

100 MARATHON CLUB NORTH AMERICA

Newsletter #42 – April 1, 2015

100 MARATHON CLUB NORTH AMERICA REUNION MEETING

Attendance at the 100 Marathon Club North America “family reunion” meeting March 27, 2015 in Selah, Washington was impacted by a traffic accident that delayed several members who were planning to attend. Attendees from Washington and Oregon were joined by members and guests from many other states and Canada.

One of our special guests was **Sylvia Quinn** from Spokane, Washington. Sylvia is well known nationally as the long time Bloomsday race director. She has run all 38 Bloomsday races and won her age group 35 times! At Saturday’s Yakima River Canyon Marathon, Sylvia absolutely crushed the WORLD MARATHON RECORD for 78 year old women, cruising to a 4:23 finish. Congratulations, Sylvia!

UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

05-03-15 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

06-06-15 – Green River Marathon, Kent to Seattle, WA – **Steve Barrick**

09-13-15 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

Attention 100 Marathon Club North America member marathon and ultra race directors: to publicize your event(s) in this newsletter, please send us information about your race(s).

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. Please contact us if you are interested in making a purchase.

OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLET'S AVAILABLE ON-LINE!

Men’s and women’s specific 100 Marathon Club North America singlets are pictured and available for ordering via the “Maniac Gear/Dues” portion of MarathonManiacs.com. These very attractive, blue and white shirts were professionally designed and feature images of both United States and Canadian flags. 2015 Yakima River Canyon Marathon participants were spotted wearing these new tank tops. They look very sharp and the runners indicated they really like them. Check them out and order yours today!

WELCOME NEW MEMBERS!

The 2000 Avenue of the Giants Marathon was the first marathon for **Margaret Barrett** of Seattle, Washington. She returned to Weott, California for the 2014 edition of the same race to celebrate completion of her 100th marathon. Maggie set her 3:47:19 PR in 2003 at age 44. Her current total is 103 marathons and seven ultras.

Annette Blanton of Cabot, Arkansas chose the 2007 Chicago Marathon as her first, and the 2015 Little Rock (Arkansas) Marathon for her 100th. During this eight year stretch she has notched a total of 89 marathons and 11 ultras. Annette established her 4:38:35 PR in 2013 at age 42. She is a member of the Cabot County Cruisers running club, the 50 States Marathon Club, and the Marathon Maniacs.

The 2007 Mayor's Midnight Sun Marathon in Anchorage, Alaska was the location for a first marathon by **Ila Brandli** of Mesa, Arizona. She doubled up by choosing to celebrate the completion of her 100th marathon and finishing all seven continents at the 2015 Penguin Marathon on King George Island, Antarctica. Her current total includes 101 marathons and eight ultras. Ila set her 5:08 PR in 2008 at age 62. Ila is a member of the East Valley Runners Club in Gilbert, Arizona, and the 50 States Marathon Club.

Walter Evans of Mooreland, Indiana ran his first marathon at the 2005 Detroit Free Press Marathon in Detroit, Michigan. His completion of the 2015 Circular Logic Marathon in West Lafayette, Indiana boosted Walter's total to 83 marathon and 17 ultras. (The Circular Logic Marathon consists of 26 laps of a one mile loop on the West Lafayette Trail system in Cumberland Park. Wabash River Runners Club sponsors advertised the race amenities as "two sets of real restrooms, aid station every single mile, (and a) flat course with only 26 feet of elevation change per mile!") Walter set his 4:34:02 PR in 2005 at age 40. He ran the first Dust Bowl Series (quadzilla), the first Center of Nation Series (five states in five days), and the New England Challenge and Shires of Vermont (six states in seven days). After finishing 50 states and DC at the 2014 Honolulu Marathon, Walter celebrated by running The Pistol 100K near Knoxville, Tennessee. He has completed five Ironman 70.3 distances and participated in the 2013 USTA National Championship. Walter is an ambassador for the 2015 Grand Lake Marathon in Celina, Ohio.

The 2015 Yakima River Canyon Marathon marked the accelerated completion of 75 marathons and 25 ultras for **Steven Ferry** of Deming, Washington. Steve ran his first 50K ultra in early February 2013, his first marathon two weeks later, and just over two years later he notched #100. Whew! Welcome to the 100 Marathon Club North America, Steve!

The 2008 Memphis St. Jude Marathon in Memphis, Tennessee was the first marathon for **Robert Rayder** of Collierville, Tennessee. The 2015 Shelby Forest Loop Marathon in Millington, Tennessee increased Rob's total to 93 marathons and seven ultras. He set his 3:37:38 PR at age 41 at the 2010 Tacoma City Marathon in Tacoma, Washington. Rob is a member of the Memphis Runners and Track Club and "may have the highest body mass index of any runner in this club to date (6' tall, 240 pounds on average, and sport a size 42 waist size). Being fat doesn't stop me from running (sometimes well and sometimes not).

I have run five states in five days, won multiple Clydesdale awards, and very occasionally have even won an age group award despite my crazy running schedule and generous size. My son Chris runs with me and has set every age-related marathon record in Tennessee starting at age 12. I hope he can join me here in the 100 Marathon Club North America someday, albeit with a much more impressive resume.”

Jean-Gael Reboul of Kenmore, Washington ran the 2000 Oslo Marathon in Oslo, Norway as his first marathon, and logged the 2015 Redmond Watershed Marathon in Redmond, Washington for his 100th. His current total is 57 marathons and 43 ultras. Jean-Gael is a member of the East Side Runners Club and the Marathon Maniacs. He set his 3:30:00 PR early this year at age 38. Jean-Gael’s 100 Marathon Club North America application included an EMail message to **Bob and Lenore Dolphin** thanking them “for being an inspiration for all runners! It’s always nice to see Bob at First Call events, and the Yakima River Canyon Marathon. I was hoping this year I’d be able to run Yakima again, but I already signed up for the Badger Mountain Challenge 100 miles.”

The 1976 Seattle Marathon was the first for **Cliff Richards** of Maple Valley, Washington. A short 39 years (and many miles) later, he completed his 100th marathon at the 2013 Victoria Marathon in Victoria,, British Columbia, Canada. Cliff is a member of the Cedar River Runners Club and the Marathon Maniacs. He set his 2:43:42 PR in 2002 at age 41. His current total is 89 marathons and 21 ultras.

The addition of Maggie, Annette, Ila, Walter, Steven, Rob, Jean-Gael, and Cliff boosts the 100 Marathon Club North America membership grand total to 471.

MEMBER UPDATES

Burt Carlson of Mound, Minnesota recently notified us that he “ran my last full marathon #324 last year and am no longer able to run that distance due to normal aging processes. However, I am still able to run shorter distances at age 89 1/2 and have no significant medical problems I am aware of.” Good running, Burt!

The first registrant for the just completed 2015 Yakima River Canyon Marathon was **Beth Davenport** of Santa Fe, New Mexico. Although the race wasn’t a numbers milestone for Beth, it was state #49 towards her third round of doing 50 states and DC. She is still hoping to run #300 at Yakima in 2017 but thinks 2018 is probably more realistic.

Raef Guerges of Torrance, California recently related his life story at a YMCA function. His presentation included how he has run over 134 marathons with no previous running experience, carrying his mission through six continents. A report published on the Christian Media Center’s web site featured these comments about Raef at the March 13, 2015 Jerusalem Marathon: “about 26,000 people from Israel and abroad participated in the race. Among them Raef Guirgues, an Egyptian Coptic Christian, who ran the 42 kilometers with a t-shirt and a flag with the

message ‘God is love,’ his own way of expressing and sharing his faith and his hope in humanity and in the world.”

After successful knee surgery early last year, **Rick Haase** of Shoreline, Washington completed his 400th marathon at the 2014 Wattle Waddle in Seattle. Now the lure of doing 50 states has grabbed him and Rick hopes to complete them during the next three years. He wasn’t able to attend this year’s Yakima River Canyon Marathon due to participating in the 2015 Mainly Marathons Dust Bowl series that included marathons March 25th in Dalhart, Texas, March 26th in Guymon, Oklahoma, March 27th in Ulysses, Kansas, March 28th in Lamar, Colorado, and March 29th in Clayton, New Mexico. Gee, Rick, with better planning you could have arranged a quick flight on the 28th to/from Yakima to join us!

We enjoyed visiting with **Jeff Hagen** of Yakima, Washington while attending the 2015 Yakima River Canyon Marathon. He recently completed his 107th ultra, boosting his total ultra mileage to 10,011 miles and his average to an astounding 93.5 miles per ultra. Jeff indicated with tongue somewhat in cheek that “if I hadn’t run those stupid 50Ks my average would be higher” and he “doesn’t count short races like marathons.” When asked to elaborate on this smart-aleck remark, he responded with “It’s all a matter of perspective. To a 5K runner a marathon seems like a long distance, but to an ultramarathoner a marathon might seem more like a middle distance event. There are even ultramarathoners who don’t consider a race to be a ‘real ultra’ unless it involves running not only all day but also thru the night. This generally means events of 100 miles or more.” Sixty of Jeff’s 107 ultras have been races of 100 miles or longer. It tired me out just to *type* that sentence!

Harry Hoffman of Stuart, Florida just completed his 266th marathon of which 200 have been completed in Florida. He is wondering if anyone else has completed this many marathons in Florida? Does anyone keep count on this?

A recent EMail message from **Rich Holmes** of Durham, North Carolina indicated “March 9 was my final trek to Antarctica and the completion of my fifth time around the continents. Since that appears to be more than anyone else has done except Brent Weigner, while he has done something like double that many, I have no plans to do this a sixth time...this was one of the years where it was a little above freezing so it was a mud rather than an ice run, but we did enjoy pretty good weather for that location (no precipitation and the winds only picked up during the fifth hour). **‘Cowboy Jeff’ Bishton**...completed his second time around the continents at the same race and finished 19 minutes in front of me, that speed devil.”

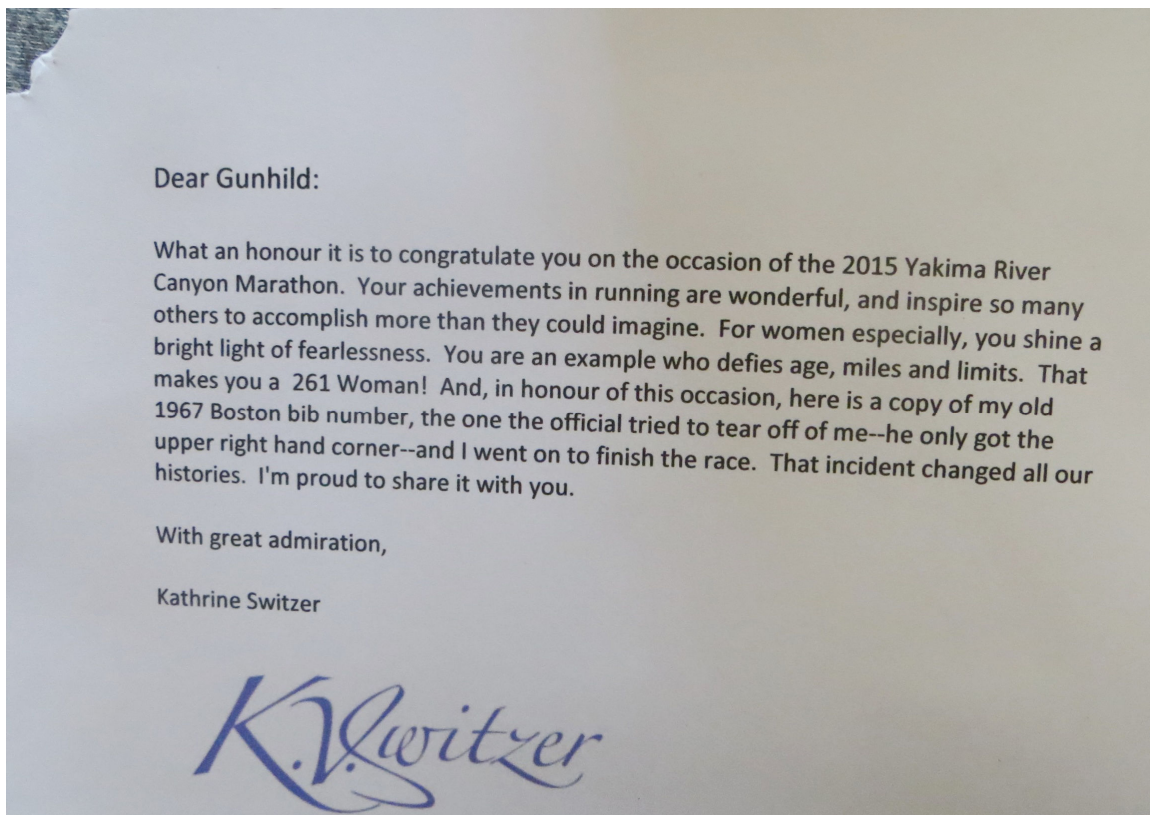
A nice note from **Wendell Lafave** of Williamstown, Ontario, Canada indicated “how much I enjoyed reading the latest newsletter. It is always fun, interesting and exciting, not to mention inspirational to read about the wonderful exploits of others. I, along with my wife, Sheila, have been fortunate to cross paths with a number of individuals in your newsletter. We feel blessed and fortunate to have encountered people of this character as they inspire us down the road of adventure and achievement. Sheila and I have just returned from a wonderful journey to

Africa where we did a safari and the Kilimanjaro Marathon with Kathy Loper Events. It was a wonderful experience as travelling to Africa was a lifelong dream of Sheila's. In completing the Kilimanjaro Marathon on March 1, 2015, I have now achieved my goal of running a marathon on all 7 continents."

The Shreehatta Sammilani of Delhi recently honored **Dr. Ashis Roy** of New Delhi, India during their annual function held at the Bipin Chandra Pal Memorial House. We enjoyed an opportunity to meet and get to know Dr. Roy when he ran the Yakima River Canyon Marathon several years ago.

Clay Shaw of York, Pennsylvania is currently on a photo assignment in China and via EMail mentioned he recently completed his 192nd marathon in Oakland, California. He plans to notch his 200th marathon early in 2016. Great work, Clay!

The 2015 Yakima River Canyon Marathon was **Gunhild Swanson's** 206th marathon. Adding in her 55 ultras boosts her grand total to 261. In honor of the legendary Kathryn Switzer and her international "261" movement, Gunhild wore bib number 261 at Yakima this year. At the awards banquet Gunhild was surprised when presented with this very nice note from Kathryn:



Gunhild has been accepted for the 2015 Western States 100 and is pounding out the training miles hoping to be the first woman age 70+ to finish. Good luck, Gunhild!

KEEP THOSE UPDATES COMING!

Please review your roster listing and send updates to both of these EMail addresses:

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★ Ron and Nancy Fowler: SodaBottles@yahoo.com

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