



Newsletter #62 – December 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 via 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: in order to publicize your event(s), you need to send us information about your race(s). Here are several upcoming marathons/ultras directed by club members:

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**

01-01-17 – Texas Marathon, Kingwood, TX – **Steve and Paula Boone**

01-29-17 – Seattle Locks Marathon, Seattle, WA – **Steve Walters**

02/03-04/17 – Groundhog Day Marathon, Grand Rapids, MI – **Don Kern**

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**

04-30-17 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

09-10-17 – Last Chance BQ.2 Marathon, Grand Rapids, MI – **Don Kern**



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!

Brooke Sydnor Curran of Alexandria, Virginia completed her first marathon at the 2004 Marine Corps Marathon in Alexandria. She chose the 2016 Marine Corps Marathon as the location for her 100th marathon. In between these milestone races, Brooke completed seven continents in September, 2013 at Accra, Ghana, and the next month she finished 50 states and DC at the IMT Des Moines Marathon in Iowa. Brooke established her 3:09 PR in 2009 at age 41. Her current total is 100 marathons and one ultra. So, that's the brief information we typically include for new members. Brooke, however, is anything but a typical new 100 Marathon Club North America member! Here is "the rest of the story" from runningbrooke.org:

Brooke Sydnor Curran, founder of RunningBrooke, was a casual runner who 20 years ago ran just to get out of the house. Spurred by 9/11 to begin her bucket list, Brooke thought she'd run one marathon, be done, and move on. Little did she know, it was just the beginning.

After years of running marathons solely to break time goals (and becoming increasingly dissatisfied with speed being the sole focus), Brooke had an epiphany while stopped at a traffic light in a transitional Alexandria neighborhood. On this cold afternoon, Brooke made eye contact with a young, working-poor mom wearily pushing a stroller through the rain. The weight of life was clear on this mom's face, and Brooke resolved to no longer drive away and forget about the kids and families who struggle to make ends meet.

In May of 2009, Brooke founded RunningBrooke and pledged to run at least a marathon-a-month, one marathon on each of 7 continents, in each of the 50 states, and the 5 world marathon majors — to inspire others to get involved, level the playing field and make Alexandria a better place for all.

Brooke has now run all the continents and states, but continues to run at least a marathon a month to reach her current goal of 100 marathons! And RunningBrooke has grown into a community movement dedicated to getting kids moving to



spark their learning in school. We are in a marathon, not a sprint. We know our work won't be done until EVERY child in Alexandria is active and ready to learn.

To date, RunningBrooke has inspired nearly 5,000 kids to become more active to spark their learning in school. Raised and in-kind donations to RunningBrooke.org are on target to meet \$1M by year-end 2016 to support the continuing mission of building and renovating playgrounds, convening thought leaders, educators, and constituents to gain science-based ideas for program implementation, and continue funding programs with local nonprofits.

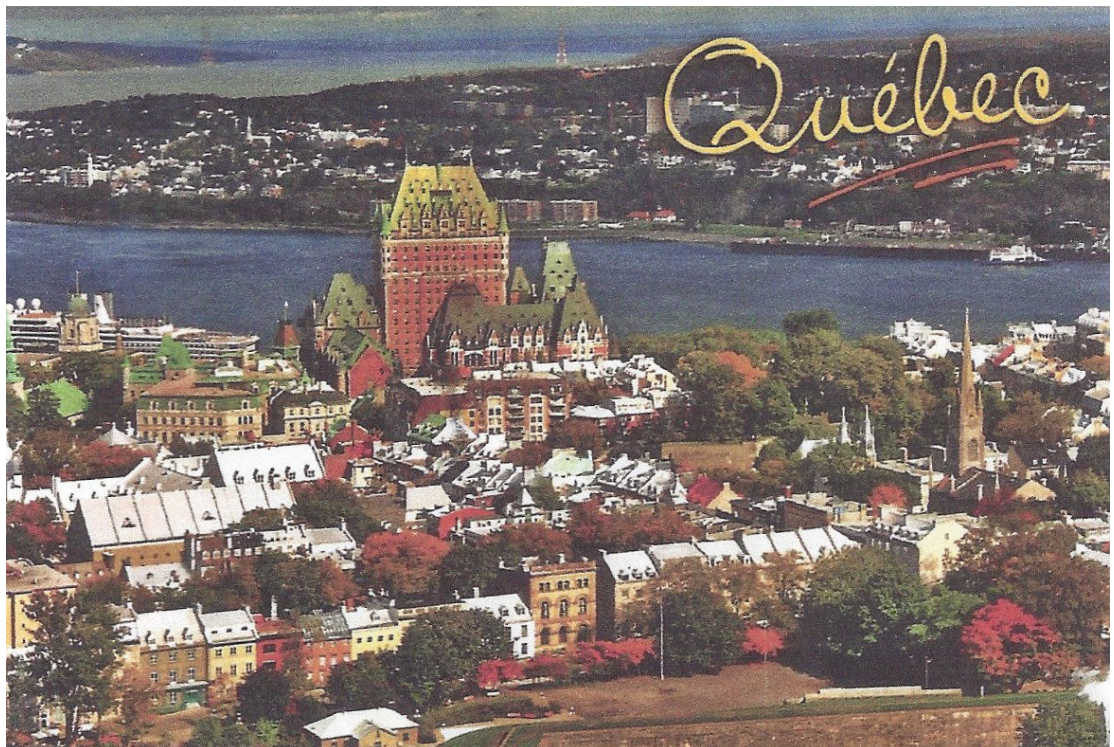
A footnote mentions "Brooke pays for her travel and associated running costs. She runs with asthma and exercise-induced asthma." More information: RunningBrooke.org.

Brooke's addition boosts the 100 Marathon Club North America membership total to 537.

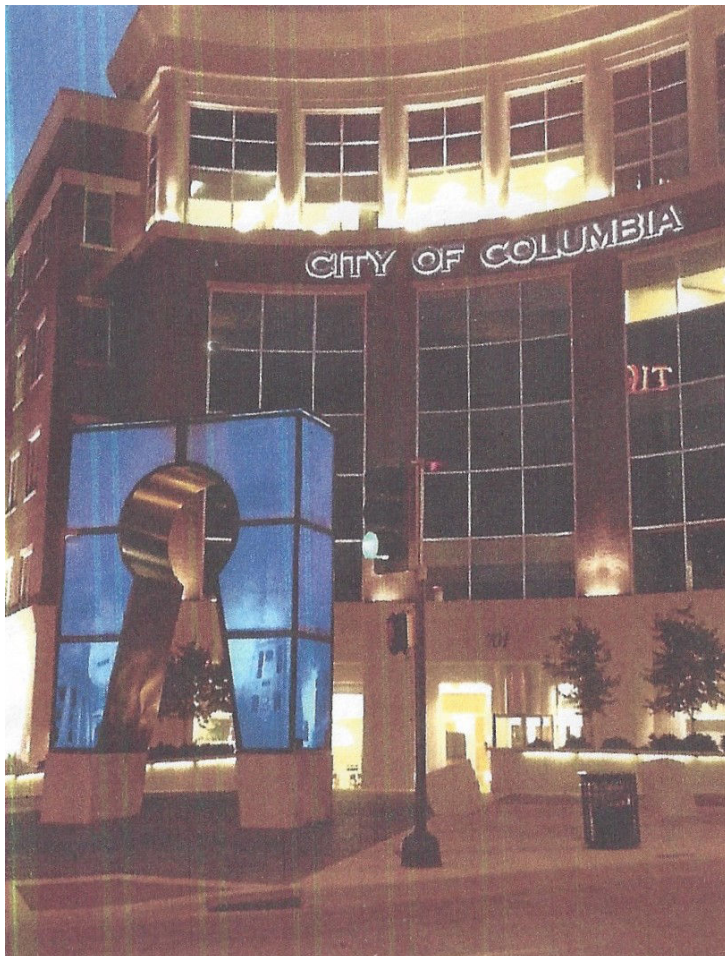
MEMBER UPDATES

Jack Brooks of St. Albans, Herts, England and **Roger Biggs** of Stevenage, England are continuing to travel the globe adding more and more marathons to their staggering totals. Late this summer Jack and Roger completed a several week long trip with the first stop in Quebec, then to Missouri, and back to Canada again.

Off to a strong start, Roger was in Quebec for his second of four trips to Canada in 2016. His postcard message said "Lovely city, lovely weather. Fortunately it got cooler today and I ran my best marathon since October 2014, with 4:27:18."



Roger sent this University of Missouri postcard the following weekend indicating “4:27 last week, 5:16 this week in Columbia, Missouri. The difference? 90° F! Heading north to Canada for three more.”



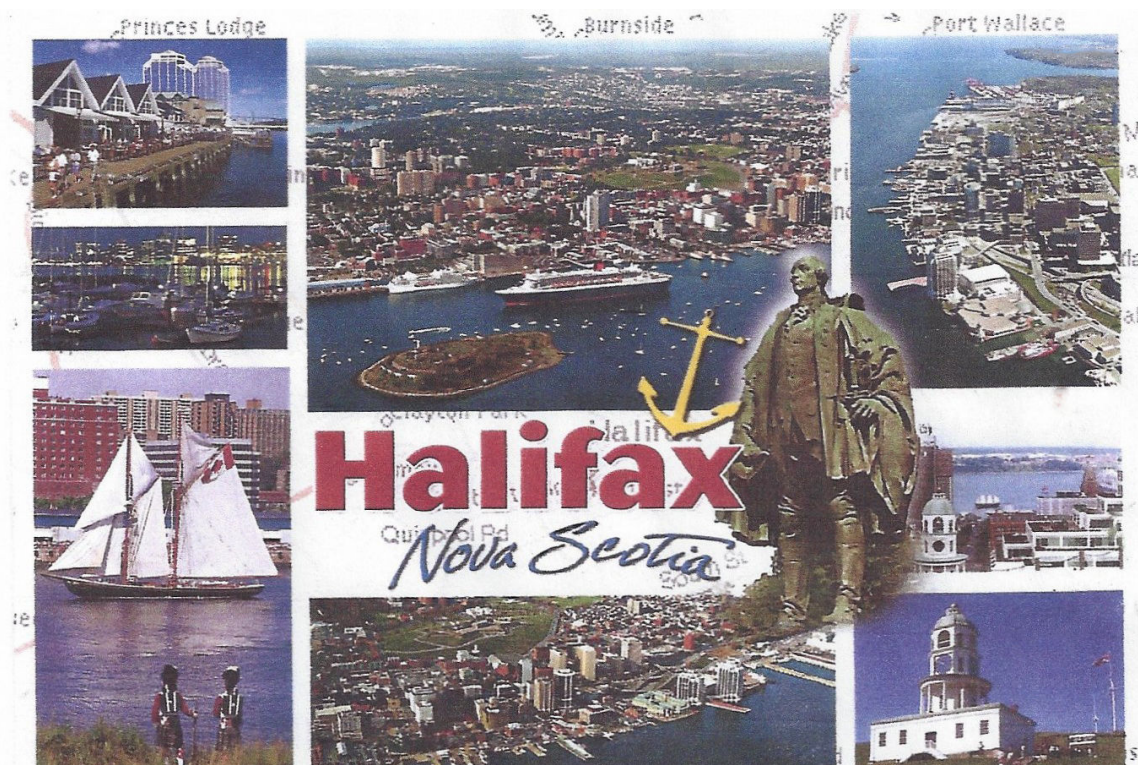
← Here's a postcard Jack sent from Columbia, Missouri.



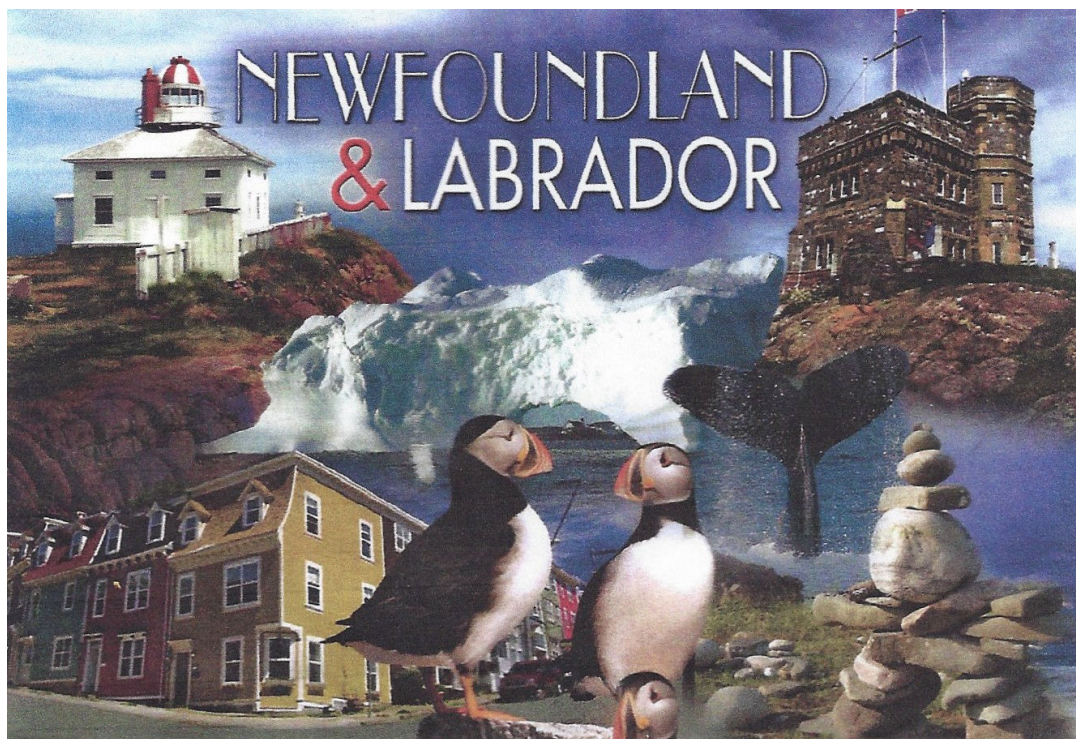
The next weekend found Roger and Jack in Regina, Saskatchewan where Roger's postcard and message stated: "After the 90° F temperatures of last weekend, the weather cooled for the Queen City Marathon in Regina, Saskatchewan. Nice course with a few miles on the

Trans Canada Cycle path. Struggled after halfway, but my 4:49:12 was good enough for third in the Vet 65 age group."

Their next stop was Halifax, Nova Scotia for the Maritime Marathon:



Roger and Jack finished their trip by running the Huffin Puffin Marathon in St. John's, Newfoundland. Roger wrote: "We got lucky again with the weather and on a good running day I finished in 4:37:10. Newfoundland is well worth the visit."



Roger and Jack have both registered for a return visit to Yakima in April, 2017 for the 17th annual Yakima River Canyon Marathon. We're looking forward to seeing them again.

Speaking of the 17th annual Yakima River Canyon Marathon, **Bob and Lenore Dolphin**, the world's oldest race co-directors, have announced 100 Marathon Club North America members will hold a club reunion meeting at 1600 on Friday, March 31, 2017, in the Senior Room at the Selah Civic Center Race Headquarters at 216 South First Street in downtown Selah, Washington. Guest speakers at the pasta feed which follows the meeting will be **Steve and Paula Boone** from Humble, Texas, co-founders of the 50 States Marathon Club and co-directors of the January 1, 2017 Texas Marathon. Registration information can be found at www.YakimaRiverCanyonMarathon.com.

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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