, Pastor, 38
224.	Eric V. Love	12/27/08	Erie, CO, Attorney, 49
225.	Angela Chabot	12/29/08	Ashburnham, MA, Teacher, 41 (F)
225.	Michael L. Johnston	12/29/08	Austin, TX, Sales, 64
227.	John Anderson	01/01/09	Atherton, CA, Car Dealer, 69
227.	Matthew Fisher	01/01/09	Austin, TX, Software Engineer, 36
227.	Paula Harkin	01/01/09	West Linn, OR, Race Organizer, 50 (F)
227.	MaryAnn F. Hill-Pitts	01/01/09	Dover Plains, NY, Dental Assistant, 57 (F)
227.	Erin E. Stevens	01/01/09	Billings, MT, Physician, 37 (F)
232.	Kenny Miller	01/08/09	Maryville, MO, Accountant, 38
233.	Vince Nardy	01/27/09	Solon, OH, Management, 57
234.	David Haase	02/08/09	Kerkhoven, MN, Farmer, 36
235.	William Moreland	02/13/09	Ocean City, NJ, Retired Teacher, 69 *
236.	Chip Le Duff	02/28/09	Norfolk, VA, Navy Nurse Corps Officer, 35
237.	Nick Morganti	03/25/09	Carlsbad, CA, Manager, 59 *
238.	Mitch Kronenfeld	04/12/09	Bellerose Manor, NY, Sales Manager, 64
239.	Rodger Kram	04/23/09	Nederland, CO, Professor, 54
240.	Thomas R. Watkins, Jr.	05/27/09	Virginia Beach, VA, Real Estate Broker/Atty, 63
241.	Roger B. Carlson	06/05/09	Stillwater, MN, Retired, 72 *
242.	Karen Wallace	06/16/09	Ishpeming, MI, World Adventurer, 60 (F) *
243.	R. Christopher Read II	06/21/09	Las Vegas, NV, Student, 20
244.	Braxton Fonville	06/30/09	Williamsburg, VA, Investment Management, 29
245.	Klint A. Rose	07/03/09	Alviso, CA, Engineer, 36 *
246.	Carroll L. Wright	07/05/09	Choctaw, OK, Office Administrator, 47 (F) *
247.	Skylar Glandon	08/20/09	Kearney, NE, Retailer, 25
248.	Bradley Blaszyński	08/30/09	Annville, PA, Student, 16
249.	Theresa Mazzaro-Flora	09/09/09	Mt. Kisco, NY, Registered Nurse, 53
250.	Hopper Pearson	09/13/09	Bellingham, WA, Construction, 33
251.	Therese Savona	09/27/09	Tallahassee, FL, Attorney, 32 (F)
252.	Ken Johnson	10/19/09	Huntsville, TX, U. S. Army Retired, 74 *
253.	Carol Bancroft	10/20/09	Safety Harbor, FL, Recreation Leader, 56 (F)
254.	Mark Jasper	10/24/09	Menominee, MI, Real Estate Investor, 37
255.	Paul Case	11/04/09	Richfield, MN, Truck Driver, 58
255.	Barry S. Sackett	11/04/09	Okobojo, IA, Attorney, 46
257.	Amie Kreppel	12/01/09	Gainesville, FL, Professor, 47 (F)
258.	Patrick Wylie	12/25/09	Deerfield, IL, Musician, 23
259.	Jeffrey Shumway	12/26/09	Provo, UT, Professor, 62 *
260.	Jamie Hopkins	12/31/09	Bryn Mawr, PA, Professor, 30
261.	J. Wade Baker	01/01/10	Gunnison, CO, Healthcare Administrator, 40
261.	Greg Dawson	01/01/10	Williamsburg, VA, U.S. Navy, 50
261.	Ezra Hallam	01/01/10	North Liberty, IA, Physician, 37
261.	Bob Sonsara	01/01/10	Jackson, MI, Real Estate Broker, 63
265.	Paul Miller	02/10/10	Medfield, MA, Marketing, 55
266.	Jeff Gould	02/28/10	Gardner, MA, Electrician, 51 *
267.	Debra Dilling	03/01/10	Rochester, MN, Project Manager, 57 (F)
268.	Adam Marcus	03/20/10	Montclair, NJ, Journalist, 46
269.	Dave Wooley	03/23/10	Lakewood, OH, Project Manager, 37

270.	William Middlebrook	03/31/10	Colorado Springs, CO, 73 *
271.	Matt Flynn	04/29/10	Burnsville, MN, 25
272.	Amy Yurko	05/03/10	Monroeville, PA, Teacher Visual Impaired, 28 (F)
273.	Shelly Cable	05/10/10	Bedford, PA, Office Manager, 46 (F)
273.	Nancy Petrosino	05/10/10	Ontario, NY, Librarian, 58 (F)
275.	Casey Coppedge	06/01/10	Brooksville, FL, Optometrist, 41
276.	Michael W. Glassburn	06/14/10	St. Cloud, FL, Math Teacher, 40
277.	Brian Cleven	07/02/10	Marinette, WI, Exercise Physiologists, 30
278.	Nicholas Weide	07/20/10	Whitefish Bay, WI, Real Estate Broker, 41
279.	William Callahan, Jr.	07/21/10	Wyndmoor, PA, Self-employed, 63
280.	Joseph Beyer	08/16/10	Concord, MA, Software Engineer, 53
281.	Stephen Davis	08/18/10	Rochester, MI, Chemist, 62
282.	Zoe Schultz	08/31/10	Timonium, MD, College Student, 23 (F)
283.	John Albert, Jr.	10/18/10	Cold Spring Harbor, NY, Banker, 59
284.	Chad Shilson	11/14/10	Maple Grove, MN, Financial Advisor, 45
285.	Bruce Dosier	11/15/10	Aliso Viejo, CA, IT Director, 55
	<b>The Neophytes (-5yrs)</b>		
286.	Dung Nguyen	12/11/10	Smyrna, GA, Art Teacher, 50
287.	Kevin Walsh	12/20/10	Laguna, CA, Marketing, 58
288.	Ryan Fletcher	12/29/10	Georgetown, IN, Fire Fighter/EMT, 38
288.	Lisa Millam	12/29/10	Coon Rapids, MN, Accounting, 55 (F)
288.	Steven Tursi	12/29/10	Mahwah, NJ, Computer Programmer, 38
291.	Judy Lawrence	01/01/11	Milton, MA, Marketing Consultant, 59 (F)
292.	Paul McLeland	01/10/11	West Chicago, IL, Teacher/Coach, 52
293.	Brad Kautz	01/15/11	Dulce, NM, Pastor, 58 *
294.	Evan Barnhart	01/17/11	Lynchburg, VA, History Teacher, 30
294.	Jaime Estrella, Jr.	01/17/11	Burbank, CA, Sales Rep, 45
296.	Michael Buerke	02/02/11	Fridley, MN, Church Administrator, 39
297.	Allen Weddle	03/01/11	Chesapeake, VA, Firefighter, 53
298.	Thomas Rash	03/14/11	Minneapolis, MN, International Logistics, 55
299.	Will Jones	03/18/11	Grove, OK, Athletic Director, 41
300.	Jay Frank	03/21/11	Oak Park, CA, CEO, 61
301.	Travis Wheeler	04/13/11	Columbia, SC, Attorney, 41
302.	Maciej "Matt" Pawlowski	04/15/11	Boca Raton, FL, Electric Industry Mgmt., 36
303.	Johnny Paradise II	04/24/11	Lawrence, KS, Engineer, 40
304.	Jimmy Eastham	05/01/11	Atlanta, GA, Teacher, 61
304.	James Holt	05/01/11	Centerville, UT, Regional Manager, 57
306.	Vivian Wilson	05/03/11	Short Hills, NJ, Physician, 56 (F) *
307.	Heather Easterling	05/06/11	Charleston, SC, Pharmacist, 38 (F)
308.	Tim O'Neill	05/30/11	Byron, MN, Accountant, 54
309.	Philip Munson	06/02/11	Eagan, MN, Owner Insurance Firm, 58
310.	Sherry Case	06/05/11	Richfield, MN, Transportation Specialists, 56 (F) *
311.	Jordan Trump	06/10/11	Orlando, FL, Database Administrator, 28
312.	Viktor Korthals	06/13/11	Lititz, PA, Digital Artist, 39
313.	Shawn Seppanen	06/17/11	Berlin, NJ, Teacher, 29
314.	David Reynolds	06/19/11	Sherwood, AR, Clergy, 40
315.	Timothy Osberg	06/24/11	Grand Island, NY, Professor, 60 *
316.	Mark Lavner	06/26/11	Fairport, NY, ED Administrator, 59

317.	Eric Weatherbee	07/10/11	Maryville, TN, Healthcare Finance, 32
318.	Andrew Lauer	07/13/11	Waterville, OH, Financial Analyst, 28
319.	Barclay Key	08/01/11	Little Rock, AR, History Professor, 39
319.	Thomas Lloyd III	08/01/11	Boise, ID, Attorney, 34
319.	Bob Pack	08/01/11	Purcellville, VA, Engineer, 47
322.	Yeraj Rust	08/12/11	Desert Hot Springs, CA, Student, 15
323.	Steve Tant	08/13/11	Fort Mill, SC, Custom Signs, 54
324.	Bruce Mortenson	08/21/11	Minnetonka, MN, Retired Coach, 71
325.	Ellis Hamilton	08/23/11	Hillsboro, OR, Optical Technician, 49
326.	Laura Jack	08/30/11	Washington, DC, Assistant Dean, 38 (F)
327.	Christopher Brackman	09/06/11	Delafield, WI, Financial Planner, 48
328.	William Howes, Jr.	09/10/11	Royal Oak, MI, Retired, 60 *
329.	James Wisler	09/15/11	Wake Forest, NC, Physician, 33
330.	Mary Beth Smith	10/01/11	Astoria, NY, Communications, 33 (F)
331.	Josh Dehlinger	10/04/11	Cockeysville, MD, Professor, 36
332.	Jared Ostroski	10/24/11	Albuquerque, NM, Air Force Officer, 36
333.	Paul DeNunzio	11/10/11	Ironia, NJ, Analyst, 34
334.	Adam Schiff	11/19/11	Palm Beach Gardens, FL, Finance Professional, 35
335.	Andrew Bradt	11/24/11	Lake in the Hills, IL, Sales Director, 35
336.	Patrick A. Foley	11/27/11	Grand Rapids, MI, Consultant, 46
337.	Stacey Smith	11/29/11	Detroit Lakes, MN, Physician, 43
338.	Patrick Caron	11/30/11	Needham, MA, Student, 18
339.	Christopher Bielinski	12/03/11	Littleton, CO, Business Owner/Consultant, 48
340.	Brett Galley	12/06/11	Orland Park, IL, Neonatologist, 40
341.	David Jenkins	12/12/11	Upper Arlington, OH, Police Officer, 55
342.	Cheech Moore	12/26/11	Wheaton, IL, Consultant, 43
343.	Drew Kenny	12/27/11	Fleming Island, FL, Pilot, 49
344.	Shannon McGinn	12/28/11	Avenel, NJ, Therapist, Running Coach, 40 (F)
345.	Adam Schwadron	12/29/11	Saint Charles, MO, Business Owner, 35
346.	Erica Gorman	12/30/11	Kula, HI, Data Analyst – Run Blog Author, 43 (F)
346.	Jennifer Walt	12/30/11	Huntington Beach, CA, Mom, 51 (F)
348.	Chip Akers	12/31/11	Raleigh, NC, Running Coach, 55
348.	Robyn Clevenger	12/31/11	West Des Moines, IA, 36 (F)
348.	Michael Kaag	12/31/11	St. Louis, MO, Finance, 35
351.	Angela Fuss	01/01/12	Mont Atlo, PA, Phys. Ed. Teacher, 37 (F)
351.	Terry Honn	01/01/12	Hutchinson, KS, I/T, 51
351.	Mike Johnson	01/01/12	Daphne, AL, 43
351.	Terri Varnadoe	01/01/12	Ocala, FL, HR Director, 56 (F)
355.	Nan Lujan	01/03/12	Chapel Hill, NC, Teacher, 35 (F)
356.	Wendy Berton	01/18/12	Lake Oswego, OR, Program Director, 54 (F)
357.	Jessica Forte	01/22/12	Ocala, FL, Graphic Designer, 35 (F)
358.	Steven Modica	01/25/12	Inver Grove Hts, MN, Chief Technical Officer, 47
359.	Daniel Myers	02/01/12	South Bend, IN, Professor, 49
360.	Dusty Hardman	02/13/12	Punta Gorda, FL, 47 (F)
361.	Julie Maxwell	03/04/12	Rochester, MN, Attorney, 64 (F) *
362.	Brian Caniglia	04/02/12	Phoenix, AZ, Banker, 29
363.	Gary Jones	04/12/12	Troy, MT, Retired, 63 *
364.	Christopher George	04/27/12	Mobile, AL, Attorney, 56
365.	Lindsay Bilisoly	05/01/12	Norfolk, VA, Commercial Real Estate, 60

366.	Justin Martin	05/04/12	San Diego, CA, Air Traffic Controller, 35
367.	Samuel Cahn	05/13/12	Long Beach, CA, Teacher's Aide, 29
368.	Keziah Wilde	05/13/12	Arlington, MA, Student, 13 (F)
369.	Michael Cohoon	05/16/12	Lake View, NY, Teacher, 39
370.	Brian Baker	05/25/12	Seattle, WA, MBA Candidate, 26
370.	Michael Marcus	05/25/12	Newtown, PA, Program Mgmt., 49
372.	Maureen Smith	05/28/12	Mount Prospect, IL, IT Support Analyst, 33 (F)
373.	Chris May	05/29/12	Highlands Ranch, CO, Director Engineering, 43
374.	Mathew Arnold	06/02/12	Longmont, CO, Ph.D. Student, 34
375.	Klare Case	06/17/12	Richfield, MN, Dental Hygienist, 26 (F)
376.	Jay Kammerzell	06/27/12	Everett, WA, Retired Fire Fighter, 58 *
377.	Mark Wigler	07/01/12	Hubbardson, MA, Director, 67 *
378.	Bryan Sears	07/08/12	Willowick, OH, Woodworker, 37
379.	Mike DiMiele	07/09/12	Alsip, IL, Analyst, 32
379.	Joseph Schneider	07/09/12	St. Paul, MN, Economist, 36
381.	Amanda Gosek	07/27/12	Clayton, NC, Math Teacher, 40 (F)
382.	John Winowiecki	07/31/12	Bloomfield Hills, MI, Interactive Designer, 36
383.	Stacey Brooks	08/10/12	Plattsburgh, NY, Sales, 48
384.	Kevin Barber	09/03/12	Essex Junction, VT, Teacher, 47
385.	Karyn Gallivan	09/15/12	Bristol, RI, Athletic Trainer, 52 (F)
386.	Vernon Heavner	10/01/12	Winchester, VA, Electrical Coordinator, 36
386.	Samuel Lathrop	10/01/12	Ardmore, PA, Internal Auditor, 33
388.	Adam Ailabouni	10/27/12	Northfield, MN, Physician, 39
389.	Jennifer Hinton	10/31/12	Chicago, IL, Finance, 35 (F)
390.	Barry Wishon	11/07/12	Raleigh, NC, Sales, 62
391.	Ethan Lubin	11/14/12	La Quinta, CA, Teacher, 41
392.	Rodman Gilardi	11/18/12	Holland, PA, Operations Manager, 35
393.	Lisa Pronovost	11/20/12	Milwaukie, OR, H/R, 53 (F)
394.	Courtney Carter	11/21/12	Liverpool, NY, Pre K Teacher, 29 (F)
395.	Derek Long	11/22/12	Pittsburgh, PA, Teacher, 34
395.	Donna Lutes	11/22/12	Cincinnati, OH, Business Analyst, 37 (F)
395.	Tammy Slusser	11/22/12	Monroeville, PA, Retired, 50 (F)
398.	Elaine Weigle	11/28/12	Ewing, NJ, Dir. of Information Systems, 58 (F)
399.	Lance Nelson	12/01/12	Ashburn, VA, Manager, 38
400.	Steve Bickford	12/05/12	Huntsville, TX, Safety Officer, 54
401.	Patrick Ferry	12/20/12	Mequon, WI, University President, 56
401.	Bryan Harris	12/20/12	Charlotte, MI, Automotive Engineer, 50
403.	Michael Stegura, Jr.	12/21/12	Macungie, PA, Consultant, 25
404.	Donna Fabian	12/24/12	Huntsville, TX, Phys. Ed. Teacher, 41 (F)
405.	Paul Christian	12/25/12	Rochester, MN, Journalist, 65 *
405.	Kandice Erwin	12/25/12	Fayetteville, AR, Human Resource Director, 38 (F)
405.	Bo Grist	12/25/12	Charlottesville, VA, Ecommerce, 48
408.	Michael Ehrenfeucht	12/26/12	Westminster, CO, Accountant, 42
408.	Jared Murphy	12/26/12	South Glens Falls, NY, School Bus Driver, 38
408.	David Shannon	12/26/12	Shoreview, MN, Actuarial Consultant, 57
411.	Bennjamin Griffin	12/28/12	Pittsfield, MA, Teacher/XC Coach, 29
412.	Matt Henslee	12/30/12	Grand Prairie, TX, Pastor, 31
413.	Diantha Velasquez	12/31/12	Dexter, NY, Teacher, 48 (F)
413.	Zachary Watson	12/31/12	Wind Lake, WI, Investigator, 25

415.	Steven Cox	01/01/13	Southlake, TX, Strategic Planning, 41
415.	Thomas Griglock	01/01/13	Tualatin, OR, Diagnostic Imaging Physicist, 35
415.	Rob Hansen	01/01/13	Corona, CA, Deputy Sheriff, 40
415.	Jessica Higgins	01/01/13	Winston-Salem, NC, Teacher, 37 (F)
415.	Christine Lousias	01/01/13	Herreid, SD, District Conservationists, 51 (F)
415.	Patricia Montana	01/01/13	Hampton, NH, Retired, 57 (F)
415.	Basim Nasr	01/01/13	OR, Project Manager, 42
415.	Emily Williams	01/01/13	Boise, ID, Mental Health Professional, 30 (F)
423.	Caitlin Schultz	01/03/13	Timonium, MD, Elementary Educator, 28 (F)
424.	Jeremy Duehring	01/07/13	Middletown, RI, U.S. Navy, 39
425.	Joel Andrade	02/02/13	Forensic Social Work, 41
425.	Dan Chasteen	02/02/13	Snyder, TX, Chiropractor, 46
427.	Aimee Dendrinis	02/23/13	Cheyenne, WY, Lawyer, 40
428.	Paul Boyette	03/10/13	Chesapeake, VA, Sales Consultant, 57 *
429.	Diane Washburne	03/21/13	Mendham, NJ, Marketing Executive, 52 (F)
430.	Shaun Brennan	03/23/13	Memphis, TN, St. Jude's Hospital, 53
431.	Wesley Burnett	04/02/13	Andrews, TX, Economic Development, 46
432.	Scott Carter	04/08/13	Columbia, TN, Shipping Clerk, 48
433.	William Fell	04/13/13	Baton Rouge, LA, Attorney, 30
434.	Falamack Zaltash	05/05/13	Covina, CA, Dentist, 49 (F)
435.	Emily Osinski	05/06/13	San Marcos, TX, Violinist, 32 (F)
436.	John Mayan	05/12/13	Westminster, MD, Electrical Engineer, 56
437.	Peggy Hubbard	05/16/13	Los Alamos, NM, 58 (F)
438.	Michael Friedl	05/18/13	Laguna Hills, CA, CPA, 52
439.	Brian Flaspohler	05/25/13	Chesterfield, MO, Manufacturing Engineer, 48
439.	Dario Mirski	05/25/13	Randolph, NJ, M.D., 51
441.	Dan Donald	05/27/13	Ocala, FL, Registered Nurse, 41
441.	Sarah Miller	05/27/13	Des Moines, IA, Business Analyst, 39 (F)
443.	Russell Beaver	05/28/13	Maple Grove, MN, Accounting/Finance, 42
444.	Harry Owens	05/30/13	Beacon, NY, IT Director, 57
445.	Jay Marshall	06/01/13	Richmond, IL, Teacher, 49
446.	Michael Perez	06/15/13	Lithia, FL, Marine Pilot, 43
446.	Valerie Perez	06/15/13	Lithia, FL, Teacher, 42 (F)
448.	Tracy Johnson	06/21/13	Eureka, CA, Mom, 43 (F)
448.	Conrad Walt	06/21/13	Huntington Beach, CA, Student, 14
448.	Nolan Walt	06/21/13	Huntington Beach, CA, Student, 11
451.	Hanju Wang	06/29/13	Gurnee, IL, Nurse Practitioner, 52 (F)
452.	Tammy Jones	07/01/13	Miami Beach, FL, Teacher, 42 (F)
453.	Daniel Miller	07/04/13	Forest Lake, MN, Banker, 35
454.	Carlos Lopez	07/06/13	Miami, FL, Sales, 50
455.	Bethann Wolfe	07/18/13	Bayville, NY, Professor, 43 (F)
456.	Theresa Broussard	07/19/13	Houston, TX, Engineer, 46 (F)
457.	Skye Russell	07/21/13	Missouri City, TX, SAHM, 42 (F)
458.	Thomas Comer	07/28/13	Denver, CO, Retired, 54
459.	Chris Brelage	08/06/13	Fishers, IN, Sales, 45
460.	Clint Stevens	08/08/13	Houston, TX, Vending, 34
461.	Paul Temple	08/22/13	Germantown, TN, Business Owner, 47 *
462.	Eric Thompson	08/26/13	Bismarck, ND, M.D., 45
462.	Vern Weisensel, Jr.	08/26/13	Onalaska, WI, Bar Manager, 34



464.	Gregory Heid	08/27/13	Baltimore, MD, Teacher, 31
465.	Richard Jones	09/13/13	Ames, IA, Retired, 69
466.	Michelle Marx	09/22/13	League City, TX, Homeschooling Mom, 42 (F)
467.	Andrew Rifkin	09/24/13	Barrington, IL, Student, 16
468.	Brett Johnson	10/01/13	Eureka, CA, Engineer, 47
469.	Tracey McKibben	10/07/13	Dayton, OH, Technical Writer, 45 (F) *
470.	Shawn Mastrantonio	10/10/13	Athens, PA, Sales Consultant, 46
471.	Sharmene Syversen	10/17/13	Brighton, MI, Engineer, 45 (F)
472.	Lindsey Martin	11/01/13	Salem, OR, Commercial Real Estate Broker, 61
473.	Benjamin Kimball	11/04/13	Portland, OR, Social Worker, 40
474.	Thomas LaPlante	11/10/13	Fiskdale, MA, Sales, 44
475.	Mary Ellen Chardavoyne	11/11/13	Glenmont, New York, Teaching Assistant, 55 (F)
475.	Gordy Strickland	11/11/13	Rochester, MN, Manager, 68 *
477.	Katherine Jones	11/14/13	Las Vegas, NV, Stay-At-Home Mom, 27 (F)
478.	Jeremy Murphy	11/19/13	Lincoln, NE, Self Employed, 47
479.	Amber Travsky	11/21/13	Laramie, WY, Wildlife Biologist, 60 (F)
480.	Bill Jordan	11/23/13	Blacklick, OH, Attorney, 43
481.	Kristin Rutkowski	11/25/13	Bethlehem, PA, Teacher/Fitness Instructor, 39 (F)
482.	Michele Arnold	11/26/13	Issaquah, WA, Physician, 41 (F)
482.	Janna Chernetz-Taylor	11/26/13	Scotch Plains, NJ, Lobbyist, 39
482.	Sylvia Russell	11/26/13	Highlands Ranch, CO, 50 (F)
485.	Gerard Fehling	11/27/13	Mendham, NJ, IT Executive, 39
485.	Christine Folchi	11/27/13	Montgomery, NY, Self Employed, 43 (F)
485.	Kim Howard	11/27/13	Mineral Springs, AR, Supervisor, 54
488.	Philip Bangert	11/28/13	Centerville, MN, System Administrator, 36
488.	Joy Chiong	11/28/13	Forked River, NJ, Physical Therapist, 37 (F)
488.	Jay Eiteljorge	11/28/13	Fishers, IN, Customer Service Rep, 41
488.	Matthew Grinnell	11/28/13	Ashburn, VA, Federal Government, 34
488.	Amy Katz	11/28/13	Irvine, CA, Accountant, 45 (F)
488.	Ericka Kimball	11/28/13	Portland, OR, Professor, 40 (F)
488.	Bradly Ratzow	11/28/13	Watertown, WI, Quality Manager, 39
488.	Teresa Roche	11/28/13	Grants Pass, OR, Graphic Design, 48 (F)
488.	Lisa Stevenson	11/28/13	State College, PA, Psychology Instructor, 40 (F)
497.	Robert Magner	11/29/13	Littleton, MA, Consultant, 66
498.	Steve Allen	11/30/13	Huntsville, TX, IT Professional, 43
498.	Robin Lentine	11/30/13	Plymouth, MN, Student, 17 (F)
500.	Morgan O'Brien III	12/07/13	Fairfax, VA, Diplomat, 36
501.	Robert Harris	12/08/13	Lake Forest, CA, Real Estate Appraiser, 56
502.	Augusta Kirk	12/25/13	Prior Lake, MN, HR Director, 41 (F)
502.	John Ogden Jr.	12/25/13	Cedaredge, CO, Media Services Coordinator, 48
502.	Jamie Rheaume	12/25/13	Marion, IL, Educator, 54 (F)
502.	Kenneth Young	12/25/13	Petrolia, CA, Software Developer, 74 *
506.	Todd Parker	12/26/13	Swarthmore, PA, School Principal, 44
507.	Steven Q. Riddick	12/28/13	Woodstock, GA, Project Manager, 38
508.	Carrie Cunningham	12/30/13	Bonita Springs, FL, Chiropractor, 28 (F)
509.	Karl Davenport	01/01/14	Dunnellon, FL, Retired, 60
509.	Scot DeDeo	01/01/14	Belmont, MA, Software Engineer, 35
509.	Scott Donalson	01/01/14	Fort Worth, TX, Coordinator, 36
509.	Dana Leigh Formon	01/01/14	Huntsville, TX, Graduate Research Asst., 27 (F)

509.	Frederick Glass, Jr.	01/01/14	Atlanta, GA, Financial Consultant, 44
509.	Steve Gurdak	01/01/14	Springfield, VA, Retired Detective, 60 *
509.	Dwayne Hawkins	01/01/14	Murfreesboro, TN, Ret. Marine/VA Employee, 52
509.	Samuel Kovach-Orr	01/01/14	Metuchen, NJ, Student, 24
509.	Sara McElheny	01/01/14	Mount Kisco, NY, Student, 19 (F)
509.	Olivia Medina	01/01/14	Albuquerque, NM, Control Room Operator, 32 (F)
509.	William Rowley III	01/01/14	New York, NY, Internet Executive, 48
520.	Kara Lavaux	01/06/14	Highlands Ranch, CO, Health Inspector, 40 (F)
521.	Annielaurie Shelton	01/19/14	Phoenix, AZ, Judicial Officer, 44 (F)
522.	Julie Wright	01/21/14	Westminster, MA, Family Nurse Practitioner (F)
523.	Frederick Fye	02/14/14	Crewe, VA, Auto Damage Appraiser, 56
524.	Lisa Hancock	02/17/14	Geneva, IL, Social Worker, 47 (F)
525.	Howard Feldman	02/18/14	Houston, TX, Retired Marketing, 64 *
526.	Houston Wolf	02/27/14	Cordova, TN, IT Support Analyst, 52 *
527.	Kaitlin Wright	03/01/14	Lafayette, IN, Music Instructor, 34 (F)
528.	Jim Hutchins	03/02/14	Ogden, UT, Professor, 57
529.	Randall Buikema	03/08/14	Fulton, IL, HR Manager, 56
530.	Steve Morrow	03/09/14	Eagle Lake, MN, Sr. System Analyst, 52 *
531.	Matt Miller	03/17/14	Huntington, WV, Sales Manager, 41
532.	Elizabeth Saucedo	03/20/14	Albuquerque, NM, Homemaker, 44 (F)
532.	Kirk Wilbur	03/20/14	Sacramento, CA, Lobbyist, 29
534.	Michael Davis	03/29/14	Fort Worth, TX, Self Employed, 45
535.	Ian Russell	03/30/14	Missouri City, TX, Student, 10
536.	Garren Hamby	03/31/14	Minnetrista, MN, Sales Manager, 36
537.	Rick Larson	04/02/14	Bloomington, MN, Financial Advisor, 58 *
538.	Leann Henden	04/08/14	Blair, WI, Stay-at-Home Mom, 35 (F)
538.	Martin Knight	04/08/14	Centreville, MD, Financial Advisor, 55
538.	Michael Lesko	04/08/14	Frisco, TX, Sales, 34
541.	Dylan Russell	04/09/14	Missouri City, TX, Attorney, 41 *
542.	Raymond Stone	04/10/14	Garland, TX, Self Employed Restoration, 49
543.	Aron Cole	04/12/14	Olean, NY, Teacher, 44
544.	Enrique Sallent	04/22/14	Passaic, NJ, User Experience Designer, 50
545.	Chulwon Park	05/03/14	Helena, AL, Practice Administrator, 32
546.	Stacy Spikes	05/08/14	New York, NY, CEO, 47
547.	Joann Lycett	05/11/14	Largo, FL, Assistant State Attorney, 59 (F)
548.	Joseph Finley II	05/23/14	Roxbury, MA, Transportation Supervisor, 34
549.	Robert Geary	05/25/14	Fairfield, CT, Advertising Sales, 49
549.	Nannette Taylor	05/25/14	Shirley, MA, Dental Hygienist, 47 (F)
551.	Jennifer Fitzharris-Funk	05/26/14	Minneapolis, MN, Corporate Trainer, 40 (F)
551.	Conni Miller	05/26/14	Greencastle, PA, Registered Nurse, 45 (F)
551.	Cassandra Noble	05/26/14	Evans, CO, Volunteer Coordinator, 25 (F)
551.	Dawn Skirpan	05/26/14	Washington, PA, Research Coordinator, 37 (F)
555.	Scott Church	05/27/14	Eagan, MN, Wound & Ostomy Nurse, 46
555.	Emily Foster	05/27/14	Lake Oswego, OR, Homemaker, 43 (F)
557.	Yanira Vazquez	05/31/14	Miami, FL, Assistant, 37 (F)
558.	Mark Allen	06/01/14	Chesapeake, VA, Safety Manager, 33
559.	Sherry Broom	06/03/14	Columbia, MS, Nurse, 42 (F)
560.	Chad Merritt	06/14/14	Murrieta, CA, Engineer, 42
561.	Kate Freed	06/15/14	Pittsburgh, PA, Nonprofit Executive, 40 (F)

562.	John Schuerzinger	06/16/14	Latham, NY, Administrative Assistant, 46
563.	Jeff Blumenthal	06/27/14	Oklahoma City, OK, Financial Advisor, 56
564.	Susanne Strachota	06/26/14	Edina, MN, Doctoral Student, 28 (F)
565.	Shane Naisbitt	06/27/14	Grass Valley, CA, Sales, 45
566.	Cindi Harris	07/01/14	Lake Forest, CA, VP Account Executive, 46 (F)
567.	Tammy Roether	07/04/14	Long Beach, CA, Management, 41 (F)
568.	George Cressy, III	07/19/14	Mishawaka, IN, Law Student, 24
569.	Kyle Anne Nelson	08/01/14	Fort Collins, CO, College Professor, 40 (F)
570.	Stephen Dye	08/02/14	Cut Off, LA, Information Security Officer, 36
571.	Roger Raymond	08/07/14	Marco Island, FL, Athletic Director, 64 *
572.	Angeline Pace	08/24/14	Draper, Utah, Executive Assistant, 49 (F)
572.	Robert Schneider	08/24/14	Titusville, FL, IT Professional, 53
574.	Deborah Johnson	09/04/14	Littleton, CO, Retired, 64 (F)
575.	Pavni Patel	09/06/14	Lutherville, MD, Doctor, 41 (F)
576.	Mandy Colten	09/09/14	Saint Paul, MN, Analyst, 27 (F)
577.	John Saucedo	09/15/14	Albuquerque, NM, Manager, 45
578.	Christine Petrone	09/18/14	South Jordan, UT. Retired RN, 63 (F) *
579.	Sabrina Fowler	09/22/14	Phoenix, AZ, Paralegal, 37 (F)
580.	Sandra Monday	09/28/14	Brentwood, MO, Project Manager, VP, 35 (F)
581.	Amy Blalock	09/29/14	Indian Wells, CA, Retired, 55 (F)
582.	Matthew Silva Sa	09/30/14	Littleton, CO, Laser Engineer, 28
583.	Roxanne Lorenz	10/01/14	Benson, MN, Stay-at-home Mom, 35 (F)
584.	Antonio Cipollone	10/03/14	Pomna, NY, CPA, 52
585.	Katie Raab-Reed	10/08/14	Copiague, NY, Medical Records Director, 33
586.	J. Michael Kane	10/16/14	Scottsdale, AZ, Commercial Realtor, 55
587.	Ed Seaman	10/26/14	Dayton, OH, Encourager, 54
588.	Jose Medina	10/29/14	Pembroke, FL, Owner Mining-Export Co., 47
589.	Reno Stirrat	11/01/14	Rockaway, NJ, Coach, 61 *
590.	Geza Feld	11/04/14	Farmingdale, NY, Retired, 82 *
590.	Donna Moran	11/04/14	Willis, TX, Retired, 59 (F)
592.	David Dudley	11/06/14	Plymouth, CT, Consultant, 64
593.	Bruce Sackinger	11/17/14	Fairbanks, AK, State Lands Manager, 45
594.	Barbara Schwentor	11/22/14	Hudsonville, MI, Rehab Manager, 59 (F)
595.	Jonathan Arnold	11/27/14	Issaquah, WA, Stay-At-Home Dad, 46
596.	Eric Jackson	11/30/14	Hot Springs, AR, Management, 65

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

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# Official International Active Running Streak List

As Certified to the Streak Runners International

December 2015

	<b>The Hills (50+yrs)</b>		
1.	<b>Ron Hill</b>	<b>21Dec64</b>	<b>Hyde, England, Runner, 77</b>
	<b>The Grand Masters (35+yrs)</b>		
2.	<b>Frank Clarke</b>	<b>10Aug77</b>	Kloof, South Africa, Retired, 79
3.	<b>Rick Rayman</b>	<b>10Dec78</b>	Ontario, Canada, Dentist & Professor, 69
	<b>The Highly Skilled (20+yrs)</b>		
4.	Tyler Brett Forkes	01Jan91	Ontario, Canada, Alumni Exec. Director, 52
	<b>The Experienced (10+yrs)</b>		
5.	Douglas Dixon	23May04	Ontario, Canada, Retired, 64
	<b>The Proficient (5+yrs)</b>		
6.	Paul Smith	01Jan07	Durham, England, Local Gov't Officer, 52
7.	Steve Bayliss	03Nov07	Auckland, New Zealand, Airline Employee, 48
8.	Pranjal Milovnik	15Jun08	Bratislava, Slovakia, CEO, 42
9.	Christopher White	08Dec08	Toronto, Canada, Sales Performance Mgr., 35
10.	Alastair Russell	01Jan09	Edinburgh, Scotland, Company Director, 52
11.	Peter Nieman	16Dec09	Calgary, Canada, Pediatrician, 58
	<b>The Neophytes (-5yrs)</b>		
12.	Simon Scarfe	02Jan12	Manchester, England, Web Developer, 34
13.	Vanessa Oshima	11Sep12	Tokyo, Japan, 45 (F)
14.	Leanne Brown	19Oct12	Christchurch, New Zealand, Teacher, 49 (F)
15.	Gary Whorwood	31Dec12	Auckland, New Zealand, Accountant, 43
16.	Jim Crisp	07Apr13	Brough, England, Plumber, 44
17.	Ignacio Rodriguez Ameller	01Jul13	Madrid, Spain, Computer Engineering, 41
18.	Colin Young	09Aug13	Hamilton, New Zealand, Bank Manager, 43
19.	Ellen Westfelt	04Sep13	Vallentuna, Sweden, Founder Pace on Earth, 37 (F)
20.	Gillian Selman	17Oct13	Bromley, England, Nurse, 43 (F)
21.	Brian Andres	12Nov13	London, England, Analyst, 32
22.	Joanne D'Lugos	26Nov13	Grande Cache, Canada, Teacher, 41 (F)
23.	Matt McGuire	28Nov13	Prince Edward Island, Canada, Civil Servant, 41
24.	Sarah Horrigan-Fullard	01Dec13	Nottingham, England, Learning Designer, 41 (F)
25.	Jonathan O'Shea	21Dec13	Chigwell, England, Tax Accountant, 47
26.	Mary Horan	31Dec13	Dublin, Ireland, Dietitian, 31 (F)
27.	Fiona Rayner	01Jan14	Christchurch, New Zealand, 37 (F)
28.	Stuart Ainsworth	26Apr 14	Huntingdon, England, Compliance Officer, 54
29.	Gregory Pienaar	05May14	Boksburg, South Africa, Psychologist, 52
30.	Martin Ainsworth	31May14	Leeds, England, IT Consultant, 42

31.	Henry Law	01Jul14	Folkestone, England, Golf Professional, 30
32.	Paul Theron	15Jul14	Houghton, South Africa, Asset Manager, 48
33.	Lynn Burnet	03Aug14	Falmouth, Canada, 41 (F)
34.	Hiroaki Yoshida	27Aug14	Yokohama, Japan, Translator, 44
35.	Myong Eiselstein	22Sep14	Hanoi, Vietnam, Teacher, 37

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

## Official International Retired Running Streak List

As Certified to Streak Runners International

December 2015

1.	Marlene Prentice, Gold Coast, Australia (F) *	12Mar07 – 27Oct15	3,152 days ( 8 yrs 230 days)
2.	Wil Valovin, West Yorkshire, England	16Aug10 – 07Apr14	1,331 days ( 3 yrs 235 days)
3.	Lyndon Murphy, Merthyr Tydfil, South Wales	27Oct04 - 18Oct07	1,087 days ( 2 yrs 357 days)
4.	Katie Robinson, Auckland, New Zealand (F)	19Aug11 – 09Feb14	906 days ( 2 yrs 175 days)
5.	Ketan Salamon Nadar, Mumbai, India	24Apr12 – 15Aug14	844 days ( 2 yrs 114 days)
6.	Phillippa Nichol, Newcastle, England (F)	03Jun12 – 25Jun14	753 days ( 2 yrs 023 days)
7.	Marlene Prentice, Gold Coast, Australia (F) *	07Apr03 – 03Sep04	516 days ( 1 yr 150 days)
8.	Amy Lawrenson, Sutton, United Kingdom (F)	14Apr13 – 27Aug14	501 days ( 1 yr 136 days)
9.	Stan Shatenstein, Montreal, Canada	12Dec10 – 20Jan12	405 days ( 1 yr 040 days)
10.	Carol Kennedy, Dubai, United Arab Emirates (F)	06Apr14 – 05Apr15	365 days ( 1 yr 000 days)

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

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

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

December 1, 2015

1.	<b>Mark Covert, Lancaster, CA</b>	07/23/68 – 07/23/13	16,437 days (45 yrs 001 days)
2.	<b>Jon Simpson, Memphis, TN</b>	08/30/71 – 06/10/15	15,991 days (43 yrs 285 days)
3.	<b>Kenneth C. Young, Petrolia, CA *</b>	07/06/70 – 01/25/12	15,179 days (41 yrs 204 days)
4.	<b>Gary C. Jones, Troy, Montana *</b>	04/12/72 – 01/28/12	14,536 days (39 yrs 292 days)
5.	<b>Robert J. Zarambo, Whitehall, PA</b>	06/16/76 – 07/17/14	13,911 days (38 yrs 032 days)
6.	<b>Robert C. Ray, Baltimore, MD</b>	04/04/67 – 04/07/05	13,884 days (38 yrs 004 days)
7.	<b>Ed Sandifer, Newtown, CT</b>	04/10/72 – 08/10/09	13,637 days (37 yrs 123 days)
8.	<b>Walter O. Byerly, Dallas, TX *</b>	11/05/74 - 01/31/11	13,237 days (36 yrs 088 days)
9.	<b>Bill Beach, Macomb, MI</b>	10/28/79 – 10/09/15	13,131 days (35 yrs 347 days)
10.	<b>Nick Morganti, Carlsbad, CA *</b>	06/13/73 – 02/05/09	13,022 days (35 yrs 238 days)
11.	<b>Barry Abrahams, Lincoln, NE *</b>	01/01/78 – 01/16/13	12,800 days (35 yrs 016 days)
12.	<b>Ron Jackson, Seattle, WA</b>	11/26/78 – 08/27/13	12,694 days (34 yrs 275 days)
13.	<b>Joseph Wojcik, Claremont, CA (D)</b>	06/13/77 – 01/10/12	12,630 days (34 yrs 212 days)
14.	<b>Harvey Simon, Newton, MA</b>	10/31/78 – 04/23/13	12,594 days (34 yrs 175 days)
15.	<b>Dick Vincent, Palenville, NY</b>	04/23/75 – 10/01/09	12,581 days (34 yrs 162 days)
16.	<b>John W. Morgan, Emmett, ID</b>	04/29/79 – 07/12/13	12,494 days (34 yrs 075 days)
17.	<b>Julie Maxwell, Kasson, MN (F) *</b>	07/05/78 – 12/10/11	12,212 days (33 yrs 159 days)
18.	<b>Bob Kimball, Pensacola, FL</b>	02/03/82 – 08/16/14	11,883 days (32 yrs 195 days)
19.	<b>Charles Brumley, Saranac Lake, NY (D)</b>	01/01/78 – 02/20/10	11,739 days (32 yrs 051 days)
20.	<b>Ronald Kmiec, Carlisle, MA *</b>	11/28/75 – 11/26/07	11,687 days (31 yrs 364 days)
21.	<b>William Etter, Ferndale, CA</b>	04/08/80 – 01/18/12	11,608 days (31 yrs 286 days)
22.	<b>Dwight A. Moberg, Manhattan Beach, CA</b>	10/06/79 – 02/15/11	11,456 days (31 yrs 133 days)
23.	<b>John King, Chatham, NJ *</b>	01/01/77 – 12/28/07	11,319 days (30 yrs 362 days)
24.	<b>Geza Feld, Farmingdale, NY *</b>	10/01/76 – 07/27/07	11,257 days (30 yrs 300 days)
25.	<b>Margaret O. Blackstock, Atlanta, GA (F)</b>	09/09/79 – 06/28/10	11,251 days (30 yrs 293 days)
26.	<b>Alicia Brophey, Mashpee, MA (F)</b>	11/22/80 – 06/01/11	11,149 days (30 yrs 192 days)
27.	<b>Lawrence E. Sundberg, Farmington, CT</b>	01/01/77 – 12/31/06	10,957 days (30 yrs 000 days)
28.	<b>Brian P. Short, Minneapolis, MN *</b>	12/27/80 – 05/27/10	10,744 days (29 yrs 152 days)
29.	<b>Mark Sutherland, Rancho Murieta, CA</b>	04/28/85 – 09/19/14	10,737 days (29 yrs 145 days)
30.	<b>Joseph Sinicrope, East Granby, CT</b>	04/22/81 – 08/10/10	10,703 days (29 yrs 111 days)
31.	<b>James Scarborough, Rancho Palos Verdes, CA (D)</b>	07/09/79 – 07/09/08	10,594 days (29 yrs 001 days)
32.	<b>Steven R. Morrow, Eagle Lake, MN *</b>	08/10/81 – 05/11/10	10,502 days (28 yrs 275 days)
33.	<b>Larry Baldasari, Sr., Hamilton Square, NJ</b>	01/08/78 – 04/03/06	10,313 days (28 yrs 086 days)
34.	<b>Kenneth Korsec, Chesterland, OH</b>	10/11/82 – 10/27/10	10,244 days (28 yrs 016 days)
35.	<b>Fred Winkel, Glen Hood, NY</b>	12/20/79 – 07/27/07	10,082 days (27 yrs 220 days)

36.	<b>J. Patrick Growney, Lavallette, NJ *</b>	01/01/80 – 06/23/07	10,036 days (27 yrs 174 days)
37.	<b>Joseph B. Hyder, Black Mountain, NC</b>	04/04/79 – 09/11/06	10,023 days (27 yrs 161 days)
38.	<b>Don Slusser, Monroeville, PA *</b>	01/03/72 – 06/10/99	10,021 days (27 yrs 159 days)
39.	William Moreland, Ocean City, NJ *	01/15/82 – 02/11/09	9,890 days (27 yrs 028 days)
40.	Timothy M. Osberg, Grand Island, NY *	06/04/85 – 05/19/11	9,481 days (25 yrs 350 days)
41.	Diana L. Nelson, Dixon, IL (F) *	01/11/82 – 10/02/07	9,396 days (25 yrs 265 days)
42.	John J. Strumsky, Jr., Millersville, MD	05/23/83 – 02/09/09	9,395 days (25 yrs 263 days)
43.	Mike McAvoy, Duluth, MN	05/17/81 – 01/21/07	9,381 days (25 yrs 250 days)
44.	Richard Carroll, Foxboro, MA *	04/14/86 – 11/17/11	9,349 days (25 yrs 218 days)
45.	Roger H. Nelson, Colleyville, TX *	08/01/81 – 02/27/07	9,342 days (25 yrs 211 days)
46.	Robert L. Bartz, Phoenix, AZ	05/01/79 – 08/22/04	9,246 days (25 yrs 115 days)
47.	Lou Galipeau, Huntsville, AL	01/01/85 – 12/31/09	9,131 days (25 yrs 000 days)
48.	Paul Christian, Rochester, MN *	09/21/84 – 06/29/09	9,048 days (24 yrs 282 days)
49.	Kevin Simons, Hampton, MA	09/20/82 – 06/24/07	9,044 days (24 yrs 278 days)
50.	Jack Johnson, Shelbyville, IN	03/24/90 – 10/20/14	8,977 days (24 yrs 211 days)
51.	George A. Hancock, Windber, PA *	02/26/78 – 05/24/02	8,854 days (24 yrs 088 days)
52.	William Chatman, Brooksville, FL	07/23/91 – 09/08/15	8,814 days (24 yrs 048 days)
53.	Robert Aby, Worthington, MN	02/12/83 – 01/03/07	8,727 days (23 yrs 326 days)
54.	Norman Grimmett, San Antonio, TX *	05/07/78 – 03/21/02	8,720 days (23 yrs 319 days)
55.	Kenneth J. Roth, Del Mar, CA	07/28/81 – 05/28/05	8,706 days (23 yrs 305 days)
56.	Matt Ketterman, Greensboro, NC	07/01/91 – 04/24/15	8,699 days (23 yrs 298 days)
57.	John Roemer III, Parkton, MD *	08/01/90 – 05/21/14	8,695 days (23 yrs 294 days)
58.	Bill Bonarrigo, Parkville, MD	02/20/85 – 08/28/08	8,591 days (23 yrs 191 days)
59.	John Metevia, Midland, MI *	10/09/86 – 02/13/10	8,529 days (23 yrs 128 days)
60.	Jon Janes, Topeka, KS	12/19/91 – 04/04/15	8,508 days (23 yrs 107 days)
61.	Paul Ladniak, Seattle, WA	11/12/72 – 02/14/96	8,495 days (23 yrs 095 days)
62.	Jay Kammerzell, Everett, WA *	01/01/83 – 01/10/06	8,411 days (23 yrs 010 days)
63.	Danny Sullivan, San Carlos, CA	07/12/91 – 07/08/14	8,398 days (22 yrs 362 days)
64.	Allan S. Field, Columbia, MD	09/20/80 – 03/28/03	8,225 days (22 yrs 190 days)
65.	Richard B. Patterson, El Paso, TX	02/20/87 – 09/24/08	7,888 days (21 yrs 218 days)
66.	Roger B. Carlson, Stillwater, MN *	01/01/88 – 05/22/09	7,813 days (21 yrs 142 days)
67.	Jay Schrader, Springdale, PA,	11/28/89 – 04/16/11	7,810 days (21 yrs 140 days)
68.	Homer Hastings, Newcastle, WY	09/08/84 – 12/31/05	7,785 days (21 yrs 115 days)
69.	Len S. Burton, Hot Springs Village, AR	06/28/83 – 09/17/04	7,753 days (21 yrs 083 days)
70.	Peter Lefferts, Naples, FL *	01/26/81 – 02/18/02	7,694 days (21 yrs 024 days)
71.	Mark Wigler, Hubbardston, MA *	07/07/92 – 05/30/12	7,268 days (19 yrs 329 days)
72.	David N. Potter, Ashland, OH	01/01/92 - 07/20/11	7,141 days (19 yrs 201 days)
73.	Bob Hensley, Port St. Luci, FL *	12/02/74 – 06/02/94	7,123 days (19 yrs 183 days)
74.	Paul Kirner, Parma, OH	12/31/95 – 12/10/14	6,920 days (18 yrs 345 days)
75.	Patrick J. Foley, Northfield, MN *	08/31/91 – 03/14/10	6,771 days (18 yrs 196 days)
76.	Syl Pascale, San Carlos, CA	12/22/78 – 06/17/97	6,753 days (18 yrs 179 days)
77.	Patrick Steele, Adel, IA	12/30/90 – 01/05/09	6,582 days (18 yrs 007 days)
78.	Fred Gilmer, Greenville, SC	07/07/79 – 05/12/97	6,520 days (17 yrs 310 days)
79..	Neil Scott, Seattle, WA *	08/05/86 – 05/21/04	6,500 days (17 yrs 291 days)
80.	David L. Biersmith, Kansas City, MO *	09/08/84 – 05/22/02	6,466 days (17 yrs 257 days)

81.	Bob Reininger, Shelocta, PA	03/01/81 – 07/07/98	6,338 days (17 yrs 129 days)
82.	Nancy Kocsis, Concord, NH (F)	05/04/86 – 07/30/03	6,297 days (17 yrs 088 days)
83.	Stephen Gurdak, Springfield, VA *	11/21/96 – 11/14/13	6,203 days (16 yrs 359 days)
84.	Ronnie O. Shaw, Fort Worth, TX *	01/01/86 – 12/09/02	6,187 days (16 yrs 343 days)
85.	Kenneth Vercammen, New Brunswick, NJ *	09/10/82 – 01/06/99	5,963 days (16 yrs 119 days)
86.	Ray Lorden, Parkville, MD	10/31/89 – 05/31/05	5,692 days (15 yrs 213 days)
87.	John P. Flahie, Sylvania, OH	03/14/84 – 06/14/99	5,571 days (15 yrs 092 days)
88.	Tom Whitely, Fair Lawn, NJ	01/16/98 – 01/16/13	5,480 days (15 yrs 001 days)
89.	Ted Corbitt, Bronx, NY (D)	12/01/53 – 07/25/68	5,351 days (14 yrs 237 days)
89.	Scott Fodstad, Crystal, MN	04/12/95 – 12/04/09	5,351 days (14 yrs 237 days)
91.	John Magnuson, St. Paul, MN	05/15/77 – 12/30/91	5,343 days (14 yrs 230 days)
92.	Eileen Rountree, Sparks, NV * (F)	6/17/86 – 08/04/00	5,163 days (14 yrs 049 days)
93.	Mercedes Murolo, Santa Rosa, CA * (F)	05/04/02 – 11/01/15	4,930 days (13 yrs 182 days)
94.	Ralph Edwards, Des Moines, IA *	06/20/88 – 09/18/01	4,839 days (13 yrs 091 days)
95.	Pete Colaizzo, Hyde Park, NY	06/28/98 – 09/24/11	4,837 days (13 yrs 089 days)
96.	Patrick Sinopoli, Turtle Creek, PA	01/26/01 – 11/03/13	4,665 days (12 yrs 282 days)
97.	John C. Roemer, III, Parkton, MD *	12/27/77 – 06/28/90	4,567 days (12 yrs 184 days)
98.	Bob Hensley, Port St. Luci, FL *	07/02/94 – 12/06/06	4,541 days (12 yrs 158 days)
99.	Stephen C. Moosbrugger, Edina, MN	12/31/94 – 12/31/06	4,384 days (12 yrs 001 days)
100.	David T. Lloyd, Fort Worth, TX	12/11/91 – 12/31/02	4,039 days (11 yrs 021 days)
101.	Prince Whatley, Birmingham, AL	07/01/04 – 07/21/15	4,038 days (11 yrs 021 days)
102.	Susan Jones, Boys Ranch, TX (F)	01/01/01 – 11/30/11	3,986 days (10 yrs 334 days)
103.	Roger Raymond, Marco Island, FL *	11/15/02 – 09/12/13	3,955 days (10 yrs 302 days)
104.	Ed Reid, Bradenton, FL	05/27/04 – 02/26/15	3,927 days (10 yrs 275 days)
105.	Gordy Strickland, Rochester, MN *	03/16/90 – 10/18/00	3,870 days (10 yrs 217 days)
106.	Daniel Mansueto, Los Angeles, CA *	07/17/05 – 10/14/15	3,742 days (10 yrs 090 days)
107.	Jeffrey Shumway, Provo, UT *	10/09/99 – 11/03/09	3,679 days (10 yrs 026 days)
108.	Sonny Hunter, Kingston, TN	06/10/04 – 07/02/14	3,675 days (10 yrs 023 days)
109.	Stephen Gould, Camden, ME *	04/30/94 – 05/12/04	3,666 days (10 yrs 014 days)
110.	Thomas Damoulakis, Wilbraham, MA	01/01/90 – 12/31/99	3,652 days (10 yrs 000 days)
111.	Daniel R. Sheeran, Orange, CA	12/23/86 – 11/20/96	3,621 days ( 9 yrs 334 days)
112.	Fred H. Kameny, Chapel Hill, NC *	07/23/95 – 12/16/04	3,435 days ( 9 yrs 148 days)
113.	Sherry Case, Richfield, MN * (F)	02/05/86 – 05/28/95	3,400 days ( 9 yrs 113 days)
114.	Pete Gilman, Rochester, MN	11/06/05 – 12/11/14	3,323 days ( 9 yrs 036 days)
115.	Jeff Gould, Gardner, MA *	07/04/97 – 08/01/06	3,316 days ( 9 yrs 029 days)
116.	Ross Hamernik, Eyota, MN	10/23/83 – 11/13/92	3,310 days ( 9 yrs 022 days)
117.	Howard P. Feldman, St. Louis, MO *	01/13/98 – 12/21/06	3,265 days ( 8 yrs 343 days)
118.	Terrell Worley, Cucamonga, CA *	04/03/93 – 11/21/01	3,155 days ( 8 yrs 233 days)
119.	Mercedes Murolo, Santa Rosa, CA * (F)	12/25/93 – 04/28/02	3,047 days ( 8 yrs 118 days)
120.	Terrell Worley, Cucamonga, CA *	05/05/02 – 06/10/10	2,959 days ( 8 yrs 037 days)
121.	Herbert L. Fred, Houston, TX *	08/01/70 – 05/27/78	2,857 days ( 7 yrs 300 days)
122.	Diann Scialdo, Albany, NY (F)	05/20/07 – 02/09/15	2,823 days ( 7 yrs 266 days)
123.	Robert M. Crosby, Jr., Summerville, SC *	12/22/99 – 07/29/07	2,777 days ( 7 yrs 220 days)
124.	James Koch, Kenosha, WI	11/21/07 – 05/25/15	2,743 days ( 7 yrs 186 days)
125.	Craig Stroud, St. Charles, MO	06/17/07 – 11/14/14	2,708 days ( 7 yrs 151 days)



126.	Yvette Faris, Wallingford, CT (F)	03/15/07 – 07/29/14	2,694 days ( 7 yrs 137 days)
127.	Kent Schmitz, Nauvoo, IL	12/27/07 – 05/02/15	2,684 days ( 7 yrs 127 days)
128.	James E. Lawson, Clarkson, MI	04/18/84 – 08/02/91	2,663 days ( 7 yrs 107 days)
129.	Kenneth Vercammen, New Brunswick, NJ *	03/14/99 – 05/21/06	2,626 days ( 7 yrs 069 days)
130.	Thomas Hritz, Pittsburgh, PA	06/17/06 – 08/21/13	2,623 days ( 7 yrs 066 days)
131.	Ronald Whittemore, Claremont, NH	01/02/89 – 02/28/96	2,614 days ( 7 yrs 057 days)
132.	Michael Heller, Marlborough, NY *	12/06/81 – 12/07/88	2,559 days ( 7 yrs 002 days)
133.	Richard Holmes, Durham, NC *	07/29/98 – 05/23/05	2,491 days ( 6 yrs 300 days)
134.	Ken Johnson, Huntsville, TX *	12/28/02 – 10/14/09	2,483 days ( 6 yrs 291 days)
135.	Jane Hefferan, Nashville, TN (F)	10/27/01 – 06/30/08	2,439 days ( 6 yrs 247 days)
136.	Douglas Schiller, Ellenton, FL *	04/11/05 – 11/20/11	2,415 days ( 6 yrs 224 days)
137.	Wendell J. DeBoer, Falcon Heights, MN (D) *	06/22/80 – 12/31/86	2,384 days ( 6 yrs 193 days)
137.	Vivian Wilson, Short Hills, NJ, (F) *	10/11/04 – 04/21/11	2,384 days ( 6 yrs 193 days)
139.	Ben Zappa, Ridgeway, PA	12/09/87 – 05/07/94	2,342 days ( 6 yrs 150 days)
140.	John Wright, Amherst, NY	11/29/08 – 02/02/15	2,257 days ( 6 yrs 066 days)
141.	David L. DeBoer, Manchester, MO *	07/10/72 – 08/12/78	2,225 days ( 6 yrs 034 days)
142.	Paul E. Boyette, Chesapeake, VA *	06/02/02 – 06/16/08	2,207 days ( 6 yrs 015 days)
143.	Ralph Edwards, Des Moines, IA *	02/14/82 – 02/22/88	2,200 days ( 6 yrs 009 days)
144.	Mary Roemer, Parkton, MD (F)	08/01/81 – 06/14/87	2,144 days ( 5 yrs 318 days)
145.	Luis Gomez, Frisco, TX	11/24/07 – 07/28/13	2,074 days ( 5 yrs 247 days)
146.	Bill Gorman, Belleview, FL	12/08/08 – 07/23/14	2,054 days ( 5 yrs 228 days)
147.	Andrew Swan, North Highlands, CA	03/10/08 – 10/12/13	2,043 days ( 5 yrs 217 days)
148.	Ronald K. Kallinen, Katy, TX	01/24/99 – 08/17/04	2,033 days ( 5 yrs 207 days)
149.	David Baskwill, York, PA	06/17/07 – 12/29/12	2,023 days ( 5 yrs 196 days)
150.	William J. Benton, Farmington Hills, MI *	03/09/70 – 09/03/75	2,005 days ( 5 yrs 179 days)
151.	Richard J. Kerr, Kokomo, IN *	12/25/86 – 06/15/92	2,000 days ( 5 yrs 174 days)
152.	Doug Hubred, Golden Valley, MN	12/23/06 – 05/27/12	1,983 days ( 5 yrs 157 days)
153.	Ruth Gorman, Belleview, FL (F)	12/08/08 – 05/12/14	1,982 days ( 5 yrs 156 days)
155.	James C. Bates, Hampton, VA*	11/18/00 – 04/07/06	1,967 days ( 5 yrs 141 days)
155.	B.J. David, Covington, KY	12/27/07 – 04/09/13	1,931 days ( 5 yrs 104 days)
156.	Don Slusser, Monroeville, PA *	09/10/05 – 12/06/10	1,914 days ( 5 yrs 088 days)
157.	Bob Hensley, Port St. Luci, FL *	11/06/69 – 11/30/74	1,851 days ( 5 yrs 025 days)
158.	Reno Stirrat, Rockaway, NJ *	06/11/83 – 06/11/88	1,828 days ( 5 yrs 001 days)
159.	Eric Lacey, Fort Worth, TX	10/02/10 – 10/01/15	1,826 days ( 5 yrs 000 days)
160.	Grant Woodman, Ithaca, MI *	09/02/92 – 08/29/97	1,823 days ( 4 yrs 362 days)
161.	J. Patrick Growney, Lavallette, NJ *	06/16/09 – 06/10/14	1,821 days ( 4 yrs 360 days)
162.	Ken Johnson, Huntsville, TX *	12/30/97 – 12/14/02	1,811 days ( 4 yrs 350 days)
163.	Elisa Hayes, Wrentham, MA (F)	05/13/09 – 03/19/14	1,772 days ( 4 yrs 311 days)
164.	Thomas Horner, Chambersburg, PA	03/17/10 – 01/11/15	1,762 days ( 4 yrs 301 days)
165.	Jay Kammerzell, Everett, WA *	07/16/74 – 03/31/79	1,720 days ( 4 yrs 259 days)
166.	Mark K. Hall, Dallas, TX *	12/27/92 – 08/18/97	1,696 days ( 4 yrs 235 days)
167.	Sherry Case, Richfield, MN * (F)	05/30/95 – 12/22/99	1,668 days ( 4 yrs 207 days)
168.	Eileen Rountree, Sparks, NV * (F)	10/01/77 – 04/10/82	1,653 days ( 4 yrs 192 days)
169.	Mikel Burlingame, Lee's Summit, MO	02/04/08 – 07/25/12	1,634 days ( 4 yrs 173 days)
170.	William Hutchinson, Wauwatosa, WI	09/13/09 – 02/04/14	1,606 days ( 4 yrs 145 days)
171.	Chris Kartschoke, Prior Lake, MN	11/19/09 – 03/09/14	1,572 days ( 4 yrs 111 days)
172.	Steve Jones, Parker, CO	09/10/08 – 12/21/12	1,564 days ( 4 yrs 103 days)
173.	Gordy Strickland, Rochester, MN *	10/21/85 – 01/30/90	1,563 days ( 4 yrs 102 days)

174.	Stephen R. Minagil, Las Vegas, NV	10/27/94 – 01/24/99	1,551 days ( 4 yrs 090 days)
175.	Travis Dickey, Salem, OR	01/01/08 – 03/28/12	1,549 days ( 4 yrs 088 days)
176.	Mark K. Hall, Dallas, TX *	05/17/01 – 08/10/05	1,547 days ( 4 yrs 086 days)
177.	Fred H. Kameny, Chapel Hill, NC *	10/03/81 – 12/19/85	1,539 days ( 4 yrs 078 days)
178.	Geza Feld, Farmingdale, NY *	08/01/07 – 10/11/11	1,533 days ( 4 yrs 072 days)
179.	Eileen Rountree, Sparks, NV * (F)	04/18/82 – 06/15/86	1,520 days ( 4 yrs 059 days)
179.	Todd Kane Plainsboro, NJ	12/28/10 – 02/24/15	1,520 days ( 4 yrs 059 days)
181.	Michael Sewell, Camden Wyoming, DE *	05/27/00 – 07/09/04	1,505 days ( 4 yrs 044 days)
182.	Jordan Stone, Farmington, MO	11/07/10 – 12/18/14	1,503 days ( 4 yrs 042 days)
183.	Casey Funk, Virginia Beach, VA	08/16/10 – 09/23/14	1,500 days ( 4 yrs 039 days)
184.	Jeff Gould, Gardner, MA *	04/01/86 – 05/03/90	1,494 days ( 4 yrs 033 days)
185.	Karen Queally, San Bruno, CA (F) *	01/01/91 – 12/31/94	1,461 days ( 4 yrs 000 days)
186.	Herbert Fred, Houston, TX *	05/11/10 – 03/26/14	1,416 days ( 3 yrs 320 days)
187.	Anne Treadwell, Burlington, VT (F)	11/11/11 – 08/31/15	1,390 days ( 3 yrs 294 days)
188.	Howard Feldman, St. Louis, MO *	03/28/09 – 01/07/13	1,382 days ( 3 yrs 286 days)
189.	Christy LeDuff, Norfolk, VA (F)	01/05/09 – 10/12/12	1,377 days ( 3 yrs 282 days)
190.	Don Slusser, Monroeville, PA *	02/14/00 – 11/05/03	1,361 days ( 3 yrs 265 days)
191.	Tod O'Donnell, Fort Mill, SC	05/16/11 – 01/21/15	1,347 days ( 3 yrs 251 days)
192.	Patrick J. Foley, Northfield, MN *	06/11/87 – 02/13/91	1,344 days ( 3 yrs 248 days)
193.	Steven Morrow, Eagle Lake, MN *	05/13/10 – 01/13/14	1,342 days ( 3 yrs 246 days)
194.	Kathryn O'Donnell, Fort Mill, SC (F)	05/23/11 – 01/21/15	1,340 days ( 3 yrs 244 days)
185.	David Biersmith, Kansas City, MO *	07/18/08 – 03/15/12	1,337 days ( 3 yrs 242 days)
196.	Freddy Reyes, Sinking Springs, PA	01/01/07 – 08/23/10	1,331 days ( 3 yrs 235 days)
197.	Ronald W. Shealy, Lexington, SC *	07/15/89 – 02/25/93	1,322 days ( 3 yrs 226 days)
198.	Cordell Kirk, Blue Springs, MO *	12/19/07 – 07/21/11	1,311 days ( 3 yrs 215 days)
199.	Mary Runnoe, Wausau, WI (F)	07/30/09 – 02/12/13	1,294 days ( 3 yrs 198 days)
200.	Christopher Pilotti, Binghamton, NY	12/31/11 – 07/15/15	1,293 days ( 3 yrs 197 days)
201.	Paul Boyette, Chesapeake, VA *	04/29/09 – 10/31/12	1,282 days ( 3 yrs 186 days)
202.	Tim Beagen, Wilmette, IL	06/01/11 – 12/01/14	1,280 days ( 3 yrs 184 days)
203.	K. Tucker Andersen, Warren, CT *	12/30/77 – 05/28/81	1,246 days ( 3 yrs 150 days)
204.	Peter Lefferts, Naples, FL *	03/08/02 – 08/02/05	1,244 days ( 3 yrs 148 days)
205.	Jay Kammerzell, Everett, WA *	11/10/08 – 04/05/12	1,243 days ( 3 yrs 148 days)
206.	Jonathan Reid, Bradenton, FL	11/25/11 – 04/11/15	1,233 days ( 3 yrs 137 days)
207.	David S. Duncan, III, McKenzie, TN	06/03/06 – 10/01/09	1,217 days ( 3 yrs 121 days)
208.	Karen Wallace, Ishpeming, MI * (F)	09/26/05 – 01/21/09	1,214 days ( 3 yrs 118 days)
209.	Paul Christian, Rochester, MN *	07/19/09 – 11/02/12	1,203 days ( 3 yrs 107 days)
210.	Brad Kautz, Rochester, MN *	08/20/06 – 11/09/09	1,178 days ( 3 yrs 082 days)
211.	Jennifer Emch, Phoenix, AZ (F)	04/26/11 – 07/12/14	1,174 days ( 3 yrs 078 days)
212.	Jeff Judd, Oronoco, MN	07/01/09 – 09/07/12	1,165 days ( 3 yrs 069 days)
212.	Cordell Kirk, Blue Springs, MO *	09/03/11 – 11/10/14	1,165 days ( 3 yrs 069 days)
214.	Patrick Reed, San Luis Obispo, CA	01/01/08 – 02/24/11	1,151 days ( 3 yrs 055 days)
215.	Herbert L. Fred, Houston, TX *	03/05/81 – 04/26/84	1,149 days ( 3 yrs 053 days)
216.	Christopher M. Robinson, Beaufort, SC	01/01/08 – 02/17/11	1,144 days ( 3 yrs 048 days)
217.	Michael Scott, Greencastle, IN	11/23/11 – 01/05/15	1,140 days ( 3 yrs 044 days)
218.	Don Pearson, Lake Stevens, WA	01/01/78 – 02/09/81	1,136 days ( 3 yrs 040 days)
219.	William T. Donahoo, Aurora, CO	01/01/07 – 01/25/10	1,121 days ( 3 yrs 025 days)
220.	Shannon Bol, Montgomery Village, MD (F)	09/15/12 – 10/08/15	1,119 days ( 3 yrs 024 days)
221.	Herbert L. Fred, Houston, TX *	09/29/97 – 10/18/00	1,116 days ( 3 yrs 020 days)
222.	John Metevia, Midland, MI *	04/19/12 – 04/30/15	1,107 days ( 3 yrs 012 days)

223.	Gregory Neale, Centennial, CO	01/01/08 – 01/04/11	1,100 days ( 3 yrs 004 days)
234.	Beth Casavant, Shrewsbury, MA (F)	12/26/06 – 12/25/09	1,096 days ( 3 yrs 000 days)
225.	Herbert L. Fred, Houston, TX *	02/12/04 – 02/06/07	1,091 days ( 2 yrs 360 days)
226.	Brian McAllister, Chandler, AZ	01/01/12 – 12/25/14	1,090 days ( 2 yrs 359 days)
227.	Michael McDonell, Seattle, WA	07/01/06 – 06/14/09	1,080 days ( 2 yrs 349 days)
228.	Paige Pearson, Bellingham, WA (F)	08/28/02 – 06/17/05	1,025 days ( 2 yrs 295 days)
229.	Darrin D. Young, Columbia, MO *	06/24/06 – 04/08/09	1,020 days ( 2 yrs 289 days)
230.	Jay Kammerzell, Everett, WA *	01/23/06 – 11/06/08	1,019 days ( 2 yrs 288 days)
231.	Jeff Blumenthal, Oklahoma City, OK	09/05/11 – 06/18/14	1,018 days ( 2 yrs 287 days)
232.	Dan Harris, Liberty, MO	11/09/12 – 08/22/15	1,017 days ( 2 yrs 287 days)
232.	Dylan Russell, Missouri City, TX *	03/20/11 – 12/30/13	1,017 days ( 2 yrs 286 days)
232.	Ronald Martin, Warren, PA	11/24/11 – 09/05/14	1,017 days ( 2 yrs 286 days)
235.	Jacob Yurek, Silver Lake, MN	12/31/08 – 09/28/11	1,002 days ( 2 yrs 272 days)
236.	James Clisset, Yuma, AZ	11/17/12 – 08/14/15	1,001 days ( 2 yrs 271 days)
237.	Timothy Hart, Shorewood, WI	12/26/08 – 09/21/11	1,000 days ( 2 yrs 270 days)
237.	Mike Fanelli, San Anselmo, CA *	12/30/10 – 09/24/13	1,000 days ( 2 yrs 269 days)
239.	Kirk Buckley, Las Vegas, NV	06/18/12 – 02/22/15	980 days ( 2 yrs 250 days)
240.	Emily Uhlig, Renton, WA (F)	08/03/06 – 04/02/09	974 days ( 2 yrs 243 days)
241.	Terrell Worley, Cucamonga, CA *	08/03/90 – 03/27/93	968 days ( 2 yrs 237 days)
242.	Herbert L. Fred, Houston, TX *	02/09/07 – 09/24/09	959 days ( 2 yrs 228 days)
243.	Brian Orth, Boise, ID	03/28/13 – 11/03/15	951 days ( 2 yrs 221 days)
244.	Toni Orth, Boise, ID (F)	03/29/13 – 11/03/15	950 days ( 2 yrs 220 days)
244.	Jonathan Garber, De Pere, WI	01/01/12 – 08/07/14	950 days ( 2 yrs 219 days)
246.	Richard Holmes, Durham, NC *	07/23/05 – 02/19/08	942 days ( 2 yrs 212 days)
247.	Stephanie Kammerzell, Everett, WA (F)	09/08/08 – 03/26/11	930 days ( 2 yrs 200 days)
248.	Tim Williams, Bellevue, WA	09/01/11 – 03/16/14	928 days ( 2 yrs 197 days)
249.	Richard Holmes, Durham, NC *	11/14/95 – 05/27/98	926 days ( 2 yrs 196 days)
250.	Elizabeth Gilman, Byron, MN (F)	12/01/12 – 06/07/15	919 days ( 2 yrs 189 days)
251.	Sherrie Kautman, Cedar Rapids, IA (F)	12/27/06 – 06/13/09	900 days ( 2 yrs 169 days)
252.	Jonathan Green, Brooklyn Center, MN	03/01/13 – 08/11/15	894 days ( 2 yrs 164 days)
253.	Michael Sewell, Camden Wyoming, DE *	12/30/97 – 05/25/00	878 days ( 2 yrs 146 days)
254.	Sarah Box, Bellingham, WA (F)	01/01/11 – 05/21/13	872 days ( 2 yrs 141 days)
255.	Wendell J. DeBoer, Falcon Heights, MN (D) *	02/18/78 – 06/20/80	854 days ( 2 yrs 124 days)
256.	Kyle Rizzo, Berkeley, CA	01/01/13 – 05/03/15	853 days ( 2 yrs 123 days)
257.	Vladimir Costescu, Arlington, VA	07/10/12 – 10/28/14	841 days ( 2 yrs 111 days)
258.	Zak Novitske, Milwaukee, WI	12/25/11 – 04/10/14	838 days ( 2 yrs 107 days)
259.	Charles Lucero, Kingman, AZ,	01/01/09 – 04/15/11	835 days ( 2 yrs 105 days)
260.	Kyle Nelson, Flint, MI	06/13/09 – 09/23/11	833 days ( 2 yrs 103 days)
261.	Donald Cuppy, Phoenix, AZ	01/01/10 – 04/11/12	832 days ( 2 yrs 102 days)
262.	Robert Stack, Fort Worth, TX	05/07/11 – 08/11/13	827 days ( 2 yrs 096 days)
263.	Norman Grimmett, San Antonio, TX *	12/16/04 – 03/20/07	825 days ( 2 yrs 095 days)
264.	William McCarty, San Francisco, CA	03/06/09 – 06/06/11	823 days ( 2 yrs 093 days)
265.	Andy Fagan, Arlington, TX	05/21/11 – 08/17/13	820 days ( 2 yrs 089 days)
266.	Simon N. Falcon, Bellevue, NE	12/15/08 - 03/08/11	814 days ( 2 yrs 084 days)
267.	Ryan Pett, Thompsons Station, TN	03/19/11 – 06/03/13	808 days ( 2 yrs 077 days)
268.	Thomas A. Fons, Katy, TX	11/10/06 – 01/18/09	801 days ( 2 yrs 071 days)
268.	Joe Meadows, Cleveland, OH	01/01/12 – 03/11/14	801 days ( 2 yrs 070 days)
270.	Scott Schmidt, Knoxville, TN	01/01/09 – 03/07/11	796 days ( 2 yrs 066 days)

271.	Matthew Schauf, Menomonie, WI *	04/15/01 – 06/16/03	793 days ( 2 yrs 063 days)
272.	David DeBoer, Manchester, MO,	10/11/09 – 12/01/11	782 days ( 2 yrs 052 days)
273.	William D. Nelson, Houston, TX *	09/01/79 – 10/20/81	781 days ( 2 yrs 050 days)
274.	Lee Jantzen, Kingman, AZ	01/01/09 – 02/10/11	771 days ( 2 yrs 041 days)
275.	Michael Duffy, Ellicott, MD	11/22/12 – 12/24/14	763 days ( 2 yrs 033 days)
276.	Herbert L. Fred, Houston, TX *	10/20/00 – 11/17/02	759 days ( 2 yrs 029 days)
277.	Kathleen Maloney, Wilton, CT (F)	06/27/13 – 07/21/15	755 days ( 2 yrs 025 days)
278.	Douglas Daeffler, Waterloo, NY	12/30/08 – 01/20/11	752 days ( 2 yrs 022 days)
278.	Melissa Malinowski, Mahtomedi, MN (F)	05/13/11 – 06/02/13	752 days ( 2 yrs 021 days)
280.	Matthew Schauf, Menomonie, WI *	02/23/99 – 03/13/01	750 days ( 2 yrs 019 days)
281.	Ronnie O. Shaw, Fort Worth, TX *	01/01/82 – 01/18/84	748 days ( 2 yrs 018 days)
282.	Stephen Gould, Camden, ME *	08/30/04 – 09/13/06	745 days ( 2 yrs 015 days)
283.	Robert Coltman, Ponte Verda Beach, FL	06/21/09 – 07/03/11	743 days ( 2 yrs 013 days)
283.	Kevin R. Corizzi, Dumont, NJ	01/01/08 – 01/12/10	743 days ( 2 yrs 012 days)
283.	Scott Caldwell, Great Falls, MT	05/23/11 – 06/03/13	743 days ( 2 yrs 012 days)
286.	Don Brakebill, Bakersfield, CA	09/29/06 – 10/09/08	742 days ( 2 yrs 011 days)
287.	Tim West, Carlisle, MA	08/15/07 – 08/15/09	732 days ( 2 yrs 001 days)
288.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/02/87 – 12/27/88	726 days ( 1 yr 361 days)
289.	Tracey McKibben, Xenia, OH (F) *	12/22/07 – 12/07/09	717 days ( 1 yr 351 days)
290.	Ellen Kendall, St. Louis Park, MN (F)	11/128/13 – 11/12/15	715 days ( 1 yr 350 days)
291.	Victoria Gomez, Frisco, TX (F)	08/16/11 – 07/28/13	713 days ( 1 yr 347 days)
292.	Patty Hengel, Glen Burnie, MD (F)	11/27/13 – 11/07/15	711 days ( 1 yr 346 days)
293.	John Corretti, Killeen, TX	04/15/11 – 03/22/12	708 days ( 1 yr 342 days)
294.	Douglas Schiller, Ellenton, FL *	08/17/12 – 07/08/14	691 days ( 1 yr 326 days)
295.	Gordy Strickland, Rochester, MN *	04/04/81 – 02/17/83	685 days ( 1 yr 320 days)
296.	Duncan Cameron, Palm Harbor, FL *	12/03/02 – 10/09/04	677 days ( 1 yr 312 days)
297.	John Liepa, Indianola, IA *	03/01/75 – 12/31/76	672 days ( 1 yr 306 days)
298.	Audra Laking, Prattville, AL (F)	05/27/12 – 03/24/14	667 days ( 1 yr 302 days)
299.	Richard Carroll, Foxboro, MA *	01/01/12 – 10/27/13	666 days ( 1 yr 300 days)
300.	Sarah Jones Girotti, Winchester, MA (F)	06/02/13 – 03/16/15	653 days ( 1 yr 288 days)
301.	Caroline Hwang, New York, NY (F)	01/17/10 – 10/29/11	651 days ( 1 yr 286 days)
302.	Howard P. Feldman, St. Louis, MO *	04/01/96 – 01/07/98	647 days ( 1 yr 282 days)
303.	Tracey McKibben, Dayton, OH (F) *	01/01/12 – 10/05/13	644 days ( 1 yr 278 days)
304.	David M. Woodson, Newport News, VA	06/25/07 – 03/22/09	637 days ( 1 yr 271 days)
305.	David Max, Sheppard AFB, TX *	03/20/00 – 11/24/01	615 days ( 1 yr 250 days)
306.	Christine Petrone, South Jordan, Utah (F) *	12/31/12 – 09/03/14	612 days ( 1 yr 247 days)
307.	William Spencer, Raleigh, NC	08/31/11 – 04/23/13	602 days ( 1 yr 236 days)
308.	Ken Johnson, Huntsville, TX *	01/01/92 – 08/22/93	600 days ( 1 yr 235 days)
308.	Allen Gilman, Rochester, MN	10/18/10 – 06/08/12	600 days ( 1 yr 235 days)
308.	John McCown, Chattanooga, TN	05/01/11 – 12/20/12	600 days ( 1 yr 234 days)
311.	Gary Iverson, Santa Fe, NM	12/30/82 – 08/19/84	599 days ( 1 yr 234 days)
311.	Paul Temple, Germantown, TN *	12/31/11 – 08/20/13	599 days ( 1 yr 233 days)
313.	Amber Hegland, Shakopee, MN (F)	01/16/12 – 08/29/13	592 days ( 1 yr 226 days)
314.	Don Slusser, Monroeville, PA *	12/20/10 – 08/01/12	591 days ( 1 yr 226 days)
315.	Karen J. Wallace, Ishpeming, MI (F) *	01/01/04 – 08/09/05	587 days ( 1 yr 222 days)
316.	Eileen Dibler, Columbia, MD (F)	02/02/02 – 09/07/03	583 days ( 1 yr 218 days)
317.	Benjamin Labovitz, Baltimore, MD	11/28/13 – 06/30/15	580 days ( 1 yr 215 days)
317.	Walter Byerly, Dallas, TX *	07/04/11 – 02/02/13	580 days ( 1 yr 214 days)
319.	Ronald Kmiec, Carlisle, MA *	04/18/74 – 11/16/75	578 days ( 1 yr 213 days)

320.	Donna Pertel, Brookline, MA (F)	06/03/13 – 12/31/14	577 days ( 1 yr 212 days)
321.	Patrick Foley, Northfield, MN *	10/04/10 – 04/30/12	575 days ( 1 yr 210 days)
322.	Scott Nelsen, Mankato, MN	07/05/13 – 01/28/15	573 days ( 1 yr 208 days)
323.	Paul Seibert, Fort Mitchell, KY	11/01/13 – 05/26/15	572 days ( 1 yr 207 days)
324.	Bob Hensley, Port St. Luci, FL *	01/09/08 – 07/31/09	570 days ( 1 yr 204 days)
325.	Robert Bannan, Decatur, GA	04/18/13 – 11/04/14	566 days ( 1 yr 201 days)
326.	Daniel Mansueto, Los Angeles, CA *	12/22/03 – 07/01/05	558 days ( 1 yr 192 days)
326.	Klint Rose, Alviso, CA *	12/22/07 – 07/01/09	558 days ( 1 yr 192 days)
328.	Ronald Hall, Jr., Sanford, NC	07/08/13 – 01/10/15	552 days ( 1 yr 187 days)
329.	Carroll L. Wright, Choctaw, OK *	01/01/08 – 07/03/09	550 days ( 1 yr 184 days)
330.	Rhonda Wegner, Valdez, AK (F)	01/01/11 – 07/01/12	548 days ( 1 yr 183 days)
330.	Todd Taylor, Valdez, AK	01/02/11 – 07/02/12	548 days ( 1 yr 183 days)
332.	Terrell Worley, Cucamonga, CA *	09/05/82 – 02/28/84	542 days ( 1 yr 177 days)
333.	Melissa Ortiz, Fort Worth, TX (F)	09/26/12 – 03/17/14	538 days ( 1 yr 173 days)
334.	Cynthia, Almudevar, Pittsford, NY (F)	10/28/13 – 04/11/15	531 days ( 1 yr 166 days)
334.	James Summers, Coronado, CA	11/24/13 – 05/08/15	531 days ( 1 yr 166 days)
336.	Chris Myers, Chanhassen, MN	12/24/13 – 06/06/15	530 days ( 1 yr 165 days)
337.	Gayle Kearney, Ballwin, MO (F)	12/05/13 – 05/12/15	524 days ( 1 yr 159 days)
338.	Rene G. Burgess, Boiling Springs, PA	01/03/07 – 06/07/08	522 days ( 1 yr 157 days)
339.	David Wilson, Glenside, PA	12/29/13 – 05/19/15	507 days ( 1 yr 142 days)
340.	Liz Schecter, Kinnelon, NJ (F)	12/03/06 – 04/18/08	503 days ( 1 yr 138 days)
341.	Josh Pedelty, Cedar Rapids, IA	10/13/12 – 02/24/13	500 days ( 1 yr 135 days)
341.	Charles Lauller, Lakeway, TX	10/22/10 – 03/04/12	500 days ( 1 yr 135 days)
341.	Kirstyn Jovanovich, Burke, VA (F)	11/25/13 – 04/08/15	500 days ( 1 yr 135 days)
341.	Shannon Meglathery, Northfield, NJ (F)	08/31/11 – 01/11/13	500 days ( 1 yr 134 days)
345.	Neil Borchers, Fort Loramie, OH	11/28/13 – 04/10/15	499 days ( 1 yr 134 days)
346.	David L. Hurlbut, San Diego, CA	02/08/10 – 06/15/11	493 days ( 1 yr. 128 days)
347.	Ellen S. Runnoe, Wausau, WI (F) *	04/06/06 – 08/06/07	488 days ( 1 yr 123 days)
348.	Craig B. Snapp, El Cajon, CA *	12/22/78 – 04/21/80	487 days ( 1 yr 122 days)
348.	Kenneth C. Young, Petrolia, CA *	07/27/12 – 11/25/13	487 days ( 1 yr 122 days)
348.	J. Patrick Growney, Lavellette, NJ *	12/23/07 – 04/22/09	487 days ( 1 yr 121 days)
351.	Michael Peterson, McCordsville, IN	09/13/08 – 01/08/10	483 days ( 1 yr 118 days)
352.	Evelyn Smith, Rockford, IL (F)	12/28/12 – 04/20/14	479 days ( 1 yr 114 days)
353.	Michael deLeon, San Francisco, CA	12/31/10 - 04/13/12	470 days ( 1 yr 105 days)
354.	J. Shimon Rubinstein, North Miami Beach, FL	01/01/14 – 04/13/15	468 days ( 1 yr 103 days)
355.	Corinne Wright-MacLeod, Minneapolis, MN (F)	12/14/13 – 03/20/15	462 days ( 1 yr 097 days)
356.	Bettina Shepard, Brick, NJ (F)	11/21/11 – 02/18/13	456 days ( 1 yr 090 days)
357.	Ryan Albrecht, San Antonio, TX	11/22/12 – 02/12/14	448 days ( 1 yr 083 days)
358.	Ronald W. Shealy, Lexington, SC *	04/23/88 – 07/13/89	447 days ( 1 yr 082 days)
359.	Michael Bell, Malvern, PA	01/01/13 – 03/22/14	446 days ( 1 yr 081 days)
360.	Perry Romanowski, Chicago, IL	01/15/07 – 04/03/08	445 days ( 1 yr 080 days)
361.	Matt Lero, Liverpool, NY	07/04/13 – 09/20/14	444 days ( 1 yr 079 days)
361.	Ronnie O. Shaw, Fort Worth, TX *	05/15/07 – 07/31/08	444 days ( 1 yr 078 days)
363.	Ted Green, Lee's Summit, MO	06/03/14 – 08/17/15	441 days ( 1 yr 076 days)
363.	Edward Monsour, Laguna Niguel, CA	10/24/11 – 01/06/13	441 days ( 1 yr 075 days)
363.	Patty Duarte, Atlanta, GA (F)	12/31/11 – 03/15/13	441 days ( 1 yr 075 days)
366.	David Kissel, Lake Bluff, IL *	01/01/06 – 03/16/07	440 days ( 1 yr 075 days)
366.	David A. Peterson, Las Vegas, NV	01/18/09 – 04/02/10	440 days ( 1 yr 075 days)
366.	Owen Barwell, Alexandria, Virginia	01/02/12 – 03/16/13	440 days ( 1 yr 074 days)

369.	William C. Middlebrook, Colorado Springs, CO *	12/29/08 – 03/11/10	438 days ( 1 yr 073 days)
370.	William Howes, Royal Oak, MI *	06/30/10 – 09/07/11	435 days ( 1 yr 070 days)
371.	James G. Rabe, Portland, OR	06/10/08 – 08/17/09	434 days ( 1 yr 069 days)
372.	Nevertha R. Brooks, Chicago, IL (F)	03/08/07 – 05/10/08	430 days ( 1 yr 064 days)
373.	John Miller, Macon, GA	01/01/14 – 03/05/15	429 days ( 1 yr 064 days)
374.	David Max, Sheppard AFB, TX *	12/31/01 – 03/02/03	427 days ( 1 yr 062 days)
375.	Eric Klein, Portland, OR	07/09/12 – 09/06/13	425 days ( 1 yr 060 days)
375.	Kevin Tofel, Telford, PA	01/01/11 – 02/29/12	425 days ( 1 yr 060 days)
377.	Tim Stearman, Albuquerque, NM	12/15/13 – 02/10/15	423 days ( 1 yr 058 days)
378.	Steve Surratt, Roanoke, VA	06/28/14 – 08/23/15	422 days ( 1 yr 057 days)
379.	Mike Fanelli, San Anselmo, CA *	12/17/04 – 02/07/06	418 days ( 1 yr 053 days)
380.	Stephen G. Bardsley, Stevensville, MD	01/01/07 – 02/19/08	415 days ( 1 yr 050 days)
381.	Brian Daniels, Minneapolis, MN	01/12/14 – 02/26/15	411 days ( 1 yr 046 days)
382.	Jennifer Myer, Rochester, MN (F)	01/04/14 – 02/16/15	409 days ( 1 yr 044 days)
383.	Cindy Lefferts, Naples, FL (F)	03/05/03 – 04/15/04	408 days ( 1 yr 043 days)
384.	Anna French, Plymouth, MN (F)	05/07/12 – 06/17/13	407 days ( 1 yr 042 days)
385.	Michael Percherke, Enola, PA	11/22/12 – 01/01/14	406 days ( 1 yr 041 days)
386.	Wendell J. DeBoer, Falcon Heights, MN (D) *	01/01/09 – 02/07/10	403 days ( 1 yr 038 days)
387.	Michael J. Dallas, Norwich, UK	08/07/06 – 09/12/07	402 days ( 1 yr 037 days)
388.	Bradley Shackelford, Redding CA	08/21/14 – 09/24/15	400 days ( 1 yr 035 days)
388.	James Rockwell, Atlanta, GA	06/06/11 – 07/09/12	400 days ( 1 yr 034 days)
390.	Herbert L. Fred, Houston, TX *	11/19/02 – 12/22/03	399 days ( 1 yr 034 days)
391.	Kimberly Dierwechter, Mechanicsburg, PA (F)	12/25/12 – 01/26/14	398 days ( 1 yr 033 days)
392.	Brian Short, Minneapolis, MN *	12/15/12 – 01/15/14	397 days ( 1 yr 032 days)
393.	Karen Walker, Orlando, FL (F)	08/01/10 – 08/30/11	395 days ( 1 yr 030 days)
394.	Tamsen Conner, Austin, TX (F)	07/20/13 – 08/11/14	388 days ( 1 yr 023 days)
395.	Jimmie Markham, Keller, TX	06/30/13 – 07/19/14	385 days ( 1 yr 020 days)
396.	Patrick J. Foley, Northfield, MN *	12/23/79 – 01/08/81	383 days ( 1 yr 018 days)
396.	Peter Eshelmann, Jr., Columbia City, IN	12/15/06 – 01/01/08	383 days ( 1 yr 018 days)
398.	Darrin D. Young, Columbia, MO *	01/01/97 – 01/16/98	381 days ( 1 yr 016 days)
399.	Houston Wolf, Cordova, TN *	01/01/13 – 01/14/14	379 days ( 1 yr 014 days)
400.	John Mosby, Barrington, RI	09/03/11 – 09/11/12	375 days ( 1 yr 009 days)
401.	Barry Abrahams, Lincoln, NE *	12/20/76 – 12/28/77	374 days ( 1 yr 009 days)
401.	Aimee Williams, Bellevue, WA (F)	01/02/13 – 01/10/14	374 days ( 1 yr 009 days)
403.	Neal Lucas, San Marcos, TX	12/28/10 – 01/02/12	371 days ( 1 yr 006 days)
403.	Cara Young, Walnut Creek, CA (F)	01/01/08 – 01/05/09	371 days ( 1 yr 005 days)
403.	Amanda Deverich, Williamsburg, VA (F)	11/21/11 – 11/25/12	371 days ( 1 yr 005 days)
406.	Matthew A. Root, Richmond, IN	12/01/08 – 12/05/09	370 days ( 1 yr 005 days)
407.	Laurie Omodt-TeBrake, Shakopee, MN (F)	08/06/14 – 08/08/15	368 days ( 1 yr 003 days)
407.	Timothy Dean, Morriston, FL	12/07/09 – 12/09/10	368 days ( 1 yr 003 days)
407.	J.J. Mitchell, Olathe, KS (F)	08/01/13 – 08/03/14	368 days ( 1 yr 003 days)
407.	Jennifer Vandenberg, Skamokawa, WA (F)	12/23/11 – 12/24/12	368 days ( 1 yr 002 days)
411.	Tammy M. Root, Richmond, IN (F)	01/01/07 – 01/02/08	367 days ( 1 yr 002 days)
411.	Curt Ehlinger, Dubuque, IA	12/30/12 – 12/31/13	367 days ( 1 yr 002 days)
411.	Chris Hanes, Ocala, FL	01/01/13 – 01/02/14	367 days ( 1 yr 002 days)
411.	James Janker, Wheatfield, NY	04/16/13 – 04/17/14	367 days ( 1 yr 002 days)
411.	Chris J. DeLeon, Wichita, KS	07/03/07 – 07/03/08	367 days ( 1 yr 001 days)
411.	Jamie Long, Jackson, GA	09/19/07 – 09/19/08	367 days ( 1 yr 001 days)
411.	Matthew Hubbell, Denver, CO	07/04/11 – 07/04/12	367 days ( 1 yr 001 days)

411.	Jacob Mosby, Barrington, RI	09/10/11 – 09/10/12	367 days ( 1 yr 001 days)
411.	Timothy Dunne, San Francisco, CA	01/01/12 – 01/01/13	367 days ( 1 yr 001 days)
420.	John Granger, Port Hadlock, WA	01/01/05 – 01/01/06	366 days ( 1 yr 001 days)
420.	Teri Davison, Leander, TX (F)	08/04/06 – 08/04/07	366 days ( 1 yr 001 days)
420.	Matthew D. Benelli, Newfields, NH	01/01/07 – 01/01/08	366 days ( 1 yr 001 days)
420.	Janet Blaszyński, Annville, PA (F)	08/30/09 – 08/30/10	366 days ( 1 yr 001 days)
420.	Chris Tennant, Pullman, WA	01/01/14 – 01/01/15	366 days ( 1 yr 001 days)
420.	Justin Andes, Ellicott City, MD	06/13/14 – 06/13/15	366 days ( 1 yr 001 days)
420.	Herbert L. Fred, Houston, TX *	01/01/88 – 12/31/88	366 days ( 1 yr 000 days)
420.	Matthew Shoaff, Boston, MA	06/17/07 – 06/16/08	366 days ( 1 yr 000 days)
420.	Kelly Engler, Elgin, MN (F)	03/12/11 – 03/11/12	366 days ( 1 yr 000 days)
429.	Karen Queally, San Bruno, CA (F) *	01/01/86 – 12/31/86	365 days ( 1 yr 000 days)
429.	Heather L. Bagan, Los Angeles, CA (F)	12/31/06 – 12/30/07	365 days ( 1 yr 000 days)
429.	Tiffany A. Brigner, Lakeland, CO (F)	01/01/07 – 12/31/07	365 days ( 1 yr 000 days)
429.	Thomas L. Grassi, Dumont, NJ	06/11/08 – 06/10/09	365 days ( 1 yr 000 days)
429.	Nancy Balkowski, Milwaukee, WI (F)	01/06/09 – 01/05/10	365 days ( 1 yr 000 days)
429.	Meredith Davenport, Birmingham, AL (F)	01/01/10 – 12/31/10	365 days ( 1 yr 000 days)
429.	Charlene Patten, Cincinnati, OH (F)	05/07/10 – 05/06/11	365 days ( 1 yr 000 days)
429.	Gregory Wilber, Fairfax, VA	07/11/12 – 07/10/13	365 days ( 1 yr 000 days)
429.	Erika Greene, Farmville, NC (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
429.	Patrick Greene, Farmville, NC	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
429.	Gretchen Reed, Olathe, KS (F)	01/01/13 – 12/31/13	365 days ( 1 yr 000 days)
429.	Deborah Gibson, Oakland, CA (F)	10/11/13 – 10/10/14	365 days ( 1 yr 000 days)
429.	Rick Larson, Bloomington, MN *	06/07/99 – 06/05/00	365 days ( 0 yr 365 days)

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

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## SRI/USRSA ONLINE

The following are links to some of your favorite streak runners that have been recently featured online.

Ron Hill

<http://www.oipolloi.com/blogs/the-blog/61236355-interview-ron-hill>

Dave Hamilton – KOIN-6 News – Vancouver, Washington

<http://koin.com/2015/03/17/vxr-streak-runner-79k-miles-traveled-so-far/>

Bill Robertson - Item Newspaper - Lynn, Massachusetts

[http://www.itemlive.com/news/years-and-running/article\\_13df9414-8769-11e5-8ecb-475374b97344.html](http://www.itemlive.com/news/years-and-running/article_13df9414-8769-11e5-8ecb-475374b97344.html)

Mark Washburne – *Runner's World*

<http://www.runnersworld.com/general-interest/nasty-face-plant-doesnt-stop-runners-streak>

Mark Washburne – *Dumb Runner*

<http://dumbrunner.com/news-blog/2015/11/19/shorts-friday-november-20-2015>

Mark Washburne – MTRV-TV, Richmond, Virginia

[https://www.youtube.com/watch?v=dAPC\\_4Hders](https://www.youtube.com/watch?v=dAPC_4Hders)

Will Wade – *New York Times*

[http://www.nytimes.com/2015/11/23/sports/ncaabasketball/virginia-commonwealth-coach-leads-by-example-one-mile-at-a-time.html?ref=sports&\\_r=0](http://www.nytimes.com/2015/11/23/sports/ncaabasketball/virginia-commonwealth-coach-leads-by-example-one-mile-at-a-time.html?ref=sports&_r=0)

If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And---which is more---you'll be a Man, my son!

- Rudyard Kipling (1865-1936) from his poem *If*.

## **THE FINISH LINE**

### **By: Mark Washburne**

While usually our quietest time of the year, this fall quarter did see some additions to our international streak registry. As noted by our cover story, Pranjali Milovnik, who started his streak on 15 June 2008, joins our list from Slovakia. Mr. Milovnik is the first from his country to join our running streak association. The most unusual aspect of Mr. Milovnik's running, however, is that he is a ten-time finisher of the 3,100-mile Self-Transcendence Race in New York City, "the world's longest certified footrace." By any standard of measure, completing this distance ten-times, with a personal best on the course of 47 days, 4 hours, Mr. Milovnik is truly one of the most remarkable athletes in the world and we are honored that he has become a member of our running streak association.

We are also honored that Frank Clarke from Kloof, South Africa joined our association. Mr. Clarke, who started his streak on 10 August 1977, jumps to second on our SRI list and 18th when we combine the SRI list with the USRSA active contingent. Mr. Clarke, who has completed over 580 races including 30 Comrade Marathons (approximately 56 miles), is the second athlete to join our running streak association from South Africa after Gregory Pienaar.

During the fall quarter, we also added two athletes to our international list representing two new countries not currently on the SRI roster. Ignacio Rodriguez Ameller, who started his streak on 1 July 2013, is our first person from Spain on the list. Myong Eiselstein, who started his streak on 22 September 2014, is the first from Vietnam to join our association. In the case of Mr. Eiselstein, he is actually an American citizen now living and teaching in Hanoi. Our running streak association is now made up of athletes representing twelve countries. Our goal is to add even more international athletes in the years to come as more people from around the world take up the challenge of daily streak running.

While the international list grew, our United States list saw some long time running streaks retired in the fall quarter. The longest streak to end was that of Bill Beach (10/28/79 – 10/9/15; 13,131 days) from Macomb, Michigan. Mr. Beach, who said his "streak ended abruptly with complications from surgery," joins our retired list with the ninth longest retired streak in the world. Among the other streaks ending that were over a decade long during the last quarter included the streaks of William Chatman, from Brooksville, Florida (7/23/91 – 9/8/15; 8,814 days); Mercedes Murolo, from Santa Rosa, California (5/4/02 – 11/1/15; 4930 days); and Daniel Mansueto, from Los Angeles, California (7/17/05 – 10/14/15; 3,742 days).

While my streak survives to run another day, I almost joined the retired list in the last quarter. Actually, my story is very similar to the one told by Pastor John Watts in his essay, "Two Days in June," that appeared in the Fall issue of this newsletter. If you will recall, Pastor Watts told an interesting story of how this June he won a local 5K by beating the other 160 participants with his "59-year-old body." Pastor Watts then described how his streak almost ended that same June after falling off his ladder. Despite 3 broken ribs and a hospital visit, Pastor Watts was able to keep his thirty-five year old streak active.

Like Pastor Watts, my late summer running started off with an unbelievable scenario for my 59-year old body. On 13 September, I entered the inaugural Brody Hydock 5K Run in nearby Morristown, New Jersey. Much to my delight and disbelief, I was second overall and the first male finisher at the 5K-race out of 104 participants. Moreover, the race was a 500-point USA Track & Field-New Jersey (USATF-NJ) event so I was able to add 500 points to my 2015 total as the male overall winner. As you might guess, USATF-NJ only designates certain races to be points' races and much younger and faster athletes than myself usually win them. In fact, I had the slowest winning time – 21:05 – and was the oldest gender winner out of all the USATF-NJ 5K points' races in 2015. While not quite the same as winning the race outright like Pastor Watts, at the age of 59, it was my best showing ever in the 743 lifetime races I have now run since first pinning a number to my shirt back in 1984.

My best of times, however, soon turned into the worst of times later this fall. On Saturday, November 14th, I ran the Richmond Marathon. It was my 30th marathon and 30 years since I ran my first marathon, the New Jersey Waterfront Marathon, in 1985. The Richmond Marathon ends with a fast downhill and I was probably running faster than I should have been running after 26 miles. I somehow tripped on the timing mat and landed face first. I broke my nose and had a concussion from the fall. I was rushed to the emergency room at Virginia Commonwealth University Hospital, where I was given some stitches and much medical help by a great hospital staff.

I was discharged from the hospital the next day at 3:30 in the afternoon with my running streak in jeopardy. The doctors advised against running but I was determined to at least try to see if I could make it. With my loving wife Diane and our friend Susan Page by my side, I was able to run one mile - the minimum daily mileage required by SRI/USRSA - on that Sunday and finished off the day by running 3 miles - my personal minimum mileage since starting my running streak on 31 December 1989.

I also met my Boston Marathon qualifying time (BQ) of 3:55:00 by running the Richmond Marathon in 3:40:40. The 14 minute and 20 second gap is the most time I have been under my Boston Marathon qualifying time. I have been accepted and plan to run my 12th consecutive Boston Marathon in April 2016. My BQ in Richmond qualifies me to apply for the 2017 Boston Marathon. Like Pastor Watts, I feel lucky to have survived both my best and worst running days this year. Good luck to all of you as we each run the roads and trails – every day!



Sue Page, Mark & Diane Washburne before Richmond Marathon



Mark Washburne at finish line



Mark Washburne in hospital



## *The Streak Registry*

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### ADVERTISING RATES

Per issue:

Business Card (3 1/2 x 2")	\$25.00
Quarter-Page (3 1/2 x 5")	\$40.00
Half-Page (7 x 5 or 5 x 7")	\$75.00
Whole Page (7 x 10")	\$135.00

Send all camera-ready advertisements to the editor, or e-mail at USRSA@yahoo.com.

Advertisements should deal with running or affiliated health-related topics.

### MEMBERSHIP—DUES

Membership in Streak Runners International and the United States Running Streak Association, Inc. is open to all interested individuals.

SRI/USRSA dues are \$20.00 annually or \$250.00 lifetime. Credit for one-half of all previously paid dues will be applied to the payment of lifetime dues. Once lifetime membership status is achieved, no further dues will be assessed.

A completely filled out and signed membership application must accompany the dues payment. Applications may be downloaded from our website at [www.runeveryday.com](http://www.runeveryday.com), or will be mailed upon request.

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### STREAK CERTIFICATION

Once a running streak reaches a year in duration it is eligible for listing by SRI/USRSA. Listing of one's active or retired running streak requires a fully completed and signed streak certification form, which may also be downloaded from the SRI/USRSA site or mailed upon request. Although membership is not a requirement for listing, the SRI/USRSA appreciates all contributions to its cause.

"The race is not always to the swift, but to those who keep on running."  
- Author Unknown

"Don't be sad it's over, be happy that it happened."  
- Dr. Seuss

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