

100 MARATHON CLUB NORTH AMERICA

Newsletter #29 – November 8, 2012

UPCOMING EVENTS – Marathons Directed by Club Members

November 22, 23, 24, & 25, 2012 – I Ran Marathons DoubleDouble GobbleGobble Quarto, Texas,
Parvaneh Moayedi

November 25, 2012 - Ghost of Seattle Marathon, Seattle, WA, **Scott Krell**

December 8, 2012 - Ghost of Birch Bay Marathon, Birch Bay, WA, **Scott Krell**

December 15, 2012 – Pigtailed Cedar River Marathon & 50K, Ravensdale, WA, **Van Phan**

December 21, 2012 - End of the World Marathon, Humble, TX, **Steve & Paula Boone**

December 22, 2012 – Day after the End of the World Marathon, Humble, TX, **Steve & Paula Boone**

December 26, 27, 28, 29, 30, 31 & January 1, 2013 – I Ran Marathons Texas Savages, Texas, **Parvaneh Moayedi**

January 1, 2013 – Texas Marathon, Kingwood, TX, **Steve & Paula Boone**

February 2, 2013 – Groundhog Day Marathon, Grand Rapids, MI, **Don Kern**

April 6, 2013 – Yakima River Canyon Marathon.....**100 Marathon Club NA Reunion,**
Ellensburg to Selah, WA, **Bob & Lenore Dolphin**

April 15, 2013 – Boston Marathon, Boston, MA, **Dave McGillivray**

May 8, 2013 – Tacoma City Marathon.....**Marathon Maniac 10th Anniversary.....**
Tacoma, WA , **Tony Phillippi**

May 19, 2013 – Windermere Marathon, Spokane, WA, **Elaine Koga-Kennelly**

June 1, 2013 – Green River Marathon, Kent to Seattle, WA, **Steve Barrick**

September 8, 2013 – Skagit Flats Marathon, Burlington, WA, **Terry Sentinella**

Mainly Marathons, Clint Burleson (Organ, NM) – Dust Bowl Series (five marathons in five days in five states), March 2013.

Lois Berkositz's race suggestion – Glass City Marathon, April 28, 2013.

NEWS FROM OTHER 100 MARATHON CLUBS

Dutch 100 Marathon Runners – Francis Spoelstra and Jos Cornelissen have linked our website to the www.dutch100marathonrunners.com and have asked us to give a link from ours to theirs. They have 101 members in their club, a large number for such a small country!

100 Marathon Club Germany – The following invitation was received from Juergen Kuhlmeier, a member of our club and of the club in Germany: “In January 2013 the 100 Marathon Club Germany plans an interesting club Journey to the Miami Marathon, a Cruise to the Bahamas with 3 marathons and another marathon in Melbourne, Florida. There will be an international meeting of 100 Marathon Club members to get to know one another and to make contacts.” For information, contact Juergen at Dr.J.Kuhlmeier@gmx.de.

IN MEMORIAM

Remembering Dan Archambeau.....Our condolences go to club member Lois Brown on the death of her husband Dan Archambeau. Here are excerpts from the obituary that was published in "The Sentinel" newspaper on August 22, 2012:

"Daniel Joseph Archambeau, age 77, of Kenton, MI passed away on August 13, 2012, at Baroga County Hospital. He was born July 24, 1935, in Baroga, Michigan. He graduated from Baroga High School in 1954, went into the U.S. Army for four years and was with the National Guard for 26 years. He received an Associate Degree from Wayne State University in Detroit and worked for the Upper Peninsula Power Company for about 35 years, retiring in 1996.

He began running marathons in 1980 when he was 45 years old. By 1983 Dan had run a marathon in all 50 states and Washington, D.C. By 1998 he had run in all of the Canadian Provinces. By 2003 he had run a marathon on every continent, having completed a total of 200 marathons before retiring from running."

For many years Dan and Lois spent winters in Sebring, Florida. We were honored to have him run his 200th marathon on April 4, 2009, at the Yakima River Canyon Marathon that we direct. After Lois retired from running some years before, they had made an annual trip to Central Washington State for him to run in our awesome Canyon. We became good friends and appreciated Lois' volunteering for several years as the person in charge of the "early start" for the race.

At the "no-host" YRCM breakfast on April 5, 2009, Dan shared the news that because of health challenges, his doctor had advised him to give up the marathon distance of running.

In a note from Lois on August 25, 2013, she let us know that his "cancer had been gaining on him. There was no quality of life left, but he had a massive stroke. God didn't want him to suffer any more."

Remembering Sonia Preedy.....A cheery "Hello, Preedys" is how my good friend Sonia Preedy always answered the phone in their Ravensdale, Washington, home. In a short e-mail from club member Mel Preedy, he let us know that his wife Sonia had lost her long battle with cancer on September 15, 2012, at the age of 76. A memorial celebration of her life was held on October 21, 2012, at the reception hall adjacent to the Black Diamond Bakery in Black Diamond, WA.

Sonia supported Mel and his "running addiction" by traveling with him to most of his races. Mel and Bob Dolphin are "friendly competitors," so she and I became acquainted many years ago at their running events. There are many stories I could tell about our adventures while Bob and Mel were running.

We're both quilters, so we visited thrift stores at Mt. Vernon, Washington, in January each year while they ran the Nookachamps Half Marathon. We always needed to add to our fabric stash, and shopping for bargains made it twice the fun.

In addition to quilting, Sonia enjoyed the hobby of china painting. Several of her quilts were on display at the Black Diamond gathering, and many of her china art works were given to those attending. I'll cherish the "Roses" plate I received.

I'll also cherish the note Sonia sent me last February to "cheer me up" after I had some major health challenges and two more heart surgeries. In her reminiscing, she wrote, "From time to time I think of some of the adventures we had while our hubbies were running. The Lost Soles Marathon in Talent, Oregon, stands out in my mind as the most UNIQUE!! I admired the man who put on the race...his pride in country, the national anthem, the home-cooked meal for the runners, the garbage can of cold water to cool their legs in and the *house that Jack built!* From the one time you and I hit two rummage sales a few garage sales and a WalMart or Kmart, I still have the six yards of woven plaid fabric from a church sale (cost 50 cents) and a 25-cent small wall hanging. We haven't been to that part of Oregon in a long time.....don't know if the race still is a yearly event. " "P.S. I'm cleaning out hidie holes of fabric and have found 11 quilt tops by folks at thrift stores, so I really have to get them done!"

My guess is that those quilts were indeed finished and given to a charitable cause. I'll miss Sonia's friendship and the cheery "Hello, Preedys" of her voice. Our condolences go to Mel on the loss of his wife.

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WELCOME TO CLUB MEMBERS 361-370

Marathon Maniac (MM) #921 **Dr. Stephen Hamilton** (Sunriver, Oregon) set a club record on October 14, 2012, when he ran his 100th marathon at the Walla Walla Marathon in Walla Walla, Washington. The Portland Marathon in Oregon in 1977 had been his first, so the record is that it took **45 years TO GET FROM HIS FIRST TO #100!** He ran his Personal Record (PR) of 3:07 in 1981 at age 39. Under "Comments" he wrote, "Just grateful....to have been able to run (nearly) injury-free for more than 45 years."

On October 19, 2003, MM #857 **Matt Jenkins** (Holly Springs, NC) ran his first marathon. It was the Louisville Marathon in Louisville, Kentucky. His 100th marathon, Matt's 100th Marathon/Ultra, was on August 22, 2010, at Boone, North Carolina. He set his PR of 3:39 on March 18, 2012, at age 31.....and he has a total of 127 marathons and 20 ultras for a grand total of 147. Under "Comments" he wrote: "Ran across North Carolina barefoot. Nobody's ever done that because, well, who would want to?"

The first marathon for **Bill Macy** (Lincoln, NE) was the Omaha Marathon in Omaha, Nebraska, on November 1, 1987, and the same marathon on December 20, 1999, was #100. He set his PR of 3:09 in 1990 at age 51, became a **THREE TIME 50 STATES & DC FINISHER** in October 2012 at Hartford, Connecticut, and was a 50 States finisher with **sub-4:00 times** in 1999.

The Mohawk Hudson River Marathon was the first one for MM #381 **Joseph Poliquin** (East Hartford, CT), and #100 was the Steamtown Marathon on October 10, 2010. His PR of 3:17 was set at the age of 47 on May 28, 2000, at the Vermont City Marathon. The listings under special accomplishments include: (1) Two marathons in 24 hours, June 17, 2006, Norway (Normarks Forest Marathon, Oslo, and Midnight Sun Marathon, Tromso); (2) Ironman Lake Placid, August 15, 1999, marathon time of 4:41:00; (3) Ironman Lake Placid, July 29, 2000, marathon time of 4:16:00; (4) Vermont 100, July 21, 2001, (25:35); (5) Vermont 100, July 20, 2002, (25:10).

MM #1077 **Betsy Rogers** (Seattle, WA) ran her first marathon in Pauillac, France, on September 8, 2007, at the Marathon du Medoc. The Waldo 100K in Oakridge, Oregon, on August 18, 2012, was #100. She has a total of 68 regular marathons and 32 ultras with a PR of 3:54:34 that she set in August of 2008 at age 44. She ran the 2010 Quadzilla (four marathons in four days in the Seattle area) and 34 marathons in a 365 day period.

Doris Sagasser (Henstedt-Ulzburg, Germany) joins her husband **Mario** as a 100 Marathon Club North America member. The 16th Hamburg Marathon in Germany on April 22, 2001, was her first; the 23rd Hamburg Marathon on April 27, 2008, was #100; and the 35th San Francisco Marathon in California on July 29, 2012, was #200. Mario surprised her at the finish line in San Francisco with a club medallion in honor of this accomplishment. Her PR is 4:16:46. She's a member of the Jubilee Club Berlin Marathon (Germany, 10 continuous participations from 2001 to 2010). She completed the 100K Biel (Switzerland) in 2008 in 15:35:31.

The Saskatoon, Saskatchewan Marathon (Canada) was the first one for MM #581 **Richard Stewart** (Prince George, BC) The Kelowna Marathon in British Columbia on October 7, 2012, was #100. His PR of 3:56:09 was set on Septemer 11, 1988, at age 34. In 2010 and 2011 he completed the Seattle area Quadzilla of four marathons in four consecutive days.

Grandma's Marathon in Duluth, Minnesota on June 13, 1990, was the first one for **Lee Weinhold** (Stewartville, MN), and the Whistlestop Marathon at Ashland, Wisconsin, on October 14, 2008, was #100. He set his PR of 3:09 on October 4, 1992 at the age of 44. He became a 50 States FINISHER at the Kona Marathon in Kona, Hawaii, on June 24, 2001.

MM #244 **Bekkie Wright** (East Hartford, CT) joins her husband **Joe Poliquin** as a new member. The Chicago Marathon in Illinois on October 31, 1993, was her first, and the Big Sur Marathon in California on April 25, 2010, was #100. She has a total of 111 marathons and 17 ultras for a grand total of 128. Her PR of 3:21:15 was set at the Ocean State Marathon on November 12, 2000, at age 38. She became a STATES FINISHER in October of 2012 and is on target to reach 50 sub-4 in October of 2013. She ran two marathons in 24 hours on June 17, 2006, in Norway (the Normarka Forest Marathon, Oslo...and the Midnight Sun Marathon at Tromso).

MM #688 **Marie Zornes** (Gig Harbor, WA) ran the Portland Marathon in Oregon on October 9, 2005, as her first, and less than seven years later she ran the Transcendence 12 Hour Endurance Run at Olympia, Washington, on August 12, 2012, as her 100th marathon. She set her PR of 4:21:40 on October 4, 2009, the week after her 46th birthday.

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 two club members recently completed Marathon #300?
2. Who just set two more WORLD RECORDS?
3. Which club member race director's marathon had an update in the November issue of Northwest Runner magazine?
4. Who started a "50 States" Quilt to give to her husband upon becoming a 50 States FINISHER?
5. Who will receive the quilt from question #4?
6. Who ran his 100th ultra marathon and his 200th marathon on the same day?
7. Which two club members are the only two who have completed all 13 Canadian provinces and territories TWICE?

We'll miss **Dan Archambeau** (Sebring, MI)!!

Good to hear from **Lois Berkowitz** (Riverview, MI). Postcards from **Roger Biggs** (Stevenage, United Kingdom) came from the London Olympics and from Scotland. Be sure to send your updates to **Jeff Bishton** (Ft. Myers Beach, FL) at cowboyjeff434@yahoo.com. **Ron Bowman** (Annapolis, MD) completed his 100th ultra marathon on July 21, 2012, at the Rosaryville Trail Run 50K. That makes **200 combined marathons and ultras**. Congratulations! The update of the statistics for **Jim Boyd** (Seattle, WA) is: (1) Three marathons and three ultras in 2012; (2) Life-time marathons = 331, ultras = 37, grand total = 368; (3) Best streaks are 36 marathons in one year, 18 different states in one year, 3 marathons in 3 days; (4) 50 States & DC FINISHER on October 26, 1997; (5) Countries: U.S., Mexico and Canada. Congratulations to **Jack Brooks** (St. Albans, United Kingdom) on **completion of Marathon #300** at the City of Oaks Marathon in Raleigh, North Carolina, on November 4, 2012. He sent us a copy of the Guinness World Record Certificate that was received by a member of the UK 100 Marathon Club. It was for completing "the most marathons in one year by a male." **Traviss Wilcox** (UK) ran 114 marathons between January 1st and December 31st of 2011! Thanks go to **Janet Burgess** (Renton, WA) for sending us **Dave Bell's** address.

Chuck Cammack's widow Sue Cammack (Albany, OR) shares the club newsletter with friends.....and they're amazed at all of the listed accomplishments. Good to hear from **John Connor** (Newport, KY).

Thanks go to **Frank Fleetham** (Bend, OR) for his updates on **Lynn Yarnell's** recovery from her recent stroke.

Because of "knee issues," **Gayle Godfrey** (Louisville, KY) has put her marathon running "on hold" for now. After becoming the third Brit to become a States FINISHER, **Peter Graham** (London, UK) continues to run more U.S. marathons. He sent us a postcard from his recent Akron, Ohio, marathon.

"Running" right now is also "on hold" for **Eddie Hahn** (Crestline, CA). His 64 year old uncle, **Bob Hildebrandt** (Fairbanks, AK), sent us a newspaper article about his return to

competing in a marathon after suffering a stroke in 2009 while running a 50K race in the Wasilla, Alaska, area. It was the 50th Equinox Marathon in his home town of Fairbanks, and it was the 17th time he had run it. He was accompanied by his 67 year old friend Bob Perkins. They crossed the finish line “dead last” in a time of 11:41:00, and this is what the reporter had to say, “The story of Hildebrandt and Perkins intrigues me because the people who finish last are more interesting. Their experience places them closer to the breaking point than the youngsters at the front and they don’t know when to quit. Because they face more obstacles, usually related to age and health, their participation is less plausible and more dramatic, no matter how you look at it. Except for not knowing when to quit, they’re almost like regular people.” Congratulations to **Rich Holmes** (Durham, NC) for completing **Marathon #350** on September 1, 2012, in Kauai, Hawaii, and marathon #351 on September 8, 2012, in Moscow. He let us know that he and **Eugene DeFronzo** (Cheshire, CT) are the only two runners who have **completed all 13 Canadian provinces and territories TWICE**. The latest update from **Peter Hudec** (Brooklyn, NY) is that he’s a 50 States & DC FINISHER with a total of 107 marathons (82 regulars and 25 ultras). Good to hear from **Steve Hughes** (Little Rock, AR).

Due to injuries **Greg Judge** (Renton, WA) has been out of running for five years. Recently, he’s been able to start jogging very slowly and hopes to be able to get up to a half and maybe even a full marathon.

Thanks go to **Hideki Kinoshita** (Lenoia, NJ) for sending us **Dave Bell’s and Leslie Miller’s** e-mail addresses. Thanks, also, go to **Steve Kissell** (Kearns, UT) for purchasing a medallion and club T-shirts. In the October 2012 Northwest Runner magazine on pages 8 and 9, race director **Elaine Koga-Kennelly** (Newman Lake, WA) had her spring Spokane marathon featured under the title, “New directions at the Windermere Marathon.” It’s accompanied by a picture of Elaine and one of the new USATF certified course. It lists descriptions of the half and full marathons and mentions some new amenities for the 5th annual running of this race on Sunday, May 19, 2013. Be sure to contact **Jurgen Kuhlmeier** (Oldenburg, Germany) if you’re interested in joining the 100 Marathon Club Germany for the International Meeting of the 100 Marathon Clubs in Miami in January 2013.

Good to hear from **Mike Leahy** (Lower Hutt, New Zealand). Thanks go to **Bob Lehew** (Tulsa, OK) for sending us **Gina Moore’s** phone number and e-mail address. He had bypass surgery in June of 2010 but was able to run his 25th consecutive Boston Marathon the following April. This year was #26 in a row. He said he’s “not so fast these days, but still moving. Like our friend **Norm Frank** says, ‘It’s just left foot, right foot.....no big deal.’”

This news came in an August 13, 2012, e-mail from **Jon and Sherry Mahoney** (Vernon & Vancouver, BC). The Mahoneys are running everywhere and holidaying as well. They spent a month in Vietman, Cambodia, China, Thailand....no marathons. They were enjoying the cool summer weather in Vancouver. They think that **Wally Herman** has run more marathons than any other Canadian and wanted to get in touch with him. Wally was the first person to complete a marathon in all 50 states. Be sure to check out the

marathons in “Upcoming Events” that **Parvenah Moayed** (Manchaca, TX) is directing. Good to hear from **Alan Morton** Tywyn Gwynedd, Wales.

Tony Phillippi (Tacoma, WA) has big plans for his May 8, 2013, Tacoma City Marathon on a new course and for the 10th anniversary celebration of the Marathon Maniacs. **Cheri Pompeo** (Woodinville, WA) finished making her first quilt and has started on a 50 States quilt for her husband **Gregg Walchli's** first round of the 50 States. **Walt Prescott** (Decatur, GA) can now add **Jack Brooks and Bill Whipp** to his list of club members who have completed 300 or more marathons. Be sure to let Walt know when you get to that milestone.....at runninglongnh@yahoo.com.

Dr. Ashis Roy (Delhi, India & Fairfax, VA) had spinal surgery in November of 2011. After “struggling to recover” he was able to run a half marathon on May 27, 2012. His second half marathon after surgery was the Delhi Half Marathon on September 30, 2012. At 80 years of age he was the oldest of the 30,000 runners. Before his surgery he had been running non-stop for almost 30 years and had completed 113 full marathons.

Mario Sagasser (Henstedt-Ulzburg, Germany) surprised a fellow 100 Marathon Club Germany member with a medallion for his 200th marathon that he ordered from us. **Ray Scharenbrock** (South Milwaukee, WI) is currently on an adventure to Paris, France. While there he'll take a trip down the Seine River to Normandy and visit the World War II museums. His travel schedule for 2013 includes two trips or safaris in Africa, two trips to Asia, one to Norway and one to Bolivia and Peru. He'll celebrate his 80th birthday next July. Bob and I have a lot of “adopted kids” and **Terry Sentinella** (Anacortes, WA) is one of the best!!! Congratulations to **Karen Mitchell, wife of Clay Shaw**, (York, PA) who ran her 100th marathon at the Humboldt Redwoods Marathon in Weott, California, on October 21, 2012. Clay is still battling injuries, but he was able to walk the July San Francisco Marathon with **Yolanda Holder** in 7:01. He hoped to complete the Indy Marathon before the 6:30 cutoff time on November 3, 2012. Good to hear from **Mark Stodgill** (Duluth, MN).

Good to hear about the upcoming races of **Cathy Troisi** (Cohoes, NY). She spent a weekend helping runner/author/speaker **Kathrine Switzer** at the Empire Marathon in Syracuse, NY.

Congratulations to **John “Maddog” Wallace** (Longboat Key, FL) for completing Marathon #360 in 4:46 at the Guernsey Marathon. It was **Country #115, the completion of a marathon in every country in Europe including IOM and Channel Islands. TWO NEW WORLD RECORDS!** Good to hear from **Carol Westerman** (Louisville, KY). **Bill Whipp** (Harrison, OH) ran his **300th marathon/ultra** on Saturday, August 4, 2012, at the third Eagle Creek Trail Marathon near Indianapolis. He has an artificial knee that is 26 marathons behind his “still original” knee, so he'll probably reach his goal of 300 marathons with that knee in 2013.

The update on the stroke recovery progress for **Lynn Yarnell** (Edmonds, WA) is that she has been able to walk up to five miles from her house. She said that it “feels great to get out.” As a self-appointed spokesperson she recommends that everyone pay attention, **“CHECK YOUR BLOOD PRESSURE AND KNOW WHAT IT SHOULD BE!”**

The last name on the club’s roster is new club member **Marie Zornes**.

If you need help, here are the answers to the 7 questions about our club members.

(1) Jacks Brooks and Bill Whipp; (2) John “Maddog” Wallace; (3) Elaine Koga-Kennelly; (4) Cheri Pompeo; (5) Gregg Walchli; (6) Ron Bowman; (7) Rich Holmes And Eugene DeFronzo.

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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