

The Pacesetter



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Overcoming the elements Blast of sun, wind no match for marathon winners

By **Dave Graves**
Newsletter editor

May 13 was a great day for a picnic in Brookings, South Dakota. However, it was no picnic for Cory Logsdon.

Nonetheless, the 29-year-old Omaha, Neb., banker fought through warm temperatures and a brisk south wind to claim the Brookings Marathon title in 2:46:09 (6:21 pace). It was his first Brookings Marathon and 25th overall. Logsdon also ran the Lincoln Marathon May 7 (2:44) and obviously was happy with his back-to-back performances.

The races are just steps for a bigger event to come — the Lean Horse 100 in the Black Hills in August, his first 100-miler. His ultimate goal is to make the cut for the Western States 100.

Logsdon said he entered Brookings based on the recommendation of a Team Nebraska teammate and wasn't disappointed. "It was a well-marked, well-volunteered course. It's a race you might see me back at."

The former Dana College runner cited the following example of volunteer spirit:

"One of my favorite parts of the race was right around Mile 18. A kid was trying to hand me a cup of water. I kind of clipped it and it slid off. About 200 meters down the road, the next thing I hear is this pitter-patter sprinting up from behind me. He's like 'I got you, bud, I got you' and hands me the water.

"That just shows the great support that's out here. They're really just trying to make sure that the athletes are hydrated and they're just proud for what is going on out there. So I couldn't ask for a better volunteer crew out there."

Race director Matt Bien puts the ditto on that. "Our volunteers make the race, no question. Safety, guidance, encouragement, they do it all. We couldn't put on this event without them."

Logsdon also complimented the bike support as that was his only companionship for much of the race. Half marathon winner Nick Penning set too fast of a pace and Logsdon quickly left other marathon runners behind.

"The bikes kept me on pace. The only thing I ran with was the bikes," Logsdon said.

He said at Mile 10 (a residential area not closed to traffic) he was almost hit by an inattentive driver and appreciates the bikes guiding him safely for the remainder.

Master's champ second overall

It would be 12 minutes before the second-place runner crossed the finish line, that being Khris Vickroy, 41, of Iowa City, Iowa. He also was the master's division winner.

"It was tough out there. Anything above 50 (degrees) is tough for marathoners and about 10 miles out the wind picked up. I probably lost two or three minutes from the wind. It was 63 (degrees) at Mile 1. It's maybe pushing 70 now. So with the wind and heat, it was a really tough day," Vickroy said of his 23rd marathon.

Officially, it was 59 at the race's 7 a.m. start with a 9 mph southwest wind. It was 72 by 11 a.m. with a 13 mph wind. By noon, the mercury has risen to 74 with a 15 mph wind and gusts to 22 mph.

See **Marathon Page 2**



Erika Knipps, 29, of Sioux Falls, crosses the finish line in 3:20:25 to win the women's division of the Brookings Marathon and place 13th overall. Six of her 15 marathons have been in Brookings, which she said was her favorite even before gaining her first title.

Photo courtesy of Sean Walsh, The Brookings Register

The long-distance experience

We're not out to change the Pacesetter into the 21st century version of the Long Distance Log, but efforts at the marathon and beyond do capture much of the focus of this issue.

In addition to the report on the 48th annual Brookings Marathon, the Pacesetter checks in on:

- Bruce Allen, who went to Nepal for the Mount Everest Marathon — Page 3
- Tim Fryer, Marcel Thielke and Cody Williams, who all have 100-milers planned in South Dakota this summer — Page 4
- Nancy Scholl, who experienced Boston as a charity runner — Page 5.

Also inside this issue

- Memories of Sexauer Field
- Race previews
- A look at some top Jackrabbit efforts
- Bob Bartling and Striders library profiled on TV

Photos that couldn't be fit into this issue can be seen at <http://www.praiestriders.net/photos.html>

Marathon: Carloads from WI; winners from Omaha, Sioux Falls

Continued from Page 1

Nonetheless, Vickroy said it a “great course” and he met his goals for the day — break three hours and win the master’s division.

His long-term goal is to become a member of 50 States Club. He started the quest three years and Brookings marked his 16th state.

Sioux Falls runner tops female entries

The first-place woman was Erica Knips, 29, of Sioux Falls, whose time of 3:20:25 was 13th overall. It was her 15th marathon and the sixth time for her to make the trip up I-29 for the Brookings Marathon. “This is a nice flat course with good community support. It’s my all-time favorite. It’s so well organized, even packet pickup,” she said.

Knips said she didn’t realize she was the first place female until around Mile 7, when she noticed she was receiving a bike escort. Otherwise, “I ran by myself the whole way.”

She took a positive outlook on the weather. “The wind cooled me off and there’s enough turns you’re never in the wind too long.”

By Mile 21 she was still on a runner’s high or had gone delirious as she reported singing “Happy Birthday” to her sister’s mother-in-law, who was part of Knips’ cheering delegation.

Defending marathon champ wins the half

Another runner who is a big fan of the Brookings Marathon is half marathon winner Jennifer (Viehrig) Freeman, 36, of Omaha, who won the women’s half in 1:31:54. She won the marathon in 2016 and 2010. This year she ran the half because she had run a 3:06:42 at the Lincoln Marathon May 7.

“I made the right decision. My time was about what I expected after running a marathon six days earlier. I didn’t feel my strongest.”

Freeman said she likes coming to Brookings because “it’s a small town, the price is right and there are a lot of volunteers. The effort that is put into it is tremendous and the course is gentle rolling, but mostly flat and forgiving. I like all the turns because they keep you from going into the wind too long.”



Jennifer Freeman wins the half. The Omaha, Neb., runner is the 2010 and 2016 Brookings Marathon champ.

Photo courtesy of Sean Walsh, The Brookings Register



Six members of the Brookings Middle School cross country team finished second in the marathon relay with a time of 3:14:03 (7:24 pace). Pictured, from left, are Dawson Peters, Tyler Sprang, Ian Smith, Sam Conrad, Matthew Weelborg, and Carter Johnson.

Photo courtesy of Jon Sprang

The next challenge for the Team Nebraska member is the Lean Horse 50 in August, her first 50-miler.

Participation

• There were 130 that started the marathon with 127 finishers. The numbers are on par with 2015 and 2014, but down from 2016. Bien didn’t know what caused the dip. Total runners (marathon, half marathon, marathon relay and 5K) was 825 compared with 881 in 2016. Except for the marathon, other entries were close to their past marks.

Youth movement

• The field included Charlie Harming, who at age 13 completed his first half marathon, accompanied by his dad, Chuck, 42. The Elkton runners finished in 2:30:32.

• Some of the day’s youngest participants, the Mickelson Middle School cross country team. Members Dawson Peters, Sam Conrad, Matthew Weelborg, Ian Smith, Tyler Sprang, Carter Johnson finished second among relay teams in 3:14:03 (7:25 pace).

Local standouts

• Adrienne McEntee, 44, of Brookings, said she was surprised how well she ran, completing the half marathon in 1:42:34 to win the women’s master’s division.

• Tim Fryer, 38, of Hendricks, Minn., was third in the half marathon with a 1:23:44. His long day was Sunday, a 30-miler he prepared for a 100-miler in the Black Hills June 24.

• Top Brookings runner in the marathon was Trever Shelden, 45, who finished his first marathon in 3:42:32, an 8:30 pace. He was 26th overall.

A club outing

• The River Falls, Wis., running club that loaded up four vehicles and brought 16 runners, including the day’s oldest participants, Steve Schroeder and Karen Bader, both 74. Schroeder, of River Falls, had entered the marathon, but switched to the half when he developed leg problems about mile 10. Bader, of Lodi, Wis., and Schroeder, both won their half marathon age groups.

Looking ahead

• The 2018 race will again be the second Saturday of May – May 12 – which is the week after SDSU’s graduation.

On top of the world

Flandreau man, son compete in half marathon on Mount Everest



Bruce Allen, 54, of Flandreau, finishes third in the Mount Everest Half Marathon May 29 in a time of 2:41:16.

By Dave Graves
Newsletter editor

Bruce Allen has already run a marathon at the bottom of the world, completing the Antarctica Marathon March 13, 2016.

In June he had plans to run one at the top of the world, the Mount Everest Marathon. He was accompanied on the three-week expedition by his 15-year-old son, David, who didn't intend to do the marathon. That changed a couple time during their May 14 to June 2 adventure from the Sioux Falls Airport to the Lukla Airport in the Himalayans of Nepal.

After spending nearly two weeks gradually climbing toward Mount Everest Base Camp, the marathon's starting point, David decided he wanted to run/hike the marathon route.

But at mandatory medical exam the day before the May 29 marathon, race officials ruled that David Allen hadn't acclimatized properly to tackle his first marathon, his father said. David was sent down the mountain to compete in what would be only his second half marathon. Bruce could have run the marathon, but opted to stay with his son.

The trip was arranged through Cold Feet Adventure, which provided guides to carry the runners' belongings, prepare meals and set up tents.

Many struggled with elevation

Members of the group, which numbered 22, regularly had their heart rate and oxygen levels tested, Bruce Allen said. "If David had another day to acclimatize he probably could have run" the marathon, Bruce said.

Several factors figured in David Allen not being accepted for the marathon.

"We didn't initially start taking Diamox (an altitude sickness pill) and he was feeling a little dizzy," Bruce said. Plus, he hadn't been eating much. "David is a picky eater. He didn't eat like he should have; mostly Cliff bars." Noodles were diet staple and eggs were the only protein that was served to the

For the greater good

In addition to personal accomplishment, Bruce Allen also ran to raise funds for 6-year-old Hovakah Bosin, of Flandreau, who is battling a form of Leukemia. "I would like to thank everyone who has donated and sent prayers to Hovakah and his family," Allen said in thanking those who donated a total of \$1,025.

In addition, the marathon group raised \$1,000 among themselves to help an elementary school that was struck by the 2015 earthquake in Nepal.

marathon group, Bruce Allen said.

Medical conditions of others in the group also had race organizers on edge and they weren't going to take a risk with a 15-year-old, Allen said.

The day before the pre-marathon medical exam a lady died from a heart attack while in the caravan's portable tea room. Two others were sent down because of altitude sickness and another 10 were denied a chance to run because they were so dizzy that they couldn't walk a straight line, reported Allen, a Prairie Striders member from Flandreau.

'Hardest half marathon'

While the marathon started at Everest Base Camp, 17,600 feet above sea level, the half marathon started at 14,500. The races shared the same finish line.

Allen said rainy weather arrived a few days before the races, knocking out internet and cell phone service as well as bringing some snow to Everest Base Camp. But the skies parted on race day. Runners were greeted with clear skies, a dry course and moderate temperatures. Allen said he ran in sports tech shorts and a short-sleeve tech shirt.

The course drops 2,000 feet from start to finish, "But it's up and down. A lot of switchbacks on rocks. So it's hard to get a good pace. I'm just glad I never twisted an ankle.

"It was the hardest half marathon I've been a part of. There are very few spots you can actually get a straight run in. You've got to bounce from rock to rock. The terrain is tough. No two strides are the same. You can't get a decent stride," said Allen, who added there was a steep uphill section that was nearly a mile long and had everyone walking.

Extra conditioning pays off

Nonetheless, Allen finished in third place with a time of 2:41:16. David finished in 3:54:19.

When Allen traversed the 13 miles from Everest Base Camp to the camp at the half marathon start, it took him three hours at a fast-paced hike. So he was hoping for an official time of 2:30, but wasn't disappointed by his effort May 29.

The first two runners quickly left the pack and finished in 2:18:53 and 2:33:15. Allen was eight minutes ahead of fourth place.

All four beat the course record, which was a rather slow 3 ½ hours. "A lot of times in these kinds of races, the half doesn't draw serious runners. We had a lot of serious runners in the half this time," said Allen, who set a 2:53 marathon PR in Brookings in 2013. "After seeing how good I was doing, I was shooting for place."

He said the runners that beat him were 10 to 20 years younger and 15 to 20 pounds lighter, so he was pleased with how he acclimatized.

Allen said part of his training was to carry a heavy backpack on all the group's hiking. He had never been higher than 11,000 feet before the trip, but he did wear an altitude mask for some four- or five-mile treadmill runs. During the two weeks of acclimatization, there were nine hiking days, reaching a peak elevation of 18,200.

Try again next year?

The races are always run on May 29, the anniversary date of the first successful summiting of 29,029-foot Mount Everest in 1953.

Allen's 2018 adventure marathon is already planned—the Inca Trail Marathon in the Southern Peruvian Andes. It bills itself "the most difficult marathon in the world." But he also is considering giving the Mount Everest Marathon another shot, which is a week earlier, because he then wouldn't need to adjust to the 13,800-foot elevation of the Andes.

While the Everest Marathon eluded him this year, he's thankful for the time with his son. "That trip really expanded what David found out he could do."

In it for the long haul

Prairie Striders members reflect on their ultra experiences

By Dave Graves
Newsletter editor

It's been said "Everything you wanted to know about yourself can be learned in 26.2 miles."

If that's the case, ultra runners have an unmatched sense of who they are.

Ultramarathons, any distance greater than 26.2 miles, have become increasingly popular and 100-mile runs no longer are the impossible distance. To give an appreciation of the growth, in 1976 there were an estimated 25,000 marathon finishers in the U.S. The New York Marathon draws double that number now and the number of finishers of 100-mile races in the United States approached 8,000 in 2016, according to Ultra Marathon Statistics.

Among those who have discovered themselves beyond 26.2 miles are Prairie Striders members Tim Fryer and Marcel Thielke with Cody Williams about to get his first taste.

Thielke, 31, of Brookings, and Fryer, 38, of Hendricks, Minn., finished one and two, respectively, at the Lean Horse 100 in Custer Aug. 27, 2016. Thielke finished in 18:20:45. Fryer was an hour back in 19:15:53. It was the first 100-miler for both.

Since then Thielke ran a 100-mile race in North Dakota March 18 and Fryer ran the Black Hills 100 June 23. Thielke and Williams both will be at the Lean Horse 100 Aug. 19. Fryer will tackle the Lean Horse 50 miler if he has recovered sufficiently.

'Gets in your blood'

Fryer said, "The ultra experience gets in your blood. The journey from training to the race is an adventure in itself. The highs and lows you go through in a hundred miler must be experienced to truly appreciate what you have accomplished. You learn to appreciate a lot of small things you take for granted in shorter runs—aid stations, a good crew, something cold to drink, even the ability to still run in the later miles.

"I think it is a natural progression to push yourself and up the distance from 5K to 10K, from 10K to half-marathon, from half to full 26.2, from there to 50K to 50 miler and before you know it, boom, your signing up to run a 100 miles."

Perhaps more so than marathon courses, the degree of course difficulty varies greatly. The Lean Horse bills itself as a great ultra for first timers or those seeking a PR. It's run on the George S. Mickelson Trail. The Black Hills course has lots of small elevation gains and is rated by race organizers on a level with Leadville or Western States.

That explains why Thielke's goal is sub-18 hours, "hopefully 16 ½ hours," and Fryer's goal "is a top ten finish and if everything goes great, a sub 25-hour time."

Managing the details

Thielke is known as a strategist, planning in advance what nutrients and fluids to take when. He said is drawn to ultras because of the "unique challenge of mental problem-solving as something will always go wrong." Hence he has backups of everything he would use on race day: shoes, headlamp, bottles, watch, shirts, etc.

His preparation has included nutritional experimenting, gear testing, course analysis and heat training, which means running in the middle of the day under full sun exposure, avoiding air conditioning in his car and going into the hotel sauna whenever possible, said Thielke, who travels frequently in his job as global account manager with Würth Electronics Midcom in Watertown.

Physically, Fryer, the lead service technician at NB Golf



Marcel Thielke crosses the finish line of the Lean Horse 100 at 12:20 a.m. Aug. 28 after starting 18 hours and 20 minutes earlier. He won the 2016 event and will be back at Custer this year with hopes of lowering his time.

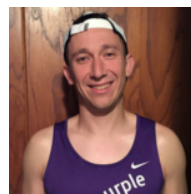
Carts in Hendricks, said he has been turning in long runs every weekend, from 26 to 34 miles.

Williams, 32, of Brookings, hit Grandma's Marathon June 17 (3:31 despite blowing up on the last mile) and may hit a couple more marathons for training runs. He plans to peak at 90 miles per week, "but I might try to do 100 for a week just to say I did it."



Tim Fryer, shown competing in the 2015 Longest Day 10K, took on the challenging Black Hills 100 course June 23.

'Stretching those barriers'



Cody Williams

Two months out from his first 100-miler, Williams said he is 75 percent excited and 25 percent nervous. "The only goal I have for this race (Lean Horse 100) is to finish and have fun," Williams said. He said he appreciates the race atmospheres at 100s. "It is more about finishing and teamwork. It takes more planning and you need a crew to help you along the way."

In his preparation, the Brookings Health Systems supply coordinator said, "I enjoy getting family and friends together for a day of running. In my training, I enjoy going out for long miles not really worrying about how fast and more focusing more about the time on your feet."

Thielke said ultras expand the mind as to what is possible. "The 26.2-mile marathon distance is an artificial barrier in our mind. Stretching those barriers to find out what my body is capable of doing has been the most interesting aspect to explore."

"Stretching those barriers to find out what my body is capable of doing has been the most interesting aspect to explore."

Marcel Thielke, on running ultramarathons



Go to the **Prairie Striders Facebook page** to find the link to watch the show. (May 10 entry)

Club librarian Bob Bartling is interviewed for Midco Sports Magazine in archives section at Briggs Library on the South Dakota State University campus. Bartling and his library work was featured on the May 1 episode.

Photo courtesy of Midco Sports

Stepping Strong experience inspires Boston Marathon run

By Nancy Scholl

Editor's note: On April 17, Nancy Scholl, of Brookings, ran the Boston Marathon for the second time. Though she time qualified both times, she chose to run this year's race for charity, the Brigham and Women's Hospital Stepping Strong Marathon team.

The money she raised went to the Gillian Reny 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, which has raised more than \$8.5 million through its marathon program since 1999.

The experience of running on a charity team in the Boston Marathon was exciting and valuable.

After registering for the marathon, I became aware of the opportunity to run with the Stepping Strong team through a Facebook post. I had never considered this before but was attracted to the team's purpose of raising funds for the Gillian Reny Center for Trauma Innovation.

Subsequent to being accepted by the team I began my first steps of fundraising, which I had never done before. (The last time I'd asked anyone for money was when I told my dad I was getting married.) I was quite pleased and surprised with the generosity of so many people, including the Prairie Striders board of directors.

The team of 128 runners raised more than \$1.15 million. I was a small part of that but the ocean is made up of single water droplets.

I had requested a tour of the new Building for Transformative Medicine, which houses the Center for Trauma Innovation. (My husband) Daniel and I received a behind-the-scenes glimpse at the beautiful lab and research space now dedicated to helping trauma victims.

We met up with the Stepping Strong 5K team Saturday morning and thoroughly enjoyed that slow race. We passed the Reny family, who was walking the course so we introduced ourselves and talked briefly. They are such congenial people and so appreciative of the generosity of Brookings sponsors.



Prairie Strider member Nancy Scholl poses with her husband, Dan, before boarding the bus to Hopkinton, Mass., for the start of the Boston Marathon April 17, 2017.

We had our pre-race dinner with the team and enjoyed inspirational speakers including Gillian and mom, Audrey. Audrey was going to be running marathon and told us that her mantra was "step strong."

On race day morning, we took the buses to the start line and waited together in a restaurant for the time when we could proceed to the corrals. Our needs were well tended to, including being able to watch the earlier start of the elite marathoners on a large screen. Each time we were together as a team there had to be photos taken as well.

I was encouraged along the 26.2-mile course with cheers of "Go Stepping Strong" and I well-remembered Audrey's mantra to "step strong" when it got warm, when the next aid station wasn't yet in sight and when I was going up the Newton hills.

Running that marathon was valuable for the experience of seeing people's generosity, service to others and a genuine interest in contributing to a stranger's journey from trauma to healing.

SDSU updates

Runners named athletes of year

In an athletic program where the football team and men's basketball team both made the NCAA playoffs and the women's basketball team advanced to the second round of the WNIT, it was two members of the track team that South Dakota State University honored as Outstanding Jackrabbit Senior Athletes.

The female recipient was Carly Carper, of Rutland. The sprinter owns seven school records and has earned all-Summit League honors 14 times in indoor and outdoor seasons in five different events. She has won Summit League titles in the 60-meter dash (twice), the 100-meter dash and the 4x100-meter relay.

Carper ran the 100 meters in the NCAA Division I West Preliminary in 2015 and 2016, posting times of 11:49 and 11:99, respectively.

The male recipient was Joel Reichow, of White Bear Lake, Minn. He had All-American cross country seasons his junior and senior years. Reichow was named Summit League Men's Cross Country Athlete of the Year in 2016 and the was track MVP at the 2017 Summit League Indoor Championships after winning the mile and 5K.

In addition, in 2016 he broke the 10K

mark of 29:34 that Digger Carlson had set in 1984 with a 28:56 clocking and qualified for the West Region Prelims. (Note: Also in 2016, senior Trent Lusignan ran a 29:24 to put Digger in the third spot.)

Carper and Reichow were honored at the athletic department's senior banquet inside Dykhouse Stadium May 4.

Burdick becomes 5th nat'l qualifier

Kyle Burdick became the fifth Jackrabbit in the Division I era to qualify for the NCAA Championships, which was June 7 in Eugene, Ore.

Burdick, a sophomore from Rapid City Stevens, ran the second-fastest 1,500 meters of his career with a 3:43.78 clocking in the semifinals. That placed him eighth in his heat and eighth overall. However, those advancing to finals were in the top five in their heat and the next two fastest times. Seventh-place in his heat was 3:41.

Burdick's fastest time was 3:42:52 at the Bryan Clay Invite in Azusa, Calif., April 14. That ranks him third on the SDSU all-time list with a 3:42:52. Atop the board is his coach, Rod DeHaven, with a 3:40:15.

Burdick qualified for nationals by finishing fourth in the 1,500 meters at the NCAA West Preliminary Round May 28 in Austin, Texas. He ran a 3:59.35 in the prelims May 27 and then cut nine sec-

onds on Saturday with a time of 3:48.15 in the finals. The top time was 3:47.38 by Joshua Thompson, Oklahoma State.

Placing 22nd was former Brookings standout Addison DeHaven, of Boise State, who finished in 4:01.84

Past SDSU qualifiers for the NCAA Championship: Jazzelena Black, triple jump; Mindy Wirth, 2014, high jump; Jared Vlaustin, 2012, long jump; Sara Ackman, discuss, 2009, 2010.

Rabbit runners replace legends Asp, Lowery on 5K record board

Running at the Drake Relays April 27, SDSU runners Rachel King and Joel Reichow posted record marks that had been held by Jackrabbit legends.

King, a sophomore from St. Michael, Minn., shattered the 5K mark that Kristin Asp had held since 1984 (16:25:25). King's time of 16:16:48 was seventh at Drake.

Reichow topped the 14:00:24 mark that Brad Lowery had set in 2005. Reichow's time of 13:53:05 finished third at Drake.

Asp still holds the indoor 1,500 mark as well as the outdoor 3,000 and 10,000 meters. King also is the indoor 3K record holder.

Lowry's last mark in the record book is the indoor 3K (8:05.04). Reichow also holds marks in the indoor 5K and the outdoor 10k.

Strider snippets

Wanted: Vintage marathon photos

The Brookings Marathon (formerly Longest Day Marathon) will celebrate 50 years in 2019. A history book with finish times, past champions, stories and photos is planned to commemorate this milestone.

We have a very limited collection of photos prior to 2005. You can help us by sending your favorite photo from race days gone by. We welcome photos from any year, and especially need those from the '70s, '80s and '90s.

If you have a photo to share, please contact race director Matt Bien at run@brookingsmarathon.com. We are

happy to scan photos for you if you live in the Brookings area. Otherwise, send a high-resolution scan of your photo as an attachment to the same email address (JPEG format preferred).

Registration open for Beef and Eggs

Registration is open for the 13th running of the Beef and Eggs 5K, the area's premiere 3.1-mile race, which starts at 8 a.m. July 8.

Held on the Saturday of the Brookings Arts Festival, the event is known for attracting a full range of participants — from top collegians to grandmothers pushing children in strollers. Not only do racers go down shady streets in Brookings' oldest residential neighborhood, they return to the spacious lawn

at the historic Brookings County Courthouse for breakfast — eggbake, fruit, muffins and doughnuts.

The course also will go right by Jackrabbit Central, the sight for Friday's packet pickup and registration. Jackrabbit Central, the downtown apparel shop for South Dakota State University, is located at 416 Main Ave. Packet pickup is 5-7 p.m.

Advance registration is open by visiting Anderson Race Management. Cost is \$25 through June 30 and \$30 through race day.

On-site registration begins at 7 a.m. in the Fifth Street Gym, but organizers ask that people sign up in advance to save everyone's time and guarantee a unique Beef and Eggs T-shirt.



Sexauer Field now a memory

Former SDSU track to become intramural field

Starting line as reconstruction of the South Dakota State track begins in 1971. Pictured, back row, from left, are Elmer Sexauer, chairman of the Sexauer Company; South Dakota State President Hilton Briggs and Warren Miller, president of the Alumni Association board. Kneeling is Keith Jensen, Alumni Association executive director.

To read a history on the track that dated back to 1910, go to the Prairie Striders Facebook page. (May 30 entry).

Prairie Striders officers 2017

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