

The Pacesetter

A quarterly publication of the **Prairie Striders**



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Marathon to feature pacers

By **Emily Berzonsky**
Newsletter writer

The 47th running of the Brookings Marathon and Half Marathon will offer a "big race" amenity: pacers.

"Most pacers who will be in Brookings for the marathon have paced well over 25 races in the past six seasons. I'm to the point with my pacing business where I only pick the best of the pacers to pace full marathons," said Sam Ryder, who formed Minnesota Pacers in early 2010 when he saw a great need for a pace team in the state of Minnesota.

Matt Bien, director of the May 14 marathon, said Minnesota Pacers were selected to pace the Brookings Marathon based on its commitment to the Midwest and positive feedback from runners and races who have used their services.

The team assists in about 20 races per year. They have paced the Fargo, Mankato, Bemidji, Brainerd, Stillwater and Med City marathons as well as 35 other half marathon races across the Midwest as well as the 2013 and 2014 Sioux Falls Marathon.

The team includes more than 20 men and women from across the Midwest who are passionate about running and helping others achieve their goals, according to Ryder.

A group of eight Minnesota Pacers will be pacing the Brookings Marathon. They will provide pacing for runners that hope to finish the marathon in times of 3:15, 3:25, 3:35, 3:45, 4:00, 4:15, 4:30 and 4:45.

The pacers works to run even splits in order to bring runners to the finish line within 30 seconds of the goal.

Ryder said 20 minutes before the race starts, the pacers will line up at the starting line holding signs indicating what pace they will be running. Runners are not required to declare a pace during registration. Runners who wish to join pace groups can join with the pacer at any time during the race.



Adam Warden, a member of the Minnesota Pacers, shows plenty of enthusiasm at the Mankato Marathon in 2011. The group has been selected to provide pacing services for the Brookings Marathon in 2016, a first for the race.

Shari Landmark has participated in the Brookings Half Marathon and relays since 2002 and plans to do so in 2016 as well. In 2004, Landmark ran Grandma's Marathon in Duluth, Minn.

"The first 20 miles there was a group of us and at every mile marker, we were within 5 seconds of our goal pace. It was pretty crazy. The pacers are usually chatting away with others, telling stories and motivating you along the way," praised Landmark.

According to Bien, race fees will not increase as a result of the addition of pacers.

"We remain one of the most economical races in the Midwest."

He hopes that with an increase in race registration, the Brookings Marathon can continue to provide pacers at no extra cost to runners for years to come.

Brookings Half Marathon, marathon relay races filling up

Race day has moved under the three-month mark and hundreds of runners are preparing for the Brookings Marathon weekend events; at least they've gone as far as registering.

As of Feb. 23, there had been 295 sign up for the May 14 Brookings Half Marathon. The race is capped at 400. Last year the race hit the cap March 12, the fifth consecutive year for the race to cap and the earliest yet.

Also as of Feb. 23, there were 28 relay teams registered with a cap of 50 teams. Last year the relay teams hit the cap March 18.

Plenty of space remains in the marathon, which has a cap of 300 and was at 85 on Feb. 23.

Sign-ups are just beginning in the Scotty Roberts 5K, which is held May 13, the evening before the other events. Runners can sign up for the 5K right up until race time. For the other events, sign-ups close May 7 regardless if the cap has been hit.

In addition to adding pacers for the Brookings Marathon (see separate story this page), the 2016 race will feature free photos for all marathon and half marathon participants.

For more information, go to BrookingsMarathon.com.

Prairie Striders
officers
2015-16

President — Dave Graves
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Prairie Striders 2016

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	Sat., Oct. 22

Boston

Feature-length film on world's best known marathon to debut in advance of race's 120th anniversary in 2017

BOSTON (AP) — America's marquee marathon is ready for its close-up.

"Boston," the first feature-length documentary film about the Boston Marathon, is in the works. Its creators say the movie will go well beyond the 2013 bombings to retrace the iconic footrace's first steps in 1897.

"Over the years, the Boston Marathon has had so many extraordinary stories of people achieving and accomplishing things," said producer Megan Williams, an Oscar-nominated filmmaker. "It's like looking at cultural and social change over the last century through the lens of this major sporting event."

Two feature films (one starring Mark Wahlberg), a stage play and an HBO special also are in production, though they're all about the 2013 finish line attacks that killed three spectators and wounded more than 260 others.

No Boston documentary would be complete without the dark events of 2013. "Boston," however, will focus less on the chaos than the comeback. The producers had 56 cameras along the course in 2014 for the marathon's first running since the bombings.

Director Jon Dunham said the city's determination to take back its namesake race will be a recurring theme in the movie, which was conceived before the attacks.

But the film will be a sort of highlights reel from the 120-year-old marathon, the nation's oldest. The Boston Athletic Association, which organizes the race, gave Dunham exclusive rights to its archive of photos, video and marathon memorabilia.

"Boston" will tell the stories of some of the greatest marathoners ever to conquer the hilly 26.2-mile course stretching from Hopkinton, Massachusetts, to Boston. They include four-time winner Bill Rodgers; Johnny Kelley, who ran 61 Bostons and won two; and Kathrine Switzer, who in 1967 became the first woman to run with an official bib number.

"It's a huge undertaking. We've got 300 hours of stuff we shot, not counting the archival material," said Dunham, who



hopes it will psych up runners like his popular "Spirit of the Marathon" films — cult classics that followed select amateur and elite runners at the 2005 Chicago and 2012 Rome marathons.

Nothing rivals the Boston Marathon in terms of sheer lore, said Tom Derderian, a running coach and author who's serving as an executive producer, along with 2004 Olympic marathon bronze medalist Deena Kastor.

"The marathon is a mirror in which you can see the reflections of the times in every year," he said. "For instance, the world of the 1910 Boston was not this world — it featured young men who were considered at great risk of ruining their health by running. That was the essential myth of those times."

Derderian ticks off other examples: wild speculation in the 1920s that fueled rampant betting on the winner, and unemployed men who ran during World War II in hopes the media attention would help them compete for scarce jobs.

"Boston" also will follow more modern heroes, such as 2014 victor Meb Keflezighi, the first American man to win in 31 years.

But the real star is the race itself.

The movie tentatively is set to premiere in April 2017 in conjunction with the 121st edition of the race. John Hancock Financial, the marathon's principal backer, has signed on as the film's title sponsor, though Williams said she's still working to raise half of the project's \$2 million budget.

In the meantime, the Boston Symphony Orchestra is recording Emmy-winning composer Jeff Beal's score.

"I'm not a runner and I'm not from Boston," Williams said. "But I hope our film really captures the uniqueness and importance of the Boston Marathon."

Online:

Film site: <http://bostonmarathonfilm.com>

Trailer: <https://vimeo.com/120689532>

Strider snippets

DeHaven, Wickstrom in final issue of Running Times

Two Prairie Striders members were featured in the January/February issue of Running Times.

Rod DeHaven was one of four coaches profiled in "Old School — Former elites find challenges and rewards coaching at their alma mater." The 1989 SDSU grad has been the Jackrabbit coach since 2004. "It's different from the way things were, but there's a lot of fun that comes from running into people I knew when I was competing here," DeHaven told the writer.

Flip the magazine page and there is Andriette Wickstrom, who was featured in the master's section of the Rodale publication.

The writer focused on the unconventional training approach of the 60-year-old Storm Lake, Iowa, resident, who

raced more than 50 times in 2015. She has run 25 consecutive Twin Cities Marathon. In 2015, she won her age group by more than 31 minutes. Her time of 3:22:49 also was more than two minutes faster than the men's winner.

The article also mentioned the \$150 she won by being the first female finisher at the Jack 15 the week before the Twin Cities.

They won't be featured in Running Times again. It was the last issue of the publication, which Rodale is merging with its better-known magazine Runners World.

Another running magazine, Marathon & Beyond, ended publication after 19 years with its November/December issue.

Librarian's Corner

The latest work of club librarian Bob Bartling is to index the placings of racing team members in major regional races from 1978 to present. Race results that Bartling is poring through include the

since-discontinued Statehood Days in Nebraska, Des Moines' Midnight Madness, which originally was a marathon, as well as marathons in Duluth, Minn., the Twin Cities, and Omaha and Lincoln, Nebraska.

The public will have access to his work, which will be on file at the Briggs Library at South Dakota State University.

New Striders life members

The following joined a list of 72 existing lifetime members with their donation of \$100 in January.

Members can gain lifetime status at any time by sending a \$100 check to Prairie Striders, Box 504, Brookings, 57006, c/o Treasurer Jay Larsen.
Bartling-Bortnem, Christa - Brookings
Gibbons, Jeanette - Brookings
Held, Mary - Aurora
Munsterman Lori - Brookings
Wolles, Joan - Colton
Zimmerman, Jason - Brookings
Zimmerman, Kyrsten - Brookings

Remember When? 35 Years Ago



Editor's note: Welcome to this new feature in the *Pacesetter*. It takes note of significant events in the history of Prairie Striders. Submissions can be sent to run@prairiestriders.net.

The event was the 6th Annual Statehood Day 10-Mile Run in Lincoln, Neb., Feb. 28, 1981, hosted by the Lincoln Track Club.

The first of 639 runners across the finish line was Dick Beardsley, who ran a course-record time of 48:25.6 (4:50.5 pace). Beardsley ran cross country at SDSU in 1978, then left school and very briefly quit running.

He started running again that winter and set a goal to qualify for the Olympic Marathon Trials while part of the Prairie Striders racing team.

He won the Statehood Day race by 19 seconds. Second place was Bob Wallace, an Australian runner who had moved to Lincoln two years prior and had been unbeaten in local racers, according to

This photo from the 1984 Statehood Day run in Lincoln, Neb., shows Prairie Striders member Brian Fendrich (far right, lead pack, no bib visible). To give an idea of the caliber of runner that the race drew, more than 50 runners hit the one-mile mark of the 10K between 4:49 and 5:00. No photos were available from the 1981 race, which, incredibly ended in a tie in the team race. Strider Dick Beardsley won the individual crown in a course record 48:25.6.

race observer Bob Bartling.

In June 1981, Beardsley set the course record at Grandma's Marathon. In 1982 came his famous "Duel in the Sun" with Alberto Salazar at the Boston Marathon. Salazar won by two seconds, then the closest finish in Boston history.

Beardsley (2:08:53) and Salazar had recorded what was then the two fastest marathon times in history.

Other members of the Prairie Striders team at Statehood Day race were Mike Dunlap and Lyle Claussen. Both men were former winners of the Brookings Marathon (then Longest Day).

Dunlap, Beardsley's good friend and a teammate at State, finished ninth in 49:42.6. Claussen, then age 34, ran a 52:25.9.

Bob Busby, a 1972 SDSU alumnus, ran for the Kansas City team and finished fifth in 49:31.8.

In the team competition, Prairie Striders finished third out of 22 teams, two minutes back of the Kansas City and Lincoln track clubs, who, remarkably, tied with identical cumulative times of 2:28:25.9.

Calculate the odds of that!

2015 Friend of Running



Prairie Striders Running Club's Friend of Running is presented by President Dave Graves to Mary Bjerke at the club's Frostbite Frolic Jan. 30. Bjerke, of Volga, has been a vital part of the Brookings Marathon planning committee for more than a decade. In addition to her time on the marathon committee, Bjerke promotes the event through fundraising at her workplace, Larson Manufacturing. As a long-time participant in the marathon relay, Bjerke and her teams raise funds for the race's charity, one year raising almost \$1,000 with their bake sale.

Member Spotlight

Editor's note: Member Spotlight is a recent addition to 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.



Peggy Whalen

Age: 69

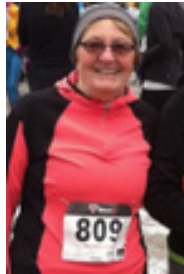
Residence: Brookings (Grew up in Sturgis)

Occupation: I now work part time at the Brookings Public Library at the circulation desk. I previously worked full time for the library for 23 years as administrative assistant.

Family: Husband – John, who is retired from South Dakota Humanities Council.

Son – Shawn. He and his wife Sandy live in North Hudson, Wisc. He works as an electrical engineer for Burns and McDonnell. Sandy has her own business. She does writing and graphic design, mostly for political candidates.

Daughter – Michelle. She and her husband Garey and two sons live in Farmington, Minn. She is a third-grade teacher and Garey works in human resources for Securian Financial Group.



Peggy Whalen

Kyle Larson

Age: 26

Residence: Brookings

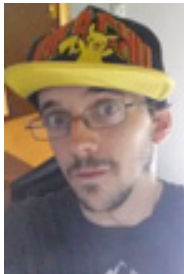
Occupation: Graduate student in communication studies

Family: Brother and mother live in Palatine, Ill., sister and father live in Lake Villa, Ill. I'm the only runner in the family.

Years as a Prairie Strider member: 1.5

Why you're a member: They are a bunch of nice people and they hold some really enjoyable races. Membership also gets me access to free homemade chili in the middle of winter. (Frostbite Frolic)

What you enjoy about running: Free shirts, good friends, and the simplicity of the activity. The ability to eat pasta and drink beer well into my 20s without guilt is also a major selling point.



Kyle Larson

Years as a Prairie Striders member: I joined in 1978, so 38 years.

Why you're a member: Bob Bartling got me interested in joining when he owned Bartling Shoes. I didn't know anything about running when I started. I had a pair of boys tennis shoes that I started running in. Needless to say I needed lots of guidance. Running was just becoming a popular exercise around Brookings.

I've met so many different runners and have learned so much from them. Prairie Striders puts on very well run races throughout the year and I enjoy doing as many as I can.

What do you enjoy about running: Mostly the camaraderie of the time with other running friends.

Other things: the release that running gives you from everyday stresses, seeing sunrises, and also being able to eat and not have to worry about it too much.

Favorite running memory: One morning many years ago in the winter my running partner and I met as usual at Hillcrest School for our three mile. We knew it was cold but didn't realize just how cold. This was before smart phones and instant weather/temperature info.

As we were going by the high school a woman who was letting her dog out shouted at us "Are you guys crazy?! It's -25 degrees." We continued our run laughing at our folly. A great run all in all.

Favorite Prairie Striders race: I guess I would have to say the Jack 15 (in 1980). It was the first race I ever ran so, it holds a special place in my heart.

I also remember how difficult it was and how I could hardly walk the next day. I learned a lot from that race.

Running goals: Staying upright and moving!

Favorite running memory: In the middle of a marathon last year, there was a large uphill and downhill stretch at around the 18-mile mark, just when the fatigue starts to become noticeable.

At the bottom of a hill were some Girl Scouts handing out orange slices. They were the best oranges I ever had. There were a few other troops over the next few miles with more oranges and a few Twizzlers as well.

Surprisingly none of the famous cookies but they at least analyzed their audience!

Your favorite Prairie Striders race: Longest Day 10K

Favorite workout: Long runs when it isn't five degrees outside. (Only a few more weeks, Prairie Striders!)

Your running goal: I would like to do a marathon in 50 states. I only started running in 2014 but have done three with three more planned this year.

Notes from the club president

As you can see in the cartoon at the right, the typical points on a marathon course advance from start to hell to pure hell to sheer hell and finally utter hell, which leads to the finish line and a T-shirt and a banana.

If you've run the Brookings Marathon before, you know its not a typical marathon (though there have been various reports of purgatory). In all seriousness, having run 31 marathons in the Midwest, I honestly can lay aside hometown bias and rate the Brookings Marathon at the top of the small-town marathon list.

I encourage you to get involved in some aspect of the May 14 event, either in half or full marathon, on a relay team or as a volunteer.

While the marathon is Prairie Striders biggest event, the I'm Ready for Summer sprint triathlon (April 30) has grown a strong following. Check out each of our events at prairiestriders.net.

In closing, the Prairie Striders Board of Directors is interested in hearing from its members on what they would like to see out of the club. I encourage you to send your suggestions to run@prairiestriders.net or give me a call at 605-627-5718.

While we believe we put on quality events, we don't want to think that there isn't room for improvement or diversifying our activities.



Dave Graves