



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

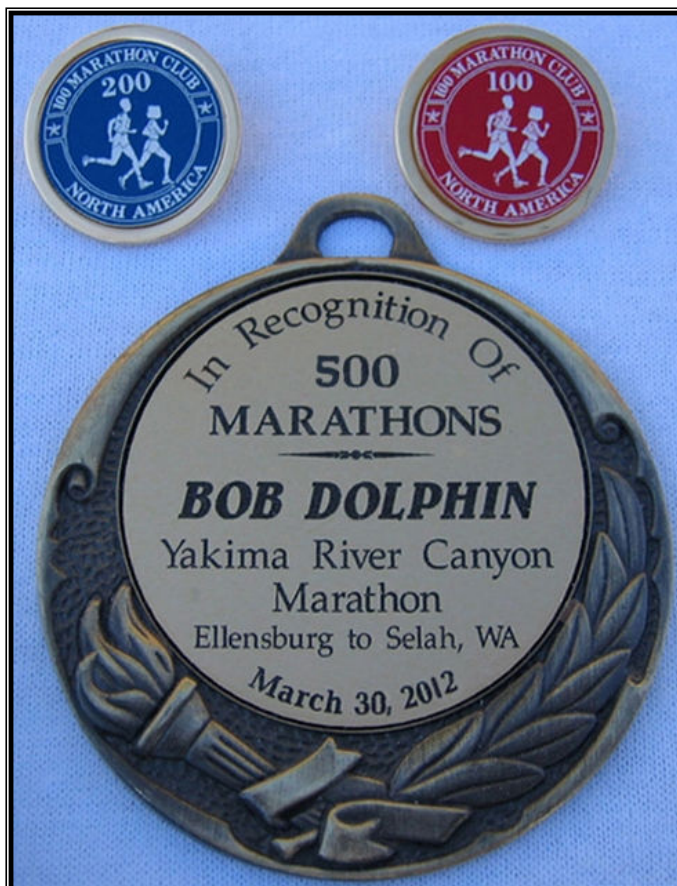
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

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. 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!

Sally Ann Dahlquist of Stillwater, Minnesota chose the 2004 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota for her first marathon. Last month's 2019 Gandy Dancer Trail Marathon in Luck, Wisconsin was her milestone 100th marathon. Sally is an active member of the Twin Cities Running Club. She established her 5:02:47 PR at the 2010 Twin Cities Marathon at age 40. When asked about her marathon accomplishments, Sally responded "Just getting out of bed in the morning is a victory!" We totally agree! Sally has run 100 marathons and one ultra, the 2019 Trail Mix in Medina, Minnesota.

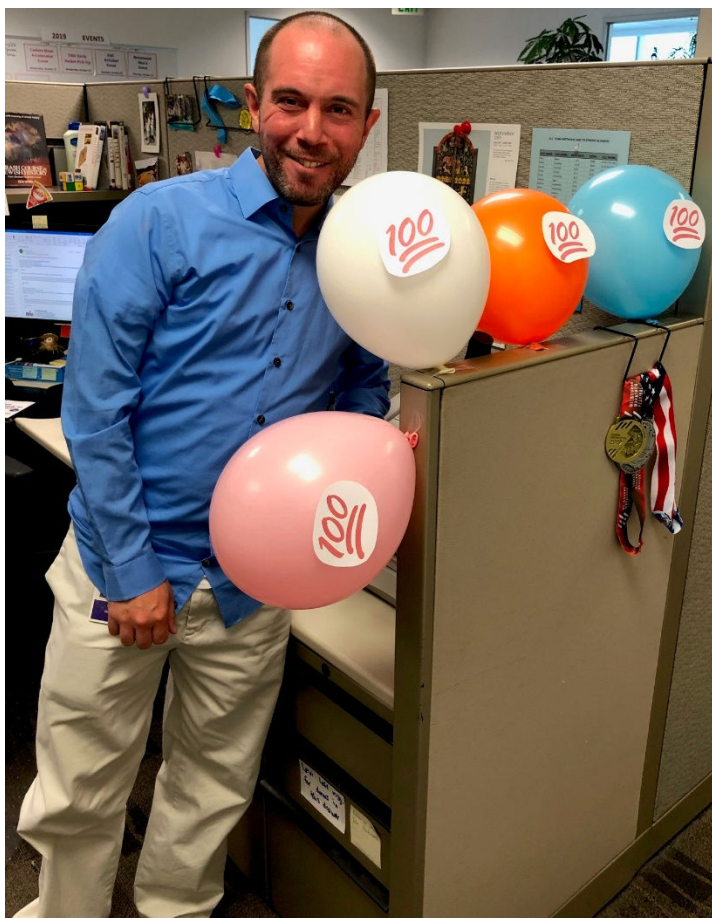
Sally Ann Dahlquist →

The 2006 Twin Cities Marathon in Minneapolis-St. Paul, Minnesota was the first marathon run by **Levi Shank** of Los Angeles, California. The 2019 Detroit Free Press Marathon in Detroit, Michigan was the site of his 100th marathon. During the intervening years Levi has traveled the U.S. and world



extensively. He completed 50 states in 2012 at the UCC Coffee Kona Marathon in Kona, Hawaii, and is currently 17 states into completing a second round of the states. Levi completed seven continents with a flourish in 2012, running a marathon in South America and the following day finishing the White Continent Marathon on King George Island, Antarctica. He has since added Australia, having already run a marathon in New Zealand. Levi set his 4:06:05 PR in 2007 at age 25. His current total includes 97 marathons and three ultras (including the 2017 Punta Arenas Ultramarathon in Chile). This year Levi has pounded out 16 marathons and one ultra, his biggest annual total (so far!).

← Levi Shank



Budiaman Tang of Toronto, Ontario, Canada chose the 2010 Melbourne Marathon in Melbourne, Australia for his first marathon. The 2019 Chicago Marathon was his 100th marathon. He is an active member and volunteer with the Frontrunners running club in Toronto. Budi says “I just reached my 100th marathon before my 32nd birthday. I am humbled by the achievements of other members in this club and those on their journey to join this club. My first marathon nine years ago was completed in 6:38:25. I would never have thought I’d reach this point and complete a sub-four hour marathon. I am very grateful for what life has brought me to the unimaginable destinations and the journey itself. Thank you for the 100 Marathon Club North America members I met along the way who inspired me to follow their footsteps, both literally and figuratively.”



←Budi Tang

The addition of Sally, Levi, and Budi boosts total 100 Marathon Club North America membership to 642.

MEMBER UPDATES

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

Family, friends, and marathoners from all over the Pacific Northwest gathered in Yakima October 4, 2019 to help Bob Dolphin celebrate his 90th birthday. Here are a few photos from the festivities (thank you Jim Boyd and Jan Stensland for sharing these photos!):



The cake →



Lenore and Bob Dolphin



Fenny Roberts



Lenore Dolphin and Gunhild Swanson



Sylvia Quinn and Bob Dolphin



Lenore Dolphin and Martin Rudow

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

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