



Newsletter #55 – May 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. Once the roster is updated and a new newsletter is in place, a message is also posted on the club's Facebook page.

NEWSLETTER ARCHIVE

All previous 100 Marathon Club North America newsletters are archived and 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 several upcoming marathons directed by club members:

05-07-16 - Lost Lake 50K & 25K, Bellingham, WA – **Terry and Delores Sentinella**

05-15-16 - Conquer the Wall Marathon, in Badaling China (outskirts of Beijing) – **Terry and Delores Sentinella**

05-21-16 - Shangri-La Ultramarathon, in Deqen, Yunnan, China – **Terry and Delores Sentinella**

05-26 to 29-16 - Pigtales Classic 200M, 150M, 100M, 100k & 50K, Renton, WA - 09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

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

10-01-16 - Baker Lake 50K, Concrete, WA – **Terry and Delores Sentinella**

12-31-16 - Last Chance Marathon & Half, Bellingham, WA - **Terry and Delores Sentinella**

04-01-17 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**

05-01-17 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**



OFFICIAL 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.

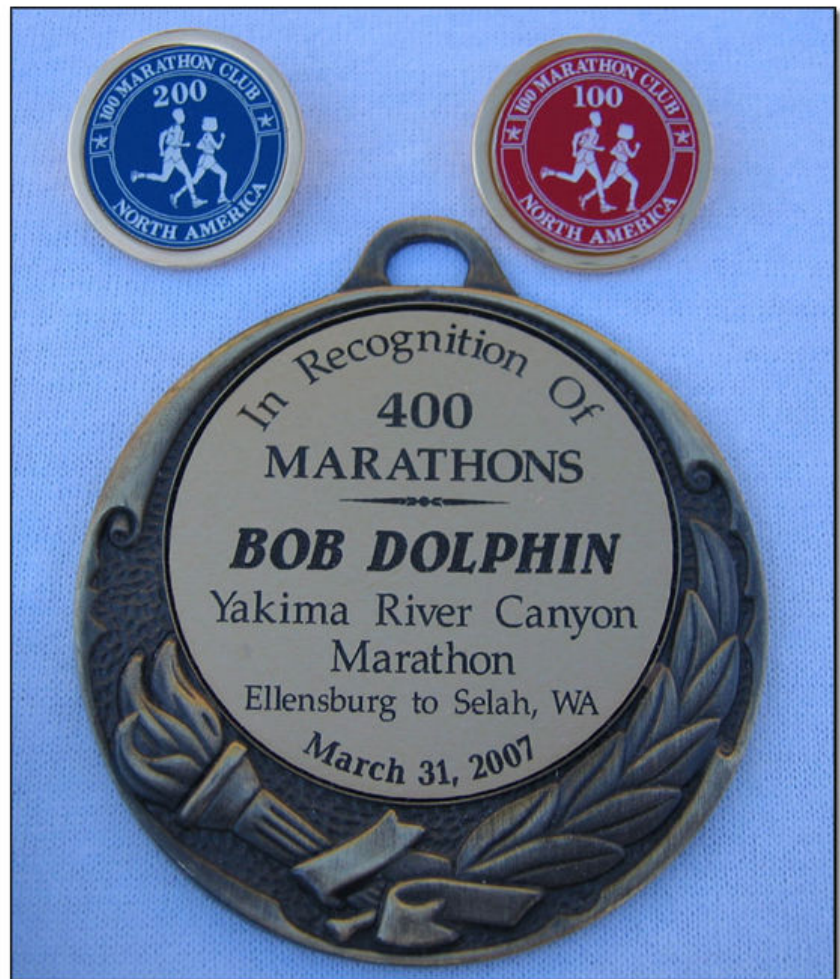
Check them out and order yours today!

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. 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!

Scott Becker of Moon Township, Pennsylvania ran the 1990 Jacksonville Marathon in Jacksonville, Florida as his first marathon. The 2016 Warm Up For Boston Marathon in Dublin, Ohio marked his 100th. During this 26 year long stretch, Scott once ran six marathons in 43 days, and has qualified for Boston in four different decades. He logged his 3:03:48 PR in 1992 at age 28. His current total is 103 marathons.

The 2005 Tucson Marathon in Tucson, Arizona was the first marathon for **Brian Pilgrim** of Albuquerque, New Mexico. A short ten years later he pounded out his 100th at the 2015 Bighorn 100 in Dayton, Wyoming. In between these milestones, he did 16 states in one year, and also completed the 2012 Grand Slam of Ultrarunning. Brian ran his 3:24:31 PR in 2014 at age 47. His current total includes 64 marathons and 46 ultras. Here's a photo of Brian during a recent race. →

The addition of Scott and Brian boosts total 100 Marathon Club North America membership to 515.



MEMBER UPDATES

Congratulations are definitely in order for **Jon “Coconut Boy” Mahoney** of Vancouver, British Columbia, Canada! Today's 2016 Vancouver Marathon was his 500th marathon! During the past 20+ years we have pounded out many marathon miles with (and trying to catch!) Jon, so we aren't at all surprised to see him successfully reach this major goal. A tip of the hat to Jon's wife, **Sherry Mahoney** (also a 100 Marathon Club North America member) for accompanying Jon all over the world during his quest to run #500. Sherry started running marathons in 2005 and today's Vancouver Marathon was her 232nd!

EMail recently brought this nice note from **Mary Schumann** of Oshkosh, Wisconsin:

Hi Bob and Lenore and Ron and Nancy,

Thank you so much for all you do for other runners! This is such a great group!

I finally finished the 7 Continents! Woohoo!! Finished at the Kasumigaura Marathon in Tsuchiara, Ibaraki, Japan on April 17, 2016. Gun time was 5:41:38 and chip was 5:32:04. Current total = 107 marathons and 7 ultras. Thanks again. I wear my 100 Marathons shirt with pride!

John “Maddog” Wallace shared a link to a very interesting article entitled “Running in England” that he recently posted on his blog. The article was authored by fellow 100 Marathon Club North America member **Jack Brooks** of St. Albans, Herts, England, and compares and contrasts running in the United Kingdom vs. the United States. Jack’s description of “fell races” particularly caught our eyes:

Fell races occur in many of the hillier, and more rugged parts of England (as well as Wales and Scotland). Fell runners are considered by many to be a breed apart, and are held in awe by most UK runners. These are the fearless individuals who race up and down trackless mountains in all weather conditions. One of the most famous challenges for fell runners is the Bob Graham Round, which entails racing around a 72 mile course over a particular sequence of 42 Lake District Peaks with 27,000 feet of ascent and descent. The time limit for this event is 24 hours, and none of the route is marked.

Check out the entire article at: <http://johnmaddogwallace.com/running-in-england/>

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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