

Ron Berby

A 1960 Milford graduate, Ron earned three varsity letters in cross country and track. He was a team captain for the 1959 team that finished 5th at the MHSAA State Meet. After graduation Ron attended Michigan State University and earned a spot on the cross country team as a walk-on. During his time at Michigan State he was a scoring member of two Big Ten and one IC4A cross country championship teams. Ron loved growing up in the 1950s on wooded Garden Road near the Proud Lake Recreation Area. He often ran the hilly back roads around Milford, and says the memories and joy of it helped him overcome his later addiction. Between 1973 and 2001, he ran 221 races of 26.2 miles or more; 62 of those races were 50 miles or more; 19 of those races were 100 miles or more. In 2001 a non-running injury ended his running career. He authored the book "Strides". He and his wife Sally don't run long distances anymore, but in summer they still ride multi-day bicycle tours, like the 5-day "DALMAC" tour from Lansing to Mackinaw. Ron currently resides with his wife Sally in an old country farmhouse with 22 acres southeast of Lansing. Also in the house you can usually find large dogs and cute cats. They travel a lot, including trips to Europe and visits to his adult kids--Matt, Mitch and Mandy--living in northern Wisconsin.

