



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

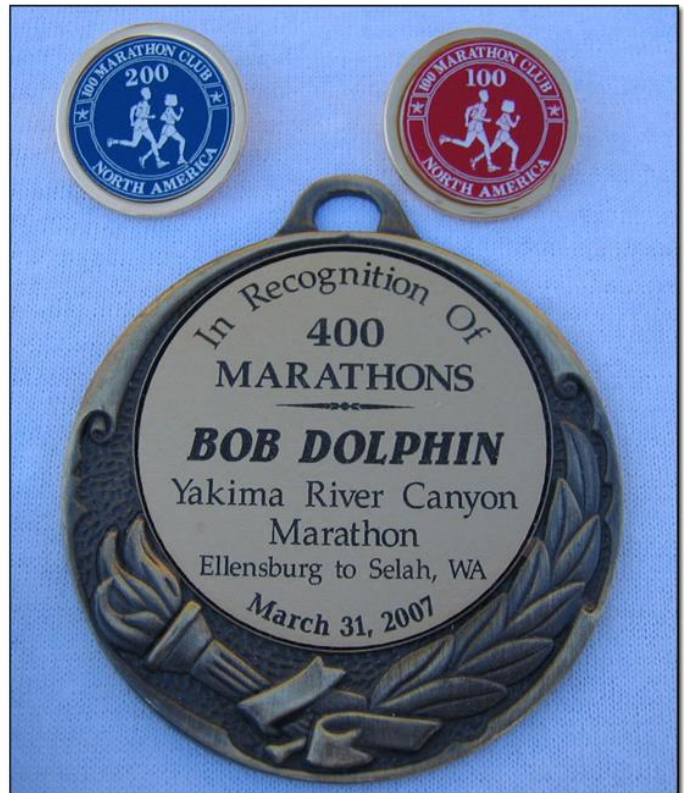
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to the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

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!

Andrew Aguirre of Tulsa, Oklahoma ran the 2010 edition of his hometown Route 66 Marathon in Tulsa for his first marathon. Thanks to skillful planning, last month's 2017 Honolulu Marathon was both his 100th marathon and wrapped up a complete circuit of 50 states and DC. Andrew set his 4:02:30 PR in 2015 at age 35. His current total is 77 marathons and 23 ultras.

Here's Andrew after the 2016 Route 66 Marathon →



The 2004 Austin Marathon in Austin, Texas was the first marathon run by **Edward Childress** of Austin. The 2017 Route 66 Marathon in Tulsa, Oklahoma was Ed's choice for his 100th marathon. He has definitely been busy in between these milestone events, having finished 50 states at the 2017 Atlantic City Marathon. Ed established his 3:30:02 PR in 2009 at age 46. His current total is 93 marathons and seven ultras.

← Here's Ed finishing #100



Lara Gonzalez of Brooklyn, New York completed the 2010 New York City Marathon for her first marathon. The 2016 Las 50 de San Jorge Marathon in Ceiba, Puerto Rico was the race Lara chose for her 100th marathon. During this six year time frame she also finished 50 states at the 2015 United Physical Therapy 49K in Anchorage, Alaska. Lara set her 4:23:31 PR in 2012 at age 37. Her current total is 74 marathons and 54 ultras.

← Here's a very happy Lara at a recent race

The 2007 Richmond E-Venti Marathon in Richmond, British Columbia, Canada was the site for the first marathon run by **Susan Hui** of Vancouver, BC. The 2016 Ghost of Seattle Marathon (run on the original course) was the choice for her 100th marathon (and one of the four races in the Seattle Quadzilla – four marathons on four back-to-back days).

Along the way Susan also finished all seven continents, including back-to-back Comrades finishes. She ran her 4:01 PR in 2010 at age 45. Her current total is 88 marathons and 34 ultras.



Here's Susan →

Roger MacMillan of Fort Saskatchewan, Alberta, Canada, didn't run his first marathon until he was 69 years old. He clearly caught marathon fever at that first race, as just over 10 years later he logged his 100th marathon at the 2017 Edmonton Marathon, in Edmonton, Alberta, Canada, just months before turning 80. Quoted for an article in *Runner's World* magazine, Roger indicated "I was working at an office in Fort McMurray and a guy kept coming in to work with running tee-shirts on and I wanted one. I entered a 10K race in Edmonton and I got my tee-shirt. I couldn't walk for about a week, but I was hooked." After completing his 100th marathon, he said "I'm not going to quit. I don't

think I can get to 200, but I'll do three more this year and then we'll see." Roger is a frequent Yakima River Canyon Marathon participant, and I'm betting we'll be seeing him again for the 2018 race and the 100 Marathon Club North America reunion meeting.

Here's Roger and his family celebrating the completion of his #100th marathon (Photo by Dale MacMillan) →



The addition of Andrew, Edward, Lara, Susan, and Roger boosts total 100 Marathon Club North America membership to 586.

MEMBER UPDATES

Registration for the April 7, 2018 Yakima River Canyon Marathon and Half Marathon is open (on-line only) at <http://www.ontherunevents.com/yrcm/>. 100 Marathon Club North America member **Jeff Hagen**, will be the guest speaker at the pre-race spaghetti feed:

Jeff Hagen has been running ultramarathons for 40 years. To date he has completed 109 ultras, for a total of more than 10,000 ultramarathon race miles. Jeff prefers running the longer ultras, and more than half of his races have been in the 100-mile to 220-mile range.

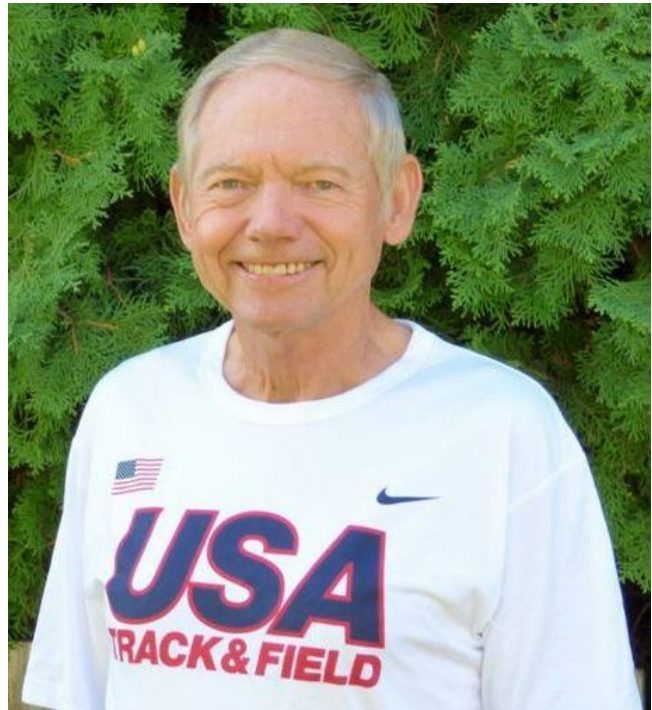
Jeff is known for his low-key approach to ultra running, which he has described in numerous articles written for *UltraRunning* magazine. This approach promotes the idea that it is possible to run ultras on low training mileage, which enables runners to maintain balance in their lives. The key is a finely-tuned race strategy aimed at starting slowly and finishing with a powerful kick. This approach was necessary to enable Jeff to run ultras

while pursuing a career as a dentist in the Indian Health Service and raising two daughters with his wife Joyce.

Jeff has also written a series of five feature articles for *Marathon and Beyond* magazine on race strategy for 50-mile, 24-hour, and 48-hour events, as well as articles on why masters runners are especially well-suited for ultramarathons.

Although he started running ultras just to finish, Jeff discovered that his low-key approach was so effective that he actually began to win races. When he was in his early 50s, he entered twelve 24-hour races, finishing first overall in 11 of them. Over the years Jeff has also broken 10 American age-group records, including a string of 6 records in less than one year after reaching age 55. Jeff set his most recent records four years ago when he ran 179.6 miles to break the American 48-hour record for ages 65 and older, a record that still stands.

The topic for Jeff's presentation is "The Power of the Mind in Ultramarathoning and Life." It has been said that ultramarathoning is 20% physical and 80% mental, especially in events of 100 miles or longer. Jeff will provide his perspective on the power of the mind as it applies to running races and dealing with adversity in our lives.



WHERE IN THE WORLD IS ROGER?

A December 10, 2017 EMail message from globetrotting **Roger Biggs** of Stevenage, England brought this "Christmas Card 2017:"

I woke to a few inches of snow this morning, that doesn't happen very often down here in the South. I should have been in Lanzarote today.

It was a year of getting older and one injury after another. Just as the Achilles was clearing up, a marathon in Washington State on a highly cambered road gave me a knee injury for the first time in my running career. It doesn't seem that long ago that I expected to run sub-4, while my last 17 marathons since Washington have all been over 5 hours. Running outside 5 hours can get you pulled from races, as was the case in Ljubljana.

That still wasn't the worst thing to come my way in 2017. At mile 25 (yes, just one more mile to do) in Central Montana I had a fall at speed, and had to have emergency treatment in the local hospital. No medal for me. Part of the same trip back in July, saw us run in Alaska at the Bear Fest Marathon on Wrangell Island. The highlight of this part of the trip (and probably the highlight of any trip you could imagine) was a visit to the Anan Wildlife Observatory, to see the bears. I know it is easy to over exaggerate, but there was a point when myself and a local brown bear were standing on the same bit of trail, with nothing between us except for maybe 15 meters of air!

After my fall in Montana, I was getting increasingly concerned, and still felt it was a 'balance' issue. This is where my doctor came in, with a prognosis of a heart murmur, took us in another direction. In quick time I moved from an 'echocardiogram' to a 'coronary angiogram', and the reality that I have a leaky heart valve that might need replacing. I'm now on 'statins' that I had hoped to avoid in life. The consultant wasn't going to rule out running in the future, but certainly not at the moment.

For some years now, the thought of a holiday without a marathon in it, has been unthinkable. In 2017 Rosemary managed to break into three marathon trips in Stirling, Ibiza and Ljubljana. The accompanying photo was taken at Lake Bled, which is an hour and a bit bus ride from Ljubljana. I usually run well when

Rosemary is around, but not this time.

Heart operations or not, I will be 70 next year, so time to back off a bit. Whether I can run marathons or not, once I get the all clear, I hope to get some trips on the horizon.



Roger

Here's hoping Roger is able to return to running marathons soon and continue his quest to boost his grand total to 900 marathons and ultras.

KUDOS TO JIM BOYD UPON COMPLETION OF HIS 400TH MARATHON!

The December 16, 2017 Pigtail's Marathon & 50K in Ravensdale, Washington was a milestone event for **Jim Boyd** of Aberdeen, Washington, as he pounded out his 400th marathon. A few of the Jim's comments from his FacePlant report:

It went quite well with tons of my running buddies there. I untypically took no pics along the scenic way, the focus was "going for it" as quickly as possible along with lots of great exchanges and visiting with the other runners running down and back up the Cedar River (Rails to) Trail. It was quite an up day, chilly but a dry day, a miracle this time of year.

This race in the Maple Valley down river on the Cedar River (Rails to) Trail to return up river is an annual tradition named after its founder and past race director, iconic PNW ultra runner **Van "Pigtails" Phan**. It is one of the PNW races that attracts what I would call the "stalwarts" in the running community, each and every one is to be admired.

Race director **Monte Pascual** posted a cool group of pics from past marathons and presented a framed 16 x 20 to me upon finishing, and also a big cake with my name and number of marathons on it! What a race director! This picture with Monte was taken by running buddy **Janice Northup**. She started an hour after me and was at the finish to click away at the culmination of 39 years of running ultras and marathons and with so many running buddies, a dream come true.



ANOTHER REMINDER TO EAT DESSERT FIRST, LIFE IS UNCERTAIN...

This has been a particularly challenging year marked by the passing of far too many friends and classmates. December brought news of the tragic Mexican tour bus crash that killed 12 people. The eight Americans killed included Jody and **Andy Fritz** from Olympia, Washington. They were passengers on a Royal Caribbean cruise ship and on a side excursion to view Mayan ruins. Andy was a long-time marathon running friend with whom the editor had run 50+ marathons during the past 20 years. He was an incredibly positive person with a great sense of humor and a contagious smile. He is deeply missed. Here is Andy and Jody's obituary from *The Olympian* newspaper, December 31, 2017:

Jody Berniece (Dolby) Fritz May 13, 1966 - December 19, 2017. Jody Berniece (Dolby) Fritz was born on May 13, 1966 in Bellingham, Washington to Frank William (Bill) Dolby and his wife Betty Kay. They moved to Hood Canal in 1975, and she graduated from Shelton High School in 1984. She graduated from Gordon College in Wenham, Massachusetts in 1988, and she met her husband Andrew Fritz at Gordon, where they were married by his father the following year. She and Andy were the parents of two sons, Caleb William Fritz in 1991 and Jared Dolby Fritz in 1995. After the children came, they decided they wanted to move back where the family was. They lived a year on Vashon Island before spending 19 years in Olympia. This past summer, they bought their "forever home" on Hood Canal. Jody had a Master's from St. Martin's College and taught at Woodbruck Middle School in Lakewood, was an Assistant Principal at Ridgeline Middle School in Yelm, and most recently took a job as Assistant Principal at Sand Hill Elementary in Belfair. Jody was a multi-talented lady: fabulous mother, faithful servant of God, devoted friend, gracious entertainer with great food, water-skier, lover of running, and much, much more. She and Andy were killed near Cancun, Mexico on December 19, 2017 while taking a shore excursion from a cruise ship to some Mayan ruins when the bus lost control and wrecked. They will be missed and remembered for many, many years by many, many people for the contributions they made to the world they lived in. Jody is survived by her children Jared and Caleb (Amy), grandchildren Emma Grace and Grayson Andrew, her mother Betty Kay Anderson, her father Bill Dolby, her brother Kern Dolby, and her "adopted" daughter Saki (Jake) Perkins.



Andrew Reese Fritz July 14, 1966 Dec 19, 2017. Andrew R. Fritz was born in Yonkers, NY and died along with his wife Jody, in a bus crash in Mexico on December 19, 2017. He is survived by two sons, Jared Fritz and Caleb Fritz whose wife is Amy and their children, Emma Grace and Grayson Andrew, his parents Colonels Edward and Emily Fritz and a brother, Samuel Fritz. His older brother, Dr. Steven Fritz was killed in a car crash on I-5 in Salem, OR 3 years ago. As a child, Andrew lived with his family in Yonkers, NY, Bloomfield, NJ, Dobbs Ferry, NY and Needham, MA. He graduated from Needham High School and Gordon College in Wenham, MA where he met his wife to be. He earned a Master's Degree in Environmental Science from Northeastern University in Boston, MA. Following their marriage after graduating from Gordon College, Andy and Jody lived in Ipswich, MA, where their two sons were born. Several years later they moved to Washington where Andrew took a position as an Environmental Science Instructor at Clover Park Technical College in Tacoma, WA, where he served up to the time of his death. Andy was a "Marathon Maniac" having completed 162 marathons including the Boston Marathon. A word often used to describe him was he is a "kind" man. A "Celebration of Life" will be held on Saturday, January 6th at 10 AM at the Evergreen Christian Community, 1000 Black Lake Boulevard Southwest, Olympia, WA 98502. The families' charities of choice are World Vision and the World Wildlife Fund.

GOBBLER GRIND MARATHON AND HALF MARATHON DISCOUNT

Registration is open for the 2018 Gobbler Grind Marathon and Half Marathon. We would like to extend a 15% discount to 100 Marathon Club North America members. Members can use the following discount code at checkout: 100NORTHAMERICA15OFF.

The Gobbler Grind is also a part of the Harvest Half Race Series, a series of three Kansas half marathons, 3 weeks in a row. The Harvest Half is discounted \$10 per race for a total of \$30 off the series of three half marathons.

For more information and to register, visit:

<http://gobblergrindmarathon.com/>
<http://harvesthalfseries.com/>

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

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