

100 MARATHON CLUB NORTH AMERICA

Newsletter #25 - September 17, 2011

UPCOMING EVENTS

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 (aka: Flat Ass Marathon), Ravensdale, WA	Director: Van Phan
12-26-11/01-01-12 – Savage 7.....7 Marathons/7 Days	Director: Cheryl Murdock Pensacola, Florida e-mail: gonnarun26pt2@msn.com (850)444-3268 or (850)529-7305
01-01-12 – Texas Marathon, Kingwood, TX	Directors: Steve & Paula Boone
03-31-12 – Yakima River Canyon Marathon 100 Marathon Club North America Reunion Race	Directors: Bob & Lenore Dolphin
05-06-12 – Tacoma City Marathon, Tacoma, WA	Director: Tony Phillippi
06-02-12 – Green River Marathon, Kent, WA	Director: Steve Barrick

ROSTER UPDATES

On a monthly basis, club member “Cowboy Jeff” Bishton from Fort Myers, Florida, is updating the roster. Please check your list on this roster. If any data is missing, please let him and Lenore Dolphin know what should be added. Send your future updates to Jeff at cowboyjeff434@yahoo.com and to Lenore at dolphinmteam@earthlink.net.

CLUB MERCHANDISE

Check the website, 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). Please contact us if you're interested in making any purchases.

WELCOME to Club Members #314, #315 and #316

Marathon Maniac (MM) #1072 **Carol Goslin** (Kansas City, Missouri) ran the Disney World Marathon in Florida on January 10, 1999, for her first marathon and the Baton Rouge Marathon in Louisiana on December 4, 2010, for #100. Her completed goals are becoming a **50 STATES FINISHER** and **completing 34 marathons in 365 days to get 10 STARS at the Titanium Level for the Maniacs**. She'll become a TWO TIMES FINISHER on October 2, 2011. Her total of 150 marathons and one ultra give her a good start on her goal of reaching 200 marathons.

The St. George Marathon in Utah was the first marathon for **Sharon Gough** (Salt Lake City, Utah), and the Park City Marathon on August 20, 2011, was #100. Her husband, two sons, two daughters, two sons-in-law and eight grandchildren were there with a big "100th Marathon" poster that listed ALL of her previous marathons. As of that date, she has completed 25 states and DC. On October 1, 2011, her 103rd marathon will be her **20th St. George Marathon**.

The November 27, 2005, Seattle Marathon was the first for MM #438 **Monte Pascual** (Federal Way, Washington). Three years later on November 30, 2008, he ran the same race for #100. It was great to give him his **#200** pin (and a hug) at the finish line of the September 11, 2011, Skagit Flats Marathon. His outstanding accomplishments include **Quadzilla (4 races in 4 days...11/25-28, 2010)** and **52 marathons in 52 weeks (5/19/2007-5/18/2008)** to put him at the MM Titanium level. Race #201, the Cle Elum Ridge 50K, will give him his **SECOND TITANIUM** (52 in 52 weeks).

SPECIAL REQUESTS

Club member **John Bozung** (Orem, Utah) is the Race Director of the **Mountain Oasis Adventure Runs**: (*Kahtoola Bigfoot Snowshoe Festival – 50K, Marathon, 25, 10 & 5K, Squaw Peak 50 Mile Trail Run and Kat'cina Mosa 100K Mountain Run*). On August 20, 2011, he was the director of another race, a special fundraising 5K. Here's a copy of the e-mail that was sent to us by John on August 18, 2011: "My stepson Jordan (15) has Lymphoma and we are doing a fundraising 5K this Saturday, August 25th, to help fight his cancer and for his upcoming Bone Marrow Transplant in Seattle where he just arrived yesterday. I know a lot of running friends can't join us, so we have an account at Wells Fargo Bank under 'Jordan's Run for Life' that anyone can donate to or they can send a check to us." Love, from John and Marcy.

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Barring a cancellation or DNF **Steve Hughes** (Little Rock, Arkansas) will run his *100th marathon AFTER his 60th birthday* at Amica (formerly Breakers in R.I.) in October. For a newspaper press release he'd like to know how many other club members have done this. If you have **RUN 100 marathons past the age of 60, please e-mail Lenore Dolphin ASAP with your name, total marathons AND TOTAL RUN past the age of 60**. We'll tally the results and help Steve get a good story.

The "57 Mile" Birthday Run Recap – by Dave McGillivray, Boston Marathon Race Director....I did my annual birthday run yesterday, Thursday, August 11th even though my birthday isn't for another 11 days – my motto, "My Game, My Rules." Below is a brief recap of the *LONG* day.

This year more than ever I became increasingly anxious, nervous and even scared about the birthday run. I've been experiencing a number of injuries during the past 6-8 months that just have not gotten much better – breathing challenges, right Achilles soreness and left hip pain. I've seen my doctors and physical therapists for many treatments. Although the treatments have helped and I owe them a lot for keeping me moving, the problems still remain. As I do every birthday, I gave myself a birthday GIFT....that is, I had my annual physical and my doctor gave me the thumbs up that all the internal organs were in good shape, much better than some of the external parts.

As such, for the first time in years (and I've been doing this now for 45 years), I decided it might be best if I try this one on my own. I didn't tell anyone I was going to do this yesterday. Although I really enjoy the company especially friends like Josh Nemzer and Ron Kramer and my own family and children, I just didn't want to “drag” everyone up to North Andover only to bomb out in the first 10 miles or so and embarrass and disappoint myself and inconvenience them. I didn't want to fail. So, I just snuck out by myself this time....no one running with me and no course support. I must admit, it was lonely. I did miss everyone.

I charted out 16 loops of a 3.6 mile course...from my house, down to Old North Andover Common and back, thus using the house as my home base. I woke up at 2 a.m. and started the run at 3 a.m. I didn't realize how dark it is at that time of day...I couldn't even remotely see where I was running but did manage to survive until the sun came up.

Surprising though, I was actually feeling fine. Given that my longest run since the Boston marathon in April was 9 miles, I knew I had no real business doing this but I had to at least give it a chance. I planned everything out methodically. I really paid attention to my diet (no alcohol, no soda) for the past month. I was feeling pretty good for the first 30-35 miles with the exception of the injuries. And, for the first time in a number of years, I really didn't walk much at all, maybe just a mile or two at the most and I think that really helped a lot, too, as the walking can wear you down more than the running.

And, I usually NEVER run with an iPod but was getting bored so I grabbed my wife's iPod and wore that for a number of loops. I do think it actually helped me out a bit. I even brought my iPhone on a few loops and made a couple of calls while running, including being on a BAA conference call...multitasking! Although conditions during the morning time were great to run in, the temperature did reach 82 degrees during the day but at least it was not humid.

Doing the same 3.6 mile loop 16 times all throughout the day can be intriguing. Many people see you running early in the morning on their way to work and then they see you again later in the day on their way home...you can sense they are scratching their heads wondering what kind of whack job you are. I ran by one house where a few workers were installing a stone wall. Back and forth in front of them I went. I knew they were wondering what was going on. I toyed with stopping to tell them but decided to just keep them guessing. After about the 10th time I ran by them, one guy yelled out, “Hey, you ever going to stop?” So, I did and spoke to them for a minute. He then recognized me as The Runner who lived on Bear Hill Road. However, I outlasted them both as they were gone way before I finished up.

All I ate the entire day was 4 bagels and two bananas but I drank 15 bottles of Gatorade. Interestingly, I never once bonked or ever felt even close to bonking. I lost a total of 6 lbs. which I probably already gained back in drinking more fluids.

I finished up in the later afternoon and really felt great. A fitting end happened as I was approaching my home on the final loop. Three houses down from me the kids who lived there (The Jones') had just set up a lemonade stand. Even though they were selling it for 25 cents a glass, they offered it to me for FREE. So I took it. I ran 57 miles to get a free glass of lemonade...go figure! However, feeling guilty, I went to my house and came back with a dollar and gave it to the kids. Even kids need to make a buck these days.

So, now I can enjoy the rest of the summer, what's left of it, without this hanging over my head. Of course, I need to continue to ponder where this is all heading. It's a catch 22 in that as long as I continue to finish it, I guess I continue to try it the next year. The lesson learned here is that even if you may not think something can be accomplished, you really never know until you give it a chance.

Cathy's 2011 Boston Marathon - by Cathy Troisi.....Unless you're a resident of Massachusetts, it's probably a little know fact that the third Monday of April is a state-wide holiday in Massachusetts, Patriot's Day. A better know fact, both nationally and internationally, is that the third Monday of April is Boston Marathon day. This year on April 18, 2011, there was a sufficient number of registrants (27,000) in the marathon to justify, for the first time, a three-wave start. I was among the 9,000 runners in the third wave, in the back of the pack. This was my 17th year as a participant on the Dana-Farber Marathon Challenge team. The word "challenge" not only refers to the 26.2 mile distance of the marathon course, but also references the "challenge" that researchers at Dana-Farber Cancer Institute face as they continue their MARATHON to find the ultimate finish line, a cure for cancer.

Charity runners are always in the back of the pack, in the last few corrals (1,000 runners per corral). I'm used to being in the back of the pack but my 17th consecutive Boston Marathon provided me a view from the **back of** the back of the pack. Even though I was waaaay back, there were 17 firsts:

1. It was the first time I did a marathon in my now medicare-qualified age group, 65-69.
2. It was the first time I've done Boston with the medical aid of a cortisone shot.
3. It was the first time I was limited to walking the course; I did "shuffle" the downhills.
4. It was the first time I didn't show up in race results; an official time requires a sub six-hour finish and, yes, they gave medals to those over six hours.
5. It was the first time I saw bikers who were "spotters." I didn't even know Boston had spotters who checked on the **back** back of the pack.
6. It was the first time I passed celebrities, two (of six) Biggest Losers doing the marathon; ok, maybe not celebrities per se but they are on TV.
7. It was the first time I watched volunteers dismantle a timing clock (set up at each mile marker); exactly at mile 11.
8. It was the first time there were no screaming girls at Wellesley College.
9. It was the first time police told me to move to the sidewalks; roads were being opened.

10. It was the first time aid stations were dismantled before I reached their locations; in the second half of the course.
11. It was the first time I had to stop at intersections and wait for the pedestrian crossing signal.
12. It was the first time I had to deal with oncoming pedestrians on the sidewalks on Beacon Street.
13. It was the first time the fencing on Hereford and Boylston Streets (to keep spectators off the course) was gone before I arrived.
14. It was the first time the finish line banners were already dismantled when I crossed the finish line.
15. It was the first time most of the timing mats were pulled up before I crossed them, including the finish line; I showed up in three of the ten timing mat results.
16. It was the first time a finish line volunteer was absent to offer a mylar blanket, snack bag, or bottle of water.
17. It was the first time the street-long blocks of school buses (which had drop bags) were gone; only a small van was needed to hold the **back** back of the pack bags.

According to my sports watch, I had 7 hours 31 minutes, 14 seconds to reminisce on my previous 16 Boston marathons. Although this wasn't my best Boston, at least in terms of the timing clock, it has some memories that will stay with me, as well as new friends: Phil, my bus companion on the ride to Hopkinton, and Bonnie with whom I kept stride for the last few miles.

At the start of the marathon, as I watched the third wave of runners ahead of me, I noted that the sea of bobbing heads thinned out more quickly than in previous years; they were faster and I was slower. But, I was never alone. Not only in the fact that there were always a half-dozen runners in sight ahead of me, and some behind, but I carried the ribbons for your loved ones and mine and thoughts of them kept me company in the few areas sparsely populated by marathoners. As I chatted briefly with those whom I caught up to or those who passed me, none affected me more than the 75 year old woman who shuffled up along side me before the half-way point of the marathon. We went stride for stride for a short while during which time she said, "This is tough." I agreed that Boston is a tough course. She replied, "This is tougher than usual. I have stage four lung cancer and I had chemo last Thursday." Which was four days earlier. I cried with her. I cried for her. And I cheered for her as she slowly pulled away. Her strength, courage, and determination moved her up from the **back** back of the pack and gave her a personal win that is unequalled by anyone who crossed the finish line ahead of her. I hope she passes me next year, too.

THE 100 MARATHON CLUB FROM B TO Z

Gene Bandler East Meadow, New York) at age 82 walks 8-11 miles each day. He retired while on his 129th marathon, the Marine Corps Marathon in Washington, DC. He misses the **Real Thing** but remains in good spirits. **Lois Berkowitz** (Riverview, Michigan) let us know that her husband Gary's cancer has metastasized.....and he's facing more treatment. More postcards have been received from **Roger Biggs** (Stevenage, UK). One came from the Isle of Man Marathon when he was there with **John Wallace** who ran his **110th country** that day. In Newsletter #24 the comment about "Cowboy" Jeff Bishton (Fort Myers Beach, Florida) should have been, "He adds new members to the roster and updates it on a monthly basis....a much appreciated good job! He became a **TWO TIMES STATES FINISHER** in Louisville on October 17, 2010.....with NO REPEATED MARATHONS. For his 185th in July 2011 he

went to Montana to run the Madison Marathon, the highest altitude marathon in America. It was attended by six club members.” Good to hear from **Steve & Paula Boone** (Humble, Texas). **Kevin Brosi** (Flower Mound, Texas) sent this e-mail, “Thanks for a great newsletter (#24). It’s good to see mention of all the friends I’ve met on my 100 marathon quest. I’ve completed 156 so far and will attempt Pikes Peak next.”

Carol Dellinger (Spokane, WA) finished her **250th marathon** on May 1st. Her total is now 253 and counting. **Rich DeCample and Bob Dolphin** (both from Renton, WA) have big plans for the next Yakima River Canyon Marathon (YRCM) on March 31, 2012. Their goals are: Marathon #300 for Rich.....and marathon #500 for Bob.

The **THIRD BRIT** to become a **STATES FINISHER** was **Peter Graham** when he ran 26.2 miles at the American Heroes Run in Longmont, Colorado on September 11, 2011.

In 2010 and 2011 **Allan Holtz** (Oakdale, Minnesota) won the 60+ age group at the Med City Marathon in Rochester, MN. In 2010 he said, “I drove from home in Minnesota to Colorado and got to 87 miles of the Leadville 100 mile run. From there I drove to California and the following week I finished the Angeles Crest 100-mile run in 31 hours (2 hours to spare). From there I drove to Arizona and 3 days later I did a solo rim-to-rim-to-rim of the Grand Canyon in 22 hours before driving back home.” He was 49 when he ran his PR of 3:20:55 at the 1999 WhistleStop Marathon in Ashland, Wisconsin.

Wannabe **Deb Ingraham** (Gainesville, Florida) plans to become a club member when she runs her 100 marathon, the YRCM on March 31, 2012.

It was great to receive a big THANK YOU from **Debra Jacobs-Robinson** (Burbank, CA).

Sharon Kerson (Culver City, CA) ran the Madison Marathon in Montana in July. Good to receive pictures of the July Light at the End of the Tunnel Marathon from **Elaine Koga-Kennelly** (Newman Lake, WA). **Andy Kotulski** (Montclair, New Jersey) finished his 638th marathon at the Bush Capital Trail Marathon in Canberra, Australia on July 30, 2011. This completed his quest to run a marathon in **ALL AUSTRALIA STATES & TERRITORIES**. In each of these marathons he won his age group or placed in it.

The total number of marathons for **John Livitz** (Houston, TX) is 155. On his schedule are the following marathons: Frankenthon Marathon in Cedar Park on October 22; Marathon for Adoption in Gruene on October 29; San Antonio Marathon on November 13th; Mobile (Alabama) on January 8, 2012; and Surfside on February 18, 2012. On August 21, 2011, **Robert Lopez** (Seattle, WA) sent us an e-mail with this Subject: “**I hit 300 today.**” He met this goal at the Park City Marathon in Utah. His interesting accomplishments are: (1) 11 marathons in one month (September 2007)....triple, double, double, quadzilla. Fun month! (2) 65 in one year was also 2007. 53 in one year was 2010. (3) 140 sub-4’s (as of 8/21/2011) in 43 states. (He’ll pick up those last 7 states before he retires!) (4) Finished the 50 states in 2009.....and is close to becoming a second times finisher.

Another “goal setter” for the March 31, 2012, YRCM is **Jon Mahoney** (Vancouver, BC). Following in Bob Dolphin’s footsteps he ran his 300th marathon at the Royal Victoria Marathon and plans to run #400

at the same race where Bob ran his 400th. I hope we're around when he runs #500 at the YRCM! **Alan Morton** (Tywyn Gwynedd, Wales) hopes to return to Yakima for the March 31, 2012, YRCM.

The Skagit Flats Marathon on September 11, 2011, was #333 for **Stan Nakashima** (Mt. Vernon, WA). Of this total 156 are ultras. You may see **Doug Osterberg** (Menasha, Wisconsin) wearing his newly purchased 100 Marathon Club shirts. Good to chat with **Tony Phillippi** (Tacoma, WA). Add **Cheri Pompeo** (Woodinville, WA) to the list of members completing their 300th marathon at the next YRCM.

Here's a quote from the e-mail of **David Reid** (Crestline, CA): "I'll be at Pocatello on Sept.3rd. It will be another milestone for me...my LAST marathon! That will make 115 total, and what a grand adventure it has been!! I've seen lots of memorable places and met many unforgettable people. When I was working, I sat at a desk 10 hours a day and my feet didn't have much to worry about. Since I've retired, I'm more active and on my feet most of the day. Now my feet are starting to complain when I get past 15 or 16 miles....such wimps! So I've made the decision to cut back to half marathons. I'd rather not risk injuring myself and have to stop running completely. I'll just be going 13 miles now instead of 26." **Dr. Ashis Roy** (New Delhi, India) at age 79 is still "running" and has not yet "walked" a marathon. The Self Transcendence Marathon at Rockland Park, New York, on August 25, 2011, was marathon #113 for him. **Henry Rueden** (DePere, Wisconsin) just became a **10 TIMES STATES FINISHER** in Wyoming.

The "retirement" date for **Ray Scharenbrock** (South Milwaukee, WI) was May of 2009. He completed 540 marathons and 92 ultras for a total of 632. He needed to give time to other things....travels to all corners of the world!!!! As he said, "**It was a great RUN!!!**" MM **Terry Sentinella** (Anacortes, WA), Race Director of the Skagit Flats Marathon, is featured in the current *Northwest Runner Magazine* with pictures and an article on his July Badwater Race in Death Valley, California. From **Clay Shaw** (York, Pennsylvania) we received an e-mail with news that his wife **Karen** finished the states on August 21st in Alaska....and has 97 marathons! He had knee surgery on May 19th and soon will go back to work. Running? Maybe by the end of the year or early 2012. On May 21, 2011, **Jim Simpson** (Huntington Beach, CA) ran his **800th MARATHON** at Fargo, North Dakota, to become the 2nd most prolific marathoner in the United States! **Norm Frank** (Rochester, NY) has run more than 960 and has been side-lined by a stroke on his quest to reach #1,000.

At last count, **John "Maddog" Wallace** (Longboat Key, Florida) has completed a marathon in **110 countries**. **William Watson** (River Ridge, Louisiana) ran 234 marathons before retiring four months after the death of his wife in 2009. His last marathon was Mardi Gras 2010, and it ended a string of **one a month for 14 years and 4 months**. He was 36 when the Mardi Gras Marathon was his first and 64 when it became his last.

From Victoria, Australia, **John Zeleznikow** let us know that he ran marathon #169 in July on the Gold Coast.

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