



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

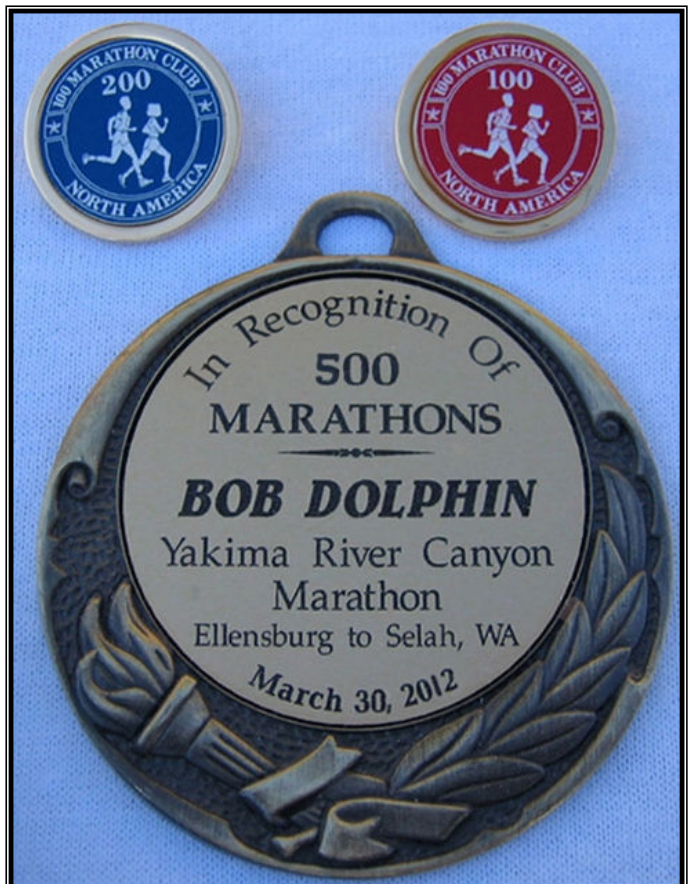
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

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. The pre-race pasta feed includes a special program by Henry Ruden, our 100 Marathon Club North America member from Wisconsin who has run over 1,400 marathons. Race 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!

Stacy Anderson of Visalia, California finished the 1999 Santa Clarita (California) Marathon for her first marathon. Last month's 2020 Surf City Marathon in Huntington Beach, California marked her 100th marathon. In between these milestone events, Stacy ran the New York Marathon, the Boston Marathon five times, and completed 50 states at the 2019 New River Marathon in Fleetwood, North Carolina. She has also served as a marathon and half marathon pacer since March, 2014. Stacy established her 3:45:08 PR at the 2018 Louisiana Marathon in Baton Rouge, Louisiana at age 52. She is a member of the Visalia Runners club in Visalia, California.



Welcome to **Tania Diener** of Regina, Saskatchewan, Canada who has joined her husband **Jan Steenkamp** as a 100 Marathon Club North America member. Tania and Jan started and continue to run together, but due to injuries Tania fell slightly behind and has qualified for membership slightly later than Jan. Their first event was the 2013 Goose Bump Six Hour (now the Canada Goose Ultra) in Regina. Tania ran her 100th marathon at the 2020 Maui Oceanfront Marathon. Tania and Jan hope to be able to run together for many years to come.

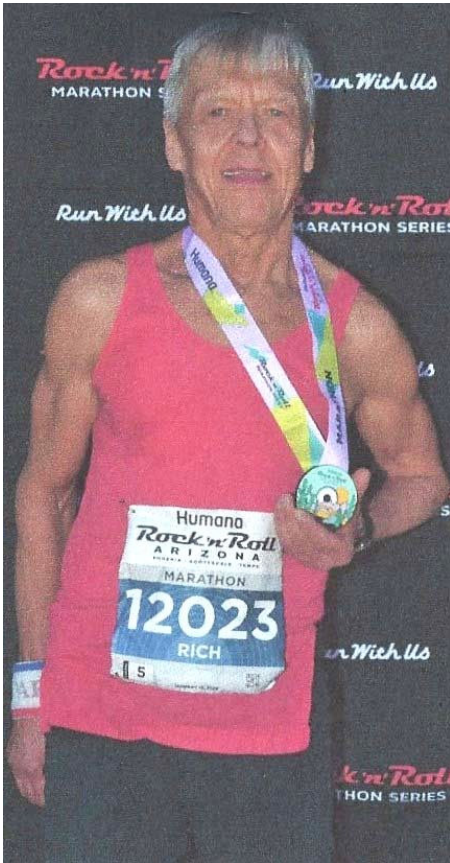
← Tania Diener

Phil Nomura of Golden Valley, Minnesota chose the 1984 Grandma's Marathon in Duluth, Minnesota for his first marathon, and ran his 100th marathon

at the 2015 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota. Phil became a two-time 50 states and DC finisher at the 2008 Des Moines Marathon in Des Moines, Iowa. He has also run five marathons during a seven day stretch. Phil established his 3:10:03 PR in 1986 at age 36. He is a member of the Life Time Run Club in Plymouth, Minnesota. His current total is 135 marathons and three ultras.

Phil Nomura →

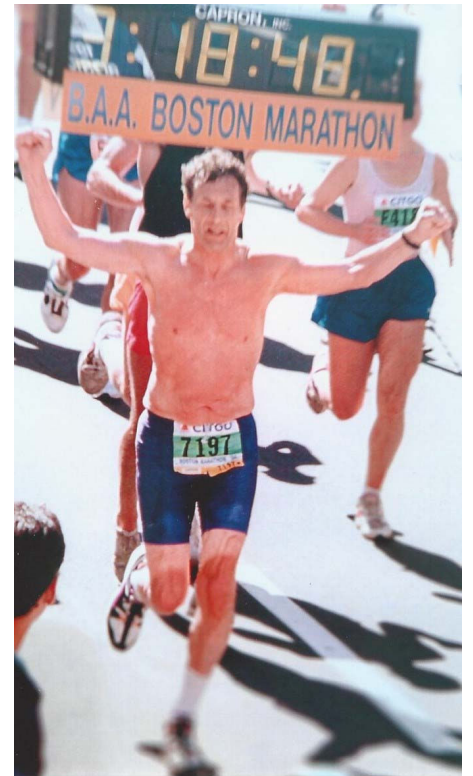




The 1978 Paavo Nurmi Marathon in Hurley, Wisconsin was the first marathon for **Richard Olson** of Neenah, Wisconsin. He finished his 100th at the 2018 Oshkosh Marathon in Oshkosh, Wisconsin. Rich's current total of 109 marathons span six decades and also include his 17 year consecutive days' running streak from 1969-1986. He established his 2:48:24 PR in 1982 at age 36. Rich is a member of the Pacesetters Running Club in Neenah, Wisconsin.

← Rich Olson

Richard Wallen of Flushing, Michigan “was a high school English teacher, guidance counselor and principal for 30 years, and coached wrestling and football before I retired in 1992. At that time I became a part-time licensed academic counselor at a local college. With a lot of time on my hands, I began to run with my wife who was an avid runner



and so I began to run so as to share a common interest. I went to the 1993 Boston Marathon to see my wife run and I got hooked on marathon running. My initial intention was to qualify for Boston and run it one time and then just become a weekend warrior in terms of running. Somehow my competitive juices took over and I ran 102 marathons starting in middle age. It has been a blessing, a challenge and a healthy way to live.” Richard’s first marathon was the 1993 Columbus Marathon in Columbus, Ohio, and his second was the 1994 Boston Marathon at age 55 (photo above). His 100th was the 2014 Boston Marathon. Due to heart repairs, “marathon running has been put on the back burner. My heart doctor has cleared me to run marathons once again so my plans are to run in Detroit this October.” He set his 3:17:06 PR in 1996 at age 57. Richard is a member of the Riverbend Striders and “blessed to have a lot of great runners in my running club and they pushed me hard, encouraged me and gave me confidence.”



←Richard Wallen, 2020 training run



The 2002 Honolulu Marathon was the first marathon run by **Ely Yaron** of Studio City, California. The 2020 Surf City Marathon in Huntington Beach, California was his 100th. Ely is a certified Group Exercise Instructor through the American Council on Exercise and the Athletics and Fitness Association of America. He is “proud that I have run for nearly 20 years without a serious injury. I am well read in Exercise Theory and Marathon Training. I have adapted the Galloway Method and Chi Marathon Running to my running style (and) as a result I recover quickly after running a marathon.” Ely established his 3:23 PR in 2009 at age 39. He has also run 107 half marathons.

← Ely Yaron

The addition of Stacy, Tania, Phil, Rich, Richard, and Ely boosts total 100 Marathon Club North America membership to 654.

MEMBER UPDATES

ROGER BIGGS HANGS UP HIS MARATHON SHOES

After logging an incredible 914 marathons during a stellar 35 year time span, **Roger Biggs** of Stevenage, England has retired from running marathons. Well known at marathons around the world, we will miss Roger’s globe-trotting running reports, and familiar face at Yakima River Canyon Marathons. Our best to you Roger!

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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