

# The Pacesetter

A quarterly publication of the Prairie Striders



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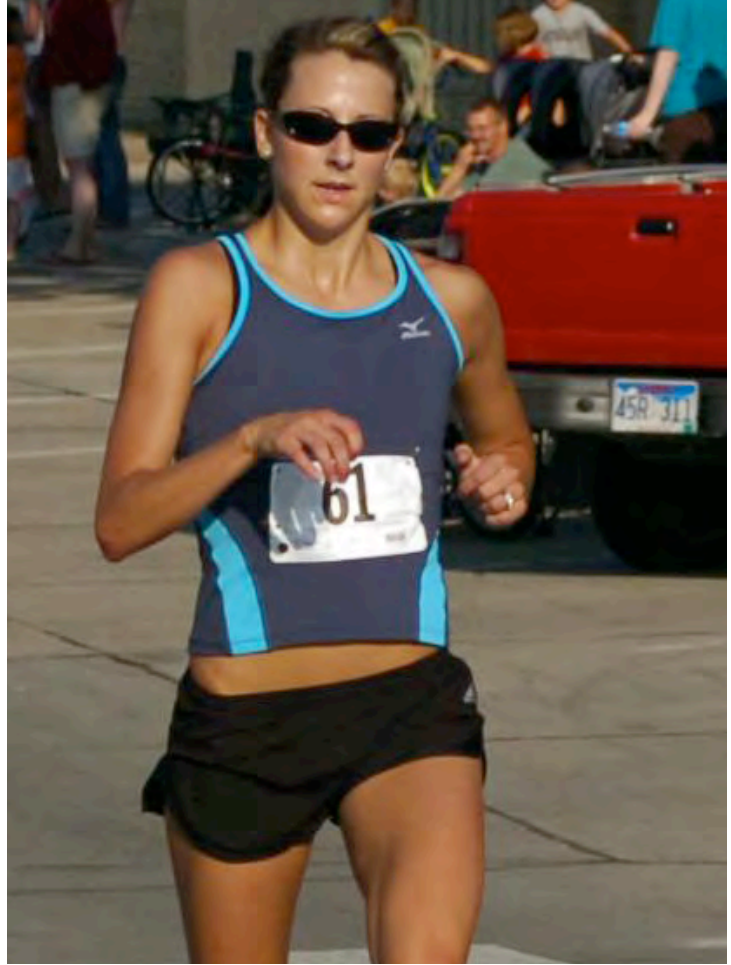
Brookings, S.D.

November 2008

## Racing club numbers accelerating



Brad Lowery finishes third in the 2007 Falmouth Mile with a time of 4:02.54. Lowery, who was invited to the elite race while training in Bloomington, Ind., now is on the Striders race team.



Becka (Mansheim) Foerster heads to a first-place finish in the Riverboat Days 5K in Yankton this summer. She finished 14th overall with an 18:48.22. The May SDSU graduate now runs for Prairie Striders.

**By Dave Graves**  
Newsletter editor

For most of the runners in the community, Prairie Striders is the group that puts on races such as the Hobo Day 5K and the Brookings Marathon.

But the other side to Prairie Striders is its racing team members, often college athletes who have completed their eligibility and who want to continue with running on a competitive team basis. The racing teams have been around almost as long as the club, which was formed in 1969.

Some members, like Bev Docherty and Marie Sample, have qualified for the Olympic Marathon Trials.

The racing club roster has expanded by 11 in recent months to 43, according to Bob Bartling, who oversees the racing teams. All but one of the newcomers falls in the open category, which had been in need of new blood. There are now 15 runners in the open category, most living in the Brookings area.

### Share a marathon memory

The Brookings Marathon, formerly the Longest Day Marathon, will mark its 40th anniversary next year. Prairie Striders wants to share memories of past marathons with fellow Striders as well as the public. To contribute, please contact us at one of the addresses to the right.

Two of the most celebrated are Brad Lowery and Becka (Mansheim) Foerster, who each left an imprint on the SDSU record book.

Lowery came to State from Pierre when SDSU was still a Division II school. He won nine North Central Conference titles in indoor and outdoor track as well as cross country. A six-time All-American at the DII level, Lowery won two Division I independent championships.

His most celebrated wins were the 1,500- and 5,000-meter titles at the Drake Relays in 2004 during his senior year, when he also ran a 4:01.67 mile at the Howard Wood Relays.

After training with elite teams in California and Minnesota after his 2005 graduation from SDSU, Lowery hooked up with the Striders in August when he returned to State to begin grad school. He said Strider membership offers him three benefits: a competitive team atmosphere, training partners, and help in providing gear.

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# Teams: Fill void in regional road racing scene



Brad Lowery

At the September Turkey Day 10K in Worthington, Minn., Lowery joined with teammates Andrew Van Nurden and Chris Gruenhagen to win the team contest.

"It's always a little more fun to compete as a team," gaining again a sense of the college racing atmosphere, Lowery said.

Bartling said that's why the Striders sponsor racing teams. "The mission is to help fill the void in our region between competitive college teams and the shoe company teams composed of professional runners," he said.

Lowery also wore Strider colors when he finished fourth in the prestigious Big Sur Half Marathon at Monterey Bay, California, Nov. 9 with a 1:06:42. That performance shows his goal of qualifying for the U.S. Outdoor Track and Field Championships in the 5K is legitimate.

It will take at least a 13:45 to earn an invitation, but he hopes to reach that point this spring by running with the SDSU team and Strider teammates Van Nurden, Gruenhagen and Derek Powers.

Having Strider teammates "makes the miles less lonely. It's my support group, keeping me motivated and interested in what I'm doing."

## Competitive fires still burn



Becka Foerster

Foerster's maiden name (Mansheim) dominates the distance records at State, having set records in two outdoor (1,500 meters and four by 1,600) and four indoor (1,000 meters, mile, 3,000 meters, and distance medley) events as well as winning two Division I independent cross-country championships

The May 2007 graduate, who married in November 2007, doesn't have a written agenda for her running future.

But she did want to stay in competitive running, so she joined with the Striders racing team in the summer. "It's always fun to wear a team jersey. It holds you accountable. Once you're on a team, it's hard to let that go and you want to be around the people that have the same interests as you do," Foerster said.

## Prairie Strider race team numbers

There is a total of 43 Prairie Striders racing club members. They are presently divided as follows:

**Open women** (under age 40) — 8

**Open men** (under age 40) — 7

**Master's women** (40 or older but under 50) — 8

**Masters men** (40 or older but under 50) — 5

**Grand masters women** (50 years and up) — 8

**Grand masters men** (50 years and up) — 7

So she has turned in 5Ks as a Strider at the Beef 'n Eggs (Brookings), Yankton Riverboat Days, and Hobo Day.

Foerster's running schedule has to be fit in between occasional weekend shifts at the Brookings Hospital, teaching a couple nursing labs each week at the college, and serving as a volunteer cross-country coach with head coach and former teammate Chris Gruenhagen at Brookings High School.

But like others on the racing team, Foerster says, "Running is in my blood and I wanted to be on a competitive team."

## Runners age up to next team

Bartling, who also serves as the Striders treasurer and was its first president, said, "It was just an anomaly that we had this influx of members that we experienced in the last six to nine months.

"Runners come aboard the teams and leave without any set time patterns. It is all related to changes in their lives. The teams themselves are therefore in constant change."

However, Bartling notes, some have been on a racing team their entire adult life.

"They just move from their start with the open team up to the masters team and then on to the grand masters team. It is just a great experience for all of us who are connected with the competitive side of the Prairie Striders," Bartling said.

He adds, "Our main racing circuit competition allows both of the masters groups to move down in the scoring so we usually have plenty of entries in all of the groups all of the time.

"Also most of the time our masters runners are plenty good enough to move down and hold their own against the open competition."

# New racers for Prairie Striders

### Travis Arment

**Age:** 24

**Occupation:**

**Residence:** Sioux Falls

**When joined Prairie Striders:**

**Running background:** Originally of Aberdeen. Set school track records in 2006 in the 5K at the University of Sioux Falls (indoor 15:02.77, outdoors 15:10.17) as well as setting school cross country records in the 5K and 8K; won 2006 Great Plains Athletic Conference championship in cross country.

### Becka (Mansheim) Foerster

**Age:** 23

**Occupation:** Registered nurse at Brookings Hospital (Medical/surgery & emergency room) and adjunct lecturer for SDSU College of Nursing

**Residence:** Brookings

**When joined Prairie Striders:**

Summer 2008

**Running background:** Brookings

High School (1998-2003), SDSU (2003-2007)

**Favorite race distance:** XC/road races: 5k or 6k; on the track: 1,500 or 3k

### John Franzen

**Age:** 27

**Occupation:** Graduate student/assistant CC/T&F coach

**Residence:** Brookings

**When joined Prairie Striders:** Oct. 15

**Running background:** Have been running for about 15 years now, competed at Maine West High School (Des Plaines, Ill., a Chicago suburb), Harper College (a two-year school), and spent my last three years of collegiate eligibility at Luther College, Decorah, Iowa, an NCAA Division III school (non-athletic scholarship).

**Favorite race distance:** Currently I am aiming to run a fast 5k on the track in the spring, so I suppose that would be my favorite distance.



John Franzen at Roy Griak in 2007

### Chris Gruenhagen



**Age:** 25  
**Occupation:** Teacher, Brookings High School cross country coach  
**Residence:** Brookings  
**When joined Prairie Striders:** August 2008  
**Running background:** Mankato (Minn.) West High School; SDSU track and cross country.  
**Favorite race distance:** 3,000 meters



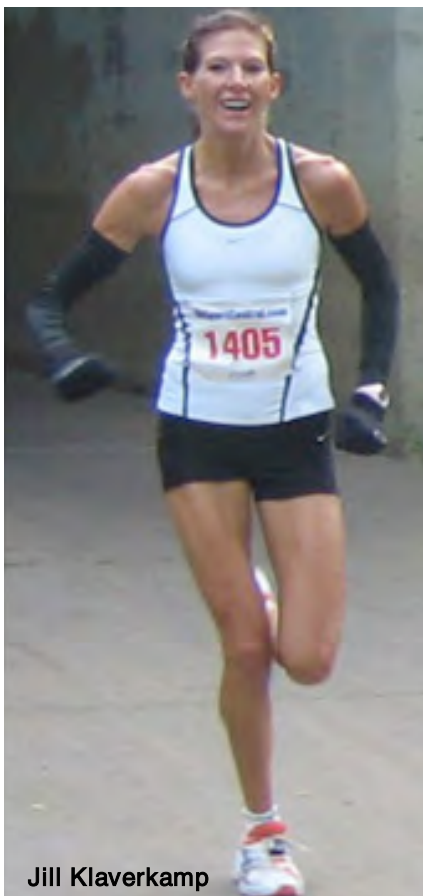
Chris Heezen at Sioux City Relays in 2008

### Chris Heezen

**Age:** 23  
**Occupation:** College student  
**Residence:** Madison  
**When joined Prairie Striders:** Fall 2008  
**Running background:** I ran three years of track and two years of cross country for Miller High School. In my senior year of cross country I placed 19th at the state meet and our team placed third in Class A (we were second the year before). In my senior year of track, our 4x800 relay team placed second at state with a time of 8:14.  
 The next four years I ran at Dakota State University in Madison. I was a 3-time NAIA All-American, twice in the marathon at outdoor nationals and once in cross country. I currently hold Dakota State's school record in the marathon along with the third fastest 5K in school history and fourth fastest 10K in school history.  
**Favorite race distance:** Marathon (2:28:06 personal best)

### Connie Prince Houlihan

**Age:** 51  
**Occupation:**  
**Residence:** Sioux City, Iowa  
**When joined Prairie Striders:**  
**Running background:** Ran with the Striders in the late 1970s and early 1980s. Recently ran the Mighty Mo 8K in Sioux City in 29:35, which equates to a 93.1 percent age grading. (Anything above 90 is considered national class.) Ran the Des Moines Marathon in 2:58:15 (third-place female).



Jill Klaverkamp

### Jill Klaverkamp:

**Age:** 29  
**Occupation:**  
**Residence:** Sioux Falls  
**When joined Prairie Striders:**  
**Running background:** Competed for the University of Sioux Falls before transferring to SDSU under Coach Paul Danger. Set the school record and was a Division II All-American in the triple jump in 2000. Began road racing in 2002. Personal records of 17:59 (5K), 37:13 (10K), 1:23:42 (half marathon). Won Deadwood Mickelson Trail Half Marathon in 2008. Plans to run her first marathon in February 2009 in Sarasota, Fla., with a goal of qualifying for the Olympic Trials in 2012.  
**Favorite race distance:**

### Ann (Westby) Lamer

**Age:** 37  
**Occupation:** Stay-at-home mom  
**Residence:** Brookings  
**When joined Prairie Striders:** Spring 2007  
**Running background:** Brookings High School, cross country state champ in 1988; 1,600-meter state champ in 1988, 1989; 3,200-state champ 1986-87-88-89; University of Minnesota, freshman year, track and cross country; SDSU 10,000 meters national champion 1994; third in 5K 1994; All-American in cross country, fifth place, 1992.  
**Favorite race distance:** 10K

### Brad Lowery

**Age:** 26  
**Occupation:** Math department graduate student at SDSU  
**Residence:** Brookings  
**When joined Prairie Striders:** August 2008  
**Running background:** Started run-

ning when I was 5, and can not stop this nasty habit. Pierre High School, SDSU, 2005.  
**Favorite race distance:** I don't know. It was the mile for the longest time, but I am testing the waters in some longer distances.

### Derrick Powers:

**Age:** 38  
**Occupation:** Brookings Police Department officer  
**Residence:** Brookings  
**When joined Prairie Striders:** Spring 2008  
**Running background:** Arroyo (California) High School; Mt. SAC junior college, Walnut, Calif.; SDSU 1990-1992; Prairie Striders, 1992-93. Looking forward to being a masters runner in less than two years.  
**Favorite race distance:** 10K or 10-mile.

### Andrew Van Nurden



**Age:** 24  
**Occupation:** Soybean breeding graduate assistant at SDSU.  
**Residence:** Brookings  
**When joined Prairie Striders:** June 2008.  
**Running back-**

**ground:** I started running competitively in eighth grade and continued through my senior year of high school in Owatonna, Minn. I then ran five years at SDSU under coaches Paul Danger and Rod DeHaven. Since then I have been training for miscellaneous road races, marathons and other Prairie Strider team events; a direction I hope to continue heading for several years to come.  
**Favorite race distance:** Half marathon, although a good grassy 8K is always fun.

## Friend of Running nominations sought

Know someone who has shown outstanding support for Prairie Strider activities and/or otherwise promoted running in the community? Prairie Striders will be giving out its second Friend of Running Award at its Dec. 1 Jingle Bell Run and Potluck. Bob Bartling won the inaugural award.

Nomination are due **Nov. 21**. Please include specific examples of the nominee's contributions. The selection will be made by the president of Prairie Striders and two other members chosen by the president. The award recipient will be expected to attend the Dec. 1 gathering and agree to have his/her honor publicized in local media.

Information can be submitted at [run@prairiestriders.net](mailto:run@prairiestriders.net) or mailed immediately to Box 267, Brookings, S.D. 57006.



Three blind mice, also known as, from left, Erica Doppenberg, Jesilyn Hohm and Danielle Johnson ran in the inaugural Halloween 5K sponsored by the SDSU

Office of Multicultural Affairs. The event drew about 50 runners and was supported by Prairie Striders. The blind mice finished third in costume judging.

## Pumpkin pie prizes for new race

Those needing to pick up some pumpkin pie on Thanksgiving morning have another option — the Brookings Swim Club Turkey Day 5K Run and Walk.

The new race is a fundraiser for the swim club and offers prizes of pumpkin pies from Hagman's Bakery in Brookings to the first-place man and woman as well as age-group winners. "It's a fun way to get in a little exercise before you sit down and eat all day," said Amy Dunkle, a member of Prairie Striders running club as well as swim team mom.

The Striders is among the sponsors for the event, which is planned to be an annual event.

The race is 9:30 a.m. Thanksgiving Day, Nov. 27. Race day registration is 8:30 to 9:15 a.m. at the Hillcrest Park picnic shelter. But advance registration (\$12) is requested. The lower rate is available through Nov. 20. Registration forms are available on the Prairie Striders Web site — [PrairieStriders.net](http://PrairieStriders.net).

In the spirit of a family holiday, if entries come from four or more people from the same family (related by blood or marriage), there is a discount rate of \$10 per person.

Everyone will receive a Carolina blue long-sleeve T-shirt.

The neighborhood route begins in Hillcrest swimming pool parking lot and works its way south and west, staying north of the railroad track. With



11 turns, runners will never have to battle the wind for a long stretch. Volunteers from the swim club will man each turn. Other volunteers also are welcome.

"All proceeds go to swim club to cover coaching and equipment costs in order to keep swimming affordable for kids. Plus, it's a great way to promote healthy activity and family togetherness, which is what the swim club is all about," Dunkle said.

All levels are invited to get their Thanksgiving off to a healthy start. There is an 8:45 a.m. start for slow walkers.

Other sponsors are Best Choice Real Estate, First Bank and Trust, Cubby's, Sanford Clinic, Brookings Register, Hy-Vee, and Hagman's Bakery.

For more information, contact Dunkle at 692-5057 or [padunk6@brookings.net](mailto:padunk6@brookings.net).

## Jingle bells beckon runners Dec. 1

The sixth annual Jingle Bell Fun Run and potluck is Monday, Dec. 1.

Meet at the Kurt Osborne residence, 1028 7th Ave., Brookings, at 6 p.m. for a run through the neighborhood and then try some of club President Matt Bien's chili.

Also on this year's menu is presentation of the club's second Friend of Running Award. (See story on Page 3 for details.)

The event is open to Striders, friends of Striders, and anyone interested in Brookings running.

The run/walk is optional, as is the chili. But do join us for holiday fun. Wear seasonal running garb (Santa hat, Christmas lights. The one with the glowing nose can lead the group.)

Chili and hot chocolate provided. Bring a dish to pass. Families are welcome. For more info, call Bien at 692-0802.

## Note the change

The date for the 2009 Brookings Marathon has been moved back to the third Saturday of May — May 16.

There will be no change in the course, however, the rain dancers are not being invited this year.



## 2009 Strider-sponsored races

- √ Arbor Day 5K, 6:30 a.m. Friday, April 24, HPER Center, free entry.
  - √ Mini-Triathlon, 10 a.m. Sunday, April 26, HPER Center.
  - √ Scotty Roberts 5K, 6 p.m. Friday, May 15, SDSU Student Union.
  - √ Brookings Marathon, 7 a.m. Saturday, May 16, Pioneer Park.
  - √ Longest Day 10K, 7:30 p.m. Friday, June 19, Soccer Complex.
  - √ Beef 'n' Eggs 5K, 8 a.m. Saturday, July 11, County Courthouse.
  - √ Predictor Mile, 7 p.m. Wednesday, Aug. 5, Brookings High School track. (Includes 400- and 800-meter runs for children.)
  - √ Gold Bar 5K, 8 a.m. Saturday, Sept. ? SDSU armory. \*
  - √ Jackrabbit 15, 8:30 a.m. Saturday, Sept. ? in White. \*
  - √ Hobo Day 5k— 8 a.m. Saturday, Oct. 24, Medary and Seventh Street.
  - √ Jingle Bell Fun Run and Potluck — 6 p.m. Monday, Dec. 7, site to be determined.
- Info:** [www.prairiestriders.net](http://www.prairiestriders.net) or call Bob Bartling, 605- 692-2414.

John Franzen, 27, of Brookings, wins the Hobo Day 5K in 16:35 Oct. 4, 2008, in Brookings. Franzen, a grad assistant on the SDSU track/cross country team, finished two seconds ahead of Brian Primozech, 23, of Minneota, Minn. There were a record 268 runners.

# The Jack 15 Marathon

## Young runner turns Jack 15 into a marathon

Kyle Kranz didn't win the Jack 15 road race, but he did win the Jack 15 *Marathon*.



Kyle Kranz

A 15.2-mile run is enough to satisfy most running appetites, but Kranz, a 21-year-old South Dakota State University student, was looking for more. So he got up earlier and did an 11-mile warm-up prior to the 8:30 a.m. Sept. 27 start of the Jack 15 in White.

"I felt bad for not getting a marathon in this summer," Kranz said. So his first marathon was a marathon of his own creation.

He awoke at 5:30 a.m. and forced myself to eat some bread and drink a Gatorade. A friend dropped him off four miles out of Brookings. "I did some more stretching, took 200 milligrams of caffeine and was off for the first 11 miles of the marathon," Kranz said.

"I took the run at my normal pace and averaged 8:45-minute miles, easy peasy. I arrived there at 8 and stretched and tried to keep warm for a half-hour in White," he said.

When Kranz reached Mile 16 (Mile 5 for Jack 15 runners), he reported, "I can feel my legs starting to slow down. I'm three miles farther than I've ever ran before. I check my heart rate and it's in the 170s; way higher than it should be for my current speed. I knew that things could turn bad in a few miles.

### Watch out for that wall!

"It is said Mile 20 is the halfway point of a marathon, and let me tell you, that's the truth.

"You can hold about enough glycogen in your body to run 20 or so miles. So after that is when it starts to get hard.

"Mile 20 for me was tough, but Mile 21 was when I hit the wall — hard. I dropped down to 10-minute miles, my head started to get dizzy and there was some tingling involved. It was horrible. I've never wanted to stop running so bad in my life, but I knew if I slowed to an actual

walk I may not want to start running again.

"The only hope I had was I knew Michelle (a friend) would be at Mile 23 with GU and Gatorade. I got there and walked with her for a couple minutes and had a GU and some Gatorade and water. The run would not have happened without her helping me out at the aid stations. I told myself there was only a 5K left and continued the run."

Kranz finished his first marathon in 3:55 — "slower than I wanted to do but under four hours, which is good for your first time," Kranz said.

### Was it worth it?

During the summer, Kranz had been training for a half-ironman triathlon. So how does the marathon compare to the half-ironman?

"I'd say it was at least three times harder. I was trained for a half-ironman. I was not trained in the least for a marathon, and I knew that. If I had not have hit the wall I probably would say it was easier than the half-ironman, *however*, the wall was hit *hard*.

"Was it worth it? Hell, yes. Just because I was in pain and suffering doesn't mean I didn't have fun!

"The satisfaction of running 26.2 miles is HUGE. I think the only event that will ever top finishing my first marathon will come at the finish line of my first full ironman, which will hopefully happen summer of 2010," Kranz said.

## Women's masters mark set at Jack 15

Sioux Falls runner Jill Moncur established a new course record in the Jack 15 for women masters runners when she covered the 15.2-mile course in 1:47:19.

Moncur, 40, smashed the mark set by Vicki Nelson, of Sioux Falls, in 2002. Nelson, then 42, covered the distance from White to the Campanile on the South Dakota State University campus in 1:50:47.

Moncur ran a 7:03 per mile pace to finish fifth overall in the Sept. 27 race.