The Pacesetter

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Pain and pleasure

Hall of Famer Dauer reflects on SDSU career

By Dave Graves
Newsletter editor

"Be patient and tough; someday this pain will be useful to you." This quote from the ancient Roman poet Ovid seems to capsulate the life of recent Jackrabbit Hall of Fame inductee Sheena Dauer.

Dauer, an All-American runner at South Dakota State University earned a bachelor's degree in health promotion in 2004 and a master's degree in exercise science in 2006. Her running resume includes three conference titles in cross country, a 14th-place finish in the NCAA Division II cross country championship in 2002 and a runner-up finish in the NCAA Division II indoor 5K in 2003.

Her accomplishments were recognized Sept. 14 when she was one of six former SDSU athletes to be inducted into the Hall of Fame.

In an interview with the Pacesetter, Dauer thanked the university and those responsible for her induction. "This Hall of Fame induction was certainly not expected. Being able to relive my six years at SDSU was wonderful. We don't take time to think back ... but how critical was it that I went to SDSU? All of the ups and downs are worth it in the long run."

One must have a stellar resume to merit induction into the athletic department wall of honor. But Dauer's inscription is written with both sweat and pain.

Multi-sport athlete at Springfield High

She arrived at State as a recruit of head coach Paul Danger, who saw the potential in the Springfield, Minn., native. She participated in volleyball, basketball and track at her small, west-central Minnesota school. Springfield didn't offer cross country until her junior year. Dauer went out for both cross country and volleyball her junior year.

In her senior year, she focused solely on cross country. The result was a fourth-place finish at state. That June she ran a 5:11 mile to finish second at state.

The success further fueled a desire to not only run at college, but to be the best.

Winning North Central Conference cross country championships in 2001, 2002 and 2003 certainly testify to her success. She became only the third female to win three consecutive NCC cross country titles, joining fellow SDSU runners and Hall of Fame inductees Kristin Asp (1981-83) and Kiri Johnson (1990-92).

Sheena Dauer runs all by herself during a North Central Region Cross Country Championship. The three-time North Central Conference champion was inducted into the Jackrabbit Hall of Fame Sept. 14.

A painful All-American effort

In 2002, her junior year, the Jackrabbits qualified for the national championship in Ashland, Ohio, and Dauer was the undisputed team leader. SDSU placed seventh in the Nov. 24 race.

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Community Thanksgiving run set

Prairie Striders Running Club is organizing a free, noncompetitive Thanksgiving run at 9 a.m. for all walkers and runners in the community as well as holiday visitors.

The three-mile run will start and finish in the Hillcrest Pool parking lot. For more information, email run@prairiestriders.net or event leader becka.foerster@sdstate.edu.

Presidential Medallion for Bartling

Dave Bartling, left, receives a Presidential Medallion from SDSU President Barry Dunn on Sept. 7. The medallion honored Bartling's father, Bob, who died Feb. 26 at age 97. Bob Bartling was the first president of Prairie Striders Running Club, its longtime treasurer and served as club historian and librarian until his death.

Bartling's Shoes in downtown Brookings was a must-stop for running enthusiasts from throughout the region. He also was an avid Jackrabbit both through financial support and attendance.

Following Bartling's death, Prairie Striders has initiated an effort to endow the Friends of Bob Bartling Scholarship to $100,000. It currently stands at $92,000 with an aim of gaining the final $8,000 by Dec. 31. The scholarship funds an SDSU track and field athlete with the SDSU Foundation handling fiduciary duties.

To help on the stretch drive, go to: https://givenow.sdstatefoundation.org. Under your selection please be sure to scroll down to Friends of Bob Bartling Scholarship.

Editor's note: *Also receiving a Presidential Medallion was Kathy Larsen, who was honored for her extraordinary volunteer contributions in band, choral, theatre and other university special events. Local runners will also recognize her as a frequent volunteer at Prairie Striders events.*

Pain and Pleasure

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Dauer finished 14th with a 6K time of 21:31. Some of those details Dauer had forgotten. She has never forgotten the pain associated with it.

It wasn't the lung-burning, heart-pounding pain associated with a give-it-all-you-got All-American performance.

It was the stabbing pain from having bilateral fibular stress fractures on both legs. It was a condition that had been bothering her for a month and forced her to do little more than cross train. "But there was no way I wasn't going to run" in the national championship.

"I went off the start line extremely conservative because I was thinking this is going to hurt" and she knew she wasn't in peak condition. The pain was manageable for the first half. When the pain escalated, she kept her pace steady. "I just dug it out despite the pain," said Dauer, who is now a physical therapist in Springfield.

"You want to make everybody proud for all the time and energy they have invested in you. But it wasn't a positive experience as far as a memory."

Looks at pain differently now

Now 22 years later, Dauer looks differently at that injury and other injuries she has had. "In my profession now, every single injury I have had I value because I'm using that knowledge as research to help everybody I get to treat now.

"Right now I've got a football player with a hamstring injury. Me personally I was sidelined for 18 months (three years ago) with a hamstring injury from sprinting. I couldn't figure it out. I need to be an athlete for the benefit of the patients I coach and I need it for myself. More than my body needs it, my mind needs to run," Dauer said.

As an athlete at SDSU, despite plenty of success, she had just as much pain.

In the fall of her freshman year, she had a stomach ulcer and a significant iron deficiency that kept her at half speed until late in the season. In the years that followed, she also suffered stress fractures and soft tissue injuries.

"Early in my collegiate career, I had very few track races" due to injuries. That's what made her national runner-up indoor 5K finish all the more satisfying.

Dream run at indoor nationals

Dauer qualified by running a 17:25 at the University of South Dakota, which she said was a PR simply because injuries kept her off the track so much. While a PR, it was the slowest or second slowest qualifying time, she recalled.

The DII Indoor Nationals were at the renowned Reggie Lewis Center in Boston. In the stands was her family—a younger brother, Dustin; a sister, Kylie; and her parents, Duane and Pat. Dauer started near the back in a 15-runnner field that also included junior teammate Erin Woolley.

Sheena Dauer reunites with Jackrabbit teammates during the SDSU football game Sept. 14 after her Hall of Fame induction. Pictured, from left, are Becka (Mansheim) Foerster, Dauer, Tom Weerheim, Andrew Van Nurden and Katie (Tornberg) Reilly.

Within a couple laps on the 200-meter track, Dauer thought "this (pace) is silly and moved to middle of the pack," she recalled. "I remember feeling almost effortless for a real long time." With seven laps to go, she recalled thinking, "You've got to get going. There's less than a mile left. You still have lots to give yet."

As the laps lapsed, Dauer told herself, "let's get going here. You know you are not a sprinter."

While lacking the kick of an 800-meter runner, Dauer did find another gear as she picked off runners one by one, finishing in 16:51.77, less than a second ahead of third place and 11 seconds behind a senior from Adams State. Dauer had cut 33 seconds off her qualifying time.

She said the performance was akin to her high school mile, when she qualified with a 5:25 and had a runner-up performance of 5:11 at state. "The guts will come out when the stakes are high." Afterwards, Dauer said she was "dumbfounded" to have finished second. "I was on cloud nine."

'This is going to push us, this is good'

By the end of her Jackrabbit career, SDSU was transitioning from Division II to Division I. State no longer had a conference to compete in or a national meet to dream about.

The initial thought was "bummer," but the collective mindset quickly transitioned to "this is going to push us, this is good." Her teammates included Becka (Mansheim) Foerster, Katie Tornberg, Mary Thum and Kristi Retzlaff. Dauer said that thinking isn't surprising given SDSU's culture. "What is always the standard? Are we the best? If we're not, how are we going to get there? Challenge yourself to the highest level. Why wouldn't you want to find that extra gear in your body and your brain and get exposed being run into the ground? That's a good thing. It makes you stronger," Dauer said.

Looking back at her college experience, Dauer also recalls the camaraderie—"Knowing that the person next to you is with you no matter what and is giving you their best, so you better too."

Many of them were also on hand when Dauer went into the Jackrabbit Hall of Fame, including Foerster.

"She is one of the hardest workers I know. She never made an excuse, always had a plan and always put in the work. She was always an inspiration and a leader by example when we were teammates and when she was coach. She is a hall of famer in every sense of the word — by achievement and by character," Foerster said.

Editor's note: *After earning her master's degree, Dauer worked for a couple years in the St. Cloud, Minnesota, area and then went to Grand Forks for three years to earn her doctorate in physical therapy from the University of North Dakota in 2012. She practiced in Montevideo, Minnesota, for eight years before returning to Springfield in May 2021.*

Another Jack 15 first

Three generations from Brady family finish 2024 event

In 62 runnings of the Jack 15, there have been 3,661 individual finishers. Three generations have never finished the race in the same year until this year.

Among this year's finishers were Dennis Brady, 75, of South Charleston, W. Va., his daughter, Rebecca Kelley, 35, of Kailua, Hawaii, and Brady's grandnephew Blake Brown, 26, of Rapid City.

"The afterglow from this Jack 15 run may never burn out in our family," said Brady, a Mitchell native won ran his first Jack 15 in 1979 and returned in 2023 to run the race with Brown and another grandnephew.

"I must say I've never seen Rebecca more excited about a running event in her entire life. It was also just about the most wonderful experience in my running career," Brady added.

Brady, who started running recreationally in college, first learned about the Jackrabbit 15 when reading a newspaper article when he was attending Mitchell Notre Dame High School, said Brady, a 1967 high school grad. That first Jack 15 was in 1979, when the 30-year-old was already living in Charleston, W. Va., where he had taken a job as a research scientist after earning his doctorate in mathematics from Montana State in 1976.

Throughout his running years, he tried recruiting family members to join him in Brookings again. In 2023, grandnephews Trinity Brady and Blake Brown accepted the offer.

Daughter catches running bug

Rebecca Kelley started running a few years ago and in 2022 went back home to run the Charleston 5K with her father. She joined the MidPacific Road Runners Club and earlier in 2024 ran a marathon in Hawaii. That was a major challenge for Kelley, but she was determined not to quit.

"Then all of sudden she decided to come back for the Charleston Distance 15," which was Labor Day weekend. "It was so hot it was unbelievable. I was tempted to quit and many people did. She insisted we were going to finish and do the Jack 15," Brady said.

So less than three weeks later, Brady and Kelley flew in from opposite ends of the nation for one purpose—to create a never-forget memory.

They ran together the entire 15.2 miles, both finishing in 4:26:17 and soaking in every step. "I had already told her how different it would be from the Charleston Distance Run. You don't have crowds at all. You're running by farmyards and animals. She was so excited by the animals along the way, she wanted to take pictures," Brady said.

Pastures with grazing horses and cows, and two-tone cornstalks and established shelterbelts captured the attention of Kelley, who is married to a Navy Seal.

Kelley first runner from Hawaii

Brady noted, "She doesn't have any trouble talking and running. That kept us going quite a bit. She was looking for animals and diversions from running."

Kelley also was another part of Jack 15 history based on her zip code. She became the first Hawaiian entry in the Jack 15.

Brady added, "I was glad I entered because I was thinking at the time, this might be my last chance to do it. I'm running out of gas. We (Brady and Kelley) were at a nice intersection for both of us to run two 15-mile races. Adding Blake to it was icing on the cake."

Friend of Running nominations sought

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

Prairie Striders Running Club will be giving out its 16th annual Friend of Running Award following the Jan. 25 Prairie Striders Indoor 5K.

Nomination are due Jan. 2. 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 Jan. 25 gathering and agree to have his/her honor publicized in local media.

Past winners:

• 2007 — Bob Bartling, president of the original board of Prairie Striders when it was formed by then SDSU cross-country coach Jay Dirksen on Sept. 12, 1969.

• 2008 — Dirksen, head cross country coach at the University of Nebraska from 1983 to 2011.

• 2009 — Scotty Roberts, director of the marathon in Brookings from 1981 to 2003.

• 2010 — Tom Bezdichek, president of the club from 1982 to 1990.

• 2011 — Matt Bien, president of the club from 2003 to 2009, Brookings Marathon race director 2007 to present.

• 2012 — Steve Britzman, director of the Hobo Day 5K since its founding in 1996 and the Arbor Day 5K since its founding in 1989.

• 2013 — Chuck Tiltrum, a Prairie Striders race director in the early 1990s and race course certification chairman for South Dakota during the 1990s through The Athletics Congress.

• 2014 — Reed Hart, an advocate of running and lifetime member who gifted the club with $20,000 from his estate.

• 2015 — Mary Bjerke, a vital part of the Brookings Marathon planning committee for more than a decade who also runs in or volunteers with other Prairie Striders races.

• 2016 — Shari Landmark, director of the "I'm Ready for Summer" Triathlon, long-time past director of the Jack 15 and president of Prairie Striders 2010-12.

• 2017 — Lorne Bartling, a charter member and club president in 1972-73 who was ranked first nationally for the 60-64 age group in the one-hour run in 1981.

• 2018 — Kevin Smith, a runner who used an interest in computers to create the Brookings Marathon website and revise the Prairie Striders website.

• 2019 — Lou Eggebraaten, the first female president of Prairie Striders, serving two one-year terms in 1980 and '81, and was secretary for the Longest Day Marathon.

• 2020 — Dave Graves, club president since 2013, director of the Jack 15 since 2012, and editor of the club newsletter who also ran 36 marathons.

• 2021 — Jay Larsen, a five-time Boston Marathon qualifier, longtime Prairie Striders race volunteer and club treasurer since 2013.

• 2022 — Russ Strande, a long-time Brookings High School coach, charter member of Prairie Striders Running Club and veteran runner.

• 2023 — Chuck McCullough, a Brookings Marathon mainstay for nearly 20 years who has directed the Scotty Roberts 5K, held the evening prior to the marathon, since 2018.

Information can be submitted at run@prairiestriders.net or mailed to Prairie Striders, Box 504, Brookings, SD 57006. To submit a nomination online, go to: www.prairiestriders.net/friend-of-running.html.

Member Spotlight

Name: Bruce Wayne Allen
Age: 62
Residence: Flandreau
Occupation: Construction contractor
Family: Daughter attending law school, son at SDSU, son a junior at Flandreau High School

Years as a Prairie Strider member: About 15

Why you're a member: Prairie Striders gives an excellent resource to local running events and running information. It also shows the awesome running community in the Brookings area.

What you enjoy about running: Running has always given me the outlet to think, pray and problem solve. It has become a stress reliever as I have gotten older.

Also, it has given me the opportunity to travel the world and meet other fellow runners of like mind. And it gives me the opportunity to be competitive and challenge myself. I can set goals and then have something to focus on.

Favorite running memory: Being fortunate to run Mount Everest with my son, and run in Cuba with my daughter.

Your favorite Prairie Striders race: Winning the Jack 15 about 15 years ago. (2011, 1:42:58)

Favorite workout: Running on the treadmill and watching ESPN or the Vikings!!

Your running goal: My main goal is to stay healthy and always be able to run pain free! "Motion is Lotion!"

I have ran the six major marathons, Seven Continents Club, Ironmans and ultras but now I want to do it again. Nov. 15-21, 2024, I will be running the Great World Race — seven marathons in seven days on seven continents!

After the Great World Race, I will run a series of other races and marathons and try to qualify for the Wanda Abbot World Marathon Majors 2025, to be held in New York City, Nov. 2, 2025. This is an age group time qualifier.

My other goal to make this happen is to speed and strength train and start hot yoga again! Happy running!

Health & Running

Injury prevention for runners: Understanding the causes

By Kyle Behl
Doctor of Physical Therapy

Injury prevention is a critical aspect of training for runners, yet it's often overlooked until pain becomes a reality. One of the most effective ways to avoid injury is to understand the underlying causes, enabling runners to make informed decisions about their training routines.

A 2002 study by Taunton et al. provides valuable insights into the origins of common running injuries, categorizing them into two primary groups based on training errors.

The first group of injuries is closely linked to rapid increases in mileage. When runners escalate their road miles too quickly, they expose themselves to a higher risk of overuse injuries such as patellofemoral pain syndrome, iliotibial band syndrome and patellar tendinopathy.

These conditions often arise from the cumulative stress placed on the knees and surrounding structures, unable to adapt to the increased demands.

The second group of injuries identified by Taunton et al. relates to an overly aggressive increase in pace. Runners who ramp up their speed too quickly are more likely to suffer from injuries like plantar fasciitis, Achilles tendinopathy, and gastrocnemius (calf) strains. These injuries stem from the excessive load placed on the foot and lower leg, which may not be adequately prepared to handle the sudden intensity.

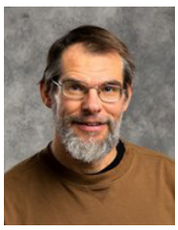
If adjusting your volume or pacing does not alleviate symptoms, it may be time to seek professional help.

Consider visiting a clinic that offers video running analysis and comprehensive assessments to identify and address any deficits or dysfunctions contributing to your pain. Other options to decrease pain and enhance recovery are dry needling and manual therapy, helping you return to running pain-free and stronger than ever.

At Empower Physiotherapy and Wellness, our mission is to help athletes of all levels achieve their goals without the burden of pain or injury. Our owner, Kyle Behl, DPT, brings years of experience in outpatient orthopedics and a passion for helping runners stay on track. We are conveniently located in SNAP Fitness on South Main, making it easy to integrate your therapy with your training routine. As a special offer, if you mention this article, you can receive 50% off your first evaluation and assessment session. To schedule an appointment, call us at 605-653-0083. Let us help you take the next step in your running journey with confidence and strength.

President's message

Brookings truly a special place



Dave Graves, President Prairie Striders Running Club

Prairie Striders Running Club was formed Sept. 12, 1969, when SDSU track and cross country coach Jay Dirksen invited some community members and a few from his team to a meeting in the basement of the Barn, the university's gym at the time.

The connections between the university and the community has remained strong through the club's 55 years.

As a race director, I can testify to the cooperation I have received from the City of Brookings, the business community and South Dakota State. Let me share one above-and-beyond example.

On Friday, Sept. 20, I had unloaded Jack 15 registration supplies at the South Dakota Art Museum on the SDSU campus. I was backing an enclosed trailer back onto Medary Avenue, a primary N-S road that splits campus. I got off track and the trailer bottomed out as it reached the street.

I grimaced and looked out the window to see SDSU President Barry Dunn making the same expression as was walking by. He offered, "Is there anything I can do to help?" I said, "You can direct traffic."

So I pulled ahead and then backed out successfully onto Medary at about noon while the president of the state's largest university was directing traffic. That just doesn't happen anywhere else. The community, and Prairie Striders in particular, are fortunate to have such quality servants in positions of leadership.

With Thanksgiving approaching, it seems appropriate to remember the many other blessings afforded to the club. Among them are:

- Generous sponsors, whose contributions kept the races affordable to runners and help the races be able to fund charities;
- Committed volunteers, which include race directors and community volunteers. The amount of behind-the-scenes assistance we receive is incalculable.
- Dedicated runners. After all, we are a running club and exist to advance the sport. Comments like, "Another late entry and definitely not it great shape, but you put on too good of an event to resist" bring great satisfaction.

As we turn the calendar to another year, I hope to see more runners take an interest in YOUR club. Whether entering races, volunteering at events or getting involved with the Prairie Striders board, your participation is vital.

The Bartling family created "Running for Bob" T-shirts for this year's Bob Bartling Hobo Day 5K Oct. 12. Pictured, from left, are Christa Bartling-Bortem, Dave Bartling, Bryer Bartling, Ben Bartling, Jordan Bartling and Brayli Bartling. This was the first Bob Bartling Hobo Day 5K since his passing Feb. 24 at age 97.

Woodall honored

Tom Woodall, originator of the Jack 15 road race and former South Dakota State University track and cross country coach, was inducted into the Fellowship of Christian Athletes Hall of Fame this summer.

Woodall coached at SDSU from 1962 to 1965, organized the first three Jack 15s and then took a position at Eastern Illinois University in Charleston, retiring in 2000.

He has been involved with FCA for more than 60 years, attending the first of at least 15 all-sport camps in Estes Park in 1963, the same year as the first Jack 15. He was instrumental in bringing FCA to the Eastern Illinois campus and also has served as an Illinois FCA board member, a huddle coach and a coaches huddle leader.

A professor emeritus in exercise science, Woodall and his wife, Marge, continue to live in Charleston and follow Jackrabbit athletics from a distance.

SDSU reigns at Summit League cross country

At the Nov. 2 Summit League cross country championships in Vermillion, the SDSU men won for the ninth consecutive year and the women won their third crown in the last five years.

It is the third time in program history that the Jackrabbits hoisted both Summit League cross country championship trophies. While the men were the meet favorite, the women pulled an upset by easily edging North Dakota State 41 to 70. The men also clobbered the rival Bison 25 to 57.

South Dakota State's Courtney Stadter is the first Jackrabbit since Ellie Friesen in 2018 to earn the Newcomer of the Championship award. Stadter was the first true freshman to cross the finish line of the 6k race in a career-best time of 20:59.88, good for third overall.

SDSU's Carson Noecker and Oral Roberts' Abraham Chelangam battled throughout the race with Chelangam pulling away at the finish to win the 8K 23:41 to 23:51. Both broke the meet record.

Charging out at the start of the Summit League Cross Country Championship Nov. 2 at Vermillion are Jackrabbits, from left, Brandon Kampsen, Cormick Logue, Eli Hall, Ben Anteau, Josh Becker, Jackson Dutcher (barely visible straight behind Becker), Will Lohr, Cody Larson and Carson Noecker. SDSU placed four in the top six and five in the top nine to easily claim their ninth consecutive title. (photo courtesy of Brian Nelson)

Congratulations to program director and men's coach Rod DeHaven and women's coach Alex Munterfering.

Bob Bartling mugs available

The Bob Bartling Hobo Day 5K was a popular event with 289 registered plus dozens of volunteers. That meant the supply of commemorative Bob Bartling mugs disappeared on race day. However, race director Randy Hanson has ordered another box of 40 mugs, meaning some will be available for sale to the general public.

The cost is $10 and the mugs are available by emailing Hanson at randyh@buildwithmills.com.

He warns cup holders that the mugs, which feature a smiling photo of Bob, are NOT dishwasher safe.

It's a fall marathon now

The Brookings Marathon has officially moved to the fall, specifically Oct. 18 in 2025.

Race director Dani Bohn said the move is aimed at capturing more volunteers by holding the race during the fall when South Dakota State University is in session.

The marathon has been a spring event for most of its 55 years, however, it was in November from 1974 through 1981. Since 2004, the marathon has been held the first or second Saturday of May with two exceptions. In 2020, the marathon was postponed to October because of the COVID-19 outbreak. In 2022, the marathon was postponed to October because a derecho blew through Brookings on the Thursday before the marathon.

Bohn expects to open registration in January.

Prairie Striders Running Club
BROOKINGS, SD
EST. 1969

2025 RACE SCHEDULE

Prairie Striders Indoor 5k ..... Sat., Jan. 25	Jack 15 ..... Sat., Sept. 27
Arbor Day 5k ..... Fri., April 25	Hobo Day 5K ..... Sat., Oct. 11
Longest Day 10K ..... Sat., June 21	Scotty Roberts 5k ..... Fri., Oct. 17
Beef and Eggs 5K ..... Sat., July 12	Brookings Marathon, Half & Relays ..... Sat., Oct. 18
Oakwood Lakes Trail Run ..... Sat., ??????	Turkey Day Run ..... Thur., Nov. 27
Predictor Mile ..... Wed., July 30	

LEARN MORE AT www.prairiestriders.net
SEND QUESTIONS TO run@prairiestriders.net
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Race director needed

Andy Carlson, who created the Oakwood Lakes Trail Run in 2018 and has directed it since, is stepping down from the summer event. The club is seeking a new director to keep the event alive. If interested, email run@prairiestriders.net.

Registration opens for Indoor 5K

Registration has opened for the Prairie Striders Indoor 5K at the Sanford-Jackrabbit Athletic Center on the SDSU campus Jan. 25.

This will be the 10th year for the event, which is the only chance the general public has to race on the university's premier 300-meter track.

For more information and registration details, go to: http://www.prairiestriders.net/indoor-5k.html