

# The Pacesetter

A quarterly publication of the **Prairie Striders**



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## Father-Daughter Miles(tone)

### Daughters run a half marathon with father to celebrate love of running and milestone birthdays

By **Emily Berzonsky**  
Newsletter Writer

Longtime Prairie Striders member Mike Hieb and his daughters, Sara Lum and Laura Hieb, ran the Maine Half Marathon on Oct. 1, 2017, in Portland, Maine, to celebrate their 2017 milestone birthdays.

Sara, of Sioux Falls, turned 30 on March 24, Laura, of Sioux Falls, turned 25 on July 21 and Hieb, of Brandon, turned 60 on June 12. His daughters suggested that they run their first race together to celebrate.

"My daughters know how important running has been in my life and thought it would be nice to take a vacation somewhere for our birthdays this year and run a half marathon to celebrate all three of our milestone birth-

days," Hieb said.

Hieb's wife, Valerie Hieb, chose for the family to vacation in Maine. Hieb and his daughters then selected the Maine Half Marathon, and the family planned their vacation around the race.

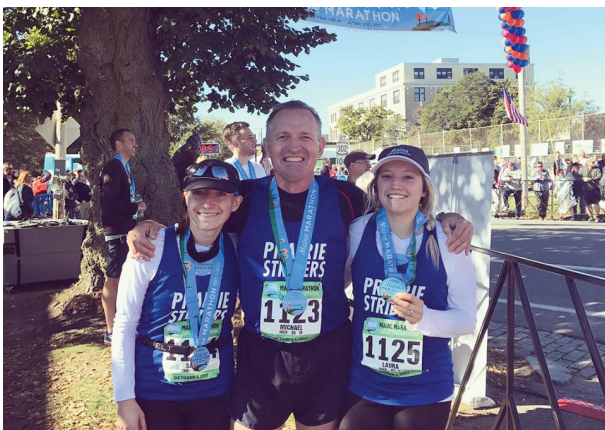
They planned for the race a year in advance because although they exercise and stay fit, Hieb's daughters are not regular runners and needed to train for the half marathon distance. Sara ran a half marathon in college, but otherwise neither daughter had raced more than a 5k.

Their father was not new to the distance. Hieb estimates he has run at least 16 marathons. He ran his personal record of 2:27 in Omaha in 1983.

#### Passion for running and the running community

Hieb competed in the long jump, triple jump and sprint relays for his high school in Elk Point. He went on to compete for Dakota State College in Madison from 1976 to 1980. There, he decided to race 800 meters and joined the

See **FATHER-DAUGHTER HALF MARATHON**, Page 3



Mike Hieb and daughters Sara Lum, left, and Laura Hieb, right, sporting their medals and Prairie Striders jerseys after completing the Maine Half Marathon in Portland, Maine on Oct. 30, 2017.



From left, Mike Hieb and daughters Sara Lum and Laura Hieb display their ages on the back of their racing jerseys.

## \$50,000 for 50 Years Scholarship Campaign

By **Emily Berzonsky**  
Newsletter Writer

Prairie Striders Running Club has initiated a \$50,000 for 50 Years campaign to raise \$50,000 to fund two \$1,000 scholarships for South Dakota State University distance runners in honor of the club's 50th year of promoting and supporting running in Brookings and beyond.

For the past decade, Prairie Striders has awarded one scholarship through the SDSU Foundation. In 2013, funds raised in honor of Phillip LaVallee, an SDSU runner killed by a distracted driver on a training run, were added to the scholarship fund. Together, the funds totaled \$33,000 and now supports the Prairie Striders/Phil LaVallee Memorial Scholarship for Athletics.

The \$50,000 or more raised by the campaign will be a lifetime endowment invested by the SDSU Foundation.

The foundation projects earning 4% of the endowment or \$2,000 per year, making it possible for two \$1,000 scholarships each year.

Prairie Striders is asking members and all those who support running to make a financial commitment and support SDSU distance runners by giving to the campaign. Prairie Striders Running Club is a 501 (3) (c) organization, so any gift is tax deductible.

Those who donate \$100 or more can receive a gift: their choice of a Prairie Striders t-shirt or the Jack 15 history book. Donors who give \$200 or more can receive both.

Olympian, Prairie Striders member and current head coach of the SDSU cross country and track & field teams Rod DeHaven said, "identifying funding sources for our program is constantly a challenge. Having a secure funding source for two scholarships for our distance runners

See **\$50,000 FOR 50 YEARS**, Page 2

# \$50,000 for 50 Years: Honoring Phillip LaVallee

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would be a huge benefit.”

Jay Dirksen, who founded the Prairie Striders and coached the SDSU cross country and track & field teams from 1969 to 1977, and Vicki (Coyle) Nelson, who ran for SDSU from 1978 to 1982 and now has a son, Lukas, competing for SDSU, are the campaign co-chairs.

Nelson said, “my time at SDSU were some of the greatest years of my life and I know Lukas is tremendously enjoying his own experience. To be able to help out future runners that we may never even know is a great show of generosity on behalf of the Prairie Striders. And really underscores the group’s commitment to the support of running.”

To donate to the scholarship fund, complete the pledge card that was mailed out in January. It can also be downloaded from the Prairie Striders website, [www.prairiestriders.net](http://www.prairiestriders.net). Checks should be mailed to Prairie Striders, Box 504, Brookings, SD 57006.

Donations can also be made online through the SDSU foundation at: [www.sdstatefoundation.org/lavallee-scholarship-for-athletics](http://www.sdstatefoundation.org/lavallee-scholarship-for-athletics). Be sure to designate your gift to the Prairie Striders/Phil LaVallee Memorial Scholarship.

## A message from the LaVallee Family

“Phillip was proud to be a Jackrabbit and truly loved his running family and Coach DeHaven. His dream was to run in the 2016 Olympics in Rio. 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.”



Phillip LaVallee, 19, of Ostego, Minnesota, was an SDSU runner killed by a distracted driver while on a training run in August 2013. SDSU offers a memorial scholarship in his name to an SDSU distance runner.

Thank you, Greg, Amy, Andrew and Marcus LaVallee

## Current Recipient: Emily Berzonsky

Seven years ago, in 2011, I walked into Bartling’s Shoes in search of a running jersey. I was a freshman in high school and had decided to run the Nike Cross Heartland Regionals in Sioux Falls. The race brings together some of the best high school runners in the Midwest. Competitors couldn’t wear their high school jerseys.

Bob Bartling said he had just the thing for me and disappeared into his back room. He emerged with a tan T-shirt-style jersey that said, “Prairie Striders” in black lettering with a few strands of wheat around it. He said it was vintage and insisted that I take it for free and keep it on the condition that I represent the Prairie Striders well at the race.

I had a great race and a surprising number of fans. My jersey elicited a lot of “Go Prairie Striders!” After the race, I took a picture with my fans Vicki Nelson, of Sioux Falls, Andriette Wickstrom, of Storm Lake, Iowa, and Bob Bartling, of Brookings. They had run in the community race. At the time of that picture, I had no idea that it was just the beginning. Prairie Striders and its members would become some of the biggest supporters of my running career.



From left, Vicki Nelson, Andriette Wickstrom, Emily Berzonsky and Bob Bartling at the 2011 Nike Cross Heartland Regionals in Sioux Falls.

Prairie Striders and its unending support was a huge factor in my decision to run for the Jackrabbits. I am the current recipient of the Phillip LaVallee scholarship. I am extremely thankful for this financial help that allows me to earn a great education and devote any of my time not studying to doing the activity I love most: running.

I am proud to represent South Dakota State University and the talented, never-forgotten Phillip LaVallee. I still have my Prairie Striders jersey, so I’m still bound by my promise to Bob—I strive to represent Prairie Striders well in all that I do.

## The Year in Numbers

The number of participants in each 2017 Prairie Striders race

Brookings Half Marathon

351

Bob Bartling Hobo Day 5K

332

Jack 15 Road Race

183

Beef & Eggs 5K Road Race and Fitness Walk

129

Brookings Marathon

127

Kay Cheever Arbor Day Run/Walk for Shade 5K

114

Scotty Roberts 5K

75

Longest Day 10K

38

Prairie Striders Indoor 5K

35

Total

1,784

# Father-Daughter Half Marathon: Striders represented

Continued from Page 1

cross country team to build his endurance for the longer race. Hieb held the Dakota State College 800 meter record for 19 years with a time of 1:54.3.

After graduating from Dakota State with his bachelor's degree in Math and Physical Education, Hieb began his career at Brandon Valley High School as a math teacher and assistant basketball and track and field coach. He became good friends with Lyle Claussen, the head cross country and track and field coach at Brandon. They bonded over their shared interest in running and began training and racing together.

"Lyle was both an influence on my training as a runner and as a person starting my young life. As I got better with my running times, I ended up being able to run on some of the Prairie Striders team events," Hieb said.

## Matching race apparel

Hieb's daughter, Sara, contacted Prairie Striders and gained permission to make shirts with the Prairie Striders club logo on the front and the wearer's age on the back. Hieb and his daughters wore their matching shirts while running the Maine Half Marathon.

A sore knee hampered Hieb's training for the half marathon, "but I was going to run no matter what since my daughters were running and had this all planned for me," he said.

Despite "taking it easy" during the race due to his knee troubles, Hieb still bested his daughters. He finished the half marathon in 1:46:34. Laura Hieb finished in 2:07:41 and Sara Lum finished in 2:15:34.

Hieb says, "I would love to do it again, not sure if they feel the same at this point about doing a half marathon again."

## 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](mailto: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!

## 2017 Friend of Running: Lorne Bartling



Lorne Bartling poses with a medallion he won in 1983 at age 68.



Lorne Bartling, far right in Jackrabbit 15 T-shirt, runs in the Longest Day Marathon along Western Avenue in the early 1980s with, from left, Wally Klawitter, Keith Morrill and an unknown runner.

Prairie Striders Running Club's Friend of Running was presented to Brookings native Lorne Bartling at the Frostbite Frolic Jan. 27. Bartling, who died in 2009 at the age of 98, was represented by his son Dick Bartling and daughter Becki Bray, who accepted the plaque on his behalf.

Lorne Bartling was a founding member of Prairie Striders. He attended the first meeting of Prairie Striders on Sept. 12, 1969, in the basement of the Barn on the South Dakota State University campus.

That same year, Bartling began running at the age of 54. By 1983, at age 68, he had logged 25,000 miles, enough to have run around the world, and achieved national age group rankings at various distances. In 1981, he was ranked first nationally in the 60-64 age division in the one-hour run. Bartling had covered 8 miles and 565 yards.

Bartling was active through 1985 as a Prairie Striders club member. He served as president in 1972-73. He frequently presented the mileage awards at the annual meeting and chaired the nominating committee. Bartling helped place and pick up the 108 cones used in what was then called the Longest Day Marathon. It was a task that began at 4 a.m.

Bartling and his wife, Phyllis, had three daughters, Susan Hansen and Kathy Thompson, both of Dent, Minnesota, and Becki Bray of Sioux Falls; and a son, Dick, of Sioux Falls.

**Editor's note:** Nominations for the annual friend of running award are accepted year-round on the Prairie Striders website.

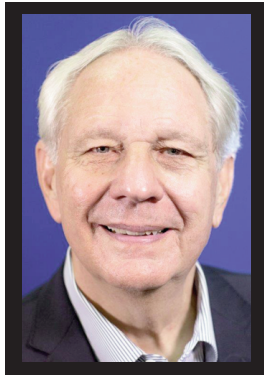
# Member Spotlight

**Name:** Barry McKeown

**Age:** 74

**Residence:** Arlington, Texas

**Education:** Bachelor's in Health Physical Education and Recreation from South Dakota State University in 1966, Master's in Health Physical Education and Recreation from South Dakota State University in 1967, Doctorate in Kinesiology with a concentration in Physiology of Exercise from the University of Illinois in 1979



**Occupation:** Currently a professor in the Department of Kinesiology at The University of Texas at Arlington

I was employed full-time at SDSU from 1977-1983 as an Associate Professor in the Department of Health Physical Education and Recreation (HPER) and Athletics, as the HPER Research Coordinator (1977-1979) and as the Graduate Program Director (1977-1983).

While I worked in the Department of HPER in 1977, I was also the full-time assistant men's and women's cross-country and track & field coach with Head Coach Scott Underwood. Needless to say, I basically worked two full-time jobs and slept the other seven hours.

**Years as a Prairie Striders member:** Since 1978

**Why you're a member:** As the SDSU assistant cross-country and track & field coach, I joined Prairie Striders to support the running community.

**What you enjoy about running:** I enjoy the quiet time away from all other stressful and perhaps irrelevant activities.

The health benefits are very high on my list that includes physiological variables such as stroke volume, cardiac output, arterial-venous oxygen difference, VO<sub>2</sub>max (aerobic power) and of course body composition (%BF).

**Favorite running memory:** When I was an assistant coach at SDSU, I used to run with the cross-country runners for their easy five on Fridays. Those teams won two national championships (women) and three national runner-up (men) awards and obviously had a great number of All-Americans.

I enjoyed the conversations and opportunity to get to know the student-athletes. Since I was a sprinter in track,

my fast twitch fibers are much greater than my slow twitch fibers. Regardless, it was possible for me to laugh and converse with very outstanding SDSU cross-country All-American runners for about three miles.

For the last two miles, they would kiddingly ask me why I was no longer engaged in the conversation! It was obviously my goal to finish the easy five with them, and conversation was not part of the option at the time (for those who appreciate exercise physiology, please note the concept of ventilatory and lactate thresholds).

**Favorite Prairie Striders race:** Without a doubt, the Jack 15. I never ran it, but was present at the first Jack 15 when I was a student at SDSU. I assisted with the Jack 15 a number of times including the first race in 1963 because Dr. Tom Woodall was one of our professors and he requested assistance.

One of my most memorable "assisting with the race" was the 1980 Jack 15 with a rather strong northerly (and perhaps northeasterly) wind which meant that the runners had the wind at their back all the way from White to Brookings. The strong back wind resulted in the record times for Dick Beardsley (1:14:54) and Pat Reisdorfer (1:30:39).

Dick was on the SDSU cross country team when I was the assistant coach and Pat ran at Augustana when I was coaching so she was a competitor. Some of the other men's SDSU cross country runners were the two sets of twins [Mike and Mark Bills, Joel and Paul Brandt plus what we called the "Dunsley twins" (Mike Dunlap plus Dick Beardsley since they resembled each other in many ways)].

When I was a professor in the SDSU Department of HPER, I assisted Bob Bartling many years prior to high tech timing with recording the times at the 15 mile mark. Bob Bartling laughs to this day about this task since I was obviously two-tenths of a mile away from all the socializing or a couple of hours after the first runners finished.

**Favorite workout:** At this point in my career, it is basically general physical fitness activities including walking, jogging, cycling and utilizing our fitness center equipment where I work.

**Running goal:** Again, at this point in my career, it is to be active and physically fit with no specific goals for any road races. I manage to cover about six to eight miles per day including laps around the one mile loop on a small lake where I live.

**Name:** Rufus DeZeeuw

**Age:** 60

**Residence:** Elkton, South Dakota

**Occupation:** Livestock Production—Sheep and Cattle

**Family:** Married to Patty for 37 years. We have two sons—Adam, wife Ashley; and Austin, wife Amy.

**Years as a Prairie Striders member:** One

**Why you're a member:** While participating at various Prairie Strider-sponsored races, I was impressed by the leadership of the club, the quality of the races they sponsored and their overall enthusiasm for running.

**What you enjoy about running:** The health benefits as a result of a running program. I also like the overall atmosphere of the races. Runners are a real positive and encouraging group of people.

**Favorite running memory:** I enjoyed being a "cross-country dad" and watching our sons run in high school.

The first organized race I participated in was the Brookings Marathon as a relay team member with a group of really good friends, some of whom encouraged and challenged me to become a runner.

My other favorite running memory was participating in the Texas Independence Relay, a 200-mile race with some nieces and nephews. I ran one of my relay legs in

the middle of the pitch-black night through Texas "wilderness."

**Favorite Prairie Striders race:** They are all great, but I probably like the Beef and Eggs the best. The Hobo Day 5K is a lot of fun as well because it's Hobo Day!

**Favorite workout:** Waking up early when the weather is good and going for a long run on our country roads. It's so peaceful and energizing, yet relaxing as well.

**Running goal:** To run as long as I'm physically able and still enjoy it. Hopefully be an encouragement to others, as I have been encouraged by so many others!



Rufus DeZeeuw poses with his medal after finishing the 2017 Deadwood-Mickelson Trail Half Marathon in 1:53:30.

**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](mailto:run@prairiestriders.net).



## Postrun Fuel: Cottage Cheese Protein Shakes

Blend together all ingredients:

### Peppermint Patty Protein Shake Single Serving

- 1/2 cup low-fat cottage cheese
- 2 scoops chocolate protein powder
- 1-2 tbsp unsweetened cocoa powder
- 2-4 drops peppermint extract
- 4 tsp of Truvia or other sugar substitute
- 1/2-1 cup water (depending on desired thickness)
- 5-10 ice cubes (depending on desired thickness)
- Sprinkles (optional)

### Reese's Peanut Butter Cup Protein Shake Single Serving

- 1/2 cup low-fat cottage cheese
- 1 scoop chocolate protein powder
- 2 tbsp PB2, peanut butter flour, or peanut butter
- 2-6 tsp Truvia or other sugar substitute
- 1/2-1 cup water (depending on desired thickness)
- 5-10 ice cubes (depending on desired thickness)

## Correction

In the November newsletter, the story on Harry Mansheim incorrectly stated that his daughter Pam ran at South Dakota State University. She did not.

It also incorrectly stated that his daughter Pam was competing in high school cross country when Mansheim pushed for the two mile run to be added to South Dakota high school track and field meets. His daughter Jule, not Pam, was competing at that time.

## Upcoming Races



**March 17**  
Sioux Falls, SD  
St. Patty's Day Mile



**March 17**  
Watertown, SD  
Shamrock Shuffle 5K Run/Walk



**March 17**  
Marshall, MN  
Shamrock Shuffle 5K



**March 24**  
Sioux Falls, SD  
Shamrock Run 5K & 2 mile



**April 7**  
Sioux Falls, SD  
Chilly Cheeks 10K Mile, 5 Mile, 5K, 1 Mile



**April 8**  
Mankato, MN  
Spring Mankato Half Marathon & 5K



**April 21**  
Sioux Falls, SD  
605 Running Company Half Marathon



**April 27**  
Brookings, SD  
Arbor Day 5K



**April 28**  
Brookings, SD  
SDSU "I'm Ready for Summer" Triathlon

## Donated Above Dues in 2017

Brenda Algood, Brookings SD  
Jill Anderson, Duluth MN  
Christa Bartling Bortnem, Brookings SD  
Herb Bartling, Vancouver WA  
Jay Bender, Brookings SD  
Jerry Bergum, Brookings SD  
William Berzonsky, Lincoln NE  
Tom Birath, Marshall MN  
John Blatchford, Brookings SD  
Kevin Bjerke, Aberdeen SD  
Mary Bjerke, Volga SD  
Russ Bjerke, Volga SD  
Lori Bocklund, Beaverton OR  
Leah Brink, Brookings SD  
Steve Britzman, Brookings SD  
Briana Burgers, Brookings SD  
Clyde Calhoon, Brookings SD  
Rob Carney, Lakeville MN  
Craig Cassen, Piedmont SD  
Erin Cortus, Brookings SD  
Allen Day, Brookings SD  
Ann Day, Willmar MN  
Jane Derby, Estelline SD  
Andrew Dickinson, Brookings SD  
Shelby Eischens, Aurora SD  
Brian Fendrich, Apple Valley MN  
Jan Froehlich, Colman SD  
Chuck Furlong, Manchester MA  
Dave Graves, Volga SD  
Chris Gruenhagen, Brookings SD  
Dan Hansen, Brookings SD  
Jason Harms, Brookings SD  
Steve Hauff, Sioux Falls SD  
Mike Hieb, Brandon SD  
Mike Heyl, Lincoln NE

Wade Hoffman, Minnetrista MN  
Joanie Holm, Brookings SD  
Rick Holm, Brookings SD  
Joe Holt, Brookings SD  
Susan Holt, Brookings SD  
Dennis Hopfinger, Brookings SD  
Gloria Jansen, White Bear Lake MN  
Kevin Kephart, Brookings SD  
Lucy Kephart, Brookings SD  
Jay Larsen, Brookings SD  
Jerry Lawson, Winona MN  
Steve LeFevre, Fallbrook CA  
Deb Leiferman, Brookings SD  
Mark Lidman, Kansas City MO  
Harry Mansheim, Brookings SD  
Reyna Martin, Brookings SD  
Adrienne McEntee, Brookings SD  
Dan Merchant, Brookings SD  
Janet Merriman, Brookings SD  
Michael Merriman, Brookings SD  
Christy Mettler, Colorado Springs CO  
Miles Mettler, Colorado Springs CO  
Casualene Meyer, Madison SD  
Dave Meyer, Brookings SD  
Jerry Miller, Sioux Falls SD  
Jill Moncur, Sioux Falls SD  
Paul Morgan, Winona MN  
Keith Morrill, Custer SD  
Patricia Meyer, Brookings SD  
Lukas Nelson, Sioux Falls SD  
Vicki Nelson, Sioux Falls SD  
Judy Norton Pinckney, Rosemount MN  
Mandy Orth, Brookings SD  
Jim Pedley, Martinez CA  
David Peters, Brookings SD

Grant Peterson, Brookings SD  
Seth Peterson, Burnsville MN  
Gary Pierson, Sioux Falls SD  
Eric Rasmussen, Brookings SD  
Richard Reid, Brookings SD  
Colene Reiser, Brookings SD  
Lynn Riedesel, Brookings SD  
Jackie Rippert, Brookings SD  
Dwayne Rollag, Sioux Falls SD  
Bob Ritter, Brookings SD  
Stephen Roy, Hastings MN  
Bob Salmi, Aberdeen SD  
Andrea Schmidt, Brookings SD  
Brad Schmidt, Brookings SD  
Matt Schreiber, Brookings SD  
Justin Sell, Brookings SD  
Boyd Shank, Brookings SD  
Dick Smith, Brookings SD  
Richard Strande, Brookings SD  
Russ Strande, Brookings SD  
Audrey Stavrum Riggs, Portland OR  
Joe Sudtelgte, Elkton SD  
Barbara Swenson, Omaha NE  
Alison Tappan, Brookings SD  
Andrew Thies, Sioux Falls SD  
Jim Thvedt, Brookings SD  
Chuck Tiltrum, Aurora SD  
Gregg Uecker, Freeman SD  
Lang Wedemeyer, Forest VA  
Peggy Whalen, Brookings SD  
Andriette Wickstrom, Storm Lake IA  
Joan Wolles, Colton SD  
Becky Youngberg, Eden Prairie MN  
Jack Youngberg, Eden Prairie MN

# Long-Time Loyal Members

Paid dues at least eight of the last 10 years

Brenda Algood, Brookings SD  
Ron Amundson, Orinda CA  
Arne Anderson, Canton SD  
Jill Anderson, Duluth MN  
Bob Bartling, Brookings SD  
Herb Bartling, Vancouver WA  
Christa Bartling Bortnem, Brookings SD  
Jerry Bergum, Brookings SD  
Benda Berseth, Brookings SD  
Steve Berseth, Brookings SD  
William Berzonsky, Lincoln NE  
Rob Beyer, Mound MN  
Tom Bezdichek, Brookings SD  
Matt Bien, Brookings SD  
Tom Birath, Marshall MN  
Kevin Bjerke, Aberdeen SD  
Mary Bjerke, Volga SD  
Russ Bjerke, Volga SD  
John Blatchford, Brookings SD  
Lori Bocklund, Beaverton OR  
Pat Bohl, Humboldt SD  
Justin Bonnema, Inwood IA  
Dave Braley, Sioux Falls SD  
Steve Britzman, Brookings SD  
Dave Bushard, Lake Shetek MN  
Clyde Calhoon, Brookings SD  
Andrew Carlson, White Bear Lake MN  
Dan Carlson, White Bear Lake MN  
Laura Carlson, White Bear Lake MN  
Rob Carney, Lakeville MN  
Craig Cassen, Piedmont SD  
Lyle Claussen, Beatrice NE  
Sharon Clay, Brookings SD  
Paul Coffin, Sioux City IA  
Paul Danger, Valparaiso IN  
Sara Danger, Valparaiso IN  
Ann Day, Willmar MN  
Rod DeHaven, Brookings SD  
Shelli DeHaven, Brookings SD  
Andrew Dickinson, Brookings SD  
Jay Dirksen, Hot Springs Village AR  
Jim Egeberg, Valley City ND  
Pat Egeberg, Valley City ND  
Monte Farnsworth, Pierre SD  
Brian Fendrich, Apple Valley MN  
George Fendrich, Sioux Falls SD  
Ursula Fendrich, Sioux Falls SD  
Van Fishback, Brookings SD  
Becka Foerster, Brookings SD  
Brian Freking, Keota OK

Chuck Furlong, Manchester MA  
Jim Glazer, Saint Paul MN  
Dave Graves, Volga SD  
Dave Griffith, Wecota SD  
Chris Gruenhagen, Brookings SD  
Dan Hansen, Brookings SD  
Paul Hanusa, Volga SD  
Steve Hauff, Sioux Falls SD  
Mike Heyl, Lincoln NE  
Mike Hieb, Brandon SD  
Wade Hoffman, Minnetrista MN  
Joaine Holm, Brookings SD  
Rick Holm, Brookings SD  
Dennis Hopfinger, Brookings SD  
Owen Hotvet, Sioux Falls SD  
Hunter Jamison, Wentworth SD  
Scott Jamison, Wentworth SD  
Taylor Jamison, Wentworth SD  
Gloria Jansen, White Bear Lake MN  
Miles Jefferis, Vadnais Heights MN  
Marcus Johansen, Coon Rapids MN  
Randall Kantack, Aberdeen SD  
Angela Kauch, Minneapolis MN  
Lucy Kephart, Brookings SD  
Wally Klawiter, Sioux Falls SD  
Carol Klitzke, Maple Grove MN  
Kelly Koenig, Brookings SD  
Bryan Krogman, Brookings SD  
Steve Kurtenbach, Sioux Falls SD  
Shari Landmark, White SD  
Jay Larsen, Brookings SD  
Polly Larson, Volga SD  
Steve LeFevre, Fallbrook CA  
Deb Leiferman, Brookings SD  
Mark Lidman, Kansas City MO  
Pat Lockwood, Brookings SD  
Harry Mansheim, Brookings SD  
Reyna Martin, Brookings SD  
Jason Massmann, Buffalo MN  
Chuck McCullough, Brookings SD  
Barry McKeown, Arlington TX  
Bob McKnight, Brookings SD  
Dan Merchant, Brookings SD  
Christy Mettler, Colorado Springs CO  
Miles Mettler, Colorado Springs CO  
Dave Meyer, Brookings SD  
Patricia Meyer, Brookings SD  
Jerry Miller, Sioux Falls SD  
Pete Monfore, Aliso Viejo CA  
Paul Morgan, Winona MN

Keith Morrill, Custer SD  
John Nelson, Madison SD  
Vicki Nelson, Sioux Falls SD  
Trudy Nepstad, Roeland Park KS  
Judy Norton Pinckney, Rosemount MN  
Kurt Osborne, Brookings SD  
Dan O'Shea, Eugene OR  
Brad Oyos, Fargo ND  
Jim Pedley, Martinez CA  
Grant Peterson, Brookings SD  
Gary Pierson, Sioux Falls SD  
Dan Propst, Pierre SD  
Eric Rasmussen, Brookings SD  
Richard Reid, Brookings SD  
Lynn Riedesel, Brookings SD  
Bob Ritter, Brookings SD  
Gail Robertson, Brookings SD  
Dwayne Rollag, Sioux Falls SD  
Bob Salmi, Aberdeen SD  
Paul Schroeder, Nevis MN  
Joe Schuch, Belton MO  
Susan Scott, Lincoln NE  
Boyd Shank, Brookings SD  
Dick Smith, Brookings SD  
Kevin Smith, Brookings SD  
Tom Stambaugh, Nevis MN  
Audrey Stavrum Riggs, Portland OR  
John Stiegelmeier, Brookings SD  
Richard Strande, Brookings SD  
Russ Strande, Brookings SD  
Sharon Stubler, Minnetonka MN  
Barbara Swenson, Omaha NE  
Ron Tesch, Brookings SD  
Jim Thvedt, Brookings SD  
Chuck Tiltrum, Aurora SD  
Dale Tribby, Miles City MT  
Gregg Uecker, Freeman SD  
David Ulschmid, Arlington SD  
Peggy Whalen, Brookings SD  
Andriette Wickstrom, Storm Lake IA  
Tim Wilson, McMinnville OR  
Joan Wolles, Colton SD  
Becky Youngberg, Eden Prairie MN  
Jack Youngberg, Eden Prairie MN  
Tim Zbikowski, Maple Grove MN  
Kim Zilverberg, Belle Plaine MN  
Jason Zimmerman, Brookings SD  
Kyrsten Zimmerman, Brookings SD

# Lifetime Members

Requires a minimum gift of \$100 \*Denotes new lifetime members in 2017

Ron Amundson, Onida CA  
Arne Anderson, Canton SD  
Bob Bartling, Brookings SD  
Herb Bartling, Vancouver WA  
Christa Bartling Bortnem, Brookings SD  
Jerry Bergum, Brookings SD  
William Berzonsky, Lincoln NE  
Rob Beyer, Mound MN  
Tom Bezdichek, Brookings SD  
Dan Bielfeldt, Brookings SD\*  
Matt Bien, Brookings SD  
Tom Birath, Marshall MN  
John Blatchford, Brookings SD  
Justin Bonnema, Inwood IA  
Dave Braley, Sioux Falls SD  
Dave Bushard, Lake Shetek MN  
Andrew Carlson, White Bear Lake MN  
Dan Carlson, White Bear Lake MN  
Laura Carlson, White Bear Lake MN  
Rob Carney, Lakeville MN  
Lyle Claussen, Beatrice NE  
Sharon Clay, Brookings SD  
Paul Danger, Valparaiso IN  
Sara Danger, Valparaiso IN  
Ann Day, Willmanr MN  
Rod DeHaven, Brookings SD  
Shelli DeHaven, Brookings SD  
Rufus DeZeeuw, Elkton SD\*  
Jay Dirksen, Hot Springs Village AR  
Jim Egeberg, Valley City ND  
Pat Egeberg, Valley City ND  
Shelby Eischens, Aurora SD\*

Becka Foerster, Brookings SD\*  
Danny Foerster, Brookings SD\*  
Brian Freking, Keota OK  
Jeanette Gibbons, Brookings SD  
Dave Graves, Volga SD  
Dave Griffith, Wecota SD  
Chris Gruenhagen, Brookings SD  
Steve Hauff, Sioux Falls SD  
Mary Held, Aurora SD  
Mike Hieb, Brandon SD  
Wade Hoffman, Minnestrista MN  
Joanie Holm, Brookings SD  
Rick Holm, Brookings SD  
Dennis Hopfinger, Brookings SD  
Owen Hotvet, Sioux Falls SD  
Angela Kauch, Minneapolis MN  
Carol Klitzke, Maple Grove MN  
Kelly Koenig, Brookings SD\*  
Steve Kurtenbach, Sioux Falls SD  
Shari Landmark, White SD  
Jay Larsen, Brookings SD  
Polly Larson, Volga SD  
Steve LeFevre, Fallbrook CA  
Pat Lockwood, Brookings SD  
Harry Mansheim, Brookings SD  
Barry McKeown, Arlington TX  
Dan Merchant, Brookings SD\*  
Kati Merkley, Brookings SD\*  
Dave Meyer, Brookings SD  
Patricia Meyer, Brookings SD  
Jerry Miller, Sioux Falls SD  
Pete Monfore, Alison Viejo CA

Paul Morgan, Winona MN  
Keith Morrill, Custer SD  
Lori Munsterman, Brookings SD  
Vicki Nelson, Sioux Falls SD  
Kurt Osborne, Brookings SD  
Dan O'Shea, Eugene OR  
Trevor Penning, Brookings SD  
Gary Pierson, Sioux Falls SD  
Dan Propst, Pierre SD\*  
Lynn Riedesel, Brookings SD  
Dwayne Rollag, Sioux Falls SD  
Paul Schroeder, Nevis MN  
Joe Schuch, Belton MO  
Susan Scott, Lincoln NE  
Kevin Smith, Brookings SD  
Tom Stambaugh, Nevis MN  
John Stiegelmeier, Brookings SD  
Sharon Stubler, Minnetonka MN  
Alison Tappan, Brookings SD\*  
Lynne Thompson, Brookings SD\*  
Chuck Tiltrum, Aurora SD  
David Ulschmid, Arlington SD  
Marty Wennblom, Sparta WI  
Tim Wilson, McMinnville OR  
Joan Wolles, Colton SD  
Becky Youngberg, Eden Prairie MN  
Jack Youngberg, Eden Prairie MN  
Tim Zbikowski, Maple Grove MN  
Jason Zimmerman, Brookings SD  
Kyrsten Zimmerman, Brookings, SD