

# The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 14, No. 4

Brookings, S.D.

November 2017

## Mansheim to continue to support running

55 years after his college glory days, Brookings' Good Neighbor maintains his enthusiasm for sports

By **Emily Berzonsky**  
Newsletter writer

Harry Mansheim alternates between biking and slogging four days a week. He calls his running "slogging" because it is a slow jog. Mansheim doesn't enjoy running, but he enjoys the health benefits it has provided.

"The good part of it is you can do it by yourself, according to your own schedule for the sake of cardiovascular fitness, and you can measure it by time and distance," he said.

No time and distance, however, can measure Mansheim's support and dedication to the Brookings running community since he and his wife, Connie, made Brookings their home more than 50 years ago.

After a stint in grad school and three years of teaching and coaching, the Mansheims moved back to Brookings in 1967 when Harry became a State Farm Insurance agent. After 50 years, most of them nestled in a little office in the 500 block of Main Avenue, Mansheim has retired. But other constants in his life remain —like living in Brookings, supporting SDSU and Brookings athletics, and the Prairie Striders.

Mansheim was a farm kid from Colome who discovered athletics in high school. He took his talents to Huron College, graduating in 1963 with a bachelor's in physical education.

Mansheim's successful running career for the Huron College cross country and track and field teams culminated with him going undefeated in the Dakotas in fall 1962. His best mile time of 4:19.8 earned him a career-high finish of 10th at the NAIA National Track & Field Championships.

Mansheim graduated from South Dakota State in 1964 with a master's degree in physical education. While attending SDSU, he served as the cross country graduate assistant under head coach Tom Woodall and took part in the first-ever Jack 15 road race.

After SDSU, Mansheim accepted a position coaching cross country and assisting with track and field and basketball at Huron High School. Mansheim was the first cross country coach.

During his three years coaching at Huron, he formed a cross country team, called other schools to develop a competition schedule, designed a cross country course, and organized Huron's first cross country race: The Huron Invitational.

### Advocated for girls 2-mile run

Back in Brookings, Mansheim grew his agency and his family.

The Mansheims have seven children. The eldest daughter, Pam, won the State A Cross Country Meet as a Brookings High School freshman in 1979. Also as a freshman, she helped to set a 4x800-meter relay state record that stood for many years. Mansheims' youngest daughter, Becka, also competed for SDSU. Becka (Mansheim) Foerster currently holds the indoor 1,000 meter, the outdoor 1500 meter and the outdoor 4x1600-meter relay records.

"During my collegiate career between the four years of running cross country, indoor track, and outdoor track, he only missed three meets. Being present for his children was, and still is, very important to him," Foerster said.

While Jule was competing in high school cross country,

See **MANSHEIM**, Page 2



Harry Mansheim, from the 1963 South Dakota State cross country team photo. He was a grad assistant under Tom Woodall.

## Hi Prairie Striders members!



My name is Emily Berzonsky. I am a junior community & public health/pre-physical therapy major with minors in professional writing and health communications at South Dakota State University. I am in my third year running for the Jackrabbit cross country and track & field teams. I have been writing the occasional article for the Prairie Striders newsletter for the past three years. This fall, I will be taking on a larger role and producing, with the help of Dave Graves, the December newsletter.

In addition to that, I have started a weekly blog to keep Prairie Striders members connected with myself and the SDSU cross country team. The blog can be found on the Prairie Striders Facebook page and the first entry talks of our trip to Louisville, Kentucky, for the prenationals. As a student in Fishback Honors College, I am required to complete an independent study of my own design under the supervision of a faculty member. I am excited to make my work with Prairie Striders my independent study.

If you have any suggestions for stories or features you'd like to see added to the newsletter, feel free to email me at [emily.berzonsky@jacks.sdstate.edu](mailto:emily.berzonsky@jacks.sdstate.edu).

# Mansheim: The bearer of encouragement



Posing behind the 2017 Beef and Eggs 5K banner are Harry Mansheim and the family of his daughter Becca Foerester.

Pictured, from left, are Drake, Becca, Jada, Harry, Kalla, and Danny.

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Harry Mansheim pushed the South Dakota High School Activities Association to add a girls 2-mile race to all track and field competitions. The boys already had a 2-mile race.

"I made two trips to Pierre to the South Dakota Activities Association for meetings. I wrote letters to the extent that I was on the verge of taking forcible action for this to come about. I knew women could do it."

Largely a result of Mansheim's persistence, the 2 mile was added as a girls track & field event by 1980.

## A letter of encouragement

While competing for Huron College, Mansheim received letters from fans offering him congratulations and words of encouragement.

"That was inspiring to me and provided some impetus for continued efforts. This I felt was a sensation that others should receive," he said.

Mansheim has been sending similar letters to Brookings High School athletes featured in the newspapers for the past 45 years. He sends about 75 per year and maintains a list of all the athletes he has encouraged in order to avoid sending an athlete more than one letter. It takes Mansheim about 15 minutes to cut out the article and post the letter.

Mansheim has a speaker in his car that was installed for him to call out to farmers working in their fields and alert them that he had stopped by to sell insurance. He was happy to find that the speaker works well for calling out encouragement to runners as well.

## Retirement plans

In retirement he plans to stay busy working on the family farm where he grew up in Colome and continuing to serve the Brookings running community. He will continue to volunteer for the Jack 15 road race. His family has manned the first

water station 3 miles in for the past five years.

He will also continue writing letters to Brookings High School Athletes and donating to SDSU athletics. He has been donating for the past 49 years.

Despite not enjoying running, Harry Mansheim has found that he can enjoy supporting others who do.

His advice for all runners is, "you jog, then you run, then you race. Maybe the last third of the competitors are runners and the front 25 percent are racers. They're racing against the clock, racing against somebody, but they're racing. There's a difference in the mindset. So keep racing when it's time."



Harry Mansheim is pictured with his granddaughter Kalla Foerester at the BHS track for the summer 2016 senior games. He won the 1,500-meter race.

# Member Spotlight

**Editor's note:**

Member Spotlight is a regular feature in 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.



## Jim Egeberg

**Age:** 66

**Residence:** Valley City, N.D.

**Occupation:** Retired cross country and track & field coach

**Family: Spouse:** Pat, 63, director for Health Services and Worksite Wellness at Valley City State University, Valley City, ND

**Daughter:** Kari, 35, RN at Hennepin County Medical Center, Minneapolis

**Son:** Ryan, 33, certified respiratory nurse anesthetist at Children's Hospital, St. Paul, Minn., and wife Amy, RN, and grandsons Palmer, 3, and Stellan, 1, Edina, Minn.

**Son:** Scott, 30, information technology-client server developer for Health Partners, Minneapolis

**Years as a Prairie Strider member:** I think I was at



the second meeting (1969). "I was running when running wasn't cool!"

**Why you're a member:** Originally for discounts on shoes at Bartling's.

**What you enjoy about running:** It improves your mood and outlook on life. A nice morning run on a cool day makes the whole day better. Running is more mental than physical.

**Favorite running memory:** I started running when I went out for cross country my junior year of high school because I didn't want to cut my hair for football. That started a lifetime of memories: Running at Brookings High and SDSU. Coaching at Groton High School (three Class A boy's state track titles). Coaching at SDSU and Valley City State. Watching my wife and kids run.

**Your favorite Prairie Striders race:** Beef and Eggs 5K: Best course, best breakfast, best race directors, chip timing etc. [full disclosure -- my son Ryan is race director (Eggs) with Kevin Bjerke (Beef)].

**Favorite workout:** I just jog whatever I feel like. I start slow then taper off.

**Your running goal:** Place in my age division. (Getting harder).

## Pat Egeberg

**Age:** 63

**Residence:** Valley City, N.D.

**Years as a Prairie Strider member:** Since early 1970s.

**Why you're a member:** Jim was already a member, so I naturally joined as well and it is such a great running group for supporting running activities.

**What you enjoy about running:** It has great physical and mental benefits.

**Favorite running memory:** Being one of the first two women to run the Jackrabbit 15 race (1974 with Ruth Rehn). My two Grandma's Marathons in 1990 and 1994 when I placed high in my age group and qualified for



Boston both times.

I enjoyed watching all three of my children run in high school and college. Kari ran for the University of North Dakota, Ryan for SDSU, and Scott for Minnesota State University Moorhead. Ryan and Scott were on the State Class A High School XC Championship Team in 2001.

**Your favorite Prairie Striders race:** Beef and Eggs 5K: Best course, best breakfast, best race directors, (one of which is my son Ryan), chip timing etc. Our whole family runs this race annually.

**Favorite workout:** Due to my knees, I mainly just bike and walk these days with the occasional race (Beef and Eggs 5K).

**Your running goal:** Since I mostly just bike now, when I do run, it is to finish with a respectable time.

Jim Egeberg, 23, of Brookings, shows a finishing kick after running with his girlfriend and now wife Pat (Welch) Egeberg, 21, of Parkston, in the 1974 Jack 15.

Egeberg had run several Jack 15s, but that year Welch and Ruth Rehn were the first women to run the Jack 15.

Welch and Rehn entered and ran independently of each other, but finished close to each other. Rehn covered the 15.2 miles in 2:02:55 followed by Egeberg at 2:02:56 and Welch at 2:02:57.



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## Bev Cotton

**Age:** 57

**Residence:** Volga

**Occupation:** Registered nurse working both in the emergency department and teaching diabetic education at Brookings Health System.

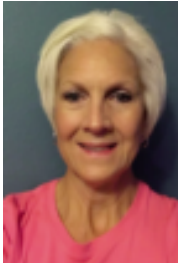
**Family:** Married to my high school sweetheart, George, for 36 years. We have two grown children—Les (wife Mel) lives in Sioux Falls and works for Lawrence and Schiller; daughter Aubrey Vanderbush (husband David) live in Volga along with my three adorable grandchildren.

**Years as a Prairie Strider member:** Became a dues-paying member this year.

**What you enjoy about running:** I haven't always been a runner. In fact, when I was young my doctor told me that I probably never would be able to participate in sports. I was born with congenital hip dysplasia and spent the first two years of my life in various casts and splints.

I have always dabbled in running but didn't get serious about it until my brother died at the age of 49 of a hereditary heart condition in 2006. That was an eye opener for me and I made the decision to focus more on my health. I ran my first half marathon in Brookings in 2007 and have run at least one half marathon a year ever since.

I have also run in many of the Prairie Striders races and am



Bev Cotton nears the finish of the Jack 15 Sept. 23. She paired with Lynne Thompson to cover the 15.2-mile course in 2:38:35 under the team name Nurses R Us.

honored to be a member of the Brookings Marathon Committee!

**Your running goal:** Run at least one race a month. Most all of my races have been run with my good friend Lynne Thompson. She has been my motivation to keep moving in spite of all of my aches and pains!

## Staying visible while running alongside traffic

By Eric Minghella

Guest columnist

According to a 2012 study by the Sporting Goods Manufacturers Association, running is more popular in the past decade than it's ever been in America. As of 2017, an estimated 22 million Americans run at least 100 days out of the year to stay in shape.

Despite these numbers, runners can still be a shock to drivers. From the following four tips you can learn to stay safe and visible when on your next run.

### 1) Brush up on general running safety laws

The majority of running safety laws are, in general, normal pedestrian laws. The usual rule set is use common sense: be sure to use crosswalks, always ensure you have right-of-way before crossing a street, etc.

Be sure that you are always running on the sidewalk. Running off of the sidewalk can be both illegal and much more dangerous. Cars are far less prepared for runners off of the sidewalk. Taking up road next to the sidewalk prevents cars from pulling over or making turns.

Another good rule of thumb is to always run against the flow of traffic. Unlike bicyclists, runners are not considered vehicles and can travel whichever way they choose. In general, it is safest to run on the sidewalk going against the direction of cars.

### 2) Make yourself as noticeable as possible

- For daytime runners: Stick with neon and other bright colors that separate you from your surroundings. Drivers are much more likely to give you room when you're wearing clothing that says, "Look at me! You can't miss me!"

Another way to get noticed is by wearing reflective material, either built-in or attached to your clothing. Even during the day, a glint of sunlight can catch the eye of a driver who otherwise wouldn't have seen you.

- For evening/nighttime runners: Though it is useful during the day, reflective clothing is hands-down the most important thing to wear when running at night. Because cars will have their headlights on, reflective clothing can use a driver's light source to notify them of your presence. Some runners even wear their own light sources to ensure they get noticed — things like headlamps, strobe lights, light-up shoes, and back-up flashlights are all common accessories.

### 3) Think like a driver

It's very common when running to get into a zone and stop noticing the world around you. Unfortunately, this mindset can also be the downfall of a runner who fails to stay alert and runs into a dangerous situation.

The best way to combat this is to repeatedly check in with yourself

throughout your run and think, "What would a driver see right now?" Be sure you are out in the open, free of obstructions and are running in a safe area.

If you're coming up to a crosswalk, give yourself the space you would need as a driver to notice you before crossing the street, even if you have the right of way. Mentally putting yourself behind the wheel can help you to gauge any situation to help make the safest decision.

### 4) Follow your instincts

Last, but certainly not least, be sure to follow your instincts when you run. This applies across the board to a variety of different situations. For instance, if you look out the door and it's snowing outside, trust the pang in your gut that's telling you to steer clear of ice and maybe exercise indoors that day.

If you notice construction while you're running that diverts your path or takes you closer to traffic, maybe turn around or take an alternate known route to prevent unknowns. When in doubt, always be sure to stop, take a breather, and play it safe.

Eric Minghella is an outreach specialist in personal injury law in Boston, Mass.

This article was created by Personal Injury Help, an organization dedicated to providing the public with information about personal injury and safety information.

# Strider snippets



Kyle Burdick, left, and Chase Cayo run side-by-side at the Summit League Championship Oct. 28. Cayo took the lead

down the stretch to win the event with Burdick finishing second. The Jacks also won the team title.

## Jackrabbit men rock Summit League

SDSU men's cross country runners **Chase Cayo** and **Kyle Burdick** went 1-2 in the Summit League championships Oct. 28 at Vermillion to lead the Jackrabbits to the team title and Coach **Rod DeHaven** claimed his sixth men's Summit League Coach of the Year honor. He also has one women's honor in the 11 years since SDSU joined the Summit League.

SDSU men scored 31 points (1-2-4-11-13) to top runner-up North Dakota State (42 points). Host South Dakota was third with 55 points. SDSU has won Summit League titles in 2009-10, 2012-13 and 2016-17.

Cayo, a sophomore from St. Michael, Minn., posted an 8K time of 24:44.78 to beat his 2016 championship time by 1:04.8. It is the third fastest finish by a Jackrabbit in a Summit League championship. After running almost the whole race together, Cayo pulled away from Burdick in the final stretch. Burdick's time of 24:47.2 beat his 2016 time by 54 seconds.

Fourth place went to Sioux Falls sophomore **Lukas Nelson**, who ran a 25:12.70 to top his 2016 mark by more than two minutes (27:17.1).

On the women's side, **Rachel King**, a junior from St. Michael, won the 6K event in 20:53.54 to lead SDSU to a third-place finish. Her time was a 19.2-second improvement from 2016, when she placed second to teammate Emily Donnay, who is injured and couldn't compete this season. The top three teams were USD (30), NDSU (57) and SDSU (67).

Placing second and third for the Jackrabbits were **Anna Donnay** (13th, 21:50.76) and **Emily Berzonsky** (14th, 22:01.68).

## SDSU Hall of Fame inductees include Gieske, Johnson

Two cross country runners were added to the Jackrabbits Sports Hall of Fame Oct. 7.

The five inductees for 2017 included **Nancy Gieske**, Class of 1985, and **Kiri (Johnson) Solberg**, Class of 1993.

Gieske was part of the Jackrabbits powerhouse teams that won back-to-back national titles in 1980 (AIAW) and 1981 (NCAA Division II). The Mendota Heights, Minn., native won the regional title in 1980. In 1981, she placed seventh nationally and was 14th in 1982. In spring 1982, Gieske finished second in the 3,000- and 5,000-meter runs at the NCAA Division II Track and Field Championships.

Now of San Francisco, Gieske owns her own consulting business that works with companies involved in biopharmaceuticals and medical devices.

Solberg earned All-America honors six times and won four individual conference titles and was recognized as one of the top 50 female student-athletes during SDSU's 50 Years of Women's Athletics celebration in the 2015-16 school year.



Jackrabbit Hall of Fame inductees Nancy Gieske, left, and Kiri (Johnson) Solberg pose with their track and cross country coach Scott Underwood at the induction ceremony Oct. 7. Gieske '85 is now in San Francisco while Johnson '93 is in Blaine, Minn. Underwood coached from 1977 to 1995.

She won North Central Conference cross country titles in 1990, 1991 and 1992. She was an All-American in 1989-1992 and placed 10th nationally in 1991 and 1992. In track, the Reeder, N.D., native won the 5,000-meter indoor title in 1993 and posted back-to-back sixth-places in the 10,000 meters at the NCAA Division II Outdoor Track and Field Championships in 1992 and 1993.

Now of Blaine, Minn., the former pastor has worked for Tactile Medical, of Minneapolis, as a patient experience representative since July 2013.

## Hobo Day 5K crown goes to Jackrabbit Capra

Trevor Capra, a senior on the SDSU track and field team whose cross country eligibility is expired, handily won the Bob Bartling Hobo Day 5K Oct. 14 in 14:52. There is no record book for the event, but Capra's time is believed to be a record.

The 22-year-old Lakeville, Minn., senior beat teammate Micah Mather, 19, of St. Paul, Minn., who finished in 15:34. Former Jackrabbit Marty Wennblom, of Sparta, Wisc., who is twice the age of Mather, was third in 15:50.

There were 332 finishers and 357 entries. The field included race namesake Bob Bartling, age 91, who won his age group with a 48:59.

# The science behind the ideal footstrike

## Mercury Minute



By Matt Bien, M.D.

Runners are often looking for an edge.

Most would like to run a little faster or farther while staying injury-free in the process.

Footstrike, how your foot hits the ground

when you run, is often touted as a key factor in running efficiency and injury avoidance.

So what is the optimal footstrike? If I change my footstrike, will my running improve? Let's explore the science behind these questions and more.

To begin, it is safe to say that the science regarding the "best" footstrike is far from robust. Nonetheless, there is some consensus. For most runners (80-90 percent), the heel contacts the ground first followed by a roll forward before pushing off. Even at the elite level in distances greater than the 10K, most runners (65-75 percent) are heel strikers or rear-foot strikers. You are likely among this majority.

The next most common pattern is the midfoot strike (15 percent of recreational runners to 25 percent of elite runners). Here, the mid-part of the foot contacts the ground just before or with the heel before rolling forward.

The least common pattern, forefoot striking is a small minority among distance runners (2-4 percent). While sprinters almost always use a forefoot strike pattern, landing first on the front of your foot leads to a less-efficient gait as distances increase and pace slows. The remaining points will focus on midfoot vs rearfoot strikers.

While the above percentages are fairly well-accepted, foot-strikologists begin to diverge when trying to decide which pattern is "better." Adding to the controversy, the recent minimalist movement, including Pose and Chi running techniques, encourages runners to move from striking the heel to striking the midfoot first.

So let's examine some of the purported benefits of the various footstrike patterns.

### Speed

One might observe that faster runners tend to land with more of a midfoot strike. While that is certainly a valid observation, their speed leads to their footstrike pattern, not vice versa. It simply becomes mechanically difficult to heelstrike at paces faster than 5 minutes per mile.

Even at the marathon distance, elite runners amazingly maintain this pace or faster.

But at paces slower than a 5-minute mile, when other variables are accounted for, midfoot vs. rearfoot striking has little bearing on speed, as long as the foot contacts the ground essentially below the pelvis. That last point is critical.

Overstriding, or when the foot is well ahead of the pelvis when it hits the ground, often leads to extreme heelstriking that can negatively affect speed and efficiency.



### Efficiency

Improving running efficiency often leads to better performance. Efficient runners consume less energy. Here the tide has shifted with some recent research. Rearfoot striking has been shown to be slightly more efficient from a biomechanical standpoint for all but the fastest paces.

In contrast, cadence has a much more significant impact on running efficiency. As runners approach a more optimum cadence of 160-180 steps per minute, extreme heel striking and overstriding tend to fade and a smoother rearfoot to mid-foot strike naturally emerges.

### Injury

Evidence is all over the board on this one. Suffice to say, injury rates are about equal when comparing midfoot and rearfoot strikers, with midfoot strikers having a tendency for foot and ankle issues and rearfoot strikers having slightly more knee problems.

For the heelstriker with constant knee injuries, it might be of some benefit to move toward more of a midfoot strike. As with any attempt to modify running form, it would be best done under the guidance of a coach or trainer who can appreciate the entire chain of kinetics from back to pelvis to knees, ankles and feet. Be careful or you may trade one injury for another if the transition occurs too quickly or drastically.

### The summary

In closing, we still have much to learn about the optimum footstrike pattern. The scientific evidence thus far does support a few key points:

- Most runners are rearfoot strikers.

The faster we go, the more our footstrike naturally shifts toward the midfoot, but that is because of the speed and not the cause.

• Rearfoot and midfoot strikers have about the same efficiency, as long as the runner has good biomechanics with the foot contacting the ground under the pelvis and at a cadence of around 160-180 steps per minute.

• Injury rates are about the same, no matter the footstrike pattern. But runners with knee problems might consider shifting slowly to a more midfoot strike, as this may offload the knee joint to some degree.

• Attempts to change any aspect of running biomechanics, including footstrike and cadence, should happen gradually and preferably with oversight from someone skilled in proper running form.

• Most runners probably don't need to change their natural footstrike pattern.

**Editor's note:** Matt Bien is a board-certified physician with Avera Medical Group Brookings, a former collegiate runner and director of the Brookings Marathon.

## Ultra updates for Strider members Williams, Thielke, Fryer

After a tough race at the Black Hills 100 in June, **Tim Fryer**, 35, of Hendricks, Minn., rebounded to win the Lean Horse 50K Aug. 19 in Custer. He covered the 31 miles in 4:08:37 to win by nearly 31 minutes. Fryer finished the Black Hills 100 in 31:18:10 after being forced to walk much of it.

**Jennifer Freeman**, winner of the Brookings Half Marathon women's divi-

sion, added another laurel by winning the women's division at the Lean Horse 50-Miler and finished second overall. The 36-year-old Omaha woman finished in 7:26:43. The overall winner was **William McGinnis**, 37, of Madison, in 6:52:15.

Freeman's Team Nebraska teammate **Cory Logsdon**, 29, of Omaha, won the Lean Horse 100 in 16:44:53. Logsdon,

winner of the Brookings Marathon, was one and one-half hours ahead of second place (19:15:15).

Brookings' own **Cody Williams**, 32, completed his first 100-miler in 25:31:15 to finish 17th.

Defending champion **Marcel Thielke**, 30, of Brookings, was in third place but had to drop out after 75 miles because of illness.