

# 100 MARATHON CLUB NORTH AMERICA

## Newsletter #34 - March 4, 2014

### UPCOMING RACES – Events Directed by Club Members

April 5, 2014 – Yakima River Canyon Marathon.....Ellensburg to Selah, WA...

**100 Marathon Club Reunion, Bob & Lenore Dolphin**

April 12, 2014 – Davy Crockett Bear Chase, Groveton, TX, **Steve & Paula Boone**

April 21, 2014 – Boston Marathon, Boston, MA, **Dave McGillivray**

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

May 25, 2014 – Bob Potts, York, PA, **Clay Shaw**

June 1, 2014 – Windermere Marathon, Spokane, WA, **Elaine Koga-Kennelly**

June 7, 2014 – Green River Marathon, Kent to Seattle, WA, **Steve Barrick**

June 7, 2014 – Squaw Peak 50M Trail, Provo, UT, **John Bozung**

September 7, 2014 - Skagit Flats Marathon, Burlington, WA, **Terry Sentinella**

September 13-14, 2014 – The Plain 100 K and 100 Mile Endurance Run, Forest Service trails and roads in the Cascade Mountains in the Lake Wenatchee, Entiat and Chelan ranger districts in Washington State. There are 59 miles of trail & FS roads and 3 miles of pavement, all remote. Elevation gain and loss of 14,000 feet. Train for a fairly steep and difficult course with great scenery. **Tom Ripley & Chris Ralph.**

October 19, 2014 – Metro Health Grand Rapids Marathon, Grand Rapids, MI, **Don Kern**

October 26, 2014 – Stone Steps 50K Race, Cincinnati, OH, **David Corfman**

**Website to Clint Burleson's races:** <http://www.mainlymarathons.com>.....This includes 36 marathons and halves across 25 states. Dustbowl Series: 3/22/14-3/26/14; Riverboat Series: 4/12/14-4/16/14; New Mexico State Parks Series: 5/8/14-5/11/14; Heartland Series: 6/4/14-6/8/14; Center of the Nation Series, 9/17/14-9/21/14; Appalachian Series, 10/11/14-10/15/14; Day of the Dead Series: 10/27/14-11/2/14.

### NEW MARATHON CLUBS

**John “Maddog” Wallace** let us know that the Country Club has launched a new website, [www.countrymarathonclub.com](http://www.countrymarathonclub.com). This club is for runners who have completed marathons in 30 or more countries. Their goal is to maintain a close family feeling in the club as they continue adding “countries” to their lists.

According to **Rich Holmes**, the Marathon Globetrotters, a new international marathon club, was launched on Valentine’s Day, February 14, 2014. The new club, at [www.marathonglobetrotters.org](http://www.marathonglobetrotters.org), is a volunteer, non-profit association of marathoners from countries around the world. Ten countries must be completed for full membership, but a candidate can join upon completing 5 countries. The club does not collect dues, and all club officers and rules are selected and voted upon by the club members. Anyone interested in the club can get more information from the website or by joining the Facebook group “Marathon Globetrotters.”

## INTRODUCING RON AND NANCY FOWLER

At the 100 Marathon Club Reunion during last year's Yakima River Canyon Marathon weekend, **Ron and Nancy Fowler** were introduced as the couple who would begin actively working with **Bob and Lenore Dolphin** in the administration of club functions. From "Ron's Bio" this is "who they are!"

*Nancy and I are enjoying the process of becoming much more actively involved with 100 Marathon Club North America organizational activities. Our initial challenge has been assuming responsibility for the club's roster. Re-creating the roster offered an opportunity to better familiarize ourselves with our club's diverse membership and the amazing accomplishments of all of our members. Whether a member's total is 100 or 1,000+ marathons, the common thread is we are a group of people who set, pursue, and achieve incredible goals.*

*Since the founding of the 100 Marathon Club North America in conjunction with the initial Yakima River Canyon Marathon in 2001, Ron has been involved in race set up, and chauffeuring guest speakers and assisting special guest participants. This has proven to be a fun way to get to know Dick Beardsley, John "The Penguin" Bingham, Joe Henderson, Rick Nealis, runners from Brazil and India, etc. Since 2010 Nancy has been a volunteer assisting with shirt sales and working the finish line area.*

*Ron started running in 1969, motivated by a doctor friend who gave him a copy of Dr. Ken Cooper's "Aerobics" book. That life-changing event has led to 45 years of running. The 1978 Seattle Marathon hooked him on racing, and his marathon and ultra total is now at 245, with #250 scheduled for this spring. In 1983 he started a seven-days-a-week running streak that will reach 31 years this month. As he is frequently heard to only half-jokingly say, "No one uses the terms 'smart' and 'runner' in the same sentence."*

*Nancy isn't a marathoner, but in the past three years she has completed 5K and 10K events, and is making noise about taking a shot at a half marathon. She and Ron live near Littlerock, Washington, just south of Olympia. They have been good friends since meeting in high school. Nancy had been widowed for several years, and Ron had been single for 20 years when they re-connected in 2009 thanks to classmates.com. They were married in 2010.*

Nancy completed a time-consuming....and fabulous....job of updating the club roster. It's now current as of March 1, 2014. Be sure to send your accomplishments, news etc. to her and Ron at [sodabottles@yahoo.com](mailto:sodabottles@yahoo.com). (Ron has a huge collection of soda bottles, is an expert on them and has authored and co-authored books about this subject.) Send your updates and information to Lenore Dolphin, also, at [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net). Ron and Nancy will be writing the newsletters that highlight the accomplishments of the new members.

## WELCOME to New Members #430-#435

**Ron Adams** (North Vancouver, BC, Canada); **Roscoe Douglas** (Macon, GA); **Diana Martinez** (Holladay, UT); **Jim Schroeder** (Indialantic, FL); **Robert Stretz** (Issaquah, WA); and **Jonathan Young** (Benton, AR)

## MILESTONES

### .....50 States Finishers

***First Time:*** **Cyndie Merten** (Corvallis, OR) 7/21/13; **Tony Reed** (Dallas, TX) 8/18/13; **JC Santa Teresa** (Nanuit, NY) 6/22/13; **Eddie Vega** (Raleigh, NC) 6/22/13..

***Second Time:*** **John Lent** (Waltham, VT) 7/4/13; **Don and Marion Landry** (Montreal, Quebec, Canada) 6/22/13; **Ginny Turner** (Hillsboro, OR) 12/8/12.

***Third Time:*** **Carol Goslin** (Kansas City, MO) 7/7/13.

***Fourth Time:*** **Lois Berkowitz** (Riverview, MI) 8/18/13; **Robert “Cowboy Jeff” Bishton** (Ft. Myers Beach, FL) 9/8/13; **Marv Bradley** (Canyon City, CO) 9/29/13; **Steve Hughes** (Little Rock, AR) 2/1/14.

***Fifth Time:*** **Walt Prescott** (Decatur, GA) 8/24/13.

***NINTH TIME:*** **Eugene DeFronzo** (Cheshire, CT) 9/1/13.

### .....Special Number Goals

**Michael Alsworth** (Swinton Wilshire, England) 350, Las Vegas.

**Dave Bell** ((Highland Ranch, CO) 350, 8/10/13.

**Mike Brooks** (Danville, ME) 400, Plymouth, MA.

**Domitilia Dos Santos** (New York, NY) 200, 1/5/14.

**David Holmen** (Eagan, MN) 200, 12/7/13.

**Rich Holmes** (Durham, NC) 400, 8/17/13.

**Steve Hughes** (Little Rock, AR) 300, 2/1/14.

**Don Landry** (Montreal, Quebec, Canada) 300, 9/1/13.

**Leslie Miller** (Seattle, WA) 200, 10/12/13.

**Cheri Pompeo** (Woodinville, WA) 350, 8/10/13.

**Edwin Roth** (Cologne, Germany) 200, 8/11/13.

**HENRY RUEDEN** (DePere, WI) **900, 9/22/13.**

## WORLD MEGAMARATHON RANKING 300+ As of December 31, 2013

Our Club contact person for new listings and twice a year updates is **Walt Prescott** at [runninglongnh@yahoo.com](mailto:runninglongnh@yahoo.com). The following is a list of club members who have run 300+ marathons and their current totals..

Christian Hottas 2,097, Larry Macon 1,235, Jim Simpson 1,204, Norm Frank 965, Henry Rueden 923, Karl-Gustav (K-G) Nystrom 830, Roger Biggs 773, Don McNelly 744, Wally Herman 728, Jerry Herndon 666, Edson Sanchez 655, Andrew Kotulski 653, Ray Scharenbrock 653, Steve Edwards 637, Big Dave Carter 627, Peter Butler 580, Eugene DeFronzo 568, Frank Bartocci 562, Don Ellis 553, Steve Boone 538, Dave Major 514, Parvaneh Moayedi 502, Bob Dolphin 501, Jurgen Kuhlmeier 478, Gina Little 476, Susan Daley 468, Yolanda Holder 459, Jon Mahoney, 453, Sharon Kerson 451, Mel Preedy 439, Rich Holmes 423, Alan Morton 419, Mike Brooks 407, Don Lang (deceased) 406, Deborah Gobins 400, Rick Haase 382, Lois Berkowitz 382, Stan Nakashima 374, Kendell Prescott 373, Mario Sagassar 367, Brenton Floyd 367, John Wallace 367, Stan Holehan 367, Cheri Pompeo 361, Michael Alsworth 358, Tom Detore 357, John Bozung 355, Jim Boyd 354, Jim Scheer 352, Dan Shuff 351, Francesco Criniti 346, Van Phan 346, Robert Lopez 344, Rich Decample 342, Bill Whipp 339, Rosemary Evans 338, Jack Brooks 337, Deo Jaravata 336, Monte Pascual 332, Janet Green 331, Cathy Troisi 330, David Jones 327, Burt Carlson 322, Mark Stodgill 313, Chuck Engle 311, Paula Boone 311, Don Landry 309, Tom Adair 308, Cyndie Merten 308, Angela Ivory (deceased) 305, Steve Hughes 304, Steven Yee 300, Wally Oakes 300.

## QUOTES AND NOTES

After dusting off some cobwebs from the brains of **Frank Bartocci** (Rochester, MN) and **Lenore Dolphin** (Yakima & Renton, WA) we remembered that we first met at the Royal Victoria Marathon in Victoria, BC, Canada, when **Bob Dolphin** ran his 300<sup>th</sup> marathon there on October 13, 2002. Frank noticed our special “300 Marathon T-shirts” as we noticed the 50 States & DC Marathon Group T-shirt he was wearing. Both shirts were good “conversation openers.” **Lois Berkowitz** (Riverview, MI) is the author of the Yakima River Canyon Marathon article on pages 160-170 of the January/February *Marathon and Beyond* magazine. At the April meeting of the 100 Marathon Club United Kingdom, **Roger Biggs** (Stevenage, UK) will step down as Club Chairman. Keep the postcards coming from your races all over the world, Roger. **Michael Brandt** (El Dorado Hills, CA) wrote that “he completed his 105<sup>th</sup> marathon and 15<sup>th</sup> country at Marathon de Medoc in Pauillac, France. This *was by far the best marathon I ever participated in – second to none*. It was not a true marathon in the sense that you needed to finish for time, but more of a ‘happening,’ or a phenomenon that occurs nowhere else in the world. Besides running in Sci-Fi

costumes, they serve wine at 22 stations along the course which runs through multiple Chateaus and vineyards. It's truly an adventure *binge marathon!*"

This is a quote from **Sue Cammack** (widow of **Chuck Cammack**....Albany, OR), "I love receiving the newsletters.....remembering all of the old friends' names and reading about the accomplishments of so many amazing folks." **Russell Cheney** (Torrance, CA) is planning a 2014 Alaska Summer Exploration tentatively set from mid-May to perhaps as late as mid-October. "Objectives include qualifying Alaska as both a Drive-to-Run Marathon and ultra marathon state, exploring some National Parks, identifying new avifauna species becoming more educated about our great nation and having some fun. You're invited!" For information contact him at [rbcheney@msn.com](mailto:rbcheney@msn.com). One of our oldest club members, **Hal Copeland** (Richland, WA), will be 94 on March 27, 2014. He was featured on Seattle's KING TV 11:00 p.m. news as part of the *Hanford Story*. A picture of him with his marathon medals was shown during the interview.

Here's a nice quote from **Elaine Doll-Dunn** (Spearfish, SD) after she read newsletter #33, "What fun. You are an amazing couple....how can I run out of steam when you keep raising the bar?" . "*Life by Daily Burn*" conducted a survey of "*The 20 Most Inspirational Runners in the U.S.*" Included last November in the results (in alphabetical order) were **Bob & Lenore Dolphin**, **Larry Macon** (San Antonio, TX) and **Dave McGillivray** (North Andover, MA).

On page 68 of the September 2013 *Runner's World* magazine is a story about "**Marathon Junkie**" **Chuck Engle** (Coos Bay, OR) titled "The Rule Breaker." He's run an average of 25 marathons per year with an average finishing time of 2:43. He's set 60 course records and once ran 58 marathons in 52 consecutive weekends.

On November 8, 2013, **Justin Gillette** (Goshen, IN) wrote, "I know I have won 67 marathons, but that hopefully changes this weekend when I race. I am hoping to get to 70 by the end of the year." **Bob Green** wasn't a club member, but he was known by many of us as the race director of the many holiday marathons & other events at Millersylvania State Park (south of Olympia, WA) and some at Elma, WA. We've received the sad news that he recently passed away at the age of 52.

The "subject" of the November 12, 2013, e-mail from **Raef Guirges** (Torrance, CA) was "Malibu Marathon #113. Going for 200." On December 9, 2013, the e-mail "subject" was "My 114<sup>th</sup> Marathon at Tucson, AZ".....and below it he commented that he wore bib #999 and "ran this marathon wearing my son-in-law's shoes by mistake!"

A headline on the Sports Section's page 3 of the *Yakima Herald-Republic* newspaper on January 16, 2014, was "**Hagen Sets America Ultramarathon Record.**" "**Jeff Hagen** (Yakima, WA) set an American record for his age group at the Across the Years 48 Hour Race in Glendale, AZ earlier this month. The 66 year old Hagen covered 179.5 miles spanning the two-day event that started on December 30<sup>th</sup> and concluded on January 1,

established a national record for age 65 & older. Hagen finished third overall in a field of 80 runners. The winner was 40 years old and second was 39. Hagen's distance eclipsed the 48 hour age record for the road and track." Jeff's wife Joyce was his support person. His comment afterwards was, "This was a record for all age groups 65+. It was a decent effort for the Hagen Running Team." **Eddie Hahn** (Crestline, CA) often sends pictures and reports of his marathons. On January 21, 2014, **Gregory Hunter** (St. Helena, CA) sent this update.....age 63 and 108 completed marathons."

**Julia Khvasechko** (New York, NY) let us know early in January that her "soon-to-be---husband Shane" and she would become **50 STATES FINISHERS** at the Maui Oceanfront Marathon. They've run more than 60 marathons together from start to finish and this time they'll be finishing the race as a *Newly Married Couple* after their wedding at Mile 17. **Congratulations!** To correct an error in Newsletter #33, Julia's first marathon was at the Marine Corps Marathon on October 27, 2005 (not 2002) and her 100<sup>th</sup> was at the same race 8 years later on October 27, 2013. **Andy Kotulski** (Montclair, NJ) is recovering from major heart surgery on November 20, 2013. As of October 4, 2013, the total number of marathons for **Bob Livitz** (Houston, TX) was 170.

A December 2, 2013, headline, on 1200 News Radio WOAI was "*Local Attorney Macon Won't Stop Running.*" "San Antonio's 'Marathon Maniac,' attorney Larry Macon, broke his own record for the number of marathons run by a man in a year over the weekend, and he still has a whole month of marathons left. 1200 WOAI news reports Macon completed the Gobble Gobble Dozen Marathon across the Leon Creek Greenway on the north side over the weekend, marking his 158<sup>th</sup> marathon of 2013. Macon started setting marathon records in 2011 when he broke the record for the number of marathons run by a man, and he broke that record again on New Year's Eve of 2012. Macon points out that he still has a month of marathons ahead to add to his record. 'I am so thankful that I am in good enough health to continue to run marathons,' Macon said. Since Macon began running about 15 years ago, he has completed 1,191 marathons. He was inducted into the Marathon Maniacs Hall of Fame in 2010." **Jon & Sherry Mahoney** (Vancouver, BC, Canada) ran marathon #449 (Jon) and #180 (Sherry) at the Melbourne Marathon in Australia. Their comment about their activities is, "Traveling and running.....running and traveling." Pictures of **Leslie Miller** (Seattle, WA) and **Mel Preedy** (Ravensdale, WA) were on pages 9 and 10 of the December 2013 *Northwest Runner magazine*.

**Tony Reed** (Dallas, TX) ran marathon #125 on August 18, 2013. Because of back surgery a few years ago **Dr. Ashis Roy** (New Delhi, India) is running mostly half marathons instead of longer races. His second book was due to be published two months ago. By November 1, 2013, the total number of countries for **Mario & Doris Sagassi** (Henstedt-Izburg, Germany) was 34 for him and 33 for her. They send an invitation for 100 Marathon Club members to experience the TUI Marathon Hannover on April 27, 2014, and be a part of an unforgettable running weekend. This will be the biggest running event in lower Saxony, Germany. For the first time they are initiating a meeting of the members of the 100 Marathon clubs. "Take this opportunity to share your experience and passion about



marathon running with like-minded (co-) athletes from around the world.” For registration via e-mail go to [gilbert.aust@epchels-event.com](mailto:gilbert.aust@epchels-event.com). **Jc Santa Teresa** (Ninuet, NY) wrote, “Just letting you know that I ran my **7<sup>th</sup> Continent** last week (mid October 2013), the inaugural Haile Gebrselassie Marathon in Ethiopia This year has been great. First was reaching the 100<sup>th</sup> marathon mark, then followed by the completion of the **50 States & DC** and then the continents.” On page 22 of the February 2014 *Runner’s World* magazine is a picture of **Jim Simpson** (Huntington Beach, CA) with the following, “**WHAT IT TAKES TO....Accumulate Mega Marathon Miles.** Jim Simpson became the first American to ever tally 1,000 marathon finishes, a feat he achieved in January 2013. But why stop there? The 72 year-old retiree from Huntington Beach, California, pressed on, logging 149 more marathons between then and the end of November (press time). Simpson gets around to races via a camper, which he recently upgraded so it allows for hot postrun showers.” Jim’s comment, “I am goal oriented, and I like a challenge. I’m going to keep going as long as I can.”

Between November 2012 and January 15, 2014, **Matt Tippie** (Kissimmee, FL) completed marathons #13 to #156. From the November 8, 2013, e-mail of **John Van Steenbergh** (Flower Branch, GA) is this quote, “My 100<sup>th</sup> marathon was the Kings Mountain Marathon in Clover, SC on 4/21/12. I actually won that, so I’ve won six marathons altogether. To date, I’ve been runner-up eight times and third place eight times.”

Congratulations to **Jay Jacob Wind** (Arlington, VA) who at age 63 years and 353 days was the overall winner of the Hawk Indoor Marathon with a time of 3:29:20 at Hagerstown Community College, Hagerstown, MD on December 31, 2013. This win moves him to 6<sup>th</sup> place on the all-time list of oldest marathon winners. On May 17, 1980, in his 12<sup>th</sup> marathon he won the Delaware Minuteman Marathon in 2:32:12. His comment, “It’s been a long time between marathon victories!” Again, two brains were dusted off as **Lee Weinhold** (Stewartville, MN) and I reminisced about where we met. It was some time after the running of the inaugural Yakima River Canyon Marathon in 2001 that I noticed a runner at a nearby table in the VIP tent of the Marine Corps Marathon who was wearing a 50 States & DC T-shirt. As I approached this table to introduce myself to the runner, he saw the YRCM sweatshirt I was wearing and said to me, “I ran your first race and got a ‘Nuts to You’ award.” More than ten years later we’ve reconnected....and Lee said, “I was that guy in DC. We 50 staters do a lot of marathons over the years and some just blend into each other. Yours was special because of the little things you and Bob do to make everyone feel welcomed. I hope to get out there again.”

We hope to see a lot of you at the 14<sup>th</sup> annual Yakima River Canyon Marathon for a club reunion.... a weekend of fun with a marathon on an awesome course.

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