

100 MARATHON CLUB NORTH AMERICA

Newsletter #24 – August 16, 2011

UPCOMING EVENTS

09-11-11 – Skagit Flats Marathon, Burlington, WA	Director: Terry Sentinella
11-26-11 – Ghost of Seattle Marathon, Seattle, WA	Director: Scott Krell
12-10-11 – Birch Bay Marathon, Birch Bay, WA	Director: Scott Krell
12-17-11 – Pigtales Cedar River Marathon (aka: Flat Ass Marathon), Ravensdale, WA	Director: Van Phan
12-26-11/01-01-12 – Savage 7...7 Marathons -7 Days Pensacola, Florida email: gonnarun26pt2@msn.com (850)444-3268 or (850-529-7305	Director: Cheryl Murdock
01-01-12 – Texas Marathon, Kingwood, TX	Directors: Steve & Paula Boone
03-31-12 – Yakima River Canyon Marathon 100 Marathon Club North America Reunion Race	Directors: Bob & Lenore Dolphin
05-06-12 – Tacoma City Marathon, Tacoma, WA	Director: Tony Phillippi
06-02-12 – Green River Marathon, Kent, WA	Director: Steve Barrick

Passion for Distance, The Story of My 100 Marathons – BY Julia Thorn

This is a personal memoir of how Julia started running, then started running 42.2K marathons and found a true passion. It's an inspirational story of an unlikely athlete and a major achievement, with an abundance of adventures along the way. She has traveled all over Australia and around the world, competing in places as diverse as Japan, the United States, Austria, Norway, UK, Thailand, New Zealand and more. Her 290 page book with 16 pages of color photos can be purchased directly from the publisher. Go to www.melbournebooks.com.au where you will find the book and a shopping cart.

ROSTER UPDATES

On a monthly basis, club member “Cowboy Jeff” Bishton from Fort Myers, Florida, is updating the newly formatted roster. Please check your list on this roster. If any data is missing, please let him and Lenore Dolphin know what should be added. Send your future updates to Jeff at cowboyjeff434@yahoo.com and to Lenore at dolphinmteam@earthlink.net.

CLUB MERCHANDISE

Check the website, www.100marathonclub.us. Pins, T-shirts and personalized medallions are available. The medallions cost \$20.00 plus \$4.00 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 (no added amount for postage). Please contact us if you're interested in making any purchases.

WELCOME TO 7 NEW MEMBERS
FOR A TOTAL OF 313

The first marathon for **David Corfman** of Cincinnati, Ohio, was the Columbus Marathon in Columbus, OH, in November 1996. His 100th marathon was the Modican **100 Mile Race** in Loudonville, OH, on June 19, 2011. He has a PR of 2:58:12 and has run a total of 54 marathons and 46 ultras. He was a 2007 and 2008 McNaughton 150 Mile finisher and in 2010 he was a Badwater finisher in 35:53:18.

Mike Fleming of Omaha, Nebraska, ran his first marathon in Lincoln, Nebraska, on May 5, 1981. In 2002 his 47th marathon was the Yakima River Canyon Marathon in Central Washington State. He returned to Yakima to wear bib #100 on April 2, 2011, and he became a 100 Marathon Club member at the award ceremony for that race.

The speedy record for **Vincent Ma** of San Jose, California, is amazing! The Big Sur Marathon on April 27, 2008, was his first marathon. He became a **50 STATES FINISHER** on December 11, 2010, and his **100th marathon**, Maraton Internacional Dia de la Bandera, on June 26, 2011. He did all of this in three years and two months!

Marathon Maniac #630, **Mel Martin**, of Ripon, Wisconsin, ran the Fox Cities Marathon on September 27, 1998, as his first. His 100th was the Green Bay Marathon in Green Bay, WI, on May 15, 2011. As of today he has a total of 105 marathons and 3 ultras with a PR of 3:39:14.

The first marathon for **Doug Osterberg** of Menasha, Wisconsin, was the Lakefront Marathon in Milwaukee on October 11, 1998. He celebrated his 100th marathon by running a 100 miler, the Kettle 100 at LaGrange, Wisconsin. Doug set his PR of 3:17:48 on May 11, 2002 at the age of 43.

The 4th runner from Australia to join the 100 Marathon Club is **Jane Trumper** of Dee Why. She has a total of 75 marathons and 31 ultras. Her first marathon was in London on April 22, 2001, and her 100th was the Knapsack 6 Hour Ultra on January 26, 2011. She's the first woman to finish the Australian Grand Slam of Ultra Running (4 runs of 100 miles or more in 14 weeks) in the Glasshouse 100 Miler (9/12/09), Great Ocean Walk 192K (October 2009), Great North Walk 175K (November 2009) and Coast to Kosciuszko 240K (December 2009). Her best marathon was the Gold Coast Marathon on July 1, 2007, with a time of 3:34:25.

The Flying Pig Marathon in Cincinnati, Ohio, was to be the "FIRST AND ONLY" marathon for **Bettie Wailes** of Winter Park, Florida. She surprised herself and kept on running marathons. She is now a **50 STATES FINISHER** who ran her 100th marathon on March 27, 2011, the Ocean Drive Marathon at Cape May, New Jersey.

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. Who was the first club member to run his 700th marathon in 2010?

2. Who was the second one to run his 700th marathon in 2010?
3. Who was third to run his 700th marathon in 2010?
4. Who will be the third Brit to become a States FINISHER soon?
5. Who is the oldest member in the club....and the second and third oldest?
6. With 335 completed marathons, which woman is on the world's list of "top 10 women?"
7. After December 2010 heart surgery, who completed his 201st marathon at the April 2, 2010, Yakima River Canyon Marathon (YRCM).....one year after he ran #200 there?
8. Another heart surgery question.....after his heart surgery, who "managed" to run 10 marathons (including Boston) and a couple of international races to bring his total to 628 marathons and 78 countries?
9. Who is the youngest person and first woman to become a 5-TIME STATES FINISHER?
10. Who runs 27-32 miles most days? (Not in races.)
11. Who has been the OVERALL WINNER of 121 marathons?

Tom Adair (Alpharetta, Georgia) is the U.S. contact coordinator of the World MegaMarathon Rankings List for those with over 300 marathons. He's run 248 marathons and 60 ultras. A postcard from **Michael Alsworth** (Swindon Wiltshire, England) informed us that he's back "on-line." He completed marathon #285 at Windermere around England's largest lake. Our thoughts and prayers go to **Dan Archambeau** (Sebring, Florida) who is battling pancreatic cancer.

Steve Barrick (Kent, Washington) is one of 24 who have completed ALL 11 YRCM's in Central Washington State. On March 12, 2011, **Frank Bartocci** (Rochester Minnesota) ran the Between the Lakes Marathon at Grand Railes, Kentucky to become a **SIX TIMES STATES FINISHER**. He completed his **400th marathon** on April 2, 2011, at our YRCM. By the end of 2010 **Lois Berkowitz** (Riverview, Michigan) had completed 335 races of marathon distance or longer to keep her on the world's list of top 10 women marathoners. She recently let us know that cancer surgery for her husband Gary was successful and that he was able to go home on June 16, 2011. **Roger Biggs** (Stevenage, UK) continues to keep us informed about once a month with postcards from his marathons in all parts of the world. He completed **Marathon #600** on September 6, 2010, at the Kent Coast Marathon in the UK. "**Cowboy Jeff Bishton**" (Fort Myers Beach, Florida) *continues updating the 100 Marathon Club roster on a monthly basis...a much appreciated good job!!* He became a **TWO TIMES STATES FINISHER** in Louisville on October 17, 2010, with NO REPEATED marathons. He ran marathon #150, the Museum of Aviation Marathon at Werner Robins, Georgia, on January 15, 2011, his 170th marathon in March 2011 at the Ellerbe Springs Marathon at Ellerbe, North Carolina, and his first YRCM on April 2, 2011. Injuries in 2010 for **Jim Bitwood** (Laurel, Maryland) kept him out of all of the marathons he had signed up for. His total number is 116. **Paula Boone** (Humble, Texas) became a **THREE TIMES STATES FINISHER** at the City of Oaks Marathon in Raleigh, North Carolina, and her husband **STEVE BOONE** became a **FIVE TIMES STATES FINISHER** at the same race. Paula ran her **300th marathon** in Houston on January 30, 2011. Another member to complete all 11 YRCM's is **Jim Boyd** (Seattle, WA). He's completed over 328 marathons. Good to hear that **Marvin Bradley** (Canyon City, Colorado) was also a **THREE TIMES STATES FINISHER** at the City of Oaks Marathon when he completed **Marathon #200**. The Museum of Aviation Marathon at Warner Robins, Georgia was #150 for **Robert Britain** (Wayzata, Minnesota) on January 15, 2011. As of June 12, 2011, the update for **Jack Brooks** (St. Albans, UK) was 259 marathons, 5 ultras and 93 half marathons. Marathon #300 *may* be the March 31, 2012, YRCM. He's the author of the "Basher vs. Dasher Chronicles" on the UK 100 Marathon Club website. **Mike Brooks** (Danville, Maine) ran **Marathon**

#300 on my birthday this year! That was the Hyannis Marathon on February 27, 2011, at Hyannis, Massachusetts. When our **oldest member, Ed Burnham**, (Village Lock Lloyd, Missouri) celebrates his next birthday on August 29, 2011, he'll be **92 years old!!** *He was 70 when he ran his first marathon in Kansas City on October 24, 1989, in 4:38:08 and 85 when he ran his 141st and last one at Des Moines, Iowa, on October 17, 2004, in 7:43:13.* He still runs 5 K's in Kansas City.

Russell Cheney (Torrence, California) has completed over 150 marathons/ultras in sandals! Here's a quote from his e-mail, "I just went through the updated roster and it is awesome; so many of my friends, and such incredible athletes!!" On February 19, 2011, **Burt Carlson** (Mound, Minnesota) received awards for M80-84 and M85+ USATF Minnesota Runners of the year. (Changing age during the year made him eligible for both awards.) Good to hear from **Jim Collins** (Sarasota, Florida) and **John Conner** (Newport, Kentucky). Our **second oldest member, Hal Copeland**, (Richland, WA) was 91 on March 27, 2011. He isn't running marathons any more, but he bikes in the summer and walks in winter. **Tony Covarrubias** (Renton, WA) was 15 years old when he ran his first marathon, the Orange Marathon in Orange, California, in January of 1976. The Seattle 2004 Marathon was his **100th** and the June 2008 Green River Marathon in Kent was his **200th**. Early this year his total was 67 marathons and 182 ultras for a grand total of 249. He has completed forty-three 50-Milers, twelve 100K's, twenty 100-Milers. His 100th 50K was in February of 2011. He's also completed the McNaughton 150-Milers in Illinois (April 2009) and Vermont (May 2010). His PR is 2:58. **Robert Cowan** (Coto de Caza, CA) is co-director of the Rocky Road Endurance Runs (www.rockyroadruns.com).

By the end of 2010 **Beth Davenport** (Santa Fe, New Mexico) had completed more than 126 marathons, had 40+ states for her 2nd time around and 13 toward her third. She's planning to run #200 and complete States #3 at the 2015 YRCM!!! **Rich DeCample** (Renton, WA) became a **FIVE TIME STATES FINISHER** on May 15, 2011, in Wilmington, Delaware. **Eugene DeFronzo** (Waterbury, Connecticut) became a **SEVEN TIMES STATES FINISHER** at Baltimore on October 16, 2010. It was good to see him at the YRCM on April 2, 2011. **Bob Dolphin** (Renton, WA) completed marathon #489 at the First Call Summer Run at Bothell, WA, on August 6, 2011. He's on target to run #500 at his 12th consecutive YRCM on March 31, 2012.

Good to hear from **Seth Elsheimer and Eb Engelmann**, both from Salem, Oregon. It was great to be able to place the overall winner's laurel wreath on the head of **Chuck Engle** (Coos Bay, Oregon)...aka "Marathon Junkie"... at the April 2, 2011, YRCM. He ran his 250th marathon in Juneau, Alaska. Of his 253 marathons 201+ have been sub-3:00 races and 121 have been **OVERALL WINS!!** "**Mama Jean**" **Evansmore** (Ellicott City, Maryland) ran her 102nd marathon at this year's YRCM.

We look forward to seeing **Evan Fagan** (Victoria, BC) at one of our favorite marathon weekends, the Royal Victoria Marathon on October 9, 2011. **Virginia Farneman** (Powell, Ohio) let us know that knee problems have kept her from running marathons. Good to hear from **Bob Fletcher** (Fredericksburg, Texas). **Paul Fournier** (Gurnee, Illinois) completed marathon #150 in San Francisco, California, on July 25, 2010. Another 11-time YRCM finisher was **Ron Fowler** (Rochester, WA). **Norm Frank** (Rochester, NY) is still battling back from three strokes. He's working on a treadmill and his goal is to add 35 more marathons to his 965 to reach his goal of 1,000. Last December **Steve Frederickson** (Kent, WA) received clearance from his orthopedic podiatrist to continue walking marathons. We saw him at our YRCM again on April 2, 2011. **Rich Friedrichsen** (Clarks, Nebraska) became a **TWO TIMES STATES FINISHER** on December 3, 2010, at the Baton Rouge Beach

Marathon at Baton Rouge, Louisiana. His 150th marathon was the Museum of Aviation Marathon at Warner Robins, Georgia, on January 15, 2011.

We received an update from **Peter Graham** (London, UK) who will soon become the **third Brit States FINISHER**. (Roger Biggs is the first, and Jack Brooks is the second.) Peter has run 280+ marathons and his goal is to become a FINISHER in September or October at Denver or Ft. Collins, Colorado. Good to hear from **Jon Gissberg** (Seattle, WA) and **Janet Green** (Courtenay, BC). **Cheri Gross** (San Antonio, TX) became a **TWO TIMES STATES FINISHER** on November 13, 2010 at the Soldiers Marathon at Fort Benning, GA.

The race that 63 year old **Jeff Hagen** (Yakima, WA) chose for his **100th Ultra** was the Across the Years 72-Hour Race in Arizona, the longest event of his running career. It started at 9:00 a.m. on December 29, 2010, and finished on January 1, 2011. Jeff wrote a great story of this race where he told of the thunderstorms, rain, muddy track and other challenges the runners and their crews faced. His wife Joyce, as always, was there to support him and went from the “World’s Best Crew Person” and entered the realm of “Crew Person Sainthood.” Jeff’s total mileage for his 100 ultras adds up to 9,216 miles or an average of 92 miles per race. He actually adjusted his pace to make the total end with **216**. That’s the total number of miles he ran in a 48 hour race at age 52. Whenever he runs the YRCM, his bib is #216 and each year it’s acknowledged at my “Nuts to You Award” at our pasta meal. I’m honored that he chose this number as part of his total! If you want to read his exciting story of that race, contact him at jeffhagen@charter.net. We always enjoy hearing from **Eddie Hahn** (Crestline, CA) when he tells us about the runners he related to or has become re-acquainted with after reading Bob Dolphin’s marathon articles and the club newsletter. The update for **Famida Hamil-Weddle** as of January 8, 2011, was 70 marathons and 97 ultras for a total of 167. Good to hear from **Al Harmon** (West Vancouver, BC) and **Rick Hermelin** (Thousand Oaks, CA). **Boonsom Hartman** (Oak Forest, Illinois) recently became a **THREE TIMES STATES FINISHER**. The Cowtown Marathon at Fort Worth, Texas, on February 20, 2011 was **Marathon #200** for **Steve Holehan** (Austin, TX). The e-mail from **Rich Holmes** (Durham, NC) on June 10, 2011 said, “**Got #300 today in Bear Lake, Idaho** and ran Bear Lake, Utah, the next day.” On May 1, 2011, he became a **THREE TIMES STATES FINISHER** at Cox Sports Marathon in Providence, Rhode Island. His e-mail on August 15, 2011, gave this update, “By completing Yellowknife in the NW Territory of Canada yesterday, I believe I’ve become the first person ever to have this 191 marathon combination: (1) 2 on every continent; (2) 3 in every US state and DC; and (3) 2 in all 13 Canadian provinces and territories.” Due to the illness of his wife and her need for constant care, **Raymond Hoyle** (Watford Herts, UK) put his running “on hold.” **Steve Hughes** became a **TWO TIMES STATES FINISHER** at the Baton Rouge Beach Marathon at Baton Rouge, LA.

By November of 2010 **Karl Jensen** (North Vancouver, BC) had a total of 105 marathons and 146 ultras. After December 2010 heart surgery **David Jones** (Seattle, WA) was given the okay by his doctor to walk the YRCM on April 2, 2011. He was able to run part of it and kept his string intact of running all eleven of them. His 200th marathon had been at the YRCM in 2010, and this race was marathon #201. By the end of October 2010 the total number of marathons for **Greg Judge** (Seattle, WA) was 165.

Marathon Maniac #1234 **Nick Karem** (Louisville, KY) completed his 113th marathon on June 5, 2011, at the Parks County Indiana Marathon. He has finished at least one marathon per year since 1978, and in 2008 he ran marathons in 22 states. On September 26, 2010, **Don Kern** (Grand Rapids, Michigan) became a **TWO TIMES STATES FINISHER**. By 2010 **Sharon Kerson** (Culver City, CA) had run

all 25 Los Angeles Marathons to make her a Legacy Runner with this marathon. She'd run 17 St. George, Utah, Marathons. Good to hear from **Elaine Koga-Kennelly** (Newman Lake, WA). On Thanksgiving Day of 2009 **Andy Kotulski** (Montclair, New Jersey) had heart surgery and "managed to run 10 marathons including Boston and a few Boston qualifiers in 2010." He added a couple of international races to bring his totals, as of January 1, 2011, to **628 marathons and 78 countries**. Good to hear from **Scott Krell** (Snohomish, WA). By the end of 2010 **Juergen Kuhlmeier** (Oldenburg, Germany and Fort Lauderdale, Florida) had completed 320 marathons and 65 ultras for a total of 385. Sciatica problems have kept **Jim Kunz** (Seattle, WA) from running for a while, but he was able to complete the Seattle Rock 'n' Roll Marathon on June 25, 2011.

Good to see **Bernadette Langdon** (Portland, OR) and **Unha Lee** (Olympia, WA) at some marathons. **Gina Little** (London, UK) completed **marathon #400** on June 26, 2011. Good to hear from **Scott Ludwig** (Peachtree City, Georgia).

Anything written about **Larry Macon** (San Antonio, TX) is "old news" by the time you read this! He became an **11 TIMES STATES FINISHER** on October 2, 2010, at the Hampstead Marathon at Bristol, New Hampshire **AND** a **TWELVE TIMES FINISHER** on December 11, 2010 at Rocket City in Huntsville, Alabama. He was the third of *three runners who reached the 700 milestone in 2010*. He and Yolanda Holder set a Guinness World Book Record for "Most Marathons Run in a Calendar Year by a man and a woman *together!!*" They broke this record on December 31, 2010 at Savages Seven Marathon in Ocala, Florida when they ran their **106th MARATHON in 2010!** The NEXT DAY Larry and I had a New Year's Day hug together at the Texas Marathon in Kingwood, TX. On their May trip to Europe **Jon and Sherry Mahoney** (Vancouver, BC) ran marathons in Linden, Netherlands, on the 15th, in Hamburg, Germany, on the 22nd and in Mont St. Michel, France, on the 29th. Jon plans to run marathon #400 at the March 31, 2012, YRCM. Good to hear from **Dave Major** (Northampton, UK) and **Dave McGillivray** (North Andover, Massachusetts). It was great being able to celebrate the 90th birthday of **Don McNelly** (Rochester, NY) in Pennsylvania at the Harrisburg Marathon in November of 2010. He's the **third oldest** club member. Good to hear from **Stephen Mifsud** (Werrington Downs, Australia). The **200th marathon** for **Parvaneh Moayed** (Austin, TX) was the January 30, 2011, Houston Marathon. She became a **50 STATES FINISHER** in April. **Alan Morton** (Tywyn-Gwynedd, Wales, UK) sent a picture of the tree he received when he finished the Portland (Oregon) Marathon on October 4, 2009, on Bob Dolphin's 80th birthday. **Dana Mosell** (Walnut, CA) ran his **200th marathon** at the April 2, 2011, YRCM. He was joined by his daughter Jasmine who ran her 25th marathon that day. Good to hear from **Cheryl Murdock** (Pensacola, Florida).

Jose Nebrida (Chicago, IL) and **David Olsho** (Seattle, WA) are finishers of all 11 YRCM's. **Stuart Olson** (Chuluota, FL) became a **50 STATES FINISHER** the same day he ran his **100th marathon** on October 13, 2002, at the Providence Marathon at Providence, Rhode Island. His PR of 3:59 was run in Chicago in October of 1997. He had total knee replacement surgery in April 2009. **Jim Ottinger** (Vestavia, Alabama) was featured in the 2010 "Vestavia Hills Living" in an article titled, "It Keeps Him Running." At age 77 he had participated in and completed 112 marathons....."not bad for someone who didn't start running until he was 54 years old."

Good to hear from **Dean Peterson** (Appleton, Wisconsin). **Tony Phillippi** (Tacoma, WA) ran his **200th marathon** at the April 2, 2011, YRCM. In memory of club member **Jack Swanson** (Spokane, WA) he wore bib #70, Jack's Marathon Maniac number. It's always great to see **Cheri Pompeo** at the YRCM

and other races. A few days after the May 15, 2011, Capital City Marathon in Olympia, WA, 78 year old **Mel Preedy** (Ravensdale, WA) fell 20-25 feet while pruning a tree on his tree farm. He was airlifted to Harborview Hospital in Seattle for treatment of broken ribs and clavicle, punctured lungs and chipped vertebrae. Two weeks later he went to a Rehab Facility. In early July he was finally able to go home. We hope he has a good recovery. **Kendel Prescott** (Decatur, Georgia) was the youngest and the first woman to become a **5 TIMES STATES FINISHER**. Her husband **Walt Prescott** became a **4 TIMES STATES FINISHER** at Louisville, Kentucky, on October 17, 2010.

Thanks to several club members we've been in contact with **Pam Reid** (Jackson, Wyoming) again. **Chris Ralph** (Kirkland, WA) and **Tom Ripley** (Sammamish, WA) returned to Desert RATS again in 2010. It's a 6-day stage race on the Kokopelli Trail from Grand Junction, Colorado, to Moab, Utah. **Fenny Roberts** (Salem, Oregon) finished her 150th marathon on April 2, 2011, at the YRCM when she completed her 11th YRCM. **Dr. Ashis Roy** (New Delhi, India and Fairfax, Virginia) recently completed marathon #112, an Indoor Marathon at Arlington, Virginia. The **second club member to reach #700 in 2010 was Henry Rueden** (DePere, Wisconsin). He was a life-saver for Bob and me at the November 2010 Harrisburg Marathon in Pennsylvania.....lots of appreciated TLC!! From January 10, 2010, to October 17, 2010, Henry ran a marathon in **all 50 states**.

As of October 24, 2010, **Mario Sagasser** (Henstedt-Izburg, Germany) had a total of 255 marathons. **Edson Sanches** (Maywood, New Jersey) became a **SIX TIMES STATES FINISHER** on December 3, 2010, at Memphis, Tennessee. The update from **John Schaap** (Louisville, KY) is that he has finished the states **TWICE.....**in December 1998 and December 2009. **Ray Scharenbrock** (South Milwaukee, WI) hasn't been participating in marathons lately, but he keeps fit with long training runs with mileage of 27-32 miles most days! He continues having worldwide travel adventures. Another all-time finisher of the 2011 YRCM was **Jim Scheer** (Vancouver, WA). His hometown Vancouver USA Marathon on June 19, 2011, was great, and we appreciated having Jim as our chauffeur that weekend. Good to (finally) receive a registration form from **Frank Searfus** (Coos Bay, Oregon). **Suzy Seely** (Houston, TX) ran her 150th marathon on November 7, 2010, at the Marshall University Marathon in Huntington, West Virginia. We appreciated the support of many other race directors at our April YRCM. Skagit Flats race director **Terry Sentinella** (Anacortes, WA) and his wife drove over 200 miles (each way) to be volunteers at our 2011 marathon. After waiting for years to come to run our YRCM, **Clay Shaw** (York, Pennsylvania) and his wife Karen finally scheduled a spring vacation to the Pacific Northwest. Karen ran the race, BUT a knee injury allowed Clay to walk a few miles before he joined us for a ride to the finish area. It was there that he became another "race director" volunteer. As a professional photographer, he took some great pictures. Here's an update from **Dan Shuff.....**(1) The Marine Corps Marathon on October 31, 2010, was marathon #249; (2) Completed all 50 states for the second time at Honolulu on December 9, 2007 (probably is a 3-time finisher by now); (4) Has run a marathon in all 50 states in less than 4:00 hours after age 60 and all but one after the age of 65; (5) Completed all Canadian provinces and territories in 2005; (6) Completed a marathon on all seven continents on June 24, 2007, (Rio de Janeiro Marathon in Brazil). After knee and back surgery a few years ago, **Myron Sidloski** (Dallas, PA) became a "participating" runner again and had a total of 112 marathons by the end of 2010. **Jim Simpson** (Huntington Beach, CA) was the **first of three club members to run marathon #700 in 2010**. He ran #735 on November 6, 2010. He became an **ELEVEN TIMES STATES FINISHER** at the Pocatello Marathon in Idaho on September 4, 2010. On January 9, 2011, **Mark Stodghill** (Duluth, Minnesota) ran marathon #250 at the Zoom! Yah! Yah! Indoor marathon in Northfield, Minnesota. Good to hear from **Craig Swanson** (Plymouth, MN). **Gunhild Swanson** (Spokane, WA) was featured

in an article on the “Fitness Diaries” Fit after 50.” It was titled, “Still Gunnin’ Hills at 66: The Story of an Ultramarathoner.” Great story!

Julia Thorn (Brighton, Australia) – See page one of this newsletter to learn of her new book. **Cathy Troisi** (Cohoes, NY) celebrated her 55th birthday with us on March 31, 2001, at the inaugural Yakima River Canyon Marathon. She’ll be back to celebrate birthday #66 on March 31, 2012! Cathy became a **TWO TIMES STATES FINISHER** on September 19, 2009 at the Equinox 50K at Fairbanks, Alaska. He didn’t plan it to happen.....but **Dave Vent** (Spokane Falls, WA) hasn’t run a marathon since June 25, 2000. In the past year or so he has lost 60 pounds, moved out of his apartment and has become a fulltime RV person.....with hopes of adding some marathons to his new lifestyle.

Good to have **Neil Wakelin** (North Vancouver, BC) join us at the April 2, 2011, YRCM. Anything written about **John “Maddog” Wallace** is “outdated” before it’s printed! We enjoy receiving the stories and pictures from his worldwide marathoning. His e-mail from Douglas, Isle of Man, on August 14, 2011, informed us that he had completed **marathon #347 and country #110!** **Darwin Weimer** (Conyers, Georgia) became a **50 STATES FINISHER** on January 23, 2011, at the Maui Oceanfront Marathon in Hawaii. Good to hear from **Ron Westburg** (Conyers, GA), **Carol Westerman** (Louisville, KY), **Bill Whipp** (Harrison, Ohio) and **Jay Jacob Wind** (Arlington, Virginia). **Mike Wojcio** (Kenilworth, New Jersey) asked for another copy of one of the funniest running things we’ve received via e-mail. It was from **Mel Preedy** a long time ago. I FOUND IT.....and will send it again to everyone. **Barb Wnek** (Brentwood, Missouri) became a **50 STATES FINISHER** on December 11, 2010, at the Kiawah Island Marathon at Kiawah Island, South Carolina.

It’s always great to hear from **Tom Adair and John Zelezinkow** (Victoria, Australia) to make the “A to Z” Report complete. On June 1, 2011, as he was on his way to Queensland, John e-mailed us to tell us that he’d be there to give seminars and run his 162nd marathon.

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

- (1) Jim Simpson; (2) Henry Rueden; (3) Larry Macon; (4) Peter Graham; (5) Ed Burnham, Hal Copeland and Don McNelly; (6) Lois Berkowitz; (7) David Jones; (8) Andy Kotulski; (9) Kendel Prescott; (10) Ray Scharenbrock; (11) Chuck Engle.

Remember to support the club by purchasing T-shirts, pins and personalized medallions.....and by sending your updates to cowboyjeff434@yahoo.com and to dolphinmteam@earthlink.net.

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