

100 MARATHON CLUB NORTH AMERICA

Newsletter #43 – May 1, 2015

ALL 100 MARATHON CLUB NORTH AMERICA NEWSLETTERS ARE NOW ARCHIVED ON-LINE!

All of the previous 100 Marathon Club North America newsletters are now archived at our web site. Special thanks to webmaster **Tony Phillippi** for posting the back issues and maintaining the site for us!

UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

05-03-15 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

06-06-15 – Green River Marathon, Kent to Seattle, WA – **Steve Barrick**

09-13-15 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

04-02-16 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**

The Hard Core Runners Club and co-race directors **Bob and Lenore Dolphin** have announced the sixteenth annual Yakima River Canyon Marathon is set for April 2, 2016. The scheduled guest speakers at the pre-race spaghetti feed will be internationally renowned marathoners Kathrine Switzer and her husband, Roger Robinson. Plans are also being formulated to add a small, capped half marathon event.

Attention 100 Marathon Club North America member marathon and ultra race directors: to publicize your event(s) in this newsletter, please send us information about your race(s).

100 MARATHON CLUB NORTH AMERICA SUPPORT

The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. Please contact us if you are interested in making a purchase.

OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLET'S AVAILABLE ON-LINE!

Men's and women's specific 100 Marathon Club North America singlets are pictured and available for ordering via the "Maniac Gear/Dues" portion of MarathonManiacs.com. These very attractive, blue and white shirts were professionally designed and feature images of both United States and Canadian flags. Check them out and order yours today!

WELCOME NEW MEMBERS!

The 1980 Palos Verdes Marathon was the first marathon for **Michael Baumann** of Visalia, California. Mike chalked up his 100th marathon at the 2015 Napa Valley (California) Marathon in grand style, logging a 3:39:16 at age 58. A member of the Visalia Runners club, Mike has a long history of strong finishes, including first place overall at the 2002 Sacramento Marathon with a winning time of 2:54:19.

Tomer Benyair of Great Neck, New York logged his first marathon at the 2010 ING Miami (Florida) Marathon. He chose the recently completed 2015 The Promised Land Race in Shoham, Israel for his 100th marathon. During the past five years, Tomer has really been pounding out the races, including one stretch of six marathons in six days. His current total is 87 marathons and 13 ultras. Tomer set his 3:30:42 PR in 2012 at age 35.

The 2001 Los Angeles Marathon was the first marathon for **Mitchell Chan** of Costa Mesa, California. Mitch notched his 100th marathon at the 2012 Pasadena Marathon. At age 36 he established his 3:47 PR at the 2012 Rock 'n Roll Arizona Marathon. Mitch's current total is 136 marathons and 25 ultras.

Matthew Hamidullah of Charlotte, North Carolina ran the 2010 Cleveland (Ohio) Marathon for his first marathon. Just over three years later the Independent 7 in San Antonio, Texas was his 100th marathon. Continuing this torrid pace, Matthew notched his 200th at the March 28, 2015 Race For R.A.R.E. 50K, a trail ultra near Lowell, North Carolina. Last month he knocked out another nine races, boosting his current total to 194 marathons and 15 ultras. Whew!

Everett, Washington's **Rich Menzel** chose the 1997 Seattle Marathon as his first marathon, and the 2014 Yakima River Canyon Marathon for #100. Rich set his 4:29 PR in 2003 at age 60. His current total is 105 marathons.

The addition of Mike, Tomer, Mitch, Matthew, and Rich boosts the 100 Marathon Club North America membership grand total to 476.

MEMBER UPDATES

Race #500 is rapidly approaching for **Rich Holmes** of Durham, North Carolina. His seven races in March 2015 included the Last Marathon (Antarctica), the Shamrock Marathon (Virginia Beach, Virginia), and the five-in-five-consecutive-days Mainly Marathons Dustbowl Series (Dalhart, Texas; Guymon, Oklahoma; Ulysses, Kansas; Lamar, Colorado; Clayton, New Mexico). The Sierra Negra Volcano Galapagos Marathon was his sole race in April, boosting his current total to 495 marathons and ultras. This month Rich is planning to run Northern California's Avenue of Giants Marathon in Humboldt Redwoods State Park, followed by marathons in: Skopje, Macedonia; Riga, Latvia; and Ottawa, Ontario, Canada. He'll top off May by celebrating his 500th at the Walled City Marathon in Derry, North Ireland.

100 Marathon Club North America member **Larry Macon** of San Antonio, Texas was the subject of an excellent article published in the March-April 2015 issue of *Marathon & Beyond* magazine. (If you aren't familiar with Larry's amazing running achievements, check out the 100 Marathon Club North America roster.) This latest article is the end result of an extensive interview conducted by author and fellow marathoner Chuck Savage in late 2014. In addition to detailing the incredible number of races Larry has logged since starting to run marathons in 1996, the article details Larry's background – academic scholarship to Yale, graduate of the University of Texas Law School, and a partner in a prestigious San Antonio law firm. The heart of the article details “Larry's secret...at his usual pace, the distances take almost nothing out of him...he doesn't get stiff or sore from day after day of doing the 26.2 and rarely gets blisters, cramps, sunburns, or stomach upsets...he has the usual problems with doctors demanding that he take it easier, but he just sloughs off their demands like a lot of us do...most of his times are between five hours and 6 ½ hours...substantially faster than all of the runners who are anything like his American competitors for numbers of marathons...Scheduling races is hard because there are so many. Usually Larry schedules one for Saturday and two for Sunday in case there are problems with flights, weather, or driving conditions.” If you missed this excellent article, visit marathonandbeyond.com for subscription information.

It was great to hear from **Mario Sagasser** of Henstedt-Ulzburg, Germany (one of five 100 Marathon Club North America members from Germany). Mario wrote to notify us he enjoys the club newsletter and completed his 400th marathon (simultaneously notching his 40th different country) at Mumbai, India on January 18, 2015. Way to go, Mario!

John Schaap of Louisville, Kentucky completed his 200th marathon last weekend at the Kentucky Derby Marathon in Louisville. Congratulations, John!

Hmmmm. The last we heard from **John “Maddog” Wallace** of Longboat Key, Florida he had “retired from running due to heart issues in 2014.” Wrong! A recent EMail message from Maddog included a link to a blog posting detailing his successful completion of the Punta Cana Marathon in the Dominican Republic on April 15, 2015. This was his 375th marathon and boosted his world record total for running races in different countries to 124. Adding a race in the Dominican Republic also helped him maintain his claim of being the only runner who has completed a marathon in every country in North America. He is “back home and planning my next marathon/adventure. Before this last race I was feeling very negative about the prospect of future races. I had decided that marathons were no longer easy or fun! This race was easier but still not much fun! But I will definitely run one more marathon. I have already booked and paid for a two-week trip to Africa in late June. But whether I run any more races beyond that will depend not only on that upcoming race but also what the cardiologist says next week!”

Please review your roster listing and send updates to both of these EMail addresses:

- ★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net
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