

# 100 MARATHON CLUB NORTH AMERICA

## Newsletter #48 – October 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).

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

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

09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

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](http://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](mailto:dolphinmteam@earthlink.net). Please make checks payable to Lenore Dolphin and mail them to her at 10519 126<sup>th</sup> Avenue SE, Renton, WA 98056.

## WELCOME NEW MEMBERS!

**Jeff “Boneman” Bollman** of Billings, Montana completed the September 20, 2015 Montana Marathon in Billings and accomplished two milestones: the race was his 100<sup>th</sup> marathon, and he became the first Montana resident to join the 100 Marathon Club North America. Welcome to the club, Jeff! He is also a member of the Yellowstone Rimrunners running club in Billings, the 50 States Marathon Club, and the Marathon Maniacs. His running accomplishments include three marathons in three states in nine days, marathons on back-to-back days three times, and 16 marathons in a nine month time period. Jeff set his 3:18:55 PR in 2010 at age 42. Here’s a recent photo of Jeff →



The 1997 Bangkok Marathon in Thailand was the first marathon for **Gerard Lopez** of Clinton, Washington. The 2010 Australian Outback Marathon in Ayers Rock, Australia was his 100<sup>th</sup>. Gerard qualified as a seven continents finisher by completing the 2007 Fin Del Mundo Marathon in Ushuaia, Argentina. He completed 50 states and DC at the 2012 Frank Maier Marathon in Juneau, Alaska. His current total is 176 marathons and ultras, running 59 of the marathons in 28 different foreign countries. Gerard clearly likes to travel! He writes that “In the November, 2009 Bangkok Marathon magazine I was featured in a poster as one among a collage of age and weight-challenged marathoners who crossed the finish line. This poster had the heading in Thai ‘Never Too Late for Exercise, in Particular, Running’ and its purpose was to motivate Thais to be more physically active. I will never be a faster runner but hopefully my steady, slow pace and ability to finish marathons will serve to motivate other age and weight-challenged and slow individuals to attempt to do more than they believe they are capable of doing.”

Gerard provided the following thoughts for a member profile article published in the spring, 2014 issue of the 50 States Marathon Club newsletter:

“When my first wife died from cancer in March, 2006, I became very depressed...I found that returning to marathon running improved my spirits, since I felt that she was always with me to provide support during this stressful athletic event as she had when alive. Even now when doing marathons, I feel her spiritual support and the strong positive vibes from my second wife that give me strong inner strength to finish despite the difficulties or isolation of a course...

In the Barcelona Marathon, which enforces a strict cutoff pace, two Italian runners and I were only a few feet ahead of the sweep vehicle from about mile 18. At about mile 26, the Italians passed me. As I struggled the final 200 yard, two television announcers were jogging alongside me, broadcasting encouragement and asking the TV audience if I would make the 6:00 cutoff. I crossed the finish with four seconds to spare and the sparse crowd was loudly applauding.

In the Monaco Marathon that crosses three countries, I was at mile 25 at the cutoff time. The sweep car officials admired my determined grit and told the police to let me continue through several tunnels, and hundreds of finishers were cheering as I staggered out of the last tunnel toward the finish in the stadium.



Since I am often among the last runners, if not the last one, in the final miles, I find the intense supportive interaction between the race officials and volunteers who want you to finish and us runners incredibly exciting. In the 2012 Safaricom Marathon in Kenya, in the final miles, the two runners behind me collapsed from the heat and altitude. I was fading when Bruce Tulloh, the 76 year old race director and legendary British running champion who once walked 2,876 miles across the U.S. in 64 days, appeared to support me. What an exceptional act of kindness! In the sweltering, humid heat, he walked 2.5 miles from the finish to reach me, and then kept me going to the finish with animated conversation. Acts of kindness can be found in normal life, but I find them more frequently in marathon adventures.”

← Here’s a photo of Gerard in the finish area at the 2014 Bhutan International Marathon in Punakha, Bhutan.

The 50 States newsletter article continued to mention “After a year of army training, he became a special agent assigned to Panama. Afterwards he went through Officer Candidate School. In his last four years of active



service he worked in plain clothes, testing the physical vulnerability of critical U.S. sites worldwide. He was then in the army reserves for 19 years, assigned to the Pentagon. From 1974 to 2000, he worked as a special agent for the Diplomatic Security Service. 'My most interesting assignment,' he said, 'was in Miami during 1980-84, when my partner and I used ruses to unmask and capture criminals using fraudulent U.S. passports to commit crimes. Most of my friends and running colleagues have no idea of what I did both in the army and in the Foreign Service, and they can't imagine that I was so capable of this different type of lifestyle.'"

The addition of Jeff and Gerard boosts total 100 Marathon Club North America membership to 489. We are steadily closing in on adding our 500<sup>th</sup> member!

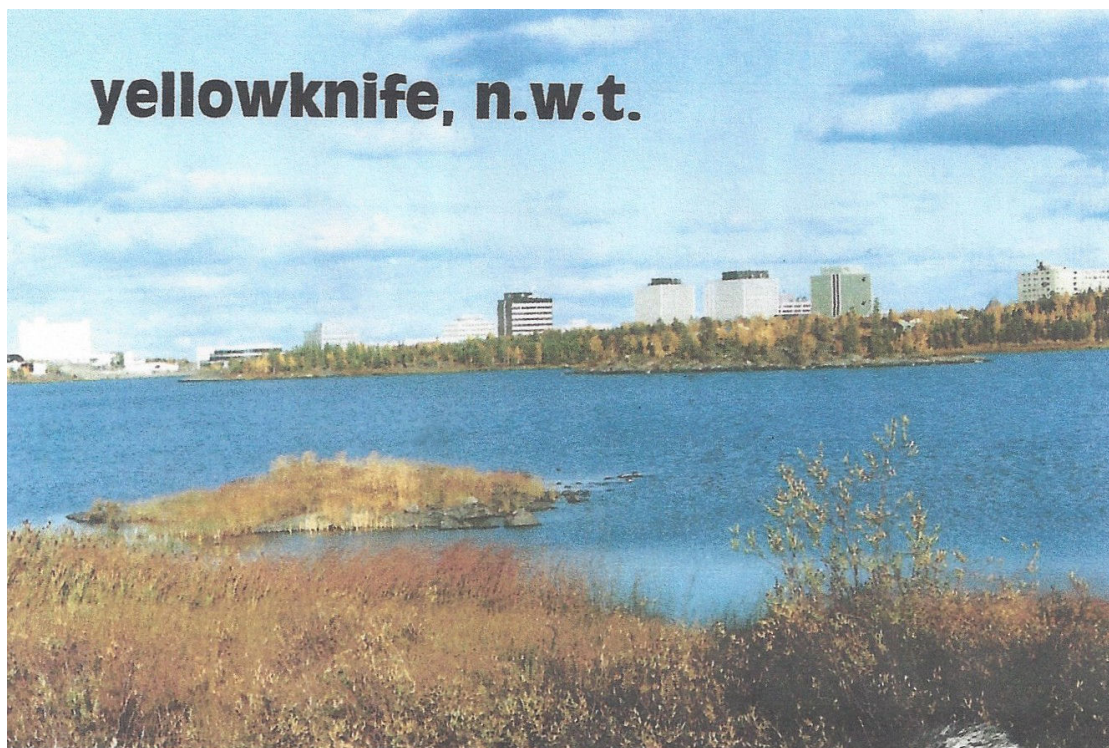
## MEMBER UPDATES

These postcard images and messages were recently received from several of our globe-trotting 100 Marathon Club North America members:



Achill Island Hotel: A beautiful island on the far west coast of Ireland. Lovely coastal scenery, but the might of the Atlantic to deal with, so 5:14 not too bad. Traveled to next location, but decided my Achilles could not take two in two days. **Roger Biggs**





## yellowknife, n.w.t.

Yellowknife, Northwest Territory: I'm here with **Rich Holmes** for what I anticipate will be a hilly marathon. After this we're back to Edmonton and then Quebec. **Jack Brooks**



Grodno, Belarus: Best wishes from Grodno in Belarus. Tomorrow will be the marathon from Grodno to Druskininkan (Lithuania). We hope that the temperature will be comfortable and not too warm. **Doris & Mario Sagasser**

We recently received the following letter from **Janice “Kay” Moyer**, a 100 Marathon Club North America member from Wellpinit, Washington. Kay indicated it was okay to share her letter with others, and given her sage advice, we are definitely opting to do so:

I was so glad to hear that the Yakima River Canyon is doing the inaugural Yakima River Canyon Half Marathon. I was signed up for the full marathon last spring, but was not able to do it. My kidney doctor, and my primary care provider did not think it would be a good idea. So I thought I should be a compliant patient and I followed their advice.

In June of 2014 I had acute kidney failure. My symptoms included being nauseated, my back was hurting, and I had headaches. I was in the Intensive Care Unit at Deaconess Hospital in Spokane for 11 days. While in the hospital I had to go on dialysis, and that continued on an outpatient basis for only a short period of time. At the present time my kidneys are all good.

I am pretty sure that my kidney problems were a result of being an ultra-marathoner. The last three 100 mile runs I tried to do I had to pull out. At the last 100 mile run I pulled out of I was dizzy, had a back ache, and couldn't stand up straight. I didn't have any problems with any other runs, only the 100 milers. They say it was caused by dehydration, which probably caused muscle breakdown. I am pretty sure my kidney problems started about a year prior to them making the diagnosis, because I was having some of the same symptoms listed above. Before my kidney problems I was successful at completing three 100 mile runs. If my numbers are correct, I completed 226 marathons and ultras. I did five marathons in five days in five different states twice. I ran the Boston Marathon twice. And I ran in the senior elite division at Bloomsday twice.

Just recently I was diagnosed with a brain tumor. I had brain surgery, and that went well. They say if you are going to get a brain tumor, I got the one to get...They say a lot of people don't have symptoms, and don't catch the tumor early. My symptoms were my left foot would feel like I had a strong pulse in the bottom of my foot, it would feel heavy, and after that if I tried to walk when this was happening, I would feel clumsy. These symptoms would only last several minutes. The doctor said it was probably seizures that I was having. I was also having the problem with my foot for over a year.

My kidney doctor says I probably shouldn't do any more marathons, but my neurosurgeon says that I can walk as far as I want as long as I feel comfortable with it. We'll see how it goes. At the present time I am still weak on the left side, but I am up and walking just fine. I will take it slow, and I have to just keep reminding myself I just went through brain surgery.

Over a year ago I just felt like I couldn't run anymore, my legs felt heavy, and now I understand why: I was trying to run with kidney problems and a brain tumor. I finally have that excuse I was looking for as to why my running pace dropped off.

**As a runner we make up all kinds of excuses for ourselves, and ignore those warning signs that we should be paying attention to (editor's emphasis added).** I know in the future I will be a lot more careful. Don't know if I'll be a runner again, but I will be out there walking as fast as I possibly can.

I will be sending in my entry for the half marathon along with a fee for four other individuals that I want to do the run with me (I want to make sure that my entries are included in that 200 cap), and I will finally have that pace team that I never had during my 100 mile runs.

Please feel free to share this letter with others.

Zoe Stensland, **Bob and Lenore Dolphin's** nine year old granddaughter, has invited Bob to be on her relay team for a special fund raiser October 3rd for her Mt. Vernon (Washington) Christian School. Lenore says "She's a fourth grader (a really smart one!). She wrote the nicest letter to him in CURSIVE (this school still teaches it while the public schools don't teach kids to write anymore!). Laurissa (her Mom) is on the team, too, and I think the team will win the prize for 'biggest age difference between the oldest and the youngest team members.'"

Note: **Bob Dolphin** will celebrate his 86<sup>th</sup> birthday the day after the aforementioned relay. Please join us by extending EMail, e-card, and/or snail mail birthday greetings to him on October 4, 2015. Bob's contact information is posted below.

## **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](mailto:dolphinmteam@earthlink.net)
- ★ Ron and Nancy Fowler: [SodaBottles@yahoo.com](mailto: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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