STREAK RUNNERS INTERNATIONAL
UNITED STATES RUNNING STREAK ASSOCIATION

THE STREAK REGISTRY

STEVE GATHJE’S STREAK ENDS
AFTER 45+ YEARS (16,742 DAYS)

Steve Gathje

VOLUME EIGHTEEN
NUMBER THREE
FALL 2018
THE STREAK REGISTRY
Fall 2018 – 71st ISSUE

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From The Masters to The Gran Masters (40th anniversary)

Gary Rust 07-03-1983  Desert Hot Springs, CA
David Melissas 07-20-1983  Marietta, GA
Allen Colonna 08-05-1983  Babylon, NY

From The Dominators to The Masters (30th anniversary)

George Church 07-30-1988  Cockeysville, MD

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

Michael DeMint 06-28-1998  Gregory, MI

From The Experienced to Well Versed (15th anniversary)

Woody Woodburn 07-07-2003  Ventura, CA
Matthew Schauf 07-26-2003  Menomonie, WI
Cori Brindle 08-02-2003  Mechanicsburg, PA
Carmen Baxter 08-11-2003  Fairfield, CA
David Max 08-28-2003  Wichita Falls, TX

From The Proficient to The Experienced (10th anniversary)

Michael Ernst 06-22-2008  Laramie, WY
Thomas Frank Sisulak 06-23-2008  Riverside, IL
Daniel H Westfahl 06-26-2008  Menomonee Falls, WI
Qraig R. deGroot 07-01-2008  New York, NY
Dave Rabe 07-02-2008  Chesterfield, MO
Richard Grady 08-20-2008  Battle Creek, MI
Nicholas A. Martinez 08-26-2008  Claremont, CA

From The Neophytes to The Proficient (5th anniversary)

Jay Marshall 06-01-2013  Richmond, IL
Laurie D Roberts 06-01-2013  Meridian, ID
Jeff Crume 06-14-2013  Raleigh, NC
Michael Perez 06-15-2013  Newport, NC
Valerie Perez 06-15-2013  Newport, NC
Tracy Johnson 06-21-2013  Eureka, CA
Conrad Walt 06-21-2013  Huntington Beach, CA
Nolan Walt 06-21-2013  Huntington Beach, CA
Cory Carl Bomberger 06-28-2013  Portland, OR
Hanju Wang 06-29-2013  Gurnee, IL
Tammy Jones 07-01-2013  Miami Beach, FL
Daniel Miller 07-04-2013  Forest Lake, MN
Elaina Wild 07-07-2013  Saint Louis Park, MN
“Running can help you lose 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.”

STEVE GATHJE’S STREAK ENDS AFTER 45+ YEARS (16,742 DAYS)
By: Steve Gathje

[Editor’s note: Steven Gathje, 63, an actuary from South Minneapolis, Minnesota, finally ended his running streak after 16,742 consecutive days (45.84 years) on Friday, 27 July 2018. Started on 25 September 1972, Gathje had the fifth longest active running streak in the world as listed by Streak Runners International (SRI) and the United States Running Streak Association (USRSA) when his streak ended. He now has the longest retired running streak in the United States and second longest retired running streak in the world after Ron Hill of England (52+ years; 19,032 days) as listed by those same running associations. We here at SRI/USRSA wish Steve Gathje a quick recovery and much luck in the future.]

Sadly, it is not just my streak but likely my running days that are coming to an end. About 3-4 months ago I felt some pain in my right hip but as we all know aches and pains are not unusual. I’ve certainly had my share of the them over almost 46 years of running! I was able to maintain 35-40 miles a week but as time went by it was getting worse. I found my pace was about 30 seconds a mile slower than it had been.
I maintained a 4+ mile a day average through July 1st. I was in almost constant pain – it hurt to even walk. On July 2nd the pain was so intense I could only limp through 1.5 miles at about 10 minute mile pace. But I still held out hope that it would get better on its own. It didn’t, it got worse. I now could not sleep at night because of the pain and couldn’t walk more than a block or two, although I did keep running 1.5 miles a day.

Last Friday I finally saw a doctor. He put the x-rays up so I could see them. My left hip showed ample space between bones while my right hip was clearly bone-on-bone. He said that I had arthritis and that I would need a hip replacement. I got a cortisone shot which finally got rid of the pain, but no more running.

As much as I am disappointed at losing my streak, the inability to run at all is a much bigger hole. I’ve shed a few tears and I’ll likely shed a few more. I’ll be fine but it does hurt.

I’ve started reading up on hip replacements. First, running did not cause my issues. It is likely that running actually postponed my needing the hip replacement. So for people who are not having issues, please don’t stop running! In fact, cherish it!

The picture below is from my 45th Streak Anniversary run. Steve DeBoer you know. The other person is Tim O’Hara who helped me get started in running back when I was a sophomore in HS and went out for cross country for the first time. Tim was a senior on the team and an is all-around great guy. Amazingly we have stayed in contract all these many years.

Tim O’Hara, Steve DeBoer, and Steve Gathje
Ben Dillow on right with friend Rod who celebrated completion of his second year on the same day that Ben celebrate the end of year 37.

REFLECTIONS OF A STREAKER AT YEAR 37
By: Ben Dillow
Redlands, California
ben_dillow@redlands.edu
August 18, 2018

Year 37 of running every day without fail slips into a journal which records days 13,150 through 13,515—each run nurtured by Mother Luck and Father Resolve—for anyone who has run as many as 5 days in a row know both luck and resolve are constant companions.

Daily.
Good luck jogged with me this past year—again: no broken bones, pulled muscles, turned ankles, disabling accidents, unmanageable health challenges; no life issues intervened that took away the choice, daily, of lacing up the sneakers and heading out for a run. We all interact, daily, with folks who for a variety of reasons simply cannot run, and so I say a silent prayer of thanksgiving that as I approach my eighth decade on the planet I can today—and hopefully again tomorrow—choose to run—because I’m lucky. After all, no one would choose to sprain their ankle, break their leg or take up residence in the hospital, would they—yet each of these things happen all the time.

Ah, yes, my daily runs are anchored not only in choice, but in good luck, for as Kenneth Ferring implies in his poem DIRGE, “good luck” is not a given.

1-2-3 was the number he played but today the number came 3-2-1;
bought his Carbide at 30 and it went to 29;
had the favorite at Bowie but the track was slow—

Denouement to denouement, he took a personal pride in the certain, certain way he lived his own, private life,
but nevertheless, they shut off his gas; nevertheless, the bank foreclosed; nevertheless, the landlord called; nevertheless, the radio broke—

Now that I’m retired—my schedule is largely mine to define, how’s that for luck—old, healthy and free! And I was lucky; I taught—in a University setting—which allowed me more discretionary time than most work. I’m lucky I choose to live in California where bad weather rarely lurks. I’m lucky I have a family that allows me to steal an hour or three every day for completely personal pleasure and who supports that choice. And I’m really lucky with my choice of parents, inheriting genes which tolerate—indeed celebrate—the daily run.

So, Mother Luck has been, and is good to me.

But beyond luck there is that grey area of choice and resolve is there not?

That area in which choice abides, and where will takes root. Where sniffles, or schedule, or sunshine or rain, where a good book or a pain in the rear, or a phone we must ring invite second guessing. That area where “in a bit” turns inexorably into “too late today.” Where unrequited good intentions leave an open space in our running journal.

One is not a bad person, someone morally deficient in some way, if they chose not to run; most on the planet occupy this group and the power of joining is at times overwhelming.

So, even as luck abides, so too must will be nurtured. We streakers have learned the wisdom of asking “When will we run today,” not “Will we run today.” Different question, different outcome and not all days will lend themselves to an enthusiastic embrace of “the run.” But! We streakers have come to learn that while we don’t with equal fervor look forward to every daily run, we know by experience that we typically enjoy each—once done.

99 and three-quarter percent guaranteed.

And so we go.
Likely our running will morph and change over time as surely as our other relationships and our bodies will. My journal still tracks the mileage (40 miles a week, 2000 a year and now 68,368 more or less) but doesn’t focus so much on times.

Two decades ago I ran every step, timed every run. Today? A bit less anal. While I always get my one-mile uninterrupted run in each day, now on my “runs” often mix in a bit of walking. I like the mix! I find myself no longer interested in paying the entry fees for another race tee shirt to cram into an already overflowing drawer. I often run without a watch—the focus of my runs no longer their speed but their pleasure, and I don’t want my “pleasure” defined by something as arbitrary as a watch (or when I golf, the scorecard.)

I don’t claim wisdom in any of these decisions, they are offered as narrative not model, biography not boast, and confession: for me they allow a continuation of a habit that pleases.

There is no question but that an open day in my schedule awaits, perhaps this week or next; perhaps next year or later; it will come by Mother Luck turning or Father Resolve fading.

But as it turns out that day was not today, nor I trust tomorrow. My wish is that Mother Luck and Father Resolve travel with me for a goodly number of days to come—and with each of you as well.

____________________________________________________________________________

“To keep from decaying, to be a winner, the athlete must accept pain – not only accept it, live with it, learn to fear it.”

- Dr. George Sheehan

____________________________________________________________________________

“In the last 50 yards, my body had long since exhausted its energy but it went on running just the same.”

- Sir Roger Bannister

____________________________________________________________________________

“Never take the lead unless you really want it, and if you take it, do something with it... Once in the lead, you have only two options, either you are going to pick up the pace, or you are going to slow it down. Once in control, a fast pace usually insures the fastest runner will win, a slow pace perhaps the fastest runner will still win but occasionally the race will go to the best kicker.”

- Tom Courtney, 1956 Olympic 800 Champion
Hey fellow streakers, today [27 July 2018] is my 30-year running streakaversary – 10,958 straight days without missing. The kids and grandkids think the streak is pretty cool (I guess) but they have no interest in streaks of their own. In the early years, I don’t think my sweetheart, Barbara, cared much for the streak. However, she became accustomed to it and now I think she’s pretty proud. She’s been very supportive and understanding. Barb and I have a 40-year streak.
I started the streak the day we got back from a family trip to Disney World. I was inspired by a buddy of mine, Tim McDermott, who started his streak on 1/1/80. Tim made it to 21 years before his knees crapped out. He was a sub-three-hour marathoner in his day. Not me. I did barely break 4 hours on 3 occasions.

To put my streak in perspective, I started during the same month that Bush, Sr. and Dukakis became the Republican and Democrat Presidential nominees in ’88.

Total Streak miles = 52,101, for an average of 4.75 miles/day (not nearly as good as many of the superlative runners on the streak list, but it is two times around the world). My annual mileage has actually increased over the past decade and I hope to break 2,000 again this year.

I started keeping a running diary in May, 1982 and my 2018 diary is up to date as of this morning (6 miler).

During my streak, I have run in 36 states, 3 territories, and 7 countries. (Again, not very impressive compared to many runners, but still. . . )

I have run in rain, snow, sleet, clear, wind, calm, night, day, early, late and in temperatures as high as 108 degrees and as low as -21 degrees (only one mile that day).

I’ve taken some moderate risks during the streak including a lot of downhill skiing and a fair number of rugby games, but fortunately. While I’ve had a few aches and pains, obviously I’ve suffered no streak ending injuries.

I don’t get sick very often and nothing serious. I suspect there’s a cause and effect between running and wellness but who knows for sure?

I don’t run many races any more but I have run the Annapolis 10 Miler almost every August since 1982. I’ve also run 6 marathons during the streak including the 99th and 100th Boston. (I was way too slow to qualify but they had a lottery for those two years.)

I have never been fast and I have slowed considerably over the past several years. I used to be able to run 10 miles in under 80 minutes on a good day and now, on a good day, I may barely be able to break 110 minutes.

I am astonished at how far and how fast some folks around my age on the streak list are able to run. It is also inconceivable to me that there are 5 guys on the streak list with streaks exceeding 45 years, including Jon Sutherland who will hit 50 years next May. (His streak exceeds mine by a measly 7005 days!!!) The list also includes 14 streakers whose streaks span from 40 to 45 years, 25 more between 35 and 40 years (including 2 women) and 18 more (including 3 women) who have streaks of 30-35 years. I make number 19 in that category.

Speaking of streakers, kudos to my friends Susan Schultz and her daughter, Zoe, who have streaks of 10 years and almost 8 years, respectively. I am proud of them.
My only regret about the streak is that I didn’t start a few years earlier. I also regret that my streak will end someday – probably when I least expect it. “C’est la vie, say the old folks, it goes to show you never can tell.” Chuck Berry, circa 1964. Every day is a gift.

PS- I wrote this on Friday [27 July 2018]. Then, I learned over the weekend that Steve Gathje, #5 on the active list at 45+ years (16,472 days) had to end his streak due to a hip injury. Likewise, my friend Zoe Schultz’s 8-year streak ended due to illness. That goes to show you that you can’t take anything for granted.
Counting Down
By: Scott Ludwig

When I was growing up, I started counting down the days to Christmas the day after Halloween. I figured trick-or-treating in the neighborhood twice wearing two different costumes or throwing an occasional water balloon or three pushed the needle too close to ‘naughty’ so I decided the first day of November was the day I tried being on my best behavior so that I would make Santa’s ‘nice’ list by December 25.

Flash forward to more than half a century later. My mental countdown to retirement started when I still had 115 days (calendar days, not working days) left. By no means was I naughty during that time—I still gave my job everything I had—but the closer I got until that magical day that had been 40 years in the making, the days became longer and longer. Finally, on March 9, 2018, the wait was finally over. Retirement! Freedom!

Well, almost.
I still had one more countdown to go: the countdown to running my 150,000th mile. After reaching my original target of 100,000 miles as I crossed the finish line of the 2005 Atlanta Marathon I had the thought—inspired by the thrill of the moment and several glasses of champagne to toast running 26 miles—that since I was still fairly healthy, what’s another 50,000 miles?

Stupid champagne-inspired thought.

The psychological countdown to 150,000 miles started when I still had 3,000 miles left to run. In my prime 3,000 miles would amount to seven or eight months of running; now it’s closer to 10 or 11. That’s a lot of days to be counting down. But I picked up the pace a bit after retiring and managed to run nearly 1,800 miles in my first 23 weeks of retirement, none more difficult than the 115 miles I ran two weeks ago. I’ve always lived by my ‘run to exhaustion’ philosophy and I’ll be honest: I don’t think I’ve ever been more exhausted than I was after that week, no doubt a case study on the effects of aging on the long-distance runner.

Those 115 miles put me in position so this week I could take it a little bit easier. And now today, August 19, 2018, that second magical day is finally here. One hundred and fifty thousand lifetime miles. 150,005 to be exact.

Thinking back to almost 40 years ago when I ran my very first mile in Gainesville, Florida, I could have never imagined I would have stayed with it this long. Looking back there have been too many indelible memories to count, but here are some of those that immediately come to mind:

- Fifty-mile runs that felt like a stroll in the park, and three-mile runs that I thought would never end.
- Finishing first in a handful of races and finishing dead last in a couple others, none of the latter more memorable—or honorable than the 2006 Western States 100-Mile Endurance Run on a day so challenging that half of the starters failed to finish.
- Running on days I felt like I could run forever and running on days that I didn’t think I could take another step…not even the first one.
- Running 40 consecutive Peachtree Road Races and starting with the elite runners for a dozen or so years in a row and starting at the very back of the pack that one time just to see what it was like - it was miserable.
- Running the Boston Marathons 12 times, a race I never imagined I could qualify for. Thirteen if you count the year I ran the course from the finish to the start prior to running the actual marathon in 2003. Incidentally it was my 100th lifetime marathon.
- Running my 200th (and what I said would be my last) marathon in Honolulu in 2012. Cindy met me at the finish line as she had done for my first marathon in Gainesville almost 33 years earlier. (I don’t think she saw me finish any of the 198 marathons in between those two. I could be wrong, but I doubt it.) For reasons I can’t explain there have been seven more ‘last’ marathons since then.
- Running with my younger son Josh in his first race and then, more than 25 years later running with my grandson Krischan in his first race.
• Being in 9th on the original (consecutive days running) streak list in the mid-90’s, running every day since and working my way up to...22nd.

• Attempting to run 280 miles across Georgia in 1982, only to quit on the fourth day because my legs didn’t agree with running on the same side of the road for 159 miles. Then trying again a decade later, only this time I made it. In six days.

• Completing my personal ‘grand slam’ consisting of the JFK 50, Badwater, Western States and Comrades. Granted, some weren’t necessarily as pretty as the others.

• Running 100 miles or longer 14 times. A little part of me is whispering just one more time. Then again, a bigger and much louder part of me is shouting don’t even think about it.

• Passing the torch—the torch of the distances I used to love running—to my good friend and talented runner Ferit Toska in 2013, Ferit didn’t disappoint, winning the prestigious Tallahassee Ultra Distance Classic 50-Miler later that year...and the next two years after that.

Today’s run was nothing special—a simple 14-mile run along the country roads of Senoia—but the company certainly was. Running with me were Al, Valerie and Antonio (the usual suspects) and the four of us momentarily stopped when I reached my 150,000th mile—give or take a few yards—along a stretch of Dead Oak Road where my grandson and I pick up trash every now and then. Sadly, Ferit wasn’t with us; he’s in Turkey where I will meet up with him in November and run the Istanbul Marathon. Incidentally this one will be my last marathon, and I swear I’m only doing it because Ferit asked me to. Cross my heart and hope to die.

This reminds me that I have one more count down left. On November 30, 103 days from today, I will have completed my 40th consecutive year of running every day. Part of me wants to be like Forrest Gump: stop and say I’m pretty tired and I think I’ll go home now.

Then again I know another part of me—the louder part will tell me to keep on doing what I’ve been doing for the last 40 years: Lace ‘em up and run.

Scott Ludwig lives, runs and writes in Senoia, Georgia. He writes a weekly column for the Newnan Times-Herald and a monthly column for The Running Journal. He has authored 13 books with 8 of them being on the subject of running. His latest, Running Out of Gas, was published this year by Meyer and Meyer. The title couldn’t be more appropriate.

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle.”

- Baron de Coubertin, founder of the modern Olympics, 1890
I have essentially been Running my entire life. As soon as I could walk and then Run, my father, Frank S. Sisulak, taught me how to do exercises, while still sitting in a high chair and only several months old!

The family story as told to me many times by my mother, Amy, was that when we would visit my Heltzel Family Grandparents on their Family Farm in Akron, Indiana. My Dad placed me in the wooden high chair for supper and then to show-off my Dad's Athletic Abilities and Coaching Abilities, he would tell me at the age of only several months old, "Tommy Exercise!" I would immediately begin doing my Arm and Shoulder Movements, while sitting in that wooden high chair!
As the months and first few years went by, I learned to Run, play Catch, and Swim before the age of 3 years old. This New Freedom to Run and to Exercise has continued through Kindergarten, Grade School, Junior High, High School, College, and many decades of Teaching and Coaching!

My very first Indoor Track competition was as a Freshman in 1961-62 at Riverside Brookfield High School, Riverside, Illinois.

I can still remember my Dad taking me to the local sports shop, where he bought my very first pair of black canvas cloth, with crepe shoe soles, Converse running shoes. Then for Outdoor Track my Dad and I selected my very first pair of Track spike shoes. An all leather pair of Karhu spike shoes. White leather with three blue and red stripes from the laces down to the solid leather shoe soles, which contained six metal spikes that were 7/8” inches long, each!

After graduating from Carthage College in Kenosha, Wisconsin, where I competed in Cross-Country, Gymnastics, and Track all four years, I signed a contract to teach mathematics at West Aurora High School in Aurora, Illinois. Also, to be the Assistant Coach for Cross Country, Indoor Track, and Outdoor Track. The weekly average was 60 to 70 hours of teaching and coaching, not counting the extra 2 to 3 hours of planning every night. Just to be prepared for the next day. All for a grand total of $8000 each year!

My teaching and coaching career still continues, following two years at West Aurora H.S., thirty one years at Madison LaFollette H.S. in Wisconsin, five years at Riverside Brookfield H.S., four years at Concordia University Chicago, and now my own Riverside Sports Academy in Riverside, Illinois.

Throughout these many years, I have been running regularly each year and competing as well!

Then back on June 23, 2008, I made the personal decision to run each and every day for as long as possible!

The 10th Year celebration of consecutive daily running was reached on June 23, 2018. WOW! That specific Daily Run really felt great! Running in hot weather, cold weather, rain, snow, sleet, during injuries, during Illness, and during indoor runs. We all know the daily challenges! However, the many personal, physical, social, and psychological benefits make each and every daily run, so special and so rewarding!

During the past fifty-seven years of running, competitions, and coaching, I have totaled several hundred races from the 100 yard dash in high school to the full marathon race!

Last October 7th, 2017, I was very fortunate to complete my 70th marathon race at the age of 70 years old! That includes 40 running marathons and 30 cross-country skiing marathons for the grand total of 70 marathon races!

The accompanying photos are from the 2017 Chicago Marathon Expo and from my living room showing my 10 consecutive running record log books, plus Log Book #11 and a few earlier running log books.

Whenever, I Cross-Country Ski or Ski Race or Kayak or Canoe or Bike Ride, that part of my daily workout is always followed by the most important segment, which is my consecutive daily run. Currently, my minimum daily run is 3.0 miles and my longest daily run is 27.0 miles!
I am so very thankful and very blessed to be able to run each and every day!

I pray each day that the "Good Lord" will help me to keep running for as long as possible into the future!

Most Sincerely, Coach Tom Sisulak
Active Daily Streak Runner #188
As of July 24, 2018
A HINDRANCE OR NOT?

--George A. Hancock
runnergah@comcast.net

I frequently write about the forces that influence our running programs. The number one influence is the weather. My last column in The Streak Registry discussed this point. Weather is all around us. The daily streak runner needs to be in tune or aware of Mother Nature’s natural influence.

The quickest way to end your lengthy running streak is to go running without checking the local weather. A weather aware runner is guaranteed numerous trouble free miles. Our carefree perhaps careless streak runner is likely to encounter some weather with mixed results.
Recently, several hail storms made the news. One storm in particular caused severe damage to the region around the Cheyenne Mountain Zoo located in Colorado Springs, Colorado. 14 individuals were injured in this storm featuring baseball sized hail. Two zoo animals were also killed in the storm. And, at least 300 vehicles were severely damaged.

Just imagine if you were outside running your daily streak miles. A sizeable hail chunk could kill you or at least cause serious physical damage. The streak runner simply stated needs to remain weather aware. However, are there other factors that may slow or curtail your daily streak? What about clothing? Can we classify running clothes as a possible running streak hindrance?

What? How can our high tech running gear be considered a running streak hindrance? Our new generation of Dri-fit clothing insures our long distance miles remain trouble free. The hard toiling runner remains warm and dry while wearing this new road gear.

Even during winter’s icy cold blasts the streak runner remains on track to complete the daily streak miles. Our shoes and running gear do help us during winter’s long night. That arctic scene remains but the winter miles are recorded in our journals. However, there is one element that does need examined.

We need a detailed examination into the current male running shorts. There is a growing thought that these longer male running shorts are hindering running performance. Male running shorts are longer and in many cases very baggy. This situation really seems to be a forced upon us fashion trend. There is no logical reason for these longer shorts.

Several analysts are questioning why male runners are wearing these shorts during road races. These longer than normal shorts are slowing the average runner’s race finishing times. One has to wonder if anyone is seriously studying this detail. Slower road race finish times are noted by many veteran road runners. Today many road races have winning times that decades ago would not have earned an age group award.

Many of these new young male runners are wearing these baggy longer shorts. It is very possible these young male runners are clueless. Many young people in numerous areas lack historical perspective. These young people are not taught or exposed to history. Running history is not something the average youngster studies in our current school system.

I noticed at track meets and cross-country events that high school coaches are sporting these longer male shorts. So, the young male athlete is clueless about the possible negative side effects while wearing longer knee length shorts. The coaching staff is wearing them too.

Many young adult runners are coming to road races from the recreation field. Long male shorts dominate recreation sports. So, wearing baggy long shorts during a running excursions is considered normal.

There are very few if any coaches around from my era. I graduated from college in 1975. That was 43-years ago. Those coaches, those educators retired years ago. The training methods, techniques and yes even clothing styles from that timeframe have faded into obscurity.

My recently published book My Running Odyssey by the Daily American has a unique cover design. The publisher chose three different running pictures of me racing across a wide time spectrum. The first picture is from 1984. The second is a 1986 race. The third picture is from October of 2017.
Numerous individuals and running friends have commented about the short shorts and long socks. The 1984 and 1986 pictures show thigh length shorts. These were the standard length running shorts in that era. The third 2017 picture depicts shorts just a tad longer. However, I’m wearing compression pants which make those shorts seem longer. I started wearing compression pants several years ago. I wear compression pants year round.

The socks are a different story. I started road running in 1973. I wore knee length socks on many runs. I also raced in these socks. Today many runners wear compression socks. These are the same length as knee socks although more colorful today.

Crew length socks are what I wore while running and racing. They were white 100% of the time. Ankle length socks did not appear for me until the early 1990’s. These socks never hindered my running performance. Socks are and were a non-issue.

Running shorts are another matter. Those prevalent long and baggy shorts are hampering running performance. The extra length and material is slowing runners down. I’m wondering how many male runners are hampered on rainy or sweaty humid long runs.

The baggy shorts once wet tend to droop. Although low drooping shorts in some circles are a fashion style, runners are slowed by these baggy garments.

Windy days no doubt create an unnatural pull or drag on these long fashionable shorts. Windy days are another instance of long shorts hampering performance.

And I see many runners wearing long cotton style shorts in races. Cotton was a staple in my early running days. However, our clothing evolved into our outstanding Dri-Fit running gear. Cotton was replaced by this more running advanced clothing.

So, we are left with this odd question. Do these longer baggy shorts hamper male runner athletic performance? We need to point out that our elite runners are not wearing these “fashionable garments.” Nor, are female runners wearing similar running gear. In fact, female running shorts are shrinking.

These long baggy shorts are favored by numerous male recreation runners. Maybe these shorts are worn due to limited choices. Or, these are worn because that male runner does not have a good reference point. I recently purchased new running shorts that don’t extend to my knees.

Now for me, buying denim shorts is tricky. Denim and dress shorts are all knee length. Why? What purpose does this serve? I’m a lifelong runner. I can and do wear shorts. Why should my shorts resemble knickers? I’ll let Mark explain knickers. [Editor’s note: Merriam-Webster Dictionary defines knickers as, “loose-fitting short pants gathered at the knee.”]

Are long baggy shorts a fashion faux pas that should concern male streak runners or male road racers? We need more research, study and evidence on this point.
Somerset Daily American 5K male winners

Somerset Daily American 10K male winners
Traversing the Tundra Consistently at High Mileage  
By: Steve DeBoer

Before commencing with the latest Tundra topic, I must apologize to VT streak runners for suggesting they have no individuals active in doing it daily. I meant RI, as VT has 4 currently on the run every day – Francis Garrow (13 years), Kevin Barber (6 years), Daniel Bruce and William Kelly (both at 2 years). Guess I need a proof reader.

It was over 3 years ago that I tallied up the number of years many of our streak runners (who keep track of their mileage and have run over 70,000 lifetime miles) have surpassed 2000, 3000, 4000, and 5000 miles. So it must be time for an UPDATE, again using the names on that 70,000 mile list. If you have run a minimum of 26 years over 2000 miles or 13 years over 3000 miles, or 6 years over 4000 miles, let me know and I will add your name to future UPDATES.
Bruce Mortenson (MN) had his first running streak (about 6 months long) in 1965 and has had 5 that made it to one year. His current one (since 2011) is his longest. But he has run more than 2000 miles (8 years between 2000-2499) every year since 1960, just after his 16th birthday. His lifetime miles were over 175,200 by the end of 2017.

Steve DeBoer (MN) has run at least 2000 (all years over 2500) miles each year since age 17 (1972) and at least 3000 miles since age 20. His minimum 1-mile per day streak began June 1971 (3rd longest in the world), though he ran shorter distances daily since July 1970. He has never run over 4000 miles in one year but had completed over 160,400 through 2017.

Herb Fred (TX) did not start running until his late 30s but ran more documented miles than anyone in the world by the time he stopped running in October 2016 at age 87 (253,010 miles). He ran over 2000 miles yearly from age 39 to age 84 (tied for 2nd on the list), over 3000 miles age 41-81 (2nd on list), and has run over 4000 (39 years), 5000 (28 years), and 6000 (16 years) miles than anyone else. Carolyn Mather (SC) is 2nd with 15 years over 6000, and tied with Herb at 7 years over 7000. Her lifetime mileage through 2017 is over 210,000.

Stuart Calderwood (NY) is tied for 4th place for years running at least 2000 miles and in 3rd place for years running at least 3000 miles. His first year over 2000 (also over 3000 and 4000) was 1973 (age 15), as a high school sophomore, where, as he describes it, his insane coach made them run twice daily – he even has a day listed where he ran 25 miles. Through 2012, all but 2 years were over 3000, and through 2016, all were over 2000 (dropped below 2000 in 2017). He had completed over 149,000 miles as 2017 ended.

Jon Sutherland (CA), also tied for 4th place running 2000 or more miles, has the longest daily running streak in the world since Ron Hill (England) retired his streak in January 2017, passing the 49-year mark in May this year. He first ran over 2000 miles in 1968 (age 17), and has been over 2500 all but 6 of those years (1968-2013). He has been under 2000 miles the last 4 years and had covered over 195,100 miles at the close of 2017.

Alex Galbraith (TX) has also run over 2000 miles for 44 years (including 38 years in a row), having first done that at age 17 in 1968. He has been running daily since December 1971, which gives him the 4th longest streak in the world. He has traversed over 114,800 miles up to the end of 2017.

Larry Baldasari (NJ) is the 4th person tied for 4th, running over 2000 for 44 years. He first surpassed 2000 miles in 1973, age 23, and has done so every year since except 2011, when he had some major issues with his back. There have been several years between 2000 and 2500, but he got over 2500 last year, at which time his lifetime mileage total was over 125,600.

<table>
<thead>
<tr>
<th>Number of years 2000-2999 miles</th>
<th>Number of years 3000-3999 miles</th>
<th>Number of years 4000-4999 miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruce Mortenson 58</td>
<td>Steve DeBoer 43</td>
<td>Herb Fred 39</td>
</tr>
<tr>
<td>Steve DeBoer 46</td>
<td>Herb Fred 42</td>
<td>Craig Davidson 33</td>
</tr>
<tr>
<td>Name</td>
<td>Age</td>
<td>Name</td>
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<td>-----------------------</td>
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</tr>
<tr>
<td>Herb Fred</td>
<td>46</td>
<td>Stuart Calderwood</td>
</tr>
<tr>
<td>Stuart Calderwood</td>
<td>44</td>
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<tr>
<td>Jon Sutherland</td>
<td>44</td>
<td>Carolyn Mather*</td>
</tr>
<tr>
<td>Alex Galbraith</td>
<td>44</td>
<td>Reno Stirrat</td>
</tr>
<tr>
<td>Larry Baldasari</td>
<td>44</td>
<td>George Brown</td>
</tr>
<tr>
<td>Raven Kraft</td>
<td>43</td>
<td>Bruce Mortenson</td>
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<td>Don Slusser</td>
<td>43</td>
<td>Paul Driskill*</td>
</tr>
<tr>
<td>Bill Moreland</td>
<td>42</td>
<td>Roger Urbancsik</td>
</tr>
<tr>
<td>Mark Covert</td>
<td>42</td>
<td>Sherry Case</td>
</tr>
<tr>
<td>Matthew Mace</td>
<td>41</td>
<td>Paul Case</td>
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<td>Ken Young</td>
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<td>Bill Shires</td>
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<td>George Brown</td>
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<td>Steve Morrow</td>
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<td>Paul Case</td>
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<td>Scott Ludwig</td>
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<td>Sherry Case</td>
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<td>Barry Abrahams</td>
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<td>Dave Dial</td>
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<td>Dave Dial</td>
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<tr>
<td>Craig Davidson</td>
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<td>Ron Jackson</td>
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<td>Carolyn Mather*</td>
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<td>Jon Sutherland</td>
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<td>Bruce Sherman</td>
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<td>Jim Hage*</td>
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<tr>
<td>Reno Stirrat</td>
<td>39</td>
<td>Jim Pearson</td>
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<tr>
<td>Rick Rayman</td>
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<td>Bob Hensley</td>
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<td>Gary Jones</td>
<td>39</td>
<td>Jim Behr</td>
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<td>Roger Urbancsik</td>
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<td>Scott Ludwig</td>
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<td>Ken Roth</td>
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<td>Jim Pearson</td>
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<td>Rick Rayman</td>
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<td>Gary Jones</td>
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<td>Bob Ray</td>
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<td>Matthew Mace</td>
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<td>Steve Morrow</td>
<td>37</td>
<td>Mike Holsteen</td>
</tr>
<tr>
<td>Name</td>
<td>Age</td>
<td>Name</td>
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<td>------------------</td>
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<tr>
<td>Rick Porter</td>
<td>37</td>
<td>Mark Misch</td>
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<td>Jim Hage*</td>
<td>36</td>
<td>Terrell Worley</td>
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<td>Homer Hastings</td>
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<td>Homer Hastings</td>
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<td>Jack Ankrum</td>
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<td>Mark Covert</td>
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<td>Bob Aby</td>
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<td>Paul Driskill*</td>
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<td>Mike Seaman</td>
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<td>Mike Seaman</td>
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<td>Ken Young</td>
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<td>Craig Snapp</td>
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<td>Larry Baldasari</td>
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<td>Barry Abrahams</td>
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<td>Fred Murolo</td>
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<td>Steve Gathje</td>
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<td>Jerry Caine</td>
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<td>Ron Jackson</td>
<td>34</td>
<td>Barb Latta</td>
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<td>Bill Leibfritz</td>
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<td>Larry Sundberg</td>
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<td>Tim Masters</td>
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<td>Dink Taylor</td>
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<td>Stephen Reed</td>
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<td>Stephen Way</td>
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<td>Jack Ankrum</td>
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<td>Tammy Slusser</td>
<td>33</td>
<td>Steve Gathje</td>
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<td>Brian Casey</td>
<td>32</td>
<td>Rich Holmes</td>
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<td>John Chandler</td>
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<td>Craig Snapp</td>
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<td>Jeff Gould</td>
<td>32</td>
<td>Fred Winkel</td>
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<td>Barbara Latta</td>
<td>32</td>
<td>Brad Kautz</td>
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<td>Bill Stark</td>
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<td>Deb Brassfield</td>
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<tr>
<td>Grant McAllister</td>
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<td>Larry Sundberg</td>
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<td>Paul Ladniak</td>
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<td></td>
</tr>
<tr>
<td>Bob Aby</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>
Grant W and Mark M are only persons currently under age 52 to have run over 2000 miles more than 25 years.

*Daily running streaks have not been registered.

For those who have run over 4000 miles in one year, here is the list that includes their highest mileage years (research put together by Roger Urbancsik):

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Mileage</th>
<th>Year</th>
<th>Notes</th>
</tr>
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<tr>
<td>1</td>
<td>Matthew Schaaf</td>
<td>9,432</td>
<td>2017</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Roger A. Urbancsik</td>
<td>8,170</td>
<td>7/11 - 6/12 (2011: 7,850 miles)</td>
<td></td>
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<tr>
<td>3</td>
<td>Carolyn Mather</td>
<td>7,760</td>
<td>2017</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Herbert L. Fred</td>
<td>7,661.5</td>
<td>1982</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Dallas Robertson</td>
<td>7,511</td>
<td>2016 (1)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Craig A. Davidson</td>
<td>7,400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Jerry Caine</td>
<td>7,234</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Steve Morrow</td>
<td>6,570</td>
<td></td>
<td></td>
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<tr>
<td>9</td>
<td>Mark Covert</td>
<td>6,525</td>
<td>7/71 - 6/72 (1971: 6,342 miles)</td>
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<tr>
<td>10</td>
<td>Dave Dial</td>
<td>6,353</td>
<td>2007</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Don Slusser</td>
<td>6,297</td>
<td>11/79 - 10/80 (1981: 6,263 miles)</td>
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<tr>
<td>12</td>
<td>Jon Sutherland</td>
<td>6,206</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Jim Pearson</td>
<td>6,174.6</td>
<td>1975</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Name</td>
<td>Distance</td>
<td>Year</td>
<td></td>
</tr>
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<td>------</td>
<td></td>
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<tr>
<td>14</td>
<td>Craig B. Snapp</td>
<td>6,017</td>
<td>2011</td>
<td></td>
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<tr>
<td>15</td>
<td>Syl Pascale</td>
<td>5,722</td>
<td></td>
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<tr>
<td>16</td>
<td>Kenneth C. Young</td>
<td>5,468</td>
<td></td>
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<tr>
<td>17</td>
<td>Scott Ludwig</td>
<td>5,402</td>
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<tr>
<td>18</td>
<td>Paul Ladniak</td>
<td>5,400</td>
<td></td>
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<tr>
<td>19</td>
<td>Randy Winanan</td>
<td>5,037</td>
<td>2014</td>
<td></td>
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<tr>
<td>20</td>
<td>Woody Woodburn</td>
<td>5,032</td>
<td>2015</td>
<td></td>
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<td>21</td>
<td>Ronald K. Kallinen</td>
<td>5,025</td>
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<td></td>
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<td>22</td>
<td>Steven Modica</td>
<td>5,015</td>
<td>2013</td>
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<td>23</td>
<td>Frederick L. Murolo</td>
<td>4,758</td>
<td>2010</td>
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<td>24</td>
<td>Michael E. Seaman</td>
<td>4,503</td>
<td>1975</td>
<td></td>
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<tr>
<td>25</td>
<td>Brad Kautz</td>
<td>4,446.6</td>
<td>1995</td>
<td></td>
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<tr>
<td>26</td>
<td>Hal Gensler</td>
<td>4,404</td>
<td>1997</td>
<td></td>
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<tr>
<td>27</td>
<td>Harvey B. Simon</td>
<td>4,361</td>
<td></td>
<td></td>
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<tr>
<td>28</td>
<td>Frank Clarke</td>
<td>4,334</td>
<td>1980 (6,975 km)</td>
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<tr>
<td>29</td>
<td>Terrell Worley</td>
<td>4,184</td>
<td></td>
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<td>30</td>
<td>David L. Hamilton</td>
<td>4,100</td>
<td></td>
<td></td>
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<tr>
<td>31</td>
<td>Paul Case</td>
<td>4,030</td>
<td>2016</td>
<td></td>
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<tr>
<td>32</td>
<td>John Nikolic</td>
<td>4,002</td>
<td></td>
<td></td>
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<tr>
<td>33</td>
<td>Robert C. Ray</td>
<td>4,001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Timothy C. Masters</td>
<td>4,001</td>
<td></td>
<td></td>
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<tr>
<td>35</td>
<td>Stephen Davis</td>
<td>4,000</td>
<td></td>
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</tr>
</tbody>
</table>

(1) Not a streak runner but has over 200,000 miles running lifetime.

PS. I continue to run daily, reaching my 47th anniversary of daily runs 1 mile or longer on June 7th, and my 48th anniversary running daily on July 20th. The latter was an untimed easy 5.5 miles as I “rested” for a 5Km race the next morning, another personal worst road time, outkicked by an 11-year-old, whom I had worked hard to finally catch up to. Afterwards I asked him why he didn’t let me beat him, to which he responded, “I’m competitive!”

PPS. While on vacation, I went to Fergus Falls the morning of July 28th and ran 1-5 miles with ten streak runners who live there or in nearby Detroit Lakes (Stacey Smith). This included all 6 runners in the Thorson family (Mike, Beth and their 4 kids, Oliver, Jenna, Natalie and 8-year-old Lauren). Others involved were Tim & Jen Mathiesen; Jess Knutson (Jess had just finished running a triathlon, winning her age group). For those who have read previous articles I have written for the newsletter, you will know that Fergus Falls has the highest concentration of streak runners of any town in the world with a population over 10,000. The other two (for a total of 11, which works out to 826 daily runners per million population) are Gordy Strickland (who now lives in Rochester, MN) and Craig Davidson (who now lives in Phoenix, AZ). At age 13, Oliver Thorson has already run through a broken foot. Jess Knutson mentioned that with 5 children and starting up a new business, there were 2 ways to deal with the stress – drugs or exercise! Fortunately, she chose to run every day. When people ask him if he might stop running today, Stacey gave the classic answer for those of us who procrastinate – maybe tomorrow.

PPPS. Returning home from vacation, the evening of July 28th, I got the sad news from my Minnesota Twin in streak running, Steve Gathje, that he had to end almost 46 years of daily runs (5th longest ever in the US) on July 27th, due to arthritis in his hip that will require replacement surgery. He is the first American to end a running streak after 45 years, Mark Covert being the previous record-holder at exactly 45 years. I have been writing “Traversing the Tundra” articles for the Streak Association newsletter since 2006 and mentioned my first “run” with Steve in that first article:
Steve Gathje and I (we would have had the #10 and #7 longest streaks at the time) ran a 20km race together in Rochester, Minnesota (he being a native of that city, I transplanted there in 1987), in April 1989. He finished 8th in 1:13:44, while I tied for 9th in 1:13:52. Our combined streaks at that time were about 34 ½ -years total.

At that time, Mark Covert and Jon Sutherland had the longest combined days of daily runs by 2 individuals in the same state (CA), which reached 89 years and 2 months, when Mark “retired” in 2013. Steve & I made it to just under 93 years, a new record that will probably be broken as Jon Sutherland and Charles Lindsey (CA) are at 89 years 11 months, with Alex Galbraith & Bill Anderson (TX) close behind at 88 years 5 months. I feel privileged to have gotten to know this kind, gentle man and wish Steve the very best in this next chapter of his life with wife Laurie, family and friends.

PPPPS. When Mandi Pulls registered her 3 year running streak the end of July, she became the 150th Minnesotan identified who has run at least one mile daily for 365 days or longer!!

Photo from Fergus Fall group run with Steve DeBoer “in front with the 3 Thorson girls. (Beth took the photo from behind).”
Streak Running Survey Results

Thanks to those of you who completed the running streak survey we sent out last fall. The results are summarized below. Your input proved to be very helpful in allowing us to understand the streak phenomenon. We appreciate your help!

Danny Weathers
Andy Poehlman
Associate Professors
Department of Marketing
Clemson University

Respondent demographics
Sample size: N = 305
Gender: Male = 65.9%, Female = 32.5%, Other/no answer = 1.6%
Age: Average = 51.4 years, Minimum = 15 years, Maximum = 84 years
Home state: 45 states represented (most common: Minnesota – 9.8%, California = 8.9%, Texas – 7.9%)

Streak statistics
How many times have you had what you consider to be a running streak?
1 – 70.5%
2 – 18.7%
3 – 6.2%
More than 3 – 4.6%

Do you have an active running streak?
Yes – 93.8%
No – 6.2%

How long is your current streak (or most recent streak)?
Average = 3219 days
Minimum = 7 days
Maximum = 17,363 days

How did this streak begin?
I consciously decided to start the streak from the beginning – 46.2%
I started running with no goal in mind. One day I realized I had a streak and decided to keep it going – 13.8%
I started running with a specific goal in mind (such as to run for 30 straight days), and then I decided to keep the streak going once I reached this goal – 27.5%
Other – 12.5%
How much are you motivated to maintain the streak by...

<table>
<thead>
<tr>
<th></th>
<th>None at all</th>
<th>A little</th>
<th>A moderate amount</th>
<th>A lot</th>
<th>A great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>A specific goal (such as losing weight or preparing for a race)</td>
<td>34.8%</td>
<td>23.3%</td>
<td>22.3%</td>
<td>8.9%</td>
<td>10.8%</td>
</tr>
<tr>
<td>The streak itself</td>
<td>1.6%</td>
<td>4.6%</td>
<td>9.5%</td>
<td>18.4%</td>
<td>65.9%</td>
</tr>
<tr>
<td>Other people</td>
<td>40.7%</td>
<td>27.5%</td>
<td>18.4%</td>
<td>9.5%</td>
<td>3.9%</td>
</tr>
</tbody>
</table>

Estimate the percentage of days during your streak when you thought, “I really don’t want to run today, but I will just to keep the streak alive.”
Average = 14.0%
Minimum = 0%
Maximum = 100%

Have you ever had a running streak that came to an end?
Yes – 33.4%
No – 65.9%

Consider your most recent running streak that ended. Why did it end?
Injury – 38.2%
I chose to end it – 12.7%
Other people persuaded me to end it – 2.0%
I wanted to continue the streak, but other events prevented me from doing so – 15.7%
Other – 38.2%

Consider your most recent running streak that ended. How did you feel when it ended?
Disappointed – 69.6%
Relieved – 9.8%
Angry – 10.8%
Proud – 18.6%
Other – 27.5%

When the streak ended, how did you react?
I wanted to start a new streak as soon as possible – 55.9%
I didn’t run at all for an extended period of time – 15.7%
I continued to run, but not as much as I should have – 12.7%
I continued to run an appropriate amount, just not every day – 26.5%

Other than a daily running streak, have you had any other types of streaks?
Yes – 65.0% (most were exercise related)
No – 35.0%
THEA CERIO

THEA CERIO JOINS USRSA

I finally decided to formally recognize my streak with the group after 523 days. I began running in college to take off the Freshman, Sophomore AND Junior 15. Though I was consistent with exercise in all those years it was never my cardio of choice until after I had my first child.

In 2010, I started running distances longer than 3-miles, ran my first 5K, first 15K and hooked on to my first half marathon and marathon.

At the end of 2016, I was in a running funk. I was doing it, but not joyfully. I decided I needed a new goal, and decided to run at least one mile every day for the upcoming year. When 2017 ended (after running a mile in -25 degrees), I just decided to keep going. I'm currently running 50-60 miles a week, with my eyes set on another marathon in October.

Thea Cerio
Cranston, Rhode Island

JENNIFER RYITER’S STREAK ENDS AFTER 1,258 DAYS

My streak has ended due to long standing back and hip problems. I recently had a new diagnosis on the hip and am receiving treatment. For now, the hip was just too painful to continue.

Jennifer Ryiter
Marysville, Washington

SARA SHARPE’S STREAK ENDS AFTER 880 DAYS

Unfortunately, I broke my ankle running a race up a mountain. I am beyond sad that this streak has to end. But, I will be back at it as soon as I heal. I’ll get that comma one way or another.

Sara Sharpe
Eagle River, Alaska

LEE BERG’S STREAK HITS 18 YEARS

Last summer was the 40th anniversary of my first ‘500 Mile Club’ at Venice High School... so I did at least 5 miles every day (100 days). I continued that for 8 months. Hadn't done that in a while. There were 4 local '40th Anniversary' 5K/10K's in So. Cal. over the last year (Palisades Will Rogers, Manhattan Beach, Venice Christmas Run and Redondo Beach Super Bowl), so I ran all four. I also swam in my 33rd consecutive annual Pier to Pier Swim (2 miles, Hermosa Beach to Manhattan Beach).

Lee Berg
Torrance, California
JEREMY DOODY’S STREAK HITS 17 YEARS

Indeed the streak continues—17 years! The biggest news in my life is I became a father just over 6 weeks ago. It’s been an amazing experience and have been able to find the balance to continue the streak. I had goals of maintaining it through the labor and birth, but wasn't sure if baby boy's timing would agree, as the most important thing was being there for my wife and new son. As luck would have it, the timing was right, my wife had enough family support at one point so told me to go get my shorts and shoes out of the trunk of my car in the parking lot and get it in! I very much appreciate(d) her support throughout all that she's went through but she knows it's important to me.

While my fitness isn’t great as of late, as obvious new priorities taking importance, but still enjoying some shorter runs lately but still trying to stay somewhat competitive on the local Strava segments!

As much as I like to do X miles for X years to usually celebrate, as mentioned before my fitness isn't quite there for that yet. So instead I opted for 17 fartlek pickups/sprints in the middle of my 4 mile run. The sun was out and it was a beautiful and breezy 70° here in mid-Michigan.

Perhaps another thing worth mentioning is that is now a part of my story is that I was diagnosed with Crohn's Disease in the spring of 2015. It was the closest I had been in a long time to calling it quits on the streak due to poor heath reasons and general ongoing and worsening malaise prior to being diagnosed, but in the end I think running helped me feel a little better even on the worst of days. I had quite a few 7-10 mile weeks at one point as I just squeaked by streak-saver as I fought to figure out what was going wrong with my body. In the end the little runs always made me feel at least little better. Although I am not letting it define who I am or what I do, it is very much a part of my story and how many aspects of my lifestyle are determined, as it has been a lot of work to reach and remain in remission. Every day it must be worked on, much like my running streak.

I appreciate the shout-out. The Facebook group is always great motivation and encouragement. It's great to be in such great company.

Jeremy Doody
Howell, Michigan

SARAH MADAIO’S STREAK HITS 3 YEARS

I never would have guessed I would ever run let alone streak run! Streak running is literally one of my best accomplishments and something I take the most self pride in. It has made such a huge difference in my life and I am forever grateful for a streaker friend to get me involved in streaking (Maria Ramirez Gorton).

If you had asked me when I started why I was running, I would have said to lose weight and to exercise. Today I would tell you that it is the best way to start my day with clarity in my thoughts and I begin my run by thinking of at least 10 things I am grateful for.

Over the last year, I have gone from running a 12 minute mile to less than 11 minute mile. While I try not to be too hard on myself for being a turtle, this has been an amazing accomplishment for me!

Sarah Madaio
Parrish, Florida
JOHN KRAJEWSKI
JOINS USRSA

I have been an active runner since I ran my first half marathon in 2007. Since then, I have run 14 marathons and probably just as many official half marathons. In recent years, work travel and parenting has gotten in the way of training for longer races. But, I have discovered since my streak began in March 2017 that one can run a mile pretty easily and in some odd places if it is absolutely necessary.

Since my streak began, I have run at least a mile in eight different countries, at least 12 different states and even two different airports (Note: an airport lounge membership where they have a shower helps a lot in this regard). It has been fun waiting for midnight at times because I would not have any other time the next day or trying to figure out when I can squeeze ten minutes in when I am busy in and out of meetings.

I have been very lucky to stay healthy over this period, and have lost about 20 pounds since I started (still another 20 to go to get to where I was when I was running marathons). I have mixed in some longer runs and could probably run a half-marathon if I had to. I’m looking forward to squeezing that mile in for as long as I stay healthy!

John Krajewski
Lincoln, Nebraska

BRAD GUY’S STREAK HITS 3 YEARS

My run streak is alive and well and I can’t see it retiring any time soon. It’s become my “rock” in my daily life, the constant through the days that I can rely on for strength, de-stress, reflection. Here is an update on my previous year of running!

Over the course of the last year of my run streak had me participating in my first marathon, the Soldier Marathon at Fort Benning, Trail Running through Pine Mountain during a backpacking trip, and paying my respects to Bruce & Brandon Lee during a run in Seattle which took me past where they were laid to rest. One of the many reasons I enjoy my run streak is the opportunity to meet new streakers, visit places, honor people, and keeping in good physical and mental health.

Brad Guy
Opelika, Alabama

DAVE REYNOLDS’ STREAK ENDED IN 2016 AFTER 1,788 DAYS

Sadly my streak ended May 10, 2016, just shy of my 5 year streakaversary. I do plan to start again and when my first anniversary rolls around, you’ll be the first to know.

Dave Reynolds
Sherwood, Arkansas
My runstreak will go on. I use it as base training for my ultrarunning and recovery. It also helps me keep sane during stressful times at work.

When travelling, either privately or through work my runstreak takes me on running adventures. Just this past year I have been running in Copenhagen - Denmark, Gothenburg - Sweden, Madrid and Denia - Spain, Lisbon - Portugal, besides Oslo, Norway my native city.

At least once a week I run to work. Every Friday we are 2-3 women who celebrate the end of the week by running together to work. I find that transportation running is a very effective way of travelling to work and get the training done when my free time is scarce or limited. Morning runs are my favourite.

Tone Killengreen
Oslo, Norway

THOMAS SISULAK’S STREAK HITS A DECADE

"Thank You" for the "Congratulations Email!" I am really looking forward to my Daily Running Workouts for Today and for Tomorrow!

Reaching 10 Years of Daily Consecutive Running Workouts has been a Special Goal for many reasons! I need to "Knock on some Wood" right now however, for Continued Good Fortune, so that my Daily Running Streak will Continue for as long as possible!

As a Cross Country, Gymnastics, Track & Field Coach and Lifelong Competing Athlete, my Daily Running has Very Special Value and Meaning!

I am so Very Pleased to have found your US Running Streak Association! The Positive Feeling and Inspiration from the USRSA is Amazing!

As of right now, my Daily Running Workouts are a minimum of 3miles and the longer Daily Running Workouts range from 10miles to 18miles. I am Training for several upcoming Races, including the Chicago Marathon in October.

Thanks again, for your Positive Encouragement and for the hundreds of hours that you devote to the Daily Streak Runners around the World!

Coach Thomas F. Sisulak
Riverside, Illinois
Dave Max

DAVE MAX BECOMES LIFETIME MEMBER OF SRI/USRSA

My streak is still going, thanks mostly to a very understanding wife who keeps our kids entertained while I sneak away to get a few miles in whenever and wherever we are. I’m approaching 15 years now in a streak that includes 7 moves, 20+ trips to Europe/Asia, 7 marathons, and adding 3 kids to our family. We’re moving to Germany for the next couple years, so I guess that means I’ll have to transfer my membership from USRSA to SRI until we move back to the States (haha!!).

I’m also attaching a photo from a 10K that I ran up in the mountains of NC this past weekend (June 16th).

Dave Max
Wichita Falls, Texas

NATHAN PALMER’S STREAK HITS 2 YEARS

This is wonderful! Nathan's Mom here.......Nathan has continued his streak. He was part of the Track Team at his middle school in the Spring. At a very recent 10K he PRd his time by nearly 12 minutes. This summer he plans to start training for his first Half marathon!

Thanks for including my kiddo! His eyes lit up when I showed him this email. At 13 I am sure you can imagine how proud he is!

Jennifer Palmer
Fredericksburg, Virginia

CHRIS READ’S STREAK HITS 9 YEARS

My streak continues even as I now live in San Francisco (no longer a student; now involved with a tech startup). Based on the list, I have the longest running streak for anyone under the age of 26.

Chris Read
San Francisco, California

SANDRA ORLANDO’S STREAK ENDS AFTER 716 DAYS

Unfortunately, you’re going to have to move me to the retired list. Had a sharp pain in my right knee while out running earlier in the week and had to walk home (never needed to do that, before!) Went to the doctor and he ordered no running for at least 2 to 3 weeks. He is also a physio and and ultra-runner, so I have taken his advice. My last running day was Friday [22 June 2018], which, by my reckoning, was RSD 716.

I'm a bit gutted, but the knee has been troubling me since last summer, so if I had more sense I would probably have rested it long ago!

Sandra Orlando
Bridlington, United Kingdom
Although running is such a part of my life now that I can’t imagine what it was like when I didn’t get out there everyday. The last year has been quite a year for me. A month before my 3-year streak anniversary I got married.

The day after I got back from my honeymoon my husband and I moved to Florida, so this year I’ve done a lot of running in Florida. I can honestly say I’d rather run through the polar vortex than another Florida summer. It’s so hot and humid here!

In addition to moving I had a baby, defended my dissertation, remodeled a house, moved from an apartment to a new house, and now I’m moving again (to Ohio in August). Like I said it’s been quite the year.

There have been so many changes, but running is my constant. It’s the one thing that I do no matter what else I do or where I am that day. One event that had a significant effect on my running was pregnancy and childbirth. I actually enjoyed running through my pregnancy, and I kept a good pace—at 40 weeks I proudly ran an 8 minute mile.

Just like everyday, the morning my son was born I got up and ran. My labor slowly started after my run, and then I was induced that afternoon. My son was born that night at 10:19 pm, and I ran the next evening. It was the most difficult run of my life. I was surprised at how easy it was to run when I was pregnant, and how difficult it was to run after I had the baby. I ran very slowly for about a week, and then I felt like I could pick up the pace. I was only running a mile for a while (about a month), and then I slowly increased my distance and speed. Now I’m back to my regular 3-mile route and feel great!

Happy running!

Susie Strachota
St. Petersburg, Florida

Jay Kammerzell’s streak hits 6 years

I am happy to report my current streak is still intact!

Jay Kammerzell
Everett, Washington
CHRISTINA FURCO’S STREAK HITS 2 YEARS; KEEPS STREAK ALIVE THROUGH BIRTH OF HER DAUGHTER

The streak is going strong. This past year brought so many changes. I got married and had an amazing photographer capture my husband and I running on our wedding day. I also brought a daughter into the world this year. Baby Hadley joined us in April. Streaking during pregnancy and while having contractions is no joke! Mommy and baby did well and the streak lived on. I am now a stroller streaker and baby loves going for runs. Shooting for my comma this year.

We need baby onsies!!

Christina Furco
Queensbury, New York

DANNY WESTFAHL’S STREAK HITS A DECADE

As I reflect on the last decade, I wonder what made me start this streak. As an avid runner, swimmer and triathlete, I always had goals. Finishing marathons, placing in sprint and Olympic distance triathlons, completing an Ironman were all goals that I had prior to The Streak.

Alongside these athletic goals were personal goals as well . . . start a family, provide for them, complete my doctoral degree, and find success in my work as a teacher and school administrator. Finding time to do these things simultaneously was nearly impossible, and doing them well was inconceivable. What I realized I could do, however, was maintain a family, a job, and a running streak all at once.

I woke up on the morning of June 26, 2008 and said, "Today is the day." Ten years later, here I am!

The streak has taken me to three countries, at least fifteen states, the international adoption of our third daughter, the completion of my Ph.D., and the successful transition from first grade classroom teacher to school principal.

I have run in the mountains of Colorado, the monuments of Washington DC, the beaches of Florida and South Carolina, and the Great Wall of China.

I have graduated from running one mile per day to attempting to complete 2000 miles this year.

I have run through three surgeries, a broken collar bone, countless sprained ankles, and zero sicknesses.

Only 5% of these runs have taken place on a treadmill, whereas the remaining 95% have been outside on trails, tracks, sidewalks and roads.

I have run in temperatures as hot as 115 degrees in Wuhan, China, as well as -60 degrees in Milwaukee, Wisconsin.

Most of these runs occur in the early morning, and I have been fortunate to observe the sun come up over the Atlantic Ocean and Lake Michigan, and each time I am struck by the wonder of our earth and the gifts that God has given us. This would not be possible without His guidance, His care, His forgiveness, and the abilities He has given us to glorify His name.

I look forward to what the next ten years will bring, and to read the inspiring stories of the other "streakers" out there!

Danny Westfahl
Menomonie Falls, Wisconsin
BRAD KAUTZ’S STREAK ENDS AFTER 2,721 DAYS

It's 9 PM and i'm not going to run today [email received 28 June 2018], so this streak is over as of yesterday's run, 2721 days. I'm planning to take off until August in order to heal something that is proving to be quite recalcitrant. Hope to check in with a year again in August, 2019.

Thanks for all that you do for the streak running community.

Brad Kautz
Dulce, New Mexico

JAMES UNGER’S STREAK HITS 3 YEARS

Thank you for noting my 3-year milestone. I have run 4,460 miles during the streak with one more run to go tonight to complete the 3rd year. The longer I go with this the more and more amazed I am with the runners that are much higher on the active and retired lists. It takes a little experience in an activity to truly appreciate the accomplishments of those who are the leaders in it.

Wishing everyone the best of luck to keep your streaks going.

Jim Unger
LaGrange, Kentucky

DAVE RABE’S STREAK HITS A DECADE

Still running.

Dave Rabe
Chesterfield, Missouri

PETER GIBSON’S STREAK HITS 5 YEARS

Year five started yesterday [30 June 2018]. I ran a half marathon with my wife and friends in Rye, New Hampshire a month ago and will run the Reach the Beach Ragnar this September.

Peter Gibson
Princeton, New Jersey

CORY BOMBERGER’S STREAK HITS 5 YEARS

My running streak is still going and I look forward to continuing it for quite awhile. I am still living in Portland, OR and am an engineer as listed on your page. I have joined the Oregon Road Runners Club and as part of the club I am participating in 2 things that help keep me going. 1st is a half marathon series which involves 5 or 6 half marathons over the year. The other is the 1200-miles club, where the goal is to run 1200-miles in a year. Last year I met that goal without any problem so this year I set a personal goal of 2000 miles. So on most days I end up running 5 or more miles.

I am not sure what all you include in your newsletter but I figured I could also include why I started my streak. I started the streak 1 year to the day before my wedding as kind of a count down, as the wedding day came and went it was now just part of my life and could not imagine not doing it. Over the last 5 years I have run at all hours of the day, including getting up at 2 or 3 to run before a day of flying/travel to running at 11:45pm after a long day of work or repairs on our house.

Cory Bomberger
Portland, Oregon
Since I last checked in at my 5-year anniversary things have been going well! My little girl is not so little anymore! Now 3½ and keeping mom and dad busy!

Very pleased to report that the running streak is staying strong along with competing in 10-20 races of varying distances and disciplines from 5Ks to triathlons and duathlons every year!

After last completing an IRONMAN in 2012 with my wife Amy, I crossed the IRONMAN Wisconsin finish line last September 2017 in 12 Hours 27 Minutes! I am currently training for the 2018 edition and hope to complete at least 1 each year until I reach 12 finishes!

On the professional side I was blessed to take on a new position with Bellin Health at their new Clinic in Marinette, WI. Using my Master’s Degree in Exercise Physiology from UW-La Crosse (2008) I was able to successfully start a brand new Phase II Cardiac Rehabilitation program where I have the immense opportunity to motivate and guide patients after their heart procedures. I also prep and monitor the Cardiac Stress Tests in the Clinic.

Here’s to many more years of happiness and running! Cheers!

Brian Cleven
Marinette, Wisconsin

DAN MILLER’S STREAK
HITS 5 YEARS

I take pride in all of my runs having been outside, even through some brutal Minnesota winter days. And I remain grateful for the streaks built in baseline of health. Even through those exceedingly busy or stressful times in life at worst I’m going to get out for a run - runners therapy is the best kind! I feel truly blessed to keep streaking!

Dan Miller
Forest Lake, Minnesota

HANJU WANG’S STREAK
HITS 5 YEARS

I was in a rush this morning, but managed to get my run in. I wouldn’t have run if not for streak running!

Hanju Wang
Gurnee, Illinois
Hello again from Johannesburg, South Africa. My streak continues, with four years now completed. I’m looking forward to hitting five years, and making it into the ranks of the “Proficient!”

I had a few injuries this year, so wasn’t able to race much. I still managed a 3h24 marathon in Cape Town.

According to Strava, I covered 3,814 kilometres in the year, which is 10.5 kilometres per day on average. Most of all, I just enjoyed running with friends in the Tyrone Harriers, my social club.

Paul Theron
Johannesburg, South Africa

**Paul Theron’s Streak Hits 4 Years**

I have now put on successfully my 2nd fundraising 5k – ‘MS is BS 5k’ in Long Beach, California. It is both exhausting and rewarding - all the work that goes into the event but great to raise money for a cause I am obviously partial to!

I cannot believe that it has been 4 years! Time sure flies! Keep running friends and THANK YOU for all of the support!

Tammy Roether
Long Beach, California

**William Stark’s New Streak Hits A Year; First Streak Lasted 40 Years**

Friday June 2, 2017 was the last day of my run every day streak that started September 10, 1976. My running streak lasted 14,876 days (40 years, 266 days) and was the ninth longest active running streak in the world when it ended. After 13 days of recovery from hernia surgery, I started the streak I am registering now.

William Stark
St. Louis, Missouri

**Valerie & Michael Perez’s Streaks Hit 5 Years**

Team Perez is still streaking! We didn’t do a great job keeping track of miles this year but managed a few races and some great runs in interesting places including Spain, Germany & Italy. Keep us both on the list, 5 years and going.

Valerie & Michael Perez
Lithia, Florida

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**Paul Theron (front center) with friends**
ANDREW LAUER’S STREAK HITS 7 YEARS

It is hard to believe it has been 7 years since I began my running streak and fortunate to be able to keep it going. This past year has been one of the tougher ones for me in many facets of life. I had to deal with a number of large work issues that have significantly taken time away from my ability to train and take care of health. It has required some travel, mostly international. In addition, I have been dealing with a number of back, hip, and hamstring pain - after seeing a PT specialist for several months, we concluded it was mainly due to stress, sitting for 12-15 hours a day, giving myself very little sleep, and attempting to run hard for 10-15 miles a day.

While I have been forced to dial back on the training, I am starting to get back on track with solid weeks of consistent miles. Through the challenges, the streak kept me motivated to fight through. I certainly didn’t average 10+ miles per day this past year, but have kept it going. I always had the goal in mind to reach 10 years - there is still a very long way to go but glad to have gone through a rough year like this now. I really encourage all of our fellow streak runners to take care of their sleep and make sure it is as important to you as a good meal or drinking water.

Andrew Lauer
Waterville, Ohio

CHUCK GROSETH’S STREAK HITS 36 YEARS

The streak continues at 3:45 AM every morning for 3-5 miles.

Chuck Groseth
Allen, Texas

DIANNE HOLLIDGE’S STREAK ENDS AFTER 614 DAYS

I actually did my last run of my streak on 26th March 2018 - 614 days in the end. I decided to take rest days. Since then I have completed 3 marathons and a 100km race, got a 5k, 10k, half marathon and marathon PB in addition to lots of other runs and races.

I am really glad I did the streak, it definitely built up my general strength.

Dianne Hollidge
Exeter, England, United Kingdom

SUE RUZICKA’S STREAK ENDS AFTER 4,694 DAYS

Wanted to let you know my running streak ended May 15, 2018 due to a number of severe gallbladder attacks and subsequent surgery to remove it. I am back to running 45-50 miles a week but doubt I will begin another streak.

Sue Ruzicka
Harrison City, Pennsylvania

VERONICA RUST’S STREAK HITS 14 YEARS

Veronica is still running strong. She has cut her running miles back a little during the summer to around 100 miles a month since it is about one million degrees here in the desert and she has added riding a stationary bike 5 miles a day in addition to her running. She is eyeing a few long distant races in the fall.

Gary Rust (husband)
Desert Hot Springs, California
**STEPHANIE MERA’S STREAK ENDS AFTER 4,189 DAYS**

After a bizarre freak accident fall, I injured my left sartorius muscle. I tried to keep the streak alive for a few days after the fall, but could barely walk let alone run. For my long term health I decided to end the streak, but I am proud of my 4,189 days of running every day!

Stephanie Mera
Berkeley, California

**MATTHEW SCHAUF’S STREAK HITS 5 YEARS**

No changes to announce, just trying to maintain a consistent string of 100, to slightly over, mile weeks going. I’m nearing the end of Week 87 with a goal of 100-110 of them. Afterwards, plan to dial back even farther and see if I can recapture anymore of the ability to maintain a long string of low to mid 6 min miles like I was able to do prior to all those 200 plus weeks to close out last year.

Matthew Schauf
Menomonie, Wisconsin

**MOLLY CHAMBERS’ STREAK HITS 2 YEARS**

I am starting my final season of high school cross country running, but other than that nothing new is happening in my running life. The streak is still going strong!

Molly Chambers
Cleveland, Ohio

**JAY KAMMERZELL’S STREAK ENDS AFTER 2,223 DAYS**

Regrettably I am reporting the end of another streak. I did go on to your new improved website and posted it there but thought I’d follow up with an email.

I have always told myself I would “not” run if I thought it would do more harm than good and that is how I felt today.

The circumstances: Friday I was sitting on the floor with my one-month old granddaughter. She is our first grandchild and a real sweetheart. I went to stand up while holding her (a bit awkward because her head needs to be supported) my right knee popped and as I went to put weight on the knee I was met with extreme pain. A second later it seemed to pop back. I was able to put weight on it after that.

Yesterday it was sore so I ran only one mile. Today it is visibly swollen and very tender. Much worse. I will take some time off, do the usual, ice, ibuprofen, and elevation.

We’ll see how it goes. I can always start another streak! I have been averaging 2.9 miles per day since the beginning of the year.

This streak lasted from 6-27-2012 through 7-28-2018. I’ve been hoping to surpass 70,000 lifetime miles which will take a couple more years. I hope this will heal quickly.

Thanks again for keeping up the website for us crazy runners who like to run every day.

Jay Kammerzell
Everett, Washington
KATHY CHASE’S STREAK HITS 5 YEARS

I originally started running a streak on January 1, 2012. I actually ran 525 consecutive days and then I crashed on my bike while competing in a triathlon and broke my collarbone. The doctor said I would have to take 12 weeks off from running after my surgery! Of course, that didn’t work for me, I was running again within 5 weeks and I restarted my current streak on August 5, 2013.

Since then, I have run over 6,515 miles. I’ve run outside in temps over 100 degrees and below freezing, I’ve run when I was sick and with injuries, at sunrise and after dark with a headlamp, in the mountains and in the desert, on the beach in Hawaii and in the parking lot of the hotel while traveling! I will use the treadmill, but only if I have no other option!

As every streak runner knows, ‘through weather, injury, illness, and life events, we run everyday.’ Running is part of who I am now and I will keep going as long as I possibly can.

Kathy Chase
La Luz, New Mexico

CHUCK MOREHOUSE’S STREAK HITS 3 YEARS

I run every day. The streak goes on!

Chuck Morehouse
St. Petersburg, Florida

SALLY HARRIS’ STREAK HITS 2 YEARS

Yep! I am still running! 2 years in and sometimes I look forward to my daily run, other times I feel compelled, not sure of how I’d feel if I stopped. This year, so far, has been fairly injury free, hope it stays this way.

Sally Harris
Kinver, United Kingdom

TOM COMER’S STREAK HITS 5 YEARS

Nothing much to update, just another year in the books. I will say this past 12 months have been the toughest of the streak with recurring heel issues and some personal trials. It’s still going strong though.

Tom Comer
Brooklyn, New York

BOB PACK’S STREAK HITS 7 YEARS

I have completed another year. I did (finally) win two races this year: a 2.2mi / 4 beer run and a 10k trail run. I then followed that up with an utter failure of a marathon which lead into “should I stop the streak.” I didn’t. :-(

Bob Pack
Purcellville, Virginia
RICHARD HORVITZ’S
STREAK ENDS
AFTER 1,306 DAYS

I am writing to let you know that after 3 years 6 months and 29 days I was forced to stop running. An extremely painful lower back strain has knocked me out. I was able to manage my run on the 29th hoping it would loosen me enough to continue forward. However it did the opposite and made it worse. So unfortunately the 29th of July was my final run of this streak. Hoping and praying this recovery is quick I will get back out there in the next few weeks. Yesterday was a tough day knowing I couldn't run, but what doesn't kill us makes us stronger, and I will come back stronger and more determined the next time. Thank you for running this organization and the people in it for helping me to realize new goals. Having run an ultra was exciting and it can neve be taken away from me. I know I can go further and longer and I will be determined to come back and show myself I can. Thank you all for inspiration!!!!

Richard Horvitz
Newton, Massachusetts

JOHN WINOWIECKI’S
STREAK HITS 6 YEARS

So happy to have another year in the books. Also excited to begin work on my seventh year running daily with this incredible group.

The consistency continues paying off, and this year I saw a significant improvement in my overall pace. On top of statistical improvements, life lessons keep surfacing as the miles keep stacking up. Lately I’ve been noticing the subtle impacts of running without intensity and purpose. On occasion I’ll find myself running without fervor or clear intent. When I do, I’ll often catch myself suffering from poor form. In other words, I get lazy. In a practical way this awareness reminds me of the importance for us to be intentional in our daily lives.

Aside from running, I’ve seen the ill effects of being careless in different areas of my life. Whether in my work, relationships, personal care, without vision and the intentionality that comes with seeing and accepting purpose, I am incredibly susceptible to living well below my potential.

Concerning running, I certainly don’t expect to race hard and fast everyday. I give myself opportunities to purposefully take it easy on a regular basis. On those days, when I intentionally run more casually, the result is often refreshing. My form doesn’t seem to suffer since I’m being intentional. As in life, we need our down time, our rest. We just need to make sure we’re being intentional about it and taking rest appropriately. If we’re resting when we should be forging ahead, we may be in danger of undermining our progress. Now it’s time to look to the days ahead, with the aim of being more consistently committed and intentional in all things!

John Winowiecki
San Diego, California

RILEY CHIEN’S STREAK
HITS 2 YEARS

Yes I completed two years of my running streak. Just taking it one day at a time. I'm hoping for another fun productive year of running. Best of luck to everyone on their streaks as well.

Riley Chien
Lebanon, New Hampshire
Hello, my name is Eugene. I started running from December 1, 2016. I just love running. At first I ran a little: 10 km, 20 km. Then there was a marathon. The marathon became my favorite distance, several times I ran 100 km. Now I am preparing for a 24-hour race.

My distances are constantly increasing. One day I decided that there was not much to increase the distance, I had to come up with something interesting, and I decided to run every day. First it was hard, but now running has become a habit, I just go out and run. I always run on the street, I never use a treadmill. I run in all kinds of weather, in the rain, in the frost, in the heat. I cannot imagine my life without running.

I'm writing with an interpreter. Edit my story a bit to read it correctly. Thank you.

Evgeny Sirotyuk
Krasnodar, Russia
MATS SODERGREN
JOINS SRI
FROM SWEDEN

I have always been doing some kind of sports. Started with running late, at age of 30 something. The goal was to run 10 km. I ended up running a race over that distance and I was caught. I started to measure everything: pace, distance, altitude, pulse and so on. Next goal half Marathon, did 3-4 races. Have never been that fast guy, but I liked distance. Next a tough Swedish terrain race over 30 km was checked off the list.

In 2005 I ran my first full marathon in Stockholm, did it again three times. Early 2016 the next goal was in Sigth, Swiss Alpine Ultra Marathon in the summer 2017.

In November I got some health problems keeping me from running for over a year. After a time of recovery my wife told me about something she read on internet, runstreak. She showed me a Swedish Facebook page, runstreak2018. So 1th januari 2018 we looked up my old running shoes and I made my first day, very slow and not so pretty.

Since then I kept running every day, about a month ago made my first 10km for one and a half year.

Now I’ve left the watch, pulse meter, and goals at home, running the pace and distance as I feel for that day, and I enjoy every second of it. Looking forward to day 365.

Mats Sodergren
Grimstorp, Sweden

MERCY MUROLO’S NEW STREAK HITS 2 YEARS

I appreciate your note. I would never remember my dates without you & my brother, Fred! If it were not for my injuries I would be at 25 years ~ wild. Lately (although I am 67) I have been running 8-13 miles daily... not certain if I am trying to prove something to myself or just attempting to make my soft flesh harden up a bit and some muscles look more defined.

California is a challenge, as the air is tainted by smoke and particles from one fire or another. Last October we actually evacuated and I ran wearing a mask.

I remember those hard copies of the registry ~ I think there are a few living in my garage. YOU ROCK.

Mercy Murolo,
Santa Rosa, California
JULIE VAN AMERONGEN’S STREAK HITS 3 YEARS

Among the many things I love about streakers and streak running is the constant reminder of consistent daily progress and the opportunity to celebrate milestones together. For me, at the completion of three years of my running streak there’s more to celebrate than having run more days than Forest Gump at this point.

Chief among the reasons I am celebrating is the re-release of my book *Every.Single.Day - Unstoppable Wisdom from a Year of Running*. As many of you have discovered, a relentless daily commitment to something like running exercises not only our bodies but our consistency and dedication muscles and allows us to witness the accumulation of incremental progress towards something greater. In this book, I wrote about my daily runs and what it took to make them happen no matter where I was, what time zone I was in, through sand and snow, sickness and health, eager willingness and the days when I just didn’t feel like it but did it anyway. As streakers come to know, I saw that achieving something like a year of running didn’t have to be complicated or take a lot of time (though sometimes it does) or money (remember, it doesn’t have to!), or an overabundance of talent or experience.

I self-published this book more than a year ago and am now fortunate to have the support of a publisher making the book more widely available. The new edition comes out in August.

If the first year of my running streak was mainly about getting myself out the door no matter what came my way, the second year of the streak was really about running. I ran more than 30 races, joined a cross country team I really had no business being on and completed my first ultra marathon. I took a humbling and humorous look at the adventures of this second year of the streak in a new book entitled *I Can Do Hard Things: How Small Steps Equal Big Impact*.

One of the best things about having written about the streak is the people that have been inspired to take on a commitment of their own. I have heard from readers who have taken on their own challenges, like meditating every day for a year and, of course, the handfuls of friends and friends I’ve yet to meet, who’ve been inspired to take on the streak challenge for themselves to varying degrees of success. Whether you want to admit it or not, we streakers are an inspirational bunch and in a sense, my story is all of our stories. This is what we do. And this thing that we do can really illustrate the power that dedication to a personal practice can have on creating your optimal life.

Of all the things I’m proud of along this journey, I have to give kudos to my teenage son for having completed the first year of his running streak in December. As anyone knows, dedication to a streak can be challenging but possibly none more so than for teenagers for whom life is often unpredictable and with many things calling for their attention. As streakers know, there are so many valuable lessons that can be learned from applying yourself consistently - let alone the fun we have running, and I love seeing these lessons taking hold in his young life. It sure hasn’t hurt his cross-country and track and field seasons one bit either!

At the end of these three plus years I find myself incredibly grateful for this community of streak runners. Thank you all for you modeling fantastic sportsmanship, camaraderie, humor, and support day after day and through all
the running miles - slow and fast, long and short, together and never quite alone in this arena of support.

You can find Every.Single.Day and I Can Do Hard Things now on Amazon. I also post a photo a day of my feet wherever my daily run has taken me on Instagram. You can follow my adventures there on Instagram. Streak on!

Julie van Amerongen
Portland, Oregon

FRANK CLARKE’S STREAK HITS 41 YEARS

I have been fortunate enough to have completed my 41 Consecutive years on the 9th of August. My consecutive days almost came to an untimely end as I had to be admitted to hospital for a bladder operation. Did my usual run in the early morning before being admitted, expecting to be released later in the day - got a little nervous when this did not transpire and I was kept in overnight, the end was insight when my surgeon decided that he was not going to release me and another night’s stay was advisable.

Have not managed 41 years without a missing a day, and being as stubborn as a mule, I finally managed to find a doctor sympathetic to my cause, who promised to sign my release once I had decanted a pint. With this goal in mind, mission accomplished, and after a quick rest at home, went for my trot up the road with my daughter.

Let’s hope the road for the next year remains relatively smooth, which at 82 is not as easy as it was at 42.

Frank Clarke
Kloof, South Africa

NANCY WEST’S STREAK HITS 11 YEARS

Streak is going strong as I approach my 11-year streakaversary tomorrow [email dated 14 August 2018]. It’s been a somewhat challenging year in that I "caved" -- sort of -- by becoming a treadmill runner for the first time in my life last January, but I know that's still valid by USRSA standards. I just never thought I’d do it, since I always considered contending with the weather to be part of the runstreak challenge. But our last New England winter was just too cold, snowy and icy -- and more significantly, we’ve moved recently, not far, but our new neighborhood does not have the empty country roads or nearly unused cul-de-sacs that our previous two addresses had, so it became much harder to get out of the traffic on slippery or snowy days. Running outside became just too hazardous this past winter. So now I mix it up, outside sometimes and treadmill sometimes, but always 3-5 miles, so I still feel good about that.

Other challenges from the past year included a bout of arthritis in one knee which I managed to run through -- it lasted about six weeks last spring but then went away altogether, for now -- and my first colonoscopy, which I also managed to work around. I guess that's one inevitability of a running streak -- the aging process happens right along with it! Nonetheless, the reduction in mileage that I took two years ago when I had posterior tibial tendinitis seems to have cured that problem as well as the sciatica I previously experienced now and then. Thanks for being in touch. Hope all is well with you and your running!

Nancy Shohet West
Carlisle, Massachusetts
KEVIN OLIVER JOINS USRSA

I am Kevin Oliver from Rossville, Indiana. I just turned 50. I started running in 1997 after I was so out of shape I could not run the bases in adult softball without being winded and short of breath. What started as just a mere 300 yard run each day after work, would turn into longer and longer distances.

A few 5K’s races along the way, I finally completed my first half marathon in 2012. I have since completed over 2 dozen half marathons, 2 dozen full marathons, a couple of ultras, and numerous half and full distance triathlons. I qualified for and ran my first Boston in 2016 and every year since.

My streak began with a friend and fellow streaker. I now cannot imagine a day without running. It is a great source of pride, full of great stories, memories, and accomplishments.

Kevin Oliver
Rossville, Indiana

ANGELA SHERPRO’S STREAK HITS 4 YEARS

I cannot believe it’s been 4yrs! Looking back I remember when I was trying to make a full year and was afraid of not making it! Look at me now! 4yrs!! Within the last year I have made a job change and became a Head Start Teacher. I have realized that running before work is beneficial before tackling a day with children of all needs. I also got married! Everyone at the wedding kept saying, “Please tell me you did not keep your streak!” Boy were they shocked when I said I got up early on my wedding day to make sure I got my mile in :) This next year there are some changes coming and I hope to be able to continue my streak! Time will tell :)

Angela Shepro (Schingeck)
Menominee, Michigan

BRUCE MORTENSEN’S STREAK HITS 7 YEARS

Yes, my streak is still going! As of this morning I am at 1517 miles for the year with the goal of hitting 2000 miles for the year. Happy to still be able to run as so many of my former friends and teammates are having health issues that prevent them from running. I am especially sad that Steve Gathje who I coached when he was in high school has had to end his streak.

Bruce Mortensen
Minnetonka, Minnesota

PAUL TEMPLE’S STREAK HITS 5 YEARS

The streak is still going strong.

Paul Temple
Germantown, Tennessee
SAM JOHNSTON’S STREAK HITS 41 YEARS

Has the Struggle begun?

Year 41 is in the bag and now on to what is next. While I hope 42 is looming out there over the horizon it might be a tough slog. I had a close call this spring and I am now proceeding one day at a time. What in the world happened to a body that had never let me down. Something that is probably not surprising.

As I was finishing my run on the morning of 9 April, I started to do a little sprint that I always do at the end. Two steps into it my left knee screamed and brought me to a screeching halt. I had been experiencing some peculiar twinges in it for a while but they all seemed benign. I have had little annoyances at times with different body parts over the years but they would always go away. However, this felt a bit more serious.

I hobbled home and told my wife that my running might be over. I had made peace with that decision on the walk home and was ready to accept what 10 April would bring. The next morning, I went out and took two steps and the pain was excruciating. Yes, it seemed my streak was over.

Enter my friend, Pete. I have a neighbor who first told be about the USRSA and he is on the USRSA retired list with over 20 years. Every time I see Pete he always asks the same question. “Is the streak alive?” I have always told him he will be one of the first to know when it is over. He is an ultra-distance runner and when I contacted him to give him the bad news he was in North Carolina having just finished the Umstead 100 race that had been held that weekend. He replied back that he was flying home that afternoon and not to do anything until I saw him. When he arrived, he insisted that we go out and he would run with me. Did I mention that Pete can be unrelenting? I guess I am glad he is. I finally agreed to give it a go and he ran with me in his street clothes on a very hot, muggy April afternoon. I made it for 1.125 miles. The next morning I went out and did 1.25 miles. After that I settled in for a 2.5 mile run a each day. So the streak is alive!

Now for the bad news. I saw a sport orthopedic doctor and after an examination and an MRI he said those words we all dread; bone on bone. However, he said that with some cortisone and if I would not be too ambitious with my runs, I might last a couple of more years. I’ll take it.

I have settled into running 1.3 miles a day (2K) and the walking 3.7 miles to give me an even 5 miles a day. I may bump my run to 1.5 miles and walk to 3.5 miles, but I am going to hold my OCD in check. I plan to keep on keeping on for as long as I can.

Yes, I will miss strapping on the Asics and wondering wherever my feet would take me, but it will be worth the sacrifice if I can keep my old friend, running, in my life for a little longer. I know I can give it up when I must, but I hope I can put it off for a while. I think that with streak runners fortitude and foolishness are entwined like magnetism and electricity are in a beam of light and they alternately keep pushing the other one forward. Foolishness finally redeemed.

Good wishes for a healthy year for all USRSA members. Remember to alternate your feet when you run. It helps.

Sam Johnston
Naples, Florida
Oh well, it was for the best anyway as after achieving my highest yearly total miles last year, I injured my knee one night by hyper-extending it which led to a real long recovery but while that was recovering, I developed plantar fasciitis in the base of the heel on both feet. The level of pain each morning was directly related to the number of miles run the previous day, and as I reduced my daily mileage down to 1-2, I started noticing the pain was twice as bad on days I ran 2 miles as when I ran just 1. So, struggling to run pain free for just one mile a day has not been fun the past 8 months.

I want to go back to running 15 milers but the heel pain just won't let me. I will be taking a 1-2 weeks off from running and then slowly ease my way back in. I need to start loving to run again and not doing it only to maintain a streak and enduring pain every day. Good luck to you all and I will be back sooner than you think.

David Kwong
Bolton, Massachusetts

JAMES FREISS’ STREAK HITS 600 DAYS

This craziness all started in December 2016. 600 days hitting the trails or pavement in a row as of today. 3,988 miles (6.65 per day) and counting! Been an interesting experience. The 600 days has also encompassed the completion of Vermont and Zion 100s plus 50-mile tuneups with a few North Face and the New Jersey Trail series races.

James Freiss
Blue Point, New York
SRI/USRSA SINGLETS, 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.
September 1, 2018

THE COVERTS (45+ years)
1  Jon Sutherland  05-26-1969  West Hills, CA, 67  Writer
2  Jim Pearson    02-16-1970  Marysville, WA, 74  College Track Coach
3  Stephen W. DeBoer 06-07-1971  Rochester, MN, 63  Dietitian
4  Alex T. Galbraith 12-22-1971  Houston, TX, 67  Attorney

THE LEGENDS (40+ years)
5  Richard Westbrook 12-29-1973  Jonesboro, GA, 71  Teacher/Coach
6  Robert R. Kraft  01-01-1975  Miami Beach, FL, 67  Songwriter
7  James Behr      03-19-1975  Trinity, FL, 70  Educator
8  Bill Anderson   09-27-1976  Fort Worth, TX, 73  Retired
9  John Liepa      01-02-1977  West Des Moines, IA, 73  Professor-retired
10 Bill Robertson  02-08-1977  Ashland, MA, 65  Systems Analyst
11 William J. Benton 04-23-1977  Farmington Hills, MI, 68  Accountant
12 Brian Casey     05-09-1977  Paramus, NJ, 60  Finance Manager
13 Samuel F. Johnston 08-26-1977  Naples, FL, 76  Retired
14 Rick Porter     12-03-1977  Decatur, GA, 65  Developer
15 John T. Carlson 12-26-1977  Indianapolis, IN, 64  Classroom Teacher
16 Timothy C. Masters 12-28-1977  Dearborn, MI, 68  Sales
17 Timothy P. Woodbridge 03-05-1978  Allentown, PA, 61  Banker
18 Bruce A. Sherman, Ph.D. 05-16-1978  Shaker Heights, OH, 63  Fitness Entrepreneur

THE GRAND MASTERS (35+ years)
19 Charles E. Lindsey 10-16-1978  Canyon Country, CA, 67  Retired Educator
20 John C. Roemer, IV 11-01-1978  Parkton, MD, 58  Consultant
21 Craig A. Davidson 11-05-1978  Phoenix, AZ, 64  Retail/Coach
22 Scott Ludwig    11-30-1978  Senoia, GA, 63  Retired
23 Jon Kraulovic   01-01-1979  Delanson, NY, 72  Retired Football Coach
24 Benjamin M. Freed 12-12-1979  Clarion, PA, 71  Retired College Teacher
25 S. Mark Courtney 12-20-1979  Grove City, PA, 62  Physician Assistant
26 Layne C. Party  01-01-1980  Townson, MD, 58  Manager
27 Lois Bastien    04-18-1980  Pinellas Park, FL, 81  Retired
28 Leslie J. Shoop 04-28-1980  Sarver, PA, 70  Retired
29 Ed Goff        08-13-1980  Bradenton, FL, 74  Retired
30 Ward D. Crutchler 12-26-1980  Muncie, IN, 79  Retired
31 George G. Brown 01-06-1981  Richlands, VA, 66  School Principal
33 John R. Chandler 08-09-1981  Whitefish Bay, WI, 63  Financial Planner
34 Ben Dillow     08-20-1981  Redlands, CA, 78  Retired
35 Bill Leibfritz 12-03-1981  Midland, MI, 62  Professor
36 Frederick L. Murolo 12-30-1981  Cheshire, CT, 61  Attorney
37 Scott D. Snyder 12-31-1981  Littleton, CO, 63  Emergency Physician
38 Michael G. Sklar 01-20-1982  Dunwoody, GA, 75  Professor
39 John L. Tillman 03-05-1982  Palm Coast, FL, 69  Business Owner
40 Charles Groseth 06-30-1982  Allen, TX, 60  Chief Operating Officer
41 Grant McAllister 08-28-1982  Atlanta, GA, 55  Sales Manager
42 Gary Rust      07-03-1983  Desert Hot Springs, CA, 71  Investigator
43 David Melissas 07-20-1983  Marietta, GA, 58  IT Project Manager
44 Allen A Colonna 08-05-1983  BABYLON, NY, 74  Retired

THE MASTERS (30+ years)
45 Barbara S. Latta 12-05-1983  Raleigh, NC, 77  Retired
46 Sue S. Favor    12-20-1984  Los Angeles, CA, 51  Teacher/Coach
47 Joseph Raffa    12-26-1984  Manlius, NY, 67  V.P. & G.M.
48 Leonard Bruckman 02-10-1985  Granite Bay, CA, 71  Consultant
49 Milton Magness  09-22-1985  Houston, TX, 65  Psychologist
50 Matthew M. Mace 09-29-1985  Amm, MD, 58  Attorney
51 Kenneth D. Brown 11-10-1985  Huntington, WV, 69  Farmer/Coach
52 Judy Mick      11-20-1985  ROANOKE, VA, 60  Business Owner
HIGHLY SKILLED (20+ years)

53 Ralph McKinney 01-01-1986 Wilmington, DE, 73 Consultant
54 Roger A. Urbancsk 02-01-1986 Marina Del Rey, CA, 61 Consultant
55 Ronald N. Dennis 06-29-1986 Marshall, TX, 73 Attorney
56 Bill Shires 1 0-1986 Charlotte, NC, 53 Software Architect
57 Stuart X. Calderwood 01-21-1987 New York, NY, 60 Writer
58 Timothy Bailey 05-17-1987 Owingsville, KY, 60 XC & Track Coach
59 Robert E Nash 06-18-1987 Olney, IL, 71 Physician
60 Michael L. Holstein 01-31-1988 Ridgevale, MO, 70 Retired
61 Tom Allen 05-21-1988 Upper Montclair, NJ, 66 Consultant
62 George M. Church 07-30-1988 Cockeyville, MD, 71 Attorney

THE DOMINATORS (25+ years)

63 Kip L. Williamson 01-01-1989 Saugus, MA, 60 Engineering Manager
64 John H. Wallace, Jr. 12-31-1989 Ishpeming, MI, 67 Photographer
65 John H. Wallace, III 12-31-1989 East Lansing, MI, 42 E-commerce Specialist
66 Mark Washburne 12-31-1989 Mendham, NJ, 62 Professor
67 Richard J. Wright 08-03-1990 Pittsburgh, PA, 67 Track & Cross Country Coach
68 John Wooff 09-01-1990 Spotsylvania, VA, 67 Banker
69 Jerry Caine 10-02-1990 Santa Rosa, CA, 68 HS History Teacher
70 Daniel Pereira 11-05-1990 Portland, OR, 60 Self-Employed
71 John L. Faz 12-26-1990 Lincoln, NE, 65 Marine GySgt ( R )
72 Jeff L. Morgan 12-30-1990 Reston, VA, 62 IT Trainer
73 Robert J. Landrum 01-01-1991 San Jose, CA, 68 Zoologist
74 Jamie Parks 01-29-1992 Tinley Park, IL, 56 Mailman
75 K. Tucker Andersen 02-06-1992 Warren, CT, 76 Consultant
76 Gabrielle Cohen 11-10-1992 Petrolia, CA, 55 Administrative Director
77 Brent Burmaster 03-13-1993 Dallas, TX, 62 Homeless Shelter Director

WELL VERSED (15+ years)

97 Rick Wallis 12-12-1998 Port Orange, FL, 60 Courier
98 Lauren Estilow Siegel 10-15-1999 Elkins Park, PA, 58 Lover of life
99 Phillip Hawley, Jr. 10-23-1999 Zionsville, IN, 33 Financial Manager
100 Steve Scales 11-06-1999 Lake Leelanau, MI, 58 Sales Executive
101 Peter Briggeman 11-22-1999 Manchester, CT, 60 Mechanic
102 Barry W. Britton 11-27-1999 Roscoe, IL, 67 Hospital Chaplain
103 Christina Richards 05-05-2000 Longview, WA, 68 Registered Nurse
104 Diane Shumway 05-27-2000 Provo, UT, 63 Retired
105 Lee Berg 06-02-2000 Torrance, CA, 58 Business Development
106 Ronald W. Shealy 04-01-2001 Lexington, SC, 72 Retired
107 Jeremy Doody 06-04-2001 Howell, MI, 34 Clinical Information Analyst
108 Kevin Rison 09-14-2001 Windermere, FL, 47 Department of Homeland Security
109 Jim Merritt 10-29-2001 Buford, GA, 70 Retired
110 Marti Bell 12-27-2001 Thomasville, NC, 63 Professor
111 Harry Warren 12-27-2001 Whiteville, NC, 66 Museum Director
112 Joseph R. Morris 12-28-2001 Glade Spring, VA, 71 Optometrist
113 Ralph Edwards 04-07-2002 Des Moines, IA, 71 Assistant Principal
114 Drew Rogers 04-08-2002 Gainesville, GA, 58 Teacher
115 Karl Olson 04-12-2002 San Francisco, CA, 65 Lawyer
116 Elizebeth Eshelman Miron 09-21-2002 Columbia City, IN, 32 Yoga Teacher
117 Chuck Myers 01-01-2003 Indianapolis, IN, 43 Accountant
118 Vincent Attanucci 01-08-2003 The Woodlands, TX, 65 Engineer
119 Dan ("Digger") C Carlson 02-03-2003 White Bear Lake, MN, 56 Technologist
120 Woody Woodburn 07-07-2003 Ventura, CA, 58 Writer
121 Matthew Schauf 07-26-2003 Menomonie, WI, 39 CC/TF Coach
122 Cori Brindle 08-02-2003 Mechanicsburg, PA, 37 Social Worker
123 Carmen Baxter 08-11-2003 Fairfield, CA, 37 Physician
124 David Max 08-28-2003 Wichita Falls, TX, 42 Pilot

EXPERIENCED (10+ years)

125 Matthew Carpenter 11-19-2003 Morenci, MI, 41 Teacher
127 Patrick V. Bergquist 12-31-2003 Medical Lake, WA, 45 Triathlete
128 Kenny Booth 05-03-2004 Kirkland, WA, 41 Land Planner
129 Neil Scott 06-02-2004 Seattle, WA, 72 Sports Reporter
130 Mark Bonney 06-12-2004 The Woodlands, TX, 47 Finance
131 Veronica V. Rust 07-22-2004 Desert Hot Springs, CA, 38 General Manager
132 Robbie McLeod 08-29-2004 Bishopville, SC, 63 YMCA
133 Christine Fanske 09-21-2004 Cottonwood, MN, 43 Teacher
134 Nancy L. Harmon 01-01-2005 Berwick, PA, 59 Fitness Director
135 Daniel P O'Keefe 02-17-2005 Newtown, NJ, 53 School Principal
136 Francis Garrow 04-24-2005 Proctor, VT, 63 Federal Railroad Inspector
137 Craig Osln 05-23-2005 Mora, MN, 64 Business Owner
138 Timothy J. Eshelman 07-24-2005 Roanoke, IN, 58 Sales
139 Peter T. Eshelman 07-27-2005 Columbia City, IN, 65 Insurance
140 Lawrence Dooley 08-25-2005 Grapevine, TX, 67 Health Care Sales
141 D. Scott Cyphers 09-29-2005 D. San Diego, CA, 57 Software Engineer
142 Mark Misch 09-26-2005 Colorado Springs, CO, 45 XC & T&F Coach
143 Todd Kelleher 01-01-2006 Hilliard, OH, 51 Environmental Scientist
144 Tony Kelly 03-17-2006 Lake Oswego, OR, 51 Real Estate
145 Kara Greer 06-25-2006 Nashville, TN, 52 Engineer
146 Scott J. Palm 09-09-2006 Darmshem, NY, 54 Army Civilian
147 Jay A Harris 11-13-2006 Romeo, MI, 57 Construction
148 Eric Arnet 12-10-2006 Greensboro, PA, 47 Deputy Warden
149 Patrick A. Dunigan 12-12-2006 Ponte Vedra Beach, FL, 51
150 Heather Plummer 12-15-2006 Dallas, TX, 27 Teacher
151 Dave Nelson 12-15-2006 Houston, TX, 53 Waste Industry
152 Tyler Renn 12-29-2006 Cheyenne, WY, 28 Attorney
153 Heidi Manfred 01-01-2007 Altoona, PA, 37 Pediatric Mobile Therapist
154 Bill Street 02-10-2007 Tucson, AZ, 50 Computer Consultant
155 Paul Wichmann 03-05-2007 Minneapolis, MN, 37 Sound Engineer
156 Grant Elison 03-17-2007 Denver, CO, 35 CPA
157 David Kisel 03-18-2007 Lake Bluff, IL, 55 Marketing
158 Denise Eberhardt 05-04-2007 Yorkville, IL, 51 Marketing Research
159 Corey A. Escue 07-15-2007 Chicago, IL, 45 Missionary
160 Nancy S. West 08-15-2007 Carlisle, MA, 51 Journalist
161 Kevin Brunson 10-06-2007 Reno, NV, 59 Insurance Agent
162 Everett Doffernyre 10-06-2007 Atlanta, GA, 69 Attorney
163 Dave Dial 11-11-2007 Groveton, TX, 58 Cattle Ranch Foreman
164 Ellen S. Rinnoc 11-03-2007 Wausau, WI, 64 Teacher
165 Nicolas Caperna 11-09-2007 Lutherville, MD, 38 Business Owner
166 Jeff Rushall 11-19-2007 Flagstaff, AZ, 57 mathematician
167 Diana Nelson 11-23-2007 Dixon, IL, 71 Clerk
168 Timothy L. Hardy 12-13-2007 Marietta, NY, 57 Soldier
169 David Edward Emmert 12-15-2007 Amherst, VA, 28 Teacher
170 Brian P. Jones 12-18-2007 Baton Rouge, LA, 50 Medical Doctor
171 Jill P. Jones 12-24-2007 Baton Rouge, LA, 46 Occupational Therapist
172 Ronald Kmiec 12-28-2007 Carlisle, MA, 75 Concert Pianist
173 Kevin Slagle 12-28-2007 Erie, PA, 37 Mail Carrier Server
174 Jeff Donahue 12-31-2007 Melrose, MA, 47 Accountant
175 John Devereaux 01-01-2008 Hudson, MA, 51 Infrastructure Engineer
176 Scott Hendren 01-01-2008 St. Joseph, IL, 52 Healthcare
177 Michael Hoff 01-01-2008 Santa Barbara, CA, 65 Accountant
178 Susan Schultz 01-03-2008 Timonium, MD, 54 Project Manager
179 Joe Call 01-07-2008 Charleston, SC, 39 H.S. Football Coach
180 Preston Giet 01-07-2008 Summerville, SC, 38 Teacher/Coach
<table>
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<tr>
<th>Name</th>
<th>Date</th>
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<tr>
<td>Robert L. Hill</td>
<td>01-12-2008</td>
<td>Bella Vista, AR, 57</td>
<td>Teacher, 3,881 days</td>
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<td>Katie Carter</td>
<td>01-15-2008</td>
<td>Geneva, OH, 44</td>
<td>Mom/Coach/Teacher</td>
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<tr>
<td>John L. King</td>
<td>01-21-2008</td>
<td>Naples, FL, 67</td>
<td>Consultant</td>
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<td>Zach Steele</td>
<td>03-16-2008</td>
<td>Des Moines, IA, 33</td>
<td>Non-profit</td>
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<td>Davey Cable</td>
<td>04-27-2008</td>
<td>Lakeside, AZ, 28</td>
<td>Student</td>
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<td>Michael Ernst</td>
<td>06-22-2008</td>
<td>Laramie, WY, 54</td>
<td>Support Staff</td>
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<td>Thomas Frank Sisulak</td>
<td>06-23-2008</td>
<td>Riverside, IL, 71</td>
<td>Teacher Coach</td>
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<tr>
<td>Daniel H Westfall</td>
<td>06-26-2008</td>
<td>Menomonie Falls, WI, 47</td>
<td>Educational Administration</td>
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<tr>
<td>Graig R. DeGroot</td>
<td>07-01-2008</td>
<td>New York, NY, 47</td>
<td>Writer</td>
</tr>
<tr>
<td>Dave Rabie</td>
<td>07-02-2008</td>
<td>Chesterfield, MO, 58</td>
<td>Treasurer</td>
</tr>
<tr>
<td>Richard Grady</td>
<td>08-20-2008</td>
<td>Battle Creek, MI, 45</td>
<td>Homemaker</td>
</tr>
<tr>
<td>Nicholas A. Martinez</td>
<td>08-26-2008</td>
<td>Claremont, CA, 51</td>
<td>Police Officer</td>
</tr>
</tbody>
</table>

**PROFICIENT (5+ years):**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Address</th>
<th>Occupation</th>
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</thead>
<tbody>
<tr>
<td>Kevin H. Rapp</td>
<td>09-06-2008</td>
<td>Washington, DC, 35</td>
<td>Government Relations</td>
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<tr>
<td>Bruce D. Shenfield</td>
<td>09-21-2008</td>
<td>Tampa, FL, 74</td>
<td>Project Manager</td>
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<tr>
<td>Mary Ellen Davis</td>
<td>11-16-2008</td>
<td>Williamsburg, VA, 62</td>
<td>Librarian</td>
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<tr>
<td>Susan C. Mindock</td>
<td>11-27-2008</td>
<td>Playa del Rey, CA, 59</td>
<td>Aerospace Engineer</td>
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<tr>
<td>Charlie Hart</td>
<td>11-29-2008</td>
<td>Noblesville, IN, 46</td>
<td>Teacher</td>
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<td>Michael J. Murphy</td>
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<td>Wyalusing, PA, 44</td>
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<tr>
<td>Elliott J. Friedman</td>
<td>12-05-2008</td>
<td>Englewood, NJ, 36</td>
<td>Banker</td>
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<tr>
<td>Carla Fishel Herbig</td>
<td>12-22-2008</td>
<td>Fredericksburg, TX, 58</td>
<td>Registered Nurse</td>
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<tr>
<td>Keith Osborne</td>
<td>12-23-2008</td>
<td>Scottsdale, AZ, 64</td>
<td>Physician</td>
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<td>John W. Danielson</td>
<td>12-24-2008</td>
<td>Wauwatosa, WI, 55</td>
<td>Sales Representative</td>
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<td>Chad Hutchison</td>
<td>12-24-2008</td>
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<td>Susan Crabtree</td>
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<td>Instructional Tech</td>
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<td>Benjamin Emmons</td>
<td>12-26-2008</td>
<td>Springfield, VA, 41</td>
<td>Pastor</td>
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<td>Eric V. Love</td>
<td>12-27-2008</td>
<td>Eure, CO, 52</td>
<td>Attorney</td>
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<td>Angela Chabot</td>
<td>12-29-2008</td>
<td>Ashburnham, MA, 43</td>
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<td>Michael L. Johnston</td>
<td>12-29-2008</td>
<td>Portland, OR, 57</td>
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<td>John Anderson</td>
<td>01-01-2009</td>
<td>Palo Alto, CA, 72</td>
<td>Car Dealer</td>
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<td>Matthew Fisher</td>
<td>01-01-2009</td>
<td>Austin, TX, 39</td>
<td>Software Engineer</td>
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<tr>
<td>Paula Harkin</td>
<td>01-01-2009</td>
<td>Portland, OR, 53</td>
<td>Race Organizer</td>
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<td>Erin E. Stevens</td>
<td>01-01-2009</td>
<td>Billings, MT, 39</td>
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<td>Kenny Miller</td>
<td>01-08-2009</td>
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<td>Nicholas P. Reyes</td>
<td>01-18-2009</td>
<td>Wernersville, PA, 34</td>
<td>Athletic Trainer</td>
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<td>Shelley R Cook</td>
<td>01-21-2009</td>
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<td>Vincent J. King</td>
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<td>Solon, OH, 60</td>
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<td>David Haase</td>
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<td>Murdock, MN, 39</td>
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<td>William Moreland</td>
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<td>Mitch Kronenfeld</td>
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<td>Queens Village, NY, 67</td>
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<td>Rodger Kram</td>
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<td>Professor</td>
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<td>Thomas R. Watkins, Jr.</td>
<td>05-27-2009</td>
<td>Virginia Beach, VA, 66</td>
<td>Real Estate Broker/Atty</td>
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<td>Karen J. Wallace</td>
<td>06-10-2009</td>
<td>Ishpeming, MI, 63</td>
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<td>Christopher Read</td>
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<td>Braxton Forville</td>
<td>06-30-2009</td>
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<td>Carroll L. Wright</td>
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<td>Harrah, OK, 49</td>
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<td>Skylar Glandon</td>
<td>08-20-2009</td>
<td>Kearney, NE, 28</td>
<td>Retailer</td>
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<td>Bradley Blazynski</td>
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<td>Theresa Mazzaro-Flora</td>
<td>09-09-2009</td>
<td>Mt. Kisco, NY, 56</td>
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<td>Ken Johnson</td>
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<td>U. S. Army Retired</td>
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<td>Jayson Meyer</td>
<td>10-22-2009</td>
<td>Indianapolis, IN, 38</td>
<td>Graphic Designer</td>
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<td>Mark Jasper</td>
<td>10-24-2009</td>
<td>Menominee, MI, 40</td>
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<td>Barry S. Sackett</td>
<td>11-04-2009</td>
<td>Okoboji, IA, 49</td>
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<td>Paul Case</td>
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<td>Amie Kreppe</td>
<td>12-01-2009</td>
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<td>Professor</td>
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<td>Jeffrey Shumway</td>
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<td>Professor</td>
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<td>Jamie Hopkins</td>
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<td>Bryn Mawr, PA, 33</td>
<td>Professor</td>
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<td>Robert S. Wardem</td>
<td>01-01-2010</td>
<td>Centerville, TN, 38</td>
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<td>Wade Baker</td>
<td>01-01-2010</td>
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<td>Healthcare Administrator</td>
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<td>Shana Brown</td>
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<td>Greg Dawson</td>
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<td>Navy</td>
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<td>Ezra Hallam</td>
<td>01-01-2010</td>
<td>North Liberty, IA, 39</td>
<td>Physician</td>
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<td>Bob Sonsara</td>
<td>01-01-2010</td>
<td>Jackson, MI, 66</td>
<td>Real Estate Broker</td>
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<td>Patrick Wylie</td>
<td>01-27-2010</td>
<td>Deerfield, IL, 26</td>
<td>Musician</td>
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<td>Paul Case</td>
<td>02-10-2010</td>
<td>Medfield, MA, 57</td>
<td>Marketing</td>
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<td>Jeff Gould</td>
<td>02-28-2010</td>
<td>Gardner, MA, 53</td>
<td>Electrician</td>
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<tr>
<td>Adam Marcus</td>
<td>03-20-2010</td>
<td>Montclair, NJ, 49</td>
<td>Journalist</td>
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<tr>
<td>Dave Wooley</td>
<td>03-23-2010</td>
<td>Lakewood, OH, 40</td>
<td>Project Manager</td>
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</table>
Steve Bickford 12-05-2012 Huntsville, TX, 57 Safety Officer
Christopher Marfa Malenab 12-10-2012 Sacramento, CA, 38
Patrick T. Ferry 02-20-2012 Mequon, WI, 59 University President
Bryan Leigh Harris 12-20-2012 Eaton Rapids, MI, 53 Automotive Engineer
Michael Stegura, Jr. 12-21-2012 Philadelphia, PA, 27 Consultant
Donna J Freeman 12-24-2012 Huntsville, TX, 44 Teacher
Paul Christian 12-25-2012 Rochester, MN, 68 Journalist
Kandice Thompson 12-25-2012 Round Rock, TX, 41 HR/Operations Manager
Bo Grist 12-25-2012 Charlottesville, VA, 51 Ecommerce
Michael Ehrenfeucht 12-26-2012 Westminster, CO, 44 Accountant
Jared Murphy 12-26-2012 South Glens Falls, NY, 41 School Bus Driver
Benjamin Leadholm Griffin 12-28-2012 Pittsfield, MA, 32 Teacher
Matt Henslee 12-30-2012 Mayhill, NM, 34 Pastor
Patrick L Green 12-31-2012 Belmont, NC, 46
Mike Orrico 12-31-2012 St. Charles, MO, 39 Banker
Diantha Velasquez 12-31-2012 Dexter, NY, 51 Teacher
Conrad Watson 12-31-2012 Wind Lake, WI, 27 Investigator
Mark P. Garcia 01-01-2013 Chicago, IL, 33 Buyer
Rob Hansen 01-01-2013 Riversida, CA, 42 Deputy Sheriff
Jessica Higgins 01-01-2013 Pfaftown, NC, 40 Teacher
Emily Hopkins 01-01-2013 Boise, ID, 32 Training Content Specialist
Patricia Montana 01-01-2013 Hampton, NH, 61 Sales Associate
Basim Nasr 01-01-2013 Bend, OR, 45 Project Manager
Vicki Newton 01-01-2013 Bolivar, MO, 46 Teacher/Coach
Brittany Broderick 01-01-2013 Canandagua, NY, 33 Mental Health Counselor
Caitlin Schultz 01-03-2013 Timonium, MD, 30 Elementary Educator
Jeremy Duehring 01-07-2013 Arlington, VA, 41 U.S. Navy
Harold W Gilstrap 02-01-2013 Keystone Heights, FL, 62 Business Owner
Joel Andrade 02-02-2013 , UNK, 44 Forensic Social Work
Dan Chasteen 02-02-2013 Snyder, TX, 49 Chiropractor
Patrick Ryon Fariss 02-22-2013 Patrick George, TX, 40 Sales
Ann Davenport 03-01-2013 Minneapolis, MN, 42
DeWayne Key 03-19-2013 Moulton, AL, 70 Retired Educator
Diane Washburne 03-21-2013 Mendham, NJ, 55 Marketing Executive
Shaun M. Brennan 03-23-2013 Memphis, TN, 56 St. Jude Childrens Research Hospital
Eric M Nickels 04-01-2013 Los Angeles, CA, 31 Physician
Scott Carter 04-08-2013 Columbia, TN, 50 Shipping Clerk
William Fell 04-13-2013 Baton Rouge, LA, 33 Attorney
Falunai T. Zeilas 05-05-2013 Covington, GA, 52 Teacher
Emily Osinski 05-06-2013 Sugar Land, TX, 34 Violinist
John Mayan 05-12-2013 Westminster, MD, 59 Electrical Engineer
Jeff Lanns 05-13-2013 South Saint Paul, MN, 35 Chemist
Peggy Hubbard 05-16-2013 Los Alamos, NM, 61 retired
Brian Flaspohler 05-25-2013 Manhattan Beach, CA, 51 Retired Engineer
Sadie-jo Kobussen 05-26-2013 Woodbury, MN, 44 Teacher’s Aide
Sarah Miller 05-27-2013 Des Moines, IA, 41 Business Analyst
Jay Marshall 06-01-2013 Richmond, IL, 52 Teacher
Laurie D Roberts 06-01-2013 Meridian, ID, 54 teacher
Jeff Crume 06-14-2013 Raleigh, NC, 56 IT Security Architect
Michael Perez 06-15-2013 Newport, NC, 46 Marine Pilot
Valerie Perez 06-15-2013 Newport, NC, 46 Teacher
Tracy Johnson 06-21-2013 Eureka, CA, 46 Mom
Conor Huntington 06-21-2013 Huntington Beach, CA, 17 Student
Nolan Walt 06-21-2013 Huntington Beach, CA, 14 Student
Cory Carl Bomberger 06-28-2013 Portland, OR, 29 Engineer
Hanju Wang 06-29-2013 Gumes, IL, 54 Nurse Practitioner
Tammy Jones 07-01-2013 Miami Beach, FL, 45 Teacher
Daniel Miller 07-04-2013 Forest Lake, MN, 38 Banker
Elaina Wild 07-07-2013 Saint Louis Park, MN, 31
Jared J Pullis 07-07-2013 Wyoming, MN, 36
Jon Offredo 07-18-2013 Worthington, OH, 49 Wine Importer
Bethann Wolfe 07-18-2013 Bayville, NY, 45 Professor
Thomas Comer 07-28-2013 Brooklyn, NY, 57 Retired
Kathy Chase 08-05-2013 La Luz, NM, 58 Zoo Support Facility Asst.
Andrew Olson 08-13-2013 Ave Maria, OR, 31 Graduate Student
Paul Temple 08-22-2013 Germantown, TN, 50 Business Owner
Eric Thompson 08-26-2013 Bismarck, ND, 48 M.D.
Vern Weisensel, Jr. 08-26-2013 Onalaska, WI, 37 Bar Manager
Gregory Heid 08-27-2013 Baltimore, MD, 33 Teacher
Lisa Kerns 08-30-2013 Cary, NC, 53
### NEOPHYTES (1-5 years)

**458** Richard D Jones 09-13-2013 Ames, IA, 71 Retired

**459** Matthew Gerety 09-17-2013 Charleston, SC, 31 Pilot

**460** Michelle Marx 09-22-2013 League City, TX, 45 Homeschooling Mom

**461** Brett Johnson 10-01-2013 Eureka, CA, 50 Engineer

**462** Tracey McKibben 10-07-2013 Dayton, OH, 48 Technical Writer

**463** Sharmene Syversen 10-17-2013 Brighton, MI, 48 Engineer

**464** Susan MH Tyrrell 10-29-2013 Lawton, OK, 48 professor

**465** Lindsey E Martin 11-01-2013 Salem, OR, 63 Commercial Real Estate Broker

**466** Kristen Kinnear-Ohlmann 11-02-2013 Bloomington, MN, 42

**467** Thomas LaPlante 11-10-2013 Fiskdale, MA, 46 Sales

**468** Mary Ellen Chardavoyne 11-11-2013 Glenmont, NY, 58 Teaching Assistant

**469** Katherine Jones 11-14-2013 Las Vegas, NV, 30 Stay-At-Home Mom

**470** Noel R Shafer 11-18-2013 Peru, IN, 50 Small business

**471** Jeremy Murphy 11-19-2013 Lincoln, NE, 50 Self Employed

**472** David Ricken 11-22-2013 Golden, IL, 68 Retired

**473** Bill Jordan 11-23-2013 Blacklick, OH, 46 Attorney

**474** Kristin Rutkowski 11-25-2013 Bethlehem, PA, 42

**475** Janna Chernetz-Taylor 11-26-2013 Scotch Plains, NJ, 42 Attorney

**476** Sylvia Russell 11-26-2013 Highlands Ranch, CO, 52 Manager

**477** Gerard Fehling 11-27-2013 Mendham, NJ, 42 IT Executive

**478** Christine Folchi 11-27-2013 Montgomery, NY, 46 Self Employed

**479** Kinan Howard 11-27-2013 Mineral Springs, AR, 57 Supervisor

**480** Travis Tekiele 11-28-2013 Marshall, MI, 27 Admission Counselor

**481** Joy Chiong 11-28-2013 Forked River, NJ, 40 Physical Therapist

**482** Jay Eiteljorge 11-28-2013 Fishers, IN, 44 Customer Service Rep

**483** Erika Kimball 11-28-2013 Portland, OR, 43 Professor

**484** Penelope McCormick 11-28-2013 St. Germain, WI, 71 Retired Teacher

**486** Teresa Roche 11-28-2013 Grants Pass, OR, 51 Graphic Design

**487** Lisa Stevenson 11-28-2013 State College, PA, 43 Psychology Instructor

**488** Jimmy Wilson 11-28-2013 Florence, SC, 53 Bank Loan Officer

**489** Robert Magner 11-29-2013 Littleton, MA, 69 Consultant

**490** Steve Daniel Allen 11-30-2013 Huntsville, TX, 46 IT Professional

**491** Robin Lentine 11-30-2013 Plymouth, MN, 19 Student

**492** John Hartenburg 12-01-2013 Perrysburg, OH, 47 Self Employed

**493** Morgan O'Brien, III 12-07-2013 Fairfax, VA, 38 Diplomat

**494** Robert Harris 12-08-2013 Lake Forest, CA, 58 Real Estate Appraiser

**495** Christopher Bosken 12-12-2013 Cary, NC, 38 Product Manager

**496** Randy Edward Winanen 12-21-2013 Iron, MN, 63 Retired

**498** Augusta Kirk 12-25-2013 Prior Lake, MN, 44 HR Director

**499** John Ogden, Jr. 12-25-2013 Cedaredge, CO, 51 Media Services Coordinator

**500** Jamie Rheum 12-25-2013 Marion, IL, 57 Educator

**501** Steven Q. Riddick 12-28-2013 Woodstock, GA, 41 Project Manager

**502** David Perry 12-29-2013 Harwinton, CT, 37

**503** Mike Baggett 12-31-2013 Decatur, IL, 36

**504** Marc Owen 01-01-2014 Lake Forest, CA, 44

**505** Karl Davenport 01-01-2014 Loveland, OH, 63 Retired

**506** Scot DeDeo 01-01-2014 Belmont, MA, 38 Software Engineer

**507** Scott Donaldson 01-01-2014 Fort Worth, TX, 39 Coordinator

**508** Jason Finger 01-01-2014 Cottonwood, AZ, 47 Physical Therapist

**509** Dana Leigh Formon 01-01-2014 Huntsville, TX, 30 Graduate Research Asst.

**510** Steve Gurdk 01-01-2014 Springfield, VA, 62 Retired Detective

**511** Chris Kato 01-01-2014 Kalamazoo, MI, 31 Teacher/VC Coach

**512** Samuel Kovach-Orr 01-01-2014 Metuchen, NJ, 27 Student

**513** Sara McElhenny 01-01-2014 Cambridge, MA, 22 Research Coordinator

**514** Olivia Medina 01-01-2014 Albuquerque, NM, 35 Control Room Operator

**515** William Rowley, III 01-01-2014 New York, NY, 51 Internet Executive

**516** Heather Kolbo 01-02-2014 Portland, OR, 36 Artist/Entrepreneur

**517** Kara Lavaux 01-06-2014 Penn Yan, NY, 29 Guidance Counselor

**518** Brooks Cone 01-09-2014 Highlands Ranch, CO, 44 Health Inspector

**519** Rachel Barnhill 01-13-2014 San Diego, CA, 16 Student

**520** Anna Laura Shelton 01-19-2014 Phoenix, AZ, 47 Judicial Officer

**521** Theresa Leeds 02-01-2014 Las Vegas, NV, 46 Wife/Mom Realtor

**522** Frederick Fye 02-14-2014 Columbia, MO, 58 Auto Damage Appraiser

**523** Keith Jordan Shockley 02-15-2014 Manitowoc, WI, 27 Accounting Specialist

**524** Kaitlin Wright 03-01-2014 Blowing Rock, NC, 29 Banker/Gym Owner

**525** Randall Buikema 03-08-2014 Fulton, IL, 59 HR Director

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60
<table>
<thead>
<tr>
<th>Name</th>
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<td>Jennifer Anderson</td>
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<td>Lauren Horner</td>
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61
Josh Foor 10-26-2014 Lafayette, IN, 34 US Army Career Counselor
Jose Medina 10-29-2014 Pembroke Pines, FL, 49 Owner Mining-Export Co.
David Dudley 11-06-2014 Plymouth, CT, 67 Consultant
Jenna Heller 11-13-2014 Phoenix, AZ, 30 Dietitian
Käri Knutson 11-22-2014 Madison, WI, 46 Writer
Timothy Durbin 11-24-2014 Aptos, CA, 35 VP Strategy
Natham Adams 11-25-2014 Miami Shores, FL, 34 Pastor
Sherri Schultz 11-25-2014 Cologne, MN, 52 Paramedic
Ruth Beveridge 11-26-2014 Lynchburg, VA, 39 Professor
Sarah Wood 11-26-2014 Denver, PA, 46 Veterans Affairs
Kristy Brock 11-27-2014 Xenia, OH, 37 RN manager
Jonathan Arnold 11-27-2014 Issaquah, WA, 49 Stay-At-Home Dad
Staci Jones 11-27-2014 New Market, MD, 46 Nonprofit Director
Matt Ryerson 11-27-2014 Cleveland, TN, 47 Nonprofit Admin.
Kristen Rae Sigman 11-27-2014 Pikeville, NC, 32 Domesticated Engineer
Christine Crooke 11-28-2014 Downingtown, PA, 60 Teacher
Ady Schuchman 11-30-2014 Galveston, TX, 35 Physician
Harald Tomesch 12-14-2014 Bayside, WI, 62 Professor
Vanessa Antoine 12-21-2014 Forney, TX, 39 Coach
Harvey Lewis 12-22-2014 Cincinnati, OH, 42 H.S. Social Studies Teacher
John Woody 12-22-2014 Goodyear, AZ, 48 Teacher/Coach
Melissa Heiser 12-23-2014 Auburn, NH, 44 HR Manager
Robert Buikema 12-24-2014 Holland, MI, 45
Justin Knapp 12-26-2014 Overland Park, 12-26-2014, KS, 37 Pharmacy Technician
Crystal Shawn Clark 12-28-2014 Mesa, AZ, 41 CRNA
Andreas Stresemann 12-28-2014 Riverdale, NY, 59 Architect
Teresa S Amundson 12-29-2014 Woodbridge, VA, 47 Attorney
Samuel Engelman 12-30-2014 Brooklyn, NY, 43 Tech
Breanna N Barnett 12-31-2014 Midland, MI, 30 teacher
Michael Bagazineski 12-31-2014 Chicago, IL, 48 Banking
Natalie Bronson 12-31-2014 Rockford, IL, 42 Homeschooling Parent
Paul Kimer 12-31-2014 Hinckley, OH, 71 Attorney
Craig Kuglar 12-31-2014 Atlanta, GA, 44 Attorney
Kevin W Oliver 12-31-2014 Rossville, IN, 50 Electrical Specialist
Kyle David Seibert 12-31-2014 Bay City, MI, 38
Mark A Russell 01-01-2015 Sea Ranch Lakes, FL, 62 Chief Financial Officer
Ryan Patrick Finnegan 01-01-2015 Ormond Beach, FL, 35 Attorney
Katie Pridemore 01-01-2015 Orlando, FL, 37 Math Professor
Andrew Duschman 01-01-2015 Rutherford, NJ, 49 Homeschooling parent
Dana Cady Blumberg 01-01-2015 Green Valley, AZ, 59 Teacher
Amy Brock-Hon 01-01-2015 Signal Mountain, TN, 42 Professor
Ann Chen 01-01-2015 Dallas, TX, 41 Optometrist
Jenni Keagbine 01-01-2015 Portland, OR, 54 Manager
Eugene Chen 01-01-2015 Dallas, TX, 41 Optometrist
Tim DeSantis 01-01-2015 Boise, ID, 56 Counselor/Therapist
Jennifer Emtih 01-01-2015 Phoenix, AZ, 47 Registered Nurse
Kristen Foote 01-01-2015 Ipswich, MA, 49 Clinical Research Supervisor
Rich & A Glass 01-01-2015 DALLAS, TX, 54 Attorney
Maria Ramirez Gorton 01-01-2015 Newport News, VA, 47 Veterinarian
Chris Harrison 01-01-2015 Paradise Valley, AZ, 54 Home Builder
Jonathan Jennings 01-01-2015 Southampton, NY, 55 Golf Course Superintendent
Eric Linn 01-01-2015 Pittsburgh, PA, 62 Consultant
Andy Johnson 01-01-2015 Dayton, MN, 45 DBA
John McDonnell 01-01-2015 Boston, MA, 56 Managing Director
Teresa Morris 01-01-2015 San Antonio, TX, 57 Self-Employed
Bret Nelson 01-01-2015 Hutto, TX, 40 Manufacturing Estimator
Ray Ortmann 01-01-2015 Chanhassen, MN, 57 Clergy
Alexandra Sevillano 01-01-2015 Clearwater, FL, 37 Lawyer
Justin Wenzelman 01-01-2015 Dubuque, IA, 38 Insurance
Laustin Woods 01-01-2015 Phoenix, AZ, 45 Accountant
Kevin Wool 01-01-2015 Quincy, MA, 59 Territory Sales
Jim Woolam 01-01-2015 Fort Myers, FL, 86 Retired
Matthew D Verley 01-01-2015 Greenville, SC, 33 Bank Manager
Derek A Wagner 01-01-2015 Chesapeake, VA, 49 Attorney
Scott Howard 01-01-2015 Manalapan, NJ, 50 Administrative Patent Judge
Christopher B Dowd 01-04-2015 Hoboken, NJ, 40 Compliance Manager
Christopher Swensson 01-04-2015 Cheyenne, WY, 40 USAF Emergency Manager
Volodymyr Kelman 01-05-2015 Hallandale Beach, FL, 29
Matthew Kane 01-05-2015 Tonawanda, NY, 51 Engineer
Matthew Lohmeyer 01-05-2015 Lynchburg, VA, 39 Building Resolution
Michelle Corbett 07-04-2015 Rancho Santa Margarita, CA, 36 Social Worker
Elizabeth Storey 07-04-2015 Corona, CA, 44 Mom
Jodi Silberg 07-09-2015 Newberg, OR, 43 Photographer
Adrien Friggeri 07-11-2015 New York, NY, 32
Lon Fland, Jr. 07-17-2015 Lancaster, PA, 45 Factory
David Metraux 07-21-2015 Newton, MA, 39 Director of Enterprise Applications
Kathleen M. Maloney 07-23-2015 Wilton, CT, 51 Professional Counselor
Rosa Maria Ghosh 07-26-2015 Dupont, WA, 34 RN
Jackson Stemle 07-27-2015 Buena Park, CA, 7 Student
John A. Brackney 07-29-2015 Centennial, CO, 52 Director of Public Policy
Yamil Romero Cedeno 07-28-2015 Clarksville, TN, 38 Student
Joyce Weber 08-01-2015 Atmore, AL, 40 Mom
Michael Lett 08-09-2015 Farmington Hills, MI, 26 Nurse
Earl Wacker 08-15-2015 Crown Point, IN, 65 Executive
Lisa Dawn Florack 08-19-2015 Durham, NC, 44 Sr. Project Manager - Construction
John A Griswold 08-20-2015 Laurel, MD, 55 Insurance
Jeff Thomas 08-27-2015 Fort Mitchell, KY, 55 Software Developer
David Hacek 09-07-2015 Albany, OR, 54 Transportation Coordinator
Debi Lowery 09-08-2015 Greer, SC, 43
Scott Lowery 09-08-2015 Greer, SC, 43
Donald Bennett 09-26-2015 Cleveland, TN, 65 Minister
Annette Rapp 09-27-2015 Santee, CA, 62 Information Systems Analyst
Paul Russo 10-02-2015 BROOKLYN, NY, 52 Software
Christopher Herman 10-04-2015 Avon, NY, 39 Retail Operations Manager
David Paul Theisen 10-04-2015 Brooklyn Park, MN, 50 Teacher
Gerard Eldering 10-11-2015 Oak Hill, VA, 55 Entrepreneur
Bridget Fox 10-17-2015 Takoma Park, MD, 49 Content Manager
Katze Wojnowski 10-20-2015 San Leandro, CA, 40 Management
Angela Bless 10-26-2015 Champlin, MN, 43 Parent Involvement Specialists
John Nelson 10-28-2015 Kasson, MN, 30 Banking
Betsey Goering 10-30-2015 Wichita, KS, 43 Teacher/Coach
Anthony Carlton Pangle 10-31-2015 Stephens City, VA, 46 Principal
Elizabeth Gilman 11-01-2015 Byron, MN, 38 Physician
Valor Foy Jones 11-02-2015 Newport News, VA, 55
Danielle Meyers 11-03-2015 Kingsbury, TX, 29 Tower Lighting Technician
Christie Jacobs 11-05-2015 Lewisburg, TN, 43 Director of Medical Records
Matthew Montain 11-11-2015 Centerville, MN, 33 Agricultural Consultant
Jeff Nolz 11-11-2015 Concord, NC, 43 Process Technician
Miller 11-13-2015 Altoona, IA, 43 IT System Admin Senior
Zak Novitske 11-18-2015 Kettering, OH, 34 U.S. Army
Leslie Anne Dupuy 11-19-2015 Conroe, TX, 53 HR
Christopher Chadwick 11-25-2015 Reno, NV, 37 Tutoring Specialist
Anna Axelsson 11-26-2015 Detroit, MI, 32
Amy Jensen 11-26-2015 Gretna, NE, 49 Office Administrator
Ellen Kendall 11-26-2015 St. Louis Park, MN, 51 Business Analyst
Eryn Sinclair 11-26-2015 Fanwood, NJ, 40 Recreation Therapist
Taylor Brauss 11-28-2015 Seattle, WA, 38 filmmaker
Dustin Krystowski 11-30-2015 Sheboygan, WI, 35 Clergy
Melissa M Heenan 12-01-2015 Lovettsville, VA, 36 Teacher
Joshua Moulthrop 12-04-2015 Escondido, CA, 44 Property Inspector
Rick Schulz 12-05-2015 Coarsegold, CA, 70 Retired Police Officer
Melissa B Macke 12-13-2015 Fort Thomas, KY, 39 Report Analyst
Carter Benge 12-16-2015 Fayetteville, NC, 26 Divinity Student
Brian Orth 12-18-2015 Boise, ID, 39 Software Engineer
Toni Orth 12-18-2015 Boise, ID, 39 Compliance Coordinator
Charles D. Thomas 12-24-2015 Portage, MI, 46 Psychotherapist
Stacey Dunn 12-24-2015 Polo, MT, 37 Biologist
Rodney Walker 12-24-2015 Cocoa, FL, 54 Retired
Kim Rooster Rossiter 12-25-2015 Virginia Beach, VA, 42 US Marine
Joan Helena Lynagh 12-25-2015 Mountainside, NJ, 44 Nurse
Jess K Knutson 12-26-2015 Fergus Falls, MN, 38
Larry J Wilson 12-27-2015 Little Rock, AR, 50 Software Engineer
Jason Hotzapfel 12-27-2015 Wellston, OH, 42
Josh A Buehler 12-28-2015 Madison, WI, 28 Physician
Adam M Trifiro 12-29-2015 Cleveland Heights, OH, 33 School Administrator
Cindy Sullivan 12-30-2015 Guilford, CT, 37 Accountant
Jessica M Caldwell 12-30-2015 Walnut, MS, 36 Home maker
Charles McGechie, II 12-31-2015 Tulsa, OK, 35 Quality Analyst
Pete Russo 12-31-2015 Evanston, IL, 62 Art Teacher
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<td>Columbus, IN, 42</td>
<td>Teacher</td>
</tr>
<tr>
<td>Jean Berkemeyer</td>
<td>10-27-2016</td>
<td>Mason, OH, 49</td>
<td>Homemaker</td>
</tr>
<tr>
<td>Crystalene R Modica</td>
<td>10-28-2016</td>
<td>Round Rock, TX, 30</td>
<td>Executive Assistant</td>
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<tr>
<td>Eric Corey Duncan</td>
<td>11-10-2016</td>
<td>Riverdale, GA, 49</td>
<td>U.S. Navy (RET)</td>
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<td>Heather Hyten</td>
<td>11-14-2016</td>
<td>Cleveland, TN, 39</td>
<td>Professor</td>
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<td>Jason D Davis</td>
<td>11-19-2016</td>
<td>Indianapolis, IN, 29</td>
<td>Teacher</td>
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<td>Kristina F Gonzalez</td>
<td>11-19-2016</td>
<td>Princeton, NJ, 36</td>
<td>College dean</td>
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<tr>
<td>Paul D Reich</td>
<td>11-20-2016</td>
<td>Winter Park, FL, 44</td>
<td>Professor</td>
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<td>Elizabeth Devine</td>
<td>11-22-2016</td>
<td>Shutesbury, MA, 38</td>
<td>Registered Dietitian</td>
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<td>Andy Swanson</td>
<td>11-22-2016</td>
<td>Machesney Park, IL, 26</td>
<td>Fitness Specialist</td>
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<td>Tandy R Wilson</td>
<td>11-23-2016</td>
<td>Northridge, CA, 53</td>
<td>Artist</td>
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<td>Carrie Chisholm</td>
<td>11-24-2016</td>
<td>Pittsburgh, PA, 40</td>
<td>Marketing</td>
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<td>April Crimmins</td>
<td>11-24-2016</td>
<td>Casa Grande, AZ, 51</td>
<td>Fitness Instructor</td>
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<td>Nicole R Ingraham</td>
<td>11-24-2016</td>
<td>Navarre, FL, 39</td>
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<td>John Ambrose</td>
<td>11-24-2016</td>
<td>New Brighton, MN, 39</td>
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<td>Dustin R Krueger</td>
<td>11-24-2016</td>
<td>SANFORD, NC, 38</td>
<td>USAF</td>
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<td>Olivia Christensen</td>
<td>11-24-2016</td>
<td>Lime Springs, IA, 38</td>
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<td>Spencer Christensen</td>
<td>11-24-2016</td>
<td>Lime Springs, IA, 9</td>
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<td>Richard Parker-Scantlon</td>
<td>11-24-2016</td>
<td>Rockford, IL, 40</td>
<td>Non-Profit Executive Director</td>
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<tr>
<td>Jeanette Westrup</td>
<td>11-24-2016</td>
<td>O Fallon, MO, 37</td>
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<td>Allisondra Nietering</td>
<td>11-24-2016</td>
<td>Valparaiso, IN, 26</td>
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<tr>
<td>Chad A Blakey</td>
<td>11-24-2016</td>
<td>Nixa, MO, 32</td>
<td>Accountant</td>
</tr>
</tbody>
</table>
Wayne B Roberts 01-01-2017 Sandusky, MI, 70 retired PE Instructor and XCTrack Coach
Michael Suchan 01-01-2017 Cape Coral, FL, 42
Julie Janelliewski 01-01-2017 Gray, ME, 50 Housewife
Randolph A Welch 01-01-2017 Enterprise, AL, 55 Pilot
Karlin E Warner 01-01-2017 Lincoln, NE, 33 Organic Certification
Thea Cerio 01-01-2017 Cranston, RI, 41
Tony Cooper 01-01-2017 Suwanee, GA, 34 IT
Jack L Setser 01-01-2017 Wichita, KS, 18
Kim A Case 01-01-2017 Richfield, MN, 56 nurse
Ramon Mario Medina, Jr 01-01-2017 New York, NY, 48 Dog Runner
Marylou Cayetano TheImo 01-01-2017 Toms River, NJ, 53
Paul Zavadil 01-01-2017 Montgomery, NY, 40
Neil Binette 01-01-2017 Dover, NH, 43 Therapist
Josh Strub 01-01-2017 Allentown, PA, 47 manager
Carissa Donahoo 01-02-2017 Lakewood, CO, 24 Social Worker
Wendy E Morgan 01-03-2017 Waycross, GA, 37 Human Resources
Tom A Mittelstaedt 01-03-2017 Chicago, IL, 27 Accountant
Kass L Gregory 01-08-2017 Carbondale, IL, 39 Healthcare
Amy L Sautter 01-13-2017 Yuma, AZ, 38 USPS
Stephanie G Daniels 01-15-2017 Boswell, PA, 46 Homemaker
Ryan Steele Raposo 01-18-2017 Miami, FL, 35 Track & Field Cross Country Coach
Blake Reinke 01-23-2017 Lakewood, OH, 25 Engineer
Mike Rhinehart 01-25-2017 Carmel, IN, 35
Thad Childs, Jr. 01-26-2017 Gray, GA, 71
Eleanor A Beason 01-31-2017 Lindenwood, NJ, 62 Clerk
Sarah M Cureton 02-02-2017 Bealeton, VA, 34 Teacher
Jeffery J Berkmeyer 02-05-2017 Mason, OH, 48
Steve H. Way 02-07-2017 Walnut Creek, CA, 68 Business Owner
Tim Nicklas 02-14-2017 Elizabethtown, PA, 44
Sarah Lynn Woods 02-14-2017 Phoenix, AZ, 44 Advertising
Doug Suer 02-15-2017 Edina, MN, 67 retired
Matthew Craig Schleder 02-21-2017 Raleigh, NC, 23 Software Engineer
Gordy S Strickland 02-25-2017 Rochester, MN, 71
Ruth E Oelrich 02-27-2017 Martin, TN, 42 School Counselor
Kristyn Brozowski 03-01-2017 Selkirk, NY, 37 Teacher
Karl Polivka 03-01-2017 Wenatchee, WA, 47 Scientist
John B. Davis 03-03-2017 Desoto, TX, 75 Consultant
John A Krajewski 03-03-2017 Lincoln, NE, 48 Engineer
Tom A Mittelstaedt 03-10-2017 Portland, OR, 44 Sales Manager
Matthew Weber 03-11-2017 Fenton, MI, 51 Engineer
Holly K Mathieu 03-13-2017 Crooks, SD, 44 Counselor
Leah Brown 03-14-2017 Portland, OR, 31 Vet tech
Jeff W Zeha 03-15-2017 Fishers, IN, 37 IT
Emily E Harris 03-15-2017 Baltimore, MD, 28
Keith Decker 03-17-2017 Exeter, NH, 52
Thomas F. McDow, IV 04-01-2017 Rock Hill, SC, 76 Lawyer
Greg Redeker 04-01-2017 Mesa, AZ, 65
Mike Goldsmith 04-09-2017 Clarksburg, WV, 43 Outside sales
Dan Ertman 04-12-2017 Libertyville, IL, 38
Scott Allan Nelsen 04-17-2017 North Mankato, MN, 37 Banker
Bobby Razzq 04-21-2017 Rolling Meadows, IL, 34 Sales
Robert L Heil 04-22-2017 Austin, TX, 54 City Planner
Brigette Gauthier 04-24-2017 Mountain View, CA, 53
Steve Schwabach 04-25-2017 Fort Thomas, KY, 50 Construction
Michelle Billings Kindor 04-29-2017 Dallas, TX, 46 Executive Director of Non-Profit
Gene Edward Mitchell 05-01-2017 Pensacola, FL, 49 Attorney
Karen A Trittisch 05-01-2017 Pensacola, FL, 45 Teacher
Wm T Donahoo 05-02-2017 Gainesville, FL, 55 Physician
Spencer L Briggs 05-02-2017 Albuquerque, NM, 42
Kyle L Fitzgerrel 05-02-2017 Chattanooga, TN, 32
Melody Diehl 05-06-2017 High Springs, FL, 28 Business Administration Specialist
Yovanna Loran Leiva 05-12-2017 Phoenix, AZ, 49 Licensed Professional Counselor
Kalin C Carr 05-27-2017 Marquette, MI, 9
Teresa A Fassel 05-29-2017 Somers Point, NJ, 65 Sales
Adam W McClure 05-29-2017 Casper, WY, 39
Official International Active Running Streak List
As Certified to the Streak Runners International
1 September 2018

THE LEGENDS (40+ years)

1  Frank Clarke  10-08-1977  Kloof, ZA, 81  Retired

THE GRAND MASTERS (35+ years)

2  Rick Rayman  10-12-1978  Ontario, CA, 71  Dentist & Professor

THE DOMINATORS (25+ years)

3  Tyler Brett Forkes  01-01-1991  Ontario, CA, 54  Alumni Exec. Director
4  Jim Taylor  02-01-1993  Stirling, GB, 63  Alumni Exec. Director
EXPERIENCED (10+ years)

5 Douglas Dixon 23-05-2004 Minden, CA, 67 Retired
6 Paul W Smith 01-01-2007 Durham, GB, 55 Local Govt Officer
7 Steve Bayliss 03-11-2007 Auckland, NZ, 51 Marketing
8 Daniel Schnyder 09-06-2008 Zofingen, CH, 50

PROFICIENT (5+ years)

9 Christopher White 08-12-2008 Toronto, CA, 38 Sales Performance Mgr.
10 Paul A Foster 01-01-2009 Sunderland, GB, 57 Retired Headteacher
11 Alastair J Russell 01-01-2009 Edinburgh, GB, 54 Company Director
12 Peter Nieman 16-12-2009 Calgary, CA, 62 Pediatrician
13 Michael Weber 31-12-2009 Stuttgart, DE, 60 pensioner
14 Joel Benton 01-01-2011 Bepton, GB, 47 Video Games Agent
15 Andrew Fletcher 01-06-2011 Knutsford, GB, 50
16 Mark V Satyr 31-07-2011 Calgary, CA, 37
17 Lutz Balshuweit 02-01-2012 Wermelskirchen, DE, 52
18 Christopher Hancock 04-05-2012 North Vancouver, CA, 45 People Leader
19 Tom Blenerhasset 19-06-2012 Kildare, IE, 51 I.T. Manager
20 Vanessa Oshima 11-09-2012 Minato-ku, JP, 48
21 Mairead Blenerhasset 01-10-2012 Kildare, IE, 49 Baker/Confectioner
22 Leanne Brown 19-10-2012 Christchurch, NZ, 51 Mother/Teacher
23 Gary Whorwood 31-12-2012 Auckland, NZ, 45 Accountant
24 Adam Freeman 19-05-2013 Ludham, GB, 46
25 Colin Young 09-08-2013 Hamilton, NZ, 46
26 Michael Kernahan 10-08-2013 Melbourne, AU, 22

NEOPHYES (1-5 years)

27 Ellen Westfelt 04-09-2013 Vallentuna, SE, 40 Founder Pace on Earth
28 Gillian Selman 17-10-2013 Bromley, GB, 45 Nurse
29 Brian Andres 12-11-2013 London, GB, 35 Analyst
30 Joanne D’Lugos 26-11-2013 Grande Cache, CA, 43 Teacher
31 Matt McGuire 28-11-2013 Tyne Valley, CA, 44
32 Sarah Horrigan-Fullard 01-12-2013 Nottingham, GB, 43 Learning Designer
33 Fiona Rayner 01-01-2014 Christchurch, NZ, 40
34 Diana Alcobia 04-02-2014 Nottingham, GB, 28 PhD Student
35 Stuart John Ainsworth 26-04-2014 Huntington, GB, 56 Compliance Manager
36 Gregory Plenner 05-05-2014 Boksburg, ZA, 55 Psychologist
37 James Teh 06-05-2014 Oxford, GB, 51 Doctor
38 Ellen Ragnarsson 01-06-2014 Stockholm, SE, 29
39 Henry Law 01-07-2014 Folkestone, GB, 33 Golf Professional
40 Paul R Theron 15-07-2014 Johannesburg, ZA, 51 Asset Manager
41 Dave A Radcliffe 15-10-2014 North Bay, CA, 60 Principal
42 Peter Dow-Dickson 01-11-2014 Coventry, GB, 49
43 Diane Trites 30-11-2014 Riverview, CA, 56 Baker
44 Clive Start 30-12-2014 Lower Hutt, NZ, 56 Mobile Tech Support
45 Stephen Glen Collier 31-12-2014 Halden, NO, 61 Research Scientist
46 Colin Banks 01-01-2015 North Ward, AU, 46 Emergency Physician
47 Stavroula Nicholls 01-01-2015 Cammeray, AU, 43 Administrator
48 Bill Wilson, Mr 01-01-2015 Lichfield, GB, 44 Digital Strategy Lead
49 Sasha Watson O’Neill 01-01-2015 Newcastle, GB, 35 Group Head of Marketing
50 David Munro 13-01-2015 Campbellville, CA, 40 Business Analyst
51 Stephanie Dolrenry 02-02-2015 Langata, KE, 39 Director
52 Mats Uddin 26-04-2015 Linkoping, SE, 49 Consultant
53 Emma Furness 29-04-2015 Ely, GB, 45 Farm Secretary
54 Haminder Singh 01-05-2015 New Delhi, IN, 33 Software Test Engineer
55 Magnus Warvik 03-05-2015 Trondheim, NO, 24 Student
56 Lis Bentham 31-07-2015 Chorofakia, GR, 54 Fitness instructor & villatourism Manager
57 Patric Ljung 17-08-2015 Linkoping, SE, 50 Senior Lecturer
58 Steven Nielsen 05-09-2015 Farsoe, DK, 53 Estate Agent
59 Reza Saputra 18-09-2015 Waterloo, CA, 29 PhD Student
60 Marga Roffel 08-10-2015 WUCHEN, NL, 41 Service Manager
61 Julia Darlington 23-10-2015 Hillesheim, DE, 44
62 Mia Strand 29-10-2015 Gothenburg, SE, 50 Head of a Departement
63 Daley Sipple 30-11-2015 Perth, GB, 52
64 David Greenwood 01-12-2015 Auckland, NZ, 47 Analyst
65 Victor Thompson 01-12-2015 Halesowen, GB, 41 Business Owner
66 Joseph Helten 03-12-2015 Edmonton, CA, 41 Firefighter
Official U.S.A. Retired Running Streak List
As Certified to the United States Running Streak Association, Inc.
September 1, 2018

THE COVERTS (45+ years)
1. Steven Gathje 09-25-1972 07-27-2018 South Minneapolis, MN 16,742 days (45.84 years)
2. Mark Covert 07-23-1968 07-23-2013 Lancaster, CA 16,437 days (45 years)

THE LEGENDS (40+ years)
3. Jon Simpson 08-30-1971 06-10-2015 Memphis, TN 15,991 days (43.78 years)
4. David L. Hamilton 08-14-1972 04-29-2016 Vancouver, WA 15,965 days (43.71 years)
5. Kenneth Young 07-06-1970 01-25-2012 Petrolia, CA 15,179 days (41.56 years)
6. William S Stark, Ph.D. 09-10-1976 06-02-2017 Saint Louis, MO 14,876 days (40.73 years)
7. Stephen Reed 06-16-1976 07-24-2016 Wiscasset, ME 14,649 days (40.11 years)

THE GRAND MASTERS (35+ years)
8. Gary C. Jones 04-12-1972 01-28-2012 Troy, MT 14,536 days (39.8 years)
9. David Todd 10-14-1978 11-17-2014 Matthews, NC 14,270 days (39.07 years)
10. Robert J. Zarambo 06-16-1976 07-17-2014 Whitehall, PA 13,811 days (38.09 years)
11. Robert C. Ray 04-04-1967 04-07-2005 Baltimore, MD 13,884 days (38.01 years)
12. Thad Childs, Jr. 03-05-1979 01-10-2017 Gray, GA 13,827 days (37.86 years)
13. William Finkbeiner 01-01-1980 06-13-2017 Auburn, CA 13,679 days (37.45 years)
14. Ed Sandifer 04-10-1972 08-10-2009 Newtown, CT 13,637 days (37.34 years)
15. Charles Holberg 03-20-1979 04-12-2016 Modesto, CA 13,539 days (37.07 years)
17. Wayne S Stimpel 09-30-1980 10-24-2016 Sandusky, MI 13,467 days (36.82 years)
18. Walter O. Byerly 11-05-1974 01-31-2011 Dallas, TX 13,237 days (36.24 years)
19. Bill Beach 10-28-1979 10-09-2015 Macomb, MI 13,131 days (35.95 years)
20. Nick Morganti 06-13-1973 02-05-2009 Carlsbad, CA 13,022 days (35.65 years)
21. Barry Abrahams 01-01-1978 01-16-2013 Lincoln, NE 12,800 days (35.04 years)

THE MASTERS (30+ years)
22. Ron Jackson 11-26-1978 08-27-2013 Seattle, WA 12,694 days (34.75 years)
23. Joseph Wojcik 06-13-1977 01-10-2012 Claremont, CA 12,630 days (34.58 years)
24. Harvey Simon 10-31-1978 04-23-2013 Newton, MA 12,594 days (34.48 years)
25. Dick Vincent 04-23-1975 10-01-2009 Palenville, NY 12,581 days (34.44 years)
26. John W. Morgan 04-29-1979 07-12-2013 Emmett, ID 12,494 days (34.21 years)
27. Ken Birse 04-22-1982 10-26-2015 Amherst, NH 12,241 days (33.51 years)
28. Julie Maxwell 07-05-1978 12-10-2011 Rochester, MN 12,212 days (33.43 years)
29. Bob Kimball 02-03-1982 08-16-2014 Pensacola, FL 11,883 days (32.53 years)
30. Charles Brumley 01-01-1978 02-20-2010 Saranac Lake, NY 11,739 days (32.14 years)
31. Ronald Kniec 11-28-1975 11-26-2007 Carlisle, MA 11,687 days (32 years)
32. William A. Etter 04-08-1980 01-18-2012 Ferndale, CA 11,608 days (31.78 years)
33. Dwight A. Moberg 10-06-1979 02-15-2011 Manhattan Beach, CA 11,456 days (31.36 years)
35. Geza Feld 10-01-1976 07-27-2007 Farmingdale, NY 11,257 days (30.82 years)
36. Margaret O. Blackstock 09-09-1979 06-28-2010 Atlanta, GA 11,251 days (30.8 years)
37. Alicia Brophy 11-22-1980 06-01-2011 Masphee, MA 11,149 days (30.52 years)
38. Lawrence E. Sundberg 01-01-1977 12-31-2006 Farmington, CT 10,957 days (30 years)

THE DOMINATORS (25+ years)
40. Mark Sutherland 04-28-1985 09-19-2014 Rancho Murieta, CA 10,737 days (29.4 years)
41. Joseph Sinicropo 04-22-1981 08-10-2010 East Granby, CT 10,703 days (29.3 years)
42. James Scarborough 07-09-1979 07-09-2008 Rancho Palos Verdes, CA 10,594 days (29 years)
43. Steve Morrow 08-10-1981 05-11-2010 Eagle Lake, MN 10,502 days (28.75 years)
44. Michael Keller 12-29-1988 07-07-2017 Marlborough, NY 10,418 days (28.52 years)
45. Lary Baldassari, Sr. 01-08-1978 04-03-2006 Hamilton Square, NJ 10,313 days (28.24 years)
46. Kenneth Korosec 10-11-1982 10-27-2010 Chesterland, OH 10,244 days (28.05 years)
47. Fred Winkel 12-27-1980 07-24-2007 Glen Hood, NY 10,193 days (27.64 years)
48. J. P. Growney 01-01-1980 06-23-2007 Atlanta, FL 10,036 days (27.48 years)
49. Steve H. Way 08-10-1989 01-18-2017 Walnut Creek, CA 10,024 days (27.44 years)
50. Joseph B. Hyder 04-04-1979 09-11-2006 Black Mountain, NC 10,023 days (27.44 years)
HIGHLY SKILLED (20+ years)

51 Don Slusser 01-03-1972 06-10-1999 Monroeville, PA 10,021 days (27.44 years)
52 William Moreland 01-15-1982 02-11-2009 Ocean City, NJ 9,890 days (27.08 years)
53 Doug Holland 08-01-1982 08-01-2010 Tucson, AZ 9,863 days (27 years)
54 Hal Gensler 12-04-1989 12-04-2016 sun city, AZ 9,863 days (27 years)
55 Ted Sabinas 12-08-1990 11-27-2017 Cedar Springs, MI 9,852 days (26.97 years)
56 Timothy Osberg 06-04-1985 05-19-2011 Grand Island, NY 9,481 days (25.96 years)
57 Diana Nelson 01-11-1982 10-02-2007 Dixon, IL 9,396 days (25.72 years)
58 John J. Strumsky, Jr. 05-23-1983 02-09-2009 Millersville, MD 9,395 days (25.72 years)
59 Mike McAvoy 05-17-1981 01-21-2007 Duluth, MN 9,381 days (25.68 years)
60 Richard Carroll 04-14-1986 11-17-2011 Foxboro, MA 9,349 days (25.6 years)
61 Roger H. Nelson 08-01-1981 02-27-2007 Colleyville, TX 9,342 days (25.58 years)
62 Robert L. Bartz 05-01-1979 08-22-2004 Phoenix, AZ 9,246 days (25.31 years)
63 Lou Galipeau 01-01-1985 12-31-2009 Huntsville, AL 9,131 days (25 years)

WELL VERSED (15+ years)

64 Paul Christian 09-21-1984 06-29-2009 Rochester, MN 9,048 days (24.77 years)
65 Kevin Simons 09-20-1982 06-24-2007 Hampton, MA 9,044 days (24.76 years)
66 Jack Johnson 03-24-1990 10-20-2014 Shelbyville, IN 8,977 days (24.58 years)
67 George A. Hancock 02-26-1978 05-24-2002 Windber, PA 8,854 days (24.24 years)
68 Edwin Dupree 06-23-1993 09-12-2017 Faith, NC 8,848 days (24.22 years)
69 William Chatman 07-23-1991 09-08-2015 Brooksville, FL 8,814 days (24.13 years)
70 Robert Aby 02-12-1983 01-03-2007 Worthington, MN 8,727 days (23.89 years)
71 Kenneth Grimmelt 03-17-1985 05-07-2002 San Antonio, TX 8,720 days (23.87 years)
72 Kenneth J. Roth 07-28-1981 05-28-2005 Del Mar, CA 8,706 days (23.84 years)
73 Matt Ketterman 07-01-1991 04-24-2015 Greensboro, NC 8,699 days (23.82 years)
74 John C. Roemer, III 08-01-1990 05-21-2014 Parkton, MD 8,695 days (23.81 years)
75 Bill Bonarrigo 02-20-1985 08-28-2008 Parkville, MD 8,591 days (23.52 years)
76 John Metevia 10-09-1986 02-13-2010 Midland, MI 8,529 days (23.35 years)
77 Ron Janes 12-19-1991 04-04-2015 Topeka, KS 8,508 days (23.29 years)
78 Peter Radniak 11-14-1984 02-01-2006 Seattle, WA 8,495 days (23.26 years)
79 Jay Kammerzell 01-01-1983 01-10-2006 Everett, WA 8,411 days (23.03 years)
80 Danny Sullivan 07-12-1991 07-08-2014 San Carlos, CA 8,398 days (22.99 years)
81 Allan S Field 09-20-1980 03-28-2003 Columbia, MD 8,225 days (22.52 years)
82 Richard B. Patterson 02-20-1987 09-24-2008 El Paso, TX 7,888 days (21.6 years)
83 Greg Redeker 02-07-1994 08-10-2015 Mesa, AZ 7,855 days (21.51 years)
84 Roger B. Carlson 01-01-1988 05-22-2009 Stillwater, MN 7,813 days (21.39 years)
85 Jay Schrader 11-28-1989 04-16-2011 Springdale, PA 7,810 days (21.38 years)
86 Homer Hastings 09-08-1984 12-31-2005 Newcastle, WV 7,785 days (21.31 years)
87 Len S. Burton 06-28-1983 09-19-2004 Hot Springs Village, AR 7,755 days (21.23 years)
88 Peter Lefferts 01-26-1981 02-18-2002 Naples, FL 7,694 days (21.07 years)
### EXPERIENCED (10+ years)

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
<th>Days Served</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Ted Corbitt</td>
<td>12-01-1953</td>
<td>2,626</td>
<td>Bronx, NY</td>
</tr>
<tr>
<td>Scott Fodstad</td>
<td>04-12-1995</td>
<td>2,682</td>
<td>Crystal, MN</td>
</tr>
<tr>
<td>Eileen Rountree</td>
<td>06-17-1986</td>
<td>2,682</td>
<td>Sparks, NV</td>
</tr>
<tr>
<td>Mercedes M. Murolo</td>
<td>05-04-2002</td>
<td>2,708</td>
<td>Santa Rosa, CA</td>
</tr>
<tr>
<td>Ralph Edwards</td>
<td>06-20-1988</td>
<td>2,682</td>
<td>De Moines, IA</td>
</tr>
<tr>
<td>Pete Colaiazzo</td>
<td>06-28-1998</td>
<td>2,708</td>
<td>Hyde Park, NY</td>
</tr>
<tr>
<td>Susan Ruzicka</td>
<td>07-09-2005</td>
<td>2,708</td>
<td>Harrison City, PA</td>
</tr>
<tr>
<td>Patrick Sinopoli</td>
<td>01-26-2001</td>
<td>2,708</td>
<td>Turtle Creek, PA</td>
</tr>
<tr>
<td>John C. Roemer, III</td>
<td>12-27-1977</td>
<td>2,626</td>
<td>Parkton, MD</td>
</tr>
<tr>
<td>Bob Hensley</td>
<td>07-02-1994</td>
<td>2,626</td>
<td>Port St. Luci, FL</td>
</tr>
<tr>
<td>Duncan Cameron</td>
<td>12-06-2005</td>
<td>2,626</td>
<td>Palm Harbor, FL</td>
</tr>
<tr>
<td>Stephen C. Moosbruger</td>
<td>12-31-1994</td>
<td>2,626</td>
<td>Edina, MN</td>
</tr>
<tr>
<td>Gary Scott</td>
<td>01-19-2006</td>
<td>2,626</td>
<td>Olathe, KS</td>
</tr>
<tr>
<td>Thomas L. Edeken</td>
<td>11-24-2006</td>
<td>2,626</td>
<td>Ranketa, GA</td>
</tr>
<tr>
<td>Stephanie Mera</td>
<td>01-01-2007</td>
<td>2,626</td>
<td>Berkeley, CA</td>
</tr>
<tr>
<td>Joel Pasmack</td>
<td>10-31-2004</td>
<td>2,626</td>
<td>Clifton, NJ</td>
</tr>
<tr>
<td>David T. Lloyd</td>
<td>12-11-1991</td>
<td>2,626</td>
<td>Fort Worth, TX</td>
</tr>
<tr>
<td>Prince Whately</td>
<td>07-01-2004</td>
<td>2,626</td>
<td>Birmingham, AL</td>
</tr>
<tr>
<td>Susan Jones</td>
<td>01-01-2001</td>
<td>2,626</td>
<td>Boys Ranch, TX</td>
</tr>
<tr>
<td>Roger Raymond</td>
<td>11-15-2002</td>
<td>2,626</td>
<td>Orlando, FL</td>
</tr>
<tr>
<td>Ed Reid</td>
<td>05-25-2004</td>
<td>2,626</td>
<td>Bradenton, FL</td>
</tr>
<tr>
<td>Robert M. Crosby, Jr.</td>
<td>01-01-2008</td>
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### PROFICIENT (5+ years)

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**NEOPHYTES (1-5 years)**

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Official International Retired Running Streak List
As Certified to Streak Runners International
1 September 2018

THE HILLS (50+ years)
1 Ron Hill 21-12-1964 28-01-2017 Hyde, GB 19,032 days (52.11 years)

PROFICIENT (5+ years)
2 Marlene Prentice 12-03-2007 27-10-2015 Gold Coast, AU 3,152 days (8.63 years)
3 Pranjil Milovnik 15-06-2008 08-06-2016 Bratislava, SK 2,916 days (7.98 years)
4 Stuart MacFarlane 30-07-2011 07-01-2018 Glasgow, GB 2,354 days (6.44 years)
5 Kimberley Robinson 06-09-2011 06-02-2017 Bepton, GB 1,981 days (5.42 years)

NEOPHYES (1-5 years)
6 Simon Scarfe 02-01-2012 28-09-2016 Manchester, GB 1,732 days (4.74 years)
7 Paul Yeoman 13-07-2013 13-07-2017 Coventry, GB 1,462 days (4 years)
8 Tiago Bandeira de Lima 05-02-2014 04-02-2018 Nottingham, GB 1,461 days (4 years)
9 Jim Crisp 07-04-2013 01-02-2017 Brough, GB 1,397 days (3.82 years)
10 Wil Valovin 16-09-2010 07-04-2014 West Yorkshire, GB 1,331 days (3.64 years)
11 Lynn Trevessa Burnet 03-08-2014 28-11-2017 Huntsport, CA 1,214 days (3.32 years)
12 Myong Hwan Eielstein 22-09-2014 22-09-2017 Hanoi, VN 1,097 days (3 years)
13 Lyndon Murphy 27-10-2004 18-10-2007 Merthyr Tydfil, GB 1,087 days (2.98 years)
14 Ignacio Ameller Rodriguez 01-07-2013 14-05-2016 Madrid, ES 1,049 days (2.87 years)
15 Hiroaki Yoshida 27-08-2014 31-05-2017 Yokohama, JP 1,009 days (2.76 years)
16 Jonathan O'Shea 21-12-2013 17-09-2016 Chigwell, GB 1,002 days (2.74 years)
17 Katie Robinson 19-06-2011 09-02-2014 Auckland, NZ 906 days (2.48 years)
18 Klaus-Dieter Schnabel 26-03-2015 20-08-2017 Igersheim, DE 879 days (2.41 years)
19 Ketan Nadar Salamon 24-04-2012 15-08-2014 Mumbai, IN 844 days (2.31 years)
20 Martin Fall 04-10-2015 26-12-2017 Faversham, GB 815 days (2.23 years)
21 Steven Reid 01-01-2016 23-03-2018 Dunmow, GB 813 days (2.23 years)
22 Matthew Johnson 16-02-2015 04-05-2017 Guadalajara, ES 809 days (2.21 years)
23 Philippa Nichol 03-06-2012 25-06-2014 Newcastle, GB 753 days (2.06 years)
24 Andrew Jackson 01-01-2015 01-01-2017 Hull, GB 7 32 days (2 years)
25 Sandra Orlando 07-07-2016 22-06-2018 Bridlington, GB 716 days (1.96 years)
26 Geoff Osbaldestin 11-04-2016 06-03-2018 Congleton, GB 695 days (1.9 years)
27 James Oatway 11-07-2015 25-05-2017 Oakville, CA 685 days (1.88 years)
28 Bjarne Ostergaard 05-09-2015 15-06-2017 Nordborg, DK 650 days (1.78 years)
29 Martin Ainsworth 31-05-2014 09-03-2016 Leeds, GB 649 days (1.78 years)
30 Ysroel Kisilevich 10-06-2016 15-05-2018 Melbourne, AU 644 days (1.76 years)
31 Dianne Hollidge 21-07-2016 26-03-2018 Exeter, GB 614 days (1.68 years)
32 Grant Cameron 22-12-2009 14-08-2011 Brisbane, AU 601 days (1.65 years)
33 Marlene Prentice 07-04-2003 03-09-2004 Gold Coast, AU 516 days (1.41 years)
34 Amy Lawsonson 14-04-2013 27-08-2014 Sutton, GB 501 days (1.37 years)
35 Grahame Lilloyd 01-06-2015 02-10-2016 Waterford, AU 490 days (1.34 years)
36 Ben Timbers 23-07-2015 21-11-2016 Keighley, GB 488 days (1.34 years)
37 Nancy Tavares 01-01-2015 21-03-2016 Toronto, CA 446 days (1.22 years)
38 Stan Shatenstei 12-12-2010 20-01-2012 Montreal, CA 405 days (1.11 years)
39 Daniel Schnyder 29-09-2006 03-11-2007 Zofingen, CH 401 days (1.1 years)
40 Keith James Reilly 17-04-2017 13-05-2018 Ballymahinch, IE 392 days (1.07 years)
41 Mary Horan 31-12-2013 01-01-2015 Dublin, IE 367 days (1 years)
42 Angela Martland 24-10-2015 24-10-2016 York, GB 367 days (1 years)
43 Michel Armandy 01-01-2014 01-01-2015 Bouc bel air, FR 366 days (1 years)
44 Scott William Hayden 10-09-2016 10-09-2017 Newport, GB 366 days (1 years)
45 Fredrik Gustafsson 26-04-2015 25-04-2016 Sollentuna, SE 366 days (1 years)
46 Carol Kennedy 06-04-2014 05-04-2015 Dubai, AE 365 days (1 years)
The following are links to some of your favorite streak runners that have been recently featured online.

Jeff Thomas—Runner's World
https://www.runnersworld.com/runners-stories/a22668357/weight-loss-transformation-jeff-thomas/?utm_content=2018-08-09&utm_campaign=Rundown&utm_source=runnersworld.com&utm_medium=newsletter&smart_code=YN_0001652734_0001676850&sha1=011b9583a45b69ed3379e34876a61e35cd1e77b2&md5=0baf7879028ec13bb54ca993b18dfee9

Mark Washburne—NJ.com

Mark Washburne—Observer Tribune

Mark Washburne—Associated Press

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.
SRI/USRSA SINGLETs, 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
THE FINISH LINE
By: Mark Washburne

As noted by our lead story, we were all saddened to hear that another long running streak ended this quarter. Started on 25 September 1972, Steven Gathje, 63, an actuary from South Minneapolis, Minnesota, finally ended his running streak after 16,742 consecutive days (45.84 years) on 27 July 2018. Despite knowing that all streaks must end someday, I am always surprised when long streaks end after decades and that was the case when I heard the news from Mr. Gathje.

The first long streak I remember ending occurred in 2005 when Robert Ray, of Baltimore, Maryland, voluntarily ended his streak after completing 37 years and 100,000 miles. “I ended my running streak with a four-miler over to Perry Hall High School, around the school track, and back to my home,” wrote Mr. Ray in his “Farewell to My Running Streak” that was published in the Summer 2005 issue of The Streak Registry. “I ran the final four miles with Lee Bergquist from Wisconsin. Back at home, I removed my shoes, tied them together and hung them on our lamppost. With a final notation in my logbook, I closed the chapter on my streaking career and put the logbook away.”

When Bob Ray’s running streak ended in 2005, he went from having the longest active running streak on our list (until 2012, we only kept track of running streaks in the United States) to having the longest retired streak on the USRSA list. Today, in 2018, Bob Ray’s running streak is listed as the 10th longest retired running streak in the United States. If we also include currently active streaks, Bob Ray’s streak of 13,884 days would rank 39th on our all-time list of both active and retired streaks in the United States.

Steve Gathje’s streak now occupies the position Bob Ray’s streak held on our list in 2005 as it is the longest retired running streak in the United States and second longest retired running streak in the world after the streak of Ron Hill of England (52+ years; 19,032 days). Mr. Gathje had the fifth longest active running streak in the world as listed by our running streak association when his streak ended. We here at SRI/USRSA wish Steve Gathje a quick recovery and much luck in the future.

As for me, I am keeping busy with my own streaks. This summer my running streak that started on the last day of 1989 surpassed 28 ½ years. This week I received notification that I was accepted into the 2019 Boston Marathon. If I should be so lucky to complete Boston next April, I will have a streak of 15 consecutive finishes for the celebrated marathon.

I am also keeping busy running for public office. As many of you know, I ran in the New Jersey Primary in June for the United States Congress. In that contest, I came in third out of five Primary candidates to represent my party in the General Election in November. Given my showing in the Congressional race, it looked like my short-lived attempt at political office was over but a surprise development has kept it going. About three weeks before the June Primary, I was contacted by the head of my political party in my town of Mendham Borough and advised that no one from our party had filed for Mayor. My town’s party leader then asked if I would accept a write-in vote for that position should I not be successful in the Congressional race. I agreed and received 74 write-in votes in the June Primary. I am now on the ballot for Mayor of Mendham Borough, New Jersey in the General Election to be held in November. Surprising political luck for me and, of course, good luck to you as we each run the roads and trails – every day!
Articles and letters to the editor are not only welcomed but strongly encouraged. Permission is hereby granted to reprint any material appearing in this publication provided the source is acknowledged. Permission does not extend to copyrighted material.

Send all news, articles, correspondence, notes and photographs to:

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ADVERTISING RATES

Per issue:

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- 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.

The Streak Registry

Is the official publication of Streak Runners International & United States Running Streak Association, Inc.

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Deadline next issue: 11/15/2018

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, or will be mailed upon request.

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