

# The Pacesetter



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## Running around the country Zardus includes Brookings in his 50/50/50 quest

By **Dave Graves**  
Newsletter editor

Local long-distance runner Tim Fryer has reflected that 5Ks attract people who like to run. Marathons attract people who love to run.

And we all know that love can make you do strange things, like runs 50 marathons in 50 states in 50 weeks. That's a personal mission that Derek Zardus, 43, of Gardiner, Maine, is more than halfway through. He clipped off No. 20 at the Brookings Marathon May 14 in a personal best of 5:12:54, nearly five minutes better than at the Lake Lovell Marathon in Nampa, Idaho.

Zardus isn't "in it to win it," but to enjoy the adventure from the back of the pack and experience personal triumph.

He started preparing for this quest in January 2015 as a relative marathon newcomer. His first marathon was in 2013. Previous attempts had ended in injury. Even his first marathon, a 5:56:27 effort in Burlington, Vermont, was marked by an iliotibial band ailment that hit him a month before the race and forced him to take two weeks off running.

By January 2015 Zardus was recently divorced, no longer caring for other family members, and wanting to both travel and run.

With inspiration from the Iron Cowboy, James Lawrence, who did 50 Ironmans in 50 states in 50 days, Zardus devised his own 50/50/50. "Initially I had looked at just doing the 48 states, but just didn't like 48/48/48," who was in a telecommunication sales and management position. He began putting half his check into savings to prepare for his marathon adventure.

### Preparing for 2016

Physically, Zardus started using the Galloway method (two minutes of running, one minute of walking for Zardus' pace) in February 2015, when he went on a four-month marathon training plan.

After that marathon, he ran another in two months, then another in a month, another in three weeks, another in two weeks and in November 2015 ran weekly marathons for three weeks. Not all of those were official marathons, sometimes he just ran the marathon route, Zardus said. Nonetheless, after his final marathon, "I just felt like crap."

Disappointed with the physical score on his 50/50/50 pre-



Photos courtesy of

Derek Zardus displays some finish-line enthusiasm while posing with his medal and members of the 115th Signal Network Company after finishing the Brookings Marathon May 14. It was his 20th marathon of the year en route to 50

marathons in 50 weeks in 50 states. He is pictured with, from left, Pfc. Sam Roberts, Staff Sgt. Scott Jorgenson, Spc. Nick Bowers, Sgt. Brad Poncelet and Sgt. Ben Cedar.

test, Zardus thought, "How I am I going to be able to do that?" But by Thanksgiving he had made the mental commitment.

"Once I sat down and said, 'It's OK to do it however I need to do it, I was able to swallow the challenge,'" Zardus said. In other words, if he needed to split the marathon into chunks, take extended breaks or ignore the course time limit, that was OK. The objective was simply to finish the marathon and enjoy the process, or at least part of it.

### A struggling start

Then came Marathon No. 1 of 50 — The Fort Lauderdale AIA Marathon. It was in a city he once lived and where he still had family. So he spent the Christmas holidays there.

When Jan. 1, 2016, arrived, it was a rest day. Zardus started the new year by volunteering at Greater Fort Lauderdale Road Runner's 15th Annual Resolution 5K. In his 50/50/50 project Zardus has made of habit of helping at races in advance of his marathon and stepped in to help with traffic control at the Scotty Roberts 5K in Brookings May 13.

He ran the course of the Fort Lauderdale AIA Marathon on Jan. 3 — a hot, humid day, especially for a guy from Maine, and he had picked up a chest cold from his niece.

See **QUEST**, Page 2

See Page 6 for photos from last week's  
**Beef and Eggs 5K**

# Quest: Remembers Brookings for National Guard, Larson Hill

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"It took me 6:50 with friends supporting me on the course. I was sitting there thinking 'How am I going to do this?' But next day I felt fine and the following week PR'd at 5:40. From there I just kept getting stronger," said Zardus, who also ticked off Alabama, Louisiana, Florida, Mississippi, Tennessee, Oklahoma, Arkansas, Texas, New Mexico and Arizona in his first 10 weeks.

## Big challenge at Big Sur

He said he didn't have another "what did I get myself into moment" until he prepared to run the course of the Big Sur Marathon in California.

Zardus said 19 miles of the race is run on the Pacific Coast Highway, which has steep mountains to the right and drop-off cliffs to the ocean to the left. Beautiful vistas, but lots of fast-moving traffic make it dangerous for a pedestrian. Driving the route the day before he encountered a small rock slide and he was pondering his plan.

"Then I just decided the adventure was worth it. You can get injured anywhere and if I'm going to get injured, this is a good place for it," Zardus said.

He didn't regret his decision. "It was an awesome run." He had spent the night in Salinas and drove to the course start for a 6 a.m. Easter morning start.

## Other challenges

Challenges with running solo marathons are course support and transportation at point-to-point events. The former challenge he has met by carrying a two-liter Camelback, a fuel belt with 24 ounces of water and 24 ounces of electrolyte drink, and 20-ounce water bottle. Public transportation has been the answer for point-to-point courses. "I really lucked out on public transportation," he said.

Scottsbluff, Neb., was the only town without public transportation. There he was able to use a hotel's airport shuffle to get to the start line.

The Panhandle city also was the only place he stayed in a hotel. Otherwise he has stayed with a wealth of friends, family and supporters or used couchsurfing.com to find people willing to put Zardus up for the night at no charge. "About half of my hosts are people I know," he said.

## Memories of Brookings

While it might seem that one marathon would blend into the other, Zardus said that hasn't been the case. "Each state has its own distinct backdrop. Brookings for me, what really starts to clarify it, you had that awesome National Guard assisting with the race and they were everywhere. All I have to remember is if I saw a National Guard member there or not to know if it's Fargo or Brookings."

Other memories from Brookings include Larson Hill, which comes at mile nine.

"That single hill was a lot of fun. I thought it was really awesome there was a huge amount of volunteers there. I can't think of another hill that I have had that much support. There must have been 200 people lining that hill. That was awesome.

Zardus also remembers the Nick's Hamburgers after the race and the National Guard at finish line handing out medals. "Those in the Army, they deserve a medal."

Zardus hasn't become a spokesman for the service organization, but he is an unpaid ambassador for Salming footwear, a Swedish shoe company that is expanding into the United States, and Spandits, which sells high quality Spandex apparel. "I don't get the awkward chaffing that I get from other companies' products," he said.

## Reflections on the sport

Most of all, he is an ambassador for running. His business card lists him as chief running officer for GloboRun. He has a blog at GloboRun.com.

Some excerpts from 2015 when he was in a pensive mood:

• Posted Sept. 3

"As I write this, I realize I am a 6'3", 275-pound man who



Armed with a cowbell and traffic flag, Derek Zardus works traffic at the Scotty Roberts 5K May 13, the evening before his Brookings Marathon effort. He has made it a practice to volunteer with events associated with the marathon he is running that week.

is, perhaps, a little overconfident in the charm department and thinks he can handle himself physically. This column is not meant as advice but merely perspective. If anything, maybe I am naive to think that people are inherently good. Some might also be inherently selfish and stupid, but essentially still good.

"Someone offers me their home to lay my head, I am not thinking that I will be robbed or held at gun point - let's face it, it's clear that I don't come from money."

• Posted Sept. 17

"With so many people entering the ranks of first time marathoner each year it becomes easy to dismiss the marathon as a dated benchmark. However dated it may be, it is still THE benchmark. This is not a race that someone who is physically fit can easily say "I think I'll go run a marathon today."

"There is a commitment and forging that must occur both mentally and physically. "The Wall" is real and although it starts in the brain, it can wreck the body without proper preparation.

"Many of the aforementioned articles make it sound like first time marathoners don't deserve much respect because, in this day and age, everybody's doing it. While a half a million is impressive, it is still a far cry as a percentage of total population. No matter what time they are crossing the finish line, they are still lapping those sitting on the couch.

"When someone says they are raising funds for a cause by running a marathon, you can still be impressed and donate to the cause. At the end of the day, a marathon is still 26.2 miles - a distance to be reckoned with."

## And in 2017?

Especially if you're doing it weekly. The second half of the 50/50/50 series has him primarily in the Midwest and East Coast. His final marathon is Dec. 18 at the Skidaway Marathon in Savannah, Ga. At that point you might think Zardus would be ready to leave his shoes at the finish line, but his hope is to head to Europe in 2017.

"I would like to look at the potential for arranging scenic running trips to Europe."



# Field grows at Brookings Marathon

Fryer,  
Wedemeyer,  
Thielke among  
top finishers in  
full, half  
marathon

By Dave Graves  
Newsletter editor



Overall participation in the 47th annual Brookings Marathon May 14 was steady with the past couple years, but marathon participation was up sharply — 35 percent, race director Matt Bien reported.

There were 168 finishers this year, which is 47 more than 2015. Overall participation — marathon, half marathon, marathon relay and the May 13 5K — was 881 runners or seven fewer than 2015. Numbers in 2014 nearly mirrored the 2015 marks. Peak participation, in both the marathon and overall, was 2012 with 232 marathoners and 958 total runners.

Bien hasn't nailed down a reason for the increase in marathon runners in 2016.

"It may have been the pace groups (a new addition this year) or minor changes in advertising or simply a statistical anomaly," said Bien, who has directed the race since 2007. The field continued largely to be from out-of-state, which is not uncommon for a small marathon outside of a metropolitan area, Bien observed.

This year's field had 30 percent of its runners from South Dakota with the largest delegation (24) coming from nearby Sioux Falls.

## Fryer places sixth

One local runner who fared quite well was Tim Fryer, 37, of Hendricks, Minn. The 2014 champion squeaked under the three-hour mark with a 2:59:11 (6:51 pace) to finish sixth. It was his first marathon since running Boston in 3:02 April 18. Unlike at Boston, Fryer ran most of the race alone. He wasn't able to stay with the lead pack and those behind him were quite a distance back.

Scott Weispfenning, 30, of St. Paul, Minn., won in a time of 2:44:40 (6:17 pace) and finished 4 ½ minutes ahead of second place.

The seventh-place finisher was the first-place female. Jennifer Freeman, 35, of Omaha, Neb., posted a 3:06:18 (7:07 pace) to become the fastest female finisher since 2010, when the then-Jennifer Viehrig, 29, of Omaha, ran a 3:04:49 to finish third overall. She said she wanted to get close to three hours and was happy with the results.

## Wedemeyer, Thielke battle for second

Lang Wedemeyer also was happy with his results in the half marathon. Wedemeyer, 43, of Brookings, edged fellow Prairie Strider Marcel Thielke, 29, of Brookings, for second place. Wedemeyer ran a 1:27:52 with Thielke nipping at his heels with a 1:27:57 for Wedemeyer's best placing yet in the Brookings event. His previous best was third place in 2014 and 2015.

Wedemeyer said, "I started off running with a few guys in the full, but soon found myself alone and didn't really know who might be in front of me or behind. I was just kind of cruis-

Joelle Hime, 35, of Isanti, Minn., (82), pacer for the 4:45 group, leads Stacy Brallier, 45, of Brookings, (23); David Trachte, 51, of Watertown, Wisc., (172) and Ashley Thompson, 26, of Rochester, Minn., (166) near the eight-mile mark of the Brookings Marathon. This is the first year for pacers at the event and a number of positive comments were received.

ing and didn't know Marcel was behind me until I looked over my shoulder near the last turn to head to the finish.

"When I saw him closing in, it gave me a jolt of adrenaline in the final kick. And my 9-year-old daughter Isabella ran the last sprint by my side and crossed the finish line with me to add to the race."

No one was catching Steve Cross. The 43-year-old from Jefferson won in 1:22:36 (6:18 pace) for a personal best by two minutes.

Neither Wedemeyer or Thielke had made the race their training focus. Wedemeyer ran an ultramarathon (31 miles) April 17 in a trail race near Buffalo, Minn.

"A week after the (Brookings) half, I ran a Battlefrog obstacle course race in Hudson, Wisconsin, that was 25 miles long and included 126 obstacles. So, I was very unsure if I wanted to even run the Brookings half, but it's such a fun race that I couldn't turn it down," he said.

Thielke was tapering down for a 12-hour run in Minneapolis June 4. (He finished second and ran 76.9 miles.) On Aug. 27, Thielke and Fryer are both tackling their first 100-miler at the Lean Horse in Custer. Look for a story on that in the next issue.

The half, which had 414 register, is a much more localized race. There were 90 entries from Sioux Falls, 74 from Brookings and about two dozen from area towns.

The half is capped at 400 entries (there's always a little grace) and the relay is capped at 50 teams. Those races hit their caps March 16, slightly earlier than ever before, Bien notes. He said those numbers won't rise for the 48th annual Brookings Marathon primarily because of concerns with lengthening traffic delays on 22nd Avenue.

## Marathon course to be altered

Marathon runners should expect some tweaks to the course in 2017.

The course must be recertified this summer and Bien is looking to eliminate the square that goes around St. Thomas More Catholic Church, roughly miles 18 to 19 because of the confusion created with runners coming from the south and the north at the busy intersection of 12th Street South and 17th Avenue South, Bien said.

Any suggestions for the 2017 race, which will be May 13, the week after SDSU graduation, should be submitted to [run@brookingsmarathon.com](mailto:run@brookingsmarathon.com).

# Prize money upped for Jack 15; history book to be printed

The next chapter in the time-honored history book of the Jack 15 road race will be written Saturday, Sept. 24, with the event's 54th running.



For 53 years, runners have been making an annual trek from White to Brookings, making it the oldest road race in the Midwest. The 54th running of the 15.2-mile course from Hooker and Main in White to the Campanile in Brookings has a couple changes that veteran runners and newcomers should know: cash prizes are deeper and broader and registration sites have changed.

The 2015 race was the first time that cash prizes were offered — \$150 and \$100 for the first- and second-place male and female, respectively. This year the awards are \$200, \$100 and \$50 to the top male and female finishers.

The times by the first- and second-place males were the best times since 2002 and 2006, respectively, and race directors credit the cash prizes for bringing in better runners.

"We hope to see that same quality of contestants also competing for the top female finishes," according to Dave Graves, who co-directs the race with Paul Ekern.

## New registration sites

All runners will benefit from having race-day registration in the Deubrook School gym, allowing more restrooms and an area for indoor warm-up and stretching. The school is two blocks west and one block south from the starting line.

Friday's registration and packet pickup is at the SDSU Foundation's Lohr Building, 815 Medary Ave., just southwest of the Campanile. The alumni center that previously served as the site has been torn down and a new center is being built.

Online preregistration through [allsportcentral.com](http://allsportcentral.com) is encouraged. The cost is \$30 for an individual and \$25 for a team member through Aug. 31; \$40 and \$30 afterwards.

Results of the past 53 Jack 15 road races have been put into a book, which will be available for purchase Sept. 23-24. It includes not only full results from the races from 1963 to 2015, all the times also are ranked and there are sections for the top 100 male and female finishes as well as overall participation plus there are numerous photos.

Pricing is still being finalized.

The free children's runs, again organized by the SDSU Wellness Center, will start at 10:45 a.m. Sept. 24 by the Campanile.

## Prairie Strider member profiles

### Keith Morrill

**Age:** 80 in November

**Residence:** Custer

**Occupation:** Retired associate professor of biology, SDSU.

**Family:** son Mike in Denver, daughter Debra in Minneapolis.

**Years as a Prairie Strider member:** 47. One of 10 charter members that met Sept. 12, 1969.



**Why you're a member:** I started running when living in Sioux Falls to lose some weight in the early 1960s and moved to Brookings in 1968. I met Bob Bartling, who took me on a "jog" down I-29, which was under construction at the time (gravel). My life has never been the same since.

**What you enjoyed about running:** The running comrades and feeling good as a result.

**Favorite running memories:** Finishing the road races the same day I started them. Less favorite: Finishing and seeing most of the others had already showered and dressed. While I qualified for Boston twice, I never ran it. I was an official timer there for five years (2000–2004).

**Favorite Prairie Striders race:** I always enjoyed running the Jack 15, after the race, once I'd recovered. (Keith's 13 finishes rank ninth in Jack 15 history.)

**Favorite workout:** the 5 a.m. morning runs and the Sunday runs starting at Russ Strande's house on Third Street.

**Your running goal:** Always wanting to beat Lorne Bones Bartling but never doing it even though he was 20 years older than me.

**Update:** I had back surgery a few years back and am no longer able to run like the good old days, but I still go walking every morning for a few miles with a little shuffling thrown in now and then.

I look back with nostalgia on being a founding member and officer of the Prairie Striders, measuring and marking the miles for the first few Longest Days Marathons, the hundreds of road races I participated in, the thousands of miles run over the years.

But mostly I look back on the enjoyment of "running with the gang."

### Lucy Kephart

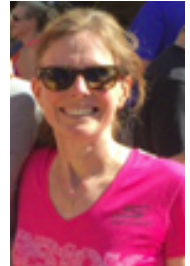
**Age:** 54

**Residence:** Brookings

**Occupation:** Speech language pathologist

**Family:** All runners or race supporters! Husband – Kevin; kids — Abbey, Natalie, Jon, Jo and Sam.

**Years as a Prairie Strider member:** Since 2012



**Why you're a member:** I have been a runner for 45 years. I guess that is longer than any other activity I have done. I have been on the Brookings Marathon committee for about 20 years. Because I am in the running community of Brookings I felt it was important to also be in the Striders. It is a great group of people and I wanted to be a part of that group.

**Favorite running memory:** I have a lot of them. I loved running the Living History Farms race with my son. I loved running the Brookings Marathon half with my husband!

I love every Brookings Marathon because I am always working that race and it is exciting to see the runners. I love the running conversations with my running partners during the early morning. I love the relationships that running builds. The first race I ran was in fourth grade. I have run ever since.

**Favorite Prairie Striders race:** I am not sure if I have one. I ran the Beef and Eggs 5K, the Hobo Day 5K, the Brookings Half Marathon, the Jack 15, the Turkey Day 5K and the Arbor Day 5K. There are probably some others in there too. Each race is its own challenge.

**Your running goal:** To keep running. I would like to run into my 70s. To make that goals I am changing my training at this time. I used to be just a runner, but now I am mixing up swimming and biking and yoga.

Maybe a triathlon is in my future? Maybe another full marathon? But definitely I want to keep running.

## Dues notice

Is your membership current with Prairie Striders Running Club? Dues are only \$5 and helps keep a strong running organization in Brookings.

Checks should be made to Prairie Striders and mailed to Box 504, Brookings, SD 57006. Details also are on the web at [www.prairiestriders.net/join](http://www.prairiestriders.net/join).





**Track legends** — Former South Dakota State University track coach Tom Woodall, right, returned for a tour of campus April 21 and met with current coach Rod DeHaven and longtime Brookings runner and track enthusiast Bob Bartling. Woodall directed the first three Jack 15 road races before

beginning a 35-year career at Eastern Illinois in Charleston, where he still lives. Bartling has the distinction of running the most Jack 15s — 38 — and being the oldest finisher, 89 in 2015. DeHaven has the distinction of being the youngest finisher — age 10 in 1977.

## Remember when? — Midnight Madness 1996

At the 1996 Midnight Madness in Ames, Iowa, all four Prairie Striders teams placed first in the 10K run.

The open male squad of Carl Fritz, 27, of Sioux Falls, Craig Cassen, 28, of Brookings, and Paul Danger, 25, of Lawrence, Kansas, finished in a collective 1:34:55 to beat Team Minnesota by 15 seconds. Individual times: Fritz, 30:47; Cassen, 31:16; Danger, 32:53.

The open female squad of Angela Andersen, 26, Ames, Iowa, Debbie Gomley, 29, of Minnetonka, Minn., and Sharon Stubler, 31, of Minnetonka, finished in a collective time of 1:50:20 to win by eight minutes. Individual times: Andersen, 36:21; Gomley, 36:31; Stubler, 37:29.

The male masters squad of Terry Stewart, 42, of Brooklyn Park, Minn., Steve Moe, 42, of New Ulm, Minn., and Duane Millslagle, 45, of Aberdeen, finished in a collective 1:46:16 to win by seven minutes. Individual times: Stewart, 34:47; Moe, 35:10; Millslagle, 36:19. The team's nonscore member was Bob Bartling, 69, Brookings, 53:36.

The female master's team of Gloria Jansen, 49, Edina, Minn., Andriette Wickstrom, 41, Storm Lake, and Nancy Camp, 44, of Eden Prairie, Minn., finished in a collective 2:06:03 to win by 11 minutes. Individual times: Jansen, 41:15; Wickstrom, 41:23; Camp, 43:27.

### Strider snippets

#### Watermelon, entry fee all free at Predictor Mile; also children's runs

Runners of all abilities are encouraged to enter the Prairie Striders' annual Predictor Mile Wednesday, Aug. 3.

The event is 7 p.m. at the Brookings High School track at Medary Avenue and Fifth Street South. Based on similar runs conducted in the 1970s and '80s, the Predictor Mile was restarted in 2004. This free running event is open to every age and fitness level.

Fast, slow or in between, the prize goes to the person who best predicts his or her time for a one-mile run on the track. No watches allowed.

Kids of all ages are invited to participate in 400-meter and/or 800-meter predictor runs. There is no preregistration and free watermelon will be served after the race.

For more information, contact race director Matt Schreiber at [matt@hamlinbc.com](mailto:matt@hamlinbc.com) or 691-9808.

#### SDSU runners honored

**Connor Branick**, the recipient of the Prairie Striders/Phil LaVallee Memorial Scholarship in 2015-16, was the male recipient of the Jackrabbit Scholar-Athlete Award for having the highest

GPA among male graduating seniors and was selected for the Academic All-America Third Team by the College Sports Information Directors of America team.

The senior from Sioux Falls had a 3.98 GPA in biotechnology.

Teammate **Trent Lusignan** received the male Outstanding Senior Athlete Award from the SDSU Athletic Department. He earned All-American honors in cross country in 2013 and 2015, won the Summit League indoor 5K in 2013, and claimed Summit League outdoor titles in the 5,000 (2013) and 10,000-meter runs (2013, 2015).

He was runner-up to teammate **Joel Reichow** in the 5,000 meters this year.

#### Weather KO's Longest Day 10K

About 6:30 p.m. June 17, an hour before the start of the Longest Day 10K, nature unleashed a fury that resulted in the cancellation of the race.

Clouds had been building throughout the afternoon and the darkness finally delivered — the torrential downpour brought more than two inches of rain in just over an hour. It was accompanied by 20 minutes of hail.

The race doesn't have preregistration and runners hadn't started to assemble when the storm hit, race director Rod DeHaven said.

#### Two new lifetime members

**Peggy Larson**, of Volga, and **Keith Morrill**, of Custer, became lifetime members earlier this year, bringing the total to 81.

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.

#### Brookings hosting Senior Games

Brookings Activity Center is hosting a regional Senior Games competition July 22-23 in advance of the State Senior Games Aug. 24-28 in Aberdeen.

Track and field events are Saturday morning at Brookings High School track.

Running events are the 50-, 100-, 200- and 400-meter dashes as well as the 800- and 1,500-meter run and race walk.

Field events are the discus, shot put, standing and running long jump and the softball throw.

Registration is \$2 per event up to a maximum of \$10. Entries must be post-marked by July 16.

Participants must be age 50 by Dec. 31, 2016.

Registration forms are available at Brookings Activity Center, 320 Fifth Ave., or by contacting Traci Saugstad at the center at 692-4492.



**TOP:** Beef and Eggs winner Trevor Capra has a sizeable lead on Addison DeHaven as they head east on Fifth Street toward the two-mile mark in the 12th annual 5K.

**BOTTOM:** Beef and Eggs 5K founders and continuing directors Kevin Bjerke, left, and Ryan Egeberg relax on the courthouse lawn after completion of the 12th annual run July 9. It drew 133 runners.



**Following their parents' footsteps.** Former SDSU runner Becca Foerester jogs with her daughter, Kalla, 6, (far right) and Peyton Hansen, 5, of Centerville, in the Beef and Eggs Kids Run July 9. Peyton is the daughter of former SDSU runner Eric Hansen.

## Beef & Eggs '16

SDSU runner Trevor Capra won the 12th annual Beef and Eggs 5K in 15:11, which ties for the fourth fastest mark in the race's history. Addison DeHaven finished second in 15:19, which is the 10th fastest time on the books and bumps his dad, Rod, (15:20 in 2007) out of the top 10. The female winner, Sasha Hovind, of Stirum, N.D., won the women's division in 17:40, which places third in the all-time marks.

*Photos courtesy of Lauren Gruenhagen*

# Hall-of-famer guides local runners



Steve Heidenreich

Steve Heidenreich, who was inducted into the South Dakota Sports Hall of Fame April 9, gave two presentations in Brookings prior to the induction.

On Friday, he gave an inspirational, goal-setting message to a group of 25 adults and Brookings High School track team members. He shared how at age 15 he was inspired by watching the 1968 Olympics and set out to reach that level as well as run a sub-four-minute mile. He would achieve the latter eight times and flirt with former only to be side-tracked by tragedy.

The Watertown native went from having a 90 percent chance of making

the U.S. Olympic team in the 1,500 meters to having a 5 percent chance of living after being struck by a hit-and-run driver while on a March 1976 nighttime training run in Bloomington, Indiana, the home of Indiana University, where he was a Big 10 champion.

After a few weeks in a coma, the doctor gave him an experimental shot that brought him out of the coma, however, he had the mind of a two-year-old.

By April, he was recovering at home in Watertown, where his mother became his tutor. In just weeks, his mental age grew rapidly.

By August, with the mind of a 13-year-old, he thought he was ready to return to Bloomington to resume his final semester of college. He quickly found out his mind had not advanced to senior-level math and econ. However, the university provided him a tutor and

he applied the lessons of hard work that he had gained through running.

went to earn a master's degree as well as run a 4:22 mile just 13 months after the accident, he said.

Those principals of hard work and setting goals high can be applied to any arena in life, he told the gathering at the Brookings High School library.

The setting for his Saturday session was the South Dakota State University Wellness Center, where he presented a two-hour Yoga for Runners workshop to 20 people, the majority of which were BHS distance runners.

Participants learned stretches, warm-up drills and race tips as well as getting in a 30-minute run.

The session was particularly useful for the Bobcat squad as their scheduled meet in Brandon was cancelled due to inclement weather.

Heidenreich, now of Breckenridge, Colorado, recalls learning these "funky stretches" as a freshman at Indiana University from coach Sam Bell, who told the team they would be doing them before and after practice. "We were doing yoga in 1971," a time when most people in America associated it only with a practice of the flower children.

## Prairie Striders officers 2016

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