

The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 14, No. 2

Brookings, S.D.

April 2017

Behind the scenes Months of preparation required for Brookings Marathon

By **Dave Graves**
Newsletter editor

Ask anyone who has run a marathon, it's a lot of work.

But for the fellow who has directed a marathon, that's an endurance race.

The similarities of running a marathon and running (directing) a marathon are multiple. There's a rush of excitement and an easy pace at the beginning. Midway, the finish seems far off and it's easy to lose focus. Toward the end, focus returns and there's an intensity about producing the best finish possible.

Matt Bien, who has directed the Brookings Marathon for the past 11 years and run three 26.2-mile events himself, said, "The key to directing a marathon is like the key to training for a marathon — have a plan, follow it and don't let yourself get behind.

"Another key is you better love it. I've estimated in the past that I put in about 100 volunteer hours per year. But it is a labor of love and I feel a responsibility to give back to the sport that I have enjoyed for so many years," said Bien, who grew up



Brookings Marathon committee members sport this year's volunteer T-shirts at the April 13 meeting. Pictured, front row, from left, are Lori Munsterman, Bev Cotton, Mary Bjerke and Stacy Claussen. Back row, Matt Schreiber, Matt Bien, Justin Bonnema and Kevin Smith.

running the dirt roads by his family farm in Veblen and ran track and cross country at Augustana College.

See **MARATHON**, Page 2

Brookings Half Marathon, marathon relay fill up quickly

Advance commitment is required for those wanting to run the half marathon or relay race at the Brookings Marathon.

The half marathon capped out for the seventh consecutive year. This year the 400 mark was hit March 4, more than two months ahead of the May 13 race and two weeks ahead of the previous mark. The marathon relay is nearly as popular. On March 23 that event hit its cap (51, one snuck in late).

Marathon registration as of April 12 stood at 131 runners, which compares favorably with the 121 finishers in 2015 but down from the 168 finishers in 2016.

The weekend schedule and race course are unchanged.

Road construction on the east end of Sixth Street will not require any course changes because the route only intersects with Sixth Street downtown. However, the detour will spill traffic onto Sunrise Ridge Road, which is along Mile 8 of the course.

Runners and motorists are asked to extend an extra measure of courtesy to one another.

Neither the male or female marathon champion from 2016 are entered to date. Scott Weispfenning, 30, of St. Paul, Minn., won in 2:44:40. The first place female was Jennifer Freeman,

35, of Omaha, 3:06:18.

Last year's half marathon champs were Steve Cross, 43, of Jefferson, in 1:22:36 and Sarah Perry, 31, of Cedar Rapids, Iowa, in 1:28:26. Neither of them are in the 2017 field.

The marathon records, particularly in the open division, seem secure: 2:22:29 by Randy Fischer in 1979 and 2:48:26 by Jane Wipf in 1980. Master's marks are 2:32:37 by Steve Wilson in 2003 and 2:56:30 by Janice Eittle in 1999.

For more information, go to BrookingsMarathon.com.

Prairie Striders 2017

Arbor Day 5K	Friday, April 29
"I'm Ready for Summer" Triathlon	Sat., April 29
Scotty Roberts 5K	Friday, May 12
Brookings Marathon, Half & Relays	Saturday, May 13
Longest Day 10K	Friday, June 16
Beef & Eggs 5K	Saturday, July 8
Predictor Mile	Wed., Aug. 2
Jack 15 Road Race	Sat., Sept. 23
Hobo Day 5K	Sat., Oct. 14

Marathon: Variables create anxiety

Continued from Page 1

Behind every good race director...

As race director, Bien certainly bears the biggest burden. But he adds, "The success and growth that our event has enjoyed is a direct result of a talented and dedicated marathon committee, some nearing 20 years of service to the marathon."

Each year there are only a couple new faces on the committee. The members' longevity proves an asset because, although the race committee formally convenes in early January, the planning for the mid-May event actually starts in early June.

"Within a couple of weeks of race day, and after the committee has time to rest, recover, and process the event, we meet to review the past year and plan for the next. What went well, what can we do better," said Bien, who notes he's actually jotting down notes and absorbing runner feedback on race day with an eye toward 365 days later.

A leap of faith

Bien said at the post-race meeting, "we choose our race colors (for the race shirts, etc.) and begin promotional efforts for the year to come. About eight months ahead of race day, brochures are designed and nearly 15,000 pieces are sent to fall marathons in the region. At six months before race day, custom medal design and shirt orders are placed.

"At this point, the race has committed to nearly \$20,000 in expenses with only a handful of entries. A leap of faith that all will come together in the coming months.

"We're fortunate to have a committed group of long-time sponsors that help offset some of this risk," including the race's primary sponsor, Brookings Health System, he said.

In January and February, the race committee reconvenes for regular meetings to review new ideas and their implementation, discuss advertising and promotion and review and ordering of supplies. Applications for race insurance and permission from the city to hold the event must be completed.

Race planning quickens in March and April, when the committee meets twice monthly to discuss volunteer recruitment, possible course issues and start to finalize plans for race week.

In the two weeks leading up to race day, there are meetings every few days to finalize all volunteer positions, prepare race packets and race equipment, move all race supplies to Pioneer Park and address all of the last-minute course issues that inevitably arise.

In the hands of volunteers

A well-organized, veteran race committee allows Bien to get a good night's sleep. But with so many details out of his hand, the medical doctor does feel like being race director in the final days and on race day is like being on-call at a busy hospital.

No. 1 on the anxiety list is runner safety and making sure all of the nearly 1,000 runners complete the course safely.

Then there are the volunteers. "We couldn't put on this event without them...300-plus for the event, everything from filling water cups to stuffing the runner's packets and directing traffic. But you always think 'I hope everybody shows up and has been told what to do.'"

There are 12 aid stations on the marathon route with each manned by a different group, like a business, service group, student council or a neighborhood. Each station has a coordinator responsible for seeing that the aid station is staffed.

At mile 2, the activity is intense, but brief. Most everyone will have passed by within a half-hour. Mile 24 is Last Chance Station. Customers may be few and far between as the gap between first runner and last runner can easily be 3 ½ hours.

Late delivery not an option

In advance of the race, Bien worries about the shirts and medals arriving on time. While they should arrive at least two weeks prior to race day, the race director recalls many delayed deliveries — once stuffing packets in his garage with

Brooking Marathon committee

Matt Bien – Race Director

Mary Bjerke – Publications and Promotions

Justin Bonnema – Scotty Roberts 5K Race Director

Amber Carda – Volunteer Coordinator

Stacy Claussen – Park and Rec Coordinator

Bev Cotton – Safety

Jessica Halvorson – Volunteer Coordinator

Fred Hatton – Multiple

Lucy Kephart – Entertainment and Refreshments

Lori Munsterman – Finances

Cami Powers – Advertising and Promotion

Derrick Powers – Finish Line and Timing

Matt Schreiber – Course Marking and Management

Kevin Smith – Web Design and Multimedia

Cody Williams – Finish Line and Timing

a couple of neighbors when the shirts arrived with only two days to spare.

Because the course is certified, a construction project on the course is a major headache. "It takes most of a weekend and pages of paperwork to change the course," Bien said. This year, the course doesn't collide with any planned construction work, but he is concerned about how the Sixth Street construction project will impact traffic on 22nd Avenue, where the race crosses three times.

"Even though construction isn't supposed to affect the course itself for 2017, the Sixth Street project is bound to hamper travel around town. We plan to share detour maps with our participants and teams. As always, we ask for and very much appreciate the patience and consideration given by our community and those out and about on race morning," Bien said.

On the weekend before the race, the course is painted. That means spray painting mile points from 1 to 26 (chalk at Mile 3 on campus) and dozens of turn arrows plus that blessed finish line. The job requires about four hours and three to four committee members. Runner packet stuffing is the Tuesday before race day. Even with organized assembling, it takes 10-plus committee members, family and friends about three hours.

Organizing supplies (cups, coolers, drinks, safety vests, etc.) and delivering them to volunteer leaders takes about four hours for six to eight committee members. Packet pickup on the Friday afternoon and evening before the race requires six hours, including set up, for 20-plus volunteers and committee members.

But this is a time when adrenaline is running high. "Runners and their families are coming in excited about Saturday's race. It's easy to join in their enthusiasm," Bien said.

Race day: 'It's a blur'

The marathon, half marathon and marathon relay start at 7 a.m. but many volunteers are up before 4 a.m. to mark the course with cones, mile markers and motivational signs like "If it was easy, everyone would do it." "Many of us marking the course have been stopped by police officers to ensure we had good intentions at that early hour," Bien said.

"From 4 a.m. to 4 p.m. it's a blur...phone calls regarding volunteer and course issues, runner concerns, supply problems, timing issues...the list goes on."

But like running a marathon, you will reach the finish line if you keep moving forward. For Bien and Company that is seeing the last runner cross the finish line, cleaning up Pioneer Park and getting the supplies back into storage. Then it's off to Cubby's for a burger and to toast another successful event with fellow committee members.

And like the marathon runner, you need at least a couple days to feel like you've recovered.

Grandma crew sets fast pace

Striders grand master's team sets 17 all-time Minnesota age records

Prairie Striders' female grand master's racing team continues to rock the Minnesota competition.

In fact, 2016 was a banner year with two team members being named Minnesota Runners of the Year in their age category. Collectively, they set 17 all-time Minnesota age records and had numerous high placings in Minnesota races, according to the Minnesota Runner's Yearbook, prepared by Mike Setter, editor, and USA Track and Field Minnesota.

Runners of the year were Julie Virkus, 63, of St. Louis Park, Minn., who won the age 60-64 division for the third consecutive year, and Gloria Jansen, 69, of White Bear Lake, Minn., who in 2016 tied Greg Prom for most Minnesota Runner of the Year titles. They now have 21!

A younger Strider, Becky Youngberg, 41, of Eden Prairie, was second overall in the age 40-44 Runner of the Year competition.

Jansen

Jansen, who must have found the fountain of youth in one of the 10,000 Minnesota lakes, posted a 7:09 mile at the Hopkins Main Street Mile July 17. Of the seven all-time Minnesota age records she set in 2016, that is the time she is most proud of because it age-graded at 91.8 percent.

Over 90 percent is world class, 100 percent is world record.

Jansen now has 85 single age records. As usual five-time titlist Diane Stoneking, 68, of Robbinsdale, Minn., was close on Jansen's heels in 2016 in the age 65-69 category. Jansen bested Stoneking in the mile and half marathon. Stoneking returned the favor in the 5K, 10K, 15K and 10 mile.

In the one mile, Jansen had four of the six top times. Stoneking had the other two. Jansen's best was 7:09 while Stoneking was 7:11, both at the Hopkins Main Street July 17 (both are all-time Minnesota age records).

She had the top two 8K times, including a 42:05 at Park Point July 14 (also an all-time Minnesota age record).

Stoneking

In the 5K, Stoneking had a 24:39 at Torchlight, an evening race in Minneapolis July 20, which was a 93-degree day with 87 percent humidity. "The Torchlight was a favorite because so many had trouble with the heat and I was happy with the time under those conditions to win my division."

Jansen had four of the next five best 5K times, including a 25:12 at Women Run the Cities.

Stoneking's 10K time of 51:47 at MDRA Victory was the second best time



From left, Julie Virkus, Diane Stoneking, Andriette Wickstrom and Gloria Jansen pose after the Richard Hoska Midsummer Mile in July 2015. At the 2016 event at the State Fairgrounds in St. Paul, Minn., Virkus ran a 6:25 for an all-time Minnesota age record. Wickstrom wasn't far back at 6:42. Stoneking followed at 7:27 and Jansen was at 7:43 — the top four placings in the age category.

while Jansen was third with a 52:27, also at MDRA Victory. In the 15K, Stoneking had the best time with a 1:22:08 followed by Jansen with a 1:23:48, both at MDRA. Jansen's time is an all-time Minnesota age record.

In the 10 mile, Stoneking had the second best time, 1:25:05 while Jansen had the third best time, 1:25:24, both at Medtronic TC Sept. 10. Jansen's time sets an all-time Minnesota age record.

In the half-marathon, Jansen's 1:56:54 at Mora Aug. 20 was the second fastest mark while Stoneking's 1:59:55 at Garry Bjorklund was sixth. Jansen's time sets an all-time Minnesota age record.

Virkus

Virkus said, "The races that I am most proud of are those that I scored first overall age-graded.

"I did that three times— at the Twin Cities Mile, the Twin Cities 10 mile, and Get in Gear 10K. I am particularly proud of that because they are large races with very good competition."

The yearbook editor wrote, "Impressive Julie Virkus had five of the top ten age-graded races by Minnesotans on her way to maxing out this division with 50 points for the second year in a row" in the age 60-64 division.

Virkus had the top two one-mile times — 6:25 at Hoska Midsummer July 6 (an all-time Minnesota age record) and 6:30 at Medtronic TC. She had the top 5K time with 21:32 at the Torchlight. The top two 10K times with 44:21 at Get in Gear and 44:41 at MDRA Victory Sept. 5. Her MDRA win occurred when she was 64, so that set an all-time Minnesota age record. The third best time was more than six minutes back.

Her top 10-mile time (1:12:57 at Medtronic TC) was more than eight minutes ahead of second and set an all-time Minnesota age record. Her 15K time was 1:11:18 at the Defeat of Jesse James Day Sept. 11. It set an all-time Minnesota age record for 64-year-olds and was the fastest time in the 60-64 age division.

Wickstrom

Also, Strider Andriette Wickstrom, 61, of Storm Lake, Iowa, set an all-time Minnesota age record in the 8K with a 36:44 at O'Gara's Irish Run March 19. She also set an all-time Minnesota age record in the 15K with a 1:08:16 at the MDRA run Aug. 7.

Wickstrom's 10 mile of 1:14:54 at the Jeff Winter City of Lakes Sept. 11 set an all-time Minnesota age record. Wickstrom also was entered in the half marathon in that race. Her time of 1:38:05 sets an all-time Minnesota age record as did her 25K time of 2:07:03 sat the MDRA Ron Dawes April 2.

Wickstrom said she was proud of her time in the O'Gara's 8K.

"When I crossed the finish line, my racing flats were falling apart, so I was proud I was able to run fast enough to cause some serious shoe damage!

"But out of all the races I ran in Minnesota last year, I was most proud of my time at the Brian Kraft 5K (21:55, May 30) because I actually ran a fairly decent time considering I hadn't tapered because I was training for Grandma's Marathon" June 18, she said.

Youngberg

Youngberg stuck to the endurance races. She was tops at 20 miles with a 2:23:58 at Bear Water, third in the 10 mile with a 1:06:10 at the Hot Dash, fourth, fifth and sixth in the half marathon with times of 1:30:50, 1:30:51 and 1:31:27 at Maple Grove, City of Lakes and Red, White & Boom!, respectively. She was third in the marathon with a 3:11:03 at Twin Cities.

Stubler

Another Strider noted in the yearbook was race team member **Sharon Stubler**, 51, of Minnetonka, Minn., who was eighth in the 50-54 age category.

Her highlights were seventh in the mile at 6:31 at the Farmington Dew Run; ninth in the 5K with a 21:12 at the Torchlight; and third in the 15K with a 1:10:38 at the MDRA. **3**

Member Spotlight

Editor's note:

Member Spotlight is a regular addition to the Pacesetter. If you, or someone you know, would like to be featured, please contact Dave Graves at 605-627-5718 or run@prairiestriders.net.



Kati Merkley

Age: 38 – (knocking on the door to enter the last year in my 30s!)

Residence: Brookings

Occupation: PC Technician with Avera Health for 16 years

Family: Husband Jason of 7 years, 4 year old son Max, and 18-month-old daughter Lennon

Years as a Prairie Strider member: Since 2016

Why you're a member: I am a member because I love Prairie Striders...I love what they do for our running community. I came from a community that didn't have anything like this. I hope everyone appreciates how lucky we are to have such a wonderful group right here in Brookings. I love that they have a dedicated group that puts on great races so you can compete at any level and we don't have to travel in order to be a part of the races!

What you enjoy about running: I not only love the physical benefits of running but what it does for me mentally.



Kati Merkley accompanies her son, Max, in the children's run at the 2016 Jack 15.

Your favorite Prairie Striders race: I really like the Hobo Day 5k it is a great way to start the day that is full of tradition.

Favorite workout: Trying to keep up with Becka Foerester as well as long runs with great friends.

Your running goal(s): When I race I have two goals...to have the courage to start and to always finish.

Favorite running memory: Oh gosh, I have a lot...but probably my favorite is the first race that I ever ran. Though I come from a family of great athletes I wasn't a runner growing up. I went to Southeast Tech and met some friends there that talked me into running a 5K Halloween race. The reason I would say it is my favorite running memory is because crossing that finish line started something in my life I didn't know I could do. *Running has truly changed my life.*

Rick Holm

Age: 68

Residence: Brookings

Occupation: retired medical doctor, active host for On Call with the Prairie Doc, South Dakota Public Broadcasting TV show, 7 p.m. Thursdays

Family: Joanie (pediatric nurse practitioner), Eric (34, theater director in New York, N.Y.), Carter (31, nurse at The Neighborhoods nursing home in Brookings), Preston (28, musician, recording professional, food service in New Orleans), Julia (23, Starbucks at Hy-Vee Brookings)

Years as a Prairie Strider member: Since 1986

Why you're a member: For the love of running, and as a physician realizing the value of exercise for wellness, strength, mental health

What you enjoy about running: I enjoy listening to radio, podcasts, or music when I am alone. I enjoy conversing with running partner (mostly Joanie) when I am lucky enough to run with another.

Favorite running memory: I enjoyed the accomplishment of making a full marathon running with Peter Dunkle in 2006 or thereabout. It was the Twin Cities Marathon and was a true adventure.

Your favorite Prairie Striders race: The Brookings Half Marathon. I helped design the course and organized watering the runners since Scotty Roberts roped me into it in the mid-1980s.

Favorite workout: A Saturday 6 mile run around Lake Poinsett with my wife and best friend Joanie.

Your running goal(s): Maintain running distance and trying to do at least one half marathon yearly. I will probably be having major surgery May 10 so no Brookings Marathon this year, but will try to do the Sioux Falls Half in the fall.



The Holm family — from left, Carter, Joanie, Eric, and Rick Holm at the Turkey Day 5K in Brookings in 2016.

Joanie Holm

Age: 61

Residence: Brookings

Occupation: certified nurse practitioner

Family: See above

Years as a Prairie Strider member: Since 2000

Why you're a member: To connect with other runners in the area.

What you enjoy about running: Physical fitness, time with running friends and family, time alone to think.

Favorite running memory: An 8-mile run on Cape Cod with Rick and Eric, starting in the middle of the peninsula and running to the ocean on both the east and west coast.

Your favorite Prairie Striders race: The Brookings Half Marathon

Favorite workout: A 4- or 5-mile run on a sunny Saturday morning.

Your running goal(s): I have done three triathlons and would like to do one to two this summer. Of course, I would like to keep running for many years without injuries.

Prairie Striders officers 2017

President — Dave Graves
Vice president — Justin Bonnema
Secretary/webmaster — Kevin Smith
Treasurer — Jay Larsen
Web address — www.prairiestriders.net
E-mail address — run@prairiestriders.net
Postal address — Box 504, Brookings, SD 57006

Keeping up with Prairie Striders

All members of Prairie Striders Running Club are invited to attend the monthly meetings at Mission Coffee House, First Lutheran Church, Brookings. The next meeting is noon Tuesday, May 2.

If you can't make it, the minutes are posted under "club information" on www.prairiestriders.net.

2016 Friend of Running



Prairie Striders Running Club's Friend of Running is presented by President Dave Graves to Shari Landmark at the club's Frostbite Frolic Feb. 4.

Landmark, of Volga, has been a fixture in the Brookings running community for nearly two decades.

Landmark served as president of the club in 2010-2012, is the only director of the I'm Ready for Summer Triathlon in its 17-year history and also directed the Jack 15 road race from 1999 to 2007 and co-directed the race in 2010-12. The award for the first-place female in the Jack 15 bears Landmark's name.

Strider snippets

Prairie Striders summer group runs

Under the leadership of Jay Larsen and Becca Foerster, Prairie Striders will be sponsoring Saturday morning group runs this summer, starting and finishing at the Hillcrest Park picnic shelters.

All paces and distances are welcome in this non-competitive atmosphere. Route suggestions and various pace groups will be available. Post-run fellowship planned.

The runs will begin at 7:30 a.m. each Saturday from June 2 through Aug. 26, except for the Beef and Eggs 5K July 8.

For more information, contact Larsen (larsenjk@brookings.net, 692-9077) or Foerster (becca.foerster@sdstate.edu, 691-1584).

Life membership roll expands

Prairie Striders life memberships has grown to 93 with the addition of nine people in the first quarter of 2017.

We welcome the following:

January

Shelby Eischens, Aurora; Dan Propst, Pierre; Kati Merkley and Alison Tappan, both of Brookings.

February

Marty Wennblom, Withrop Harbor, Ill.; Dan Merchant, Becca Foerster and Danny Foerster, all of Brookings.

March

Dan Bielfeldt, Brookings.

All Striders are eligible to upgrade to life membership status through the payment of \$100 to club treasurer Jay Larsen, Box 504, Brookings 57006.

Your gift not only helps fund club activities but also shows your support of the efforts the Striders do to boost running opportunities in the Brookings area.

Charter member Strande honored

Russ Strande, one of the original members of Prairie Striders (1969), was honored at the Sioux Valley boys basketball game Jan. 13 as the team's first 1,000-point scorer.

The 1952 Volga High School graduate finished with 1,152 points and also has the distinction of making a free throw underhand and overhand in one trip to the line.

Boston Marathon movie April 19

"Boston — An American Running Story" will be shown at 7:30 p.m. April 19 at Eastside CineMark in Sioux Falls, 1101 Highland Place.

Blatchford Energy Bars

Editor's note: Per request, this recipe is being printed in the Striders newsletter after receiving rave reviews at the Frostbite Frolic Feb. 4.

3 Cups Old Fashioned Oatmeal
2 ½ Cups Whey Protein Powder (any flavor, we use chocolate)
12oz Natural Honey
16oz All Natural Chunky Peanut Butter

In a large mixing bowl, warm peanut butter in microwave for 1-2 minutes and then mix with honey

Add protein 1 cup at a time until mixed thoroughly

Add oatmeal 1 cup at a time until mixed thoroughly

Mixture is very thick & hard to stir at this point

Place in a 10.5"x15.5" jelly roll pan using a rubber spatula & spread flat and even

Make sure to pack mixture down in pan

"Score" the bars while still warm in the pan

Place in the fridge to cool

Once cooled, cut into bars (we usually get about 27/pan)

Place bars into individual zip snack baggies and store in fridge drawer

Triathlon finish line: football stadium end zone

The 17th annual I'm Ready for Summer Triathlon has a new finishing point that should excite Jackrabbit football fans.

The finish to the 3.1-mile run will be in the north end zone of Dkyhouse Stadium on the South Dakota State University campus. To add to the atmosphere, event music will be supplied through the stadium scoreboard speakers.

In the two weeks prior to the April 29 events, 118 persons had registered. That includes 62 in the individual event, 34 team members and 22 in the fifth annual kids' tri, where race distances are customized for three age groups — 5 to 8, 9 to 11 and 12 to 14.

In the adult individual race, here is the breakdown per age group as of April 11:

15-17 — 2
18-29 — 13
30-39 — 19
40-49 — 17
50-59 — 7
60& up — 4

Registration cost is \$60 for an individual and \$90 for a team until April 27, when the cost goes up to \$75 and \$105, respectively. For the kids' races, the fees are \$25 and \$30.

Packet pickup is 4-6 p.m. April 28 and 6:30 to 8:30 a.m. April 29. The kids' race starts at 8 a.m. with the adult individual and team races beginning at 9 a.m. The awards ceremony is at 11 a.m.

Adult distances are 500-yard swim, 20K bike ride and 5K run. Kids distances:

5-8 year olds: Swim 50 Yards, Bike .5 Mile, and Run .25 Mile
9-11 year olds: Swim 100 Yards, Bike 1 Mile, and Run .5 Mile
12-14 year olds: Swim 200 Yards, Bike 3.1 Miles, and Run 1 Mile

To register or for more information, go to <http://www.itsyourrace.com/event.aspx?id=8623>.



Frank Farrar parks his bike to head into the final stage of the Dakotaman Triathlon in 2006. The former South Dakota governor (1969-71), who turned 88 on April 2, will be among the competitors in the I'm Ready for Summer Triathlon in Brookings April 29.

Coming races

Arbor Day 5K race opens spring racing season

The 28th annual Kay Cheever Arbor Day Run (or Walk) for Shade is a free 5K event to celebrate Arbor Day Friday, April 28.

Registration is 5:30 to 6:15 a.m. in the lobby of the Performing Arts Center on the South Dakota State University campus. The race starts at 6:30 a.m. on 11th Street adjacent to the Performing Arts Center and winds through campus, returning to 11th Street via 22nd Avenue. The entire course is run on sidewalks.

In addition to the opportunity to greet a spring morning with a bit of exercise, participants can take home a free seedling compliments of the Brookings Parks and Recreation Department, which helps sponsor the race. All ages

are welcome and refreshments will be available after the race.

The race bears Cheever's name in honor of the Brookings woman's lifelong advocacy for tree planting and nurturing and appreciating trees.

For more information, contact race director Steve Britzman, 697-9058, or visit prairiestriders.net.

Summer races:

Longest Day 10K — 7:30 p.m. Friday, June 16. \$8 with no T-shirt, \$13 with T-shirt. Race day sign-up only, 5:30 to 7:15 p.m. at Fishback Soccer Complex at Medary Avenue and 20th Street South, Brookings. Information: Rod DeHaven, 688-5994.

Beef and Eggs 5K — 8 a.m. Saturday, July 8. \$20 through June 30, \$25 July 1-6, \$30 through race day. Starts on south side of courthouse, finishes on west side of courthouse. Information: Kevin

Bjerke, 701-361-9782, kevin.bjerke@northern.edu

Predictor Mile — 7 p.m. Wednesday, Aug. 2. Free registration. Sign up and predict your one-mile time at the Brookings High School track, 6:30-7 p.m. For younger runners, there are 400- and 800-meter events. Information: Matt Schreiber, matt@hamlinbc.com, 691-9808.

Gala Days 5K — 8 a.m. Saturday, Aug. 5. Free registration. Race day sign-up only, 7 to 7:45 a.m. at Aurora Community Center on Main Street. Information: Chuck Tiltrum, 695-1757, or Facebook "Aurora Gala Day."

Researcher seeks athletes for endurance study

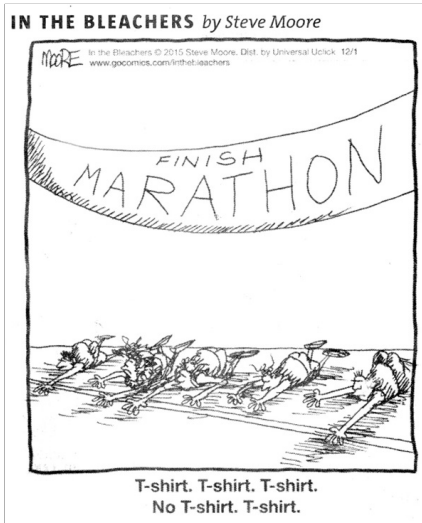
Amy Lane, a doctoral candidate at the University of North Carolina at Chapel Hill, is seeking volunteers to participate in her dissertation project on energy availability in male endurance athletes.

Participants must be male endurance athletes (i.e., runners, cyclists, triathletes) at least 18

years of age or older. Participants will be asked to complete an online questionnaire and complete 3-day dietary and training logs.

An individualized report will be provided to participants.

To participate or for more contact her at lanea@email.unc.edu, 919-962-5755.



T-shirt. T-shirt. T-shirt.
No T-shirt. T-shirt.