

100 MARATHON CLUB NORTH AMERICA

Newsletter #51 – January 1, 2016

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

Men's and women's 100 Marathon Club North America singlets continue to be 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!

Jim Fox of Richmond, British Columbia, Canada ran his first marathon at Honolulu in 2005 and returned to Hawaii again to pound out his 100th at the 2015 Honolulu Marathon. Jim considers his “best streak” the March 2013 Dust Bowl Series – five marathons in five states in five days. He set his 4:16:32 PR in Ottawa, Ontario, Canada in 2010. Via EMail after #100, Jim reported “WooHoo, I got thru a tough race in Honolulu. #100 finished. Time was 5:05:40. My friends **Jon and Sherry Mahoney** and **Janet Green** (fellow 100 Marathon Club North America members) were also there for a very hot day in Hawaii. Had bib #100 thanks to the Honolulu Marathon organization.” Here’s Jim just after finishing. →



The 2003 Disney World Marathon in Orlando was the first marathon for **Donna Loud** of Sarasota, Florida, and at last month's 2015 Cape Coral (Florida) Marathon, she notched her 100th. Donna attained the Marathon Maniacs' 10-Star, Titanium level in 2010, completing 30 different states in one year. She is “a retired Postmaster from the USPS (who) took an early retirement (2005) to enable me to run more and to travel and tour the USA while completing the 50 states.” ← Considering this photo submitted with her membership application, Donna also enjoys interjecting some extra fun into her marathoning. Early retirement

definitely worked well for Donna, as she completed 50 states and DC in 2011. She set her 4:44:25 PR in 2013 at age 60. Donna is currently Florida's Retiree President of NAPUS, the National Association of Postmasters of the United States.



← **Susie Ro** of Seattle, Washington has been running marathons since 2005. The 2011 Foot Traffic Flat Marathon at Sauvie Island, Oregon was her 100th, and the 2014 Light at the End of the Tunnel Marathon in North Bend, Washington was her 200th. She has run all five Seattle Quadzillas. She continues to pound them out, boosting her current total to 243 marathons and ultras.

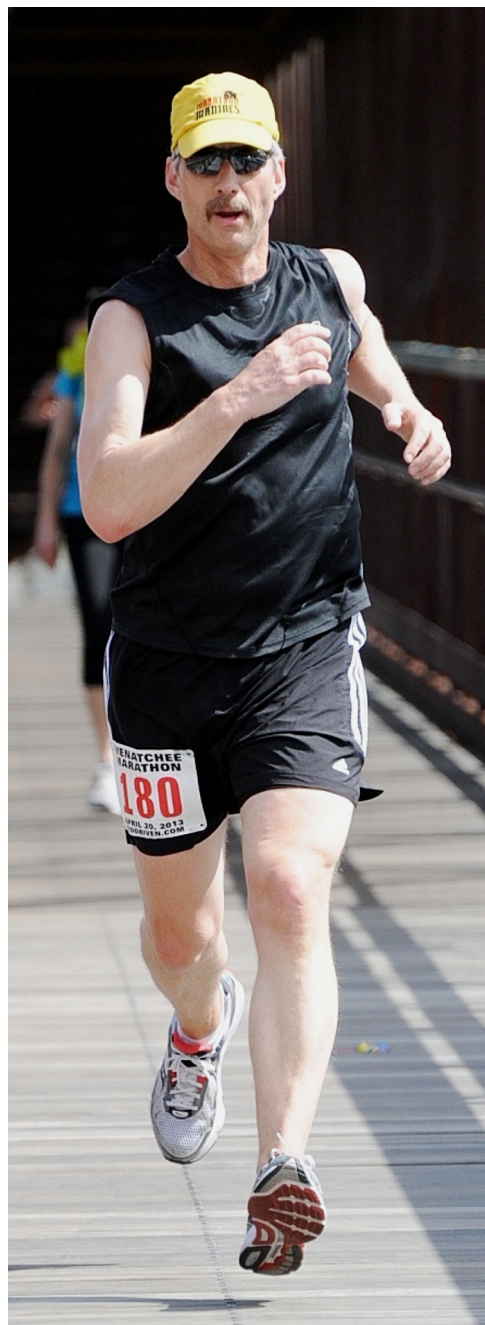
The 2005 Seafair Marathon in Bellevue, Washington was the first marathon run by **Tom Scott** of Stanwood, Washington. He chose the 2015 Hoover Dam Marathon at Boulder City, Nevada as the site for his 100th. Tom established his 3:33:23 PR in 2009 at age 48. His current total is 100 marathons and one ultra. Here's a photo of Tom finishing the Wenatchee Marathon in Wenatchee, Washington. →

The first marathon run by **Bill Smith** of Liberty, Missouri was the 1981 Heart of America Marathon in Columbia, Missouri. (Editor's note: that race rang a bell and sure



enough, by coincidence it was also the first marathon for **Bob Dolphin**, co-founder and co-director of the 100 Marathon Club North America. Go figure.) Bill chose the 2015 Kiawah Island Marathon at Kiawah Island, South Carolina for his 100th marathon. During the past 35 years, he has run 100 marathons and 20 ultras, including Boston in 2013 and 2014, the Pikes Peak marathon (six times), and the length of the Inca Trail in 2010. Bill set his 2:52:47 PR in 1982 at age 35.

← Here's Bill at a recent race.



The addition of Jim, Donna, Susie, Tom, and Bill boosts 100 Marathon Club North America membership to 506.

Last month's newsletter listed new member **Brendon Lachance**. Here's his photo that we since received. →

MEMBER UPDATES

The 50 States Marathon Club's Fall 2015 newsletter announced the club now has to 3,824 members, and they have completed an astounding 228,820 marathons. That works out to just under six million miles; wow! The newsletter also noted these major achievements by 100 Marathon Club North America members:

Milestone Marathons:

Lois Berkowitz #400

Carol Goslin #300

Eric Johnson #150

Julia Khvasechko #150

JC Santa-Teresa #200

Evelyn Smith #200

George Southgate #250

Mark Stodghill #350

Cathy Troisi #350

50 States Finishers:

Frank Bartocci (10 times)

Boonsom Hartman (4 times)

Rich Holmes (5 times)

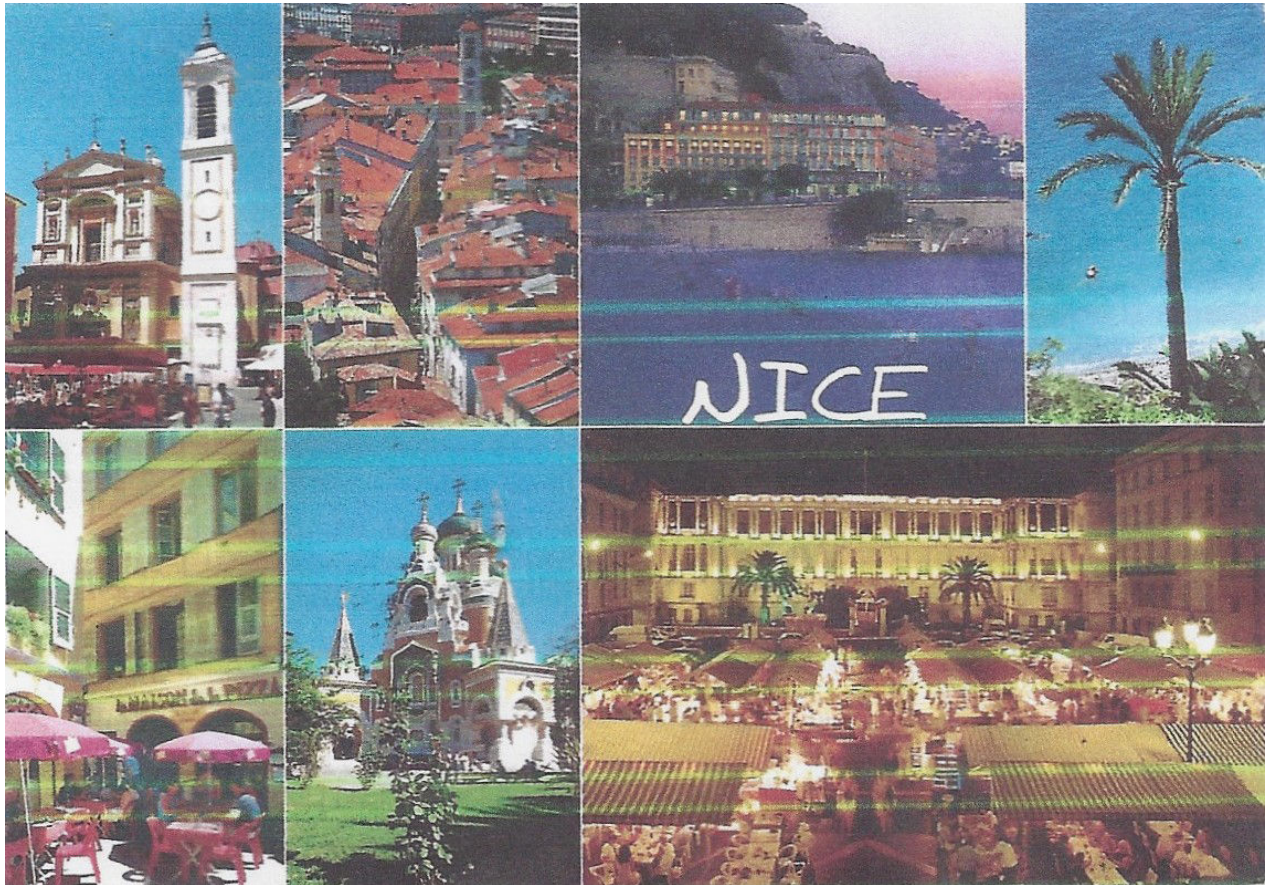
Al Kohli (2 times)

Mike Schwartz (1st time)



2015 has been another solid year of marathoning for 100 Marathon Club North America member **Frank Bartocci** of Rochester, Minnesota. In addition to completing 50 states for the tenth time (at Juneau, Alaska in July), this past week Frank has been in Ocala, Florida participating in the Savage Seven Marathons – seven marathons in seven days. Speaking of “seven,” one of the Savage Seven was Frank’s seven hundredth marathon!

This month’s “Where in the world has **Roger Biggs** been running marathons this month?” postcard comes from his trip to Nice, France. Roger’s message said “Another weekend, another European trip. 3 days of warm sunshine, pity we had to run a marathon. It started in Nice and finished in Cannes, mostly flat and mostly next to the sea. 4:52:47 about where I have been recently. Roger.”



Hey, Roger, how about updating your total number of marathons; you must be at or approaching #900 by now?

The November/December 2015 issue of *Marathon & Beyond* magazine includes a very interesting article penned by 100 Marathon Club North America member **Mike Brooks** of Danville, Maine. The title of Mike’s article is “My Most Unforgettable Ultramarathon (And what I learned from it),” detailing the 491 miles he covered during the Sri-Chinmoy Self-Transcendence 10-Day Ultra in 2009. What Mike learned from this event includes sound advice for those who may be considering unusually challenging ultras. Subscription information for *Marathon & Beyond* can be found at www.marathonandbeyond.com)

Congratulations to 100 Marathon Club North America member **Dave McGillivray** for receiving the 2015 MarathonFoto/Road Race Management Lifetime Achievement Award! A press release from Jeff Darman at Road Race Management noted:

"The award is made for contributions to the sport of long distance road running over the course of a lifetime. Scores of nominations were received that read like a Who's Who of running...Dave McGillivray is one of a kind. He is a leader, a visionary, charismatic, detail-oriented, an accomplished runner and triathlete and a person who does not acknowledge the word defeat...A Road Race Management Race Director of the Year, McGillivray was recently named by *Runner's World* as one of the 50 most influential people in our sport. He is a motivational speaker and recipient of scores of honors, but he has still found time to complete 139 marathons, including the Boston Marathon for the past 43 consecutive years, with the last 28 being run at night following the completion of his duties as Race Director...We honor a tireless worker, a leader who did not wilt under the enormous stress of the 2013 Boston Marathon but rather showed grace and skill under the most trying and emotional of circumstances."

The entire article about Dave can be found on the Wolfe News Wire site:

<http://www.wolfenews.com/releases/MarathonFotoRoad-Race-Management-Lifetime-Achievement-Award-Honors-BAA-Boston-Marathon-Director-Dave-McGillivray/03847/>

100 Marathon Club North America member **Don McNelly** was the subject of a *Runner's World*/Newswire/Health article authored by Amby Burfoot and re-published in a recent Japan Joyful 100 Marathon Club newsletter. The article is titled "Researchers Study 94-Year-Old with 627 Marathon Finishes" and subtitled "Don McNelly said to be model of lifetime fitness." In addition to highlighting Don's running career highlights (see his "Achievements" listed in the 100 Marathon Club North America roster for a brief overview of his marathon and ultra-marathon accomplishments), Amby noted:

"McNelly maintained a marathon finish time of about 4:00 through his mid-50s and early 60s. He slowed to about 4:20s in his early 70s, and wound up running and walking marathons in close to 10:00 in his late 80s...These days, McNelly, who will turn 95 in November, gets out for a walk every day or two...'I want to keep going as long as I can,' he said. It seems to be working. I've lived longer than any relatives I know about, and I haven't noticed any mental slippage. I'm very happy and content. I feel very fortunate'...a Veteran's Affairs fellow in advanced geriatrics...told *Runner's World*, 'This case report offers a unique perspective on successful aging. Our subject is a wonderful example of how older adults can stay fit. If you can't run, jog. If you can't jog, walk. We like to say "Motion is lotion." Exercise helps prevent arthritis.'"

A belated happy 95th birthday, Don!

Regular newsletter readers are hopefully well aware **Kathrine Switzer** and her husband, **Roger Robinson**, will be the guest speakers at the 2016 Yakima River Canyon Marathon. Roger's "author profile" in the November-December 2015 issue of *Marathon & Beyond* magazine is worth sharing for those who may not be familiar with him:

"Roger Robinson recently revived his running career and is claiming (with no authority whatsoever) various world records for 'Over-70-with-one-knee replacement.' Way back, he set genuine master's records at Boston and New York. He contributes frequently to *Marathon and Beyond* and is senior writer and columnist for *Running Times*. A noted historian of running, he also covers major marathons for *Runner's World* Newswire and combines the two in his feature in this issue on Dick Beardsley at the London Marathon. His five running books, including the classic *Heroes and Sparrows*, are available from rogerrobinson61@hotmail.com."

We didn't include this biographical sketch of Roger just to hawk the 2016 Yakima River Canyon Marathon (but we will, of course, mention www.yakimarivercanyonmarathon.com has all the details if you are looking for a unique marathoning experience!). Actually, our intention is to highlight two of Roger's most recent articles:

The first is the aforementioned *Marathon and Beyond* article, "The Hand of Friendship – Dick Beardsley at the 1981 London Marathon: a symbol for the new running movement." This article is a must read, particularly for those of us who have enjoyed meeting Dick and being part of the audience during one of his inspirational group presentations.

Roger's other article that drew our rapt attention was "Is 80 the New 50 in the Running Community – Leaders in the sport may also be advancing a social revolution in active aging." This November 19, 2015 "Roger on Running" column was posted on the *Running Times* website. The article profiles "a select list of mover and shaper octogenarians" that includes, of course, 100 Marathon Club North America co-founders **Bob and Lenore Dolphin**. Roger reports "One (merely) 40-ish editor has already said she feels 'inspired' by the prospect it holds of a long active mental and running life." You'll find Roger's article posted on-line at: (<http://www.runnersworld.com/roger-on-running/is-80-the-new-50-in-the-running-community>).

John "Maddog" Wallace's Western Caribbean Challenge (the first-ever Marathon Cruise) trip report is posted at <http://www.maddogwallace.blogspot.com/2015/12/tr-western-caribbean-challenge.html>. Maddog reports "I don't normally write a trip report when I fail to finish a marathon but I feel it important to record how this inaugural event went so runners can make up their own mind about the Southern Caribbean Challenge scheduled for the end of January 2016." Here's a sample of the WCC photos posted at <https://maddog.smugmug.com/Marathons/Western-Caribbean-Challenge/i-cFtS56q>:



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 produced 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 much-appreciated support, Tony!

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