



Newsletter #69 – July 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

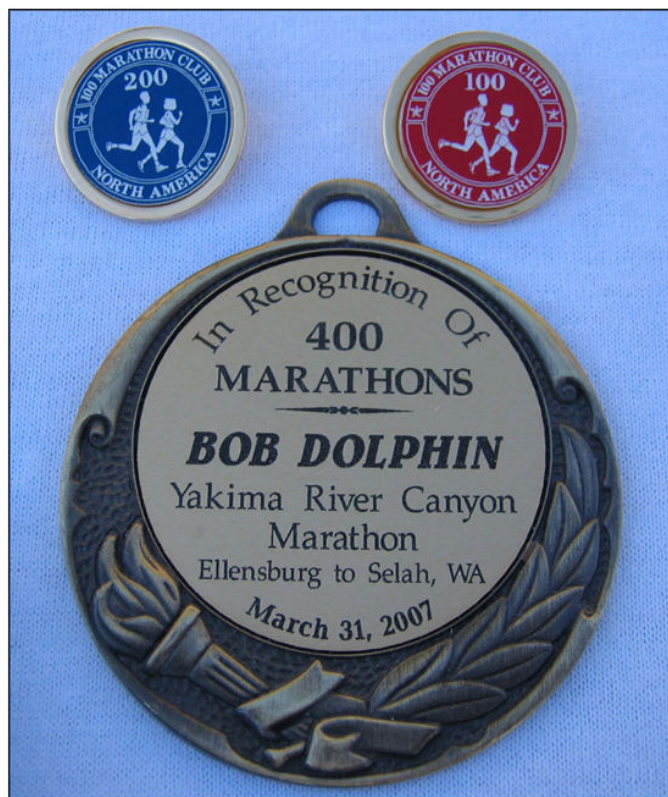
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items.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

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

Lenore Dolphin
10519 126th 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:

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!

Tom Dente of New Rochelle, New York chose the 2007 New Jersey Marathon in Long Branch, New Jersey for his first marathon. The 2015 Havana Marathon in Havana, Cuba was the chosen site for his 100th. In between this milestone events, Tom has run at least one marathon each month since November, 2008 or as he says, “to date, that is 103 months in a row and counting.” He has run 14 marathons in countries outside the United States. Tom established his 3:15:50 PR in 2010 at age 44. His current total is 118 marathons and one ultra. He is a member of the NewRo Runners Club in New Rochelle.

Here’s a recent photo of Tom →

The 1999 Los Angeles Marathon was the first marathon completed by **Mark Gershman** of Scottsdale, Arizona. The 2016 Rock & Roll Marathon in San Diego, California was the location for his 100th. Mark has run 18 Chicago Marathons, six Bostons, five New Yorks, all Arizona Rock & Roll Marathons, Rome, Frankfurt, Germany, and about 30 states so far. He “started running at age 41, goal to run 50 by age 50; mission accomplished. Then to run 50 more before



turning 60; did it with three years to spare.” Along the way, he has raised over \$40,000 for charities. Mark set his 3:37:03 PR in 2002 at age 44. His current total is 104 marathons. Mark is a member of the Phoenix Free Soles Running Club.

← Here’s Mark celebrating completion of his 100th marathon



James Gilbert of Thunder Bay, Ontario, Canada ran the 2004 Honolulu Marathon as his initial marathon and repeated at Honolulu in 2016 for #100. He has run marathons in all 10 Canadian provinces, and all 50 United States. While doing so, he has managed to run a marathon in cities with names starting with each letter of the alphabet. James' PR is 5:28 and his current total is 101 marathons. He is a member of the Thunder Bay Metre Eaters Running Club and was named the club's 2017 runner of the year.

← Here's Jim with the Metre Eater Running Club's very impressive Runner of the Year trophy

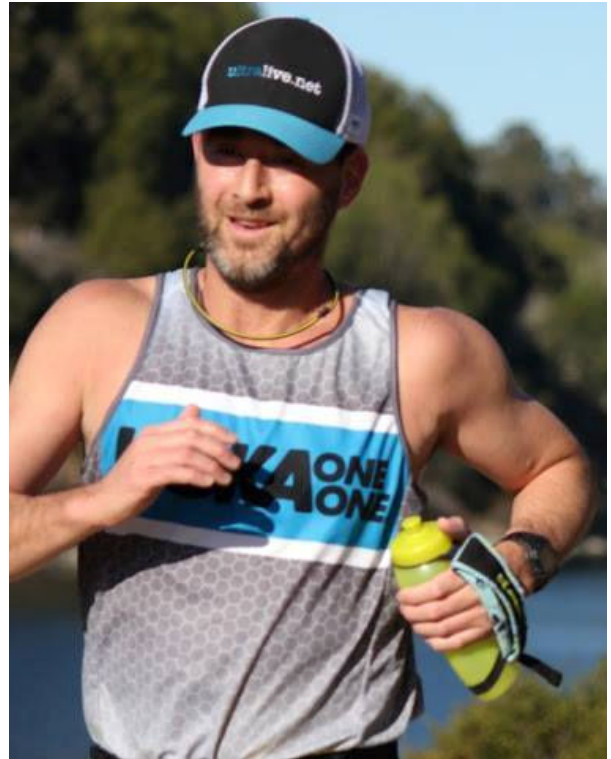
The 2009 Los Angeles Marathon was the race **Violeta Heisler** of Victorville, California chose for her first marathon. She completed that event after only three weeks of training and not having run more than eight miles! Since then she has been very busy, as less than eight years later, the 2017 Los Angeles Marathon was her 100th marathon. She ran her third marathon six months after fracturing her spine in a car accident, ran five marathons and five half marathons while pregnant, and has pounded out 29 marathons in a calendar year. Violeta established her 4:16:20 PR this past April at age 42. Her current total is 103 marathons and two ultras.

Here's a recent photo of Violeta →



Chris Jones of Sonoma, California picked the 1997 San Francisco Marathon for his first marathon and the 2015 California International Marathon in Sacramento for his 100th marathon. The 2010 Quad Dipsea in Mill Valley, California was his first ultra marathon. Chris has steadily pounded out the races, boosting his current total to 107 marathons and 86 ultras as he rapidly closes in on notching his 200th. Along the way he set his 3:06:08 PR in 2015 at age 44, and his longest streak included 10 marathons and ultras in nine days. (Editor's comment: ouch!) Chris achieved Marathon Maniac Titanium Award status in 2012 and 2013, and was named the Ujena Fit Club runner of the year in 2013 and 2014. He's a member of the Pamakid Runners Club in San Francisco and was named their runner of the year in 2014.

These two photos show Chris on the road→



Rothsay, New Brunswick, Canada is currently home for **Jim McNeice** after starting running in 2008 while living in Ireland. The 2008 Cork City Marathon was Jim's first marathon, and the 2017 Clare Burren Marathon Challenge in County Clare, Ireland was the location for his 100th. His completed marathons include: New York City; Bay of Fundy International Marathon (Campobello Island, New Brunswick, Canada to Lubec, Maine); Bean There, Run That Marathon (Nova Scotia); Madrid; Barcelona; Berlin; and the Midnight Marathon (Norway). His ultras include one each hundred miler, 100K, and 24 hour run, three double marathons, four 50 milers, and one 36 miler. His current total is 89 marathons and 11 ultras. Jim set his 3:42 PR in 2014 at age 48. He is a member of the Born To Run Runners Club in Tralee, Ireland.

Here's a recent photo of Jim →



Sonja Normann of Nevada City, California chose the 2009 Lake Tahoe Marathon for her first marathon. The 2017 Eugene Marathon was her 100th. She's a member of the Sierra Trailblazers Running Club in Grass Valley, California, but there's definitely no grass growing under Sonja's feet! Her track record includes: "Completed five in



five weeks, two marathons and a 50K in one weekend in Northern California, and two ultras and four marathons in seven weeks. Placed first in Wild Wild West Marathon and one week later placed second in Paiute Meadows Trail 50K. Completed Tahoe Triple three times. Did six marathons in 12 days. Ran 50 marathons in three years before age 50 while also competing in triathlons and duathlons. Finished 22 marathons in a calendar year." Sonja's current total is 86 marathons and 16 ultras.

← Here's Sonja during a recent race

The 2006 Honolulu Marathon was the first marathon run by **Kathy Pryor** of Richland, Washington. The 2017 Flying Pig Marathon in Cincinnati, Ohio was her 100th. She is a member of the 50 States Marathon Club, completing her 50th state at the 2015 Hatfield McCoy Marathon in Williamson, West Virginia. Kathy says “I was proud to have made it into Boston (2008) with four seconds to spare!” She set her 4:05:55 PR in 2007 at age 50. Her current total is 101 marathons and one ultra.

Here’s Kathy celebrating finishing a race →

The addition of Tom, Mark, James, Violeta, Chris, Jim, Sonja, and Kathy boosts the 100 Marathon Club North America membership total to 568.



MEMBER UPDATES

A hearty congratulations to **Michael Wakabayashi** of Spokane, Washington on completion of his 200th marathon at the Pacific Crest Marathon in Sunriver, Oregon last weekend.

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

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net; and

★ Ron and Nancy Fowler: SodaBottles@yahoo.com

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