

100 MARATHON CLUB NORTH AMERICA NEWSLETTER #32, September 1, 2013

The Dolphin Marathon Team Remembers April 15, 2013

The morning of April 15, 2013, started out in an unusual way. The first thing we saw on cable news on the right side of the television screen was a picture of Dr. Mitch Hungate, our Renton dentist and good friend. On the left half of screen was a picture of rescuers in the Cascade Mountains being interviewed by a reporter from a Seattle TV station. The next full picture was of an interview with Mitch's wife Marilyn.

Two days before, on Saturday, April 13th, the local news had reported two avalanches near Snoqualmie Pass at Exits 47 and 51 of I-90 mentioning a female fatality at Exit 51 and a snowshoer still missing at Exit 47. We immediately thought of our local Yakima friends who could have been on the mountain that day. Would **Jeff Hagen** and his wife Joyce be there? And were they okay? We later found out that they were indeed snowshoeing in the Cascades that day....but farther north, and they were okay.

We had no more thoughts about the avalanches until early that Monday morning when we saw Mitch's picture on cable news as the "Renton dentist who was still lost in the Saturday avalanche in Washington State!"

Mitch was an Ironman Triathlete who had climbed mountains all over the world: Aconcagua, McKinley, Kilimanjaro, Mt. Kenya, Pico de Orizaba, the Matterhorn, Mt. Blanc, Mt. Whitney, Mt. Assiniboine and the major peaks in Washington and Oregon. He climbed Mt. Rainier over a dozen times including two one-day ascents by different routes.

This was two days after the slide, but we thought, "If anyone can make it, Mitch could." We had hope! It was early in the morning, a terrible way to start a day that was supposed to be one of fun as we followed our friends who were running the Boston Marathon on Patriots Day.

Bob was born in Worcester, Massachusetts, and lived there until he joined the Marine Corps on October 4, 1946, his 17th birthday. He had done some running in high school, but it wasn't until many years later that he became a "competitive" runner. He ran his first marathon, the Heart of America Marathon in Columbia, Missouri, on September 1, 1981, at the age of 51. Like many runners after their first marathon, he set a new goal to "quality for Boston." He hoped to do that while his Dad was still alive. It happened, and his Dad was at the finish line on April 18, 1983, when he completed his first of eleven Boston Marathons.

Instead of our "planned fun day" we sat in front of the TV set watching the coverage of the bombings at this year's Boston Marathon on April 15, 2013. The street where it all happened was familiar to both of us. Many times when I accompanied Bob to Boston I would walk with him to the Boston Common where he caught the bus to the start in Hopkinton. Then I'd return to our car by walking under the Finishing Chute and down Boylston Avenue to where our car was parked. For several years I was able to watch the end of the race from a fourth floor,

corner suite in the Lenox Hotel where I could see runners as they approached the last block or watch them from another window as they crossed the finish line.

That day we saw the often-repeated picture of a man wearing an orange singlet who fell as a bomb exploded nearby.....and then get up to finish the race. Eventually, we commented, "There he goes again!" We were so proud to find out later that the "man in the orange singlet" was our 78 year old friend Bill Iffrig from Lake Stevens, Washington, who is a well-known **great runner** in the Pacific Northwest.

As we watched the horrors of the day, our thoughts were of our friends and acquaintances who were at Boston. When Bob ran his 400th marathon at the Yakima River Canyon Marathon (YRCM) on March 31, 2007, our five children started the "Team Dolphin Boston Marathon Fund Award" in his honor. It gives a monetary gift each year to runners who qualify for Boston at our race (YRCM), apply for the award and receive a check and certificate before the next Boston Marathon. On the certificate is printed, "Congratulations for QUALIFYING for the Boston Marathon. Looking forward to giving you another one for FINISHING the Boston Marathon" **Dave McGillivray**, Boston Marathon Race Director.

Were this year's three winners okay? Have our good friends, the Main Maniacs **Steve Yee, Chris Warren and Tony Phillippi**, crossed the finish line? Are Mary and Cliff Richards all right? **Dave McGillivray** always runs Boston by himself after the last person crosses the finish line. This year it will be different.

The phone started ringing, and we heard many sighs of relief from relatives and friends who thought about us and called to make sure we weren't in Boston. Scott Sandsberry from the Yakima Herald Republic newspaper called to ask for phone numbers we might have for locals he knew were at Boston. It was a day for caring! Fortunately, the ones I've mentioned had all finished and were safe.

April 15, 2013, was indeed an unusual day for us.....unusually sad. The bombings took our minds off of our concern for Mitch Hungate. The week before the avalanche he had walked the first 18 miles of our YRCM with Bob, and they shared stories about their adventures. After he finished the marathon, he came to the motor home where I was for a visit.....our **last visit** after his **last race ever**.

Because the avalanche danger continued to be a threat to the rescuers, it wasn't until May 8th that his body was brought down from the mountain. A memorial service that was attended by hundreds was held in Renton on June 1st. Next year's Yakima River Canyon Marathon on April 5, 2014, will be dedicated to the memory of our Renton dentist and good friend, Mitch Hungate.

Another Upcoming Event

October 27, 2013 – Stone Steps 50K, Cincinnati, OH, **David Corfman**

WELCOME TO CLUB MEMBER #407

The Lincoln Marathon in Nebraska in May of 1999 was the first marathon for **Doug Claxton** (Olathe, KS) and #100 was run last month (August 2013) in Reykjavik, Iceland. He has a PR of 4:17:00 set in January of 2004 at the age of 37,

THE 100 MARATHON CLUB FROM “A” TO “Z”

We didn't hear from the “A's” so we hope that **Tom Adair, Michael Alsworth and Armen Anassian** are all doing okay.

As mentioned in Newsletter #31, **Frank Bartocci** (Rochester, MN) ran his **500th** marathon at **Steve & Paula Boone's** Texas Marathon in Kingwood, Texas, on January 1, 2013. He had run his 400th marathon at the Yakima River Canyon Marathon (YRCM) that we direct on April 2, 2011. We were able to “spoil” him that day with a special poster at the finish line and the presentation of a “400” pin at the awards ceremony. He let us know ahead of time about the date of the big 500, so **Cheri Pompeo** provided a certificate and we sent a “500” pin and medallion to be presented to him after the race. At the end of an e-mail from **Lois Berkowitz** (Riverview, MI) is written: “President, 50 States Marathon Club; Editor, Toledo Roadrunners' Club Footprints; Editor, 50 States Marathon Club Newsletter and Med Mutual Glass City Marathon, April 27, 2014. She's a busy person who also writes articles for the Marathon & Beyond magazine. **Roger Biggs** (Stevenage, UK) is so good about sending us postcards from many of his marathons as he travels around the world: 12/12 – Lisbon, Portugal; 1/27 – Naples, Italy; 3/3 – Auckland, New Zealand; 3/9 – Sydney, Australia; 4/15 – Brighton, UK; 5/6 - Hannover, Germany; 5/26 – Leiden, Netherlands; 6/9 – Luxembourg; 6/16 – Bournemouth, Dorset, England; 6/30 – Imst, Austria; 7/10 – Sixmilebridge, Ireland. This past spring **Jeff Bishton** (Ft. Myers Beach, FL) had a good month of sightseeing in Paris, Vienna, Greece, Budapest and Kiev, Ukraine while in Europe to run four marathons. He ran his **250th** marathon at the Savage Seven Day 4 Marathon on December 28, 2012, at Winter Rock, Florida. Good to hear from Marathon Maniac (MM) #160 **Jim Bitgood** (Laurel, MI). The Maine Coast Marathon at Biddeford, Maine, on May 12, 2013, was #200 for **Diane Bolton** (Nashville, TN). Good to hear from **Steve & Paula Boone** (Humble, TX). After he retired, **Jim Boyd** moved from Seattle to Aberdeen, Washington, in June of 2012 and was recently featured on the “Profile” page of the Daily World newspaper. The headlines were, “In the long run, Jim Boyd is loving his life” and “He's run 351 marathons and plans to stop when he drops.” Marathon #350 was completed at the April 6, 2013, YRCM. Jim writes interesting articles about his marathons. **Tom Brand** (Summit, NJ) became a **TWO TIME STATES FINISHER** at the End of the World Marathon in Humble, Texas, on December 21, 2012. **Jack Brooks** (St. Albans, UK) ran his **300th** marathon at the City of Oaks Marathon on November 4, 2012, at Raleigh, North Carolina. We enjoy

the special jokes, sentimental messages etc. sent by **Mike Brooks** (Danville, ME) Good to hear from **Brian Buffaloe** (Heathsville, VA) and brothers **Clint Burleson** (Organ, NM) and **Jeff Burleson** (Wrenshall, MN). Tina Byers, twin sister of **Barefoot Todd Byers** (Huntington Beach, CA), came from West Virginia to be at the finish line of the Rock 'n' Roll Arizona Marathon in Tempe on January 20, 2013. She presented him with a special medallion and pin as he finished marathon #300.

Here are some quotes from Sue Cammack, widow of **Chuck Cammack** (Albany, OR): "I loved your last newsletter." "The newsletter was packed with so many fascinating stories and accounts of amazing people and their newest achievements. I forwarded it to several friends that I knew would enjoy hearing about these 'super runners.'" We enjoy receiving the "interesting facts" etc. e-mails from **John Connor** Newport, KY). **Tom Craven** (Honolulu, HI) sent pictures of new member **Jc Santa Teresa** to let me know that I used the wrong pronouns in Newsletter #31. Instead of "she" and "her" it should have been "he" and "him."

On May 30, 2013, **Carol Dellinger** (Spokane, WA) let us know that she is a: (1) Warrior Marathon Runner; (2) Finisher of **268** marathons; (3) **Three-Year Breast Cancer Survivor**; (4) Motivational Speaker (509-990-1035)). Carol's quote, "You never know how strong you have to be until being strong is the only option." Posted on the May 30, 2013, website for the Active Network that provides on-line registration was the following headline, "The Famous **Team Dolphin**....Event Director of the Month." "If you're a part of the running community chances are you've heard about **Bob and Lenore Dolphin** (Renton & Yakims, WA) (aka Team Dolphin). These two 83 year-olds are race directors of the beautiful Yakima River Canyon Marathon." We appreciate this honor and want to thank the many volunteers and the 100 Marathon Club members who have helped make the YRCM successful, from #1 on March 31, 2001, to April 6, 2013. The next one on April 5, 2014, will feature **Kathrine Switzer and her husband Roger Robinson** as guest speakers at the pasta feed on April 4, 2014. Because of family and job commitments, **Michael Dutton** (Marysville, WA) hasn't had a chance to run many marathons lately. He supported his wife Maggie as she participated in a recent American Cancer Society Relay for Life.

Evan Fagan (Victoria, BC) sent us a newspaper article about **Janet Green's** April 15, 2013, Boston Marathon experience. *Happy 70th Birthday* to **Frank Fleetham** (Bend, OR) who celebrated this event on March 30, 2013, with a reunion of old running friends at the Broken Top Bottle Shop & Ale Café. Thanks go to **Bob Fletcher** (Fredericksburg, TX) for sending us his new e-mail address. This headline was in The Olympian newspaper (Olympia, WA) on May 18, 2013, "Rochester resident running Capital City Marathon for thirtieth time." The story accompanying it is about **Ron Fowler** (Rochester, WA) who **ran the marathon for the 30th time wearing bib #30. For the past 30 years he has run seven days a week, 365 days a year!!** He is one of 20 who have run all 13 YRCM's and plans to run his **250th** marathon at this race on April 5, 2014. From Rochester, New York, a note from **Norm Frank** said, "Thanks so much for sending me your newsletters. It's great to look back and remember all the places I ran

and runners I met and how they are doing. Keep up the good work. I really miss running and this really helps.” We helped Norm celebrate his 900th marathon at the December 3, 2005, St. Jude’s Marathon in Memphis, Tennessee. He was on his way to becoming the first American to run 1,000 marathons when a stroke changed everything.

Good to hear from **Galen Garrison** (Draper, UT). Business trips to Japan give **Barefoot Jon Gissberg** (Seattle, WA) the opportunity to be an active participant in many of the races sponsored by the Joyful Running Club. Locally, he runs many of the five, annual First Call Marathons each year. The Cowtown Marathon at Fort Worth, Texas, on February 24, 2013, was **#200** for **Carol Goslin** (Kansas City, Mo). The headline in the newspaper read, “Runner returning to Boston” and the picture accompanying the article was of **Dr. Janet Green** (Courtenay, BC). Her **17th Boston Marathon** was one she’ll never forget, but she’s looking forward to her 18th in 2014. She had finished this year’s race 10 minutes before the bombings and was in the baggage pickup area when she saw and heard the explosions. She was grateful for all of the concern she received from the running community and other friends. It was good to hear from **Peter Graham** (London, UK) with news about himself and our Brit running friends.

Another great article by 66 year old **Jeff Hagen** (Yakima, WA) is titled “UltraCentric 48-Hour Race”.....Meadowmere Park, Grapevine, Texas, November 16-18, 2012. He has an interesting style of writing and always adds his goals, strategies and “unexpecteds” to the suspense. At the awards ceremony the director presented him with a stone plaque engraved with the words, **Senior Master Grand Champion** for finishing **First in the 60+ age group with a total of 172 miles!** The next person in this age group had a total of 102 miles, a comfortable margin of 70 miles. This set a **USA RECORD** for his age or older. **CONGRATULATIONS, Jeff!** “To put this 48 hour race in perspective, 172 miles is equal to 6 standard marathons back to back plus a half marathon and a couple of miles for good measure!” **MM Eddie Hahn** (Crestline CA) was happy to finish the Extra Terrestrial Full Moon Midnight Marathon at Rachel, Nevada, on August 17, 2013. Because of injuries and family/work commitments, it was his first marathon in 19 months. He ran the race in 2008 and remembers that this is where he first met **Henry Rueden**. We remember attending Eddie’s 40th birthday party in Tacoma, Washington, when he was in the Army and stationed at Fort Lewis. We recognized a lot of faces on the pictures of the 1998 and 1999 50 States & DC Group reunions that **Wally Herman** (Ottawa, ON) sent us. In the front row of the 1999 picture were “young” **Tom Adair** (with a total of 71 marathons), **Norm Frank** (671), **K-G Nystrom** (504), **Rick Worley** (143), **Wally Herman** (534), **Ray Scharenbrock** (296), **Don McNelly** (529). There were 24 additional club members in this picture. Wally is in touch with **Don McNelly and Norm Frank** monthly. **Yolanda Holder** (Corona, CA) broke her own **WORLD RECORD** in Honolulu, Hawaii, on December 9, 2012, when she became the **FIRST WOMAN in the World to run 100 marathons in a calendar year TWICE**. **Dave Holmen** (Eagan, MN) completed his 150th marathon at the Texas Marathon in Kingwood, Texas, on January 1, 2013. **Rich Holmes** (Durham, NC) was featured in

Sweden's "Outsider" magazine recently. In a four-page spread of the 2012 Spitsbergen, Norway, marathon was a half page photo of him as he was running in front of the snow-covered mountains. Rich became the first person in history to run an entire marathon in Antarctica in a head-to-foot penguin suit when he ran the Last Marathon on March 30, 2013. With that race, he completed his **third time around the continents for his 385th marathon/ultra**. The previous two times were completed in Africa on February 10, 2007, and Antarctica on March 7, 2010. A New Year's Day (2013) e-mail from Rich listed his HUGE goals for 2013 and mentioned that he was the overall **winner** of the Savage 7 in Orlando (December 26-January 1) with cumulative times of the nine who finished **all seven days**. **Tom Hosner** (Trabuco, CA) ran marathon **#200** at the JFK 50 on November 17, 2012, at Boonsboro, Maryland. A fall on ice on January 20, 2013, left **Raymond Hoyle** (Watford Herts, UK) with damage to his right hip and ribs.....and no running for quite awhile. The **250th marathon** for **Steve Hughes** (Little Rock, AR) was the End of the World Marathon at Humble, Texas on December 21, 2012. Good to hear interesting stories from **Gregory Hunter** (St. Helens, CA). His marathon total is now **107**.

Due to plantar fasciitis, **Karl Jensen** (North Vancouver, BC) was sidelined from running but hoped to be able to compete in three recent ultras. **David Jones** (Seattle, WA) is now a retired letter carrier. Health challenges a few years ago broke his streak of daily running for 27+ years. In a New Year's letter he wrote, "I jogged 21 footraces last year (2012). Resigned to P.W.'s (personal worsts/slowest times) albeit thankful for being able to go the distance with no complaints." When not traveling, his new daily running streak often takes him inside the local cemetery where the route of the day takes him by six former postal patrons, picking up litter instead of delivering junk mail. **Greg Judge** (Kent, WA) keeps us informed of his interesting visits to his daughter and family in Thailand where they lived until last June. Injuries have kept him from running, but he's now able to do more walking. Thanks, **Hideki Kinoshita** (Leonia, NJ) for letting me know that **Jc Santa Teresa** is a "male" not a "female." The picture on the March 2013 cover of the "Spokane Area Metro Woman" was of **Elaine Koga-Kennelly** (Newman Lake, WA). Inside was her article, "Forever Young, running can change your life and keep you young." She's the director of the Spokane Windermere Marathon and let us know that the May 19, 2013, race was a HUGE SUCCESS that set a new registration record. **Jim Kunz** (Seattle, WA) is still "hoping to be able to run again soon."

Unha Lee (Olympia, WA) retired from running marathons at the November 2011 Seattle Marathon. She and her husband Patrick are "walking every day....a little over 5 miles." **Bob Lehw** (Dallas, TX) isn't running much these days, but he was able to complete Boston again this year for his **27th in a row**. Good to hear from MM #969 **Mary Lenari** (Sarasota, FL). The updates for **John Lent** (Waltham, VT) are: (1) Age 59; (2) **STATES FINISHER #35**, St. George, Utah, October 4, 1997; (3) **CANADIAN PROVINCES AND TERRITORIES FINISHER #19**, August 26, 2001;

(4) **Finisher #10, 50 Sub-4-Hour** at Fargo Marathon, North Dakota, May 22, 2010; (5) **150th** marathon at Snickers Marathon, Albany Georgia, March 2, 2013; (6) **2nd Time 50 STATES FINISHER**, Sauvie Island, Oregon, July 4, 2013. **Fran Libasci** (Millington, NJ) ran her **100th** marathon at our March 31, 2013, YRCM and hopes that in 2016 she can return for **#200**. She became a **TWO TIMES STATES FINISHER** at the End of the World Marathon on December 21, 2012, at Humble, Texas.

The Mississippi Blues Marathon at Jackson, Mississippi, on January 5, 2013, was **#200** for **Bill Macy** (Lincoln, NE). Another change! **Terri Menghini** (Fenton, MO) was introduced in Newsletter #30 as a male. My error!! SHE is a female. The 2011 personalized holiday card from **Cyndie Merten** (Corvallis, OR) just re-appeared and is so special. On the front is a picture of Cyndie wearing her “**10 stars Maniac singlet**” with the words, “**The year of ten stars**” printed below. The greeting on the inside is, “Happy Holidays! Thank you for helping and inspiring me to reach for my stars! Cyndie Merten. 2011.” Good to hear from **Leslie Miller** (Seattle, WA). We’re sorry she missed the April 6, 2013, YRCM due to illness. In the early part of 2013 the bad weather of snow and high winds in Wales caused the cancellation of a lot of races for **Alan Morton** (Tywyn Gwynedd, Wales) and most of his training has been on a treadmill. The Austin Marathon in Texas on February 17, 2013, was **#300** for **Parvaneh Moayedi** (Manchaca, TX)

Last March, **Jose Nebrida** (Chicago, IL) let us know that he had been in the hospital for a month when he had two open-heart surgeries for valve replacements and blood clot complications. He had hoped to recover within eight months, but last week we heard that he was in the hospital again. Our thoughts and prayers go out for Jose.

Tony Phillippi (Tacoma, WA) continues to keep busy directing races, working with the Marathon Maniacs Club and being the webmaster for our club. Every year he “comes early and stays late” to help us in Yakima with the YRCM. Thanks go to **Cheri Pompeo** (Woodinville, WA) for doing a good job of sending certificates to new members and milestone certificates to others. Let us know when you reach a specific goal and we’ll have Cheri make a certificate for you. The special e-mails from **Mel Preedy** (Ravensdale, WA) are always good for a laugh or full of “food for thought.” **Walt Prescott** (Decatur, GA) continues to do a good job of keeping the U.S. portion of the World Megamarathon Ranking 300+ list up-to-date. When you reach the **300 Marathon Milestone**, be sure to let Walt know at runninglongnh@yahoo.com, (404)775-5572. There are 335 world members of which 79 runners are from the USA/North America. To view this list, go to the website <http://worldmegamarathoning.com>.

Plantar fasciitis, “the worst injury in 35 years of running” forced MM **David Reid** (Crestline, CA) to put racing on hold last year. We hope he’s okay by now. Shortly after we lost our good friend (and dentist) 61 year old Dr. Mitch Hungate, to an

avalanche in the Cascade Mountains in Washington State, a Salem, Oregon, dentist, 59 year old Dr. Kinley Adams, was killed in a fall on Mt. Hood in Oregon as he was preparing for a trip to Nepal. He was a good friend of **Fenny Roberts** (Salem, OR)....first violinist in the Salem Orchestra where she is the first flautist. **Dr. Ashis Roy** (India and Alexandria, VA) has a total of **115** marathons. After recovering from back surgery, he's participating in half marathons. His new book is proceeding well, and he hopes to get it released in 2014. Good luck to **Henry Rueden** (DePere, WI) when he runs **MARATHON #900** at Fox Cities in Wisconsin!!!

Good to hear from **Doris and Mario Sagasser** (Henstedt-Ulzburg, Germany). **Jc Santa Teresa** asked me to change the "she" and "her" to "he" and "his." When I inquired about his name (Jc), he wrote, "My last name is long enough, so my parents spared me with a two-letter first name." We continue getting great letters from **Ray Scharenbrock** (South Milwaukee, WI) telling us all about his world-wide travels. We always appreciate the help of **Jim Scheer** (Vancouver, WA) when he comes to Yakima for the YRCM and to Renton for the Seattle Marathon. With a time of 3:13:39, **Terry Sentinella** (Anacortes, WA) was the **WINNER** of the December 8, 2012, Ghost of Birch Bay Marathon at Birch Bay, Washington. **Clay Shaw** (York, PA) wrote that he completed Marathon **#180** and **State #47** on the second tour of the USA at the Seattle Rock 'n' Roll Marathon last June with a time of 6:52. He can't run anymore, so he's walking his races. He and his wife Karen plan to go to Ethiopia for a marathon in October for **Country #22**. Good to hear from **James Shelton** (New Albany, IN). Good to hear from **Richard Stewart** (Prince George, BC) and **Mark Stodgill** (Duluth, MN).

Good to hear from **Bill Torsen** (Bellevue, WA). Throughout the year we receive "ladybug" vibes and thoughts from **Cathy Troisi** (Cohoes, NY). Our thoughts were with her on April 15, 2013, when she was a Dana-Farber Charity Participant for her **19th Consecutive Boston Marathon**. She often writes good articles about her marathon experiences, so we were grateful to get her story three days later on April 18th. A quote in the first paragraph says, "*For Monday's 117th Boston Marathon, there isn't anything 'otc' that addresses the pain. It's so palpable, it's almost physical. I wasn't there at the site of the finish line explosions but I was there.*" The last paragraph on page 5 reads, "*Our Boston Marathon day was marred and we will carry the scars of those lost and maimed hereafter. April 15, 2013, will be remembered by marathoners and we will be able to identify where we were when 'it' happened as much as those who know where they were when Kennedy was shot, when 9/11 occurred, and all such tragedies that touch our heart and soul, and now our soles. All associated with Boston, the city as well as the marathon, will forever carry this memory as we move forward to next year, not to forget but to remember. Whoever did this took some lives, seriously maimed and injured many others, took the marathon finish from many. But, what cannot be taken is the spirit of the marathon.*"

Good to hear from **Michael Wakabayashi** (Spokane, WA). Here are excerpts from the May 14, 2013, e-mail from **John “Maddog” Wallace**, “ I wasn’t sure I would ever be sending out race results ever again? I ignored several cardiologists who kept telling me that I COULD NOT and SHOULD NOT ever run a marathon again. After 8 months of sabbatical from running to recover from 3 cardioversions and one ablation procedure and months of treatment with several toxic drugs to force the auto immune disease (UC) into remission I was finally able to run the inaugural St. Kitts Marathon in Basseterre, St. Kitts (Caribbean) on May 12th. The course was hilly and tough and the weather was brutally HOT. I was out on the course for a PW (Personal Worst) of 5:27 but I did finish the race. **Marathon #361 and Country #116 – the new World Record..**” John has a website, www.maddog.blogspot.com, where he posts the reports of his many worldwide races. There’s a great picture of him in front of the Space Needle after the June 2013 Seattle Rock ‘n’ Roll Marathon. It’s a special one of a smiling grandfather holding his very young “Princess Lauren.” By December 31, 2012, **William Whipp** (Harrison, OH) had run **278 marathons and 35 ultras for a total of 313**. The total for his races with an artificial knee are **258 marathons and 29 ultras, grand total of 287**. On April 27, 2013, the total for the knee replacement became **#300 marathons/ultras** when he completed the Christie Clinic Illinois Marathon at Champaign, Illinois. The update for **Jay Jacob Wind** (Arlington, VA) as of December 31, 2012, was 10 marathons in 2012 bringing his lifetime total to **148**. After the Boston Marathon on April 15, 2013, he wrote, “I decided to run in the 10:00 a.m. start, as assigned, rather than optionally choosing the 10:20 a.m. or 10:40 a.m. starts. If I’d started at 10:40, I’d have been right near the finish line when the bombs exploded. My heart goes out to all who were injured and killed at the Boston Marathon.” Two weeks after Boston he directed the Potomac River Run Marathon which made a \$1,000 donation to One Fund Boston. Most of you have probably seen **Michael David Wojcio** (Maui, HI...formerly of NJ) carrying flags in his **122 marathons**. On June 22, 2013, he carried the American and Norwegian flags as he ran the Midnight Sun Marathon in Norway. The highlight of that trip was giving out about 20 U.S. flag pins to Norwegian children along the way. He plans to carry two US flags and give out a lot of U.S. flag pins along the way in the New York City Marathon in November 2013.

Good to hear from MM #1 **Steve Yee** (Renton, WA) when he updated Alan Morton’s MM dues for me.

“Hi” to the Z’s: **Dale & Sandra Zanchi** (Louisville, KY) **Marie Zornes** (Seattle, WA) and **John Zelenznekow** (Victoria, Australia).

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