

The Pacesetter

A quarterly publication of the **Prairie Striders**



Vol. 18, No. 1

Brookings, S.D.

February 2021

Marathon, half marathon reach caps in unprecedented 3 weeks



With Brookings Marathon face coverings and their favorite sports jerseys, the SDSU softball team was among the aid and traffic volunteers for the 2020 marathon Sept. 12.

Monthly group run kicks off April 5 at Wooden Legs

Basketball may be on tap later Monday night, April 5, at Wooden Legs Brewing Co., 309 Fifth St., downtown Brookings, but at 5:30 p.m. Prairie Striders is serving up its first group run.

The monthly runs of about three miles will begin and end at Wooden Legs, which also is offering \$1 off specials to participants. There also will be a one-mile route for walkers and those wanting a short run. Prairie Striders will have pace leaders, but the runs are open to nonmembers and club members.

The effort is being organized by Andy Carlson, director of the Oakwood Lakes Trail Run. He called the group runs, to be held on the first Monday April through September, “an excellent opportunity to bond with other runners while still getting a workout in.”

After each run, there will be a drawing for a \$20 gift certificate from 605 Running Co., Sioux Falls.

In addition, after the April 5 run, Prairie Striders will present its Friend of Running Awards from 2019 and 2020 as well as 2020 participant awards.

By **Dave Graves**
Newsletter editor

Registration for the 52nd annual Brookings Marathon is off to a strong start, race director Matt Bien reports.

“With big races still tentative, not many spring events are scheduled. Interest in our event has been high with fewer than 50% of spots remaining just two weeks after registration opened. With Fargo (Marathon) moving to/staying with the fall, we have increased

numbers from the Fargo-Moorhead area,” Bien said.

With three weeks of opening 2021 registration, the marathon and half marathon caps were hit, Bien said.

He adds that “many of the same safety procedures implemented last fall will likely to be in place” for this year’s May 15 race.

The postponed Sept. 12 race was capped at 150 in the full marathon, 210

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2021 race schedule

Arbor Day 5K	Friday, April 23
Brookings Marathon, Half Marathon and Relays ...	Saturday, May 15
Longest Day 10K	Saturday, June 19
Beef and Eggs 5K	Saturday, July 10
Predictor Mile	Wednesday, Aug. 4
Oakwood Lakes Trail Run	Saturday, Aug. 14
Jack 15 Road Race	Saturday, Sept. 25
Bob Bartling Hobo Day 5K	Saturday, Oct. 23
Turkey Trot	Thursday, Nov. 25
Group runs	First Monday, April-September 5:30 p.m., starting and ending at Wooden Legs Brewing, Brookings

Marathon: COVID-19 protocols expected again



Brookings Marathon and Half Marathon runners find their dot on the street prior to the start of the 2020 race Sept. 12. Masks at the start line, distancing and temperature checks are expected to be part of this year's event as well.

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in the half and 20 relay teams to allow for social distancing at the start and there were three wave starts. This year's caps are 200 in the marathon, 300 in the half and 50 relay teams. Normal caps are 300 in the full, 400 in the half and 50 teams.

COVID-19 cases in Brookings and South Dakota have been steadily dropping in recent weeks, however, "even if

we're in a good place in regard to COVID, change in USATF protocols will lag. We will plan for distancing, masks and temp checks. With any luck, we can back off on some of those measures," Bien said.

USA Track and Field sanctions the event and provide insurance coverage, as it does for all Prairie Striders races, so the races need to follow USATF guidelines.

Runners who had registered for the May 2020 event were given the opportu-

nity to forward their registration to 2021. So far, 75% of those who deferred have activated their registration.

Runners who participated in September will see a familiar course. A change that incorporated Dakota Nature Park into the 26.2-mile route will be retained.

Other Prairie Striders races for 2021 are also still scheduled. For details, go to prairiestriders.net and clip out the schedule on P. 1 of the newsletter.

Life Members

Life membership is available for a minimum gift of \$100. With the addition of three life members in 2020 and the passing of three in '20/'21, life membership now stands at 107.

Ron Amundson, Orinda CA
 Arne Anderson, Canton SD
 Bob Bartling, Brookings SD
 Herb Bartling, Vancouver WA
 Christa Bartling Bortnem, Brookings SD
 ** Gerald 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
 Steve Britzman, Brookings SD
 Dave Bushard, Lake Shetek MN
 Andrew Carlson, White Bear Lake MN
 Andy Carlson, Brookings SD
 Dan Carlson, White Bear Lake MN
 Laura Carlson, White Bear Lake MN
 Rob Carney, Lakeville MN
 Lyle Clausen, Beatrice NE
 Sharon Clay, Brookings SD
 Paul Danger, Valparaiso IN
 Sara Danger, Valparaiso IN
 Ann Day, Willmar MN

Rod DeHaven, Brookings SD
 Rufus DeZeeuw, Elkton SD
 * Brady Diercks, Brookings SD
 * Leeann Diercks, Brookings SD
 Jay Dirksen, Hot Springs Village AR
 Jim Egeberg, Valley City ND
 Pat Egeberg, Valley City ND
 Shelby Eischens, Aurora SD
 * Monte Farnsworth, Pierre SD
 Becka Foerster, Brookings SD
 Dan Foerster, Brookings SD
 Brian Freking, Keota OK
 Jeanette Gibbons, Brookings SD
 Dave Graves, Volga SD
 Dave Griffith, Wecota SD
 Chris Gruenhagen, Brookings
 Kaylyn Gutormson, Bruce SD
 Steve Hauff, Sioux Falls SD
 Mary Held, Aurora SD
 Mike Hieb, Brandon SD
 Wade Hoffman, Minnetrista MN
 Joanie Holm, Brookings SD
 ** Rick Holm, Brookings SD
 Dennis Hopfinger, Brookings SD
 Owen Hotvet, Sioux Falls SD
 Angela Kauch, Minneapolis MN
 Gene Kingslien, Watertown SD
 Carol Klitzke, Maple Grove MN
 Kelly Koenig, Brookings SD

Steve Kurtenbach, Sioux Falls
 Shari Landmark, White SD
 Jay Larsen, Brookings SD
 Polly Larson, Volga SD
 Steve LeFevre, Fallbrook CA
 Harry Mansheim, Brookings SD
 Chuck McCullough Brookings
 Nikki McDaniel, Rapid City 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
 * Jacob Mills, Brookings SD
 Pete Monfore, Aliso Viejo CA
 Paul Morgan, Winona MN
 Keith Morrill, Custer SD
 Lori Munsterman, Brookings SD
 Vicki Nelson, Sioux Falls SD
 Mandy Orth, Brookings SD
 Kurt Osborne, Brookings SD
 Dan O'Shea, Eugene OR
 Trevor Penning, Brookings SD
 Lynn Riedesel, Brookings SD
 Dwayne Rollag, Sioux Falls SD
 Nancy Scholl, Brookings SD
 Paul Schroeder, Nevis MN
 Joe Schuch, Belton MO
 Susan Scott, Lincoln NE
 * Nick See, Brookings SD

Kevin Smith, Brookings SD
 Peder Solberg, White Bear Lake MN
 Tom Stambaugh, Nevis MN
 John Stiegelmeier, Brookings SD
 Sharon Stubler, Minnetonka MN
 ** Alison Tappan, Brookings SD
 Marcel Thielke, Brookings SD
 Jim Thvedt, Brookings SD
 Chuck Tiltrum, Aurora SD
 David Ulschmid, Arlington SD
 Scott Underwood, Brookings SD
 Marty Wennblom, Rapid City
 * 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
 Jason Zimmerman, Brookings
 Kyrsten Zimmerman, Brookings SD
 * New in 2020
 ** Deceased in 2020/21

Knaus follows trail of alums to SDSU

By Dave Graves
Newsletter editor

Wikipedia's list of notable alums for St. Michael-Albertville (Minn.) High School doesn't include Rachel King, Chase Cayo or Brendan Sage, but they've made a pretty good impact at South Dakota State University and the next St. Michael-Albertville alum is starting his own story at State.

Carter Knaus, a sophomore miler and recipient of the 2020-21 Prairie Striders/Phil LaVallee Memorial Scholarship, got the 2021 indoor season off to a strong start by finishing third in the mile at the Jim Emmerich Invitational at SDSU Jan. 23 with a PR time of 4:14:80. That's more than two seconds better than his old mark (4:17:00) set at the Summit League Championships in 2020.

King, a 2015 graduate of St. Michael-Albertville and a 2019 graduate of SDSU, laid claim to six school records in track and cross country for the Knights and also captained the hockey team.

She left hockey in Minnesota when she ran at state, but continued to grab school records as well as qualify for two national meets.

King graduated from State as a six-time school record holder. Her outdoor marks: 5K (16:09.54 in 2018), 3K steeplechase (9:50.15 in 2019) and distance medley relay (anchor leg in 2018). Her indoor marks: mile (4:48.94 in 2018), 3K (9:26.23 in 2019) and 5K 16:29.88 in 2018). She also is second in the outdoor 1,500 meters (4:25.12 in 2019).

Cayo, an unattached competitor for 2020-21 indoor season, has a year of outdoor eligibility left and is the unofficial grandpa for this year's Jackrabbit team.

He graduated from St. Michael-Albertville when Knaus was an eighth-grader. A two-time all-state cross country athlete at St. Michael-Albertville, Cayo has been a consistent scorer for the Jackrabbits in cross country and track.

Cayo holds the titles of 2017 Summit League cross country champion, 2018 indoor track and field champion in the 5,000 and outdoor champion in the 10,000. He carries five team titles under his belt (four in cross country, one in indoor track and field) and marked a fourth-place finish in the 2019 Summit League Cross Country Championships to push his team to a perfect score of 15 and secure the fourth consecutive conference title for the Jacks.

Sage, a 2013 graduate of St. Michael-Albertville and a two-time Class AA all-state performer there, graduated from SDSU in 2017.

In his Jackrabbit days Sage was first-team All-Summit League in cross country 2014, when he was twice named athlete of the week; clocked a 4:10:98 indoor mile in 2017 as well as outdoor bests of 3:54.25 (1,500 meters) and 14:36.68 (5,000 meters) in 2017. Since graduation, he has turned to the marathon winning two events — Arizona and Brookings in 2020.

In the St. Michael-Albertville Gym, Cayo, Knaus and Sage are listed one-two-three for their cross country 5K times — 15:32, 15:35 and 15:36, respectively.

DeHaven's honest recruiting pitch

While Knaus was certainly familiar with Cayo and Sage, it was another runner with an impressive pedigree that caused him to choose SDSU. "Rod (DeHaven) was pretty cool," Knaus said of the Yellow and Blue head coach and former Olympic marathoner, who set seven school records during his SDSU days.

"He was straight forward and put stuff more honest than some coaches ... Rod was honest in everything he was saying" and didn't overstate the team's potential. "Also, it was pretty cool how he ran back in the day," Knaus said.

He said he hasn't regretted his decision to become a Jackrabbit, even though it was "a weird jump" to leave the shadow of the Twin Cities to live on the rural Dakota plains.



Carter Knaus competes in the mile at Jim Emmerich Invite Jan. 23. The sophomore turned in a PR of 4:14.80.

"It's been a good transition. I like the school and the running program. There are a lot of good people," Knaus said.

He has adjusted to not being able to go to Target or other major stores and has learned to hunt. His roommates have taken him pheasant and duck hunting and he plans to go again next fall.

Goals — short and long term

His indoor track goal is to bring his mile time into the 4:10-11 range and be named all-conference. As a freshman, he ran the 1200-meter leg on the second place distance medley relay team at the Summit League Championships.

He expects to run the 1,500 and 800 meters in the outdoor season, but it will be new experience for him at the college level because COVID-19 canceled the 2020 season.

In the classroom, Knaus is in his first semester as a nursing student. He chose the field after watching his parents (Zach and Lisa) spend their days behind a desk as information technologists. "I like to be up talking to people. I saw health care as a good option. There are a lot of different fields you can go into and you can work anywhere you want."

However, he found there aren't a lot of schools where you can pursue nursing and run at the collegiate level. SDSU is an exception. In fact, nursing faculty member and Strider Becca Foerester still holds a school record.

Knaus is the fifth person to receive the Prairie Striders/Phil LaVallee Memorial Scholarship (see accompanying list). The scholarship became endowed from 2019 donations to the club and will soon provide \$3,000/year.

Prairie Striders/Phil LaVallee Memorial Scholarship recipients

2020-21: Carter Knaus, sophomore nursing major from Albertville, Minn.

2019-20: Oksana Covey, senior early childhood education major from Ankeny, Iowa

2018-19: Emily Berzonsky (now a second-year Master of Public Health student University Nebraska Medical Center)

2017-18: Emily Berzonsky

2016-17: Emily Berzonsky

2015-16: Connor Branick (now a fourth-year medical student at University of Nebraska Medical Center)

2014-15: Laura Lawton (Phil LaVallee's cousin, ER & acute care nurse at Hendricks (Minn.) Community Hospital)

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.*



Arne Anderson



Age: 60
Residence: Canton
Occupation: Pharmacist
Family: A daughter, Carrie; a son, Jesse
Years as a Prairie Strider member: 15

Why you're a member: I am a 1983 SDSU graduate and have been running for many years. Lots of fond memories running local road races with running buddies in college.

What you enjoy about running: Great exercise and very little equipment necessary.

Favorite running memory: Watching my children participate in track and cross country.

Your favorite Prairie Striders race: Unfortunately, I have run very few. Living in Canton and owning a business, I just didn't get the opportunity. I have run several Longest Day 10Ks and just one Jack 15. Hopefully, with semiretirement not far off, I can be more active at events and get to know other members.

Favorite workout: Hills! Aren't they everyone's!

Your running goal: To remain age-bracket competitive, to be running for many years to come. Ultimate goal—win my age division in a half at age 80. I'll be looking for one where I am the only 80-year-old entry. Anyone know a good 20-year training plan?

Kelly Evans Hullinger



Age: 37
Residence: Brookings
Occupation: Physician (Avera Brookings Medical Clinic)
Family: Husband Brodie Hullinger, daughters Teddy and Zoey (both age 5)
Years as a Prairie Strider member: One

Why you're a member: My friend and training partner Rich Reid signed me

up for membership as a gift last year. Thanks, Rich! I've enjoyed meeting other runners and learning more about running from the Prairie Striders.

What you enjoy about running: I enjoy many things about running, but the biggest thing I've found is that I simply feel better and am more optimistic about life on the days when I've gone for a run in the morning.

Favorite running memory: I have great memories of races I've run, but my favorite running memories are from the summer 2020, when I ran five days per week with my friends as we trained for the Brookings Marathon (my first marathon).

Your favorite Prairie Striders race: I ran the Jack 15 in 2020, and I think the history and uniqueness of that event make it a really fun event.

Favorite workout: Call me crazy, but I love to hate a nice hard track workout. I feel so accomplished when it is over!

Your running goal: Having completed my first marathon last fall, my current running goals are more modest. I hope to run two to three half marathons this year and work on improving my speed in those races.

Donated above dues

Brenda Algood, Brookings SD
 Bruce Allen, Flandreau SD
 Arne Anderson, Canton SD
 Jill Anderson, Duluth MN
 Bob Bartling, Brookings SD
 Herb Bartling, Vancouver WA
 Christa Bartling Bortnem, Brookings SD
 Becki Bartling Bray, Sioux Falls SD
 Gerald Bergum, Brookings SD
 Benda Berseth, Brookings SD
 Steve Berseth, Brookings SD
 William Berzonsky, Lincoln NE
 Alex Bisson, Brookings SD
 Kevin Bjerke, Billings MT
 Mary Bjerke, Volga SD
 John Blatchford, Brookings SD
 Lori Bocklund, Beaverton OR
 Kevin Branick, Sioux Falls SD
 Steve Britzman, Brookings SD
 Michael Burns, Milan MN
 Andy Carlson, Brookings SD
 Rob Carney, Lakeville MN
 Craig Cassen, Piedmont SD
 Lyle Claussen, Beatrice NE
 Paul Coffin, Sioux City IA
 Ann Day, Willmar MN
 Jane Derby, Estelline SD

Jay Dirksen, Hot Springs Village AR
 Ryan Egeberg, Edina MN
 Shelby Eischens, Aurora SD
 Kelly Evans Hullinger, Brookings SD
 Brian Fendrich, Apple Valley MN
 Randy Fischer, Sioux Falls SD
 Becka Foerster, Brookings SD
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 Dave Graves, Volga SD
 Dave Griffith, Wecota SD
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 Paul Hanusa, Volga SD
 Anne Harris, Brookings SD
 Steve Hauff, Sioux Falls SD
 Mike Heyl, Lincoln NE
 Mike Hieb, Brandon SD
 Wade Hoffman, Minnetrista MN
 Dennis Hopfinger, Brookings SD
 Scott Jamison, Wentworth SD
 Gene Kingslien, Watertown SD
 Wally Klawiter, Sioux Falls SD
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 Jay Larsen, Brookings SD
 Deb Leiferman, Brookings SD
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 Reyna Martin, Brookings SD
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 Kati Merkle, Brookings SD
 Janet Merriman, Brookings SD
 Michael Merriman, 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
 Brian Nelson, Sioux Falls SD
 John Nelson, Madison SD
 Lukas Nelson, Sioux Falls SD
 Vicki Nelson, Sioux Falls SD
 Trudy Nepstad, Roeland Park KS
 Judy Norton Pinckney, Rosemount MN
 Brad Olinger, Brookings SD
 Mandy Orth, Brookings SD
 Braylon Peters, Brookings SD
 Brett Pettigrew, Brookings SD
 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
 Bob Ritter, Brookings SD
 Gail Robertson, Brookings SD
 Dwayne Rollag, Sioux Falls SD
 Stephen Roy, Hastings MN
 Bob Salmi, Aberdeen SD
 Susan Scott, Lincoln NE
 Justin Sell, Brookings SD
 Boyd Shank, Brookings SD
 Richard Smith, Brookings SD
 Russ Strande, Brookings SD
 Joe Sudtelgte, Elkton SD
 Barbara Swenson, Afton MN
 Jim Thvedt, Brookings SD
 Chuck Tiltrum, Aurora SD
 Dale Tribby, Miles City MT
 Gregg Uecker, Freeman SD
 Scott Underwood, Brookings SD
 Peggy Whalen, Brookings SD
 Tim Wilson, McMinnville OR
 Joan Wolles, Colton SD
 Becky Youngberg, Eden Prairie MN
 Jack Youngberg, Eden Prairie MN
 Kim Zilverberg, Belle Plaine MN

In memoriam: 2020-2021

A worthy tribute to Prairie Strider members who died in 2020 or early 2021.



• **Gerald Bergum**, a life member of Prairie Striders and a 30-year member of the SDSU mathematics and computer science departments, died Jan. 17, 2021, at United Living Center at age 89.

Bob Bartling shares the following memories:

“Our club is mostly composed of runners and

people interested in running. However, back in the ‘80s and ‘90s we had a member who seldom ran a step. He was a walker and a serious one. He walked year around regardless of the weather.

“Most walkers do their thing on our sidewalks, not Jerry Bergum. He was a street-only guy, facing traffic with every step. His route was clockwise from his house on 11th St. It usually covered Medary Avenue, Seventh Street, Western Avenue, Eighth Street, and back home (close to 3 miles).

“Those of you who jogged back in those days in that part of Brookings would have seen Jerry. He was hard to miss. Strong stride but with a pronounced lean to the side. His friends said they called him a moving Tower of Pisa.

“When the club category of Life Member became available, Jerry was one of our first members to sign up. Each year when membership time came around he always renewed his commitment to the club with a gift.”

• **Rick Holm**, a life member of Prairie Striders and architect of the current Brookings Marathon course, died March 22, 2020, after a battle with pancreatic cancer.

Matt Bien, marathon race director, said, “Runners, especially those with connections to Brookings, appreciate how the course highlights every corner of town. Rick’s hand in course design is just one of many ways he touched this community.”

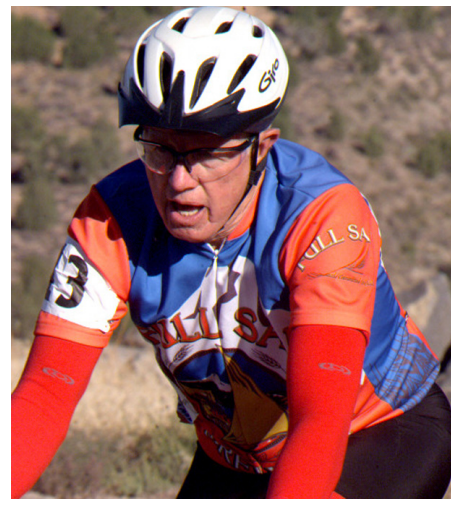
Editor’s note: Holm was featured on the cover of the May 2020 Pacesetter.

• **Harvey Mills**, one of the earliest members of Prairie Striders, died Sept. 11 at age 94.

Bob Bartling shares some memories of his Brookings High School classmate.

“In September, we lost a valued member, supporter and runner: Harvey Mills.

Harvey was a quiet member who created a huge impact. Although he never served on the board, he was always available for any special needs. One time that came to mind was his willingness to help



Bezzie (Tom Bezdichek) and my brother Lornie (Bartling) place cones at 3:00 in the morning before our marathons.

He loved to run, mostly alone, but on occasion, he would drive to town and run with our club running group. Harv could run; he was a factor

in every race that offered age group competition. In later years, when knee problems surfaced, he switched to a bicycle. In no time at all, he was one of the top master bike racers in our country.

One of his favorite subjects was the Boston Marathon. In 1976, Harv was one of our group who ran the Boston Marathon. The Boston Marathon has been around forever, but 1976 turned out to be the hottest day in the history of the event. It was 92 degrees at gun time. The medical people (George Sheehan) tried to convince the race committee to postpone the race. No luck. Our only salvation was the garden hoses stretched across lawns because in those days they did not provide any aid stations on the course. Incidentally, Harvey was our club’s first finisher.

We will miss Harv. He was a friend, runner, racer, worker, a major contributor and a good guy.

• **Alison Tappan**, part of the Turtles Rock (running) group, died Nov. 16, 2020, after a long battle with cancer.

Fellow group members Peg Whalen and Colene Reiser shared some thoughts on Tappan.

“If you were ever driving past Hillcrest School at 6 a.m., you might

have spotted several ladies of a certain age and a large black dog heading out for a 3-mile run — this was the Turtles Running Group. Alison was our pacer. She was our rock, our steady one. Her favorite running shirt stated: ‘Race Day Strategy: Start slow, then back off.’

“The Turtles discussed everything while running and often solved the world’s problems! Alison glowed when she spoke of her family (husband, Gray and children Taylor, Erin and Bryce). They were her center.

“She was ever strong and courageous and we miss our friend.”



Striders seek Friend nominations

Know someone who has shown outstanding support of running in the community?

Prairie Striders will be giving its 14th annual Friend of Running Award at its April 5 Striders Spring Social.

Nominations are due March 8. Please include specific examples of the nominee’s contributions. The selection will be made by a committee of past recipients. The award recipient will be expected to attend the April 5 gathering and agree to have his/her honor publicized in local media.

Prairie Striders officers 2021

President — Dave Graves
 Vice president — Nancy Scholl
 Secretary/webmaster — Trevor Penning
 Treasurer — Jay Larsen
 Web address — www.prairiestriders.net
 Also follow us on Facebook

Michigan runner sets hs mile mark

There is a new force to be reckoned with in high school track. Hobbs Kessler, who competes for Skyline High School in Ann Arbor, Michigan, broke the national indoor high school record in the mile, running 3:57.66 at the American Track League meet in Fayetteville, Arkansas on February 7.

The 17-year-old didn't start running until his freshman year in high school, but he's no stranger to the sport—both of his parents, who are successful runners themselves, coach Skyline's track and field and cross-country teams. Previously, Kessler focused more on rock climbing than he did running, and he even climbed at the 2019 Youth World Climbing Championship in Italy.

But his parents convinced him to give cross country a try, saying that he didn't have to do it again if he didn't like it.

"That bond on my cross-country team, it sucked me in almost," Kessler told Runner's World. "It tricked me. I made buddies on the team, and it was awesome. I've just gone from there."

His running trajectory has peaked quicker than most since his freshman campaign. When he started, he boasted a mile time just below five minutes.

Prairie Striders race entry comparisons

Race	Month	2020	2019
Indoor 5 K	January	48	37
Arbor Day 5K	April	COVID-19	108
Triathlon	April	Virtual	40
Scotty Roberts 5K	May	COVID-19	52
Brookings Marathon	Sept/May	118	183
Half Marathon	Sept/May	121	350
Longest Day 10K	June	21	27
Beef & Eggs 5k	July	63	72
Oakwood Lakes 4 mile	August	47	47
Jack 15 (individual)	Oct/Sept	55	60
Hobo Day 5K	Oct	124	293
Total		542	1269

While COVID-19 forced the cancellation of two races and the postponement of two others as well as sending another to a virtual platform, the club established diligent policies to conduct a majority of its races in 2020.

The Prairie Striders race directors, volunteers, and participants followed the COVID-19 public health guidelines and protocols that provided safe conditions for the events. Overall, the 2020 races were successful with the participants expressing gratitude and appreciation for the Prairie Striders.

Notes for 2021: The Indoor 5K was not held this year because of COVID-19 restrictions at Sanford-Jackrabbit Athletic Center. The Scotty Roberts 5K on the Friday before the marathon will also be a COVID-19 casualty. The triathlon was discontinued after 2020.

Long-time loyal members

Defined as paying dues at least eight of the last 10 years or life member

Brenda Algood, Brookings SD	Jay Dirksen, Hot Springs Village AR	Polly Larson, Volga SD	Gail Robertson, Brookings SD
Bruce Allen, Flandreau SD	Jim Egeberg, Valley City ND	Steve LeFevre, Fallbrook CA	Dwayne Rollag, Sioux Falls SD
Arne Anderson, Canton SD	Pat Egeberg, Valley City ND	Deb Leiferman, Brookings SD	Stephen Roy, Hastings MN
Jill Anderson, Duluth MN	Monte Farnsworth, Pierre SD	Mark Lidman, Kansas City MO	Bob Salmi, Aberdeen SD
Bob Bartling, Brookings SD	Brian Fendrich, Apple Valley MN	Harry Mansheim, Brookings SD	Andrea Schmidt, Brookings SD
Herb Bartling, Vancouver WA	George Fendrich, Sioux Falls SD	Reyna Martin, Brookings SD	Brad Schmidt, Brookings SD
Christa Bartling Bortnem, Brookings SD	Van Fishback, Brookings SD	Jason Massmann, Buffalo MN	Nancy Scholl, Brookings SD
Gerald Bergum, Brookings SD	Becka Foerster, Brookings SD	Chuck McCullough, Brookings SD	Joe Schuch, Belton MO
Benda Berseth, Brookings SD	Dan Foerster, Brookings SD	Nikki McDaniel, Rapid City SD	Susan Scott, Lincoln NE
Steve Berseth, Brookings SD	Brian Freking, Keota OK	Barry McKeown, Arlington TX	Justin Sell, Brookings SD
William Berzonsky, Lincoln NE	Jim Glazer, St. Paul MN	Dan Merchant, Brookings SD	Boyd Shank, Brookings SD
Rob Beyer, Mound MN	Dave Graves, Volga SD	Kati Merkley, Brookings SD	Dick Smith, Brookings SD
Tom Bezdichek, Brookings SD	Dave Griffith, Wecota SD	Janet Merriman, Brookings SD	Kevin Smith, Brookings SD
Dan Bielfeldt, Brookings SD	Chris Gruenhagen, Brookings SD	Michael Merriman, Brookings SD	Richard Smith, Brookings SD
Matt Bien, Brookings SD	Dan Hansen, Brookings SD	Christy Mettler, Colorado Springs CO	Tom Stambaugh, Nevis MN
Tom Birath, Marshall MN	Paul Hanusa, Volga SD	Miles Mettler, Colorado Springs CO	Audrey Stavrum-Riggs, Portland OR
Kevin Bjerke, Billings MT	Steve Hauff, Sioux Falls SD	Dave Meyer, Brookings SD	John Stiegelmeier, Brookings SD
Mary Bjerke, Volga SD	Mary Held, Aurora SD	Patricia Meyer, Brookings SD	Russ Strande, Brookings SD
Russ Bjerke, Volga SD	Mike Heyl, Lincoln NE	Patricia Meyer, Brookings SD	Joe Sudtelgte, Elkton SD
John Blatchford, Brookings SD	Mike Hieb, Brandon SD	Jerry Miller, Sioux Falls SD	Barbara Swenson, Afton MN
Lori Bocklund, Beaverton OR	Wade Hoffman, Minnetrista MN	Pete Monfore, Aliso Viejo CA	Ron Tesch, Brookings SD
Pat Bohl, Humboldt SD	Joanie Holm, Brookings SD	Paul Morgan, Winona MN	Marcel Thielke, Brookings SD
Justin Bonnema, Inwood IA	Rick Holm, Brookings SD	Keith Morrill, Custer SD	Jim Thvedt, Brookings SD
Steve Britzman, Brookings SD	Dennis Hopfinger, Brookings SD	John Nelson, Madison SD	Chuck Tiltrum, Aurora SD
Dave Bushard, Lake Shetek MN	Owen Hotvet, Sioux Falls SD	Vicki Nelson, Sioux Falls SD	Dale Tribby, Miles City MT
Clyde Calhoon, Brookings SD	Hunter Jamison, Wentworth SD	Trudy Nepstad, Roeland Park KS	Gregg Uecker, Freeman SD
Andrew Carlson, White Bear Lake MN	Scott Jamison, Wentworth SD	Judy Norton Pinckney, Rosemount MN	David Ulschmid, Arlington SD
Andy Carlson, Brookings SD	Taylor Jamison, Wentworth SD	Mandy Orth, Brookings SD	Scott Underwood, Brookings SD
Dan Carlson, White Bear Lake MN	Gloria Jansen, White Bear Lake MN	Kurt Osborne, Brookings SD	Peggy Whalen, Brookings SD
Laura Carlson, White Bear Lake MN	Marcus Johansen, Stacy MN	Brad Oyos, Fargo ND	Andriette Wickstrom, Storm Lake IA
Rob Carney, Lakeville MN	Randall Kantack, Aberdeen SD	Jim Pedley, Martinez CA	Tim Wilson, McMinnville OR
Craig Cassen, Piedmont SD	Angela Kauch, Minneapolis MN	Trevor Penning, Brookings SD	Joan Wolles, Colton SD
Lyle Claussen, Beatrice NE	Lucy Kephart, Brookings SD	Grant Peterson, Brookings SD	Tom Woodall, Charleston IL
Sharon Clay, Brookings SD	Gene Kingslien, Watertown SD	Gary Pierson, Sioux Falls SD	Becky Youngberg, Eden Prairie MN
Paul Coffin, Sioux City IA	Wally Klawiter, Sioux Falls SD	Dan Propst, Pierre SD	Jack Youngberg, Eden Prairie MN
Paul Danger, Valparaiso IN	Carol Klitzke, Maple Grove MN	Eric Rasmussen, Brookings SD	Tim Zbikowski, Maple Grove MN
Sara Danger, Valparaiso IN	Kelly Koenig, Brookings SD	Richard Reid, Brookings SD	Kim Zilverberg, Belle Plaine MN
Ann Day, Willmar MN	Bryan Krogman, Brookings SD	Colene Reiser, Brookings SD	Jason Zimmerman, Brookings SD
Rod DeHaven, Brookings SD	Steve Kurtenbach, Sioux Falls SD	Lynn Riedesel, Brookings SD	Kyrsten Zimmerman, Brookings SD
Andrew Dickinson, Aberdeen SD	Shari Landmark, White SD	Bob Ritter, Brookings SD	