

The Pacesetter

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Larson moves atop SDSU record book

No fuel motivates an athlete like success and SDSU distance runner Cody Larson has experienced enough success to keep his motivation tank full.

The 2025-26 recipient of the Prairie Striders/Phil LaVallee Scholarship has paced a deep group of talented distance runners for Coach Rod DeHaven in recent years. He holds school records in the indoor 3K and 5K and outdoor records in the 3,000-meter steeplechase and 5K as well as being part of the DMR record setters.

In addition, he competed in the NCAA Track Nationals in Eugene, Ore., in the steeplechase and finished 98th in the NCAA Cross Country Championships.

However, it could be argued that his most impactful victory was in the mile — at Warner Elementary School's field day. The son of Jeff and Melissa Larson had run some 5Ks with his parents as a first- and second-grader. "I wasn't very good at it and I didn't like it very much," the SDSU master's degree student said earlier this month.

Then in third grade he won the mile at field day. Then he surmised, "This running isn't such a bad deal if you win it."

Like most Midwest youth, he did give football a try. But after playing in fifth and sixth grade, he determined he was too small for the sport.

Giving up takedowns for tempo runs

Larson also wrestled, a sport his dad excelled at and one Larson began at age 4. Competing at 120 pounds, he advanced to the state tournament his freshman and sophomore years with Jeff Larson as coach. There wasn't a junior season. "I wasn't as good at it as running. After

my sophomore year I decided to take running more seriously."

That was OK with his wrestling coach because Larson also coached the cross country team and saw Cody's potential.

Larson had finished second in the 3,200-meter run as a freshman and won the Class B state cross country title as a sophomore. "After I won the first of three state championships (in cross country) I began thinking about running in college. My dad was a few steps ahead of me. He didn't want to burn me out for college. He concentrated on developing my form and I didn't run high miles.

"As an athlete I was focused on being the best I could be for the next meet. As a coach, he was focused on me being the best I could for college."

On becoming a Jackrabbit

When it came time to choose a college, Larson was courted by most of the Summit League schools, but because he planned to major in engineering, the decision was really between North Dakota State and SDSU. The Jacks were always the frontrunner. Larson reached out to DeHaven in his sophomore year and visited SDSU early in his junior year.

"I liked what I saw. Rod broke down everything his guys were doing. He seemed to be six steps ahead of everybody else. He wasn't trying to blow smoke or make things better than they were. He was very realistic and his track record was unbelievable.

"His development of athletes is amazing. I was one of the 9:48 (two-mile) guys that he makes into a low-8 3K runner. Those big jumps—you don't get to see that at other schools."



It didn't come immediately for Larson either.

Aided by adversity

Asked to describe his transition to college running, Larson said, "It was shaky at first. I had to reinvent how I did things. I came to college and had an iron deficiency. I found out after state track that I had COVID during the contest. I just wasn't myself. During the summer I wasn't able to train very much.

"As we got into the season, it became more apparent I was way behind everybody else. We found I had an iron deficiency. It took me my whole year to get my iron back to an acceptable level.

"But it helped me to realize how far I can push my body. Now I can read my body so well so I know when to pull back and know when to rest. Also, it changed my strategy in racing. With the iron issue I spent the whole second half of the race struggling to finish. It helped me to know how to 'sit and kick.'

"At a big meet, it's hard to lead the whole race. Being able to use someone else and not have to lead the whole time has been a plus."

He used that strategy at the NCAA Cross Country Championship in November 2025 in Columbia, Missouri. The field of 250 runners went out "super fast" and then the bulk of the pack "slowed way down" on the muddy course. "I tried to stay calm and not make any big moves," but cut in and out of the other runners.

"It was mayhem. I passed about 100 people to finish 98th. I have a better mindset passing people rather than taking the lead and holding on."



2026 RACE SCHEDULE

Arbor Day 5K Friday, April 24	Jack 15..... Saturday, Sept. 19
Longest Day 10K..... Saturday, June 20	Scotty Roberts 5K..... Friday, Oct. 9
Beef and Eggs 5K..... Saturday, July 11	Brookings Marathon, Half & Relays Sat., Oct. 10
Predictor Mile Wednesday, July 29	Hobo Day 5K..... Saturday, Oct. 24
Oakwood Lakes Trail Run Saturday, ??? (director needed)	Turkey Day Run..... Thursday, Nov. 28

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SDSU Record

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Going from good to great

From his freshman indoor season in 2022 to the current year, his 3K time has dropped from 8:57 to the school record 8:03, meaning his pace fell from 4:48 to 4:19 per mile.

Larson explains, "Consistency is the biggest thing; training five years straight without any injuries, and being able to take advantage of moments in races. I've always tried to make the most of these races, and not wear yourself out in practice. For the most part I've done a good job in staying right below where I need to be to be ready for the next meet and not get injured.

He also gives credit to Coach DeHaven.

"We try to race the least amount possible to make it to the end of outdoors. That's why it's so helpful to have Rod. He is always thinking 10 steps ahead. I've seen other coaches just kill their athletes by competing them every week. Rod has us peaking at the right time."

Larson certainly thought that was the case in spring 2025 when he smashed the school record in the 3,000-meter steeplechase with a time of 8:30.96 at the Bryan Clay Invite April 16 and added a Summit League title May 15 in 8:58.70.

That qualified him for the NCAA West regional, which takes the top 48 times in the region. With a time of 8:39.60, he was one of the 12 to qualify for the NCAA Track Nationals in June.

Larson was in the second heat at nationals. The finals are comprised of the top five times from each heat and next two best times. Because the first heat didn't push the pace, Larson knew a top seven finish would get him into the finals. "There were 2 1/2 laps left and I was in eighth place. I was counting the guys ahead of me and focusing on what I needed to do the last two laps."

Then he clipped his trail leg knee on a barrier and tumbled. The fall left him bruised and unable to finish.

What does the future hold

As Larson wraps up his final months of collegiate track, his motivation tank remains full. He has goals to win the 3K steeplechase and 5K at the Summit League indoor and outdoor meets as well as again qualify for the steeplechase at the national meet and hopefully become an All-American, which requires a top eight placing to be first team All-American.

Is there a running career after college?

"I'm undecided. I'm finishing out this year like it is my last year. After this season is over I will reevaluate and see if I



want to continue running. Right now I'm focused on finishing out this year."

The mechanical engineering student has his employment needs already taken care of. After interning at Solventum (formerly 3M) in Brookings during the summer, he has been working 10 to 15 hours per week this school year at the health products manufacturing firm doing troubleshooting and doing oversight on a couple production lines.

That will transition into a full-time engineering position, but until then Larson is focused on further cementing his place among the all-time Jack greats.

DeHaven's mile record intact

A talented field in the indoor mile assaulted both the school record and the magical 4-minute mile threshold at the SDSU Classic Feb. 14, but the finish times left the school and facility records intact.

SDSU Coach Rod DeHaven set the school record in 1987 with a time of 4:00.95. The facility record was set by Adam Fogg of Drake at 3:59.81 at the Last Chance meet in 2021.

Aiming to make history were senior Cody Larson, who had a seed time of 4:01.82, and Jackrabbit teammate Jackson Dutcher, whose seed time was 4:03.37. Based on seeding time, Jake Ziebarth (4:04.34) was also a contender.

But it was Jared Gregoire, a Minnesota State-Moorhead junior, who shaved an astounding seven seconds off his PR to win with a time of 4:00.37. He just nipped Larson (4:00.97) while Dutcher ran a 4:03.37 and Jackrabbit alum Josh Yeager finished fourth with



It was a tight pack on the first lap of the men's elite mile at the SDSU Classic Feb. 14. Two pacers, including Dale Johnson of SDSU, lead. They are followed by Jackson Dutcher (black shorts) and Cody Larson, both of SDSU. Behind Larson is winner Jared Gregoire of Minnesota State-Moorhead. Other Jacks pictured are Will Lohr (blue headband), alum Josh Yeager (13) and Cade Sanvik (behind Yeager).

a time of 4:04.12. All of them broke the meet record of 4:04.19.

Jackrabbit Will Lohr was fifth with a time of 4:04.62 to become the seventh-fastest performer in SDSU history. Ziebarth came in seventh at 4:08.47. Gregoire's time is the ninth fastest in Division II.

After a couple pacers dropped from the field, Larson surged to the lead with about 700 meters to go. Gregoire was in fourth place until the race's final 400 meters. He moved into the lead early in the final lap and had a dominating finish line kick.

Lori Munsterman Longtime marathon volunteer tabbed as Friend of Running

Road races tend to come and go through the years. Not so for the Brookings Marathon, which in some form or another has been run continuously since 1970, making it the third longest consecutively run marathon in the United States (after the Pikes Peak and Heart of America marathons).

Such could also be said for volunteers. For most, it doesn't become a lifetime commitment. That is not the case for Lori Munsterman, the 2025 Harvey Mills Friend of Running Award recipient. Munsterman, of Brookings, received at the annual Prairie Striders Running Club honor following the Prairie Striders Indoor 5K Jan. 24.

This year will mark Munsterman's 20th year on the Brookings Marathon committee. She has served as treasurer since Day One, filling a vacancy created when Kurt Osborne stepped down.

"I had not been active in Prairie Striders, but we had been in town about five years, I had run several races and was friends with Matt Bien," who was already on the marathon committee and would become race director in the summer of 2006. She found "a fun group of people who have a common interest. Plus, it is rewarding to do something for the community."

As a financial analyst at Daktronics, Munsterman was well suited to write checks, make deposits and track expenses for the marathon.

While serving as treasurer is one of the biggest roles on the committee, it isn't her only duty. She coordinates race weekend packet pickup and awards as well as being out at 4 a.m. on race day to set up the course. That can create some interesting memories, such as driving down the bike path or discovering a college student sleeping off his downtown adventures in a nearby yard.

Weather memories

But the marathon memories



Lori Munsterman, center, receives the Harvey Mills Friend of Running Award from MaryJo Minor, the daughter of club pioneer and benefactor Harvey Mills, following the Prairie Striders Indoor 5K Jan. 24. They are joined by Dave Graves, president of Prairie Striders Running Club.

foremost in her mind relate to weather.

In 2010 a torrential spring rain began in the overnight hours and was still raining cats and dogs when the committee was setting up the course. It let up, but didn't quit until after the marathon was over. Taking a "the show must go on approach," Bien devised an alternative route to the Dakota Nature Park to avoid a flooded bike path near 3M.

Runners had to negotiate knee-deep water through the Sixth Avenue bypass, where it was harder to find an alternative route that didn't risk runners being stopped by a train.

"At that time, the results were on paper. We had trouble keeping everything dry. We put plastic over clipboards. We had tents set up, but they were open-sided tents and for much of the time it was raining sideways," said Munsterman, who noted that Frank Kurtenbach, the father of the race timer, did bring his RV to the finish area so there was one dry escape.

The other weather event Munsterman recalls was the 2022 derecho, which hit Brookings late Thursday afternoon of race week. With Brookings still without power the next day and many trees still on the ground,

the race was postponed until October.

"It was very difficult to call a race off the day before when many were on the way, but for those who did come to Brookings, they could see why we needed to cancel the race," said Munsterman, who noted the derecho came just two years after the 2020 marathon had to be rescheduled from May to October due to the COVID pandemic.

Not ready to retire from marathon

Munsterman could be called the "grandmother" of the committee. No one on the 2026 committee was a member in 2006 when she started. She said she still enjoys the committee's camaraderie and plans to continue to be active.

That's a relief to first-year marathon director Matt Buenger, who said, "Lori is a dedicated committee member. She is encouraging and always willing to help. As the new director, I appreciate the valuable guidance and insight she has already provided for our upcoming event."

The marathon committee has experienced some transition in recent years, but Munsterman noted there was a group of about eight members who served at least a dozen years. "We get to be a tight group," she said. Many of them served during Bien's tenure as race director from 2007 to 2023.

Bien also appreciated the camaraderie and noted that Munsterman added to that with her "enthusiasm and reliability. Can't remember an aspect of marathon planning and preparation that Lori wasn't a part of. Her lead role may be treasurer but her contributions reach much farther."

Many former committee members as well as friends and neighbors quietly arrived during Indoor 5K, where Munsterman was working as a volunteer, and surprised her before she received the Friend of Running Award. "It was a very special time," Munsterman said.



Member Spotlight

Name Lori Munsterman

Age: 52

Residence: Brookings

Occupation: Financial Analyst, Daktronics

Family: Husband, Chad; three grown children, Ray, Holly and Cassidy.

Why you're a member: I want to support the activity from which I have received many life lessons, has a low barrier to participate, and has contributed to so many of my favorite memories and is integral to my being.

What you enjoy about running: The endorphin high, stress relief, sense of purpose and goal setting, camaraderie, immune system boost, health benefits. It provides a community for those like me who enjoy working hard but are not skilled in hand-eye coordination and grace but enjoy working hard.

Favorite running memory: I started officially running at 12, prior to seventh grade school sport participation when my Mom signed me up for Hershey's track meets (am I dating myself?).

She guided me in that direction

because, when we would go on walks down our country road, four kids in tow, I would run ahead of the bunch back and forth along the way. No one in my family ran for anything other than after a ball, so I was breaking ground. I participated in cross country and track all my middle school and high school years and two years at Moorhead State.

Back to the question of my favorite running memory – my best friends in high school and college were my running teammates. In high school, my friend was two years my senior and working at the local grocery store checking someone out buying Wonder Bread, which at that time had registration forms for the Grandma's Marathon in Duluth, Minn., on its packaging.

This friend could talk me into anything (obviously) so we ran that race with a previous long distance training run of 10 miles. We made it. It wasn't pretty but we loved it. Somehow, my college teammates convinced me in to running it again. So my second marathon in my sophomore year of college was also Grandma's.

Your favorite Prairie Striders race: Arbor Day 5K – one, because its free;

two, I love trees; three, it's a quick community collaboration before work; and four, it introduced my firstborn, Ray to race running as a first grader.

He continued to run with me until he came into his own and blew by me as a seventh grader, ran cross country and track for the Brookings Bobcats and then also for the SDSU Jacks and continues to run to this day.

Favorite workout: What my coach called LSD and in the late '80s was funny for long slow distance. What I feel helps me the most is the fartlek. I bike more than run anymore after two hip repairs in 2018 and then replacement in 2019, but I still do run/walk for what I feel is very satisfying.

Your running goal: I have run the Hobo Day 5K since hip replacement so I would like to try again along with competing in sprint tri's.

I have competed in a half dozen triathlons and have come to appreciate the cross training involved that supports my enjoyment for cardio when the world is telling me to focus on strength training. I am learning to appreciate strength workouts as a means to continue cardio.

Life members

Prairie Striders now has 143 life members. New life members are welcome by making a single payment of at least \$125 with a new or renewed membership.

Brenda Algood, *Brookings, SD*

Bruce Allen, *Flandreau, SD*

Arne Anderson, *Canton, SD*

Jill Anderson, *Duluth, MN*

Dave Bartling, *Brookings, SD*

Dick Bartling, *Sioux Falls, SD*

Herb Bartling, *Happy Valley, OR*

Christa Bartling Bortnem, *Brookings, SD*

Becki Bartling Bray, *Sioux Falls, SD*

Adrienne Bender, *Brookings, SD*

Jay Bender, *Brookings, SD*

Benda Berseth, *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, *Hot Springs, SD*

Justin Bonnema, *Inwood, IA*

Leah Brink, *Brookings, SD*

Steve Britzman, *Brookings, SD*

Jerry Brown, *St. Paul, MN*

Diane Burnison Smith*, *Greenwood, IN*

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*

Paula Carson, *Brookings, SD*

Lyle Claussen, *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*

Lou Eggebraaten, *Brookings, SD*

Shelby Eischens, *Aurora, SD*

Kelly Evans Hullinger, *Brookings, SD*

Monte Farnsworth, *Pierre, SD*

Randy Fischer, *Sioux Falls, SD*

Van Fishback, *Brookings, SD*

Becka Foerster, *Brookings, SD*

Dan Foerster, *Brookings, SD*

Brian Freking, *Keota, OK*

Tim Fryer, *Hendricks, MN*

Jeanette Gibbons, *Brookings, SD*

Dave Graves, *Volga, SD*

Dave Griffith, *Wecota, SD*

Chris Gruenhagen, *Brookings, SD*

Kaylyn Gutormson, *Bruce, SD*

Dan Hansen, *Brookings, SD*

Randy Hanson, *Brookings, SD*

Paul Hanusa, *Volga, SD*

Anne Harris, *Brookings, SD*

Steve Hauff, *Sioux Falls, SD*

Mary Held, *Aurora, SD*

Mike Hieb, *Brandon, SD*

Trevor Hinderaker*, *Astoria, SD*

Wade & Kristi Hoffman, *Minnetrista, MN*

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Dennis Hopfinger, *Brookings, SD*

Owen Hotvet, *Sioux Falls, SD*

John Iverson*, *Brookings, SD*

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Lyle Koistinen, *Sturgis, SD*

Shelli Koistinen, *Madison, WI*

Steve Kurtenbach, *Sioux Falls, SD*

Shari Landmark, *White, SD*

Jay Larsen, *Brookings, SD*

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Katie McNeary Jones, *Brookings, SD*

Dan Merchant, *Brookings, SD*

Kati Merkley, *Brookings, SD*

Dave Meyer, *Brookings, SD*

Patricia Meyer, *Brookings, SD*

Jerry Miller, *Sioux Falls, SD*

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Richard Smith, *Brookings, SD*

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Laurie Stiegelmeier, *Brookings, SD*

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Ron Tesch, *Brookings, SD*

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Chuck Tiltrum, *Aurora, SD*

David Ulschmid, *Arlington, SD*

Scott Underwood, *Brookings, SD*

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Tim Zbikowski, *Maple Grove, MN*

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Jason Zimmerman, *Brookings, SD*

Kyrsten Zimmerman, *Brookings, SD*

*New in 2025

Longtime loyal members

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

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Bruce Allen, *Flandreau SD*
Arne Anderson, *Canton SD*
Jill Anderson, *Duluth MN*
Herb Bartling, *Happy Valley OR*
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Benda Berseth, *Brookings SD*
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Rob Beyer, *Mound MN*
Tom Bezdichek, *Brookings SD*
Dan Bielfeldt, *Brookings SD*
Matt Bien, *Brookings SD*
Tom Birath, *Marshall MN*
Kevin Bjerke, *Billings MT*
Mary Bjerke, *Volga SD*
Russell Bjerke, *Volga SD*
John Blatchford, *Hot Springs SD*
Lori Bocklund, *Beaverton OR*
JoAnne Bohl, *Humboldt SD*
Pat Bohl, *Humboldt SD*
Justin Bonnema, *Inwood IA*
Steve Britzman, *Brookings SD*
Michael Burns, *Milan MN*
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*
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*
Jane Derby, *Estelline SD*
Andrew Dickinson, *Sioux Falls 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*
Van Fishback, *Brookings SD*
Becka Foerster, *Brookings SD*
Dan Foerster, *Brookings SD*
Brian Freking, *Keota OK*
Tim Fryer, *Hendricks MN*
Jim Glazer, *St. Paul MN*
Dave Graves, *Volga SD*
Dave Griffith, *Wecota SD*
Chris Gruenhagen, *Brookings SD*
Dan Hansen, *Brookings SD*
Randy Hanson, *Brookings SD*
Paul Hanusa, *Volga SD*
Chuck Harming, *Elkton SD*
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Taylor Jamison, *Wentworth SD*
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Randall Kantack, *Aberdeen SD*
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Lucy Kephart, *Kansas City MO*
Gene Kingslien, *Watertown SD*
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Kati Merkley, *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*
Paul Morgan, *Winona MN*
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, *Sioux Falls SD*
Mandy Orth, *Brookings SD*
Kurt Osborne, *Brookings SD*
Jim Pedley, *Martinez CA*
Grant Peterson, *Brookings SD*
Brett Pettigrew, *Brookings SD*
Gary Pierson, *Sioux Falls SD*
Dan Propst, *Pierre SD*
Susan Quass Scott, *Lincoln NE*
Eric Rasmussen, *Brookings SD*

Richard Reid, *Brookings SD*
Colene Reiser, *Brookings SD*
Lynn Riedesel, *Brookings SD*
Bob Ritter, *Brookings SD*
Gail Robertson, *Brookings SD*
Stephen Roy, *Hastings MN*
Bob Salmi, *Aberdeen SD*
Andrea Schmidt, *Brookings SD*
Brad Schmidt, *Brookings SD*
Nancy Scholl, *Brookings SD*
Joe Schuch, *Belton MO*
Justin Sell, *Brookings SD*
Kevin Smith, *Brookings SD*
Richard Smith, *Brookings SD*
Peder Solberg, *White Bear Lake MN*
Audrey Stavrum-Riggs, *Portland OR*
John Stiegelmeier, *Brookings SD*
Russ Strande, *Brookings SD*
Joe Sudtelgte, *Elkton SD*
Barbara Swenson, *Afton MN*
Ron Tesch, *Brookings SD*
Marcel Thielke, *Brookings SD*
Chuck Tiltrum, *Aurora SD*
Dale Tribby, *Miles City MT*
Gregg Uecker, *Freeman SD*
David Ulschmid, *Arlington SD*
Scott Underwood, *Brookings SD*
Peggy Whalen *Brookings SD*
Andriette Wickstrom *Storm Lake IA*
Tim Wilson *McMinville OR*
Joan Wolles *Colton SD*
Tom Woodall *Charleston IL*
Becky Youngberg *Eden Prairie MN*
Jack Youngberg *Eden Prairie MN*
Tim Zbikowski *Maple Grove MN*
Kim Zilverberg *Drayton ND*
Jason Zimmerman *Brookings SD*
Kyrsten Zimmerman *Brookings SD*

Deadwood discount offered to PS members

The Deadwood Mickelson Trail Marathon, Half Marathon, and 5-Person Marathon Relay is offering a \$10 discount to Prairie Strider members until June 4 or race cap is reached.

June 7 will be the 25th running of the race, which takes runners from an abandoned mining town, across railroad trestles, through a mountain, past monolithic rock formations, beside a babbling creek and finishes in Deadwood. The walker friendly course is open for seven hours and all finishers receive a commemorative medal.

To register: Visit <https://www.deadwoodmickelsontrailmarathon.com>

At checkout, enter **10off2026** in the discount code box to receive the \$10 discount.



Dave Graves, right, president of Prairie Striders Running Club, presents Brett Pettigrew with the club's inaugural Volunteer of the Year award after the Prairie Striders Indoor 5K Jan. 24. Pettigrew has taken the lead in operating the Prairie Striders timing system for four different races. That involves not only learning to operate the system but also handling late registrations, compiling race results and finalizing finish lists. He also has served as co-director of the Jack 15 since 2018 and helped with other club business.

Donated Beyond Dues

Thank you to the 61 people who donated beyond their \$5 dues.

Brenda Algood, *Brookings, SD*

Bruce Allen, *Flandreau, SD*

Jill Anderson, *Duluth, MN*

Paul Baggett, *Brookings, SD*

Christa Bartling Bortnem, *Brookings, SD*

Shirley Bergum, *Brookings, SD*

William Berzonsky, *Lincoln, NE*

Tom Birath, *Marshall, MN*

Mary Bjerke, *Volga, SD*

Russell Bjerke, *Volga, SD*

Lori Bocklund, *Beaverton, OR*

JoAnne Bohl, *Humboldt, SD*

Pat Bohl, *Humboldt, SD*

Steve Britzman, *Brookings, SD*

Michael Burns, *Milan, MN*

Rob Carney, *Lakeville, MN*

Lyle Claussen, *Beatrice, NE*

Jane Derby, *Estelline, SD*

Rufus DeZeeuw, *Elkton, SD*

Shelby Eischens, *Aurora, SD*

Dave Graves, *Volga, SD*

Paul Hanusa, *Volga, SD*

Steve Hauff, *Sioux Falls, SD*

Mary Held, *Aurora, SD*

Louis Hesler, *Jackson, MS*

Mike Heyl, *Lincoln, NE*

Mike Hieb, *Brandon, SD*

John Higgins, *Miller, SD*

Wade & Kristi, Hoffman, *Minnetrissa, MN*

Dennis Hopfinger, *Brookings, SD*

John Iverson, *Brookings, SD*

Scott Jamison, *Wentworth, SD*

Bryan Krogman, *Brookings, SD*

Jay Larsen, *Brookings, SD*

Reyna Martin, *Brookings, SD*

Kati Merkley, *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*

Brian Nelson, *Sioux Falls, SD*

John Nelson, *Madison, SD*

Lukas Nelson, *Sioux Falls, SD*

Vicki Nelson, *Sioux Falls, SD*

Sara Olson, *Brookings, SD*

Eric Rasmussen, *Brookings, SD*

Richard Reid, *Brookings, SD*

Colene Reiser, *Brookings, SD*

Bob Ritter, *Brookings, SD*

Bob Salmi, *Aberdeen, SD*

Audrey Stavrum-Riggs, *Portland, OR*

Carolyn Steinborn, *Sioux Falls, SD*

Russ Strande, *Brookings, SD*

Joe Sudtelgte, *Elkton, SD*

Chuck Tiltrum, *Aurora, SD*

Dale Tribby, *Miles City, MT*

Gregg Uecker, *Freeman, SD*

Peggy Whalen, *Brookings, SD*

Andriette Wickstrom, *Storm Lake, IA*

Health & Running

When you need to heal, try peace and love



By Trevor Penning

Peace and Love — sounds like a bumper sticker from the late 1960s. But rather than an epithet for the hippies movement, peace and love may be the answer to more rapid physical healing.

For years, the RICE method (Rest, Ice, Compression, Elevation) was the standard treatment for injuries. However, new research suggests that prolonged use of ice may actually delay healing and increase scar tissue. Experts now recommend the *PEACE & LOVE* approach, which supports the body's natural recovery process by managing—rather than suppressing—inflammation.

PEACE focuses on the first few days after injury:

- 1. Protection:** Limit movement for 1–3 days to prevent further damage, but avoid complete rest, which can weaken tissues.
- 2. Elevation:** Raise the injured area above heart level to help reduce swelling.
- 3. Avoid anti-inflammatories:** Unless advised by a doctor, try and avoid anti-inflammatory medications or ice immediately after injury. Swelling is part of the natural healing process and suppressing it may delay recovery.
- 4. Compression:** Use a wrap or bandage to reduce swelling and internal bleeding.
- 5. Education:** Learn about your injury and prioritize active recovery strategies.

LOVE guides ongoing healing after the initial phase:

- 1. Load:** Gradually reintroduce movement as pain allows. Appropriate loading helps tissues rebuild and strengthen.
- 2. Optimism:** A positive mindset supports recovery. Fear and negative beliefs about pain can slow progress.
- 3. Vascularization:** Engage in light, pain-free cardio (such as walking) to increase blood flow and promote healing. Understand the difference between “hurt” and “harm”—discomfort does not always mean damage.
- 4. Exercise:** Targeted exercises improve strength, flexibility, and balance. Let pain guide you and avoid pushing too far.

This approach emphasizes active recovery and respects the body's natural healing response.

Adapted from “Soft-tissue injuries simply need PEACE and LOVE” by Dubois and Esculier, published in the British Journal of Sports Medicine (2020).

Replacing Running Shoes

Running shoes should typically be replaced every **300–500 miles** — often **before** they show obvious signs of wear.

Even if the outside looks fine, the cushioning and support materials break down over time. Worn-out shoes can reduce shock absorption and increase your risk of injury.

If you run regularly, consider tracking your mileage to know when it's time for a new pair.

Editor's note: Trevor Penning has practiced chiropractic care since 2013 and currently serves as webmaster for the *Prairie Striders*. He is very interested in healthy lifestyles, exercise and healing while running his practice in the Brookings area.

Updates and news notes

- The Oakwood Trail Run started in 2018 and has been held each year since. Supplies, staging instructions, and finances are available, but without the critical volunteer position of race director, the event will not continue in 2026.

Anyone with an interest in serving in this capacity should contact Dave Graves @ run@prairiestriders.net.

- Interest is brewing for a group run with the Aberdeen and Watertown clubs in Watertown on a Saturday in March. If you have an interest in this, contact Dave Graves @ run@prairiestriders.net.

- Caleb Sayler, the Dakota State University graduate student who ran the 2025 Brookings Marathon as a training event, finished 24th in his goal race, the NAIA Marathon Championship in Dallas Dec. 14. His time in Dallas 2:41:40, was about 30 seconds slower than his winning time in Brookings. Sayler, originally of Lennox, ran Brookings in 2:40:11.

Give your dated sneakers to new life

Avera Physical Therapy, Brookings, and Chuck McCullough are partnering with Sneakers 4 Good to give used sneakers a new home. Shoes can be dropped off at Avera Physical Therapy, 2311 Yorkshire Drive.

According to its website, “Sneakers 4 Good supports more than 4,000 micro-enterprise families in 24 different developing countries. Micro-enterprises are small businesses, typically owned and operated by families of one or two people. Because of systemic poverty in these countries, working-age adults have to create their own opportunities.

They sell the sneakers you gather in their communities, which promotes commerce opportunities and leads to economic sustainability. Micro-enterprise makes it easy to keep your old sneakers out of landfills and put them into the hands of those who need them most.”

The Boston Athletic Association Gives Back program also works with the organization.