

The Pacesetter

A publication of the **Prairie Striders**

Vol. 19, No. 1

Brookings, S.D.

March 2022



Larsen named Friend of Running



Friends of Running

At this year's Friend of Running observance, all former Friend of Running recipients received an individual plaque to note their honor. Previously the selection was only recognized through a traveling plaque. Those who were at the Jan. 23 event at the Sanford-Jackrabbit Athletic Center are, from left, Kevin Smith, Tom Bezdichek, Mary Bjerke, Chuck Tiltrum, Steve Britzman, Jay Larsen, Dave Graves, Bob Bartling and Lou Eggebraaten.

For details on the 2021 recipient — Jay Larsen — see story Page 2.

By Dave Graves
Newsletter editor

Jay Larsen, a five-time Boston Marathon qualifier and longtime Prairie Striders race volunteer, was selected as the 2021 Harvey Mills Friend of Running presented by Prairie Striders Running Club.

Larsen, who also is the club's treasurer, was honored after the Prairie Striders Indoor 5K Jan. 23 at the Sanford-Jackrabbit Athletic Complex on the SDSU campus. Larsen, of Brookings, also is co-director of the Indoor 5K. The seasoned runner has given back to the sport as a race official, or volunteer at countless road races, track and cross country

meets. He was a co-director of the Minnesota AAU State Track and Field Meet.

Matt Bien, Brookings Marathon race director, said Larsen has been a Brookings Marathon volunteer for many years. Bien observed, "Jay is always willing to share his time—from tail bike to corner volunteer to finish line assistant—he has contributed to the Brookings Marathon in so many ways. He understands the importance of giving back to the sport of running as a volunteer."

Larsen was nominated by three people, one of whom commented, "If there is a road race, cross country meet or track meet, Jay will be there!"

See **Larsen Friend** Page 2



2022 RACE SCHEDULE

Arbor Day 5k.....	Friday, April 29
Scotty Roberts 5k	Friday, May 13
Brookings Marathon, Half & Relays.....	Saturday, May 14
Longest Day 10K	Saturday, June 18
Beef and Eggs 5K	Saturday, July 9
Predictor Mile	Wednesday, Aug. 3
Oakwood Lakes Trail Run.....	Saturday, Aug. 13
Jack 15	Saturday, Sept. 24
Hobo Day 5K	Saturday, Oct. 29
Turkey Day 5K.....	Saturday, Nov. 24

Learn more! www.praiestriders.net
Questions? run@praiestriders.net



Group run to encourage new runners

The focus of this year's group run will be people who are just figuring what the sport is all about.

Prairie Striders members Nancy Scholl and John Blatchford are leading a "walk to 5K" group for people who have had some activity base but aren't runners. In addition to this group, it is hoped that seasoned runners will join the effort for camaraderie and assistance.

Scholl said, "We are planning to organize a couple of runs per week that could serve as a portion of the training plan for individuals preparing to run their first 5K. Also, we will be inviting anyone who wants to join us intermittently for the group run. We will not be developing any training plans or coaching, but we will suggest a training format where participants walk/run three times per week.

"We are thinking of acting as accountability partners to participants and checking-in with them during the group run to see how they are doing with the rest of their training while also encouraging cross-training."

The runs are slated to begin May 3 at Dakota Nature Park. Participants should meet at the main entrance of the Brookings County Outdoor Adventure Center. Runs will be at 5:30 p.m. Tuesdays and Thursdays.

For updates, see the Prairie Striders Facebook page or email run@praiestriders.net.

Larsen Friend

Continued from Page 1

Larsen was a competitive distance runner for more than 55 years and competed in Prairie Striders events for 46 years. Longtime race director Steve Britzman said Larsen always made a point to thank organizers for putting on an event.

In addition to qualifying for and completing the Boston Marathon, his 13 finishes in the Jack 15 Road Race ranks ninth all-time.

In charge of electronic timing

Larsen's crowning achievement in 2021 was leading the charge to get the club an electronic timing system.

"It was Jay's initiative and research that brought the club to the point of buying an electronic timing system, which successfully debuted at the Bob Bartling Hobo Day 5K Oct. 23. Jay spent hours contacting vendors and studying systems to make a recommendation. Then he spent many more hours learning the system and testing it so it could be used at one of the club's major races within a few weeks of getting the system.

"Of course, he also was hands-on at race day to run the system," noted club president Dave Graves.

Since 2013, he has served as club treasurer and membership director. Britzman noted, "Jay has continued the excellent efforts of former Prairie Striders Treasurer Bob Bartling in managing Prairie Striders finances with the sound financial principles he honed as director of financial aid at South Dakota State University over a career of 33 years (1980-2013)."

52 years as high school official

Larsen also serves on the Brookings Park and Recreation Board and officiates football, basketball and baseball.

At the 2019 state championship football game at SDSU's Dana J. Dykhouse Stadium, Larsen was presented the Doug Koester Award by the South Dakota High School Officials Association. Named after the late Pierre official, the Koester Award recognizes the contributions officials make to high school sports and their community. Larsen has been a high school official since 1970, when he started officiating football and basketball in Minnesota.

He continued officiating when he moved to South Dakota in 1977, so the 2021 season marked his 52nd year of officiating.

Larsen has recruited and mentored more than 90 officials by working with college students who had an interest in officiating. He also served as a regional football officiating coordinator for many years.



Jay Larsen holds both the traveling plaque and the individual plaque after being named Prairie Striders 2021 Friend of Running.

SDSU athletic volunteer also

The list of volunteer activities for Larsen is as long as his officiating resume.

Since 1981, he has been the scoreboard operator/timer for SDSU football and men's basketball games as well as working at Summit League Championships. He also is a certified official with USA Track and Field and volunteers with Special Olympics, Boys & Girls Club, the Michael J. Entringer Scholarship Classic and area youth sports and college events.

Larsen and his wife of 46 years, Kathy, have two children, Jennifer and Katie, and four grandchildren.

The Friend of Running Award was named after Mills in 2021 following his death in 2020. Mills was a longtime club member, an accomplished runner and major contributor to the club's 2018-19 scholarship drive.

Life members

Life membership is available for a minimum gift of \$100. With the addition of 10 life members in 2021, life membership now stands at 120.

Ron Amundson, *Orinda, CA*
Arne Anderson, *Canton, SD*
Bob Bartling, *Brookings, SD*
Herb Bartling, *Vancouver, WA*
Christa Bartling Bortnem, *Brookings, SD*
Benda Berseth, *Brookings, SD**
Steve Berseth, *Brookings, SD**
William Berzonsky, *Lincoln, NE*
Rob Beyer, *Mound, MN*
Tom Bezdichek, *Brookings, SD*
Dan Bielfeldt, *Brookings, SD*
Matt Bien, *Brookings, SD*
Tom Birath, *Marshall, MN*
John Blatchford, *Brookings, SD*
Justin Bonnema, *Inwood, IA*
Dave Braley, *Sioux Falls, SD*
Steve Britzman, *Brookings, SD*
Dave Bushard, *Lake Shetek, MN*
Andy Carlson, *Brookings, SD*
Andrew Carlson, *White Bear Lake, MN*
Dan Carlson, *White Bear Lake, MN*
Laura Carlson, *White Bear Lake, MN*
Rob Carney, *Lakeville, MN*
Lyle Claussen, *Beatrice, NE*
Sharon Clay, *Brookings, SD*
Paul Danger, *Valparaiso, IN*
Sara Danger, *Valparaiso, IN*
Ann Day, *Willmar, MN*
Rod DeHaven, *Brookings, SD*
Shelli DeHaven, *Madison, WI*

Rufus DeZeeuw, *Elkton, SD*
Brady Diercks, *Brookings, SD*
Leeann Diercks, *Brookings, SD*
Jay Dirksen, *Hot Springs Village, AR*
Jim Egeberg, *Valley City, ND*
Pat Egeberg, *Valley City, ND*
Lou Eggebraaten, *Brookings, SD**
Shelby Eischens, *Aurora, SD*
Monte Farnsworth, *Pierre, SD*
Randy Fischer, *Sioux Falls, SD**
Becka Foerster, *Brookings, SD*
Dan Foerster, *Brookings, SD*
Brian Freking, *Keota, OK*
Tim Fryer, *Hendricks, MN*
Jeanette Gibbons, *Brookings, SD*
Dave Graves, *Volga, SD*
Dave Griffith, *Wecota, SD*
Chris Gruenhagen, *Brookings, SD*
Kaylyn Gutormson, *Bruce, SD*
Dan Hansen, *Brookings, SD**
Anne Harris, *Brookings, SD**
Steve Hauff, *Sioux Falls, SD*
Mary Held, *Aurora, SD*
Mike Hieb, *Brandon, SD*
Wade Hoffman, *Minnetrista, MN*
Joanie Holm, *Brookings, SD*
Dennis Hopfinger, *Brookings, SD*
Owen Hotvet, *Sioux Falls, SD*
Angela Kauch, *Minneapolis, MN*
Gene Kingslien, *Watertown, SD*
Carol Klitzke, *Maple Grove, MN*
Kelly Koenig, *Brookings, SD*

Steve Kurtenbach, *Sioux Falls, SD*
Shari Landmark, *White, SD*
Jay Larsen, *Brookings, SD*
Polly Larson, *Volga, SD*
Steve LeFevre, *Fallbrook, CA*
Deb Leiferman, *Brookings, SD**
Harry Mansheim, *Brookings, SD*
Chuck McCullough, *Brookings, SD*
Nikki McDaniel, *Rapid City, SD*
Barry McKeown, *Arlington, TX*
Katie McNeary-Jones, *Brookings, SD**
Dan Merchant, *Brookings, SD*
Kati Merkley, *Brookings, SD*
Dave Meyer, *Brookings, SD*
Patricia Meyer, *Brookings, SD*
Jerry Miller, *Sioux Falls, SD*
Jacob Mills, *Brookings, SD*
Tara Mills, *Brookings, SD**
Pete Monfore, *Aliso Viejo, CA*
Paul Morgan, *Winona, MN*
Keith Morrill, *Custer, SD*
Lori Munsterman, *Brookings, SD*
Vicki Nelson, *Sioux Falls, SD*
Mandy Orth, *Brookings, SD*
Kurt Osborne, *Brookings, SD*
Dan O'Shea, *Eugene, OR*
Trevor Penning, *Brookings, SD*
Gary Pierson, *Sioux Falls, SD*
Dan Propst, *Pierre, SD*
Richard Reid, *Brookings, SD*
Lynn Riedesel, *Brookings, SD*
Gail Robertson, *Brookings, SD**

Dwayne Rollag, *Sioux Falls, SD*
Nancy Scholl, *Brookings, SD*
Paul Schroeder, *Nevis, MN*
Joe Schuch, *Belton, MO*
Susan Scott, *Lincoln, NE*
Nick See, *Brookings, SD*
Kevin Smith, *Brookings, SD*
Peder Solberg, *White Bear Lake, MN*
Tom Stambaugh, *Nevis, MN*
John Stiegelmeier, *Brookings, SD*
Sharon Stubler, *Minnetonka, MN*
Marcel Thielke, *Brookings, SD*
Jim Thvedt, *Brookings, SD*
Chuck Tiltrum, *Aurora, SD*
David Ulschmid, *Arlington, SD*
Scott Underwood, *Brookings, SD*
Marty Wennblom, *Rapid City, SD*
Andriette Wickstrom, *Storm Lake, IA*
Tim Wilson, *McMinville, OR*
Joan Wolles, *Colton, SD*
Tom Woodall, *Charleston, IL*
Becky Youngberg, *Eden Prairie, MN*
Jack Youngberg, *Eden Prairie, MN*
Tim Zbikowski, *Maple Grove, MN*
Jason Zimmerman, *Brookings, SD*
Kyrsten Zimmerman, *Brookings, SD*

*New in 2021

Marathon hopeful to leave COVID in the dust

After two years of successfully outrunning COVID-19, this year's Brookings Marathon is looking for a new racing companion — normalcy.

Look for a mass start, optional masks and a full field.

For the marathon, I'm mostly hoping for a return to normalcy. "We are on track for a good turnout," race director Matt Bien said of the 53rd running of the Brookings Marathon, which is May 14. "Currently (Feb. 27) we're at 118 in the full, 214 in the half, and 30 relay teams. These numbers are ahead of our typical pre-pandemic registrations at this point in the year.

"I anticipate that the relay will fill by end March (capped at 50) and the half by end March/early April (capped at 400). We're hoping to break 150 for the full (capped at 300; 1569 finishers in 2021).

Registration is through raceroster.com.

Returning from a two-year COVID break is the Scotty Roberts 5K, which will be run Friday, May 13, on a new course that starts and finishes at Pioneer Park.

Packet pickup for Saturday races will again take place at the park — 4 to 8 p.m. Friday and 5:30 to 6:30 a.m. Saturday.

The race committee is also moving forward with plans for a post-race celebration at The 9 Bar/Cubby's restaurant in downtown Brookings after the race, similar to the 50-year post-race celebration in 2019.



Amy Feit, 41, of Luverne, Minn., celebrates her 2021 Brookings Marathon victory in 3:00:46. There were 159 marathon and 239 half marathon finishers in 2021. (Photo by Sean Welsh)

"Supply chain disruptions have affected our lead times and product availability to some degree, but we fortunately started our ordering early and are working through all of that. We're hoping to launch a new webstore for marathon apparel with plans to have that open for pre-orders by mid-March. Product pickup will be on race weekend," Bien said.

For more information, go to brookingsmarathon.com or email run@brookingsmarathon.com.

Arbor Day 5K returns to Nature Park

Spring racing season gets under way in the Brookings area April 29 with the 32nd annual Kay Cheever Arbor Day Run/Walk for shade.

After a successful staging at the Dakota Nature Park on South 22nd Avenue last year, the 3.1-mile event will again be back on the city-maintained paved trail. Registration will be at the adjacent Brookings County Outdoor Center. In a slight tweak from 2021, the

race will begin in the parking lot north of the center.

Thanks to sponsorship by the Brookings Parks, Recreation and Forestry Department, each participant receives a free seedling as well as post-race refreshments.

Sponsorship also allows for free entry.

For more information, check the Prairie Striders web page or contact race director John Blatchford at jvblatch@itctel.com.

Prairie Striders/Phil LaVallee Memorial Scholarship recipients

- 2021-22: Joseph Minor-Williams, junior journalism major from Minneapolis
- 2020-21: Carter Knaus
- 2019-20: Oksana Covey
- 2016-19: Emily Berzonsky
- 2015-16: Connor Branick
- 2014-15: Laura Lawton

Note: The scholarship is currently endowed at \$100,700 with proceeds providing for an annual scholarship of \$2,000.

Prairie Striders officers 2022

President —
Dave Graves

Vice president —
Nancy Scholl

Webmaster —
Trevor Penning

Treasurer / membership director —
Jay Larsen

Web address —
www.prairiestriders.net



Also follow us on
Facebook
[@prairiestriders](https://www.facebook.com/prairiestriders)



Jacks men nip 'Yotes for indoor title

Congratulations to Coach Rod DeHaven, track MVP Ben Olson and the entire men's team on winning the Summit League Indoor Track and Field Championships at Grand Forks Feb. 26.

Olson claimed the track championship MVP by totaling 28 points in the two-day event. During the first day of competition, Olson dominated the 3,000-meter run with a meet-record time of 8:09.82.

Olson carried the momentum into today's events, winning the mile in 4:07.22. He finished the championship

with a runner-up finish in the 5K behind teammate Joseph Minor-Williams (14:12.33). His second-place time of 14:12.41 was below the meet record (14:21.45) set by SDSU's Kyle Burdick back in 2019.

But that alone was not enough to win the meet for the Jacks. SDSU and USD were tied 167 points going into the final event — the 4 x 400-meter relay. SDSU's team of Manny Phoulom-Smith, Pierre Lear, Thailan Hallman and Reid Pierzinski finished third, scoring six points. USD's team finished fifth for four points.

SDSU claims its second indoor crown in four years — 173 to 171.

Ben Olson — Summit League track MVP

Member Spotlight



Randy Fischer

Age: 65

Residence: Sioux Falls, SD

Occupation: Head cross country/track & field coach Mount Marty University in Yankton

Family: Wife: Sheri. Children: Heather married to Dan Van Otterloo and has three children, Amber married to Ryan Johnson and has five children, Brittany married to

Maurice Christian and has five children, Brooke married to Jon Konz and has two children.

Years as a Prairie Strider member: 46

Why you're a member: It is a great group and have had a lot of good memories with members since I was in college at SDSU.

What you enjoy about running: Always a good feeling after I complete a run. Gives me time to think and reflect on life.

Favorite running memory:

Running in the 1980 US Olympic trials in the marathon, placing 54th out of 180 runners with a time of 2:19.48.

Your favorite Prairie Striders race: Longest Day Marathon. I have run several (eight) times and I believe won five times and still have the course record of 2:23.29 (1979).

Favorite workout: Warming up a couple of miles and running 30 seconds hard, 30 seconds easy, 60 seconds hard, 60 seconds easy, 90 seconds hard, 90 seconds easy x 2 with a 2 mile cool down.

Your running goal: Although I don't run like I use to, I still enjoy going for short runs when I can. It never gets old!



Jacob and Tara Mills

Age: 38

Residence: Brookings, SD

Occupation: Resource development (Tara) and real estate development/property management (Jake)

Family: 3 kiddos: Anna (10), Max (8) and Maddy (2)

Years as a Prairie Strider member: 2

Why you're a member: We appreciate the work Prairie Striders does to keep fun and competitive races in Brookings and keep the running community informed. We are proud of the legacy (grandfather) Harvey (Mills) left in giving back to the running community and want to be part of and continue that as well.

What you enjoy about running: We love that running is an activity we can do together and with our family that also keeps us healthy. We've found it to be great time to clear our minds and also keep us competitive with ourselves looking forward to and training for the next race.

Favorite running memory: We each have memories of running in high school and college but our favorite memory together is running the Naples (Florida) half marathon (Jan. 20, 2019). We just happened to be on vacation and realize the race was that weekend.

With grandparents there to watch the kids, we signed up the day before, ran a few miles in pouring rain and finished in the sunshine. Races often feel like a date because we get at least half a day to do something we love together!

Your favorite Prairie Striders race: We love the Brookings Marathon, running individually or with a relay team, and the Beef and Eggs is a fun family event for us each year.

Favorite workout: Long runs! Or the "intervals" we end up doing with kiddos along on bikes :)

Your running goal: Jake has some times he's looking to hit but most of all we both want to stay healthy and running for many years to come!

Donated Above Dues

Brenda Algood, *Brookings, SD*

Bruce Allen, *Flandreau, SD*

Jill Anderson, *Duluth, MN*

Paul Baggett, *Brookings, SD*

Bob Bartling, *Brookings, SD*

Herb Bartling, *Vancouver, WA*

Christa Bartling Bortnem, *Brookings, SD*

Becki Bartling Bray, *Sioux Falls, SD*

Shirley Bergum, *Brookings, SD*

William Berzonsky, *Lincoln, NE*

Tom Birath, *Marshall, MN*

Kevin Bjerke, *Billings, MT*

Mary Bjerke, *Volga, SD*

Russell Bjerke, *Volga, SD*

Lori Bocklund, *Beaverton, OR*

Steve Britzman, *Brookings, SD*

Michael Burns, *Milan, MN*

Rob Carney, *Lakeville, MN*

Craig Cassen, *Piedmont, SD*

Lyle Claussen, *Beatrice, NE*

Ann Day, *Willmar, MN*

Jane Derby, *Estelline, SD*

Rufus DeZeeuw, *Elkton, SD*

Lou Eggebraaten, *Brookings, SD*

Dave Graves, *Volga, SD*

Randy Hanson, *Aurora, SD*

Paul Hanusa, *Volga, SD*

Steve Hauff, *Sioux Falls, SD*

Mike Heyl, *Lincoln, NE*

Dennis Hopfinger, *Brookings, SD*

Scott Jamison, *Wentworth, SD*

Wally Klawiter, *Sioux Falls, SD*

Carol Klitzke, *Maple Grove, MN*

Bryan Krogman, *Brookings, SD*

Mark Lidman, *Kansas City, MO*

Harry Mansheim, *Brookings, SD*

Reyna Martin, *Brookings, SD*

Chuck McCullough, *Brookings, SD*

Kati Merkley, *Brookings, SD*

Janet Merriman, *Brookings, SD*

Michael Merriman, *Brookings, SD*

Christy Mettler, *Colorado Springs, CO*

Miles Mettler, *Colorado Springs, CO*

Dave Meyer, *Brookings, SD*

Patricia Meyer, *Brookings, SD*

Jerry Miller, *Sioux Falls, SD*

Jacob Mills, *Brookings, SD*

Paul Morgan, *Winona, MN*

Brian Nelson, *Sioux Falls, SD*

Lukas Nelson, *Sioux Falls, SD*

Vicki Nelson, *Sioux Falls, SD*

Judy Norton Pinckney, *Rosemount, MN*

Sara Olson, *Brookings, SD*

Jim Pedley, *Martinez, CA*

Trevor Penning, *Brookings, SD*

David Peters, *Brookings, SD*

Gary Pierson, *Sioux Falls, SD*

Jessica Quinlan, *Charleston, OR*

Eric Rasmussen, *Brookings, SD*

Rich Reid, *Brookings, SD*

Colene Reiser, *Brookings, SD*

Lynn Riedesel, *Brookings, SD*

Bob Ritter, *Brookings, SD*

Dwayne Rollag, *Sioux Falls, SD*

Stephen Roy, *Hastings, MN*

Bob Salmi, *Aberdeen, SD*

Andrea Schmidt, *Brookings, SD*

Brad Schmidt, *Brookings, SD*

Susan Scott, *Lincoln, NE*

Jennie Sell, *Brookings, SD*

Justin Sell, *Brookings, SD*

Richard Smith, *Brookings, SD*

Audrey Stavrum-Riggs, *Portland, OR*

John Stiegelmeier, *Brookings, SD*

Russ Strande, *Brookings, SD*

Joe Sudtelgte, *Elkton, SD*

Barbara Swenson, *Afton, MN*

Jim Thvedt, *Brookings, SD*

Chuck Tiltrum, *Aurora, SD*

Gregg Uecker, *Freeman, SD*

Peggy Whalen, *Brookings, SD*

Andriette Wickstrom, *Storm Lake, IA*

Tim Wilson, *McMinnville, OR*

Tom Woodall, *Charleston, IL*

Tim Zbikowski, *Maple Grove, MN*

Scholarship recipient looks to improve lofty marks

By Dave Graves
Newsletter editor



Coach Rod DeHaven struck recruiting gold with the men's distance runners he brought in for fall 2018 and one of those nuggets is Joseph Minor-Williams, who is the 2021-22 recipient of the Prairie Striders/Phil LaVallee Memorial Scholarship.

Four seasons into their SDSU adventure, most of the original group of eight are still on the team and are scoring points. Joining Minor-Williams, a graduate of Washburn High School in Minneapolis, as current Jackrabbits are Tom Breuckman, Ben Olson, Blake Iverson and Daniel Burkhalter.

"Now, looking at the team scoring, it's Ben Olson, me, Tom and Daniel. It's all the older guys that I came in with, so that's awesome to see. Now we're exceling at a high level. We're able

to be competitive nationally while being competitive with each other still," Minor-Williams said.

The other dominant SDSU men's runner is Gabe Peters, a year senior to the 2018 class.

During this year's indoor season, four of them have put their names in the school's top-10 registry. Olson claimed the school mark in the 3K (8:04.17) and is third in the 5K (14:12.41).

Minor-Williams is second in the 5K (14:12.33) and eighth in the 3K (8:15.91) while Peters is ninth in the 3K (8:16.99) and eighth in the 5K (14:25.38). Burkhalter is seventh in the 3K (8:15.20) and eighth in the 800 (1:52.39).

See **Scholarship Recipient** Page 6

Long-time loyal members

Defined as paying dues at least eight of the last 10 years or life member

Brenda Algood, *Brookings, SD*
Bruce Allen, *Flandreau, SD*
Arne Anderson, *Canton, SD*
Jill Anderson, *Duluth, MN*
Bob Bartling, *Brookings, SD*
Herb Bartling, *Vancouver, WA*
Christa Bartling Bortnem, *Brookings, SD*
Benda Berseth, *Brookings, SD*
Steve Berseth, *Brookings, SD*
William Berzonsky, *Lincoln, NE*
Rob Beyer, *Mound, MN*
Tom Bezdichek, *Brookings, SD*
Dan Bielfeldt, *Brookings, SD*
Matt Bien, *Brookings, SD*
Tom Birath, *Marshall, MN*
Kevin Bjerke, *Billings, MT*
Mary Bjerke, *Volga, SD*
Russell Bjerke, *Volga, SD*
John Blatchford, *Brookings, SD*
Lori Bocklund, *Beaverton, OR*
JoAnne Bohl, *Humboldt, SD*
Pat Bohl, *Humboldt, SD*
Justin Bonnema, *Inwood, IA*
Steve Britzman, *Brookings, SD*
Dave Bushard, *Lake Shetek, MN*
Andy Carlson, *Brookings, SD*
Andrew Carlson, *White Bear Lake, MN*
Dan Carlson, *White Bear Lake, MN*
Laura Carlson, *White Bear Lake, MN*
Rob Carney, *Lakeville, MN*
Craig Cassen, *Piedmont, SD*
Lyle Claussen, *Beatrice, NE*
Sharon Clay, *Brookings, SD*
Paul Coffin, *Sioux City, IA*
Paul Danger, *Valparaiso, IN*
Sara Danger, *Valparaiso, IN*
Ann Day, *Willmar, MN*
Rod DeHaven, *Brookings, SD*
Shelli DeHaven, *Madison, WI*
Jane Derby, *Estelline, SD*
Andrew Dickinson, *Aberdeen, SD*
Jay Dirksen, *Hot Springs Village, AR*
Jim Egeberg, *Valley City, ND*
Pat Egeberg, *Valley City, ND*
Monte Farnsworth, *Pierre, SD*
Brian Fendrich, *Apple Valley, MN*
George Fendrich, *Sioux Falls, SD*
Van Fishback, *Brookings, SD*
Becka Foerster, *Brookings, SD*
Dan Foerster, *Brookings, SD*
Brian Freking, *Keota, OK*
Tim Fryer, *Hendricks, MN*
Jim Glazer, *St. Paul, MN*

Dave Graves, *Volga, SD*
Dave Griffith, *Wecota, SD*
Chris Gruenhagen, *Brookings, SD*
Dan Hansen, *Brookings, SD*
Randy Hanson, *Aurora, SD*
Paul Hanusa, *Volga, SD*
Steve Hauff, *Sioux Falls, SD*
Mary Held, *Aurora, SD*
Mike Heyl, *Lincoln, NE*
Mike Hieb, *Brandon, SD*
Wade Hoffman, *Minnetrissa, MN*
Joanie Holm, *Brookings, SD*
Dennis Hopfinger, *Brookings, SD*
Owen Hotvet, *Sioux Falls, SD*
Hunter Jamison, *Wentworth, SD*
Scott Jamison, *Wentworth, SD*
Taylor Jamison, *Wentworth, SD*
Gloria Jansen, *White Bear Lake, MN*
Marcus Johansen, *Stacy, MN*
Randall Kantack, *Aberdeen, SD*
Angela Kauch, *Minneapolis, MN*
Lucy Kephart, *Kansas City, MO*
Gene Kingslien, *Watertown, SD*
Wally Klawiter, *Sioux Falls, SD*
Carol Klitzke, *Maple Grove, MN*
Kelly Koenig, *Brookings, SD*
Bryan Krogman, *Brookings, SD*
Steve Kurtenbach, *Sioux Falls, SD*
Shari Landmark, *White, SD*
Jay Larsen, *Brookings, SD*
Polly Larson, *Volga, SD*
Steve LeFevre, *Fallbrook, CA*
Deb Leiferman, *Brookings, SD*
Mark Lidman, *Kansas City, MO*
Harry Mansheim, *Brookings, SD*
Reyna Martin, *Brookings, SD*
Chuck McCullough, *Brookings, SD*
Nikki McDaniel, *Rapid City, SD*
Barry McKeown, *Arlington, TX*
Dan Merchant, *Brookings, SD*
Kati Merkle, *Brookings, SD*
Janet Merriman, *Brookings, SD*
Michael Merriman, *Brookings, SD*
Christy Mettler, *Colorado Springs, CO*
Miles Mettler, *Colorado Springs, CO*
Dave Meyer, *Brookings, SD*
Patricia Meyer, *Brookings, SD*
Jerry Miller, *Sioux Falls, SD*
Pete Monfore, *Aliso Viejo, CA*
Paul Morgan, *Winona, MN*
Keith Morrill, *Custer, SD*
John Nelson, *Madison, SD*
Vicki Nelson, *Sioux Falls, SD*

Trudy Nepstad, *Roeland Park, KS*
Judy Norton Pinckney, *Rosemount, MN*
Mandy Orth, *Brookings, SD*
Kurt Osborne, *Brookings, SD*
Jim Pedley, *Martinez, CA*
Trevor Penning, *Brookings, SD*
Grant Peterson, *Brookings, SD*
Gary Pierson, *Sioux Falls, SD*
Dan Propst, *Pierre, SD*
Eric Rasmussen, *Brookings, SD*
Richard Reid, *Brookings, SD*
Colene Reiser, *Brookings, SD*
Lynn Riedesel, *Brookings, SD*
Bob Ritter, *Brookings, SD*
Gail Robertson, *Brookings, SD*
Dwayne Rollag, *Sioux Falls, SD*
Stephen Roy, *Hastings, MN*
Bob Salmi, *Aberdeen, SD*
Andrea Schmidt, *Brookings, SD*
Brad Schmidt, *Brookings, SD*
Nancy Scholl, *Brookings, SD*
Joe Schuch, *Belton, MO*
Susan Scott, *Lincoln, NE*
Justin Sell, *Brookings, SD*
Boyd Shank, *Brookings, SD*
Kevin Smith, *Brookings, SD*
Richard Smith, *Brookings, SD*
Peder Solberg, *White Bear Lake, MN*
Tom Stambaugh, *Nevis, MN*
Audrey Stavrum-Riggs, *Portland, OR*
John Stiegelmeier, *Brookings, SD*
Russ Strande, *Brookings, SD*
Joe Sudtelgte, *Elkton, SD*
Barbara Swenson, *Afton, MN*
Ron Tesch, *Brookings, SD*
Marcel Thielke, *Brookings, SD*
Jim Thvedt, *Brookings, SD*
Chuck Tiltrum, *Aurora, SD*
Dale Tribby, *Miles City, MT*
Gregg Uecker, *Freeman, SD*
David Ulschmid, *Arlington, SD*
Scott Underwood, *Brookings, SD*
Peggy Whalen, *Brookings, SD*
Andriette Wickstrom, *Storm Lake, IA*
Tim Wilson, *McMinnville, OR*
Joan Wolles, *Colton, SD*
Tom Woodall, *Charleston, IL*
Becky Youngberg, *Eden Prairie, MN*
Jack Youngberg, *Eden Prairie, MN*
Tim Zbikowski, *Maple Grove, MN*
Kim Zilverberg, *Belle Plaine, MN*
Jason Zimmerman, *Brookings, SD*
Kyrsten Zimmerman, *Brookings, SD*

Scholarship Recipient

Continued from Page 5

At the Summit League cross country championship, the SDSU men won a league-record sixth consecutive crown by placing 1-2-3-5-6-7 (Peters, Olson, Max Selbach, Breuckman, Minor-Williams, Burkhalter).

Mixing fun with hard work

Minor-Williams said the group has a camaraderie that feels like family. "Running is a big aspect, but we realize we're friends even without the running. It's awesome to hang out with each other and play video games or whatever and have fun and enjoy our time together. It's been a lot of fun enjoying my teammates.

"We go out on runs and joke around, during workouts we joke around, sometimes talk until it gets too hard. We work hard and still have fun with it," Minor-Williams said.

He said he felt those bonds when he was a visiting SDSU as a high school senior.

"I liked he team when I visited. I remember telling my mom after the visit, I think this is the place," said Minor-Williams, who added he also was influenced by having an Olympian for a coach and following in the steps of Micah Mather, a Twin Cities recruit two years ahead of Minor-Williams. "It seemed like a good fit."

Looking back, he knows he made the right choice.

"My Jackrabbit experience has been really amazing. I've really enjoyed being here. The town has grown on me a lot. It feels like a close-knit community. The school is small enough that everybody isn't just a number, everybody has a place," Minor-Williams said.

Teammate success brings confidence

For the journalism major that place has been at the front of the pack. Coming to SDSU, he had goals of winning



Joseph Minor-Williams compete at home during the 2021 indoor season. He closed out the 2022 indoor season by winning the Summit League 5K in meet record time of 14:12.33. The old mark was 14:21.45.

a conference race and qualifying for a regional meet.

In his first season, he ran varsity and competed with the team at Midwest Region Cross Country Championship. In the spring of his freshman year (2019), he had hit another goal, winning the Summit League 5K in 14:34.98 and finishing second in the 10K in 31:23.03. The performance earned him the Newcomer of the Year Award.

He has continued to shave time in all his events in succeeding years.

"I just hate losing ... (and) I'm really competitive with people I know; there's a little bit more at stake. Also I want to improve my times. Seeing Ben Olson run 14:13 (at Ole Miss), I thought I can probably run that time. So I went into Drake (two weeks later), 14:13 is the goal. Seeing how everybody else does and knowing we all train together, we all train together, we're all right there, means I know I can run at that same level," he said.

At Drake, he ran a 14:08.40 to finish seventh and place seventh on the SDSU record board.

Setting major goals for swan song

For the 2022 outdoor season, he has even bigger goals — set school records in 5K and 10K, "which we think is doable while helping out my teammates by making sure I'm on (targeted time) every single race to make sure they're on (targeted time) every race." The current school marks are 13:42.82 (Josh Yeager, 2021) and 28:55.84 (Joel Reichow, 2016).

For the cross country season, Minor-Williams would like to see the Jacks place one through six at the Summit League championship as they did in 2019. He called that the highlight of his SDSU career. "Everyone put in their best effort. To sweep conference and score 15 points ... the bus ride home was so fun, everybody was happy," he said.

The 2022-23 seasons will be his last as a Jackrabbit.

Minor-Williams plans to graduate next May and "if running goes alright, I would love to go back to Minneapolis and join Minnesota Distance Elite and run for my high school coach" while also pursuing a career as a film reviewer.

Deadwood discount offered to PS members

The Deadwood Mickelson Trail Marathon, Half Marathon, and 5 Person Marathon Relay is offering a \$10 discount to Prairie Strider members until May 29 or race cap is reached.

June 5 will be the 21st running of the race, which takes runners from an abandoned mining town, across railroad trestles, through a mountain, past monolithic rock formations, beside a babbling creek and finishes in Deadwood. The walker friendly course is open for 7 hours and all finishers receive a commemorative medal.

To register: Visit www.deadwoodmickelsontrailmarathon.com.

At checkout, enter DMTM2022 in the discount code box to receive the \$10 discount.

Sioux Falls adds Deer Dash to trail series

Sioux Falls Area Running Club has added a new event to its trail series.

The Deer Dash Trail Race is June 4 with 3.5-mile and 7.5-mile options at Oak Grove Park, a beautiful 433-acre county park along the Big Sioux River in western Sioux County, Iowa.

The course follows predominately single-track mountain bike and hiking trails and offers a lot of twists, turns and elevation changes to challenge runners as they wind through and around the densely wooded hills and prairie along the Big Sioux River.

Runners for both races will start near Oak Grove Lodge and quickly dive into wooded single track. Both races will finish back at the lodge, where post-race refreshments will be available.

To register, go to: <https://ultrasignup.com/register.aspx?did=92511>.

For more information, contact race director John Brantsen at brantsen@iastate.edu.