

100 MARATHON CLUB NEWSLETTER #21

June 13, 2010

100 Marathon Club Reunion #2

Finishing 100 marathons is a prerequisite for club membership, but the average number of marathons completed by the 48 members who attended the club's reunion at the Yakima River Canyon Marathon (YRCM) weekend of March 26-28, 2010 was 191+. The total number of completed marathons for this group was an amazing 9,202!

Those who were at the meeting the day before the race introduced themselves, and each one received a YRCM mug. Pins of accomplishment were presented to those who had reached (or passed) various milestones.

Receiving "200" pins were: Paula Boone (Humble, TX), Ron Fowler (Rochester, WA) Rick Haase (Shoreline, WA), Robert Lopez (Seattle, WA), Cheri Pompeo (Woodinville, WA), Gunhild Swanson (Spokane, WA) and Steve Yee (Renton, WA). David Jones (Seattle, WA) ran his 200th marathon the next day and received a personalized medallion and his "200" pin at the awards ceremony.

Jim Scheer (Vancouver, WA) recently completed #300 and was presented a personalized medallion for this accomplishment by Fenny Roberts (Salem, OR). He, Jim Boyd (Seattle, WA), Mel Preedy (Ravensdale, WA) and John Wallace (Longboat Key, FL) all received "300" pins. Steve Boone (Humble, TX) and Bob Dolphin (Renton/Yakima, WA) were the recipients of "400" pins.

The lucky winners of the drawing prizes were Jim Boyd, Jim Collins (Sarasota, FL), Claude Hicks, (Fort Worth, TX), Mel Preedy, Fenny Roberts and Michael Wakabayashi (Spokane, WA). Jeff Hagen (Yakima, WA) was the winner of the "grand prize," a beautifully framed picture that was donated by The Framemaker, a YRCM sponsor.

After the meeting everyone enjoyed the pasta meal and were treated to inspirational and humorous presentations by Marathon Maniac (MM) Don "The Rev" Kienz, (Exton, PA) and noted author Joe Henderson (Eugene, OR).

The weather was perfect for the race on an awesome course on Saturday, March 27, 2010. A record number of 532 marathoners completed the 10th annual YRCM. The traditional awards ceremony/meal at 4:00 p.m. was attended by almost 300 participants, volunteers, family and friends. At this time 25 runners who had completed all ten races were honored, and each one received a beautiful royal blue jacket from our sponsor, Stewart Subaru of Yakima. The eleven club members who are included in this group are: Steve Barrick (Kent, WA), Jim Boyd, Bob Dolphin, Ron Fowler, David Jones, Jose Nebrida (Chicago, IL), David Olsho (Seattle, WA), Mel Preedy, Fenny Roberts, Jim Scheer and Steve Yee.

The final activity for the successful marathon reunion weekend was the no-host breakfast on Sunday morning in downtown Yakima at the Howard Johnson Plaza Hotel.

Everyone is invited to participate in the April 2, 2011, 11th annual YRCM. Plan to come for a weekend of fun activities and a chance to run a marathon with Dick Beardsley.

Upcoming Events

July 25, 2010 – Third Annual Madison Marathon in SW Montana...“Highest Road Marathon in America,” (9,000+ to 10,000+ ft.). Home page: www.themadisonmarathon.com.

Directed by club members:

September 12, 2010 – Skagit Flats Marathon, Burlington, WA, Terry Sentinella

April 2, 2011 – Yakima River Canyon Marathon, Ellensburg to rural Selah, WA, Bob & Lenore Dolphin

May 1, 2011 – Tacoma City Marathon, Tacoma, WA, Tony Phillippi

Note: If you're a marathon race director and want your run publicized in the newsletter, let us know and we'll make it happen.

100 Marathon Club Merchandise

Check the website, www.100marathonclub.com. Personalized medallions, T-shirts and pins are available. The medallions cost \$20.00 plus \$3.00 postage, and for the short-sleeved, teal T-shirts and the long-sleeved white T-shirts the cost is \$15.00 each plus \$3.00 postage for each shirt.

WELCOME TO 14 NEW MEMBERS

As of February 24, 2010, the total membership was 271. Add the new members since then, and the total becomes 285.

MM #266 Robert Cowan of Coto de Casa, California, ran his first marathon in May of 1978, the Palos Verdes Marathon. His 100th marathon was the Pasadena Marathon on February 21, 2010. He has completed 49 ultras and 51 26.2 mile marathons and has a great **PR of 2:56:32**.

The Cleveland Marathon on April 29, 2001, was #1 for **Lou D'Alessandris**. Less than nine years later the Little Rock Marathon on March 7, 2010 became #100. He has a PR of 3:34:53 and has run 3 ultras to bring his total to 103.

Our first Canadian member from Quebec is **Robert Andre Gagnon** from Chicoutimi. He ran his first marathon in 1980, the Marathon Beauceron at Saint-Georges de Beauce, Quebec. March 28, 2009, was the date for #100, the Konigsforst Marathon, (Deutschland).

Dennis Huffman of Chino Hills, California, ran his first marathon at Culver City, CA, and #100 was Palos Verdes Marathon in May 2007. He has a total of 164 marathons and a super **PR of 2:35:04** from the Las Vegas Marathon in February of 1989. In August of 1991 he ran 82 miles in a 12-hour race and in November of 1993 it was 131 miles in a 24-hour race. He has completed four 100-Mile events: Angles Crest, Leadville, Mohican and Western States....all sub-24 races!

The original Hogeye Marathon in Fayetteville, Arkansas, on April 29, 1978, was the first one for **MM Steve Hughes** of Little Rock Arkansas. #100 was the Kentucky Derby Marathon in Louisville, KY, on April 24, 2010. He became a **50 STATES FINISHER** at Humpy's in 2009. He said, “Barring injury, snowstorm, or volcanic eruptions, I should finish my 2nd time around the 50 states in Hawaii in either December 2010 or January 2011.”

MM #1234 (cool number!) Nick Karem of Louisville, Kentucky, ran his first marathon on November 12, 1978, the Louisville Marathon in his hometown. He set his PR of 3:30:38 at this race on November 13, 1983. He traveled to St. Joseph, Minnesota, for #100, We Walk! Lake Wobegon on May 14, 2010. In 2008 he ran 22 marathons. He has completed a total of 90 marathons and 10 ultras and has run at least one marathon per year since 1978!

MM #408 Thomas “T.O.” Okazaki is from Southlake, Texas. The Dallas White Rock Marathon on December 15, 2002, was #1 for him. The Cowtown Marathon on February 27, 2010, was #100, and it was the day he also qualified for his first Boston Marathon with his new PR of 3:15:16.

MM #107 David Reid of Crestline, California ran marathon #1 at Honolulu on December 11, 1983. He planned his 100th marathon and completion of 50 States for the February 13, 2010, Myrtle Beach Marathon in South Carolina. Fate meant it not to be!!! The stormy weather on the East Coast that day caused the cancellation of the race. His “whining” was heard up and down the West Coast! When it reached the state of Washington, we suggested that we could help him make lemonade out of the lemons he just received...by running #100 on March 27, 2010, at the YRCM. He accepted our offer, arrived in Yakima early and was immediately put to work as a volunteer. When he crossed the finish line two days later with a Boston Qualifier, he was given a bouquet of ten red roses. At the awards ceremony/meal he was presented a personalized medallion and a #100 pin. I think he liked his “lemonade” as he was inducted into the 100 Marathon Club. Update: He became a **50 STATES FINISHER** on April 10, 2010, at King’s Mt. Marathon in South Carolina.

MM #537 Silverio Rivas of Rancho Cucamonga, California, ran his first marathon, Palos Verdes, on June 12, 1982. The Los Angeles Marathon on March 21, 2010, was #100. He ran his only ultra, the Bulldog 50K, on August 23, 2008.

The fourth member to join the club from Germany is **Mario Sagasser**, the vice president of the 100 Marathon Club Deutschland, from Henstadt-Ulzburg. On April 16, 2000, he ran #1, the 15th Hamburg Marathon. Five years later on April 24, 2006, he ran #100 at the 20th Hamburg Marathon. The Lothar-Gehrke-Birthday Marathon on April 4, 2009, in Hamburg was #200. He has a total of 232 marathons/ultras with a PR of 3:06:26. He’s a member of the Jubilee Club Berlin Marathon (Germany, 10 continuous participations from 2000 to 2009). He’s a Spartathlon Finisher 2009 with a time of 30:16:59.

MM #508 Ray Shaw, aka “McGyver,” is a runner I met at the Valentine Marathon at Millersylvania State Park south of Olympia, Washington, in February of 2007. After he completed the half marathon that day, I suggested to him that he should try to run his first marathon at the YRCM on March 31, 2007. He not only did that, but he also became a “Maniac” who ran **24 marathons/ultras in 2007, 56 of the same in 2008 and 28 more in 2009!!!** His 100th marathon/ultra was on July 26, 2009, at San Francisco. With careful planning he celebrated the running of his 100th 26.2 mile marathon at the March 27, 2010, YRCM. He set his PR of 4:21 at Portland, Oregon, on October 4, 2009, the day of Bob Dolphin’s 80th birthday. He caught up with Bob on the “states count.” Both need 13 to become finishers, and the odds are that Ray will get there first.

Saeed Gordafarid, a native Persian, ran a few marathons in 2003 and early 2004. When he became a U.S. citizen in 2004, he changed his name to **Allen Smith**. He lives in Sun Valley, California, and completed marathon #100 at Orange County on May 2, 2010. He is self-trained, and his first race ever was the Long Beach Marathon on October 12, 2003.... and he **qualified for Boston that day!** He's run Boston every year since then except for 2009 when it was closed before he tried to register. His PR is 3:04, and his cumulative average for 100 marathons in 6½ years is 3:47, without a DNF. He ran a marathon on February 6, 2010, in 4:24 and another one the next day in 4:23. He sky dives every weekend that he isn't running a marathon.....and has skydived 2,111 times since September 2000!!!

The Whistlestop Marathon in Ashland, Wisconsin, on October 9, 1999, was the first one for **MM Karen Van Rite** of New Berlin, WI. The Go! St. Louis Marathon on April 11, 2010, was #100. She won the female division of her first ultra, Badgerland Striders 12/24 Hour Run, when she completed 57.17 miles in 12 hours. She has a PR of 3:33:36.

MM #2 Chris Warren of Renton, Washington, is one of the three founders of the MM Club. The other two are MM #1 Steve Yee of Renton and MM #3 Tony Phillippi of Tacoma. Both are 100 Marathon Club members. The Seattle Marathon on November 26, 2000, was the first one for Chris. The final Seafair Marathon on July 7, 2008, was #100. He has a total of 176 marathons/ultras with a remarkable **PR of 2:49:56**.

WHERE THE 100 MARATHON CLUB NORTH AMERICA MEMBERS ARE FROM:

UNITED STATES.....

Alabama – 2; Alaska – 1; Arizona – 2; Arkansas – 1; California – 31; Colorado – 6; Connecticut – 1; Florida – 15; Georgia – 7; Hawaii – 1; Illinois – 8; Iowa – 2; Kansas – 1; Kentucky – 9; Louisiana – 4; Maine – 1; Maryland – 4; Massachusetts – 2; Michigan – 3; Minnesota – 12; Missouri – 5; Nebraska – 4; New Jersey – 3; New Mexico – 3; New York – 5; North Carolina – 1; Ohio – 11; Oklahoma – 2; Oregon – 15; Pennsylvania – 5; South Dakota – 2; Tennessee – 5; Texas – 21; Utah – 2; Vermont-3; Virginia – 2; Washington – 46; West Virginia – 2; Wisconsin – 5.

CANADA.....British Columbia – 5; Ontario – 2; Quebec – 1; Saskatchewan – 2

AUSTRALIA – 2; AUSTRIA – 1; GERMANY – 4; SWEDEN – 1; UNITED KINGDOM – 12

The 18 page 100 Marathon Club North America Roster has been updated. For the club members who don't have e-mail, we send the Newsletters via snail mail but not the roster. If you want to see it, it will be necessary for you to go to the website www.100marathonclub.us.

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 (increments of 100) and personalized medallions. Please contact us if you're interested in making any purchases....and let us know about your activities.

Bob and Lenore Dolphin
10519 126th Avenue S.E.
Renton, WA 98056

(425)226-1518, Renton
(509)966-0188, Yakima
(425)681-0154, Cell

e-mail: dolphinmteam@earthlink.net

