



## 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

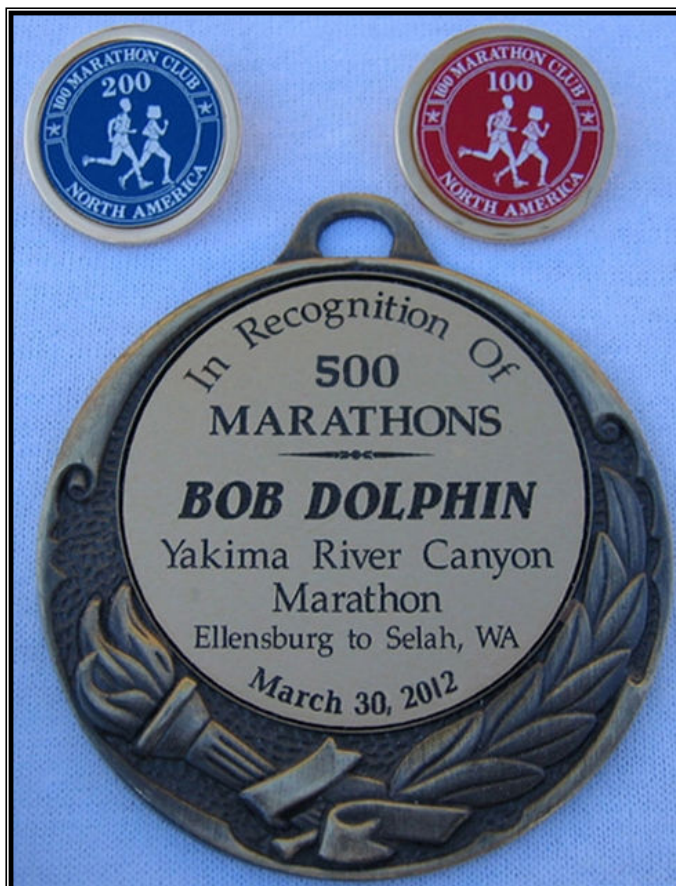
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

**Eliot Ephraim** of Chicago, Illinois chose the 1994 Chicago Marathon for his first marathon and logged his 100<sup>th</sup> marathon at the 2019 Colfax Marathon in Denver, Colorado. In between these milestone events he completed 50 states at the 2016 Monster Mash in Denver, Delaware. Eliot established his 3:18:12 PR in 2015 at age 47. He is an active member of the Chicago Area Runners Association and says “Of my 100 marathons, two are ultras and three were in Ironman events. I was the 89<sup>th</sup> 50 Sub Four Hour finisher and am working to get all 50 states under 3:30, which would be a bit less common. I have six states left for that task. One of my Ironman marathons was under four hours, of which I’m proud. Only twice have I taken longer than four hours to run a standalone marathon. I am really looking forward to running the 2019 Chicago Marathon as my 100<sup>th</sup> standalone marathon, 25 years after running my first



marathon there; that’s the one I plan to really celebrate. I’ve placed in 25 of my marathons, much more frequently as I’ve gotten older – it helps to run smaller races! I’ve run Boston five times, though never very well, and I’ve also run the World Marathon Majors. But what really makes me happiest is the amazing people I’ve met, friendships I’ve formed, and adventures I’ve taken in pursuit of this crazy infatuation.”

Eliot Ephraim →



The 2009 Las Vegas Marathon in Las Vegas, Nevada was the event **Craig Thompson** of Carmel, Indiana chose for his first marathon. The 2018 Carmel Marathon in his hometown marked his 100<sup>th</sup> marathon. A member of the Carmel Runners Club, Craig completed 50 states in 2015 at Kona, Hawaii. His PR is 3:56 and his current total includes 110 marathons and 10 ultras.

← Craig Thompson

The addition of Eliot and Craig boosts total 100 Marathon Club North America membership to 636.

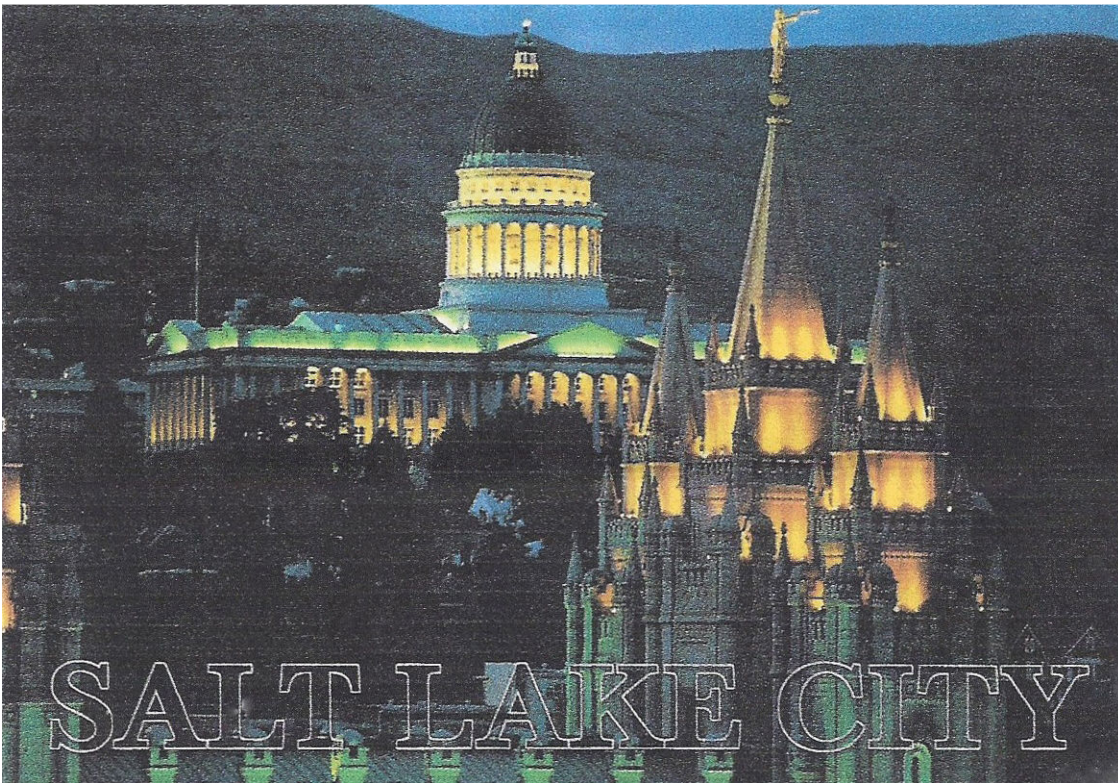


## MEMBER UPDATES

### WHERE IN THE WORLD ARE JACK BROOKS AND ROGER BIGGS?

**Jack Brooks** of St. Albans, Herts, England returned to the United States to run the June 6-8, 2019 Bear Lake Marathon Trifecta. Here's a brief update from Jack:

June 10, 2019 – I finally got to run my 100<sup>th</sup> USA marathon as part of the Bear Lake race series. I ran the Idaho, Wyoming, and Utah marathons, as did **Rich Holmes**. **Roger Biggs** ran the first two. I found it hard work running at altitude. Jack



Captioned: "Temple spires and capitol dome, Salt Lake City, Utah"

**Roger Biggs** of Stevenage, England sent this update from Exeter in Southwest England:

May 19, 2019 – After 800 marathons I had a 100% hit rate, but by number 911 I have now failed to finish six marathons. I guess the watch knew best as it turned itself off (and the strap broke!) at 6.9 miles in Exeter today. Just too much blood, too much attention, and already running to the time limit to consider going on. Roger





Captioned: "The port of Exeter was closed in 1282 when the Countess of Devon built a weir across the River Exe. Britain's first canal eventually re-opened the port in 1567."

## THE "LADYBUG" CHALKED UP TWO MORE MILESTONES IN JUNE

**Cathy "Ladybug" Troisi** of Cohoes, New York completed 50 states for the fourth time, and half marathons in 50 states for the first time during June. Congratulations, Cathy!

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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