

# The Pacesetter

A quarterly publication of the **Prairie Striders**



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## Females fuel today's running boom

No women-only races in area, but participation numbers match national percentages

By **Dave Graves**  
Newsletter editor

If Frank Shorter and Bill Rodgers were the face of the 1970s running boom, the face of today's running boom is Shalene Flanagan and Kara Goucher.

Running participation in 2014, as measured by race finishers and reported by Running USA, nearly matched the record 19 million runners nationwide in 2013. The 2014 count was 18,750,000, down 1 percent from 2013. In both years, female participation was a record 57 percent.

Locally, the story is the similar. For example, in the four races associated with the 2014 Brookings Marathon there were 879 participants with 447 (51 percent) of them female. In the half, women outnumbered men 238 to 121 (66 to 34 percent). In the 5K, the female advantage was 66 to 39. Males dominated the marathon and marathon relay.

Fully comparable figures aren't available for 215, but in the half marathon there were 225 females compared to 146 males (61 to 39 percent). That matches the national percentage in 2014.

As to the reason, Shari Landmark, 39, and a former president of Prairie Striders Running Club, said, "For many years there was a stigma that you needed to be fast to be a runner. Only men were fast. There was no such thing as a 'jogger.'"

"Title IX helped women become more active, but even in the last 10 years there has been a movement of women runners. The increased availability of races around the country



Photo courtesy of Erin Keller

Brandi Brintnall, 33, of Brookings, gets some pacing help from two of her favorite training partners as she runs the final two miles of the Longest Day 10K June 19. She is representative of the influx of women's runners both nationally and locally in the past two decades.

have given everyone more of an opportunity to participate."

Tracy Nelson, 39, a runner and a physical education teacher at South Dakota State University, said she has enjoyed running since she was in middle school.

As an adult with a job and a family, running is her "me" time. "It is the only time in the day that I am not focusing on any other aspect of my life. My focus is just on 'this' mile. I have noticed that I am not alone in this quest. I, like other women need time to myself. For me, that happens when I run," Nelson said.

Without a doubt, part of the surge can be tied to female athletes who blazed trails one and two generations ago. SDSU

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## Rehn, Welch first women to run Jack 15

Pioneers didn't run together in historic 1974 race until the end

By **Emily Berzonsky**  
Newsletter writer

In 1963, head South Dakota State University cross country coach Tom Woodall and assistant coach Pete Torino introduced the Annual White Marathon, a 15.2-mile intrasquad race from White to Brookings.

The race, now called the Jack 15, became a public affair the next year, attracting quality competitors such as Olympian marathoner Ron Dawes and past marathon world record holder Buddy Edelen. It grew from eleven runners in 1963 to its largest ever, 192, in 1978. Despite the race's growing popularity and competition, it would be 11 years before female competitors entered the scene.

On June 14, 1974, the field of 74 runners contained two women: Ruth Rehn, 30, of Brookings, and Patricia Welch, 21, of Parkston.

"I don't think a lot of male runners were prepared to see a female runner. Some of them didn't know what to say," said Rehn, now of Pierre. About one third of the way through the race, a male competitor commented to Rehn, "Don't you think



Ruth Rehn

you're going too fast of a pace?" Rehn did not think so. She was averaging 8 minutes per mile.

"I felt like I was a strange commodity. Like I was at a family reunion but I wasn't part of the family. Prior to the race, when people doing prerace stretching and that, people didn't even know what to say to me. Someone came up and said, 'How do you like your running shoes.' I remember they were blue with some red stripe on them. I said, 'Well, they're fine.'"

Rehn is a 1966 South Dakota State University graduate. She

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# Females: Influx likely to continue, locals say

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is observing 50 years of women's athletics this season. In 1966, the first Jackrabbit volleyball team was formed and gymnastics, track, and field hockey were added as intercollegiate sports.

Title IX, which provided the legal catalyst to create opportunities for women athletes, was passed in 1972. SDSU offered its first scholarship to a female athlete in 1975.

The oldest road race in the Midwest, the Jack 15, had its first female runners in 1974, when the field of 74 runners included Ruth Rehn and Pat Welch. Their memories are captured in an interview with current SDSU athlete Emily Berzonsky, a freshman on the cross country team who has volunteered to write for the newsletter. See story Page 1.

## JACK 15: Majority of runners have always been males

Continued from Page 1

claims that part of the reason she wanted to attend SDSU was because it was a progressive university.

"When we (women) did want to step forward, it was nice to be in a place where we were never told we couldn't do something." According to Rehn, Torino was very receptive to women who desired to be involved with athletics.

During her time at SDSU, Rehn began running as a way to keep fit. While working towards her master's degree, she often ran with fellow male graduate students. It was they who persuaded her to sign up for the 1974 Jack 15.

Although she too had only recently taken up running, Patricia (Welch) Egeberg was persuaded by her running partner, then SDSU cross country runner and future husband, Jim Egeberg.

"I thought I was going to be the only female in the race because I was the first one to sign up and very few women were running that kind of distance then," said Welch.

"I wanted to be the first woman to run it, and then when I saw another gal, then my goal was just to be the first woman to finish," said Rehn.

Rehn completed the Jack 15 in 2:02:56, while Welch finished in 2:02:57. As late as 2006, those times still ranked in the top 100 for women's finishes in the Jack 15.

They finished 71st and 73rd out of 74 runners. Despite their close times, each woman ran her own race, drawing close to one another only at the end.

"I ran with my husband the whole way. We were behind Ruth. That was the first race I'd ever run in my life, so when we caught her, I ended up visiting instead of "hi, and see ya" like another athlete would have done. My husband was trying to get me to go, and he finished between us," laughed Egeberg.

Although both women were the first to ever complete the Jack 15, the accomplishment was, at the time, not mentioned. The newspaper article reporting on the Jack 15 had little to say about Rehn and Welch. It presented detailed notes about the men's race, but about the women it offered the brief state-



Jim Egeberg, 23, of Brookings, shows a finishing kick after running with his girlfriend and now wife Pat (Welch) Egeberg, 21, of Parkston, in the 1974 Jack 15. Egeberg had run several Jack 15s, but Welch and Ruth Rehn were the first women to run the Jack 15. They ran independently of each other.

Two Striders members — Lori Bocklund and Becka (Mansheim) Foerester — were on the ballot to select the top 50 female athletes in SDSU history. Winners will be announced at the women's basketball team's opener Nov. 13.

Nationally, Running USA reports that the percentage of female running event finishers grew from 25 to 53 between 1990 and 2010. The share continued to move up each year since then until 2014, when the 2013 mark of 57 percent was matched.

Has the influx of new runners, and particularly new female runners, peaked?

Not necessarily, Landmark says. She points to the development of Couch to 5K programs, color runs, obstacle course runs and all-women races. "These opportunities can provide a break in the monotony of running day after day."

ment, "two women also raced."

Following Welch and Rehn, female participation in the Jack 15 continued to grow, with three female competitors in 1975, six in 1976, 13 in that record year of 1978 and 20 in 2014.

In the first 44 years of the race, there were 288 female finishers. In the eight years since then, there have been 207 female finishers.

Today, the women's open record is 1:30:39 set by Pat Reisdorfer in 1980. The master's record is 1:47:19 set by Jill Moncur in 2008.

"It took us (women) a long time to understand the idea that we could do more than what we were doing and opportunities were there for the taking and we didn't have to sit back," said Rehn.

Today, it is impossible to find a road race without female competitors. In fact, even the Bataan Memorial Death March Marathon has 30 percent female runners. Conversely, there were 62 women's only runs in 2014, including the Nike Women's Marathon in San Francisco with 23,154 runners.

Shari Landmark, the director of the Jack 15 for nine years, said, "2015 marks the 53rd running and in that timeframe, hundreds of females have ran with some very impressive times. This race gives any ability of runner, male or female, an opportunity to participate in a legendary race whether it is three miles in a relay race or the entire 15.2 miles."

**Editor's note:** Emily Berzonsky, of Lincoln, Neb., and formerly of Brookings, is a freshman on the SDSU women's cross country team, which was created in 1975 by Prairie Striders founder Jay Dirksen.

### Male streak in jeopardy

Early entries for the Jack 15 show a split of 25 females and 19 males with less than three weeks to go before the Sept. 26.

Entries are accepted through race-day morning. To simplify preparations, the race directors prefer online registration by Thursday, Sept. 25.

Go to [prairiestriders.net](http://prairiestriders.net) for more on the race and a link to register online.



# Five days at cross country camp

## Diary details downtime adventures, group trail runs

By Emily Berzonsky  
Newsletter writer

Each summer, head cross country coach Rod DeHaven hosts a five-day cross country camp for runners in grades 7 through 12.

The camp is a wonderful way for runners to become excited about summer training and connect with other runners. It's also great exposure to the college lifestyle, as campers live in a residential hall, eat at Larson Commons, and visit many SDSU facilities.

I attended camp four years as a camper and this year as a coach (but basically an honorary camper).

This is my camp diary: the food, the fast and the form drills.

### Day 1: Sunday, July 12

Following a quick greeting from Coach DeHaven, camp began as it always had, with the ever-awkward self-introduction: "Hi, my name is Emily Berzonsky. I'll be a freshman at SDSU, and I'm from Lincoln, Nebraska."

After all 30 of the campers had been introduced, we trudged out of Schultz Hall towards our destination: McCrory Gardens. Normally, trudged is not the word I would use to describe approaching a run; however, just let this sink in: the high was 91 degrees and the humidity made it feel like 102 degrees.

Due to the insane heat (insane for South Dakota at least), Coach DeHaven moved our run from Oakwood Lakes State Park to the closer and more shaded gardens. Now, my training plan said 45 minute run, but my body said 30, so 30 minutes it was.

After glute exercises and some downtime, we all convened in the Sanford-Jackrabbit Athletic Complex for pizza followed by a sweaty game of kickball and ultimate Frisbee. A little known fact about Coach DeHaven is that he is a kickball fiend. He will injure his leg before letting his team lose (true story).

### Day 2: Monday, July 13

6:30 a.m. "Rise and shine everyone!" Coach DeHaven wasn't lying when he said he'd wake us up with his megaphone. I'm glad because the alarm I set on my phone didn't go off...turns out it helps to set it for 6:20 a.m. rather than p.m.

After a 6:45 a.m. departure and about half an hour of driving, we filed out of the vans at Oakwood Lakes State Park. With Coach DeHaven leading the way, we hit the trails.

Once all the campers had returned from the run, we enjoyed a breakfast of bagels, yogurt, granola, and fruit while sitting by the lake. Coach DeHaven convinced me to try a jalapeño bagel. I will never again be consuming one, but the bigger question is who buys jalapeño bagels?!

Next on the schedule was Myrtle and Cook Drills at the



Who needs a shower when you can cool off in a spring-fed pond at Camden State Park near Marshall, Minnesota? The excursion was on day four of the SDSU cross country camp.

Sanford-Jackrabbit Athletic Complex. I couldn't tell you where their names come from, but I can tell you that they're great exercises to try. Myrtle strengthens your hip flexors while Cook Drills strengthen your whole body and help develop fast twitch muscles.

After lunch at Larson Commons, the group met at the HPER Center for a shoe talk and a swim workout. I'll leave it at this: many of us didn't have as much speed in the water as we do on land.

Following the workout, we had two hours of downtime. What did I do? Napped, of course! Some crazy kids decided to spend their free time playing soccer in the Sanford-Jackrabbit Athletic Complex. That's the thing about distance runners I suppose; they rarely stop!

After another meal at Larson Commons, during which we discovered that the waffle maker does indeed work, the group once again met at the HPER Center. The boys strolled in, pillows in hand, prepared to watch the inspiring cross country movie "Chasing the Rez."

We concluded the day with a scavenger hunt. Everyone was divided into teams and each team was given a sheet with about ten clues hinting at buildings on campus. Each team had to locate and take pictures with the buildings as quickly as possible. The team called the Blue-Eyed White Dragons won by a hair thanks to the minute deduction from their time awarded for their team name. They were treated to Dairy Queen ice cream while all of us losers got ready for bed.



### Day 3: Tuesday, July 14

There was no megaphone today, yet somehow we all managed to make our way to the vans and bus, or, as it's more fondly known as, Frank the Tank. Frank is a small white bus that seats around twenty people and, as we found out through questioning, can reach 120 mph. We drove to Larson Park for a run and hill workout.

We made it back to campus just in time to catch breakfast at

A morning at the lake was followed by an afternoon at Brookings Aquatic Center, where sand castle building was the order of the day.

See CAMP, Page 4



# Camp: Coach makes big splash in Camden outing

Continued from Page 3

Larson Commons and complete Cook Drills yet again...yay! Honestly, they make me question my level of fitness.

After the drills, we all sat down for a discussion about training and recording mileage. Coach DeHaven likes his team to use the website Flotrack to record their mileage. To demonstrate how to use the website, he pulled up my training logs. Lucky me. That's the beauty of the website though, your coach has 24/7 access to your training logs and can legally and quietly stalk your running life.

After another Larson meal, we regrouped at the Sanford-Jackrabbit Athletic Complex for form analysis and pronation testing. If I'm being completely honest, I'm pretty sure my form isn't as good as it tests out to be because I purposely try to make it look good when I know I'm being watched. Still, this is a useful tool. It's unbelievable the difference running with good form can make.

Following the tests, we had some free time. Some went to relax in the dorm, while others chose to stay in the complex to try new skills; I had quite the time watching cross country boys attempt to high jump.

After dinner we had a fun evening of rock wall climbing, kickball, and cup stacking. My cup stacking team failed miserably. We'd gotten our stack pretty high only to see it tumble down within the last few seconds.

## Day 4: Wednesday, July 15

Today's alarm was slightly earlier, 6:15 a.m., because there was no way I was going to miss out on Camden State Park. After about an hour-long drive toward Marshall, Minnesota, we dispersed onto the trails for an hour or more of running. I loved the wooded scenery and dirt trail running, but the hills nearly killed me...particularly because I was running with a girl from western South Dakota who was practically a mountain goat.

After the run, everyone dipped their legs in the pond and chowed down on bagels, yogurt, chocolate milk and more. Some got wetter than they'd have liked, as Coach DeHaven couldn't resist jumping in



The SDSU cross country camp July 12-16 attracted 30 runners from grades 7 to 12 with camp director and coach Rod DeHaven successfully managing to put plenty of fun into runs during a week of hot, humid weather.

and splashing everyone.

After a well-earned shower and lunch, the group met at the HPER Center for a nutrition talk and some goal setting. I learned a fun fact: potatoes have more potassium than bananas.

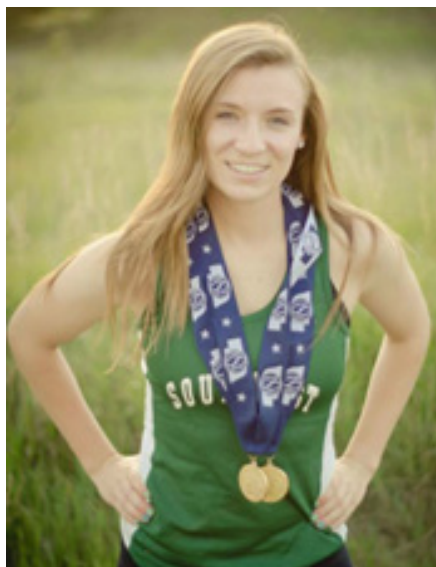
During the rest of the afternoon, we could relax, go for another run or visit the Brookings Aquatic Center. We spent the majority of our time at the Aquatic Center building a sand castle only to see it be knocked down seconds later by a little boy.

After swimming, we enjoyed our final meal at Larson Commons. I made the best of it, consuming both cereal and pizza. With our stomachs full and a bit of downtime, a large group of us sat down in the dorm to watch some quality TV (Duck Dynasty).

The day's final scheduled event was the Camp Olympics. We were divided into four teams to compete in everything from egg tossing to banana eating. Then the top two teams faced off — one boy and one girl from each team ate a large ice cream cone as fast as possible. The first team to have both competitors finish their ice cream cone won. The prize for the winning team ... free ice cream.

I'm not exactly sure how this came about, but we finished off the day with a group dance party. With the Cupid Shuffle

Emily Berzonsky, an assistant coach at the camp, poses in her Lincoln (Neb.) Southwest High School track uniform for her senior picture. The medals are from 2013 class A team championship at the state cross country meet and the 2014 class A team championship at the state track meet.



blasting out of portable speakers, nobody, except the coaches, could resist dancing. The coach of the Hawaiian wrestling team, which occupied the fourth floor of Schultz Hall, was very amused when he accidentally walked in on our conga line. Before we knew it, it was 11 p.m. Time to wind down.

## Day 5: Thursday, July 16

By 6:45 a.m. all of the girls were ready for the guess-your-time two mile; however, every single boy was still asleep. After the dance party, they set up camp in the living room and had a giant sleepover.

Once the boys were alive and moving, we ran to McCrory Gardens, where we completed the guess-your-time two mile. The majority of the girls tried to hit reasonable times. The boys, as Coach DeHaven put it, were quite lazy, or perhaps just too tired from the sleepover. They guessed slow times and did exactly that — ran slow times. Quite a few people were close to their estimated times, off by only a second or two.

The t-shirt exchange, a group picture, and an address from Coach DeHaven brought camp to a close.

For teens who love running, cross country camp is the place to be. Although the early wakeup calls, lectures, and weather aren't always appealing, cross country camp has never failed to be the highlight of my summer.

Every year I leave with motivation to train, a rejuvenated love of running, the sense that collegiate running is a possibility and many new friendships. I hope that as a coach, I've helped others leave camp with these same treasures.

# Prairie Strider member profiles

**Name:** Margo Lorenzen

**Age:** 57

**Residence:** Brookings

**Occupation:** Executive assistant

**Family:** husband, 3 sons, 1 granddaughter

**Years as a Prairie Strider member:** my first year



**Why you're a member:** When I signed up for the Arbor Day run, I read the Prairie Striders web page and thought it would be nice to be a member with a local running group.

**What you enjoy about running:** I used to run (about 20 years ago) but fell running in the winter. Last fall I was asked to do the Color Dash 5k in August and really enjoyed it. I did walk some of the race but thought I would like to start running again.

**Favorite running memory:** Used to run the Brookings Marathon relay with co-workers. We had a really good time all day.

**Your favorite Prairie Striders race:** Beef & Eggs Run this July.

**Favorite workout:** When I plan to run 3 miles and keep going and run 4 or 5 miles.

**Your running/fitness goal(s):** My goal this year was to run a 5k each month that I could during the nice weather. My first 5k this year was the Polar 5K March 28th and then I signed up for a 5k each month, so my last 5k is planned for Hobo Day, and I will have done 8 plus 5k runs this year. My goal for 2016 — I would like to run a 10k.

**Name:** Russ Strande

**Age:** 82

**Residence:** Brookings

**Occupation:** Retired Brookings High School teacher/coach

**Family:** Wife – Shirley; three sons and a daughter

**Years as a Prairie Strider member:** Since 1969. Prairie Striders was formed in September 1969 by five people — SDSU coach Jay Dirksen, Strande, businessman Bob Bartling and SDSU freshmen John Iverson and Jim Egeberg.



**Why you're a member:** I was a member because I liked running and the people who we ran with. We always had a good time running with each other.

**What you enjoy about running:** It was a great way to get your body in good physical condition. I like the competition we had. We even got competitive during our workouts. We were serious about workouts and races.

**Favorite running memory:** We had a group of about 20 runners meet at the corner of Third Street and Thirteen Avenue almost every Sunday at 7 a.m. We ran 20 miles.

**Your favorite Prairie Striders race:** I don't know I had a favorite race. We had a lot of different distance races — 5K, 10K, 20K, one-hour run, marathon. Topeka was my best marathon; 3:05, not real good.

**Favorite workout:** I loved those 20 miles on Sunday. Also, we used the interstate ramp for a good hard workout uphill; slow down the ramp. (Editor's note: Not recommended in 2015.)

**Your running/fitness goal:** My fitness goal was to always do better each time I raced. We were a competitive group of runners. No sympathy.

**Name:** Rich Strande

**Age:** 79

**Residence:** Brookings

**Occupation:** Retired teacher & coach

**Family:** Wife – Darla; one daughter, four sons

**Years as a Prairie Strider member:** Since 1980



**Why you're a member:** I remain a member to financially support the Striders so they can continue to produce quality events.

**What you enjoy about running:** I enjoyed running for fitness and the social activity.

**Favorite running memory:** The 1980 Jack 15. I had never gone over 10 miles before then.

**Your favorite Prairie Striders race:** The Jack 15. It tested my endurance — and I was pleased with my effort and time.

**Favorite workout:** Interval training

**Your running/fitness goal(s):** I no longer run due to surgeries, but walk and ride bike to maintain fitness.

## Strider snippets

### Striders forming cross country teams

Prairie Striders hopes to create teams for the USA Track and Field's Dakotas cross country meet Oct. 31 in Aberdeen. Post high school runners from North and South Dakota will be competing.

For the first five teams, both male and female, USATF is offering prize money — \$200, \$150, \$100, \$75 and \$50. Participants must be members of USATF Dakotas. This cost is \$30, but Prairie Striders will pay that cost for up to five members per team (male/female, open and masters).

Anyone wishing to enjoy the fun of team cross country is encouraged to contact Lyle Claussen, (605) 690-1839 or [lyle.claussen@gmail.com](mailto:lyle.claussen@gmail.com).

### Share your soles!

Any type of shoes with life remaining in them are being accepted at the Physical Therapy Department at Avera Medical Group Brookings for redistribution through Soles4Souls.

Avera will pay for shipping to Soles4Souls, a Nashville-based charity, as soon as the box is full. Since its founding in 2006, Soles4Souls has distributed more than 22 million shoes in 127 countries, including the United States.

Thanks to Chuck McMullough for setting up the local receiving point. Hours: 8 a.m. to 5 p.m., Monday-Friday [soles4souls.org](http://soles4souls.org).

### Big numbers expected for Hobo Day 5K

Registration is underway the 20th annual Bob Bartling Hobo Day 5K, which is Saturday, Oct. 24.

The race is the club's most popular 5K, drawing 343 finishers in 2014. The record is 396 in 2013. The previous record for finishers was 381 in 2010.

Race director Steve Britzman will again be assisted by Kurt Osborne and has recruited new Prairie Striders board member Becka Foerster as well.

The flat 5K course begins and ends near Taco John's at Sixth Street and Medary Avenue. All race participants receive a distinctive commemorative Hobo Day Run mug.

Proceeds benefit the SDSU/Brookings Fellowship of Christian Athletes. Pre-registration is \$20 with race-day registration \$25. Go to [Praiestriders.net](http://Praiestriders.net) for details.

Know a Prairie Strider that you would like featured?  
Contact Dave Graves at [run@praiestriders.net](mailto:run@praiestriders.net)



# Striders library materials available again

By Bob Bartling  
Club librarian

The library move from downtown Brookings to the SDSU Briggs Library is now complete.

The physical move on June 18 consisted of 80 boxes and I didn't lift one of them. What a success!!!

The collection is now housed in two separate areas of Briggs. The books and journals are located in the lower level. They are housed in a double-sided bookcase 27 feet long with seven shelves high. The bookcase is about 50 feet southwest of the foot of the stairs.

We will probably utilize only the five middle shelves, leaving the top and bottom ones empty but available for future expansion.

Our 4 X 6 index file card containers are in the archives on the second floor. My work-space consists of an L-shaped top and shares a portion of the 26 ft. X 28 ft. Daschle room.

The room is very well lit and I seldom need to turn on my ultra modern desk lamp.

Due to the need for climate-controlled temperatures and humidity in this area, it is best if one brings a sweater if your visit is going to be over 10 minutes.

The library staff has been extremely helpful with this transition and their equipment and facilities are top notch. Each one of our materials has to be cataloged into their system and I would estimate that they are 85 percent done.

The books are on the shelves and could be checked out right now. Most of the journals are finished and on the



Photo courtesy of Michele Christian

Bob Bartling standing in front of bound archives of "Runner's World" in the Briggs Library at South Dakota State University, the new home to the club's running library. While the library has catalogued the collection, Bartling continues his indexing of stories.

## Library, Bartling catch attention of Runners World

**Editor's note:** If you can't find the information here, you won't find it anywhere."

That is the line that has long been used to describe the Prairie Striders library. In addition to 455 books, the club's collection includes the most complete collection of Runners World magazine that is available. This summer, the library caught the attention of Sarah Baker, whose interview of club librarian Bob Bartling appeared in the Runners World Aug. 3 newslines.

It can be read at <http://www.runnersworld.com/general-interest/best-little-running-library-in-the-land>.

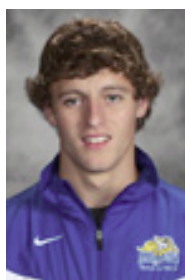
It aptly captures Bob's personality. Since the article was written, our favorite librarian has turned 89. Even though his health would indicate otherwise, Bartling continues to not buy green bananas.

shelves. They also could be checked out.

Fine tuning will probably last another

month and then we should be in a position to renew our conducted tours once again.

## Run4Phil takes new direction with timed run



Phil LaVallee

The third annual Run4Phil will take on a new format this year.

As with the past runs, it coincides with the SDSU home cross country invitational. But this year's run will be a competitive four-mile run beginning at 9 a.m. Saturday, Oct. 3, at Edgebrook Golf Course on South 22nd Avenue.

The course will use the college race's start and finish line, but rather than run around the golf course, the racers will take the bike path north of Larson Park, go up Larson Hill and circle back on the bike path to Edgebrook.

The race, which had been a noncom-

petitive memorial run, is a fundraiser for the Prairie Striders/Phil LaVallee Scholarship, which goes to an SDSU distance runner.

LaVallee was preparing to enter his sophomore season at SDSU when he was struck by a vehicle while on a training run in August 2013 near his home in Otsego, Minn. The first scholarship award of \$1,000 was presented in fall 2014 to LaVallee's cousin, Laura Lawton, a junior from Eden Prairie, Minn.

Race organizers also want to educate the public on distracted driving because LaVallee's death was as a result of a distracted driver. Businesses will sponsor signs with distracted driving facts that will line the course. For the race, Larson Hill will be renamed Phil's Hill.

Participants are encouraged to stay

to cheer on the SDSU cross country teams as they compete.

Registration begins at 7:30 a.m. Oct. 3 at Brookings Radio, 227 22nd Ave. The \$25 registration fee includes a Run4Phil t-shirt and a cell phone bag promoting the elimination of distracted driving.

There will be prize drawings and Cubby's gift certificates go to the top three placers. Parking is to the north of Edgebrook Golf Course in the open field south of 3M.

Memorial donations also are being accepted at any First Bank and Trust location. Those unable to run but wishing to help should contact Cami Powers at 692-1430 or [cpowers@digity.me](mailto:cpowers@digity.me).

For more information, contact organizers Chris Gruenhagen, 691-3954, Rod DeHaven, 688-5994, or Cami Powers, 691-6223.

## Racing season, points competition enters final stretch

All entrants into Prairie Striders races earn points based on their placing. Awards are presented at the Frostbite Frolic Jan. 30 to the top males and females in open and master's categories. The final races are Sept. 26, Oct. 3 and Oct. 24.

To keep track of the standings, go to <http://prairiestriders.net/points.php>.

Keep up with periodic announcements by following Prairie Striders on its Facebook page.