



## 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.

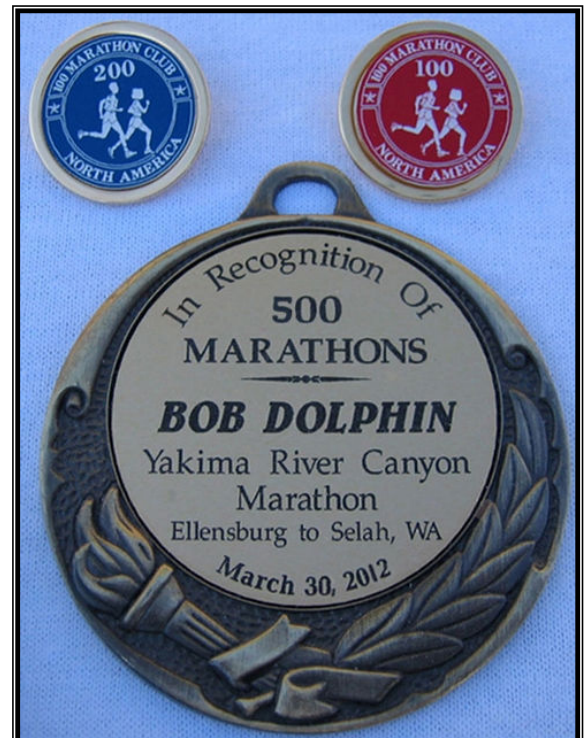
## NEWSLETTER ARCHIVE

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 pins and medallions available to members. →

To inquire about purchasing shirts, pins, or medallions, contact Ron Fowler via EMail to: [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)



## 100 MARATHON CLUB NORTH AMERICA SINGLET

Official men's and women's 100 Marathon Club North America singlets are available 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 and the 100 Marathon Club North America reunion meeting were **CANCELLED** due to the Covid-19 pandemic. Next year's race is scheduled for March 27, 2021. Registrations for 2020 are being carried over to 2021 at no charge. Those unable to race next year may request a refund thru DataBar Events. Information: [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com).

05-02-20 – Ghost of Tacoma Marathon, Tacoma, WA – Tony Phillippi. **REGISTRATIONS SUSPENDED** due to the Covid-19 pandemic. Visit [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com) for status updates on the race.

05-03-20 – Michelob Ultra Tacoma City Marathon, Tacoma, WA – Tony Phillippi. **REGISTRATIONS SUSPENDED** due to the Covid-19 pandemic. Visit [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com) for status updates on the race.

# LENORE S. DOLPHIN

February 27, 1930 – March 11, 2020

Lenore S. Dolphin passed away March 11, 2020 at 90 in Yakima, WA. She was born in Hillsboro, OR to Reverend Paul Schaus and Elsa Schaus. She is survived by her loving husband, Robert E. Dolphin, son Jeffrey A. Stensland (Laurissa Stensland), daughters Jan D. Stensland (Simon Patton), Judi K. Hancock (Robert Hancock), numerous grandchildren, great grandchildren, godchildren, nieces, nephews, friends and marathon runners. Due to the Covid-19 virus a celebration of Lenore's life will be postponed until March 27, 2021 to coincide with the 20th Yakima River Canyon Marathon.

Lenore attended Snohomish High School (Salutatorian, 1947) and Central Washington State University (1951) majoring in science. A teacher most of her life she also worked at Boeing prior to retirement.

A loving mother and grandmother (to all), Lenore was talented at quilting and crocheting giving many thoughtful gifts. She beat the odds after many heart procedures, amazing her doctors by reaching 90.

She made history in marathon racing without running a single race, accompanying her husband, Bob, to over 400 of his 500+ marathons, as the only non-running member of the Marathon Maniacs, co-founding the 100 Marathon Club North America, co-directing the Yakima River Canyon Marathon with Bob as the oldest marathon race directors in the world. Beloved by hundreds of marathon runners, they would line up after the finish line to get their finishers' medal and hug from Lenore.

A master organizer, her attention to detail, amazing memory for names, and especially her warm and genuine interest in people in the marathon world will be sorely missed by all.

In lieu of flowers donations may be made to Kathrine Switzer's "261 Fearless" organization that promotes running for women (<https://www.261fearless.org/donate>) and Yakima Greenway Foundation (<https://www.yakimagreenway.org>)

Source: <https://www.shawandsons.com/obituary/lenore-dolphin-6933031>

## Lenore Dolphin leaves lasting legacy on running community

By Luke Thompson, *Yakima Herald-Republic*, March 17, 2020

YAKIMA, Wash. – Over the past 19 years, the Yakima River Canyon Marathon has drawn runners from throughout the United States and even beyond. Sure, they enjoyed the race's unique scenery, but for many Yakima became a destination for a different reason. They knew co-race director Lenore Dolphin, with help from her beloved husband Bob, wanted to see them and would show appreciation for them like no other race director.

“Nobody gives the personal attention to runners like she did,” said Jeff Hagen, an avid ultra runner who’s been to hundreds of races all over the world. “She’d be at the finish line giving everyone a hug, giving every woman a rose.”

From the pre-race pasta feed the night before to the post-race potato feed for those willing to stay, Lenore Dolphin worked hard to ensure every last detail gave runners the best possible experience. Ron Fowler, one of 13 runners to complete all 19 Yakima marathons, said the Dolphins always supported every runner and went to seminars put on by other race directors to find ways to improve their race.

The unprecedented COVID-19 outbreak forced the cancellation of this year’s race, originally scheduled for April 4 and organized in part by Lenore, despite failing health. She died March 12 at the age of 90, and new race director Frank Purdy said the 2021 marathon, scheduled for March 27, will honor Lenore’s legacy.

Her impact in the running community stretched well beyond Yakima, thanks to her tireless efforts to support Bob’s nonstop running schedule. Lenore’s daughter, Jan Stensland, said the two met at a dance in Ellensburg at Lenore’s class reunion, and she quickly developed a boundless enthusiasm for running. “They celebrated their 25th wedding anniversary last November,” Stensland said. “They just had so much fun traveling to marathons and getting to know people.”

Lenore quickly became as much of a fixture at races as her husband, who ran 502 marathons between 1981 and 2014. She enjoyed volunteering so much she eventually went with Bob to a race director training to learn how to put on a race of their own.

So when Purdy, Hagen, Tony Sagare and other members of The Hardcore Runners Club of Central Washington wanted to put together a marathon, the Dolphins emerged as obvious candidates to lead the race. Stensland said Lenore utilized the organizational skills she learned from her mother to put together an event Purdy said featured a plethora of personal touches.

“She pretty much did the race,” Purdy said. “We took on some extra duties, but even up to this year she was pretty intent on being in charge. She likes to do things her way.”

Hagen said Lenore “in many ways was the Yakima River Canyon Marathon” and she created “books of handwritten notes” on how everything must be done, finding unique ways to recognize first-time marathoners, old friends, inspirational runners, and many more. Sagare, a longtime friend of the Dolphins who often ran with Bob, noted that Lenore always made sure other volunteers did their job. “You didn’t mess around,” Sagare said. “If you said I’m going to take an aid station, you sure as heck better be there.”

Those organizational skills will surely help the Yakima River Canyon Marathon live on, and Lenore started planning for a succession plan several years ago. While Purdy and others took on more responsibilities with the race, Lenore and Bob also helped Fowler become the director of the 100 Marathon Club, which the Dolphins founded.



The connections created through the Yakima River Canyon and other races left an indelible mark on the life of Lenore and others, including her daughter. Stensland recalled how before a business trip to Sao Paulo, Brazil, her mother insisted she get in touch with a running friend there, and runners from England and the Czech Republic sent emails and personal gifts over the last few months.

Boston Marathon director Dave McGillivray is a close personal friend and Lenore also stayed in touch with Kathrine Switzer, who became the first woman to ever officially complete the Boston Marathon in 1967. She was asked to speak at prerace dinner for the Yakima marathon and enjoyed it so much she came back a second time.

Stensland said the family asks that donations in lieu of flowers go to Schweitzer's charity, 261 Fearless, which strives to empower women through running.



Bob and Lenore Dolphin getting a hug from Bob's daughter, Ellen Boyd, at the finish of Bob's 500<sup>th</sup> marathon – the Yakima River Canyon Marathon in 2012. Jeff Hagen, in the background, walked the entire race with Bob. (Photo by Joyce Hagen)

Source: [https://www.yakimaherald.com/sports/recreation/lenore-dolphin-leaves-lasting-legacy-on-running-community/article\\_9d15af22-2f7b-5a70-93f3-554eb51996c6.html](https://www.yakimaherald.com/sports/recreation/lenore-dolphin-leaves-lasting-legacy-on-running-community/article_9d15af22-2f7b-5a70-93f3-554eb51996c6.html)

If you would like to contact Bob Dolphin, please do so via snail mail. His address is:

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

## WELCOME NEW MEMBERS!

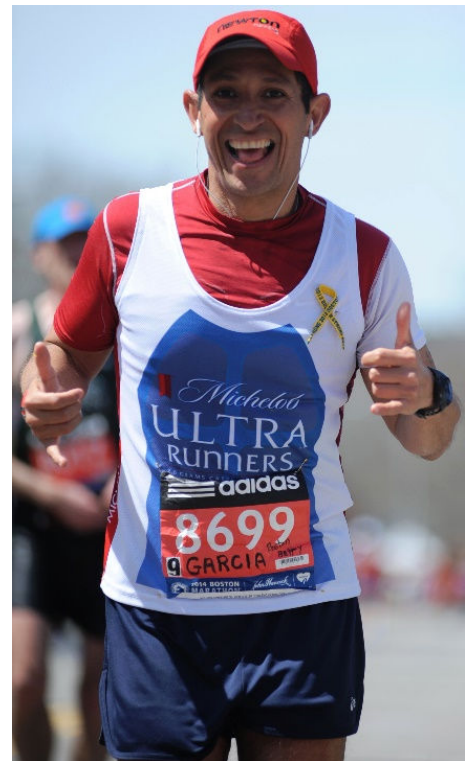
**Hazel Chase** of Houston, Texas chose the 2003 Lake Tahoe Marathon in Lake Tahoe, California/Nevada as her first marathon and logged her 100<sup>th</sup> at the Rock 'n' Roll Arizona Marathon in Phoenix, Arizona. She set her 3:01:53 PR in 2013 at age 40. A member of the Houston Striders running club, Hazel has run 125 marathons and eight ultras.

The 2006 Spirit of St. Louis Marathon in St. Louis, Missouri was the first marathon run by **Jorge O. Garcia** of Maryville, Illinois. He notched his 100<sup>th</sup> at the 2019 Boston Marathon. In between these milestone events Jorge became a 50 states finisher at the 2015 Long Island Marathon, and added DC at the 2019 Marine Corps Marathon. He has completed six continents, missing this year's Tokyo Marathon due to its cancellation. An active member of the TeamUltra running club in St. Louis, Missouri, Jorge has served as a pacer at numerous marathons and half marathons. During 2014 he completed five sub-four hour marathons in five states during one week, and 20 marathons in 20 states within 365 days. Jorge has also been honored to lead an annual parade of "Hometown Heroes" since 2016.



He established his 3:07:25 PR in 2016 at age 42. His current total is 100 marathons and five ultras.

Jorge Garcia →



**Dana Greenhoe** of Valrico, Florida chose the 1993 Brandon Marathon in Brandon, Florida for his first marathon. He ran his 100<sup>th</sup> last month at the 2020 Marathon of the Treasure Coast in Stuart, Florida. Dana completed 50 states and DC at the 2012 Honolulu Marathon. His 3:29 PR was set in 1995 at age 47. His current total includes 90 marathons and 10 ultras.

← Dana Greenhoe with his 5 year old grand-niece Addie



The 2003 Hong Kong Marathon in Hong Kong, China was the first marathon for **Gary Lew** of Provo, Utah. Last weekend's Revel Mt. Charleston (virtual) Marathon in Las Vegas, Nevada was his 100<sup>th</sup> marathon. A frequent world traveler, Gary has run all six World Major marathons (New York, Boston, Chicago, London, Tokyo, and Berlin) at a sub-three hour pace. He ran the 2016 Boston Marathon in 3:08:09 just 15 weeks after donating a kidney his brother. Gary was 46 years old when he established his 2:47:52 PR at the 2006 Chicago Marathon. His current total is 100 marathons and 14 ultras.

Gary Lew →



**Jim O'Donnell** of Sarasota, Florida finished his first marathon at the 1998 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota. His 100th was the 2020 Save The Daylight Ultra. A member of the Manasota Track Club in Sarasota, Florida, Jim set his 4:42:09 PR in 2009 at age 55. His current total of 86 marathons and 14 ultras includes completing nine marathons in nine states during a 10 month stretch.

← Jim O'Donnell

The 2002 Hops By The Bay Marathon in Tampa, Florida was the initial marathon run by **Bill Sherman** of Ft. Walton Beach, Florida. He logged his 100<sup>th</sup> at the 2014 Hatfield McCoy Marathon in Goody, Kentucky, and his 200<sup>th</sup> at the 2020 White Continent Marathon at King George Island, Antarctica. Bill's races include completing 32 marathons in 30 states/countries during a 365 day stretch and earning Marathon Maniac "Titanium Status" in 2014. During 25 of those 32 races he was serving as a USAF Colonel, likely a record for any active duty full Colonel in any branch of the service. Bill is a member of the NWF Track Club in Ft. Walton Beach, Florida. He was 43 when he established his 3:41:01 PR in 2004. His current total is 202 marathons.



Bill Sherman →

The addition of Hazel, Jorge, Dana, Gary, Jim, and Bill boosts total 100 Marathon Club North America membership to 660.

## **MEMBER UPDATES**

### **RACE #300 IS IN THE BOOKS!**

Kudos to **Guillermo Rios** of Ventura, California on completing his 300<sup>th</sup> marathon at the 2019 Rock Marina Vista Marathon in Long Beach, California. On to #400!

## **ROSTER UPDATES**

Please send roster updates via EMail to [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)