



## 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

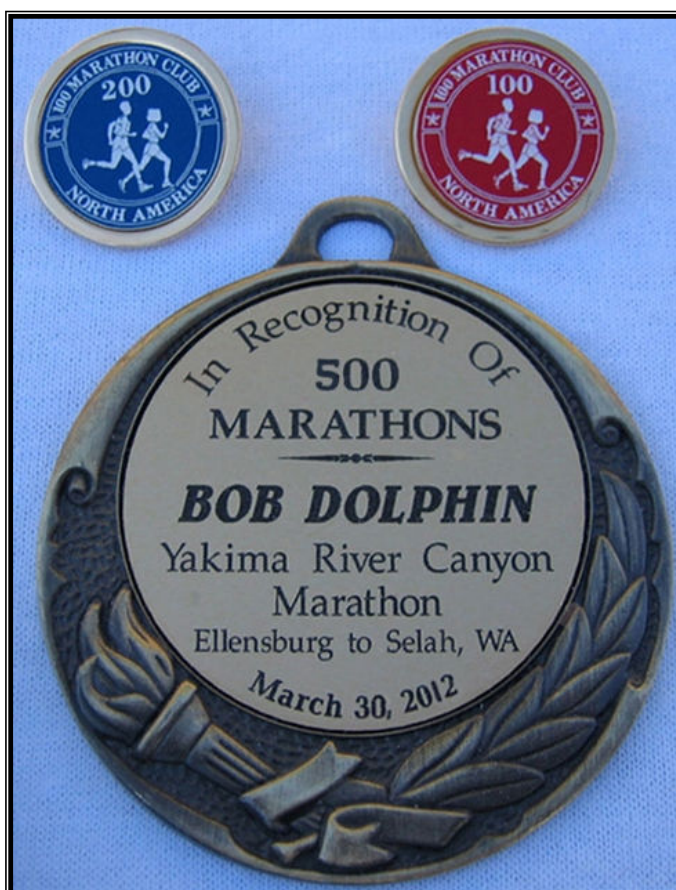
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin  
310 South 50<sup>th</sup> 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: to publicize your event(s), EMail 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](http://www.tacomacitymarathon.com)

11-24-18 – Seattle Ghost Marathon, Seattle, WA – **Terry and Delores Sentinella**. Information: <https://www.databarevents.com/seattleghost>

12-31-18 – Last Chance Marathon, Bellingham, WA – **Terry and Delores Sentinella**. Information: <https://www.nwenduranceevents.com/lastchance/>

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

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19<sup>th</sup> 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](http://www.tacomacitymarathon.com)

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

## WELCOME NEW MEMBERS!

**Bill Hayne** of Marietta, Georgia was 32 when he established his 3:27 PR at the 1980 Augusta Marathon in Augusta, Georgia, his first marathon. Bill celebrated his recent 70<sup>th</sup> birthday by running last month's Holland Haven Marathon in Holland, Michigan as his milestone 100th marathon. He completed 50 states at the 2015 Jackson Hole Marathon in Jackson Hole, Wyoming. When submitting his 100 Marathon Club North America application, Bill said "I am pleased to submit the attached form and greatly appreciate your 100 Marathon Club. After I finished the 50 states I told my daughter I would only 'street cred' if I finished 100 marathons. She has been making fun of me ever since. It has been a challenging and joyful journey. It is really nice to have a club where it will be recognized. My friend **Jerry Lopez** made me aware of your organization and what a wonderful (Yakima River Canyon) marathon you put on. I hope to do it in the future."

The 1987 Long Island Marathon at Long Island, New York was the race **Cliff Jennings** of Cincinnati, Ohio ran for his first marathon. The 2003 Amsterdam Marathon in The Netherlands was Cliff's choice for his 100<sup>th</sup> marathon. Cliff was 40 when he ran his 3:12:32 marathon PR at the 1993 Bluecross Providence Marathon in Providence, Rhode Island. His current total is 130 marathons and 11 ultras.

Cliff Jennings →

The addition of Bill and Cliff boosts total 100 Marathon Club North America membership to 615.

## MEMBER UPDATES

### MEMBER MILESTONES

**Monte Pascual** of Federal Way, Washington ran his 600<sup>th</sup> marathon September 29, 2018 at the Cascade Express Marathon near Snoqualmie, Washington.

### A RACE FOR THE AGES

Several 100 Marathon Club North America members ran the 2018 A Race For The Ages, August 30 – September 3 in Manchester, Tennessee. Here's a portion of the description posted at the race website (<https://runsignup.com/Race/TN/Manchester/ARacefortheAges>):



Labor Day Weekend of 2019, ultra-marathoners will once again descend on Fred Deadman Park in Manchester, Tennessee. Led by a contingent of wheezing geezers, a couple of hundred of America's finest foot warriors will circle the famed Deadman Mile for days on end, culminating in the grand finish and banquet at noon on Labor Day Monday. All awards will be handed out at the banquet, including lifetime mile pins and the 100 (and 200) mile buckles...

All runners 40 and over will be allotted a number of hours equal to those hard-earned years of age in which to accumulate as many miles as possible. All the kids, 39 years, 364 days and below, will compete over the final 40 hours of the race. The winner will be the runner with the most miles accumulated by the finish. In contrast to most ultras, where the old guys must settle for a place at the rear, if they can make the time limit at all, the ARFTA is dominated by the super veterans of the sport. In 2018, 33 participants 70 years old and over completed over 100 miles and one participant, 71 years old completed 202 miles! This is one race where the older guys are right in the running up until the very end. The footspeed may have diminished with the passing of the years, but the fires of competition still burn bright...

The "one participant, 71 years old (who) completed 202 miles!" was 100 Marathon Club North America member **Jeff Hagen** (see 100 Marathon Club North America newsletter #76 for more information about Jeff). Here's a portion of an ARFTA update received September 19, 2018 from Jeff:

I had the misfortune of starting the race in the heat of the day at 1:00 pm on Friday of Labor Day Weekend. That was the designated starting time for 71 year-old runners. I didn't realize until we walked the course that most of the course was on asphalt baseball field parking lots. Running on asphalt bike paths is one thing, but I couldn't believe how large expanses of asphalt like parking lots can radiate heat. The surface temp on the asphalt was well over 140 degrees and felt like a blast furnace. As a result I became dehydrated in the first few hours, and by mile 30 I noticed blood in my urine. It cleared up an hour later, but every time I tried to run the blood reappeared. As a result I ended up walking everything from mile 30 to mile 160. Then the blood disappeared completely, so I went back to my run/walk strategy and was able to pile on the miles at the end of the race. Finished with 202 miles, earning a 200-mile belt buckle. It was also good enough for second place overall out of 173 runners.

At noon on Sunday, with 24 hours left to run, the air temp was 88 degrees, it was quite humid, and the asphalt portions were absolutely brutal. It was then that I decided to take an extended break, which lasted from noon to 7:00 pm. I was in second place with 140 miles when I took the break, but as it turned out, the break was just what I needed. I ate a large lunch, which was catered by Cracker Barrel, took three naps in an air conditioned building,

and then ate a huge dinner before heading back onto the course. By then I had slipped back into 5<sup>th</sup> place, but it was sunset, and the temp was quite comfortable. Because of the naps I wasn't tired at all, and I don't recall even stopping to sit down for the last 17 hours of the race. I thought I was going to finish in 4<sup>th</sup> place overall, because two younger runners (including Joe Fejes, the American record holder for 6-day races) were piling on the miles ahead of me. For some reason they both stopped at exactly 200 miles, after earning their 200-mile buckles. I guess they thought I would never catch them, but with about five hours to go I had already determined that I could probably finish with 202 miles if I bumped up my running pace a bit. So I ended up 2<sup>nd</sup> overall, the same place I held before taking that magical 7-hour break. The winner was another Minnesota native, 68 year old Michael Koppy from Duluth, who finished with 228 miles, shattering the race record by 18 miles.

**Gunhild Swanson**, Sylvia Quinn, and Mary Ann Clute (the "Spokane Women," as they were described during the race) did an awesome job, finishing with a total of 453 miles among the three of them (Gunhild 163 miles, age 74; Sylvia 150 miles, age 81; Mary Ann 140 miles, age 65).

Recovery from the race was quick and uneventful. The day after finishing Joyce and I were walking around an archaeological park doing tourist stuff.

## WHERE IN THE WORLD IS ROGER BIGGS?

Here's a September 16, 2018 update from **Roger Biggs** of Stevenage, England:

I was staying with friends Larry & Collette O'Hagan in Ireland last weekend. I was on the road to discovery, and in fact I had just entered the half only, although I did expect to run the local Park Run the day before the Dundalk Marathon. About a week before, Collette contacted me to ask if I would be interested in running a marathon (or whatever distance I wanted) on the Saturday before Dundalk. I'm not sure I had a choice, but when I looked at the details for this Marathon in the East Antrim Marathon Series near Carrickfergus in North Ireland, it looked like a better marathon to run.

The marathon was six out and back laps, basically along the coast and pretty flat. I started and finished with very few runners behind me, but felt basically ok. 5:47 is better than I could have hoped for. Of course everybody now knew that I was now on 899, and rather expected me to complete my 900th in Dundalk. Dundalk is two big laps, the first half of each lap is basically flat, the second certainly isn't. Around seven miles into each lap was a very long hill, called "Magic Hill," given this featured a section of road where you would be fooled to think the hill was going up, when in fact it was going down. After that it was hard work all the way to the finish, where I managed to record 6:26.

Both marathons were done with my usual method of run as far as you can, then one minute run/ 30 seconds walk, all the way to the finish. I had run a couple of 10k's in my build up, but this time I managed to run to 10.5 miles in East Antrim, and to 5 miles the next day, to finish in 6:26, positive stuff I think!

At the moment it just feels that I am very slow, all things being equal, my stamina is ok. Hence I've entered lower distance events, including three road half marathons. As it stands I only have four more marathons until the end of the year. It sounded a good theory, but today I ran a 5km Park Run, and felt I had taken a big step backwards. I'm due to run a five mile event tomorrow; let's see how that goes.

My American and other foreign friends may not recognize the places , but hopefully will get the gist of things. Hope to see you all sometime soon. Stateside trips will resume in the new year, I hope.

Please send roster and member updates to both of these EMail addresses:

- ★ Bob and Lenore Dolphin: [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net); and
- ★ Ron and Nancy Fowler: [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)

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