



## 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

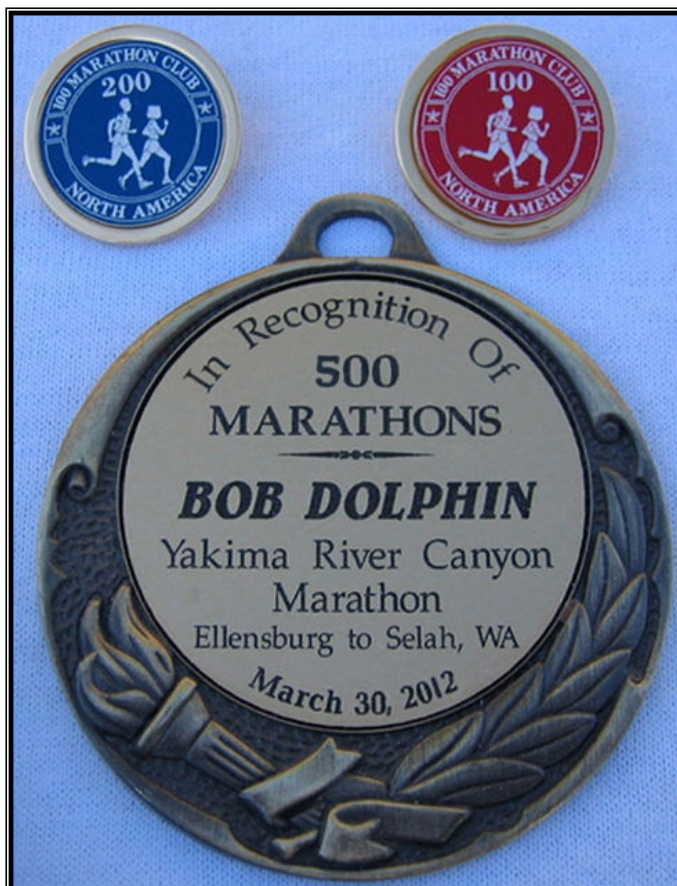
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

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

04-04-20 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin.** The 20<sup>th</sup> edition of this great event will host the annual 100 Marathon Club North America reunion meeting Friday, April 3<sup>rd</sup> at 1600 in the Senior Room of the Selah Civic Center race headquarters. Registration is on-line only. More information: [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com).

05-02-20 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi.** Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

05-03-20 – 14<sup>th</sup> annual Michelob Ultra Tacoma City Marathon, Tacoma, WA – **Tony Phillippi.** Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

## WELCOME NEW MEMBERS!

**Jim Diego** of Jackson Heights, New York chose the 2014 Chicago Marathon as his first marathon. Less than five years later the 2019 London Marathon was his 100<sup>th</sup>. In between these milestone events Jim, a member of the Front Runners in New York, has been chalking up both marathon and travel miles. He completed half marathons in 50 states and DC in 2016, and marathons in 50 states and DC in 2018. In addition to running 50 states, he also sang the National Anthem before his 50 state marathons! Jim established his 4:22:16 PR earlier this year at age 35. His current total is 99 marathons and two ultras. Be watching (and listening) for Jim at a marathon near you soon!



Jim Diego at the Queens Marathon →

The 2013 A2A (Arbuckles to Ardmore) Marathon in Ardmore, Oklahoma started **Kathryn Ivey** of Coalgate, Oklahoma on her quest to run 100 marathons, a goal she achieved at Day 3 of last month's Texas Triple in Dallas. Kathryn set her 4:36 PR in 2017 at age 42. In addition to logging 80 marathons, Kathryn has completed 21 ultras, including the 8 Hour Run From The Ducks at Weatherford, Texas in 2013, and the 2018 Brazos Bend 100 Miler in Needville, Texas.

**Eric Olson** of Luck, Wisconsin ran his first marathon at the 2003 Grandma's Marathon in Duluth, Minnesota. The 2017 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota was his 100<sup>th</sup>. Eric set his 3:41 PR at the 2004 Las Vegas Marathon at age 29. In addition to his current total of 107 marathons, Eric has run a "handful of 50Ks, two 50 milers, a 100K, and an Ironman triathlon." He serves as race director for the Gandy Dancer Trail Marathon in Luck, Wisconsin.

← Eric Olson



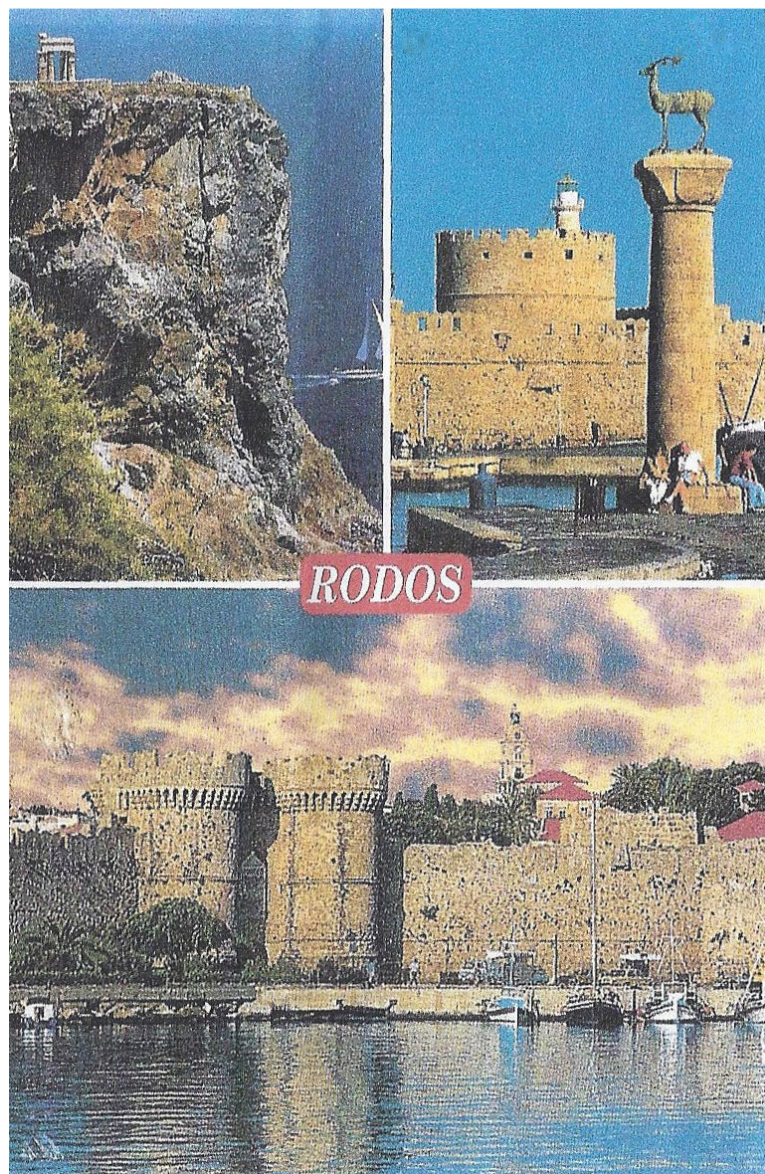


The addition of Jim, Kathryn, and Eric boosts total 100 Marathon Club North America membership to 634.

## MEMBER UPDATES

### WHERE IN THE WORLD IS ROGER BIGGS?

**Roger Biggs** of Stevenage, England continues to march toward his goal of completing 1,000 marathons. Here are his brief updates from recent races in Greece, Wales, and England:

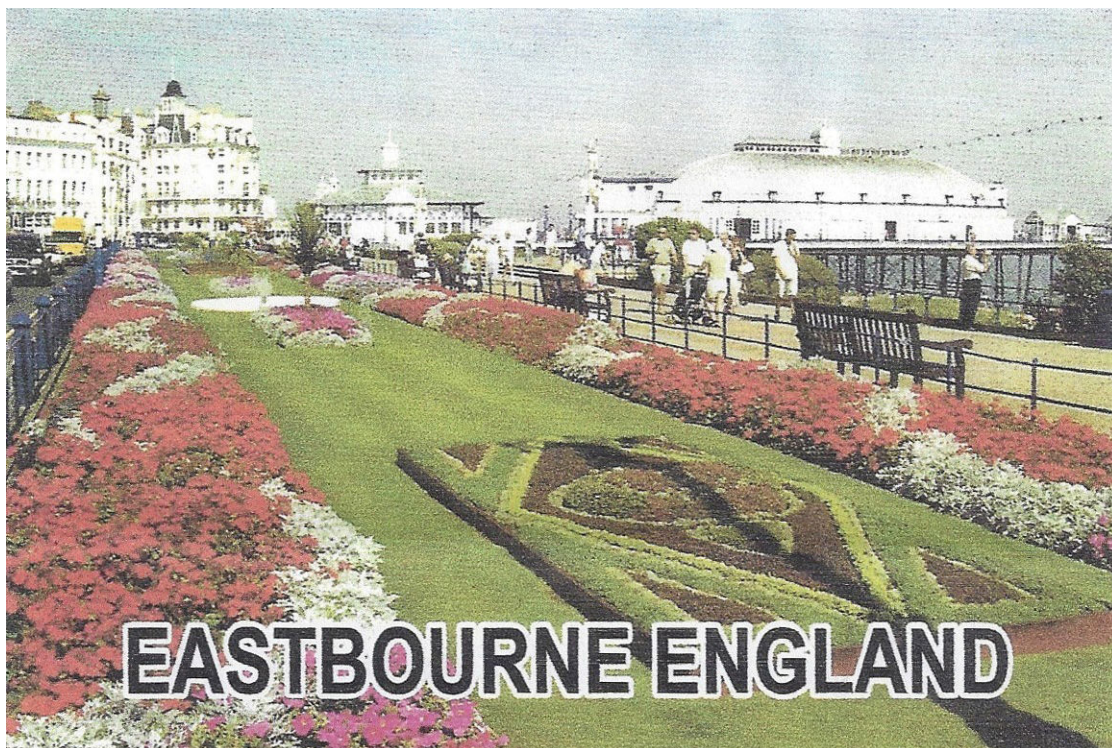


April 14, 2019 – Having a 7 day break in Rhodes, a very interesting Greek island. As always the trip included a marathon. May get out to see you (in Yakima) next year. Roger





May 5, 2019 – Down to Wales for a weekend and the Newport Marathon with **Jack Brooks**. My legs seemed to be from another planet, and I started a marathon somewhat lethargic. By five miles it was already time for me to step down to my usual 1 minute/30 seconds, which I seemed to manage all the way to finish in 5:48:20. Roger



May 12, 2019 – I suppose I could have been anywhere, but 105 laps plus 195 meters is a marathon. At least it keeps Rosemary happy, as Eastbourne is one of her favorite places, perhaps tying with Lanzarote, one of the Canary Islands. Struggling post-op, but a finish is a finish, even 5:54:32. 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)

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