



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

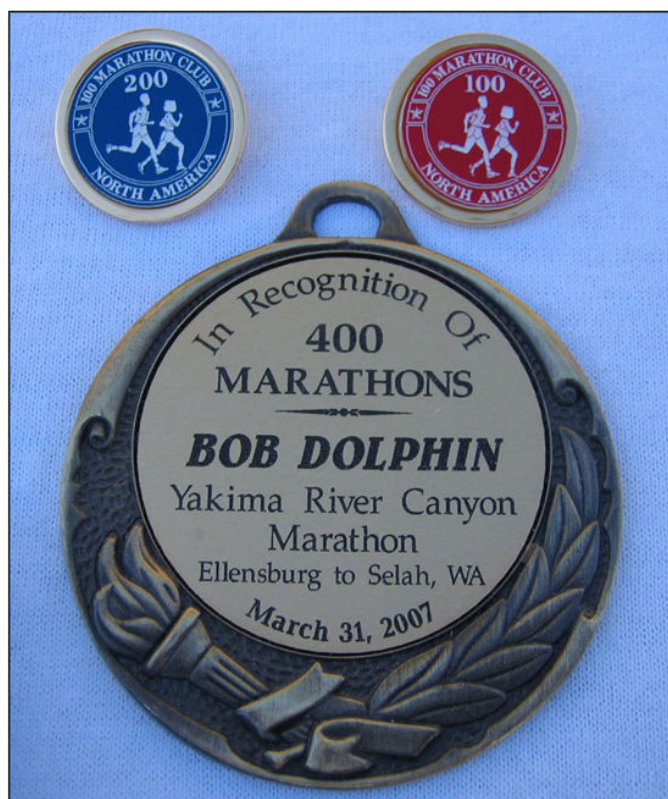
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to the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

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 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: in order to publicize your event(s), 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 annual 100 Marathon Club North America reunion. Guest speaker at the pre-race pasta feed will be **Jeff Hagen**: age 65-69 American record holder for 48 hours (179.57 miles); age 70-74 American record holder for 100 miles (21:54:04), 24 hours (110.19 miles), and 48 hours (170.47 miles); and IAU age 70-74 World Best Performance for 48 hours (170.47 miles). Information (note new web site address): www.yakimarivercanyonmarathon.com.

04-29-18 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

WELCOME NEW MEMBERS!

Anne Broussard of Durham, New Hampshire started participating in marathons post breast cancer. The 2008 Rome Marathon in Rome, Italy was the chosen location for her first marathon. Less than ten years later, last month's 2018 Charleston Marathon in Charleston, South Carolina pushed Anne's current total to 93 marathons and seven ultras. She completed 50 states at the 2015 Big Sky Marathon at Ennis Lake, Montana and is a member of the Winner's Circle Running Club in Salisbury, Massachusetts. Anne's husband, **Bob Kennedy**, is also a 100 Marathon Club North America member.

Anne Broussard at the Rome Marathon →



The 2007 Walt Disney World Marathon in Orlando, Florida was the site for the first marathon run by **Jeffrey Brown** of Marietta, Georgia. The 2017 Boston Marathon was the special location he selected for completion of his 100th marathon. Jeffrey is a member of the Atlanta Track Club. He established his 3:28 PR in 2016 at age 54, and his current total is 104 marathons.

← Jeffrey Brown finishing #100 at the 2017 Boston Marathon

Bijou Chacko of Friendswood, Texas picked the 2006 Houston Marathon in Houston, Texas for his first marathon. He rang in 2018 by running his 100th marathon at the 2018 Texas Marathon in Kingwood, Texas on New Year's Day. In addition to completing 50 states in 2014 at Maui, Hawaii, Bijou has run marathons in Ireland, India, and Berlin, Germany. He is a member of the Texas Gulf Coast Running Club. He set his 3:39 PR in 2016 at age 49. His current total is 100 marathons.

The 2000 Vienna City Marathon in Vienna, Austria was the first marathon run by **Juergen Englerth** of Berkeley Heights, New Jersey. The 2015 Salzburg Marathon in Salzburg, Austria was the location for his 100th marathon. Juergen established his 3:56:24 PR in 2013 at age 51. His current total is 107 marathons and 39 ultras. He is an active member of the Trail WhippAss Running Club in New York City. An October 31, 2014 *Trail Runner* article described Juergen as "the club's first international officer. The German ultrarunner is working on developing

the club's website and 'recruiting other badass trail runners from Germany to become WhippAsses.' He has also gotten the club recognized by the German Ultramarathon Association. Englerth (is) a project manager for the German firm Allianz and Taekwondo instructor who splits his time between Munich and New Jersey."

Juergen Englerth during a recent race →

Christine Feeney of Niskayuna, New York chose the 1998 Marine Corps Marathon in Arlington, Virginia for her first marathon. Twenty years later she returned to run the 2017 Marine Corps Marathon for her 100th. She set her 3:54:46 PR in 2006 at age 47. Her current total is 101 marathons and one ultra. When asked about accomplishments, Christine mentioned "I'm not setting any land speed records, although I have qualified for the Boston Marathon and completed the race on 10 occasions. In addition I have been the first finisher in my age group at the Adirondack Marathon two times and have been in the top three in my age group at several other marathons. I was also third in my age



group in the Ironman distance Beach 2 Battleship. In addition to marathons, I have completed 14 Iron distance triathlons. While I've done a lot of running, I am most proud of the 20+ marathons that I have completed for charities, including the Leukemia and Lymphoma Society, Boston Children's Hospital, and Team TAPS, and have raised over \$75,000 in donations to these charities."

The 2004 Dublin Marathon in Dublin, Ireland was the first marathon for **Mellody Hughes** of DeFuniak Springs, Florida. She chose the 2017 Soldiers Marathon in Columbus, Georgia for her 100th marathon. Mellody established her 5:39:45 PR in 2010 at age 46. She is a member of the Darkside Running Club in Peachtree City, Georgia. Her current total is 66 marathons and 35 ultras. One of those ultras was a 100 miler.

← Mellody Hughes



Joe Jurczyk of Brecksville, Ohio was only 19 years old when he chose the 1983 Revco Cleveland Marathon in Cleveland, Ohio for his first marathon. The 2016 Cape Cod Marathon in Falmouth, Massachusetts was the location he selected for his 100th marathon. Joe set his 3:08:50 PR in 1997 at age 33. In 2015 he pounded out seven marathons in seven states in seven days. He's a member of the Cleveland West Running Club in Lakewood, Ohio. In addition to his current total of 110 marathons, Joe has also finished 64 ultras.

← Joe Jurczyk at the 1983 Revco Cleveland Marathon

The 2010 P. F. Chang's Rock 'n' Roll Marathon in Phoenix, Arizona was the first marathon run by **Craig Kiest** of Portland, Oregon. He stayed close to home by choosing the 2016 Portland Marathon for his 100th marathon. 2012 was a banner year for Craig as he ran five double marathon weekends, nine marathons in seven weeks, and finished 50 states in Memphis, Tennessee. He celebrated his 58th birthday by establishing his 3:39:24 PR in 2013.

Craig's current total is 110 marathons.

Craig Kiest →



The addition of Anne, Jeffrey, Bijou, Juergen, Christine, Mellody, Joe, and Craig boosts total 100 Marathon Club North America membership to 594.

MEMBER UPDATES

HAPPY BIRTHDAY LENORE DOLPHIN!

100 Marathon Club North America co-founder and co-director Lenore Dolphin celebrates the 49th anniversary of her 39th birthday on February 27, 2018!

2018 YAKIMA RIVER CANYON MARATHON UPDATE

Registration for the April 7, 2018 Yakima River Canyon Marathon and Half Marathon is open (on-line only) at (note new web address): www.yakimarivercanyonmarathon.com.

100 Marathon Club North America member **Jeff Hagen** will be the guest speaker at the pre-race spaghetti feed. Jeff's topic 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.

December 30, 2017 - January 1, 2018 Jeff Hagen ran his 111th ultramarathon at the Across the Years 48-Hour Race in Glendale, Arizona. Jeff finished the race with 170.47 miles for 3rd place overall in a field of 85 runners. His mileage total exceeded the previous American 48-hour record for the 70-74 age group by 19 miles. At the awards ceremony he was also surprised to hear that he had set a new International Association of Ultrarunners 48-hour World Best Performance for the 70-74 age group, surpassing the previous world record by 13 miles. Jeff says he couldn't have done it without his wife Joyce's awesome crewing support. Here's Jeff just before the race started:



When combined with his USA Track and Field National Championship 24-Hour Race in Cleveland, Ohio on September 16-17, 2017, Jeff has set three American age-group records (100 miles, 24 hours, and 48 hours) and one age-group world record (48 hours) in less than four months.

Register for the 2018 Yakima River Canyon Marathon or Half now. Entry fees increase March 1, 2018, and the Half Marathon is capped at 200 entries!

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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