



**North America**  
**Founded: March 31, 2001**  
**Directors: Bob and Lenore Dolphin**  
**Contact: dolphinmteam@earthlink.net**



Newsletter #23 – June 1, 2011

**UPCOMING EVENTS Directed by Club Members**

- 08-21-11 - Drake Well Marathon, Titusville, PA                      Director: Dane Rauschenberg
- 09-11-11 – Skagit Flats Marathon, Burlington, WA                      Director: Terry Sentinella
- 11-26-11 – Ghost of Seattle Marathon, Seattle, WA                      Director: Scott Krell
- 12-10-11 – Birch Bay Marathon, Birch Bay, WA                      Director: Scott Krell
- 12-17-11 – Pigtales Cedar River Marathon, Ravendale, WA Director: Van Phan  
(aka: Flatt Ass Marathon)
- 01-01-12 – Texas Marathon, Kingwood, TX, Directors: Steve & Paula Boone
- 05-06-12 – Tacoma City Marathon, Tacoma, WA: Director: Tony Phillippi

**100 Marathon Club – North America Reunion Race**

03-31-12 – Yakima River Canyon Marathon, Ellensburg to Selah, WA, Directors: Bob & Lenore Dolphin

Note: If you're a race director and want your run publicized in the newsletter, or wish to publicize another event, let us know and we'll make it happen.

**Where the 100 Marathon Club – North America members are from:**

United States

Alabama: 2	Illinois: 9	Minnesota: 12	Pennsylvania: 5
Alaska: 1	Indiana: 1	Missouri: 6	South Dakota: 2
Arizona: 2	Iowa: 2	Nebraska: 5	Tennessee: 5
Arkansas: 1	Kansas: 1	New Jersey: 3	Texas: 21
California: 33	Kentucky: 9	New Mexico: 3	Utah: 2
Colorado: 6	Louisiana: 4	New York: 5	Vermont: 3
Connecticut: 1	Maine: 1	North Carolina: 1	Virginia: 3
Florida: 16	Maryland: 5	Ohio: 12	Washington: 51
Georgia: 8	Massachusetts: 2	Oklahoma: 2	West Virginia: 2
Hawaii: 1	Michigan: 4	Oregon: 15	Wisconsin: 6

Canada

British Columbia: 6	Ontario: 2	Quebec: 1	Saskatchewan: 2
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World

Australia: 4	Austria: 1	Germany: 1	India: 1	Sweden: 1	UK: 12
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### Roster Updates

Club member, Robert “Jeff” Bishton, aka, “Cowboy,” from Ft. Myers Beach, FL, updates the web-site roster on a monthly basis. Please check your listing for missing or out-of-date data. Send your updates and missing information to Jeff at [cowboyjeff434@yahoo.com](mailto:cowboyjeff434@yahoo.com) **and** to Lenore at [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net).

### Club Merchandise

Check the website, [www.100marathonclub.us](http://www.100marathonclub.us). Pins, T-shirts and personalized medallions are available. The medallions cost \$20.00 plus \$4.00 postage. The short sleeved, teal T-shirts and the long-sleeved, white T-shirts cost \$15.00 plus \$3.00 postage for each shirt. Pins are available in increments of 100 for a cost of \$10.00 (no added amount for postage). Pins are available in increments of 100 for a cost of \$10.00 (no added amount for postage). The 100 Marathon Club North America has no dues but meets its expenses from donations and through a small profit made on the sale of club T-shirts, pins and personalized medallions. Please contact us if you’re interested in making any purchases.

## WELCOME TO 15 NEW MEMBERS

For a total of 306

The Tiberias Marathon in Israel on January 5, 2005, was the first marathon for Marathon Maniac (MM) #1492 **Michael Brandt** of El Dorado Hills, California. He traveled again for his 200<sup>th</sup> marathon. This one was the Athens Marathon in Greece on October 31, 2010. In 2005 he became a Seven Continents Finisher. Before he had quadruple by-pass surgery he ran 31 marathons in 31 months, the Tahoe Triple twice and climbed mountains on all seven continents.

MM #1049 **Seth Elsheimer** from Winter Park, Florida, ran the Marine Corps Marathon in Arlington, Virginia, on October 25, 1992, as his first marathon. He became a 50-States Finisher on November 22, 2009, when he ran the Route 66 Marathon in Tulsa, Oklahoma. The 2010 Walt Disney World Marathon was his 18<sup>th</sup> in a row. That’s ALL of them to that date!! His 100<sup>th</sup> marathon was the Five Points of Life at Gainesville, FL on February 20, 2011. He set his Personal Record (PR) of 3:20:12 on January 19, 1994.

MM #760 **Jean Evansmore** of Ellicott City, Maryland, walked her first marathon at age 64 on June 19, 2005, the Kona Marathon in Kona, Hawaii. Just 3+ years later on August 8, 2008, she became a 50-States Finisher when she completed the Humphy’s Classic Marathon in Anchorage, Alaska. For months her name was on the Yakima River Canyon Marathon list to wear bib #100 on April 2, 2011. Under Comments on her registration form she wrote: “My most unique accomplishment is completing **7 marathons in 7 days at age 70** –December 26, 2010 - January 1, 2011! I am now exhausted and can take on a different project! I must write a book, after I get the house done.” The ambitious goal of 7 marathons in 7 days pushed her total up faster than she had anticipated, so the Ocala Marathon in Ocala, FL on January 23, 2011, was #100 for her. Bib #102 was hers on April 2, 2011, for Yakima.

The Los Angeles Marathon in California on March 23, 1997, was the first one for MM #746 **Mary Fischl** of Victorville, California. She became a 50-States Finisher on November 18, 2007, at the Philadelphia Marathon in Pennsylvania. She traveled to Beijing, China, for her 100<sup>th</sup> Marathon, the Great Wall Marathon, on May 15, 2010.

**Richard Friedrichsen** from Clarks, Nebraska, ran his first marathon in his home state, the Lincoln Marathon on May 5, 1996. He ran his 100<sup>th</sup> on January 1, 2007, at the Texas Marathon in Kingwood. He became a first-time 50-States Finisher on December 4, 2004, at the Beach Marathon in Baton Rouge, Louisiana and a second-time 50-States Finisher on January 15, 2011 at Warner Robins, Georgia. His total number of marathons at that

## 100 Marathon Club of North America

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time was 152. As of April 2010, he had completed 14 consecutive Boston marathons. He set his PR of 3:26:16 on May 3, 1998.

Our 6<sup>th</sup> club member from British Columbia, Canada, is MM #89 **Al Harman** from West Vancouver. The Honolulu Marathon in Hawaii on December 13, 1992, was #1 for him. Eighteen years later that same marathon on December 12, 2010, was #100. He has run a total of 24 marathons in one year and 6 marathons in 9 days. His PR of 3:05:06 was set on May 1, 2005.

The Seattle Marathon in 1979 was the first one for MM #535 **Jill Hudson** of Seattle. The next year she set a PR of 3:46:53, and in 2010, the Baker Lake 50K at Concrete, WA became marathon #100. Her special accomplishments include: the QUADZILLA (4 marathons in 4 days) in Western Washington, a streak of 13 marathons in 12 weeks, and her longest run: the Javelina Jundred-100K in Arizona.

The day *after* the April 2, 2011, Yakima River Canyon Marathon we learned at the no-host breakfast that the previous day's marathon was actually #100 for MM #249 **Elaine Koga-Kennelly** of Newman Lake, WA. She hadn't realized that her 5 ultras would count toward her total! So, on April 3, 2011, she became the first new member to be welcomed into the club with a "special" ceremony at the Team Dolphin Yakima home! Her first marathon was the San Francisco Marathon in 1981, and her PR of 3:36 was set in 1996.

We now have three members from Australia! **Stephen Mifsud** of Werrington Downs, ran his first marathon on May 8, 1983, the State Championship, at Holsworthy NSW Australia. His PR of 2:58:00 was set on August 19, 1990. Under "Comments" on his registration form he listed the following: "Reaching my dream of running my 100<sup>th</sup> marathon in New York U.S.A. I have completed 10 "Cities" Sydney NSW Marathons and 20 Canberra ACT Marathons in Australia. I'm the first male to complete the ANZAC sweep, a marathon in each State and Territory of Australia and both New Zealand Islands." On November 1, 2009, in New York City, USA, he did indeed run marathon #100.

MM #232 **Gary Otheim** of East Wenatchee, Washington, is one of the latest runners to join the club. The Seattle Marathon on November 26, 1978, was his first, and the Whidbey Island (WA) Marathon on April 10, 2011 was #100. He has an impressive PR of 2:40:10 that he set on July 24, 1983. Here are some "Comments" from his registration form: 6-30-85, Mt. Si Marathon, North Bend, WA, came in 2nd place overall by 10 seconds with a 2:41:48 marathon, age 42; 21 sub 3-hour marathons; ran 34 marathons, took an eleven year break. Resumed running marathons at age 63; have run 68 marathons in 68 months, after an orthopedic doctor told me I would have to stop running; working on 13 in 12 weeks.

The Lake Count Marathon at Highland Park, Illinois, on April 27, 1997, was the first one for MM #746 **Bradley Schwartz** of Bloomingdale, Illinois. Pikes Peak Marathon on August 16, 2009, at Manitou Springs, Colorado, was #100. By November 8, 2010, his total count was 132 regular marathons and 5 ultras for a grand total of 127.

**Lonnie Smith** of Anderson, Indiana, ran his first marathon on November 10, 1991, at Columbus, Ohio. He set his PR of 3:14:20 on January 18, 2004 at Apache Junction, Arizona, became a 50-States Finisher at Hilo, Hawaii, on March 20, 2006, and completed his 100<sup>th</sup> marathon on February 12, 2011, at Dade City, Florida. His personally most exciting race was winning a 50K in Lake Waccamaw, North Carolina, on March 26, 2004. He has often qualified for Boston and has run it five times.

The first marathon for MM #1294 **Larry Tabachnick** of Alexandria, Virginia, was the 1978 Marine Corps Marathon in Arlington, Virginia. On May 2, 1990, he ran his 200<sup>th</sup> marathon in New Jersey. "Way back" he set his PR of 2:58 and finishes in 4:30-5:10 these days. He has a total of 205 regular marathons and 35 ultras.

## 100 Marathon Club of North America

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He's run events from 50K's up to 24 hours, many 50 milers, several 6 and 8-hour races and a few 12-hour ones. He won a 50K in Pennsylvania and a 50-Miler at Ft. Meade (1988).

MM #296 **Karen Wiggins** of Bremerton, Washington, ran her first marathon on October 1, 2005, at the Leavenworth (WA) Octoberfest. Her 100<sup>th</sup> marathon was the Redmond Watershed 12-Hour Run on May 15, 2010. As of March 5, 2011, she had run 33 marathons and 79 ultras and holds a PR of 3:57:20.

The first marathon for MM #849 **Barb Wnek** of Brentwood, Missouri, was the Fox Cities Marathon at Appleton, Wisconsin, in September of 1997. She set her PR of 4:13 in October of 2001 and became a 50-States Finisher on December 11, 2010, at Kiawah Island, South Carolina. Her 100<sup>th</sup> marathon on May 15, 2011, was the Pasadena Marathon in California

Congratulations everyone and welcome to the club!

### 100 MARATHON CLUB NORTH AMERICA REUNION YAKIMA RIVER CANYON MARATHON - MARCH 31, 2012

The weekend's activities begin at 3:00 p.m. on Friday, March 30, 2012, when the doors of the **YAKIMA RIVER CANYON MARATHON** race headquarters in Selah, Washington, open for packet pickup. At 4:00 p.m. there will be a meeting of the 100 Marathon Club in the Senior Room at the Selah Civic Center headquarters, followed by a group picture at 5:00 p.m., and a pasta meal that begins at 5:30 p.m. Entertainment starts at 6:30 p.m. and will be highlighted by a humorous and inspirational presentation by John "The Penguin" Bingham.

For those who stay in the Yakima area, the buses leave by 6:00 a.m. for the 35-mile drive to the Days Inn Conference Building that's located in Ellensburg near the starting line of the marathon. The course is point-to-point down the gorgeous Yakima River Canyon highway to the finish in rural Selah, Washington. With a few exceptions the road is closed to spectator and regular traffic during the marathon, and the course is closed for seven hours. For those who need more than seven hours to complete the distance, an early start at 6:00 a.m. is allowed by *contacting the race directors ahead of time*.

At the awards ceremony/meal in the Selah Civic Center at 4:00 p.m. the best-ever, all-you-can-eat BAKED POTATO feed is provided as part of the entry fee. Tickets are available for purchase for family members and guests. This is always a well-attended event, with lots of drawing prizes for everyone. Final weekend "goodbyes" can be said at the no-host breakfast at the Howard Johnson Plaza Hotel in downtown Yakima from 9:00-11:00 a.m. on Sunday morning, April 1<sup>st</sup>.

John Bingham was the guest speaker at our marathon in 2007 when co-director, Bob Dolphin, ran his 400<sup>th</sup> marathon. When he learned that Bob's goal was to run #500 at our race five years later, he promised to return to help us celebrate. Bob is on target now to make this happen.

You're all invited to put this date on your running schedule for next year. To see pictures taken in the Canyon, read about lodging in Yakima and Ellensburg, learn about the weather etc., check out the web site: [www.yakimarivercanyonmarathon.com](http://www.yakimarivercanyonmarathon.com). If you plan to reach a special goal on March 31, 2012, let us know (preferably by March 1, 2012) and we'll save the bib number for you.

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