



Newsletter #58 – August 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:

08-21-16 – Super Tunnel Marathon, Snoqualmie Pass, WA – **Databar Events**

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.

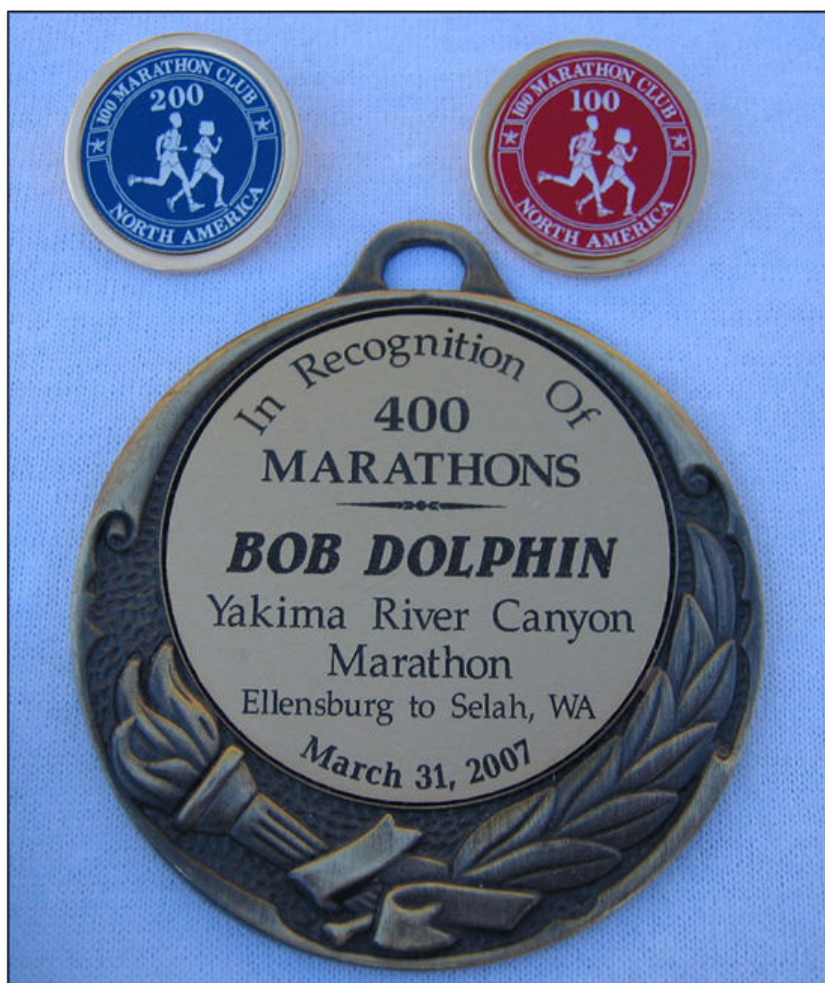
Check them out and order yours today!

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. Please make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056



WELCOME NEW MEMBERS!

Ryan Westin of Maumelle, Arkansas chose the 2007 Disney World Marathon in Orlando, Florida for his first marathon. He finished his 100th at the 2016 Little Rock Marathon in Little Rock, Arkansas. He had completed 83 marathons when as Ryan explains, “I was a passenger in a fatal head-on car crash August 1st last summer and am very fortunate to still be here as well as running. I fractured all the right side of my ribs, two vertebrae, had intestines removed, and my colon and intestines patched up as well. Ran a marathon two months after my crash – lots of pain but wow, what a feeling! Ran 16 more after that to get to my 100th.” Welcome to the 100 Marathon Club North America, Ryan!



The addition of Ryan boosts total 100 Marathon Club North America membership to 527.

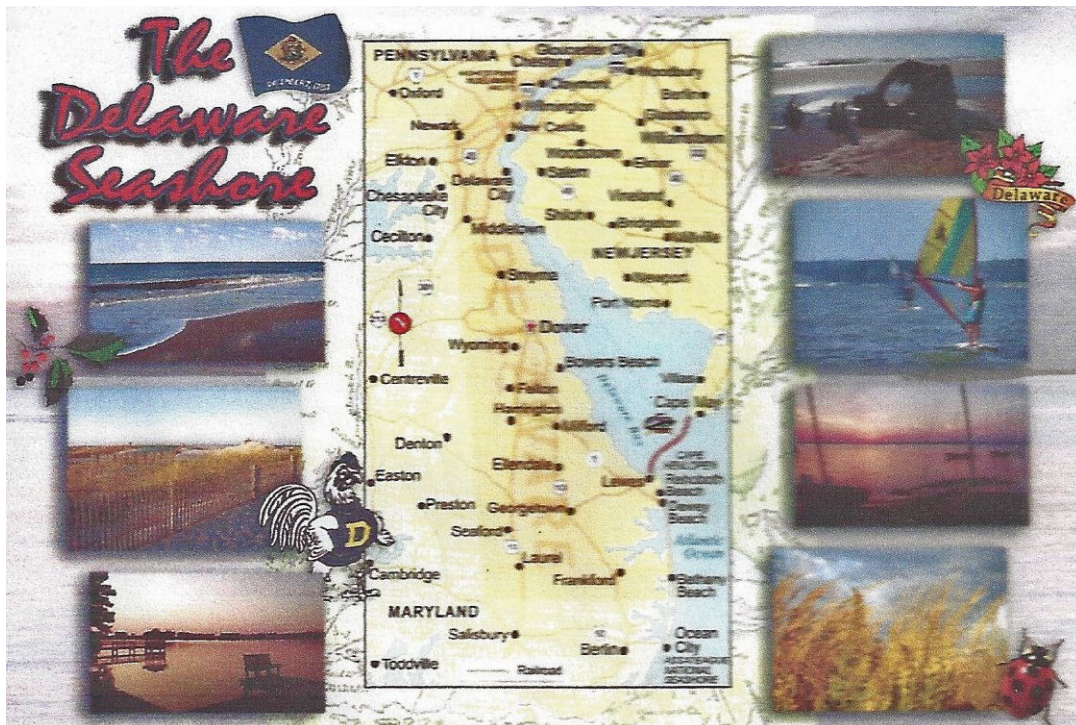
MEMBER UPDATES

Major Marathon Milestones:

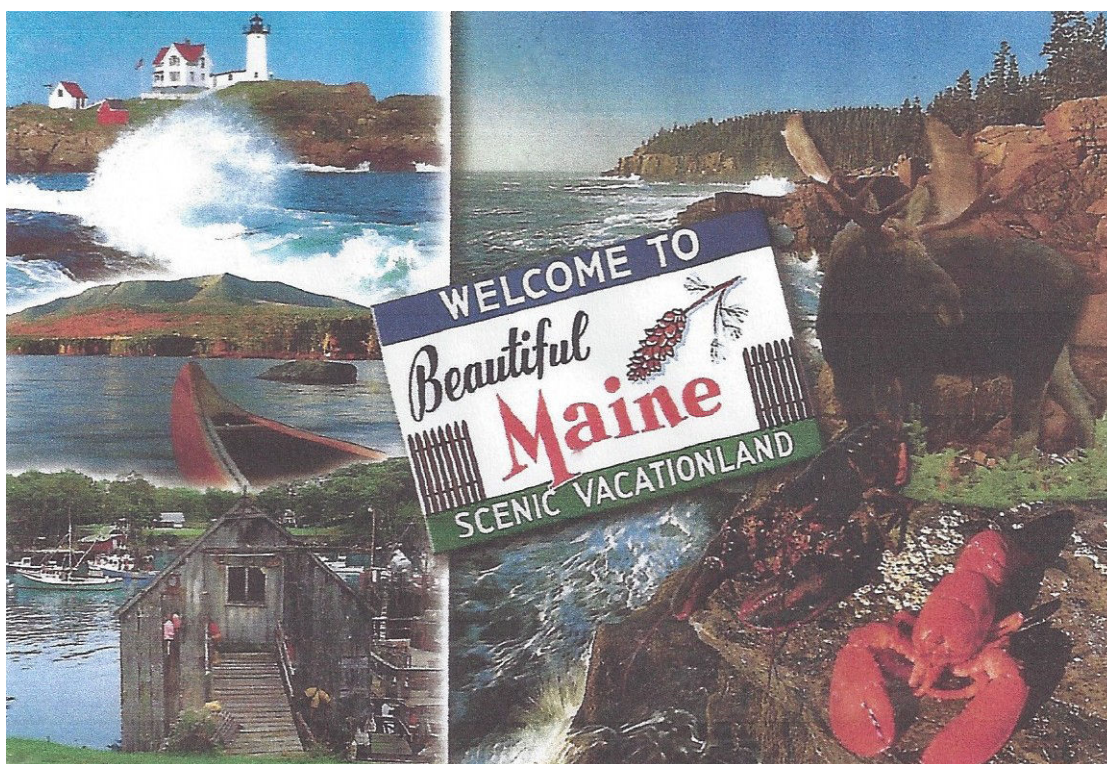
Eliot Collins - #200 Harrisburg Marathon Harrisburg, PA 11-07-2015
Paul Fournier – 50 states Maine Coast Marathon Biddeford, ME 05-15-2016
Tom Hosner - #300 Big Sur Marathon Carmel, CA 04-24-2016
Sharon Kerson - #500 Yakima River Canyon Marathon Selah, WA 04-02-2016
Sharon Kerson – 6 times 50 states Flying Pig Marathon Cincinnati, OH 05-01-2016
Ray Lim - #150 Toronto Marathon Toronto, ON 05-06-2016
Larry Macon – 21 times 50 states Martian Marathon Dearborn, MI 04-09-2016
Pam Penfield - #300 Dust Bowl Series Clayton, NM 03-27-2016
Dan Shuff – 5 times 50 states Ocean Drive Marathon Cape May, NJ 03-20-2016
George Southgate – 50 states Leap Day Marathon Beaverton, OR 02-29-2016
Rob Toonkel - #300 Delaware Marathon Wilmington, DE 05-08-2016

Sharon Kerson of Culver City, California notified us “I finished my 500th marathon on Saturday, April 2, 2016 at Yakima, Washington. What a glorious race that was! Bob and Lenore Dolphin are wonderful race directors. I also finished 50 states for the sixth time at the Flying Pig Marathon in Cincinnati on Sunday, May 1, 2016.”

Globetrotting **Roger Biggs** of Stevenage, England continues to travel the world on his quest for his 900th marathon. Here are postcards Roger sent from four of his recent races:



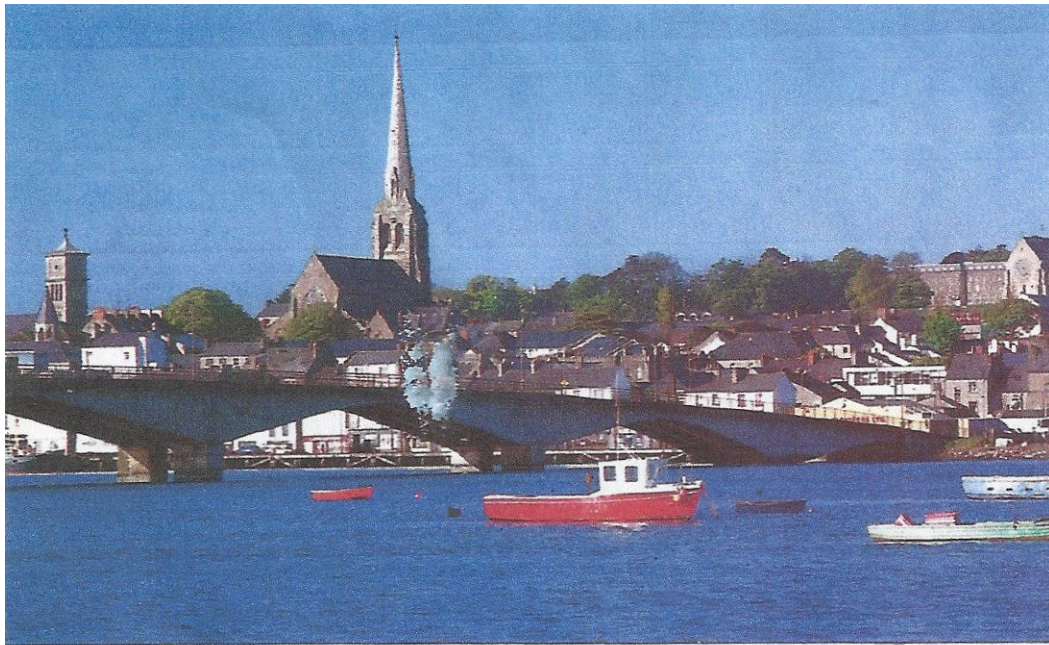
Tuesday, May 10, 2016. Lovely sunny day for trip marathon #2 in Wilmington, Delaware. Getting to see lots of things as usual and eating too much, of course.



Sunday, May 15, 2016. Achilles improving, but wheels came off at the Maine Coast Marathon today. Three of four completed for this trip.



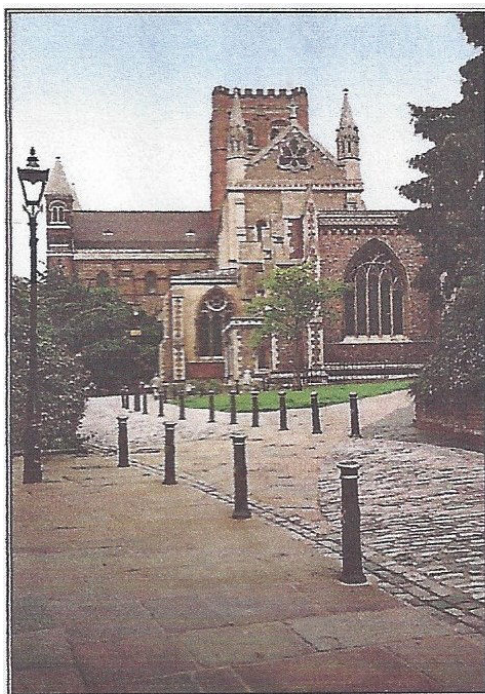
Saturday May 21, 2016. Finished our four marathon trip to the States and Canada with a marathon near Hartford. My fourth proved to be my best of the four, with a 4:50:07 and all run! Spent the last six nights with friends in West Hartford who have been great hosts, but kept us guessing as to which identical twin was which.



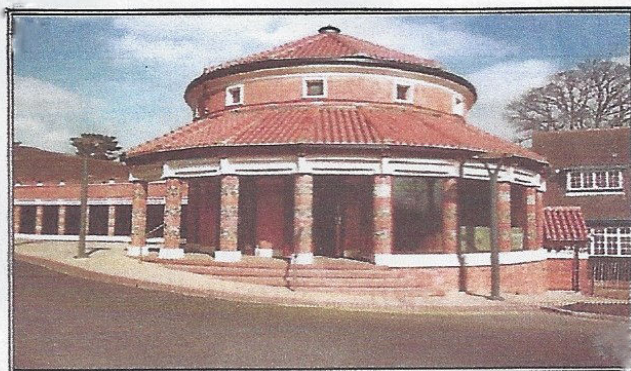
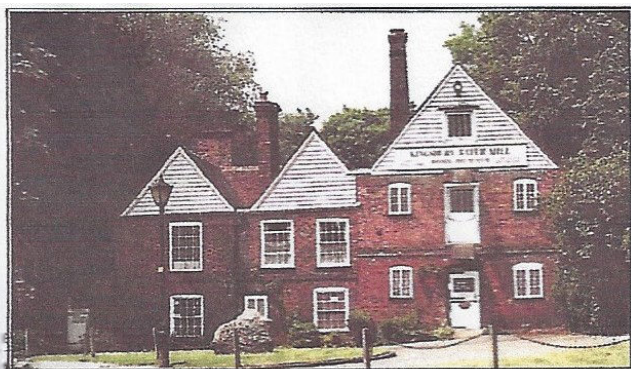
GREETINGS FROM WEXFORD

Sunday June 12, 2016. My 19th Irish county of 26 – gradually picking them off! Nice place, tough course, and lots of Irish friends.

Jack Brooks of St. Albans, Herts, England accompanied Roger Biggs on the aforementioned trip and sent this postcard from his hometown:



ST ALBANS



I'm back from a long trip with Roger and enjoying a restful few weeks home in St. Albans.

Our thanks to the 100 Marathon Club North America member Steven Yee for permission to reprint this letter recently published in the Marathon Maniac newsletter:

THOUGHTS ON THE ICONIC YAKIMA RIVER CANYON MARATHON

By Don Kienz, aka “The Rev”

Hiya, Prez!

Mr. Prez, I love Boston. I love New York. I thoroughly enjoy Miami. But, Stevie Boy, it's time to get the word out!

1. We've been talking about this for 14 years. What's the best marathon? What's the prettiest marathon? Americans are hung up on the “-est” part of comparisons unnecessarily; many are always worth attention. That's why Halls of Fame are not Closets.
2. But a problem is developing. With more marathon runners, more marathons are created; but now the number of race slots to be filled is exceeding the number of registrations occurring, so smaller – and often, very much *better* – marathons suffer and are starting to fade out of business. This is not because they are not good. Some are superb, gorgeous, and an experience quite delightfully unlike the bigger races.

A similar plight is affecting golf. A club professional near Orlando, Florida, whose beautiful club is closing in April, told me that a National Golf Foundation report believes *12,000* golf courses in America need to be closed so that available golf dollars will channel into fewer courses so to keep at least those viable.

Ahhh, but April in Paradise at a small marathon@! When Mother Nature gets to painting, she generates indescribable beauty. Now, at the famous St. George's Marathon in Utah, one gorgeous scene is presented, but remains the same for the majority of its 26 miles. Far more entertainingly presented at Mom Nature's *Varieties-on-a-Theme* gallery, tucked into 26 miles of Washington State hills, lives the point-to-point, winding river canyon course called Yakima.

Here, the views evolve and change. The river twists, the hillside road rolls high and low through the valley, tumbleweeds tumble, ranches lounge proudly, a long, lazy freight train rumbles through, elk might line a ridge or a bald eagle surprise, lifting off out of tall grasses just fifty feet off the road with massive wings creating an unforgettable sound of fla-flomp, fla-flomp. Birdman spotted 44 varieties of birds during one run down the canyon.

The whole experience is enveloped by an unofficial annual reunion of Maniacs. A night-before pasta dinner on Friday is capped with captivating speakers in running like Bart Yasso, Kathrine Switzer, and John “The Penguin” Bingham. And completely uncharacteristic of bigger races, an awards dinner at 4 p.m. the next afternoon brings friends all back together to relax and debrief one another on the adventure accomplished.

Afterwards casual relaxing in smaller gatherings might develop, and the next morning an informal breakfast with the race directors is an option. This combination of socializing opportunities really is extraordinary.

You are treated personally here. “Nancy” cheerleads one up the 1.5 mile hill at 21.5 by jogging down to its beginning, escorting you back up the beast, distracting one with casual conversation on running, or the real importance of Packanack Lake. The oldest race director in the country watches over all details, and offers her congratulations to finishers with a hug and infectious smiles.

The weather is typically comfortable. Reasonably-priced hotels are nearby. The drive from Seattle (and drive the canyon before the race!) is 2.5 beautiful hours.

It would be sad indeed to lose this course as a marathon route option. There’s nary a gas station, strip mall, or industrial park to be found. Save for official vehicles, cars are absent; the road is ours alone, and the setting is iconic. ‘Tis like running through the set of a western movie.

Tony (Maniac #3) just ran it for the 13th time, Prez, you’ve managed 14, and I’ve flown across the continent eight times now for this Yakima River Canyon Marathon. Just a few years ago, 600 runners entered the race. This year’s event added a half-marathon (though if one can, run the full course; it is entirely worth it). Even so, numbers are down, about 190 in the half, 220 in the full. So the negative trends are a real threat. I’d like to reverse that:

1. This one is a genuine bucket list Gem;
2. The course will thrill future runners;
3. If a small marathons deserves to survive on its merits, this one surely does; and
4. The people stories are no clichés, but vivid and welcoming.

Put the Yakima River Canyon Marathon on your calendar next year. It will be on April 1, 2017 (I’ll pull out the Reverend card here; April 1 is the truth, not a joke). It is a *unique* beauty, and well worth the logistics to drive from Seattle to get there (he of Pennsylvania insists). The tulips in the Northwest are a bonus.

Blessings Prez. Get the word out, or next year I will write about how I’ve waxed you two years in a row (never mind your flimsy medical excuses). See you there again next year.

TRIALS LEGACY MARATHON – RETRACING THE STEPS OF LEGENDS OLYMPIA, WASHINGTON – JULY 16, 2016

The Rev’s comments about smaller marathons has inspired your editor to add several thoughts. I have run all 16 Yakima River Canyon Marathons and will return next April 1. Yakima has become my favorite race because it is organized and actively managed by Bob and Lenore Dolphin and the Yakima Hard Core Runner’s Club. What a difference it makes to participate in races conducted by marathoners who understand marathoning!

With that thought in mind, I was somewhat apprehensive about running the inaugural Trials Legacy Marathon in Olympia, Washington. The purpose of this event is to commemorate the 1984 Women's Olympic Trials Marathon that was held in Olympia. I was a course marshal for the Trials and treasure the memory of watching Joan Benoit pass by leading a pack of other outstanding U.S. women marathoners. The new Trials Legacy Marathon retraces most of the original women's Trials course, and the proceeds from this new race go toward construction of a memorial honoring the women's Trials.

During my 38 years of running marathons I have participated in several inaugural races and never returned, mostly due to poor organization and management. The new Trials Legacy Marathon, however, significantly exceeded my expectations and I am already looking forward to next year's event. Clearly this race was organized and managed by experienced marathoners. Unfortunately, only 59 of us ran the race – we were more than doubly outnumbered by the volunteers! This race deserves far more participants; I encourage you to add it to your 2017 race schedule. Here's the URL for their web site for details and planning purposes:



<http://www.ontherunevents.com/legacymarathon/>

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

*Bob and Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056*

*(425) 226-1518, Renton
(509) 966-0188, Yakima
(425) 681-0154, Cell*

*Ron and Nancy Fowler
PO Box 158
Littlerock WA 98556-0158*