



Newsletter #68 – June 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

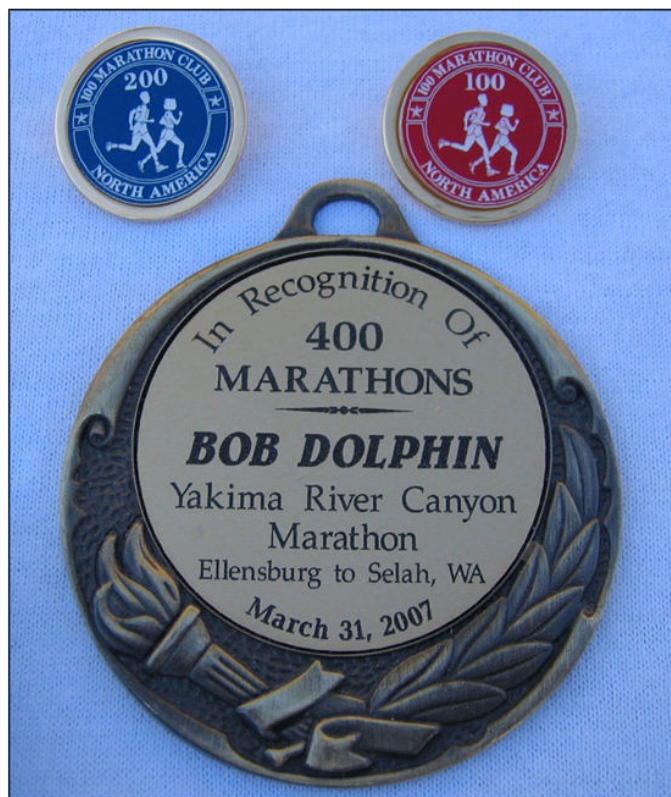
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items.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



## 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:

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**

04-07-18 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**

04-29-18 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

## WELCOME NEW MEMBERS!

**Terri Gray-Ujifusa** of Lake Stevens, Washington chose the 2006 Rock ‘n Roll Marathon in San Diego, California as the location for her first marathon. The 2017 Yakima River Canyon Marathon was her 100<sup>th</sup>. Terri set her 3:40:13 PR in 2007 at age 38. Her current total is 92 marathons and nine ultras.

The 1990 Lincoln Marathon in Lincoln, Nebraska was the first marathon run by **Carolyn Mitchell** of Lenexa, Kansas. The 2016 Lake Tahoe Marathon at Lake Tahoe, California was the site she chose for her 100<sup>th</sup>. In between these milestones, Carolyn has been busy, completing 50 states and DC in 2003 at Green Bay, Wisconsin, 7 continents in 2009 in Antarctica, and 50 states a second time in 2013 at Kona, Hawaii. She set her 4:18:05 PR in 1996 at age 59. Carolyn’s current total is 163 marathons and one ultra. She is a member of the Kansas City Track Club, and the Mid-America Running Association. We enjoyed an opportunity to meet Carolyn at the 2017 Yakima River Canyon Marathon.



Here’s a recent photo of Carolyn →



**Sanjay Mohanta** of Ottawa, Ontario, Canada ran the 2003 Ottawa Marathon as his first marathon. He chose last month’s 2017 Dunnville Mudcat Marathon in Dunnville, Ontario, Canada, as the location for his 100<sup>th</sup> marathon. Sanjay established his 4:30 PR in 2004 at age 32. His current total is 100 marathons and four ultras. Sanjay was a guest on TSN 1200’s Irun Radio Show three times during 2015-2016, introducing Mark Sutcliffe to Larry Macon, Emily and Terry Jones, Alexis Davidson, and Boyd Dunleavy. Sanjay has twice appeared as a guest on CBC radio to talk about running, and he was featured in a *Globe and Mail* newspaper article in May, 2010.

← Here’s a current photo of Sanjay.

The 1990 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota was the location for the first marathon run by **Randy Zellmer** of North Mankato, Minnesota. Randy made his 100<sup>th</sup> marathon extra special by running the 2015 Mankato Marathon on his 60<sup>th</sup> birthday. He established his 3:36:32 PR in 1995 at age 40. His current total is 73 marathons and 36 ultras. Randy has finished the Pikes Peak Marathon twice, and has also run a 100 mile ultra.

Here's Randy after a recent race →

The addition of Terri, Carolyn, Sanjay, and Randy boosts the 100 Marathon Club North America membership total to 560.

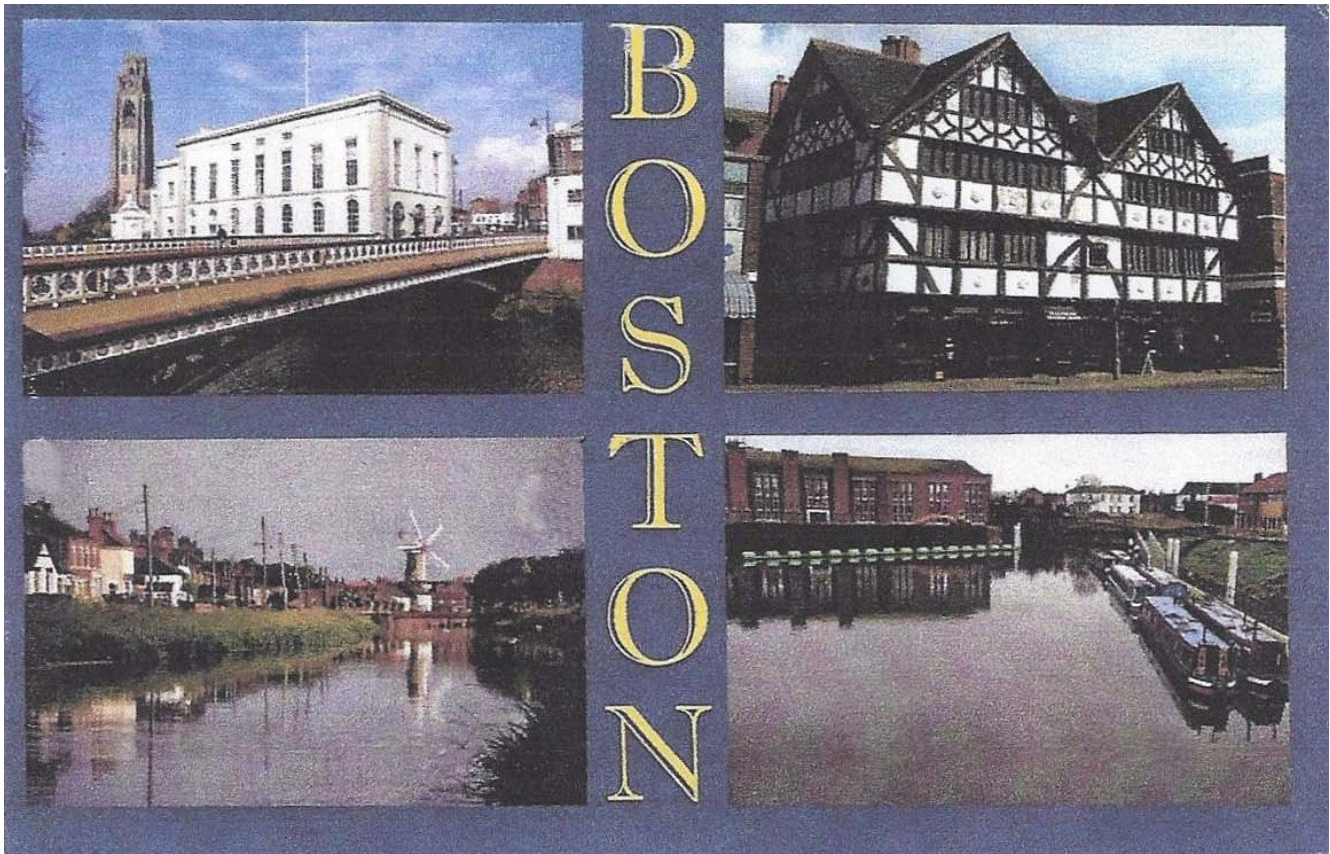


## MEMBER UPDATES

World marathon globetrotter **Roger Biggs** of Steveage, England ran the Boston Marathon on Monday, April 17<sup>th</sup>. No, not *that* Boston Marathon; instead he ran the second annual Boston Marathon UK 2017 held in Lincolnshire, England. This race is billed as “the flattest marathon course in the country, on the same day as the famous U.S. Boston Marathon...starts at Boston Market Place and ends at Boston College.”

Roger sent this message following the event:

Tuesday, April 18, 2017 – Started with a bad knee, finished with a worse knee. I guess, all things being equal, 5:12:43 wasn't bad. Train ride home later today, with a big limp. Roger



Roger's postcard features St. Botolph's Parish (nicknamed "Boston Stump"), Shodfriar's Hall, Maud Foster Mill, and Pumping Station South Forty Foot Drain, London Road.

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)

*Bob and Lenore Dolphin  
10519 126<sup>th</sup> 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*