

Newsletter #78 – April 1, 2018



## 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 "favorites" list and check for the latest newsletter soon 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

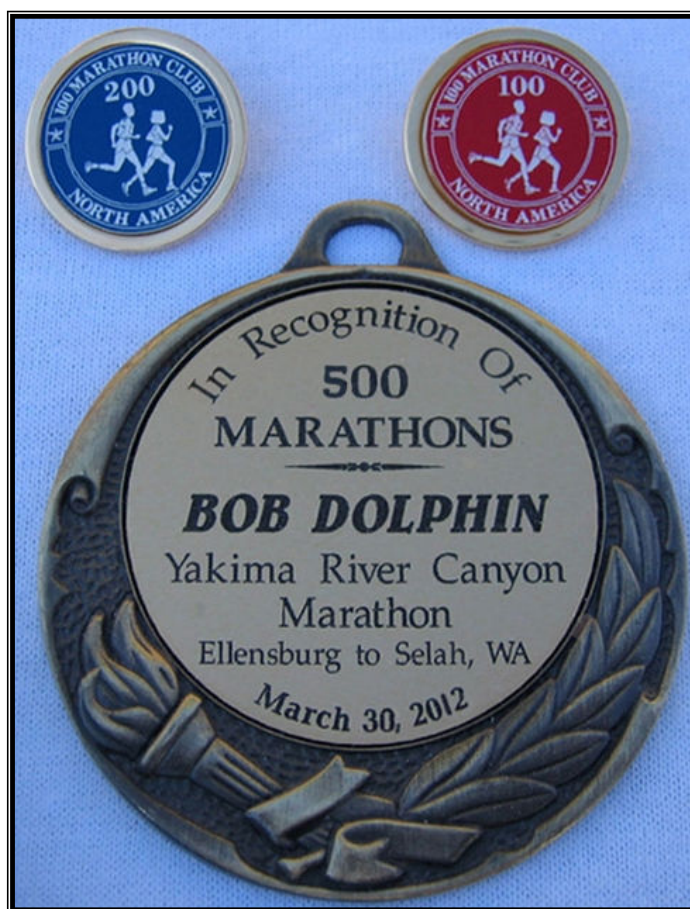
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin  
310 South 50<sup>th</sup> Avenue  
Yakima WA 98908



## 100 MARATHON CLUB NORTH AMERICA SINGLET

Official men's and women's 100 Marathon Club North America singlets can be ordered 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), send us information about your race(s).

Here are several upcoming marathons/ultras directed by club members:

04-07-18 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 18<sup>th</sup> edition of this great event will once again host the annual 100 Marathon Club North America reunion. Guest speaker at the pre-race pasta feed will be **Jeff Hagen**: age 65-69 American record holder for 48 hours (179.57 miles); age 70-74 American record holder for 100 miles (21:54:04), 24 hours (110.19 miles), and 48 hours (170.47 miles); and IAU age 70-74 World Best Performance for 48 hours (170.47 miles). Information (note new web site address): [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com).

04-28-18 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**.  
Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

04-29-18 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**.  
Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

04-29-18 – Michelob Ultra Marathon (50K), Tacoma, WA – **Tony Phillippi**.  
Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

## WELCOME NEW MEMBERS!



**Debi Bull** of Des Moines, Iowa chose the 1985 Quad Cities Marathon in Moline, Illinois for her first marathon. She notched her 100<sup>th</sup> at the 2017 IMT Des Moines Marathon. Debi was 29 when she established her 3:15:29 PR at the 1989 Las Vegas Marathon. She's a member of the Capital Striders Running Club in Des Moines. Her current total is 100 marathons and 76 ultras.

← Debi Bull

The 2007 Chicago Marathon in Chicago, Illinois was the first marathon for **Keith Gercius** of Burbank, Illinois. The 2018 Illinois Marathon in Champaign, Illinois will be his 100<sup>th</sup> marathon. Keith set his 3:30:41 PR at the 2013 Portland Marathon when he was 41. His current total of 97 marathons and 15 ultras includes a 100 miler.



Keith Gercius →

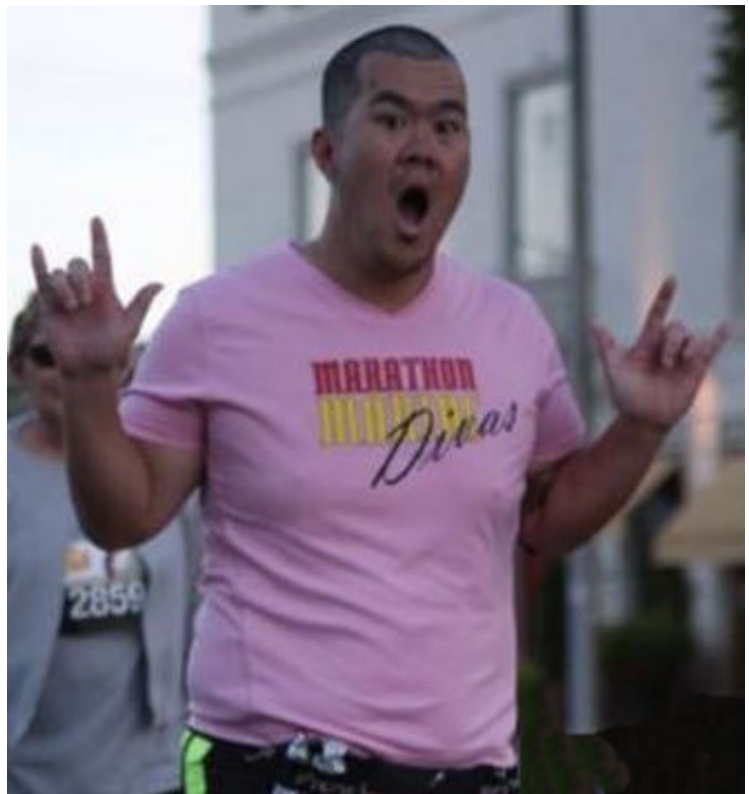


**Fran Gilday** of Ashburnham, Massachusetts picked the 1988 Richmond Marathon in Richmond, Virginia as the location for her first marathon. She has been steadily pounding pavement ever since, completing her 99<sup>th</sup> marathon at the 2018 Aloha Series in Kapa'a, Hawaii, and two days later finishing her milestone 100<sup>th</sup> marathon at Day 3 of the same event. In 2010 Fran completed 50 states in Missoula, Montana. She was 47 when she posted her 4:07:52 PR in 1998. Her current total is exactly 100 marathons.

← Fran Gilday

Our next new member has the distinction of being the 100 Marathon Club North America's 600<sup>th</sup> member! In 2007 **Edmund Loy** of Honolulu, Hawaii chose his hometown Honolulu Marathon as his first marathon. He completed 50 states at the 2014 Prairie Fire Marathon in Wichita, Kansas. Edmund finished the 2018 Cowtown Marathon in Fort Worth, Texas for his 100<sup>th</sup> marathon. He established his 6:17:50 PR in 2013 at age 33. Edmund's current total is 95 marathons and five ultras.

Edmund Loy →



**Michael Rhodes** of Cleburne, Texas finished the 2011 Route 66 Mother Road Marathon in Springfield, Missouri as his first marathon. The 2016 Honolulu Marathon completed his quest for finishing 50 states. Michael chose the 2017 Dallas Marathon for for his 100<sup>th</sup> marathon. He set his 4:08:32 PR in 2016 at age 54. His current total is 102 marathons and three ultras.

← Michael Rhodes

The addition of Debi, Keith, Fran, Edmund, and Michael boosts total 100 Marathon Club North America membership to 601.

## MEMBER UPDATES

### 2018 YAKIMA RIVER CANYON MARATHON UPDATE

Registration for the April 7, 2018 Yakima River Canyon Marathon and Half Marathon is open (on-line only) at (note new web address): [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com).

100 Marathon Club North America member **Jeff Hagen** will be the guest speaker at the pre-race spaghetti feed. Jeff's topic is "The Power of the Mind in Ultramarathoning and Life." It has been said that ultramarathoning is 20% physical and 80% mental, especially in events of 100 miles or longer. Jeff will provide his perspective on the power of the mind as it applies to running races and dealing with adversity in our lives.

When combined with his USA Track and Field National Championship 24-Hour Race in Cleveland, Ohio on September 16-17, 2017, Jeff set three American age-group records (100 miles, 24 hours, and 48 hours) and one age-group world record (48 hours) in less than four months.

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  
310 South 50<sup>th</sup> Avenue  
Yakima WA 98056*

*(509) 966-0188, Yakima*

*Ron and Nancy Fowler  
PO Box 158  
Littlerock WA 98556-0158*