



Newsletter #53 – March 1, 2016

NEWSLETTER DISTRIBUTION

New issues of the 100 Marathon Club North America newsletters are posted monthly at <http://www.100marathonclub.us/newsletter.html>. Please add this link to your computer's "favorites" list and check for the latest newsletter after the first of each month. As soon as the roster is updated and the new newsletter is in place, a message is also posted on our Facebook page.

NEWSLETTER ARCHIVE

All of the previous 100 Marathon Club North America newsletters have been archived and are easily accessible on our web site page should you miss an issue or want to review an earlier edition.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, if you want to publicize your event(s), you need to send us information about your race(s). Here are three upcoming marathons directed by club members:

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. Our annual 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, don't miss the no-host breakfast from 0900-1100 at the Best Western Ahtanum Inn at 2408 Rudkin Road at the south end of Yakima.



OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLET

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.

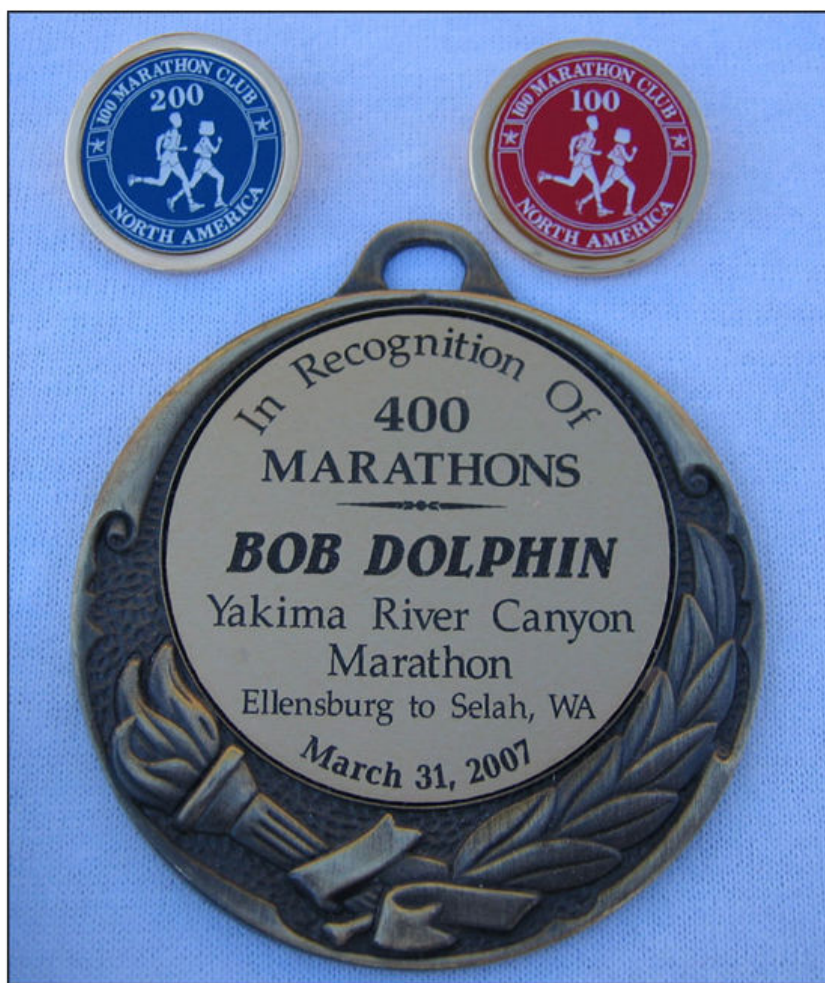
Check them out and order yours today!

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. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. In addition to the singlets (pictured above), plus short and long sleeve tee shirts, here are examples of the types of pins and medallions that are available to members →

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:

Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056



WELCOME NEW MEMBERS!

Bryan Baroffio of Grand Junction ran the 2004 Moab Marathon in Moab, Utah as his first marathon. He chose the 2014 Little Rock Marathon in Little Rock, Arkansas as the location for his 100th marathon. His current total includes 135 marathons and two ultras. Bryan is a member of the Mesa Monument Striders in Grand Junction. He set his 3:09:51 PR in 2009 at age 50. He has made the Best Frequent Marathoners list for the third year in a row. Bryan obviously enjoys traveling, as he is currently pending recognition as the second person to twice complete 50 states in sub four hours. Here's Bryan during a recent race →



her first marathon. The 2015 Tunnel Light Marathon in North Bend, Washington was the site of her 100th marathon. Sarah's current total includes 104 marathons and six ultras. She set her 3:54 PR in 2015 at age 34. Sarah's running accomplishments include: a first place finish for USA females at the 2009 Polar Circle Marathon (note: if you aren't familiar with this race, do an Internet search and check it out; whew!); running eight marathons in eight days; running four half and four full marathons in one week; and losing 100 pounds! We are looking forward to meeting Sarah at this year's Yakima River Canyon Marathon. The photo posted above shows Sarah proudly wearing several of her finisher's medals.



The 2009 Great Wall of China Marathon was the exotic destination **Sarah Brawley** of Leavenworth, Washington chose for

April Graves of Poulsbo, Washington chose the 2012 North Olympic Discovery Marathon in Port Angeles, Washington for her first marathon. Just over three years later she logged her 100th marathon at the 2015 Poulsbo Marathon in Poulsbo, Washington. April has definitely been pounding some serious pavement, at one point completing 14 legitimate marathons in 9 days, a total that included four days of doubles! Your co-editors missed an opportunity to meet April in person last year while we too were at the Poulsbo Marathon. Hopefully our paths will cross again soon – perhaps at Yakima? April set her 3:39:39 PR in 2014 at the age of 37. Her current total includes 102 marathons and 10 ultras. The accompanying photo → of April was taken just after she completed 26.2 laps of a one mile loop marathon course in Oregon. She had enjoyed seeing “Banana Girl” cheering for a fellow runner lap after lap and couldn’t resist a photo op as a great way to remember the race.



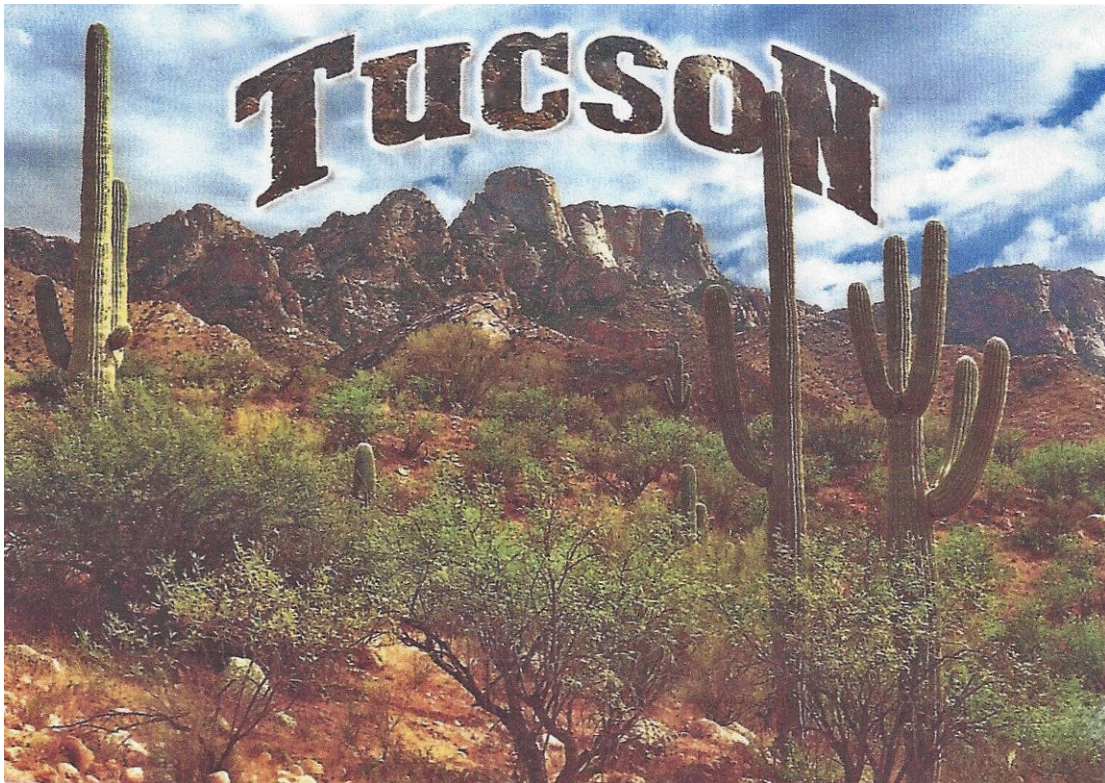
The addition of Bryan, Sarah, and April boosts total 100 Marathon Club North America membership to 510.

MEMBER UPDATES

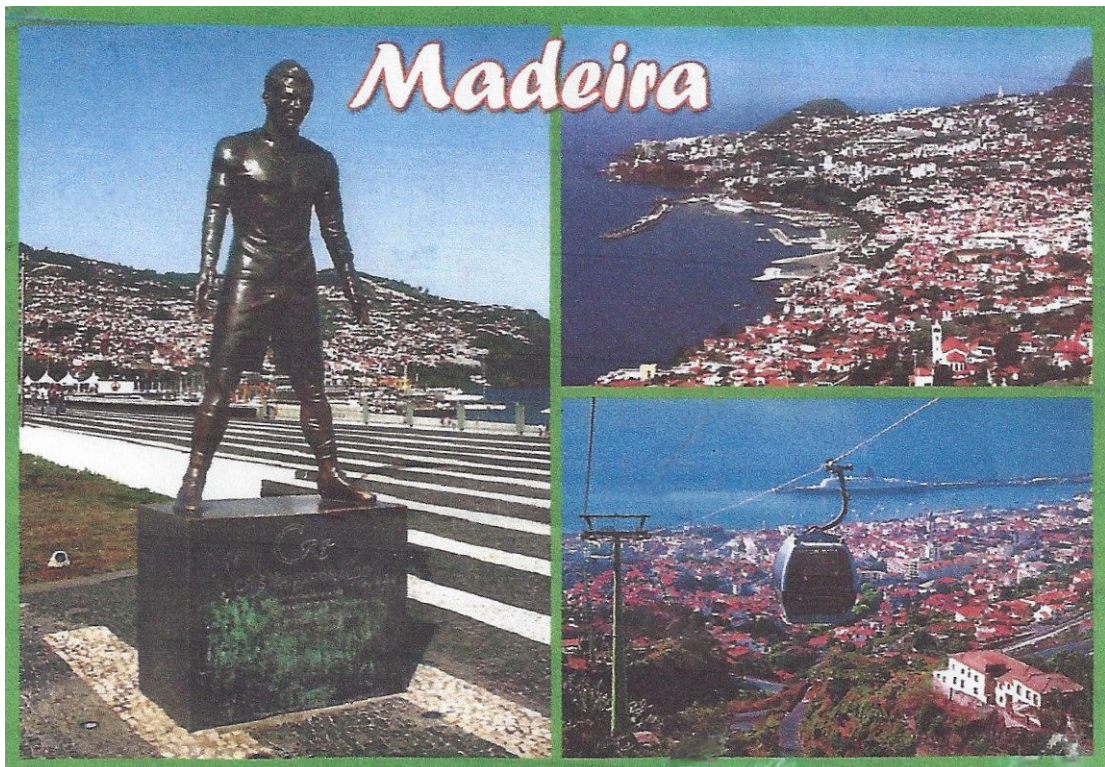
Van “Pigtails” Phan of Maple Valley, Washington celebrated the arrival of 2016 by chalking up her 400th marathon at the Seattle Locks Marathon on New Year’s Day.

John “Maddog” Wallace of Longboat Key, Florida has announced the launch of www.johnmaddogwallace.com, a new website designed to promote his book, *Global Runner*, and also to “double as a personal website where family, friends, and readers can keep informed about Maddog’s current status and activities (and there have been BIG changes in Maddog’s life this year!).” He also created a “Global Runner” Facebook page that is linked to the website to serve as an interactive forum for readers to post comments and questions about the book and running. Maddog plans to post race reports, plus articles concerning diets, physical therapy, injuries, racing, and foreign travel. Readers are encouraged/invited to post similar articles. His goal is “to make this website one of the most important and popular websites in the world running community!”

Roger Biggs continues his world marathon tour, logging January 2016 races in Jackson, Mississippi, Phoenix, Arizona, and on the Portuguese archipelago of Madeira.



Roger's message accompanying the illustrated postcard from Tucson indicated "Jackson, MS last weekend in 4:56 (torrential downpour last hour). Now spending a few days in Tucson before running Phoenix this weekend. Wall to wall sunshine, but cold at night."



Roger's Madeira postcard message: "You have to be in it to win it! Struggled with the hills, then the heat. Last in the race, but won my age group! Felt the Achilles, but it didn't give me a bad time; I gave me a bad time." Roger

To help celebrate his 70th birthday, **Mike Brooks** of Danville, Maine is planning what will likely be his final fundraiser for Camp Sunshine. Mike writes:

For more than a decade Camp Sunshine has been my charity of choice and I'm humbled to say that over the years I have been able to raise in excess of \$45,000. Camp Sunshine is a place where seriously ill children and their families can go to regroup, reenergize, and restore hope for the future...to commemorate this milestone birthday, I will attempt to run 7 marathons, in 7 states, in just 7 days!

What makes this the best time to help Camp Sunshine...is your contribution will be instantly doubled thanks to a generous matching challenge from national sporting goods retailer Finish Line. The Finish Line Youth Foundation thinks so highly of our partnership they will match up to \$7000.00 in donations (and help) continue to ensure that Camp Sunshine remains free to participating families. Go to: www.crowdrise.com/mikebrooks70thcelebration/fundraiser/campsunshineatsebago for more information. If you would rather mail a check donation the address is Camp Sunshine, 35 Acadia Road, Casco ME 04015. Please note that this is for my fundraiser. Any help you can give would be greatly appreciated by me and the ill children and their families that will benefit from your generosity.

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 ongoing and much-appreciated support, Tony!

Please send roster 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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