



## 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

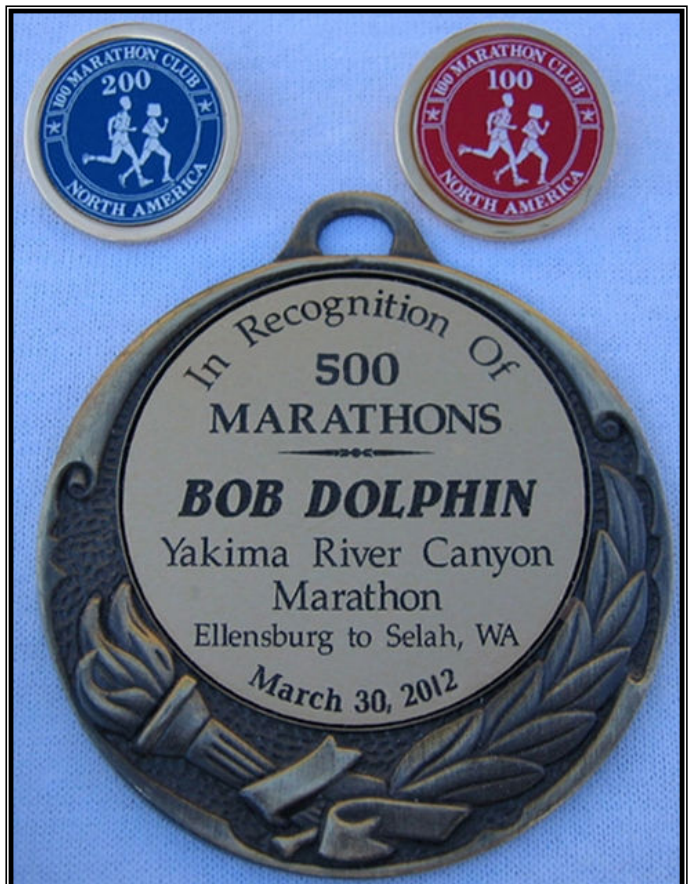
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

05-04-19 – Sunflower Trial Marathon & Relay, Mazama to Twisp, WA.  
Information: [www.databarevents.com/sunflowermarathonrelay](http://www.databarevents.com/sunflowermarathonrelay)

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

## WELCOME NEW MEMBERS!



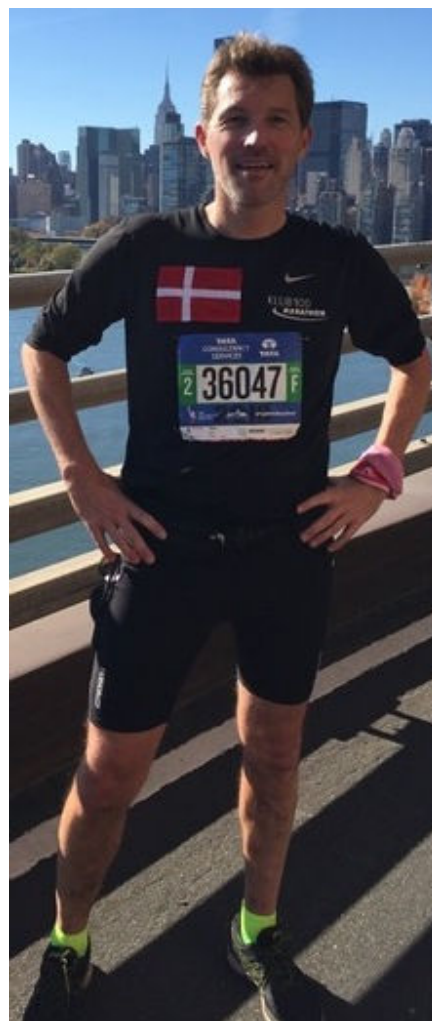
**Lou Kneeshaw** of St. Petersburg, Florida chose the 1989 Houston-Tenneco Marathon for his first marathon and ran his 100<sup>th</sup> at last month's 2019 Boston Marathon. Lou has racked up some serious running and traveling mileage, completing 50 states at the 2014 Deadwood-Mickelson Trail Marathon in South Dakota. A sub-four hour finish at the 2015 Brookings (South Dakota) Marathon completed Lou's qualification for the 50 Sub 4 Marathon Club. He has also posted sub-four hour finishes at all of the World Marathon majors. Lou's 98 marathons and two ultras include seven Boston finishes and 19 Houston marathons. He established his 3:10 PR in 1997 at age 40. Lou's next challenge is completion of his seventh continent in July at the Gold Coast Marathon in Australia.

← Lou Kneeshaw

We welcome **Seppo Langer** of Copenhagen as our second member hailing from Denmark. He ran the 2010 Skodsborg Marathon as his first marathon. The 2018 Skinner Marathon in Hundige, Denmark was his 100<sup>th</sup> marathon. Seppo "started running at age 47 after major spinal surgery due to malformation and fractures. Hence, all my marathon runs have been

'against the odds.' Marathons completed in 12 countries in Europe and the U.S." He is an active member of the Danish Klub 100 Marathon Danmark, and the Swedish Klubb 100 Marathon Sverige. Seppo ran his 4:01:11 PR in 2013 at age 49 and his current total is 108 marathons. He is an MD and PhD, Chief Physician and Assistant Professor in Copenhagen. Next on Seppo's running schedule is the North Shore Classic Half Marathon June 2<sup>nd</sup> while he will be in Chicago attending a medical conference.

Seppo Langer →





**Heather Zeigler** of Woodridge, Illinois “figured it was finally time that I submit my membership application for the 100 marathon club now that I am approaching my 200th marathon.” Given the rate she is pounding out the races we’re surprised she found time to complete an application! Heather’s first marathon was the 2007 Chicago Marathon, her 100<sup>th</sup> was the 2014 Flying Monkey Marathon in Nashville, Tennessee, and she chose last month’s 2019 London Marathon for her 200th (194 marathons and six ultras). The 2016 Anchorage Runfest Marathon in Alaska marked her completion of 50 states. Heather established her 3:30:55 PR in 2014 at age 34.

Heather Zeigler →



The addition of Lou, Seppo, and Heather boosts total 100 Marathon Club North America membership to 631.

## **MEMBER UPDATES**

Here are two participant views of the 2019 Yakima River Canyon Marathon:

### **2019 YAKIMA MARATHON by Michael David Wojcio, Las Vegas**

I only run one marathon a year - the NY City Marathon. However, since I belong to the 100 Marathon Club in Washington state I had to run a marathon sponsored by them. There are other 100 marathon clubs in England, Germany, and Japan. The 100 Marathon Club North America has about 650 members. After listening to many of the runners speak at a meeting before the marathon the number of marathons (135) I have run in my life is very small compared to most of them that they have run.

I met the following people at the pre- and post-race ceremonies. **Rich Menzel** - 74 yrs. (140 marathons), **Cheri Pompeo** - (494 marathons), **Rich Holmes** (728 marathons), **Zdenek Chmel** from the Czech Republic (102 marathons), **Eb Englemann** (77 yrs.) (91 marathons but about 218 ultra marathons), **Bob Dolphin** (502 marathons) the race director with his lovely wife **Lenore Dolphin**, the race directors, **Henry Rueden** (1,457 marathons), **Ron Fowler** (274 marathons), **Fenny Roberts** (66 yrs.) (220 marathons and 75 ultras –she sang the national anthem very well), **Gunhild Swanson** with a record of 29:54:54 for women at 70 yrs. at the Western States 100, and **Sylvia Quinn** (250 marathons and 82 ultras). When she was 81 Sylvia ran 150 miles in a three day period which is a world record for someone that age. There were so many other runners there with many marathons, ultras, and record breaking accomplishments at the meeting. It was truly amazing.

Most of them did not count training runs as marathons. In my opinion, training runs should not be counted as marathons, but ultras could be counted as marathons. The reason is that usually 26.2 mile training runs are done on an easier type of course that may be not accurately measured.

I ran 5:45 which is an improvement compared to 6:41 last year in the NY City Marathon. In my senior type of training I run up and walk down a hill in Las Vegas about 10 to 30 times 5 or 6 days a week and hug 4 trees (two ash, one oak, and one pine) before I leave, since trees give us oxygen and many other good things. There are over 3 trillion of them in our world!

The Yakima River Canyon Marathon camber type of road and hills are difficult. It is certainly a challenge. However, the love many of the other runners have for Bob (89 yrs.) and Lenore (89 yrs.) is marvelous! There are three age group awards in each 5 yr. category from teenagers up to 80 years old. The pre-race and post-race ceremonies were outstanding for a small marathon! Great food and great people who are very dedicated to running! What more do you want?

### 2019 YAKIMA MARATHON by **Zdenek Chmel**, Prague

I ran the Boston Marathon in 2011 and while there, my friends in the U.S. invited me to do the Yakima River Canyon Marathon (YRCM) with them. I agreed and found a beautiful marathon that follows the Yakima River and the breathtaking natural canyon that surrounds it. The race had a lovely atmosphere. I met a number of runners from all across America, members of the Marathon Maniacs Club, the 50 States Marathon Club, and the 100 Marathon Club North America. The greatest experience for me was to meet the amazing couple, **Lenore and Bob Dolphin**, who are now both 89 years old and still directing the race and running the 100 Marathon Club.

I reached 100 marathons and ultras last year and sent a membership request to the 100 Marathon Club of North America and my membership was confirmed within a few days. I agreed to return to YRCM with my friends. This time I would be a part of the 100 Marathon Club North America as well as a marathon participant. My wife Iva traveled with me too. She is a (provisional) member of the Marathon Globetrotter Club.

Everything went well again. The beautiful Yakima River Canyon, great weather, amazing marathon community, and of course, Lenore and Bob. Iva managed to get the 3rd place in her division and received a beautiful plaque. This race is the same as the original, with its pre-race party, post-race party, and no host breakfast with Bob and Lenore on Sunday. Marathon runners **Cheri Pompeo** and **Rich Holmes** from the Marathon Globetrotters club ran there, too. I admire them both and they are a running inspirations for me as are the legends of marathons, Lenore and Bob.

The Prague Marathon has the official motto: “All runners are beautiful.” These are true words and express the wonderful diversity of the marathon community. Stay healthy and keep running,



Zdenek and Iva Chmel arriving at the 2019 Yakima River Canyon Marathon race headquarters in Selah, Washington.





Zdenek Chmel finishes the 2019 Yakima River Canyon Marathon. Left to right, Bob Dolphin, Lenore Dolphin, Gunhild Swanson, Zdenek Chmel, Tony Phillippi.

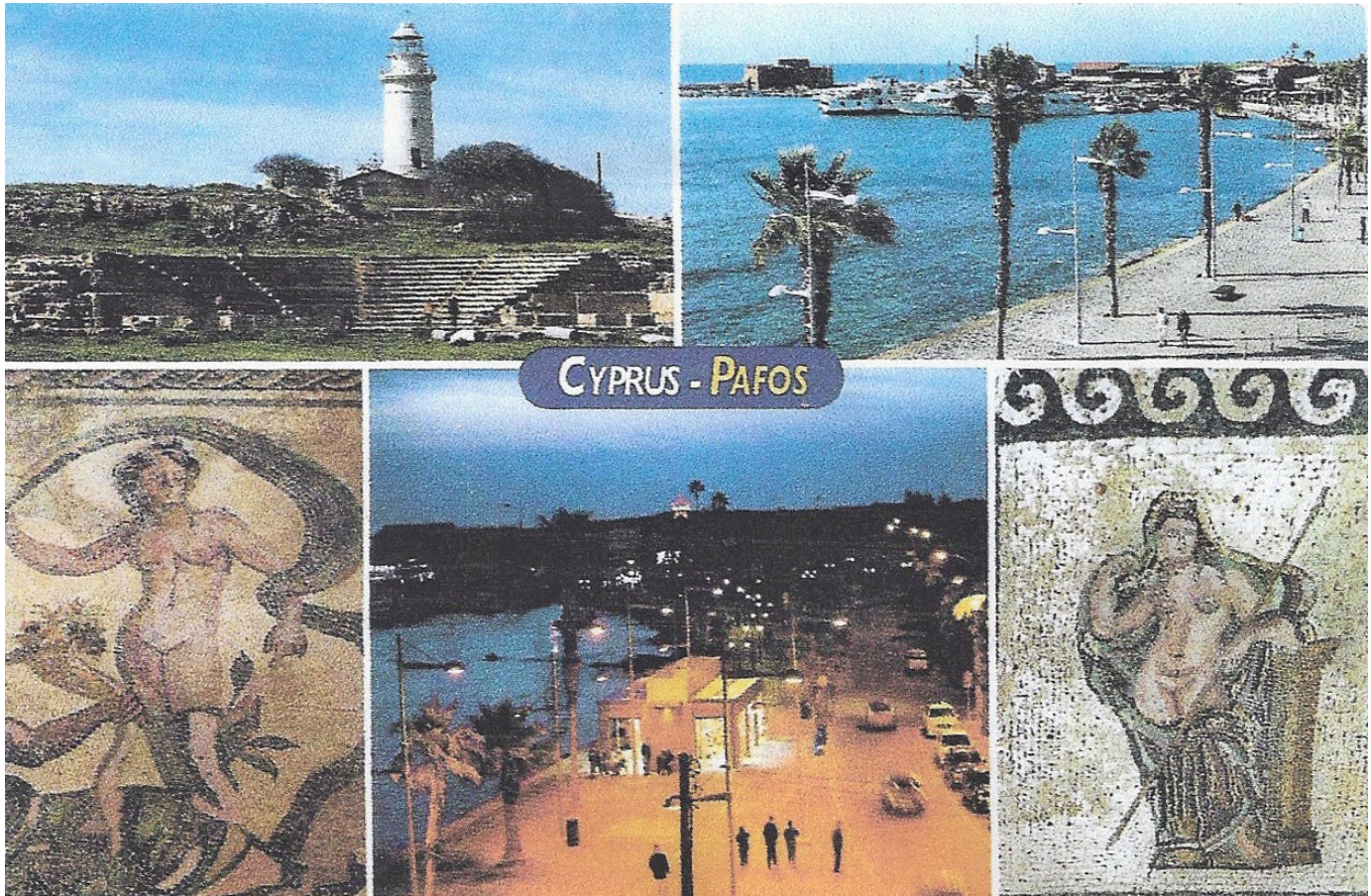


2019 Yakima River Canyon Marathon post-race awards – left to right Cheri Pompeo, Zdenek Chmel, Rich Holmes, Iva Chmel.



## WHERE IN THE WORLD IS ROGER BIGGS?

**Roger Biggs** of Stevenage, England is still racking up the marathons, proceeding on from #900 last year toward the incredible goal of 1,000. Here are Roger's brief updates from the Logicom Cyprus Marathon in the Republic of Cyprus, and the Conwy Marathon in North Wales:



An Internet sources indicates "Paphos is a city on the southwest coast of the Mediterranean island of Cyprus. Inhabited since Neolithic times, it has several sites relating to the cult of goddess Aphrodite, whose mythical birthplace was at Old Paphos (Kouklia). New Paphos is the modern city that incorporates the harbor, and the ancient ruins of tombs, fortresses, theaters and villas at Paphos Archaeological Park." The race web states "the Logicom Cyprus Marathon starts at Aphrodite's Birthplace [Goddess of Love and Beauty] and follows a coastal route along the Mediterranean Sea."

March 15, 2019 – Into the Mediterranean for a running weekend. One day of rain, but out came the sun on race day here in Paphos. Certainly a place to come back to, despite my 5:46:42 finish. Went along to see Aphrodite today, however she is only a big brick these days. Roger.





According to Wikipedia, "Llandudno is the largest seaside resort in Wales, and as early as 1861 was being called 'the queen of the Welsh Watering Places.' Llandudno developed from Stone Age, Bronze Age and Iron Age settlements over many hundreds of years on the slopes of the limestone headland, known to seafarers as the Great Orme and the landmen as the Creuddyn Peninsula."

April 2, 2019 – It's been a long goal, trying to run in 100 counties in the United Kingdom and Ireland. This was #96, so I might get to 100 yet. 6:37 is getting rather slow. Roger

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)

*Bob and Lenore Dolphin*  
*310 South 50<sup>th</sup> Avenue*  
*Yakima WA 98908*

*509-966-0188*

*Ron and Nancy Fowler*  
*PO Box 158*  
*Littlerock WA 98556-0158*