



Newsletter #73 – November 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

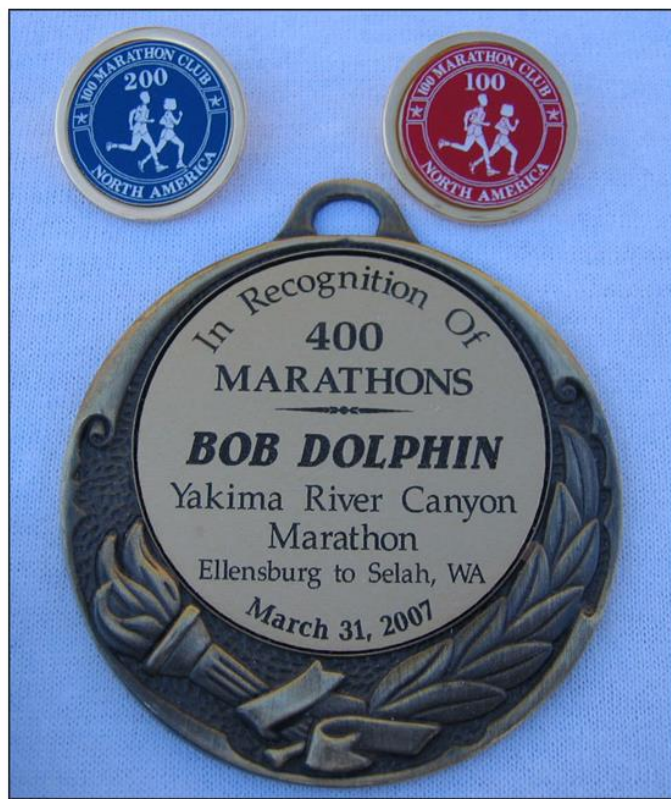
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to the 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:

02-17-18 – Woolley Marathon, Sedro-Woolley, WA – **Terry and Delores Sentinella**. Information: www.databarevents.com/events/view/84

04-07-18 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 18th edition of this great event will once again be the 100 Marathon Club North America's annual reunion. The guest speaker at the pre-race pasta feed will be Jeff Hagen, American 70-74 age group record holder for 100 miles (21:55) and 24 hours (110.193 miles). Information: www.ontherunevents.com/yrcm/

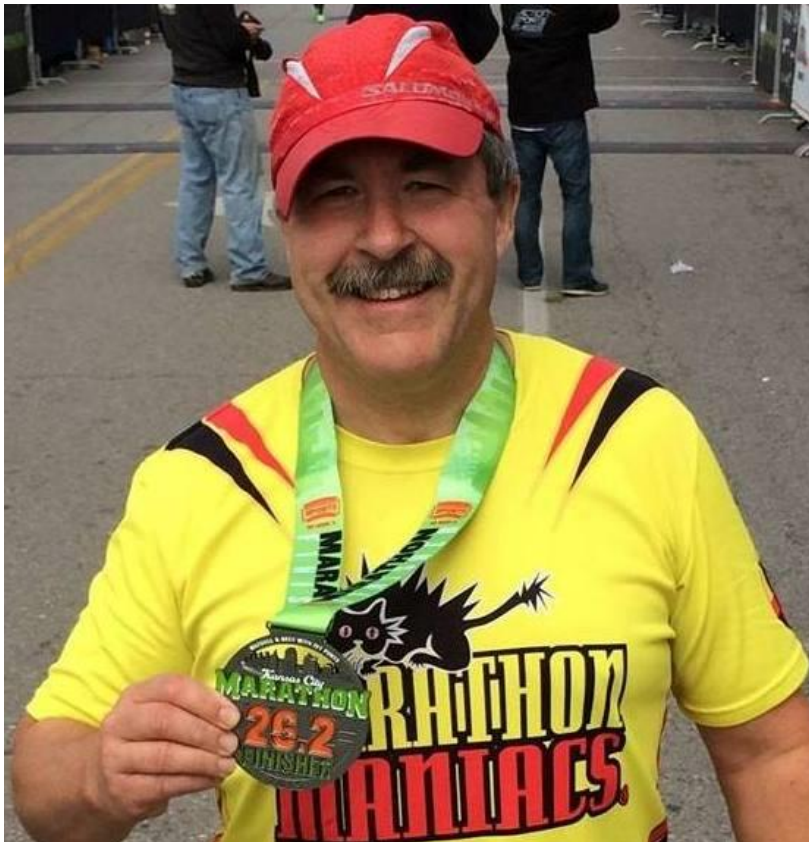
04-29-18 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

WELCOME NEW MEMBERS!

Stacy Bolyard of Centennial, Colorado chose the 2014 Rock 'n Roll Arizona Marathon in Phoenix as her first marathon. Less than four years later, she pounded out her 100th at the recent 2017 Prairie Fire Marathon in Wichita, Kansas. In between she has completed 49 states and is on track to run the 2017 Honolulu Marathon to complete 50 states. Stacy's running club memberships include the Denver chapters of Achilles International and RunJunkEes, and the Tucson Runners Project and Tucson Triathlon Girls in Arizona. Her current total is 95 marathons and eight ultras.

Here's a recent photo of Stacy. →

The 1976 Trail's End Marathon near Seaside, Oregon was the first marathon run by then 16 year old **Tim Mullican** of Mitchell, South Dakota. He is still at it, having notched his 100th at the 2017 12-Hour Run in Dayton, Ohio. Tim also completed 50 states this year at Kona, Hawaii. He was a 1974 Cowapa League All Conference Cross Country runner in Oregon, and set his 3:17:19 PR in his first marathon. He has completed



50K or longer races in 22 states and is working on doing 50Ks in all 50 states. Tim's current total of 67 marathons and 33 ultras includes completing 105 miles at the 2017 "A Race for the Ages" in Manchester, Tennessee.

← Here's a very happy Tim just after finishing a race.

Michael Shilling of Durham, North Carolina ran the 1994 New York City Marathon for his first marathon. Having run the Baltimore Marathon each year since its inception, it isn't surprising Mike chose last month's 2017 edition for both his 17th consecutive Baltimore Marathon and his 100th marathon overall. He completed 50 states in 2015 at Kauai, Hawaii. Mike set his 3:44:45 PR in 2007 at age 47. His current total is 100 marathons and eight ultras.

Here's Mike running the 2017 Baltimore Marathon. Note his bib # and 100 Marathon Club North America singlet! →



A special welcome to **Ole Toft**, the first 100 Marathon Club North America member from Denmark. Ole lives in Odense, Denmark and is an active member of the Odense Triathlon Klub. His first marathon was the 2010 Marathon Hamburg in Germany, and his 100th was the 2017 Humor Marathon in Denmark. Ole has completed 20 Ironman triathlons, run marathons in 10 countries, and finished seven marathons in four days this past summer (yes, seven in four days; that is not a misprint!). He set his

3:03:13 PR at the 2011 Boston Marathon at age 34. His current total is 126 marathons and six ultras.



← Here's a current photo of Ole.

The addition of Stacy, Tim, Michael, and Ole boosts total active 100 Marathon Club North America membership to 578.

MEMBER UPDATES

MARATHON MILESTONES

100 Marathon Club North America members continue to rack up big numbers. These totals were gleaned from EMail and the 50 States Marathon Club's quarterly newsletter:

<u>Marathon #</u>	<u>Runner</u>
150	Gordon Bennett
200	Ila Brandli
200	Richard Friedrichsen
200	Gerard Lopez
200	Scott Sebelsky
250	Clint Burleson
300	Harry Hoffman
300	Dana Mosell
400	Rich DeCample
400	Thomas Perri
500	Susan Daley
700	Eugene DeFronzo
700	Edson Sanches

WAY TOO MUCH EXCITEMENT

Lois Berkowitz of Riverview, Michigan is a long-time 100 Marathon Club North America member who has run over 400 marathons. She serves as editor of the 50 States Marathon Club's newsletter. Here's a portion of an article Lois penned for their Fall 2017 issue:

As adventures go, this was one not to be repeated. I needed 8 more states in order to complete a fifth circuit of the states. Missouri was up next...I drove down to the Mark Twain National Forest, between Potosi and Steelville, MO, in about 9.5 hours...

This is a very difficult technical trail, with a short out and back at the beginning of the road. I was soon at the back of the pack, alone. I did not fall, but resorted to a fast hike over large stones, tree roots, roughly 18 stream crossings (though none were past ankle level) and one large tree trunk – all of this happening before around mile 14, where the fall occurred...

Going up yet another incline, I heard a noise, a pop in my right quad/femur area, and fell. That noise, it turned out, was the sound of my femur fracturing...I could not sit up, turn, or do much else. Periodically I yelled "Help, injury at mile 14" or something to that effect as loud as I could. After about 10-15 minutes, Andy Emerson, a 50 miler, ran by and asked if I was okay. I said "Absolutely not, please get someone." He ran to the next aid station, about a mile away. I lay there on the trail for roughly 2.5 to 3

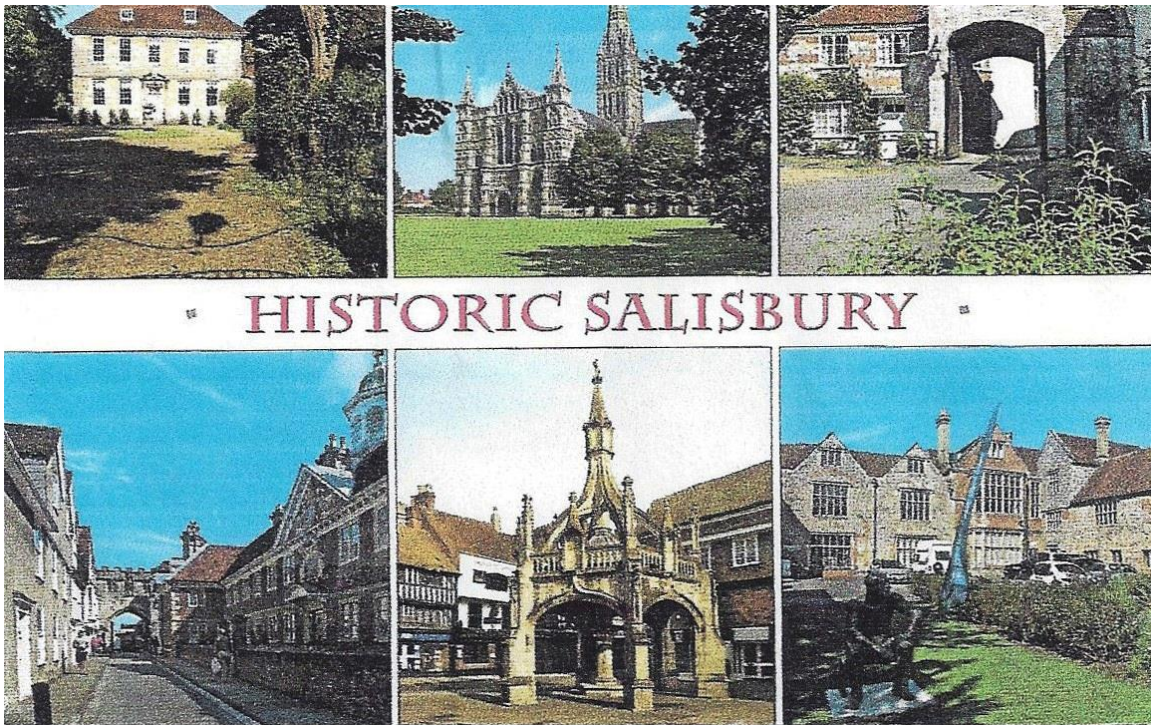
hours...an EMT with the race...took one look at the leg and said it was broken...it was necessary to get EMTs to the site with morphine, an ATV, a board to strap me on, and then to route the ATV off the trail to the closest point where a helicopter could land. The morphine was excellent, because I would have screamed until all of the Bambis otherwise fled the forest...St. Louis Mercy Hospital was decided upon...

I was operated on the next day, May 21, at the hospital, during which time a steel rod went to its permanent home inside my right femur. It now stretches the length of my leg from the knee to the bottom of the hip bone...I spent the next four weeks at the Quarters at Des Peres, getting physical and occupational therapy, moving around in a wheelchair and then a walker...

I am at home, writing this and hobbling around with a cane and walker. I'm off pain pills, doing whatever I can, and re-examining my running goals. I want to walk a 5K by the end of September, run a couple of 5Ks by the end of the year, and resume marathoning sometime next year. I am totally rethinking my love of trails, though. Don't let me discourage you; if you are a macho man/woman...check: www.marathons.ahotu.com.

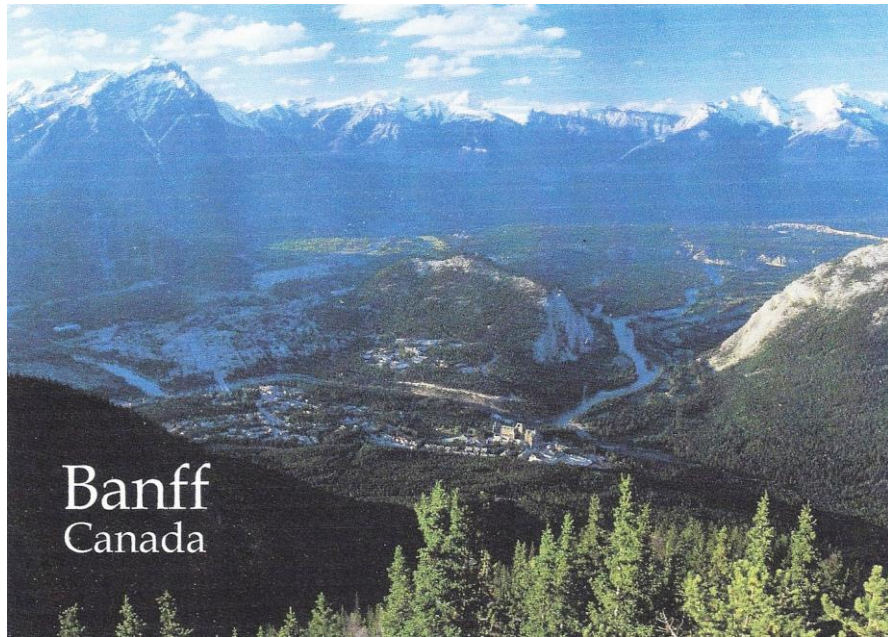
WHERE IN THE WORLD ARE ROGER AND JACK?

Roger Biggs of Stevenage, England, and **Jack Brooks** of St. Albans, Herts, England continue their globetrotting ways. Here are reports from their latest adventures:



(Salisbury, Wiltshire, England – left to right, top row: Arundells, Cathedral, Harnham Gate; bottom row: High Street Gate, Poultry Cross, The King's House)

08-14-17 – Almost another personal worst. Mostly trail, mostly sunny, and mostly struggling. #887. Will I ever get to 900? Roger.



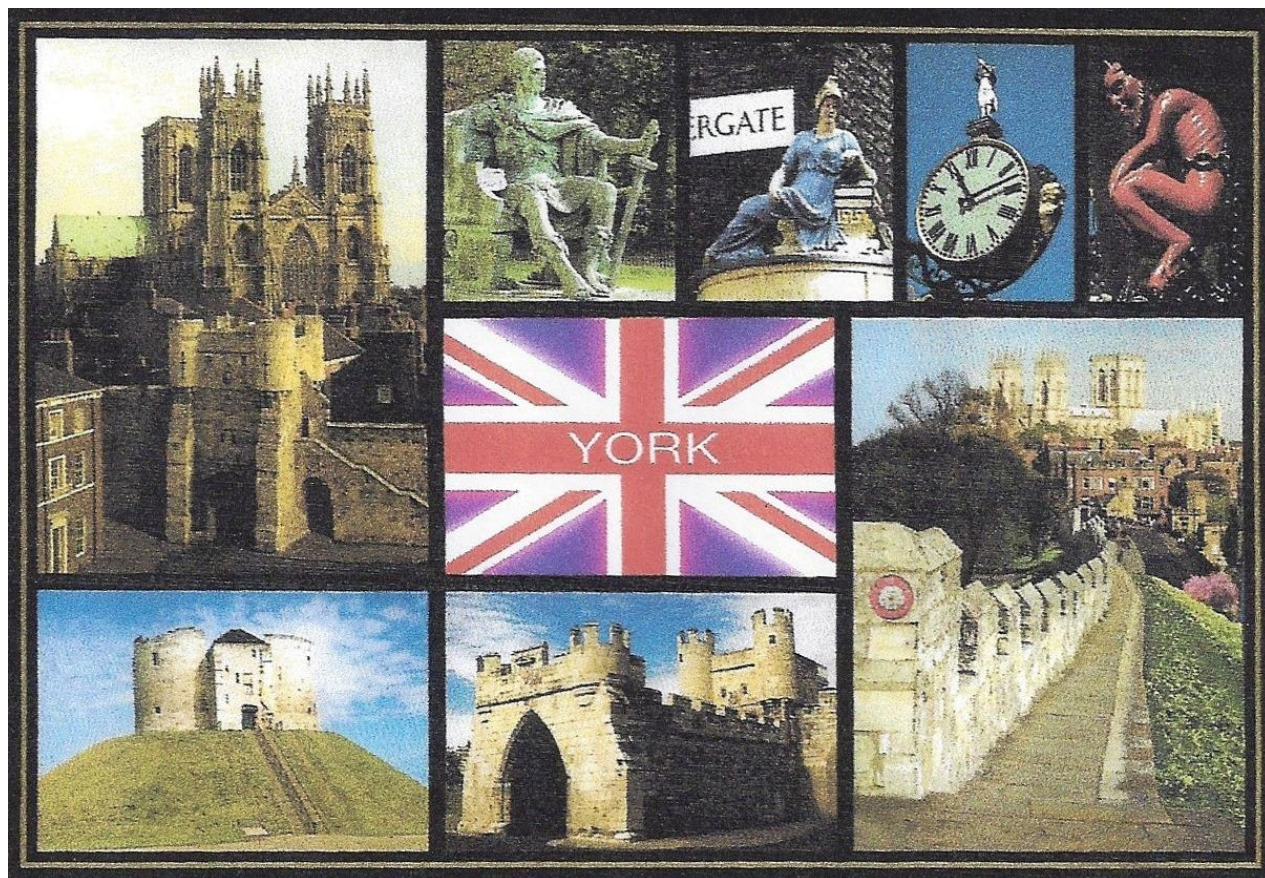
(Banff, Canada – The spectacular view of Banff's townsite and the surrounding mountains from the top of Sulphur Mountain)

08-25-17 – Completed the 10 Canadian Provinces in Edmonton last weekend. Now in Jasper, travelling thru the Rockies with a final destination of Vancouver. Still one of my best ever running trips, and I know Jack agrees. Rather restricted at the moment due to an ongoing knee problem. Roger



(Carlingford, County Louth, Ireland – Medieval Town on the east coast of Ireland, with buildings dating back to 12th century. Overlooked by Slieve Foy Mountain, a popular destination for hill walking and relaxation. King John's Castle, built about 1200 by Hugh de Lacy, a Norman Lord, for King John's visit in 1210.)

09-10-17 – In Ireland staying with the race director, Collette O'Hagan, for the Dundalk Marathon. 5:51 marathon, but knee held out. Back from a meal when Larry (Collette's husband) got the guitar out for a sing song. Roger



(Per Wikipedia: "York is a historic walled city at the confluence of the river Ouse and Foss in North Yorkshire, England...The city has a rich heritage and has provided the backdrop to major political events in England throughout much of its two millennia of existence. The city offers a wealth of historic attractions, of which York Minster is the most prominent, and a variety of cultural and sporting activities making it a popular tourist destination for millions. The city was founded by the Romans in 71 AD. ")

10-08-17 – 200 miles north by train to the ancient city of York. The place was packed. We queued for ages to get into the Famous Bettys Café Tea Rooms for lots of high calorie cakes. York is now one of the biggest marathons in the United Kingdom, helping me find some running mates to while the time away. Pleased to run 15 miles before I walked, but then a struggle to finish in 5:05:42. 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

*Bob and Lenore Dolphin
10519 126th 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*