

The Pacesetter

A publication of the **Prairie Striders**

Vol. 19, No. 3

Brookings, S.D.

December 2022



Brett Pettigrew poses in front of Westminster Abbey with his sister, Erin Cordsen, and his mother, Mary Pettigrew, after running the London Marathon Oct. 2. A month later he added the New York Marathon to his list.

Brett Pettigrew Ready to complete world marathon series

By **Dave Graves**
Newsletter editor

Runners can choose from more than 800 marathons worldwide, but there are a handful that truly stand out (besides the Brookings Marathon).

Six of the world's most prestigious marathons are in

Boston, Chicago, New York, Berlin, London and Tokyo. Since 2006, there has been an annual points-based competition for runners entering the series. In 2016, the Six Star Finisher medal was introduced for

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2023 race schedule

Prairie Striders Indoor 5k.....	Saturday, Jan. 21
Arbor Day 5k	Friday, April 28
Scotty Roberts 5k.....	Friday, May 12
Brookings Marathon, Half & Relays.....	Saturday, May 13
Longest Day 10K.....	Saturday, June 17
Beef and Eggs 5K	Saturday, July 8
Predictor Mile	Wednesday, Aug. 2
Oakwood Lakes Trail Run	Saturday, Aug. 12
Jack 15	Saturday, Sept. 23
Hobo Day 5K	Saturday, Oct. 14
Turkey Day Run.....	Thursday, Nov. 23

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 Dec. 21. 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.

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.

Brett Pettigrew

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nonelite runners. Places and finishing times aren't a criteria for the Six Star.

The key quality is perseverance and a willingness to travel. Runners who are registered with Abbott World Marathon Majors can take as many years as necessary to finish.

For Brett Pettigrew, of Brookings, the journey started Oct. 11, 2009, when he ran the Chicago Marathon in 3:34:16. At the time, Pettigrew just knew he was running his second ever marathon with friend and co-worker Justin Bonnema. A year later, Sept. 26, 2010, he and Bonnema ran the Berlin Marathon.

Pettigrew, co-director of the Jack 15 road race, continued to run, but didn't continue to pursue marathons.

Hitting the road in Rome

In 2019, Pettigrew and his sister, Erin Cordsen, were vacationing with Erin's family in Rome.

"You ran around Rome with a local guide to the Coliseum, the Pantheon and different attractions. The guide had just got back from the Chicago Marathon. He mentioned that his goal was to complete the Abbott World Marathon Majors series. That was the first time I had even considered it," he said.

In summer 2020, during the COVID-19 pandemic, Pettigrew began increasing his long run by a mile a week and had gotten up to 17 miles. By this time, Pettigrew was 44. He hadn't run a marathon in a decade "and I wasn't sure I would ever run one again."

But when he had stretched his long run to 17 miles, was injury-free and still feeling good, the prospect of running another marathon seemed tenable.

And Boston makes 3

By 2021, the world was easing out of the pandemic and Pettigrew was still finding joy in long-distance running. The Boston Marathon pushed its April marathon back to Oct. 11 and Pettigrew ran America's most celebrated race as a charity runner for Community Rowing Inc., a group he connected with via the Boston Athletic Association website.

"I reached out to a couple charities and they were the first ones that accepted me," said Pettigrew.

However, the Abbott Six Star medal was not his motivator. "I just wanted to run Boston and I wanted to see if I could run a marathon again after 11 years. However, once I got done with Boston, it was three of the six were done and I was looking at getting them all done," said Pettigrew, who completed Boston in 3:52:54.

Two majors in fall 2022

The New York Marathon promised entry into the 2022 marathon if a runner ran a virtual New York Marathon in 2021. Pettigrew tabbed the Flying Pig in Cincinnati on Oct. 31, 2021, for his New York virtual.

This summer he geared his training for fall marathons. His hope of gaining entry to the London Marathon through a

lottery drawing was unsuccessful, but he made it as a charity runner, this time for the British Dyslexia Association.

He was among 40,578 people who finished the Oct. 2, 2022, London Marathon, completing it in 4:00:38 and finishing in 13,023 place.

On Nov. 6 he ran the New York Marathon in 4:01:28 and finishing in 10,300 place out of 47,839 runners. It was a warm day with temperatures reaching the 70s on the streets of the Big Apple, but he enjoyed the experience because this is generally considered the biggest marathon in the world and the energy of the spectators of New York City is top notch.

Headed to Tokyo

Plus it left him only one marathon shy of the Six Star Finisher medal, that being Tokyo, almost 6,000 miles from his south Brookings home.

But on Nov. 18, the race got a lot closer. He learned that his application through the Abbott World Marathon Majors for Tokyo had been accepted. The event is March 5, so Pettigrew is hoping for a mild winter and a tolerance for long-distance miles on the treadmill. Culturally, he expects that race to stand out from the other majors.

The other five all seemed more similar than distinct. "Huge crowds and when the course narrows, you're kind of stuck where you're at," he said.

With 37,000 anticipated runners, Tokyo will be a slightly smaller field than New York or London, but still a huge field. He hasn't determined travel plans or partners. In his other races, he has had a friend or family member cheering him on. He does know he will be excited to grab his Six Star Finisher medal shortly after crossing the finish line.

"It is a unique medal since it is partially for something you finished a dozen years earlier," Pettigrew said.

So Pettigrew stands on the cusp of completing something he "started without the intent of starting. We just signed up for Chicago and Boston. The medal didn't even exist when we started. Now they are so much more difficult to get into. That is a huge difference between 2010 and now, and it costs a lot more," said Pettigrew, noting that the entry fee alone for the New York Marathon was \$295.



Brett Pettigrew and his sister, Erin Cordsen, pose at the Boston Marathon finish line in 2021. It was his first marathon in 11 years.

Chicago still tops the list

His favorite marathon was his first major marathon — Chicago.

"I ran the fastest by far. My time was better than what I was expecting. It was my first big marathon. The crowd, they supposedly have a million spectators, you get a million people cheering for you, you don't get that every day," said Pettigrew, whose day job is area engineer with the Natural Resources and Conservation Service.

Competing in the Abbot World Marathon Majors also has provided a different way to see the world.

"You get to view those cities in a unique way running through town as part of the marathon. Probably the most unique thing has been running through the Brandenburg Gate in Berlin," he said. The Brandenburg Gate, which used to be a symbol of division during the Cold War, is now a symbol of unity in the heart of the city.

At each marathon venue, Pettigrew also schedules extra days to take in the area's sights, such as the Berlin Wall and Big Ben.

Through the completion of the New York Marathon, only 8,067 people have earned the Six Star Finisher medal. When Pettigrew joins the list, his journey around the world may not be complete.

"I plan to keep running. I am not sure that includes marathons every year. Abbot may increase the number of world marathon majors. They have said they may add Sydney, Cape Town, and Chengdu, China. I'd consider doing those if that happens," he said.

Strider Snippets

Soles4Souls partnership resumes

Avera Medical Group Brookings is again accepting donations of gently used athletic and running shoes, which will then be given to Soles4Souls.

Soles4Souls is 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 Ukraine.

There is a drop box in the physical therapy department waiting area located within Avera Brookings Clinic, 400 22nd Ave., Brookings. Donations are accepted Monday-Friday 8 a.m. - 4 p.m. For more information, call Chuck McCullough at 605-697-7336.

More timing system volunteers needed

Prairie Striders timing system is entering its second season of use. It debuted at the 2021 Hobo Day 5K and has been used successfully in every race in which it was utilized.

The system has been mastered by Jay Larsen and Brett Pettigrew. They're now ready to add some apprentices. Volunteers don't need to be an avid runner or a computer geek. The main requirement is to be willing to contribute volunteer hours to learn the system.

Those interested should contact Larsen at larsenjk@brookings.net or 605-692-9077.

Foerster added to PS officer team

At its Dec. 6 meeting, Prairie Striders members re-elected Dave Graves as president, Jay Larsen as treasurer and membership director, and Trevor Penning as webmaster. Becka Foerster will serve as vice president, replacing Nancy Scholl who is stepping down from the board.

The one-year terms begin Jan. 1.

Fendrich succumbs

Longtime Prairie Striders member George Fendrich, 89, of Sioux Falls, died peacefully surrounded by his family at Dougherty Hospice House in Sioux Falls June 9, 2022.

He was an avid runner for many years and was proud of his first and only Twin Cities Marathon time of 3:46 at the age of 50.

Survivors include his wife of 63 years, Ursula; five children, Brian, also a Prairie Striders member, Steve, Teresa, Greg and Erin; and 10 grandchildren.

Club seeks to broaden running community

Otto Gruenhagen was the first rider in the club's Hoyt All-Around Running Chair. He was pushed by his dad, Chris Gruenhagen, in the Hobo Day 5K Oct. 29. It is the same style of chair that was used by Dick Hoyt to push his disabled son in more than 1,000 races including marathons, triathlons and six Ironman races.

The chair is available for public use during the 2023 racing season, which begins Jan. 21 with the Prairie Striders Indoor 5K.

Those interested, or those who know of a disabled person who would like to be pushed, should contact Prairie Striders at run@praiestriders.net.

The chair was purchased with funds from the Reed Hart Estate, which gifted Prairie Striders \$20,000 several years ago to help the club serve more runners.

Stars and Stripes given to Prairie Striders

Prairie Striders Running Club is the recipient of 17 American flags and poles for use along race courses staged by Prairie Striders.

Two Brookings businesses, The Optical Shop and Willert Chiropractic, covered the cost of purchasing the flags and the manufacture of the poles and pole holders by the Brookings Optimist Club.

The flags debuted at the 60th running of the Jack 15 on Sept. 24.



Pictured, from left, are Dave Norby, Optimist board member; Dave Graves, president of Prairie Striders; John Coats with The Optical Shop; and Jim Allen and Terry Wendt, Optimist board members.



Day in the life of student-athlete: Daniel Burkhalter

By Addison DeHaven



It's no secret that student-athletes are busy. But what's the day-to-day really like? How busy are they *really*?

Daniel Burkhalter, a fifth-year SDSU graduate student and member of the cross country/track and field teams, talked through his Monday routine during fall season to share what his typical day looks like.

7 - 7:30 a.m. Wake-up varies, depending on his level of tiredness. Sundays for the cross-country team almost always means a long-run (for Burkhalter that is usually around 12 miles), which can make for a little achier morning.

7:30 a.m. "After I wake up, I immediately eat breakfast. Some combination of peanut butter and honey sandwich with milk."

This is a fairly standard morning meal but sometimes Burkhalter says he'll spice things up with oatmeal. As for the milk, it's always been—and always will be—whole milk, despite the increase in price.

"At Walmart, it used to be \$1.48 a year ago. Now it's like \$2.36."

7:55 a.m. After breakfast, Burkhalter gets started on his weekly ritual that he credits to both his academic and athletic success in recent years: 30 minutes of planning for the week ahead. Like many college students, Burkhalter has a planner, but unlike many college students, he actually uses it.

"I like paper and I write everything out. I take 30 minutes to plan my week and think through everything that I need to do or get done."

Currently, Burkhalter, a native of Bison, is a graduate student in the Jerome J. Lohr College of Engineering, where he is focused on data science. He also works for a company based out of Minneapolis. Planning each week is key to staying ahead of everything that needs to get done, Burkhalter said.

"On my planner, I write a list of things I need to do and then check them off as I finish them. Monday morning, I look at my previous week and I look at what I didn't get accomplished, and I write that down. Then, I rank my priorities, figuring out what needs to get done today and what can get pushed back, to like Thursday (for example)."

8:45 a.m. Because Monday is Burkhalter's "double day," he will trek over to the Wellness Center to get an hour of work in on the bike.

"I'm a lower mileage guy (Burkhalter runs around 50 miles a week) but I cross train in the mornings. Biking helps me gain more aerobic fitness without the pounding of running on my legs."

During the ride, he will often throw on some upbeat music to stay motivated and make the time go by.

"I used to not listen to music in high school—I used to think it was a crutch. About sophomore year, I finally gave in and started listening to music."

10:22 am. After finishing up with the workout and then showering, Burkhalter will make his way back to his house. He gets around on a mountain bike and has adapted to biking in adverse conditions.

"There were only two days last year I couldn't bike."

Those two days?

"Blizzards."

10:30 - 11 a.m. This is the time when Burkhalter says he catches up on "typical college student stuff" like Snapchat and other social medias.

"I relax a little bit and then I usually start thinking about lunch around 11. I found out that I need to eat an early lunch so that when it comes down to the afternoon—running time—everything's out of my system."

Lunch almost always consists of a turkey sandwich on

100% whole wheat bread with mayo, mustard and a pickle—along with an apple.

"That's pretty much every day. I mix it up once in a while and I'll have leftovers from the week."

While lunch may seem bland and rather boring—no Chick-fil-a in sight—Burkhalter says he is very conscientious of staying on top of his diet with highly nutritious foods.

"My biggest thing is I make sure I get lots of proteins. My macro goal is to get as much protein as I can and then whatever else. I don't worry about carbs, I get plenty of carbs throughout the day. Protein is my biggest thing."

11:30 a.m. - 2 p.m. This is where Burkhalter's schedule will vary the most. He has a solid block to get as much done as he can. Early in the semester he continued to work on projects from his summer internship.

"My official role is as a data scientist and I'm in the risk management department. They are a finance company and I do credit risk."

His work hours will vary—the company understands that Burkhalter's schedule is not only busy but can vary and change quite a bit each day.

"They're very flexible with me. I just work when I can."

Currently, a lot of his work revolves around presenting data in a way so that a "nonmath person" can not only understand the data but also interpret and use it. This is similar to the work that Burkhalter is doing for his graduate degree.

"Your typical marketing people, your typical journalists, your lawyers—you know—your people that are very vital to a company, but they just want well-explained information. I'm working on ways to make that data digestible."

2 - 3 p.m. Burkhalter has one in-person class on Monday. He is also taking two classes online which get done in the previous time slot throughout the week.

3:05 p.m. After class, Burkhalter will throw some stuff in a backpack and head to practice, which begins at 3:20.

"I have about a 15 minute timeframe to make sure I have a bag packed with extra clothes and protein for after my run."



Daniel Burkhalter (#415) kicks to the finish line in the Roy Griak Invitational in Minneapolis Sept. 23. He was the third SDSU finisher with 25:25 8K time.

3:20 p.m. The men's and women's cross-country teams gather for practice in the bleachers in the Sanford-Jackrabbit Athletic Complex. Head coach Rod DeHaven will gather the team for a brief meeting.

"It's a loose, pretty relaxed environment. We tell jokes, fun facts and get an overview of the week. We also reemphasize goals for the season."

The Jackrabbit men's cross-country team won their seventh straight conference title this fall and 11th title since 2009. Put another way, the only teams not named SDSU to recently win a conference title in men's cross-country are Southern Utah and IUPUI—two teams no longer in the league.

In terms of individual goals, Burkhalter wants to continue to improve on his previous cross-country seasons and build

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Student-athlete

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confidence heading into the track season.

“My confidence in cross country isn’t where it is on the track,” Burkhalter said. “So, I want to be the best runner I can be this season and help the team accomplish our goals, which is to win the conference title and scare every team at the regional meet and maybe sneak into nationals. It’s a lofty goal, but if you don’t have a goal, you’ll never reach it.” *Burkhalter finished 27th in the NCAA Midwest Regional.

3:45 p.m. As a fifth-year, Burkhalter knows what the basic outline for his daily schedule is. Mondays usually consist of an easy run—eight miles for Burkhalter—followed by form drills and other conditioning work. Everyone’s mileage on the day will vary but the team will usually take off at the same time, in the same direction, and people will gradually branch off together, Burkhalter said.

“Over time, you get to know who you run with a bit and the team captains make a decision on a route that can be broken down, kind of a one size fits all for everyone.”

Burkhalter’s favorite route in Brookings is loops around SDSU’s arboretum, next to McCrory Gardens.

After the run, everyone gets started on running drills and light speed work to get the body moving for the week, Burkhalter said.

“After we do some strength work, plyometric type stuff, people will hit the weight room. We also do extensive form drills, making sure we improve upon our (running) form.”



Daniel Burkhalter (#336) competes in the pre-nationals at Stillwater, Oklahoma, Oct. 15. He was the third SDSU finisher with an 8K time of 24:27.

5:25 p.m. Last spring, Burkhalter ran 3:41.63 in the 1500 meters (equivalent to a sub 4:00 minute mile) which advanced him to the NCAA Regional meet on the track. He’s learned over time that getting to the next level requires a little extra effort, which is why he spends another hour going “above and beyond” what’s expected after practice.

“I make sure to stretch and do any recovery things I need to do. Because as a runner, you’re pounding your body. So that means I try to get in the ice bath, stretch—recovery stuff like that.”

Burkhalter’s stretching routine takes around 30 to 45 minutes to effectively do, which is why he usually eats a protein snack—trail mix—to promote recovery. He’ll also usually down a protein drink.

6:30 p.m. When Burkhalter leaves the SJAC really depends on how much he gets to talking with his teammates. Some days, he’ll be there late, telling jokes and catching up on everyone’s day. Other days, he’ll get out of there a little quicker if he has things he needs to do. For his peace of mind, he’ll usually take a peek at his planner to check if anything needs to be done immediately.

6:47 p.m. After getting back to his house, it’s straight to the kitchen for Burkhalter, who gets right to work on cooking dinner. Unlike his breakfast and lunch, the menu will vary from day to day but usually he sticks to something a little more on the basic side.

“I don’t do anything fancy, I don’t chef, I can eat anything—my teammates can attest to that. I just make sure I eat beef—which I do pretty much every day—for my red meats.”

He’ll also cook up some white or brown rice along with some raw vegetables and fruit.

“I don’t eat anything that takes a lot of time. Sometimes I eat my vegetables as I’m cooking up my rice.”

8:00 p.m. By eight, Burkhalter is hopeful that he’s done with the day, but he’ll usually give his planner another check just to be sure. If he has to work to do, he’ll complete it. But if not he’ll spend some time hanging out with his teammates, who double as his roommates.

One of his roommates, Ben Olson, a senior on the cross country/track and field teams, also takes classes in the College of Engineering while pursuing a master’s degree in mechanical engineering.

“It’s nice having someone with kind of the same schedule. Sometimes you work on a project that takes a long time and it’s hard—we both get that.”

9:45 p.m. Burkhalter’s goal is to be in bed by 10 so he starts getting ready a little before. He’ll do another rundown of things that he needs to do for the next few days while checking a few things off his list. Each night, he tries to get a minimum of eight hours of sleep.

“It all depends on self-discipline. In reality, there’s some nights that I don’t get as much sleep because I decide not to go to bed but I always try to be in bed by 10:30 at the latest.”

The last thing Burkhalter does before he goes to bed?

“I set my alarm for 7:15 a.m.—tomorrow’s usually a full day.”

Foerster inducted into BHS Sports Hall of Fame

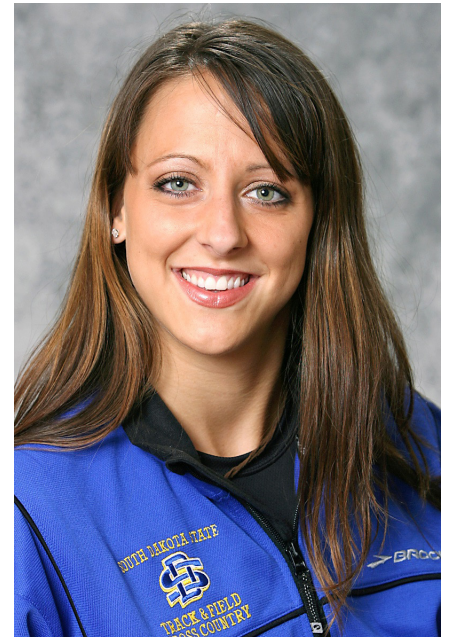
Becka (Mansheim) Foerster, a long-time Prairie Striders member and its incoming vice president, was inducted into the Brookings High School Sports Hall of Fame with four other recipients at the Aug. 26 Bobcat football game.

As a Bobcat, she was a three-sport standout (cross country, swimming, track) as well as a two-sport cheerleader.

At BHS she had personal bests of 5:21.63 in the 1600 meters and 11:35.19 in

the 3200 meters as well as being a member of the 4x800 meter relay team (9:29.30).

She went on to be a record-setting runner at SDSU. In outdoor track, she still ranks third all-time in the 1,500 (4:22.81) and seventh in the 3,000 (9:59.55). In indoor, she still ranks first in the 1,000 (2:52.98), fourth in the mile (4:51.57) and fifth in the 3,000 (9:37.49). In cross country, her 5K personal mark is 17:29.



Jack 15 turns 60

The 60th running of the Jack 15 provided an opportunity to celebrate the first running of the oldest road race in the Midwest as

well as hear from some of the race's notable names, including course record holder and inspirational speaker Dick Beardsley.

Among those present from the Dec. 7, 1963, run were Coach Tom Woodall, Assistant Coach Harry Mansheim and six runners.



Reunited 59 years after the first Jack 15, then called the White Marathon, are 1963 South Dakota State cross country team members, back row, from left, Don Kleinjan, James McCormick, Rich Rust, Ron Rust and Lyle Koistinen. Front row, Jay Dirksen, Coach Tom Woodall, holding the team's yearbook photo, and Assistant Coach Harry Mansheim.

They were honored as part of the Sept. 23 program held to mark the 60th running of the Jack 15, the oldest road race in the Midwest.



Dick Beardsley, left, and Joel Brandt, teammates at South Dakota State in 1977, share a hug after the Sept. 23 Jack 15 program at the South Dakota Art Museum. They are flanked by Bob Bartling and Vicki Nelson.



Jill Moncur and Randy Fischer enjoy the humor shared at the Sept. 23 Jack 15 program. They were among panelists who shared their favorite Jack 15 memories.



Bob Bartling makes a point during the Sept. 23 Jack 15 program at the South Dakota Art Museum. Pictured, from left, are Tom Woodall, Bartling, Ruth Rehn and Lyle Koistinen.



Can there be anything better than running the Jack 15 on a beautiful fall morning. Not according to the gravity-defying trio of, from left, Bess Wyszynski, Victoria Swenson and Cindy Oberg.