



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

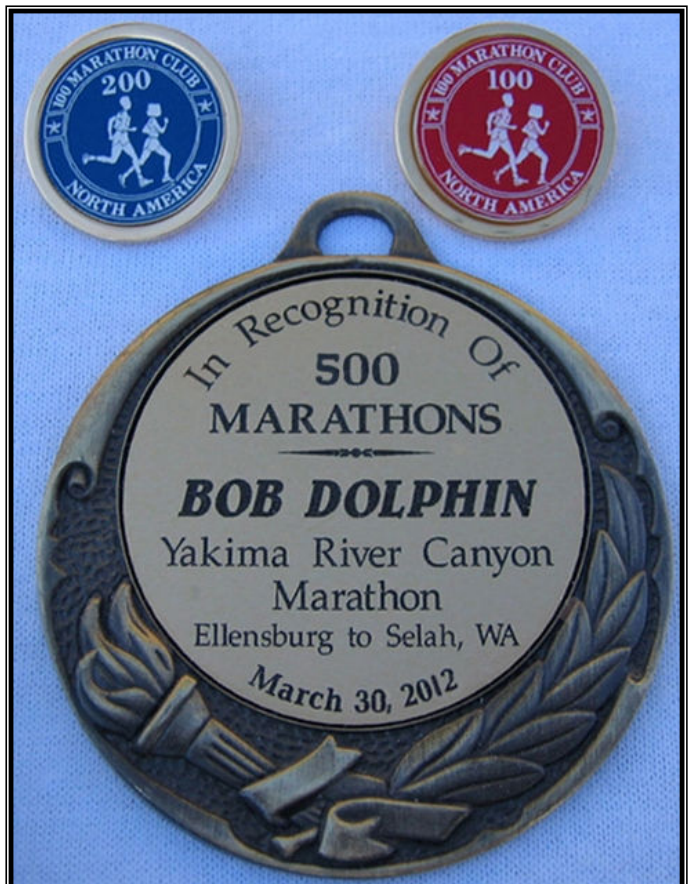
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

These upcoming marathons/ultras are directed by club members:

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 host the annual 100 Marathon Club North America reunion meeting Friday, March 29th at 1600 in the Senior Room of the Selah Civic Center race headquarters. The pre-race pasta feed will be followed by a special program honoring the Boston Marathon. Registration is on-line only and fees increase March 1st, so register now! More information: www.yakimarivercanyonmarathon.com.

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!

Elizabeth Emonds of Bay Village, Ohio chose the 2003 Cleveland Rite Aid Marathon for her first marathon. She rang in 2019 in memorable fashion, notching her 100th marathon at the Texas Marathon in Kingwood, Texas on New Year's Day. Her journey to 100 marathons has included completing her "goal of running 50 states and DC before age 50 (at the 2014 Maui Oceanfront Marathon) while being a single/solo parent of two children." She followed-up that milestone achievement by setting marathon PRs three times in eight weeks at age 51. Elizabeth has run 98 marathons and two ultras.



The 2004 Chicago Marathon was the site for the first marathon run by **David Johnson** of Cincinnati, Ohio, and the 2017 Flying Pig Marathon in Cincinnati was his 100th marathon. 2017 was also the year David logged his 50th state at the Honolulu Marathon. He was one of the participants who ran the first Goofy Challenge in 2006 (half marathon on Saturday, full marathon on Sunday). David has also run "all of the Indianapolis Monument marathons, and I plan to continue that streak as long as I am running." His current total is 113 marathons.

←David just after completing his tenth consecutive Indianapolis Monument Marathon in 2017.

Chris Lloyd of Denver, Colorado ran the 2003 Steamboat Marathon in Steamboat Springs, Colorado and has been pounding out the miles ever since. He achieved Rock-n-Roll "Legend" status in 2009, and celebrated finishing his 50th marathon at the 2010 Athens Marathon in Greece, a race that marked the 2,500th anniversary of marathons. Chris chose the 2018 Leadville Marathon in Leadville, Colorado as the site for his 100th marathon. He clearly enjoys the challenge of running the various races in the Leadville Race Series, having toed the line for 16 consecutive attempts at the "Leadman, a series of five ultras." The 2003 Leadville 100 Miler was his first ultra. In case you aren't familiar with the Leadville 100, Wikipedia reports "The Leadville Trail 100 Run is an

ultramarathon held annually on trails and dirt roads near Leadville, Colorado, through the heart of the Rocky Mountains. First run in 1983, runners in the race climb and descend 15,600 feet, with elevations ranging between 9,200–12,620 feet.” Chris established his 4:25 PR in 2010 at age 48. His current total is 100 marathons and 27 ultras.

Chris celebrating the completion of both his 100th marathon and his 100th Leadville Race Series event →



The 2001 Pittsburgh Marathon marked the first marathon for **Jeff Ward** of Allison Park, Pennsylvania. An active member of the Pittsburgh Frontrunners Running Club, Jeff completed 50 states in 2014 at Kona, Hawaii, and finished his 100th marathon at the 2018 Kansas City Marathon in Kansas City, Missouri. Jeff set his 3:26:29 PR in Eugene, Oregon in 2013 at age 37. He has completed 101 marathons and one ultra.

← Jeff after completing the 2017 Marshall University Marathon in Huntington, West Virginia

The addition of Elizabeth, David, Chris, and Jeff boosts total 100 Marathon Club North America membership to 626.

MEMBER UPDATES

MILESTONES

Frank Bartocci	900th marathon	Paavo Nurmi	08-11-2018
Bryan Baroffio	3 times 50 states	Juneau Marathon	07-28-2018
Kevin Brosi	4 times 50 states	Run For Dreams	08-04-2018
Clint Burleson	400 th marathon	Texas Quad	11-25-2018
Jane Burleson	200 th marathon	Three of a Kind	11-12-2018
Jeff Burleson	300 th marathon	Southwest Series	11-05-2018
Mike Herrin	2 times 50 states	Mayor's – Anchorage	06-23-2018
Mirek Malinowski	700th marathon	Surfside Beach	02-24-2018
David McCorquodale	150th marathon	B & A Trail	04-08-2018
Carolyn Mitchell	3 times 50 states	Alaska Series	07-26-2018
Ed Peters	300th marathon	Pine Creek 100 Mile	09-08-2018
Kevin Rassier	2 times 50 states	Missoula Marathon	07-15-2018
Andrew Rennie	50 states	Juneau Marathon	07-28-2018
Henry Rueden	19 times 50 states	Maui Marathon	07-24-2018
Suzy Seeley	World record (female) for most sub 4:00 marathons (207)		
Clyde Shank	3 times 50 states	Alaska Series	07-24-2018
Craig Swanson	300th marathon	Grandma's Marathon	06-16-2018

MORE ABOUT "THOSE SPOKANE WOMEN"

Newsletter #85 (November 1, 2018) included brief mention of the *Trail Runner* magazine feature article about 100 Marathon Club North America member **Gunhild Swanson** of Spokane, Washington and the Race For The Ages last Labor Day weekend in Manchester, Tennessee. EMail recently brought this follow-up message from Gunhild:

Overheard: “Those Spokane women sure brought their A-game.” “What is it about Spokane that makes them run so well; is it the water?” and “They say they’ve never done this before.” etc. We were the buzz of the event, that’s for sure. I do believe this type of race would be something to seriously consider as we get up there in age. It seemed relatively easy to do. The preparations were more intense, that’s for sure. Not training-wise, but we didn’t know what we would need, or want, while out there. So packing for this was a guessing-game, also what do you eat, when do you eat, how much, when do you rest or sleep, how long, what about cleaning up during the event (no shower facilities on-site), how often to change shoes/clothes, how to deal with aches and pains if they happen, etc., but it all worked out. It was fun to talk to other participants and see just how they did it. Mostly, it was a wonderful social gathering. Met lots of very talented and determined people and made new friends, and learned a lot for future reference. I see more events like that (short course 24/48/72 hour format races) in my future.

For more information about “those Spokane women,” check out this excellent article authored by Terence Vent and published in Spokane’s *The Spokesman-Review* newspaper: <http://www.spokesman.com/stories/2018/sep/25/inland-empire-trio-make-mark-at-race-for-the-ages/>.

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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