



## Newsletter #56 – June 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:

07-16-16 – Kill Bill's Oyster Dome Challenge 50K, Blanchard Mountain, 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**

10-02-16 – Winthrop Marathon, Winthrop, WA – **Terry and Delores Sentinella**

12-03-16 – Ghost of Birch Bay Marathon, Birch Bay, WA – **Terry and Delores Sentinella**

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

02-18-17 – Woolley Marathon & 50K, Sedro-Woolley, 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 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.

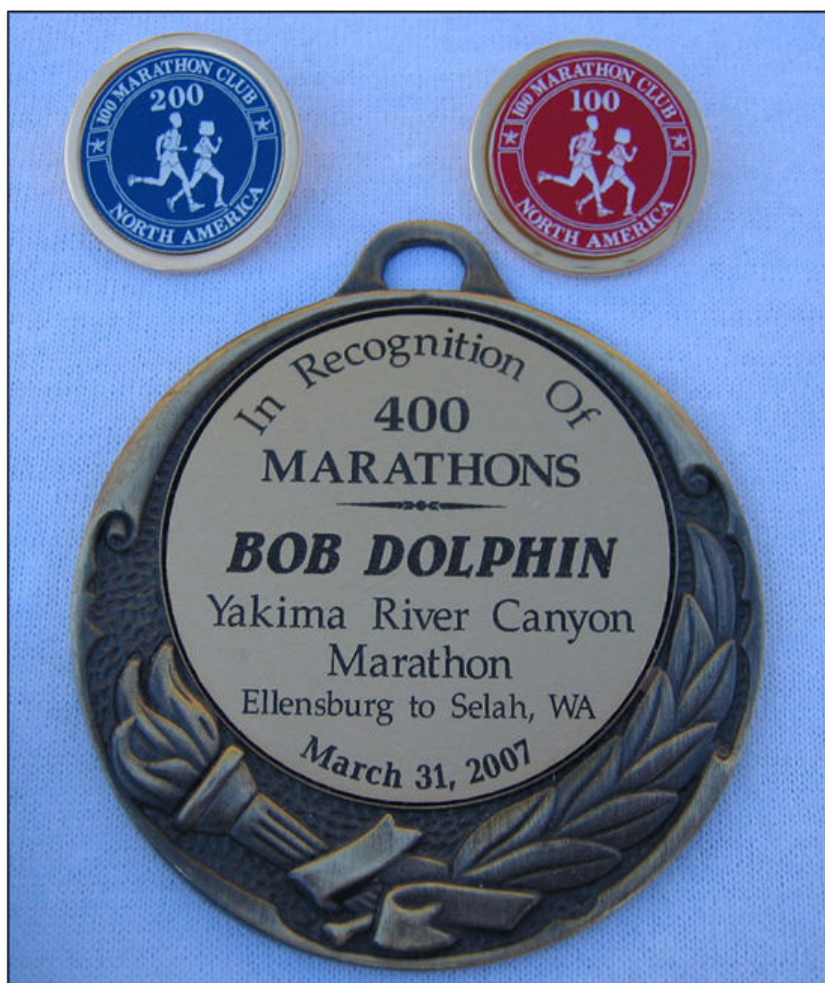
Check them out and order yours today!

## 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](mailto:dolphinmteam@earthlink.net). Please make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin  
10519 126<sup>th</sup> Avenue SE  
Renton WA 98056



## WELCOME NEW MEMBERS!

**Chavet Breslin** of Denver, Colorado ran her first marathon, the 2010 Walt Disney Marathon in Orlando, Florida, at age 27. Just over six years later she notched her 100<sup>th</sup> at the 2016 OC Marathon in Newport Beach, California. Her current total of 93 marathons and 10 ultras includes several milestones, including: Desert Rats 50K (first in age group, third female); Moonlight Ultra 100 Mile (first overall and female course record holder); Maui Oceanfront Marathon (50 states finish, third in age group); Across The Years 24 Hour (third overall female); United Physical Therapy 49K (first in age group), Mt. Sneffels Marathon (third in age group); The Divide 135 (first overall female and female course record holder); Beat The Heat Marathon (third overall female); and Silverton 100 Mile (first overall female and female course record holder). Chavet set her 3:18:05 PR at the May 7, 2016 Revel Mt. Charleston Marathon at Las Vegas, Nevada at age 34.

The 1989 Houston Marathon was the first marathon for **Richard Carroll** of Houston, Texas, and the 2016 Bear Chase Marathon in Groveton, Texas was the location he chose for his 100<sup>th</sup>. Richard set his 3:57 PR at his first marathon in 1989 at age 29. He is a member of the Pearland Area Road Runner's club. His current total is 100 marathons and seven ultras.

Here's a very happy Jim just after completing his 100<sup>th</sup> →







**Natalie Ehrlich** of Littleton, Colorado chose the 1999 LaSalle Bank Chicago Marathon in Chicago, Illinois for her first marathon. The May 21, 2016 Keys 100 Mile Ultra in Key West, Florida was her 100<sup>th</sup>, boosting her current total to 86 marathons and 14 ultras. She completed 50 states at the 2013 JFK 50 Miler in Boonsboro, Maryland. Natalie set her 4:44:31 PR in 2015 at age 58.

← Here's Natalie proudly displaying several of her finisher's medals.

The hometown 1995 California International Marathon in Sacramento, California was the first marathon for **James Geary**. He chose the 2016 Boston Marathon for his 100<sup>th</sup>, also marking his 21<sup>st</sup> consecutive Boston. Jim set his 3:21:29 PR in 1995 at age 49. His current total is 101 marathons.

Here's Jim completing the San Francisco Marathon →



**Patti Krebsbach** of Kent, Washington ran her first marathon at the 2006 Portland Marathon in Portland, Oregon. Last month's 2016 Tacoma City Marathon was her 100<sup>th</sup>. Patti set her 3:43:30 PR in 2013 at age 51. Her current total is 94 marathon and six ultras. She has run 17 Boston qualifiers, including five in a 30 day time frame.



← Here's Patti just after completing her 100<sup>th</sup> at the 2016 Tacoma City Marathon. Eagle-eyed readers will likely recognize the fellow holding Patti's sign was TCM race director and Marathon Maniac #3, Tony Phillippi. Pretty sneaky way to get your photo into the 100 MCNA newsletter, Tony!



The 1992 Ft. Worth Cowtown Marathon in Ft. Worth, Texas was the location **Janet Marshall** of Mesquite, Texas chose for her first marathon. She returned for the 2016 edition of the Ft. Worth Cowtown Marathon to mark her 100<sup>th</sup> marathon. Jan set her 4:06 PR in 1995 at age 41. She has run half of her marathons and all of her ultras during the

past five years. Her current total is 91 marathons and 10 ultras.

← Here's Janet just after completing the 2013 Ft. Worth Cowtown Ultra Marathon.

**Claudia Roedl** of Scottsdale, Arizona notched her 100<sup>th</sup> marathon at the 2015 Whiskey Row Marathon in Prescott, Arizona. She didn't begin running marathons until age 40 and has completed 102 marathons and two ultras during the past 10 years.

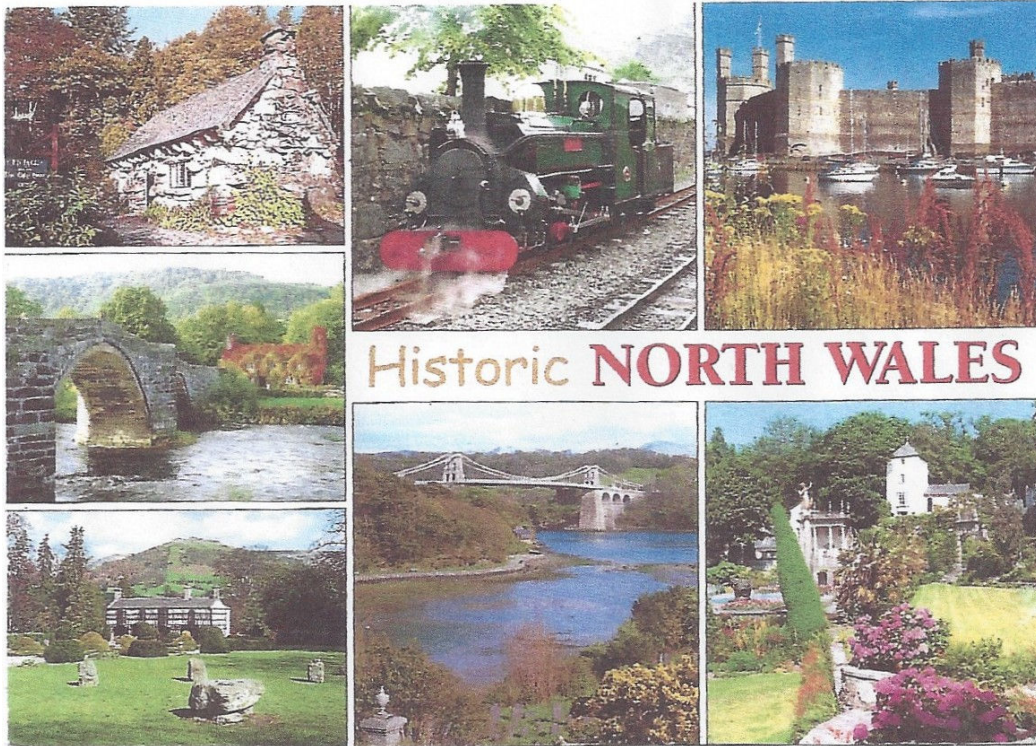
The addition of Chavet, Richard, Natalie, James, Patti, Janet, and Claudia boosts total 100 Marathon Club North America membership to 522.





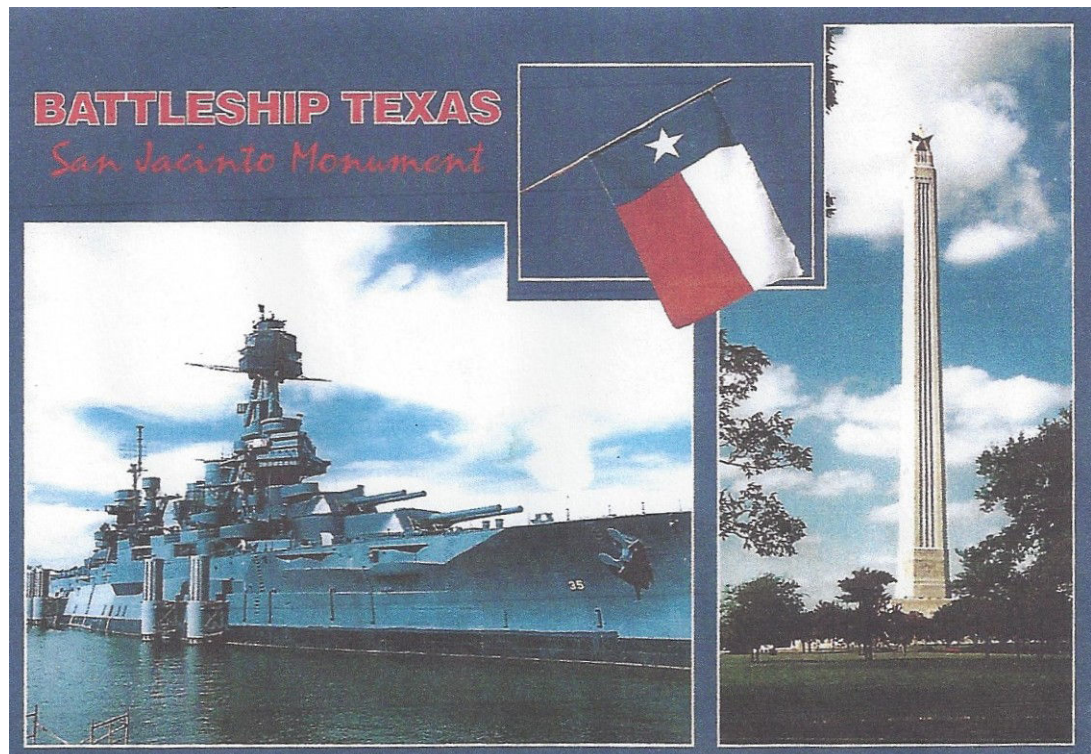
## MEMBER UPDATES

Here are more recent postcards from **Roger Biggs**, our globetrotting 100 Marathon Club North America member:

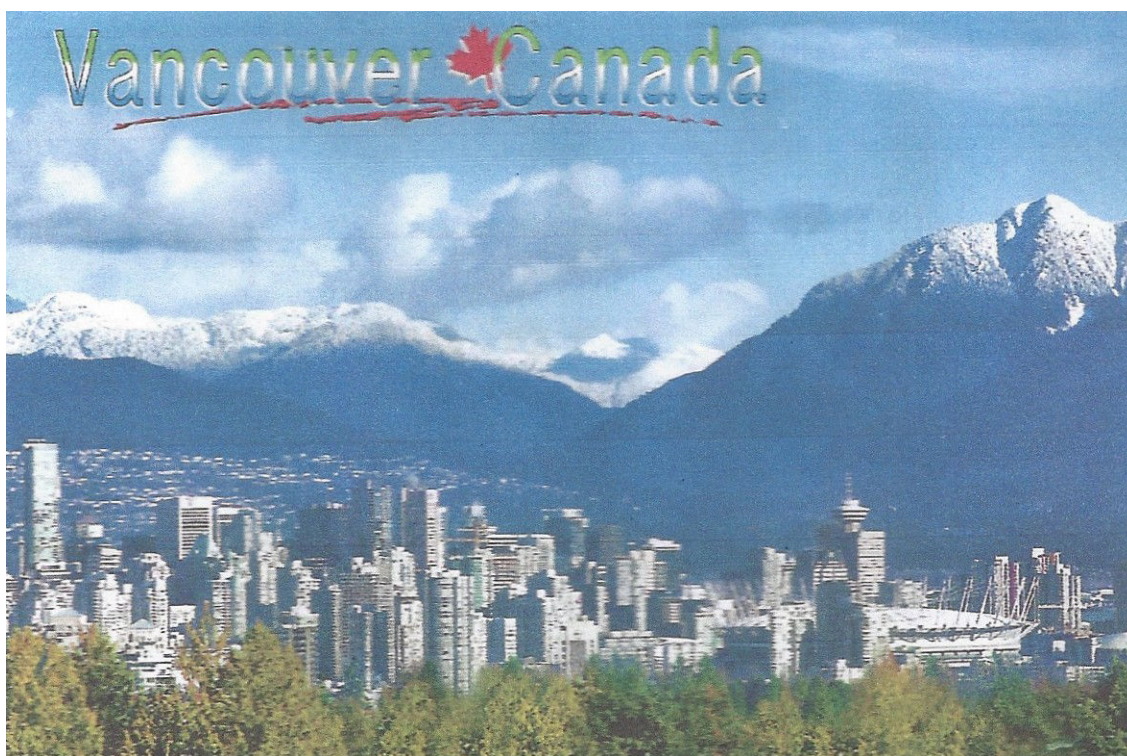


Sun. 3-6-16: Let the train take the strain for this weekend in Wrexham, North England. Staying in a nice hotel near the start. A struggle today to finish in just under 5 hours.

Sun. 3-20-16:  
Solo trip for Lafayette Seabrook double. Staying with Boones and Cliff. Struggled in both marathons (5:08 and 5:03), but had a good time.







Mon. 5-2-16:  
Vancouver is the 1st weekend of 4, the next 3 in the States. In wall to wall sunshine, I finished a scenic run in 4:54. Course included seawall section within the famous Stanley Park.

The April 2016 edition of *Northwest Runner* magazine (for subscription information, visit [nwrunner.com](http://nwrunner.com)) included an excellent article about 100 Marathon Club North America member **Gunhild Swanson** entitled “After Her Historic Western States Finish, Swanson Strides On.” We have enjoyed pounding Pacific Northwest pavement with Gunhild for well over 30 years, and it is terrific to see the well-deserved recognition she is receiving since her 2015 Western States finish. Here is a portion of author Craig Howard’s article:

An icy rain is falling as Gunhild Swanson heads out on a 20-mile jaunt through the rugged slopes of Antoine Peak in eastern Spokane Valley. Spring may be right around the corner, but there are still patches of snow clinging to shaded parts of the long, crooked path. Layers of mud, a rash of puddles and dozens of toppled trees make navigation on this morning a turbulent task. Still, the 71-year-old dips and climbs along the nontechnical trails...There is no cheering crowd to greet Swanson as she exits the rural hill. Some might say she met the quota of applause last year when emerging as the most celebrated finisher at the Western States Endurance Run, a revered 100-mile test in central California...

Swanson felt good going into her third Western States start, feeling that 28 hours would be within reach. Yet when she and her pacer took a wrong turn at mile 88, that goal seemed like it might slip away...‘I did the math figuring the pace I needed to run after that, including several long and steep climbs, to make it under 30 hours and didn’t think I could do it,’ she said...

‘My entire focus was on moving as fast as I possibly could,’ said Swanson. ‘I never asked how much time (was) left, how far to go, or tried to calculate my chances; I



simply ran as fast as I could. Once I was on the track and coming around the turn and saw the clock, I knew I could make it.'

With the infield roaring each stirring step toward the finish, Swanson eclipsed the line with six seconds to spare.

'THAT.WAS.AMAZING.' tweeted top ultra runner Stephanie Howe after Swanson became the oldest female ever to conquer Western States in under 30 hours. Suddenly, Swanson had turned into the Cinderella story that captivated followers both in and out of the running world...

Swanson was caught off guard by the attention but appreciated the feedback from those who found her effort inspiring. 'People said they looked at their own lives and reset goals they had felt they could no longer achieve...'Running has made me confident and capable...it has taught me to persevere in the face of adversity, to believe in myself. I know from experience that setbacks are temporary, only blips in the grand scheme of life. There is always joy ahead. Running is my time for reflection on how blessed I am and what really matters in life....I just love running...I run for the humanity and joy of it – that's what motivates me.'

It was a pleasure to meet **Cathy "Ladybug" Troisi** of Cohoes, New York at this year's Yakima River Canyon Marathon. We were even able to participate in a dinner helping Cathy celebrate her 70th birthday. Here is an EMail message she recently distributed, further proving there are some very nice and thoughtful folks participating in our hobby:

May 3, 2016

To my favorite race directors:

Les: Lake Tahoe Marathon and Maui Oceanfront Marathon

Nancy: Miracle Match Marathon

Trent: Flying Monkeys Marathon

Todd: Rock The Ridge and Catskill Mountain 100k

Gene: Fat Ass 50k

Steve: Run Under The Stars

David: Hatfield-McCoy Marathon

Clint: Mainly Marathons

Benn: Sweltering Summer Ultra

Myriam: Celebrate Life Half-Marathon

Bob and Lenore: Yakima River Canyon Half-Marathon

Will: Pistol Ultra

Jennifer: NJ Trail Series

Linda: Boston

Dallas: Cummins Falls Marathon

Chad: Hallucination Ultra

[www.rocktheridge.org](http://www.rocktheridge.org) provides course description and course profile for Rock The Ridge 50 miler.

I have to blame Kathrine Switzer for bringing the inaugural Rock The Ridge 50 miler to my attention. I checked the website, readily noticed the beautiful photographs, and was immediately impressed by the beauty of the area relatively local to my Albany address, a drive of 1.5 hours south of here. Plus it was a fundraiser to save the trail; it looked like a trail I wanted saved for my grandchildren and their grandchildren to enjoy and appreciate what's basically in our backyard.

Anyone who knows me also knows my heart is at Tahoe. I've done most of Les' running events, from 5k to Tahoe Double Dare (two loops around Lake Tahoe, 72.2 miles per loop). And yes, my ultra mind actually conceived that idea. I couldn't fathom there could be an area to surpass the beauty of Lake Tahoe so I decided to check out Rock The Ridge. I read every word of the participant handbook and was readily intimidated by the course profile. My ultra mind told me since I've done the Tahoe ultras (several times) I could do Rock The Ridge. When I finished the 2014 RTR, I emailed RD Todd and told him, "I'm smitten. I loved the course. It's the Tahoe of the East." And I knew I'd be back.

In terms of scenic views, Tahoe and RTR share the overall grand prize for course scenery. In terms of hills/climbs, Tahoe has its challenging climbs but Rock The Ridge easily rivals it. Today, three days past completing my second Rock The Ridge 50 miler, the overall grand prize goes to RTR; my achy quads and recovering blisters confirm that!

Once I decided to repeat RTR in 2016, I went into my version of training: doing marathons that have challenging course descriptions, 12 hour runs, and night time runs. I started a year in advance of April 30, 2016:

Fat Ass 50k, RI, May 10  
Run Under The Stars, KY, (10 hour, 8PM - 6AM), June 6-7  
Hatfield-McCoy Marathon, June 13  
Mainly Marathons, CO/NM June 25-26  
Sweltering Summer, (10 hours) August 8  
Catskill Mountain (40k), August 16  
Mainly Marathons, ME/NH/VT, August 24, 25, 26  
Jimmy Fund Boston Marathon Walk, September 27  
Tahoe 16.6 miler, October 11  
One Day At The Fair (9PM - 9AM), November 7  
Flying Monkeys Marathon, November 22  
Pistol Ultra (12 hour), January 2  
Maui Oceanfront Marathon, January 17  
Miracle Match Marathon, January 31  
Hallucination (12 hour), February 6  
Cummins Falls Marathon, February 27  
Celebrate Life Half-Marathon, March 13



Yakima River Canyon Half-Marathon, April 2  
Boston Marathon, April 18

So, here I am, three days past Rock The Ridge 2016, satisfied with the outcome. Two years older than my first RTR, but I still did ok. Oldest participant, 70; closest to my age was a 63 year old male (finished before me) and a 62 year old female (finished 45 minutes after me). Seven participants finished after me. Of course, the overall winner finished in one-third my time!

Thanks to all the race directors whose races provided me the opportunity for various challenges throughout the past twelve months of RTR training. I was able to finish Rock The Ridge 2016 faster than 2014 by one hour thirty four minutes fifty seconds. As this year's oldest participant that's my badge of honor for Rock The Ridge 2016.

You all have a piece of this year's medal.

Thank you.

Cathy

## **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](mailto:dolphinmteam@earthlink.net)

★ Ron and Nancy Fowler: [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)

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