



Newsletter #71 – September 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

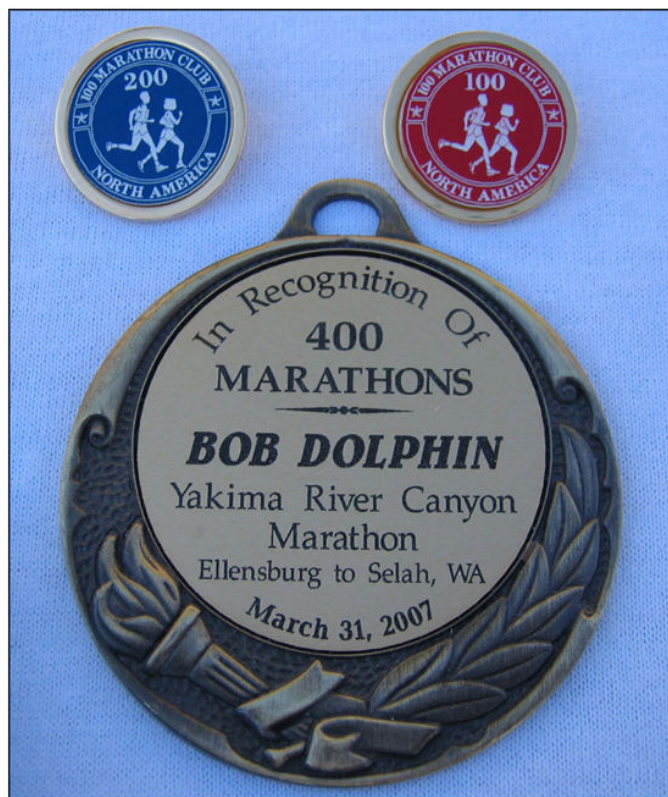
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. 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 – 40th Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

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

10-14-17 – Defiance 50K, Tacoma, WA – **Tony Phillippi**

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!

John Beshara of Apple Valley, Minnesota ran the 2004 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota for his first marathon. The 2016 University of Okoboji Marathon in Okoboji, Iowa was the choice for John's 100th marathon. John served as the Twin Cities Medals4Mettle chapter coordinator from 2011-2015. He is currently running with Team World Vision, raising money to provide clean water for children and communities in Africa. John set his 3:28 PR in 2009 at age 56. His current total of 92 marathons and 13 ultras includes pounding out the 2011 Lake Tahoe Triple Marathon.

Here's a recent photo of John →



Kicking her journey to 100 marathons off at somewhat of an unusual starting location, **Kathy Burkey** of Toledo, Ohio chose the 1999 Mayor's Midnight Sun Marathon in Anchorage, Alaska as her first marathon. The 2017 Hatfield-McCoy Marathon in Matewan, West Virginia was her choice for number 100. In between these milestone events Kathy completed 50 states at the 2015 Bay of Fundy International Marathon, running from Lubec, Maine to Campobello Island in New Brunswick, Canada. She established her 4:04 PR in 2006 at age 51.

←Here's a great photo of Kathy happily celebrating the completion of a race.

Scott Richardson of Medford, New Jersey chose the 2000 Los Angeles Marathon in Los Angeles, California as his first marathon. Since then he has (literally) spent a lot of time on the road! Scott completed 50 states at the 2013 Duke City Marathon in Albuquerque, New Mexico. The 2017 Australian Outback Marathon in Ayers Rock, Australia not only completed seven continents for Scott, it was also his 100th marathon. He set his 3:46:48 PR in 2015 at age 46.

Here's Scott at a recent race →

The 1997 Seattle Marathon in Seattle, Washington was the race **Dan Whitaker** of Auburn, Washington ran for his first marathon. Last month's Run the Reserve Marathon in Coupeville, Washington was Dan's 100th marathon. He ran his 3:43 PR in 2013 at age 52. Dan's current total includes 90 marathons and 10 ultras.

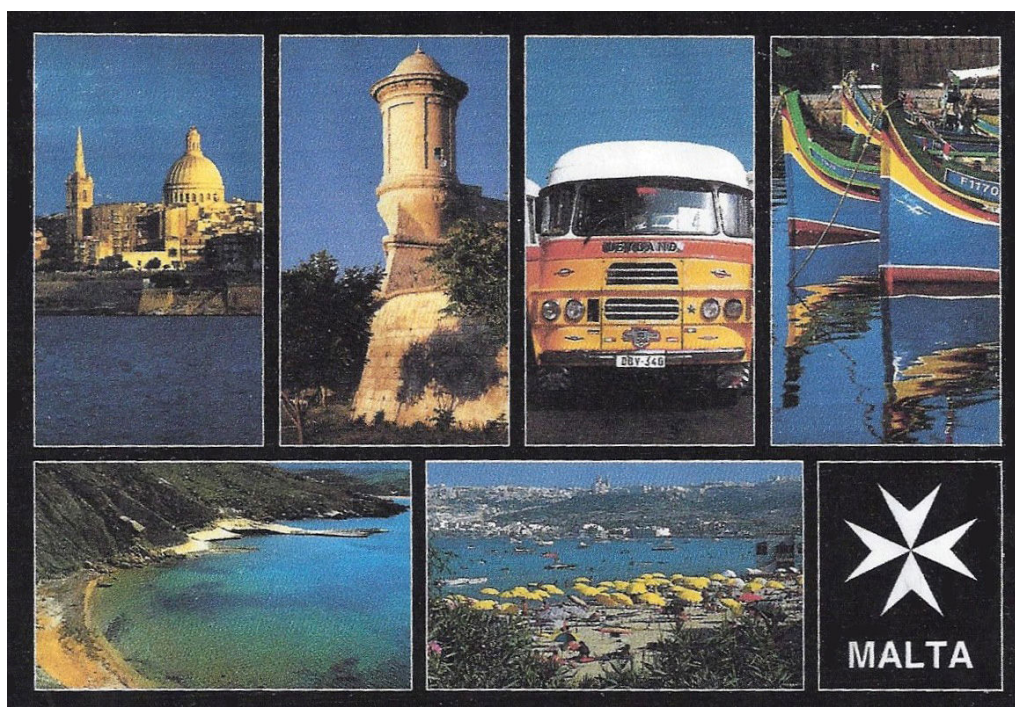
The addition of John, Kathy, Scott, and Dan boosts total active club membership to 571.



MEMBER UPDATES

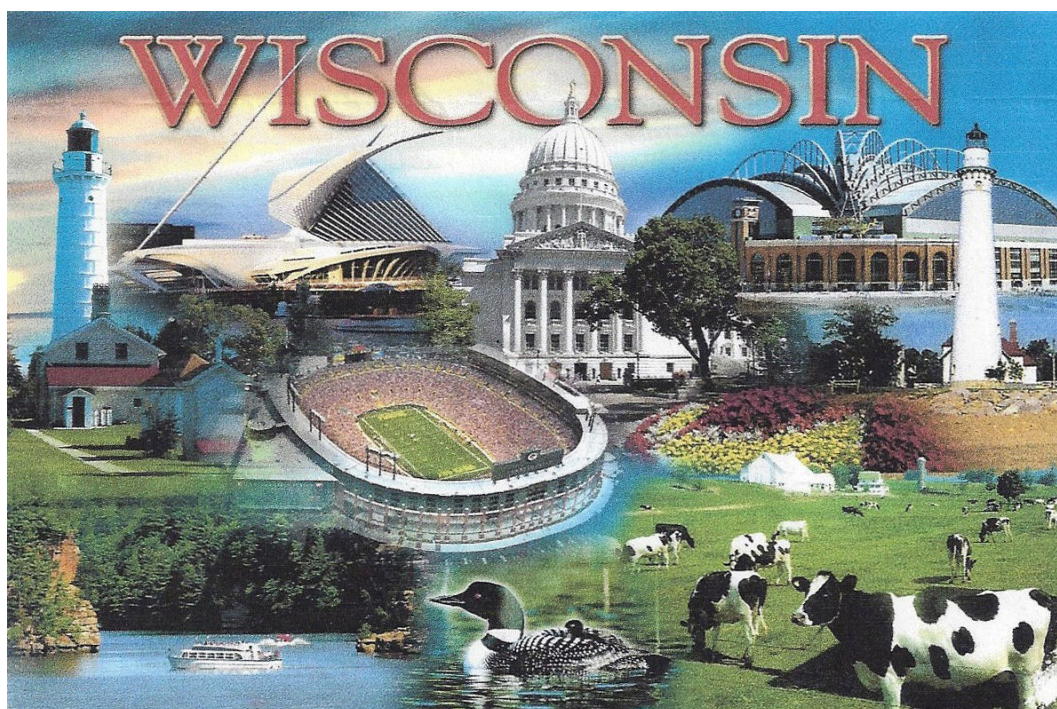
Kudos to **Hideki “Kino” Kinoshita** of Astoria, New York on completion of his 200th marathon at the 2016 Toronto Waterfront Marathon in Toronto, Ontario, Canada. Kino has boosted his number of completed 100 mile ultras to eight, part of his current total of 205 marathons and ultras run in 12 countries.

No doubt you've been asking yourself “Where in the world are Roger and Jack,” so here's another brief update on the international running adventures of **Roger Biggs** of Stevenage, England, and **Jack Brooks** of St. Albans, Herts, England. In case you haven't checked their respective totals on the 100 Marathon Club North America roster, Jack has run over 400 marathons and ultras, and Roger is steadily closing in on number 900. Whew!



(Malta – left to right, top row: Valletta, Vedette in Floriana, Malta bus, colorful Iuzzus, bottom row: Gnejna Bay, and Mellicha Bay.)

03-05-17 – In Malta for the marathon. Lovely sunny day, but too warm for marathon running. That said, I ran my best time since October 2013. Roger.

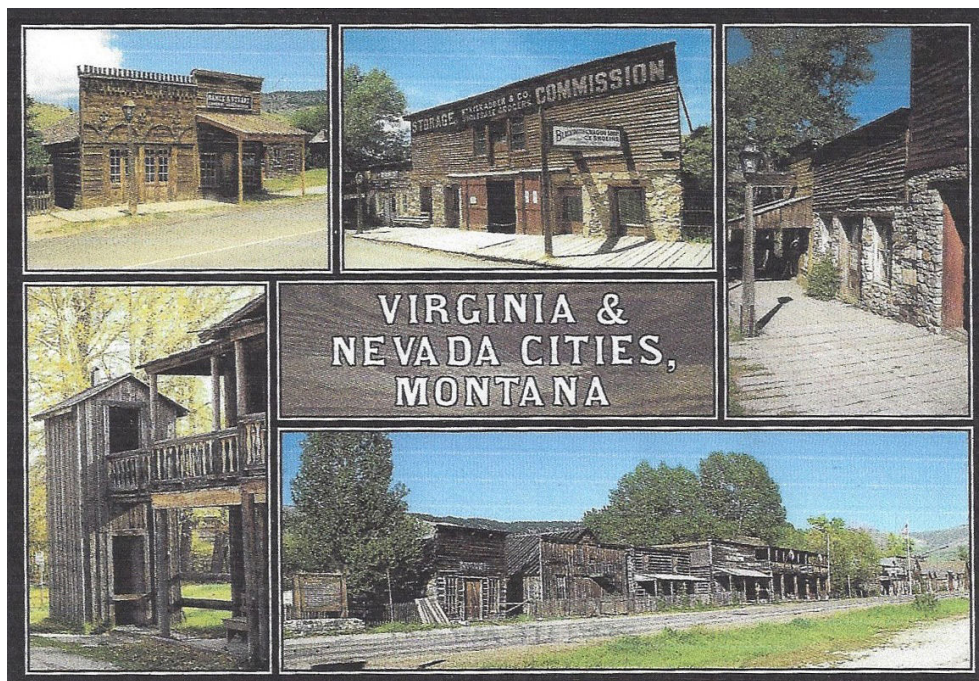


06-11-17 – Still traveling in the States. Manitowoc was my 25th time around this lovely marathon course along the Lake Michigan shoreline. Roger



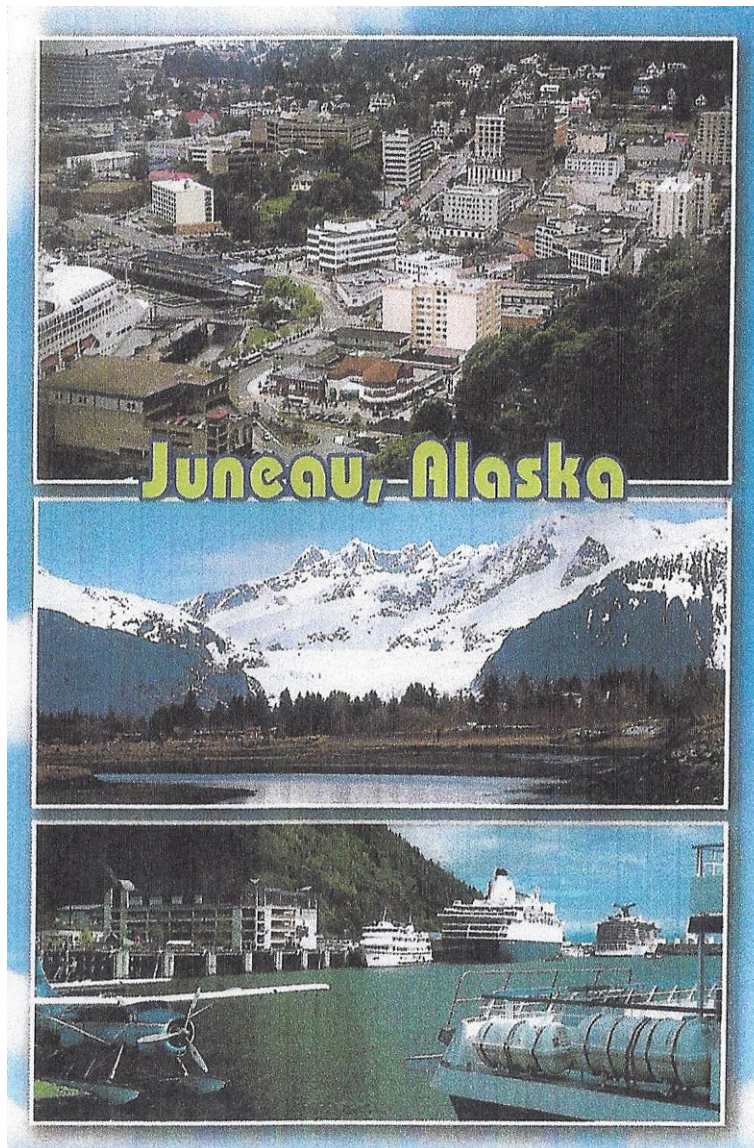
(Montana is various named “The Land of Shining Mountains,” “The Treasure State,” and “Big Sky Country.” Each name tells part of the story about this land of majestic alpine vistas, rich mineral deposits, and seemingly endless skies arching over miles of forests, farm lands, prairies, rivers, lakes, and badlands.)

07-23-17 – A marathon run entirely on tracks in the Gravelly Mountains, between 8,500” and 9,700’ elevation. Just one mile to go when I had a bad fall. Head stitches, broken finger, and no medal. Roger



(Virginia and Nevada Cities preserve the charm and spirit of the mid-1860s gold-rush days in Montana. Their historic false-front buildings, boardwalks, lamp posts and hand-painted signs nowadays nourish nostalgia for the Old West in the minds of most visitors who discover these two neighboring towns along U.S. 287, between Ennis and Alder.)

07-23-17 – Roger and I have a few more days here before heading on to Alaska to meet up with **Rich Holmes**. Rich and I ran a marathon in Belarus three weeks ago which was an adventure. Jack.



(Juneau, Alaska is a favorite port for many visitors to the Inside Passage. The Mendenhall Glacier, whale watching and the salmon bake are great memories.)

07-31-17 – A four marathon trip to Montana and Alaska, but only one completed after a bad fall in the first. At least the trip finished with the Bear Fest, where the bears get incredibly close. Roger

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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