

100 marathon club north America

Newsletter #30 – May 30, 2013

100 MARATHON CLUB REUNION # 4

There were 48 club members who registered for the 13th annual Yakima River Canyon Marathon (YRCM) in Central Washington State, and most of them attended the reunion meeting on Friday, April 5, 2013. Everyone was introduced and then received a YRCM mug, pin and name tag.

Lois Berkowitz (Riverview, MI) let us know that she will be writing an article for a fall issue of *Marathon and Beyond* magazine and mentioned that she would be interviewing some club members during the weekend about input for this article.

Fenny Roberts (Salem, OR) told about her upcoming trip to Germany where she would be representing our club at member Christian Hottas' 2,000th marathon at the May 5th Hannover Marathon. Club members Roger Biggs and Gina Little from Stevenage and London would be representatives of the 100 Marathon Club United Kingdom.

Karla & Ray Jenson from Yakima's Engravings Unlimited were introduced and presented with a hand-crocheted afghan in appreciation of their support of the YRCM and the 100 Marathon Club. Ray is the person who has made so many pins and personalized medallions for us....quite often on short notice for a recipient's momentous marathon. **Eugene DeFronzo** (Cheshire, CT) was the recipient of one of these medallions for completing his 500th marathon on June 9, 2012, at the Hatfield McCoy Marathon in South Williamson, Kentucky.

The major health challenges I've had in the past few years have left me with much less energy, but it's our involvement with the 100 Marathon Club and the YRCM that keep Bob and me with lots of good goals. However, at this time we're appreciating the offers of help. **Cheri Pompeo** (Woodinville, WA) was introduced as the club member who is now preparing and distributing certificates for special occasions and to the new members. **Nancy & Ron Fowler** (Rochester, WA) were introduced as the couple who will begin "transitioning" into more of the Dolphin responsibilities so that they will eventually be our replacements.

Club member **Elaine Koga-Kennelly** (Newman Lake, WA) is the race director of the May 19th Windermere Marathon in Spokane. She sent two complimentary entries to this race that were added to the other drawing prizes. After the last drawing prize was distributed, the YRCM photographer was there to take our group picture. This picture can be seen at www.yakimarivercanyonmarathon.com and purchased from Adrenaline Photography. Click on "Event photos here, 2013 Events, YRCM – Group." After the meeting we enjoyed the delicious pasta feed. It was followed by an interesting presentation by Bart Yasso of Runner's World magazine.

At the 12th annual YRCM a year ago on March 31, 2012, we started the race with colder than usual temperatures and snow falling for awhile. This year there was no snow! The sky was clear and the temperature was great, but a "non-ordered" head wind presented an "un-needed" challenge for all of the participants. The traditional awards ceremony/meal at 4:00 p.m. was attended by over 200 participants,

volunteers, family members and friends. At this time 20 runners who have completed all thirteen YRCM races were honored. The club members who are included in this group are: **Steve Barrick** (Kent, WA), **Bob Dolphin** (Renton/Yakima, WA), **Ron Fowler**, **David Olsho** (Seattle, WA), **Mel Preedy** (Ravensdale, WA), **Fenny Roberts**, **Jim Scheer** (Vancouver, WA) and **Steve Yee** (Renton, WA).

The final activity for the successful marathon reunion weekend was the no-host breakfast on Sunday morning at the Yakima Best Western Ahtanum Inn.

Everyone is invited to participate in the April 5, 2014, Yakima River Canyon Marathon and the 100th Marathon Club Reunion #5. Plan to come for a weekend of fun activities and hear guest speakers **Kathrine Switzer and her husband Roger Robinson, renowned runners and writers.**

UPCOMING EVENTS – Marathons directed by club members.

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

January 1, 2014 – Texas Marathon, Kingwood, TX, **Paula & Steve Boone**

April 5, 2014 – Yakima River Canyon Marathon, Ellensburg to Selah, WA, **Bob & Lenore Dolphin**

May 4, 2014 – Tacoma City Marathon, Tacoma, WA, **Tony Phillippi**

May 18, 2014 – Windermere Marathon, Spokane, WA, **Elaine Koga-Kennelly**

Note: If you're a marathon race director and want your run publicized in the Newsletter, let us know soon and we'll make it happen in the next newsletter.

ROSTER UPDATES

On a monthly basis club member **“Cowboy Jeff” Bishton** from Fort Myers Beach, Florida, is updating the roster. Please check your listing on this roster. If any data is missing or needs updating, please let him and Lenore Dolphin know what should be added or changed. 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 postage. The short-sleeved, teal T-shirts and the long-sleeved, white T-shirts cost \$15.00 plus \$4.00 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 CLUB MEMBERS #371 TO #397

The Los Angeles Marathon in California in 1996 was the first marathon for **Armen Anassian** (Burbank, CA), and this year's Surf City Marathon at Huntington Beach, California, was #100. Armen is a father of five and a professional violinist who wrote to Bob Dolphin, "I've never belonged to a club before; however, I recently became aware of you and find myself intrigued with your low-key footprint and essence on the web. I would like to join your group if you'll have me." He set his Personal Record (PR) of 3:26:09 at the 1997 Berlin Marathon at the age of 34.

Marathon Maniac #365 **Ken Briggs** (Spokane, WA) ran his first marathon at age 52 on October 12, 2003, in his hometown of Spokane and his 100th marathon on November 25, 2012, at the Seattle

Marathon in Seattle, WA. Of this total 32 are ultra marathons. His PR of 3:46 was set on July 15, 2002, at age 61. As of June 2012 Ken is a two-year cancer survivor who believes that running is “very important to his physical and mental health.” He recruits and encourages older beginners.

The New Jersey Waterfront Marathon in Jersey City, New Jersey, on May 5, 1985, was #1 for **Brian Buffaloe** (Heathsville, VA), and the New Jersey Marathon at Longbranch, New Jersey, on May 5, 2013, was #100. He has run one ultra, and his PR of 3:14:52 was set on October 12, 1996, at age 47. He has run every New Jersey Marathon since its beginning in 1997, and he sings the national anthem at the start of the full and half New Jersey Marathons.

Jane Burleson (Wrenshall, MN) joins her husband Jeff and brother-in-law Clint to become the third Burleson club member. Her first marathon was Grandma’s Marathon in Duluth, Minnesota, in June of 1990 when she set her PR of 4:01 at age 32. Jane, Jeff and Clint all ran together in June of 2012 when Jeff and Clint reached “momentous Marathon #100” and again on November 1, 2012 when Jane reached #100. This was on Day 4 of the Dead Series directed by Clint in Las Cruces, New Mexico. She let us know that “this was an incredibly special day for me, one that I will remember forever.”

Marathon Maniac #96 **David Darsey** (Los Angeles, CA) ran his first marathon on March 5, 1989, the Los Angeles Marathon in his home town and #100 at the same marathon on March 18, 2012. Of this total 75% have been in California.....13 were the LA Marathon. He has completed marathons in 14 states and six foreign countries and holds a PR of 3:26:15. This was set at St. Georges in 1995 and it got him into Boston for the first time.

Marathon Maniac #1720 **Carol Earles** (Ravenden Springs, AR) became a 50 States FINISHER at the National Rock ‘n’ Roll USA DC Marathon on March 17, 2012. The St. Jude Marathon in Memphis, Tennessee, on December 3, 2005, was her first marathon, and amazingly, four years and one month later, the Texas Marathon on January 1, 2012, at Kingwood, Texas, was her 100th. In 2012 she completed 50 marathons/ultras. She reached the Maniac Titanium Level three years in a row by completing 30 states/countries/provinces in 365 days or less, and she ran the Thanksgiving Quadzilla 2012 in Dallas, Texas. Her PR of 4:20:50 was set on November 4, 2007, at age 38.

Marathon Maniac #1381 **Galen Garrison** (Draper, UT) has completed 57 marathons in 52 weeks, 12 marathons in one month, 9 marathons in 9 days to reach the title of Titanium membership in the Maniacs Club. As of March 2013 he had completed 108 marathons and 19 ultras with a PR of 3:33:53 that was set on May 19, 2012, at age 47. His first marathon was the Hops Marathon by Tampa Bay on January 24, 2004, at Tampa, Florida, and #100, also at Tampa, was the Ultra Miles for Moffitt on April 21, 2012.

Charlie Gregory (Marietta, GA) set his PR of 4:22 on February 19, 2000, at the age of 65! He ran his first marathon, the Hartford Marathon in Hartford, Connecticut, on November 26, 1998, and his 100th, the Publix Georgia Marathon in Atlanta, Georgia, on March 17, 2013. He qualified and ran Boston two times after age 69 and holds the record for the state of Georgia for the 50K 70-74 age group. He became a 50 States FINISHER on October 13, 2007, at the Hartford Marathon in Connecticut.

Chances are you’ve seen a runner in a marathon somewhere wearing a “God is Love” T-shirt and carrying an American flag with the same logo and wondered who he is. Here’s an introduction to that

person, new member **Raef Guerges** (Torrance, CA). He was born on April 13, 1956, and raised in Egypt by Christian parents. He's come a long way since moving to the United States in 1981.....with a strong background in accounting. He worked as a janitor while learning the English language and eventually became a special IRS agent, a position he held until 1990 when he started his CPA business in Torrance. His life took a drastic change in 2005 after he ran a 10K race with no training and running in ordinary tennis shoes in 58:15 at Redondo Beach, California. He felt that God was sending him a message to "spread His Word" through running. One month later on March 5, 2005, he completed the Los Angeles Marathon in 4:59. During a snowstorm at the Roxbury Marathon in Connecticut on December 8, 2007, he became a 50 States & DC FINISHER. On October 7, 2012, he completed Marathon #100, the Long Beach International City Bank Marathon in 6:08 at Long Beach, California. His next goals are to run 14-15 marathons per year to get to #200 and to complete a marathon on each continent. He's proud to wear his special T-shirt and carry a special American flag as his message is reaching so many people.

In January of 2011 **David Hamel** (Spring Lake, NC) had run 85 marathons and had goals of completing his 100th marathon and becoming a 50 States FINISHER. We welcomed him as a 100 Marathon Club "Wannabe" and put him on the master mailing list to receive newsletters etc. He completed his first goal on March 23, 2013, when he ran marathon #100, the Ellerbe Marathon in Ellerbe, North Carolina. He sent us a picture of himself at the finish line with his 100 Marathon Club T-shirt. David ran his first marathon in Japan, the Naha Marathon in Okinawa, on December 9, 1990, and set his PR of 3:25:19 on October 6, 1991, at age 32. He has completed four sub-3:30 marathons and 30 sub-4:00's. He's participated as a representative of various organizations in Air Force, Madison (Wisconsin) and New York City Marathons.

For Marathon Maniac #499 **Pedro Infante** (DuPont, WA) the Portland Marathon in Oregon in October of 2002 was marathon #1, and the Light at the End of the Tunnel Marathon at North Bend, Washington, on November 15, 2012, was #100. His PR of 3:08:28 was set on April 2, 2011, at the Yakima River Canyon Marathon at age 49. As of May 2013 he has a total of 109 marathons and 7 ultras.

Marathon Maniac #874 **Donna Jacobs** (Grifton, NC) ran her first marathon, the Patriots Run at Olathe, Kansas, on September 11, 1989, and her 100th marathon, Run Like the Wind Marathon at Santa Monica, California, on March 13, 2013. She became a 50 States FINISHER on November 17, 2012, at the Crooked Road 24 Hour Run.

For Marathon Maniac #1399 **Steve Kipisz** (Plano, TX) marathon #1 was the Marine Corps Marathon in October of 1999, and Marathon #100 was the Tyler Road Marathon in October of 2012 at Tyler, Texas. He became a 7 Continents FINISHER for the first time in December of 2001 at Vina del May Chile before turning 40 and a second time Continents FINISHER in October 2012 at Auckland, New Zealand at age 50. His PR of 3:17 was set in October of 2007 at age 45.

The flying Pig Marathon in Cincinnati, Ohio, on May 4, 2003, was #1 for Marathon Maniac #1840 **Steven Kuhl** (Florence, KY), and the Philadelphia Marathon in Pennsylvania on November 18, 2012, was #100. He became a 50 States FINISHER on June 19, 2010, at the Mayor's Midnight Sun Marathon in Anchorage, Alaska, and set his PR of 3:59:28 on October 19, 2003, at age 52. He was proud to run 24 marathons in 2012 and proud to finish in 2nd place in the Screaming Pumpkin Prediction Marathon

(night marathon). He estimated his pace and time frame in the event with no aids to become the second runner to finish closest to midnight without passing the midnight deadline.

Marathon Maniac #1782 **Allison Lasso** (Sheffield, MA) ran her first marathon on November 3, 2002, the New York City Marathon in New York State and #100 on April 13, 2013, the Gansett Marathon at Narragansett, Rhode Island. She's on the list of "Best Frequent Marathoners" in 2011 and 2012, and she set her PR of 3:38 on March 22, 2009, at the age of 46.

Marathon Maniac #969 **Mary Lenari** (Sarasota, FL) is a 6 Star Maniac with 16 states in 365 days. The San Diego Marathon in California on May 23, 1999, was her first, and the Marine Corps Marathon in Washington, DC, on October 28, 2012, was her 100th. She became a 50 States FINISHER on October 17, 2010, at the Des Moines Marathon in Iowa. Her PR of 4:58 was set in 2007 at age 60.

An injury just before the 2012 YRCM prevented **Stephen Love** (Mansfield, WA) from running Marathon #100 on March 31, 2012. He recovered enough to be able to run it two months later at the Coeur d' Alene Marathon in Coeur d' Alene, Idaho, on May 27, 2012. That race was his 32nd Coeur d' Alene Marathon with a string of 29 from 1984-2012. He has another remarkable string of 24 Tri-City Marathons in Richland, Washington, from 1987-2011. That race had a gap in 1998 when it was canceled because of a lack of a race director. Steve set his PR of 3:14 in May of 1989 at age 35.

In June of 2012 at Valentine, Nebraska, **John Lui** (Washington, DC) became the youngest runner to finish all 50 States & DC with sub-4:00 times. He ran his first marathon, the Philadelphia Marathon in Pennsylvania, on November 21, 2010, and #100 a little over two years later at the Rock 'n' Roll Marathon in Washington, DC on March 15, 2013! His PR of 3:10 was set on October 7, 2012, at age 24.

Marathon Maniac #1106 **Mike Mahaney** (Seattle, WA) ran Bob Green's Halloween Marathon (south of Olympia, WA) on October 22, 2005, as his first and the Light at the End of the Tunnel Marathon at North Bend, Washington, on September 16, 2012, as #100. By the end of 2012 he had a total of 63 marathons and 42 ultras. His PR of 3:29:42 was set on May 4, 2008, at Eugene, Oregon, at age 52.

Another runner who went from "Wannabe" status to member is Marathon Maniac #3434 **Terri Menghini** (Fenton, MO) who ran Marathon #100 on April 7, 2013, at the Go! Marathon in St. Louis, Missouri. He has completed four Ironman Competitions and is a Star Maniac with 16 states and 22 marathons in one year. Terri's first marathon was the Spirit of St. Louis Marathon in Missouri on October 20, 1996, and he set his PR of 3:48:59 on January 18, 2004, at the age of 39.

The first marathon for **Anne Marie Mulhern** (Youngsville, NC) was the Lake County Marathon in Zion, Illinois, in April of 1984 and #100 was the Mt. Desert Island Marathon at Bar Harbor, Maine, on October 11, 2011. With two new hip implants she's hoping to continue running marathons.

Marathon Maniac #1923 **James Norris** (Maumelle, AR) ran his first marathon, the Mississippi Marathon at Clinton, Mississippi, on December 11, 1993, and completed #100 at the Route 66 Marathon in Tulsa, Oklahoma, on November 18, 2012.

Before Marathon Maniac **Debbie Shelton** (New Albany, IN) ran her 100th marathon, her husband, Jim Shelton, ordered some things to give to her on that momentous day....a 100 Marathon Club T-shirt, a 100 pin and a medallion that said, "In Recognition Of 100 Marathons, Debbie Shelton, Kiawah Island Marathon, **on her 50th birthday**, December 8, 2012, Kiawah Island, South Carolina." What a special day!!! Debbie's first marathon was the Chicago Marathon on October 22, 2000, and she set her PR of 4:24:05 on September 12, 2004, at age 41.

After Marathon Maniac #449 **Michele Smith-Harden** (Norfolk, VA) completed her 95th marathon last summer, she inquired about joining the 100 Marathon Club. It was exciting to hear from her in December that her 100th marathon had been completed on December 5, 2012, at the Seashore Nature Trail 50K at Virginia Beach, Virginia. Her first marathon was the Virginia Beach Marathon on March 14, 1997, and her PR of 3:27:12 was set on October 9, 2005 at age 42. She became a 50 States FINISHER on December 13, 2009, at the Honolulu Marathon in Hawaii and a 7-continent FINISHER at the Easter Island Marathon on June 3, 2012. Some of her other accomplishments are: (1) Streak (September 2001 to present) Virginia Beach Rock 'n' Roll Half; (2) Hiked the Appalachian Trail, 2000; (3) Tidewater Striders Running Club Outstanding Performance Award 2010; (4) Certificate of Special Congressional Recognition (John B. Larson, Member of Congress) October 10, 2009.

Vasilios Stayeas (Germantown, MD) ran his first marathon in Washington, DC, the Marine Corps Marathon, on October 23, 1994, and his 100th at the same race on October 28, 2012. He became a 50 States FINISHER on February 20, 2013, at the Maui Oceanfront Marathon in Hawaii and set his PR of 4:33:44 on April 17, 2000, at age 53. He's had two open-heart surgeries, and doctors have said that running saved his life. As a race director myself, I **really appreciate** these comments on his registration form, "I thank every committee that organizes these marathons. They work so hard to please all of the runners. By attending these marathons I have seen the USA, experienced the USA and made many new friends."

The Chicago Marathon on October 30, 1994, was the first marathon for **Matt Tippie** (Kissimmee, FL) and the Disney World Marathon on January 10, 2010, was #100. As of December 2012 he had a total of 136 marathons and 8 ultras. That included six challenging Pikes Peak Marathons and the 2003 Pikes Peak Double. He set his PR of 3:19 on October 15, 1995, at age 39.

The first marathon for Marathon Maniac #811 **Marsha White** (Gainesville, FL) was the Disney World Marathon in Florida on January 7, 2007. Her 100th 26.2 mile race was the Portland Marathon in Oregon on October 7, 2012. The Peachtree 50K in 2011 was her 100th event of marathon distance or longer. Here are some of her proudest accomplishments: (1) Began running at age 59 and have accomplished 135 marathons/ultras in all 50 states plus foreign countries (Canada, Italy and Iceland); (2) Became a States FINISHER at the Mayors Midnight Sun Marathon June 18, 2011, at Anchorage, Alaska; (3) Personal Best of 5:27 was set at the April 18, 2011, Boston Marathon (my favorite marathon) at age 64 as a charity participant for Dana Farber; (4) Walking races (with a little downhill running) and having really good "walking finishing times."

Bob and Lenore Dolphin
10519 126th Avenue S.E.
Renton, WA 98056

(425)226-1518, Renton
(509)966-0188, Yakima
(425)681-0154, Cell

e-mail: dolphinmteam@earthlink.net