



Newsletter #74 – December 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

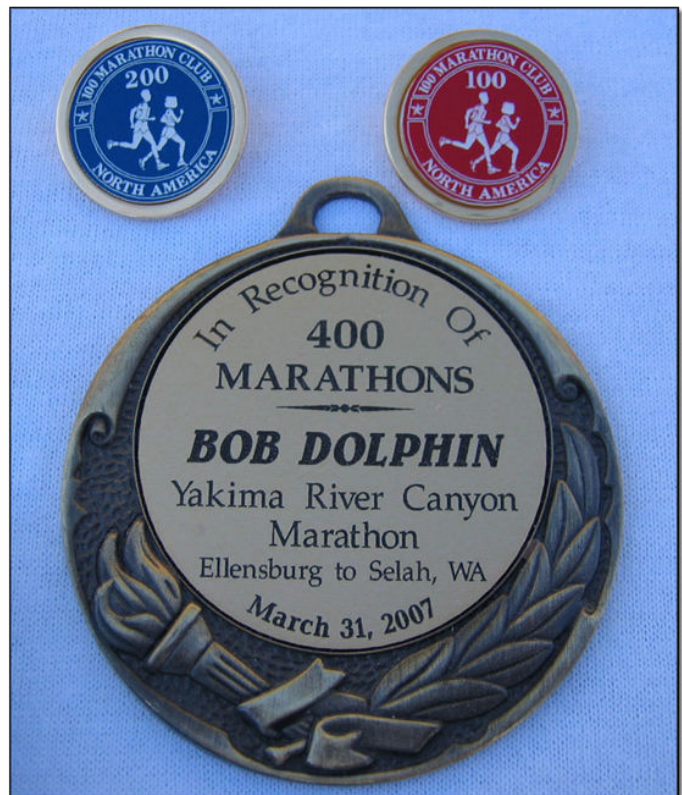
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to the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

Joanna DiGorio of Bethel Park, Pennsylvania completed the 1990 Pittsburgh Marathon for her first marathon and chose the 2015 Erie Marathon in Erie, Pennsylvania as the site for her 100th marathon. She has run all 24 Disney World Marathons in Orlando, Florida, starting with the inaugural event in 1994, and we suspect she'll be there next month for the 25th consecutive time. Joanna set her 4:25:56 PR in 1993 at age 48. She has run a total of 107 marathons.

Here's Joanna celebrating completion of her 20th consecutive Disney World Marathon in 2013. →

The 1989 Marine Corps Marathon in Arlington, Virginia was the first marathon run by **Lynne Evans** of Etowah, North Carolina. Since then, as Lynne



says, "I am probably an oddity in the group. I have mainly switched to ultra running and rarely run marathons any

longer unless they are trail events. I ran my first ultra when I was 51 years old and finished DFL but knew that the longer distances were for me. I ran my 100th marathon/ultra at the Black Mountain Monster in Black Mountain, North Carolina. It was a 24 hour event and I completed a 100K to mark that momentous occasion. I completed my 200th marathon/ultra at the Pistol Ultra in Alcoa, Tennessee on New Year's Eve, 2016. I have completed four 100 milers and would love to make it to Western States just once to say I made it there! I will be running the Umstead 100 in Raleigh, North Carolina as my qualifier for 2018." Lynne is an active member of several running groups, including the Georgia Ultra Trail Running Society (GUTS), Yeti Trail Runners, East Coast Trail and Ultra Runners, WNC Trail and Ultra Runners, and the Runner From Hell Ultra Runners clubs. She has run 89 marathons and 132 ultras.

← Here's Lynne after finishing another ultra.



Tammy Perez of San Jose, California chose the 2009 Big Sur Marathon in Carmel, California as her first marathon, and the 2017 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota for her 100th. She has completed Boston to Big Sur seven times, four 100 milers, and six 100Ks. Tammy is a member of the Running Addicts in Saratoga, California. She established her 3:37 PR in 2014 at age 46. Her current total is 104 marathons and 15 ultras.

Here's Tammy after a recent race. →

The addition of Joanna, Lynne, and Tammy boosts total 100 Marathon Club North America membership to 582.

MEMBER UPDATES

Bob and Lenore Dolphin, founders and directors of the 100 Marathon Club North America, and America's most senior race directors, have announced the opening of registration for the Yakima River Canyon Marathon and Half Marathon on April 7, 2018. Registration for both events is on-line only at <http://www.ontherunevents.com/yrcm/>. Your editor has already registered for the 18th consecutive time and is also looking forward to the annual 100 Marathon Club North America reunion meeting prior to the pre-race spaghetti feed. Here's a look at one of the great views on this unique course:



WHERE IN THE WORLD IS ROGER?

Roger Biggs of Stevenage, England has been traveling again. Here's his latest report:



Your editors knew nothing about Slovenia, so we turned to Wikipedia for this information:

Slovenia, officially the Republic of Slovenia, is a nation state located in the southern Central Europe...at the crossroads of main European cultural and trade routes. It is bordered by Italy to the west, Austria to the north, Hungary to the northeast, Croatia to the south and southeast, and the Adriatic Sea to the southwest...and has a population of 2.06 million...The capital and largest city is Ljubljana...

Historically, the current territory of Slovenia was part of many different state formations, including the Roman Empire and the Holy Roman Empire, followed by the Habsburg Monarchy. In October 1918, the Slovenes exercised self-determination for the first time by co-founding the State of Slovenes, Croats and Serbs. In December 1918, they merged with the Kingdom of Serbia into the Kingdom of Serbs, Croats and Slovenes (renamed Kingdom of Yugoslavia in 1929). During World War II, Slovenia was occupied and annexed by Germany, Italy, and Hungary, with a tiny area transferred to the Independent State of Croatia, a Nazi puppet state. Afterward, it was a founding member of the Federal People's Republic of Yugoslavia, later renamed

the Socialist Federal Republic of Yugoslavia, a communist state which was the only country in the Eastern Bloc which was never part of the Warsaw Pact. In June 1991, after the introduction of multi-party representative democracy, Slovenia split from Yugoslavia and became an independent country. In 2004, it entered NATO and the European Union; in 2007 became the first formerly communist country to join the Eurozone;^l and in 2010 joined the OECD, a global association of high-income developed countries.

10-29-17 – It would seem that Ljubljana is my Achilles heel. Last year I was pulled out at 28 km, this year I got to 34 km. These five hour limit races are getting to me. 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*