

Newsletter #77 – March 1, 2018



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

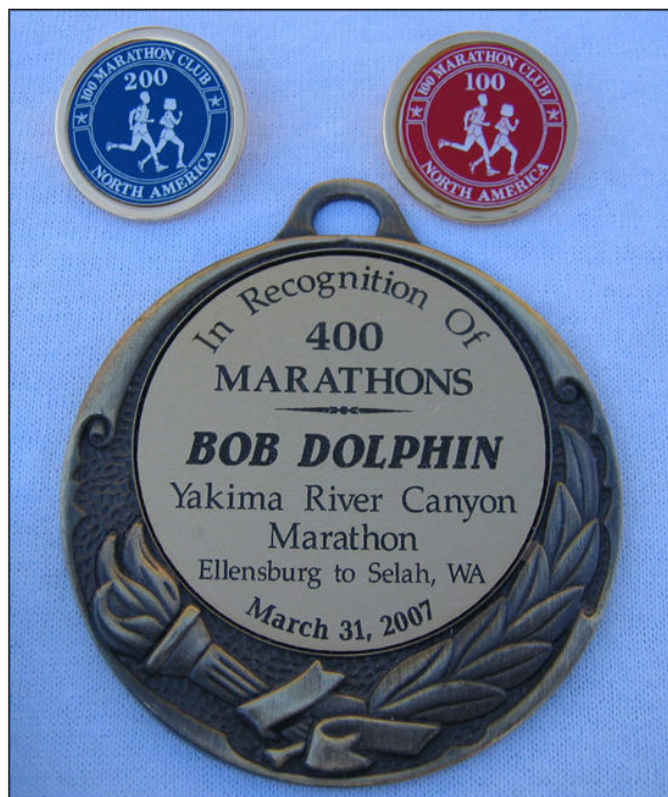
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to the 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
310 South 50th Avenue
Yakima WA 98908



100 MARATHON CLUB NORTH AMERICA SINGLETS

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:

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!

Angel Brock of Fountain, Colorado chose the 2009 Salt Lake City Marathon in Salt Lake City, Utah as her first marathon, and the 2017 Pikes Peak Marathon at Manitou Springs, Colorado for her 100th. In between these milestone events she has racked up some very impressive running accomplishments: 2011 Tahoe Triple; two Leadville Marathons; eight Pikes Peak Marathons (seven doubles); eight Ironman Marathons; and the 2014 Rocky Raccoon 100 Miler. Angel was the overall first female finisher at the 2016 Nocturnal Sins Marathon in Henderson, Nevada, and first age group female finisher at the 2017 Galveston, Labor of Love, and Angel Fire Marathons. Here's a portion of the introduction to an interview of Angel authored by Tim Bergsten and currently posted on-line:

August, 2008, I was eating a sundae talking with my cousin Connie. She told me she had to run 10 miles later, I didn't know people ran that far! She told me she had already completed two marathons. She had to tell me what a marathon was. I was blown away. No way could I ever do that! After all, I hated running. She then told me there was this thing called a half marathon. Something just clicked...maybe it was a high from the hot fudge, but I thought, "I could do this."

I had turned 39 in June and I thought it would be a good goal for my 40th birthday and a great way to get my heart healthy as I was not active at all. The next day I went to a running store in Las Vegas and got fitted for shoes. Two days later when I got home I started the Couch to 5K program. My first 5K was the Komen Race for the Cure in Colorado Springs. I remember race packet pick-up instructions where I was supposed to pick up a bib. I couldn't figure out why they would be giving away baby bibs. I still smile every time I pick up a race bib.



For "the rest of the story" on how Angel discovered marathons, why she chose the 2017 Pikes Peak Marathon as #100, and more, visit <http://www.pikespeaksports.us> and click on the article entitled "100 AND COUNTING: Angel Brock reaches marathon milestone at Pikes Peak Marathon." The accompanying photo shows Angel completing marathon #100.



The 2010 Tobacco Road Marathon in Cary, North Carolina was the first marathon run by **Dave Cockman** of Raleigh, North Carolina. Dave will be making a return appearance at the upcoming 2018 Tobacco Road Marathon on March 18th to celebrate finishing his 100th marathon. He has already easily qualified for 100 Marathon Club North America membership, given that in addition to his current total of 98 marathons he has also finished 44 ultras. Dave's ultras include 21 one hundred milers, and the 2014 Grand Slam of UltraRunning (the four original 100 milers). And just to add an exclamation point, in 2015 he set the Fastest Known Time across the state of North Carolina, covering 667 miles in 14 days 11 hours and 28 minutes. Dave set his 3:33:59 PR in 2013 at age 55. He is an active member of the North Carolina Running Club.

← Here's a recent photo of Dave.

The addition of Angel and Dave boosts total 100 Marathon Club North America membership to 596.

MEMBER UPDATES

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.

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.

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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