



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

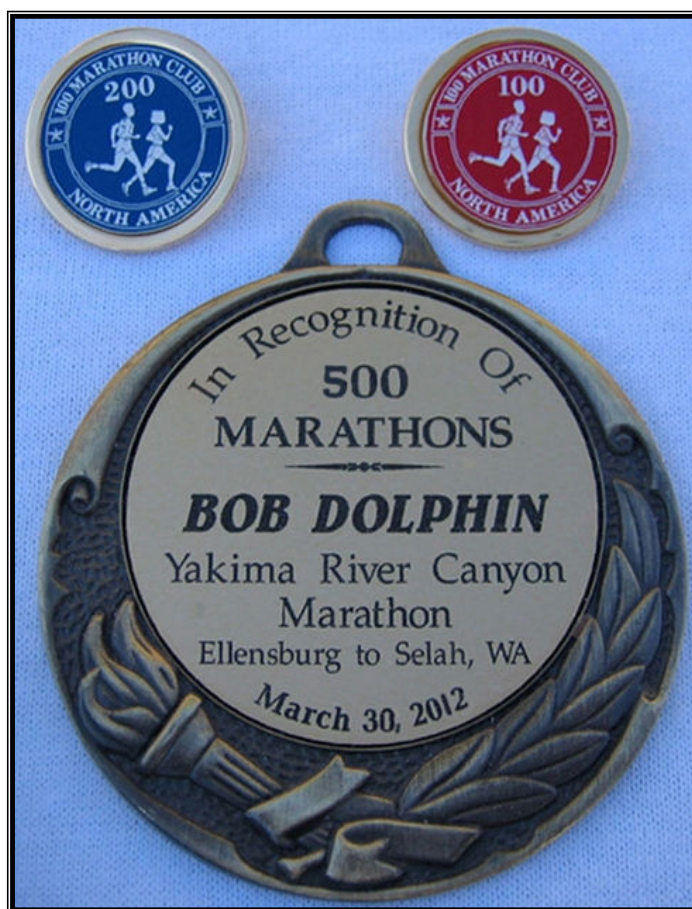
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Jeff Johnston of Deer Park, Wisconsin chose the 1983 Grandma's Marathon in Duluth, Minnesota for his first marathon, and returned to Duluth in 2009 to notch his 100th marathon. The 2018 Grandma's Marathon boosted Jeff's current total to 175 marathons and nine ultras. He finished third overall at the Ed Fitz 100K in Duluth in 2000 at age 46, and ran 103 miles in 24 hours to win the St. Anne's Ultra in 2005 at age 51. Jeff joined the 50 Sub 4 Club with a 3:22 finish in Indianapolis in 2014 – 91% of his marathon finishes are sub four hours. He completed 50 states and DC at the 2008 Mickleson Trail Marathon in Deadwood, South Dakota and needs another four states to complete 50 states a second time. Jeff has run Boston qualifiers in 45 of 50 states. He set his 3:04:27 PR in 1999 at age 44. He is a member of the New Richmond Running Club in New Richmond, Wisconsin.

Jeff Johnston →

The 2008 Rock 'n Roll Marathon in San Antonio, Texas was the first marathon for **Jean Neely** of Zionsville, Indiana. The 2018 Groundhog Marathon in Grand Rapids, Michigan was the chosen site for her milestone 100th marathon. Jean completed 50 states at the 2015 Maui Ocean Front Marathon in Hawaii. A member of the Indy Runners in Indianapolis, Indiana, Jean's current total is 105 marathons and seven ultras.



The addition of Jeff and Jean boosts total 100 Marathon Club North America membership to 613.

MEMBER UPDATES

Bryan Baroffio	200 th marathon	Garmin in Land of Oz	04-21-2018
David Bayley	50 states	Independence Series	05-11-2018
Dave Bell	7 times 50 states	Eau Claire Marathon	05-06-2018
Robert Bishton	400 th marathon	Horse Capital Marathon	05-19-2018
Steve Boone	700 th marathon	Houston Marathon	01-14-2018
Clint Burleson	300 th marathon	Dust Bowl Series	03-30-2018
Charlotte Corriher	50 states	Garmin in Land of Oz	04-21-2018
Haywood Crowder	50 states	Hatfield-McCoy	06-09-2018
Alexis Davidson	5 times 50 states	Gate City Marathon	05-20-2018
Carol Earles	300 th marathon	Yakima River Canyon	04-07-2018
Chuck Engle	2 times 50 states	Fargo Marathon	05-21-2016
Walter Evans	150 th marathon	Lakefront 50K	10-28-2017
Carol Goslin	5 times 50 states	Independence Series	05-12-2018
Tom Hosner	350 th marathon	Cruisin' the Canyon	04-07-2018
Julia Khvasechko	200 th marathon	Yakima River Canyon	04-07-2018
Larry Macon	25 times 50 states	Xenia, Ohio	04-08-2018
Terri Menghini	200 th marathon	St. Louis Marathon	04-08-2018
Cheri Pompeo	3 times 50 states	Coastal Delaware	04-21-2018
Cade Remsburg	3 times 50 states	Bataan Memorial	03-25-2018
Andrew Rennie	150 th marathon	Gusher Marathon	03-03-2018
Henry Rueden	17 times 50 states 1400 th marathon	Maple Leaf Marathon Mainly Marathons AK	05-16-2018 07-26-2018
Bradley Schwartz	300 th marathon	Big Island Marathon	03-18-2018

One of the 100 Marathon Club North America members listed above is **Julia Khvasechko** of New York City, New York. Here's "the rest of the story" of Julia's 200th marathon that she authored for the 50 State Marathon Club newsletter:

YAKIMA RIVER CANYON MARATHON #200 by Julia Khvasechko

The Yakima River Canyon Marathon is put on by the oldest race directors in the world, **Bob and Lenore Dolphin**, Washington, and they do an amazing job of treating everyone like family. Bob has over 500 marathons under his belt and he knows how to put on a great race. The Dolphins are president(s) and founders of the 100 Marathon Club North America.

I ran this marathon four years ago and knew that I would do my #200 milestone race at their race because of their amazing support and community. Additionally, it is my cancer anniversary weekend. On April 2, 1998 I had a brain tumor removed and always celebrate early April as my re-birthday. So, on April 7, 2018 I was celebrating both my 20th birthday of good health and my #200 marathon at the same time.

The course is challenging, yet beautiful and I would say well worth it. An 80% chance of rain was predicted, but he, it's the Pacific Northwest, what is one to expect? As luck would have it, it only rained on us the first three miles and in the end it turned out to be a beautiful, dry, and gorgeous day.

I had the pleasure of being accompanied by great friends at this race, **Jody Reed** of Ashburn, Virginia and Halbert Walston, who came to Yakima to support my #200. We started out together but Shane and I left them after a few miles because it was a training weekend for me. I had to do six mile repeats at 10K pace so I decided to get to work. The second half of the course is hillier than the first so I decided to do my mile repeats when I still had lots of energy. By the time I got to the monster hill circa mile 14 I was enjoying the walk with one of my running idols, **Gunhild Swanson** of Spokane, Washington, who stole Western States in 2015 by six seconds when she completed it as the oldest participant. It was such an honor to share the road with her and ask her about her running life. The fact that she is running marathons (and 100 milers) in her 70s gives me such hope and joy.

The beauty of the canyon is spectacular which is why I love to run, to be outdoors and take in the surroundings of Mother Nature.



Around mile 20 I met up with Carla, a Marathon Maniac from Washington who a year earlier was recovering from cancer. This was a comeback race for her and her goal was five hours, which was my goal too at this point. We ran together and encouraged each other along the way by sharing our cancer battles and how we used running as the proverbial carrot to get back to good health. I had to walk up the second monster hill circa mile 23, since my early speed work left me rather week. I was thrilled when I saw Gunhild pass me around mile 25. I was so happy for her; she wound up winning her age group!

I crossed the finish line six minutes later to a sea of support and love. All my Half Fanatics and Marathon Maniac friends from Washington and Oregon were there to cheer me on as I crossed the finish line of my 200th marathon. There are moments in life that we will never forget, that we can always look back on with fond memories and perhaps a teary-eyed smile. I never thought I would get to this milestone.

In the last 13 years of marathoning I have met some of the most amazingly supporting people in the world, like **Carol Earles** from Ravenden Springs, Arkansas, who I met early on in my first round of the 50 states. I was thrilled when I found out she was coming to Yakima. She finished her 300th marathon but I didn't know it until that day because she didn't want to steal my thunder. Imagine someone so kind and humble. She is a role model of mine as well and I am only sorry our paths didn't cross on the course since she took the early start. I saw her at dinner the night before and she and **Tracey Newenhouse** of West Long Branch, New Jersey, another 50 stater who came from far away, gave me a special present for my 200th marathon. And Janice a Washington Marathon Maniac friend who also had a birthday the same day but didn't want to steal my thunder, so she gave me a present for finishing my #200. How amazingly thoughtful all these friends are. I am so touched by all the support I received on this race, both from my friends and from all the other runners in the room at dinner for all the support.

If Washington is still on your list of marathon states, I encourage everyone to see and feel the beauty and the love of this incredible course. You will not be disappointed.

WHERE IN THE WORLD IS ROGER BIGGS?

We hadn't heard from **Roger Biggs** of Stevenage, England for six months (see newsletter #75), so it was good to receive his recent postcard update:

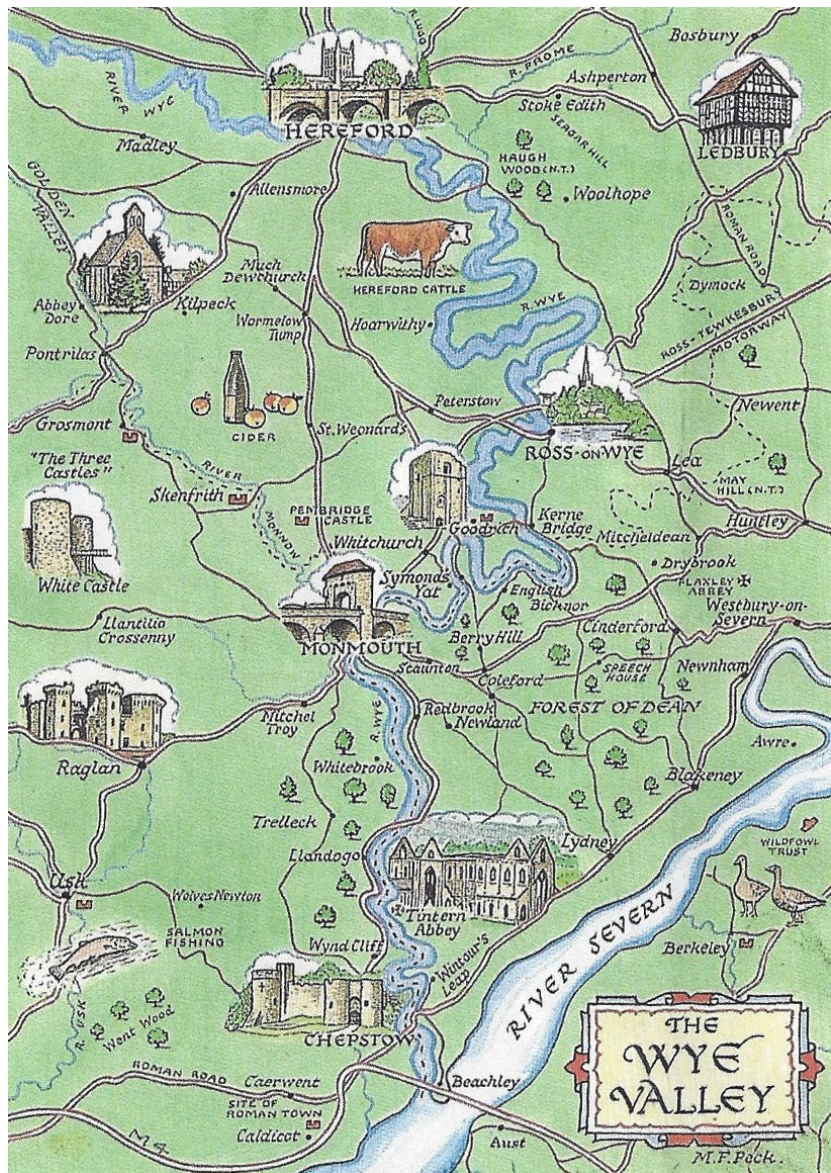
August 6, 2018

Have been running a lot of short races (up to 10K). This time it was laps in the Forest of Dean. Four laps was a marathon; I did two laps in 2:51:34. No U.S.A. trips in 2018. Might be over in January. Roger

Wikipedia.org provides this introductory information about the Forest of Dean:

The Forest of Dean is a geographical, historical and cultural region in the western part of the county of Gloucestershire, England.

The area is characterized by more than 42 square miles of mixed woodland, one of the surviving ancient woodlands in England. A large area was reserved for royal hunting before 1066, and remained as the second largest crown forest in England...Traditionally the main sources of work have been forestry – including charcoal production, iron working and coal mining. Archaeological studies have dated the earliest use of coal to Roman times for domestic heating and industrial processes such as the preparation of iron ore.



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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