

The Pacesetter



A quarterly publication of the **Prairie Striders**

Vol. 17, No. 2

Brookings, S.D.

May 2020

Rick Holm, designer of marathon course, dies

By Dave Graves
Newsletter Editor

Rick Holm, a life member of Prairie Striders and architect of the current Brookings Marathon course, died March 22, 2020, after a battle with pancreatic cancer.

Holm, 71, died at his Brookings home under hospice care.

Holm, an avid runner and exercise advocate, reflected on the new course, first run in 2004 in a 2006 interview. He completed his medical school training and residency in Atlanta in the 1970s and experienced the Peach Tree Road Race.

"It was my first experience in which there were cheering crowds from the neighborhoods and beauty of the community; there was protection from the weather by the trees and the houses.

"It made sense we would do the same in Brookings. We have a beautiful town, in the spring particularly—the lovely flowering trees and the neighborhoods are gorgeous. It made sense we would highlight the university, the downtown, the churches and the lovely bike path, which circles through shelterbelts and the baseball diamonds and soccer fields.

"Putting it all together we easily had 26 miles that were never to be blocked by a train and only had to cross a few busy



Rick Holm enjoys chocolate milk and a chocolate chip cookie after running the 2016 Brookings Half Marathon.

streets periodically," Holm said.

That course, which includes such attractions at Sexauer and Pioneer parks, the Campanile and Performing Arts Center on campus, and McCrory Gardens, has continued to guide marathon and half marathon runners through Brookings each year since 2004 with only the slightest of tweaking.

Matt Bien, who has directed the race since 2007, said, "Runners, especially those with connections to Brookings, appreciate how the course highlights every corner of town. Rick's hand in course design is just one of many ways he touched this community."

Holm never ran the full marathon, but he ran the half marathon many times and for many years coordinated volunteers for an aid station.

Holm said, "I have been running through Brookings since we came here in 1981 and I don't think there's been a street I haven't run down one time or another."

His favorite route was a six-miler that incorporated the first miles of the marathon. "Over the bridge (at Sexauer Park), past the Campanile and Performing Arts Center, and over into McCrory Gardens. I love that run. Then I generally cut it short and go home," an historic Fifth Street house where he and Joanie raised four children.

"I will miss him as a fellow runner, medical colleague and friend," Bien shared.

He is survived by Joanie Smith Holm and their children, Eric, Carter, Preston and Julia Holm as well as two cousins.

His full obituary can be read at: <https://www.eidsnessfuneralhome.com/obituary/dr-richard-holm>.

Memorial gifts can be made to Healing Words Foundation, which was created by the Holms to advance communications in healthy living. Healing Words Foundation, Box 752, Brookings 57006.

Longest Day starts long, long streak

By Dave Graves
Newsletter Editor

First of nearly 42 years of consecutive daily runs began in Brookings

Nov. 5, 1978 — Jimmy Carter was in the White House. John Travolta and Olivia Newton-John ("Grease") were in the theater and Christopher Reeve made his debut as Superman.

There was another Superman that

debuted that Sunday, though many would have simply recognized him as Clark Kent. In this story, that mild-mannered reporter was a student at Lutheran Brethren Seminary and the 24-year-old was about to run the fifth marathon of his life in Brookings, S.D.

He had just run the City of Lakes Marathon in Minneapolis two weeks earlier, but Craig Davidson didn't become Superman by running two marathons within two weeks.

He became Superman by running Nov. 6, Nov. 7, Nov. 8 and on and on and on. Davidson, now 66, of Phoenix, ran 15,130 consecutive days before it came to an end April 8 when hospitalized with the bacterial infection *Clostridium difficile*. He ran daily for 41 years and five months; sometimes as short as a mile, other times a 50-miler, though he hasn't run an ultra since breaking a kneecap in 1996.

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Streak: He didn't take Monday off, or Tuesday

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Memories of Longest Day Marathon

Davidson had no intention of starting a running streak when he entered what was then known as the Longest Day Marathon. He simply wanted to qualify for the Boston Marathon.

"I had run the City of Lakes Marathon in 3:00:05. That was before chip timing. I needed 3:00 to qualify for Boston, so thought I would try the Longest Day." At Brookings, he ran 3:08:49. "Two months later I got a postcard that my actual (City of Lakes) time was 2:59:49."

Forty-one-plus years later, Davidson doesn't retain many memories from the start of his streak.

"The course was a big square (which was run twice). The wind was always in your face, it kept shifting, and it was bitterly cold," Davidson said. That created a need for portapotties, which were on the course, but not where he needed them. "You were dodging behind bushes if you could find them."

The course finished with a lap around the track at Sexauer Field on the South Dakota State University campus.

He remembers being passed on that lap by Jane Wipf, a 20-year-old originally from Freeman and then running at Utah State. Two years later, Wipf, a South Dakota Sports Hall of Fame inductee, would set the women's record with a time of 2:48:25. That mark still holds.

How the streak started

Davidson and his wife, Irene, drove home after the race. But he didn't take Monday off, or Tuesday.

"I had no intention of starting a streak, but the days grew. I thought, 'Wouldn't it be cool to run 100 consecutive days?' Then 200 days, then one year, then two years."

Davidson started running in November 1977 at age 23 to lose weight. His first run was three miles, accomplished by running a few houses down the block, then walking and repeating that cycle. By January 1978 he had run his first half marathon. He ran the first of his 255



Craig Davidson poses with his grandchildren, Jaden, 11, and Emma, 9, after running the Phoenix Half Marathon in 2019. Davidson, 66, of Phoenix, who has run for more than 15,000 consecutive days, says he goes on many of his daily runs with his grandson.

marathons in February 1978 at Seaside, Oregon. The Davidsons were then living in Salem, Oregon.

They moved to Fergus Falls for the start of the school year and Davidson didn't misplace his running shoes.

Ranked 20th nationally

Still, a streak was the farthest thing from his mind. In 1978, streaking was something that was done by crazy high school and college kids. But as that naked fad was fading, another version of streaking was quietly gaining momentum.

"After Runner's World ran a story on streak runners in the early 1990s, streaking took on added popularity," said Davidson. In 2012, Streak Runners International formed. By this time, his streak stretched nearly 34 years.

Eight years later, Davidson's streak ranked No. 20 nationally and No. 22 internationally. The leading streaker, Jon Sutherland, has run at least one mile daily for 51 consecutive years.

Running through injury, illness

Such achievements could make one

think Davidson has kryptonite in his veins. He doesn't. Just lots of perseverance and, as he volunteers, stupidity.

He has run through a cracked patella, cracked ribs, torn hip flexors, torn piriformis and viral infections as well as all types of weather, though not too many blizzards. The Davidsons moved to Phoenix in January 1982 and have lived there since.

Davidson recalled the bout that stopped his streak.

"I had been under the weather for a couple weeks and was getting ready for a run when I collapsed at home. My wife Irene was fortunately working from home and found me in the bedroom. She called 911 and I was rushed to the hospital ... I was hooked up to IV's for four days and confined to my room making it impossible to go for a run in the hospital. If it were feasible, I would have done it!"

His wife is a registered nurse. He has worked at Runners Den, a family-owned business, since 1983.

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Streak: You can always start a new one

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The other streak — \$

While Davidson runs for pleasure, health and obsession, there are financial dividends too.

As of Jan. 1, 2020, he has found a total of \$10,144 while running. Even more notable, he has found cash every day since April 4, 1983. The streak has surpassed 37 years. Usually it's just a few coins, often mutilated. But six or seven years ago he found a \$50 gold coin, then valued at \$265 and now valued at \$1,300.

On three occasions he has found \$100 bills. He also has three shoeboxes of coins that banks won't accept because of their condition.

Davidson keeps that streak alive by running familiar routes on the streets of Phoenix — "Saturdays I run in Scottsdale," he said.

Challenges and goals

Earlier this spring, Davidson was dealing with high blood pressure. At the Los Angeles Marathon March 8, his most recent marathon, he stopped to puke three or four times per mile beginning at Mile 15. If he hadn't finished all 34 previous LA Marathons, Davidson acknowledged that he would have dropped out.

But Superman persevered, finishing in nine hours and 13 minutes, long after the finish line had been rolled up.

The 66-year-old Davidson is considering an end to marathons when he hits the fittingly appropriate number of 262. That's seven away.

Davidson was released from the hospital April 12 and began light running the next day.

"I was hoping that I would end the streak on my terms, but God had an upper hand in the matter. As my granddaughter Emma simply pointed out: 'Pappa, I'm sorry your running streak came to an end but you can start a new one tomorrow.' And I did!

"I still will consider myself an 'asterisk stalker' of running every day since Nov. 5, 1978, with the exception of being in the hospital for five days."

Editor's note: Davidson is one of 131 LA Marathon Legacy runners, meaning they started in 1986 and haven't missed a year. That list also includes Gordon Niva and Susan Lahr, whom have retired to Brookings and get credit for steering the Pace-setter onto this story.

Coronavirus and Prairie Striders

Because of the COVID-19 pandemic, the Arbor Day 5K (April 24) and the "I'm Ready for Summer" Triathlon (April 25) have been canceled. The Brookings Marathon, Half Marathon and Relays (May 16) has been moved to Sept. 12. Its companion Scotty Roberts 5K is now Sept. 11.

Presentation of the Friend of Running Award will be made once gatherings are permitted again.

To keep up to date, check the Prairie Striders Facebook page or website, www.prairiestridders.net.

Remaining 2020 Race Schedule

Longest Day 10K	Saturday, June 20
Beef and Eggs 5K	Saturday, July 11
Predictor Mile	Wednesday, Aug. 5
Oakwood Lakes Trail Run	Saturday, Aug. 8
Scotty Roberts 5K	Friday, Sept. 11
Brookings Marathon, Half & Relays	Saturday, Sept. 12
Jack 15	Saturday, Oct. 3
Hobo Day 5K	Saturday, Oct. 31

Triathlon now a virtual duathlon

The SDSU Wellness Center's 20th annual, and final, "I'm Ready for Summer" Triathlon has become a virtual duathlon due to COVID-19.

"Moving to a virtual duathlon will allow individuals to participate in a format similar to the original event while ensuring social distancing occurs," race director Chad Vossekuil said.

Adult participants will run a 5K, bike 20K and then run a 2.5K while kids 14 and under will complete a 2K run, 5K bike and 1K run.

"All participants are to complete the event between June 6-14; you can even split it up between multiple days," Vossekuil said.

Participants will time themselves and text their results to race organizers. Results will be posted on the race website, however, no place medals will be awarded. The bike must be

done indoors on a bike trainer or spin bike—nobody gets the advantage of a tailwind.

Those who had registered to compete in the originally triathlon April 26 have the option of donating their registration to the South Dakota State University Wellness Center or requesting a refund. If no response is received from triathlon registrants by May 31, registration fees will then be donated.

Individuals are welcome to register and pay the \$10 race fee at any point through June 14 at <https://runsignup.com/Race/SD/Brookings/SDSUIReadyForSummerTri>. Results will also be posted online as they are reported throughout the event period.

All participants who complete the duathlon will be mailed a custom-made 20th anniversary medal. For more information, contact Vossekuil at chad.vossekuil@sdstate.edu.

"Fear and anxiety live in the future. Those emotions don't exist in the present.

Get your mind back to the present. Focus on what I'm doing right now that might help the future as opposed to worrying about what might or might not happen in the future."

-Marathon Trials qualifier Jared Ward, quoting Craig Manning, BYU sports psychologist

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.*



Anne Johnson Harris



Age: 39

Residence: Brookings

Occupation: Dentist/Partner at Brookings Dental Clinic

Family: Chris (husband); Children - Jay (12), Kaitlyn (10), Ty (9), & Max (6)

Years as a Prairie Strider member: Joined February 2020.

Why you're a member:

My wonderful friend and running buddy, Rich Reid, gifted me a membership! Growing up in Brookings, I have known about Prairie Striders, but never looked into it. Now I plan to be a member for life!

What you enjoy about running:

Nothing beats the way you feel after a good run... Whether clearing your head alone or bonding with friends, those natural endorphins and sweat keep you physically and mentally healthy. Also, as much as I hate to admit it, I really do love dessert!

Marie Sample

Age: 43

Residence: Marshall, Minn.

Occupation: Head girls cross country coach, Marshall High School

Why you're a member:

I like being part of a community of runners. Runners are generally wonderful and kind people.

What you enjoy about running:

I enjoy running because it is a stress reliever and keeps me mentally and physically fit.

Favorite running memory:

My favorite running memory was when I qualified for the Olympic Trials in the marathon in 2007 at the Big Sur/California International Marathon. My family was there and it was a very special time.

Newest Life Members

Prairie Striders welcomes the newest life members: Nick See, of Brookings, in January and Andriette Wickstrom, of Storm Lake, Iowa, in February. Any Strider can become a life member by sending a \$100 check to Prairie Striders at Box 504, Brookings, SD, 57006.

Treasurer Jay Larsen reports that 104 of the club's 257 members now hold life memberships.

Favorite running memory:

There are so many memories that running has blessed me with, but one of my favorites was definitely running the Sioux Falls Half Marathon with Rich on his 60th birthday last September. For those of you who know Rich, talk about motivation! The miles flew by, and of course, we celebrated with our training partners (Kelly Evans-Hullinger & Alex Bisson) with a delicious meal and birthday dessert afterwards.

Your favorite Prairie Striders race:

The Hobo Day 5K is my favorite race. My college roommate and I ran it together for the first time when we were students at SDSU. Since then, it has turned into a family tradition. Every year several of us try to get together to run the 5K before the parade. My sister and brother are both SDSU grads, so the 5K started an unofficial family reunion for us. You know it's going to be a good day for the Jacks when you start with a run!

Favorite workout:

I've incorporated HIIT workouts into my running the past few years, which has definitely made me stronger and kept me injury free. Overall, a good track workout with different intervals is probably my favorite.

Your running goal:

For both my physical and mental health, I'd like to continue running as long as I can. I hope that I can be a role model and inspiration to my kids and others, just like Rich has been to me. I've certainly learned that it is so much more than miles!

Your favorite Prairie Striders race:

My favorite Prairie Strider's race might be running the Brookings Half Marathon. I also really enjoyed racing the Turkey Trot in Worthington MN with my teammates. Midnight Madness in Ames, Iowa, was also one of my favorite races.

Favorite workout:

My favorite workout is any workout I have done that leaves me feeling like I accomplished something.

Your running goal:

I have been coaching for 21 years now and my running goals have changed a bit over the years. I love being able to run with my team and support them as their coach. My goals are to try to stay healthy and fit so I can enjoy the sport of running and also being able to run with my own three daughters and the athletes I coach.

Beardsley speaks to full house at SDSU

By Andrea Schmit

Dick Beardsley, perhaps best known for his “Duel in the Sun” Boston Marathon in which he came in a close second to the legendary Alberto Salazar, shared his story on the campus of South Dakota State University Feb. 5.

Volstorff Ballroom was full of Prairie Striders, university athletes and other runners as Beardsley recalled how he persevered through difficulties and gave his all during that fateful 1982 race in Boston - the first time two people finished a marathon in under 2:09.

Beardsley says he actually considered dropping out of the marathon at mile three. He couldn't feel his legs at mile 21. He was hit by a Charlie horse with 900 meters to go. But he persevered to finish a close second, and he has drawn on that experience throughout his life.



He has dealt with a series of difficulties, from a near-fatal farm accident to literally being hit by a truck and even falling off a cliff. He has endured more than 20 surgeries, suffered addiction and survived rehab. Through it all, Beardsley knew he could make it through anything because he had worked through those difficult miles to earn second place in the Boston Marathon.

“I knew I could run one more mile, and then one more mile,” he says. “I never gave up. As long as you're moving forward, there's hope.”

Indeed, Beardsley exudes optimism, positivity and enthusiasm. His talk was sprinkled with humor and encouragement. At age 64, he is still running, though now he does it for the sheer joy of it and not to compete.

He loves talking with runners and inspiring them to push themselves and make great things happen. He left the room with this piece of advice.

“If you're willing to do the work, don't let anyone, including yourself, stop you from pursuing your dreams.”

Editor's note: Considered SDSU's most famous one-semester student, Beardsley ran on the Jackrabbit cross country team in 1977 and returned to his Minnesota farm. But he kept running and soon rediscovered his passion. In 1980, he set the Jack 15 course record with a time of 1:14:54 (4:56 pace).

Former Jackrabbit Sage debuts with near Olympic Trials time

By Dave Graves
Newsletter Editor

Brendan Sage, a former Jackrabbit distance standout, won the Arizona Rock 'n' Roll Marathon in Phoenix Jan. 21 with a near Olympic Trials qualifying time.

Sage, a 2017 SDSU graduate, clocked 2:20:58 (5:22 pace) in his marathon debut to win by 23 seconds. The trials standard is 2:19.

“I wanted to give it a shot, but I didn't expect it,” said Sage, whose father lives in Phoenix. “I tried to hold back and halfway I was 1:10 so I knew I had a shot, but I knew the wall was coming,” he told the Arizona Republic.

“I never really went into the race with a definite goal of hitting the trials standard of 2:19, but thought I might have a chance if I felt good,” Sage told the Press & News from Coon Rapids, Minn. “My training was good, but not the kind of mileage I would need to make a more serious attempt at qualifying, maybe for the next Olympic trials in 2024.”

Sage, whose father lives in Phoenix, took the lead at about the 18-mile mark and never relinquished the lead.

The 2013 graduate of St. Michael-Albertville High School, of St. Michael, Minn., was a cross country all-conference all-academic team selection his senior year (2016), when scored in four of six meets and had personal bests of 31:33.1 in the 10K,

254:43 in the 8K and 14:36 in the 5K. In September 2018, he and former teammate Trevor Capra cruised to a one-two finish in the Jack 15 (Capra 1:28:14.0, Sage 1:28:14.4).

Sage plans to run his next marathon in September in Bismarck, N.D., but just for fun. His long-range plan calls for entering the California International Marathon in December 2021 in Sacramento, possibly taking a crack at making the Olympic qualifying standard then. “Although, the trials standard may be different, possibly faster than 2:19, by then,” Sage said.

Now Sage is a math teacher at Parnassus Prep Charter School in Maple Grove, Minn., in his third year of teaching and is the head cross country and track coach there.



Brookings recordsetter competes in Trials

By Dave Graves
Newsletter Editor

Tessa Stoltenburg, 25, who set the Brookings Half Marathon record in 2019, finished 336 out of 390 in the U.S. Olympic Marathon Trials in Atlanta Feb. 28.

Stoltenburg posted a time 1:18:38 (6:00 pace) in Brookings May 10 to shatter the old mark of 1:22:40. In October, she qualified for the Trials with a time of 2:41:15 at the Chicago Marathon (6:09).

Her time at the Trials was 2:57:49 (6:47 pace). She had a

6:37 pace through 19 miles, but hit the wall at mile 20 (7:45) and never got below 7 minutes again until sprinting the last .2 at a 6:11 pace.

The 2012 Watertown High School graduate is now a full-time student in the physician's assistant program at the University of Nebraska Medical Center in Omaha. Her training team is Dakota Distance Project.

A 2016 SDSU graduate, she was sidelined from running competitively during most of her college years with a stress fracture in the mid-shaft of her femur.



SDSU track coaches past and present — Sporting smiles at The Summit League indoor championship in Fort Wayne, Ind., are Scott Underwood, left, who coached the Jackrabbits from 1978 to 1995 and Rod DeHaven, who has led the Yellow and Blue since 2004. DeHaven received the honor of SDSU coach of the year at the 2019-2020 Jackrabbit Athletics Scholarship Auction.

