

## Striders name Landmark as Friend of Running

Shari Landmark, a fixture in the Brookings running community for nearly two decades, was honored as the 2016 Friend of Running by Prairie Striders Running Club Feb. 4.

The club's 10<sup>th</sup> annual award was presented at its annual Frostbite Frolic social run and potluck at the Innovation Village Apartments community room.

Landmark, of White, is the assistant director of the SDSU Wellness Center. It is her position with the Wellness Center that first got her involved with the running club. She volunteered to work at an aid station in the Jack 15 road race while a student at South Dakota State University. She graduated in 1999 and continued working at the Wellness Center, where her responsibilities included directing the Jack 15.

Landmark continued in that role through 2007, co-directed the race in 2010-12 and has continued to volunteer with the oldest road race in the Midwest. In 2013, the club named its first-place female award the Shari Landmark Award.

Among the race improvements instituted by Landmark include expanding the number of relay categories, adding online registration, providing bussing to White, placing markers at each mile rather than just the aid stations and creation of a 15-person team for the 40<sup>th</sup> Jack 15.

She also organized the first "I'm Ready for Summer Triathlon" in 2001 and has been in charge of the sprint triathlon ever since. The triathlon was one of the first in the region with the inaugural event hosting 17 competitors. As the race and popularity of triathlons have grown, chip timing as well as a kid's triathlon, which caters to children ages 5-14 years, have been added. The triathlon attracts about 150 participants annually to Brookings.

## Leadership: Formal and informal

Landmark started attending the monthly Prairie Striders meetings in 1999, served as vice president in 2007-09 and directed the Brookings area running club from 2010 to 2012. During that time she provided leadership in developing the signage for the Allyn Frerichs Trail System in Brookings.

While no longer an officer with Prairie Striders, Landmark continues to be an active board member and last spring taught a CPR class to several of her fellow Striders.

Landmark is a solid runner in her own right, having qualified for the 2010 Boston Marathon, running the Jack 15 in 2000 and 2013 and several half marathons.

In her position with the Wellness Center, she promotes wellness for all ages with a special emphasis on women in running and fitness. While part of that is through her official capacity, much of it is through her lifestyle and personality, according to current club President Dave Graves, who also has worked with Landmark in planning the Jack 15.

"Whether it is getting a couple friends to join her in running up the Campanile stairs or organizing a campus 5K, Shari brings a step of energy and enthusiasm to whatever she is doing," Graves said.

Landmark said she needs to stay in shape to keep up with her children. Shari and Chad Landmark have four children ages 8 to 15, which makes time for a lot of chauffeuring. She and her husband Chad have run a few St. Patrick's Day 5Ks together. Shari's 13 year old daughter, Carley, enjoys an occasional 5K with her mom whether it is the Prairie Striders Indoor 5K or the Hobo Day 5K.

Landmark is a 1994 Brookings High School graduate.

### Other recipients

She is the second female to receive the Friend of Running Award, following on the heels of Mary Bjerke, of Volga, in 2015.

Other Friends of Running recipients: 2007 – Bob Bartling; 2008 – Jay Dirksen; 2009 — Scotty Roberts; 2010 — Tom Bezdichok; 2011 — Matt Bien; 2012 — Steve Britzman; 2013 — Chuck Tiltrum; and 2014 — Reed Hart.

Nominations for future recipients can be submitted at [www.prairiestriders.net/friend-of-running.html](http://www.prairiestriders.net/friend-of-running.html)

Shari Landmark receives the Friend of Running Award from Prairie Striders President Dave Graves at the club's Frostbite Frolic Saturday, Feb. 4, 2017, at the Innovation Village Apartments community room. Landmark, of White, is the longtime former director of the Jack 15 road race and directs the I'm Ready for Summer Triathlon.