

100 MARATHON CLUB NORTH AMERICA

Newsletter #47 – September 1, 2015

NEWSLETTER: DISTRIBUTION AND ARCHIVES

Newly issued 100 Marathon Club North America newsletters are posted monthly at <http://www.100marathonclub.us/newsletter.html>. Please add this URL to your "favorites" list and check the site monthly for the latest newsletter. All of the previous 100 Marathon Club North America newsletters are archived at our web site, making them easily accessible should you miss an issue or want to re-read an earlier edition.

UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

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).

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**

05-01-16 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

The sixteenth annual Yakima River Canyon Marathon is set for Saturday, April 2, 2016. Internationally renowned marathoners and authors Kathrine Switzer and her husband, Roger Robinson, will be the guest speakers at the pre-race spaghetti feed. Come early to packet pickup to meet them and purchase their autographed books. There will be a 100 Marathon Club North America member reunion meeting at 1600 on Friday, April 1, 2016 at the Selah Civic Center prior to the pre-race spaghetti feed. The Hard Core Runners Club and co-race directors **Bob and Lenore Dolphin** have finalized plans for the inaugural Yakima River Canyon Half Marathon that will be limited to 200 participants. Registration for the half is on-line only at www.yakimarivercanyonmarathon.com.

OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLET'S ARE AVAILABLE!

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



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. To make a donation or purchase, contact Bob and Lenore Dolphin via EMail to dolphinmteam@earthlink.net. Please make checks payable to Lenore Dolphin and mail them to her at 10519 126th Avenue SE, Renton, WA 98056.

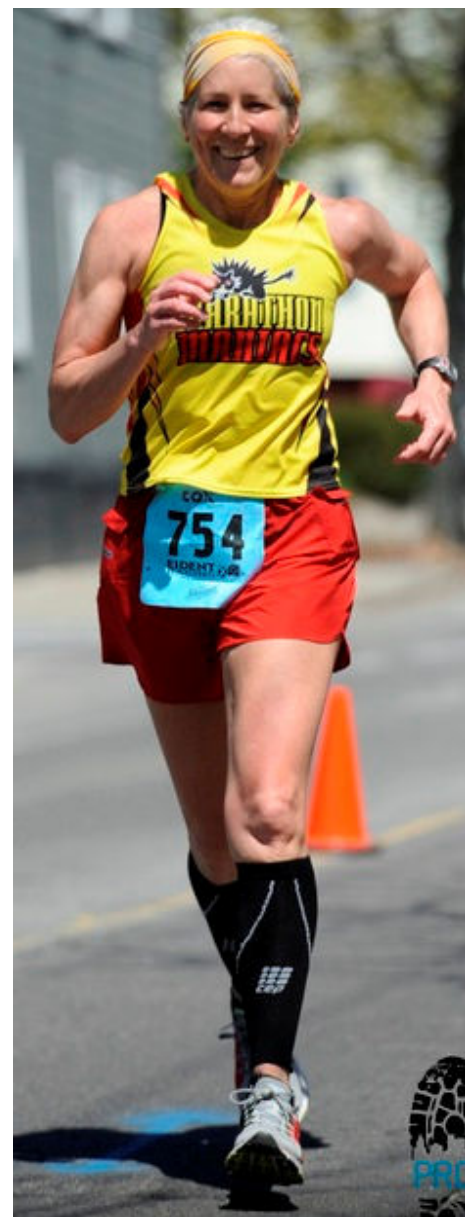
WELCOME NEW MEMBERS!

David Aldous of Denver, Colorado completed his 100th marathon at the April 18, 2015 Salt Lake City Marathon. His first marathon was the 1995 Houston Marathon in Houston, Texas. During this twenty year time span David pounded out another 98 marathons, becoming a 50 states and DC finisher at the Maui Marathon January 18, 2015. He set his 3:51 PR at the 1996 Houston Marathon at age 39. Here's a photo of David at the 2011 Mayor's Midnight Marathon in Anchorage, Alaska. →



← This photo shows Mani, a wheelchair runner, with his coach, **Tory "Teechur" Klements**, an IT educator and certified personal fitness trainer living in Marysville, Washington. The 2005 Vancouver International Marathon in Vancouver, British Columbia, Canada was Tory's first marathon. She logged 33 miles at the 2014 Transcendence 12 Hour ultra in Olympia, Washington, as an exclamation point for her 100th marathon. Tory set her 4:28 PR in 2009 at age 44. Her current total is 95 marathons and 17 ultras.

Gail Martin of Sharon, Massachusetts ran the 1986 Casco Bay 26.2 in Portland, Maine as her first marathon. The just completed August 22, 2015 Reykjavik Marathon in Reykjavik, Iceland was the special race she chose for her 100th marathon. During this 29 year span, Gail has completed two Ironman triathlons, including the 1988 Kona World Triathlon Championship where she finished in the 50th percentile across the board. She was also the overall female winner of the 1997 New Hampshire Marathon, her “30th marathon, but first of scores more with my better half, David.” Gail set her 3:21:22 PR in 1996 at age 30. A member of the Colonial Road Runners in Abington, Massachusetts, Gail has completed 100 marathons and 14 ultras. This photo of Gail is from a race in Providence, Rhode Island. →



The 2007 Rock ‘n Roll Arizona Marathon in Phoenix, Arizona was the first marathon for **Jeff Pettett** of Chandler, Arizona. The 2015 Monument Valley 50K in Monument



Valley, Utah was the site Jeff chose for his 100th marathon.
← This photo of Jeff was taken at the 2014 SOB Siskiyou Out-N-Back 50K near Ashland, Oregon. Here’s a portion of the remarks Jeff posted to his Marathon Maniacs log about his 100th marathon:

“Race #100. Great race to hit this milestone. This run is in my top 5 for scenery. We ran in backcountry areas that usually require Navajo guides, really a neat experience. Ran on road, jeep & single track. Sand wasn't as big a factor as at last month's Antelope Canyon since it had rained/snowed heavily 2 weeks ago and it was packed down pretty well. Only a few miles of loose sand. The 50K did 3 varied loops thru the Valley & an out & back to the top of Mitchell Mesa. Gorgeous views of mesas, buttes & spires all day long. The climb to the top of Mitchell Mesa was a bear. Climbed 1000' in 1.25 miles, but the views from atop the mesa at 6500' overlooking Monument Valley were fantastic. There were patches of snow in the shady parts that I used to top off my water bottles, and it was about 15 degrees cooler up top. We ran about 1 1/2 miles on top of the mesa, punched our bibs, & took pictures at 2 scenic overlooks before heading back down on this 10 mile out & back. 1 final stop at

the Hogan AS (4th time thru) & under 4 miles to the finish with 1 final climb just before the end. This last 4 miler was the only boring part of the course, sharing the road w/ tourists & tour companies dusting us out. The temp's were 45 degrees at the start, 61 when I finished. Not much cloud cover. 3700' of climbing."

Jeff set his 3:53:15 PR in 2014 at age 54. His current total is 62 marathons and 48 ultras.

The addition of David, Tory, Gail, and Jeff boosts total 100 Marathon Club North America membership to 487. We are rapidly closing in on adding our 500th member!

MEMBER UPDATES

An early August EMail exchange with **Bob and Lenore Dolphin** included these comments: "In today's e-mail from Kathrine Switzer she mentioned that it's freezing cold where they are in Wellington, New Zealand. They're flying to San Francisco tonight and will be in for a big surprise with the current temperature there. On our Yakima patio it's 106 degrees right now. We're grateful that our air conditioner that wasn't working well is now fixed!"

David Stout of Bainbridge Island, Washington ran his 100th marathon at the 2015 North Olympic Discovery Marathon in Port Angeles, Washington. Rather than telling the press "I'm going to Disneyland!" he promptly joined the 100 Marathon Club North America and then agreed to be interviewed by *Marathon & Beyond* magazine (www.marathonandbeyond.com) and ended up being the "Subscriber of the month" for their July 2015 e-newsletter. Here's David's interview:

Tell us a little about your running history...when you started running and why it appealed to you.

In 1984 I was recently divorced. I smoked two to three packs of cigarettes a day. My blood pressure was 180/120 and I was 30 years old. The future of my health was not bright.

I had a bit of an epiphany and decided to throw the cigs away and reinvent myself. I began to get up at 4 a.m. and sneak to the local high school track. The first few laps were miserable and kind of pathetic. I guess my stubborn nature just wouldn't let me give up. After about six months, I could run 20 laps, and as they say, "the rest is history." Running became my meditation and my link to the planet. Running is a lifestyle not a hobby. All runners know this.

How did you decide to run marathons?

My first marathon was on a dare. I had been running 10K races – not really fast but a respectable 40 minute average. My boss, the CFO at my company, had run the Boston Marathon several times and had a huge oil painting from the New York City Marathon on his office wall. He knew I had been running

a few races so he asked if I was running the Kansas City Marathon. I said I was running the 10K. He gave me that look, like “Oh, the kiddie run.” I couldn’t let it go. When I went to get my packet, I changed to the marathon. It was October 1990. I recall I almost died. I said “Never again.” I ran one marathon a year for the next six years.

After an eight year hiatus I met my future wife, Vicki, and I hold her responsible for getting me running again.

Tell us how Vicki influenced you and your running.

In 2005 before we were married, Vicki signed me up for the Crater Lake Marathon. We had just recently moved to the Pacific Northwest...I had taken a running break and didn’t run a marathon from 1997-2004. Vicki thought I was a bit cocky to take on Crater Lake (I was). She knew about Crater Lake – it isn’t Kansas, that’s for sure. Race start temperature was 35 degrees. By noon it was 87. The climb to Cloudcap (11,000 feet elevation) was a killer. The descent wasn’t much better. I somehow survived, met my first Marathon Maniac and pretty much started this incredible journey that ended with my 100th marathon in June 2015. That’s 93 marathons in less than 10 years. I owe all this to my wife. She was always there, when I qualified for Boston, when I was cold and wet and suffering, when I almost didn’t finish so many marathons – she always came out to get me. She ran 55 half marathons while supporting me and always brushing it off that she was “only doing the kiddie run.” We have been everywhere to run marathons – Napa Valley, Kauai, Maui, Boston, Big Sur, and everywhere in Washington and Oregon. We always joke that I belong to the “50 in one state club,” as I have 65 Washington state marathons to my credit.

Not only have you and Vicki run many of those races together, you were also married at a race! Share that fun story with us.

In the fall of 2006, Vicki and I decided to get married. We told everyone and planned a 2007 wedding. We decided to run the Las Vegas Marathon in December 2006. The race officials advertised a “marriage special” in which you could apply to get married at the marathon by the running minister. I applied just for grins and we were accepted! I thought it was a cool idea and that we could still get “officially” married later – Vicki did not agree. She said that someone would take our picture and our friends and family would find out. I said “No way, we are old and they will focus on some younger, more photogenic couple.”

The marathon day came and we were married at mile 5 with the running Elvises as our witnesses! Three months later a colleague raced through my office waving a copy of a magazine. He said, “Our auditor is in *Runner’s World*!” There we were on page 19 of the March 2007 *Runner’s World*, eight

inches tall, getting married at the Las Vegas Marathon. Eventually, Vicki quit being angry about it and we sent copies of the magazine as our wedding announcement. After all, how many couples have 900,000 copies of their wedding announcement in print?

Give us an idea of how it felt to accomplish your 100th marathon.

I never dreamed that would ever reach this objective. Even when I had run 80 marathons, I really thought that I wouldn't attain my goal. There are a lot of marathoners who have run many, many more ultras and marathons than I ever will. For me, reaching 100 was my lifetime achievement. My times have ever so relentlessly gotten slower and slower. I was never fast but I did manage to qualify for Boston three times.

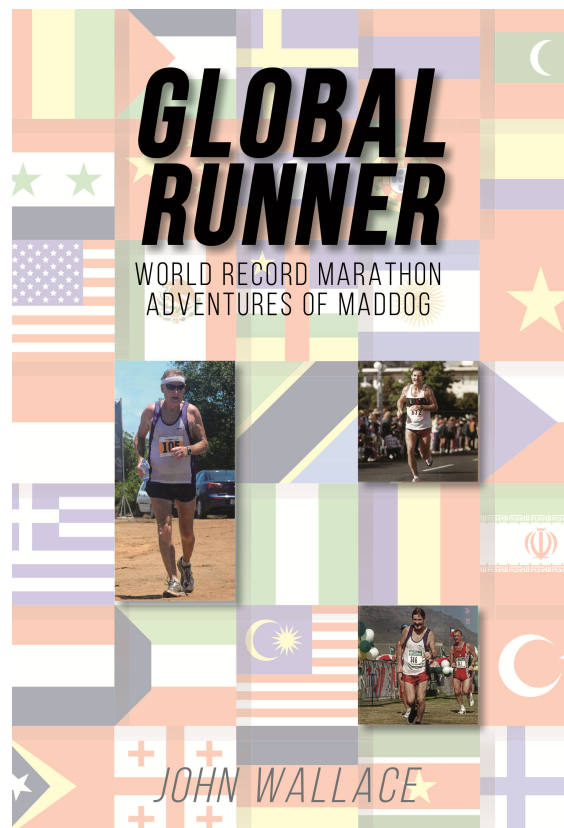
In the last few years I became more and more fearful of being last or even not finishing! Fortunately, I have a great support crew (my wife) and run in the greatest place on earth (the Pacific Northwest). The marathons here (North Olympic Discovery, Tacoma, Yakima River Canyon, Whidbey Island, Capital Cities, Seattle, Eugene, Portland) are very runner friendly and supportive. Between my wife and those friendly local marathons, they nudged my along to that last finish line. I now feel serene and relieved.

The best thing about running is that it's free and the roads are always open. I still find the same fun and joy in running as I did when I first started 30 years ago.

A recent EMail message from **John "Maddog" Wallace** included this announcement:

"Maddog's book, appropriately named *GLOBAL RUNNER - World Record Marathon Adventures of Maddog*, should be available to order in the next few days from Amazon in North America, the UK, and Europe. I never realized/understood how challenging and how much work it is to write/edit/publish a book? There won't be any sequels! However I do thank my family & friends who encouraged and supported me to write this book.

My market/sales strategy is that all my family & friends will buy 10 books or an option is to buy 1 book and convince 9 friends to buy the book! It is the only way I can hope to break even on this project! Please share this news with all your friends! And enjoy your reading!" Maddog



ROSTER UPDATES AND NEWSLETTER PRODUCTION

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

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net

★ Ron and Nancy Fowler: SodaBottles@yahoo.com

Updates of the 100 Marathon Club North America roster, and production of the monthly newsletter are both being done by Ron and Nancy Fowler. Completed updates are converted to .pdf files and forwarded to Tony Phillippi for posting on the 100 Marathon Club North America web pages. Thanks for your on-going support, Tony!

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