

# The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 13, No. 3

Brookings, S.D.

December 2016

## Ultra satisfying

### Two Striders finish 1-2 in Lean Horse 100-miler

A diary of Marcel Thielke's race experiences

By **Emily Berzonsky**  
Newsletter writer

Prairie Striders members Marcel Thielke and Tim Fryer entered their first 100-mile run and finished first and second out of a field of 70 competitors and 44 finishers in the Lean Horse 100-mile Ultra Marathon at Custer Aug. 27, 2016.

The course began and ended in Custer as competitors ran out and back on the crushed limestone George S. Mickelson Trail.

Thielke, 29, of Brookings finished in 18: 20:45 and Fryer, 37, of Hendricks, Minn., crossed in 19:15:53.

Thielke was born and raised in Berlin, Germany, but stayed in Rutland during the 2003-2004 school year at age 17 as a part of a year-long foreign exchange program. During his year in South Dakota, Thielke began running. He competed for Rutland High School's cross country and track & field teams and completed the Brookings Marathon.

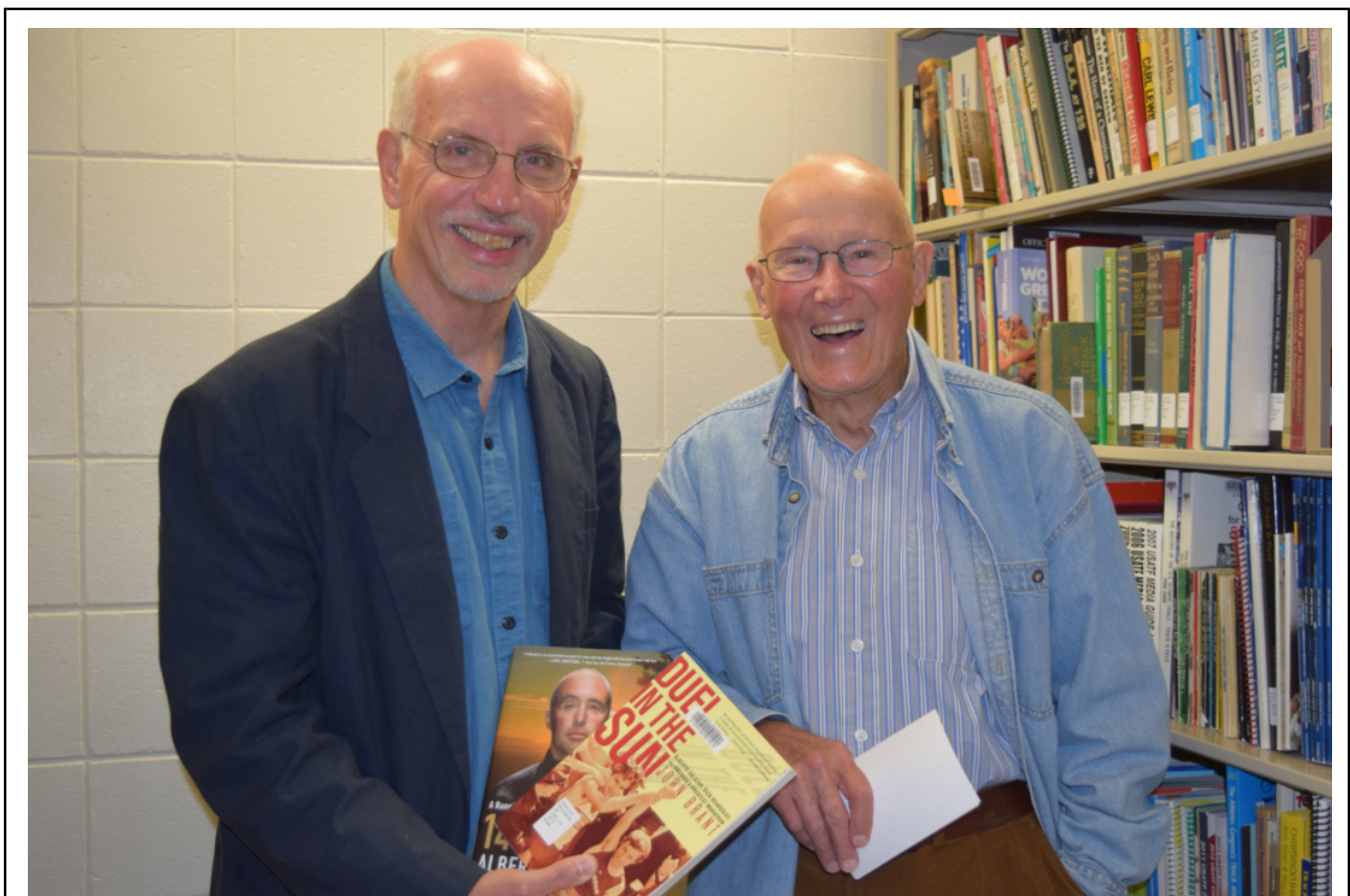
Thielke has now completed marathons in 17 states and seven countries and has raced at least 14 ultra marathons. He raced the 50-mile Lean Horse race in 2013 and had planned ever since to complete a 100-mile race.

The following is a detailed diary of Thielke's 100-mile race experience.

See **THIELKE**, Page 2



Race start on the Custer track. Thielke is in lane one with black Rutland tank top.



**RUNNER'S WORLD AUTHOR** John Brant, left, shows club librarian Bob Bartling the two books he is donating to the Prairie Striders Library at Briggs Library on the SDSU campus. "Duel in the Sun: Alberto Salazar, Dick Beardsley" details the 1982 Boston Marathon. "14

Minutes: A Running Legend's Life and Death and Life " was co-written with Alberto Salazar. Brant was in town Sept. 23-24 for the South Dakota Festival of Books and also was on hand at the Jack 15 registration and race finish. Bartling also gave a tour of the library.

# Thielke: Holds lead from 49.3 miles; paced by Kranz



From Thielke's blog: "My finishing time was 18:20:45. I am beyond happy with my race and am also excited to work out some kinks (IT-Bands, no walking last 10 miles etc.) to see

how fast I can run this race in the future. After crossing the finish line, he was met by father-in-law Bill Lind, friend and coach Kyle Kranz, and wife Christina Lind-Thielke.

## Continued from Page 1

**Prerace:** Thielke ran the Extreme North Dakota Sandhills Ultra Run Experience (END-SURE) in Leonard in March and ran 76.9 miles during the Furthering Achievement through a Network of Support (FANS) Ultra 12 hour race in Minneapolis in June. He trained in the heat, practiced fueling techniques and created a detailed written race plan.

Thielke's goals are to finish in under 18 hours and win the race. Fryer and Thielke met up at the prerace meeting and discussed Brookings running culture and race strategy.

**4:45 A.M., Aug. 27:** Thielke wakes up.

**5:15 A.M.:** Thielke leaves his Custer hotel having eaten breakfast. He sips on a coffee in the car.

**6 A.M.:** Fryer and Thielke begin their race. Thielke notices many starting too fast, but sticks to his motto, "if they are truly that fast, I have no business running with them. If they are not that fast, I'll see them later."

**Mile 0-9:** Thielke is running by himself (all other competitors are ahead or behind and out of sight).

**Mile 10-19:** Thielke consumes gels. (He plans to consume 30 for 3,300 calories throughout the day).

**Mile 20-29:** Thielke stops at the Horse Creek aid station (24.8 miles) for gels, water, and Gatorade. He had planned for a two-minute stop, but spends closer to three seconds thanks to the preparation of his crew-chief and father-in-law, Bill Lind.

Thielke runs through dark tunnels on the trail. He walks at first because he is unsure of the footing in the darkness. Thielke stops at the Mystic aid station (29.6 miles). There, he packs his arm sleeves with ice (his cooling mechanism throughout the race), picks up more fuel and is greeted by his family.

**Mile 30-39:** Fryer is about 100 feet behind Thielke. Thielke struggles with a tight IT band, but catches up to another runner and runs with him to the Gimlet Creek aid station (33.8 miles). He is 23 seconds ahead of his anticipated time.

**Mile 40- 49:** Fryer and Thielke run together from the Rochford aid station (37.4 miles) to the Nanhant aid station (43.5 miles). Thielke "bonks." Thielke's GPS watch dies, so he begins to run by feel. He is revived from his "bonk" by the sight of another competitor ahead and catches him. Thielke is informed by relay runners running in the opposite direction on the course that he and the runner he caught are in third and fourth place.

Inspired, Thielke increases his pace. Fryer stops at the Deadwood Mickelson Trail Marathon Exchange aid station (49.3 miles). Thielke passes Fryer and Eric Clifton to take the lead.

**Mile 50-59:** Thielke reaches the turnaround at 8:25. He stops at the Deadwood Mickelson Trail Marathon Exchange aid station (50.7 miles) on the way back. In an effort to increase his lead, he picks up his pace as the course travels downhill. Fellow competitors cheer him on.



Thielke near mile 4 on the Mickelson Trail.

**Mile 60-69:** Thielke stops at aid stations about every mile to stretch.

He drinks an ice tea and dumps the rest on his body at the Rochford aid station (62.7 miles).

**Mile 70-79:** Thielke passes through milepoint 70 in eleven hours and fifty-two minutes.

**Mile 80-89:** Thielke's former coworker and now coach, Kyle Kranz, begins running with him for support. He tells Thielke that he has a 20-minute lead. Thielke no longer cares about his pace. "I needed to be the fastest tortoise at this point."

**Mile 90-99:** Thielke experiences stomach issues and stops at a restroom. He and Kyle decide to walk the final miles, unless they see another runner.

**Mile 100:** Thielke completes the race on the Custer track in 18:20:45 and is greeted by his family.

**Post race:** Thielke leaves immediately following the award ceremony to drive the six to seven hours back to Brookings.

Thielke plans to someday return to the Lean Horse 100 and complete the race in under 16 hours and to begin running 24 hour races with the goal of completing 130 to 140 miles in that time.

The Lean Horse 100 race series also features a 50-mile race, a 50-kilometer race, and a 30-kilometer race.

For information regarding the 2017 Lean Horse races, visit <http://leanhorse100.com/raceinformation/>.

To read a full race synopsis, visit Thielke's race blogs at <http://theworldismytreadmill.blogspot.com/>.

**Editor's note:** Several attempts to gather contributions from Fryer were unsuccessful. Both Fryer and Thielke had recovered enough to run the Jack 15 four weeks later.

## Remember When?

# The Badlands Run

A top Western SD race from the “Good Old Days”

By **Bob Bartling**  
Club historian

Bill Husted, second generation of the famous Wall Drug family and 1950 SDSU pharmacy grad, had gotten into running. The year was 1979 and he thought it was time the Badlands staged a major road race.

Bill knew nothing about organizing a road race so he turned to one of his supplier friends from across the river. It happened to be Steve Hauff of Dakota Sports, who by that time was a life member of the well-known running club the Prairie Striders. Steve took it from there.

His first contact was Lou Eggebraaten, industrious worker and board member of the Striders Club. Between the two of them they planned all of the details of the forthcoming Fall Badlands 14.8-mile road race.

The race was scheduled for early October as the tourist season would be over and the employees would be available to assist with race duties. Bill had made it clear that no expense should be spared in the preparation and planning for the race. As an example he said he had already ordered over \$2,000 worth of silver belt buckles to be used as prizes for the contestants. He also insisted on paying gas mileage and housing for all of the club members who were helping with the race. Three carloads of helpers and entrants left Brookings that early Friday morning in October of 79.

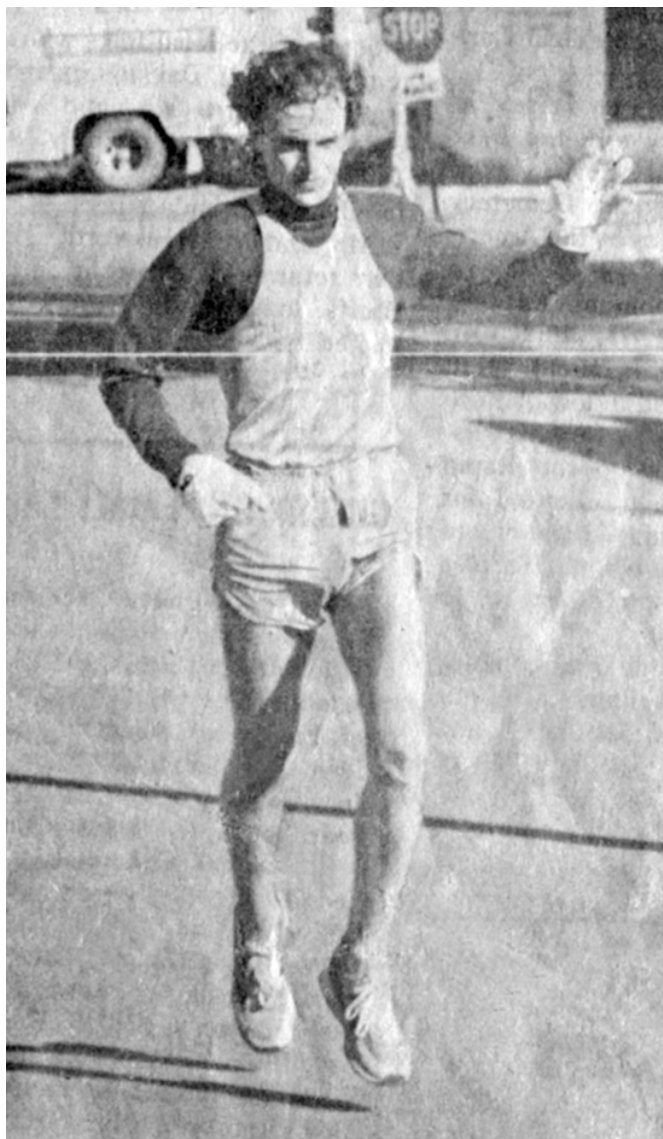
The day of the race couldn't have been better. Temps were middle 30s at gun time and all 32 runners were finished before it hit 55. Only a faint wind prevailed along with the sunny skies.

About 15 minutes prior to the start of the race, Bill had two waitresses each armed with a tray filled with Wall Drug donuts pass among the assembling runners. This caught some of us off guard and we took one. The gun sounded and we were off.

Several of the faster runners were interviewed after the race and their thoughts were recorded. Mike Dunlap, then a 22-year-old fifth-year senior at SDSU, won by more than four minutes (1:20:39). The Lennox native said, “The race organizers really did a bang up job preparing this thing. Everything is marked out just the way you want it to be. Couldn't be better.”

Second-place finisher Jerald Schafer of Rapid City remarked, “What a course – they had people at all the key turns, this thing was very well planned.”

Homer Hastings from Newcastle, Wyo., said he was most impressed by the beauty along the course. “You



Mike Dunlap acknowledges the crowd as he finishes the inaugural Badlands Run in Wall in October 1979.

could see the Black Hills, the Badlands and the colors of autumn. It made for a good atmosphere to run in.”

Sue Thomas, the women's open winner from Murdo, said if the run is scheduled in Wall again next year she will make it a point to return.

Prairie Strider members who were fortunate enough to make this debut race were: Mike Dunlap, Dave Scott, Dick Smith, Keith Morrill, the Bartling brothers (Bob and Lorne), Bill Husted, Sue Thomas, Steve Hauff, and Ted & Lou Eggebraaten. Those who did not run the race probably ate more donuts.

**Prairie  
Striders**  
officers  
2016

President — Dave Graves  
Vice president — Justin Bonnema  
Secretary/webmaster — Kevin Smith  
Treasurer — Jay Larsen  
Web address — [www.praiestriders.net](http://www.praiestriders.net)  
E-mail address — [run@praiiestriders.net](mailto:run@praiiestriders.net)  
Postal address — Box 504, Brookings, SD 57006

**Want to read more Prairie Striders history?**

**The newest edition of the Jack 15 history book was released this fall and is available for \$30 (plus shipping) by emailing or writing the club. (See addresses to the left.)**

**It's 240 pages of statistics and photos.**

# 'World's Greatest in Athletics'

## Librarian's corner

By Bob Bartling / *club librarian*

'World's Greatest in Athletics'

By Richard Hymans, Peter Matthews & Jonas Hedman

At 832 pages, it will not be a must-read for the casual track & field fan. For the hard core fan, it is a must have book and the finest supplement you could add to your collection of Track & Field News.

Three track addicts, who have written books of their own, combined their talents to compile this masterpiece. Two are from Great Britain and the other (Hedman) from Sweden.

Billed as "The best of the best in each event – a book from Paavo Nurmi to Usain Bolt," their concept is rather simple: Put together a worldwide database of the top 500 marks in the 43 events in men's and women's track and field. Their time frame is from 1900 through 2014. Implementation must have been another story. It also contains 315 photos.

Using this database they have compiled the following: top 10 rank lists for each event with profiles for both men and women; all-time world lists of the top 500 as of 2015; top 10 decade lists through 2010. If you like lists, they also include these: All-around sprinters, All-around distance, and Overall female and men's athletes.

Here's a sample of the questions you'll be able to answer after reading the book:

- How many men have run sub-10 for 100 m?
- Who's the most sub-10 100 m runner of all time?
- What's the time for the 500th at 100 m?
- How many men have run sub-1:45 at 800 m?

## Letters



Nancy Scholl

Dear Fellow Striders,

On April 17, 2017, I will be running the Boston Marathon for the second time. Though I time qualified both times I plan to also run for a charity next year.

I started running almost 10 years ago and in the past five years have run 5 half marathons, five marathons and the Jack 15. I have gained much satisfaction from the training and racing but am ready for my running to count for more.

This fall I was accepted to run on Brigham and Women's Hospital Stepping Strong Marathon team. The money raised will go to the Gillian Remy Trauma Center and will be used toward research, innovation and physician training.

Gillian was a teenager standing near the finish line of the Boston Marathon in 2013. The bombings that occurred severely injured her legs. Her life and legs were saved by a team of specialists at Brigham and Women's Hospital. In 2014 her family started a foundation which as of January 2016 had raised more than \$6.8 million.



- How many of the 116 men who ran sub 60.00 for half marathon are non-Africans?
- How many performers are it at 2.40 or higher in high jump? In World's Greatest in Athletics you will see whom and also how many performances.
- How many women have run sub-11 for 100 m?
- How many women have a personal best over 20 meters in shot put?

If you are tempted to purchase (\$49 soft cover), you may want to view the actual book at the Briggs Library in Brookings.

# 'Ready for my running to count for more'

Each year 40 million people visit emergency rooms and 2.3 million are admitted. I would like to contribute to the research that will improve limb salvage, encourage new ideas and further train physicians.

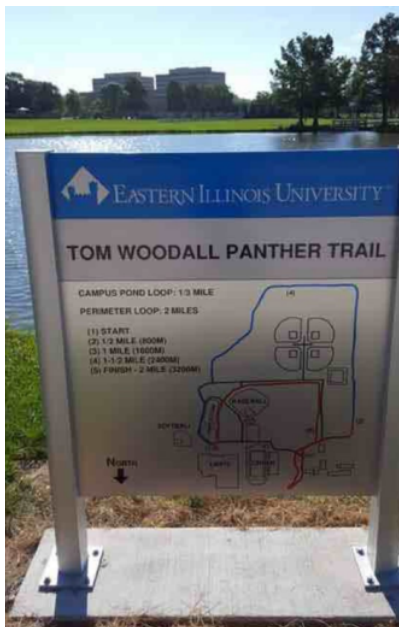
I have worked as an orthopedic nurse and in the emergency room and have continued to be very interested in medicine. When I first heard about the horrific bombings I wanted to be right there to help. Now I have the opportunity to contribute; in a different but significant way.

I invite you to be on my team as I raise money that will go towards injured individuals being able to use their arms and legs in the ways that we daily take for granted. I appreciate having the ability to be active and want that for others who have been critically injured. I believe that you do too.

To be a part of my team please visit [www.crowdrise.com/donate/event/2017BostonMarathon](http://www.crowdrise.com/donate/event/2017BostonMarathon). Choose the BWH Stepping Strong Team and then my name.

Please contact me with any questions at [epi8scholl@gmail.com](mailto:epi8scholl@gmail.com).

# Strider snippets



The two-mile wood chip trail at Eastern Illinois University was renamed in honor of Tom Woodall, the trail's creator, at a ceremony Oct. 22 in conjunction with the Panthers homecoming. Woodall, the retired longtime coach at Eastern Illinois, was the SDSU track coach in 1962-65 and founded the Jack 15 road race in 1963.

## Frostbite Frolic returns to Innovation Village community room

The final weekend of the NFL season is also the wrap-up for the Prairie Striders 2016 racing season.

The club's annual Frostbite Frolic and Potluck is Saturday, Feb. 4, at the Innovation Village Apartments community room, 2405 10th St, Brookings.

The frolic will be on a paved, one-mile loop around the nearby Research Park at SDSU. The non-timed, social run begins at 11 a.m. Runners can complete as many loops as they wish.

The potluck begins at noon. Chili, soup, drinks and tableware will be furnished. Participants are asked to bring a dish to share.

Following the potluck will be presentation of 2016 awards, including the Friend of Running honor, and announcement of the 2017 officers and race schedule.

Door prizes, including gift certificates, will be awarded.

Club President Dave Graves said, "This free event is a great way for Prairie Striders members to get together again and for nonmembers to connect with other runners in the community. Some families will want to participate in the run together, but there is no obligation to run."

The event continues a tradition began in 2004 as the Jingle Bell Run.

For more information, contact Graves at 627-5718 or run@prairiestriders.net.

## Grand masters team excels even against younger runs in MN Team Circuit

The Prairie Striders grand masters team of **Julie Virkus, Andriette Wickstrom, Diane Stoneking** and **Gloria Jansen** won its division in the 2016 USATF Minnesota Team Circuit, a series of 11 races in distances from one mile to the marathon from March 19 to Oct. 16.

The team ranges in age from 61 to 69 and also placed eighth in open women, blue division; sixth in women's 40+ and third in women's 50+.

## Rykus among 10 to enter South Dakota Hall of Fame April 8

**Duane Rykus**, a 1953 Brookings High School and 1957 SDSU graduate, will be inducted into the South Dakota Hall of Fame April 8 in Sioux Falls. The pole valuter won three high school state titles, two conference titles and six seniors titles.



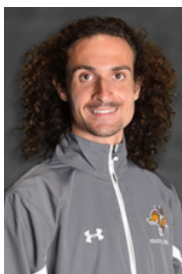
# Jackrabbit news

## Reichow repeats as All-American

**Joel Reichow**, a senior from White Bear Lake, Minn., placed 20th in the NCAA Cross Country Championship in Terre Haute, Ind., to repeat as an All-American.

Racing on a cold and windy day, he finished the 10K in 30:11.5 to finish just 8.5 seconds out of the top 10. Last year in Louisville, Ky., he finished 36<sup>th</sup>. He became the second SDSU men's cross country runner with multiple Division I All-American honors and the first to do back-to-back. The other is Trent Lusignan in 2013 and 2015.

An individual qualifier, Reichow ran with the lead pack in the 256-runner field throughout the Nov. 19 event.



Joel Reichow



Emily Donnay

## Jackrabbits claim both Summit League athlete of year honors

**Reichow** and sophomore **Emily Donnay**, of Kimball, Minn., were named Summit League Cross Country Athletes of the Year Dec. 1.

Donnay becomes the first SDSU woman to win that honor. Reichow is the fourth SDSU athlete to win the award in the last five years (Trent Lusignan 2013, 2015, Michael Krsnak 2012). Donnay continually improved through the season, which she capped off with a 23<sup>rd</sup> place finish at the NCAA Midwest Regional Nov. 11.

In addition to Reichow's process on the course, he's also a leader in class. The biology/pre-med major carries a 3.7 GPA.

Rod DeHaven was coach of the year.

## Striders scholarship goes to sophomore Emily Berzonsky



Emily Berzonsky

This year's Prairie Striders / Phil LaVallee Memorial Scholarship was awarded to **Emily Berzonsky**, a sophomore exercise science major from Lincoln, Neb.

Berzonsky, who lived in Brookings for several years before moving to Lincoln for her final two years of high school, carries a 3.972 GPA and was academic all-league. She also is a journalism major with a goal to write for Runner's World in 2017. A sampling of her writing is found on Page One of this edition. Her father, Bill, is a Prairie Striders life member.

One of the goals of Prairie Striders is to grow the endowment so separate Striders and LaVallee scholarships can be awarded through the SDSU Foundation.

## Top SDSU Finishes at the NCAA Division-I Championships

1.	Garry Bentley	8th	(1973)
2.	Trent Lusignan	12th	(2013)
3.	Jack Pearson	14th	(1952)
4.	Russell Nash	16th	(1952)
5.	Jack Pearson	19th	(1954)
6.	<b>Joel Reichow</b>	<b>20th</b>	<b>(2016)</b>
6.	Arlin Patrick	20th	(1953)
8.	Trent Lusignan	24th	(2015)
9.	Arlin Patrick	25th	(1954)
10.	Jack Pearson	28th	(1953)

## Indoor 5K to be electronically timed

For the first time, electronic timing will be used for the Prairie Striders Indoors 5K at the Sanford/Jackrabbit Athletic Complex at SDSU Saturday, Jan. 21.

All levels of runners are welcome as the race will have two heats — 8:30 a.m. for those planning to run in 24 minutes or less and the other at 9 a.m.

Participants will receive Prairie Striders performance running socks.

Packet pickup is immediately preceding the race. Doors open at 7:30 a.m.

Timing will be handled by Dakota Timing, which is timing the SDSU Jim Emmerich Invitational track meet later.

Electronic timing (shoe chips) won't eliminate the need for runners to track their laps (16 2/3). Chip timing will list laps after the runner finishes.

Lap counters will only be able to track the leaders, so runners may want to use a clicker or a function on their watch or smartphone or have someone count their laps to avoid confusion.

Enter online at [www.all-sportcentral.com](http://www.all-sportcentral.com). Entry fee is \$20 through Jan. 15. Late entry is \$25.

Jay Larsen is co-directing the race with Dave Graves. Contact the directors at [run@prairiestriders.net](mailto:run@prairiestriders.net) or 605-627-5718.



Think this year's Jack 15 shirts are awesome, but didn't enter? Enjoy the stylin' high-tech, long-sleeve T without the sweat.

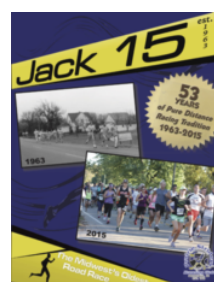
Small, medium and large sizes available for \$20.

Buy two or more at \$17 per.

Place your order at [run@prairiestriders.net](mailto:run@prairiestriders.net).

## Prairie Striders 2017 road race schedule

- **Prairie Striders Indoor 5K** — 8:30 a.m. Saturday, Jan. 21, Dave Graves and Jay Larsen, [run@prairiestriders.net](mailto:run@prairiestriders.net), Sanford-Jackrabbit Athletic Complex
- **Arbor Day 5K** — 6:30 a.m. Friday, April 28, Steve Britzman, [Britzmanlaw@brookings.net](mailto:Britzmanlaw@brookings.net), finish line — intramural field in front of Frost Arena
- **"I'm Ready for Summer" Triathlon** — 10 a.m. Saturday, April 29, Shari Landmark, [shari.landmark@sdstate.edu](mailto:shari.landmark@sdstate.edu), SDSU Wellness Center
- **Scotty Roberts 5K** — 6 p.m., Friday, May 12, Justin Bonnema, [bonnemajustin@hotmail.com](mailto:bonnemajustin@hotmail.com), in front of Children's Museum.
- **Brookings Marathon, Half & Relays** — 7 a.m. Saturday, May 13, Matt Bien, [bien@brookings.net](mailto:bien@brookings.net), Pioneer Park
- **Longest Day 10K** — 7:30 p.m. Friday, June 16, Rod DeHaven, [rod.dehaven@sdstate.edu](mailto:rod.dehaven@sdstate.edu), Fishback Soccer Field parking lot
- **Beef & Eggs 5K** — 8 a.m., Saturday, July 8, Kevin Bjerke, [kevinbjjerke@gmail.com](mailto:kevinbjjerke@gmail.com), in front of courthouse
- **Predictor Mile** — 7 p.m. Wednesday, Aug. 2. BHS track, Matt Schreiber, [matt@hamlinbc.com](mailto:matt@hamlinbc.com)
- **Jack 15 Road Race** — 8:30 a.m., Saturday, Sept. 23, Dave Graves, [dave.graves@sdstate.edu](mailto:dave.graves@sdstate.edu), White to SDSU Campanile
- **Hobo Day 5K** — 8 a.m., Saturday, TBD, Steve Britzman, [britzmanlaw@brookings.net](mailto:britzmanlaw@brookings.net), 600 block of Medary Avenue



The updated version of Jack 15 history book, which tracks every runner from 1963 to 2015, was published this fall and is available for \$30. The current version, which includes historic and current photos, won't be updated again until 2021.

If you've completed the oldest road race in the Midwest in the past, your name is there at least a couple times.

Order by emailing [run@PrairieStriders.net](mailto:run@PrairieStriders.net).

## 2017 dues notice

*Please complete and return it in the enclosed envelope.* Our dues help the club purchase supplies, equipment, web services and publications for the nationally recognized Prairie Striders Library, pay dues for regional/national running organizations, provide financial assistance for distance running and track events, and fund correspondence and the newsletters.

- Please consider an additional donation to help grow the Prairie Striders/Philip LaValle fund into separate SDSU track and field scholarships.

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

DUES \$5 SCHOLARSHIP DONATION \_\_\_\_\_ OTHER DONATION (please specify) \_\_\_\_\_

Please make your check to *Prairie Striders*. (Prairie Striders, Box 504, Brookings, SD 57006)