

The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 11, No. 3

Brookings, S.D.

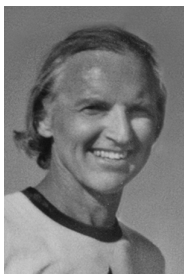
December 2014

From Reed Hart Jr. estate

Club receives \$20,000 gift

By **Dave Graves**
Newsletter Editor

Reed G. Hart Jr.'s passion for running is being carried on through bequeaths made by the estate of the Pipestone, Minn., native.



Reed Hart

Hart, who was a life member of the club, died July 14, 2014, at Dougherty Hospice House in Sioux Falls at age 87. At the Nov. 4 meeting of Prairie Striders Running Club, the board unanimously voted to formally and gratefully accept a gift of \$20,000 from the estate. It comes without conditions.

The gift is the club's largest in its 45-year history, according to longtime former club treasurer Bob Bartling.

Bartling and Hart were actually foes in their high school days. Reed was a star halfback for the great Pipestone Arrows football team of 1943 while Bartling was headlining the Brookings Bobcats team that successfully met the challenge from its rival across the state line.

Years later their mutual interest in running brought them together. Hart would visit Bartling at his downtown shoe shop. The pair swapped stories, Hart signed up to be a life

member of Prairie Striders and attended some Prairie Striders board meetings, where he advocated the jogging leagues he oversaw.

Shari Landmark was president of Prairie Striders in 2010-12, about the time Hart was attending the meetings. She was also a member of a jogging league.

She recalls, "Reed reached out to see if I wanted to be a team captain and pull together a women's team from Brookings. I asked some friends and other acquaintances from Brookings who ran. The league was 10 weeks and the first year we had 20 members. It started the first week in July and ran through mid-September."

League provided goals, motivation

Quantity and quality both mattered in the All-Star Jogging League points system.

Hart used the Ken Cooper Aerobics Point System.

"For example, if I ran five miles in 39:40, then I would receive 29 points (good category). I would encourage the team and strive for 75-plus weekly points (superior).

"What I loved about this concept is that it encouraged any ability to get out and run and score some points. Having a goal each week to strive for excellent or superior was motivating. I

See **HART**, Page 2

'Facility a 'winter runderland'

New indoor 5K opens race season

Runners have a chance to get an early start on the 2015 racing season and explore the new "winter runderland."

The Prairie Striders Indoors 5K begins at 9 a.m. Saturday, Jan. 24, at SDSU's new indoor track —the Sanford-Jackrabbit Athletic Complex, which was completed in early September.

Not only will this be a chance to get off the treadmill and still in run in shorts, it is the first noncollegiate race on the rubberized surface. The race is being capped at 100 entries, which will be taken through allsportscentral.com. If the field hasn't filled, entries will be taken at the door.

Entry fee is \$20 through Jan. 18. Late entry is \$25. Participants will receive an embroidered black stocking cap.

All levels of runners are welcome as the race will have two fields that will run simultaneously. Slower runners will run in lanes 1-5 while faster runners will complete 16 laps in lanes 6-8. The slower runners will have a separate starting point and complete 16 2/3 laps.

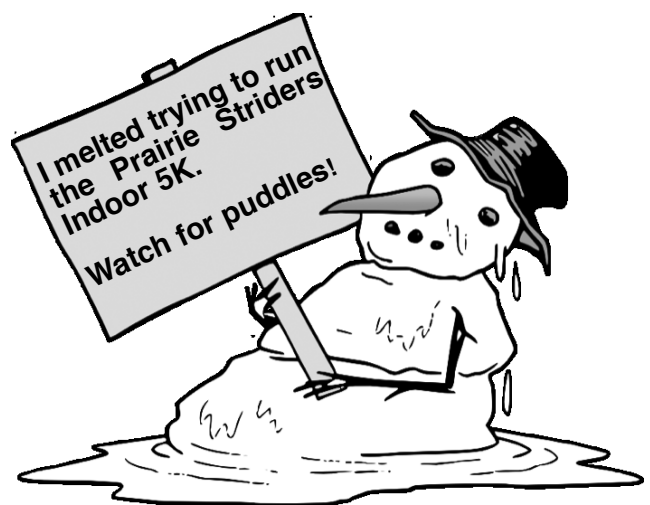
There will be separate finishing chutes and timers for each group, but lap counting will be on an honesty basis.

"We're excited to conduct a race in this beautiful and spacious facility, and thankful for the support SDSU coach Rod DeHaven has given on this race," club president and race co-director Dave Graves said. "This facility was built for college athletes. We feel privileged to be able to use it and plan to make it an annual event."

The SDSU Jackrabbits will host an invitational meet at noon Jan. 24. A separate \$5 admission is required for that.

Jay Larsen is co-directing the race with Graves. Contact the directors at run@prairiestriders.com.

The remainder of the 2015 season follows the 2014 schedule.



Prairie Striders 2015

Arbor Day 5K	Friday, April 24
"I'm Ready for Summer" Triathlon	Sat., April 25
Scotty Roberts 5K	Friday, May 1
Brookings Marathon, Half & Relays	Saturday, May 2
Longest Day 10K	Friday, June 19
Beef & Eggs 5K	Saturday, July 11
Predictor Mile	Wed., Aug. 5
Jack 15 Road Race	Sat., Sept. 26
Hobo Day 5K	Date to be set

Hart: Organized jogging leagues locally, overseas

Continued from Page 1

would gather the miles, time and points from each teammate on Sundays and email or upload them onto the website that was created.

"The top 10 scorers from each week would represent the team score for the week. I also sent out a motivational email each week with a quote and some other fun fact about running or training," Landmark said.

'A passion for running'

Though she only knew Hart for a few years, he left a lasting impression with Landmark.

"Reed had a passion for running and motivating others to run like no other person I had met before. He wanted others to experience the same love for the sport that he had," she said.

Bartling remembers Hart as a friend from the early years who, through his love of running, "brought our relationship to another level. We both pursued this love as competitive runners and then later in life helped others to enjoy the many benefits it offered."

Hart's passion for running developed while he was working as a master carpenter around the world on government contracts.

According to Doug Hart, of Mount



Reed Hart completes his morning 5K run at Lake Shetek, Minn., on his 80th birthday Aug. 4, 2006. He did this run every morning while he was staying at Lake Shetek.

Pleasant, S.C., who was raised as a brother with Reed, "while he was able to do anything in the construction field, he was most admired for his skill as a master carpenter. He truly enjoyed building things, and he didn't care how long it would take. He just wanted to make sure it turned out perfectly."

Handcrafted runners' awards

Landmark was a recipient of Hart's craftsmanship when he cut wood for a plaque, designed it and coated it with lacquer to recognize her success in the jogging league.

"He did this for everyone who completed the Grand Slam," three or more road races from Jan. 1 to the end of jogging league, a 10-mile run under two hours, a 10K under an hour, and a 5K under 25 minutes, Landmark said.

Hart started his first jogging league with native residents and co-workers while working in Kwajalein, Marshall Islands. Circa 1980, while working in Riyadh, Saudi Arabia, he established another jogging league for co-workers.

Friendships developed through meeting other runners became one of Hart's greatest treasures.

Lived a simple life

Doug Hart said, "Reed was truly from the old school. He never had a computer, he never had a cell phone and he never had a credit card. He disliked talking on the telephone and he would rather get in the car and drive to Brookings to speak with one of the joggers than pick up the phone and call.

"I once read a quote that was so Reed: 'A contented person is one who enjoys the scenery while having to take a detour!'"

In retirement, Hart returned to Pipestone to be near his parents, who had no other children. He later bought his own home in Egan, 20 miles west of Pipestone, and used his craftsmanship to remodel it.

All the while, Hart was developing jogging leagues in southwest Minnesota and east central South Dakota. At its peak, there were seven or eight leagues with nearly 150 participants.

One of those was Krysten Zimmerman, a member of Landmark's team.

"The jogging league was a creative way to encourage activity. Knowing that



Reed Hart Jr. wears a shirt that says "Saudi Arabian joggers" while posing in Riyadh, Saudi Arabia, in May 1980. He organized a jogging there with fellow employers while he was working as a government contractor.

I had to report my weekly mileage for all to see definitely got me out the door on those rare days when it would have been easier to stay in bed. Accountability is a powerful motivator," Zimmerman said.

'Humble, quite, unique'

Many knew of Hart because of the jogging leagues. However, those who knew Hart, knew him as a kind, gentle soul who always saw the good in people, according to Doug Hart. He added, "A close friend recently described Reed as humble, compassionate, deliberate, quiet and unique. Those who knew him would truly agree."

Hart was survived by several cousins. A graveside celebration of his life was held Aug. 22 at Old Woodlawn Cemetery, Pipestone.

Keeping up with Prairie Striders

There are several options to keep up with the proceedings of Prairie Striders Running Club in addition to attending the monthly meetings.

The newsletter is published quarterly and you can follow Prairie Striders on Facebook ([facebook.com/prairiestriders](https://www.facebook.com/prairiestriders)) as well as keep up to date through the web page (prairiestriders.net).

The web page not only offers race information for Striders events and other regional races, but under "club information" you can read meeting minutes.

Current officeholders slated for re-election

The Prairie Striders officers for 2014 have been nominated to retain their positions in 2015.

They are Dave Graves, president; Justin Bonnema, vice president; Kevin Smith, secretary; and Jay Larsen, treasurer. The nominations will be acted upon at the Jan. 6 annual meeting at noon at Mission Coffee House in the First Lutheran Church.

Officers begin their one-year term in February and will be introduced Saturday, Jan. 31, at the Frostbite Frolic.

Use of Hart gift under consideration

A five-member committee was formed at the Nov. 4 Prairie Striders board meeting to make recommendation on the utilization of the \$20,000 gift from the Reed Hart Jr. estate.

The committee's initial meeting was Nov. 19 with a draft presented at the Dec. 2 Striders board meeting. Action was deferred until the Feb. 3 meeting with funds to be invested at First State Bank. Its trust department has agreed to help with fund management in low-risk investments at no charge, according to Steve Britzman, the club's legal counsel.

Most of the items on the draft recommendation were smaller expenses.

The biggest proposed allocation was \$10,000 for use on future projects. Next was \$6,000 for a supply trailer. That is to be studied further by Matt Bien, Brookings Marathon director.

Also, the needs to raise another \$3,500 to fully endow its scholarship that goes to an SDSU distance runner. The committee proposed allocating \$1,500 towards that with the hope that contributions by individuals and Prairie Striders' race would bring the endowed funds to \$25,000 by Dec. 31, 2015.

Committee members are:

- Shari Landmark, a member of Reed's jogging league and club president

when he visited the club's meeting;

- Bob Bartling, Reed's old gridiron nemesis and former longtime club treasurer;

- Jay Larsen, current club treasurer;
- Bien, a former club president and interim committee chair; and

- Britzman, race director and club's legal counsel.

Earlier in the meeting, the club did vote to donate \$1,600 from the gift to SDSU Athletics for the purchase of equipment for the new indoor track. (See separate story P.4).

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 eighth annual Friend of Running Award at its Jan. 31 Frostbite Fun Run and Potluck.

Nominations are due Jan. 6. 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 Feb. 1 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 since 2007.

- 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.

Information can be submitted at run@prairiestriders.net or mailed to Prairie Striders, Box 504, Brookings, SD 57006.

Soup to warm runners at Frostbite Frolic run, potluck

Community runners are invited to come out of hibernation and participate in the Frostbite Frolic and Potluck, the annual social event of the Prairie Striders club at 11 a.m. Saturday, Jan. 31.

The event will be held in the community room of the Innovation Village apartments, 2405 10th St., Brookings.

It begins with a social run on the paved, one-mile loop around the nearby Innovation Center. Participants can go as many loops as they desire. The potluck begins at noon followed by presentation of 2014 awards, including the Friend of Running honor, and announcement of

the 2015 officers and race schedule.

Chili, hot cocoa and tableware will be provided. Participants are encouraged to bring a dish to pass.

Club President Dave Graves said, "This free event is a great way for Prairie Striders members to get together again and for nonmembers to connect with other runners in the community. Some families will want to participate in the run together, but there is no obligation to run."

The event continues a tradition began in 2004 as the Jingle Bell Run.

For more information, contact Graves at 627-5718 or run@prairiestriders.net.



Donated above dues

Brenda Algood, Brookings SD
Arne Anderson, Canton SD
Jill Anderson, Duluth MN
Jerry Bergum, Brookings SD
Kevin Bjerke, Aberdeen SD
Mary Bjerke, Volga SD
Russ Bjerke, Volga SD
John Blatchford, Brookings SD
Lori Bocklund, Beaverton OR
Pat Bohl, Humboldt SD
Steve Britzman, Brookings SD
Rob Carney, Lakeville MN
Lyle Claussen, Brookings SD
Lori Crego, Brookings SD
Ann Day, Willmar MN
Janice Froehlich, Colman SD
Dave Graves, Volga SD
Dave Griffith, Wecota SD
Dan Hansen, Brookings SD
Steve Hauff, Sioux Falls SD

Mike Heyl, Lincoln NE
Mike Hieb, Brandon SD
Wade Hoffman, Minnetrista MN
Dennis Hopfinger, Brookings SD
Owen Hotvet, Sioux Falls SD
Gloria Jansen,
White Bear Lake MN
Randy Kantack, Aberdeen SD
Angela Kauch, Minneapolis MN
Deb Leiferman, Brookings SD
Harry Mansheim, Brookings SD
Reyna Martin, Brookings SD
Chuck McCullough, Brookings SD
Charles McMullen, Brookings SD
Pete Monfore, Aliso Viejo CA
Paul Morgan, Winona MN
Keith Morrill, Custer SD
Kevin Neal, Bradley SD
Brad Oyos, Fargo ND
Gary Pierson, Sioux Falls SD

Judy Pinckney, Rosemount MN
Rich Reid, Brookings SD
Colene Reiser, Brookings SD
Lynn Riedesel, Brookings SD
Bob Ritter, Brookings SD
Dwayne Rollag, Sioux Falls SD
Andrea Schmidt, Brookings SD
Matt Schreiber, Brookings SD
Susan Scott, Lincoln NE
Laura Shoup, Brookings SD
Mark Shoup, Brookings SD
Dick Smith, Brookings SD
Andrew Sorenson, Brookings SD
Richard Strande, Brookings SD

Russ Strande, Brookings SD
Trevor Swift, Hawk Brookings SD
Jim Thvedt, Brookings SD
Chuck Tiltrum, Aurora SD
Gregg Uecker, Freeman SD
Barbara Wehde, Omaha NE
Peggy Whalen, Brookings SD
Andriette Wickstrom,
Storm Lake IA
Tim Wilson, McMinnville OR
Joan Wolles, Colton SD
Tom Woodall, Charleston IL
Kim Zilverberg, Belle Plaine MN
Jason Zimmerman, Brookings SD

Prairie Striders officers
President — Dave Graves
Vice president — Justin Bonnema
Secretary/webmaster — Kevin Smith
Treasurer — Jay Larsen
Web address — www.prairiestriders.net

Prairie Striders aiding SDSU track effort

By Dave Graves
Newsletter Editor

The roots of Prairie Striders Running Club formed through the SDSU Athletic Department. In fact, it was Jay Dirksen, the head track and cross country coach, who spearheaded the organization of Prairie Striders in 1969.

Future coaches have served as race directors, there has been a sharing of equipment, practice facilities and a genuine spirit of camaraderie between the program and the Brookings area club. Also, Prairie Striders has an endowed scholarship that is awarded to an SDSU distance runner.

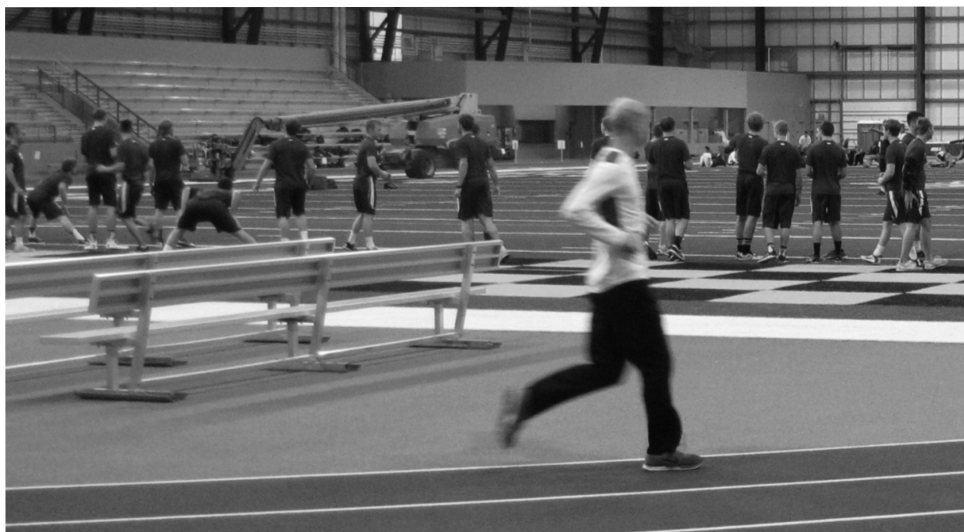
So it should come as no surprise that the club got on board when it learned of a fundraising effort by the SDSU track team.

This fall the \$32 million Sanford-Jackrabbit Athletic Complex opened. Located just north of the football stadium, it features an eight-lane, 300-meter track with a 150-meter straightaway and a 100-yard football practice field in the center. There are two pits for long/triple jump and pits for pole vault and for high jump.

The only thing lacking was equipment — hurdles, vault standards, starting blocks, etc. The list totaled \$113,000.

Coach Rod DeHaven rallied his team to help. Members washed cars, asked their parents for an advance in their allowance and held a dedication 5K run Oct. 12 that finished with a lap around the track. Donors also were approached and commitments of \$70,000 were raised.

One project is to have a small exterior plaza with engraved paving bricks for each donor that gives \$1,000 or more. So at



A track athlete gets in a few warmup laps while the baseball team loosens up in the end zone of the Sanford-Jackrabbit Athletic Complex, which opened in September. Prairie Striders donated \$2,600 for the purchase of track equipment for the facility and will host a 5K on the SDSU track at 9 a.m. Jan. 24.

its Oct. 7 meeting, the club unanimously agreed to put its name on one of those bricks.

The issue was revisited at the Nov. 4 board meeting and members reviewed the proposed \$113,000 order from Gill Athletics. In anticipation that the club may make occasional use of the indoor track, the club, on a unanimous voice vote, agreed to purchase a lap counter (\$338) and 50 chute post barriers (\$1,210) for a total (rounded) donation of \$1,600.

The funds are to come from Reed Hart Estate donation (See separate story).

Because the facilities first meet was Dec. 6, many of the items had been ordered in advance. Other indoor meets this season are Jan. 24, when the club is hosting a 5K run (see separate story Page 1) and Feb. 13-14, 35 teams are expected.

To see more photos of the Sanford-Jackrabbit Athletic Complex, click on gojacks.com and pull down the facilities tab.

Follow Bob's lead

Keep on running even as age advances, study shows

A new study by researchers at Humboldt State University and the University of Colorado, Boulder is shedding light on an unexpected benefit of jogging in older adults.

The study looked at adults over the age of 65—some of whom walk for exercise and some who run for exercise. The researchers found that those who run at least 30 minutes, three times a week

were less likely to experience age-related physical decline in walking efficiency than those who simply walked.

In fact, the older runners were 7-10 percent more efficient at walking than those who didn't jog.

The paper was published online in the journal PLOS ONE Nov. 20.

“What we found is that older adults who regularly participate in high aero-

bic activities—running in particular—have what we call a lower metabolic cost of walking than older, sedentary adults. In fact, their metabolic cost of walking is similar to young adults in their 20s,” said Justus Ortega, director of Humboldt State's Biomechanics Lab.

Metabolic cost is the amount of energy needed to move and naturally increases as we age.

Life Members

as of Dec. 1, 2014
requires a \$100 donation

Ron Amundson, Orinda CA
Arne Anderson, Canton SD
Bob Bartling, Brookings SD
Herb Bartling San Antonio TX
Jerry Bergum,, Brookings SD
Rob Beyer, Mound MN
Tom Bezdichek, Brookings SD
Matt Bien, Brookings SD
Dave Braley, Sioux Falls SD
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
Sharon Clay, Brookings SD
Paul Danger, Valparaiso In
Sara Danger, Valparaiso In
Ann Day, Willmar MN
Rod DeHaven, Brookings SD
Shelli DeHaven, Brookings SD
Jay Dirksen,
Hot Springs Village AR
Jim Egeberg, Valley City ND
Pat Egeberg, Valley City ND
Brian Freking, Keota OK
Dave Griffith, Wecota SD
Steve Hauff, Sioux Falls SD
Wade Hoffman, Minnetrista MN
Joani Holm, Brookings SD
Rick Holm, Brookings SD
Dennis Hopfinger, Brookings SD

Owen Hotvet, Sioux Falls SD
Angela Kauch, Minneapolis MN
Carol Klitzke, Maple Grove MN
Steve Kurtenbach, Sioux Falls SD
Shari Landmark, White SD
Jay Larsen, Brookings SD
Steve Lefevre, Fallbrook CA
Pat Lockwood, Brookings SD
Harry Mansheim, Brookings SD
Chuck Mccullough, Brookings SD
Barry McKeown, Arlington TX
Dave Meyer, Brookings SD
Patricia Meyer, Brookings SD
Jerry Miller, Sioux Falls SD
Pete Monfore, Aliso Viejo CA
Paul Morgan, Winona MN
Vicki Nelson, Sioux Falls SD
Kurt Osborne, Brookings SD

Dan O'Shea Eugene OR
Gary Pierson, Sioux Falls SD
Lynn Riedesel, Brookings SD
Dwayne Rollag, Sioux Falls SD
Paul Schroeder, Nevis MN
Joe Schuch, Belton MO
Susan Scott, Lincoln NE
Kevin Smith, Brookings SD
Tom Stambaugh, Nevis MN
John Stiegelmeier, Brookings SD
Sharon Stubler, Minnetonka MN
Chuck Tiltrum, Aurora SD
David Ulschmid, Arlington SD
Tim Wilson, McMinnville OR
Becky Youngberg, Eden Prairie MN
Jack Youngberg, Eden Prairie MN
Tim Zbikowski, Maple Grove MN



Historic Jack 15 keeps making history

No course records were set in the 52th running of the Jack 15, the oldest road race in the Midwest, but the field of 68 long haulers and 90 relay runners made plenty of history.

The field included the oldest person ever to enter the Jack 15. That was Brookings running legend **Bob Bartling**, who at 88 ran his 37th Jack 15. This year he was accompanied by his son, Dave, 60, of Clear Lake, who hadn't run the race since 1971. They are **pictured lower right** heading up the hill between miles 10 and 11 with Bob on the left.

Using the "walk-run-shuffle" technique, the men finished in 4:05:16 and Bartling declared later that he would take on the course again in 2015.

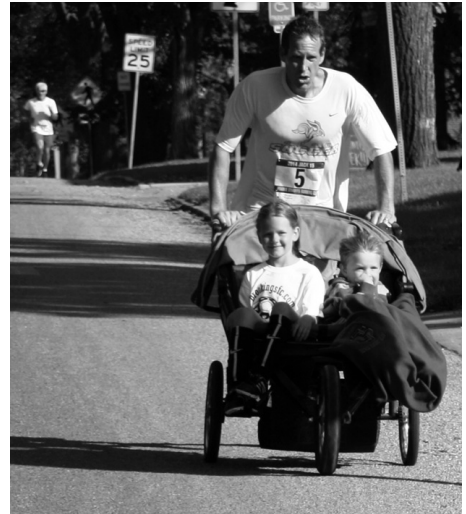
Bartling wasn't the only octogenarian in the field. Jim Thevdt, 81, of Brookings, clipped along at a 12:14 pace to finish in 3:05:53.

The speedster of the senior set was Steve Roy, 70, of Hastings, Minn., who met his goal of two hours, 30 minutes (2:30:25) despite the strong south wind on the warm Sept. 27 day. Roy had last run the race in 1964, when the 20-year-old finished in 2:01:30 in a field dominated by Olympian Buddy Edelen.

Roy, who has continued to run through the decades, is **pictured above** between miles 5 and 6.

Corona pastor Caleb Schewe, entering the Jack 15 for the first time, won the race in 1:43:05.

Second place went to **Lang Wedemeyer** and his kids. The



42-year-old SDSU soccer coach continued his practice of running the race while pushing a couple of his kids in a stroller, even on the two-mile stretch of gravel. This was the fourth year for him to do so and the kids are growing up.

Most of the journey was made with Hunter, almost 4, and Isabella, 8. However, Isabella had a soccer match to get to, so she jumped into Mom's car at mile 14. In the stroller for the last 1.2 miles were Caroline, 5 1/2, and Hunter. They are **pictured upper right** with Bruce Allen, 52, of Flandreau, in the background.

Wedemeyer's time of 1:48:27 figures to a 7:09 pace, nearly 10 minutes better than 2013 despite a strong south wind and stopping for one change of passengers.

The 2015 race, using the slogan "Doing 15 in '15," will be Sept. 26. Based on survey feedback, race directors Dave Graves and Paul Ekern will return to giving runners a fitness performance shirt with their registration.

All new winners in 2014 points competition

Every runner entered in a Prairie Striders race earns points. The top runners, based on total points and average, receive prizes and recognition at the Frostbite Frolic, which this year is Saturday, Jan. 31.

To be eligible for prizes, runners must participate in at least three Prairie Striders races.

Points are calculated based on finishing place. For example, in a race with 200 runners, first place earns 200 points and second place earns 199 points. This continues to the last runner, who would receive one point.

While there were many familiar faces in the top three placings within each category, this year's results brought several new names and no repeat winners.

These totals represent points earned in the following races: Arbor Day 5K, Scotty Roberts 5K, Brookings Marathon, Brookings Half Marathon, Longest Day 10K, Beef & Eggs 5K, Jack 15, Hobo Day 5K.

Total points

Male open

Brock Thompson, 37, Brookings, 925, four races; Brad Olinger, 38, Flandreau, 822, three races; Chris Gruenhagen, 31, Brookings, 739, four races

Male masters

Kevin Neal, 60, Brookings, 948, five races; Jason Zimmerman, 41, Brookings, 858, five races; Lang Wedemeyer, 42, Brookings, 857, four races

Female open

Becka Foerster, 29, Brookings, 638, three races; Erin Eggert, 25, Brookings, 473, three races; Amy Skyberg, 36, Brookings, 406, three races

Female masters

Andrea Schmidt, 43, Brookings, 652, five races; LaShelle Bruinsma, 42, Brookings, 595, four races; Carla Kwasniewski, 43, Brookings, 342, three races

Average

Male open

Brad Olinger, 38, Flandreau, 274.0, three races; Brock Thompson, 37, Brookings, 231.3, four races; Tim Meyer, 33, Brookings, 226.0, three races

Male masters

Lang Wedemeyer, 42, Brookings, 214.3, four races; Kevin Neal, 60, Bradley, 189.6, five races; Jason Zimmerman, 41, Brookings, 171.6, five races

Female open

Becka Foerster, 29, Brookings, 212.7, three races; Erin Eggert, 25, Brookings, 157.7, three races; Amy Skyberg, 36, Brookings, 135.3, three races

Female masters

LaShelle Bruinsma, 42, Brookings, 148.8, four races; Andrea Schmidt, 43, Brookings, 130.4, five races; Carla Kwasniewski, 43, Brookings, 114, three races

More evidence that runners come in all ages



Left: Members of the Prairie Striders senior masters women's team display gold medals after winning the team title in the Minnesota Senior Games 5K Road Race. Pictured, from left, are Andriette Wickstrom, Sharon Stubler, Diane Stoneking and Julie Virkus. Stoneking and Virkus were both age group winners. Their ages and times: Wickstrom, 56, 22:08; Stubler, 51, 22:29; Stoneking, 66, 25:35; Virkus, 61, 22:34.

Below: A wide age span competes in the Predictor Mile Aug. 6 at the Brookings High School track. Second from left is Jim Thvedt, at 81 one of the deans of Brookings running, while at the far right are up-and-comers Aneirin Hanan and Tomas Gonzales, far right. Others pictured are Robin Savage, far left; Jay Larsen, third from left; and Niall Hanan, fourth from left.

Striders now a nonprofit

Prairie Striders has always acted as a nonprofit organization. An Aug. 29 letter from the Internal Revenue Service stated that the group's application to become a 501 (c) (3) entity had been approved.

Kudos go to board member and Brookings attorney Steve Britzman for his hours of pro bono work in making this a reality.

Those wishing to make a tax-deductible contribution to advance running in Brookings are asked to contact Britzman or club president Dave Graves.



Long-time loyal members

Defined as paying dues at least eight of the last 10 years.

Brenda Algood, Brookings SD
 Ron Amundson, Orinda CA
 Arne Anderson, Canton SD
 Jill Anderson, Duluth MN
 Bob Bartling, Brookings SD
 Herb Bartling, San Antonio TX
 Jerry Bergum, Brookings SD
 Benda Berseth, Brookings SD
 Steve Berseth, Brookings SD
 Rob Beyer, Mound MN
 Tom Bezdichek, Brookings SD
 Matt Bien, Brookings SD
 Harry Birath, Brookings SD
 Kevin Bjerke, Aberdeen SD
 Mary Bjerke, Volga SD
 Russ Bjerke, Volga SD
 Lori Bocklund, Beaverton OR
 Dave Braley, Sioux Falls SD
 Steve Britzman, Brookings SD
 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 SD
 Sharon Clay, Brookings SD
 Paul Coffin, Sioux City IA
 Paul Danger, Valparaiso IN
 Sara Danger, Valparaiso IN
 Rod DeHaven, Brookings SD
 Ann Day, Willmar MN

Shelli DeHaven, Brookings SD
 Jay Dirksen, Hot Springs Village AR
 Jim Egeberg, Valley City ND
 Pat Egeberg, Valley City ND
 Monte Fawnsworth, Pierre SD
 Brian Fendrich, Apple Valley MN
 George Fendrich, Sioux Falls SD
 Ursula Fendrich, Sioux Falls SD
 Van Fishback, Brookings SD
 Becka Foerster, Brookings SD
 Brian Freking, Keota OK
 Chuck Furlong, Manchester MA
 Jerry George, Okemos MI
 Jim Glazer, Saint Paul MN
 Dave Graves, Volga SD
 Dave Griffith, Wecota SD
 Reed Hart, Egan SD
 Steve Hauff, Sioux Falls SD
 Mike Heyl, Lincoln NE
 Wade Hoffman, Minnetrista MN
 Joani Holm, Brookings SD
 Rick Holm, Brookings SD
 Dennis Hopfinger, Brookings SD
 Owen Hotvet, Sioux Falls SD
 Hunter Jamison, Wentworth SD
 Scott Jamison, Wentworth SD
 Taylor Jamison, Wentworth SD
 Gloria Jansen,
 White Bear Lake MN
 Miles Jefferis, Vadnais Heights MN
 Marcus Johansen,
 Coon Rapids MN
 Randy Kantack, Aberdeen SD
 Angela Kauch, Minneapolis MN
 Wally Klawiter, Sioux Falls SD
 Carol Klitzke, Maple Grove MN

Steve Kurtenbach, Sioux Falls SD
 Shari Landmark, White SD
 Jay Larsen, Brookings SD
 Steve Lefevre, Fallbrook CA
 Deb Leiferman, Brookings SD
 Mark Lidman, Kansas City MO
 Pat Lockwood, Brookings SD
 Harry Mansheim, Brookings SD
 Reyna Martin, Brookings SD
 Connie Massmann, Little Falls MN
 Jason Massmann, Buffalo MN
 Jeff Massmann, Little Falls MN
 Chuck McCullough, Brookings SD
 Barry McKeown, Arlington TX
 Bob McKnight, Brookings SD
 Charles McMullen, Brookings SD
 Christy Mettler, Sparks NV
 Miles Mettler, Sparks NV
 Dave Meyer, Brookings SD
 Patricia Meyer, Brookings SD
 Jerry Miller, Sioux Falls SD
 Dan Minnaert, Boise ID
 John Mirth, Platteville WI
 Wendy Mirth, Platteville WI
 Pete Monfore, Aliso Viejo CA
 Paul Morgan, Winona MN
 John Nelson, Madison SD
 Vicki Nelson, Sioux Falls SD
 Trudy Nepstad, Roeland Park KS
 Omar Olson, Brookings SD
 Kurt Osborne, Brookings SD
 Dan O'shea, Eugene OR
 Brad Oyos, Fargo ND
 Jim Pedley, Martinez CA
 Grant Peterson, Brookings SD
 Rob Peterson, Brookings SD

Gary Pierson, Sioux Falls SD
 Judy Pinckney, Rosemount MN
 Dan Propst, Pierre SD
 Eric Rasmussen, Sioux Falls SD
 Rich Reid, Brookings SD
 Lynn Riedesel, Brookings SD
 Audrey Riggs, Portland OR
 Bob Ritter, Brookings SD
 Gail Robertson, Brookings SD
 Dwayne Rollag, Brookings SD
 Bob Salmi, Aberdeen SD
 Paul Schroeder, Nevis MN
 Joe Schuch, Belton MO
 Susan Scott, Lincoln NE
 Boyd Shank, Brookings SD
 Dick Smith, Brookings SD
 Kevin Smith, Brookings SD
 Tom Stambaugh, Nevis MN
 Richard Strande, Brookings SD
 Russ Strande, Brookings SD
 Sharon Stubler, Minnetonka MN
 Ron Tesch, Brookings SD
 Jim Thvedt, Brookings SD
 Chuck Tiltrum, Aurora SD
 Dale Tribby, Miles City Mt
 Diane Underwood, Brookings SD
 Scott Underwood, Brookings SD
 Peggy Whalen, Brookings SD
 Andriette Wickstrom,
 Storm Lake IA
 Tim Wilson, Mcminnville OR
 Becky Youngberg,
 Eden Prairie MN
 Jack Youngberg, Eden Prairie MN
 Tim Zbikowski, Maple Grove MN
 Kim Zilverberg, Belle Plaine MN