



Newsletter #79 – May 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

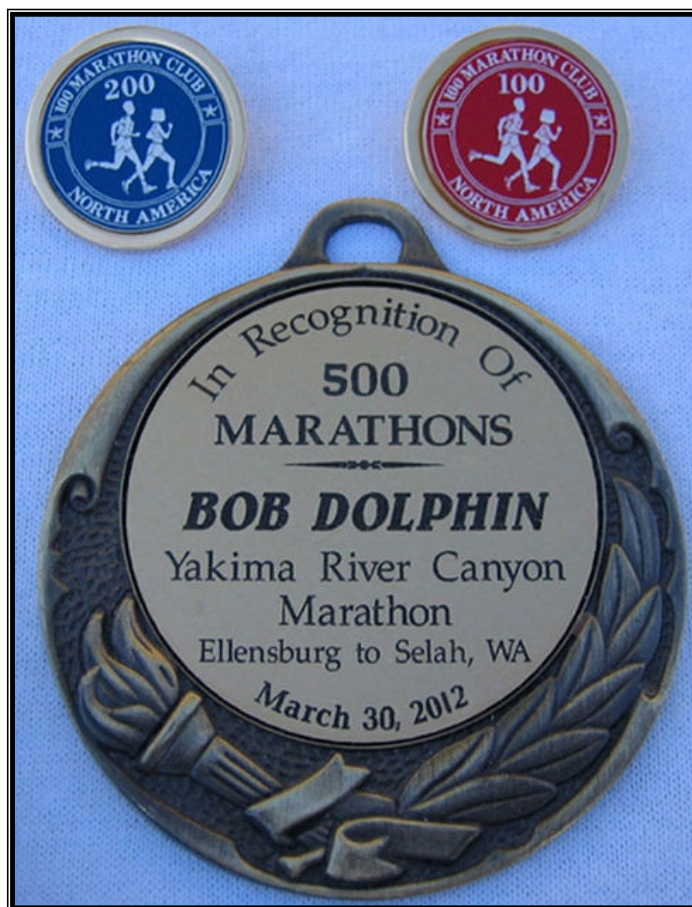
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

02-16-19 Woolley Trail Runs Marathon and 50K, Sedro-Woolley, WA – **Terry and Delores Sentinella**. Information: [www.databarevents.com/events/view/84](http://www.databarevents.com/events/view/84)

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19<sup>th</sup> edition of this great event will once again host the annual 100 Marathon Club North America reunion. Information: <http://aasportsltd.com/event/yrcm/?RL=1>

04-27-19 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**. Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

04-28-19 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**. Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

04-28-19 – Michelob Ultra Marathon (50K), Tacoma, WA – **Tony Phillippi**. Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

## WELCOME NEW MEMBERS!

**Brian Baker** of Boise, Idaho chose the 25<sup>th</sup> anniversary 1996 Portland Marathon for his first marathon. Several fellow Agony Racing club friends and family members joined Brian to help him celebrate his milestone 100<sup>th</sup> marathon at last month's 2018 Yakima River Canyon Marathon in Selah, Washington. After attending the 100 Marathon Club North America reunion gathering, Brian put the hammer down the next morning and finished second overall! In the process he also posted a 2:55:59 PR at age 49! Brian indicates "I won my first marathon (my 48<sup>th</sup>) at age 40. I continue to race and have been blessed with finishing in the top three 22 items, including winning my 99<sup>th</sup> marathon. During 2012 my wife and I ran 12 marathons in 12 months. I really enjoyed the journey. Finishing the 12<sup>th</sup> race in Jamaica and finished third overall was the icing on the cake!"

Brian Baker enjoying running #100 →



The 2003 Rock 'n Roll San Diego Marathon was the first marathon for **Emil Cheng** of Diamond Bar, California. He ran the 2013 Berlin Marathon in Germany for his 100<sup>th</sup> marathon. Emil established his 4:13:19 PR in 2014 at age 39. His current total is 199 marathons. On to #200!

← Emil Cheng





**Michael Pfannenstiel** of Olathe, Kansas finished the 2008 San Antonio Rock ‘n Roll Marathon in San Antonio, Texas for his first marathon. The 2018 Prairie Spirit Trail 50K in Ottawa, Kansas was the special location he chose for his 100<sup>th</sup> marathon. Michael set his 3:34:09 PR in 2015 at age 49. During 2015 he also ran four marathons in four days. He completed 50 states in 2017 at the Maui Oceanfront Marathon in Maui, HI. His current total is 78 marathons and 22 ultras.

← Michael Pfannenstiel finishing #100

The 1981 Marathon Marathon in Terre Haute, Indiana was the first marathon run by **David Rikke** of Indianapolis, Indiana. He notched his 100<sup>th</sup> marathon at the 2014 Indianapolis Marathon in his hometown. David obviously enjoys traveling, given that he is a two time 50 states finisher (2009 and 2014), and has also run marathons on all seven continents (2012). He established his 3:16:57 PR in 1992 at age 40. David’s current total is 140 marathons.

Here’s David Rikke with four admiring fans after having completed the 2012 Great Wall Marathon in China →



The addition of Brian, Emil, Michael, and David boosts total 100 Marathon Club North America membership to 605.

## MEMBER UPDATES

A large turnout of highly enthusiastic members attended the annual 100 Marathon Club North America reunion meeting held just prior to the 2018 Yakima River Canyon Marathon spaghetti feed. Club co-founders and co-directors, **Bob and Lenore Dolphin**, hosted our meeting, skillfully assisted by **Jeff and Joyce Hagen**. The total number of marathons run by the assembled group was well north of 7,000. Recognition was afforded to all in attendance including several members whose individual totals are over 500 marathons. Special kudos to three club members who achieved milestone goals the following day at the 2018 Yakima River Canyon Marathon:

300 marathons - **Carol Earles** of Ravenden Springs, Arkansas;

200 marathons - **Julia Khvasechko** of New York City, New York; and

100 marathons - **Brian Baker** of Boise, Idaho.

The special guest speaker at the 2018 Yakima River Canyon Marathon pre-race spaghetti feed was 100 Marathon Club North America member **Jeff Hagen**, American age-group record holder for 100 miles, 24 hours, and 48 hours, and world record holder for 48 hours. Jeff's excellent presentation on "The Power of the Mind in Ultramarathoning and Life" was highly informative and well received by all in attendance.

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)

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