

100 MARATHON CLUB NORTH AMERICA

Newsletter Number 22 – October 20, 2010

Upcoming Events

December 18, 2010 – Pigtails Cedar River Marathon, Ravensdale, WA, Van Phan

January 1, 2011 – Texas Marathon, Kingwood, Texas, Paula & Steve Boone

April 2, 2011 – Yakima River Canyon Marathon, Ellensburg to Selah, WA, Bob & Lenore Dolphin

May 1, 2011 – Tacoma City Marathon, Tacoma, WA, Tony Phillippi

February 27, 2011 – “Run Kilimanjaro Marathon for Clean Water in Tanzania.” For information on a project to dig the well, build a school and plant trees go to

<http://www.crowdrise.com/kilimanjaronmarathon/fundraiser/darekstuj> or contact Darek Stuj at (425)228-5296.

Note: If you're a race director and want your run publicized in the newsletter or if you have another running event to publicize, let us know and we'll make it happen.

Club Merchandise

Check the website, www.100marathonclub.us. Personalized medallions, T-shirts and pins are available. The medallions cost \$20.00 plus \$3.00 postage. The short sleeved, teal T-shirts and the long-sleeved white T-shirts cost \$15.00 plus \$3.00 postage for each shirt. Pins are available in increments of 100 for a cost of \$10.00.

New Registration Format and Roster Update

Club member “Cowboy Jeff” Bishton from Ft. Myers Beach, Florida, has designed a new format for our registration forms that can be accessed from the above website. He also has spent a lot of time reorganizing the club roster. Please check your listing on this roster. If any data is missing, please let him and Lenore Dolphin know what should be added. Future updates should be sent to Jeff at cowboyjeff434@yahoo.com and to Lenore at dolphinmteam@earthlink.net.

WHERE THE 100 MARATHON CLUB NORTH AMERICA MEMBERS ARE FROM:

UNITED STATES: Alabama – 2; Alaska – 1; Arizona – 2; Arkansas – 1; California – 31; Colorado – 6; Connecticut – 1; Florida – 15; Georgia – 8; Hawaii – 1; Illinois – 8; Iowa – 2; Kansas – 1; Kentucky – 9; Louisiana – 4; Maine – 1; Maryland – 4; Massachusetts – 2; Michigan – 4; Minnesota – 12; Missouri – 5; Nebraska – 4; New Jersey – 3; New Mexico – 3; New York – 5; North Carolina – 1; Ohio – 12; Oklahoma – 2; Oregon – 15; Pennsylvania – 5; South Dakota – 2; Tennessee – 5; Texas – 21; Utah – 2; Vermont – 3; Virginia – 2; Washington – 47; West Virginia – 2; Wisconsin – 6. **CANADA:** British Columbia – 5; Ontario – 2; Quebec – 1; Saskatchewan – 2. **AUSTRALIA – 2; AUSTRIA – 1; GERMANY – 4; INDIA – 1; SWEDEN – 1; UNITED KINGDOM – 12.**

In memoriam

The month of July 2010 will be remembered as a time when the running community lost three people in thirteen days. **Chuck Cammack** passed away on July 12th; 43 year old **Ted Finegold**, not a club member but race director of the Leavenworth and Wenatchee Marathons in Washington State, lost his battle with cancer on July 21st; and a tragic accident on Sunday, July 25th, took the life of 63 year old **Rick Worley**, a marathoner from Centerville, Texas, who was well-known and highly regarded by so many people

Chuck Cammack, of Albany, Oregon, lost his long and courageous six-year battle with pancreatic cancer at the age of 64 on July 12, 2010. Chuck started running in 1978 and ran his first marathon, the Homestead Marathon, in Roseburg, OR, on June 30, 1981. His 100th marathon was the Capital City Marathon in Olympia, Washington, on May 21, 1989. Amazingly, as he was fighting his health challenges, he completed marathon #200 at the inaugural Eugene Marathon in Eugene, OR, in 2007. In addition to these 26.2 mile marathons, he completed over 50 ultras. Among them were the Western States 100 Mile Endurance Run in 1992 that he finished in 28 hours and the Vermont 100 in 1993 that he completed in 19 hours. He had a PR of 2:44:00 and was a competitive runner in his age groups, as was his wife Sue who joined him in the competition until her health problems interfered. Races, competition and running friendships became their lifestyle.

We met by chance many years ago after a race when we saw Chuck and Sue at their car with several quilts that were made from their running shirts. As a quilter myself, I was curious about these quilts, so we introduced ourselves. This was the beginning of a long and wonderful friendship. Chuck fought the cancer the way he ran.....with everything he had and passed away at the Cancer Treatment Center of America in Arizona. We'll miss him!!!

Under "Special Accomplishments" on the registration form for the 100 Marathon Club that **Rick Worley** sent, it lists: Completed all 50 states within a calendar year three years in a row, 1997-1999. Completed all 50 states and 13 Canadian provinces & territories within a calendar year, 1998. **Completed 200 marathon in 159 consecutive weeks – no weeks off.**

We first met Rick and his wife Dee when he ran the Skagit Flats Marathon in Burlington, WA, and then we saw him at many marathons after that. Bob Dolphin planned his 250th marathon to be the Houston Marathon when Rick completed his 200th there in 159 consecutive weekends to make the Guinness Book of World Records.

To quote the e-mail from club member Tom Adair, "This is dreadful and shocking news about Rick's death. His enthusiasm and spirit for life and running marathons was an inspiration to many runners. We'll all miss him. God bless you, Rick."

WELCOME TO 6 NEW MEMBERS

.....for a total of 291

The first marathon for **Layne Davis** of Milwaukee, Wisconsin, was the Lakefront Marathon in his home town on September 9, 1994. He's the first club member to run marathons #99, #100 and #101 on the same weekend. He did just that at the Tahoe Triple on September 24-26, 2010, with #100 happening on September 25th. He's a member of the 50 States Marathon Club and of the 50 States Marathon Group.

Marathon Maniac (MM) #2367 **Debbie Lazaroff** of Jackson, Michigan, is a member of the 50 States Club and the Group. The Marine Corps Marathon in October of 1991 was her first marathon, and she ran #100 in January of 2008 at the Walt Disney World Marathon. She became a 50 States & DC **FINISHER** at the Marshall University Marathon on November 1, 2009. She has run the Paris Marathon.....and the Edmonton Marathon when it started at 5:00 p.m.! Her total as of June 2010 is 124 marathons and one ultra. She has a PR of 3:21.

MM #676 **Judge Timothy McGinty** of Cleveland, Ohio, ran the Cleveland Marathon in May of 1982 as his first. For #100 he ran the North Face Endurance at Washington, DC, on June 5, 2010. For the past five years he's averaged one marathon per month. He has a PR of 3:40 and has run Boston 12 times. His total as of June 2010 is 81 marathons and 19 ultras.

Our first club member from India is MM#339 **Dr. Ashis Roy** of New Delhi. His first marathon was the Rath Marathon in Delhi on November 19, 1985. The Mumba Marathon in India was #100 on January 17, 2010. He has a PR of 3:10. As of August 2010 his total is 104 26.2 mile marathons. Of this total 37 are in India and the other involved travel to: Pakistan, China, Malaysia, Korea & Japan on the Asian Continent; England, Greece, Holland, Poland, Finland, Sweden, Norway, Germany, Russia, Czech Republic & Austria in Europe; 36 in the U.S.A. and 12 Canadian marathons in North America. Dr. Roy is known as the "Marathon Man of India." He was born in 1932, served in the Indian Air Force until 1978 when he retired to become a practicing cardiologist. He ran his first marathon at the age of 52, and at the age of 78 he plans to run the Yakima River Canyon Marathon (YRCM) in Central Washington State on April 2, 2011. Plan to meet him that weekend and have the opportunity to purchase his book, "The Joy of Running," a memoir that included "Scientific Facts of Exercise & Fitness," "How to start running and how to improve and avoid injuries," and "descriptions of the memorable moments of his running life and the history of marathon running."

MM #34 **Steve Supkoff** of North Bend, WA, ran the Seattle Marathon in Washington on January 27, 1994, as his first, and the Omaha Marathon in Nebraska on September 26, 2010 as #100. He's a member of the 50 States Marathon Club and became a **FINISHER** on March 7, 2010, at the B&A Trail Marathon in Maryland. He's also a member of the elite 50sub4 Club, a club in which all members have run a sub 4-hour marathon in all 50 states. His PR is 3:14:55, and his totals as of October 2010 are 96 marathons and 4 ultras.

The first marathon for MM #212 **Dr. Ron Westbury** of Conyers, Georgia, was the Chickamauga Battlefield Marathon on November 18, 2001. He completed marathon #100 on August 15, 2010, at the Humpy's Marathon in Anchorage, Alaska, on August 15, 2010. His PR is 3:52:10, and his total as of September 2010 is 102 marathons.

The 100 marathon club from a to z

Here are some questions that you'll find answers for in the update on member accomplishments, activities etc.

1. Which four members live in the city (or town) of Rochester.....in three different states?
2. What runner completed 100 straight weeks of marathons on September 25, 2010?
3. Who will update the club's roster in the future?
4. What runner became a national, inspirational, keynote speaker after her recent breast cancer challenge?
5. What runner had open-heart surgery on February 16, 2010, and plans to run 20 marathons from September 5, 2010, to December 19, 2010?
6. What 70-74 year old club member completed Ironman Canada in 2010?
7. Instead of running the Super Jock & Jill Half Marathon on Labor Day in Woodinville, Washington, who chose that day for his wedding?
8. Who organized a "rare" marathon in Nunavut, Canada?
9. Who had a long string of 29 consecutive Boston Marathons and then ran his 600th marathon at #30 in 2008?
10. Which club member recently was the overall winner of a 1,000K bike race?
11. Who has run a total of 9,367 miles in 117 marathons (97 ultras and 20 others)?

Tom Adair (Alpharetta, Georgia) is the U.S. contact person for the 100 Marathon Club Japan. He helped the secretary of that club, Tahatoshi Yoshiro, update the 2010 World Megamarathon Ranking 300+ as of June 30, 2010. Good to hear from **Dan Archambeau and Lois Brown** (Seabring, Florida).

Gene Bandler (East Meadow, New York) has had to abandon his marathons, volunteer work and other activities, but he still walks 8 miles a day. His grandson Matthew battled cancer and he helped his granddaughter with her fund raiser for the cancer division of Children's Hospital of Philadelphia. **Steve Barrick** (Kent, Washington), race director of the Green River Marathon (Kent to Seattle, WA), was one of 25 who have run ALL 10 YRCM's. Each of these runners received a special, royal blue jacket, courtesy of our sponsor, Yakima's Stewart Subaru. **Dick Bartlett** (now of Roswell, New Mexico) has run a total of 126 marathons. He became a 50 States **FINISHER** at Humpy's Marathon in Anchorage, AK, in 2008. On March 28, 2010 **Frank Bartocci** (Rochester, Minnesota) became a **FIVE TIMES STATES FINISHER** at the Ocean Drive Marathon at Cape May, New Jersey. Good to hear from **Dave Bell** (Highlands Ranch, Colorado), **Lois Berkowitz** (Riverview, Michigan) and **Victor Bhatt** (Houston, Texas). This year we enjoyed having the Brits, **Roger Biggs** (Stevenage, United Kingdom) and **Jack Brooks** (St. Albans, United Kingdom) visit with us at our Renton, WA, home after they ran a weekend double of the Windermere Marathon in Spokane, WA, and the Capital City Marathon in Olympia, WA, on May 15 and 16, 2010. The Wales Marathon on September 25, 2010, was Roger's **100th straight week of marathons**. As MM#88 with 57 races completed, he received the THIRD PLACE "MALE MANIAC OF THE YEAR 2009" award. We appreciated the 12 postcards he sent us from Boulder, Co, Las Vegas, NV, Crater Lake, OR, Japan, Germany, Wales etc. We look forward to seeing him in November when he returns for the "triple" on Thanksgiving weekend with one on Gig Harbor and two in Seattle. **Jack** made it back to the U.K. all right after the visit. But did your suitcase ever arrive???

Robert "Cowboy Jeff" Bishton, (Ft. Myers Beach, Florida) who will update the club roster in the future wrote an article, "Are Milestones a Curse or a Joy?" that was printed in the September 2010 *50 States Marathon club Newsletter*. **Paula & Steve Boone**, race directors of the January 1st Texas Marathon in Kingwood, TX, came from Humble, Texas, to help us celebrate the 10th Anniversary of our

YRCM on March 27, 2010. **Jim Boyd** (Seattle, WA) was there, too as he ran his 10th consecutive YRCM. **Mike Brooks** (Danville, Maine) sent a picture of the “World’s Biggest Finishers Medal” that he received at Paula & Steve’s Texas Marathon. It’s 6.25” in diameter, almost ½ “ thick, weighs 2.2 pounds, and is made of solid brass. WOW!! I’m glad that I wasn’t a volunteer at the finish line giving out medals like I did at the Little Rock Marathon in 2006 when theirs was the biggest medal. Good to hear from **Janet Burgess** (Renton, WA) and **Todd Byers** (Long beach, California).

As of February 2010 **Eliot Collins** (Raritan, New Jersey) had a total of 137 that included 100 marathons and 37 ultras. He ran his first marathon in Atlantic City in 1998 and returned in 2009 to run #100 there. In 2009 he completed six ultras and nine marathons (including Harrisburg, PA, for the 11th time). His most challenging ultra was the New York Pioneer 100 Mile (3-day) Trek that consisted of 33.333 mile segments on consecutive days at three different locations in Queens, New York. He also did the Empire State Building Run-up by climbing 86 flights (1,576 steps). Good to hear from **John Connor** (Newport, Kentucky) and **Harry Curtis** (Cincinnati, Ohio).

It was great to welcome **Susan Daley** (Chicago, Illinois) to our 10th anniversary YRCM race on March 27, 2010. Good to hear from **Beth Davenport** (Santa Fe, New Mexico) about her running goals for the next few years. As of November 2009 **Eugene DeFronzo** (Cheshire, Connecticut) had completed 403 marathons. He was featured in a Wall Street Journal article on November 19, 2009, that mentioned his **SIX TIMES STATES FINISHINGS**, his running background and his goals. **Carol Dellinger** (Spokane, WA) is a recent cancer survivor who has become a keynote speaker throughout the nation. She shares her inspiring and uplifting journey through breast cancer. The Seattle Rock ‘n’ Roll Marathon on June 26, 2009, was her 240th marathon overall, and her 8th since being diagnosed with cancer on October 9, 2009. Prior to the September 12, 2010, Skagit Flats Marathon at Burlington, WA, she was featured in an article in the September 9th *Skagit Valley Herald*. **Tom Detore** (Unadilla, Nebraska) is another megamarathoner whose major health problems caused him to set new goals. Before and after his open heart by-pass surgery on February 16, 2010, he communicated to a lot of his fellow runners. He received much support, many prayers and a lot of encouragement as he faced his new challenges. From September 5th to December 19th he has 20 marathons scheduled.....that includes 7 weekend doubles! Good to hear from **Elaine Doll Dunn** (Spearfish, South Dakota) **Bob Dolphin** (Renton & Yakima, WA) was mentioned in the November 19, 2009, *Wall Street Journal*, too. In Joe Henderson’s “Megamarathoners” article in the September/October 2010 *Marathon and Beyond* magazine, he referenced Bob’s running goals, the YRCM that we direct and the 100 Marathon Club reunion at our race this year. He also gave his thoughts on the “subspecies” megamarathoners in general. Bob recently became member #806, the 8th overseas member, of the Japan 100 Marathon Club. He has been the co-director and a runner at all ten YRCM’s. It was great to share another marathon weekend with our “adopted” grandson **Michael Dutton** (Marysville, WA) at the May 16th Capital City Marathon in Olympia, WA. On March 26, 2010, **Eb Engelmann** (Salem, Oregon) joined the “usuals” who spent the night before the YRCM in sleeping bags at the “Dolphin Yakima Domicile.” Congratulations to **Evan Fagan** (Victoria, BC) for completing *Ironman Canada* on Sunday, August 29, 2010, and placing third in the 70-74M Age Group. Good to hear from **Laurie Fauerbach-Adams** (Philadelphia, Pennsylvania). **Frank Fleetham** (now of Bend, Oregon) did two ultras and the Twin Cities Marathon in 2009 and ran the YRCM on March 27, 2010. In the summer of 2009 Evil Triplet **Ron Fowler** (now of Rochester, Washington) attended a high school reunion that changed his life!!! He became re-acquainted with his former classmate Nancy (Rutledge) Burkhart, sold his Seattle home, purchased another one on 5.4 acres of property, and moved himself and all of his pop bottles to

Rochester. Then, in a surprise ceremony at a family reunion on Labor Day, September 5, 2010, he and Nancy were married. CONGRATULATIONS! Ron is one of the 25 who have completed all ten YRCM's.....and Nancy became a first-time volunteer that weekend. From Rochester, WA, to Rochester, NY, it's time to share **Norm Frank's** address. Norm has run 965 marathons but due to some strokes, he's living at an assisted living facility and not running any more. Cards, letters etc. could be sent to him at Legacy at Clover Blossom, Room 270, 100 McAuley Drive, Rochester, NY 14610.

Barefoot Jon Gissberg (Seattle, WA) sponsored Bob Dolphin to become a member of the 100 Marathon Club Japan. After receiving Bob's 80th birthday T-shirt, he wore it in his next race in Japan and sent us a picture. On a trip to the West Coast, **Gayle & Gene Godfrey** (Louisville, Kentucky) paid a surprise visit to us in Yakima. **Peter Graham** (London, England) plans to become the third Brit 50 States Finisher next year at a marathon in Colorado. It was great seeing **Janet Green** (Courtenay, BC) at Big Sur, Capital City and Victoria marathons this year.

The correct date for the winning of the "Across the Years 48-Hour Race" for **Jeff Hagen** (Yakima, Washington) is December 2008-January 1, 2009. He was the OVERALL WINNER of this race at 61 years of age! As of February 2010 his total was 117 marathons (97 ultras and 20 others) with a total race mileage of 9,367 miles. That's equivalent to 357 marathons. After finishing his military service, **Eddie Hahn** (Crestline, California) has become a student at Cal State, San Bernardino majoring in Communications/Public Relations. CONGRATULATIONS to Eddie for receiving the 2010-2011 50 and DC Marathon/Half Marathon Group Scholarship program award. He's working on his States goal and has 11 to go as of March 2010. Good to hear from **Mark Hartinger** (Seattle, WA). **Boonsom Hartman** (Oak Forest, Illinois) became a 50 States **FINISHER FOR THE THIRD TIME** on March 28, 2010, at the Ocean Drive marathon at Cape May, NJ. For the first time in 30 years **Wally Herman** (Ottawa, ON) and his wife did not spend the 2009-2010 winter in Florida. At age 84 he's still running marathons with his 89 year old friend Don McNelly. As of October 2009 he had completed 714 marathons in 99 different countries. It was wonderful to have **Claude Hicks** (Ft. Worth, Texas) and his wife Debie Johnson return to our YRCM again this year to run and to volunteer! From Fairbanks, Alaska, comes word that **Bob Hildebrandt** suffered three minor strokes in a snowy race. He is currently semi-retired from running, but he hopes to be able to return to it this year. We first met **Rich Holmes** (Durham, North Carolina) when we attended the Valentine's Day Myrtle Beach Marathon after-race party on February 14, 2009. We were happy to welcome him to the 10th YRCM a year later. He **completed the 7 continents for the SECOND TIME** on March 7, 2010, and was the race director for the August 1, 2010, Northwest Passage Marathon in the territory of Nunavut in Canada. We missed **Raymond Hoyle** (Watford Herts, United Kingdom) at our YRCM this year and hope that things will work out for him to participate in 2011.

Good to hear from **Debra Jacobs-Robinson** (Burbank, California) and **Karl Jensen** (North Vancouver, BC). Soon after **David Jones** (Seattle, WA) completed his 10th YRCM which was his **200th Marathon**, he was hospitalized in Seattle and is now facing some major health problems. We wish him the best with these challenges. Evil Triplet **Greg Judge** (Renton, WA) sent pictures of his 2009 Christmas visit with his daughter and her family in Thailand.

Good to hear from **Sharon Kerson** (Culver City, CA), **LeRoy Kessler** (Turlock, California) and **Annie King** (Decatur, Georgia). An injury kept **Holly Koester** (Walton Hills, Ohio) from coming to our 2010 YRCM. We hope to see her on April 2, 2011, in Yakima. As of June 2010 **Dror Kopernik** (Skokie,

Illinois) had completed 112 marathons (no new ultras). “Montclair Marathon Man Turns 70, Keeps Running” was the title of the *Baristanet* article on November 19, 2009, about **Andy Kotulski** (Montclair, New Jersey). It listed his background: at age 37 ran his first marathon, New York City in 3:11; ran best time (2:39) in Jersey Shore Marathon (1984); has run 609 marathons. He’s run a marathon: (1) on all 7 continents, **TWO TIMES**; (2) in more than 75 countries; (3) **FIVE TIMES in all 50 STATES and all Canadian Provinces**; (4) Member of Boston Athletic Association’s Quarter Century Club (minimum 25 consecutive Boston Marathons); (5) Ran Boston 29 consecutive years (1978-2006) and for the 30th time (coinciding with **600th MARATHON** overall) in 2008; (6) Unofficial record holder for number of Boston qualifying times and has run a Boston Qualifier in all 50 U.S. States and all Canadian Provinces; (7) In 2008 inducted into the ERC Hall of Fame. **Scott Krell** (Snohomish, WA), race director of the November Seattle Ghost Marathon and the December Birch Bay Ghost Marathon, ran 170 miles solo....4 days in July 2009. **Jurgen Kuhlmeiy** (Oldenburg, Germany & Ft. Lauderdale, Florida) served as vice president of the German 100 Marathon Club. He’s now the tresholder for them. Good to keep in touch with Evil Triplet **Jim Kunz** (Seattle, WA) via lots of e-mails AND the personalized postage stamps he has made for us.

Good to hear from **Bob Lehew** (Tulsa, Oklahoma). **Bob Levitz** (Houston, Texas) completed his 150th marathon at his 23rd consecutive Andy Payne Marathon in Oklahoma City on May 30, 2010.

Larry Macon (San Antonio, Texas) continues with his great stamina to run more and more marathons each year, to set new records, to amaze all of us, and to endear himself to many, many people. He holds the world record for the most number of marathons run in a year. In 2008 he completed 105 races that were at least 26.2 miles long. He plans to run 94–95 marathons this year, and it will bring his total to 700+. As MM#120, he received the honor of FIRST PLACE MALE “MANIAC OF THE YEAR 2009” with 94 completed races. It was great seeing **Jon & Sherry Mahoney** (Vernon & Vancouver, BC & Palm Desert, CA) at the Skagit Flats Marathon on September 12, 2010, in Burlington, WA, and again at the Victoria Marathon on 10/10/10 in British Columbia. Congratulations to MM#629 **David Major** (Moulton, Northampton, UK) for winning the MM SECOND PLACE “MALE MANIAC OF THE YEAR 2009” AWARD. Good to hear from **Dave McGillivray** (North Andover, Massachusetts), race director of the Boston Marathon. To celebrate his 90th birthday of November 11, 2010, **Don McNelly** (Rochester, NY) will compete in the Harrisburg (PA) Marathon on November 14, 2010. We plan to be there to share this special race. Tate Publishing has released author Juanita Tischendorf’s book, “*The Madman, The Marathoner*,” the biography of Don, world record holder for the most marathons completed over the age of 80. The book chronicles his running career that began in 1969. He’s run a marathon in every state and every Canadian province as well as in France, England, Germany, Portugal, Thailand, Holland, Italy, Argentina, Antarctica, Norway, Mexico and Japan! The book is available through bookstores nationwide, from the publisher at www.tatepublishing.com/bookstore or by going to barnesandnoble.com or amazon.com. **HAPPY 90th BIRTHDAY!!!** Good to hear from **Kay McVey** (St. Petersburg, Missouri) and **Cyndie Merten** (Corvallis, Oregon). Injuries prevented **Alan Morton** (Tywyn Gwynedd, Wales) from continuing his string of YRCM’s. We hope to see him on April 2, 2011 when **Dana Mosell** (Walnut, California) wears bib #200 as he reaches the milestone of completing 200 marathons. **Cheryl Murdock** (Pensacola, Florida) completed her **200th marathon** on April 11, 2010, at the Davie Crocket Bear Chase in Groveton, Texas. She became a States **FINISHER** in 2005, ran #100 in 2006 and became a member of this club that spring.

It was exciting to be at the finish line of the Skagit Flats Marathon in Burlington, WA, on September 12, 2010, to present **Stan Nakashima** (Mt. Vernon, WA) a medallion for completing **Marathon #300** that day near his hometown. **Jose Nebrida** (Chicago, IL) sent us the clipping from the *Chicago Tribune* of December 4, 2009, that featured him in an article called "Running away from demons." It's an interesting story on how he started running and what he has accomplished. At that time he had completed 166 marathons and carried an American flag in 58 consecutive marathons in honor of the victims and heroes of September 11, 2001. Jose has been a special part of all ten YRCM's as a participant, speaker, introducer of guests and all-around inspirational friend.

As of November 2009, **David Olsho** (Seattle, WA) had completed 102 marathons and 26 ultras to bring his total to 128. He's another 10 times YRCM finisher. **Stuart Olson** (Chuluota, Florida) sent the following update: 1st marathon, Jacksonville, Florida, 12/17/1994 in 4:43:49. 100th marathon and **50 STATES FINISHER** at Providence, Rhode Island, on 10/13/2002 in 4:43:10. He had a total knee replacement on April 1, 2009, and is concerned that this may end his marathon career.

MM#3 **Tony Phillippi** (Tacoma, WA) hosted the MM reunion at his Tacoma City Marathon on May 2, 2010. World-renowned runner MM#133 **Dick Beardsley** was the guest speaker at the Saturday night meal. Dick will be the guest speaker for the third time at the April 2, 2011, YRCM. "Dodging Polar Bears at Nunavut's Northwest Passage Marathon" is the title of the article in the October 2010 *Northwest Runner* magazine that was written by **Cheri Pompeo**. Club member **Rich Holmes** (Durham, North Carolina) organized this rare marathon. Cheri's narrative is an interesting description of this adventure that she shared with ten others, including her husband **Gregg Walchli** and her daughter **Mo Gillis**. Cheri has run over 250 marathons and ultras and is the author of "50 Trails to Run in Washington" published by Mountaineers Books. **Mel Preedy** (Ravensdale, WA) is another ten time YRCM finisher and was co-captain of the Fabulous 50's Team for the August 2010 Hood to Coast Relay in Oregon. Congratulations to **Kendall Prescott** (Decatur, Georgia) for becoming a **STATES FINISHER FOR THE FIFTH TIME!!!!** This happened on May 30, 2010, at the Vermont City Marathon in Burlington, VT. **Bruce Purdy** (Manchester, Michigan) completed his **200th 26.2 mile marathon** at the Sun Trust National in Washington, DC. Adding 226 ultras to this, his new total was 426 in March. He liked my listing on the roster of his PR at 2:29 when actually it was a typo by me and should have been 2:59:45. That's still fantastic!

In the February 2010 issue of *Runner's World* magazine on page 23 there's a picture of **Karen Queally** (San Bruno, CA) with an article titled "WHAT IT TAKES TO...." And subtitled "Run 200 marathons and beat cancer." When she reached her goal of running 50 marathons by her 50th birthday, she set another: to run 50 more before she turned 60. In October 2009 at age 57 she ran **marathon #100** and continued her string of a daily run for 13 years even when she had a mastectomy and chemotherapy for breast cancer in 2005!

Chris Ralph (Kirkland, WA) is still busy running and directing ultras. Congratulations to **David Reid** (Crestline, Ca) for becoming a **STATES FINISHER** on May 10, 2010, at the Kings Mountain Marathon in Blacksburg, South Carolina. Good to hear from **Guillermo Rios** (Ventura, CA). **Fenny Roberts** (Salem, Oregon) is a ten time YRCM finisher and has sung the national anthem before the start of all of them. **Henry Rueden** (DePere, Wisconsin) continues to run one or more marathons per weekend and will soon run **#700!**

Mario Sagasser (Henstedt-Ulzburg, Germany) finished the Amsterdam/Netherlands Marathon on October 17, 2010, in **2:58:56** for a new Personal Record. His previous PR was 3:00:31 at Paris in April this year. Last weekend's marathon was his 25th for the year and the 5th in three weeks. A new listing on the club roster for **John Schaap** (Louisville, Kentucky) is his 100th marathon that he ran in San Diego, CA...the Suzuki Rock 'n' Roll on June 2, 2002. **Del Scharffenberg** (Milwaukie, Oregon) continues to have amazing results in his bicycle races. On June 12-14, 2010, (Saturday – Monday) he was the **OVERALL WINNER** of the Oregon Blue Mountain 1,000K in a time of 61 hours and 28 minutes. On Saturday he rode 246.6 miles from The Dalles to North Powder Motel; Sunday it was 216.7 miles from there to Mitchell; and the next day to complete the race it was 158.8 miles from Mitchell to The Dalles...for a 622.1 mile total. **Ray Scharenbrock** (South Milwaukee, Wisconsin) doesn't correspond by e-mail, so he often sends us interesting hand-written letters of his world-wide traveling adventures that don't include marathons. However, he is still running "to keep fit." **Jim Scheer** (Vancouver, WA) is a ten times YRCM finisher. Race director **Terry Sentinella** (Anacortes, WA) continues to make the Skagit Flats Marathon held in September in Burlington, WA, better every year. Early this year **Clay Shaw** (York, Pennsylvania) spent a month in Ethiopia to teach English and math to young children at a school in Addis Ababa. He ran the Dubai Marathon on January 22, 2010. It was #167 and continent #5. Congratulations to **Jim Simpson** (Huntington Beach, CA) for becoming a **10 TIMES STATES FINISHER** on January 2, 2010, at the Fattest Butt 50K in Dover, Delaware. Good to hear from **Allen Smith** (Sun Valley, CA). Congratulation to **Mark Stodghill** (Duluth, Minnesota) for becoming a **50 STATES FINISHER** at Grizzly Marathon in Choteau, Montana, on August 1, 2009. He's now working on the continents. As of January 2010 his total was 230 marathons/ultras. **Seth Sundin** (Spokane, WA) drove over 200 miles, each way, to volunteer at the YRCM again this year.

As of June 28, 2010, **Ralph Thompson** (Akron, Ohio) had run 182 marathons. Good to hear from **Julia Thorn** (Brighton, Victoria, Australia). The February 2010 update for **Eugene Trahern** (Sisters, Oregon) was 144 ultras plus 29 marathons for a total of 173. **Cathy Troisi** (Seneca Falls and Cohoes, NY) is a GREAT WRITER who is sharing her frequent "Cathy's Columns." She must be the first person to **run around Lake Tahoe two times in three days!!** The first loop was on Thursday, September 23, 2010, and the second one was on Saturday, September 25.

Good to hear from **Dave Vent** (Spokane, WA). It was good to see Evil Triplet **Bill Voiland** (Richland, WA) as a volunteer/participant at the inaugural Winthrop Marathon in Winthrop, WA, on September 26, 2010.

Good to hear from **Michael Wakabayashi** (Spokane, WA). **John Wallace** (Longboat Key, Florida) continues running marathons in more new countries. His total is now **105!** He and **Wally Herman**, former record holder for most countries, both ran the Fall Colours Marathon in Ottawa, Canada, in October of 2009 on their Thanksgiving weekend. We were honored to have John, aka "Maddog", join us at our YRCM this year. In recent, interesting phone conversations with **Dr. Ross Waltzer** (Tulsa, Oklahoma) he mentioned that his total marathon count is 162. Because of his Parkinson's Disease, he moved to a rest home in August of 2009....and uses a cane. He'll be 88 in November of this year. The "heart" wristwatch that **Carol Westerman** (Louisville, Kentucky) gave me three years ago after my open-heart triple-bypass surgery is still working well and goes everywhere with me. Here are the January 2010 updates for **Bill Whipp** (Harrison, Ohio): 217 marathons and 27 ultras = 244. Since his *total knee replacement*, it's 197 marathons and 21 ultras = 218. Amazing!! After **Jay Jacob Wind**

(Arlington, Virginia) turned 60, he ran his 128th marathon, the Lower Potomac River Marathon. He finished in 3:29:03, 15th overall and first 60+M. **Mike Wojcio** (Kenilworth, New Jersey) plans to run marathon #115 in Honolulu in December. Good to hear from **Ray Wold** (Lebanon, Oregon).

MM#1 **Steve Yee** was a ten time YRCM finisher. He was the winner of the big drawing prize at the inaugural Winthrop Marathon.....a big basketful of goodies.

Dale & Sandra Zanchi (Louisville, Kentucky) came to our Yakima home with **Gayle Godfrey & her husband** on September 21, 2009. That was a long way for all of them to travel to purchase club T-shirts! Actually, their main purpose was to say “Hi” and to get directions to drive the awesome Yakima River Canyon Marathon course. I hope they return to run on it! Good to hear from **John Zeleznikow** (South Caulfield, Victoria, Australia).

If you need help, here are the answers to the 11 questions about our club members.

- (1) Frank Bartocci, Ron Fowler, Norm Frank, Don McNelly; (2) Roger Biggs;
- (3) Robert “Cowboy Jeff” Bishton; (4) Carol Dellinger; (5) Tom Detore;
- (6) Evan Fagan; (7) Ron Fowler; (8) Rich Holmes; (9) Andy Kotulski;
- (10) Del Scharffenberg; (11) Jeff Hagen.

Recent mailings to three club members were returned. If anyone knows how to contact **Ed Burnham (Kansas City, Missouri), Don Ellis (Memphis, Tennessee) or Pam Reed (Tucson, Arizona)**, please let me know. Thanks.

The 100 Marathon Club North America has no dues but meets its expenses from donations and through a small profit made on the sale of club T-shirts, pins (increments of 100) and personalized medallions. Please contact us if you’re interested in making any purchases.....and let us know about your activities.

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