

The Pacesetter

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Next challenge please

After Abbott World Marathon Majors, Seven Continents Club, Allen looks toward next goal

By Dave Graves
Newsletter editor

At age 61, most folks are planning their retirement trip.

Bruce Allen, who turned 61 in June, has some travel plans for 2025, but they have nothing to do with retiring. "I tell the kids, tell me where you want to go. If there is a marathon, we're going." In 25 years of marathoning, the Flandreau commercial building contractor has managed to find a marathon in all seven continents.

In fact, earlier this year Allen became a member of the Seven Continents Club, completing the Big 5 Marathon in South Africa on June 17. In 2015, he completed the Abbott World Majors, six of the world's most prestigious marathons. In 2025, he would like to run the Abbott World Marathon Majors Wanda Age Group World Championships, which is one of the biggest road running championships on the international running calendar for athletes ages 40 and older.

The championship event attracts thousands of the world's best age group runners to compete in nine age categories. The Chicago Marathon hosted the 2023 Abbott World Marathon Majors Wanda Age Group World Championships and the Sydney Marathon is the site for the 2024 event.

Runners must qualify to receive an invitation.

A 3:10 marathon at age 61?

"It takes a 3:10 to qualify for my age group," said Allen, who estimates he has run upwards of 50 marathons. "I need to add them up," he quipped in a fall interview from his rural Flandreau home. To put that 3:10 in perspective, it is 40 minutes faster than Allen would need to qualify for the Boston Marathon. A 3:10 is a 7:15 pace.

He has a marathon PR of 2:53 at the Brookings Marathon in 2013. This fall he ran the Jack 15 in 2:22:24, which is a pace of 9:22, but that is by no means indicative



Despite running 26.2 miles over challenging territory in South Africa, Bruce Allen, center back, still had plenty of energy to celebrate his induction into the Seven Continents Club.

of his ability.

Allen plans to spend the winter on the treadmill and work towards a 3:10 at a to-be-determined spring marathon.

7th continent bagged at African reserve

Wherever that spring marathon is, you can be sure it won't be through the savannahs of Entabeni in one of the most spectacular game reserves in Africa. The race website calls it a "challenging route (that) crosses right through the habitat of the African game, including the famous Big Five: elephant, rhino, buffalo, lion and leopard."

Allen said there was no danger of being eaten by a lion or swallowed by a snake. "You always knew you were safe because they move the lions and tigers to the other end of the reserve."

The most wildlife he saw was "a third of the way thru the run, just before an aid station, a bunch of wildebeests

got spooked and took off running right across the course. You had to wait for them to cross. Everyone was taking pictures."

The course terrain was the wildest element to the Big 5 Marathon, he said.

"I've run Mount Everest and Antarctica. They have their challenges, but the Inca Trail Marathon (Peru) is the hardest and Big 5 is second because of the terrain and steepness. The course is mostly a gravelly trail, but in a couple spots you had to run up a rocky hill and back down.

"At one spot there is a big ravine one-third of a mile long. It's so steep even the winners could not run up that hill. Then you got blisters going down from shoving your toes into your shoes. Then there was deep, soft sand. I had to stop twice to get the sand out of my shoes. There was five or six miles of sand.

See Challenge

Continued on Page 2



2024 RACE SCHEDULE

Prairie Striders Indoor 5k Saturday, Jan. 20	Beef and Eggs 5K.....Saturday, July 13
Arbor Day 5k.....Friday, April 26	Oakwood Lakes Trail Run.....Saturday, Aug. 3
Scotty Roberts 5k.....Friday, May 10	Predictor MileWednesday, July 31
Brookings Marathon, Half & RelaysSat., May 11	Jack 15.....Saturday, Sept. 21
Longest Day 10K..... Saturday, June 22	Hobo Day 5K.....Saturday, Oct. 12
	Turkey Day Run..... Thursday, Nov. 28

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Challenge

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“The last two miles of the course were rocky. You couldn’t create a pace because the rocks were random. You had to really watch your step,” Allen said.

A family celebration

Certainly not a 3:10 course. In fact, it took the winners four hours while Allen’s African adventure lasted six hours.

Allen never intended to compete for a trophy.

“When I finished the race, I was just happy to get it done. If I had run it too hard, I would have been super miserable. But I thought, ‘I’ve got my whole family here, I have to be there for my family.’ I was still in good spirits when I got done. I didn’t overly push myself. I walked beside people, talked to a lot of people,” Allen said.

The family was daughter Marilyn Allen, who is in law school, and her boyfriend; son David, a sophomore at SDSU and his girlfriend; and son Julian, a sophomore at Flandreau High School.

The group was in Africa almost two weeks. Among their side trips was eating a couple times at the famed Legends Golf Course, which a world class course with an extreme 19th hole accessible only by helicopter.

Got lost in Inca Trail Marathon

Reflecting on the seven marathons that Allen completed to join 633 men and 348 women who have completed the exclusive quest at the marathon distance, he said the one he would most like to repeat is the Inca Trail Marathon, which he ran in 2018 to give him six continents. He figures he could knock several hours off his time.

“It took me 14 hours. I got lost. My watch said I ran 32 miles.”

Allen explained, “The first half I was toward the front and felt really good. Then my body blew up at the end. I should have paced myself better. The heat got to me. (The temperatures were in the mid-90s at 14,000-foot elevation.) It was one of the first marathons I felt I had to walk in.”

Between having to walk and getting off course, he missed the cutoff at a checkpoint gate. A game warden said he couldn’t continue and would have to wait until the morning. Allen said that wasn’t an option. His daughter was waiting for him at the finish line and he wasn’t going to leave her alone for the night. So the game warden walked with him. “We



Members of the Allen family gather after Bruce’s completion of the Big Five Marathon June 17. Pictured, from left, are Ciarra Kerstetter, girlfriend of his son David; David Allen, a junior at SDSU; Bruce Allen; Julian Allen, a sophomore at Flandreau High School; Marilyn Allen, a second-year law student at the University of South Dakota; and her boyfriend, Amos Jones.

walked railroad tracks for three miles.”

As for his favorite marathon on the Seven Continents Club list, Allen said his kids loved London. However, Allen said, “Boston is my favorite race. I’ve been there four times. My son was with me during the bombing (2013). You have a different connection to it. All the crowds at the major marathons are great, but the crowds at Boston are a different animal. Plus you have to qualify for it, so you feel you deserve to be there.”

Recipe for staying youthful

He adds he is excited to be in a position to qualify for the Abbott World Marathon Majors Wanda Age Group World Championships. “Right now I’m in better shape than I have been in six or seven years.”

At 200 pounds now, Allen, who served as health administrator for the Flandreau Santee Sioux Tribe in 1993-98, said he is about 30 pounds over his ideal weight. However, his keeps the body of competitive runner by “staying



Seven Continents Club medals active and paying attention to your body. Motion is lotion. If you’re sitting down at the desk too long, bad things happen. Keep moving, it keeps the joints flowing.”

He also gives credit to chondroitin glucosamine, which he started taking in the early 1990s. “It’s kept me from getting creaky joints,” he said.

His antiaging formula may not keep the hair from changing color, it certainly has kept Allen able to literally run around the world.

Allen’s Seven Continents Club races

North America	2013	Boston
Oceania	2013	Australia, Gold Coast, 2:54
Asia	2015	Toyko
Europe	2015	London
Antarctica	2016	Antarctica Marathon
South America	2018	Peru’s Inca Trail Marathon
Africa	2023	Big 5 Marathon in South Africa

Summit League Awards

South Dakota State earned two Summit League cross country post season awards as Carson Noecker was named Men’s Athlete of the Year and Coach Rod DeHaven was selected Men’s Coach of the Year, league officials announced Nov. 27.

DeHaven was named the Men’s Cross Country Coach of the Year for the eighth season in a row. Under his guidance, the

men have captured eight consecutive league championship titles and, this season, a fifth-place team finish at the Midwest Regionals.

Noecker capped off his successful freshman campaign with an individual crown at the Summit League championships to help lead the Jackrabbit men to an eighth consecutive team title. He became the first male student-athlete to be crowned Championship MVP and Newcomer of the Championship at the

same league meet since the creation of the awards.

The freshman earned All-Region honors after placing 15th at the NCAA Midwest Regional where he ran a 30:50.0 in his 10k debut and accrued six top-15 finishes in six meet appearances.

He was also named Peak Performer of the Week four times throughout the season by the Summit League.

44 years later

Brady returns to run Jack 15 with grandnephews

By Dave Graves
Newsletter editor

Forty-four years after running his first Jack 15, Dennis Brady was back on the start line to run his second Jack 15 after flying in from his West Virginia home the day before.

Brady's previous Jack 15 was in 1979, when the 30-year-old finished 81st out of 144 runners with a time of 1:48:08. By this time the Mitchell native was already living in Charleston, W. Va., where he had taken a job as a research scientist after earning his doctorate in mathematics from Montana State in 1976.

"I remember reading about the Jackrabbit 15 when I was in high school," said Brady, who graduated from Mitchell Notre Dame High School in 1967.

The Jack 15 was just in its infancy then. The race started in 1963 with South Dakota State cross country coach Tom Woodall taking his guys out to White on Dec. 7 to test their ability to run the 15.2 miles to the Campanile on the SDSU campus. That created a lot of memories for the 15 starters and 11 finishers. Woodall turned it into an event the next year.

Buddy Edelen, who would represent the U.S. in the Olympic marathon later that year, accepted Woodall's invitation to run the second Jackrabbit 15. (The first one was called the White Marathon, an erroneous title.) Edelen's appearance attracted a photographer from the Saturday Evening Post and an estimated 2,000 local residents watched the finish.

So the Jack 15 quickly became a known commodity. Brady, who started running recreationally in college, never forgot about the race even after leaving South Dakota.

Started Charleston tradition in 1977

In Charleston he discovered the Charleston Distance Run, a 15.0-mile run around landmarks in the state's capital. That race started in 1973. Brady started running it in 1977 and has run it 33 times as well as running the event's 5K about 10 times. While the event promoted the race as being the nation's only 15-miler, Brady knew better.

In 1979, the Jack 15 was on June 9. Brady got his employer to pay for him to attend a polymer coating conference at North Dakota State University. Before getting down to business, he ran the Jack 15.

While he has been back to South Dakota numerous times, he never ran the Jack 15 again ... until this year.

Creating Jack 15 memories for grandnephews

Two of his grandnephews—Trinity Brady and Blake Brown—are avid runners and ran the Charleston Distance Run in 2021 and 2022.

"This summer I sent them money with a note to use this to run the Jack



Shortly past the 14-mile mark, grandnephews Blake Brown, left, and Trinity Brady escort Dennis Brady to the finish line of the Jack 15. It was the first Jack 15 for the grandnephews and the first for Dennis Brady since he was a 30-year-old in 1979.

15 at some time in their lives. A month before the race, they surprised me and sent registrations that they were running the Jack 15. I had already planned to run the Charleston 15-miler (on Sept. 2). I thought, 'I bet I can run the Jack 15 too.' At the last moment, I said I may never get another chance to have a grandparent/grandnephew run," Brady said.

So on Sept. 17, six days before the Jack 15, he registered for the 61st running of the oldest road race in the Midwest, and bought his plane ticket.

Brady got into Brookings late Friday afternoon, picked up his race packet, spent the night at a Brookings hotel with his grandnephews, took the 7 a.m. shuttle to White and was at the start line for the Jack 15 at 7:30 a.m. The formal race start was 8:30 a.m., but seven slow runners took advantage of the early start option.

"I was a 10-minute miler before the pandemic. Overnight, I didn't have any speed," said Brady, who doesn't know whether to blame it on his case of COVID or the vaccine.

'Are you the first runner?'

Nonetheless, at 74 Brady was easily the oldest entry this year and it is believed he set a record for having the largest gap between Jack 15 runs.

An advantage of an early start is you get a glimpse at the top runners when they pass by. The lead runners caught Brady about halfway (7.6 miles).

"A little before then a woman came out of a farmhouse and asked, 'Are you the first runner?' I didn't have the heart to tell her I was the last of the slow runners. Trinity caught me at mile 8, Blake at Mile 9. When Trinity caught me, he gave me the time (Brady doesn't wear a watch). I had a fiendish delight that he wasn't going to beat my best time (1:48.08)."

Trinity Brady, 22, of Sturgis, finished 15th overall in 1:56:02 while Blake Brown, 25, of Rapid City, was 52nd with a time of 2:17:36.

Both collected their medals and returned to the course to help Dennis Brady, of South Charleston, W. Va., finish in 4:23:51.

Already thinking about third Jack 15

But at 74, the focus isn't on time. It's on the experience and Brady said it was an unforgettable experience, especially because running the Jack 15 on the prairie took him back to growing up on a farm near Mitchell and running prairie roads around the farm.

"The scenery and landscapes took twice as long to pass by as in 1979. I studied the farms and fields and animals. Mostly impressive, I thought, were the many lovely and well maintained farmyards. I was able to study and enjoy the cornfields and hayfields much more this time."

He added, "Thanks again for putting on a runner's race that let me connect my past running to my present day running with the added bonus it's held in my home state in which I get the opportunity to perhaps 'pay-it-forward' or pass the torch to a new generation of not only some of my family members but Charleston runners looking for another 15-mile road race adventure.

"Hope to see you at the 62nd running of the Jack 15!"

Race director Dave Graves noted that Brady has been active in recruiting Charleston runners since he returned home and purchased extra 2023 Jack 15 shirts to give to potential recruits. Several Charleston runners were also shown some Jack 15 race photos and Brady said they were simply amazed at how running the wide open spaces of the prairie are remarkably different from running the Appalachian roads and trails.

The pied piper of running added, "Blake and Trinity are already pumped about running it again next year."

Editor's note: *The grandparent/grandchild combination by Brady and his grandnephews who not only participated but finished the same Jack 15 in the same year seems most unusual. Please inform us if you are aware of any other such grandparent/grandchild combinations who ran and finished the same Jack 15.*

Member Spotlight



Name: Leah Brink
Age: 44
Residence: Brookings
Occupation: Marketing
Family: My family includes my boyfriend, Josh, and two kids, Madeline (20) & David (18), who live with us here in Brookings. We have two dogs, the younger one likes to run with me.

Years as a Prairie Strider member: I'm not sure! I think I've been paying dues off and on for 10+ years and finally became a lifetime member this year.

Why you're a member: Someone who appreciates running ought to support the local organization dedicated to the sport. I'm glad that Prairie Striders exists and welcomes all of us and organizes us around a yearly calendar of races.

What you enjoy about running: Solitude. As an introvert, running is my ideal fitness activity because I can just enjoy the

quiet or I can listen to podcasts and try to exercise my brain along with my body. Plus, with running, you don't have to plan in advance when you want to work out. You just go!

Your favorite Prairie Striders race: The Jack15 all the way. I have participated in the Jack15 since 2012, only missing one year. I've raced the whole route a couple times, and have been part of two-person, three-person and five-person relay teams. I love the tradition of being dropped off in a small town and left to jog back to our iconic SDSU landmark, the Campanile. The crisp, fall, morning weather is my favorite time for outdoor running and so I look at the Jack15 as a way to get outside and celebrate our health, habitat, and history before winter sets in.

Favorite workout: I enjoy outdoor running through beautiful scenery the most, so I like to take advantage of the Dakota Nature Park and network of trails. I like running through the SDSU campus in the early mornings during the summers, but I'm also at home on my treadmill with Netflix.

Your running goal: My goal is to be able to continue to run for as many years and as many miles as possible!

Member Spotlight



Name: Gary Pierson
Age: 86
Residence: Sioux Falls
Occupation: Retired after many years with the Federal Emergency Management Agency, FEMA, working on providing disaster assistance.

Family: Three children, two are SDSU grads, eight grandchildren, 13 great grandchildren and counting.

Years as a Prairie Strider member: Don't remember. Maybe 25 or more.

Why you're a member: Joined because I knew the guys who started it.

What you enjoy about running: After college I started smoking. Nearly all men smoked back in the '50s. I moved to Colorado Springs in 1963 working for the Army Corps of Engineers on NORAD.

Heard there was marathon on Pikes Peak and decided I could do that since I was a track and cross country runner at SDSU. Stopped smoking, started running, joined the Denver Track Club to run shorter races.

I ran the Pikes Peak marathon six times while living in Colorado Springs. Never won it but placed second three times and third twice, all over four hours.

When you go over 14,000-foot elevation at 13 miles, the time tends to be slower.

Favorite running memory: Ran my best marathon on a cold day in Detroit, March 1973, 2:33:51. Always did better on cold days when it came to running a marathon.

Your favorite Prairie Striders race: The Brookings Marathon relay became a favorite after my competitive days were over. We have entered one or two teams of family members for the past several years. However my legs won't do it any more so I can no longer be on a relay team.

Favorite workout: 10 miles in an hour was my test to see if I was fit for a marathon or a shorter race.

Your running goal: My running days are over, but hope to keep the legs walking as long as I can. I've found I can still do pretty well on the bike but the legs don't want to run any more.

Indoor 5K registration deadline nears

The ninth annual Prairie Striders Indoors 5K on Saturday, Jan. 20, represents a rare chance to race indoors, using the SDSU track at the Sanford/Jackrabbit Athletic Complex.

The race will be run in two heats — one at 8:30 a.m. for those planning to finish in 24 minutes or less and the other at 9 a.m. Non-competitive walkers may complete as many laps as you wish between 7:30 and 8:15 a.m. Proceeds from both events go to the Prairie Striders/Phil LaVallee Memorial Scholarship.

Participants receive a Prairie Striders beanie or ear warmers.

After the race, there will be a door prize drawing for participants, race awards and presentation of the Harvey Mills Friend of Running Award as well as cinnamon or caramel rolls.

The early bird registration price of \$25 is available through Jan. 15. To register, go to www.prairiestriders.net and click on Indoor 5K.

For more information, contact race directors Jay Larsen or Dave Graves at run@prairiestriders.net or 605-627- 5718.

Gruenhagen, Thoreson honored

Two Prairie Striders members are among the coaches honored by the South Dakota Cross Country Track and Field Coaches Association this fall.

Brookings High School cross country coach Chris Gruenhagen was named the Class AA Area 2/East Boys Cross Country Coach of the Year. The Class AA Girls Area 2 Coach of the Year was Brandon Valley's Tony Thoreson.

The BHS boys won the Eastern South Dakota meet for the first time since 2013 and placed fifth at the state meet, just three points out of fourth, while the Brandon Valley girls won the ESD title with just 21 points and cruised to the state title.

Prairie Striders officers elected

The following officers were re-elected to one-year terms at the club's Dec. 5 meeting—Dave Graves, president; Jay Larsen, treasurer; Trevor Penning, webmaster. Randy Hanson will serve as vice president, replacing Becka Foerster. The terms begin in January.

Burrow inducted into SDSU Hall of Fame

By Addison DeHaven
Staff Writer

Since moving to the NCAA Division I level in 2004, South Dakota State University's men's and women's cross country and track and field teams have become one of the top programs in the region and one of the top mid-major programs in the entire country. With such immediate success at the DI level, many have forgotten just how dominant the Jackrabbits were at the Division II level.

Instrumental in the DII success was Nick Burrow, a two-time DII national champion and a New Zealand native. Earlier this fall, Burrow was honored for his outstanding career with an induction into the Jackrabbit Hall of Fame.

Success from the start

Burrow got his first taste of success during his freshman year at SDSU in the fall of 1996. Led by then head coach Tom Henderson, Burrow and the rest of the Jacks overcame a year of adversity to capture the NCAA Division II national title over Lewis University in McKinleyville, California. SDSU had finished fourth the previous year and returned four of their top five runners.

Burrow was the newcomer on an experienced team and provided the final punch that allowed the Jacks to ascend to the top of the podium for the first time since 1989.

"This was memorable due to it happening in my first six months at SDSU and everything being very new and exciting with regards to relocating around the world from New Zealand," Burrow said. "It was also great to train as a team throughout the season and then win as a team as the 'Big Dance.'

Second national championship

Burrow's second national championship came in 1999, this time on the track. A middle-distance runner at heart, Burrow excelled on the indoor track where the unique races and distances — the 1,000-meter run, for example — helped propel him up the podium and onto SDSU's all-time lists.

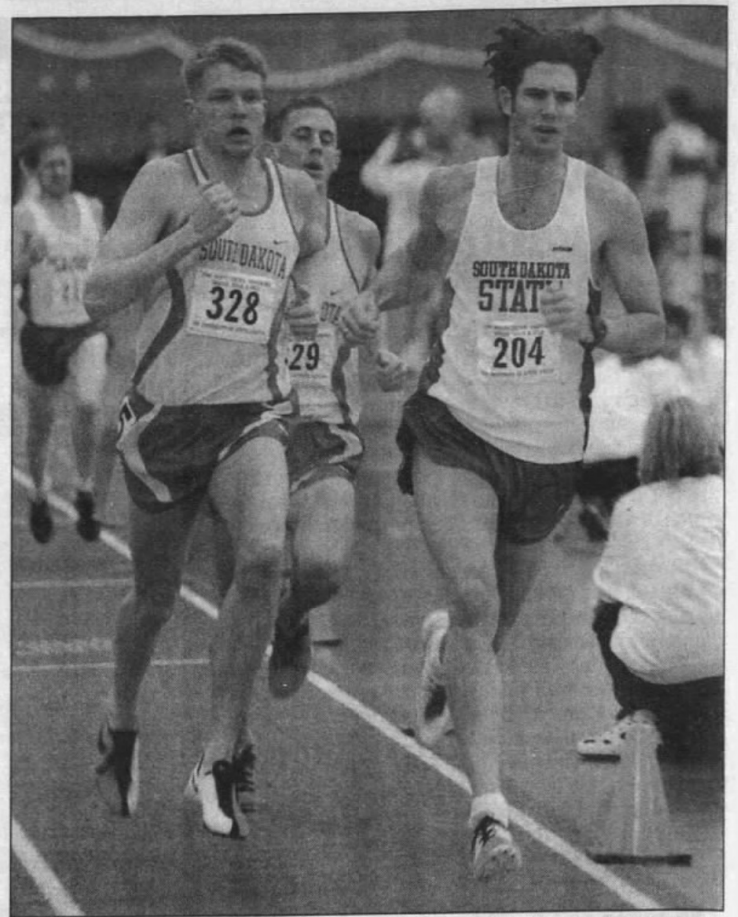
At the 1999 NCAA Division II Indoor Track and Field Championships, Burrow, then a junior, used his patented finishing kick to win the men's mile. He upended the Kenyan duo from Abilene Christian and conference rival Chad Feeldy to take home his first individual national title at the RCA Dome in Indianapolis.

"I had come down with a bad cold about five days prior to the championships and was not feeling good leading up to the meet," Burrow explained.

"I went in honestly not really expecting a lot and felt very fatigued during the heats, but managed to gain entrance into the final. Once the gun went in the final, I chose to sit back in the pack, mainly due to how poor I had felt the previous day. But as the race progressed, I actually started to feel really good and worked my way through the field and was able to unleash a strong final 200 meters to take the victory."

Burrow's 4:03.71 mile was — at the time — a championship record.

"I now look back on this race and credit it to being ill in the lead-up," Burrow said. "I genuinely feel that normally I would have gone with the strong first 800-meter pace set by the leaders and would not have been able to finish as strongly



Dave Eggen/For the Argus Leader
Nick Burrow of SDSU (right) leads USD's Chad Feeldy (left) and Mike Gade en route to a DakotaDome record in the men's mile run.

Nick Burrow (204) lead's USD's Chad Feeldy (328) and Mike Gade (329) en route to a DakotaDome record in the men's mile run.

as I did."

Burrow ended his SDSU career as a six-time All-American and a four-time individual conference champion. He still sits sixth on SDSU's all-time outdoor 800-meter list with his 1:50.05 from 1998 and ninth on the 1,500-meter list with his 3:47.20 from 2000. Indoors, Burrow sits third on SDSU's all-time 1,000-meter list with his 2:25.10 from 2001.

Postscript

After graduating from SDSU in 2001, Burrow returned to his native New Zealand where he worked at the New Zealand Institute of Sport as an exercise physiologist and lecturer. He spent 16 years there working his way up the organization into leadership positions. Just last year, he decided to take on an entirely new challenge with a complete career change. Now, he organizes and manages electrical apprentices in New Zealand.

"I really enjoyed the challenge in an area I knew very little coming in," Burrow said. "All tradesmen are in short supply around the world and it's good helping young people find rewarding career paths."

Burrow still does run and comes back to the U.S. most years. While he usually stays on the West Coast (easy trip from New Zealand), he returned to Brookings for the induction ceremony in October.

"I really enjoyed getting back to SDSU this year," Burrow said. "It was so good to see all the great things happening there now and to see the facilities student-athletes have at their disposal."

Turning discards into treasures

Following a large donation of shoes from Powershop Gym, the Avera Medical Group, Brookings, physical therapy department is ready to ship off another load of shoes to Soles4Souls, a non-profit headquartered in Nashville, Tennessee.

The shoe donations are shipped via Zappos (the web-based shoe company) and then Soles4Souls distributes the donated items to various programs around the United States as well as many other places in the world, including the Ukraine.

Collection points in Brookings are the physical therapy department as well as with the podiatrists located within the Brookings hospital.

Chuck McCullough, physical therapy department manager, urges runners who are switching shoes to drop off their used athletic shoes at the Brookings clinic, 400 22nd Ave., or the hospital one block further south. Donations are accepted Monday-Friday 8 a.m. - 4 p.m. For more information, call Chuck McCullough at 605-697-7336.



New director for Brookings Marathon

After 17 years as director of the Brookings Marathon, Matt Bien has stepped down and Danielle “Dani” Bohn has agreed to take the position.

Planning for the 2024 marathon (May 11) will begin in earnest in January and almost the entire marathon committee remains intact. The first 2024 issue of the Pacesetter will feature an in-depth interview of Bohn. In the meantime, here is brief introduction written by the first-time race director.

“My name is Danielle Bohn (aka

Dani). I live in Brookings with my husband, three kids and giant bulldog. I am a human resources professional by day. When I’m not at work or at one of many kids’ activities, you will likely find me running the streets of Brookings or working out at Synergy Strength Studio.

“I have ran the Marathon in Brookings twice and have participated in the half and relay as well. I’m enjoying transitioning into the director role and can’t wait for May 11, 2024!”



Dani Bohn crosses the finish line at the 2021 Jack 15.

Friend of Running nominations sought

Know someone who has shown outstanding support of running in the community?

Prairie Striders Running Club will be giving out its 16th annual Friend of Running Award following the Jan. 21 Prairie Striders Indoor 5K.

Nominations are due Jan. 3. Please include specific examples of the nominee’s contributions. The selection will be made by a committee of past recipients. The award recipient will be expected to attend the Jan. 21 gathering and agree to have his/her honor publicized in local media.

Past winners:

- 2007 — Bob Bartling, president of the original board of Prairie Striders when it was formed by then SDSU cross-country coach Jay Dirksen on Sept. 12, 1969.
- 2008 — Dirksen, head cross country coach at the University of Nebraska from 1983 to 2011.
- 2009 — Scotty Roberts, director of the marathon in Brookings from 1981 to 2003.
- 2010 — Tom Bezdichek, president of the club from 1982 to 1990.
- 2011 — Matt Bien, president of the club from 2003 to 2009, Brookings Marathon race director 2007 to present.
- 2012 — Steve Britzman, director of the Hobo Day 5K since its founding in 1996 and the Arbor Day 5K since its founding in 1989.
- 2013 — Chuck Tiltrum, a Prairie Striders race director in the early 1990s and race course certification chairman for South Dakota during the 1990s through The Athletics Congress.
- 2014 — Reed Hart, an advocate of running and lifetime

member who gifted the club with \$20,000 from his estate.

- 2015 — Mary Bjerke, a vital part of the Brookings Marathon planning committee for more than a decade who also runs in or volunteers with other Prairie Striders races.
- 2016 — Shari Landmark, director of the “I’m Ready for Summer” Triathlon, long-time past director of the Jack 15 and president of Prairie Striders 2010-12.
- 2017 — Lorne Bartling, a charter member and club president in 1972-73 who was ranked first nationally for the 60-64 age group in the one-hour run in 1981.
- 2018 — Kevin Smith, a runner who used an interest in computers to create the Brookings Marathon website and revise the Prairie Striders website.
- 2019 — Lou Eggebraaten, the first female president of Prairie Striders, serving two one-year terms in 1980 and ’81, and was secretary for the Longest Day Marathon.
- 2020 — Dave Graves, club president since 2013, director of the Jack 15 since 2012, and editor of the club newsletter who also ran 36 marathons.
- 2021 — Jay Larsen, a five-time Boston Marathon qualifier, longtime Prairie Striders race volunteer and club treasurer since 2013.
- 2022 — Russ Strande, a long-time Brookings High School coach, charter member of Prairie Striders Running Club and veteran runner.

Information can be submitted at run@prairiestriders.net or mailed to Prairie Striders, Box 504, Brookings, SD 57006. To submit a nomination online, go to: www.prairiestriders.net/friend-of-running.html.



South Dakota running legends gathering prior to the Summit League Cross Country championship in Brookings Oct. 28 were Lyle Clausen, Bob Bartling and Mike Dunlap. They first met and became friends in 1972 when Clausen was a graduate assistant at SDSU and Dunlap was running at Lennox High School. Dunlap and Clausen became good running buddies, possibly logging several thousand miles together when Dunlap was living in Sioux Falls and Clausen was teaching at Brandon Valley. One 4th of July weekend they ran four road races from Thursday through Sunday.