

The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 16, No. 1

Brookings, S.D.

February 2019

From the President

Hitting 50 and going for 75

As Prairie Striders Running Club embarks on its 50th year, let us reflect on the great year of 2018. We added a new event to our race calendar — the Oakwood Lakes Trail Run, witnessed some tremendous individual efforts in our premiere events and had new members step up into leadership roles.

But perhaps the most exciting development was how you — our members — responded to the Prairie Striders Scholarship Fund Drive. In fact, we're extending our goal as we hit the home-stretch of this effort. Our plan is to create a \$75,000 endowment with the SDSU Foundation in order to offer a \$3,000 annual scholarship for the SDSU cross country/track program.

One year ago we launched a drive to reach \$50,000 in honor of the club's 50th anniversary, which is in September.

We're very thankful for the gifts that allowed us to pass that goal. In addition, our Prairie Striders board is confident that who have yet to contribute and others who are committed again will respond to help us finish this effort.

Prairie Striders Running Club was organized Sept. 12, 1969, under the instigation of then-SDSU cross country/track Jay Dirksen.

The first Brookings Marathon (then Longest Day Marathon) was June 21,



The SDSU men's cross country team is pictured after winning the Summit League championship for the third straight year in fall 2018. Prairie Striders are in the stretch drive of a fundraising effort to improve the scholarship it provides for an SDSU distance runner.

1970, making this May 11 the 50th running of the event.

Since Dirksen, Bob Bartling and 16 others finished that first marathon, thousands of others have followed during the last 49 years. You may have experienced heat, cold, exhaustion or exhilaration. Most likely, you remember wind. Those experiences and memories can stay alive in a book being produced later this year. (See separate story in this newsletter.)

Today we're asking you to compete in a marathon of another kind. The Prairie Striders board is staging a fundraising marathon relay. Our current endowment level stands at \$69,000. Just

like a marathon, we have broken this final "race" into miles with each mile representing \$230. Therefore, 26 supporters donating \$230 each would allow us to top our goal.

Of course, we welcome gifts of any size. You determine the length of your relay leg.

So I certainly hope you will consider putting in your mile toward this scholarship effort. Simply fill out the enclosed pledge card and mail back with your check, or you may donate online at www.sdstatefoundation.org/lavallee-scholarship-for-athletics.

Dave Graves
President, Prairie Striders Running Club

50 years of running Brookings

Marathon marks anniversary with special promotions, events

By Dave Graves
Newsletter editor

Their friends were fishing, unpacking their station wagon after a picnic in the park, or shooing flies while sitting under the backyard shade tree.

But 22 guys, ages 15 to 49, assembled at Sexauer Field on the campus of South Dakota State University ready to make history. It was 5 p.m. June 21, 1970, the longest day of the year. Time to begin the first marathon ever to be staged in South Dakota, fittingly dubbed the Longest Day Marathon by organizer Prairie Striders Track Club.

Neither the runners nor organizers were focused on history. They



just wanted to attempt something most knew very little about.

On May 11, the 50th running of the Brookings Marathon (formerly Longest Day) will be staged. The hundreds of participants will still be making history, but it will be a much different race.

In 1970, Jay Dirksen (the winner), Bob Bartling and 20 others went from Brookings to Volga, south to the Elkton-Sinai road, east to Highway 77, north to the airport road, back to the Highway 14 Bypass and finally back to the SDSU campus. They were exposed to 75-degree sunshine and 70 percent humidity without enough aid stations.

The 2019 runners will run through city parks, the university campus, historic neighborhoods and along the city's trail system, with aid stations every two miles.

Promotion plans take off

Race director Matt Bien is aiming for a record turnout in the marathon. The highwater mark to date is 228 in 2012.

See **Marathon**, Page 2



Photo courtesy of Jon Sprang

Marathon: Promotions geared to up turnout

Continued from Page 1

Several promotions are in place to top that number:

- 50 state challenge. Free registration for the first marathoner from each state. Steve Cross, from Jefferson, was quick to jump on that for South Dakota (Aug. 1, when registration opened). Only a few states (17) are left to collect the free entry.
- The buddy plan. BOGO comes to marathoning. Buy one, get one free. What a great way to bond — 26.2 miles of camaraderie.
- Circle of champions. Free entry to all past male and female champions. Of course, the marathon committee won't take too big of a hit on this one — Randy Fischer can only enter once despite winning five times. Same for Jill Moncur, the three-time women's champion. However, Tim Fryer, the last Prairie Strider to win the race (2014), does appreciate the generosity.
- \$10 off for active military and members of Marathon Maniacs and 50 Staters.

The bargains may have front loaded registrations. At the beginning of February, there were 110 already signed up for the marathon. That compares to 125 finishers in 2018.

Among race's history makers

Among the repeaters from 2018 is Jerry Brown, who has been running the Brookings Marathon each year since 1992. He began his streak as a 40-year-old, and the retired St. Paul, Minnesota, pharmacist has now run more than 300 total marathons. A 1973 SDSU College of Pharmacy graduate, Brown began his marathon career in 1985.

Ten years earlier, the 1975 field included another St. Paul runner — Kathy Magnuson — who made Brookings Marathon history as the first female finisher in the race. There were two other females who were entered, but they ran separately and didn't finish, said Bien, who has become a historian of the race in preparation for this year.

Magnuson finished in 4:30 — 28th out of 28 runners but started a new tradition. In every race since then except one (1987), there has been a female finisher. Last year, the first female finisher, Laura Docherty, daughter of former Prairie Strider race team member Bev Docherty, was the fourth overall finisher in her marathon debut.

Magnuson will be back for the 50th Brookings Marathon, not to take advantage of her free entry, but to serve as official starter.

Special events

The golden marathon involves some special activities. Runners who participated in the 1970 race will be recognized during the awards presentation and there will be a band and social gathering that afternoon at The Nine in downtown Brookings, complete with cake and SDSU ice cream.

Bien says, "It's an honor to be associated with the 25th oldest marathon in the United States. We're greatly indebted to the men and women who have maintained and improved this event through the years. We hope to see hundreds of new and familiar faces at Pioneer Park [race start and finish] on May 11th."

To register or learn more about the weekend's events, go to: brookingsmarathon.com.

A history worth recording

New book to document 50 years of Brookings Marathon

After the results of the 2019 Brookings Marathon are in the books, a book detailing the history of the Brookings Marathon will be working its way to the publisher.

The Brookings Marathon Committee is self-publishing a book that captures the statistics, images, accomplishments and oddities of the Brookings Marathon, the 14th oldest continuously run marathon in the United States. A few

copies will be printed, but most people will be able to purchase it online in either hard or soft cover or as an electronic version.

Pricing and ordering information will be announced later. Contact Prairie Striders or run@brookingsmarathon.com.

In addition to some classic photos, including the only known photo from the 1970 race, the book will include

newspaper accounts from key years, letters from running legends like Hal Higdon, winner of the 1972 race, and Amby Burfoot, long-time editor of Runners World, as well as a feature on Brookings running legend Bob Bartling.

Of course, no history of the Brookings Marathon could be complete without some weather reports — like the ice storm that moved the 2000 event inside.

Brookings harrier tabbed by Gatorade again



Ellie Abraham, of Brookings, sprints to the finish line at the Class AA state meet at Yankton Park Trail in Sioux Falls Oct. 20, 2018. The defending champ finished second, six seconds back, but was still named Gatorade Girls Cross Country Runner of the Year for South Dakota for the second consecutive year.

For the second consecutive year, Brookings junior Ellie Abraham has been named Gatorade South Dakota Girls Cross Country Runner of the Year.

Abraham is the first multi-year winner since Rapid City Stevens' Tamara Gorman won three straight from 2010-13. The award recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse.

The 5-foot-5 junior placed second at the Class AA state meet this past season, running the last 2.5 miles with just one shoe to finish with a season-best time of 18:18.27 and leading the Bobcats to an eighth-place finish as a team in the process.

Abraham, who also won the state title as an eighth-grader and as a sophomore, is a five-time First Team All-State selection. Including track and field, Abraham is a six-time state champion and has finished in the top eight 20 times across fall and spring state meet competition.

"It is no surprise to me that Ellie excels at so many things," BHS Coach Chris Gruenhagen said.

"She truly commits to all things in her life and gives nothing but 100 percent effort every step of the way. Her ability to manage and achieve high standards in all areas she is involved in is no doubt what set her apart from the other Gatorade finalists.

"I have always been impressed with

Ellie's personality. She is a tough individual that is far from afraid of work as the easy way is never an option in her mind.

"It's been a joy having the opportunity to coach Ellie and I look forward to seeing her continue to be a part of our program throughout her high school career."

A member of the All-State choir as well as the Brookings High marching band, concert band and jazz band, Abraham has volunteered with Habitat for Humanity and as a youth soccer referee.

Abraham has maintained a 4.0 GPA in the classroom.

Editor's note: Part of this article first appeared in the Argus Leader.

Wanted: Brookings Marathon photos

The Brookings Marathon (formerly Longest Day Marathon) will celebrate 50 years on May 11, 2019. A history book with finish times, past champions, stories, and photos is planned to commemorate this milestone.

We have a very limited collection of photos prior to 2005. You can help us by sending your favorite photo from race days gone by. We welcome photos from any year, and especially need those from the '70s, '80s and '90s.

If you have a photo to share, please contact race director Matt Bien at run@brookingsmarathon.com.

We are happy to scan photos for you if you live in the Brookings area. Otherwise, send a high-resolution scan of your photo as an attachment to the same email address (JPEG format preferred).

We look forward to hearing from you!

2019 Prairie Striders race schedule	
Arbor Day 5k	Friday, April 26
"I'm Ready for Summer" Triathlon	Sat., April 27
Scotty Roberts 5k	Friday, May 10
Brk Marathon, Half & Relays	Sat., May 11
Longest Day 10K	Saturday, June 15
Beef and Eggs 5K	Saturday, July 13
Predictor Mile	Wednesday, Aug. 7
Oakwood Lakes Trail Run	Saturday, Aug. 10
Jack 15	Saturday, Sept. 28
Hobo Day 5K	Saturday, Oct. 5

Prairie Striders
officers
2014-15

President — Dave Graves
Vice president — Nancy Scholl
Secretary/webmaster — Trevor Penning
Treasurer — Jay Larsen
Web address — www.prairiestriders.net
Also follow us on Facebook

Member Spotlight

Editor's note: *Member Spotlight is a regular feature in the Pacesetter. If you, or someone you know, would like to be featured, please contact Dave Graves at 605-627-5718 or run@prairiestriders.net.*



Jason Zimmerman



Age: 46
Residence: Brookings
Occupation: Associate Dean, College of Arts, Humanities & Social Sciences
Family: Wife Kyrsten. Kids Aaron and Madeline
Years as a Prairie Strider member: Since 2010

Why you're a member: Kyrsten and I enjoy the races that Prairie Striders organizes every year. Brookings is

lucky to have such a strong running community, and we're happy to be a part of it.

What you enjoy about running: I like having time alone with my thoughts. Running provides lots of that.

Favorite running memory: Probably the 2010 Twin Cities Marathon. I trained more seriously for this race than I had for previous events, and it changed my overall approach to running. I've run faster races since, but that one was a big milestone for me.

Your favorite Prairie Striders race: The half marathon. I've lost track of how many times I've run that event. I'm pretty sure I could map out the course from memory. It helps that we seem to get lucky on the weather more often than not.

Favorite workout: My weekend long run. I always feel like I did something worthwhile when I finish. It also makes me feel less guilty about sitting around the house the rest of the day.

Your running goal: Keep going. I'm not getting any faster and I don't race as often as I used to, but I still enjoy my time on the road.

Danny Foerester



Age: 34
Residence: Brookings
Occupation: Owner of Foerster Distributing (paper and janitorial supplies)
Family: Wife Becka; Children Kalla, 9; Jada, 7; Drake, 3.
Years as a Prairie Strider member: Five

Why you're a member: My wife made me (lol) Really, just happy to support a great local group of runners!

What you enjoy about running: Number one thing it was a way to be closer to my now-wife. She has ran all her life — grade school, high school and college — and I was always the one fol-

lowing her on a bike. This was something we could do together; not to mention the health benefits of running. I can still eat whatever junk food I want.

Favorite running memory: There are several that stick out. For fun runs, it would have to be running on vacation with my wife on the beaches of places we have visited. As for actual races, running the Boulder Boulder 10K was a great experience, and also the longest race I have done to date — the TC 10mile in Minneapolis .

Your favorite Prairie Striders race: Beef & Eggs or Hobo Day

Favorite workout: 10K race

Your running goal: Run a half-marathon.

Strider snippets

Bjerke to inaugurate Montana State triathlon program



Kevin Bjerke, co-director of the Beef and Eggs 5K, was hired in December as the first coach of the Montana State University - Billings women's triathlon team.

Deemed an NCAA Emerging Sport for Women in 2014, triathlon has a 10-year window to demonstrate sustainability as an NCAA sport option. USA Triathlon is more than halfway to its goal of reaching 40 schools by 2024 — and its momentum is growing, with eight new programs announced since mid-October.

Bjerke, a 2005 SDSU grad who also worked as a grad assistant in the track and field and cross country program while earning his master's degree 2008, said he and co-director Ryan Egeberg remained committed to leading the competitive 5K, which is held during Arts Festival weekend.

Bjerke spent 10 seasons at the Northern State University track and

field and cross country programs, working as an assistant in 2008-2012 and head coach in 2013-18.

Bjerke is a USA Triathlon certified coach and is an avid triathlete who helped host the Wolves Triathlon multiple years at Northern State, which brought in 50-100 local and regional triathletes. He was also responsible as faculty advisor for developing and implementing a six-week training program for the public, which introduced the sport of triathlon to those wishing to participate for the first time.

Discount for Deadwood

Organizers of the Deadwood Mickelson Trail Marathon are offering a \$10 registration discount for Prairie Striders members.

The Sunday, June 2, event offers a full marathon, half marathon and marathon relay. To gain the discount, enter the code DoinDwd19 in the discount code box at the end of registration. The code is good through May 23.

Registration link: https://secure.getmeregistered.com/get_information.php?event_id=130324

For more information: info@DeadwoodMickelsonTrailMarathon.com, Emily Wheeler, 605-390-6137.

Arbor Day director transition

Steve Britzman will mark his 30th year as director of the Arbor Day 5K April 26.

This year he will be assisted by club member John Blatchford, who will move into the director's role in 2020.

A note from a new member

Enclosed in this mailing you will find a response card to our scholarship drive. It includes a request for MEMBERSHIP RENEWAL. We hope you won't overlook that portion.

As with any organization, it is the backing of loyal members that makes Prairie Striders strong.

We hope you share the sentiments of new member Erica Bukovich.

"I am from Sioux Falls, so I can't attend all of them, but I LOVE your events. Thought I should make membership official. :)"

Send us your running stories

Funny, scary, unusual, out of the ordinary, long or short.

We would like to share members' stories in future edition of the Prairie Striders newsletter. Respond on Facebook or email to run@prairiestriders.net.

Points competition winners for 2018 announced

Winners of the Prairie Striders points competition will be awarded at the Feb. 16 Frostbite Frolic.

Runners must have competed in at least three Prairie Striders races to be eligible.

Men's open average

Brady Diercks, 33, Brookings, 221.67 (3)
 Andrew Dickinson, 39, Brkings, 143.69 (3)
 Dan Bielfeldt, 32, Brookings, 107.33 (3)

Men's masters average

Brad Olinger 42 Brookings 216.33
 Jason Zimmerman, 45 Brookings 131.67
 Chuck Harming, 43, Elkton, 113 (3)

Women's open average

Caylee Costello, 26, Brookings, 110.67 (3)

Heidi Hopewell, 30, Brookings, 96.5 (4)
 Abbi Davelaar, 30, Brookings, 78.33 (3)

Women's masters average

Adrienne McEntee, 45, Brkings, 139.5 (4)
 Mary Held, 56, Aurora, 78.6 (5)
 Suzanne Moe, Bruce, 57.57 (3)

Men's total points open

Brady Diercks, 33, Brookings 665 (3)
 Trevor Hinderaker, 21, Astoria, 571 (6)
 Andrew Dickinson 431 (3)

Men's total points masters

Brad Olinger 42 Brookings 216.33
 Jason Zimmerman, 45 Brookings 131.67
 Chuck Harming, 43, Elkton, 113 (3)

Women's total point open

Heidi Hopewell, 30, Brookings, 386 (4)
 Caylee Costello, 26, Brookings, 332 (3)
 Sara Jones, 31, Brookings, 135 (3)

Women's total points masters

Adrienne McEntee, 45, Brookings, 558 (4)
 Mary Held, 56, Aurora, 393 (5)
 Suzanne Moe, Bruce, 173 (3)

Most races

Trevor Hinderaker — 6
 Tim Fryer — 6
 Mary Held — 5

For full results, go to:
<http://www.prairiestriders.net/points-competition.html>

Life Members

Requires A Minimum Gift Of \$100 *Denotes New Lifetime Members In 2018

Ron Amundson, Orinda CA
 Arne Anderson, Canton
 Bob Bartling, Brookings
 Herb Bartling, Happy Valley OR
 Jerry Bergum, Brookings
 William Berzonsky, Lincoln NE
 Rob Beyer, Mound MN
 Tom Bezdichek, Brookings
 Matt Bien, Brookings
 Tom Birath, Marshall MN
 John Blatchford, Brookings
 Justin Bonnema, Brookings
 Christa Bortnem, Brookings
 Dave Braley, Sioux Falls
 *Steve Britzman, Brookings
 Dave Bushard, Lake Shetek MN
 Andrew Carlson, White Bear Lake MN
 Dan Carlson, White Bear Lake MN
 Laura Carlson, White Bear Lake MN
 Rob Carney, Lakeville MN
 Lyle Claussen, Brookings
 Sharon Clay, Brookings
 Paul Danger, Valparaiso IN

Sara Danger, Valparaiso IN
 Ann Day, Willmar MN
 Rod DeHaven, Brookings
 Shelli DeHaven, Brookings
 Rufus DeZeeuw, Elkton
 Jay Dirksen, Hot Springs Village AR
 Jim Egeberg, Valley City ND
 Pat Egeberg, Valley City ND
 Shelby Eischens, Brookings
 Becka Foerster, Brookings
 Dan Foerster, Brookings
 Brian Freking, Keota OK
 Jeanette Gibbons, Brookings
 Dave Graves, Volga
 Dave Griffith, Wecota
 Chris Gruenhagen, Brookings
 Steve Hauff, Sioux Falls
 Mary Held, Aurora
 Mike Hieb, Brandon
 Wade Hoffman, Minnetrista MN
 Joane Holm, Brookings
 Rick Holm, Brookings
 Dennis Hopfinger, Brookings
 Owen Hotvet, Sioux Falls

Angela Kauch, Minneapolis MN
 Carol Klitzke, Maple Grove MN
 Steve Kurtenbach, Sioux Falls
 Shari Landmark, White
 Jay Larsen, Brookings
 Polly Larson, Volga
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 Gary Pierson, Sioux Falls

Dan Propst, Pierre
 Lynn Riedesel, Brookings
 Dwayne Rollag, Sioux Falls
 *Nancy Scholl, Brookings
 Paul Schroeder, Nevis MN
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 Susan Scott, Lincoln NE
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 John Stiegelmeier, Brookings
 Sharon Stubler, Minnetonka MN
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 Jack Youngberg, Eden Prairie MN
 Tim Zbikowski, Maple Grove MN
 Jason Zimmerman, Brookings
 Kyrsten Zimmerman, Brookings

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* = scholarship donor
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 Andriette Wickstrom, Storm Lake, Iowa
 *Dave Wik, Monticello MN
 *Tom Woodall, Charleston IL
 *Jack Youngberg, Eden Prairie MN
 Tim Zbikowski, Maple Grove MN
 *Kyrsten & Jason Zimmerman, Brookings

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 Lisa Sell

Just one exercise can add years to your life

By Patrick Sullivan

Source: sharecare.com

What if there was one activity you could do for two hours each week that helped you live three years longer?

Good news: there is. Better news: you don't need fancy machines or expensive personal trainers. All you need to do is run.

Regular running—even just a few minutes a day—will help make your RealAge younger than your biological age, showing that your body has fewer miles on it than your actual age would suggest.

Pound the pavement, live longer

A March 2017 study published in *Progress in Cardiovascular Diseases* analyzed data from more than 55,000 people, as well as the results of other large studies. Researchers concluded that running may offer more longevity benefits than other types of physical activity.

In the study, people who only ran had a 30 percent lower risk of dying early than people who were wholly inactive, while people who were active but did not run had just a 12 percent reduced risk. People who ran and were active in other ways saw the biggest benefit—a 43 percent reduced risk of mortality.

The authors concluded that runners could expect to live, on average, 3.2 years longer than non-runners.

A 7 to 1 return

Participants in the study ran an average of two hours per week, which is actually less than the 150 minutes of moderate exercise per week the Centers for Disease Control and Prevention recommends. The authors crunched the numbers and determined that one hour of running translates to about seven additional hours of life.



The March 2017 data was based on an older study, published in August 2014 in the *Journal of the American College of Cardiology (JACC)*.

The JACC study suggested that even five or ten minutes of running per day at a slow pace significantly reduces the risk of dying early of any cause, or dying of cardiovascular disease.

Of course, runners generally tend to have healthier lifestyles; they don't usually smoke, for example. But even after researchers adjusted for these factors, runners still came out on top in terms of longevity.

Long-time loyal members

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

Brenda Algood, Brookings
 Ron Amundson, OrindaCA
 Arne Anderson,Canton
 Jill Anderson, Duluth MN
 Bob Bartling, Brookings
 Herb Bartling, Vancouver WA
 Christa Bartling Bortnem, Brookings
 Jerry Bergum, Brookings
 Benda Berseth, Brookings
 Steve Berseth, Brookings
 William Berzonsky, Lincoln NE
 Rob Beyer, Mound MN
 Tom Bezdichek, Brookings
 Matt Bien, Brookings
 Tom Birath, Marshall MN
 Kevin Bjerke, Billings MT
 Mary Bjerke, Volga
 Russ Bjerke, Volga
 John Blatchford, Brookings
 Lori Bocklund, Beaverton OR
 Pat Bohl, Humboldt
 Justin Bonnema, Inwood IA
 Dave Braley, Sioux Falls
 Steve Britzman, Brookings
 Dave Bushard, Lake Shetek MN
 Clyde Calhoon, Brookings
 Andrew Carlson, White Bear Lake MN
 Dan Carlson, White Bear Lake MN
 Laura Carlson, White Bear Lake MN
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 Craig Cassen, Piedmont
 Lyle Claussen, Beatrice NE
 Sharon Clay, Brookings
 Paul Coffin, Sioux City IA
 Paul Danger, Valparaiso IN
 Sara Danger, Valparaiso IN
 Ann Day, Willmar MN
 Rod DeHaven, Brookings

Shelli DeHaven, Brookings
 Andrew Dickinson, Brookings
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 Mike Hieb, Brandon
 Wade Hoffman, Minnetrista MN
 Joanie Holm, Brookings
 Rick Holm, Brookings
 Dennis Hopfinger, Brookings
 Owen Hotvet, Sioux Falls
 Hunter Jamison, Wentworth
 Scott Jamison, Wentworth
 Taylor Jamison, Wentworth
 Gloria Jansen, White Bear Lake MN
 Miles Jefferis, Vadnais Heights MN
 Marcus Johansen, Coon Rapids MN
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 Wally Klawiter, Sioux Falls

Carol Klitzke, Maple Grove MN
 Kelly Koenig, Brookings
 Bryan Krogman, Brookings
 Steve Kurtenbach, Sioux Falls
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 Jason Massmann, Buffalo MN
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 Dave Meyer, Brookings
 Patricia Meyer, Brookings
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 John Nelson, Madison
 Vicki Nelson, Sioux Falls
 Trudy Nepstad, Roeland Park KS
 Judy Norton Pinckney, Rosemount MN
 Kurt Osborne, Brookings
 Dan O'shea, Eugene OR
 Brad Oyos, Fargo ND
 Jim Pedley, Martinez CA
 Grant Peterson, Brookings
 Gary Pierson, Sioux Falls
 Dan Propst, Pierre
 Eric Rasmussen, Brookings

Richard Reid, Brookings
 Colene Reiser, Brookings
 Lynn Riedesel, Brookings
 Bob Ritter, Brookings
 Gail Robertson, Brookings
 DWayne Rollag, Sioux Falls
 Bob Salmi, Aberdeen
 Nancy Scholl, Brookings
 Paul Schroeder, Nevis MN
 Joe Schuch, Belton MO
 Susan Scott, Lincoln NE
 Boyd Shank, Brookings
 Dick Smith, Brookings
 Kevin Smith, Brookings
 Tom Stambaugh, Nevis MN
 Audrey Stavrum Riggs, Portland OR
 John Stiegelmeier, Brookings
 Richard Strande, Brookings
 Russ Strande, Brookings
 Sharon Stubler, Minnetonka MN
 Barbara Swenson, Omaha NE
 Ron Schw, Brookings
 Jim Thvedt, Brookings
 Chuck Tiltrum, Aurora
 Dale Tribby, Miles City MT
 Gregg Uecker, Freeman
 David Ulschmid, Arlington
 Peggy Whalen, Brookings
 Andriette Wickstrom, Storm Lake IA
 Tim Wilson, Mcminnville OR
 Joan Wolles, Colton
 Becky Youngberg, Eden Prairie MN
 Jack Youngberg, Eden Prairie MN
 Tim Zbikowski, Maple Grove MN
 Kim Zilverberg, Belle Plaine MN
 Jason Zimmerman, Brookings
 Kyrsten Zimmerman, Brookings