

100 MARATHON CLUB NORTH AMERICA

Newsletter #28 – August 11, 2012

UPCOMING EVENTS – Marathons Directed by Club Members

09-09-2012 – Skagit Flats Marathon, Burlington, WA, **Terry Sentinella**
10-21-2012 – Metro Health Grand Rapids Marathon, Grand Rapids, MI, **Don Kern**
11-25-2012 – Ghost of Seattle Marathon, Seattle, WA, **Scott Krell**
12-08-2012 – Ghost of Birch Bay Marathon, Birch Bay, WA, **Scott Krell**
12-15-2012 – Pigtails Cedar River Marathon & 50K, Ravensdale, WA, **Van Phan**
12-21-2012 – End of the World Marathon, Humble, TX, **Steve & Paula Boone**
12-22-2012 – Day after the End of the World Marathon, Humble, TX, **Steve & Paula Boone**
01-01-2013 – Texas Marathon, Kingwood, TX, **Steve & Paula Boone**
02-02-2013 – Groundhog Day Marathon, Grand Rapids, MI, **Don Kern**
04-06-2013 – Yakima River Canyon Marathon.....**100 Marathon Club Reunion**.....
Ellensburg to Selah, WA, **Bob & Lenore Dolphin**
04-15-2013 – Boston Marathon, Boston, MA, **Dave McGillivray**
05-08-2013 – Tacoma City Marathon.....**Marathon Maniac 10th Anniversary**.....
Tacoma, WA, **Tony Phillipi**
05-19-2013 – Windermere Marathon, Spokane, WA, **Elaine Koga-Kennelly**
06-01-2013 – Green River Marathon, Kent to Seattle, WA, **Steve Barrick**

Mainly Marathons, Clint Burleson (Organ, NM) – Day of the Dead Series (four marathons), End of October and Dust Bowl Series (five marathons in five days in five states), March 2013.

Lois Berkowitz's race suggestions – Run Like a Turkey 50K, November 10, 2012, and Glass City Marathon, April 28, 2012..

UNDELIVERED E-MAILS.....HELP!

Please let me know if you have a current e-mail address for the following: Dave Bell, Richard Cromwell, Tom Husman, Mike Leahy, Ray Lim, Leslie Miller, Gina Moore and Neil Wakelin. Thanks!

WELCOME TO CLUB MEMBER #360!

Marathon Maniac **Evelyn Smith** (Rockford, IL) chose the Las Vegas Marathon on January 30, 2005, in Las Vegas, NV for her first marathon. Her 100th marathon was the Deseret News Marathon at Salt Lake City, UT on July 24, 2012. She has a total of 92 marathons and 8 ultras and became a **STATES FINISHER** at Joanna, SC on May 9, 2010. She set her Personal Record of 5:08:46 on August 20, 2006, at the age of 46.

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 were the five club members who had articles in the 50 States Marathon Club 2012 Summer Newsletter?
2. Who recently broke the world record for winning the most marathons ever?
3. Who rode a "seat-less" bike 3,000 miles across the country (Parris Island, SC to San Diego, CA) to raise money for injured Marines?
4. Which UK runner worked at the Summer Olympics in London?
5. Who is in charge of sending updates to the **World Megamarathon Ranking 300+** twice a year?
6. Which runners recently celebrated the completion of Marathon #800 and #900?
7. Who is the 14 Times STATES FINISHER who broke his own Guinness Record for the third time by running 113 marathons in 2011?
8. Who has run more marathons away from his own country than he has in it?
9. Who holds the World Record for running a marathon in 114 countries?
10. Who ate dinner with Bill Rodgers the night before her 200th marathon?
11. What age is the oldest woman club member?
12. What couple is directing three marathons in a 12-day time period.....and who is directing five marathons in five days in five states?
13. Who is in the Guinness Book of Records in 1990 as the youngest athlete in the world (age 28) to complete 100 marathons?
14. What couple ran 9 marathons in 9 days?
15. Which male holds the Guinness Record for being the male who ran the 7 continents in the shortest period of time (25 days, 18 hours and 10 minutes)?

After 2 ½ years on the job of coordination for collecting marathon data and updates for the World Marathon Ranking 300+, **Tom Adair** (Alpharetta, GA) on January 1, 2012, transferred his responsibilities to **Walt Prescott** (Decatur, GA). **Michael Alsworth** (Swindon Wiltshire, England) sent a postcard from Las Vegas to let us know that he ran his **300th Marathon** there in 4:25:19. It was his 11th Las Vegas Marathon, the same number as his London Marathon count. **Dan Archambeau & Lois Brown** (Sidnaw, MI) are both no longer running marathons.

Steve Barrick (Kent, WA) was one of 20 participants who have completed **all 12 Yakima River Canyon Marathons (YRCM)** in Central Washington State. **Frank Bartocci** (Rochester, MN) became a **7 Times STATES FINISHER** at the Newport Marathon in Newport, OR on June 2, 2012. Gary Berkowitz, husband of **Lois Berkowitz** (Riverview, MI), lost his battle with cancer in November of 2011. Lois registered for the March 31, 2012, YRCM, but jury duty prevented her from coming. She ran her **350th Marathon** on June 3, 2012, the Casper Marathon, at Casper, WY. Congratulations to Lois as she changed her 50 States Marathon Club title from **Newsletter** to **President/Newsletter** and to **Dave Bell** (Highlands Ranch, CO) who moved from **Secretary** to **Vice President** of the club. He ran **Marathon #300** at Steve & Paula Boone's Texas Marathon at Kingwood, TX on January 1, 2012, and became a **5 Times STATES FINISHER** at the Charleston Marathon in Charleston, SC on January 14,

2012. Be sure to send your updates to **Jeff Bishton** (Ft. Myers Beach, FL) at cowboyjeff434@yahoo.com. In the past nine months postcards have been received from **Roger Biggs** (Stevenage, UK) from his worldwide marathon traveling to Los Angeles, Waco & Galveston, TX, Blackpool & Liverpool, England, Scotland, Ireland, Germany & Istanbul, Turkey. As of June 4, 2012, **Jim Bitgood** (Laurel, MD) had a total of **120 marathons**. He's planning to run our YRCM on April 6, 2013! **Steve & Paula Boone** (Humble, TX) are adding two more marathons to their directors schedule: The End of the World Marathon on December 21, 2012 (for pessimists) and The Day after the End of the World Marathon on December 22, 2012 (for optimists). Information about these races can be found at www.50statesmarathonclub.com. Both events offer a full and a half marathon. Their next Texas Marathon is on January 1, 2013. That's three marathons directed by them in 12 days!! We'll wish them a Merry Christmas & and a Happy New Year **now!** Steve completed **Marathon #500** at the Houston Marathon on January 15, 2012. As of July 26, 2012, **Jim Boyd** (Seattle, WA) had a total of **348 marathons**. Be sure to read his article, "Jimbo's Big 7 OH Celebration," in the 50 States Club's Summer Newsletter on page 12. It was good to get a T-shirt order from **Michael Brandt** (El Dorado Hills, CA). Beginning in February of 2006 "Dasher" **Jack Brooks** (St. Albans, UK) has written great stories about the continuing saga of the marathon adventures, misadventures and rivalry with "Basher" (**Roger Biggs**). To check them out, go to www.100marathonclub.org.uk and click on "Basher vs. Dasher." You can find two stories in the 50 States Club's Summer Newsletter: "Not Sleepless in Seattle, but Definitely Keyless in Yakima" on page 10 and "Flying in Blackpool, England" on page 12. **Mike Brooks** (Danville, ME) became a **4 Times STATES FINISHER** at the 24 the Hard Way Marathon at Oklahoma City, OK on October 24, 2011. The headline in a local newspaper article read "Lomira's Marathon Man reaches 35,000 Miles." **Kevin Brosi** (Flower Mound, TX) forwarded the information about an accomplishment of **Al Kohli**. For the first time in eleven years I wasn't on the viewing stand last October at the start of the Marine Corps Marathon, so **Todd Byers** (Longbeach, CA) and I missed connecting there for our annual picture before he crossed the starting line. We were both disappointed.

Burt Carlson (Mound, MN) ran his **300th Marathon** on October 5, 2008, the Twin Cities Marathon in Minneapolis, MN. As of September 2011 his numbers were 265 marathons and 52 ultras for a total of 317. He'll celebrate birthday #87 on September 26, 2012.....and he's still running marathons! Good to hear from **John Connor** (Newport, KY). **Harold Copeland** (Richland, WA) let us know that his wife Evelyn passed away on March 25, 2012, after a short illness. They had been married for 67 years.

Beth Davenport (Santa Fe, NM) has added **Secretary** to her 50 States Marathon Club **Verification** job. **Rich DeCample** (Renton, WA) ran his **300th Marathon** on February 4, 2012, at the "hot and tough" Death Valley Marathon in Death Valley, CA. The Hatfield McCoy Marathon at South Williamson, KY on June 9, 2012, was **Marathon #500** for **Eugene DeDronzo** (Cheshire, CT). He became an **8 Times STATES FINISHER** on November 19, 2011, at the White River Marathon in Cotter, AR. As of June 4, 2012, **Carol Dellinger** (Spokane, WA) had completed **261 marathons** and was a **Two-Year Breast Cancer Survivor**. She was featured in the booklet of the October 9, 2011, Portland (OR) Marathon as a "**24 consecutive finisher**" of that race. At the age of 82, **Bob Dolphin** (Renton/Yakima, WA) completed **Marathon #500** on March 31, 2012, at the YRCM, the race that we direct. He had completed #400 there on March 31, 2007. He's a 12 times finisher of all of these races.

Steve Edwards (Bourton on the Water, UK) is another member who is listed in the Guinness Book of Records. In 1990 at age 28, he became the **youngest athlete in the world to run 100 marathons**.

Other mind-boggling statistics of his are: (1) Less than two years later he passed the 200 mark; (2) In 1992 he broke another world record for running the most marathons in one year...87; (3) In 2008 he set the record for running the fastest 10 marathons in 10 consecutive days; (4) He's close to completing Marathon #500 in November before his 50th birthday. It was good to have **Eb Engelmann** (Salem, OR) as a houseguest for our 2012 YRCM. Another club member in the Guinness Book of Records is 41 year-old **Chuck Engle** (Coos Bay, OR), winner of the 2011 and the 2012 YRCM. His amazing accomplishments as of July 3, 2012, are: (1) With 148 wins, he holds the world record for **MOST MARATHON VICTORIES**; (2) He's the **Fastest 50 STATES FINISHER** with an average time under 2:39:00; (3) **50 Marathons, 50 States, 50 Wins**; (4) Six marathons in six days, average SUB 3 hours; (5) In 2011 he raced in 51 marathons and won 33 of them with an average time of 2:34; (6) He logs 90-120 miles per week. July 3, 2012, update: Because of his first injury in quite a few years, he's "holding steady" at **295 marathons**. Severe Achilles tendonitis and an avulsion fracture on an anklebone were to be treated on July 5, 2012. This would put him in a boot for up to six weeks. We wish him a speedy recovery! Update from **Rosemary Evans** (Flemingsburg, KY): She completed her 1st two marathons on the same weekend in Winston-Salem, NC on October 11, 1997, and October 12, 1997. Mt Desert Island in Maine was #100 on October 20, 2002; Virginia Beach Marathon in Virginia was #250 on March 19, 2006; Rattlesnake 50K in West Virginia was **Marathon #300** on July 10, 2010.

Good to hear from **Evan Fagan** (Victoria, BC...Canada). **Frank Fleetham** (Bend, OR) let us know that **Lynn (O'Malley) Yarnall** (Edmonds, WA) suffered a stroke in July. With physical therapy etc. she's making improvements and hoped to go home from her in-patient re-hab room by August 9, 2012. Our condolences go to **Ron Fowler** (Rochester, WA) whose father passed away in Texas on February 4, 2012, just six days short of his 100th birthday. Ron is one of 20 who have completed all 12 YRCM races. From Rochester, NY, **Norm Frank** let us know that because of health problems he "retired" from running marathons in 2008 with a total of **790 Marathons and 175 Ultras for a Grand Total of 965!** **Eugene Fritzel** (Lutherville, MD) completed **Marathon #200** on May 13, 2012, at the Delaware Marathon in Wilmington, DE.

"**Barefoot Jon**" **Gissberg** (Seattle, WA) keeps us informed about the marathons he runs in Japan and his connections with the Japan 100 Marathon Joyful Running Club. **Carol Goslin** (Kansas City, MO) became a **2 Times STATES FINISHER** on October 22, 2011 at the Wineglass Marathon in Corning, NY. You can read her story, "A Family Journey," on page 17 of the 50 States Summer Newsletter. Also at that Wineglass Marathon **Elaine Green** (Carmel, IN) became a **First Time STATES FINISHER**. We're glad that **Peter Graham** (London, UK) was in Yakima for the club's 11th birthday party on March 31, 2012. It was on March 31, 2001, when he was the secretary of the UK 100 Marathon Club and attended our inaugural YRCM that he asked us to start a U.S.A. club. We suggested that it should be more inclusive to add Canada and name it the 100 Marathon Club North America.

The First Chance Marathon in Seattle, WA on January 1, 2012, was **#300** for **Rick Haase** (Shoreline, WA). Well-known ultra runner **Jeff Hagen** (Yakima, WA) joined the 50 States Marathon Club in June of 2012. In a recent e-mail to us **Eddie Hahn III** (Crestline, CA) wrote: "It took the discipline of a career soldier and the endurance of a marathon runner, but 22 years after my first college course (a Stress Management Seminar with the University of Maryland European Division in Germany in 1990).....I finally earned a Bachelor of Arts Degree on June 17, 2012.....(Communications: Public Relations)." **Congratulations!** Our condolences go to Eddie and his uncle **Robert Hildebrandt** (Fairbanks, AK) on the death of 70 year old Edward Hahn, Jr., Eddie's father and Robert's brother. He

passed away on August 5, 2012. At age 71 **Rick Hermelin** (Westlake Village, CA) used a Solana Beach-built ElliptiGO to travel from South Carolina's Parris Island Marine Corps Recruit Depot to the Marine Corps Recruit Depot in San Diego, CA to raise money (goal of \$10,000) for injured Marines. It was a 3,000 mile coast-to-coast run/ride on a seat-less bike that meshes running and cycling. Rick served in the Marine Corps from 1959-1963. He chose March 23, 2012, the anniversary of the date he arrived at Parris Island in 1959, to begin this 100 day tough adventure. He was his own "support person," slept at fire stations along the way, had no accidents and arrived in San Diego on June 27, 2012. The entire story of his efforts can be found at www.100daysforthecorps.wordpress.com. It's always great to hear from **Wally Herman** (Ottawa, ON....Canada). At age 87, he's still running marathons and has a total of **574 marathons and 151 ultras for a Grand Total of 725**. For health reasons **Jerry Herndon** (Cabin Creek, WV) is retired from running, but not "retired mentally." His total is somewhere near **726 marathons**. **Harry Hoffman, Jr., (Stuart, FL)** completed his **200th Marathon** at the Palm Beach Marathon on December 4, 2011, in Palm Beach, FL. Good to hear from **Steve Holehan** Manchaca, TX). **Rich Holmes** (Durham, NC) plans to run Marathon **#350** at Kauai, HI in September. Read about his recent New Zealand trip on page 16 of the 50 States Newsletter. It's titled "More Exciting Things Than You Need!" The latest update from **Raymond Hoyle** (Watford Herts, UK) listed his totals as **231 marathons and 24 ultras = 255**. We're glad that he was able to come to Yakima for our 12th annual YRCM on March 31, 2012. The Frank Maier Marathon in Juneau, AK on July 28, 2012, was **#200** for **Steve Hughes** (Little Rock, AR). He ran **#150**, the Sioux Falls Marathon in Sioux Falls, SD, just 10 months before on September 11, 2011.

On May 31, 2012, at age 44 **ANGELA IVORY** (Nashville, TN) lost her battle with cancer. She became a **50 States FINISHER** in 2006, and her total marathon count was **303**. Page 7 of the 50 States Marathon Club 2012 Summer Newsletter is a "Fond Memories" tribute to her.

Cathie and (Wm.) Troy Johnson (Red Boiling Springs, TN) ran the Savage Seven and two more marathons in Pensacola, FL to give each of them **9 Marathons in 9 Days**. They reached **Marathon #150** on December 28, 2011, while running the Savage Seven. **David Jones** (Seattle, WA) has completed all 12 YRCM's.

The last race for **Bruce Katter** (Edmonds, WA) was the 2007 YRCM on March 31, 2007 when he wore bib #500. Cancer took his life just 7 ½ months later, and that number was retired until March 31, 2012, Race co-director **Bob Dolphin** wore #500 in Bruce's memory when he ran his 500th marathon that day. **Don Kern** (Grand Rapids, MI) is now listed in the Guinness Book of Records for holding the current record for: "Fastest time to complete a marathon on each continent (male)." It's **25 days, 18 hours and 10 minutes** which he achieved from November 6, 2011, to December 1, 2011. Don is the race director of the October 21, 2012, Metro Health Grand Rapids Marathon. On the online registration page, club members can use referral code **100club** for a \$7.00 discount. There will be a special tent on race day for Marathon Maniacs, 50 Staters and the 100 Marathon Club. On February 2, 2013, he'll have a new marathon in Grand Rapids, the Groundhog Day Marathon. A discount is available for that race, too. Our oldest woman club member, **Helen Klein** (Rancho Cordova, CA), will celebrate her **90th birthday** on November 27, 2012. She still goes to a fitness center three days a week and runs **5 miles each morning**. She retired from competition after completing the Helen Klein 50K in November of 2010.....with a total of **90 marathons and 143 ultras, a grand total of 233**. For the second time, **Elaine Koga-Kennelly** (Newman Lake, WA) will be the race director of the Windermere Marathon in Spokane, WA as it celebrates its 5th anniversary on May 19, 2013. **Al Kohli** (Lomira, WI) is Lomira's

“Marathon Man” who at age 69 reached **35,000 miles** at the Rock ‘n’ Roll Marathon in St. Louis, MO. That day he celebrated running his **100th Marathon after turning age 60**. Good to hear from **Andy Kotulski** last February about the article in the Townsville Bulletin News, “**Marathon Man Makes It 638.**” On April 17, 2011, **Juergen Kuhlmeiy** (Oldenburg, Germany) ran **Marathon #400**, the Leipzig/Germany Marathon, in 4:20:18, a Boston qualifier. **Jim Kunz** (Seattle, WA) still has injuries that are keeping him out of races. Get better soon!

Don Landry (Montreal, Quebec....Canada) completed **Marathon #250** on October 2, 2011 at the Wineglass Marathon in Corning, NY. His wife **Marion Landry** completed her **250th Marathon** on June 3, 2012, at the Steamboat Marathon in Steamboat, CO. It was great to welcome them as new club members at the March 31, 2012, YRCM club reunion. Good to hear from **Bernadette Langdon** (Portland, OR). **Unha Lee** (Olympia, WA) has retired from running marathons after completing **131 marathons in all 50 States**. She and her husband Patrick Lee are planning to do a lot of walking and hiking in the future. Good to hear from **Nita Kay LeMay** (Hawthorn Woods, IL) and **John Lent** (Waltham, VT). **Gina Little** (London, UK) was another Brit who came to the U.S. for our March 31, 2012, YRCM. On December 11, 2011, **Ray Lin** (Markham, ON....Canada) became a **STATES FINISHER** at the Honolulu Marathon.

It’s hard to keep up with **Larry Macon** (San Antonio, TX). He became a **13 Times STATES FINISHER** on October 2, 2011, at Portland, ME and a **14 Times STATES FINISHER** on November 13, 2011, in Warwick, RI. He **broke his own Guinness Record for the third time by running 113 Marathons in 2011.....**and I saw him on TV as he received the Guinness Records Award on February 4, 2012!! By December 31, 2011, he had a grand total of **823 marathons**. **Dave Major** (Moulton Northampton, UK) completed **Marathon #500** at Brighton on April 15, 2012. Boston Marathon Race Director **Dave McGillivray** (North Andover, MA) is co-author of the book **The Last Pick**. It was so nice of **Cyndie Merten** (Corvallis, OR) to be Bob Dolphin’s chauffeur to the February 2012 Presidents Day Marathon at Bothell, WA. She continues to add many, many marathons to her total. The latest update from **Ultra Al Miller** (Deer Island, WA) lists **204 marathons and 33 ultras for a total of 237**. He finished Lacrest 100 in 1989, Wasatch 100 in 1994 and Pueblo Nuevo 100 in 1999. **Parvenah Moayed** (Manchaca, TX) started series of marathons and ultras for 2012. Some of her upcoming events include the September Triple Crown Challenge (3 marathons in 3 days), the November Double Double Gobble Gobble (4 marathons in 4 days), and the December Texas Savage (7 marathons from December 26, 2012, through January 1, 2013). **Alan Morton** (Tywyn Gwynedd, Wales, UK) was another Brit who came to our YRCM last March. He assisted at the 2012 Summer Olympics in London. Good to hear from **Dana Mosell** (Walnut, CA).

Even though he had just had more heart challenges, **Jose Nebrida** (Chicago, IL) came to Yakima for the March 31, 2012, YRCM. As always, he introduced the guest speaker at the pasta meal the night before the race. This year it was the return visit of John “The Penguin” Bingham. The snow at the beginning of the race the next day and cold temperatures caused the hypothermia that stopped Jose’s streak at our YRCM.

David Olsho (Seattle, WA) has run all 12 YRCM’s. In March of 2012, the Shamrock Virginia Beach Marathon was **#200** for **William Ouchard** (Bradenton, FL).

The Skagit Flats Marathon in Burlington, WA on September 11, 2011, was **#200** for **Monte Pascual** (Federal Way, WA). Updates for **Van Phan** (Maple Valley, WA) are: **Marathon #200**, the Leavenworth Marathon at Leavenworth, WA on October 4, 2008; **Marathon #300**, Western Washington Fat Ass 50K at Issaquah, WA on January 7, 2012. The Houston Marathon on January 15, 2012, in Houston, TX was **Marathon #300** for **Cheri Pompeo** (Woodinville, WA). **Mel Preedy** (Ravensdale, WA) has run all 12 YRCM's. When you complete Marathon #300, be sure to let **Walt Prescott** (Decatur, GA) know about it.....runninglongnh@yahoo.com. He's our representative for updating the World Megamarathon Ranking 300+ twice a year (June 30th and December 31st).

Fenny Roberts (Salem, OR) ran her 12th consecutive YRCM on March 31, 2012, and for the 12th time she sang the national anthem before the 8:00 a.m. start in Ellensburg, WA. **Diana "Slug" Robinson** (Bellingham, WA) returned to the March 31, 2012, YRCM to complete another goal. She wore bib #508 in 2010 as she completed her 508th race which was her **100th 26.2 marathon**. In 2012 she wore bib #200 as she completed **Marathon #200**. She has already registered for the April 6, 2013, YRCM. What bib number will she need then??? At age 80, Marathon Maniac #339 **Ashis Roy** (Delhi, India and Fairfax, VA) is known as **India's Marathon Man**. On October 1, 2011, he was honored by the Ministry of Social Welfare and Justice Government of India as the **"Best Sports Person of India."** He's run 45 marathons in the U.S.A., 12 in Canada, 19 in 17 foreign countries and 37 in India for a total of **113 marathons**. At this time he's still recovering from his November 22, 2011, spinal surgery and hopes to be running marathons soon. Another surprising story that I recently witnessed on national news was the May 18, 2012, interview of a runner who was planning to run his **800th Marathon**. It was our good friend **Henry Rueden** (DePere, WI) who, in spite of the heat, completed his **800th Marathon** in Green Bay, WI at the Green Bay Marathon where he had run marathons #300, #500 and #600. He has completed all 13 of their races. He's a **10 Times STATES FINISHER** (working on the 11th) who has logged more than 21,000 miles in **13+ countries on 7 continents**. **Al Kohli** photographed Henry's big milestone and shared many pictures with us.

Mario Sagasser (Henstedt-Ulzburg, Germany) surprised his wife Doris with the medallion ordered from us and presented to her after she completed her 200th marathon at the San Francisco Marathon on July 29, 2012. **Ray Scharenbrock** (South Milwaukee, WI) continues his world-wide travels that included a group tour in February to Santiago, Chile, Easter Island, Buenos Aires and Patagonia, Argentina. In an April letter from him he mentioned that he now has another type of adventure: learning to use his first-ever computer and mastering e-mail. **Jim Scheer** (Vancouver, WA) completed his 12th YRCM in March. **Clay Shaw** (York, PA) let us know that his wife Karen hopes to run her 100th marathon in September. Due to his damaged knee he's "stuck" at **176 marathons**. **Dan Shuff** (San Antonio, TX) became a **4 Times STATES FINISHER** at the Fargo Marathon in Fargo, ND on May 19, 2012. **Jim Simpson** (Huntington Beach, CA) ran his **900th Marathon** at the Triple Crown Trail Run in Newark, DE on April 28, 2012. It's been almost a year since **Gunhild Swanson** (Spokane Valley, WA) fell during a trail race and broke her left arm at the wrist. Following that accident she injured her right foot during a marathon. More health challenges caused her to miss a lot of races she signed up for. We hope she's recovered enough for the 24 hour September run in Cleveland. The new **Board Member** for the 50 States Marathon Club is **Michael Swanson** (Plymouth, MN).

Good to hear from **Bill Torsen** (Bellevue, WA). We were honored to have **Cathy Troisi** (Cohoes, NY) run her **300th Marathon** on March 31, 2012, at our YRCM. She ran our inaugural race on her 55th birthday on March 31, 2001, and this year's race was her 66th birthday. For the 18th time she was a

Dana-Farber Marathon Challenge Runner at the April 16, 2012, **HOT** Boston Marathon. Cathy is a good writer and shared her story with us of how she was able to “finish upright under her own power and walk away without need of medical attention during/after.” Snippets of this story, “Boston: View from the Road 2012,” are in the 50 States Newsletter on page 14.

Good to hear from **Michael Wakabayashi** (Spokane, WA). Here is the latest update for **John “Maddog” Wallace** (Longboat Key, FL). (1) Has completed **359 marathons in 114 countries (World Record)**; (2) Is a **2 Times STATES FINISHER**; (3) Has finished marathons in **all 13 Canadian Provinces and Territories**; (4) Has **completed 7 continents**; (5) Has **completed at least 6 countries on every continent (except Antarctica)**; (6) Is the **only runner to complete a marathon in every country in Europe, North & South America and Oceania**. During his five-week vacation in Colorado this summer, he encountered problems of fatigue and shortness of breath, so he’s facing some health challenges at this time. At age 73, the Indianapolis Monumental Marathon at Indianapolis, IN on November 5, 2011, was **#200** for **Carol Westerman** (Louisville, KY). This was almost 30 years to the day of her first marathon in November of 1981. A highlight of the weekend was that she had dinner with Bill Rodgers the night before the race. Before the end of December 2011, **Bill Whipp** (Harrison, OH) had completed **walking his 253rd marathon/ultra since total knee replacement on December 15, 1997**. Good to hear from **Jay Wind** (Arlington, VA). **Michael Wojcio** (Kenilworth, NJ) planned to run marathons **#123 and #124** in China and Italy.

Marathon Maniac #1 **Steve Yee** (Renton, WA) ran his 12th consecutive YRCM on March 31, 2012.

Dale & Sandra Zanchi (Louisville, KY) have “retired” from running marathons with a total of **119 each**. They *may* “buckle down” and run a few more.

If you need help, here are the answers to the 15 questions about our club members.

- (1) Jim Boyd, Jack Brooks, Elaine Green, Rich Holmes and Cathy Troisi; (2) Chuck Engle; (3) Rick Hermelin; (4) Alan Morton; (5) Walt Prescott; (6) Henry Rueden and Jim Simpson; (7) Larry Macon; (8) Ashis Roy from India; (9) John Wallace; (10) Carol Westerman; (11) 89...Helen Klein will be 90 in November; (12) Steve & Paula Boone and Clint Burleson; (13) Steve Edwards; (14) Cathie & Troy Johnson; (15) Don Kern.

- 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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