

The Pacesetter

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Striders to hold inaugural trail run

By **Dave Graves**
Newsletter editor

Prairie Striders organizes races in every distance from a mile to a marathon, and through its nearly 50 years of existence has staged numerous races at distances no longer contested. But the Striders have never put on a trail run before ... until Aug. 11.

The inaugural Oakwood Lakes Trail Run is a 4-mile run on the grass and crushed rocks trail system at Oakwood Lakes State Park near Bruce. Race director Andy Carlson noted that trail racing has become increasingly popular throughout the United States, but there are none in this prairie pothole region of South Dakota.

The closest trail runs in the Brookings area are at Newton Hills State Park, which is six miles south of Canton or 90 miles from Brookings.

Carlson said the Oakwood course is of moderate difficulty — not as smooth as a former railroad bed but not as challenging as a rock- and rut-filled mountain trail. “It’s a course every runner should be able to handle, just not at the same speed as at a 5K on asphalt. Of course, heavy dew or a thunderstorm during the night before could complicate matters,” Carlson said.

Race time is 7:30 a.m. Carlson hopes it will attract campers already staying at Oakwood and encourage runners to make reservations to go to Oakwood for the weekend.

Cost is only \$15. There are no shirts to size and pre-registration isn’t required. He would appreciate an advance call from runners just to know how much to plan for refreshments.

Start and finish is at the West Lake boat ramp. Runners head south to the lake’s edge, briefly go east along a lake, head north, going roughly parallel to the entrance road, and eventually reach the road on the isthmus that connects to Scout Island. The three-quarter-mile loop around the island is perhaps the most challenging portion of the course.

Runners then cross back on isthmus and follow the trail back to the boat dock, where there will be door prizes and refreshments.

There also will be an aid station at mile two, which is at the campground amphitheater.



Andy Carlson, director of the inaugural Oakwood Lakes Trail race, gets a practice run in on the course May 31. The four-mile event will be Aug. 11 at the state park.

“We want this to be a fun experience running in the beauty of nature on a summer morning,” Carlson said. “I hope people will grab a couple friends and drive out.”

Other details:

- Registration opens at 6:30 a.m. at the boat dock.
- For those who do not have an annual pass, there is a \$6 per vehicle entry fee. It is strongly urged to purchase before Saturday morning.
- While the race will be timed and top finishers will be recognized, there will be no age group prizes.
- While the trails aren’t stroller friendly, all ages of runners and walkers are welcome.
- Those wanting to compete or volunteer should contact Carlson at 203-0328 or andycarlson12@yahoo.com.

Wanted: Brookings 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).

We look forward to hearing from you!



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Daughter of Striders racing team legend wins marathon

By Dave Graves
Newsletter editor

Laura Docherty didn't set out to win the women's division of the Brookings Marathon. She was just aiming for 7-minute miles in a low-key setting for her marathon debut.

By achieving that, or nearly so, the 26-old-year Minneapolis runner did indeed win the women's division of the Brookings Marathon with a time of 3:05:44 and finished fourth overall. It's the best finish by a woman at Brookings since 2010, when Jennifer Viehrig (now Freeman) placed third overall with a time of 3:04:49.

Docherty had a dazzling career at the University of Minnesota and has great running heritage, but injuries beset the close of her Gopher career and her first marathon effort.

In the spring of her senior year (2014), Docherty developed what eventually was diagnosed as microtears of the core and the adductor muscles in the pelvic girdle. She was able to run the 10K in the NCAA West Prelims (36:09.68), but the consequence was a couple surgeries and year off of running. The last two years were spent just enjoying running.

In 2017, Docherty decided to get serious about running again and was training for the Twin Cities Marathon Oct. 1, however, a month before the race she fell and broke her foot.

"I started running again in January," she said. Brookings gave her a regional, low-key setting to test her recovery. "It was good to see that my body was able to handle it pretty well. I wasn't too sore the next couple days." Therefore, Docherty expects to test the 26.2-mile challenge again, but she hasn't set a date and place.

Born to run

As the Cretin-Derham Hall High School graduate notes, she has the genes to be a marathon racer.

Docherty is the daughter of Jim and Bev Docherty of St. Paul, Minn., who both ran at the University of Iowa; Jim as a miler and Bev in the 5 and 10K. Bev continued running after college, tried her first marathon in 1982 and after debuting at 3:03, went on to become a



Laura Docherty crosses the finish line in a time of 3:05:44 to finish fourth overall. It was the first marathon for the Gopher recordsetter and daughter of former Prairie Striders racing team member Bev Docherty. *Photo by Sean Walsh*

six-time Olympic marathon trials qualifier.

In the late 1980s, she began running on the Prairie Striders racing team that was overseen by Bob Bartling, whom Jim had met through Nike.

Bev still runs recreationally and gave her daughter some pointers on her first marathon, particularly to keep relaxed in the training. Laura said, "It's easy to get worked up if you miss a workout. She said there's no pressure. This is just for fun and to see if you enjoy the process.

I did enjoy the process. I have this twisted gift to run steady and focused for that long."

In no-man's territory

Docherty also heeded the advice to keep the early miles conservative. "I was feeling pretty good so I picked up pace between miles 13 and 18," Docherty said.

At that point in the race, it was just Docherty, the lead bicyclist and the aid station volunteers.

The half marathon and marathon runners split shortly before 11 miles. The first two marathon runners — Josh Monson(2:48:08) and Tim Fryer (2:56:22) — were well ahead of Docherty while third-place finisher Declan Curley (3:04:01) stayed just out

of sight.

"For the most part, I just tried to run my own pace and I just happened to be the first woman. I don't think I saw another person the last 15 miles," Docherty said.

Supported by friend, lead biker

She had no family there to cheer her on. They were at the Big 10 Championships, where little brother Kevin was running his final college race. Docherty did have support from friend and former teammate Ashley Decker, who caught her at various places in the race while doing her own workout. Decker was cross country co-captain in 2012-14.

They had run at the Edgebrook Golf Course in Brookings for the SDSU Classic and the marathon course uses the bike path that parallels the golf course. However, the rest of Brookings was a new experience for Docherty.

"The Brookings Marathon was a great event. I really appreciated all of the volunteers. It was a nice winding course and you got to see some nice sights."

Docherty had particular kudos for lead bicyclist Marlene Schram, who was "super helpful. We just chatted here and there, not a ton because I was pretty focused on what I was doing."

Other race notes

- In the half marathon, Thomas Madut, the 2011 half marathon champion, and Kyle Rosseau, the 2015 half marathon champion, ran together until about mile 11, when Madut put in a couple 5:15 miles to finish in 1:17:57 to comfortably beat Rosseau (1:19:32).

The top female finisher was Katie McNeary, 24, of Sioux Falls, who had

run the Boston Marathon four weeks earlier. At Brookings, she finished sixth overall with a time of 1:32:10.

- Participation numbers were down slightly from 2017. Working against numbers were a tough winter to train and the addition of a half marathon in Sioux Falls April 21. Finisher numbers compared to 2017: Marathon — 125/127; half marathon 326/353;

relay teams (six members) 47/45; 5K May 11 50/75; total 783/825.

- The field's youngest runner was 18-year-old Hunter Warner, of Eden Prairie, Minn. (3:54:31).

The graybeard was Lowell Hoerman, 71, of Omaha, Neb. (5:16:29). He was the only entry 70 or older, but were there 16 in their 60s. That is 13 percent of the finishers.



Josh Monson, 27, of Yankton, crosses the finish line in 2:48:08 to win the Brookings Marathon May 12. It was a PR by 25 minutes for the former Mount Marty College runner. He is coached by race recordsetter Randy Fischer.

Cool weather works to advantage of marathon winner Monson

By Dave Graves
Newsletter editor

Brookings Marathon 2018 was a PR day for winner Josh Monson and part of the credit goes to the cloudy, cool and drizzly day.

While volunteers and spectators like blue skies and sunshine, the conditions — 44 degrees with a 2 mph east wind at the start — were ideal for runners. Monson, 27, of Yankton, had a stretch goal to run in the 2:40s and did that with a 2:48:08 to win the 49th annual Brookings Marathon May 12. It was only his third crack at the distance.

As a college senior, he ran a 3:16 at the NAIA nationals when he developed cramps in both calves. He recorded a 3:13:21 at the River Rat in Yankton in 2017.

“I was planning on running with Tim (Fryer) ’til about halfway and then go, but then we got that cold weather so I knew that cramping wasn’t going to be a problem as long as I hit fluids early. My first mile was 6:50 and then I just kept going. I felt good so I figured I might as well try it. After the first quarter-mile, I was the only person running the full that I could tell was near me.

“To be honest I was seeing how many of the half marathon runners I could catch before the split at 11. Then I was just using the lead bike as a wind block and a guy to talk to during the race, which he did an awesome job,” Monson said.

After that warm-up first mile, Monson stayed at or near his average pace time of 6:25.

“At mile twenty three I ran a 6:34, which was 12 seconds slower than mile 22 but I got right back into pace,” Monson said.

Winner also credits Coach Fischer

Monson, who works at the Yankton wastewater plant, said his 25-minute PR improvement can be attributed to “a mix of weather, training and coaching, and race strategy. My first two marathons I was trying to win, whereas Brookings I treated more as a long run. Then having been and currently coached by Randy Fischer helps a ton in knowing what to do for workouts and mileage.”

Monson, a Hamlin High School graduate, ran at Mount Marty College, which is coached by Fischer, who is a five-time

champion of the Brookings Marathon. Monson has continued with the program as a volunteer assistant, spending about 1 ½ hours daily at practices.

As for the future, Monson plans to rest an inflamed tendon in his foot and then run the Okoboji Marathon July 21. “Also, I would like to run Sioux Falls (Sept. 9) but I’ll wait to register to see how summer running goes. Otherwise, if I hear about road races I’ll run those anytime as long as it works out with my work schedule,” Monson said.

Fryer training for Lean Horse ultra

Fryer finished second in 2:56:22.

“I was in no-man’s land for a long time. I knew if I tried to go with Josh I would blow up and (third-place finisher Declan) Curley ducked into a portapottie at mile 6 and I never saw him again,” said Fryer, noting he was pleased with his time. Fryer, 39, of Hendricks, Minn., was only 30 seconds slower than his winning time in 2014.



His future plans calls for running Deadwood (June 3) or Swan Lake (June 10) and “then keep stacking up the miles and do one of the Lean Horse (ultra) races in August.

The 2019 goal is to break three hours at the Boston Marathon as a 40-year-old.

Marathon runnerup Tim Fryer Photos by Sean Walsh 3

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.



Mary Held

Age: 57

Residence: Aurora

Occupation: Farm Loan Specialist for Farm Service Agency

Family: Husband Jeff who is the Sheep Extension Specialist at SDSU, Twin sons – Austin – Lives in Baton Rouge, La., and works for Exxon, Aaron – Lives in Oakes, N.D. and works as an agronomist at Fullerton Co-op

Years as a Prairie Strider member: January 2016; became a lifetime member in 2017.



Mary and Jeff Held

Why you're a member: I like to participate in the local races that Prairie Striders hosts so wanted to support the group further by being a member.

What you enjoy about running: Running allows me uninterrupted time where I can think. Sometimes it is about how the day went and others times it is how I plan to spend the day. And I always enjoy the way I feel when I get done running.

As with all exercise, you never regret having spent the time doing it.

Colene Reiser

Age: 59

Residence: Brookings

Occupation: occupancy/screening director at Mills Property Management

Family: Husband Wayne, three daughters, two son-in-laws and six grandchildren.

Years as a Prairie Strider member: Since 2011

Why you're a member: Because the Striders sponsor some awesome races throughout the year!

What you enjoy about running: Running is more of a social and mental health activity for me. My friends and I get to visit about all the world's most pressing problems on our weekday

Favorite running memory: My favorite running memory is when I ran my first Scotty Roberts 5K back in about 2009.

At that time, I had just started running but would alternate running and walking as I never felt I could run very long distances.

One of my co-worker's sons was going to be in the Scotty Roberts 5K as well and he was only about 9 years old, so she asked if I would stay with him during the race. I told her that I would not be able to run the whole race but she assured me that he would not either.

Well, he ended up running the entire race and since I had told her I would stay with him, I did. When I finished I realized that I really could run that distance and have been running ever since.

Your favorite Prairie Striders race: Although I only ran it once, in 2017, I did enjoy the Jack 15. Since I am used to running in the country, I enjoyed the change of scenery and conditions.

Favorite workout: My favorite workout is to go for a long run in the country on an early Saturday or Sunday morning.

I try to get out by about 6 a.m. and might run for 10-12 miles in varying directions. It is such a beautiful time of the day with little or no wind and usually not a car in sight.

You certainly appreciate how beautiful Mother Nature is and that you are healthy enough to get out and enjoy it.

Your running goal: I would like to someday run a marathon. I have run the half marathon in Brookings for three years and each time I am happy to turn right at about the 11-mile mark when the marathon and half marathon runners split.

But one of these days I hope to be brave enough to sign up for the marathon and see if I can do it.

runs. (Note: Colene is part of the Brookings Turtles, which leaves at 6 a.m. Mondays and Wednesdays from Hillcrest School for "great pace and great discussions." New participants are welcome.)

Favorite running memory: The first time that I ran around Lake Poinsett (17.5 miles in 2015).

Your favorite Prairie Striders race: Picking the best Prairie Strider's race is tough, however, running the Brookings Marathon Relay is a lot of fun!

Favorite workout: Sprints.

Your running goal: To keep active and running as long as possible.

Members of the Brookings Turtles pose after this year's Brookings Marathon. They are, from left, Alison Tapan, Melissa Behr, Jan Froelich, Peggy Whalen and Colene Reiser.



Coming races

Longest Day 10K gets head start on summer

On the lunar calendar, summer officially arrives June 21, but on the Prairie Striders race calendar, summer arrives June 15 with the Longest Day 10K.

The race has a new director this year — Brookings High School cross country coach Chris Gruenhagen, but the format is the same as in recent years. Registration is 5:30 to 7 p.m. at Fishback Soccer Park at 20th Street South and Medary Avenue. The race starts at 7:30 p.m. The cost is \$20 without a shirt and \$25 with a shirt.

The free kids' runs are at 7:15 p.m. — 400 meters for grades three and under, and 800 meters for those older.

The out-and-back course primarily follows miles 13.5 to 16.5 of the Brookings Marathon course and is on the Brookings bike path.

Proceeds from the race benefit the Brookings High School cross country program and Brookings Radio's Back to School project.

For more information, contact Gruenhagen at 691-3954 or Chris.Gruenhagen@k12.sd.us.

Registration underway for Beef and Eggs 5K

Registration has opened for the 14th version of the Beef and Eggs 5K, which has built a reputation of being the favorite of every class of runner.

At the head of pack are the sub-five-minute milers preparing for college cross country. At the other end of the race are the joggers and stroller-pushers who appreciate the chance to run on a shady course through historic neighborhoods on the opening day of the Brookings Arts Festival.

Race directors Kevin Bjerke and Ryan Egeberg said the for-

mat for this year's run will be the same as in past with start and finish at the county courthouse.

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 5-6:30 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. on the courthouse lawn (Fifth Street Gym in case of bad weather), but organizers ask that people sign up in advance to save everyone's time and guarantee a unique Beef and Eggs T-shirt.

For more details, go to PrairieStriders.net.

Shepherd's Shuffle returns for second year

The second Shepherd's Shuffle to benefit The Shepherd's Gift: GM1 for HD starts at 7 a.m. Saturday, Sept. 29.

Choose a 5K course that begins at the Brookings Innovation Center in the SDSU Research Park parking lot (2301 Research Park Way, Brookings) and meanders through the Research Park and McCrory Gardens or a 1-mile walk on the Research Park loop. Please note: the 5K route includes multiple types of running surfaces.

All race profits benefit The Shepherd's Gift: GM1 for HD, a 501(c)(3) nonprofit organization, which is a grassroots effort dedicated to raising funds to bring relief and hope to people and families afflicted with Huntington's Disease and other neurological diseases, including Parkinson's and Alzheimer's.

For more information on The Shepherd's Gift, go to theshepherdsgift.org or find the organizers on Facebook at The Shepherd's Gift: GM1 for HD.

To register for the September event and receive more information, visit www.allsportcentral.com and search for "The Shepherd's Shuffle."

Strong donations create new scholarship goal

In mid-January, Prairie Striders Running Club launched an effort to grow its scholarship endowment to \$50,000 as the club approaches its 50th anniversary Sept. 12, 2019.

To date, gifts of \$32,720 have been received from 78 donors. When added to the club's existing endowment of \$33,000, the current market value of the gifts stands at \$65,828. A gift in March of \$20,000 has created a new energy in this scholarship drive and the Prairie Striders board decided to raise the goal to \$75,000.

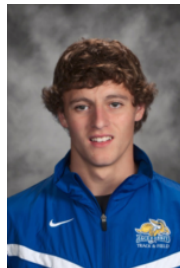
That would create an endowment capable of awarding two \$1,500 scholarships to distance runners in the SDSU track and cross country programs.

For the past decade, Prairie Striders has awarded one \$1,000 scholarship through the SDSU Foundation.

In 2013, funds raised in honor of Phillip LaVallee, an SDSU runner killed on a training run by a distracted driver, were added to the scholarship fund. Together, the funds totaled \$33,000 and supported the Prairie Striders/Phil LaVallee Memorial Scholarship for Athletics.

This lifetime endowment is administered by the SDSU Foundation, which projects earning 4 percent of the endowment, making it possible to award a \$1,500 scholarship in the name of Prairie Striders and in the name of Phil LaVallee.

The effort has the support of



Phil LaVallee

LaVallee's parents, Greg and Amy LaVallee, of Ostego, Minn.

"We are grateful for the support of the SDSU community and the Prairie Striders Running Club for honoring Phil with this scholarship in his name and keeping his spirit and memory alive at SDSU. It is rewarding to be able to help future runners achieve their dreams, both athletically and academically," the LaVallees said.

SDSU cross country and track and field coach Rod DeHaven adds, "Having a secure funding source for two scholarships for our distance runners would be a huge benefit."

Dave Graves, club president, said, "We're very appreciative of the support that our faithful members have already provided and look forward to them bringing us to our goal."

How you can help:

To move this effort closer to its \$75,000 goal, an initial or supplemental gift can be mailed to:

Prairie Striders, Box 504, Brookings, 57006. Make checks to Prairie Striders.

Online giving is available through the SDSU Foundation at:

www.sdstatefoundation.org/lavalleescholarship-for-athletics.

Gifts given by either method are tax deductible.

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

Marathon to turn 50 next May

Most of those entered in this year's Brookings Marathon were yet to be born when the first Brookings Marathon was held in 1970.

Staged on June 21 and thus named the Longest Day Marathon, it drew a field of 22 runners with SDSU track coach Jay Dirksen claiming first with a time of 2:50:22. That makes the 2019 Brookings Marathon the 50th consecutive year for the race.

Race director Matt Bien promises a few special activities including a race week celebration to honor the milestone and recognize past champions. Runners should be on the lookout for special deals on registration, set to open Aug. 1. "We hope to have a record turnout, including runners from every state," Bien said.