

100 MARATHON CLUB NORTH AMERICA

Newsletter #52 – February 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 for the latest newsletter just after the first of each month. All previous 100 Marathon Club North America newsletters are also archived, making them easily accessible if you miss an issue or want to review 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**

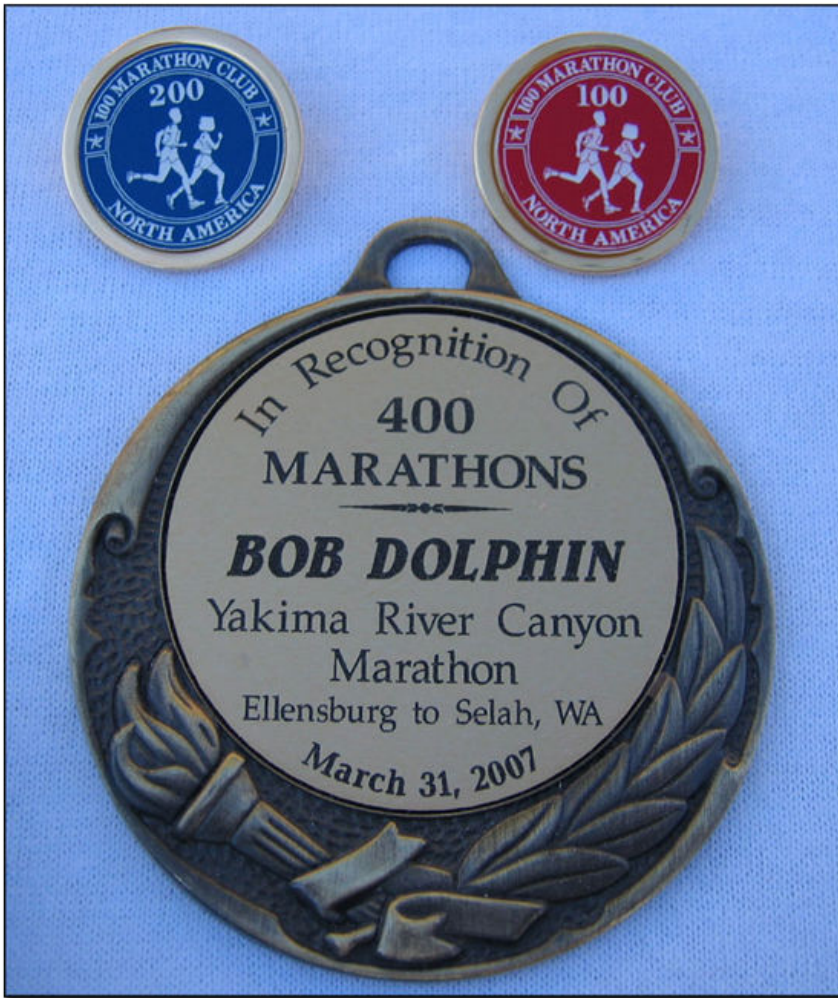
09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

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 pasta feed. Come early to packet pickup to meet Kathrine and Roger and purchase their autographed books. The next 100 Marathon Club North America member reunion meeting will be held at 1600 on Friday, April 1, 2016 at the Selah Civic Center. A group photo will be taken at 1700 and member tables will be reserved for the pasta 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. Roger Robinson is planning to run the half marathon. After the races, tables will be reserved for club members at the awards ceremony meal. For those staying over until Sunday, there will be a no-host breakfast from 0900-1100 at the Best Western Ahtanum Inn at 2408 Rudkin Road at the south end of Yakima.

100 MARATHON CLUB NORTH AMERICA SINGLETS

Official 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. We recently added a “Merchandise” button to our web site’s Home page. In addition to picturing the singlets (see the preceding paragraph), plus short and long sleeve tee shirts, here are examples of the types of pins and medallions available: 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!

The first marathon for **Deborah Lazerson** of La Jolla, California was the 2009 Rock ‘n Roll Marathon in San Diego, California. She submitted her 100 Marathon Club North America application January 29, 2016, immediately after completing her 100th event, the Punta Arenas Marathon in Punta Arenas, Chile, South America! During the 6.5 years Deborah has been running marathons, she has really been pounding them out. Her major accomplishments include completing 50 states in two years (2013-2014), running six marathons in six days on six continents (2015), and completing her seventh continent at last week’s White Continent Marathon on King George Island, Antarctica. Her current total includes 97 marathons and three ultras. She is “always willing to stop and help another runner, be it a seasoned runner or a first timer, to the finish line.” Welcome to the 100 Marathon Club North America, Deborah!

The addition of Deborah boosts 100 Marathon Club North America membership to 507.

MEMBER UPDATES

Michael Alsworth of Swinton, Wilshire, England notched his 400th marathon at the December 2015 Las Vegas Marathon, finishing in just under five hours. His current total has grown to 401 as of early this month.

Roger Biggs' latest postcard arrived immediately after his trip to Costa Teguisse. Hmm. We had to turn to the Internet to figure out where on earth Roger had been. According to Wikipedia, "Costa Teguisse is a coastal town in the Municipality of Teguisse on the island of Lanzarote (in the Canary Islands of Spain). It was built intentionally to accommodate tourism, and prior to building commencing the streets were planned, constructed, and serviced in advance." Roger's message said "I think I have found heaven! What a lovely place, what a lovely island. You run from Costa Teguisse to Puerto Del Carmen, then turn around and run back. Wall-to-wall sunshine as you mostly followed the coastal path, but never too hot. Struggled with the Achilles as usual, but 4:48:48 not too bad." Roger



Harold Copeland of Richland, Washington included a brief newsletter with his Christmas card. He wrote "Greetings for the Christmas Season and the New Year! I had been okay living alone after my dear Evelyn went to be with the Lord in March 2012, but now I am in assistive living in an apartment at Riverton in Richland where food, medicine, and a bus for doctor's appointments are provided. Last April I was attending a Bible study...when a

nurse in our group recognized that I was having trouble talking, and called an ambulance. I spent a number of days in treatment and rehab after the doctors diagnosed a mild stroke. Life now is as good as can be expected under the circumstances. Happy Trails to you! Harold.” He will be 96 years old on March 27, 2016.

Eddie Hahn of Crestline, California was the subject of an article entitled “Celebrating with the Run of a Lifetime,” authored by Mary-Justine Lanyon, Sports Editor of the *Mountain News* in Crestline. The article mentions:

Some people celebrate landmark birthdays with a party, others with a cruise or bucket list trip. Crestline resident Eddie Hahn celebrated his 50th birthday by running his 200th marathon on Nov. 7...He placed 10th for males 50-54, running the 26.2 miles in 3:27:09 at a 7:54 pace...As for what’s next for him, Hahn said he likes to have a goal in front of him. He will be part of the 4:25 pace group at the Surf City Marathon on Feb. 7. Then, the following weekend, he will run in the Los Angeles Marathon.

Wally Herman of Ottawa, Ontario, Canada called in December. Wally was the first person to complete a marathon in all 50 states. He is now 90 years old and his total marathon count has grown to 730.

Steve Hughes of Little Rock, Arkansas completed the Mississippi Blues Marathon in Jackson, Mississippi on January 9, 2016 to log his 300th finish of a marathon or ultra since his 60th birthday. According to Steve, “Based on many EMail with other old men and on-line research, it appears I am the eleventh person in U.S. history to accomplish the feat.” Here’s a portion of a nice article about Steve posted in the “Running Journal” at running.net:

Steve (Hughes) practiced law and was inactive athletically from ages 31-56. He suffers from osteoarthritis but began running again at age 56 because of medical advancements. He had participated on track and swimming teams in the mid-1960s at the University of Arkansas...Jan. 9, 2016...was his 360th lifetime finish of a marathon or ultra...

In January 2015, Hughes (was) selected to the Marathon Maniacs Hall of Fame, which only has 20 so honored among the 12,000 members of the international club. Nearly a year prior to that, in February 2014, he completed his fourth marathon or longer in all 50 states. In December 2012, he became the seventh athlete in the world to complete at least 100 races of marathon-or-longer distance in a calendar year.

Steve suffered stage 4 osteoarthritis in his left foot and in February 2015 had a joint implant placed in his left foot. Meanwhile, osteoarthritis in his right foot is getting worse, he said, and his navicular bone is beginning to dislocate during running. He will need a joint implant in that foot, an orthopedic surgeon has advised...

How much does he train: "I only run on the weekends. At least three times during the week I will try to lift weights and swim...Before the arthritis, running was always easy. Some days now I compete against runners in my age group, other days I compete against age and infirmity. In either case, the goal is to challenge myself to physically do my best and to mentally tough out 26.2 miles or longer. I always have a quote by Erma Bombeck in the back of my mind. She said, 'When I stand before God at the end of my life, I would hope that I would not have a bit of talent left and could say, 'I used everything you gave me,' Hughes related.

Inspired by Steve's accomplishments, **Bob Dolphin** sent him the following message:

Congratulations on completing 300 marathons since your 60th birthday. That's quite a feat.

Since my first marathon was at age 51 and my retirement marathon was my 502nd when I was at age 84, it was easy to locate where I ran on or near my 60th birthday. This turned out to be my 73rd marathon, the Royal Victoria Marathon on October 6, 1989, at age 60 years and 4 days. Since then, I ran 429 marathons. Please let me know how I rank on your list of eleven 60+ marathoners.

For all ages, I was ranked 28th nationally for the United States as of August 2015 and 140th position of 466 who have run 300 or more marathons worldwide. Thanks to Walt Prescott of our club and Takatoshi Yoshino of the 100 Marathon Club Japan who tabulate these statistics annually.

Best wishes,

Bob Dolphin, Co-Director
Yakima River Canyon Marathon and Half Marathon
100 Marathon Club North America

David Jones of Seattle, Washington turned 70 in January. He is planning to run his 16th Yakima River Canyon Marathon on April 2, 2016. We are looking forward to seeing you at the race, David, and hoping Linda will be accompanying you!

Bob Lehew, formerly of Dallas, Texas, is now living in Estero, Florida. In spite of heart by-pass surgery in 2010, and cancer surgery and radiation in 2013, he has been able to keep his Boston streak going, having run all of the Boston Marathons since 1987. Bob is looking forward to his 30th consecutive Boston in April 2016.

ROSTER UPDATES AND NEWSLETTER PRODUCTION

100 Marathon Club North America roster updates, and the monthly newsletters are produced by Ron and Nancy Fowler. Completed updates are forwarded to Tony Phillippi

for posting on the 100 Marathon Club North America pages, hosted on the Marathon Maniacs' web site. Thank you for your much-appreciated support, Tony!

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

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