

The Pacesetter

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Chuck McMullen

Love for running lasted for nearly half century

By **Dave Graves**
Newsletter Editor

Charles R. "Chuck" McMullen, one of the original members of Prairie Striders Running Club, died Oct. 27, 2015, at his residence, surrounded by family, following a 10-month battle with pancreatic cancer.

McMullen was in the basement of the Barn on Sept. 12, 1969, when Jay Dirksen organized the club with other charter members Bob Bartling, Lorne Bartling, Bruce Berger, John Iverson, Keith Morrill, Harvey Mills, Grant Peterson and Russ Strande. He continued his membership throughout his life.

McMullen also continued running until the final year of his life. He began having health issues in January and had surgery Feb. 23, spending the first night in the hospital since he was born Nov. 28, 1942, in Pierre.

McMullen was featured in the 2012 program observing the 50th running of the Jack 15 road race. He started running in 1969 at the urging of Morrill, who encouraged him to start working out during noon hours at the university.

That winter they ran in the "hippodrome," a 2x4 and plywood structure constructed on campus by Dirksen and his track team because the prevailing thought was "we might

freeze our lungs if ran outside in the cold," McMullen stated.

"Back in those days, the first milestone was to run five miles without walking. I finally did that," he wrote. The next milestone was the Jack 15. "To me, running 15.2 miles seemed like an impossible feat. I entered and finished the Jack 15 in 1970," matching Morrill's time of 1:55:13 on the June 6 run.

"I soon developed a love for running long distance and found it was very therapeutic and habit forming. I ended up running 12 Jack 15s with my best time being 1:43:23."



Chuck McMullen

'Running kept me sane'

McMullen also was featured in the March issue of the Pacesetter, before the full extent of his cancer was known.

In a first-person account, McMullen remembered meeting at Strande's house on Third Street at 6 a.m. Sunday to go on group runs of 10 to 20 miles, the weekday group that met

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Racing season to open indoors

A slightly tweaked Prairie Striders Indoors 5K is making its second appearance on the local race schedule.

The 3.1-mile event is Saturday, Jan. 23, at SDSU's indoor track —the Sanford-Jackrabbit Athletic Complex, which was completed in early September 2014. The tweaking comes in the starting time, or should we say times.

In the inaugural event, two heats were run simultaneously with slower runners in lanes 1-5 and faster runners in lanes 6-8. Keeping track of the runners' laps proved to be a challenge. So this year the two heats will be run consecutively with the faster group (24 minutes and under) starting at 8:30 a.m. and the slower group starting at 9 a.m.

Last year's field of 52 runners was fairly evenly split between the two groups.

Runners should enter through allsportscentral.com. There also is a link on the Prairie Striders web page. The field is capped at 100 runners. If the field hasn't filled, entries will be taken at the door.

Entry fee is \$20 through Jan. 17. Late entry is \$25. Participants can choose between an embroidered black stocking cap or performance running socks.

Because runners will be making 16 2/3 laps on the 300-meter synthetic tracks, runners may want to use a clicker or a function on their watch or smartphone to avoid confusion. Lap counters will only be able to track the leaders.

"Comments from last year's event on the facilities and racing atmosphere were overwhelmingly favorable. We're excited to be able to return to such a beautiful and spacious facility. I want to thank SDSU coach Rod DeHaven for the support he 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 we glad we can make it an annual event."



Prairie Striders 2016

Prairie Striders Indoor 5K	Saturday, Jan. 23
Arbor Day 5K	Friday, April 29
"I'm Ready for Summer" Triathlon	Sat., April 30
Scotty Roberts 5K	Friday, May 13
Brookings Marathon, Half & Relays	Saturday, May 14
Longest Day 10K	Friday, June 17
Beef & Eggs 5K	Saturday, July 9
Predictor Mile	Wed., Aug. 3
Jack 15 Road Race	Sat., Sept. 24
Hobo Day 5K	Date to be set

The SDSU Jackrabbits will host an invitational meet at noon Jan. 23. A separate \$5 admission is required for that.

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

McMullen: Commitment to running endured



Chuck McMullen's Sunday morning running group gathers after they completed the Hobo Day 5K Oct. 25, 2014. It was McMullen's last race. Pictured, from left, are Brenda Algood, McMullen, Al Hublou and Don DeNure. They ran much of the race together with McMullen and Hublou going nearly stride for stride with one another.

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at the corner of Sixth Street and Medary Avenue for shorter runs, and the transformation of the group to 5:40 a.m. HPER Center joggers.

Bob Bartling, a part of the 6 o'clock group, said, "Arguably the 6 o'clock runners group that met for years on Sunday morning at Russ Strande's house was one of Chuck's favorites. There was not a thin-skinned runner who ever showed up twice. Two hours of give and take was the agenda. Chuck always brought his sharpest needles and every one of us got to feel many well-placed jabs."

McMullen wrote, "Running in the morning always meant that I at least accomplished something each day. It relieved my stress from everyday life in general and my job in particular. I think running kept me sane over those years where stress levels got pretty high."

Entire career spent at SDSU

McMullen earned a bachelor's degree in biology from Northern State in 1966 and then entered graduate school at SDSU, earning his master's in botany in 1969 and his doctorate in plant science in 1975.

He began as a graduate teaching assistant in 1966 and worked his way up to full-time assistant, instructor, assistant professor, associate professor and then professor in 1983. He became head of the Biology Department in 1985 and associate dean of the College of Agriculture and Biological Sciences in 1999.

McMullen retired in 2002 but came out of retirement in 2005 to serve as interim dean for 10 months.

Running: 'Just part of my life'

While the names of his running partners changed and his job duties became more complex, McMullen's commitment to running and his passion to push his abilities didn't fade

"I enjoyed the competition of workouts and road races. For quite a few summers we went to a road race just about every weekend somewhere in the region," he wrote back in February. He noted that the predominant race distance in the early years was the 10K. The 5K was a late arrival.

McMullen ran nine marathons with his best time being a 3:10 at Lincoln, Neb.

By the time of his March 2015 feature in the Pacesetter, "long distance" was a past tense adjective in McMullen's running resume.

He wrote, "A small group of us still meet on Sunday morning, usually Al Hublou, Brenda Algood and Don DeNure. Nothing like the good old days. We no longer go on long runs. Our usual route is three miles, which we would not have even considered lacing up our shoes for back in the day."

However, waning performance didn't bring waning passion.

Writing in February, he stated, "I really no longer run, it is more of a slow jog and walk. It is just part of my life to go out and put one foot in front of the

other. I no longer worry about times or longer distances. While I no longer get the 'runners high' that I used to experience, I still like the feeling of accomplishing something when finishing a workout."

In the 2012 Jack 15 program, he wrote of running, "I plan to do so until I am physically unable to put one foot in front of the other."

McMullen is survived by his wife of 48 years, Marcia, a son, Mark (Tina), of Brookings; a daughter, Nicole (Mike) Ness, of Rochester, Minn., five grandchildren, three sisters-in-law and a brother-in-law.

Current officeholders slated for re-election

The Prairie Striders officers for 2015 have been nominated to retain their positions in 2016.

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. 5 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. 30, at the Frostbite Frolic.

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 ninth annual Friend of Running Award at its Jan. 30 Frostbite Fun Run and Potluck.

Nominations are due Jan. 4. 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. 30 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.

- 2014 — Reed Hart, an advocate of running and lifetime member who gifted the club with \$20,000 from his estate.

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. 30.

The event will be held in the SDSU Alumni Center, 905 Medary Ave.

It begins with a social run on a loop through campus. The potluck begins at noon followed by presentation of 2015 awards, including the Friend of Running honor, and announcement of the 2016 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.

Member generosity benefits SDSU scholarship, club expenses

Club treasurer Jay Larsen reports that the Striders 200-plus members have again proven themselves to be a generous bunch.

In 2015, Prairie Striders members donated \$1,155 to the Prairie Striders/Phil LaVallee Memorial Scholarship for SDSU distance runners. About \$8,000 is needed to grow the endowment to the point that separate Prairie Striders and Phil LaVallee scholarships can be awarded. The 2015-16

scholarship recipient was Connor Branick, a junior from Sioux Falls with a double major in microbiology and biotechnology.

The inaugural recipient was Laura Lawton, a cousin of LaVallee and a junior from Eden Prairie, Minn.

Also, \$600 was donated above dues by members in 2015 to help the Prairie Striders club to purchase equipment and supplies and fund operating expenses, including those associated with

maintaining the Prairie Striders library at SDSU, for the all-volunteer club.

Also, the number of life members continues to gain new members and now stands at 72.

This year all life members should receive a Prairie Striders window decal with this newsletter. Please contact the club if you were overlooked.

Future life members (\$100 one-time donation) also will receive the decal.

Donated above dues

Nik Aamlid, Brandon, SD
Brenda Algood, Brookings, SD
Jill Anderson, Duluth, MN
Herb Bartling, San Antonio, TX
Jerry Bergum, Brookings, SD
Rob Beyer, Mound, MN
Kevin Bjerke, Aberdeen, SD
Mary Bjerke, Volga, SD
Russ Bjerke, Volga, SD
Lori Bocklund, Beaverton, OR
Leah Brink, Brookings, SD
Steve Britzman, Brookings, SD
Rob Carney, Lakeville, MN
Craig Cassen, Piedmont, SD
Paul Danger, Valparaiso, IN
Ann Day, Willmar, MN
Brian Fendrich, Apple Valley, MN
George Fendrich, Sioux Falls, SD
Ursula Fendrich, Sioux Falls, SD
Janice Froehlich, Colman, SD

Tim Fryer, Hendricks, MN
Dave Griffith, Wecota, SD
Steve Hauff, Sioux Falls, SD
Mike Heyl, Lincoln, NE
Mike Hieb, Brandon, SD
Dennis Hopfinger, Brookings, SD
Gloria Jansen,
White Bear Lake, MN
Angela Kauch, Minneapolis, MN
Betsy Kinkead, Hopkins, MN
Bryan Krogman, Brookings, SD
Jay Larsen, Brookings, SD
Kyle Larson, Brookings, SD
Deb Leiferman, Brookings, SD
Mark Lidman, Kansas City, MO
Reyna Martin, Brookings, SD
Jason Massmann, Buffalo, MN
Adrienne McEntee, Brookings, SD
Charles McMullen, Brookings, SD
Dave Meyer, Brookings, SD

Patricia Meyer, Brookings, SD
Jerry Miller, Sioux Falls, SD
Paul Morgan, Winona, MN
Keith Morrill, Custer, SD
Vicki Nelson, Sioux Falls, SD
Tim Olson, Sioux Falls, SD
Jim Pedley, Martinez, CA
David Peters, Brookings, SD
Gary Pierson, Sioux Falls, SD
Judy Pinckney, Rosemount, MN
Lara Prihodko, Brookings, SD
Dan Propst, Pierre, SD
Eric Rasmussen, Sioux Falls, SD
Rich Reid, Brookings, SD
Colene Reiser, Brookings, SD
Lynn Riedesel, Brookings, SD
Bob Ritter, Brookings, SD
Gail Robertson, Brookings, SD
Jeffrey Roy,
Halifax, Nova Scotia, Canada

Bob Salmi, Aberdeen, SD
Andrea Schmidt, Brookings, SD
Justin Sell, Brookings, SD
Boyd Shank, Brookings, SD
Dick Smith, Brookings, SD
Richard Strande, Brookings, SD
Russ Strande, Brookings, SD
Brock Thompson, Brookings, SD
Jim Thvedt, Brookings, SD
Chuck Tiltrum, Aurora, SD
Gregg Uecker, Freeman, SD
Peggy Whalen, Brookings, SD
Andriette Wickstrom,
Storm Lake, IA
Tim Wilson, Mcminnville, OR
Tom Woodall, Charleston, IL
Kim Zilverberg, Belle Plaine, MN
Jason Zimmerman, Brookings, SD
Kyrsten Zimmerman,
Brookings, SD

Annual meeting

The Prairie Striders annual meeting is noon Jan. 5 at Mission Coffee House, First Lutheran Church.

Striders an official nonprofit entity

Prairie Striders has always acted as a nonprofit organization. In 2014, the Internal Revenue Service approved the group's application to become a 501 (c) (3) entity.

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.



Christy (Young) Mettler

Editor's note: *Mettler, a six-time All-American at SDSU, was inducted into the Jackrabbit Hall of Fame Oct. 10.*

Age: 47

Residence: Moved to Colorado Springs, Colo., from Sparks, Nev., in August.

Occupation: Currently being a wife to Miles and a mom to four amazing kids as well as volunteering in their schools and sporting events.

Family: Husband Miles, four kids — Zachary, 18; Maria, 16 years; Matthew, 14 years; and Anna, 10 — and our dog Lucy.

Years as a Prairie Strider member: I think since I graduated from college in 1993; so that would be 22 years.

Why I'm a member: The Prairie Striders is a great running community/organization and I love getting the newsletters and keeping up on what's happening, especially since we moved away from Brookings in 1993.

What you enjoy about running: I love the solitude that I get on my runs — time for me to think, pray and organize my days. But I also love to run with my kids when our schedules allow.

Our whole family runs and all four kids are competing in cross country at their schools (four different schools by the way — Zachary is running for William Jessup University,

Maria runs for Air Academy High School, Matthew runs for Discovery Canyon Middle School and Anna is running with The da Vinci Academy).

Favorite running memory: I have a lot, but here are a few:

1. Running through a blizzard and below zero temps with my teammates from SDSU. Jumping in snow banks and having a blast — and freezing too.

Also running through the Brookings neighborhoods singing Christmas carols during the Christmas season.

2. Running a 2:45 first marathon in February 1994 in Las Vegas, which almost qualified me for the Olympic Trials in 1996. (Had I ran that time in June 1994 I would have qualified, but I ran four months too early and then had injuries which prevented me from running that time again)

Favorite Prairie Striders race: Hobo Day 5K

Running goals: To just be healthy and be able to run into my "older" age.

After having three hip surgeries and being told I may never run again, it is an absolute GIFT to be able to run!!

I want to run with my kids as they progress in their running, and maybe bust out a fast 5K at some point. I almost broke 20 minutes this past year, so I would still like to do that. We'll see . . .



Favorite workout: 4- to 5-mile tempo run on days that I'm feeling good. Some days I just like to run hard.

Closing comment: Thankful for being a part of the SDSU teams back in the late 1980s. It changed the course of my life, made me a better person, and gave me lifelong friends. Being recognized as a 2015 SDSU Hall of Fame inductee just puts icing on the cake.

So proud to be a former Jackrabbit!

Trevor Penning

Age: 29

Residence: Flandreau

Occupation: Chiropractor at Brookings Chiropractic Center

Family: Wife, Brittany (26) married since May 2013. No children. Two puppies, Winnie and Oreo

Years as a Prairie Strider member: Fall 2015



Why you're a member: The Prairie Striders club offers a unique service to the community in Brookings. This group is great for involvement in local events and brings like-minded people together to make a great athletic community. I also enjoy helping out with athletic events and look forward to meeting new people.

What you enjoy about running: I enjoy being outdoors in

the summer and working on my cardiovascular fitness. I'm a novice in comparison, but always wanted to compete in triathlons and duathlons.

Favorite running memory: I entered the Harvest Duathlon (Alexandria, Minn.) with my friend and really enjoyed the running portion of the event. It was only two 5ks but it really motivated me to invest in more challenging running events.

Your favorite Prairie Striders race: As I am new, I have only volunteered for one race. I would like to participate in the Jack15 down the road, but haven't had the opportunity to run in a race.

Favorite workout: I really enjoy playing basketball and feel it gives me the most benefit both in running and jumping.

Your running goal: I plan on training for my first marathon over the course of the winter. I want to run the Brookings Marathon and finish it, but not under a time constraint.

Life Members

Lifetime members as of Dec. 3, 2015

Requires \$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
Tom Birath, Marshall MN
John Blatchford, Brookings SD
Justin Bonnema, Brookings SD
Dave Bushard, Lake Shetek MN
Andrew Carlson, White Bear Lake
Dan Carlson, White Bear Lake MN
Laura Carlson, White Bear Lake
Rob Carney, Lakeville MN

Lyle Claussen, Brookings SD
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 Graves, Volga SD
Dave Griffith, Wecota SD
Chris Gruenhagen, Brookings SD
Steve Hauff, Sioux Falls SD
Mike Hieb, Brandon SD
Wade Hoffman, Minnetrista MN
Joaine 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
Pete Monfore, Aliso Viejo CA
Paul Morgan, Winona MN
Vicki Nelson, Sioux Falls SD
Kurt Osborne, Brookings SD

Dan O'Shea, Eugene OR
Trevor Penning, Brookings SD
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 Zibkowski, Maple Plain, MN

State makes cross country history

For the first time ever, SDSU had two runners earn All-American status at the Division I national cross country meet.

Senior Trent Lusignan (24th) and junior Joel Reichow (36th) gained the designation at the Nov. 21 NCAA championships in Louisville, Ky. It also was the first time SDSU had two runners at the meet.

Competing in a field of 254 runners in the 10K event, Lusignan finished in 30:15.6 with Reichow at 30:22.8.

The Jackrabbits opened at a strong pace, clocking a 5:51.5 (Lusignan) 5:56.3 (Reichow) at 2,000 meters. By 5,200 meters, Lusignan had moved up 45 spots to 40th at 15:24.9 while Reichow had moved up 65 spots to 85th at 15:36.7. By the 8K mark, Lusignan was in 23rd place and Reichow in 46th place.

Lusignan (29:51) and Reichow (29:56) qualified for nationals by placing fifth and sixth, respectively, at the Midwest Regional race Nov. 13 in Lawrence, Kan.

For his efforts, Lusignan was named Summit League's Men's Cross Country Athlete of the Year, repeating an honor he received in 2013 and becoming only the ninth person in Summit League history to claim the award twice.



Trent Lusignan



Joel Reichow

Lusignan qualified for nationals in 2013 with a second-place finish in the regionals with a time of 30:30.3. He then finished 12th in the nationals with a time of 30:18.8.

Lusignan's 2013 effort was the first time SDSU, as a Division I school, sent a runner to nationals.

For many years Division II runners could qualify for the Division I finals. DII Jackrabbits who competed at the Division I meet included Jack Pearson (1952-54), Russell Nash (1952), Arlin Patrick (1953-54), Garry Bentley (1972-74) and Vicky Coyle (1981).

Coach Rod DeHaven expresses his pride for Lusignan. "It is a tremendous accomplishment for Trent. To come back from an injury (he was forced to sit out 2014) and win the individual league title is a remarkable accomplishment. He has proven to be one of the all-time great cross country runners in school history."

DeHaven added, "It should be noted that Joel Reichow is the first All-American in the history of The Summit League that is not an Athlete of the Year. Any other year, he would be the runner of the year."

Points competition leaders include girl, 9

There were a number of familiar faces, and some new ones, but only two repeat winners in this year's points competition.

Defending their crowns in the men's open and men's master categories for best average were, respectively, Brad Olinger, 38, of Flandreau, and Lang Wedemeyer, 42, Brookings. Both also placed in the total points competition. Wedemeyer was second and Olinger third.

There also was another Wedemeyer to place in the standings. Lang's 9-year-old daughter Isabella was third in women's open in both average and total points. She is by far the youngest to have ever placed in the competition.

Prizes for most points and best average will be awarded at the Frostbite Frolic Jan. 30 at the Alumni Center in Brookings. See separate story for details. To be eligible for prizes, runners must participate in at least three Prairie Striders races.

Prairie Striders tracks participation in its races and awards points based on finishing place. For example, in a race with 200 runners, first place earns 200 points and second place earns 199 points. The last runner would receive one point.

Full standings can be found at: <http://prairiestriders.net/points>.

Total points

Men's open:

Jeff Carstensen, 30, Brookings, 1049 (7 races)
 Kyle Larson, 25, Brookings, 925 (8 races)
 Brad Olinger, 38, Flandreau, 873 (3 races)

Men's masters:

Randy Hanson, 52, Aurora, 800 (4 races)
 Lang Wedemeyer, 42, Brookings, 799 (3 races)
 Kevin Neal, 61, Bradley, 781 (3 races)

Women's open:

Jessica Derby, 25, St. Louis Park, Minn., 565 (3 races)
 Briana Burgers, 26, Brookings, 515 (3 races)
 Isabella Wedemeyer, 9, Brookings 427 (3 races)

Women's masters:

Adrienne McEntee, 43, Brookings, 816 (5 races)
 LaShelle Bruinsma, 42, Brookings, 577 (5 races)
 Jeanette Gibbons, 55, Brookings, 554 (3 races)

Best average

Men's open:

Brad Olinger, 38, Flandreau, 291 (3 races)
 Zach Davis, 25, Brookings, 232.7 (3 races)
 Brock Thompson, 38, Brookings, 216 (3 races)

Men's masters:

Lang Wedemeyer, 42, Brookings, 266.3 (3 races)
 Kevin Neal, 61, Bradley, 260.3 (3 races)
 Randy Hanson, 52, Aurora, 200 (4 races)

Women's open:

Jessica Derby, 25, St. Louis Park, Minn., 188.3 (3 races)
 Briana Burgers, 26, Brookings, 171.7 (3 races)
 Isabella Wedemeyer, 9, Brookings 142.3 (3 races)

Women's masters:

Jeanette Gibbons, 55, Brookings, 184.7 (3 races)
 Adrienne McEntee, 43, Brookings, 163.2 (5 races)
 Mary Held, 53, Aurora, 156.7 (3 races)

Olympic Trials qualifiers hold local marks

The field for the USA Olympic Marathon trials includes a couple of runners who hold course records in Brookings.

Bret Fransen set the Brookings Half Marathon mark in 2009 when he ran a 1:08:20. At the time, he was of Sioux Falls. When he hit the Olympic B standard with a 2:17:38 at Grandma's Marathon in Duluth, Minn., June 21, 2014, he was a 32-year-old living in Boulder.

Andrew Carlson, then 32, of Fargo, N.D., set the Beef and Eggs 5K course mark with a 14:37 on July 12, 2014. He met the B standard with a 1:04:52 at the Garry Bjorklund Half Marathon in Duluth, also on June 21, 2014.

The trials are Feb. 13, 2016, in Los Angeles.

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, nominate someone for the Friend of Running Award or check on your race points.

Of course, you're also welcome to contact club president Dave Graves, 605-627-5718, run@prairiestriders.net

Four Striders among SDSU's top 50 female athletes

SDSU marked the 50th anniversary of the modern women's sport program at State by honoring its top 50 female athletes.

The list includes nine from cross country and four from track and field. Four have maintained membership in Prairie Striders running club. They are: Lori Bocklund '83, of Beaverton, Ore.; Becka (Mansheim) Foerster '07, of Brookings; Audrey (Stavrum) Riggs '85, of Portland, Ore.; and Christy (Young) Mettler '90, of Colorado Springs.

The group, selected by a vote of Jackrabbit fans and a panel of SDSU athletic administrators, were recognized at a Nov. 13 luncheon.

For the full list, go to Page 3 of the .pdf on the SDSU Athletics web site: www.gojacks.com/pdf9/3983606.pdf

Bocklund, Riggs and Mettler are all members of the Jackrabbit Hall of Fame.

Bocklund was a key member of both the 1980 squad that won the final AIAW national championship and the 1981 team, which claimed the inaugural NCAA Division II title. She was SDSU's first female Academic All-American and the first recipient of the Stan Marshall Award as the NCC's top female student-athlete during the 1982-83 academic year.

Bocklund was a four-time All-American in cross country and capped her career with a national runner-up finish during her senior season in 1982. She also earned All-America honors in the 5,000-meter run at the AIAW Division II Outdoor Track and Field Championships in 1981.

Riggs was the first Jackrabbit female student-athlete to win an individual national title, claiming the 10,000-meter run at the 1982 NCAA Division II Outdoor Track and Field Championships. She also earned All-America honors in cross country in 1981, '82 and '83 and in track in 1985 at 1,500 meters.

She finished fifth at the Division II Cross Country Championships in 1981 and 1982.

Mettler finished in the top six in the NCAA in the 1989 outdoor 3,000 meters after winning the North Central Conference 3,000- and 5,000-meter titles, she finished in the top eight in the NCAA in the 1989 and 1991 outdoor track 10,000 meters and won the 1989 NCC cross country championship.

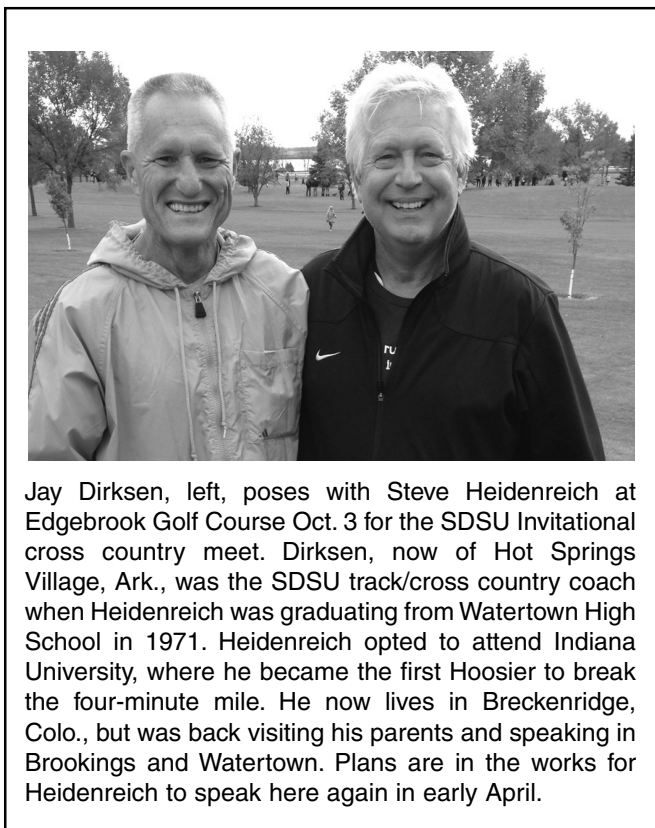
Mettler was a four-time Academic NCC selection and won the 1991 NCC Honor Award.

Foerster was a two-time all-Division I Independent individual cross country champion and earned all-Division I Independent honors three times, winning the 1,500-meter outdoor track title three times and 5,000-meter title once.

She set indoor school records in the mile (4:51.57 in 2006), 1,000 meters (2:52.98 in 2007) and 3,000 meters (9:37.49 in 2007) and outdoors in the 1,500 meters (4:22.81 in 2007).

Foerster was a second team Academic All-American in 2006 and a two-time, first-team all-district pick.

Other selections from cross country and track and field: Kristin Asp '85, Paula Burma '84, Sheena Dauer '04, Kim Fordham '91, Kiri Johnson '93, Ann Westby '94, Elaine Zell '82 and Mary Wirth '15.



Jay Dirksen, left, poses with Steve Heidenreich at Edgebrook Golf Course Oct. 3 for the SDSU Invitational cross country meet. Dirksen, now of Hot Springs Village, Ark., was the SDSU track/cross country coach when Heidenreich was graduating from Watertown High School in 1971. Heidenreich opted to attend Indiana University, where he became the first Hoosier to break the four-minute mile. He now lives in Breckenridge, Colo., but was back visiting his parents and speaking in Brookings and Watertown. Plans are in the works for Heidenreich to speak here again in early April.

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
 Tom Birath, Marshall, MN
 Kevin Bjerke, Aberdeen, SD
 Mary Bjerke, Volga, SD
 Russ Bjerke, Volga, SD
 John Blatchford, Brookings, SD
 Lori Bocklund, Beaverton, OR
 Justin Bonnema, Brookings, SD
 Steve Britzman, Brookings, SD
 Dave Bushard, Lake Shetek, MN
 Clyde Calhoon, Brookings, SD
 Andrew Carlson,
 White Bear Lake, MN
 Dan Carlson,
 White Bear Lake, MN
 Laura Carlson,
 White Bear Lake, MN
 Rob Carney, Iowakeville, MN
 Craig Cassen, Piedmont, SD
 Lyle Claussen, Brookings, SD
 Sharon Clay, Brookings, SD
 Paul Coffin, Sioux City, IA

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
 Monte Farnsworth, 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
 Jim Glazer, Saint Paul, MN
 Dave Graves, Volga, SD
 Dave Griffith, Wecota, SD
 Chris Gruenhagen, Brookings, SD
 Dan Hansen, Brookings, SD
 Paul Hanusa, Volga, SD
 Steve Hauff, Sioux Falls, SD
 Mike Heyl, Lincoln, Neb.
 Mike Hieb, Brandon, SD
 Wade Hoffman, Minnetrista, MN
 Joanie 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
 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
 Jason Massmann, Buffalo, MN
 Chuck McCullough, Brookings, SD
 Barry McKeown, Arlington, TX
 Chuck McMullen, Brookings, SD
 Christy Mettler, Colorado Springs
 Miles Mettler, Colorado Springs
 Dave Meyer, Brookings, SD
 Patricia Meyer, Brookings, SD
 Jerry Miller, Sioux Falls, SD
 Pete Monfore, Aliso Viejo, CA
 Paul Morgan, Winona, MN
 Keith Morrill, Custer, SD
 John Nelson, Madison, SD
 Dan O'Shea, Eugene, OR
 Brad Oyos, Fargo, ND
 Jim Pedley, Martineze, CA
 Grant Peterson, Brookings, SD

Gary Pierson, Sioux Falls, SD
 Judy Pickney, Rosemount, MN
 Dan Propst, Pierre, SD
 Eric Rasmussen, Sioux Falls, SD
 Rich Reid, Brookings, SD
 Lynn Riedesel, Brookings, SD
 Bob Ritter, Brookings, SD
 Gail Robertson, Brookings, SD
 Dwayne Rollag, Sioux Falls, 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
 Tom Stambaugh, Nevis, MN
 John Stiegelmeier, Brookings, SD
 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
 David Ulschmid, Arlington, SD
 Peggy Whalen, Brookings, SD
 Andriette Wickstrom,
 Storm Lake, IA
 Tim Wilson, McMinnville, OR
 Becky Youngberg, Eden Prairie
 Jack Youngberg, Eden Prairie, MN
 Tim Zbikowski, Maple Grove, MN
 Kim Zilverberg, Belle Plaine, MN