



Newsletter #66 – April 1, 2017

## 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, an announcement 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.

## 100 MARATHON CLUB NORTH AMERICA SUPPORT

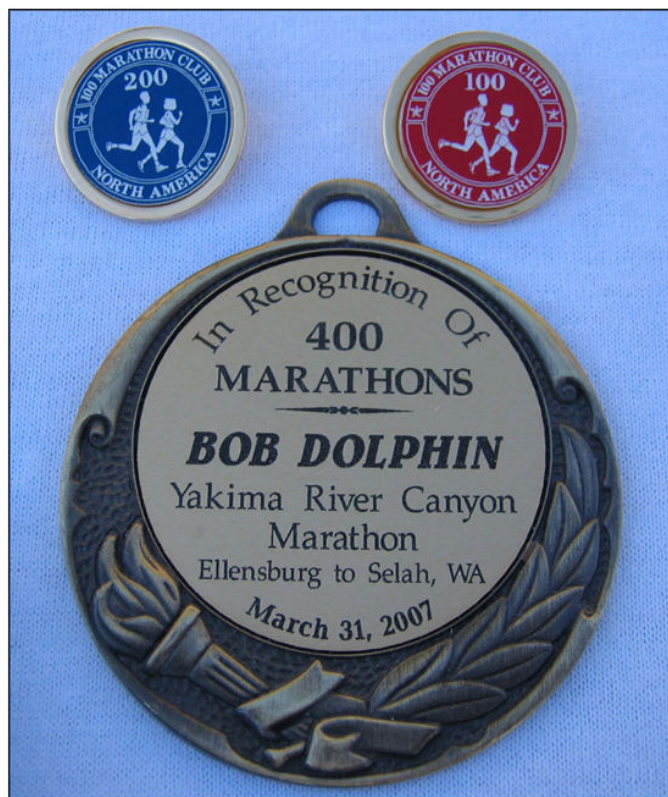
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. In addition to the singlets (pictured below), 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



## 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.

## 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:

04-29-17 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**

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

06-03-17 – Green River Marathon, Kent, WA – **Steve Barrick**

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

09-10-17 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

10-07-17 – Baker Lake 50K, Concrete, WA – **Terry and Delores Sentinella**

## WELCOME NEW MEMBERS!

**Charlotte Corriher** of Charleston, South Carolina chose the 2006 Disney Marathon in Orlando, Florida as the site for her first marathon. Last month's 2017 Wrightsville Beach Marathon at Wrightsville Beach, North Carolina was her 100<sup>th</sup>. She set her 4:13:58 PR in 2016 at age 48. Her current total is 100 marathons and one ultra (the 2015 Keys 50 Miler





in Key West, Florida). Charlotte is a member of the Charleston Beer Runners club and definitely has fun running, considering she has run 96 of her 100 marathons wearing a total of 83 different costumes. We generally just post one photo of new members, but the three Charlotte gave us to choose from are all so good we're running them all!

← Charlotte's 38<sup>th</sup> marathon



Charlotte's 100<sup>th</sup> marathon →

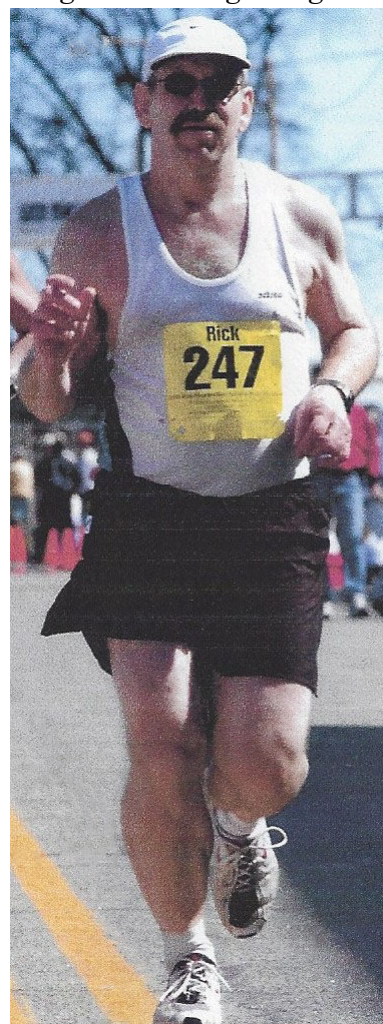


← Charlotte's 51<sup>st</sup> marathon



The inaugural 2002 St. Jude's Marathon in Memphis, Tennessee was the location for the first marathon run by **Rick Franks** of Batesville, Arkansas. Rick began running at age 38 but didn't run his first marathon until turning 49. He is obviously hooked on running, having since finished 50 states at the 2012 Maui Oceanfront Marathon in Maui, HI, and marathons on five continents. Rick set his PR in 2007 at age 52. His current total is 101 marathons and two ultras. Rick is a member of the White River Running Club in Arkansas.

Here's Rick at a recent race →



**Karen Michelsen** of Toronto, Ontario, Canada chose the 2003 Chicago Marathon for her first race, and today's 2017 Yakima River Canyon Marathon was her 100<sup>th</sup>. She has also pounded out eight ultras. Karen set her 4:15 PR in 2004 at age 40. She was the first Canadian woman to run a marathon on all 7 continents, and the first Canadian to run 7 continents and the North Pole! Karen was selected to carry the Olympic torch at the 2010 games.



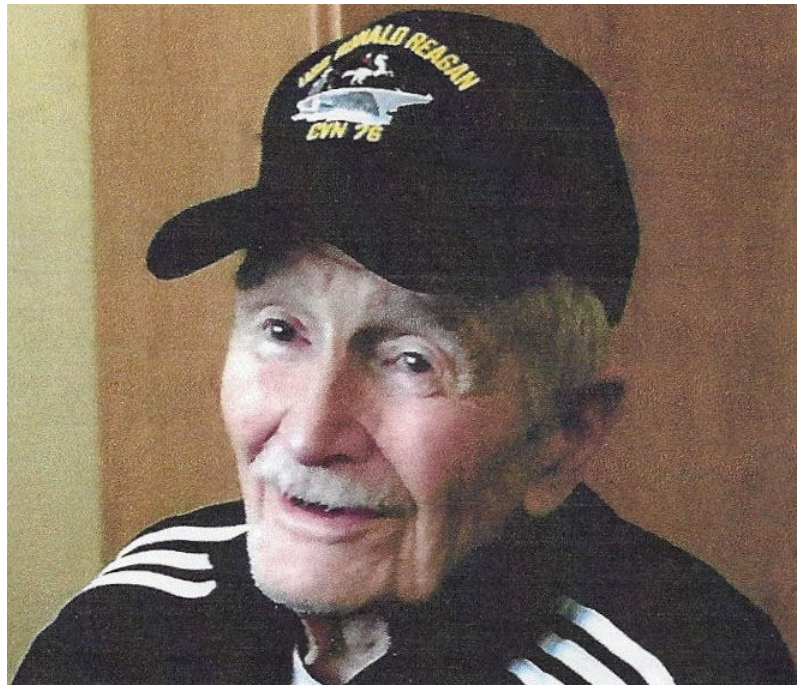
The 2005 Las Vegas Marathon was the first marathon for **Kathryn Stoker** of Norwalk, Connecticut. She hit two milestones at the 2017 Maui Oceanfront Marathon in Maui, Hawaii; that was her 100<sup>th</sup> marathon, AND marked her completion of 50 states and DC. Kate set her 3:44:35 PR in 2011 at age 44. Her current total is 82 marathons and 18 ultras. Her list of accomplishments includes running 29 marathons and six ultras during 2015. She also ran her first 100 miler in 2015, completing it in 22:20. Kate's Boston Marathons include running 2013 and 2014; she's "Boston Strong!"

← Here's Kate just after finishing the 2017 Maui Oceanfront Marathon.

The addition of Charlotte, Rick, Karen, and Kate boosts the 100 Marathon Club North America membership total to 553.

## MEMBER UPDATES

100 Marathon Club North America member **Hal Copeland** is 95 and no longer running, but that doesn't mean he is inactive. His daughter, Diane Bosley, writes that "Dad is still exercising! He does a lap around his living facility home after each meal, and walks morning and afternoon. When he was just getting occupational and physical therapy, he complained he wasn't getting enough exercise! A good marathoner can't be kept down!"



The meeting room was packed for yesterday's annual gathering of 100 Marathon Club North America members in conjunction with the Yakima River Canyon Marathon. A quick tally of the total number of marathons run by the 40+ meeting attendees revealed we had collectively completed well over 9,000 marathons!

Two 100 Marathon Club North America members chose the 2017 Yakima River Canyon Marathon as the site to celebrated personal milestone accomplishments. Congratulations to **Dana Mosell** of Rancho Cucamonga, California on completion of his 300<sup>th</sup> marathon, and to **Susan Daley** of Chicago, Illinois for completing her 500<sup>th</sup> marathon!

Please send roster and member updates to both of these EMail addresses:

★ Bob and Lenore Dolphin: [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net); and

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

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