



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

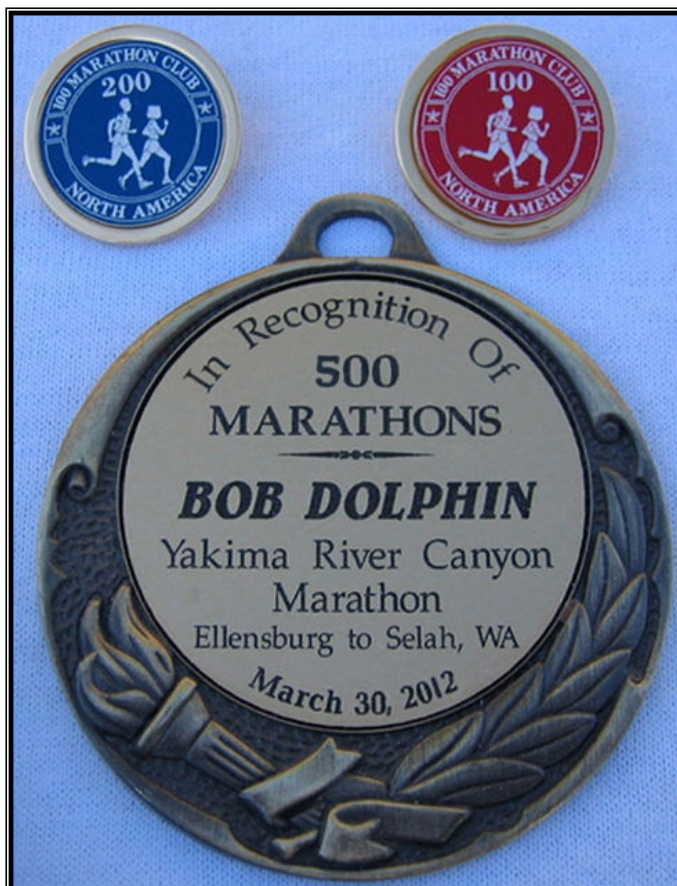
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

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:

10-12-19 – 10th Annual Defiance 50K, Tacoma, WA – **Tony Phillippi**.
Information: <http://defiance50k.com/events/registration-in>

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

05-02-20 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**.
Information: www.tacomacitymarathon.com

05-03-20 – 14th annual Michelob Ultra Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

WELCOME NEW MEMBERS!

The 2005 Calgary Marathon was the first marathon run by **Howard Bookey** of Calgary, Alberta, Canada. He finished his 100th at the 2017 California International Marathon in Sacramento, California. Howard has run only one marathon over four hours and currently has a streak of 52 consecutive Boston qualifiers since May, 2013. He also has several age group wins in major marathons with 1,000 or more runners. Howard set his 3:11:32 PR in 2010 at age 56. His current total is 108 marathons and one ultra.

Jan Steenkamp of Regina, Saskatchewan, Canada ran his first marathon at the 2013 Goose Bump 6 Hour fundraiser conducted annually by the Local Lupus Alliance in Regina. Jan stayed home to run his milestone 100th marathon at last month's Queen City Marathon in Regina. The accompanying photo shows Jan posing with a great 100 marathon sign mentioning in passing that he also "Will Run For Ice Cream."



The addition of Howard and Jan boosts total 100 Marathon Club North America membership to 639.

MEMBER UPDATES

OCTOBER 4, 2019: HAPPY 90TH BIRTHDAY BOB DOLPHIN!

WHERE IN THE WORLD ARE JACK BROOKS AND ROGER BIGGS?

Jack Brooks stayed home to log his 500th marathon August 31, 2019 at the St. Albans Marathon in Herts, England. These photos are from the event:



Jack Brooks donned lucky bib #13 for his 500th marathon.



Fellow St. Albans Striders club members cheered Jack on to the finish line.



Jack Brooks receiving his award from **Roger Biggs**.

Roger Biggs of Stevenage, England sent this update from Penzance, a town and port in Cornwall, England:

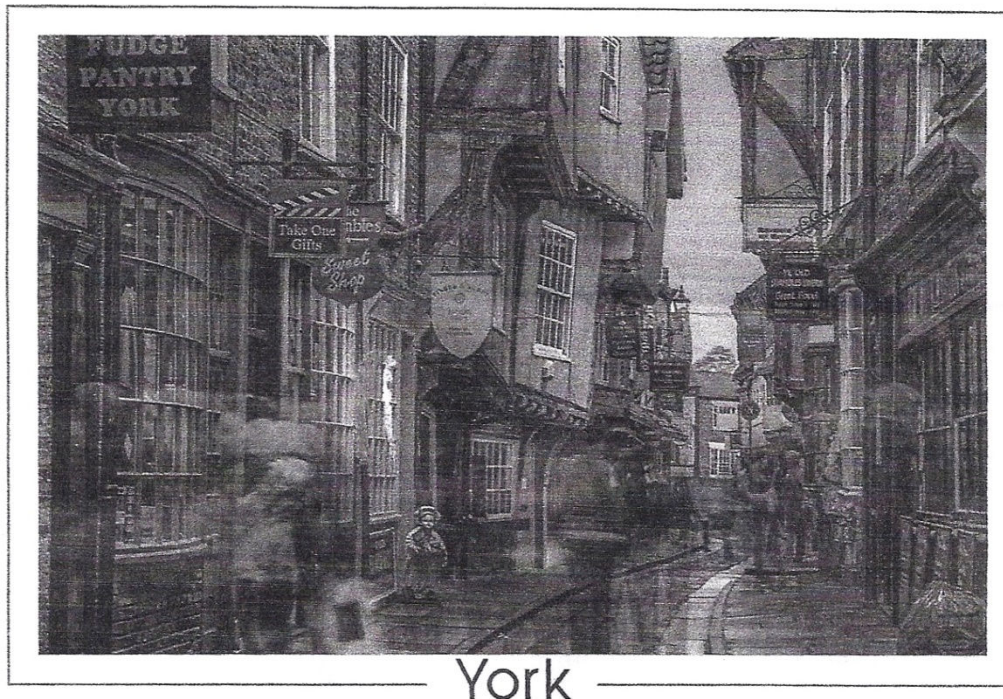
August 27, 2019 – Our hotel! Not quick, but managed a 5K this morning without walking. Perhaps a 10K next. In Penzance for seven nights. Very nice and lots of free bus trips. Roger



Captioned: "Chapel Street, Penzance, Cornwall. One of the many historic streets in Penzance. The victory at the Battle of Trafalgar was first announced in England when a messenger ran up this street."

Roger sent this update from York, a walled city in England founded by the Romans:

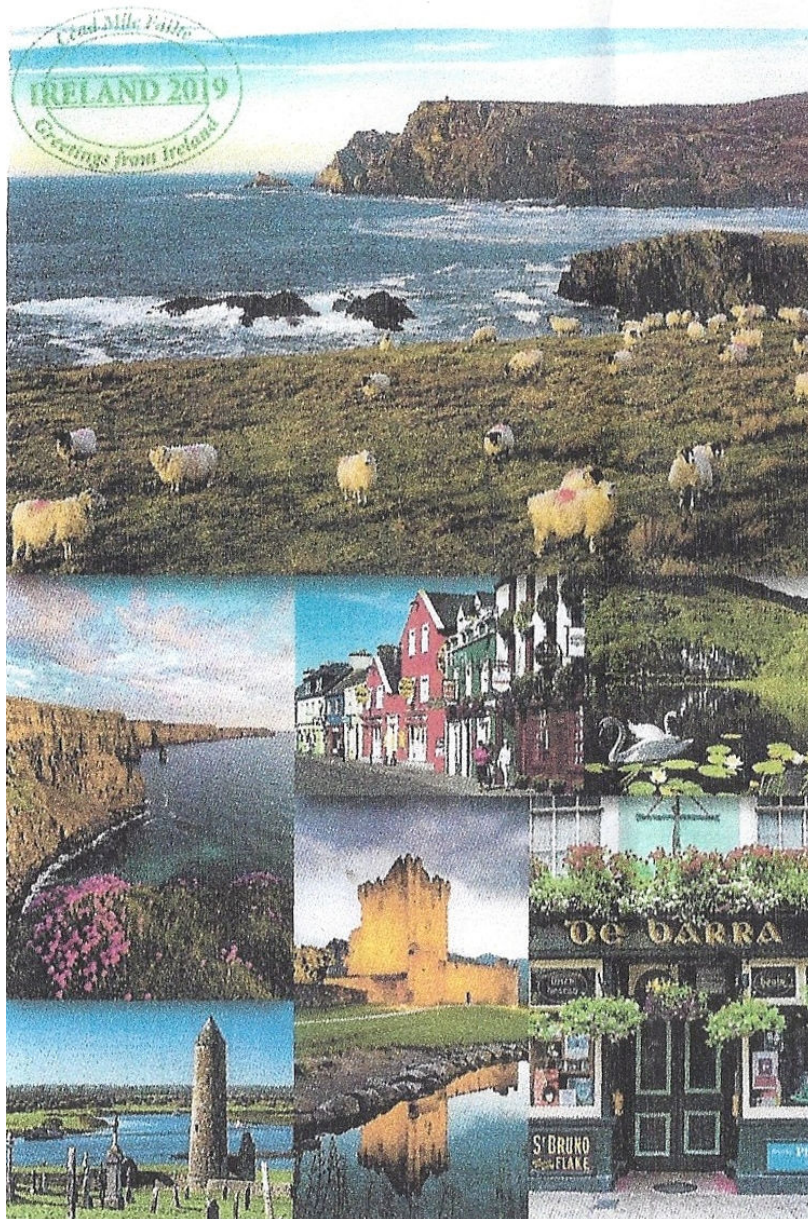
September 4, 2019 – Meeting Cliff and Cyndie Burgess in the lovely City of York. Really nice to see them, and no running whatsoever. Roger



Captioned: “The Shambles is an old street in York, England, with overhanging timber framed buildings, some dating back as far as the 14th century.”

Roger send his final update after returning home from Ireland:

September 10, 2019 – Five nights in Norther Ireland and Ireland for events in Carrickfergus and Dundalk. 10K and half marathon for me. The jury is out regarding marathons. I might keep to shorter races. Roger



Captioned: Sheep at Glencolumbkille, Co. Donegal; Kylemore Abbey, Connemara; De Barras Pub, Clonakilty Co. Cork; Ross Castle, Killarney, Co. Kerry; Clonmacnoise, Co. Offaly; the Cliffs of Moher, Co. Clare; and colorful shops, Dingle, Co. Kerry.”

ANOTHER MILESTONE FOR CHERI POMPEO

Congratulations to **Cheri Pompeo** of Woodinville, Washington for finishing her 500th marathon at last month's Buenos Aires Marathon in Buenos Aires, Brazil! Many 100 Marathon Club North America members recognize Cheri's name as the volunteer who for many years has sent certificates to those completing milestone marathons. This time around she gets to send herself a certificate! On to 600!

SIX DAYS IN THE DOME 48 HOUR RACE by **Jeff Hagen**



The 6 Days in the Dome 48-Hour Race (so named because a 6-day race was run there on Aug. 25-31) was held on August 23-25, 2019, at the Pettit National Ice Center in Milwaukee, WI. This is the longest ice track in the country and where the U. S. Olympic long-distance skaters train for their events. The course consisted of an 8-foot-wide rubberized running track along the outside edge of the ice track. The length of the track is 443 meters or .275 miles long, so it is longer than a standard 400-meter track. Four laps equals 1.1 miles. Because it is a non-standard track, USATF considers events held on the track to be road races, not track races.

My goal was to see if I could improve on my existing age 70-74 American 48-hour record of 170.47 miles, which has stood since I set it two years ago at age 70. The 48-hour event was held concurrently with two separate 24-hour races, with a total of 70 runners on the track at one time. While most of the 48-hour runners began the race with constant running, I used my standard run/walk strategy starting with the first lap, running approximately 1/3 of the distance and walking the other 2/3. With this strategy I spent much of the first day way back in the pack in around 25th place among the 30 starters. By the end of the first 24 hours I had covered 98 miles and had moved into the top 10 runners overall. Leading the race by a large margin was the eventual winner, Olivier Leblond, the American all-ages record holder for 48 Hours.

The second day was more of the same, but my pace was slowing due to tight muscles. I remember thinking with about 12 hours remaining that I wouldn't be able to break my old record. As I did mental math while I was running, the numbers just didn't add up to a record-breaking performance. But then I thought back to the advice that I gave the audience during my "Power of the Mind" presentation at the Yakima River Canyon Marathon pasta feed in 2018. I had showed a slide of Winston Churchill that contained his quote of "Never give in!" and decided to take one last shot at my record and picked up the pace.

The rest of the race was a blur. When it was over I knew that I had finished strong, but when I finally took a look at my lap split times about three weeks after the race I could hardly believe what I saw. During the last 9½ hours of the race, which took me through the second night of running, the longest lap split time for my last 128 laps was a 5:33, and that was a lap that included a bathroom break. Almost all the laps were in the four-minute range, except for the last hour, when most of them were in the three-minute range. My fastest lap of the entire race by far was my very last lap, #661, in a time of 2:38. Much credit for the strong finish goes to Joyce, my wife and awesome crew person, who kept me awake and moving during that second night. The 84 miles I covered during the last 24 hours was only 14 miles less than my first-day total. 24-hour splits that close together are quite unusual in a 48-hour race.

After including my partial lap distance, which doesn't appear in the posted race results, my total distance at the finish was 182.18 miles (293,196 meters), a 12-mile improvement on my old American record. It also moved me into second place in the World all-time 48-hour rankings for runners age 70-74. A year ago the World record holder for age 70-74 was a German runner named Wolfgang Reuther, who had run 176.1 miles. I eclipsed his total by six miles, but it wasn't enough to take the record. Now there is a new guy on the block. Radi Milev, a runner from Bulgaria who just turned 70 last year, has blown the world record out of the water with three performances of 187 miles, 191 miles, and 196 miles. Oh well, second all-time in the world isn't too bad, and it kind of depends on how you look at it. If they had a category for age 72 and older I would have the World Record for that group. All in all it was a decent performance for an old guy who can barely go any more.

Please send roster and member updates to both of these EMail addresses:

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net; and

★ Ron Fowler: SodaBottles@yahoo.com

*Bob and Lenore Dolphin
310 South 50th Avenue
Yakima WA 98908*

509-966-0188

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