



Newsletter #86 – December 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

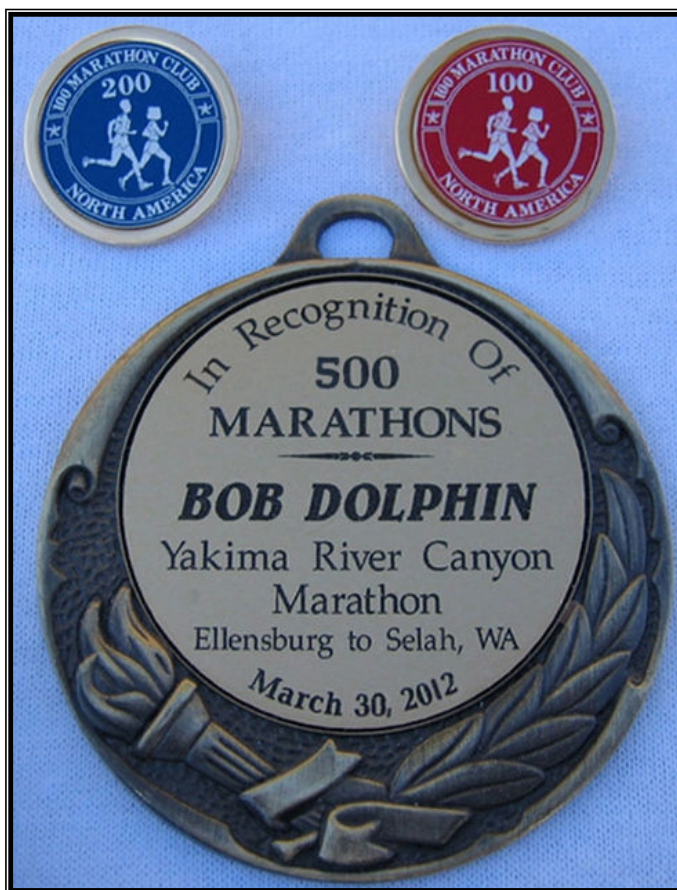
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

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

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

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

WELCOME NEW MEMBERS!

Zdenek Chmel of Prague, Czech Republic chose his hometown Prague Marathon as his first marathon back in 1990. He completed his 100th marathon at last month's 2018 Verona Marathon in Verona, Italy. Zdenek has completed Tokyo, Boston, Berlin, Chicago, and New York City in pursuit of the six World Marathon Majors (attempts to register for London have been unsuccessful seven times so far!). Eleven of his marathons have been in 10 different U.S. states (including the 2011 Yakima River Canyon Marathon) and he intends to add more states to his growing total. He is currently gearing up for Western States. He set his 3:22:25 PR in 2011 at age 48. His current total is 90 marathons and 10 ultras.

Zdenek Chmel →



The 2001 Ocala Marathon in Ocala, Florida was the first marathon run by **James McCan** of Apopka, Florida. The 2018 Disney Marathon in Orlando was Jim's 100th marathon. He established his 3:19:31 PR in 2005 at age 52.

← Jim McCan

Dawn Parks of Findon, SA, Australia is a woman in a hurry! The July 3, 2016 Gold Coast Airport Marathon in Queensland, Australia was Dawn's first marathon. On October 22, 2018, she completed her 100th marathon at the Alanis 12, Day 8 Marathon in Semaphore, SA, Australia. Yes, she ran 100 marathons in 841 days! By doing so she established North America records for "Fastest female to reach 100 marathons" and "Second fastest (overall) to reach 100 marathons." Dawn's achievements included running:

- Four marathons in four days – four times
- Five marathon in five days – twice
- Six marathons in six days – once
- Three marathons in one day – three times

She set her 4:02:39 PR last year at age 35. Her current total is 101 marathons and 1 ultra.

Dawn Parks →



The addition of Zdenek, Jim, and Dawn boosts total 100 Marathon Club North America membership to 621.

MEMBER UPDATES

Five Times Around Canada by **Rich Holmes**, Durham, NC

Twenty years ago, I ran my first marathon in Canada. On my 704th marathon (or ultra) on November 4, 2018, I completed the 5th circuit of Canada's 13 provinces and territories at Boundary Bay, south of Vancouver (and celebrated by raising \$7,300 for the Ronald McDonald House there).

Having finished the 50 states in 2001, I changed my attention to Canada. Learning that **Eugene DeFronzo** was the only runner who had ever completed two circuits of the 13 provinces and territories of Canada (because the territory of Nunavut was not created until April of 1999, so it was not previously possible to do 13), I realized the only possible world record I could hold was the record for was Canada, and off I went!

The next twenty years blur – lots of races, places, and faces – but Canada became a “welcome home” place – terrific people, scenery, wildlife (with a dash of danger), and yet peculiarly laid-back. No one yet besides Eugene has been foolish enough to do this more than once. (My wife, Jeanne, is the only runner I know to have completed a half-marathon in all 13 provinces and territories.)

Just a handful of highlights from along the way by province in which they occurred:

British Columbia: In the Totem-to-Totem race run entirely on First Nation land, the local tribal shaman (priest) blessed the gathered runners with a traditional Tlingit prayer, which asked the three primary Tlingit spirits and clans (eagle, raven, and wolf) to watch over and protect the runners. As approximately 30 runners navigated the out-and-back course, pairs of eagles flew over the field, trading off with another pair as each new eagle territory was reached!

New Brunswick: Moncton's Legs-for-Literacy is an ideal and charitable race in this only bilingual Canadian province. The Moncton River has a tidal bore – where the world's highest tides fight the flow of the river at its mouth until the height difference becomes too great and the tide comes sweeping *upstream* as a wave to end when it hits the dam in Moncton. One year that I ran this race, I saw the tidal bore go by during the race.

Northwest Territory: The only marathon in the Northwest Territory is in Yellowknife, the capital, one of the best places to see the Northern Lights and the only place I've ever seen them.

Nunavut Territory: I've enjoyed running this race with many of my best running friends and members of the North American 100 Marathon Club, including **Kevin Brosi** of Texas, **Gregg Walchli** and **Cheri Pompeo** of Seattle, and **Jack Brooks** of England. Easily the most memorable event came when my wife, running the marathon and in the lead at that distance, came upon a mother polar bear and its two cubs hidden in a tundra melt wash along the trail and only 20 yards in front of her, staring straight at her when the mother bear lifted her head above the gully wall. (My wife lived, so I did not get to inherit her retirement funds.)

Ontario: At the nighttime Haliburton Forest 50K a few hours north of Toronto, the race is held in a park home to a wolf conservatory, and throughout the night one could hear the yelps and howls of the wolves through the woods. That is an atmosphere changer!

Prince Edward Island: Jack Brooks ran the only marathon there, Charlottesburg, with me one year and went on to become the only Brit to have completed both all 50 US states and all 13 Canadian provinces and territories.

Yukon Territory: In other years I'd encountered brown bears during races in the Yukon. This August, on the Yukon River Trail Marathon, I had the treat of the entire field running backwards toward me at full speed when a Grizzly emerged onto the race trail. But aged me was in trouble on the time limit and therefore charged ahead, singing at the top of my lungs for an hour, and never saw the Grizzly.

I've been to no part of Canada where I did not find the people rational, friendly, and eager to help, nor can I name one province as more scenic and tourist-worthy than another. I will forever be grateful for 20 years of sharing times and places with our neighbors to the north.

Since providing this great summary of his years of running adventures in Canada, Rich sent this update via EMail from Vietnam after running his 707th marathon:

On November 11th, I ran 46.2 miles in the 12 hour KUS Ultramarathon trail in Wichita, KS for my 7th completion of marathons in the 50 US states and District of Columbia. (About 10 other people have done that.) There are no major events scheduled for December, although it does end with planned marathons on each of the final 6 days.

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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