

Newsletter #89 – March 1, 2019



## 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

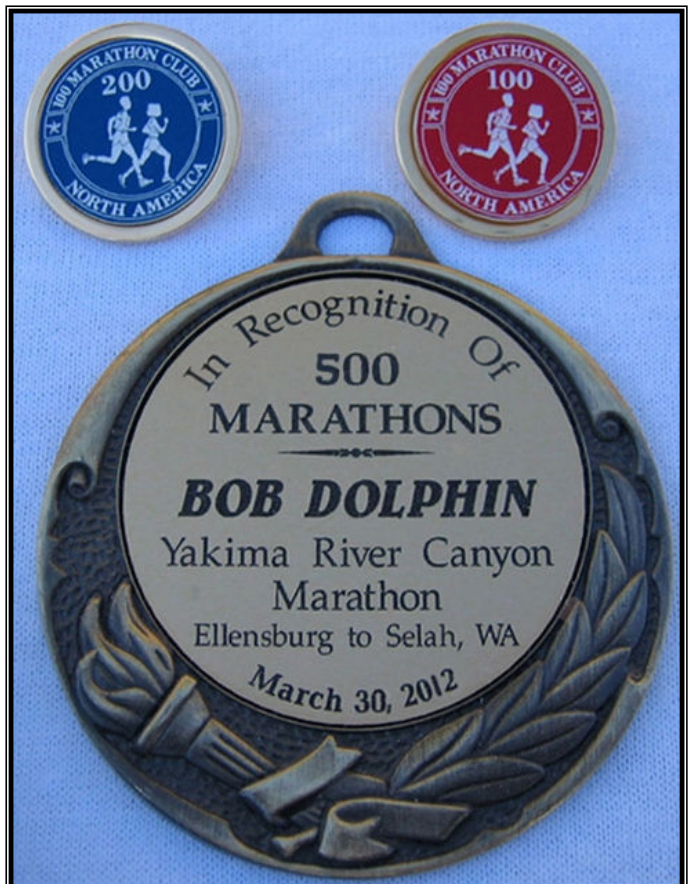
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19<sup>th</sup> edition of this great event will host the annual 100 Marathon Club North America reunion meeting Friday, March 29<sup>th</sup> 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, register now! More information: [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com).

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)

09-08-19 – Skagit Flats Marathon, Burlington, WA. Information: [www.databarevents.com/skagitflats](http://www.databarevents.com/skagitflats)

## WELCOME NEW MEMBERS!

**Pete Bartels** of Saginaw, Michigan chose the 1996 Grandma's Marathon in Duluth, Minnesota for his first marathon. He ran his 100<sup>th</sup> marathon at last month's Groundhog Marathon in Grand Rapids, Michigan (here's Pete proudly attaching a new bumper sticker to his car→).

Pete became a 5 star Marathon Maniac after running three marathons in nine days. His marathons include running 12 in one year, 80 sub-4:00, 65 sub-3:30, and 9 sub-3:00. Pete established his 2:53:19 PR in 1996 at age 32. His current total includes 97 marathons and 3 ultras. He enjoys running with his three sons, one of whom has run a 1:15 half!



The 1994 Carlsbad Marathon in Carlsbad, California was the first marathon run by **Charlie Itchko** of San Diego, California. He finished his milestone 100<sup>th</sup> marathon by going full circle to run the 2019 Carlsbad Marathon this past January. Charlie set his 3:31 PR in 2007 at age 52. Prior to taking up marathoning, in 1991 Charlie thru-hiked the 2,190 mile long Appalachian Trail in 124 days.

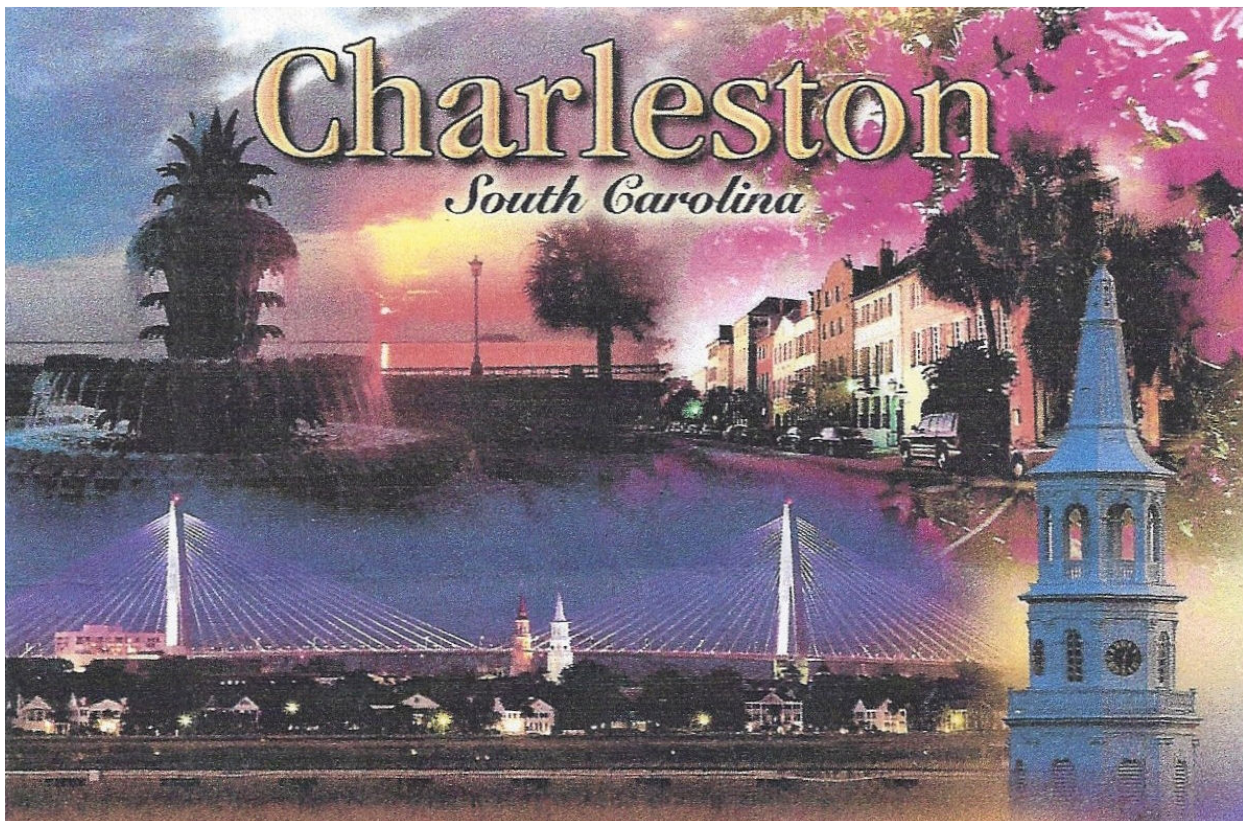
The addition of Pete and Charlie boosts total 100 Marathon Club North America membership to 628.

## MEMBER UPDATES

### WHERE IN THE WORLD IS ROGER BIGGS?

**Roger Biggs** of Stevenage, England is back on the marathon trail, moving on from 900 toward his 1,000<sup>th</sup> marathon! Here's a couple of brief updates from Roger's most recent trip to the States:

January 13, 2019 – Decided to trade down to a half marathon here in Charleston, South Carolina, as I was worried about the six hour time limit. Rather annoyed to find that the last person was allowed to finish in 6:42. Heading south to Georgia for the next two weekends. Roger



January 27, 2019 – Ran two marathons in Georgia in 5:38 and 5:40 and actually won age awards in both. Have an upcoming race with a 5:30 time limit, so I need to get quicker. Roger

### LENORE DOLPHIN CELEBRATES GOLDEN ANNIVERSARY!

A belated HAPPY BIRTHDAY to 100 Marathon Club North America co-founder **Lenore Dolphin** of Yakima, Washington! Lenore celebrated the 50<sup>th</sup> anniversary of her 39<sup>th</sup> birthday on February 27, 2019.

## 100 ULTRA MARATHONS AND OFF TO GUADELOUPE

The latest monthly update from **Rich Holmes** of Durham, North Carolina indicated: “February 2<sup>nd</sup> (Groundhog’s Day) was a milestone event at the completion of my 100<sup>th</sup> ultramarathon in the Red Dirt wilderness area of Louisiana. March 8<sup>th</sup> is the hoped for completion of my 120<sup>th</sup> country in Guadeloupe. Because of a deteriorating knee, I generally am not scheduling new races after those already planned which run to mid-April.”

(Editor’s note – We had the pleasure of meeting, dining, and running with **Cathy Troisi** of Cohoes, New York at the 2017 Yakima River Canyon Marathon. Cathy ran her 300<sup>th</sup> marathon at Yakima in 2012 and returned in 2017 because of the unique course and her long-time friendship with marathon co-race directors Bob and Lenore Dolphin, and guest speakers Kathrine Switzer and Roger Robinson. Here’s an interesting recap Cathy recently sent highlighting her string of consecutive Boston Marathons.)

### TWO AND A HALF DECADES AT BOSTON by Cathy Troisi

This will be my 25<sup>th</sup> DFMC and it will be '25 and done,' my last Dana-Farber Marathon Challenge. I hope you'll consider a tax-deductible contribution for the Dana-Farber Marathon Challenge. Thank you.

1995-1997: As a charity runner for the Dana-Farber Marathon Challenge, the qualifying standard for the esteemed Boston Marathon is waived in exchange for fundraising for Dana-Farber Cancer Institute. Being relatively new to the marathon scene, I was unaware that most of Boston's runners qualify and run Boston as a personal quest. For me, Boston was a way to raise funds for cancer research and run in memory of my best friend from college who succumbed to a melanoma. I saw symbolism in the marathon distance since my friend's melanoma was located on the left sole.

1998-2000: On the first day of my pre-school class, an energetic three year old came into the classroom. You couldn't miss her smile. You couldn't miss her bald head. Chemo; started when she was fourteen months old. Michaela was my first experience with pediatric cancer. I kept my tears at bay but my heart hurt. I decided to ramp up my fundraising efforts for the next Dana-Farber Marathon Challenge. 1998 was the year, and the only year, I qualified for Boston. I still ran as a team member for the Dana-Farber Marathon Challenge.

2001: Riding on one of the 600 buses taking 20,000 runners to the Boston Marathon start line, I started a conversation with a young woman, Jen. As we talked, we surprisingly discovered she was from my hometown, her dad was friends with my cousin, and her mom sat behind me in eighth grade. Diagnosed at 19, Jen had been treated at Dana-Farber and was doing

her first marathon with the Marathon Challenge team. Sharing every step of 26.2 miles with her, I was privileged to run with a cancer survivor who was doing her first marathon for Dana-Farber. At Boston it doesn't get any better than that.

2002: April in Boston does not have the most predictable weather. Boston Marathon day can 'run' the spectrum of hot, cold, windy, rainy, and even snowy. This was my first year dealing with heat and humidity, a least favorite combination for runners.

2003: Cancer hit close to home when my sister was diagnosed with a melanoma on her left foot. I had an incredible sense of deja vu. A trip to Dana-Farber Cancer Institute netted her second surgery within three months to remove remaining cancer cells and also take a 5mm radius around the offensive site.

2004: 87 degrees at the half-way point. 1,100 runners required medical attention; 141 were transported to area hospitals. I wasn't in either group.

2005: A routine marathon day. Gratefully, no new cancer diagnoses of family or friends.

2006: I spoke too soon. Thirty-five days after last year's marathon, on the day I was celebrating my eleventh year running anniversary, my thirty-five year old daughter called to tell me she was diagnosed with colon cancer. Surgery was scheduled four days later followed by 54 hours of chemo per treatment every other week for six months. Life went upside down for that period of time. Although I hadn't missed a day walking or running for the previous thirteen years, I forgot about running and everything else except my daughter and her family.

2007: Boston Marathon day had runners dealing with the nor'easter. The wrath of Mother Nature had the marathon's starting temp in the low 30s with winds of 25 mph, making the day challenging. Yet it paled in comparison to my daughter's challenge, dealing with cancer's wrath in the aftermath of her second diagnosis, and the ineffectiveness of the chemo treatments. Two surgeries were still on the calendar. Added to the mental and emotional concern for my daughter was the loss of my dear marathon friend, Deddie who waged a five month battle with biliary cancer. The next month, after waging battle for two years three months, my daughter's three surgeries and 1,080 hours of chemo proved ineffective.

2008-2009: By Boston 2008, I had eight months dealing with what I identified as the 'utmost parental injustice,' losing a child. A friend who's been dealing with that injustice for twenty years offered profound words: "You don't get over it. You learn to live around it." Then added,

"Doing so is a lifelong process." My daily experience validates that theory. My dear friend Debbie, a DFMC teammate, and I walked to the marathon start line together. As I carried the heavy burden of the loss of my daughter, Debbie carried the heavy burden of the loss of her twin sister, Deddie. We quietly shared each other's tears and grief. Sometimes "there are no words."

2010: My best friend from my running club had something in common with Deddie: the same day diagnosis in February, 2007. Whereas Deddie was partial to the marathon distance, Diane favored the much shorter 5k distance. Diane's personality lent her to being quite vocal regarding anything about running, of which she was well versed. After waging her battle against lung cancer for two years three months (yet never smoked) she passed away quite unobtrusively. I was holding her hand. For any race I now do, of any distance, I always wear a 'D' charm, in honor of and in memory of my 'd'aughter, Deddie, and Diane.

2011: My seventeenth Boston/Dana-Farber Marathon Challenge. And I qualify! Not for Boston. For Medicare. It's my first Boston that I don't show up in race results. I rationalize my slower pace with the thought that there isn't a patient, oncologist, or researcher at Dana-Farber who cares how long it takes me to cross the finish line.

2012: The exception: I show up in race results! It's the last time for successive years that I make the official finish time, finishing under 6.5 hours. I don't have enough of a runner's ego to care or quit. I do the Boston Marathon in order to be able to be on the Dana-Farber Marathon Challenge team. This year I ran in honor of my California girlfriend, diagnosed with breast cancer. Shortly after her surgery and chemo, she developed a necrotizing infection, causing amputation of her right leg above the knee. Having adjusted well to her new life and prosthetic limb, she's the poster child for positive attitude in the face of adversity.

2013: April 15 is the due date for income taxes. April 15 will always remind me, first and foremost, of the Boston Marathon finish line bombings. I wasn't close enough to the finish line to have immediate impact. For the older generation who can easily tell you where they were when JFK was killed, runners in general and marathoners in particular will easily recall where they were and what they were doing when they heard about the Boston Marathon bombings.

2014: A mental and emotional 'recovery' run in the aftermath of last year's finish line bombings. Many who were wounded are also still dealing with their physical recovery as well. We're all dealing with the loss of those killed at the finish line: Krystle Campbell (29), Lu Lingzi (23), and eight year old

Martin Richard. Also, the MIT campus police officer shot by the brothers who set off the bombs.

2015-2016: Gratefully, no new names are added to my 'in honor of' or 'in memory of' list.

2017: Before the left turn to Boylston Street, approximately four-tenths from the finish line, a woman jumped in front of me, enveloped me in a bear hug, and exclaimed she was "so happy" to see me. I didn't know her. The minute she spoke it was obvious she'd previously frequented the closest bar. She and her inebriated friends surrounded me and accompanied me to the finish, continually chanting my name and taking turns giving me bear hugs making it difficult for me to move and breathe. My GA girlfriend captured it on video. It's funny to watch now but maybe not so much as it was happening!

2018: Everything is relative. This year's weather was the worst in my Boston Marathon history, and many claim in its 121 year history: cold, wind, rain, wind chill. For sure, worse than the 2007 nor'easter when we thought it couldn't get any worse than that day's weather. That the Red Sox game was cancelled verifies it was really bad weather. The incessant rain and howling winds had newspaper reporters calling the marathon a "challenge of epic proportion." Yet, 95% of participants completed the distance. I was one of them. Megan, Erin, and Liz completed their own challenge, finishing their respective chemo treatments. Gratefully, they are in remission.

2019: To be continued after Boston Marathon Day, April 15, 2019

\*online donations (FYI: new website): [rundfmc.org](http://rundfmc.org)  
-click 'GIVE' at, top right corner  
-under 'search for a participant,' put CATHY TROISI, click the magnifying glass on the right side  
-click 'give to participant' when CATHY TROISI comes up  
-fill in: gift amount, billing information, payment information  
-under 'gift information,' click 'customize how gift displays on website' and choose option of your choice  
-click 'GIVE' in red box  
-THANK YOU!

\* check if employer has matching gift policy  
\*share this information with family, friends, co-workers who may be interested  
\*contribution is tax deductible  
\*100% of the funds raised goes for research  
\*contribution due date: Saturday, March 30, 2019  
\*send me names of your loved ones; I'll wear a ribbon "in honor of"/"in memory of" and will send it after the marathon.



## 354 MARATHONS ON ARTIFICIAL KNEES

A recent update from **Bill Whipp** of Harrison, Ohio reports he is no longer able to do full marathons: “My marathon/ultra total is 380. I completed 333 marathons/ultras on my original artificial knee and had my other knee replaced in late 2014. I then completed an additional 21 marathons/ultras on the new knees, for a total of 354 marathons/ultras on artificial knees (the other 26 were completed prior to my original knee replacement). All of my races were completed while walking, as walking involves half of the impact of running, I was a walker from the start of my racing career because of my knees. I was medically ready for knee replacement when I first began racing. Incidentally, my very first race was a marathon. In addition to marathons/ultras I have done a lot of shorter races. My present total race count is 1435. I am presently unable to race because of spinal microsurgery to relieve three stenoses in my back, but plan on returning to racing next month.”

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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