



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

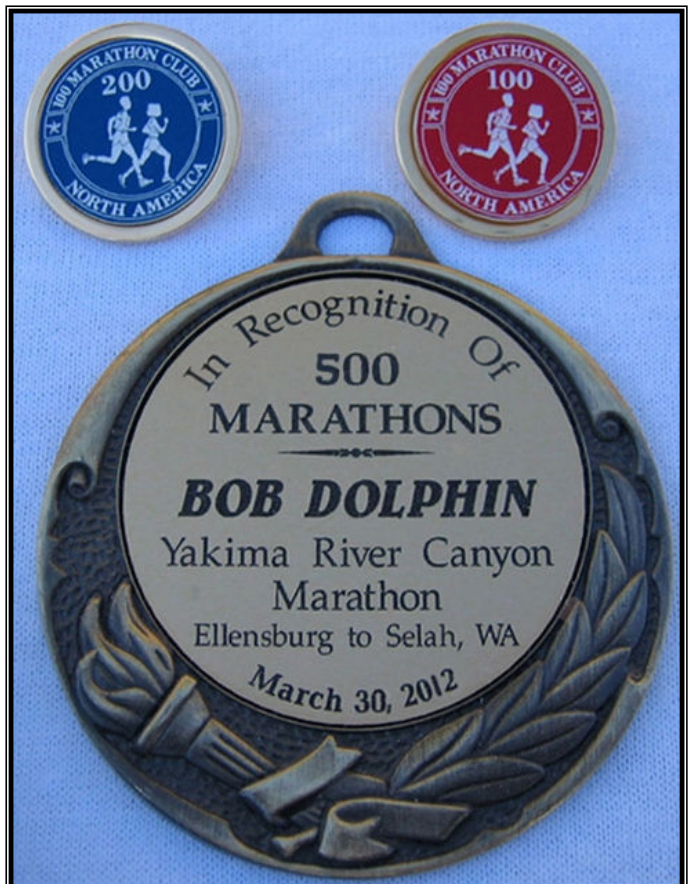
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin
310 South 50th Avenue
Yakima WA 98908



100 MARATHON CLUB NORTH AMERICA SINGLET'S

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: to publicize your event(s), EMail us information about your race(s).

These upcoming marathons/ultras are directed by club members:

04-04-20 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 20th edition of this great event will host the annual 100 Marathon Club North America reunion meeting Friday, April 3rd at 1600 in the Senior Room of the Selah Civic Center race headquarters. Registration is on-line only. Information: www.yakimarivercanyonmarathon.com.

05-02-20 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

05-03-20 – 14th annual Michelob Ultra Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

WELCOME NEW MEMBERS!

John Armstrong of Grove City, Pennsylvania chose the 2000 Pittsburgh Marathon for his first marathon, and returned to run the 2016 edition of the Pittsburgh Marathon to mark his milestone 100th marathon. John was 47 when he established his 3:14:27 PR at the 2012 Steamtown Marathon in Scranton, Pennsylvania. His current grand total is 135 marathons and 30 ultras.

John Armstrong running the 2018 Niagara Falls ultra →

Our first club member from Iceland is **Bryndis Svavarsdottir** of Hafnarfirdi, Iceland. (In the event you aren't knowledgeable about Iceland, Wikipedia indicates Hafnarfirdi is "a port town and municipality located on the southwest coast of Iceland, about 6 miles south of Reykjavik...the third-most populous city in Iceland...(and) the site of an annual Viking festival, where Viking culture enthusiasts from around the world display reconstructions of Viking garb, handicraft, sword-fighting and longbow shooting...in June each summer." Sounds like a fun place to run!) Bryndis ran her first marathon in Stockholm, Sweden in 1995 and has been very busy pounding out marathons ever since. She ran her 100th at the 2009 Disney Marathon in Orlando, Florida, and her 200th at the 2016 Dust Bowl Marathon in Ulysses, Kansas. Bryndis



became a two time 50 States and DC finisher in 2011 and is currently 28 states into finishing 50 States and DC for the third time. She was 41 when she established her 4:24:14 PR at Lake Myvatn, Iceland in 1998. Bryndis' current grand total is 253 marathons and 10 ultras.

← Bryndis Svavarsdottir



The addition of John and Bryndis boosts total 100 Marathon Club North America membership to 648.

MEMBER UPDATES

HAPPY 90TH BIRTHDAY LENORE DOLPHIN!

100 Marathon Club North America co-founder **Lenore Dolphin** will be celebrating her 90th birthday February 27, 2020. A birthday gathering is scheduled at Bob and Lenore's home in Yakima on Saturday, February 29th to help her celebrate. Please send your birthday wishes to Lenore via EMail to dolphinmteam@earthlink.net. Cards should be mailed to her Yakima address posted below. Happy birthday, Lenore!

MARATHON #800 FOR MIREK MALINOWSKI

Kudos to **Mirek Malinowski** of The Woodlands, Texas for finishing his 800th marathon at the Chevron Houston Marathon on January 19, 2020.

Please send roster and member updates to both of these EMail addresses:

- ★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net; and
- ★ Ron Fowler: SodaBottles@yahoo.com

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