

# The Pacesetter

A publication of the **Prairie Striders**

Vol. 20, No. 2

Brookings, S.D.

June 2023



Nathan Huselton, 38, of Fishers, Indiana, holds onto his bib while breaking the tape to win the Brookings Marathon with a time of 2:54:12 (6:39 pace) to edge Tristan Hulstein, 25, of Sioux City, Iowa, by a minute (2:55:15).

## Brookings Marathon winners set PRs

By Dave Graves  
Newsletter editor

Nathan Huselton used a hard charge to catch the leaders in the Brookings Marathon while Christine Hotvet lead throughout to win the women's division May 13.

Huselton, 38, of Fishers, Indiana, finished in 2:54:12, passing Tristan Hulstein, 25, of Sioux Center, Iowa, at Mile 25.5 and charged to the finish line to win by one minute and three seconds. Hulstein, a former Dordt College distance runner, had led from the start and was joined by former teammates Bailey Vande Griend, 23, of Sioux Falls, and Zach Elbers, 23, of Rock Valley, Iowa, for most of the race.

Vande Griend finished third with a time of 2:58:04 and Elbers was fourth with a time of 3:01:52.

"I saw the college kids at the start line and said there are the top three," said Huselton, who came to Brookings in pursuit of his 50 States goal.

Huselton ran in fourth or fifth place for much of the race and was well behind the leaders. The financial analyst clocked a 1:30 first half (6:52 pace). He put in a 1:24 second half (6:26 pace). It wasn't until the first tunnel in Indian Hills, near Mile 23, that he caught sight of the leaders. He saw Vande Griend and Elbers do a bit of walk-run, which allowed him to close the gap. He soon passed Elbers.

"Before I got into the residential area, a guy in a van said, 'I think they are slowing down. You might be able to catch them,'" Huselton said. "I thought there's

a chance they may bonk and I will stay strong. I thought I would hit the wall eventually and I never did."

### Overcame wind to score PR

Temperatures were in the mid to upper 50s for most of the race and the sky was cloudy, but those ideal running conditions were offset by an east-northeast wind averaging 17 mph with a peak gust at 36 mph.

Runners leave Western Avenue and head straight east to Main Avenue, an unprotected half-mile stretch just past Mile 24. "With that last strong wind going east, I thought I'm not sure I'm going to be able to do this, but I just kept closing the gap," Huselton said.

This was his 30th marathon, his third marathon victory and a marathon PR by more than four minutes. In 2014, he finished Boston in 2:58:49.

Huselton said he had good training heading into Brookings with weekly mileage at 40 and peak mileage at 50. He had distance runs of 16 and 18 miles and twice did a 20-miler. He also wore a new pair of Saucony Endorphins after visiting a physical therapist for back and hip issues. "I only did one training run in them and felt I was going fast," he said.

He celebrated the victory by taking the family to the Black Hills.

Huselton, his wife and their two children spent the next several days in the Black Hills as tourists. At the end of the week, he headed to Fargo, North Dakota, for the Fargo Marathon and state No. 29 in his 50 State quest. He finished Fargo in 2:59. His first marathon was in 2005 in Erie, Pennsylvania.

### Newsletter preference

The Pacesetter currently comes out in print form once a year with other issues being digital. We are seeking reader feedback on having two issues per year be distributed by print.

Please email your preference to [run@prairiestriders.net](mailto:run@prairiestriders.net).

## Registration open for inaugural Harvey Mills Longest Day 10K

Following action by the Prairie Striders board Dec. 6, 2022, the Longest Day 10K has been renamed the Harvey Mills Longest Day 10K in honor of Mills, who was a charter member when Prairie Striders was formed in September 1969 and continued to be a staunch volunteer and avid runner for many years.

The race's original name dates back to the original Brookings Marathon, which was run June 21, 1970, as the Longest Day Marathon. Through the years, the dates for the marathon changed and races were added. The 10K has been run since 1982 and is one of the few 10Ks in the region.

This year's 10K is 8 a.m. Saturday, June 17, at Fishback Soccer Complex. In addition to the 10K, there is a relay division.

Race proceeds benefit the Brookings High School and South Dakota State University cross country programs. Online registration (\$25) is available through midnight June 15 at <https://bit.ly/3MwB3tj>. Day of registration (\$30) is 6:45 to 7:30 a.m.

The Harvey Mills Longest Day 10K is being supported by Harvey's grandson, Jacob Mills, and other members of the Mills family.

Race director is Derrick Powers, [derrick@brookingshomes.com](mailto:derrick@brookingshomes.com).

## Run 4 Fun — Brookings returns

After a tremendously successful inaugural year in 2022, Run 4 Fun — Brookings is back for a second year. Dates July 5, 12, 19 and 26 at 6 p.m. at the Brookings High School track. This is a free event for children junior kindergarten through sixth grade.

For more information: [www.prairiestriders.net/run-4-fun](http://www.prairiestriders.net/run-4-fun)

See Marathon

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Christine Hotvet, 39, of Lakeville, Minnesota, has a winning smile and winning finish. The daughter-in-law of long time Prairie Strider Owen Hotvet won the women's division in 3:15:05, shaving four minutes of her previous Brookings Marathon performance.

## Marathon

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### Hotvet dreams a win, runs to victory

For Hotvet, this was her 25th marathon and her second Brookings Marathon. She ran with father-in-law and longtime Prairie Strider Owen Hotvet in 2010. Both ran a 3:19:46 to finish 16th and 17th, respectively. Her time on May 13 was 3:15:05 to place sixth overall and set a PR. Her previous mark was her previous Brookings Marathon time.

This year's race could be considered a dream come true.

"I had a dream the night before that I was in some crazy big marathon and came in first place," said Hotvet, 42, of Lakeville, Minnesota. With 99 finishers (38 female, 61 males), the Brookings Marathon can't be considered a big marathon, but it was nonetheless a fulfilling first marathon victory for Hotvet, who has been running marathons since 2004.

Hotvet was well into the race before she realized she was about to live her dream.

### 'Am I really leading?'

There was a female runner ahead of Hotvet before the half and full marathon courses split shortly before Mile 11. "I'm speeding up, she's slowing down," Hotvet said to herself as she looked for

motivation to pass a runner. But the other runner was a half marathoner. So the possibility of overtaking that runner disappeared.

Yet Hotvet assumed there were a couple females far ahead of her. That wasn't the case. "I even asked the biker, 'Am I really leading?' He said, "Oh gosh, I sure hope so or I missed a female runner."

Biker Jacob Hanson hadn't missed anyone. Hotvet was in the lead. The newly found knowledge that she was the race leader served to motivate her. "You gotta do this," the dental hygienist said to herself. She said the race "really went fast," even though there was a "never ending" east head wind. She said her pace (7:27 overall) was consistent throughout the race.

Since no runners were in sight for much of the second half of the race, she used the biker as a visual target to keep pushing ahead.

### Three keys to marathon PR

In the final miles, she did pass a male runner and finished sixth overall. Her time of 3:15:05 was the fastest for a woman at Brookings since Amy Feit of Luverne, Minnesota, ran a 3:00:46 in 2021. Her placing was the best for a woman since former University of Minnesota runner Laura Docherty, 26, of Minneapolis, finished fourth in 2018.

Hotvet credits her results to good training, plenty of support on the course and new shoes.

She trained with friend Alaina Laine,

who also supported her on the course. Laine has a running coach and is pushing for a marathon PR. They made an intentional effort to keep the heart rate down on long runs, added a couple days of strength training and incorporated speed training, often on the track. Other times, speed work was interjecting a fast mile a couple times in the course of a 14-mile overall run.

Mileage was 40 to 50 per week with a peak long run of 20.5 miles.

### Helped by Hotvet households

Hotvet said this was her first race in Nike Alphaflys, which her husband, Tait, bought her for Christmas. It's the shoe Nike gave every U.S. Olympic Marathon Trials qualifier in 2020 and the shoe Eliud Kipchoge wore to break the two-hour marathon.

They made Hotvet a satisfied customer, but she was even more happy to have a cheering squad of 12, including her mom, Laine, her immediate family (Tait and children Owen and Eloise) and her in-laws Owen and Jan Hotvet rooting her on throughout the race.

"Owen is like my inspiration. Some of my most memorable races are with him," Christine said, citing their 2010 Brookings Marathon and 2007 Boston Marathon experiences. "And when I ran San Francisco—he's such a motivator—he was at Mile 23 and said 'Christine you're in the top 10% and told the crowd 'she's going to qualify for Boston.'

"He's one of my biggest cheerleaders."

# Brookings brings big numbers to Boston

## Five runners establish new mark for local participation

By Dave Graves  
Newsletter editor

Runners flocked to Boston from 106 countries and all 50 states, and Brookings pulled more than its own weight with five participants in the 127th running of the Boston Marathon on April 17.

It is believed this is the largest Brookings delegation to run at Boston. The previous mark of four was set in 1976 when Bob Bartling, Harvey Mills, Russ Strande and Scotty Roberts made the journey, club historian Bartling said.

Making the 2023 journey from the Great Plains to the site of the world's oldest and most prestigious marathon were Anne Harris, Katie Jones, Lisa Raetz, Rich Reid and Angie Thompson. For Harris and Jones, it was their second Boston. Harris also ran in 2022 while Jones' inaugural Boston was 2018. Boston was a new experience for the other three.

In addition, there was another group of Brookings runners in Boston to run shorter races in the region and then watched the Boston Marathon (see separate story).

Raetz is new to the Brookings running scene, having moved here from St. Paul, Minn., in August 2022 for a position at South Dakota State University. Raetz, 37, isn't new to running. Boston was her 22nd marathon, but it wasn't just another marathon, she said.

### A special marathon

"You're part of this history that goes back 127 years. It is different than any other marathon. It is on a lot of nonrunners' minds. You're running Boston; so is Kipchoge, the greatest marathoner of all time. It was the 10th anniversary of (Boston Marathon) bombing," she said at an April 22 breakfast at the Reids, the first chance for the full group to gather after the marathon

Thompson said, "The last couple miles coming into the finish line I was thinking of the (2013) bombing and all the city went through. It gives you chills. It's super humbling. The day before the race, coming down to the finish line and taking it all in was just an amazing experience.



Angie Thompson, left, and Anne Harris share a hug after the Boston Marathon.



Sporting their Boston Marathon jackets and medals is the Brookings delegation of, from left, Angie Thompson, Lisa Raetz, Anne Harris, Rich Reid and Katie Jones.

"Also, I really loved the (Brookings) group and the group of Brookings spectators," which included not only the previously mentioned Brookings runners but also some family members.

Harris said, "The whole experience is so humbling You can't even explain the feeling you get when you finish. You cry and don't even know why. The people that reach out to you to wish you well — friends from Brookings, people in running community — it's very touching. It's a really humbling experience.

"When you're training, you're thinking it's just another marathon. Then you realize it is kind of cool to run the Boston Marathon."

The 42-year-old dentist and mother of four adds, "Finishing the Boston Marathon is the only thing that at all compares with having a baby." She cited the months of discomfort and then the intense struggle followed by overwhelming joy. "You're thinking never again and then say 'maybe one more.'"

### Hard work pays off

To some degree, Jones, Harris, Reid and Thompson trained together. Raetz was discovered by Reid a couple weeks before Boston.

Jones said, "We each know how hard we worked. 'Look at all the hard things we did the last three months. We did it together.' It's analogous for life. When you work hard and hold one another accountable, you can accomplish a lot. Hopefully, people will say 'Look what they did.' Hopefully, we motivated someone in the Brookings community to do something more."

Jones' hard work certainly paid off on the 26.2-mile course.

She finished in 3:13:03, which is a 7:22 pace, and placed her 969th out of nearly 13,000 females. Jones, 29 and a former SDSU soccer player, also knows the mother/delivery analogy. Since giving birth to her daughter 13 months ago, she has run two marathons, both of which were under her Boston qualifying time.

This year her Boston qualifying time was 3:30 and the iconic race is among the

marathons she is considering for 2024.

### Finding success with Hanson plan

Reid, who grew up in nearby Kennebunkport, Maine, said, he enjoyed visiting family in the days prior to the race and seeing familiar sites in Boston. The race itself? "It was a harder course than I thought," which was reflected in his time. He ran 3:47:02, which is quite a salty time for a 63-year-old, but "I wanted to be no slower than 3:45" and felt he was trained to go 3:40.

Reid, Jones and Harris all used the Hanson training plan, which didn't have them running longer than 17 miles, but Reid noted he averaged 55 miles per week from Jan. 1 until April 8.

This was Harris' fifth marathon, all since the Brookings Marathon in September 2020, which she ran in 3:39:55. This year's Boston time was 3:24:20. The busy mom/professional said, "The Hanson plan worked for me because most of the workouts can be done in 90 minutes or less."

Reid, Harris and Jones did their weekly easy run together as well as a few others, but a rough winter and late-arriving spring meant many of their long runs were treadmill runs. Harris said, "I only did one long run outside. Otherwise all my long runs on the treadmill." Raetz said she bought a new treadmill in November 2021 "and this year I'm so glad I did."

Even if the group wasn't running together, they were sharing workout results with one another. "Misery loves company," Harris quipped.

### Connecting on the course

And runners love camaraderie. Fate allowed Harris, Thompson and Raetz to be on the same flight to Boston. Harris, Thompson, Jones and Reid stayed in the same hotel. Three months in advance, Harris had made reservations for the quartet to eat at the same Italian

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# Boston

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restaurant the night before the race and they had a postrace dinner together.

Out on the course, with different starting corrals and 30,000 runners, the Brookings contingent became individual runners, with one exception.

Reid and Thompson ran the last three miles together. "I felt like I needed Rich the last three miles," said Thompson, who finished in 3:47:16 and needed to go to the medical tent after the race due to conditions brought on by temperatures in the low-50s with rain that continued to pick up throughout the day.

Reid, who finished 14 seconds ahead of Thompson, said, "I hadn't talked to anybody the whole race" before connecting with Thompson.

## Another Boston? Maybe

Raetz said she has a love/hate relationship with large marathons. "There is a lot of energy but there is always a line." Reid said, "When you would round a corner or crest a hill, you could see 20,000 in front of you and you know there are 10,000 people behind you. It's just an accordion of people curb to curb."

However, the people that mattered the most were those around Reid's



Brookings Boston Marathon participants, from left, Angie Thompson, Katie Jones, Anne Harris and Rich Reid gather for a postrace celebration dinner in Boston.

breakfast table.

"Rich is all about relationships ... He's kind of the glue" within the group, Harris said. Raetz said, "I'm really appreciative of Rich reaching out to me. I had spent the last six months training alone. It's not as fun" as being part of a group.

Reid, who has run eight marathons, said he wouldn't run another by himself, but he likes planning trips. "Where would you like to go next?" he asks the group.

For Thompson, she is signed up to run Chicago in October. "I'm going to ask these guys to train with me," she said. Raetz has her eyes set on Big Sur in April 2024. Reid would like to run the Marine Corps Marathon in D.C. in October 2024.

A return trip to Boston isn't out of the realm of possibility.

Raetz cites the "energy of the whole city for the days leading up to the marathon. You can't walk down the street and not feel it. Everyone is happy."

## Second Brookings delegation came to Boston for other races

By Dave Graves  
Newsletter editor

When the third Monday of April rolls around, all eyes are on the Boston Marathon.

But it's far from the only running show in New England that weekend and a couple contingents of Brookings runners jumped in other races and then watched their friends just after they topped Heartbreak Hill at about Mile 21.

Becka Foerster and Kati Merkley ran the Boston Athletic Association 5K on the morning of Saturday, April 15, and the Sprint of the Springs 5K in Tolland, Conn., at noon. On Sunday, they ran the Clamdigger 5K in Westerly, Rhode Island.

Danielle Bohn, Rebecca Biteler and Susan Holt a half marathon in Newport, Rhode Island, on Saturday. Bohn and Holt ran a half marathon at Easthampton, Mass., on Sunday.

On Monday, all were just a few hundred meters beyond Mile 21 in Boston College territory.

The Boston Marathon is conducted on Patriot's Day, a legal holiday in Massachusetts, which reduces traffic on the roads and gives students a three-day weekend.

## Hanging with college crowd

But Foerster noted that Boston College officials make a big effort to keep students on campus for the run.

"Boston College has a day of free



Cheering on their favorite Brookings runners near Mile 21 of the Boston Marathon are, from left, Mike Thompson; Danielle Bohn, Rebecca Biteler, Susan Holt and Kathy Reid.

events to keep the students' energy high and get them near the course to cheer on the runners. This year they had pop artist Flo Rida give a free concert to the students at 10-11 a.m. Then the elite runner wave comes by Boston College starting around 11:20 a.m.," Foerster said.

Just a few blocks further down the route were Mike Thompson and Curtis Schmitz, the husband and son of Angie Thompson; Bohn, Biteler, Holt and Kathy Reid, wife of Rich Reid.

Holt, 49, quipped, "I think we were some of the oldest spectators on Mile 21. We were on the south side of the street and when the elites came through they were literally three feet away from us. Katie (Jones) also ran along that south side, Angie (Thompson) ran in the middle of the street as did Rich (Reid), Anne (Harris) was further on the north side of the street but I did manage to capture videos of them for seconds because that's all the longer they were visible with the crowds."

Merkley said, "I still cannot believe I got to watch that race and see all of those runners with my own eyes! It is was an incredible experience for me."

## Working on their own goals

Merkley and Foerster have an ambition to run a race in all 50 states. They have run distances between a 5K and a half marathon. Merkley is at 28 states and hopes to reach 50 states by her 50th birthday on June 20, 2028. Foerster is at 30 states with Georgia and South Carolina on the list for late May.

While neither of them has a marathon in their sights, Holt is 10 states into her goal of running a half marathon in all 50 states. She is four states into her goal of running a marathon in all 50 states.

But on April 17 they were happy just to be part of a very large crowd. Their cheers didn't go unnoticed.

"It was cool to have their support," Harris said.

# A marathon future for SDSU's Olson

By Addison DeHaven  
Contributing Writer

While most soon-to-be graduates from South Dakota State University's College of Engineering were busy preparing for commencement ceremonies, filling out job applications, sharpening up resumes, and RSVP-ing to graduation parties, Ben Olson was busy with a somewhat different, and arguably more daunting, task: his first marathon.

Olson, who earned a master's degree in engineering and was the 2022-23 Prairie Striders/Phil LaVallee Memorial Scholarship recipient, was a standout member of the SDSU track and field/cross country program.

Now, following the completion of his final track season at SDSU, he is eager to try his hand at 26.2 miles in late June at the Grandma's Marathon in Duluth, Minnesota.

"It's something I've always kind of thought about," Olson said. "Grandma's is also one of the more well-known marathons and one I've definitely thought about running at some point."

Marathon talk started last winter, between Olson, Joseph Minor-Williams, a prior Prairie Striders/Phil LaVallee Memorial Scholarship recipient and a May SDSU graduate, and head coach Rod DeHaven. As the trio discussed, early June following the spring track season is likely when Olson and Minor-Williams will be in peak fitness.

With the United States Olympic Marathon Trials less than 12 months away, why not try to sneak under the 2:18.00 qualifying time required to earn a spot at the trials' starting line?

"Right after the season is probably the fittest we will ever be so my thought is it would be as good as time as any to give the marathon a shot," Olson explained.

## In season training for marathon

For most, marathon and track training might not seem to have a lot of

overlap but, according to DeHaven—a 2000 U.S. Olympian in the marathon and the fastest South Dakota native in the 10,000 meters—they do. Both successful 10K and marathon training require two-hour-long runs, extended tempo runs and grueling Vo2 max repeats on the track.

In January, Olson got his first taste of marathon training with a taxing 20-mile run. Later in the winter—during SDSU's fabled 2 x 20-minute workout in which the Jackrabbits run just over four miles, twice, on the track with minimal rest—Olson practiced taking water bottles and gels off a table to simulate the marathon experience.

"This will be my first one, so I really just want to have fun with it," Olson said.

This spring Olson has run a respectable 30:32 in the 10k and 14:10 in the 5k. During the spring his primary focus was helping the Jackrabbits score as many points as possible at the outdoor conference meet in Fargo, North Dakota.

Following the conference meet, Olson will reassess how he feels before proceeding with more marathon training. He has been running nearly 80 miles per week since the start of the new year and feels his body may need a few days to regroup. Regardless, he will have a solid month of training before toeing the line on June 17.

## To work in biomedical engineering

If Olson is able to run under 2:18 (5:16 pace), he will guarantee himself a spot on the starting line of the U.S. Olympic Marathon Trials, scheduled for Feb. 3 in Orlando, Florida. There, he would get a chance to earn a spot on the 2024 U.S. Olympic Team.

"It would be incredible to get a chance to run at the Olympic Trials," Olson said. "That's been a goal of mine for a while."

A Blaine, Minnesota native, Olson has been a member of the program for five years, helping the Jackrabbits to six



*Ben Olson competes in the SDSU Cross Country Invitational in September 2022. He completed his collegiate eligibility by winning the 1,500 meters at The Summit League outdoor championships in a PR time of 3:47:48 and now has his eye on Grandma's Marathon June 17.*

team conference titles in cross country and indoor track. He will leave SDSU as one of the most decorated student-athletes in history.

As for Olson's post-SDSU plans, running is surely in his future, albeit away from Brookings. He is set to start a biomedical engineering job with a company out of the Twin Cities but plans to continue to train with a few of his college teammates—including Minor-Williams—who are also set to make moves back to their home state.

Being back in Minnesota full-time will allow Olson to pursue his other athletic passion: cross-country (nordic) skiing, a sport he excelled at in high school.

"I have enjoyed my time in Brookings and will miss it, but I'm also excited to enter into this next phase of my athletic journey," Olson said.

## Beardsley, Dunlap now podcasting

If you can't help but smile when you listen to the enthusiastic Dick Beardsley speak, then you won't want to miss his new podcast with former Jackrabbit teammate and forever friend Mike Dunlap, right.

Their podcast can be found at: [www.beardsanddunpod.com/podcast](http://www.beardsanddunpod.com/podcast)



## New racing chair available for public use

Dick Hoyt pushed his handicapped son in more than 1,000 races including marathons, triathlons and six Ironman races. Prairie Striders Running Club has purchased that same style of chair.

It debuted Oct. 29, 2022, with nonhandicapped riders in the Hobo Day 5K, where Chris Gruenhagen pushed his son, Otto, and the Hobo Day parade, where Addison DeHaven was the pusher.

If you would like to be a pusher at a 2023 race or know of a disabled person who would enjoy experiencing a road race as a participant, please contact Prairie Striders at [run@prairiestriders.net](mailto:run@prairiestriders.net).



# A world traveler

## Pettigrew completes Abbott World Marathon Majors series

By Dave Graves  
Newsletter editor

Six marathons. That's just over 157 miles. It's a long ways to run, but just a fraction of the distance that Brett Pettigrew, 47, of Brookings has covered to complete the Abbott World Marathon Majors series. He conquered the sixth on March 5, when he completed the Tokyo Marathon in 3:56:39, one of his faster times in recent years.

He was among nearly 37,000 runners competing and one of 3,032 people who received their Abbott World Marathon Majors medal that day.

Since 2016, runners who complete the Boston, Chicago, New York, Berlin, London and Tokyo marathons have been eligible to receive the Six Star Finisher medal.

Pettigrew's the journey started Oct. 11, 2009, when he ran the Chicago Marathon in 3:34:16. At the time, Pettigrew just knew he was running his second ever marathon with friend and co-worker Justin Bonnema. A year later, Sept. 26, 2010, he and Bonnema ran the Berlin Marathon. He didn't run another marathon until 2021, when he ran the Boston Marathon as a charity runner.

He was halfway to a goal he hadn't set. However, it suddenly seemed doable. He added New York in 2021 and London in 2022.

While culturally the Tokyo Marathon was different from the others Pettigrew had run, he said, "Once the gun goes off and you start running, it's not really" different than other major marathons. There are fewer spectators than New York and London, but there's still a lot of spectators."

### 'Just get to finish line'

His Six Star Finisher medal was awarded to him just a couple blocks past the finish line, where a tent and photo backdrop were set up.

"It almost kind of strange being done with it because it took so long to get done. There's lots of things that can go wrong with injuries and getting halfway across the world," said Pettigrew, who noted that prior to Tokyo 2023, only 8,067 runners had received the Abbott World Marathon Majors medal.

As he was finishing the marathon, his thoughts were the same as most people finishing a marathon—"Just getting to the finish line."

Some COVID-19 protocols were still in place. "You had to pass two COVID tests

between packet pickup (March 3) and race day (March 5)," Pettigrew said. Also, using a QR code, runners had to record their temperature for seven days in a row.

But he said people in Tokyo were very helpful and courteous and race organizers were very responsive to any question. "It was super well organized." The race itself was run on a very flat course through various neighborhoods, including Tokyo's version of Time Square. Weather was mild, cloudy and no wind—ideal running conditions.

Runners had to run with a phone because a QR code was needed to enter the starting corral. That didn't create an issue for Pettigrew, who normally runs with his phone on an arm band.

### Sydney in the future?

He arrived in Japan a week in advance of the race and spent time as a tourist, including viewing Mt. Fuji and going to spring training



Brett Pettigrew sports his Tokyo Marathon medal and, with blue lanyard, his Six Star Finisher medal for finishing each of the world's six top marathons.

baseball game in Yokohama, the stadium that housed the 2020 Olympics. "The fans were extremely loud and engaged in the game with different chants. It had a European soccer feel to it with the fans even though it was only a spring training game," Pettigrew said.

As far as future marathons go, he has no set plans. However, the Sydney Marathon is being considered as an addition to the Abbott World Marathon Majors series. If so, he could be traveling even farther to run his next marathon.

## Turning discards into treasures

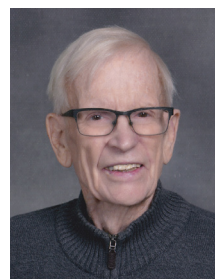


Nate Schaefer, left, manager of the Avera Medical Group, Brookings, and Chuck McCullough, physical therapy department manager, receive a load of unclaimed shoes from Powershop Gym March 23, 2023.

The physical therapy department as well as the podiatrists located within the Brookings hospital are collection points in Brookings for Soles4Souls, a non-profit headquartered in Nashville, Tennessee. The shoe donations are shipped via Zappos (the web-based shoe company) and then Soles4Souls distributes the donated items to various programs around the United States as well as many other places in the world, including the Ukraine.

McCullough urges runners doing a little spring cleaning to drop off their athletic shoes at the Brookings clinic, 400 22nd Ave., or the hospital one block further south. Donations are accepted Monday-Friday 8 a.m. - 4 p.m. For more information, call Chuck McCullough at 605-697-7336.

## Longtime member Thvedt dies



James Thvedt, a longtime member of Prairie Striders, died March 26, 2023, at Edgewood Vista in Brookings.

Thvedt, 89, of Brookings, had 14 Jack 15 finishes, the last coming in 2014 at age 81. His time of 3:05:53 is the fastest in the age 80-89 age group, nearly 23 minutes faster than Bob Bartling. The 14 finishes are tied with Scotty Roberts for the seventh-most in the 61-year history of the race. His best time, 1:57:09, was set in his first Jack 15 in 1983 at age 68.

He became a life member of Prairie Striders in 2018.

Thvedt was born Sept. 3, 1933, in rural Wildrose, N.D., and graduated from Crosby (N.D.) High School in 1951. He graduated from Concordia College in Moorhead, Minnesota, in 1955, when he married Gloria Hermodson, of Beltrami, Minn. Thvedt graduated from Luther Seminary in St Paul, Minn., in 1959 and began a lifetime of service in the ministry when he accepted a call to Grace Lutheran Church, Newcastle, Wyo., in 1959.

He served there six years, was 16 years at Grace Lutheran in Sisseton and 13 years at First Lutheran in Brookings. Beginning in 1994, he served international congregations in Seoul, Cairo and Copenhagen. Then he served interim or guest pastor in Estelline, Toronto, Sinai, Lake Campbell Lutheran churches and Faith Reformed, Brookings, and First Reformed, Volga

Survivors include his wife, Gloria, and five children, James (Rebecca), Minneapolis; Kristi Thvedt, Brookings; Jonathon (Joyce), Hudson; Karen (Dan) Oie, Altadena, Calif.; and Joseph (Tami), Brookings; two sisters and a brother.

He was preceded in death by a son, Joel; and two sisters.