

The Pacesetter

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Veni, vedi, vici

Women's half marathon course record conquered

By **Dave Graves**
Newsletter editor

Brookings Half Marathon champion Heather Magill, 34, jumped the order in Julius Caesar's "Veni, vedi, vici," but in accomplishing all three facets she went back to East Grand Forks, Minn., with \$500 and the course record.

A former Team Canada member who has run in the elite field of the Peachtree 10K and ING New York City Marathon, Magill discovered Brookings as she was scoping out half marathon races in her training for the Manitoba Marathon June 21. A friend of hers had committed to race in Brookings.

"It intrigued me. I saw it only paid \$100 for first place but there was an additional \$300 for setting the course record. I saw it as a challenge," she said.

A native of Calgary, Canada, Magill had lived in North Carolina since enrolling at Campbell University in 1999. In that region, there were plenty of prize-money races in which she said she could supplement her income. She moved to East Grand Forks in February 2013 and is still getting a feel for area races.

So after a little pre-race scouting, Magill, her husband, Randy; and their 21-month-old daughter Hayden arrived in Brookings May 1, the night before the race.

Before 8:30 a.m. Saturday, her work was done. She had won the women's division of the half marathon in a record time of 1:22:40 (6:19 pace), easily surpassing the 1:23:35 mark that 2008 marathon trials qualifier Marie Sample, 30, of Marshall, Minn., set in 2007. Magill also collected a \$100 quality time bonus because her clocking was under 1:25.

She finished second overall, which was the best finish by a female runner since Sample did so in 2006 with a 1:25:45.

Magill on target with splits

Magill perfectly executed her plan to conquer the record. "I had written splits on a wristband with a 1:22:59 finishing time. I knew I wanted to at least run low 1:23. I wanted to give myself some wriggle room for the end."

Turns out she didn't need any wriggle room with the last couple miles being her fastest miles.

In the early miles, half marathon winner Kyle Rosseau and a marathon entrant set the pace. Magill and another marathon runner followed. But he slowed and Magill then caught the other marathon runner, with whom she ran from



Photos courtesy of AllSportCentral

Heather Magill, 34, of East Grand Forks, Minn., crosses the finish line in a record 1:22:40 (6:19 pace) as she won the women's division of the Brookings Half Marathon May 2. She beat the mark of 1:23:35 set by Marie Sample in 2007. **Inset:** With husband Randy and daughter Hayden.

miles five to eight. She then left him and ran by herself to the finish line.

Rosseau, who also won the 2012 half marathon, finished in 1:12:30 (5:32 pace) to finish 10 minutes ahead of Magill, who was five minutes ahead of third-place finisher Lang Wedemeyer, of Brookings.

Magill said it was a little difficult keeping pace on the gradual incline between miles 10 and 11, but overall was consistent in 6:10 to 6:20 range.

'I'd love to come back'

She left her first run in Brookings feeling happy, and not just because she added a fourth verb — collect — to the came-saw-conquered line. "The Brookings Half Marathon was fantastic. The race director did a great job. There were volunteers everywhere. The shuttle from the hotel to course was nice so my husband and daughter could sleep in. I'd love to come back."

The following weekend Magill was in Fargo, N.D., where she finished third with a 1:21:31, dropping a minute from her Brookings time.

Following Manitoba, her plans aren't set, but she will be running. "I love it. Its part of who I am. I'm fortunate that my husband can watch Hayden in the evenings or follow on the bike. As Hayden grows up, hopefully she will enjoy it too."

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Two-man race for marathon title

By Dave Graves
Newsletter editor

Brookings Marathon winner Eric Stevenson, 34, of Minneapolis, ran with the lead pack from the start and claimed a comfortable but fairly close first-place finish May 2.

Stevenson, in his first appearance in Brookings, clocked a 2:53:38 (6:38 pace). Tim Kowols, 29, of Green Bay, Wis., wasn't far behind with a 2:54:13 (6:39 pace) while defending champion Tim Fryer, 36, Hendricks, Minn., was third with a 2:57:20 (6:46 pace).

"It wasn't what I wanted," Fryer told the Brookings Register. "I tried to hang with the leaders and went out too fast. I blew up those last couple miles. I was actually leading at mile 15, but at mile 18 they started to pull away from me.

"I didn't run my time goal. If I would have run a little smarter, I would have been alright. But I hung it out there, tried for the win and I blew up. I would have liked to have run under 2:55 (his 2014 winning time was 2:55:52), but it is what it is. I got my Boston qualifier at least (minimum 3:10 for a 36-year-old male).

Stevenson came to town gunning for his first marathon title in 24 tries. It was his first Brookings race and ran in second or third place for most of the race until breaking from Kowols at mile 19.

"Then I just tried to stay in front of the second-placed guy the best I could," he told the Register.

There were 121 marathon finishers, the lowest count since 84 in 2005 and down 14 from 2014. A number of factors are undoubtedly at work, including a proliferation of marathons within the region and the rising popularity of the half marathon (the record 371 finishers is up 12 from 2014).

However, the race continues to draw members of Marathon Maniacs from all regions of the country as well as South Dakota.

Coeds claim marathon No. 1

With the race being held before students at South Dakota State University leave for the school year, it provides a convenient opportunity for collegians. This year's field included 19-year-old coeds Mandy Crawford, of Beaver Creek, Minn., and Mariah Nelson, of Garretson, who ran together in their first marathon.

Crawford said, "I remember saying to Mariah at mile 8 how these were the longest 8 miles I have ever ran, but after the halfway point the miles felt as if they flew by.

"If it wasn't for the support of my friends, family and complete strangers, I know that I would have let my mind get to me and given up. I am so glad I didn't. Once I crossed the finish line, I had a combination of runner's high and never wanting to run again, but I am crazy enough to run another marathon on the 31st (Minneapolis).

"It has been almost two weeks since the marathon and it still has not hit me that I was capable of running 26 miles. I just look at my bib and medal and practically wonder how I got them!"

Nelson had run three previous half marathons, but this was her first experience at the Brookings event.

In high school she made the decision to run a marathon by age 20.

"Going into the marathon I was not really sure what to expect. I thought it was going to be alright if I just paced myself. But when I got to mile 14 and knew I had 12 miles to go and my entire body ached and the bottom of my feet hurt so

bad, I then started to have a little panic attack," Nelson said.

She got some pacing help from her father, Tim, and found a late spurt of energy to finish in 4:39:36, just five minutes behind Crawford.

Nelson said she appreciated having aid stations every couple miles and plentiful restrooms. She called her introduction to long-distance racing in Brookings "an enjoyable experience and I would do it again, but probably the half marathon next time."

Tim Mullican, 55, of Mitchell, was running his first Brookings Marathon but the Marathon Maniac has run XX of them, most since 200x.

"It was a beautiful course with trees in bloom, the smell of lilacs along the course and a plethora of volunteers to show you the way. Surprisingly, the crowd support for a small town race was excellent. One of the better ones that I've run this year. I would do it again in a heartbeat," he said.



From left, Mariah Nelson, 19, of Garretson, left, and Amanda Crawford, 19, of Beaver Creek, Minn., run along First Street between miles 10 and 11 in the Brookings Marathon May 2. It was their first marathon.

Photos courtesy of Niki Youmans

"It has been almost two weeks since the marathon and it still has not hit me that I was capable of running 26 miles. I just look at my bib and medal and practically wonder how I got them!"

First-time marathon runner Mandy Crawford

Beautiful day in the park

While in many years the Brookings Marathon has been synonymous with bad weather, this year's weather was almost too good. From a 57-degree, 7 a.m. start, the thermometer gradually climbed and was up to 76 by noon with full sunshine and calm conditions. That made it a little warm for marathon finishers.

Race director Matt Bien was thankful for the beautiful day and that all runners made it back safely to Pioneer Park, "which is my biggest concern on race day."

The race committee held its postmortem and is planning for the 47th running of the one of the oldest marathons in the Upper Midwest on May 14. No other major changes are planned for 2016, Bien said.

For full results and updates on 2016 plans, go to brookings-marathon.com or prairestriders.net.

Thank you, volunteers

From race director Matt Bien

Thank you to all of our great volunteers! A special thank you to the race committee:

Jen Bauer, Mary Bjerke, Justin Bonnema, Amber Carda, Bev Cotton, Jessica Halvorson, Fred Hatton, Lucy Kephart, Chuck McCullough, Lori Munsterman, Cami Powers, Derrick Powers, Matt Schreiber and Kevin Smith.

Library to be housed at SDSU

By Dave Graves

Newsletter editor

"If you can't find the information here, you won't find it anywhere."

That's a line that the Prairie Striders library has used for many of its 37 years, which soon will be fulfilling that role at a new location. At its June 2 meeting, the Prairie Striders board unanimously agreed to a deed of gift transferring the collection to the Briggs Library at South Dakota State University.

The library will continue to be available to the public and Prairie Striders will continue to pay for subscriptions for ongoing magazine collections.

A moving date hadn't been set at press time, but librarian Bob Bartling expected it to occur within the month. The vast majority of the collection should be available for public viewing shortly afterwards, said Kristi Tornquist, head of Briggs Library. Most of the collection will be catalogued, she said.

That will ease the task of searching for volumes whether the library patron is in the building or working via the Internet, Tornquist said.

She added that the vast majority of the collection would be housed together on shelves in the lower level of the library across from the government documents area. Some loose paper records of SDSU track meet results and similar unique items may be grouped separately in the archives room on the third floor.

Collections in the archives are still available to the public, but can't be checked out and public access hours are more limited.

Hours vary, but during the summer the library is usually open 8 a.m. to 9 p.m. Monday-Friday and 1 to 9 p.m. Sunday. When classes are in sessions, the library is open seven days a week and until midnight Sunday through Thursday. Items not covered by copyright may be scanned and made available electronically, Tornquist said.

That won't be possible for books and bound volumes of magazines, but Interlibrary Loan could be used to access the books, she said.

While the library has no similar collection in any other sport, it does house records of such organizations as South Dakota Farm Bureau, Farmers Union and Humanities Council. What makes the Prairie Striders collection unique is that the materials had already been serving as a lending library, she said.

Library history: Started in 1978

"We're pretty excited about it. It's a great opportunity and we have the facility and staffing to accept a gift like this," Tornquist said.

Bartling, who has served as the librarian since it began in 1978, was equally excited about the move when he reported to the Prairie Striders board June 2. "The public has complete access to it and there will be longer hours. In three or four days, it will exceed the number of hours people could view it currently," he said.

Currently, the library is at 419 Main Ave., the home of Brookings Custom Image, an embroidery and bead shop downtown.

It has been at that address since 2010, when Lyle Claussen moved Bartling's Shoes out of the basement at 410 Fourth St. Claussen sold the store to Top Ten Sports in 2013. That business moved to University Mall in July 2014, but the library stayed put in what became Brookings Custom Image.

Owners Brenda Pitts and Karen VanderWal haven't charged rent for the space taken up by the library as well as some race equipment.

In fact, the club has never needed to pay rent for its library collection. As Bartling stated June 2, "The club has been blessed with very low overhead." While the club has purchased book shelves and paid for the binding of publications, annual subscription costs have been low, currently only about \$110 annually, he said.



Club librarian Bob Bartling shelves a couple recent additions to the Prairie Striders library at 419 Main Ave. June 5. Soon the collection will be moved to Briggs Library at SDSU.

Great deal on Runner's World

And you can't touch the price the club is paying for its Runner's World subscription.

The magazine was christened in 1969, the same year that Prairie Striders was organized. Shortly afterwards, the publication offered a lifetime subscription for \$75. This was when one could buy single issues for 50 cents. Someone must have asked, "What if this new venture doesn't make it?"

The club took the risk and right now that amortized cost of the \$75 subscription is \$1.67 per year — a pretty good investment.

Other periodicals which the club has a complete collection and continuing subscription are Running Times, started in 1978; Track Technique (1960) and Track and Field Quarterly Review (1964). Its collection of Track and Field News dates to 1953, five years after it was launched.

That's not the full list. The library has 10 publications that it continues to receive plus 13 titles that have stopped publishing. In addition, it has a bevy of race results, some from discontinued Prairie Striders events and some major national events (Boston, Grandma's, Twin Cities marathons, for example).

The collection also includes 455 books on topics as wide ranging as aerobics, sports psychology and Olympic games.

"Some of the things Bob has collected are unique holdings. No one else has them," Tornquist said. That information will be entered into an international directory to let the world know that, for example, the complete collection of Missouri River Runners newsletter can be found at Briggs Library.

Bartling will still be able to give tours of the Prairie Striders library and continue his cataloguing of magazine articles by topic and people profiles.

Bartling began seriously indexing articles after the library received the private libraries of longtime track and cross country coaches Jay Dirksen and Rich Greeno in 2011. In a 2012 interview, he said, "This is unbelievable, valuable way over what anybody would think...(Indexing) is really my passion."

The Prairie Striders board stipulated that should Briggs Library not want a portion of the collection, the club has the option to reacquire it.

Prairie Strider member profiles

Susan Quass Scott

Age: 67

Residence: Lincoln, Neb.

Occupation: Retired executive director, YWCA Lincoln

Family: Partner Jim Budde

Prairie Striders member since: 1978



Why you're a member: To support the Brookings running community and Bob Bartling

What you enjoy about running: I started running at 25 unable to run two consecutive blocks. Three months later I could run a mile. I ended my running career with 61 runs of marathon or longer including the first 31 Lincoln Marathons, four ultras of 50 miles and of course the Longest Day in 1978.

Favorite running memory: My mom, Dolores Quass, holding her hat on a cold November day out southeast of Brookings while I slogged through the Longest Day. (Editor's note: From 1974 through 1981, the marathon was held in November.)

Your favorite Prairie Striders race: Jack 15 with my niece Kelly Jennings Bakken Dejong and her son McKale Bakken

Favorite workout: workout?

Your running goal(s): To keep walking

Brock Thompson

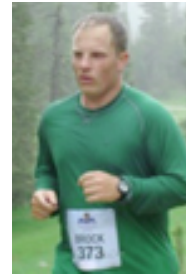
Age: 37

Residence: Brookings

Occupation: Assistant SDSU women's soccer coach

Family: Single

Prairie Strider member since: 2011



Why you're a member: to support the local running community.

What you enjoy about running: Self reflection during a long run that typically comes from a thought-provoking podcast of a church sermon.

Favorite running memory: I played college soccer and our fitness test was to run five miles in 35 minutes or less. Having not been "much of a runner" I thought it would be impossible but through a solid summer of training, I passed with over a minute to spare.

Your favorite Prairie Striders race: The marathon/half marathon because it has tremendous atmosphere and support from the community.

Favorite workout: Yasso's 800s or Crossfit

Your running goal(s): My 2014 goal was to run 1,000 miles, which I finished on New Year's Eve, and admittedly required more consistency and discipline than I initially imagined, so my 2015 goal is to run an enjoyable Brookings Half Marathon.

Prairie Striders race previews

Longest Day runners to benefit abuse shelter

Brookings Domestic Abuse Shelter will be the beneficiary of proceeds from the 34th annual Longest Day 10K, which is 7:30 p.m. Friday, June 19, at Fishback Soccer Complex, 20th Street South and Medary Avenue.

Registration is 5:30 to 7:15 p.m. with the first 60 people to receive a technical running shirt. The cost to the public is \$20, but Prairie Striders members get a \$5 discount and anyone 18 or younger gets a \$10 discount. The registration form can be printed out by visiting prairiestriders.net.

The out-and-back course on the Brookings bike path covers miles 13.5 to 16.5 of the Brookings Marathon route. Awards will be distributed to males and females in the following age categories: 25 and under, 26-39, 40-49 and 50 and older.

At 7:15 p.m. there will be a free kids run — 400 meters for those in third grade and younger, 800 meters for grades four-six. All will receive participation medals.

Refreshments will be available after the 10K.

For more information, contact race director Rod DeHaven, 688-5994, rod.dehaven@sdstate.edu, or go to prairiestriders.net.

Beef and Eggs 5K begins second decade of racing

Beef and Eggs 2014 left a flood of memories, not the least of which was an early downpour that threatened to cancel the 10th annual running. In the early morning hours, a website message was posted that the race would be cancelled if the lightning hadn't cleared out by 9 a.m.

Conditions did improve and directors Kevin Bjerke and Ryan Egeberg were able to start the race at 8:15 a.m.

But the lightning was just beginning. Andrew Carlson, the University of Minnesota 5K school record holder, took off like a bolt and ran the course through historic Brookings neighborhoods in a course record 14:37, eclipsing by two seconds what had been considered an untouchable mark set by Brad Lowery in 2007.

So how do you top that excitement in 2015? Well, Bjerke and Egeberg hope that July 11, 2015, is meteorologically dull.

As for another record performance, that will take some doing (4:42 pace). But the race has a reputation for drawing a fast crowd. After the first year, every winning time, except for Lowery and Carlson's marks, has come in between 15:11 and 15:31. Current and past SDSU runners shape much of the lead pack.

Even with last year's bad weather, there were 188 runners and walkers, which included grandmothers pushing strollers.

Not only do racers go down shady

streets in Brookings' oldest residential neighborhood, they return to the spacious lawn at the historic Brookings County Courthouse for breakfast — egg-bake, fruit, muffins and doughnuts. Plenty to energize folks for a day at Brookings Arts Festival, which is the same weekend.

Advance registration is open by visiting Anderson Race Management. Cost is \$20 through June 30, \$25 through July 8 and \$30 through race day. On-site registration begins at 7 a.m., but organizers ask that people sign up in advance to save everyone's time and guarantee a unique Beef and Eggs T-shirt.

Packet pick-up and registration also will be available from 5 to 7 p.m. Friday at Top 10 Sports in the University Mall, South 22nd Avenue.

Cross country team titles up for grabs at USATF event

A team championship for adult cross country runners is being offered late this fall by USA Track and Field in Aberdeen.

The exact date has not been finalized.

There is no limit on the team size. The top five runners on each team will be scored. Prize money of \$200 for first, \$150 for second, \$100 for third, \$75 for fourth and \$50 for fifth will be offered to the top men's and women's teams. Runners must be members of USA Track and Field.

Membership is \$30. To sign up, go to USATF.org. The local contact is Lyle Claussen at lyle.claussen@gmail.com or 605-696-9805.