

Newsletter #81 – July 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

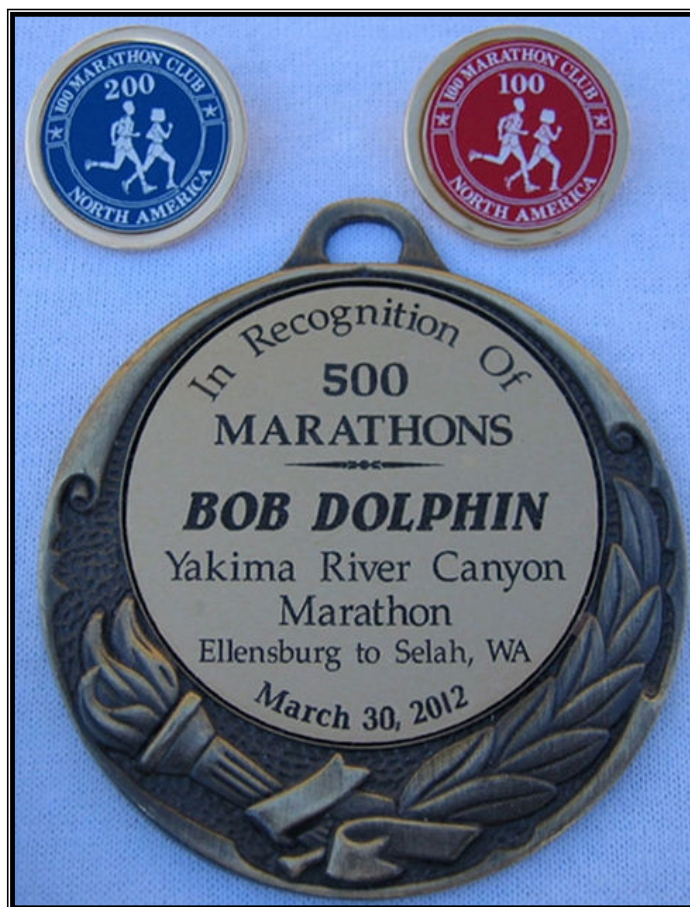
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Here are several upcoming marathons/ultras directed by club members:

10-13-18 The Gallery Defiance 50K, Tacoma, WA - **Tony Phillippi**.
Information: www.tacomacitymarathon.com

02-16-19 Woolley Trail Runs Marathon and 50K, Sedro-Woolley, WA – **Terry and Delores Sentinella**. Information: www.databarevents.com/events/view/84

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19th edition of this great event will once again host the annual 100 Marathon Club North America reunion. Information: <http://aasportsltd.com/event/yrcm/?RL=1>

04-27-19 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**.
Information: www.tacomacitymarathon.com

04-28-19 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**.
Information: www.tacomacitymarathon.com

04-28-19 – Michelob Ultra Marathon (50K), Tacoma, WA – **Tony Phillippi**.
Information: www.tacomacitymarathon.com

WELCOME NEW MEMBERS!



Cyd Antang-Plotkin of Walnut Creek, California chose the 1997 Chronicle Marathon in San Francisco, California for her first marathon. Last month's Mainly Marathons event in Springfield, Vermont was Cyd's location choice for her milestone 100th marathon. She completed 50 states in 2016 at the Heartland Series in Niles, Michigan. She established her 4:49 PR in 2002 at age 47. Cyd has completed 99 marathons and one ultra, the 2003 Pacific Trail, Angel Island, San Francisco.

← Cyd Antang-Plotkin

The 1994 Atlanta Marathon was the site chosen by **Ron Clay** of Atlanta, Georgia for his first marathon. He completed his 100th marathon at the 2017 Darkside Distance Festival in Senoia, Georgia. Ron set his 3:37:38 PR in 2011 at age 56. His current total is 56 marathons and 50 ultras. Ron is a member of the South Dekalb Striders Running Club in Atlanta.

Ron Clay →



Paul Ruckel of Phoenix, Arizona was 21 when he ran the 1976 New York City Marathon as his first marathon. The 2009 Denver Marathon was his 100th marathon. Paul was 26 when set his 2:33:16 PR at the 1981 New York City Marathon, and followed up with his 2:38:02 Boston PR in 1982. Paul has qualified for Boston 35 times, and run it 20 times averaging 2:59:47 over a four decade time span. The average finishing time for his current total of 102 marathons is 2:59:20. A member of the Arizona Road Racers in Phoenix, Paul was the 2000 New Mexico Marathon Champion, and the *Arizona Republic's* 2010 "Marathon Man."



Paul Ruckel →

The addition of Cyd, Ron, and Paul boosts total 100 Marathon Club North America membership to 609.

MEMBER UPDATES

Congratulations to these members for completing milestone marathons during June, 2018:

#200 - **Emil Cheng** of Diamond Bar, California

#300 - **Cathie Johnson** of Red Boiling Springs, Tennessee

#300 - **Troy Johnson** of Red Boiling Springs, Tennessee

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

Bob and Lenore Dolphin
310 South 50th Avenue
Yakima WA 98056

509-966-0188

Ron and Nancy Fowler
PO Box 158
Littlerock WA 98556-0158