

100 MARATHON CLUB NORTH AMERICA

Newsletter #50 – December 1, 2015

NEWSLETTER: DISTRIBUTION AND ARCHIVES

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

UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

Attention 100 Marathon Club North America member marathon and ultra-marathon race directors: to publicize your event(s), 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 16th annual Yakima River Canyon Marathon is scheduled 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 Kathrine and Roger 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 with a 200 participant limit. Registration for the half is on-line only at www.yakimarivercanyonmarathon.com.

OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLETS MAKE GREAT CHRISTMAS GIFTS!

Men's and women's 100 Marathon Club North America singlets are available for ordering via the "Maniac Gear/Dues" portion of the MarathonManiacs.com web site. These 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!

Edward Broadnax of El Paso, Texas ran a Seoul, South Korea marathon as his first marathon, and the 2014 Run Then Wine Marathon (great name for a race!) in Las Cruces, New Mexico as his 100th. He is a 27 year active duty U.S. Army retiree, and really pounding out the races, having run 51 marathons or ultras during each of the past 365 day time periods. His current total is 161 marathons and 15 ultras, including the 2013 “Beast of Burden 100 Miler” in Rockport, New York. He also directed the 2013 Cove Island Marathon and 8 Hour Run in Stamford, Connecticut. Edward set his PR in South Korea, running 3:19 at age 41. Here’s a recent photo of Edward. →



The 2011 Baltimore Marathon was the first marathon for **Andrew “Drew” Brooks** of Haymarket, Virginia. A short four years later he returned to Baltimore to mark his 100th

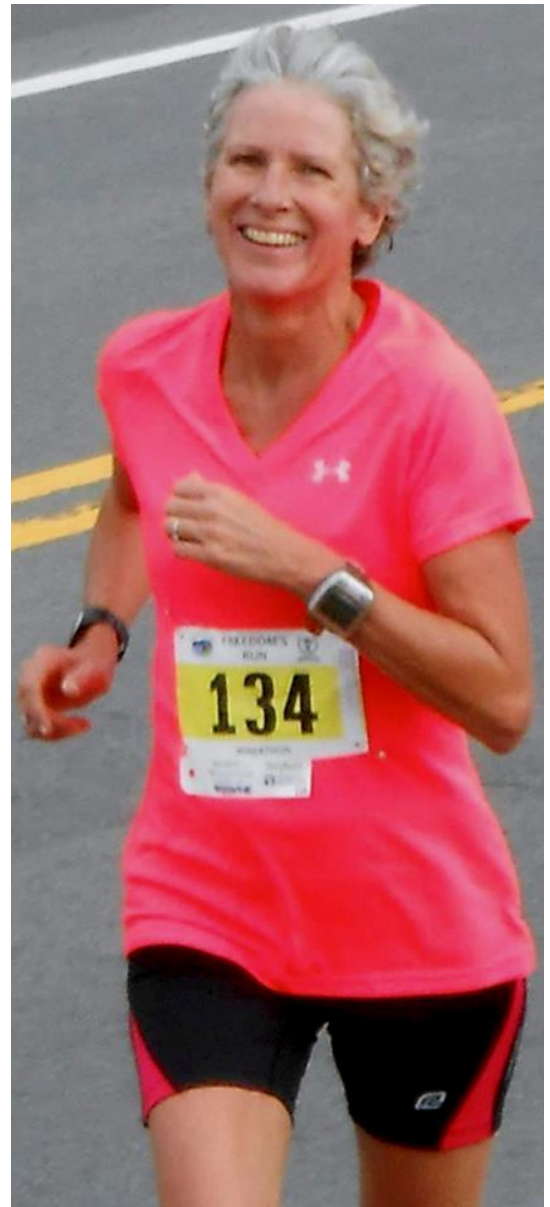
marathon. That was quite a week, given that Drew notched his 3:59:57 PR on a Sunday, his 100th marathon the following Saturday, and celebrated his 50th birthday two days later! ← Drew definitely knows how to have fun, evidence his racing attire in the accompanying photo taken at his 100th marathon! He also must enjoy traveling, considering he ran 38 marathons in 38 states during a 365 day time period. That total included six marathons in six states in six days. Drew completed 50 states and DC at the 2014 Maui Marathon.



Kay “Dirtball” Evans of...wait a minute! There just *has* to be a story to go with a nickname like “Dirtball!” So, Kay (or someone) send us the lowdown! Anyway, Kay is from Chocowinity, North Carolina and she ran the 2002 Chesapeake Bay Bridge Marathon in Virginia Beach, Virginia as her first marathon. The 2015 Indoor Insanity Marathon in Winston-Salem, North Carolina was her 100th on the way to her current total of 104 marathons. Kay set her 3:17:28 PR in 2009 at age 47. Here’s Kay. →

The 2002 Disney Marathon in Lake Buena Vista, Florida was the site for the first marathon run by **Brendon Lachance** of Plymouth, Massachusetts. He logged his 100th at the 2015 Big Sur Marathon in Carmel, California.

Michael Nusblat of Stony Point, New York chose the 1999 New York City Marathon for his first marathon, and the just completed 2015 Yonkers Marathon in Yonkers, New York for his 100th. During the intervening years Michael’s marathon running has been very consistent. In addition to running eight Boston Marathons, and ten consecutive Yonkers Marathons, he has been focusing on completing all 50 states and is on track to do so at the 2015 Honolulu



Marathon this month. Michael has also been very competitive during his 50 states chase, winning his age group 17 times, finishing second eight times, and third three times. He set his 3:22:58 PR in 2008 at age 55. His current total is 99 marathons and six ultras. Have a great 100th marathon in Honolulu, Michael!

The 1987 Marine Corps Marathon in Arlington, Virginia was the first marathon for **Johana “Jody” Reed** of Ashburn, Virginia. Jody (← pictured to the left) chose the 2014 Runner’s

Marathon in Reston, Virginia for her 100th marathon. She set her 3:41 PR in 1995 at age 35. Her current total is 122 marathons and two ultras. Jody's application also included these comments: "I have three very proud moments: (1) qualifying for and running the 100th Boston Marathon even though my prior PR was a 4:22 and I needed a 3:45; (2) finishing a marathon in every state; and (3) running my 100th marathon/ultra in the worst weather ever – rain, hail, freezing rain, sleet, snow, and wind. The other highlight has been meeting and becoming friends with some of the most awesome people in the world."

Andrew Rennie of Houston, Texas had an international start, choosing the 1998 London Marathon as his first marathon. The 2015 Marine Corps Marathon was the location for his 100th marathon. Andy set his 4:11 PR in 2000 at age 30. His current total is 100 marathons and one ultra. Here's Andrew at a recent race. →

The 2004 Sun Trust Marathon in Richmond, Virginia was the location for the first marathon run by **Krupakar Revanna** of Falls Church, Virginia. He chose the 2015 Monument



Marathon in Gering, Nebraska for his 100th marathon. Krupakar completed 50 states and DC at the 2015 Gobbler Grind Marathon in Lenexa, Kansas. He set his 3:44:39 PR in 2009 at age 65. His current total is 106 marathons.

Jarrett Roberts of Loveland, Colorado ran his first marathon at the 1997 Los Angeles Marathon. The just completed 2015 Seattle Marathon was his 100th marathon. (← Jarrett is on the left in this photo.) He became a 50 states and DC finisher at the 2004 Kona



Marathon in Hawaii. He ran the 2005 Antarctic Marathon as one of the 6 continents he has completed. Jarrett set his 4:58:07 PR in 2003 at age 36. His current total is 99 marathons and 1 ultra. Jarrett provided the “rest of the story” with these comments from his application: “I had open heart surgery for a bicuspid aortic valve repair January 23, 2009 at the Cleveland Clinic by legendary cardiac surgeon Dr. Bruce Lytle. I completed 83 marathons before surgery, and Seattle was my 17th since the life-saving surgery. I will complete the Dopey Challenge and (my own) 101st Dalmation Marathon Challenge at the 2016 Walt Disney World Marathon.” It is easy to understand why Jarrett chose to have his photo taken with the young man holding the sign in the accompanying photo!

The addition of Edward, Drew, Dirtball, Brendon, Michael, Jody, Andrew, Krupakar, and Jarrett boosts total 100 Marathon Club North America membership to 501.

MEMBER UPDATES

This month’s “Where in the world has **Roger Biggs** been running marathons this month?” postcard comes from a trip to Ireland. His message said “Firstly a marathon near Kilkenny before a long drive southwest to Dingle, just about as far west as you can go in Europe. Happy with my 4:53, but will still need to rest the Achilles before I head back north later in the week for a marathon northwest of Dublin. Nice rental car and plenty of Irish music in Kilkenny and Dingle. Roger.”



Speaking of Ireland, and even though he isn't (yet) a member of the 100 Marathon Club North America, we recently heard from **Alan Gorski**, a marathoner in Ireland. Via EMail he said "I'm getting closer to reaching 100 marathons. I'm on 64 and still counting. Week ago I was running in New York and it was a brilliant experience (just didn't like whole travel to the starting line - I was based in Manhattan). Thank you for spreading the news about the first PZU Marathon in Szczecin (Poland) early this year. After a big success for our first ever marathon it is time to announce the date for the next edition – 26th of June 2016. I would be very grateful if you could help me again spread word about that event amongst members of your club and if you could put information about our marathon on your website or newsletter. Registration for the marathon will soon be open via website <http://www.pzumaratonszczecinski.pl/>. Early bird price will be 80zl (that is equivalent of 20 euro, price will stay at this level up till the end of the year 2015).

Eddie Hahn of Crestline, California ran his 200th marathon November 7, 2015, his 50th birthday, at the Revel Canyon City Marathon in Azusa, California. An EMail message from Eddie mentioned "Although it was primarily a downhill venue, I am still proud to report that it was my fastest time since June 1998 - 3:27:09 - and my first Boston Qualifier ("maybe") since 1994. Based on new standard, Boston is fastest times first, I was only 2:51 under the needed time...I hobbled the USMC Birthday Hash with my friends in the Long Beach Hash House Harriers the next day, about a 5-6 mile trail course in Arcadia, Calif., and took fellow Maniac (and 100 Marathon Club Member **Edward Broadnax**, El Paso Tex. along with me...We both had fun. Edward also paced the 4:25 marathon group with Beast Pacing on Saturday at Revel.

Congratulations to **David Holmen** of Eagan, Minnesota for completing his 300th marathon at the 2015 Harpeth Hills Flying Monkey Marathon in Nashville, Tennessee.

The trip report for **John "Maddog" Wallace's** latest marathon adventure in Guyana has been posted at <http://maddogwallace.blogspot.com/2015/11/tr-guyana.html>. Photos have been posted to <https://maddog.smugmug.com/Marathons/Guyana/>

Although **Ray Scharenbrock** of South Milwaukee, Wisconsin retired from marathoning in 2009 (after running 653 marathons and ultras!), he still corresponds with **Bob and Lenore Dolphin**. Here's a portion of a recent note from Ray:

It is a beautiful day in Wisconsin! We are well into the change of color fall season; it is a joy to be outside to embrace the sweatshirt weather. I realize and never forget that I am one of the luckiest people in the world; one might just say that 'I am one lucky pup!' There are so many reasons that support my statement of and placement of luck. Paramount to that luck is simply 'guts' and a 'drive to get as far as I can' always with respect and honor to my family and those multitudes that surround me. I came across these words recently that were written by Isaiah. He wrote, 'But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run, and not be weary; and they shall walk, and not faint.' Those words have a meaning of great proportion."

This year has been filled with so many things and here it is only the end of October. First of all and in a few words as possible I'll mention that March-April-May were months that I would not choose to live over. I was so very lucky to have had good doctors and extremely good doctors to help me. They found PAD (peripheral artery disease) in my left leg. They attempted to resolve the problem with a stent but found the blockage too severe. Thus, the next step was to do a by-pass with material taken from my own circulatory system. The surgery was done at St. Luke's Medical Center in Milwaukee. I'm so appreciative and know how lucky I am for only a few years ago the surgery I had was not available. I'm doing well and while I may be moving a bit slower I am moving! I try to get a reasonable amount of walking in my schedule. I may have slowed down a bit but I find other things to do, too, to keep me on the go!

I was just thinking one day as I walked into the kitchen that I hadn't written a note to my Yakima and Renton friends in quite a while. You see, as I walk into my kitchen I pass the picture that you Yakima Marathon people gave me for my 500th marathon celebration. That trophy holds a place of honor in my home. Well I did decide to take pen in hand to write a few words to you to say that I so appreciate the great running days and to say thank you again for the great times and memories. I talk to **Henry Rueden** on occasion – he is enjoying his first months of retirement. Henry has been a great friend for these past years. I've talked to **Sharon Kerson** and **Al Kohli** in the past months. While I'm no longer running, I still enjoy so much hearing about others' running adventures.

I have had one trip so far this year and that trip was to Iceland, the island country out there in the Atlantic Ocean. We had a great group of travelers on the trip and a super guide. Mid-November will be heading to Java and Indonesia. That trip like my other trips is a trip I'm looking forward to. I am expecting hot weather in Asia. Iceland in September had highs in the mid-50s. I love to travel! I've been so lucky to travel as I have done in the past years.

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

100 Marathon Club North America roster updates, and the monthly newsletter are authored 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 pages at the Marathon Maniacs' web site. Thanks for your on-going support, Tony!

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